



PĀNUI WHAKAHAERENGA

NEWSLETTER FEBRUARY 2023

HE WAKA TAPU
Me mahi tahi tātou mo te ora o te whānau





CHIEF EXECUTIVE OFFICER UPDATE

Nau mai, te tau hou o 2023, welcoming of a new year 2023.

We are now one month into the new year and our whole workforce is out within the community making the most of these sunny days. I must admit it has been a long time since I have experienced 30 degree heat in Ōtautahi (Christchurch). As I embrace the warmth we receive in the South Island, I am appreciative of those surrounding me and I send my condolences to those affected in the Te Ika-a-Māui (North Island).

Our kaimahi (staff) are well rested after the Christmas period and have returned in full swing to our open community groups named Whai Rawatia te Oranga, incorporating a range of Hauora strengthening activities. Takahi Te Taniwha our 1-day Alcohol and Drug Program commenced in the new year with a significant reduction in did not attend rates, alongside Mauri Ora Experience on the 11th of January. I am proud to announce that He Waka Tapu now owns 100% of the Te Aranga Community Health Clinic, with over 2000 registrations.

In preparation for the year ahead our managers are brainstorming an annual planning day for their teams, discussing their team aspirations and how this contributes to the organisational goals and our hapori. We are now one month away from the grounds at Shortland Street being excavated, a great opportunity for our hapori and a contributing solution to the current 'housing crisis'. Keep an eye out on our Facebook post to keep updated with our Housing project.

To conclude the first 2023 newsletter, I want to thank all those who continue to support our organisation, the community and kaimahi. Without your support we will not be able to deliver the dream Papa D (Daryl Gregory, the founder of He Waka Tapu) created out of the boot of his car.

So therefore, Ngā mihi nui kia koutou katoa.

Jackie Burrows

Chief Executive Officer
He Waka Tapu Ltd





WHAI RAWATIA TE ORANGA

Whai Rawatia te Oranga, pursue the health of wealth are programme options designed as an open group, allowing individuals, whānau and hāpori to engage without completing a referral, ensuring they receive instant support.

Creating a space of ahi kā, a pā (place where you feel connected) where you can feel comfortable to strengthen your overall wellbeing, to then contribute to your Taha Wairua (Spiritual), Taha Tinana (Physical), Taha Whānau (Family and Social) and

Taha Hinengaro (Mental and Emotional) (In reference to Te Whare Tapa Whā health module). So far, we have engaged with over 200 whaiora since the opening of this service. See below our timetable for our upcoming groups.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>Māra Kai 10:00^{am}–12:00^{pm}</p> <p>Te Pā Tūwatawata – Open Tane 6:00–7:30^{pm}</p> | <p>Whakarerekē – Open Wahine 10:00–11:30^{am}</p> | <p>Mindfulness Group 10:30^{am} and 1:30^{pm}</p> <p>10 Guitars 11:00–12:00^{am}</p> | <p>Te Aukati Matahoki – Relapse Prevention 10:00^{am}–12:00^{pm}</p> <p>Ope Hakinakina Touch Group 3:00–4:00^{pm}</p> | <p>Nutrition 10:00–11:00^{am}</p> <p>Basic Literacy & Numeracy 12:00–1:00^{pm}</p> <p>Interview CV Preparation 2:00–3:00^{pm}</p> |



In 2022 we mentioned the partnership between He Waka Tapu, Better Health Group and Doctor Paul Herccock. This year we are proud to announce, He Waka Tapu is now the sole owner of the clinic.

Our last few years of experience in this space has taught us that we need to trust in our vision towards better health outcomes for the whanau we work with. Te Aranga is now fully owned by He Waka Tapu, allowing us to further integrate services, supporting a better experience for whaiora.

The clinic has been growing at a fast rate and to ensure we meet demand, we are required to merge the clinics to one site. This merge allows us to streamline processes and better utilise resources that support the clinic. This means we will solely be operating and delivering our services at 161 Pages Road, Wainoni, Christchurch (on site with He Waka Tapu), and 52 Portsmouth Street will no longer serve as a general practice centre. *Keep an eye out for further updates of this space.*

This will be a big change for those that live in the surrounding areas of Portsmouth Street. Be rest assured we will still be able to service the needs of the

community in the same way. The team is not changing, just our location. We will also provide transportation to ensure you are still receiving our services as when enrolled. These options are:

- Partnership Community Support: Caseworkers can support with transportation to and from appointments.
- St. John Shuttle: This service is staffed by trained St John volunteers to you get to your appointments of; dental care, day surgery or GP. They do require 24 Hours' notice to arrange a shuttle.

If neither of these options are suitable for you, please ask our reception team for support.

Our phone lines will still be operating, and our nurses will be available for telehealth consults and if our clinicians identify that you will be required to be seen in person, they will advise over the phone.

You can [enrol online](#), or pick up an enrollment form from the clinic.



TAKAHI TE TANIWHA

The full day Wānanga for Takahi Te Taniwha has been successful, receiving positive feedback from both whaiora and external agencies (Corrections). Whaiora satisfaction surveys have been critical in identifying how our services are received and this has been highlighted through internal team challenges, which Takahi Te Taniwha have the most whaiora survey participants. This has been observed with Open Groups progress for Alcohol and Other Drugs (AOD) making a significant impact to DNA's (did not attends), with a massive **reduction of 64%**.



Feedback from our whaiora:

"Getting helpful tools to use from staff to help with my problems ,and being able to meet people like myself"

"I felt welcomed and appreciated and not judged. Was good feeling a part of something other than streets and gangs"

"Takahi Te Taniwha 1 day is good, staff are welcoming and ran the program smoothly with good breaks"



UNSTOPPABLE EVENTS

Unstoppable is a new working group of agencies collaborating to share the vision of building prosperous, thriving, resilient and self-sustaining communities. The first event will be held at the Aranui, Wainoni Community Centre on the **25th of March 2023**.

It will be a basketball, 3x3 tournament, competing against our local agencies and New Zealand Police Officers, and you can register a team on the day of the event. The aim of this, is to reconnect our whānau back into their community, the east side of Ōtautahi (Christchurch), sharing the support services accessible to them.



Share the vision, grow the dream!





The Brotherhood has started back strong for 2023, to date we have helped 28 Tāne with clothing, toiletries, and basic household items.

We continue to support our Mauri Ora Experience Whānau with welcome packs and clothing, as most come into Mauri Ora Experience with very little or nothing.

The Commons

Situated on Kilmore Street, the Commons is a place so everyone can have a safe space to eat, shower and wash their clothes. Started by Housing First, The it is a space created every Wednesday from 10am–1pm, with support from Orange Sky, City Mission, Christchurch City Council, Gap Filler and He Waka Tapu.

Craig Henare our Whānau Kaimahi introduced He Waka Tapu to the space and shared a few words about the mahi they've been doing.

"Rain, hail or shine we're here no matter what. The

We have been Supporting our Te Whai Oranga Team with clothing, for when they go to support the Orange Sky movement "The Commons" on a Wednesday. The team report they saw heaps of smiles, and the whānau down there were extremely grateful and thankful for the support.



showers are always here, a place for them to feel warm, a place where they can feel like the belong and are cared for. Shower, shelter, food, and clean clothes does that for a lot of people, even ourselves. Some of them have been told that they're no good so they believe this, and we're here to help pick up their mana to make them strong again".

Canterbury Men's Health Golf Tournament

The Canterbury Men's health Golf tournament was held on Monday 6th of February at Avondale Golf Club. It was a successful day in the sunshine, with 128 participants trying their luck on the green to fundraise money for The Brotherhood charity, and raising awareness around health being our greatest source of wealth.

The Brotherhood focuses on Tāne, living in the community and exiting the rehabilitation and prison



system, supporting our Tāne with essential everyday items that are donated. The brotherhood has the ability to provide culturally appropriate support, identifying and providing access to the required community and health resources.

Thank you to all our sponsors and coordinators of the event.



OPENING HOURS & SATURDAY EVENTS

Last year He Waka Tapu decided to open on Saturdays, this was taken from various whaiora surveys who wanted increased opening hours. This year has shown us that the demand wasn't present, so we have decided to move forward with quarterly Whānau Days. These will be held 4 times throughout the year.

This is an opportunity to strengthen the relationships between the community and He Waka Tapu through Whakawhanaungatanga, and fun!

We kick this year off with Easter Whānau Fun Day on April the 1st from 9^{am} to 2^{pm}.



At this Easter Whānau Fun Day Event there will be a Sausage Sizzle, Bouncy Castle, Mobile Farm, Free Water, A Harakeke Station, Colouring In Stations and Face Painting for all our whānau to enjoy and participate in.



SPONSORSHIP

Recently He Waka Tapu sponsored an event for a team of young men attending the Rotorua Māori Basketball event in the Bay of Plenty region.

The vision was born out of two mums wishing their tamariki (Children) could have the honour of playing in a māori basketball tournament that embraces heritage and māori tikanga. Due to the tournament only taking place in the North Island of Aotearoa, and being the first Waitaha region to express interest from Te Wai Pounamu (South Island), it required the support of their community and He Waka Tapu. We were privileged to help the team 'Ngāti Koata' realize this vision, reassuring mums and their boys that with a small contribution we can make an impactful difference to their overall experience.



u19 Tāne representing Ngā Koata
2023 Māori Basketball Tournament

Here is an acknowledgment from the mums of the Ngāti Koata team.

"Pictures speak a thousand words however what cannot be described is the brotherhood that came out of attending this tournament. We were one whānau and we performed as one on and off the court. All of our tama represented Ngāti Koata with the pride it deserved. I have a personal belief if you can help make the team look good then they feel good and they do their best and be the best they can be too. Ngā mihi nui for making this happen for us".



Me mahi tahi tātou mo te oranga o te whānau
Working together for the wellbeing of family

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