

# PĀNUI WHAKAHAERENGA

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NEWSLETTER JUNE 2024

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





## CHIEF OPERATIONS OFFICER UPDATE

### ***Kia ora koutou***

***We are at the halfway mark already and mid-winter celebrations are brewing, He Waka Tapu continues to move forward and planning into the second part of the year is well underway.***

Ahikā housing project reached a significant milestone last month with the placing of the pounamu, this milestone not only signifies progress but also brings us closer to the completion of this important project. We look forward to the upcoming opening and seeing the whare filled with whānau.

Our Kapa Haka rōpū stood proud at the regionals just gone, representing not only their own whānau but also the whānau of He Waka Tapu and the kaupapa of Auahi Kore, smoking cessation. It's heartening to see the connections our initiatives hold a space within the community. I'd like to thank all those who participated and carried the kaupapa a proud moment for all.

Te Aranga Health has two new doctors on the floor, Hai Sue and Laudi join the team and have hit the

ground running supporting whaiora with their health journeys, a focus for us in the upcoming months will be increasing health plans and immunisations, our books are open to so nau mai haere mai!

Matariki is always a key free event for us in the calendar year, our hapori turn up in numbers to celebrate, sing waiata and enjoy a great feed, our whare fills with katakata and whakawhanaungatanga!

Papa D's our onsite café is cranking with our new coordinator Silvia, who joined our amazing whaea Kaytrina in the kitchen. These wāhine put in the hard yards to feed the hungry puku across site and in community, so don't be shy to pop in for a cuppa kāwhe and say "kia ora" to Lexi and Kayla who are also part of the team, the coffee slaps and the filled rolls are the tahi!

**Ngā mihi,  
Tanith Peterson**





## SAMOAN LANGUAGE WEEK

On Thursday, 30 May 2024, He Waka Tapu celebrated Samoan Language Week with performances, insightful discussions, and delicious Samoan lunch prepared by our amazing kaimahi.

A highlight of the day, was the panel discussions, where some kaimahi across the organisation addressed and presented on three key questions:

- **Why did they choose their line of work?**
- **What does it mean to be a Pacific person in their field?**
- **How do Pacific values improve their practice?**

Panellists shared personal and professional insights, emphasising the connection between cultural values and work. Attendees then enjoyed traditional Samoan dishes prepared by the He Waka Tapu Fono, celebrating community spirit and the many different cultures of our community.



*“Not only is it a week that encourages me to reflect on what my culture means to me on a personal front, but also what it means for me to be Samoan, co-existing in a foreign country that upholds Te Tiriti o Waitangi tikanga. For tāngata whenua to accept the celebration of our identity as a thing, allows our culture to “have the mic” for a whole week, so to speak. In doing so gives us the representation we need nationally, and collective buy in; which I think is really special. Especially here at He Waka Tapu, a kaupapa Māori organisation, who affirm us in our week. Love that.” – Zion Tauamiti (Whakahohoro Te Hau – Whānau Crisis Support Kaimahi)*

*“Showcasing Samoan culture to our community and other external providers is definitely a big highlight for me. Two years ago I was disconnected from my Culture. Thanks to He Waka Tapu for opening my eyes to the importance of getting connected to our heritage. Would like to thank He Waka Tapu again for allowing us to showcase our culture in a Kaupapa Māori organisation. Love my Workplace!” – Tyler Kini (Rangatahi Navigator)*



## WHAKATĀ WĀNANGA



Reflecting on the second installment of our Whakatā Wānanga, we gathered at the beautiful Hakatere Marae for a two-day whānau well-being weekend. Once again, we were immersed in transformative kōrero, drawing upon the powerful tradition of pūrākau (storytelling) to share our experiences and insights.

Suicide prevention is one of the most crucial kaupapa we can address. We are deeply grateful for the opportunity to share space with whānau during these significant moments. Such gatherings can open doors to the healing journey, providing a foundation for hope and resilience that we aspire to nurture for the future of our mokopuna (grandchildren) and tamariki (children).

We extend our heartfelt thanks to everyone who attended and contributed to the weekend's success. A special acknowledgment goes out to the dedicated kaimahi from both Ōtautahi and Hakatere, whose support was

invaluable. Your presence and efforts have strengthened our collective commitment to fostering well-being within our communities, and we look forward to many more such gatherings in the future.

### **Kaikōura: Whakatā Wānanga**

Takahanga Marae

11-12 July 2024

5 Takahanga Terrace, Kaikōura

### **REGISTER:**

[www.hewakatapu.org.nz/whakata-wanaga](http://www.hewakatapu.org.nz/whakata-wanaga)



## WHAI RAWATIA TE ORANGA HIGHLIGHTS + SMOKEFREE MAY



Among the many paddles that give the waka forward motion is our AOD (Alcohol and other Drugs) service Te Whai Oranga (The Pursuit Of Wellness) this 16 strong team of kaimahi are all equipped with their own skill sets ranging from Registered Nurses to Whānau Kaimahi they cover everything from relapse prevention to smoking cessation and AOD counselling, all whilst placing a strong emphasis on it being more about the journey than the destination itself.

That journey often begins with a referral which is then delegated to a Kaimahi who will help to navigate whaiora into a specific group or program. At the centre of that process is the Te Whaioranga one day wānanga 'Takahi Te Taniwha' which is often full to the brim with whānau looking for the tools to navigate towards progress.

The foundation of this service is our residential 8-week rehabilitation programme or the Mauri Ora Experience, where whānau get a chance to kick start their journey to well-being, this programme has seen many graduates

over the years some of whom are still connected to HWT through open groups and various wānanga.

During the month of May the AOD smoking cessation kaimahi ran a campaign to promote smoke free may which involved a number of key events and pop up clinics bolstering an upswing of stop smoking referrals as a result, part of that campaign was drawing comparisons between the price of a packet of cigarettes vs \$40 worth of groceries, during a competition which saw over 500 comments on an organic Facebook post, it became very clear that even during a cost of living crisis, people were unaware of what whānau could get from the supermarket for the same amount. Moving forward, the smoking cessation kaimahi will be meeting the upswing in demand for support by hosting pop up clinics right here on site once a week on a Tuesday.

**Smoking Cessation Clinics** – Tuesdays, 10-12pm.



## TINANA UPDATE



The last few months have been busy for the tīma at Tinana Gym. The introduction of a new look timetable featuring pop-up clinics, mobility classes and group fitness sessions, has generated a consistent flow of new registrations and regular attendees. This has all kept the energy high as we approach the colder months of the year.

A highlight in recent times has been the presence of our whānau from Te Roopu Taurima specifically Jamie, who has been working out under the guidance of Coach Jordan for around 8 months, Jamie says “the best part of training at Tinana is working with Jordan” who “helps me with my workouts and keeps me strong” Jamie is just one of a small group of whānau who come down to Tinana once a week to work with Jordan.

With the fitness industry in a constant state of evolution, we are lucky to have passionate coaches who constantly keep themselves up to play with new innovations, placing mobility at the top of the priority list, Coach Meno’s strength and mobility sessions have become a popular fixture on the gyms timetable. Check out the timetable here: [www.hewakatapu.org.nz/open-groups/calendar](http://www.hewakatapu.org.nz/open-groups/calendar)

**MOBILITY / FLEXIBILITY** Tuesdays 1:30pm

**FUNDAMENTALS OF EXERCISE** Wednesdays 1:30pm

**CARDIO / WEIGHTS** Thursdays 1:30pm

**BODYWEIGHT EXERCISE** Fridays 1:30pm



## MEET SILVIA FOUA

*THE HEART OF CAFÉ KAIMAHI*

**About a month ago, Silvia Foua joined Café Kaimahi, bringing with her an incredible amount of energy and passion that has transformed Papa D's into a thriving café and bustling community hub. Silvia's remarkable journey is one of dedication and hard work, with over two decades of customer service experience under her belt.**

Silvia's roots trace back to Samoa, where she was raised in a large family with five brothers and four sisters. At the age of 18, she made the significant journey to Aotearoa, where she has flourished and made a lasting impact on everyone she meets. As a mother of three teenagers and a grandmother to three beautiful mokopuna, Silvia understands the importance of family and community, values that shine through in her work at the café.

On weekends, Silvia loves spending quality time with her mokopuna, cherishing every moment she gets with them. Her warm personality and dedication to her family and community make her a beloved figure at Café Kaimahi.

If you haven't already had the chance, we encourage you to introduce yourself to Silvia. Her story and spirit are truly inspiring, and getting to know her is an experience you won't want to miss.

Welcome to the Café Kaimahi family, Silvia! We're thrilled to have you with us and look forward to many wonderful moments ahead.

**Papa D's Café is open**

8:30am - 2:30pm Monday to Friday.



WHAI RAWATIA  
TE ORANGA  
OMA OMA

This month marks the launch of the running group, “Oma Oma,” inspired by the popular children’s song “Oma Rāpeti.” The group meets every Thursday at 12:30pm to help whānau get ready for the upcoming Paeora event later this year. Participants can run or walk the 3km loop, catering to all experience levels.

Facilitated by He Waka Tapu kaimahi Lucas Fahey and Becca Bryant, “Oma Oma” will also serve as a way to prepare ourselves and those in our community.

Running is so much more than just getting your body moving. It has shown me that you are much stronger than you realise. Most of the time, you can push yourself

to run a little further and a little faster than you thought possible.

After the run or walk, participants are invited to gather for coffee and a chat at Papa D’s Cafe, creating a relaxed and social atmosphere to connect with others in the community. This initiative aligns with the Te Whare Tapa Whā model, focusing on Taha Tinana to enhance well-being through physical activity.

**OMA OMA** - Thursdays, 12:30–1:30pm, 161 Pages Road





## WEBSITE / I.T. UPDATE:

With the new He Waka Tapu website having launched we have been focussing our attention on our Open Group Calendar making subtle improvements to make it easy to search and navigate.

New modules have been added through the site to display relevant upcoming events. Loads of new events have been added so check it out and come on down!  
[www.hewakatapu.org.nz/open-groups/calendar](http://www.hewakatapu.org.nz/open-groups/calendar)

This month we've also had a focus on improving content flow with our in-house knowledge. With a large organisation such as ours, we have several tools we use but they don't always communicate directly.

We've been using industry leading tools to assist us, which is going to save our administration and communication teams time and effort while maintaining high quality content.

Security and good practice is critical to absolutely everything we do and stand for at He Waka Tapu as we are regularly working with sensitive personal data.

We regularly run various tests and checks to look for any areas of improvement. This includes tests for our networks internally, externally as well as our kaimahi digital practice to make sure process is followed. This month is no different as we've outsourced tests to our external IT partners.



## WELL-BEING THROUGH KAPA HAKA

In March 2024, the inclusive group “**Te Whānau Whānui o He Waka Tapu**” was formed under the Auaahi Kore (Smoke Free NZ) kaupapa. The group includes He Waka Tapu kaimahi, whaiora, and community members eager to participate in Kapa Haka.

A key focus has been preparing a performance to support the regional Matatini Kapa Haka competition as a ngāhau (support) group. Matatini is a prestigious national Kapa Haka festival with events all over New Zealand in the lead up to the National event. Te Whānau Whānui o He Waka Tapu aims to provide competition experience for new performers and support competitive teams, helping more regional groups qualify for the national competition in Taranaki in 2025. Four groups have already qualified to represent the Waitaha region.

Looking ahead, the group will support our whānau day celebrations, Te Wiki o Te Reo Māori, and other cultural events throughout the year.

## **CELEBRATING WELL-BEING THROUGH KAPA HAKA: TE WHĀNAU WHĀNUI O HE WAKA TAPU**

The performance aspect of Kapa Haka has provided a pathway to well-being and a deeper connection with Te Ao Māori. The group has experienced healing and whanaungatanga (kinship), with Kapa Haka offering a platform for members to embrace their mana and overcome whakamā.

Te Whānau Whānui o He Waka Tapu is proud of its diverse rōpū, including the elderly, rangatahi (youth), Māori, Pākehā, and Pasifika members. Many had not previously had the opportunity to join a Kapa Haka group and now feel embraced and empowered by this initiative.



# MATARIKI WHĀNAU DAY

On Saturday, 15 June 2024, the community gathered at 161 Pages Road, for a vibrant early Matariki celebration. Organised in partnership with Ōtautahi Sports Association and Christchurch City Libraries, the event was a perfect blend of Matariki activities and learnings, delicious food, and engaging experiences for all ages, especially the rangatahi (youth) and tamariki (children).

From 10 am until 2 pm, the festivities were in full swing, drawing people together in a celebration of Matariki, the Māori New Year. This event was a testament to our commitment to preserving and promoting Māori traditions and the spirit of togetherness. Representing and empowering our community.

Our annual Matariki whānau day is one of four whānau focused events throughout the year. Including; Easter Celebrations, Paeora and a Christmas event.

## Highlights of the Day:

- **Free Hāngī and Fry Bread.**
- **Kapa Haka Performances.**
- **Harakeke Workshops.**
- **Christchurch City Libraries Story Time.**
- **Ngāi Tahu Whakapapa Sign-Ups and Information Sessions.**
- **Kōanga Kai seedling / seed distribution.**

This early Matariki celebration was more than just an event; it was a powerful reminder of the importance of community, culture, and the connections that bind us. The day was filled with laughter, learning, and a deep appreciation for the heritage that defines us. Thank you to everyone who joined in to make this day memorable. We look forward to celebrating many more Matariki events together in the future!

# KAIMAHI DEVELOPMENT

## KAIMAHI DEVELOPMENT

We are thrilled to announce some significant accomplishments within our Organisation this quarter.

First and foremost, a huge congratulations to our three dedicated Kaimahi who have successfully graduated with their Apprenticeship in Level 4 Mental Health and Addictions. This achievement reflects their hard work, commitment, and passion for providing exceptional support and care in the mental health sector. Their enhanced skills and knowledge will undoubtedly enrich our services and positively impact the communities we serve.

Huge Congratulations to Ashley, Whaea Maxine and Matua Paul.

In addition to celebrating our graduates, we have also completed our foundational training with the Mental Health 101 program. This training is crucial as it equips our team with the essential skills and understanding needed to support individuals facing mental health challenges.

We are proud of these accomplishments and look forward to continuing our journey of growth and learning together.




## CSM ALCOHOL HARM HUI SARAH / BENNIE

Recently, I had the opportunity to travel to Porirua for a meeting with our funders from the Community Social Movement. The discussions were insightful as we explored ways to collaboratively address and change behaviours around alcohol use within our communities.

The wairua was strong, signifying the collective commitment and energy present in our discussions. We reflected on the combination of our community

movement, which included Iwi, organisations, facilitators, and those opposing alcohol licenses, all working towards a common goal. Each organisation brings unique strengths and perspectives, enhancing our collective efforts. The trip was both inspiring and productive, and I am optimistic about the positive changes we can achieve together.

Sarah Diener (Marketing Designer)



# ME MAHI TAHI TĀTOU MO TE ORANGA O TE WHĀNAU

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**HE WAKA TAPU**

*Me mahi tahi tātou mo te oranga o te whānau*

