



He Waka Tapu

Pānui whakahaerenga | Newsletter

January 2022



HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau



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Chief Operating Officer update

Nau mai haere mai to the new year 2022!

Ending 2021 was a busy one for He Waka Tapu leading into the beautiful summer weather.

The last quarter has seen us providing additional pop-ups and incentives within the vaccination space, preparing promotional material for the Christmas period, which included a strong marketing campaign for [0800 HEYBRO](#). We know Christmas is a heightened time for family violence and the increase of calls received is a positive response for hapori reaching out before harming a loved one. Our kaimahi have been amazing communicators, supporting at a time when people are vulnerable.

The year has been a long one as we navigate this new space of incorporating COVID 19/Delta/Omicron requirements into daily living and the additional mahi it has created, unfortunately, we lost valuable kaimahi in the rollout of vaccinations, this is not something we could have ever foreseen and impacts the organisations flow to support whānau as we recruit and train newbies to fill the roles; [see current vacancies](#). We are an essential service so restrictions will be part of how we operate as we moved forward.

Our new Annual report 2020-2021 wrapped up our year nicely, [check it out here](#).

Winding down for the year seen us providing mini wellbeing events to our kaimahi who are important to us and do the amazing mahi on the frontline. Every Friday through December we held Bingo with Mr Whippy, our work function and fish and chips Friday. Great laughs and whakawhanaungatanga were had appreciating the company of our peers.

New mahi for 2022 is being solidified as we venture to new warm waters in the Cook Islands Rarotonga! He Waka Tapu has been building relationships for a few years now to provide a point of difference to kaimahi working for us. Professional development opportunities will be available to skilled kaimahi who will support the island where required in the areas of alcohol and drugs, assessments, treatment programmes, family safety and suicide prevention. Our relationship with Volunteer Service Abroad (VSA) - Te Tūao Tāwāhi is an exciting opportunity, Jackie, Daryl and I will be heading over in March to prepare for the year ahead, watch this space.

Launching before the end of January will be our new offering to the community sitting under our Te Pā Ora umbrella. He Waka Tapu receives up to 120 referrals weekly into our organisation across all our services, this is a huge demand, and we are always looking for smarter ways to ensure access is timely and meets the needs of hapori. Feedback from many areas tells us that whaiora want more easily accessible information and resources that are in bite-sized portions without having to go through long referral processes, waitlists and squeezing into predesigned moulds that aren't suitable for them. To meet this demand He Waka Tapu have been working on a new access pathway to our services and new offering based on demand. Access to these are open, no referrals are required and they will be available throughout the week.

Look out for the new open-access groups which include:

- Understanding behaviours and Emotions
- Relationship & Communication
- Values and goals planning
- Wellness groups, (Harakeke, Waka Ama, Waiata)
- Whanau Focus (Supporting whanau to support whanau)
- Building resilience
- Ten Guitars (Music group)

We have enjoyed our first year in Te Waka so much that we are in the planning stages to build new social housing opportunities. These will provide additional options to our whaiora who are in much need of safe, reliable housing and reintegration options.

Enjoy the summer months and see you in the next update.

Ngā mihi
Tanith Petersen

Management changes



Community Manager Lisia Livesley

Lisia has recently commenced a new management role as Community Manager. This role supports the Whānau and Rangatahi Navigators, Whānau Intervention Practitioners, Tinana Community Gym kaimahi and Rongoā services.



Pukenga - AOD Residential Team Leader Arron Owen

Arron has recently commenced a new role as Pukenga (AOD Residential Team Leader). His experience in this space will ensure the continuation of the excellent services provided at the residential programme; the Mauri Ora Experience.



AOD Community Manager Vick Siitia

Vick has been appointed as AOD Community Manager and brings a wealth of experience in the people and service management space. The AOD Community team includes supporting our counsellor, the Stop Smoking Practitioner and the Te Rau Ora student.



Business Program Development Consultant Beatrice Brown

Beatrice brings a wealth of knowledge across the whole of He Waka Tapu mahi, and the expertise she brings within the family harm space is invaluable, which is why she has been appointed as the Business Program Development Consultant. Beat's challenge is to develop training packages that can support an education arm of the business for He Waka Tapu. Alongside this mahi, Beats will be working on new business opportunities, leading, and supporting new tender opportunities, and developing programmes both one on one and groups across new business opportunities, which is including the Chatham Islands and Rarotonga at this time.



Integrated Whānau Services

Over the past 3 months, our teams within Integrated Whānau Services (ISR) have been continuing to support the many referrals we see come through. We have seen an increase in referrals through the Out Of Gate and ISR space especially, which our kaimahi have done a fabulous job in supporting whānau and whaiora.

The 0800 HEYBRO line also continues to see an increase in calls. NZ Police have been marketing our new content for the Heybro line through radio and social media. A massive thank you to Damien Petersen and Niki Fox who have jumped on board for 3 weeks over the busy Christmas/New Year period to support our team.

Beatrice officially changed roles in December moving across to further increase the education arm within Family Harm. We look forward to seeing this space flourish in the coming year. As well as this, Tyler will be soon going on maternity leave, leaving Ariana to work her magic as Integrated Whānau Services Manager for 6 months.

We would like to welcome the fabulous new faces that have come into our team over the past quarter. I know I am looking forward to all of the knowledge and skills you will bring with you and that you have already brought.



Finally, a big congrats to all of the kaimahi who have taken on the challenge to study during 2022 and others who completed their studies in 2021. For those just beginning, we know you will pass with flying colours!



Workforce Development

Congratulations to all the kaimahi enrolled in the CareerForce Level 4 Health and Wellbeing Apprenticeships. Approximately 32 kaimahi are involved across the three sites of He Waka Tapu; Hakatere, 161 Pages Road and 377 Pages Road.

The apprenticeship consists of two strands, awarding the apprentice with 120 NZQA Credits.

- the Community and Social Services Strand
- the Mental Health and Addictions Strand

The 14th and the 17th of December 2021 saw the launch of the Apprenticeships in Hakatere and Ōtautahi. The launch allowed everyone to meet with Andy Bunn the CareerForce Workplace Advisor. Andy will work with us / alongside us over the course of the apprenticeship to our Graduation.

There was a big focus on whakawhanaungatanga – and familiarising everyone with Aka Toi the online learning platform. Andy spoke re: Module One which was all about “Respecting You “and the need to be observed by your manager. This module acknowledges what is completed daily – under the umbrella of Health & Safety, Professional and Ethical behaviours and how kaimahi contribute to continuous improvement within the Organization. As this module requires time from your Observer – Andy encouraged everyone to start working on Module 3 – “It’s About People”.

There was a lot of laughter and keenness to get underway – everyone agreed we would focus, as a team on the completion of one module a month.

Canterbury University – James Fauld

James Fauld has offered in-service education for all kaimahi at He Waka Tapu topics will include:

- Methamphetamine
- Understanding the causes of violence
- Substance use and criminal offending
- Introduction to assessment of alcohol and drug disorders
- Psychiatric medications



Māui Clinic @ South City

A huge ngā mihi to all the kaimahi who have and continue to vaccinate our people. Ōtautahi has vaccinated 95% of their population – this could not have been achieved without all of us working together. The Māui Clinic @ South City has vaccinated 10,000 whaiora since they opened their doors in August 2021.

January 2022 will focus on vaccinating our tamariki and boosters.

Criteria have changed allowing those who have had their 2nd vaccination more than four months ago to receive a booster.

If this is you – please pop on in!



GP Clinic – Te Aranga Community Health

Watch this space - Clinics will be based here at He Waka Tapu and on Portsmouth Street.

Looking for enrolments.

Fees:

GP / NP consult		
18+ years of age	\$19.50	\$15.00 if paid on the day
14 - 17 years of age	\$14.00	\$10.00 if paid on the day
Under 14 years of age	Free	
Nurse consult	\$5.00	
Nurse prescriber	\$10.00	



Community wellness



Keeping your “teke meke”

Such an important message for our wāhine your health is wealth. Our awesome cervical screening team can visit you in the home or at our office, email [Rangimaire Teautama](#) or call 0800 HE WAKA (43 9252) to make a booking.

Partnership Community Support Worker

There has been an increase of whānau wanting to be supported in enrolling with a Medical Practice, which is why there is now a pop-up clinic at Tinana Community Gym. [Check out the calendar](#) to find out when the pop-up clinic is.

The team also support Corrections referrals and continue to grow the relationships to make sure health needs are being met when whānau are being integrated back into the community.

Here are some strategies and practices used to encourage ‘hard to reach’ clients to engage:

- Liaising with corrections and being flexible and timely with engagement
- Engaging while tāne/wāhine are in prison.
- Kaupapa Māori – using whānau or friends we know in the community to reach out to them
- Individual engagement/building a better rapport with Client
- Outreaching into community and sports clubs
- Supporting pop-up clinics at Tinana Community Gym.



Supporting our hapori

Chat's is all about outreach into whānau Māori communities. Using the promotional trailer, we were able to pop-up in various locations where informative conversations can be had around COVID-19, in a safe environment, provide vaccination opportunities, and support whānau with information. The awesome Kaimanaki kaimahi arranges vaccine appointments and offers transport. Ngā mihi Katie, Riana and Rita.

This initiative supported 52 community members with getting either their first or second vaccination.

14/12/21 - Chat's supported 5 whānau Māori with their second vaccination.

17/12/21 - Chat's supported 8 whānau Māori with their first vaccination.

21/12/21 - Chat's had a whopping 22 whānau Māori that received their first vaccination.

23/12/21 - Chat's had another 17 more whānau Māori receive their first vaccination.



Rongoā services

Mirimiri massage and its techniques are very much part of traditional Maori culture, with the skills and necessary knowledge passed on by the elders to successive generations. Practitioners follow in the footsteps of their tipuna or ancestors and are following in a tradition that dates back thousands of years - while evolving the technique to embrace the modern era. In the month of December, we contracted two more kaimirimiri. Meet the current practitioners:

Sulia Tuatau

Welcome back to Sulia. Sulia worked for He Waka Tapu as an AOD Clinician back in the days of the Red Shed. Sulia has returned with a different kind of Healing power.



Raukohe Hallet

Welcome, Raukohe. Wise note to self: Stretching is a part of growth and exercise is a part of manifesting change to our current reality Spiritually, Mentally, and Physically.



Raine Clarke

And lastly, some may already know or met Raine. She has been with He Waka Tapu for 10 weeks now and has made some really good shifts for our community.



Alcohol and Other Drugs

It has been another busy quarter for our AOD team. We have had a shift in management with Vick Sitia coming over from the community team as our manager. Vick brings a wealth of knowledge and experience, and a close and long-standing relationship with our AOD team as the former manager of our residential service.

We are recruiting for 1 new CSW to complete our team, interviews are currently taking place and we hope to have this role filled in the next coming weeks.

We are no longer sitting under the ADAS umbrella for a court directed AOD assessments and are completing these independently. We look forward to working directly with corrections and improving on the services that we provide for our whānau involved with the ministry of justice.

We are reshaping our AOD groups and have enjoyed coming together to brainstorm how these will look. We are excited to be able to offer more community support to our whānau while improving our scope of knowledge and skills.

Congratulations to Katrina Matete for completing her Diploma in Public Health – Māori Mental Health and Addictions through Te Rau Ora. She will continue her Post-Graduate studies this year in Health Science.

Mauri Ora Experience whānau go on camp!

Our tangata whaiora started the year off by going on camp to Punakaiki Beach on the West Coast. They thoroughly enjoyed swimming, hiking, caving, paddle boarding, visiting local attractions and whānaungatanga with other campers.

We farewell Leonie Herbert from her permanent kaiawhina role after 10 years of service to He Waka Tapu. She has built positive connections with many of our tangata whaiora over the years and we are pleased that she will continue to do so as a casual kaimahi.



Papa D's

Since opening Papa D's back in June, we have been adding to the He Waka Tapu atmosphere not only kamahi but for whaiora. Which has really been good reinforcing the community space we have here at He Waka Tapu.

Working with a local kai supplier just down the road Kai Connoisseur has been wonderful for Papa D's allowing us to put more time and effort into our customers to ensure we deliver the best service with a smile. Building a client base through the last couple of months has been one of the highlights of working at Papa D's and through the love of kai it continues to grow bigger and better extending through the public more.

We would like to welcome our temporary staff member Tawhai Te Aru who will look after Papa D's for the start of 2022. Following that period we will have the lovely Jack taking over.

Come in and grab some kawhe and kai next time you're in the area.



Tinana Free Community Gym

The purpose of Tinana Community Gym is to give barrier-free access to health and well-being options for whānau. We aim to provide this through free access to our gym, free community classes and health pop-up clinics. The main goal is to help our Ōtautahi community towards better health outcomes. With 741 memberships now, we are well on our way.

Our new mobility and maintenance sessions run by He Waka Tapu kaimahi Emmanuel Feala, have been a hit with our gym community. We have been achieving numbers of 10-12 on a regular basis which is awesome for a small gym for a stretch-based class. There have been more sets of resistance bands and rollers purchased for these sessions. This in turn has helped to get more people involved in these classes as we can now cater to all abilities.

Tinana Community Gym is excited to share that we now have a health pop-up clinic every day on site. This is to help support whaiora through many avenues of their physical and mental health. These include:

- AOD Support
- Rangatahi support
- Physiotherapy
- Nutritional advice
- Green Prescription (Be Active programme)

Members have many different needs, therefore the more support we can offer them on-site to assist their health by using the Te Whare Tapa Whā model, the better. We are always looking to have additional clinics within the gym space. In January we will be looking at having a health coach to assist with both introductory fitness classes as well as health information around diabetes, wahine ora and nutrition.





He Waka Tapu

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

www.hewakatapu.org.nz

Freephone: 0800 HE WAKA (43 9252)

Phone: 03 373 8150

Email: reception@hewakatapu.org.nz

Address: 161 Pages Road, Christchurch, New Zealand 8061

Open hours: Monday - Thursday 8:30am - 5:00pm
& Friday 8:30am - 3:00pm

