



He Waka Tapu

Pānui whakahaerenga | Newsletter

July 2022



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



Table of contents

Chief Executive Officer
update 3

Management changes 4

Integrated Whānau
Services 5

Hauora services 6

Te Pā Tipu | Community 8

Te Rau Ora Scholarship 10

Papa D's &
HEYBRO 12

Wellbeing Bingo &
Tinana Community Gym 13





Chief Executive Officer update

Mānawatia a Matariki — Happy Māori New Year!

Winter has arrived across the motu, with us all wearing extra layers and enjoying the winter kai.

It feels like some normality is coming back from the turmoil of the covid pandemic over the past few years, restrictions are lifting, and referrals are increasing to their pre-pandemic numbers.

We have celebrated four kaimahi within the organisation reaching their 10-year milestone. This was of course celebrated over chocolate cake, flowers, and the much-loved storytelling.

Wellbeing has been at the forefront as we awahi our kaimahi, who have continued to provide an awesome level of tautoko for our hapori throughout this time, alongside managing their own whānau needs. This has been delivered in the form of an ice-cream buffet, coffee pop-ups, shared kai and most importantly our pilot to support a work/life balance, the “4-day working week”. As we head into the fourth month of the piolet, so far we have received positive feedback and gained learnings along the way. Some of our initial concerns of how to maintain the same workload have been dispelled and with research read before implementing this change, is so far coming to life.

We compared sick days this year to the same period in 2021 and we have had a 19% reduction in sick leave taken, which is an awesome indicator for wellbeing, especially when we take Covid into the equation. A mid-way review of the pilot was completed by kaimahi, questions asked were, “What benefits are you enjoying because of this way of working?” they answered:

- “Being able to balance my whānau life, giving time to my whānau and preparing for the working and school week on Monday is amazing.”
- “Better work/life balance. Feel more refreshed at the beginning of each week. Actually, feel blessed to have it.”
- “Enjoying that extra day of wellness/goodness for myself and with my family. This in turn makes me give back even more so in my mahi, I’m really enjoying being at mahi.”

Overall, the feedback is showing positive results

- Most have shared their mental health has improved
- They are enjoying the work/home life balance
- Work priorities and caseloads are being managed well with some using the shadow day to catch up if and when required.

We officially opened [Te Aranga Health](#). We are excited about this partnership and registrations are growing with pace. It has been beneficial to have an open partnership where all strengths are pulled to the table and we uphold the values of all with our main focus being a better experience for hapori!

Papa D (Daryl Gregory) is moving across to the sunny island of Rarotonga this month, for the next year as we begin to implement our partnership with VSA (Volunteer Service association). We look forward to sending across our skilled kaimahi to support building professional health capacity on the island and providing He Waka Tapu with a point of difference in choosing to work for us. Professional development with a sunny twist!

We look forward to the new Māori health authority and what this may entail as we venture into the remainder of the year.

Ngā mihi
Jackie Burrows

Management changes



Tane Kara

Integrated Whānau Services Manager

Over the last 5.5 years at He Waka Tapu, Tane has naturally progressed from being Team Leader of the mandated team to Integrated Whānau Services Manager alongside Ariana. He manages the day-to-day business operations within the IWS team, ensuring the services are delivered to the highest standard, and are upheld by our four pou (values).



Maria Taylor

Pou Ā Rangi - AOD Residential Manager

Maria has recently commenced a new role as Pou Ā Rangi (AOD Residential Manager). Her experience in this space will ensure the continuation of the excellent services provided at the residential program; the Mauri Ora Experience.



Maria Bermoy

Finance Manager

Maria has recently commenced a new role as Finance Manager for He Waka Tapu. This is a first to have a qualified accountant for the organisation and we look forward to improving our financial systems.



Maree Edwards

Te Pā Tipu Operations Manager

Te Pā Tipu Operations Management role is an extension of the Community Outreach mahi Maree was doing. She will now oversee the Community Management team and have support from Mia Mason who will be stepping in the Community Outreach Team Leader.



Tane Keepa

Kai Arahi

Tane has taken on the newly created role as Kai Arahi. This role is to develop tikanga and kaupapa Māori across all aspects of He Waka Tapu. This mahi includes getting kaimahi more involved in various aspects of Te Ao Maori and embed strong kawa and tikanga in everything we do. "May the force be with you".

Integrated Whānau Services

There are various programmes delivered within the Integrated Whānau Service, including Te Whāriki Whakamana. This program is a 12-week mandated program for tāne focusing on stopping violence and abuse against others in their relationships. During each cycle of 13 sessions, 2 sessions are held at the Ngā Hau e Whā Marae on a Saturday.

Here is some feedback from the wananga:

- Being in that space helped to strengthen the connection with tipuna and whakapapa
- The environment felt more relaxed and able to be open about our situations and emotions
- It felt like a more holistic approach.
- A time we could feel free to express our emotions and feel supported by others and the tipuna represented here
- Recognised that our tipuna were men who had flaws and strived for change
Helped to develop a relationship with self, we learned we are worthy of our love.
- Having the whole day was useful in processing the learning we had.
The length felt about right, felt free to talk and not take up others' time. It also felt intensive
- Felt the need for He Waka Tapu to have a Haka that everyone could learn and use on occasions.



In general, the whaiora who participated would look forward to reconnecting again post discharge.

Mauri Ora Experience Rākau Whakairo program

Run by David Sio

Rākau Whakairo is a program designed for whaiora accessing the Mauri Ora Experience.

The program is focused on:

- I te timatanga ko te kore,
- Na te kore, ko Te Po,
- Ka puta te Whaiao, Ki te Ao Mararma.
- Tihei Mauri Ora



Workforce Development

CareerForce Level 4 Health & Wellbeing

Our CareerForce Apprentices are working hard to complete all the learnings required. The apprenticeship consists of 13 modules all with up to 15 tasks within.

July will see the study groups recommence and a greater focus on offering awahi and tautoko to these apprentices.

James Faulds (University of Otago)

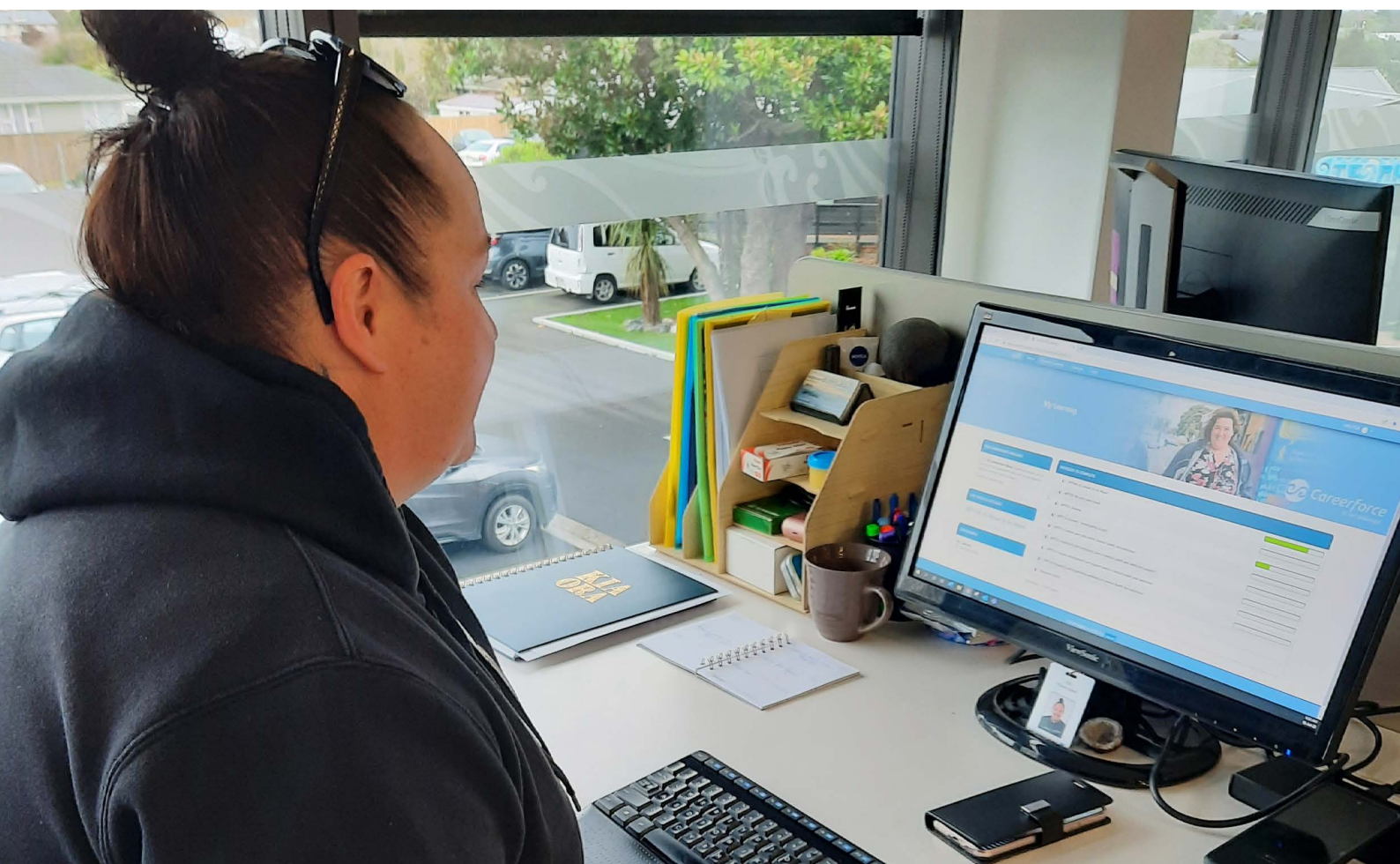
James has continued with his monthly In-service teachings for all the kaimahi of He Waka Tapu. Our session recently held on 14 June focussed on how to assess violence risk and prevent violence amongst whaiora in the community. His session was very well attended.

It is our understanding that several of James' colleagues have expressed a desire to visit and have offered their expertise in a teaching lens to come and share some of their knowledge. We look forward to welcoming them and learning more – It seems 'the more we learn the less we know'.

Student placements

We are now in a semester break which has allowed us to have a rest from supporting our ARA nursing students. This year to date we have supported four 2nd year students – all focused on completing the course curriculum 'Nursing the person with Altered Mental Health or Addiction'.

McKenzie Henare, Annelise Putu, Breanna Tinomana and Tea Rika all enjoyed their time with us and for us, it has been stunning to focus on leadership/succession planning for the future of He Waka Tapu. Semester two commences mid-August where we will host another four students till the end of the 2022 year.



Māui Clinic @ South City

June 30th has seen the end of He Waka Tapu involvement in both Operations and Management in the Māui South City @ South City vaccination clinic.

Vaccination rates have once again picked up following the announcement that a 2nd booster is now available. We encourage everyone to access a flu vaccine as we enter the colder months – the prediction is, that we will face a virulent flu season.

All vaccinations will be offered from the He Waka Tapu site, 161 Pages Road, with pop-up vaccinations events to be announced soon.

We would like to offer a huge ngā mihi to all our kaimahi who have supported and worked in this kaupapa inclusive of vaccinators, Kaimanaaki and administration staff, both Purapura Whetu and He Waka Tapu kaimahi.

Te Aranga Health (GP Clinic)

Te Aranga Health is a low-cost general practice with a hapori focus. You and your whānau will have access to quality general practitioners, experienced nurses and wrap-around wellness support once enrolled.

Te Aranga Health is a partnership between He Waka Tapu, Better Health Group, and Dr Paul Hercock. Our combined experience enables us to better understand and serve our hapori, offering high quality and accessible healthcare.

The clinic is now seeking new enrolments and registrations! Patients who enrol can be seen at two convenient locations in the Aranui area. You are welcome to book at whichever location suits you best.

Meet the team

We are very proud of our highly qualified and dedicated team who are committed to providing you with the best service.

- Dr Paul Hercock
- Dr Adrienne Ackermann
- Dr Kim Pasley
- Receptionist Ngahuia Donaldson will happily answer your queries and make your appointment to see the doctor.
- Practice Nurse Deidre Callaghan

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

Fees:

GP / NP consult	
18+ years of age	\$19.50
14 - 17 years of age	\$13.00
Under 14 years of age	Free
Nurse consult	\$5.00
Nurse prescriber	\$19.50



Te Punga Hauora



The last few months we have increased our nursing service to five nurses – our nursing staff offer hauora assessments amongst many other services.

This month has seen us partner with the Hepatitis C team which has allowed us to offer Hep C screening and treatment options for all hauora needs. Come and visit us at Te Punga Hauora – 161 Pages Road, Wainoni, Christchurch.

Hakaterere Hapori Kai

COVID-19 put a stop to our regular hapori kai get-togethers down in Hakaterere (Ashburton).

He Waka Tapu kaimahi planned our first hapori kai in August last year. We invited whaiora and whānau in our hapori to come along and join us to share kai, karakia and waiata.

The preparation of the hapori kai consisted of organising a date, menu, sorting karakia/waiata, inviting whaiora/whānau, and putting together the recipes for whaiora to take home.

On the menu was Beef Chow Mein, pumpkin soup, and fry bread. We had a large gathering of the hapori, being our largest yet with 48 whaiora and whānau joining us. We will continue to carry on with the hapori kai occurring every 6-8 weeks, further updates will follow.



Hakaterere Community Yoga Sessions

Low-level impact yoga session run by Barb and Trudy will be offered to Hakaterere hapori from 13 July at He Waka Tapu Office.

Weekly sessions are on Wednesdays 10:00 – 11:00am (Yoga sessions start 13 July).

Address: 111 Tancred Road, Ashburton.

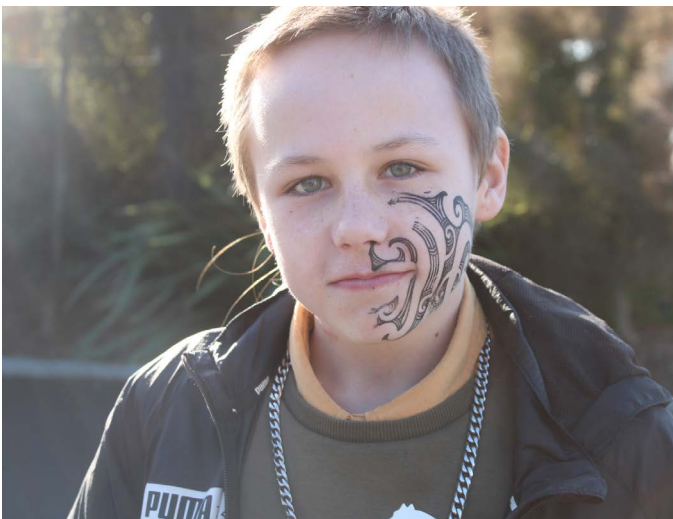


Mānawatia a Matariki

On Saturday the 2nd of July, we hosted a Matariki Whānau Day. An event that had awesome activities teaching tamariki and whānau about the Matariki new year along with burgers, soups and Mr Whippy icecream. Approximity 600-700 people attended between 11:00am - 2:00pm, which is a huge achievement.

We collated feedback from the surveys and some of the findings of this event were positive. 98% of those who completed the survey advised "they have an increased understanding of Matariki" and extremly enjoyed the event held.

A special mihi to our partnering organisations that helped make this day meke, Ōtautahi Sports Association, Te Puawaitanga ki Ōtautahi Trust, and Te Ara Poutama team from Rawhiti and Mens Prison for your tautoko on the day.



Welcome to our new fulltime Coordinator, Taryn.

Taryn brings with her a lot of skills to help navigate our tāne (men) through life and offering a helping hand. You can find her in the Man Cave at The Brotherhood, Tuesday's and Thursday's 9am-4pm; 321 Pages Road, Wainoni, Christchurch.



Te Rau Ora Scholarship

The Te Rau Ora Scholarships aim to provide an opportunity to gain work experience within the drug and alcohol addiction sector. This opportunity is for those with lived experience, but not limited to health or academic history, cultural, or creative pathways. Check out some of the previous recipient's stories.

Te Aroha Mahaanga



Te Aroha started out as a whaiora at He Waka Tapu, participating in the Mauri Ora Experience; an 8-week residential program. Two years after graduating from the program, Te Aroha became a Te Rau Ora Scholarship recipient.

During the scholarship, Te Aroha was able to get paid work experience in the AOD (alcohol and other drugs) community, a placement at He Waka Tapu and a mentor that helped develop a future plan. This plan included further study that she is continuing to this day.

Te Aroha is extremely grateful that she was given the opportunity to fulfil her dream, and "is now working in the place where it all started for me".

Damien Petersen

"Take the opportunities when they come, you don't want to be thinking what if. You never know where you'll end up."

When Damien participated in the scholarship (when it was called Te Rau Matatini in 2015), it made him look at his own lifestyle, and his values. The scholarship gave Damien the opportunity to do something new after working 11 years in the freezing works. If he didn't take the leap of faith, he would still be doing the same thing.

Damien learnt a lot from the scholarship around the Treaty of Waitangi and facilitation. There were relationships built with mentors from previous recipients who provided great knowledge and support. He's now worked in various roles at He Waka Tapu including at the Mauri Ora Experience; an 8-week residential program, within the domestic violence team and becoming team leader to manager. Damien's proudest achievement is being the founder of the 0800 HEYBRO support line for men, because it's still running.



Matiu Brokenshire



During Matiu's time in the Mauri Ora Experience at He Waka Tapu; an 8-week residential program, he found a passion to help people in the AOD sector. After graduating, he was encouraged to apply for the Te Rau Ora Scholarship and to his surprise, he got it.

Not only did the scholarship allow Matiu to get paid to learn for a whole year, and produce presentations, but was also able to be himself with out-of-the-box thinking in a professional environment. He then found he loved working within the domestic violence industry and has continued that mahi for the last 6 years. This is just one example of how other doors have opened for Matiu after participating in the scholarship.

Tangata tū tanga ora. Tangata moe tangata mate | When you stand you live, when you sleep your dreams die; a whakataukī that Matiu took away from the scholarship.

Irene Whittaker



Irene grew up breaking the law. She was in and out of prison and addiction, living an illegal life. After waking up one day in the hospital, she realised something had to change. Irene came into He Waka Tapu and was referred to the Mauri Ora Experience; an 8-week residential program. It's now been an impressive 10-year clean and sober journey, after graduating from the program in 2012!

Irene then took a consumer rep role which led to peer support. During this mahi, He Waka Tapu kaimahi encouraged her to apply for the scholarship and undertake a health and addiction certificate. Irene was taken back by the amount of support He Waka Tapu provided and offered a safe space to build relationships. She never had anyone believe in her before. To this day she can still ring at any time when she needs to talk to someone.

The scholarship allowed Irene to have no student loan while gaining a Level 7 Applied Counselling qualification but studying had its challenges for her; learning the academic language and how to use a computer. She is really grateful to have been given the tools to be able to dream, have vision, teach her how important culture is, and have a voice.

Today, Irene's priority is her whānau, her whakapapa, and knowing her identity. These important aspects of her life weren't there before when she was using drugs and alcohol. For the last 3 years, Irene has been working at Oddesy House as a team lead, supporting women in the Justice System, and developing a program specifically for them 'He Kete Oranga O Te Mana Wahine'. During the scholarship, there's a requirement to attend the Cutting Edge Conference. This year (2022) Irene will be presenting her own breakout session on the program at the very same conference.

"Surrender to change" was Irene's name on Whaiora Online and believes the change will occur when you surrender.

Arthur Ashby

"Never forget who you are. Identity is such an important part of life"

After 10 years of working on the family marae, learning Te Reo, Tikanga and whakapapa, Arthur started volunteering at He Waka Tapu. From there, he was encouraged to apply for the Te Rau Ora Scholarship, and do something he's never done before.

Arthur started co-facilitating groups, including within the Mauri Ora Experience; an 8-week residential program. This experience gave Arthur hands-on learning, taught him how to facilitate, and get support from lead facilitators. He also learnt the importance of being honest, and connecting to healthy supports.



After being on the scholarship for 9 months, Arthur was offered permanent full-time employment at He Waka Tapu within the AOD team. He's now been there coming up 3 years! He's learnt how to facilitate in different ways and feels it's beneficial to understand and be able to communicate to Whaiora knowing the language of addiction.

If you would like to find out more about the scholarship, please contact [Nicole Finnegan](#), or read the Hoe Rua – Addiction Sector Work-Based Placements section on the [Te Rau Ora website](#).

Papa D's

It's been awesome having Kelly-Anne Reihana take on Papa D's cafe. Not only does she greet everyone with a smile, but she's also introduced a few new items to the menu! Her kumara salads are amazing, that is if you're lucky enough to grab one before they sell out.

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

Opening hours: 9:00am - 3:00pm daily



0800 HEYBRO

The 0800 HEYBRO support line continues to keep the team busy, with a total of 134 calls over the last three months.

It's not easy asking for support but when a tāne got the courage to call 0800 HEYBRO, he was so inspired that he built his own support group for men. [Read the full case study.](#)

For a short time there will be a short clip from the HEYBRO team played at 61 theatres nationwide, playing across a wide selection of movies.

The HEYBRO team have been offered an opportunity to present at Te Tumu Waiora Health and support worker hui on the 27th July 2022.



Give us a call next time you're on the edge, 24/7!

0800 HEYBRO (439 276).



Wellbeing Bingo

Get Ready to Play!

If you've noticed a drop off in your physical activity levels over the past two years, you're not alone. Many of us have found it difficult to maintain a regular activity habit due to the impact of Covid-19. While physical activity rates have rebounded to some degree recently, it isn't happening across the board, with a lack of motivation being reported as a key barrier.

To help get Kiwis moving again Sport New Zealand recently relaunched its iconic 90's Push Play campaign. To support the message locally, the Active Canterbury Network will be launching their game Wellbeing Bingo on Monday 1st August to encourage Cantabrians to start moving again!

To play, simply pick up or download a whānau card or an Individual card. Each card has a total of 25 activities with a focus on exploring nature, visiting new places, trying new things and easy ways to move. The aim is to complete 5 activities each week for 5 weeks. There is a weekly prize draw and a final prize draw. Prizes include gym vouchers, free classes, pool passes, outdoor experiences, sports gear and more!

Facebook, Instagram and TikTok will be in full swing during the 5 weeks, with participants encouraged to post pictures and videos of the activities they complete each week. Visit the [Active Canterbury website](#) for all the details.

Cards are available to collect from the He Waka Tapu main reception area or contact the team and they can arrange to get some cards out to you.

So, grab a card, let your friends and Whānau know, spread the word, follow us @WellbeingBingo and LET'S PLAY!!



Tinana Free Community Gym

Congrats to Jordan for his achievement in gaining his Personal Trainers qualification. Tu Meke Uso!

The community use of the gym has been consistently and productively humming, especially since the vaccine mandates have dropped. Most members have returned back, and we are continuing to sign up new members.

It is so pleasing witnessing community getting into their routine and a pleasure to support them with their queries about training. There is no age group that dominates the gym space, we have parents/guardians overseeing rangatahi, to our oldest at the age of 70, all using the space. At any given moment you would walk into the gym seeing 3 to 4 different generations exercising and encouraging each other.

Classes are steady and being enjoyed by those that attend. It's awesome to see some of our kaimahi hīkoi down from 161 Pages Road to participate in the classes and thoroughly encourage all our kaimahi to undertake some form of physical activity to enhance your wellness.

The Mauri Ora Experience whaiora utilise the gym during community hours, working on their wellness and being supportive in this space.

Check out all the latest on what groups and pop-up clinics are on the go on the Tinana Facebook Group, or just come in sign up! If you're new, Emmanuel or Jordan will take you through on what the kaupapa is of our community gym.





He Waka Tapu

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

www.hewakatapu.org.nz

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& Friday 8:30am - 3:00pm

