



PĀNUI WHAKAHAERENGA

NEWSLETTER OCTOBER 2022



HE WAKA TAPU

Me mahi tāhi tātou mo te oranga o te whānau



TABLE OF CONTENTS

Chief Executive Officer Update	3
Management Changes	4
Integrated Whānau Services	5
Community Outreach	5
Admin Team	6
Te Whaioranga	7
The Brotherhood	7
Workforce Development	8
Careerforce Level 4 Health & Wellbeing	8
Park-It Market	9
Ngā Kākano	10
Acknowledging Kaimahi	11
Papa D's Cafe	14
Tinana Community Gym	14
Mauri Ora Experience	15
Paeora Whānau Fun Run	16
Whai Rawatia Te Oranga	17





CHIEF EXECUTIVE OFFICER UPDATE

We are near the end of the year, and it is hard to believe how quickly it has gone by.

I am pleased to announce this will be my last acknowledgement of COVID-19, however, for us here at He Waka Tapu and our business partners for Te Aranga Health, it is still a requirement to wear a mask when visiting our General Practice clinic and all other Health centres across Aotearoa. I would also like to acknowledge our kaimahi, as they continue to work outside of the square, especially these last few years with COVID-19 affecting so many, our kaimahi continued to ensure whaiora and whānau were supported well and safe.

We have extended our 4 Day working week incentive for another 6 months, this time with more flexibility for kaimahi who have tamariki or simply if kaimahi have appointments that may fall on any day of the week. This still contributes to the well-being of our kaimahi and to the business goals of He Waka Tapu with an increase in our opening hours and their work productivity. I would like to acknowledge the time and effort our Chief Operating Officer, Tanith Petersen has put into this incentive, to ensure it is achievable and purposeful for our whānau and the organisation.

In the remaining months of 2022, we have several projects on the go; firstly, we have our first Pae

Ora event taking place on the 15th of October 2022, with a whopping 800 registrations so far. Secondly, a fun project for our hapori is the Park it, Mark it, this took place on the 17th of September with 9 car park spaces filled and furthermore to come. These projects create opportunities for whānau to come together, connect, laugh, and essentially enjoy being out in their community in the east of Ōtautahi, Aranui.

To conclude my brief opening for our external pānui, I would like to touch on how impactful the [“Speak no Māori”](#) campaign was for Te Wiki O Te Reo Māori, and to thank our kaimahi who took time out of their day to gain further education of the injustice stowed upon our people and how our communities continue to carry the intergenerational trauma and to reflect on how our organisation values can be better represented through engagement with whānau. Being said, we will be closed on the 12th of October as our kaimahi will be gaining an in-depth kōrero of our values and customs. As Kane said Tama Tū, tama Ora, tama noho, tama mate – He who stands lives and he who sits, perishes.

Ngā mihi,

Jackie Burrows

Chief Executive Officer
He Waka Tapu Ltd



MANAGEMENT CHANGES



Mia Mason
Community Outreach Manager

Mia Mason will be moving into management as of Monday 24th October. Mia will now Manage the Community Outreach Team, Mana Ake, Kuhu Matarau, HealthCoach/ Support Worker, and Partnership Community Workers.



INTEGRATED WHĀNAU SERVICES

Our service is experiencing large volumes of referrals this quarter which is indicating we are finally out of Covid restrictions. This has enabled our men's group facilitators to move from once a week to twice a week **Tuesdays-Thursday 6:00-830^{pm}**. The Out of Gate team has had engagement face-to-face with Whaiora behind the wire. We farewell Shane, Futi, Te Amo, and Riua and welcome on board the waka Javaan, Rebekah and Kharlina. Looking forward to some exciting changes in the not-to-distant future "Work smarter, Not harder".



We have two new open groups where no referrals are required.

Te Pā Tuwatawata (tāne only)
Mondays (Starting 31st October) 6:00 – 7:30^{pm}

Whakarerekē (wāhine only)
Tuesdays (Starting 1st November) 10:00 – 11:30^{am}

COMMUNITY OUTREACH

There has been a lot of change and growth this quarter in the Outreach team. With Maree Edwards moving into the Te Pā Tipu Operations Manager role, Mia Mason has taken over the Te Pā Tipu Outreach Manager .

The Hakatere office has been busy, their shared community lunch is amazing as always and some of the Christchurch team have been lucky to join in on this. The office is often alive with waiata, kēmu and visitors are always greeted with warm smiles and open arms.

He Waka Tapu has welcomed two new Health Coaches, Emma Pollard will cover Travis Road



Medical Centre and Te Aranga Medical, and Caitlin Wallace will support Piki Ti Ora Medical Centre. They both bring a wealth of experience with them and complement our team beautifully. Darian Hurst Long has moved into Tinwald and Rakaia Medical centres in her Health Coach role.

We have enjoyed a lot of professional development opportunities as a team. The Ngā Kākano series allowed us to learn more about who we are and where we come from. Some of us also attended Mental Health 101 onsite over two days. It is great to connect with each other in these spaces whenever we can.



ADMIN TEAM

As we enter the last quarter of the year and spring is officially in full swing, we are all looking forward to the longer warmer days as summer approaches.

Over the past 3 months, we have had some changes in our admin team and would like to welcome two new members. Dyandria is the new Events Coordinator (who also makes a wicked grazing table), and Alice has joined us as a Referrals Administrator after supporting He Waka Tapu with the Christchurch City Council Wastewater Grants.

With an influx of referrals, we continue to build on whakawhanaungatanga, welcoming our whaiora and whānau with a hot coffee, often accompanied by some of the fresh kai Kaytrina makes onsite.



Denise has been busy training all kaimahi in Noted, the new CRM He Waka Tapu has started using. Noted has new qualities which can pull more informative reports as well as make the kaimahi caseload management easier. Overall, it's going to be a great asset for mahi going forward.

Due to COVID Restrictions, He Waka Tapu wasn't able to hire out the Te Herenga Waka venue externally. Now that regulations have been restricted, we've been able to open up our beautiful whare to the community and other organisations such as Mana Ake, CASA Clinic, Oranga Tamariki, Ōtautahi Sports Association and Smiling Tigers Boxing over August and September. This has also meant we could accommodate the Mauri Ora Experience and their whānau onsite for their pōwhiri and graduation. It's such an amazing venue, we can't wait to host your next event!

TE WHAIORANGA



Referrals have been flowing in at a constant pace into the Community Support Worker's (CSW) team, day and evening groups, and assessments for court, making another busy quarter in the AOD team.

Existing role opportunities have been filled to grow and develop an already amazing team with the addition of Tereina Tangimetua (AOD CSW), Craig Henare (Te Rau Ora work-based placement) and Lee Meikle (AOD Whānau Kaimahi). We also had the pleasure of having Kathryn join us over the last

6 weeks as a practicum for her Social Health & Wellbeing degree.

Our Kaimahi continues to upskill by attending relevant workshops facilitated by James Fauld and Blueprint and had kaimahi attend the Cutting Edge Conference held here in Ōtautahi.

Te Whaioranga has adapted brilliantly to many changes in management, systems, processes, and colleagues. Change is growth and our current climate is proof of this – looking forward to an even better quarter ahead!



The Brotherhood has been busy over the past months giving over 1000+ items of clothing and toiletries to men in the community. Over 50 items of bedding and household mea, and requests for around 20 kai packages.

The Brotherhood has supported The Mauri Ora Experience with welcome packs for 2 program intakes, and recently supported Iwi Nuū Rangatahi programme with toiletries to support those partaking in their fitness programme.

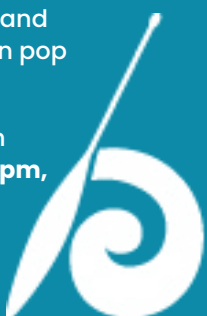
There have been lots of generous donators to the Man Cave over the last 2 months. One of our biggest donations was from Encompass Clothing



at the Tannery, who donated over 25 boxes of stock from their pop-up shop. With their kind donation, we have helped over 40 people to date with brand-new clothing.

We are still in need of toiletries like roll-ons, body wash, toothpaste etc. Socks and Jocks in all sizes are always in need, as well as clothing in XL and bigger. If you can support this kaupapa, then pop down and see Taryn in The Man Cave.

The Man Cave remains open for drop-ins on **Tuesday and Thursday from 9:00am – 4:00pm**, and on other days by appointment.





WORKFORCE DEVELOPMENT



To coincide with Mental Health Awareness week this year – 30 kaimahi employed by He Waka Tapu participated in training to become Mental Health First Aiders. Statistics show that almost 50% of New Zealanders will meet the criteria for mental health challenges at some stage in their lives. Mental health challenges also are not limited to particular groups of people, they can affect all of us at some time either personally or within whānau, workplaces, education settings and even on the sports fields.

Mental Health First Aid courses are a suite of internationally acclaimed and evidenced-based, accredited training programmes that empower and equip individuals with the knowledge, skills and confidence needed to support a co-worker/colleague, family member, or friend experiencing a mental health problem or crisis.

CareerForce Level 4 Health & Wellbeing

Our CareerForce Apprentices have knuckled down and are working hard flying through the modules related to the Health & Wellbeing Certificate Apprenticeship. The modules are dependent on their chosen Health & Wellbeing Certificate – the Community & Social Services strand or the Mental Health & Addictions strand.

The entire certificate consists of 13 modules all comprising up to 15 tasks within each module.

We will see two kaimahi successfully complete their studies before the end of 2022. Graduation will be a celebrational event that will stimulate others to complete their studies.

He Waka Tapu has twenty apprentices across both the Ōtautahi and Hakatere sites.

The Park-it Market

The Park-it Market is an awesome event for the community to come together, see what local goods are for sale, and even pick up a good deal on that item you've been looking for!

With up to 30 vendors, you'll find second-hand goods, furniture, clothing, art, food, and beverages being sold right out of the boot of their cars.

We can't wait to see you on the first Saturday of every month! Find out more or book your spot now.



Ngā Kakanō

Seminar series



NGĀ KĀKANO UPDATE

Ngā Kākano is a series of professional development interactive workshops, that explore how you can nurture growth and reach the goals you've set for yourself and your whānau. They will be delivered using references of whakataukī, narrative kōrero and the whakapapa kōrero of those who have walked and still walk their journeys today.

Over the three sessions, you will discover how to recognise potential, be able to interpret 'me aro koe ki te hā' whakataukī, learn different styles of communication, and how to put plans in place to achieve your goals.

The whakaaro behind Ngā Kākano and having the hongī featured across the series is all about being kanohi ki te kanohi (in person, face to face), sharing the breath of life and understanding each other's dreams/aspirations.

For more info contact [Tanith Petersen](#).



Session 1: Whakatipu

What does potential mean to you? How do you encourage growth? These questions are answered in the session Whakatipu, using the analogy of being the kākano and growing throughout your journey.

Session 2: Hā

In this session, you'll gain an understanding of what living the breath of life means in terms of Te Ao Māori, and explore how communication can build relationships, not only with whaiora but also with colleagues.

Session 3: Moemoeā

The Moemoeā session will provide the tools you need to discover your dreams and aspirations without the influence of others. You will also kōrero about different types of plans to achieve particular goals, including how to use a combination of plans to suit whānau.



ACKNOWLEDGING KAIMAHI

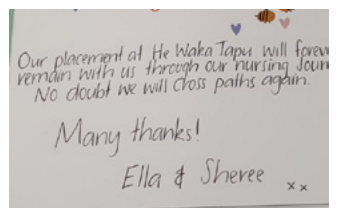
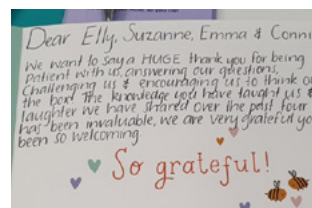
It's been wonderful receiving so much positive feedback from hapori and various organisations acknowledging the amazing job kaimahi are doing within their mahi. Here are some recent compliments that have come through.

Nursing Team

“Breanna and I talk about how grateful we were to have our placement at He Waka Tapu with the fabulous nursing team there. In theory the nursing degree teaches us about the importance of cultural safety and the principles of Te Tiriti o Waitangi. We learn about health disparities that Māori face in Aotearoa. However, its not something that is accurately represented or displayed to us in the classroom setting. Having a placement in a tikanga Māori facility was incredibly valuable to my learning as it is certainly an area that is overlooked in public. It has helped me consider Māori nursing



for my future placements and nursing career. I have learnt some really valuable lessons and I get to choose what type of nurse I get to be, and I know that my level of cultural safety will be immeasurable compared to some of my classmates that have not had similar exposure and that will carry through to our whanau on my hospital placement and through the rest of my nursing career. I'm especially thankful for how welcoming and warm the team was, we never felt like a burden to our preceptors and they taught us so much and practiced nursing in a very reflective manor.”



ACKNOWLEDGING KAIMAHI



Gina Tomlinson



Toma Petelo



Lisa Ratahi



Marlene Kamo

Gina Tomlinson

"Kia ora, I really want to acknowledge the superwoman Gina, she's been in the ISR team for years and still works with such passion and so tirelessly to help whaiora.

An example of Gina's amazing work. And how intense it can get in ISR, yesterday she spent the entire day on making one woman safe. In 1 day Gina applied for a Protection Order, Parenting Order and Order to stop removal of a child from NZ to help this woman and her child be safe. This is life changing work, and I know it's all part of the role, but Gina always ticks along in Ashburton so quietly doing amazing things and I just wanted to acknowledge how much we appreciate her".

Toma Petelo

Toma: "Isaako attended his session today and I got him talking. So, our next appointment is next Thursday same time

Probation Officer: "That's awesome. Thanks so much Toma. We're very lucky you and the others at He Waka Tapu are so committed to the people, it's amazing"

Outcome: after attending a few groups we decided to pull him off group and for me to do his sessions in Samoan.

Lisa Ratahi

Just wanting to share some praise regarding our beautiful Lisa Ratahi. Please see below feedback from the Principal Case Manager of Christchurch Men's prison & their team.

Lisa is always going above and beyond when it comes to her mahi, she is often the first to start & the last to finish. It is evident she has a heart for her mahi and most of all, loves the whaiora we work for!

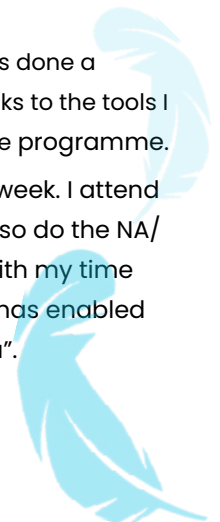
Marlene Kamo

"Hi Nan,

Wow what a journey!

As you know, I graduated from the programme in March 2022. I'm currently sitting on 6 months and 13 days sober.... It has been years since i've honestly been able to say that without the feeling of guilt and shame. Guilt and Shame, because I knew that I was not only lying to myself I was lying to everyone else around me.

Since leaving He Waka Tapu my life has done a complete turn around, and that is thanks to the tools I have been given and the honesty of the programme. I attend my local group two times a week. I attend my local NA and AA meetings and also do the NA/AA Zoom Meetings. This combined with my time with the He Waka Tapu programme has enabled me to be living sober today. Kia kaha".



ACKNOWLEDGING KAIMAHI



Shyloe Ioane



Hakatere team



Joseph Samuelu



Tash Tuuta

Hakatere team

“At our recent Matariki celebrations on 18 June 2022 at Hakatere Marae, many community groups and businesses supported our Kaupapa. We were grateful for the support and assistance from many groups in the Ashburton Community. It is because of this that this event was so successful. The support we received was impressive.

We would like to thank you and your team at He Waka Tapu for supporting this event. We understand you provided Rana with funds for lanterns and lollies for our tamariki. This generous donation was a real highlight with young and old. Alongside this it was awesome to have members of your team being able to support our kaupapa, this continues to be valuable and allows great connections between your organisation and our local marae.”

Shyloe Ioane

“My first time coming to have a 30minute free massage with Shy. I walked away from that massage feeling so light and relaxed I couldn't be more grateful for her time, care and amazing service she have me in a short time. I highly recommend having a massage with Shy. I guarantee you'll leave feeling the way I did today. P.S. love the whānau vibes at He Waka Tapu.”

Joseph Samuelu

“On Saturday five athletes from our basketball team took part in the Pae Ora run, thanks to Joseph Samuelu who helped us to sign up. It was so lovely to see the athletes take part in a community event and have fun together. The athletes were so excited to tell the rest of the team about the run, show off their medals, drink bottles and t-shirts that afternoon at our training session.”

“Thanks Joseph for getting us the fun run tickets for today I enjoyed pushing myself. I would like to us to do more of these runs it was great to be around the team. I enjoyed the run and the BBQ thanks Joseph”

Tash Tuuta

“Tash Tuuta was so helpful with a short server, emailing back quickly, great communication, organised accommodation and transport and nothing was an issue. Also have just asked them to consider a prisoner with short notice of which they have been so helpful with and agreed to support him as he is moving to CHCH after his release. Very impressed!”





There's been a lot of movement within Papa D's over the last quarter including menu and price changes, introducing new kaimahi, and a brand new system to process orders.

Nau mai, haere mai Rachel Langford! It's been great having Rachel onboard as a Café Kaimahi to support Kelly in making kawhe and kai. Not only have prices reduced to \$3 for a regular or large coffee, making it more affordable for hapori, but we're trialling a new kai supplier; offering toasties, sandwiches, smoothies, and sweets.

Come down and say 'Kia ora' between 9:00am – 3:00pm daily



Tinana Enthusiasts! Firstly, it is with great pleasure to welcome Shyloe Ioane – A qualified Massage Therapist offering Mana Wāhine Massage Therapy. You can book a session with her on the He Waka Tapu webpage, T&Cs apply.

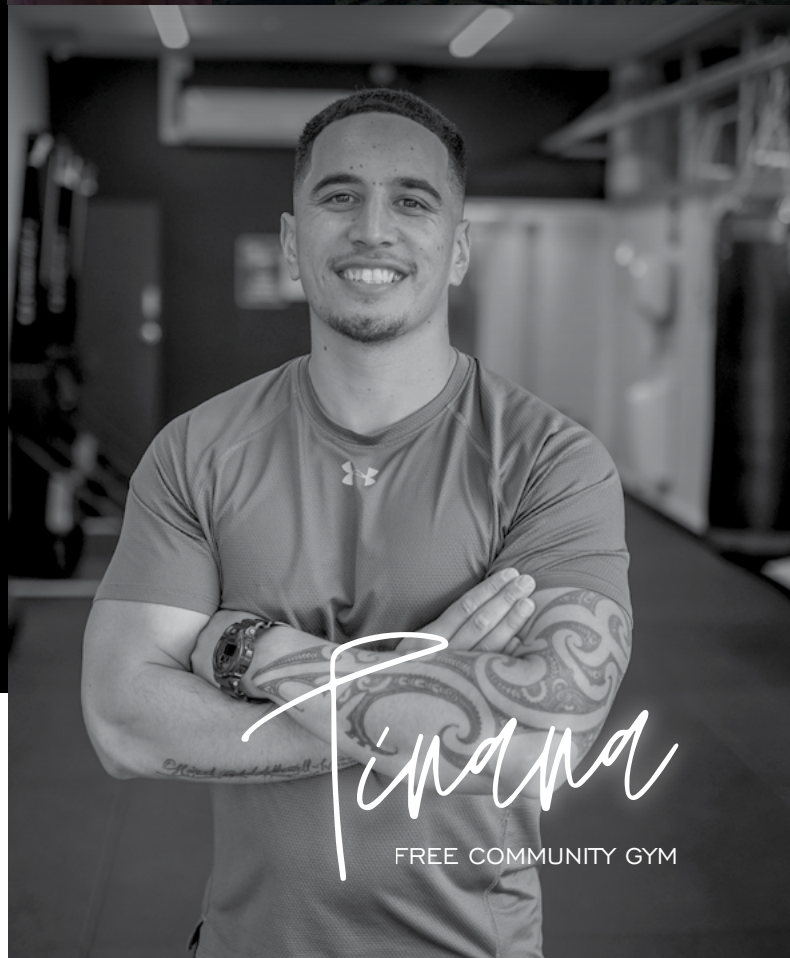
Since the opening of our community gym, it's great seeing whaiora coming through from 161 Pages Road and the Mauri Ora Experience to invest in their Taha Tinana as part of their Te Whare Tapa Whā journey. Personal Training sessions and personalised programs are now also offered to members with a community services card.

Through our whānau, mahi, and positive connections we have resources and kaimahi in place to awahi and tautoko those that are seeking wellness within a place where they are safe and can gain confidence to reignite their mana of goodness.

The ability to access the use of the community gym has been a blessing not only for myself but also for my immediate and extended whānau and friends who have benefited greatly with much gratitude.



MW MANA WĀHINE
MASSAGE
THERAPY



Tinana
FREE COMMUNITY GYM



Come sign up and restart your journey for your health, fitness, and wellness.



MAURI ORA EXPERIENCE

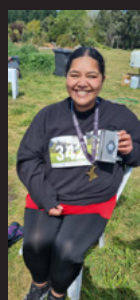
Changes continuously occur in our service, similar to a small bump in the road that changes the course of your journey, for us, it's an opportunity to improve the service we provide. We always review how we can provide purposeful engagement within the eight weeks journey of our whānau experience. Our first change was our management team, welcoming our Pou ā Rangji, Maria Taylor and the Pou ā Nuku, Tipazo Aukusitino. Another was the adjustment to the structure of a closed group cycle, this has been very positive for our kaimahi, our organisation and our whaiora. It enables us to engage with each individual longer, provide more structure within their day-to-day schedule and enable them to reflect on their actions past, present and future with the guided support of all kaimahi across the organisation.

Our Kai Arahi, Tāne Keepa and kaimahi within the service were brainstorming in the early stages of this restructure, it entailed a revamp of the



program content and all other processes, and documentation involved. A small snippet of this was Te Pō Uriuri, Whakahihiko (Motivation) week 2 of their journey, focusing on their life story, to unlock their “why” with a noho marae at Koukourarata for 3 days. It was a beautiful experience for all kaimahi, whaiora and their whānau especially, as they came together to reconnect with their loved ones and their Tipuna. Great incorporation to the program for purposeful engagement.

The latest Mauri Ora Experience campaign enabled Leanne to share her story of the experiences she had while participating in the program. Leanne talks about what the program meant to her, how she gained the tools and coping strategies she needed to be able to apply in difficult situations, and what her ambitions are for the future. Watch the video.



#Pae Ora

It was awesome to be able to finally host Pae Ora, without restrictions! On Saturday 15 October, there was approx. 800 haproi of all ages participated in the 5km or 10km event at Bottle Lake Forest; pāpē right through to kaumatua. The day was packed with whakawhanaungatanga, whānau, kai, awesome spot prizes, sunshine, and smiles.

Every registered participant got a tee shirt, race number, drink bottle and a gold medal to finish the day off.

There have been some extremely positive feedback from the event. Check out what some whānau had to say:

"Such an amazing event to bring together the community. Well organised and run. Friendly helpful marshals, those preparing

kai and on the late sign-up desk. Loved the atmosphere and support from everyone. Amazing spot prizes that were won by whānau too. Looking forward to next year. Thanks to all the kaimahi for all your hard mahi in preparing and running this event. Ngā mihi"

"Loved it, found it better than city to surf. Great connection. Great Kai. Awesome place to do it. Great for whānau. Thank you He Waka Tapu!"

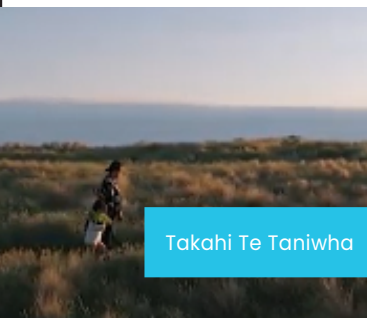
"The staff were amazing from sorting the sizing of shirts to guiding us along the way - it was a tumeke day :)"

"Awesome!! From the warm smiles when entering the park to the crack up warm up by the boys that got my body ready for my greatest achievement"

"As usual this was an awesome event that got our community out there doing some mahi. Loved that his year it wasn't part of the City to Surf as it made it more special in my eyes. It was a better environment for our people to come and interact with each other in a smaller/safe setting for our tamariki. Bring on Pae Ora 2023, x"

"Amazing day, loved the location and vibe will be making this a yearly event. Medals are a hit my daughter has taken it to school and now hang it in the lounge. Thank you to everyone involved from my whanau to yours"

"Kaimahi along the route were encouraging, enthusiastic and full of motivational words for us all!!"



Takahi Te Taniwha



Mara Kai



Whakarerekē (Open Wāhine)



Nutrition 101



Outdoor Physical Activity /Touch Rugby Group



Basic Literacy & Numeracy



Interview/ CV Preparation



#WeR Wellness



10 Guitars



Hauora



Te Aukati Matahoki Relapse Prevention



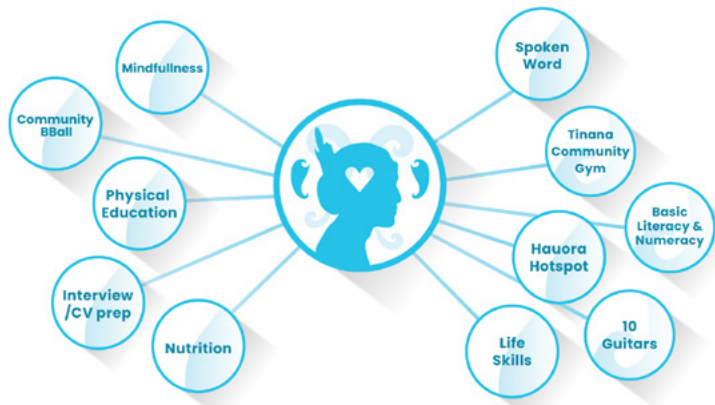
Te Pā Tūwatawata (Open Tāne)

WHAI RAWATIA TE ORANGA

Pursue the wealth of health.

He Waka Tapu is now offering Whai Rawatia Te Oranga - Open Community Groups.

Health is wealth and you'll be amazed at how you might be able to address the bigger stressors in life when your hauora is strengthened. Accessing these can support you to understand your behaviours around alcohol and drug use, keeping your whānau safe, and strengthening your well-being. No referral is required!



Groups are designed to strengthen your hauora (health and well-being) and aim to:

- Declutter your headspace
- Build your connections within hapori
- Strengthen your Tinana
- Support practical everyday living

After a few sessions, you might be ready to address the heavy stuff and request a referral to a programme, or you may find you have learnt other ways to gain an understanding of the behaviours that are causing negativity in your life.

The open group timetable can be found on our website.



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

Free Phone **0800 HE WAKA (43 9252)**

Phone **03 373 8150** | TXT **027 2 HE WAKA (43 9252)**

161 Pages Road, Christchurch, New Zealand 8061

www.hewakatapu.org.nz



HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau

