



# PĀNUI WHAKAHAERENGA

NEWSLETTER APRIL 2024

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





## CHIEF EXECUTIVE OFFICER UPDATE

***As we transition from the warmth of summer to the cooler embrace of autumn, it's important to remind ourselves of the significance of prioritising our health and wellbeing.***

Our recent Whānau Day served as a vibrant celebration of community, providing a platform for whānau, whaiora, and the wider community to come together and engage in activities aimed at strengthening familial bonds and promoting holistic wellbeing.

Equally significant was our first Tikanga Day for 2024, held at Ngā Hau e Whā Marae. This event marked a pivotal moment in our journey towards cultural revitalisation and self-discovery. Through thought-provoking discussions and engaging activities centred around fundamental questions of identity and cultural knowledge, we reaffirmed the importance of embracing tikanga māori as a source of strength and inspiration.

Guided by our commitment to lifelong learning and cultural enrichment, the journey at He Waka Tapu

continues to evolve. We're excited to announce the creation of Pukapuka Pātaka, meaning Book Library, a project made possible with the invaluable assistance from the apprentices working for Cook Brothers Construction. These Pātaka will house free children's books, symbolising our dedication to providing access to learning and sharing within our community, particularly in areas facing socioeconomic challenges.

In the spirit of collective growth and resilience, let's continue to draw strength from the positive moments and achievements that have defined our journey. Together, as whānau and a community, we will continue to uplift one another toward a brighter and more prosperous future.

**Ngā mihi,  
Jackie Burrows**







## HR UPDATE



**We are excited to announce movements and transitions among our dedicated teams. As we bid farewell to some cherished members and welcome new faces onto the waka.**

A notable aspect of recent developments is the movement of several kaimahi into new roles within the organisation. These transitions signify not only the individual growth of our team members but also the dynamic nature of our work environment. Change, after all, is the hallmark of progress.

Among the noteworthy transitions, we are delighted to announce the commencement of our two, Te Rau Ora scholarship recipients. These outstanding individuals, whose passion for holistic health aligns perfectly with our organisation's values, have embarked on their new roles over the last few weeks. The Te Rau Ora scholarship program not only supports aspiring kaimahi in their educational pursuits but also fosters a community

of like-minded individuals dedicated to serving our communities. Further information on this scholarship and recipients can be found on our He Waka Tapu website.

In addition to our scholarship recipients, He Waka Tapu and our general practice Te Aranga Health will welcome two new General Practitioners (GPs) to our Clinic this April. The arrival of these experienced healthcare professionals reinforces our commitment to providing comprehensive and accessible healthcare services to our community. While we bid a fond farewell to our GPs Dr Adrienne and Dr Paul, whose contributions have been invaluable to our organisation, we eagerly anticipate the fresh perspectives and expertise that our new GPs will bring to our Clinic and services in general.



## AHIKĀ UPDATE

### We couldn't be more excited to watch paint dry!

The scaffolding is gone, skirtings and architraves being installed in preparation for the decoration process to begin, our fearless leaders were on deck recently to see the real time progress down at our residential building site; Ahikā. From the start of the project to now, we've seen incredible progress. It's amazing to think that just eight months ago, we were blessing the site, and now we're almost done! The hard work of everyone involved is evident, from the workers on-site, to the team making decisions in the boardroom and many kaimahi pitching in and delivering kai to the site.

We want to recognise the huge amount effort and teamwork between our organisation and Cook Brothers Construction for making big things happen down on site at Ahikā. It shows how when everyone pitches in, even the tough tasks become manageable, the saying goes "many hands make light work." It's all about working together for the community's well-being.

*'Ehara taku toa I te toa takitahi, engari he toa takitini'*

*'My success is not mine alone, but it is the strength of the collective'*



### PĀTAKA PUKAPUKA

In collaboration with Cook Brothers Construction, He Waka Tapu embarking on an important project to establish multiple "pātaka pukapuka" (book share hubs) across our community. Drawing inspiration from the success of our "pātaka kai" (community pantries), these hubs will serve as accessible centres for sharing books, promoting literacy, and fostering community connection.

Guided by the principle of "take what you need, bring what you can," these pātaka pukapuka hubs will offer a diverse range of reading materials for individuals and families in need. Like our food pantries, they will become integral resources that champion inclusivity and support.

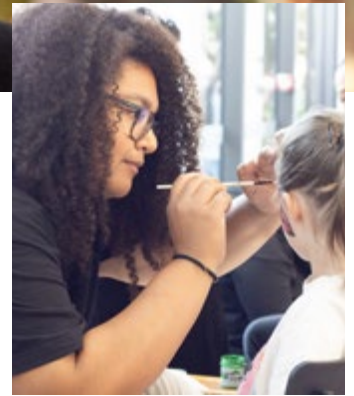
If your business, school, community group, or club is interested in participating by hosting a pātaka pukapuka at your premises, please reach out to us at [denise.curtis@hewakatapu.org.nz](mailto:denise.curtis@hewakatapu.org.nz)

Let's collaborate to ensure that books and resources are easily accessible to everyone in our community.





# EASTER WHĀNAU DAY



**He Waka Tapu's Easter Whānau Day is a part of a series of four Whānau Days across 2024, these days epitomises the spirit of inclusivity and togetherness that defines He Waka Tapu mission for our community.**

The Easter holiday is a special day and a celebration of joy, connection, and shared experiences. Offering a diverse range of free activities, games, performances, kai and interactive easter egg hunts, He Waka Tapu created an inviting atmosphere where individuals and families from all backgrounds can come together to celebrate and enjoy each other's company.

Our Whānau Days serve multiple purposes, each contributing to the overarching goal of community

empowerment and well-being. These days provide a platform to raise awareness about He Waka Tapu essential services, ensuring that those in need are aware of the support available to them and an opportunity to deepen community engagement, fostering stronger bonds and connections with our hapori, bringing our whānau together.

He Waka Tapu would like to thank the Christchurch City Council, Christchurch City Libraries, and Youth Cultural Development (YCD). These partnerships provide crucial resources and support and symbolise a shared commitment to uplifting the community and building healthy futures for whānau.



## WAITAHA KAPAHAKA REGIONALS

Saturday  
27 April



## MATARIKI WHANĀU DAY

Saturday  
15 June



# TIKANGA WĀNANGA

## WHAKAAKOAKO



Four times a year we look to one of our four values (Manaakitanga, Whanaungatanga, Rangatiratanga and Whakaakoako. The most recent Tikanga Day Workshop, held at Ngā Hau E Whā marae, focusing on our value: Whakaakoako (we all learn) proving to be a catalyst for profound learning experiences among our dedicated kaimahi, fostering not only a deeper understanding of our “why” but also a heartfelt appreciation of our Tikanga and language.

Lead by Tane Keepa our Kaiārahi, the workshop served as a platform for collaborative growth and enlightenment and allowed our kaimahi an opportunity to refocus and reflect on the mahi we do in our community and how we can apply the principles of tikanga to our mahi.

This workshop was designed to encapsulate a diverse array of topics immersing kaimahi in tikanga

(traditions). From the intricacies of Taiaha and the sacred significance of Moko to the ceremonial intricacies of the Pōwhiri process, Whaikōrero, Karanga, and the medicinal properties of Kawakawa, each session offered a unique insight into the essence of Māori culture.

In reflecting on the success of our Tikanga Day Workshops, He Waka Tapu reaffirms its commitment to fostering cultural enrichment and empowerment within our organisation. Through continued collaboration and learning, we aspire to cultivate a workplace culture that celebrates diversity and embraces the values of manaakitanga (hospitality) and whanaungatanga (kinship). Together, we honour the legacy of our tipuna and best prepare us to guide our community into positive futures.





## INTRODUCING WHAKATĀ WĀNANGA

The Whakatā Wānanga and noho marae are designed specifically for whānau who have been affected by suicide. Through these events, we offer a supportive environment where whānau members can come together to learn and heal. Our workshops focus on building upon existing strengths while introducing new tools that can be applied within the whānau and wider community context.

Incorporating tikanga māori values and teachings, emphasising identity, leadership, and health, among other aspects of te āo māori We hope that by participating in these hands-on workshops and discussions, whānau members will gain confidence and empowerment to navigate their own healing journey and support others in similar situations.

Events will be held in various regions, including Kaikōura, Ōtautahi (Christchurch), and Hakatere (Ashburton), and are open to all members of the affected whānau, including parents, grandparents, children, youth, and frontline workers. The goal is to provide tangible skills

and a supportive network that can contribute to the overall well-being and resilience of the whānau and their communities.

### **Ōtautahi: Whakatā Wānanga**

Ngā Hau E Whā Marae

20 – 21 April 2024

250 Pages Road, Wainoni, Christchurch 8062

### **Kaikōura: Whakatā Wānanga**

Takahanga Marae

30 – 31 April 2024

5 Takahanga Terrace, Kaikōura

### **Hakatere: Whakatā Wānanga**

Hakatere Marae

4 – 5 May 2024

439 Rakaia Highway, Fairton 7772

### **REGISTER:**

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



# WHAI RAWATIA TE ORANGA

## WAIATA



Our Waiata Open Group, part of our Whai Rawatia te Oranga - Open Group Programme, regularly attracts up to 30 attendees weekly. The purpose of Waiata is to further promote Te Reo Māori, nurture relationships in our community (Whakawhanaungatanga), and develop Kapa Haka related skills such as, confidence-building, coordination, healing, and community engagement. Contributing to holistic wellbeing across spiritual, physical, family/social, and mental/emotional dimensions (Te Whare Tapa Whā). As a vital component of our programme, these groups empower participants to explore identity, celebrate culture, and build enduring community bonds through the power of waiata.

Members of our waiata group and their extended community have recently formed 'Te Whānau Whānui o He Waka Tapu' and have been preparing for the regional Kapa Haka competition, set to take place on the 27th of April at Horncastle Arena.

Additionally, In the lead up to 'Smoke-free May' our group has been kindly supported by Auahi Kore the national smokefree initiative. These additional practices held over the last 6 weeks have served as a platform for collective development within Te Ao Māori and a way to tautoko the wonderful talent that we have in Waitaha.

**Waiata Open Group** - Tuesdays, 1-2pm.





## TAUTOKO HAUORA

**The Tautoko Hauora service serves as a comforting presence for whānau encountering challenges in accessing healthcare services. Utilising the full depth of our values, our Kaitautoko team offers support to those who may feel isolated or overlooked. Through manaakitanga and whakawhanaungatanga, we strive to ensure that everyone in our community has access to the care and assistance that supports their well-being.**

At the heart of our mission is a commitment to providing more than just a fleeting intervention. We believe in walking alongside individuals on their journey to better health, offering ongoing assistance and guidance as required. The team work to foster meaningful connections and empowering individuals to access the care they deserve, they strive to create a community where everyone can enjoy good health and well-being.

Our service lead Fiona Congrieve shares the story of a 60-year-old man, who lived a solitary life, unaware of his deteriorating health due to undiagnosed diabetes and cataracts.

After four decades without medical attention, a friend finally convinced him to see a doctor at Linwood. Dr Oli's referral to Tautoko Hauora marked the beginning of a transformative journey.

For four months, we walked alongside, guiding him through doctor's visits, hospital trips, and connections with community care services. The process was not just about addressing his physical well-being but also about providing companionship and support for his emotional well-being.

With help from Florence Nightingale's funding, we were able to provide a special phone for the vision impaired; this simple act, connected him with a support network and as it turns out providing a basic phone transformed his life.

The future is bright for our Tautoko Hauora service, with Dyandria Hazel joining this amazing team.



# WEBSITE UPDATE

Our marketing, communications, and development team have been working behind the scenes and are in the final testing phases of the new He Waka Tapu website.

Since the current website went live over three years ago, a lot has changed within our organisation. We've expanded our services, welcomed new team members, and updated our events schedule. The new website has been designed to effectively showcase these changes, making it easier for visitors to understand what we offer and how we've evolved. It's also been built with flexibility in mind, so we can easily incorporate future projects and services.

The new website promises enhanced user experience through intuitive navigation. This user-friendly interface caters not only to individuals seeking access to our services, but also to referrers and funders. By providing a comprehensive overview of our programs and services, the website ensures clarity and accessibility for all stakeholders. Ultimately, this streamlines our marketing and communication efforts, fostering stronger connections within our community.



# KAIMAHI DEVELOPMENT

## Kaimahi Development

Trudy Thompson from our Hakatere office completed her L4 Health and Wellbeing apprenticeship in Social Services. Trudy your dedication and perseverance throughout your studies have truly been inspiring, the countless hours, determination you've shown in overcoming challenges has been incredible. The hours you poured into your coursework, and the commitment to continuous growth and learning in the field of Health and wellbeing is both admirable and commendable. Well done from us all.



## KAIMAHI HIGHLIGHT TARYN HOPKINS


Our support for kaimahi learning and development goes beyond our walls. Recently, our Learning and Development Coordinator, Taryn Hopkins, was involved in preparing for and welcoming guests at the recent Sail-GP event. Taryn served as one of 28 kaihoe (paddlers) on Kōtukumairangi, The Ngai Tahu Waka Tangata. Taryn spent three weeks preparing for the Pōwhiri at Rāpaki Marae and paddling into the harbour to welcome representatives from each Sail GP team and dignitaries.

Taryn and her fellow kaihoe paddled out to the crowd and officials, starting the day with karakia and chants

while saluting the audience on Kōtukumairangi. This experience filled them with pride as they honoured the traditions of our ancestors, navigating the seas with resilience and dignity. For our Mauri Ora residential whanau it was a privilege to witness the powhiri and the early morning launch of the waka.

Paddling alongside family and friends, and sharing this experience with her daughter, was a touching moment for Taryn, connecting her to her heritage. Her involvement in Sail GP not only celebrates cultural identity but also promotes unity and pride within the community, showcasing our commitment to kaimahi personal growth and connections outside of our mahi.





# ME MAHI TAHI TĀTOU MO TE ORANGA O TE WHĀNAU

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