



# PĀNUI WHAKAHAERENGA

NEWSLETTER APRIL 2023

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





## CHIEF OPERATING OFFICER UPDATE

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

The first quarter has been a great one, we have enjoyed the summer weather and begun planning for the year ahead. In the first quarter our teams came together to collaboratively document how they will achieve their key performance indicators for the year, allowing us to collate and measure the outcomes they achieve. Team days were setup to allow our kaimahi to participate in fun activities and spend time together, connecting over our core values and having a good laugh. Some of the locations we visited included Adrenaline Forest, Archie Brothers, Bowling and an Escape Room.

My key goals within the first quarter have been to merge the GP clinics into one site (161 Pages Road.) which has been successful. Secondly, we are proud to say that Tinana Free community gym has an additional offering. Motus Health Physiotherapy has relocated from Breeze's Road and is now within Tinana Gym. Sharing the location creates new partnerships and offerings for our hapori who struggle to access places like these. Our hope is to weave physiotherapy options into the free offerings at the gym and our intention of the gym remains the same, to reduce fitness barriers for whānau. We know that high living costs impact a lot of our community and attending a gym is a luxury to most. Whaiora Satisfaction Survey 2022 has been returned from our independent

consultant Doctor Sue Carswell, these are completed annually and have been since 2016. The feedback is positive, whaiora praised kaimahi for their support in their approach which expressed whanaungatanga and manaakitanga.

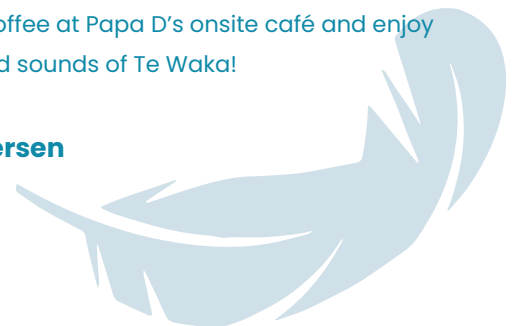
Whaiora give examples of the difference made in their lives which are:

- Use of new knowledge, tools, and skills
- Gaining insights about self and interaction with others
- Stopping violent behaviour, managing anger and taking responsibility for their actions
- Healing holistically and connecting to Te Ao Māori
- Making behaviour changes and achieving goals
- Achieving sobriety, reduction in alcohol and substance abuse
- Becoming fitter and healthier with the help of the free gym

We get feedback on the improvements we can make; this helps us to continually improve the service to meet the needs of whaiora and their whānau.

If you are over our side of town don't be shy to pop in a grab a coffee at Papa D's onsite café and enjoy the sights and sounds of Te Waka!

**Tanith Petersen**





## WHAI RAWATIA TE ORANGA

Every Monday morning our community is invited to come together for our Māra Kai community group facilitated by our kaimahi Taryn Hopkins. We work in our garden at He Waka Tapu, providing an opportunity for our whaiora to get outdoors and connect with nature while learning about mātauranga māori and how to seed, cultivate and harvest huawhenua. Last week we harvested our rhubarb and our wonderful wāhine put together a rhubarb crumble for all our whaiora and kaimahi to sit together and enjoy.

No Māra kai experience is necessary to participate, it is open to all levels (Tuakana/Teina) in our community group. We provide all the tools and guidance needed to get started, all you need to bring is your enthusiasm and a willingness to get your hands dirty!



*"Kia ora everybody, my name's Chloe. I've got an eleven-month-old pēpē at home, I'm just trying to make better choices and do something positive" – Chloe*

*"Kia ora everybody, my name's Rangī. I come down here to watch the people working and learn something about gardening. It's good occupational therapy and a good way to start my week off. I do the program tonight and another one on Thursday, the relapse program and it keeps me on track". – Matua Rangī*

# KAIMAHI DEVELOPMENT

The importance of kaimahi development, encompasses any professional training to support kaimahi within their career. Covering a variety of learning opportunities, from diplomas to conferences and mentorship programs. This builds upon individual growth and supports teams' skills which then evolves in accordance with the organisation needs and practices, adding value to the mahi they do for our hapori and their whānau.

## Pacific Rim International Conference

In March this year our Mental Health Nurse Practitioner kaimahi Gail Phillips attended the 38th Annual Pacific Rim International Conference on Disability and Diversity with Doctor Chris Taua. Organised by the Centre on Disability Studies at the University of Manoa, Hawaii, it is one of the largest conferences held each year. The theme was "Coming together and Moving Forward, Ho'okahi ka 'ilau like 'ana. Wield the paddles together".

Reflecting on lessons from the pandemic and other global disasters, conference organisers and attendees focused on the importance of continuing to move forward, together. The awareness was that this can only be done by coordinating our actions, energies and keeping in mind our shared destination. Mental health was a strong theme



throughout many of the presentations and Gail presented on the work that He Waka Tapu does in improving access and equity for those with mental health challenges.

"To summarise it was a privilege to attend and engage with the wisdom and passion of others while celebrating the fact that quite possibly the resilience and tenacity of people with disabilities is far greater than those without. Worth also celebrating is the amazing mahi being undertaken globally to battle the disparities and get it right."



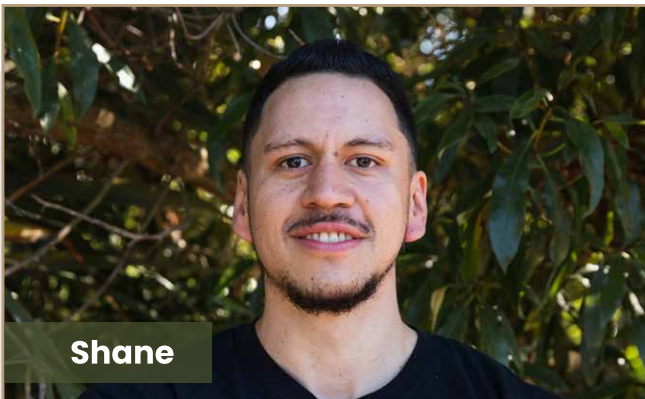
## National family Violence Conference

Over the 23rd and 24th of March kaimahi from the Integrated Whānau Serviced team had the opportunity to attend the National Family Violence conference in Wellington. The event was designed to bring together individuals and organisations to discuss ways to combat this important issue in Aotearoa.

Tāne delivered a presentation on behalf of He Waka Tapu for 0800 HEYBRO, a hotline here to listen and offer support 24/7 to men who feel they are going to harm a loved one or whānau member.

Tāne's presentation was informative, powerful, and everyone in attendance appreciated the importance of having resources like HEYBRO available.

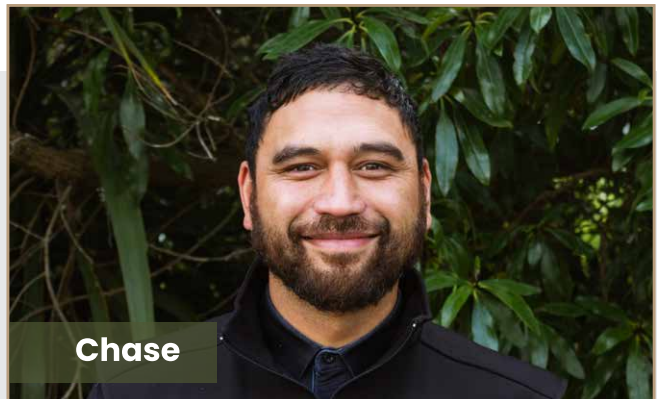
Our Kaimahi Shane and Chase were both grateful for the opportunity to attend the event and to learn from other individuals and organisations. They both work in fields where they meet whānau who may be experiencing family violence, and they felt that the information gained would be invaluable in their work. Shane and Chase shared a few words on what the opportunity meant to them.



Shane

*"I appreciated attending the Conference, it was a whole new experience for me. Seeing so many different kaimahi representing multiple organisations had me feeling a lot of gratitude. After networking with some of the kaimahi, its humbling to hear the passion in the mahi we all do.*

*Kaimahi from Mana o Wāhine talking of their life experience, to the duo presentation from Donny and Viv about colonial violence in Aotearoa. The closing presentation we seen from Wairua Ora about healing trauma with forgiveness was a pleasure to watch. Seeing kaimahi bring their message to life with power point presentations and delivering with passion shows me different ways of facilitation. I really enjoyed the community vibe, talking with fellow facilitators and exchanging ideas within our roles".*



Chase

*"I enjoyed the Family Harm Conference on a personal level and on a professional level. On a professional I enjoyed seeing the different skill sets of whānau and how they are challenging the red tape that exists in our services. I enjoyed the level of competence and the personal and lived experience behind it all.*

*On a personal level I enjoyed seeing Māori trying to find different ways to help our whānau in family harm.*

*I really enjoyed the trip away, it filled my wairua back up which helps me be more effective in my mahi at He Waka Tapu".*



## KO WAI MĀTOU

**Our strategic plan 'Taumata Whakakitenga 2019 – 2024' states 'He Waka Tapu is the go-to place for practical knowledge about whānau well-being'.**

One of the ways this is evidenced is that 'Our whānau are well. They live by tikanga (values and practices) that support improved whānau and personal health lifestyles.' To realise the mission, we incorporate our values that guide our mahi: Manaakitanga; Whanaungatanga; Rangatiratanga; and Whakaakoako. The māori health module, Te Whare Tapa Whā is also a staple module we incorporate within our practice, and Waka Kōrero.

Recently, Dr Sue Carswell our Independent Research Evaluator conducted our Annual Whaiora Satisfaction Survey for 2022. One of the key areas taken was: "Like previous years, the positive findings provide good evidence that HWT Kaimahi are working with whaiora and whānau in a way that aligns with HWT guiding values. Of the 198 that answered this question 67% (132) of whaiora praised Kaimahi for their support and their approach which expressed whanaungatanga and manaakitanga. Feedback was often combined with other things they found positive about HWT such as meeting other whaiora, the skills and tools they learned, services they received and the general atmosphere".

The analogy of the Waka Kōrero enables better practice or reference to how we integrate support services and whānau into the care of one.

### **Here is Damo's take on the Waka kōrero:**

"One thing I liked about Daryl's korero was that we had to look back to go forward. So when we left Hawaiiki and they paddled, there was always someone looking back so they never went backwards, they got to the horizon and kept paddling horizon to horizon. Our whaiora, even us sometimes don't want to look back in the past to move forward. But when Daryl had said it like that, it really got me on board with the waka".

### **Here is Tāne Keepa take on the Waka kōrero:**

"We know they were double hulled waka, joined by beams. Now if they're connected too stiffly when they hit the waves the waka will break and if they're connected too loosely, they'll just flip, flop off and the waka will sink. It provides an analogy for relationships, the connections that we have and we can also use the waka as an analogy for wellbeing, not just for individuals but for whānau. There's so many ways, if we take alcohol and drugs for example, they talk about falling off the waka. If you are falling off the waka, what do you have to do to get back on the Waka, do you have a plan for that? Who's on your waka?".

# EVENT OUTCOMES



Share the vision, grow the dream!

## Unstoppable Event

Last year He Waka Tapu prioritised engagement and maintaining our point of difference, with the employment of a new Engagement and development coordinator, Futi Ka. Our aim was to strengthen community networks with the task at hand Futi engaged with our community organisations creating the ‘Unstoppable Police vs Community Basketball Event’, which was held Saturday the 25<sup>th</sup> of March 2023 supported by Te Whatu Ora Health.

It was a 3x3 Basketball competition with special guests, free kai, free haircuts, bouncy castles, Zumba, Fusu fit, hosted at the Aranui-Wainoni Community Centre.

The rain couldn’t dampen the wairua of the Aranui community as they took on the police in a thrilling basketball tournament. This was the first event for the “Unstoppable” working group we introduced in our previous pānui, a collection of agencies uniting to build prosperous, thriving, resilient and self-sustaining communities.

The event wasn’t just about the basketball, but an opportunity for the community to come together,



and have fun. The music was pumping all day, with our DJ Hemi Lesatele spinning tunes that had everyone up and moving.

In the end, the community emerged victorious, with a hard-fought victory over the police team. But the real winners were everyone who came out to support the event, and the community. It was a day filled with joy, laughter, and a sense of togetherness, a testament to the power of community, and the importance of coming together to celebrate our shared values and wairua.

NZ Police, Bluelight, Christchurch City Council, Te Pukenga Careerforce. Te Whatu Ora, Skills Update, Le Maota, Tertiary Education Commission, Pacific Work, Ministry of Social Development, Connected, Mana Wahine, Christchurch City Mission, Literacy Aotearoa, Civil Defence Christchurch, Barberians Youth Culture and Development, Etu Pasifika, City Care Property and Stats NZ.



## Whānau Fun Day

Hundreds of whānau attended our Easter Whānau Fun Day, held on Saturday the 1st of April 2023. Despite the rain, whānau still participated in the many activities organised by our events coordinator Dyandria Hazel.

The event started at 9am running all the way through to 2pm. Although the rain came down, this didn't hinder the excitement of our tamariki and whānau as they made their way into He Waka Tapu to enjoy a sausage sizzle, colouring in stations, harakeke, table tennis, a bouncy castle, face painting and a challenge stall for the community to win either a shirt, book or an easter egg. Last but not least we also had a mobile animal farm supported by the Christchurch City Council.

We thrive on bringing whānau together. The strengths of our culture shine within these opportunities, as they help to remove the stigma and build trust and confidence for our whānau to access social services. We want to continually strengthen the



“Even though it was packed, we are happy because the kids are happy, and they don't want to leave”

relationships we have within the community we serve and so, we will hold three more whānau days throughout the year.

Our whānau fun days will continue throughout the year, with the next one occurring on **Saturday the 8<sup>th</sup> of July 2023** alongside Ōtautahi Sports association, and our theme is Matariki.





## SPONSORSHIP

Over the last 6 months He Waka Tapu sponsored a weekly membership for kaimahi and whaiora, representing He Waka Tapu, submitting a mixed indoor netball team for the sole purpose of enhancing hauora wellbeing and build upon whakawhanaungatanga.



*"I looked at it as self-care for me, as I'm not normally the one in my whānau to play sport. I'm the taxi driver for my sons to all their sports so it was also great for them to see their mama trying something out of the ordinary and push myself out of my comfort zone to play a sport".*

*Whaiora Feedback, "I appreciate the space as at it was a place we could come to and for a moment forget about being an addict and enjoy a sport that promotes physical wellbeing and at the same time learning how to work alongside others as a team environment. Offering this space has also provided another place where we can come to, to stay connected and promote an important aspect of Te Ao Māori- Whakawhanaungatanga".*

# UPCOMING EVENTS



## Pae Ora 2023

Join us on Saturday the 14<sup>th</sup> of October 2023 for a day of fun and fitness at Pae Ora, a family-friendly fun run event that celebrates health and wellness. Pae Ora, which means “healthy future” in Māori, is a free community event that encourages people of all ages to get active and enjoy the outdoors.

Taking place on the beautiful grounds of Bottle Lake Forest, Pae Ora offers a range of running options to suit everyone’s fitness level. From a 5Km dash for the little ones to a 10Km challenge for the more experienced runners, there is something for everyone. The event will also feature music, food, and activities for the whole whānau to enjoy.

Pae Ora is not just about running, it’s also about bringing the community together. It’s a chance to meet new people, make friends, and have fun. And the best part? It’s completely free to participate!

So, whether you are a seasoned runner, a beginner, or just looking for a fun day out with your family, join us at Pae Ora. Registration will be opening soon, so keep an eye out and secure your spot. Let’s run, laugh, and enjoy the healthy environment of Pae Ora together!

There will also be an opportunity to koha, or sponsor prizes which will be given to whānau who have participated within the event.

## Matariki Whānau Day

Matariki, te tau hau a new year celebration. A time to reflect, to be thankful and to share kai with whānau and friends. A moment we all highly appreciate, and with this why not celebrate all things Te Ao Māori at He Waka Tapu, Saturday the 8th of July 2023 supported alongside Ōtautahi Sports association.





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

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**HE WAKA TAPU**

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

