



# PĀNUI WHAKAHAERENGA

NEWSLETTER AUGUST 2023

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





## CHIEF OPERATING OFFICER UPDATE

***Mānawatia a Matariki signifies a moment of reflection, appreciation for the present, and anticipation for the future.***

The way our communities come together and unite in celebrating the present with shared food, games, and enjoyable activities always humbles me. At He Waka Tapu, we aspire to deliver this meaningful kaupapa to serve our community as dedicated kaimahi and involve our whānau in the celebration.

As we transition to Te Aka Whaiora and Te Whatu Ora, changes within our funding agreements are being finalised. This shift is having an impact on the sector, leading to an increased workload as we adapt to the new landscape and develop innovative ways of operating that align better with our core values and meet the needs of our hapori.

Exciting projects lie ahead of us, including the relaunch of Whaiora Online under a new name and approach. Additionally, we are venturing into seed-saving initiatives that will complement our Māra and Pātaka kai programs, fostering sustainability and connection to our traditional practices. Furthermore, we're thrilled to introduce a Flexi wage pathway to support whaiora and whānau in their journey towards employment, providing them with greater opportunities for growth and success.

Can someone call Tamanui te Rā and tell him I need a tan!

**Ngā mihi,**

**Tanith Petersen**







# WHAI RAWATIA TE ORANGA

*TINANA GROUP FITNESS*



Tinana Community Gym has been delivering free services for over two years, attracting a strong membership base of over 1,300 whaiora. Led by dedicated Gym Instructors and Personal Trainers, Jordan and Emmanuel, creating an environment where you feel comfortable to enhance your wellbeing.

Looking forward, the gym aims to maintain its inclusive atmosphere and expand its offerings. With a focus on accommodating busy schedules, they plan to introduce new community group classes to cater to diverse interests and skill levels. By providing personalised attention and modifications, the instructors ensure that every member experiences a safe and rewarding workout.

The success of Tinana Community Gym wouldn't be possible without the support and active participation of its members. They value feedback and encourage

suggestions to continually improve their services and cater better to the community's needs.

As they approach their third year, the gym expresses gratitude to their members for contributing to the gym's growth and fostering a positive fitness community. Together, they have created an environment that promotes growth, support, and overall well-being.

### **Our group fitness timetable:**

#### **Cardio & Weights Sessions:**

Mondays, Wednesdays, and Fridays, 1:30 to 2:00pm.

#### **Mobility/Flexibility Class:**

Tuesdays, 1:30pm to 2:00pm.

#### **Cardio & Weights Sessions:**

Saturdays, 7:30am to 8:30am



## MATARIKI WHĀNAU DAY

The Matariki Whānau Fun Day, hosted by He Waka Tapu in partnership with Ōtautahi Sports Association, was an outstanding success. Held as part of the regular whānau day series, the event aimed to build strong community relationships and provide enjoyable experiences centered around Matariki, the Māori new year. On the 8th of July, our hapori gathered to reflect, express gratitude, share kai (food), and celebrate all things Te Ao Māori (the Māori world).

The event received overwhelmingly positive feedback from participants, who rated their experience as “very satisfied” or “extremely satisfied.” The opportunity to connect with the community and partake in Matariki-themed activities was highly appreciated.

Our whānau praised the quality and service of the kai provided, with the boil-up being a particular highlight. The event fostered a sense of whānau (family) bonding and community engagement, creating a warm and inclusive atmosphere for all.

Activities catered to a diverse range of age groups, and our hapori expressed a desire for even more variety to engage attendees of all ages and interests. Through engaging Purākau (stories) and captivating Kapahaka performances by Te Pā o Rākaihaitū, the event effectively celebrated and promoted Te Ao Māori, providing educational and cultural experiences that were deeply valued.







There were a few areas for improvement which are:

- 1) Unfavourable weather conditions, particularly rain, dampened the spirits of some participants. To address this, future events should consider weather contingencies or alternative indoor activities.
- 2) Improved car parking arrangements and clear communication regarding vegetarian food options will enhance the overall event experience.

Overall satisfaction was high, with those who attended appreciating the opportunity to connect with the community and partake in Matariki-themed activities. The event successfully promoted and celebrated Māori culture through engaging Purākau and captivating Kapahaka performances.

Addressing the areas of improvements will elevate future events, ensuring a seamless and inclusive

experience for all attendees. By considering participant feedback and strengthening community engagement, the Matariki Whānau Fun Day will continue to be a cherished occasion, celebrating Te Ao Māori and fostering a sense of whānau and belonging within the community.



## UNSTOPPABLE EVENTS

“Game Zone” Event: Empowering Youth through Gaming and Community Support. A remarkable initiative that brought together gaming, education, employment, health, and community support to address rangatahi disengagement. With a strong focus on catering to the interests of our rangatahi, the event provided a positive and engaging experience while emphasizing the significance of collaborative efforts in making a meaningful impact on their lives.

To tackle the issue of youth disengagement, the event centred around gaming and esports, creating an exciting platform that drew disengaged youth out of isolation and fostered a sense of community. The power of peer support played a crucial role in combating loneliness and establishing a reliable network for all participants.

One of the highlights of the event was the showcasing of potential career paths in the gaming industry through an esports tournament organised by students

at the NZMA Esports level 3 class. This served as an inspiration for some participants to consider pursuing education in this field.

“Game Zone” also prioritised holistic well-being. The event featured activities like Zumba sessions and health and well-being seminars, including a Suicide prevention seminar offered by Te Whatu Ora, Christchurch City Council, and He Waka Tapu.

The success of “Game Zone” is a testament to the power of collaboration. Multiple organisations joined forces, bringing their unique expertise and resources to benefit our youth. We extend our gratitude to all our partners who contributed to the event’s positive impact.

**Literacy Aotearoa, Christchurch City Council, Vision Collage, NZMA, NZIS, Harcourts, APM, Tangata Moana, NZ Police, Te Whatu Ora, MSD, MOE, Skills Update, Te Pūkenga, Careerforce, ASB, YCD, LSV, Dental Care and ESport Research Advisory Group.**





## WĀHINE ĀTAAHUA

Recently, we held our very first Wāhine Ātaahua group on June the 29<sup>th</sup> of 2023, which was a tremendous success with around 40 wāhine attending. This gathering aimed to empower wāhine, boost their confidence, and promote self-esteem, while also offering them well-deserved moments of luxury to enhance their physical wellbeing. The kaupapa featured free massages, nail painting, make-up application, hair styling, facials, delicious food, free clothing, and, above all, a sense of aroha (love).

At He Waka Tapu, we value being Māori and recognising the importance of treating the whole

person and their whānau to achieve genuine and lasting wellbeing. The Wāhine Ātaahua group is just one of the ways we pursue this goal.

We understand the significance of self-care in reducing stress and improving overall mood. Engaging in activities that bring joy, relaxation, and a positive outlook on life are essential. Through the Wāhine Ātaahua group, we encourage wāhine to embrace self-love and find strength in their journey towards healing and empowerment.

**Next date: Thursday 21<sup>st</sup> December**





**Here are some of our participants testimonies:**

*"I was invited to this day by my amazing support worker Takudzwa whom I wish was joining me in this pamper day as she is someone who has given me the strength to carry on and listen to me when I have been through so much. I was anxious to come in today as this event would be busy. However, I was welcomed and encouraged inside when I was shyly hovering near the door. The ladies were all so warm and bubbly, making sure that every single woman was seen to and spoilt with attention and treats. Events like this are so important for us women as there are many of us that don't have money or courage to put ourselves first or treat ourselves".*

*"Its so lovely to see women of all cultures, backgrounds, circumstances come together. I am amazed I get to take some beautiful clothes home"*

*"I have been really struggling lately with my inner self and I wished I could treat myself to these kinds of treatments! I have felt like crying when writing this, as this day has really helped me feel good for the first time in years, not just on the outside but the inside to. I really admire all the lovely staff for making this happen. Staff were fantastic! This day was so special."*

*"I loved it. I felt like a wāhine again. Since my diagnosis of cancer, its been a really rough journey and doing the female side of things slipped away on me. I'm very grateful to still be here and take part & I would love to do it again sometime. Thank you for making me feel like a beautiful wāhine again."*





## CHATHAM ISLANDS

It brings us immense joy to share the heartwarming news of our recent successes in supporting whānau and achieving goals that have been a year in the making. Together, we've overcome obstacles to fulfil the aspirations of our whānau and community.

However, these past few weeks have been challenging for the Islands, with events impacting the lives of our whānau on the Chathams. During this sensitive time, we recognise that our physical presence might not be the most suitable approach and have decided to postpone our next trip by a few weeks.

In the meantime, we want to assure you that our dedication to supporting our whānau remains unwavering. We've ramped up our remote support efforts, ensuring that we are there to awahi them in their own time and at their own pace. Our kaimahi are here to guide and support the whānau in

accessing our services in the way that feels most comfortable to them.

At the core of our kaupapa Māori providers' philosophy lies the spirit of flexibility and adaptability. We understand that the needs of our whānau are constantly evolving, and we are truly blessed to have such compassionate kaimahi who fully embrace this approach, always ready to meet the whānau where they need us most, with genuine kindness and care.

We can support with:

- One-on-one consultations
- Whānau group sessions (Alcohol and Drug or Family Harm)
- Court support

**All arranged by Erin Tuanui contactable on phone: 0224200558 or email: [erin.tuanui@hewakatapu.org.nz](mailto:erin.tuanui@hewakatapu.org.nz)**

# KAIMAHI DEVELOPMENT

The significance of kaimahi development lies in its ability to provide professional training and support for kaimahi throughout their careers. It encompasses a wide range of learning opportunities, including diplomas, conferences, and mentorship programs. By engaging in these initiatives, kaimahi can foster their personal growth and enhance their skills, thereby contributing to the needs and practices of their organisation. Ultimately, this development adds value to the mahi they perform for our hapori (community) and their whānau (family).

We're launching a new Learning and Development Framework to support the growth and success of all kaimahi at He Waka Tapu. We want to help build stronger, more skilled, and motivated teams, united in a shared mission to positively impact the lives of the communities we serve. Our tailored learning programs will support our kaimahi right from their very first day, ensuring they have the necessary tools and knowledge to excel in their roles. Throughout employment, we will use our Performance Development process to target each person's specific areas for skill enhancement and career growth. We believe that investing in our team's development is not just an investment in their future but also in the future of our organisation.

## Te Aorerekura Hui

*Attending the Te Aorerekura Hui 2023 was a profound experience, and I am grateful for the support from our organisation. The hui stressed the need for collaborative efforts among Family Harm sector organisations to better support our whānau. It was inspiring to be surrounded by passionate leaders who share a common vision. A key learning was the lack of support for Rangatahi and those who have disabilities in Aotearoa, urging us to address these gaps through funding proposals. The hui also emphasized caring for our kaimahi, and I proudly shared our successful initiative the 4 Day Working Week and He Waka Tapu supportive management. Connecting with influential*



*figures like Debbs Murray and Minister Marama Davidson was a highlight, along with the upcoming presentation by Sir Tā Mark Solomon fills us with hope for empowering our mahi in supporting whānau and combating family violence.*

**Ariana King, Integrated Whānau Services Manager**



# KAIMAHI DEVELOPMENT

## National Suicide Prevention Hui

*Te Aka Whaiora hosted the 2023 National Suicide Prevention and Postvention conference in Pōneke (Wellington). This conference provided a platform for networking, education, and celebration of the dedicated individuals and their contributions in Suicide Prevention and postvention. We had the opportunity to devise strategies aimed at minimising the impact of suicide on communities, while encouraging the implementation of **Every Life Matters**. Throughout the event, we listened to professionals who shared updates on current advancements and future initiatives, as well as the personal stories of whānau who have faced challenges within the Mental Health system, experienced their own journey with suicide, and experience ongoing grief.*



*These stories strongly impact us, prompting deep reflection and inspiring us to reevaluate our individual contributions towards suicide prevention, postvention, and overall well-being. I thank the courageous whānau who shared their personal stories, as they compel us to further strive for greater action in this important mahi. I look forward to continuing to see the positive transformations each of us brings to our respective communities and being able to come together again to reconnect, share, and foster further connections.*

**Futi Ka, Engagement and Development Coordinator**

## Tikanga Wānanga Day

*On Thursday, August 3, the third installment of the Kaimahi Tikanga Wānanga took place, focusing on one of our core values, Whanaungatanga. These events provide kaimahi with valuable insights into how Whanaungatanga can be applied to support whaiora. Whanaungatanga involves the transmission of Mātauranga Māori through everyday practices and fostering close familial, friendship, or reciprocal relationships with others.*

*Throughout the morning, kaimahi engaged in group activities that allowed us to reflect on the significance of Whanaungatanga in our daily lives and how it can be integrated into their mahi. The session was followed by a shared kai, providing an opportunity*



*for kaimahi to put these values into practice, share a meal, and connect with colleagues from different teams within the organisation.*

*To finish the day, we were honored to have Sir Tā Mark Solomon as our guest speaker, sharing his profound learnings from the family violence sector. His insights offered valuable perspectives on the significance and impact of our work in our community.*



## KAIMAHI WELLBEING

In this edition, we focus on the significance of Kaimahi (employees) wellbeing and its impact on both individuals and organisations. Prioritising Kaimahi wellbeing brings numerous benefits, including increased productivity and improved employee retention. It also promotes better mental and physical health, supports work-life balance, and enhances team dynamics. Additionally, fostering creativity contributes to a positive organisational culture and long-term success.

This year, we celebrated our achievements at Welles and Good in the city centre of Ōtautahi as we embraced the new phases of Matariki. This occasion represents a moment of reflection, gratitude for the present, and excitement for the future. Witnessing our kaimahi come together, relax, and celebrate their contributions to our communities is truly rewarding.

During our gathering, we enjoyed a delicious array of food, including burgers, fish tacos, and hot donuts for dessert. The evening was expertly hosted by



Dyandria Hazel and Denise Curtis, who also organised prizes for the event. Letitia Hansen received the “Best Dressed Wāhine” award, while Joseph Samuelu was celebrated as the “Best Dressed Tāne.” The highlight of the night was witnessing a heartwarming proposal, and we extend our warmest congratulations to Shane Kereama and Kellianne on this special occasion.



# UPCOMING EVENTS



## Pae Ora Whānau Fun Run Saturday, October 14th, 2023

Get ready for an incredible event at Bottle Lake Forest on **Saturday, October 14th, 2023!** A free family-friendly community event that celebrates health, happiness, and the great outdoors.

Pae Ora 2023 is the perfect opportunity to get active and enjoy a day of fun with your loved ones. Whether you're an experienced runner, a beginner, or simply looking for an outing, this event has something for everyone.

Choose from a range of running options designed to suit all fitness levels. Kids can take part in an exciting 5Km dash, while seasoned runners can challenge themselves with a thrilling 10Km race. There's a distance for everyone!

But Pae Ora is more than just running. It's a chance to come together as a community and make lasting connections. Enjoy the delicious food, and engaging activities that will entertain the whole whānau.



Pae Ora is not just about physical movement, it's also about bringing the community together. It's a chance to build upon whanaungatanga, creating new relationships and having fun.

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



# UPCOMING NEWS



## Ahikā Housing Project Site Blessing Bridging Tradition and Future

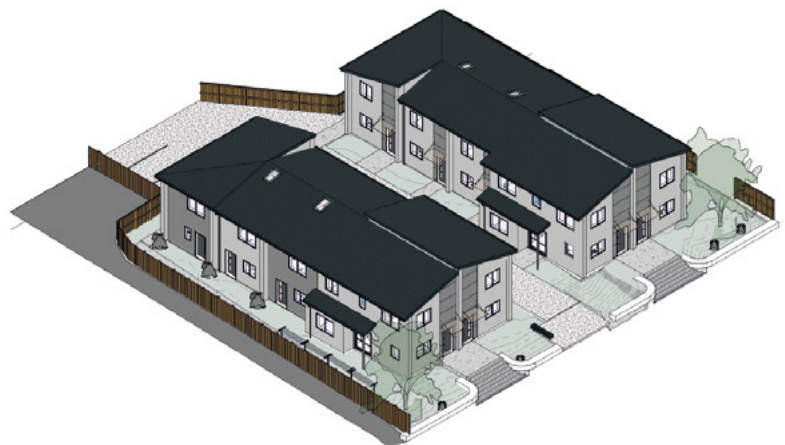
An exciting announcement! Our Ahikā housing project has come around sooner than expected, together with Cook Brothers construction team, we're embarking on a journey to build two residential complexes, each featuring 10 units with 2 or 3 bedrooms. Our journey begins with an invitation to bless the site. This invitation is open to our hapori, funders and kaimahi.

We welcome and would appreciate your attendance on this kaupapa. To keep up with the development of this project, check out our socials.

**Date: August 17, 2023**

**Time: 3:00pm**

**Location: 130C Shortland Street**





# FUTURE OPPORTUNITIES



## **ISR Whānau Support Kaimahi** | Permanent full-time

*We require a competent and skilled person who can engage with individual Māori and their Whānau in the community. You must ensure the immediate safety of victims and children first, and then work with the Whānau to prevent further violence. You will be required to walk alongside Whānau to encourage and tautoko change and hauora.*

## **Cafe Coordinator** | Permanent full-time

*We are looking for an experienced barista who is used to a fast-paced environment and has passion and love for kawhe and kai. The Cafe Coordinator will be responsible for entire daily running of Papa D's, which is located at He Waka Tapu office in Ōtautahi. This is an amazing opportunity for someone who is ready to take the next step in their hospo career!*

## **Community Whānau Kaimahi** | Permanent full-time

*He Waka Tapu is seeking a dedicated and passionate individual to join our team as a Whakahohoro Te Hau kaimahi (Community). You will be required to walk alongside whaiora and their whānau to encourage and tautoko change in their hauora.*

## **Whakahohoro Te Hau Clinical** | Permanent full-time

*He Waka Tapu is seeking a dedicated and passionate person to serve as the lead clinician overseeing Whakahohoro Te Hau service, the clinical lead will be responsible for conducting comprehensive clinical assessments for all individuals seeking care.*

## **Cafe and Events Coordinator** | Permanent Part time

*We are looking for a confident and energetic Café and Events Coordinator that will be responsible for co-ordinating He Waka Tapu's events, café, kitchen kai and room bookings. This role includes establishing relationships with vendors and venues, responsible for all event set-up, closing processes, and event assessments.*



**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*

