



PĀNUI WHAKAHAERENGA

NEWSLETTER JUNE 2023

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





CHIEF EXECUTIVE OFFICER UPDATE

He aha te kai a te rangatira ? He kōrero, he kōrero, he kōrero, what is the food of leaders, it is communication.

Good communication internally and externally is essential for leadership, a statement in which I feel is key to running an organisation such as ours at He Waka Tapu. We have many responsibilities or hats as known, when being a full-time kaimahi, a mother or father all in which are key roles of much importance.

Recently both Tanith (Chief Operating Officer) and I presented at the National Social Services Conference in Pōneke, we discussed why wellbeing should be at the forefront of your workplace, and how this benefits all whaiora and their whānau. We spoke about promoting the importance of a work/life balance

and building an environment that positively impacts our kaimahi. Bringing passion to the workplace, is worth gold! and in turn reflects well for us as an organisation and business.

The responsibilities we carry as an individual is enormous! and we must take care of ourselves to then be able to take care of others.

In this external pānui, we have incorporated lengthy reading of whaiora voices, this is important as our whaiora and their whānau are key to bringing their voices, to improve our service which will impact on stronger outcomes to others coming through He Waka Tapu doors.

Ngā mihi nui, me he mihi matariki.

Jackie Burrows





WHAI RAWATIA TE ORANGA *TE REO MĀORI*



Open groups create a space of papa kainga ahi kā, a pā (a place where you feel connected and comfortable) to strengthen your hauora. The groups contribute towards strengthening your Taha Wairua (Spiritual), Taha Tinana (Physical), Taha Whānau (Family and Social) and Taha Hinengaro (Mental and Emotional) wellbeing.

Every Friday at 10:00 – 11:00^{am} we invite our community into He Waka Tapu to come together for our Te Reo Māori class led by our Kaiarahi Tāne Keepa. The classes are the perfect place for our whaiora and kaimahi to speak our chiefly language and deepen their understanding of our culture. Together we learn how to pronounce Māori words correctly and learn our

pepeha so we can speak to our whānau and tamariki at home or mahi.

*Recently in collaboration with Literacy Aoteroa we have launched literacy and numeracy classes **every Tuesday morning from 10:00^{am} – 12:00^{pm}**. These open groups are located at our whare on 52 Portsmouth Street, previously the Te Aranga Health location.*





SAMOAN LANGUAGE WEEK CELEBRATION

“Mitamita i lau gagana, maua’a i lou fa’asinomaga – Be proud of your language and grounded in your identity” was the theme for Samoan Language week 2023.

On the 1st of June, He Waka Tapu took kaimahi, external providers, and the community on a journey to the Pacific. Everyone got to witness and experience the Samoan ‘Ava ceremony, Pese and Siva (Dance and songs) kaimahi have been practicing over the past few weeks. But most importantly, everyone got the chance to network and take their taste buds on a tour around Samoa through our shared lunch that everyone contributed too.

Fa’afetai tele lava to all our community members and external partners that attended, this includes,



Etu Pasifika, Tagata Atumotu, Kainga Ora, Youth Culture and Development, Housing First, Vision Collage, Christchurch City Council, Turanga Library, ARA Te Pukenga, Te Puawaitanga, NZ Police, Literacy Aotearoa, and Ministry of Justice.





A few of our kaimahi shared some words on what the experience meant to them:

"If I could sum up my experience of being a part of the Samoan Language week/ Samoan Independence day celebrations at HWT, it would be through this Samoan Proverb: "O lupe sa vao ese'ese ae ua fuifui faatasi" – "We come from different parts of the forest but connected in one cause".

This celebration was about coming together as an organisation, as fellow health providers and as a community to celebrate culture, to learn about culture and to be one moving forward".

- Wikitoria Kurene



"I was so proud to be Pasifika and to be a part of our community. Seeing many other organisations, family members, kaimahi and whaiora celebrating with us, gave me an over-whelming sense of gratitude. Also seeing people expressing their love for their culture through serving our community on the day made me appreciate and respect them more as individuals!" - Rangimarie Teautama

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.

Our voices conference

Big mihi to Wikitoria Kurene our Wāhine Ora Health Promoter, representing her whānau, hapu, iwi and mahi, at the Ō mātou reo kaupapa "our voices" held at Te Pae Christchurch Convention Centre on the 25th May 2023.

We are proud of your passion for better health outcomes for our community in particular our Māori and Pasifika people. Wikitoria shared a few words about the experience:

"It was a great opportunity for individuals, communities, health providers and government agencies from around Aotearoa to come together and share in experience, knowledge and whanaungatanga.

The forum opened by acknowledging mana whenua which in turn, works to honour Tangata whenua, Te Tiriti and all others present at the event. From here it opened the space, or in the islands what we would call the 'Vā' – a sacred space of unifying, sharing, acknowledgement of distances between, near or far, and the opportunity to allow voices to share perspective and lived-experiences.

If I could summarise some of my thoughts from this forum it would be these; Firstly, Indigenous ideologies and practices can and should be upheld not just within non-clinical spaces, but also in clinical spaces.



Secondly, collaboration is needed to create more sustainable and equitable change. Finally, there is power in lived experience, and there is power in our voices. How we choose to use these gifts, these taonga is a choice. I hope we all choose to use these taonga to help change the narrative and to help build and inform health practices/practitioners and services to be able to deliver more equitable health care to enable whānau, communities and individuals to lead better healthy futures for themselves and for their whakapapa." – Wikitoria Kurene

0800 HEYBRO

Annually our communications and Heybro team members at He Waka Tapu review our Heybro campaign to determine if the messages will be received well, gauge emotional change of our target audience(s), and if the campaign had an overall impact on the issue being addressed.

This year (2023) we are bringing back the 'why' Heybro is the tool to gain support, and the journey of those who are behind the phone, including short testimonies of our kaimahi.

Feeling lost, angry or frustrated?

You're not alone.
Ehara ko koe anake.

0800 HEY BRO (439 276)

We are here to support and listen 24/7. If you ever need someone to talk to, give us a call.

For more info go to
hewakatapu.org.nz/services/0800-hey-bro

0800 HEYBRO
KEEPING WHĀNAU SAFE



Damien

Ko Damian taku ingoa, nō Ōtautahi ahau. Kaimahi here at He Waka Tapu and also the founder of 0800 HeyBro. 0800 HeyBro started out as an idea, as my background was working with men and family harm. So hearing their stories and why they were at He Waka Tapu for nonviolence programs, one thing became common. A common factor was, if they could have done something different they would have called someone. And so that resonated with me, working with men over the years that I have, is that if they had the opportunity to ring someone before family harm occurred, that could have been the difference for them, and also been the difference for being in the justice system itself. So early 2017, I had only been working in family harm for maybe just over a year, came up with the idea of the phone line. Giving the opportunity for men to do something different, but to have someone else on the line that can support them

through their tough times, you know, helping them make decisions that are more positive than negative and having a positive outcome. Having the 24/7 support is the opportunity for change.

I remember my first phone call, which was kind of scary, but, the first phone call that I had was first and foremost, you know, we're here for you. We're here, we're here to listen. And that's the important part, listening to someone and letting them have the chance to say what they want, what they feel they want to say, what they feel they need to say as well.

We don't have the magic pill, but listening is part, is the biggest part of Hey bro, is being able to listen and decipher what's going on and then being able to give suggestions, offer that that support, and creating safety as well. Can we can we make them safe? Can we make the whānau safe? Can we make those that are at risk safe?

I never had anyone growing up, but if I could have spoken to someone, I would have. But I never really had that. That's where regret comes in, and a lot of, you know, just dumb decisions were made on my behalf. But knowing now this line is available, I hope that the men that do ring are wanting change. They ring that line because I feel they want something different. And I think that's probably the big part of it. They're ringing it for help, but they want something different. – Damien Peterson





Shane

Kia ora I'm Shane, I'm 35 years old, I'm a father of two and I work at He Waka Tapu. I've been there for six months now and I am one of the faces behind the 0800 HeyBro line. It's a journey being on that line, because a lot of our callers that come through, they remind me of myself when I was struggling through different things, whether it was a toxic relationship, dealing with my alcohol issues or just trying to be a better father. Basically, my role is to man the line, take the calls, and be a support for the caller on the other end of the line.

For me as a father, I think it's really big that we have a helpline like this. I know being a dad myself, there's a lot of stressful things that happen in life, not always surrounding whānau, you know, mahi is stressful sometimes, social circles and there's many, many different things. But as a Dad, for myself, I feel like quite a few of the whaiora when they call up, they just want some support and

giving them that listening ear, hearing them out and feeling like, you know, there's no judgment.

That judgmental part is a lot of reasons why I think a lot of people don't reach out for help. There is help out there. There's plenty of it. And sometimes we just need to connect those dots. Me personally, I wish I had a line like this early in my lifetime. You know, maybe I wouldn't have experienced some really dark places. But now that I've grown from those situations and have elevated from that, being on the 0800 HeyBro line, it means something to me because, I see myself.

I know it can be difficult to reach out for support, I know this myself. It is really hard to, as a man, to be vulnerable and open. But I always encourage our whaiora, you know, reach out for support. It's there. But so many people, they feel like it's not there. And I feel like with the 0800 HeyBro line, it gives them a little bit more confidence to call the line, ask what it's about, and then we go from there in terms of support and services, but also just being heard.

That's a little bit about the 0800 HeyBro line. To me, reaching out is the first step, and when you make that step, the person on the other end of the line, whether it's myself or one of my fellow kaimahi, we will tautoko you to where you want to, where you want to be. We're not here to fix people, we're here to guide. Kia ora. – Shane Clapp



Here are some of our most recent networking within our community

WHAIORA VOICE - TINANA GYM

Situated down the road at 321 Pages Road is Tinana Gym, our free community gym providing access to fitness options aimed at providing better health outcomes for our whaiora, our whānau and the community. Tinana Gym is guided by our two kaimahi Jordan Wawatai and Emmanuel Feala who provide a welcoming place for our whaiora to support their Taha Tinana, Taha Hinengaro and Taha Whānau. Earlier this year we sat down and had a korero with some of our whaiora who access the Tinana gym to learn what it means to them having this facility within the community.



Johnathan

"I'm Johnathan Raniera Tamepo and I'm 35 years old. I am three years clean of methamphetamine, marijuana, and any prescription drugs. I don't take those things anymore. I haven't drunk alcohol since Christmas night, and that night I would have had two cups, but before that night I was already adamant to myself that alcohol wasn't for me, and I've been on a journey to free myself from drugs and alcohol over the last four years.

When I started coming to the gym I began to realize that those around me were going through similar journeys to myself. I've communicated with a lot of people over the last three years or four years. At the same time, it's helped me to identify the progress I've made, and to see somebody else that's coming from a place where I've been, being able to support them just by being there, I think

has been helpful for me. It's been motivating for me, and I hope in return it has offered the same back.

I do definitely believe that this gym has given us the place to be able to do that. To work out together, to build a relationship between each other and share likeminded stories and journeys, about how it has looked for us as an individual. This is something that I highly respect about this gym.

The tutors, we'll use their names, Jordan Wawatai, I always come in and might be feeling a bit upset, but then he'll just start his introduction with a big smile. You know, all of a sudden, I feel like smiling. Meno smiles heaps to, but when I feel like I'm struggling in an area or lack the understanding on technique when it comes to lifting and things like that, he's right there. As long as I am willing to ask those questions, he helps me out. We've got beautiful ladies around that just always share kind conversations, ask how I'm doing, how's the weather outside, things like that. Just take me out of my dwelling place. Those are a lot of things that I myself, Johnathan Raniera Tamepo appreciate about the Tinana Gym and that's the person I am today".



Raymond

“Kia ora I’m Raymond, most people call me Ray but either works. I’ve been coming to this gym for the last two months due to some health information I found out about myself, prompting me to come down and make a change.

Coming to Tinana has helped with my physical, mental and emotional health. The physical is all good, I think that’s the reward, but mentally it provides friends, family, and support from the community. It provides a place for people to come together for all sorts of different reasons. Not everyone can afford to go to the gym for a day, let alone paying a membership. Having this free for our community is a big help for people that don’t have enough income and keeps the door open for people to support themselves. If you need any help, or constructive advice, Tinana provides that.

*I come five days a week for about an hour and a half. **It’s good to hear from other people that haven’t seen me in a while, and they see the changes in me, physically and mentally** from my training. This will be my fifth month, so coming up five months all up now. It’s good to hear something nice from people now and again, it’s a good motivator.*

*You wake up sometimes and you don’t want to come. Yesterday morning I was looking at my shoes for half an hour before I put them on and came out. Once I get here then I’m here, and my mind’s locked in, it’s funny though. I’ve got a little set up at home too and sometimes I just look at my weights for half an hour, thinking I could have been doing something in that time, but you know, I did something in the end haha. **Just little things like that, and if it wasn’t for the gym, I probably wouldn’t have that sort of mindset.**”*

What would you say to anyone that was thinking of coming down?

“Give it a go. You don’t know until you give it a go to be honest. You don’t know what your strength is until you try and if it’s not for you, that’s okay. It’s not that you failed, it’s about finding your path and what you love. That’s all I can say to people out there who want to change their health, physically and mentally. For me I feel like it helps me mentally more. Just being shy or not comfortable around a group or a confined place, I had to make myself come and I didn’t like it, but now I love it, it’s weird. It’s like, who wants to work out and feel pain, you know. I’ve been through a lot in the last couple of years and I’m finally starting to come into a good place bro. I’ve been home for six years now, that’s how long it’s taken. Finally, finally starting to pay off. To be honest if there wasn’t a place like this, a gym, and our community, I probably would still be the same. Sitting at home

just being sad for nothing, really angry over nothing. I don’t know, you just feel like enough, and for the hour and a half the world doesn’t matter, problems don’t matter, just present in the moment.

Any goals at the gym?

“For my own goals, I was 117 five months ago and I’m about 106 now. I want to get down to about 100 in a couple more months’ time and just stay at a healthy weight and live a longer life. I’d like to be around for as long as possible as the men in my family don’t have the greatest life expectancy, with eating and unhealthy life choices. I’m just trying to change that and show a path for the kids, my friends and my family. I have a friend coming up next week because he’s been seeing me go to the gym for the last month or two, seeing the changes and now, he wants to jump on board. Everyone has their own little mental, I don’t want to say issues, but I guess life things they go through every day, and the gym is the best place for me I reckon.”

Since this korero Ray has smashed his goal of getting under 100kg and has reached 97kg.

“I never thought I’d get there, it was just a goal in my head. Now that I’ve passed that goal, I’ll keep going to the next level and never give up. Kia ora!”

LOOKING TO THE FUTURE

Ahikā Housing Project

We are excited to announce some remarkable news regarding the Ahikā Housing Project. After a recent Government policy announcement, our Ahikā Housing Project has been mentioned as one of five to be allocated funding in the new 'Community Renewable

Energy Funds' – the first tranche of projects and the only project announced for Christchurch.

This will include a centralised microgrid solar PV system with an automated billing system and battery to be installed and support 10 residential units at a new facility in Christchurch. Aimed at providing emergency and transitional accommodation to whānau.

Pae Ora Whānau Fun Run

On Saturday the 14th of October 2023 on the beautiful grounds of Bottle Lake Forest we have Pae Ora. A free family-friendly community event that encourages people of all ages to get active and enjoy the outdoors.

Whether you are a seasoned runner, a beginner, or just looking for a fun day out with your whānau, join us at Pae Ora 2023. There is 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.

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.

Matariki Whānau Day

Every three months He Waka Tapu holds a whānau day to strengthen the relationships between the community and He Waka Tapu through Whakawhanaungatanga, and fun!

On **Saturday the 8th of July** we are proud to hold our Matariki whānau fun 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 an opportunity to



celebrate all things Te Ao Māori at He Waka Tapu, supported alongside Ōtautahi Sports association.

There will Matariki based activities for the whole whānau to enjoy, including create your own Taonga, Purākau, Free Kai and Kapahaka performances.

30TH JUNE



HE WAKA TAPU
161 PAGES ROAD, WAINONI

10.30AM - 2PM



Unstoppable presents

GAME ZONE

YOUTH EVENT



UNSTOPPABLE EVENTS

In our last pānui we highlighted the Unstoppable working group, a collection of agencies collaborating to share the vision of building prosperous, thriving, resilient and self-sustaining communities. Unstoppable is proud to present 'Game Zone' – a Youth Esports event held at He Waka Tapu.

A chance for our rangatahi to test their gaming skills and enter our 'Esports' tournament that will be held by the students at NZMA. There will also be a 'Tekken' Comp and Virtual reality with our team from Christchurch City Council libraries. If gaming is not for you, come and have a free mocktail prepared and serviced by our amazing students from Skills Update Hospitality class. This is a safe and non-judgemental space for rangatahi to explore future pathway



options, hear and learn from professionals with lived experience from all walks of life in one of our three 'Life Seminars' and have a try at one of our many 'Give-it-a-go' station and more. An opportunity for Rangatahi to learn about youth services, youth courses and support with employment and more.







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

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