



PĀNUI WHAKAHAERENGA

NEWSLETTER OCTOBER 2023

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





CHIEF OPERATING OFFICER UPDATE

Welcome to our final newsletter for 2023!

With a new season upon us and the year drawing to a close, it's a time of reflection and anticipation. Christmas is just around the corner, and it's during this festive season that we think of our dedicated skeleton crew, to continue to provide support to our hapori, we are reminded that even during the holidays, our commitment remains strong.

As we delve into the initial phases of our Affordable Housing project, Ahikā, an important shift is in progress. This transition is reshaping our operations and adding to our workload. Our goal is to adapt effectively to this change, seeking innovative approaches that align with our core values and better cater to our community's evolving needs.

Within this pānui, you'll discover updates on our māra kai, the 24-hour suicide prevention event, the Hope Walk, Pae Ora Whānau Fun Run, and Kaimahi development. We're also thrilled to share insights into the progress of the Ahikā Housing project too.

I appreciate your continued support and look forward to your ongoing journey with us.

**Ngā mihi,
Jackie Burrows**





WHAI RAWATIA TE ORANGA

MĀRA KAI



In this quarter of our Māra kai program, we've been focusing on practical skill development. Our emphasis has been on imparting essential skills, including soil preparation, weeding, seed sowing, and Whakawhanaungatanga, all while incorporating the maramataka Māori.

In these sessions we introduce our participants to Te Ao Māori and illustrate how it's relevant to their individual journeys, regardless of where they choose to cultivate.

So far, we have built strong relationships in our sessions, creating a safe environment for deeper discussions, particularly around whakapapa.

One inspiring story from our sessions is that of a young Māori wāhine in her late twenties, originally from the

North Island but now residing in Ōtautahi. Despite facing the challenges of this new chapter in her life without the support of her whānau, she's shown her commitment by consistently attending our sessions. Her primary focus is her passion of Māra kai, her passion stems from her deep connection to nature and Te Ao Māori. For her, the garden serves as a safe haven, where she is self-sufficient and finds cultural nourishment and comfort.

Our sessions occur weekly on a Monday at 10am with Stacy Wansbrough.

Māra Kai - Mondays, 10am.



24 HOUR SUICIDE PREVENTION

KIA PIKI TE ORA



In September an inspiring collaboration between He Waka Tapu and the dedicated team at the Tinana Community Gym, joined to support Global Suicide Prevention Week. The event was a success, bringing together whānau, kaimahi, hapori (community members), and local businesses, who formed teams of four and engaged in continuous workouts for a full 24 hours.

The outpouring of support from our hapori was truly remarkable. Various contributions, such as coffee and food deliveries, smoothie services, water bottle refills, babysitting, and more, showcased the strength and unity within our hapori.

A heartfelt thank you goes out to all who made this event possible. Special mentions include Motus Eastcare for their support when a team member was unavailable, Laxmi Food store for their generous food donations, Mad Butcher Ferry Road for providing much-needed sustenance after the event, and Mates in Construction New Zealand, who pitched in on the BBQ.

Our dedicated team of kaimahi and whānau kicked off the event at Tinana Community Gym, working in teams of four. The 24-hour workout marathon builds awareness and showing our unwavering support for the vital work in the global suicide prevention space.



Denise Curtis, an Admin Support member at He Waka Tapu, summarised the spirit of the event, stating, “Participating in a kaupapa like this is definitely a bit out of my comfort zone. But also, it’s a great kaupapa that gets the community together to show our support for mental health awareness.”

For those who missed it, the event was documented on our social media channels, offering an insight into our journey the team worked tirelessly for 24 hours, all to emphasize the critical work being done globally and locally in the field of suicide prevention and mental health.



HOPE WALK



HOPE WALK

On October the 8th, from 11 am to 1 pm, an inspiring global suicide awareness and prevention movement known as the 'Hope Walk' was held in Hakatere (Ashburton). An invitation went out to whānau and hapori to come together, wearing yellow attire to symbolise 'Hope' and acknowledge those we've lost to suicide while standing in unity with those who have been affected.

The movement started at Argyle Park in Ashburton, with the community marching, chalk was provided for our whānau and community to inscribe messages of 'Hope' on the concrete, creating a vivid display of support.

The Hope Walk is more than a walk; it's a global movement that advocates suicide awareness and prevention. It's a community-led initiative that provides a space for individuals, families, and communities who have been affected by suicide to



connect with others who share their journey of loss and healing.

But that's not all; Hope Walk was born to spotlight and collaborate with existing organisations, community groups, and agencies that offer crucial support in suicide prevention, intervention, and postvention.



PAE ORA WHĀNAU FUN RUN

As we look back at Pae Ora 2023, held on October 14, the event radiated a sense of aroha (love), manaaki (support), and whanaungatanga (community bonds). Despite some tricky weather conditions and serious wind warnings, our community came together with over 1,000 participants all ranging from 6 weeks of age to the ages of over 60 all proudly wearing the iconic black Pae Ora t-shirts, symbolising inclusivity.

The wairua of our community was evident as they placed the well-being of their whānau and themselves at the forefront. Contributions from individuals and businesses ensured the event remained accessible, providing a free experience from registration to refreshments.

This support goes beyond just sponsorship; it's an investment in the well-being of our community,

empowering us to drive positive change and promote healthier lives for our whānau. Looking forward to Pae Ora 2024, we are excited to explore new opportunities and create an even more significant impact. We hope for better weather conditions and encourage everyone to stay updated through our social media channels for upcoming events.

As we reflect on Pae Ora 2023, we express our gratitude to our sponsors, supporters, and participants for contributing to a day marked by unity, resilience, and community well-being. Lastly, a special mihi to Active QT and Rātā Foundation for their continued support. Your feedback has been instrumental, reaffirming the importance of Pae Ora in our community's spirit and consciousness.





Here is some of the amazing feedback we received:

"Thank you for an amazing event"

"It was an awesome start to the day!"

"Was an awesome family day thanks He Waka Tapu"

"Thank you for the great organizing and a wonderful morning walk."

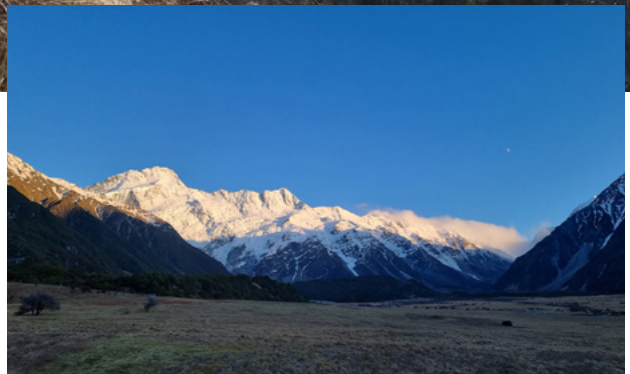
"Thank you fullas Fabulous event. The medals are amazing! Great course too."

"Thank u He Waka Tapu for a great morning; it was so good for my head".





2023 AORAKI MARATHON



The annual 2023 Aoraki Marathon had another successful year with many kaimahi either taking part in or assisting to marshal the event!

At He Waka Tapu, our kaimahi, always have the opportunity to be a part of community events in districts beyond Ōtautahi. Each year, we extend our support to Active QT for the Aoraki Marathon. This year, a group of 10 of our kaimahi participated in the journey to travel for 5 hours to reach the stunning Mount Aoraki. They found their home away from home at the Unwin Lodge, offering views of the many maunga within the national park.

The Aoraki Marathon offers a range of distances, from the 10-kilometer course to a challenging 21 kilometers. Two of our kaimahi took on the challenge and achieved a personal milestone by completing their very first 10-kilometer race.

This kind of community engagement not only strengthens our presence in various regions of Aotearoa but also prioritises the personal wellbeing of our team members – a core value we hold at He Waka Tapu.

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 improve 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).

Our tailored learning programs will support our kaimahi 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 and hapori.

Brainy Breakfast Training

In August, the Marketing and I.T teams had the opportunity to attend an enlightening event organised by The Marketing Association called the 'Brainy Breakfast.' The focus of the event was "How AI Will Change Marketing as We Know It."

The morning began with a shared breakfast, creating an atmosphere of camaraderie, followed by presentations from leading experts in the fields of AI and marketing. The speakers included Brooke Howard-Smith, the CEO of Otterfish, John Waltman from Google NZ, Gareth O'Conner of Harvey Cameron, and Michelle Shirtcliffe from Publica. Each speaker offered valuable insights into how marketers can adapt to the advancements in technology while preserving authenticity and the essential 'human element' in our communications.



Attending such events is always invaluable for our teams, as it enhances our understanding of the intersection between marketing and technology. This knowledge empowers us to explore innovative ways to connect with our whānau and community in our work, ensuring that we stay ahead in this ever-evolving landscape.

Gordon Sutherland, IT Project Manager

KAIMAHI DEVELOPMENT

Qualifications

The significance of Kaimahi development cannot be overstated, as it provides continuous professional training and unwavering support throughout their careers. This creates learning opportunities, including diplomas, conferences, and mentorship programs. Ultimately, this development endeavour adds substantial value to their work for the hapori and whānau.

We're delighted to announce the remarkable achievement of two outstanding Kaimahi, Barbara O'Connor and Gina Tomlinson, who have successfully completed their Health and Wellbeing Level 4 Qualification with Careerforce. In response to this



milestone, we've created a plan to seamlessly integrate Career force options into our 2024 Performance Development Plan.

We extend our heartfelt congratulations to Barbara and Gina for their unwavering dedication and exceptional accomplishments.

Taryn Hopkins, Learning and Development Coordinator

Management Change

As our business expands, offering more services to our community, strategic planning becomes essential. Senior management and the executive team have crafted contingency plans to support current and future growth in our dynamic industry.

We added an additional Operations role, aiming to complement our current Operations Manager strengths and distribute responsibilities. We're thrilled to announce Tyler Aukusitino has joined the team. Tyler's eight-year journey within our organisation, showcasing her invaluable experience. This achievement shows our commitment to nurturing talent from within.



This transition demonstrates how we prioritise professional growth, motivating Kaimahi to seize new opportunities. We offer training, coaching, and development to help define career goals. Engage actively in your annual Professional Development Plans and whakakuruhau to nurture their capabilities.

Nicole Finnegan, Human Resource Officer



KAIMAHI WELLBEING

The Whakapakari Warriors Winter Challenge, led by two dedicated Kaimahi, demonstrates our commitment to championing Kaimahi wellbeing. This initiative serves as the cornerstone for elevated productivity, improved employee retention, and the nurturing of a positive work environment. Influenced by the principles of Te Whare Tapa Whā, and its balance between work and life.

Kaimahi wellbeing goes beyond individual health; it extends, its embrace to personal growth and the well-being of their whānau.

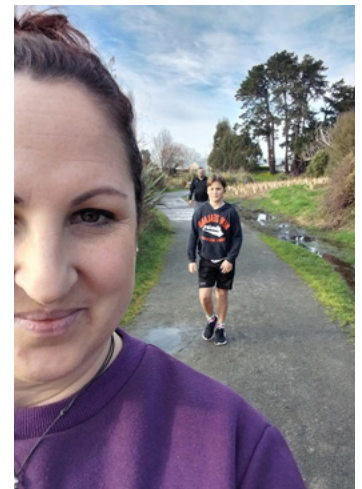
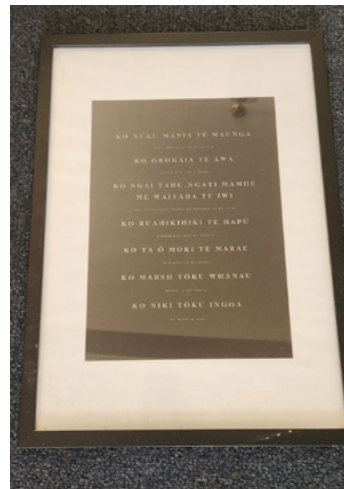
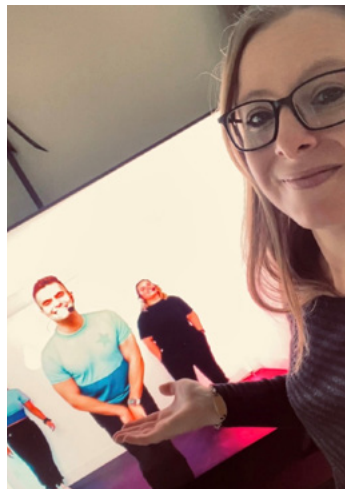
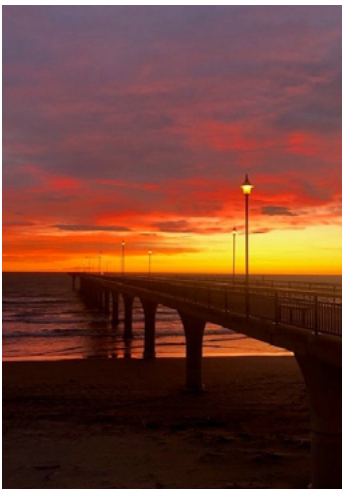
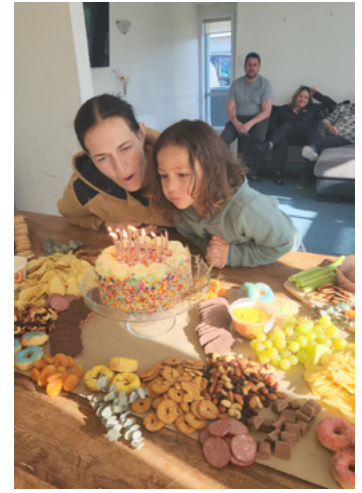
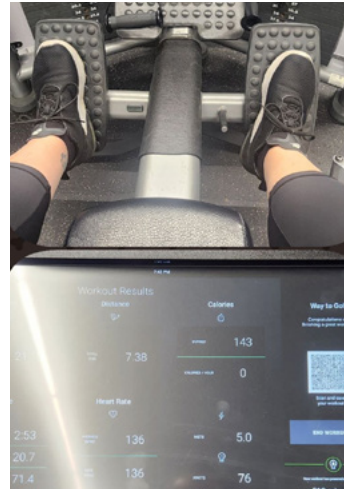
The challenge itself showcased a range of activities, from recording weekly steps, with one remarkable kaimahi achieving an impressive 93,254 steps, to an enriching experience in Kaiteriteri. This challenge captured kaimahi being involved in activities such as journaling, meditation, breathing exercises and beach walks.



Each week's theme brought its own unique flavour, coupled with fun prizes:

- **Taha Tinana**
(Physical Wellbeing): Fitness Hamper
- **Taha Hinengaro**
(Mental and Emotional Wellbeing): Self-care Package
- **Taha Whānau**
(Social Wellbeing): Papa D's Lunch and Drink Voucher for Two
- **Taha Wairua**
(Spiritual Wellbeing): Mindfulness Package
- **Taha Whenua**
(Environmental Wellbeing): Eco-Friendly Package

This approach to Kaimahi wellbeing showcases our dedication to nurturing personal and organisational growth. It underscores the notion that a harmonious work environment paves the way for thriving, both individually and as a collective.





WHAKAHOHORO TE HAU

*MENTAL HEALTH CRISIS
SERVICES*

In our ongoing commitment to mental health and wellbeing, we're thrilled to introduce "Whakahohoro Te Hau," a specialised service designed to provide crucial support during mental health crises.

Developed collaboratively by "Purapura Whetu" and "He Waka Tapu," this service takes a holistic approach to mental health, emphasising the interplay of physical, emotional, and cultural well-being, in Te Ao Māori.

It centers on whānau, and thrives on collaboration between two organisations, offering expertise and resources to tackle mental health crises.

Whakahohoro Te Hau is exclusively dedicated to crisis support, actively working to remove barriers that might hinder individuals and whānau from accessing crucial mental health support.

Our service places cultural identity and community connections at the forefront while striving to remove obstacles that might impede access to essential support during difficult moments.

Please feel free to visit us at 161 Pages Road, for more information or refer to us via

www.hewakatapu.org.nz/referrals/referral-form



AHIKĀ HOUSING PROJECT

We're pleased to provide an update on the progress within the Ahikā housing project. Over the past year, we've achieved significant milestones that bring satisfaction not only to our whānau and community but also to our project's future.

In recent weeks, we successfully completed the slab curing process. This pivotal step has solidified the foundation of our housing project, ensuring its structural integrity and durability.

Jackie Burrows and Tanith Petersen, members of our executive management team, have played an essential role in guiding and supervising the project's progress. Their dedication and hard work have been integral to advancing our mission.

We've placed a Pounamu into the concrete slab to hold create an environment of mauri tau for our community who will eventually access our services.



This pounamu represents our deep respect for our cultural heritage, and it's a way to keep our traditions alive even as we provide services.

Despite the challenges we've faced recently, the steadfast support of our community has been priceless. It motivates us to keep working hard to make our vision a reality, making a better future for our whānau and the wider community. Your support shows how strong our community is and how we're all working together for a brighter future.



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

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HE WAKA TAPU

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