



PĀNUI WHAKAHAERENGA

NEWSLETTER AUGUST 2024

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





CHIEF EXECUTIVE OFFICER UPDATE

As we navigate the depths of winter, it is essential to prioritise the health and wellbeing of ourselves, our whānau, and our hapori (community). Our organisation is dedicated to various health initiatives that support this mission.

Our recent celebration of Matariki, which marked our second Whānau Day for 2024, was a vibrant community event. It provided a platform for whānau, whaiora, and the wider community to come together and engage in activities aimed at strengthening whānau bonds and promoting wellbeing. The day included free seed sowing and gardening packs, complimentary hāngi, Kapa Haka performances, and much more.

Equally significant was our second Tikanga Day for 2024, held here at He Waka Tapu. Through thought-provoking discussions and engaging activities centred around our core values, we took the opportunity to reflect on our practices and how they align with our Kaupapa Māori principles. This most recent wānanga

focused on Tika, Pono, and Aroha, exploring how these fundamental principles resonate with us both personally and professionally.

A major milestone for He Waka Tapu has been the completion of our affordable rental project in Wainoni – Ahikā. With tremendous assistance from our collaborators and partners, we have successfully provided 10 affordable rental houses.

This achievement comes at a crucial time, as our wider community is feeling the pressures of challenging economic conditions. It also signifies the vision that our founder, Papa D, had some 30 years ago when establishing He Waka Tapu.

As we look ahead to the arrival of spring, we eagerly anticipate events such as Pae Ora, our whānau fun run/walk at Bottle Lake Forest, Te Wiki o Te Reo Māori, the World Suicide Prevention Symposium, and much more. Bring on the sun and warmth that comes at this time of the year.

**Ngā mihi,
Jackie Burrows
CEO**





MATARIKI WAIATA

This Matariki, we aimed to create some mahi toi to inspire and uplift our whānau and members of our hapori. Despite having only a pocket full of time, we undertook the considerable task of writing and recording a waiata, which was beautifully transformed into a visual masterpiece by videographer Lowee Nagal.

We are fortunate to have an array of talented kaimahi within our organisation, including songwriters, DJs, classically trained violinists, guitar players, and vocalists. Anytime we can unite these creative minds to collaborate on a meaningful Kaupapa like Matariki, you can expect something magical to unfold.

We are now grateful to have this piece of art to share each Matariki, representing not only what it means to us but also to our whānau and hapori.

[Watch the video here.](#)





TE ARA WĀHINE



During the months of May & June we played host to a group of amazing kō hine from Haeata Community Campus for our Te Ara Wāhine program.

The purpose of this program is to promote the fitness, holistic wellbeing, and empowerment of young wāhine between the ages of 12–24 years, while fostering their cultural identity and connection to their whakapapa. During the 8 weeks they explore everything from nutrition & heart health to whakamana & tikanga offering a broad spectrum of tools and information to add to their kete.

Facilitated by a team consisting of coaching staff from Tinana Gym and our KPTO Coordinator we look forward to using this program as the foundation of our future mahi in this space and wish these young ladies all the best for the rest of the year.

Tinana
COMMUNITY GYM

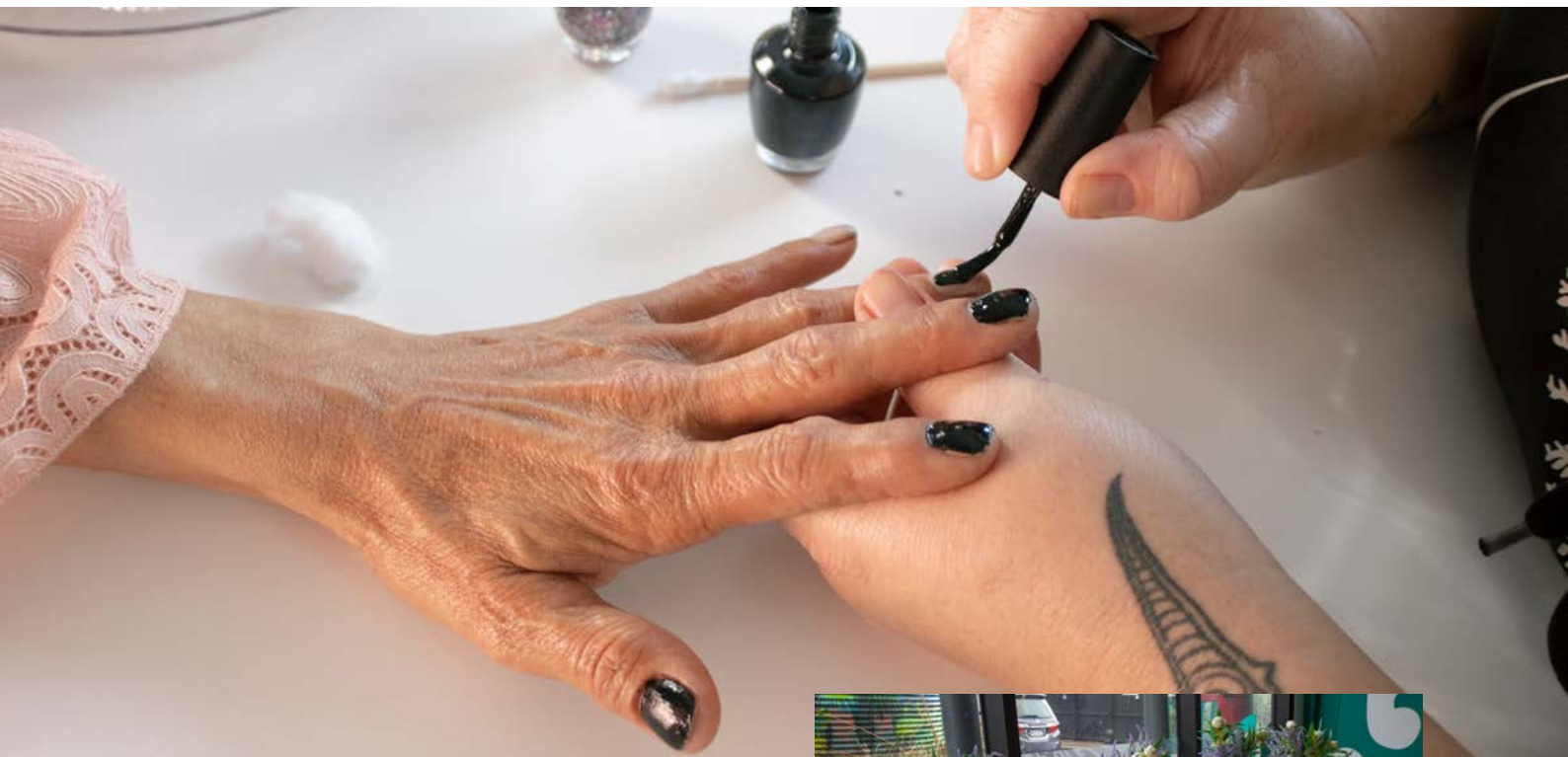
321 PAGES ROAD, WAINONI
MONDAY - FRIDAY 8:30AM - 5:00PM

MOBILITY / FLEXIBILITY Tuesdays 1:30pm

FUNDAMENTALS OF EXERCISE Wednesdays 1:30pm

CARDIO / WEIGHTS Thursdays 1:30pm

BODYWEIGHT EXERCISE Fridays 1:30pm



WHAKAREREKĒ

PAMPER DAY

Recently, hosted our annual wāhine pamper morning, and it was a resounding success with nine wāhine attending. This event is all about empowering wāhine, boosting their confidence, and nurturing self-esteem, while also offering moments of relaxation to uplift their physical wellbeing.

The Kaupapa was rich with care and connection - hand and foot massages, hair styling, facials, tasty kai, and a sense of aroha (love). At He Waka Tapu, we hold our Māori identity close, knowing that true wellbeing comes from caring for the whole person and their whānau. This event is just one of the ways we strive to make this a reality.

Self-care isn't just a luxury; it's a necessity for reducing stress and lifting spirits. Engaging in enjoyable and soothing activities can create a meaningful impact. Through our Whakarereke group, we encourage wāhine to embrace self-love and find strength on their journey towards healing and empowerment.



Some of our wāhine shared their hope for a larger-scale event in the future, so all wāhine in our hapori can participate. We're excited about making this vision a reality.

Whakarereke - Tuesdays, 10-11:30am.

HAERE TONU | TUES SUICIDE PREVENTION SYMPOSIUM 10/9



HAERE TONU

TE WAI POUNAMU SUICIDE PREVENTION HĪKOI & SYMPOSIUM

Kia Piki Te Ora Te Waipounamu is a collaborative initiative involving various agencies across the South Island that emphasises a Kaupapa Māori approach to suicide prevention and overall wellbeing in our communities.

On Tuesday, 10 September, we will be sharing a unified message of love and togetherness throughout the country. This event offers a unique opportunity to explore Māori perspectives on wellbeing and connect with other kaimahi and whānau from all areas of Te Waipounamu. The day's program will feature speakers from organisations such as Te Whatu Ora, the Mental Health Foundation, He Waka Tapu, Maataa Waka, NKMP, and more. Activities will include Mau rākau, Taonga Tākaro, Raranga, as well as Waiata & Writing. There will also be guest stalls from Bros For Change, Pegasus Health, Broken Movement, and others.



**Haere Tonu – Tuesday, 10 September
2024 at He Waka Tapu 161 Pages Road,**



MATARIKI WHĀNAU DAY

We are pleased to share the highlights from our recent Matariki Whānau Day by firstly extending a special thanks to all who attended and contributed to the success of the event at 161.

This year's celebration included the collection of 200 surveys, the preparation and serving of 400 hangi meals, and the distribution of 12 winter warmer gift baskets. Attendees were treated to a beautiful performance from our Kapahaka rōpū, engaging star making activities, and an interactive display from the Tūhono Taonga pounamu truck.

Besides activities, the event fostered important discussions surrounding seed sovereignty, and we recorded significant participation in Ngāi Tahu

registrations, completing 10 paperwork submissions and 10 follow-ups.

We would like to express our sincere gratitude to our dedicated kaimahi (staff) and amazing event partners, without whom this would not have been possible. Our partners include Ōtautahi Sports Association, Ngāi Tahu Whakapapa Unit, NZ Needle Exchange, Prostate Cancer Foundation, Christchurch City Libraries, Ara Institute of Canterbury, Cancer Society NZ, and Tūhono Taonga, Tūhono Tāngata.

Stay tuned to our social media for upcoming events.

We are now looking forward to our 3rd whānau day on the 12th October for Pae Ora.

12
OCT
2024

Pae Ora

Whānau Fun Run/Walk



PAE ORA 2024

Pae Ora 2024 is just around the corner. Once again, we are gathering at Bottle Lake Forest on Saturday, 12 October 2024! Our annual, free family-friendly community event that celebrates health, happiness, and the great outdoors. Pae Ora 2024 is the perfect opportunity to get active and enjoy a day of fun with your loved ones. Whether you run often, don't run at all, or simply looking for a fun day with the whānau, this event has something for everyone.

The 5km running or walking course is designed to suit all fitness levels. 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 kai, 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.

Additionally, our 'Oma Oma' open group will be running through some easy training programmes for those looking to make running / walking a part of their week. Read more about Oma Oma in our open group highlight.

As usual, there will be spot prizes on the day, kai provided plus many community stalls and activities pre and post run! See you there.

Pae Ora - Saturday, 12 October
2024 at Bottle Lake Forest.

[Find out more here.](#)



OMA OMA: OPEN GROUP



Our newest open group 'Oma Oma' has now gained some momentum in the community. We meet every Thursday at 12:30pm to help whānau prepare for the upcoming Pae ora event later this year.

We are two months away from our annual whānau fun run/walk at Bottle Lake Forest, and we will be using 'Oma Oma' to help our community get better prepared for the event by running/walking our 3km route around Wainoni. As we have experienced some inclement weather, we have been offering alternatives at 161, such as Pilates, stretching, and more. All of these are excellent ways to get active and engage the community and whānau together.

After the run or walk, participants are invited to gather for coffee and a chat at Papa D's Café, fostering a relaxed and social atmosphere for connection with others in the community. This initiative aligns with the Te Whare Tapa Whā model, focusing on Taha Tinana to enhance wellbeing through physical activity.

OMA OMA - Thursdays, 12:30-1:30pm, 161 Pages Road



TE ARANGA HEALTH UPDATE



Dr. Laudi Olijve



Dr. Hai Sue Kang



Eden Donaldson

Te Aranga is thrilled to announce significant changes in our primary care team that will enhance patient care and streamline our services.

Eden Donaldson is stepping up as the new Te Aranga Coordinator. Over her time at Te Aranga, Eden has demonstrated remarkable growth and responsibility, making her the perfect fit for this position. In her new role, she will lead all administrative efforts at the clinic and take on several key responsibilities. We are eager to see how Eden's leadership will shape the future of our administrative space.

Te Aranga Health has two new doctors on the floor, Hai Sue and Laudi join the team and have hit ground running supporting whaiora with their health journeys, a focus for us in the upcoming months will be increasing health plans and immunisations, our books are open to so nau mai haere mai!

In addition to these exciting new appointments, Zach Muhrer will be transitioning into a role focusing on operations and collaborating with other primary care teams across both He Waka Tapu and externally, including our partnerships with Whakahohoro Te Hau, Tautoko Hauora, and Te Tumu Waiora.

We are excited about the future of Te Aranga, with He Waka Tapu we will continue to realise our dream of providing support across our Eastside community.

Monday - Friday, 8:30-5pm
03 599 9120
reception@tearanga.co.nz
161 Pages Road, Wainoni, Christchurch



AHIKĀ FINAL REPORT

On the 17 July we officially cut the ribbon on Ahikā our affordable housing project. A huge milestone for He Waka Tapu and He Waka Hou Trust. We are thrilled to announce the availability of newly built homes at the Ahikā Housing Project under New Zealand’s Affordable Housing regulations. Designed with the community in mind, these homes offer a unique blend of modern amenities and sustainable living.

The completion of this project realises a 30-year dream of our founder Papa D. “Right from the start I always felt what we needed was housing, especially for those who were no-where, they’d lost their family, no-where to go, City Mission couldn’t take them. So, for the last 30 years we’ve been working out how to build some housing... We’re hoping that this is the beginning of something that’s going to carry on, and we will get to do it again.”



Each unit is being equipped with a special welcome pack containing essential information such as emergency contacts and building processes. We care deeply about the well-being of our tenants and want to ensure they feel safe and supported in their new homes.

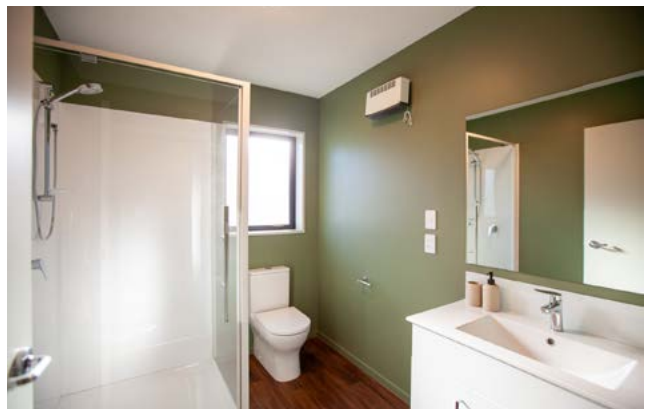
We are committed to fostering a sense of community, providing top-notch support, and prioritising the safety of all our residents at Ahikā.

The end of this project marks a significant milestone for He Waka Hou Trust, He Waka Tapu and the future of our community.

We would like to extend a huge thank you to our partners and collaborators on this project.

Head across to the website to find out more about the project, read the full final report and register your interest in one of the available 9 units.

[Read the full report here.](#)



ME MAHI TAHI TĀTOU MO TE ORANGA O TE WHĀNAU

0800 HE WAKA (43 9252)

03 373 8150 | TXT 027 2 HE WAKA (43 9252)

161 Pages Road, Christchurch, New Zealand 8061

www.hewakatapu.org.nz



HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau

