

WHĀNAU ORA

**HEALTH & SOCIAL
Services Report for
2023 Annual Report**



**TE RŪNANGA O TE
WHĀNAU**



Tenā koutou katoa,

In looking back at the past year, our journey was marked by extraordinary challenges and unwavering determination. The year 2022 brought the formidable disruption of the COVID-19 pandemic, reshaping the lives of everyone, and ushering in a series of unforeseen events. Having weathered these turbulent waters, our steadfast commitment to well-being and healing remained resolute in the face of adversity."

But no, our story didn't end with the pandemic. Just as we were finding our footing, Cyclone Gabrielle arrived, closing the roads to our paradise, and presenting yet another unforeseeable challenge for our whānau to contend with. It was during these challenging times that our dedicated team rose to the occasion, adapting to the evolving circumstances. The weather continued to test our resilience, forcing us into Civil Defence mode and requiring evacuation. Through it all, we remained committed to supporting and advocating for our whanau.

Amid the darkest of times, a ray of light emerged in the form of Matatini. The joy of seeing COVID-19 behind us and then confronting adverse weather conditions strengthened our resolve. We carried on, working within the spaces we had, supporting each other and our community with dedication and heart.

The report that follows is a snapshot of the myriad services we provided and the achievements we unlocked. It is a testament to the dedication and hard work of our team. Often, their efforts go unseen, but they remain unwavering in their commitment. I want to take this moment to express my heartfelt gratitude to each team member for their continuous support and dedication. We wouldn't have come this far without their unwavering commitment and passion.

Our ability to serve and uplift our community is only possible because of the positive actions and support we receive from others. As we step forward into the future, we do so with gratitude for the past and a deep sense of community spirit. We remind ourselves that we are not alone in this journey; we are part of a larger whanau. It is through our collective strength and unity that we can overcome the most challenging of circumstances and continue to serve our Iwi with resilience, love, and dedication.

Nga mihi

Rangikia O'Brien
Whānau Ora Manager



REPORT

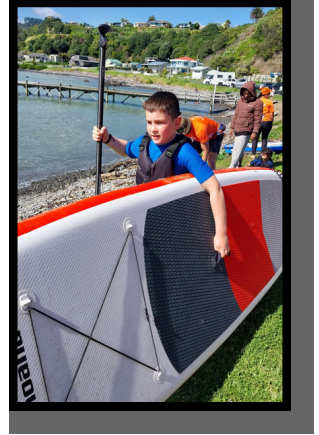
WHĀNAU ORA MANAGEMENT



WHĀNAU ORA

Whānau Ora represents our fundamental ethos, embodying our commitment to the success of our whānau. It's about recognising that each whānau's journey is uniquely their own, often resembling a winding path that occasionally doubles back on itself. Progress isn't always linear; it can zigzag, forging ahead at times and retracing steps at others.

Whānau Ora reflects our unwavering support during these moments, ensuring that services are wrapped around them, promoting their well-being, empowering them to become self-sufficient, and tailoring plans to match their individual needs, whether these are short, medium, or long-term. We draw our guidance from Te Whare Tapa Whā, which encompasses the dimensions of Taha Tinana (physical well-being), Taha Hinengaro (mental and emotional well-being), Taha Wairua (spiritual well-being), and, of course, Taha Whānau (family and social well-being)

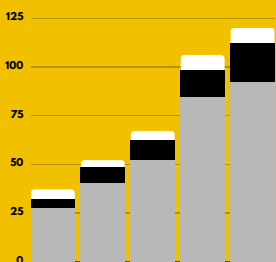


CENSUS



EXECUTIVE SUMMARY A proposal to run an iwi-led Apanui Census 2023 project was put forward by Te Whānau-aApanui iwi leaders in 2020. This was considered the only viable solution to improving the very poor response rate from participants who live within the tribal boundaries of the iwi. The iwi knew participation could be dramatically increased under certain conditions: when census was iwi-led and facilitated by hapū; when the benefits of participation were better understood; when census was rolled out in the most culturally appropriate way;

When the data and information collected viewed as a taonga and concerns about safety, ownership and storage of that data could be alleviated; and when the census project could increase our people's self-determination, control and sovereignty over our current and future situations. A goal of achieving a 90 percent response rate was set. The results were overwhelmingly positive. The response rate from people living within the rohe increased from around the high-sixty-to-low-seventy percent rate in the 2018 census, to at least 92 percent in 2023.



92% Participation

WHĀNAU ORA TEAM

KAIMAHI

Introduction:

Our journey over the past year has been a testament to the extraordinary dedication of our team. They have faced unforeseen challenges with unwavering determination, demonstrating our organization's core values. As we delve into this report, I want to share a word from each of our remarkable team members, highlighting their unique contributions and unwavering commitment to our mission:



Andrea Fox is pleased to introduce herself as the Stop Smoking Practitioner for Te Runanga o Te Whanau. Her role focuses on helping Whanau quit smoking, resulting in 19 registrations and four successful graduates in just six months. She's dedicated to working with our Whanau to overcome this addiction that has taken many lives. Additionally, she has introduced a unique initiative—a weekly Auahi Kore, Para Kore Craft Day, reinforcing the commitment to a smoke-free community.



Lee Siaki

Ko Maungapohatu te Maunga
Ko Tauranga te Awa
Ko Ngatirere te Hapū
Ko Tanatana te Marae
Ko Te Urewera te Kainga
Ko Tūhoe te Iwi
Ko Lee Siaki ahau

E mihi ake ra ki a Koutou I runga I nga aahuatanga o te wa

I work for Te Runanga o te whanau, as a Whanau ora Kaiarahi

Reaping the rewards of service to our people is what I am all about, working with a team of dedicated and committed colleagues, this role gives me that opportunity to connect on all levels and being able to support where it really matters, which is on the ground face to face is key

WHĀNAU ORA TEAM



Carol Trinick
Whānau Ora Kaiarahi



Daine Perese
Whānau Ora Kaiarahi



Natalie Ngamoki
Whānau Ora Kaiarahi



Shona Matchitt
Whānau Ora Kaiarahi



Toni Trinick
Whānau Ora Kaiarahi



Louise Schroder
Whānau Ora Kaiarahi



Kararaina Ford
Whānau Ora kairuruku



Faith Ngatoro
Whānau Ora Administrator

These words reflect their perspectives, experiences, and the essence of their work within our organisation, showcasing the strength of our team as we continue to serve our community with dedication and heart. In the present year, our Kaiārahi team has been enriched by the addition of two remarkable individuals, Lee Siaki and Shona Matchitt. They not only bring a wealth of knowledge but also a profound sense of aroha (love and compassion) to our team.

Furthermore, Louise Schroder, who previously played a dedicated role in the COVID-19 Community Connector initiative, has now transitioned into the Whānau Ora Kaiārahi position, in addition to retaining her previous responsibilities. With her wealth of experience and extensive knowledge. Our Kaiārahi, the compassionate heart and guiding force behind our whānau, play an instrumental role in facilitating access to care and support. They are the advocates, the ones who stand alongside our whānau, providing that essential wrap-around service to help them realise their whānau outcomes.

PROGRAMMES AND SERVICES

The steady influx of referrals from whānau seeking support underscores the profound community needs we face. One of the most pressing challenges is housing repairs, which has seen a significant increase. Recognizing our limited support in this area, we have undertaken a dedicated mission to tirelessly advocate for our whānau.

We acknowledge the substantial demand for assistance and remain committed to exploring innovative and unconventional solutions to address this ever-expanding need, ensuring the well-being of our community. We tailor our programs and services based on the specific needs of whānau and actively engage them to provide feedback on the issues affecting them, allowing us to best deliver knowledge and services to support their well-being.



TUAKANA TEINA KIDS CLUB

"Kids Club serves as an afterschool activity, providing a fun and secure environment for tamariki aged 5-13 years. Traditionally, this program runs each term; however, due to unforeseen weather conditions and road closures, we've adapted our approach this year. We supported our tamariki firstly by introducing them to Ripper Rugby run by TVC, enabling them to practice and participate in Saturday games in Ruatoria and Te Araroa. In the next term, we offered resources and transportation support for Netball in Opotiki for both of our kura. The positive outcomes were evident in the growth of our tamariki, with enhanced skill levels and increased social interaction at school."



transportation. In the third term, we offered resources and transportation support for Netball. The positive outcomes were evident in the growth of our tamariki, with enhanced skill levels and increased social interaction at school, even encouraging the shyer ones to come out of their shells."

Once again, we collaborated with the staff of 1XX FM to host our annual beach dig, which proved to be a resounding success with a fantastic turnout. Our pakeke actively participated in a spirited tug of war on the picturesque Orete beach, ensuring an enjoyable experience for all who attended.



HOLIDAY PROGRAM

For our holiday programs this year, we encountered some weather-related challenges that prompted us to adjust our plans. Despite these obstacles, we successfully hosted two engaging holiday programs. Both programs centred around paddling boarding and waka arma activities, providing exciting opportunities for our Tamariki and Rangatahi.

These days were filled with thrilling adventures and learning experiences, allowing them to explore and enjoy these water-based activities in a safe and supportive environment.



Kāhui Pakeke

Activity Days:

Once again, this year's Activity Days brought a mix of achievements and challenges. Unforeseen circumstances occasionally disrupted our plans, including factors like weather conditions, tangihana (funeral ceremonies), and staff availability, leading to rescheduled events. Nevertheless, we successfully offered a variety of engaging activities.

Our program featured a movie outing to watch "Maori Coco" in Opotiki, sparking enthusiasm and joy. We also organized a delightful Farm Day visit, connecting our community with nature and animals. At the kura, line dancing and ball dancing sessions were introduced, infusing fun and physical activity into our activities.

In addition, we extended our shopping days to include a monthly trip to Whakatane, providing our pakake with more opportunities to access essential items and strengthen their sense of belonging. Our previous year's Christmas luncheon was a highlight, leaving a lasting impact. It was a day filled with music, laughter, and delectable food, strengthening the bonds within our community, and creating cherished memories. Despite occasional setbacks, our unwavering commitment to providing these memorable experiences remains steadfast.





WORKSHOPS

Once again, we have hosted a series of workshops, focusing on Anxiety, Autism, and Alzheimer's. These workshops serve as vital platforms to strengthen our whānau in these specific areas, providing education, support, and guidance to enhance their understanding and capabilities in navigating these challenges. The empowerment of our community members in these critical spaces remains a central part of our commitment.

Manu Turuki

At both of our Kura, we proudly offer First Aid Courses and Diving Licenses for our Rangatahi. These initiatives provide our young adults with essential life skills and qualifications, promoting their safety and well-being. Our commitment to their education extends beyond the classroom, ensuring they are equipped with valuable knowledge and certifications that can serve them in various aspects of life.

We are excited to share that we are in the process of organizing a Diving Course in Tauranga for eight students from Te Whānau a Apanui Kura. Building on the success of the Dive course we delivered at the end of last year, this initiative aims to provide these students with a unique and valuable opportunity to further their skills and knowledge in diving. We are committed to empowering them with the tools and experiences they need for personal and educational growth.



APANUI HIKITIA Roopu Tane

We're excited to report the success of Roopu Tane, an 8-week course initially piloted at Kauatangahi. Positive feedback from our whānau has led to the launch of a second 8-week course. This program empowers our men to prioritize their hauora and build community bonds through shared activities, illustrating the profound impact of such initiatives on our community's well-being.

Feedback

“it's taught me to how to grow within myself, to love myself, and my neighbour and my fellow brothers”

“I enjoy being able to speak openly, in a safe environment”

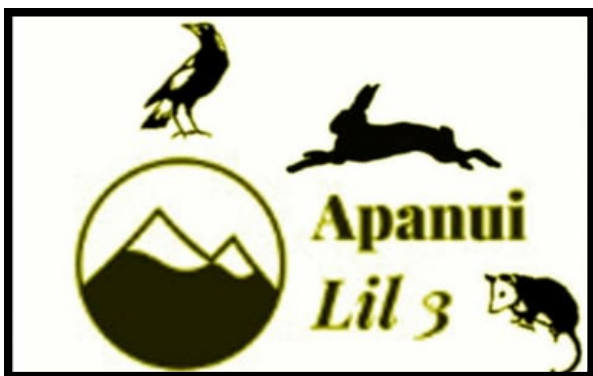
“we're learning to open up, not harden up”

“this wānanga helps me with a lot, its somewhere to talk, be helped, and to help other men”

HAUORA

This year, we introduced Hauora programs in the kura, with both schools making use of the boxing equipment to offer these sessions to their Rangatahi. The experience was met with enthusiasm, and the connections that blossomed during these activities were truly enjoyed by all participants.





APANUI LITTLE THREE

Once again, at the end of last year we're proudly supporting this incredible kaupapa, initiated by two of our muma, to share their deep passion for the magnificent outdoors, this event was aimed at our tamariki,, and their whanau. It's a unique opportunity to learn valuable life skills, explore pest control methods, embrace mahi kai (sustenance from the land), and instill the important value of mihimihi, teaching our tamariki the significance of showing appreciation to those who support them in life.

RINGAWERA WĀNANGA

Ringawera Wananga, under the guidance of Alamein Kahaki, provided a rich culinary experience for enthusiasts passionate about marae kai. Over the course of three weekends, she explored the world of cooking, mastering techniques and transforming basic ingredients into delectable creations. From the art of bread-making in various forms to crafting puddings, scones, soups, and the timeless apple crumble, she celebrated the magic of culinary improvisation.

This journey showcased the extraordinary possibilities achievable with a handful of ingredients and a sprinkle of imagination. "A significant highlight of this workshop was the support from Te Runanga o Te Whanau, enabling us to create a memorable and enriching experience for all participants".

Ringawera Wananga was a platform for learning and celebration, where a shared passion for marae kai resulted in newfound culinary skills and a deeper appreciation for the art of cooking.

21 Attendees 10 years to 70 years old



Whiria Ngā Hua

Is an initiative that provides support to whanau who aspire to start their own businesses and bring their innovative ideas to life. This program is designed to assist them in launching their ventures and effecting positive change in their lives, ultimately serving as role models for their community. By nurturing and empowering these entrepreneurs, "Nga Whira A Huia" facilitates personal and collective growth in various aspects, fostering a spirit of resilience and achievement.

Resource Category.

- Vehicle repairs and maintenance
- Household repairs & maintenance (including materials)
- Kitchen appliances
- Heating and appliances
- Dental services/resources

WHANAU DIRECT RESOURCES

"Whanau Direct" remains a steadfast pillar of support for our whanau during moments that matter. The families we work with identify their needs, and we embark on a journey of support over time, culminating in the formulation of a plan to achieve the goals they've set for themselves. This encompasses various aspects, including budgeting, planning, whanau support. Over the reporting period, we provided support to 26 whanau, benefitting a total of 88 whanau members.

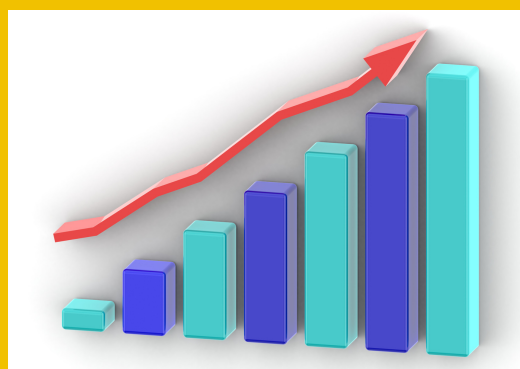


As mentioned last year, certain trends and highlights persist this year. Housing remains a consistent source of stress within our community. The shortage of available housing, rising rental costs, and the prevalence of overcrowding, with multiple generations living under one roof, continue to weigh heavily on the well-being of our whanau. This situation leads to elevated anxiety levels and has far-reaching social impacts on our community members.

The day-to-day well-being of our whanau is also a pressing concern. The rising cost of living, particularly the increasing fuel prices, has placed additional strain on households already operating on stretched family incomes. These economic pressures are contributing to household stress and well-being challenges.

Moreover, the prevalence of methamphetamine continues to be a significant issue for many within our community, with its far-reaching impact on individuals and whanau. The availability and use of this substance pose substantial challenges, affecting the overall health and social fabric of our community.

Lastly, the rising costs of food are an additional burden for our whanau, as they strive to make ends meet and provide for their families. These ongoing trends highlight the importance of our work in addressing these challenges and supporting the well-being of our community members as they navigate these complex and often overwhelming issues.





Looking Ahead

Looking ahead, our focus remains steadfast on nurturing a resilient Iwi that can effectively support the aspirations of our whanau as they navigate the journey of becoming strong and self-reliant. We are committed to reclaiming the practices of our tipuna, where self-sufficiency was paramount. This includes growing our own kai, fostering a culture of sharing within our community, supporting one another, and engaging in activities such as diving, fishing, hunting, and bartering.

The challenges posed by the road closures this year have underscored the importance of self-sufficiency. It has become evident that we cannot solely rely on external entities, such as the government, to care for our community. Therefore, it is imperative that we focus on developing our internal capacities to ensure we can take care of ourselves and strengthen these practices within our people. By doing so, we aim to build a resilient foundation that will support us in times of need and further our collective well-being.

