



Te Ohu Auahi Mutunga TOAM



Farewelling some special kaimahi
A message from Delwyn Te Oka, Chief Executive Officer,
Te Wakahuia Manawatu Trust

Nga mihi nui kia koutou katoa!

Once again, the Management, Board and Staff of Te Wakahuia would like to thank you for your continued support during 2023. This year has been a very difficult year for many of our whanau as they experience further financial hardship. Our pataka kai continued to support many with a 'hand up' in the kai security space.

COVID-19 continues to have a presence in our communities and the team here at Te Wakahuia continue to provide a weekly clinic for those whanau wanting to access vaccinations. The winter period was particularly hard on many with the costs of heating homes a real financial challenge. We were able to support the uptake of Flu vaccinations throughout this time.

In July we bid farewell to Rachel Utikere, a longstanding kaimahi of 16 years' outstanding service here at Te Wakahuia. We thank Rach for all her hard mahi dedication and commitment to supporting our team and whanau across our communities. We wish her well in her new role at Te Whatu Ora. We also bid farewell to Jean Hill, Lisa Kereama and Emma Mitchell after many years of service with our organization. We wish them well as they too continue their career pathways.

We hope 2024 will see the financial impact on our communities ease and a health system that will begin to shape the delivery of more effective and efficient services to Maori whanau.

We look forward to supporting our communities throughout the next year and we wish you all the best.

Nga Manaakitanga



Here we are at our whānau BBQ in Farnham park in highbury with smiles all round.

Whānau Ora/Kaiwhakaaraara

Kia ora from the whānau ora team here at Te Wakahuia. We are three passionate kaimahi Hika Pene, Jemma Lambert and Kiri Gerretzen. Our pathway of Te Ara Whānau Ora which is upheld by the foundations of Te Whare Tapa Whā, which in detail guides us as we work in the space of dreams and aspirations with our whānau. One which promotes a self-lead, self-manage pathway into their future. Navigating our whānau through the many services and specialists they may look to, on their way to achieving their dreams, what ever they may be. We have Kainga Whānau Ora Navigators and Whānau Ora Navigators. The mahi is completely the same in terms of dreams and aspirations with the only difference being, our Kainga Whānau Ora Navigators only work alongside whānau living in Kainga Ora whare. Being able to connect and contribute to our whānau here in the 4412 Highbury is an amazing feeling.

Staff recruitment and induction has been a primary focus for the TOAM service for the first half of the year with the addition of three key appointments to the TOAM administration and service delivery team. We welcome Season Blackburn-Kingi, Amber Ratima, and Melissa Albert.

World Smokefree Month 2023

TOAM had scheduled events throughout the month of May that aimed to promote the TOAM service, promote World Smokefree Day and provide information across a range of government and community services. TOAM kicked off Smokefree month on the 1st May by providing a presentation to Enable Services to promote and showcase TOAM services. The engagement was very well received with information given to the organisation and a link made to provide social media information for the future.

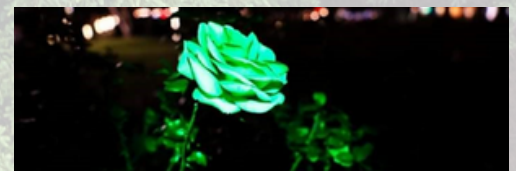
Wahine Maori Programme

The Wahine Māori programme has successfully graduated 6 Wahine from the Palmerston North cohort that commenced in April with a new programme scheduled to start in June. The TOAM team have promoted and supported the programme with wahine Matanga Oranga (Quit Coaches) attending the programme alongside the Wahine Māori Facilitator. The appointment of a new Wahine Māori Lead who is responsible for supporting and recruiting clients is a great asset for the service. The Wahine Māori role involves networking in the Palmerston North, Tararua and Horowhenua areas using social media, face to face hui and offering incentives to Wahine Māori to engage them into the programme. The target group of 18-30 year old wahine requires a innovative approach to get Wahine Māori excited about joining and enthused about quitting smoking. The Whanau Ora approach is what the team is using to help wahine to achieve their aspirations.



Māori Cancer Co-ordinator Service

June saw a new kaimahi, Katherine Sparham, come on board to work alongside Emma Vickery and our already established service. The Māori cancer coordination service helps by providing support, education, and advocacy to Māori whānau along their cancer journey from pre diagnosis, screening and treatment and advanced care planning.



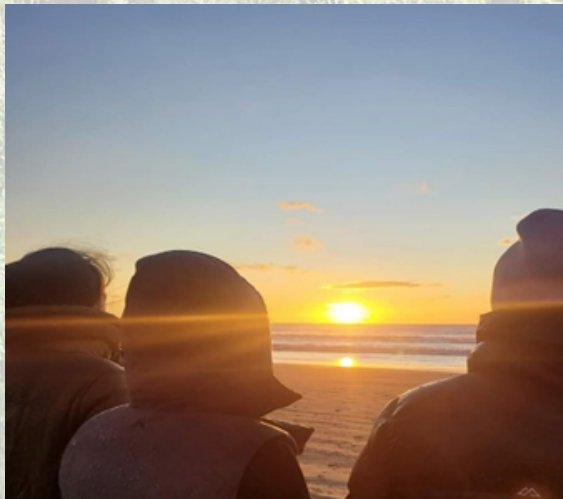


Rangatiratanga and Wairuatanga Te Ara Tōtikia Service

From January to June this year the service has provided whānau with support through connecting to the self healer. To achieve this, Whānau have the opportunity to experience Te Taiao (the natural environment) by taking trips to the Ngahere, Hine moana, Awa and where ever they feel the need to go as apart of their healing process.

Whānau learn about Rongoā Rakau and how this contributes to the natural healing process.

Waka Ama at Te Hokowhitu a Tūmataunga lagoon



Whānau Ora Health Promotion

An essential accomplishment is the utilisation of waka ama to promote health and well-being endeavours. Te Wakahuia has significantly contributed to this initiative by facilitating the purchase of Tai Blades and Vaikobi life jackets. This investment is intended to support the kaupapa, emphasising the importance of promoting health and well-being in the community. The support provided by Te Wakahuia is commendable and serves as an excellent example of how organisations can contribute to the well-being of local communities.

The current focus is on promoting water safety and encouraging the sport of waka ama by delving into the aspirational space of navigating waterways. As part of this initiative, a movement is underway to establish a club that would allow participants to engage in competitive events at local and national regattas. The establishment of such a club could potentially serve as a significant catalyst for reigniting interest in watermanship and fostering a greater appreciation for the sport of waka ama, leading into more traditional aspects of waka history and practices such as Waka Taua and voyaging through Waka Hourua.



Whanau Counselling:

The whanau counselling service is privileged to be working alongside many beautiful whanau in our community on their well-being journey. The majority of the whanau accessing the service are engaging in long-term support where relationships are maintained with a strong connection built on tika, pono and aroha. The service is offered in te taiao where whanau can learn about their connection to the natural world, puarakau, and Rongoa Māori. This creates an opportunity for whanau to be in tune with ancestral wisdom and have access to their own sources of healing.

Stepping out of our Highbury Community, the service is also based at Manukura College two mornings per week to offer support to any rangatahi and their whanau who may need support from time to time.

Alongside whanau counselling and work delivered within schools; there has also been the coordination, delivery, and evaluation of two Hine Puawai wellbeing programmes for girls aged 12-16 years. 15 girls completed the programme during the beginning half of the year. Hine Puawai is a nature based programme that explores all aspects of girls well-being, with the intention for them to flourish and become grounded in their innate mana and tapu as young women. Throughout our time together we explore the ways we practice self-care, nurture our worth, protect our mauri, and vision for our future.

The connection that has been created in these programmes has allowed the girls to be open to sharing what is weighing heavy for them each week and to be able to process and understand the emotions that arise from their life experiences.

