



Te Arawa Whānau Ora

*Kotahi te whare he maha ngā kuaha
A house with many doors*

AUGUST 2021 MARAMAWARU

PĀNUUI



Ngaroma (Mala) Grant Scholarship Awarded

Earlier this month Makere Wallace-Ihakara was awarded the inaugural Ngaroma (Mala) Grant Scholarship by Elaine (Tiki) Thomas (Mala's mother) at a ceremony at Korowai Aroha.

Congratulations Makere, we can't wait to tautoko your studies and the difference you can make in our communities.

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Hine Tewhatewha te kakauri
Hine Tewhatewha te weka kauri

Hine Tewhatewha te kaitiaki o
te rere o nga mau awa e rere
nei ki a koutou kai ngā tuākana
ō tēnei kurupā paiaka. Ko Paora
Te Hurihanganui. He uri ahau o
Te Arawa, Ngāti Awa me Ngāti
Tūwharetoa. He pononga ahau
hoki ki ngā whakaakoranga a
ngā tupuna me te Taiao Māori.

He mihi nui ki a koutou katoa,
ko te pānui tuatahi tēnei mōkū
mō Te Arawa Whānau Ora e hangai
ana ki ngā ahuatanga o te wā. ...
Matariki tāpuapua, Matariki Āhunga.

Welcome to our monthly pānui

Firstly, I would like to say thank you to everyone who has welcomed me into the Te Arawa Whānau Ora whānau. It is with great humility that I accept the responsibility of leading such an incredible team. I have had the privilege to get to know our rōpū over the past month and I am blown away by the passion, talent and commitment that our Executive and kaimahi display in the support of our Te Arawa Whānau.

In this month's pānui we learn more about one of these services and the team who run the Hāpai Huānga initiative, a collaboration with the Rotorua Pirihimana. The service supports whānau in family harm situations to make better, positive behavioural changes. We speak to Chrissy and Fred who run the initiative and learn what drives them. We then talk to Cliff who has been through the programme and what his hīkoi looked like.

Whaea June Grant has been her fabulous self and has spoken about her Cancer hīkoi at a Pink Ribbon breakfast, in aid of raising funds for breast cancer awareness. We also take a look at our Hautapu wānanga held in Maketu with our Tapuika whānaunga.

Finally, we are committed to doing the very best that we can to ensure Te Arawa Whānau Ora continues to grow, improve, and serve better and support more whānau and communities where we can. We dedicate that we will be culturally relevant and present, we are aspirational and affirmational and that we work alongside whānau to realise their potentiality.

*Kia mau ki te mau ā Maui
Kurupā Paiaka / CEO
Paora Te Hurihanganui*

Solar Power initiative for kaumatua and tamariki

Te Arawa Whānau Ora have been fortunate to secure funding through the government's Renewable Energy Fund for Māori & Public Housing, which will support a new solar power initiative for lucky whānau in our community.



Te Arawa Whānau Ora chair, Te Ururoa Flavell, says solar and battery systems will be installed in 14 Māori owned and occupied homes in Rotorua, with prioritisation given to whare with kaumatua or tamariki.

"We're thrilled to have been chosen to receive this funding and will carefully select whānau to participate in the initiative based on prior engagement" Matua Flavell says.

Tauranga-based energy solutions company, Tū Mai Rā Energy, has been commissioned to source high quality solar equipment and



▼ Wānanga with TAWO and Tū Mai Rā Energy to ensure the best outcomes for our Te Arawa Whānau

deliver affordable solar solutions to Rotorua whānau. Tū Mai Rā Energy's kaupapa is to enable communities to meet their power needs in a cost effective, environmentally aware, and financially sustainable way fits in well with Te Arawa Whānau Ora's aspirations.

Part of this kaupapa is for TAWO and Tū Mai Rā Energy to facilitate a series of wānanga throughout the initiative to understand whānau needs and aspirations, and to provide information, education, and guidance from a Te Ao Māori view, focusing on sustainable change and whānau wellbeing.

Hāpai Huānga

**Whāia te pae tawhiti kia tata,
whāia te pae tata kia maua!
Kia whita! Kia tina!**

Seek out distant horizons, gather the tools required to succeed and cherish those you attain.

Sounds achievable right?

But for many who have been on the receiving end of the law, alone with no one to turn to, achieving positive outcomes may seem impossible - unless you have the right support.

One of the many services offered by Te Arawa Whānau Ora is Hāpai Huānga, a partnered initiative with Rotorua Police. This advocacy service has been running for 3 years and provides support to whānau in the criminal justice system due to family harm matters. Paeārahi support is provided, and together plans are created that empower whānau to make positive changes in their decisions and behaviours, with a strong focus on cultural identity.

Hāpai Huānga provides a variety of wrap-around services from rehabilitation support, anger management and relationship counselling with wānanga components tailored to the needs and aspirations of each individual. The service currently has 2 amazing paeārahi working with whānau, Chrissy Rose and Fred Vercoe.

There are 3 ways to be referred into the programme:

1. Cell visits where an offender is visited by one of our paeārahi
2. Self referral through Te Arawa Whānau Ora; or
3. Family Safety System (FSS) via the police.



Once whānau have agreed to be part of the service, a 'needs based' assessment is designed in an endeavour to achieve positive outcomes for them and their whānau.

Whether its services are required for a short or long period of time, paeārahi are with whānau all the way, ensuring they are never walking their journey alone.

Chrissy has been working with Te Arawa whānau in the service since its inception with Fred joining her in 2020. They both believe the services' success has been due to 'the voice of the people' in the community. "We are trying to change lives", says Fred.

A typical day for Chrissy and Fred begins at 7.30am at the police station where cell-visits are conducted. Information is passed overnight from prison staff outlining details of whānau to be visited ie; in custody due to charges relating to violence or family harm.

It's about walking alongside whānau - trying to break the cycle. Chrissy adds.

While it can be overwhelming for whānau who are awaiting a verdict on their charges, it is integral for paeārahi to build whanaungatanga and offer support to help navigate the needs of each individual, "It's important to build a rapport with them. Its not a one shoe fits all approach" says Fred.

Chrissy says Hāpai Huānga has grown since the beginning and the mahi is "very rewarding". She hopes that now a service of this nature has been established, it will continue to grow as a culturally appropriate strength-based approach for whānau struggling inside our current justice system.

It is hoped that with an increase of resources and paeārahi who 'align nicely' with the service's philosophies, the success of the programme will continue to flourish.

For more information for your self or your whānau, email: referral@tearawawhānauora.org.nz



These taonga hang on the wall of our Hāpai Huānga paeārahi, Chrissy and Fred who have received them from whānau grateful for the support they have received.

Hautapu

Last month we hosted Hautapu at Whakaue Marae, Maketu. This will be an annual hui to support the tikanga and kawa around our Matariki traditions. We had an awesome turn out and loved the connection with whānau and re-learning the traditional practices of our tūpuna this way.

Unfortunately, Rangi decided to hide the Matariki Cluster from our karu. Thankfully, we still had our laser pointer to show us where to look!

To all kaimahi who gathered and prepared the appropriate kai as offerings on the altar for the atua. Kai from Tupu-ā-nuku food from the earth, Kai from Tupu-ā-Rangi food from the trees, kai from Waiti freshwater food and kai from Waitā seafood. And to tohunga Te Waata Cribb of Ngāti Pikiao who carried out all the karakia tawhito for the ceremony.

Hautapu has allowed us to connect more intimately with our environment by giving thanks to our atua Māori for providing us kai for the year. We are constantly consuming our environment in every way, the revival of Hautapu has not only given us the opportunity to give back to our environment but to celebrate the new year as our tūpuna did, to celebrate the new year like Māori.



So, what is Hautapu?

The rising of Matariki in the morning sky is observed in the month of Pipiri (around June and July). Māori wait until the lunar phase of Tangaroa (the last quarter phase of the moon) to celebrate its rising with a ceremony called 'whāngai i te hau tapu'.

This ceremony has 3 parts as referenced by Te Wānanga o Aoteroa's Matariki Guidebook - Te Iwa o Matariki.

1: Te Tirohanga - The viewing

The appearance of Matariki was carefully observed by tohunga (cultural and spiritual leaders) and the brightness of the different stars in the cluster, along with their movement and clarity would determine the bounty of the impending season.

2: Te Whakamahara i ngā mate - Remembering the dead

The names of those who had died since the last rising of Matariki were called out in the presence of the star cluster. Māori believe Matariki cares for those that die throughout the year, and when it rises again the spirits of those passed become stars in the sky. Māori would mourn at this moment, and their tears and wailing would send their loved ones into the heavens to become stars.

3: Te Whāngai i ngā whetū - Feeding the stars

Because many of the different stars in Matariki are associated with food, and its role is to care for our dead and bring forth the bounty of the year, Māori give thanks to this star cluster by offering food. Before the rising of Matariki special food is taken from the gardens, forests, rivers, and ocean and is cooked in an earth oven. This oven is uncovered and the steam of the food rises into the sky to feed Matariki. This is the whāngai i te hautapu ceremony, which is generally called hautapu, and this practise was guided by tohunga who conducted karakia (incantations) throughout. Once the ceremony was complete, a period of celebration, song, dance, and feasting followed. People come together to enjoy the company of friends and family. Māori believe that when Matariki gathers in the sky, it calls people to gather on earth.

After trying to reach out for support, it was clear the system had let him down. Cliff Messent was on a downward spiral and he knew he needed help. Except it took being arrested and locked up for anyone to finally listen to him.



Cliff's Story "A blessing in disguise"

Approached in the cells by one of our of Te Arawa Whānau Ora, Hāpai Huānga paeārahi, Cliff's outlook on his position changed – he saw an opportunity for real change that awaited for him once he was out of prison.

Haunted by many demons, anger and frustration cultivated into a growing problem that took its toll on his whānau. The effects of COVID-19 and lockdown, Cliff was one of the many New Zealanders who lost their job however, more importantly, he had also lost his passion and the means to provide for his whānau.

You see, Cliff loved his job, it kept him active and he took pride in beautifying the whenua, it's flora and fauna. In the ngahere, he had a place to be. It sustained him and gave him a sense of belonging and worth. With the loss of his job, he began to lose faith in himself and everything around him started to fall by the wayside, much like the felling of the trees and their connection to Papatūānuku.

But one incident landed him back behind bars before he knew it. This time, his actions hurt the very people he spent years protecting, his own whānau.

He recalls that day clearly and still finds it difficult to talk about, he knew something inside him just snapped. He lost all control and

sense of the person he had tried really hard to become. The tools he learnt to keep his demons at bay, reared their head once more.

Confused, frustrated and angry at what he had done, Cliff sat confined within the four walls of the prison cell, lost and awaiting his fate.

It was at this time and after countless attempts to stay out of prison, Cliff had lost all hope and believed that he deserved all that was coming for him. With all that Cliff was up against that day, nothing could have prepared him for what was to come.

“Someone must have been looking down on me. The system failed to help me...the next morning in the police cells Chrissy turned up.”

For Cliff it was as though some of the weight on his shoulders had lifted and his prayers had been answered. "What I asked for in my heart I got", it was a blessing in disguise.

Chrissy who works as a Paeārahi for TAWO in the Hāpai Huānga service quickly wrapped Cliff in a korowai of aroha and offered to support him and the hīkoi he was about to embark on.

"I don't regret seeing Chrissy that morning because it was something I had asked for, for months", he said.

After being released on bail, Cliff sought after Chrissy and the services Hāpai Huānga offered.

To this day, Cliff will forever cherish Chrissy's words "I'll be here, come and see me. That was a blessing for me because it was something that I needed, something I wanted".

Since Cliff was released, his ability to cater to his family has slowed down. With the support of the Hāpai Huānga whānau by his side, it has provided him with a new found confidence and tools to uplift him and mend the pieces of his former self.

“If I can't heal myself, it will never happen. I've got the opportunity to do it. Arms wide open I'll take it all on.”

After building enough courage to speak his truth, Cliff believes there are people that need to hear his story so that they too can seek support.

"TAWO that's all I need [for] the wellbeing of my family and that's the blessing there. We need people like Chrissy and Fred who have the heart and mean what they say. To do good for the people who are lost or confused or - fallen off the waka", he concludes.

This is his story.

Te Arawa Whānau Ora does not let you walk alone. Everyone has their own journey, and TAWO wants to help rebuild your wairua so that you can get your strength back - Mentally, Physically, Spiritually. We are here to offer the support and guidance that anyone who is struggling and feeling broken needs. If you feel you are stumbling, there is a whole rōpu of people who don't want to see you fall.

He Taonga Te Wahine Breakfast /Pink Ribbon Breakfast raises profile and pūtea

A Pink Ribbon Breakfast was co-ordinated by Turuhira Marino, the Health and Fitness Team Leader from the Health Hub at Toi Ohomai to highlight priority health checks for all wāhine, such as Breast screening and cervical screening. Our own Whaea June Grant headed along to tautoko the kaupapa on behalf of Smear your MEA and highlight the need for wāhine mā to get screened and to have a kōrero about her personal cancer hīkoi.

"Breast cancer is still prevalent in our community. We all know someone who has got breast cancer, who has had breast cancer, and sadly we all know someone who has passed because of breast cancer. Early detection is one of the ways we can be sure to halt the disease and ensure a cancer free future. Breast screening is the best tool in the box to detect early cancer growth" Whaea June says.

99% of breast cancer occurs in women and around 75% of all breast cancer occurs in women over 50 years. (Breast Cancer



Foundation, NZ) And then there are Māori women who just get it at any age, at any time.

There were approximately 30 attendees present during the morning – a wonderful turnout of men and women; staff and students. We were fortunate to raise \$200 to go towards the Breast Cancer Foundation NZ.

“If I learned anything from this day it is that there is a superhero in all of us, fighting for good!”

Things that fill your soul, good whānau, good friends, good mahi that makes you want to smile every day and that sharing the journey can ease the load and raise awareness for others” says Turuhira Marino.

COVID-19 Outreach Clinics

Recently our Chair, Matua Te Ururoa Flavell, got his first shot of the COVID-19 vaccine. We have teamed up with our whānau over at the Te Arawa COVID-19 Hubb to support efforts in our community against this ngārara. We need to protect our tamariki and mokopuna, so see the schedule here about where and when the clinics are happening and book in now whānau!



COVID-19 vaccination outreach clinics

DATE	DOSE	HAPU	VENUE
Tuesday 20th July	2nd Dose	Wha ka poungakau	Ruamata Marae
Saturday 24th July	1st Dose	Whānau	Central Clinic
Sunday 25th July	2nd Dose	Ngongotahā Community	Ngongotaha School
Tuesday 3rd August	2nd Dose	Mangakino Community	St Johns
Wednesday 4th August	2nd Dose	Mangakino Community	St Johns
Thursday 5th August	2nd Dose	Mangakino Community	St Johns
Sunday 8th August	1st Dose	Kaingaroa Community	Te Huingawaka Pa Dun Rd
Saturday 14th August	2nd Dose	Whānau	Central Clinic
Sunday 22nd August	1st Dose	Ngāti Whakaue	Tunohopu Marae
Sunday 5th September	2nd Dose	Kaingaroa Community	Te Huingawaka Pa Dun Rd
Sunday 12th September	2nd Dose	Ngati Whakaue	Tunohopu Marae

Unite against Covid and protect our whakapapa whānau ma!