



# Te Arawa Whānau Ora

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

OCTOBER 2021 MARAMAIWA

# PĀNUUI



## Pink Ribbon Walk



Whaea June, sharing her breast cancer journey with a touching and heartfelt presentation.

### IN THIS ISSUE

Kurupā Paiaka overview

2

Working with Te Arawa's dream team

2

Gratitude - Love knows no bounds

3

Pink Ribbon Walk

4

Titiro: Pēpī alert

4

**He pō kino te pō, he rā kino te rā,  
ahakoa he aha te rākau, he hua kai  
roto. Ehara au i te Rangatira, erangi  
he ata ahau nō ngā pukenga wai,  
ngā pukenga tāngata, ngā pukenga  
kōrero o Te Arawa.**

Despite the uncertain times with the appearance of the Delta strand of Covid 19 across Aotearoa, I'm encouraged by the focus of Te Arawa who have come together to reduce its impact in our rohe and within our whānau. I continue to be appreciative of the efforts of all Te Arawa Whānau Ora staff and partner organisations, who have supported drive-through clinics, vaccination hubs, delivered kai packs, and connected whānau with essential services, while keeping on top of their everyday responsibilities. It's times like these that highlight the strength and compassion of our

people. I take comfort that Te Arawa is working hard to cohesively keep whānau safe and protecting our whakapapa.

Our new hapū ora wānanga, Te Iwaiwa Pua Wānanga, kicked off last month. These wānanga are firmly grounded in Te Ao Māori, incorporating Te Arawa pūrākau as the foundation of delivery, combined with an authentic kaupapa Māori co-design approach. We received great feedback and look forward to future events working with some of our valued partners like Te Papa Tākaro o Te Arawa.

Our teams took to the streets last week, to support the annual Pink Ribbon Walk in a tribute to breast cancer awareness. Our hīkoi took us along Kuirau Park, up Pukeroa Hill, along the Lakefront, and back to the office, where Aunty June Grant shared her journey with breast cancer with us in a touching and



heartfelt presentation. It was our way of remembering and celebrating lost loved ones and still supporting the kaupapa in our work bubble due to COVID restrictions. He aroha nui ki ngā whānau, ki a koe hoki Aunty June.

Last month, we introduced little Zylee to the world, who was born to Manu Tāpiki health coach, Jasmine Pomare, during lockdown. Te Arawa Whānau Ora has since been blessed with two more pēpi! Whānau First! Whānau at the forefront! Whānau thriving in Te Arawa!

*Ngā manaakitanga*

**Paora Te Hurihanganui** – Kurupā Paiaka / CEO

## Working with Te Arawa's dream team

**What may start off as an email referral for emergency housing can quickly transform into whānau living their best life with the help of Te Arawa Whānau Ora and our team of skilled paeārahi.**

'Unpacking dreams' and turning them into reality is one of the many aspirations Te Arawa Whānau Ora (TAWO) has for those who are in need and engaged in our services. Paeārahi Hinehou Stoneham, has helped shape some of her clients' perception and journey into entrepreneurship - helping turn their dreams into something more than they could have ever imagined.

Having worked in various roles in the government sector, Hinehou brings a wealth of knowledge around various services offered to whānau on a national scale. She currently manages referrals for TAWO and oversees whānau ora plans. Her role ensures whānau get the help they need efficiently and guides them to services that help towards positive growth.

Once whānau have been referred and engaged with TAWO, she upholds the mana of each plan to ensure whānau stay on their huarahi and says that 'we are here for the long haul, not just a quick fix'.

"We all understand that the presenting issue isn't the only thing we deal with", she adds.

Hinehou understands that each individual referral varies, while some dream of starting their own businesses, others dream of just getting through the day, therefore, having networking capabilities has enabled her to direct each whānau to the right support group or service.

"We can show them ways to get through".

Hinehou has had the privilege in building rangatiratanga with her clients encouraging them to hone into their skill set and talents. It has been an honour for her to watch clients go from strength to strength, some of which have become business owners, 'they have to do the work - that's their commitment'.

**‘I would ask, have you got a dream and have you dreamed that dream already? Unpacking their thoughts, they're unpacking what that dream is like and the reality for them,’ Julie adds.**

Whether they need upskilling or require advanced training or funding an initiative, Hinehou ensures the clients she works with are equipped with the right tools and have access to relevant programmes and services to help bring their dreams to life.

Referrals (Self referred, internally through TAWO or externally through other organisations) is the initial step for whānau who wish to access support and services

through TAWO. The referral system is a process of referring individuals or whānau to wrap around services, organisations or service providers particular to their needs.

It also helps paeārahi identify the presenting issues at hand and if there are other hidden factors or barriers, they can quickly access services pertaining to their needs. Paeārahi provide the steps forward and create processes that enable a referral to go from start to finish.

Once whānau have been through the referral phase, a needs based assessment and whānau ora plan is created.

Hinehou expresses the importance of whānau actively engaging in a whānau ora plan 'which means meeting regularly with paeārahi and building a whānau ora plan', she adds.

Paeārahi are here to support your journey, ahakoa he aha te raruraru, mā mātou anō e ārahi - Whatever the problem, we are here to help guide you.

**If you or your whānau have a dream and would like to refer to any of our services please contact us directly via**  
[tearawawhnanuora.org.nz](http://tearawawhnanuora.org.nz)

# Gratitude – Love knows no bounds

A pūrākau of strength and resilience through the eyes of one mana wāhine who's selfless acts of kindness and love are returned in ways she could have never imagined.



Julie and Hinehou.

Julie Nathan knows all too well about living on a shoestring budget and within her means. But her story changed after meeting Te Arawa Whānau Ora's paeārahi Hinehou Stoneham who gave her the foundations to create a life she wouldn't have otherwise envisioned.

She recalls the days of old when her māmā also worked on a tight budget and remembers her saying, 'If you give it away, it comes back somehow', Julie has lived by this philosophy too.

Before Julie embarked on her journey with Te Arawa Whānau Ora, she was a caregiver for her niece and nephew who at the time were aged 3 and 4, so as you can imagine her life changed dramatically, and so too did the dynamics of her everyday living.

This never detoured her path, if anything her undeniable love for her niece and nephew was all that truly mattered – love knows no bounds.

As well as working a full time job and raising two young tamariki, Julie felt that she was able to meet the financial needs of her whānau and was happy with what little they had left to survive.

For 7 years and up until the tamariki could transition back to their whānau, this became her life. She was content with how life was and the whare that provided a whakaruruhau or shelter over their heads.

Julie's sister who worked in the health sector for Te Arawa, suggested she explore what services TAWO offered to help foster and aid in raising the tamariki.

Before long, she engaged with TAWO and this is where she met her paeārahi Hinehou who advised that Julie was able to get assistance through Te Arawa Whānau Ora.

**“I was lucky enough to have Hinehou as a paeārahi. She was very clear about the plan... and I was able to get Whānau Ora assistance - that was fabulous,”**

Julie said.

Once engaged and a whānau plan had been established, Julie quickly realised the lengths Te Arawa Whānau Ora paeārahi goes to, to ensure whānau have what they need to prosper and survive.

Julie believes that 'when you are so used to just getting by' anything additional to that is amazing.

While working the plan with Hinehou, significant factors such as curtains, beds and linen for the tamariki presented as real necessity for her whānau. Seeking support through TAWO, Julie received bedding for the tamariki and a bed through one of the kaimahi. Hinehou helped source thermal curtains through the curtain bank.

"It's the 'little big things, I appreciated that".

"Although it was free stuff it was all stuff that was necessary in raising the tamariki", Julie adds.

While on her huarahi, Hinehou suggested Julie attend a 3 week energy savings workshop

through Healthy Homes, which is a service offered in Rotorua to help towards living sustainably. The course helped Julie to get her home insulated for free. "At the time, we only had an open fire that was useless".

"I had been trying to do all these things on my own and pay for these things on my own", she said.

Julie was diligent about attending the workshops because she found them very informative and said they provided 'logical sense to living sustainably and within your means'.

It was really good learning", she added.

During the Covid-19 lockdown of 2020, Julie's sink was in dire need of attention. Not only did the tap sink break, but the whole bench needed to be replaced due to mould exposure, 'I was horrified, it was toxic. I had been putting up with all those things for a long time', she said.

With the help of Hinehou's networking, she was able to find a reputable Plumber who replaced Julie's bench "[paeārahi] go over and above their actual role and responsibilities".

She was also a grateful recipient of a kai parcel through Te Arawa Whānau Ora and says that the effects of Covid-19 weren't too bad because she was 'well looked after'.

"I'm forever grateful, that was amazing", she added.

As a giver and not a receiver, Julie ensured she shared the generosity of kai to kaumātua and neighbours who needed it more than she did.

Just when she felt as though all her prayers had been answered, Hinehou had one more gift up her sleeve. Upon one of her weekly catch up hui, Hinehou noticed Julie was cooking kai using only one element, she also had a bread in the oven which was held shut with a wooden spoon.

For years Julie operated her oven this way and says 'In our whānau, I am the queen of fry bread and bread maker'.

"Hinehou saw how I was cooking and she said, let's see if we can get you a new stove".

And that she did.

"Hinehou would always say, hang on a minute, I'll see what I can do and would always come back even if she couldn't".

## Gratitude - Love knows no bounds cont...

To this day, you can find Julie cooking up a fresh batch of fry bread in her newly adorned kitchen with four elements blazing and still 'feeding the multitudes'.

**‘I’m forever grateful for the support I received from Te Arawa Whānau Ora. I believe in it 110 percent.’**

Julie will always pay homage to Hinehou and Te Arawa Whānau Ora for the mahi, tools and services they provide to whānau and says 'I met all my goals and achieved more than I ever expected'.



Julie and Hinehou.

"Hinehou is a lady on a mission, articulate and on time", she adds.

Moreover in a review Julie participated in which was conducted by the Whānau Ora

Commissioning Agency, she noted that 'Hinehou ticked all the boxes for me, she was articulate about appointments and when we made appointments she was there on time'.

"I want to be like Hinehou, I like her work ethic, she doesn't muck around. I liked how she knew all her different networks and [was] amazing in terms of getting assistance for whānau", she concludes.

**For more information or ways to get in touch with our paeārahi contact us directly at [tearawawhānauora.org.nz](http://tearawawhānauora.org.nz)**

## Pink Ribbon Walk

Te Arawa Whānau Ora & Healthy Families Rotorua were in the pink as they supported the annual Pink Ribbon Walk in a tribute to breast cancer awareness.

Their fun hīkoi took the kaimahi along Kuirau Park, up Pukeroa Hill, along the Lakefront, and back to the office. They want to give a shout out to all the beeps, cheers, and waves along the way!

They then enjoyed pink ribbon cupcakes before beautiful screening paeārahi, Whaea June Grant, shared her journey with breast cancer in a touching and heartfelt presentation.



Te Arawa Whānau Ora & Healthy Families Rotorua

## Titiro: Pēpī alert

Over the past couple of months, TAWO has been pēpī central and we have had the joy of increasing our Te Arawa whānau with the birth of 3 ataahua pēpī.

Sending a massive awhi out to all the māmā and pāpā looking after their taonga at home, we know it couldn't have been easy with the uncertainty with Covid but you did it like a boss.

### Nau mai haere mai pēpī



Jasmine Pomare:  
Pēpī - Zylee McCluskey.



Shannon James: Pēpī - Parehuia  
Te Waimaringi Church.



Matt Leef: Pēpī - Kaea Grace  
Te Kohurangi Leef.