



# Te Arawa Whānau Ora

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

December 2021 HAKIHEA

# PĀNUUI



**Some of our whānau are in fight or flight mode, triggered by their realities, becoming disengaged, vulnerable and lost with nowhere to go.**

While they try to navigate the rocky paths alone, grasping at every inch of hope praying for a better day, their tamariki sit patiently, waiting, just to be heard.

**Ma wai rātou e tiaki** - Who will take care of them?

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# Oranga is our birth right

**Tihei mauri ora ki a tatou, ka puta ki te whai ao ki te ao marama.**

**Ngā maunga whakahī, nga rauawaawa o te motu, rau Rangatira mā, tēnā koutou katoa.**

As we draw to a close for 2021 I would like to acknowledge to each and every person who has accessed and supported Te Arawa Whānau Ora this year, those who have overcome obstacles or barriers and those who have attained some goals while filling your kete o te matauranga and exemplified that "Oranga is your birth right".

It is also a timely reminder that we must ensure "Whānau First". This is an important stance as our collective and individual safety may become challenged amongst the potential chaos some may endure over the break, that we must be mindful and take it easy over the coming weeks. Stay safe and stay strong together.

With COVID-19 present in our communities, it is our inherent right to protect our whakapapa by ensuring we are taking the right measures to protect them. It is understandable that you or your whānau may be feeling stressed or uneasy. Take time while you are at home to prepare a contingency plan should you or your whānau get māuiui. It is important to ensure we tiakina te pā harakeke, safeguard our family unit because as we know, protecting our whakapapa is paramount.

As a tool to utilise over the Christmas break to strengthen your whakapapa links you may like to learn more about your pepeha, where you come from, your iwi, hapū, maunga and awa. You may even like to encourage your tamariki to learn karakia to give thanks for a new day.



On behalf of us all here from Te Arawa Whānau Ora, we would like to wish you all a very happy and joyous holiday time, a Merry Christmas and a safe and prosperous New Year.

**Tukua mai kia piri, tukua mai kia tata,**

**Ka eke mai tatou ki te paepae keo o Rēhua Ariki.**

**Kia Toi te Kupu - Honoring the word and the source of the word, let it be pure.**

**Kia Toi te Mana - Everyone has a right to be different and celebrate their absolute uniqueness.**

**Kia Toi te Whenua - Protection and perseverance of the land.**

**Kia Toi te Hauora - Honouring your health and the gift of life.**

**O tēna, o tēna, o tātou - of each and everyone of us.**

**Tina kia tina. Haumi e Hui e Taiki e.**

*Ngā manaakitanga*

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

# Tamariki Co-ordination Service

**Ka pū te ruha, ka hao te rangatahi**

Casting new perspectives for the generation of tomorrow.

**E kore au e ngaro, he kākano i ruia mai i Rangiaētea**

I will never be lost, for I am the seed which was sown from Rangiaētea.

**This pūrākau is about Te Arawa Whānau Ora paeārahi who support tamariki and their whānau and set out to challenge the status quo within Aotearoa's health sector. We hope their story inspires other local and national organisations to come together as a collective, in a plight to help heal whānau trauma for the well-being of our next generation.**

Hei mahi kotahi tātou - Let us work together as one.

Kaiwhakahaere Moewaka Trotman and Paeārahi Te Wairangi Merito shed some light

on the tamariki support service they are passionate about and how a kaupapa of this nature is fast becoming the 'multi-agency link' challenging the status quo within the health sector.

**It can be better with regards to the collaboration across the sector.** Moewaka said.

We focus on working within a high trust model engaging with the Ministry of Health, Ministry of Social Development, Oranga Tamariki, Iwi, non-government organisations within the



▼ Tamariki Co-Ordination Service team

community together sharing information to provide support in unison, creating and implementing one plan for each tamaiti or child.

Having strong networks and rapport with these organizations has enabled Moewaka to work closely with these services eliminating

## Tamariki Co-ordination Service cont...

'barriers' and says 'If I didn't have these relationships, I would be very limited with information and support that I could provide to whānau'.

**For me, that's the benefit of having 10 years plus in the sector, you build relationships, networks, communities for the benefit of the whānau you are working with.**

Moewaka adds.

The paeārahi support whānau who have become disengaged, are vulnerable and require a collective response to their problems. "All we do is highlight areas we know we could improve, provide eyes on the ground plan to create one plan across all agencies, so there aren't many siloed plans" says Moewaka.

Aware of the many barriers that implicate tamariki and whānau growth, these paeārahi have a strong focus on coordinating with committees and support services to achieve positive outcomes. Supporting whānau through te taha hinengaro, mental health for mothers and babies is an integral part of how the paeārahi help whānau, by offering solutions and tools to guide them through areas 'such as parenting orders to ensure the wellbeing of tamariki or until the māmā gets the help she requires in terms of her mental wellbeing'.

"Let's stop being reactive and be proactive, providing plans to support whānau, if you don't have a plan you don't know what you're measuring against", she said.

When looking into whānau dynamics and reasons as to why whānau require services of this nature, Moewaka believes it is important to look into 'what went wrong for this whānau? Everyone is respondent to the aftermath, instead of going back to basics to see what fell over in the beginning and where things went wrong for this whānau', Moewaka explains.

**There's so much going on for whānau in their dynamics it's like, let's go back to basics - Let's push reset.**



**With a strong focus on whānau, they believe whānau outcomes may take a different course if everyone comes together to 'hui and make a plan as a collective.** Te Wairangi says.

"Our dream is that all of our clients, tamariki and māmā come to the table with all of us" she adds.

This approach to helping whānau and their tamariki, was established and replaced the children's team in Rotorua which has been given a total overhaul with respect to the framework and is aligned to the Māori health reform. "In recent times, the children's team was driven from a ministry perspective not from an iwi or community view", says Moewaka.

"The health reform has brought to light the aspects that don't work for whānau. The new component...is that we pull all services together as opposed to working individually", Te Wairangi said.

The paeārahi offer coordination services and advocacy on behalf of Te Arawa iwi for clients who have disengaged with organisations such as Oranga Tamariki, Tipu Ora or the District Health Board.

"It's different, it's not like anywhere else in terms of working in collaboration. The key is I don't have to be an expert in mental health, an expert in smoking [cessation] because there are key people we can draw on that are experts in that field to provide mauri ora for whānau we are engaged with", explains Moewaka.

At present, the team have had huge support from local organisations such as the New Zealand Police, Oranga Tamariki, Lakes

District Health Board, probation services, Wairiki Pūrea (Youth service), client's doctors and lawyers.

"Working in collaboration with other services has given us mana and the platform to be able to make shifts happen to allow tamariki and whānau to see better opportunities. We couldn't do it on our own."

"That's Whānau Ora, when you can work in the community to provide better outcomes for whānau - That's where we all need to be heading", Moewaka concludes.

E ai ki te kōrero he tamaiti akona ki te kainga, tū ana ki te ao tau ana - A child taught well in a home full of love, will survive and find their own purpose within the world.

**Anyone can refer to the Tamariki Co-Ordination Service either via self-referral or if their children require support or are accessing multiple agencies of 2 or more, suffer with mental health conditions, are involved with Oranga Tamariki or the Family Harm Team.**

**Phone: (07) 213 1995 or visit the team at 1231 Haupapa Street, Rotorua and they can help you navigate the referral process.**

# The voices of our children

**Toku Reo** - The voice of our children

**Toku Oho** - Their awakening

**Toku Mapihi Maurea** - Looking through the windows of their soul.

For many years now, whānau have had access to an array of health and social services aimed at enhancing their overall health and wellbeing with an emphasis on strengthening their pā harakeke, their wider family unit.

Unfortunately, due to a number of barriers and dynamics, the positive outcomes many services envision for their clients, never seem to quite make it to the intended goal post. Many whānau fall by the wayside, are with no fixed abode or get lost in transit leaving behind a paper trail of scriptures explaining the deep truths of their past and present selves.

Some of our whānau are in fight or flight mode, triggered by their realities, becoming disengaged, vulnerable and lost with nowhere to go.

While they try to navigate the rocky paths alone, grasping at every inch of hope praying for a better day, their tamariki sit patiently, waiting, just to be heard.

Ma wai rātou e tiaki - Who will take care of them?

While it is important to help whānau identify the core root of the issue, we must first take care of our tamariki and ensure they are protected, safe and wrapped in love because

whilst it may be chaotic around them, no tamaiti deserves to live in a world of turmoil.

To manaaki tangata, is to nurture and love without condition. It is an inherent tikanga of Māori to look after one another.

Trained paeārahi help whānau navigate an array of circumstances, ensuring tamariki well-being are at the fore while reducing the likelihood of tamariki facing neglect and maltreatment such as living in homes where violence is present, tamariki who have school truancy issues, social and or behavioural problems, health issues, whānau who face continuous economic hardship, support for parents who's parenting skills require strengthening or whānau who may face statutory intervention if concerns and risk factors are not addressed.

Paeārahi Te Wairangi Merito joined the team after completing her studies and receiving a Bachelor's in Business at the University of Waikato. Having worked in the Tamariki Co-ordination space for two months she speaks highly of her new role and says 'I love it, I don't think I will go anywhere else'.

Te Wai's passion and love for all people is admirable which is what makes her an asset to the Tamariki Co-ordination Service. "Our dream is that all clients, tamariki and māmā come to the table with all of us - make a plan as a collective", she adds.



▼ Moe Te Wai and team

Te Wai particularly enjoys advocating for whānau with a kaupapa Māori framework and says 'that's just what some whānau need, plans which are consistent with tikanga Māori'.

▮ **The nature of Whānau Ora is that we are set up differently and have paeārahi and health coaches that assist whānau.** ▮

Paeārahi have already assisted many tamariki on their journey and have provided whānau with a collaborative plan and steps towards a better mindset and way of thinking. They hope to implement a new framework in 2022 so our leaders of tomorrow will be better equipped with the world that awaits them.



**Ma wai rātou e tiaki - Who will take care of them?**

# Every maunga has a story

## Whāia te iti kahurangi, ki te tuohu koe, me he maunga teitei

Seek the treasure that you value most dearly, if you bow your head, let it be to a lofty mountain.

This whakataukī refers to working towards one's higher purpose and the importance of goal setting. It speaks of perseverance and endurance, refusing to let obstacles get in your way while striving to reach your moemoea.

▾ Sometimes the biggest obstacle one has to navigate, can be with the maunga from within. ▾

This pūrākau speaks about a journey of self-discovery and connecting ā wairua with those who have gone before us.

What started off between workmates as a fun online Facebook thread over lockdown, sharing kai ideas and exercise routines turned into something much more.

As a way to engage via 'virtual whānaungatanga' whānau from Healthy Families Rotorua and Te Arawa Whānau Ora would post their daily hikoī, which saw an emergence of new and creative ways of connecting to the whenua.

Paeārahi along this hikoī decided to up the ante and put a wero out to the team to see whether anyone would be interested in walking the Ngā Tapuwāe o Toi track – a 16km trek



overlooking Whakatāne. This is when the 'Piki Maunga' crew was formed, and it grew bigger than they could have ever imagined.

Starting off with a series of hikoī to build up momentum, the crew put together a schedule which helped build endurance before attempting the ultimate climb, Tongariro Alpine Crossing.

From footpath to mountain terrain, the Piki Maunga crew took to the maunga, reaching picturesque summits which overlooked the whole of the Bay of Plenty region. Beginning with Mauao, commonly known as Mount Maunganui, to Papamoa Hills, Ngā Tapuwāe o Toi, Rainbow Mountain and Mount Tauhara, a dormant lava dome volcano located just out of Taupō.

In November, the crew conquered the majestic volcanic landscape of Tongariro. Emotions were high conquering this maunga with thoughts of tipuna and how they felt when they were climbing this maunga and what did they did on these maunga.

**E ai ki te kōrero, whatungarongaro te tangata toitū te whenua** - As man disappears from sight, the land will always remain.