



*Te Hau Āwhiowhio o Otangarei Trust*

# *Pānui*

*H2 2020*



## *In This Panui:*

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- Rākau Rangatira Programme is helping whānau to achieve their goals and aspirations.
- Success in Hākinakina
- Pēpi Parcels for whānau in need
- Ending the year on a high note with community-focused event.



## *Tenei te mihi atu ki ā koutou nga hāpori o Otangarei.*

Ngā mihi ō te tau hau ki ā koe me tō whānau. How fast this year has gone and now we are zooming to the close of the year and holidays for many and we wish to see all whānau safe and well during the holiday period.

Well what have we been up to in this last quarter? We have supported staff moving on to new journeys and we thank them for their mahi and contribution to whānau well being during their time with us all. We have welcomed new kaimahi onboard and these ones are younger with new ideas and vision which has made us all up our game. We have all been on the journey at different levels with Te Ao Maori and Te Reo. It's exciting to see our whānau build confidence and comfort in their own shoes. Nga mihi nui.

Having all come through the crossroads of Covid-19 we are not out of the woods yet and this past quarter has seen the organisation engaging with more and more whānau looking for information and directions to resources and services. Mental well being has seen a huge increase in anxiety and worry with many whānau unsure of how they will get through things that they usually would have managed themselves. The stress has begun to have an impact and sometimes just a friendly ear or taking up the offer of advocacy to get through a matter can make the world of difference to those feeling the weight of the world on them.



We have been very successful in a number of our initiatives such as Rākau Rangatira program and its growing membership in and around employment and supports.

Our Kuia & Kaumatua Pre-Xmas Dinner for our enrolled patients was awesome. The whānau all came as tourists and the City Club Rooms was transformed into an airport Terminal. They had a live band and plenty of quizzes and prizes with lovely kai. The lesson was - don't make fried bread with Mornay as a starter course cause they get too full!!

We continue to grow in our Hauora as more and more whānau find it hard to access a GP and so the balance is ensuring our current enrolled whānau are able to see their nurse or GP when they visit. We also thank whānau for your patience and care of our nursing team as we need them just as much also.

Since launching our Urban Papakāinga – Transitional Housing the whare have all been kept full. Once one whānau is transitioned onto more permanent housing another whānau come in and we thank our local whānau who clean them ready to receive new comers. It's great to see them relax and enjoy having their own space while they settle in to plan out their next phase.

We are thankful each whare is now within a fenced area especially when there have been tamariki. The creek and mainroad were always an issue so we are grateful for the fences and gates. During this holiday period we will be working with a small crew who will be able to direct and support.

Information was put out at our E Tu Whānau Event as well so whānau could locate support if needed. We will put the rest of our kaimahi on leave to spend time with their loved ones and catch a little rest from a busy year.

On behalf of the Trust, its Board of Trustees and all the kaimahi we wish you all a safe and happy holidays. We will look forward to catching up in the new year and discovering what 2021 will bring as we go.



***Martin Kaipo, CEO***



# ***Rākau Rangatira Programme is helping whānau to achieve their goals and aspirations.***

Rākau Rangatira was created to provide our Otangarei whānau with the right support, skills and resources to ultimately achieve gainful, paid employment.

This may include and is not limited to addressing alcohol and drug related issues, supporting Mental Health awareness and development and supporting whānau to achieve health and social wellness. We know that not everyone is ready for work right away.

We work closely with work and income to ensure that both services support participants in the best way possible.

Our Rakau Rangatira wānanga cover a wide range of skills for participants including:

- vocational pathways
- employment workshops,
- mental health and AOD workshops
- tikanga
- skills and training
- community participation
- peer support
- fitness and wellness and more.

## ***Christmas In A Jar Workshop***

The idea behind this workshop was to give our whānau a more cost effective option for gift giving over the Christmas season. This was also a useful exercise as it is a fun activity that could involve the whole family! One of the participants said that she had always been a last minute shopper when it comes to Christmas but she is now excited about getting a head and making her gifts early!



## **Self Watering Planter Workshop**

Our participants dug into the basics of creating self watering plants in the hope that they are able to grow their own veggies to feed their whānau. We were all very pleased and excited about how simple and easy the process of self-watering planting was!



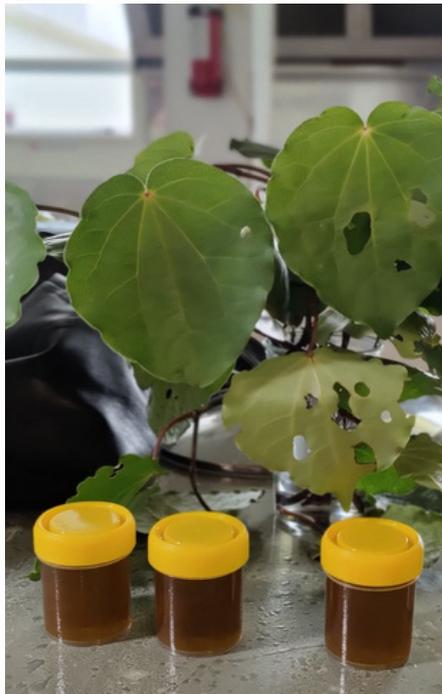
## **Beeswax Wraps Workshop**

This workshop set out to teach whānau how to easily utilize our resources for their sustainability. The concept was to empower whānau by showing them alternative ways they can provide for their whānau without using disposable and environmentally unfriendly products such as glad wrap.



### **Rongoa Workshop**

The RONGOA workshop was organised to educate whānau how to easily utilize our native resources for their healing properties. The RONGOA workshop concept was to empower whānau to care for whānau by having alternative choices to western creams and medicines.



### **Getting Stuck In Outdoors**

An initiative run through Whangarei District Council after Covid-19 as a way to get people into jobs, our Rākau Rangatira crew got stuck in down at the Blue Goose Rugby League/Soccer club helping to plant over 800 native plants which will help to restore the waterways.

## **Otagarei Papakainga Project Consultant Awarded Excellence at NZ Building Industry Awards**



Kelly Haora of Griffiths and Associates was awarded the Dahua Technology Consultants, 2020 Excellence Award and Category Winner at the New Zealand Building Industry Awards on Friday, 30 September.

Kelly's success from the Papakainga has now created opportunities for other Iwi projects to seek consents for projects with similar design principles in Northland. A big congratulations to Kelly and the whole team.

# ***Pēpi Parcels for whānau in need***

Pēpi Parcels' goal is to take donations of baby clothing and make parcels to clothe Babies until they are one.



The parcels are then given to parents in need. Whānau are given boxes of beautiful clothing to help them for their first year of life.

We have been lucky enough to be chosen by Pepi Parcels to pass on these beautiful boxes to parents and caregivers in need.

Thank you to Pēpi Parcels for your continued support and to the community for your generous donations to help make life a bit better for our Northland babies.



## ***Freemasons NZ gifts Defibrillator***



Thank you to Freemasons New Zealand for your gifting of a defibrillator (AED) which is now housed at the City Rugby club. This is a great asset to our club rooms and community.

# Success in Hākinakina

Our Hākinakina programme has been running for seven years and has produced around 14 national and regional representatives in a range of different sports. Te Hiku Media came along to one of our training sessions to find out what it's all about.

It's not just about the fitness - it's about the ethics. Three mornings a week from 6am in the morning members of our Hākinakina Programme are up bright and early ready to train at the Otangarei City Rugby Club.

Teaching the kids about work ethics is the real kaupapa behind the programme. Getting there on time, organising their lunch, packing their gear, ensuring they have their mouth guards - being prepared.

This preparation pays off and you'll see them excel at their sports on a Saturday morning - they shine.

*To view the video of our tamariki sharing their experiences visit [www.tehiku.nz](http://www.tehiku.nz).*



"It's really hard but you learn over time to get used to it and you know it's going to be worth it in the long run...it's helped me to be comfortable with being uncomfortable...and that I can do anything."

- Tara Lee Turner



## About the Programme

Our Champions Programme provides a safe and nurturing environment to build excellence in Sport and Education for tamariki aged between 8 and 14 years.

The overarching objective of our programme is to teach strong work ethics within a kaupapa Māori model of practice, with sports as the tool to motivation. This in turn enables taitamariki from all backgrounds the opportunity to excel in education and sport.

To learn more about the program visit our website [www.otangarei.org](http://www.otangarei.org).

# Ending the year on a high note with community-focused events.

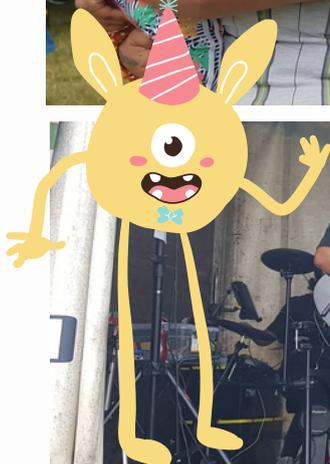
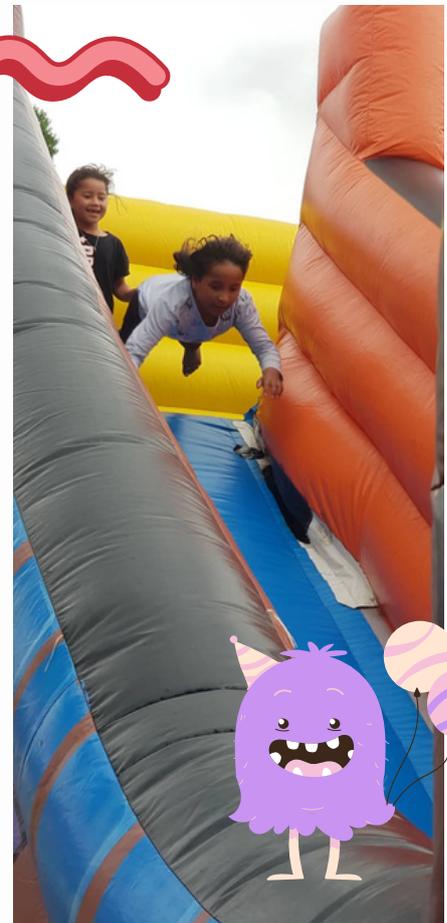
We ended the year on a high note with a number of events for our community members both young and old.



## **E Tu Otangarei Whānau Event**

Our annual E Tū Otangarei whānau day was quick to swing back around! This event was for our Otangarei community to come along with their tamariki and enjoy a complimentary BBQ, bouncy castles, live music, animals and more.





## Kuia & Kaumatua Kirihimete

Our annual Hauora Kuia Kaumatua lunch was a success! With Covid restricting travel plans for all of us we thought it only fitting to base our event on the theme "Destination" - since they can't travel we brought the travel to them! A fun filled day complete with a live band to serenade our guests with some of their favourite classic cover songs. There was plenty of kai, gifts and games to keep our senior community members entertained for what was a very lovely afternoon.



## Christmas Boxes

With the Christmas season just around the corner, we wanted to give back to those whānau who might be struggling over the Christmas period. Over 100 generous volunteers came to help us pack which meant we got through our packing in record time. Christmas Box is a food box that caters to a family of 4-6, helping supplement breakfast, lunch and dinner meals over a week. We know these parcels will provide much needed relief and would like to thank all of those who gave up their own time to come help pack. Ngā mihi.

CHRISTMAS  
**BOX**

