

Bill Grayson
Rotary Club of Onehunga One Tree Hill Charitable Trust
 PO Box 29086
 Greenwoods Corner
 Auckland 1347



Dear Bill,

I am pleased to update you on Te Whakaora Tangata’s work in the Far North, made possible through the generous support of the **Rotary Club of Onehunga One Tree Hill Charitable Trust**. We are incredibly grateful for your generosity and heart for making a difference in this community.

Te Whakaora has now been serving the highest-risk families in the Far North for nearly two years, working to address the deep-rooted issues of trauma that cause family dysfunction through counselling, crisis intervention, and our Family Restoration programmes.

We have been welcomed into the community, built some great partnerships, and seen some growth and deepening of our work here in Kaitiaki. The need up here is huge and has only grown with the impacts of Covid. The Far North is the most economically deprived region in New Zealand, with the highest unemployment rate and lowest median incomes in the country. There is also a massive problem with methamphetamine use, with Northland usage rates at **three times** that of southern regions. *Statistics New Zealand.

Our programmes are tailored to address the challenges faced by the local Far North community, including depression, drug and alcohol abuse, domestic violence, suicide, sexual abuse, and family breakdown.

Our Far North whānau:



We are pleased to report that we are ahead of our targets – having already worked with **184 clients** during 2021.

Family Restoration Courses

In 2021, we were able to run three Family Restoration Courses in the Far North, despite the changing alert levels. Our Term Three FRC course was condensed into a shorter timeframe so that the families could quickly get the help they needed before Northland went back into lockdown.



Our very first client in the Far North, Ra, shared his story with our whānau during Session 5 of our latest course, which was very impacting. It was incredibly moving to see many men sharing at the course graduation on their new desire to be strong fathers and leaders in their home, setting a good example for future generations of whānau.

Quotes from Far North Fathers - 2021:

"From the age of 14, I ended up going in and out of jail. The programme has brought comfort for my family and for me. To be able to enjoy my last baby – I get to show her how dads are supposed to be."
 – Father from the Far North

"I was brought up in the drug industry – me and my partner. We were doing drugs and it destroyed us. We're just trying to find peace in our life – and I think we've found it now. We've changed and this course can change others." – Young dad from the Far North

"The course was an eye-opener for me, cos I grew up in a violent home, and I became violent when I grew up. If there's anyone else out there got a lot of these things, you'll be amazed what you learn on this course... every day you can learn something new." – Father, Far North

Our Impact

Outputs	Jan-Nov 2021
Number of Family Restoration Course Sessions for the year: 5 sessions per term (3hrs per session).	15 Sessions
Number of Clients Attending Family Restoration Course:	94 Clients
Active Clients: Clients engaged with this year i.e. home visits, course attendance etc.	184 Clients
New Clients That Received Counselling & Support:	94 Clients
Number of Clients that received Individual Trauma Counselling:	64 Clients
Number of Client Engagements: i.e. course session attendance, home visit, phone call, counselling etc.	833 Activities
Whānau Coaching Sessions: i.e. home visits etc.	173 Sessions

We are excited to share with you our "output numbers" for this year – **between January and November 2021, we have actively worked with 184 clients in the Far North - exceeding our targets.** With an average of 3 children per client, our work with these parents has also benefited 550 vulnerable children. Despite the Covid lockdowns and Alert Level restrictions, our Far North team have worked tirelessly with whānau in desperate need of support and healing.



Our Community Partners

We have been embedded in the Far North community right from the start. *He Korowai Trust* welcomed us to the community and gave us office space at their Kaitaia headquarters, which helped quickly establish trust and credibility with the locals.

Our first Family Restoration Course was delivered to *He Korowai* clients in need of help with addictions, family violence, offending and homelessness. Seeing the success of our programme with this first group, word about our programme's effectiveness spread.

- We are now partnering with other local providers, including *Te Rarawa Social Services, Ngatikahu Social and Health Services, Korou Kore Marae, He Tupua Waiora* and *Kaitaia Christian Fellowship*.
- Our Far North community partners now rely on us to bring emotional stability to their clients, which helps their own programmes be more effective and together, we are working to see significant long-term change in the Far North.

Manaaki Kakano Community Mental Health Nurse Testimonial:

"I have referred clients, couples who have experienced trauma, a background that has impacted on relationships and parenting at a time when they have lost hope and have often been to many other services or counsellors for support, often with little positive impact. This course has taken them on a journey of significant change, and I recommend friends and others to the course.

I truly believe this is something Kaitaia and the Far North have needed for a long time, something of value. Other services are overloaded, have waiting lists and with a shortage of counsellors appropriate for the needs of clients or contracts constantly change. The community is in need of something solid and consistent, and we are relieved to have Te Whakaora provide this. We so appreciate having Te Whakaora in our community."

New Premises

This year we outgrew the space we used at He Korowai Trust and needed to move into larger premises as demand for our services grew rapidly. Our new home in Kaitaia has more space to prepare programmes, conduct multiple counselling sessions with high-risk clients, and meet with referring agents and new clients seeking help. It also offers a warm and welcoming environment where whānau feel safe and comfortable.

The ability to offer multiple on-site counselling sessions at one time means we can provide timely support to vulnerable whānau, reducing waiting times for counselling & whānau coaching.



He Tupua Waiora Social Worker Testimonial:

"Working in the community and supporting whanau with addictions, I have been witness and participant to many programmes that are created to change lives. Yet, they become box tickers for most of our clients. When I refer to Te Whakaora Tangata, I tell my clients, "if you want change, this is the place to start - you will learn the 'why' and the 'how'."

A point of difference to this programme is the facilitators who are committed to doing life with those they work with. This is more than a job to them; they are invested in restoring communities. I believe in them and their work. It is not an easy job, working with our most vulnerable whanau. This work requires consistency, trust and lots of love - values that are ingrained in those who take this programme to our communities. It's a journey of maturity, sometimes we mature quickly, and most times, it takes a lifetime. I trust and know that Te Whakaora Tangata is here for the lifetime. I would not hesitate to help support this awesome kaupapa."

Our Return on Investment

Over the last year, we have surveyed our Far North clients before and after each Family Restoration Course (the first stage of their journey with us). **93%** stated that they have already experienced an improvement in at least one area measured:

- **Mental health:** depression, anxiety, suicidal thoughts.
- **Social connectedness:** social contact, domestic violence, relationships with children

Impact Lab has evaluated our programmes' effectiveness and calculated a Social Return on Investment for our work of 753% - putting us in the top 5% most-effective social service organisations in New Zealand. This means that for every \$1 you have invested in Te Whakaora, we have delivered \$7.53 of measurable social good to the Far North in reduced family violence, reduced addiction, reduced reoffending, improved employment, and improved mental health.

Our Latest Video:

Click [here](#) or open your phone camera and scan the QR Code to watch our latest video introducing the work and kaupapa of Te Whakaora Tangata.



On behalf of our team and community, **thank you so much for your support.** Any questions are most welcome.

Ngā mihi nui,

Jenilee Pearce, Community Partnerships Manager

P: 021 023 94184 | E: jenilee@tewhakaora.org.nz

(09) 408 0910 | info@tewhakaora.org.nz | www.tewhakaora.org.nz | PO Box 497, Kaitaia 0441