HE PANUI

Welcome to the first edition of He Panui

TKKTR bi-monthly newsletter for 2019!

As a means of maintaining whanau contact and keeping everyone informed, we have developed He Panui to share current business updates, service, whanau activities and upcoming events

Business Updates/Whakahou Pakihi

The Trust was successful in obtaining a fully attained certification audit and contract audit. This is exciting for the Trust as it means Tangata Whaiora are thriving and we are successfully implementing improvement.

Programmes - Hōtaka

Mauri Tau – This is a programme within Te Kotuku Ki Te Rangi, which aims to encourage pride, self-esteem, and confidence in oneself in relation to all things Te Ao Māori. Held Tuesdays, 10am to 12pm.

Hakinakina – The sports programme is facilitated internally by Te Kotuku Ki Te Rangi staff and concludes each week with a light lunch for all to enjoy. Held Thursdays, 10am to 12pm.

Ahi Tinana – This is a new health and physical fitness programme initiated by Te Kotuku Ki Te Rangi targeted at reducing morbidity issues.

Invitations – Nau mau, haere mai!

COFFEE SESSIONS – We host a small once-a-week informal gathering over a great cup of coffee for all whanau. This would be a great opportunity to come and discuss the wellbeing and goals of your whanau member.

To confirm your attendance send an email to natalia@tekotuku.co.nz or call (09) 820-0045 and please mention the name of your whanau member who is a Tangata Whaiora at Te Kotuku Ki Te Rangi. The gathering is held at our Head Office at 2/40 Copsey Place, Avondale every Wednesday from 11:00 am to 12:00 noon.

WHANAU CORNER – We champion and are passionate about collaborative work. We would love to hear your input and ideas on how we can further improve the delivery of mental health services to your whanau member. Let take the journey towards successful outcomes together.

Events that Happened

Matariki! The Trust celebrated Matariki with a hangi experience at the Māori Kitchen based on Quay Street in Auckland City – he tino reka!

Introducing Sarah Fawcett/ Whakamōhio a Sarah Fawcett

Sarah started with the Trust in January 2019 and currently works with Tangata Whaiora in the community. Sarah has always had an interest in mental health and achieved a Bachelor of Health Science and postgraduate certificate in mental health and addictions.

Sarah has an intense desire to assist people to develop and grow their abilities, skills and values.

"Sarah Fawcett is very good. I like her. She is the best of the best. I want Sarah to be my Support Worker all the time." – Community Tangata Whaiora Whanau (May 2019).