

Quarterly



Far North Community Magazine
Term 3 2023

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- The Hidden Toll of Microstresses - Myjanne Jensen
- Statement from Kahika | Mayor Moko Tepania
- A Message from our new Board Chairperson
- New Far North REAP course dates



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Road Safety: contact direct (see page 23)



A message from our Board Chairperson

The New Board



Far North REAP held its Annual Meeting in June. Thank you to those members of the Incorporated Society who attended in

person, or via Zoom. It is encouraging to see so many members taking an active interest in Far North REAP.

Robin Shepherd retired from the Board at that meeting, he received a heartfelt vote of thanks and gift of a carved pounamu breastplate. The breastplate design signifies status and mana and symbolises strength, bravery and honour; qualities we know Robin has. Wearing a breastplate can help you find strength, courage, protection and a feeling of safety and calmness; we wish all of these for you, Robin. Robin has been active in Far North REAP since it began with the first meeting with Department of Education officials in 1979. We are grateful for his work and continued support. Thank you, Robin.

I have taken on the role of Chairperson of the Board, Shirley Neho is Deputy Chairperson and Craig Hobson is the third Executive Member, should consultation by the Executive be required.

My thanks to both Shirley and Craig for taking on these roles. Shirley and Roger Gale, with accountant Greg Steed form the Audit and Risk Committee of the Board. Other Board Members are Joanne Murray, Raewyn Flay and Clarric Yates. Cherie Duncan is employed as Executive Secretary to the Board, and David Aydon, Chief Executive also attends Board meetings. Thank you all for your continued support and work for Far North REAP, and your personal vote of support!

As I write this, we have a Peer Review underway at Far North REAP. Representatives of Wairarapa REAP, Marlborough REAP and REAP Aotearoa are conducting a review, focusing on culture and relationships. This is not a formal audit but an opportunity for REAPs to review each other looking at what we can learn, and how we can support continued growth and development. Staff and Board members will all have an input into the review. We will hear the results of the review soon.

In my first two weeks as Board Chair, I have meet many of the staff members and heard about some of the work they do. I am impressed by their passion and commitment to their work and to Far North REAP. My personal thanks go to all the staff for the hard work and collegial

support I see so much evidence of, and the sheer niceness that characterises the work they do.

Best wishes to all for Matariki. Having lived in foreign lands where the New Year and festivals of other cultures are celebrated, I am pleased that Matariki is being acknowledged with a public holiday. Happy New Year everyone, as the days get longer, I'm hoping for more sunshine and warmth.

Joanne Bentley,
Far North REAP Board Chairperson.

REAP Aotearoa Conference

REAP Aotearoa Conference was held in Wellington on 28th-30th March 2023. This year's Conference was attended by Board Director Shirley Noho, CE David Aydon, Hauhake representative Gypsy Taka and members of staff from our different sectors, Jen May, Ra Simeon, Maree Dickens and Kylie Turnbull. Travelling started off with a karakia at the airport with past CE Kiri Sloane-Hobson and current board member Craig Hobson who had returned to Kerikeri the flight before. Everyone travelled safely to and back from the Conference although the return flight was during some of the terrible weather Far North has been experiencing. The Conference theme was "The Price

of Citizenship" and was co-hosted by Aotearoa REAP and Tairawhiti REAP. The latter was still dealing with the devastation to their whenua from Cyclone Gabrielle. This was our first face-to-face with those colleagues and a very emotional time.

The sectors were separated for the workshops and our governance group were looking to the future. How were we to market our sites and be competitive yet supportive in an uncertain environment? A collective approach was sought to address matters of natural disasters and international factors that have impacted on financial stability. We discussed the work of REAP as a local identity and national collective to see how we can better serve our communities. Task force groups were formed and more Zoom meetings will be held between the governance groups of REAP nationally to ensure momentum and ideas were developed into actions. Our guest speakers Monty Soutar ONZM historian and author and Peter-Clinton Foase discussed citizenship from two angles. Mr Soutar explained the journey of soldiers and the bravery of the Māori Battalion to motivate others and win despite overwhelming odds. Haka on the trench tops. These men fought and died for our freedom and rights as citizens of New Zealand despite having their own rights impeded in New Zealand at the time. The treatment of return soldiers differed

between Māori and non Māori. The second speaker grounded the group on their own values and places of importance and brought this into perspective. Particularly in that the elected Members of Parliament a small group, would make decisions that influence those places we felt were part of our identity and impact on the people who we loved. The target was education's role to enlighten and state the importance of understanding who you are as a citizen to ensure you would be active in electing the next Government. We hope to bring Mr Foases to Kaitaia. The visits to marae for dinner and entertainment and Te Papa Museum gave a visual context to the price of citizenship. Professor Claire Charters Human Rights Commission reflected on indigenous rights and statistics. For the Far North area 80% of our school-aged children are Maori. How are their indigenous rights met?

My recommendations from this experience is to work with REAP Aotearoa and our national REAP governance. To share resources and ideas as rural education facilities and bring training to our area that highlights the importance of understanding citizenship for our community. To work collectively to meet some of the challenges we face and to revisit our Tiriti o Waitangi Toolkit and its implication for the Far North region. On that note Dr Jill Chrisp and Karen Johansen who led the Tiriti o Waitangi korero have offered workshops to each REAP.

What role will Far North REAP play in this learning journey? We hope to provide spaces for further discussion on what the Far North REAP Society can do to support the Far North region into a resilient, caring community through education.



Top from left to right: Craig Hobson, Kylie Turnbull, Shirley Nebo, Ra Simeon, David Aydon, Kiri Sloane-Hobson

Bottom from left to right: Maree Cook, Gypsy Taka, Jenny May

Statement from Kahika | Mayor Moko Tepania



Kia ora to our Far North whānau!

Mānawatia a Matariki, mānawatia a Puanga!

As we enter the Aotearoa New Year,

it's a good time to reflect on where we've been. Since January, we've had ex-tropical Cyclone Hale, Cyclone Gabrielle and another 10 heavy rain warnings hit us here in the Far North. It has been the wettest year in over 70 years! This has not done any favours for our already crippled roading network, and I know you are all feeling the pain – day in, day out. The Northland Transportation Alliance held a workshop with council at the end of June. Some of the statistics shared brought home the scary reality on what it will take to bring our critical 2,507 kilometres of roads across the Far North back up to standard. On average, each of our roading teams will have around 12-14 slips to address. They currently have 330 recorded! Northland's state highway network alone has recorded over 20,000 potholes so far this year. One for each resident of Te Hiku. A consequence of this is that our roading teams must prioritise workstreams to address the worst hit areas first.

Matariki and Puanga (the star we also use here in the north to mark the New Year) is a time to reflect on the past, to acknowledge the present and to prepare for the future. So, what are we going to do about this in the here and now? To ensure that we have better oversight on the state of our roading network, and the actions required to address the issues we are facing, the council recently established a new transport committee. This will also provide an avenue for communities to approach the council about roading. In keeping with a new tradition of naming our committees after native birds, we've named it Te Koukou, a native owl associated with travellers. A mihi of thanks to Papa Rereata Mākiha, one of our Far North experts for the name! Through our Te Koukou Committee, I hope to be able to achieve better outcomes for residents and visitors alike across the Far North by giving us a governance vehicle to enact change and keep everyone in the loop.

So, what does the future look like? Better communications, better connections and better roads. By next Matariki, I look forward to being able to travel to Te Hiku through the Mangamuka Gorge as well. Happy New Year and please keep safe.

Moko Tepania
Kahika | Far North Mayor

Tena koutou Katoa,



Tena koutou Katoa, Far North REAP continues to perform extremely well as reported at the Annual General Meeting.

The printed report

details some of the programmes covered in the 2021 -2022 year being reported on but since then many more activities have come on stream. Our REAP continues to find ways of delivering services to our diverse and scattered community.

One activity which we lost was an Alternative Education programme catering for young people who for various reasons were not fitting in to secondary schooling. I believe that the loss and handing of the contract on to an outside organisation has not been a great success and the losers have been the youngsters concerned. I hear on radio that those who are monitoring this new strategy are not able to report on improvement or that the new format is meeting the needs of the attendees. In my opinion local deliverers of such programmes need to be very well connected in their communities and that

currently is not the case. To address this issue and re-jig the programme will mean someone in the bureaucracy loses face, so I will not hold my breath awaiting a correction.

We have many wonderful young people in our community. Many of them attend Kaitaia College but there are increasing numbers being home-schooled. I believe that those students and their families may well be a target group for REAP education support.

Another group with whom I have recently been in contact are the Residents of Switzer Residential Care. This facility is an exceptionally valuable part of our community. I can see a real need there for one or more people to offer service to record some of the memories and experiences of residents. Most of them have tales to tell but no one to record them either as visual/oral interviews or as printed records. That could be another challenge for Far North REAP.

Ka kite ano.Ka kite ano.

Robin Shepherd BSO.

Far North REAP Patron.

Introducing our new ACE Manager

My name is Kiri Sloane, newest Far North REAP staff member in the role of Community Education Manager. I am proud and excited to join the team, and look forward to participating and meeting with our community through my mahi.

My husband Harley and I have 3 adult children, living independently. We live at the farm in Peria and have cattle, a farm dog, 2 cats and our pet Rottweiler.

Before joining Far North REAP I worked for ASB Bank in Kaitaia as a Personal Banker, since 2019. I had also worked for ANZ Bank in Kaitaia for 12 years 2006-2018 as a customer service representative. Prior to that I worked at the Northland DHB, Te Rōpū Kimiora, Child & Youth mental health for two years in an administrative role.

During my down time I like to unwind by swimming, listening to music, Yoga, tennis, baking, spending time on the Farm with my husband and catching up with family and friends.

I am working towards improving my Te Reo, and starting the journey to be a more confident public speaker.

Moving forward, I am looking to use my existing skills and picking up new ones, to establish and grow in the Community Education role and making connections within our wider organisation and Te Hiku Far North district.

Ngā Mihi
Kiri Sloane



Honouring Lives Lost and Inspiring Road Safety Awareness in the Far North

A local Far North road safety image and message was originally created by a graffiti artist 6 years ago – with the artist explaining the wahine represents Papatuanuku (our earth mother) and the tear represented that one death on our roads is one death too many. A sketch of the graffiti image was digitalised and utilised for a local roadside

billboard. It has since been modified to meet State Highway roadside signage requirements and used predominately in the Far North for a number of media and marketing activities.

A number of specific campaigns have been run Northland wide with the image/ message at the end of each campaign

(e.g. Think – mens montage, Ripple Effect – video production, Radio ads, Print advertising, Bus backs, sports apparel, and resources).



Above: The One Tear Too Many campaign 2015

The Kaupapa to the new 'refreshed' Far North Road Safety identity. The new identity for road safety campaigns both for the Far North District, as well as Northland as a whole, is based on Papatuanuku, earth mother and protector of our environment. Far North REAP Road Safety embarked on a journey to 'refresh'



Above: The Road Safety education wahine 2023

their One Tear Too Many brand and image, which included working with a

graphic designer and creative team and getting feedback from stakeholders and targeted focus groups. The result is a more flexible identity and one that is traditional, contemporary, confident and empathetic. The Road Safety education wahine has an expression that calls to our people, imploring them to be safe on our roads. The moko kauae has also been specially created for her and gifted by one of Far North REAP's own employees, who has moved on to other areas of mahi, however has lived his life in the Far North. The image and call to action has a powerful message to say that one death, one injury, one crash, one life lost on our roads that impacts many of our community - is one too many.

In the Papatuanuku Matariki Road Safety image, the landscape that sits behind the

**ONE
TEAR
TOO MANY**

Road Safety wahine signifies not just the geographic landscape of Te Rerenga Wairua/Cape Reinga in the very Far North – but also the spiritual significance of the Pohutukawa Tree. Tears from Papatuanuku are represented by feathers. These feathers represent spiritual passing and rise to the Matariki stars in remembrance of those that have passed on our roads.

See page 12 for details about the remembrance walk and expo

Te Hiku o Te Ika Revitalisation

The last project which is a milestone for the contract we have with Kanoa (MBIE) is to deliver the Town Square. We haven't progressed far since the last newsletter due to the protest group led by Jen Gay, who are lobbying to have the mosaic wall saved. It really is interesting how many people are completely split in their thoughts. The compromise has been that the tiles will be saved and reinstated within the Town Square as the walls/gardens need to be removed as they are right in the middle of the space allocated to the Town Square. Many residents are concerned that the carpark is going. It is remaining but is pushed back slightly so there are a few less carparks, however there is still pedestrian access through the square to the main street for those who park in there and carry their laundry to the laundromat. A carparking plan is being carried out soon using some of the Master plan funds which will also identify carparks that are not marked out in and around our town centre and this will help make up for the few that are being used for the new square. Another delay on starting this square is waiting for the engineer's designs for the foundations for the 9m waka which is a feature of the square. Let's hope we have made a start by the time you read the next issue of this newsletter! Some feedback given to our Revitalisation Group was around the seating in town.

Apparently, the best seat in town is beside Brown's Pharmacy in Melba Street, as it is sheltered from the rain in the winter and the sun in the summer. There are some members of our Te Hiku community that come to Kaitaia once a month so they spend many hours in town getting all their jobs done and use this seat all the time to rest in between appointments or wait for prescriptions. The request was for another seat in this area. So we have listened and made it happen. The delay was that this type of seat couldn't be



taken away and refurbished so Recreational Services had to do the work on site. The seat in front of the Jaycee Park was used for the additional seat so that they match a little more and the brand new bench seat has gone in front of the Jaycee Park opposite Mobil (you can't miss it with its bright green armrests).

With the revitalisation fund at its end, we have applied for further funding to complete some awesome projects that were planned and costed and hopefully we have some news in the next edition

which covers repairing the South Road carving, finishing the Commerce Street seats, artistic backdrop to the Market Square stage, informational plinths for the 8 cultural artworks and a new art piece on the Manakai fence in Awanui.

Andrea Panther

Te Hiku o Te Ika Revitalisation
Former Project Lead



BCITO and Far North REAP

BCITO

buildingpeople

Far North REAP has begun working to support the Building and Construction Industry Training Organisation (BCITO,) in the training of apprentices. There are roughly 80 carpentry apprentices in the area, under the care of Max Guhl, Training Adviser for BCITO in the Far North.

Far North REAP has contracted to help with their training, with a session open to all apprentices each Wednesday evening. Computers and support staff are available to help students complete the theory requirements of their apprenticeships, as well as uploading proof of their practical work.

With two sessions completed, numbers are growing and trainees are giving positive

feedback about the help and support they are receiving. As well as getting valuable assistance from Max, trainees are benefiting from meeting others doing the same work and by sharing their experiences, they are able to help each other. An Adult Education tutor is also available; Joanne and Oscar Bentley share that role. And of course there's kai!

Sessions run each Wednesday, 5.00 till 7.00pm at Far North REAP in Puckey Avenue, Kaitiara.



Matariki Event

A Road Safety Remembrance Ceremony and Collaboration Expo

The Matariki Remembrance event will take place on Thursday 20th July and will begin with a ceremony at 6.15am at the Pou on South Road, Kaitaia. This ceremony is to remember the lives lost on the roads in the district from Towai to Te Renga Wairua and everywhere in between. This year will not only acknowledge lives lost since the last Matariki New Year but beyond as this is the first event of its kind in the Far North district.

It is the desire of the Far North REAP Road Safety team and their Road Safety education partners to align the event with the significance of Matariki, remembering the lives lost and looking to the future and learning from these losses with a holistic approach to road safety. It takes everyone to get to no more deaths on our roads.



The event will also comprise of an Expo Remembrance Walk from 10am until 1pm on the same day, where a large number of organisations and businesses will participate along the Te Ahu Loop Walkway with a variety of activities, initiatives, information and services on offer to the public. Janelle Laurence, Road Safety Educator at Far North REAP and co-organiser of the event, says that people may be surprised by some of the groups involved at the Matariki event. Janelle states it will show the public in practice how it takes everyone to get to no more loss and heartache on our roads.

Some of the Te Ahu Loop stations will include a range of different stalls including Green Seat child restraint information, heart and pulse checks, meditation classes, motorcycle information, Decepta vehicle, Fire Brigade, Sport games, children games, driver licence information and ACC activities.

There will be free kai, beverages, give-aways and a chance to win a number of prizes by visiting the different stations.



- REMEMBERING THE PAST
- CELEBRATING THE PRESENT
- PREPARING FOR THE FUTURE

Thursday
20 July 2023
Kaitaia

6.15am

Karakia and Matariki Ceremony
held at the Pou on South Road, Kaitaia

10.00am

Remembrance Expo
Along Te Ahu Loop Walkway



The Hidden Toll of Microstress

Written by Myjanne Jensen



*Busy.
I'm so busy
That's all I feel like
I ever say when
someone asks how
I am these days.
That, or "I'm tired"
(or both!).*

It's no surprise I guess as a mum to four little girls and as someone newly self-employed, hustling to build their business. But, if I'm honest, I've been saying these words for years.

In fact, I was muttering them well before I handed in my notice as editor of the Northland Age.

For those who didn't know, I finally called it a day at the Age about two months ago after two years of hard slog.

I gave my everything to that role and while it was a wonderful experience, over time, the weight from the expectations and pressure that came with being the face of the local paper became too much.

I was also commuting around 2.5 hours a day and was constantly on high alert for anything that might be newsworthy, so was never able to fully "turn off".

Yet despite no longer being in that position, I still feel like I'm running a million miles an hour.

Maybe you feel the same? Like there's a never-ending to-do list that somehow seems to accumulate before your very eyes? That's how I feel on the daily and when you sink into how that makes you feel, it's actually not pleasant.

For me, when I say, "I'm busy", I feel an uncomfortable tension and unease in the middle of my chest.

I also feel like I can't breathe properly and instead, am taking shallow, slight breaths. Worse still, sometimes I find I'm not even breathing at all and catch myself holding my breath.

I'm sure this is more common than people like to admit.

But you know what? It's a sign of an overstimulated nervous system.

It's your body operating in fight or flight mode. And it's not sustainable long-term because it leads to burnout.

Curious to understand this more, I recently read an article from the Harvard Business Review called, "The Hidden Toll of Microstress" www.thehiddentollofmicrostress

It described how microstress, unlike

‘normal stress’ was made up of small moments of stress that seemed manageable on their own (and which didn’t feel immediately stressful), but over time, could build up and become debilitating.

Things that can trigger microstress can be something as simple as a text message, an unread email notification or a commitment to catch up for coffee when you’re already pressed for time.

And according to the article, more often than not, microstresses are triggered by those closest to us, either due to our feelings of guilt about letting them down or not living up to what others expect of us. To me this sounded very familiar.

Not feeling like I’m around enough for my girls. Check.

Not feeling like I’m achieving everything I need to in the time I have assigned to myself. Check.

Not finishing work when I said I would and putting more pressure on my husband. Check.

So... what can you do to combat this constant onslaught of microstress?

Well, while the article goes into this in far more depth, a simple way to describe it, is to learn how to say no to things, particularly if they’re not overly important or align with your values.

Another way to cope, the article says, is to be mindful of how your behaviour causes other microstress.

And finally, you need to learn how to tune it all out and prioritise your time.

This all sounds simple in theory, but actually implementing these things, in my experience, is sometimes challenging.

My take away from all of this, is to make small changes, one step at a time and hopefully let go of all the things which at the end of the day don’t really matter anyway.

Be a Good Employer Make Accommodations

Mental Health Foundation NZ

Be a good employer - Make Accommodations are otherwise known as workplace accommodations, these are typically changes that are made to the work environment or in the way things are usually done. Workplace Accommodations that people experiencing mental illness commonly find helpful include:

- flexible hours, in terms of how much and when they work – flexibility in where they work (e.g. the option of working from home)
- flexibility around sick and annual leave (e.g. the option of additional paid or unpaid leave) – flexibility around attending appointments (e.g. being able to attend appointments in work time)

- professional supervision – an on-the-job coach, mentor or support group
- being able to continue to work even when they are not 100 per cent well
- not having to manage people.

They are the most effective accommodations for supporting people with experience of mental illness to work positively and successfully.

If you become aware that an employee is, or may be, experiencing Poor Mental Wellness, be proactive in raising it with them and identifying what support they require.

If an employee discloses that there is an issue, do not assume what support they need, ask, then take responsibility for supporting a solution within the workplace.

Maintain regular communication and check in. Be respectful of people's personal information. Practice 'good employer attributes' (caring, empathy, having integrity, treating people fairly, being flexible).

Listen, have a one way conversation and believe, this builds trust.

Create a friendly, respectful, communicative work environment, with a culture of flexibility, inclusion and diversity. Be cognisant of people's workloads and support self-management.

Courtesy The Mental Health Foundation of New Zealand, www.mentalhealth.org.nz.

Mental Health Foundation NZ: Working Well Guide <https://mentalhealth.org.nz/resources/resource/working-well-guide>

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER THE
SIMPLE THINGS
THAT GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

© MENTAL HEALTH FOUNDATION OF NZ 2021

 **Mental Health Foundation**
OF NEW ZEALAND
mauri tū, mauri ora
www.mentalhealth.org.nz



Daffodil Day is Friday 25th August 2023
Far North REAP 10th year as Area Coordinators
on behalf of Cancer Society Northland.



Honor Your Life & Recycle Workshop

The amazing Honor-Lisa Smith is back at it again, with the third “Honor Your Life & Upcycle” programme for 2023. The theme for this course, which started in late June, is Mosaics. With this programme, our group can take old household items which would normally be thrown into a landfill and revitalise the pieces into beautiful works of art. Honor-Lisa has been an amazing asset to the Adult Community Education Team here at Far North REAP since 2022, with not only the seventh programme currently operating but a loyal following of participants who never miss an opportunity to continue with the next course. These programmes are not only a

creative way to showcase sustainability by renewing old or aged pieces but have also formed a space for a group of like-minded people here in Te Tai Tokerau. By utilising what we have and transforming items into refreshed new pieces, we can limit our wastage and our impact on the environment. The possibilities are endless with the amazing techniques and design ideas that Honor-Lisa presents in her programmes. Expand your knowledge in the many different varieties of upcycling and create some beautiful mahi along the way. Keep an eye out for the next programme as spaces fill in quick, you will not be disappointed.



Road Safety Courses

Learners Licence Course

Monday 28 - Tuesday 29 August 2023

9.30am – 1.00pm

Testing Day:

Wednesday 30 August 2023

Monday 25 - Tuesday 26 September 2023

9.30am – 1.00pm

Testing Day:

Wednesday 27 September 2023

Monday 25 - Tuesday 26 October 2023

9.30am – 1.00pm

Testing Day:

Wednesday 27 October 2023

**Please note: Learners Licence tests are scheduled on Wednesdays. Your tutor will let you know your appointment time.*

Restricted to Full Licence Course

30 August 2023

9:30am - 10.30am

19 September 2023

9:30am - 10.30am



Test yourself: [FREE ONLINE LEARNERS LICENCE TEST](#)

Date: Tuesday 15 August &
Thursday 17 August 2023
Time: 10am - 12pm
Venue: Totara Room, Far North
REAP
or via Zoom
(Far North residents)

X

Learn how to:

- format cells
- create a table
- use formulas
- sort and filter
- fill and flash fill

Sewing for Beginners



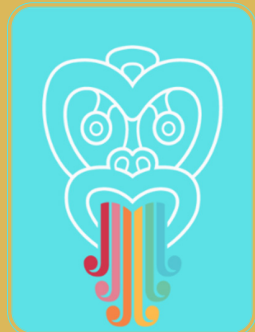
Date: Weekly from Tuesday 1 August 2023
(runs for 8 weeks)
Time: 5 - 7pm
Venue: Kukupa Room, Far North REAP
Cost: \$25.00



Te Puna Wai o Te Reo

Ten week course that will cover a range of Te Reo. Tikanga based learning that will cover different aspects of marae, waiata, karakia, pepeha and your rohe.

Thursday evenings starting-
August 10 2023
6 - 8pm
Venue: Kauri Room, Far North REAP



*Please note: To register for any ACE course, you must be 16 years or older and not enrolled in school / kura.

Kia Maioha Ngā Akoranga Engaging Priority Families

This quarter we have twelve tamariki on the Engaging Priority Families (EPF) programme with two new enrolments joining us. We have also had two tamariki turn five years old who are still supported through the programme at this stage. Whilst we have some tamariki engaged in an Early Learning Service, we have some whom are being educated at home and are supported whilst learning at home. Our tamariki have been given resources this term which may have included reading books, paints, felts, pencils, puzzles, colouring books, arts and craft, flash cards in Te Reo and English, modelling clay, number, letter books and stamps. Along with the resources each tamariki were given a winter pack which included: PJs, tracksuits, jacket, gumboots, socks, slippers and blanket. Five car seats have been issued to tamariki from Green Seat Connect, Far North REAP Road Safety Programme, to assist whānau.

We have been out and about promoting the EPF programme where possible and letting whānau know what the EPF programme is about. We are here to help families with children aged 3-5 who are not in any Early Learning Service. We can assist them where possible to look at different Early Learning Services available, support with resources at home, help with transition into an Early Learning Service, Kōhanga Reo, Kura or school when needed. Our facilitator will work with whānau to prepare an individual learning plan (ILP) and will continue to support the child through their preschool education whether its home schooled or an Early Learning Service or Kohanga Reo and for up to six months while they transition into primary school or Kura. With our two tamariki turning five we will have room for five more enrolments onto the programme. Below are some of the tamariki on our programme with their winter kit.



Teen Parent Support

This service is FREE for parents who are 19 years of age or under who are needing support, whether it be educational, emotional or real-world support in the following areas:

- Education – support to remain in school, re-enrolment in school, Te Kura Pounamu Correspondence School
- Training courses – from what is available through to the enrolment process
- Mātua Atawhai Parenting Programme
- Advocating on behalf e.g. Youth Services, WINZ, Lawyers
- Licensing – from enrolling on the appropriate course to sitting your licence – talk to us as we may also be able to help with payment
- Passport to Life – C.V., birth certificate, IRD number, RealMe account, Bank account
- Car seats available with a car seat technician on hand to explain car seat safety and installation
- Back to basics living skills – cooking, budgeting, etc
- One on One confidential support
- Antenatal Support
- Health & Wellbeing
- Self care strategies
- Housing support
- Addictions support
- Youth Justice support



To register or for further information contact Maree or Gypsy or click on the registration link on page 2.

Parents & Caregivers Korero Coffee Group

ALL WELCOME
FREE

Mondays from 9.30am - 12.00pm
Far North REAP - Totara Room

No registration required | Transport available if necessary



MĀTUA ATAWHAI

CARING PARENTING PROGRAMME

This programme is delivered in two parts over 6 weeks

WEDNESDAYS | 9.30AM - 12.30PM

Part One

Whanaungatanga

Personal parenting goals set

Taha Whenua - Connection to the land and roots

Taha Hinengaro - Mental and Emotional Wellbeing

Taha Tiana - Physical Wellbeing

Taha Whanau - Family and Social Wellbeing

Taha Wairua - Spiritual Wellbeing

Part Two

These sessions are based on Takai, here we unpack one aspect of our whanau tikanga each week.

Takai - Our whānau tikanga:

Te aroha me te mahana - Warmth and Love

Te korero me te whakarongo - Talking and Listening

Te arahi me te maramatanga - Guidance and Understanding

Te tuāpapa mō te tika me te hē - Limits and Boundaries

Te mahi pono - ngā hua me ngā hapa - Consistency and Consequences

Te hanga ao tōtika, ao haumarua - Structure and Security

FREE | Assistance with transport or transport vouchers |
Morning tea provided | Completion Certificate

Contact Details

Phone: 09 408 1380

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Community Support and HR Manager

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ECE & Kōhanga Reo Support:

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Road Safety:

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Road Safety Far North Advisor

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MINDFUL COLOURING



RECONNECT

With the people and
places that lift you up,
hei pikinga waiora.

Mental Health Awareness Week
18 - 24 September 2023

 Mental Health Foundation
mauri tū, mauri ora OF NEW ZEALAND