



# #tātou

Voices



# MIHI

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Tuatahi ka tiritiria ka poupoua aku mihi ki tō mātou mātua nui i te rangi. Anei mātou o pononga e inoi atu ana ki a koe. Ka whai mātou i ō mātauranga kua utaina ki runga i a mātou te ira tangata. E ngā piki kōtuku kua riro atu ki tua o te ārai, whakapiri mai ki raro i te korowai o Hine-nui-te-pō, nō reira, haere, haere, haere atu rā ki Hawaiki-nui, Hawaiki-roa, Hawaiki-pāmamao.

Ka huri atu au ki ngā whānau, koutou i whāngai i tō koutou haerenga me ō wheako ki waenganui i a mātou o #tātou, tēnei te mihi mahana mō ō mahi rangatira, tēnā, kei runga noa atu koutou! I homai koutou i tō mana, tō wairua, tō kaha, kia tū hei rangatira i waenganui o tēnei kaupapa o #tātou. Ka mīharo katoa i tō koutou whakapau wera ki ēnei mahi. Kia mahara tonu, kōkiri whakamua kia kore e ngaro tō pito mata.





# INTRODUCTION

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Collective Impact has gained traction as a social change movement over the past decade. Collective Impact is a way of bringing people and organisations together for a common purpose, and to affect sustainable change for communities.

As one of the Te Pou Matakana funded Collective Impact initiatives, #tātou represents a collaborative effort of health and social services providers in West Auckland who share a common agenda of improving the health and wellbeing of our community, with a particular focus around the issue of obesity. #tātou has a strong focus on cross-sector relationships, with self-determined whānau outcomes always at the centre of the initiative.

As part of this, Kaiārahi (Navigators) and their engagement with whānau have been central to the success of #tātou. For the Kaiārahi of #tātou, working within a Whānau Ora framework has meant listening – and responding – to a multitude of whānau voices and stories. It is through these whānau stories that Kaiārahi identify whānau goals and wrap a network of services around the whānau to achieve those goals step by step, and towards more sustainably healthy and fulfilled lives.

In the last two years #tātou Kaiārahi have engaged with 264 West Auckland whānau. ‘#tātou voices’ is a small attempt at representing the many courageous and often life-changing stories of the #tātou whānau.





# KELLY

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I didn't really have a set plan around my lifestyle - so if you go on Facebook and you see all these health fads and I was trying different things, but not really sticking to it. I had started working on my food, do that first because I hate exercise with a passion. But I was a little bit all over the show, didn't really have a goal.

And then joined up with #tātou. Every time I sit down with my Kaiārahi, especially the first time, and then it was 'write out a plan' - the difference for me was that a lot of it was guidance instead of being told what I 'should' do, because I don't think anyone likes that. So, it was more just someone being there and making suggestions instead of saying, 'oh that, don't do that, do this and eat this and do this exercise'. So, I didn't feel like there was any pressure put on me to exert myself like going to Cross Fit and having a heart attack. So, I really appreciated that kind of support, where I was the expert in what I wanted to do, and had someone to bounce ideas and advice and things like that.

At this point, I really want to be able to fully cut sugar, because I think that affects my family. It's very addictive. I think for my whānau food would be the main thing. Financially, it can be a little bit hard in regards to purchasing things that are going to go a long way and are healthy options.

I think for me #tātou have just been like the stepping stone and then you go - you get enough information from the Kaiārahi that you're able to take that step alone, with your own whānau and lead yourself to where you want to go. I guess if you wanted to stay with them longer it would be okay, but I don't see them working that way. That's not how I felt, in a good way of course - otherwise you become dependent on that kind of support.

I actually think it's a great service, that's actually provided for the whānau around here. Because a lot of us need that support, just that guidance, just someone to be there that has that information that maybe we don't, that isn't putting pressure on whānau to eat certain foods when maybe financially we don't, we can't manage that. I mean, we're making it work at this point, but yeah, just to not die early because of bad choices, that's what I suppose is our big goal.



TE KAUHAU ORA O WAIKANA

CODE OF CONDUCT

WE WILL UPHOLD THE WAKA OF TE MHANAU O WAIKANA TRUST BY:

Always acknowledging where we have come from and who we are,  
Ensuring whānau are the centre of our world,  
Always striving to better ourselves for the sake of our whānau.

Mihinakanga

Mihinakanga

Mihinakanga

# VERA AND MARK

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Before we started #tātou we were living a completely different lifestyle to now - it was very unhealthy and there was practically no exercise. Time was always an issue because you'd go to work, you'd sit in traffic for an hour or two, and then do your eight hours at work and then an hour or two to get back home. And then by the time you're home you just don't feel like doing anything.

Mark's a diabetic. How we found out was because he was always tired and lethargic, and we knew something was wrong. So when he got tested and it came out he was diabetic, that was a bit of a wake-up call for change. Even though your doctor can tell you constantly, 'you need to lose weight, you need to cut out this, you need to do that', there's that little part inside that says, 'no, you can't tell me what to do!'

Then we started with #tātou, and the support is quite different, because we see what our Kaiārahi are doing as well, which is really cool, like role models for us to try and achieve. The text messages from them and the Facebook page are helpful - it's always nice to have that little person sitting on your shoulder going, 'hey, are you still okay? Are you still there?' The Kaiārahi are just like part of our family.

We've learnt a lot more than we thought we knew from all the information that we've got through #tātou and that's kind of made us do our own research as well. It's raised the awareness, so we're more knowledgeable.

Now we're more conscious about the actual choices that we make in regards to having a healthier lifestyle. We are more conscious about the food that we eat - we actually read the labels on the back of things now, and excuses are pushed aside. We exercise regularly, plus we're doing events - we have done the Colour run twice. It even works for the kids - every now and then they'll come to the gym with us too, because we can take a buddy. And our daughter would rather eat healthier - she's always been the more health conscious one, and she likes the changes.

We feel really good. We have more confidence in doing things and in saying that, we have had our setbacks but we're still on the road to move forward. So even though we do have setbacks we just reset and rework everything, and start again.

We feel more confident, more positive that we can do the things that we want to do now. It seems more achievable, and you know what it takes. When we achieve what we set out to do, then you'll just create more, something else. So now there's that motivation, and taking what you'd call 'baby steps'.

It's a journey rather than a goal - it's a marathon, not a sprint.





# TAMATI

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When my Kaiārahi first asked me to come onto #tātou I was like, 'bro, I don't know if I'm the right person, there's probably people that that need it more than me'. But then for me it was a life changing point. At first my Kaiārahi didn't know what I was dealing with - I wasn't probably as transparent as I should have been. And I think that's one of the things with #tātou: if you're going to do it, you need to be open. My issue was probably more about being whakamā, shy, than anything else. Not wanting to say, 'bro I'm struggling'. At that time, I spent eighteen hours a day working on my own, and I wasn't looking after myself, physically or spiritually.

But just my Kaiārahi coming and talking and having a kai and kind of thing, pushing me out of my comfort zone, and it got me thinking. So he did my heart rate and my fat ratios, my diabetes checks and working through my diet, and it was in those conversations that he asked me some straight questions that went back to where am I spiritually. For me it's quite an important thing - if I'm spiritually not in a strong place, the rest of my life isn't.

So, that was quite something that I had to then go away and process for myself and go 'okay, I'm here, I need to bring myself back to a place where there's a bit more stability in my own spiritual self'. I had to put it in that order. One of the things was having to go right the way back to when I first busted my shoulder or first busted my knee, and that really messes with your identity. Because when your whole life is wrapped in sport and then you lose that - what do you do? So I just buried myself in work.

Now, I'm training three days a week with a bunch of guys, other executives in the city. It's a priority - I can't afford not to. Because of that accountability which started with my Kaiārahi, regardless of whether I make it in the mornings, I'm still training for an hour a day. Also my Kaiārahi got me back to playing touch with the boys. Because I was pretty disconnected, so getting out of myself was really good.

My base has to stable, like getting in the car and driving to the gym, and while I'm driving to the gym having karakia. When I'm there, being in the moment, not standing there and boxing but I'm looking at coach, or I'm looking at the boys and I'm not present. So, that's kind of my thing, being present.

My wife has just said to me that, 'your posture's better, your language is better, you're walking better. You are in a better space'. The biggest thing for me with #tātou was having someone to talk to and someone who saw me. It was totally above and beyond.





# ALEX

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When I was at Uni, trying to get through, I was holding onto energy drinks and stuff like that. Holding things together - just. Very unhealthy lifestyle. So, I was having Red Bull, V, Coke with my breakfast, those sorts of things. Even though I'd been going to a couple of the boot camps - which was horrific and cool at the same time - I needed something else.

When I heard about #tātou it was all about having a mentor to help guide me through healthy choices, healthy changes. Not so much a weight loss thing, but more holistic than that. Some of the questions during the first interview with my Kaiārahi I was like, 'what?' So answering family questions and the spiritual side of things, and I hadn't thought of it like that - to me it was just about weight loss. It was enlightening and interesting to make those connections between everything, and opened new understanding for me.

We also did the physical tests, like checking the blood pressure and blood sugars and I was kind of like, 'oh, this is serious stuff. This is not just a muck-around kind of thing'. Yeah, so I was definitely looking at things a little more seriously. My Kaiārahi, she's always very gentle with the way that she tells me things. I think it's someone putting it in a way that's not so overwhelming. So, talking to me about, 'oh you don't have to go to the gym five days a week. If you go for a walk once or twice a week, that's awesome. Do that for four, five, six weeks, see how you go and then step it up'. You know, it's a smaller bite to deal with than this whole big thing. And yeah, just the little seed that gets planted helps and then, you know, one day it clicks and you're like, 'that's what she was talking about'.

So now I'm five months of no fizzy, and smoking's gone. And I've also been talking a lot to my darling husband, about reducing all of the bad stuff. Increasing the veggies and 'let's go for a walk', and that kind of thing. It's a very slow process. Don't know that we've made any headway yet but we're talking about it so that's good. I'm definitely thinking more about what I'm giving my kids to eat. They were really fussy, 'I'm not eating that, it's green'. But now I'm like, 'no sorry, you have to eat it. I don't care. You know, you need greens to be healthy'.

It's also from knowing what my Kaiārahi has done - she's had an amazing journey and that is very inspirational. I'm like, 'if she can do it I can do it'. So yeah, that definitely, definitely helps.





# MARIA AND DONNA



Health was a big thing because we were walking into regionals together, two different teams, but a big key to that was fitness. We thought #tātou was a fitness thing. We didn't realise it was healthy eating too. It was all about healthy lifestyles.

Being a part of #tātou, it's been a journey towards that objective of what #tātou stands for and represents and their goal, what they wanted for whānau has been a huge change. #tātou allowed that freedom to have that self-determination and to track that journey. Having somebody, being accountable. Being accountable to somebody who, to people that knew what they were talking about, you know, and having that consistency. If I needed to talk, we had that opportunity.

They had a whole host of things that they were offering but it was a matter of trying to find the right one that fits. I needed to get healthy, I didn't know how so, thanks to #tātou they hooked me up to green prescription which got me to the gym, which got me to the pools. Those activities helped but I think the golden one for us was the last navigation into the current programme that we're working into. He Ngakau Hou, which is a connection to Te Puna Hauora. With the Clinical Exercise Physiologist. That's been huge.

But I think through the stuff that Donna and myself already learnt through #tātou, we've been able to put our own programme together that works well for us. But it's just having the opportunities, the dieticians, you know, personal trainers. Showing how to do like, healthy hangi, because everybody loves hangi. Boil up I think was one of them. They did like, a healthy boil up which nearly killed me, because they like, took out the nice stuff like the juice. Yeah! The good stuff. That's why I don't eat boil up anymore.

#tātou have planted, helped plant and cultivate and nurture a very powerful seed within ourselves. And that powerful seed, and I don't say this lightly or for the interview, that powerful seed is of being healthy, not only for myself and but also for our whānau. And making it a whānau affair. So, that's the goal, it will be forever, this pursuit of being healthy and everything that it entails. Because it's actually a big package to unpack mentally, emotionally, physically and what that means personally as a whānau.

That's always the way. So again, when Maria says healthier, that's me too. With this healthy thing, having a healthy lifestyle, it doesn't simply just mean dropping the weight even though that's really cool. It means mentally and emotionally being able to embrace that and it be really cool like, this is what healthy is. Another long-term goal for me is continuously role modelling, just naturally being and doing heaps of stuff just because you're being healthy.







# HEMI

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I've been involved with #tātou for two years. I'm diabetic and I'm with the Waitemata Māori diabetic team who referred me, and then it went just went from there.

I joined #tātou through Waipareira, so it's a Māori organisation rolling out a Māori kaupapa. Can't go wrong. #tātou works for me because it is Kaupapa Māori. I'm a pale looking Māori fella, and I'm tūturu Māori. Cause I found that in Māori programme most Māori walk the talk. For me, Pākehā say all the pretty things, but I don't see the hands doing the work.

Tino reka. Āe, he tino ātāhua a matua Noel. My Kaiārahi is a gentle soul, who has humbleness, friendliness, and a big smile. If I have to learn something I prefer to learn it from a kaumātua, and I have learned so much. There's a whakatauki that goes: he mana te mātauranga- knowledge is power. So, with the knowledge that I've gained through #tātou and my Kaiārahi, it's given me the power to change my lifestyle. So, instead of me putting all my power in the doctor - they're just learning about dietary stuff - I'm learning things like how to make a healthy boil up. So, yeah, not having a pie a day, you know.

My Kaiārahi got me and my partner into the Green prescription. Like, going to the gym, and swimming at West Wave. He also took me to the dentist.

And then, a while ago now, I brought my girl to #tātou as well. She's pretty messed up. Went to Higher Ground, she wanted to go there to get clean. So, then one time, I think after her court, we came here. I told her come here and the Kaiārahi took time out to sit with her, talk with her. Yeah, that was awesome.

I'm a happier person. I used to be all grumpy and 'grrr', growl the world. Now I've lost weight and that helps the health. Just this morning I was at the doctors and I'm seventy-six point eight. Before I was eighty-five. I'm eating better. So my whakaaro is that #tātou is here to help the people. So, for me, put the foot through the door, and then better listen and keep trying!





# VIKKI

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I got onto #tātou through my nephew. The programme is very whānau oriented, so my nephew's Kaiārahi contacted me and my sister and others and we started getting involved. So that was the first connection - and then it had that domino effect, and we're still on that journey now.

Our #tātou Kaiārahi has supported us through a journey of becoming healthier – working with him was really around the trust relationship, and it being from a Māori worldview perspective. And then also, our Kaiārahi walked alongside us, as opposed to just leaving us to just get on with things. Instead, there was checking in all the time and having communication on Facebook. The kaupapa that #tātou provides from a Māori worldview perspective really helps our whānau.

What I saw the Kaiārahi do with our whānau inspired me to do an exercise consultancy Personal Training course - I just finished that. When I decided to do that I actually asked my Kaiārahi if he could be that back-bone person that I could go to, in order to achieve what I needed to achieve. And then after I finished that course I established a healthy living Roopū with my own whānau. So all those learnings that I got through my Kaiārahi and the exercise PT course, I applied with my nieces, because they knew me and I knew them, so we could be quite open and honest about things. And it's been really successful, and now my nieces have gone off and adopted other tools or other ways to try and maintain their whole healthy living Kaupapa. That's one of the key spinoffs that have happened since #tātou, and my Kaiārahi has been instrumental in inspiring me to do that for my own whānau.

It's great to see the positive impacts that it's had on my whānau members. That is the ultimate nugget, because what happens is those who might be on board the waka actually have spin offs on their own individual whānau - and so it has had a ripple effect in terms of what they've learnt. Even though you might have just a handful of people with whānau, we end up being a collective.

My aspiration is to role model, and walk the talk. So, every day I try and do something around physical activity. So, it's either Zumba, walking, or going to maybe West Wave. The other thing is we've got our own whānau healthy living page so I use that as a platform to post up what I've been doing and then it also provides the opportunity for my nieces to post up what they've been doing to keep us motivated. So, the goal is to sustain and maintain some sort of physical activity for the rest of my life which is really hard to do, but that's my goal.

For me, when I'm thinking of the Kaupapa around Matariki and new beginnings, it was the best thing that I could have done at that point in my life - it has really helped to sustain my motivation to carry on.







# DENISE

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I was in a bit of a rut and my life was going downhill, rather than uphill, and I was not liking it. And I met a lady that was connected to #tātou, and she recommended to me that I should have a look into it. And I was like, 'hmm?' At first, I was a bit iffy because I'm thinking, 'I'm Pākehā and it would be all Māori and that'. I was sort of humming and harring, but then I thought, 'nah, I'll take the step and just ring up and enquire'. And then I went in and I met my Kaiārahi and that was it.

My Kaiārahi put me through the Green Prescription, so I can get help with finance. I can now use the pools, and she's recommended some boot camps in my area. And the biggest one is pushing me back to get back to 'Wai-Fit'. At the moment I've got to get myself sorted with the pools first, because I am actually wanting to get fit enough to do the swim that goes from Bayswater to the Viaduct Basin, so 2.9 kilometres.

I have been on #tātou for just over a year now and I've had fun and a lot of support, including them putting me onto a budgeting service. My Kaiārahi has been really good and I've been up and down with lots of problems and it's been good because I've been able to just ring up and just talk. It's great having a support worker, it's a lot easier to talk to someone who doesn't judge me. So, it's really good.

I've had a bit of a rough patch from November through to March/April. Had a bit of a meltdown with my health - flu, and my arthritis in my hips. But I know what I'm needing to do - It's just having to do it, but I'm getting back on my feet and I'm doing pretty okay for myself. But yeah, I mean I can do it.

When I first got there, I was still nervous because of the Māori/European sort of thing. But now, I just walk on in. I feel comfortable and I feel welcome. And I even took my great niece in last week for the meeting, and I felt welcome with my great niece coming in. It was really good. I mean the people at the front desk at Waipareira treated them like part of the family and that so it was really, really cool. So now I feel comfortable talking to anyone because everyone makes me feel welcome. So, I've really enjoyed being with #tātou.



# WIMUTU

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For me #tātou has been the step-up programme. I wanted to know what it was all about and how to get involved in it. So, when they talked about people who were doing it I didn't see any kaumātua/kuia involvement, so I went to see the #tātou Kaiārahi and I expressed my interest and then they did a full assessment. And they asked what goals I want to achieve and I said, 'oh I want just to be healthy and also to encourage other kaumātua to get involved with this programme'. Because I'm aware of some of our kaumātua and kuia that are older than me, and they're quite fit. So, it was a personal challenge. Not only to get healthier but also to reduce weight and to build up the cardio.

And it helped that my Kaiārahi took me through the diet thing, to work out a plan, so since then I think I lost nearly twenty kilos. That taught me a lot - it was actually quite an amazing experience. I actually changed my whole diet. I no longer eat meat anymore. I don't eat chicken, I don't eat dairy - I eat fish, only of Tangaroa. So it's like a reduction in eating bread, things like that.

Also I used to go and use the treadmill for an hour and a half, before I got to work. Also it got me out to start walking wherever I went, even to just go to the shop, you know? Even just to get out and walk for an hour is awesome. You really feel good and at least you know you've done a bit for your body. And I don't use the elevator anymore, I've got to discipline myself to use the steps. I really wanted to get more into the bit physical stuff like, into the boxing. So, I'll follow that up, just to get it ready again for Summer.

Winter can be a challenge for me. This year I was vulnerable. I tried to overcome that by having the flu injection for kaumātua/kuia, but there was a negative reaction. So, yeah, the next day I ended up very sick. It affected my performance in work and I couldn't fully concentrate. But that didn't stop me from walking. My whānau they see me walking the roads, and I think they admire that. But have they followed that pathway that I've taken? When the mokopunas come and have a holiday with us you know, they go, 'oh papa'. But they come down while I'm the stadium and join me, which is great.

I think my Kaiārahi is the prime example of a Māori male keeping fit, keeping himself in good nick, as well as a role model. And that's what I admire about him - that level of quality and excellence.

My ultimate aim is to live longer. In another three years I'll be seventy. When I see some of the other kaumātua in our Roopū, those that are hitting eighty, I'm just in awe. So, I suppose that's a part is to getting it down to ninety, ninety-one and live longer.







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