



## View from the top

Looking north from the top of the Brynderwyns the wide expanse of Bream Bay and the height of Mt Manaia beckons to travellers from all over the world welcoming people to Tai Tokerau. If you have a view of Northland (photos, words, ideas) that you would like to share with everyone please contact us.

Kia Ora, Whanau. Welcome to The Network's winter newsletter. In spite of the cold weather we hope you are keeping the home fires burning (or the heater on) and everyone is as well as can be. In this issue we have a mixed bag of activities, information, acknowledgments, and up and coming events.

Once again Whanau we invite your feedback, input or any comments you have about the content of this news letter, the network or life in general. Our contact details are on the last page of this news letter and we would love to hear from you.

## State of the network

Over the last three months the network membership has grown from 150 to 170.

In order to re-establish links across the region, bolstering membership, contact between peers, and the flow of information between Northland consumers and Northland service providers, Graham has been spending time in Kaikohe (North Point Trust) and Dargaville (Huia Cottage).

## Office Décor

We have more paintings by Ngati-Awa artist Shelly Foster adorning the walls of the Water St office so the Whare is looking far out. Shelly's art work adds a splash of colour and coolness to the Network, we are all very lucky indeed. Thank you, Shelly.

## Library Newz

Ray Hammon has recently completed the Maori language course, Mauri Ora, at the Wananga O Aotearoa, tu meke e hoa. Ray has kindly given the Network a complete set of the course learning books and DVD's. This resource is now available for loan from the Network library. Thank you for this amazing Taonga (treasure) Ko Ray Hammon.

## Band Practice

The Network office in Water st has been hosting "band practice" the band is a mixture of Arataki workers and TTTWON members. We are hoping to play somewhere near you during mental health awareness week but until then we will be practicing every second Tuesday at Water St. Everyone and anyone is welcome to come down and meet the band, join in, teach us a song, sing us a song. Details are on the back page. The band is called Te Rau Ara.

## Karaoke

The Network office in Water st is hosting a karaoke competition. This competition is being run by Nga Morehu Whai-Ora Trust and there are still three heats to go before the finals which will be held at the Raumanga hall.

## Memorandum of Understanding

The following is a break down of the memorandum of understanding between the TTTWON (Te Tai Tokerau Whai-ora Network) Trust and Arataki Ministries. This is an important document because it insures the Network stays inline with the original intention of the TTTWON Trust.

The contract for delivering a Consumer Network Service is between the Northland District Health Board (NDHB) and Arataki Ministries. The memorandum is between Te Tai Tokerau Whai-Ora Network (TTTWON) and Arataki Ministries Limited (AML). They are committed to working together and the memorandum provides direction and guidance for the delivery of the consumer network. It shows the desire of both agencies to ensure the network service is as consumer driven as possible. This is achieved by having consumers working as networkers (Graham and Richard) and through feedback from the members meetings about how we as consumers can help facilitate the goals set out by the NDHB contract. This memorandum of understanding has the consumer's best interest at heart.

### The TTTWON Vision

- To act as an agent for information and feed-back to and from grassroots consumers in their respective areas of Northland
- To act as an agent to other regional consumer and national groups
- To act as a regional consumer advisory group to mental health and addiction service providers and other organisations in Northland
- To act as a watch-dog and lobby group for positive change in the mental health and addictions environment for the benefit of consumers
- To explore and possibly manage initiatives that would create such positive change
- To provide expert information and guidance on mental illness and addiction issues to any organisation that may request it

### Strategies

- Gauge the wider opinion of consumers of mental health and addictions services across Te Tai Tokerau
- To identifying gaps in services available – from consumer perspectives.
- To have a good working relationship with the NDHB contact person – known as a “Funder and Planner”
- To communicate to consumers “what’s going on”.
- To produce a regular (3 monthly) News letter
- To develop and maintain a Face book page which members can join and contribute to.
- To participate in opportunities to review the services across the region. Currently the NDHB is looking to get better “bang for its \$\$” and the Networkers are contributing to these discussions to ensure that the consumer voice is heard.
- Discuss and list issues for possible action
- Have an information centre including a library/resource room at 73 Water St, Whangarei
- To be a “force to be reckoned with” on behalf of Consumer/Tangata Whai-Ora and family/whanau.

### Benefits of Service User involvement in The Network/TTTWON

- The Network provides individuals with a forum in which to raise issues and concerns in an appropriate manner and encourages active participation in decisions.
- It contributes to the development of open and transparent working relationships where individuals are valued and listened to.
- It provides individuals with opportunities to share their knowledge and expertise of what works and what does not work.
- It creates opportunities for service users to influence service delivery and planning at both local and national levels.

TTTWON MOTIVATIONAL WORKSHOP

Thursday 4.30pm – Every one welcome

“EDUCATING EACH OTHER AROUND MOTIVATION THAT SUPPORTS GROWTH”

WHO WE ARE

WE ARE PEOPLE WHO SHARE POSITIVE LIVED EXPERIENCES, SEEING THE VALUE IN OUR SELVES WHICH IS SUPPORTED BY OUR OWN PERSONAL LIFE JOURNEY'S

WHAT WE DO

WE ARE DRIVERS OF WHANAUNGATANGA (LINKING US TOGETHER) SHARING FRIENDSHIP

WE TALK ABOUT COMMUNICATION THAT WE USE BETWEEN WHANAU AND FRIENDS

WE HAVE AN OPPORTUNITY TO SHARE POSITIVE EVENTS IN OUR LIVES

WE ALSO HAVE AN OPEN FORUM FOR SUGGESTED CONVERSATION

HOW WE DO IT

WE MOTIVATE BY USING POSITIVE AND UPLIFTING LANGUAGE

BY RESPECTING AND RECOGNISING THAT WE ALL HAVE VALUE IN OUR LIVES AND WE ENCOURAGE YOU TO TEACH US AND TEACH OTHERS

TTTWON MEMBERS MEETING



There will be a members meeting held at Network office in Water st and there will be two invited speakers presenting on the day, Brian Vickers, consumer advisor from the NDHB will be presenting on HoNoS (health of the nation outcome scale). And Mary Claire Taffs from the Health and Disabilities Commission will be talking about advocacy. The meeting will be held on the 2<sup>nd</sup> of August at 73 Water Street and will start at 10.30am, Lunch will be provided.



# Whau Valley Whaiora Support Trust



## TERM THREE PROGRAMS, 2011

### Casual/Drop in Activities

DATES: 1st August to 7th October, 2011

Centre open 9am - 3pm (except Friday noon)

#### Monday

9 to 10 am	Tea/coffee available
9.45 to 10.15	Zumba/Walking
10.00 to noon	Amazing Mosaics
noon to 1 pm	Tea/coffee available

9.30 to 9.45	Deck Meeting
10.00 to 2.30 pm	Bone Zone
2.30 to 3 pm	Tea/coffee available
1-2.30 pm	Get Crafty

Computers available 9am - 2.30 pm

*Centre Closes at 1pm for those not in an activity*

#### Tuesday

9 to 10 am	Tea/coffee available
9.45 to 10am	Zumba/Walking
noon to 1 pm	Tea/coffee available

9.30 to 9.45	Deck Meeting
10.00 to noon	Amazing Mosaics
10.00 to 2.30 pm	Bone Zone
2.30 to 3 pm	Tea/coffee available

Computers available 9am - 2.30 pm

*Centre Closes at 1pm for those not in an activity*

#### Wednesday

9 to 10 am	Tea/coffee available
9.45 to 10am	Zumba/Walking
10.00 to 2.15 pm	Creative Art
2.30 to 3pm	Tea/coffee available

9.30 to 9.45	Deck Meeting
10.00 to 2.15 pm	Wildly Wicked Clay
noon to 1 pm	Tea/coffee available

Computers available 9am -3pm

*Centre Closes at 1pm for those not in an activity*

#### Thursday

9 to 10 am	Tea/coffee available
9.45 to 10am	Zumba/Walking
10.00 to noon	Creative Art
noon to 1 pm	Tea/coffee available

9.30 to 9.45	Deck Meeting
10.00 to 2.15 pm	Wildly Wicked Clay
2.30 to 3 pm	Tea/coffee available

Computers available 9am - 3pm

*Centre Closes at 1pm for those not in an activity*

#### Friday

9 to 10 am	Tea/coffee available
9.45 to 10 am	Zumba/Walking

9.30 to 9.45	Deck Meeting
10.00 to noon	Creative Art

Computers available morning only

*Centre Closes for all at noon*



Ph: 09 437 0467 or email: [manager.wv@vodafone.co.nz](mailto:manager.wv@vodafone.co.nz)

Venue: 237 Kamo Road, Whau Valley

Opening Hours: 9 am to 4 pm

Whau Valley Whaiora Support Trust has another term of physical and mental stimulation starting 1<sup>st</sup> August and running until 7<sup>th</sup> October. This term starts with a new centre support person and activities co-ordinator, Beth Collier who is coming to Whau Valley from Arataki Ministries. Beth brings a wealth of experience in the mental health field with her into her new role and she will be a familiar and friendly face to many of the regulars at Whau Valley.



## Notes From The Road

Just a bit of a rundown on some of the areas that we networkers have been covering in the last two or three months. We feel that we have been quite successful in establishing a presence for the network in many areas in northland, with both service users and service providers. The next few paragraphs will give you an idea of some of the things we have been involved in.

**Kaitaia.** We held a TTTWON board meeting in Kaitaia on the 15<sup>th</sup> June, in conjunction with the members meeting. The board meeting was held in the morning, followed by lunch, followed by the members meeting. The idea was to give TTTWON members a chance to meet the new board. Unfortunately there was not a huge turnout of members, partly because we didn't have the foresight to liaise with the Kaitaia service providers as to what activities they had going on any particular day so that we can arrange a meeting at a time when people are free to attend.

One of the points raised at that meeting was the desire to resurrect the portacom, currently behind Ngati Kahu Social Services day centre, as a resource for TTTWON members use. Rob Coates is looking into what is needed – time and money wise – to make this happen. Half the current board members are from the Far North and they are keen to be proactive in providing for members needs in that district.

**Kaikohe** Lots has been happening in Kaikohe. Northpoint trust is the hub around which many initiatives and activities revolve. In April the service providers' stakeholders group meeting was held at the Mid North Motor Inn and at the same time there was a meeting at Northpoint Trust of the service users and their families. At this meeting, three questions were asked. What works? What doesn't work? And what could we be doing better. Two hours and much discussion later, three lists were handed to the service providers, who were asked to report back to the whaiora and whanau at the next stakeholders meeting in June

This next meeting in June saw some of the service providers report back but many of them were unable to do so for one reason or another. But from a service users point of view – even if we did not get all the answers we were looking for – it feels great to be part of the consultation and planning processes.

TTTWON has also gained a contact for the network in Kaikohe. Khan Buchwald who has just completed the level 4 Cert in Mental Health and Addictions is willing to work with us, disseminate information of interest to the whanau in the Mid North, and feed back any concerns that may arise around service delivery. Khan is going to attend the members meetings when they are held in Whangarei and Kaitaia and this will enable the information flow between districts, between service users and to and from services. Anyone from the Mid North with contributions for our newsletter or items for the TTTWON meetings agenda can contact Khan at Northpoint Trust and he will pass them on to us. Welcome to the network Khan, great to have your support and help.

**Dargaville** I have been lucky enough to join the Wednesday night dinner and get together at Huia Cottage. This is a warm and friendly affair, which, for a number of years has proven to be a valuable opportunity for whaiora and whanau to make contact and support each other in a setting that is both familiar and comfortable. A good meal is prepared and appreciated and I have been able to talk with those present about the difficulties and issues arising in their lives. One of their regulars, Owen Ross has agreed to be our contact in Dargaville and it will be great to have someone there who knows the community and can disseminate information around that community. One of the difficulties we have had with the outlying areas in Northland is connecting with the people who might be interested in TTTWON and the support they can offer and I think Owen will be of real help in that area.

**Whangarei** Much of the work that we have been engaged in in Whangarei is mentioned elsewhere in this newsletter, so I will just say that we (Richard and Graham) are both gratified and humbled by the feedback, encouragement and support that we are receiving from TTTWON members and their whanau. The service providers with whom we have had contact and interaction, have also been very helpful and seem happy to have us working alongside of them. I will finish this little section with what seems like an appropriate quote (I found it on the internet).

“ If necessity is the mother of invention, it's the father of cooperation. And we're cooperating like never before. “

[John Ashcroft](#)

## Addictions Workforce Leadership Day – 21<sup>st</sup> July 2011

Richard, Graham and two TTTWON members, who are sitting the Bachelor of Applied Social Services degree at Northtec, attended this forum in Auckland. It was a most interesting day of learning and networking and some of the presentations were most relevant to the work we are doing. One in particular was a presentation by the Law Commissions' Deputy President, Dr Warren Young. This was an overview on the Misuse of Drugs Act and the changes recommended by the Law Commission to the Govt. These changes, if implemented will go some way towards changing the way society deals with its' drug problems, treating these problems as medical and social issues and not just legal ones.

Other presentations were by the National Committee on Addiction Treatment, presenting a position paper on Families and Children, an Auckland University Longitudinal Study (11 years so far) on tobacco and alcohol use within Pacific Island families, Ministry of Health initiatives on health targets, and the Alcohol and Drug Outcome Measures (ADOM), an update on what is happening with these measures

There was also a discussion on leadership themes, facilitated by Raine Berry of Matua Raki with many interesting points of view on the activities and direction that the services and indeed the whole addictions sector, needs to pursue.

If you want further information on any of the presentations from the leadership day, the powerpoints and presentations can be viewed on the Matua Raki website [www.matuaraki.org.nz](http://www.matuaraki.org.nz)

### Up and Coming

#### **Mental Health Awareness Week**

**10<sup>th</sup> – 16<sup>th</sup> October**

This year the theme which has been set in line with the timing of the rugby world cup is

**Training for Happiness.** We invite people to send us some of their ideas for projects for that week. We are looking for ideas that emphasise our hopes for recovery and our wish to be seen as an integral and vibrant part of society. All and any ideas are welcome – better to have more ideas than we can use than to miss out on a good one because you didn't send it in

Please contact Richard or Graham at The Network (09)4384115 – leave a msg, we'll ring you back asap

#### **Contact details for TTTWON The Network**

**Office/Whare – 73 Water St  
Whangarei**

**Phone – (09 )4384115**

**Cellphones:**

**Richard 021 818785**

**Graham 021 717181**

**Facebook:**

**Te Rau Ara or terauara**

**Email:**

**[Arataki.consnet@vodafone.co.nz](mailto:Arataki.consnet@vodafone.co.nz)**

Dont forget the  
**TTTWON meeting**  
**2n August 10.30**

Lunch

Bring a smile

And

An Inquiring mind

**Kia kaha whanau – Go Well**

## EXTRA EXTRA (READ ALL ABOUT IT)

We have decided to add this page to the end of the newsletter as we realised that there were a few items that we had missed and it was important to record before time dulls the memory.

First of all, thanks to the many TTTWON members who have given of their time, their energy and their support. Far too many to mention individually but one or two stand out we would like to make special mention of. Meredith Baragwanath –for the sterling effort cataloguing our library books and for the conscientious and enthusiastic way she cleaned and scrubbed our whare at Water St. Thanks Meredith and good luck with the Activate course at People Potential. Our thanks also to Allan Nicholas (Big Al) who is always ready to help wherever needed and to Christien Rudolf-Ananaia for her contribution to the newsletter and her calm and serene way of looking at the world (it's infectious).

Our thanks also to all the CSWs round Northland who have helped us maintain contact with our members.

And lets not forget Rob Coats and the team at Arataki who take the admin 'stuff' and turn it into statistics and money and reports and generally let us get on with being networkers. THANKS ALL OF YOU

We would also like to make mention of the Level 4 Mental Health and Addictions class (all of them) and our tutor Vicki Kiddell. The last six months has not only been a huge learning curve for all of us in the class, but many of those who took this course with the aim of "learning something", have ended up changed persons (mostly for the better!!) The class formed into a whanau early on and the style of learning brought out skills, talents and knowledge that had not been tapped until now. We finished our course with a shared lunch at TTTWON's' office, which was entirely appropriate as so many of the class are now moving on with the aim of using their qualifications in the mental health and addictions field, working as peer support and bringing a service users understanding to the steel trap psyche sometimes rigid thinking of an overloaded health system. All power and heartfelt thanks to Vicki for mentoring, guiding and challenging us in our journeys.

Ka pu te ruha ka hao te rangatahi – The old net lies discarded while the new net goes fishing

### Agenda TTTWON meeting 2<sup>nd</sup> August

10.30 meeting starts

11.00 Brian Vickers, NDHB Consumer Adviser,  
Talks about HoNoS (Health of the Nation  
Outcome Scale) – this concerns us – its a  
measuring system using our health information

1130 Discussion

!2.00 Lunch

12.45 Talk by Francil Tarau-Eagle from Supporting  
Families on the work that she does with whanau  
of service users

1.15 Any other matters arising

2.00 Meeting closes

Our Maori clip art was kindly given for the networks use by one of our members – our thanks to the artists and creators of these taonga

