

TE RAU ARA

THE NETWORK



Kia Ora Whanau. Welcome to the TTTWON Network's autumn news letter.

First of all, you may notice a change of format from our last issue the new format is intended to infuse a Northland flavour into our newsletter. The deep green of the paper represents the earthiness of the Whenua (land), the Maori kupu (words) used for the new name and the design of the borders are to acknowledge Te Ao Maori (Maori world). The words Rau Ara are Maori for network and a deeper translation can be found on page three of this news letter. The motifs used for the borders were kindly donated by the NDHB consumer advisors. As far as we know the name Te Rau Ara is not currently being used anywhere else but please feel free to comment on these changes or anything else that appears in this issue.

Actually, Whanau, we would love to hear any comments on any topics that interest you and if you have any poems/sayings or messages that you would like published please contact us.

Our last news letter found it's way, via cyber space, to some places as far away as Wellington which means the collective voice of the Northland network reached further than we expected. In case that happens again, "Kia Ora" to any Whanau living south of the Brynderwyns and welcome to our "little piece of Northland".

The new networkers (Graham & Richard) have been walking the network beat now for nine months and we are proud to say "the network is working", we have a fully functioning data base (we've got your number) and we've held or attended a range of meetings and presentations (people have got our number).

What does this mean? In a nutshell, the movement of the Northland consumer network appears to be gaining momentum and Graham and I could not have done this alone so everyone that has been involved in the members meetings and/or other activities deserves our (Graham Richard) and the networks gratitude. Kia Ora to the Whanau all over Northland. You fellas ROCK!!!



Matua Raki Consumer Work Force Development Forum

Matua Raki's main aim is developing the addiction work force. The consumer/peer work force development project run by Matua Raki is aimed at people who have a lived experience of addiction and are seeking to work in the addiction sector. Matua Raki is currently holding forums for this project at various locations around NZ and the Northland Consumer Network had the honour of hosting the maiden forum. Held in mid March the forum attracted around twenty network members who spent the day listening to the two presenters, Rhonda Robertson from Matua Raki, who spoke about the work and direction of Matua Raki including suitable roles for peers within the workforce, what assistance is on offer and where to find it. The second presenter, Paul Burns from the Mental Health Commission, spoke about the importance of feedback from consumers at a grassroots level and how this feedback could reach the ears of the Ministry via the consumer networks (including Northland), consumer advisors, and the Mental Health Commission.

Benefits of Service User Involvement

The principles of service user involvement have continued to attract attention and greater importance has been afforded to involving service users in the delivery of public services. Service user involvement has become commonplace in many areas. Progress has been slower, however, in areas such as substance misuse.

Benefits to Service Users:

- Service management involvement provides individuals with a forum in which to raise issues and concerns in an appropriate manner and encourages active participation in treatment 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.



A Way Forward

Friday 14th of April saw three meetings held simultaneously in Kaikohe. The quarterly DHB stakeholders meeting was held in conjunction with two other forums – one for service users and one for whanau/family of service users. The purpose of these two meetings was to help the DHB gauge the effectiveness of the services that they are receiving. Three questions were asked: “What works?” “What doesn’t work?” and “What else would we like to see?”

Hosted by Northpoint, the whanau forum was facilitated by Brett Lindsay, Whanau Advisor for NDHB, and the service user forum was facilitated by Dan and Arlington of Northpoint. Two hours of worthwhile and productive discussion produced praise, criticism and many suggestions

which were then presented to the stakeholders when they had finished their meeting. The Stakeholders agreed to feed back their thoughts and findings to consumer and Whanau groups at the next stakeholders meeting in three months time.

Often in the past, when our views and opinions and views have been asked for, that has been the end of it, and we service users have been left feeling even more disempowered than if we had never been asked in the first place. The tone of the meetings was very positive and the fact that the Stakeholders group is to report back to the service users has left us with the feeling that there may be some positive outcomes from these gatherings

Motivation Co-op

The networkers are in the process of starting a group for people seeking motivation in their recovery. If anyone is interested in being a part of this group, please contact either Richard or Graham on (09)4384115

Translation

Rau – as a transitive verb this means to catch as in a net

Ara – as a noun means the way or path



Annual General Meeting TTTWON 30th March 2011

About 20 people attended this meeting which was held at the office at 73 Water Street. The meeting was facilitated by Vicki Burnett of the NDSA. The Chairpersons Report and the Financial Report were presented and accepted as was the minutes of the last AGM. TTTWON now have a memorandum of understanding with Arataki Ministries and two consumer networkers have been employed by Arataki. Several TTTWON members meetings have been held in Whangarei, Kaitaia and Dargaville and the membership base has increased from 90 to around 150 in the last 8 months. There are now 8 Board members (a full complement) consisting of 4 new members and 4 who were retained from the last Board. The Board will liaise with Arataki Ministries and the two networkers to sustain and encourage an active consumer voice within both mental health and addiction services and the wider community.



Up and Coming

There will be a **members meeting of TTTWON** on 11th May at 73 Water St starting at 10.30. On the agenda will be MHAW planning – a report on progress so far and suggestions for activities and events that will help service users interact with the community. Richard and Graham will give a report on their networking and lunch will be supplied

Whangarei - Addiction Leadership Seminar. When ;Friday, 27 May2011
Where; Whangarei (venue to be confirmed) The purpose of the seminar is to inform leaders of addiction services (AOD & Problem Gambling) about current political and financial (funding) environments and the likely impact this will have on the addiction sector. This will be facilitated by Matua Raki

Websites of Interest

www.matuaraki.org.nz National Addiction Workforce Development website and has info on peer training and projects within this sector.

www.careers.govt.nz Providing free and independent advice and guidance to help make the right decisions about work, study and training

Contact Information

For information on mental health and addiction services and issues you can contact Richard or Graham at their office at 73 Water St, Whangarei, phone them on (09)4384115 or on their cellphones:

Graham 021717181 or Richard 0218188785