



Our Vision

To see once vulnerable families living well and children given every opportunity to reach their full potential.

tewhakaora.org.nz

CEO UPDATE:

10 Years of Restoring Families

This year marks 10 years of Te Whakaora serving some of the most vulnerable families in South Auckland and more recently, the Far North. What began in a little room on the Manurewa Marae, has now spread to reach hundreds of the highest-risk families in the community each year.

Built on the passion and love of our Founders, Cliff and Indrane Reddy, we have only grown in our commitment to see vulnerable families living well and their children given every opportunity to reach their full potential. This work was founded by serving and loving the most broken and rejected in society, and is still the core of how we bring real hope to families. For the first time, these families are tackling the real issues that cause family breakdown - after years of putting band-aids on the problems.

Cliff and Indrane's Christian faith has always been the source of their unwavering devotion to the most broken families in the community, and is what drove them to begin this work 17

years ago - officially as Te Whakaora Tangata for the last 10 years. These foundational principles of faith, hope and love continue to drive our team both in South Auckland and the Far North to bring hope and transformation to families overwhelmed by poverty, violence, sexual abuse, drugs and crime.

We are so grateful to have seen over 1200 families restored over the last ten years, and to see the next generation of kids engaging in work and study opportunities otherwise unheard of in their families. This is a true testament of the long-term generational change we can make in a community when we partner together.

More recently, lockdown was a time of extreme hardship for many in our community - adding extra pressure to already vulnerable families. During the lockdown period, our team worked tirelessly to provide counselling, crisis intervention and practical support to families.

Anticipating the potential restrictions on movement, my sister Jeni and myself decided to move into Te Whakaora's offices in Manurewa over the 6-week lockdown period to coordinate and facilitate our Covid-19 Essential Service Response. More on our Covid-19 response later in this newsletter.

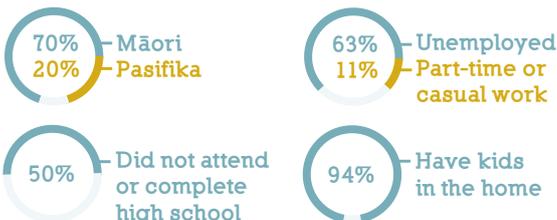
Thank you again for your support over this last decade, your strong commitment to the families we work with continues to inspire our team, and I am excited to deepen our impact in the most vulnerable communities in Aotearoa.

Shawn Reddy
CEO

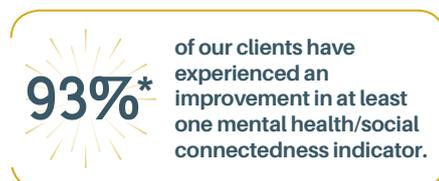


Our Community Impact 2019/20

Our Whānau



Our Programmes



- Mental health indicators measured: Depression, anxiety, suicidal thoughts.
 - Social connectedness indicators measured: Social contact, domestic violence, relationships with children.
- * Independently Analysed by Impact Lab

Generational Change: Āwhina's Story



"Before Te Whakaora, life was hell. I'd be lucky to go three days without being beaten. I was willing to do anything to be loved...I can't remember how many times I passed out from being strangled. I remember running to my daughter's room once because I knew if I was alone, I would die."

Coping with a life of domestic abuse and unresolved hurts and trauma from childhood, Āwhina turned to drugs as an escape. When Oranga Tamariki discovered the violence in her home and her drug addiction, her son and daughter were uplifted, and she was told she would never regain custody of her kids.

"In May they uplifted my daughter, in June they uplifted my son. I remember sitting by the Christmas tree looking at their unopened presents. I was empty. I was nothing. I sat there and got high on meth to numb the emotions."

"I knew if he could change, then change was possible. And if I could change, maybe it was possible to have my children back home with me. All I want is for them to have a better life."

She didn't know where to turn for help, not feeling safe with government agencies because she couldn't be honest with them, having learned to only tell them *"what they wanted to hear."*

"I went to CADS (Community Alcohol and Drug Services) and you hear 'drugs are bad,' but they don't go into why you need them."

A glimmer of hope arrived when she saw changes in a friend who was attending Te Whakaora's Family Restoration Course.

"I knew if he could change, then change was possible. And if I could change, maybe it was possible to have my children back home with me. All I want is for them to have a better life." We know from the 17 years we've been in this community that our work creates powerful,

long-term change in individuals and families that ripples through the wider community and down through generations. We had never been able to exactly measure or quantify it - until recently.

For the last two years, we've been working with Impact Lab, an organisation co-founded by Sir Bill English which measures the social impact and outcomes of social service providers. They do this by calculating both the benefits a programme provides and the avoided costs to government, using government data and international literature and research.

We are excited to announce Impact Lab found Te Whakaora's Social Return on Investment is \$7.53 for every \$1 invested - positioning us amongst the highest ranked social service providers. The results found a marked reduction in child maltreatment, addictions, offending, and family violence and an increase in financial stability and employment.

Additionally, there are other outcomes from our programme to be better measured such as mental health benefits and most importantly, the flow-on effects to children. In our experience, these flow-on effects are where the real value of our work lies. When someone is emotionally restored, resourced with the tools to live well, and reconnected into community, it breaks the intergenerational cycles of hurt, harm and destructive behaviour, changing the entire trajectory and lived experience of their children for the better.

After joining our Family Restoration Programme, Āwhina says working with Te Whakaora was different from anything she has ever experienced, simply calling it *"life-changing."*

"I could tell [Te Whakaora] honestly what's going on, because I feel safe and trust them. I told them about the drugs and they asked me why I use them. I had never asked myself that question before."

"You learn in the programme you're not this bad person that will never amount to anything...I realised I don't actually need drugs."

In her One-on-One counselling session with Te Whakaora, Āwhina had mapped out

on a whiteboard all the hurts and trauma in her life which had resulted in coping mechanisms and destructive behaviours.

"I still wake up and ask 'how did I get here?' I'm so happy where I am. This is what I wanted my life to be like, ever since I was a little girl."

She remembers vividly the moment she forgave those who hurt her right from the time she was a child, breaking a dysfunctional cycle that had been perpetuated for generations. *"Forgiveness isn't about the other person, it's about me."*

"After I rubbed it all off the whiteboard, I could see my face in the reflection. I could see me. I could see a clean slate."

"I never knew what hope was, what faith was, or what trust was. I knew the words, but I didn't know what they were. That's what this programme has instilled—those little words that I heard but didn't know."

Āwhina is now completely drug-free, and recently had a new baby girl. While pregnant, she was informed that her baby would be removed immediately after birth and placed into state care. However, since working with Te Whakaora, Oranga Tamariki could see the changes in her life. These observations, along with advocacy from Te Whakaora on her behalf, meant that she was not only allowed to keep her baby, but she was also given more time with her son and daughter, with a strong possibility of regaining custody.

"I still wake up and ask 'how did I get here?' I'm so happy where I am. This is what I wanted my life to be like, ever since I was a little girl."

Āwhina has a court case in July where she is hoping to finally have her son and daughter back home in her care.

"I want my children to have what I have now. As a parent, you put seeds in, and now my seeds are of love and hope and encouragement so they can blossom into something amazing."

Far North Update

Establishing Te Whakaora in the Far North

Te Whakaora began serving the highest-risk families in the Far North in January this year – addressing the deep-rooted issues of trauma that cause family dysfunction through counselling and crisis intervention. Our programmes have been tailored to address the challenges faced by the local community including depression, drug and alcohol abuse, domestic violence, suicide, sexual abuse, and family breakdown.

The process of establishing a new work in a low-trust community such as the Far North requires deep community engagement and partnership. We have invested in building valuable partnerships with local organisations such as social and health services, local marae, and a local church. These partnerships

are key to the success of our work in the Far North as they allow us to clearly define our position within the ecosystem of this community to enable successful collaboration.



John & Jacey Horan

Our Whānau

- The families we work with are **86%** Māori, **5%** Pasifika, and **9%** New Zealand European.
- **62%** are unemployed, and **29%** are employed in part-time, casual, or volunteer work only.
- **50%** did not attend or complete high school at all.
- **75%** of our clients have children.

Our Programmes

- **342** activities/engagements with clients
- **94** face-to-face counselling sessions
- **37** individual clients reached through our programmes—Impacting over **100** vulnerable children
- **27** clients attended the Family Restoration Course

Our First Family Restoration Programme



Family Restoration Course in Te Ahu Centre, Kaitiaki

Te Whakaora moves families from being at a 'high risk' to a 'low risk' of negative life outcomes – specifically targeting Social Connectedness and Mental Health – which are key to enhancing family stability and wellbeing. This is done through Family Restoration Courses (exploring how past trauma affects individuals and families), One-on-One Counselling (addressing individual trauma), and ongoing Whānau Coaching (providing counselling and mentorship).

Once the Covid-19 restrictions on public gatherings were lifted, we were able to successfully facilitate our first Family Restoration Course with clients we were working with individually before and during the lockdown period. The course was at capacity and we had full attendance almost every session, showing just how desperate these clients are for a way forward with the help of Te Whakaora.

Course Graduation

The Family Restoration Course graduation is an opportunity for our clients to celebrate the completion of the course with their whānau and community. For many of our clients, the Te Whakaora graduation ceremony is the first time they have graduated from anything. We have the privilege of putting on a special lunch to acknowledge this accomplishment and help our graduates feel a real sense of achievement, especially with their family and community there to witness and support them on their journey. Many clients were eager to share and advocate for Te Whakaora's work and approach. One of our newest graduates said the following:

"It's something you can't describe or put in words – how much this course has helped me and my family and our addictions. And where those addictions come through is through the roots and the pain we've been through as a child. It's just made me realise a different side of life and I just want to be a better father for my two beautiful kids that are right there and my beautiful wife. I just thank John and Jacey again."

Young dad, graduating from the Far North Family Restoration Course



Far North Graduation

Watch a video of the client graduation stories

Open your camera to scan code



If you would like to join us at our next Family Restoration Course Graduation in the Far North on Wednesday 2nd September 2020, please email us at info@tewhakaora.org.nz – we'd love to have you there!

Founders Update: 10 Year Anniversary

Time really does fly - in November 2001 we arrived at Auckland Airport from South Africa with 2 children and 4 suitcases. Almost two decades later, we look back at the journey of building relationships with families in the community through our work in Manurewa for over 17 years. It's so exciting to see how this work has grown to reach more families in desperate need of change.

We are so blessed to be able to look back and reflect on the long-term impact of this work, still treasuring deep relationships with the families we worked with since the very beginning. Many of these families were involved in crime, gangs, and drugs, with a number of them close to losing custody of their children. These very same children are now grown, many having completed university and are making a real impact in the community. Seeing this generational change is so rewarding because we know that working with parents and restoring families will build strong communities. We see the importance of walking alongside families, loving them, and helping them to break the

cycle, so that their children can flourish and live to their full potential.

Ten years on, and with a passionate team, we are so grateful to be able to spread this work to other communities in need of change. Beginning with the Far North, we established Te Whakaora programmes in Kaitiaki by bringing our same approach to love and walk alongside the local people to help them create a better future for their families. The stories shared at the first Family Restoration Course graduation in Kaitiaki reminds us that the deep-rooted issues of brokenness are just as pervasive here as they are in Manurewa, and highlights the strong impact we are already making in this community.

Both our children now work alongside us with the same passion for community and building deep relationships with families. It's a gift to see your children share in the legacy you began, and carry the same love for serving the most in-need.

As we continue to bring hope and transformation to families in high-risk

communities, we thank you so much for your support over these past 10 years, we couldn't do this without your partnership and love for the people.

With much love and gratitude,



Indraneel & Cliffy Reddy
(Te Whakaora Founders)

Our Covid-19 Essential Services Response

Te Whakaora was quickly approved by the government as an essential service provider after the team were inundated with calls and messages from anxious and depressed clients during the lockdown period. Our Covid-19 3-stage service delivery response has been effective in providing support to our clients during the lockdown period.

Stage 1: Crisis Prevention 1

We posted daily videos and messages as a resource to prevent the conflicts and behaviours that increase the risk of domestic violence, depression and anxiety.

Stage 2: Crisis Escalation 2

We engaged with clients daily via video call or phone call to directly address the challenges they faced in their homes.

Stage 3: Crisis Intervention 3

As an essential service, we were able to conduct face-to-face counselling sessions on-site with high-risk clients i.e. those showing domestic violence or suicidal tendencies.

Post-lockdown, we are expecting to see ongoing challenges for our community as a result of the long-term effects of Covid-19. Many families experienced an increase in domestic violence, depression & anxiety, suicidal tendencies as well as reduced access to basic essentials caused by increases in household poverty. Unemployment and housing issues disproportionately affect māori and other marginalised communities, and the already high rates of depression,

anxiety, and suicidality will grow as a result of Covid-19 and lockdown. (Koi Tū. *The Future is Now: Implications of Covid-19 for New Zealand*).

Demand for our services has never been higher, and we have adjusted our programmes and increased our counselling services significantly to actively support our whānau in adjusting to life post-lockdown.

Partnering with us made easy

Make your next donation through our brand new online giving system at tewhakaora.org.nz/support/ and see lives transformed as a direct result of your contribution.

Or contact us at:
09 269 4083 / info@tewhakaora.org.nz
PO Box 88054, Clendon Mall, Akl 2242.

Te Whakaora Tangata is a registered charity. Our New Zealand Charities Commission Registration Number is CC45560.

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Our sincere thanks to the many trusts and foundations who have chosen to partner with Te Whakaora Tangata to help restore high-risk families.

