



**"There is no
power for change
greater than a
community
discovering what
it cares about."**

MARGARET J. WHEATLEY

Stronger Together: Evaluation

Dr Delwyn Goodrick

The focus of this presentation



- Part A:

What did Te Hoka do? How did Te Hau Toka engage and support what was working in our communities?

- Part B:

What have we learned about what works in our communities to support mental wellbeing?



Your time,
your words,
your presence



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



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

FIVE WAYS TO WELLBEING

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



The evidence is in! We know what works to support mental wellbeing

Te Whare Tapa Whā

Taha wairua
Spiritual

Taha hinengaro
Mental & emotional

Taha tinana
Physical

Taha whānau
Family & social

Whenua
Land, roots



Sir Mason
Durie



But...we need
to understand
what does it
take for these
to work in our
communities?

"My question is: Are we making an impact?"

Evaluation – the what? The so what? And the now what?

1. What did we do?

What was planned, delivered, implemented? How was the programme of work developed? How were decisions made?

2. How much was done and where?

Who did we reach in which communities? What strategies were most effective in engaging with communities?

3. What was achieved?

To what extent did initiatives achieve intended outcomes? What facilitated/inhibited achievements? What were the unanticipated outcomes? What worked best in which community contexts?

4. What was learned? What could we have done/do better?

How transferable are learnings from Te Hau Toka to respond to natural emergencies/ unanticipated events in the future?



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Take
Notice

What are our
communities telling
us is needed?

Beginning Places -
For Community by
Community



Principles

Make use of
opportunities

Don't
reinvent the
wheel

Bring
surprise
and delight

Communicate
clearly and
consistently

Build on
networks
and
partnerships



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 Mental Health Foundation
OF NEW ZEALAND
mauri tū, mauri ora

Evidence based

1. Connecting Communities Fund

- 6 Rounds [3 each year] ~\$50,000 per round
\$230,000 allocated over 2 years to 237 recipients. One more round in June 2023
- Community agencies, small groups, individuals apply for up to \$1,000 to kickstart an idea or initiative to support mental wellbeing in their community
- Selection criteria connected to the 5 Ways to Wellbeing and Te Whare Tapa Whā
- What difference can \$1000 make? Much more than you think...
 - Allowed groups to build on what they are already doing and extend reach
 - Enabled groups to trial new ideas identified by their community
 - Brought energy and excitement to groups “We’re doing something worthwhile”
 - Provided explicit permission to speak about mental wellbeing

2. Mental Wellbeing Navigators – Connectors within the Community

Lisa Gear



Anna Star



3. Partnership Grants

- Larger amounts of funding to groups for initiatives that support mental wellbeing
 - Example of partnership grants:
 - **Good Yarn workshops** - Partnership with Headlight Trust for workshops that will improve community capacity and capability to support mental wellbeing within their own communities
 - **Whakamana** [Empowerment programme for young people]– Partnership with IFLY to promote mental wellbeing among young people
 - **Queenstown Business Chamber of Commerce** – Extending Information sessions and providing digital messaging capability around important discussions about housing and hospitality
 - **Upper Clutha seniors partnership with Champion for older persons Group** [coordinated by Community Networks/LINK/Upper Clutha]

Reconnecting Seniors Network Upper Clutha



St John weekend drives for seniors



Connect

Lake Hawea seniors outreach programme



A story of the
importance of
connection





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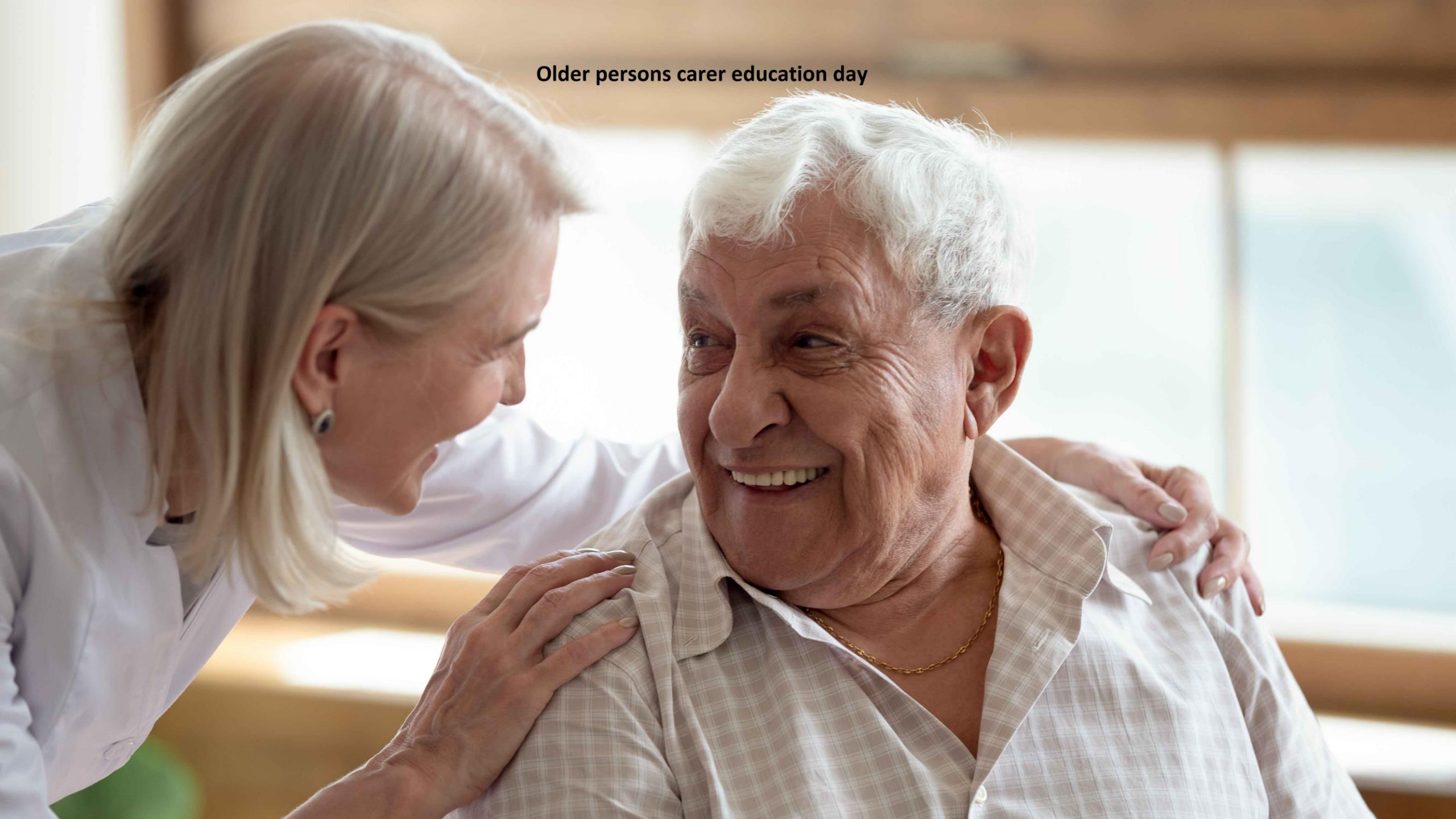
Connect

Learn



Cromwell Youth Trust Mana Wahine workshops

Older persons carer education day





Fiordland Vintage Museum

“Sometimes a bloke will come in. Kind of quiet. Maybe hasn’t talked to anyone all day. He might be passing through or he might be in town for the day with no where to go. And, we just start having a yarn. Talking about the machines and the history opens the conversation. They are sharing their memories too...It’s great for us and it’s good for them too.”

Give

Your time,
your words,
your presence

**BE
ACTIVE**

DO WHAT YOU CAN,
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**KEEP
LEARNING**

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OUR YOUTH PROGRAMME

Season's Greetings

Santa

Cromwell Mid-Winter Christmas
'surprise and delight' care packages for seniors



“It’s not
the gift it’s
the gift of
giving.”

You give to yourself
by giving of yourself.

Matthew Kahn

 QuoteRancy

**A
story
of
giving**



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Latin Kiwi Festival, 2023



Latin Kiwi Festival, April 2023



Be Active
Connect
Learn

Whakatipu Walkie Talkies



Challenge Wānaka Adaptive Programme



St Joseph's School Years 7 & 8, MULE



Rainbow Runs across the region





**THANK
YOU**

**Te Hau Toka Southern
Lakes Wellbeing and the
Connecting Communities
Fund for your support
towards our 2022 MINT
Camp!**



FORGING GREAT LIVES
MINT

“Being away from home is a really big thing. There was one boy at the camp who had never stayed away without his parents... So with the right support, and time to make connections, a few buddies with him, he actually stayed over the night. And I remember seeing him in the morning, and it was like his face couldn't believe that he was still there. Like, he couldn't quite believe it. He was so happy and proud that he had done it.

Next week the local school had a school camp. And for the first time he went, and with such confidence. Because he'd done it.”



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**Fiordland
Diwali**

Learn

Connect

Matariki Felted Star

Fiordland Arts Hub Activity

Try something new; be somewhere warm; and reach out to the Matariki star Pōhutukawa - who connects us to the spirit of people we love.

Make a Matariki star to be gifted to older people in our community this winter.

Pop into the Fiordland Arts Hub (23 Main Street, Te Anau)
Have a go at needle felting a Matariki Gift Star.

These stars will be gifted through Matariki Hampers heading out to older people in our community.

Send out some love this winter



KUMA Southern Māori Business Network wellbeing event





“Business will get involved if you pitch it as here is **how you can support community wellbeing and support your business too**. It has to work for everybody, from all perspectives...This [Whakamana] was a practical way we could offer help and work alongside experts in youth development and empowerment” [Matt Wong, iFLY owner]

“The students were relaxed and engaging, and visibly enjoyed the day. Super useful empowering programme, supporting positive self-talk, individuality, communication...”
[Youth worker]



Southland Chamber Wellbeing Breakfast

Learn

**Connect
with
others**





Te Pou - Youth Mental Health First Aid Programme

What are mental health challenges?

Mental health challenges is the term used throughout this manual to describe the challenges someone may be experiencing. This term is used broadly to include:

- > mental distress
- > diagnosed mental illnesses and/or disorders
- > symptoms
- > mental health related crises such as panic attacks.



Te Pou video https://f.io/P_IFvTa0

Summary: Profiling the impact on our communities



So what have we learned?


- Be community-led – listen to community. Involve and Problem solve. **Encourage local leaders and broker initiatives where we can**
- Keep an ear to the ground – meet regularly. **Stay the course**
- Create a sense of **urgency and energy** around mental wellbeing
- Respond quickly – **Avoid or reduce administrivia**
- Share and Profile – Provide **clear and consistent messages**
- Evaluate [Learn] and Celebrate – **Spread the word**

Stronger Together

“It was the unknowns. We didn’t know what to expect or what was going to happen. We were in the same boat, but some people seemed to cope better than others. Covid made me stop and think – maybe for the first time in a long time about my own wellbeing. And, what I can do support others. And, I learned an important thing – when the going gets tough we all come together to work it out.”

[Te Anau - community interview]





Community is much more than belonging to something; it's about doing something together that makes belonging matter

