


2016

*Maka Houua*



TE HAUORA  
O TE HIKU  
O TE IKA

EVALUATION



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## Acknowledgement

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*Waka Hourua*

He hōnore  
He korōria  
He maungārongo ki te whenua  
He whakaaro pai ki ngā tāngata katoa

On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini would like to acknowledge Te Hauora o te Hiku o te Ika for their commitment to the wellbeing of the community in Northland and to increasing the awareness and prevention of suicide.

Nāku noa,  
Nā



Jade Sewell  
Te Kīwai Rangahau (Research and Evaluation Team)  
Te Rau Matatini

## Key Messages

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1. Rangatahi leading to create positive messages in regard to suicide prevention and anti bullying.
2. Tūakana-tēina model to engage rangatahi and promote learnings from past experiences and identify strategies that work for rangatahi.
3. Enhancing and strengthening community wide relationships is key to awareness and pathways for support.
4. Communication tools and memory aids to advertise important messages and prompt conversations.
5. Social media used to engage rangatahi and as a tool to promote important messages.

## Background

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Te Hauora o te Hiku o te Ika (“Te Hiku Hauora”) is a primary health care service provider situated in the Far North of Aotearoa. Te Hiku Hauora has a multi-disciplinary approach to health care incorporating: General Practitioners and Dentists, Health Promotion, Mobile Nursing services and Home Support, which collectively support the move toward a one-stop-shop for health care

As part of their care services Te Hiku Hauora is committed to youth resilience and successfully gained Waka Hourua funding for their project, the Muriwhenua Waka Hourua Programme.

Their project is a response for the need to address the determining events in the area. In 2012, 19 Northland youth took their own lives, 15 of which were Māori, the annual average was 5. In response, rangatahi (youth) recently surveyed in Te Tai Tokerau believe they must develop their own ways to identify suicide risk and appropriate protective factors, and link rangatahi with appropriate support. The rangatahi surveyed believe access to information, building communication skills and school-based prevention work is required to address suicide risk.

As such, the Muriwhenua Waka Hourua Programme is a rangatahi informed programme designed to inform, educate and communicate suicide prevention programmes, enhance and promote proven resources and connect rangatahi, helping build resilient whānau, hapū and communities.

Te Kīwai Rangahau, Te Rau Matatini evaluation team was commissioned to undertake a review of the Waka Hourua Fund. The focus of this specific review therefore was to assess and to determine how the Muriwhenua Waka Hourua Programme implementation aligns to the overall intent and design of the Waka Hourua programme, and what actually happened during its implementation.

## Desired Outcomes



The Waka Hourua goals identified by Te Hiku Hauora that align to their project encompass the following;

- People are informed about and assisted to access the services available to them
- Community leaders empower people, foster resilience and bring people and resources together
- Families, whānau and communities have stronger relationships and confidence to be able to talk about their difficulties
- Families, whānau and communities are strongly connected to one another and people actively participate in the community
- People bereaved by suicide receive the support they need within their families and whanau.
- Families, whānau and communities have their own approaches and plans in place and are actively building resilience and reducing risks of suicide

This initiative also aligns with Goal 3 of the Waka Hourua Outcome Framework:

- Safe, confident, and engaged Rangatahi

Within Goal 3 this project aligns specifically to the pathways and indicators under Secondary Prevention: Targeting at risk individuals:

Pathways/Actions	Indicators
Support positive initiatives for rangatahi (culture, sport, learning, music)	Communities and health services enter into a partnership to foster positive engagement for rangatahi with learning.

## MURIWHENUA WAKA HOURUA PROGRAMME

### Goal

The Muriwhenua Waka Hourua Programme is led by Te Hiku Hauora. This project is a collaboration between rangatahi, whānau, community and iwi providers in Kaitaia, the Far North and Northland DHB. It is informed by rangatahi priorities and builds on the activities identified as effective by rangatahi and external evaluators.

### Objectives

There are five key inter-related parts that make up the objectives of this project:

1. Build on the success of Matanui, a Theatre in Education performance and Drama in Education workshop through additional promotion and performances, recruiting rangatahi into health promotion, linking to other community programmes and further evaluating Matanui and the collaboration with The Raid Movement.
2. Establish a Kaitaia branch of The Raid Movement (rangatahi led activism) with the Raid Movement tūakana from Whangarei helping to develop a Kaitaia branch.
3. Develop 'Ngā piki me ngā heke' – a memory aid for rangatahi to assess the interplay of what might be risk and protective factors, and link with Raid Movement support.
4. Develop 'Whakarongo ki ngā kare-ā-roto' – a whānau communication tool to start the right conversation around suicidal thinking and planning.
5. Establish active and effective anti-bullying policies in all Far North schools. The programme deliverables of the Muriwhenua Waka Hourua Programme, status upon conclusion as self-reported in the project contract, are outlined in Table 1 below.

Table 1: Muriwhenua Waka Hourua Programme Deliverables

Key Deliverable	Key performance Standard	Status
1. Promote Matanui	<ul style="list-style-type: none"> <li>• Purchase of communication merchandise to promote suicide awareness within Kaipara region.</li> </ul>	<b>Fully Achieved</b>
2. Train interested Kaitaia rangatahi in health promotion	<ul style="list-style-type: none"> <li>• Interested Kaitaia rangatahi trained in health promotion so that they can take over this work and maintain it, possible as part of studies in Media and Design and receive NCEA credits for doing so</li> </ul>	<b>Fully Achieved</b>



Key Deliverable	Key performance Standard	Status
3. Advertise Matanui events	<ul style="list-style-type: none"> <li>Newspaper and radio advertisements obtained linking Matanui performances and other community programmes such as The Raid Movement meetings and events such</li> </ul>	<b>Fully Achieved</b>
4. Conduct free Matanui editorial interviews	<ul style="list-style-type: none"> <li>Free Matanui editorial interviews conducted and rangatahi and whānau who have been involved with the programme as well as the actors and developers of the Matanui performance. No cost.</li> </ul>	<b>Fully Achieved</b>
5. Evening community Matanui performances in additional remote communities	<ul style="list-style-type: none"> <li>Evening community Matanui performances conducted in additional remote communities such as Te Kao, and Te Hapua, and Aniwhaniawa and, Taipa</li> </ul>	<b>Fully Achieved</b>
6. Evaluate Matanui and the collaboration with The Raid Movement	<ul style="list-style-type: none"> <li>Evaluation of Matanui and the collaboration with The Raid Movement using the same survey approaches and focus groups as previously published to ensure monitoring impact</li> </ul>	<b>Fully Achieved</b>
7. Establish anti-bullying policies in schools	<ul style="list-style-type: none"> <li>The Raid Movement branch in Kaitaia, supported by local iwi providers and Northland District Health Board meet with local schools in the Far North having active and effective anti-bully policies. Resources would be used for 6 hui travel, kai and koha.</li> </ul>	<b>Fully Achieved</b>
8. Establish the Raid Movement in Kaitaia	<ul style="list-style-type: none"> <li>Kaitaia branch of The Raid Movement established through facilitation by tuakana from Whangarei who have agreed to link with Matanui performances in the Far North. They have agreed to support this new branch and its membership in a tuakana teina model.</li> </ul>	<b>Fully Achieved</b>

Key Deliverable	Key performance Standard	Status
9. Hold regular meetings of Kaitaia branch of The Raid Movement	<ul style="list-style-type: none"> <li>Regular meetings of the Kaitaia branch of The Raid Movement held</li> </ul>	<b>Fully Achieved</b>
10. Develop Whakarongo-ki-ngā-kare ā-roto. Hold community wānanga to develop whānau communication tool to start the right conversation around suicidal thinking and planning	<ul style="list-style-type: none"> <li>Community wānanga held for whānau rangatahi and kaimahi where community knowledge and wisdom will be shared, the material would be recorded and transcribed with practical examples and suggestions distilled. A draft copy of whānau communication tool would be sent to all participants by email or other preferred means for final sign off</li> </ul>	<b>Fully Achieved</b>
11. Publish whānau communication tool	<ul style="list-style-type: none"> <li>Whānau communication tool published as a flyer in community notices and at supermarkets, dairies, schools, kura, medical and dental rooms, pubs and a takeaway vendors</li> </ul>	<b>Fully Achieved</b>
12. Put whānau communication tool in public places	<ul style="list-style-type: none"> <li>Whānau communication tool put in public places. The Raid Movement volunteers to assist, assistance provided with petrol and other travel costs</li> </ul>	<b>Fully Achieved</b>
13. Develop Ngā Piki Me Ngā Heke Wānanga to establish memory and tool	<ul style="list-style-type: none"> <li>Evaluation of Matanui and the collaboration with The Raid Movement using the same survey approaches and focus groups as previously published to ensure monitoring impact</li> </ul>	<b>Fully Achieved</b>
14. Print memory aid tool	<ul style="list-style-type: none"> <li>Memory aid tool printed.</li> </ul>	<b>Fully Achieved</b>
15. Publish memory aid tool	<ul style="list-style-type: none"> <li>Memory aid tool published in the public domain, newspapers and radio advertising</li> </ul>	<b>Fully Achieved</b>
16. Survey utility of memory aid tool	<ul style="list-style-type: none"> <li>Survey completed to assess utility of memory aid tool</li> </ul>	<b>Fully Achieved</b>
17. Wānanga to discuss survey results and to improve memory and tool	<ul style="list-style-type: none"> <li>Second wānanga held to discuss survey results and to improve memory aid tool in a final form</li> </ul>	<b>Fully Achieved</b>

Written and produced by Playworks Productions “Matanui” was a two hour programme which comprised of a Theatre in Education play and a Drama in Education workshop which included an introduction to community support networks. Broad content themes in the theatre included positive relationships, and some of the challenges young Northland people face including dealing with alcohol, teen pregnancy, sexual abuse and suicide. “Matanui” aimed to empower rangatahi and their communities, to build community resilience.

The Drama in Education workshop revisited the main events of the play. Using drama workshop techniques the audience became participants and actors. Through discussion, role-play, improvisation and group process the participants investigated the characters actions and the plays theme, drawing from and relating them to their own experiences. The workshops ensured the participants were introduced to local community support services, their networks and the pathways for accessing help. In alignment with this, The Raid Movement were present during performances as a peer support option .

“Matanui” the second tour was presented free to Northland High Schools and their communities, in May and June of 2014.

### COMMUNITY PARTICIPATION AND FEEDBACK

Three evening community performances of “Matanui” were presented in Cable Bay, at the Te Ahu Centre – Kaitaia, and in Te Kao. Although formal evaluation surveys were intended to take place as part of these performance, this did not happen. However, informal community feedback following the presentations was collected. The performance in Cable Bay was attended by approximately 40 people, 50% of whom were rangatahi.

The presentation was timely as there had been a recent suicide in the area. Positive feedback from the audience resulted. Participants identified the importance of communication and were asking questions such as, who could they trust, and where they could get help, and feel safe. This in turn led to whānau wanting to develop a whānau plan to help address such issues. Feedback given in Te Kao indicated that “Matanui” was school focused and that there needed to be an alternative approach for presenting to whānau within the community. Unfortunately there was a no show for the Te Ahu Centre performance.

### EDITORIAL INTERVIEWS

Table 1 indicates that it was anticipated that editorial interviews would be completed with the “Matanui” actors and others involved with the performance. Unfortunately due to the timing and events out of their control, Te Hiku Hauora was unable to complete this deliverable.

<sup>1</sup> For further information regarding Matanui see:

<http://www.northlanddhd.org.nz/PublicHealth/CommunityResilience.aspx#Matanui> and also, <https://www.youtube.com/watch?v=mmIBBnsairk>

<sup>2</sup> Piper, D. (25 July, 2013). Youth suicide targeted. Retrieved from:

<http://www.stuff.co.nz/auckland/local-news/northland/bay-chronicle/8957484/Youth-suicide-targeted>

## Far North Raiders

### RANGATAHI LEADING HEALTH PROMOTION

Following the conclusion of “Matanui”, the Waka Hourua Fund enabled Te Hiku Hauora to establish further initiatives to continue supporting rangatahi in the Kaitaia area.

In July 2014 a training session was undertaken to engage rangatahi of Kaitaia in regard to health and wellbeing. The ultimate purpose was to identify if there was an interest for rangatahi to lead health and wellbeing promotion. The premise of the training was a successful model that was taking place in Whangarei known as The Raid Movement. Twelve rangatahi attended the session and of those, 6 rangatahi (4 wāhine, 2 tāne) indicated that they would like to become involved with the project. This formed the initial core group that would later become the Far North Raiders.

### THE RAID MOVEMENT

“The youth suicide rate in NZ is far too high: The Raid Movement is a small group of young people who are changing the world, one school at a time. Our aim is to show support to our fellow young people and show them that life is the most important gift of all.  
Life over everything”



Figure 1: The Raid Movement Facebook page

RAID (Respond to All In Distress) was set up after a cluster of local teen suicides in the Whangarei area. The movement began following the survey of other young people and finding the majority felt bullying was a major problem for youth. With the support of Ngati Hine Health Trust, The Raid Movement works to encourage more positive behaviour and life outlook among their peers. They are doing this in a range of ways including using Facebook and presenting to students in schools.

<sup>3</sup> <http://www.theraidmovement.co.nz/>

## FAR NORTH RAID

Using a tuakana-teina model the Far North Raiders are the resulting Kaitaia branch of The Raid Movement. The Far North Raid was established in the later months of 2014.



Figure 2: Facebook status of The Raid Movement acknowledging the establishment of what would become the Far North Raid.

The Far North Raid is led by Chardae Dunmore of Te Hiku Hauora, Waka Hourua Coordinator for Suicide Prevention and Anti-Bullying for Rangatahi. Chardae says “The initiative is very much youth-led and youth-driven. I assist with organisation and management but I mainly stand back and allow taitamariki to drive it all.”

The group is made up of rangatahi between 13-17 years old and led by the kaupapa of building awareness and resilience against youth suicide and bullying.

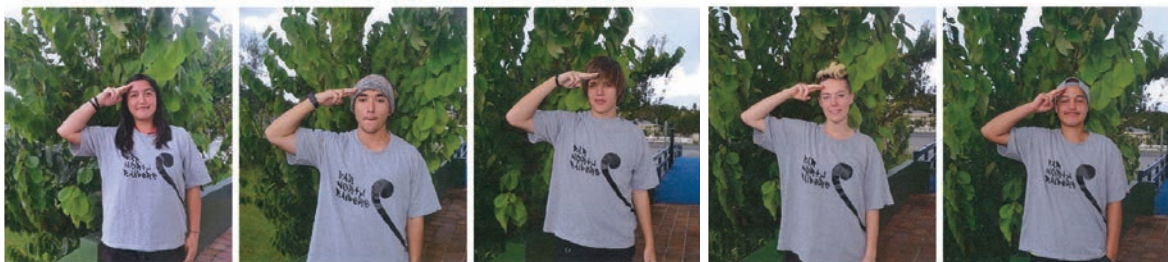


Figure 3: Far North Raiders

(Left to right top)

Te Oranoa Matthews, William Rutherford, Zinnie Peters, Nina Griffiths, Uirakohu Matthews

<sup>4</sup>Te Hiku Hauora. (21 May, 2015). Supporting Youth, Nga Take, News. Retrieved from <http://www.tehikuhauora.nz/News/ID/66/Supporting-Youth>



#### OFFICIAL LAUNCH

The Far North Raid official launch took place at the Waitangi Day commemorations, February 6, 2015, in Waitangi. The Far North Raiders attended the event alongside The Raid Movement. Their launch was a success with an entire day devoted to the promotion of their launch and their kaupapa which included a 15 minute stage presentation. The Far North Raiders highlighted on reflection of their launch day that they were “so proud to be Māori and youth from the far north!”

#### COMMUNITY ENGAGEMENT



Since their establishment, the Far North Raiders have been taking opportunities to engage with their community and promote their kaupapa. On February 25, 2015 the group set themselves up at the Kaitaia College Athletics Day and encouraged students to identify what life meant to them by having them ‘tag’ their thoughts on the ‘Life over Everything’ cloth banner. The photos and messages of such events are shared via social media, specifically Facebook so the kaupapa is effectively promoted even further.

Figure 4: Far North Raiders meeting to prepare for Kaitaia College Athletics Day



Figure 5: The Far North Raiders engaging with students at Kaitaia College Athletics day – ‘Life over Everything’ salutes.

ANTI-BULLYING IN SCHOOLS  
KAITAIA COLLEGE

26 May, 2015 was Pink Shirt Day at Kaitaia College. The purpose of Pink Shirt Day is to promote awareness of in-and out-of-school bullying. As part of this kaupapa the Far North Raid facilitated an anti-bullying workshop to promote awareness about bullying and to have rangatahi-led feedback for a Kaitaia College Bullying Policy.

There were 21 students that signed up to attend the lunch time workshop: Around NZ Café. Four table were set up at the ‘café’; “Auckland”, “Welly Wood”, “Kaitaia” and “Whangarei”. Two Far North Raiders facilitated at each table and encouraged the Kaitaia College students to provide open and honest feedback regarding set workshop questions (Table 2). At conclusion of the workshop everyone came together to debrief and share a kaitahi.

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Table 2: Around NZ Café workshop questions

“Auckland” workshop question:

What do you think Kaitaia College should do with a bullying complaint?

“Welly Wood” workshop question:

How do Kaitaia College students deal with a bullying complaint right now?

“Kaitaia” workshop question:

Why do you think bullies need help to?

“Whangarei” workshop question:

Do you think Kaitaia College does enough to support students being bullied?

Key themes found during the workshops included:

- The reality of bullying: gossiping, verbal and physical violence and cyber-bullying.
- Serious consequences of bullying such as depression and suicide.
- Although students were aware that there are systems in place to deal with bullying they felt that the current processes in place Kaitaia College regarding bullying were not helpful.
- The Kaitaia College students voiced that bullying complaints should be handled immediately, include support for all involved, and that the situation should continue to be actively monitored to prevent reoccurrence; that students people being bullied are encouraged to speak out; that more resources are available to prevent bullying such as education and promotion of anti-bullying, more teachers on duty and surveillance of social media.
- The students shared that support should also be put in place for people who bully and were aware that there may be underlying situations that lead to people bullying others.

Following the conclusion of the Muriwhenua Waka Hourua Project Kaitaia College have since had an Anti-Bullying Policy approved by school’s Board of Trustees. This was pushed by Far North Raiders and their workshop they had completed. The progress is currently ongoing and how the school administer the policy is determined by Senior Health Council and students of Kaitaia College.







## Healthy Active Bodies Lead To Healthy Active Minds

One of the initial major activities for the Far North Raid was a Waka Hourua Wānanga – Healthy Active Bodies Lead to Healthy Active Mind. The kaupapa of the wānanga was suicide prevention and anti-bullying and took place Friday 28 – Sunday 30, November, at Te Paa a Parore Marae in Paparore.

The wānanga had a well organised set three day programme for rangatahi which included guest speakers, workshops, and fun relationship building activities, both at the marae and in the surrounding far north area. The event concluded with a kai hākari and a celebration of completion with the presentation of participation certificates to the rangatahi.



Figure 8: Community awareness: The Waka Hourua wānanga and its kaupapa was featured in the Northland Age, December 11, 2014.

### HEALTHY LIVING – LOUISA KINGI COOPER

The first guest speaker for the wānanga was Louisa Kingi Cooper who presented about the importance of a healthy balanced diet and the impact of food on wellbeing.

In addition to Louisa’s presentation the promotion of healthy lifestyles was followed up through choice of kai available during the weekend, the physical activities that took place-which included activities at 90 Mile Beach and Lake Ngatu, and the kaupapa focussed workshops.



Figure 9: Active, healthy bodies- Wānanga participants enjoying activities at 90 Mile Beach





Figure 10: Active healthy bodies enjoying Lake Ngatu

#### ANTI-BULLYING WORKSHOP BY DOUGAL AND CAROLYN STOTT



Figure 11:

An anti-bullying workshop was presented at the wānanga by Dougal and Carolyn Stott of Moana Creative. Moana Creative is a local consultancy based in Kaitaia that offers youth development tools as part of their services

Topics covered included the identification of bullying its consequences, approaches to prevention and what to do when you are being bullied.

On wānanga reflections participants indicated they felt more aware and informed about anti-bullying and enjoyed the presentation.

### WORLD CAFÉ

The highlights of the wānanga took place during the workshops; workshop stations were set-up as a 'World Café' where each table worked on their own activities as seen in Figure 12. To encourage idea development whakataukī and slogans were placed around the marae as inspiration.

The workshop activities were:

1. Designing a logo and slogan for Far North Raid (including T-Shirts)
2. Whakarongo-ki-ngā-kare-ā-roto: Developing a whānau communication tool
3. Ngā piki me ngā heke: Developing a memory aid tool

Including whanau;

4. Adult whānau communication tool
5. Tamariki: What makes them happy and sad

A range of resources were developed as a result of the workshop; tools to promote anti-bullying and suicide prevention. Figure 13 shows an example of these which includes The Far North raiders T-shirt and a Memory Aid magnet.



Figure 12: Outcomes of wānanga World Café workshops: Far North Raiders T-shirt and communication tools

WĀNANGA EVALUATION

In total 16 rangatahi attended the wānanga, all of whom completed a wānanga evaluation (Figure 17). The overall findings were highly positive and the rangatahi enjoyed their time. In the evaluation form rangatahi were asked set questions as set out in Figure 14 below. Almost all answered positively regarding their perception of the Wānanga experience.

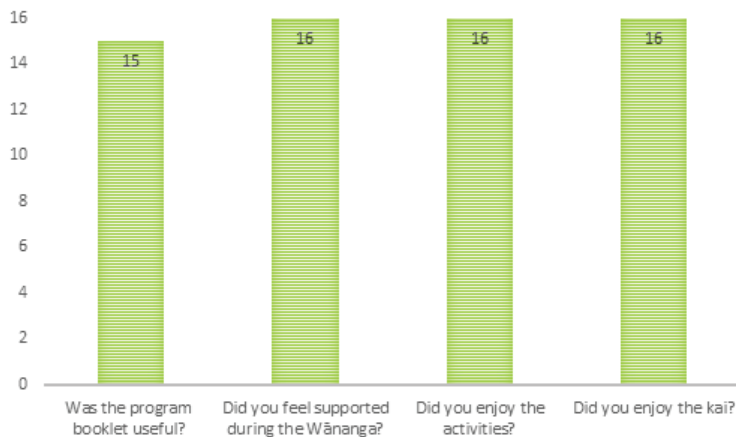


Figure 13: Wānanga evaluation set questions and rangatahi that answered “yes”

In addition to the set evaluation questions, rangatahi were also prompted to share what they enjoyed most and least about the Wānanga. A summary of their responses are shown in Figures 15 and 16; kai was one of the things most enjoyed followed closely by the Wānanga workshops. The highest response in ‘what did you enjoy the least’ showed that there was nothing that the rangatahi did not enjoy although it was indicated that some rangatahi would have enjoyed more rangatahi there.

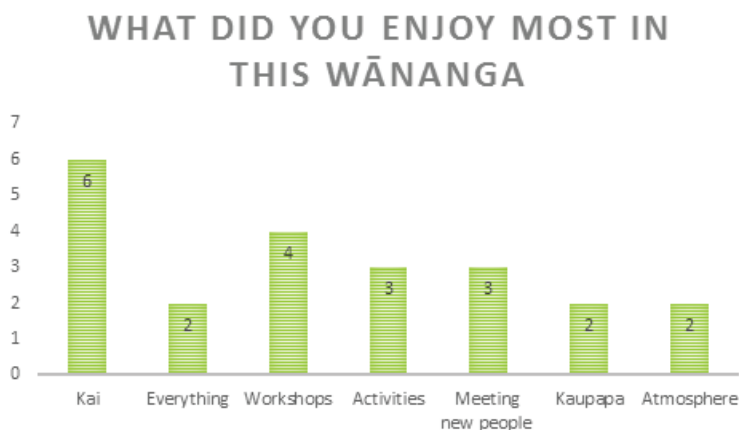


Figure 14: What was enjoyed most at the Wānanga by number of rangatahi

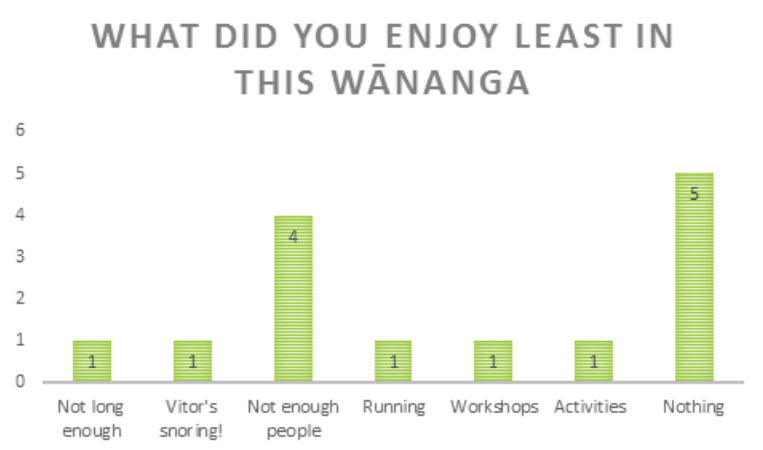


Figure 15: What was enjoyed least at the Wānanga by number of rangatahi

**Evaluation**

1. Was the program booklet useful?  
*Yes to know what we were doing during the weekend*
2. Did you feel supported during the Wananga?  
*Yes*
3. Did you enjoy the Activities?  
*Yes*
4. Did you enjoy the Kai?  
*Yes*
5. What did enjoy the most in this Wananga?  
*Kai, workshops*
6. What did you enjoy the least in this Wananga?  
*Not long enough*

Figure 16: Wānanga Evaluation form example



# Whānau Communication And Memory Aid Tools — *Waka Hourua*

Key objectives that the Waka Hourua Community Fund enabled for Te Hiku Hauora was the development of communications tools as aids to prompt the right conversations around suicidal thinking and planning. One was a whānau tool and the other was a memory aid. Figures 18 and 19 illustrate the published products of these developments.

The Far North Raiders use these tools to promote their kaupapa to the public. For example they were distributed at their launch at Waitangi Day 2015. Social media and media presence has also ensured that the messages are far reaching.

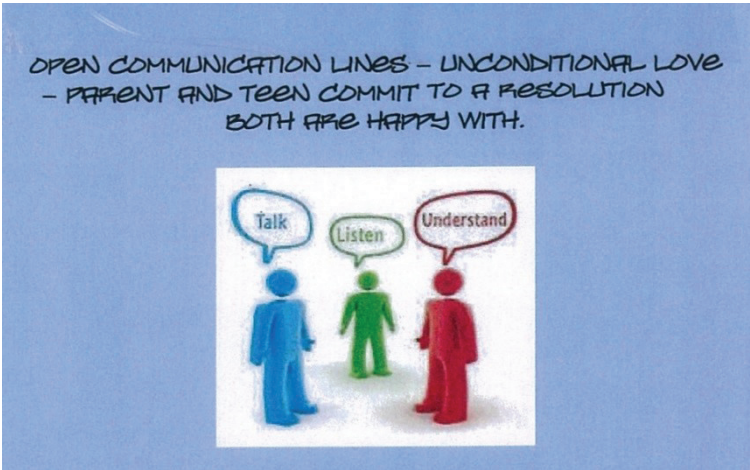


Figure 17: 'Whakarongo ki ngā kare-ā-roto' Whānau Tool

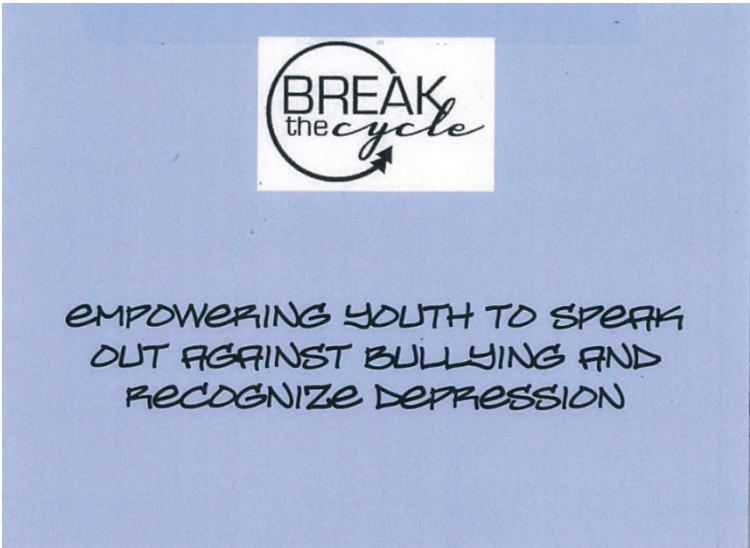


Figure 18: 'Ngā piki me ngā heke' Memory Aid Tool



#### UTILITY AND IMPROVEMENT OF COMMUNICATION TOOLS

In February 2015, following the development and publication of the communication tools a wānanga was held to discuss the utility of the tools and how they could be further developed. The wānanga was attended by both rangatahi and whānau of Kaitia and facilitated by Chardae Dunmore.

The participants were asked about the effectiveness of the tools developed and possible improvements. Table 3 highlights comments of the wānanga discussion. The key themes were that they tools are helpful and that their simplicity made them effective. It was identified that the tools are tangible products that are empowering and encourage positive outcomes against bullying and self-harm. It was suggested that future development should work toward creating a phone application, enhancing the messages that are promoted in the memory tools.

Table 3: Wānanga participant comments regarding the effectiveness of the memory tools

Rangatahi comments	Whānau comments
<ul style="list-style-type: none"> <li>• They are cool because we developed them</li> <li>• It shows who we are – Far North Raiders</li> <li>• They send a simple message</li> <li>• It gives a strong message</li> <li>• Empowering</li> <li>• Makes us think a little more of our actions</li> <li>• We need to keep doing this to save our brothers and sisters out there</li> <li>• We need to spread this everywhere</li> <li>• It gives us a voice</li> <li>• It helps us to be better people</li> <li>• The tools are a symbol of us as youth</li> </ul>	<ul style="list-style-type: none"> <li>• I like the use of the word love in the tool. I think it is important for our young people to remember they are loved</li> <li>• It is simple and makes me think of my actions toward my daughter more, and to change them to be more positive.</li> <li>• Those three words are very powerful</li> <li>• We need to talk, listen and communicate with our tamariki more</li> <li>• We need programmes such as this, it's a shame it is not going to continue</li> <li>• Can we create more tools like this, especially for our young ones; tools that are simple for them to understand.</li> </ul>

## Who Are We Talking To?

Throughout the duration of their project, Te Hiku Hauora and the Far North Raiders have been collecting participant data to support their kaupapa and to spread their influence across the Muriwhenua. This has included recording participant information and events as well as distributing surveys to gain community feedback in regard to suicide prevention.

### PARTICIPANTS

Table 4 sets out overall participant data over the course of the project. A total of 333 Waka Hourua participants took part in the key activities of the Muriwhenua Waka Hourua Programme project. In addition to this, consideration of the surveys completed as part of the Far North Raid movement, other project activity evidence, and the high use of social media during this project- the actual number of people influenced by this project may have been much greater.

Table 4: Number of participants in Waka Hourua activities

Reporting period	Participants data
16 June 2014- 31 August 2014	--
1 September 2014- 30 November 2014	216
1 December 2014- 31 May 2015	117
Total	333

Table 4 shows that participant numbers for reporting period 1 were not captured. This was due to administrative issues as the project was developing. Nevertheless, alternative evidence of activities taking place during this period were made available by Te Hiku Hauora. This included initial discussions with rangatahi regarding health promotion and the introduction of The Raid Movement as discussed previously in this report.

Figures 20 – 22 below display the demographic profiles of all 333 participants. The Figures highlight that the majority of project participants were between the ages of 13 to 18 years, female, and identified as Māori.

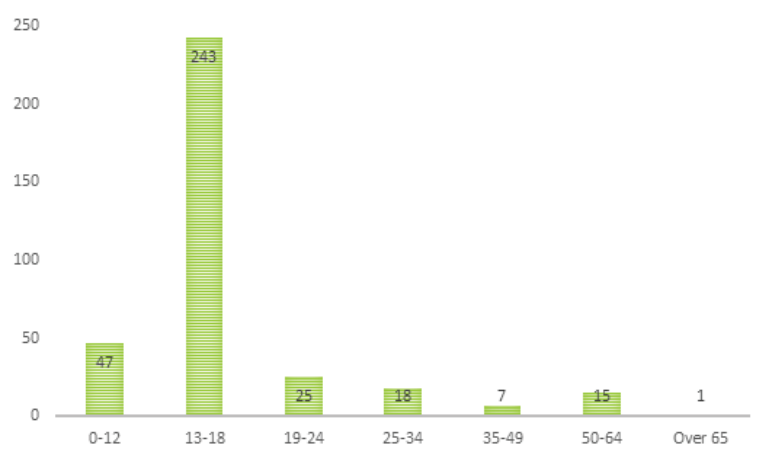


Figure 19: Total Waka Hourua participant data by age group

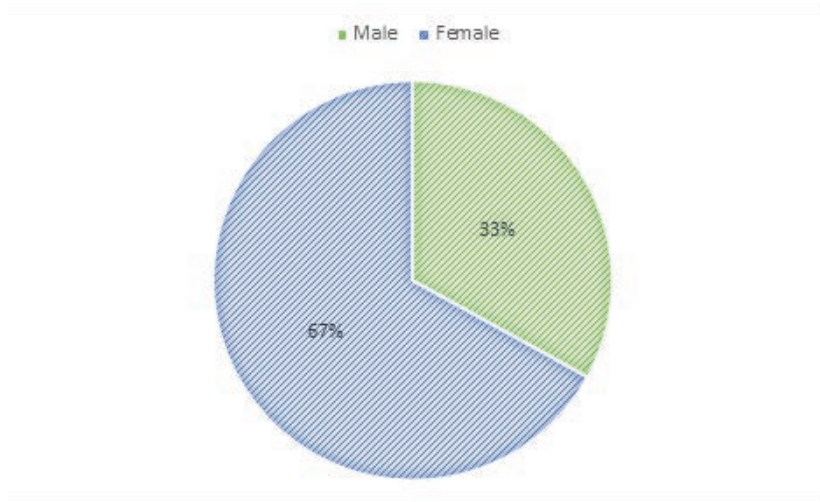


Figure 20: Total Waka Hourua participant data by gender

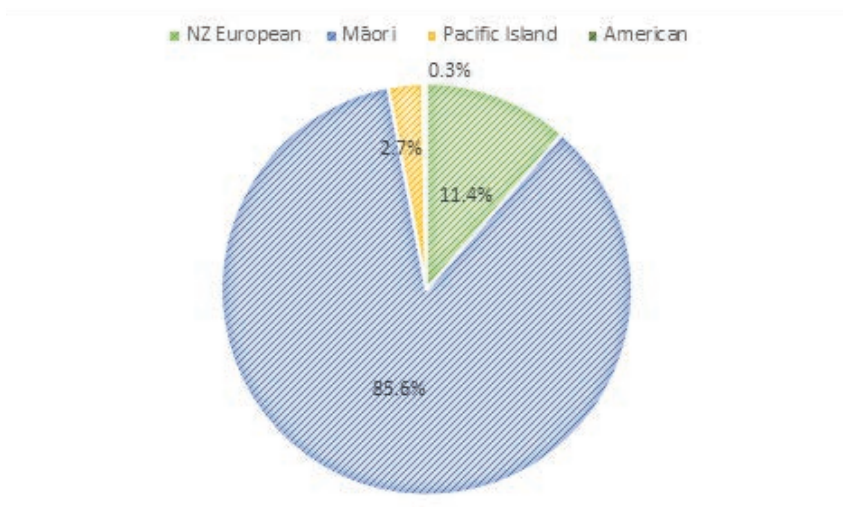


Figure 21: Total Waka Hourua participant data by ethnicity

#### SURVEYS

Far North Raid Surveys were distributed at all Far North Raid activities. The data collected provided information upon which the group could make improvements and it also provided further understanding regarding who they were engaging with during the events. Figure 23 provides an example of the Far North Raid Surveys.

"Life Over Everything"  
**Far North Raid Movement**  
 Ethnicity: *Māori* Male/female: *Male* Age: *17*

1. Have you heard of Far North Raid before today?  
 Yes  No

2. Do you know anyone who has ever been in a state of distress?  
 Yes  No

3. Have you ever been in a state of distress?  
 Yes  No  Maybe

4. Did you know where to go for help?  
 Yes  No

5. If you were in distress, to whom would you be most likely to go to for help?  
 a) A friend your age?  
 b) A friend who is older than you?  
 c) A parent or guardian?  
 d) Another whanau member?  
 e) A professional?  
 f) A teacher?  
 g) Private Message RAID Facebook page?  
 h) Other

6. Do you think Far North needs a youth group like this? To help other youth in distress? In developing Fun Youth events, FB Page, Apps etc. Here in the Far North?  
 Yes  Why do think so?  
*To help the youth in this town.*  
 No

Figure 22: Far North Raid Movement survey example.

In total, eight suicide awareness/prevention related events were attended by the Far North Raiders during the project period – at which they advocated suicide prevention and awareness and further promoted their group and what they did. Throughout all of these events 417 surveys were completed (Table 5).

Table 5: Events attended by the Far North Raiders and completed surveys

Events	Responses
World suicide prevention day	23
Mental health day	28
Healthy bodies, health minds wānanga	16
Waitangi day	66
Kaitaia College athletics day	67
Health expo	36
Youth expo	97
Taipa Area School Pink Shirt Day	84
Total	417

## Conclusion

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The Muriwhenua Waka Hourua Programme was a collaborative initiative led by Te Hiku Hauora in collaboration with rangatahi, whānau, community, Northland DHB and iwi providers in Kaitaia and the Far North. This report commends the excellent contribution that Te Hiku Hauora, their community, and the rangatahi of the Far North Raiders have made toward suicide prevention in the Kaitaia and Far North area. This initiative enabled further presentations of the Matanui performances and workshops which went in to communities to highlight the challenges facing rangatahi in Northland. Building upon the success of Matanui and using established relationships in the Northland area a tuakana-teina model was used to develop a rangatahi-led group in Kaitaia – The Far North Raid, to further drive the promotion of anti-bullying and suicide prevention.

Simple and usable communication tools were developed by the rangatahi, community and whānau to prompt conversations and awareness of suicidal thinking and planning. These tools are distributed publically in the Far North and further throughout the country with the use of social media. The Far North Raiders are actively engaging in their communities to promote anti-bullying and suicide prevention using the knowledge gained and tools developed during this initiative. A key strength of this programme is the reach it has exhibited throughout the Muriwhenua. Te Hiku Hauora made good overall achievement toward the accomplishment of the project objectives. The overall outcomes of the project are highly positive, and provide a wealth of tools for the rangatahi, whānau and communities of the Far North. Unfortunately due to circumstances out of their control not all contract deliverables were fully achieved. Despite this, no negative impact transpired on the overall delivery. Te Hiku Hauora made great use of their resourcing to ensure a quality services were undertaken as is demonstrated within this report.

### GOING FORWARD

As this report highlights, Te Hiku Hauora have achieved some excellent outcomes with the aid of the Waka Hourua Community Fund. Going forward, the following areas are identified for further development.

1. Active and effective anti-bullying policies in schools: Building upon the foundations laid already in regard to anti-bullying and ensuring bullying policies are implemented in more schools.
2. Continuation of empowerment of the tuakana-teina model: The success of developing the Far North Raid via The Raid Movement illustrated the importance of such models to effectively engage rangatahi and create positive relationships and role models.
3. Enhancing and strengthening community relationships: This report demonstrates Te Hiku Hauora using the importance of community engagement in the promotion and prevention of bullying and suicide. Continuation of these relationships is paramount.
4. Progressing tools – development of a phone application: The communication tools developed during this initiative were invaluable. Progression to a more versatile tool that will further appeal to rangatahi will ensure that the aids become more accessible.



Waka Hourua

# Te Hiku Hauora

## Muriwhenua Waka Hourua Programme



A community based, rangatahi informed initiative, which carried out a variety activities and promoted resources as a means of suicide prevention and resiliency building.

Community members participated in workshops and wānanga relevant to suicide prevention and resiliency building, established a rangatahi lead suicide prevention and anti-bullying activist group, and participated in the development of suicide prevention resources.



A total of 333 people participated:  
 85.6% Māori  
 33% wāhine  
 67% tāne

Community members were introduced to local support services, networks, and pathways for accessing help. Community members, particularly rangatahi, also participated and promoted in multiple suicide awareness and prevention events.



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Te Rau Matatini

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*Maka Kōwhiri*



**Te Rau Matatini**