



Tihei mauri ora!
E te Atua, nāu te korōria
Te hunga mate ki te hunga mate, haere
haere haere
Te hunga ora ki a tātou te hunga ora
Tēnā koutou, tēnā koutou, tēnā tatou katoa

The 2018/19 financial year saw Kia Puāwai grow and diversify. In addition to the community-based groups Kia Puāwai has developed wellbeing programmes for the charity sector.

Charities are well known for their shoe-string budgets and volunteer heavy work forces who go above and beyond. They often work long hours and overlook prioritising their OWN health and wellbeing in favour of others. With charity groups the focus is more on mental and emotional wellbeing, behavioural change, and managing stress in the workplace.

As the work with the charity sector grew so did the diversity and direction of the wellbeing programme content with over 60 topics now available. As a society we have focused heavily on physical wellbeing, forgetting that wellbeing is more than weight or illness. For example, the World Health Organisation predicts that by 2020 depression will be the second leading cause of death.

Research supports a holistic approach to wellbeing that looks at the person as a whole and the benefits of sharing the wellbeing journey as a part of a community. Evaluations we undertook during the year showed that:

Community groups reported the primary benefits achieved as being:

1. Improved well-being through mutual support as part of a group.
2. Having a voice in a safe place to discuss personal well-being.

“As a mother this programme is helping me as a role model making better choices for my children ... The group support has encouraged and enabled us to start regular exercise together. Together=Lifesaving!”

Community group participant.

For charity groups the primary benefits achieved were reported as being:

1. The ripple effect of what has been learnt by their team or volunteers being shared with clients and family.
2. Improved connectedness within the team and volunteers.

“The group size has grown at every session. Participants speak of two benefits - the life skills and the fellowship ... Our vision includes connecting people, as we believe connected people are safer and Kia Puāwai fits hand in glove with the needs of our volunteers.”

Age Concern

2019/20 is going to be an exciting year in creating a sustainable model for Kia Puāwai as it launches its social enterprise arm working with paying corporates. This will allow us to continue to deliver the free wellness programmes within the Waikāto community.

Thanks to my fellow Directors, Annah and her dedicated team. It has been a privilege to chair the Kia Puāwai Board this year and to see the organisation's vision - Kia tū, Kia hauora, Kia Puāwai - Stand up, be healthy and blossom - continue to grow.

Nāku nā,
Julia Steenson, Chair