



JANUARY 2020

Happy New Year
2020

Welcome to our first newsletter for 2020. After a very successful 2019, I am excited to see how much we can accomplish across Aotearoa this year.

I would like to start by acknowledging and reflecting on some of the tremendous mahi that happened throughout Emerge Aotearoa last year. Of particular note were the launches of our new self-funded initiatives Ignite Aotearoa and EaseUp. Our Rainbow Roopu, Te Whānau o Uenuku held its inaugural hui and has developed a strong workplan for this year. The first group of kaimahi to take part in our Māori Leadership Programme, Te Ngākau Hīhiko o te Kākā Tarahae, graduated with a ceremony at Te Paea Marae. Mind & Body Consultants celebrated its 21st birthday and we also released our first Impact Report to showcase the work we did in our first three years as an organisation.

We have many exciting things to look forward to this year. Our services, particularly in housing and mental health, attracted considerable interest from the government and this year we will be expanding the work we do in these sectors. Emerge Aotearoa will also be involved in the roll out of new primary health care initiatives which will see more support workers in general practices throughout

the country. Internally, we will be welcoming several new Board members this year and will be starting work on a large-scale update of our business and IT systems.

It is fantastic to be starting the new year in such a strong position, to help more people across our communities to have greater wellbeing.

Ngā mihi,

Barbara Disley
Group Chief Executive



SUSTAINING TENANCIES

Homelessness impacts heavily on the lives of whānau and individuals in our communities. The lack of housing and rapidly rising rents, combined with increased costs of living are contributing to increased rates of homelessness.

In addition to providing emergency housing services, Emerge Aotearoa provides a Sustaining Tenancies programme in Auckland, Hawkes Bay and Hutt Valley. The programme aims to prevent homelessness by supporting households to retain their tenancies. The goals of the

programme are to improve outcomes for families and individuals dealing with issues that affect their tenancy, to prevent homelessness, and to strengthen the connections people have with their communities.

Examples of the practical support provided by the Sustaining Tenancies team include helping people resolve missed rental payments, tackling debt, cleaning properties and linking people in to appropriate services. The support is tailored to best meet the needs of the household. The team works with people in social housing and private rental housing and people can self-refer to the programme for assistance.



HEALTH AND DISABILITY SERVICE

On 7 November, we officially opened a new sophisticated needs service in West Auckland.

The service has been purpose built to support someone who has spent the last 12 years in a forensic inpatient unit. We have successfully recruited a fantastic new team of staff who have been working in the forensic unit over the last two months to develop a relationship with the person they will be supporting. The transition has been careful, deliberate and well considered, with the Service Manager, Ashleigh Clarke, coordinating the plan.

The property was sourced from a private landlord who has been incredibly accommodating of our need to adapt the house to suit the person's needs.

The person loves the house and moved in permanently on 18 November 2019. His whānau have expressed relief and

pleasure at having something for their son that is long term and in the community.

It is early days but this has been a fantastic example of services, both internally and externally, working together and putting a person first to provide them with a life of their choosing.



IGNITE

Our newest entity, Ignite Aotearoa, was officially launched late last year with events held in Auckland and Christchurch.

Ignite will operate as a social enterprise committed to strengthening community wellbeing. It will use technology and novel approaches to achieve fast, flexible and easy to access wellbeing support, resources and education. Initially, Ignite is focussing on the workplace as a community, targeting Kiwis in employment. This new market for the Emerge Aotearoa Group will allow us to touch the lives of a broader group of New Zealanders in need of support. One-in-five New Zealanders experience mental illness each year and this has a significant impact on employee wellbeing, engagement and productivity. By providing solutions for people to address mental health concerns in their early stages, the overall health and resilience of staff will increase leading to happier and more creative workplaces.

Ignite has kicked off 2020 with a new suite of educational workshops to support workplaces to better understand and strengthen wellbeing, mental health and resilience. We are also working with organisations to help their staff de-escalate situations.

The development of a digital wellbeing platform is well underway, and once live it will provide a hub for wellbeing support, tools and information. This platform will truly put the choice of who, where and how people access services in their own hands.

Ignite is all about doing things differently to address the challenges that exist within the mental health sector and we are excited about making this available in 2020.

To find out more about Ignite Aotearoa visit ignite.org.nz



MIND & BODY CONSULTANTS TURN 21

Our Mind & Body Consultants team recently celebrated the 21st birthday of the service with an event at the Sorrento in Auckland.

About 80 guests enjoyed the festivities including former staff and people that had helped shape and grow the organisation.

Mind & Body Consultants began in 1998, when Jim Burdett approached the Auckland District Health Board with the idea of professionalising consumer advisor roles. The organisation has been a key part of New Zealand's mental health landscape ever since.

Jim Burdett and Jane Briscoe developed Mind & Body Consultant's model of peer support as a safe, effective and ethical service to support people experiencing mental distress. In 2003, the service won New Zealand's first ever peer support contract. Its first four peer support workers were trained the following year.

In 2006, another peer support contract was gained with Waitemata District Health Board, followed in 2007 by the establishment of the Christchurch peer support service. Mind & Body Consultants became part of the Emerge Aotearoa Group when we formed in 2015.

Today, the team of about 30 kaimahi (plus Bubba, Shadow and Bailey - the Pet Peer Support dogs) work in Auckland, Christchurch, Capital and Coast, and Waitemata delivering peer advocacy and support. They also deliver the Like Minds, Like Mine education programme, Two+ reThink, for the education and housing sectors. This is supported by Vaka Tautua and Mahitahi Trust.

Thank you to everyone who helped make the 21st birthday celebrations such a success, including MC Brody Runga, guest speaker Mary O'Hagan, our Group CE Barbara Disley and Jim Burdett.

mind&body

CONSULTANTS



THE GENERATOR

In August 2019, we were thrilled to launch The Generator – a four-year pilot programme funded by the Ministry of Social Development and delivered by Emerge Aotearoa and Vaka Tautua.

The Generator aims to address financial hardship in some of New Zealand's most deprived communities by providing seed funding, so that entrepreneurial Kiwis can kickstart a business or showcase their talents. Since launching, The Generator has supported 260 whānau to start their dream of financial independence.

Seed funding worth \$406,027.74 was distributed to ventures including:

- Education
- Arts and culture
- Health and wellbeing
- Trades
- Tourism
- Catering
- Media
- Fashion and jewellery
- Accommodation



Hīnātore, sparking abundance

Some examples of initiatives that have been funded include community yoga and a cleaning/car valet service in Wairoa; an eyelash extension studio and driving school in Cannon's Creek; Go Kart Tours and exporting paua buttons in Hicks Bay; Frybread burgers, affordable caskets, and lawn mowing in Whanganui; basket weaving, pareu boards and Pasifika catering in South Auckland; massage and natural healing in Nelson; video work in Hawkes Bay; and a roofing business and Māori/Samoan flashcards for pre-schoolers in Franklin.

We are excited about the opportunities that 2020 will bring for people to pursue their dreams and apply their talents towards creating a better financial future for themselves, their whānau and their communities.

