

Mental Wellbeing

Quarterly Update 1 April - 30 June 2023

Healthy Families NZ develops quarterly updates for each key focus area, providing a snapshot of mahi being carried out across our location teams.

Healthy Families Waitākere is actively working on developing a Pasifika wellbeing strategy. By utilising existing knowledge, community voice, learnings from the Whau Pasifika Komiti and the Ministry of Pacific Peoples wellbeing strategy, the team aim to localise a well-informed plan. The Pasifika wellbeing strategy has potential to impact local governance, organisations and families for improved health and wellbeing outcomes.

Healthy Families East Cape had the privilege to wānanga with Rongoā practitioners about the introduction of the Therapeutics Products Bill, and hear their lived voices and their lived realities in the application and teachings of Rongoā. With the introduction of the bill in its current form, their community of practitioners held several wānanga about the regulatory function and how this might impact the future use of mātauranga māori and the indigenous knowledge system they practice. The team supported their community by making a submission on the bill, providing a rationale for the importance that mātauranga Māori has in our health system.

Healthy Families Whanganui, Rangitīkei, Ruapehu are dedicated to addressing the underlying conditions that impact health and wellbeing, in order to reduce the risk of suicide. The team know that a community-led response can bring a radical change towards our thinking, narrative and practices from welfare to wellbeing, from loss to love, from intervention to prevention. The insights and the hypotheses that emerged from community engagements informed the co-design of Growing Collective Wellbeing Regional Suicide Prevention Strategy and action plan.

Te Aroha Eels Rugby League Club are championing Find Your Front throughout the local rugby league community with help from **Healthy Families Hutt Valley** – as part of their mana whenua round, they used the practice of haka to support their wellbeing. New Zealand Rugby League are using the term "Find Your Front" to build resilience and promote open kōrero and striving to break the silence surrounding mental wellbeing in the Rugby League community.

With help from **Healthy Families South Auckland (The Cause Collective)**, Armourguard Security has recently launched a new focus on workplace wellbeing in their Auckland branches. The national security firm is actively engaging with their staff to encourage them to raise their wellbeing issues and concerns as part of a new wellbeing initiative.

Sport Canterbury embarked on a Women & Girls Strategy – the end goal is that women and girls are involved, valued and visible at ALL levels in sport and active recreation. Three priority areas were identified - Leadership, Workforce Delivery and Participation with each area having its own subgroup of members. **Healthy Families Ōtautahi** helped lead a series of Systems Change workshops with each subgroup to help develop their action plans.