

# Pasifika

## Quarterly Update 1 July - 30 September 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 back boning a steering group which supports eleven Aoga Amata across Auckland to increase access to culturally appropriate support and resources to improve aiga (family) and faiaoga (teacher) health and wellbeing. The journey of Tāfesilafa'i has been documented and shared by The Spinoff. The team are now planning what the next year of Tafesilfa'l will bring for the initiative, including handing it over to the partners, Sosaiete Aoga Amata Sāmoa I Aotearoa.

On the back of it's success in Hutt Valley, Xtreme Hip Hop was launched in Ōtautahi with support from **Healthy Families Hutt Valley**. The classes in Lower Hutt became a way for members of the Pasifika community to connect and support each other. Many participants felt a sense of community and aiga (family) during class, that helped them stay motivated and committed to their fitness goals. The aim of launching Xtreme Hip Hop in Christchurch is the same.

**Healthy Families Ōtautahi**, alongside Sport Canterbury were proud supporters of the inaugural Matua Pasifika Olympics Games. The Pasifika Mātua Olympics, specifically aimed at Pasifika Mātua aged 60 years and over, provided a safe environment to have fun - all games were designed for all mobility levels and utilized motor function skills, cognitive, balance, concentration and target skills all while having fun and building social connections. Geni Ah Tong (Manager) and Chris John (Moana Pasifika Systems Innovator) were present as volunteers on the day.

“Ola Malosi” is an initiative to create a toolbox for Aoga Amata to use with aiga (child) to improve access to culturally appropriate resources and equipm is an initiative to create a toolbox for Aoga Amata to use with aiga (child) to improve access to culturally appropriate resources and equipment. ent. **Healthy Families Waitākere** is using a co-design approach to the development of the toolbox, incorporating being active, healthy eating and language development

**Healthy Families Hutt Valley** are undertaking an advisory/support role with the Tokelau Hutt Valley community as they move through the process of engaging with Hutt City Council to host the 2024 national Tokelau tournament.