



Fiordland Community Board

OPEN MINUTES

UNCONFIRMED

Minutes of a meeting of Fiordland Community Board held in the Te Anau Club, corner Pop Andrew Drive and Jackson Street, Te Anau on 24 June 2024 at 1pm. (1.01pm – 2.48pm, 3.08pm – 4.32pm)

PRESENT

Chairperson

Diane Holmes

Deputy chairperson

Julie Burgess

Members

Marilyn Hunter

Kate Norris

Luke Thomas

APOLOGIES

Councillor Sarah Greaney

Nick Robertson

IN ATTENDANCE

Community partnership leader

Stella O'Connor

Committee advisor

Rachael Poole

1 Apologies

There were apologies for absence from Councillor Greaney and Nick Robertson, who were on approved leave of absence.

Moved Chairperson Holmes, seconded Luke Thomas and **resolved:**

That the Fiordland Community Board accept the apologies.

2 Leave of absence

There were no requests for leave of absence.

3 Conflict of interest

1. Julie Burgess declared a conflict of interest in regards to item 7.2 Community partnership funding applications – May 2024 funding round in regards to Fiordland Trails Trust and advised that she would not take part in any discussion or vote on this matter.
2. Luke Thomas declared a conflict of interest in regards to item 7.2 Community partnership funding applications – May 2024 funding round in regards to Santa's little Helpers and advised that he would not take part in any discussion or vote on this matter.

4 Extraordinary/urgent items

There were no extraordinary/urgent items.

5 Confirmation of minutes

Resolution

Moved Chairperson Holmes, seconded Kate Norris **and resolved:**

That the Fiordland Community Board confirms the minutes of the meeting held on 29 April 2024 as a true and correct record of that meeting with the correction that Councillor Greaney's leave of absence is until 27 June 2024 not 22 June 2024.

6 Public participation

Anna Star – Fiordland wellbeing coordinator spoke to the board on the work her and Alexa Smith have been involved in since her last report. Funding through Te Hau Toka ends on 30 June 2024 and currently Anna and Alexa are looking at different avenues for funding. A copy of the funding proposal is attached to the end of these minutes. (Attachment A)

Christina Abramowicz spoke via a video message about Charlie the Kea being taken by DOC to Dunedin to be included in their breeding program. Christina is concerned that Charlie may not receive the same level of care and attention that she received in Te Anau and the sudden uplifting of Charlie without any notice has been upsetting for those involved in Charlie's care. It is also not clear when and if Charlie will return to Te Anau if she is unsuccessful in the breeding program.

Reports

7.1 Project scope confirmation - 2024/2027 locally funded projects

Record No: R/24/4/26398

Lance Spencer explained that the purpose of this report was to seek approval from the Fiordland Community Board for the scope of the locally funded projects within their board area that will be delivered in the first three years of the 2024/2034 Long Term Plan.

Due to the payWave solution for showers still to be finalised, Lance will have locks installed on the shower doors at the lake front public toilets. This will enable the toilets to remain open to the public for longer periods, especially over the Winter period

Resolution

Moved Luke Thomas, seconded Deputy chairperson Burgess **and resolved:**

That the Fiordland Community Board:

- a) **Receives the report titled "Project scope confirmation - 2024/2027 locally funded projects" dated 29 May 2024.**
- b) **Determines that this matter or decision be recognised as not significant in terms of section 76 of the Local Government Act 2002.**
- c) **Determines that it has complied with the decision-making provisions of the Local Government Act 2002 to the extent necessary in relation to this decision; and in accordance with section 79 of the act determines that it does not require further information, further assessment of options or further analysis of costs and benefits or advantages and disadvantages prior to making a decision on this matter.**
- d) **Agrees to approve the scope of the projects identified (as indicated below) with the details defined in the attachments to the staff report.**
 - **Manapouri Hall – Exterior Repaint (FHALL042) 2024/2025**
 - **Manapouri Hall – LED Lighting (P-10569) 2025/2026**
 - **Manapouri - Recreation Reserve Playground Equipment Renewal (P-10769) 2025/2026**
 - **Manapouri Hall – Interior Repaint (FHALL041) 2026/2027**
 - **Fiordland - Active Recreation Improvements (P-11090) 2024/2025**
 - **Te Anau – Henry Street Playground Redevelopment (P-10811) 2024/2025**
 - **Te Anau – Lions Park Playground Redevelopment (P-10814) 2024/2025**
 - **Te Anau – Te Anau Downs Boat Ramp Replacement (P-10880) 2024/2025**
 - **Te Anau – Boat Harbour Playground Equipment Renewal (P-10809) 2026/2027.**

7.2 Community partnership funding applications - May 2024 funding round

Record No: R/24/6/37990

Community liaison officer, Gordon Crombie explained that the purpose of this report was for the Fiordland Community Board to allocate funding for the May 2024 round of the Fiordland Community Partnership Fund.

The Fiordland Community Board has \$45,000 available to allocate through the Fiordland Community Partnership Fund in the 2023/2024 financial year. The available balance is \$24,697.

There is a total of \$34,801.71 in requests for this round of funding.

Moved Deputy chairperson Burgess, seconded Kate Norris recommendations a – d of the report.

That the Fiordland Community Board:

- a) Receives the report titled “Community partnership funding applications - May 2024 funding round”.**
- b) Determines that this matter or decision be recognised as not significant in terms of Section 76 of the Local Government Act 2002.**
- c) Determines that it has complied with the decision-making provisions of the Local Government Act 2002 to the extent necessary in relation to this decision; and in accordance with Section 79 of the act determines that it does not require further information, further assessment of options or further analysis of costs and benefits or advantages and disadvantages prior to making a decision on this matter.**
- d) Receives applications from the following:**
 - 1. Fiordland Community Garden Charitable Trust**
 - 2. Fiordland Trails Trust**
 - 3. Te Anau Bowling Club**
 - 4. Te Anau Ukulele Festival**
 - 5. Te Anau Croquet Club Inc**
 - 6. Te Waiau Mahika Kai Trust**
 - 7. Fiordland Community Fun Day**
 - 8. Te Anau Waitangi Charitable Trust**
 - 9. Santa’s Little Helpers**

The motion was put and CARRIED.

Julie Burgess left the meeting at 2.11pm and returned at 2.12pm.

Moved deputy chairperson Burgess, seconded Marilyn Hunter recommendations e, g, h, j and k of the report:

That the Fiordland Community Board:

- e) Approves a grant of \$5,000 to the Fiordland Community Garden Charitable Trust to assist with costs associated with the construction of a wheelchair accessible pathway and gazebo.**
- g) Approves a grant of \$500 to the Te Anau Bowling Club to assist with costs associated with the purchase of outdoor chairs.**
- h) Approves a grant of \$5,000 to the Te Anau Ukulele Festival to assist with costs associated with the festival.**
- j) Approves a grant of \$1,736.53 to the Te Waiau Mahika Kai Trust to assist with costs associated with an ecological restoration project at Te Koawa.**
- k) Approves a grant of \$5,000 to the Fiordland Community Fun Day to assist with costs associated with holding the 2024 community fun day.**

The motion was put and CARRIED.

Deputy chairperson Burgess withdrew from the discussion and took no part in the following discussion

Moved Luke Thomas, seconded Kate Norris recommendations f and l of the report:

That the Fiordland Community Board:

- f) Declines a grant of \$4,565.18 to the Fiordland Trails Trust to assist with costs associated with the printing of brochures.**
- l) Declines a grant of \$5,000 to the Te Anau Waitangi Charitable Trust to assist with costs associated with the Waitangi Festival 2025 and requests that they reapply.**

The motion was put and CARRIED.

Luke Thomas withdrew from the discussion and took no part in the following discussion:

Moved deputy chairperson Burgess, seconded Kate Norris recommendations l and m:

That the Fiordland Community Board:

- i) Approves/declines a grant of \$2616.65 to the Te Anau Croquet Club Inc to assist with costs associated with mower maintenance and greens maintenance.**
- m) Approves/declines a grant of \$4843.82 to Santa's Little Helpers to assist with costs associated with the 2024 Christmas celebrations.**

The motion was put and CARRIED.

The meeting adjourned at 2.48pm and reconvened at 3.08pm.

7.3 Great South update to Council on the Te Anau airport Manapouri review update

Record No: R/24/6/38244

Community partnership leader Stella O'Connor and Diane Holmes spoke to this report and explained that the purpose of this report was to update the board on the progress that Great South has made on the Te Anau Airport Manapouri review to date.

Resolution

Moved Deputy chairperson Burgess, seconded Marilyn Hunter **and resolved:**

That the Fiordland Community Board:

- a) **receives the report titled "Great South update to Council on the Te Anau airport Manapouri review update".**

7.4 Chairperson's report

Record No: R/24/6/38248

Purpose

Chair Holmes spoke to this report and explained that the purpose of the report was to provide an update to the Fiordland Community Board on activities that she had been involved with since the meeting in April 2024.

Meetings and events

Those to note are as follows:

02/05/2024 Te Anau Manapouri Airport Governance Meeting

27/05/2024 Fiordland Business Assoc Committee meeting

30/05/2024 Chairs Meeting - Winton

30/05/2024 Te Anau Manapouri Airport Governance Meeting

05/06/2024 Catchup with Chris Goddard CEO Milford Opportunities

06/06/2024 Otautau Community Board Meeting - re airport

10/06/2024 Northern Community Board meeting - re airport

11/06/2024 Oraka/Aparima Community Board meeting - re airport

12/06/2024 Ardlussa Community Board meeting - re airport

13/06/2024 Rakiura Community Board meeting - re airport

15/06/2024 MOP Wind up event

Other updates

- Drop ins – Te Anau library with Mayor on Long Term Plan
- Events Centre Trust AGM – Luke Thomas shared that the Trust is working at updating and adopting their policies.
- Te Anau Development Plan - update
- Emergency housing update – Chair Holmes has spoken with Mr Hollows around the Luxmore subdivision and will set up a meeting with staff and community board to discuss the use of the two gifted sections.
- FBA meeting update – Chair Holmes spoke to the FBA on the airport at their recent meeting.

“To Do” list

Requests for Service and other outstanding small SDC projects

“No Parking” lines on access way in Ivon Wilson Park has been completed

Wilding pines Ivon Wilson and Water Park (Franks Dell)

New Christmas decorations

Te Anau Pay toilets shower pay system still being finalised

Manapouri View St bike stand request. The bike stand has been delivered.

Next Meeting

Next meeting is at 1pm on Monday 26 August 2024 to be held in the Te Anau Club, Corner Pop Andrew Drive and Jackson Street Te Anau.

Resolution

Moved Deputy chairperson Burgess, seconded Luke Thomas **and resolved:**

That the Fiordland Community Board:

- a) receives the report titled “Chairperson’s report”.**

7.5 Councillor update

Record No: R/24/6/37972

Resolution

Moved Deputy chairperson Burgess, seconded Marilyn Hunter **and resolved:**

That the Fiordland Community Board:

- a) **receives the report titled "Councillor update".**

7.6 2024-2034 Long Term Plan Consultation

Record No: R/24/6/37747

Resolution

Moved Deputy chairperson Burgess, seconded Luke Thomas **and resolved:**

That the Fiordland Community Board:

- a) **receives the report titled "2024-2034 Long Term Plan Consultation".**
- b) **agrees to enter a submission to the 2024 long term plan**

7.7 Community board reporting

Record No: R/24/6/37683

Community partnership lead, Stella O'Connor explained that the purpose of this report was to inform the board of the community leadership, operational and Council activities in the board area and across the district. Great to see an increase in the number of building consents granted for April 2024.

Resolution

Moved Chairperson Holmes, seconded Kate Norris **and resolved:**

That the Fiordland Community Board:

- a) **receives the report titled "Community board reporting" dated 13 June 2024.**

7.8 Representation Review update

Record No: R/24/5/35335

The purpose of this report is to update the Fiordland Community Board (the board) on the representation review and to make the board aware of the revised timeline that was altered because of the long term plan.

If the community board want to make a submission on the representation proposal, staff encourage the board to hold a workshop towards the end of July to discuss what it would like to submit, and to then approve the submission via a formal report at the August meeting of the board.

Resolution

Moved Luke Thomas, seconded Deputy chairperson Burgess **and resolved:**

That the Fiordland Community Board:

- a) receives the report titled "Representation Review update".**

The meeting concluded at 4.32pm.

CONFIRMED AS A TRUE AND CORRECT RECORD AT A MEETING OF THE FIORDLAND COMMUNITY BOARD HELD ON 26 AUGUST 2024.

DATE:.....

CHAIRPERSON:.....



Fiordland Wellbeing Co-ordinator role Funding proposal

14 May 2024

*He tāngata, he tāngata, he tāngata.
We need to look after our people for communities to thrive.*



Executive summary

Since forming in 2020 to combat the mental health impacts of COVID-19, Te Hau Toka Southern Lakes Wellbeing Group has been working to create a successful, sustainable framework which builds ongoing local wellbeing and resilience and helps our communities thrive.

Its plan, developed with Southern Lakes communities, community service organisations and New Zealand/Aotearoa experts, was designed to empower a community-led response and recovery.

The independent evaluation of its work shows that building community capacity and resilience by giving people the tools, education, and support to look after themselves and others is critically important in helping them recover from adversity and form a strong community whose members are connected and resilient.

Recognising Fiordland's unique challenges and limited local health support, one of Te Hau Toka's most successful initiatives and strongest returns on investment has been establishing a Fiordland Wellbeing Co-ordinator role in partnership with Great South Regional Development Agency. This is a 'for the community, by the community' approach designed to support locals to improve their own mental wellbeing and foster stronger social connections, cohesion, inclusion and resilience.

The Wellbeing Co-ordinator role has been embedded in the community since 2022 and is job-shared by two highly trusted and respected locals, Anna Star and Alexa Smith. Te Hau Toka's independent evaluation has highlighted the effectiveness of the role as a conduit for facilitating and amplifying mental health wellbeing initiatives across the region and providing a central local point of contact within the community. The included testimonials also highlight the value of the Wellbeing Co-ordinators and call for the roles to be continued.

Although the Fiordland tourism economy has begun to rebound from the initial COVID blow it suffered, the lingering health effects of the pandemic and erosion of social connections continue to pose significant challenges. The demand for mental health and wellbeing support remains high and pre-existing inequities in rural communities persist.

We are mindful that continuing to prioritise mental health and support equitable prevention and early intervention initiatives will be key to helping Fiordlanders stay well and reduce demand for clinical services now and in the future. With Te Hau Toka's operational capacity and COVID-related Government funding set to terminate on 30 June 2024 the Wellbeing Co-ordinator role will be disestablished unless alternative funding can be sourced.

Community Trust South was previously instrumental in establishing the Central Lakes Wellbeing Navigator role in 2021, contributing funds alongside the Central Lakes Trust, Wakatipu Greatest Needs Fund, and Lotteries. Between this role and the Fiordland-based role funded to date by Te Hau Toka, strong proof of concept has been created, backed up by an independent evaluation and community support.

"Mental wellbeing is one component of broader wellbeing. Positive mental wellbeing is most likely when people feel safe, connected, valued, worthy and accepted and have a sense of belonging, identity, and hope for the future. Mental wellbeing means being able to adapt and cope with life and life's challenges and feeling that your life has meaning, as well as experiencing feelings of contentment or general happiness".

Reference: Kia Manawanui Aotearoa Long-term pathway to mental wellbeing plan.

Background and context

In 2019 the Covid-19 global pandemic hit the world. As countries grappled with lockdowns, global disruption to trade, supply shortages and the ensuing social and economic impacts, the importance of community connection, mental health and wellbeing was highlighted.

The Southern Lakes (Queenstown Lakes, Central Otago and Fiordland) economy took a direct hit during Covid-19. As rural communities with tourism-dependent economies, the inequities and pre-existing challenges of this area were exacerbated by the pandemic and subsequent lockdowns. Already vulnerable sectors of the communities became more at risk and new at-risk ones were created, driven by a variety of factors including economic downturn and unemployment, loss of local/visiting health service providers, geographical isolation, lack of social cohesion, and uncertainty.

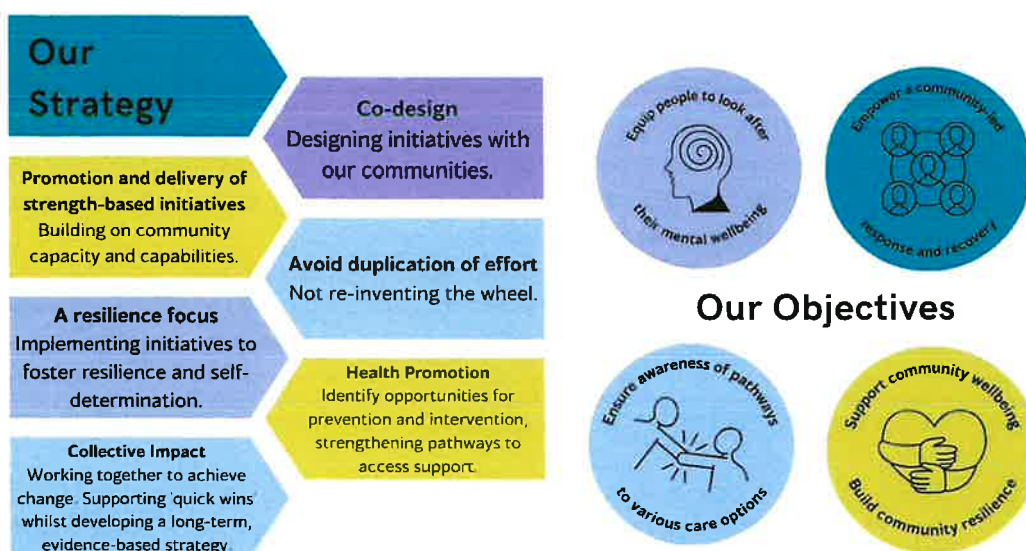
As a result, Te Hau Toka Southern Lakes Wellbeing Group emerged as an inter-agency collaboration for regional health and wellbeing. It was tasked with improving mental health and wellbeing and supporting the recovery of communities across the Southern Lakes region. The group included representation from the Southern District Health Board (Health New Zealand - Te Whatu Ora Southern), the Southern Mental Health and Addiction Network Leadership Group, Iwi, WellSouth Primary Health Network, Queenstown Lakes District Council, Central Lakes Family Services, Fiordland Community Board and the Fiordland Wellbeing Collective.

With \$3 million government funding granted by the Ministry of Business, Innovation and Employment (MBIE) in 2021, Te Hau Toka instigated a support plan¹ designed to empower a community-led response and recovery. Its aim was to build the social, cultural, and economic foundations for mental wellbeing, foster community-led solutions, and equip whanau and individuals to look after their own mental wellbeing.

Recognising that the approach needed to be tailored to suit the different communities it served, Te Hau Toka established local Wellbeing Coordinator roles in Fiordland and Queenstown.

The intention of these roles was to provide 'boots on the ground' to build specific situational understanding around community wellbeing. This included:

- Building relationships with wellbeing providers (community groups, counsellors, community support workers, health services), enhance collaboration and share information about mental wellbeing with individuals and community groups in the area.
- Initiating, empowering and supporting community-led wellbeing solutions.
- Identifying existing and emerging wellbeing gaps.
- Finding ways to bridge critical gaps to best meet community needs.
- Advocating locally and nationally for solutions.



¹ The plan was co-designed by Southern Lakes communities, community service organisations and NZ experts and guided by national level Kia Kaha, Kia Maia, Kia oa Aotearoa psychosocial recovery framework (Ministry of Health NZ, 2020).

The Fiordland approach

Te Hau Toka and Great South Regional Development Agency established a partnership to host the role of the Fiordland Wellbeing Coordinator in Te Anau. Great South was an ideal partner because of its existing physical presence in Fiordland, local knowledge and networks, and the COVID-specific recovery support work it was already undertaking. It also hosted another MBIE-funded role (Fiordland Employment and Resource Planner) throughout the pandemic.



Photo: Wellbeing Co-ordinators Alexa Smith (left) and Anna Star.

The Fiordland Wellbeing Coordinator role was established in April 2022 with an initial commitment of 10 hours per week. Recognising the increasing demand for community engagement, the role was expanded to 20 hours per week in July 2022 and then to 40 hours a week in August 2023. The expanded role was driven by the need to ensure all segments of the community were receiving appropriate support and that the coordinator had sufficient time to address emerging needs effectively.

Priority demographics

As well as supporting community-wide wellbeing initiatives, the role focused on five priority demographics identified through Te Hau Toka's research and co-designed plan, as particularly vulnerable:

- Child, Youth and Families
- New/Expectant Parents
- Older People
- Newcomers/Migrants
- Business/Workforce.

Key focus areas

With these five priority areas at the forefront, the role focused on:

- **Ongoing needs assessments and advocacy** – Through continuous relationship building efforts and effective communication, including regular meetings with service providers and active involvement in various local groups, the Wellbeing Coordinator aimed to be 'an ear to the ground' and close to existing and emerging challenges and opportunities. The role was a trusted voice to share these observations with local, regional or national providers and advocate for their services in Fiordland.
- **Community engagement** – Community ownership and participation were key to Te Hau Toka's strategy and success, so the Wellbeing Coordinator role had to be seamlessly integrated and well connected within the community in order to be proactive, responsive, relevant and across multiple projects. Their focus was on fostering community-led solutions by strengthening and adding momentum to what was working well rather than 'reinventing the wheel'. Where gaps were identified, the Wellbeing Co-ordinators initiated activities within existing community groups, often providing focus, actionable steps, and evaluation advice to help build capability and ownership within the community.
- **Resource coordination** – The Wellbeing Co-ordinators ensured that wellbeing pathways and resources were easily accessible within the community and sourced or developed resources as needed. Their relationships with various groups gave them a good overview of community needs and helped them "join the dots" in identifying and leveraging existing resources, including skillsets and equipment, so that they could be maximised and shared.
- **Capacity building, education and health promotion** – The Wellbeing Co-ordinators identified and supported opportunities to help strengthen and equip whānau and individuals to look after their mental wellbeing, and to support positive mental health and wellbeing outcomes for the community. Te Hau Toka's inter-agency intelligence also meant that the coordinator could leverage national campaigns, resources and educators to benefit the Fiordland community.

Achievements to date

The intention of the Fiordland Wellbeing Coordinator role was to be a strengthening 'part of the process' rather than leading from the front or branding the work as that of Te Hau Toka. It was imperative to empower groups and individuals within communities to achieve what they wanted or needed - a 'for the community, by the community' approach.

Snapshot of key projects and activities

 <p>SENIORS</p>	<p>Senior Gig Guide (monthly print newsletter for seniors) Senior Coffee Group (weekly social outing for seniors) Matariki Hamper (annual recognition and connection) Local Event Support (e.g. Seniors Christmas Lunch, Age Concern presentation session)</p>	 <p>COMMUNITY WIDE</p>	<p>Information provision (e.g. developing resources such as the Community Connection Directory; Service Providers Directory; Where to get help over the holidays leaflet, 5 ways to wellbeing info sharing). Localising National Campaigns (e.g. Mental health Awareness week, 1737 counselling line). Support for community positions and activities (e.g. Fiordland Community Garden Coordinator, HIP and Health Coach).</p>
 <p>NEWCOMERS /MIGRANTS</p>	<p>Newcomers Coffee Group and social events (connection and info sessions, weekly day and monthly evening) Newcomers Welcome Pack (information access) Local group and Event support (e.g. Multicultural community; cultural events and festivals)</p>	 <p>MICROFUNDING</p>	<p>Connecting Communities Grant subcommittee and local support (supporting wider Fiordland to be aware of regular funding rounds; support with project formation and applications; supporting with project delivery and promotion/ connection with the community where helpful to achieve the community wellbeing outcomes).</p>
 <p>FAMILIES</p>	<p>Support for Parent groups (both existing and new e.g. Plunket coffee group, learning differences parent group, Manapouri Parents group, and Te Anau antenatal group) Parent Education & advocacy opportunities (e.g. speakers and courses, maternity advocate) Newborn Welcome Pack (connection and information) Support for family events (e.g. Te Anau Toy Share, Community Fun day, Family BBQ).</p>	 <p>EDUCATION INITIATIVES</p>	<p>Seeking and funding opportunities for formal community capacity building (e.g. Perinatal Depression and Aotearoa presentation to professionals and families; Parent education series at coffee groups; Mental health 101 and Youth Mental Health First aid). Opportunities for informal community capacity building (e.g. 'how we do our 5 ways to Wellbeing' - local community campaign; Information presentation in local newsletters and media channels (e.g. Facebook).</p>
 <p>WORKFORCE /BUSINESSES</p>	<p>Support for local groups (e.g. FBA member mixes, presenting at Milford season-opening briefing) Support for new local Initiatives (e.g. co-working initiative) Information sharing (e.g. where to turn for support) Support for carer workforce (e.g. activities for Fiordland wellbeing collective, interagency meetings representation, information provision for wellbeing sector and staff)</p>	 <p>CONNECTION AND OVERVIEW</p>	<p>Being present in the community (attending and engaging with meetings, groups and events, joining the dots between groups and activities with overlaps in objectives or resources) Regular engagement with services (e.g. HIP, Health Coach, Fiordland Wellbeing Collective, Interagency meetings, regional service providers) Regular connection with community members (e.g. through coffee groups and discussion groups engaged across all 5 focus demographics).</p>
 <p>YOUTH</p>	<p>Youth Mental Health First aid (increase capability of supporters). Support for local activities (e.g. Matariki Mural at collage; collage wellbeing day; Bluelight Disco). Advocacy for locally based services (e.g. Thrive! Youth Counseling).</p>		

Independent evaluation finding

"The wellbeing navigator roles were highly effective, acting as a conduit for facilitating and amplifying mental health wellbeing initiatives across the region, providing a local central point of contact within the community, and increasing the visibility of Te Hau Toka activities".

from the Te Hau Toka Independent Evaluation Report, 2024

Wellbeing Co-ordinator reach - by the numbers

<p>EDUCATION SESSIONS</p>	<p>34 sessions with education reaching antenatal whānau, parents, Mental Health and Addition 101 Community Mental Health, Youth Mental Health (Te Pou), Fiordland Businesses, Seniors and Newcomers.</p>
<p>AGENCIES AND COMMUNITY SERVICE GROUPS LINKED WITH</p>	<p>65 local, regional and national agencies connected with in Fiordland and amplified in our community.</p>
<p>COMMUNITY GROUPS CONNECTED WITH</p>	<p>Over 130 groups covering all demographics.</p>



Number of Fiordland wellbeing generating projects, activities and events funded and supported via Connecting Communities Fund (+31 applications pending in the current and final funding round 8)

Five case profiles and community testimonials

Below are some key examples of activities, events and resources the Fiordland Wellbeing Co-ordinators have led to support those identified as most vulnerable in the community and promote mental wellbeing, connection and resilience.

The Matariki Hampers in Te Anau

The Fiordland Wellbeing Coordinator worked with members of the local community to create gift hampers to be delivered to seniors within the community in 2022 and 2023.

“It is such a nice way to spend some time as a community intentionally thinking about our seniors, who they are in our community, bringing them to our minds – and then also letting them know that they have been thought of through the delivery of a hamper” (*Anna Star, Community Wellbeing coordinator*).

Hampers were allocated through community nomination, with promotion online and in print and nomination forms and boxes located at the Te Anau library, the pharmacy, medical centre and Fiordland Community House. Nominations from the medical centre staff and Fiordland Community House helped address any potential gaps in the community nominations.

The theme for the hampers was Matariki.^[1] The hampers contained information for seniors, key to this was a timetable of some of the community groups and activities in the area that they may like to participate in or connect with – as well as contact information of people coordinating the local groups. They also included the Te Hau Toka Traffic Light Guide, Matariki Message/introduction to the hampers; meal and easy recipe cards (muffin, scone & soup); locally made chocolate & biscuit treats bag; tulip bulbs to plant; card, letter, or artwork by local children; hand knitted gloves, local honey, soap or beaded art created and donated by the local community; and an invitation to the Matariki Remembrance night – a community event.

The community wellbeing coordinator linked in with an existing community group, Fiordland Community Kai, who make meals to be shared around the community when needed. This group took the lead on the meal plan and cooking and recruited volunteers. The schools and early childhood centres volunteered their time to make letters, decorate the hamper bags and provide crafts and cards. Volunteers for delivery of the hampers were sourced from community networks and local volunteer groups (e.g. Rotary). Volunteers who produced the knitting were linked in with local knitting and craft groups (as well as word of mouth pulling in a few extras). Feedback from recipients was overwhelmingly positive, many seniors who received the hampers were surprised by the thoughtfulness of the volunteers.

“...there was an amazing group of volunteers too! It was just amazing to be in that room today and I didn’t realise how comprehensive and ‘full of love’ those wee brown bags were.”

Fiordland community member

⇒ ***More details in Appendix E.***

Newcomer Coffee and Chat Group and Evening Social

In September 2023, Te Hau Toka’s Community Wellbeing Coordinator identified a gap in services for newcomers and migrants in Te Anau after talking with a range of local stakeholders including the Health Improvement Practitioner, the Health Coach, counsellors and businesses.

Southland District Council has consulted on and created a Welcoming Communities plan but it has yet to be implemented due to resource constraints. After seeking feedback from Newcomer Network Coordinators and Welcoming Communities Coordinators across the South Island, the Wellbeing Co-ordinator determined that the most effective method for engaging newcomers was through a friendly, open meeting offering face-to-face interaction and advice.

The Co-ordinator formed a Newcomers Working Group comprised of local, well-established community members from local businesses and community services as well as some locals with lived experience of being a newcomer to the area.

^[1] Matariki was first celebrated as a formal tradition across Aotearoa in 2022. Matariki offers an opportunity to learn more about Te ao Māori and the connections between the sky, the land and the sea. Matariki celebrations encourage us to reflect on those who have passed, celebrate the present with family and friends, and look to the promise of a new year.

Together the group established a weekly Coffee and Chat group with support from the Fiordland Multicultural Society and a Te Hau Toka Connecting Communities microfunding grant.

The Newcomers Coffee and Chat group has proven very successful, both from a newcomer and a community perspective, in connecting people and fostering a strong sense of community pride and belonging. The group has attracted a diverse range of newcomers who are made to feel welcome and supported in integrating into a new community and it's given locals an opportunity to share their knowledge, experiences and love for their place and people.

The group is hosted by the Community Wellbeing Coordinator, with members of the working group attending when they're available. As awareness grows, more and more locals are volunteering to become involved and host the group.

This has led to several spinoff projects including:

- A comprehensive folder of community resources has been compiled and is used by the host of the Coffee and Chat to link newcomers with essential local information and contacts.
- A monthly evening social for working professionals who weren't able attend the daytime coffee group has since been established to meet demand.
- The group has facilitated connections among members, leading to participation in various community activities and even the formation of new interest groups such as Good Yarns – Knitting (run in the evening targeted at young people) and a Gravel bike group who meet weekly for a cycle ride.
- There has been interest from local businesses and community services for a welcome pack based on the Coffee Groups folder. This is currently being developed and will further enhance support for newcomers.

"Thanks again for all the help you provided for us, especially me. I got two jobs in one day and now have a contact for accommodation. I went to Vintage machinery museum last Sunday and helped them a bit - Bob and the guys are amazing bunch – and we went to the community garden yesterday. I have also started volunteering in Hospice Op shop on Monday afternoons. Tomorrow I'm going to play darts at a Dart club. Thanks to your advice re online garage sale, we have bought beautiful second-hand bikes. Pretty much the whole week was amazing, mostly because of all the great people I've met. I can't be thankful enough for your support and information in helping me find my place in Te Anau".

Marian Vrana, Newcomer to Te Anau

⇒ **More details in Appendix D**

The Antenatal Social Group and Parental Education Information in Te Anau

Te Hau Toka's early research and listening activities identified that support for new families was lacking in the Fiordland area – coffee groups for parents were re-established early on, but there was still support lacking for antenatal families. Plunket provides antenatal classes (over a weekend) 3-4 times a year, but it doesn't provide opportunity to build up a supportive network for families before a new baby arrives.

The Fiordland Wellbeing Coordinator worked with Fiordland Families Network (a local advocacy group) to establish a regular monthly catch-up session for pregnant people in Fiordland. The Wellbeing Coordinator was able to provide a regular presence hosting the sessions, and undertake the ongoing organisation, room booking, designing promotional materials and making sure the session was advertised regularly to community members and service providers who might want to refer clients to it – a resource consuming job if it was to be done on a volunteer basis by the local group. A messenger group was also set up to enable people to keep in touch outside of the monthly meetings and share information for those who could not make the sessions.

The social group started out meeting every 2-3 months, however it quickly became apparent that more frequent meetings would be beneficial. The monthly sessions were supported by local midwife Nicky Pealing (registered but not taking on clients), who was available to cover the professional content, ensuring questions raised were answered accurately. Talking to those attending the early sessions, an appetite for keeping active was identified and the Wellbeing Coordinator connected in Marianne Carroll from Te Anau Pilates to come and give a 30-minute pregnancy-specific class at the start of each session. There are hopes for other professionals to attend future sessions to discuss topics like postnatal depression, child development and breastfeeding.

By being involved in these antenatal sessions, the Wellbeing Coordinator has been able to keep abreast of the lived experience of pregnant families in the community and connect them with services and support required – as well as

becoming aware of any gaps or negative experiences, and working to address them. This included developing local information directories specifically for Fiordland's pregnant families.

These sessions ensure that before their babies arrive, pregnant people in Fiordland are aware of, and connected to, support services, as well as having a 'cohort' for peer support and friendship which will support them into the next stage of their family life. They also have a chance to become familiar with facilities like the Te Anau Plunket rooms before their children arrive.

'I found the antenatal coffee group and parental education sessions a great opportunity to ask questions, gain knowledge and share stories and experiences. It also provided an opportunity to escape the house to a relaxed environment where I could laugh and chat with other mums and develop friendships with others who were at a similar stage to me. The pilates sessions with a trained physio were amazing for the aches and pains of pregnancy and an opportunity to learn what to expect and what to look out for and seek help for.'

Danielle Clearwater, Mother in Te Anau

Fiordland Senior Gig Guide

With a growing awareness of how much local information was shared online, and how some seniors did not have online access, the Fiordland Wellbeing Coordinators replicated a successful model used in Queenstown and created a monthly Senior Gig Guide - a weekly timetable of activities happening around Fiordland, and a monthly highlight list with a newsletter. The Gig Guide is published in the Te Anau Trader and printed copies are available at the Senior Coffee Group, the Te Anau Library, and are sent to relevant groups and services to share.

⇒ **See Appendix B for an example of this resource.**

Fiordland Community Connection Directory

Early on in the role, the Fiordland Wellbeing Coordinator became aware that struggling with isolation and difficulty to connect with others was a common experience in Fiordland. This issue was especially raised in discussions with service providers (e.g. councillors and GPs), new people to town, and seniors. It was also apparent that there were many active community groups and activities, but no central point at which to locate them – or 'browse' them.

To close this gap, the Co-ordinator developed the Fiordland Community Connection directory. The directory now lists 130 groups (ranging from hobby and interest to service groups) and is widely distributed to help people find out what is happening in Fiordland and know how they can connect.

⇒ **See Appendix C for an example of this resource. Please get in touch if you would like a copy of the entire directory.**

Testimonials

"I see how much our community has benefited immensely from having the Wellbeing Coordinator role. Newcomers to the area, seniors, new mothers etc have support and direction with publications such as the Senior Gig Guide and the items in the Fiordland Families Network Newsletter, targeted coffee groups, community garden sessions, as well as one-on-one guidance and support from Anna and Alexa. People feel more included, connected, and supported in this community, encouraging them to want to stay here, and in a transient community like Te Anau, this has a huge economic benefit."
Hannah Edmonds, Community Garden Coordinator and Community Kai Volunteer

"As a community, we should lead the way and stop relying on the 'good hearts' of volunteers to fill these gaps. Let's recognise that we want our 'village' to be caring and harmonious and that means investing in a position to find out the need and coordinate a response to it. I honestly believe that if this role ceased to exist, we would have many more social challenges within our community."

Anna Ladbrook, Resource Teacher for Learning and Behaviour (RTL B)

"There have been many instances I have utilised the Wellbeing Co-ordinators or recommended that my clients do. The community directory is something that I regularly hand out - there was a need for this for some time which they recognised"

and developed. We are reasonably isolated in this town, so it is absolutely imperative that people find and make connections, which act as protective factors against loneliness. I have regular contact with clients who are either new to the area or find themselves in an isolated position due to mental health challenges, and I use their various groups, sporting activities and the directory itself as a kind of “social prescribing”. Participation in these groups makes a noticeable difference in their mental health and frame of mind.’

Kathryn Wright, Councillor

“The Fiordland Community Wellbeing Co-ordinator role is a hub for community wellbeing in Fiordland. My role as a HIP often involves organising community wellness opportunities. Most recently I have been involved in organising a series of four Women’s Health Presentations, supported by Te Hau Toka. These presentations are aimed at introducing local professionals to the community, while facilitating discussions around a women’s health topic, as well as creating fellowship and connection. Alexa and Anna are invaluable to the success of these events. They help to bring attention to these opportunities while they connect with community members through their extensive community networks.”

Tammy Magness, Health Improvement Practitioner

“From a professional perspective, working in the health and wellbeing space in a few roles, it’s been great to be able to identify gaps and know that somebody would do something to fix them. Anna and Alexa have both been very proactive at bringing training opportunities into the region (e.g. from the Perinatal Anxiety and Depression Aotearoa Trust, Loss and Grief Centre), increasing ease of access and collaboration with regionwide services, and advice and support for funding applications like the Senior Coffee Connection group. It is so rare that funding gets to the ground level and is used to fulfil the needs of the community.”

Tilley Carroll, Active Southland Health Coach and Community Support

“It’s very beneficial to have the Wellbeing Coordinators to gain information about community groups through the Fiordland Community directory and potential social connection/volunteering opportunities for clients through informal channels as well. They’re also able to assist any new families coming into town to form social bonds and integrate into the community through the regular coffee groups.”

Sagar Khemani, Nga Kete Whanau Navigator

“One of the largest benefits I have seen which has directly impacted me was the over 65’s gift hampers delivered at Matariki. This is often a forgotten and stoic part of our community, many of whom live in daily isolation in an increasingly digitised and fragmented world. Delivering these hampers and seeing the visible emotion on the recipients’ faces was overwhelming... I even had one in tears. Without the Wellbeing Co-ordinator position no-one would have had the time to coordinate such a massive venture.”

Anna Ladbrook, RTLB

Why investing in this role is important?

While Fiordland has largely navigated the main impacts of the COVID-19 pandemic, government research and strategies like the *Kia Kaha, Kia Māia, Kia Ora Aotearoa: COVID-19 Psychosocial and Mental Wellbeing Plan* highlight the need for ongoing investment in community wellbeing initiatives. In addition, the 2018 He Hara Oranga Government Inquiry into Mental Health and Addiction stated that: ‘We see considerable benefits in developing regional hubs or mechanisms for sharing resources and ideas and empowering communities to lead the development of their own mental health promotion initiatives and customise national resources and tools to their local contexts.’ The aim is to ensure preventative community-led solutions are valued alongside clinical support to achieve long-term improvement of mental health and community wellbeing outcomes.

In 2002, the Local Government Act 2002 outlined councils’ purpose to ‘promote the social, economic, environmental, and cultural wellbeing of communities in the present and the future’. Although temporarily removed in 2012, these principles were reinstated with the introduction of the Local Government (Community Well-being) Amendment Act 2019, reaffirming the mandate for local authorities to invest in community wellbeing. Southland District Council is mandated to fund community wellbeing however the reality is that the geographic challenges of Southland together with the rural isolation of Fiordland and the current economic pressures on councils and ratepayers prevent this from happening at this current time. SDC’s long term plan does show an initial commitment to community wellbeing with \$12K budgeted in 2025/26 and \$8K budgeted in 2026/2027 for measuring wellbeing. However, it must be acknowledged that sustainable community-led wellbeing evolves gradually, with momentum being essential for progress. It requires not only the embedding of roles into the community, but the development of relationships and trust, which takes time. Additionally,

Fiordland's isolation and the difficulty in delivery of central services from Invercargill in terms of cost, time and logistics cannot be underestimated. Long term solutions therefore must be community-led in order to thrive.

With two years of active engagement to date, the role of Fiordland Wellbeing Community Coordinator has become well established. It is a known and valued resource within the community. The role has built trust within the community, listened to lived experiences, established strong connections and activities in the most vulnerable priority areas, and facilitated valuable resources and partnerships. Continuity of the Wellbeing Co-ordinator role will help build Fiordland's capacity to address its own community needs promptly, prioritising preventative care, community-led empowerment and reducing the burden on specialist services. If further funding was sourced, Fiordland would be well-positioned to continue its journey toward improved community wellbeing, guided by the principles of inclusivity, sustainability, and resilience.

Work still to do

For future projects, we propose work continues to be aligned with 3 of the key objectives outlined by Te Hau Toka across the 5 identified priority areas:

- Equipping individuals with mental wellbeing skills
- Ensuring awareness of care options and pathways
- Supporting community connection and resilience

Ongoing support of existing initiatives

It would be important to continue to support existing initiatives where success has been evident such as New/Expectant Parents, Older People and Newcomers/Migrants. A focus would be to nurture their growth in a sustainable manner for long-term success. By doing so, this would not only ensure the ongoing success of these initiatives but also gradually reduce the need for direct investment as they become more self-sufficient. This approach not only fosters independence but also frees up resources for addressing other challenges. It is a strategic way to build a strong foundation for future endeavors while maintaining stability and continuing to build trust and rapport within the community.

Business and Workforce

One of the areas identified as still needing more focus is the wellbeing of the Fiordland business and workforce community. It has been challenging to get traction in this space due to the focus on survival and post covid recovery. The 2023-2024 summer marked the first opportunity for financial stability, with housing and workforce concerns taking precedence. Understanding their diverse needs and tailoring the approach is critical. Its apparent that the key barriers to businesses seeking mental health support have been education, cost, lack of time and service availability outside of business hours.

Key deliverables would include:

- Implementation of work based mental health promotion and stress management programs
- Support for connecting businesses to services and care pathways
- Assisting with the onboarding of newcomers and migrants into their workforce
- Capacity building within the business community.

Child / Youth and Families

The youth demographic has been in focus through the work done with families however more time is required to engage with schools and understand the needs of youth outside the family unit. With youth mental wellbeing a national area of concern across sectors, the need for more evidence-based specialised training to support young people is needed. The Wellbeing Co-ordinator would be instrumental in helping to facilitate the roll out the Youth Mental Health First Aid programme across Fiordland, following the completion of the pilot programme which was funded by Te Hau Toka and managed by Te Pou. The next step is establishing the Teen Mental Health First Aid programme.

Key deliverables would include:

- Implementation of preschool and early education programs
- Provision of mental health programs for both young people and those who work with young people
- Ensure care and support pathways suitable for youth engagement are available in the area
- Facilitation of youth connection programmes and after school programs

Summary

This report demonstrates how critical the Wellbeing Co-ordinator role has been in supporting the Fiordland community's mental health and wellbeing needs as the community recovered from COVID and identifies that there is still a strong need and desire for support to continue. Unfortunately, Te Hau Toka's current operational capacity is set to terminate when its COVID-related Government funding ends on 30 June 2024. Moving forward, prioritising mental health and supporting prevention and early intervention initiatives with an equity focus will be key to helping people stay well and reducing the demand on clinical services within our community. Ultimately, the Te Hau Toka model and the role of an embedded community wellbeing coordinator has provided proof of concept that taking a more collaborative approach to mental health and wellbeing in the future will help Fiordland and similar rural communities find the best ways to meet community needs.

Appendix A

Job Description for Fiordland Community Wellbeing Coordinator

Relationships: Community Wellbeing Coordinator
Te Hau Toka Southern Lakes Wellbeing
Great South staff
Southern District Health Board
WellSouth Southland District Council
Community groups, and agencies in the Fiordland District
Ministry of Education
Ministry of Social Development
Community Partners
Health Professionals/Social Service Agencies
Affected members of the community

Key accountabilities and deliverables

The Fiordland Community Wellbeing Coordinator role would undertake the following:

Central point of contact for mental health and wellbeing

- Further develop strong partnerships with key health and local government agencies (e.g. Southland District Council/Fiordland Community Board; local, regional and national providers e.g. Te Whatu Ora and WellSouth)
- Continue to develop effective relationships with key social agencies and wellbeing providers (community groups, counsellors, community support workers, health services) individuals and support avenues providing assistance to people in the community.
- Continue to build trust and strong connections with key community members, local groups and user groups within the Fiordland community and have lived experience of local community wellbeing.

Resource co-ordination

- Ensure mental health and wellbeing pathways are well-known and easily accessible
- Develop as necessary, or support others to maintain locally accessible sources of information about wellbeing services, activities and opportunities.

Community engagement

- Engage with individuals, groups, and organisations within the community – provide support where necessary to support connection and enable wellbeing outcomes for the community.
- Advise on barriers in the on-going support for planning & delivery of wellbeing services and activities (for example, waiting times, services not available, problems accessing available services).
- Develop activities in consultation with communities, with a focus on reaching those most vulnerable.

Communications

- Direct communications to the local community to help equip people to look after their mental health and wellbeing.
- Work alongside current local, regional and national agencies to amplify campaigns and initiatives, and give them a local voice and relevance to the Fiordland community e.g., Mental Health Awareness Week, 1737, funding grants.
- Promote existing resources Promotion of mental wellbeing - development and promotion of localised wellbeing resources including the [Traffic Light Guide](#), the 1737 free national helpline number, the Christmas Wellbeing Guide, and the Seniors Gig Guide
- Promote and support community events (existing events, or support to develop and promote new events which meet a community wellbeing need).

Supporting the supporters

- Provide much-needed support to those who care for the wellbeing of others in the community, to help protect this workforce (e.g. GP/Health Providers, Community Leaders, Employers, Education providers)

Reporting and professional development

- Ensure information is recorded in an appropriate way for accountability purposes.
- Provide regular updates to key agencies and funders
- Seek opportunities to develop knowledge and connections in the field of community wellbeing, and network with other agencies.

Appendix B

Monthly Senior Gig Guide, March example (Side 1 also used in the Matariki Hampers)

FIORDLAND SENIORS GIG GUIDE - 2024

Keen to connect? Here are some activities happening around Te Anau/Fiordland

MONDAYS

9:30-10:30am **Zumba Exercise Social Group** at the Lakeside Presbyterian Church. Phone Avril 027 249 4050

10:30-11:30am **'Steady as you go'** falls prevention programme exercises at Fiordland Community House. Phone (03) 249 7754

1:30pm **Golden Age Group** at the Te Anau Club (held every 2nd week on, yellow bin week) Phone Norma (03) 249 7859

6-7pm **Hatha Yoga** at the Medical Centre Community Room. Turn up, or email teanauyoga@gmail.com

THURSDAYS

1:15pm **Bowls** at the Te Anau Bowling Club. Phone Mike (03) 249 9444

1:15pm **Croquet Club** at the Te Anau Sports Domain (beside the rugby club rooms, Dusky Street) Phone Julie 027 454 4947

Afternoons, **Neuro Group Te Anau** meets every 2nd Thursday of the month. Phone Cathy (03) 249 9114

6pm **Rotary Meetings** at the Te Anau Club. Phone Kendra 027 681 5257

6:50pm **Kepler Lions group** meets every 2nd Thursday of the month at Fiordland Community House. Phone Jo 021 1492 465

7pm **Te Anau Lions Group** at the Te Anau Club Meeting every 2nd Thursday of the month. Phone Trevor 021 0810 1506

TUESDAYS

10am **Women's golf** at the Te Anau Golf Club 169 Golfcourse Road. Phone Marg 027 2467 137

10-11am **Over 60's Exercise Class** at the Fiordland Events Centre. Phone Madison 027 208 9339

10-12pm **Fiordland Community Garden** gardening session at Makorora Street, behind the Bowling Green. Come along. Phone Hannah 021 82 5595

10am **Library book club** at the Te Anau Library Meeting on the 1st Tuesday of the month. Phone the library (03) 249 7379

1:15pm **Bowls** at the Te Anau Bowling Club. Phone Mike (03) 249 9444

1:30-3:30pm **Fiordland Embroiderers Guild** at the Fiordland Community Rooms, at the back of the Medical Centre. Phone Ann 027 249 7224

FRIDAYS

10:30-11:30am **'Steady as you go'** falls prevention programme exercises at Fiordland Community House. Phone (03) 249 7754

1-5pm **Te Anau Bridge Club** at Te Anau Bowling Club. Phone Marg 027 222 7833

Fiordland Multicultural Society meets regularly. Phone for more details and to connect. Laura 027 265 8049 or Sagar 027 555 0069

WEDNESDAYS

9am **Walking Group** meet at the Fiordland Event Centre. Phone Adrienne 027 229 7250

9:30-11:30am **Stitch In Time** group at the Anglican Church on Mokonui Street (1st, 3rd and 5th Wed of the month). Phone Judi 027 200 0268

10am **Senior Coffee Group** meets every Wednesday at the Olive Tree Cafe for a chat. Just turn up, or phone Mon 021 498 846

10am onwards **Manapouri Art Group** meets every 2nd Wednesday at the Manapouri Hall. Phone Ann 021 186 7732

10:30-11:30am **'Steady as you go'** falls prevention programme exercises at Fiordland Community House. Phone (03) 249 7754

5:30pm **Power hooping** at the Event Centre Hall. Phone Mandy 027 490 9218

6-7pm **Yin Yoga** at the Medical Centre Community Room. email teanouyoga.co.nz

7pm **Te Anau Bridge Club** at the Te Anau Bowling Club. Phone Marg 027 222 7833

SATURDAYS

8am **Parkrun** meet at the Kepler carpark. 3km walk, run or stroll. www.parkrun.co.nz

1:15pm **Bowls** at the Te Anau Bowling Club. Phone Mike (03) 249 9444

1:15pm **Croquet Club** at the Te Anau Sports Domain (beside the rugby club rooms, Dusky Street) Phone Julie 027 454 4947

Updated March 2024, for any additions or amendments email: anna.star@greatsouth.nz 021 055 3535
Keep an eye out for the monthly Gig Guide in the Trader or pick up a copy at the Te Anau Library

HELD ON MULTIPLE DAYS

9:30am - 5pm, Mon-Fri, **Vintage Machinery Museum**, corner of Sandy Brown Road and Milford, Te Anau Highway. Phone Bob 021 224 0409

9am-2:30pm, Mon-Wed **Te Anau Arts Hub** located at 23 Main Street. Frequent activities. Phone Katherine 027 714 5315

A huge thank you to all the staff and volunteers who keep these groups and activities going and available for our community. You are amazing!

Produced and published by Te Hau Toka. Thanks to support from Southern Lakes Wellbeing Group.

Community Highlights March 2024

Women's Health Series
Thurs 7th March, at Te Anau Arts Hub

Head along to the first in a 4 part local series on women's health. In this first session Marianne Carroll will talk about pelvic health. Cuppa and social after the presentation. All ages welcome. Free.

Informal Carers Support Group
Friday 8th March, 2:15-4:15pm
Lakeside Church, 112 Te Anau Terrace


A chance for those caring for someone in their family to pop out and have a cuppa and a breather, meet and connect with others. All welcome - free event. Contact Madison Robertson for more info 027 2089 339

Beneath the Reflections - Fiordland Marine Research Symposium
Tuesday 5th March, 12:30pm - 5pm
Distinction Hotel & Villas, Lakefront Drive

You are invited to join Aotearoa's top marine scientists as they share their research from Te Moana o Atawhenua / the Fiordland Marina Area. 10 minute talks & interactive displays.

View the **Te Anau Community Events Trust** website for a calendar of events & activities. You can also register your community event/activity there.

teanauvents.com
www.teanauvents.co.nz | info@teanauvents.co.nz



2024 Te Anau District Autumn Flower Show - the 55th edition!

Date & Time: Friday 8th March 1-6pm / Saturday 9th March 9am - 2:30pm.
Presentation of Trophies: 9 March 2pm

Location: Fiordland Com, Event Centre, 20 Luxmore Drive

The Show began 55 years ago as a fundraiser for the Te Anau Primary School. It was held for many years at the school with all classrooms being used for various stalls and exhibits. Outside activities and competitions were also held during the two days of the Show. Around 20 years ago the Show moved to the Events Centre. We continue to run the Show as a community event that folk can visit and enjoy. Come and delight in flowers, vegetables and handicraft. Stay and have a cup of tea and a chat with someone you might not have otherwise met.

Deliver entries to the Events Centre on Thursday 7 March between 1pm and 5:00pm. *Slinging tables available from 10:00am. Photos to be delivered to Kiwi Country by 4:00pm Tuesday 5 March 2024

Entry classes for:

- Floral Art
- Photography
- Dahlias/Rosets
- Cut Flowers
- Baking/Preserves
- Vegetables
- Handicrafts - all kinds
- Children's Section

Afternoon Tea available, stalls and raffles. Admission: Gold Coin Childrens Free. For more information please contact **Judy: 027 233 5955**

Join us for a cuppa & connection

Date & Time: Every Wednesday Morning, 10am
Location: The Olive Tree Cafe.

Are you looking to add a little more flavor to your week? Come and join our weekly senior coffee group for a delightful blend of friendship, laughter, and connection! If you're not a senior yourself but have a senior friend - bring them along!




There is always a warm welcome, with each session hosted by a friendly local. We are a coffee group all about inclusivity and making everyone feel right at home whether you're new to the area or a long time resident.

From reminiscing about times past to discussing current events and everything in between, our gatherings are filled with lively conversations. Come regularly and become part of a close-knit community of seniors who support and uplift one another, or pop in occasionally for a change of scene when you need it. You are welcome to bring a friend.


Ready to sip, savor, and socialize? Join us for our next coffee gathering and experience the joy of community. A free cup of coffee & snack kindly organised by Active Southland and funded by Te Hau Toka

No RSVP required - just turn up. If you are looking for parking and there is none on the main street - parking is available at the back, and you can walk into the cafe via the Park Lane entrance. Your hosts will have a poster on the table, keep an eye out for either Mon, Alexa, or Anna.

For more details, please contact Mon 021 498 846

Te Hau Toka Southern Lakes wellbeing group have funded this monthly 'gig guide' for Fiordland Seniors to help connect people with what is happening in Fiordland. Learn more about wellbeing, local groups & services, make connections and try new things - there is plenty to get involved with and many ways to boost your wellbeing.



For suggestions, additions or amendments to the Fiordland Seniors Gig Guide email anna.star@greatsouth.nz | phone 021 055 3535

Te Hau Toka
SOUTHERN LAKES WELLBEING GROUP

FIORDLAND'S SENIORS' GIG GUIDE - MARCH 2024

Appendix C

Fiordland Community Connections Directory and attached Support Guide to connect people with local wellbeing services.

FIORDLAND COMMUNITY CONNECTIONS DIRECTORY (2024)

Fiordland is a great place to live and there are plenty of ways to get active and involved. This 2024 directory covers community clubs, service and support groups, and activities with a wellbeing or social connection component.

Creative, Interest and Hobby	Name	Phone	Email/Online
Art Classes	Caroline Cunningham		carolinacunningham@gmail.com
Creative Fabrics Te Anau	Queen Chidester	027 414 7313	queen.chidester@gmail.com
Fiordland Arts Charitable Trust	Katharine Morrow-Shelford	027 714 5315	fiordlandartsclub@gmail.com
Fiordland Ceramic Club	Chris Watson	027 847 8044	fiordlandceramic@gmail.com
Fiordland Community Gardens	Hannah Edmunds	021 823 595	fiordlandcommunitygardens@gmail.com
Fiordland Dance School	Leslie Hammond	021 0293 9926	fiordlanddance@yahoo.co.nz
Fiordland Embroidery Guild	Amy Campbell	027 249 7224	campbellamy@fiordland.com
Fiordland Garden Club	Shirley Smith	021 366 926	fiordlandgardenclub2023@gmail.com
Fiordland Garden & Quilters Group	Amy Buchanan	021 045 3707	fiordlandgardenquilters@gmail.com
Fiordland Performing Arts Charitable Trust	Angela James	027 331 8030	fiordlandperformingarts@gmail.com
Fiordland Performing Arts Costume Hire	Janette McArthur	027 4992 89	fiordlandperformingarts@gmail.com
Fiordland Performing Arts Costume Hire	Sue McArthur	022 035 5895	fiordlandperformingarts@gmail.com
Hobbit Conservation Trust	Lindsay Wilson	021 667 072	hobbitconservationtrust@gmail.com
Lower Upakoro Restoration Group	Georgie Ledger		upakoro.restoration@gmail.com
Manapou Art Group	Amy Whistler	021 866 7732	amywhistler@gmail.com
Painting Classes	Lana Cider	027 534 6463	lanacider@gmail.com
Southland Ecological Restoration Network (SENEN)	David Fortune	(03) 249 7259	www.sen.nz
Southland Stamp Club	Liz Manning	027 300 0248	lizmanning@sen.nz
Strid In Time	Phoebe Hughes	027 227 7833	fiordlandstridintime@gmail.com
Te Anau Bridge Club	Sarah Vitch	027 345 2023	teanaubridgeclub@gmail.com
Te Anau Crocheting Community	Lady Matthews	027 233 5935	lmatthews@teanau.co.nz
Te Anau Flower Shows	Te Anau Library	03) 249 7379	teanauflowershows@gmail.com
Te Anau Motorcars	Lea Leckington	027 306 5122	teanaumotorcars@gmail.com
Te Anau Pottery Club	Katharine Morrow-Shelford	027 714 5315	fiordlandartsclub@gmail.com
Te Kōwhiri Māori Kōwhiri Restoration Project	Wendee Howell	021 0255 6098	tekowhiri@tekowhiri.co.nz
Vintage Fleekery Museum	Bob Anderson	021 224 0409	bobanderson@gmail.com
Waka Fisheries and Wildlife Habitat Enhancement Trust (Waka Trail)	www.wakatrust.co.nz		www.wakatrust.co.nz
Woodworkers Manapou	Alister Burgess	022 492 7257	alisterburgess@teanau.co.nz

Fiordland Community Connections Directory is a project of Te Hau Toka | Fiordland Wellbeing Connections.
 Te Hau Toka | Fiordland Wellbeing Connections
 P.O. Box 501 | 027 063 3335 | 0464 124@tehaunz.co.nz
 Te Hau Toka | Fiordland Wellbeing Connections
 111 Main Street | 027 237 1079 | tehaunz@tehaunz.co.nz



Te Hau Toka
 Te Hau Toka | Fiordland Wellbeing Connections
 111 Main Street | 027 237 1079 | tehaunz@tehaunz.co.nz



Support Guide for Fiordland/Te Anau Finding the right help for your needs

Similarities, differences, and how to choose

Talking about our thoughts, feelings and issues is an important way of dealing with them. Our friends and whānau can often help us but sometimes it's helpful to share our worries with a trained professional.

So how do you find the right help to suit your needs? Here are some definitions to help you identify what would work best for you, and local contacts for the service providers. It's totally OK to try different providers – everyone is different and it might take time to find the right fit or combination for you.

Local Fiordland Support

Fiordland Medical Practice (Legal)
 25 Lumore Drive,
 Te Anau 9600
 (03) 249 7007



Health Improvement Practitioner (HIP) & Brief Intervention Clinician (Counsellor)

Tammy Magness
 Employed through WellSouth Based at the Fiordland Medical Practice.
 (03) 249 7007
 tammy.magness@wellsouth.org.nz



Health Coach Community Support Worker

Monique van Rensburg
 Employed through Active Southland Based at the Fiordland Medical Practice.
 (03) 249 7007 | 021 498 8466
 monique@activesouthland.co.nz



Wellness, funding
 services for
 Māori and children
 www.kathrynwright.co.nz
 kwright@kathrynwright.co.nz



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 services for
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Wellness, funding
 services for
 Māori and children
 www.kathrynwright.co.nz
 kwright@kathrynwright.co.nz



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Appendix D
Coffee Groups and Connection Opportunities

FREE

FIORDLAND Newcomers

Coffee & CHAT

If you come from another part of New Zealand or a distant land, we extend a warm invitation to join us. Pop by for a friendly chat and discover how to plug into our vibrant local community and services.

Every Wednesday
10:00 am
The Olive Tree Cafe
52 Town Centre, Te Anau





Laura **Anna**

For more info call or text: Alexa 0272376079



Te Hau Toka



FIORDLAND Newcomers

EVENING SOCIAL

New to the area? Pop by for a friendly chat and discover how to plug into our vibrant local community and services.

Hosted by




Anna **Alexa**

For more info call or text: Alexa 0272376079

Wednesday
17th April, 1st May
5th June
7:00 pm - 9:00pm
The Black Dog
Te Anau



Te Hau Toka

Appendix E
Matariki Hamper (Hamper letters 2022 & 2023, and 2023 summary report).



Thank you to Te Hau Toka for funding this hamper initiative, along with the generous donations from the Fiordland Community of time and resources.

Te Hau Toka
SOUTHERN LAKES MESSAGE GROUP

Fiordland Matariki Hampers 2023

These photos only capture a few of the 26 volunteers who helped out over the 2 days of hamper making. Not to mention the hours put in knitting wrist warmers, making beaded creations, and putting together the art, cards and letters.

The hampers were a great success, spread a lot of joy, connected our older and younger residents and hopefully will become something our community regularly does as a way of thinking about and acknowledging our resident seniors.

If you were involved in any way, from nominations to creations or deliveries, thank you so much!

We made 169 hampers, which contained 258 meals. Not every hamper had the same contents, but were a mixture of what is displayed in the photos.

The hampers were really well received, and the volunteer days were enjoyed by all.

‘[He] was almost overwhelmed with the thought expressed with the ‘unprecedented’ gift. All others, who didn’t suspect or know, were equally and almost universally stunned’

‘...an amazing group of volunteers too! It was just amazing to be in that room today & I didn’t realise how comprehensive and ‘full of love’ those wee brown bags were’



Te Hau Toka
SOUTHERN LAKES WELLBING GROUP



FIORDLAND COMMUNITY KAI Matariki Hamper Meal, July 2023

SOUTHERN LAKES WELLBING GROUP

Our community is proud to support our older residents with a special Matariki Hamper Meal, July 2023. This special meal is a wonderful opportunity for our older residents to enjoy a special meal with their friends and family.



Meals Made 258
Kitchen Volunteers: 9



Meals Made 258
Kitchen Volunteers: 9



Happy Matariki
off for you, kia ora from the
Fiordland Community

Many thanks to our older residents who attended the Matariki Hamper Meal on July 2023. We were so pleased to see you all and to hear from you. We hope you enjoyed the meal and the company.



You are all welcome to contact us if you need any help or support. We are here for you.