

An Impact Strategy to improve whānau wellbeing

Family harm and sexual violence continue to escalate in Aotearoa, with Māori disproportionately affected. As a kaupapa Māori social services provider working on the frontline with whānau experiencing vulnerability, Te Whare is uniquely positioned to contribute our expertise and cultural knowledge towards the moemoeā (vision) of Te Aorerekura – a future where all whānau can thrive free from violence.

Recognising the need to create greater impact, Te Whare has launched a new Impact Strategy to help whānau to navigate challenges, overcome family harm and sexual violence, and heal and restore wellbeing. The strategy is underpinned by our **four pillars of change**:

1. Cultural connection

A strong sense of cultural identity and connection to one's wairuatanga strengthens communities, fostering inclusion and a sense of belonging.

By understanding their place within their whakapapa, whānau can strengthen their cultural identity, build confidence, and positively contribute to their communities. This sense of belonging creates a stronger, more inclusive society where everyone feels valued and supported.

Key outcomes

- **Stronger cultural identity** - Whānau develop a deeper understanding of their whakapapa, reinforcing their cultural identity.
- **Enhanced confidence and wellbeing** - A strong sense of identity builds self-assurance and resilience.
- **Greater community inclusion** - Strengthened cultural connections foster inclusivity and participation.
- **Intergenerational knowledge transfer** - Cultural traditions and values are preserved and passed down to future generations.

- **Increased social contribution** - Whānau are empowered to actively participate and contribute positively to hāpori whānau.
- **Stronger, more connected communities** - A collective sense of belonging leads to a more cohesive and supportive society.
- **Improved social and emotional wellbeing** - Feeling valued within one's cultural identity supports overall mental and emotional health.

2. Stronger whānau

Supporting individuals to break the cycle of family harm and violence paves the way for better outcomes for all members of the whānau.

Family violence often leads to cycles of abuse that can affect generations - impacting all aspects of health and wellbeing. Supporting whānau to overcome family harm reduces the risk of repeated harmful behaviours and helps break generational cycles of violence.

Key outcomes

- **Breaking cycles of harm** - Reduced likelihood of family violence recurring across generations.
- **Improved whānau wellbeing** - Better behavioural and mental health outcomes for all whānau members.
- **Enhanced safety** - Reduced risk of harm and abuse within the whānau.
- **Stronger relationships** - Healthier family dynamics and improved communication.
- **Intergenerational impact** - Future generations experience a safer and more supportive environment.
- **Community and social benefits** - Reduced strain on social services, justice systems and healthcare due to lower rates of family violence.
- **Empowerment and resilience** - Whānau gain the tools and support to create lasting positive change.

3. Safer communities

Safer whānau build stronger, more resilient hapori whānau, providing a stable tūāpapa for a safer Aotearoa.

Resilient communities experience less crime, lower rates of violence and reduced pressure on law enforcement and social services. When whānau feel secure, they're more likely to engage in education, find work and be part of their community.

Key outcomes

- **Safer whānau and communities** - Strengthened resilience leads to reduced crime and violence.
- **Stronger hapori whānau** - Stability within families contributes to overall community wellbeing.
- **Reduced demand on services** - Less pressure on law enforcement, social services, and healthcare systems.
- **Enhanced economic benefits** - Safer whānau are more likely to pursue education and employment opportunities.
- **Increased community engagement** - A sense of security encourages active participation in social and cultural life.
- **Long-term stability for Aotearoa** - A strong tūāpapa (foundation) supports sustainable safety and resilience nationwide.

4. Thriving tamariki

Growing up in a safe, nurturing and loving environment enables tamariki to reach their full potential.

Children exposed to violence often face developmental delays, emotional trauma and behavioural issues.

When tamariki feel secure and supported, they're more likely to engage in learning, succeed in school, avoid crime and contribute positively to society.

Key outcomes

- **Tamariki reach their full potential** - A safe, nurturing environment supports healthy development.
- **Improved emotional and mental wellbeing** - Reduced exposure to trauma leads to better emotional resilience.
- **Stronger educational outcomes** - Secure and supported tamariki are more likely to succeed in school.
- **Lower risk of harmful behaviours** - A safe and stable home reduces the likelihood of involvement in crime or destructive behaviours.
- **Positive social contribution** - Tamariki who grow up in safe environments are more likely to contribute positively to society.
- **Breaking cycles of violence** - Reducing exposure to harm prevents intergenerational trauma and behavioural challenges.
- **Healthier, happier communities** - Thriving tamariki lead to stronger, more resilient whānau and hapori whānau.

Read more about our new Impact Strategy [here](#)

- or contact **Elizabeth Walker, CEO, on 022 126 7587**
or **Elizabeth@tewhare.org.nz**

About Te Whare Ruruhau o Meri Trust (Te Whare)

We walk alongside whānau through every stage of life, supporting them to navigate challenges, overcome family harm and violence, and restore whānau wellbeing.

Te Whare delivers a range of kaupapa Māori social work services and programmes to support whānau in Kaitiaki, Whangārei and Tāmaki Makaurau. This includes social work support, safety and non-violence programmes, tamariki hinengaro wellbeing initiatives, and in-school and advocacy services.

Wairua is a cornerstone of our mahi in reducing sexual violence - connecting whānau back to their waiuatanga

and whakapapa to overcome complex challenges. We believe that supporting individuals to break the cycle of violence is the first step toward restoring whānau oranga - and a stronger, safer whānau is better able to nurture its tamariki.

tewhare.org.nz