



EMERGE Aotearoa – Celebrating our Southern Region

Kai & Kōrero: Learning over lunch

May 2024

Introductions

Who we are?

Our roles in the Organisation?

Where we are based?



Who are we?

We are a national charitable trust that provides a wide range of health and social services. Our mission is all about strengthening whānau so communities can thrive.

**Health and
Disability**

Housing

Peer Support

**Wellbeing
Support**



Our Strategy

Tangata Tiriti

Our Services

Our Kaimahi

**Our
Relationships**

**Our
Performance**

Our Planet



Our Southern Region

Nelson

Christchurch

West Coast

Timaru

Dunedin

Invercargill



What “health” services do we have?

- Te Tumu Waiora
- Adventure Based Experience
- Employment Consultants (Creative Works)
- Community Support (Adult Mental Health & Addiction)

- Bespoke contracts – There require specific pathways of referrals through secondary services. If you would like more information, please feel free to connect with one of us later on.





Canterbury
Te Tumu Waiora
to head towards wellness

How it Works

- Two Main Roles: HIP and HC
- Fully Funded
- 15- 30 mins sessions
- Enrolled in a GP





Canterbury
Te Tumu Waiora
to head towards wellness



Health Coaches

Health Coaches support people to improve their health and wellbeing. They work with people to:

- Understand their health and wellbeing goals, whether it be mental, physical, emotional or social
- Create a plan and set goals.
- provide advice and information on how to manage their health and motivation to do so
- support people and whānau to access other services or organisations that may be able to help.



Adventure Based Experience - Christchurch

ABE provides opportunities for people living with Mental Health, Alcohol and other Drug challenges to take part in regular activities that support their physical health and wellbeing.

Referral Criteria

- Adult Service
- Mental Health or Addictions
- Goal Focused



Adventure Based Experience continued ...

“this service has given me a chance to prove to my that I can do better.”

“my highlight was being able to get into the water. I have regrets that I didn't swim sooner”.

“ABE staff were encouraging, supportive, respectful, listening, build new routines into my daily life”

“I have been given the tools to having a healthier lifestyle.”



Creatives Works – Christchurch and Wellington

- CV development
- interview skills training
- interpreting employment agreements
- support to access transition to work experience
- ongoing support once you have secured a job.

Employment support services are completely confidential.



Activity & Living Skills Service - Greymouth (Mawhera)

Our Service supports people (18+) who have experience of Mental Illness & Addiction.

We are a mobile community-based service that covers Karamea to Haast which is **almost** the same distance as between Auckland and Wellington.

Self-referral and Community/ service Agency referral

Our service also has a free phone **0800 000 029** which Tangata Whaiora can call when they have no credit on theirs, they are still able to contact us or leave a message if no one is available.



Activity & Living Skills Service continued..

“It was important to me that they knew I was there alongside them, I wanted them to be able to retain their dignity to feel that they were respected and would not be judged by me regardless of the outcome, eventually they reduced their alcohol intake and then from there they made the decision to take that first step toward being alcohol free.”





Community Action Pathways- Christchurch

- Referral through the ComCare website – CAP referral (Community Action Pathways)
- Adults - Mental health and Addictions
- Goal Based Service

Ignite – National (Online)



Ignite Aotearoa is a wellbeing social enterprise.

- Digital wellbeing platform
- Partnering with workplaces
- Three key focus areas:
 - My life – Finances, Occupation, Relationships, Recreation
 - My Health – Body, Habits, Home, Mind
 - My Meaning – Beliefs, Culture, Connectedness, Identity

Thank You 😊

Feel free to contact Sharon on Sharon.Necklen@emergeaotearoa.org.nz

