

## LONGITUDINAL WHĀNAU SUPPORT PROJECT

# WHĀNAU INSIGHTS

## MARCH 2024 UPDATE

Executive Summary - to read the full report, visit [www.tewhareawhero.org/publications](http://www.tewhareawhero.org/publications)

Longitudinal Whānau Support:  
Bringing hope to the most vulnerable in our local community.

### OUR GOAL

The Longitudinal Whānau Support (LWS) project aims to address the long-term, intergenerational challenges facing our community with long-term intergenerational support. This support will allow us to empower the most isolated whānau and their children in our community to realise their aspirations and access opportunities.

For the last eight months, we have been working with eight whānau in our community with a focus on building the trusting, hopeful relationships that will create change.

We know engaging well with whānau is key to the long-term, intergenerational change this project seeks to create.

### FINDINGS - EIGHT MONTHS IN

Interviews with whānau taking part in the project identified significant areas of change in their lives, due to the guidance, support, and goal setting they had received from their Whānau Support Worker.

**CONFIDENCE** - Whānau described feeling increasingly confident in their own ability to parent their tamariki, manage challenges, and engage with professionals such as teachers.

**CHANGE** - Goal setting allowed whānau to identify the small, achievable steps they could take towards broader, more significant change. Knowing they can make change empowered whānau and gave them renewed confidence in their decision making.

**CONNECTION** - Our Whānau Support Workers' focus on facilitating access to community resources helped reduce the isolation experienced by our whānau and gave them additional professional and peer support to draw from, resulting in reduced stress and more energy to parent their tamariki.

Four key themes were identified in interviews with Whānau  
continued overleaf



## KEY THEMES

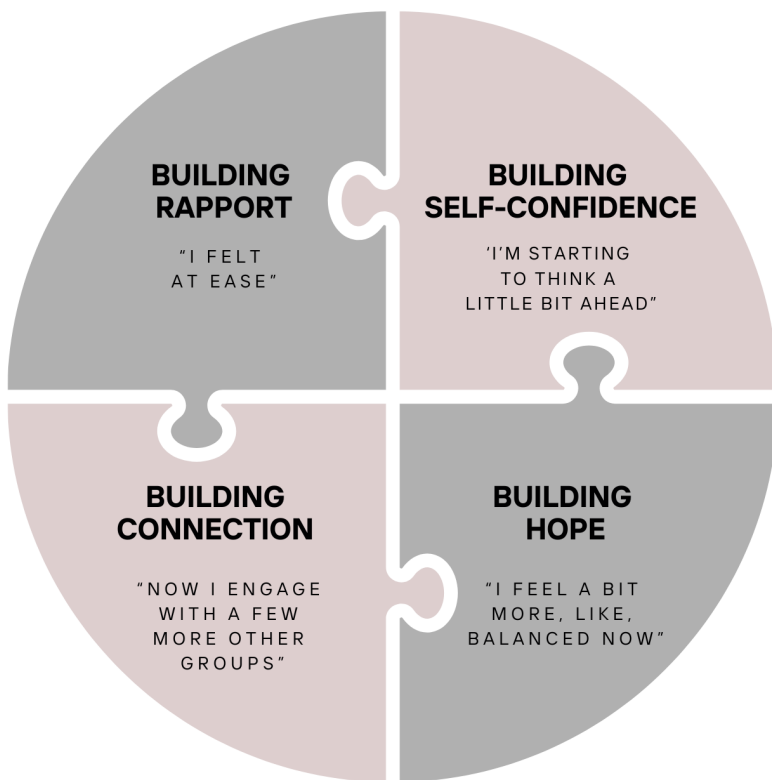
Four key themes were identified in our interviews with whānau after several months engaged in the Longitudinal Whānau Support programme

For our whānau who are facing serious mental and/or physical health, financial, justice, behavioural, addiction, and parenting challenges every day, surviving has been about putting one foot in front of the other and focusing on the present.

During the interviews, our whānau told us that since joining the project, they have started to look to the future. This hope our whānau have for the future

describes a broad range of things from looking forward to opportunities to recover, to feeling more resilient and content, to feeling inspired and having a renewed sense of faith in themselves and their community.

The whānau told us what had been key to successfully engaging with the programme for them, and the things they identified fell into four key themes:



### BUILDING RAPPORT

Our whānau talked about the importance of trust, mutual respect, and understanding. Being consistent, showing up, and following through were key to building trust.

### BUILDING SELF-CONFIDENCE

Rediscovery and building of self-confidence through reminders of strengths, achievable goal setting, and having the safety net of a Whānau Support Worker.

### BUILDING CONNECTION

The Whānau Support Worker connected them to their community, groups and events, and provided opportunities for their tamariki to explore talents and passions.

### BUILDING HOPE

All of our whānau talked about feeling more hopeful and thinking more positively about their future.

Partner with us!

If you'd like to support us or to find out more about our work in the community, visit our website or get in touch - we'd love to hear from you.

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