



MANAWANUI MANAWAROA MANAWAORA E!

RUAPEHU WELLNESS CENTRE
TOWARD A COMMUNITY DESIGNED
MODEL OF CARE

He tau ka whanga

He tau ka kite

He tau ka hua e!

Hua te tūmanako

Hua te tāngata

Hua te wai ora e!

There is a time to wait

There is a time to observe

And there is a time to realise

Realise our dreams

Realise our potential

Resulting in absolute wellness.

Composed by Che Wilson. Music by Uncle Hune Rapana.

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ACKNOWLEDGEMENT

Inside this document is the community's hopes for the Ruapehu Wellness Centre. Their hope is to revitalize a community culture, where the health and wellbeing journey is an experience grounded in kotahitanga – united effort, connected, and inclusive.

The communities themselves are healers and protectors, organizers, and hope builders. For generations they have worked as a collective to support each other to overcome obstacles, natural disasters, broken homes, pandemics - healing the seen and unseen wounds. They know first-hand what it is to be united for the common good. We value their wisdom as the experts they are in caring about their community.

Thank you Waimarino communities for the time and energy you put into this, for your ongoing commitment to see nothing but the best for your hometowns.

We also acknowledge the Ruapehu Whānau Transformation for allowing us the opportunity to learn about the challenges and opportunities emerging for community in this conversation. We value your commitment to communities, your determination to respond to meet their needs, and your courage to challenge the status quo! This is the type of bravery and innovation we need in today's world.

KO WAI MĀTAU? | Who are we?

Healthy Families Whanganui, Rangitīkei, Ruapehu is a team interested in how our environments (where we live, learn, work, and play) influence community health and wellbeing.

We focus on understanding peoples' reality, what gets in the way of good health and wellbeing, to what helps them to thrive. We facilitate and support groups with a common goal to design what can be done better with and for whānau. Partnerships and collaboration matter to us.

We are a team of creatives and connectors. Our role is to encourage groups to think differently, to discover what could work for everyone, without taking away from anyone. We explore how innovation combined with trusted practice could merge together to form new solutions for problems.

We are genuinely interested in what people think and say, and how the intentions of many can form movements of change.

WHAT IS THE INTENTION OF THE RUAPEHU WELLNESS CENTRE?

| Community voice

To design a new approach and service to house an innovative model of care informed by the needs and aspirations of whānau / community, for a better way of working together, where people and whānau are at the centre of a shared focus.

| Ruapehu Wellness Centre

- Health and social services working alongside holistic wellbeing services, practices and supports.
- Co-location of services so community has better health and social outcomes.

CAPTURING THE COMMUNITY PERSPECTIVE

| Community voice

This document includes community thoughts, ideas and aspirations for a Ruapehu Wellness Centre model of care, with recommendations for services.

| Ruapehu Wellness Centre

1. What would need to change or improve for community to have better health and wellbeing?
2. What does a community Wellness Centre do?



INSIGHTS AT A GLANCE

INSIGHTS AT A GLANCE

Through a series of community design workshops in Raetihi and Ohakune we captured over 1,500 post-it-notes of ideas and thoughts about the existing challenges and the emerging opportunities. We found common themes from the current reality, and shared aspirations for the future reality.



People want to be treated as a 'whole' person. Good health plans are easily derailed when people have stressful lives.



People expressed frequent frustration at the disconnection between services and locations. It is exhausting for people navigating the service landscape.



People struggle with formal services that do not understand their culture and what's important to them.



Being shamed or blamed is harmful to people's health and wellbeing. People want their dignity protected.



Inconsistent advice and information makes it harder for people to feel confident in their health plan.



People are looking for social connection and peer to peer learning. They know this is good for their health and wellbeing.

INSIGHTS #1

PEOPLE WANT TO BE TREATED AS A 'WHOLE' PERSON. GOOD HEALTH PLANS ARE EASILY DERAILED WHEN PEOPLE HAVE STRESSFUL LIVES.

| Communities are saying:

Communities see health in physical, mental, spiritual, emotional, environmental, financial, and cultural dimensions. They talked about health in a holistic way. They discussed the importance of social connection, a life lived with purpose and feeling secure. Yet, they feel formal services only address one or two dimensions and then don't always refer on to other supports. This makes it hard for people to prioritise their health if they are facing other life stressors.

| Research tells us:

A wellbeing paradigm requires a focus on positive aspirations with expanded treatment and care goals that go beyond the alleviation of symptoms to the attainment of wellness. Wellbeing aligns with tikanga Māori and Māori cultural norms; it demands cross-sectoral commitments. It also recognises the interdependence of mental health and physical health, the capacity of communities to generate opportunities for healthy living, and the strength and leadership of whānau so their people can live as Māori and participate fully in society. (Heath, 2018)

COMMUNITY SAYS:

I know some of my whānau are struggling with their health because they're looking for work. Poverty is a real health issue.

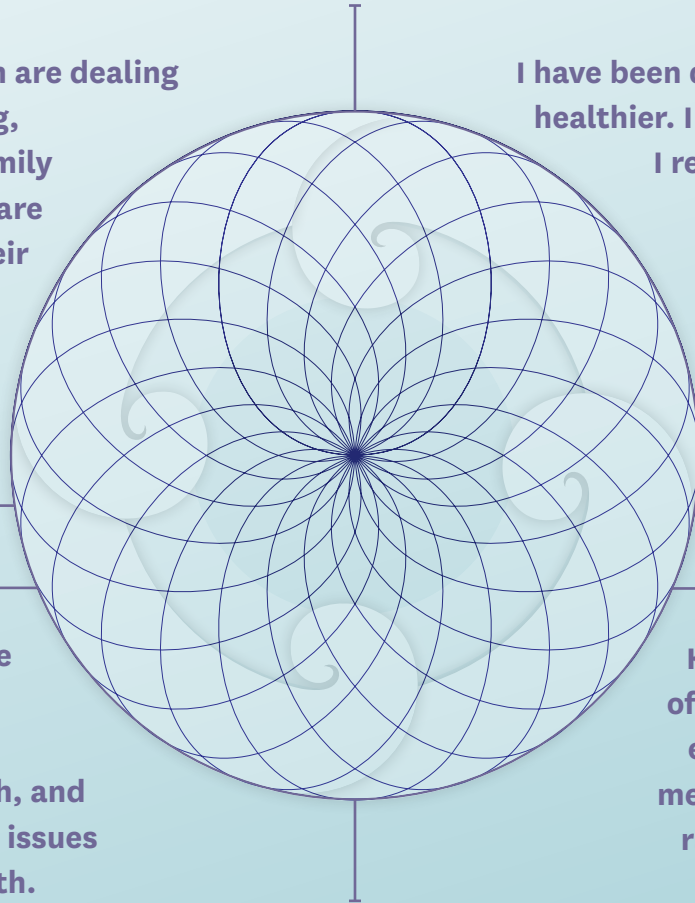
People I work with are dealing with poor housing, addictions, no family supports...these are real issues for their health. We need to think more holistically about this.

I have been doing things that are healthier. I got to a point where I realised health wasn't just my body. Its my mind, my brain, my faith, my family, my job... and one thing can effect everything.

I want somewhere to go for help with my physical and mental health, and support for other issues I'm not coping with.

Knowing I am worthy of good health. A good experience can make me more confident and raise my self-esteem.

I don't know if they understood how stressed out I was. I knew that's what was making me sick but I didn't feel they were interested in knowing.



INSIGHTS #2

PEOPLE EXPRESSED FREQUENT FRUSTRATION AT THE DISCONNECTION BETWEEN SERVICES AND LOCATIONS. IT IS EXHAUSTING FOR PEOPLE NAVIGATING THE SERVICE LANDSCAPE.

| Communities are saying:

We heard communities feel they will often have to book multiple appointments and spend lots of time travelling between services. They then spend more time waiting for advice, or forms to be approved, or confirmation with specialists. Their journey is even tougher if clinics, or services are really busy. People end up feeling like they're a burden, even though they are carrying the burden of navigating a disconnected system.

| Research tells us:

Sparsely populated regions present challenges geographically as people may have to travel long distances to receive or deliver services. Slow or no internet connection, limited cell phone coverage and poor roads can also make it difficult to access services and support. Recruiting staff to work in rural areas is also challenging. Often only crisis services are provided, with limited opportunity to undertake preventative work. (Heath, 2018)

COMMUNITY SAYS:

It takes so long to finally see someone then you can only have 15 minutes. Makes me feel like my health is not important.

I try to book my appointments all on one day to save travelling, but it never works. Different phone numbers, places, different processes, but all require lots of waiting.

Remove all the barriers. It's like there's a roadblock at every corner.

As a social worker I understand how frustrated whānau get. They feel relieved when I can connect them to different services. Even helping to explain things, or translate what others are saying. It doesn't need to be this complicated.

I got really sick and ended up in hospital in Whanganui. When I started to get better, out of the blue they tried to send me home at night. I had no one at home, no plan, no one to pick me up. I had to try and find someone to come and get me. It was so rushed and unexpected. I felt like they were pushing me out and just didn't care.

INSIGHTS #3

PEOPLE STRUGGLE WITH SERVICES THAT DO NOT UNDERSTAND THEIR CULTURE AND WHAT'S IMPORTANT TO THEM.

| Communities are saying:

We heard how important different worldviews are for a more holistic approach. Whānau talked about feeling misunderstood and judged because some professionals didn't understand them, their values, or their culture.

Non-Māori wanted to know what they could do to be good Tangata Tiriti. People want to learn and grow alongside each other so they can better support each other.

There was agreement that merging worldviews should be an important and unique feature of the Ruapehu Wellness Centre.

| Research tells us:

Experiences led Māori to view health practitioners as uninterested in their health and wellbeing. As well as explicit and implicit experiences of racism and discrimination, Māori patients and whānau felt that their wider spiritual and cultural practices were devalued within the mainstream health system. Feeling culturally alienated in this manner contributed to patients feeling anxious and worried while in hospital, resulting in requests for earlier discharge than recommended. (Graham, 2020)

COMMUNITY SAYS:

I just disengaged. They weren't listening or trying to understand what was important for me.

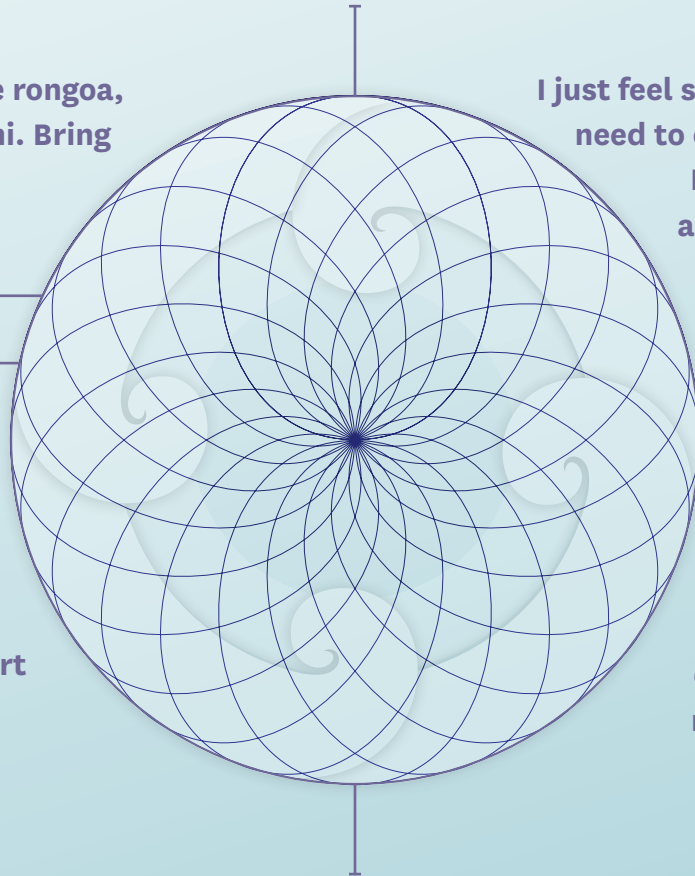
I want there to be rongoa, mirimiri, romiromi. Bring in our traditional practices.

I just feel some professionals need to check themselves. Be kind. Check the assumptions you're making about whānau.

Hire local, hire Māori. Hei oranga kei roto i te reo. More reo and more Māori working to support whānau.

We really want to learn more and do more. We can't do that if we don't really understand.

A Te Ao Māori worldview is holistic. That's what we need to include.



INSIGHTS #4

BEING SHAMED OR BLAMED IS HARMFUL TO PEOPLES HEALTH AND WELLBEING. PEOPLE WANT THEIR DIGNITY PROTECTED.

| Communities are saying:

Negative behaviour can cause people and whānau to lose confidence and trust, and furthermore, can affect peoples' ability to make good decisions. Rangatahi (young people) think adults look down on them, making them feel they are not welcome and not important.

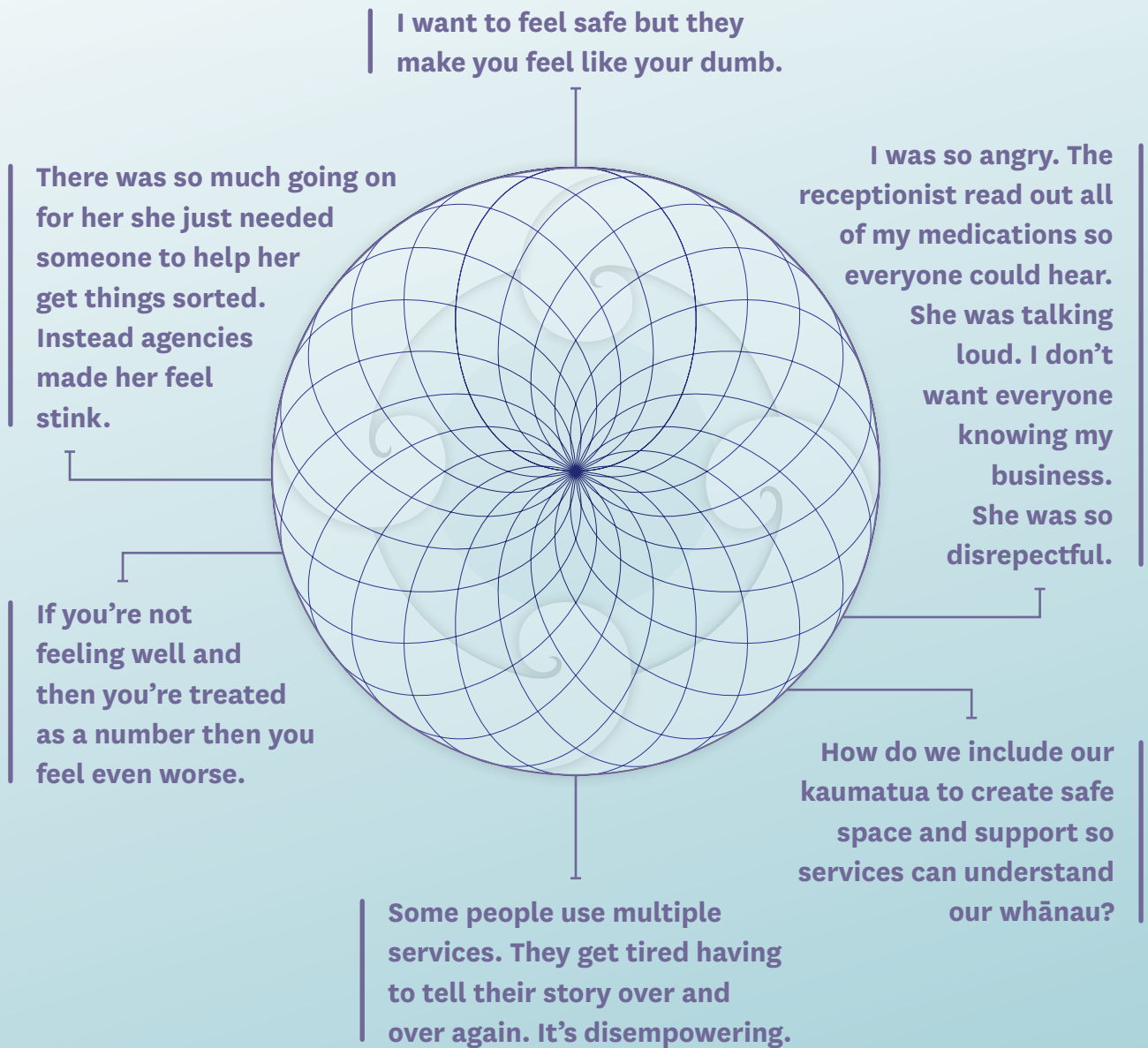
Communities wondered if professionals are so under pressure and fatigued they are worn down.

Communities want everyone to be more understanding, empathetic and open so the Ruapehu Wellness Centre is a safe space.

| Research tells us:

Experiences of coldness, micro-aggressions, discriminatory behaviour and shaming communicate a sense of 'not-belonging' and result in Māori patients and whānau disengaging and/or actively avoiding healthcare-related interactions as much as possible. This disengagement is a sensible tactic that works to sustain and maintain one's sense of self when under attack. (Graham, 2020)

COMMUNITY SAYS:



INSIGHTS #5

INCONSISTENT ADVICE AND INFORMATION MAKES IT HARD FOR PEOPLE TO FEEL CONFIDENT IN THEIR HEALTH PLAN.

| Communities are saying:

In stressful times, when people and whānau are not well, quality engagement and a range of communication tools are essential. We heard communities talk about inconsistency of information. The language used and next steps felt complicated.

Service teams also acknowledged they had average digital capability, not enough meaningful cross-service sharing, and wanted to see more strengths-based teams working for whānau. Having meaningful relationships with people and whānau, and between services, is where the real actionable intelligence comes from, but some feel this is undervalued.

| Research tells us:

Programs to improve rural health will be most effective when based on policies which target all risk determinants collectively contributing to poor rural health outcomes. Focusing solely on 'area-based' explanations and responses to rural health problems may divert attention from more fundamental social and structural processes operating in the broader context to the detriment of rural health policy formulation and remedial effort.

(Smith KB, 2008)

COMMUNITY SAYS:

More options for taking care of ourselves.
But how do we know what options there are?

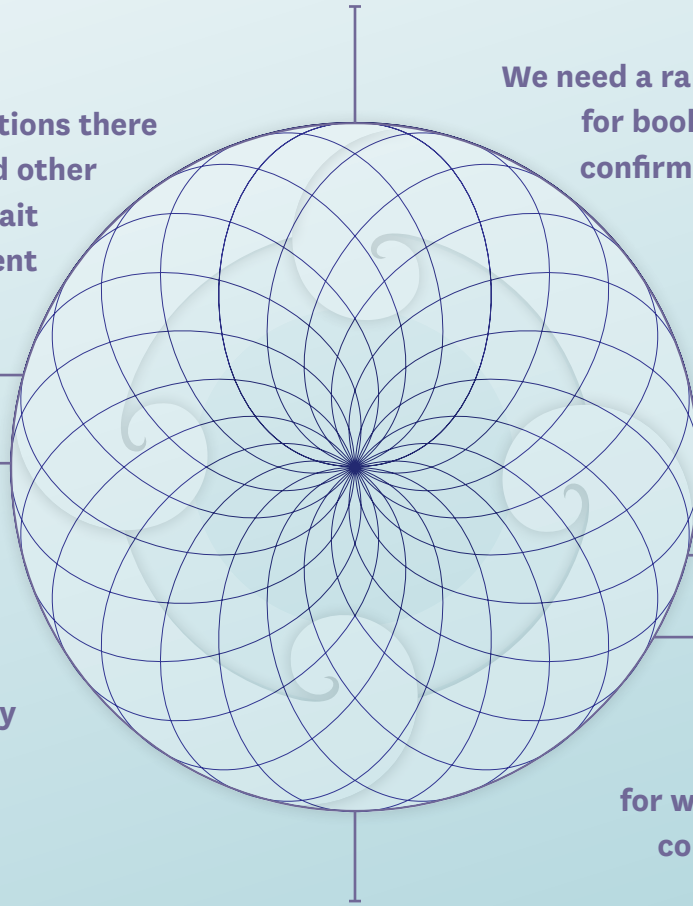
If I know what options there are then I can find other support while I wait for my appointment in two weeks.

I'll use technology if it's easier and more informative than what I'm currently getting.

We need a range of online options for bookings, follow ups and confirmations. Even to know what is on offer and who is available on the day. What are we doing on social media? Technology could make things easier.

The Centre needs to be really accessible for whānau. We also need compassionate people.

We want to be able to trust the Centre staff to empower us and give us confidence to ask questions, even ask for help.



INSIGHTS #6

PEOPLE ARE LOOKING FOR SOCIAL CONNECTION AND PEER TO PEER LEARNING. THEY KNOW THIS IS GOOD FOR THEIR HEALTH AND WELLBEING.

| Communities are saying:

Social connection and learning from each other is just as important to the community as is good professional support and advice. Communities offered ideas of how they can contribute to create inclusiveness and social connection. For example, running wānanga, sharing their experiences, gardening and permaculture lessons.


The combination of informal and formal support was widely recognised by the community to provide more options with a range of experts or practitioners. They feel people and whānau then have greater choice.

| Research tells us:

Transformative capacity emerges when space for informal networks that provide strategic and operational innovation is created, which can also catalyse new types of governance arrangements and structures. By ignoring the complexity of emerging perspectives—particularly at the local level, governance arrangements fail to take advantage of adaptive capacity and innovation potential. (Cradock-Henry, 2018)

COMMUNITY SAYS:





THE PERSISTENT CHALLENGES

UNHELPFUL

People and whānau with multiple needs can have a disadvantaged experience because the various processes and practices are separate and often inflexible. Unhelpful attitudes and behaviours will diminish people's wellbeing further. The system is only helpful to some.

INCONSISTENT

Communities can feel limited by their own knowledge when it comes to medical or clinical practice. Therefore, when they feel information and communication is *inconsistent* they become disempowered to make confident choices and decisions. Inconsistency causes mistrust.

DISCONNECTED PATHWAYS

What trade-offs do community make to suit the services, and what work-a-rounds do practitioners have to create to meet their clients, whānau needs? The disconnected pathways can cause excessive wait-periods, feelings of hopelessness, and isolation. It feels even more disconnected when services are not local.

THE FUTURE REALITY

TRANSITIONING FROM A HEALTH SYSTEM TO A WELLBEING SYSTEM

Communities imagined what the future would look like if the Ruapehu Wellness Centre brought their ideas and aspirations to life.

“Free from judgements, welcomed and embraced, intimately woven together with delicate care, enlightened by the rich tapestry of wisdom as karakia ascends to Rangi and descends to Papatuanuku, each strand an important part of the whole.”

COMMUNITY GOALS FOR THE RUAPEHU WELLNESS CENTRE

WHAT TO EXPECT

1

Improve health and wellbeing

PHYSICAL & VIRTUAL SPACE

2

Increase connection between services, culture and communities

PEOPLE CENTERED

3

Reduce workforce fatigue and increase time spent caring about people's wellbeing

OFFERING

4

Increase holistic options delivered by informal and formal networks

A NEW SYSTEM PERSPECTIVE

COMMUNITY HEALTH AND WELLBEING IS HOLISTIC.

Connection and inclusion matters to community. When we become more connected we have access to a greater source of ideas and creativity.

Communities are resilient, yet they are tired of being told to be more resilient. Instead they ask services to be resilient so they can better adapt to meet community needs.

Communities have much to contribute to growing collective health and wellbeing. In Ruapehu-Waimarino they want to be active participants and valued partners.



THE SYSTEM IS CONNECTED AND INNOVATIVE

SERVICES AND SUPPORTS ARE CARING AND RESILIENT

**PEOPLE & WHĀNAU ARE
VALUED PARTNERS**

SHARED VALUES

The communities want to know services working together align to the same Values. These Values are the standards and principles that determine the behaviours and attitudes of Wellness teams.



NESS

Healthy mindset
and attitude within
themselves and
towards others

Is willing to learn
and improve

Protects peoples dignity

RESPECTFUL

Is open and hospitable

**ICES
VALUES**

INCLUSIVE

Empowered, empowers,
and shares power

Acknowledges and honours
whānau diversity voice,
perspective, cultural views,
and lifestyles

Works as a team
with others

Defers judgement

**ON-
MENTAL**

VALUES COLLECTIVE

“How do we also engage the families of people needing care so they feel in the loop without having to attend all appointments?”

ENGAGEMENT DRIVES COMMUNITY SATISFACTION

“The system causes shame if people continue to blame individuals for their circumstances.”

“When your values are aligned you feel accountable and open to each other.”

VALUES DRIVE CULTURE

COLLECTIVE

COMMUNITY S

ENGAG

CULT

VAL

**DRIVEN
BY IMPACT**

“Communities spend a lot of time negotiating the service system to have their needs met.”

**COMMUNITY
SATISFACTION DRIVES
COLLECTIVE VALUE**

“Are we in a position to help remove some of the barriers that people face?”

**CULTURE DRIVES
ENGAGEMENT**

“A team approach can help people to access different types of support. A culture of care has time for people.”

VE VALUE

SATISFACTION

EMENT

TURE

UES

THE “WELCOME!”

- SELF NAVIGATION
 - SUPPORTED NAVIGATION
-

People stressed the importance of feeling welcomed and supported in the Ruapehu Wellness Centre.

- People have struggled because they felt staff were too busy to create comfortable space for safe private conversations.
- Accessing multiple services is exhausting. To repeatedly tell their story of need over and over again is demoralizing.

The community brainstormed different types of engagement to improve the welcome and enable self-navigation or supported navigation.

Supported navigation focuses on increasing meaningful engagement to ensure people’s needs are met effectively and consistently.

We looked across the entire journey and mapped the pain-points that caused a lack of connection and applied the communities’ engagement ideas.

Increased interaction to follow up and follow through, check in, clarify, and confirm, should be online and / or in-person.

OUTREACH

Transition Support ensures there is consistent quality communication and agreement between rural and urban locations, and across other services not in the local area.

TRANSITION SUPPORT

Communities want to change the way we think about reception areas and the role of receptionist. A KEKA or Navigator's role is to create a welcoming, supported and coordinated experience.

KEKA, NAVIGATOR

ENGAGEMENT

SUPPORT NETWORKS

The informal support networks led by communities, offering to share their stories, talents, or experiences are an important part of supporting each other's health and wellbeing.

DIGITAL

Giving community choice includes digital options at all stages of their journey. Digital transformation can make it easier for people and staff to connect and stay engaged.

DIRECT LINK

Communities want specialists and services not locally-based to have regular onsite visits. Direct Link connects and coordinates local requirements.

COMMUNITY PRIORITIES FOR A REALLY GOOD EXPERIENCE

1 SAFETY, PRIVACY

Create safety through policy and practice. Show safety through words and actions.

3 COMMUNITY-LED SUPPORTS

Communities have amazing value to offer for growing social connection and increasing support.

5 INCLUSIVE

Shift the mindset from doing to, to doing with.

2 CULTURE

Value different kinds of wisdom, knowledge, and practices.

4 HOLISTIC CARE


Avoid one size fits all with a patchwork of approaches.

6 TECHNOLOGY

Use smart technology to support communications and engagement.

HOW TO MAKE IT HAPPEN

Focus on being	By...
Helpful	<ul style="list-style-type: none"> • Only using processes and tools that add value to the experience and journey • Developing tikanga: protocols and policies that prioritise a wellbeing response in all interactions, then get feedback from communities to see how effective these are • Making time to have conversations with people and whānau to find out what they need to feel included and stay included • Providing space and coordination for community groups to provide wellbeing and support options • Enabling user-friendly technology platforms
Consistent	<ul style="list-style-type: none"> • Thinking of people and whānau as valued partners and participants in the process. • As you continue to design work with people, whānau and services to identify barriers, then together, redesign new or improved pathways • Integrating systems with smart technology so communities and services have different ways to receive information, better visibility, and ease of access
Connected	<ul style="list-style-type: none"> • Including cultural knowledge holders and practitioners, and community supports as key partners • Having direct links to specialists and services located outside of the district and book them on set times of the month for onsite visits • Establishing a partnership and engagement approach with the WDH and hospital so people's transition between the two areas is supported and connected. • Exploring whether a community champion or local service provides a shuttle bus between Whanganui and the Ruapehu • Developing a consent-driven approach so data can be shared by the request of people and whānau



RECOMMENDATIONS AND CONSIDERATIONS



COLLABORATION SPECTRUM

A people-centered model of care requires high levels of trust between services and communities. A collaboration spectrum helps services to understand the benefits of working at different points on the spectrum. Collaboration can improve equitable health and wellbeing outcomes. Integration can improve investment and performance, and increase capability. Moving toward collaboration puts people and whānau at the centre of the system, rather than individual organisations.

HIGH TRUST

Communities and front-line practitioners have an important role to play in improving equitable health and wellbeing outcomes, and not just as participants but as valuable contributors and partners. Innovation and collaboration can happen in different ways when people are given space to exercise power in partnership and build on their existing strengths.

WĀTEA

REFLECTIVE PRACTISE

The demand on the system means practitioners are constantly reacting with not enough time to reflect. Reflective practice, when done regularly, advances the practice, reduces stress and emotional fatigue, and improves the experience.

Reflective practice is a wellbeing process and should become business as usual for teams.

Asking for feedback gives people and whānau the opportunity to share their experience. Listening, then making changes to improve the journey, validates and values their voice.

Reflective practice requires confidentiality and safety, done in a positive learning and development environment.

CHECK

Find non-intrusive ways to regularly receive feedback from people about their experience.

REFLECT

Identify the issues people are experiencing, and what could be done better or differently to address these?

ADAPT

Implement and test improvements. Adapt the practice. Acknowledge and celebrate with community.

SERVICE DESIGN

WHAT WEAVES PEOPLE TOGETHER TO WORK AS A TEAM?

EQUITY DESIGN

Redesign systems that historically cause disadvantage and inequity. Create a shared affirming language for equity-service design. Ensure the space is liberating and dignified for all. Build in the conditions for change then shift from focusing on transactions to transformational outputs and social outcomes.

CONTINUUM OF CARE

Take collective responsibility for designing a unique continuum of care that shifts the focus from funding driven outputs and time-frames to optimum health and wellbeing outcomes responsive to local needs. Assess first, the collective's readiness for change.

MERGING WORLDVIEWS

Respect for people's identity, traditions and culture is important for communities. Equal partnerships with Māori knowledge holders and practitioners can uncover new systems and possibilities. Embed Mātauranga Māori and work with Iwi, Māori to achieve transformational service delivery and equitable health outcomes.

ORGANISING CULTURE

Focus on an inspiring culture that values the wellbeing and success of individuals and the collective. Be intentional about enabling teams to immerse and align themselves to the big picture. Encourage them to co-design a workplace wellbeing culture.

WELLNESS FOR COMMUNITIES

1

INCLUSION

Including people with lived experience in the design and development is where real change and innovation occurs.

Community participation and contribution can make a real difference to deeply understanding the lived realities. The practice of doing to changes to do with.

Including communities in ways that are meaningful and respectful can be transformative.

2

DATA SOVEREIGNTY

Consent-driven data sharing is data sovereignty - people and whānau own their information, with the power to determine who can share what. Consent-driven data sharing prioritizes the right to privacy, with the right to equitable and effective outcomes.

Consent-driven data sharing helps to meet the needs of people and whānau in partnership with Wellness Centre services.

3

SOCIAL CONNECTION

Communities want to contribute through koha of their expertise and experience. They have a range of skills and talents to offer which deepens the value proposition of increasing diverse types of support and care.

Community-led social connectedness is known to be innovative, accessible and healthy. Consider a KOHA Bank where people exchange value with other groups connected to the Ruapehu Wellness Centre.

WELLNESS FOR SERVICES

1

EMERGENT PRACTICE

Disconnected services can impact the on-the-ground effort. A more joined up, coordinated effort is needed to better align strategies and activities for real and lasting change.

The Ruapehu Wellness Centre is the glue for a transformational ecosystem, where all the players know their part and can work effectively together to remove barriers and enable a desired health and wellbeing journey.

2

SHARED DATA

By not sharing and utilizing data professionals can become fatigued through unnecessary workload and individualised effort. Consent-driven commitment to share data alleviates over-stretch, helps to see the bigger picture and take advantage of opportunities.

The lack of view of the whole picture means data-led activities can kill innovation and passion. Consent-driven data sharing increases coordinated efforts with flexibility to respond.

3

NEW CAPABILITY AND CAPACITY

Doing lots of things does not equal change. The current system causes burn-out and stretches capacity. But a holistic approach brings new and existing resource and talent together, as a movement for change.

A coordinated effort means the collective has the speed to act and the ability to be responsive on the ground. Focusing on individual efforts is exhausting. Focusing on collective effort is exciting and energising.

FOR COLLECTIVE CONSIDERATION

If we are changing the way the services work together, then what is our shared understanding of systems change

And so we wonder, **how might we** co-create a shared understanding of systems change?

So that we have a set of strategies and benefits for change that everyone understands and buys into

If we are focusing on a wellness approach then what is our shared understanding of wellness?

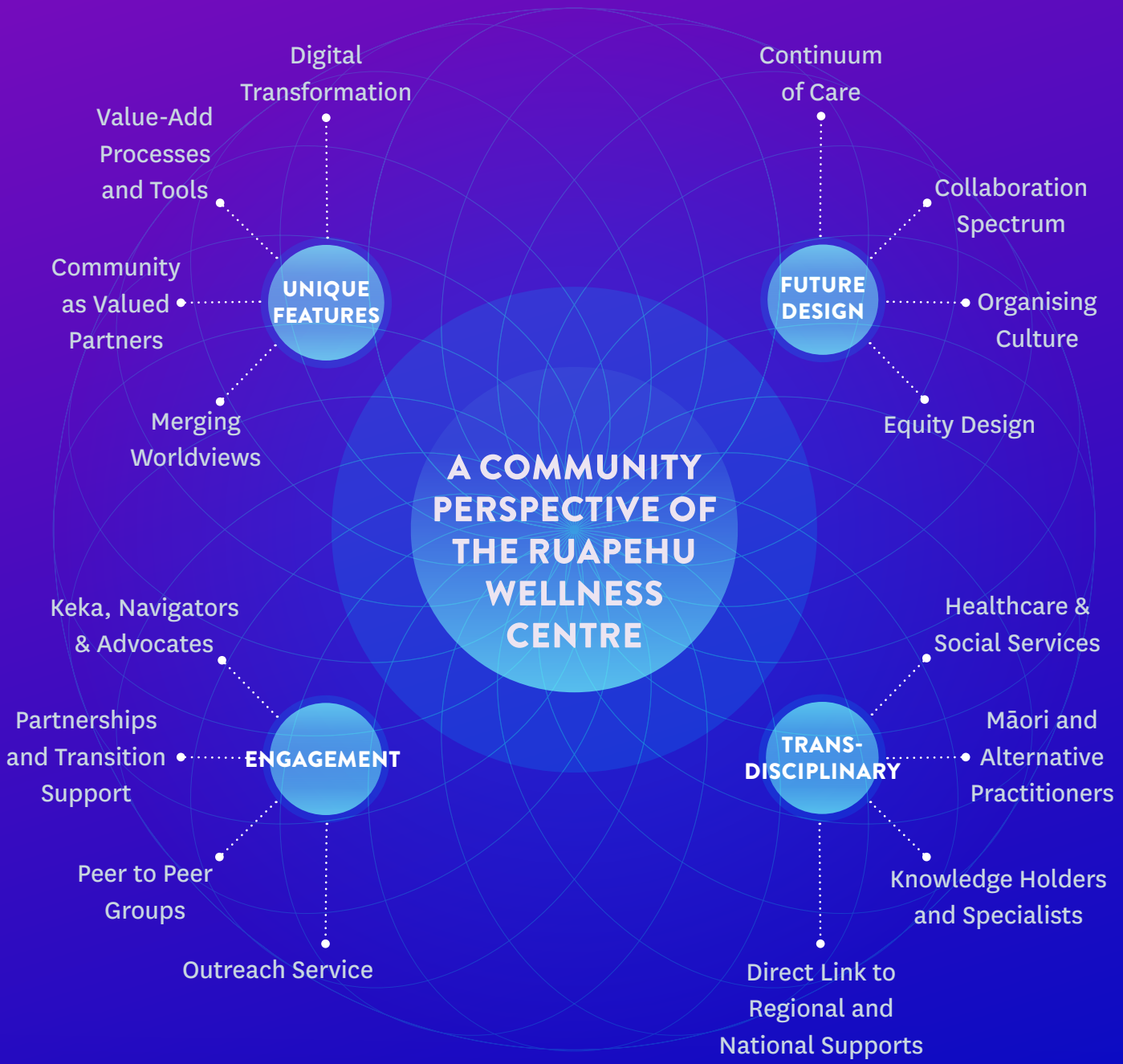
And so we wonder, **how might we** co-create a shared definition of wellness?

So that we have a powerful narrative for our operating culture

There is social and cultural capital across the ecosystem that is undervalued, disparate, disconnected, and does not hold power

And so we wonder, **how might we** prioritize the value of social and cultural capital to strengthen the movement

So that we have a greater contribution to transformational change



NEXT STEPS WE CAN ALL TAKE

GROUPS	NEXT STEPS
Community	<ul style="list-style-type: none"> • Kōrero (talk) with your whānau (family) and friends about what wellness is and looks like • Ask your rangatahi what they want to see in the future wellness system • Engage in up and coming Wellness Centre conversations
Wellness Practitioners	<ul style="list-style-type: none"> • Connect with each other to share your ideas and thoughts about a future wellness system • Explore a collective approach as a community of practice • Engage in up and coming Wellness Centre conversations
Health & Social Sectors	<ul style="list-style-type: none"> • Have brave conversations with your peers about the opportunities in a future wellness system • Research other integrated models of care • Engage in up and coming Wellness Centre conversations
Iwi, Hapū, Marae	<ul style="list-style-type: none"> • Partner with the Wellness Centre to determine Iwi role within the Wellness Centre approach • Come together as a Mātauranga Māori collective of practitioners to explore the future wellness system • Engage in up and coming Wellness Centre conversations
Local Govt	<ul style="list-style-type: none"> • Support the new wellness system through local government policy and investment • Identify the alignment of the Wellness Centre concept to the Council Long Term Plan and priorities and the Future of Local Government Review • Partner with Iwi to understand how a future wellness system values and practices the principles of Te Tiriti
Central Govt Agencies	<ul style="list-style-type: none"> • Identify the alignment of a future wellness system to the government’s Wellbeing Framework and United Nations Sustainable Development Goals • Invest in the Ruapehu Wellness Centre approach • Participate in cross-agency, cross-sector leadership discussions

CALL TO ACT

If you are interested in partnering and would like to find out more about this kaupapa please contact:

e: ruapehuwellnesscentre@gmail.com

w: ruapehuwellnesscentre.com

s: facebook/ruapehuwellnesscentre





healthy
families

Whanganui Rangitīkei Ruapehu
He oranga whānau

 healthyfamilieswrr.org.nz

 facebook.com/HealthyFamiliesWRR

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