

# CREATING A COMMUNITY OF CARING MEN

## TEN YEARS OF TAUAWHI



Presbyterian Support  
East Coast



Tauawhi  
TAIRĀWHITI MEN'S CENTRE



“ TO EVERYONE WHO WORKS & SUPPORTS  
TAUAWHI, YOUR EFFORTS CHANGE THE LIVES  
OF MEN & THEIR WHĀNAU FOR THE BETTER  
– THERE IS NO DOUBT ABOUT THIS.”

-ORA TE HAU - 2012 TAUAWHI MEN OF THE YEAR AWARD RECIPIENT

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## WHAKATAUKI

Ahakoā nō hea koe  
Ahakoā ko wai koe  
Ahakoā he aha te rā  
Ka kitea e koe he āwhina i konei

No matter where you're from  
No matter who you are  
No matter what the problem is  
You'll find support here

## Foreword

*Ngā mihi ki a koutou i raro i ngā manaakitanga o te ariki. Ka tika, me whaiwhakaaro ki ngā mate kua wehe atu ki te pō, tae noa ki ngā mate o ngā whānau o tēnei haerenga, haere, haere, haere ra koutou. Ka hoki mai kia tātou te hunga ora tēna koutou, tēna koutou, tēna tātou katoa.*

Greetings under the care of our creator. It is right that we remember those who have passed on, including the whānau who have been part of our journey; farewell to you all. Returning to us all, the living faces, greetings one and all.

As I reflect over the last 10 years, I think about our name Tauawhi (to embrace), our vision of “creating a community of caring men” and whether we have realised this in terms of where we are today. One definition of community is “the condition of sharing or having certain attitudes and interests in common”. So from that perspective, I would say that we have created a community of care within Tauawhi, that means that the men who walk up the steps, are “embraced” with manaakitanga and introduced to an environment where they can begin and continue their change journey.

We have gone from a staff of just two, to a team of 10; from a ‘drop in’ support model to a significant part of the service delivery within our parent body Presbyterian Support East Coast and a strong community presence. We have grabbed hold of opportunities that have come our way, thanks in part to some key people and organisations who are named later in this report.

We have continued to work towards the holistic response to the needs of men and whānau that we dreamed of back in 2010, through innovative peer support and community outreach. Our goals for the future include growing the support we offer through our model of residential respite for men. It seems now that in the wider context of our work there is finally acknowledgement that moving past the traditional, short term programmatic ways of addressing men’s issues such as family violence, to a more comprehensive and long-term model like ours, is the way forward, and so we hope that this will help us in realising our full potential.

Tenei Au, Tenei Au – Tauawhi E Tu Nei!



TIM MARSHALL: CO-ORDINATOR  
TAUAWHI MEN'S CENTRE

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## Responding to a community need: Men in Tairāwhiti taking a stand against family violence

In 2006, the wider Tairāwhiti community was deeply affected by three traumatic instances of family violence that resulted in the deaths of two women and three men. These events created a renewed sense of urgency around tackling family violence within the community.

A group of concerned men came together to form Tairāwhiti Men Against Violence (TMAV). Their vision was to create a community of caring men, who could live non-violent lives and support others to do the same. In August 2007, the idea of a Men's Centre was first proposed at a TMAV hui. The aim of a Men's Centre would be to reduce family violence by addressing the issues that lead men to use violence against women and children.

The Men's Centre concept found supportive partners in Te Whare Tu Wāhine (Gisborne Women's Refuge) and Family Works (a social service provided in this region by Presbyterian Support East Coast). It was acknowledged that although the Men's Centre and Women's Refuge would be complementary services, it was important that they operate out of different premises.

In 2010 a suitable space became available above the Family Works Store in Gisborne. Family Works and Te Whare Tu Wāhine formed a collaborative partnership, pooling their resources to get the Men's Centre off the ground.

The Tauawhi Men's Centre was officially opened on 2 July 2010. The name Tauawhi, "to embrace", was provided by renowned Ngāti Porou linguist and kuia Turuhira Tatare. The centre was dedicated to the memory of Dr Pat Ngata, an outspoken advocate against violence and a leader in intervention with men.



## The Kaupapa

### VISION

TAUAWHI'S VISION IS TO  
CREATE A COMMUNITY OF CARING MEN



Tauawhi Co-ordinator Tim Marshall with members of the growing Tauawhi community of caring men: Te Rangimarie Papuni, Moetahi Kennedy, Kani Haig, Te Manawa Peawini, and Wiremu Witana.



The Tauawhi logo was created by Henare Tahuri, adapted from the figure piece his wife Tawera produced for Family Works Tairāwhiti.

The 4 figures shown in the Tauawhi logo represent kotahitanga / togetherness of brotherhood and relationships within the family unit. The uplifted arms also suggest acknowledgement to our Creator and the heavens where our tipuna and loved ones have returned.

We also believe that the light and dark colours represent the balance between the peaceful (Rongo) and aggressive (Tū) sides of our being – while the green colour can be seen as a link to Papatūānuku (Earth Mother), representing growth, strength and the importance of being grounded.

### CORE BELIEFS

The Tauawhi Men's Centre is based on the following ideas, which are drawn from an inter-disciplinary body of theory and practice :

- Men need to be part of the solution to the problem of family violence.
- To support men to change their behaviour, we need to look holistically at the factors promoting the use of violence, taking into account personal, relationship, family, community and social issues (an ecological perspective).
- Men who use violence have almost always learned dysfunctional behaviours as a result of their own experiences of violence as children and youth. This experience is the source of trauma that continues to shape a man's emotions and behaviour until it is addressed.
- Māori have suffered collective trauma in the form of dispossession and cultural loss due to colonialism. This systemic violence, as well as ongoing structural racism, needs to be acknowledged when supporting Māori men to change.
- Men from all ethnic groups are affected by dominant versions of masculinity that pressure boys and men to be "hard", deny their emotions, and not ask for help.
- Men who have been discouraged from expressing the full human range of emotions will struggle to express emotional pain. They either "hurt in" or "hurt out". "Hurting in" translates into psychological distress, physical symptoms, and/or self-harm. "Hurting out" means hurting others. We can help men to stop "hurting out" by helping them to understand and express their emotions in a healthy way.
- Violent men can become safe men. But this change requires time, as well as holistic support to address issues like addictions, mental health problems and relationship difficulties. It is an ongoing journey, not a quick fix.
- Men of all ages need role models of positive masculinity.
- The most effective role models are men who have been in the same position, but who have achieved a positive change.

### CORE VALUES

- » **Truth/Whakapono:**  
Telling it how it is and was – the way clients want to tell it – and an ability for staff to appreciate clients' reality
- » **Mercy/Whakaaroaha:**  
A chance to change and an acknowledgment that this is a long term process
- » **Forgiveness/Murunga hara:**  
We are non-judgemental and keep in mind that people are not their behaviour
- » **Justice/Tika:**  
Accountability in behaviour change is fully evidenced, recognised and acknowledged by those who know – i.e. whānau
- » **Peace/Rangimārie:**  
Can be found when the other elements have been fully worked through.

### A CULTURALLY SAFE, MANA-ENHANCING SPACE

The large majority of Tauawhi's clients are Māori. From the outset, Tauawhi has aimed to bring to life the values of Te Tiriti o Waitangi in its work and interactions with clients. It is important to acknowledge the leadership of Tauawhi's first Counsellor, Tangi Hepi, in developing the kaupapa. Tangi's use of innovative, culturally-informed therapeutic models helped to orient Tauawhi towards using Māori cultural concepts, values, beliefs and practices. Individual counselling and group programmes today use a combination of international approaches (such as Transactional Analysis and trauma-informed counselling), and models grounded in the local cultural context in Aotearoa New Zealand. The Men's support group observes Māori cultural protocols, like starting with karakia and whakawhanaungatanga, to create a mana-enhancing atmosphere of mutual respect and trust.

This approach was further enhanced during Ian Procter's 6-month secondment as Kaitakawaenga in 2016. Since this time he has continued to provide cultural guidance in a voluntary capacity. Since completing a secondment in 2016 as Kaitakawaenga, Ian Procter has voluntarily provided Tauawhi with cultural guidance.

<sup>1</sup>Hepi, T., & Denton, E. (2010). Secular science meets sacred art: The bi-cultural work of Tangi Hepi. *New Zealand Journal of Counselling* 30(2), 1-22

## The Mahi

The work being done by the Tauawhi team has evolved over time, as staff with specific interests have moved through the organisation and opportunities for contracts have arisen. Within the first two years of operation, Tauawhi was providing a dedicated men's counselling service and a regular evening men's support group. In recent years, the provision of non-violence programmes to Justice clients has become an important work stream.

Other facets of the mahi at Tauawhi include parenting programmes; work with high-needs youth; arranging workshops and community activities to raise awareness around men's health and wellbeing; and collaborating with Family Works to provide holistic support to families. Tauawhi has also thrown its weight behind the annual White Ribbon campaign, and has participated in many community events and fundraisers relating to violence prevention and safety-building.

Being part of the national kaupapa of work to prevent family violence, Tauawhi has built a strong relationship with the It's Not OK campaign. In particular, It's Not OK Champions Vic Tamati and Phil Paikea have played a pivotal role in supporting Tauawhi's work. In 2020 Vic and Phil left It's Not OK to work for Safe Man, Safe Family; Tauawhi continues to work closely with them and the Safe Man, Safe Family kaupapa.

» This section briefly outlines some of the programmes and projects that have defined Tauawhi.

### COUNSELLING

Tauawhi has been fortunate to be able to employ at least one qualified Counsellor since its first year of operation. Since 2015 about one third of Tauawhi's clients have been enrolled for Men's Counselling.

The Tauawhi approach to counselling is grounded in the use of Tangi Hepi's three models:

- Kakano (seed) and Cloud model - a life cycle/assessment model
- Pātiki model (a model of recovery or behaviour change)
- Ngākau model (a visual representation of the relationship thoughts, emotions and behaviour)

Tangi's models are based on accessible but profound metaphors, represented through drawings, that help clients to relate to the issues they are being asked to think and talk about.



2012 Tauawhi Man of the Year Ora Te Hau, with guest speaker Brendon Pongia (left), Tim Marshall and MC Te Hamua Nikora

Tauawhi also uses Te Ara Whakamana: The Mana Enhancement Model (developed by Ako Solutionz). This visual 'mapping' model is based on using a part illustration of the realms of Ranginui (which provides a 'soft' introduction to the cycle of violence through the characteristics of some of the Atua Māori and Papatūānuku (eliciting client strengths, support, values and pro-social behaviours). In the centre is the concept of mana and the ability to focus on mana enhancement for self and others.

Tauawhi believes that counselling is an important element for helping men come to terms with their own past trauma, see their current situation honestly, and take the first steps on their recovery journey. However, counselling on its own is not a 'quick fix'. For men who have learned to use violence to deal with conflict and painful emotions, real change takes time. A combination of various activities, structured and unstructured over time, are needed to support ongoing change. Tauawhi also acknowledges that it sometimes takes several 'relapses' and renewed attempts before lasting change is achieved. Multiple points of entry and ongoing support are therefore essential.

The contract under which Tauawhi provides counselling for men has been restricted to men who have children. Over the years the Men's Centre has provided counselling for a number of single men and men in relationships without children, despite this work being unfunded. There continues to be a funding gap in the Tairāwhiti area to support counselling for men who are not (yet) fathers.

### OPEN MEN'S GROUP

In 2011, counsellor Tangi Hepi started an open-invitation Wednesday evening group for men. The group has continued since then, every week of the year (going to Zoom meetings during the Covid lockdown). The group is based on what the men bring in, and the expectation that they will contribute their take or kōrero openly. One or more facilitators help the men make sense of what is going on for them – or as Tangi said, "work with what they know and help them to know it better".

After a decade the Men's Group is going from strength to strength. In the 2019-2020 financial year, 106 men attended over the course of the year, with a core group attending every week. The group had an average size of 12 men per week. Most men are self-referred. A group of the men who have been attending for some years have now stepped into peer support roles. Tauawhi has honoured these men with the title "Journey Men" as they become leaders for other men just beginning their own journey of change.

A women's group (Women's Space) was also started in 2018, by staff at Family Works Tairāwhiti. This group is currently small but has regular participants who find it highly beneficial. It is hoped that in future there will be greater overlap between the men's and women's groups, with partners of the men's group attending the women's group and vice versa.



TAUAWHI GREEN TEAM

» Feedback from clients who have attended counselling and the Men's Group:

*"I was angry and confused, lost and bitter person at my partner mostly but it was overlapping to my girls and bringing me down to their age level (in behaviour). I lay in bed and decided to come here again and see where I stood. I have listened to others and climbed mountains for the better".*

*"Tauawhi has changed my life, given me the tools to keep myself and other safe when challenges come. I am conscious and aware of decisions made in times of stress and confusion. Tauawhi has grounded me and now my home is a happy place for my family."*

### » PAPA RAU ON THE MEN'S GROUP

**Ralph Walker ('Papa Rau') is a founding member of Tauawhi and a Trustee of the Tauawhi Charitable Trust. He regularly attends the evening Men's Groups and shares his kōrero as a kaumātua to support the men's journeys. He says:**

*"Often we're sitting around sharing and guys will say, 'I've actually had a great week since the last meeting' and they'll share why it was a great week and that they had employed something that the counsellors or somebody in the group had shared. But you get the other end of the spectrum as well, where somebody finds themselves deeper in the mire of their life, and you feel the group coming together collectively to support that person. It's pretty amazing actually to see all of this unbelievable, hidden potential emerging from the guys."*

**TAIRĀWHITI MEN OF THE YEAR AWARDS**

Started in 2011, these awards recognise men in Tairāwhiti who go the extra mile in any sector of the community, including arts, business, sport, industry, health or education. Tauawhi invites the community to nominate men who mentor other men and invest time and energy back into their field or sector – particularly men who value children, young people and their family/whānau.

Each nominee receives recognition and an award at the prestigious event. A Tauawhi Person of the Year award is also presented to a person (man or woman) who has been connected to Tauawhi, and is an example of the values that we promote at Tauawhi.

The awards aim to raise awareness of the positive male role models in the Tairāwhiti community. The Gisborne Herald has played a key role in helping to publicise the awards every year, as well as reporting on the work of Tauawhi more generally.

» IAN PROCTER IS A KAUMĀTUA TO TAUAWHI.

Here's what he says about the Men of the Year awards:

*"The Tairāwhiti Men of the Year awards shows to younger people that there are positive male mentors and role models out there, that there are safe men out there, and that being a safe man is a good, positive thing. You're not considered to be a sissy or anything like that because you're a safe man. This is a way in which positive role models can be identified and stand on their own merits having been selected by the community and endorsed by the community."*



TAUAWHI PERSON OF THE YEAR 2018: Tricia Walsh, with 'It's Not Ok' Campaign and 'Safe Man, Safe Family' champions Vic Tamati and Phil Paikea



INAUGURAL MEN'S HUI 2012: Manu Caddie, Judge Peter Boshier, Alfred Ngaro & Brian Gardner



TAIRĀWHITI MEN OF THE YEAR 2016: (Back from left) Hemi Leach with sister Haereroa Gibson (on behalf of her husband Peter), Kiri Gilbert, Ross Buchanan, Gerald Eaton, Noble Keelan, Ralph Walker, Phil Paikea, Keiha Waikari. In front David Cameron and Henare Tahuri



TAUAWHI MEN OF THE YEAR 2013: Vic Tamati & Tangi Hepi



MPs Poto Williams (left) and Meka Whaitiri with the Tauawhi Men's Centre delegation to Parliament, alongside Safe Man Safe Family and Male Survivors Aotearoa, August 2020

## PEACE OUT EAST

The Peace Out East project ran from 2013 to 2015, in partnership with Barnados and with funding from Whānau Ora and Tairāwhiti Abuse Intervention Network (TAIN). Tim Marshall was the Project Lead. Three Whānau Ora Navigators worked with local whānau who had contacted police in relation to a family harm incident. The project aimed to provide a flexible response to the needs of whānau, including advocacy and counselling, and help with developing safety and recovery plans. Although funding was not renewed, the project was a successful collaboration.



(Waituhi), Takipu Marae (Te Karaka), Te Kuri a Tuatai Marae, and Turanga Ararau in Gisborne city. Further afield, Men's Hui locations have been Parawhenua Marae (Northland), Kokiri Marae (Wainuiomata), Waahi Paa (Huntly), Tuahiwi Marae (Kaiapoi, Christchurch), Te Puia Marae, (Manukau), Hokonui Runanga (Gore), Uenuku Marae (Moeraki), and Arahura Marae (Hokitika).

At the Men's Hui at least one of the It's Not Ok Champions has been present to share their stories, inspiring the men and women who have attended as living proof that change is possible. Many of the participants hear parts of their own journeys in the stories being related. As well as being encouraged that they are not alone, they are reminded that there is a way out of the place where they might be struggling.

The hui participants are motivated to continue the connection they have found. For our local participants this is supported by the weekly group at Tauawhi and other services we provide. Tauawhi has also offered these hui as options to complete sessions of non-violence programmes for those who are directed by the Court.

"I WOULD LIKE TO SEE MORE MEN LIKE MYSELF COME TO THESE TO PROGRAMMES TO HELP IN THEIR PATH TO HAVE A SAFE HOUSE AND A SAFE FAMILY AND KNOW THEY DON'T HAVE TO BE SCARED TO ASK FOR HELP." – MEN'S HUI PARTICIPANT

## MEN'S HUI

In September 2012, Tauawhi collaborated with the National Network of Stopping Violence, the White Ribbon Campaign, It's Not OK, and local Mana Tane groups to host the inaugural White Ribbon 'A Call to Men' Hui at Rāhui Marae in Tikitiki. The hui saw men from all parts of the family violence sector and other organisations who work with men, come together for a weekend of kōrero, connection, sharing, and looking at solutions and responses from men to the kaupapa. Several speakers shared their stories and experiences to inspire the men.

A follow-up to this hui was organised in 2014 at Tāheke Marae, Rotorua, which was attended by 80 men who travelled from around the country. Since then, Tauawhi has helped to organise Men's Hui at least once a year in collaboration with the It's Not OK campaign. In the Tairāwhiti area, Tauawhi have hosted hui at Tāmanuhiri Marae (Muriwai), Whakato Marae (Manutuke), Parihimanihi Marae (Waihirere), Pakowhai Marae



WHITE RIBBON HUI



MEN'S HUI ATTENDEES, MURIWAI, 2016

## PARENTING PROGRAMMES

"PARENTING PROGRAMMES CAN HELP BREAK THE INTERGENERATIONAL CYCLE OF VIOLENCE"  
- LAMBIE 2018

In 2014 Tauawhi launched an innovative parenting programme for men, created by Alex Dentener. Called 'Dad & Me', the programme is designed for fathers starting off without a strong connection to their family, or fathers who have limited contact. It is therefore a more foundational programme than traditional parenting programmes. (Traditional programmes are often 'content-heavy' and assume a certain level of parenting experience. Dad & Me is aimed at men who lack this experience or have been distanced from the parenting role.) Men who participated in Dad & Me gained understanding of the value of being actively and positively involved in the lives of their tamariki, and reported improved relationships with their tamariki and whānau. They also made new friendships, built support networks, and learned where to go for help and support when needed.

From 2015 to 2018 Tauawhi also delivered 'Building Awesome Whānau', a parenting programme for men and women. Men who completed Dad & Me were able to progress into Building Awesome Whānau to continue their learning. Tauawhi currently offers a programme called 'Building Awesome Matua' which specifically supports men. This programme is relevant to a wide range of men, and has been a positive next step for Tauawhi's parenting programme delivery. Building Awesome Matua is part of Breakthrough Parenting, a collaboration between The Parenting Place and Salvation Army nationally. Tauawhi runs Building Awesome Matua as the only provider of this programme in Hawke's Bay – Gisborne/Tairāwhiti catchment area.

» Some comments from participants in Dad & Me:

"Hearing the stories of other men is powerful and was really helpful for my own learning."

"For the first time my kids said they loved me without being scared."

"Learning as a Dad continues forever. I can see the 'light' at the end of the tunnel, where that perfect Dad is, where I want to be as a Dad."

"THANK YOU FOR MY NEW HUSBAND AND DAD."  
- PARTNER OF PARTICIPANT



DAD & ME: Group activities



DAD & ME: Some fathers with kaumātua Ian Procter



DAD & ME: Kete

## NON-VIOLENCE PROGRAMMES

Since 2015 Tauawhi has been providing non-violence programmes for the Ministry of Justice and from 2016 for the Department of Corrections. These programmes are mainly targeted at men who use violence, although women are occasionally referred for participation as well. (Adult safety programmes for women and children are delivered by Family Works.) The Ministry of Justice refers clients via the Family Court and Criminal Intervention Court; Department of Corrections clients are sentenced offenders.

Tauawhi currently provides non-violence programmes in Gisborne, Wairoa and Ruatoria. The goal of the programmes are to achieve a reduction in family violence / family harm. The programmes work towards this objective by creating opportunities for participants to:

- understand their own behaviour
- learn different ways of behaving
- enhance the safety of their whānau

Over the 2019-2020 financial year 212 men participated in non-violence programmes. Of the total of 212 men, 75 men successfully completed a non-violence programme. A further 40 were still engaged with a non-violence programme as at 30 June 2020. High rates of disengagement are a challenge with all mandated non-violence programmes.

In collaboration with Police (Whāngaia Ngā Pā Harakeke), Justice, and community agencies, Tauawhi has also contributed to the establishment of a family violence “Intervention Court” initiative in the Criminal Court in Tairāwhiti, as well as a Justice-led multi-agency project around whānau safety.

### » Some feedback from non-violence programme participants:

*“I have a better understanding of my feelings, thoughts and what triggers me and how to control my anger and it made me a better person. My whānau loves seeing the change in me.”*

*“We have had some amazing conversations and I went from being a bit reluctant at the beginning, to looking forward to the meetings. Thank you so much for helping me find the right path and as a father and a partner. This is the start of a new chapter in our lives.”*

*“Very Awesome programme—helps those who are willing to help themselves—I was able to make a change in my behaviour with what I learnt here and at church.”*

## REACHING A WIDER AUDIENCE

The Tauawhi Men's Centre aims to raise awareness about men's health and wellbeing, as well as promoting the kaupapa of violence prevention. Tauawhi has proactively self-marketed through various community events over the years, establishing a strong profile locally and nationally. Since 2011 Tauawhi has engaged creatively with different audiences through:

### Community collaborations

- ‘It’s Not OK’ and the White Ribbon Campaigns
- Tauawhi No Violence Charity Longboard Classic in Gisborne (with Moananui Longriders and Gisborne Boardriders)
- Hosting men's health ambassadors and men's health checks
- Hosting family safety and parenting speakers
- Participating in community events and fundraisers relating to family wellbeing and non-violence
- Presenting talks and workshops

### Raising awareness through the media

- Strong support from the Gisborne Herald, publicising Tauawhi events
- Tauawhi whānau telling their stories on TV or online. Recently, four were featured in the 2019 Ministry of Justice’s “Stories for Change” project.
- Produced Covid-19 lockdown “Strategies to Stay Safe” videos for Gisborne Herald website



A poster made for the opening of Tauawhi featuring local men and whānau

## Contributing to regional and national-level family violence responses

- Members of the team have presented on the Tauawhi kaupapa at national conferences
- In 2020 Tim was a presenter in a webinar organised by the New Zealand Family Violence Clearinghouse and the Family Violence Death Review Committee (FVDR), about the FVDR Sixth Report ‘Men who use violence’.
- During his time with Tauawhi, Tim has been involved in many regional and national fora addressing family violence:
  - » Pouwhakataki for Whānau Resilience project, hosted by Manaaki Tairāwhiti (Current)
  - » Board member Safe Man, Safe Family (Current)
  - » Member Family Violence Clearing House Sector Advisory Group (2011-present)
  - » Māori Expert Advisory Panel – Ministry of Health (Current)
  - » Justice Projects Member – Whānau Safety Assessment (PSO) & Improving Response to Protection Order (2018)
  - » North Island Regional Family Violence Death Review Committee 2018
  - » White Ribbon NZ Campaign Launch 2018 and Video Series
  - » Tairāwhiti Abuse Intervention Network – 2009-14 (Chair 2011-14)
  - » Help Seeking and Community Discovery Project Advice team – It’s Not OK
  - » It’s Not OK Campaign Champion, including being a face of campaign advertising

### International connections

- Tauawhi has actively engaged with colleagues in Australia who work to prevent family violence. Tauawhi delegations have presented workshops and talks in Melbourne (2012), Perth (2017), and Kalgoorlie (2018).

## AROUND FAMILY VIOLENCE

Jeremy Muir, Editor of the Gisborne Herald, comments:

*It's been great to see government and agencies starting to back more of this work as well. In the past, politicians tended to talk only about the victims and being tougher on the perpetrators. But with what Tauawhi is doing, and the champions like Vic Tamati and Phil Paikea, the 'It's Not OK' campaign and all the others that are behind them, it actually helped change the dial. Now the conversations are much more about how we can work with perpetrators to solve this, because otherwise we're not going to get anywhere.*



SKIP: Online campaign



IT'S NOT OK: Vic, George, Brian & Alfred

See pages 26 -27: Paulin, J., et al. (2018). An Evaluation of the Ministry of Justice-Funded Domestic Violence Programmes. Artemis Research. <https://www.justice.govt.nz/assets/Documents/Publications/Domestic-violence-prog-evaluation-report-Nov2018.pdf>

## Wiremu's story

Wiremu Witana was one of Tangi Hepi's first clients in the early days of the Tauawhi Men's Centre. Wiremu found Tangi's counselling insightful and enriching. When he thought he had learned enough to manage his relationship safely, Wiremu left to try to reunite with his partner—as he puts it, “I had all these great things that Tangi had told me and I just grabbed them and I ran off.” But he didn't realise that he would need ongoing support to stop using violence permanently. He ended up losing his partner and seven children due to his violent behaviour. After going through a very dark time, Wiremu eventually started over with a new partner. However, he found himself falling back into the same destructive patterns (encouraged by drug use and being part of a gang). He could see history repeating itself—he knew he needed help.

Wiremu returned to Tauawhi and tentatively joined the Men's Group. There he found the support and mentorship that he needed to help him chart a new life course for himself and his whānau. For the last 4 years Wiremu has been moving forward on a more positive path. He has put drugs and gangs behind him. Oranga Tamariki have returned one his children from his first relationship to his care, as he is now considered a safe parent.

For the past 18 months Wiremu has been able to offer mentorship to other men. He is now employed full time as a Kaimahi for Safe Man Safe Family with the Whānau Resilience Project. His life experiences with drugs, gang culture, violence, prison, and having his children placed in state care, allow him to speak powerfully into the lives of other men who are struggling with these issues.



### HELPING MEN EXPRESS THEIR EMOTIONS

**Wiremu notes that showing emotions or crying is often seen as 'soft' if you are a man. However, suppressed emotions can create a dangerous 'pressure cooker' when conflict arises. Tauawhi supports men in improving their emotional self-awareness.**

*“Learning to stay non-violent took practice, it took noticing the situation you were in, and noticing how you were feeling, what was going on for me. I'd get so wound up inside myself that I would just explode. But I would suppress a lot of those emotions, I wouldn't let my emotions be seen. I'd make it out to be like I was sweet as, I'm all good. But then I realised that, hey, because I'm not letting my emotions out, I'm suppressing it.*

*Being open to share emotionally - that wasn't one of my things I liked talking about - emotions and letting them be seen. It was soft to be crying. Now I've started crying again; you know, since my whole journey of change I've never cried so much in my whole life. I suppose a lot of those tears are tears of joy, are tears of just being thankful now for where I'm at on my journey.”*

## Adrian and Abby's story

Adrian and Abby Collier moved to Gisborne in early 2010. Adrian had been battling with P (meth) addiction and had moved home to Gisborne from Wellington in an effort to break out of that lifestyle. But he was getting back into the same scene in Gisborne, so Abby moved to Gisborne to try to stall his descent. Abby recalls, “the way things were going he would have got killed, killed himself or someone else. I didn't want my kids to have a dad in jail and I was also scared of losing the kids if I asked for help. I actually thought that I would be leaving him, as I didn't expect him to change. At that time his view (and that of his family) was that there was nothing wrong, I was 'nuts'. There was no accountability, for either of us.”

At this precarious point in their lives the couple made contact with counsellor Tangi Hepi, and both came for counselling at Tauawhi. Tangi provided life-changing guidance for them as a couple. Abby says, “Tangi was that koro neither of us ever had in our own lives. He had a belief in us, you could see that he wanted better for Maori whānau. He was able to understand Adrian's world, to help him recover with his mana intact. Having a whānau lens was important, as he worked with both of us. He'd come and see Adrian after work as he knew that was important. Then I would go and see him, so he could hear my story. I actually realised I had work to do on myself, so having Tangi was invaluable.”



Adrian and Abby at Man of the Year

When the Men's Group was started, Adrian joined that and became a regular attendee. For Adrian, being part of the Tauawhi community has been about accountability, support being alongside you for the long haul, following through, and consistency. And then eventually coming to a place where you can provide that for others.

Adrian says, “I remember Tangi saying that early recovery was 3-5 years... and I remember thinking that I couldn't even think about what that would look like. Then about 6 years in, it really clicked!”

Abby adds, “Now Adrian has 'Tauawhi' meetings across the fence, at work and with other men. He can handle situations and I can trust him. He is just more 'present' in life—as a partner, father and all around.”

The journey that Adrian and Abby have been on has changed their children's lives. As Abby says, “we've been able to give our kids something we never had—stability and consistency.”



COUNSELLOR: Tangi Hepi

“WE'VE BEEN ABLE TO GIVE OUR KIDS SOMETHING WE NEVER HAD—STABILITY AND CONSISTENCY.”- ABBY

## Tauawhi Men's Centre in numbers

### ENROLMENTS IN SERVICES

Data on enrolment at Tauawhi has been recorded in a standardised way since the 2014-2015 financial year. For the purposes of this Report, we have data on enrolments for six years (up to 2019-2020).

Adding together the number of clients enrolled for services each year from 1 July 2014 to 30 June 2020, Tauawhi provided services to 2532 clients over 6 years.

(This number includes some people who were enrolled in multiple services, and others who participated in programmes more than once. The total is therefore the number of enrolments, not the number of unique individuals.)

Since 2014 the number of new enrolments per year has fluctuated between 165 and 540, depending on contracts and staff availability. Total annual enrolment has varied from 217 to 615. Total annual enrolment in 2019-2020 was 372, of which 311 were new enrolments.

### DEMOGRAPHICS

From the first year of operation, Tauawhi's clients have been consistently mostly Māori. Standardised recording of ethnicity took place from 2013-2014 onwards.

» The figure below summarises the trends for the last 7 years.

### SOURCE OF REFERRALS

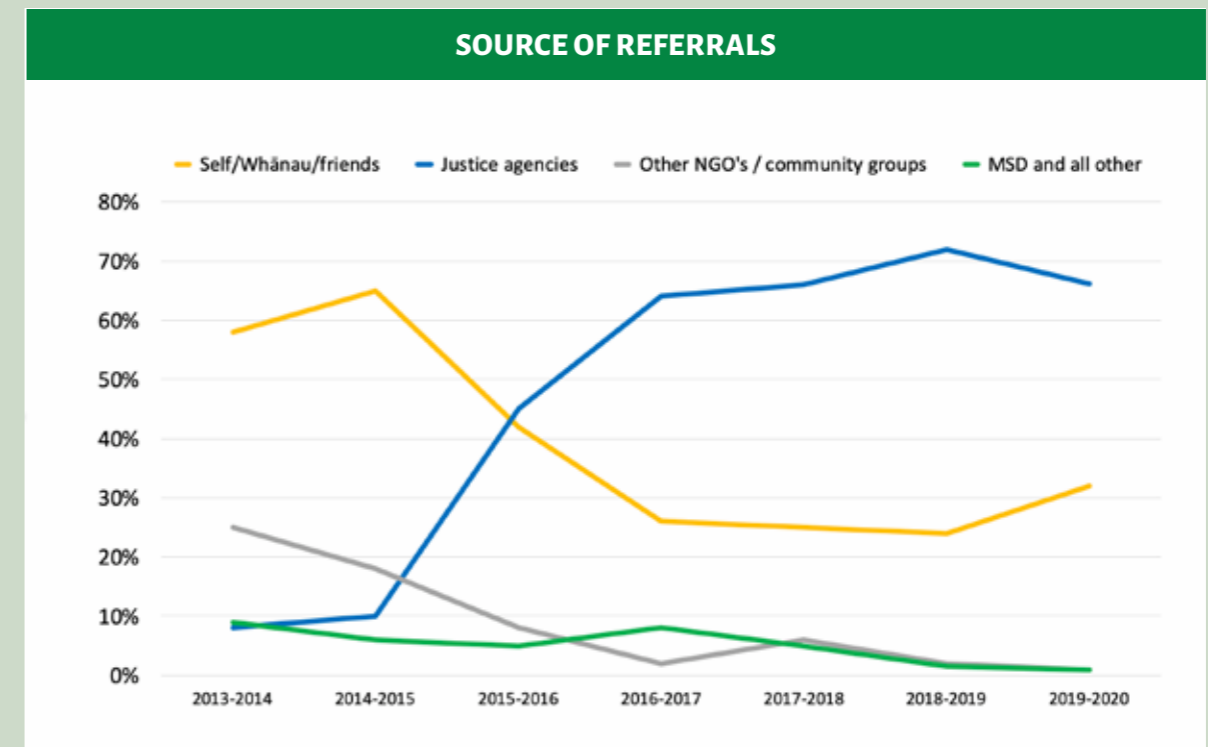
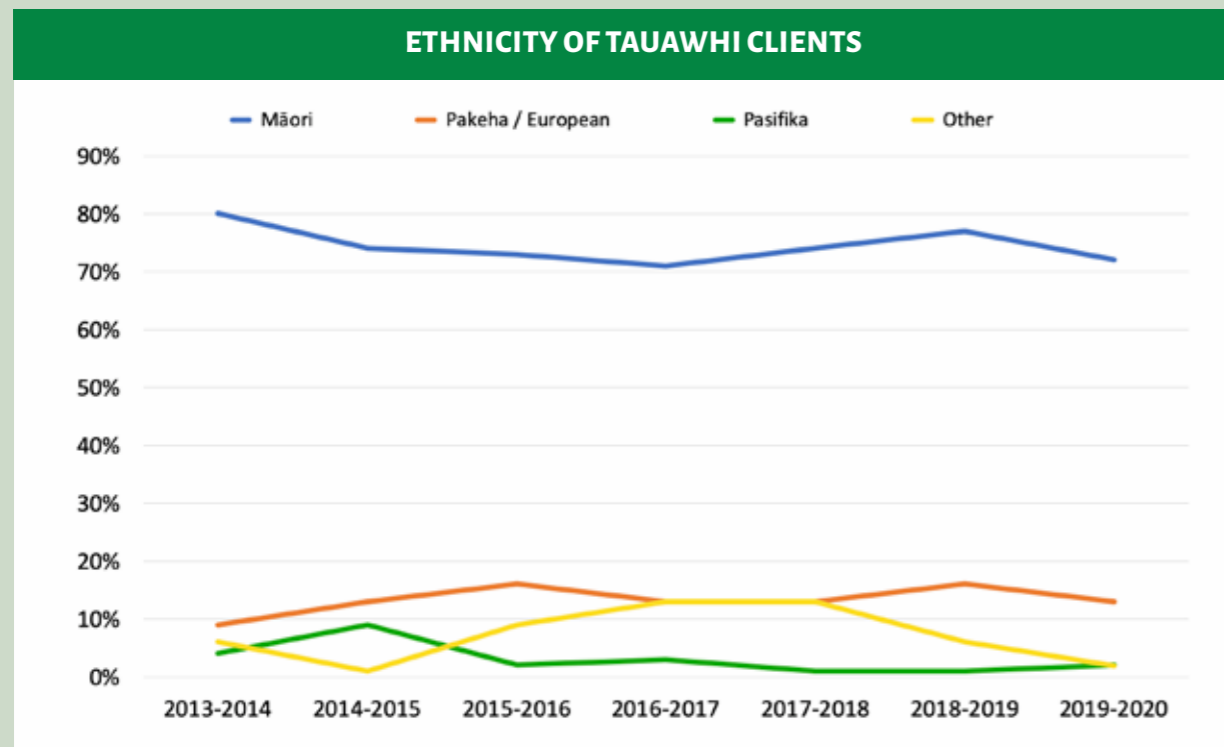
Tauawhi set out to provide a 'drop-in' environment for men to come up and get connected with support. For the first 4 or 5 years the centre was able to dedicate resources to providing this type of service. During that time most of Tauawhi's clients were self-referred or were referred by family and friends. With the non-violence programmes coming online in 2015, Tauawhi's resources shifted towards a 'service delivery' model. The majority of referrals for the last few years have come from the Ministry of Justice and the Department of Corrections, referring clients for non-violence programmes.

This shift is illustrated in the graph below.

Although offering group programmes has brought increased financial stability for Tauawhi, the large shift in staffing resources has limited the Centre's ability to respond to walk-in clients. However, recent staff changes mean that Tauawhi is now better placed to meet both needs. Co-ordinator Tim Marshall is confident that Tauawhi will be able to build up its capacity to respond to drop-in clients again.

» As Tim explains, it is critical for men to have this response when they ask for help:

*"We have learnt that within the wider context of (traditional or unhelpful) masculinity, there are many more reasons for a man not to ask for help, than to reach out for that help. This also means that when a man comes in as a 'self-referral' it has taken him a number of attempts, either mentally or physically to get here. We need to be able respond in a way that he feels he has been heard and has 'got off the start mark'."*



## CLIENT SATISFACTION SURVEYS

Evaluation survey data has been collected with Tauawhi clients since 2011, with a record of data for consecutive financial years since 2013-2014. It is not possible to collect evaluation data from all clients, so the surveys do not represent the views of all the Tauawhi clients each year. However, over the years those who have completed surveys have consistently reported high levels satisfaction with the service they have received.

### Client satisfaction data (7 year average)

Percentage answering "Agree" or "Strongly Agree"

97%	Service helped them meet their goals
95%	Improved relationships
98%	Learnt new skills and strategies
97%	Better prepared for the future
97%	Satisfied with the service /recommend to others

## STAKEHOLDER FEEDBACK

In 2020 a range of organisations that work with Tauawhi were invited to give feedback via an online survey about their experience with the Men's Centre. Thirty people were sent links to the survey. Nine responses were received. (The low response rate might have been partly due to the timing of the survey, which took place during the Covid-19 lockdown.) While it would have been good to hear from a larger cross-section of stakeholders, the responses that were received provide additional support for the Tauawhi kaupapa and mahi. The feedback reflects that Tauawhi is perceived to be providing a valuable service to the community.

» According to stakeholder feedback, some of the most important contributions being made by the Tauawhi Men's Centre include:

*"They walk alongside the men."* (Community organisation)

*"Responsiveness to men, their families & the community. Engage and connect – it's no secret that men understand and prefer to talk to men."* (Government agency)

*"Giving families another chance due to being taught new tools."* (Government agency)

*"Good counsellors working hard to reduce harm in our community."* (Government agency)

*"The empowering of men to step away from violence; encouraging them to take those first steps and to consider implications of their actions. Tauawhi Men's Centre staff also encourage men to take responsibility for their actions and look at consequences."* (Community organisation)

» Other comments included:

*"Great communication and outcomes."* (Government agency / department)

*"Great asset to our town, the Journey Men are inspiring to listen to."* (Community organisation)

*"Tauawhi Men's Centre was a long time coming to fruition but since it opened the various teams, under Tim's excellent leadership, have worked tirelessly in our community and I am extremely proud to have them as part of our network of partners."* (Community organisation)

*"I think it's brilliant and govt should fund centres all over NZ."* (Government agency / department)

## ACKNOWLEDGEMENTS

The Tauawhi Men's Centre is the product of the work and dedication of many people over the last 10 years. It is not possible to thank everyone – the list would go on for many pages! However, a few individuals and organisations need to be mentioned for their special contributions.

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- Te Puni Kokiri / Whānau Ora
- Ministry of Social Development
- Ministry of Justice
- Department of Corrections



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**CELEBRATING 10 YEARS OF TAUAWHI PEOPLE**





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