



**Supporting
Kaumātua, Pakeke,
and whānau on
their journey to
wellbeing**

Whānau Engagement



Ruatorea

1 Barry Avenue, Ruatorea 4032

Call Free : 0800 676 768

npo.org.nz

Whānau Engagement develops strategies to increase opportunities for whānau wellbeing

Through our services, whānau are able to develop plans and activities that enable and support their well-being journey

Hapū Social Services

Works to deliver Holiday Programmes for young people aged 11 to 13 years or 14 to 18 years, that incorporate activities that keep whānau engaged and are beneficial for their growth and development

A minimum of 60 minutes physical activity will be incorporated into each days programme

Hauora & Pakeke Wellbeing

Supports existing Kaumātua and Pakeke programmes on the coast, and develop shared Pakeke initiatives to support their well-being

We work with whānau, focusing on kaumatua to increase their overall wellbeing, to better support the ageing process

Whānau Engagement develop age-appropriate physical activity for whānau in liaison with relevant service agencies to ensure best practice is embedded in the program

The service approach will support and empower whānau to increase their uptake and long- term engagement in regular physical activities and improve their nutrition, to build their capacity to manage their own well-being