

Te Wheke

Te Moana a Toi Mental Health and Addictions Lived Experience Network Forum

Ngā Paearu Mahi / Terms of Reference

Purpose:

The Te Wheke Lived Experience Network Forum exists to create a supportive and empowering platform that amplifies the voices of individuals with lived experience. Our primary purpose is to foster collaboration, knowledge sharing, and advocacy, aiming to effect positive change in policies, services, and systems that impact the lives of those with lived experience.

Background:

Te Wheke draws inspiration from a rich history of diverse cultures and experiences. It recognizes the importance of acknowledging the past, understanding the present, and shaping a better future for individuals with lived experience. While condensed for brevity, our background is rooted in the deep-rooted traditions, resilience, and struggles faced by our communities.

Membership:

The Te Wheke Network Forum aims to ensure a diverse and inclusive representation of individuals with lived experience. Membership is open to individuals who have personal experience across a range of areas, including mental health, disability, addiction, homelessness, and other related domains.

To ensure accurate representation Lived Experience Network Forum (Te Wheke) will recruit members who are part of other lived experience networks and have members link with other groups.

Core Leadership Structure:

The chair role will be fulfilled by co-chairs reflecting the spirit of the Treaty of Waitangi:

Māori co-chair: Is nominated and elected by the Māori Caucus of Te Wheke (made up of members who identify as Māori) General co-chair.

General co-chair: Is nominated and elected by other members of Te Wheke

Agenda will be circulated at least a week prior to each meeting, with reading material attached. Matters arising to be added to agenda can be emailed to the secretary at least one week prior to meeting.

Conflicts of Interest

It is understood that Lived Experience Network Forum (Te Wheke) members may have a number of roles and associations within the community and governance sectors, and potential conflicts of interest may arise.

In the interests of transparency Lived Experience Network Forum Te Wheke members will:

- Declare their interests, which will be documented in an Interests Register managed by the co-chairs
- Declare any potential conflicts of interest and/or duties as they arise.

Te Wheke will agree on how to manage any potential conflicts of interest.

Governance and Decision-Making:

Te Wheke operates on a consensus-based decision-making model. Decisions will be made through open dialogue, active listening, and respectful deliberation. In the event of disagreements, mechanisms for conflict resolution will be implemented. Voting procedures may be employed when necessary, ensuring the fair representation of all members. A clear process for decision-making and conflict resolution will be documented and made readily available to all forum participants.

Confidentiality:

Confidentiality is paramount within the Te Wheke Network Forum. Members are expected to maintain strict confidentiality regarding any sensitive information shared within the forum. This includes personal stories, experiences, and any confidential data shared by partner organizations. Breaches of confidentiality may result in the revocation of membership privileges and other appropriate consequences. An environment of trust and respect will be fostered, allowing members to share openly and candidly while ensuring the privacy and security of all participants.

Feedback and Continuous Improvement:

The Te Wheke Network Forum is committed to continuous improvement and actively seeks feedback from its members. Feedback mechanisms will be established to gather input, suggestions, and concerns. Regular opportunities for evaluation and reflection will be provided to ensure the forum remains effective, relevant, and responsive to the needs of its members and the wider community. Feedback received will be considered and appropriate actions will be taken to address any identified issues or areas for improvement.

Compensation:

~~Members of the Te Wheke Network Forum will be compensated for their time and expertise. Payment will be provided at a reasonable hourly rate. The frequency and duration of meetings will be communicated in advance, allowing members to plan accordingly. Reimbursement for reasonable expenses incurred in connection with forum activities may also be available, subject to the guidelines and policies of our organization.~~

Review and Amendments:

These terms of reference will be periodically reviewed to ensure their continued relevance and effectiveness. Amendments may be proposed by any forum member and will be considered through the established decision-making process. The updated terms of reference will be communicated to all members and stakeholders once approved.

Appendix One

WHAKAPAPA/BACKGROUND

Hauora a Toi has been directed by the Government Inquiry into Mental Health and Addiction to work in partnership with people that have lived experience of mental health and addiction challenges to facilitate a national co designed service transformation process.

This need is reflected in the Bay of Plenty Strategic Health Services Plan 2017-2027 which identified people with severe long-term mental health needs and/ or addiction issues as a priority group.

A series of hui took place in 2017 to engage with those with lived experience, from this work a report was written - *Bay of Plenty DHB Mental Health & Addictions services review 19 August - 30 August* within this the executive team of the Bay of Plenty District Health Board agreed to “potentially establish a lived experience network”

Lived Experience Network Forum (Te Wheke) was formed in October 2022, with the intention to imbed and maintain the Voice of Lived Experience in Te Moana a Toi.

Hauora a Toi Mental health and addictions lived experience forum has adopted **Te Wheke** as their name

Te Wheke he whakamaarama

In traditional times, concepts and complex idioms were captured by Māori, using Whakatauki and Whakatauāki. These ancient proverbs hold a lot of traditional Māori knowledge and can be used to explain and simplify large bodies of knowledge into smaller palatable sizes for the audience.

“Te Puku o Te Wheke” is a Whakatauki synonymous to the region known as Te Moana a Toi. Te Moana a Toi is referred to as the coastline of the Bay of Plenty – New Zealand.

Toikairākau was the Eponymous ancestor who lived at his Pā which is situated a top of the hill between modern day Whakatane and Ōhope in the sunny eastern Bay of Plenty. Because of Toikairākau’s Mana or standing, the Ocean between marker points of Nga Kuri a Whārei – Bowentown in the west, and Tihirau – the mountain at Cape Runaway in the east, the body of water was and still is acknowledged by Māori as Te Moana a Toi – The Great Ocean of Toi.

Hauora a Toi is a reference to Toikairākau, and the wellbeing of all those that reside within those boundaries. It is also the term used and adopted by the former District Health Board for the same region, to those they serve. Te Whatu Ora Health NZ Hauora a Toi Bay of Plenty is the new official title, after the most recent NZ Health Reforms.

Te Toi Ahorangi is the strategic direction the old DHB developed alongside the 18 Iwi within the same regional boundaries, which simply aims to have flourishing descendants of Toi. One of the major strategic priorities for Hauora a Toi is the Mental Health and Addictions Systems Transformation.

Lived Experience forms an integral part of the Mental Health and Addictions sector, which Hauora a Toi are extremely fortunate to support.

The Whakatauki, “Te Puku o Te Wheke,” is the traditional name that was used before the last great migration of Māori to Aotearoa from the Pacific, for what is modern day Whakatane. It was changed to Kakahoroa, before finally to where we identify as Whakatane. A literal translation of this Whakatauki depict the Puku or

Main Body of the Wheke, the octopus. The Octopus depicts the many Tribal links Toikairākau has, like the outstretched tentacles. Toikairākau is the Octopus in this inference.

According to local knowledge, a Kaitiaki or spiritual guardian in the form of a Wheke still roams the coastline between Moutohora – Whale Island, (located approximately 9kms north of Whakatane, in Te Moana a Toi) to Te Rae o Kōhi – Kōhi's Point, to the right of the area locally known as 'the Whakatane Heads.' It is said that the Wheke (Octopus) continues to safeguard the entranceway to the anchoring place of the Mataatua Waka. Mataatua is the Waka (sea-faring vessel) to which the eighteen tribes of the region descend from.

The Toroa (Albatross) was also a Kaitiaki of the Mataatua Waka and is symbolised within Te Toi Ahorangi. The Toroa Leadership Group was established in 2021 to help guide and oversee the Mental Health and Addictions System Transformation Project, in similar fashion as a Kaitiaki. There are also many other significant symbolisations of the Wheke throughout the world, and we acknowledge these also.

The Te Wheke - Regional Network Forum is proud to adopt this kaupapa of Kaitiakitanga, and are honoured to bear the shortened version of this name – Te Wheke Network, for the Lived Experience sector in our region. We also encourage a philosophy of inclusion, participation, and welcome any newcomers to come along and join with us as we continue to support each other and the

Toi Oranga Ngākau | Flourishing Hearts

Supporting flourishing hearts for all whānau and improving the lives of our whanau who are impacted by mental health and addictions.

Vision: Nothing about Us without Us

E kore mō Mātou me I kore Mātou

Mission: People at the Centre

Tāngata ite Pokapū

Values

Mutuality

Sharing common experiences and being authentic in our relationships.

Self-Determination

Valuing the right of people to make their own choices, without any pressure from others.

Experiential Knowledge

Valuing what we have learnt from our life experiences.

Participation

Valuing the right of people to participate in their treatment, and in the delivery of services.

Equity

Treating people fairly, without discrimination.

Hope & Wellbeing

Believing that there is always hope, and that resilience and wellbeing are possible for everyone.

Our Values and Te Tiriti o Waitangi

The values of participation, self-determination and equity are rooted in values from Te Tiriti o Waitangi, which describes the relationship between the Crown and Māori. These values are captured in the te reo Māori terms Kāwanatanga, Tino Rangatiratanga, Mana Taurite and Wairuatanga.

Project sponsor - Whare Waka

The Whare Waka Project Management Office was established in early 2020 to manage the suite of programmes in preparation and deployment of Te Toi Ahorangi.

Links to Strategic Documents

- Te Tiriti o Waitangi
- Pae Ora (Healthy Futures) Act 2022
- Ngā Paerewa Health and Disability Services Standard NZS 8134:2021
- Te Pae Tata Interim New Zealand Health Plan 2022
- Te Manawa Taki Regional Equity Plan
- Te Manawa Taki Lived Experience and Whānau Led Strategy
- Te Toi Ahorangi
- Ministry of Health (2016) New Zealand Health Strategy
- Ministry of Health (2021) The Mental Health and Addiction System and Service Framework 2022–2032
- Te Pou Competencies for the mental health and addiction consumer, peer support and lived experience workforce (2021)

Appendix 2 - Agreed Definitions

Lived Experience

Whenever we use the term ‘lived experience’ we are talking about people or groups who have their own, first-hand experience of distress (e.g. trauma, sexual assault, abuse, abuse in care etc) substance harm, harmful gambling, psychiatric diagnosis, addiction, using mental health or addiction supports or services, or experiencing barriers to accessing these support and services when they are needed (or any combination of these experiences)

Tangata whai ora

This term is used to refer to the person who is the subject of care, assessment and treatment processes in mental health. ‘Tangata whai ora’ means ‘a person seeking health’ – ‘Tangata whai ora’ is frequently written as ‘Tangata whaiora’. The former is used here on the basis of advice from Te Taura Whiri i te Reo Māori, who indicate that ‘whai ora’ means ‘in search of wellbeing’ whereas ‘whaiora’ means ‘who has

Kāwanatanga

‘kāwanatanga’ is used to describe the concept of governance.

Tino rangatiratanga

Tino rangatiratanga can mean self-determination, sovereignty, independence, autonomy. The term itself is rooted in a Māori worldview, and there is no one English term which fully encapsulates its meaning. Tino rangatiratanga refers to Māori control over Māori lives, and the centrality of mātauranga Māori (Māori knowledge). While focused on a Māori worldview, tino rangatiratanga also has a close association with the challenges that have come from the loss of Māori control through colonial practices and has been used as a framework from which Māori have continued to challenge governments for recognition of our individual and collective self-determination.

Mana Taurite

In Aotearoa New Zealand, people have differences in health that are not only avoidable but unfair and unjust. Equity recognises different people with different levels of advantage require different approaches and resources to get equitable health outcomes.

Wairuatanga

Wairuatanga is distinctive to Māori spirituality. Wairua is the spiritual dimension of all existence; it speaks to the holistic wellbeing of an individual and also the spiritual synergy of the collective with which that individual identifies. Wairuatanga is as an essential requirement to health and therefore vital to the wellbeing and identity of Māori.

Whānau

Whānau is often translated as 'family', but its meaning is more complex. It includes physical, emotional and spiritual dimensions and is based on whakapapa. Whānau can be multi-layered, flexible and dynamic. Whānau is based on a Māori and a tribal world view.

Kanohi ki te kanohi

When someone says “Kanohi ki te kanohi” they typically mean a face-to-face encounter or meeting; however, the literal translation is eye-to-eye. Kanohi ki te kanohi in te ao Māori means to see who or what is being communicated in the flesh using all the senses to hear, feel, smell, and taste the encounter through the sharing of the same air

Whanaungatanga

The concept of whanaungatanga is a foundational value of Māori culture, Whanaungatanga is about relationship, kinship and a sense of connection, it comes with rights and obligations, which serve to strengthen each member of that whānau or group.

It is defined in the Māori dictionary as ‘a relationship through shared experiences and working together which provides people with a shared sense of belonging.’ In the mental health and addictions field, the term has several applications.

mātau ā-wheako

refers to individuals who possess knowledge and insights derived from their personal experiences, often in the context of health and well-being challenges.