



Our stories.

**Why a place like ours  
needs to exist**



**Tūhia ki te rangi,  
Tūhia ki te whenua,  
Tūhia ki te ngākau o ngā tāngata katoa,  
Ko te mea nui, ko te aroha  
Tihei mauri ora!**

We are Hoa Motuhake Sports Trust: a local charity that helps disadvantaged and at risk tamariki from 8-12 years old through our sports mentor program in the Canterbury region. Although our focus is on sport, our main work with the tamariki is around their hauroa, confidence, whānaungatanga and the building of positive behavioural patterns. We believe all tamariki should have the opportunity to play sport and that sport is the perfect vehicle for change. Through sport we are creating new support communities which we call "Pathways to Change."

Established in 2020, we are now supporting over 70 tamariki across Ōtautahi. This booklet contains a collection of short stories from the people who are creating pathways in our community; making a difference for the child, their families and our community.

**Nō reira, e mihi ana ki te reo o te whānau, ki a koutou katoa  
kua hāpai ake i a Hoa Motuhake Sports Trust.**

**Tēnā koutou, tēnā koutou, tēnā tātou katoa.**



There are a myriad of circumstances that make up the tamariki involved in the Trust. A large proportion of our participants come from high deprivation and intergenerational trauma-affected homes. Other tamariki are in State care or belong to families that just need a helping hand.

From experience, we recognise that by equipping our tamariki with new tools and instilling positive behavioural patterns then the lessons that they acquire through this program will have a longer and more profound effect later in their lives.

For tamariki who are in State care our program is vitally important. These tamariki who have been through the State care system are disadvantaged in a variety of ways, with very little consistency in their lives.

**Statistically one in three of these tamariki will serve time in prison later in life.**

(Abuse in Care, Royal Commission of Inquiry, Care to Custody Incarceration Rates, 2022)


The implications for tamariki spending time in care are evident through the high imprisonment rate which suggests the occurrence of behavioural issues.

Sport plays a vital role in creating better connected and healthier communities. It strengthens community connection and helps to build an environment where people feel a sense of belonging. (Sport NZ)

We have the opportunity to intervene with these tamariki and their whānau working together towards healthy environments that allow growth and chances to build new support networks and positive behavioural responses.

The longer we keep our tamariki involved, the longer and earlier they can make better life choices.

New Zealanders who meet the physical activity recommendations through participation in sport are 58% more likely to score in the healthy range for mental wellbeing (Sport NZ)



Our stories.

***"Our core belief is that all tamariki should have the opportunity to participate in sport regardless of their circumstances."***

Sandy van Heyningen: Founder

Founder and 2023 recipient of the 'Community Diversity and Inclusion Award' - Canterbury Sport and Recreation Awards. Sandy van Heyningen aka 'Team Mum' shares the inspiration behind Hoa Motuhake Sports Trust.

Kia ora koutou katoa,

Ko te tūmanako ka kitea e koe ngā hua o ngā mahi a Hoa Motuhake.

The Trust's name originated from my daughter, Anneke, following her surgery to remove a brain tumour. At 12 yrs old, she created Special Friends Trust to support other sick tamariki in hospital. Her passion for helping tamariki in the community inspired me to continue her mahi, establishing the Hoa Motuhake Sports Trust in 2020.

The idea of a sports mentoring program came from researching all the barriers that were preventing our young people from engaging in sports. These included cost, lack of transport, not having the right gear and lack of confidence. I realised a sports mentor would not only be able to remove all these barriers but it would also give our at-risk tamariki a consistent positive role model in their lives.

When we launched the Te Pou o Te Whare pilot program in 2020 with ten tamariki referred by Oranga Tamariki, I couldn't have imagined the incredible impact the program would have in such a short time. After three years supporting 70 tamariki to date and providing over 3000 sports sessions, we know this program creates a positive pathway of change for our most vulnerable tamariki. It really is changing young people's lives.

By recognising the barriers faced by our disadvantaged tamariki, we are able to intervene at a pivotal time in their lives and guide them on their pathway to change. By providing positive role

models who share a passion for sport, we are empowering our tamariki.

We are breaking the cycle of trauma and adversity, offering our tamariki a brighter and more promising future. Together, we are building a more resilient generation for tomorrow, one child at a time.

It takes a community to be able to implement the Hoa Motuhake program, and I am so grateful to our team of volunteer sport mentors. They are our tamariki's special friends who make it possible for them to play sports.

We are extremely grateful to all our donors and funding providers. We wouldn't be here without financial support, and a huge thank you to Lawrence Tau and Sport Canterbury for all their help and support over the last three years.

We would also like to thank and acknowledge the support of Mana Whenua Ngai Tuahuriri. As we continue to grow and move into the next phase of the Trust, we are extremely excited to have their blessings as the Trust begins to transition our name to Hoa Motuhake - Changing lives through Sport.

Finally, I would like to thank all the beautiful tamariki and their whānau we have been so privileged to get to know and support in the program to date. They have made this such a rewarding experience for all the Hoa Motuhake team.

Ko te tumanako ka pai koe ki te panui mo nga Hoa Motuhake

Nga mihi, Sandy

# ***“This program has turned my son’s life around.”***

Parent feedback 2023

The program uses pedagogical methods of teaching to allow tamariki to move at their own pace. We have discovered that once a foundation of consistency and trust is built, then the child’s personal development can move very quickly.

We are one of the very few services in Aotearoa that provides consistent eyes on a child, which is vital for ‘at-risk’ tamariki. We look out for the child and pick up on signs or risk factors that would otherwise go unnoticed. The mentors act as a protective influence through providing a positive and steady relationship for the tamariki. For most of these tamariki, a stable and consistent relationship is missing in their lives.

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Having the right people join the mentor team is a large part of why Hoa Motuhake has been so successful. All our mentors are volunteers who undertake a rigorous screening and matching process.

Averaging one to two hours per week the mentor program runs over 40 weeks during the school terms and is built around;

## **Our Goals:**

- Provide a supported pathway of change through sport.
- Grow confident tamariki who are actively engaged in community sport.
- Create community networks where our tamariki can contribute & belong.
- Increase family education & involvement to support long term success.
- Teach our tamariki the importance of self-worth & self-belief.
- Encourage our tamariki to have fun and be happy.

## **1: Individual sport mentor sessions**

## **2: Group sports mentor sessions**

## **3: Community sport**

## **4: Scholarship Program**

This allows for four very different environments of learning and support.

# Doing the mahi.

## How the program works.

**1 Individual sports mentor sessions** are one on one - mentor and mentee only. They are completely tailored to the child's sporting interests, abilities and emotional needs. A typical mentor session consists of the mentor picking up the child on a nominated time and day and simply going out and doing something fun for an hour, usually ending with kai to share. We cover the costs for petrol, food and activities.

By consistently turning up each week we are saying, "I value you and our friendship. You are worthy of my time, effort and aroha." This is a very different type of relationship than most of our tamariki are accustomed to.

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**2 Group sports sessions** and individual sessions work in tandem (alternate weeks) to offer a different set of developmental tools. This means going from one-on-one relationships to larger settings with multiple people of different ages, genders and ethnicities.

Group sports sessions bring all the tamariki and mentors together for a facilitated activity or sport. It's a unique environment where firstly, tamariki can fail without consequence and it is used as a form of teaching and learning. Secondly, it allows the tamariki to test new skills such as making friends, trying a new physical activity and communicating whilst in the safety of their support person. Thirdly, it is a positive learning space to explore new sports while experiencing the rewards of working in teams.

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**3 Community sport** is an important milestone for the child and mentor. When the child indicates that they would like to play a sport or activity it also lets us know that their wellbeing, mana and confidence has grown. This can happen at any time during the mentorship and when it occurs we work directly with the child and family to find a club or activity that will allow the family to take part.

The Sports Mentor role will change as one-on-one and group sports sessions are replaced by community sport. The mentor will assist with transport, introductions to the club, coaches and players - and by becoming the child's number one cheerleader on the sidelines. Additional assistance by HMST is added to support the child through payment of fees and any sports equipment required.

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**4 Sports Scholarship Program** is the final step. After completing the one year sports mentorship every child graduates into our Sports Scholarship Program. The four-year scholarship covers fees for activities and sports and includes any equipment required.

Also included is a dedicated Scholarship Support Person who provides ongoing support directly to the whānau and child. Support may include providing backup transport, registering tamariki in sport each term and liaising with whānau and coaches.



**Hoia  
Motuhake**  
Changing lives  
through sport

# **Understanding the effects of trauma allows us to look at ways to break the cycle. Create new healthy behaviours and responses.**

Jo Corr, Psychologist at Christchurch Methodist Mission says “The effect of trauma makes it harder for tamariki to focus at school, with their alert system heightened. If tamariki are focusing on the basic psychological needs such as a sense of emotional security, they are more likely to be unable to concentrate at school.” Research supports this with tamariki who have experienced trauma tending to have attention problems, lower cognitive functioning, behavioural problems and a decrease in school attendance (Kuban & Steele, 2011).



**We're trying  
to change  
the pathway  
of a whole  
generation.  
Starting  
with our  
tamariki.**



In a perfect world, all tamariki would be happy, healthy and achieving. That reality doesn't exist yet. But there are realities we can strive for.

A large number of our tamariki have experienced trauma that has had a profound effect on their cognitive and emotional learning. Often they are missing the emotional skills needed to maintain meaningful friendships which in turn continues the cycle of isolation and loneliness.

We purposely work with younger 8-12 year old tamariki because their neuroplasticity is most present in their early learning years. By creating new neurological pathways earlier we believe the child will have a better chance of becoming the new link that breaks the cycle of generational trauma. Creating the possibility of a new reality for every generation thereafter.

Positive, stimulating, and nurturing environments provide the foundation for healthy brain development. Interacting with caregivers, playing, exploring,

and learning through various activities all contribute to the formation of neural connections. Our tamariki experience all of these through our program.

Very quickly we have seen the development of friendships and self regulation of emotional responses. The behaviours have been in complete contrast from when the tamariki first started. Not only have we witnessed this in a matter of months it has occurred consistently across almost all tamariki over the last three years.

This gives us immense hope, as it demonstrates tamariki have started to rewire their unhealthy patterns of behavior and emotional responses. There is a conscious effort to reject dysfunctional patterns that have been passed down, establishing new ways of thinking and feeling which are not influenced by trauma.

It could be naive of us to think all this could be achieved through one child, but that's all it takes. One person.



Our stories.

**“As a family, it just literally tore us all apart before it brought us all back together again.”**

We share snippets of our conversation with \*Tina about her daughter's sexual abuse, the effects of trauma and how HMST is helping to heal those wounds.

\*Names changed for privacy.

**\*Tina: Mother**

**\*Conor: 15**

**\*Michelle: 16 - HMST - 2 years**

**\*Adam: 9 - HMST - 2 years**

“The perpetrator was allowed to roam free before the court date. He wasn't supposed to be in the Hutt Valley but had to come back for his appointments. So things were totally unsafe. You can imagine the impact on our mental health for myself and Michelle. We were constantly looking out for him - in a heightened state all the time.

That forced us to leave Wellington. All our friends, support, schools. We were

gone as soon as I got the call about moving to Christchurch. I didn't even finish packing, we left half our stuff behind. We actually left it in a bit of a bomb site. I just needed to leave it all behind.

Once we were on that ferry and had left Wellington, that's when I kind of felt the weight come off my shoulders.

We didn't know how long it would be before going to court. It turned out it was four years after the event.

I was diagnosed with PTSD. I wasn't sleeping. It was just being in that house. We were stuck in that place right through covid. It affected Michelle in ways where she refused to sleep in her bedroom. It got to the point we were all using one bedroom.

So for Michelle, she was dealing with the trauma of the abuse, a justice system

that didn't seem fair and then feeling the perpetrator was also taking everything away from her - the trauma was so consuming. She retreated, and I was her safe place for a long time. As a family, we were each other's safe place, I think. She's incredible. Such an amazing young girl.

Conor started to have outbursts related to what happened because he felt he couldn't protect his sister. He was creating these domestic violence scenes. He was really, really angry. He was such a destructive force yelling at everybody, smashing things. I've had to have the police involved on several occasions. To be fair, some of it could be directly attributed to his father not wanting anything to do with him as well.

That period had a huge impact on his younger brother, too. Even though he was only two at the time. There are trauma-type responses even at that age that had started to develop. Adam couldn't tolerate people yelling. He's very sensitive to noise. He'd start to cower and physically withdraw into a corner. He was easily triggered, causing episodes of anger as he got older.

We've been working with his school, and they've been great. They got him involved in Mana Ake, which is starting to make a difference. It was just nice to know someone had my back, y'know.

The HMST program has been incredible for the kids. I've noticed both of them have improved self-esteem and confidence. They're both more physically active as well, which is really good. Adam even gets a bit annoyed when soccer is cancelled.

They are definitely happier and willing to try new things as well. That's been really awesome, actually. Y'know, just watching them grow.

I think for Adam not having this dad around and having a male mentor has been really good for him. It's been great. He can be shy and unsure of himself, but this has improved a lot since spending time with his mentor.

Even though the mentorship has finished, Michelle and Adam still have contact with their old mentors. Adam's mentor sometimes pops down to watch his soccer games, and the Trust often come to Michelle's dance performances.

I've noticed that Michelle will in her own little way - switch off from the world, go into her room, turn on some music, and she'll just start dancing away. She feels free.

It's the same as Adam's soccer as well, he's getting us ready in the morning and getting us out of bed. Kind of takes that lead. He knows what day his practice days are, and man, if we are late - not happy, I'm in the bad books.

I don't know how you guys do the matching with what you guys know. But I feel like the matches for Michelle and Adam have been perfect. I just really do think they were perfect for each other. I mean, your program works. It just does, you know. I don't even know how to explain it, but just that it's really awesome.

I think there's not enough around for kids. Especially when it comes to mentorship programs. We've been on another waiting list for at least two years. And I've heard nothing.

So to be able to have your guys program. That's why it's been so good for the kids - for all of us."



Our stories

**"Murder, gangs, prison.  
"Sport, love and  
redemption."**

Hoia Motuhake ambassador Reon Nolan's life reads more like a movie script than real life. His incredible story started from the murder of his father when he was 12 and went on to him becoming one of the youngest offenders to ever serve time in a mens' prison. Then the heights of becoming a national cyclist champion.

To finding love, forgiveness and his greatest achievement to date - family. We catch up with Reon to talk about the other side of life "Life after Sport."

### **Favourite Achievement?**

"Wow! Sport played a huge role in changing my life and giving me a life. Gave me a foundation and platform to kind of bounce off into other things. If you asked me that question a year and a half ago, I'd say cycling, mountain biking, running. Now today my biggest accomplishment is my partner and daughter, my family. So it's drastically changed."

But it's all been set up through sport, I learned communication relationship skills. You know, being a good friend, being a good team player and all those things correlated into my building relationships. Sport opened up that door."

### **Biggest change since becoming a father?**

"Oh man, there's been heaps. But the biggest is I stopped sport, stopped cycling. I stopped straightaway because I wanted to be there for my daughter and not be on my bike every single day and wanting to race up a hill and race other people. As soon as she was born, I knew that I was gonna stop and give my time. You know what I mean?"

I never thought I could do that because sport was a safety net for me as well and kept me safe. It made me feel good about myself. But I felt a deeper, meaningful, better responsibility - It was pretty easy in the end."

### **Were you worried about becoming a father?**

"One thing that I'm always conscious of, am I giving her enough time? You know, because the fear is that I won't."

And she'd be brought up like I was brought up and have those very sad and dysfunctional things happen to her.

I want her to have the best nourishing environment, whatever she wants to pick and choose. Playing the piano the violin, sport or whatever, whatever kind of outlet she wants. Yeah, that's my main fear."

### **You describe your partner Kate as a mentor. Why?**

"She's got me out of my selfishness. Because it's not just me, there's two of us and now there's three of us."

It's hard to explain but I just think Kate makes me feel comfortable in my own skin and makes me feel okay. She gives me like some sort of like security as just being a human.

My best friend when I'm struggling she kind of challenges me. Yeah, I think a key word for me is like foundation to fight for love, for home, for family. You know what I mean? And the word safe as well.

Trusting, loving, generous, you know all those kind of words. Yeah."

### **First thought when you think about how sport changed your life?**

"Oh man. I found connectedness and a community. People remembering my name, impacted me significantly. Made me feel important. Yeah, worthy."

Reon now works with youth offenders. Helping them reintegrate into society using adventure therapy.

Reon's life story is as inspirational as it is harrowing. If you get the chance to see Reon speak. Go! You're in for a ride (excuse the pun).



**Hoia  
Motuhake**

Changing lives  
through sport

**Right now, we have a  
growing waitlist without  
the funding to support  
the tamariki.  
We are asking for  
your help.**

As a charity, we are dependent on funding organisations, sponsorships and the good will of the community.

It is a constant balance between. *“Do we have the capacity to take on more tamariki, or do we build more capacity so we can?”*

Unfortunately, the answer is the same. It comes down to funding. The funding builds capacity, and capacity means we can help more tamariki.

# 100% of every dollar donated goes directly to funding a child.

We are currently seeking individuals, families, local businesses and corporate organisations to fund 50 tamariki. For as little as \$20 per week, you can sponsor a child and change their life through sport. Or pay for fees or equipment or sponsor a hoodie for a mentor. We've made it fun, accessible and easy for anyone who wants to help break the cycle of trauma for one of our local tamariki.

- 1 Sponsor a child:** \$20 a week for over 5 years keeps a child in the program giving them their best chance of success. Sponsoring a child means that throughout the 5 years they will have the funding for the sports mentor program, fees, equipment and transport. It is a long term commitment that matches the 5 years we work with the child.

This is an ideal way to contribute as a family or a group of friends, business or as an individual. We've made it easy and it can be set it up as you wish.

You'll receive updates on the child's progress and invitations to attend HMST events.

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- 2 Corporate sponsorship:** We are looking for long-term corporate partners. Organisations that love our community and share the same values. We have a range of commercial opportunities that would benefit both parties and of course our tamariki.

If you think this is the opportunity for your organisation to contribute in the community and align yourselves with a charity with a proven track record in helping at-risk tamariki, we'd love to hear from you.

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- 3 Pay for sports fees or equipment:** You can choose to pay fees for the term or for equipment such as shoes or uniforms. Your funding directly puts a child on the field, in the dance studio, on a basketball court or wherever the sport takes the tamariki.
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- 4 Sponsor a mentor:** To support our mentors the trust covers all associated costs. This means petrol, food, uniforms and training. You can choose to help cover costs by sponsoring to supply a hoodie and t-shirt, petrol or training. This is a great way to support someone you know that's a mentor or thinking about it.

You'll receive a personal message from your mentor and an update through the year.

***“The effects of having someone that acts as a positive role model who provides stability for young people can’t be underestimated.”***

Riki Paea: Social Impact and Cultural Advisor

Improved confidence throughout the program across all mentees **71%**

Increased interaction with other tamariki in group and community sport sessions **82%**

Increase of engagement levels across all sporting sessions **63%**

Increase of positive mood levels from the start to the end of a sports session **59%**

Behavioural improvement **23%**

% of children playing community sport at the end of the Sports Mentor Program **97%**

Average attendance rate per child in the Sports Mentor Program throughout the year **87%**





In 2022 Sport Canterbury conducted an independent impact report to measure key personal development areas of tamariki in our program

The report found across all participants that there had been significant increases in;

- **Confidence and happiness**
- **Physical activity**
- **Positive behaviours at home and school**
- **A greater sense of belonging and connection to communities**
- **Being more emotionally transparent**
- **Improved relationships with siblings**

The social workers and whānau members interviewed emphasised the significant value of having the mentors in the tamariki's lives.

This was especially crucial in terms of the male mentors for tamariki who didn't have a male figure in their lives.

The report found that every child showed improved self-confidence and

self-esteem whilst engaging with the program. With the mentor providing a sense of stability and reliability, the child was exposed to having a consistent person in their life. The mentors provided a relationship that was separate from the child's worries in their personal lives which resulted in tamariki being 'happier'.

The report also established that these changes in wellbeing and personal development could in the long term, lead to tamariki having:

- **Increased trust towards others**
- **A shift to a more positive outlook on life**
- **Improved relationship with whānau**
- **Confidence to participate in multiple sports**
- **Stronger connections with peers, adults, and caregivers**
- **Increased understanding of respect**
- **Aspirations to succeed in the future**



Our stories.

**"I've seen it  
many, many times.  
The benefit of sport."**

Garey Burgess: Coach and Mentor

**Garey Burgess has been a life-long boxing coach and mentor to many tamariki across Canterbury. Working out of Elite Boxing Complex his love for our community is making the right kind of impact. Garey shares his experience with Rio and Karrell who have been part of the program for over three years.**

I've got to say, I was quite excited when Hoa Motuhake contacted me, because I came from a broken family. And boxing was a very, very big part of growing my confidence and it's been a major part of my life and you know what? I haven't had that many boxing fights...

One of the things I love about the sport and being a boxing coach is seeing kids grow. Yeah, and you know, I've got five year olds, but when you get a little kid that has got no coordination and no self confidence, no sense of timing. And seeing them grow into a talented little sports person it's a real buzz, yeah. I love it when you see it. I've seen it many, many times when kids come in here and they might have had a hard time at school or whatever and they leave here with a smile on their face through feeling confident and knowing they can trust their, you know, their self worth.

If I talk about Rio, he was the first that came along. When he arrived. He was so shy. I struggle with the word withdrawn, but he was very quiet and then wasn't mixing. Yeah. Within a couple of weeks, there's this kid walking in the door with a smile on his face, fist pumping, and being part of the group saying goodbye to the rest of the kids. Which he was never doing at the start.

His ability, his footwork, his timing and coordination has grown so much in a

very short space of time. And you know, what I like about it. I can see that he wants to be here. Yeah.

Then his brother is very similar. Karrell is very quiet. But you know, I can see when he walks through the door, he wants to be here.

I'm putting these guys in the ring, and we're sparring. So they're sparring kids they have never met before.

What I like about sparring is, you know, you can go hard out, and then you get it hard out sort of thing, and that's the sport. You can see that the kids care about each other. Yeah. Karrell and Rio.

As an example; when they're in the ring they don't want to hurt anyone. They just want to learn the sport, and they listen, and then they apply and that's what you want.

And then they are learning way more than just the boxing side. And that's the most important part is that social etiquette around the sport, there is respect, comradeship, the idea of belonging in the team. So there's a lot of those things going on.

There's a lot involved in regards to being a good boxer. A lot of the skills the kids acquire here are lifelong skills. Like strategically thinking about how do I deal with life, different situations or even conflict.

### **Elite Boxing Complex**

25 Gatherer Street, Phillipstown,  
Christchurch 8011

<https://www.facebook.com/elitefightcomplex/>

021 341 588



Our stories.

***“If you want to make a difference in the future of our precious youth, then say yes to mentoring.”***

Mel: Mentor

### **Why become a mentor?**

I have been very privileged in my life, both professionally and personally to be surrounded by incredible mentors, leaders, and coaches that have supported me to be the best version of myself. Being able to give back as a mentor is a way to honour these incredible humans by paying it forward and making a difference in someone else's life. Additional to this as a mum I have seen firsthand the growth and development that community sport has offered my own tamariki. Ultimately, I want to share how good this feels to belong, develop and grow through sport and community connection.

### **How was the mentoring process?**

Becoming a mentor has been a very supported process from meeting the Hoa Motuhake Team, hearing other mentors' stories, going through the mentee matching process and meeting my little person.

There have been valuable workshops along the way to build mentoring skills and to hear other journeys from surviving to thriving. It's the shared experiences of our mentors that have been highly valuable.

There has also been adaptability to explore different sports based on our mentee's interests during individual sessions and then coming back together for group sessions.

### **How has mentoring been for you?**

Mentoring has been an absolute privilege and a very humbling experience to be welcomed into a family unit with so much trust and kindness. When I first met my mentee,

he hid down the hall both excited and anxious to meet me! I coaxed him out with a joke, he peeked around the corner, our smiles met, and we hit it off from there!

He is honestly the funniest, happiest, little guy with the most beautiful smile who has given every new challenge and experience his all.

### **What changes have you seen in your mentee?**

I've seen my mentee grow hugely in confidence, self-awareness, and self-belief. He's really relaxed now around new experiences and environments. He's setting and achieving goals and voicing what he likes and wants.

One of my favourite memories was at the Crusaders' game when all the boys were having sword fights with the flags. Just hanging out being kids. It's such a joy to see the kids look after each other and connect socially. These friendships are pure joy and grow so much self-confidence and self-belief through connection.

### **How has it made you feel?**

Being a mentor gives me a feeling of joy, purpose & hope. You could say mentoring is my 'ikigai' – The Japanese secret to a joyful life.

#### **The Trust covers costs for**

- Petrol
- Food
- Uniforms
- All Activities
- Training

***“What I really like about it is the fact that it lessens the likelihood these young people will end up at Waipuna or in the justice system.”***

Dan Eastwood: Manager of Community Development.  
St John of God Hauora Trust Waipuna

The two comments we hear most are;

***1: “I didn’t know families or kids lived like this or even existed in our community. I guess if you don’t look, you won’t see. It’s really opened up my eyes to what’s going on...”***

The truth is for a lot of us it’s hard to understand that a in city and country as wonderful as ours there are desperate tamariki living amongst us.

Almost always these tamariki are living the consequences of trauma experienced by their parents or grandparents. They are simply the next generation.

***2: “I wish I knew about you guys earlier. I’ve been thinking about how I can give back. But just haven’t found the right way for me...”***

Our dream is for every child that comes through the program to have a

long association with sport and all its benefits, that they will become healthy, positive, contributing members of society. The more healthy young people there are in our community will benefit us all.

We always refer to our community as one community. We feel that we are all responsible in some way to make it better. It’s important to help these tamariki understand that they are part of our whole community.

Working in the community with these wonderful tamariki is a huge privilege. We are grateful for all the support we receive.

But we do need more help. If you’re looking to give back in some way I encourage you to go to our website or simply give us a call for a coffee and chat. C’mon it’ll change a life!

***“Welcome to the team.”***





[www.hoamotuhake.co.nz](http://www.hoamotuhake.co.nz)



**Hoa  
Motuhake**  
Changing lives  
through sport

Sandy van Heyningen: Team Mum - Founder  
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