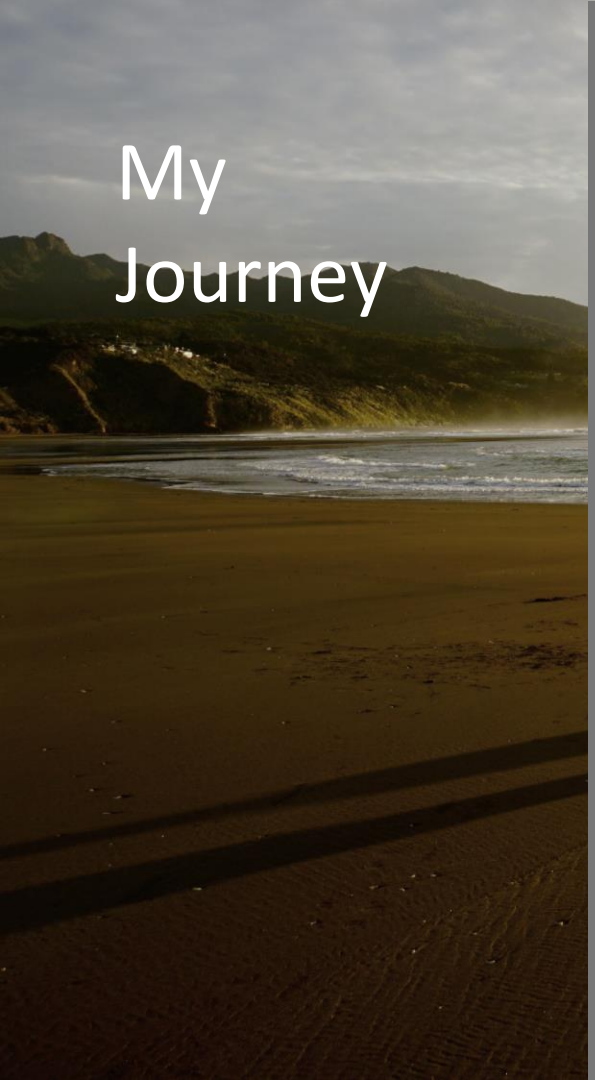
Waikato wellbeing project | Hinonga toiora o Waikato

Waikato Wellbeing Project



My Journey

Environmental, science policy & regulation	• Department of Conservation • Auckland Regional Council
Organisation strategy, performance & audit	• Auckland Regional Council
Economic development	• Ministry of Economic Development • Auckland Council • Private consultant • Te Waka • MartinJenkins Ltd
Wellbeing, SDGs and human centred design	• Waikato Wellbeing Project

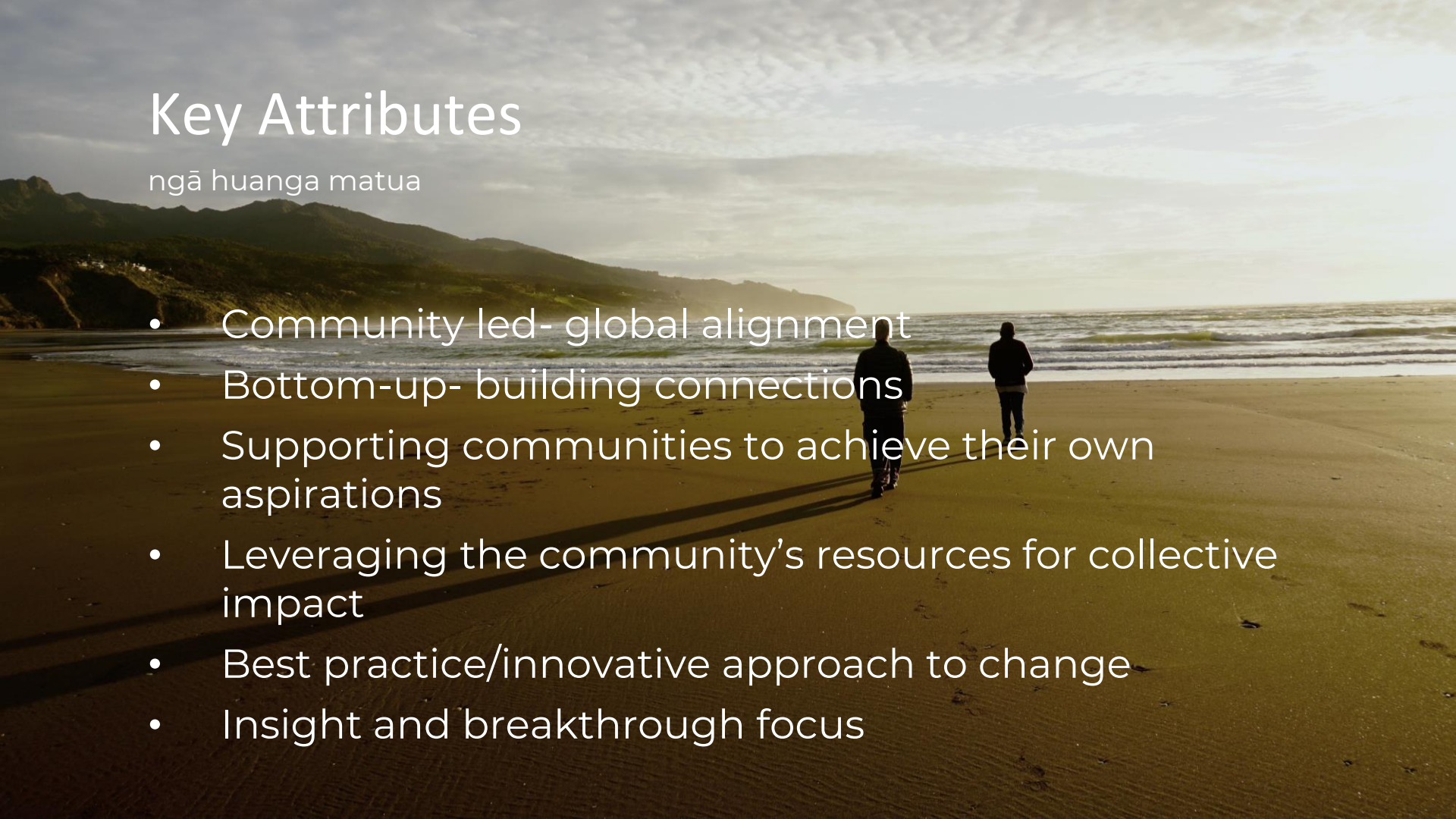
What is the Waikato wellbeing project?

He aha te oati toiora o Waikato?

The Waikato Wellbeing Project is a regional initiative to achieve a more environmentally sustainable, prosperous and inclusive Waikato region by 2030.

Key Attributes

ngā huanga matua



- Community led- global alignment
- Bottom-up- building connections
- Supporting communities to achieve their own aspirations
- Leveraging the community's resources for collective impact
- Best practice/innovative approach to change
- Insight and breakthrough focus

Moemoea | Our Vision

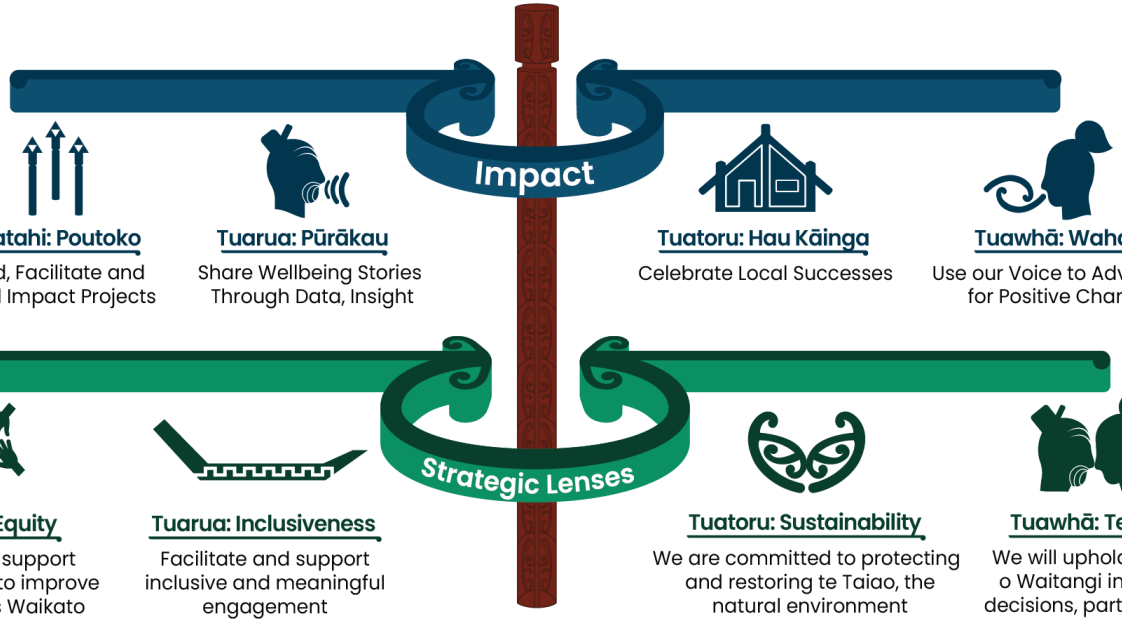
Our Mokopuna are Thriving

Haerenga | Our Mission

To hear our people and transcend their future through positive impact

Whakaarotau: Our Priorities

The way we will work to facilitate insight and breakthrough, contributing to our Vision and Mission



Tuatahi: Poutoko
Lead, Facilitate and Fund Impact Projects

Tuarua: Pūrākau
Share Wellbeing Stories Through Data, Insight

Tuatoru: Hau Kāinga
Celebrate Local Successes

Tuawhā: Waha
Use our Voice to Advocate for Positive Change

Tuatahi: Equity
Identify and support opportunities to improve equity across Waikato communities

Tuarua: Inclusiveness
Facilitate and support inclusive and meaningful engagement

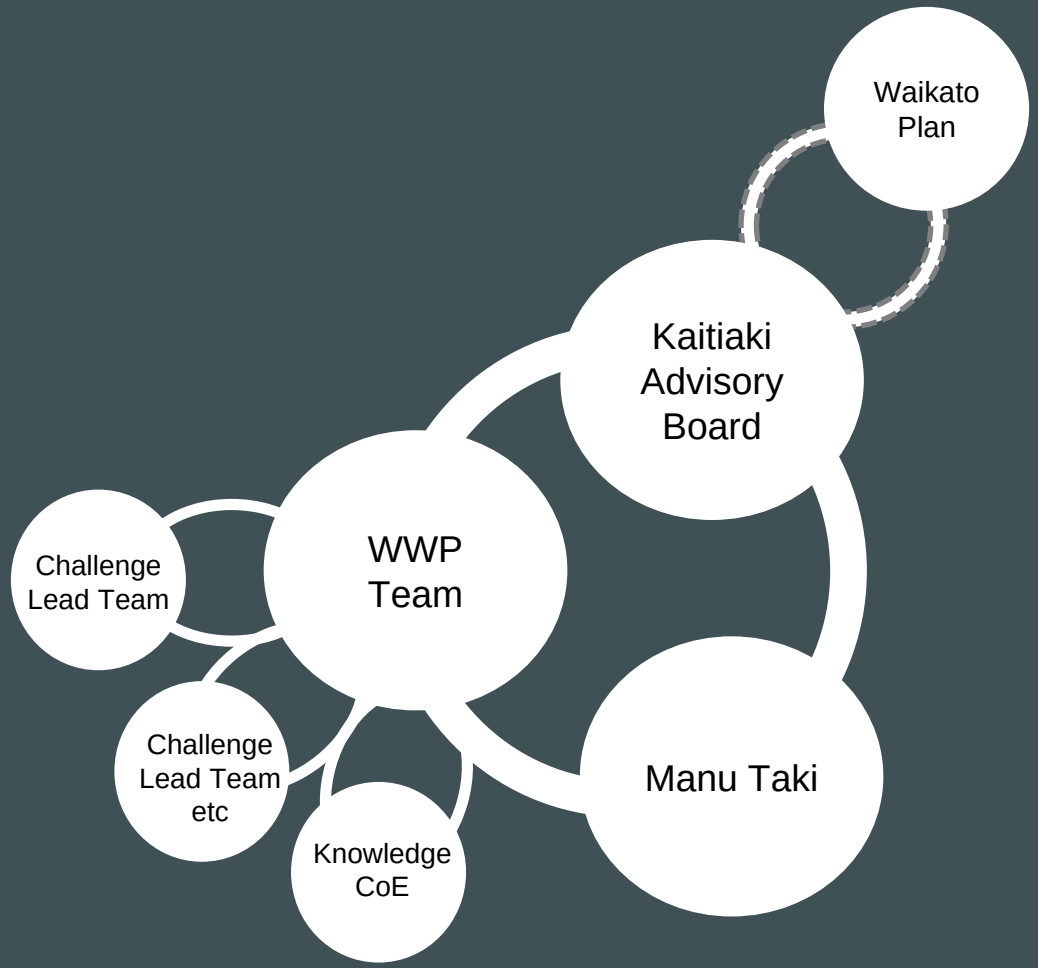
Tuatoru: Sustainability
We are committed to protecting and restoring te Taiao, the natural environment

Tuawhā: Te Tiriti
We will uphold Te Tiriti o Waitangi in all our decisions, partnerships and programmes

Tuarima: Waikato
Support the Waikato Plan & Waikato Spatial Plan

Kaupapa: Our Framework

United Nations Sustainable Development Goals (SDGs) and Te Ao Māori


Waikato Plan
Kaitiaki Advisory Board
WWP Team
Challenge Lead Team
Challenge Lead Team etc
Knowledge CoE
Manu Taki

Operating Model

What are our dominant approaches to complex/wicked challenges?

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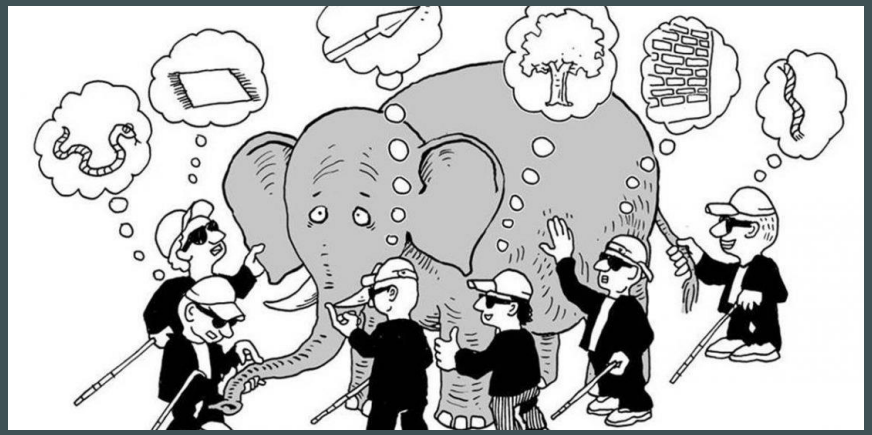
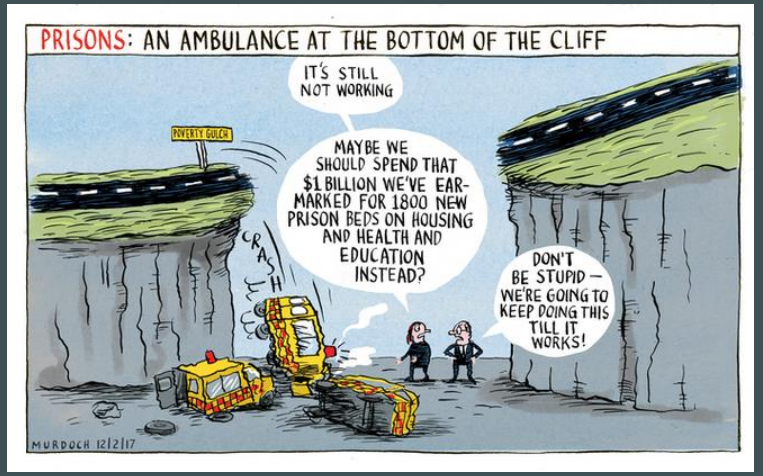
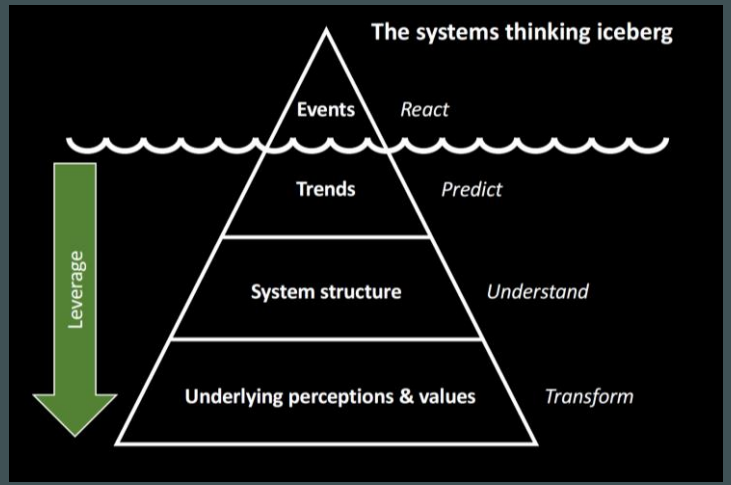
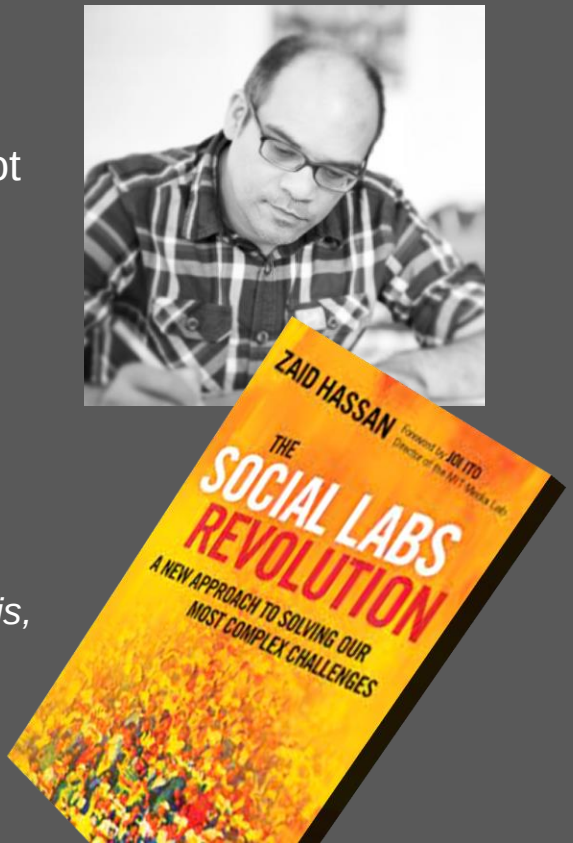






The WWP as a Social Impact Lab

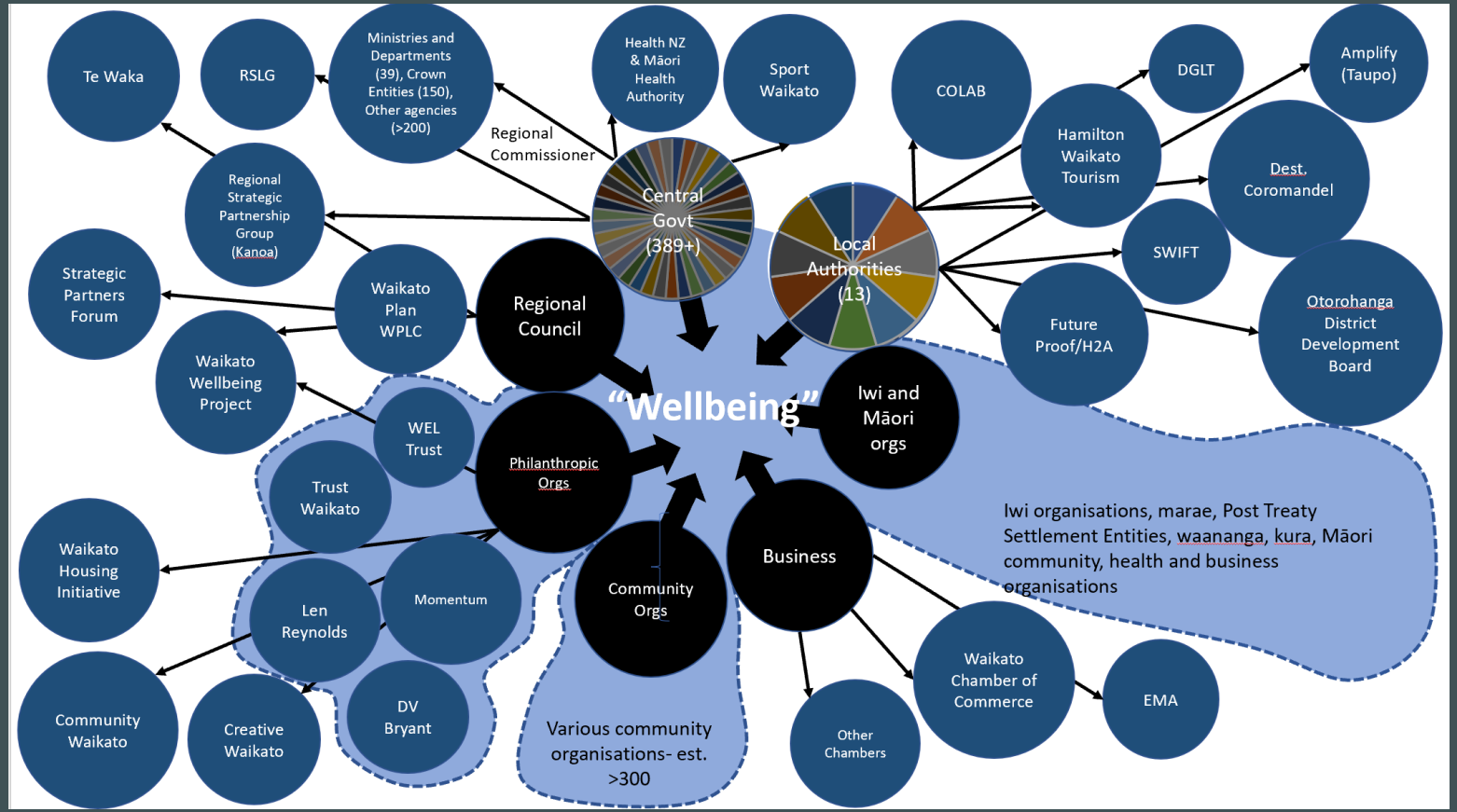
- **Social**- developing solutions through social/bottom-up processes such as co-design
- **Impact-** looking for initiatives which make a real difference, not just symptoms
- **Lab**(oratory)- a place where evidence and insight-driven protoyping and experimentation is encouraged



"Bring together a diverse, committed team and take an experimental, prototyping-based approach to addressing challenges systematically, that is, at a root cause level. Keep going. That's it."

Zaid Hassan, The Social Labs Revolution

Waikato Wellbeing Ecosystem



INSIGHT + BREAKTHROUGH

The WAIKATO
RANGATAHI
opportunity

Our Vision.

“All of our young people are engaged, thriving and are learning or earning a livelihood, their mana is enhanced, and they are on a positive pathway to have many life options."

Our Target.

"Increase the number of young people* who are actively engaged in meaningful employment, education or training from 87.4% (2019) to no less than 95% by 2030.”

*with a focus on Māori and Pasifika

OUR APPROACH

- Rangatahi-led
- Rangatahi-centric principles
- Place-based - Kirikiriroa
- Design Thinking Framework
- Working collaboratively
- Understanding system challenges

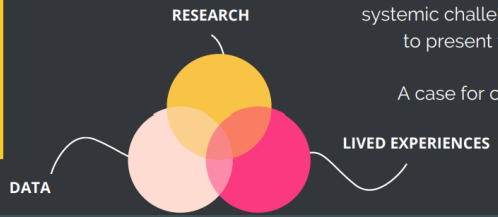
FRAMING OUR PROJECT

In this phase we worked with our Manu Taki, and wider collaborators, to define our key question to frame our mahi, understand 'what' and who we wanted to learn from as well as identify existing research and data sources to draw on.

We worked with Te Ngira - Institute for Population Research to undertake a literature review and socio-demographic profile of rangatahi in the Waikato region.

EMPATHISE

In the Empathise Phase we conducted interviews with rangatahi living in Kirikiriroa and individuals working directly with youth.



UNDERSTAND

Combining quantitative data, existing research and the lived experiences of our rangatahi to uncover deep insights as well as learn fresh perspectives.

During this phase we'll uncover core systemic challenges and key insights to present to collaborators.

A case for change is forming.

EXPLORE & TEST

The project team and our **collaborators will co-design potential solutions based on the insights uncovered during the Empathy - Understand phases.**

We will work to understand which initiatives work best in achieving impact, scalability and test how we might work together to refine solutions

IMPLEMENTATION

Case for change is presented.

Seeking pathways for adoption and understanding how to track and monitor impact outcomes.

As part of our approach we will **create a Kōhanga Taniwha environment where funders, impact investors and other potential stakeholders can hear of the initiatives, impact outcomes and investment required for initiatives to scale.**

SUMMARY OF OUR INSIGHTS

The project team has undertaken a number of empathy interviews with rangatahi to capture and better understand the lived experiences of young people living in Kirikiriroa. In addition, we spoke with a number of advisors, working directly with rangatahi, to identify systemic challenges, barriers and opportunities.

Together, we combined the research, data and lived experiences to identify emerging themes. It is important to note that the impact of COVID restrictions inhibited our ability to speak with rangatahi who would be considered 'at risk' or vulnerable. Work is underway to ensure the voices and lived experiences of rangatahi are captured and included along our journey.

From our mahi to date we have been able to identify the following emerging themes. These themes will be used to create How Might We questions to frame our co-design hui with collaborators, rangatahi and whānau in the next phase of our journey.

The lives of rangatahi are enhanced when a kaiārahi supports them to navigate life, not just as a one-off, but along the journey.

Rangatahi talked about the various influencers in their lives. Whilst most referenced whānau as a core influence and support we also heard of examples where teachers, mentors and sport coaches playing a key role in supporting rangatahi through life.

Rangatahi need a sense of belonging to thrive | Rangatahi want their strengths + cultural identity to be recognised an supported.

For some of our rangatahi, environments such as school and work, were often not culturally affirming. Many spoke about not feeling as if their environment reflected their culture and/or identity. These environments weren't places/spaces where rangatahi felt a great sense of belonging. In many cases we heard that school and work were often experiences which did not empower them.

Some rangatahi felt the need to dissociate from who they are and where they come from in order to "fit in" to the cultural norms of school.

Rangatahi feel unprepared when leaving school.

The (lack of) careers guidance, connections to the real world of work and the inability to contextualise learning did not adequately prepare rangatahi for life after school. This was further supported by interviews with advisors who commented on a disparity between youth and employer expectations.

The literature review also identified that "there is lack of responsibility, accountability, and coordination amongst the multiple players in the education to employment journey". - Auckland Codesign Lab, 2017

Mental and Emotional Wellbeing.

In all of our interviews we heard from rangatahi who had experienced or where still experiencing symptoms of anxiety and depression which was inhibited their ability to perform in school or transition successfully into a work environment. National Data has also found that more of our rangatahi and tamiriki are experiencing anxiety and self-harm incidences, in particular since the COVID pandemic.

Rangatahi want to give back to their whānau, community and future generations.

A strong theme that came through our empathy interviews was the desire for rangatahi to give back to their whānau, local and global community. Our research also determined that rangatahi place great importance in giving back to their whānau.

This challenges the misconception that rangatahi are self-serving or driven specifically by a need for wealth alone.

Rangatahi experience barriers because of the effects of structural inequities.

Our research defined that structural inequities reduce young people's ability to participate in systems of education, as well as in employment, health, and civic society. This was a clear theme that emerged through the literature review, completed by Te Ngira. To date, we have not been able to capture the lived experience of rangatahi who are impacted by these barriers.

As mentioned, we have identified a need to kōrero with rangatahi who are considered excluded or disadvantaged to capture their lived experience.

The
WAIKATO KAI
Challenge
How might we END HUNGER in the Waikato?

Waikato Wellbeing Knowledge: Centre of Excellence

- An **easily accessed** digital ‘one stop shop’ for wellbeing data in the Waikato region, with an overall dashboard of key indicators that people can then drill into for more detail
- A **trusted** source of knowledge on our wellbeing journey - used by organisations and stakeholders right across the region – we all sing from the same song sheet
- A **relevant** resource where the data is as ‘live’/up to date as possible, measuring progress over time to guide our actions across the region

Waikato Housing Initiative by Waikato Wellbeing Project

in Crowded Hous... | Socioeconomic Deprivation In... | Index of Multiple Deprivation D... | EECA Retrofits Installed | Mouldy Dwellings | Damp Dwellings | Household Income for Damp &... | Household Income by Househ... | Avoidable Hospitalisation

Dwelling Mould Indicator by Ethnicity, Age & Gender
Census 2018

16,125
# of People Living in Mouldy Dwellings

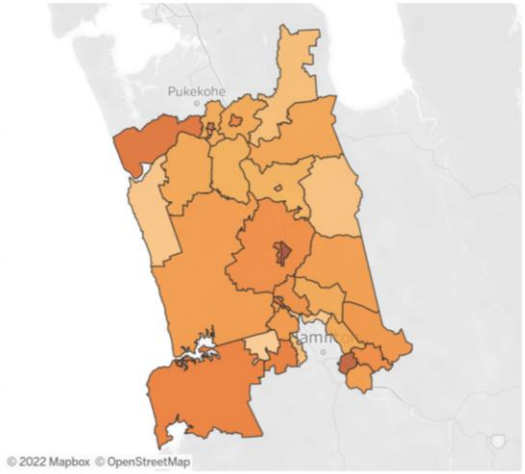
78,750
Population

20,766
Under 15 Years

9,024
65+ Years

37
Number of SA2s

1 2 3 4 5 6



Waikato District

TA	Area	
Waikato District	Huntly East	5,028
	Tamahere North	4,218
	Tuakau North	3,396
	Raglan	3,369
	Huntly West	3,345
	Ngaruawahia Central	3,258
	Aka Aka	3,258
	Whatawhata East	2,856
	Te Uku	2,784
	Pokeno	2,664
	Pukemoremore	2,469
	Huntly Rural	2,448
	Taupiri-Lake Kainui	2,370
	Eureka-Tauwhare	2,211

0 500 1000 1500 2000 2500 3000 3500 4000 4500 5000 5500

Mould Indicator

Mould over A4 size - always	4,407
Mould over A4 size - sometimes	11,718
No mould/mould smaller than A4 size	57,384
Not elsewhere included	5,241

0K 20K 40K 60K

Population by Gender

	Male	Female
Under 15 years	10,674	10,092
15-29 years	6,966	6,951
30-64 years	16,878	18,165
65 years and over	4,584	4,440

15K 10K 5K 0K 0K 5K 10K 15K

Ethnicity

European	54,282
Maori	16,524
Pacific Peoples	2,610
Asian	4,089
Middle Eastern/Latin American/African	435
Other Ethnicity	810

0K 20K 40K 60K

He waka eke noa.
We're all in this together.

WAIKATO WELLBEING PROJECT

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