

Purposeful Peer Support Groups

Te Whakaoranga mā te Taunaki Aropā a-Rōpū



Tautoko Tāne
Male Survivors Aotearoa

“We are all social beings by nature – connectedness and community are necessary if not vital to our wellbeing. The very existence of positive social relationships can be a source of healing for many psychological wounds.”¹

“He whakaratarata te mahi noa a te tangata – ko te whanaungatanga me te whai hapori ētehi o ngā tino tikanga e whai ora ai tātou. He rongoā te whanaungatanga i te ngākau pai hei whakaora i ngā mamae o te hinengaro.”¹



Purposeful Peer Support

Purposeful Peer Support is peer support with a purpose – developing authentic, trust-based relationships that support you in your journey towards wellbeing.

Many survivors of sexual harm face relationship challenges, whether with friends, family/whānau or workmates. Relational difficulties can also play out in social interactions within the wider community. This can add to a sense of isolation, as well as making survivors more vulnerable to addiction, re-victimisation and further harm.

Purposeful Peer Support focuses on building and practicing what we need to have authentic, trust-based relationships in our lives. We concentrate on relating in ways that provide physical and emotional safety for survivors; respect for individual cultural values and beliefs; and support for each person's unique wellbeing journey.

At the heart of these collaborative relationships is our belief that positive change towards wellbeing is possible for everyone.

This comes from the first-hand, experiential knowledge of our peer workers, who draw on their own experience of what it means to live with and overcome trauma and adversity.

“Peer support is based on the belief that people who have faced, endured and overcome adversity can offer useful support, encouragement, hope to others facing similar situations.”²

Te Whakaoranga mā te Taunaki Aropā

Ko Te Whakaoranga mā te Taunaki Aropā he taunaki aropā whai take – he whakawhanake i ngā hononga e pono ana, he tūturu hoki, hei taunaki i a koe i tō oranga tonutanga.

Ka uaua mā ngā mōrehu taitōkai te whakahoahoa ki ngā hoa, ki te whānau me ngā hoamahi hoki, me te aha, he wero nui te whakahoahoa ki te hapori whānui. Ka whai pānga ēnei wero me ngā uauatanga whakahoahoa ki ngā āhuatanga e noho taratahi ai rātou, ā, ka māmā ake mā rātou ki te hoki atu ki ngā wara whakapōauau, ka kaupēhipēhi anō me te tūkinu haere tonu.

Ka aro Te Whakaoranga mā te Taunaki Aropā ā-Rōpū ki te waihanga me te whakangungu i a tātou ki ngā hononga pono, tūturu hoki e tika ana mō ō tātou ake ao. Ka aro pū ki ngā ara e noho haumaruru ai te tinana me ngā kare ā-roto o te mōrehu taitōkai; e tuku whakaute ai ki ngā whakapono me ngā uara ā-ahurea o tētehi; e tautoko hoki ai i te huarahi whakaoranga ahurei ā tēnā tangata, ā tēnā tangata.

Kei te pokapū o ēnei hononga mahitahi ko tō mātou whakapono ki te tangata, ahakoa ko wai ia, me tāna āhei ki te panoni i tōna waiaro kia haupai kē ake te aro ki tōna oranga tonutanga.

Ka ahu mai tēnei whakapono i ngā wheako ā ō mātou hoa mahi, e tō nei i ngā akoranga i a rātou ake wheako hāngai pū ki ngā wā i parangia e te mamae me te poautinitini.

“Ko te tūāpapa o te taunaki aropā i hua mai i te whakapono mā ngā tāngata kua rongu kē i ngā wero te toro atu ki te tautoko, ki te akiaki, ki te hāpai me te arataki hoki i te hunga e rongu ana i ngā āhuatanga ōrite.”²

Purposeful Peer Support Groups

Purposeful Peer Support groups expand the opportunities for connecting with other survivors – to build meaningful relationships that offer empathy, understanding, encouragement and hope to support them in their journey towards wellbeing.

Group participants can share their life experiences, in confidence, with other survivors in ways that help them to see their world differently; to appreciate their individual human potential and their capacity for making changes in their life; to learn new ways of relating to others and connecting with their communities; and to build the confidence and determination to live their life ‘on purpose’.

“I define connection as the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.”

– BRENÉ BROWN

Commonly reported benefits for people who participate in effective peer support groups:

- ✓ Meeting with people who speak your language – people who have been where you are

- ✓ Feeling less lonely, isolated or judged

- ✓ Receiving practical, helpful and supportive feedback from other survivors, including learning new skills to cope with challenges

- ✓ Increased self-esteem, self-confidence and sense of purpose

- ✓ An ability to talk more openly and honestly about your feelings

- ✓ Increased resilience and quality of life – reduced distress, depression, anxiety or fatigue

- ✓ A greater sense of wellbeing, an increased ability to cope and increased motivation to make life changes

- ✓ Increases in the quality and number of relationships – an expanded social support network

- ✓ Increased ability to communicate with and deal with other support services

- ✓ An opportunity to ‘give back’ by helping others

Te Whakaoranga mā te Taunaki Aropā ā-Rōpū

Ka whakawhanake a Te Whakaoranga mā te Taunaki Aropā ā-Rōpū i ngā angitu e hono ai ki ētehi atu mōrehu – kia whakatupu i ngā hononga whai hiranga e rongō ai i te ngākau aroha, te māramatanga, te akiaki me te awhero hei āwhina i tō rātou oranga tonutanga.

Ka wātea ngā kaiuru ki te toha i ō rātou wheako o te ora, i runga i te whakapono, ki ētehi atu mōrehu, e pai ai tā ratou kite i ngā tirohanga rerekē hei mātai i tō rātou ao; ki te whakamana i tō rātou ake pitomata ā-tangata, me tā rātou ake mana hei panoni i ngā āhuatanga o tō rātou ao; ki te ako i ngā ara rerekē hei whakawhanaunga ki ētehi atu me ō rātou ake hapori; ki te whakatupu hoki i tō rātou māia me te manawanui kia ‘whai take’ tō rātou noho i tō rātou ao.

“Hei tāku, ko tēnei mea te hononga, he rī ka hua mai i waenga i te tangata i te wā ka kitea, ka rangona, ka manaakihia hoki rātou; ka wātea rātou ki te tuku kōrero me te whakarongo ki ngā kōrero, ā, kāore he whakawā; waihoki, ka hua mai he manapou, he whirikoka i taua hononga.”

– NĀ BRENÉ BROWN

Ngā painga pātahi mō ngā tāngata ka uru atu ki ngā taunaki aropā ā-rōpū:

- ✓ Ka hui tahi ki ngā tāngata kōrero i tōu ake reo – ngā tangata kua hīkoi i tōu ake ara

- ✓ Ka heke ngā rongō o mokemoke, o taratahi, o whakawā

- ✓ Ka whai tautoko i ngā whakahokinga arohaehae, whakahokinga whaihua hoki ā ētehi atu mōrehu, me te ako pūkenga hou hei pīkau i ngā wero

- ✓ Ka kaha ake te kiritau, te māia me te arotahinga

- ✓ Ka ako ki te whakaputa kōrero me ngā whakaaro pono mō ngā kare ā-roto

- ✓ Ka tupu tōu manawaroa, me te kounga o tōu ao – ka heke te auhī, te kotonga, te anipā, te ruhi ranei

- ✓ Ka piki ake te rongō i te oranga tonutanga, ka piki ake hoki te kaha ki te pīkau i ngā taumahatanga, ki te whakahihiko i a koe anō kia panoni i tōu ao

- ✓ Ka piki te kounga me te rahi o ngā hononga whanaungatanga – he torohanga o te whatunga pāpori

- ✓ Ka piki te āheinga ki te whakawhiti kōrero ki ētehi atu ratonga tautoko

- ✓ He angitu tēnei hei tauutuutu atu mā te āwhina i ētehi atu

Outcome intentions for Purposeful Peer Support Groups

Our Purposeful Peer Support groups take different forms. They may be centred around shared social activities; or a facilitated wellbeing support group. Some sessions may focus explicitly on growing useful skills and knowledge for wellbeing.

All our groups are based on the same principles of Purposeful Peer Support, but with slightly different, although complementary, intentional outcomes.

Social Activity Groups

These gatherings can be one-off sessions, ongoing regular meetings, or project-based. Social activity groups offer a way to build a sense of community between survivors through doing something together. Some examples include sports-based activities, walking/hiking groups, barbecues, social and entertainment groups, or other special interest activities.

Social activity groups are our most informal groups. Their intended outcome is to reduce feelings of isolation, shame or judgment by providing a supportive environment to interact safely with others in a shared activity. Survivors greatly value the opportunity to know they are not alone, and can connect and have fun with other people, despite what they've been through and might be struggling with.

These groups are also a chance to make new connections, and often new friendships, to extend your support networks. These new relationships can often be key in allowing you to balance or replace other unhelpful community connections that perhaps are not supporting, or distracting you from, your wellbeing objectives.

Education Groups

Sometimes survivors want to focus on improving their skills or knowledge about topics relevant to the challenges that many survivors encounter. Examples could include dealing with trauma, navigating difference and diversity, managing addictions, working with social and/or community service providers, or interacting with professional therapists.

This kind of education and skills-building can take place in the Social Activity group format, e.g. as a one-off or series of workshops that present information, and promote discussion between survivors to increase understanding. Education groups may also include guest speakers with particular expertise about the topic/s.

There can also be a focus on growing knowledge and skills within Wellbeing groups, perhaps as part of the regular format, or with guest speakers from time to time.

Ngā Hua Takune mō Te Whakaoranga mā te Taunaki Aropā ā-Rōpū

He nui ngā momo hanganga o ā mātou rōpū Whakaora mā te Taunaki Aropā. Ko ētehi ka aro pū ki ngā momo ngohe whakawhanaunga; āe rānei he rōpū taunaki i te aratakinga hauora. Ko ētehi hui ka aro ki te whakawhanake i ngā pūkenga whai hua me te mōhio ki te hauora.

Ka whakawhirinaki ngā rōpū katoa ki ngā uara o Te Whakaoranga mā te Taunaki Aropā, engari he paku rerekē ngā hua takune, ahakoa he pekanga tonu.

Ngā Rōpū Whakawhanaunga

Ko ngā momo hui he hui noa i te wā kotahi, he hui kua whakaritea mō ētehi wā, hui hāngai rānei ki tētehi kaupapa. He taiao pai ngā momo rōpū whakawhanaunga ki te whakatupu i te rongo o tētehi hapori i waenga i ngā mōrehu, mā te mahitahi i tētehi wheako. Ko ētehi tauira o ngā mahi ko ngā hākinakina, ngā rōpū hīkoi, ngā rorerore, ngā rōpū whakangahau me ētehi atu ngohe motuhake.

Ko ā mātou rōpū whakawhanaunga ngā rōpū tino ōpaki. Ko te aronga o ēnei rōpū ko te whakaheke i te rongo taratahi, te whakamā, me te whakawā hoki, mā te whakarite taiao haumaru e pai ai te whakawhanaunga ki ētehi atu. He mea nui ki ngā mōrehu te whai wāhi atu ki tētehi kaupapa e kore rātou e noho i tō rātou kotahi, e pai ai tā rātou whakangahau atu ki tāngata kē, ahakoa ngā taumahatanga kei runga i a rātou.

He wāhi pai hoki ēnei rōpū ki te whai hononga hou, hoa hou, me te whakawhānui i tōu ake whatunga taunaki. Ko ēnei hononga hou ka tino whai hiranga kia taurite anō ai koe, kia whakakore rānei i ngā hononga i te hapori e tūkinu ana, e whakararu ana i tō whai i ō whāinga hauora.

Ngā Rōpū Ako

I ētehi wā ka hiahia kē ngā mōrehu ki te aro ki te whakapakari i ō rātou pūkenga me ō rātou mōhioatanga mō ngā take e pā ana ki ngā wero kei mua pea i tō rātou aroaro. Ko ētehi tauira ko te tātari i te kohuki, te kaupare i ngā rerekētanga me ngā taumahatanga, te whakahaere i ngā momo mate, te mahitahi ki ngā ratonga papori, hapori rānei, te hono atu ki ngā rata haumanu hinengaro anō hoki.

Ko tēnei momo mātauranga me te whakapakari pūkenga, ka whai wāhi atu ki tētehi wāhanga o te Rōpū Whakawhanaunga, hei tauira, ka tū he akoranga kotahi, he terenga akoranga rānei hei whakaatu i ngā kōrero, me te whakatairanga i te matapaki i waenga i ngā mōrehu, e whai māramatanga ai rātou. Ka whakauru hoki ngā Rōpū Ako i ētehi tohunga o ētehi kaupapa hei kaikōrero manuwahiri.

Ka aro pū hoki i ētehi wā ki te whakawhanake i ngā mōhioatanga me ngā pūkenga o ngā Rōpū Hauora, mā te whai wāhanga noa, mā te whai kaikōrero manuwahiri rānei.

Wellbeing Groups

Wellbeing groups are facilitated by trained peer worker/s and follow a similar structure for each regular (usually) weekly or fortnightly meeting.

The focus is on supporting you on your journey towards wellbeing, in an ongoing group setting. The facilitated process means survivors can share their experiences – past or present – in a safe, non-judgmental and strictly confidential environment. Through group interactions and discussions participants have the opportunity to learn from each other and to appreciate the understanding, empathy and support that comes from being with other survivors who are on similar life journeys.

All our Wellbeing groups are guided by the principles of Purposeful Peer Support but the group will develop its own flavour and feel within that framework, depending on who makes up the group at any given time. For instance, participants may set the agenda by deciding on topics to explore that are of interest to them for their wellbeing journeys overall.

Part of the power of a group process comes from working through some typical challenging group dynamics – for example, learning to be open and developing trust or dealing with difference and diversity. These relational experiences can feel scary but are a chance to develop and practise, in a supported space, your ability to work through relationship challenges that you can then apply in other aspects of your life.

Other potential outcomes from participation in Wellbeing groups include increased energy for making important life changes; building self-confidence and determination; and a sense of connection that supports you to live a life with purpose and meaning.

“Sometimes we just need someone to simply be there... not to fix anything or do anything in particular but just to feel that we are supported and cared about.”

– UNKNOWN

Ngā Rōpū Hauora

Ka whakahaerehia ngā rōpū hauora e tētehi kaimahi, e ētehi kaimahi rānei kua whakangungua, ā, e whai ana i tētehi raupapatanga ōrite mō (te nuinga) o ngā hui ka tū hei ia wiki, hei ia rua wiki rānei.

Ko te aronga matua, ko te tautoko i a koe i tō haerenga o te oranga tonutanga, i tētehi taiao moroki, ā-rōpū. Ko tā te tukanga arataki he āwhina i ngā mōrehu ki te whāngai i ō rātou wheako – ō mua, a mohoa nei hoki – ki tētehi taiao haumaruru, kore whakawā, me te taiao noho kiritapu. Mā ngā whakawhitinga ā-rōpū me te matapaki ka puta nga angitu hei ako, hei whai māramatanga, hei tuku i tētehi momo whakaute me te tautoko hoki, i ahu mai i te nohotahi ki ngā mōrehu kua ora, kua hīkoi i ngā ara ōrite.

E whai ana te katoa o ngā rōpū Hauora i ngā uara o Te Whakaoranga mā te Taunaki Aropā, engari mā ia rōpū tōna ake rongo e waihanga i roto tonu i ērā uara, e ai ki ngā tāngata kei taua rōpū i taua wā. Hei tauira, mā ngā kaiuru tonu ngā kaupapa e waha, mā te whiri i ngā kaupapa hei wherawhera, e hāngai pū ana ki ō rātou ake hiahia hei āwhina i ō rātou ara whai oranga tonutanga.

Ko tētehi wāhanga nui o te mana o te tukanga ā-rōpū, ka ahu mai i te whakamātau i ētehi wero ā-rōpū – hei tauira, ko te ako ki te whakaputa i ō whakaaro, te whakapono ki tētehi, te kaupare i ngā rerekētanga me ngā taumahatanga hoki. Ka rongo i te wehi ki ēnei momo tūhonohono, heoi, he huarahi hei whakapakari, hei whakaharatau hoki i tō āhe ki te whakawhanaunga i tētehi taiao haumaruru, e pai ai tō kawae i ērā pūkenga ki ētehi atu wāhanga o tōu ao.

Ko ētehi atu pitomata o te uru mai ki ngā rōpū Hauora ko te whakapiki i te ngoi hei whakatau i ō kōwhiringa i tōu ao; ko te whakapakari i te māia me te manawanui; me te whai hononga hei āwhina i a koe kia whai take ora tōu ao.

“Ko tā tētehi i hiahia ai i ētehi wā, ko te tautoko noa a tētehi atu... kua ki te whakatika i tētehi mea, ki te mahi pū rānei i tētehi mea, heoi; kia rongo noa kei te tautokohia, kei te manaakihia mātou.”

– HE TAUTANGATA

The difference between Purposeful Peer Support and Psychotherapy Groups

The difference between Purposeful Peer Support groups and psychotherapy groups (as an example of a clinically-led therapy group) can be briefly summarised as follows:³

Purposeful Peer Support Groups

Peer – Relationship Focus

Are composed of people who have a common life experience or challenge and who participate in the group as peers

The group may have an identified facilitator, leader or host whose status is not significantly different from the participants

Because group leadership, hosting or facilitation is more informal, the participants enjoy more shared ownership of the group meeting and its outcomes

Attendance and participation is voluntary and can be terminated by the participant at any time

There is usually no cost to attend peer support groups or any cost is voluntary

The main benefits accrue from conversations that build meaningful and supportive relationships between the participants

Psychotherapy Groups

Patient – Therapy Focus

Include one or more registered clinicians who create and manage a formal clinical experience for a group of their patients

Groups are always led by one or more registered clinicians whose status and role is significantly different from the attendees

Because leaders are registered professionals, they are responsible for leading the group according to professional standards and are accountable for group outcomes

While attendance may be voluntary there may also be financial or clinical expectations between the leader and the attendees

There is usually a participation cost paid by attendees and/or via a health support service

The main benefits come from either discussion between the attendant patients and/or comments and guidance provided by the professional leader

Nga Rerekētanga o Te Whakaoranga mā te Taunaki Aropā ki Ngā Rōpū Haumanu Hinengaro

Te Whakaoranga mā te Taunaki Aropā ā-Rōpū

Arō pū ki te hononga ki ngā Hoa Aropā

He kohinga tāngata e ōrite ana ngā wheako, ngā wero rānei, ka uru ki te rōpū taunaki hei hoa aropā

Kei roto pea i te rōpū he Takawaenga, he Kaihautū, he kaiwāhi e kore e tino rerekē tōna mana ki ō ētahi atu kaiuru

Inā hoki ko te hautū i te rōpū taunaki, te wāwāhi i ngā kōrero he mahi ōpaki, ka whai wāhi ngā kaiuru katoa ki te hui me ōna hua

Ehara i te mea me tae-ā-tinana atu, me whakauru rānei ki ngā hui katoa, mā te kaiuru e tohu mō āhea mutu ai

Ko te tikanga kāore he utu mō te tae atu ki ngā Taunaki Aropā ā-Rōpū, mēna rānei he utu, me koha

Ko ngā hua nui ka whanake i ngā whakawhitinga kōrero, hei whakatipu i ngā hononga whai take whaitaunaki hoki i waenganui i ngā kaiuru

Ko ngā rerekētanga o Te Whakaoranga mā te Taunaki Aropā ki ngā rōpū haumanu hinengaro (hei paku tauira o te rangahau i tētehi rōpū whai rata haumanu hinengaro) kua whakarāpopotohia ki raro iho nei.³

Ngā Rōpū Haumanu Hinengaro

Aro pū ki te hononga a te tūroro ki te haumanu hinengaro

Kotahi, neke atu rānei ngā rata rēhita hei waihanganga, hei whakahaere anō hoki i ngā mahi e tika ana mō ā rātou tūroro

Ahakoia pēhea, ka arahina e tētehi e ētehi rānei o ngā rata rēhita kei a rātou te mana whakahaere i ngā kaiuru

Inā hoki he rata rēhita ngā kaihautū, mā rātou e kawea i te rōpū ki tā ngā paerewa ngaio, kei runga hoki i a rātou ngā hua o te rōpū taunaki

Ahakoia ehara i te mea me tae-ā-tinana atu, tērā pea he kawataua, he utu i waenga i te kaihautū me ngā kaiuru

Ko te tikanga he utu whakaurunga mō ia o ngā kaiuru me/ā mā tētahi ratonga taunaki hauora

Ko ngā hua nui ka taka mai i ngā whakawhitinga kōrero i waenganui i ngā kaiuru tūroro me ngā tohutohu a te kaihautū ngaio

How do I join a Purposeful Peer Support Group?

To join with a Purposeful Peer Support group, you will have first engaged at least once with a peer worker. This is important to ensure that we have some understanding of your circumstances and what you're hoping for from the group. This understanding enables us to assure everyone involved that the purpose, integrity and confidentiality of the group will be sustained with your participation.

In the case of **Social Activity** groups or **Education** groups an invitation may come from a peer worker or an existing member of the group, but it is usual that the invite is also cleared with the peer worker who is hosting the group.

With **Wellbeing groups**, you can expect to have a series of one-on-one engagement meetings with a peer worker first so that you can understand what the group involves, and you can both be confident that you're ready and able to participate fully.

This engagement process is likely to start with conversations about any particular challenges you're working through, and clarifying your expectations and intentions for joining the group. There will also be a focus on identifying a wellbeing goal or goals and discussing how the group might help you achieve this.

The next step is meeting the peer worker who facilitates the group you want to join (if this is not the same person you've already been talking to) so you can hear more about the group's culture and current focus. Wellbeing groups typically invite new members to a particular session every four meetings or so. We do this so that group participants have space to deepen their trust and connection over a few meetings, before welcoming in new people.

The process for joining groups takes time and is done in a considered and purposeful way. Experience has taught us that the effectiveness of peer support Wellbeing groups relies on us taking care to sustain the group's culture, connections, and focus.

Me pēhea taku uru atu ki tētehi Taunaki Aropā ā-Rōpū?

Kia uru atu ki tētehi Taunaki Aropā ā-Rōpū, me hono tuatahi koe ki tētehi o ngā kaimahi. He mea nui tēnei kia whai māramatanga ai mātou ki ētehi o ngā āhuetanga e whai pānga ana ki a koe, me ō hiahia i te rōpū. Mā te whai māramatanga ki ō pānga me ō hiahia, ka mōhio mātou mēnā ka purutia tonutia te arotahi, te kiritapu, me te mana o te rōpū i tō uru mai.

Kia uru atu ki ngā Rōpū Whakawhanaunga me ngā Rōpū Ako, me whai tono i tētehi o ngā kaimahi, āe rānei, i tētehi o ngā kaiuru o te rōpū. Heoi, mā te kaimahi nāna tonu te rōpū, te tono a te kaiuru e whakaae atu.

Kia uru atu ki ngā Rōpū Hauora, me whakarite terenga hui takitahi koe ki tētehi o ngā kaimahi i te tuatahi, e mārama pū koe ki ngā mahi a te rōpū, ā, kia whakaponu rānō hoki kōrua kua rite koe ki te uru atu ki ngā mahi katoa.

Ka tīmata tēnei tukanga ki ētehi whakawhitinga kōrero e pā ana ki ētehi wero kei mua i tōu aroaro, me te whakamārama i ōu ake kawatau, me ō takune mō te uru atu ki te rōpū. Ka aro hoki ki te whakatūaho i tētehi/ ētehi whāinga oranga tonutanga, me te matapaki ka pēhea tā te rōpū tautoko i a koe ki te whakatutuki i tēnei aronga.

Ka whai muri mai, ko te tūtaki i te kaimahi e ako ana i te rōpū kua whiria e koe (mēnā kāore anō koe kia huitahi ki tēnei kaimahi) kia rongo koe i te ahurea me te aronga a mohoa nei, o te rōpū. I te uinga o te wā ka tonoa he kaiuru hou ki ngā Rōpū Hauora i te wā kua ea ngā hui e whā. Ka pēnei te mahi kia whai wā ngā kaiuru o ngā rōpū ki te whakaū i ngā hononga whanaungatanga i te roanga o ētehi hui, i mua i te pōwhiri atu ki ētehi kaiuru hou kia piri mai.

Me āta whai wā ki te uru atu ki ngā rōpū, he whai take tōna hanga. Ko tā te wheako he whakaatu mai, ko te whai take o ngā Rōpū Hauora kei roto tonu i tā mātou āhehi ki te tauīnei i te ahurea o te rōpū, i tōna hononga, me tōna arotahi.

“I could walk a mile in your shoes, but I know that they are just as uncomfortable as mine. Let’s walk next to each other instead.”

– LINDA MEYERS

“Ka ea i ahau te whakamau i ō hū hei hīkoi i te hīkoinga kotahi maera, ēngari, he rite tonu te hāneaneatanga ki ōku ake hū. Me hīkoi tahi kē tāua.”

– NĀ LINDA MEYERS

