



FROM THE CUCKOO'S NEST

A Quarterly Newsletter by WALSH Trust.

On behalf of the WALSH Trust Board, welcome to our new newsletter.

Our strategic and community contacts are important to us as we reflect on the trends, risks, and the environment outside of our organisation and how these things impact on WALSH.

We are very proud of the resilience demonstrated by all our WALSH whānau over the last challenging years; the maintenance of our quality excellent service delivery; and good governance focusing on our strategic goals.

The Trust welcomes and looks to a new future, with the implementation of Manatū Hauora and Te Aka Whai Ora setting the directions from He Ara Oranga and Kia Manawanui Aotearoa. It has all been said; we are more than ready for new territory with a focus on the bigger picture determining well-being and better mental health for our communities.

In 1988 the founders of WALSH Trust embraced and formed the new model of community service delivery for mental health for people leaving institutions. Like our founders – our goal remains: to continue progress in growing sustainable, well-resourced and authentic partnerships; allowing us to make the choices that create the future for the communities we serve.

Nā Suzanne Sinclair (WALSH Trust Chair)



INĀ KEI TO MOHIO KOE KO WAI KOES, I
ANGA MAI KOE I HEA, KEI TE MOHIO
KOE. KE TE ANGA ATU KI HEA.

**If you know who you are and where you are from, you will
know where you are going.**

Welcome to this refreshed, restored and renewed WALSH Trust newsletter. Published at a time when communication, sharing and connection are of even greater importance in a world still reeling from a global pandemic. And also complicated and compounded by humanity's ageless tradition of struggling to just 'all get along'.

Certainly, in Aotearoa/New Zealand we have struggled for the last two years, adjusting to coping with unrelenting stress and uncertainty in our world – which has been turned upside down. Things that we took for granted, that provided us with meaning and certainty have become fragile and contingent.

I know people (myself very much included) have become far more reflective of their lives; reminded that this gift of living and sharing this place is finite. This is not a 'dress rehearsal'. For some we've felt a

sense of languishing; feeling empty and living a life of stagnation. I've heard it referred to an existential crisis... where our very existence comes under a reflective gaze.

There are gifts and learning for us here. People do grow through crisis, loss and turmoil – more so than from bliss, abundance and equilibrium.

Kahlil Gibran, a Lebanese poet wrote:

"When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy. When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight."

Nā Rob Warriner (WALSH Trust CEO)

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HE KĀKANO ORA

Seeds for Life

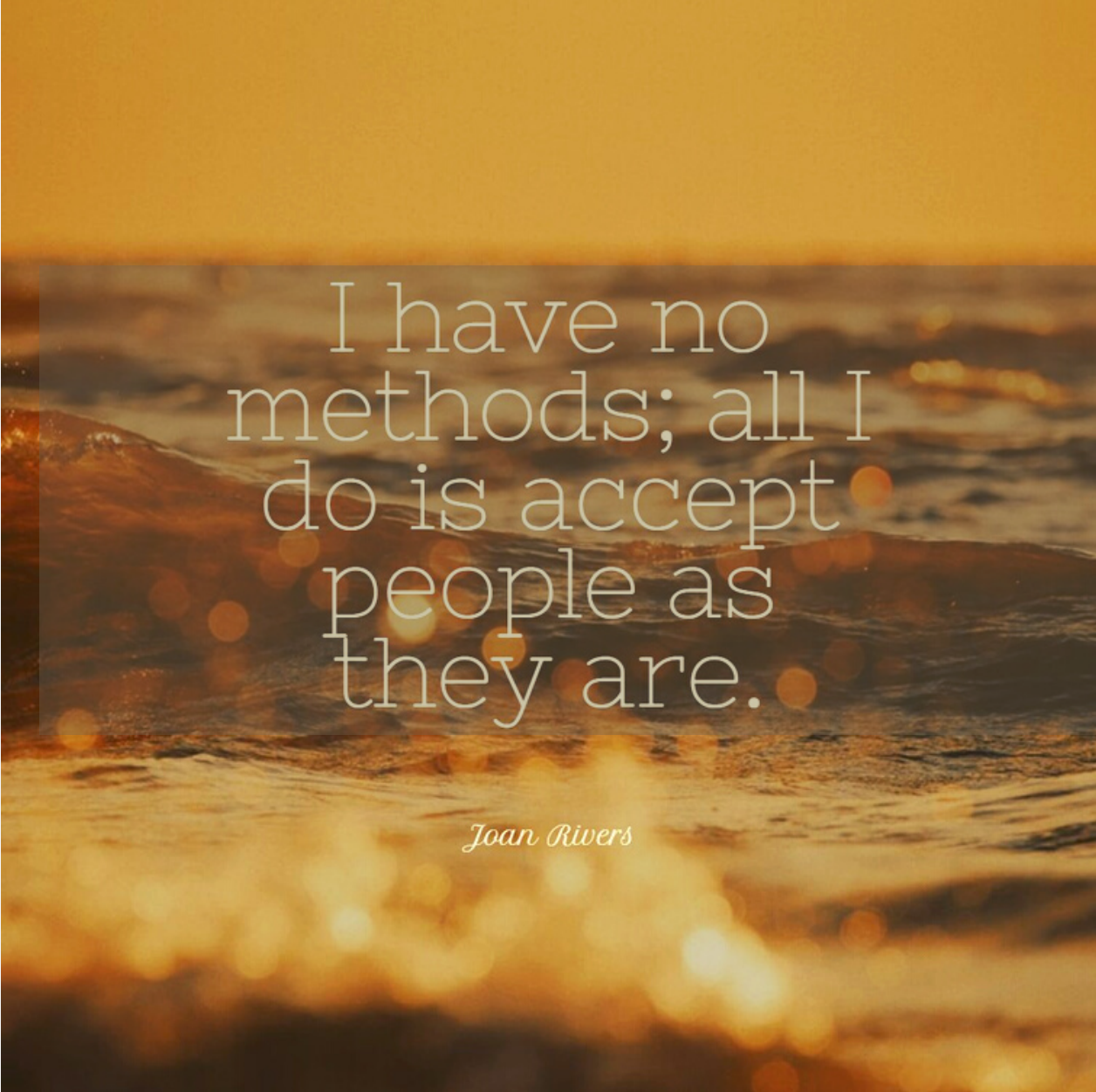
Since the opening of He Kākano ora 7 years ago (July 2015), we have been supporting new mothers struggling with mental health. We work with mothers and their baby/pēpē as well as family/whānau to improve their mental health and gain connections in the community. We also promote healthy parenting strategies and mother craft education that will have life lasting effects for themselves, their children and their communities.

Our aim is to increase accessibility to be able to support more mothers and babies within the Auckland region. He Kākano Ora (HKO) offers attachment-based respite and outreach services, and group programs focused on supporting mothers grow their sense of self-efficacy.

Over the last 7 years we have received 2,817 referrals, but most importantly 1,420 mums, their babies and whānau have let us be part of their lives. We are looking forward to the future – to starting couple's counselling services as a way to continue providing support to the new parents in our community.

Nā Laura Sanchez-Jimenez (Service Manager - He Kākano Ora)

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I have no
methods; all I
do is accept
people as
they are.

Joan Rivers