



THE KINDNESS INSTITUTE

Impact Report | FY22/23



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AROHA MAI
AROHA ATU
LOVE RECEIVED
LOVE RETURNED

FROM OUR FOUNDER

On behalf of the board, it's my pleasure to welcome you to The Kindness Institute impact report FY22/23! This kaupapa started in 2013 from my kitchen table with zero funds and a desire to support our rangatahi to have the tools we wish we'd had when we were younger - to manage life's challenges.

We started working with schools and small groups of rangatahi to support them to develop resilience and self-regulation. This grew into the incredible kaupapa we have today, which has supported thousands of young people to transform their own mental health through intensive programs, mentoring, community classes, and providing pathways to training and employment. The University of Waikato found that rangatahi **happiness increased by 12%** and **anxiety reduced by 12%** in our ATAWHAI program.

When we started TKI, the vision was for everything to be led by young people and designed by rangatahi, for rangatahi. I am so proud that this came to fruition. Today, the graduates of our core program, ATAWHAI, are employed to mentor the younger kids and teach classes to various communities across Tāmaki Makaurau and now, broadening to the North Island. The ATAWHAI graduates are some of the most talented community workers I've ever enjoyed working with.

As we grow, our vision is to partner with more kaupapa Māori organisations. We are so proud of our rangatahi who lead the way in developing our kaupapa Māori strategy and teaching classes in Te Reo Māori with Iwi and kura kaupapa.

We are honoured to have 19-year-old ATAWHAI graduate Te Aorangi-Kowhai Morini join our board as our youth advisor.

It really does feel like whānau at TKI and our mahi is only possible thanks to an incredibly close-knit community of rangatahi, whānau, kaimahi, volunteers, supporters and board members. I want to thank our brilliant kaimahi and Director, who work tirelessly to put rangatahi wellbeing at the forefront of our community each day. Most importantly, we owe a huge mihi to our rangatahi and tuakana, for trusting us and working together to develop a truly safe and groundbreaking youth lead kaupapa.

Now more than ever, our rangatahi need support, and we hope this report will leave you feeling hopeful about the impact of the amazing work being done to support our rangatahi to transform their own hauora.

Ngaa manaakitanga.



Kristina Cavit
Founder/Trustee



FROM OUR DIRECTOR

It's an honour to welcome you to TKI's FY22/23 Impact Report, nau mai haere mai! I'm always amazed at what can be achieved in a year. Here at TKI, it's important to reflect on one of our guiding principles of 'doing less, being more' - creating a balance of highlighting our impact and outcomes, along with how we've done that. Leading with our values of compassion, aroha and manaakitanga.

Mā te huruhuru Ka rere te manu.

Adorn the bird with feathers and it will fly.

By putting words into action, I am beyond proud of TKI's ongoing commitment, focus, and positivity towards equipping rangatahi (youth) to step into their own rangatiratanga (self-determination/leadership). TKI continues to work towards our vision of empowering all rangatahi in Aotearoa with the tools they deserve to overcome life's challenges, in the wake of recent reports outlining the ongoing and worsening youth mental health crisis, particularly for young Māori and Pasifika. What was once a hopeful and many have said, lofty ambition, is now becoming more fully realised.



Brady Polkinghorne
Director

My hope is that this report inspires readers to understand positive change is happening, from the ground up, in large part thanks to the unwavering support and tireless mahi from everyone connected to our kaupapa.

While we continue to make progress developing our organisation's sustainability, we have also expanded both the impact and breadth of our programmes. One of our major achievements in 2021/22 was receiving multi-year partner funding from the Ministry of Youth Development and SkyCity Auckland Community Trust, alongside Lottery Community as a significant funder. This incredible support has allowed us to increase our reach to meet community demand, from supporting dozens of rangatahi to hundreds, delivering programs across the motu (country) and seeing sustainable growth with life-changing outcomes. It's also enabled us to pay our ATAWHAI graduates, Tuakana - to train further and teach over 600 rangatahi and tamariki across various communities in a 12 month period. Phenomenal!

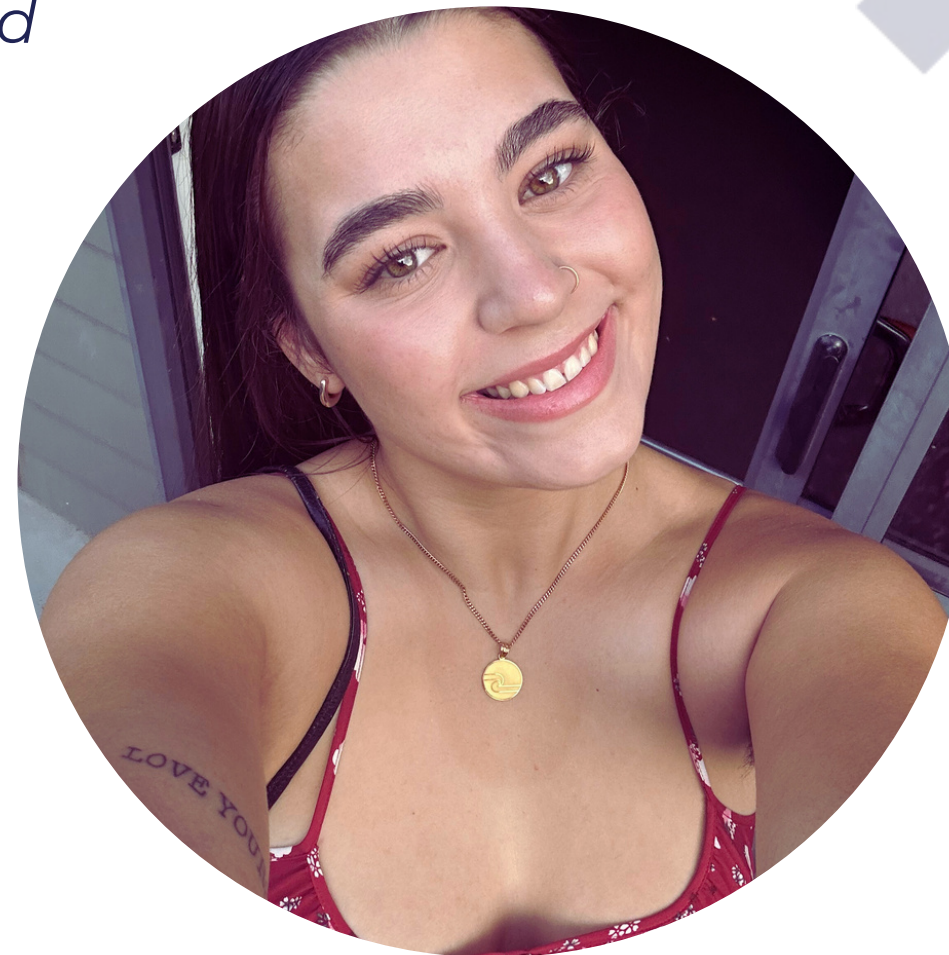
It's impossible to thank everyone who allows us to do this important mahi however we're eternally grateful for our community, whānau, funders, supporters and kura kaupapa partners - thank you for believing in us and supporting us to make an even bigger impact next year!

FROM OUR RANGATAHI

Te Aorangi's story

My story began when I was only 15 years old when I first started the Atawhai program as a Rangatahi. I was lucky enough to be selected for this program and formed lifelong friendships with everyone else at Atawhai. I learned tools and helpful ways to deal with life when it got tough and when the Tuakana program was developed I was one of the first to go through that program. I learned a lot in this role and also had the opportunity to travel all around Aotearoa teaching

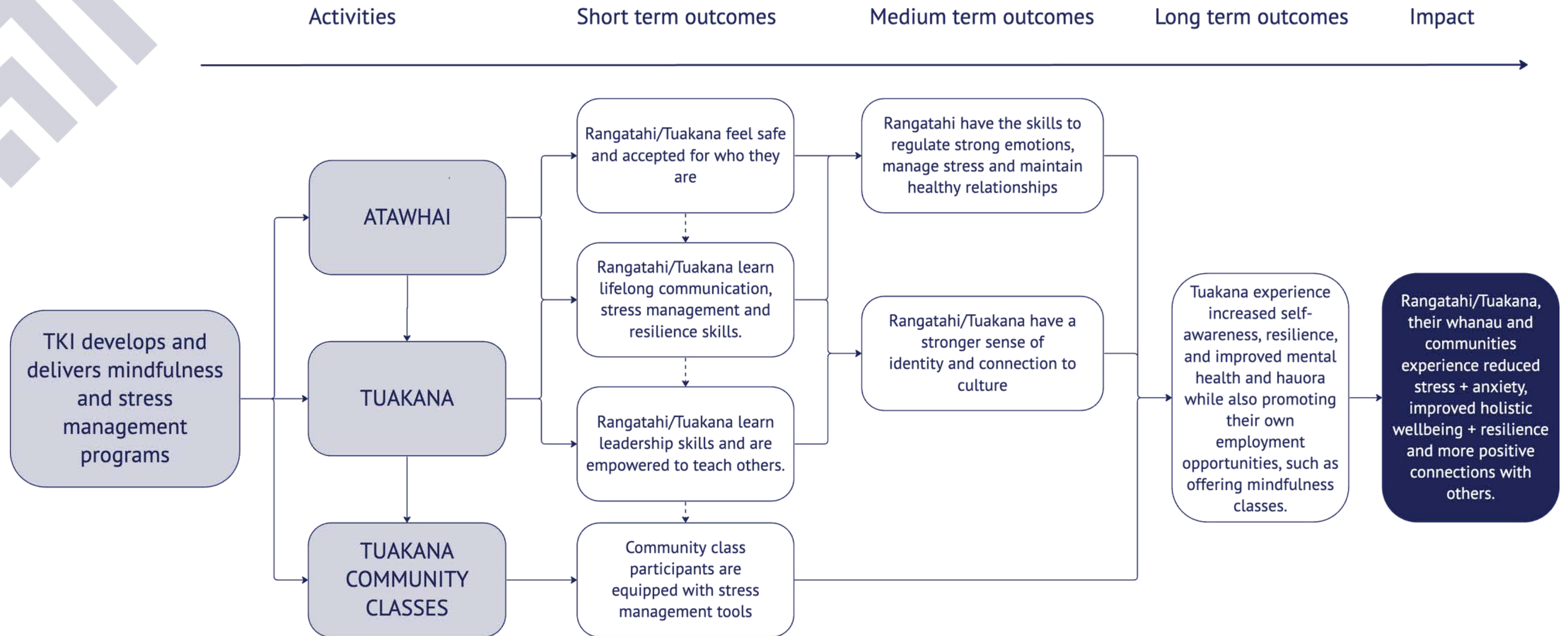
everything I was once taught. I then became a mentor on camps and noho and got to work with the new Rangatahi of the program. Now, I am 19 and I am a board member for The Kindness Institute, serving as a rangatahi advisor and the rangatahi voice amongst my peers. I've learned many life lessons throughout my journey with TKI and am now able to contribute to a better future for not only Youth mental health but also for te ao Māori.





THE TKI IMPACT MODEL

This model illustrates the objectives we strive for and shows how our actions contribute to attaining our goals.





ATAWHAI

A culturally-focused resilience and mental health program for marginalized rangatahi (aged 14-18) based on the Te Whare Tapa Whā framework. In FY22, 13 rangatahi successfully completed the program.



100% of rangatahi reported a reduction in stress and said the tools they learned helped them regulate strong emotions.



100% of rangatahi stated that they noticed a positive change in themselves at school or in their community.



83% strongly agreed with the statement "I believe I can achieve the things I want to in my life".

"I am less stressed, more appreciative of smaller things, and when I get agitated I breathe and feel better."





"I enjoy how comfortable I am with everyone in the kaupapa because I was not really comfortable anywhere else...I am proud that I stayed with [TKI] to become a tuakana not only to help others but to connect with myself."

~ Katana, Atawhai Rangatahi/Tuakana Trainee

"We are absolutely full of gratitude for everything that TKI / Atawhai has done for [my daughter] and our whānau! [She] has made a huge transformation during her time on the program and I feel that this was exactly what she needed...Thank you for providing a safe space for our girl to feel, heal, grieve, breathe, learn, and grow. Ngā mihi nui!"

~ Mother of one of our rangatahi

"Ever since I've joined [Atawhai 4 months ago] I've been getting much better, im doing school work, back into reading, back into healthy habits, been more social and much more. Being a part of TKI has literally improved my whole life and I just feel so free now. So thank you so much."

~ Atawhai Rangatahi



TUAKANA

Atawhai graduates can further their training in our TUAKANA program. In FY22, 10 rangatahi transitioned into TUAKANA which focuses on enhancing knowledge & skills to promote whānau and community wellbeing. TUAKANA empowers rangatahi to teach mindfulness classes within their communities.

"I love helping people and teaching others ways to help themselves."



90% of Tuakana said they have taught mindfulness tools to others in the community outside of Atawhai and community classes.



100% of tuakana reported an improvement in their wellbeing and greater self-awareness





“I joined the program a couple of years back in College, school was extremely hectic and I struggled but it was really good to have a safe space to go to during those times....The tools from the program have really helped to grow me into the woman I am. For me, this journey has been one of the most liberating experiences and I'm really glad to have done it.”

~ *Stellar, Tuakana*


“Being a part of the tuakana program has helped me gain confidence in talking more, so much so that I lead discussion groups in class now....being a tuakana has helped me to gain the confidence to take part in a Māori leadership program for students [at school].”


~ *K, Tuakana*




TUAKANA COMMUNITY CLASSES

In the TUAKANA program, our rangatahi are employed by TKI to teach mindfulness tools to rangatahi and tamariki in schools and community groups. More than 70% of participants in the community classes identify as Māori. Through this program, rangatahi become mental health leaders in their communities.

 [See one of our community classes in action.](#)

 *603 rangatahi have been supported through the Tuakana Community Classes in FY22*

 *95% of Project Nikau rangatahi* reported the classes helped improve their overall mood and stress levels*

"I'm grateful for all the lessons taught by TKI in the community classes. They help with my growth spiritually."

*one of the community classes





FROM OUR SUPPORTERS

Tēnā Koe,

This letter is in support of the wonderful mahi that The Kindness Institute performs in schools. In my [previous] role as Guidance Counselor, I was able to work with the team in regard to their Atawhai programme, as well as participating in the Tuakana programme. Both of these services have been incredibly beneficial to the rangatahi that I support.

The students from our kura that were selected to participate in the Atawhai programme have really been blown away by what the programme has offered to them. They have spoken of the programme as being incredible and life-changing. Their whānau have also noticed a shift in behaviours and improved self-confidence in their young people. Teachers have also commented on a perceptible improvement in the student's attitudes and behaviours.

In regards to the Tuakana Programme, we selected a group of Te Reo Māori Year 12 Students to participate in the course for 5 weeks. My observations were that the mentors delivering the programme were well-informed and could share important skills with the students in a way that was relatable and meaningful to the young people in the workshop. Their workshops were fun and well-organised and the students were completely engaged the whole time.

I look forward to future opportunities of working with The Kindness Institute. I see them as a valuable asset to support the well-being of the rangatahi at our school.

Ngā mihi,

Rhiannon Robertson

Head of Teen Parent Unit - He Wero, School for Young Parents



HE WERO
School for Young Parents



FROM OUR SUPPORTERS

Tena koutou,

Re: Letter of support for The Kindness Institute and the TUAkana Community Class program.

We, Te Whakatipu Kakano at Ranui School, thank The Kindness Institute and the tuakana for their outstanding leadership when delivering their TUAkana program with our tamariki, years 1 to year 6.

We have had some stressful events of late-Covid lockdowns, The floods, Cyclone Gabrielle, and back into Covid again. Giving the tamariki some coping tools to help over these times and situations has been timely.

The collaboration, guidance, and team teaching that the tuakana provide, along with the different strategies and techniques with a kaupapa Māori lens that fits our setting and gives our tamariki the tools to set themselves up for a successful day learning the art of calming one's mind and body.

Our tamariki are applying their new learning and skills across their day in all areas of class, whānau, school, and community. We have noticed the direct positive impacts of the TUAkana program, reduced stress, anxiety, and depression. As a whānau practice, mauri tau has helped students strengthen their self-regulation and focus on classwork.

We fully endorse and support the great work this program provides.

Naku noa,

June Paratene

Senior Teacher - Ranui Primary School



INVESTING IN OUR RANGATAHI



Auckland Foundation





RECOGNITION AND ACHIEVEMENTS

- Te Aorangi (Tati), one of our Tuakana joined the TKI Board earlier this year as a Rangatahi Advisor.
- Two new TKI roles were created and filled to help further our kaupapa:
 - Youth Development (YD) Manager: manages YD team and community engagement
 - Fundraiser: helping us grow self-generated funds outside of grants.
- We partnered with the Mental Health Foundation for 'Mindfulness Month 2022'. 3,000 people signed up to practice mindfulness with Mindfulness Educator, Kristina and Tuakana, Te Aorangi.

- Received our Charities Aid Foundation (CAF) International Validated Organization credential, adding TKI to the CAF International global charity database and further validating our work and operations.



- Te Kāhui Kāhu level 3 accreditation attained. This accreditation provides assurance that NZ organisations can safely deliver social services to their community.





OUR RŌPU

TKI's kaupapa/purpose is only ever achieved through the incredible kaimahi that deliver our programs imbued with aroha, care, kindness, and determination.

We're grateful for the ever-expanding roster of core team members featured on this slide all the way through to our incredible mentor group which now has two former Tuakana included. Rangatahi graduates continue to amaze us as Tuakana supports rangatahi in their Atawhai journey to eventually go out into the community to teach Hauora / Wellbeing Classes to various schools and community groups.

Our hope is TKI continues to provide tangible pathways for rangatahi to fulfil their potential, and it's this wonderful team that enables it every day.



Emma Burton
Fundraiser



Zane Wedding
Youth Development Manager



Dominic Hoey
Programme Coordinator



Christine Russel
Youth Mentor & Facilitator



Becca Lawton
Operations Manager



Brady Polkinghorne
Director

OUR TUAKANA



Katana



Mose



Stellar



Destiny



Legacy



K



Meadow



Zakara



Te Aorangikowhai



Wāti



Chanelle Clinton



Samantha Veitch



Dan Cunningham

OUR YOUTH MENTORS



Louis Maxwell
Driver



Samara Tohilima



Norma Hernandez

OUR VOLUNTEERS



Charlette Bunn
Grants



Jamie Armitage
Comms & Marketing



Carl Smith
Web Development



OUR BOARD



Alecia McCulloch
Accountant



Hunia MacKay
Māori Advisor



Kristina Cavit
Founder/Educator



Nikki Fisher
Lawyer



Te Aorangikowhai Morini
Rangatahi Advisor



“KI TE KOTAHI TE KĀKANO KA WHATI,
KI TE KĀPUIA E KORE E WHATI”

*~ If there is but one toetoe stem it will
break, but if they are bundled together
they will never break*

Alone we can feel discouraged,
but with whānau, friends and
community, together we are
invincible.



NGĀ MANAAKITANGA

Ngā mihi to all of our supporters who have stood by us every step of the way. We look forward to continuing our mahi with your support.

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