



**Whāinga | Vision:** Communities without barriers

**Kaupapa | Purpose:** Create opportunities for living a full life.

**Whakatakanga | Mission:** We positively influence the wellbeing of people through personalised support.

**Nga Mātāpono | Our Values:** Flexibility, Inclusiveness, Responsiveness, Passion

Progress to Health recognises that New Zealand is a multi-ethnic society in which Māori have special status as Tangata Whenua (people of the land) and special rights under the Te Tiriti o Waitangi.

For Progress to Health honouring Te Tiriti o Waitangi is at the centre of everything we do. Our strategic focus across all areas of the organisation is to respond appropriately to the needs of Māori communities and people we support to drive improvement and equitable outcomes of their mental health and disability wellbeing.

## Structure



## Strategic Focus Areas:

<p><b>Understand and demonstrate our impact.</b></p> <p>We understand our worth and value – the impact and outcomes we are making to people we support.</p> <p>We have a statement of strategic direction and all people in the organisation articulate verbally and in written forms regarding the outcomes we achieve.</p>	<p><b>Developing tikanga Māori and cultural competence.</b></p> <p>Our service contributes to improved access to mental health and disability services for Māori.</p> <p>Our quality of service to Māori service users is enhanced and is characterised by quality of connections we have with whānau and iwi who are also in the service user’s life.</p>	<p><b>Grow services and coverage.</b></p> <p>We are on a growth mission because we are good at what we do and have positive impact in peoples’ lives and communities.</p> <p>We scale up PressGo as a successful and sustainable venture.</p>	<p><b>Business as usual outcomes</b></p> <p>Strong governance and leadership, well resourced to deliver on strategic priorities.</p> <p>A resilient and respected organisation with strong brand and profile.</p> <p>Improved financial sustainability and financial monitoring.</p> <p>A strong, competent, motivated leadership and service delivery team.</p>
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## Our Services:

Progress to Health works to create communities without barriers by supporting people and their families to reduce the impact of their health condition or disability on the way they want to live their lives. Our foundation and expertise sits with mental wellbeing.

Progress to Health is a regional community organization, based in Hamilton, but providing health and disability support services throughout the Waikato, Taranaki and Taupō. We provide support to 500+ people per annum.

Progress to Health's complete focus is on the person first, by always looking for innovative and creative ways of approaching everyday things. If the person is not better off because of our actions, we do not do it. This means that the service we deliver reflects everyone's needs and aspirations – whether it be to learn a new skill or have some assistance to finding employment.

### Community Garden (Caro Park)

Progress to Health has operated a nursery/garden site in the north Waikato for 20 years, with our current site at Caro Park, Fairfield, Kirikiriroa | Hamilton.

Activities within the garden environment are focussed obviously on things horticultural, but we still ensure that these activities support a person's wellbeing and are linked to their overarching goals.

Participants can take part in vegetable growing (to take home or create shared meals), learn what's required to prepare and maintain ground, and how to look after plants; make raised gardens and outdoor furniture; alongside regular walks and cycle rides.



### “Day Activities” (Waikato, Taranaki and Taupō)

Whilst we focus on providing individual responses to a person's plan, we also provide a range of workshops or community groups that reflect common areas of interest. Topics can range from health and wellbeing to cooking on a budget. Social groups are also available, such as Retro Games, Craft & Conversation, along with a Mindful Café. Physical health goals are also supported with regular attendances at the swimming pools or a gym, or a weekly walk around the lake.

### Employment & Training (Waikato, Taranaki and Taupō)

The approach is the same in responding to a person’s plan, but within this support team the focus is on accessing formalised training and/or entering or re-entering the workforce. Also included is our Transition from School service in the Waikato.



### Peer Support and Education (Waikato)

This support team comprises entirely of people with lived experience of mental illness and provides individualised and group support. A key component to people living well is understanding their own recovery journey and we provide a modular workshop course based on the essentials to keeping well. Support groups are also in place around the region.

### PressGo (Nationwide)



This is Progress to Health’s social enterprise providing workshops and other services to support workplaces understand the impact of mental health in the workplace and provides tools to reduce the impact and to have the “mental health conversation”.