



# Your journey through the HEART Process

Kia ora!

Welcome to the HEART Process. This document is for those looking to bring ideas about creating healthy relationships in Tāmaki to upcoming Taumata hui.

## Things to know.

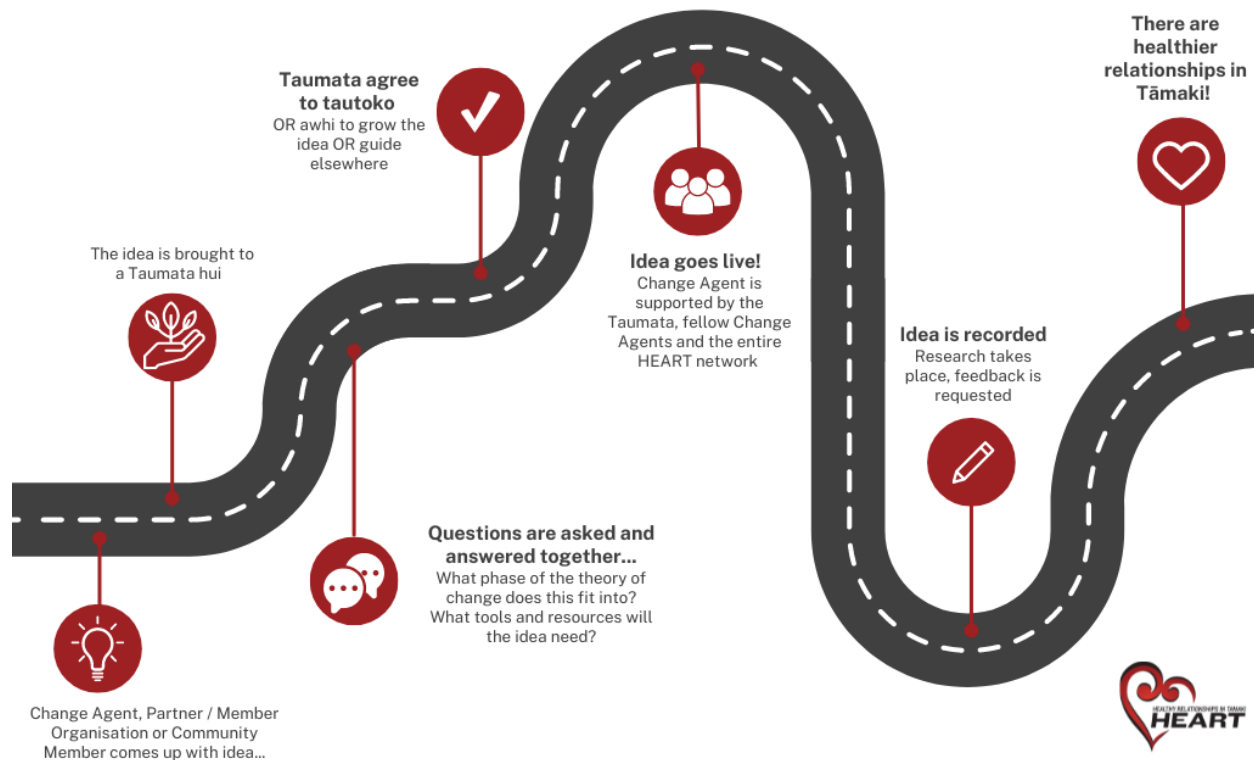
- Taumata members will meet bi-monthly at local venues within Tāmaki, at least six members must attend for a hui to go ahead. The dates and locations for hui over 2023 will be made in January and advertised on social media, the newsletters, and posted on the website.
- We want people to bring ideas to us before they are fully formed! There is no requirement to submit anything before the hui. You are very welcome to make contact with any of the “Holders of the HEART Process” at any time - contact information is at the bottom of this document.
- At the hui, there will be a conversation with the Taumata, and you will receive one of three outcomes which will be confirmed by email after the hui. Either,
  - The idea currently does not fit into the HEART Movement and is guided elsewhere
  - The idea needs some awahi to grow, support is specified which can help the idea reach a stage where it can go ahead
  - The idea fits into the Theory of Change - and is working towards creating healthy relationships in Tāmaki - it is given tautoko to go ahead as a HEART kaupapa!

An idea which receives tautoko from the Taumata will also receive,

- Identification of the phase in which the idea sits (see [the 2021 Theory of Change iteration](#))
- Identification of tools which will support or enhance the impact of your idea
- Identification of resources which your idea needs to go ahead
- A support Change Agent for the entirety of your idea’s journey as a HEART kaupapa

The visual below illustrates the journey of an idea going through the process and how it works.

# The HEART Process



You should bring your idea to the HEART process because,

- The credibility / reputation of the HEART Movement is solid, with high trust and high quality
- The network the HEART Movement has in the community is varied and far reaching - we currently have over 50 [Change Agents](#) and over 30 [Partner / Member Organisations](#).
- There is no hierarchy in the HEART Movement, but there is a high level of knowledge and community mobilisation expertise in our Taumata members and Change Agents
- The process could make things happen really fast!

## Support for your idea

If your idea is successful in going through the process, possible support could look like...

- Interested Change Agents might jump on board to volunteer their time, skills or expertise
- Member Organisations might offer resources such as venues, funding or other support
- Some form of support will be offered to organise a budget for your idea (if needed)

Depending on the idea...	
Tools that people with ideas could access are,	Resources that ideas may need access to are,
The HEART Theory of Change	Funding (which will need to be obtained, but we see as being achievable because of the good reputation which HEART and connected organisations have currently)
The HEART Way of Working	
TIES Tools	
The Rākau Tautoko Way of Working	
Who DARES Wins Framework	Venues
The 4 C's of mental health promotion	Volunteers (Change Agents)
Event management	The HEART BBQ
Health and safety	Community knowledge
Volunteer management	Promotion avenues (social media, word of mouth)
Conversation starters on healthy relationships / family violence prevention	Our extensive network of local partner and member organisations and their staff
<b>More tools and resources will be added as they are collected and when relevant for ideas.</b>	

To continue your understanding of the process and how it might work for you or an idea you might have, please see [examples of the HEART Process in action](#).

## Contact details for all holders of the HEART process 2023

Please feel free to make contact with any of these people regarding your idea.

- Roxanne Adams - [roxanne.adams@tcdt.net.nz](mailto:roxanne.adams@tcdt.net.nz)
- Sirikit Diaz - [sirikit.diaz@tcdt.net.nz](mailto:sirikit.diaz@tcdt.net.nz)
- Jo Flavell - [joflavell7@gmail.com](mailto:joflavell7@gmail.com)
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- Rebecca Ruwhiu-Collins - [Rebecca.Ruwhiu-Collins@aucklandcouncil.govt.nz](mailto:Rebecca.Ruwhiu-Collins@aucklandcouncil.govt.nz)

We are excited about the HEART process because it creates the opportunity for everyone to do anything! We need your help to get the HEART process out there! We need everyone to proactively promote in their networks so there is a stream of activities being presented and taking place in the community, keeping the HEART Movement active.

Please email [kiaora@heartmovement.org.nz](mailto:kiaora@heartmovement.org.nz) and let us know if you have any questions, or there is anything you think would be helpful or relevant to add to this document.