



EVIDENCE PORTFOLIO

This document contains just some examples of L.E's past client work. All items contained are to be kept private and confidential.

Tehya Henare-Toka
02040167961
littleelephant.co.nz

Communication and Connections: Building Blocks of Development

Parenting is one of the most important, tough, and rewarding things you'll ever do. You have a huge influence on your child's health and future. Two of the most vital building blocks of your child's development are communication and making close connections; as a parent you are the main person your child will communicate and connect with. With your love, guidance and support, they can grow up to be a happy, healthy adult.

Babies start communicating with you as soon as they are born, they can recognise your voice and will cry to let you know how they are feeling. You may know the reason for them crying, but mostly you can only guess. They may be hungry, tired, upset, or something else. How you respond will help calm and comfort them-making them feel loved and safe, and helping build trust between them and yourself.

As your baby grows they will need a lot of love and physical contact from caring, trusted adults. From 6 months old your baby is watching and learning from you! You play a big part in how they understand the world. Toddlers also need your support to feel secure and confident.

You can support and encourage your child to communicate and make connections with yourself and others by including them in your daily activities, telling them when you are pleased with them, talking, listening, and reading to them, giving them positive attention, and providing comfort when they are distressed.

Plunket wishes to enable all parents to give their best by providing trusted advice and information, you can find out more at plunket.org.nz



WINTER 2020 EDITION

PLUNKET SEASONAL UPDATE

THE OFFICIAL NEWSLETTER OF
PLUNKET MARLBOROUGH SUPPORTERS

Our Vision and Strategy:

Our vision 'In the first 1000 days we make the difference of a lifetime' connects to researched evidence of just how important our work is to the life of a child.

Our 3 strategic goals are summarised as:

- Healthy tamariki
- Confident whanau
- Connected community

We aspire to be a modern, relevant, and responsive Plunket that will be at the heart of the next generation of New Zealanders.

It is only with the help of our supporters that this is possible.



Plunket Post-COVID19

A Plunket Update

Like many other organisations nationwide and here in Marlborough, Plunket has had to learn to adapt and adjust over the last few months. This has included learning to work productively from home, transferring our free parenting sessions online, and the introduction of the Plunket Prioritised Virtual Service.

This service provided parents the opportunity to meet with their Plunket Nurse via the telephone or video conferencing; a welcome development during Levels 3 and 4 where meeting face to face wasn't an option.

Plunket Marlborough has been determined to keep up with the needs of local whānau despite the challenges raised by COVID-19.

While things aren't 100% "back to normal" here at 16 Henry St, we are working hard to provide quality clinical and community-based care for our tamariki here in Marlborough.



Thank you for your ongoing support of Plunket Marlborough!
Ngā mihi,
Tehya



Redwoodtown Plunket rooms - with newly repainted doors thanks to Blenheim Rotary

Upcoming Plunket Projects

Local Endeavours

Plunket Marlborough have various local projects that have been delayed over the last few months. We are excited to be able to get "stuck back in" and get these projects off the ground.

Our Redwoodtown Plunket Rooms have been looking a little worse for wear, we plan to make a number of small renovations to the building in order to make it more user-friendly.

The Redwoodtown rooms are used by 3 different community playgroups, as well as by our Plunket Nurses and some other community groups. It is important to us that these groups have a useable and inviting space.

Thanks to the Blenheim Rotary club, we have completed the first of these changes - repainting the front doors a lovely new blue.

Other developments include the long-term development of our Outdoor Community Space at our Henry Street rooms. We plan to have the OpShop portion of this space open to the public in a few months time.

Other components of this project include a Community Garden and Play Area. If you can help with this project in any way - donations, manpower, or other support, please contact us!

Our Winter Woolies and Community Clothing projects are also getting back up and running. We hope to host an exchange event once our office is open as normal, where parents can donate and swap clothing.

We are looking forward to having our volunteers back with us soon and resuming our work on these essential community projects.

Contact Us:

Community Services Co-ordinator

Tehya Henare-Toka

e: tehya.henare@plunket.org.nz

c: 0272118914

16 Henry Street, Blenheim

Community Service Leader

(based in Canterbury)

Jane Denley

e: jane.denley@plunket.org.nz

Facebook

Plunket Marlborough

Website

www.plunket.org.nz



Chill & Chat

A space for parents to share a cuppa and connect while the kids play. Every Wednesday 9:30-11:30am starting after the July school holidays, Plunket Marlborough encourage parents to attend our free coffee group. Parent to parent support, hot drinks, and snacks provided - we invite all parents and caregivers to come along and check it out!



NZHL Blenheim

Published by Tehya Henare-Toka · April 20 at 7:00 PM · ⚙️



🌟 Tips For Buying in a Hot Market: Preapproval 🌟

A home loan preapproval gives you parameters to work with and—especially in a hot market—can help you move quickly when you need to, although lenders may still require information pertaining to specific properties.

Your NZHL consultant can guide you through the preapproval process, but being organised and proactive with the following items can really speed things up:... **See More**



Tips For Buying in a Hot Property Market

Preapproval



NZHL Blenheim
Education Social Media
Post

LITTLE ELEPHANT
social media

MINT GLOBAL

Social Strategy by L.E Social



TONE OF VOICE

3RD PERSON | INCLUSIVE | DOWN TO EARTH

Your tone of voice is one of inclusivity, it is honest, kind, and down-to-earth. This tone of voice is spoken in the 3rd person, on behalf of Mint as a brand. You will use words such as we, us, and portray a feeling of positivity, approachableness, and empowerment.

This tone of voice must be present in all social media interactions, captions, comments, and stories. It represents your brand pillars and promotes authenticity.

MAIN
BRAND
COLOURS



#8BCD6C



#9DDDD7



#FACF6B

STRATEGY FOCUS

INSTAGRAM | EDUCATE | COMMUNITY

Your Instagram strategy will focus on building a community that is supportive and educational. Your audience will feel drawn to your warm and inviting brand, and feel safe to trust the information you provide. Mint will be a guiding and supportive friend that builds up those around them.

FACEBOOK | ADVERTISE | LINK TO WEBSITE

Your Facebook strategy will be sales-focused. Advertisements will run through Facebook and you will use this platform to encourage your audience to visit your website, and invest in your products. While sharing similar content, your Facebook page will mainly act as a conduit to your website.

Instagram - Monthly Overview

Day	Monday	Wednesday	Friday	Saturday	Extra
Pillar	Honest Difference	Fresh	Honest Difference	Sustainability	
Week 1	Product Ad: Feminine Hygiene	Humour Post	Mint Story: IGTV 5min video of Mints story to date/ Bruna's update	Did you Know? Mint Product addresses this issue: Advertise	Special days of note to be added in here
Week 2	Product Ad: Health and Beauty	Period Education	Mint Design: Reel 30sec video of 1 product conception and design	Long Term Sustainability Solutions: How Mint is involved	
Week 3	Product Ad: Baby and Toddler	Humour Post	Mint Goals: IGTV 1min video of 1 Mint goal and plans to achieve it	Did you Know? Mint Product addresses this issue: Advertise	
Week 4	Product Ad: Homewares	Period Education	Mint Fresh: Reel 30sec video of product being packaged/sent out	Long Term Sustainability Solutions: How Mint is involved	



KIA ORA

WE ARE

HINE LASH STUDIO

Hine Lash Studio believes in the empowerment of all women. We offer high-quality eyelash extensions that enhance your inner beauty and unlock your fierce goddess.

Discover and empower the woman you are with the help of our trained Lash Specialists!

- BOOK YOUR APPOINTMENT NOW -

EMPOWERING WOMEN THROUGH BEAUTY

Hine Lash Studio
Re-Brand Launch Post

LITTLE ELEPHANT
social media