

Māori Systems Return

Quarterly Update 1 July - 30 September 2023

Healthy Families NZ develops quarterly updates for each key focus area, providing a snapshot of mahi being carried out across our location teams.

Healthy Families Far North are working alongside whānau connected to He Korowai Trust, to understand how they might support hauora through the learning and embedding of mātauranga Māori. This has been a prototype developed for Puanga Matariki through a whānau-centred design process, and has been a highlight for the team to learn and grow alongside the Kaitiāia community. The team are now exploring how they might elevate the learnings of what was heard and learnt from whānau into a new way of service delivery and support at an operational level.

Mana Motuhake o te Kai The Mana Motuhake o te Kai (Food Secure Communities' Framework) was created by the West Auckland Māori Thought Leadership Collective for people who want to learn how mātauranga Māori principals can inform growing, sharing and preparing kai. The initiative is backboned by **Healthy Families Waitākere**, with the team currently simplifying the framework for ease of use for people in the community. Several workshops and presentations have also been held, including to Local Board members from across the Waitākere region.

Healthy Families South Auckland partnered with Auckland Council's Connected Communities and Active Communities teams, Manurewa Local Board and a local community artist to apply a whānau-centred co-design approach to explore local whānau and community-led wellbeing kaupapa aspirations. Workshops with tamariki and engagement with regular visitors of the library and recreation centre on what they believe wellbeing is saw the development of the mural 'Waters of Waimāhia' and 'Ngā Whanonga Pono', encourages Māori values to be seen, practiced and encouraged into place-based initiatives to enhance wellbeing outcomes for whānau.

Healthy Families Rotorua has almost completed the first wahanga of their te reo Māori programme, "Te Awhero". Each member of the team has created a karakia, tauparapara, mihi, and pepehā, as well as wetereo.

Healthy Families East Cape has a focus on ensuring their stories are told from a Māori world view and how mātauranga Māori is embedded across their kaupapa, and how these knowledge systems inform their storytelling. Alongside the mahi in the mātauranga Māori space they do in their communities, the team have a strong focus on internal capability, including "Mātauranga Mondays", a team wānanga that focused on traditional Māori activities, and their Communications Manager completing a Leadership Programme for Māori in Public Health.

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The **Healthy Families Hutt Valley** team participated in several events over Te Wiki o Te Reo Māori week to celebrate and embrace te reo Māori, including mau rakau, te reo quizzes, Hutt City Council's Māori language moment event held in the Dowse Square and a video that tested their te reo Māori skills they have been learning in their internal te ao Māori capability classes.

Each year, Te Pūtahitanga o Te Waipounamu holds a Symposium to celebrate, learn and share the collective stories of Whānau Ora across Te Waipounamu. The 2023 Symposium, held across two days in Ōtautahi, was titled "Tēnei te Pō! Tēnei te Ao!" and focused on the need to continually realign back to Kaupapa and whānau, and speaks to renewal, realignment, and restoration. Brandon Manuel (Māori Systems Innovator) and Lawrence Tau (Systems Innovator), both attended the Symposium on behalf of **Healthy Families Ōtautahi**.

Meretini Bennett-Huxtable, Rautaki Māori, and Rebecca Davis, Kaihautū for **Healthy Families Whanganui, Rangitīkei, Ruapehu**, presented at the Healing Our Spirit Worldwide (HOSW) conference in Vancouver. The core of the presentation focused on the use of Maramataka Māori to analyse five years' worth of data related to mental health crisis and family harm. This approach emphasises early intervention and prevention, departing from the traditional crisis-centric model. It advocates for a holistic, whanau-centered system grounded in tikanga and takes a life-course approach to wellness.

Healthy Families Invercargill's Rautaki Māori innovator, Metiria Light, travelled to Chicago where she presented at the Indigenous Systems Dynamics Conference on her mahi as Rautaki Māori, and also on institutional and systemic racism and how it has changed over time. As part of this she spoke about the journey Active Southland has been on to be more responsive to Te Tiriti o Waitangi. Metiria is also connecting with people around rebuilding kapa haka in Southland - the hope is that by reinvigorating this traditional practice, it will help create a sense of community, and provide a way of linking with Māori heritage, encouraging physical movement among participants.

