

Māori Systems Return

Quarterly Update 1 April - 30 June 2023

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

Active Whakapapa, courtesy of **Healthy Families Waitākere**, is an interactive experience connecting people with te taiao (nature, the environment) and te ao Māori (Māori worldview) according to mana whenua pūrākau (stories of origin). It is a site-specific, hyper-local experience highlighting locations of significance to Māori and kōrero tuku iho (stories of the past, oral traditions), which have been passed down through whakapapa (ancestors, genealogy). The long-term vision for the Active Whakapapa for local iwi Te Kawerau a Maki to be the primary holders of the kaupapa – so initial discussions are underway about what sustainability could look like for them.

Working with kaupapa partners using Te Whare Tapa Wha framework to build on the mental health and wellbeing of wāhine, **Healthy Families East Cape** focused on 'Te Taha Tinana' (physical activity & active movement) this quarter. They created the Maramataka Reflective Journal that wāhine use to record their emotions/energy and general well being across four moon phases and created a sleep dial that is a tangible tool to understand how to prepare for sleep.

Brandon from **Healthy Families Ōtautahi** formed part of a Kāhui Māori group to help strengthen a national RST proposal for funding - Brandon, and other kaimahi within the group, helped ensure the proposal had a strong bi-cultural approach, advocated to strengthen mihi into priority communities, and indigenous representation. The proposal was approved once these factors were applied.

The Kia ora Te Whānau working group (which includes **Healthy Families South Auckland** kaimahi) engaged local whānau, tamariki, and rangatahi by telling them the story and facilitating their creative responses to inspire artistic work. The working group contracted a local Māori artist to visualise this story and the community aspirations merged together in a mural that will become part of the wellbeing hub.

Aidan from **Healthy Families Hutt Valley** attended a Matariki wānanga with Professor Rangi Mātāmua about Matariki and Maramataka and had the opportunity to teach back his learnings with Healthy Families Hutt Valley and the Hutt City Council Connected Communities team.

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A brainstorm was hosted by **Healthy Families Rotorua** to co-design a draft sleep strategy. The draft is currently being finalised by the co-design group to be circulated out to iwi for further feedback before finalising. Discussions have continued with Tākai to fund a sleep toolkit of Māori resources for our community in the Māori New Year in response to the community sleep survey results and insights gathered by Healthy Families Rotorua.

Members of the Kaitāia community are embracing Matariki to enhance wellbeing in their rohe. The project group, Te Hōnonga o Ngā Whetū, led by **Healthy Families Far North** worked alongside whānau and He Korowai Trust to explore how Matariki and Mātauranga Māori systems can support better health.

Healthy Families Whanganui, Rangitikei, Ruapehu's Rautaki Māori, Jade Kameta, worked in partnership with the Lead Systems Innovator of the Collaborative Redesign of Mental Health & Alcohol and Other Drugs to identify how a Te Ao Māori perspective could highlight earlier intervention and prevention. This has included mapping five years of crisis data, including suicides against the maramataka phases.

A desire to improve the health outcomes for Māori has led to involvement for **Healthy Families Invercargill** in discussions around Māori oral health. A community hui was held recently, facilitated by Healthy Families Invercargill and the Māori Women's Welfare League, and brought together a collective of community-minded people working in the Maori health space. This hui generated valuable korero around equity, Māori approaches, mātauranga Māori and tikanga. The Healthy Families Rautaki Māori has also been working closely with Te Wharekura o Arowhenua to support them in efforts to establish a permanent ki-o-rahi field at the school, and has been connecting with people around rebuilding kapa haka in Southland.

Healthy Families South Auckland (The Cause Collective) was approached by Manurewa Marae to support their request to the Kiingitanga regarding poukai (an annual series of visits by the Māori king to Kiingitanga marae) in Auckland. From that request, poukai have been attended and has provided numerous opportunities for HFSA TCC to speak within a Māori forum, a significant connection and leverage into the world of Maoridom particularly for Pasifika based in South Auckland.