

A hand holding a globe, symbolizing global connection and care.

# ANA Conference 2009

## Kia Hono: Kia Awe Cultivating Connections: Inspiring Solutions

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Development Trust Maori NGO

And Te Kahui Ora Maori Team CMDHB

# Tauranganui Marae



# Franklin District



**ProCARE**  
NETWORK  
MANUKAU



- 5 Practices
- 44,369 enrolled population
- 7441 Maori enrolled



# Huakina Development Trust Maori NGO



**Vision:**  
*“Unleashing the  
potential of people”*

**Mission:**  
*“To deliver Integrated,  
Holistic services that  
achieve Whanau Wellbeing”*

- Established since 1983
- Established as a Marae Management Committee
  - Representative of 14 Marae
    - Environment
    - Economic Development
    - Education
    - Iwi Social Services
- Home Care Support Service
  - Housing

# Marae Kaiwhakahaere

Nga Hau e Wha Marae – Nga Tai E Rua Marae–  
Te Awamarahi Marae– Te Kotahitanga Marae–  
Tauranganui Marae – Oraeroa Marae - Reretewhioi  
Marae - Mangatangi Marae –  
Tikirahi Marae – Pakau Marae

Whanau  
needs

Marae  
needs

# Marae Hauora Plan

Huakina  
Development Trust

Provide Governance, train and support  
Marae kaiwhakahaere

CMDHB

Provide resource for workforce development  
opportunities & expand to 4 more marae

Procure Network  
Manukau

Resource, train & support Marae Project Manager  
& 8 Marae kaiwhakahaere

Counties Manukau  
Sport

Provide resource & support

# Marae Hauora Launch May 2007



*"Unleashing the potential of people"*



**ProCARE**  
NETWORK  
MANUKAU

**COUNTIES MANUKAU** DISTRICT  
HEALTH BOARD  
*A Community Partnership*

# Whanau and Marae Needs Assessments

A hand holding a globe, symbolizing global care or assessment.

## Target areas

- GP services
- Physical activity Marae want
- Knowledge of nutritious foods
- The Marae environment
- Barriers to being active
- Barriers to eating healthy kai

# Workforce development



- Health and safety
- First Aid
- Evaluation x 3
- Nutrition THMM
- Tai Chi Training
- Warm ups and warm downs
- Swiss balls
- Dancing
- Activity starters
- Seated aerobics
- Dyna Bands
- Cooking sessions
- Self Management Education
- Health promotion Certificate/Diploma
- Diabetes workshop

# Nutrition Training



# LBD Cooking Sessions



# Marae Kai Reka



# Physical Activity Training



# Matariki “Dancing with the Marae Stars”



**Saturday 27<sup>th</sup> June 2009**

**5pm to 8pm**

- **Celebrate 15 weeks of lessons**
- **Promotes physical activity**
- **Strengthen Marae commitment to program**
- **Promotes collective action**

# Marae One on One



# Health Promotion Training



# Health Promotion Training



# Current Marae Activity



- Walking groups
- Inter Marae bowls
- Table tennis
- Ballroom dancing
- Tai Chi
- Seated Aerobics
- Swiss Balls
- Dyna bands
- Cooking demonstrations
- Attending Green Prescription
- Surfing
- Touch

# Nga Hau e Wha Marae Weetbix Triathlon



# Collaboration and coordination



- Counties Manukau  
Sport & Hei Oranga  
Poutama
- MCC Maori Injury  
prevention Tai Chi, First  
Aid & Swimming
- Whariki Shore  
evaluation
- Arthritis Foundation NZ  
Maori
- GP practices
- Lets beat Diabetes  
CMDHB resources and  
cooking sessions
- Living Smoke free  
CMDHB
- Raukura Hauora O  
Tainui Smoking  
Cessation & Breast &  
cervical
- Breast and Cervical  
screening CMDHB

# Links to Franklin District Te Ao Maori



- Te Pou Manawa Roopu Whanau Ora
- Te Roopu Paehere FDC
- MOCAP – Maori Obesity Action Plan
- CMSP-Hei Oranga Poutama
- Tuakau GELIT Collective Rangatahi
- Arthritis NZ – Maori Educator
- HDT Marae Management Committee
- Mirimiri/Rongoa Maori Training
- Te Kohanga Reo/Kura Kaupapa
- HDT Core Services & Marae x 13

# Links to Franklin District



- Franklin Healthy Lifestyles Collective – HEHA
- FRANCOSS Social Service Network
- Franklin Integrated Older Persons
- Counties Manukau Sport-WFD
- Franklin Stroke/Diabetes/Heart Club
- 4x GP Services
- Counties Manukau Injury Free
- Raukura Hauora O Tainui

# Whare Oranga



Providing GP services on 3 Marae including

- Rural out reach nurse
- Podiatry
- Community Health Coordinator
- Self Management education
- Mirimiri
- Smoking cessation services

# Future Activities



- Preparation for the Tainui games
- Marae Whanau Fun Days
- Inter Marae activities
- Rangatahi “Cuz U Can Dance”
- Once were Gardeners
- Target Marae experts i.e. Chefs and Physical activity motivators as Marae health advocates
- Marae physical environment upgrades
- Ongoing workforce development