



“Kei a koe te Tikanga”
The change is in your hands

Ko te tangata te kaupapa

People are the reason

Ko te Tikanga te tuapapa

Culture is the foundation

Ko te marae te matatiki

The Marae is the resource

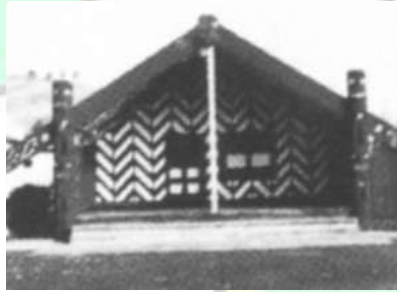


Nga Kairauhii - The Caregivers

Who are Nga Kairauhii?



Matahiwi



Mihiroa



Omahu



Runanga



Te Awhina



Waimarama



Nga Kairauhii - The Caregivers

Ko te Marae te Matatiki Research Project

- Surveyed & interviewed over 600 individuals
- Affiliations to 35 Marae (60% were from Nga Kairauhii Marae)
- Focus Groups (Kaumatua, Pakeke, Academic Women, Rangatahi)
- Extensive findings Report 143 pages (Massey University, Health Research Council).
- Whanau felt better when around the marae and there was general agreement that there were positive health and social spinoffs associated with being at marae.
- There were limited health services offered at Marae. Whanau expressed a desire to have a wide range of health services available at the Marae.
- Marae Ora = Whanau Ora



Marae Wellbeing Project

Timi Kara Marae

**Kahuranaki Trust/ Kahuranaki
Marae**

Waipatu Marae

Te Whare Tu Taua o Kahungunu

Te Awhina Marae

Te Aranga Marae

Houngarea Marae

Waimarama Marae

Te Iwi o Rakaipaaka

Pukemokimoki Marae

Maara Kai

**Maara Kai, Kaumatua Exercise
Programme**

**Maara Kai, Event to support other
Marae/ organisations with gardens**

**6 Mau Rakau Wananga throughout
Kahungunu**

Maara Kai

**Maara Kai, Cook book, physical
activity programme, cooking classes**

Healthy cooking classes

**Maara Kai, Tane purotu, Wahine
Purotu, Hikoi ki nga Maunga**

**Maara Kai, developing skills of
Rangatahi**

Maara Kai,

Pinepine te Kura

Pinepine te kura, hau te kura
Whanake te kura i raro i Awa-rua
Ko te kura nui, ko te kura roa
Ko te kura o tawhiti na Tu-hae-po
Tenei te tira hou, tenei haramai nei
Ko te Umu-rangi, na te Whatu-i-apiti
Nau mai e tama, ki te taiao nei
Ki' whakangungua koe ki te kahi-katoa
Ki te tumatakuru, ki te tara ongaonga
Nga tairo e nahau, e Kupe
I waiho I te ao nei.

Pike ake, kake ake I te toi huarewa
Te ara o Tawhaki i piki ai ki runga
I rokohina atu ra Maikuku-Makaka
Hapai o Maui, he waha i pa mai
**"Taku wahine purotu!, Taku tane
purotu!" Korua ko te tau e.**

Little tiny kura, the kura of renown
The kura who came from below Awa-rua
A noble kura, a famous kura
The kura from afar off, the kura of Tu-hae-po
A strange visitor is he lately arrived here
He is Te Umu-rangi, and of Whatu-i-apiti is he
Welcome o son, welcome to this world of life
You are to be ritually strengthened with the kahi-
katoa, with the tumatakuru and the tara ongaonga
These were the obstructions that you o Kupe
bequeathed to this world

Climb hither, ascend by the suspended way
The pathway of Tawhaki when he ascended on high
And there found Maikuku-Makaka
Attended by Hapai o Maui, where greetings were
uttered
**"My beautiful lady!, My handsome man!"
A tribute for you two, O loved ones.**

Wahine Purotu, Tane Purotu..



Wahine Purotu, Tane Purotu..

- Hikoi – Matanginui Pa
- Hikoi – Kahuranaki Maunga
- Hikoi - Marae Totara (Mohi Bush)
- Hikoi – Hakikino Pa
- Hikoi – Karamea Pa
- Mau Rakau
- Zumba
- Maui Challenge 2010
- Iron Maori 2009

Nga Kaupapa - What is it about?

- **Whakawhanaungatanga/ Whakakotahitanga** – increasing opportunities for whanau to bond/ socialise learn about each other.
- **Manaakitanga/ Wairuatanga** – Caring for ones physical and spiritual needs
- **Kaitiakitanga** - Better use and utilisation of marae and increasing opportunities for whanau to engage with Marae.
- **Haputanga** - Empowering whanau/ hapu to make the healthy choice
- **Mana Ahua Ake** – Developing leadership. Intergenerational learning.
- **Mohiotanga** - Learning whakapapa . Increasing opportunities to use Te Reo Maori me ona tikanga.
- **Hauora/ Waiora/ Mauriora** – increasing opportunities for whanau to exercise in a safe, whanau friendly environment (i.e. No Leotards)