



**Report**

**24 July 2017**

Maraeroa Marae Association Incorporated (trading as Maraeroa Marae Health Clinic)  
Kaumatua Wananga, Friday 21 July 2017

### **1. CONTEXT**

‘Kaumātua are crucial to the preservation of our taonga (treasures) for future generations and, most important, we must look after our older Māori, for they are a taonga for us all. The risk to the health and wellbeing of Māori society is the premature loss of kaumātua. Preventative strategies need to take a broader approach than the current narrow public health focus and practice, and account for the social needs of older Māori. Strategies must encompass a positive view of ageing and an active involvement in a cultural context consistent with the role of older Māori. Because of the clear relationship between participation in the business of the marae that provides many roles for older Māori, and self-reported good health, this positive view of ageing provides a mechanism for maintaining some level of resilience in an otherwise at-risk population.’

This is an excerpt from ‘Oranga Kaumatua: Perceptions of Health in Older Maori people. (John Waldon, Te Pumanawa Hauora, Massey University) that, best describes what Kaumatua Wananga and the work that will follow is aiming to achieve.

### **2. INTRODUCTION**

Therefore, Well Health Trust New Zealand allocated \$5,000 to Maraeroa Marae Association Incorporated (trading as Maraeroa Health Clinic) to hold this Kaumatua Wananga for Kaumatua that live in following Porirua communities - Ranui (Lower Porirua), Cannons Creek, Waitangirua, Aotea and Papakowhai.

This event also provides an important stepping stone to future events, such as a combination of clinical and non-clinic services and or programmes that the Maraeroa Health Clinic is developing for the Porirua communities which, will include mothers and their babies, women, men, youth and kaumatua primarily but not exclusively.

The Health Clinic have started working with other local services, agencies clinical and non-clinical to develop Whanau ora programme. Where possible we will engage and involve the people, whaiora and whanau who use our services.

### **3. PURPOSE**

The purpose of the wananga is to provide an event that brings local kaumatua (Maori and non-Maori) from Ranui (Lower Porirua), Cannons Creek, Waitangirua, Aotea and

Papakowhai together to a specific event for kaumatua at Maraeroa Marae campus where they can:

- a) be cherished and given the opportunity to share their ideas and identify the role they play within their whanau and communities
- b) say what is being done well and what could be done better in their communities
- c) discuss issues that affect kaumatua in their whanau and communities
- d) Provide a platform to share their stories, fond memories and explore ways of recording and media to store and share these taonga, and
- e) can have the opportunity to address issues within the context of regular programme lead by Kaumatua for Kaumatua and supported by Maraeroa Marae Health Clinic.

While at the Wananga provide the following activities:

- Blood pressure checks, for diabetes or high blood glucose.
- Toe nails and finger nails checks
- Provide Rongoa Maori e.g. Mirimiri and romiromi
- Provide information on healthy eating and consider developing an easy / accessible recipe book with Kaumatua
- Offer free flu injection along with education concerning the dos and don'ts of the flu injection.

Provide an event that can be used as a stepping stone to future events, clinical and non-clinical services and programmes

#### **4. AUDIENCE**

Kaumatua, both linked with Maraeroa Marae and registered with the Maraeroa Health Clinic and the wider Porirua communities including those residing in Ranui (Lower Porirua), Cannons Creek, Waitangirua, Aotea and Papakowhai but not limited to these communities.

#### **5. OVERVIEW OF THE PLANNING OF THE KAUMATUA WANANGA**

A Project Manager (part-time) was appointed to lead the development and to operationalise the wananga initiative and a Project steering group comprising of kaumatua that currently have an association with Maraeroa Marae and Maraeroa Marae Health Clinic; Health Clinic staff including the CEO and the Project Manager.

The role of the steering group was to provide leadership, advice, make decisions, support the initiative and the Project Manager. The group met weekly, on five occasions. The following are what was agreed:

- a. Venue: Maraeroa Marae 216 Warspite avenue Waitangirua Porirua
- b. Date: Friday 14 July 2017 but was postponed to Friday 21 July 2017 due to tangi

- c. Time: 10.00am – 3.00pm
- d. Kaumatua Wananga Programme:

- ✚ Powhiri / Whakatau
- ✚ Whakawhanaungatanga
- ✚ Morning tea
- ✚ Mirimiri service presentation
- ✚ Yogo exercise
- ✚ Lunch
- ✚ Story Telling Workshop -Starting the journey telling our Stories
- ✚ Afternoon Tea
- ✚ Open discussion / workshop on what you would like from Maraeroa Marae Health Clinic your ideas and suggestions
- ✚ Waiata – (Kaumatua Roopu)
- ✚ Next steps & hui wrap up
- ✚ Poroporoaki / farewell
- ✚ Karakia

- e. Health checks would run throughout the day, health information and opportunities to give feedback on specific sessions and the whole day were placed around the event including verbal feedback at the end of the hui.
- f. Transport to and from the event was offered to all invitees.

## 6. OVERVIEW OUTCOMES FOR THE KAUMATUA WANANGA

Fifty (50) invitations were sent to kaumatua that had used in the past or were currently using the Maraeroa Marae Health Clinic services or has a former or current association / relationship with Maraeroa Marae.

Thirty (30) people attended the wananga and sixteen (16) people asked to be transported to the hui.

Most of the Health Clinic staff were present. They all participated in the Wananga and the two Nurses were available to do health checks, this excluded the flue injections due to the Nurses not being trained and authorised to administer without supervision

### *General profile of the participants:*

- ✚ The gender mix was almost 50 - 50% there were sixteen women
- ✚ The age range was fifty to eighty-five and the sixty to seventy-five age group was the largest (approx. 55%)
- ✚ Most attendees were of Ngati Porou decent (approx. 40%); the next (Iwi) was Taranaki Whanui (approx. 10%)

- ✚ There was a woman of French decent, a man from Malta they had both lived in Porirua for over twenty years. Both use the GP clinics and it was the first time that they attended a Maori wananga which they enjoyed
- ✚ There was a husband and wife who were born in the Cook Islands and immigrated to New Zealand in the sixties for work. They also had a long association with the Maraeroa Marae and this relationship continues today. They identify strongly with the Marae.

## 7. OBJECTIVES AND OUTCOME / RESULTS

**Objective 1:** To continue building strong connections within our community, by engaging with our kaumatua:

**Comments:**

- ✚ Through engaging with kaumatua during our project planning stages we began the process of building strong connections within our communities this was reinforced throughout the planning process (the Project steering group) and during the event.
- ✚ Early involvement of kaumatua in the wananga planning process was a critical factor initially through the establishment of a Project steering groups whose role was to provide leadership, advice, made decisions and providing support and direction for the project and the Project Manager.

**Objective 2:** To assist kaumatua in the building on their networks by providing an avenue for our kaumatua to participate and to be supported by the wider community:

**Comments:**

- ✚ This event brought our kaumatua together and through the sharing of Pepeha and discussion they could make connections and re-connect with one another and Maraeroa Marae and related stories
- ✚ The steering group said that we know a lot of our fellow kaumatua (that we were inviting to the wananga) but they did not know much about their whakapapa. Although it is routine to have Whakawhanaungatanga process at a hui they insisted that a suitable time for Whakawhanaungatanga and time for everyone to do their Pepeha and to share their stories
- ✚ Refer to summary feedback from the Kaumatua Wananga for more details comments (Appendix one)

**Objective 3:** Assist kaumatua with health checks and information; are aware of contact services within their communities and are cared and pampered for

**Comments:**

- ✚ Our kaumatua met with key members of the Maraeroa Marae Health Clinic team; health checks and information were made available at the event, but optional, to allow kaumatua the freedom to connect in a way that served them.
- ✚ There was a low uptake of the health checks at the event kaumatua preferring to stay with the with the programme. However, health checks will be a key feature of the proposed Whanau ora programme across all age groups and genders. Particularly illnesses such as diabetes, obesity, heart and respiratory including asthma and COPD, smoking and alcohol abuse.

**Objective 4:** To develop a cook book with the ingredients of our tupuna for example or something that is more current and urgent for them e.g. how to deal with electronic devices such as mobile phones, iPad and computers.

#### Comments

- ✚ This event enabled the Maraeroa Marae Health Clinic to start a conversation with kaumatua and begin the process of gathering information about what our kaumatua need and want from Maraeroa Marae Health Clinic
- ✚ While bring the program together this became less of a priority for steering group for this wananga but it will be explored again while the Whanau ora programme is being developed.

**Objective 5:** An opportunity for Kaimahi to learn the ways of our tupuna while we still have them.

#### Comment

- ✚ This event provided an opportunity for kaimahi to learn the ways of our tupuna through the kaumatua Pepeha and their stories.
- ✚ Many the Health Clinic staff members have been working at the Health Clinic for many years and were well known to several kaumatua at the event however, they did indicate that they learnt more about the people they knew but they were also interested in the people that they were not known to them, such as the French women and Maltese gentleman

**Objective 6:** To re-enliven our Marae, a reminder that our Marae is the cornerstone of Hauora Maori

#### Comments

- ✚ This event brought life back into the Marae, deepening the connection between Maraeroa Marae Health Clinic, Maraeroa Marae, and its community.
- ✚ The establishment of the Whanau ora programme and regular activities and opportunities to be near the Marae will help add to longing to be with other

kaumatua. Note that the Whanau ora programme building is next door to the Maraeroa Marae.

**Objective 7:** To provide a positive and fun event that supports the goals of Maraeroa Marae Health Clinic and its community

**Comments**

✚ This event provided a positive and fun way for our kaumatua to engage and share, that supports the goals of Maraeroa Marae Health Clinic and its community

**Objective 8:** To provide an opportunity during and outside hui for feedback and ideas for future hui for our kaumatua at Maraeroa Marae during 2017/18.

**Comments**

✚ Feedback gathered throughout the hui provided a rich source of ideas for future hui and support services for our kaumatua

✚ Refer to the Kaumatua Wananga feedback Summary for more detail (Appendix One)

## 8. LEARNINGS & OBSERVATIONS

- Not having enough time to prepare for the Wananga was a key risk fact from the outset but this was mostly mitigated by having an independent Project Manager leading this initiative and allowing the project steering group and the manager lead, advise
- Allowing Kaumatua more time for the Whakawhanaungatanga process and time to connect and reconnect with one another and the Marae. It was important to achieve the objectives we set as a steering group but we needed to flexible as well.
- Kaumatua recognise that they have specific needs and when a safe, supportive, informed and trusting environment is provided that kaumatua respond positively and are pragmatic, encouraging and supportive to others and to one another.
- Kaumatua respond appropriately and creatively when presented with different challengers or when they are taken into unfamiliar areas.
- Kaumatua appreciate time for themselves but being there for their whanau and being part of a whanau is paramount to their wellbeing

## **FIRST AND LAST WORDS**

*Simon Phillips (CEO) and Project Co-ordinator, Andrea Broad, invited kaumatua to join a working group. Five kaumatua joined the group and this process proved invaluable. Through this process the event was refined to include Pepeha and a Story-Telling workshop. It became clear that the well-being and well-health of our kaumatua is deeply embedded in their ability to speak about “who they are”, be also to be heard.*

*Allocating a part of the event to the sharing of Pepeha was not only mana enhancing for our kaumatua, but also provided us with information about the history of the Marae, Maraeroa Marae Health Clinic, and its community both active and inactive. On the day, we had 30 people which we felt was a successful number given the last-minute change of date due to tangi and the stormy weather. All guest engaged in the Pepeha process and feedback provided on the day was positive with all guests thankful for the invitation and having enjoyed their time.*

*Feedback was qualitative in nature, providing a foundation for further questioning and giving weight to past feedback and thinking/research of current/future programmes.*

Simon Phillips  
Chief Executive Officer  
Maraeroa Marae Health Clinic





## APPENDIX ONE

# Kaumatua Wananga

Maraeroa Marae

216 Warspite Ave Waitangirua Porirua

Friday 21 July 2017

## FEEDBACK SUMMARY

### 1. What have you enjoyed the most about today?

- Nga korero Te tutaki ki nga Kaumatua / *the speeches & stories meeting all the kaumatua*
- Manaakitanga / *caring / hospitality*
- Whakawhanaungatanga / *Relationships*
- Happy
- Taokotaiang / *united*
- Putuputuanga / *get together*
- Ki tea kanohe humaira / *Seeing faces*
- Whakawhanaungatanga with Kaumatua me nga Kuia. Kanohi kit e kanohi
- Taokotaianga Whakawhanaungatanga / *relationships*

### 2. What would you like to see in the future Kaumatua Wananga?

- Kaumatua exercises
- Kaumatua Olympics (inter Marae challenges)
- Kaumatua trips to other Kaumatua Events
- Korero /aao te hongu / *talking*
- 2 monthly lunches with invited guests
- Ako te mahi karanga. Wananga / *learning the karanga*
- Kapa haka / *Waiata*
- Inclusiveness
- For the Kaumatua to teach the Rangatahi
- Te Orohunga o tea o Maori
- Training for Patu

### 3. Did you enjoy the kai?

Thirty (100%) people responded the following is written comments about the kai



- He kai tino, hauora nga, Kai o te ra nei / the food was very health
- Ae tino reka
- Thank you, caterers,
- Stunning kai
- Tino pai mote tinana / the food is very good for the body

**4. Did you enjoy your yoga practice? (rescheduled from 11am – 1.30pm)**

Seven people that attended this the session (approx. 25%) responded the following are the written responses:

- Nga mihi tino aroha atu. Kia koe mo tenei mahi tuku ha whakahoki ha / Thanks a lot to you for this work
- Manea meitaki maata. Kia matutu te au ua ua kia Maroi roi/ Good, beautiful and be strong
- “I was a little cautious about the yoga exercises (looking up) but I ended up enjoying it”
- Kia ora wonderful hui, need more

**5. What do you know about Maraeroa Marae Health Clinic?**

- Health Checks
- Kaumatua flu injections
- Ta ratou awhina kia matau / they help us
- Follow ups
- He waahi manaki me te tiaki I te hunga mauui, mai nga Kaumatua tae noa ki ririki /Caring for the suffering from old to young.

**6. Did you enjoy the story telling workshop? (Rescheduled from 1.30 – 2pm)**

Eleven people responded (approx. 33%)

- No written comments

The kaumatua / participants were asked to write about the todays Wananga and one person from each table were asked to read what they had written. Several preferred to give verbal feedback without writing it down.

- The majority of the kaumatua wrote and spoke very positively about the Wananga the highlight was kaumatua meeting and korero with other kaumatua

On reflexion this storing telling section should have been earlier in the day perhaps following

Whakawhanaungatanga. This was the last item on the program I think the audience was tired but the CEO said that the storing telling / writing will be explored further when the programme is established.