

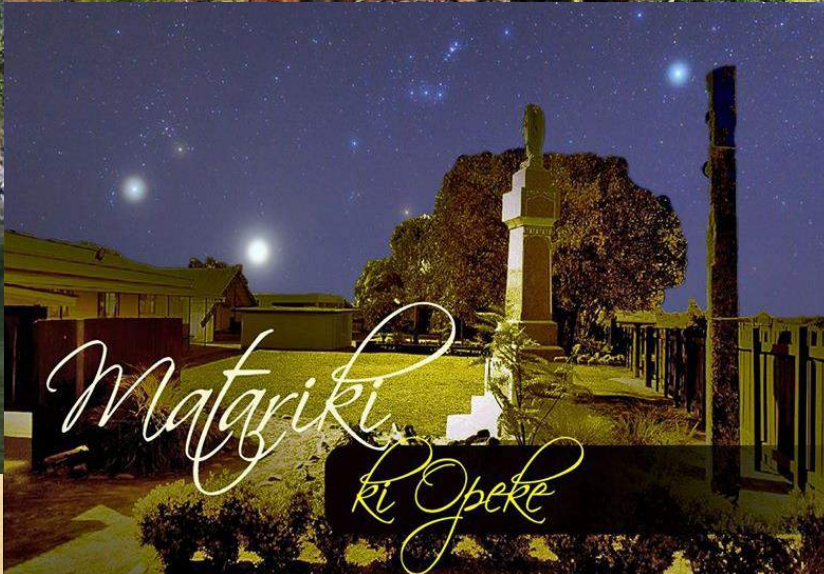
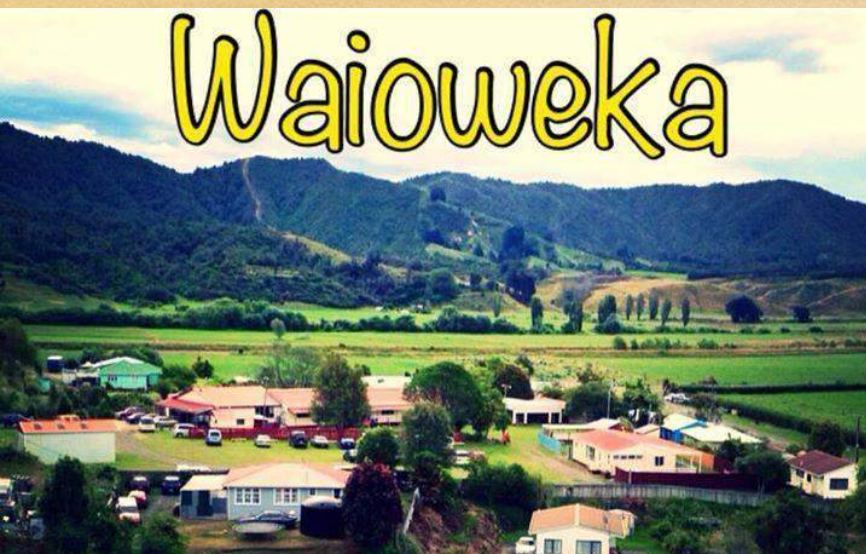


RAPU ORA WHAI ORA

He whai oranga mo te iwi:

A whole of whanau approach to the pursuit of wellbeing

Waioweka



TANGOHIA NGA HINU 2015

- 12 week weight loss challenge
- Biggest loser challenge
- Self-directed
- Based on total KG's lost
- Whanau days every fortnight
- \$1000 Prize, winner takes all



A NEW ME

TOKU ORANGA PAI

12 WEEK CHALLENGE
TANGOHIA NGA HINU (TAKE AWAY THE FAT)

12 Week New Me Challenge
Tangohia Nga Hinu is a community based biggest loser challenge for whanau and Communities. This will be a self-motivation initiative, to encourage people to take responsibility for their own Health and Well-being. Spring is here, Summer is near, so let's get together, and go forward from here.

SUPPORTED BY
Te Ha Oranga

REGISTRATION AND FINIAL WEIGH IN
THE 24.9.2015
FROM 3PM TO 7PM

HELENSVILLE WAR MEMORIAL HALL

ONLY \$40 TO REGO

\$ 1000 FOR THE BIGGEST TRANSFORMATION!!

PLUS SPOT PRIZES TO BE WON

For Further Information Please
Contact Levia on
02102581580 or
094207168
Tash on 0221901008



NGA HUA

POSITIVES	NEGATIVES
Community Led	Individualistic
Community Driven	External motivation for weight loss (\$\$)
Foundation blocks	High drop off rates @ midterm weigh-in
Mechanism of whanaungatanga	Based on weight loss.
Promoted Wellbeing	



**THERE WAS A MISSING
LINK SOMEWHERE...**

HE RAPU ORA HE WHAI ORA

- Canvassed with 6 different roopu:
 - 2 Rangatahi Roopu (High School Aged)
 - Tertiary Tauira Roopu (Maori Students at UoA)
 - Kaumatua roopu – Ngati Whatua
 - Participants of Tangohia Nga Hinu 2015
 - Staff of Te Haa Oranga
 - Mixed Roopu of pakeke, rangatahi, kaumatua, workers, unemployed, tangata whaiora.

HE RAPU ORA HE WHAI ORA

Nga pātai???

1. What is hauora to you?
2. What are your hauora aspirations for your whanau, hapū and iwi?
3. What are the limitations to these aspirations?
4. How may we pave the way towards our hauora aspirations?

HE RAPU ORA HE WHAI ORA

Nga hua o te wānanga

- Hauora was all encompassing.
- The key aspirations of whanau were:
 - For their future generations, mokopuna
 - For their kaumatua
 - Respect for whenua, moana and all life.
 - Connectedness to whakapapa (whanau, hapū, iwi, whakapapa)

“The dreams of our Tīpuna would have only been that their mokopuna are able to have dreams of their own. We are simultaneously the carriers, and the realisation of their dreams”

HE RAPU ORA HE WHAI ORA

Nga hua o te wānanga

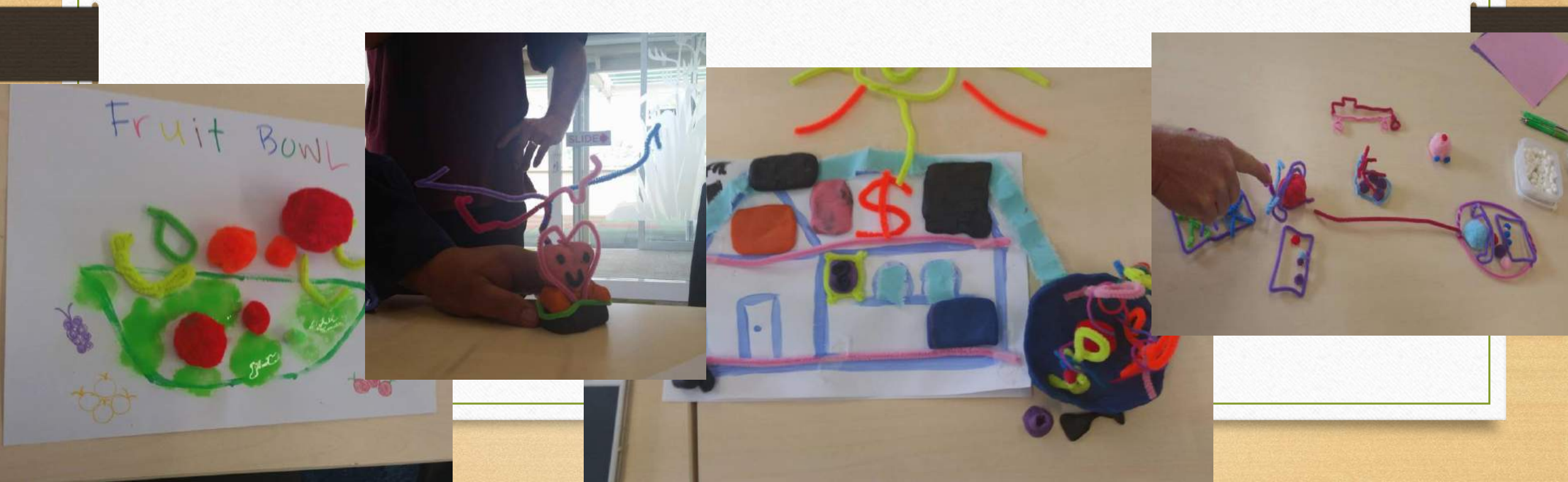
The primary limitations for whanau were:

- a disconnection from their marae and tikanga
- A lack of access to meaningful interaction (whanaungatanga)
- Bureaucratic and health illiteracy
- Money, time and the fact that these are highly valued
- Motivation & prioritization

HE RAPU ORA HE WHAI ORA

Nga hua o te wānanga

We then set about designing a way to curate our hauora aspirations.





“ME HOKI KI TO MAUNGA KIA PUREA E
KOE NGA HAU O TAWHIRIMATEA”

THE CULTURE SHIFT

- Tikanga
- Kaitiakitanga
- Matauranga
- Manaakitanga
- Ahi Kaa

“Our wellbeing is dependent on our participation as a collective. Its within the collective that we thrive. It is within the collective that wellness thrives”

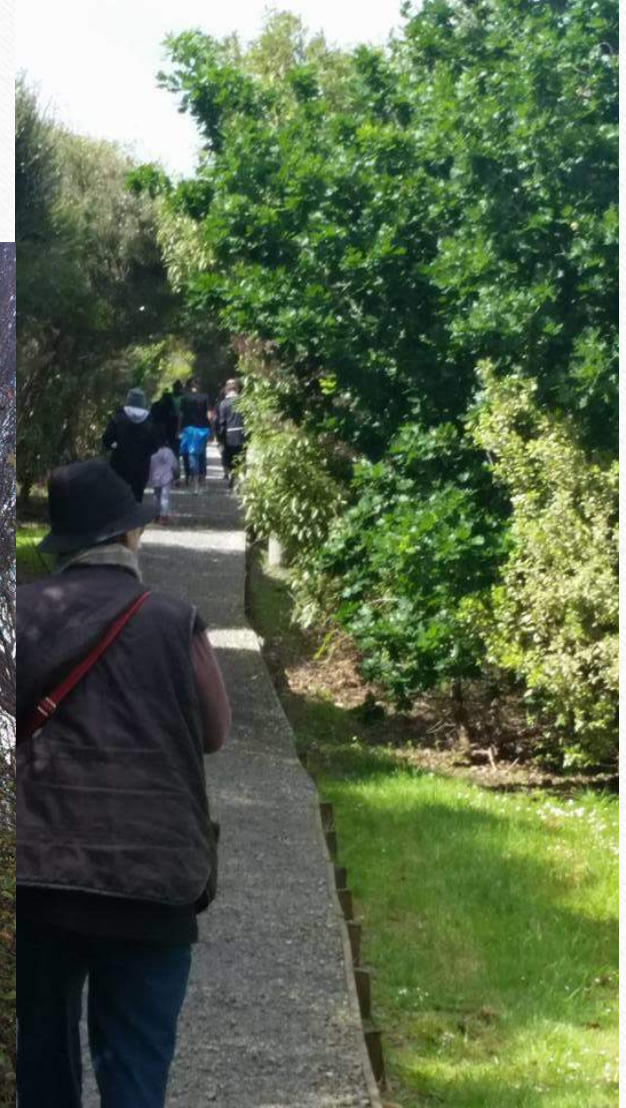
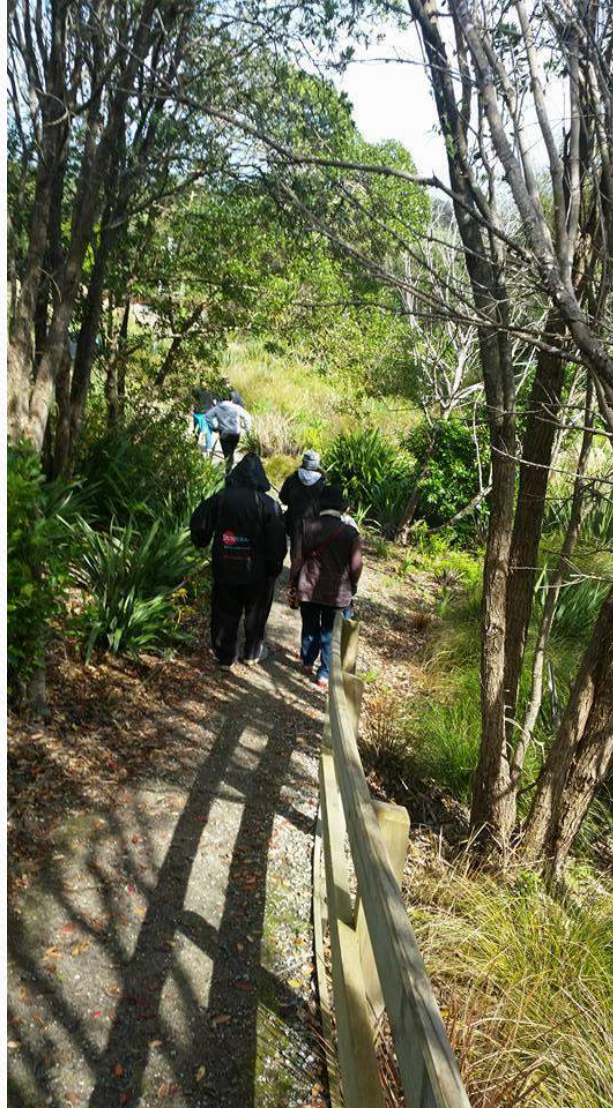
TIKANGA



KAITIAKITANGA



MATAURANGA



MANAAKITANGA



AHI KAA



RAPU ORA WHAI ORA

Te Wero a Nga Atua!

Nga Herenga Aho ki te Rapu Ora 2017

- | | |
|---|--|
| <ul style="list-style-type: none">• <i>Tane-nui-a rangi: E kore au e ngaro</i>• <i>Papatuanuku: Te taiao as the gym</i>• <i>Rongomatane raua ko Haumietiketike: He Hua oranga</i>• <i>Maru/ Tahu: Kai Ora, Whai Ora</i>• <i>Tangaroa: Nga korero o te Kaipara</i> | <ul style="list-style-type: none">• <i>Tane Mahuta: He rongoa te Taiao</i>• <i>Tangaroa: Te taenga mai o nga waka</i>• <i>Rongomaraeroa: Te Hohourongo o te Whanau Ora</i>• <i>Tumatauenga: Nga kemu o Te Ao Maori</i>• <i>Tawhirimatea: E hoki ki to maunga</i> |
|---|--|

Challenges

- Ngati Whatua centric learning
- Diverting from eurocentric practices of learning.
- Differing knowledge gaps.
- Merging Te Ao tawhito with Te Ao hurihuri.
- Moving at the pace of the people whilst maintaining a certain level of Māuitanga.



“ME HOKI KI TO MAUNGA KIA PUREA E
KOE NGA HAU O TAWHIRIMATEA”

