

PĀNUI TEKAU-MĀ-TAHI

2017 / 2018



Te Atawhai o Te Ao
Independent Māori Institute for Environment & Health

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MIHIMIHI

Kei ngā maunga whakahī, kei ngā awa tuku kiri, kei ngā mātā waka huri noa i te ao,
kumea mai kia piri, kumea mai kia tata!

Kei ngā mate nunui i waipuketia i te tau kua hipa, whakangaro atu ai ki te iwi mata ngaro.
Otia te pō, nau mai te ao!

Tēnā tātau kua hui nei. Nau mai ki te Pānui Tekau-mā-tahi o Te Atawhai o Te Ao. E whai ake nei ko ngā kaupapa rangahau, ngā tutukitanga, ngā whāinga me ngā wheako mō te tau. Tēnā tātau katoa!

Te Atawhai o Te Ao is an independent Māori research institute for environment and health, whose purpose is to enhance the health and well-being of Māori by providing excellent kaupapa Māori research. For this reporting period, we have advanced research programmes with the Wellington School of Medicine (University of Otago) and the Health Research Council of New Zealand, and have been involved in a number of other research activities, initiatives and conversations. We are reminded of our five strategic goals of Te Atawhai o Te Ao, namely: *Whai Pāinga*; *Whai Ao*; *Whai Take*; *Whai Hua*; and *Te Hiku* and our activities for the year have been organised in this manner.

One of the key highlights this year was the review of our main contract and panel visit from the Health Research Council of New Zealand. This allowed our organisation to reflect on key achievements over the past four years. Some of these achievements include our ability to grow capacity through staff professional development, mentoring and supervision of students and providing scholarships and fellowships. We have established and continue to maintain relationships with our whānau, hapū, iwi and community, service providers, policy makers and other researchers both nationally and internationally. From our research, we have produced publications and presented at hui, seminars and conferences. Key to our dissemination strategy has been our roadshow presentations, which allow us to reach a range of audiences, provide access to our research and discuss issues and opportunities face-to-face. One of the key outcomes thus far has been our ability to respond quickly to the needs of Māori and indigenous peoples in research. The investment by the Health Research Council into the work being completed by Te Atawhai o Te Ao has led to outcomes beyond the research sector, including health, cultural, social and economic transformation and gains. We look forward to continuing this work in the coming years.

The staff of Te Atawhai o Te Ao would like to thank all our whānau, supporters, community, funders and colleagues for the contribution you have made to the Institute.
E kore e mutu ngā mihi ki kautau.

Nā mātau o Te Atawhai o Te Ao



WHAI PĀINGA

GROWING KAUPAPA MĀORI LEADERSHIP ACROSS THE RESEARCH SECTOR

Staff Capability

There are many ways that Te Atawhai o Te Ao staff individually and collectively grow Māori leadership in the community, both academically and other leadership capacity building. For example, through peer mentoring, supervision, advisory group membership and student support. This includes participation at schools, coaching sports, voluntary work, helping whānau and local groups. Here are a few of the highlights for this year.

Susie Wakefield and Tania Kara continued their te reo Māori



Susie and Tania at the office

classes and also the National Certificate in Karanga through Te Wānanga o Aotearoa. The karanga wānanga initially covered the origins and historical

"One thing I particularly found of interest was learning about the rākau tapu that instigated the joining of the two realms, those of the living with those of our past."

Tania Kara

connections to the maunga, awa and whenua. To date, they have also looked at the roles and responsibilities on marae and the importance of the kaikaranga in that mix. The follow-on to this wānanga moves on to tikanga in 2019 which they both intend to pursue.

Susie is currently working towards her Masters research proposal in nursing.

Dr Rāwiri Tinirau supported the regional Ngā Manu Kōrero, Pae Rangatahi and Pae Taiohi competitions as the convenor of judges, as well as the Māori Women's Welfare League Ngā Pū Kōrero Competition, held in New Plymouth. Rāwiri was also confirmed as the Chair of Te Wāhi Puna Scholarship Working Committee for St George's School and Pūtiki Marae. When called upon, Rāwiri has also supported the work of Ngā Tāngata Tiaki through his role as Deputy Chair in chairing responsibilities linked to the Iwi Chairs' Forum.



Rāwiri chairing at the Iwi Chairs' Forum, Whanganui

Graduation

The breadth of programmes undertaken by staff is varied and exciting.

A former staff member, Kahurangi Tinirau, graduated with a Bachelor of Teaching Māori Medium (Te Aho Tātaurangi), and is now teaching at Hato Pāora College.



Kahurangi with mum at graduation, Massey University

Susie Wakefield also graduated in absentia from Victoria University with her Postgraduate Diploma in Nursing Science.

Rāwiri graduated with a Doctor of Philosophy through Massey University, Manawatū which he completed in 2017. His thesis



Rāwiri with his whānau at graduation, Massey University

wonderful tribute to Te Awa Tupua and all of the graduates who had completed their degrees.

Hine Maraku and Susie Wakefield attended the Easy Evaluation Workshop hosted by Western Institute of Technology in Taranaki. This workshop was facilitated

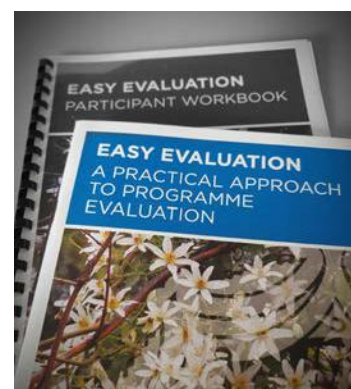
Meri Haami graduated with her Master of Music from Victoria University, and Rāwiri attended the celebration to honour Māori graduates at Massey University as the sole doctoral graduate.

was titled *Te Kura i Awarua: Understanding, valuing and practising tikanga in Māori businesses and organisations*. Rāwiri was asked to present the valedictory speech, which was a

by Lanuola Asiasiga (PhD) and Teah Carlson (PhD student) from the Shore and Whāriki Research Centre at Massey University. Many of those who attended came from health organisations in and around the Taranaki region. Susie and Hine used this learning to strengthen their personal development with a view to help Te Atawhai o Te Ao with future project dissemination.



Meri with her whānau at graduation, Victoria University



Growing Kaupapa Māori Leadership Highlights



Iwi, Hapū, Marae

11 appointments by staff members to Iwi/Hapū/Marae Governing Boards



Advice

Provided advice to two organisations to establish a research institute



Supervision

Three Doctoral and Masters student supervision



Hosting

Hosting, mentoring and support of seven community groups



Interviews

Four interviews completed on past and present projects



Services

Six services provided by Te Atawhai o Te Ao staff members including completing article reviews, participating in doctoral research interviews, editing & evaluation

During this period, Te Atawhai o Te Ao engaged in a range of activities. From involvement in governing boards, marae and iwi trusts to providing research advice for students, organisations and marae. Our senior staff also supervised doctoral and masters students over this time. We have hosted a number of groups at our premises bringing together community interests. We have conducted interviews and various staff have also provided services to external groups.

Secondary Schools

Beginners Guide to Research

Te Atawhai o Te Ao piloted a 'Beginners Guide to Research' with selected students of Whanganui City College. These students have been using the guide to help complete school assignments and research as they write speeches for local competitions. A small number of these students have been participating in various research opportunities alongside Te Atawhai o Te Ao. They have also used part of their holidays supporting the in-office work alongside senior staff which provides further insights to the world of research. This has been a great way for up and coming researchers to practice their newly learnt skills.

Mihaka (mokopuna of Tania Kara) and Sophia 'Unga-Cribb (sister of Miriama Cribb).

In addition to this, we invited local kuia, Kataraina Millin to the office to facilitate weekly workshops for secondary students to learn the art of tāniko. We actively encourage community involvement in our workspace.



Twin brothers, Connor and Cruz Pauro supporting Te Atawhai o Te Ao conducting the Whakatika survey in Wellington

Connor Pauro was fortunate to win the regional Ngā Pū Kōrero Speech Competition, organised by the Māori Women's Welfare League. He will advance to the nationals in September, being held in Gisborne. He also entered the regional Ngā Manu Kōrero speech competition held in Waitara, together with Raiha



Tā Te Rangatira Kai

Building researcher capacity and leadership

This period we have been privileged to have a number of presenters provide kōrero around their specific areas of interest. To date, these kaikōrero have included Kealyn Marshall, who presented on Iwi and Social Media Communication; Kim Ranginui & Marilyn (Bubby) Tamakehu both presented on Seed Banking; Ngareta Patea spoke about Te Kooiwi-roa o Ngaa Rauru Kiitahi (iwi education framework); Janine Maruera presented a kōrero on Poi Atua of Ngāti Ruanui; and Dr Doris Kaua, who presented on "Māori control in Pākehā spaces: Lessons from Te Māori for tourism". We welcomed Natasha Tassell-Matāmua, Hukarere Valentine & John Pahina from Massey University in Manawatū, who presented on "Thinking outside the box: Improving access for Māori within clinical practice". The final presentation was given by Leonie Matoe who spoke about "Kaitahi: The native superfood company" that Ngā Rauru Kīahi are proud to have available on the market.



WHAI AO

BUILDING COLLABORATIONS WITH INDIGENOUS & INTERNATIONAL RESEARCHERS

Conferences

Tikanga Rangahau National Wānanga and Webinar Series

Te Kotahi Research Institute and Ngā Pae o te Māramatanga hosted a Tikanga Rangahau National Wānanga and Webinar Series.

The purpose of the workshops was to provide a space whereby Māori researchers and senior Māori scholars share knowledge and information that highlights the critical significance of kaupapa Māori research to broader Māori development aspirations. Dr Cherryl Smith was a guest speaker at the Manawātū presentation, on 17 August 2017, and presented on a previous Te Atawhai o Te Ao project, namely *He Mokopuna He Tupuna: Health and well-being of Grandparents Raising Mokopuna. Tupuna - Ngā Kaitiaki Mokopuna: A resource for Māori grandparents* by Dr Cherryl Smith, can be found at our website.

World Water Forum 2018

A joint meeting with Mona Polacca and Darlene Sanderson (co-focal points for the Citizen's Forum Indigenous Peoples Programme) resulted in Rāwiri being invited to address the World Water Forum in Brazil. Organised by the World Water Council, it is the largest water-related event in the world. Its mission is "to promote awareness, build political commitment and trigger action on critical water issues at all levels, to facilitate the efficient conservation, protection, development, planning, management and use of water in all its dimensions on an environmentally sustainable basis for the benefit of all life".

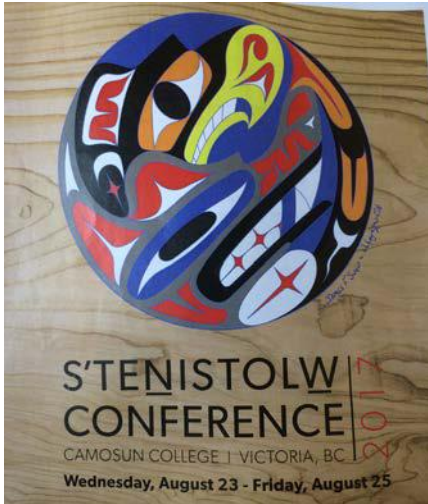
Rāwiri attended the World Water Forum in Brazil and presented four times (three at the Forum, and one to the Ministry of Public Prosecutions), and was interviewed twice by media.

Another joint project involves discussion on the establishment of an indigenous global observatory for water and peace. We received word that the presentations delivered by Rāwiri at the World Water Forum were included in the Citizens Process.

He Oranga Ngākau: Māori approaches to trauma informed care

Hosted by Te Kotahi Research Institute, the University of Waikato and the Health Research Council of New Zealand, Dr Cherryl Smith presented as a keynote speaker to this symposium. Held from 7-8 May 2018 in Auckland, Cherryl shared learnings from the *He Kokonga Whare* research project together with Dr Tākirangi Smith. Specific research outcomes from this conference will be discussed elsewhere in this pānui.

S'tenstolw Conference



Drs Cheryl Smith and Rāwiri Tinirau's trip to Canada and the United States was successful. They attended the S'tenstolw Conference at the Centre for Indigenous Education and Community at Camosun College in Victoria, British Columbia from 23-25 August 2017, and presented on various hapū and iwi initiatives that contribute towards Māori development generally. The conference was well organised, and had a range of research-based presentations and community-led workshops. They also met with Nadita Beauchamp from Ngāti Kahungunu and Ngāi Tūhoe, who works at the University of British Columbia, and will be relocating to Aotearoa in the near future. She works to support indigenous students and the university, and is based at the university's Long House.

From Victoria, they travelled to Kamloops and met with several staff at Thompson Rivers University, including Prof Airini (Dean, Faculty of Education & Social Work), Prof Bradford Morse (Dean, Faculty of Law), Dr Rod McCormack (Research Chair) & Sherry Boudreau, Paul Michel (Executive Director, Aboriginal Education & Chief of Adams Lake Indian Band) & Dr Courtney Mason (Canada Research Chair), and Prof Nicole Schabus (Faculty of Law). They also had the privilege of visiting Elder Mike Arnouse and Donna of the Neskonlith Band, and Kathy Michel, staff and community members at Chief Atahm School, an immersion school located on the reservation of the Adams Lake Indian Band.

From Kamloops, they travelled to Vancouver to meet with Jo-ann Archibald, and discussed the 'Awakening the Spirit' project, which focused on traditional waka/canoe building and customs. They visited the Masqueam people and reservation, and were able to witness some of the social development occurring there. They also met with Darlene Sanderson, who is based at Thompson Rivers University, and has an interest in indigenous water rights.

Finally, they were hosted by Prof Karina Walters and Kerrie Murphy in Seattle, which included a visit to Billie Frank Jr Nisqually National Wildlife Refuge, the Puyallup

Tribe Pow Wow, and Discovery Park, where they spent time with members of the Choctaw tribe. Meetings with Caroline Hartness (indigenous experiences of foetal alcohol syndrome), staff and students of the Indigenous Wellness Research Institute at the University of Washington were also held.

Overall, these visits have reinforced our connections with indigenous researchers, academics, and communities in both Canada and United States, and show that regardless of our history and experiences of colonisation, historical and intergenerational trauma is widespread. There are also various pathways towards wellness, healing and restoring equilibrium, some of which will inform our new projects. We acknowledge those who arranged the itinerary and meetings throughout this trip.



Rāwiri and Cheryl dining with Dr Jo-ann Archibald of the Sto:lō (First Nation member) and her husband in Vancouver

Hosting Scholars



Hayley Cavino

We were happy to host a visit from Hayley in August 2017. Discussions included her thesis which focused on the dislocation of Māori through trauma and violence. She drew on mana wahine ethics as a guide to enable researchers to move towards inclusion and knowledge recovery to better understand identity, connections to whānau, and the ability to negotiate, analysis, rhetoric and/ or praxis that minimises or de-authenticates communities.

Researchers must privilege ethical ways of engaging with the issues of violence and trauma, and with whānau for whom trauma is a lived reality. Mana wahine ethics also enables the act of holding space in academic forums.

Michelle and Derek Johnson Jennings

From 10-12 October 2017, Te Atawhai o Te Ao had the privilege of hosting Michelle (Choctaw tribe) and Derek Johnson Jennings (Sachen Fox tribe), with Michelle being a Fulbright scholar at the University of Waikato. Based in the medical school at the University of Minnesota, they lead the Research for Indigenous Community Health Centre (RICH) at Duluth. Michelle's research areas include clinical health psychology, while Derek also has an interest in cultural and indigenous health. They made a visit out to Kauangaroa, the local museum and art galleries. Their visit included kōrero amongst our Board and staff members, as well as with Rihi Karena (Whanganui DHB) and Pirihiara Cribb (Māori Land Court). It was lovely to have our tamariki involved in the hosting of their tamariki, and our staff preparing kai Māori on their first day with us.



Dr Sarah Hunt

From 21-22 February 2018, Te Atawhai o Te Ao hosted Dr Sarah Hunt, from the First Nations and Indigenous Studies Program at the University of British Columbia. She was chaperoned by Assoc Prof Leonie Pihama and Dr Naomi Simmonds of Te Kotahi Research Institute. Sarah also assisted Te Atawhai o Te Ao in providing ideas and feedback, that contributed to the site visit with the Health Research Council. Dr Hunt is an indigenous geographer, interested in Te Awa Tupua as a legal person, as well as family violence, sexual violence prevention, and is involved in the Missing and Murdered Indigenous Women (MMIW) epidemic.



Derek and Michelle Johnson-Jennings speaking with Matua John Proebstel at Kauangaroa Marae. Researcher, Helena Rattray-Te Mana seen in the background supported the site visit.

International researcher collaborations



- Jo-ann Archibald - Awakening the Spirit project
- Karina Walters & Kerrie Murphy - University of Washington, Seattle
- Nadita Beauchamp - University of British Columbia, Vancouver
- Prof Airini, Prof Bradford Morse, Dr. Rod McCormack & Sherry Boudreau, Paul Michel & Dr. Courtney Mason & Prof Nicole Schabus - Thompson Rivers University, Kamloops
- Michelle Johnson-Jennings - Research for Indigenous Community Health Centre RICH, Duluth
- Darlene Sandersen - Thompson Rivers University, Kamloops
- Public Prosecutor's Office (Brazil): Presentation to Liability, Justice and Compensation for the Environmental Crimes and Rights Violation – conclusions from panel were incorporated by the Citizens Process of the World Water Forum
- Mona Polacca - Citizen's Forum Indigenous People's Programme
- Mike Arnouse and Donna of the Neskonlith Band, Kathy Michel, community members at Chief Atahm School - Adams Lake Indian Band, Kamloops

WHAI TAKE

TO GENERATE INNOVATIVE IWI, HAPŪ AND WHĀNAU KNOWLEDGE IN
HEALTH, WELL-BEING AND ENVIRONMENTAL RESEARCH

He Kokonga Ngākau Research Programme

Te Atawhai o Te Ao continues to build research capacity and capability, as well as advance innovative research methodologies and solutions, through four new research projects. These are being developed, incorporated under the theme *He Kokonga Ngākau*. This research programme, and its four research projects, will continue to draw on Māori ways of healing, recovery, and well-being. The four research projects are named *Whakamanu*, *Whakapapa*, *Whakarauora* and *Whakatika*.

Whakatika Project

Lead investigator: Dr Cheryl Smith
Project coordinator: Helena
Rattray-Te Mana

Te Atawhai o Te Ao is conducting
a national survey proposed for

launch during the Te Matatini
ki te Ao Kapa Haka Festival in
Wellington 21-24 February 2019.
The survey will focus on health
outcomes of racism in Aotearoa,
New Zealand as experienced by
Māori.

A summary of outcomes over

the period includes a literature
review, and we have appointed
our advisory board for this
project. The board members
are national and international
leaders within ethnicity research
and development. They are: Prof
Helen Moewaka Barnes, from
Massey University; Dr Donna





Cormack, from the University of Auckland; Eljon Fitzgerald, from Aronui Ltd, who managed Te Hoe Nuku Roa framework: A Māori identity measure, at Massey University; Sister Makareta Tawaroa, a local kuia of Te Āti Haunui-a-Pāpārangi and tireless community leader, and rangatiratanga advocate; and Kerri Kruse, from the New Zealand Human Rights Commission.

This project aims to collect information that will focus on outcomes of rangatiratanga and racism in Aotearoa/New Zealand. Existing definitions of racism do not adequately reflect the experiences of Māori. Racism for Māori is historically layered and is also an issue in contemporary times. The wider objective of this project is to generate new quantitative and longitudinal knowledge of intergenerational trauma. The project is a continuation of the previous research undertaken as part of the *He Kokonga Whare Research Programme*.

Whakarauora Project

Lead investigator: Dr Rāwiri Tinirau
Project coordinator: Meri Haami

This project aims to collect traditional fishing knowledge and methods used by Whanganui tūpuna. This knowledge will be collected through wānanga, workshops, seminars and lectures to be reintegrated into a curriculum that will be tested and taught at Te Kura o Te Wainui-a-Rua, Whanganui.

This project achieved key milestones throughout the year. The milestones include the following:

- attaining support and future collaboration from
 - Te Kura o Te Wainui-a-Rua
 - expert uri to present the traditional fishing knowledge they hold
- completing preliminary research
 - literature review on traditional fishing knowledge
 - literature review on hīnaki, korotete and pōhā
 - proposals
- establishing critical areas of expertise or traditional

knowledge

- education
- Whanganui maramataka
- pā tuna and utu piharau
- hīnaki, korotete and pōhā

- initiating preliminary research surrounding Whanganui maramataka

This process will integrate Whanganui māramataka into the education curriculum as well as be the topic of discussion for the first wānanga of this project.

Te Kura o Te Wainui-a-Rua as well as the initial responses from expert uri, have been supportive of the *Whakarauora Research Project*. Due to the preliminary research taking place in different and broader expert areas, the research process has taken shape. This process now looks to capture knowledge through wānanga, workshops, seminars and lectures by livestreaming (via Te Atawhai o Te Ao facebook page) and video to create a body of video-audio based literature. This will then be collated and strategised to be implemented within Te Kura o Te Wainui-a-Rua. Defining the research process exemplifies the importance of preliminary research and how it

can create a simple yet effective research process for the future. In conclusion, the preliminary research examining the rich fishing history of the Whanganui awa as well as the support from Te Kura o Te Wainui-a- Rua and expert uri provides the foundation for the project moving forward.

- Identifying eight whānau researchers who come from different hapū throughout the motu, resulting in a growing and colourful collection of whakapapa connections
- Identifying speakers and venues for training for our whānau researchers

Whakapapa Project

Lead investigator: Dr Rāwiri Tinirau
Project coordinator: Helena Rattray-Te Mana

The aim of this project is to undertake whānau-led research, explore whānau narratives and whakapapa connections. This will provide an insight into the organisation, perseverance, preservation and engagement of whānau and whakapapa over time.

A summary of outcomes over the period include:

- A literature review identifying key themes
- Attending the Toi Tū Te Whānau, Toi Tū Te Kāwai Whakapapa Symposium in Wellington
- Research topics being brainstormed and discussed by staff of Te Atawhai o Te Ao. These topics will be proposed to and then decided by the whānau researchers



Whakamanu Project

Lead investigator: Dr Rāwiri Tinirau
Project coordinator: Meri Haami

The *Whakamanu Research project* aims to create a marae-based archive for two marae communities to house their taonga. These marae communities include Kauangaroa Marae (Ngā Wairiki) and Rānana Marae (Ngāti Ruaka/Ngāti Hine). The project has achieved key milestones throughout the year. These milestones include the following:

- Attaining support from both marae communities
- Completing preliminary research
 - Literature review on whānau archival research
 - Proposals
- Conducting fieldwork by interviewing whānau and hapū members on what a marae archive might look like and involve
- Presenting the project through conferences
- Establishing the time to create the archive next year

This last process will entail creating digital or physical marae-based archives. Both of the marae-based archives may also be a combination of the two, called a hybrid archive.



Seven of the eight whānau researchers together with Te Atawhai o Te Ao staff at the first *Whakapapa Research Project* hui

The hapū and marae communities have been beyond accommodating in supporting the *Whakamanu Research Project*. As a result, the interviewing process has brought out diverse hapū perspectives on what taonga means, how the marae could best accommodate taonga and what the archives could mean for the future well-being of our marae communities. These perspectives highlight the best ways to create and care for their archive in accordance with each respective marae community. The presentation of the research project also allowed for connections to be made with similar research projects conducted by other Māori within whānau, hapū or iwi-led archival work. Overall, the preliminary research, the interviewing process as well as connecting with similar Māori archival work has provided clear directions for next year.



Meri with other Pae Matapaki panelists during the Ngā Taonga Tuku Iho Conference held at Whakatū Marae, Nelson 16-18 September 2018.

Meri presented at the workshop 'Tikanga, Protocols & Practices for Whānau, Hapū, Iwi and Māori Collections'. She presented her mahi about the *Whakamanu Research Project* and Whanganui Kaiponu.



The team together with kuia from Ngāti Ruaka/Ngāti Hine sorting through archival material at Rānana Marae

Community Engagement

Kauangaroa Health Education

Our kaumātua from Kauangaroa meet monthly for their health education wānanga. They have been provided with some invaluable insights and support of health benefits that may have

an influence on their well-being. The topics reviewed throughout the year have included: mental health awareness, podiatry, pulmonary rehabilitation, stroke prevention, audiology, diabetes,

prostate cancer, care plans and long-term conditions. Each hui concludes with a shared kai to promote whakawhanaungatanga and to enjoy each others company.



Kaunihera Kaumātua o Whanganui

The Kaunihera Kaumātua also hold their hui monthly at Te Atawhai o Te Ao until such time as their whare ruruhau renovations are completed at Te Taurawhiri, Victoria Avenue, Whanganui. These hui provide an opportunity to share and present information on current and upcoming research projects and they also share in the *Tā Te Rangatira Kai* presentations every month, also hosted by Te Atawhai o Te Ao.

Māori Women's Welfare League - Whakaaro Nui ki te Ora

Our kuia meet bi-monthly at Te Atawhai o Te Ao to discuss matters pertaining to our kuia, women and whānau in general. They also used this time to learn of current affairs in and around the region, and how they can add value or support to those events. Members of our group were also involved in supporting student voice at the Ngā Pū Kōrero Mō Āpōpō Speech regional competition in Te Hāwera.



Other group activity

Te Atawhai o Te Ao have provided our premises to groups to hold their hui or wānanga from time to time. These groups include Te Kura o Te Wainui-a-Rua Board

of Trustees, Te Wainui-a-Rua Cultural Club practising for the annual Hui Aranga gathering, Matatera Trust from Kauangaroa and Te Matapihi preparing for Te Matatini ki te Ao Kapa Haka Festival.

Other Projects

He Kura: Asthma Support for tamariki Māori at School

Engagements with Te Kura o Kōkōhuia, Tāwhero School, Carlton School and Whanganui East School are continuing.

For the *He Kura Project*, we presented final reports to Tāwhero School, Te Kura o Kōkōhuia and Whanganui East School. Feedback has been positive, with Carlton School declining the opportunity to be reported to. This was our final engagement with the schools, and a final report has been written by Susie Wakefield outlining our contribution as part of Phase II of *He Kura*.

This project offered a school based asthma management plan, to determine if this leads to improved asthma outcomes amongst asthmatic children. Asthma affects one in four children in New Zealand and the global impact of asthma has propelled this condition into a major health concern. Within

New Zealand children lose approximately 550,000 school days every year to asthma. With effective planning and education, asthma can be managed.

The asthma management plan offers nine components. One of the components of the plan is to 'identify children with asthma'. This included a review of the school's enrolment and medical forms. Identifying students with asthma provides a guide for the school and staff to develop a plan of care. This resulted in the amendment of an enrolment form to include 'does your child have any respiratory concerns such as asthma'. The review also initiated updating medical information, as this is only captured upon enrolment.

He Kura provided each of the participating schools with an array of skills and support. This included asthma emergency kits provided by Asthma Wellington.

Also, staff and student education, offered an invaluable resource of information. Along with community education and engagement; *He Kura* sought to raise an awareness and understanding of asthma, and to encourage a reciprocal relationship of responsibility, care and support to evolve, between the school, school staff, whānau and community support services.

Whakapae e te Ara Hā: Asthma Self-Management Programme

Susie and Rāwiri facilitated the first Whakamana Whānau workshop in Palmerston North on 26 July 2017, which was well received.

These wānanga held were opportunities to identify self-management strategies. Whānau found these strategies useful in helping to manage other health conditions.



Tania Kara continues to follow up with whānau as part of our 3, 6 and 12 month commitment to engage with whānau on how they are progressing with asthma management. Together with Susie Wakefield, our researchers are currently recruiting for a second set of asthma self-management workshops in the MidCentral region.

This project seeks to assess the effectiveness of a whānau centred asthma self-management intervention and to support self-management control, enhance health literacy, improve quality of life and reduce health care utilisation, amongst Māori children with asthma. This

evolved from the high admission and presentations of Māori children to hospital. *Te Ara Hā* provides an approach to offer whānau the skills and education to support their child with asthma, to enhance their autonomy and build their self-efficacy.

Whānau who accepted the invitation to the study were presented with a series of questionnaires. One component of the questionnaire was to identify the asthma management whānau have in place to manage their child's asthma. The study revealed 55 percent of children in Whanganui and 63 percent in Palmerston North, have a written asthma action plan. A written

personalised asthma action plan is an invaluable resource to provide guidance and encourage a controlled management of care.

Te Ara Hā delivered self-management programmes in Whanganui and Palmerston North over this period. The self-management tools guided whānau to develop strategies to increase their ability and confidence to apply these skills. *Te Ara Hā* provided a programme to promote a change by enabling whānau to make informed choices towards managing their child's health and well-being.

Pākaitore Historic Reserve Board

Te Atawhai o Te Ao was asked to write a research proposal for Pākaitore Historic Reserve Board, regarding a history of Pākaitore.

Local expert, Raukura Waitai has been diligently collecting information on Pākaitore from various sources. This will support Aneta Rawiri who has been engaged to write a historical descriptive report. Both Raukura and Aneta, guided by Cheryl and Rāwiri, will also be preparing the second report based on case studies.



Aneta Rawiri and Raukura Waitai



Graphic designer: The late Leon Rerekura overlay on images captured from the occupation in February 1995

Research Initiatives & Collaborations

Te Puna Ora o Mataatua

Te Puna Ora o Mataatua asked Te Atawhai o Te Ao to collaborate on a primary health evaluation research project. We declined the opportunity to submit a request for proposal for the in-home elderly care work in the MidCentral region, but recommended that engagement with Te Puna Ora o Mataatua continue. This could lead to collaborative ventures with Taipahake and the Kaunihera Kaumātua.

We were also asked to consider hosting a research project on food sovereignty, which will be funded by Ngā Pae o te Māramatanga. Our involvement in this *Kai governance, Kai sovereignty, and the (re) production of kai: He moumou kai, he moumou tāngata* Project has been confirmed, and Drs Cheryl Smith and Rāwiri Tinirau have been named as presenters for a long-term panel presentation at the International Indigenous Research Conference in Auckland during November 2018.

Te Roopu Kapahaka o Te Matapihi

Rāwiri composed two items for Te Matapihi in their preparations for the Aotea Regional Kapa Haka Competitions, and completed judge's scripts and associated paperwork, recognised as an innovative way of disseminating research findings. He was also unanimously appointed as the Convenor of Judges for the regional competition, despite declining due to obvious conflicts of interest, all of which were accepted and acknowledged.



Wānanga with rangatira & kaumātua on Māori research ethics, for the Kai Governance/Kai Sovereignty Project

Moana Project

Dr Cheryl Smith worked with Ngā Wairiki/Ngāti Apa Chief Executive Grant Huwyler and Ursula Roszka, a Chilean marine biologist to complete a research proposal for a Moana Project on the west coast. This project has been applied for under Te Rūnanga o Ngā Wairiki/Ngāti Apa, with input from Te Atawhai o Te Ao. As this is a project on mana moana, it seemed better positioned under iwi. If successful, this is for scoping funding only, and there is a desire to consolidate the relationships and extend the scope of the research along the west coast.

Researcher collaborations

Te Atawhai o Te Ao has worked diligently with a number of researchers and experts in order to progress the projects we are engaged in. These collaborations have provided positive pathways to collecting rich data and will help to formulate our outcomes reporting. The following are key contributors we have had the opportunity to work with over this period:

- Tuiloma Lina Samu of the Human Rights Commission (*Whakatika Research Project*).
- Awhina Twomey, Whanganui Regional Museum (*Whakarauora & Whakamanu Research Project*).

- Fiona Wiremu, Te Puna Ora o Mataatua & Te Whare Wānanga o Awanuiārangi.
- Dr Anne-marie Gillies, Te Puna Ora o Mataatua.
- Te Kaunihera Matua o Te Hui Aranga, Archive Management System.
- Te Kotahi Research Institute (University of Waikato). Memorandum of Understanding for the 2018 Ministry of Business Innovation and Employment application for Endeavour funding. *He Waka Eke Noa: Cultural Approaches to Healing Family and Sexual Trauma*.

WHAI HUA

PRODUCING EXCELLENT RESEARCH PRODUCTS

Dissemination

He Kokonga Whare: Māori inter-generational trauma and healing programme

The overarching objective of this programme was to undertake a series of four research projects. Specifically, the research programme targeted different contexts of trauma, recovery and healing responses as manifest in four research projects. They are:

- Whenua, Historical Trauma and Health Outcomes (*Whenua Project*)
- Impact of Sexual Violence Upon Māori (*Sexual Violence Project*)
- Health and Well-being of Māori Prisoners on Reintegration to the Community (*Prison Project*), and
- Māori narratives of trauma and healing (*Well-being Project*)

Although this programme officially ended in September 2016, a project really never ends and its outcomes and learnings are endless. From the time this project ended to now, we have

continuously produced research outputs, made impacts in health and policy development and published findings and end-user material.

Our key highlights of the full programme have been:

- We have seen a big influence on the national discourse and the uptake by Māori of the understandings of intergenerational trauma, and a range of development responses.
- New programmes have been created, and policy impact has occurred.
- We successfully trialled reintegration through hapū intervention that saw a sharp reduction in recidivism.
- We have influenced a range of Māori health providers through their policy and practice.
- We provided government briefings to successive Ministers.
- We shared this new knowledge in a range of presentations to Ministry groups including health, education and justice.
- We provided training and roadshows for 300+ health and community providers throughout the country.
- We ran workshops and training with iwi governance and Māori health providers throughout the country.
- Collaboration and linkages with 60+ Māori community researchers.
- Dissemination methods beyond traditional publications, including three national roadshows, community hui, wānanga, seminars, workshops, national and international conferences, social media and four final reports.
- Provided an evidence base for Treaty claims, mental health, and criminal and justice reform.

Relationships & Outputs

As well as producing excellent research products and outputs for *He Kokonga Whare*, our other major highlights were the myriad and meaningful relationships and collaborations made throughout the programme. Specifically, we would like to mention:



6 PhD & Masters Students



3 Internships



9 Writers
Sabbatical/
Fellowships



1 International
Partnership



9 Research
Assistants



5 Community
Researchers



4 Advisors

Lead Investigators



Sexual Violence Project

Dr Leonie Pihama
Māori & Indigenous Analysis



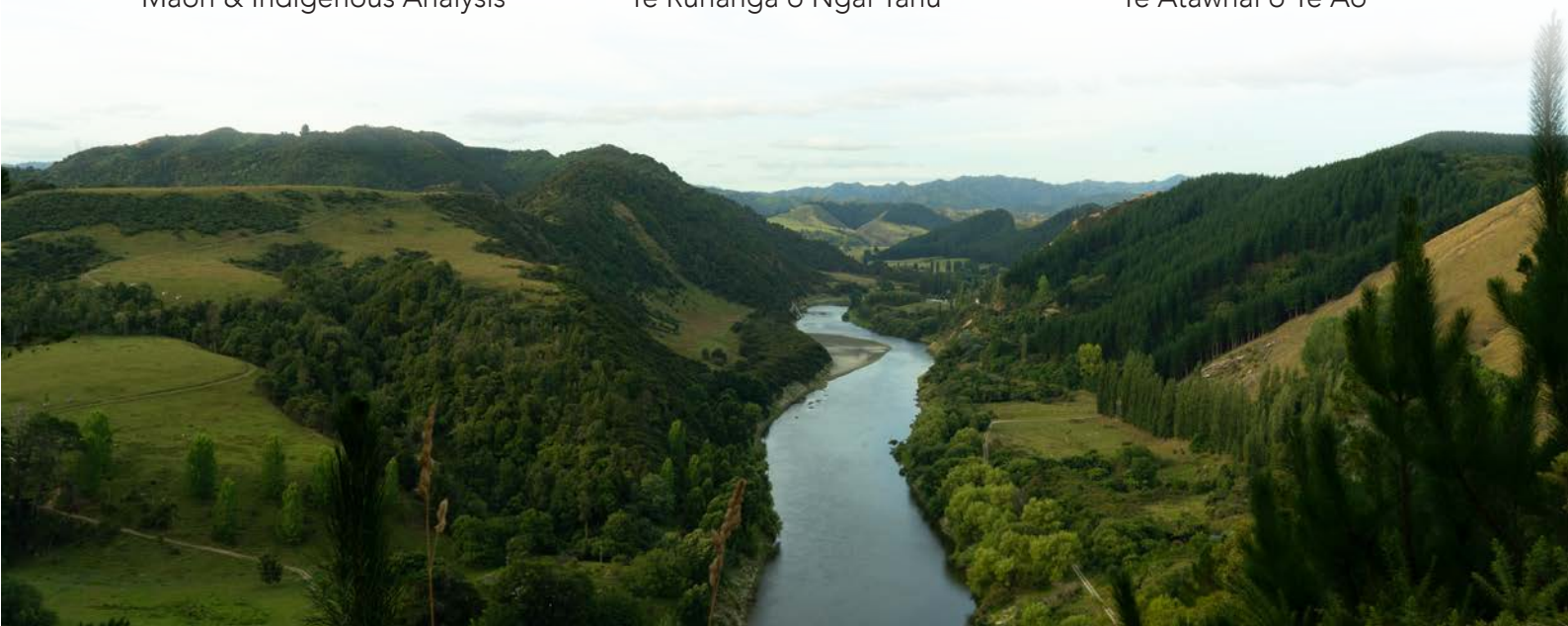
Whenua Project

Dr John Reid
Te Rūnanga o Ngāi Tahu



Prison and Well-being Projects

Dr Cheryl Smith
Te Atawhai o Te Ao



Policy Impacts

The impacts of our research has been many while some organisations and individuals continue to make reference to the project outcomes today. Those instances recorded include;

- Kirsty Dempster-Rivett, Male Support Services Waikato. Uses and quotation of *He Kokonga Whare* outputs in the trauma informed training she is providing at Auckland's Women's Prison.
- Ana Ngamoki, Department of Corrections. Presentation to an audience of approximately 160 Corrections staff, 95% or more non-Māori. Use of the *He Kokonga Whare* programme research outcomes.
- *He Kokonga Whare*

programme research outcomes used to assist in the development of an 'Indigenous Wellbeing Course' at Te Whare Wānanga o Awanuiārangi.

- Informal conversation with Paul Monro, lawyer for the Mana Wahine Claim. Research outcomes from the *He Kokonga Whare* programme and *Grandparents raising Grandchildren project*.
- Informal conversation with Cheryle Mikaere who heads the Auckland Women's Prison. Research outcomes from the *He Kokonga Whare* programme.
- Informal conversation with Ana Ngamoki and other staff

from Head Office Corrections, Wellington. Research outcomes from the *He Kokonga Whare* programme.

- Informal conversation with Moana Shelford and head office staff members from Oranga Tamariki. Research outcomes from the *He Kokonga Whare* programme.
- Informal conversation with Keri Opae and staff from Tū Tama Wahine.
- Informal conversation with sexual health providers from the South Island to input key discussion points to raise with the Minister convening the Inquiry Into State Care of Māori.

Publications

A new publication that has been completed is:

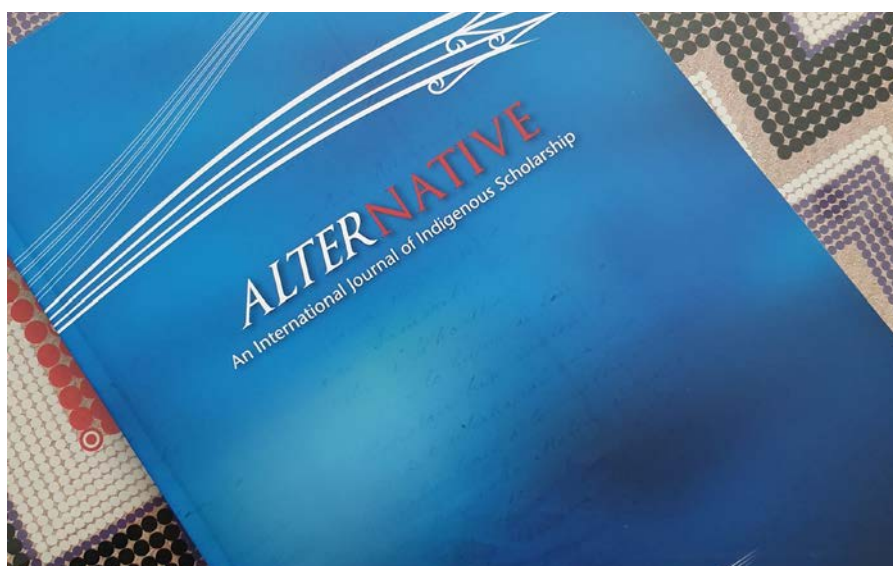
- Smith, C. W., Rattray-Te Mana, H., Pihama, L., & Reid, J. (2017). Traumatic brain injury of tangata ora (Māori ex-prisoners). *AlterNative: An International Journal of Indigenous Peoples*, 13(4), 226–234.

Other publication work underway includes:

- *He Ara Uru Ora*: A book that will be prepared by Tākirirangi Smith and published by Te Atawhai o Te Ao.
- *He Rau Murimuri Aroha*: A book on wāhine authors and their contributions to historical trauma.
- Helena, Cherryl and Nayda Te Rangi have been invited to

submit chapters for upcoming book edited by Adele Norris Waikato University on Indigenous women and incarceration.

- New Zealand Family Violence Clearinghouse published selected bibliography on mental health, addiction, trauma, violence and abuse.



Presentation Spotlight

Keynote presentation at Research Symposium and Thought Wānanga, Māori Trauma Informed Care held 7-8 May 2018 in Tamaki Makaurau, given by Dr Cherryl Smith presented on the *He Kokonga Whare* themes.

"I was the last speaker on the programme after two days of incredible presentations. By the time it got to me, I felt that I was just repeating what had been said but I did talk from a hapū perspective which was not really a way that anyone else approached the topic of Māori Trauma Informed Care."

Dr Cherryl Smith

We were able to share findings from the *He Kokonga Whare* programme through a number of ways.

We met with senior staff from Corrections such as Cheryle Mikaere who heads the Auckland Women's Prison as well as Ana Ngamoki and other staff from Corrections head office in Wellington.

We also spoke with Oranga Tamariki head office staff, Moana Shelford who is working with Leland Ruwhiu.

We held three side hui with Jenny Bol Lee, Co-Director for

Te Kotahi Research Institute on raising mokopuna.

Another meeting with sexual health providers from the South Island to contribute to key discussion points when they raise with the Minister convening the Inquiry Into State Care of Māori. We also spoke with Keri Opae and Tū Tama Wahine staff.

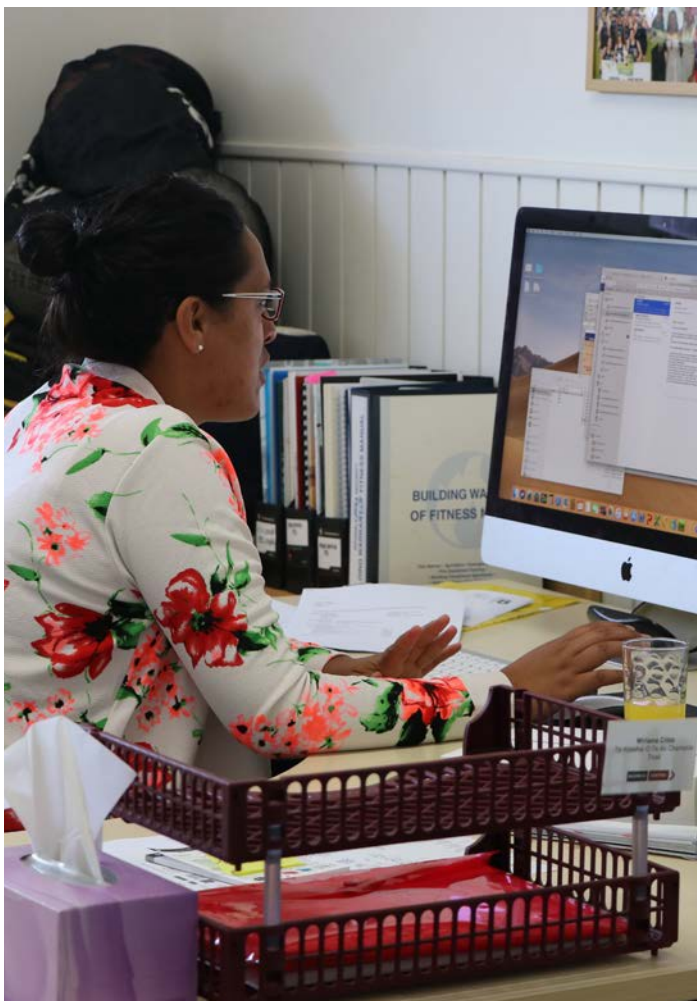
Both Corrections and Oranga Tamariki, mental health providers, alcohol and other drugs teams were already aware of the *He Kokonga Whare* programme and seemed to

have read whatever was out there. There was a sustained push from the hui to embed key understandings in the approach that policy makers and providers are to take with our whānau. There is a push to make a radical change around the way that social and justice policy works. Could finally get Puao Te Atatū in place!! Cultural safety as defined by Erihāpeti Ramsden was also discussed, which was co-opted and became all about Pākehā competence rather than a wrap around support of Māori whānau programme grounded in an understanding of colonisation.



TE HIKU

GOVERNANCE & MANAGEMENT OF TE ATAWHAI O TE AO



We began this period with the official employment of Dr Rāwiri Tinirau as Co-Director of Te Atawhai o Te Ao alongside Dr Cherryl Smith. Our transition plan towards appointing a new Co-Director was achieved as Rāwiri was previously employed as Interim General Manager during Cherryl's time away on sabbatical.

Te Atawhai o Te Ao also employed Meri Haami and Ngareta Patea in April 2018. We bid farewell to Daezha Rerekura, our Administrator, who decided not to return after the birth of her beautiful boy, Hoani Paora. She was covered and later employed permanently by Hine Maraku. Kahurangi Tinirau, who has been our main point of contact for *Te Ara Hā* in the MidCentral region resigned in February 2018 and took on a teaching position at Monrad Intermediate and later at Hato Pāora College. We wish both Daezha and Kahurangi well. Profiles on our new and existing staff members will feature in this section.

We would also like to thank our Board for another year of effective guidance and leadership and it is not often we make time to acknowledge their contribution. Staff members enjoyed their night with the Board at the 2017 Te Manu Atātū Māori Business Awards. The Board features in this year's magazine also.

Our Staff



Co-Director: Dr Cheryl Smith

Ngā Wairiki-Ngāti Apa, Te Aitanga a Hauiti, Ngāti Kahungunu and Ngāi Tahu

Doctor of Philosophy in Education, University of Auckland

Cherryl has over 20 years experience working in the area of Kaupapa Māori research across the environment, health and education sectors.

Co-Director: Dr Rāwiri Tinirau

Te Āti Haunui-a-Pāpārangī, Ngāti Rangī, Ngā Rauru Kīhahi, Ngāti Ruanui, Ngā Wairiki-Ngāti Apa, Ngāti Tūwharetoa, Ngāti Maru

Doctor of Philosophy in Management, Massey University

Rāwiri has a background in education and research. He has served on boards of numerous trusts and organisations.



Project Coordinator/Researcher: Helena Rattray-Te Mana

Ngā Rauru, Ngāi Tahu

Masters in Indigenous Studies, Te Whare Wānanga o Awanuiārangī

Helena provides quality research that involves data analysis, contributing to key research meetings, talking with key sector groups and disseminating research information.



Registered Nurse/Researcher: Susie Wakefield

Ngā Wairiki-Ngāti Apa, Te Āti Haunui-a-Pāpārangī

Bachelor of Nursing
Postgraduate Certificate in Health Sciences

Susie joined the *He Kura Asthma Project*, a three year project that aims to improve asthma knowledge and management by identifying the specific needs of Māori children with asthma in primary schools.





Project Coordinator/Researcher: Meri Haami

Te Āti Haunui-a-Pāpārangi, Ngāti Rangi, Ngā Rauru Kītahi, Ngā Wairiki-Ngāti Apa, Ngāti Tūwharetoa, Ngāti Maru

Master of Music in Musicology, Victoria University, Wellington

Meri leads two projects namely *Whakamanu Project*, looking at how iwi, hapū and whānau create Kaupapa Māori preservation and protection methodologies and practices, and the *Whakarauora Project* collecting information regarding both tangible and non-tangible taonga relevant to Whanganui tūpuna fishing methods and integrate this traditional knowledge within school curricular.

Research Assistant: Tania Kara

Ngā Wairiki-Ngāti Apa, Te Āti Haunui-a-Pāpārangi, Taranaki, Ngāti Tūwharetoa, Ngāti Kahungunu

Tania is working with Susie Wakefield on the *He Kura Project*. Tania has worked with Te Kooti Whenua Māori prior to coming to Te Atawhai o Te Ao and is also involved with the *Whakapapa Research Project* as a whānau researcher.



Business Manager: Miriama Cribb

Whanganui, Te Arawa, Ngāti Porou

Bachelor of Commerce and Administration, Bachelor of Arts (Hons) in Education, Victoria University, Wellington

Miriama supports the successful performance of Te Atawhai o Te Ao by providing professional Business Management for the organisation. This involves management of the research programmes, financial, office and human resource management.

Administrator: Hine Maraku

Te Āti Haunui-a-Pāpārangi, Ngāti Maniapoto, Ngā Wairiki-Ngāti Apa, Ngāti Rangi, Ngāti Tūwharetoa, Ngāti Kahungunu

If visiting the office, you will be warmly welcomed by Hine who is our Administrator and Personal Assistant to our Director. She has been with Te Atawhai o Te Ao since June 2017 and follows in the footsteps of Daezha Rerekura.



Communications/Systems Support: Ngareta Patea

Te Āti Haunui-a-Pāpārangi, Ngā Rauru, Ngāti Raukawa, Ngāti Whiti, Ngāti Tūwharetoa, Whakatōhea

Ngareta is focusing on communications, Ngareta has worked extensively in the field of education and has built a number of networks with iwi and Māori organisations across Aotearoa. She joins both Hine and Miriama to provide administrative support to the team of researchers.

Our Board

Our Board has overall responsibility for the governance of Te Atawhai o Te Ao. Their priority focus is to ensure the best interest of the institute and its stakeholders are at heart. They actively demonstrate a Kaupapa Māori approach to the governance arm offering guidance and meaning to the work of the team.

Our Board is chaired by Jim Allen. According to Matua Jim,

As the Board Chair, my hopes and aspirations for the future of Te Atawhai o Te Ao revolve around the values of the organisation: i.e. that all that come and work for the organisation and that during their time here, however long that maybe, that they will appreciate those values in their lives.

*Jim Allen
Chairperson*

Our mission statement is to be a community-led, globally recognised indigenous research institute that generates and rediscovers knowledge, focused on health and environment, for the benefit of our people. The institute's values draw from our Kaupapa Document, which forms our philosophy. The values include: *Mana Atua*, *Mana Whenua*, and *Mana Tangata*.

Mana Atua

Respect for creation, spiritual nourishment, learning and knowledge, and living in tune with the natural world.

Mana Whenua

Being community based, working collectively, and diligently and actively returning to our traditional homelands to enhance well-being.

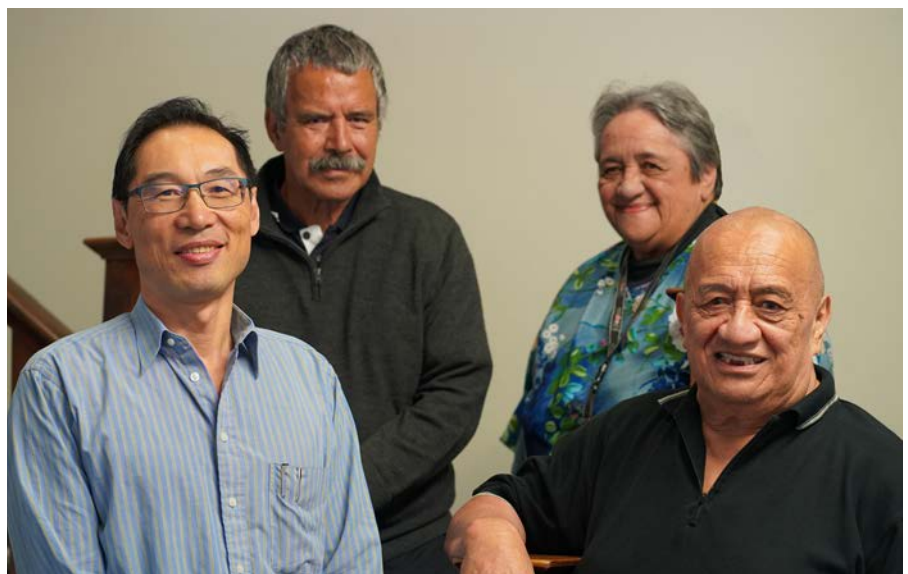
Mana Tangata

Continuity of life, humility, caring for others, and leading by example.

These values have a lot of depth and meaning as no doubt it has to those who have put the same at the forefront of our institution. On the daily, our team demonstrate their understanding of these values in the work they do, both

internally and externally and in our Kaupapa Māori approach.

The greatest impact has been witnessing personal growth, how the team has developed over time and our dedication to serving our people. The research and administrative support oozes with commitment to the work, to the research projects, to the collaborative research approach, our commitment to our projects and most importantly, to our iwi Māori throughout the community, nationally and globally.



Board members from left: Lupton For, Joe Huwyler, Rii Templeton and Jim Allen (Chair)

Operations & Management

Health Research Council - Independent Research Organisation Review

As part of the Independent Research Organisation Funding (IROF) contract with our main funder, the Health Research Council (HRC) of New Zealand, a review was to take place after the fourth year of funding. That review would include a site visit from independent members (the review panel) and submission of a report covering the key outcomes of the funding to date.

Review Panel Visit

On 7 March 2018, Te Atawhai o Te Ao hosted the review panel and in attendance from HRC were Stacey Pene (Manager – Māori Research Investment) and Megan Biles (Senior Evaluation Analyst), Dr Clive Aspin (Co-Chair), University of Puthisastra, Prof Richard Bedford (Co-Chair), University of Waikato/Auckland University of Technology, Prof Barbara Israel, University of Michigan, Prof Linda Nikora,

Ngā Pae o te Māramatanga (Co-Director), Jodi Porter, Whāriki Research Centre, Massey University and Dr Sarah-Jane Tiakiwai, University of Waikato (Deputy Vice-Chancellor, Māori).

The half-day programme covered whakawhanaungatanga, general discussions, questions and sharing of kai. To take advantage of the visit by the review panel, we invited our research colleagues and community members to speak on our behalf. These are also best known as end-user uptake presentations. We would like to thank Associate Professor Leonie Pihama, Andre McLachlan, Connor and Cruz Pauro, Kataraina Millin, Dr Naomi Simmonds, Nayda Te Rangi, and Dr Sarah Hunt for sharing their experiences, effects and impact of the organisation and our research. We would also like to thank our Board for supporting us in hosting our manuhiri.

Review Outcome

The review of the organisation has been successful and it's important not to lose sight of the opportunities that the review has brought us in terms of outcomes. Te Atawhai o Te Ao was approached to host the Ngā Pae o te Māramatanga wānanga in February 2019 which we believe is a direct result of the review. The planning is already underway to co-host alongside Whakauae Research Services at Rānana Marae, Whanganui. We believe that as a result, there is now interest from the panel members in what we do and how we approach our research projects.

Te Atawhai o Te Ao host Chief Executive (CE) Professor Kathryn McPherson

Following the site visit of the review panel, and the review itself, it was expressed to Stacey Pene how important it is for funders to know what it is we do and we emphasised the importance of the Chief Executive visiting. On 13 June 2018, we hosted Professor Kathryn McPherson, the Chief Executive of Health Research Council to Te Atawhai o Te Ao.

The time with her reflected the site visit and the presentations that were delivered to the review panel. We have also been thinking of a funding strategy given that we are now in the last half of the IROF. This may include further discussions regarding this funding, and what is envisaged beyond 2021.



LEFT: review panelists, Clive Aspin and Richard Bedford speaking with community researcher, Nayda Te Rangi with panelist, Jodi Porter on far right

Highlights for the year

All our staff members were certified with their first aid certificates in July 2017. Sandra Spier of MediTrain ran the course and staff members of Ngā Tāngata Tiaki joined us for a great day of refreshing and learning.

Te Atawhai o Te Ao continues to be a safe place for our people to come to and seek support and guidance with regard to research and other kaupapa. We are continually building a critical mass of community-based Māori

The employment of Ngareta to Te Atawhai o Te Ao has seen a great improvement in publications and dissemination. In the period we progressed and refreshed our branding and marketing material.



Following negotiations, our lease with Tūpoho Investments was renewed allowing us to complete an accessible toilet and rampway access. This was essential and enabled us to host and accommodate a wide range of community groups. The premises improvements to address health and safety of staff continued with our upstairs heating being completed as well as roofing insulation. Installing fibre internet and the purchase of adjustable tables helped to improve online capabilities and the ergonomics to provide conducive working spaces.

researchers, when we consider our whānau researchers, hapū/marae research projects, secondary students, primary school curricular and other activities that we are involved with locally.

Ngareta and Miriama visited Te Kotahi Research Institute on 27 February 2018 to learn about research management systems, structure and operations. In reflection, there are a number of improvements being considered. In turn we have also provided advice to those in the community and iwi/hapū looking at starting their own research institutes.



Whakawhanaungatanga

Like every year, we try to create space for our team together with our whānau, to reflect on the past year and to celebrate the successes that have been accomplished over that period.

On 21 December 2017, the team visited Bushy Park to explore Te Wao Nui a Tāne. This trip was also a chance to identify our rongoā species as part of an internal research project. The whānau enjoyed searching for the rongoā and learning of the

health benefits. As aligned to our institute's value: Mana Atua, we were able to demonstrate our respect for creation, spiritual nourishment, learning and knowledge, and living in tune with the natural world around us.



The whānau also spent a day at Whanganui East Pools on 16 February 2018 enjoying the beautiful weather, each other's company and more great kai. Again, as aligned to our institute's value: Mana Tangata, we focus on continuity of life, humility, caring for others, and leading by example. This activity

was part of teaching our tamariki mokopuna how to manaaki, how to involve others in a way that is mana enhancing. A perfect way for our staff to inject positivity back into our whānau and the community in general. Also a great opportunity to relax and be in a positive space with other positive whānau and friends.

As the whakataukī implies;

'Ahakoa whati te manga, te takoto ana te kōhiwi'

'Our strength is in working together'



