



# Te Atawhai o Te Ao

Independent Māori Institute for Environment & Health

PĀNUI TUAIWA JUNE 2015-2016

# TE IHIRANGI

## PĀNUI TUAIWA



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# MIHIMIHI

## PĀNUI TUAIWA

**H**ihia te rangi,

Hihia te mana  
Takapoua te ao,  
Puritia te ao  
Kia wānangatia  
ngā mahi.  
Honoa te rongo  
Kia Maungārongo  
Kia Papatūānuku  
Kia Rongomaraeroa  
e takoto nei  
Hui e! Taiki e!

Nau mai, haere atu ngā mihi  
ki tēnā ki tēnā o kautau.

E mihi hoki ki ngā wiki kua  
pahure ake ki te aranga o  
Puanga, o Matariki!

Ki ngā mate maha o te wā,  
haere atu! Ōtirā nau mai e te  
āo mārama!

Te Atawhai o Te Ao is an independent Māori research institute for the environment and health, whose purpose is to enhance the health and well-being of Māori by providing excellent Kaupapa Māori research. As we move towards the completion of the He Kokonga Whare programme into the new research programmes, better known as the Independent Research Organisation Fund (IROF), we are reminded of our five strategic goals:

- Whai Pāinga – to grow Māori leadership;
- Whai Take – to generate innovative iwi, hapū and whānau knowledge in health, well-being and environmental research;
- Whai Ao – to build collaborations with indigenous and international researchers;
- Whai Hua – to make a difference in the evidence base to support whānau outcomes by producing excellent research products; and
- Te Hiku – to ensure Te Atawhai o Te Ao is governed and managed well.

The past year has seen staff changes and we continue to develop our local, national and international relationships. We spent a week in Hopuhopu at a writing retreat, hosted a programme leaders hui in Whanganui and sponsored a summer studentship; all part of progressing the He Kokonga Whare programme outcomes.

Our projects with Otago University are progressing well and involves lots of interaction with local schools and families. We held a very important sexual violence prevention workshop with Injury Prevention which was well attended, as well as a media training day with Kaapua Smith. This years inter-organisation event was hosted by Te Rūnanga o Ngā Wairiki Ngāti Apa/ Te Kōtuku Hauora in Marton. Te Atawhai o Te Ao has had another busy year and would like to acknowledge the ongoing support of our staff, whānau, friends and colleagues.

Nā mātau katoa o Te Atawhai o Te Ao

# MIHI KI NGĀ MATE

PĀNUI TUAIWA

*“Kei ngā*

*totara o te*

*wao mui’a*

*Tāne, haere,*

*haere, e moe”*

*Hingangaroa Smith*

28th Māori Battalion C-Company veteran and loved koro, Hingangaroa Smith, passed away on April 14th 2016. Father to Director of Te Atawhai o Te Ao, Dr. Cherryl Smith, he was remembered for his tenacity, courage and bravery.

Of Te Aitanga a Hauiti, Ngāti Porou and Ngāi Tahu descent, he was raised in Tolaga Bay but spent most of his life in Auckland. He returned back to Te Aitanga a Hauiti and his tangihanga held at Hauiti Marae, Tolaga Bay. Being a 28th Māori Battalion veteran, he had both a traditional tangihanga with military honours.

“Our nation will remain forever indebted to the veterans of the Māori Battalion. We pay homage to the selfless service of a hero Hingangaroa Smith, and others of the Māori Battalion who have gone before him. Each esteemed and revered soldier paid the ultimate price of citizenship through their selfless acts of bravery and for that, as a society – we take a moment to reflect on the sacrifices that they made, so that we may live in today” says Māori Party Co-leader, Te Ururoa Flavell.

He is survived by five children and many mokopuna.

*James Joseph Wirihana*

Beloved father of former Te Atawhai o Te Ao senior researcher, Dr. Rebecca Wirihana, brother Elton and husband to Nan. Sadly passed away suddenly at his home on the 16th of November 2015, in Auckland.

Haere rā e te Pāpā.

# STAFF & BOARD

## PĀNUI TUAIWA

### Board of Trustees

We would like to mihi to our Board who continuously provide support and leadership to our organisation. They bring a wealth of experience, skills and expertise. The members are Rii Templeton, Lupton For, Joe Huwyler and they are chaired by Jim Allen.



From left: Helena Rattray, Chrissie Zurcher, Miriama Cribb & Joseanna Goodhall

### Haere rā!

He mihi tēnei ki ngā kaimahi tawhito o Te Atawhai o Te Ao.

Three staff members departed us this year. Senior Researcher Dr. Rebecca Wirihana and He Kura Asthma Researchers, Chrissie Zurcher and Joseanna Goodhall.

All three staff members have made a significant contribution to the

research programmes here at Te Atawhai o Te Ao. They have been valuable staff members and we have enjoyed working and knowing them on both a professional and personal level.

Rebecca will be moving to Rotorua, Chrissie to Australia and Joseanna remains here in Whanganui. We wish them well in their future endeavours.



Dr Rebecca Wirihana



We are very pleased to welcome new staff member Susie Wakefield to Te Atawhai o Te Ao.

Susie has worked for many years in the nursing profession in Australia and in Whanganui. She is working at Te Atawhai o Te Ao as a Researcher on the He Kura: Asthma in Schools project in conjunction with the University of Otago and Tū Kotahi Asthma Trust. Susie is also currently working on her Masters in Nursing.

## SUSIE TARUTARU WAKEFIELD

Ngāti Apa & Te Āti Haunui-a-Pāpārangi  
Nurse Researcher

Susie has a Bachelor of Nursing and a Post Graduate Diploma in Health Science. She is in the process of studying towards her Masters in Health Science and also has a Certificate in Business Management.

Her background is Clinical Nurse Specialist (Ears, Nose & Throat and in General & Urology surgery) in Theatre Services at the Whanganui DHB (2012-2014) and as a Theatre Nurse (2003-2012).

The area of research she is involved in includes asthma with both He Kura and Te Ara Hā research projects.

Susie is an active Trustee member for her marae at Kauangaroa (16.12.2016). Her interests and hobbies include spending time with her husband, children, mokopuna and whānau.

The best thing about working for Te Atawhai o Te Ao is the determination, knowledge and support Te Atawhai o Te Ao promotes to enhance and improve the well-being of Māori.



# HE KOKONGA WHARE

## PĀNUI TUAIWA

### Programme Leader's Hui February 2016

Te Atawhai o Te Ao hosted a two-day He Kokonga Whare Programme Leader's Hui in Whanganui in early February. The first day brought together the research teams of all four projects (Whenua Project, Sexual Violence Project, Prison Project, Wellness Project)

and was spent discussing key findings and outcomes of each project. The second day looked at this year's dissemination plan for the programme. What is the change we want to see from the programme and how are we going to action it? Look for our teams out and about this year as we begin to disseminate the key findings from the research.



### Hopuhopu Writing Retreat July 2015

Researchers from the Sexual Violence Project team, led by Leonie Pihama, hosted Te Atawhai o Te Ao at a week-long writing retreat at the Waikato-Tainui College for Research Development in Hopuhopu. This project team included researchers from Waikato, Taranaki and Palmerston North. The focus was on writing and consolidating themes across the different projects. Mihi nui ki Te Kotahi Research Institute, for their manaakitanga.



## Prison Project Recap

The objectives of the Prison Project are:

- To explore the range of issues faced by Māori prisoners in relation to their reintegration back into their communities;
- To identify any opportunities to improve the reintegration process that could be addressed in order to reduce re-offending by Māori;
- To gather evidence of cultural connectedness of Māori prisoners;
- To gather evidence of cultural and other protective factors utilised by Māori prisoners;
- To explore the factors that both helped and hindered reintegration, 12 to 18 months post-release;
- To determine whether cultural connectedness is a factor in successful reintegration of Māori prisoners; and
- To gather knowledge of successful interventions that work with Māori who have been exposed to trauma intergenerationally.

The following update is written by Jay Rerekura, a He Kokonga Whare Community Researcher.

A number of Tangata Ora engaged by Dr. Paul Reynolds and myself



were part of a group hapū hui at Whangaeahu Marae conducted by Toroa Pohatu and Adrian Rurawhe.

We were fortunate that this group, largely from the Rangitikei area, were already engaged by a community worker whose rapport with these whānau assisted greatly in being able to effectively engage and maintain contact.

Retention of the Rangitikei group highlighted the need to have the involvement of frontline community workers. In this research, this would ensure better outcomes in terms of the gathering of information as well as addressing the needs of those Tangata Ora as they navigate through reintegration in the community. Initial interviews identified the need for support to those who were not positively supported by their whānau.

For those who were not part of the Rangitikei group, there was a stark contrast in terms of retention. There were a number of Tangata Ora whose contact details had changed, moved addresses, left town or had been incarcerated again. This further highlights the need for them to be engaged by a community support of some kind who is able to engage in ways that work for this individual and empathise with their situation.

Unintended outcomes included severely underestimating the time and effort needed to ensure regular engagement with Tangata Ora. Even through multiple avenues of contact were attempted, the task of merely meeting with participants was very difficult.





It was decided that it was important for Tangata Ora to 'Start the journey' of whakapapa learning rather than going into the sort of depth the Whangaehu Marae hui did. A number of hui between hapū liaison and Tangata Ora were scheduled, but three of those meetings arranged were completed. The hapū liaison indicated a strong willingness to work alongside these Tangata Ora who had a great rapport with them. One participant in particular was contactable, but was very difficult to engage. There were other concerns for this participant that outweighed the research project as a priority. More time to simply build a rapport and get to know this individual's situation would not only have aided the project, but more importantly, the

individual herself.

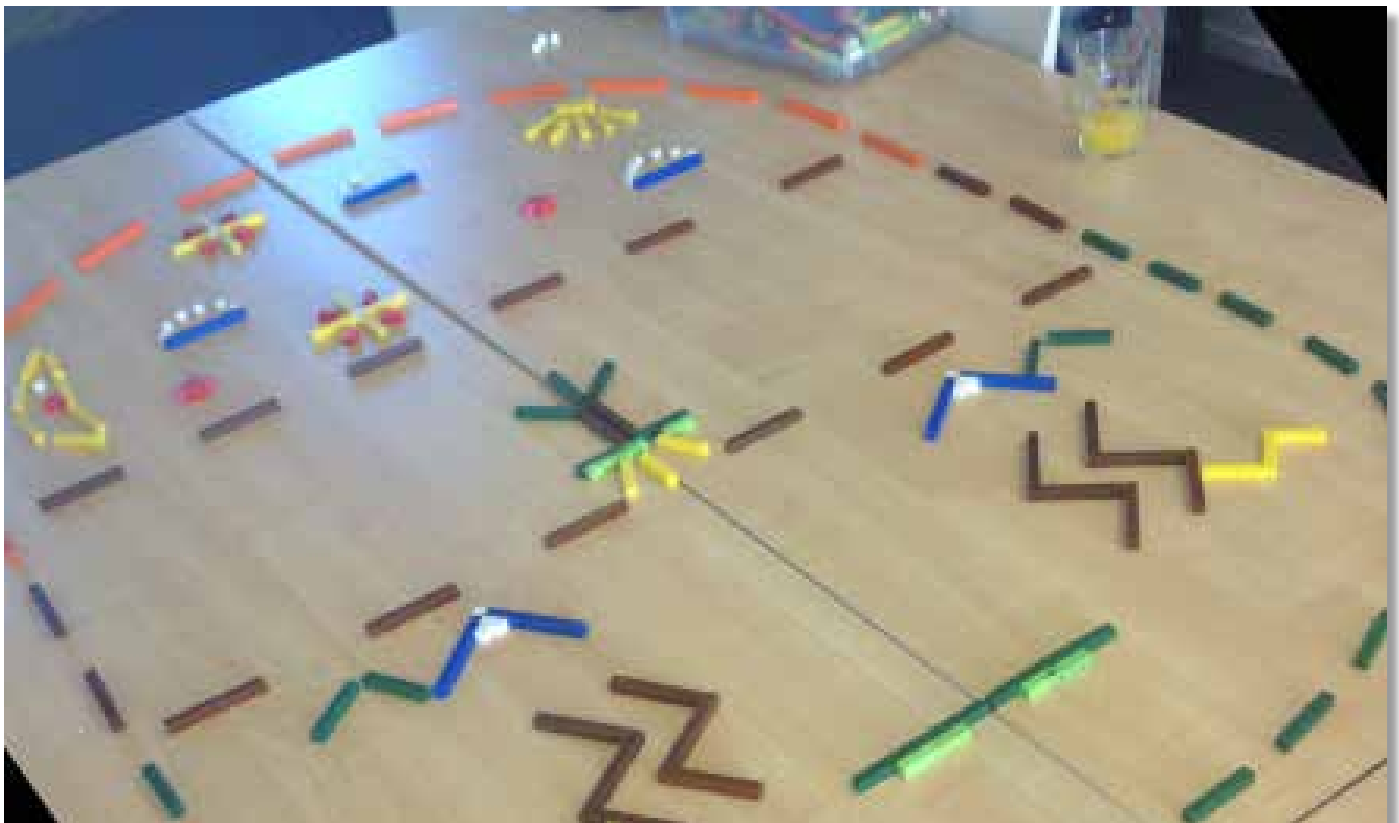
Another learning from this research is that any future efforts to gather data for similar research projects would be more fruitful by engaging an organisation that works with Tangata Ora, such as the community worker working with the Rangitikei group. The time resource needed to effectively achieve this task was simply not available in this instance.

It would have been easier to collect data through engaging with Tangata Ora through the Department of Corrections. However in a different set of data would have been acquired as the incentives and willingness to engage would not have been as enticing to Tangata Ora from the

perspective of someone still in the system.

#### Photo Voice

One tāne from the group of participants was introduced to the Photo Voice Project, as it was difficult to maintain contact with others of the group. This being said, the Tangata Ora who did participate in the project was a very willing and keen candidate. Despite a genuine willingness to participate, the day-to-day struggles of life for Tangata Ora were a priority. The wāhine who engaged with the project, did so willingly and were very receptive to both the researcher and the hapū liaison.



## He Kokonga Whare Summer Studentship

In December of 2015, Te Atawhai o Te Ao co-sponsored a Summer Research Scholarship to support student Jess MacLean at the University of Canterbury who is completing a project on Epigenetics on Epigenetics and Colonisation. The project reviews the relatively new science of epigenetics and possible uses of such science to understand the impacts of colonialism on Māori.

## JESSICA MACLEAN

Ngāti Kahu, Ngāti Hine a Hineamaru  
University of Canterbury  
Māori & Indigenous Studies

I was fortunate enough to be offered an internship with Te Atawhai o Te Ao over the 2015/2016 summer. The research topic was 'Epigenetics and Colonisation', which came about as a result of a study published by Rachel Yehuda, in which the children of Holocaust survivors were found to have inherited epigenetic markers of trauma, despite the absence of trauma in their own lives. I was immediately struck by the implications for colonised peoples; what would our epigenetic inheritance from generations of colonial trauma be? From this starting point, I identified epigenetic data as a kind of bodily characteristic, and examined other ways in which indigenous physical characteristics have been (mis)interpreted to reinforce notions of colonial superiority. I've incorporated some of the thinking I developed in this project into other research work I have done. I'm incredibly grateful for the opportunity to pursue this research, and found the experience invaluable in developing my research skills.



# HE KURA & TE ARA HĀ

## PĀNUI TUAIWA

### He Kura Project

#### Overview

He Kura Project is a three year study supporting Māori children, aged 5 to 13 years, with asthma in schools or kura. There are two sites (Whanganui and Wellington) in Aotearoa for this study, with Te Atawhai o Te Ao looking after the Whanganui site.

Te Atawhai o Te Ao collaborated with the Wellington School of Medicine (University of Otago) to explore ways that schools and kura can best support Māori children with asthma.

#### Background

Asthma is the most chronic childhood condition affecting one in four children in Aotearoa.

For Māori with asthma related illnesses, disparities can exist depending on their socio-economic background. Some Māori are significantly disadvantaged. Furthermore, Māori children appear to be more

severely affected with asthma, as they present to healthcare professionals too late, and are twice as likely to be hospitalised than non-Māori.

Guided by Kaupapa Māori methodology, the aim of this study is to assess whether a comprehensive, school-based asthma intervention (using a culturally appropriate tool-kit) leads to improved outcomes for children aged 5-13 years.

As educational institutions, schools and kura can support a child with asthma and have a considerable impact on their overall asthma control and the child's ability to learn. The research findings will identify strategies useful to improve asthma management in schools and kura, such as providing national policy guidelines for them to follow.

#### Recruitment

Phase One of the He Kura Project entailed recruitment of two schools for our study. The first school was a

local kura kaupapa. Existing Te Atawhai o Te Ao networks and hui with kaiako helped establish this relationship. Discussions also took place with a wide number of stakeholders such as health providers, youth services, Māori organisations, District Health Board staff and whānau whānui.

The second school was a mainstream school. Relationships were formalised to gain consent and approval to work with the staff, tamariki and whānau. Factors such as the school having a high Māori student roll and a high rate of transiency presented challenges for teachers, and the school roll fluctuated over the year. Again the use of Te Atawhai o Te Ao's existing networks meant that we knew parents whose children attended the school, as well as current and previous members of the school's Board of Trustees.

### Research Process

Interviews were conducted with focus groups and individuals. Each focus group and participant interviewed were given an information sheet welcoming them to the study. They were also given an outline of the purpose of the study and asked if they wanted a short report of the results at the end of the study. The information each person contributed would be treated with the strictest confidence. Individuals who had questions about the research were given a free phone number or e-mail, to contact the lead researcher. Consent forms were signed and dated by participants, and collected by the researchers.

Interview guidelines for each group focused on specific questions pertaining to that group. Such questions included: To what extent is asthma an issue? What impact does asthma have on students? What asthma symptoms have you noticed? What incidents of asthma attacks have you experienced? Are you able to identify students with asthma? What triggers asthma at your school or kura? What impact does asthma have on different ethnic groups?

We interviewed 35 people who identified as whānau, teachers or kaiako, Board of Trustee members, school administrators or public health nurses working with either school or kura.

### Analysis

Reading and re-reading the interview transcripts, the two researchers became immersed and closely connected with the content of data. Coding or generating succinct labels of the data that might be relevant was required. Emerging sub-themes were discussed to identify significant broader patterns of meaning (potential themes). Refining these sub-themes was needed, and combining or discarding data, in order to identify the main themes was completed. We also developed a detailed analysis for each of the following themes: school policies and procedures; triggers of asthma; barriers for Māori; asthma training for staff, students and the community; and the impact on tamariki and whānau. A final report was prepared, and recommendations made.

Research findings will not be revealed in this article, as this is only Phase One of the study, due to be completed in 2017.

### Relationships

As each section of Phase One was completed, the two researchers attended further training to prepare them for Phase Two. This meant visiting Wellington for a whole day of training, re-establishing relationships with the other study teams, namely the University of Otago and Tū Kotahi Trust. During two of these hui, we were introduced to our advisory group. Members of this group included: the Ministry of Education, Ministry of Health, New Zealand School Trustees' Association, New Zealand Teachers' Council, Maori health providers and the Asthma Foundation of New Zealand.

### Acknowledgements

We would like to take this opportunity to thank all those who took part in Phase One of this study, and those who have supported the research.

Ngā mihi nui, tēnā kautau, tēnā kautau, tēnā tātau katoa.

Joseanna Goodhall and Chrissie Zurcher





# PARTNERSHIPS

## PĀNUI TUAIWA

### Ngā Pae o te Māramatanga

Te Atawhai o Te Ao is currently one of twenty-one partner organisations with Ngā Pae o te Māramatanga. Dr. Cherryl Smith was also appointed to Te Tira Takimano, the Electoral College to select Board members.



Ngā Pae o te Māramatanga is New Zealand's Māori Centre of Research Excellence funded by the Tertiary Education Commission and hosted by The University of Auckland.



### Partners for Engagement and Knowledge Exchange (PEKE)

Te Atawhai o Te Ao received a request to be updated on the Partners for Engagement and Knowledge Exchange (PEKE), of which Te Atawhai o Te Ao is a partner. The goal of the project is to facilitate and create spaces of knowledge translation and exchange to work towards action, with first national communities.



# COMMUNITY ENGAGEMENT

## PĀNUI TUAIWA

All of our staff are involved in other mahi with organisations/trusts/groups in Whanganui and throughout the country. These can at times be important for our work as through these networks we are at times offered other work or we are able to disseminate research through these networks. We also have a range of groups that we host or work with.

### Kaumātua – Whanganui

The Kaumātua Kaunihera hold their hui at the Te Atawhai o Te Ao offices once a month and they allow us to bring in speakers or to talk to any issue that we wish when they meet here. Cherryl gave a presentation on a topic she presented at in Waikato called Monuments, Stockades and Memory. It covers the history of the first prison in Whanganui. They enjoyed this presentation and it caused lively discussion afterwards.

### Kaunihera

### Aotea Māori Women's Welfare League

The Welfare League have begun to meet once a month and these follow the Kaumātua Kaunihera hui. On the 8th August 2015, we also hosted the Aotea Māori Women's Welfare League Annual General Meeting and hosted the National President Prue Kapua. The League is aware of the work of Te Atawhai o Te Ao and is a network that allows us to discuss and disseminate our research findings.



## Te Kōtuku Hauora (Te Rūnanga o Ngā Wairiki Ngāti Apa)

Te Kōtuku Hauora, host various hui and kaupapa here at Te Atawhai o Te Ao. This has included the 'Piki te Ora: Self Management programme, Kauangaroa Marae health education sessions, as well as a Rongoā workshop that was held on the 24th February 2016. Likewise, our relationship with Te Kōtuku Hauora has allowed us to take visiting groups to their site to hear and learn of iwi-led programmes.

### Flooding

July 2015, staff were given a day's leave to assist in flood relief and assess issues for themselves and their whānau. One of our staff lost her home during this time.

We offered Kauangaroa Marae and Waitōtara who had to close marae because of flooding, our facilities for their hui. This was much appreciated over the year until marae were cleaned up and restored.



## Hui Taurima

The Hui Taurima this year was hosted in Marton, by Te Kōtuku Hauora and Te Rūnanga o Ngā Wairiki Ngāti Apa. A great turn out, Te Atawhai o Te Ao staff participated in pair and group activities. The Hui Taurima began as an inter-organisation event.





# CONFERENCES & PRESENTATIONS

## PĀNUI TUAIWA

### Healing Our Spirits Worldwide Conference 2015

The 7th gathering of Healing Our Spirits Worldwide conference was held in November 2015. Hosted by Te Rau Matatini, the conference was well attended with over 1500 people from around the world. The theme for this year's conference was Mauri Ora.

Te Atawhai o Te Ao researcher Helena Rattray presented on the He Kokonga Whare Prison Project, which included an eight-minute movie titled 'Māori experiences of prison and release'. The movie was composed from Tangata Ora quotes from interviews during wave one and photos from wave three.

### Celia Lashlie Day

Dr Cherryl Smith, Helena Rattray and Community Researcher for the He Kokonga Whare Prison Project, Nayda Te Rangi, presented at the Honouring

Celia Lashlie Day. The one-day seminar brought together people working and researching in the area of prisons, women and girls well-being and the education of boys. Celia Lashlie had a mission to bring about societal change through working with women and particularly the lives being led by women at the heart of 'at risk' families.

### Monuments, Stockades and Memory

Presentation by Dr Cherryl Smith to the Whanganui Kaumātua Kaunihera. 20 July 2015.





# IROF FUNDING

## PĀNUITUAIWA

Capability in Independent Research Organisation Fund (IROF)

We are thankful to our funders and would like to acknowledge the Health Research Council of New Zealand. We have rolled the completion of our He Kokonga Whare programme into our current research programme, the Independent Research Organisation Fund.

The following are the nine milestones which form part of the new IROF contract. We have aligned and merged these milestones into our strategic documents:

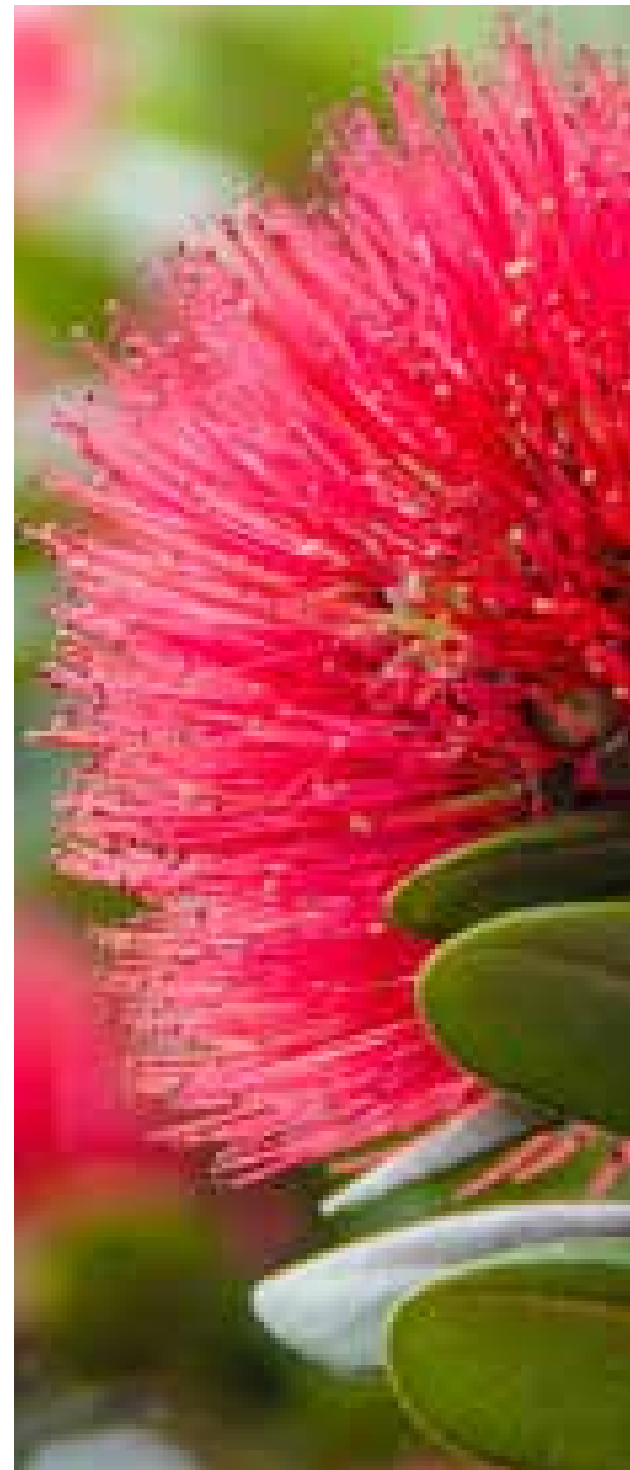
- To complete the milestones for the He Kokonga Whare Programme;
- To build the infrastructure of the Research Institute;
- To generate new quantitative knowledge of intergenerational trauma;
- To generate innovative iwi / hapū / whānau knowledge in health and well-being research;
- To undertake mixed method sampling including case studies of whānau impacted by complex and

historical trauma to identify whānau led pathways of recovery;

- To create innovative research methods for working closely with communities;
- To build collaborations with indigenous / international researchers who specialise in intergenerational trauma;
- To build Māori research capability / capacity; and
- To develop and implement strategies for end-user uptake / education and awareness of research findings.

### Strategic Planning

Te Atawhai o Te Ao continues to work with Chris Stewart who has been facilitating workshops refreshing and developing our strategic document using the Resource Based Accountability framework, both for the organisation and for our new programme of research. We are excited at what the future holds and look forward to presenting our strategic document.



## Media Training

Te Atawhai o Te Ao hosted a media training session with Kaapua Smith, Senior Communications Advisor for Contact Energy and former Māori Party Media spokesperson. The training session was very valuable and attended by staff and Board members, as well as our colleagues at Whakauae Research Services Ltd.

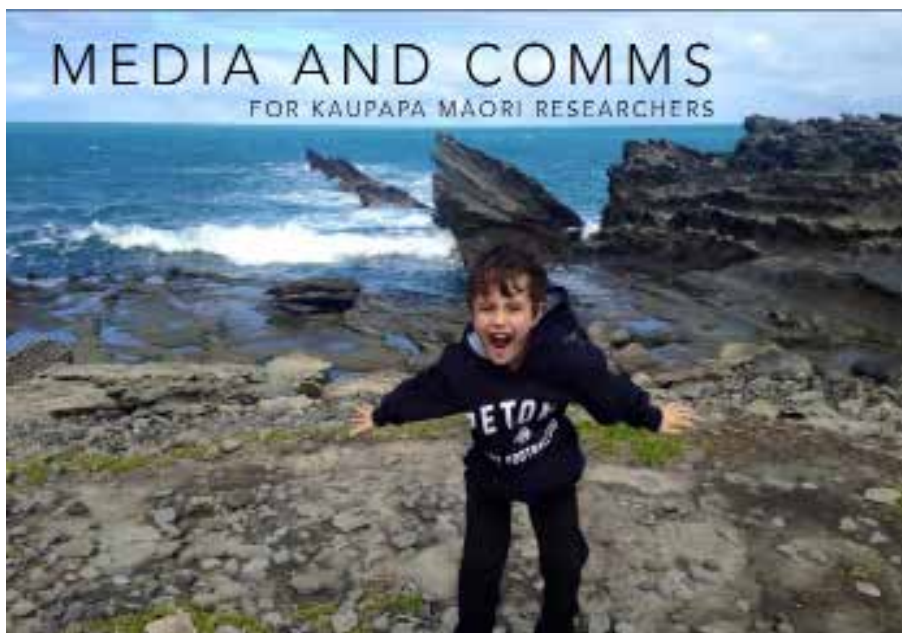
The workshop aimed to train people for speaking to the media, how to develop a communications plan, the value or not of social media, and general communication strategies. It was an interactive workshop and very enjoyable. Thank you to Lupton and Jim from the Board for attending. It was really great to have you participate alongside staff.

## Newly improved website and logo rebranding

Te Atawhai o Te Ao are proud to launch their new and improved website, supported by Kiwiwebs: Web Professionals in Whanganui. Our website will be used as a platform for dissemination and we will continue to upload publications and information. It contains pages and information on our strategic goals and research foci; active (current) research projects and completed projects; as well as resources, including digital storytelling, magazine and newspaper articles, and academic and community publications. Helena Rattray has done a great job pulling these various strands together, and the staff have assisted through providing feedback and editing. Prior to

the launch of the new website, a photo shoot for staff was held at Pūtiki Wharanui Marae, and some of those images now appear on the website.

We have also refreshed our logo, which was designed by the original graphic artist, Isiaha Barlow. The concepts have remained the same, but we have brought the logo into the new century.



# WORKSHOPS

## PĀNUI TUAIWA

### Ngā Kanohi Kitea Training

On the 3rd of September, through the collaborative efforts of Te Atawhai o Te Ao and Whakauae Research Services Ltd, we held a Ngā Kanohi Kitea Grant Writing training day. Lead by Dr Rebecca Wirihana and Dr Amohia Boulton, the workshop was attended by local hapū and community groups.



### Sexual Violence Prevention Workshop

Together with Injury Prevention Aotearoa, Te Atawhai o Te Ao hosted Joy Te Wiata and Russell Smith from Korowai Tūmanako to provide a free workshop on sexual violence prevention. Aimed at those working in the frontline with whānau experiencing the impacts of family violence and sexual abuse, the workshop was attended by community workers, counsellors, social workers and kaimahi who work in the field.





