



UNIVERSITY OF
AUCKLAND
Waipapa Taumata Rau
NEW ZEALAND



TE WHARE WĀNANGA O
AWANUIĀRANGI



Papatūānuku

KŌKIRI MARAE

WHAKAORATIA TE HINENGARO

**A new research perspective to revive mental wellbeing
led by the community of Papatūānuku Kōkiri Marae**

Valerie Teraitua & Denise Neumann

Te Ara Hinengaro Symposium
Te Whare Wānanga o Awanuiārangi
17 Apr 2023



Outline

- Introducing **Papatūānuku Kōkiri Marae** and **Hua Parakore**: A Kaupapa Māori Framework
- Whakapapa o te kaupapa rangahau
- Whakaoratia te hinengaro project
- New research initiative: Development of a novel Māori mental wellbeing assessment tool

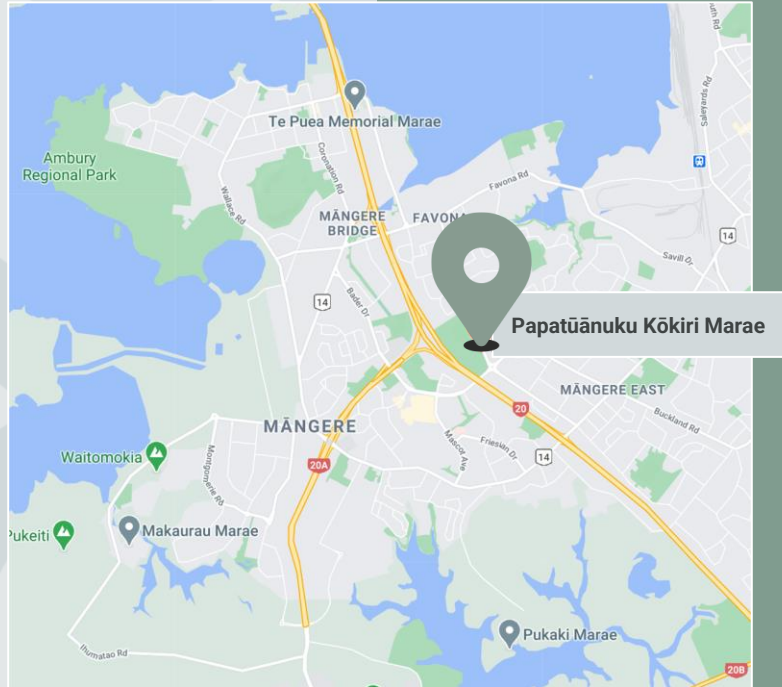


Ordinary World



Food Insecurity

“Choices are limited and of low quality leading to higher levels of chronic diseases. This leads to more dialysis centres, or as we call them the ambulances at the bottom of the hill.”



Māngere | South Auckland | Aotearoa

- Food Insecurity
- Rising Crime
- Disconnected Youth
- Mental Health
- Unresolved Trauma
- A community in need of meaningful change





Extraordinary World



Papatūānuku
KŌKIRI MARAE



Oranga Whenua Oranga Tangata Impacts in contrast

Extraordinary World



Hua Parakore

A Kaupapa Māori Framework for growing
Food & Marae Values



Whakapapa

"Ko Hua Parakore te taawharautanga ki te taiao Tuuturu."

Papatūānuku is the Connection to the Natural Environment.

We value all people no matter who they are and where they come from.



Established in 1984

Partnership agreement Manukau City Council

Dame Mere Knight (MWWL)

Dame June Jackson

Donna Richards (Mana Whenua)

Evelyn Matenga (Māori Wardens)

Betty Hunapo

Maara Kai

Ngā mahi toi

Te Reo Māori

Revitalise our cultural voice

Restore traditional practises

KO AU TE WHENUA KO TE WHENUA KO AU. I AM THE LAND AND THE LAND IS ME:
Sustainable Urban Agriculture - Education, Community, Economics



RINGA ATAWHAI O TE WHENUA - PARA KORE Carers of the land through Zero Waste Practises





Wairua

"Ko te Hua Parakore te Kaitiaki o te hamarire me te Ora."

Papatūānuku maintains peace and Safety.

We value spiritual wellbeing as a connection to the environment regardless of people's faiths or religions

MANAAKI HAPORI - 9500 Hot Meals, Drive Thru, St Alice, Everybody Eats, TWOA



8500 Kai Boxes, Hygiene, Meat, Fruit and Veggie Packs





Mana

“Ko te Hua Parakore te Waka mo te Pono me te Tika.”

Papatūānuku is a vehicle for social justice.

We value treating people fairly and equal

Rangatahi Entrepreneurs - Grey Lynn Market





Maramatanga

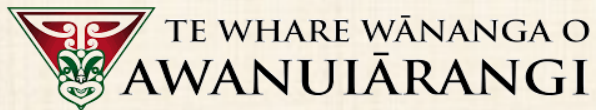
“Ko te Hua Parakore te Huarahi o te Maramatanga.”

Papatūānuku is a source of enlightenment.

We value the Marae based education that helps to strengthen one's hinengaro, wairua, tinana and whānau.

TE PŌKAITAHI REO

Te reo Māori programmes



<https://www.wananga.ac.nz/experience/our-students/papatuanuku-kokiri-marae/>

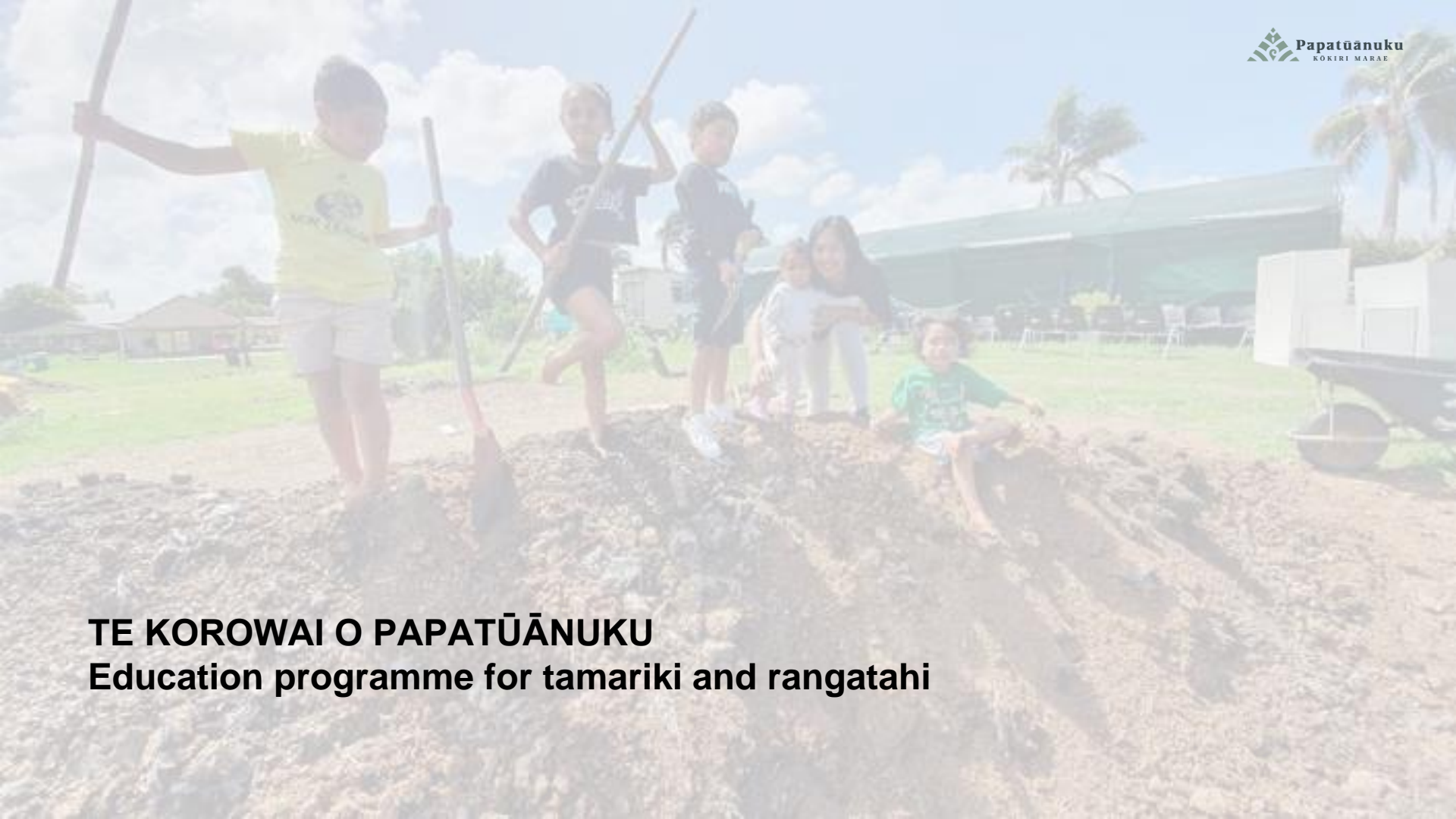
<https://www.wananga.ac.nz/experience/our-students/denise-neumann-tpr/>

KAI ORANGA programmes



<https://www.wananga.ac.nz/experience/our-students/papatuanuku-kokiri-marae/>





TE KOROWAI O PAPTŪĀNUKU
Education programme for tamariki and rangatahi

VOLUNTEER DAYS: Fellowship thru whanaungatanga and kai





Tu Ao Turoa

“Ma te hua parakore e tiaki nga tikanga tuku Iho o te Maara kai.”

Papatūānuku maintains Natural order.

We value creation and giving back to the natural environment.





3225 Volunteer Hours

OBC

Sanfords

Moana Fisheries Services Foods



Mangere
Town Centre →
← Papatoetoe
Middlemore
Hospital





Mauri

“Ma te Hua Parakore e tiaki te Ora o te pae o Papatuanuku, te Ora o te Hua me nga rakau katoa o Tane otira te Oranga Tinana o nga Tangata Katoa.”

Papatūānuku maintains healthy soils healthy plants and healthy People.

We value treating every living thing with respect.



WAIPURAKAU





Smell of Oily Rag

We've done this all on the smell of an oily rag, but now the need is **growing and we need more support as we grow**. We need more people to contribute and join the development of a circular economy and zero waste.

We know the impact up close

As Kaitiaki at Papatūānuku Kōkiri Marae, these 12 years, it has enabled us to witness the transformations of our partners, hapori, & whanau.

The vision here was Oranga Whenua Oranga Tangata.

We've carried out the vision and now we are at this moment presently where the vision is clear and the movement is building.

We see it personally when people express their gratitude and feed their families with dignity.

Benefits

That's what we are doing here and what we are growing now.



Connection



Safety and
peace



Service



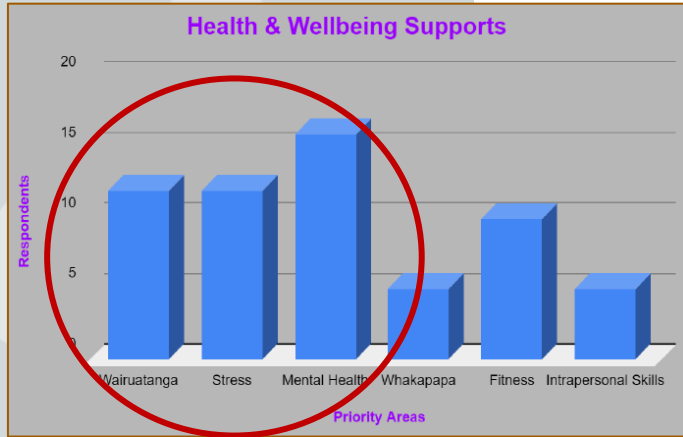
Education



Balance



Healthy
people
healthy
environments



Whakapapa o te kaupapa rangahau

Te Waka Huia o Papatūānuku (2021):

What areas of your health and wellbeing would you like to be supported with the most?

The most frequently mentioned was seeking support in Mental Health. Also frequently mentioned were support with Wairuatanga and to deal with stress.

9 Māori Te Rau Hinengaro: NZ Mental Health Survey 2006

Key results

- Te Rau Hinengaro surveyed 2,595 Māori individuals, and captured the diversity of Māori across a range of demographic, social, economic and cultural indices.
- The prevalence of mental disorders in Māori was 50.7% over their lifetime (before interview), 29.5% in the past 12 months and 18.3% in the previous month.

+PRACTICE |

MENTAL HEALTH

Mauri Tau me te Māramatanga: Weaving world views together in Aotearoa

By Lila O'Farrell and Sharon Rickard

Tuesday 27 July 2021, 10:31 AM



Youth representatives from Papatūānuku Kōkiri Marae, Tāmaki Health and Te Rau Ora co-designing the rangatahi Mauri Tau me te Māramatanga

Whakaoratia te hinengaro research project

- ▶ Research relationship established with Papatūānuku Kōkiri Marae
- ▶ Community and academic researchers
- ▶ Wānanga and workshops with marae whānau
- ▶ Exploration of research project to support the needs of the community

Ngā whakaaro

What is the research question from a Māori perspective?

Who will this research benefit?

Who needs to be involved?

What is the approach/methodology from a Mātauranga Māori perspective?





Hui with Professor Te Kani Kingi at Papatūānuku Kōkiri Marae, 26 Āperira 2022





Papatūānuku
KŌKIRI MARAE



ember
KOROWAI TAKITINI



TE WHARE WĀNANGA O
AWANUIĀRANGI

New research initiative: Development of a novel Māori mental wellbeing assessment tool

Funded by Ember Wellbeing Trust (2023-2024)

Research aim:

To develop a novel, strength-based mental wellbeing assessment tool through a kaupapa Māori approach, led by the community of Papatūānuku Kōkiri Marae

Objectives:

- 1) Strength-based, re-defining of mental wellbeing from a Māori perspective
- 2) Creating, testing and refinement of a tool prototype through a series of wānanga
- 3) Building research capability of Papatūānuku Kōkiri Marae whānau



Valerie Teraitua, Co-PI
CEO Papatūānuku Kōkiri Marae



Prof Te Kani Kingi, Co-Investigator
Director of Research & Innovation
Head of School of Indigenous Graduate Studies
Te Whare Wānanga o Awanuiārangi



Dr Mawera Karetai, Co-Investigator
Research Fellow
Te Whare Wānanga o Awanuiārangi



Dr Denise Neumann, Co-PI
Research Fellow
The University of Auckland

Te rōpū rangahau



Impact and Approach: Whakakaupapa

Impact potential

- Prototype of a novel kaupapa Māori-based mental wellbeing assessment tool
- Strengthening research engagement with Papatūānuku Kōkiri Marae and building of community research capability

Approach

- Kaupapa Māori and Mātauranga Māori
- Hua Parakore framework of wellbeing
- Iterative wānanga
- Community research capability building
- Māori community leadership
- Māori researchers and mental health experts



Approach



Research capability
building Workshops

Iterative Wānanga

Tool development
Dissemination

How does this research impact/benefit Māori?

By Māori:

- ▶ Māori community-led and conducted, supported by Māori researchers and Māori mental health experts

For Māori:

- ▶ Needs expressed directly by the marae community
- ▶ Improved options for research, services and care

As Māori:

- ▶ Kaupapa Māori approach and methods
- ▶ Application of Māori framework of wellbeing
- ▶ Unique long-standing relationships of Papatūānuku Kōkiri Marae and her community





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