



# Iwi United Engaged

**Ki te kaahore he whakakitenga, ka ngaro te Iwi**  
*Without foresight or vision the people will be lost*

Paanui

ISSUE: 2

February 2023

Ngā mihi o te tau hou kia  
koutou katoa  
Happy New Year to everyone

## Manāki Sessions

[https://us06web.zoom.us/j/81812401568?  
pwd=ejJDdGpLeS9tS2lDVTY3S2pvUVhj  
UT09](https://us06web.zoom.us/j/81812401568?pwd=ejJDdGpLeS9tS2lDVTY3S2pvUVhjUT09)

Meeting ID: 818 1240 1568  
Passcode: 333743

Next Manāki session:  
02/03/2023 @ 1900hrs

## Consultations

To set an appointment please visit our booking system.

[www.picktime.com/IUEbookings](http://www.picktime.com/IUEbookings)

Choose your consultat through locations  
ie: Whaea Misty consultation/Manāki.  
Pick a preference of kanohi-ki-te-kanohi OR  
zhui, the choice is yours.  
Include a brief summary of your needs and  
study



**Misty Edmonds**  
CEO



**Kevin Roos**  
Contracts  
Manager



**Whaea  
Te Inuwai Elia**  
Kaiwhakahaere



**Steph Shankar**  
Kaimahi



**Xiale Paane**  
Kaimahi



Iwi United Engaged Ltd  
Commitment to advancing Māori health and wellbeing through the development of culturally informed and relevant research.



## The importance of Karakia

(To pray or a prayer)

I have heard karakia used on many occasions for many different reasons. In life and death, in sickness and in health, coming and going, opening and closing, I have even heard it described and translated differently. One sample is "Ka Ariki Ia" where one Ariki has preference over the others, so he will rule, in other words lead the prayer...

Māori come together with karakia as a way of being thankful to the lord. We should always be thankful for what we have, old or new, big or small. When we are sick we have karakia to help us recover.

Personally, I believe overall, karakia keeps us safe no matter where we are or who we are. - (Whaea Te Inuwai)

## Meet the team



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## The Significance of Pepeha

Our taura through **Te Titoki Mataora (TTM)** summer internship Māori pathway have been looking at the significance of Pepeha in Te Ao Māori. Pepeha is a way to identify yourself and connections you may have with others around you, eventually it can link whakapapa (family) and build whanaungatanga (relationships).

### Pepeha

Mooku ake (for me) - Ko te tikanga o te pepeha te nuinga o Ranginui me Papatuaanuku mai raano...

Ko \_\_\_\_\_ te Maunga...(it is grounded to the whenua)

Ko \_\_\_\_\_ te Awa (water that flows from the mountain and rain from Ranginui which forms the rivers/moana)

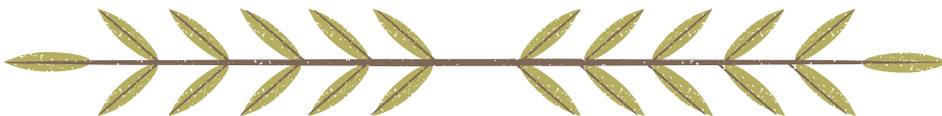
Ko \_\_\_\_\_ te Waka (As the only means of transport back in the day plus the most obvious way to travel on water)

Ko \_\_\_\_\_ te Iwi (The people who travelled aboard the waka)

Ko \_\_\_\_\_ te Hapuu (From the iwi we create the minions)

Ko \_\_\_\_\_ te Marae (A place for the people)

Koina te tikanga o te Pepeha



## Whaia Te Tika

This series of eight workshops is a focus on health and wellbeing that examines the relationship between Māori and the crown agencies and institutions such as Universities, centralising a Kaupapa Māori approach to engagement to enhance partnership, participation and advancement of Māori health.

## What our participants had to say about Whaia Te Tika

"To understand that as Te Tiriti partners we both bring a contribution to research and that we need to engage with each other to achieve the best results. Don't be a hoha – leave a koha"

"I am feeling empowered to address inequity for Maaori and other disadvantaged groups. I am investing in relationships with this organization for future collaborative work."

"This workshop series is the best thing I've done so far, it has felt the safest, the most genuine, honest, and been completely engaging. It's helped me think and reflect in new ways, and I'm excited to keep being responsible for my own learning."

## WHAIA TE TIKA

### The Series

#### PART ONE

#### HALF DAY SESSIONS ONLINE

- 1) Promises broken and where to from here; Unpacking equality and equity.
- 2) Discrimination and recovering an equal partnership; Kaupapa Maaori approaches and other

#### PART TWO

#### FULL DAY WANANGA ONSITE

- 3) Naming the challenges: Structures, frameworks, and positionality
- 4) Building a bridge: Research and suspicions

#### PART THREE

#### HALF DAY SESSIONS ONLINE

- 5) Applying Good Stuff: Kaupapa Maaori in a clinical context
- 6) Applying Good Stuff: Kaupapa Maaori in a non-clinical context

#### PART FOUR

#### FULL DAY WANANGA ONLINE

- 7) Applying Good Stuff: Kaupapa Maaori in a Research context
- 8) Applying Good Stuff: Kaupapa Maaori in a Research context

If you haven't had the opportunity to join us for the Whaia Te Tika Series now is the time!! Speak to your institute about what they have booked in NOW



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## He aha te mahi Rangahau - Doing Good Stuff

Auckland Cancer Society Research Centre,  
Faculty of Medical and Health Sciences, University of Auckland

Zinc in Prostate Health and Disease: A Mini Review Nishi Karunasinghe  
[https://drive.google.com/file/d/1mBm8wywxYp9ZrLWoZYr6Y3t7WMc\\_qTr-/view?usp=sharing](https://drive.google.com/file/d/1mBm8wywxYp9ZrLWoZYr6Y3t7WMc_qTr-/view?usp=sharing)

## Department of Ophthalmology, University of Auckland

Isaac Samuels, Julie Pirere, Alex Muntz & Jennifer P Craig (2022): Ngā whakāro hauora Māori o te karu: Māori thoughts and considerations surrounding eye health, Clinical and Experimental Optometry, DOI: 10.1080/08164622.2022.2136513  
To link to this article:  
<https://doi.org/10.1080/08164622.2022.2136513>

**If you are doing good stuff and would like us to share it through our pānui, please contact Whaea Te Inuwai: [whaea@iue.net.nz](mailto:whaea@iue.net.nz)**



## Mātai Medical Research Institute

Tairāwhiti

Our IUE team were invited to Gisborne to meet the team at Mātai and explore some of the great mahi their researchers are doing in their community and in partnership with some of the researchers at the University of Auckland Auckland Bioengineering House. As an added bonus, we were present for the announcement by Regional Economic Minister Stuart Nash of an approved joint funding for Mātai and Kiwi Lumber which will see the development of Mātai's new research campus in Gisborne and purchase of new state-of-the-art medical imaging equipment.

It is the hope that we will continue to grow and nurture the whanaungatanga between the rōpu in Tairāwhiti and Tāmaki Makāurau to strengthen the advancement of Māori health through rangahau.

## Māori Community Engagement

Dr Jichao Zhao, supported by Whaea Te Inuwai and current TTM taura Hinemareikura, was invited to present their ECG monitors rangahau at Whaanau Ora in Papatoetoe. This received a positive response and has provided the team with another opportunity to actively engage with Māori communities to support the rangahau and work together as Tiriti partners.



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## Acknowledgements



## Te Aukume a Hine Te Iwaiwa Wānanga at Papakura Marae

The kaupapa for the week - exploring maternal and infant health current kaupapa Māori knowledge and identifying potential rangahau required in this space to enhance Māori health and wellbeing. IUE attended the wānanga to share their experience of working with researchers in a strengths-based approach to engage Māori communities with researchers and the importance of a Te Tiriti o Waitangi based approach to rangahau. This was really well received by the rōpu who voiced how important the mahi they are currently doing is. It provided the rōpu present on the day an opportunity to glimpse the positive work that can be done when working as Tiriti partners.



## The Significance of Whakapapa

Another way of looking at connecting with Te Ao Māori would be the significance of Whakapapa.

Whakapapa is the creation of our beginning.

Pepeha - you belong somewhere.

Whakapapa - you belonging to someone.

Mihimihi - Pepeha - Whakapapa

go hand in hand they compliment each other

all the way back to Ranginui (Sky Father) me Papatuaanuku (Earth Mother)

## Community Blurb

**Papakura Marae:** Hunua Road Papakura **Ph:** 09 2972036 **Email:** papakuramarae.co.nz

A living and working marae that is always busy and engaging with their community. From food banks, exercise, hokahoka and community dinners, Papakura Marae are actively supporting whānau. The marae has opened its doors for anyone who needs to evacuate due to the impact of cyclone Gabrielle. Bring your essentials.

**Ngaati Tamaoho:** 128 Hingaia Road Karaka **Ph:** 0800120908

Doors has also opened its doors to anyone impacted by the Cyclone. Beds, hot meals and drink will be available

**Other organisations offering support:** Manurewa Marae, Te Puea Marae - Mangere Bridge - Te Kotahi o Tamaki Marae - Mangere.

**Māori Health Workers** - Held a mixed Netball Tournament over the weekend which some of the IUE Team supported by either playing and or umpiring. It was a great day encouraging healthy lifestyles for our whānau. Ngā mihi nui to Te Kaunihera o ngā Neehi Māori o Aotearoa - Te Ruunanga o Aotearoa - Te Korowai o Ngāa Ringa Aawhina - SMT Creations for making this day possible. Congratulations to Nga Ringa Awhina Tahī who won the final of the top 2 teams against Papakura Marae.

**Waikato/Tainui** - held the Tainui Games over the weekend. This a bi-annual event where the Māori Kings Marae come and participate in sports from golf, surfing, netball, basketball, touch, tennis, volleyball, waka ama, tug o war, lots of fun and laughter. Congratulations to Turangawaewae Marae who were the overall winners