IUE
Iwi United Engaged, Ltd



Misty Edmonds
Tapuhi Māori
Te Tumu Whakarae, CEO



Kahu Ama
Tapuhi Māori
Kaiwhakahaere Chief Operations Officer



Ben Martin
Rangatahi/Kura Community Liaison Lead



Langi Kepu-Kosene Apiata
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Pasifika Cultural Advisor



Amiria Crake
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Event Co-ordinator



Fale Ama
Pasifika Community Liaison Lead



Steph Shankar
Kaiwhakawhanau Kaitiaki

IUE Issue: #33 Date: 30/10/26

Manaaki sessions 2026

Join IUE in this safe space to share korero, ask questions, seek advice and have uncomfortable conversations.

Day sessions: 25 November
12:30pm-1:30pm.

h**ttps://meet.google.com/jgb-bqfe-nmb**

Be brave :) see you there

Monthly whakaaro

Mā pango, mā whero, ka oti te mahi.

Through everyone working together, the work will be completed



Tūmahi Whiti Makutu Kairangahau Wānanga 2026 – Important Reminders

With our annual Wānanga fast approaching, IUE is looking forward to welcoming everyone to Papakura Marae! As we prepare for two days of rangahau, whakawhanaungatanga and whānau engagement, we have a few important reminders for our participating kairangahau.

Posters & Interactive Stations
All Kaupapa Māori posters must be A1 landscape and participants are responsible for organising and printing their own posters. Please remember that posters will be displayed throughout the showcasing area rather than beside individual stations, unless previously arranged with IUE as part of your interactive activity.

Each station is also expected to have an interactive activity that encourages whānau to engage with your rangahau in a meaningful and enjoyable way.

Friday – Arrival & Pōwhiri

All Friday participants are asked to arrive at Papakura Marae by 8:00 am to unload their resources and equipment. IUE and our volunteers will assist with storing these safely inside the wharekai while we attend the pōwhiri.

A friendly reminder that black clothing is not required for the pōwhiri, and you are welcome to wear any colour. Wāhine are asked to ensure shoulders and cleavage are covered, with skirts or dresses reaching the knee or below. Tāne are asked to wear dress shirts and trousers.
A helpful tip: Wear shoes that are easy to slip on and off throughout the day!

Saturday – Mihi Whakatau
For those attending Saturday only, a mihi whakatau will be held at 8:00 am. Please ensure you arrive on time.

Further Information
The Wānanga programme is attached to this paanui email for your reference. All registered participants will also receive a separate email today with further details and information to help prepare for the Wānanga.

IUE would like to thank everyone for their continued mahi and preparation. We are excited to bring everyone together and showcase the amazing rangahau being undertaken alongside our whānau and communities.

OUR VOICE. OUR WAY. OUR FUTURE.
Rangatahi voices changing the future of health research.

Nau mai, haere mai – Welcome to the IUE Team!



We are excited to welcome a new member to the IUE team! We look forward to having them on board and supporting them as they begin this new journey with us.

A little introduction from our newest team member:
Ko Taupiri te maunga
Ko Kaitimutimu te marae
Ko Waikato te awa
Ko Tainui te iwi
Ko Tainui te waka
Ko Kahu Rangi-Dixon tōku ingoa.

I'm excited to be joining the IUE team and look forward to getting to know everyone, building connections and being part of the mahi ahead. I'm looking forward to this new journey and the opportunities it brings.

WAIATA
https://www.youtube.com/watch?v=1kcUul5LKn0&list=RD1kcUul5LKn0&start_radio=1

KARAKIA
https://www.youtube.com/watch?v=8FWhKYT4SX0

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PRESENTS

IWI UNITED ENGAGED LTD EST 2019 · TOHATOHA WHITI MAKUTU KAIRANGAHAU WARNNGA

ANNUAL KAIRANGAHAU WĀNANGA 2026

20 – 21 NOVEMBER 2026 | **PAPAKURA MARAE**
29 HUNUA ROAD, PAPAKURA 2113, AUCKLAND

OUR VOICE. OUR WAY. OUR FUTURE.

RANGATAHI VOICES CHANGING THE FUTURE OF HEALTH RESEARCH.

FRIDAY 20 NOVEMBER 2026

KAIRANGAHAU WĀNANGA

FROM 12:30PM



RANGAHAU ACTIVITIES
Share your ideas, experiences and perspectives to help shape future health research.

INTERACTIVE MUAY THAI WITH NATE DOGG
Try out Muay Thai with Nate Dogg and experience movement for hauora.

RANGATAHI ACTIVITIES
Hands-on activities and interactive engagement spaces.

KŌRERO
Meaningful conversations with rangatahi, kura and whānau.

RANGATAHI & KURA
Creating space for rangatahi voices in health research.

SATURDAY 21 NOVEMBER 2026

KAIRANGAHAU WĀNANGA + WHĀNAU HAUORA DAY

FROM 9AM



FIGHT SHOW
Live fights throughout the day.

RANGAHAU ACTIVITIES
Share your ideas, experiences and perspectives to help shape future health research.

HAUORA & COMMUNITY PROVIDERS
Connect with services and support available for whānau.

ACTIVITIES & SPOT PRIZES
A fun, interactive day for rangatahi, whānau and community.

KAI & WHANAUNGATANGA
Good kai, buildingand and recovering relationships for better hauora outcomes.

FREE COMMUNITY EVENT

RANGATAHI · WHĀNAU · KURA · COMMUNITY

EVERYONE WELCOME

Nāu te rourou, nāku te rourou, ka ora ai te iwi.

20 – 21 NOVEMBER 2026

PAPAKURA MARAE
29 HUNUA ROAD
PAPAKURA 2113, AUCKLAND

RANGATAHI · WHĀNAU
KURA · COMMUNITY
EVERYONE WELCOME

Karakia

He Hōnore

He hōnore, he korōria ki te Atua
He maungārongo ki te whenua
He whakaaro pai ki ngā tāngata katoa
Hangā e te Atua he ngākau hou
Ki roto, ki tēnā, ki tēnā o mātou
Whakatōngia to wairua tapu
Hei awhina, hei tohutohu i a mātou
Hei ako hoki i ngā mahi mō tēnei rā
Amine

https://www.youtube.com/watch?v=8FWhKYT4SX0

Waiata

Hutia Te Rito

Hutia te rito
Hutia te rito o te harakeke
Kei hea te kōmako e kō?
Kī mai ki ahau
He aha te mea nui?
He aha te mea nui o te ao?
Māku e kī atu
He tangata! He tangata! He tangata, hī!

https://www.youtube.com/watchv=1kcUul5LKn0&list=RD1kcUul5LKn0&start_radio=1

Consultations

October has been a busy and productive month for IUE, filled with opportunities to strengthen relationships, share knowledge, and continue supporting meaningful engagement across a range of kaupapa. Throughout the month, IUE has been involved in several research findings dissemination activities, supporting the sharing of research outcomes and ensuring Māori perspectives, experiences, and aspirations remain central to these conversations. Alongside this, IUE has continued delivering a number of Cultural Confidence workshops, creating opportunities for researchers and organisations to strengthen their understanding and practical application of Kaupapa Māori approaches, Te Tiriti o Waitangi, and meaningful engagement with Māori communities.

October has also seen IUE contributing to grant applications and supporting researchers with the facilitation of focus groups and community engagement opportunities. Through our established relationships and community networks, IUE has been helping researchers connect with whānau and communities, supporting participant recruitment and creating appropriate spaces for meaningful kōrero. While IUE does not undertake participant recruitment directly, our role is to support researchers in developing culturally appropriate engagement pathways that encourage participation and ensure whānau have opportunities to contribute their voices and experiences.

As we move closer to our annual Tūmahi Whiti Makutu Kairangahau Wānanga, October has reinforced the importance of collaboration, whakawhanaungatanga, and creating spaces where knowledge can be shared, challenged, and strengthened.
IUE remains committed to ensuring that our mahi goes beyond consultation, fostering genuine partnerships that support meaningful outcomes for whānau, hapū, iwi, and communities across Aotearoa.

EVOKING MĀTAURANGA MĀORI IN RESESARCH



Mana Tangata

Te Tiriti O Waitangi	In Text	Application	Translation
Definition- To provide a basis through which Māori can critically analyse relationships, challenge the status quo and affirm Māori rights.	*Te Tiriti O Waitangi is a foundational document that guides ethical, equitable, and culturally responsive practices when working with Māori. Recognising Te Tiriti means honouring the principles of Partnership, Participation, and Protection, and ensuring Māori rights, voices, and knowledge are respected and upheld throughout the research process.*	When applied in a health research setting, Te Tiriti o Waitangi ensures Māori are actively involved in the research process through genuine partnership, equitable participation, and cultural and data protection. This includes co-designing research with Māori communities, using culturally appropriate methods, and aiming to improve Māori health outcomes.	Pre-engagement phase. Especially when focusing on health equity and Māori health outcomes. Planning and research design using a kaupapa Māori approach. Up-skilling research team (eg. Whaia te Tika) This includes acknowledging Māori as tangata whenua and respecting their rights under te tiriti o Waitangi, partnership, tino rangatiratanga. .

MAKING TIRITI PRINCIPLES THE NORM

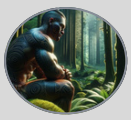
Te Tiriti O Waitangi Principles
Tino rangatiratanga|partnership|active protection|options|equity

Equity:

Definition- Equity in health research means recognising and addressing unfair and avoidable differences in health, so everyone has a fair opportunity to achieve the best possible health outcomes.

What might active protection look like?

Equity means recognising that people have different needs and experiences, and ensuring research is inclusive, accessible and responsive to the communities it aims to serve. In Aotearoa, this includes supporting Māori participation, leadership and priorities in health research.



DEFICIT FRAMING

As Kaitiaki of research how does your narrative portray Māori.

Deficit framing

Māori are recored as having the highest number of DNA(did not attend) or ANK (appointment not kept) across outpatient services in Counties Manukau. We are interested to explore why Māori continue to miss scheduled appointments.

Reframing

Counties Manukau are recored as having the highest number of DNA (did not attend) or ANK (appointment not kept) of tangata whenua, across all outpatient services. The current booking system advantages non-Māori , widening the disparity gap as non -Māori attendance is significantly higher. We are interested to examine the barriers within the healthcare system to effectively engage with Māori whānau .

TI

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Event Co-ordinator



Ben Martin
Rangatahi/Kura
Community Liaison
Lead

Inequities exist for Hauora Māori. To protect the mana of the people the research team and IUE are offering an opportunity for you to be involved in informing relevant and equitable change within breast screening in Aotearoa.

Whānaungatanga

Māori informed rangahau can be an effective vehicle, in achieving Pae Ora and leading to relevant and transformational research outcomes.

Ko Wai Au



Tēnā koutou katoa
Ko Maungatua te maunga
Ko Taieri te awa
Ko tangata tiriti au
I tipu ake ana au ki Ōtepoti
E noho ana au ki Ōtautahi
E mahi ana au i Te Whare Wānanga o Waitaha
Ko Couper tōku whanau
Ko Sam tōku ingoa
Tēnā koutou, tēnā koutou, tēnā koutou katoa



HAUORA

Help shape the future of breast screening in Aotearoa

I am currently leading a community engagement project exploring how emerging breast screening technology could complement existing screening pathways and better respond to the experiences, aspirations, and priorities of wāhine Māori and whānau in Aotearoa.

The purpose of this engagement is to understand the lived experiences of wāhine Māori throughout the breast screening pathway and to explore how future screening approaches can better align with Māori needs, values, and expectations.

Engagement will be guided through meaningful relationships with wāhine Māori, whānau, and Māori communities to ensure the kaupapa reflects Māori aspirations, tikanga, and priorities. We seek to listen and learn from wāhine Māori and whānau to understand:

- *strengths and challenges within current breast screening pathways*
- *Māori aspirations and priorities for future screening experiences*
- *the role of whānau and collective decision-making in healthcare*
- *experiences of safety, dignity, respect, and cultural responsiveness*
- *relationships and trust with healthcare providers and health systems*
- *barriers and enablers influencing screening participation*
- *opportunities to improve equity and access for wāhine Māori*
- *what a mana-enhancing breast screening experience looks like for wāhine and whānau*

We recognise the importance of tino rangatiratanga and Māori leadership in shaping health solutions that impact Māori communities. This engagement seeks to create space for Māori voices to influence the development, implementation, and future direction of breast screening technologies. Through meaningful engagement and co-design, we aim to ensure Māori voices, knowledge, and aspirations actively shape the future development of breast screening technology and contribute to health solutions that are responsive to Māori communities.

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Whānaungatanga

Māori informed rangahau can be an effective vehicle, in achieving Pae Ora and leading to relevant and transformational research outcomes.

Ko Wai Au



Kia ora
Ko Tangata Tiriti te iwi
I whānau mai au i Papakura
I tipu ake au i Bombay
E noho ana au i Pukekohe
E mahi ana au i New Zealand College of Chiropractic
Ko Jenna Salmons tōku ingoa

HAUORA

Supporting baby feeding and posture

I originally trained and worked as a Registered Nurse at Auckland City Hospital before discovering the natural and holistic form of healthcare that Chiropractic provides. After training to become a chiropractor at the New Zealand College of Chiropractic, I found an interest in research and a passion for caring for pēpi and their whānau.

Breastfeeding is a taonga and a deeply important part of the health and wellbeing of pēpi and their whānau. After my own personal struggles with breastfeeding my three children and caring for many whānau in my work as a chiropractor who were also experiencing struggles, I wanted to learn more about it.

Our rangahau developed out of this personal and work experience. For some pēpi breastfeeding can be a struggle becuase they are having difficulty turning their head, moving their tongue properly or having trouble latching. Chiropractic care is a holistic, natural form of healthcare focused on the health and function of the spine and nervous system. Thousands of babies and whānau benefit from gentle chirorpactic care in New Zealand every week. However, there is very little research in this area and there are still many whānau that do not know that it is an option and may not be able to access it.

This research will explore whether chiropractic care, in addition to standard medical care, improves breastfeeding, posture and development in babies.

My hope is to support the breastfeeding journeys of New Zealand whānau as this supports all aspects of health and wellbeing.



NEW ZEALAND COLLEGE of CHIROPRACTIC
TE KĀRETI KAIKOROHITI o AOTEAROA

Waipapa Taumata Rau University of Auckland

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We look forward to sharing in this kaupapa with you.
No reira, tena koutou, tena koutou, tena ra koutou katoa.

T1

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Whānaungatanga

Māori informed rangahau can be an effective vehicle, in achieving Pae Ora and leading to relevant and transformational research outcomes.

Ko Wai Au



Tēnā koutou katoa
Nō Āwherika ki te Tonga au
Ko Johannesburg te whenua tupu
Kei Cockle Bay au e noho ana
He kaiako matua au i Waipapa Taumata Rau
Ko Rebecca Meiring tōku ingoa
Tēnā tātou katoa



Tēnā koutou katoa
I whānau mai au ki Massachusetts, Amerika.
I tipu ake au ki Ōtepoti.
E noho ana au ki Ōtepoti i raro i te maru o Kāi Tahu.
E mahi ana au ki Ōtākou Whakaihu Waka
Ko Meredith Peddie tōku ingoa.
Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa



Tēnā koutou katoa, Malo e lelei
Nō Tonga i Ingarangi ōku tupuna
Nō Fiji i Rotorua ahau
Kei Tamaki Makaurau te kāingaināianei
Ko Waitakere Ranges te maunga,
Ko Opanuku te awa
Ko Brian tōku matua, Ko Simoa tōku whāea
Ko Elizabeth Holt tōku ingoa



Tēnā koutou katoa
He kaiako matua au i Waipapa Taumata Rau
Ko Slykerman tōku whānau
Ko Rebecca tōku ingoa



Kia ora tātou
Ko Rangitoto te maunga
Ko Hauraki te awa
Nō Toronto, Canada ahau
Ko Wise tōku whānau
Ko Michelle tōku ingoa



Tēnā koutou katoa
Nō Haina au.
Kua noho au ki Aotearoa mō te toru tekau tau.
He kairangahau matua au i Waipapa Taumata Rau
Ko Yannan Jiang tōku ingoa. Tēnā tātou katoa



Kia ora tātou
Ko Tararua te maunga
Ko Whangarei te awa
Nō Waipu ahau
Ko Kruger tōku whānau
Ko Jennifer tōku ingoa

HAUORA

Co-creating lifestyle support for womens' menopause journey

Area of Hauora

This kaupapa revolves around lifestyle support for women as they journey through the menopausal transition and beyond menopause. Lifestyle support can fall into 4 key areas: physical activity, nutrition, sleep and mental wellbeing. Being able to take care of each of these 4 areas has benefits to our overall health as we go through menopause and after menopause. For women during mid-life though, it can sometimes be difficult to address these lifestyle behaviours due to social, environmental and cultural barriers. This decreases a women's chances of entering menopause empowered and informed to make good choices about their own health.

Purpose

From our initial community engagement activities with different groups of women, it appears that menopause is a very under-supported stage of life for women. The purpose of our kaupapa is to understand women's lived experiences of menopause - what support is available or not available, and what would be helpful in terms of support for navigating this time of life. This is important to know because then we can seeing where the system is deficient and where we can start looking for solutions to develop that support if it's needed.

What you hope to achieve

We want to know what women want in terms of support in lifestyle through menopause. We don't know at this stage what that support will look like but it will probably be different for different groups of women and we would like to engage with as many women as possible. We hope that through korero and listening to wahine and their experiences of menopause, we can begin to get a clearer idea of the needs of wahine at this lifestage and what they want their support to look like.

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We look forward to sharing in this kaupapa with you.
No reira, tena koutou, tena koutou, tena ra koutou katoa.

HIGHLIGHTS

October has been an incredibly busy month for IUE, with several key achievements across our workshops, research partnerships and community engagement initiatives.

One of our highlights has been the delivery of our Researcher to Kairangahau Cultural Confidence workshop series, alongside additional October workshops to support kairangahau in completing their learning pathways ahead of our annual Wānanga. These sessions have provided opportunities for shared learning, critical reflection and strengthening the practical application of Kaupapa Māori approaches within research.

IUE has also supported several research findings dissemination activities, helping create opportunities for research outcomes to be shared and discussed with whānau and communities. Alongside this, we have contributed to new and progressing grant applications, supporting researchers to incorporate meaningful Māori engagement and Kaupapa Māori approaches from the early stages of their kaupapa.

Another key achievement has been our continued support in facilitating focus groups and community engagement opportunities, helping researchers establish connections, develop appropriate engagement pathways and reach potential participants through IUE's community networks.

A significant focus this month has also been preparations for our Tūmahi Whiti Makutu Kairangahau Wānanga, including our Kairangahau Preparation Day on 29 October, where researchers have been supported in developing their interactive activities and preparing to showcase their rangahau to whānau.

October has reflected the diversity of mahi undertaken by IUE and our ongoing commitment to strengthening relationships, supporting researchers and creating meaningful opportunities for whānau voices to influence the future of health research.

DOING GOOD STUFF