

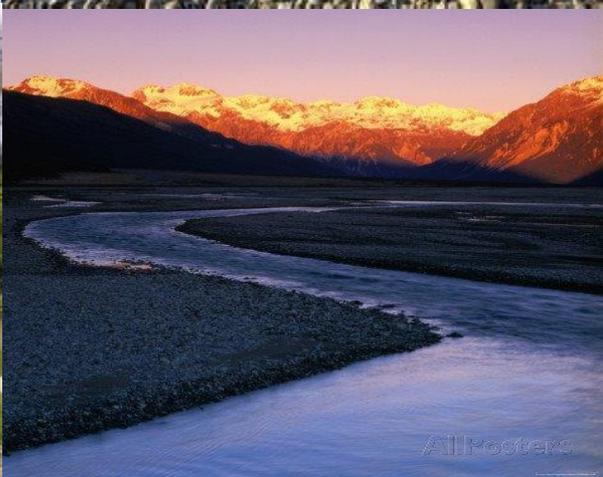


Te Pūtahitanga
o Te Waipounamu

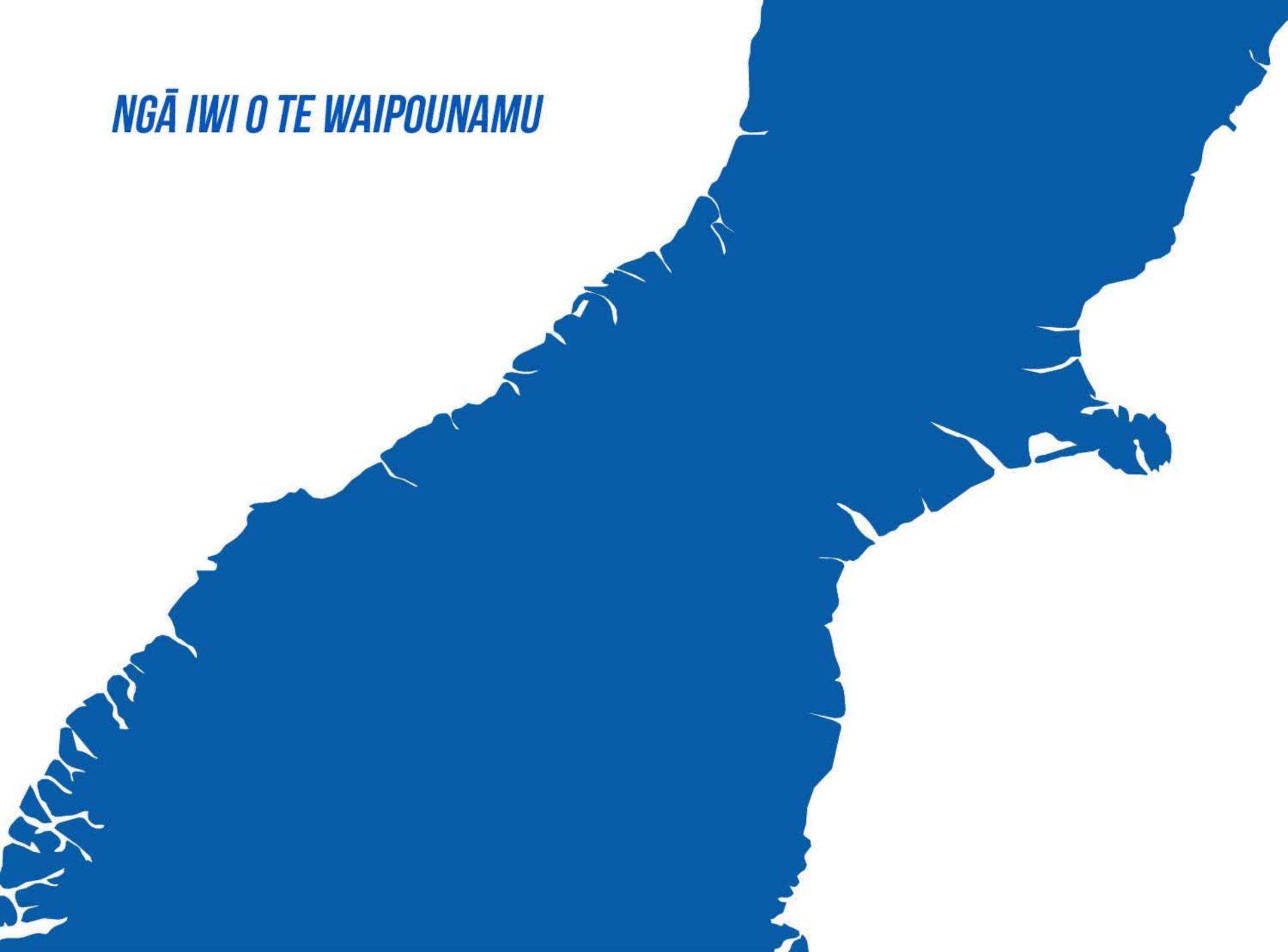
LONG TERM CONDITIONS WORKSHOP

**BUILDING THE CAPACITY OF
WHĀNAU TO BE SELF-MANAGING**

**WHAREWAKA, WELLINGTON
HELEN LEAHY, POUARAHĪ
TE PŪTAHITANGA O TE WAIPOUNAMU**



NGĀ IWI O TE WAIPOUNAMU









WHĀNAU ORA OUTCOMES

Whānau outcomes will be met when whānau are:

- **Self-managing**
- **Living healthy lifestyles**
- **Participating in society**
- **Participating in Te Ao Māori**
- **Economically secure and successfully involved in wealth creation**
- **Cohesive, resilient and nurturing**
- **Responsible stewards of their living and natural environments**

TE PŪTAHITANGA O TE WAIPOUNAMU NAVIGATORS

WHAKATU: 3

- Whakatu Marae Inc: 1 FTE | TINANA
- Whakatu Marae: 2 FTE

TE TAU IHU: 5

- Maata Waka ki te Tau Ihu: 2 FTE
- Te Awhina Marae: 1 FTE
- Te Hauora o Ngāti Rārua: 2 FTE

KAIKOURA: 2

- Te Tai o Marokura: 2 FTE

HURUNUI: 1

- Te Rūnanga o Ngā Maata Waka: 1 FTE

TE TAI POUTINI: 4

- Te Rūnanga o Ngāti Waewae: 1 FTE | TINANA
- Poutini Waiora: 3 FTE

WAITAHA: 19

- Te Rūnanga o Koukourārata: 1 FTE
- He Waka Tapu: 2 FTE
- Te Whare Hauora: 1 FTE
- Te Rūnanga o Ngā Maata Waka: 6 FTE
- Te Ora Hou: 1 FTE
- Kanohi ki te kanohi Ltd: 1 FTE
- Te Puawaitanga ki Otautahi: 1 FTE | RESILIENCE
- Te Kakakura: 1 FTE | RESILIENCE
- Positive Directions Trust: 1 FTE | RESILIENCE
- Te Ora Hou: 1 FTE | RESILIENCE
- Te Rūnanga o Ngā Maata Waka: 1 FTE | RESILIENCE
- Yoga in Schools Ltd: 1 FTE | TINANA
- Purapura Whetu: 1 FTE | TINANA

AROWHENUA: 2

- Arowhenua Whānau Services: 1 FTE | TINANA
- Arowhenua Whānau Services: 1 FTE

ŌTĀKOU: 6.5

- Arai Te Uru Whare Hauora: 2 FTE
- Kāi Tahu Ki Otago: 2 FTE
- Te Rōpū Tautoko Ki Te Tonga: 1 FTE
- He Waka Kotuia Charitable Trust: 0.5 FTE | TINANA
- Tokomairiro Waiora Inc: 1 FTE

HOKONUI: 1

- Hokonui Rūnanga: 1 FTE

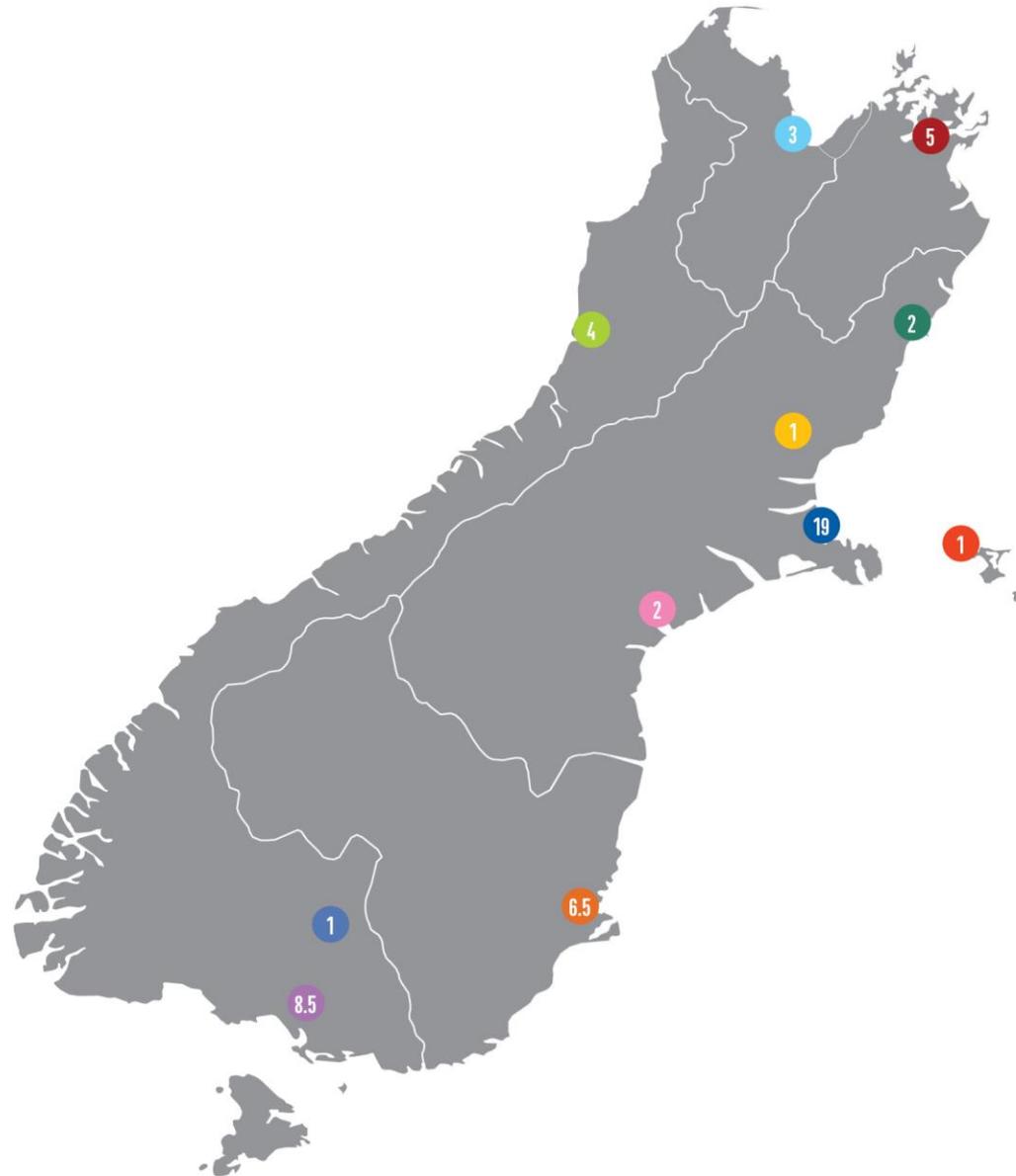
MURIHIKU: 8.5

- Awarua Whānau Services: 2 FTE
- Awarua Whānau Services: 0.5 FTE | TINANA
- Ngā Kete Matauranga Pounamu: 3 FTE
- Ngā Kete Matauranga Pounamu: 1 FTE | TINANA
- Waihōpai Marae: 1 FTE
- Rangatahi Tumeke Ltd: 1 FTE | TINANA

WHAREKAURI: 1

- Wharekauri Ngāti Mutunga: 1 FTE

TOTAL NAVIGATORS: 53





“alongside diabetes, whānau also register high blood pressure, we have evidence to demonstrate that an improved diet has the ability to control Type 2 diabetes, and also reduce the level of high blood pressure experienced alongside that condition. We have a specific example of where X has gone from requiring three monthly checks for blood pressure, diabetes monitoring and cholesterol monitoring, to now - only requiring Dr consultations if he becomes unwell. He no longer requires meds for any of the conditions that he had been monitored and medicated for over many years”



“We are now running 25 weeks of Thursday morning WAKA & HEALTHY KAI sessions. The nutrition part of the programme takes two hours and is very focussed on foods and nutrition that prevent or help with the management of Type 2 Diabetes. Our programme is free and no bookings are required. If some participants don't want to do the 1 hour on the water with Haimona then I chat with them about some of the motivation side of bringing healthy kai into our daily diet.



“I am a Whānau Ora / Tinana Navigator at **Whakatū Marae Nelson**. Three and a half years ago I donated a kidney to my Dad because he had kidney failure due to diabetes. Last year I started working with a whānau who was also looking at kidney transplant for a 21yr whānau member.

I organised a relaxed question and answers forum for the whole whānau with my dad, his wife and myself - (14 of them) who were thinking of donating and needed more information. The whānau left feeling like all their questions were answered and empowered to pursue the next steps needed to help their whānau member”.



Te Whare Oranga Pai was designed to support whanau who had been diagnosed with long term health conditions. It was a kaupapa Maori initiative aiming to involve twenty whanau focusing on those who did not currently have access to specialized health and nutrition.

“As well as discovering that they were capable of exercising, interacting with others, being accepted by mainstream gym goers and pool users; whanau gained knowledge of their conditions, medications and rehabilitation. These new understandings increased their sense of personal control, mana and rangatiratanga”.



Te Pūtahitanga
o Te Waipounamu