

## ***Whaia te Ahi Kā – Ahi Kā and its role in oranga***

Kia hiwa ra, kia hiwa ra!

We have exciting news whānau .... an 18 month **health research** grant has been awarded to the iwi from the Health Research Council of NZ (HRC). The highly contested fund for community and Māori health research, Ngā Kanohi Kitea, was applied to by iwi member and Māori Health Researcher, Kiri Parata, on behalf of the Trust. Last month we had the application approved. This is the first panui of many you will receive about this exciting research project.

More information is available in the Panui below:

**- - - PANUI - - -**

## ***Whaia te Ahi Kā – Ahi Kā and its role in oranga***

### ***Te Kaupapa – Research Objectives:***

The research aims to develop a long term oranga strategy for the iwi of Atiawa ki Whakarongotai. The research will explore how being connected to your iwi through participation in iwi activities can enhance overall wellbeing. The overall research question and the kaupapa has stemmed from hui with our own people, and has drawn on information gathered throughout our recent Moemoea wananga. This is our very own initiated 18 month iwi health research project starting 01 August 2014. It has been approved and funded by the Health Research Council of New Zealand.

### ***Te Tikanga – Principal Methodologies:***

Principal Investigator: Kiri Parata, with academic guidance and expertise provided by Dr Heather Gifford of Whakauae Research for Māori Health & Development, Whanganui.

The iwi Trust and the researchers with support from Whakauae, intend to carry out a qualitative research project using kanohi ki-te kanohi (face to face) in-depth interviews with people who whakapapa to Te Atiawa ki Whakarongotai. Thirty iwi members will be interviewed. Using a team approach and several cycles of review, key themes will be identified from the research data and these will then inform the oranga strategy.

### ***Ngā Hua – Potential Health Outcomes or Impact:***

Using the themes developed from the data the researchers will review how roles are impacting or enhancing our oranga (health and wellbeing) and through this knowledge, provide strategies and supports to the iwi Trust for the future growth and support of its people. One observation is that we can 'burn out' or burden our whānau who hold positions within the iwi, like Kaumātua, Ringawera, Marae Trustees or those holding other governance roles for example, and this is not a

healthy practice. Therefore the Trust is looking for strategies to sustain our people who continue to tautoko and give the Marae and its businesses their time and commitment. The knowledge gained from the research will be transferable across all aspects of involvement in our Marae and iwi activities.

## **NGĀ KAWA – RESEARCH DESIGN AND METHODS**

Using a qualitative research design the research team will explore connectedness by identifying those who are participating in iwi development and why, and what barriers, if any, are restricting other whānau from being actively engaged in marae and broader iwi activities. The research will explore how engagement and participation (or non-participation) in iwi activities impacts on individual and wider whānau oranga (health and wellbeing).

The research will be conducted by iwi members and will be guided by independent expertise and academic support from Whakauae Research Services, and in particular Dr Heather Gifford. The researchers will work in partnership with the Trustees consulting and gaining input on each stage of the research and under a small advisory group to provide tikanga guidance and safety. This study adopts a Māori-centred approach, meaning the focus is on issues of concern to Māori; the research methods and practices employed take full cognisance of tikanga, Māori knowledge and contemporary realities; the research incorporates Māori research aspirations and is committed to building the capacity of Māori. Key principles that will be used to guide the research are the kaupapa tuku iho, the principles for living as expressed by Te Wānanga o Raukawa, of which Atiawa ki Whakarongotai is closely affiliated. These kaupapa tuku iho are: Manaakitanga, Rangatiratanga, Whānaungatanga, Kotahitanga, Wairuatanga, Ūkaipōtanga, Pūkengatanga, Kaitiakitanga, Whakapapa and Te Reo (Winiata, 2008).

### **Ngā Whaia – Research aims are to:**

- a) *examine how the notion of connectedness is understood by iwi members,*
- b) *define what the implications of connectedness or lack of connectedness are on oranga (health and wellbeing) and*
- c) *define strategies that will enhance both connectedness and oranga simultaneously and into the future.*

These three aims will be achieved by answering the following research questions:

1. Who are the iwi members currently participating in iwi development?
2. How has participation changed over time?
3. How are members participating?
4. What are barriers and enablers to participation?
5. What are the advantages and disadvantages of participation?
6. How does participation impact (both positively and negatively) on wider whānau?
7. How can participation be enhanced?
8. What strategies could be put in place to ensure participation enhances oranga into the future?

### **Methods:**

The research will be carried out using **two phases:**

1. **Phase One:** Understanding Cultural Connectedness for Atiawa ki Whakarongotai, and
2. **Phase Two:** Using research data to develop an oranga strategy.

### Phase One - Understanding cultural connectedness for Atiawa ki Whakarongotai

- Apply to Health & Disability Ethics Committee (HDEC) for ethics approval
- Understand context by conducting a literature review
- Qualitative open ended interviews

### Phase Two - Using research data to develop an Oranga Strategy

- Data analysis using a team approach
- Identifying key themes
- Using the research results to develop an oranga strategy

#### ***Common questions about the research:***

##### **How does the research maintain confidentiality?**

The HRC has already reviewed the proposal and agreed there is no risk to individual confidentiality. As part of receiving ethical approval to begin the research, the methods for undertaking the research will be critically reviewed ensuring the anonymity of all iwi participants throughout the research process. Further details and explanations of this will be made available to individual participants who engage in this project.

##### **What if I don't want to participate?**

Kei te pai, if you do not wish to participate, just let the iwi Trust office know and we will make sure you are not contacted and you will not be asked to be interviewed. There is no negative impact to you or your whānau by not participating.

##### **How can I participate?**

A broad range of 30 participants will be selected from different geographical locations using our whanaunga networks. Don't be disappointed if you are not contacted personally, as you can still be involved in various iwi hui throughout the 18 month research period and hear updates of the findings and how the project is progressing. If you are contacted and chose to participate, we will arrange a time and place to suit you for a recorded interview kanohi ki-te kanohi. This will be with Kiri Parata, the Principal Investigator. It will be a conversation that should be a comfortable and rewarding experience for participants. A koha will be given to acknowledge your time and sharing.

##### **How do the Moemoeā wananga held at Whakarongotai over the past year link in with this project?**

It is timely that the Trust have initiated the moemoeā wananga, as this research project will link and blend with the feedback already gathered from our people. The oranga strategy will utilise both the moemoeā feedback, the research findings and any other relevant wishes and aspirations of our people into a long term strategy for our overall oranga/wellbeing.

Panui to Iwi – 18 July 2014

**Developing the Oranga Strategy**

Towards the end of the 18 month period there is an opportunity for everyone to be involved. Using the research findings, moemoeā hui feedback and any other relevant wishes and aspirations of our people into a long term strategy for our overall oranga/wellbeing.

If you have any patai (questions), please email Kiri Parata, Principal Investigator for Whaia Te Ahi Kā on – email: [kiri.parata@xtra.co.nz](mailto:kiri.parata@xtra.co.nz)