

Community Partnership 2014-15

He Iti Kahurangi, Pukehou Marae

Pukehou Marae is located in a rural community in the Hawke's Bay. The aim of the He Iti Kahurangi initiative is to get marae whānau passionate about physical activity and connected with each other through participation in five wānanga (educational seminars).

He Iti Kahurangi took a holistic view of health and wellbeing so as well as physical exercise and healthy nutrition, the initiative incorporated Māori cultural traditions around health and wellbeing and the natural environment. The programme was facilitated by health and physical activity professionals working together with marae whānau. Activities included box-fit, zumba, walking and healthy kai (food) workshops. A Māori spiritual dimension was integral to this programme with all activities starting and concluding with karakia (prayers).

The five wānanga

The first He Iti Kahurangi wānanga was held in November 2014. It began on the Friday evening at the Pukehou Marae with whānau gathering for a welcome and to understand the kaupapa (purpose and goals) of the programme. The evening also included a shared meal and waiata (songs) and karakia. The first physical activity, a hikoi (walk) along the local roads, was organised for the following morning. Mums, dads and children completed a 6.8km return trip with stops, stretching and sharing the history of the environment along the way.

Wānanga two was a day of activities based at Pukehou Marae in mid-December. This session was facilitated by the programme coordinator in partnership with four of the whānau who took turns to lead sessions on yoga stretches, zumba



and box-fit. Other whānau members prepared the kai for the day.

The remaining three wānanga were held in February, March and April 2015 and across a range of outdoor settings that included the beach, Te Mata Peak and Hinemahanga Native Reserve, Havelock North, as well as Pukehou Marae.

Building relationships

All of the Pukehou whānau were encouraged to participate in the wānanga because whanaungatanga (building relationships and connectedness) was an important goal of the programme.



Dr James Graham, Chairperson of Pukehou Marae Trustees says the five wānanga were successful in engaging whānau with each other through the local marae and a healthy, physical activity-based kaupapa. He says some of highlights of the programme were:

“Seeing our whānau becoming more familiar with their culture, physical health and wellbeing and our natural environment.”

“The amazing sense of connectedness created amongst the 40 plus participants across all of the five wānanga.”

“Seeing the leadership qualities and potential that all of the whānau displayed in this kaupapa and in action at the wānanga.”

Success factors

There were a number of factors that contributed to the success of the He Iti Kahurangi wānanga. The programme was able to build on the success of other marae activities including a reo (language) wānanga held earlier in the year. Some of the

whānau had recent positive experiences of physical activity including winter sports so were energised to support the programme’s kaupapa. Health and wellbeing of whānau was also a topical issue that the marae community was keen to endorse and work towards. Another positive factor was the venue, with many of the whānau living within 15 to 20 km of the marae so were easily able to attend the wānanga.

The wānanga was promoted to Pukehou Marae whānau through local channels including a private group marae Facebook page. One learning for another time is to promote the initiative earlier, so whānau have more time to consider the kaupapa and plan their involvement.

The He Iti Kahurangi wānanga was the first steps in an ongoing journey for Pukehou Marae towards physical health and wellbeing.



Top tips

- » Encourage long term change by integrating healthy food and physical activity with cultural values and shared experiences.
- » Develop leadership skills by encouraging participants to facilitate physical activity sessions or take responsibility for leading workshops.
- » Use a variety of settings and activities to maintain motivation and interest in physical activity.