



Customise your Moemoeā (dreams and visions)

Strategic Overview



Honour Partnerships

The Matariki Framework

Take Action

*Ka puta ko awa ngā roto me te moananui
The flow of streams combines; into the great ocean they flow
(we come together and join our voice one with another) nā Tui Taurua 2020*

Ngā Waka o Matariki (NWoM) Equally Well Māori Health Strategy's aim is optimal mental and physical health of Whaiora Māori and Whānau. Across the health sector it is imperative to address the multiple-existing health conditions impacting adversely on Whaiora Māori and their Whānau.

He W(h)akaputanga (He W(h)akaputanga o Te Rangatiranga o Nu Tirenī/Declaration of Independence of New Zealand 1835) and Te Tiriti O Waitangi (Treaty of Waitangi 1840) ground NWoM Equally Well Māori Health Strategy. Collectively, the principles are tino rangatiranga, equity, the right to live as Māori, to be accorded the same protection as every citizen of Aotearoa and the intertwining of Māori with Whenua and Ngā Taonga Tuku Iho (ancestral treasures). NWoM represents the many in the Equally Well collaborative navigating mental and physical health equity in partnership with Māori. In the autumn of each year, NWoM Equally Well, will hui to review this strategy. There are three parts:

Part 1

Honour Partnerships. NWoM's foundation is based on Aotearoa's two founding agreements He W(h)akaputanga and Te Tiriti o Waitangi. From these are two prominent messages. Firstly, Tino Rangatiranga and Mana Motuhake – self determination and Māori led. Secondly and equally as important as the first is Partnership - everyone in the waka working together to influence change. The NWoM strategy is Māori led and enhanced. The result is to achieve a healthier quality of life for ALL by unifying our work towards the improvement of Māori lives inclusive of others discovering their pathway. This view positions Māori at the rudder of the waka in journeying and interpreting the pathways Matariki illuminates for us to follow. Kaihoe, paddlers, are everyone including Whaiora Māori, our Whānau, our Stakeholders, our Equally Well and Cultural Champions.

Part 2

The Matariki Framework. *Putā Hua Te Rere O Te Wai, Te Iwa O Matariki* and *Moemoeā* form **The Matariki Framework** in celebrating Papatūānuku and growing abundance. Papatūānuku, the wellness and wealth of Whenua, is vital to Oranga and tikanga. Utilise the framework to transform health practice, to align organisational culture, to cultivate individual and collective mana for health equity of Whaiora and Whānau. Re-imagine the social and cultural landscapes of Aotearoa. Nurture the Whenua – the Whenua nourishes us all.

Part 3

Take Action. Use the NWoM strategy. Empathise. Be inspired. Influence. *Kiki ana te kotahinga mai, ka pahu. Momentum gathers, the river surges – he tāngata, he tāngata, he tāngata, join and flow as one.*

Ngā Waka o Matariki Equally Well Māori health strategy: Customise your Moemoeā

Putā Hua Te Rere O Te Wai (nā Tui Taurua 2020)	Te Iwa O Matariki (Matamua, 2017)	Moemoeā (customise moemoeā)
<i>Putā hua te rere o te wai. The splash of a raindrop, one at a time (an idea)</i>	Waipuna-ā-rangi is connected with the rain.	
<i>Ka rere te wai, ka timata te puna. Streams begin, water flows (talk to each other)</i>	Tupūānuku is the star connected with everything that grows within the soil to be harvested.	
<i>Ka rere atu te awa. A course is made, away it goes (knowledge gathering)</i>	Tupūārangi is the star connected with everything that grows up in the trees: fruits, berries and birds.	
<i>Ka hui hui ngā puna kia kotahi ai. Streams join as one (voices merge)</i>	Waitī is the star connected with all freshwater bodies and the food sources that are sustained by those waters.	
<i>Kiki ana te kotahinga mai, ka pahu. Momentum gathers, the river surges (he tāngata he tāngata he tāngata; join and flow as one)</i>	Hiwa-i-te-rangi is connected with our wishes being realised and reaching our aspirations for the coming year.	
<i>Ko tātou te awa. We are the river</i>	Pōhutukawa is the star connected to those who have passed.	
<i>Ko te awa ko tātou. The river is us</i>	Ururangi is the star connected to the winds.	
<i>Ka puta ko awa ngā roto me to moananui. The flow of streams combines; into the great ocean they flow (we come together and join our voice one with another)</i>	Waitā is associated with the ocean, and the food sources within it.	
<i>Papatūānuku ē, whakarongo mai i ōkū ngākau, waipuku ngā roimata, auē auē auē. Papatūānuku hear our hearts full with tears of joy</i>	Matariki is the star signifying reflection, hope, connection to the natural world and the gathering of people. It is the health and wellbeing of people.	