



# HE AHA TAKU ORANGA HAUORA MŌ ĀPŌPŌ

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## Final Report

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**Prepared for:**

Health Research Council of New Zealand

**Prepared by:**

Hemana CCK Waaka JP

Ben Marr

# PROJECT LEAD FINAL REPORT

## Introduction

I am pleased yet somewhat saddened to draft this final report, marking its completion with the addition of two extra seminars conducted during the 2023-2024 contract period.

Securing the support of the Research Office staff at Te Whare Wānanga o Awanuiārangi (Awanuiārangi) was instrumental in achieving the project's milestones. Many thanks to the Research Office team, Dr Cary Monreal-Clark, who managed the project, and Karamea Tukukino, who provided administrative support.

It was important to identify the 'how' and plan twelve months in advance to successfully complete this project. This involved mapping out locations, conducting extensive promotions for each seminar, and distributing the 'He Aha Taku Oranga Hauora mō Āpōpō' report. This strategy achieved its purpose, with a significant number of reports distributed at each of the five selected venues, as well as at two additional seminars for the NZDF veterans and their whānau.

Lt Col Martin Dransfield, Waitangi Tribunal Project Director, NZDF, is tasked with attending and reporting on all Treaty of Waitangi Tribunals held specifically for Māori veterans from the Army, Navy, and Air Force. His presence at each hui added prestige and mana as I travelled around the country for my presentations. Lt Col Dransfield was also invited as my guest speaker on several occasions during this kaupapa. I hold immense respect for this military leader.

## The Beginning

To enable me to prepare and plan effectively, I utilised my personal networks to contact each venue in advance, confirming their availability and identifying the nearest Māori health providers in the area. Equally important was establishing a contact person at each venue to facilitate the promotion and coordination with Māori veterans.

Identifying and confirming each location in advance was crucial, as it allowed my team to prepare for travel on the scheduled presentation dates. This included conducting interviews with veterans at each location, which were recorded for the website. Karamea organised our travel, accommodation, and meals, for each venue.

My journey began with an invitation from Lt Col Martin Dransfield to attend a seminar that I co-initiated with him. The purpose was for Māori cultural advisors from the three marae of the NZDF to introduce their roles and to provide updates on their status.

Understanding the functions of each marae was essential as it enabled me to emphasise the main goals of this project: firstly, reaching out to promote and share the report with veterans; and secondly, identifying the need to introduce and share our stories and concerns with Māori health providers.

Instead of conducting separate hui for veterans and Māori health providers, I combined them for a specific reason, which I highlighted in my PowerPoint presentations. The goal was to educate both groups about the diseases veterans were exposed to during the three major conflicts and how these conditions are being managed to ensure the care and welfare of veterans and their whānau.

The intent of these seminars was to raise awareness and engage Māori health providers in supporting veterans across motu. At the conclusion of each presentation, we asked, 'he aha tōu koha ki ā mātou? How can you assist us, now knowing the burdens each soldier brought back to Aotearoa after retiring from the NZDF?

Six seminars were conducted during the course of this project. An additional three seminars was required due to the strong interest. Below is a table indicating the venues and dates the seminars were held:

Date	Location
<b>1 August 2023</b>	<b>NZDF Invitation – Lieutenant Colonel Martin Dransfield, Waiouru Marae</b>
<b>23 November 2023</b>	<b>Ohakea Marae Base, Palmerston North</b>
8 February 2024	Hastings Hospital Marae, Hastings
1 May 2024	Papanui RSA, Christchurch
25 June 2024	Te Whare Wānanga o Awanuiārangi, Whakatāne
<b>27 June 2024</b>	<b>Veterans' Affairs Head Office, Wellington</b>

Dates and venues in bold were by invitation from the Veterans' Affairs CEO to present the findings of the report.

## **Commitment from Veterans' Affairs and NZDF**

Throughout this journey, it became apparent that Western medicine was not always suitable for many Māori veterans and their Pākehā comrades who suffered from 'mate wareware' (conditions causing forgetfulness or disorientation). This was highlighted during the seminars.

During visits to specialists in Rotorua and Tauranga, it became clear that the care provided did not meet our needs. When Veterans' Affairs asked for solutions, I proposed introducing holistic healing practices by Māori health providers as an alternative to brief specialist consultations, prescriptions, and lengthy waits for follow-up appointments.

At our seminars, we invited Māori health providers to observe and engage with veterans as they shared their challenges and sought better quality of life alternatives.

## **Holistic Māori Healing Introduced**

The proposal to include holistic Māori healing was officially presented at the Veterans' Affairs meeting for their consideration, in collaboration with Lt Martin Dransfield. It was suggested to conduct a 12-month trial period.

The seminars and findings from this report could potentially pave the way for integrating culturally appropriate methods of care and manaakitanga by both Veterans' Affairs and the NZDF.

The Te Puna ora o Mataatua Executive provided an annual budget outlining their costs if approved to offer holistic Māori healing services to all veterans and their whānau.

This report articulates a vision for establishing nationwide veterans' clinics, similar to those in Australia, to effectively address the immediate needs of veterans and their whānau.

I acknowledge that Veterans' Affairs has initiated a new program to address mental illness within the services, involving input from government agencies and selected Māori service personnel.

## **Summary**

The budget was insufficient to cover travel across the country and share the report with other RSA, marae, and Māori health providers. There is an urgent need for further consultation with Māori health providers, especially at a time when the government is significantly reducing funding across the health sector, which impacts Māori communities, kaumātua, and mental health institutes.

This journey has revealed new challenges that need to be addressed in the future, emphasising the importance of integrating health and tikanga Māori needs through meaningful relationships between Veterans' Affairs, NZDF, RSA, and Māori health providers.

Tikanga Māori needs to be recognised by both Veterans' Affairs and the NZDF, ensuring culturally appropriate personnel are approved for long-term quality care and welfare of Māori veterans and their whānau.

## Conclusion

This journey has been recognised by many veterans I have met around Aotearoa, who have acknowledged the work accomplished over the past 12 months.

I sincerely thank Professor Te Kani Kingi and the Health Research Council for their support in promoting this project widely and sharing the findings of the Veterans Health Report. These findings highlight additional challenges in ensuring the future welfare and health of veterans and their whānau.

A highlight of this project has been the strengthened relationship between Veterans' Affairs and NZDF. I greatly appreciate their tremendous support.

The conclusion of this 12-month contract marks a bittersweet moment. Building relationships with Cary, Karamea, Hope Hata (Marketing), and Te Whare Wānanga o Awanuiārangi, which initially served as the home base for the Veterans' Health Report and the subsequent Mobilisation Grant, provided a solid foundation. Recognising that Awanuiārangi consistently supported my team throughout the project, I am deeply grateful. This support will always be remembered, 'e kore e warewarehia'.

Ngā mihi

**Hemana CCK Waaka JP**

## REPORT SUMMARY

### Introduction

This report outlines the creation of a dedicated website for Māori veterans, documenting their experiences and stories from various locations around Aotearoa. The initiative involved extensive fieldwork, interviews, and multimedia documentation aimed at preserving the legacy and narratives of these veterans and their whānau.

### Project Overview

The project was conducted in collaboration with Mr Clifford Waaka, who facilitated a series of one-day wānanga at significant locations including Kororāreka, Orakei, Christchurch, Whakatāne, and Wellington. These workshops served as pivotal events for gathering interviews, photographs, and other media content from Māori veterans and their spouses.

### Fieldwork and Documentation

During the wānanga sessions, a total of 21+ interviews were conducted with veterans and their spouses. These interviews focused on capturing firsthand accounts of their military service, the impact of diseases such as Agent Orange and Malaria on their lives, as well as the subsequent effects on their partners and children. The fieldwork also included extensive photography and documentation to visually and narratively capture the essence of their experiences.

### Content Development

The collected media and interviews were meticulously curated and organised to create compelling narratives and visual stories for the website. Each story was crafted to honour the veterans' journeys, shedding light on their challenges, triumphs, and the enduring effects of their service on their whānau and communities.

### Website Creation

The website was designed as a central hub to showcase these stories and provide a platform for ongoing dialogue and education about Māori veterans' contributions and struggles. It features a user-friendly interface that allows visitors to explore interviews, view photographs, and access educational resources related to the veterans' experiences.

### Impact and Outreach

The website aims to raise awareness about the unique experiences of Māori veterans, ensuring their stories are preserved for future generations. It serves as an educational resource for schools, communities, and researchers interested in understanding the intersection of military service, health impacts, and cultural heritage among Māori communities.

## Conclusion

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## Future Considerations

Continued efforts will focus on expanding the website's content, fostering community engagement, and exploring opportunities for partnerships that support ongoing documentation and recognition of Māori veterans' contributions.

This report highlights the dedication and collaborative spirit that fuelled the creation of the Māori veterans' website, emphasising its importance in preserving and sharing these invaluable stories with a global audience.

## Website Report Summary of Costs

This report outlines the total monthly and yearly costs for hosting a website, including domain name registration, based on current rates in New Zealand dollars (NZD).

### Cost Breakdown

#### Domain Name:

- **Cost:** \$50 per year
- **Monthly Equivalent:**  $\$50 / 12 \text{ months} = \$4.17$  per month

#### Website Hosting:

- **Cost:** \$30 per month

#### Total Cost Calculation:

- **Monthly Total:** Domain Name Cost + Hosting Cost =  $\$4.17 + \$30 = \$34.17$  per month
- **Yearly Total:** Domain Name Cost + (Hosting Cost \* 12 months) =  $\$50 + (\$30 \times 12) = \$50 + \$360 = \$410$  per year

## Conclusion

This budget breakdown provides a clear overview of the expected costs for a domain name registration and monthly hosting fees. Please note that these are subject to change and dependent on the provider.

## Website Maintenance Summary of Costs

This report outlines the total monthly and yearly costs for hosting a website, including domain name registration, based on current rates in New Zealand dollars (NZD).

### Cost Breakdown

#### Monthly Maintenance Cost:

- **Cost per Month:** \$350

#### Annual Total Calculation:

- **Total Cost for 12 Months:**  $\$350 \times 12 = \$4,200$

#### Components of Maintenance:

- **Website Maintenance Services:**
  - Includes regular updates to plugins, themes, and core software.
  - Routine backups and security monitoring.
  - Content updates and minor design changes as needed.
- **Hosting Services:**
  - Provides the infrastructure to keep the website online.
  - Ensures fast loading times and reliable performance.
- **Additional Considerations:**
  - Domain name renewal fees (typically around \$50 per year if not included).
  - Any additional services such as SSL certificates, CDN services, or premium plugins.

Ngā mihi  
**Ben Marr**