



# KIA PIKI TE ORA KI TE WAIPOUNAMU HAERE TONU HIKOI & SYMPOSIUM



*“Mai i te Pō ki te Āo Mārama”  
Out of the darkness and into the light*



## OUR HAERE TONU HAERENGA

The Kia Piki Te Ora (All ages suicide prevention for Māori) hīkoi & Symposium was held on the 9th and 10th of September 2024 to promote better mental health outcomes for our whānau through awareness.

Our ope of NKMP kaimahi, kaumātua, lived experience whānau & kaimahi from across the lower Te Waipounamu traveled together on a bus to Ōtautahi. On the way we shared kōrero, kata kata, activities & connected on all things whānau hauora. The next day along with 300 other whānau we attended a suicide prevention symposium which consisted of whanaungatanga, guest speakers, kai & workshops.

The theme of Haere Tonu ‘Mai i te pō, ki te āo Mārama’ which translates to ‘Out of the darkness and into the light’ shared a message of awareness that fostered hope & encouraged whānau to seek support.

## HAERE TONU IN ACTION

### KEY NOTE SPEAKERS

- Tracey Wright-Tawha (Ngā Kete Mātauranga Pounamu)
- Dr Melissa Cragg & Dr Michael Naera (Te Whatu Ora)
- Dean Rangihuna (Lived Experience, Te Whatu Ora)
- Patariki Te Wake (Māori advisor & mental health advocate)
- Jaye Pukepuke (Bro’s For Change)
- Jacob Skilling (The Broken Movement)
- Mental Health Foundation ‘Chur! All good bro?’
- Daryl Gregory (Founder He Waka Tapu & CASA)

### WANANGA/WORKSHOPS

- Mau Rākau
- Taonga Tākaro
- Rāranga
- Taonga Puoro
- Tuhinga
- Waiata



## WHAKAWHANAUNGATANGA

### CONNECTING & SHARING

*“The vibe of kotahitanga on the bus. The bus ride up was fun. Loved the stories from the aunties that they shared around some of the early Ngāi Tahu claim.”*

*“Connecting with other kaimahi, feeling united with other organisations locally and around the motu.”*

*“The space allowed the strength of the sharing of those that were currently experiencing grief and being able to kōrero to tautoko their healing.”*

*“Being in a space where Māori have agency to create solutions for Māori was so life-giving.”*

*“The entire experience was incredible but highlights for me were being able to connect with others on the haerenga in a relaxed setting in the marae and hearing the stories from the guest speakers”*



## MARAMATANGA

### INSPIRATION & KNOWLEDGE

*“My highlight from the symposium was the speakers especially the brave māmā who read her poem. Her poem was powerful, raw and pono as it was a lived experience. I feel that will stay with me.”*

*“The quality of all the presentations was excellent and gave a demonstration of how Māori are facing this issue (whakamōmori) for our people.”*

*“It was a wairua filling experience and I left feeling inspired and empowered.”*

*“What I added to my kete from the event was the vast knowledge of suicide and the even bigger effect it has had over family.”*

