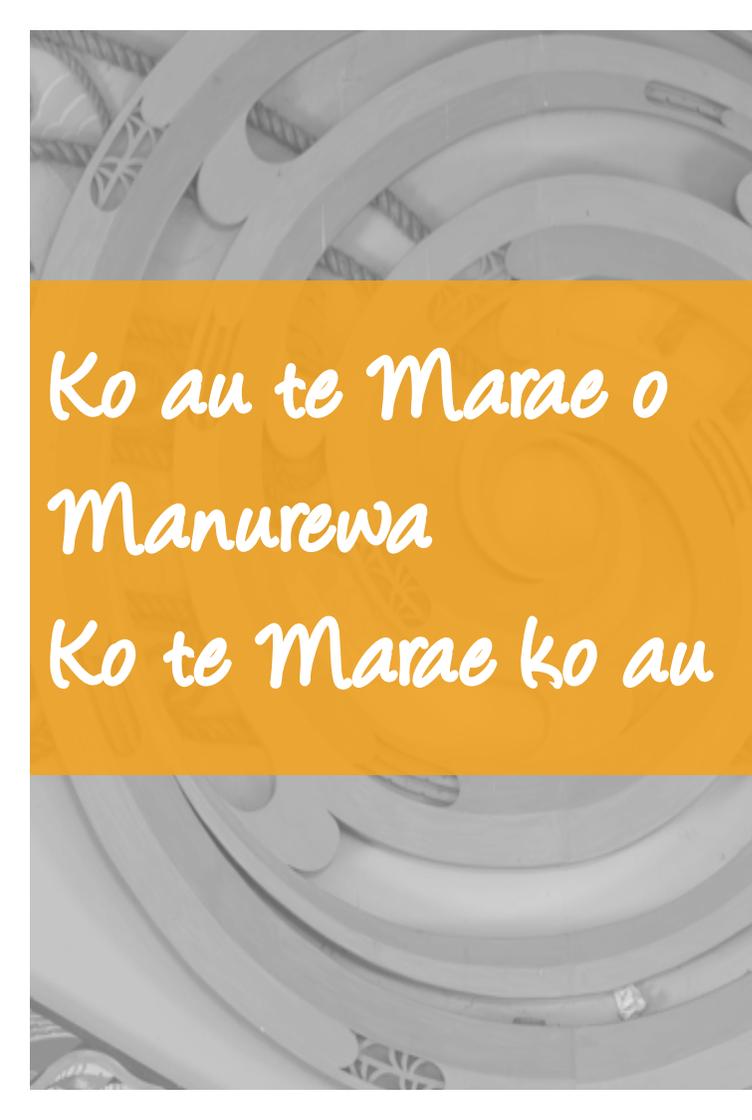




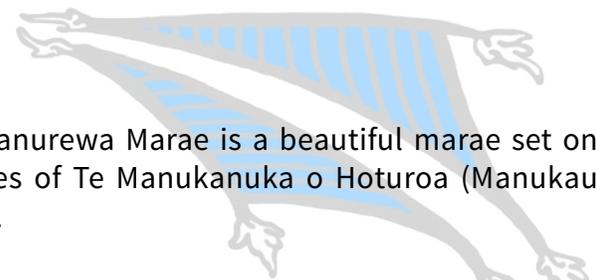
# Whanau Services



**M**anurewa  
arae



*Ko au te Marae o  
Manurewa  
Ko te Marae ko au*



*M*anurewa Marae is a beautiful marae set on the shores of Te Manukanuka o Hoturoa (Manukau Harbour).

Manurewa Marae was originally initiated by the vision and passion of a handful of whanau living in Manurewa, who wanted a marae to support Tangihana as well as ensure that Maori Tikanga, Kawa and heritage were maintained. In the past few decades the Marae has now grown with the community into a beautiful safe haven, where whanau, organisations and people of all cultures can come and learn in a vibrant and sacred setting.

The Marae currently acts as a “one stop shop,” striving to provide the basic educational, health and cultural needs of our community in one location.

This booklet explains the numerous programmes and services offered at Manurewa Marae, equipping members of the community with the necessary tools and resources to succeed in all spheres of their lives.

*Mauri Ora!*

# Hauora Activities

## FITNESS

We offer numerous physical activities here at Manurewa Marae to promote well-being for all members of our community, and our goal is to improve the health status of our whanau.

With an emphasis on whakawhanaungatanga and the inclusion of Te Reo, we aim to get the community active and healthy in a fun and uniquely Maori way.

Whether you like a hearty workout, a fun workout or a relaxed workout, we have a fitness class to suit everyone.

Classes are open to all ages and ethnicities, so don't be shy to bring your whanau and friends down, and get involved today!

**Almost all of our day programmes are free!**

### **Our physical activities include:**

Tai Chi  
Line Dancing  
Zumba  
Haka Ora  
Kyokushin Karate  
Korikori Tinana Step/Pump  
Vibra-training

We also host various hauora events and programmes throughout the year, such as Tryathlons and Te Whare Tapa Wha 8 Week Challenge

# Te Manu Aute Whare Oranga

COMMUNITY HEALTH CLINIC

Manurewa Marae is committed to improving access to health and social services for families through Whare Oranga - an integrated whanau community clinic with the aim of offering the best of both worlds, providing traditional healing and clinical health services within the one whare (facility).

Enrolled patients receive free GP services, and can also access discounted medication through the local Clendon Pharmacy.

If you are looking for a community health clinic that is family orientated, has a warm atmosphere, and is able to offer you a range of services, then Te Manu Aute Whare Oranga Community Clinic based at Manurewa Marae is there for you and your whanau.

Call and book your appointment today!

## Services Include:



|  |                                      |
|--|--------------------------------------|
| Matakite<br>(Clairvoyant Services)             | FREE Doctor<br>FREE Nurse            |
| Sujok, Colour, Seed and<br>Acupuncture Therapy | Mirimiri<br>(Tradtl Healing Massage) |
| Hot Stone Massage                              | Physiotherapy                        |
| Rongoa Maori                                   | Hearing Clinic                       |
| Homeopathy                                     | Podiatrist                           |

## GP Availability:

|           |                    |
|-----------|--------------------|
| Monday    | 9 am - 4 pm        |
| Tuesday   | 9 am - 4 pm        |
| Wednesday | 9 am - 4 pm        |
| Thursday  | 9 am - 4 pm        |
| Friday    | 9:30 am - 11:30 am |

# Te Rau Korowai

## ADVOCACY SERVICE

Te Rau Korowai Service was established in 2010 as a Marae Based Community Support and Advocate Service Provider. We pride ourselves as a Marae-based initiative incorporating traditional and contemporary tikanga practices.

Our Kaimahi (Staff) consists of four Pou Arahi (Community Support Workers) who are skilled in engaging with whanau to enhance their knowledge to challenging situations as they arise.

We also have two Kaitoko (Community and Advocate Workers) who provide a holistic approach to whanau wellness, strengthening their ability to move towards a healthier future.

Te Rau Korowai provide whanau with knowledge and awareness, enhancing their Mana to empower themselves to make a positive stance.

### **Advocacy**

We will advocate with whanau, linking them with community support services in their area. Services include budgeting, housing, lawyers, parenting programs, alcohol & drug, and domestic violence.

### **Needs Assessment Service**

We offer a comprehensive Needs Assessment Service to give whanau the opportunity to korero about those supports required when planning their future.

### **Education and Awareness**

We have free Educational and Awareness Support Networks located at Manurewa Marae, who are always willing to be part of the Whanau Plan. Networks include youth services, alternative medicines, personal development and physical activities.

# Taiohi Whai Oranga

## YOUTH PROGRAMMES

Taiohi Whai Oranga uplifts taiohi (youth), building taiohi leadership capabilities and aspirations.

We run a number of programmes here at the Marae around education, hauora (health), youth leadership, confidence, support and much more.

Our project began in 2011, when the collective Te Manu Ka Rewa identified some alarming statistics relating to the health and wellbeing of Manurewa's young people.

The original concept of Taiohi Whai Oranga was a youth hub or 'one-stop-shop'. This is still the overall aim, but the project has since grown.

We now have an innovative model of providing health and wellbeing services to young people in the area.

**These services will be a catalyst for long term change, as they are:**

- (1) Based on tikanga and kawa, and so highly responsive to the cultural needs of Maori youth
- (2) Co-designed with our team of emerging young leaders, so that they are engaging and appropriate for young people
- (3) Co-designed with the community, who understand best what is needed to give local youth a hand-up

**Our on-going programmes and events include:**

Youth Leadership Group

Scholarships

Holiday Programmes

Water Safety Course

Kingitanga Haerenga

Youth Health Symposium

# Te Whakaora Tangata

SOCIAL SERVICE

We aim to see at-risk whanau empowered with the skills and inner resources to pursue and achieve their goals, break the cycles of dysfunction, and find their purpose in life.

At Te Whakaora Tangata, we work with whanau from all walks of life in Clendon, Manurewa and South Auckland who want to make changes for a better life and better future for themselves and their family.

Te Whakaora Tangata exists to walk with families on this road. The journey of change is not quick. We are in for the long haul, walking with whanau through the ups and the downs.

For more information visit our website:

<http://www.tewhakaorangata.org.nz/>

We offer numerous whanau courses including:

## **Emotional Healing & Family Restoration**

Group sessions to give men and women courage to face their fears and unravel emotional issues, providing practical tools for healing and forgiveness

## **Parenting - Raising Kids with Hope**

Positive parenting course focusing on love and responsibility with one-on-one support in the whanau home

## **Awhiro Family Support**

One-on-one & family coaching providing emotional, spiritual and practical support, as well as guidance through government systems (WINZ, CYF, Family Court, Parole Board, etc.)

## **Kia Kaha Mornings**

One-off teaching sessions which give people the opportunity to come back together to refresh and motivate

**All courses are free** and held at  
Manurewa Marae & Clendon Community Centre

# Te Tai Tonga

KAPA HAKA

A community Kapa Haka group based at Manurewa Marae, with iwi represented from nga hau e wha and catering for all ages and levels. The group was created in 1999 with 10 founding members, and within a decade has grown to include six Maori Culture Groups.

We emphasize the importance of retaining our language and those treasures that have been bestowed upon us by our ancestors to preserve, nurture and impart onto tomorrow's generations.

The group attends local and national events such as Koroneihana, Manurewa Marae Events, Matariki Festivals, Tamaki Makaurau Regional Competitions, Taura Tangata and TV appearances. Te Tai Tonga supports our members to utilise the learning achieved through Kapa Haka towards qualifications e.g. Certificates and Bachelors of Maori Performing Arts.

## Practices

Stories and history of Maori culture are taught through song and dance such as waiata tawhito, waiata-a-ringa, poi and haka - all in a fun, safe and holistic whanau learning environment.

### *Mondays*

Mokopuna (0-7 yrs): 5 - 6 pm

Tamariki (8-12 yrs): 5 - 6 pm

Taiohi (13-18 yrs): 4 - 5 pm

T3XpreshNZ Youth Group (13-24 yrs): 5 - 6 pm

Pakeke (Open Senior): 6:30 - 9 pm

### *Wednesdays*

Te Korowai (Senior Citizens): 12:30 - 2:30 pm

# Te Manu I Rewa

TERTIARY EDUCATION

The Whare Wananga of Manurewa Marae, offering several courses in partnership with MIT and Te Wananga o Aotearoa.

Students of all ages and backgrounds can enrol on courses that will be taught at Manurewa Marae.

By learning at our Marae, students are able to benefit from the support services available to Marae whanau, which includes our holistic health clinic and numerous fitness programmes.

Students will also be provided with the opportunity to make links with other community organisations to expand upon practical aspects of their courses.

## Courses offered in the past include:

Te Ara Reo Maori  
(Level 2, 4 & 5)

Kawai Raupapa - Kapa Haka  
(Level 3)

He Papa Tikanga - Certificate in Tikanga Maori  
(Level 3)

Hei Manaaki - Natl Certificate in Maori Tourism  
(Level 4)

## These are delivered under:

Te Wananga o Aotearoa  
Te Whare Wananga o Awanuiarangi

# Marae Venue

## HIREAGE

Manurewa Marae is the largest marae in Auckland. People from different ethnicities and backgrounds have hired the marae for various occasions, including tangihana, weddings, graduations, family reunions, birthdays, christenings, kapa haka events and community hui (meetings).

The spectacular views from Manurewa Marae provide a unique backdrop that will create the desired atmosphere of any function. Our Marae can sleep 250 people and can cater for up to 350-400 (two dining halls available).

For more information on costs and availability, fill out the enquiry form on our website or call (09) 267 8768.

Our Whare Tipuna is called Matukurua and can sleep up to 250 people. We also have two wharekai (kitchen & dining areas).

Matukutururu is our smaller wharekai, which seats 50-100 people and has a beautiful view of the Manukau harbour.

The main wharekai is called Matukutureia. Full decking on both sides of the wharekai allows for a great indoor-outdoor flow that gives spectacular views of the whole marae.

We also have smaller rooms available to hire.

At Manurewa Marae you have the option of self-catering, using an external caterer, or our Marae can provide catering for you.



81 Finlayson Avenue, Manurewa



admin@manurewamarae.co.nz



09 267 8768



www.manurewamarae.co.nz



facebook.com/manurewa.marae



instagram.com/manurewamarae

*Tena koutou, tena koutou katoa  
Nau mai, haere mai ra!*