

# HEALTH AND WELLBEING SESSION



Friday, July 04th, 2025



## Background

### Part 1 – Context:

Under the CORS Programme, HOPE Worldwide–Pakistan offers workshops to support refugee settlement.

### Part 2 – Focus:

This session introduced Te Whare Tapa Whā to help participants understand holistic wellbeing in Aotearoa.

## Purpose of the Session

The purpose of this session was to introduce newly settled refugees and CORS programme participants to Te Whare Tapa Whā, the Māori model of wellbeing.

The session aimed to help participants understand the four key pillars of health in Aotearoa – taha tinana (physical health), taha hinengaro (mental and emotional health), taha wairua (spiritual health), and taha whānau (family and social connections) – and how these elements work together to support overall wellbeing.



Participants attending Workshop

# Health and Wellbeing Information Session – Te Whare Tapa Whā



## Attendance

- Total participants: 22
- Demographics: Recently arrived refugees from Afghanistan, Pakistan, and South Sudan; mix of families and individuals.
- Languages represented: Dari, Pashto, Urdu, Arabic, and English.
- Support provided: Interpreters available for Dari and Urdu-speaking participants; printed handouts in English with simplified language and visual aids.

## Session Overview

The facilitator, Mr. Gajanan Deshmukh, delivered an engaging and culturally sensitive presentation that included:

A brief introduction to Māori culture and values in the context of health.

A breakdown of the four pillars of Te Whare Tapa Whā with practical examples.

Group discussions on how participants can maintain balance in all areas of wellbeing while adapting to life in New Zealand.

Q&A session addressing health services, cultural differences, and personal challenges.



## Key Outcomes

- Participants gained an understanding of holistic health in the New Zealand context.
- Increased awareness of the role of cultural values in promoting wellbeing.
- Participants shared their own cultural approaches to health, fostering mutual respect and intercultural exchange.
- Follow-up interest expressed in attending similar workshops on nutrition, mental health strategies, and community engagement.



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## Feedback Summary

- Positive aspects: Participants appreciated the interactive style, real-life examples, and the respect shown for their cultural backgrounds.
- Suggestions for improvement:
  - Provide more translated materials in advance.
  - Include a short video or visual storytelling about Te Whare Tapa Whā.
- Offer a follow-up practical activity (e.g., a wellbeing plan).

## Recommendations / Next Steps

Organise additional wellbeing sessions focusing on each pillar individually.  
Develop multilingual resources to improve accessibility.  
Collaborate with local Māori health providers for future joint workshops.

## "In Their Own Words"

"I learned new ways to think about health. In my culture we focus on the body, but now I see how family and spiritual life are also important." – Participant from Pakistan

"The session helped me understand more about Māori culture and how to look after myself in all areas of life, not just when I am sick." – Participant from South Sudan