



## Ngā kōrero a ngā tāngata mō Mana Ake

“E tino kaingākau ana ki taku tamaiti te mahi tahi me tana kaimahi, ka mutu kei te whakamahi ia i ngā tikanga i tukuna ki a ia hei whakarite i ōna whakaaro ahotea.”

“He tino rawe ki taku tamāhine te whai wā ki tana kaimahi. Ka kōrerorero rāua mō ngā raru me ngā māharahara i a rāua e mahi ana i ētahi atu mahi. Kei te mahi ngā rongoā kua whakaritea - kei te tino hari ia me te mauri tau.”

“Me mihi ki te mea ngaro mō te tuku mai i a Mana Ake ki tō mātau whānau. Kua kite taku tamāhine kei te aroha atu māua, ōna mātua ki a ia, ā, kei te tautoko te kura i a ia.”



**MANA AKE**  
STRONGER FOR TOMORROW

**Mō ētahi atu mōhiohio whakapā atu ki Mana Ake:**

**Whakapā:**

**Kōrero:** ki tētahi kaimahi i te kura o tō tamaiti

**Haere ki:** [ccn.health.nz/FocusAreas/ManaAke-StrongerforTomorrow](https://ccn.health.nz/FocusAreas/ManaAke-StrongerforTomorrow)

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**MANA AKE**  
STRONGER FOR TOMORROW

Te whakapiki ake i te oranga me te hinengaro hauora mō ngā tamariki kei ngā kura tau 1-8 puta noa i Waitaha.



## He aha a Mana Ake?

E tautoko ana a Mana Ake i ngā tamariki 5 ki te 12 tau te pakeke puta noa i Waitaha.

Mā ngā tamariki he uua te pupuri i ō rātau kare ā-roto a Mana Ake, e pōuri ana mō te wehenga o ngā mātua, e tangi ana mō tētahi kua riro, he mokemoke rānei.

Ka mahi tahi te rōpū i te taha o ngā kura me ngā whānau ina puta he māharahara mō te oranga, te hauora hinengaro rānei o tētahi tamaiti.



## He aha te mahi Mana Ake?

Ka taea e ngā kaimahi a Mana Ake:

- ngā kaiako te tautoko ki te tuku i ngā kaupapa akomanga e hāpai ana i te oranga;
- te mahi tahi me ngā tamariki me ō rātau whānau i te kāinga, i te kura hoki/rānei;
- ngā kura me ngā whānau te tūhono ki ngā rauemi hapori e hāpai ana, e whakatairanga ana i te oranga.

## Me pēhea te whiwhi tautoko a ngā tamariki i Mana Ake?

Ka taea e koe te kōrero ki te kaiako o tō tamaiti, he kaimahi nō te kura, kia tiroirohia mēnā ko Mana Ake te ratonga tika hei tautoko i tō tamaiti. Mēnā kāore tō tamaiti i te haere ki te kura i tēnei wā, ka taea e koe te tono tautoko tōtika mai i a Mana Ake i:

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