



Is the ACC the only place where we can get free Rongoā?

How do we get Rongoā if we are not on ACC?

If Rongoā can reconnect us back to our mātauranga Māori and taiao, then why did I never learn about it in school?

What needs to change to make it easier for us to access Rongoā?

What did it take for Rongoā to get to where is it now?

How do we make sure that the use of Rongoā keeps getting stronger?

How can we make Rongoā and Rongoā services normal in our rohe so we don't get sick?

Is the only reason why Rongoā isn't available publicly because they can't sell and make money from it?

How could Rongoā help rangatahi with internet addiction?

Fifteen **rangatahi** at the *Tū Mai Rongoā Māori Symposium* directed some **insightful pātai** and whakaaro to our expert panel members

**They want to know** more about how they can learn about and use Rongoā in their lives

# RANGATAHI TALK RONGOĀ MĀORI

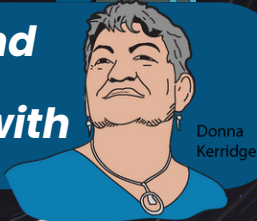




# RANGATAHI TALK RONGOĀ MĀORI



**Our Symposium expert, healer and researcher Donna Kerridge, responded to the rangatahi pātai with the following observations:**



Donna Kerridge

- If you want to know more about Rongoā you can do courses at Te Wānanga o Aotearoa, Te Wānanga o Raukawa, Te Wānanga o Awanuiārangi. There are also lots of community Rongoā programmes you can attend such as Titoki Education. Or you could offer to help out at Rongoā community clinics in some areas so you can hang out and watch and observe while helping out the healers or those running the clinics.



- When we reconnect with nature, we can learn the language of Rongoā and use it to help us live a life that is more fulfilling.



- There is some legislation which needs to change to make sure we can access Rongoā more easily, including the Medicines Act, the Marine Mammals Protection Act, and the Health Practitioners Competency Assurance Act.



- We need to work hard to retain Rongoā Māori. Our ancestors kept this knowledge alive for us to pass on, and this knowledge will continue to evolve over the generations.

- Sometimes Rongoā rākau is not widely available because of lack of access to plants and people who know how to prepare them properly, and not everyone is happy to sell it.



- Other ways to access free Rongoā services, apart from ACC, is through some Whānau Ora providers, and other organisations that offer publicly funded Rongoā services – these are listed on the Ministry of Health's website.



## KEY INSIGHTS FOR DECISION MAKERS

Health policies and resourcing need to reflect that:

- Rangatahi care about Rongoā as a taonga tuku iho and a wellbeing tool
- Rangatahi want access to Rongoā to prevent ill health and maintain health and wellbeing
- Rangatahi want to develop their skills in the practise and use of Rongoā

For more information go to [www.whakauae.co.nz](http://www.whakauae.co.nz)

