**Research Information Sheet**

Kaumātua Mana Motuhake Pōi: He Huarahi Tautoko to enhance intergenerational relationships, cultural exchange and identity, and physical wellbeing

*Funded by Ageing Well National Science Challenge*

Tēnā koe,

Nei rā te mihi mahana i roto i ngā piki me ngā heke o te wā.

My name is X, CEO of X. I am working in collaboration with a team of researchers from Rauawaawa Kaumātua Charitable Trust—led by Rangimahora Reddy--and the University of Waikato’s Faculty of Māori and Indigenous Studies—led by Professor Brendan Hokowhitu—and Faculty of Management—led by Professor John Oetzel.

**What is this project about?**

The purpose of this project is to help increase physical activity and cultural knowledge (mātauranga) exchange for kaumātua (including te reo Māori) through ‘He huarahi tautoko’ intergenerational models of learning. This model of learning was developed through a co-design process involving university researchers and six kaumātua service providers and kaumātua from each provider. This process resulted in a programme tailored to your specific rohe.

The programme involves four wānanga over about a nine-month period; there will be a wānanga about every other month. The wānanga will include information about various activities and cultural knowledge that can be undertaken on your own over a two-month period to increase physical activity and mātauranga exchange.

We ask that each kaumātua participating to invite one whānau member (however you wish to define your whānau) to participate with you during this programme. This is key person to attend the wānanga and engage in the activities in between each wānanga.

**What are we asking of you?**

We invite you to be a participant in this project. This will involve you:

* reviewing this information sheet and completing a consent form to participate
* attending four wānanga
* completing a questionnaire and physical functioning test at the start of the project, one during the middle of the project, and another at the end. You can complete the questionnaire in writing or one of our researchers can ask you the questions orally and fill in your responses. You can also have someone else’s support if you like. These usually take 15 to 30 minutes to complete.
* completing a journal of activities you did related to the information from the wānanga
* participating in a focus group after the entire project is finished. This takes about 45 to 60 minutes.

Your participation is entirely voluntary (your choice). You can choose not to take part in this project. You will be offered a koha in the form of a voucher/gift card at the completion of wānanga, questionnaires, and the focus group.

**Your rights as a participant**

As a participant in this research project, you have the right to:

* participate voluntarily knowing that refusal to participate will not affect you in any way;
* ask questions about the project at any time during participation;
* provide information on the understanding that your identity will not be disclosed at any time, in any way, shape or form;
* withdraw from this project without giving reasons for doing so at any time knowing that this will not negatively affect the services you currently or potentially receive from the providers that have referred you to this project (*for example, you should notify us after completing the questionnaire which means that you can participate and then ask us not to use your information*);
* have a support person present;
* access a summary of the findings from the focus group, when it is concluded.

If you have any questions or queries about your participation, please feel free to contact one of the three lead researchers as outlined below.

**Confidentiality and the Results**

Statements you make may be referred to as part of the analysis. All responses and discussion during the project will remain confidential. A pseudonym (another name) will be used in any publications so that you will stay anonymous. You may choose to have yourself identified if you prefer. There will be a line on the consent form that you can initial if you want this. Only the research team will have access to the information, which will be kept on a password protected computer.

The focus group will be recorded to ensure the accuracy of the information retrieved, these in turn will be transcribed and you will be given an opportunity to review the transcript. The results of the focus group will be analysed and we will look for common themes and patterns across the various korero.

The results of the questionnaires will be analysed and grouped so as not to identify an individual. We will look for common themes and patterns across the various people we interview. Those will then be shared in such formats as research articles, conference papers, community reports, policy briefs and student research reports.

We also will occasionally take pictures when we are in group section. There is a line on the consent form for you to initial if you are willing to let us use your image in presentations and promotional materials. You can still participate in the research if you do not want to let us use your image.

**What next?**

If you agree to participate, then we ask that you complete the first questionnaire now or at a time to which you and the community researcher agree. If you are a kaumātua, please also identify your whānau member who will participate with you. The wānanga schedule will be provided to you shortly. The entire project will last about 9-12 months.

If you have any questions about the research, please feel free to contact me or one of the researchers for the project. You can also contact our local community researcher who is sharing this form with you.

Ngā mihi nui ki a koe,

Brendan Hokowhitu; [brendan.hokowhitu@waikato.ac.nz](mailto:brendan.hokowhitu@waikato.ac.nz); 07 838 4737

John Oetzel; [john.oetzel@waikato.ac.nz](mailto:john.oetzel@waikato.ac.nz); 07 838 4431

Rangimahora Reddy; [rangimahora@rauawaawa.co.nz](mailto:rangimahora@rauawaawa.co.nz); 07 847 6980

Community researchers;

Te Pua Wānanga ki te Ao

Faculty of Māori and Indigenous Studies

Te Whare Wānanga o Waikato/ The University of Waikato

Private Bag 3105

Hamilton, New Zealand