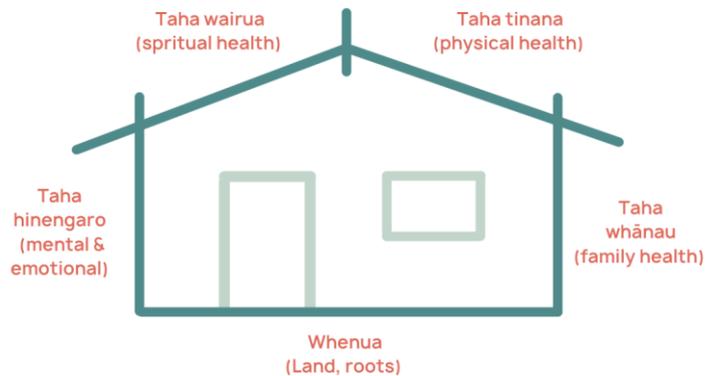


# Te Whare Tapa Whā at Dingwall Trust

There are many ways of considering wellbeing. Some people may have personal definitions, some may use models stemming from their own or others' culture or philosophies.

Te Whare Tapa Whā is a holistic Māori model of health designed by health advocate Sir Mason Durie. It envisages wellbeing as a whareniui, or meeting home, with four walls or cornerstones.



## These represent:

- **Taha tinana (physical health)**. This is how our body grows, feels and moves, and how we care for it. Nurturing our bodies can help us feel mentally well. This can include what we eat, getting enough sleep and keeping active.
- **Taha hinengaro (mental and emotional health)**. This includes our thoughts, feelings, conscience, heart and mind, and how we communicate. Looking after our mind can help strengthen our resilience and help us cope with challenges in life.
- **Taha whānau (family health)**. These are the relationships that give us a sense of belonging. This can include immediate family and relatives, friends, hoamahi (colleagues) and the community around us. This also includes our ancestors and ties with the past, present and future.
- **Taha wairua (spiritual health)**. Our spiritual essence or life force. This can include our beliefs, values, traditions, practises, capacity for faith and our heritage in the past, present or future. How we view wairua can differ, and there is no right or wrong way.

The whareniui's connection with the whenua (land), a source of nourishment, provides a foundation for the four dimensions. Nurturing each will help strengthen and support our overall health and wellbeing. Should one or more cornerstones be missing or damaged, a person can become unbalanced and unwell.

## How it works at Dingwall Trust:

We use Te Whare Tapa Whā framework to inform our practice and as a key assessment tool to consider the domains of a person's life to establish strengths and needs. It's also used as a way to kōrero with our community about different elements of life that contribute to wellbeing. This is particularly helpful in understanding what domains may need to be supported to uphold the hauora of the people we nurture.

In doing so, we hope tamariki, rangatahi and kaimahi experience belonging, wellbeing, growth and empowerment during their time at Dingwall Trust and beyond.

Sources [Māori health models – Te Whare Tapa Whā](#) (2017). Ministry of Health.  
[Te Whare Tapa Whā](#). (2021). Mental Health Foundation.

