

# 2025 Kaimai Mamaku Restoration Project SOCIAL IMPACT

## Ka ora te whenua, ka ora te tangata | When the land is well, we are well

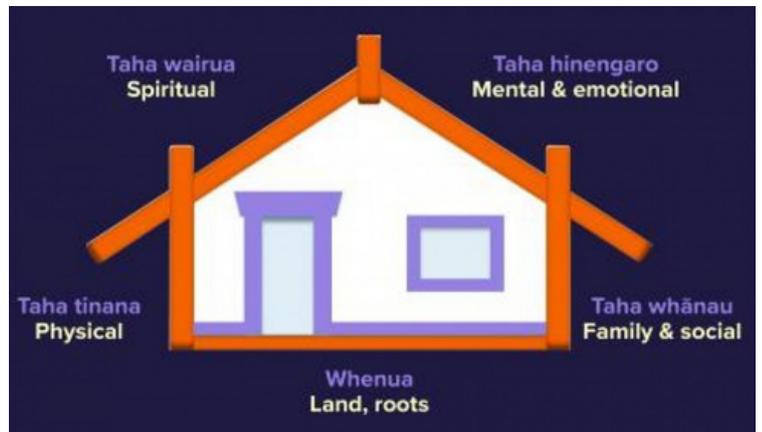
Kaimai Mamaku Restoration Project kaimahi experience significant positive impacts through their conservation mahi. Overall, kaimahi | workers feel fitter and stronger than before they started, experience better mental health and feel more connected to whenua, whānau, tūpuna and iwi. They strongly believe their mahi is making a positive difference and they're confident talking about it.

The social and cultural impacts of conservation mahi is a compelling co-benefit of investing in nature.

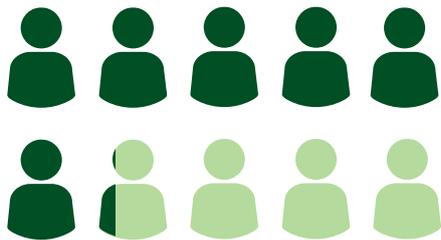
### Te Whare Tapa Wha

Developed by leading Māori health advocate Sir Mason Durie in 1984, Te Whare Tapa Wha describes health and wellbeing as a wharenui with four walls. When all these things are in balance, we thrive.

This model was used as the basis of the Kaimai Mamaku Restoration Project Social Impact Survey.



### Taha Tinana | Physical



**60.9%**

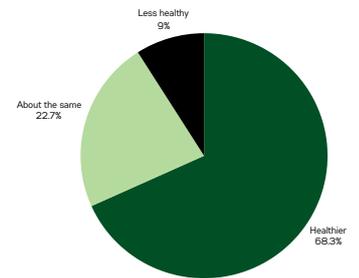
of kaimahi feel fitter since starting this mahi.

**56.5%**

feel stronger since starting this mahi.

### Taha Hinengaro | Mental and Emotional

**68.3%** of kaimahi say their mental health has improved since starting this mahi.



Commonly felt emotions and feelings:



## Taha Wairua | Spiritual

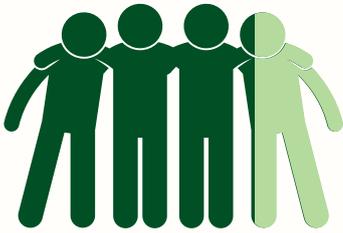


**65.2%**  
of kaimahi feel much more connected to wairua | spirituality since beginning this mahi.



**86.4%**  
say their connection to spirituality has had a positive, or very positive, impact on their lives.

## Taha Whānau | Family and Social



**77.3%**

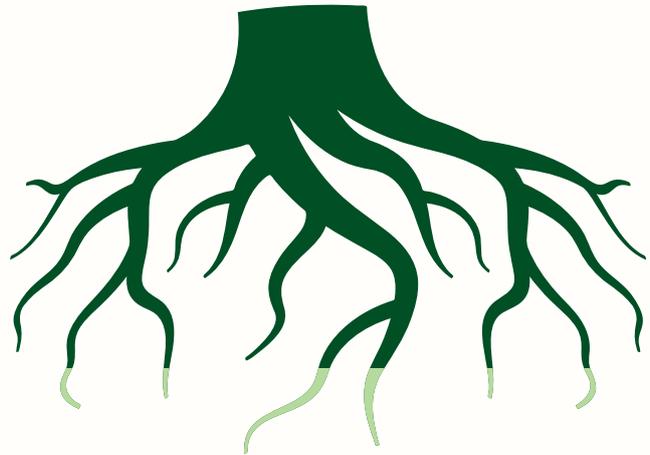
of kaimahi report a stronger connection to their whānau, hapū or iwi since starting this mahi.



**81.6%**

report a stronger connection to their wider communities since starting this mahi.

## Taha Whenua | Roots



**77.3%**

of kaimahi have a stronger connection to whenua, tūpuna, whakapapa and maramataka since starting this mahi.

**68.2%**

have a deeper understanding of te taiao since starting this mahi.

**95.5%**

are confident this mahi is making a positive difference on te taiao and/or their communities.

**77.3%**

are more confident to talk about their mahi with others.

## Closing kupu from kaimahi

*"This work has been critical in restoring the environment by the people that need to be doing that!!"*

*"We still depend on the Kaimai as a way of life and we need to protect it for future generations."*

*"Nāu te raurau, nāku te raurau, ka ora ae te whenua, hei oranga mo te tangata. With your food basket and my food basket, the land will thrive."*

*"Ko au te whenua - ko te whenua ko au. I am the whenua and the whenua is me."*

*"It's about the people."*