



Māra Kai

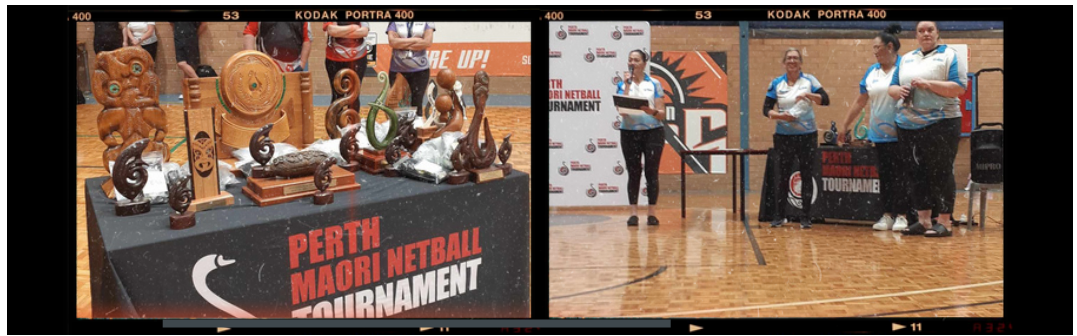
Whiringa-a-nuku 2024

Hauora

Papakāinga

Haapori

Whai Mahi



## WHAWHAAKIA KI TE AO - ITI TE KUPU, NUI TE AROHA

It's good to be home, and hit the ground running. A quick stop over in Perth to support a kaupapa that has been led by our Te Kauri and Kaitumutumu whānau for the past 19 years is well worth mentioning in this edition. The Perth Māori netball tournament has evolved over the years. It now has up to 65 teams across all ages covering Tamariki, Rangatahi, Wahine and Taane clubs. In total, 1600 registered players over the course of two days battle it out to take the top prizes and trophies. On and off the court, it resembles the feeling of the netball courts at the Huntly complex back in the day. Established as a kaupapa maumahara in memory of Rangī Tukua Berryman- nee Wharekura, the tournament is a true reflection of whakapapa from being raised of the marae under the values of the Kiingitanga. And like the nana Hinematu Marae games or the Tribal games, legacy whakapapa and whanaungatanga lives on in us all no matter where we find ourselves in the world. In the last month, some of our people were in China with the government, Canada, and New York . Reminds me of our own Aunties and Uncles who used to traverse the world and they said " have piupiu will travel. But good to be home!!

# Our People, Our Kaupapa, Our Aroha



## ON THE KAUPAPA

Input-Output-Outcome-Impact. A phrase that has stuck with Matawhaanui from the beginning. As the photos depict, Matawhaanui have been across many kaupapa in the month of September.



## IN THIS ISSUE, WE TOUCH ON

- TUUHONO HAUORA
- POU TAUMATA OUR KAUMATUA
- TE PUNA ORA - RONGOAA MĀORI
- TE WHARE ORANGA
- PAPAKAINGA





# POU TAUMATA

Check out our 80 yrs young Aunty Taini Rutene participating at the Kaumatua games. A regular attendee at our hui, with a lifetime of experience serving community, marae and the Kingitanga, Aunty's example of resilience, participation and fortitude to maintain her independence serves as a reminder that connection and community are key ingredients in staying young at heart. ka pai Aunt!

## WISDOM AND KNOWLEDGE KAUMATUTA KAHA - ON TAP

The magic of our monthly kaumatua hui is in the Koorero that transpires throughout. Addressing the challenges in a positive environment allows our Kaumatua to relate to each others whakaaro which in turn allows them to focus on solutions together. At our most recent hui, Work and Income NZ ( WINZ) attended as the request of our Kaumatua, allowing them to understand grants, entitlements and pension queries.



[www.matawhaanuitrust.co.nz](http://www.matawhaanuitrust.co.nz)



159 Harris Street, Raahui Pookeka 3700.





# TUUHONO HAUORA

**Tuuhono tinana**  
**TANE HAUORA**

- BASELINE BLOODS: PROSTATE, CHOL
- IMMUNISATION
- SWABS: THROAT, HPV, SH,
- CONTRACEPTION
- HINENGARO: KÖRERO, TINANA GYM/HIKOI
- BASELINE OBS: PULSE / O2 / BP / HT / WT  
HEPC / BGL

0800TUUHONO | 2 Bridge Street, Huntly West

Tuuhono Hauora smashed the month of September by standing up 2 events in our community. Decreasing barriers in our community to access health professionals is a major focus of our work whether it's in-clinic or through our outreach services. This has led to an increase in registrations and whanau passing on the word to others about the friendly manaaki provided by the team.

## WHAKAKOTAHI AI TE HAPORI - HAUORA O RAAHUI POOKEKA

While we may know on some level the medical community in Raahui Pookeka, Tuuhono Hauora took the initiative of extending an invitation to local practitioners by showing manaakitanga the Tuuhono way. Sharing kai and koorero is nothing new to us as we carve out new ideas to strengthen community health together.

Welcome North Waikato  
Doctors, RNs, Pharmacists, Managers

### Breakfast Parakuihi

Meet, greet & eat

Friday 27 September  
7.15AM - 8.15AM

**VENUE:** 154 Harris street, Huntly  
at Te Whare Oranga Health & Fitness centre  
'look for all the flags'

Grab a coffee on your way in at our  
Taniwha Cafe' cart

Karakia  
light breakfast  
Mix, mingle introductions  
final words  
-takeaway goodie bags-

*Together we can provide collective care for our community*

0800 888 4666

tuuhono@mwt.co.nz

12 Bridge Street, Raahui Pookeka 3700



# KAUMATUA GAMES



Amazing day! Thank you to our team of kaimahi Paula, Tai and Potaea without yous I would have been challenged. Our kaumaatua tho!!! Lol 🤪🤪🤪 competitive!!! Crack up!!!

Activities;

We were put into the B Grade being our first time. Matawhaanui Trust Kaumaatua - POU Taumata 2024!!

1. High Tea - cuppa yea with sandwhuches, sausage rolls slices and tarts. All our Kaumaatua had plenty of Kai.
2. Noodle Hockey, first WIN!!!
3. Ten Pin Bowling LOSE 145 to 87.
4. Taurine Tuu - Tai Chi.
5. Kerplunk - Lose 7- 3.
6. Mini Putt - Lose (no putts)!!
7. Nerf Gun Shooting - Lose.
8. Memory Game - 4 - 0 Lose!

There were Kaumatua from Tauranga, Rotorua, Taranaki mean az dress ups, experienced Kaumaatua who have been a few years. It was nice to hear the history of how Rauawaawa Trust and Rototuna High School built the relationship. Many volunteers from Rauawaawa Kaumaatua Charitable Trust, Ye Ruunangs o Kirikiriroa, and students from Rototuna High School. Now that we have had a taste of the event, we will be a lot more prepared for 2025.

We had a great day, everyone will be tired. A huge acknowledgement to Matawhaanui Trust and Tuuhono for giving our kaumaatua opportunities to extend their abilities, they all enjoyed their day and was glad that they experienced and tested their skill, knowledge and patience!! For our t-sjirts our snack packs and transport. A lot of fun! Once again, thank you all for your support.

Ngaa mihi

Moera & Our Team ❤️❤️❤️



# Te Puna Ora hosts Rongoa Māori Healers Hui at Te Kauri Marae.



Our Self Sustainability practice is a holistic initiative aimed at fostering self-sufficiency within communities while preserving traditional knowledge and practices

To offer a comprehensive service catering to the needs of our Haapori from education to alternative healing opportunities. We prioritize affordable natural remedy options, foster a sense of community, ensure easy accessibility, and integrate Maturanga Maori into our approach. Producing Merchandise and product as an option (for those who don't have the time but want the product/service).

Contact Us: Our Self Sustainability practice is a holistic initiative aimed at fostering self-sufficiency within communities while preserving traditional knowledge and practices To offer a comprehensive service catering to the needs of our Haapori from education to alternative healing opportunities. We prioritize affordable natural remedy options, foster a sense of community, ensure easy accessibility, and integrate Maturanga Maori into our approach. Producing Merchandise and product as an option (for those who don't have the time but want the product/Service)

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# PAPAKAINGA UPDATE

## Highlights and Achievements

We are 7 months into a working relationship with Kainga Ora. Our goal to provide whanau living in Kainga Ora homes was about manaaki and tiaki, ensuring through regular contact and connection, we can advocate and connect them to local supports that can improve not only housing maintenance and warmer homes but linking them to our Health clinic, Gym, Maara kai and community.

- Currently are working with nine long term tenants whose interest is to buy their homes.
- Matawhaanui Trust are supporting whanau through their partnerships with Kainga Ora and LINZ to address and improve better homes living standards
- Access to homes and working with whanau from a mana whenua designed model of care is changing lives and building hope for a brighter future.



## Te Whare Oranga - Update

As the warmer weather approaches, our gym has seen an increase of whanau come in to work off those unwanted calories. We've also noticed a number of Kaumatua access our gym to improve not just their fitness, but more around adopting movement for function and mobility. However they choose to frame it, We are glad to assist where we can.



Our Monday evening step classes, open to all continue to be a positive vibe. As confidence increases, we add in more variations to keep the class motivated and enthused. When we get new comers, our more experienced are now able to assist in teaching the new ones. All in all, it's a great cardio workout to the music we love. This makes the class enjoyable and keeps everyone engaged and determined to sharpen up their moves.



## Update on Gym hours.

Monday-Friday  
6am-12pm 3pm-7pm  
Saturday  
8am-12pm.  
Close public holidays

## Smoothies at the Taniwha Cart - on sale

The coffee has been flowing along with Ram and her baking delights. A further extension to our menu are our protein shakes. Many of you have been asking for this to provide a healthy option post work-out. Prices are attractive and will be anything else provided in town. Try one soon.