

E-Paanui



Iti te kupu, Nui te Aroha

A phrase was recently re-cited in a koorero by an MP from Te Paati Māori. A phrase while many of us may have heard before, the timeliness of it couldn't be more relevant than the present. The phrase goes "If you believe you've never ceded sovereignty, then let's not act as if we have."

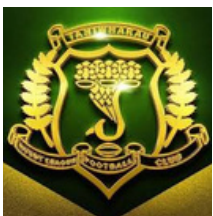
Upon reflection of a year that has shown our resilience and leadership strength, especially in the current climate of challenges and uncertainty, the essence of our identity, beliefs and determination are fortifying us to withstand any adversity winds upon us.

Whakapapa, tuakiritanga and matauranga are but a few of our values. These non-negotiables are helping us navigate and bring to fruition those dreams held in the hands of our tūpuna before us. Just as the picture above depicts, leadership is transmitted in many ways in Raahui Pookeka as our Awa becomes the classroom to prep young minds to stand strong. As Matua Hakopa imparts and imbeds matauranga upon our Rangatahi, he is of that ilk, one of many leaders across our hapori of leaders that are helping us achieve excellence designed from our Poua te Raahui Framework.

The higher we climb, the more we see. The more we see, the more we mahi, the more we mahi, the more we achieve - together. Hari huringa - rima tau Matawhaani.

Ko Au te Awa - the awa knows me

Ko ngā kaiārahi o te rohe, nā te hapori i tohu, kei te āwhina nui i te kaupapa o Matawhaani. Nō konei te nuinga o rātou, he mea whakatipu i Raahui Pookeka, ā, nō reira, kei a rātou te mōhio hohonu ki ngā wero ā-hapori, ā-taiao, ā-tinana hoki e pā ana ki tō rātou hapori. Mā ō rātou pūkenga motuhake e whakapāho ana rātou i te mātauranga, te tohungatanga, me te wā ki te hapori i raro i ngā kaupapa whai take. He tokomaha kua whakamihia ā-motu, ā-ao anō mō ā rātou pūkenga. Ko tēnei whakahaerenga rautaki e hāpai ana i ngā hononga kaiārahi me te whakakaha anō i te kotahitanga o te hapori, hei āhuatanga nui, hei ara hoki ki te eke whakamua o te hapori.



FOSTERING RANGATAHI BUSINESS ENTERPRISE

While they may look like a couple of mischief cousins(which they are,) these two have their heads screwed on and are all about the business of serving up a range of goodies from the Taniwha Cart - including protein shakes. Makes sense since we're right next to Te Whare Oranga gym.

And if you want to know anything about everything going on around here, they have their fingers on the pulse and the coffee maker, doing their bit to grow a sustainable business supported by Matawhaanui. If any Rangatahi out there are interested in learning some skills to either own or work in a cafe or wanting to enter hospitality, we are always keen to provide some training and experience to give you a taste of what it's like to have a small business. Thanks Ram and Pai - 1 capuccino please.



RANGATAHI RESILIENCE

Show me, don't tell me is a catch phrase many of us are familiar with, especially if you come from Waahi Paa and/or play for Taniwharau. So when the Kura invited Te Puna Ora - our holistic and wellbeing hub to showcase it's services and products at a recent careers day, the team jumped into action.

Knowing our Rangatahi embrace living in the age technology, this was our opportunity to reinforce that matauranga Māori was here long before this world of AI (artificial intelligence.) We had our own AI - known as Ancestral intelligence. That our Tūpuna in their wisdom accessed Papatuanuku and the Ātua elements for all rongoa and remedies long before any modern day science lab. Not to discourage them from entering the medical profession , rather an awakening that from their own culture stems a wealth of matauranga accessible and available to them



Pou Taumata - Kaumatua Kaha in Action

Our Kaumatua invest in local-led design

Our Kaumatua Advisory Roopu - Pou Taumata have been an integral part of Matawhaanui from the beginning. Even in the early days, we acknowledged that before us, it was them nurturing us to pick up the baton and move forward. So with this in mind, we decided to show them our progress and achievements. Keeping in mind that many, if not all our ideas and actions are informed and derive from them when we gather each month. To us this is what intergenerational wealth looks and feels like.

Our thanks to our Tuuhono Hauora whanau for opening the doors for our Kaumatua to experience and hear for themselves the mahi and koorero you are all doing.



Tuuhono Hauora and Te Puna Ora host Kaumatua



From a dream to a thriving holistic enterprise

From a run down, unloved, stand alone building with no power, no carpet and no love - to a well visited holistic and healing space - Te Puna Ora is one of our pride and joys that keeps giving. Built on the vision and drive of our Rongoa and healing champion, Caprice Turner has led with her heart in creating where many members of the community have come to find natural healing, peace and tranquility. For some of our Kaumatua, learning about Caprice's passion and how far she has taken her dream just astounded them. Others however have been booking appointments for various consults and services on offer which include, mirimiri, Bowen therapy, counselling and of course Rongoa.



MATAWHAANUI
Trust

LET'S GO FOR A RIDE
Pou Taumata Hui

TIME TO SHOW YOU OUR LATEST DEVELOPMENTS

MAARA KAI
Listen to the latest Koorero about our Parakore system and the next stages of our Maara Kai

TE PUNA ORA
Immerse your senses with Caprice and her team as they demonstrate the positive health benefits of Rongoa Maori

POOKEKATIA TE IWĪ - HAUORA HUB
Learn about the vision for our Hauora Hub - currently being built

TUUHONO HAUORA DEVELOPMENT
Share your ideas with us to create a better future for our Mokopuna

Lets meet at the Carpark , Huntly Power Site
Wednesday 30th October
12pm - 2pm

0800-774628 info.matawhaanuitrust.co.nz



0800-774628



info.matawhaanuitrust.co.nz



● **Vinaka Levu Dr Tevita Lalabalavu.**

Far from being a sad and gloomy farewell, Matawhaanui along with the Tuuhono Hauora team gathered to share kai and gratitude for Dr Ratu Tevita Lalabalavu's services to our Tuuhono Hauora team. Also leaving our adjacent pharmacy, we also bade farewell to pharmacist Katie Slater.

Dr Tevita entered our orbit approximately 18 months ago through attending a whakatau for his Aunt Asanatha, another past colleague now moved to Australia. As a 7 year medically trained graduate of Cuban medical school, and a recognised doctor in his beloved Fiji, Tevita's aspirations to work in a culturally led clinic serving communities where the need to address inequities and barriers resonated strong with us. Having worked remotely in his own islands, Tevita brought knowledge and lived experience of doing it hard with minimal resources. It was this resilience and empathy for the community's most vulnerable which made him a good fit to our team.

But this was not a forever farewell. Tevita heads home to put his own family's health needs first - a priority we can all understand, especially when duty calls from your home country.

We wished Dr Tevita aroha and strength for this next chapter knowing that our doors and support are just a call away.

For the love of our hapori, we're doing the do...mahia te mahi




TRICKS & treats
AT TUUHONO HAUORA
Bridge Street Raahui Pookeka
TAIT&-Thursday
31st October
3.30pm - 6.00pm

- Hairy Health checks, Piko prizes & Kreepy kaupapa kōrero for Mums&Dads
- Haati Hauora Prizes for Kool Kreepy Kids
- Join us if you dare!

MUSIC - Sausage Sizzle - Community

0800TUUHONO
08008884666




RAAHUI POOKEKA
WE ARE HIRING
PART OR FULL TIME POSITIONS

- GP DOCTORS
- NURSE PRACTITIONER
- REGISTERED NURSES

FOR PRIMARY HEALTH CARE IN NORTH WAIKATO
APPLY NOW!

email: tuuhono@mwt.co.nz
or call 0800 8884666
HOVER OVER THE QR CODE





RAAHUI POOKEKA GUMBOOT FRIDAY

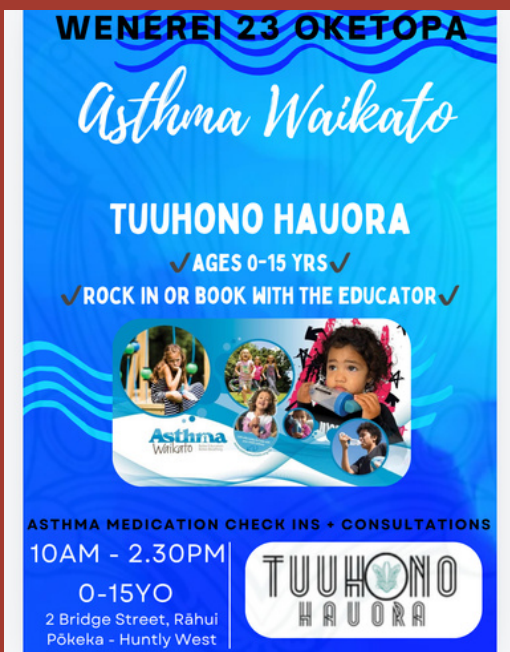
Our whānau in Raahui Pookeka have felt the deep impacts of mental health struggles over the years. The idea of wearing gumboots is a metaphor for the heavy, challenging journey many experience in silence when struggling with mental health.

We have lost too many young lives, too many dreams, and too much promise. This year, let us walk together as a community, honoring those we have lost to suicide in Raahui Pookeka and standing together for all those still struggling.

Let this be a reminder that no one has to face the weight of mental health struggles alone. Through every challenge and every hardship we walk beside you.
In Raahui Pookeka - you are never alone!




BRIDGE II BRIDGE




WENEREI 23 OKETOPA
Asthma Waikato

TUUHONO HAUORA
✓ AGES 0-15 YRS ✓
✓ ROCK IN OR BOOK WITH THE EDUCATOR ✓



ASTHMA MEDICATION CHECK INS + CONSULTATIONS
10AM - 2.30PM
0-15YO
2 Bridge Street, Rāhui Pōkeka - Huntly West




Mana Waahine Hiikoi
MANE 21 OCTOBER

Join our team & LEAVE from Tuuhono Bridge Street at any one of the times

6.30AM
10.00AM
12.30PM
4.30PM

HIKOI WITH US TO BRING MORE AWARENESS

Because together Raahui Pookeka we're stronger

2 Bridge Street, Huntly West
Raahui Pookeka



BOOK NOW 0800 270 20

We Welcome the Breast Screening bus to COUNTDOWN, Huntly
BOOK YOUR FREE SCREENING! 45yo+



WE'RE 5 YEARS YOUNG

RESET

ACTION

“

Unleashing Potential,
Transforming
Futures

STRATEGIC INNOVATIONS IN ACTION

Getting our mindset right from the get go was important to us as our team visualize the next horizon for 5 years of growth. As part of our organizational re-structure, we are going back to our “Why” The vision and mission are clear but the refresh is paramount. Matua Brad Totorewa was the perfect choice and Rangiriri the perfect setting to do so.



FUTURE PROJECTS - TRACKING

- The completion of our Hauora Hub
- The development of our Huntly West Building
- Expansion and development of our whenua for Kai Sovereignty
- More affordable housing under our CHP (community housing provider)

EVOLUTIONARY STRATEGIES IN BUSINESS

5 years of growth for Matawhaanui also measures 5 years of establishing our own facilities maintenance company Pou Ltd. We view our relationship with our partner Genesis Energy as enduring and intergenerational, navigating a brighter future together for future workforce delivery and community employment opportunities. Our leadership within Pou management whakapapa to our marae and our board of directors are also home-grown. Strategically, this aligns us to our vision and mission to bring back the beauty of Raahui Pookeka street by street, whanau by whanau.



KIA HIWA RAA,
KIA HIWA RAA

He Paanui.
AGM

All members and stakeholders are invited to attend. This is an important opportunity to hear about our achievements over the past year and to contribute to the future direction

DATE: WEDNESDAY 27TH NOVEMBER
2024

TIME: 5.30PM

VENUE: TE WHARE ORANGA, 159
HARRIS STREET, RAAHUI POOKEKA-
HUNTLY 3700

AGENDA

1. WELCOME AND APOLOGIES
2. APPROVAL OF MINUTES FROM PREVIOUS AGM
3. CHAIRPERSON'S REPORT
4. FINANCIAL REPORT
5. INTRODUCTION OF NEW TRUSTEES AND PATRON
6. GENERAL BUSINESS

RSVP TO ginapaul@mwt.co.nz by 20 Nov
-2024

OUR HAUORA HUB - PHASE 2

Civils and Foundation

Prior to commencement of Mahi on the whenua, the whanau of Matawhaanui gathered to whakatau our friends from Thorburn Builders and set them on their way by way of Mihi and Karakia. Integral to our way of doing things, our korowai of manaaki to their workers is an extension of the relationship this company have with Te Wharekura o Rakaumanga demonstrating that we are all inter-connected.

From the initial outset, General Manager Joyce Maipi advocated that the project be inclusive of our local talent pool within whanau, marae and Haapori. It didn't make sense to us that the delivery of this building exclude the skillset of those who live in the heart of our community. Drawing on the experience of home-grown tradies and buy in, we can rightfully say, we are invested in the delivery and narratives of our Hauora Hub



Crane it Up !

On Tuesday 12th November the Crane rolled in and did it's job. Onlookers from the Pā including Uncle Pop and Uncle John Winikerei both came out and gave their approval. Our partners from Te Whatu Ora involved in the project also joined us in the excitement. Next steps will be to re-engage our local team - all who whakapapa to our Marae.



Paku Koorero...ctd

Maara Kai - Update

The joy of harvesting Kai from our Maara is unparalleled, offering not only a bounty of huawhenua, but also a sense of accomplishment and connection to our Taiao . By cultivating our own kai, we also gain valuable skills, foster self-sufficiency, and contribute to a more sustainable hapori. Our leafy greens are always in supply and we've just recently planted our beds of Kumara, Kamokamo and Riwai due to harvest around December and January.



Number of sign-ins to gym rise with Raumati around the corner

Recently , we furnished a report using an improved sign in system. With the ability to accurately capture the number of monthly visits across individuals, groups, ages, step classes and personal training sessions. The stats provided us valuable insight and info to measure the positive impacts our humble and currently free gym is providing to our community. For the Month of October 395 whanau came through Te Whare Oranga. Ka mau te wehi!

Te Whare Oranga Update



Attending one of Tai's classes is a sure way to test your fitness and stamina. But here's the thing. It's more about the enjoyment and music first and the fitness level is what you set for yourself. It can be a mid to high impact or simply remove the box step for a lower impact workout.

Check out our Aunty Ramari above keeping up with her son and this bunch of wahine coming down each Monday evening. Always the fashionista and always keen to promote healthy living for Kaumatua, she is the epitome of wellness setting the example to us younger lot to invest in ourselves. According to her, Health is Wealth and it keeps her engaged and enjoying life at almost 80 years young.

Paku Koorero...ctd

Papakāinga

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



Rongoa Māori - Te Puna Ora

The active participation of whānau highlights the strong community interest and trust in our services. The engagement and enthusiasm from registration to appointments with our services is truly overwhelming.



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1st Prize
Kawakawa hydrosol, Rose water hydrosol, Deodorant stick, Body soap bar, Shampoo bar, Magnesium stick, Perfume stick, Handmade crystal necklace

\$10 a ticket or 3 for \$25



Drawn on the 1st November or once all sold



2nd Prize
Organic mud mask
Lemonbalm capsules
Rosemary and Frankincense pani



3rd Prize
Sugar scrub
Epsom salt bath/foot soak

Contact us on our Facebook "Te Puna Ora" or call on 027 349 9360 for ticket info

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Highlights for September - October 2024

- Community awareness and strategic partnership with Whatu Ora is providing the necessary access to our community's most vulnerable whānau
- Whatu Ora along with other community groups trust the quality of service and engagement provided resulting in an increase in clients
- Product range of Rongoa has increased and products are now for sale at various locations.

Thank you to our
Partners for your
continued support



MINISTRY OF SOCIAL
DEVELOPMENT



Te Puni Kōkiri
MINISTRY OF MĀORI DEVELOPMENT

Te Whatu Ora
Health New Zealand

Save this date

See you there..

AGM - Wednesday Nov 27th - Te Whare
Oranga 5.30 pm
159 Harris Street, Raahui Pookeka 3700



MATAWHAANUI

Trust

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