

Taiao - Environment

Tiaki - Papakainga

Hauora - Health



Tupu - Enterprise

E-Paauui - Haratua 2025



Lake Hakanoa - May 2025

In the stillness and beauty of our Taiao lies a quiet power—a source of deep rejuvenation for the hinengaro, tinana, and wairua. When life feels chaotic or overwhelming, simply pausing to observe the rhythm of Tāne Mahuta, the rise of Tamanui te ra, or the gentle rustle of Tawhirimatea can restore a sense of inner balance. Our Taiao offers mauritau where we can reconnect with ourselves, grounding us in the present moment and reminding us of life's simple, enduring cycles. In these peaceful spaces, healing unfolds not through effort, but through presence—allowing us to release stress, find clarity, and regain the resilience we need to move forward with strength and calm.

Our kaumatua are living legacies—keepers of wisdom who have long drawn from the rhythms and resilience of nature to navigate the journey of life.



EPOA Kaumatua Wananga - May 27 at Waahi Paa - read more on page 8

Through seasons of hardship and change, they too have leaned into nature's quiet strength, learning patience from tilling the whenua, courage from storms weathered, and renewal from each season. Their lives reflect a deep, often unspoken knowledge of how to live in harmony with the taiao, finding balance, healing, and purpose in its cycles. As we look to them, we don't just see the past—we see enduring roots of strength, reminding us that papatuanuku and wairua are deeply intertwined, and that we too can thrive by learning from both.



Pou Tupu - Enterprise



By: Louilee Bohm

Latest Updates for Te Puna Ora

Caprice, Myrtle and Nenehu spent this past weekend in the beautiful Far North, Mangonui, attending the Te Rau Aroha alignment Wānanga. A weekend filled with wairua, aroha, and a whole lot of WOW! And as Cups does, she fixed a few sore necks and shoulders for the entire crew.



The continued presence of Te Puna Ora in Huntly's Indoor Market has provided us with opportunities to share Te Puna Ora with more customers. Caprice and Herrick spent last week replenishing stock, which you'll see on shelves soon. We're working on updating our labels to include more information about each product, benefits, instructions, and storage information.



Our new range of gift packs — for staff, corporate groups, and customised whānau bundles — has been really well received. Here's an example of a tailored whānau gift we put together just for them.



Taking Rongoa to market can be a beautiful package



Pou Taias - Whenua



Maramataka informs our mahi

Following the Maramataka and seasons guide our hua- whenua decisions essential for a thriving, sustainable harvest. Each crop has its own ideal growing period, and aligning planting schedules with seasonal changes ensures better yields and healthier plants. As Hotoke has approached, it's important to transition the garden with cold-endurance vegetables like Cauli, spinach, cabbage, and root crops such as carrots. Preparing the soil in late autumn with compost, using cold frames or row covers, and choosing short-day or overwintering varieties helps extend the growing season and protect crops from frost. By working with the season rather than against it, we can maintain productivity and even set the stage for an early spring hauhake.



Feeding the hapori



We have chickens and fresh eggs

The addition of a chicken coop to our garden brings exciting benefits, including a fresh supply of eggs for our community and nutrient-rich compost from chicken manure to enhance soil health. It supports a more sustainable, self-sufficient system while teaching valuable lessons about food cycles and animal care.



Pou Tiaki - Papakāinga

Overview - Pat Nathan

This month has seen significant progress across Whaanau Support, Kai Support, Property & Maintenance, and Training initiatives. The Whaanau Satisfaction Survey template is now complete, with the number of returned surveys to be confirmed. Whaanau Whare Wellness Checks are underway, and within the AWHI program, 'MWT is providing for 14.7% of all whaanau across the Waikato Region who have been referred to AWHI Healthy Homes Initiative'. Seven referrals were made this month, with six assessments completed. A quarterly AWHI Waananga featured valuable presentations from Link People, MSD, and the Rheumatic Fever team. Kai support remains consistent, with weekly kai packs distributed to support whaanau wellbeing.

Property and maintenance work progressed well, with key repairs completed and a new tenancy established. The Maara Team continues to work effectively through ongoing maintenance tasks. Several team members achieved key training milestones.

Property Maintenance team



Out and About

In addition to our core mahi, The Pou Tiaki team have been across a number of external hui and wananga throughout the month of May strengthening relationships and forging new ground with stakeholders and hapuu from across the motu. Growth for our small but lean mean team is on the horizon with training opportunities that will have rippling benefits into our hapori. Paula Graham managed to capture some of her magic moments while attending an Oranga Hapuu wananga held in Tamaki Makaurau.



From the Tuuhono Team

True to form as you can see, there's no shortage of activity coming from our dedicated team at Tuuhono. Ramping up the productivity, especially in this time of the year means, less sick pēpi and mokopuna, well informed Māma to endure through the toughest season when cold and flu can hit even our healthiest whānau and maximising on youth week to promote health check ups for our Rangatahi. Still the only health clinic in town that beats to their own time drum providing after hours and weekend hours to meet the needs of the hapori, our dedicated team at Tuuhono continue to inspire and lead out towards healthy outcomes for our community.

Get your FREE* Flu Vaccine with us!
Building Community Immunity

"During Winter of 2024, the amount of Whaanau with Flu and Winter Illness was high, lets not do a repeat of sick.. start building your immunity"

Keep us healthy, keep us free from illness

0800 888 4 666 or 027 772 6843
2 Bridge Street, Raahui Pōkeka

*FREE criteria applies

Hei Māmā

A supportive get together of Māmā in our Raahui Pōkeka Community'
For Māmā is strong the unit is strong

Friday 23 May 2025
10.00am- 1.00pm

We hear you
Were back .. for more information call Tuuhono on 0800-8884666

youth week 19-23 May 2025

RANGATAHI MEANS YOUTH
STI swabs, Clinic, Contraception, throat swabs, swabs, HPV, injections, Vaccination, MMR, Hauora Korero, Holistic Korero, skin checks.

HAUORA MEANS HEALTH

FREE WALK IN YOUTH HEALTH CLINIC THIS WEEK
HAVE AN HAUORA ISSUE?
KOORERO WITH OUR RN

3-6PM
0800 8884666

Kia Māmā
CAUSE YOU ARE WORTH CHECKING ON MUM

Nā Mātou x

0800TUUHONO 2 BRIDGE STREET
RAAHUI PŌKEKA

Friday 9 May
& Saturday 10 May
9.00am- 1.00pm

Free for Māmā

- ✓ BP + BLOOD GLUCOSE (BGL)
- ✓ Health KOORERO
- ✓ FLU INJECTION
- ✓ HPV SWAB +IMMS
- ✓ GOODIE PACK

TUUHONO HAUORA

Our Hapori

A step forward



A working bee brought our team together in a great display of mahi-tahi and purpose to tidy up our Huntly West Hub. This collective effort not only revitalised the space but also sparked exciting conversations around its future use, with ideas flowing for both short- and long-term initiatives. While we're eager to activate the space as soon as possible, a few key infrastructure upgrades need to be completed first to ensure it's fully functional and fit for purpose.



Kaumātua Kaha



Our kaumātua are taking proactive steps to understand and secure their legal rights by creating wills, establishing Enduring Power of Attorney (EPA), and completing essential legal documents.



These actions ensure their wishes are clearly outlined and legally protected, offering peace of mind and preserving their dignity. A will allows them to decide how their belongings and taonga are distributed, while an EPA ensures that trusted individuals can make decisions on their behalf if they are unable to—covering both financial matters and personal care.

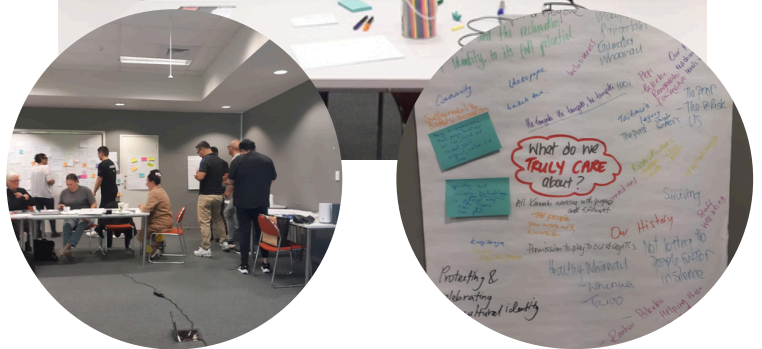
Marae-led sessions are playing a key role in educating and supporting our Kaumatua through these processes, creating safe spaces where questions can be asked and guidance provided in clear, understandable language. This kaupapa is not just about legal protection—it's about empowerment, self-determination, and easing the future burden on whānau. By taking control of their legal affairs, kaumātua are honouring their mana and ensuring their voices continue to guide their legacy.

Our Business



Strategic mapping for Next 5 years

Matawhaanui Board and Management team came together with renewed focus and collective purpose to refresh and reset our Business Implementation Plan for the next five years. This collaborative effort reflects our commitment to growth, innovation, and long-term impact, ensuring our strategies are aligned with both current realities and future aspirations. By drawing on the insights and experiences of each team member, we're building a plan that is both grounded and forward-thinking—designed to strengthen our operations, serve our communities more effectively, and drive sustainable outcomes. This reset marks an exciting new chapter, guided by shared vision, resilience, and the drive to make meaningful progress.



OPEN HOURS

MON - THURS	06.00 AM - 08.00 PM
FRI	06.00 AM - 07.00 PM
SAT	08.00 AM - 12.00 PM

TE WHARE ORANGA GYM

JOIN NOW

- XTREME HIP HOP STEP
- BOXING CIRCUIT
- BODY BLAST
- CORE EXERCISES

CONTACT US

Te Whare Oranga Gym
Tai 022 406 3800
Tapu 021 025 62094

Fees
Monthly \$20
Weekly \$5
Casual \$5
Age 60+ KOHA

Te Whare Oranga updates

Word at the Whare O is there's some excitement brewing around a 6 week challenge being designed from the team.

Tai didn't want to give away too much just yet, but he said it's going to be a challenge that is transforming and exciting.

And he's quite right when he says " Summer bodies are made in Winter "

But just a heads up to our team at Matawhaanui Trust - he's coming for you first! So who's up for the challenge?

Taniwha Cart

Our Taniwha Cart continues to serve up the best coffee on the West Side, brewed fresh every morning with aroha and a smile. Locals know it's the spot to get your daily fix of rich, smooth flavour.

And now, we're turning Fridays into something extra special by adding a rotating selection of fresh bakery delicacies—straight from the oven to your hands. Come early, grab your brew, and treat yourself to something sweet!



Hui aa Motu - uniting Hapuu aspirations

Matawhaanui were invited through our DIA partnership to attend and present at an Oranga Hapuu focused wananga - a step forward for Te Tari Taiwhenua establishing a collective from across the motu.

The purpose of this 2 day wananga allowed for community, regional and national office to whakapiri, whakamanahia tetahi ki tetahi, share stories and gain insight into how to navigate a brighter future with opportunities that come through our community advisors and the relationships we've built. A big thanks to Will Hawera and our regional Advisor Gaylene Tupaea for your continual support.

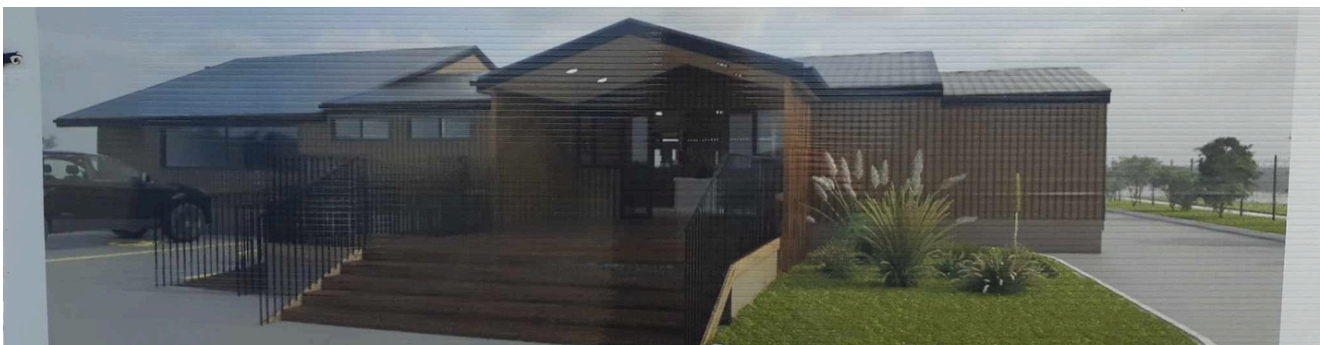


Hauora Hub - Update

The Pookekatia Te Iwi Hauora Hub is progressing towards completion, with the structural construction finalized and the internal fit-out phase underway. Fosters Construction has been contracted to complete the fit-out, including joinery, internal walls, flooring, and HVAC installation, between June and August 2025. Earlier delays have been largely resolved. The project remains on schedule for physical completion by August 2025.

Whānau talent and skills continue to be key on-site and will work alongside Fosters towards completion.

Architect design of Hub below



Health New Zealand Te Whatu Ora

The Pookekatia Te Iwi Hauora Hub project is advancing toward operational readiness. Governance is maintained through regular stakeholder coordination and development of shared protocols, including a Memorandum of Understanding with Matawhaanui Trust. Operational planning includes SOPs, health and safety procedures, and a migration strategy. Funding models are being refined to support integrated service delivery. Key next steps focus on completing the fit-out, finalizing documentation, securing IT integration, and preparing for phased service launch. The initiative remains on track, backed by strong community and partner collaboration.