

E - Paanui

HONGONGOI -
JULY
2026



Lake Puketirini - Raahui Pookela

Ngā Mihi o Matariki, Ngā Mihi o te Tau Hou
Māori

As the cluster of Matariki rose into the winter sky, it signalled a poignant moment of transition for us here at Matawhaani Trust. Matariki is much more than the turn of the calendar; it is a sacred anchor point for our organization. It invites us to pause, breathe, and gather together in the warmth of shared purpose.

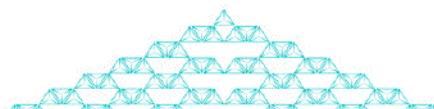
This time serves a vital threefold purpose for our team:

Honoring the Past: We pay deep homage to our ancestral legacy, remembering the footsteps of those who laid our foundations and the enduring values that continue to guide our decisions today.

Reflection: We look back over the journey of the past year—celebrating our wins, acknowledging our challenges, and learning from the spaces in between.

The Reset: We move forward to align our energy, sharpen our vision, and ready ourselves to meet the ambitious goals ahead for the upcoming year.

As we look to the stars and into the future, let us step forward into this new cycle unified, grounded, and inspired. Welcome to this special Matariki edition of our newsletter.



Featured Inside



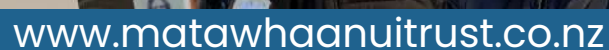
**Te Ohaaki marae host
Kaumatua**



Rakaumanga goes to Nationals



Matariki at the Marae



POU TIAKI

PAPAKAINGA SOLUTIONS



July is always a busy time for Pou Tiaki — a chance to reflect, report and celebrate the mahi undertaken over the last quarter, six months and year, and to acknowledge the difference it makes for our whānau and community.

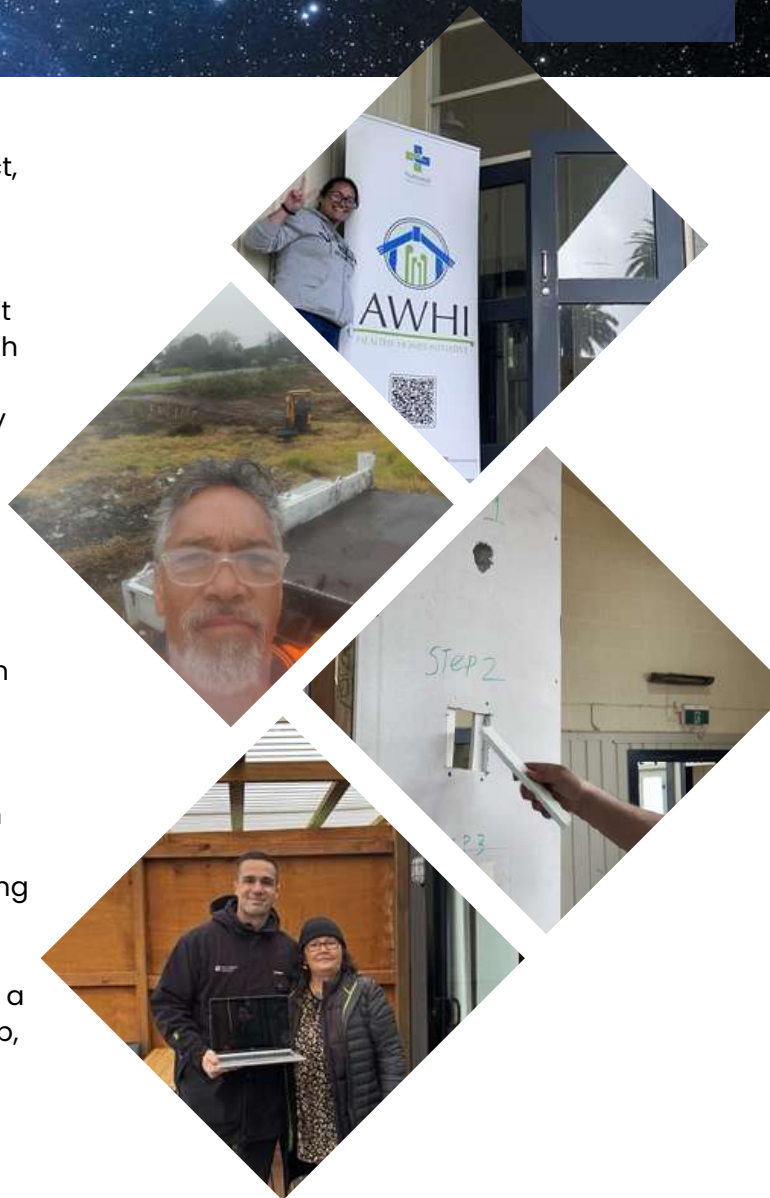
Throughout July, the team continued our weekly bread, fruit and vegetable runs, ensuring whānau have access to fresh kai. We also continued property maintenance and where whānau wellness checks, keeping our homes safe, healthy and well cared for.

Our team were proud to support Matariki celebrations, connecting with whānau and the wider community while reflecting on the past, celebrating the present and looking towards the future.

Another highlight has been meeting new whānau through the AWHI Healthy Homes Initiative and welcoming a new whānau to our rental services.

We were grateful to receive decommissioned laptops from LINZ in June, distributed to kaumātua and rangatahi. A special thank you to Jono for delivering them and for keeping Matawhaenui Trust and Raahui Pookeka hapori in your thoughts.

July has been a month of reporting and reflection, but also a reminder of the importance of everyday mahi — showing up, supporting whānau and strengthening our community.



POU HAUORA

HEALTH

As we close out July, we want to take a moment to reflect on a month filled with connection, collaboration, and commitment to the wellbeing of our community.

Winter Hauora Support Throughout July, our team continued to provide accessible, whānau-centred care despite the increasing pressures of winter illnesses. We saw strong engagement across our clinic services, supporting whānau with general health needs, immunisations, hauora education, home visits, and ongoing care coordination. Our clinicians remained proactive in discussing overdue vaccinations and supporting whānau to stay well through the colder months.



Immunisation Promotion July saw a strong focus on immunisation awareness and outreach. Through our tuākana-tēina approach, rangatahi and whānau played an active role in promoting vaccination messages within the community. We also supported conversations around winter illnesses, influenza protection, and paediatric immunisations.

Whakapiri Community Network A highlight of the month was hosting our online Hui Whakapiri, bringing together providers, organisations, and community leaders from across North Waikato. This kaupapa continues to strengthen relationships, share opportunities, identify community needs, and ensure whānau are supported through a connected network of services. Guided by the whakataukī "Ehara taku toa i te toa takitahi, engari he toa takitini", we are reminded that our greatest successes come through working together.

Strengthening Our Service During July we continued refining systems and processes to improve access and communication with whānau, including developing new information platforms, reviewing clinic fees to maintain affordability, and strengthening pathways that support high-quality, culturally responsive healthcare.

Together we continue to champion a strengths-based approach to hauora, empowering whānau to thrive.

'We look forward to the Mammogram bus here in Raahui Pookeka Woolworths car park voicing to Manawahine, its time to Breast check'

Tuuhono Hauora "Stronger Community, Champions of Change"

Upcoming Promotions

Aug- Sept

TUUHONO HAUORA
#StrongerCommunity
PARKED AT WOOLWORTHS RAHUI POKEKA / HUNTLY - 10TH AUGUST - 11TH SEPTEMBER 2026

"HEI AHA TE WHAKAMAA WHAAIA HEI PAINGA MOU
WHAT ARE WE SCARED OF... THIS COULD SAVE YOUR LIFE"

Hine's Push

HEI PAAINGA MO NGAA URI

Hine Puaawai
TIAKI UU ME TE WHARE TANGATA
828 MAMMOGRAM TIME
BREAST BUS BOOKINGS 0800 270200

FREE meningococcal B vaccines
for all tamariki under 5 years old
And those living in School Boarding situations

It's a really serious disease and can be life-threatening – but you can protect your tamariki.

For more information about getting your tamariki immunised against Hib, talk to your doctor, nurse or healthcare provider or call Healthline on 0800 011 116.

info.health.nz/meningococcal

TUUHONO HAUORA
Call us to book today 0800 8884666

RANGATAHI CLINIC
YOUR SEXUAL HEALTH MATTERS.

We're here to support you every step of the way in a safe, confidential, and welcoming space.

WHAT WE CAN HELP WITH:

- STI TESTING AND TREATMENT**
Confidential testing and treatment to keep you and your partner's safe.
- CONTRACEPTION ADVICE AND OPTIONS**
Information and support to help you choose what's right for you.
- PREGNANCY TESTING**
Private and confidential pregnancy testing and support.
- CONDOMS AND SAFER SEX INFORMATION**
Advice and support to help you make safe and informed choices.
- SEXUAL HEALTH CHECKS**
Check in on your sexual wellbeing and peace of mind.
- PATHWAY APPOINTMENTS WITH SEXUAL WELLBEING ROTARIA**
We can connect you with extra support through the Sexual Wellbeing Aotearoa service.
- A SAFE SPACE TO ASK ANY PAATAI**
No question is too big or too small! We're here to listen and help.

HPV HPV VACCINATIONS

Did you know we can also support you with HPV vaccinations?

The HPV vaccine helps protect against several cancers caused by the human papillomavirus, including cervical cancer.

If you're eligible and haven't had yours yet, kōrero with our team about getting vaccinated.

NO JUDGMENT. NO WHAKAMAA.
Just support, care, and information to help you make informed choices for your hauora.

TUUHONO HAUORA
2 Bridge Street, Huntly West
Raahui Pookeka

TIAKI UU ME TE WHARE TANGATA
828 MAMMOGRAM TIME

HINE'S PUSH

10 August - 11 September 2026
KEY DATES

MANE means MONDAY 19 AUGUST
6.00am & 6.00pm
Hiko! around the 828 bridges - WEAR PINK - Dress Warm - NAU MAI HIKOI MAI!

MAMMOGRAM BOOKINGS & PICK UPS
RING THE BUS OR KOORERO WITH US TO HELP ORGANISE YOUR BOOKING!
0800 270200 - Bus bookings
0800 8884666 - Tuuhono Hauora HELP & PICK UPS

ORDER YOUR HINE'S PUSH TEE \$35.00 AND BEANIE \$20.00 FROM TUUHONO HAUORA!

S2S TRADE & Display

Disney OOSHIES

Bridge street, Huntly West
Saturday 29 August 2026
9am-1pm
bring a small set up, we have a few tables to trade from
Join the Winter Wellness promo happening

Winter Wellness Haurua
On the West

Community!
we're looking for good WINTER ITEMS FOR WHAANAU IN OUR COMMUNITY

good Clean: Jerseys- shoes- jackets - Pls -blankets

2 Bridge street, Huntly West
Drop off to us at the clinic

POU TAI AO

KAAHUI TUUWAA

MARA KAI



Throughout July, the Maara team kept our garden tasks on track, tending to seedlings, weeding, planting, and maintaining our maara spaces with care. Their consistency and commitment ensured our kai gardens continued to thrive—showing strong adaptability and teamwork.

They then pivoted into other mahi, including clearing out the Huntly West hub back to an open floorplan. Their maintenance skills—including demolition, tidying, and prepping the space—are helping prepare the building for its future use and supporting our community-led vision.



POU TUPU

ENTERPRISE AT 159 HARRIS STREET



HOLDING IT DOWN FOR HEALTH

Both our gym (Te Whare Oranga) and our Taniwha cart continue to serve our community at 159 Harris Street Huntly. Still the best coffee in town and still the most affordable gym in Raahui Pookeka with plans to expand both offerings in the coming Spring.

This will include new additions to menu, new classes on offer in the gym and the idea to keep our ever expanding table tennis team who by the way, recently entered a Hamilton tournament. If table tennis is your thing, come on down and enquire with Tai and his team. (see poster left)

WHARE O GYM

RAAHUI POOKEKA

NEW WINTER HOURS

MON-THUR 6AM-7PM

FRIDAY 6AM-6PM

SAT / SUN 9AM-12PM

CLOSED PUBLIC HOLIDAYS.

GYM CLASSES

FRIDAY 9AM BODY BLAST WITH RANGIMARIE

TABLE TENNIS

MON-THUR 4PM-6PM

WE PREFER FEES PAID BY EFTPOS OR BANK DEPOSIT.

STRONG BODY. STRONG MIND. STRONG WHĀNAU.

COFFEES

FLAT WHITE	\$5
LATTE	\$5
CAPPUCCINO	\$5
MOCHA	\$5
LONG BLACK	\$4
HOT CHOC	\$4
EXTRA SYRUP	\$1
ALT MILK	\$0.50

POU TUPU

ENTERPRISE OPENS

ONLINE STORE



The team at Te Puna Ora continue to thrive in their main street location as visitors interest has spiked most locals curiosity. Our local Te Pāti Māori MP Hana Rawhiti- Maipi Clark also stopped by to mihi to the “Aunties” , reflect on their humble beginnings and

NAU MAI HAERE MAI

Tiaki Taiao

INTRODUCTION PROGRAMME

with Aunty Kapa

NEXT CLASS STARTS: 26 JULY 2026

ONE-DAY INTRODUCTION WĀNANGA

SUNDAY

10.30AM - 3.30PM

RONGOA | PLANT ID | SELF CARE

PARAKORE PRACTICES

\$125.00 PER PERSON

(NON REFUNDABLE)

Scan to Register or
email admin@tpothewell.nz

Afterpay available

browse through Te Puna Ora’s latest surroundings, services and products. In addition to commencing their community workshops, their latest development includes their own website. www.Tangihanawera.com where all their products and services can now reach a global market. This is a major growth step for Caprice and the team realising the vision they held from the beginning to bring wellness and matauranga into fruition and accessible to our hapori, region and the world.

1



Pukahukahu – Capsules & Leaf Blend (Rongoa)

\$25.00

Pukahukahu is available in two convenient forms — easy-to-take capsules or a traditional loose leaf blend — so you can choose the format that best suits your lifestyle and wellbeing routine.

2



Copper Infused Headband

\$10.00

Infused with copper for natural wellness, our Copper Infused Bands blend comfort with the ancient healing properties of copper. Wear them as a head band, wrist band, or leg band — wherever your aches are, these bands work with your body to bring relief. Colours vary — each band is unique. If your preferred size or colour is not available, we can make it to order — get in touch with us..

3



Fire Cider Tonic

\$20.00

Fire Cider is a tonic made from a powerful blend of fruits, herbs, spices, and apple cider vinegar. Made in small batches under the Tangihanawera Pātaka range, it combines warming botanicals with natural ingredients traditionally valued for supporting wellbeing during seasonal changes.

POU TAUMATA

OUR KAUMATUA



A Day of Wellness and Whanaungatanga at Te Ohaaki Marae

On July 29th, Te Ohaaki Marae opened its doors to welcome our cherished kaumāatua for an unforgettable day dedicated entirely to their health, happiness, and well-being. Centered on the vital theme of wellness, the gathering brought together a fantastic turnout, filling the marae with vibrant warmth, shared laughter, and meaningful connection.

A Haven of Healing and Creativity

From the moment our elders arrived, the atmosphere was charged with a deep sense of care and community. A diverse range of wellness stations offered our kaumāatua tailored experiences designed to nourish both body and soul:

Rongoā & Mirimiri Practitioners: Expert healers provided traditional Rongoā Māori remedies and soothing mirimiri treatments, offering physical relief, relaxation, and spiritual rejuvenation.

Homemaking, Arts & Crafts: Creative stalls and interactive activities allowed attendees to explore hands-on crafts, share traditional homemaking skills, and unleash their artistic flair alongside peers.

Shared Kai and Celebration

After a morning filled with pampering, crafting, and storytelling, everyone gathered to enjoy a scrumptious, wholesome lunch. Sharing kai together served as the perfect capstone to the day—bringing everyone around the tables to feast, reflect, and enjoy each other's company.

Connection is Key: Showing Love to Our Kaumāatua

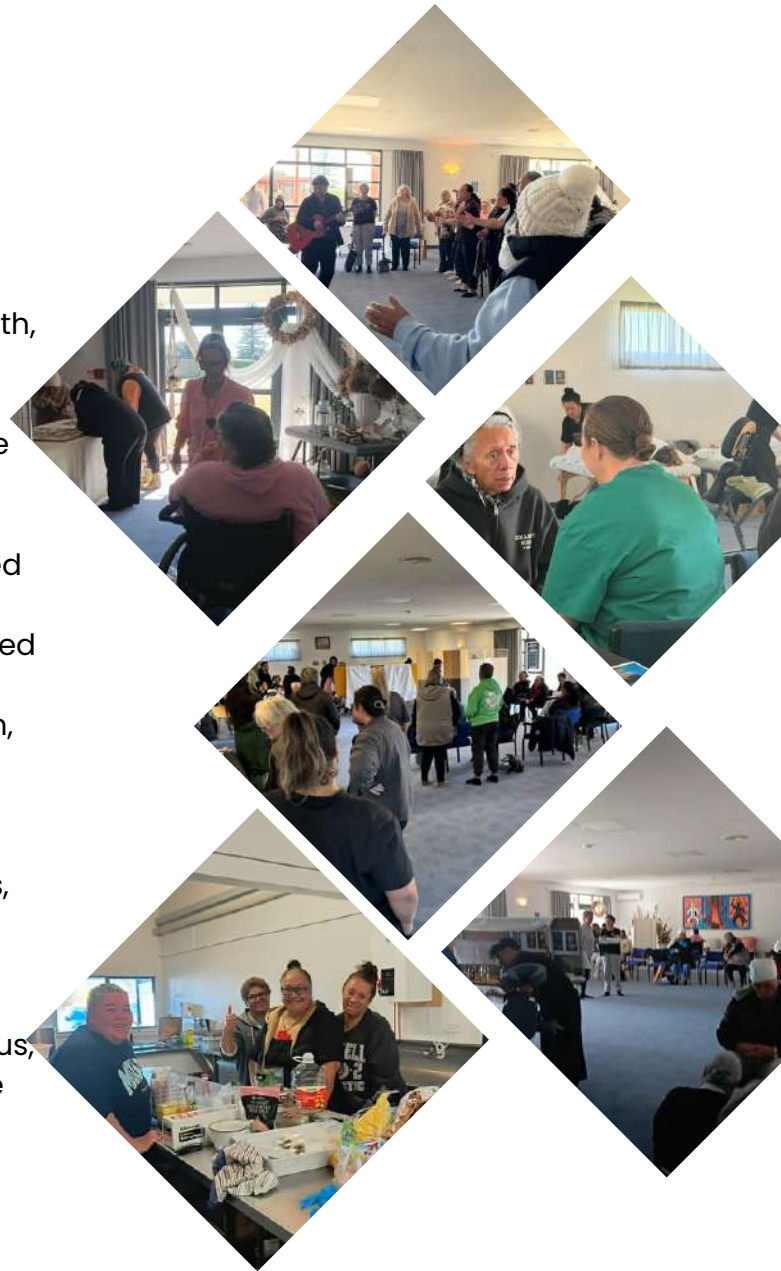
At its heart, the event was about far more than just wellness offerings—it was about whanaungatanga (relationship and connection).

"Connection is vital for our elderly. Gathering at Te Ohaaki Marae gave our kaumāatua a precious opportunity to mingle, reminisce, and catch up with old friends, while allowing us to wrap around them and shower them with the love, honor, and respect they so richly deserve."

Events like these remind us that caring for our elders means nourishing their spirits as much as their physical health. Seeing the smiles, hearing the shared laughter, and feeling the deep bond within our community made the day an resounding success.

Acknowledgments

A heartfelt thank you goes out to every practitioner, volunteer, organizer, and kitchen hand who poured their energy into making the day so special. Most importantly, ngā mihi nui to our wonderful kaumāatua for bringing your wisdom, warmth, and light to Te Ohaaki Marae. We look forward to many more gatherings to come!



OUR COMPANY



On 8 July 2026, POU Limited staff and Genesis Energy came together for a special Hautapu to celebrate Matariki – Te Tau Hou Maaori. The occasion was well attended, with a great turnout from both organisations, creating a warm and meaningful space to come together, connect and celebrate.

The Hautapu provided an opportunity to reconnect through whakapapa, tikanga and the traditions of our Tuupuna, while taking time to remember and honour our loved ones who have passed before us. Through karakia, we acknowledged those who have gone before us, gave thanks for the present and looked towards the future with hope and purpose.

The sharing of kai was an important part of the occasion, bringing everyone together in the spirit of manaakitanga and whakawhanaungatanga. Coming together around kai allowed us to celebrate Matariki, strengthen relationships and share in the tikanga that underpins who we are and how we connect with one another.

Sharing in the Hautapu strengthened the whakawhanaungatanga between POU Limited and Genesis Energy, creating a space to deepen cultural understanding, build relationships and honour the connections that bind our people, whenua and kaupapa.

Matariki reminds us to remember those who have passed, celebrate the people who stand beside us today, and look towards the future with hope and purpose. Through gathering in this way, we continue to uphold the traditions handed down by our Tuupuna and carry their wisdom forward for generations to come.

He taonga tuku iho – our culture, our whakapapa and our connections are treasures handed down to us to protect, nurture, and carry forward.

Jahmin Tengu
Administrative Officer
POU Limited



HAPORI

SHOWCASING LOCAL TALENT



Cherie excels in the traditional Māori art of harakeke design, turning New Zealand flax into beautiful creations that honor cultural heritage and modern aesthetics. Her expertise not only preserves ancestral traditions but also adds elegance and sustainability to contemporary decor. Cherie carefully selects each harakeke leaf, respecting its natural cycle for eco-friendly art.

Her harakeke arrangements suit any occasion—whether as a thoughtful gift, a decoration for a marae, or a unique home accent. Each piece showcases Cherie's skill, with intricate patterns and vibrant textures reflecting nature's beauty. From elegant baskets to woven wall hangings, Cherie's designs offer a timeless connection to the land. Trust Cherie to bring the beauty of harakeke into your life, blending tradition and artistry.



In the world of flower artistry, Karen's talent is hard to beat. She turns the vibrant beauty of in-season flowers into stunning arrangements. With her love for flowers and sharp design sense, Karen is a top-notch floral artist known for using the best of what each season offers. Her creations mix colour, texture, and fragrance, reflecting her deep appreciation for nature's cycles.

Karen's style is both eco-friendly and creative. By choosing in-season flowers, she supports local garden enthusiasts and keeps her designs fresh and green. Each arrangement shows off her skill and dedication to sustainability, capturing the moment's essence. Whether it's the soft colours of spring, the bright shades of summer, the rich tones of autumn, or the elegance of winter, Karen's work highlights the beauty of every season.

Besides her technical skills, Karen really listens to her clients and makes their visions come to life. Her personalized touch ensures each arrangement fits the occasion, whether it's a wedding, a business event, or a small get-together. Her friendly nature and passion for her craft make working with her a joy. For anyone looking for a unique and beautiful floral arrangement, Karen's knack for working with in-season flowers is unmatched, making her a true standout in floral design.

Both Cherie Berryman and Karen McIlroy can be reached through Facebook/ messenger



SUPPORTING HAPORI

COMMUNITY BITES



Every month, Gina and Leon bring a delightful wave of nostalgia and joy to the residents of Kimihia Rest Home through their heartfelt music shows. Their performances are not just a source of entertainment but a therapeutic journey that taps into the profound power of music to evoke cherished memories.

By carefully selecting nostalgic songs that resonate with the residents, Gina and Leon create an environment where memory recognition is gently stimulated, promoting a sense of well-being and uplifted spirits. Their dedication to enriching the lives of the residents through these musical moments aids in fostering connections and sparking joy, proving that music is indeed a timeless bridge to the past and a beacon of happiness in the present.



Taniwharau Club – Progress is moving forward. It is a hive of activity on site under the direction of Stewart Miller of Fosters. In addition to ongoing building, electrical work is now underway, ablution blocks are progressing well, and plumbers are onsite. Strong marae connections have also been key to this momentum—tapping into local industry and leveraging trusted relationships to keep things moving forward. As we anticipate the completion of the club near the end of year, we will keep you informed as to key dates and details as they unfold. The pics below from left to right 1. The main lounge area, 2 The lounge entrance and 3. the main dinning area



HAPORI

COMMUNITY BITES - MATARIKI

ACTIVATION

MATAWHAANUI
TRUST



During the month of Matariki, Raahui Pookeka came alive with the vibrant spirit of kotahitanga and reflection, as marae and local providers collaborated to honor this significant time. Matariki, a period for remembering our ancestors, celebrating the present, and aspiring towards a unique future, saw a surge of activities and gatherings. Marae became focal points for storytelling, and workshops that celebrated our culture and heritage. Local providers such as Te Waananga o Aotearoa contributed by organizing educational events, ensuring that everyone in the community—from the youngest to the eldest—could partake in the festivities.



Wairau Whaanau present a model of support to address Whakamomori prevention and intervention

Community whaanau gathered on the 22nd July at the invitation of Lionel Wairau, his wife Pirirongo and their whaanau to wananga and launch Te Ara o Hine, addressing Suicide Prevention.

The whole whānau model approach is designed and led to strengthen a whole-community response to anxiety, despair and suicidal ideation. By taking a cultural values-based approach, the Wairau whānau are setting the platform for open kōrero about how to provide support, education and manaaki for whānau, including those who have lost loved ones and those who need prevention or early intervention most.

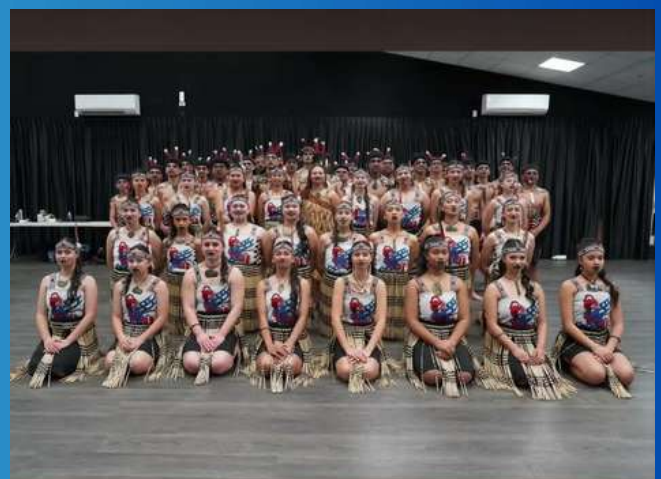
Further information will be communicated as to next steps for this much needed



The sense of local pride was palpable as our Kura Tuarua took the stage at the National Secondary Schools Kapa Haka competition in Tauranga this past July. Our mokopuna from Rakaumangamanga represented us with immense dignity and grace, embodying the spirit and strength of the Waikato region. Regardless of their final placing, their performance was a triumphant celebration of our reo and tuakiritanga, the very essence of what it means to belong to Waikato. Each kaihaka carried with them the rich mātauranga, or knowledge, that has been passed down through generations, ensuring that our cultural heritage remains vibrant and alive. Their dedication and passion not only honored our ancestors but also inspired a deep sense of pride within our community, reminding us all of the enduring power of tradition and identity.



Kia Mau ki Te Ture,
Te Whakapono me Te Aroha



HE PITOPITO KOORERO

What's Happening..monthly
updates August- September
2026

S2S TRADE & Display



**Bridge street, Huntly West
Saturday 29 August 2026
9am-1pm**

bring a small set up, we have a few tables to trade from

Join the Winter Wellness promo happening



FREE meningococcal B vaccines

for all tamariki under 5 years old
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wanatanga o Aotearoa info.health.nz/meningococcal Health New Zealand
Call us to book today 0800 8884666

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On the West

Community!

we're looking for good WINTER ITEMS FOR WHAANAU IN OUR COMMUNITY

good Clean: Jerseys- shoes- jackets - PJs -blankets

2 Bridge street, Huntly West
Drop off to us at the clinic



NAU MAI HAERE MAI

TE PUNA OHA THE WELL

Tiaki Taiao

INTRODUCTION PROGRAMME

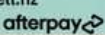
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RONGOA | PLANT ID | SELF CARE
PARAKORE PRACTICES

\$125.00 PER PERSON
(NON REFUNDABLE)

Scan to Register or
email admin@tpothewell.nz
Afterpay available 



**Podiatry services for
Diabetic whaanau
Fortnightly Mondays**



**Linnette Wellings
Intern Counsellor**

**Available
Every Tuesdays through
appointment**

**For More Information about
the above services,
please call 0800 888 4 666
2 Bridge Street, Raahui
Pookeka**