

Ngā kōrero o TAMAWHARIUA



Kaupapa o te Marama - Mental Health Awareness

For the month of October, Tamawhariua is honored to support Mental Health Awareness Month, a campaign dedicated to helping New Zealanders enhance their wellbeing and improve their mental health. This year, Mental Health Awareness Week (MHAW) has been aligned with the nationwide wellbeing initiative, Top Up. The theme for MHAW 2025, Top Up Together, emphasizes the importance of connecting with others while incorporating the Five Ways to Wellbeing into daily life. We are highlighting the collective nature of the Top Up campaign, as recent studies indicate that a community-based approach to wellbeing provides sustained, long-term advantages. Social connection is vital for our wellbeing. It instills purpose and a sense of belonging, enhances feelings of being valued, and fosters happiness and security. Evidence supports that activities involving social interaction—such as volunteering, shared learning, physical exercise, cultural practices, and participating in community events—consistently yield positive impacts on mental health and wellbeing. Take care of your oranga by engaging in the Five Ways to Wellbeing together during this Mental Health Awareness Week:

Me aro tonu / Take Notice

Tukua / Give

Me kori tonu / Be Active

Me whakawhanaunga / Connect

Me ako tonu / Keep Learning

Nāu te rourou, nāku te rourou, ka ora ai te iwi.

With your food basket and mine, the people will flourish.

In this newsletter you can expect:

Tamawhariua Updates

Introducing Kaimahi hou

Upcoming Tamawhariua kaupapa

Upcoming community events

Kaupapa highlight

What's been happening at Tamawhariua?

In recent months, we have taken great pride in supporting and participating in a variety of remarkable initiatives that resonate deeply with our community values. Our HBU Mobile Health Service has seen significant engagement from our whānau and hapori, providing essential health services that cater to their needs. This initiative has not only enhanced access to healthcare but has also fostered a sense of connection and support among our families, reinforcing the importance of well-being in our community.

One of the standout programs has been the monthly Kura Kai Community Cooks held at Te Rereatukahia Marae. This initiative has proven to be a tremendous success, as it brings people together to prepare nutritious meals that families can easily heat and enjoy at home. Additionally, our Wahine Hauora day was a resounding triumph, equipping our women with valuable insights and practical tips for prioritizing their health and self-care. These gatherings have created a nurturing environment where knowledge is shared, and relationships are strengthened.

Another highlight has been our quarterly Kuia Kaumatua group, which attracted over 40 participants eager to engage with guest speakers and partake in various activities that promote whanaungatanga. This gathering not only celebrates the wisdom of our elders but also fosters intergenerational connections within our community. Furthermore, our Three Steps to Life program, hosted at Te Reretukahia, has been instrumental in empowering our whānau with life-saving skills and knowledge. Together, these initiatives reflect our commitment to enhancing the well-being of our community, and we are thrilled to see such positive outcomes.

Ka rawe whānau!



HBU Mobile Health Service



Kura Kai Community Cook



Wahine Hauora Day



Kuia Kaumatua Group - Te Roopu Whakatipu Korero



Three Steps for Life Program

Kaimahi hou - New Team members

Jarrold Tukaki and Nancy Thomas



Jarrold Tukaki

Whānau Ora Promotions Coordinator

Ko Wai Koe?

Kia Ora Tātou,
Ko Mataatua te Waka
Ko Tauranga te Moana
Ko Mauao Maunga
Ko Te Rereatukahia te Awa
Ko Ngaiterangi te Iwi
Ko Te Rereatukahia te Marae
Ko Jarrold Tukaki toku Ingoa

I am thrilled to embark on this new opportunity as the Whānau Ora Promotions Coordinator. I am eager to build strong relationships with the team and deepen my understanding of the valuable services and support our Rūnanga provides to our hapori (community). This role represents a wonderful chance to engage and collaborate within our community, and I am excited to contribute to our collective mission.



Nancy Thomas

Primary Health Care Kaiawhina

Ko Wai Koe?

Kia Ora Tātou,
Ko Mataatua te Waka
Ko Tauranga te Moana
Ko Mauao Maunga
Ko Te Rereatukahia te Awa
Ko Ngaiterangi te Iwi
Ko Te Rereatukahia te Marae
Ko Nancy Thomas toku Ingoa

I am enthusiastic about embracing this new 26-week challenge and am keen to expand my skill set while contributing my existing expertise to the organisation. I look forward to the opportunities for growth and collaboration that will arise during this period.

Upcoming Tamawhariua Events




Falls Prevention

11th November 2025

10.00am - 12.00pm

Otawhiwhi Marae

(Transport available from Tamawhariua)
Please call Jarrod 021 965 864 or Nancy 022 049 8511 to RSVP





TE ROOPU WHAKATIPU KORERO CHRISTMAS PARTY

Tuesday 9th December 2025

10am

Location TBC

Christmas party for our kua kaumatua





MATE WAREWARE (DEMENTIA) SEMINAR

Te Huinga hinengaro, the centre for brain research at the university of Auckland is visiting Te Rereatukahia Marae on Thursday 13th November for a warm and open korero about mate wareware (dementia)

Thursday 13th November

10:00am-12:00pm

Te Rereatukahia Marae



Upcoming Katikati Community Events



This October learn CPR for your loved one

This Shocktober we're on a mission to provide CPR & AED awareness training to as many people as we can. 3 Steps for Life is free training designed to give you the confidence to take action if someone suffers a cardiac arrest by:





Calling 111 Step one

Starting CPR Step two

Using an AED Step three

Come along to a FREE 3 Steps for Life session:

Date: 1, 6, 12, 15 or 20 Oct 2-3pm, or 3 or 24 Oct 10-11am, or 8 Oct 3-4pm

Location: Katikati Community Centre, 45 Beach Road

Contact: Choose session & RSVP to taurangaadmin@stjohn.org.nz by 4 days before






The Hato Hone St John Katikati Area Committee is offering a funded **Child First Aid Course** free to the community:

This half-day course is ideal for people who are looking after children in their own home or for those needing to renew their Child First Aid certificate.

- Recommended for parents, grandparents and other family caregivers
- Recognised qualification for home-based educators and nannies
- Eligible for NZQA unit standard 25459.

What you'll gain

The course emphasises practical skills in an interesting, interactive learning environment. On completion you will:

- be able to recognise life-threatening situations
- be able to offer vital assistance until more experienced help arrives
- a Child First Aid Certificate valid for 2 years.

Course content

- Where to go for help
- Scene assessment
- CPR (cardiopulmonary resuscitation)
- Managing choking
- Control of bleeding
- Severe allergic reaction
- Breathing problems
- Seizures
- Fractures
- Burns
- Poisoning

WHEN: Friday 31 October, 9.50am - 2pm (no expectations)

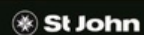
VENUE: Paua Room, Katikati Community Centre, 45 Beach Road, Katikati

RSVP: ASAP we have limited spaces to Berenice.langson@stjohn.org.nz

Choose St John

St John is one of New Zealand's leading providers of first aid courses. Years of experience, a dedicated team of knowledgeable people and proven teaching systems make our courses engaging and highly effective.

As the provider of ambulance services to most New Zealanders, we want you to do the right thing when an emergency happens. Who better to train you in life-saving first aid skills than the people behind New Zealand's largest ambulance service. And by choosing a St John First Aid Training course you are helping to support essential community services in New Zealand.




Call 0800 FIRST AID (0800 347 782) | Or visit buy.stjohn.org.nz

Kaupapa Highlight: Kura Kai Community Cook



We had an incredibly uplifting and joyful experience at Te Rereatukahia Marae, where we participated in the Kura Kai Katikati monthly community cook-off. This event takes place in the marae kitchen, where we come together to prepare a diverse array of delicious and nutritious meals for our local hapori. For many whānau facing difficult circumstances, this initiative offers invaluable support by providing pre-cooked meals that are easy to heat and enjoy. Each meal is carefully crafted to cater to individuals or families of four to six, fostering a sense of community through the shared experience of nourishment and care. At Kura Kai, they hold the principle of manaakitanga close to their hearts, embodying the philosophy of “whānau cooking for whānau.”

This guiding kaupapa is central to their mission and informs every aspect of their work. We believe that food has the power to bring people together, and through the cooking efforts of our volunteers, they aim to strengthen the bonds within our community. The meals we prepared not only nourish the body but also serve as a reminder of the support and solidarity that exists among us, especially during challenging times. Our collaboration with various community organisations in Katikati enhances our ability to distribute these meals effectively. We are grateful to be part of a network that allows us to reach those in need, ensuring that no one has to face hardship alone. By working together, we can provide essential kai to families who may be struggling, reinforcing the importance of community support and connection. Each meal we share is a testament to our commitment to uplifting one another, creating a brighter and more resilient future for all.



Ngā mihi for reading! Our next pānui will be sent out in Summer for 2026



07-5490-760

www.tamawhariua.com

111 Main Rd, Katikati