

Ngā kōrero o TAMAWHARIUA



Kaupapa o te Marama - Mental Health Awareness

This June, Tamawhariua is proud to be taking part in Move Your Butt for Bowel Cancer, standing in support of the 100 Kiwis who lose their lives to bowel cancer every month.

Led by Bowel Cancer New Zealand, this nationwide campaign encourages all New Zealanders to get off their butts and move more throughout the month of June. From 1–30 June, Kiwis of all ages and fitness levels are invited to set a movement goal, challenge themselves, and raise awareness for this important cause.

Whether it's walking, running, swimming, dancing, or simply adding more steps to your day, every bit of movement counts. More importantly, every dollar raised helps support life-saving awareness, education, and advocacy.

We invite our whānau and hapori (community) to donate and help us make a difference.

You can donate here: [Move Your Butt Donation Page](#)

Together, we can honour those we have lost and take positive steps towards saving lives.

In this newsletter you can expect:

Tamawhariua Updates

Manuhiri visits

Upcoming Tamawhariua kaupapa

Upcoming community events

Kaupapa highlight

What's been happening at Tamawhariua?

In recent months, we have been proud to support and participate in a range of initiatives that reflect the values and aspirations of our whānau and hapori.

Our HBU Mobile Health Service continues to see strong engagement, delivering essential health services directly to our community. By improving access to care, this kaupapa not only supports physical wellbeing but also strengthens connection and trust among our families.

Our quarterly Kuia Kaumātua group remains a highlight, with more than 40 participants coming together to hear from guest speakers, share stories, and enjoy activities that nurture whanaungatanga. These gatherings honour the wisdom of our kaumātua while fostering meaningful intergenerational relationships.

The E Waka Eke Noa support group has also been a valued space for whānau with neurodiverse tamariki. It provides reassurance, shared understanding, and connection – reminding participants that they are not alone in their journey.

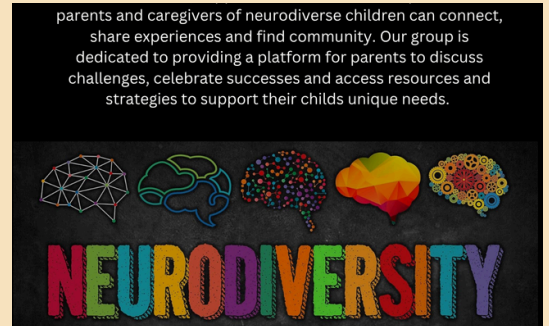
Our counselling service is now available on Fridays from 8.30am to 4.30pm, offering a safe and trusted space for those seeking guidance and support.

We are also excited to have launched our first Mangu & Mā podcast. This platform creates space for whānau to share their lived experiences – including challenges, recovery, judgement, achievements, grief, loss, and barriers. With new guest speakers featured every three months, the podcast brings fresh voices and perspectives to our community.

Ka rawe, whānau!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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2	3	4	5	6
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31

HBU Mobile Health Service



Waka Eke Noa

Counsellor



Kuia Kaumatua Group - Te Roopu Whakatipu Korero

Mangu n Mā Podcast

Manuhiri visits

Building Stronger Futures Through Financial Wellbeing

In May, Te Rūnanga o Ngāi Tamawhariua was privileged to welcome the team from The Mortgage Hub NZ to Tamawhariua for a valuable and inspiring visit.

The Mortgage Hub NZ are experienced mortgage and insurance advisors who support individuals and whānau to navigate important financial decisions. Their services include guidance for first-home buyers, property investment and portfolio growth, refinancing options, and personal insurance and protection planning. Their commitment is to identify the most suitable lending and protection solutions based on each client's unique financial circumstances and goals.

The visit provided an opportunity for meaningful kōrero and the sharing of experiences, values, and aspirations. Together, we explored the important role that financial wellbeing plays in strengthening whānau and communities. Through open discussion, we discovered a strong alignment in our commitment to supporting people to achieve greater security, independence, and prosperity.

The Mortgage Hub NZ team generously shared their knowledge and expertise, providing valuable insights into the services they offer and the positive impact they have had on the lives of many whānau. Hearing their success stories highlighted the transformative difference that sound financial advice and support can make in helping families achieve home ownership, build financial resilience, and create opportunities for future generations.

At Te Rūnanga o Ngāi Tamawhariua, we recognise that strong partnerships are essential to creating lasting change. By working alongside organisations that share our values and commitment to whānau wellbeing, we can collectively increase opportunities for our people to thrive.

We are grateful for the time, knowledge, and enthusiasm shared by The Mortgage Hub NZ team and look forward to continuing conversations about how we can work together to support the financial wellbeing of our communities.

Together, we are stronger, and together we can help build brighter futures for our people and the generations that follow.

Ka rawe, whānau!



Upcoming Tamawhariua Events



Taonga Tots

A space for whānau to connect, kōrero, play and bring together their precious pēpi.

- 📍 Main street Playground or Tamawhariua Rūnanga (Weather dependent)
- 📅 Meet Fortnightly on a Tuesday
26th May, 9th June, 23rd June
- 🕒 9:30am - 10:30am




WAKA EKE NOA


Wednesday evenings
27th May, 24th June, 26th August & 30th September
Please Rsvp to attend

- 🕒 5:00 - 6:00 pm
- 📍 111 Main road Katikati Tamawhariua office
- 📞 Molly : 0212212034
- 📞 Thomasina : 0275495386

Join us for a safe, supportive and informative space where parents and caregivers of neurodiverse children can connect, share experiences and find community. Our group is dedicated to providing a platform for parents to discuss challenges, celebrate successes and access resources and strategies to support their child's unique needs.




NEURODIVERSITY



NONO & NATTER

WEDNESDAY
JUNE 24TH
**PĀTUKI MANAWA ROOM,
KATIKATI**
10AM - 12 NOON
KŌRERO AND KAI
AROUND THE
IMPORTANCE OF
BOWEL SCREENING

Please RSVP By
June 19th
07 - 5490760



Upcoming Katikati Community Events



Whānau Hauora Day

Hauora Services | Health Checks | Info Stalls | Support
Free Resources | Prizes | Face Painting | Games

10:00 AM - 1:00 PM - July 8th
Memorial Hall, Katikati

All ages event - Pēpi to Kaumātua Bring the whole whānau down!



Kaupapa Highlight: Rangatahi Month



Let Our Voices Be Heard

Throughout the month of May, our Rangatahi Team partnered with local schools to deliver a range of lunchtime activities that encouraged participation, connection, confidence, and self-expression. These activities supported the nationwide kaupapa "Let Our Voices Be Heard", which focuses on empowering rangatahi to lead, speak confidently, and have their voices valued within their communities.

The month was filled with fun, engaging, and meaningful activities that brought students together. Rangatahi enjoyed karaoke in the barn, blind minefield challenges, Fast 5 netball, and obstacle courses designed to raise awareness of unseen disabilities and encourage understanding and inclusion.

One of the highlights was the Graffiti Wall, where students shared their dreams, hopes, and aspirations for the future. This creative space allowed rangatahi to express what they would like to see in the world and reinforced the importance of having their voices heard.

Our team also delivered My Vibes, an anti-bullying initiative that encouraged empathy, kindness, and positive relationships. Through the "Take a Step Forward" challenge, students gained insight into the different experiences and challenges others may face. Another powerful activity involved pinning a shirt onto another student's back, with peers then sharing positive comments and affirmations about the person wearing it. These activities encouraged students to see themselves through the eyes of others and highlighted the impact that kindness and encouragement can have on wellbeing and self-esteem.

We believe Rangatahi Month was an outstanding collaboration with our local schools. It provided a valuable opportunity to connect with all students across the school community, not just those already engaged with our services. Most importantly, it created a safe and supportive environment where rangatahi could have fun, build confidence, strengthen connections, and know that their voices matter.

A huge thank you to our local schools, students, and the Rangatahi Team for making this month such a success.



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



07-5490-760

www.tamawhariua.com

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