



# TE KETE POUNAMU

Whiringa-ā-nuku- October 2025 Pānui

## National Updates Te Kete Pounamu in Brisbane

On the 21st and 22nd of September 2025, TKP were privileged to represent our kaupapa at the Indigenous Wellbeing Conference (IWC) in Brisbane. It was an incredible opportunity to connect with Indigenous leaders and organisational health representatives from both Australia and Aotearoa.



We were proud to share the amazing mahi of Nōku te Ao, a movement committed to ending prejudice and discrimination, highlighting the strength of Indigenous-led approaches and promoting equity on behalf of our hauora hinengaro communities. The conference was a powerful reminder of the strength that comes from collective Indigenous voices, learning from one another, and standing together in the pursuit of wellbeing for all people.

Find out more about Te Kete Pounamu at:

<https://www.teketepounamu.co.nz/>



**TE RAU ORA**

Strengthening Māori Health and Well-Being

# Regional Updates

## Unify on the 35

What an uplifting day it was in Tikitiki for the Unify on the 35 kaupapa. Members of the Tairawhiti regional leadership attended a day of celebrating the hauora hinengaro community initiative as part of Mental Health Awareness Week 2025. The theme “Top Up Together – 5 Ways of Well-being” came to life through laughter, kōrero, music and shared kai under the East Coast sun.

Held at Tikitiki Recreation Reserve, the event brought together locals from across Ngāti Porou rohe. The atmosphere was vibrant with live sounds from talented locals who set the tone, kai carts served delicious bites (with the popular Kai Cart Card giveaway) and pop-up stalls and fundraisers added a touch of community flair.

Unify on the 35 provided a safe, whānau-friendly space. It reminded us that small actions such as sharing kai, listening, talking and showing up can support filling our collective wellbeing kete.

Ngāti Porou Oranga in partnership with Tuturu Consultancy created a meaningful event that embodied kotahitanga and aroha in action.

Together we topped up our wellbeing, strengthened our connections and celebrated the spirit of our people on the coast.



# Nōku Te Ao

## He waka eke noa



Te Kete Pounamu facilitators had the privilege of delivering the Nōku te Ao, prejudice and discrimination kaupapa with the team at Mana o te Tangata in the beautiful Papaioea.

Ngā mihi nui mō tō manaakitanga, we're truly grateful for the warm welcome and generosity shown to us.

Our time together was filled with thoughtful kōrero, genuine connection and powerful reflections.

What stood out clearly was a shared vision and commitment to creating a community where people with lived experience of hauora hinengaro are respected, included and free from discrimination.

### Upcoming Wānanga:

November 4th - 7th - Te Whatu Ora - Tamaki Makaurau  
November 17<sup>th</sup> - 19<sup>th</sup> - Te Whatu Ora - Te Waipounamu

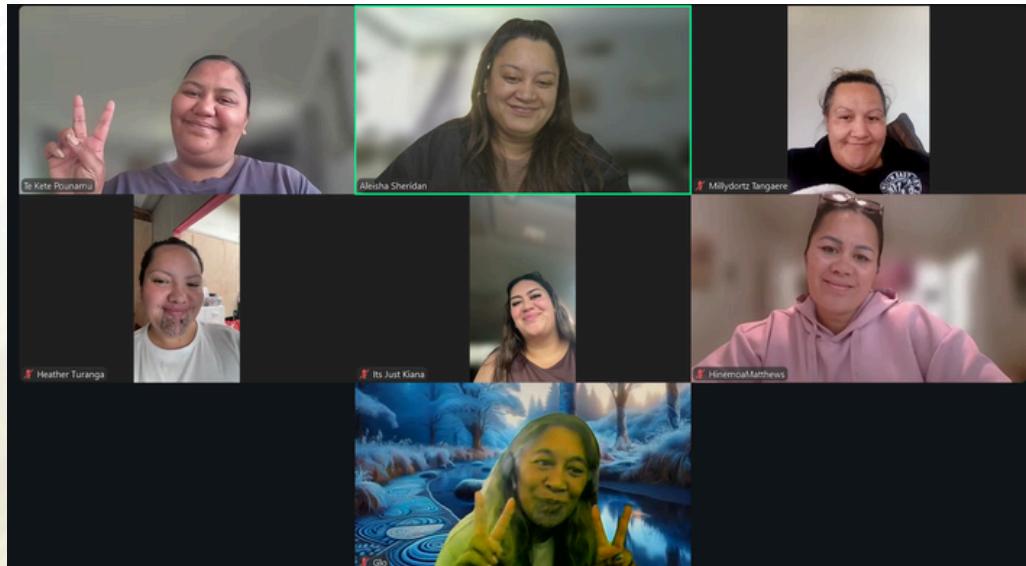
# Kotahitanga

Throughout October, Kotahitanga provided whānau with a safe and welcoming space every Thursday for kōrero, connection and reflection.

Whānau shared that these sessions were uplifting, supportive and is a valuable opportunity to learn and grow together.

Each week introduced a new hauora kaupapa, sparking meaningful discussion and shared insights:

- **Kete (Basket):** Whakakīa te kete, mā tātou katoa – Fill the basket together. Whānau reflected on how contributing and sharing enhances collective knowledge, wellbeing, and resilience.
- **Puna (Spring):** Whakakīa te puna, kia inu tahi tātou – Refill the spring so we may all drink together. Whānau embraced the themes of renewal, sustenance, and mutual support.
- **Ngahere (Forest):** Whakapaihia te ngahere, kia tupu tahi ai tātou – Nurture the forest so we all grow together. Whānau highlighted the value of interdependence, recognizing that when one thrives, everyone benefits.



# Ma Purapura Mai

## Come check this space whānau!



**Mā Purapura Mai (MPM)** is a 13-week Māori leadership programme grounded in pūrākau, reflection and practical experience. Across 7 modules, Kia Tū e te Rangatira participants will:

- Deepen whakapapa and whanaungatanga
- Apply Te Tiriti o Waitangi in leadership
- Strengthen hauora
- Develop their own leadership model in practice

The programme is self directed online with supportive tutorials a simple workbook and aromatawai check-ins to guide your learning.

Our Pilot cohort is currently underway. Registrations for the next intake open April 2026—send us your interest now and we will email you the registration link the moment it goes live.

# Celebrations:

## Te Wiki o Hauora Hinengaro



### Mihi

He mihi nui ki a koutou katoa,

Thank you to everyone who joined us in recognising and celebrating Te Wiki o Hauora Hinengaro on Facebook and Instagram early October. The week reminded us of the importance of taking time to kōrero, reflect and care for our hinengaro and wellbeing.

Together we created space to slow down, connect and support one another. Through shared stories, uplifting messages, and moments of reflection, we were reminded that when we come together as a hapori, our wellbeing grows stronger.

Let's continue to manaaki our hauora by listening, learning and uplifting each other.

*He oranga ngākau, he pikinga waiora – when the heart is well, the spirit will rise.*

# Wairuatanga Workshop

E mihi ana ki a Wiremu Niania rāua ko Lesley – mō ō rāua whakaaro hōhonu, ārahi wairua, me te māramatanga e hora tonu ana ki a tātou katoa. Nā rāua ngā kupu me ngā kaupapa i whakatakoto hei pou herenga mō tēnei kōrero, e hono nei i te taha wairua ki te ao mārama.



We would like to acknowledge Whaea Karina Cootes and Te Whare Wāhine for making it possible for our Te Kete Pounamu members to join in this profoundly inspiring kaupapa.

Within the Wairuatanga workshop we learnt that Wairua is the essence that connects us to all things – the seen and unseen, the physical and spiritual. It is energy in motion, the spark that stirs our mauri and guides how we feel, act and relate.

Just as we recharge a phone when its battery is low, we too must “plug in” daily. Grounding ourselves through practices that restore balance and vitality.

Wairuatanga reminds us to stand tall like the tōtara, not slumped like the blackberry bush. When we see the tōtara within our whānau, we lift them to remember who they truly are. This is spiritual hygiene. Being present, staying clear and not carrying other people’s burdens home.

Wairua transcends time and space (Wā I Rua), flowing between realms of learning, growth and connection. From the unseen (Tuauri), through refinement (Tuatea) to understanding (Aronui). It is through nurturing our wairua that we find stability, creativity and identity – the roots of our wellbeing in Te Whare Tapa Whā.

# Warmer Days Ahead

## Stay Safe and Enjoy the Season Whānau!



**Know how to float**  
If you get into trouble, float on your back with your ears in the water – this will increase your chances of survival. Relax and breathe normally. If you don't know how to float, practice!



**Find the safest place**  
Assess the conditions and look for dangers like strong currents. Find the safest place to get in and out of the water. Places with lifeguards on duty are the safest. Pay attention to warning signs and flags.



**If in doubt, stay out**  
Check the weather before leaving home. If you're unsure about your skill level, the weather, or the water conditions, it's better to wait for another day. Things can change quickly.



**Take care of yourself and others**  
Always go with a buddy and tell someone your plans. When wearing a lifejacket, make sure it fits properly. When children are in or near the water, a responsible adult should be within arm's reach and watching them carefully.



**Know how to get help**  
If you get into trouble, raise your arm and call out for help. If you see someone who needs help, call 111 and ask for Police.

As the days grow longer and the weather warms. It is the perfect time to enjoy the outdoors. Remember to stay safe and follow Water Safety New Zealand (2025) guidelines:

- Look out for one another
- Swim within your limits
- Stay where you can touch the ground

Whether you're heading to the beach, firing up the BBQ or spending time in the garden, remember to keep safety front of mind.

Stay hydrated, protect your skin from the sun and take care around water. Let's look out for one another so everyone can enjoy a fun and safe season ahead.