



Whiringa-ā-rangi- November 2025 Pānui

National Updates



*Back Left- Te Rangimaria Warbrick, Leilani Maraku, Kiriana Te Huki, Wi Huata (Co-Chair) Jason Haitana, Paamu Kahu
Front Left - Hori Kingi (Pou Tikanga), Joanne Henare, Alisha Tamepo-Pehi (Co-Chair), Gloria Sheridan and Vanilla Martin*

He Mihi & He Tono mō te Oranga

A warm mihi to everyone who continues to engage with Te Kete Pounamu. Your presence, whakaaro, and participation strengthen this collective space. We acknowledge the time and energy you bring, and we encourage you all to continue prioritising your wellbeing – physically, mentally, emotionally and spiritually. He taonga te hauora – your health is precious.

He Mihi Whakatau

A special and heartfelt mihi to our national members elected to form the Cultural/Clinical Governance rūpū for the Ngā Kete Oranga ā Ahurea cultural packages of care.

We acknowledge and thank:

Paamu Kahu, Vanilla Martin, Alisha Tamepo-pehi and Te Rangimaria Warbrick
Your leadership, mātauranga and commitment to culturally grounded care will help guide and strengthen these kaupapa for our whānau and communities nationwide.

Find out more about Te Kete Pounamu at:

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



TE RAU ORA
Strengthening Māori Health and Well-Being

Regional Updates

Fight for Life and New Members

FFL Tairawhiti Event: We had Kahurangi, regional lead for Tairawhiti participate in the Fight for Life Event on behalf of all whanau lost to suicide (whakamomori). His goal was to promote Hauora Hinengaro in our region and to model healthier ways of dealing with challenges we face. Also fighting in the ring at this event was our very own Operations Member, Hine Matthews.



In November we also welcomed two new members into our regional space: Jade Green who joined the Waikato Rōpu and Joshua Joseph, our newest Regional Lead for Otepoti (Dunedin) Nau Mai Haere Mai korua!



Nōku Te Ao

He waka eke noa

Our team recently travelled to Te Waipounamu to deliver Nōku Te Ao in Te Tai o Poutini (Greymouth and Hokitika), supporting kaimahi who walk alongside whānau within services. It was uplifting to see strong attendance and genuine commitment to growing knowledge and skill in recognising discrimination and bias, and in strengthening the ways we uphold whānau experiencing hauora hinengaro.



In reflection over the past year, we have also become increasingly aware of how AI is beginning to shape the way kaimahi record notes and engage with tāngata. With this comes potential risk, particularly where AI may unintentionally reinforce bias, influence how whānau are perceived by services, or create privacy and confidentiality vulnerabilities if used without robust safeguards. These are not small issues; they can ripple through decisions, records, and outcomes for whānau.

If you or your organisation would like to deepen capability and knowledge in this space; building safer, more mana-enhancing practices and develop practical approaches to eliminate bias, please reach out to us to discuss potential wānanga dates for 2026.

Upcoming Wānanga:

December 3rd & 4th - Te Whatu Ora - Christchurch

Kotahitanga

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

These sessions created opportunities for whanaungatanga, learning and shared growth. Whānau shared that the sessions were uplifting, supportive, and a valuable space to connect, reflect and grow together.

Each week introduced a new hauora kaupapa, sparking meaningful discussion and the sharing of insights.

Ahi – Fire and Warmth

Whānau explored Ahi as a symbol of shared energy, warmth and collective responsibility. Grounded in te ao Māori, this kaupapa encouraged reflection on how we nurture our own fire and contribute to the wellbeing of our whānau, workplaces and hāpori.

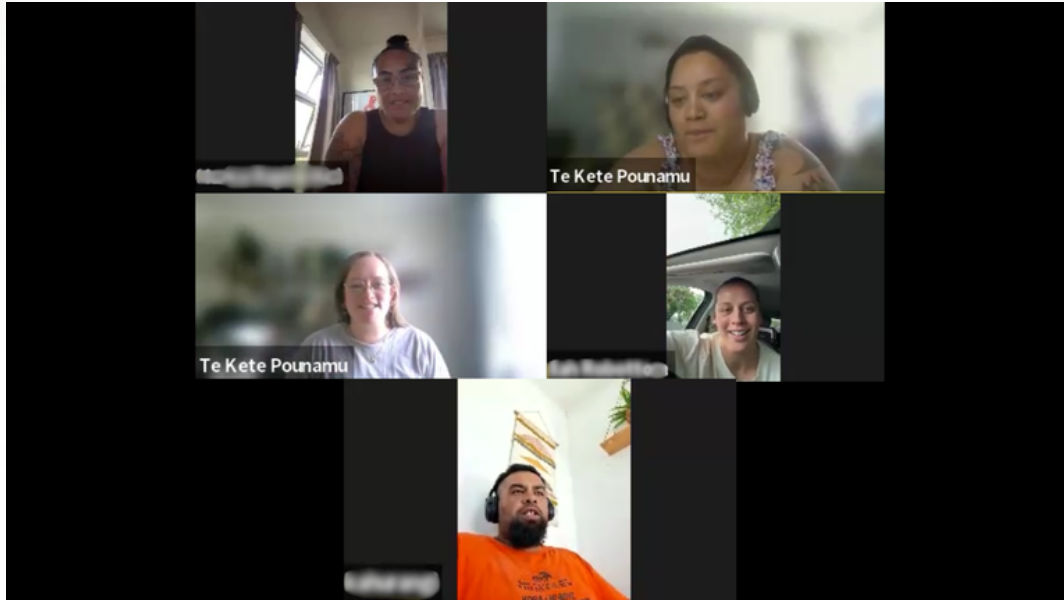
What's Next

We now move into our ongoing Ngā Atua series, beginning with Tāne Mahuta. This kaupapa will explore his connection to growth, strength, balance and hauora through the natural world.



Ma Purapura Mai

Come check this space whānau!



Mā Purapura Mai (MPM) is a kaupapa Māori leadership programme that supports Māori with lived/living experience to strengthen identity, confidence and leadership within whānau, mahi and community spaces.

We are pleased to share that four whānau have engaged in the pilot to date, and we have now completed three modules: Kia Tū e te Rangatira – Foundations of Māori Leadership, Te Tiriti o Waitangi & Leadership as well as Hauora: Holistic Health.

Whānau feedback has been affirming with tauira sharing that the programme has supported them to reflect on who they are and the importance of leadership. As one whānau shared: “It’s reminding myself who I am, and the importance of leadership.” Alongside this, whānau have also offered constructive whakaaro for improvement, noting that some questions felt repetitive or at times unclear.

We will be using this feedback to refine the pilot and ensure the programme remains focused, clear, and mana-enhancing for all participants as it continues to develop.



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Celebrations:

Kia Mataara i te Raumati Summer Preparation

As we move further into the summer season, we remind everyone to stay aware and prepared for hot weather, dry conditions and potential drought. Prolonged heat can place added stress on our bodies, our environments and our mental wellbeing.



We encourage you to:

- Stay hydrated and take regular breaks from the heat
- Check in on kaumātua, tamariki and those more vulnerable
- Be mindful of fire safety and water use
- Listen to your body and rest when needed

Looking after ourselves and each other during summer is an important part of collective wellbeing and resilience.

Mā te manaaki i a tātou anō, ka ora ai te katoa.

By caring for ourselves, we support the wellbeing of all.