

HE RANGA KORERO



MIHI

Tēnā tātou anō e te whānau o Kāinga Whānau Ora. As we head into the colder months of the year we are enter a time of renewal with the start of the Māori New Year signalled by the rising of Matariki/ Puanga in the early morning sky. A great opportunity for your whānau to reflect and plan using your own Te Ara Whānau Ora plan. We share with you about two Squad initiatives that have been informed by whānau and a whānau success story - if you are keen to share your success or ideas then let your Kaiwhakaaraara know and we can make it happen. Flu and other vaccinations are kaupapa that you and your whānau may like to consider as part of Hauranga. Stay warm and well whānau.

ABOUT KĀINGA WHĀNAU ORA

Kāinga Whānau Ora supports **whānau dreams & aspirations** by bringing together key agencies because we know that we can achieve **better outcomes** when we work together. Sometimes systems get in the way of whānau **achieving their goals**, we aim to stop creating 'work arounds' and create systems that **work for whānau**.



NEW WORKING GROUP MEMBER: KELLY ISLES

Kelly Isles



Kia ora tātou,
Ko Cairn Gorm te maunga
Ko Manawatū te awa
Nō Scotland āhau
Ko Isles tōku ingoa whānau
Ko Kelly tōku ingoa

Director
Connecting Communities
THINK Hauora

"My role is to represent THINK Hauora within Kāinga Whānau Ora to support the **health aspirations** of whānau."

Kāinga Whānau Ora Roles
Working group member
Hauranga Squad member
- Awhi Packs



The influenza immunisation programme has started and runs through to 31 December 2022. Winter is a time for some when the winter flu bugs abound and we can come into contact with them more readily.

It takes about 2 weeks for the Flu vaccination to be effective so if you are considering getting the vaccination then do so sooner rather than later. For some whanau, the flu jab is free. See the immunisation chart in this panui for further information. At times, our Iwi/ Maori providers will be running vaccination clinics and your Kaiwhakaaraara will be able to provide you with information when these are occurring.

TIAKI TAI AO SQUAD: AWESOME AUTUMN



Tiaki Taiao Squad is about whānau connecting with our natural and living environment.

Awesome Autumn (previously Spring Bling) was co-designed by whānau to reduce MSD debt incurred by hireage of skip bins and clearing out 'big items'. We have run 3 of these so far and if your neighbourhood is interested then please let your Kaiwhakaarara know.

Coming up:

Feilding (Taylor Ave, Monmouth, Collins Cres) Thurs 16 June



HAUORANGA SQUAD: MATARIKI AWHI PACKS



The Hauoranga Squad is about whānau health and wellbeing.

What are Awhi Packs?

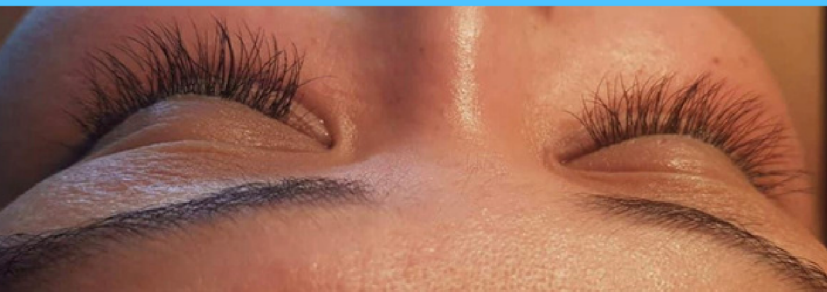
Awhi Packs were co-designed by whānau to provide a resource for the purpose of entertaining our tamariki when attending doctors or hospital appointments and when isolating at home. All the contents were provided by the Kāinga Whānau Ora partners including Te Reo Māori books, Matariki Activity books, Lido passes, invitation to Wild Base (Esplanade) and Lollipops Playland passes. These packs are a trial, so if you have any ideas for future packs then please let us know.

How do I get one?

Talk to your Kaiwhakaarara about how to get one of these for your whānau. We will take orders until the 20th June and will deliver these to whānau between 20 June to 8th July 2022.



WHANAU SUCCESS STORY



PŪKENGA RAWA: BARNEY'S CREATIONS

"For Kāinga Whānau Ora whānau I have whānau friendly pricing"

The Moemoeā

Mum, Moeroa Anaru is making her moemoeā a reality.

Moeroa has dreamt of having her own **home-based business** that utilises the many talents and skills she has. Moeroa is a qualified and experienced **Lash Technician** who stopped work due to having another baby. Moeroa is passionate about **beauty, lashes**, creating **elaborate designs** and becoming a home-owner. Way to go Moeroa, making your dreams happen!



Wealth Creation: Barney's Creations

Barney's Creations is a beauty therapy business named after Moeroa's Dad.

So ladies if you want to look good for that special occasion call:

Moeroa Anaru, Barney's Creations

02040146882

She will come to your whare and weave her magic!

KOTAHITANGA SQUAD: KŌRERO PŪRAKAU



The Kotahitanga Squad is about whānau unity.

Kōrero Pūrakau was co-designed by whānau as a means to share their stories and experiences of government agencies to assist others. We are working alongside whānau to capture their stories on video so we can share these with other whānau,

Aisha and Huikoma are a couple who as individuals were engaged in Youth Justice from a young age.

However they have taken these experiences and are now facilitating and supporting positive opportunities for whānau.



The Moemoeā

"To have my own radio station (initially)" Aisha
"Getting my Mataora" (Connection to Te Ao Māori) Huikoma



"Every agency should have Whānau Ora Navigators when it comes to working with whānau or anybody at risk"

Aisha now facilitates health and wellbeing programmes for wāhine engaged in Corrections.



"We are not just taken on as an individual, but as a whānau which is how it needs to be"

Huikoma is the Guest Speaker at a Youth Justice forum in Christchurch.



MATARIKI

Ingā rā o mua, many iwi - not all, looked to the guidance of Matariki.

The number of stars can differ between iwi narratives, but the common 9 whetū are known as; Matariki, Pōhutukawa, Tupuānuku, Tupuārangi, Waitī, Waitā, Waipunarangi, Ururangi, and Hiwa-i-te-rangi.

Māori believe that the appearance of Matariki in the morning sky in mid-winter marks the Māori New Year, or Te Mātahi o te Tau.

Matariki is the star cluster that is widely known as Pleiades. Matariki is seen from all around the world, and has many names.

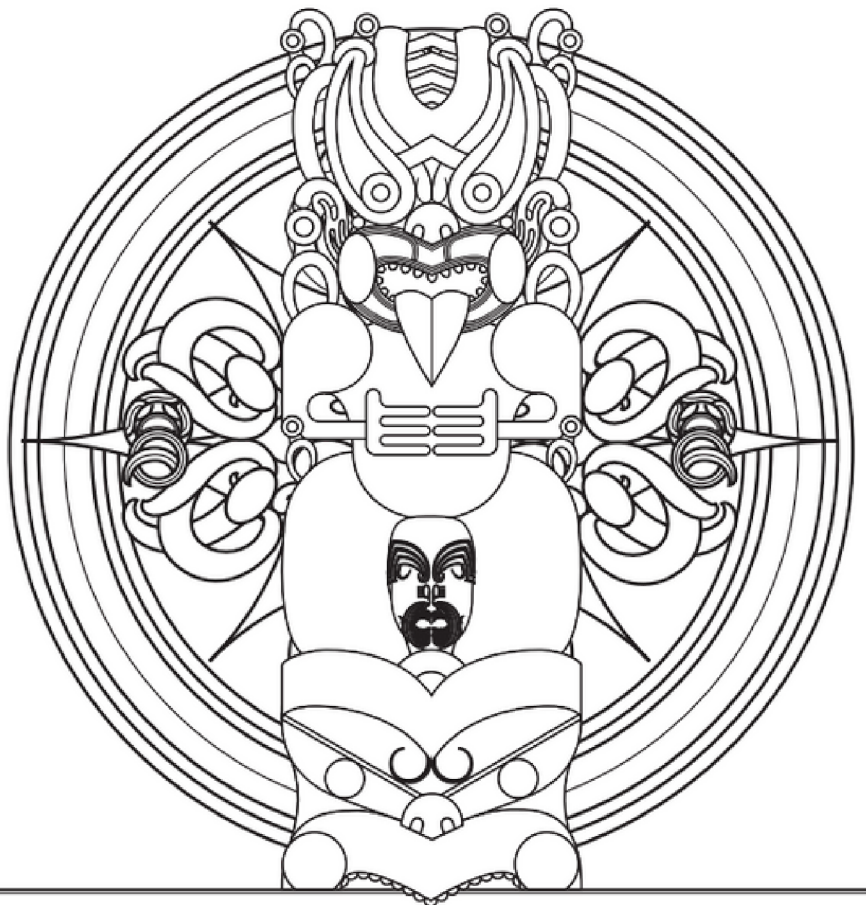
Matariki derives from the phrase "Ngā Mata o te Ariki Tāwhirimātea," the eyes of the god Tāwhirimātea.

After one of Tāwhiri's whawhai, he was overcome with anger, which led him to pull out his eyes, crushed them in his hands and threw them on to the chest of his father which we now see, as the constellation -Matariki.

TAMARIKI FUN

A E T Ā M I R I H W Ā T
 K U T R Q T T T V Y B T
 R O M M B N A R O U A H
 R J H U I T U M Q B Y B
 M R P U Z N H D D Z B B
 M V N D K N O Ū T E H W
 Q Ō V Q Q O U A M D M B
 T D Q V L L H W W Y B N
 Z R Y Q W G Y U Q I D W

TAUHOHU KOHUKOHU TŌNUI IWA
 UMU WHETŪ TĀWHIRIMĀTEA HAUORA



BE IN TO WIN!

Head over to the Te Tihi Facebook page to Learn more about Matariki where there will be weekly teachings about Matariki and also keep a look out for our competition where you can be in to WIN some awesome prizes.

Below is our Facebook handle to check these out:



<https://www.facebook.com/tetihi/>

Matariki tāpuapua. Matariki nāna i ao ake te kai ki runga. Matariki hunga nui. Matariki ahunga nui. Te ope o te rua Matariki. Ka rewa a Matariki, ka maoka te hinu. Ka rewa a Matariki ka rewa te kanakana.

Matariki is the star that signifies reflection, hope, our connection to the environment and the gathering of people. Matariki is also connected to the health and wellbeing of people.