



HORA TE PAI PĀNUI WHAKAPĀ

Oketopa 2025 October

RĀRANGI TAKE CONTENTS

Notice of Hui-ā-Tau

Notice of Hui-ā-Tau: Annual General Meeting

E te tī, e te tā, e huri ake ngā mihi mahana ki a koutou,

The past few weeks have been busy at Hora Te Pai as we complete our annual audit and close off our end-of-year planning.

Tumuaki Updates

Looking ahead, preparations are well underway for our Hui-ā-Tau, to be held on **Sunday 9 November 2025**. This will be a special time to reflect on the year's achievements, share our future aspirations — including discussions around our new whare — and celebrate the collective effort that keeps our kaupapa strong.

Mahuru Māori Reflections

Hora Te Pai continues to grow in capability, innovation, and connection, thanks to the dedication of our kaimahi, trustees, partners, and whānau.

For catering purposes, please RSVP attendance to reception@horatepai.org.nz by Friday 24 October 2025.

Welcoming Our New Kaimahi!

Tumuaki Updates

Upcoming Events

- Marae Clinics
 - Cancer Prevention Wānanga
-

Across our community programmes, our Hāpai Hauora and Kori Tinana / Wai Ora initiatives continue to empower whānau to take charge of their own wellbeing. Many participants are experiencing not just physical gains, but renewed confidence, motivation, and social connection.

Innovation has also been a strong focus this season, with our clinical team piloting the HEIDI AI transcription tool, which is helping create more time for meaningful patient connection and whanaungatanga.

HORA TE PAI



HEALTH SERVICES

Ngā manaakitanga o te wā, me te aroha nui ki a koutou katoa.

Nāku iti noa, nā

Di Tatana

Tumuaki | Hora Te Pai Health Services

Reflecting on Mahuru Māori

Last month, we were proud to celebrate Mahuru Māori and Te Wiki o Te Reo Māori, weaving te reo into our daily mahi, sharing kōrero, waiata and whakataukī. It has been wonderful to see our kaimahi and whānau embracing te reo Māori as a living language in our workplace and wider hapori. For Mahuru Māori, we chose Te Whare Tapawhā as our guiding kaupapa, reminding us of the importance of keeping balance in all areas of life, including the workplace.

As we move into October, we asked our kaimahi to reflect on Te Whare Tapa Whā — what it means to them, why it matters, and how they bring it into their work. Here's what they shared...

What does Te Whare Tapawhā mean to you?

"To me, Te Whare Tapawhā is a self-analysis/self-assessment tool."

"Te Whare Tapawhā reminds me that wellbeing is not one-dimensional — it's holistic and interconnected. It's a reminder that our mahi should nurture every part of a person — their physical health, spiritual grounding, mental wellbeing, and sense of belonging. To me, it also symbolises the structure of our organisation — each wall of the whare must be strong to support the hauora (wellbeing) of our team and the whānau we serve. If one wall weakens, the whole whare is affected."

"The person who I am helping is more than the physical complaint which they need help with. In order to provide the best care appropriate to their overall situation, consideration needs to be given to their whanau, wairua, and emotional wellbeing."

How do you apply Te Whare Tapawhā to your mahi?

"In my mahi as a cancer care coordinator, I use Te Whare Tapawhā to guide how I support whaiora - ensuring their taha wairua and whānau are acknowledged alongside clinical care. It helps me create space for kōrero, connection and healing beyond just physical treatment."

"Each morning, our team gathers together in the waiting area, to share in karakia and waiata. From here our teams break off into their work spaces that will then help to promote healthy lifestyles, and physical health through some of the services our team provides. They create space for our whaiora to share in their beliefs, identities. We build relationships with our whaiora and those they bring into our practice. Here begins a journey of whānaungatanga."

"We can embed Te Whare Tapawhā in our mahi by weaving its principles into daily practice. Starting and ending meetings with karakia and whakawhanaungatanga grounds our work in connection and purpose (taha wairua, taha whānau). Regular wellbeing check-ins support taha hinengaro, while encouraging movement, kai ora, and breaks nurtures taha tinana. By reflecting as a team on what's working well and what can be strengthened, we keep the four walls of Te Whare Tapawhā alive as our guide for balance and wellbeing."



Which taha (wall) are you drawn to the most? And why? (taha hinengaro, taha wairua, taha whānau, taha tinana)

"Ko au te whānau, ko te whānau ko au. I am the whānau, and the whānau is me.

Whānau is everything. I believe that healing and wellbeing are deeply rooted in relationships — with whānau, hapū, iwi, and wider communities. I always ask: Who is in their support network? How can I engage whānau in the process? I work to strengthen these connections, because when whānau are involved, outcomes are more sustainable and empowering."

"I like to start with Wairua, ensure I wake up and give thanks to the Divine I'm breathing I'm alive. Karakia mō te ata, Breathing exercise. Whakatau hinengaro, meditation utilising taonga puoro, Whakatau Tinana may do some Taichi and or go for a hikoī".

"When working alongside whanau I am most drawn to taha whanau. Where is that person or whanau from? Do they have whanau members nearby? Who are there neighbours? This helps answer the questions of how is this person supported? But also what social connections do they have? Recognizing that connection and belonging are two important needs for us all."

How can we bring the values of this model into our everyday routines, hui, or team practices?

"We can weave Te Whare Tapawhā into our mahi by starting with karakia, making time for whakawhanaungatanga and checking in with each other properly - like we do at Hora Te Pai on the daily."

"Team building. Using the 4 pillars as a team building session. And getting everyone to engage in it. When everyone is onboard, then the waka will move, if we aren't on it together then the waka will sink. There is no "I" in team, and that also same when it comes to whānau and work colleagues."

"Use Te Whare Tapawhā as a framework when discussing patient care."



Dayle Tamati-Ashby Kaiārahi

Te Ātiawa, Ngāti Toarangatira, Ngāti Maniapoto, Ngāpuhi

We are incredibly proud to introduce our new Whānau Ora service, which will provide greater wrap-around care for our whānau. We warmly welcome Dayle to our team as Kaiārahi – a descendant of Ātiawa ki Whakarongotai who carries the values of manaakitanga and kaitiakitanga, supporting our kaumātua, whānau, and hapori in her daily mahi.

Through personalised, navigational support, our new Whānau Ora services are here to support and work alongside whānau to connect them with the right services, resources, and opportunities.

Support can also be provided by our Community Kaiāwhina, who help with practical needs and ensure whānau are well supported on their journey towards ora and independence.



Free Marae Clinics

Every second Tuesday, 10AM-12PM

Whakarongotai Marae | Marae Lane,
Waikanae

- **21st October 2025 - Osteoporosis Day**
- **4th November 2025 - World COPD Day (Chronic Obstructive Pulmonary Disease)**

Open to everyone – whānau, kaumātua, rangatahi – all are welcome!

Cancer Prevention Wānanga for Whānau

Join us for a kaupapa Māori health promotion day dedicated to life-saving kōrero and screening on Saturday 22nd November 2025, 10AM-2PM at Grace Hall, Impact Hub – Tongariro Street, Paraparaumu.

We've opened a space for our whānau to come together, connect, and access screening tools that can make a real difference. We'll be focusing on bowel, prostate, testicular, breast, and HPV-related cancers—with kōrero from health experts, lived experiences, and screening options available on the day. There will also be a supervised space for tamariki so māmā and pāpā can fully take part in the day.

What's On:

- Whakatau and kōrero with screening leaders
- Breakout wānanga for tāne and wāhine
- PSA blood tests (Prostate screening)
- HPV self-swabs (Cervical screening)
- Kai, info packs, giveaways, and open Q+A

Register here:

<https://forms.office.com/r/B6zcfxvZPb?origin=lpLink>

or scan the QR code



MARAE CLINICS

10AM–12PM

Whakarongotai Marae

2/4 Mahara Place, Waikanae

CLINIC DATES	PROMOTIONS	OTHER ONSITE SERVICES
9th Sep	<ul style="list-style-type: none"> • Breathe Better September • Cervical Screening Awareness 	<ul style="list-style-type: none"> • Tū Ora Respiratory Nurse • Diabetes Finger Prick Tests • Benefit Advocacy Kāpiti • Cervical Screening: HPV Self-Swab Test
23rd Sep	<ul style="list-style-type: none"> • World Alzheimers Month • Mental Health Awareness Week 	<ul style="list-style-type: none"> • Tū Ora Respiratory Nurse • Diabetes Finger Prick Test • Cervical Screening: HPV Self-Swab Test • IRD Support via Appointment: send an email with your details to WellingtonAdvisoryRequest@ird.govt.nz
7th oct	<ul style="list-style-type: none"> • International Day of Older Persons 	<ul style="list-style-type: none"> • Diabetes Finger Prick Test • Benefit Advocacy Kāpiti • Mana Wāhine - Cervical Screening: HPV Self-Swab Test
21st Oct	<ul style="list-style-type: none"> • Osteoporosis Day 	<ul style="list-style-type: none"> • Diabetes Finger Prick Test • Arthritis NZ • Cervical Screening: Self-Swab Test • IRD Support via Appointment: send an email with your details to WellingtonAdvisoryRequest@ird.govt.nz

Free cervical screenings with an HPV self-swab test + a \$20 Pak'nSave voucher for wāhine Māori as a part of our Mana Wāhine initiative

<https://horatepai.org.nz/>



04 902 7095
0800 122 504

Open to everyone – whānau, kaumātua,
rangatahi – all are welcome!

CANCER PREVENTION WĀNANGA FOR WHĀNAU

Tamariki, pakeke, kaumātua are welcome!

Kaupapa Māori health promotion day with life-saving cancer screening tools and kōrero to support you and your whānau

FREE:

Kai & Info
Packs

Giveaways

Screening
Tests

Open Q&A's

Scan to register



<https://forms.office.com/r/B6zcfxvZPb?origin=IprLink>



Saturday 22 November



10AM-2PM



Grace Hall, Impact Hub
Tongariro Street, Paraparaumu



04 902 7095
0800 122 504



Proudly brought to Kāpiti with the support of the Kāpiti Community Health Network.

Real TALK.

REAL PEOPLE. REAL STORIES

MENTAL HEALTH & SUICIDE AWARENESS

KĀPITI



SAT 29th NOVEMBER



11AM - 3PM



TE RAUKURA KI KĀPITI

Coastlands Theatre, Kapiti College
34A Raumati Road, Paraparaumu



PAIRAMA WRIGHT



PANIA TE PAIHO



PELETI OLI



RUTU KING-STUBBS



ELISE NIŪ



SOPHIE
TAYLOR-EDWARDS



MC:
KIINO KRYSTAL



HOSTED BY:
TANIA CARR

SCAN ME



FREE

**FOR RANGATAHI,
SERVICE PROVIDERS
AND KAIKO
ADULTS - KOHA**

**INSPIRING KAIKŌRERO
HEAPS OF PRIZES
YUMMY FREE KAI
ENTERTAINMENT**

[HTTPS://WWW.EVENTFINDA.CO.NZ/2025/REAL-TALK-KAPITI/PARAPARAUMU](https://www.eventfinda.co.nz/2025/real-talk-kapiti/paraparaumu)

KĀPITI CANCER CARE

Have you or a whānau/aiga member recently been diagnosed with cancer?
We are here to help you with..



Transport to treatment



Support Groups



Financial help after diagnosis



Connecting to social services



Cancer prevention programmes

GP AND SELF REFERRALS ARE WELCOME



027 279 3982
reception@horatepai.org.nz
35 Warrimoo Street,
Paraparaumu