Te Wahanui



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Toi Ora Rangatahi Bring Art to Life with Mural at Fillin' Holes Mini Golf

Te Waharoa

Four rangatahi have transformed their creativity into a vibrant mural at Fillin' Holes Mini Golf, celebrating self-expression, learning and wellbeing through art.

Toi Ora, meaning art for wellbeing, is a creative programme supporting rangatahi and adults through art, with participation based on referrals. The programme sits within Te Waharoa, a service of Purapura Whetū, a Kaupapa Māori social service providing support for hauora, mental health and addiction.

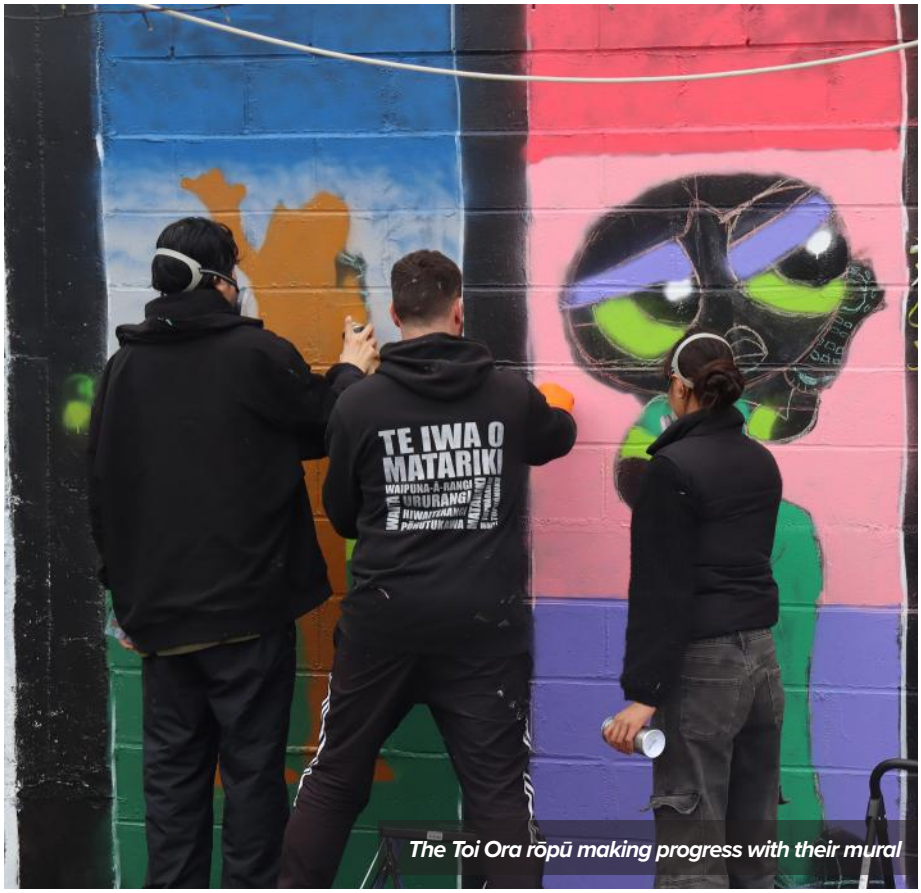
During this year's Term 3 programme, facilitators Jonny Waters and Ashleigh Winchester-Walsh had the pleasure of working alongside four talented rangatahi, exploring a variety of artistic techniques and experiences. From collage and spray-painting basics to landscape watercolours and painted visual pepeha, the programme encouraged participants to experiment, develop new skills and express themselves creatively. The programme culminated in an exciting, real-world challenge: creating a mural at Fillin' Holes Mini Golf.

While the opportunity was exciting, painting a mural in a public space was also a daunting prospect. To make the project manageable, the rangatahi were encouraged to design their own artwork around three key elements: a favourite cartoon or gaming character, a patterned background, and a speech bubble featuring a phrase translated into te reo Māori.

The comic-book-inspired theme was chosen while the group was creating their design during Te Wiki o Te Reo Māori, providing a meaningful opportunity to incorporate and celebrate te reo Māori through their art.

The rangatahi embraced the process, learning to sketch their designs onto the wall using chalk before moving on to spray paint. This proved to be a useful technique, allowing them to plan their work and build confidence before using spray cans, which can be challenging to control.

Throughout the project, the rangatahi were encouraged to ask for help when needed while also learning through experimentation. Trying

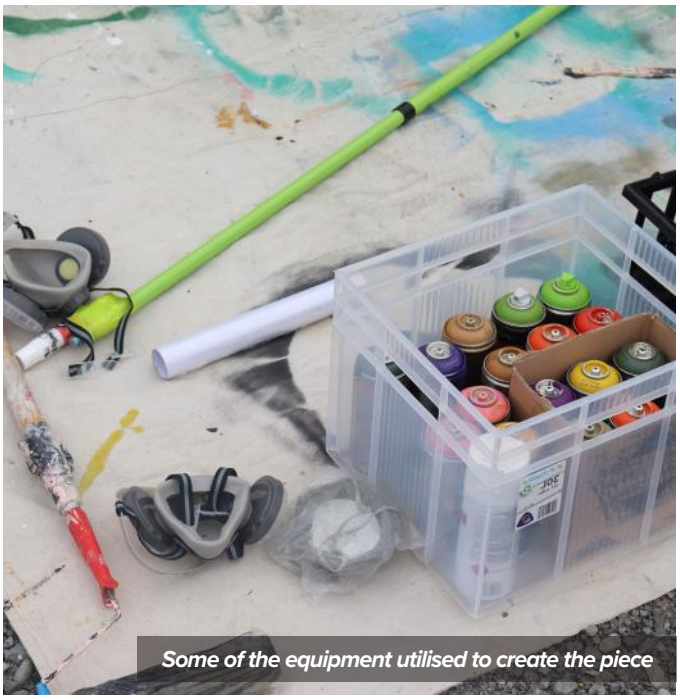


The Toi Ora rōpū making progress with their mural


Guided by Toi Ora facilitators, rangatahi gained confidence in applying a range of techniques



The Toi Ora group were incredibly grateful to Fillin' Holes Mini Golf for the opportunity



Some of the equipment utilised to create the piece



The project provided rangatahi with practical skills

something new, making mistakes and working through challenges were all important parts of the kaupapa.

By the end of the project, each rangatahi had created a distinctive piece of artwork they could feel proud of. More than simply painting a wall, the experience provided an opportunity to build confidence, develop practical skills and see their creative ideas come to life in a real-world setting.

For the Toi Ora team, the opportunity to create a mural within a local business was a privilege, made possible by the generosity and support of the team at Fillin' Holes Mini Golf.
"Having the opportunity to paint a mural within a real-life business was a huge privilege for us.

We would like to give a huge mihi to the team at Fillin' Holes for providing these rangatahi with the opportunity to express themselves through their art. The team were incredibly accommodating and supported us with everything we needed. Ngā mihi nunui ki a koutou!"

The mural stands as a celebration of the rangatahi's creativity, effort and achievements, reflecting the value of providing young people with supportive spaces to explore their identity, learn new skills and experience the wellbeing that can come through art.

Encouraging Participation Through the Power of Voting



Electoral Commission team were happy to join the kaupapa and educate kaimahi and rangatahi around voting

Purapura Whetū
WHAIA TE ITI KAHURANGI

Purapura Whetū recently welcomed the opportunity to collaborate with the Electoral Commission to support tangata whaiora and kaimahi to enrol and participate in this year's General Election.

Following the Electoral Commission's engagement with our Pōwhiri service, further kōrero took place with the Te Tukutuku team to explore ways to encourage voter participation, particularly among rangatahi, and ensure their voices are heard and counted.

Working alongside Hazel from the Electoral Commission, the team developed two kaupapa designed to build awareness, confidence and understanding of the voting process.

The first was an electoral information workshop, providing tangata whaiora and kaimahi with an opportunity to learn more about the General Election, enrol to vote, or check that their enrolment details were up to date.

The second kaupapa was an interactive mock voting experience, designed to familiarise participants with what to expect when casting their votes on election day. This provided a welcoming, practical environment for those who may be voting for the first time or wanted to feel more confident navigating the process.

Our wonderful Kaitūwhana, Sheavoynne, brought a creative twist to the experience by incorporating the Purapura Whetū Uara into the party voting options and developing a colourful range of fictional electorate candidates. With some interesting choices on the ballot, participants had plenty to consider before casting their party and electorate votes!

A total of 39 individuals participated in the mock voting session, with some confidently making their selections while others took the opportunity to learn more about the candidates before deciding.

When the votes were counted, Whanaungatanga emerged as the winning party, while Tere Kaha took out the electorate vote!

Through these two kaupapa, tangata whaiora and kaimahi were encouraged to engage with the democratic process in an accessible and supportive environment. The activities reinforced the importance of making informed decisions, participating in elections and recognising the value of every voice.

He mana tō te reo, he mana tō te pōti - ***Your voice matters, and so does your vote.***



Manu Ka Rere Kaimahi Zara Harnett, Kim Tipene and Mana Whakatipu Matanga Māori Kaimahi Papakura Tankersley - Pani got into the spirit of the event



The set up gave first-time voters an opportunity to familiarise themselve with the voting process

Ko Tātou Welcomes Health New Zealand Chief Executive



Dr Dale Bramley pictured with fellow Te Whatu Ora colleagues and the collaborative partners of Ko Tātou

KO TĀTOU
Ōtautahi Recovery Café

Dr Dale Bramley, Chief Executive of Health New Zealand – Te Whatu Ora, and Dr Pete Watson, Executive Regional Director for Te Waipounamu (South Island), recently visited Ko Tātou Recovery Café in Ōtautahi, alongside members of their team, to learn more about the mahi being delivered and the difference peer-led support is making for whaiora.

The visit brought together representatives from Health New Zealand – Te Whatu Ora and kaimahi from Purapura Whetū Trust, Odyssey House Christchurch and Stepping Stone Trust Canterbury to share experiences and highlight the importance of accessible, community-based support.

The service provides a calm, non-clinical environment where people can access support without a referral, offering an alternative to seeking help through an emergency department.

In its first three months, Ko Tātou has recorded close to 2,000 unique visits, exceeding initial expectations and demonstrating the demand for accessible support in our community. The café offers whaiora and whānau a welcoming place where they can be heard without judgement and receive support as they navigate challenging times.
Maree Hansen, Purapura Whetū Team Leader for the service, says the early response highlights the need for this type of support. “This early response highlights the demand for welcoming, accessible support for people experiencing mental distress.”

During the visit, kaimahi shared the mahi taking place at the café and the value of lived experience in supporting people through difficult periods in their lives. The peer-led approach recognises the importance of understanding, compassion and walking alongside whaiora as they work towards recovery.

Ko Tātou reflects our commitment to strengthening pathways to wellbeing and ensuring whaiora have access to support that meets their needs. Through the shared efforts of our three partner organisations, the café provides another option for people seeking support outside traditional clinical settings.

We are proud of the kaimahi from Purapura Whetū, Odyssey House Christchurch and Stepping Stone Trust Canterbury who bring their skills, experience and manaakitanga to this kaupapa every day.

The growing number of people accessing the service highlights the important role Ko Tātou is playing in providing timely, accessible support for whaiora and whānau across Ōtautahi.



Whakawhanaungatanga provided an opportunity to understand the heart of Ko Tātou



Ko Tātou lived experience lead Maree Hansen shares the meaning of Ko Tātou with the group



Beautiful kai was prepared for the visit and was enjoyed by whaiora

Lock In, Don't Get Played! Te Huinga Kōtuku Launches New Gambling Harm Campaign



Mahlon Saumalu speaks on the importance of Gambling Harm Awareness week

Purapura Whetū hosted a showcase of Te Huinga Kōtuku's three-part ad campaign, Lock In, Don't Get Played!, created for Gambling Harm Awareness Week 2026.

Led by Te Huinga Kōtuku Co-ordinator, Mahlon Saumalu and produced by Māui Studios, the campaign highlights how online gambling can take our attention away from our whānau, mahi and everyday lives.

Te Huinga Kōtuku is Purapura Whetū's specialist gambling and gaming addictions support service available to whānau across Te Waipounamu who are currently, or have in the past, experienced gambling or gaming harm. The event brought together health promotion messaging, a clinical perspective and lived experience kōrero to shine a light on gambling harm and its impacts on whānau and communities.

As guests arrived and settled in, our very own Purapura Whetū Waiata rōpū entertained the manuhiri, creating a warm and welcoming atmosphere. With the event proceedings underway, Mahlon shared the kaupapa behind the campaign before introducing the three ads.

The campaign explores how easily online gambling can creep into everyday life, whether we're spending time with whānau, concentrating on our mahi or focusing on our studies. They encourage whānau to stay present, stay connected and remember what matters most in life.

Te Waharoa kaimahi Chris Leqeta delivered a clinical presentation exploring the current state of gambling addictions in Aotearoa through a te ao Māori lens. This provided an opportunity for guests to learn more about gambling harm and reflect on how it affects our whānau.

Alongside the campaign screening, guests watched Disconnect to Reconnect, a short film documentary by Te Rangihaeata Oranga Trust from Heretaunga, sharing lived experiences of gambling harm. Thank you to Whaea Cath Healey and Te Rangihaeata Oranga Trust for their mahi and allowing us to share this taonga.

Together, the campaign and documentary combined health promotion messaging with lived experiences, fostering greater awareness and understanding of gambling and gaming harm and its impacts on whānau.

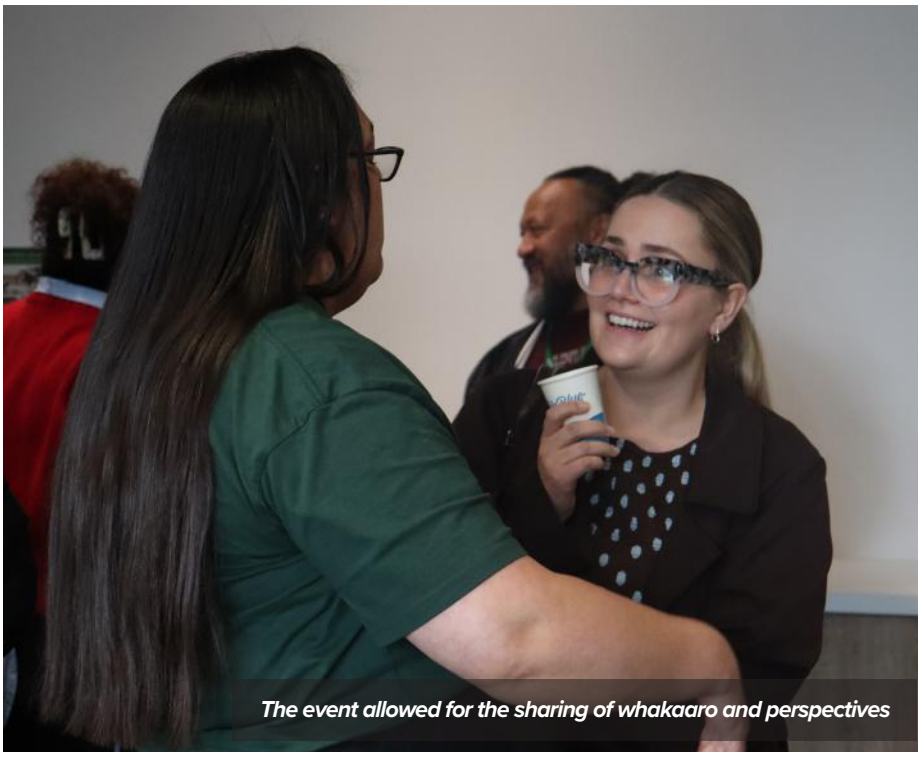
The event concluded with shared kai and kōrero, providing an opportunity for attendees to reflect on the kaupapa and its significance to them. We were delighted to also have Tahu News reporter Shakayla Andrews-Alapaki covering the event on behalf of fellow reporter Hora Kairangi Nicholas.

A big mihi to everyone who supported this kaupapa, including Māui Studios and team, our Purapura Whetū kaimahi, Harmony Church, Ara Institute of Canterbury, Tupu whānau and everyone who contributed to the campaign. We also thank Te Whatu Ora (National Public Health Service) and Safer Gambling Aotearoa for funding this initiative.

Through Te Huinga Kōtuku, Purapura Whetū continues to raise awareness of gambling harm and support whānau towards wellbeing



Kaiwhakahaere Matua Karaitiana Tickell spoke on the impact gambling has on our hapori



The event allowed for the sharing of whakaaro and perspectives

and recovery.

The ad campaign 'Lock In – Don't Get Played' is available for viewing on all our social media platforms. You will also find the 'Disconnect to Reconnect' documentary available on YouTube. The Tahu News coverage of this event is also available on Tahu News social media platforms.

Lock in, e te whānau — don't get played!

Scan the QR Code to view "Lock in - Don't get played"

Alzheimer's Conference 2026

mate wareware

Marge McNeill, Kaihaumanu from Te Waharoa and member of the Mate Wareware Advisory Rōpū, recently attended the Alzheimer's Conference 2026 in Tāmaki Makaurau.

Held during World Alzheimer's Month, the conference also marked 40 years of Alzheimer's New Zealand supporting people living with mate wareware (dementia) and their whānau. Mate wareware affects memory, thinking and a person's ability to manage everyday life, often having a significant impact on individuals, their whānau and wider communities.

One of the highlights for Marge was hearing directly from whānau and those caring for loved ones living with mate wareware. Their kōrero provided valuable insight into the challenges they face and the support needed to maintain wellbeing and quality of life. These experiences reinforced the importance of keeping whānau voices at the heart of care and support.

Another highlight was hearing from Lady Tureiti Moxon, who shared Māori perspectives on supporting kaumātua in Kirikiriroa. Her kōrero emphasised the importance of approaches grounded in Māori values, mātauranga and the aspirations of whānau.

Throughout the conference, one word continued to emerge: hope. Despite the challenges associated with mate wareware, there was a strong sense of optimism about what can be achieved through greater understanding, collaboration and improved support.

Marge's experience also highlighted the ongoing need for stronger Māori representation in this space. Ensuring Māori voices, lived experiences and mātauranga Māori help shape the delivery of mate wareware care is essential to achieving meaningful outcomes for our people.

By continuing to listen, learn and advocate for whānau-centred approaches, we can help create a future where kaumātua and whānau living with mate wareware feel understood, valued and supported.



The conference allowed for attendees to learn more about Mate Wareware



Marge McNeill and fellow conference attendees were honoured to hear Lady Tureiti Moxon's whakaaro

Celebrating Voices and Stories on World Homeless Day

Purapura Whetū
WHAIA TE ITI KAHURANGI

On 10 October, communities around the world come together to mark World Homeless Day, raising awareness of homelessness and recognising the experiences, challenges and strengths of people affected by it.

This year, Christchurch celebrated the day with a special event organised by Roger Shaw, a passionate advocate for the street community who has experienced homelessness himself.

Roger brought people together to showcase the talents, voices and stories of those impacted by homelessness, creating an opportunity for connection, understanding and celebration.

Our own kaimahi, Stacy Potter, Youth Service Manager of Te Hao Rangatahi, the youth service cluster, was also involved in the event, reflecting our commitment to supporting rangatahi and whānau experiencing housing insecurity and homelessness.

The event featured a performance by the Christchurch City Mission choir. Some members of the choir have experienced homelessness and meet weekly, finding connection and community through music. Their performance was a powerful reminder of the importance of belonging and the many ways people share their gifts with others.

Josh Potter- Gardiner, an advocate who works alongside people experiencing homelessness, also shared his experiences and reflections, offering further insight into the realities faced by the street community and the importance of compassion and advocacy.

The event highlighted the importance of dignity, inclusion and listening to the voices of people with lived experience. By celebrating their stories and talents, the gathering helped challenge stereotypes and remind us that everyone deserves to be seen, heard and supported.



The Christchurch City Mission choir performed beautifully on the day



TE HUINGA KŌTUKU
Gambling Support Service

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Purapura Whetū
WHAIA TE ITI KAHURANGI

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Taurean's Journey

Te Waharoa

For the past two and a half years, Te Waharoa rangatahi Taurean has been supported by Purapura Whetū, building confidence, developing meaningful relationships and discovering a greater sense of purpose.



Taurean and Kaitautoko Jonny Waters out enjoying Te Taiao

Throughout his journey, Taurean has successfully completed the Te Pia, Te Māhuri and Te Putake group programmes, alongside ongoing one-on-one support from Kaitautoko Jonny Waters.

Through these programmes, Taurean has strengthened his sense of belonging, developed positive relationships and gained a deeper understanding of his hauora and what he needs to thrive.

He has discovered the importance of spending time in te taiao to feel grounded and uplift his wairua, maintaining structure and routine to support his hinengaro, and keeping his tinana active to sustain his energy and wellbeing.

Embracing a New Challenge

In July, Taurean secured a place in the Limited Service Volunteer (LSV) programme, marking an exciting new chapter in his journey. The six-week course, held from August to September at Burnham Military Camp, provided an opportunity to challenge himself physically and mentally, develop independence and build confidence for the future.

The experience was far from easy. Taurean shared that he was "pushed to his limit" and considered giving up on several occasions. However, watching others leave the course only strengthened his determination to persevere and graduate.

One of his greatest challenges was The Longest Day, an intensive activity designed to test participants' physical endurance, mental resilience, teamwork and determination. Despite the demands of the course, Taurean remained committed to seeing it through

.

Alongside completing the programme, Taurean celebrated several other achievements, including gaining his learner driver licence, receiving new dental veneers and earning credits towards unit standards through the skills he developed.

A Proud Moment for Taurean and His Whānau

On 12 September, Taurean celebrated his graduation from LSV, surrounded by his whānau and supporters.

Te Waharoa Kaitautoko Paul Cameron attended the graduation on behalf of Jonny and the wider Purapura Whetū whānau, sharing in the pride of Taurean's achievement.

"It was a privilege to attend Taurean's Limited Service Volunteer (LSV) graduation alongside his whānau at Burnham Military Camp. A proud moment for Taurean, his whānau and PPW kaimahi. It was a particularly moving experience to witness Taurean's mana me te whakahīhī during the haka. Hopefully, completing this course lays the foundation for Taurean to continue to grow his confidence, independence and realise his potential."

Paul witnessed the immense pride Taurean's whānau felt on the day, something Jonny also experienced when catching up with Taurean and his Nana following the graduation.

Building on His Achievements

Since completing LSV, Taurean has shown renewed motivation to pursue further education and develop skills that will support his future aspirations.

With continued guidance and encouragement from Te Waharoa, Taurean explored

opportunities for further study and was offered a place in the Y Goals programme through Y Education. This provides a pathway towards achieving his Foundation Skills Level 1 and 2 certificates and taking the next steps towards his goals.

Taurean's journey highlights the value of whanaungatanga, consistent support and perseverance. Through his participation in Te Waharoa, he has developed a stronger sense of self, greater awareness of his hauora and the confidence to embrace new opportunities.

From overcoming the challenges of LSV to pursuing his educational aspirations, Taurean continues to demonstrate resilience, determination and a growing belief in his own potential.

He poho kererū! Stand tall and be proud of what you have achieved, Taurean.



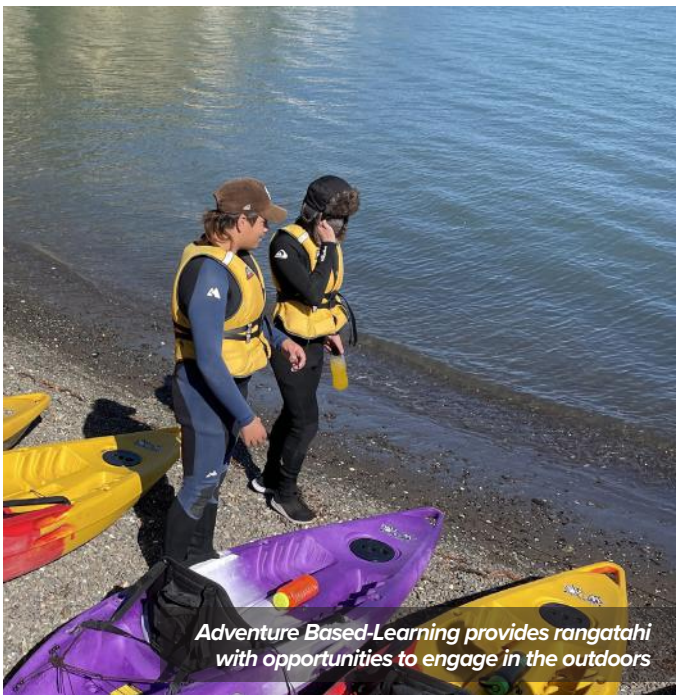
The experience has given Taurean a new sense of confidence and direction



Friends and family attended Taurean's Graduation



Graduates completed a variety of drills for their graduation ceremony



Adventure Based-Learning provides rangatahi with opportunities to engage in the outdoors



Exploring the ngahere proved to be educational



Paul and Jonny have been honoured to work with rangatahi in te taiao

Puāwai- Kai is a free lifestyle education and cooking course

Small changes in the way we live add up to a big change in our health!

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Purapura Whetū
WHAIA TE ITI KAHURANGI

Kā Pou Whenua and Te Ara Tūhono take their Mahi to AgFest 2026



Pae Ora Cluster Team Lead Rachael Clarke with Te Ara Tūhono Kaimahi Lou Hill

Kā Pou Whenua
PURAPURA WHETŪ TRUST

Te Ara Tūhono
ACC KAUPAPA MĀORI NAVIGATION SERVICES

On 16 and 17 October, kaimahi from Kā Pou Whenua and Te Ara Tūhono attended AgFest 2026 in Māwhera, Greymouth, to meet with farmers, whānau and rural businesses and share how we can support their mental health, wellbeing and social needs.

Rachael Clarke: Pae Ora, Te Ara Tūhono and Te Tumu Waiora Kaiarahi and Evelyn Lefebvre, Clinical Lead for Ka Pou Whenua represented our services, with Lou Hill from Te Ara Tūhono joining the team on Friday and Tina O'Donnell from Kā Pou Whenua on Saturday.

Across the two days, there was plenty of opportunity for kōrero kanohi ki te kanohi, hearing about the realities of rural life and sharing information about the support available to farmers and their whānau.

Growing awareness of our services

The team spoke with rural organisations, including FMG, Halter and Heartland Feeds, exploring ways to make our services more visible and accessible. Discussions with FMG and Halter opened opportunities to share information through their newsletters and potentially present to their staff and farming networks. Halter also enquired about support for farming whānau in Waikato, creating an opportunity for further kōrero about how our services can reach those who need them.

Conversations with Heartland Feeds highlighted growing concerns about mental distress within farming communities, including the pressures associated with changes across the industry and concerns around suicide. The isolated nature of farming, geographical distance and difficulties accessing support can make it harder for people to reach out when they are struggling.



Purapura Whetū Kaimahi enjoyed the chance to kōrero with the West Coast Community



Ka Pou Whēnua Kaimahi Tina O'Donnell and Halter Representative smile for a photo

These kōrero reinforced the importance of working alongside rural businesses, who are often well placed to notice when someone may need support and help them find the right services.

Listening to our communities

Feedback about our services was overwhelmingly positive, and visitors welcomed the chance to learn more about the support available. Some also shared their frustrations with navigating ACC, including declined claims and difficulties contacting case managers.

Our kaimahi were able to listen to their experiences, acknowledge their concerns and explain how Te Ara Tūhono, as an ACC-contracted service, can help people navigate the system.

Rachel also spent time kōrero with members of the Gloriavale community, who expressed interest in following up with her for support. AgFest was a valuable opportunity for whakawhanaungatanga, listening and sharing our mahi with the people and organisations that make up our rural communities. The conversations opened doors for future engagement and highlighted the importance of continuing to show up, build trust and make support easier to access.

By working alongside farmers, whānau and rural organisations, Kā Pou Whenua and Te Ara Tūhono can help ensure people know where to turn when they need support.

A Haerenga to Birdlings Flat: Gathering Taonga for Toi Māori



Kaimahi Steve Alhbrandt- Paki looks over the rocks that were collected

Te Kākano Hauora

Tangata whaiora from the Whakapapa Whakairo Māori programme recently ventured to Birdlings Flat for a haerenga alongside kaimahi Pam and Steve, gathering natural resources to inspire their next creative projects at Toi Hei Manaaki Studio.

The programme provides opportunities for whaiora to explore Toi Māori through hands-on learning, creativity, and engagement with te taiao.

During their visit to Birdlings Flat, the group spent time exploring the landscape, collecting an assortment of rocks, pebbles, and pieces of wood to bring back to the studio. Each item was selected for its distinctive shape, colour, texture, and potential to be transformed into something meaningful.

Back at the studio, these natural materials will become the foundation for a range of creative projects, including earrings, necklaces, toki, walking sticks, and other handcrafted taonga. Through the process of designing and creating their own pieces, whaiora can develop their artistic skills, explore new techniques, and express their individuality through Toi Māori.

Held every Tuesday, Whakapapa Whakairo Māori offers a welcoming, inclusive, and culturally grounded environment where whaiora can learn, share knowledge, and build confidence in their creative abilities.

The group aims to visit Birdlings Flat once each term, with these haerenga becoming a valued part of the programme. Beyond gathering materials, the outings provide an opportunity to spend time together, strengthen whanaungatanga, and deepen their appreciation for the natural environment.

With another successful haerenga complete, we look forward to seeing the taonga our whaiora create from the materials gathered. Each piece will reflect their creativity, growing skills, and individual expression, celebrating the unique talents and perspectives they bring to the programme.

Whakapapa Whakairo Māori continues to provide a supportive space for whaiora to explore Toi Māori, build confidence, and strengthen whanaungatanga. For those interested in participating, access to the programme is through the Purapura Whetū referral pathway, with a support worker allocated to guide and support their journey.



The space provides a peaceful place to plan out new designs



Focus and precision is needed when carving



Haerenga to places like Birdlings Flat enable the group to continue with their projects

Strengthening Our Kete: Gaming & Gambling Addiction 101 Workshop



Training Facilitator Mahlon Saumalu with the Tupuranga Attendance Service

Purapura Whetū, in collaboration with Tupuranga Attendance Service, recently hosted a Gaming & Gambling Addiction 101 Workshop, bringing together local Attendance Service Providers (ASPs) from across Waitaha to build knowledge and share experiences around supporting ākonga and whānau.

The workshop was attended by kaimahi from Barnardos and ECAS (represented by Te Ora Hou, Te Tahi Youth, ACTIS, and Ngā Mātā Waka).

It was an opportunity for providers to come together around an important kaupapa and strengthen their understanding of the challenges affecting school attendance.

Facilitated by Mahlon Saumalu from Te Huinga Kōtuku, the training was tailored to the attendance sector. It explored how excessive gaming and gambling can contribute to school refusal, non-attendance, disrupted sleep patterns and late arrivals.

Kaimahi gained practical knowledge and tools to help them better understand these challenges and support ākonga and whānau. Attendee feedback was very positive, with participants particularly valuing the practical examples, interactive activities and engaging delivery.

There was a clear interest in continuing the learning, with suggestions for further training and more opportunities to explore the topic in depth. The workshop also highlighted the value of local ASPs coming together around shared challenges.

A big thank you to Mahlon for sharing his knowledge and expertise, and to everyone involved in making the day possible, including those who helped organise the venue and kai. With strong interest in future sessions, there is hope that another local provider will host the next workshop.

Purapura Whetū at the Ara Careers Expo



The classic sausage sizzle was available on the day



Pūmotomoto Kaimahi Billie Hall and Te Kākano Hauora Team Lead Racheal Taungahihifo were available to kōrero

Our Purapura Whetū kaimahi recently attended the Ara Careers Expo, where students had the opportunity to learn about a wide range of organisations, industries and career pathways.

Representing Purapura Whetū were Racheal and Paige from Te Kākano Hauora service, alongside Billie from Pūmotomoto service.

The team hosted a stall with resources and information about our services, sharing more about the mahi we do and how we work alongside whānau in our community.

Throughout the expo, many Ara students stopped by to ask questions, learn more about Purapura Whetū and explore potential career opportunities within the health and wellbeing sector.

Others were interested in finding out which of our services might be relevant to their own circumstances, giving our kaimahi an opportunity to kōrero about the different services available and how to access them.

The day also included a sausage sizzle, giving students, stallholders and visitors a chance to enjoy some kai in a relaxed and welcoming environment.

It was a great opportunity for our kaimahi to share their knowledge, kōrero with students and showcase the mahi happening across Purapura Whetū, while encouraging whanaungatanga and future opportunities within the health and wellbeing sector.

Purapura Whetū Kaimahi Attend Indigenous Wellbeing Conference



Kaimahi from across Purapura Whetū joined together to hear the whakaaro of conference speakers

Purapura Whetū
WHAIA TE ITI KAHURANGI

On 12–13 October, kaimahi from across Purapura Whetū attended the 2026 Indigenous Wellbeing Conference (IWC26) via livestream, thanks to an opportunity organised by our Muslim Wellbeing team.

Held in Canberra, Australia, on Ngunnawal and Ngambri Country, the conference featured more than 17 presentations from Indigenous speakers across Aotearoa, Australia, the Pacific, Hawai'i and Canada's Cree Nation. Presentations explored Indigenous knowledge, lived experience and community-led approaches to wellbeing.

Our Muslim Wellbeing team was fortunate to receive access to the conference's OnAir livestream and wanted to extend the opportunity to the wider Purapura Whetū whānau.

With the support of Joy Drummond, training rooms were organised across both days, allowing more than 30 kaimahi to attend sessions around their work commitments.

The presentations offered valuable insights into the challenges facing Indigenous communities, alongside examples of culturally grounded approaches to supporting wellbeing. Breaks between sessions also provided opportunities for kaimahi to share whakaaro and reflect on how these learnings could inform their mahi.

There was also plenty of homemade kai to enjoy throughout the two days. A special thank you to Whaea Ivy for sharing her wisdom and whakaaro during the discussions. For those who attended, the conference provided an opportunity to learn from Indigenous experiences across the world and consider how these perspectives could strengthen the support we provide to tangata whaiora and whānau.

The Muslim Wellbeing team hopes these learnings will continue to encourage discussion, reflection and culturally responsive practice across Purapura Whetū.

Te Whakaruruhau extended for another two years



2026 Te Whakaruruhau Clinical Psychology Intern cohort

The extension of Te Whakaruruhau will support continued access to psychological services for whānau while strengthening culturally responsive practice among future psychologists.

Purapura Whetū's Te Whakaruruhau internship programme has been extended for a further two years, allowing this important work to continue supporting tangata whaiora and developing the next generation of culturally responsive psychologists.

Delivered in partnership with the University of Canterbury, Te Whakaruruhau is a training hub for postgraduate psychology students completing their final year of internship. Trainees develop their clinical skills within a supportive kaupapa Māori environment, combining supervised clinical practice with cultural guidance and experience across Purapura Whetū services.

The programme provides access to psychological assessment and treatment for adults, rangatahi, tamariki and whānau, while supporting trainees to develop culturally focused and responsive approaches to their practice. Clinical Lead Anna Garland says the extension recognises the value of the programme for both the community and the psychology profession.

"It's really exciting because it means more tangata whaiora get access to good quality psychological support, there's more support for whānau, and it means at least 12 more psychologists will finish their training with a level of cultural safety and competence that they may not otherwise have." Anna says one of the most rewarding aspects of the programme is seeing students grow throughout their placement, becoming more confident in incorporating mātauranga Māori and kaupapa Māori approaches into their clinical practice.

Having completed her own internship at Purapura Whetū in 2022, Anna understands first-hand the value of the learning environment. Now, as Clinical Lead, she supports and guides the next generation of psychologists as they develop their skills and experience.

The two-year extension will enable Te Whakaruruhau to continue strengthening access to psychological support for our community, while contributing to a future workforce better equipped to understand and respond to the needs of tangata whaiora and whānau.

RANGATAHI WELL

Supporting the wellbeing of young people

WELLBEING INFORMATION FOR RANGATAHI

- Anxiety
- Alcohol
- Anger
- Body Image
- Drugs
- Emotions
- Mood
- Online life
- Relationships
- Self-harm
- Stress
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Purapura Whetū
WHAIA TE ITI KAHURANGI

Odyssey House
journey of wellbeing

Mana Ka Rere

The JUST Trust

rangatahiwell.org.nz



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WHAIA TE ITI KAHURANGI

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