

# NEWSLETTER

#5

NOVEMBER 2024



## MAHURU MĀORI

Mahuru Māori is an open challenge for everyone, regardless of their current level of reo Māori. It invites individuals to take charge of their learning journey during Mahuru (September) by setting personal goals and intentions that align with their own knowledge and fluency, whether they are beginners or fluent speakers.

This year, we gathered together for a shared some yummy kai brought or made by kaimahi at 212, it was special occasion to celebrate and honour our native language and enjoy each others company. It was a time to exchange mātauranga (knowledge) and reflect on the importance of keeping our language vibrant and alive. Mahuru Māori is not just a challenge – it is a collective movement to ensure Te Reo Māori continues to thrive for future generations, strengthening its place in our hearts, our communities, and our country. Let us celebrate, protect, and nurture our reo, so that we never lose this precious part of who we are.

Kia kaha te kōrero!



**“Kia whakatōmuri te haere whakamua.” –  
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# MENTAL HEALTH AWARENESS WEEK

During this year’s Mental Health Awareness Week (MHAW), we took the time to reflect on the importance of looking after our own mental health while continuing to support the wellbeing of our rangatahi.

Alicia played a key role in encouraging self-care by creating stressball packs for kaimahi. These packs provided everyone with a fun, hands-on opportunity to make their own stress relief tool– a simple but effective way to manage stress and stay grounded during the week.

Alicia also shared her mātauranga on mental health, emphasizing the importance of understanding and caring for our emotional wellbeing. While we devote so much energy to supporting the next generation, Alicia reminded us that taking time for ourselves and doing things that bring us joy is essential for maintaining our mental health

She also supported me in sharing her mātauranga on mental health, emphasizing the importance of understanding and caring for our emotional wellbeing. While we devote so much energy to supporting the next generation.

This reminded us that taking time for ourselves and doing things that bring us joy is essential for maintaining our whare tapa-wha.

Mental Health Awareness Week served as a powerful reminder that self-care isn’t selfish–it’s necessary.

Whether it was making a stressball, practicing mindfulness, or engaging in activities that brought us happiness, these small acts had a big impact on our overall wellbeing.



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# HWC HOLIDAY PROGRAMME

## Community Youth Workers

The Holiday Programme for Tamariki (ages 8-13) was a huge success, filled with a variety of engaging activities. The Community Youth Work team created a supportive and fun environment, starting the week with cooking sessions where Tamariki made chicken wraps and weet bix slice, which some even recreated at home. The Transitions team joined in for games promoting whanaungatanga (community bonding), setting a positive tone for the week.

The Tamariki also had the chance to visit the PNCC Youth Space, where they participated in games, arts and crafts, and even performed waiata (songs) using the youth space’s performance setup. Another highlight was a trip to Whanganui, where they rode the Durie Hill Tower Elevator and took in stunning views, including spotting Maunga Taranaki.



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The past two holiday programmes have included a lot of fun-filled activities, including a visit to Freyberg Pools, a disco with whanau from Te Patikitiki, in house movies, event cinemas, Ashhurst park, games, wakas adventures and so much more. Two birthdays were celebrated, and the Tamariki wrapped up the week by coming together to clean up the space.

With 22 participants, the programme received positive feedback from whanau, with many appreciating the engagement and support from the staff, especially in fostering friendships and creating memorable experiences. Tamariki shared that they enjoyed activities like swimming, the youth space visit, and making new friends, while also learning values like kindness and fun.

Overall, the Holiday Programme was a big success, and the team looks forward to welcoming more whanau in the future.



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## HWC JUNIOR/YOUTH TOUCH 2024

HWC Junior Youth Touch is back, and this year we are excited to celebrate a major milestone – 30 years of JYT at Monrad Park! What started in 1994 as a small initiative to bring rangatahi together and promote a positive kaupapa has now blossomed into a thriving community event, with a remarkable 105 teams participating. This growth is a testament to the strength and support of our community, the dedication of our kaimahi, and the passion of everyone involved.

As an organisation, the spirit of whanaungatanga (connection) has always been at the heart of what we do. Over the years, Junior Youth Touch has evolved into much more than just a sport – it is a space where rangatahi, whānau, and our wider community come together to build relationships, foster well-being, and celebrate the power of collective effort. We are incredibly proud of the positive impact this kaupapa continues to have, not only in the lives of our tamariki and rangatahi but across the entire community.

This year, we have deepened our commitment to hauora (well-being) by collaborating with other local organisations to promote physical, mental, social, and spiritual health to our rangatahi and whānau. This collaboration reflects our shared responsibility to uplift one another and build a strong, supportive network for our young people.



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We also want to take a moment to express our deepest appreciation to the teams, whānau, and kaimahi whose hard work and passion make this programme possible. Whether it's on the field, behind the scenes, or as referees guiding our tamariki through each game, your dedication plays a crucial role in the success of Junior Youth Touch. A huge thank you to all the volunteers, coaches, referees, and supporters who help make this event such a special part of our community.

Together, we have created a space where our rangatahi can thrive, learn important life skills, and develop a strong sense of identity and belonging. As we celebrate 30 years of JYT, we are filled with gratitude for everyone who has contributed to this kaupapa, and we look forward to continuing this journey together for many more years to come.



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## HE MIHI KI TE KATOA

As we approach the end of the year, we reflect with gratitude on the hard work and dedication all kaimahi bring to supporting our community and rangatahi, upholding our five pou day of Mātauranga, Rangatiratanga, Manaakitanga, Tikanga and Whanaungatanga. We are grateful for the positive impact you make all every day.

Looking ahead, we're excited to celebrate two important occasions. First, we look forward to coming together for our Christmas celebration, a chance to reflect on the year gone by and enjoy each other's company in country style and then again for our wānanga, where on day one we'll focus on organisational structure and strategic planning, and on the second day, we are honoured to have Ori, Jerome, and Ruiha join us to share their mātauranga with waiata and tāonga puoro.

As we close out the year, we wish you all a safe, restful, and joyful Christmas, New Year, and Summer hararei. Kia haumaru, kia hari te noho.

Hei te tau 2025!



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# UPCOMING KAUPAPA

#5

NOVEMBER 2024

- **HWC Christmas Party:**

Sat 30/11/2024, 6PM, RED SOX CLUBROOMS

- **EOY Wānanga:**

Wed 04/12/2024 (STRATEGIC PLANNING)

Thur 05/12/2024 (WAIATA/ORO ATUA)

- **End of Te Hiringa Term:**

Tue 03/12/2024

- **JYT Finals Night:**

Fri 06/12/2024

- **Site Shut down period (HWC/TRANSITIONS/SpYCWS)**

Tue 24/12/2024 - Wed 08/01/2025



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