

# HE PANUI

Welcome to the second edition of He Panui – October 2019

TKKTR bi-monthly newsletter for 2019!

As a means of maintaining whanau contact and keeping everyone informed, we have developed He Panui to share current business updates, service, whanau activities and upcoming events

## Business Updates/Whakahou Pakihi

**SAVE THE DATE!** The Trust will be hosting Whanau Day on 29<sup>th</sup> November 2019 at the Kelston Community Hall. The day will start with a Powhiri at 10am, include a performance from the whanau that attend Mauri Tau to conclude with a shared lunch. More information to follow later.

The Trust will be holding its Annual General Meeting on Friday 6<sup>th</sup> December 2019, please email to confirm your attendance to [hans@tekotuku.co.nz](mailto:hans@tekotuku.co.nz) for catering and access purposes.

## Programmes - Hōtaka



**Ahi Tinana** – This programme aims to improve the physical wellbeing of the Tangata Whaiora and thus contribute to their overall mental wellbeing.

Tuesdays involve a hiki up the Waitakere Ranges. Thursdays are spent at Westwave Gym with a Personal Trainer who also runs the once-every 4-weeks Nutritional Cooking class also at Westwave which is also part of the programme. There are weekly weigh-ins to serve as the monitoring mechanism and the Roopu is driven and motivated by a sense of camaraderie where each member's progress is celebrated by all.

## Invitations – Nau mau, haere mai!

**COFFEE SESSIONS** – We host a small once-a-week informal gathering over a great cup of coffee for all whanau. This would be a great opportunity to come and discuss the wellbeing and goals of your whanau member.

To confirm your attendance send an email to [natalia@tekotuku.co.nz](mailto:natalia@tekotuku.co.nz) or call (09) 820-0045 and please mention the name of your whanau member who is a Tangata Whaiora at Te Kotuku Ki Te Rangi. The gathering is held at our Head Office at 2/40 Copsey Place, Avondale every Wednesday from 11:00 am to 12:00 noon.

## Events that Happened



### **2019 Te Pai Netball Tournament in Support of Mental Health Month.**

The Trust joined the recent Netball tournament in Support of Mental Health Week at the Te Pai Netball Courts. Tangata Whaiora and staff practiced hard for it and were rewarded with 3<sup>rd</sup> place and a trophy! Tangata Whaiora had heaps of fun during the tournament.

## Introducing Maria Hunt/ Whakamōhio a Maria Hunt



Maria Hunt, started with the Trust back in 2000 and takes care of the Trust's Finance Department as the Finance Administrator. Maria enjoys her mahi and has developed an awesome rapport with Management, Tangata Whaiora and other kaimahi.

"If I were to choose 3 people to have dinner with they would be Oprah Winfrey, Sean Connery and Brad Pitt"