

Tihei KAHUNGUNU

Ngāti Kahungunu Iwi
INCORPORATED

CrossFit warrior's world bid

Former soldier and Navy diver heads to 2026 Games after 14-year rise to world elite

Ruth Wong

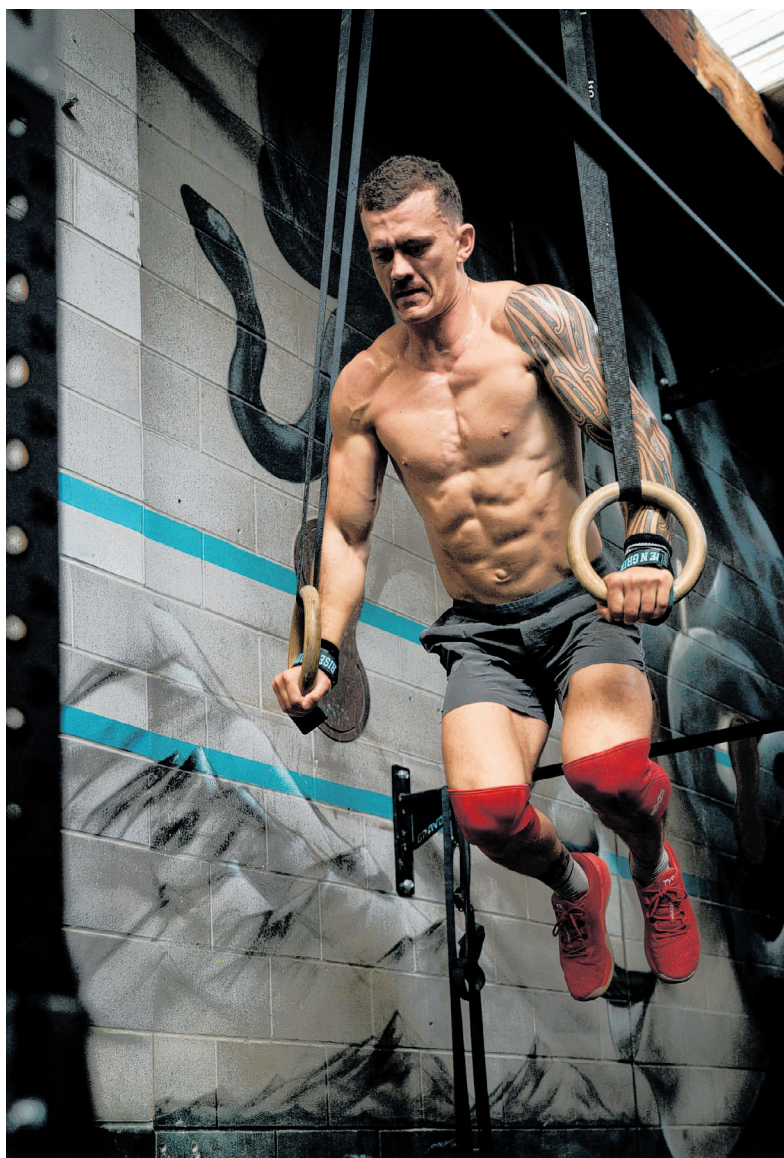
Aidan Te Wake-Hope has achieved what few athletes ever do - representing Aotearoa on the world stage in one of the most demanding sports on the planet. Yet his journey has never been solely about sport. It is a story of whakapapa, whānau, education, service and perseverance. It reminds us that excellence is not built in isolation, but through the relationships that sustain us and the communities that believe in us.

Through his connections, Aidan is part of our Kahungunu whānau, while his maternal whakapapa connects him to iwi and hapū mai i Te Waka Tapu o Taki-timu.

Together with the heritage he carries through his biological father, his story reflects the richness and diversity of Aotearoa and the many ways identity is lived and expressed. For Aidan, it shows that at the heart of that identity is whakapapa.

"It has been the backbone of my identity as an athlete," Aidan says. "I like to think that if I'd have been alive during colonisation I would have been a warrior leading from the front, using sport, in this case CrossFit, as my outlet."

Growing up in Heretaunga, Aidan was one of only a small number of young Māori participating in CrossFit, let alone aspiring to compete at the highest level. Throughout that journey, the support of whānau has remained a con-



stant source of strength.

"All my whānau have been incredibly supportive," he says. "Winning the Ngāti Kahungunu Junior Sportsman award in 2014 was really the beginning of the journey and showed me how much they support me."

Since 2014 however, much has happened. Before pursu-

ing elite sport, Aidan prioritised education, completing a Bachelor of Business at Massey University while balancing study, work and training. The demands were significant, but they helped shape the discipline that would later underpin his success.

"I've always tried to reach

Aidan Te Wake-Hope will represent Aotearoa on the world stage.



Aidan Te Wake-Hope with his whānau.

my full potential in all aspects of my life," he says. "Learning how to manage training, studying and working helped develop a strong work ethic."

That work ethic was further strengthened through military service. After serving in the New Zealand Army Infantry, Aidan transitioned to the Royal New Zealand Navy as an Able Diver, a role requiring resilience, discipline and the ability to perform under pressure.

"Military service has helped me build character and resilience, the ability to do hard things over and over again without any reward or recognition," he says. "The ability to embrace the mundane tasks and push yourself when no one is watching has been paramount in my sport."

Today, Aidan competes among the world's best CrossFit athletes. Most recently, he helped Kia Maia Mahi Dawgs secure qualification for the 2026 CrossFit Games in San

Jose, California, where the team will compete against the world's elite this July. Aidan remains focused and representing on the world stage is about far more than personal achievement.

"It's not only representing my gym and Ngāti Kahungunu, but the whole of

New Zealand," he says. "Very few Māori have competed at the highest level in CrossFit, but that number is growing and I hope it continues to rise."

For rangatahi growing up in Flaxmere, across Heretaunga and throughout Aotearoa, his message is simple.

"Don't limit yourself to a timeline for your goals. Just keep shifting the needle and your success will follow. It took me 14 years to get here, but if you dedicate enough time, it will happen."

As Aidan prepares to compete on one of the biggest stages in world sport, his story reminds us that excellence is not separate from identity. It is strengthened by it. Grounded in whakapapa, supported by whānau, shaped by education and service, and committed to continual growth, he represents what is possible when our rangatahi pursue excellence while remaining firmly connected to who they are.

Wherever Aidan Te Wake-Hope goes, he carries his people with him. In doing so, he shows the next generation that those same possibilities belong to them.

Ngāti Kahungunu Iwi Incorporated is extremely proud of Aidan and his great achievements so far, and we wish him well next month.

*"Tātou te Iwi o Ngāti Kahungunu,
kia awhina tia tātou katoa o te
Iwi o Ngāti Kahungunu"*

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Summit calls for unity in caring for taiao

More than 200 gathered to share plans

Ruth Wong

More than 200 people gathered at the Napier War Memorial Conference Centre on June 10 for Ngāti Kahungunu Iwi Incorporated's 14th Fish Hook Summit, united by the theme "Resilience – Climate, People, Hoha".

The annual summit brought together kaitiaki, environmental practitioners, researchers, community leaders and whānau from across the six Kahungunu districts to share mātauranga, practical solutions and collective responses to the growing pressures facing the taiao and our communities.

Throughout the day, speakers reminded us that resilience is not just about responding to climate change. It is about strengthening our relationships with whenua, wai, whakapapa and each other, while remaining grounded in a clear vision for the future. As Ngaio Tiuka reflected, the challenge is not simply reacting to changing policies and environmental pressures, but knowing what outcomes we want for our whenua and waterways. "Clear values and goals are important. Otherwise what do representatives represent? What do advocates advocate?"

Pereri King of Te Taiwhenua o Te Whanganui-a-Orotū opened with kōrero that grounded the day in kaitiakitanga. "Each body of water, each rock, each tree. They have their own kaitiaki. We are listeners, we are interpreters of their kōrero," they shared. Their message was clear, 'caring for the taiao begins with listening'.

This whakaaro was echoed through the Te Whanganui-a-Orotū video, where Joe Reti and Albert Hapuku Te Nahu Baker reflected, "The whenua became our teacher, the awa became our classroom, and the tohu of the taiao became our greatest source of knowledge." They reminded participants that the strongest infrastructure is not always physical, saying, "We realised we weren't monitoring projects, we were monitoring relationships".

Guest speaker Mike Smith challenged attendees to confront the urgency of climate change, describing it as "not simply an environmental crisis, it's also a constitutional challenge." He spoke of accountability, justice and the responsibility we carry, noting "the decisions we make today will affect generations yet unborn".

Raihania Tipoki continued this wero, saying, "What's



**Taiao kaitiaki
Hore Kaitiaki
Henare Kani
and Marei
Apatu.**

happening to our taiao is no joke." His kōrero called people back to the land and to the truth that "we are the taiao." He said, "Our collective resilience lies in our relationship with the whenua," encouraging whānau to reconnect deeply and remember that caring for the land is ultimately caring for ourselves.

That connection between environmental wellbeing and human wellbeing was a recurring theme throughout the summit. Ngaio reminded attendees that "the health of

our environment has a direct influence on the health of our people," while speakers from Wairarapa and Tamatea reinforced the inseparable relationship between healthy waterways, thriving ecosystems and strong communities.

Closing the summit, Pā Robert McGowan reflected on the strength he had heard throughout the day. "It's been an absolutely magnificent day," he said. "When you listen to each other, you sort of get the sense of how much

strength there is with you as an iwi."

His closing message brought the kaupapa back to hope, unity and action. "If we've got hope, nothing's impossible," he said. "If we haven't got hope, no matter how many resources we might get, how much funding we might get from whoever, we're not gonna succeed."

Pā Robert reminded participants that good ideas must lead somewhere. "All the best ideas are worth nothing unless they lead to action," he said. "This action doesn't mean he will do something, or she will do something, it means when we do something."

By the end of the summit, the message was clear. Resilience for Ngāti Kahungunu is built through rangatiratanga, relationships and responsibility. As Shade Smith put it, "Resilience through rangatiratanga." It is not simply about more monitoring or more reports. It is about exercising kaitiakitanga, protecting the values that matter most, and ensuring future generations inherit both healthy ecosystems and the confidence to care for them.

As Pā Robert reminded everyone, "The key to our future is working together." In a time of climate pressure, policy change and ongoing challenges for whānau and whenua, kotahitanga remains one of the strongest tools Ngāti Kahungunu has.



Ngāti Kahungunu Iwi
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"The key to our future is working together"

Pā - Robert McGowan



Picture and quote taken at the 14th Kahungunu Fish Hook Summit 2026.

From right to left:
Hori Reti - Te Taiwhenua o Te Whanganui A Orotū Chair
Ngaio Tiuka - Taiao Director, Ngāti Kahungunu Iwi Inc.
Parris Greening - Mana Ahuriri General Manager
Kaumātua and
Pā Robert McGowan - prominent Rongoā Māori practitioner

Stars align for Wairoa Matariki fest

More than 5000 attend as Te Rangi Huata honoured for 25 years of leadership

Ruth Wong

The stars aligned perfectly for this year's Wairoa Matariki celebrations, with clear skies creating the ideal backdrop for one of the district's biggest and most successful community events.

Held on June 12, thousands of people gathered in Wairoa to celebrate the Māori New Year, with whānau travelling from across the region to be part of the festivities. From the moment the event opened, the atmosphere was vibrant, welcoming and full of community spirit.

The celebrations began the evening before with a special outdoor movie night for local tamariki and their whānau. Families arrived prepared with blankets, warm clothing and plenty of snacks to enjoy a screening of Zootopia 2 under the stars. Organisers added to the experience by handing out free popcorn, creating a memorable evening that brought the community together before the main event.

Friday night's celebrations were even more impressive.

More than 5000 people attended the Matariki event, filling the Wairoa Community

Centre and surrounding areas. Visitors enjoyed a bustling food and craft market, live entertainment, cultural performances and activities for all ages. The crowds stretched beyond the venue itself and across the Wairoa Bridge, where families gathered to watch a spectacular fireworks display light up the night sky.

While the event itself was a celebration of Matariki, it was also an opportunity to honour someone who has played a significant role in shaping the tradition that Wairoa now enjoys.

During the evening, Wairoa Mayor Craig Little presented a special community award to Ngāti Kahungunu Iwi Incorporated's Te Rangi Huata, recognising more than 25 years of leadership and commitment to Matariki celebrations throughout Ngāti Kahungunu and particularly within Wairoa.

Long before Matariki became a public holiday, Te Rangi recognised its power to bring people together through culture, remembrance, connection and hope. Working alongside local whānau, community leaders and volunteers, he helped grow Matariki from a small community celebration into one of the district's



most anticipated annual events.

His vision, the citation noted, was never simply about hosting an event. It was about creating opportunities for people to reconnect with one another, celebrate their ident-

ity and strengthen a sense of belonging.

"In a world moving ever faster, Matariki offers something precious: permission to pause. To remember. To dream. To gather around warmth and light with the

Ngāti Kahungunu's Te Rangi Huata and Wairoa Mayor Craig Little.

people who matter most," Te Rangi said. "The true heart of Matariki lies not in spectacle, but in connection."

That connection was evident throughout the evening as tamariki, rangatahi, whānau and kaumātua gathered together to celebrate beneath the stars. The success of Matariki in Wairoa can be seen not only in the thousands who attend each year, but in the strong sense of community that continues to bring people together regardless of the weather.

Drawing on decades of experience in theatre, performing arts, cultural production and community engagement, Te Rangi has dedicated much of his life to creating opportunities for others to experience joy, inspiration and connection. His contribution extends far beyond event management and has helped establish Matariki as a treasured community tradition.

As fireworks illuminated the clear winter sky and the stars of Matariki shone overhead, the evening served as a reminder of the power of community, culture and connection. It was also a fitting tribute to a man whose vision has helped ensure that Matariki in Wairoa is not simply an event, but a celebration that continues to strengthen the heart and spirit of the community.

Manawatia a Matariki.

Kahungunu ki Wairarapa

congratulates these wonderful recipients of the

Living Taonga Awards

for the inaugural

2026 Kahungunu ki Wairarapa *community.*



Ka mau te wehi!!

TOITŪ KAHUNGUNU!

Celebrating 30 Years

As part of this milestone, Ngāti Kahungunu Iwi Incorporated is seeking to acknowledge and honour individuals whose dedication over the past three decades has helped shape the strength, resilience, and future of Ngāti Kahungunu. These acknowledgements recognise those who have consistently served our people, upheld our values, strengthened our communities, and contributed to the advancement of our iwi across generations.

TOITŪ KAHUNGUNU!

Gala Event



Hawke's Bay Arts & Events Centre

Thurs, 24 Sept 2026,
6-9pm

101 Hastings Street
South, Hastings.

Who is eligible?

Individuals need to be nominated for these astounding acknowledgements which will highlight living registered members of Ngāti Kahungunu Iwi Incorporated.

What's the criteria?

To be eligible for acknowledgement, nominees should have demonstrated:

- A sustained contribution of 30 years or more to Ngāti Kahungunu iwi, hapū, marae, whānau, or hāpori.
- Leadership, service, advocacy, cultural contribution, or community impact.
- Alignment with the values and guiding principles of Ngāti Kahungunu Iwi Incorporated.

Who can nominate?

Nominations may be submitted by:

- Whānau
- Hapū or marae representatives
- Community members
- Organisations or groups
- Iwi members

TICKET

Tickets will be **FREE** and available from
5 July 2026 from **eventfinda**

WHAT NEXT?

What to do?

- Read the Criteria and prepare all of your information before entering detail in the Nomination Form.

Who's Judging?

- The current NKII Board members and the Events staff make up the Panel

Timeframes?

- 5 Jun - Nominations open
- 5 Jul - Tickets available
- 5 Aug - Nominations close
- 10 Aug - Recipients informed

Contact

- All queries via email including nomination form

Nomination Info <https://kahungunu.iwi.nz/celebrating30years>

His strength is much deeper than muscle

Strong man eyes world title in Scotland

Ruth Wong

When people hear that Jarna Mihaere-Karaitiana is New Zealand's Strongest Man and the Pacific's Strongest Man, they often think of physical strength. They picture giant weights, trucks being pulled across carparks and feats that most people would never attempt.

But for Jarna Mihaere-Karaitiana, true strength comes from something much deeper.

A proud descendant of Kahungunu and Te Aitanga-a-Hauiti, Jarna carries his whakapapa, whānau and community with him wherever he goes. Raised in Dannevirke, he has become one of Kahungunu Tāmaki-nui-ā-Rua's most accomplished athletes while remaining grounded in the values that shaped him: commitment, courage, respect, loyalty and whānau.

Today, Jarna holds the titles of Natural New Zealand's Strongest Man and Pacific's Strongest Man. In 2026 he was recognised as Sports Person of the Year in Taranaki, adding another achievement to an already impressive list. Yet despite his success, he remains focused on what comes next.

His next challenge will take him to Scotland, where he will compete in the Natural World's Strongest Man competition.

His goal is clear.

"World number one," he says. "There are a lot of strong Europeans, so it'll be a good test to see where I stack up in the world."

Jarna's rise has been remarkable. In just five years of competing, he has won the Taranaki Sportsman of the Year title, claimed national honours and became the first athlete to win the Pacific Strongest Man title in Samoa.

That competition required competitors to pull buses, carry yokes weighing more than 300 kilograms, lift Atlas stones and complete heavy deadlift challenges in tropical heat. Yet Jarna believes the biggest challenge is not physical.

"A lot of it's mental. As soon as you have a little bit of doubt, you're never going to lift that weight."

His personal motto reflects that mindset: "The body achieves what the mind believes."

While many know him for his sporting achievements, Jarna is equally passionate about serving his community. As a youth mentor for Ngāti Kahungunu ki Tāmaki-nui-ā-

Rua, he uses fitness and sport to connect with rangatahi and encourage them to believe in their own potential. His message to young people is simple.

"Put your effort into something that you can achieve and feel good about. Even though we're from a small town, we're capable of achieving great things on a world level as well."

For Jarna, success has never been about individual recognition. Much of his motivation comes from making his whānau proud.

"There's a good feeling when you make your whānau proud."

Above: Jarna Mihaere-Karaitiana is New Zealand's Strongest Man and the Pacific's Strongest Man. Right: local iwi chairman Hayden Hape, Jarna Mihaere-Karaitiana and kaimahi Waiora Kireka.



At the centre of that support is his beloved Nanny Kathy. "She made me who I am today. She's encouraged me to

work hard, give my best and follow my dreams."

As Jarna prepares to represent Aotearoa on the world stage, he carries more than physical strength with him. He carries the support of his whānau, the pride of his community and the values that have guided him throughout his life.

His story is proof that greatness can come from small towns, that success is built through hard work and belief, and that true strength is measured not only by what we can lift, but by how we uplift those around us.

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Te Taiwhenua o
HERETAUNGA

Winter rest as garden slows down

Aunty's Garden Community garden reflects on winter lull, climate strains and volunteers

Hanui Lawrence

Well, winter is finally here and that means I can have a little bit of a rest. The māra kai is fairly quiet at this time of year. The brassicas and lettuces are doing well, but most other things are waiting patiently for spring to arrive.

There have been a few changes lately. My main source of plants from Planters Nursery is no longer available as they have moved on.

So there is not much joy there.

It means I will have to buy more seeds and do more of the sowing myself, which has never been one of my favourite jobs. Thankfully, my mokopuna are pretty handy with their devices and are good at helping me source seeds through Kings Seeds. Before long it will be August and the workload will start building again. Spring will soon be here and I am looking forward to it.

As always, I want to thank everyone who continues to support Aunty's Garden, whether through buying plants and produce or rolling up their sleeves and helping out.

A special thank you to the Corrections Department PD workers who do the hard yards clearing, digging, and getting jobs done around the garden.

Thank you also to ZService Station for helping with compost and fuel for the tractors and lawn mowers, and to those who donated the limestone from Pakipaki last year.

Then there are all the others who quietly come and help when needed. My own whānau and mokopuna, education groups from EIT, and the many people who answer the call when there is work to be done. A garden like this doesn't happen on its own, and I appreciate every helping hand.

As Matariki draws near, I find myself thinking about the maramataka, the moon, the stars, the trees, the waters, and the sun. All these natural elements work together to grow our vegetables, but they also help to grow us as people.

Everything comes from Papatūānuku. Our fruits, vegetables, meat, fish, and water all come from the earth and provide the sustenance we need to survive and thrive.

Yet it feels as though many of these things are hurting at



the moment. We see climate change affecting the land and seas. We see wars, hardship, suffering, illness, and worry. Many whānau are struggling with rising costs, lack of work, and the challenge of putting food on the table.

And yet, when I look around, I also see people continuing to live their lives. Families are out enjoying

sport, parks, community events, festivals, concerts, birthdays, and fundraisers. People are making the most of what they have and finding reasons to celebrate.

Maybe that's what Matariki reminds us to do. To be grateful for what we have, to remember those who have gone before us, and to look forward with hope.

Like the garden in winter, there are times when things seem quiet on the surface. But underneath, life is still there, preparing for the season ahead. So let's embrace the good things around us, support one another where we can, and keep moving forward. Spring always comes.

Recipe of the Month

Good Old-Fashioned Scones – perfect served warm with a bowl of pumpkin soup.

■ Scones:

- 3 heaped cups of flour
- 2 spoons of sugar
- ¾ cup of grated cheese
- 250g butter
- 2 cups warm milk
- Pinch of salt.

Mix flour with sugar and rub in the butter. Add the cheese and milk and mix, into dough turn out and spread out into portions. Put on floured tray and bake at 180 for 20-25 minutes. When cooked slide onto a cloth and cover for a moment or two.

■ Pumpkin Soup

Use ½ large pumpkin, skin and cut into small pieces and boil till soft – drain the water into a bowl and set aside. In the pot (cool) – add 500ML of cream, then the strained water four oxo cubes (melted in hot water) add 2 sachets of pumpkin soup (any variety) Stir and bring back to simmer then serve. Lovely enough. (For a good sized family).

Old fashioned scones go well with hot pumpkin soup.

Let's go to Church!

Flaxmere Christian Fellowship
220 Flaxmere Avenue, Hastings
Main Sunday Meeting - 10:00AM

The Flaxmere Christian Fellowship is a local Church which has been operating since 1980. Situated on Flaxmere Avenue it draws people from around the Hastings and Napier area. This Pentecostal Church was birthed out of the Charismatic renewal of the late 1970's.

The main meeting is every Sunday morning starting 10:00. A Bible College also operates on Sunday evenings for those serious about advancing their knowledge of the Bible. Different groups run during the weekend which cater to youth ad adults. Children's Sunday school

classes run on a fortnightly basis during the Main Sunday service.

The Fellowship aims at reaching people with the Good News of Jesus Christ and the transformational power that message brings. It is

involved with different programs in the community to help bring this to pass. The Flaxmere Christian Fellowship is also a strong advocate for the Jewish People's right to exist as an independent and sovereign state on their historial ancient land in Israel.

Feel free to come and try us out!

Flaxmere Christian Fellowship - 220 Flaxmere Avenue, Hastings
Main Sunday Meeting 10.00am - Phone 06 879 5588
Email: flaxmerechristianfellowship@hotmail.com Web: www.flaxmerechristianfellowship.com

Creative legacy shines at Mauri Toi

exhibition showcases students of Tā Sandy

Ruth Wong

This month, the Toi Kahungunu Collective opened its much-anticipated Mauri Toi exhibition at the Hastings Community Art Centre, bringing together a diverse and inspiring collection of works created by current and former students of renowned Māori artist Tā Sandy Adsett.

The exhibition showcased a rich range of artistic disciplines, reflecting both the in-

The future of
Kahungunu arts
is bright
because it is
based on
whakapapa...

Te Rangi Huata

dividual creativity of the artists and the collective strength of a movement that continues to shape and nurture Māori visual arts across generations.

Ngāti Kahungunu Iwi Incorporated was proud to support

the exhibition, recognising the important role that arts and culture play in preserving identity, telling our stories and inspiring future generations.

During the opening evening, Mr Te Rangi Huata, chairman of Ngā Toi, Creative Arts Hawke's Bay, and Ngāti Kahungunu Events and Promotions Manager, spoke about the significance of Matariki as a time of remembrance, creativity and aspiration. He reflected on the enduring legacy of Toimairangi, the mentorship of Tā Sandy Adsett, and the collective contribution of Kahungunu artists whose work continues to enrich our communities.

Quoting a moving poem that captured the spirit of both Mauri Toi and Matariki, Te Rangi acknowledged the artists, teachers and whānau who have nurtured creativity across generations.

"It acknowledges where we have come from, celebrates the strength of our artists today, and reminds us that our stories, culture and identity continue to shine through the work of our people," he said.

"The future of Kahungunu arts is bright because it is based on whakapapa, guided by vision, and carried forward by



the next generation."

Exhibition curator Marama Ngawhika created an atmosphere that enhanced both the art and the artists, allowing the works to stand strongly in the space while warmly welcoming those who attended.

The evening was made possible through the commitment of volunteers from Heretaunga Arts Incorporated, led by Lynn

Mackey.

Te Rangi also paid tribute to the late David Fine, former chairman of Heretaunga Arts Incorporated, whose tireless fundraising efforts helped secure the building that now serves as the Hastings Community Art Centre. His vision continues to benefit artists and the wider community today.

Tā Sandy Adsett was

The Mauri Toi exhibition at the Hastings Community Art Centre brings together a diverse and inspiring collection of works.

pleased to see the Toi Kahungunu Collective display their pieces within such a respected gallery space. As mentor to many of the exhibiting artists, he continues to express pride in seeing their creativity celebrated alongside the work of other established artists from across the region.

The exhibition also highlighted the growing presence of Māori artists within the gallery sector and the importance of creating spaces where authentic Māori voices and stories can be shared.

Reflecting on the success of the opening night, Te Rangi noted the strong public response and was especially pleased to see many artworks purchased by visitors.

The enthusiastic support demonstrated not only an appreciation for the quality of the work on display, but also a recognition of the artists themselves and the stories they carry.

More than an exhibition, Mauri Toi was a celebration of whakapapa, creativity and community. It reflected the enduring influence of dedicated teachers, supportive whānau and talented artists who continue to ensure that the stories, culture and identity of Kahungunu remain visible, vibrant and alive for generations to come.

Ka mau te wehi!

Learning to be the first to listen

Ruth Wong

Sometimes the most important person in someone's journey to safety is not a counsellor, police officer, or social worker. Sometimes it is a colleague sitting across from them at work.

That was one of the key messages shared during a recent DVFREE First Responder Training held at the Ngāti Kahungunu Iwi Incorporated Wānanga Hub in Napier, where representatives from organisations across Hawke's Bay gathered to strengthen their understanding of family violence and coercive control.

Delivered by Mira and Emma from Shine (Safer Homes in New Zealand Everyday) alongside Ngāti Kahungunu Iwi Incorporated's Family Harm team, the training challenged participants to think differently about what it means to support someone experiencing abuse.

Many people picture family violence as physical harm. But attendees learned abuse often hides in plain sight. It can take the form of emotional manipulation, financial control, spiritual abuse, intimidation, isolation, or ongoing harassment long after a relationship has ended.

For those working in health, social services, housing, Corrections, iwi organisations, and community services, recognising these signs can be critical. Often, the workplace may be one of the few places where a person experiencing family harm feels safe enough to ask for help.

The training focused on the role of a workplace first responder – someone who can identify warning signs, respond with compassion, maintain confidentiality, and connect colleagues to appropriate support services.

One of the most powerful discussions centred on the concept

of resistance. Participants explored how people experiencing abuse are constantly finding ways to protect themselves and their tamariki.

Rather than asking, "Why didn't they leave?" the conversation shifted to a more meaningful question: "How have they been surviving?"

Understanding resistance helps move away from blame and judgement and towards recognising the strength, courage, and resilience of those living with family violence.

Throughout the workshop, participants reflected on their own experiences, shared professional insights, and explored culturally safe ways of supporting whānau. Whakawhanaungatanga played an important role in creating a safe environment for learning and honest discussion.

Practical strategies were also explored, including workplace safety planning, recognising behavioural



Some of the representatives from Kainga Ora, Shine's DVFREE Education and Training Team Mira and Emma, Te Taiwhenua o Heretaunga and Ngāti Kahungunu Iwi Incorporated.

indicators of abuse, developing supportive policies, and ensuring staff know where to access help.

By the end of the day, there was a shared understanding that responding to family violence is not about having all the answers. It is about being prepared to listen, believe, and support someone when they need it.

As workplaces continue to strengthen their capability to respond to family harm, training such as this is helping build safer environments for employees and whānau and communities across Te Matau-a-Māui.

Because sometimes the first step towards safety begins with one person asking, "Are you okay?" and another person knowing how to respond.

For more information visit: 2shine.org.nz

Helplines:

- Shine Helpline – 0508 744 633 (24/7 support and information)
- Women's Refuge Crisis Line – 0800 733 843
- Are You OK Info Line – 0800 456 450

Cushla Tangaere-Manuel

MP for Ikaroa-Rāwhiti

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Labour

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E NSURE my enrolment is current - Update anything that has changed, especially my address.

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