

Ngāti Kahungunu iwi Hauora

E te iwi - this is a space for you to share you whakaaro around hauora needs, challenges and solutions. Comment below!

YOUR STORY/ YOUR VOICE

⇄ NGĀTI KAHUNGUNU IWI HAUORA WĀNANGA 11/18/25 1:15AM

Share any of your thoughts/experiences around accessing healthcare

♡ 0 💬 10

Ruth Wong 11/18/25 5:32AM

To access healthcare, I use AI because it is free, gives good advice and doesnt tell me that I am overweight and have terrible blood sugar levels.

Kiwa 11/18/25 7:47AM

I had to wait 9 months to see a counsellor here in Hawkes Bay. I know many people who need mental health support but its so hard to navigate all the different services. It would be good if there was just one access point to healthcare so we know what services are available.

MLB 11/18/25 8:45PM

Having to wait weeks to see your own GP and never having enough time to discuss all the health issues going on. The GP I see at Hauora Heretaunga is awesome, but having to drive 40 mins to see her is a put off and I don't go as often as I should.

Hospital system is WAYYYY overloaded. Somehow a pakeha who was diagnosed a week after me started his treatment on the same time as me for cancer, so I effectively waited an extra week for the same treatment. The staff try to do their best but the system isn't helping them.

Accessing good, consistent health care in rural areas is VERY hard - especially up in Wairoa. My Dad has almost a new doctor every time he goes for his serious health-care issues and they keep coming up with new ideas - inconsistency of care. (Still grateful for them though and they're doing their best I guess).

Careful Cricket 11/19/25 6:57AM

I've not met my doctor at TTOH because he only works on fridays. When I call to make an appointment I see the pharmacist. I'm grateful for the pharmacist

Nutmeg 11/19/25 7:05AM

My wife was diagnosed with 7 brain tumours. Two brain surgeries, radiation treatment and follow ups means she gets to live another day. The health care system may not always get it right but the essence and passion of those who work in this field is unwavering - thank you!

Terelle Mclean 11/19/25 7:25AM

I'm chronically ill and I don't feel trusted to participate in my own health care, I feel like I'm seen as someone constantly looking for new health issues. When that distrust leads to reluctance to refer and seek diagnose, a lot of people go without adequate care. I think GPs are so overwhelmed that they can become frustrated when presented with an issue that can't be fixed in one appointment, which isn't good for anyone

CRM 11/19/25 9:14AM

I hope that the future Health system Ngati Kahungunu inc are considering, is beneficial and respectful to Maori and their cultural identity and beliefs. I was a patient in the mainstream medical services for almost 50 years and it wasn't until I became a registered patient of TTOH that I actually felt understood, respected, supported and cared for. I also cared for both my parents until they passed and it was exhausting not having professionals who did not understand us. TTOH professionals back in the early 2001-2003 did support and inform us and what would be best for my parents at that time. I am forever grateful to them for that because it began a positive step forward being informed of how, what and why I needed to do to improve things for my parents at that time. I believe this is very important in the medical services for our iwi .

Ko Ahau tēnei 11/19/25 8:57PM

In 2025, Te Wairoa mourned the loss of several great Tane Māori who all passed away in the hospital! They were all aged between 50-65. Our people shouldn't be coming to the hospital for care and leave in a coffin! This population of men have an obvious gap in th system of unmet health needs. We need to do better

Ash Berryman 11/19/25 9:31PM

It's too hard to access care. I don't even get to the part where they dismiss me and send me home with Panadol because I can't even get an appointment!

Vanessa Ward 11/20/25 12:19AM

After leaving a horrific domestic violence situation, I found that there was no on-going support for wahine. The only thing that is available is a 4-8 weeks of program and once that is over, you have no other supports available and your left to navigate healing and further education on your own. This is a big issue for maori wahine in Napier.

WHAT'S WORKING WELL?

⇄ NGĀTI KAHUNGUNU IWI HAUORA WĀNANGA 11/17/25 11:49PM

What parts of the health system are currently working for you or your whānau?

♡ 0 9

Ruth Wong 11/18/25 5:31AM

The Pharmacist who is African, and works for the Taiwhenua is a great person. He cares because he follows up with me and knows the meds I'm on and is genuinely interested in seeing my health improve. I have not met my Doctor at the Taiwhenua because he works on Fridays only wo when i need a Dr, the pharmacist sees me.

OHL 11/18/25 7:02AM

Seeing a Māori Doctor

Lyrae Smith 11/18/25 8:12AM

I know that I'm very lucky to be registered at Taiwhenua where I have access to great nurses and GP's. My actual GP is great but all the rest are too so I know I'm in great hands when she's not available. I especially love the dental services too and appreciate their prices.

KiaEke 11/18/25 8:31AM

TTOH ^{700!} An amazing kaupapa māori organisation.

MLB 11/18/25 8:46PM

The nursing staff in the chemo unit at the hospital are absolute saints. All nurses should be given a medal.

Grateful heart 11/19/25 6:56AM

I have been a patient at Taiwhenua for 6 years. I have received the best medical care here compared to other medical services in the past. I feel valued, listened too, and confident knowing if I have questions of my health, results of tests, they would be answered and be given choices of the next steps.

All areas of my healthcare including dental care and wellness are provided for at Te Taiwhenua o Heretaunga including my social interactions with others my own age.

Nutmeg 11/19/25 7:02AM

Unfortunately I am not registered with a GP, I was with TToH until they gave me medication that potentially could cause issues with my heart so I withdrew and go to walk in clinic's when I need to see a GP. It's a blessing in disguise because for some weird reason I feel validated and listened to than I ever did. Funny that.

Ko Ahau tēnei 11/19/25 8:51PM

We have one of the largest collective of Māori midwives per population within Kahungunu!

Ash Berryman 11/19/25 9:32PM

Having access to indigenous practitioners and trauma informed care.

WHAT NEEDS TO CHANGE?

⇒ **NGĀTIKAHUNGUNU IWIHAUORA WĀNANGA** 11/17/25 11:43PM

What isn't working well for our health system and what needs to change?

♡ 1 6

Shaq 11/18/25 1:13AM

Need to explore how to lower costs for whānau to attend and also challenge a lot of the pouiri stigma surrounding healthcare. Unfortunately a lot of whānau wait until its too late to access healthcare due to stigma, lack of education around healthcare and access.

OHL 11/18/25 6:31AM

The funding model is outdated and needs to be changed. There should be more money going to (1) our vulnerable communities (2) primary care and (3) public health.

A lot of our infrastructure is old and needs to be replaced or updated to meet the demands of the day (and future). Our current infrastructure was not designed to provide care for the number of patients we are seeing come through EDs, hospitals and GP clinics.

Staffing numbers, especially NZ trained staff, is a big concern. They make the health system run, but they are being run down. More needs to be done to train and retain staff - especially ones from NZ, as they have an acute awareness of the NZ context and how to communicate with our people.

Lyrae Smith 11/18/25 8:22AM

Charging for repeat scripts or any scripts, I think those who are beneficiaries shouldn't pay for them.

MLB 11/18/25 8:55PM

Funding model - ACC is so not the one. You basically have to have an accident in order to get anything covered or you're stuffed. Doesn't allow for whānau who develop health conditions over time etc, or who's bodies are just getting old.

I'm grateful to see the nurse practitioners taking the strain off the doctors, but sometimes I just want to see a doctor and having to wait weeks for that isn't good enough.

Nutmeg 11/19/25 7:13AM

In order for any real change to happen from a localised perspective, there needs to be a shift in the political and legislative landscape otherwise we're just attending hui with little doey - even though the iwi wants equity for all, I don't see it happening especially with the resets right across the country. The diabolic conduct of MP's of late. I really feel for our moko's coming up I truly do.

We Deserve Better! 11/19/25 10:49AM

1. Rigid criteria to access a service
2. Health literacy. Back to the basics
3. Invest in Māori, Pacifica and Diverse workforce
4. The last thing we need is another organisation with **bureaucratic** BS!
5. Go to whānau, go to marae, places people feel safe.
6. Focus on people's strength before their māuiui. Avoid the medical model. Models that enhance staff and whānau Mana

⇒ **NGĀTIKAHUNGUNU IWI HAUORA WĀNANGA** 11/17/25 11:19PM

Improving healthcare

♡ 0 🗨 1

Joy Neilson 11/19/25 5:46PM

Making GP cheaper.

What would make healthcare better for you?

- ☐ Faster appointments
- ☐ Mental Health Support
- ☐ Cheaper costs
- ☐ Mobile clinics

GAPS

⇒ **NGĀTIKAHUNGUNU IWI HAUORA WĀNANGA** 11/17/25 11:16PM

Where are the gaps in hauora for you and your whānau?

♡ 1 🗨 7

OHL 11/18/25 6:33AM

No one in my whānau understands the health education/terminology they are given.

Kiwa 11/18/25 7:48AM

Almost too many services its hard to know what the difference is between all and take s so long to get appointments.

KiaEke 11/18/25 7:50AM

Transport can pose as a barrier to some whānau living rurally. We have had mobile clinics or hosted RNs at Waimārama Marae. It would be great to get this going again.

MLB 11/18/25 8:52PM

- 1) online video appointments on the same day you call - no need to take a huge chunk out of your day to get you/your tamariki the care you need with prescriptions provided.
- 2) holistic one stop shop care - integrating western medicine with rongoā, natural, chinese etc medicine so our GPs understand the alternative treatments you want to try, and our rongoā practitioners also can help you access medical intervention as needed
- 3) online appointment booking (perhaps subject to approval to ensure the appointment is required and doesn't produce a bunch of no-shows) and online access to ALL of you and your family members medical information (is available in part now)

Nutmeg 11/19/25 7:20AM

The gaps I see start from the Govt down. The Westminster system still in play that is so archaic that it causes intergenerational harm. Hauora is 4 or 5 tiers down - but if we looked at the top tiers, social housing, social securities, it all mirrors what is happening in Britain. We may think we are separate in terms of NZ Govt self-governing but actually, that's not the case. My question is how does NKI intend on address these systemic issues that stems from the Govt?

We Deserve Better! 11/19/25 10:36AM

Our rural communities have limited resources and access. Don't forget Wairoa and CHB. These communities struggle recruiting and retaining GPs. Nurses and allied staff are multi jobbed. There are lots of amazing passionate services doing awesome Mahi but often can be overwhelming for whānau or knowing who to refer to for specific needs.

Passionate Kelly 11/19/25 5:49PM

Specialist services in rural communities
Aged residential care facilities for Maori
Practical funding for whanau to care for loved one at home
Awareness of PPPR and EPOA
End of life services rooted in tikanga
Maori assessment tools
The biggest gap is life expectancy

CHALLENGES

What are the major hauora challenges for our iwi in 2025? Comment below

♡ 1 💬 5

Shaq 11/18/25 1:10AM

Mental illness - high suicide rates. Lack of education and awareness at a community level.

Diabetes and Heart disease

Alcohol abuse & Drugs especially Meth

OHL 11/18/25 6:36AM

- Health Education/Awareness
- Mental Health (especially youth)
- Diabetes
- Obesity
- Smoking/Vaping
- Lack of cultural connection

MLB 11/18/25 9:00PM

- suicide
- mental health
- obesity related health conditions
- learning how to shop / cook / eat health kai on a skint budget
- addiction (not just substance abuse either, behaviour patterns ie gambling, violence & porn addiction)
- VAPING for our rangatahi
- becoming health literate and confident
- trauma from: physical / sexual / emotional abuse; colonisation/racism/language loss; difficult lived experiences etc

Nutmeg 11/19/25 7:27AM

I guess its actually defining the term hauora and what it means can be different from one person to the other a bit like Te Maramataka it's different for those living in coastal regions as opposed to those living in the urban areas. Hauora doesn't always mean that having a lack of money or resources dictates poorer outcomes for whanau. It could be the opposite when whanau are self-sufficient or have a lesser dependence on money and lean more towards living off the land, moana, ngahere. Hauora for a whanau can mean something totally different to another whanau who live nextdoor to eachother.

Ash Berryman 11/19/25 9:35PM

We don't want to see health workers, we feel there isn't a point. We're barely able to access help, and if we do we're often sent home. I have whānau who have died after being sent home. Their symptoms got worse but they knew if they tried again they'd be met with deaf ears. We have no hope or trust in the health care system. Even if it improves - the relationship is already damaged and that will need to heal. Or be flipped over entirely.

BARRIERS

What is the biggest barrier stopping you or your whānau from getting healthcare?

♡ 0 💬 0

Choose one

- ☐ Hard to get appointments/ Long wait time
- ☐ Too expensive
- ☐ Transport
- ☐ Not feeling heard/respected

PRIORITIES

What should be our health priorities for the iwi?

♡ 2 💬 5

Lyndon 11/18/25 1:04AM

Education, prevention & management around the most common diseases affecting our Māori whānau - obesity & diabetes.

- Teaming up with local gyms to provide membership discounts.
- Introduce a basic Healthy Kai plan that's for Māori & budget friendly.

Shaq 11/18/25 1:12AM

Education - Mental Health resources co-created with the community.

An Iwi Green prescription to give discounts to gyms, swims and exercise classes.

OHL 11/18/25 7:01AM

- Educating our people via community kaupapa and encouraging people to train as health professionals (more Māori Doctors, Māori Pharmacists and Māori Carers!!)

- Sponsoring more health kaupapa / teaming up with gyms and other organisations that run health kaupapa. e.g Iron Māori, Zumba Classes, Mau Rākau Classes, Kapa Haka session, just anything that gets our people moving and learning together

- Create our own wrap around health centres (these should be community based and be interprofessional spaces e.g theres GPs, Physios, Gym instructors, Pharmicists, Educators etc... all under one roof)

- Organise a check-up call a year for each person that hasn't seen their GP in the last 12 months. This is really just to double check everything is okay, make sure they know we are only a call away, and get any worries they have been shugging off heard by a health professional

- Championing healthy "enviroments" in Kahungunu. 'For some things your enviroment has a bigger impact on your health than your genes' e.g the condiiton of your home, how close you are to healthy or fast food stores, do you know where to go to access health education, are there kaupapa on for you to socialise and connect with your iwi, are there gyms or parks nearby to exercise etc... This would probably include a lot of lobbying, advocacy, and education

MLB 11/18/25 9:06PM

Education for our people so we are health literate and confident in accessing the care we deserve, with mobile clinics that offer integrated services, maybe even workers who we contact and they point us in the right direction (like hau ora account managers) to save our whānau from having to go to this outfit to that outfit to this person to that person.

And all the stuff others have said about having access to gyms etc, doesn't work for our rural whānau so make it available online or online via the marae for whānau who don't have loads of WiFi (ko te marae te matatiki!)

Nutmeg 11/19/25 7:38AM

Sometimes when we talk about "setting hauora priorities," we end up unintentionally mimicking the very healthcare climate we're trying to move away from. We shift the conversation into frameworks, targets, and priority lists that look different on the surface but still follow the same top-down, system-driven approach. If we're not careful, we risk recreating the same structures, the same power dynamics, and the same gaps, just wrapped in Kaupapa Māori language. True transformation means doing more than re-branding the current system. It means re-imagining how decisions are made, who gets to decide them, and how whānau voice leads rather than gets fitted around existing models.

SOLUTIONS

⇒ **NGĀTI KAHUNGUNU IWI HAUORA WĀNANGA** 11/18/25 10:23AM

What are some iwi-led, hapū-led, whānau led solutions for the hauora challenges we are facing?

♡ 0 🗨 5

MLB 11/18/25 9:08PM

Ko te marae te matatiki - Ngā Kairauhii initiatives. Marae health champions. Wānanga (by our own people bringing in others if needed for their expertise, but preferably practitioners who are kaupapa Māori) where whānau can participate and feel they belong.

Adorable Boar 11/19/25 2:58AM

Bachelor of Nursing Māori program under the umbrella of Ngāti Kahungunu Iwi. Same goes for medicine, midwifery and other clinical programs..

Nutmeg 11/19/25 7:42AM

I wonder whether NKI have the current directory of providers either NGO or mainstream and if they've been consulted? The village raising a child narrative which was commonplace on the Paa's of old comes to mind.

Informant 11/19/25 6:43PM

Marae

Vanessa Ward 11/20/25 12:32AM

We need to have a maori wahine community centre in Napier, to support, educate and heal our wahine. Violence and Domestic Violence, Family Violence and Abuse statistics show that Maori wahine experience higher rates of abuse. I feel this should be taken into consideration as this goes hand in hand with mental health and well-being.

Resources

⇒ NGĀTI KAHUNGUNU IWI HAUORA WĀNANGA 11/17/25 11:35PM

Te Toka Tū Moana o Ngāti Kahungunu

♡ 1 💬 0



⇒ NGĀTI KAHUNGUNU IWI HAUORA

WĀNANGA

11/17/25

11:39PM

Te Whare Tapa Whā

♡ 0 💬 0



Te Whare Tapa Whā

⇒ NGĀTI KAHUNGUNU IWI HAUORA WĀNANGA 11/17/25 11:37PM

Accessible level of Health care

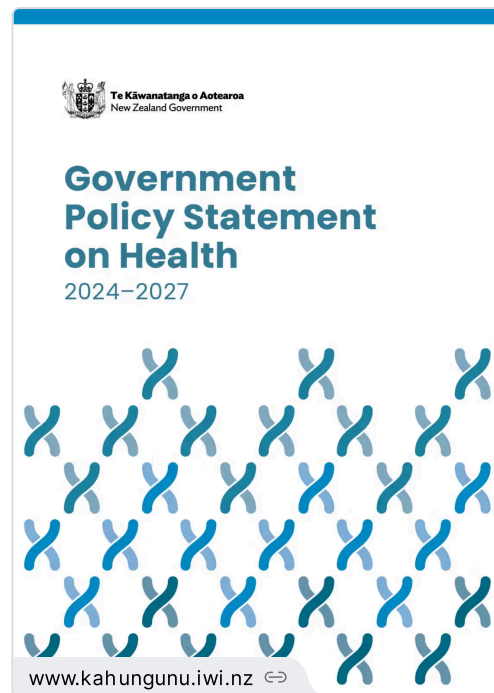
♡ 0 💬 0



Primary and community health care | Ministry of Health NZ

Government Policy Statement on Health

♡ 0 0



b47397_6ce0afc526854429a6b2986295f6afac.pdf

Background

Te Toka Tū Moana o Ngāti Kahungunu (Kahungunu Health Authority)

In September 2025, Ngāti Kahungunu Iwi Incorporated formally announced the establishment of the Te Toka Tū Moana o Ngāti Kahungunu (Kahungunu Health Authority), a bold and visionary step toward reshaping health outcomes for whānau across the rohe.

He Karanga – A Call to Unite for Whānau Wellbeing

Ngāti Kahungunu is embarking on a transformative journey to reclaim rangatiratanga over Māori health through the establishment of Te Toka Tū Moana, a governance framework grounded in self-determination, cultural integrity, and community-led solutions. This initiative responds to longstanding health inequities faced by Māori and aims to create a future where Māori values, leadership, and aspirations shape whānau wellbeing.

Whether you work on the frontlines, advocate for change, or support whānau through lived experience, or if you are whānau wanting to come and share for yourself, your voice is vital. Together, we can shape a shared pathway forward, one that champions equity, celebrates culture, and empowers Ngāti Kahungunu to lead their own health destiny.

If you think that there are better solutions – let us know – kōrero mai!!

♡ 1 0



NGĀI KAHUNGUNU IWI HAUORA
WĀNANGA

Kaikōrero

♡ 1 0 0

11/17/25
11:38 PM

Ngāi Kahungunu Iwi
INCORPORATED

[Home](#)[About Us](#)[Governance](#)[Operations](#)[Our People](#)[What's On](#)[Keep Informed](#)

AGM PA
SPORTS

Ngāi Kahungunu Health Authority
WĀNANGA

Ngāi Kahungunu Health Authority
Wānanga

MERCH

CHECK
REGISTER


Kahungunu Health Authority Wānanga Presenters

He mōhi mānako kōwhiri rangatira hāuora e tūtaki, me ngā kaitiaki hāuora o tō tātou iwi. E kore e mōhi te aroha me ā kōwhiri māhi me te āwhiri hōi te oranga o ā mātau whānau. Nā kōwhiri / hōi te whānau, i whakakōwhiri te āwhiri, i whakamārama te āwhiri. Kō te Wānanga Hāuora me te huarahi āia whakakōwhiri ā ā tātou whānau, āia huarahi tāia ā mātau ānau hāuora, āia hōi me ngāi Kahungunu. Mā te māhi tāia, āia hōi āia te wānanga – Mā ora āia te iwi.

We warmly acknowledge all our iwi health providers and workers who tirelessly support the wellbeing of our whānau. Your dedication uplifts our spirits, strengthens our āhau, and brings clarity to our āhau. Te Kahungunu Health Authority Wānanga is a space to unite our āhau, share our āhau, and co-create a healthier future for our people. Together, we can achieve our aspirations, a thriving, well Ngāi Kahungunu.

We have a wonderful lineup of presenters joining us at our Kahungunu Health Authority Wānanga, each bringing their expertise, insights, and passion to help shape our shared vision for a future of hāuora, as we reclaim rangatiratanga over our health. The presenters are a mixture of respected leaders within Kahungunu and hāuora experts, including Māori providers, practitioners, and whānau members, to help bring this movement to life during this foundational phase.


This wānanga is the coming together of our people - a time to share and hear one another as we go forward with hope for a brighter future - Kahungunu living tangi.



Bayden Barber

Ngāi Kahungunu (Wānanga, Wānanga, Wānanga)


- Chair Ngāi Kahungunu Mā Inc
- President Wānanga Mā



Ngahiwi Tomoana

Ngāi Kahungunu, Ngāi Hāuora, Ngāi Hōi, Sāmoa


Ngahiwi is a visionary leader and long-serving Chair of Ngāi Kahungunu Mā Incorporated, holding the role for 25 years. His leadership has been instrumental in advancing iwi development, particularly in the health sector, where he is currently



Lady Tureiti Moxon

Ngāi Pāhauwera, Ngāi Kahungunu, Kāi Tahu

- Managing Director Te Kahau Health
- Healthcare 2002 to present
- Chair of the National Urban Māori Authority
- Member of the establishment of Te Kahungunu Mā Incorporated



Riki Niania

Ngāi Kahungunu, Ngāi Tuhoe, Tōrangāroa

Riki has over twenty years' experience in senior health leadership roles across the region and is a well-known Champion for Māori Health and Māori health development.

In 2023 Riki moved on from a dual role as Chair of Ngāi Kahungunu Mā Incorporated and Ngāi Tuhoe Mā Incorporated.

Kahungunu

Kahungunu Health Presenter Profile | Kahungunu