

# He Whare Taonga Newsletter Issue #2



## Bi-monthly Newsletter July 2025

He Whare Taonga is a Healthy Housing Programme offered by Health New Zealand | Te Whatu Ora National Public Health Service in the Wellington region, supporting whānau to make their homes **warm, dry and safe**.

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**Housing plays a major role in people's health and wellbeing, and their ability to live well. We offer a FREE housing assessment by our nurses with you in your home. We aim to improve your health and wellbeing by offering useful tips, assistance, and advice to stay warm, dry and healthy.**

Our assessment helps to determine the things in your home that affect the health of your whānau. We discuss health and social concerns, and work with you on a plan to address these.

We can provide housing items directly such as bedding, heaters, mould kits and curtains. We engage with landlords and homeowners around heating, insulation and other housing upgrades.

Please apply for a FREE healthy housing assessment – we welcome all enquiries and will come back to you quickly.

### He Whare Taonga fun fact #1 – Our values

He Whare Taonga is grounded in nine guiding kaupapa Māori (Māori values): whanaungatanga, wairuatanga, ōritetanga, pūkengatanga, rangatiratanga, manaakitanga, kaitiakitanga, kotahitanga, and kāwanatanga. These values empower us to uphold and express the richness of the Māori worldview in all we do. Each carries a strength that inspires us to live and work with intent. These are ngā uara (our values):



#### TAHA WHĀNAU WHĀNAU AND COMMUNITY WELL-BEING

Work with local iwi and communities in the design delivery and monitoring of our work to ensure mana-mōtuhake is achieved.

##### Rangatiratanga

Work with whānau, local iwi and communities to create and maintain a strong and enduring relationship.

##### Kotahitanga



#### TAHA HINENGARO MENTAL AND EMOTIONAL WELL-BEING

To be well-informed around the extent and nature of both health outcomes and housing conditions to recognise issues and provide solutions.

##### Pūkengatanga



#### TAHA WAIKUA SPIRITUAL WELL-BEING

Care is provided in a culturally appropriate way that recognises, protects and nurtures tikanga Māori and the overall health and well-being of kaumātua.

##### Wairuatanga

Work alongside teams, other services and communities to ensure the on-going care for kaumātua is in place.

##### Whanaungatanga



#### TAHA WHENUA ENVIRONMENTAL WELL-BEING

Commit to achieving equitable health outcomes for all through our processes, decision-making, practices as well as our way of being as a service.

##### Ōritetanga



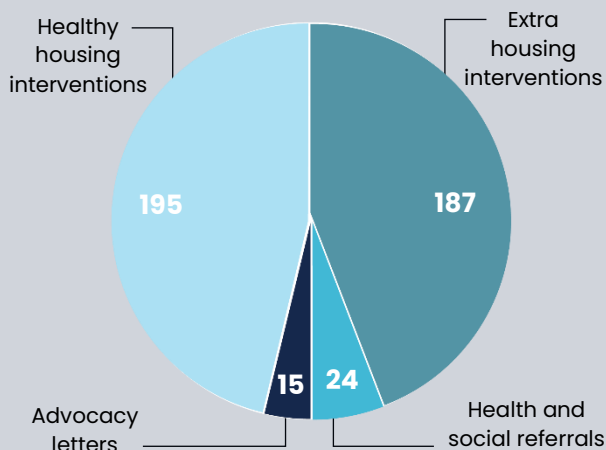
#### TAHA TINANA PHYSICAL WELL-BEING

To protect kaumātua from avoidable hospitalisations by preventing, educating, caring and advocating for kaumātua to live in a warmer, drier and safer home.

##### Manaakitanga

## Visits and interventions

Lisa and Latisha visited and completed **25 housing assessments** with whānau during May and June.



## Hot tips: winter is here!

1 June 2025 marked the start of the winter season. However, there were many cold, wet and windy days before then! Average daytime temperatures in Wellington over winter are 12/13°C, falling to 9°C overnight. This means healthy indoor temperatures are essential.

Aotearoa New Zealand did not have a building code before 1978. This means many homes were not built for the climate in terms of insulation and heating source. Winter is a great time for a Healthy Homes Assessment to ensure ventilation is up to standard and best practice when using a heat pump.

## Keep your whare toasty

- Seal the deal with Insulation: Snug ceilings and underfloor insulation help your home stay warm longer—and save you money while doing it.
- Heat is your medicine: Treat your home like a health zone—aim for 18°C or higher to stay well and warm.
- Dodge the draft: Stop chilly air in its tracks with door snakes, rolled-up towels, or anything that seals the gaps.

- Let the sunshine in: Open curtains wide during the day to soak up free warmth, then close them at dusk to trap that golden glow.

## Fight the Damp

- Fresh air, not cold air: Open your windows twice a day for 20 minutes – just enough to let out damp air without giving up your cozy warmth.
- Dry outside, thrive inside: Hanging laundry indoors? It's a sneaky source of moisture! Dry clothes outside or in the garage to keep your home drier and easier to heat.
- Steam smarts: Cooking? Pop a lid on your pots. Showering? Let the steam out with a cracked window. Little habits, big difference!

## Whānau feedback

"Really great service, I even referred my father to He Whare Taonga and he was really happy once you had visited him."

"Your service is amazing and very beneficial for my whānau. I especially loved the warm blanket and the hygrometer."

## Presentations and events

During May – June, the He Whare Taonga team:

- Attended three community health events
- Delivered five presentations to health and social services
- Delivered five presentations to kaumātua groups





## Matariki mā puanga!



Matariki is the Māori name for the Pleiades star cluster, which appears in the mid-winter sky and signals the beginning of the Māori New Year. In Te Upoko o Te Ika (the Wellington region), some mana whenua honour the rising of both Puanga and Matariki. While Puanga, also known as Rigel, is not part of the Matariki star cluster, it is a significant whetū (star) that appears in the evening sky just before Matariki each year. Because Puanga rises higher in the sky, it is often more visible to hapū and iwi who cannot see Matariki clearly from their location. The celebration of Puanga and Matariki reflects the unique geographical and cultural identity of our region, acknowledging both stars as markers of the Māori New Year.



Matariki is a time for honouring those who have passed, celebrating the present with whānau and community, and looking ahead to the future—with a focus on wellbeing, reflection, and sustainability. As part of this kaupapa, He Whare Taonga marked the occasion by sharing their whakapapa trees (acknowledging the past), coming together over shared kai (celebrating the present), and using gratitude cards to reflect on their journey and set intentions for the year ahead (planning for the future).



## We want your feedback

We would love to hear from you about your experience with He Whare Taonga. Scan the QR code to provide suggestions, feedback, or your experience with us!



## The next edition of He Whare Taonga Newsletter will focus on:

- Fun fact #2 – He Whare Taonga and Te Whare Tapa Whā
- Hot tips: Haere rā winter!
- Education around draught stopping