



Mana Wāhine Week 2025

28th September - 3rd October 2025

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Overview

Mana Wāhine Week 2025 was a week-long celebration of wāhine, designed to uplift, educate, and connect our community through 21 kaupapa (sessions) spanning wellness, creativity, culture, and community. Guided by the values of manaakitanga, kotahitanga, and empowerment, the week brought together hundreds of wāhine across generations to learn, share, and grow in spaces created by wāhine, for wāhine.

The initiative was coordinated by The HEART Movement, with support from our funders, community partners, facilitators, and local volunteers. Together, we created a vibrant and inclusive platform that celebrated the strength, wisdom, and diversity of wāhine in Tāmaki Makaurau.



Objectives

Mana Wāhine Week 2025 aimed to:

- **Empower wāhine and strengthen whānau wellbeing** by creating free, inclusive spaces to learn, heal, and build confidence in all areas of life.
 - **Foster cultural pride and intergenerational learning** through kaupapa grounded in Te Ao Māori and Pasifika wisdom that strengthen identity and belonging.
 - **Activate community connection across Tāmaki** by linking people, places, and services to grow collaboration and support networks.
 - **Grow mana motuhake and shared leadership** by encouraging wāhine of all generations to lead, share their stories, and uplift one another.
 - **Celebrate joy, creativity, and transformation** through movement, art, laughter, and celebration that affirm the power and vitality of wāhine.
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Highlights & Key Outcomes

Participation

- 21 kaupapa (sessions) across 6 days.
 - Including 5 youth-specific kaupapa
- Attendance of 507 people, across all events.
- Majority wāhine attendees (aged 16–65+), with strong intergenerational representation.



Event Highlights

- **Opening Ceremony:** Brought together community leaders, funders, and local wāhine to launch the week with karakia, waiata, dance and kōrero.
- **Kahoa / Lei Making Workshop with Talanoa:** A wonderful space of intergenerational learning of this traditional artform - weaving flowers, greenery, and stories together.
- **Upskilling for your Peri/Menopause Journey with Niki Bezzant:** Empowering information session drawing 40 attendees.
- **Rongoā Wai Rākau: Traditional Wisdom of Rongoā Māori Workshop:** Revitalising traditional healing knowledge and plant wisdom.
- **Her Space: Step In, Find Your Village:** A beautiful space of connection with more than 16 local organisations offering activities and information.
- **Celebration Ball:** The week concluded with an uplifting evening of celebration, music, and connection - a highlight for many attendees.

MANA WĀHINE WEEK 2025 - SCHEDULE

TIME	DAY	Monday 29 September	Tuesday 30 September	Wednesday 1 October	Thursday 2 October	Friday 3 October
Morning (10am-11.30am)	KAUPAPA	Supporting Young People and Families to Talk About Sexting and Online Safety	Te Puna Waiora	Waiata with Kuia	Her Space: Step In, Find Your Village	Mending Hearts: Navigating Relationship Breakups and Divorce
	VENUE	GIFC	Te Whare Piringa	Ruapōtaka Marae	St Mary's Church	GIFC
	HOST ORGANISATION (and lead wāhine)	Prevent Digital Harm (Emma)	Ki Tua o Matariki (Madison-Rei)	Ruapōtaka Marae (Waimirirangi)	Rākau Tautoko (Mikaela + Kim)	GIFC (Staci)
Afternoon (12.30pm-2pm)	KAUPAPA	Kahoa / Lei Making Workshop with Talanoa	Follow My Lead: Responding Safely to Family Violence	Wā-Hine	The Hymen Myth: Rethinking Virginity	Rongoā Wai Rākau: Traditional Wisdom of Rongoā Māori
	VENUE	Glen Innes Library	GIFC	Mad Ave	Te Oro	Maungarei / St Mary's
	HOST ORGANISATION (and lead wāhine)	Ha'ape Mata Mei Langi (Frances) + Tāmaki College (Seini)	Shine Education and Training (Emma)	Relative / Mad Ave (Veesh)	Te Toka Tumai / Auckland City Hospital (Kathy + Priscilla)	TWP (Sophie)
Evening (6.30pm-8pm)	KAUPAPA	The Stories of our Tāmaki Wāhine	Upskilling for your Peri/Menopause Journey with Niki Bezzant	Taki Lewa Kava Session	Yes to the Dress and Everything Fabulous	Celebration Ball!!!
	VENUE	Faith Family Church	St Mary's Church	The Good The Bad Gallery	TCDT (4pm-8pm)	Marist Rugby Club (6pm-10pm)
	HOST ORGANISATION (and lead wāhine)	Rākau Tautoko (Tara) + Faith Family (Carla)	St Mary's Parish (Rachel)	Taki Lewa (Gemma) + Tāmaki Youth Council (Gloria)	TCDT (Roxanne + Sirikit)	The HEART Movement (Ren + Team)
YOUTH KAUPAPA	KAUPAPA	Rehekōrero Spoken Word Workshop	Contraception Talanoa Podcast / CouchTalk	Period Kōrero	Fashion Sustainability Workshop	Tea & Paint (with Talanoa about healthy relationships)
	VENUE / TIME	Reserve Tāmaki / 3.30pm	Reserve Tāmaki / 5pm	Reserve Tāmaki / 3pm	TCDT / 4pm - 8pm	The Good The Bad Gallery / 11am
	HOST ORGANISATIONS	Connect1072 + Rehekōrero	Connect1072 + Sexual Wellbeing	Connect1072 + Sexual Wellbeing	Tāmaki Youth Council	Connect1072 + Rape Prevention Education



OPENING CEREMONY - Sunday 28th September | CELEBRATION BALL - Friday 3rd October
bit.ly/MWW2025 | All sessions FREE | Kai provided | Child-friendly | Register now!

PROUDLY PRESENTED BY



Community Engagement

- [12 businesses](#) donated some amazing spot prizes, deepening community ties.
- Contribution and participation by [24 other organisations / businesses](#).
- Strong representation from wāhine across all different ages, stages, cultures, and communities at activities.

Specific growth of the HEART Movement

- Both new and refreshed partnerships with local organisations.
- New Change Agents gained directly from the week (induction yet to take place but numbers are around 14 possible new Change Agents and 16 possible new Member Organisations).

Communications & Reach

Our online campaign ran from 20 August - 18 October 2025, using The HEART Movement's Facebook and Instagram platforms to promote the kaupapa, share stories, and celebrate Mana Wāhine Week.

FACEBOOK INSIGHTS

- **65.2K views** • 15.8K unique viewers • 1.9K interactions (likes, comments, shares) • 382 link clicks • 2.8K page visits • 85 new follows

INSTAGRAM INSIGHTS

- **33.6K views** • 4.9K reach • 1.3K interactions • 11 link clicks • 627 profile visits • 67 new follows

Together, our social media content reached over **98,000 views** and generated significant engagement across both platforms, demonstrating strong community interest and awareness of Mana Wāhine Week.

These insights reflect genuine organic engagement and word-of-mouth reach, showing the community's enthusiasm and connection with the kaupapa.



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Liked by thepatchworkgardens and others
takilewasessions I've been looking back at more photos from our Taki Lewa x Mana Wāhine Week session and just feel so grateful. What a beautiful, healing evening surrounded by strong wāhine. So many of your stories have stayed with me, the honesty, the self-reflection, the laughter, the courage.

Among a week filled with beautiful women-led kaupapa, this night was such a powerful reminder that beneath all the chaos happening in the world, there are women out there every single day making choices, choices that make their lives, and the lives of others, better. Simply by being themselves and sharing their lived knowledge, their experiences, their mana.

The obstacles each of you have overcome, and the way you now offer that same empowered feeling to others, creates a domino effect of strength and freedom.

I think I started the evening by saying being a woman is like swimming upstream, the current tests us, but it's in that swim that our power grows. That night, we flowed as one: strong, resilient, unstoppable, like salmon weaving together against the current, choosing our own paths.

Also these beautiful photos of these beautiful ladies (all @maddyblore 🥰 v grateful for you 🙏🏻💖🥰)

Dianna Fuka is with The HEART Movement and Maria Williams Meredith. · Follow

4h · 📍
Today I accompanied my service user to take part in the Mana Wāhine Week 2025 celebrations. The event featured kahoalei making using both real and artificial flowers. She thoroughly enjoyed herself and appreciated being part of the gathering. It was wonderful to see all the wāhine come together, sharing conversations, laughter, and fun. The sense of connection among the women was strong, and it was a fantastic turnout that truly highlighted the celebration of wāhine through the art of making kahoalei.

Thank you Mana Wāhine & Haape Mata Mei Langi for today.



Delina McGregor · 4h
Tonight's session was amazing!, Thank you Carla and Tara for the session.

Stories galore
The mauri rock sharing to the Colors group in the 90s to the slideshow of phenomenal Mana Wāhine to the whanaungatanga afterwards there was so much tonight. Blessed to have sat in tonight's session to pause and be present, reflect and blessed with the community of wāhine. My soul/cup is full. Mauri ora

Reply · 2

Tara Moala · 4h
Delina McGregor thank you so much for coming tonight, the Wairua of the space was created by every mana wāhine in the space. Xxx

Reply · 1

Roxanne Adams · 2h
Im so glad I came to, āta whakarongo ki te kōrero o ngā wāhine toa o tēnei hāpori. Such big messages in all the stories shared tonight. Reminders and thoughts come rushing into my hinengaro of spaces I've been that connected to the stories shared tonight. The mamae, the resilience, the continued awhi, the change in their own time, the tika, the pono, the aroha, the history. It was amazing. This kaupapa needs to continue in other spaces to benefit that space, where ever it may be. Mauri ora whānau.

Feedback & Impact

Participant feedback was overwhelmingly positive,

“I didn’t realise how much **I needed this space** until I came here.”

“Stories bring out your own story. The aroha and wairua shared tonight through our kōrero was powerful, brave and truth.”

“It was an amazing **week of healing** for my tinana, hinengaro and wairua... halfway through I realised my healing of grief is halfway there.”

Themes from feedback,

- Wāhine valued **safe, culturally grounded spaces** where vulnerability was welcomed and celebrated.
- **Intergenerational connection** was a defining strength - kuia and rangatahi sharing, learning, and healing together.
- Participants called for **more frequent opportunities** like this throughout the year, underscoring the ongoing need for spaces that centre wāhine voices and wellbeing.



Community Involvement & Partners

Community Partners:

- Many local venues, facilitators, and organisations provided **spaces, koha, staff time, and expertise**. They are listed [here on our website](#).
- Many businesses and supporters donated **spot prizes, kai, and giveaways**. They are listed [here on our website](#).

Working Group & Volunteers:

- We held fortnightly working group hui and had an interchanging group who came together to **share ideas, inspiration and help with decisions** on organisation.
- We had **20 key volunteers** who consisted of Change Agents, community members and passionate staff of local organisations. They are listed and thanked [here on our website](#).

We extend our **heartfelt thanks** to every individual and organisation who contributed - your support made it possible to bring Mana Wāhine Week to life.

Reflections & Learnings

Successes

- Strong attendance at some kaupapa, **awesome engagement** at all kaupapa.
- Diverse mix of educational, cultural, and creative sessions.
- **Effective collaboration** between community groups and facilitators.
- Impactful kōrero which **truly inspired** community members in their journeys as women.

Challenges

- Managing the budget as the final number was confirmed late in the piece.
- **Limited resources** for coordination and promotion.
- Some kaupapa had low attendance which could have been a result of low community interest, low engagement in promotion, or timing of the session.

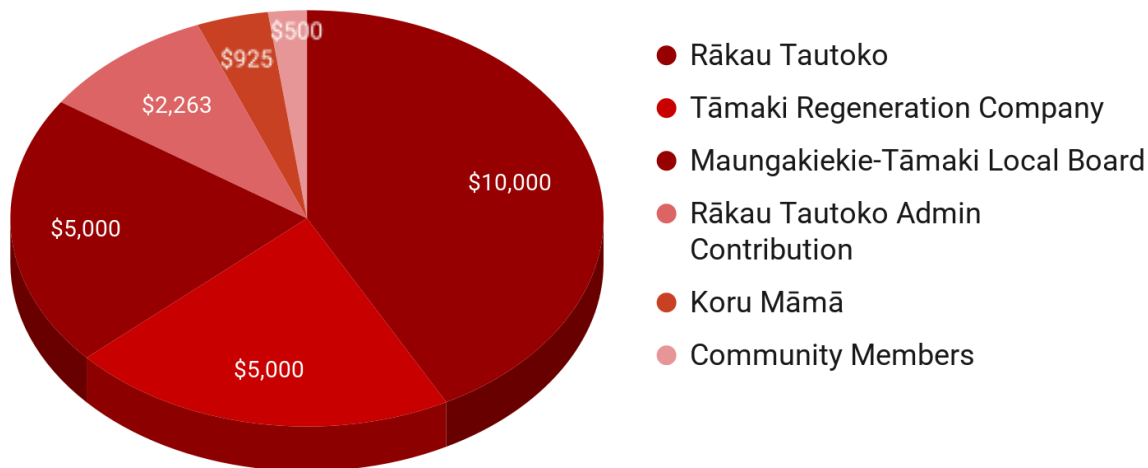
Learnings

- Demand for **more frequent** wāhine-focused spaces beyond this annual week.
- Value of providing both serious kōrero and **joyful, creative sessions**.
- It was a short timeframe to create, manage and coordinate the event due to a quick turn around from confirmation to implementation.
- Ensure next time we have **enough resources** (paid coordinators, volunteers, venues) to manage the size of the event. Scale accordingly depending on resources available.



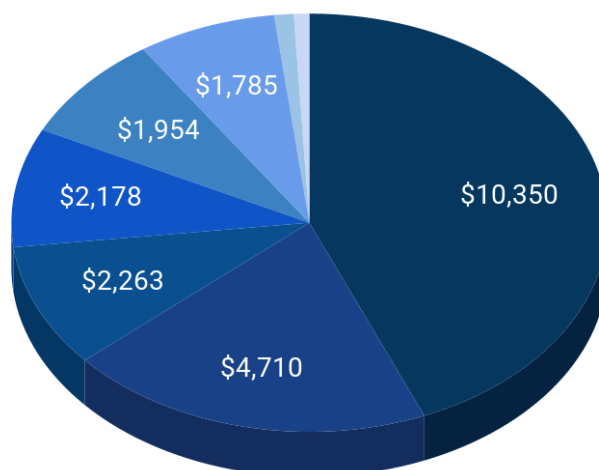
Financial Summary

Income & Funding Sources (General)



Expenses (General)

- Project Management & Coordination
- Community Engagement
- Rākau Tautoko Admin Contribution
- Kai / Koha for Adult Kaupapa
- Celebration Ball
- Reporting & Post Event Mahi
- Opening Ceremony
- Promotion

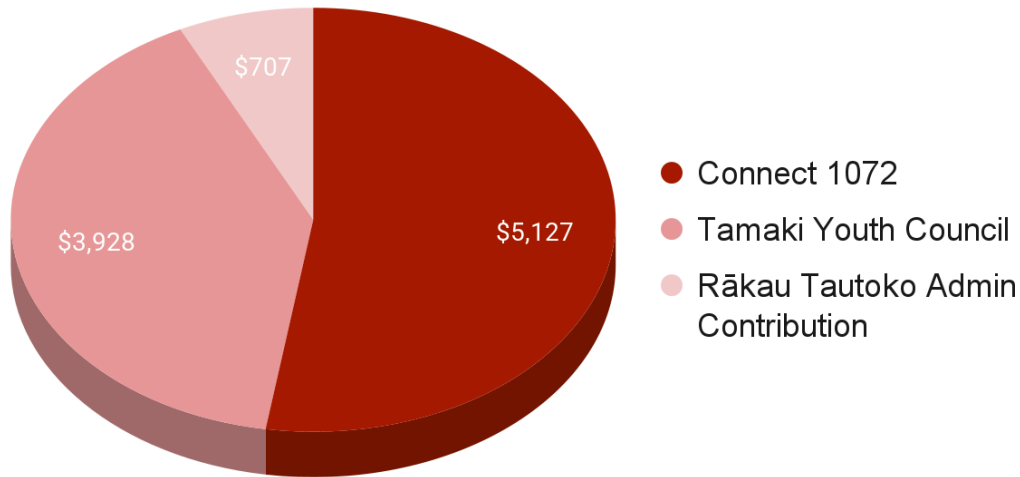


NOTES ON FINANCIAL SUMMARY - GENERAL

- Total Income / Expenditure: **\$23,688**
- The two graphs above outline income and expenditure for the 15 adult kaupapa over the week, the Celebration Ball and the Opening Ceremony. We have outlined the income / expenditure for the youth kaupapa separately, on the following page.
- “Koru Māmā” income is in relation to the remaining funding repurposed towards this kaupapa from funding received from the John Illot Charitable Trust for Koru Māmā.
- “Rākau Tautoko Admin Contribution” included managing budget / accounts and promotion through social media.

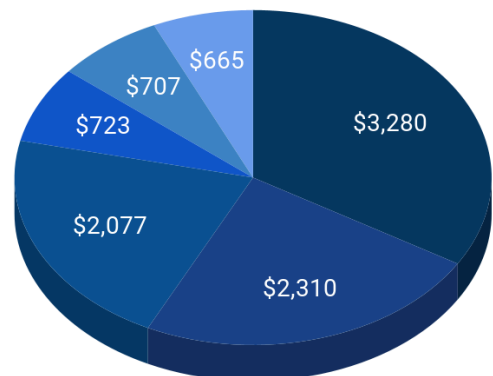
Youth Financial Summary

Income & Funding Sources (Youth)



Expenses (Youth)

- Facilitation and Social Media Reporting (during Mana Wāhine Week)
- Project Management, Planning and Preparation
- Kai / Koha for Kaupapa
- Babysitting koha
- Rākau Tautoko Admin Contribution
- Venue Hire



NOTES ON FINANCIAL SUMMARY - YOUTH

- Total Income / Expenditure: **\$9763**
- The two graphs above outline income and expenditure specifically for the five youth kaupapa over the week.
- “Rākau Tautoko Admin Contribution” included managing budget / accounts and promotion through social media.
- “Babysitting Koha” went to local rangatahi.

Future Directions

Building on this year's success, The HEART Movement intends to:

- Host Mana Wāhine Week 2026, expanding to better focus on **youth and intergenerational kaupapa**, as well as a change in scheduling.
- Develop ongoing HEART Mana Wāhine kaupapa throughout the year to maintain community **connection and interest**.
- Strengthen partnerships with funders and local organisations to ensure **sustainability and growth**.
- Incorporate new models of **online interactions**, including social media platforms and strong online marketing instead of the traditional physical promotion, acknowledging new marketing tools.
- Put a real focus on **storytelling and digital archiving** to preserve and share the legacy of each kaupapa - and ensure next year benefits from this year.

Conclusion

Mana Wāhine Week 2025 demonstrated the incredible power of collective energy, shared stories, and the mana that arises when wāhine gather. The heartfelt feedback, community spirit, and continued growth of this kaupapa reflect a strong foundation for future years.

On behalf of The HEART Movement and all participants - ngā mihi nui for your support, belief, and investment in our community. Your contribution directly empowered the wāhine of Tāmaki, strengthened connections - individually and organisationally, and celebrated mana wāhine in its fullest sense.

