Te Kōhao Health

Immediate Release
28 October 2026

Beyond the statistics
Te Kōhao Health shares stories of courage, healing and hope

Twelve whānau stories of transformation, told in their own voices, will take centre stage as Te Kōhao Health launches a new book celebrating courage, healing and hope this Friday at 10am, at Kirikiriroa Marae.

What does success look like when it is measured not in targets achieved or contracts delivered, but in a rangatahi discovering their direction, parents rebuilding relationships with their tamariki, or a whānau finding a place to call home?

That question is at the heart of *Kōtahi Anō te Kōhao o te Ngira: Success Stories of Courage, Healing and Hope*, a new publication that brings whānau experiences into the spotlight through four chapters: Arriving, Healing, Becoming and Legacy.

For Managing Director Lady Tureiti Moxon, this taonga published by Te Kōhao Health, honours the whānau whose lives have been touched by the kaupapa Māori provider's integrated health, social services and Whānau Ora support, which reaches more than 12,000 people across the Waikato.

"This book is not about programmes or statistics. It is about people," she says. "The stories are not extraordinary because of what Te Kōhao has done. They are extraordinary because of the strength, resilience and determination of the people who have walked through our doors. We have simply had the privilege of walking beside them."

The 12 stories draw on a range of services and experiences. It invites readers to look beyond the challenges people have faced and recognise the potential, determination and hope that can emerge when whānau are seen, heard and valued.

The 72-page, full-colour book takes its name from the whakataukī *Kotahi anō te kōhao o te ngira*, and draws on the symbolism of the white, black and red threads coming together through the eye of a needle.

It shows what becomes possible when whānau are supported to find their own way forward in a way that upholds their dignity and mana. Each story is paired with an artwork from Te Kōhao Health's whare, connecting the whakaaro of whānau with the art and its meaning.

A fine thread woven throughout the book reflects the aspirations that bind a community together.

The pages follow journeys through housing challenges, disconnection and reconnection, rangatahi finding purpose, recovery from addiction, healing, and the pursuit of greater independence. They speak of difficult beginnings, moments of change and the everyday decisions that gradually build an entirely different future.

They also challenge conventional ideas of success. Sometimes it is securing a home. Sometimes it is showing up, finding a sense of belonging, reconnecting with whakapapa or discovering a talent that opens a new pathway. Often, it is the quiet confidence that tomorrow can be different from yesterday.

"This reflects our commitment to showing what success looks like beyond contractual targets and service statistics, with outcomes defined by whānau themselves. It is intended to inspire readers, challenge assumptions and bring greater understanding to the lived experiences behind the numbers," Lady Tureiti says.

"Volume One is the beginning of what we hope will become an ongoing collection, giving more whānau the opportunity to share their stories and recognise their achievements in their own words."

The launch at the AGM will celebrate the whānau whose experiences shaped the book, and the kaimahi and relationships that helped make it happen.

Kōtahi Anō te Kōhao o te Ngira is a reminder that meaningful change rarely happens in isolation. Like the threads of the whakataukī, individual journeys become part of something stronger when everyone comes together.

ENDS

Media liaison: Sarah Sparks 021318813 Sarah.sparks@sparksconsulting.co.nz

Notes for Editors:

The names and identifying details in the book have been changed, and some experiences combined where necessary, to protect privacy while preserving the truth and essence of the journeys being shared.