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He Pānui - Āperira 2024

Upcoming Events

We're going pink 

Help raise funds for breast cancer research, education, and patient support.

The poster is pink with white text. At the top, it says 'MANAAKI MATAKĀOA' and 'PROUD COMMUNITY SUPPORTER' with the Breast Cancer Foundation NZ logo. The main title is 'Hineteiwaiwa Pink Ribbon Market' with a heart icon. Below that, it says 'TE ARAROA AIRSTRIP' and 'SUNDAY MAY 05'. A quote reads: 'Celebrating māmā, te whare tinana and bringing awareness to breast screening'. At the bottom, it lists activities: 'Raffles, Auctions, Crafts, Kids Zone, Kai Stores, Māmā Pampering Stations, and more.' and a note: 'All proceeds from the Pink Ribbon Fundraisers will go towards the Breast Cancer Foundation NZ, to help fund breast cancer education, research and patient support.'

MANAAKI MATAKĀOA

PROUD COMMUNITY SUPPORTER
Breast Cancer Foundation NZ

Hineteiwaiwa
Pink Ribbon Market 

TE ARAROA AIRSTRIP
SUNDAY MAY 05

Celebrating māmā, te whare tinana and bringing awareness to breast screening

Raffles, Auctions, Crafts, Kids Zone, Kai Stores, Māmā Pampering Stations, and more.

All proceeds from the Pink Ribbon Fundraisers will go towards the Breast Cancer Foundation NZ, to help fund breast cancer education, research and patient support.



ZUMBA CLASS

HINETEIWAIWA MAMA PEPI PROGRAMME

Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti
Every Thursday (4:30pm - 5:30pm)
Nau mai haere mai

MANAAKI MATAKĀOA

CYBER SAFETY AWARENESS

SUPPORTING WHĀNAU THROUGH TECHNOLOGY AND IT ASSISTANCE

MANAAKI MATAKĀOA

ORANGA WHĀNAU

Our Kaimahi Taiwhenua and Oranga Whānau team are on the ground out in our community providing a range of care to our whānau.

Whānau Plans - Assisting whānau with their aspirations and goals.

Housing Assessments - Assisting whānau with general home maintenance.

Contact Sheena or one of the team for more info.

info@manaakimatakaoa.com
27 Pakiakanui Road

MANAAKI MATAKĀOA

TANE PROGRAMME

CHECK OUR FACEBOOK PAGE FOR MORE INFORMATION ON OUR NEXT TANE WORKSHOP

MANAAKI MATAKĀOA

HINETEIWAIWA MAMA PEPI PROGRAMME



Regular Workshops
Māmā Pēpi Support

Contact - Renee Papuni if you have any further enquiries.
info@manaakimatakaoa.com
27 Pakiakanui Road

MANAAKI MATAKĀOA

MONTHLY MARKETS

First Sunday of every Month

CHECK FACEBOOK PAGE FOR LOCATION AND MORE INFORMATION

MANAAKI MATAKĀOA

TAMARIKI TAIEA REHEKŌ RANGATAHI

5yrs - 17yrs



Tūmeke Taite
Hākinakina
Every Thursday
3:00pm - 4:30pm

Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti Gym

FOLLOW US

New Location
27 Pakiakanui Road
Te Araroa

www.manaakimatakaoa.com
info@manaakimatakaoa.com

www.facebook.com/manaakimatakaoa
www.instagram.com/manaakimatakaoa

MANAAKI MATAKĀOA

NGĀ TĀONGA O MATAKĀOA



Pakeke Day
Every Wednesday
10:00am - 1:00pm

27 Pakiakanui Road, Te Araroa 4087

Practice PLUS

FREE AFTERHOURS VIRTUAL CLINICIAN APPOINTMENTS FOR WHĀNAU LIVING IN MATAKĀOA

MANAAKI MATAKĀOA

Maui Whakahīhi

Empowering rangatahi to achieve their leadership goals and aspirations.




For more information contact one of the team or email info@manaakimatakaoa.com

27 Pakiakanui Road, Te Araroa

FREE COVID-19 TESTS NOW AVAILABLE

GET YOUR FREE COVID-19 TESTS

Please get in contact with one of the team or message the page for your own free tests.



Ngā Tāonga o Matakāoa



This month Ngā Tāonga o Matakāoa hit the road, down to Napier for the Harvest Moon Festival 2024 where they got to see Tom Jones live in concert. 6 of our pakeke attended this 3 day trip, staying at The Clive Hideaway.

This month Ngā Tāonga o Matakāoa also continued their weekly Te Ataarangi classes with Kōkā Makere. Learning new Ataarangi karakia, himene, have learnt their favourite new waiata and how to play them on the ukulele. They also went on a day trip to Whakatane where they went to see Ngā Tohunga Healing Centre for mirimiri, romiromi, readings, healings and more.

Ngā Tāonga o Matakāoa also went over to Gisborne to visit Nanny Raunikau to have lunch and to see the Convert at the cinema.

They have been very busy over the past month, with even more fun activities coming up, keep an eye out for updates on our facebook page.



Oranga Whānau/Kaimahi Taiwhenua & Kaiawhina



The oranga whānau and Kaimahi Taiwhenua team have continued to bring services to whānau around Matakāoa, from general property maintenance to whānau plans they are out doing the mahi with whānau around Matakāoa.

The Kaimahi Taiwhenua team have started prepping firewood again and will be out delivering to whānau over the next couple of weeks. This month they have managed to deliver over 33 loads of firewood out to our pakeke around Matakāoa.

They have also started Stage 2 of the Healthy Homes Housing Assessments. This means our team will be returning to some of the homes they have checked which have indicated needing further assistance with drainage and spouting work.

If you would like to go through a Whānau Plan, please reach out to one of the team to arrange a time best suited for you or send us an email at info@manaakimatakaoa.com.

Tamariki Taiea / Rehekō Rangatahi





Tūmeke Taite (Tamariki Taiea/Rehekō Rangatahi) weekly hākinakina came to an end for Term 1 this month. We Delivered 2 Tumeke Taite programmes for the month. All held at Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti gym with over 15 - 20 Tamariki/Rangatahi attending weekly.

Big mihi once again to Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti for continuing to support our weekly kaupapa. Check out our Facebook page for regular updates and upcoming events.

Tamariki Taiea / Rehekō Rangatahi Holiday Programme





Te Hunga Tamariki

(te rangi tunu kai, te rangi hākinakina me te pō kiriata).

Tenei te mihi ki a koutou katoa tamariki mā i tae mai ki te rangi me to pō whakamutunga mo te kaupapa hararei mo wāhanga 1.

He mihi hoki ki ngā kai hāpai o Manaaki Matakāoa, Matua Kauri, Kōkā Hiria, Kōkā Renee rātou ko Matua Phil, mei kore ake koutou kua kore tēnei kaupapa e ea, nā reira ka nui te mihi ki a koutou. Ki ngā ringawera i whakarite i te kai, Kōkā Mere me te whānau ka nui te mihi.

Otirā he mihi tino nui ki Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti e kaha tautoko ana i a mātou o Manaaki Matakāoa me o tātou kaupapa.

Kaua e wareware tirohia te whārangi pukamata mo ngā kaupapa Tamariki Taiea - Rehekō Rangatahi mo wāhanga 2

Tamariki Taiea - Rehekō Rangatahi



Hauora Tinana Challenge



Our Hauora Tinana Challenge has been off to an awesome start this month. So far we have around 14 participants on board to achieve their hauora goals.

This challenge is designed to help motivate and inspire whānau to try new healthy alternatives by being more Hauora conscious. We will help each other by sharing new recipes, diet plans, Nutritional info, workout plans and more.

We will have weekly workshops available for whānau to attend, from our weekly Zumba/Circuit workouts, cooking classes, kaitahi and more.

If you would like to participate, please check our Facebook page for more information.

REGISTRATIONS HERE: <https://forms.office.com/r/kCajvKMdZP>

MAURI ORA!

Big Latch On Ngāti Porou Oranga



Is an annual event where parents get together around Aotearoa to breastfeed and offer peer support to other breastfeeding mama in their communities. Friends, family, and the community join in to celebrate and promote breastfeeding. This year 3 māmā and their pēpi on the Hineteiwaiwa programme went over to Ruatoria to participate in the event.

The event featured kai, discussions, rongoā māori, child safety, health promotions and more.

Cyber Awareness/Information



This month we have continued to bring awareness around Cyber Safety, and useful and beneficial resources, using the power of technology.

Working closely with NetsafeNZ we were able to design, create and deliver around 30 interactive activity packs, relating to cyber safety and useful information for parents keeping their tamariki safe online. The pack included coloring books, stationary, info sheets, stickers and more.

For our pakeke we delivered information and awareness around 'Piki Te Ora' a Remote Patient Monitoring service which is designed to empower patients, especially in rural communities, to take an active role in managing their health. Specifically focusing on individuals who suffer from Heart and

Respiratory issues.

Read more: [Piki Te Ora – Health New Zealand | Te Whatu Ora](#)

Piki Te Ora



Remote Patient Monitoring (RPM) is one way our whānau can lead their own hauora.

This pilot programme helps empower our whanau to manage their own health between GP visits by combining a tech savvy monitoring device, along with kaimanaaki support, to monitor illnesses such as heart conditions and COPD, which are ready to go, the diabetes program is still being developed, but will be released in the near future.

Manaaki Matakaoa are looking at onboarding 15 whanau to RPM pilot programme.

If you or someone in your whānau are interested in being apart of this pilot programme.

Please reach out to one of the team, or contact us at info@manaakimatakaoa.com.

Influenza Vaccines Available



**ALL COAST
COMMUNITY
HEALTH
CENTRES**

Connecting Whānau

0800 674 877



Don't let flu season get you under the weather.

Influenza vaccination is recommended for all people six months of age and over.

Ngati Porou Oranga are committed to ensuring our Māori and Pasifika whānau aged 55 - 64 have ongoing access to FREE INFLUENZA VACCINATIONS.

Ngati Porou Oranga encourage and support our whānau to be as well as possible. Therefore, with winter around the corner, we want you to be able to

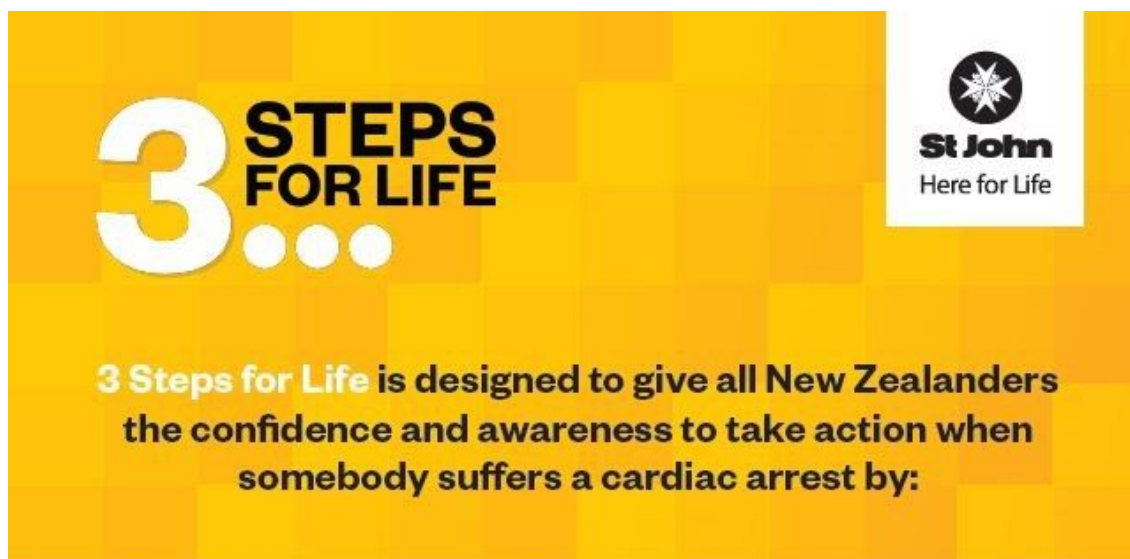
protect yourself.

Get prepped and get vaxed!

Contact any of our Ngati Porou Oranga Clinics:

Matakaoa (06) 864 4801

3 Steps for Life



3 STEPS FOR LIFE

St John
Here for Life

3 Steps for Life is designed to give all New Zealanders the confidence and awareness to take action when somebody suffers a cardiac arrest by:

1. Calling 111



2. Starting CPR



3. Using an AED



If any whānau are interested in the 3 steps for life training, please let us know, so we can arrange a time for Greg from Hato Hone St Johns to return and provide further training in the community.

Monthly Figures

(March 01 - March 31)

KAIMAHI TAIWHENUA FIGURES 2024

APR 01 - APR 30

DRAINAGE AND DIGGER WORK	5
PROPERTY MAINTENANCE, LAWNS AND GARDENS	19
RUBBISH RUNS	10
FIREWOOD DELIVERIES	33
SMOKE ALARMS INSTALLED	29

ORANGA KŌPARA FIGURES

APR 01 - APR 30

NGĀ TĀONGA O MATAKĀOA WORKSHOPS	6
TAMARIKI TAIEA/REHEKŌ RANGATAHI WEEKLY	2
HOLIDAY PROGRAMME	2 DAYS

**Free Afterhours Virtual
Appointments Available For Whānau Living
in Matakāoa**



VIRTUAL CLINICIAN APPOINTMENTS

Same day virtual Clinician consultation that suits you. We help tautoko (connect) you with trusted medical care.

Whether it's medical advice, repeat prescriptions, or health certificates for your mahi, Practice Plus provides you with a quick and easy solution.

Through video or phone technology, a Practice Plus Clinician can privately and securely help treat most medical needs, sicknesses or injuries. From a common



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Our mailing address is:

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Te Araroa, New Zealand

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