



MANAAKI
MATAKĀOA

Ko te tohu o te rangatira, he manaaki

He Pānui - Tihema 2024



From all the Kaimahi here at Manaaki Matakāoa, ngā mihi nui ō Hineraumati

Wishing you all a safe and joyful day surrounded by whānau, friends and loved ones.

A BIG thank you, to everyone in the community who have supported us this year, to everyone who attended the workshops, programmes, and events, to all our partners, volunteers, donors, and those who have reached out for services,

we wouldn't be where we are today without you all.

"Ko te tohu o te rangatira, he manaaki"

Manaaki Matakāoa will be closed from December 23rd - January 13th but will continue to remain on call for Remote Patient Monitoring, Life Jacket Access, and all other urgent matters.

For any enquiries relating to the Life Jacket Locker please feel free to reach out to Sheena Luke for assistance, or through our Facebook Page and email: info@manaakimatakaoa.com.

Te Māketē Raumatī



E mihi ana kia koutou katoa i haere mai ki te tautoko i te māketē raumati i tenei marama, mīharo te kite i te hāpori e whakakotahi ana i runga i te hari, me te koa.

E mihi ana hoki ki ngā whānau i whakatū toa otirā ngā whānau katoa e kaha tautoko ana i ngā māketē ia marama, ka mau te wehi!!
Ahakoa te huarere, me te kaha pupuhi o te hau he ataahua tonu te rā.

Kia haumaruru te noho ki ngā kāenga i ēnei hararei ngā mihi nui o Hineraumati kia tātou katoa.

Ngā Tāonga o Matakāoa



A lovely way to end our last pakeke day for the year with lots of Kai, whanaungatanga, and planning for the new year.

We had a presentation on Manaaki Matakaoa, our goals and mahi, and how we operate as an organisation, and were given kai packs using meat processed by our Kaimahi Taiwhenua team.

Meri Kirihimete ki a koutou ko te whānau.

Life Jacket Library Now Available



FREE TO USE LIFEJACKETS THIS RAUMATI

We want everyone to be safe out on the water. Wearing a lifejacket, taking 2 waterproof forms of communication and checking and understanding the marine weather forecast is essential to being safe out on the water this summer.

The lifejacket libraries allow people to borrow lifejackets for FREE and will be located here at Manaaki Matakaoa 27 Pakiakanui Road, Te Araroa.

Ngā mihi tino nui to Peter Buell (GDC Harbour Master) for organising lifejacket libraries along Tairāwhiti and providing Matakāoa with our own lifejacket library this raumati.

Please contact us on our Facebook page or email
info@manaakimatakaoa.com to arrange pick up.

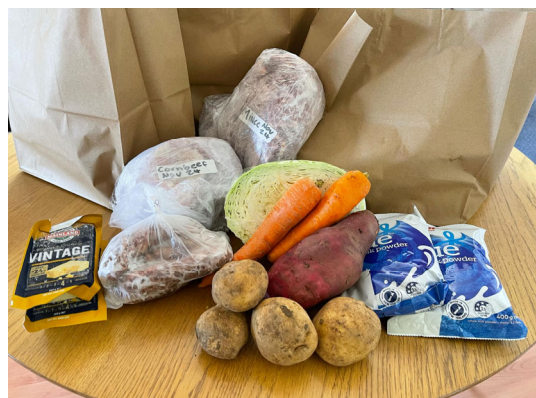
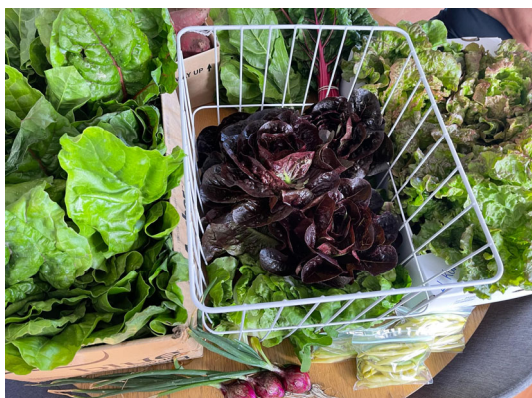
Maara Kai



Our maara kai is flourishing and is almost ready to start harvesting again.

- Keep a look out for upcoming panui on our Facebook page for when the next harvest is.
- We will post pick up times and what produce is available.

Supporting wellness and holistic care within the community, cultivating growth and resilience.



37 Kai parcels have been handed out to whānau this month, containing 3 different types of processed meat - mutton sausages, mince, corned beef or mutton bones, veggies - potatoes, kumara, carrots, cabbage, cheese, milk

powder and some whānau also received lettuce, beans, Silverbeet and spinach from the Maara.

Year to Date Reporting:

(January - December 2024)

KAIMAHI TAIWHENUA FIGURES 2024		JANUARY - DECEMBER (YEAR TO DATE)	
SMOKE ALARMS INSTALLED	111	WATER TESTING/PUMP MAINTENANCE	9
RUBBISH RUNS/WASTE MANAGEMENT	141	DIGGER DRAINAGE/DRIVEWAY/SEPTIC	53
FIREWOOD DELIVERIES/FIREPLACE MAINTENANCE	93	COMMUNITY ENGAGEMENT	54
SPOUTING REPAIRS AND CLEAN	59	PROPERTY MAINTENANCE/GARDENS/LAWNS	122
WATER FILTERS DELIVERED	113	MAHINGA KAI AND KAI GATHERING	79
HEALTHY HOME ASSESSMENTS - STAGE 1		61	
HEALTHY HOME ASSESSMENTS - STAGE 2 (SUPPORT GIVEN)		141	
POSSITIVE COVID CASES/SUPPORT		26	

Hineteiwaiwa Pēpī Programme Prenatal and Pēpī Support

25 - Programmes/Engagements)

12 - Māmā/Pēpī Registered

4 - Māmā given Birth



Tamariki Taiea/Rehekō Rangatahi Ages 5 Years - 18 Years

25 - Weekly Programmes (During School Terms)

108 - Tamariki/Rangatahi Registered

2 - Holiday Programmes

Ira Wāhine Wāhine Programme

10 - Daily workshops for Well Wāhine Week

1 - Rongoā Workshop





Hauora Tinana Challenge Health and Wellbeing (All Ages)

- 4** - Challenges (Across 2024)
- 23** - Weeks on Hauora Challenges
- 66** - Participants Registered



Rongomatāne Tāne Programme

- 6** - Wānanga
- 11** - Tane Registered (8 Regular Attendees)



Ngā Tāonga o Matakāoa Ages 65 years and over

- 55** - Programmes/Engagements)
- 25** - Pakeke Registered
- 13** - Haerenga (Trips)

Cyber Safety/Awareness Wānanga

Keeping whānau safe online (All ages)

89 - Tamariki/Rangatahi Attendees

48 - Wāhine/Kōhine Attendees

15 - Tāne Attendees

34 - Pakeke Attendees

16 - Workshops



Remote Patient Monitoring Pilot Programme

11 - Whānau enrolled on pilot programme
(1 participant has since been removed)

1 - Scheduled to join in 2025

15 - Support Packs for individuals

Hapori Events Community Events

21 - Community Events

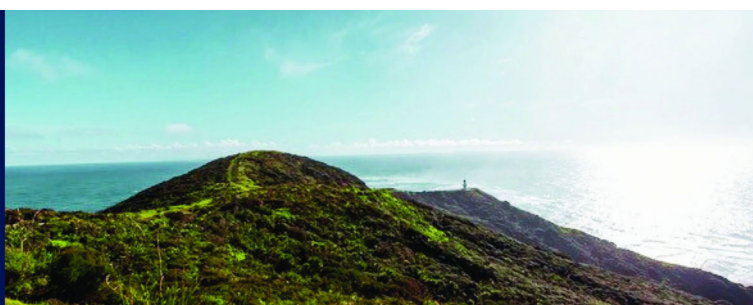
5 - Rural Support Roadshow Events

7 - Community Markets



Piki Te Ora

Remote
Patient
Monitoring
Pilot



The Piki Te Ora Pilot - Remote Patient Monitoring (RPM) is one way our whānau can lead their own hauora.

So far, we have 10 whānau who have registered onto this pilot with 9 regularly

updating their observations using the facial vitals scanner in the Piki Te Ora app.

This pilot programme helps empower our whānau 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, COPD, and eventually Diabetes.

The success of this Pilot could mean whānau around Aotearoa especially those living rurally would be able to take charge and monitor their own Health from home, using new and interactive technology.



HEALTHLINE Open 24/7 • 0800 611 116

For free health advice

PLUNKETLINE Open 24/7 • 0800 933 922

For free advice about tamariki health, parenting & wellbeing

WOMENS REFUGE Open 24/7 • 0800 733 843

Crisisline

PARENT HELP Open 9am - 9pm • 0800 568 856

Free parenting helpline

ALCOHOL & DRUG HELPLINE 24/7 • 0800 787 797

LIFELINE 24hrs • 0800 543 354

DEPRESSION HELPLINE • 0800 111 757 or text 4202 FREE CALL or TEXT 1737

Anytime for support from a trained counsellor if you need to talk

HEY BRO • 0800 439 276

Free 24/7 Support for men

SUICIDE CRISIS HELPLINE • 0508 828 865 (0508 TAUTOKO)

SAFE TO TALK • 0800 044 334 or free text 4334

For help to do with sexual harm

24/7 ARE YOU OK • 0800 456 450 Family violence helpline

MANAAKI TANGATA VICTIM SUPPORT • 0800 842 846

YOUTH HELPLINE • 0800 376 633

POLICE/AMBULANCE/FIRE • PLEASE DIAL 111



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