



He Pānui - March 2024

Upcoming Events

Nau mai haere mai

**TAMARIKI TAIEA
REHEKŌ RANGATAHI
HOLIDAY PROGRAMME**

18 - 19 Āperira 2024

Check Facebook Page for more details.

ZUMBA CLASS

HINETEIWAIWA MAMA PEPI PROGRAMME

Te Kura Kauapapa 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

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

Regular Workshops
Māmā Pēpi Support

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

MANAAKI MATAKĀOA

NGĀ TĀONGA O MATAKĀOA

Pakeke Day
 Every Wednesday
 10:00am - 1:00pm
 27 Pakiakanui Road, Te Ararua 4087

FOLLOW US

New Location
 27 Pakiakanui Road
 Te Ararua

www.manaakimatakaoa.com
 info@manaakimatakaoa.com

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

MANAAKI MATAKĀOA

Mauī Whakahihī

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 Ararua

Practice PLUS

FREE AFTERHOURS VIRTUAL CLINICIAN APPOINTMENTS FOR WHĀNAU LIVING IN MATAKĀOA

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.

Well Wāhine Week 2024



Tenei te mihi ki a koutou wāhine mā i tautoko mai i tenei kaupapa, ko te tūmanako i hari i koa to koutou piri mai ki tenei kaupapa Well Wāhine!

He mihi hoki ki ngā kaimahi o Whiti Ora Tairāwhiti Shyla-Drew Taiapa rāua ko Jordyn Tihore, i tautoko i te kaupapa Well Wāhine 2024.

This month we celebrated our beautiful wahine here in Matakāoa by organising hauora workshops to enhance overall health and well-being.

We focused on all aspects of hauora, including taha tinana, taha hinengaro, taha wairua, and taha whānau through workshops such as Pure, online wero, Waka Ama, Mau Rākau, Nutritional info, Rongoā, Netipōro and more uplifting activities.

Keep an eye out on our socials for more Oranga Wāhine workshops and wānanga throughout the year.



Ngā Tāonga o Matakāoa



This month Ngā Tāonga o Matakāoa 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. Guess who, kaitahi and much more fun activities.

This month our pakeke have also been busy preparing for their Tom Jones concert coming up in April down in Napier.

Oranga Whānau/Kaimahi Taiwhenua



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.

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 continued this month. We Delivered 4 Tumeke Taite programmes this month, that included multi-sport, Basketball, Dodgeball, Rippa Rugby, and an Easter egg hunt. 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.

Te Kōhanga Reo o Hinerupe



This month the team organised a tunu kai workshop with Te Kōhanga Reo o Hinerupe. They created fruit skewers to learn about the Nutritional Rainbow and fun healthy kai.

They also baked their very own easter egg themed chocolate cupcakes to take home for their whānau.

Pārekareka ngā mahi tamariki mā.

Rural Support Road Show





This month we were able to host our very first Rural Support Roadshow here at 27 Pakiakanui Road. Was an awesome opportunity for our whānau around Matakāoa to come and speak with community connectors from around Tairāwhiti who provide support through a multi-agency approach, addressing ideas, issues and initiatives in a solutions-focused kānohi ki Te kānohi environment.

Hauora Tinana Challenge



Over 7 weeks, 10 whānau have worked on their overall health by getting their Tinana checked, inspiring each other with healthy alternatives through Kai, and motivating each other with work out plans.

He mihi whakanui tēnei ki a koe Liza.

Nāu i wikitoria te whakataetae. Nāu hoki te rā whakahirahira!

Ka mau te wehi!! Awesome efforts whānau!
Collectively we have lost over 40.6kgs in total.

Also a special mihi goes out to Life Pharmacy Whakatane who kindly donated samples for all our participants.

Note: We are looking at starting a new Hauora Tinana Challenge over the next few weeks so keep an eye out on our Facebook page for more details.

MAURI ORA!

Cyber Awareness/Information



This month we also held 3x workshops with our Tamariki/Rangatahi, Wāhine and Kōhine around Cyber Safety, Internet awareness and potential career pathways into IT, Computer Graphic Design, and Computer Science.

We also have more workshops coming up, including a workshop at our next Holiday Programme, so keep an eye out for updates on our Facebook.

We are also available to help with any IT/computer issues you may be experiencing.

3 Steps for Life

3 STEPS 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



Ngā mihi nui to Greg Fisher from Hato Hone St John who came to deliver training and information around 3 Steps for Life. Our kaimahi are now trained on basic AED use, CPR processes and have fully completed the 3 steps for life training.



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

Whakakotahitanga



Ngā mihi nui ki Te Kura o Potaka, who put on an awesome day hosting this year's Whakakotahitanga Sports Day. With 6 kura attending including our tamariki from Rerekohu, Kawakawa mai Tawhiti and Potaka, A Day of athletics, fundraising and whanaungatanga for all 6 kura.

Monthly Figures

(March 01 - March 31)

COVID-19 FIGURES

MAR 01 - MAR 31

COVID-19 TESTS TAKEN	13
COVID-19 POSITIVE CASES	4

ORANGA KŌPARA FIGURES

MAR 01 - MAR 31

TOTAL PROGRAMMES/WORKSHOPS	13
COMMUNITY EVENTS	1
WELL WAHINE PROGRAMME	10 DAYS

KAIMAHI TAIWHENUA FIGURES 2024

MAR 01 - MAR 31

DRAINAGE AND DIGGER WORK	7
PROPERTY MAINTENANCE, LAWNS AND GARDENS	23
RUBBISH RUNS	11
SPOUTING REPAIR/CLEAN	4
SMOKE ALARMS INSTALLED	2

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 cold, contraceptive options, migraines and more, Practice Plus can provide treatment and prescriptions direct to your pharmacy along with health counselling and off-work certificates, as well as many more conditions.

Practice Plus is your medical centre's trusted virtual health provider, available

weekdays until 10pm, weekends and public holidays 8am – 8pm.

Manaaki Matakāoa are here to support and awahi any whānau in Matakāoa who are interested in using this service (OUTSIDE the regular Matakāoa Health Clinic's hours) and will be offering your first online consultation for free. Please reach out to one of the team today for more info.

Check them out whānau! - <https://practiceplus.nz/>



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Our mailing address is:
info@manaakimatakaoa.com

Te Araroa, New Zealand

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