

He Pānui - March 2024

Upcoming Events



Check Facebook Page for more details.

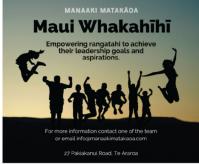


Nau mai haere mai



Regular Workshops Māmā Pēpi Support

FOLLOW US New Location 6





MANAAKI MATAKÃOA

CYBER SAFETY AWARENESS SUPPORTING WHÂNAU THROUGH TECHNOLOGY AND IT ASSISTANCE

MANAAKI MATAKĀOA NGA TAONGA O MATAKÃOA



Every Wednesday 10:00am - 1:00pm 27 Pakiakanui Road, Te Araroa 4087



MANAAKI MATAKĀOA TAMARIKI TAIEA REHEKŌ RANGATAHI



Tūmeke Taite Hākinakina Every Thursday 3:00pm - 4:30pm Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti Gvm



FREE AFTERHOURS VIRTUAL CLINICIAN APPOINTMENTS FOR WHANAU LIVING IN MATAKÃOA



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 Tairawhiti 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 <u>info@manaakimatakaoa.com</u>.

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 Nutrional 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 Tairawhiti who provide support through a multi-agency approach, addressing ideas, issues and initiatives in a solutions-focused kanohi ki Te kanohi 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



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



ORANGA KŌPARA FIGURES

MAR 01 - MAR 31



KAIMAHI TAIWHENUA FIGURES 2024DRAINAGE AND DIGGER WORK7PROPERTY MAINTENANCE, LAWNS AND GARDENS23RUBBISH RUNS11SPOUTING REPAIR/CLEAN4SMOKE ALARMS INSTALLED2

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.

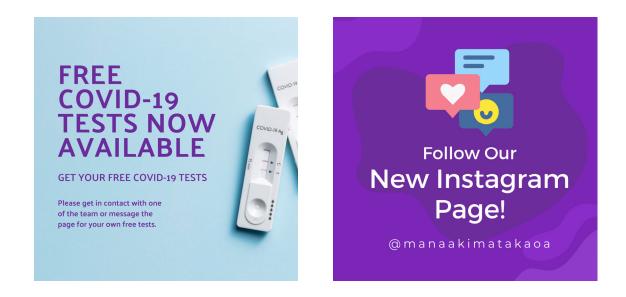
Through video or phone technology, a Practice Plus Clinician can privately and securely help treat most medical needs, sicknesses or injuries. From a common cold, contraceptive options, migraines and more, Practice Plus can provide treatment and prescriptions direct to your pharmacy along with health 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 awhi 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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