Please do not reply to this email. Contact details are listed in footer.



# He Pānui - February 2024

#### **Upcoming Events**





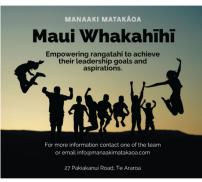
Te Kura Kauapapa Māori o Kawakawa Mai Tawhiti Every Thursday (4:30pm - 5:30pm) Nau mai haere mai

#### manaaki matakāda HINETEIWAIWA MAMA PEPĪ PROGRAMME



Regylar Workshops Māmā Pēpi Support Contact - Renee Papuni if you have any further enquir info@manaskimatakaoa.com 27 pekikakau Road





ARCH 8TH - 17TH 2024

Well Wahine Week

MANAAKI MATAKĀ

TANE PROGRAMME

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



manaaki matakãoa NGÃ TÃONGA O MATAKÃOA



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



#### manaaki matakäoa TAMARIKI TAIEA REHEKÖ RANGATAHI



#### Tymeke Taite Hākinakina Every Thursday 3:00pm - 4:30pm Te kura Kaupapa Mādri a Kawakawa Mai Tawhili Gym



FREE AFTERHOURS VIRTUAL CLINICIAN APPOINTMENTS FOR WHANAU LIVING IN MATAKÃOA



Concerner - Andrews

## Waitangi Market



What an awesome day it was, celebrating our 2024 Waitangi Market earlier this month.

Thank you again to everyone who came out and supported our mākete, the bouncy castle and slippery slide was definitely a highlight for our tamariki.

Special mention to Te Aroha Kanarahi Trust, <u>Ngati Porou Oranga</u> for supporting our kaupapa and last but not least, all our stall holders who made the day possible. Awesome to see all the yummy Kai, baking goods, freshly grown vegetables, homemade jam/bread, and all the crafts and clothing made by local whānau here in Matakāoa.



#### Will and Attorney Workshop



This month Valerie Houkamau was back to help with our Wills Workshop. This was such an awesome kaupapa and great to see so many whānau drafting up their wills for themselves and their whānau's future, around 10 whānau attended this workshop.

Thank you to everyone who came along and a big mihi to Valerie Houkamau for coming in and sharing your knowledge with us.

#### Ngā Tāonga o Matakāoa





Ngā Tāonga o Matakāoa (Pakeke Day) continued this month. With lots of exciting activities such as continuing our regular Reo Māori classes with Kōka Makere. They also went to Tokomaru Bay for lunch at Te Puka Tavern, and last week travelling to Gisborne for a shopping and salon trip and to visit whānau.

Big mihi to all who have attended and supported this weekly programme. We have a lot more exciting activities planned in the coming months, nau mai haere mai pakeke mā.

Happening every Wednesday (10:00AM - 1:00PM)

#### 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.

Our Kaimahi Taiwhenua are about to begin 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







Nau mai, hoki mai tamariki mā!

Tūmeke Taite (Tamariki Taiea/Rehekō Rangatahi) weekly hākinakina returned this month following the summer holidays. We delivered 5 Tūmeke Taite programmes that included multi-sport, Basketball, Dodgeball, Rippa Rugby, and Netball held at Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti gym with over 15 Tamariki/Rangatahi attending weekly.

Big mihi to Kōkā Renee, Kōkā Denise, and Mātua Kauri for supporting this

kaupapa, and of course 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.

## Maara Kai ki Kawakawa Mai Tawhiti





This month the Kōpara team were also out helping Te Kōhanga Reo o Kawakawa Mai Tawhiti with their maara kai (vege garden) planting capsicums.

Ka pai tamariki mā Na to rourou, na taku rourou, ka ora ai te iwi

## Hineteiwaiwa Māmā Pēpī Programme





This month some precious Tāonga took over our Tari and filled it with love, laughter and some pretty good karanga skills with big lungs.

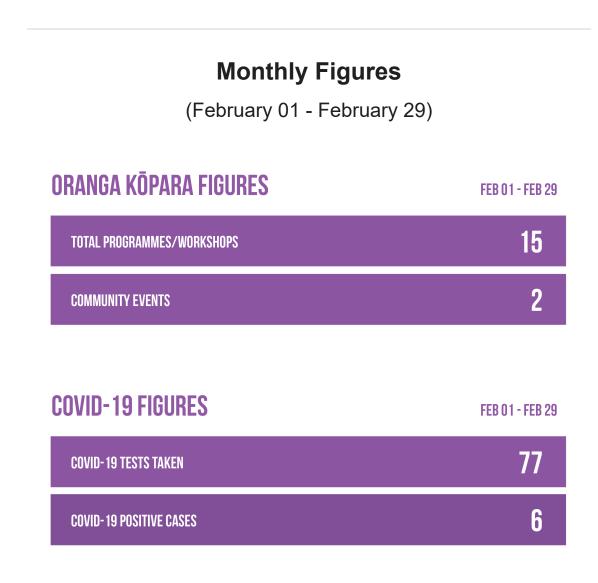
Their māmā were able to do mahi in their pēpī pukapuka and share milestones with each other, creating pēpī photo albums at this month's Creative Memories Workshop.

## Climate Change and Climate Adaption Findings Hui - Tairawhiti



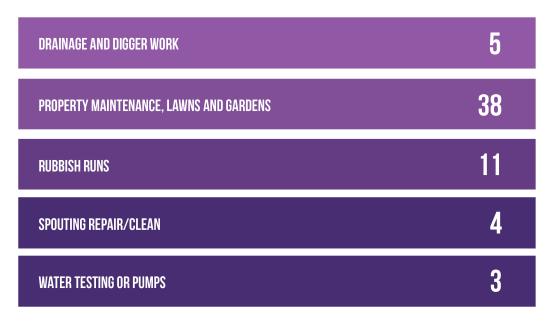
Ngā mihi nui to everyone who came out to discuss issues and concerns around Climate Change and Climate Adaption in Tairawhiti. Interviews were carried out across Muriwai/Ngai Tamanuhiri, here in Matakaoa, and also with the Gisborne City Disability Community.

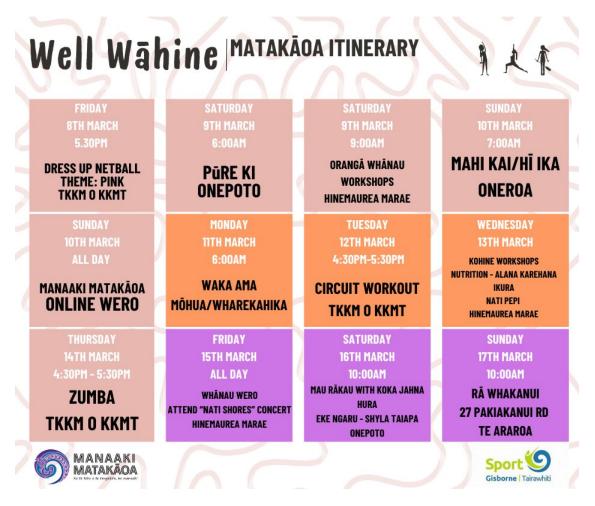
Te Weu Tairawhiti and the team also took these findings to Turanga earlier this month to present to the Gisborne District Council.



## KAIMAHI TAIWHENUA FIGURES 2024

FEB 01 - FEB 29





## Well Wahine Week 2024

Tēnā koutou Wahine mā, once again we are collaborating with Sport Tairāwhiti on their amazing Kaupapa celebrating Wahine and Kōhine for a jam packed 10 days!!!

See above for our itinerary and if you have any patai get in touch with any of us:

Shyla-Drew Taiapa (Sport Tairawhiti)
Jordyn Tihore (Sport Tairawhiti)
Michaella Houkamau (Manaaki Matakāoa)
Renee Papuni (Manaaki Matakāoa)

# 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.

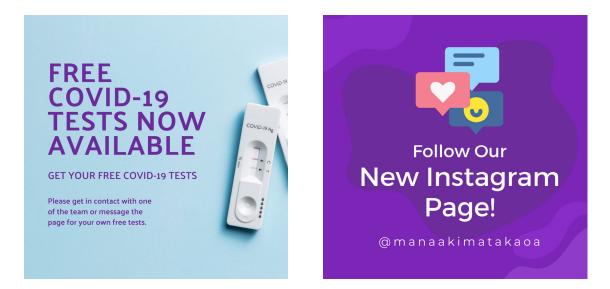
Through video or phone technology, a Practice Plus Clinician can privately and securely help treat most medical needs, sicknesses or injuries. From a common

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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