

HAUORA TINANA CHALLENGE



Earlier this month, we started our next Hauora Tinana Challenge. The idea of this challenge is to promote a more sustainable lifestyle by sharing tips and progress towards growing and catching our own kai.

For this challenge we will focus on starting and growing our own maara, regularly sharing updates and tips relating to growing/preserving or catching your own kai, while also getting in regular exercise throughout the week, sharing healthy recipes, and maintaining daily water intake levels, sharing mātauranga, and so much more.

So far this month we had 21 registrations signing up to this kaupapa.

We have given out 18x Starter Packs (including potting/seed raising mixes, a mini greenhouse, raised garden bed, seeds, gloves and plants).

This month we have also started up our weekly Social Volleyball afternoons, held a preserving wānanga, and have lots more planned to come.



KAIMAHI TAIWHENUA



This month our Kaimahi Taiwhenua team have been busy with Mahinga Kai, processing meats for upcoming events, preparing the hāngi fundraiser for our pakeke at the Waitangi Market, and assisting with the Matakāoa Horse Trek.

They have also continued to support whānau out in the community with Spouting and Drainage work, Waste Management, installing Water Filters, and have also been busy preparing for the Rongomātane Charter Fishing Trip in March.

MAUI WHAKAHĪ

This month two of our Maui Whakahī went on an overnight stay on a farm block to learn Kai Gathering Skills and keeping safe out in the Ngahere, while hunting.

Our Maui Whakahī participants have also been out working closely with our Kaimahi Taiwhenua while out doing mahi in the community, such as hāngi prep for our Pakeke Fundraiser, and much more.

PIKI TE ORA (PILOT PROGRAMME)

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.

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.



MANAAKI MATAKAOA

“Ko te tohu o te rangatira, he Manaaki”

He Pānui

PĒPUERE 2025

MATAKĀOA HORSE TREK



Big mihi to everyone who came out to our Matakaoa Horse Trek this month, up to Tarere Station.

We had 65 riders, who began their trek from Te Araroa Airstrip, up the Karakatuwhero river, through the Mangaiti forest, through Tarere forest and made our way to Tarere station for lunch. We then looped back around down Karakatuwhero river and back to the Airstrip for a BBQ.

TRINITY KOHA DENTAL CLINIC



He mihi mahana ki a Trinity Koha Dental Clinic (TKDC) team for your dedication to providing free dental care to our rural community. Your service has made a significant difference in the lives of our whānau, easing their pain and discomfort.

Over the 5 days they assisted with:
82 registrations, 48 individual patients seen, 50 appointments, 229 treatments, 51 restorations, 77 extractions, 14 hygiene cleans

A huge mihi also to our amazing community for embracing this opportunity and accessing the dental services provided.

WAITANGI WHAKANUIA

Big mihi going out to our whānau for coming to support our Waitangi Market this month at Hinerupe Marae, great to see our community coming together and celebrating a happy occasion together as whānau.

Big mihi also going out to all our stall holders for always supporting our monthly markets, and Te Kura Kaupapa Maori o Kawakawa Mai Tawhiti for the ongoing support, ka mau te wehi!!

Special mihi to our Kaiawhina - Teia Wirepa, Paige Kamizona, Anaru Dods, Eruera Saddlier for your awahi today, always awesome to see our Rangatahi involved in our mahi



HINETEIWAIWA PĒPĪ PROGRAMME

We had our first wānanga back from the holidays this month, our pēpī had a lovely picnic down at the park and enjoyed playing on the playground with their whanaunga.

We also held a Hineteiwaiwa Sip and Paint for our Māmā to enjoy. They painted each other's portraits, while our Pēpī enjoyed waterplay activities, and interacting with their whanaunga.



NGĀ TĀONGA O MATAKĀOA



This month ngā Pakeke o Ngā Taonga o Matakāoa had 4x weekly workshops. Going through whānau plans with Sheena, traveling over to Waihou Bay for lunch, we also caught up with our whānau from EIT in Ruatoria, and done lots of planning and whanaungatanga each week through kaitahi and social kēmu.

Happening every Wednesday Pakeke mā, nau mai haere mai.

TAMARIKI TAIEA REHEKŌ RANGATAHI



I tēnei marama i tū e toru ngā kaupapa Tūmeke Taite ki Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti, mō ngā Tamariki/Rangatahi o Matakāoa.

E mihi ana ki a koutou tamariki mā e kaha tae ā tīnana mai ki ngā kaupapa hākinakina ia wiki, ka mau te wehi. Mēnā rānei e pīrangī ana koe ki te piri mai ki tēnei kaupapa, tēnā whakakī i te pepa rēhita ki raro iho nei.

This month we held 3 weekly Tūmeke Taite sports afternoons at Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti, for our Tamariki/Rangatahi here in Matakaoa.

Big mihi to all the Tamariki who attend all our sports programmes every week.

If you or your child would like to join this programme please use the link below to register (if you haven't done so already).