

Waitangi Whakanuia 2025

Rātapu 9 o Pēpuere

3:00pm - 6:00pm

Hinerupe Marae, Te Araroa

Market, Kids Zone, Bouncy Castle, Pakeke Table, Kai, Hangi and more

Stall holders if you would like to hold a stall please get in contact with one of the team.

Hangi Fundraiser

\$10 Per Hangi

Rātapu 9 o Pēpuere

Pick Up (5:30pm - 6:00pm)

Hinerupe Marae, Te Araroa

Ki te hiahia koe ki te hoko hangi, whakapa atu ki a Denise Kamizona

Please message Denise Kamizona to place hangi orders (No orders in the comments please).

Raising funds for Ngā Taonga o Matakāoa (Pakeke)



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.

KAIMAHI TAIWHENUA

Our Taiwhenua team is dedicated to ensuring every household across Matakāoa has access to clean drinking water. They have been out delivering benchtop water filters, while also:

- Conducting Healthy Home Assessments
 - Perform essential drainage and spouting maintenance
 - Providing additional support where needed
- Thank you for your patience, we're committed to supporting your whānau's health and wellbeing.

"Water is life, and clean water brings good health!"

Stay tuned for updates! We're planning an exciting intergenerational day trip, building whakawhanaungatanga and sharing Matauranga across the ages.

SMOKE ALARMS INSTALLED	21	WATER TESTING/PUMP MAINTENANCE	1
RUBBISH PUNS/WASTE MANAGEMENT	17	WATER FILTERS DELIVERED	35
SPOUTING REPAIRS AND CLEAN	16	DIGGER DRAINAGE/DRIVEWAY/SEPTIC	3
HEALTHY HOME ASSESSMENTS	10		



MANAAKI MATAKĀOA

"Ko te tohu o te rangatira, he Manaaki"

He Pānui

HANUERE 2025

TRINITY KOHA

Exciting News!

The Trinity Koha Dental Clinic is coming to Manaaki Matakaoa from February 10th to 14th!

They'll be following up on outstanding appointments from last year and hopefully have availability for new patients.

We're grateful for this opportunity, as we know that travelling 3-4 hours one way to access dental care can be a significant challenge for a lot of our whanau. A huge mihi to our NPO for making this essential service possible for our Rural communities!

FREE TO USE LIFEJACKETS



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.



On the 11th of March we have The Rural Support Roadshow based at the office (27 Pakiakanui Road, Te Araroa) from 10am to 12pm.

Keep an eye out on our Facebook Page for more information.

HAUORA TINANA CHALLENGE - MAHINGA KAI

For 5 weeks we will challenge ourselves on becoming more sustainable and self-sufficient by producing our own kai and reducing our intake of processed kai.

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.

MARA 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.

TAMARIKI TAIEA REHEKŌ RANGATAHI



Nau mai hoki mai tamariki mā,

Tamariki Taiea - Rehekō Rangatahi weekly programme will be starting from Thursday 13th of February (3:00pm - 4:30pm) for term 1, at Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti.

If your tamaiti/tamariki are new to this programme, please use the link on our facebook page to register.

NGĀ TĀONGA O MATAKĀOA



Ngā Taonga o Matakāoa (pakeke day) returned this month after the holidays and have been planning and organising the busy year ahead. Ngā Taonga continued with whanaungatanga welcoming new members into our roopu, kaitahi and enjoy coming in for a few rounds of cards to keep the mind active.

We also held our very first Sip and Paint session where their creativity was on full display painting each other's portraits, listening to music, and enjoying each other's company.