

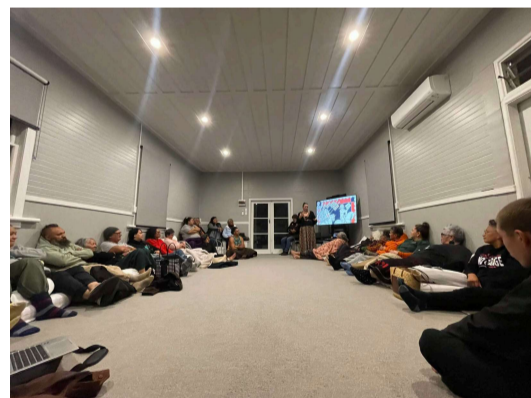


He Pānui - Hūrae 2024

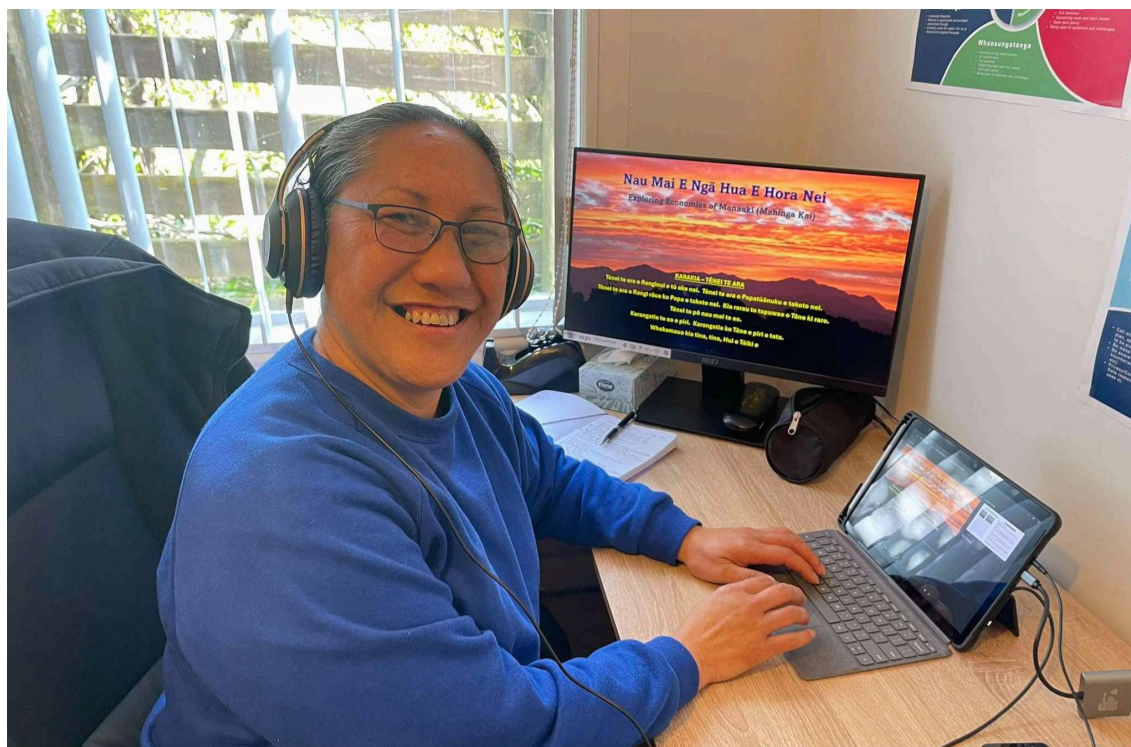
Manaaki Matakāoa ki Te Tai Tokerau



I tēnei marama i haere mātou ngā kaimahi o Manaaki Matakāoa ki Wainui ki roto o Te Tai Tokerau ki te wānanga i ngā kaupapa kei mua ia mātou o Manaaki Matakāoa, me te hāpori o Matakāoa. He wā hei whakakotahi i ngā whakaaro a ngā kaimahi, he wā hoki ki te whakatā. E mihi ana ki te haukāinga o Wainui koutou ngā uri o Ngāti Ruamahue i tō koutou pōhiri mai i a mātou, ki te wānanga i ngā kōrero mo Te Whakaputanga me Te Tiriti o Waitangi. Inā te ataahua o te noho tahi, i raro i te kaupapa kotahi.



Kairangahau - Mahinga Kai Research



Nau mai haere mai Jessamine Wanoa ki te whānau o Manaaki Matakaoa.

Ko Jessamine Wanoa te kairangahau hou ki Manaaki Matakāoa, ko tana kaupapa mahi he rangahau i ngā kaupapa "**Mahinga kai**" o te kāenga.

*"Ko te manu kai i te miro nōnā te ngahere,
ko te manu kai i te mātauranga nōnā te ao"*



Reviving traditional food sharing practices in Matakaoa to promote climate resilience, social cohesion, and collective wellbeing.

Key Focus: Mahinga kai (traditional food gathering) - Community engagement
- Economic empowerment.

Cultural revitalization Goal: Sustainable, equitable, and resilient food systems honoring Indigenous traditions.

Hineteiwaiwa Pēpi Programme



Nau mai haere mai Raiha Taylor-Luke ki te whānau o Manaaki Matakāoa.

Ko Raiha Taylor-Luke te kaiāwhina hou ki Manaaki Matakāoa, ko tana tūranga mahi he kaiāwhina ki ngā kaupapa Tamariki/Rangatahi, Ira Wahine, me ngā kaupapa o te hāpori. Ko ia hoki te Kaiārahi mo te kaupapa Hineteiwaiwa (Pēpī Programme).

"Ka pū te rūha, ka hao te Rangatahi"

**HINETEIWAIWA
PEPI PROGRAMME**

0YRS - 5YRS

**Fortnightly Workshops
Pēpi Support**

Contact - Liza Taylor-Luke if you have any further enquiries.

info@manaakimatakaoa.com
27 Pakiakanui Road

We are kicking off our Fortnightly Hineteiwaiwa Pēpī Programme this August with our new Kaimahi [Liza Taylor-Luke](#), come and join us for Whakawhanaungatanga, Kaitahi, Planning and more.

Ma te pa te tamaiti e whakatipu – it takes a village to raise a child

Fortnightly (Tuesdays)

10:00AM - 12:00PM

27 Pakiakanui Road, Te Araroa

Check our Facebook page for when our next Hineteiwaiwa Pēpi Programme is scheduled.

Transport is also available, please contact Liza if you need a ride.

Nau Mai Haere Mai

Ira Wāhine



Offering various workshops to support the personal growth, well-being, and empowerment of wahine in rural, isolated communities. These workshops provide a safe space for wahine to learn, share, and grow together, addressing their unique challenges and aspirations. Health and Wellness, Focusing on physical and mental health, nutrition, and wellness.

Hauora Tinana Challenge - Cancer Awareness

Hauora Tinana Challenge

ONE MILLION STEPS FOR CANCER

(1ST AUG - 31ST AUG)

*Raising Funds and Awareness for Cancer Society NZ
Collectively walking One Million steps for Cancer this August.*

Register to join this kaupapa!

100% of the money raised will go towards The Cancer Society




1 in 3 people in Aotearoa will get cancer in our lifetime. It could be you; it could be someone you love.

For our next Hauora Tinana Challenge we are working together to walk ONE MILLION steps for Cancer this August.

Last time we focused on our own Hauora Journey, and this challenge we will be raising awareness and raising funds for the whānau battling all types of cancer. In a group chat we will share our progress regularly updating our steps and motivating each other with workout plans and healthy new recipes and kai.

Each Wednesday we will be hosting themed social netball events to raise awareness for various cancer types (Pink for breast cancer etc.) Koha entry to go towards our final donation total.

We will also have Raffles and other fundraisers going throughout the month so keep an eye out whānau.

All money raised will go towards the Cancer Society Daffodil Day Fundraiser at the end of August.

TO JOIN THIS KAUPAPA PLEASE REGISTER HERE -
<https://forms.office.com/r/pbfvs08DVw>

Ngā Tāonga o Matakāoa



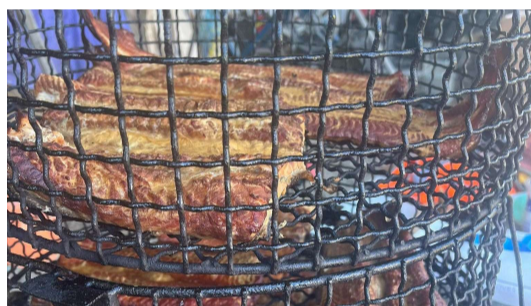
Ngā Tāonga o Matakāoa (Pakeke Day) continued this month with more whanaungatanga, learning new waiata, Ukulele lessons, trips and more

planning. They went to Rotorua earlier in the month to Tautoko Rihi Turner-Houkamau at the Miss Rotorua Beauty Pageant 2024. Who successfully earned the title of Miss Te Arawa and also recieved Peoples Choice Award.

Our Pakeke had a fabulous time, among all the Glitz, Glamour and all the Talent.

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

Oranga Whānau/Kaimahi Taiwhenua



Kaimahi Taiwhenua: have continued to support whanau around Matakaoa this month, from disaster recovery, digger and drainage work, spouting repairs/cleans, and have also been out with the Maui Whakahī supporting them with their aspirations and goals through mahinga kai activities and wananga.

Whānau plans: will support our local whānau to consider and plan around their broad hauora goals. Our kaimanaaki will work closely with whānau to develop their plan, identify where we can help, and walk alongside the whānau as they work to achieve their hauora goals.

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

TAMARIKI TAIEA REHEKŌ RANGATAHI

5yrs - 17yrs



Tūmeke Taite

**Hākinakina
Every Thursday
3:00pm - 4:30pm**

Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti Gym

Tamariki Taiea/Rehekō Rangatahi Tūmeke Taite Hākinakina

Kāore he kaupapa Tamariki Taiea/Rehekō Rangatahi i tū i tēnei marama, heoi, kua tīmata anō ngā mahi hākinakina mo wāhanga 3. I tēnei wiki ka timata ngā mahi hākinakina ki Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti mo te roanga o wāhanga 3.

Mātua mā whakapā mai ki a Michaella Houkamau
(michaellah@manaakimatakaoa.com) mēnā he pātai tou.

Maui Whakahi Programme

MANAAKI MATAKĀOA

Maui Whakahī

Workforce Development
Empowering rangatahi to achieve
their leadership goals and
aspirations.



For more information contact one of the team
or email info@manaakimatakaoa.com

Register today rangatahi mā!



Maui Whakahī is a programme specifically designed to help empower our rangatahi here in Matakāoa, who are at risk of not being supported to reach their full potential.

Manaaki Matakāoa will take a whānau-centered approach, supporting the broader whānau with their aspirations and hauora goals. Through these programmes, rangatahi will achieve a stronger sense of identity and belonging, and an enhanced sense of value through service to the community and be provided with increased opportunities to step onto leadership pathways.

The programme will include:

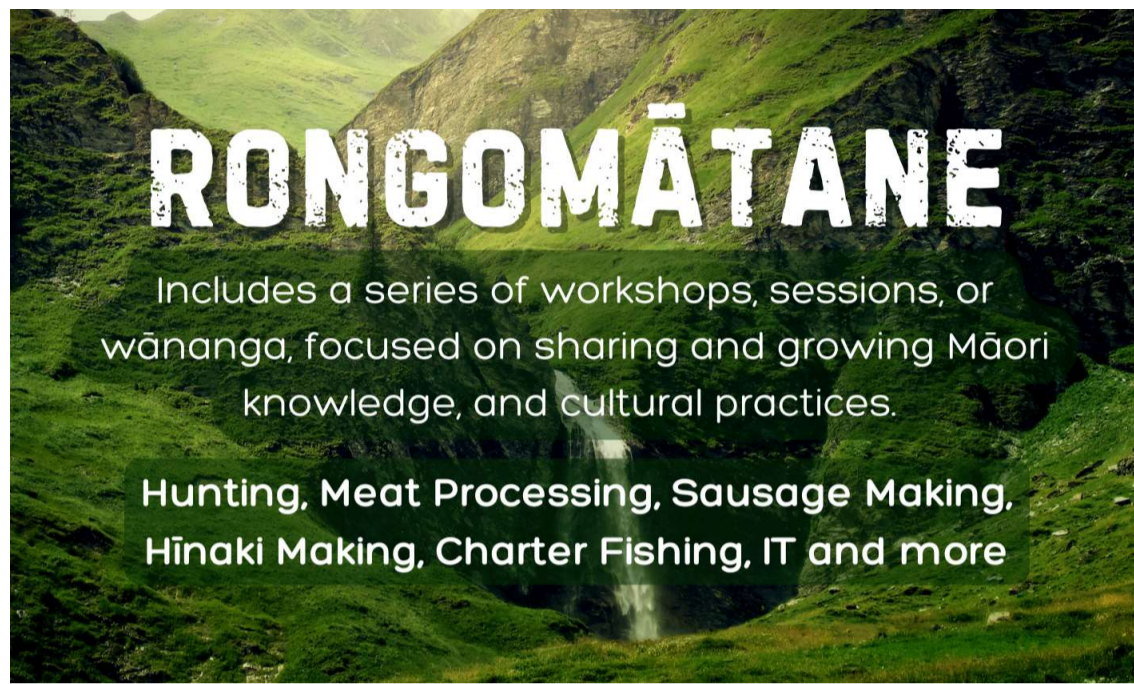
- Mahinga kai activities
- Intergenerational engagement with pakeke and kaumatua/kuia
- Work experience with Manaaki Matakāoa (life skills Development)
- Wānanga throughout the year
- Mātauranga Māori (rongoā, māramataka, purakau, hīkoi)
- Psychosocial support
- Connections to health services
- Tikanga (manaakitanga, tohakai, tohi) and Reo
- Education support (in partnership with local kura)

"Tamaiti ākona i te kāenga, tū ana ki te ao, tau ana"

Rangatahi mā if this is you, please register here:

<https://forms.gle/CyXhB2MHPNfsKaTL9>

Rongomātane (Tane Programme)



The Rongomatane program for men includes a series of workshops, sessions, or wānanga, focused on sharing and growing Māori knowledge, wisdom, and cultural practices.

Here's a general outline of what the program might look like: -

Kaupapa Māori (Māori principles and values) framework

- Experiential learning and hands-on activities
- Matauranga and sharing of personal experiences
- Group work and peer support
- Cultural immersion and hands-on learning

By addressing the unique challenges faced by rural, isolated men, the Rongomatane program can have a profound impact on their lives, wellbeing, Hauora

Kotahitanga Paraire



Need a helping hand?

Our team is here to support you in your time of need.

We'll come to you! - Yard cleanup and maintenance - Event support/assistance - And much more!

We're committed to building stronger, more connected communities.

Contact us to learn more and arrange support.

Te Pō Matariki



✨ Mānawa maiea te putanga o matariki, mānawa maiea te ariki o te rangi, mānawa maiea te mātahi o te tau ✨

Tēnā tātou i te tau hou māori, ko ngā whakaaro ki a rātou kua wheturangitia haere, haere, haere atu rā, hoki mai ki a tātou te hunga ora tēnā tātou katoa. E mihi ana ki a koutou te whānau i haere mai ki te whakanui i te pō matariki ki te marae o Hinerupe, kātahi te huinga whetu ko tērā.

E mihi ana hoki ki ngā ringa raupa o te kaupapa, e kore te puna o mihi e mimiti ki a koutou.



Piki Te Ora



Remote Patient Monitoring (RPM) is one way our whānau can lead their own hauora.

A huge mihi goes out to the Team from [Health New Zealand - Te Whatu Ora](#)

(Piki Te Ora Pilot) for coming out this month to introduce some of our whānau to this kaupapa.

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.

Monthly Figures (July 01 - July 31)

KAIMAHI TAIWHENUA FIGURES 2024

JULY 01 - JULY 31

DIGGER WORK (DRAINAGE/DRIVEWAY/SEPTIC)	11
SPOUTING REPAIR AND CLEANS	5
RUBBISH RUNS	18

OUR COVID CARE SERVICES INCLUDE:



MEDIPACK
DELIVERY



PHARMACEUTICAL
ACCESS



FOODPACKS &
GROCERY DELIVERY



IN-HOME
TESTING



STORM
PREPAREDNESS



HOUSEHOLD WASTE
MANAGEMENT

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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