

IRA WAHINE RONGOĀ WORKSHOP

Tēnā tātou wahine mā, kātahi te wānanga tuatahi ko tērā. E mihi ana ki a koutou katoa i tae ā tīnana mai ki te ako i ngā kōrero e hāngai ana ki te rongoā rakau.

E mihi ana hoki ki a Varnya Subritzky-Te Awhitu i haramai ki te whakaako, i o mōhiotanga ki a mātou ngā wahine o Matakāoa, taputapu ana.



What a wonderful first workshop for our Ira Wahine programme held at Hinemaurea Marae this month. Thank you all for supporting our kaupapa and attending our workshops. It was awesome to see kaupapa based back at our marae, and what better way than a rongā workshop to bring us all back to our marae.

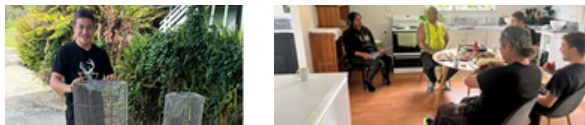
Mihi nui to Varnya Subritzky-Te Awhitu for sharing your rich knowledge of rongoā rakau to our wahine o Matakāoa, taputapu ana.

RONGOMĀTANE (TANE PROGRAMME)

Our first Hīnaki Making Wānanga exceeded expectations! Participants crafted personalized Hīnaki, drawing inspiration from a demonstration model.

During their lunch break Hiria provided a session on IT insights for the Tane, keeping themselves and their whānau safe while using online devices.

E mihi ana ki a koutou ngā tāne ringa raupā o tenei kaupapa.



PIKI TE ORA PILOT

The Piki Te Ora Pilot - Remote Patient Monitoring (RPM) is one way our whānau can lead their own hauora.

So far, we have 11 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.

KAIMAHI TAIWHENUA

Kaimahi Taiwhenua: Stage 2 for the Healthy Home Assessments are underway which include spouting repairs, spouting clean, drainage, water filters, smoke alarms, and have continued to assist whānau with winter preparedness (Firewood).

Kaimahi Taiwhenua have also continued to support the Maui Whakahī programme, supporting them with their aspirations and goals through mahinga kai activities and wānanga.



KAIMAHI TAIWHENUA FIGURES 2024

OCTOBER 01 - OCTOBER 31

SMOKE ALARMS REQUESTED	11
RUBBISH RUNS	28
FIREWOOD DELIVERIES	1
SPOUTING REPAIRS AND CLEAN	11
WATER FILTERS DELIVERED	21



MANAAKI MATAKAOA

“Ko te tohu o te rangatira, he Manaaki”

He Pānui

OKETOPA 2024

TE PŌ TE KITEA



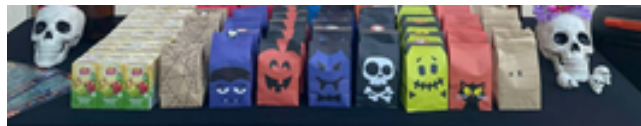
Kaore e ariarika ngā mihi ki a koutou katoa i tae ā tinana mai ki te pō whakahirahira o “Te Pō Te Kitea”. Mīharo pai te kite atu i ngā whānau e whakakotahi ana i runga i te wairua ngahau. Ko te tumanako i hari, i koa tō koutou piri mai ki tēnei kaupapa.

E tika ana me mihi hoki ki ngā kaiāpai o te kaupapa, Koka Kamae Henderson, Koka Waitangi Chesley, Koka Ara Ariki Houkamau, Koka Poiwa Ngatai Melbourne, otirā ngā mātua i hapai i ngā whakaritengā o te pō, e kore e mutu ngā mihi ki a koutou katoa.



This event drew inspiration from the Disney film Coco Reo Māori. Celebrating the Mexican Tradition of Day of the Dead (Dia de los Muertos).

Tamariki dressed up in their Coco inspired outfits, before heading out in groups to complete tasks around the township, including name the Atua, complete the kupu, perform a Haka, and hold a Pukana for 20 seconds. Before heading back to the office to retrieve their goodie bags, kai, and continued the fun with face painting and watching Coco Reo Māori projected on an outdoor screen.



HAUORA TINANA INTAKE CHALLENGE

For 5 weeks 24 participants have signed up to focus and challenge themselves to focus on what their daily intake levels are, for: water, healthy nutritious kai, giving up/beating unhealthy habits such as smoking or vaping, while also getting in regular exercise throughout their week.

Throughout the challenge we have had multiple spot prizes awarded to whānau who have been regularly sharing their progress with the rest of the group, helping motivate each other on their hauora journeys.

We have also had Social Netball open for all whanau to participate every Tuesday afternoon, and a full body workout session with Poiwa Gibson-Melbourne every Thursday afternoon.



NGĀ TĀONGA O MATAKĀOA

This month our pakeke were joined by multiple special guests who came in to discuss a range of topics with our pakeke.

This month we had Michael Dent from Hallam Jones Insurance & Superannuation Ltd to discuss very important kaupapa around life health insurance and financial wellbeing, we also had Phil Reid up for a karaoke session and had a wānanga around Mahinga Kai with Tina Ngata. Tina also prepared some delicious kai including Mussel and watercress Toroī, Pickled Aruhe, Pipi and seaweed Toroī, Kina Butter, Seaweed and Cucumber Pickle to share with our Pakeke.



TAMARIKI TAIEA / REHEKŌ RANGATAHI

Tēnā tatou i te wāhanga whakamutunga o te kura mo 2024, kau e wareware kia ū ki ngā mahi, kia kaha hoki te whakarongo ki ngā kaiako.

I tēnei marama i tū tētahi 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.



KAUPAPA HARAREI (HOLIDAY PROGRAMME)

Kātahi te kaupapa hararei ko tērā.

E mihi ana ki a koutou katoa i tae mai ki te kaupapa hararei mō wāhanga 3, ahakoa te huarere, ko te tumanako i hari, i koa tō koutou noho ki te marae o Hinemaurea, mīharo pai te kite i a koutou e mahi tahi ana, e tākaro tahi ana i runga i te wairua ngahau, ka mau te wehi tamariki mā.

He mihi tino nui hoki ki ngā Kōkā i tae mai ki te tautoko i te kaupapa hararei, [Renee Papuni](#) from [Whiti Ora Tairāwhiti - The Coast](#), [Diane Pahuru](#), [Chakakhan Edmonds](#), Betty-June Waititi-McClutchie, ko koutou ngā ringa raupā o te kaupapa, ngā mihi nui wahine mā.

