

## WELCOME!

We welcomed Briar Mascheretti to the MHSS team who will be working in the Kaumatua and Mate Huka space.

## What's been happening



- Kaumatua started back up on the 13<sup>th</sup> January 2026.
- Mate Huka started back up on 14<sup>th</sup> January.



MHSS & Employ NZ are continuing to run a licence program to support whanau in gaining learners, restricted and full licences. This month we saw eight participants pass their restricted or full licence tests. We are proud of our new licensees and look forward to supporting the rest of our participants to succeed.

**Bread Service** will continue this year. Please come and get what you need for your household and remember to bring your own bag.



MHSS staff walked around the Mauao and surrounding areas for 5kms on the 16<sup>th</sup> January encouraging health and wellbeing.



## What's coming up!

- 4th World Cancer Day - 2026 theme United by Unique! Places people at the centre of care and their stories.
- Join The Push-Up Challenge and take on 2,000 push-ups from 5-27 February to get fit, have fun and push for better mental health in Aotearoa New Zealand.

## Need support?!

Are you or someone you know experiencing domestic violence, hardship, addiction, mental health and or wellbeing issues.

*Contact MHSS today! You are supported locally!*