

**ANZAC day**, commemorates New Zealanders who have served and died in wars, conflict, and peacekeeping missions. Dawn services and parades are held annually on 25<sup>th</sup> April.

MHSS displayed a memorial in our office window, extending our gratitude to our whanau who have served.



Te Arawa Whanau Ora recently sponsored 10 Kaumatua to receive a well deserved beauty treatment from local Beautician, Vicky, Glow Beauty Salon.

All who have received their treatment so far have felt refreshed and pampered.

Please see Glow Beauty Salons Facebook page for services and specials.



### What's been Happening



- **Kaumatua Day Program (KDP)** started back up on 20<sup>th</sup> April.
- **Parenting Programme** started 22<sup>nd</sup> April and has commenced building awesome whanau, registrations closed.
- **Te Reo** programme run through Whanau Ora has commenced and students learning the fundamentals of Te Reo, registrations closed.

MHSS will be holding a **Pink Ribbon** small breakfast at the front of the Hauora on **Thursday 21<sup>st</sup> May from 9am-10am**. Come join us in a treat and hot beverage as we raise money to help bring us one step closer to zero deaths from breast cancer.



**Sustainability Options**  
for ethical & sustainable living



With winter fast approaching now is the time to check the heat pumps and to continue reducing mould.

See the 20degrees website for how to resources on keeping your whare safe and warm this winter.

<https://www.20degrees.org.nz/resources/>

## What's coming up



- **Pink Shirt Day** held 15<sup>th</sup> May, this antibullying campaign celebrates diversity and healthy environments where all people can feel safe, valued and respected.
- 21 May, **Pink Ribbon Breakfast**, Tuck in with your friends, whānau and workmates to help beat breast cancer, together!
- **Marae to Marae Te Arawa Relay** held in May. Four MHSS staff will be running in the relay honouring tradition, whakapapa and connections.

## 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!*

Remember to keep up to date with any changes and what's new at the hauora on our Facebook page!

Maketu Health and Social Services

0800MAKETU