

# March 2026 PANUI



## WINNER

Our Kaumatua attended the **Te Arawa Kaumatua Olympics** at the Energy Events Centre in Rotorua. Out of 30 teams they came home with the victory of winning first place. Outstanding achievement!



One of our Kaimahi attended the **Te Manawataki Regional SUDI Prevention Wānanga** at Te Pā Tū, in Rotorua. The kōrero throughout the day focused on protecting mokopuna and empowering whānau.



## THANK YOU!!

Thank you for all the kai donations this month that have gone back out to our community. This includes feijoa, kiwi fruit and pumpkins.



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

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This month MHSS staff joined the **Kilometres for Kids fundraiser**, walking, running and or cycling for the lives of sick children.

The team raised \$255 and walked/ran/cycled 238.1kms.

### **GREAT WORK!!**

Funds raised support critical care to every child across Aotearoa whenever they need it.



### **Stretch your tank!**

*The Energy, Efficiency and Conservation Authority* have released the below advice to assist with efficient fuel driving habits.

1. Keep an eye on your speedo
2. Smooth and steady on the pedals
3. Lighten the Load
4. Switch off when waiting
5. Check your tyres
6. Keep on top of maintenance

See <https://www.eeca.govt.nz/fuel/> for more information.

## **Stretch every tank**

Your fuel will go up to 20% further with a few efficient driving habits, and staying on top of routine maintenance, like checking your tyre pressure regularly.

It's the equivalent of saving around \$44 on every tank.<sup>1</sup>



### **What's coming up**



- **Rangatahi April Program** - Was a successful few weeks of activities and fun, held 07/04/26-17/04/26 9am-3pm.
- **Parenting program** - Building Awesome Whānau! This Kaupapa is all about encouraging and equipping whānau to be the best that they can be. This six-week program will run from 22/04/26-27/05/26 10am-12pm on Wednesdays, see MHSS reception to register.
- **Natural Burial** - The 27<sup>th</sup> March kōrero was cancelled due bad weather, next session to be held on the 1st May, registrations closed.

### **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!*

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