



**MHSS Breast Cancer Breakfast** held Thursday 21st was overwhelmingly successful! Pukus were filled, laughs echoed and funds raised to support the Breast Cancer Foundation in beating breast cancer, together!

**\$680** was raised and will be donated to the cause. Thank you to our community, cooks and staff for making this possible.



Thank you to **Nicky Goldsbury** and **Patricia White (Knocke)** for your generous donations on the day. This included our raffled fruit cake and robe set.



The winner of the raffle was... **Elaine Tapsell**



TOUCH



LOOK



GET CHECKED

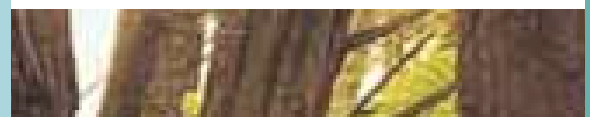
**Check your breast!** see the Breast Cancer Foundation page for more information or speak with your doctor.

<https://www.breastcancerfoundation.org.nz/breast-awareness/breast-changes/check-your-breasts>

**Natural Burial** kōrero was held 1<sup>st</sup> May by guest speaker Lyn Walmsley. Close to 50 attended to engage in this informative hui. Natural Burials is a not-for-profit organisation wanting to create and operate natural burial areas.

See <https://www.naturalburials.co.nz/> for more information.

natural  
burials



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 were happy to support our local teams in the Te Arawa **Marae to Marae** race held on the 2<sup>nd</sup> May 2026. Four MHSS staff ran for their maraes and shared their reflections below.



"It was cool getting amongst the locals and doing it with whanau"

"It felt wholeheartedly special running for my marae, better yet running alongside my sister"



It was a great experience for our marae. I loved the encouragement and support.



### What's been Happening



- MHSS staff sported **pink** shirts and went on a wellbeing hīkoi 15<sup>th</sup> May, supporting **antibullying** and healthy environments where all people can feel safe, valued and respected.
- **Parenting Programme** started 22<sup>nd</sup> April and concluded 27<sup>th</sup> May. All completed their program in building awesome whanau. Great effort!

# Thank You

Rotary  
Papamoa



MHSS were provided with 30 tickets for the **Circus Quirkus** held on the 7<sup>th</sup> May 2026 from the **Papamoa Rotary Club**. Whanau in the community attended, all had a great time, with some children thinking they too may join a circus one day.



MHSS are thankful to have received knitted baby blankets and beanies for whanau expecting a little pēpi. Such a meaningful gift to keep our pēpi warm and cosy. **Thank you Linda Currin!**



## Happy Birthday Uncle Sam and Nanny Lucy.

We appreciate our bubbly Kaumatua who celebrated their birthdays in May. Seeing their joyful faces around our community is special.



## What's coming up




- **Men's Health Week** 15<sup>th</sup> - 21<sup>st</sup> June - opportunity to shine a spotlight on men's health and talk about men's happier and healthier lifestyles.


## 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