

Daffodil day, 28th August, Each day 81 Kiwis are diagnosed with cancer. To show support, staff took a walk along the beach and handed out fresh daffodils. Daffodils symbolise hope, strength, new beginnings, and representing resilience of those impacted.

We had fundraised **\$81.60** on the day to go towards the Cancer Society to support specialist nursing, life-saving treatment and transportation.



Thank you for your support!



What's been happening August!



- **4th August and 10th August** MHSS staff attended Deescalation training, focusing on strategies to defuse difficult situations and ensuring safety of self and others.
- **20th August** Jess Goldsbury celebrated her one year anniversary at MHSS.
- Following on from the **Te Reo Beginners course**, another cohort commenced which is set to finish in September.
- **August 12th** Two kaimahi attended a mental health 101 course .

Thank you to Robyn Tangiora who generously delivered a koha of a Full Te Puke High School Uniform including shoes to give to a local school goer.

Thank You

Youth Vaping - Did you know!

Flavours matter

44% of young people who vape reported starting by experimenting with flavours.

Food-grade ≠ safe to inhale

Flavouring chemicals may be safe to eat, but this does not mean they are safe to inhale. Many have not been tested for inhalation.

Vapes are designed to appeal

Sweet flavours, colourful designs and new technology can make vaping attractive to young people.



Nicotine is addictive

Starting nicotine use young can increase the risk of long-term dependence.

Education is key

Understanding the risks and having the right support can help young people make informed choices and quit vaping.

Know a young person struggling with vaping?

Get in touch — support is available at MHSS, reach out!



What's happening in September!



- **10th September** R U Ok Day, inspire and empower meaningfully connections, start a conversation with those who may be struggling with life.
- **14th -21st September** Wiki o te Reo: This year focus is all about making te reo Māori visible. Join in to help make te reo Māori a lasting part of our everyday lives.
- **September** Prostate Cancer Awareness Month - Blue September!

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