November 2026

PANUI

MAKETU
Health & Social Services

What happened in November!

- **Movember**: From mental health, suicide prevention to prostate and testicular cancer, Movember funds lifesaving research, funding prevention-focused programs, and helping men live longer, healthier lives.
- **Development**: 4th November Pare & Jayleen attended Mahutonga - Brain Development throughout Childhood and Adolescence workshop. Our Kaimahi had photo opportunity with presenter Nathan Wallis.
- **Parenting Programme:** MHSS finalised its 7th programme on 16th November, well done all involved.
- 16th November we welcomed **Suzie Hamiora** to the team, please see her profile below.





🎄❤️ A Heartfelt Thank You from MHSS and Maketū Fire & Emergency Services ❤️🎄

MHSS and Maketū Fire & Emergency Services would like to extend our sincere thanks to Maketū, Little Waihī, and Paengaroa for your generous donations and support.

The atmosphere was filled with warmth, joy, and the true spirit of giving. Thanks to your kindness, all donated kai has been distributed to local whānau who would benefit from a helping hand this festive season.

Your generosity will make a meaningful difference to many families in our community.

We wish everyone a very Merry Christmas and a safe, happy holiday season.

Ngā mihi nui for your support and kindness. 🎁✨🎄

Te Ara Kai o Maketū - Thanks
He mihi nui - Te Ara Kai o Maketū

We'd like to share a huge mihi to Maketū School gardening programme and the amazing tamariki and their kaiako for the beautiful veggies they have planted and nurtured in our community garden.

It is awesome to see our tamariki learning about where our kai comes from, caring for the mara and growing kai for our community to enjoy.

Thank you for helping our community garden grow 🌿





White Ribbon Day: Thank you to all who supported our White Ribbon promotional day by purchasing a sausage sizzle or two. A huge mihi to our **Guest Speaker Kahira** for sharing information on the Save our Babies Charitable Trust and the awesome mahi carried out to support Domestic Violence prevention.

Congratulations also to the Quiz prize winners!

Know support is out there, reach out!







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

Meet Suzie Hamiora



Role: Kaimahi Non-Violence Programme Administrator

Ko Ngongotaha, Ko Tarawera ngā maunga
Ko Utuhina, Ko Puarenga nga awa
I te taha o tōku Mama, ko Ngāti Whakaue
I te taha o tōku Papa, ko Tuhourangi Ngati Wahiao
Ko Te Waru Claude rāua ko Maata (nee Wharerahi) ōku mātua
Ko Kapiti rāua ko Matehaere Suzie (nee Kerei) ōku tūpuna
Tokotoru ōku tamariki
Tokowhā ōku mokopuna
Nō Rotorua ahau
Ko Suzie Matehaere Hamiora t ōku ingoā

"I am very blessed and grateful to have recently become a Kaimahi at Maketu Hauora, as a Non-Violence Programme Administrator.

An interesting fact about me is that my Whanau have always loved performing Kapa haka. Our children/nieces/nephews and now Mokopuna are carrying on our legacy.

I am looking forward to becoming more involved in community activities and reconnecting with Whānau in Maketu and Te Puke."

What's happening in December!

Christmas is fast approaching - be kind with your time, stress and budget this year. Set and communicate your limits, keep an eye out for sales but most of all spend as much time, as possible, enjoying the moments with those that mean the most to you.



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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Maketu Health and Social Services 0800MAKETU