October 2026

PANUI

MAKETU
Health & Social Services

What happened in October!

- Our Spring **Rangatahi Maia** Programme successfully ended early October. All had a blast enagaging in a week of fun and laughter.
- A morning in Maketu Park was enjoyed by our **Kaumatua** sharing a BBQ kai and interactive games.
- Our Kaimahi raised awareness for ovarian cancer by dressing up in a fashionable frock for **FROCKtober** and walked along our Maketu Beachside.













💕🎀PINK OCTOBER COMMUNITY RAFFLE 💕🎀

We came together to raise awareness, encourage early detection, and support those affected by breast cancer.

Did you know that regular breast checks and mammograms can help detect changes early, when treatment is most effective? Taking a few minutes to check your breasts could make a life-changing difference.

Congratulations to our raffle winners: Lyn & Mihi 💕🎀

$201.60 was raised to go towards those affected by Breast Cancer.

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

Brain Boost 🧠

🎮🏅 Addictive Gaming🚀 🏆

Let's talk about why gaming can become addictive?

- It can provide a sense of achievement, freedom and escape
- For some, a sense of identity
- Games are designed so players feel fully immersed
- Game is appealing to ALL ages



Now, how do we notice the addiction?

- Thinking obsessively about the game, even when we're not playing
- Losing track of time
- Becoming agitated or moody when interrupted
- Continuing to play, when you no longer enjoy it
- Using gaming as a coping strategy

Note: Gaming is not automatically an addiction, the concern is when we notice addiction signs. 🚦 Pause, Reflect, Reset.
If you notice your tamaiti struggling with a gaming addiction.

Contact Kaimahi Jayleen today!!
jayleen@maketuhauora.org.nz

What's happening in November!

- **Movember**: From mental health and suicide prevention to prostate and testicular cancer, Movember funds lifesaving research, funding prevention-focused programs, and helping men live longer, healthier lives.
- **White Ribbon Day**: MHSS will be holding a gold coin sausage sizzle **25th November**. Join us at **09.30** for an opportunity to hear from Guest Speaker Kahira Rata Olley.



Meet Briar Mascheretti
Role: Kaimahi - Kaumatua Day Programme

“I enjoy interacting with and supporting our Kaumatua of Maketu. Some of which I am known for many years.

“An interesting fact about me is that I am a horse girl who loves endurance horse riding.”





Kia ora e te iwi! Whakaue Whakanuia 2028!

Te Kapa o Whakaue Marae attended Whakaue Whakanuia 2026 at Waiteti Marae on 17 October, representing our marae and putting forward a tono to Ngāti Whakaue for Whakaue Whakanuia to be held in Maketū in 2028. Our tono was accepted, and we are excited to share that Maketū will be hosting Whakaue Whakanuia 2028!

Since the establishment of Whakaue Whakanuia in 2014, our marae has been proudly represented by our kapa, marking 12 years of commitment, strengthening hononga with our hapū and building connections within our wider Te Arawa whānau.

Over the last 12 years, we have been fortunate to be guided by our tutors, Mia Selwyn, Hineana Selwyn, Phillip Selwyn and the wider Selwyn whānau.

We invite our whānau, hapū and community to an information session to learn more about bringing Whakaue Whakanuia to Maketū in 2028 and the vision for this kaupapa.

Date: Friday, 27 November 2026 Venue: Maketū Community Centre
Time: 4.30 pm

Nau mai, haere mai e te iwi!