



KAITAIA CONNECT

Connecting communities in Te Hiku

Five steps for wellbeing essential

Mental Health Awareness Week, which runs in New Zealand from 8 to 14 October, is a good reminder to everyone to take care of their mental wellbeing.

This year's theme is *Let nature in, strengthen your wellbeing – Mā te taiao, kia whakapakari tōu oranga!*

The Mental Health Foundation encourages people to nurture their health by applying the Five Ways to Wellbeing. The steps are connect, give, take notice, keep learning and be active.

This month's edition of *Kaitaia Connect* —connecting communities in Te Hiku gives

plenty of examples of things to do, and groups to join, as part of the Five Ways to Wellbeing.

There are hundreds of ways to *connect*—either with friends you know, or those you don't know yet. There are opportunities to *give* your time, experience and advice.

There are chances to *take notice* of both nature and the skills of others. There are plenty of ways to *keep learning* or try something new. And, finally, there are plenty opportunities to *keep active* or try a new sport.

Kaitaia Connect, proudly produced by

Kaitaia Community House, encourages everyone to have a go at something new, knowing it will be good for your mental wellbeing.

Reader giveaway

Want to win \$50 off a stay with our sponsor, **Beachcomber Lodge & Backpackers in Kaitaia?**

Entries now close 22 October. Tell us where you read or picked up *Kaitaia Connect*. Email denise@kfbs.co.nz or pop into Kaitaia Community House, 12 Puckey Ave, by 22 October.

Sports & fitness

Church Road Bowling club: Outdoor bowls, Thursday mornings for social roll-up. Bring a pair of flat-soled shoes. \$5 (free trial). Phone John 027-408-0042.

Top Field Touch Module: Eight-week touch rugby module, Tuesdays from 16 October. Mixed teams: social or competitive; come along as a team of 7-14 or an individual. Kaitaia College's top field from 3pm (kids) and 5pm (adults). \$150 per team. Contact Perry 021-853-804, info@topfieldtouch.co.nz or Facebook.

Exercise and singing: Exercise, singing and action songs for all kuia and kaumatua run by Nga Rau Aroha. Mondays from 10am, Far North REAP. Phone 406-7760 or 021-113-9899.

Kiaido Ryu Martial Arts: Training Mondays and Wednesdays at Kaitaia Primary School hall. Seniors (13+) 6-8pm. \$40 per month. Contact Morgan 027-235-6935 or morgan@martialarts.co.nz.

Kaitaia Boxing Club: Mondays, Wednesdays and Fridays: youth 4.30-5.30pm, adults 5.30-6.30pm. Shop 8, 2 Bank St, Kaitaia. Youth \$35 a year, adults \$10 a lesson or \$20 a week. Ph Shirley 021-027-89896.

Kaitaia Gymnastics Club: Beginners boys Tuesdays 3.30-4.30pm; artistic/competitive boys Tuesdays 3.45-5.45pm; skills and drills for 8+ Wednesdays 4.45-5.45pm; play-gym for pre-schoolers Wednesdays 1-2pm; play-gym for under-3s Thursdays 10.30-11.30. 8a Church Rd, Kaitaia. Ph 408-3270.

Kaitaia swimming pool: Open from 24 October. Public use Mondays to Fridays 6-9am, Tuesdays, Wednesdays and Fridays 3-6.30pm, Saturdays and Sundays 10am-6.30pm. Corner of Bank St and Eden Tce, Kaitaia. Entry \$3, under-5s free.

Far North Zumba: Classes Mondays at Taipa School gym 6-7pm, Wednesdays at Oruaiti School hall 6-7pm. First class free then \$8 per class or five for \$35. Contact Jocelyn 0204-092-2575 or Facebook.

Doubtless Bay Zumba: With professional instructor Michael Urlich. Wednesdays, Karikari Community Hall, 5.45-6.45pm. \$4 a class. Contact Michael 021-253-5869 or Facebook.

Waipap Netball Summer League: Thursdays 18 Oct to 4 Dec. Register before 10 Oct. Contact Bobylou on 021-211-3069 or bobyloubearzley@hotmail.co.nz.

Ballroom, Latin and Argentine Tango Dancing: Informal dance practice. Tuesdays, 7-8pm, Te Ahu's Banquet Room. \$5.

Coastal Yoga: Classes Tuesdays 5.45pm and Fridays 9.30am at Houhora Big Game & Sports Fishing Club. Wednesdays 5.15pm at Te Ahu. \$12 casual, \$10 concession. Contact 021-2323-742 or www.coastalyoga.co.nz.

Term 4 activities for youngsters

Kaitaia Plunket Clinic: Open clinic Thursdays 9am-1pm, other days by appointment. Plunket Rooms, 22 Bank St, Kaitaia. Ph 09-438-2508.

Kaitaia Baby Space: Play group for babies up to two years and catch-up for parents. Thursdays, 11am-1pm. Kaitaia Plunket Room, 22 Bank St. Free. Ph Amelia 408-1890.

Early Childhood Education: 30 hours free ECE. Mission Place Kindergarten, Kaitaia, phone 408-2444. Anne West Kindergarten, 92 Pukepoto Rd, Kaitaia, phone 408-1110. Doubtless Bay Kindergarten, 5 Mamaru Rd, Taipa, phone 406-0138.

Homebased childcare: Poipoi Home Child Care for ages 0-6. Operating hours vary from 6am-8pm. WINZ subsidies available, 20 hours free ECE for 3+. Contact 0800 POIKID (0800-764-543) or info@poipoi.co.nz.

Doubtless Bay Playgroup: Play group for children aged 0-6. Mondays, Wednesdays, Fridays 9am-12pm. Baby group for under 1s, Tuesdays 11am-1pm. East St, Taipa (next to the Plunket Rooms) doubtlessbaypg@gmail.com or Facebook.

Mainly music: Fun music sessions for families with young children. Mondays from 10am, St Saviours Church hall, Panakareao St, Kaitaia. Wednesdays from 9.30am, HOPE Christian Centre, Kaitaia.

Giggles and jiggles: Music programme for under-5s and their caregivers. Mondays 10am-12pm, Doubtless

Bay Christian Centre church foyer. Ph Jennifer Leggatt 408-5802.

Pamapurua Playcentre: Mondays and Thursdays 9.30am-12.30pm. 6964 State Highway 1 (next to Pamapurua School). Contact pamapurua@Playcentre.org.nz or 021-077-2332.

Feed My Lambs: Christian-based support and education for mums and babies. Tuesdays 9am-1pm. St Saviours Church, Panakareao St, Kaitaia.

Awanui Playcentre: Tuesdays and Thursdays, 9.30am-12pm. Held at Awanui Primary School, Main Road, Awanui. Contact 021-077-2332 or awanui@Playcentre.org.nz.

Kaitaia Playcentre: Tuesdays and Fridays 9am-12pm. 60A North Rd (entrance to Matthews Park), Kaitaia. Contact kaitaia@Playcentre.org.nz or 021-077-2332.

Peria Playcentre: Tuesdays and Fridays 9.30am-12pm. At Peria School, Oruru Road. Contact 021-077-2332 or peria@Playcentre.org.nz.

Waiharara Play Group: Mondays and Wednesdays, 9am-12pm. At Waiharara School, Katavich Rd. Contact the school office 406-8830.

Flourish After School Care: Fun activities for primary school-aged pupils, includes free bus service. Mondays to Fridays during term time, 2.45-5.30pm, at Kaitaia Primary School hall. Fees from \$10 per day with discounts and WINZ subsidies available. Contact Ruth-Ellen Pirini on 022-680-7241 or flourishkaitaia.blogspot.com.

Regular events

Te Oranga Pumau: Diabetes and heart health classes – diet, medicine, exercise and support. Wednesday 3, 10, 17 and 24 October, at Te Hiku Hauora conference room, Redan Rd, Kaitaia. 11am-1pm. Free. Contact Marama or Sarah at Te Hiku Hauora, 0800-808-4024.

Mobile BreastScreening Van: Offering life-saving mammograms. 8-26 October in Te Oranga car park, Matthews Ave, Kaitaia. Free for all women aged 45-69 years. Call 0800-270-200 to book an appointment.

Meditation and spiritual awakening: With clairvoyant, medium, tarot card reader Kim Robertson. Beachcomber Lodge & Backpackers, Wednesdays from 7.30pm. \$10.

Free Legal Clinic: Once a month at Kaitaia Community House, Puckey Ave. Free. Ph 0800-155-529 for an appointment.

On Top Toastmasters: Become a more confident speaker and leader. Every 2nd and 4th Tuesday of the month, Far North REAP, 7-9pm. Ph Mary 021-250-3847.

Far North Spinners & Weavers: Includes spinning, felting, weaving and knitting. 2nd and 4th Saturday of each month at Kaingaroa Hall. 10am-3pm including shared lunch. \$5 per session or \$40 per year (first free). Ph Corrie 409-4634 or Tess 408-5878.

Piano lessons: Private piano lessons in Kaitaia for students of all levels, by Mele Lasike, who has 15+ years' teaching experience. \$15 for 30-min lesson. Contact melelasike@hotmail.com or 021-0830-7132.

Did you know that **FASD** ^{*} is ... **100% preventable?**

(Fetal Alcohol Spectrum Disorder)

Check our facebook for upcoming FASD Workshops

REAP FAR NORTH

For further information contact Tania Henderson on: 408 1380 ext: 715 taniah@farnorthreap.org.nz | FNREAP.com

DON'T KNOW? DON'T DRINK

ALCOHOL HARMS BABIES

October events

1-5 OCT

Sporty Kids Holiday Programme: Multi-sport programme by Northland Rugby Union and Touch NZ. Kaitaia Rugby Field, Church Rd, 10am-2pm. \$10/day for 8-10s, free for 11-14s. Register at tinyurl.com/sportykidz by 28 Sept or contact Hayley.a@northlandrugby.co.nz.

TUES 2 OCT

Hell Pizza caravan: Kids who have finished the reading challenge can claim their free pizza. Pizzas also for sale. Kaitaia Library, Te Ahu, 11am-1pm.
Free cervical screening evening: Prize draw for all wahine screened. Mamaru GP Clinic, Coopers Beach. 5-7pm.

2-3 OCT

Learner Licence Course: Course followed by test day on 4 Oct. Far North REAP, Puckey Ave, Kaitaia. 9am-1pm. Free course but you must pay for your test. Ph 408-1380.

WEDS 3 OCT

Seniors' Expo: One-stop information expo for seniors run by Age Concern Kaitaia & District and Tiaho Trust. Te Ahu Centre, Kaitaia, 10am-2pm. Entry by donation. Call 408-2997 or 0800-430-3406 for details.
Housie: Kaitaia RSA from 1pm.

THURS 4 OCT

Plunket Te Roopu Arahina: Grandparents raising grandchildren support group at Te Runanga-A-Iwi o Ngati Kahu Office, 21a Parkdale Cres, Kaitaia, 11am-1pm. Please bring a plate of food. Contact Anna 027-579-1143, anna.anderson@plunket.org.nz.
Marston Moor Book Signing: With two authors. Marston Moor, 74 Commerce St, Kaitaia from 4pm. 0800-002-217.
Open Rhythms Dance: For all ages. Mangonui Hall, Waterfront Drive, 7.30-9pm. Entry \$10-\$20 (you choose). Contact Zsuzsanna 021-254-9535.

FRI 5 OCT

Autism support group Kaitaia: Held at the Ministry of Education building, level 1, 1 Melba St, Kaitaia, 10am-12pm. Contact Uschi 408-6937 or Uschi.Eyer@education.govt.nz.
Live entertainment: RSA Kaitaia.

SAT 6 OCT

Genealogy workshop: Held by the Far North Branch of the NZ Society of Genealogists at Far North REAP. Arrive at 9.30am. Entry by gold coin.
I Feel Pretty: With stylist Stacey Beatson. Virtue Christian Centre (next to Hunting and Fishing), Kaitaia from 6.30pm. Tickets \$35 from Kaitaia I-Site.

8-12 OCT

Army Adventures School Holiday Programme: Run by Flourish After School Care, includes food. Kaitaia Primary School hall, 8.30am-5pm daily. \$35 a day or \$175 per week (early-bird discounts and WINZ subsidy available). Go to flourishkaitaia.blogspot.com or phone Ruth-Ellen on 022-680-7241.

WEDS 10 OCT

Unlock Your Wellness: Te Hiku Hauora's Mental Health Awareness Week celebrations. Free healthy kai, competitions, stalls and more. Old Pak'n'Save car park, Kaitaia, 10am-2pm. Free entry. Contact Roberta Kaio or Lesley Tipene on 0800-808-4024.
Tiaho Disability Advocacy Roadshow: Seminars and stalls with information and advice. Far North REAP, 10am-2.30pm. Contact Leah on 021-121-1867 or leah@tiaho.org.nz.
Pay Day Filing seminars: Inland Revenue seminars on the new Pay Day Filing process, for all businesses that em-

ploy. Department of Internal Affairs, Matthews Ave, Kaitaia at 10am-12pm or 1-3pm. Free entry. Register through your My IR account or come along.

Alzheimers Northland Carer Support: Meeting at HOPE Christian Centre, Kaitaia. 10am-12pm. Ph 408-1123.
Kids Fun Day: 'Let Nature In' for Mental Health Awareness Week. For all 5 to 17-year-olds. Te Roopu Kimiora Child & Youth Mental Health front lawn, 40 Redan Rd, Kaitaia. 11am-4pm.

11-13 OCT

Oktoberfest: Celebrate the third annual Oktoberfest at Beachcomber with Bavarian food and music, great beer deals and prizes to win. Beachcomber Restaurant, Kaitaia.

FRI 12 OCT

Live entertainment: Kaitaia RSA.

13-14 OCT

Warrior's Wisdom Course: Learn self-mastery including goal setting, positive warrior mind-set, and breathing and relaxation techniques. Held in Kaitaia. Cost \$130. Contact Morgan, 027-235-6935 or morgan@martialarts.co.nz.

SAT 13 OCT

One-Day Touch Tournament: Fundraiser for Kaitaia College Touch team, mixed social and competitive teams. Kaitaia College top fields, \$120 per team. Ph Tiki 022-657-4873.

TUES 16 OCT

Parkinson's support group: Meeting at HOPE Christian Centre, Commerce St, Kaitaia, 11am-1pm including lunch from HOPE café. Contact Vicki on 09-437-6876, 0272-684-973 or educator.northland@parkinsons.org.nz.
BPW Kaitaia: Business & Professional Women's dinner meeting in Kaitaia from 5.30pm. Set menu \$29pp. Booking essential, contact Pam on 408-0556 or bpwkaitaia1987@gmail.com.

WED 17 OCT

Te Iha Ora: A wānanga by Te Rau Matatini as a proactive response alongside Māori to the challenging issue of suicide. Far North REAP, Kaitaia, 9am-3.30pm. Free. www.eventbrite.co.nz.
Housie: Kaitaia RSA from 1pm.

THURS 18 OCT

Brain injury support group: At Far North REAP, 10am-12pm. Contact the Brain Injury Association 09-459-5013.

19-20 OCT

Kaitaia Intermediate Anniversary: Social Friday 5.30-9.30pm at Te Ahu, ceremony Saturday 10am-2pm Kaitaia Intermediate School, adult function Saturday from 5.30pm. Tickets \$10-\$65 depending on function. Contact the school on 408-1490 or reunion@kis.net.nz.

19 OCT - 2 NOV

Māui's Hook movie: Documentary film by Paora Joseph brings discussions of suicide into the spotlight. Te Ahu Cinemas, various times, ph 408-0519.

20-21 OCT

Pukenui Pacific Open Fishing Comp: More than \$3000 in cash prizes. Fishing starts 6am. Tickets \$50 available from Pukenui Pacific, Liquor King Kaitaia, Cavaliers, Hittmans Killer Coffee and Riders Sports or contact Frano 409-8816.

SAT 20 OCT

Eddie Low: Live entertainment from the 'voice of a million', along with Kevin Greaves. Kaitaia RSA from 7.30pm. Tickets \$20, contact 408-0423.

MON 22 OCT

Labour Day Market: Mangonui Market with Food, produce, craft and live music. Next to Mangonui Hotel on Waterfront Dr. 11am-3pm. Ph Liz 021-781-700 or Linley 027-484-6791.

26-28 OCT

Wahine surfing hui: Held at The Hutts, Foreshore Rd, Ahipara. Free. Bookings to mischa.davis@gmail.com.

FRI 26 OCT

Colour Kaitaia: Abundant Life School's fun 5km walk/run with coloured powder stations. Starts and ends A&P Showgrounds, Kaitaia. Starts 10.30am. Registrations \$7, closing 14 October. Go to www.eventbrite.co.nz.
Cancer peer support group: Te Tai Tokerau PHO office, 182 Commerce St, Kaitaia. 11am-1pm. Contact Solvey Poulson 021-423-385.

Queen Tribute Show: A tribute to Freddie Mercury and Queen with live vocalist, keyboard player and drummer. Collards Sports Bar and Restaurant from 8pm. Pre-sales \$20, door sales \$25, available from the venue. Phone 408-2348.

27-28 OCT

Mangonui Netball Centre Festival: Competition involving local, national and trans-Tasman teams. Registrations still open for some grades. Free to watch at South Rd netball courts, Kaitaia. Email farnorthnetballmovement@gmail.com.

SAT 27 OCT

Pink Ribbon Breakfast: Fundraiser for Breast Cancer Foundation. Karikari Community Hall, 8.45am. Entry \$15 + potted plant and cash for auction. Ph 408-7325.
Housie: Fundraiser for Waiora Marae, prizes up to \$1000. Waiora Marae, Ngatiki, from 11am. \$40. Contact Mei 409-8772, Bryar 0204-058-4028 or waioramarae@gmail.com.
Taipa speedway: Opening meeting. Taipa Stock and Saloon Car Club, Oruru Rd. From 1pm. Entry \$5 adults, \$3 children, \$20 family, under-5s free.

Abundant Life School Reunion: 30-year birthday and reunion. Te Ahu Centre from 5pm. Tickets \$30 singles/\$50 doubles +fee, from www.eventbrite.co.nz.

SUN 28 OCT

SPCA Lake Ngatu Run/Walk: Fun run or walk. Lake Ngatu, West Coast Rd, Awanui. 9am-3pm. Entry by donation to SPCA at www.eventbrite.co.nz.
Hospice Car Rally: Mystery rally for Far North Hospice. Dress-up encouraged. Registration at Kaitaia Children's Complex (behind Te Ahu) from 12pm, rally 1-3pm. Entry \$30 per family or \$10pp on the day. Contact hospice 408-0092.

TUES 30 OCT

Tuesday Night Market: Weekly from 30 October. Food, produce, craft and live music. Next to Mangonui Hotel on Waterfront Drive. 5.30-8pm. Ph Liz 021-781-700 or Linley 027-484-6791.

WEDS 31 OCT

Sight impairment support group: At Work and Income Link Office, Kaitaia, 1-3pm. Ph David 408-4135 or 021-178-8370.

SAVE THE DATE

2 NOV: Te Wairoa Challenge, Awanui.
2-3 NOV: Great Exhibition Bay Surf-casting competition; Awanui Day Festival; Treble T Poker Run.
4 NOV: Mangonui Lions Annual Fun Run; Intro to Healing with Sound.
8 NOV: Pay Day Filing seminars.
9-11 NOV: Going deeper, growing stronger retreat.
9 NOV: Neil Diamond tribute show, RSA Kaitaia.
10 NOV: Pool Competition, Herekino Tavern; Céilí at Mangonui Hall.
11 NOV: Armistice Day.
15 NOV: Governance Training by Volunteering Northland; Early Years Sector forum.
17 NOV: Wheels of Mayhem.
23 NOV: Far North Sports Awards.
24 NOV: Ahipara Beach clean-up.
24-25 NOV: Art and Craft Fair.



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Anne West Kindergarten
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Doubtless Bay Kindergarten
5 Mamaru Road, Taipa. 09 406 0138

30 hours FREE ECE

Kaitaia Community House

For queries about **Kaitaia Connect** please contact:

Denise Piper
Community relations officer
09 408-0026 denise@kfbs.co.nz



Want to list your event in *Kaitaia Connect*? Contact Denise Piper on 408-0026 or denise@kfbs.co.nz. While we make every effort to ensure accuracy, we take no responsibility for incorrect information or cancelled events.