

KAITAIA CONNECT

Connecting communities in Te Hiku

September 2020

Spring

FREE!

Take me home

We're back, but looking a little different

COVID-19 sent Aotearoa New Zealand into level 4 lockdown on 26 March 2020. Initially, the pandemic sent the community of Te Hiku into disruption and uncertainty. However, local iwi were quick to respond to the needs of our vulnerable whanau, by offering hygiene and food supports. Other local social services were soon to follow in offering similar support.

During the month and a half of working from home, Kaitaia Community House continued to offer information through our facebook platform and budgeting via email and phone appointments.

As you will all know, Kaitaia Connect was put on hold during those uncertain times. We were unfortunate to lose Jolene Rupapera just before the COVID lockdown, but wished her well in her new working venture.

We returned, with the intentions of having our little newsletter back up in running during Level 1 as the country looked well on its

way to operating semi normally, however, COVID struck again.

The team here at the Kaitaia Connect will endeavour to provide an informative newsletter to the community, but there are some changes you will see.

In this edition, we have a shorter list of events and activities, simply due to the pandemic. We have placed more emphasis on support services for individuals and business, plus providing little articles about an array of topics. The biggest change that you, our readers, will note is that we have chosen to not print the Connect. The reasoning is being unable to have the newsletter located in some of its normal locations. However, we are planning to change this once the COVID response is back down to Level 1.

So, we're back, but we might look a little different, but hopefully only for a little while. Happy reading everyone.



Gambling Awareness

Week 1st- 6th September

This year, the focus for Gambling Harm Awareness Week is directed at youth and raising awareness around creating a safe gaming environment. Research shows that excessive gaming can be a pre-cursor to online gambling.

Together with Te Rangianiwaniwa we have facilitated workshops whereby the tamariki have co-designed their own tikanga around safe gaming - Kia Tika te Tākaro.

Friday 4th September the tamariki of Te Rangianiwaniwa alongside Tai Tokerau artist collective, Elevate Minds, will have the opportunity to express their aspirations and health promotion message thru a live mural.

For those individuals affected by problem gambling our organization - Ngā Manga Puriri, provides a free and confidential counselling services. Please do not hesitate to contact us.

Marino Murphy is available in Kaitaia every Thursday to support those that are affected by their own or someone else's gambling.

Far North Clinician - Marino Murphy Ph: 021 433288

NGA MANGA PURIRI

A confidential and free service to all people of Te Tai Tokerau - Northland, who are seeking help and information on problem gambling.

If you wish to know more contact Nga Manga Puriri
Ph: 09 4370167 / Mobile: 021 321 3555
Email: rina@ngamangapuriri.org.nz



Weekly Events

MONDAYS

Mainly Music: A fun music group for parents and caregivers to enjoy together with their young child. Hosted by Feed my Lambs. 1-3 Panakareao Street, Kaitaia. 10am–1pm.

Takahue Hall Indoor Bowls: 7-9pm. \$2 per person.

TUESDAYS

Feed my Lambs: Rongopai House Community Trust, 47 Church Road, Kaitaia. Starts at 10:30am with coffee, then programme at 11 am followed by lunch/kai at 12 noon. Feed My Lambs sessions are relaxed, encouraging and informative, with Rongopai or guest speakers covering health and well-being topics. Every Tuesday.

"Top of the Hill" Mangonui meeting of Alcoholics Anonymous every Tuesday evening at 7pm at St Andrew's Anglican Church Hall, Colonel Mould Drive, Mangonui. For further info contact 0800 AA WORKS.

WEDNESDAYS

ZUMBA: Every Wednesdays @ Oruaiti School 6-7pm. First class free! For more info visit www.facebook.com/groups/far_north_zumba.

THURSDAYS

Te Hiku Crop Swap: Transition Towns Kaitaia Presents: Give what you can, take what you need, helping to build Community resilience. Thursday 10th September, fortnightly event 11- 1.30pm. Eco Centre room Anō Anō, 6 Bank St. Sharing seeds, seedlings, cuttings, produce, preserved and baked goods. Knowledge, wisdom, food and community.

Clothing Rescue: Help divert clothing being thrown out. Every Thursday at the Eco Centre, 6 Bank Street, Kaitaia. From 2-5pm.

Plunket Te Roopu Arahina: Grandparents raising grandchildren coffee group held first Thursday of the month. 11am-1pm. Please bring a plate for shared lunch. Contact Anna 027-579-1143, anna.anderson@plunket.org.nz

Takahue Hall Badminton: 6-8pm. \$2 per person.

FRIDAYS

Alcoholics Anonymous Meeting: If you want to drink, that's your business. If you'd like to stop, we can help. Fridays 7pm at the Community House, Puckey Avenue. Ph 0800 AA WORKS, for more information.

Proposed Save the Dates

4 SEPTEMBER

Starting a Social Enterprise: Hosted by Akina Foundation. For more info: <https://www.facebook.com/events/318087972645557/>

5 SEPTEMBER

Takahue Hall Working Bee and Hangi: Bring gloves. 9am start. Contact Narelle on 021 189 5670 for Hangi orders. Hangi available 6pm.

Steinlager North vs South: It'll be an all-Aotearoa celebration when New Zealand's best rugby players, including our All Blacks, go head to head and for bragging rights. 5.35pm kick off. Rugby Live.

6 SEPTEMBER- FATHERS DAY

Fathers Day Lunch and Dinner: Enjoy the special celebration menu or order from the extensive a-la-carte menu. To book call Beachcomber on 09 408 2010 or email restaurant@beachcomber.net.nz

7 SEPTEMBER

MAHA CEO Day: A monthly create, flow co-working event for female solopreneurs and freelancers. 10.30am—1pm. Kaitaia Digital Hub, 50-64 Commerce Street Kaitaia. For more info visit MAHA on facebook.

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9 SEPTEMBER

Autism and Anxiety: What do we know and what works? Online event: <https://www.facebook.com/events/383785639278824/>

13 SEPTEMBER

Northland vs Manawatu: Semenoff Stadium. <http://www.taniwha.co.nz/Mitre-10-Cup/BUY-NOW>

16 - 17 SEPTEMBER

Blood Drive: Do your bit. Give a bit of blood or plasma. Te Ahu, Kaitaia. Wednesday: 10.30am- 4.30pm, Thursday: 8.30am- 2.30pm. For more information contact: 0800 448 325 or visit www.nzblood.co.nz

19 SEPTEMBER

Far North Rodeo Club: QUIZ evening. Pot Luck dinner, BYO Drinks. \$10 per person. Cash only event. Broadwood A & P Hall. For more info: farnorthrodeoclub@gmail.com

21– 25 SEPTEMBER

Social Enterprise World Forum: CBEC and Akina have 20 tickets available for Te Tai Tokerau entrepreneurs aged between 12-25 years old. For more info contact: CBEC 09 4081092, ask for Suzie.

22 – 23 SEPTEMBER

Ice Skate Tour: Kaingaroa school fundraiser. Only \$8. Main hall, Te Ahu, Kaitaia. 3-6pm each night. Snacks for sale, EFTPOS available.

26 SEPTEMBER– 11 OCTOBER- SCHOOL HOLIDAYS

26 SEPTEMBER

Fat Freddy's Drop Live in Auckland: Online Event: <https://www.facebook.com/events/297750494837025/>

28—29 SEPTEMBER

TE MOANA Glow Show: A giant scale puppet show for tamariki with magical glow-in-the-dark characters from Māori myth and legend. Q&A session afterwards and resources online at

www.glowshow.co.nz .

10.00am & 11:30am on 28th, 10am only on 29th – 2 days only. Tickets \$10.50pp + fees Book at www.ticketek.co.nz Group Bookings (10+) or Schools' Invoicing call TICKETEK PREMIUM (09) 307-5058 Email us for more info at hello@glowshow.co.nz

3 OCTOBER

Hollywood comes to Takahue: Takahue Hall.

17 OCTOBER- GENERAL ELECTION 2020

Kiwi Grooves in Opononi: Ardijah | HERBS | Annie Crummer | Che Fu | Jamey Ferguson also with DJ BOUNCE who will get u started on the night!!! Make sure you head over to ticketspace and get your tickets online or Earlybird tickets from Opononi Hotel LIMITED EARLY BIRD TICKETS @ \$45 From Venue LIMITED VIP TICKETS \$85 R18 event.

18 OCTOBER

The Jennian Homes Bay of Islands Run/Walk: The second event in the Sport Northland Run/Walk Series that is hosted by Sport Northland Events and is situated in the picturesque Bay of Islands. Run or walk distances – 6km & 8.7km which starts and finishes in the heart of the coastal town of Paihia.

20 OCTOBER

Parkinson's Support meetings: Held every two months. Contact Vicki Sadgrove 09 4376876.

23-25 OCTOBER

National Maori Surfing Titles: Hosted by te Tuhua Puhī Te Aewa and Te Rarawa Kaiwhare Takiwa. Friday 23rd, Powhiri: Roma Marae, Ahipara. Saturday and Sunday: Surfer Comp. Register at www.surfingnz.co.nz

30 OCTOBER

Fleetwood Mac/ Stevie Nicks Tribute: Landslide is an Auckland based, 5 piece live band, who have been celebrating the music of Fleetwood Mac and Stevie Nicks all over the North Island for the past 8 years. Tickets \$25 from Eventfinda: <https://www.eventfinda.co.nz/2020/landslide-fleetwood-mac-stevie-nicks-tribute-show/kaitaia>

14 NOVEMBER

Far North Wheels of Mayhem: A&P Show ground, Kaitaia. 9am – 3pm. Family Pass- \$12, Adult -\$5, 5 to 13-\$2, under 5's free. Car and bike show, Kids activities and Food Stalls.

28 – 29 NOVEMBER

Art and Craft Fair 2020: Live demonstrations, art for sale, live music, food and coffee. Free Entry. Dalmatian Hall, Kaitaia. If you are interested in participating with your art or craft, contact Jen on 021 058 8890.

Support Lines

Depression and Anxiety: 0800 111 757

Lifeline: 0800 543 354

Youthline: 0800 376 633

Samaritans: 0800 726 666

Kidline: 0800 543 754

Gambling Helpline: 0800 654 655

Healthline: 0800 358 5453

Call or Text 1737 to talk to a trained counsellor for free, 24 hours a day, 7 days a week.



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Survive working from home, with kids?

- Create your space: Set aside one space as your work zone and use it exclusively. Help the kids learn that when you're sitting there, it's work time.
- Set a Routine: Work with your little humans to create a daily schedule. Let them choose a few independent activities, and schedule in time for them to spend with you (no phones allowed).
- Chat to your team: Need designated teaching time, play time, or kai time with the kids? Tell your manager and your team! They're probably in the same boat.
- Be realistic: It's easier to say than do, but try to set realistic expectations with yourself and your team. Suss out what hours you can work and how much you can actually get done.
- Banish the guilt: Feeling guilty for not spending more time with the kids? Remember, you're actually seeing them a lot more than usual. Make the most of the time you spend with them by being 100% present.
- Reach out for help: Got a business problem? Hand it over to the experts at www.manaaki.io! Less time spent on that problem, means more time with the kids.

Calling all Artists

Be involved in the 2020 Annual Art and Craft Fair. Held at the Dalmation Hall, Kaitaia on the 28 and 29 November.

Contact Jen Gay on 021 058 8890 to register your interest.

COVID -19 INFO

Q: I've lost my business as a result of COVID, can I get the income relief payment? A: Visit-

<https://www.msd.govt.nz/about-msd-and-our-work/newsroom/2020/new-covid-19-income-relief-payment.html>

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Kaitaia Community House

12 Puckey Ave, Kaitaia
Phone (09) 408-0026

Kaitaia Family Budgeting Service: Free and confidential, one-on-one financial mentoring. Please call 408-0026 to book an appointment.

Little Kiwis Play Group: In-house play group for children while parents attend budgeting with Kaitaia Family Budgeting Service. Phone 408-0026 for all enquiries.

Kaitaia Connect—connecting communities in Te Hiku: Free monthly publication listing local events in Te Hiku. Contact Raewyn on 408-0026 or raewyn@kfb.co.nz to list an event, advertise or pick up free copies.

Free legal clinic: Held once a month at Kaitaia Community House. Please phone 0800-155-529 to book an appointment.

Plus much much more...



BPW Kaitaia

Meet monthly at Dinner Meetings on **the third Tuesday of each month**, February to November.

Venue: **Orana** - Time: 5.30 pm - Cost: **\$30**

Bookings: Phone Pam - 0211621492 or 4080556

Contact us: Email: bpwkaitaia1987@gmail.com

Facebook: <https://www.facebook.com/groups/198389144041387/>

Website: <https://www.bpw.nz.org.nz/club/bpw-kaitaia/>

Kaitaia Connect is proudly produced by Kaitaia Community House. For inclusion in the next edition's event listings, or sponsorship, please contact the Community Relations Officer on 408-0026 or raewyn@kfb.co.nz before 22 Sept.

While we make every effort to ensure accuracy, we can take no responsibility for incorrect information or cancelled events.