

KAITAIA CONNECT

Connecting communities in Te Hiku

April 2021- Autumn

FREE!

Take me home

A new face for Far North Alzheimer's

Kia ora kotou,

My name is Margot Ah Sam and I have recently started as the Far North Community Advisor for Alzheimer's Northland. I am privileged to provide support, information and education to people in our region who are affected by dementia.

I'm on the road visiting families in their homes, meeting them at my office here at Community House in Kaitaia and I also run support groups. Each month I hold a Carer Support Group for those who are caring for a loved one at home who has dementia. This month we are also kicking off a new group where people with dementia and their whanau can come together for a cuppa and to connect and socialise.

Four out of every five New Zealanders knows or has known someone with dementia. Over 70,000 whanau are affected by dementia and this figure is expected to triple by 2050!

My own family has been affected by dementia so I'm aware that the journey can be challenging for whanau and people can experience feelings of stress, loss, or have trouble adjusting to their condition. Therefore, our free services are designed to enhance greater understanding of a dementia diagnosis, as well as on-going support for people to live well and plan for the future.

Everyone's story is different. Every family is affected in different ways but we are stronger together. A powerful whakatauki that I think applies to families affected by dementia is this:

Waiho i te toipoto, kaula i te toiroa

"Let us keep close together, not far apart"

If your whanau or someone you know is affected by dementia, please call me to connect and hear more about how I can help on 027 442 7258. I'm looking forward to hearing from you.

Nga mihi nui,

Margot Ah Sam (*MA Arts Therapy Clinical. BA Social Sci*)

Community Advisor - Far North Alzheimer's Northland



Kaitaia Family Budgeting is partnering with the electricity sector to deliver EnergyMate, a free in-home energy coaching service helping 100 families at high risk of energy hardship—when a family is struggling to pay the power bill or keep their home warm.

EnergyMate is delivered by community-based financial mentors and is being sponsored by local lines company Top Energy, alongside power companies and other lines companies across New Zealand.

During an in-home visit, EnergyMate coaches connect the household with their power company to ensure they're on the most cost-effective power plan and payment terms and which take into account their wider circumstances.

Coaches also give advice on heating the home cheaply and on using appliances efficiently, check hot water and shower flow, and deliver free LED lightbulbs for instant power savings.

Combined, these steps can help a household make significant savings. Some can save hundreds of dollars a year by getting on a power plan which is better suited to them, or by implementing simple energy saving tips. Those savings can then be put towards the things that matter most—like having a warm, dry, healthy home.

If you're interested in receiving EnergyMate support and want to know more, please phone 09 408 0026.



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TE WAKA HAUORA
KAITAIA HOSPITAL

RONGOĀ MĀORI CLINIC



KOHA

EVERY WEDNESDAY
9AM - 3PM

FOR BOOKINGS & ENQUIRIES
CONTACT 0211875709

April 2021

THUR 1 APR

Papa's Pack: Live entertainment. Pukenui Pacific, 4 Lamb Road, Pukenui. 7.30pm til late.

Awanui Night Market: Every Wednesday. Corner of SH1 and SH10, Awanui. 4 - 8pm. Contact: 021 02328124, 09 408 2937 or visit www.kotarecrafts.nz.

FRI 2 APR

EASTER FRIDAY

Parent/ Caregiver Support group for Autism: The first Friday of every month. 10am—12 noon. Ministry of Education building, 2—12 Commerce Street, Kaitaia. For more info contact: Uschi 09 4086937 or 021 240 6616.

Friday Night Group: Alcoholics Anonymous. If you want to drink, that is your business. If you want to stop, that is ours! Every Friday. 7pm start. Kaitaia Community House, 12 Puckey Avenue, Kaitaia. For more info contact: 0800 AA WORKS.

2-5 APR

Whangape Reunion event: Kotahitangi Marae, Whangape. Contact Kuha 09 8289971.

SAT 3 APR

Kaitaia Saturday Market: Every Saturday. Old warehouse carpark, Matthews Avenue, Kaitaia. 7am - 12 noon. Contact: Carol, 021 1831655.

Mangonui Craft Market: Every Saturday. Mangonui Memorial Hall, Waterfront Drive, Mangonui. 9.00am - 1.30pm. Contact: Judy Wells, 09 406 0236.

Doubtless Bay Market: Every Saturday. Doubtless Bay Christian Centre. 9.00am - 1.00pm. Contact: Bill Campbell, 09 406 0977 or 021 406173

Live Music with Chemamari: Enjoy live music with Chemamari! 2.30—5.30pm. Great music, great food and awesome views. Karikari Estate Winery Café, 109 Matai Bay Road. Book your table now. Call 09 408 7222, email info@carrington.co.nz or visit www.karikariestate.co.nz

Movie Night: Bring a blanket, beanbags or chairs and enjoy music from 6pm with DJ Venom. Followed by a movie under the stars, from 7.30pm. Carrington Estate, Maitai Bay Road. \$15 adult tickets available at eventfinda.co.nz. Under 13s are FREE. For more info: <https://www.facebook.com/events/911052816313313/> or visit www.carrington.co.nz

Back in the Day: DJ Exile playing R&B/ Hip Hop/ Funk/ Motown and ol skool. 8pm to midnight. Awanui Hotel, State Highway 1, Awanui. FREE entry. Dance comp and spot prizes up for grabs.

MON 5 APR

EASTER MONDAY

Zumba: Taipa Scout Hall, 10 East street, Tai-

pa. 6-7pm, every Monday. \$8 single class, 5 classes for \$35 punch card. First class is FREE! For more info contact Jocelyn 020 4092 2575.

TUE 6 APR

Clothing Rescue: Eco Centre room @Anoano, 6 Bank Street, Kaitaia. 10am - 1pm. Come join the fun for any sewing ability. Every Tuesday and 2—5pm every Thursday.

Feed My Lambs: A place for mums to get together to korero, learn and share food with one another. Every Tuesday. 11am. Contact Lucy on 027 3581925 or email: lucy@rongopaihouse.org.nz

Alcoholics Anonymous: Is Alcohol costing you more than money? We can Help! Every Tuesday. 7pm start. St Andrew's Church Hall, Colonel Mould Drive, Mangonui. For more info contact: 0800 AA WORKS.

WED 7 APR

Zumba: Oruaiti School, 2554 SH, Mangonui. 6-7pm, every Wednesday. \$8 single class, 5 classes for \$35. First class is FREE! For more info contact Jocelyn 020 4092 2575.

Children with Additional needs playgroup: Every Wednesday from 10am—12 noon. Ministry of Education building, 2-12 Commerce Street, Kaitaia. For more info contact: Uschi on 09 4086937 or 021 240 6616.

7-10 APR

Houhora One Base Fishing Tournament: Over \$44,000 in cash prizes. Limited to 100 boats. For more info contact (09) 4097755, (027) 609755, visit www.houhorafishingclub.co.nz or email One-Base.Houhora@gmail.com

FRI 9 APR

Waiharara Twilight Food Fair: Yummy Kai available. Live entertainment, so bring your picnic blanket. Waiharara School, 8 Katavich Road, Waiharara. 4-6pm.

9-11 APR

Music Wananga: For Secondary Students interested in performing in a band and composing. Haiti Tai Maranai marae and taipa Area school. For more info contact Selena 09 4081380 ext 724.

SAT 10 APR

Hoki-Fest 2021: Ardijah/ Jack Tane/ Live DJ. Wineries, Local Seafood, Roast, Festival Foods etc. The Heads, Hokianga. From 1-8pm. Purchase tickets at Eventbrite.co.nz or for more info email reservations@theheadshokianga.co.nz

ACDC: Collards Tavern, 7pm onwards. NZ's no.1 ACDC experience. Tickets available at Collards or eventfinda.co.nz

SAT 10-11 APR

Te Korau Maori Business Workshops and Support: A wananga-based development programme that equips aspiring rakahinonga (entrepreneurs) with insights, relationships and tools. FREE. For more info visit: [MUSIC BY "DJ VENOM"

WE'RE STRONGER TOGETHER
"Connecting Our Rangatahi"

NGA KAITIAKI DAY 2021

INCLUDING
"Amazing Race" | FREE Sausage Sizzle

TE AHU CENTRE | 10AM-2PM
FRIDAY 23RD APRIL

HOSTED BY
Ngati Kahu
Social and
Health Services
TE PAE TAWHITI
YOUTH SERVICES

FOR FURTHER INFORMATION
PLEASE CONTACT US ON
0800 428 452

FREE!!
Haircuts
"Tame the Barber"](http://face-</p></div><div data-bbox=)

DAYLIGHT SAVINGS

Tsunami Siren Testing

Sunday 4 April
(Easter Sunday)

12 midday for 2 minutes only

book.com/events/445069996728763 or email your interest to capabilitybuilder-snz@gmail.com

Chainsaw Workshop- Ahipara: How to use and maintain your chainsaw. 2 day workshop. \$80 per person. 8:30am start. Ahipara location with overnight camping spaces available. For more info, email: pau-la.tttimebank@gmail.com

MON 12 APR

Boxing For Juniors: Boxing skills and techniques for juniors. Hosted by Fit4Life, 21 Midgley Rd, Mangonui 0494. For more info visit www.facebook.com/events/776138893107929/ or visit www.fit4lifenz.co.nz

TUE 13 APR

IRD Help Desk: Inland Revenue will be at the Kaitaia Community House, 12 Puckey Avenue, Kaitaia from 10.30am—1.30pm. They can discuss personal and business IRD matters. Phone 09 408 0026 to book an appointment.

90 Mile Flow Fest: Move, Dance and Play. Every 2nd Monday. 5.30—6.30pm. \$5 per person or \$10 per family or 1 timebank hour. Adults and children welcome. Alcohol and Drug free event. In more info contact: Jess 02 188 3204.

Taxation Help Desk: The April 'expert' for our monthly help desk will be accountant Peter Brake. Peter will be offering FREE advice related to tax refunds, business start-ups and other IRD issues. Please bring your IRD number and any relevant information. 10-12 noon.

WED 14 APR

On Top Toastmasters: Would you like to improve your speaking and listening skills? Meet every second and fourth Wednesday of the Month via zoom or in person. For more info contact Peter: 0212503847 or email ontop@d112tm.org.nz or visit www.facebook.com/finebunch

THU 15 APR

Business and Professional Women– Doubtless Bay: Monthly meeting. Mill Bay Yacht Club, 5 Silver Egg Rd Mangonui. Meets on the 2nd Thursday of every month. From 6.30—8.30pm. Cost:\$35. <https://www.bpwnz.org.nz/event/monthly-meetings-doubtless-bay>

FRI 16 APR

SCHOOL HOLIDAYS BEGIN

SUN 18 APR

Far North RSA car boot Sale: Kaitaia RSA car park. 8-12 noon. \$10 per car. Phone 094080423 for more info.

19– 23 APR

Around the World Holiday Program: Each day we will visit a different country and complete activities, games, challenges, cooking, craft & other things related to that place. For more info visit: www.flourishpuawai.nz

TUE 20 APR

Business and Professional Women– Monthly Meeting, 3rd Tuesday of each month. Orana Restaurant, 238 Commerce street, Kaitaia. Starts 5:30pm. We have fellowship for the first half hour then dinner, guest speaker followed by a short meeting. Cost \$29.

WED 21 APR

Poppy Flight Family Fun Event: A free family event. All welcome to come along. Awesome Holiday outing for the young ones. Far North Kaitaia RSA. 12noon—2pm. For more info: <https://www.facebook.com/events/836589383738184/> or visit: www.poppyflight.co.nz

FRI 23 APR

Nga Kaitiaki Day: "We're stronger together". Music by DJ Venom. FREE Sausage Sizzle, FREE Haircuts "Tame the Barber". 10am—2pm. Te Ahu Centre, Kaitaia. For further info contact 0800 428 452.

23-25 APR

Silent IAM Mediation Retreat: Tushita Mystery School. 3 day Silent retreat. Cost: \$50. For more info visit: facebook.com/events/3983749698319900

SUN 25 APR

ANZAC DAY– LEST WE FORGET



For further information → [Selena Bercic: 09 408 1380 ext. 724](mailto:Selena.Bercic@94081380ext724)

2021 Oruru Rodeo Jackpot Series: Fun day out for riders of all experience and ages. For more info- <https://www.oruruvalleyrodeo.com/jackpot-series>

SUN 26 APR

Food Festival: Food stalls, Baking, Preserves & Silent Auction at St Saviours Anglican Church at 5:00pm to 7:00pm.

Save the Dates

SAT 1 MAY

Charity Boxing Night: Black tie event. 18+. 5.30—11pm. Finger foods. Te Ahu Centre, Kaitaia. For more information and pricing email kbclub2015@gmail.com

MON 3 MAY

SCHOOL HOLIDAYS FINISH

SAT 5 JUN

Forsaken Age– Heavy Metal Nightmare Tour: Collards Tavern.

16—17 JULY

Artisan Affair: Te Ahu Centre. If you are interested in having a stall, please contact Geraldine Pennell on 0276363227 or email arts-farnorth@gmail.com.

30 SEP– 2 OCT

Muriwhenua Hunting & Fishing: Annual Competition. Senior \$30, Junior \$20. For more info phone Fonteyn 09 4097882 or Abbey 021 900 720.



A Music Wananga for secondary students that are interested in performing in a band and composing.

Date: Friday 9 to Sunday 11 April 2021
Time: 6pm Friday to 2pm Sunday
Venue: Haiti Tai Marangai Marae and Taipa Area School
Cost: Free
Registration: [Click the link in the Facebook post](#)

Aim of this wananga is to teach participants how to collaborate, compose and record new compositions in preparation for the: Tangata Beats Music Competition with Jimmy Colbert [1814] & Kaatarema Pou [Maimoatia] & supporting tutors, Mike Young – NZ Music Commission, Christian MacDonald – Taipa Area School & Selena Bercic – Far North REAP in collaboration with Far North REAP, NZ Music Commission



TE PUARANGI

Whakawhiti Ora Pai provide an

ADDICTION SUPPORT SERVICE

A CONFIDENTIAL PROGRAMME THAT WORKS

WITH WHANAU AS WELL AS INDIVIDUALS

Contact us or call in Te Kao Clinic - Phone: 4097 880 or email barbaral@wop.co.nz / abigail@wop.co.nz

Lead by Barbara Larsen
Master in Social Work (Massey University)
Post Graduate Diploma in Social Service Supervision
Diploma in Mauri Ora (Te Korowai Aroha O Aotearoa)
Mauri Ora Supervision

Arby Larsen
NZ Cert Health & Wellbeing
Dynamics of Whanaungatanga
Cert NZ Tikanga (Te Waananga)

Te Kōrau

Take your ideas further

Te Kōrau is a wānanga-based business development programme that equips aspiring rakahinonga (entrepreneurs) with the insights, relationships, and tools needed to turn an idea, talent, or passion into a sustainable business venture.

Learn awesome kaupakihi (business) skills in a supportive whānau environment that will awahi and tautoko you to pursue your entrepreneurial dreams.

The Te Kōrau programme will be delivered over two intensive wānanga on Marae as well as weekly drop-in sessions, so you can live and breathe Māori entrepreneurship.

WĀNANGA 1: SAT 10TH & SUN 11TH APRIL
WĀNANGA 2: SAT 1ST & SUN 2ND MAY

www.tekorau.co.nz

AUT



NorthlandInc

Growing Northland's Economy
Kia tūpū ai te Ohangā o Te Tai Tokerau



Holiday Fun!

With the school holidays soon upon us, parents across Te Hiku will be wondering how they will entertain the young ones.

For those working, Flourish always offers a creative and interactive holiday program filled with arts, crafts and games. There is a fee, but most whanau do qualify for support from Work and Income. Make contact with the Flourish team for more information at www.flourishpuawai.nz.

Check out the additional listings within the Kaitaia Connect— *connecting communities in Te Hiku*, to help inspire.

Here at the Community House, we like to advocate for low to no cost holiday outings and activities. Here are our suggestions:

- Te Ahu library is always a winner. Allow the imagination to run away with endless book options.
- Picnic at the Park. Pack a lunch, take a picnic blanket and allow the little ones to entertain themselves on the jungle gym.
- Plan a family walk. There are a few family walk options, in and around Te Hiku. Check out the Department of Conservation website for family friendly options.
- Camping. Even in the back yard can provide hours and hours of fun. Get a little cooker and safely cook marshmallows over a small flame.
- Beach visits. Make a scavenger hunt so the young ones can explore and find Tangaroa's treasures.

The most important aspect of the holidays is to enjoy the company of our young ones. Spending quality time with them helps reinforce positive attachment and relationships.

Happy Holidays.

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 kaitaiaconnect@kfbs.co.nz before 21 April 2021

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