

Oranga Pēpi



Oranga Anga Mua

E-PANUI - FEBRUARY 2024

Nau mai ki tō tātou kawenga pōrero o te tau hou!
We hope 2024 has started off great for you and your whānau!

Meet Salita!

Tēnā tātou e te whānau
Ko Salita tōku ingoa, i tipu ake au ki Hokianga.
He māmā au ki tetahi tamaiti pīwari.
Kei Waitākere tōku kainga inaianei.

Salita has experience in Health, she believes in tikanga, manaakitanga and aroha to support māmā, pēpi and whānau. She is passionate about Te Mana o Te Wahine.

Salita is looking after the Healthy Babies Healthy Futures Coordinator role whilst our lovely Leah is on parental leave!



In this issue

Meet Salita
4 week challenge
Enrol for March intake
TextMATCH

The Healthy Babies Healthy Futures programme offers



Wellbeing sessions



Cooking tips and tricks



Face to Face support



Meal Planner



Nutrition courses

Hapūtanga Pēpi Māmā



MĀMĀ & PĒPI 4 WEEK HAUORA

WERO WERO WERO

\$5000 worth of prizes and vouchers to be won!

MARCH 11TH - APRIL 12TH

WHAT'S INVOLVED

Complete one online nutrition course before March 11th



Join our facebook online group



Wide range of activities



Free access to our Dietitian



ONLY ELIGIBLE FOR MĀORI HAPŪ MĀMĀ OR WITH TAMARIKI UNDER 4 LIVING IN THE WAITEMATĀ OR TE TOKA TUMAI REGIONS



ENROL TODAY FOR MARCH INTAKE

MASSEY COMMUNITY HUB STARTS 12TH MARCH

RANUI COMMUNITY CENTRE STARTS 13TH MARCH

KARERE Ā-WAEA
txt message

ināianeī
now

HBHF

Mōrena māmā, kei te pēhea?
morning māmā, how are you?

TextMATCH is a text messaging service for maternal (Mums) and pēpi (babies) so we want to hear from parents today. Contact Salita for more information

Māmā Pēpi Pāpā
whānau Taioranga

CONTACT SALITA



022 402 2714

@salita.hauiti-heihei@healthwest.co.nz

@orangapepiorangaangamua

Healthy Babies Healthy Futures



Enjoy every moment

