



TUESDAY 20TH | WEDNESDAY 21ST | THURSDAY 22ND
OCTOBER 2020

**TUESDAY
RĀTU**

9AM
Karakia & Kaumātua Hikoi

10AM
Morning Tea

11AM
AKA with Justin Gush

12PM
Lunch & End of Day

**WEDNESDAY
RĀAPA**

9AM
Karakia & Kaumātua Hikoi

10AM
Morning Tea

11AM
Line Dancing

12PM
Lunch & End of Day

**THURSDAY
RĀPARE**

9AM
Karakia & Kaumātua Hikoi

10AM
Morning Tea

11AM
Games

12PM
Lunch & End of Day

FOR MORE INFORMATION OR TO REGISTER CONTACT:
Email: evelyn@ntota.co.nz | facebook.com/NgaTaiOTeAwa/
Ph: 021 189 8765 | 142 Guyton Street Whanganui



Taipāhake 2020

Ngā Mihi

Ngā mihi nui ki ngā kaumatua. E kui mā, e koro mā, i te takiwā , nau mai haere mai ki Whanganui.

Nau mai haere mai ki a Taipāhake 2020! Ko tenei te hui a tau tuarima mo te kaupapa nei!

He Pānui tenei

This year a festival of activities will take place across the region over three days, from Tuesday 20th October to Thursday the 22nd October. Activity hubs will be established; these will be supported by sports coordinators and will have activities including: Aka (a form of movement closely related to Tai Chi); line dancing; Ngā Taonga Tākaro and a collective Hikoi over the three days, with distances registered to see if together we can walk the length of the Whanganui River.

Online platforms will be utilised to link those who are unable to make it to a hub so they can participate through streamed activities via ZOOM. Kaumātua from outside of the region are also encouraged to get in contact with organisers if they would like to be part of this years adapted event so support and equipment can be supplied for everyone to take part. Want to ensure everyone can still be part of this adapted version of the event and maintain connection and physical activity opportunities for our Kaumatua.

Whanganui Hub will be at Ngā Tai o te Awa Trust, 142 Guyton Street.

Whakamoemiti

Kia whakapakari te tinana, te hinengaro me te wairua; hei whakakaha i te ara whanaunga, ā, kia puawaitia te oranga o ngā Pahake, o tataua katoa hoki.

Kaupapa

Taipāhake is a kaumatua, collaboration of Iwi and Iwi health organisations, health boards and Sport organisations who want to support kaumatua to live healthy lives and provide opportunities for them to gather, be active and enjoy connecting with each other.

The inaugural event was held in June 2015 attended by 180 pāhake from across our rohe and supported by rangatahi, Kura, services providers, sponsors/funders and volunteers. We have incorporated feedback and made enhancements.

The event allows kaumatua to engage in movement, games activities, healthy kai, entertainment and whanaungatanga. In 2016 our pre event programme is able to support kaumātau roopu to get ready for the games and have confidence they can participate in an enjoyable and safe way, while also seeking to provide them with tools and information to have healthy lifestyles.

Registration can be made through kaumatua roopu coordinators, iwi organisations and individuals are welcome. It is open to pāhake aged 60 years and over.

Return Date - 16 October 2019

Please have form complete and returned via email or to Ngā Tai o te Awa Trust office on 142 Guyton Street, Whanganui.

Return to:

Evelyn Hiri-Gush
c/ Ngā Tai o te Awa Trust
06 3489902
142 Guyton Street
Whanganui
evelyn@ntota.co.nz

Catering for your needs

Please let us know if there are support requirements for your kaumatua including access catering, equipment and health needs or anything else.

Health and Safety

A full risk management plan has been made and this will be sent to Kaumātua Roopu once registrations have been confirmed.

Preparation Programme – Coordinators Kit

To help make the Taipāhake Kaumatua Olympics an awesome event and make sure all our kaumatua are safe and looked after on the day, please go through this checklist and ensure you are prepared for the day.

Check List	To be completed
Medication Bag & Medication record card <i>It is important to ensure you have enough medication in your medication bag for the trip and that you take these meds on time. Before you leave, ensure your medication bag and record card are packed and ready to go.</i>	Yes/No
Name and contact details of two people to notify if I get sick If you become unwell during the day, who are the two people that should notified?	Name _____ Phone _____ Name _____ Phone _____
Do you need support to mobilise safely? <i>E.g. walking stick, wheelchair or mobility scooter. The Taipahake Kaumatua Olympics will be held over a number of hours, and we highly recommend you bring along any mobility equipment you think you'll need</i>	Yes/No
Do you have any special dietary requirements? <i>If you do, it's important to let your coordinator know before the day. During the day, the Taipahake kaiawhina will be available to provide as much help as possible.</i>	Yes/No
Do you have a hearing impairment? Do you wear a hearing aide? <i>The venue can get noisy and announcements can be a struggle to hear on the day. IF you have hearing aides please ensure these are ready to go, and if you need assistance on the day our kaiawhina will be available</i>	Yes/No
Do you wear glasses? <i>Many of the activities will require accuracy and dexterity, so if you need to wear glasses please have these readily accessible.</i>	Yes/No
Do you have any problems with Breathing? E.g. COPD. Are you taking regular medication or inhalers to assist you breathing? Do you require any support to take your inhalers? <i>Signs/symptoms, worsening breathing.</i>	Yes/No Yes/No Yes/No

<p><i>Eg, shortness of breath on exertion (dyspnoea), tightness in chest, difficulty catching your breath or talking, wheezing, on-going dry cough, mucous build up coughing up yellow/green phlegm</i></p>	
<p>Do you have any problems with your heart?</p>	Yes/No
<p>Are you taking regular medication for your heart?</p>	Yes/No
<p>Do you require any support to take your medication?</p>	Yes/No
<p><i>Signs/symptoms worsening heart condition. E.g. Shortness of breath on exertion (dyspnoea), nausea, vomiting or belching, vague abdominal discomfort, sweating, cold, clammy skin, fatigue, chest pain, fluid retention (swelling legs/abdomen)</i></p>	
<p>Have you been diagnosed with Diabetes?</p>	Yes/No
<p>Are you taking regular medication or insulin for Diabetes?</p>	Yes/No
<p><i>I need to ensure my medication is taken on time and to eat and drink at regular intervals. Signs/symptoms of hypoglycaemia (low blood sugar). Hunger, anxiety, tremor, sweating, palpitation, light headedness/dizziness tiredness, confusion</i></p>	
<p>Is there any other medical condition you have that you think we need to be aware of?</p>	Yes/No
<p><i>On the day, a nurse will be available to provide immediate support should you require it. If there is anything that you think the organisers should be made aware of, please do not hesitate to let us know.</i></p>	

Registration Form

Team name	
Team contact	
Contact email	
Contact mobile (incl on the day)	

	Name	Dietary needs/allergies	Access/Disability considerations i.e wheelchair access
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