

2024

Panui Hauora me te oranga



HAUORA NGĀKAU

HAUORA EATING CAN HELP LOOK AFTER YOUR
NGĀKAU

REGULAR PHYSICAL ACTIVITY REDUCES YOUR
RISK OF HAVING A HEART ATTACK OR
DEVELOPING HEART DISEASE.

QUITTING SMOKING DECREASES YOUR RISK OF
HEART ATTACK AND STROKE ALMOST STRAIGHT
AWAY.

UNDERSTANDING AND CONTROLLING
CHOLESTEROL AND BLOOD PRESSURE IS KEY TO
YOUR HAUORA NGĀKAU

Tamawhariua Office hours

Monday 8am - 4:30 pm

Tuesday 8am - 4:30 pm

Wednesday 8am - 4:30pm

Thursday 8am - 4:30pm

Friday 8am - 4:30pm

Address: 111 Main Road,
Katikati

Email:
admin@tamawhariua.org.nz

Phone: (07) 549 0760

Website :

www.tamawhariua.com

Facebook: Tamawhariua
Health & Social Services

Tiktok: @Tamawhariua

Instagram: Tamawhariua
Health & Social services



Kaimahi visit mara kai



To watch our Mara
kai video click on
the phone



A KatiKati Commemoration of Waitangi day held by Western Bay Museum



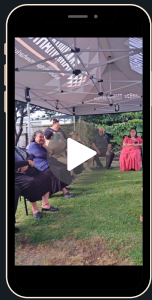
To watch our
Waitangi day service
video click on the
phone



Whakatau for new kaimahi stepping into the whānau tautoko role



To watch our
whakatau video
click on the phone



Ngā mihi nui to everyone who came out to tautoko this whakatau.

Tamawhariua welcomes Noelene Te Whakaara for taking on this new role, we look forward to working a long side you



TAMAWHARIUA

Te Runanga o Ngāi Tamawhariua Inc.

HEALTH & SOCIAL SERVICES

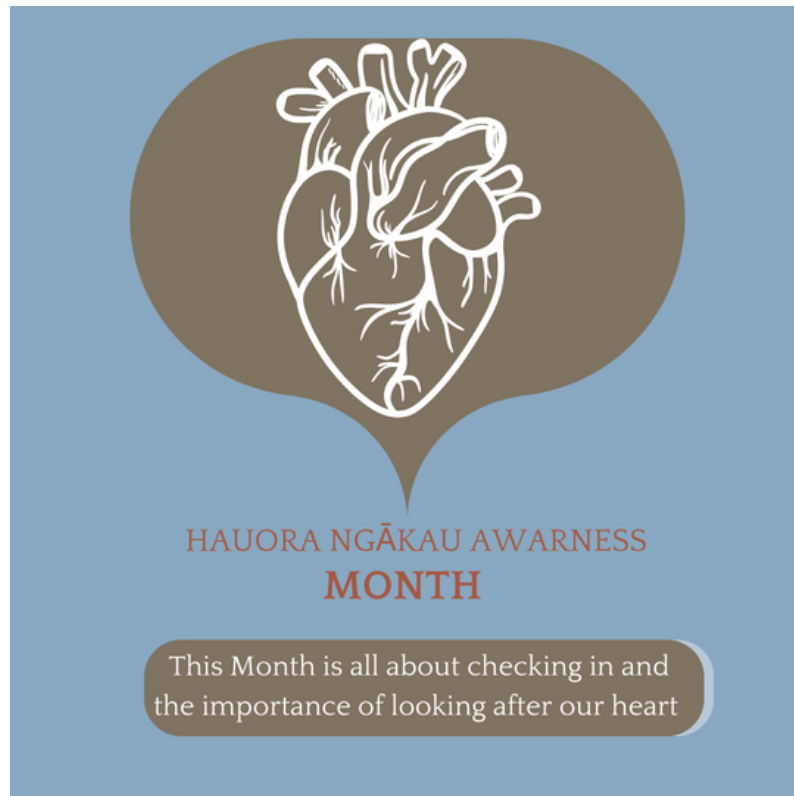
Ph: 07 549 0760

tamawhariua.nz

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Hui-tanguru (February) *Kaupapa*



To view our Hui-tanguru Panui for Hauora
Ngākau Awareness month click the Kowhai
buttons

Facebook



Instagram





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Upcoming Kaupapa

POUTŪ-TE-RANGI (MARCH) KAUPAPA



To view our Poutū-Te-Rangi Panui for hearing
awareness month click the Kowhai buttons

Facebook




Instagram






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'How Bout you'
HBU Mobile Health Waka

A free community mobile health clinic with Dr & Nurse consultations



WHAT WE CONSULT

- Prescribed medication
- Blood pressure check
- Blood sugar check
- Health & Wellness Education
- Contraception
- Women's health
- Wound Care
- Sexual Health... and more

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1	2
5	6	7	8	9
	CLOSED			
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

Site Locations

- M MONDAY - MANE 6PM-9PM**
WAIKARI MARAE
62 Waikari Road, Matapihi
- T TUESDAY - TŪREI 6PM-9PM**
NGĀI TAMAWHARIUA OFFICE
111 Main Road, Katikati
- W WEDNESDAY - WENEREI 6PM-9PM**
WELCOME BAY COMMUNITY CENTRE
242 Welcome Bay Road, Welcome Bay
- T THURSDAY - TĀITE 6PM-9PM**
PAPAMOĀ PLAYGROUND
Hartford Avenue, Papamoa
- F FRIDAY - PARAIRE 6PM-9PM**
MERIVALE COMMUNITY CENTRE
10 Kesteven Avenue, Merivale

Keynotes Doctor Available Nurse Only Service **CLOSED** Temporarily due to public holiday/s



HBU CLINIC
Every Tuesday at
Tamawhariua Rūnanga
[6pm - 9pm]

Every Thursday
9am - 2pm
[Appointments only]
Call Pirirakau to make your
appointment

Ph: 07 552 4573




Telehealth
HELD AT TAMAWHARIUA
RŪNANGA
Pirirakau Nurse coming in Every Thursday by
appointments only

9am - 2pm



**Register with
Pirirakau**



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Hikoi Club

Every Rāpare (Thursday)
Meet at the front of the
Rūnanga Office at 11am



Haiku Track

HIKOI CLUB
*Every Thursday at 11am.
Meet out the front of the
Rūnanga with Kimi
Benton*

Here at Tamawhariua we have accredited quit card providers who are here to tautoko your journey in giving up smokes



BEYOND THE SMOKE:

A New Life Awaits





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Ratonga Tekehī

Total mobility

Get in touch to find out more



Ratonga Tekehī Total Mobility



Kawea i te kuaha-ki-te-kuaha, he utu kua oti te whakamāmā

Subsidised door-to-door transport

The Total Mobility scheme helps people with serious mobility constraints access discounted door-to-door transport through approved providers based in Katikati, Rotorua, Tauranga and Whakatāne.

Eligible scheme members use their Total Mobility card to receive a 75% discount on door-to-door travel up to a maximum of \$37.50 per trip (75% discount on \$50 full fare).

Uru mai ki te kaupapa

Join the scheme

If you would like to apply, please contact one of our approved Total Mobility assessment agencies.

There are assessors in Rotorua, Tauranga and Whakatāne. Visit boprc.govt.nz/accessible-transport for the list of agencies available to use.

Some agencies charge a fee for this service, please check what their assessment or membership fee(s) are.

Who is eligible?

The assessment process identifies whether your mobility constraint means you cannot manage any one or more of these components of a journey:

- Getting to the place from where the transport departs.
- Getting onto the transport.
- Riding securely.
- Getting off the transport.
- Getting to the final destination.



For more information visit boprc.govt.nz/accessible-transport email tm.admin@boprc.govt.nz or call 0800 884 880



Click the red button to go on their website

Contact Number: 0800 884 880



The Total mobility scheme helps tangata (people) with serious mobility constraints access discounted door to door transport through approved providers based in **KatiKati**, **Tauranga & Whakatāne**.



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Kate's Kabs

Get in touch to find out more



Click the red button to go on their website

Contact Number: **022 045 0525**



Get around the Western Bay of Plenty in style with Kate's Kabs – the safe, affordable and professional taxi service for Katikati, Waihi, Waihi Beach, Omokoroa and the surrounding area.



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Driving Miss Daisy®
We're There For You

We're family when family can't be there

Our safe, friendly and reliable companion driving service offers independence and peace of mind.

NZ's No. 1 COMPANION DRIVERS

Total Mobility Scheme cards accepted, offering discounts in most regions across New Zealand.

**Driving miss daisy
Total mobility scheme
Get in touch to find out more**



Click the red button to go on their website

Contact Number: 0800 948 432



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Ngā mihi nui **Kura kai** for the frozen meals

Ngā mihi nui **Koro Kereama** for the fruit

Ngā mihi nui **Anne Billing** for the seedlings

Ngā mihi nui **Allen Taiwi** for the avocados

Ngā mihi nui **Countdown** for the kai

Ngā mihi nui koutou for all your kind donations to
Tamawhariua Rūnanga



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OUR SERVICES:

Kaiwhakahaere- Valarie Uilou

Administrator- Colleen Fleming

Administrator/Whānau Kaiwhakatau-
Harmony Samuels

Adult Mental Health- Kimi Benton

Whānau ora Kaiarahi ki au Katikati-
Jesse Samuels

Māmā & Pēpi Service- Lillian Mafi

Whānau ora Kaiarahi ki au Otawhiwhi-
Claire Taikato

Youth at Risk- Thomasina Samuels

ICAYMHS- Steph Burgess

Peer Support & Advocacy - Sandy Coley

Whanau Tāutoko - Noelene Te whakaara

Social Media:



@Tamawhariua Health
& Social Services



@Tamawhariua



@Tamawhariua



Tamawhariua.com

