

APRIL- MAY 2022

# Panui Hauora me te oranga

*Te Rūnanga o Ngāi Tamawhariua Health & Social  
Services*

## **April Awareness Days**

*Takiwatanga day ( World Autism day) - 2nd April*

*World Health Day- 7th April*

*World Earth Day- 22nd April*

*World Health & Safety Day-28th April*

*Caesarean Awareness Month 1st-30th*

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**Tamawhariua Office  
will be closed  
Good Friday  
Easter Monday &  
Anzac Day**

**Our Vision:** *"Ka mahi tahi tatou, me te oranga o katoa"*

*We must work together for the well being of all"*

**Our Mission:** *Provide a culturally safe and supportive  
service for Tangata whaiora and their whānau.  
Strengthening their mana, independence and resilience  
to become autonomous in their own wellbeing.*

**Our Kaupapa:** *Pono, Tika, Aroha*

**Our Coverage**

*Waihi Beach to Whakamarama*

## **Contact Details**

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**Tamawhariua Office  
hours**

**Monday to Friday  
8:00am - 4:30pm**

**Address:** *111 Main Road,  
Katikati*

**Email:**  
*admin@tamawhariua.org.nz*

**Phone:** *(07)-549 0760*

**Facebook:** *Tamawhariua  
Health & Social Services*

**Instagram:** *Tamawhariua  
Health & Social services*



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## Our Services & Roles:

### Whānau Tautoko

The service will ensure that clients and their whānau receive the best and most appropriate clinical and cultural care and support in order to empower them to achieve their goals.

### Whānau Ora

Whānau Ora puts whānau and families in control of the services they need to work together, to build on their strengths and to achieve their aspirations. It recognises the collective strength and capability of whānau to achieve better outcomes in areas such as health, education, housing, employment and income levels.

### Adult Mental Health

Supporting mental health well being for adults.

### Whānau Ora Kaiarahi

Our Kaiarahi Whānau Ora provides support to whānau through working with them to create and then implement plans that positively impact on family growth, development and wellbeing. Plans are whānau-centred, and can include anything from educational goals to social, health, cultural, or economic goals, but plans must also reflect the desires of the whānau so that whānau are self-directed and empowered as they achieve their plans. Kaiarahi also support whānau to integrate social and health services, improving their own outcomes, moving towards optimal independence, and greater enjoyment of life – a mauri ora state of being.

### Youth at Risk

Assisting Youth to minimise incarceration and support them to achieve their goals and aspirations.

### Child & Adolescent Mental Health

Delivery of quality specialist mental health services to individual and whanau with mental health issues.

### Peer Support & Advocacy

The service will ensure that clients and their whānau receive cultural care, advocacy and support in order to empower them to achieve their goals.

## Tamawhariua Kaimahi

### ***Kaiwhakahaere:***

*Valarie Uilou*

### ***Adult Mental Health:***

*Kimi Benton*

### ***Whānau Ora Kaiarahi:***

*Jesse Samuels*

### ***Whānau Support:***

*Lily Mafi*

### ***Whānau Ora:***

*Claire Taikato*

### ***Infant, Child, Youth & Adolescent***

### ***Mental Health:***

*Steph Burgess*

### ***Peer support & Advocacy:***

*Sandy Coley*

### ***Youth at Risk:***

*Thomasina Samuels*

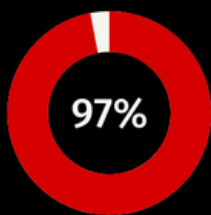
### ***Administration:***

*Colleen Samuels*

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# Panui Hauora me te oranga

## Tamawhariua Covid Response



Based on our recent survey, we achieved an average of 97% whānau/hāpori satisfaction rating. Congratulations, everyone!

Despite the challenges we experienced during the Omicron outbreak within whānau and hāpori (community) as a kaupapa māori health and social services provider, we're very pleased to know that our whānau appreciate all our hard work. Their satisfaction is our goal and inspiration."

— Valarie Uilou

How did we arrive at a 97% satisfaction rating?  
Let's break it down for you!

97%

97% of our whānau/hāpori surveyed said the response and service during isolation was fantastic.

We worked hard to service all whānau during their time of need. Making every effort to respond within 3 hours.

52%

52% of whānau/hāpori surveyed said they wanted more information about our services.

We have answered this request by doing a letter drop box to all those that have requested this information.

97%

97% of whānau/hāpori surveyed reported that what support they received was very helpful

Making sure that all those in need were serviced with what was needed for their household.

"Ehara taku toa i te toa takitahi engari he toa takimano."

"My strength is not that of an individual but that of the collective"



**TAMAWHARIUA**

Te Rūnanga o Ngāi Tamawhariua Inc.

**WE ARE HERE TO TAUTOKO YOU  
& YOUR WHANAU**

**DO YOU OR SOMEONE IN YOUR  
WHARE HAVE COVID?**

**DO YOU NEED EXTRA SUPPORT?**

We can help with

- Reporting your positive result
- Kai
- Ministry of Health guidelines
- Hygiene products
- Pick up and delivery of medication
- Pick up and delivery of online shopping

CALL US ON  
07 549 0760



*The last 2 years have been challenging for whānau. With the ever changing climate of Covid-19, it has bought about feelings of fear, anxiety and uncertainty. If you are experiencing these emotions, call into the office for a korero and some positive feedback.*

*My door is always open!*

**NAU MAI HAERE MAI WHANAU!**

**Kimi Benton**

**Adult Mental Health Kaimahi**



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# Panui Hauora me te oranga

## Grocery service available for Kaumatua & Kuia

Pick up and drop off Every Wednesday  
Please contact Claire on  
022- 0498 511 or  
call office on 07-549 0760  
if you would like to book this service



Hapu Mama Program  
4th- 23rd May

## He Iti Pounamu

FREE 6 week workshop  
(NO vaccination pass required)

Mama Support Group for new & expecting Mama in the Hāpori (community)

Venue: Tamawhariua office  
111 Main road  
Katikati

When: Monday 4th  
April  
Time: 10am- 1pm

\* Kanohi ki te kanohi (Face to face) Support for Mama  
\* Hauora information for Mama & Pepi  
\* Morning kai provided  
\* Mama / Pepi portrait session

Registration cut off  
Wednesday 30th March  
please contact or pop  
into  
Tamawhariua office on  
07-549 0760



May Awareness

Pink Ribbon Breakfast Month- 1st May  
World Asthma Day- 3rd May  
Rangatahi Week- 7-15th May  
Road Safety Week- 9-15th May  
Pink Shirt Day-20th May  
World MS Day- 30th May  
World Smoke free Day- 31st May

## Events in the Hāpori April-May

Easter cupcake  
competition- Design your  
own cupcake winners  
announced 12th April

### Design a Easter Cupcake

Decorations/  
Design

Icing Flavour

Filling

Cake Flavour

Name of your cupcake design:

Name:

Age:

**HBU CLINIC**  
**FREE DOCTOR & NURSE**  
**TAMAWHARIUA OFFICE**  
**STARTS BACK 12TH APRIL**  
**EVERY TUESDAY**  
**6-9PM**

