

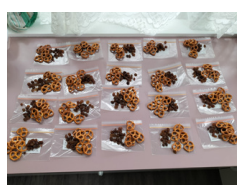


2023

# Panui Hauora me te oranga

**\$44.91c**

## Pouaka kai



**Back to kura & kohanga budget tips for the pouaka kai.**

*Total cost of shopping was \$44.91, Pictures showing how to break down the kai & we got 20 different lunches using just the kai you see in the trolley*

*Some examples below.*



### Tamawhariua Office hours

- Monday 8am - 4:30 pm**
- Tuesday 8am - 4:30 pm**
- Wednesday 8am - 8pm**
- Thursday 8am - 8pm**
- Friday 8am - 4:30pm**

**Address:** 111 Main Road, Katikati

**Email:** [admin@tamawhariua.org.nz](mailto:admin@tamawhariua.org.nz)

**Phone:** (07) 549 0760

### Website :

- [www.tamawhariua.com](http://www.tamawhariua.com)
- Facebook:** Tamawhariua Health & Social Services
- Tiktok:** @Tamawhariua
- Instagram:** Tamawhariua Health & Social services





2023

# Panui Hauora me te oranga

**Heart attack warning signs**

Pain, discomfort, pressure, tightness or heaviness in any of these areas:

You may also feel:

If you have any of these symptoms for more than 10 minutes, you may be having a heart attack. Call 111 and ask for an ambulance.

Heart Foundation heartfoundation.org.nz

**eat most**  
vegetables & fruit

**eat some**  
grain foods & starchy vegetables

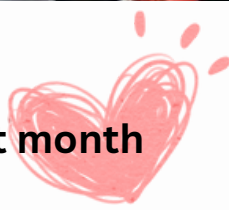
legumes, fish, seafood, eggs, poultry & meat

milk, yoghurt & cheese

healthy oils, nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

## Healthy heart month



*In looking after your ngākau to prevent things like*

- High blood pressure
- Risk of heart attack
- High cholesterol

*these are some good ways to look after your taha tinana, Eating healthy kai, Korikori tinana reguarly , quitting smoking, reducing your alcohol in take and maintaining healthy relationships*



Exercise For The Heart



*Do you want to ...  
Save more money?  
Exercise to be eaiser?  
Improve your hauora , lungs and ngākau ?  
Add years to your life expectancy?*

**We have acredited quit card providers on site if quitting smoking is your goal for 2023 nau mai e te whānau**

## Events in the Hapori

**Nau mai, Haere mai ki te Hikoi club**

Every Thursday  
11am  
Meet out front of Rūnanga  
\*Haiku track

With  
Kimi Benton

**Hauora Ngākau**

**HUI-TANGURU (FEBRUARY) EVERY MONDAY**

**WE WILL BE DOING FREE BLOOD PRESSURE CHECKS HERE AT THE TAMAWHARIUA OFFICE.**





# TAMAWHARIUA

Te Runanga o Ngāi Tamawhariua Inc.

## HEALTH & SOCIAL SERVICES

Ph: 07 549 0760

tamawhariua.nz

2023

# Panui Hauora me te oranga

## Whare hauora whakarongo

Free hearing clinic

Kei hea : Tamawhariua Rūnanga

Te Rā : Tāite (Thursday)  
16th March

Te Wa : 9:30am  
10:45am  
11:30 am  
12:15pm  
1:00pm



## Hearing Therapist offers

HEARING EVALUATIONS - OTOSCOPY, PURE TONE AUDIOMETRY SCREENING, HEARING NEEDS ASSESSMENT, WITH ONWARD REFERRAL WHEN APPROPRIATE  
HEARING THERAPISTS ARE ACCREDITED ASSESSORS FOR SAFETY ALERTING DEVICES, E.G., SMOKE ALARMS  
HEARING THERAPISTS DO NOT FIT HEARING AIDS, BUT LIAISE WITH AUDIOLOGISTS TO SUPPORT HEARING AID FITTINGS

IMPROVING COMMUNICATION SKILLS  
TINNITUS MANAGEMENT - INFORMATION AND PRACTICAL HELP  
HEARING AID MANAGEMENT - HELPING PEOPLE TO MANAGE AND USE THEIR HEARING AID(S) MORE EFFECTIVELY

ASSISTIVE DEVICES - DEMONSTRATION AND INFORMATION E.G., AMPLIFIED TELEPHONES, TV AND RADIO LISTENING DEVICES, SPECIALISED SMOKE ALARMS ETC

DISCUSSION ON FUNDING OPTIONS - IF ELIGIBLE

## COMMUNITY SERVICES CARD



If you want to know if you are eligible or want to apply for a community services card  
Come into the Tamawhariua office and the kaimahi can awahi you with this.



TAMAWHARIUA  
Te Rūnanga o Ngāi Tamawhariua Inc.

## ARE YOU TURNING 65 & HAVE KIWISAVER ?

We are able to awahi you with the application for retirement withdrawal through kiwisaver

KiwiSaver  
Poua he Oranga



Please call on 07- 549 0760  
or pop into the Rūnanga



2023

# Panui Hauora me te oranga



**2023  
business  
hours**

**Mane: 8am - 4:30pm  
Tūrei: 8am - 4:30pm  
Wenerei: 8am - 8pm  
Tāite: 8am - 8pm  
Paraire: 8am - 4:30pm**

## **OUR SERVICES:**

- Kaiwhakahaere- Valarie Uilou*
- Administrator- Colleen Fleming*
- Adult Mental Health- Kimi Benton*
- Whānau Kaiarahi- Jesse Samuels*
- Whānau Tautoko Connector- Lillian Mafi*
- Whānau Ora- Claire Taikato*
- Youth at risk- Thomasina Samuels*
- ICAYMHS- Steph Burgess*
- Peer Support - Sandy Coley*
- Rangatahi A.O.D - Rachel Barratt*

