

SEPTEMBER-OCTOBER 2022

Panui Hauora me te oranga

HAUORA PREVENTION

1st-30th Breathe better September

1st-30th Cervical screening month

1-30th Blue September

1-30th Alzheimer's month

10th September World suicide prevention day

21st World Alzheimer's day

26th - 2nd October Mental health awareness week

26th September World contraception day

29th- Mobile RV Clinic- Tamariki immunisations



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

**Tamawhariua Office
hours**

Monday 8am-4:30pm

Tuesday 8am-4:30pm

Wednesday 8am-8pm

Thursday 8am-8pm

Friday 8am-8pm

Address: 111 Main Road,
Katikati

Email:

admin@tamawhariua.org.nz

Phone: (07)-549 0760

Facebook: Tamawhariua
Health & Social Services

Tiktok: @Tamawhariua

Instagram: Tamawhariua
Health & Social services



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Tamawhariua invites whānau & the hāpori to come & korero mai, meet the staff and check out these awesome events at the Rūnanga.



TE WIKI O TE REO MĀORI 2022



NAU MAI, HAERE MAI

MANE 12th- Kuia Kaumatua kapu tii & korero at Tamawhariua

TŪREI 13th - Kaimahi quiz with a twist on Māori kupu, places & other pātai via our Tamawhariua facebook page

WENEREI 14th- Te Rereatukahia & Otawhiwhi te kohanga reo will be at the Rūnanga 10am- 12pm

Chalk drawing, waiata playing, colouring competition and a sausage sizzle for the Tamariki

TAITE 15th- Weaving workshop at Rūnanga Starts 10am
Come and watch this mahi & have a korero

PARAIRE 16th- Kapa haka - Te Kura Tātahi o Waihi & Katikati College from 11:30am onwards out front of the Rūnanga come support these tamariki & rangatahi.

MANE 19th- Winners announced for colouring competition, Snippets of the weeks activities and winner announced for Kei hea ahau?



Peer support & advocacy

The Peer Support and Advocacy role is a holistic community based kaupapa Māori service for tamariki and rangatahi up to 18 years old and their whānau. This service is free and available to anyone.

Referrals to this service can come directly from whānau or from the SENCO from any of our local schools. Our service area is Waihi Beach through to Whakamaramara.

The Peer support advocate role is a non-clinical service which provides support, education, and advocacy to tamariki and rangatahi who have, or may be experiencing problems. These problems may be personal, whānau based or environmental and they may lead to behavioural problems at school or within the community. The service is youth lead and focused, it takes place anywhere the tamaiti and their whānau feel most comfortable.

This service helps tamariki/rangatahi to develop strategies, recognise behavioural patterns and develop goals to navigate life's speed bumps and build resiliency.



Sandy Coley

Nga mihi

Kevin Bluegum - Kai from his mara kai

Jane Clarke- Knitted kakahu

John- Washing Machine

Bella from the Backpackers- Ice cream tubs

Lizzie Pilkington-

Blankets & pillows

John Anderson-

Pukapuka & weeding



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WE AS MAMA OFTEN SAY THAT WE WOULD DO ANYTHING FOR OUR CHILDREN.....

BUT WOULD YOU LIVE FOR THEM?



**Thursday 22nd September
10am - 3pm
Tamawhariua Rūnanga
111 Main Rd, Katikati**

Key asthma info at your fingertips

The My Asthma app contains simple asthma information, asthma first aid steps, and an electronic Asthma Action Plan.

Download FREE



Cervical screening Clinic



*Events in the Hapori
Sept- Oct*

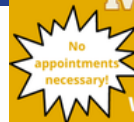
**Nau mai,
Haere mai
ki te Hikoi
club**

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

**With
Kimi Benton**



MONTHLY MOBILE CLINIC



**Date: Thursday 29th Sept
Time: 10am - 2pm
Where: Tamawhariua Rūnanga
111 Main Road, Katikati**



Pepi / Tamariki immunisations / B4 school checks

If you are wanting tamariki immunisations please ring /PM Tamawhariua and let us know what they need as these immunisations need to be bought along with the nurse



TAMAWHARIUA
Te Rūnanga o Ngāi Tamawhariua Inc.

**Phone:
07-549 0760**

October Awareness month

**1 - 31st October Breast cancer awareness
10th October - World mental health day
17th October- World Arthritis day
15th October - World horoi o ringaringa
20th October- World osteoporosis day**

