

2023

Panui Hauora me te oranga



bowel cancer awareness month

You can reduce your risk of developing bowel cancer by:

- Healthy diet high in fruit, ngā huawhenua and fibre
- Exercising regularly
- Becoming auahi kore &
- Maintaining a healthy body weight.

It is recommended that you should aim to engage in 30 minutes or more of physical activity everyday

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

Phone: (07) 549 0760

Website :

www.tamawhariua.com

Facebook: Tamawhariua
Health & Social Services

Tiktok: @Tamawhariua

Instagram: Tamawhariua
Health & Social services





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HBU Clinic
Every Tuesday
night
FREE DOCTOR
6pm - 9pm
Tamawhariua
Rūnanga

'How Bout you'
HBU Mobile Health Waka
 A free community mobile health clinic
 with Dr & Nurse consultations

Hbu Calendar

- Mo Matapihi, Waikari Marae, 6-9pm
- Tu Tamawhairua Office, Katikati, 6-9pm
- We Welcome Bay, Community Centre, 6-9pm
- Th Papamoa, Hartford Ave Playground, 6-9pm
- Fr Merivale, Community Centre, 6-9pm

June 2023

SU	MO	TU	WE	TH	FR	SA
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

Signets:

- Nurse Only Service, Wellness and Health Checks
- GP Consultation Available

For further information contact:
 Office: 07 575 3745
 Email: hbu@ngaitamawhariua.org.nz

Nau mai,
Haere mai
ki te Hikoi
club

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

With
Kimi Benton

Kapahaka

ON TONIGHT
TE WA: 6PM
WĀHI: TE REREATUKAHIA
MARAE
Bring the whole whānau!

Every Monday
night
Te Rereatukahia
Marae
6pm
Bring your whole
whānau along

JUSTICE OF THE
PEACE
SERVICES

Fortnightly on a
Monday
Starting Monday
15th
ONSITE AT
TAMAWHARIUA
RUNANGA
10AM - 12NOON

WITNESSING OF DOCUMENTS
TAKING OF DECLARATIONS
SWEARING OF AFFIDAVITS OR AFFIRMING
AFFIRMATIONS





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Katikati festival of cultures

Tamawhariua Health & Social services isolation support.

Are you or your whānau isolating? We are here to awhi (help).

For support contact Lily Mafi - Whānau Tautoko connector:
Phone: 022 556 7627

Are you needing support with?
- MSD support
- Kai package (Food)
- Hygiene product's
- Support for immediate & essential things you may require.



Are you registered with Pirākau ?

We now have
TELEHEALTH - Doctor via video call
and
a Pirākau nurse coming to Tamawhariua Rūnanga every Thursday by appointments only.

9am - 2pm

Services
Blood tests
Smear
Blood pressure checks
Vaccinations

\$ 10 charge for B12 and Depo

NEW ZEALAND Family Planning
in partnership with Katikati Midwives

Family Planning Katikati Clinic

14 Jocelyn Street, Katikati
Every second Friday
10am to 4pm

Services provided:

- Contraception
- STI testing and treatment
- Condoms
- Emergency contraception - ECP
- Cervical screening
- Pre Menstrual Syndrome (PMS)
- Pregnancy testing and advice.

9 June 2023
 23 June 2023
 7 July 2023
 21 July 2023
 4 August 2023
 18 August 2023

Call 0800 352 546
to make an appointment or drop in to the clinic

familyplanning.org.nz
facebook.com/familyplanningnz
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**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 & Advocacy - Sandy Coley*
- Rangatahi A.O.D - Rachel Barratt*

