



2023

# Panui Hauora me te oranga

## Kidney health awareness month

1 in 10 people have kidney disease



Ways to help prevent & look after your Kidneys

- +Explore stress reducing activities
- +Make healthy kai choices
- +Limit alcohol intake
- +Exercise- maintaining healthy weight
- +Get enough sleep

March is Kidney Health Month and we want to raise awareness. Getting your kidneys checked can help prevention of kidney disease and early detection can reduce the likelihood of further kidney damage

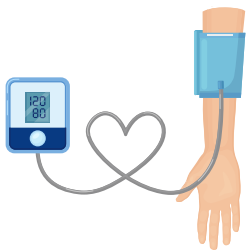
**What causes kidney disease?**  
Your kidneys filter and remove waste and water from your bloodstream. The 2 most common causes of kidney disease are diabetes and high blood pressure as they damage parts of your kidneys

**What are the symptoms of chronic kidney disease?**  
CKD is called a silent disease because it often causes no symptoms. It is not uncommon to lose up to 70% of kidney function before developing symptoms

The first signs may include:

- Tiredness
- Poor appetite and weight loss
- Muscle cramps
- Need to pee more often than usual
- Pain or burning when peeing
- Blood in your pee
- Puffiness or swelling around your eyes and ankles

**1 IN 10 PEOPLE HAVE KIDNEY DISEASE... KIDNEYS ARE VITAL FOR GOOD HEALTH EARLY DETECTION SAVES LIVES**



- Eating healthy kai
- Lowering your waipiro intake
- Exercise and keeping a healthy weight
- Getting enough sleep
- Auahi kore
- Blood pressure checks & diabetes checks



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





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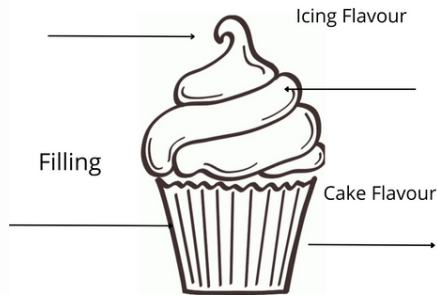
## Tamariki mā

Come and pick up our "Design your own easter cupcake" competition from the office and the winners chosen will have their easter cupcake made into reality .

**Ages : 5 and under  
6- 10 years  
11+**

### Design a Easter Cupcake

Decorations/  
Design



Name of your cupcake design:

Name:

Age:



**Competition closes March 31st  
Winners announced via  
Tamawhariua facebook page on April 3rd**

## Events in the Hāpori

**Self-Management Group Sessions**

- ✓ Free!
- ✓ Whānau and friends welcome
- ✓ Groups in Tauranga, Mount Maunganui, Te Puke, Pāpāmoa, Katikati, and via Zoom
- ✓ Morning/afternoon courses over 2 weeks
- ✓ Evening courses over 4-5 weeks (Zoom)

**Wellness Diabetes**

*For people with Type 2 Diabetes (8 hours total)*

- What is diabetes?
- Physical activity
- Healthy eating with diabetes
- Medications
- Diabetes complications and travel tips
- The effect of stress and sleep on diabetes
- Goal setting and self-management

**Lifestyle Wellness – Toi Ora**

*For people wanting to make positive lifestyle changes (6 hours total)*

- Intro to common health conditions and tests
- Physical activity
- Goal setting and self-management
- Healthy eating
- Mindful eating
- Stress and sleep

For more info or to register:

- Referral form on our website (scan QR code)
- Call (07) 577 3190
- Email [selfmanagement@wboppho.org.nz](mailto:selfmanagement@wboppho.org.nz)
- Ask your GP or Practice Nurse to refer you



Scan me!

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

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

With  
**Kimi Benton**








**TAMAWHARIUA**

Te Runanga o Ngāi Tamawhariua Inc.

HEALTH & SOCIAL SERVICES

Ph: 07 549 0760

tamawhariua.nz

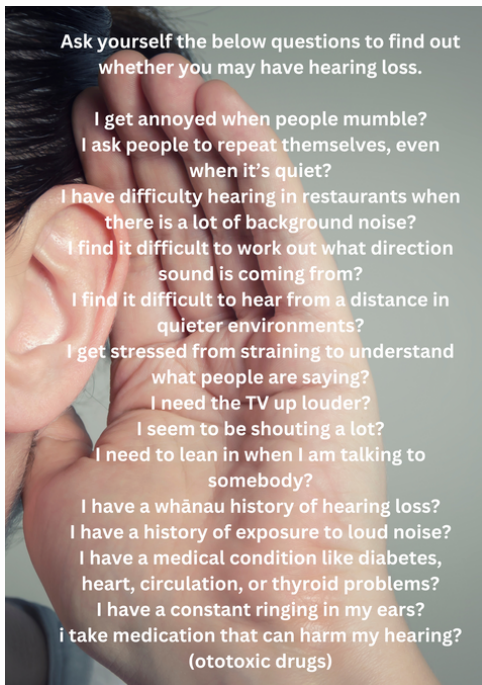
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# Panui Hauora me te oranga

## Hearing awareness month

*"Ear & hearing care for all "*

*Encouraging whānau to seek early identification & management of their hearing loss.*



Ask yourself the below questions to find out whether you may have hearing loss.

- I get annoyed when people mumble?
- I ask people to repeat themselves, even when it's quiet?
- I have difficulty hearing in restaurants when there is a lot of background noise?
- I find it difficult to work out what direction sound is coming from?
- I find it difficult to hear from a distance in quieter environments?
- I get stressed from straining to understand what people are saying?
- I need the TV up louder?
- I seem to be shouting a lot?
- I need to lean in when I am talking to somebody?
- I have a whānau history of hearing loss?
- I have a history of exposure to loud noise?
- I have a medical condition like diabetes, heart, circulation, or thyroid problems?
- I have a constant ringing in my ears?
- I take medication that can harm my hearing? (ototoxic drugs)

## 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



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



**ARE YOU TURNING 65 & HAVE KIWISAVER ?**

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

**KiwiSaver**  
Poua he Oranga

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

Ngā mihi ki a koe Vanessa Hume for the koha of pēpi gear which is getting utilized by whānau throughout the

hāpori  
Kia ora ! 



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# 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 & Advocacy - Sandy Coley*
- Rangatahi A.O.D - Rachel Barratt*

