



2023

# Panui Hauora me te oranga



*Ngā mihi o te tau hōu pākeha*

## MAURI ORA MAURI TAU



**PONO TIKA AROHA**

**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 - 4:30 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*





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*Ngā toa*  
**AUAHI KORE**



*Claire Taikato*

*Claire's whakaaro in becoming auahi kore was the financial cost & becoming healthier so she can be around longer for her tamariki.*




*Ngā toa*  
**AUAHI KORE**



*Kimi Benton*

*Kimi's whakaaro in becoming auahi kore was the financial cost & respiratory concerns post covid.*




## 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




**BACK TO KURA**

**Nau mai,  
Haere mai whānau**

Friday 27th Jan  
10am - 3pm  
Tamawhariua  
Rūnanga




- FREE SAUSAGE SIZZLE
- GUIDANCE AROUND ONLINE STATIONARY & UNIFORM PURCHASES
- CHEAP, HEALTHY KAI IDEAS FOR THE POUAKA KAI

*Koha haircuts for your tama and kotiro  
--Please RSVP to the Rūnanga to book an appointment*




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





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**Healthy Heart Awareness Month**

*This month is all about checking in and the importance of looking after our heart.*

*We will be having time on Friday*

**Heart Health Awareness Month**

**Hui-tanguru (February)**  
 This Month we will be doing Free Blood Pressure checks here at Tamawhariua office.



**Heart attack warning signs**

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

You may also feel:

- Dizzy
- Tired
- Short of breath
- Sweaty
- Sick

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.

## 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 awhi you with this.



**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



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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*
- Administratoir- Colleen Flemming*
- Adult Mental Health- Kimi Benton*
- Whānau Kaiarahi- Jesse Samuels*
- Whānau Tautoko Connector- Lilian Mafi*
- Whānau Ora- Claire Taikato*
- Youth at risk- Thomasina Samuels*
- Icayms- Steph Burgess*
- Peer Support - Sandy Coley*
- Rangatahi A.O.D - Rachael Barratt*

