

2024

Panui Hauora me te oranga



TAMAWHARIUA
Health & Social Services

BACK TO KURA

Nau mai,
Haere mai whānau



RANGATAHI FUN DAY

SATURDAY FEBRUARY 3RD

10AM - 2PM

REREA TUKAHIA AWA

Tamawhariua Office hours

Monday 8am - 4:30 pm

Tuesday 8am - 4:30 pm

Wednesday 8am - 4:30pm

Thursday 8am - 4:30pm

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

**Guidance & support around online stationary, uniform ordering
& setting up a kindo account (KKPS only) - Call into the office
anytime on Wednesday 31st January**

**Cheap Healthy KAI IDEAS FOR THE POUAKA KAI -
Watch our Social Media for these**

**KOHA HAIRCUTS FOR TAMARIKI & RANGATAHI RETURNING
TO KURA ONLY - Contact our office for an appointment**



Tamawhariua Rereatukahia Awa Day



BBQ DAY AT THE AWA

A whangungatanga day at the awa. sausage sizzles for the whānau that came down to Rereatukahia awa.



Whakataua For new Whānau ora Kaiarahi based at Otawhiwhi Marae



Tamawhariua tautoko Kaimahi, Claire Taikato at Otawhiwhi Marae. Extending Tamawhariua services towards Otawhiwhi. Ngā Mihi Nui to Pacific Secondary School kaimahi for supporting this whakataua.





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tamawhariua.nz

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Kohitātea (January) Kaupapa



To view our Kohitātea Panui for Healthy Habits and better choices click the Kowhai buttons

Facebook



Instagram





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Upcoming Kaupapa

Hui-tanguru (February) Kaupapa



To view our Hui-tanguru Panui for Hauora Ngākau Awareness month click the Kowhai buttons

Facebook



Instagram





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HBU MOBILE HEALTH SERVICE

Key dates for HBU Waka

JAN 10
TRONIT office re-opens

JAN 24
HBU Health Mangatawa Marae

FEB 01
HBU Clinic re-opens

HBU@NGAITERANGI.ORG.NZ

For further information contact:



HBU CLINIC

Re-opens on Tuesday
February 13th

Telehealth
HELD AT TAMAWHARIUA
RŪNANGA
Pirirakau Nurse coming in Every Thursday by appointments only
9am - 2pm

Register with Pirirakau

Every Thursday

9am - 2pm

[Appointments only]

Call Pirirakau to make your appointment

Ph: 07 552 4573



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Hikoi Club

Every Rāpare (Thursday)
Meet at the front of the
Rūnanga Office at 11am

Haiku Track



HIKOI CLUB

*Every Thursday at 11am.
Meet out the front of the
Rūnanga with Kimi
Benton*

Here at Tamawhariua we have accredited quit card providers who are here to tautoko your journey in giving up smokes



BEYOND THE SMOKE:

A New Life Awaits





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Total mobility scheme
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Contact Number: 0800 948 432



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OUR SERVICES:

Kaiwhakahaere- Valarie Uilou

Administrator- Colleen Fleming

Administrator/Whānau Kaiwhakatau-
Harmony Samuels

Adult Mental Health- Kimi Benton

Whānau ora Kaiarahi ki te Katikati-
Jesse Samuels

Māmā & Pēpi Service- Lillian Mafi

Whānau ora Kaiarahi ki te Otawhiwhi-
Claire Taikato

Youth at Risk- Thomasina Samuels

ICAYMHS- Steph Burgess

Peer Support & Advocacy - Sandy Coley

Whanau Tāutoko - TBC

Social Media:



@Tamawhariua Health
& Social Services



@Tamawhariua



@Tamawhariua

