

JULY- AUGUST 2022

Panui Hauora me te oranga

HEALTH WAKA
A free community mobile health clinic
Dr & Nurse Consultation

- MONDAY - RĀHINA 6PM-9PM**
WAIKARI MARAE, MATAPIHI
62 Waikari Road, Matapihi
- TUESDAY - RĀTU 6PM-9PM**
NGĀI TAMAWHARIUA OFFICE
111 Main Road, Katikati
- WEDNESDAY - RĀAPA 6PM-9PM**
WELCOME BAY COMMUNITY CENTRE
242 Welcome Bay Road, Welcome Bay
- THURSDAY - RĀPARE 6PM-9PM**
PAPAMOĀ PLAYGROUND
Hartford Avenue, Papamoa
- FRIDAY - RĀMERE 6PM-9PM**
MERIVALE COMMUNITY CENTRE
10 Kesteven Avenue, Merivale

Contact us for more info.
Coordinator - Rocky
027 255 1562

HBU Team Leader, Projects & Operations - Carley
hbu@ngaiterangi.org.nz

WHAT WE CONSULT

- New prescription
- Blood pressure
- Blood sugar
- Cholesterol
- Birth Control
- Eye Test
- Women's Health Referral's
- Wound Care
- Man's Health Check
- Sexual Health Referral's

Nau mai, Haere mai to our
Friendly and FREE
Doctor & Nurse
HBU clinic
Every Tuesday night
At Tamawahuriua office
Katikati- Main street
6-9 PM

*Nga mihi
Jane Clark*

*for donating the
beautiful kakahu for
our pepi within the
hapori it is much
appreciated*



Here is our social media platforms
where you will find Hauora
information, Kaimahi profiles,
Awareness videos and kai on a
budget cooking tips for whānau
Facebook: Tamawahuriua Health &
Social service's

Instagram: @Tamawahuriua

Tiktok: @Tamawahuriua

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



Contact Details

**Tamawahuriua Office
hours**

**Monday to Friday
8:00am - 4:30pm**

Address: 111 Main Road,
Katikati

Email:
admin@tamawahuriua.org.nz

Phone: (07)-549 0760

Facebook: Tamawahuriua
Health & Social Services

Instagram: Tamawahuriua
Health & Social services



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Our Services & Roles:

Whānau Tautoko

The service will ensure that clients and their whānau receive the best and most appropriate clinical and cultural care and support in order to empower them to achieve their goals.

Whānau Ora

Whānau Ora puts whānau and families in control of the services they need to work together, to build on their strengths and to achieve their aspirations. It recognises the collective strength and capability of whānau to achieve better outcomes in areas such as health, education, housing, employment and income levels.

Adult Mental Health

Supporting mental health well being for adults.

Whānau Ora Kaiarahi

Our Kaiārahi Whānau Ora provides support to whānau through working with them to create and then implement plans that positively impact on family growth, development and wellbeing. Plans are whānau-centred, and can include anything from educational goals to social, health, cultural, or economic goals, but plans must also reflect the desires of the whānau so that whānau are self-directed and empowered as they achieve their plans. Kaiārahi also support whānau to integrate social and health services, improving their own outcomes, moving towards optimal independence, and greater enjoyment of life – a mauri ora state of being.

Youth at Risk

Assisting Youth to minimise incarceration and support them to achieve their goals and aspirations.

Child & Adolescent Mental Health

Delivery of quality specialist mental health services to individual and whanau with mental health issues.

Peer Support & Advocacy

The service will ensure that clients and their whānau receive cultural care, advocacy and support in order to empower them to achieve their goals.



Tamawhariua Kaimahi

Kaiwhakahaere:

Valarie Uilou

Adult Mental Health:

Kimi Benton

Whānau Ora Kaiarahi:

Jesse Samuels

Whānau Support:

Lily Mafi

Whānau Ora:

Claire Taikato

Infant, Child, Youth & Adolescent

Mental Health:

Steph Burgess

Peer support & Advocacy:

Sandy Coley

Youth at Risk:

Thomasina Samuels

Administration:

Colleen Samuels

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This month the kaimahi accepted the wero and participated in "Move your butt June" Raising awareness around bowel cancer by being active, drinking inu wai and watching what kai we put into our tinana. The kaimahi did a obstacle course which you can check out via our Tamawahriua facebook page.

Tumeke Wahine mā



Kuia Kaumatua Grocery Waka

Fortnightly service on a Wednesday pick up drop off



Please contact Claire if interested (07) 549 0760



Each month we will be promoting the service's that each kaimahi provides at Tamawahriua.



Whānau ora Kaiarahi

The Whanau Ora Kaiarahi works with whanau to assist them to reach their vision of Whanau wellbeing by supporting whanau to achieve their aspirational goals. The aim of the Whanau Ora Kaiarahi is to ensure that whanau receive the services they need but more importantly to enable, empower and encourage whanau to assess their current position and decide their future goals. Planning for future success starts with the whanau, the progress of each whanau is determined by their aspirations and their actions to meet their goals.

This can be through a range of supports such as:

- Facilitated hui with Whanau
- Navigation services with Whanau health plans
- Advocacy - MSD, OT, ACC, IRD or any other government agency
- Support systems to compliment Tinana, Hinengaro, Wairua and Whanau through the Tuapapa model of care (a system of care that is based on the fundamental concepts of tika, pono and aroha. They are the means of which mana is demonstrated, enhanced or restored).
- Optimising collective resources internally and externally
- Walking side by side with whanau to achieve their goals.

Jesse Samuels



Regular services



- AA Drivers Licencing 10 Aug, 12 Oct, 14 Dec
- Asthma and Respiratory Clinic 28 Jul, 25 Aug, 22 Sep, 17 Nov, 15 Dec
- Alzheimers support and activity group Monthly ph: 577 6344
- B4 School Checks Thursday fortnightly ph: 557 5522
- Baywide Community Law Tuesday fortnightly Ph: 0800 905 916
- Budget Advisory Services Ph: 578 0969
- Device Advice Monday mornings ph: 549 0399
- Ear Health Tuesday Fortnightly ph: 0800 567 387
- FootFocus Podiatry Wednesday ph: 579 1457
- Inland Revenue Dept 21 Jul Ph: 549 0399
- Justice of the Peace Fridays 10am - 12noon
- McCarthy Family Chiropractors Monday mornings ph: 579 2023
- Total Mobility Services Tuesday afternoons ph 549 0399

KATIKATI DROP-IN
Community Breakfast
 Every Thursday 7.30am - 8.30am
 Katikati Community Baptist Church,
 2 Wedgewood St, Katikati
 Pick Up Service Available - Shower Facilities - Gold Coin Donation

All welcome
 Enjoy hearty food & good company

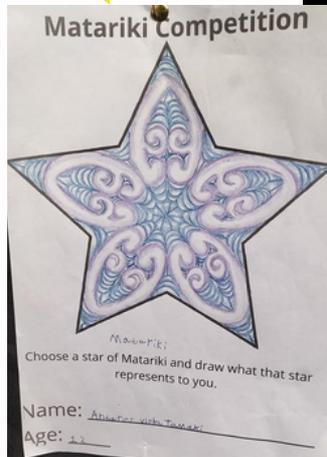
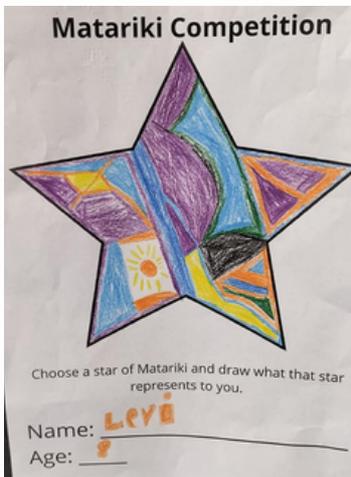
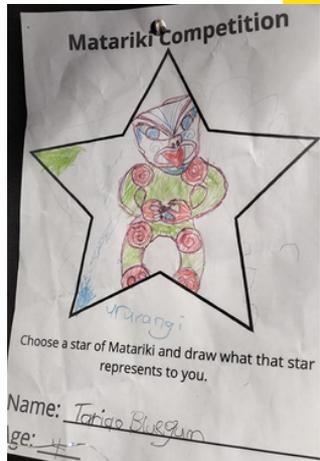
CONTACT: Angela Phone 020 4070 4426



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MATARIKI



Events in the Hāpori July- August

KATIKATI LATCH & CHAT CAFÉ

6th June Queens Birthday
 20th June
 4th July
 18th July
 1st August
 15th August 29th August
 12th September
 26th September

11am Katikati Plunket rooms

These were our winners for the Matariki star competition

Ka mau te wehi tamariki mā!

MATARIKI DAWN VIEWING



When: Fri 1 July, 6am
Where: Top of Tohora View, Waihi Beach
Followed by: Breakfast/ Kai at the RSA
Bring: Warm clothes, blanket, camp chairs

'Matariki hunga nui'
Matariki of many people

Matariki Dawn viewing for hāpori- 1st July

Nau mai, Haere mai ki te Hikoi club

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

With Kimi Benton

RŪNANGA NGĀI TAMAWHARIUA INCORPORATED

Annual General Meeting
DATE: Sunday 10th July 2022
TIME: 2pm
VENUE: Te Rereatukahia Marae

AGENDA:
 1. Karakia
 2. Mihimihi
 3. Annual Report
 4. Election of Officers
 5. Karakia whakamutunga

Any inquiries, please contact
 admin@tamawhariua.org.nz