

Check your pair
Know thy nuts!

Tamawhariua
MO-BRO



Matt

Testicular cancer strikes young, it is the most common cancer in young NZ Tane.

Tips to check thy pair

- 1- Steam from a hot shower relaxes them
- 2- Roll between your thumb and finger, check for any changes or pain
- 3- Repeat and check other side
- 4 - If something feels painful or you notice changes go to your doctor to get checked.

The best way is to check every month or so so you get to know your normal
That way if anything changes you can act on it because early detection is the best detection.



Testicular cancer occurs when abnormal cells develop in the testes.

About 90-95% of testicular cancers start in the cells that develop into sperm – known as germ cells.

Compared to other types of cancer, testicular cancer is rare. But it is the most common cancer is young Tane aged 18-39 years (excluding non-melanoma skin cancer).

GROW IT. SHOW IT. SUPPORT IT.

OUR KAUPAPA
FOR THE MONTH IS
MOVEMBER

Movember is about breaking the stigma for our Tane and raising awareness around Tane hauora, Suicide & prevention, Testicular & Prostate cancer.

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

Tamawhariua
MO-BRO



Tejay



2023

Panui Hauora me te oranga

White Ribbon Day

25TH NOVEMBER

White Ribbon Day (25 November) is the international day when people wear a white ribbon to show they don't condone men's violence towards Women.

**STAND UP.
SPEAK OUT AND
ACT TO PREVENT
MEN'S VIOLENCE
TOWARDS WOMEN.**

TAKE THE PLEDGE
WHITERIBBON.ORG.NZ
#RespectfulRelationships



**CHALLENGE THE
#OUTDATED
RUIA TE TAITEA, KA
TU TAIKAKA ANAKE**

Whanau violence intervention/ Tautoko for Whanau

Tauranga Womens Refuge

24- hour helpline
0800 86 733 843

Living without Violence

07- 5779297

Emergency Housing

Awhine house (Women)
Tauranga Moana night shelter
(Men)

Support for ethnic women and tamariki

24- hour Helpline
0800 742 584

Family Works

07- 575 9709



TAMAWHARIUA

Te Runanga o Ngāi Tamawhariua Inc.

HEALTH & SOCIAL SERVICES

Ph: 07 549 0760

tamawhariua.nz

2023

Panui Hauora me te oranga

WORLD DIABETES DAY

November 14th

EYES ON DIABETES

WHAT IS DIABETES?

YOUR BODY NEEDS **INSULIN** TO TRANSFORM GLUCOSE INTO ENERGY



TYPE 1

WHEN THE PANCREAS DOESN'T PRODUCE INSULIN IT IS **TYPE 1 DIABETES**



TYPE 2

WHEN THE PANCREAS DOESN'T PRODUCE ENOUGH INSULIN (OR THE INSULIN CANNOT BE PROCESSED) IT IS **TYPE 2 DIABETES**



GESTATIONAL DIABETES

WHEN THE INSULIN IS LESS EFFECTIVE DURING PREGNANCY, IT IS **GESTATIONAL DIABETES**

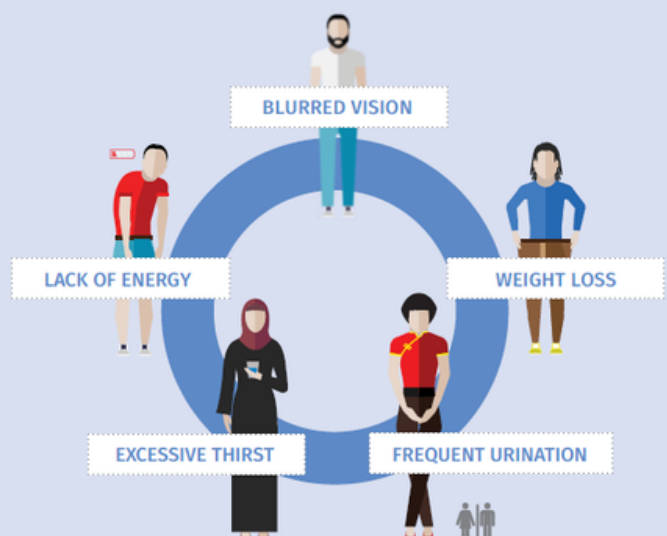


ACT TODAY TO CHANGE TOMORROW

www.worlddiabetesday.org

EYES ON DIABETES

SIGNS AND SYMPTOMS



IF YOU SHOW THESE SIGNS, CONSULT A HEALTH PROFESSIONAL

THESE SIGNS CAN BE MILD OR ABSENT IN PEOPLE WITH **TYPE 2 DIABETES**

ACT TODAY TO CHANGE TOMORROW

www.worlddiabetesday.org



2023

Panui Hauora me te oranga

Kirihimete Events

KATIKATI SANTA PARADE

Event Date: Saturday 2nd December 2023

Event Location: Carisbrooke Street, KatiKati

Starting Time: 3pm



EVENT DATE: SATURDAY 2ND DECEMBER 2023
EVENT LOCATION: MOORE PARK KATIKATI
TIME: FROM 3.30PM - 6PM AT MOORE PARK.





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2023

Panui Hauora me te oranga

Kirihimete Events

KATIKATI THEATRE INC. PRESENTS TWO SHORT CHRISTMAS PLAYS DIRECTED BY JULIE THOMAS...

Come on a magical trip with the Christmas elves!

THE SOLE OF CHRISTMAS
BY MARY BARILE ADAPTED BY DI LOGAN

and

PERCY SAVES THE DAY
BY JULIE THOMAS, DI LOGAN AND FRANCIS YOUNG

AT THE ARTS JUNCTION

FRIDAY NOVEMBER 24TH - 7PM
SATURDAY NOVEMBER 25TH - 7PM
SUNDAY NOVEMBER 26TH MATINEE - 2PM
TUESDAY NOVEMBER 28TH - 7PM
WEDNESDAY NOVEMBER 29TH - 7PM
THURSDAY NOVEMBER 30TH - 7PM

TICKETS
ADULTS \$15 - CHILDREN \$5
FAMILY CONCESSION \$35 (LIMIT 2 CHILDREN)
ON SALE AT THE ARTS JUNCTION FROM NOVEMBER 6TH



EVENT DATE: HELD ANNUALLY IN DECEMBER

OPENING NIGHT: THURSDAY 14TH DECEMBER 7PM

EVENT LOCATION: THE ARTS JUNCTION, 36 MAIN ROAD, KATIKATI





2023

Panui Hauora me te oranga



Driving Miss Daisy®
We're There For You

We're family when family can't be there




Our safe, friendly and reliable companion driving service offers independence and peace of mind.



Total Mobility Scheme cards accepted, offering discounts in most regions across New Zealand.

**Driving miss daisy
Total mobility scheme
Get in touch to find out more**

**HBU
CLINIC
Every Tuesday
6-9PM
Free Doctor and Nurse**



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

Hbu Calendar

SU	MO	TU	WE	TH	FR	SA
			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		

Keynotes:

- Nurse Only Service, Wellness and Health Checks
- GP Consultation Available
- Temporarily: Fri 10

2023

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
Administrator- Harmony Samuels
Adult Mental Health- Kimi Benton
Whānau Kaiarahi- Jesse Samuels
Whānau Tautoko - Lillian Mafi
Whānau Ora- Claire Taikato
Youth at Risk- Thomasina Samuels
ICAYMHS- Steph Burgess
Peer Support & Advocacy - Sandy Coley