



# Te Roopu Whakatipu kōrero Te Rereatukahia Marae



## *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**





# TAMAWHARIUA

Te Runanga o Ngāi Tamawhariua Inc.

## HEALTH & SOCIAL SERVICES

Ph: 07 549 0760

tamawhariua.nz

2023

# Panui Hauora me te oranga





2023

# Panui Hauora me te oranga

## Alzheimers awareness month

Here in Aotearoa 4 out of 5 of us know or have known someone living with dementia.

The most common form of Dementia is Alzheimer's disease. Alzheimer's is a degenerative disease, meaning symptoms start gradually and get worse overtime. The symptoms each person experiences depends on the parts of the brain that are affected. here are some most common dementia symptoms,

- Loss of memory
- Difficulty performing normal tasks
- Changes in personality
- Trouble forming sentences in conversation
- Loss of interest in normal activities

*Aotearoa, he aro nui ki te hunga mate wareware  
A dementia friendly New Zealand*



## HBU CLINIC Every Tuesday FREE DOCTOR & NURSE

## World stroke day - October 29th F-Face A-Arm S-Speech-T-Take action



# BREAST CANCER AWARENESS MONTH



Important symptoms to be aware of include:

- 1 Breast mass or lump
- 2 Nipple discharge
- 3 Redness or swelling in one breast
- 4 Change in the appearance of the nipple

breastlink 



Let your *blossoms* be in the pink of health!




## boob beads

Find it before you feel it.  
Book a mammogram today.

**2mm**  
Size of the smallest cancer found by regular mammogram

**14.5mm**  
Average size of cancer found by regular mammogram

**22mm**  
Average size of lump found by a woman checking her breasts



- B** - Be breast aware
- R** - Report any changes to your GP, best to get checked out
- E** - Early detection means best prevention
- A** - Always check your breasts, it just takes 5 minutes
- S** - Screening can save lives
- T** - Take time to check yourself, Wahine you are important



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*

