

2023

Panui Hauora me te oranga



Pink ribbon morning tea

Ngā mihi nui ki a koe Fiona for your special kōrero
& to all the Wahine for coming along to tautoko
this important kaupapa for the breast cancer
foundation.

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





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**Nau mai,
Haere mai
ki te Hikoi
club**

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

**With
Kimi Benton**



**Te ra: Wednesday 24th May
Te wā: 10am - 11:30am
Wāhi: Kahia sports club**

*Workshop about keeping your whare
dry & warm, keeping energy bills down
and tips on how to stop mould and
condensation in your whare*

**Please register to Tamawhariua office on
07 549 0760
if you would like to come to the workshop**



Western Bay of Plenty District Council | TAMAWHARIUA | Katikati Community Centre | KATIKATI

**SATURDAY 3RD JUNE 2023
KATIKATI
10AM - 2PM**

KATIKATI FESTIVAL OF CULTURES

FLAG PARADE, PERFORMANCES, INTERNATIONAL FOOD AND WORKSHOPS

MORE INFORMATION: E: INFO@KATCHKATIKATI.ORG.NZ
PH: 07 549 5250
KATIKATI.ORG.NZ

Logos: Western Bay of Plenty District Council, TAMAWHARIUA, Katikati Community Centre, KATIKATI, TECT, BAY TRUST, KATIKATI.

**HBU Clinic
Every Tuesday
night
FREE DOCTOR
6pm - 9pm
Tamawhariua
Rūnanga**

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

Hbu Calendar

Mo	Tu	We	Th	Fr	Sa
Matapihi, Waikari Marae, 6-9pm					
Tamawhariua Office, Katikati, 6-9pm					
Welcome Bay, Community Centre, 6-9pm					
Papamoa, Harford Ave Playground, 6-9pm					
Merivale, Community Centre, 6-9pm					

May 2023

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	31			

Legends:
Nurse Only Service, Wellness and Health Checks
GP Consultation Available

For further information contact:
Office: 07 549 0760
Email: hbu@getahbu.org.nz

Kapahaka

EVERY MONDAY NIGHT

TE WA: 6PM

WĀHI: TE REREATUKAHIA MARAE

Bring the whole whānau!





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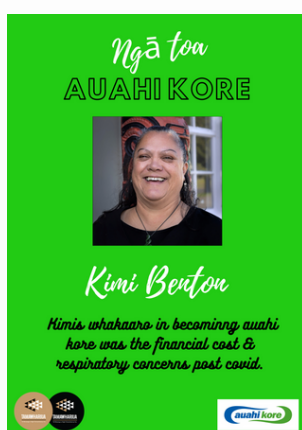
Benefits in becoming Auahi kore

- Saving your money
- Being around longer for your whānau & mokopuna
- Less colds & flu's
- Exercise to be easier
- Improve the health of your lungs & ngākau
- Keeping your niho healthy
- No nicotine stains
- Add years to your life expectancy

What is stopping you

Are you the next Auahi kore champion ?

We have accredited quit card providers on site to awhi you in becoming smokefree



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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
Administrator- Colleen Fleming
Adult Mental Health- Kimi Benton
Whānau Kaiarahi- Jesse Samuels
Whānau Tautoko Connector- Lillian Mafi
Whānau Ora- Claire Taikato
Youth at Risk- Thomasina Samuels
ICAYMHS- Steph Burgess
Peer Support & Advocacy - Sandy Coley
Rangatahi A.O.D - Rachel Barratt