



Hokianga Health Hauora Hokianga

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COMMUNITY NEWSLETTER No. 258

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This newsletter is published monthly to keep you informed of what is happening at Hokianga Health. If you have any comments, contributions or questions, please contact Chrissie Williams at the hospital on (09) 4057-320, or the Trustees for your clinic area.

CHRISTMAS CLINIC DAYS

Our regular GP Clinics over the Christmas/New Year period will be closed on the statutory days, and 27-29 December. Normal session times will resume from **Wednesday 3 January 2018**.

Rawene A&E will be open, for urgent care only, between 23 December and 2 January. On days other than the statutory holidays there will be a nurse clinic on Wednesday, Thursday and Friday at Kohukohu, Taheke and Omapere. Any child with a sore throat during the holidays will need to see their doctor or community health nurse.

Please remember that in an emergency you need to call 111 so that emergency services can be co-ordinated.

TRUST BOARD MEETING DATES 2018

Members of the community are welcome to observe at Trust meetings. These are held on the last Tuesday of each month. The following are the dates for 2018 meetings:

January 30 February 27 March 27 April 24
May 29 June 26 July 31 August 28 September 25
October 30 November 27 December 18

Please contact Chrissie Williams on 405 7320 if you would like more information regarding these meetings

At our AGM in November Frank Herbert was re-elected as Chair and Tony Birch as Deputy Chair. Our Annual Report for 2016/17 is now available. If you would like a copy please phone Gina Albert on (09) 4057 347 or view it online, our website: www.hokiangahealth.org.nz

SAM RUKA TROPHY (Top Clinic Games)

Our annual games to find the best top clinic team will be held in **Omapere** on **Wednesday 24 January**. Each team of up to six members must include two children. Make sure you have a team organized to join in the fun, and maybe win the trophy for your clinic.

BUILDING UPGRADE TO START

Our exciting project to upgrade the remainder of the hospital is ready to start as soon as we receive our building consent from the Council. We hope this will be before Christmas.

KAIMANA AKI TANGATA (KMT) POSITION

We have a position available for the Mangmuka area 10 hours per week. The KMT will know their community and assist in health promotion programmes and support for the Community Health Nurse. To apply please contact Chrissie on 09-4057 320

Visit us on www.hokiangahealth.org.nz

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ANNUAL FUNDRAISER BOWLS TOURNAMENT – ‘AMBLER, DAWSON & TRONEL MEMORIAL’

Another successful event was held at Omapere on Sunday 19 November – and this resulted in nearly a thousand dollars being raised for Hokianga Hospital Auxiliary to continue their good work. Our thanks to the very generous people involved.

Pictured: winners Paul Fowlie, Sophie Toi and Sharlene Leaf



COPTHORNE HOKIANGA HALF MARATHON

Advance notice for the **2018 Half Marathon - Rawene to Opononi - Saturday 24 March**



Time to get your shoes out and plan your fitness path now – you won't regret it. More details soon



HAVE A SAFE AND HAPPY HOLIDAY SEASON

The Trust extends a warm message of good will to all residents of Hokianga and their whanau and visitors over Christmas/New Year. Remember all those health messages as it gets hotter and our lives get busier – protect yourself in the sun, don't overdo the food and drink and maybe use the New Year to make some resolutions to eat healthier and exercise more! **And most importantly be kind to each other and enjoy the wonderful place in which we live. Be well and safe.**



CHRISTMAS CAROLS

We will be singing carols at the hospital on Wednesday 20 December. Meet at the Rawene A&E entrance, at 5.30pm



Hauora Hokianga

Pouaka Poutapeta, Kaikohe

Waea: (09) 4057 709 Waea Whakaahua: (09) 4057 329

PANUI-A-IWI RUA RAU, RIMA TEKAU MA WARU

Tihema 2017

E tūhia ana tēnei pānui kia noho mohio ai te iwi whānui ki ngā whakahaerenga o Hauora Hokianga. Mehemea he whakaaro ōu, he pātai rāiini, he awhina rānei, me whakapā mai ki a Kirihi Wiremu i te Hohipere o Rāwene; nama waea (09) 4057 320: me whakapā atu rānei ki te tarahiti o tōu rohe kaināa noho.

NGA RAA KIRIHIMETE - WHARE HAOURA A ROHE

E noho kapi ana nga tari rata hauora a rohe, mai i te 27th - 29th o Tihema tae noa atu ki te Turei 3rd o Hanuere. Ka mutu, ka puaretia mai ano nga mea katoa a te **Wenerei 3th o Hanuere 2017**. E noho puare mai ana te Tari Hauora i Rawene (09 405 7709) mo te wahanga katoa o te Kirihimete me nga raa hororei mo nga mea whakaora, nga aitua me nga mate puta oho whakarere. E whai naahi ana nga whare hauora o Omapere, Taheke me te Kohukohu mo nga raa o te Wenerei, Turei me te Taita i te tau hou. Mehemea ka paa te mate korokoro mamae ki te tamariki, me haere tika mai ki te kite i te rata, naahi raanei. Kia maharatia ake, me waea tika atu ki te nama 111 mo nga tino mate, raruraru ranei kia tae tika atu te awhina o taua tari ki a koe. Ka tuu kaha tonu nei te hohipere mo te iwi i nga waa katoa.

TE RUNANGA O HAUORA HOKIANGA HUIHUINGA 2018

E ahei noa atu ana te tangata te haere ake ki nga huihuinga o te Runanga, noho ai, whakarongo korero ai. E watea ana te huarahi, aa e puare ana te kuaha ki te katoa o Hokianga kia tae ake ki enei huihuinga a nga Turei whakamutunga a ia marama ki te whare Matauranga i te hohipere nei. Mea nei ngaa raa me nga marama mo te tau hou 2014 - Hanuere 30th, Pepuere 27th, Maehe 27th, Apereira 24th, Mei 29th, Hune 26th, Hurae 31st, Akuhata 28th, Hepetema 25th, Oketopa 30th, Noema 27th, Tihema 18th.

I oti i te hui a tau o te Runanga te poti teetahi heamana, e uu tonu ana a Frank Herbert ki te tuuranga heamana mo te Runanga, ka tuu a Tony Birch hei heamana tuarua. E watea ana te pukapuka a tau ki te iwi, no reira waea mai ki a Gina on (09) 4057 347 mo teetahi kape, ka whakapaa atu raanei ki te ipurangi o te hohipere: www.hokiangahealth.org.nz. Noo reira, kua kapi nga tuuranga tarahiiti katoa mo nga takiwa, kua kii katoa nga tuuranga o te Runanga o Hauora Hohipere.

KAPU O HAAMI RUKA (Raa Whakatatae Whare Hauora)

Ka tuu tenei whakatatae a tau mo nga takiwa tekau e tuu nei nga Whare Hauora o Hauora Hokianga. Kei te kainga o te Omapere, Wenerei 24th o Hanuere tenei whakatatae takaaro tuu ai mo te tau hou. Tekau nga roopu takaaro, tokoono nga kaitakaaro i roto i te roopu kotahi, tokorua o nga kaitakaaro he kanohi tamariki. E tuu tonu ana tenei raa whakamaharatanga mo te kaumatua a Haami.

TIROHIA TE IPURANGI HOU

Kua whakahoungia te ipurangi o Hauora Hokianga ki tetahi hanga pai ake, tirohia toona pai. www.hokiangahealth.org.nz He kanohi pukamata too Hauora Hokianga, koia tenei te ara

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TAU HOU 2018

E whakatata mai ana te kirihimete me te tau hou 2018, noo reira ka penei ake te mihi o te ngakau "**Meri Kirihimete me nga manaakitanga o te Tau Hou.**"

RAA TAKAARO PAORO A TAU

Hei Whakamaharatanga – Hei Kohikohi Moni

I tuu tenei raa whakamaharatanga "AMBLER, DAWSON & TRONEL MEMORIAL" i te Ratapu 19th o Oketopa ki te papa takaaro paoro i Opononi.

Rongo rawa ake, he raa tino papai me te

ataahua o nga mea katoa, he mano noa atu taara te nui o te moni i kohia i taua raa, ka taakohatia te katoa ki te hohipere. Noo reira, ka nui te mihi o te ngakau ki te iwi i whakarangatiratia ai taua raa, haramai teetahi ahua.

Nga toa o te raa, ko Paul Fowlie, ko Sophie Toi me Sharlene Leaf



HOKIANGA HIKOI - OMA ROA O TE COPTHORNE

Tuku wawe nei te whakamohiotanga atu ki a tatou katoa mo tenei paanuitanga o te **2018 Half Marathon - Rawene ki Opononi** - Raahoroi 24th o Maehe 2018. Tikina atu nga huu takahi huarahi, whakapakari te tinana mo te wero nei, kia taea e koe te hikoi, ko te oma ranei i te katoa o te huarahi i Rawene nei ahu atu ki Omapere tutuki ai. Taaria te waa mo te roanga atu o nga ritenga whakahaere mo te raa.

REO WHAKAMIHI O TE RAUMATI - E tuku mihi nui atu ana e te Runanga o Hauora Hokianga ki te katoa e noho kainga mai nei i te Hokianga huri noa, puta noa. Kia noho pumau ai ngaa manaakitanga o te raumati, kirihimete me te tau hou ki a koutou katoa. Tiakina teetahi i teetahi, atawhaingia nga tamariki mokopuna, manaakitia nga kaumatua me nga whanau, aa whanaunga katoa, kia whai whakaaro ano hoki ki nga manuwhiri. Kia tau te mauri ora, te pai, kaha me te rangimarie ki a koutou, aa tatou katoa.

TIRA WAIATA KIRIHIMETE

E tuu ana tenei huihuinga tira kaiwaiata a te Wenerei 20st o Tihema, ka hui ki mua o te Taari Whakatau 5.30pm i te ahiahi. Noo reira, nau mai, haere mai e te iwi ki te waiata haere me te kawea i te rongomau o te Kirihimete me te Tau Hou ki nga wahanga katoa o te hohipere. Karakiatia mo nga atawhainga o te waa, korerotia te rongo mau o te waa, waiatatia nga painga o te waa, kawea te rangimarie o te waa, ka puta, ka ora.....