



Hokianga Health Hauora Hokianga

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COMMUNITY NEWSLETTER No. 267

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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.

ANNUAL COMMUNITY MEETINGS

In October the Trust will hold its annual series of meetings with the different communities. The Trust will report on achievements and challenges in the 2017/18 year and our plans for the future. All welcome.

A Trustee will also be elected in each clinic area for a two year term. If you live in Hokianga, are interested in the issues involved in health provision and you would like to put yourself forward to be a member of the Trust for one of these clinic areas, please contact Gina Albert (09) 405 7 347. You will be sent a nomination form and details of criteria for Trustees.

Nominations must be received by the Trust by noon on **Friday 28 September 2018**. Details of venue and time of the community meetings will be published in October along with the nominations received. For further information about the meeting in your area please contact your local Hokianga Health Trustee.

We will soon be printing our Annual Report for the year ended 30 June 2018. This reports on the Trust's financial position and the outcomes of the services we provide. Copies will be available at all the community meetings. The Trust's Annual General Meeting for 2018 will be held on Tuesday 27 November.

BUILDING PROGRESS

Under our covers the new roof is going on and the project is progressing well.



Pictured here CEO John Wigglesworth checks progress with Principal Contractor Simon Land and Project Supervisor Brian Crooks

MENTAL HEALTH AWARENESS WEEK

This will be from 8-14 October and the theme is **UNLOCK YOUR WELLBEING**.

Make sure you allow some time out to "recalibrate" from your busy life. "In the modern world we concentrate too much on what's going on outside ourselves. If we focus more internally and learn to be kind and less critical of ourselves, things are easier and clearer."

Our support team invites you to a music day and get together at Rawene Town Hall on Friday 12 October. For more information contact Karen on 4057 341

NEW DIABETES NURSE

Our Diabetes Nurse Specialist Anita Wilson has come full circle, returning home to Hokianga to work amongst her whanau. Anita was a recipient of our A.R. Cox nursing scholarship in 2002. After qualifying as a registered nurse, Anita gained experience working with Ngati Hine for many years before taking up this position with Hauora Hokianga.



WHANGAREI HOSPITAL DISCHARGE

If you have been a patient at another hospital, you may be asked on discharge "Who is your regular GP?". With the fluidity of GP cover at Hokianga Health it will be easier for you to just say "Hokianga Health". A referral will be sent to Hokianga Health so that any follow up visits and care can be arranged with doctors and the community nursing services.

SCHOLARSHIPS

Hokianga Health Enterprise Trust provides scholarships to Hokianga students to pursue careers in the medical, nursing and allied health fields. These can help with fees, books or other costs for students already studying for these qualifications. The scholarships are based on essays about the work of Hauora Hokianga, and this year's applications will close 31 October. If you know someone who may be eligible or need more information, check our website or call 09-4057 373

Visit us on www.hokiangahealth.org.nz

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Hauora Hokianga

Pouaka Poutapeta, Kaikohe

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

PANUI-A-IWI RUA RAU, ONO TEKAU MA WHITU

Hepetema 2018

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

NGA HUIHUINGA A TAU O HAUORA HOKIANGA

Hei tenei Oketopa e tu ai e te Runanga o Hauora Hokianga ngā huihuinga ki ngā papa kainga nohonga a te iwi, huri noa i ngā takiwa o Hokianga. Ko reira tuku ripoata ai e te Runanga ki te minenga, ngā hua i whai puawai o te wahanga o te 2017/18 tau te roa. Ko reira ano hoki e whakatakoto ai ngā tirohanga me ngā wawata a te Runanga mo ngā tau a mua ake nei.

Ko reira pū ano hoki ngā poti hou mo ngā tarahiiti a takiwa pooti ai. E rua tau te roa o te mahi mo te tarahiiti hou, mehemea kei Hokianga koe e noho ana, aa e whai ngakau ana koe ki ngā kaupapa hauora me te whai ngakaunui ki te piki ki runga ki te Runanga mau tūranga tarahiiti ai mo tōu takiwa kainga noho, waea mai koa ki a Gina Albert (09) 405 7347 ki te korero, maana e tono ngā pepa pōti me ngā pepa whakamārama tikanga tūranga a te tarahiiti ki a koe.

Ka kapia te kuaha mo ngā tono tūranga tarahiiti a te **Paraire 28th o Hepetema**. Tāria te wā e puta ai te pānui mo ngā huihuinga tuku ripoata ki te iwi me te rārangi ingoa tangata e tuu ana hei poti mā tātou ki te Runanga o Hauora Hokianga. Whakapā atu ki tōu tarahiiti o tōu kainga noho mo te roanga atu o ngā korero mo ēnei hui whai tikanga. E whakareri mai ana te ripoata ā tau ki 30th Hune 2018 e ripoatanga ana ngā mahi tuku hauora kua tutuki, me te whakarārangi i te pukapuka pēke moni. E tukuna ana te ripoata ki ngā huihuinga a takiwa, ā, ka tuu te hui ā tau a te Runanga a te Tūrei 27th o Noema.

E watea ana tēnei huihuinga nui ki te katoa, noo reira, nau mai, haere mai, haere ake ki nga huihuinga a takiwa, noho whakarongo ai, korero ai, mihimihi ai.

RIPOATA MAHI WHAKATIKATIKA WHARE HOHIPERE

Kei raro iho i te hipoki maa e whakahou tuānui ana te mahi a nga kaamura me te anga mua ano o nga mahi whakatikatika a te roopu kaamura.



Ko te kanohi tenei o te CEO a John Wigglesworth e tiroiro haere ana me te tino kaiarahi o nga kaamura a Simon Land, raaua tahi ko te tino kaitiroiro a Brian Crooks e tuu ana i runga i te tuānui e whakahoungia ake ana. Ka hari nei te ngakau ki nga hua o te mahi tahi o nga tangata katoa e whai waahi ana ki te kaupapa whakahou i te hōhipere mo tetahi atu rau tau kee atu, ka mutu, mo nga whakatipuranga a muri ake nei.

WIKI MO TE HAUORA A HINENGARO

Kua tohua te wiki o te Mane 8th ki te Ratapu 14th o Oketopa he wiki mo te whakanui i te hauora o te hinengaro me te hauora katoa o te tangata.

Ko **“HUAKINA TOOU ORANGA”** te kaupapa mo taua wiki. Ko taa tenei kaupapa e meinga nei, kia tirohia a kanohi whakaroto, kia tirohia a wairua whakaroto e te tangata i a ia ano. I te mea, e riro kee ana tatou i nga whakawai me nga whakapaipai o te ao hou nei e horo nei te hurihuri. Kapo kau ana e tatou nga mea kahore he oranga o roto. Mahue noho noa iho ana me te kore maarama, me aha, me pehea. Tena, tirohia whakaroto ki te puna whakaora i roto i a koe ano, maa taua puna koe e whangai ki nga kai tika mo te wairua, hinengaro, tinana me too whanau ano hoki. Ka mutu, e karanga ana te Whare Awhina ki nga tangata katoa kia haere ake ki te hooro o Rawene a te Paraire 12th o Oketopa mo tetahi whakangahau waiata, ka waiatatia te katoa o te ra. Ringi mai ki a Karen 405 7341 mo te katoa o nga korero mo tenei wiki. Haere mai ki te waiata.

NAAHI HOU MO TE MATEHUKA

Kua haere huri taiawhio noa too tatou naahi hou mo te matehuka a Anita Wilson. Inaianei, i oona haerenga katoa i te ao, kua hoki mai a ia ki toona kainga tuturu ki Hokianga i whanau mai ai ia. Ko Anita puu ano tetahi o nga kaiwhiwhi karahipi a A.R. Cox mo te mahi naahi i te tau 2002. Ka riro toona rehitatanga naahi, ka whai tuuranga naahi i Ngati Hine mo nga tau e hia nei te roa. Katahi, ka tono me te riro i a ia tenei tuuranga i te hōhipere, ka hoki rawa mai a Anita ki toona kainga tupu, ki Hokianga mahi naahi ai mo toona iwi ano.

TUKU TURORO A TE HOHIPERE O WHANGAREI

Mehemea i puta tuuroro koe i tetahi atu hōhipere, ka pataia ranei koe e te kaituku, “Ko wai toou tino rata?” Pai kee atu ka whakautua e koe, ko Hauora Hokianga. Maa te penei o too whakautu, ka tonoa mai oo ripoata hauora ki Hauora Hokianga kia taea e Hauora Hokianga te whakarite i nga kaupapa whakaora i a koe, maa nga rata me nga naahi koe e manaaki a muri atu kia ora raano koe. Ka mihi ki a koe e Anita.

NGA KARAHIPi A HAUORA HOKIANGA

E tuku karahipi ana a Hauora Hokianga ki nga akonga e whakapapa ana ki Hokianga, aa, e aru matauranga hauora ana i nga momo whare wananga. He karahipi awhina moni tenei hei utu nga nama o te whare wananga. He tuhituhi korero te mahi maa te akonga mo te karahipi, ka kapia te kuaha mo nga tono a te 31st o Oketopa. Tirohia te ipurangi o Hauora Hokianga, waea mai ranei te nama nei ki te korero 09-405 7373.

TIROHIA TE IPURANGI O HAUORA HOKIANGA

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

Kia tau iho nga manaakitanga o te waa ki runga i a tatou katoa te iwi o Hokianga.