



# Hokianga Health Hauora Hokianga

Private Bag, Kaikohe  
Ph: (09) 4057 709 Fax: (09) 4057 329

COMMUNITY NEWSLETTER No. 263

June 2018

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.

## MARAE WORKSHOPS

Our 2018 marae workshop expos are particularly aimed at our young adults and young parents. These will be packed full of information about keeping healthy, and will be entertaining as well.

Our next workshop is being held on **Friday 15 June at Waima**. Topics at the expo will include rongoa, nutrition, immunisations, smoke-free, family violence, exercise, oral health, car-seat safety and vision and hearing.

## THE 'FLU IS CONTAGIOUS

You can get vaccinated against the 'flu with FLUVAX. We have the vaccinations available – these are free for those over 65 years of age or with a chronic condition. Others will pay \$20. Contact your local clinic.

## MINOR 'OPS'

Due to doctor shortages at the moment, we are currently unable to offer minor operations for "cosmetic" lesions such as skin tags. We will still be doing excisions / biopsies of suspected skin cancers etc. If you have any queries ask your GP.

## DONATIONS OF BABY BLANKETS

Winter is almost here and its important to keep warm. Thank you to the Hokianga quilting group for their wonderful work in creating and gifting to the hospital a number of quilts for baby beds – these have been given to mums with new babies.



## DOMESTIC VIOLENCE

We all have a role to play in keeping kids safe – if you are worried, **DON'T IGNORE IT**. Let them know that you care, and encourage them to seek some help before it is too late. Any form of violence is not OK. There are agencies that can help. Ring 0800 456 450, or visit areyouok.org.nz. For assistance or more information you can contact Mary Korewha at Hokianga Health – phone

## BUSINESS PLAN

The Trust is currently working on its business plan for the coming year 2018/19. This plan outlines the objectives as we seek to address the health issues faced by Hokianga people. Diabetes and heart disease are recognised as major issues in Hokianga and we will be focusing on management and care of these conditions. But we are also focussing on lifestyle choices to maintain health. Ask your Trustee about any questions or suggestions you may have.

## RONGOA

Hauora Hokianga has always accepted patient-initiated rongoa practice, and now wishes to take a pro-active approach to encouraging the use of healing resources in the natural environment. Rongoa is recognised as an important component in holistic care, and can sit comfortably alongside medical practices. We are introducing a rongoa education and usage plan, starting with kawakawa and kumarahou balms for skin complaints. Look for our balms at the Rawene clinic.

## COMVITA DONATION

The Trust is very grateful to receive a sponsorship grant of \$25,000 for each of the next three years from Comvita and Kiwibee Medical. This money is for project work, and reflects Comvita's wish to support the local community.

## HOSPITAL UPGRADE

Our building work is progressing according to schedule. We anticipate the first new ward room will be open at the end of June.



@ Hokianga Health  
[www.hokiangahealth.org.nz](http://www.hokiangahealth.org.nz)



# Hauora Hokianga

Pouaka Poutapeta, Kaikohe

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

## PANUI-A-IWI – RUA RAU E ONO TEKAU MA TORU

Hune 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 kainoa noho.

### “Tena raa koutou katoa e te kainga o Hokianga nui tonu”

#### MARAE HUIHUINGA – KAUPAPA HAUORA

Ka whakahaerengia e te hōhipere nga huihuinga kaupapa hauora ki runga i nga marae o Hokianga, puta noa i tenei tau katoa. Ko te tino kaupapa, he aranga nui ki nga whakatupuranga tamariki, taitamariki me nga maatua hou. He whakatakotoranga korero hauora mo tenei hunga te mahi nui o nga hui, he whakangahau tetahi ahuatanga e kawea ana, he kai tika te mahi, he kororero te mahi, he rongoa te mahi, he werowero te mahi, he tiaki whanau te mahi, he tiaki tinana te mahi me te tini atu o nga kaupapa hauora ka korerotia, ka wanangatia i te raa. Ka tuu te hui tuawha ki **Tuhirangi marae, Waima** a te **Paraire 15<sup>th</sup> o Hune**, 10am ki te 1pm. Ka huri te marama, ka hui ano, ka pikautia tenei kaupapa i roto i nga marama katoa, puta noa tenei tau. Noo reira, haere mai e te iwi ki wenei huihuinga marae.

#### HE MATE RERERE TE REWHAREWHA

He rongoa too te hōhipere, ko FLUVAX te ingoa. Kahore he utu mo te hunga kaumatua 65 o nga tau me te hunga mauiui, engari he \$20 te utu mo tangata kee atu. Waea mai ki te korero ki too tari hauora korero ano ai mo tenei rongoa whakaora tangata mo te roanga o te Hotoke.

#### MAHI POKA ITI A NGATA

I te mea, kua torutoru noa ake nga rata i te hōhipere i tenei waa, e kore e taea wetahi mahi, penei me te mahi kotikotinga nui, he pokaina nui ranei, engari e taea tonu ana wetahi atu momo mahi ahua iti ake. Kia ahatia, e whakamomori ake ana te hōhipere kia pai tonu ake nga mahi whakaora tangata. Mena, he korero taau mo tenei kaupapa korero, kei too rata ano te roanga o nga korero, noo reira, whakapaa atu ki too rata ki te korero.

#### TAAKOHA PARAIKETE PEPI

Whakatata mai ana te Hotoke, hoi ano, me whakamahanatia te tangata i a ia ano. Naa kona, ka whatua ai, ka tuituia ai e tenei roopu ringa tuitui paraikete o Hokianga wetahi paraikete mo nga pepi ka whanau mai ki te hōhipere. Me tohu whakaaro nui tenei mahi, he tohu aroha nui tenei mahi, he koha nui rawa tenei mahi a tenei roopu o nga whaea me nga karanimaa mo nga whakatupuranga hou e haere mai nei. Ka nui rawa te mihi ki tenei roopu nui o Hokianga me nga tohu o te aroha e kitea ana, ka ataahua, ka ataahua.



#### TUUKINOTANGA I TE KAINGA

Kei a tatou katoa te tuuranga matua mo te tiaki, atawhai me te manaaki tika i oo tatou tamariki, nga tamariki, mokopuna i raro i nga ringaringa atawhai, ka kiia, he kainga arohaina tamariki, mokopuna tenei kainga. Engari, he kainga e tuukino tamariki ana, mokopuna ana, ka kiia he kainga pakaru, whatiwhati tikanga, e aroha kore ana. Kotahi anahe te korero me te kii ake, “Kaua e huri tuara, e noho taringa turi, e noho kapo raanei” Engari, me anga aro nui atu ki te tuukinotanga, kia whai manawa nui ki te karanga me te rapu awhina. Ka mutu, he huarahi awhina tenei, ringihia 0800 456 450, tirohia raanei ki tenei ipurangi areyouok.org.nz. Whakapaa mai raanei ki a Mere Korewha 405 7709. Kaua tatou e noho wahangu, me korerotia, me karangatia kia awhinatia, me rapua kia awhinatia, me whakatikaina, kia rongoatia. Whakakorengia te tuukinotanga i nga kainga katoa. Arohaina nga tamariki, nga mokopuna, kia aroha tatou ki a tatou ano. Ka taea e tatou katoa.

#### PAEROA ANGA WHAKAMUA

Tirohira ana e te Runanga o Hauora Hokianga te paeroa mahi mo te tau 2018/19. He paeroa whakatakotoranga taumata mahi whakapikinga maa te hōhipere, kia hikina ake ai, kia hapaingia ake ai te oranga o te iwi o Hokianga. Ko te mate huka me te mate ngakau nga mate kikino e tirohia ana e te hōhipere mo te whakatika ake me te whakapai ake. E tirohia ano hoki te ahua mo te whakapuamau i te oranga o te tangata. Korerotia atu ki too tarahiti o toou takiwa i oo whakaaro mo enei kaupapa korero.

#### TAUMATA RONGOA

Mai ano, ka korerotia, ka manaakitia e Hauora Hokianga nga hiahia kai rongoa a te tangata mauiui. Ka mutu, i tenei waa, ka hikina ake ano e Hauora Hokianga te mana o tenei taonga a te Rongoa. Ka mahi Rongoa panipani e te hōhipere mo nga marama katoa o tenei tau, hei tauira mo tatou, hei akoranga mo tatou, hei akiaki ano i a tatou kia tirohia nga mahi rongoa a nga maatua tuupuna. Hoi ano, he tirohanga kuiti noa tenei ki roto i te ao nui tonu mo tenei taonga a te Rongoa. Maa koutou, maa tatou katoa e tirohia, he aha kei tua atu i te panipani?, he aha puu tenei taonga te Rongoa? Ko te ao i noho maori ai a oo tatou maatua tuupuna. Ka mihi ki tenei ohonga ake i roto o hinengaro o Hauora Hokianga.

#### TAAKOHA A COMVITA

Tuu whakaiti kau ana te Runanga o Hauora Hokianga i roto i te ngakau whakamihi, ka mihi nga kamupene a Comvita me Kiwibee Medical mo taa raaua koha \$25,000 te nui mo nga tau e toru e heke mai nei. He koha mo te hōhipere, he koha mo te iwi o Hokianga. Ka mihi, ka mihi ki nga kamupene.

#### MAHI WHAKATIKATIKA WHARE HOHIPERE

Haere whakamua ana wenei whakaritenga, e tutuki tika ana nga wahanga o nga mahi whakatikatika whare o te hōhipere. Hei te mutunga o te Hune, ka oti te wahanga tuatahi, he ruma hou ano, he wahanga hou ano, noo reira, ka whakapuaretia taua wahanga a taua waa.

#### IPURANGI ME TE PUKAMATA O HAUORA HOKIANGA

Facebook  @ Hokianga Health  
[www.hokiangahealth.org.nz](http://www.hokiangahealth.org.nz)

“Kia tau te mauri ora ki a tatou katoa”