



# Hokianga Health Hauora Hokianga

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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.

## LOCAL BODY ELECTIONS

The local body elections which include candidates for the elected positions on the Northland District Health Board will be contested by postal vote – now is the time to ensure that you are enrolled – this is our chance to have our say in who will be the decision makers for Northland.

Those people already enrolled on the electoral roll will have recently received a letter to confirm your details. If you are not enrolled you can call 0800 ENROL NOW (0800 36 76 56) or enroll online at [www.elections.org.nz](http://www.elections.org.nz). Voting papers will be posted in September and you have until 9 October to return your vote. Watch the papers for statements by the prospective candidates and to see where meetings are being held to hear them speak. Then we can vote for the candidates who have the best understanding of Hokianga issues and a commitment to addressing them.

## WORLD SMOKE FREE DAY

1 November is World Smoke Free Day. This is a wonderful opportunity to break that habit and be smoke free by 1 November. There are a number of ways that we can help you quit – improving your health and saving you money. Join the group of successful quitters – for more information contact Pat Dargaville or Tina Quitta.



## COMMUNITY DEFIBRILLATORS

Two years ago Venus Cherrington, Registered Nurse at Rawene Health Centre, helped raise funds for a defibrillator in Waimamaku. Now she would like to help other communities to get a defibrillator stationed in their area, throughout Hokianga. If you are interested, Venus would love to hear from you. Please feel free to phone her at 09 4057709 or 09 4054864.

## HOREKE EVENT FOR YOUNG MUMS

Calling young Mums in the Hokianga – we have a special day for you organised by Hauora Hokianga and Amokura. It will be on Wednesday 8 September at Horeke Hall. The focus will be on keeping yourself safe, self esteem, parenting and some “pampering”. This promises to be an informative and enjoyable day so if you are a young Mum who would like to join in please call Geraldine at Horeke clinic on 4019 642

If you notice antisocial activity and vandalizing in your area you can call **111** to give confidential information to the police. This service is totally anonymous so you need not fear repercussions from your reporting. It is only by reporting crime that we may get more resources to help keep our communities safe.

## DENTAL SERVICE

Our adult dental service is running two days per fortnight with two dentists in attendance. This service is only for those people who hold, or are eligible to hold, a community services card. With limited appointments available the priority is pregnant women and young mothers under 30 years of age, relief of pain, and essential care for patients with long-term chronic conditions.

We have a big problem with people **NOT** turning up for their appointments.

Modern dental treatment is **PAINFREE**. There is no excuse for not turning up to an appointment. It is a waste of our dentists' time and it means someone else who needs treatment has not been able to get in. We are providing a service - **PLEASE** be responsible and turn up – you may not get a second chance. All appointments are referred by our GPs or CHNs, who can be contacted at the clinics or Rawene Health Centre. The dental service will be at Taheke and Opononi in August 2010. Service phone 4057 656.

## Hokianga Health- The First Hundred Years

Our photo history book is available for sale at the hospital or the following local outlets for \$30.

Rawene: Boatshed Cafe

Omapere: Hokianga Museum Kohukohu: Village Arts

Waiotemarama: Labyrinth Woodworks, Morrell's Cafe

**WEBSITE:** The Hokianga Health Website is updated regularly. It provides up to date information and news about the service: [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 KOTAHI RAU WHITU TEKAU MA WARU

Akuhata 2010

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 Rawene; nama waea (09) 4057 320; me whakapā atu ranei ki te tarahiti o tōu rohe kainga noho.

## POTI A TAKIWA

E tata ana ki te wā e pōti tangata ai te iwi he hunga kaikorero mo te poari o Te Hauora o Te Taitokerau NDHB. He pōti mērā te āhua o te tuku pōti, nō reira me rehitatia ai koe kia whai wāhi koe ki tēnei kaupapa pōti. Me kaha te tuku pōti e te iwi o Hokianga kei mahue ake ano Hokianga ki muri. Nō tātou te wā ki te pōti tangata tōtika hei kanohi, hei reo kōrero mo ngā take hauora o te kainga. Kia mataara, tirohia, mehemea kei runga koe i te rehita pōti, me whakapā atu ki tēnei nama 0800 ENROL NOW (0800 36 76 56), ki te ipurangi rānei

[www.elections.org.nz](http://www.elections.org.nz).

Hei te Hepetema ka puta ngā pepa pōti, whakakiiia te pepa! ka whakahokia i mua atu i te 9<sup>th</sup> o Oketopa. Tirohia ngā niu pepa mo ngā kōrero a ngā kaitono e whakatūngia ana me ngā huihuingā whaikorero mo ngā kaitono. Me pōti tangata tōtika, e mārāma ana ki ngā take hauora mo te Hokianga whānui me te reo e whai hau kaha ana ki te karawhiu i aua take hauora.

## AO RAHUI MOMI TUPEKA – Kia Kaha ki te Ora!!

Ko te rā tuatahi o Noema te rā kua whakataungia kia rāhuitia tēnei rā katoa i te momi tūpeka i Aotearoa nei me te ao katoa atu. He taima pai tēnei kia hikina e te tangata momi tūpeka i te wero kia whakamutua. Ina, mutu rawa tēnei mahi, ka whakahauora ake te tangata i a ia ia me te whai moni hōki te pēke. Hēnā, whakauru mai ki te rōpu kua mutu kē te momi, kua wewete i taua here, whakapaa mai ki ngā tokorua nei ki a Pat Dargaville rāua ko Tina Quitta, he tino toa rāua ki te awhina me te manaaki tangata: 405 7376 **Waea mai ki te kōrero**



**Mā māua koe e awhina, e tautoko, e manaaki.....**

## MIHINI WHAKAOHO MANAWA MO NGA HAU KAINGA

I awhinatia a Venus Cherrington (nāhi rehita) i a Waimamaku kia whai mihini rātou mo te whakaoho manawa. Kua oti te whakaako tangata o Waimamaku me te whakatakoto kaupapa mo te wā e hiahia ai taua mihini, E noho mataara mai ana a Waimamaku. Kua whiwhi hōki Pakanae marae, aa, Pakanae kainga ki tētahi mihini pērā. Ko te whakaaro nui i te wā nei, kia whakawhiwhia ngā hau kainga katoa ki tētahi mo rātou ake. Nō reira, whakapaa mai ki a Venus ki te kōrero 09 4057709 / 09 4054864 ka taea e Venus te awhina atu kia riro mai tētahi i a koutou. Waea mai inaianei naa!!

## HUI MO NGA WHAEA HOU

Haere katoa mai ngā Whaea hou o Hokianga ki tēnei huihuingā kua tū mo koutou ake. Nā Hauora Hokianga me te rōpu Amokura te kāranga kia hui mai ki te hōro o Te Horeke, Wenerei 8<sup>th</sup> o Hepetema. Ka nui te pai o ngā kaupapa kōrero e anga nei ki te tino manaaki, awhina me te whakamihi ake i a koutou ngā Whaea. Haere mai ki tō koutou hui mo ngā Whaea hou, me waea atu ki te tari hauora i Te Horeke ki te kōrero ki a Geraldine mo ngā whakamārama: 4019-642.

## KAUPAPA HAUORA NIHO

E rua ngā rā o te wiki e whakahaerengia ana tēnei kaupapa tuku hauora niho mo te hunga pakeke/kaumatua e ngā rata tokorua. He kaupapa hauora niho tēnei mo te hunga whai kari awhina a te kawana. Ko te hunga tuatahi e whiwhi ai tēnei hauora, e tukuna ana ki ngā wahine e kopu ana, te hunga e whakamamaetia niho ana, me te hunga e tino pāngia ana ki tētahi atu mate tinana. Me tuku tō tono kia kitea te rata niho ki te nāhi niho, waea atu te nana ki te kōrero 405 7656.

Kia mohio mai tātou i ēnei rā he **mamae kore** te mahi ā te rata niho. Me tēnei ano hōki, me whakamanatia te taima i hoatungia mōu ki te kite i te rata niho, kei **moumou taima**. He raruraru nui tēnei, kāhore he hua, he pai rānei o te moumou taima o te rata me ngā kaimahi niho.

He mea tono te tangata ki te rata niho i runga i te kāranga o tō rata hauora, o tō nāhi takiwa, o te tari hauora rānei i Rāwene nei. Kei ngā kainga o Taheke me Opononi te kaupapa hauora niho mo tēnei mārāma o Akuhata. Mehemea e hiahia ana koe ki tēnei awhina, waea atu te nama 4057 656 ki te kōrero.

## HAUORA HOKIANGA – Te Rautau Tuatahi

He pukapuka kōrero hitori tēnei mo te rautau mai te tūnga o te hōhipere tae noa mai ki tēnei wā.

\$30 noa iho te utu, kei ngā wāhi nei hoko ai:

Rawene: Boatshed Cafe

Omapere: Hokianga Museum Kohukohu: Village Arts

Waiotemarama: Labyrinth Woodworks, Morrell's Cafe

Tiakina te/ngā papa kainga e noho mai nā koe i ngā mahi tūkinongia o te wā. Ina kitea e koe e tūkinongia ana tētahi tangata, whare, waka, aha noa, waeatia atu te nama **111** ki te tuku kōrero ki te ture. Ka noho tapu tonu tō reo me tōu ingoa. Nō reira kāhore he tikanga kia matakutia, patu waeatia taua nama. Mā te tuku kōrero pēnei ki te ture e nui ake ai te takanga mai o ngā rawa awhina i ngā papa kainga nohoanga o te iwi, kia taiapatia te papa kainga e te rongomau taketake me te rangimarie. Kia kaha mai!!!

**KAINGA IPURANGI:** Tirohia te ipurangi o Hauora Hokianga mo te whānuitanga atu o ngā kōrero mo tō koutou hōhipere: [www.hokiangahealth.org.nz](http://www.hokiangahealth.org.nz)

**Kia manaakitia tātou katoa o Te Hokianga huri noa...**