



Hokianga Health Hauora Hokianga

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COMMUNITY NEWSLETTER No. 177

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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.

NEO NATAL HEARING TESTS

Good hearing is important in a child's development and in their learning. The effects of not being able to hear properly will have an impact right from birth, and it is important to identify any hearing problems in new born infants. A national screening programme has been started to check all babies' hearing before six weeks of age. The service comes to Kaikohe weekly and all mothers of newborns are encouraged to arrange an appointment to have their baby checked.

FLUVAX

Due to increased emphasis on flu vaccinations this year, especially to avoid another swine flu pandemic, the government has extended the free flu vaccines for over 65's and those with chronic conditions. If you have not had your shot and you would like to get this protection please contact your local CHN or health clinic. For under 65s the cost is \$20.

SOUTH HOKIANGA RIDERS

The Trust congratulates those involved in the horse riding group in South Hokianga, initiated and led by Rob Pink. The benefit to the young people involved in this group in building skills and responsibility, fostering relationships and enjoying positive activities is already having spinoffs in the community, with support of the local schools. The young riders are now participating in a polocrosse team and are going from strength to strength.

ANNUAL HEALTH AND BUSINESS PLAN for 2011

The plan was approved by the Trust at its June meeting. A copy is available on the Hokianga Health website.

BREAK-IN at TAHEKE CLINIC

It was extremely disappointing that our health clinic at Taheke was burgled and sustained considerable willful damage over the weekend. Fortunately the young culprit was apprehended, and the stolen property returned, but a huge mess was left behind and expensive equipment ruined. This is extremely disheartening for our staff and all the community who value the service that Hauora Hokianga provides as well as being very costly to clean up and replace equipment which was senselessly damaged.

DENTAL SERVICE

Our adult dental service is running two days per fortnight with two dentists in attendance. This service is primarily 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.

All appointments are referred by our dental therapists, who can be contacted by ringing the service phone line (above). **Please ensure that you turn up for your appointment.** It is very frustrating for our staff, and detrimental to our service if we must waste time for non-attendance.

The dental service will be at Taheke, Opononi and Broadwood in July 2010. Service phone 4057 656.

STUDENTS

Hauora Hokianga supports the education and training of a number of students at different levels from fourth year and fifth year medical students, first and second year nursing students and of course our registrars. You will see students at our clinics and other activities. Hauora Hokianga GPs are very experienced in rural medicine and these programmes are dependent on the commitment and energy shown by our staff. It is part of our commitment to developing a strong workforce of rural GPs. Without fail the students report an excellent experience in their time with Hauora Hokianga.

SHORT STAFFING

We are currently experiencing some shortages of doctors, as we fulfil leave commitments. We do our best not to cancel any clinics, but sometimes it is inevitable, or we may have to rearrange days and times to make it possible. Please bear with us – we have locums doctors on the horizon.

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



Hauora Hokianga

Pouaka Poutapeta, Kaikohe

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

PANUI-A-IWI KOTAHI RAU WHITU TEKAU MA WHITU

Hurāe 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.

WHAKAMATAU RONGO A TARINGA

Me taea ngā taringa a te tamaiti te whakarongo tika kia tau tōna tupuranga ake. He raruraru te pānga mai o te taringa turi mo te pepi e tupu pērā ake ana, nō reira me whakamatau ngā taringa pepi. E tū nei tētahi kaupapa a motu mo tēnei take kia tirohia ngā taringa pepi i mua atu i te ono wiki te kaumatatanga. Kei Kaikohe tēnei kaupapa e tū ana, me te whakahau ki ngā mātua hou kia mauria wā koutou pepi kia tirohia. Waea mai ki te hōhipere mo wētahi atu whakamāramatanga 405 7709.

RONGOA MO TE WHURU

Kua kumea roatia te wā mo te tuku utukore noa i tēnei rongoa werowero mate whuru ki te hunga kaumatua atu i te 65 te tau me te hunga e matengia ana te hanga. Mehemea kahore ano koe kia wero noa engari e hiahiatia kia pērāngia, whakapaa atu ki tō nāhi takiwa. Engari ia mo te hunga i raro iho i te 65 te tau, \$20 tāra te utu mo tēnei rongoa.

TIRA KAKE HOIHO – TONGA O HOKIANGA

E tuku mihi nui atu ana te Poari o Hauora Hokianga ki tēnei rōpu me te kaihautu a Rob Pink e whakaputa hua ana mo te hunga tamariki/taitamariki. Tupu rawa ake te mana whakapakari, mana manaaki, mana tiaki, mana whanaungatanga me te mana kotahitanga. Nā te pai o te kaupapa i uru tautoko mai ngā kura ano hōki. E kake tonu ana te pai o te kaupapa me te mana āhua ake o ngā tamariki. Ngā mihi ki a koe e Rob.

HAUORA HOKIANGA PUKAUKA A TAU 2011

Kua whakamanatia tēnei pukapuka whakatakoto paeroa mahi mo te tau 2011. Tirohia te ipurangi o Hauora Hokianga mo tētahi kape: www.hokiangahealth.org.nz

URU POKANOA I TAHEKE WHARE HAUORA

Pouri ana ano te ngākau ki tēnei mahi a te ware i tūkinotia te whare me ngā rawa hauora i roto. Titaritaria noa ngā taonga o te whare, mahue ake he whare pakaru, he whare paruparu. I mau te kaitūkinu, he tamariki! Kua whakahokia mai ngā rawa i tahaengia, engari ia te paru o te whare me te pakaru oti atu o wētahi rawa nui te utu, he mea hoha ano, ka pā pouri pū te ngākau. He nui ano te utu, he moni hōki mo te whakatikatika i te whare.

Hoi ano rā e whakamomori kau ana ngā kaimahi hōhipere ki te whakatikatika i ngā mahuetanga o tēnei mahi tūkinu. Tiakina ngā whare hauora a takiwa, parea te mahi uru pokanoa, whakaakona ngā tamariki ki te tiaki i ngā taonga me ngā rawa o te iwi.

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 tonu kia kitea te rata niho ki te nāhi niho, waea atu te nana ki te kōrero 405 7656.

Kia whakamanatia ano hōki te taima i hoatu mōu ki te kite i te rata niho, kei moumou taima. Kāhore he hua, he pai rānei o te moumou taima o te rata me ngā kaimahi niho.

Kei ngā kainga o Taheke, Opononi me Manganuiawae te kaupapa hauora niho mo tēnei mārāma, mehemea e hiahiia ana koe ki tēnei awhina, waea atu te nama 4057 656 ki te kōrero.

HUNGA TAUIRA

Ka tautoko a Hauora Hokianga i ngā tauira rata me ngā tauira nāhi e ahu atu ana ki te ako i ngā taumata o aua tūranga. Ka tautoko ano hōki a Hauora Hokianga i ngā rata rehita nō konei ake ki te whakapiki i ō rātou mātauranga hōki. Nō reira, ka kitea e koe i ēnei tauira e mahitahi ana ki te taha o ngā rata ake o Hokianga. He akoranga nui tēnei mā ngā tauira te kitea i te āhua o ngā rata o konei ake e mahi ana me te ao e mahi ana rātou i roto. He mahi tautoko tēnei nā Hauora Hokianga ki te whakakaha ake i ngā rata kia nui tēnei hunga e mahi ana i ngā haukainga pēnei i te Hokianga te āhua. Ka whakawhiwhia ngā tuiira ki tētahi mātauranga, wairua, tirohanga, manaaki hoki e kore a ahei te whare wananga rata me te hōhipere taone te tuku.

RATA HAUORA TORUTORU NOA NEI

Nā te hororei me te mahi kē o wētahi rata, he torutoru noa ake ngā rata i te wā nei e mahi ana. Nā tēnei āhuatanga, tērā pea ka raru wētahi rā whare hauora takiwa i te kore whai rata hōki, e kore e taea te pehea! Hoi ano rā mo tēnei wā poto noa nei kia manawanui. kia whai aroha i tēnei wā. Kāti i konei.

KAINGA IPURANGI: Tirohia te ipurangi o Hauora Hokianga mo te whānuitanga atu o ngā kōrero: www.hokiangahealth.org.nz

Mauri tū, mauri ora ki te katoa, tena tātou katoa.