



Hokianga Health Hauora Hokianga

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COMMUNITY NEWSLETTER No. 176

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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.

DRAFT HOKIANGA HEALTH ANNUAL HEALTH & BUSINESS PLAN 2010/2011

The Trust welcomes any feedback on the Draft Annual Business Plan. This is where we set our objectives and focus for the coming year in all our services and new initiatives. We also have an ambitious capital plan including the upgrade of three clinics. You can find the plan online on our website www.hokiangahealth.org.nz, or contact Chrissie Williams 09 405 7320 for a copy. Feedback needs to be back to us by 19 June 2010 as the plan will be approved by the Trust at its June board meeting.

COMING EVENTS

Health Promotion Day at Panguru – Wednesday 23 June. Focus is on road safety, including the use of child restraints.

The Future of PHOs

In recent news the Minister of Health Tony Ryall has said there are too many small PHOs, and that PHOs must amalgamate to be efficient. Hokianga Integrated PHO is one of the smallest in the country, and while we know we are efficient, we need to make changes for the new environment. Hauora Hokianga has always worked alongside the other Northland PHOs and the Trust is now in negotiations seeking a PHO configuration to get better health outcomes over the whole of Northland. This may mean partnership with other PHOs, but Hauora Hokianga will remain the health services provider for Hokianga.

WHANAU ORA

A new way of coordinating health and social service delivery to families in need will soon be introduced nationally. What will this mean in Hokianga? Hauora Hokianga has shown it can work with other agencies and welcomes this opportunity to collaborate with social services agencies to address gaps in the service. We are currently in discussions with agencies in Hokianga to put together a proposal which should give better interaction between the health and social services. More information should soon be available.

FLU PANDEMIC PACKS

These are being made available to marae to be ready in case there is a flu pandemic this winter. The packs include information, stickers, hand sanitisers, and tissues.

FLUVAX

We have a good supply of the vaccinations to be given before 30 June. Free for those over 65 and others with a chronic condition. Anyone else can have a vaccination for \$20. Contact your local CHN or clinic.

AMOKURA WHANAU VIOLENCE PREVENTION

The Amokura foundation have an education programme to help whanau to provide a safe family environment, free from abuse. Amokura are currently consulting with communities to find out what support people think would best suit their needs. Their recently launched booklet "Aroha in Action" gives insight and ideas about keeping mokopuna safe. Copies are available from your CHN or kaimanaaki tangata. If you would like to participate in the survey, you can 0800 5698 732 for a paper copy or go to <http://www.surveymonkey.com/s/amokuraconsultation2010>

'HEALTHY EATING HEALTHY ACTION' PROJECT

In conjunction with Te Runanga o Te Rarawa Hauora Hokianga will be launching the HEHA Community Action programme which aims to support the development of community exercise programmes. This project will be located in the Te Rarawa area of North Hokianga. We are currently seeking suitable people to participate in the steering group – if you are interested in this please contact Hayley Rauahi on 4057 345.

DENTAL SERVICE

The dental service will be at Taheke, Opononi and Broadwood in June 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



Hauora Hokianga

Pouaka Poutapeta, Kaikohe

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

PANUI-A-IWI KOTAHI RAU WHITU TEKAU MA ONO

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

PUKAPUKA A TAU O HAUORA HOKIANGA 2010/2011 - He Tuhinga Tuatahi

Kua puta te pukapuka whai mana nei kia pānuitia e te iwi. He aronga nui tā pukapuka mo ngā whakahaere hauora me ngā kaupapa hou ka kokiritia i te roanga atu o te tau. E meatia nei te pukapuka kia whakatikatikahia ngā tari hauora e toru, me te tini noa atu o ngā kaupapa, hei kawae, aa, hei whakatutuki mā Hauora Hokianga. Nanao atu te ipurangi www.hokiangahealth.org.nz, aa, waea mai rānei ki a Chrissie Williams-09 405 7320 mo tētahi kape. Pānuitia mai, me te whakahoki kupu mai i ō koutou whakaaro i mua atu i te 19th o Hune. Hei te nohoanga a te Runanga Hauora o Hokianga i te Hune, ka whakamanatia te pukapuka nei.

HUI E TU MAI ANA

Ka tū he Rā Hauora ki te kainga o Panguru a te Wenerei 23rd o Hune. Ko ngā tikanga whai ora mo te rori te kaupapa matua me te tikanga whitiki tamariki. Haere mai ki te hui.

TE AO O TE PHO

Nā Tony Ryall, minita Hauora te whakahau, kia whakatōputia ngā PHO ririki nei kia kōtahi ano te tinana. Ko Hauora Hokianga tētahi o ngā mea ririki, ahakoa te pai o tū motuhake o te hoihipere me whakarite tonu te tonu a te minita. Nō reira, e ata whawha ana te Runanga o Hauora Hokianga i te ahua o te taura paihere o ngā PHO o te Taitokerau katoa. Tāria te wā e puta ai he māramatanga mo tēnei kaupapa.

WHANAU ORA

Ehara tēnei i te kaupapa hou ki Hauora Hokianga, mai rāno tēnei tonu ki ngā tari kawana kia mahi tahi te katoa ki ngā whānau, hapu, marae me te iwi, kāti te noho wehewehe. I te wā nei koia te hiahia a ngā tari kawana, puta rawa ake ko Whānau Ora. Ae mārika!

E pōwhiri nui atu ana ki te kaupapa Whanau Ora kia tū kaha mai ki roto Hokianga. Taea noa atu a Hauora Hokianga ki te mahitahi ki aua tari kawana kia heke tika ngā hua, awhina, ora, painga ki te tangata, whānau, marae me te iwi. Kua timata kē a Hauora Hokianga ki te whakahuihui i ngā tari awhina ki te whakatakoto i te papa urunga mo Whanau Ora ki runga. E kore e roa ano, ka puea ake he korero whakamārama ano hei pānui ano mā tātou. Tāria mai rā.

HE ORA MO TE MARAE – He Kete Awhina Nui Rawa

He awhina nui tēnei (he koha hōki) mo ngā marae o Hokianga hei parepare atu i te mate whuru o te hotoke. Mehemea, kahore ano tō marae kia whiwhi noa i te kete nui nei, waea mai koa ki a Marara Rogers - 405 7352.

RONGOA WHURU

E wātea ana tēnei rongoa, kāhore he utu mo te hunga 65 te tau, piki atu. Nā wai, me utua te hunga i raro mai i te tau 65, \$20 tāra. Whakapā mai ki te hoihipere, ki tō nāhi takiwa rānei kia whiwhi koe.

AMOKURA – Tikanga Whānau Arai Tūkino

He tikanga awhina tō Amokura mo ngā whānau e noho hēmanawa ana, kia tau te noho o te mauri ki te kainga. I puta te pukapuka “Whakaahuatia te Aroha” hei whakamaru i te mokpuna ki ngā tikanga o te aroha. Tikina atu tētahi kape, kei tō nāhi takiwa, kei tō kaimanaaki tangata rānei. Whakauru mai rānei koe ki roto i tēnei papa patapatai - 0800 5698 732, ki te ipurangi katoa atu.

<http://www.surveymonkey.com/s/amokuraconsultation2010>

Tēnā, arohaina, tiakina, atawhaitia ngā mokopuna, tamariki, aa, taitamariki katoa atu.

TIKA TE KAI, TIKA TE ORA

He paiheretanga tēnei i a Te Runanga o Te Rarawa me Hauora Hokianga, e whakahaerengia ana ngā kaupapa whakakorikori tinana i roto i te iwi o Te Rarawa. E rapu tangata whakakokiri tēnei kaupapa i te wā nei, mehemea e hiahia ana koe ki te kake mai ki runga i te rōpu whakarite, waea mai, homai koa tō ingoa ki a Hayley Rauahi on 4057 345. He nui ngā hua ka puta i te kaupapa mo te iwi o Te Rarawa ki Hokianga.

HAUORA NIHO

Kei Te Taheke, Opononi me Broadwood tēnei kaupapa mo te marama o Hune. Ina hiahitia e koe tēnei momo hauora, waea mai te nama 4057 656 ki te korero.

HAUORA HOKIANGA – Te Rautau Tuatahi

He pukapuka kōrero hitori tēnei mo te rautau mai te tūnga o te hoihipere 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

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

Kia tō te marino ki roto o Hokianga, huri noa. Tēnā tātou katoa.