



Tena koutou katoa,

As I'm writing this the weather remains very hot with perhaps a small relief of rain being forecasted, however with no real relief predicted until May. In the past most of us have been able to manage through periods of hot temperatures, however the predictions are what we're currently experiencing will become our norm. Therefore, we'll need to start thinking about and planning ways to ensure we have adequate potable water to sustain us through these long dry summer spells. Ways this can be done is having a primary and secondary water supply. The primary supply being a water tank or tanks at each household, and the secondary supply being a community bore or lake. Challenging times ahead but something we seriously need to consider.

A huge shout out to Te Kura o Te Kao for making available the school grounds and pool for our staff to organise a community celebration of the signing of the Treaty of Waitangi with a fun activity day. The day was well attended and included a pop-up display on methamphetamine and a short competition on the Treaty of Waitangi.

Sadly, going by the number of responses and answers for the Treaty of Waitangi competition, very little seems to be known of it by our children. Not surprising really when virtually nothing is taught on the Tiriti until out taitamariki start university or a polytechnic. Considering the Treaty is the founding document of our great nation it deserves a high prominence within our education system and the teaching of it should be part of our core school curriculum.

We have had a few enquiries regarding Coronavirus. As a provider of health services, we receive updates and information on its spread as well as general information. On both the Ministry of Health (MoH) and Northland District Health Board (NDHB) websites they have up to date information providing answers to standard questions that people have been asking. We support the advice being provided and that is good hand hygiene and sneeze or cough into your elbow. However, if you have any queries or concerns google and check out their MoH and NDHB websites.

Whanau stay hydrated by drinking plenty of water, look out for one another, especially our children and kaumatua and kui and God bless.

Errol

Calendar of Public Health events- March

1st – 31st Sunsmart
1st National Childrens Day
8th International Womens Day
13th World Sleep Day
20th World Oral Health Day
22nd World Water Day

April

2nd World Autism Awareness Day
7th World Health Day



Quality Feedback

Whakawhiti Ora Pai welcomes comments and treats all feedback as a means to improve our services. Suggestions, compliments, and complaints are immediately directed to the Complaints Officer. All complaints are forwarded to the General Manager who brings them to the Board's attention each month. Any action required is then given to the General Manager to follow up on if the matter has not already been addressed. Suggestions and compliments depending on whether they require a response are responded to by the Complaints Officer. All suggestions, compliments and complaints are presented at staff meetings as we see these as improving the quality of our services, they are then kept on file.

Compliments – (1) Acknowledgement from a patient who needed care over the weekend. (2) Enjoying the ukulele class. (3) Thank you accessing the immunisation records from Australia for a patient (4) Thank you for “blessings in a box” x 5 (5) Acknowledgement of the November newsletter x 3 (6) Acknowledgement from Kumeroa Gregory for allowing staff to attend the Rongoa wananga and the contribution they made to the wananga. (7) Enjoyed the whanau camp x 3 (8) Enjoyed the kaumatua luncheon.

Complaints – Kuia never received an invite to the kaumatua luncheon – apology given

Suggestions – Nil

If at any time, you as a whanau or community would like to discuss any issues or concerns you may have with any of our services don't hesitate to contact us, as we are happy to meet with you at a venue that suits you. Contact either Maureen Allan (Complaints Officer) or Errol Murray on (09) 409 7880.

So, patients, visitors and staff feel safe all our clinics are Smoke, Drugs, Alcohol and Violence Free – Thank you for your support.



Things you should know about...

GOOD SLEEP HABITS

- Many things can help you have a better night's sleep.
- Keep regular times for going to bed and getting up.
- Relax for an hour before going to bed.
- Avoid going to bed on a full or empty stomach.
- If you are not asleep after 20 minutes in bed, go to another room until you feel tired again.
- Many poor sleepers spend too long in bed.
- Keep distracting things out of the bedroom.
- Get some sunlight during the day.
- Most adults of all ages need 7-9 hours of sleep.
- An evening nap can make it hard to sleep at night.

Te Puarangi with Barb and Pat

Kia ora koutou katoa

Te Puarangi is an addiction support service led out by Tuakana whanau (families with success stories), mentoring Teina whanau (families that are about to go through managing their addictions), it is an exciting concept and we are lucky to trial it here in the far north first. To enable the service to remain in the far north, needs community support and usage of the service. If you or your whanau are suffering from a form of addiction give us a call, we are more than happy just to chat or provide information required. You don't have to be a user to ask for help, all whanau are affected one way or another. Call in for a cuppa or make an appointment to see me, my door is always open.

Up and Coming Events:

1. Free Workshop Methamphetamine Hit a short presentation on the cycle of meth, valuable and useful information for whanau on how to manage a loved one who is a user.

Te Hapua Clinic Wed 11th March 6pm – 8pm

2. Kaumatua/Kuia Day Waiora Marae Ngataki. Te Puarangi will be available with a popup display and there to answer all your questions
3. School Holiday Programme Wairoa Marae Ngataki 14th April – 17th April 2020 Dance, Drama & Demonstration a fun filled week of learning to Act, Dance and Perform. Free entry for ages 8 -18yrs. Must be registered, can pick up a form from all clinics. Under 7's with parent supervision will be working on creative arts.

It is with regret that Pat Boyce our Te Puarangi Kaitautoko has finished his mahi with us at Whakawhiti Ora Pai. Pat will be sorely missed as he was warming up to his role out in the community. We hope to have a new Kaitautoko soon. Will keep you posted.

*Waiho I te toipoto,
kaua I te toiroa*

*Let us keep close together,
not far apart*



Mauri Ora,

Barbara Larsen

(Whakawhiti Ora Pai Te Puarangi Co-ordinator)

MSW, PGDipSSS, Dip Mauri Ora, NZSWRB full membership



Health Promotion

Kia ora koutou katoa,

Whanau Camp 2020 at Te Paki was a success. With the weather being beautiful each day, we were able to do all the activities we planned. Highlight of the camp was going for our big hiko along Spirits Bay. Each year we are very lucky to have awesome community organizations tautoko our camp, to allow whanau to enjoy, without the burden and stress of providing kai, activities and camp fees.

We've been working with the tamariki at Pukenui, Ngataki, Te Kao and Te Hapua Schools, around physical activity and putting a twist on classic games, such as cricket and netball, teaching them different skill sets. This is in preparation for the end-of-term Inter-School Activity Day we will be hosting in Te Hapua.

Coming up in March, we will have our first Coffee Club and Kaumatua and Kuia events. Keep an eye out on noticeboards for these panui.

We will also be supporting Te Puarangi at their Holiday Programme in April.

Mauri Ora,

Victoria Brown and Bryar Crewther-Abraham
Health Promotion



Whanau Camp 2020

Whakawhiti Ora Pai Health Promotion team, Te Puarangi team and Kaiarahi coordinated and organized this year's Whanau Camp. This is our fourth annual camp, and over time the kaupapa and venue of the camp has changed. 2020 Whanau Camp was based at Te Paki Shearers Quarters, our kaupapa was Kaikokiri, Kaitautoko and Ringawera. This kaupapa helped our whanau identify different roles, they may play at different times or places in their lives.

We were blessed with beautiful weather over the duration of the camp, which allowed us to travel to Cape Reinga, Tapotupotu, and complete a six-hour hiko at Spirits Bay.

Again, Parengarenga Inc were very generous in donating two whole mutton to our camp, which provided majority of the protein consumed over the 5-day period. We would like to send our gratitude to Parengarenga Inc, for continuously supporting Whakawhiti Ora Pai's programmes. By donating the mutton, Parengarenga Inc have given us the opportunity to purchase more resources needed for camp, with money that was originally ear-tagged for kai.

Aupouri Youth Trust always tautoko our community programmes and activities we run for our tamariki in the area. Once again, Aupouri Youth Trust financially supported our programme, we wish to thank you for again, supporting our kaupapa and helping provide this initiative in our rohe.

This year Far North District Council also part-funded the camp, which was a great help.

We were fortunate to have many teenagers, who were super awesome when including our pepi into team activities and games.

We look forward to seeing everybody again next year!

Arohanui,

Bryar, Victoria, Char, Barb and Pat.



Community Garden- at the back of Te Kao Clinic

We have a community Mara Kai, which is free for whanau, and always has vegetables. It is maintained and grown by Bella Nathan, our Community Support worker. Please help yourself to the garden when the vegetables are ready, which is located behind the clinic in Te Kao.

Budgeting

Please make use of our free budgeting service. Whakawhiti Ora Pai has available a trained budgeter who can assist whanau manage and organize their finances. This service is a free confidential service so if you are struggling to make ends meet and want some financial management advice, call 409 7880 and ask for Bella Nathan.



SLEEP TIPS FOR CHILDREN

- Establish a regular sleep pattern
- A consistent bedtime routine
- Make sure the bedroom is comfortable
- Bed is for sleeping, not entertainment
- A snack before bed may help
- Caffeine is a stimulant
- Take care with daytime naps
- Exercise and time outside
- Work with your doctor

Kai Manaaki

Whakawhiti Ora Pai Puna (Playgroup) in Te Kao and Pukenui are now back for 2020!

Monday – Te Kao 10am-2pm.

Tuesday - Thursday 10am – 2pm.

Still taking new enrolments, all Under Five's welcome!! And it's a Free service!

Every Thursday fortnight we are in at Kaitia Play Gym for our Under Two's, this is an awesome opportunity for all our whanau and tamariki.

Every month we will attend Coffee Club with our Health Promotion Team to get out into the Community and socialize with other whanau.

Lots of activities and fun for our tamariki in a child friendly space based and each of our clinics!



Kaiarahi Korero

With Charlotte Rose Tahitahi-Matiu

Tena Koutou Katoa, Nga mihi o te tau hou.

I trust you all had a wonderful Christmas holiday break and are ready for the new year.

Kohitatea (January) has just flown past and now we are almost at the end of Hui Tanguru (February).

We have some awesome events coming up this year such as "Caring for the carers". Too often I see a lot of whanau who are caring for others such as grandparents looking after mokopuna, children caring for their elderly parents or foster caregivers as well, and they spend so much time caring for others they forget about themselves, so we will be holding a pamper day just for carers to make them feel special and appreciate the work they do. If you know anyone who would benefit from this, please let me know or ask them to come along.

Are you eligible or do you have a community services card? If you are unsure come in and see me or ask our receptionists for an application form.

Are you still getting over the financial burdens or stress that the holiday period may cause? Come and have a korero and I may be able to help you find a solution.

My office door is always open if you need to have a korero.

Mauri Ora,

Charlotte Rose Tahitahi-Matiu
Kaiarahi



Important Numbers

Kaitaia Police -	(09) 408 6500
Kaitaia Hospital-	(09) 408 9180
Fresh Start (Rape Crisis)-	(09) 408 0212
Healthline -	0800 611 116

After Hours Doctors

(call your own Doctor Surgery)

Whakawhiti Ora Pai -	(09) 409 7880
Te Hiku Hauora -	(09) 408 0049
Broadway Health -	(09) 408 9268
Top Health -	(09) 408 9182
Kaitaia Health Centre -	(09) 408 1300
Mamaru Clinic -	(09) 406 0074



Nurse's Corner

With Maureen Allan Clinical Nurse Manager

Welcome to our first newsletter for 2020. This year we will be promoting screening that will provide early detection and prevention of long-term disease / illness.

Over the past year you would have received letters, phone calls /notices on Whakawhiti Ora Pai face book page and texts to invite you to come into the clinic for a range of health screening and assessments.

Screening: Where blood tests and health assessments are completed to identify any potential illness, health risks to enable early detection, treatment and health management e.g. Cervical Screening, Cardiovascular disease



Cervical Cancer is one of the easiest cancers to prevent – if we detect the cell changes that cause it, early.

Why have regular smear tests

All women between 25 and 69 who have ever been sexually active should have regular smear tests.

Almost all cervical cancer is caused by human papillomavirus (HPV). The virus is spread by sexual activity. Eighty percent of people who have been sexually active will have an HPV infection at some point in their lives. But with regular cervical screening any changes on the cervix can be detected and treated before they become cancers.

Ladies when you receive your invitation for your smear please do not ignore it make an appointment with your nurse.

We have a competition running from 1st February to the end of April all ladies who have had their smear over this time will be in the draw to win 1x \$300.00 Pak n Save voucher.

Conditions: you must be a registered patient with Whakawhiti Ora Pai Community Health service to be eligible to enter the competition.

Breast Screening Caravan is parked at Te Oranga office Matthews Ave Kaitaia.

The caravan will be there from **2nd February to 24th March.**

A Mammogram is an x ray of your breasts it can save lives by finding breast cancer early before it spreads. Women aged between 45 and 69 years can get a free mammogram every 2 years.

You can call into the caravan or ring **0800 270 200** for an appointment

If you have family history of breast cancer you can be screened at an earlier age discuss this with your nurse/doctor.

Men's Health

Cardio-vascular disease (CVD) screening:

February was Heart Awareness Month, Whakawhiti Ora Pai's focused on **Men's Health** via a CVD risk assessment.

CVD Risk indicates the estimated **risk** of having a cardiovascular event, such as a heart attack, stroke, angina or peripheral arterial disease in the next 5 years.

We gave our registered male patients, between the age of 35-70 years, the opportunity to come into our clinics for a CVD screening and be in the draw to win **1 of 2 fishing tickets for the 90 Mile Snapper Bonanza Fishing Competition**. This was drawn on Monday 2nd March, and the two winners are: **Kevin Jones and Arthur Wells**. Good luck!

Retinopathy Clinic:

There will be a Retinopathy Clinic at Te Kao Clinic on Thursday 19th March. We will contact you with your appointment time.

Diabetic **retinopathy** is an **eye** condition that can cause vision loss and blindness in people who have diabetes. It affects blood vessels in the retina (the light-sensitive layer of tissue in the back of your **eye**).

Diagnosis. Diabetic **retinopathy** is best **diagnosed** with a comprehensive dilated eye exam. For this exam, drops placed in your eyes widen (dilate) your pupils to better view inside your eyes. The drops may cause your close vision to blur until they wear off, several hours later

- You are not to drive following your retinopathy screen.
- Bring sunglasses to protect your eyes from sunlight.
- Contact your clinic if you require transport to your appointment.

World Kidney Day – 12th March 2020

This national campaign is an opportunity to reduce the impact of the disease by catching it early to prevent further harm.

Kidney disease is tough - getting checked isn't

It's so easy to get a simple Kidney Fitness Check. Ask your doctor for a:

- Blood Pressure Check
- Urine test to check for protein
- A blood test

After-hours Service

If you call one of the clinic phone numbers after hours, your call will automatically be put through to an after-hours health line service where a registered nurse will provide general health advice.

Pukenui Clinic: (09) 409 8287

Te Kao Clinic: (09) 409 7880

Te Hapua Clinic: (09) 409 7874

Duty Doctor Number: (09) 408 9180

If it is an emergency, do not hesitate to dial 111.