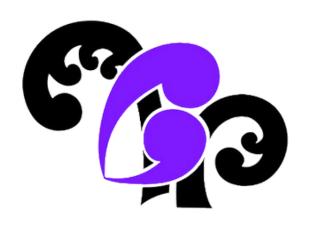
# WHAKAWHITI ORA PAI



PANUI MARCH 2025 Tena koutou katoa,

We hope everyone had a safe and enjoyable break with whanau and friends over the festive season. It's looking like a busy year ahead.

In the last few months, we've had some staff changes. We farewelled Paula Subritzky, Naomi Murray and Chloe Edds, and welcomed Tyler Pearce (Receptionist). We also still have a further 2 positions to fill which have been advertised locally.

After a lot of hard work by our team, Whakawhiti Ora Pai has now completed and achieved Foundation Standard Accreditation. It is compulsory for GP practices to be accredited to receive government funding, and to ensure quality standards and best practices are adhered to. We previously had accreditation with a different Audit agency.

Te Kao Clinic Rebuild - It's still a work in progress and here's a brief update:

- $\cdot$  We expect the rebuild once started to take up to 6-8 months.
- · While the rebuilding takes place our Te Kao clinic will continue to operate out of the Te Kao SDA Church buildings at 6224 Far North Rd, Te Kao.
- $\cdot$  We will notify you before we move to the Te Kao SDA church premises.
- · Our Te Hapua and Pukenui clinics will operate as normal.

Stay safe and well whanau and God blessings to you all.

Errol







## Quality Feedback

Whakawhiti Ora Pai welcomes comments and treats all feedback 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 From July 2024 to December 2024 we received 18 compliments.
- Complaints From July 2024 to December 2024 we received 6 complaints.
- Suggestions Nil

If you as a whanau or community would like to discuss any issues or concerns you 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 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.

# Clinic Hours



### TE KAO CLINIC (09)409 7880

Monday......1pm - 5pm
Tuesday.....8:30am - 5pm *GP Day* 

Wednesday .... 8:30am - 5pm GP Day (fortnight)

Thursday 8:30am - 5pm

Friday 8:30am - 5pm

Saturday CLOSED

Sunday CLOSED

## TE HAPUA CLINIC (09) 409 7874

Monday.....1pm - 3:30pm

Tuesday.....CLOSED

Wednesday 10am - 4pm GP Day (fortnight)

Thursday 10am - 3:30pm

Friday CLOSED

Saturday CLOSED

Sunday CLOSED

### **TOHORAHA CLINIC** (09) 409 8287

Monday.....1pm - 5pm

●Tuesday\_\_\_\_\_8:30am - 5pm

Wednesday.....8:30am - 5pm

Thursday 8:30am - 5pm GP Day

Friday 8:30am - 5pm

Saturday.....CLOSED

Sunday.....CLOSED

# Bloods are done **ONLY** on **Tuesdays** from **8:30am - 10:30am.**



Bloods will only be taken on other days if it is an emergency.



# OUR CLINICS ARE A SAFESPACE

AS PART OF OUR COMMITMENT TO PROVIDING A SAFE, RESPECTFUL, AND SUPPORTIVE ENVIRONMENT, PLEASE BE AWARE THAT ALL ACTS OF AGGRESSIVE BEHAVIOUR WILL BE TAKEN SERIOUSLY AND REPORTED TO THE AUTHORITIES.

SUCH BEHAVIOUR MAY RESULT IN IMMEDIATE REMOVAL FROM THE PREMISES AND FURTHER LEGAL ACTION.

WE APPRECIATE YOUR COOPERATION IN MAINTAINING A SAFE SPACE FOR ALL PATIENTS, WHĀNAU, AND STAFF



# Public Health NZ Calendar Events 2025

Date	Event	Date	Event
1st - 31st March	Sun Smart in March	10 <sup>th</sup> -16 <sup>th</sup> March	Brain Awareness Week
1st – 31st March	Hearing Awareness Month	14 <sup>th</sup> March	World Sleep Day
3 <sup>rd</sup> March	World Hearing Day	15 <sup>th</sup> March	International Long Covid
			Awareness Day
1st – 31st March	Kidney Health Month	20 <sup>th</sup> March	World Oral Health Day
13 <sup>th</sup> March	World Kidney Day	21° – 25 <sup>th</sup> March	World Immunisation Week
1st-31st March	Endometriosis Awareness	22 <sup>nd</sup> March	World Water Day
	Month		
2 <sup>nd</sup> March	National Children's Day	24 <sup>th</sup> March	World Tuberculosis Day
4 <sup>th</sup> March	HPV Awareness Day		



Whakawhiti Ora Pai will keep you informed when we start Flu Vaccinations.

Immunise for best protection whanau.

#### The National Immunisation Schedule From - 1 JULY 2024 Disease to protect against Stages Vaccine Tetanus + diphtheria + whooping cough (pertussis) Boostrix® Influenza Rotarix® (oral) 6 Diphtheria + tetanus + whooping cough (pertussis) + polio + hepatitis B + Haemophilus influenzae type b (Hib) Infanrix® hexa Pneumococcal disease Rotavirus 3 Diphtheria + tetanus + whooping cough + polio + hepatitis B + Haemophilus influenzae type b (Hib) Infanrix® hexa Meningococcal B Diphtheria + tetanus + whooping cough + polio + hepatitis B + Haemophilus influenzae type b (Hib) Infanrix® hexa 5 Bexsero® (can be given at 4 me Meningococcal B Measles + mumps + rubella Priorix 12 Meningococcal B Haemophilus influenzae type b (Hib) Act-HIB® 15 Measles + mumps + rubella Priorix<sup>6</sup> Diphtheria + tetanus + whooping cough + polio Infanrix® IPV Gardasil®9 Human papillomavirus (HPV) 9-13 Boostrix\* Tetanus + diphtheria + whooping cough Boostrix\* Tetanus + diphtheria + whooping cough Boostrix<sup>6</sup> 65 Shingrix® (2 doses, 2 - 6 months apart) For more information visit info.health.nz/immunisations Health New Zealand Te Whatu Ora



# Kaumatua and Kuia



## **Swimming**

Our kaumatua and kuia group continue to go swimming every Wednesday at Te Hiku Sports Hub.

Our numbers have increased rapidly from ending 2024 with 16 participants, and starting 2025 with 23 participants actively engaging with the swimming.

If you or you know of someone that is interested in joining swimming please contact our Clinics to register your interest.



On Friday 28 February a group of kaumatua and kuia from Te Kao, Ngataki, & Pukenui gave waka ama a go at the beautiful Lake Ngatu in Waipapakauri.

The group was fortunate to have Whaea Esta introduce them to the sport and volunteers from Rangaunu Sports come down and help out on the water.

It was an amazing day for our kaumatua learning new skills and keep active. Everyone is excited to get back out on the water in the week to follow.

If you would like to take part in Waka Ama on Fridays. Please contact maquital@wop.co.nz or call 09 409 7880 ext. 208







# **Upcoming Kaupapa**



# Ngā Tāpiritanga - Suicide prevention & postvention

Māori are twice as likely to die by suicude than non-Māori. This hui will equip you to safely and confidently awhi whānau members who are suicidal or have been affected by suicide.

Te Whare Tuatoru are facilitating a marae-based wananga that draws on four ancient connective whakaaro passed on to us from our tupuna.

- 1. Wairua
- 2. Whenua/Pito
- 3. Whānau, Hapu and iwi
- 4. Māramatanga

This is free wānanga and will be held on the **Friday 21 March at Waiora Marae, Ngataki from 9am - 3pm.** 

If you would like to register please contact Kimiora via email or phone kimiorab@wop.co.nz - 4097880



### **Mate Wareware**

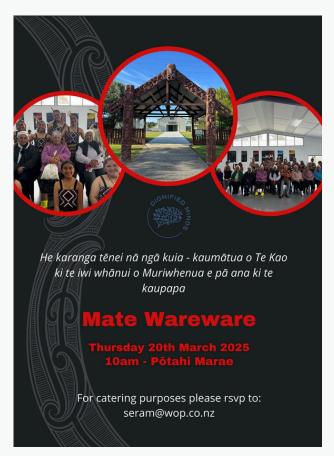
On the 20th of March a t 10am the kuia and kaumatua of Te Kao are leading out a mate wareware workshop at Potahi Marae.

Maria Nicols (Dignified Minds) will be hosting a workshop for whānau, with the aim to provide a better understanding of mate wareware (dementia).

Te Kura o Te Kao students will also be there to support in the wharekai and will be performing a few items.

If you care for someone, know someone, or just wanting to fill your kete with matauranga, come down and join in the workshop.

For catering purposes please RSVP to seram@wop.co.nz



## **Health Promotion**



### New Korikori ā Iwi Coordinator

Tēnā koe, I am Phyllis Kapa the new Korikori ā Iwi - Youth & Whanau Activity Coordinator. My role is to support our communities in taking steps towards better health and well-being.

I live in Te Kao with my partner and our two sons. Both my grandparents, the late Waata Hirama Kapa and Michele Mikena Wi were given special mention during my induction to my new role, as they were key supporters in the establishment that helped implement the need for a rural based health provider. Alongside other members within the communities of Te Hapua and Te Kao at that time. I am pleased to say, I will continue to help carry out the work, they were a part of. I have a diverse background, including a range of outdoor labor over a span of 20 years. From humble beginnings as an Ice cream scooper at Te Kao Local store at the age of eight, to recently finishing as a member of the Oranga Whenua, Oranga Tangata Team at Te Runanga Nui o Te Aupōuri. All these roles have contributed to the person I am today.

My role as Korikori ā lwi Coordinator is to work alongside tamariki, whānau, and communities to develop accessible programs and empower everyone to make positive choices for themselves and their whānau. Whether it be promoting healthy eating, physical activity, or mental well-being. I am here to listen, collaborate, and guide you on your journey towards a healthier lifestyle.

#### Nā Phyllis Kapa



# **Health Promotion**



# Oral Health Care Packs for Whānau

Leading up to **World Oral Health Day** on March 20th. Our health
promotion team has made up oral
health care packs that will be
available to anyone visiting our
clinics this month.

Each pack will contain:

x2 Adult Toothbrush x2 Baby (2-4) Toothbrush x1 Adult Fluoride Toothpaste x1 Children Toothpaste x1 Baby Teeth Matter fridge magnet x2 information pamphlets

All items are free. If you are needing extra toothbrushes for your whānau please let the receptionist know and they will provide you with extra toothbrushes for your entire whanau to practice good oral hygiene at home.



## Key Oral Health Issues in New Zealand

### **Prevalence of Tooth Decay:**

- A substantial percentage of children experience tooth decay.
- In 2019, 41% of 5-year-olds and 31% of Year-8 children (around 12 years) had evidence of

tooth decay.

 Dental decay is the leading cause of dental disease hospitalisation for children, accounting for 80.2% of cases.

#### **Disparities:**

 Māori and Pacific children have poorer oral health outcomes than their European/Other ethnicity counterparts.

#### **Factors Influencing Oral Health:**

- Sugar Consumption: High sugar intake, particularly from sugary drinks, contributes significantly to tooth decay.
- Brushing Habits: Around 7 in 10 under-15s brush their teeth twice a day with a standard fluoride toothpaste.
- Fluoride Access: Community water fluoridation is a recommended and proven way to reduce tooth decay.

### **Health Impacts:**

- Poor oral health can affect physical and psychological wellbeing, impacting how people look, speak, chew, and taste food.
- It can lead to absences from school and work due to pain and other oral health issues.

#### Access and Affordability:

 The cost of dental treatment can be expensive and unaffordable for many adults, especially those who require specialized dental treatment.

#### **Government Support:**

 Basic dental services are free for children under 18. Government financial help is available for those with low income or disabilities.