

WHAKA WHITI 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:

- 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.
- 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 *Doctor Day*

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

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


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

Saturday.....CLOSED

Sunday.....CLOSED

TOHORAHA CLINIC (09) 409 8287

Monday.....1pm - 5pm

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

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

Thursday.....8:30am - 5pm *Doctor Day*

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

Saturday.....CLOSED

Sunday.....CLOSED

TE HAPUA CLINIC (09) 409 7874

Monday.....1pm - 5pm

Tuesday.....CLOSED

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


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

Friday.....CLOSED

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.

**RESPECT
KINDNESS
SAFETY
CARE**

**OUR CLINICS ARE A
SAFE SPACE**

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

2025 INFLUENZA SEASON

Advice for health professionals

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

Stages	Disease to protect against	Vaccine
Pregnancy	Tetanus + diphtheria + whooping cough (pertussis)	Boostrix®
	Influenza	Brand varies
6 weeks	Rotavirus	Rotarix® (oral) <small>(first dose must be given before 15 weeks)</small>
	Diphtheria + tetanus + whooping cough (pertussis) + polio + hepatitis B + Haemophilus influenzae type b (Hib)	Infanrix® hexa
	Pneumococcal disease	Prevenar 13®
3 months	Rotavirus	Rotarix® (oral) <small>(second dose must be given before 25 weeks)</small>
	Diphtheria + tetanus + whooping cough + polio + hepatitis B + Haemophilus influenzae type b (Hib)	Infanrix® hexa
	Meningococcal B	Bexsero® <small>(can be given at 8 weeks)</small>
5 months	Diphtheria + tetanus + whooping cough + polio + hepatitis B + Haemophilus influenzae type b (Hib)	Infanrix® hexa
	Pneumococcal disease	Prevenar 13®
	Meningococcal B	Bexsero® <small>(can be given at 4 months)</small>
12 months	Measles + mumps + rubella	Priorix®
	Pneumococcal disease	Prevenar 13®
	Meningococcal B	Bexsero®
15 months	Haemophilus influenzae type b (Hib)	Act-HIB®
	Measles + mumps + rubella	Priorix®
	Chickenpox (varicella)	Varilrix®
4 years	Diphtheria + tetanus + whooping cough + polio	Infanrix® IPV
9-13 years	Human papillomavirus (HPV)	Gardasil®9 <small>(2 doses, 6 months apart)</small>
	Tetanus + diphtheria + whooping cough	Boostrix® <small>(from 11 years)</small>
45 years	Tetanus + diphtheria + whooping cough	Boostrix®
65 years	Tetanus + diphtheria + whooping cough	Boostrix®
	Influenza	Brand varies
	Shingles	Shingrix® <small>(2 doses, 2 - 6 months apart)</small>

Te Kāwanatanga o Aotearoa
New Zealand Government

For more information visit
info.health.nz/immunisations

Health New Zealand
Te Whatu Ora

Vaccines for the National Immunisation Schedule

A reference card for vaccinators and other health professionals

From – 1 JULY 2024

Pregnancy	Tdap injection (Boostrix®) Every pregnancy from 13 weeks	+	Influenza 1 injection (given annually) Brand varies
6 weeks	RV1 oral vaccine (Rotarix®)	+	DTaP-IPV-Hep B/Hib injection (Infanrix® hexa)
		+	PCV13 injection (Prevenar 13®)
3 months	RV1 oral vaccine (Rotarix®)	+	DTaP-IPV-Hep B/Hib injection (Infanrix® hexa)
		+	MenB injection (Bexsero®) Can be given at 8 weeks
5 months	DTaP-IPV-Hep B/Hib injection (Infanrix® hexa)	+	PCV13 injection (Prevenar 13®)
		+	MenB injection (Bexsero®) Can be given at 4 months
12 months	MMR injection (Priorix®)	+	PCV13 injection (Prevenar 13®)
		+	MenB injection (Bexsero®)
15 months	Hib injection (Act-HIB®)	+	MMR injection (Priorix®)
		+	Varicella injection (Varilrix®)
4 years			DTaP-IPV injection (Infanrix® IPV)
9-13 years	HPV injection (Gardasil®9) 2 doses, 6 months apart	+	Tdap injection (Boostrix®) From 11 years
45 years	Tdap injection (Boostrix®)	+	Influenza 1 injection (given annually) Brand varies
		+	Shingles injection (Shingrix®) 2 doses, 2 - 6 months apart

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.



Waka Ama

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 suicide than non-Māori. This hui will equip you to safely and confidently awahi whānau members who are suicidal or have been affected by suicide.

Te Whare Tuatoru are facilitating a marae-based wānanga 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 Waioara Marae, Ngataki from 9am - 3pm.**

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

A KAUPAPA MĀORI WĀNANGA ON MARAE-BASED SUICIDE PREVENTION AND POSTVENTION

NGĀ TĀPIRITANGA

Nau mai haere mai ki tēnei hui mō te whakamomori - you are invited to attend a hui to pilot a kaupapa Māori approach to suicide prevention/postvention. Here is the key information:

1 WHY is this hui important?

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

2 HOW will this hui help?

This hui 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

3 WHAT will we be doing?

The foundation of this marae-based hui is kōrero. The four connective whakaaro will guide us as we share mōtāuranga, pūrākau and Rongoa Māori. We will leave more equipped and confident to awahi whānau affected by suicide.

WHEN & WHERE is this happening?

Date: 21 March, 2025

Time: 9am - 3pm

Location: 5284 Far North Road, Ngātaki, Kaitiaki, Northland

Mate Wareware

On the 20th of March at 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

Mate Wareware

Thursday 20th March 2025
10am - Pōtahi Marae

For catering purposes please rsvp to: seram@wop.co.nz

He karanga tēnei nā ngā kuia - kaumatua o Te Kao ki te iwi whānui o Muriwhenua e pā ana ki te kaupapa

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 Mikenā 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 Iwi 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 whānau 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 well-being, 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.