

WHAKAWHITI ORA PAI 2024 CHRISTMAS PĀNUI

Annual General Meeting Te Hapua – 24 November 2024

CHAIRS REPORT - JOAN NORMAN
24 NOVEMBER

Kia ora koutou, kia ora tātou

E mihi kau ana ki a koutou katoa – ki ō tātou mate maha kua ngaro i te tirohanga kanohi, haere, haere atu rā. Ki a tātou ngā mahuetanga ō rātou mā, tēna ano tātou katoa.

On behalf of Whakawhiti Ora Pai Board of Trustees, it is once again a privilege to deliver this year's annual report, reflecting on the achievements and challenges of our organisation as a whole.

The past year we have achieved many goals; developed a concept plan for Te Kao Clinic; developed a succession plan for senior management; reviewed, ammended, updated and approved Whakwhiti Ora Pai Constitution to align with the new Incorporated Society Act 2022. We continue to strengthen our relationships with ongoing hui / kōrero with our local iwi, marae, whānau, stakeholders to share our vision but more importantly to have a collective understanding of how best we can work and support each other to improve the health and wellbeing of our whānau.

Looking Ahead

Implementing a 'fit for purpose' facility plan for Te Kao Clinic. There has been significant progress to date with a plan to commence Te Kao Clinic rebuild early 2025.

The delivery of health services being accessible, affordable, appropriate and accountable for our whānau and communities remain a priority for the organisation.

Challenges

Our General Practise registrations are currently at capacity. We also anticipate a population growth from the Housing and Papakainga developments within our communities. The Board of Trustees will continue to strategise accordingly to address the challenges we currently face.

Acknowledgements

To ALL the kaimahi of Whakawhiti Ora Pai, general manager Errol Murray, clinical manager Mihinga Robson, on behalf of the Whakawhiti Ora Pai Trustees, we thank you for your continued service of care and dedication to the wellbeing of our whānau and communities. Miharo rawa atu ō koutou nei mahi, tēna rā koutou katoa.

To my fellow board members (Marama Brown, Huia Cooper, Clayton Wiki, Rachel Karena, Melanie Dalziel, Pete Hill and Board Secretary – Bryar Crewther-Abraham) thank you for your continued support and selfless commitment throughout the year

*Ma mua ka kite ā muri
Ma muri ka ora ā mua*

*Those who lead, give sight to those who follow
Those who follow, give life to those who lead*

Mauri ora



Joan Norman
Chair

Annual General Meeting Te Hapua – 24 November 2024

GENERAL MANAGER'S REPORT - ERROL MURRAY
1 JULY 2023 - 30 JUNE 2024

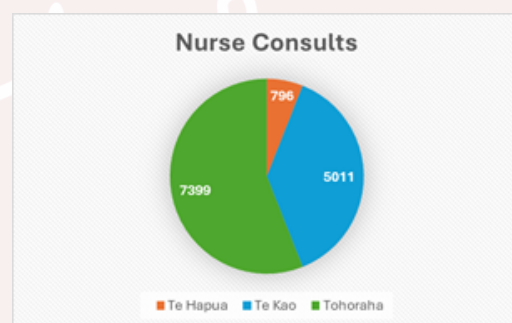
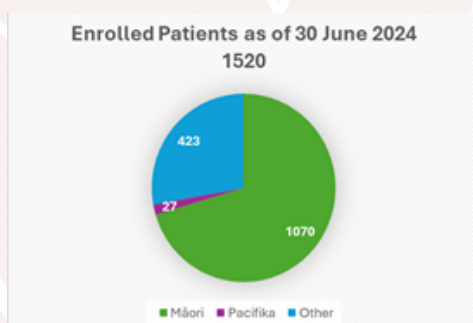
Tena koutou katoa

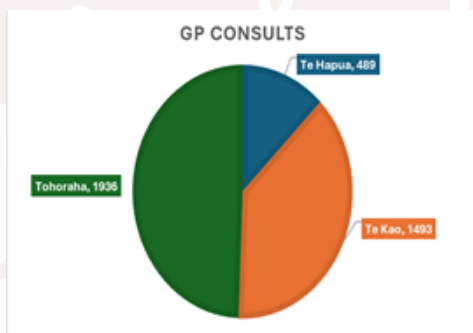
Staffing – As of June 2024 we employed 24 staff, 5 being casual. We are in a privileged position clinically with 6 Registered Nurses (RNs) which includes our Clinical Manager in addition to 2 casual RN's. Our clinical team is complimented with 2 GPs who provide clinics 3 days a week from Te Hapua to Pukenui.

Clinics – Our clinics are operating well, with a planned rebuild of our Te Kao clinic, followed later by internal renovations for Te Hapua. Tohoraha remains our busiest clinic as can be seen in the pie graph further below.

Contract Renewals – A few of our agreements came to an end, which also meant a reduction in staff. With a change of government and disestablishment of Te Aka Whai Ora – Maori Health Authority there was initially some hesitation of how that would impact long-term on our service agreements. However, we can give assurance that there will be no interruption to our clinical, health promotion and kairahi services. Agreements that expired were our Community Connector (MSD) and Covid related contracts.

Accreditation – Even though we remain with DAA (Designated Audit Authority), Whakawhiti Ora Pai has started the move to Foundation Standards accreditation, with the assistance of Mahitahi Hauora. MSD made the decision not to renew our Social Service Standard Accreditation Level 2, as we no longer have agreements with MSD or Oranga Tamariki.





Child Immunisations - (168) 89 ✓✓
 RN Home visits - (148) 527 ✓✓
 RN Activities (31/867) 8/299 ✓✓

Future - The 2023 Census reports our North Cape area population has increased by 302 people; our Maori population has also risen from 62% to 64%. With planned Papakainga developments underway or planned in Te Paki, Te Kao, Ngataki and Pukenui, it will put increased pressure on our infrastructure. Whakawhiti Ora Pai has taken this into account hence the rebuild of Tohoraha and planned rebuild of Te Kao clinic and planned renovations to the Te Hapua clinic. However, that also means growing our local workforce capacity, ideally encouraging our local young people and not so young, on a health and/or social service career pathway.

In closing, I thank the Board for their support throughout the year. Acknowledgments also to the dedicated professional team for another awesome year. To our whanau thank you for supporting us, your health and social service support team.

Nga Manaakitanga.

Na

Errol Murray
 General Manager
 Whakawhiti Ora Pai



Whakawhiti Ora Pai 2024/2025 Xmas & New Years Operating Day

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
23rd December PUKENUI - OPEN 12pm – 5pm TE KAO - OPEN 12pm – 5pm TE HAPUA - OPEN 1pm 3.30pm No LABS/BLOODS	24th December PUKENUI - OPEN 8.30am – 3.00pm TE KAO GP – OPEN 8.30am – 3.00pm No LABS/BLOODS	25th December CHRISTMAS DAY ALL CLINICS CLOSED	26th December BOXING DAY ALL CLINICS CLOSED	27th December PUKENUI - OPEN 8.30am – 3:00 pm TE KAO - OPEN 8.30am – 3:00 pm No LABS/BLOODS
30th December PUKENUI - OPEN 12pm – 5pm TE KAO - OPEN 12pm – 5pm TE HAPUA - OPEN 1pm 3.30pm No LABS/BLOODS	31st December PUKENUI - OPEN 8.30am – 3.00pm TE KAO GP - OPEN 8.30am – 3.00pm No LABS/BLOODS	1st January 2025 NEW YEARS ALL CLINICS CLOSED	2nd January 2025 DAY AFTER NEW YEARS DAY ALL CLINICS CLOSED	3rd January 2025 PUKENUI - OPEN 8.30am – 3:00 pm TE KAO - OPEN 8.30am – 3:00 pm No LABS/BLOODS

NO BLOODS WILL BE TAKEN OVER THIS HOLIDAY PERIOD.

CHECK THAT YOU NEED A REPEAT FOR YOUR MEDICATIONS.

IF NEEDING WINZ ACC MEDICAL CERTIFICATES ETC. PLEASE BOOK NOW.



Welcome Tracey Busby KKAH Health Promotion Co-Ordinator



Kia ora

my husband Hepa and I have recently moved to the far north, whilst he was born and raised here, I come from a small town in the king country called piopio. We have our own plumbing business and absolutely love being here. I've been a nurse for 4 years now whilst I'm in a different role now I'm absolutely passionate about helping by our people succeed with their health and well being goals and preventative health care through Kai and movement. Everyone that I've met and interacted with has made me feel at home and welcomed me with so much aroha and I think that's what makes working with this community so special .



Whakawhiti Ora Pai



WHOOPING COUGH



Around 50% of pēpi who catch whooping cough before the age of 12 months need hospitalisation and 1 or 2 in 100 of those hospitalised pēpi die from the infection.

Childhood vaccinations to protect against whooping cough are needed at ages 6 weeks, 3 months and 5 months, and again at 4 years. A further booster is given at age 11 years (school year 7), and it is important that children are kept up to date with all of their vaccinations to provide the best protection for themselves and their wider whānau. But even if tamariki have missed their vaccinations, it's not too late to catch up.

For adults, New Zealand has a combined pertussis and tetanus vaccine. Adults are eligible for one free booster from age 45 (if they have not had four previous tetanus doses) and can get one free from age 65



MORE INFORMATION

<https://www.health.govt.nz/news/whooping-cough-epidemic-declared-across-aotearoa-new-zealand>

CALL US FOR VACCINATIONS

0800879967



Health Coach & Health Improvement Practitioner

WRITTEN BY KIMIORA BARRETT & IRIS FAUTRET



Health Coach & Health Improvement Practitioner led a successful rāanga wānanga, a weaving workshop designed to deeply engage participants on physical, emotional, and cognitive levels. Rāanga, (weaving) offers profound therapeutic benefits when practiced in a nurturing environment. This experience empowers us to be fully present with our thoughts, bodily sensations, feelings, and surroundings, moment by moment. Through this process, whānau can cultivate a strong sense of self-awareness, leading to a calmer mind and significantly reduced stress. It's a powerful opportunity to navigate challenging or unhelpful thoughts while fostering a more compassionate relationship with ourselves. Witnessing the positive impact of such experiences on everyone involved is truly inspiring.



“Through this process, whānau can cultivate a strong sense of self-awareness, leading to a calmer mind and significantly reduced stress”.

Health Coach & Health Improvement Practitioner

WRITTEN BY KIMIORA BARRETT & IRIS FAUTRET

We had the privilege of delivering a Rongoā Māori healing program that brought positive results for our haukainga whānau facing various health challenges.

With a deep understanding of their needs, we focused on the healing properties of Tupākihi, Tātaraāmoa, and Kawakawa to help ease fluid retention, muscle pain, and arthritis. It was truly heartwarming to witness the relief and hope this brought to our community.

“Rongoā Māori healing program that brought positive results for our haukainga whānau facing various health challenges”.



Health Coach & Health Improvement Practitioner

WRITTEN BY KIMIORA BARRETT & IRIS FAUTRET

Health Coach and Health Improvement Practitioner (HIP) led this Kaupapa caring for their whānau, related to age – whether a person is a kaumātua or pakeke, a wife, mother, father, husband, grandparent, child or mokopuna. Our invitation is aimed to provide a sense of unity, a sense of belongingness among themselves in all matters.

Our first roopu held in September was held at the Lucid Café, supported by our WOP staff. It was a beautiful day on the Houhora Harbour while enjoying Lucid Café breakfast choices.

As practitioners, we would engage in wellness that can support whānau to identify and work towards their health and wellbeing goal and to connect whānau to the services that might help them and walking alongside them. We hope to continue to meet whānau within a social community setting in the coming NEW YEAR.



Muriwhenua Takiwātanga Wānanga

WRITTEN BY KIMIORA BARRETT

We were honoured to host Jessica, and her husband founded 'Living with Takiwātanga' after their son was diagnosed, driven by the mission to raise awareness about being Māori and living with a disability. Their goal is to educate and empower whānau to lead confident lives and access reliable, relatable knowledge about available services.

The wānanga inspired a diverse gathering of attendees from all over the north, including passionate staff from various Kura.

The wānanga fosters a warm and supportive environment where whānau can openly share their stories and challenge the stigma surrounding takiwātanga. It is a space that unites us in honouring our taonga (special treasures) and the unique journeys we each navigate.

Here, whānau are empowered to create their own solutions, sparking enriching discussions that embody a Te Ao Māori perspective on takiwātanga. This Wānanga nurtures shared experiences and offers valuable tips and strategies for whānau on their journeys. It also provides vital insights for professionals dedicated to uplifting our precious taonga, ensuring that everyone feels understood and valued as we journey forward together.



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Muriwhenua Takiwātanga Wānanga



"Kei wētehi, kei wētehi anō, he kanorau, he rereke, tōna ake ahua, tōna ake mana, tōna ake mauri" - Each person has their own uniqueness, life essence and presence.

Come together to wānanga and celebrate the unique presence of our taonga takiwātanga!

Waiora Marae, Ngataki

Thursday 7 March
10am - 2pm
5284 Far North Road,
Ngataki 0484

Te Hiku o te Ika Marae - Te Hāpua

Friday 8 March
10am - 2pm
15 Waharua Road, Te
Hāpua 0484



www.Kanorau.org.nz

Muriwhenua Takiwātanga Wānanga FAQ's

- **What is the wānanga about?**

The wānanga is about coming together to celebrate our taonga (special treasures) and provide a space for creating whānau-led solutions. At the wānanga we will talk about a Te Ao Māori perspective to takiwātanga, share experiences on what it is like living with takiwātanga and share tips and strategies for whānau on these journeys and professionals who support our taonga.

- **What can I gain from participating in the wānanga?**

Our hope is that those who attend the wānanga leave feeling empowered. Empowered to continue on their journey, empowered to change the negative stigma that surrounds takiwātanga and disability in general. We wish for whānau to feel assured and acknowledged in expressing their needs and understanding how the community can provide support. We hope professionals have the confidence to support taonga with strength-based approaches and best how to engage with our whānau Māori.

- **Who is running the wānanga?**

Kanorau with the awahi of Te Hiku Hauora and Te Kumara Vine (a whānau-led ropu supporting taonga takiwātanga in the Far North) have been working together to get these wānanga running. Kanorau are a whānau who are raising their boy living with takiwātanga and work in this space to support other whānau on similar journeys.

- **Who can attend the wānanga?**

Anyone! The wānanga is for everyone and anyone who would like to attend, fill their kete and learn more about takiwātanga or come together to share experiences. You may be whānau on this journey, you may be a professional who support taonga or you may just be interested in learning more. Please feel free to bring your taonga takiwātanga as well! If there are any accessibility needs you require, please reach out to us! The wānanga is not limited to takiwātanga, all neuro-diverse taonga and their whānau are welcome!

- **What will happen after the wānanga?**

We want to hear from whānau on what it is they want! We are hoping that these wānanga will be the catalyst of many! Kanorau will be available to help those who require further support or would like to do one on one workshops or professional development. Te Hiku Hauora are currently undertaking an assessment on the needs of whānau in the Far North and hope the information shared during the wānanga will inform further support services to address those needs.

- **I have some questions about the wānanga, who can I contact?**

If you have any pātai please feel free to contact:

- Kimiora Barrett - 09 409 7880 ext 225 – 0800879 967
- Jaycee Maunsell-McMenamin (Te Hiku Hauora) - 021864337
- Jess Hita (Kanorau) - 02102331035

Tamariki Swimming Lessons

WRITTEN BY MAQUITA LIA

As a rural health provider we understand that access and affordability is a constant barrier for our whanau that live in our service areas. So, we decided to assist whanau to ensure this service is more accessible and affordable, higher physical activity in our communities and diverse age groups, and better child health and development outcomes.

We are fortunate to have built a great relationship with the team at Te Hiku Sports Hub through our kaumatua and kuia swimming group, which made it easy to get our 23 tamariki registered and ready to begin their 10 week swimming lessons in Term 4.

As a provider we have been able to assist our 18 whanau with travel costs and covering the fees for lessons. This has been a huge help for our whanau and the feedback has been 100% positive. The tamariki enjoy their lessons and parents are confident that their tamariki and pepi are safe in the water.

Big mihi to Te Hiku Sports Hub for providing an amazing facility for all whanau in Te Hiku to enjoy, Lee-Ann Jury for your mahi that you do with our tamariki in the pool, and to our whanau who have been committed to continuously taking your tamariki and pepi to their lessons and participating.





TAKE PART IN THE



wop



**best dressed
mailbox
competiton**



PUKENUI, NGATAKI, TE KAO, & TEHAPUA WE WANT
YOU AND YOUR WHANAU TO GET IN THE
CHRISTMAS SPIRIT AND DRESS UP YOUR
MAILBOXES!!

**A PRIZE WORTH \$200 OF GOODIES FOR
THE BEST LOOKING MAILBOX OUT THERE IN
EACH COMMUNITY!!**

How to enter:

1. Dress up you mailbox
2. Take a photo and send through to the Whakawhiti Ora Pai Facebook page through messenger or email to maquital@wop.co.nz
3. All dressed mailboxes will be judged by NZ Post.
4. All entries must be in by Friday 20th December.

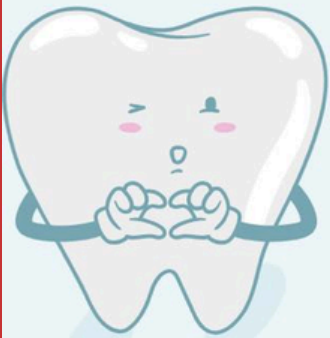
**Winners will be announced at
2pm, Monday 23rd December at the
via our WOP Facebook Page**



WHAT IS GOOD ORAL HEALTH?

It is the state of your mouth and teeth that allows you to eat, speak, breathe, and smile without pain or discomfort. It can also impact your self-confidence, well-being, and ability to socialize.

HOW DO WE ACHIEVE ORAL HEALTH?



- Brush and Floss twice daily
- limit sugary foods to sometimes
- Drink water
- visit the dentist

WHAKAWHITI ORA PAI

Is investigating our community's interest in the provision of dentures and/or partial plates. We encourage your feedback, if you feel that this service would be valued by either yourself or your whanau, we would like to hear from you!



WHAT ARE DENTURES AND PARTIAL PLATES?

Your Dentures and partial plates are used to help bring back someone's smile when their own teeth are missing. Dentures offer several benefits including enhancing your appearance and improved overall oral health. It is important to note that poor oral hygiene can have a detrimental effect to your overall health and wellbeing.

Please email traceyb@wop.co.nz to register your interest



MĀORI EDUCATION TRUST 2025 SCHOLARSHIPS

OPEN NOW!

Secondary scholarships with a value up to \$500, and boarding scholarships up to \$1000.

Undergraduate scholarships value up to \$1000.

Postgraduate scholarships value up to \$5000, with prestigious awards starting from \$10,000 right up to \$30,000.



APPLICATIONS CLOSE:

- Secondary: Monday 31 March, 2025
- Undergraduate & Postgraduate: Friday 30 May, 2025

ELIGIBILITY CRITERIAS

While each scholarship for each study level will have their own criteria, overall you must:

- Whakapapa Māori;
- Enrolled in 2025 study for the full academic year;
- Studying at secondary, undergraduate, or postgraduate level.

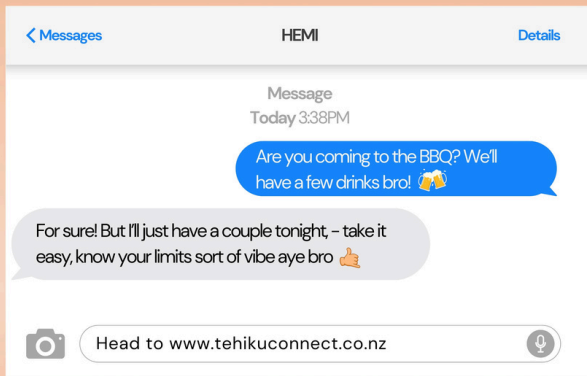
APPLICATION PROCESS

Applications can be submitted online by visiting our website, or you can contact our office for a physical application form if you are unable to apply online.



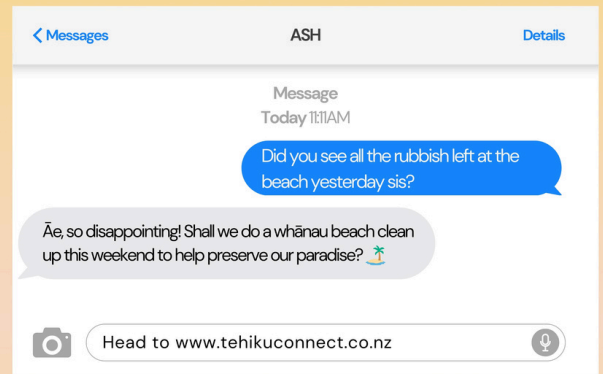
Scan or visit: www.maorieducation.org.nz

check your *vibe*
this summer.



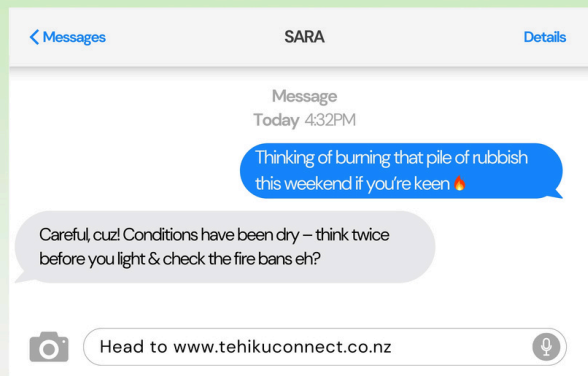
Te Hiku
SUMMER VIBES

check your *vibe*
this summer.



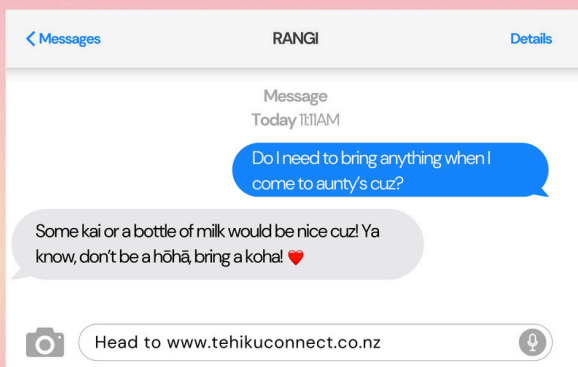
Te Hiku
SUMMER VIBES

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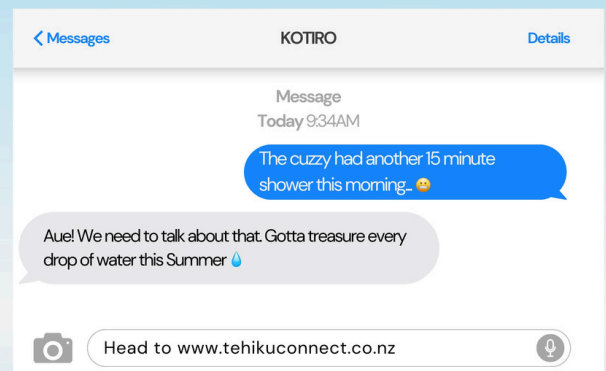
Te Hiku
SUMMER VIBES

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SUMMER VIBES