

HORA TE PAI PĀNUI WHAKAPĀ || NEWSLETTER

3 December 2024

RĀRANGI TAKE CONTENTS

**Hora Te Pai
AGM Highlights
2024**

**Uhi Tai Te Reo
Symposium**

Te Kawariki

**Upcoming
Events**

**Meet Becky:
HTP Clinical
Pharmacist**

**HTP Christmas
Operating
Hours**



***Kei te hunga kuru
tangarerewa,
nau mai, tahuti mai.***

Welcome to the very first edition of the Hora Te Pai monthly newsletters. We aim to keep you informed on our latest updates, news, activities, and services.

You can also let us know what information you'd like to receive in the coming months to help us improve the services we provide while enhancing the future of your hauora and well-being.

Feedback forms can be found on our website at:

<https://forms.office.com/r/xwmxexMZ5D>

As we gear up for Christmas, we want to thank you all for your aroha and tautoko throughout the year and wish you a safe Kirihimete and Tau Hou Tauwi.

Christmas can be a stressful time, so it's important to care for yourself and your whānau.

Annette, our Health Improvement Practitioner, is here to help.

Call us to book an appointment and focus on your well-being.

0800 122 504

Kia haumaruru te haere.

Ngāa Tauira o Hora Te Pai x

BOARD POROPOROAKI & PARAKUIHI

On the 15 November 2024, kaimahi enjoyed an early morning breakfast with the board, which included a poroporoaki for long-serving Board of Trustees members, Tio Taiaki and Chris Gerretzen. Chris, our current Chairman, has served on the Board since 2016, and Tio since 2021. Tio has represented Ātiawa ki Whakarongotai as the Iwi trustee on the Hora Te Pai Charitable Trust Board.

We express our deep gratitude to Tio and Chris who finished their terms this year. Their invaluable contributions and leadership have significantly enhanced our trajectory during their tenure.



HORA TE PAI ANNUAL GENERAL MEETING 2024

This year's AGM was held at Whakarongotai Marae, Waikanae on Sunday 17 November 2024, which was followed by a beautiful hākari, lovingly prepared by Te Whānau Kearney. E mihi nui ana ki ngā ringawera o Te Aorewa.

Kua puta ā pito!

Thank you to Deputy Mayor Lawrence Kirby for his inspiring kōrero. His passion for community health, equity, and a prosperous future is truly motivating. Lawrence's connections with Hora Te Pai through Kapiti Impact Trust are deeply valued.

We appreciate everyone who attended our hui-ā-tau and we extend our warm thanks the Whakarongotai Marae Trustees, Te Kaunihera Kaumātua, and Mana Whenua for their support. He mihi mahana tēnei ki a koutou katoa.

Go to our website to view this year's Hora Te Pai, Te Pūrongo ā Tau 2024 Report at:

<https://horatepai.org.nz/htp-news/purongo-a-tau-annual-report-2024/>



UHI TAI TE REO SYMPOSIUM

As a hauora Māori service, we believe well-being can also come from Te Reo Māori.

Five of our kaimahi recently attended the Uhi Tai Te Reo Symposium hosted by Te Taura Whiri i Te Reo Māori on the 5th-6th November 2024 to focus on strategies to normalise Te Reo in the workplace.

When you visit us, you'll find posters and table cards around our whare to support everyday Te Reo.

Patua te whakamā – let's grow our puna reo together!



KAUMĀTUA OLYMPICS

TEAM KŌWHAI GOLDIES:

Congratulations to our kaumātua athletes, the HTP Kōwhai Goldies who recently competed at the Ngati Toa Kaumatua Olympics in Porirua.

Known for their prowess and X Factor, our team took home the trophy for the team with most kaha and wairua.

Whakamīharo koutou mā!

"Māku anō hei hanga i tōku whare, ko ngā pou o roto he māhoe, ko te tāhuhu, he hīnau. Me whakatuhi ki te hua o te rengarenga, me whakapiki ki te hua o te kawariki."

"I shall build my own house, the posts shall be made of māhoe and the ridgepole of hīnau. Those who inhabit this house, shall be raised the fruit of the rengarenga and strengthened on the fruit of the kawariki."

-Pōtatau Te Wherowhero Tāwhiao



TE KAWARIKI

A highlight for Hora Te Pai this year was the successful launch of Te Kawariki. This is a new well-being programme that draws on mātauranga Māori and the pūkenga of Iwi leaders.

This has served as a segue for whānau to reconnect with whakapapa and tikanga, providing a sense of belonging for the wider hapori.

It has been our humble privilege to deliver this programme through collaboration and endorsement of Te Ātiawa ki Whakarongotai whānau members.

Te Kawariki was launched early this year, and we are about to close our final wāhanga 3 for 2024.

Based on its overall success the programme will continue through to 2025.

We extend our sincere thanks and aroha to kaiwhakahaere, Kristie Parata and Mohi Edwin for their manaakitanga and leadership. We also give thanks to our kaumātua, and the whānau of Te Ātiawa ki Whakarongotai who gave their blessing to deliver this kaupapa.

Keep an eye on our socials in the new year for enrolments to 2025 Wāhanga 4.

Facebook: Hora Te Pai Health Services

Instagram: @horatepai



UPCOMING EVENTS

2024-2025

MARAE CLINIC

- **Dates:** 10 Dec, resuming 28 Jan 2025. Clinics will then be fortnightly (28 Jan, 11 Feb, 25 Feb).
- **Cost:** Free to any whānau including un-enrolled patients.
- **Services:** Mini health checks with a registered nurse, community support services, and support services for cervical and breast screening.

DIABETES GROUP

10 DECEMBER 2024

- **Launch:** Partnering with Diabetes NZ to support diabetes (mate huka) management.
- **Free Services:** Nurse reviews, healthcare, and walk-in appointments at Whakarongotai Marae.
- **Join:** Call 0800 122 504 or email reception@horatepai.org.nz to register.



CANCER CARE GROUP

Mā te kite ka mōhio
Mā te mōhio ka kitea he oranga

2024

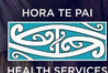
21/11 - 11am-12pm
28/11 - 1.30pm-2.30pm
05/12 - 10am-11am
12/12 - 11am-12pm
19/12 - 11am-12pm

2025

09/01 - 11am-12pm
16/01 - 11am-12pm
23/01 - 11am-12pm
30/01 - 11am-12pm.

Hora Te Pai Board Room
35 Warrimoo St, Paraparaumu

CONTACT US TODAY
04 902 7095



CANCER CARE GROUP

- **When:** Every Thursday
- **Who:** For those with cancer, supporting loved ones, parents of tamariki with cancer, or facing financial hardships.
- **Purpose:** A space to connect, share, and find support in a relaxed, welcoming environment.

WAI ORA AQUA FIT

- **When:** Every Thursday at Coastlands Aquatic Centre.
- **Register:** Email Ine at ine.faleafaga@horatepai.org.nz.





MEET BECKY

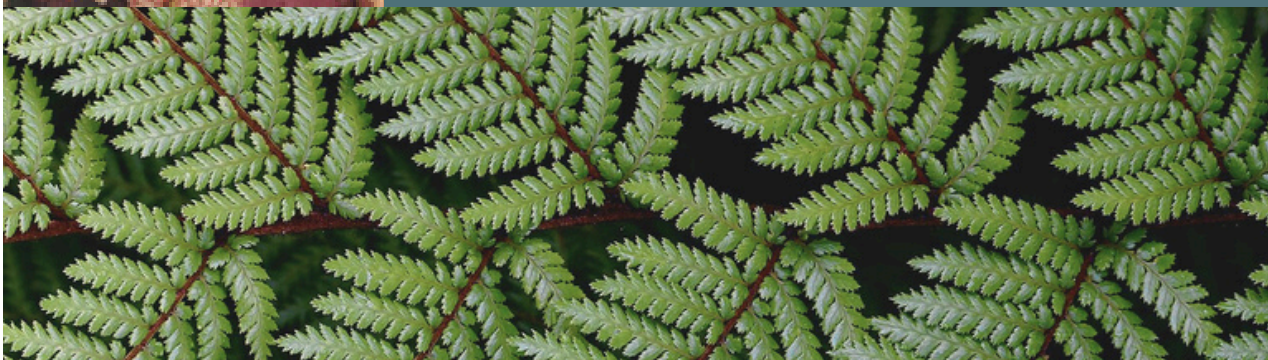
Introducing Becky, our clinical pharmacist, who is available for appointments to review and discuss your medicines with you.

- **What should you expect from your medicines? Are they helping?**
- **Are they causing you any problems?**
- **How do your medicines work?**
- **What about the medicines from the hospital? Do they all work together OK?**
- **Do you still need to take your medicines?**

Becky has a wide knowledge of medicines and how they work for you. She works closely with your doctor should any concerns be raised.

There is no charge for a 30-minute consultation with Becky.

Appointments are available on Mondays and Fridays.



CHRISTMAS OPERATING HOURS

Monday 23 Dec: Normal hours

Tuesday 24 Dec: Close at 4pm

Wednesday 25 Dec: Closed

Thursday 26 Dec: Closed

Friday 27 Dec: 8:30am - 3pm

Monday 30 Dec: 8:30am – 4pm

Tuesday 31 Dec: 8:30am – 4pm

Friday 3 Jan: 8:30am – 3pm

***Normal hours resume 6 Jan
2025***

Meri Kirihimete Hari Tau Hou Tauwiwi

Ngā mihi nui ki a koutou,

Thank you for being part of
our whānau this year.

Wishing you peace, health,
and happiness in the year
ahead.

Ngā manaakitanga,

Ngāa Tauria o Hora Te Pai x