

HORA TE PAI PĀNUI WHAKAPĀ

January 2025

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Tēnā koutou,

Ngā manaakitanga o Hineraumati me ngā mihi o te tauhou tauwi.

On behalf of Hora Te Pai, we hope your holidays have been filled with much aroha, peace and joy.

As we kick off the new year, we're reflecting on our shared goal of supporting the hauora and well-being of you, your whānau and our community. This month, we are thrilled to announce new and exciting updates as well as our upcoming events to help further your hauora journey!

Ngāa Tanira o Hora Te Pai x



WE ARE HIRING!

Our centre is seeking a Practice and Community-based Registered Nurse for a part-time position (24 hours per week) on a 2-year fixed-term contract. If you are interested in joining our team, please email Hannah at **Hannah.Burrell-Davis@horatepai.org.nz**

For full details, refer to our listings on Trade Me and Seek.



TE RŌPŪ TOIORA KAUMĀTUA

The Toiora Kaumatua Group meets on the 3rd Tuesday of every month at the Bridge Club Kapiti.

This group offers kaumatua the chance to participate in various activities, fostering a space for whakawhanaungatanga and celebrating their well-being.

To register, contact Wendy at **0800 122 504** or email **wendy.smith@horatepai.org.nz**



TE KAWARIKI GRADUATION

We are thrilled to celebrate the graduation of 8 tauira from Te Kawariki on December 13.

Our dedicated kaimahi, Dee Wilkins and Kirihipene Tamihana, also completed the 6-week journey following the mātauranga of Te Ātiawa ki Whakarongotai.

ADVANCED CARE PLANNING WĀNANGA

Last month, we held a series of wānanga focused on Advanced Care Planning. These sessions provided a warm environment for meaningful discussions about planning for later stages in life, covering topics such as Enduring Power of Attorney (EPOA), wills, and treatment preferences.

Participants gained clarity on important decisions with support from experts, including legal professionals and healthcare providers. Empowered with knowledge and resources, whānau were equipped to plan their futures, including care and tangihanga preferences.

For more information on these wānanga, please contact Annette at **0800 122 504** or email **Annette.Clements@tuora.org.nz**

UPCOMING EVENTS

WHAKARONGOTAI MARAE CLINIC

Join us for our Free Walk-In Clinic every Tuesday from 10 AM to 12 PM.
Upcoming dates include:

- **January 28:** Kicking off with Heart Health. Come for a heart check-up or visit our clinic in Paraparaumu.
- **February 11:** In association with Mana Wahine, we will hold an Ovarian Health clinic. To register, please contact Wendy or Hannah at **0800 122 504**
- **February 25:** Join us for more health services.



COMMUNITY HEALTH PROMOTION DAY

Join us for a day focused on your health!

We'll offer HPV/Cervical screenings and bowel cancer information, along with on-site immunisations if needed.

Enjoy a sausage sizzle, a bouncy castle for tamariki and pick up great giveaways like lip balms and sunscreen.

Incentives include:

- Pak'nSave vouchers for Māori and Pacific participants who complete HPV/Cervical screenings
- A \$20 Pak'nSave voucher for those returning bowel screening kit results

This event is open to all Kāpiti residents. Bowel screening is available for ages 60-79, and for Māori and Pacific residents in the Manawatu region from age 50.



Contac Us
04 902 7095

10AM-3PM

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JANUARY 2025

HORA TE PAI

OUTDOOR GRASS AREA
35 WARRIMOO ST,
PARAPARAUMU

Hora Te Pai

FREE SUPPORT

Health Improvement Practitioner

Feeling overwhelmed,
anxious or stressed?
Having trouble with
your memory? Annie
can support you in
your overall hauora
(health & wellbeing).

available Mon/Wed/Fri

Health Coach

Feeling stuck in
moving toward your
health goals? Would
you like support in
getting your b`asic
and community
needs met? Heather
can help you create
new habits and work
through barriers to
your stability.
call 0272505742

Exercise Groups

Wanna get active?
Feeling isolated?
Gym, walking, chair
yoga and pool
groups with
opportunity to get
out of the house and
make new
connections!

Check our Facebook
page for times and
places!



Talk to anyone at HTP about connecting
today!

