

# HORA TE PAI PĀNUI WHAKAPĀ

## Pēpuere 2025 February

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HORA TE PAI



HEALTH SERVICES

### **Kia ora and welcome back to our newsletter!**

Our kaimahi are back after a well-deserved Christmas and New Year's break, re-energised to support you and your whānau in the coming months. As we kick off the year, we have a host of exciting events and updates lined up that we can't wait to share with you!

*Te Whaanau o Hora Te Pai x*



## COMMUNITY HEALTH PROMOTION DAY

On January 16th, we held a successful clinic day with great support from our hapori!

Whānau received catch-up immunisations, and we partnered with Cancer Bowel Screening to offer education and testing, with the Cancer Society Kapiti also on site. Ora Toa provided HPV tests, and Tū Ora was present to offer additional support.

**Thank you to everyone who joined us!**



## HONOURING TE TIRITI O WAITANGI

In reflection and celebration of Waitangi Day on February 6th, we encouraged our kaimahi, patients, and hapori to consider:

### What does Waitangi Day mean to you?

Our Tumuaiki shared her thoughts and reflections on what Waitangi Day and Te Tiriti means to her mahi at Hora Te Pai.

### DI TATANA, TUMUAKI

*“Te Tiriti o Waitangi holds deep significance for me, especially in the current context of Aotearoa. Waitangi Day embodies the spirit of kotahitanga, highlighting the importance of building strong relationships and empowering whānau to thrive. We are honoured and proud to work with like-minded people within our communities and across the motu, who support us in our mission. When we honour Te Tiriti in its truest form, whānau and communities prosper and evolve. Hora Te Pai is a living example of what upholding Te Tiriti principles looks like in action. I am deeply grateful to our tūpuna for their enduring legacy. Our existence today is a testament to their resilience and unwavering resistance of the past. This is the truest essence of Waitangi Day and what Te Tiriti means to me.*”

### KUPUTAKA/GLOSSARY:

**Tumuaiki** - Head of Hora Te Pai

**Kotahitanga** - unity, togetherness

**Hapori** - family, community

**Whānau** - family

**Tūpuna** - ancestors

**Can you find these kupu Māori in the kupu huna/word search?**

T H Y U W H A N A U F I K O B  
Z U Y V I X R J R A R I S B B  
D B P L J P G F A O A A U Z A  
N X O U W S O C P J G T Q H Z  
R J C P N P E A F F N W L U B  
A Y W T T A H A L N A B M O J  
S R N D E W Z D D T T H U U C  
P B N O Q S J L E F I I X Q L  
I C F C M E N W C V H H W I U  
N K P J R F E A Z I A S H L H  
U G A T U R D L W M T A W S J  
P Y M U R Q J Q U M O E U B K  
E X A O M F W M K B K U F X E  
L F R S Z U H R F X U H O V M  
U I U J R T T D M C E N D T A

## MOVE YOUR BUTT FOR BOWEL CANCER 2025

This February, we're taking on the Move Your Butt challenge to raise money to support vital patient services and research to reduce the impact of bowel cancer.

Every dollar we raise goes directly to Bowel Cancer NZ, funding essential services for patients and survivors, such as counselling, physiotherapy, and financial assistance. These services provide the support and care that many people desperately need as they battle bowel cancer. And every kilometre we walk during the challenge honours one of the 100 Kiwis we lose to this disease each month.

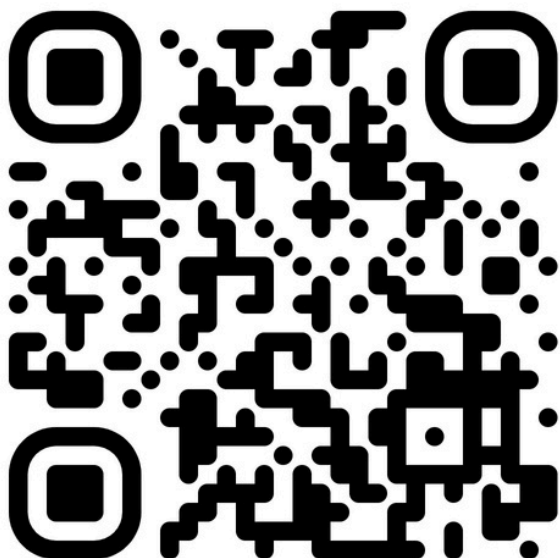
We will also be walking just under 4km on Feb 28th from Hora Te Pai at 3pm, doing a big loop and arriving back at Hora Te Pai by 4pm. This will be our final walk to complete our Move Your Butt challenge.

**We'd like to invite you all to join us on our final walk and a sausage sizzle at the end.**

If you would like to donate, you can scan the QR code below, find our stall at the Coastlands Mall in Paraparaumu February 20th or copy and paste the following link:

**<https://bowelcancernz.grassrootz.com/move-your-butt-2025/hora-te-pai-health-services?tab=donations>**

Ngā mihi aroha me ngā manaakitanga ki a koutou katoa.



## CANCER CARE SERVICES AT HORA TE PAI:

- Pre-Screening: HPV and Bowel screening
- Financial Assistance: Kai vouchers, petrol vouchers, and GP appointments
- Transportation: Providing rides to appointments
- Patient Support: Advocacy, health literacy, and ensuring continuity of care for patients and whānau
- Social Service Connections: Referrals to WINZ, Physiotherapy, Talking Therapy, Smoking Cessation, Rongoā, and Career Advisors
- Cancer Support Group: Returning in March—details to follow
- Whakawhanaungatanga: Building connections with whānau/aiga

### **Referral Processes:**

- Self and Whānau Referrals - call or text **027 279 3982**
- Nurse and Doctor Referrals

### **Coastlands Health Promotion February 20th:**

Join us to promote our Kāpiti Cancer Care Service! We'll have pamphlets on HPV screening and Mammograms available.

*The cancer care team will screen anyone in the community who is eligible, regardless of enrolment with Hora Te Pai.*

## UPCOMING EVENTS:

- **Round the Bays** - our amazing health coach, Heather, has put a team together to participate in the Round the Bays Wellington event on February 16th
- **Whakarongotai Marae Clinic** - we're excited to announce the return of our free marae clinics! We've partnered with fantastic organisations such as the Cancer Society, IRD, along with our HTP nurses
- **Toiora Kaumātua Group** - starting back up on Tuesday 18th February with a morning tea, 10am-11.30am at Paraparaumu Bridge Club, 1 Brett Ambler Way.

Please RSVP to **wendy.smith@horatepai.org.nz**



HORA TE PAI



HEALTH SERVICES



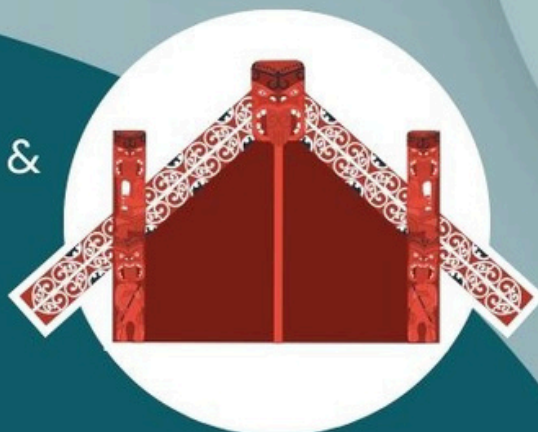
# MARAE CLINIC

10am-12pm

Whakarongotai Marae  
Waikanae

## DATES:

- **February 11th** – Ovarian Cancer & visit from Cancer Society for enquires
- **February 25th** – Smoking Brief Advice/Cessation
- **March 11th** – HPV checks
- **March 25th** – Tamariki Hauora



Contact Us

04 902 7095

0800 122 504





# Inland Revenue Marae Clinic

Inland Revenue are holding face to face appointments at **Whakarongotai Marae** as below.

We can help with:

- General tax enquiries
- Income tax
- Working for Families Tax Credits
- Student loans
- Child support

## Marae Clinic Dates for 2025

Dates	Dates	Times
Tuesday, 25 <sup>th</sup> February	Tuesday, 15 <sup>th</sup> July	10:00am - 12:00pm
Tuesday, 25 <sup>th</sup> March	Tuesday, 26 <sup>th</sup> August	10:00am - 12:00pm
Tuesday, 22 <sup>nd</sup> April	Tuesday, 23 <sup>rd</sup> September	10:00am - 12:00pm
Tuesday, 20 <sup>th</sup> May	Tuesday, 21 <sup>st</sup> October	10:00am - 12:00pm
Tuesday, 17 <sup>th</sup> June	Tuesday, 18 <sup>th</sup> November	10:00am - 12:00pm
	Tuesday, 16 <sup>th</sup> December	10:00am - 12:00pm

## Where:

Whakarongotai Marae  
2/4 Mahara Place, Waikanae

## Ways to make an appointment:

Send an email with your details to [WellingtonAdvisoryRequest@ird.govt.nz](mailto:WellingtonAdvisoryRequest@ird.govt.nz) requesting an advisory.



# TŌNUITANGA PROSPEROUS FITNESS

**FEB 17TH 10.45AM-11.45AM**

**2/12 IHAKARA STREET, PARAPARAUMU**



**Encouraging all levels of fitness and mobility! From beginners to athletes, this strength and conditioning class will suit all**

**[aj.marama@horatepai.org.nz](mailto:aj.marama@horatepai.org.nz)** 

