

HORA TE PAI PĀNUI WHAKAPĀ

Māehe 2025 March

RĀRANGI TAKE CONTENTS

Challenge Complete!



We're excited to announce our Move Your Butt for Bowel Cancer challenge 2025 is now complete!

FLU 2025

On behalf of our Cancer Care Team, we want to extend a heartfelt congratulations to our amazing kaimahi at Hora Te Pai. We are incredibly proud of our team for walking their 100kms, raising funds, and supporting the Charity Movie Event Fundraiser.

Overcoming the Odds: Knee Surgery Recovery

A special thank you to all who donated, joined us for our final hikoī on February 28th, and helped us achieve our fundraising target. Your support and encouragement made all the difference, and we couldn't have done it without you.

Ngā Rōpū Kori Tinana: Weekly Fitness Groups

Total funds raised: \$1,230.00

Total km's walked by the HTP team: 1,408.69 km

Upcoming Events

Thank you to everyone for showing up in every way possible!

HORA TE PAI



HEALTH SERVICES



FLU 2025

GET READY FOR WINTER: FLU VACCINATION INFO

As hōtoke approaches, it's time to book your flu vaccine with us! We'll be offering flu vaccinations from mid April at Hora Te Pai and our marae clinic. It's also a good time to create your Hauora Wellness plan; schedule an appointment with one of our kaiāwhina, our Health Coach or Health Improvement Practitioner.

Flu vaccines are available for anyone aged 6 months and older. The new vaccine is offered each autumn and is free for those at higher risk of complications. Health professionals strongly recommend it for individuals with medical conditions and pregnant women.

For children under 9 receiving the vaccine for the first time, two doses are required, spaced at least four weeks apart. Your vaccinator will provide details on the second dose.

SPECIAL SUPPORT FOR WHĀNAU WITH RESPIRATORY CONDITIONS:

If you have long-term respiratory conditions like Asthma or COPD (Chronic Obstructive Pulmonary Disease), you may qualify for our Kaitiakitanga scheme, which provides free or subsidised healthcare services. Contact our Nurse Team to check your eligibility.

KUPUTAKA | GLOSSARY:

Hōtoke - Winter

Kaiāwhina - Helper

Hauora - Wellness/Health

Kaitiakitanga - Stewardship

Can you find these kupu Māori in the kupu huna (word search)?

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



Ine Faleafaga
Kaiarataki Hapori

OVERCOMING THE ODDS: KNEE SURGERY RECOVERY

Recovering from a serious knee injury is no small feat, especially when multiple ligaments are involved. For many, it could mean the end of an active life, but for Ine, it was the start of a powerful comeback story.

Are you on your own recovery path? Join our gym and pool sessions to take the first step toward a stronger, healthier you.

THE INJURY AND RECOVERY

After her serious knee injury, Ine endured two surgeries to fix the damage. The road to recovery was challenging, but combining gym workouts and pool sessions made a real difference.

THE POWER OF WATER

The pool was a game-changer. Water therapy allowed Ine to move and build strength without putting too much strain on the knee. Swimming and water exercises helped regain mobility safely.

STRENGTHENING IN THE GYM

As movement improved, the gym became key for rebuilding muscle. With help from trainers and physiotherapists, Ine focused on low-impact exercises. Gradually, their knee grew stronger, and confidence returned.

INSPIRATION FOR OTHERS

Today, Ine enjoys an active lifestyle, showing that recovery is possible with dedication and support. Her journey inspires anyone facing similar challenges. Whether you're healing from an injury or looking to get fit, the gym and pool are great places to start.



NGĀ RŌPŪ KORI TINANA: WEEKLY FITNESS GROUPS

MANE | MONDAY: TŌNUITANGA PROSPEROUS FITNESS

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.

TŪREI | TUESDAY: CHAIR YOGA

1pm

Hora Te Pai Community Team Office: 60 Toru Road, Kāpiti Airport

Seated yoga for flexibility and balance

WENEREI | WEDNESDAY: RŌPŪ HĪKOI

9.30am

Text 027 250 5742 for location

Connecting with the whenua - gentle and intermediate groups

TĀITE | THURSDAY: WAI ORA

11.45am-12.45pm

Coastlands Aquatic Centre, Paraparaumu

Low impact, water based therapy and exercise

All activities are free and you don't have to be a Hora Te Pai patient to participate. Nau mai e te katoa! All are welcome!



UPCOMING EVENTS:

MARAE CLINIC: WHAKARONGOTAI MARAE 10AM-12PM

Free walk-in healthcare service with no appointments needed and you don't have to be a Hora Te Pai patient. Services include health checks, cancer support & a nurse on-site.

- **March 11th** - HPV checks, kaumātua mini-olympics practice
- **March 25th** - Tamariki Hauora, IRD Support, kaumātua mini-olympics practice
- **April 8th** - Kaumātua mini-olympics event

QUEEN OF THE PACIFIC: KĀPITI EVENT

*For all wāhine on the evening of Friday April 4th. Call Ine on **027 270 4892** for more information.*

MANAAKI MAURI: CANCER SUPPORT

A place where you can relax and feel at ease, share your experiences, and connect with others. We provide helpful tools to cope with the challenges of cancer in an informal setting, complete with light refreshments.

- **Starting Thursday 3rd April, 1pm-3pm** - fortnightly session
 - **Where - Te Ara Korowai Wellness Hub:** Weka Road, Raumati Beach
 - **Contact Dee on 022 409 8535** for more information
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