

HORA TE PAI PĀNUI WHAKAPĀ

Āperira 2025 March

RĀRANGI TAKE CONTENTS

Hora Te Pai Updates

We're excited to share that we've completed our Mahere Rautaki, Strategic Plan for 2025-2030!

This plan sets the direction for Hora Te Pai over the next five years, focusing on improving patient care, expanding community support, and enhancing access to services.

Do You Need Kai?

We look forward to sharing more updates as we bring these plans to life.

A Warm Welcome to Sorrell Kemp

Hora Te Pai Parakuihi



Upcoming Events

EASTER & ANZAC

Hora Te Pai will be **closed** on Good Friday, Easter Monday, and Anzac Day.

We apologise for the inconvenience and appreciate your understanding.

HORA TE PAI



HEALTH SERVICES

Hora Te Pai Whaanau x

DO YOU NEED KAI?

Hora Te Pai is proudly supported by Kaibosh Food Rescue, an incredible organisation dedicated to reducing food waste and helping our hapori. Each week, Kaibosh collects high-quality surplus kai from local pakihi and redistributes it to whānau and hapori, focusing on those in need.

Every Friday, we eagerly receive a generous supply of wholesome kai from Kaibosh, which we then share with our hapori.

If you or someone you know could benefit from some extra kai, we're here to help! To arrange support, please reach out to our reception desk before Thursday at 4 PM each week by calling **04 902 7095** or **0800 122 504**

We also have access to additional kai through the Kāpiti Food Bank if needed.



KUPUTAKA | GLOSSARY:

Hapori - Community

Pakihi - Business

Kai - Food

Whānau - Family

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

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

A WARM WELCOME TO SORRELL KEMP: OUR NEW REGISTERED NURSE

Sorrell Kemp, of Ngāti Tukorehe, has joined our nursing team this month. As a Registered Nurse, she will take on the important role of managing our Outreach Clinical Services once she completes her induction and orientation.

Sorrell brings a wealth of knowledge from her previous experience as a Kaipūkenga in our Mātauranga Māori solutions programme at Whakarongotai, where she shared her expertise as a Rongoā practitioner.

Her commitment to holistic healing and cultural practices will greatly enhance our services and strengthen our connection to the hapori.



We are excited to welcome her to the team!



HORA TE PAI PARAKUIHI

All staff had the pleasure of sharing a delightful breakfast with our Board of Trustees on Wednesday, 26th March, at the Ambience Café in Paraparaumu.

This gathering provided a wonderful opportunity for whanaungatanga, kotahitanga, and wairua. It was a meaningful occasion, especially since we hadn't had a proper catch-up with the Board since our Hui-ā-Tau last November, making this breakfast all the more special.



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.

- **April 22nd** - Kaumātua Mini Olympics Event, Immunisations

TE KAWARIKI

Te Kawariki is a kaupapa Māori initiative that empowers whānau through traditional knowledge and holistic wellbeing practices. Rooted in mātauranga Māori, the programme integrates Rongoā Māori, whakapapa, and tikanga-based approaches to support health, resilience, and community connection.

Delivered in partnership with Ātiawa ki Whakarongotai, Te Kawariki fosters identity and sustainable wellbeing solutions for whānau.

To express your interest, please contact:

027 261 2986

kristie.parata@xtra.co.nz





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!

10AM-12PM
MARAE CLINIC

**WHAKARONGOTAI MARAE
2/4 MAHARA PLACE WAIKANAE**

22/04/25

**KAUMĀTUA
MINI OLYMPICS**

IMMUNISATIONS

FREE WALK-IN HEALTHCARE SERVICE

No appointments needed and you don't have to be a Hora Te Pai patient. Services include health checks & a nurse on-site.

Our Kaumātua Mini Olympics event is also a space for anyone over 60 who wish to try something new and enjoy fun games.

Nau mai e te katoa!

MANAAKI MAURI

FORTNIGHTLY CANCER SUPPORT GROUP



THURSDAYS 1PM-3PM



Te Ara Korowai Wellness Hub

8 Weka Road, Raumati Beach, Paraparaumu

04/04/25 01/05/25 12/06/25

17/04/25 15/05/25 26/06/25

29/05/25



Manaaki Mauri is a Māori and Pasifika cancer support group on the Kāpiti Coast. Come relax, learn, and share in a safe space for you and your whānau where we focus on creativity, kotahitanga, and manaakitanga. With guest specialists offering tools and expertise, you'll find a community that truly understands your journey. Nau mai haere mai



For more info contact:

Dee Wilkins 0272793982

Kirihipene Tamihana 0273621992

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 basic
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!

