

HORA TE PAI PĀNUI WHAKAPĀ

Mei 2025 May

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Pūkengatanga: Strengthening Our Practice

Ongoing professional development (pūkengatanga) is vital to sustaining the quality and impact of our service delivery.

In Āperira (April), our Clinical Director attended the GP Goodfellow Conference in Tāmaki Makaurau, which focused on innovations in primary care. Meanwhile, several of our kaiāwhina participated in a Mahi ā Atua wānanga held at Rangi Parauri—a powerful space for deepening mātauranga Māori and practice. The kaupapa now is to embed some of these teachings into our mahi at Hora Te Pai.

Our Kāhui Mate Pukupuku (Cancer Care team), including Mana Wāhine, also took part in a noho marae at Maraeroa, joining other cancer care navigators from across the region to strengthen collaboration and whanaungatanga.

Mahere Rautaki 2025–2030

Hora te Pai has completed our 2025–2030 Mahere Rautaki, setting our strategic priorities and whāinga matua for the next five years. This was shaped through hui whakakaupapa with all kaimahi late last year, where we shared our vision for the future of Hora Te Pai.





Ani Raika – Suitauloa *Kaiarataki Whakahaere*

**Te Rarawa ki Te Tai Tokerau,
Ngāti Raukawa ki Ōtaki,
Ngāti Hine ki Pipiwai**

Ko Te Kera Raika rāua ko Sheila
Shortland ōku mātua
Ko Jacob Suitauloa tōku hoa rangatira
Toko rima aku tamariki
Toko rua aku mokopuna
Ko Ani Raika - Suitauloa ahau

Role at HTP and what you love about it:

From day one, I felt a strong sense of belonging here. I love the purpose-driven mahi we do for Māori, Pasifika, and low-income whānau in Kāpiti, ensuring they feel welcomed and supported. Our team feels more like whānau, bringing professionalism and heart, with plenty of laughter that creates a real sense of warmth.

Where you see the biggest impact of Hora Te Pai:

Hora Te Pai makes a huge impact in our community, especially for Māori, Pasifika, and low-income whānau. As a VLCA (very low cost access) practice, we offer affordable healthcare, kaupapa Māori support, outreach services, Cancer Care Support, and wellness groups. We also work closely with Te Ātiawa ki Whakarongotai and other providers to improve the health outcomes of our whaiora.

What kaupapa Māori means to you:

Kaupapa Māori is a way of life — rooted in te ao Māori, cultural identity, and wellbeing. It's about whānau-centred care, following tikanga, and making sure whaiora feel safe, heard, and respected. We also support each other as kaimahi, with regular kōrero and awhi to keep our practice strong.

How long have you been with Hora Te Pai?

I've been part of the Hora Te Pai whānau for 3½ years and it still feels like I just started. There's always more to learn and more to give.

*"He aha te mea nui o te ao? He tangata, he tangata, he tangata
What is the most important thing in this world? The people, the people, the people"*

KUPU HUNA | WORD SEARCH

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

KUPUTAKA | GLOSSARY:

Pūkengatanga - skilled, versed in

Mātauranga - knowledge, wisdom

Kaupapa - topic, purpose, initiative

Whakawhanaungatanga - process of establishing relationships

Whāinga Matua - main goal, main objective

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

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.

- **20th MAY** - Ovarian Cancer Awareness & IRD Support

WINTER WELLNESS DAY: HORA TE PAI 7TH JUNE | 9AM-1PM

A community event focused on keeping you well this season! Enjoy kai, winter pack giveaways, and a range of free health services including flu vaccinations, HPV testing, bowel screening, mini health checks, and skin checks/mole maps (call to book). Come along, stay warm, and look after your hauora.



MAY WEEKLY FITNESS CALENDAR:

MANE | MONDAY: TŌNUITANGA KAUMĀTUA FITNESS

10.45AM-11.45AM

2/12 Ihakara Street, Paraparaumu

TĀITE | THURSDAY: WAI ORA SWIMMING SESSION

11.45AM-12.45PM

Coastlands Aquatic Centre

PARAIRE | FRIDAY: TŌNUITANGA PAKEKE FITNESS

10.45AM-11.45AM

2/12 Ihakara Street, Paraparaumu

All activities are free and you don't have to be a Hora Te Pai patient to participate



EVERY FRIDAY

10.45AM-11.45AM

2/12 IHAKARA STREET, PARAPARAUMU



PAKEKE KORI TINANA
BEGINNER OR PRO, THIS CLASS IS FOR YOU.
STRENGTH. MOVEMENT. HAUORA.
NAU MAI E TE KATOA!



04 902 7095
0800 122 504

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

10AM-12PM MARAE CLINIC

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



Athsma Support, Hauora Planning

This clinic is designed to help you manage asthma and strengthen your overall hauora (wellbeing) through the model of Te Whare Tapawhā

May
06
2025



Ovarian Cancer Awareness, IRD Support

Learn to recognise early signs of ovarian conditions & access helpful information. IRD will also help with tax, entitlements, and more for you and your whānau.

May
20
2025

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.**

WINTER WELLNESS DAY

7TH JUNE | 9AM-1PM

FREE SUPPORT & SERVICES AVAILABLE:

- Winter Pack Giveaways
- Kai (Food)
- Flu Vaccinations
- HPV Tests (Cervical)
- Bowel Screenings
- Skin Checks / Mole Maps (Call to book)
- Mini Health Checks

HORA TE PAI
35 WARRIMOO STREET
PARAPARAUMU
04 902 7095