HORA TE PAI PĀNUI WHAKAPĀ

Hune 2025 June

RĀRANGI TAKE
CONTENTS

Tumuaki Updates

Men's Health Week

Kupu Huna | Word Search

Kāpiti Cancer Care

Upcoming Events

HORA TE PAI
HEALTH SERVICES

Our Te Reo Māori Progress

This year, we've been strengthening our Te Reo Māori through weekly language sessions. So far, we've explored pronouns and nouns, and progressed through past, present, and future tenses to help develop our sentence structure. Three of our kaimahi are also enrolled in Te Reo studies at Te Wānanga o Raukawa.

With Matariki approaching, our focus for June will be preparing for and celebrating this significant time through Te Reo Māori.

Practice Closure Dates

Public Holiday Closures:

- King's Birthday - Monday 2nd June
- Matariki - Friday 20th June

Practice Closure: Thursday 5th June

Please note that Hora Te Pai will be closed on Thursday 5 June as our team attends a wānanga with our Ātiawa ki Whakarongotai whānau.

Hora Te Pai was founded on the moemoeā of our late tūpuna Te Peehi Parata, and our service continues to operate under the guidance and whakapapa ties of Ātiawa ki Whakarongotai. This time of whanaungatanga and reflection is important for us to remain grounded in the kaupapa that guides our mahi. We thank you for your understanding.

Admin Notice

To ensure your records are up to date, please update your address and contact details via **MyIndici** or by calling us at **0800 122 504**

Men’s Health Week June 9th–15th

Men’s Health Week is a powerful reminder that your greatest asset is your hauora and it’s time to start taking care of it.

With tāne facing higher risks of heart disease, diabetes, and preventable early death, especially among Māori and Pasifika communities, this week shines a spotlight on the small changes that can lead to a longer, healthier life. It’s not about big, overwhelming goals—just simple steps like moving more, eating better, and checking in on your mental health. These small actions can add up to life-changing results.

Let’s use this week as a starting point—not the finish line—and commit to making your hauora a priority, not just for yourselves, but for your whānau, and the people who love and depend on you.

- **It’s Not Weak to Speak** – Real strength comes from opening up. Don’t suffer in silence—talk about your hauora.
- **Routine Checks Save Lives** – Regular health check-ups help catch issues early, before they become serious.
- **Prostate & Heart Health Matter** – Simple tests can detect early signs of prostate issues or heart disease. Don’t wait for symptoms.
- **ED Can Signal Bigger Problems** – Erectile dysfunction may point to heart disease, diabetes, or hormone imbalances. Talk to your doctor.
- **Mental Health Is Health** – Depression and anxiety affect many men. Reaching out for help is courageous and essential.
- **Know Your Whānau History** – Sharing your family's health background helps your doctor tailor screenings and prevention plans.
- **Lead by Example** – Prioritising your health sets a powerful example for your mates, sons, and community.
- **Small Steps, Big Impact** – Simple changes like walking more, eating better, and drinking less can lead to a longer, healthier life.
- **Make Hauora a Daily Habit** – Men’s Health Week is a reminder, but lasting change comes from everyday actions.

KUPU HUNA | WORD SEACH

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

KUPUTAKA | GLOSSARY:

Moemoeā - to have a dream, have a vision
Tūpuna - ancestor/s
Whakapapa - genealogy, lineage
Whanaungatanga - relationship, kinship
Hauora - health

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

Kāpiti Cancer Care

'Mā te kite ka mōhio
Mā te mōhio ka kitea he oranga'

Kia ora,
Ko Dee rāua ko Kiri tēnei.
We are the Kāpiti Cancer Care team at Hora Te Pai.

If you or a whānau member has been diagnosed with cancer and are living on the Kāpiti Coast (Paekākāriki - Pekapeka), we are here to support you. We can assist with transportation to treatment, financial aid (grocery & petrol vouchers, appointment support etc), connecting you to appropriate social services, social groups and so much more.

This service is available to Māori, Pasifika, low income, and individuals with limited support. You do not have to be a patient of Hora Te Pai to access.

Self-referrals are welcome.
Get in touch with us today.
We are here to walk this journey with you.

Dee Wilkins – Cancer Care Co-ordinator
0272793982
Dee.wilkins@horatepai.org.nz

Kirihipene Tamihana – Cancer Care Kaiāwhina
0273261992
Kirihipene.tamihana@horatepai.org.nz

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.

- **3rd June - Men's Health**
- **17th June - Matariki**

FLU VACCINATIONS:
Flu vaccinations are still available at our practice and Whakarongotai Marae clinic. Protect yourself and your whānau this season—book an appointment by calling **0800 122 504** or simply walk in to see us at the Marae clinic.

WINTER WELLNESS DAY: HORA TE PAI
7TH JUNE | 9AM-1PM
We're hosting a Winter Wellness Day on Saturday 7th June for you and your whānau. With winter upon us it's important to us to keep you and your whānau thriving and well this Winter. Join us at the clinic for warm winter kai, giveaways and free health checks with our team of nurses, kaiāwhina, and Cancer Care Services. It's the perfect time to ask questions, get support, and prepare for the months ahead. Nau mai, haere mai!

EAR NURSE: HORA TE PAI
12TH JUNE
Regular ear care is key. Our ear nurse provides gentle, professional treatment to keep your hearing at its best

10AM–12PM
MARAE CLINIC

WHAKARONGOTAI MARAE
2/4 MAHARA PLACE WAIKANAE

HORA TE PAI HEALTH SERVICES

04 902 7095
0800 122 504

TUESDAY 3RD JUNE 2025
MEN'S HEALTH

- Nurse - Heart Health Checks
- Hauora Planning & Rongoā Tea
- Benefit Advocacy Kāpiti: MSD Entitlements & Support
- Cancer Care Team

TUESDAY 17TH JUNE 2025
MATARIKI

- Hauora Planning, Rongoā Tea & Whakawātea
- Nurse - Health Checks
- IRD Consultant - General & Income Tax, WFF, Student Loans
- Tū Ora Respiratory Team

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

KĀPITI CANCER CARE

Have you or a whānau/aiga member recently been diagnosed with cancer?
We are here to help you with..

Transport to treatment

Support Groups

Financial help after diagnosis

Connecting to social services

Cancer prevention programmes

GP AND SELF REFERALS ARE WELCOME

HORA TE PAI
HEALTH SERVICES

027 279 3982
reception@horatepai.org.nz
35 Warrimoo Street,
Paraparaumu

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

TŌNUITANGA
PROSPEROUS FITNESS

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!

HORA TE PAI
HEALTH SERVICES

04 902 7095
0800 122 504