



HORA TE PAI PĀNUI WHAKAPĀ

Mei 2026

RĀRANGI TAKE CONTENTS

He kōrero nā

He kōrero nā te Whānau o Hora Te Pai

As we move into the colder months, our team has been focused on keeping our whānau and community well, supported, and connected. This month has been about preparing our whānau for winter through flu clinics and winter wellness planning.

Tumuaki Updates

Our kaimahi spent the last two months with Whaea Tania Ali completing their Level One New Zealand Sign Language certificates. This has been a really special opportunity to extend our learning, give expression to Te Reo through ā ringa. Strengthening our communication means we enhance kotahitanga within our whare oranga, our kaimahi and the whānau we serve. We are so grateful for the knowledge and guidance shared by Whaea Tania.

Hauora Updates

Kaimahi Accomplishments

Marae Clinic

This has been a special opportunity to learn, connect, and strengthen communication within our community and strengthening pūkengatanga and kotahitanga within the service, our kaimahi and our patients. We are grateful for the knowledge and guidance shared by Whaea Tania.

Hauora Pānui

HORA TE PAI



HEALTH SERVICES

Monday Open 8.30am – 7.30pm
(last appointment 7pm)

Tuesday – Friday Open 8.30am – 5pm

04 902 7095 - 0800 122 504
reception@horatepai.org.nz



Tumuaki update

Tēnā koutou i roto i ngā tini āhuatanga o te wā, What an incredible couple of months it has been for Te Whare Oranga ō Hora Te Pai. In April, our Cancer Care service team represented Hora Te Pai on the world stage at the World Indigenous Cancer Conference hosted by Hei Āhuru Mōwai. This was not only a significant moment for us as an organisation, but also an opportunity to celebrate indigenous wisdom, indigenous practices and approaches to health and wellbeing, and to recognise the strength of kaupapa Māori models of care and wellness. We also had the privilege of hosting a sustainable kākahu evening with Tuihana Ohia, exploring kākahu as an approach to rongoā.

It was a really special evening filled with rich kōrero, celebrating beauty, whakapapa, and reflecting on how the kākahu we wear can influence our wellbeing and contribute to our Te Whare Tapa Whā. We are hoping to hold future kākahu events as a continuation of this kaupapa.

Looking ahead, there is so much to be excited about. Our five-year plan for growth continues to progress steadily and positively, alongside active discussions regarding future building development opportunities. With exciting possibilities beginning to take shape, this marks an important step forward for the future of Hora Te Pai and the potential for new services we can continue to grow for our community.

Across the team, our kaimahi have undertaken extended training to expand the range of services we are able to offer whānau. At a time when rising living costs and fuel prices continue to place pressure on access to healthcare, our Whānau Ora services and nurse-led mobile services remain more important than ever. We know that access should never be a barrier to good health, which is why we remain committed to bringing care directly to those we serve.

As always, thank you to our kaimahi, our partners, and our whānau for continuing to walk alongside us. We are feeling optimistic and excited for what lies ahead.

Ngā mihi nui ki a koutou katoa,
Di



Hauora Updates

Winter and Flu Vaccinations

Our Tapuhi (nurse) team has been working hard to provide our hapori with flu vaccinations. Protecting our whānau during winter is an important part of kaitiakitanga and manaakitanga. It's a great way to support our whānau hauora this season.

The flu (influenza) is a common viral infection that spreads through our communities every winter and can affect everyone in our whānau. Our kuia and kaumātua, anyone over the age of 65, have a higher risk of serious complications. This includes our hapū māmā and pēpi under the age of 5. That's why it's really important for whānau older than 6 months to get protection against the virus.

The vaccine is updated yearly to give you the best possible protection against the different flu viruses circulating in our community. The vaccine does not contain live viruses and will not cause flu symptoms after vaccination. It has been proven safe for our whānau and has been used by health professionals for decades.

It's not too late to get your flu jab, so please call us if you'd like to book an appointment. If you have any questions or concerns about the vaccine, feel free to call us on 0800 122 502.

Kaimahi Accomplishments



Our Nurse Lead Hannah Burrell-Davis has recently completed certification in travel vaccinations and travel health advice.

This means we are now able to provide up-to-date travel immunisations, health recommendations, and pre-travel consultations to help keep our patients safe while travelling overseas. Please contact the clinic to book an appointment before your next trip.

Hauora Pānui

Looking After Your Hauora This Winter

Winter can be tough on our health, especially for our pēpi, tamariki, kaumātua, and those living with long-term health conditions. Looking after your hauora means caring for your tinana (body), hinengaro (mind), and wairua (spirit).

Here are a few simple ways to stay well this winter:

- **Keep warm and dry**

Wear warm layers, keep your home heated if you can, and avoid damp clothing or bedding. A warm home helps protect against colds, flu, and chest infections.

- **Get your flu vaccination**

Flu vaccinations help protect you, your whānau, and our wider community from getting seriously unwell this winter.

- **Eat nourishing kai and drink plenty of water**

Warm soups, vegetables, fruit, and regular meals help keep your body strong. Even in winter, it's important to stay hydrated.

- **Stay active when you can**

Gentle movement like walking, stretching, kapa haka, or spending time outside when the weather allows can support both physical and mental wellbeing.

- **Stay connected**

Winter can feel isolating for some people. Check in on whānau, neighbours, and kaumātua. A phone call, visit, or shared cup of tea can make a big difference.

- **Reach out for support early**

If you or someone in your whānau is feeling unwell, struggling with stress, or needs support, don't wait — our team is here to help.

Together, through manaakitanga and whanaungatanga, we can help keep our community safe, warm, and well this winter.

KĀPITI CANCER CARE

*Have you or a whānau/aiga member
recently been diagnosed with cancer?*

This free service, provided by Hora Te Pai, is available to all Māori and Pasifika whānau/aiga living in the Kāpiti Coast who are navigating their cancer journey.

Kāpiti Cancer Care is here to walk with you. We are dedicated to making a difference by ensuring you or your loved one receives the support they need.

WE WILL ASSIST YOU WITH:

*Transportation to treatment
Financial aid (grocery & petrol vouchers,
appointment support, etc.)
Connections to appropriate social services
Support groups*

Enquire today! All referrals are welcome.



027 279 3982

reception@horatepai.org.nz

35 Warrimoo Street, Paraparaumu

MĀORI COMMUNITY HEALTH IS FREE

REFERRALS CAN BE MADE BY ANYONE
SERVICES COVERING HĀPITI COAST
PAEHĀKĀRIKI – PEKAPEKA



WHĀNAU ORA

OUR WHĀNAU ORA SUPPORT INCLUDES:

- WHĀNAU ENGAGEMENT AND RELATIONSHIP BUILDING.
 - WHĀNAU PLANNING AND GOAL SETTING
 - NAVIGATION AND COORDINATION OF SERVICES
 - ADVOCACY ON BEHALF OF WHĀNAU
 - CONNECTION TO HEALTH, SOCIAL AND EDUCATION SERVICES.
 - CULTURAL SUPPORT AND STRENGTHENING OF WHĀNAU IDENTITY AND CAPABILITY
- REFERRALS ARE ACCEPTED FROM ANYONE

DAYLE

- WHĀNAU ORA KAIĀRAHI
- COMMITTED TO WALKING ALONGSIDE WHĀNAU WITH INTEGRITY, MANA, AND AUTHENTICITY, SUPPORTING WHĀNAU TO LEAD THEIR OWN JOURNEYS TOWARD WELLBEING THROUGH KAUPAPA MĀORI AND WHĀNAU-CENTRED PRACTICE.

"KO AU KO TŌHU WHĀNAU
KO TŌHU WHĀNAU KO AU"

HE URI AU NŌ NGĀPUHI,
NGĀTI MANIAPOTO, TE ĀTIWA
NGĀTI TOA RANGATIRA TŪTURU

NŌ HĀPITI AHAU



WHANAUORA@HORATEPAI.ORG.NZ

HORA TE PAI



HEALTH SERVICES

MĀORI COMMUNITY HEALTH TEAM

0800 122 504 – 04 902 7095

35 WARRIMOO ST, PARAPARAUMU

WEEKLY PROGRAMS

KORI TINANA KAUMĀTUA

- CULTURALLY GROUNDED, FULLY INCLUSIVE GYM-BASED WELLBEING PROGRAMME DESIGNED TO SUPPORT KAUMĀTUA AND ADULTS OF ALL ABILITIES TO STRENGTHEN THEIR TINANA HINENGARO, AND WAIRUA.

- 10.45AM TŌNUTANGA GYM

CHAIR YOGA

- EASY, SEATED MOVEMENTS TO IMPROVE FLEXIBILITY, BALANCE, AND RELAXATION IN A WELCOMING, SUPPORTIVE COMMUNITY SPACE.

- 1PM MARAE BASED

WAI ORA

- A REFRESHING, LOW-IMPACT WATER-BASED EXERCISE PROGRAMME DESIGNED FOR ALL FITNESS LEVELS AND ABILITIES. WHETHER YOU'RE LOOKING TO BUILD STRENGTH, IMPROVE MOBILITY

- 11.45AM COASTLANDS AQUATIC CENTER (DURING SCHOOL TERM)

KORI TINANA PAKEKE

- STRONGER, MORE ENERGETIC MOVEMENT FOR ADULTS AND YOUNGER PAKEKE, FOCUSING ON FITNESS, STRENGTH, BALANCE, AND ENDURANCE WHILE KEEPING IT FUN, SAFE, AND MOTIVATING.

- 10.45AM TŌNUTANGA GYM

AJ

- PROGRAM COORDINATOR
- DEDICATED AND UPLIFTING KAIMAHI WHO BRINGS ENERGY AND CARE TO THOSE AROUND HIM

"HE WAKA EKE NOA"

INE

- TEAM LEAD
- PURPOSE-DRIVEN LEADER WHO WEAVES COMMUNITY, CULTURE, AND CARE INTO EVERYTHING SHE DOES

"MĀ TE HURUHURU, KA RERE TE MANU"

TEAM ROLES



AND WHAKATAUKI

WENDY

- MANA WĀHINE KAIĀRAHI / KAUMĀTUA KAIĀWHINA
- HORA TE PAI LONGEST-STANDING TEAM MEMBER, DEEPLY TRUSTED AND MOST OFTEN FOUND ALONGSIDE KAUMĀTUA AND WHĀNAU, WHERE HER KNOWLEDGE, RELATIONSHIPS, AND MANAAKITANGA CONTINUE TO GUIDE AND STRENGTHEN THE KAUPAPA.

"HE AHA TE MEA NUI O TE AO? HE TĀNGATA, HE TĀNGATA, HE TĀNGATA"

TARNZ

- COMMUNITY KAIĀWHINA
- BRINGS A FUN, PROFESSIONAL VIBE ALWAYS HAPPY TO MAKE THE PERFECT CUPPA AND SNACK, KNOWS HER WAY AROUND WHAKARONGOTAI MARAE, AND CONSISTENTLY GOES ABOVE AND BEYOND TO SUPPORT EVERYONE.

"TAKAHĒ MY PRACTICE IS LOVE
TAKAHĒ MY PATH IS SUPPORTING
THE COMMUNITY"

HĀPAI HAUORA

WHAKARONGOTAI MARAE, WAIKANAE

SUPPORTIVE KAUPAPA DESIGNED
TO HELP US CONNECT KIA HONO

SHARE EXPERIENCES

STRENGTHEN OUR
UNDERSTANDING OF LONG TERM
HEALTH CONDITIONS

MARAE BASED 10AM - 12PM
1ST TUESDAY OF THE MONTH

