



HORA TE PAI PĀNUI WHAKAPĀ

Hune 2026

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Te Whare Oranga o Hora Te Pai

As we move through the winter months, Pipiri reminds us to draw close together through whanaungatanga, to embrace kotahitanga, and to show manaakitanga in all that we do. It is a season of reflection, preparation, and recognising that our greatest strength lies in our people.

As we approach Matariki, many of us will take time to honour those who have gone before us, reflect on the strength of our collective journey, and look ahead to the year before us. This month's pānui celebrates the incredible mahi that supports our whānau to live well, while recognising the growth, learning, and achievements of our kaimahi.

As Matariki and Puanga draw near, we hope all our whānau find time to pause, reflect, and spend time with those around you.

HORA TE PAI



HEALTH SERVICES

July Service Closure Notice

Please note that Hora Te Pai Health Services will be closed for Matariki on Friday 10 July.

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

We encourage patients to plan ahead for any prescriptions or appointments needed around this time. Our services will reopen as normal the following business day.

Wishing our whānau and wider community a safe and meaningful Matariki.

TAHA TINANA

Thinking about quitting smoking? We're here to help

Quitting smoking is one of the best things you can do for your health and wellbeing, and you do not have to go through the journey alone. At Hora Te Pai Health Services, our team is here to support and provide for you every step of the way in a safe, caring, and supportive environment.

We understand that quitting can be challenging, but with the right support, encouragement, and resources, positive changes are possible. Whether you are ready to quit now, thinking about cutting down, or simply wanting more information, our team is here to awahi you on your journey toward becoming smoke-free.

Support is available for individuals and whānau wanting to make healthier choices for themselves and their loved ones.

If you would like to begin your quit smoking journey or learn more about the support available, please contact our reception team — we are here to help.

Increase in Whooping Cough cases

We are seeing an increase in whooping cough (also known as pertussis) in our community and across Aotearoa. Whooping cough is a highly contagious illness that spreads easily through coughing and sneezing and can be especially serious for pēpi, young tamariki, pregnant people, and older adults.

Know the signs to look out for:

- Runny or blocked nose
- Sneezing or mild fever
- Ongoing cough that gets worse over time
- Severe coughing fits
- Vomiting after coughing
- A “whooping” sound when breathing in after coughing (this may not happen for everyone)

To help protect our whānau, stay home if you are unwell, cover coughs and sneezes, wash your hands regularly, and ensure immunisations are up to date. If you have symptoms such as a persistent cough, seek advice from your healthcare provider. By looking after ourselves, we help protect our whole community.

TAHA WAIRUA & TAHA HINENGARO

Health Improvement Practitioner

Kia ora, name is Keri and I am a Health Improvement Practitioner (HIP), that supports the passionate, skilled and professional work of the Health Team at Hora Te Pai. We support the Team by offering fully funded and so, FREE 30-minute sessions designed to assess your general health and wellbeing, clarify the main challenges on the day and support you to construct an action-based plan to help you move in the direction of successful outcomes.

I am a very experienced Clinician and draw on a number of well validated modalities to help with a wide range of health/ wellbeing challenges including, diabetes, sleep, grief weight loss and depression or factors such as motivation, confidence, difficulty with relationships and time management.

If this sounds like it may be helpful, no referrals are necessary just contact reception or approach your GP, Nurse or Health Advocate.



NGĀ RAUKURA

Tamariki Ora Service Update

We would like to let our whānau know that our Tamariki Ora nurse will be going on maternity leave and will be away until next year. We wish her all the very best during this special time. During this period, whānau requiring Tamariki Ora support and services can continue to access care through Plunket.

If you have any questions or need support with referrals or contact information, please get in touch with our team — we are happy to help.



TAHA WHĀNAU

World Indigenous Cancer Conference

The biggest highlight for us was being surrounded by Indigenous clinicians, researchers, advocates, and whānau from all over the world who are all working with the same purpose – to improve cancer outcomes for Indigenous peoples. The sense of kotahitanga and shared vision was powerful.

A strong theme was the importance of Indigenous-led solutions. Many speakers reinforced that when care is grounded in culture, identity, and community, engagement and outcomes improve. We were also reminded how vital it is to create safe spaces for whānau to share their stories and be heard.



Hearing the voices of Indigenous peoples from Turtle Island (Canada), First Nations peoples from the United States, the Torres Strait, Aboriginal communities, Hawai'i, and Papua New Guinea was incredibly grounding. Even though our contexts are different, the wairua of the kōrero was the same – Indigenous peoples everywhere are striving for dignity, equity, and culturally anchored care. Being in that space made us reflect on how far Aotearoa has come in this area, and how much of that progress is driven by the strength and leadership of Māori communities. At the same time, it was clear there is still a lot of work ahead. Rather than feeling discouraged, we came away feeling hopeful – like the work happening in Aotearoa is heading in the right direction and is connected to a wider global Indigenous movement.



The conference reaffirmed that the mahi being done locally aligns with global Indigenous best practice. It gave us new ideas for strengthening the way we support whānau, especially around weaving cultural frameworks more intentionally into clinical pathways and helping people stay connected to their strengths.

Indigenous cancer care isn't just about treatment – it's about restoring dignity, connection, and hope. Indigenous peoples thrive when their cultural identity is recognised as a source of healing, not an add-on. And it's encouraging to see that the work happening here in Aotearoa is not only meaningful, but admired internationally.

Bowel Cancer Awareness

This month, our Cancer Care Team has been working hard to help raise awareness around bowel cancer and the importance of early screening within our community. Through education, kōrero, and community engagement, our team has been encouraging whānau to learn the signs and symptoms of bowel cancer and to understand how regular screening can help save lives through early detection. At Hora Te Pai Health Services, we are committed to supporting the health and wellbeing of our people through manaakitanga, whanaungatanga, and kaupapa Māori approaches to care. By creating safe spaces for conversations around health, we hope to empower our whānau with knowledge, support, and access to services that can make a positive difference.

We would also like to extend a heartfelt thank you to Grace Hemara-Tylden, Māori Bowel Screening Coordinator for Cap Coast and Hutt Valley, for working alongside our team to help bring awareness to bowel cancer in our community. Your support, knowledge, and dedication to improving health outcomes for whānau is truly appreciated.

Together, through kotahitanga and community support, we can continue encouraging early screening, open conversations, and better health outcomes for our people.

To get your bowel screening kit visit **Healthnz.govt** and order your kit today.



Community Team

Kaumātua Gym Sessions Update

Please note that our Kaumātua Gym Sessions have been cancelled until further notice. We thank our whānau for their understanding and encourage everyone to keep an eye on our social media pages for updates on when sessions will return. We look forward to welcoming everyone back in the future.



Hāpai Hauora

Hāpai Hauora is a wellbeing programme that supports whānau to improve their overall health and wellbeing. The programme provides practical information, education, and encouragement around healthy lifestyles, helping participants make positive changes that work for them and their whānau. The marae is a place where people feel a sense of belonging, connection, and cultural identity. Delivering the programme in this environment creates a safe and welcoming space where whānau can learn, share experiences, and support one another while strengthening their connection to kaupapa Māori.

We have seen participants become more confident in making healthy choices, increase their knowledge of wellbeing practices, and build stronger connections with others in the programme. The encouragement and support within the group have helped create positive changes that extend beyond the programme itself.

We would encourage whānau to come along and give it a go. Hāpai Hauora is a supportive, welcoming programme where everyone is encouraged to participate at their own pace. It's a great opportunity to learn, connect with others, and take positive steps towards better health and wellbeing.

Te Kete Haumaru Wānanga

Our community team hosted a wānanga for our kaumātua centred around preparedness in emergency.

The focus of the wānanga was to support our kaumātua to feel safe, prepared, and confident in responding to emergencies. We explored practical emergency preparedness, basic first aid skills, and discussed ways to look after ourselves, our whānau, and our wider community during unexpected situations.

Emergency preparedness and first aid knowledge give kaumātua the confidence to respond calmly and effectively when needed. These skills can make a real difference in keeping ourselves and our loved ones safe, while also helping us remain independent and resilient within our communities.

The response was overwhelmingly positive. Kaumātua were highly engaged, asked thoughtful questions, and appreciated the opportunity to learn practical skills in a supportive environment. Many shared that they felt more confident and better equipped to handle emergency situations.

We hope our kaumātua left feeling empowered, informed, and reassured that they have the knowledge and tools to respond in an emergency. Most importantly, we hope they know that preparedness is about looking after ourselves, our whānau, and each other.

Whānau Ora Training

Our two Whānau Ora Kaiārahi, Dayle Tamati-Ashby and Nomie Julian, recently completed Te Ara Whānau Ora through Te Tihi o Ruahine. Here's what they had to say: The Whānau Ora training through Te Tihi o Ruahine is centred around strengthening a whānau-centred, kaupapa Māori approach to our mahi with whānau. The framework focuses on supporting oranga whānau in a holistic way through Taha Tinana, Taha Hinengaro, Taha Wairua, and Taha Whānau.

A big part of the learning was understanding the importance of expressing whanaungatanga, kotahitanga, rangatiratanga, and manaakitanga – all part of Hora Te Pai's kaupapa tuku iho (our inherited values). Expressing whanaungatanga ensures trusting relationships with whānau. Kotahitanga lets us work kanohi ki te kanohi. Manaakitanga uplifts the mana of others. Pūkengatanga identifies whānau strengths, rather than focusing on deficits. One key takeaway was the value of walking alongside whānau (me haere tahi), supporting them to lead their own pathways through Rangatiratanga.

Already, this training has reinforced how we engage with whānau and our wider hāpori. It has given us a stronger understanding of applying a Whānau Ora lens in our day-to-day mahi, ensuring everything we do is grounded in manaakitanga, aroha, and respect. We feel more confident in taking the time to listen and respond in a way that reflects the needs and aspirations of each whānau. It also helps us better connect whānau with support through kotahitanga with other services.

Overall, it embeds kaitiakitanga by supporting us to create safer, more culturally grounded spaces where whānau feel heard, valued, and empowered.

What we enjoyed most about the training was the opportunity for kōrero and wānanga with others in similar mahi. The environment really reflected whanaungatanga, making it easy to share openly and learn from each other's experiences. Te Tihi Pouako from Papaioea were amazing at what they do, and walking alongside us tauira made it a great experience.

We also appreciated how the training was grounded in Te Ao Māori, which made it feel authentic and meaningful. Learning waiata, kēmu, and whakataukī made the experience one of a kind.

The practical tools and real-life examples were really helpful too. It wasn't just theory, but learning that we can apply directly in our mahi. Being in a space that upheld tikanga, kawa, and wairua made the experience even more impactful.

For us, Whānau Ora means keeping whānau at the centre of everything we do, recognising their pūkenga, respecting their voice, and supporting them to achieve their own goals. In our day-to-day mahi, it means expressing manaakitanga, kaitiakitanga, aroha, and pono; supporting whānau oranga and motuhaketanga. At the heart of it, it's about people, he tangata and a genuine commitment to their journey.