

Ngahuru 2019

Kōrero o te wā

TE KOROWAI HAUORA o HAURAKI



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ia rā ia rā ia rā - everyday

Te Reo Māori ia rā ia rā

It's all about talking

- Kōrero Mai - talk to me
- Āta kōrero - talk slowly, or carefully
- Whāka mai - reveal, disclose, inform on, admit
- Whāka ai atu - reveal, disclose, inform on, admit
- Me kōrero koe - You should talk
- Me kōrero tāua - We should talk
- Me kōrero tātou - all of us should talk
- Me kōrero tahi tātou - we should discuss this one (together)

Shhhh, be quiet, you are too noisy

- Turituri - hush, be quiet!
- Hoihoi - hush, be quiet
- Katia tō waha - shut/close your mouth
- Kapia tō waha - shut/close your mouth
- Me wahungū! - Be quiet, silent

In the wake of the Christchurch Mosque shootings, Louise from People Relying on People in Thames has offered some information for people who may be struggling to cope on P21. Below are phone numbers for those seeking help, for whatever reason.

Where to get help for wellbeing

Text or freephone 1737, New Zealand's free support service with qualified and confidential counsellors. Let them know what's going on for you or the person you are concerned about, and they can support you.

NEED TO TALK?



free call or text any time

Other free helplines

Victim Support : 0800 842 846, 24/7, for anyone affected or distressed by trauma. Practical support, information and connection to services that may help you.

Youthline: 0800 376 633, free text 234, webchat at www.youthline.co.nz (7pm – 11pm)

What's UP: 0800 942 8787 - Advice & counselling support for 5-18-year olds; 1pm to 11pm.

Kidslines: 0800 54 37 54 (0800 KIDSLINE) - Advice & counselling support up to 14 years; 4pm to 6pm weekdays.

Supporting Families NZ: Free support advice and information for families and whānau affected by mental illness 0800 732 825 www.supportingfamilies.org.nz

Safe to talk: txt 4334 or online chat to someone - Confidential advice for sexual harm issues.

Samaritans: 0800 726 666 - Counselling advice and support.

Health line: 0800 611 116 - General health advice and information from a registered nurse.

Lifeline: 0800 543 354 or Text 'Help' to 4357 - Counselling advice and support.

It's been an absolutely fantastic summer and equally beautiful autumn. I'm sure everyone is enjoying the cooler days and nights - but for me - I love the warmth, so long may it continue.

It is great to see our teams doing such amazing work around the community helping people to help themselves. Everyone is so busy these days - it is very important that we do spend some time looking after ourselves as well, remembering to stop and breathe sometimes, smell the sea air, and enjoy the beauty of nature that is around us.

The 'hauora' in Te Korowai Hauora o Hauraki is there for a reason, and as kaimahi, it is important that we practice what we ask our clients to do in order for them to remain healthy or to regain their health.

Te Korowai Hauora o Hauraki leads the way by offering its kaimahi a Wellness Hour each week, so they can spend some time looking after themselves, whether it be going for a walk, swimming, having a mirimiri, doing yoga, or just lying in a park reading a book - anything they consider as being beneficial to their health.

Coming into winter, with all its lurgies and germs, it is important to look after your health even more, so make sure you eat well, get your daily dose of Vitamin D by taking in about 10-15 minutes of sunlight daily - especially if you spend a lot of time indoors - combine it with a walk and bingo - you have your exercise taken care of as well.

Jo Belworthy

Whakatauki

Tama tu tama ora, tama noho tama mate

An active person will remain healthy while a lazy one will become sick

From the MANUKURA HAUORA - Riana Manuel

Tēnā koutou katoa,

*Ka hotuhotu te manawa, ka maringi
noa ngā roimata,*

*Moe mai rā e te whānau, hoki atu rā ki
tō ūkaipō, moe mai rā, hoki atu rā.*

So, we have had the most amazing start to the year in some respects and the most horrific start also with the loss of 50 lives in Otautahi (Christchurch) on Friday 15th March 2019. It really gives one cause to pause and reflect on the state of not only our nation, but also of our individual thoughts, feelings and behaviours.

Our hearts have gone out to our Muslim community as they struggle and battle with the loss of so many of their whānau and it is a timely reminder that as a nation we must do better, we must be more accountable to the ever-present reality of racism.

There are so many things we have to be grateful for in this country and indeed in this world, but this is not one of them. There is never a place for racism and we should move swiftly and work actively to ensure its presence is not given the opportunity to languish amongst us.

We should embrace our diversity and allow one another to have our beliefs, our languages, our cultures, our lifestyles, our religions, our sexuality and so on and so on. These things do not divide us, they simply make our world a better place to be a part of.

We here at Te Korowai Hauora o Hauraki pride ourselves on being a kaupapa that is inclusive and hence the kōrero “Mō tātou o Hauraki” this being that we are a kaupapa for everyone in Hauraki. We strive to improve the health and wellbeing of our Hauraki whānau and we will continue to do this into the future.

Whilst discussing our future it is important to note our co-location project through which we hope to have primary care services including our clinical, hinengaro, home-based support services and Whānau Ora navigation services based at the Thames Hospital campus.

Many people have asked what we hope to achieve with this project and this is a great question.

We hope to provide a rural partnership with our secondary services that will provide better, faster, more joined-up services to our clients. This means that we will utilise the much-needed clinical space that Thames hospital currently has and join together, providing navigation as well as holistic health services to our whānau of Hauraki.

The first piece of work that is currently being completed will be the design of a model of care that will describe how this will be achieved.

We look forward to progressing this project and will keep all of our whānau updated regularly as it moves forward.

So, a busy time for us here and an exciting one, mixed with times of sorrow but always progressing with hope in our hearts and our minds.

Mā te atua e manaaki.



It was a proud day for Whānau Ora graduates - P5



Whānau have been out and about in the community for Hikoī ā whānau - P9



Haere rā to mātua Jim Kingi, our much-loved Kaiwhakaora, who has retired after 10 years with Te Korowai - P4

Haere rā Jim

Friday, March 29 was Jim Kingi's last day at Te Korowai Hauora o Hauraki. Jim has been our traditional healer for over 10 years. Initially Jim ran clinics where whānau would pay in koha - many a time Jim went home with fresh veggies, fish, home baking etc as payment for the wonderful services he offered for our whānau.



Jim has helped so many whānau over the years and I know that his presence and healing has been of great comfort for all.

It is not goodbye Jim - it is now just time for you to look after yourself and enjoy retirement. I am sure that you will still be out there supporting Hauraki whānau with your healing gift even in retirement.

Over the past five or so years Jim has also been working with our Oranga Wairua team offering healing for our whānau who are palliative or who have a life limiting condition.

All the very best mātua, thank you for all your great work you have done. We will miss you. Ngā mihi. *Debbie Petersen-Pilcher*



Work Anniversaries

- 18 years:** Michelle Peters; **13 years:** Rita Tuira
- 12 years:** Katrina Burrell; **10 years:** Tania Pettifer
- 7 years:** Lesley Madgwick, Susan McDonnell, Gayle Plasmeyer
- 6 years:** Marlene Cousins, Jim Kingi, Radha Raikwar
- 5 years:** Donna Boggs, Jo Belworthy, Gail Hunter, Kate Campbell, Jennifer Lilley, Lauren Grace, Elizabeth Taukiri
- 4 years:** Jonnie Hudson, Jill Barrett, Cora Pakinga, Gail Lewis, Caroline Mardell, Leeanne Siddins
- 3 years:** Sharnita Okafor, Tania McKee, EJ Keretene-Tonga, Isaac Yeoman, Roy Makiri, Fiona Wasiolek
- 2 years:** Rangimoana Heta, Mere Thorne, Lisa Corston, Jewels Raharaha, Natalie Lawrence, Gayle Townley (prev. Catt), Nicola Te Moananui, Marlene Bolton, Jo Coghlan, Catherine Stephen, Forrest Pommerenke, Duni Murray, Sharon Daly, Siobhan Wehipeihana
- 1 year:** Toni-Marie Growden, Debra Hamilton Leeanne Campbell; Bridget Murphy, Charles Tuapawa, Joanne Jones, Threse Meszaros, Lynda Walters, Tash Clifton, Alison Casey, Jessie Tahatika, Colleen Greenslade, Christine Dunasemant, Tuuru Raui



Kaimahi showed their support for Gumboot Friday and the 'I Am Hope' project. Tumeke!



Coromandel Clinic
225 Kapanga Road
Coromandel
Phone: 07 866 8084



Mō tātou o Hauraki
Affordable medical & wellness
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Clinic Operating Hours
Monday to Friday:
8.30am - 12 noon
1pm - 5pm



Beautiful day of pride for graduates

The very first Whānau Ora graduation was a really successful day.

Six of our 11 graduates were able to attend the ceremony: Yvette Watson, Taina Te Moananui, Ngarewa Taniora Mackay, Jewell Subritzky, Melody Corcoran and Lynda Hale.

They all attended with either whānau, tamariki, parents and friends. Frank Thorne was our guest speaker as Frank was one of the very first Whānau Ora Navigators (Kaiaarahi Whaanau) in Hauraki.

Home Assist Poukura Kāinga (Manager) Sharon Kane came to represent management and congratulated the graduates as well as giving a brief history of Te Korowai.

It was a beautiful day full of pride and acknowledgment for the achievements the graduates have made over the past year or so.



Paeroa Clinic
43 Belmont Street
Paeroa 3600
Phone: 07 862 9284



Clinical Services
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1.00-4.30pm



Ma te Kahukura o Whānau Ora

Team Profile for April 2019
Khadine Topia, Team Leader
Whānau Ora Navigator Service

As of 2019 the Whānau Ora Navigator service will have a section in Kōrero o te wā dedicated to updating the Te Korowai Hauora o Hauraki whānau on what we have been up to, what is coming up and introducing our current Whānau Ora Navigator Team.

What does the Whānau Ora Navigator service do?

Our service works alongside whānau in the Hauraki area, supporting the development of a whānau plan, to support the achievement of aspirational goals!

Kia ora koutou,

Ko Khadine Topia ahau. Team Leader, Whānau Ora.

It has been a pleasure working and living in this community for the last two years.

My fiancé and I moved our whānau down from the mighty West Auckland with our five gorgeous tamariki to escape the fast pace of Auckland.

I have always had a great desire to whakamana, empower our Māori Whānau and strive to support them to extend themselves and become happier and healthier members of our community.

I have been employed in the social services sector for the past 10 years:

- **Family Start (MSD)**, delivering Ahuru Mowai, Parents as First Teachers.
- **Engaging Priority Families Team Leader (MOE)**, supporting whānau with Te Reo me ona Tikanga in the home, whilst eliminating barriers for whānau to ensure tamariki under six years can engage regularly with Early Childhood Education and/or School.

Ko Ongaro raua ko Makeao ngā maunga

Ko Whangape raua ko Waihua ngā awa

Ko Te Aupouri raua ko Te Whakatohea ngā iwi

Ko Kaingamataa raua ko Ngati Ruakena ngā hapu

Ko Taiao raua ko Omaramutu ngā Pa

Tenei te mihi atu ki a tatou katoa. Ngā mihi manahau!



KHADINE TOPIA

Ngā Tau Miharo accredited facilitator (MOE), Incredible Years Positive Parenting Programme, supporting whānau to learn new language, techniques and how to positively engage with tamariki.

- **Poipoia Nga Mokopuna Team Leader (MOE)** supporting whānau with te reo me ona tikanga in the home, whilst eliminating barriers for Whānau, wrap around services for whānau transformation.

Now with the Whānau Ora team at Te Korowai Hauora o Hauraki, I feel privileged to be with a remarkable organisation and incredible team that always have whānau and community wellbeing at the forefront

of their delivery.

I am always keen to meet the whānau that the navigators work alongside, so please feel you can contact me directly to have a kōrero and get to know me and the team better.

Khadine



Te Aroha Clinic
221 Whitaker Street
Te Aroha 3320
Phone: 07 884 9208



Clinical Services
Te Korowai Hauora o Hauraki

Mō tātou o Hauraki

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1.30-5pm



Seven homes repaired under Whare Oranga project

On September 14, 2018 an agreement was signed between Te Korowai Hauora o Hauraki and Te Puni Kokiri (TPK) under the “Māori Housing Network Funding Agreement”.

The purpose of this agreement was to work under a Whānau Ora lens and complete a total of 10 whare assessments, with five of the 10 to be prioritised for some of the repairs required.

A total of seven whānau saw vital repairs to their whare over three weeks, including roof repair and replacement, replacement of downpipes, bathroom repairs and a myriad of other repairs.

The building project was completed by November 30, just over two months from start to completion, with a Whānau Health Check Day, Reo and Tikanga workshops completing what has been a magnificent project with very tangible and far-reaching positive affects for the whānau involved.

Truly a testimony to “whānau ora”.



One house received new guttering, above, while another, right, had a bathroom makeover.

See tribute from Maori Development Minister Manaia Tahuta and Te Korowai Hauora o Hauraki CEO Riana Manuel *P8*

Whānau Ora in action

A quote from one of our whānau on the programme – Nicole Tupu (23) “I love this programme, I really want to do some training that can help me get a job like this one – that helps people!”

Nicole has been engaged with our service for four months, she attended our Whānau Health Check Day in January and managed to address two priority health needs with the Dental Service and our Practice Nurses that were available for the day, as well as access information around smoking cessation, hand hygiene for her and her tamariki as well as the family law centre info.



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Services for everyone
in our community

Moehau Whānau Ora Navigator Service

4-week Induction
Programme



www.korowai.co.nz

MOEHAU

Dates:
Tuesday, June 25, July 2
July 9, July 16
Time: 11am to 2pm
Venue: Thames Clinic Site, 210
Richmond Rd.

To book, please speak
directly with your Navigator
Transport can be provided

Workshop 1:
June 25- Pohiri
Workshop 2
July 2 - Sustainability
/ Mara Kai
Workshop 3
July 9 - Speed dating with
Services
Workshop 4
July 16. Moemoea

Contact:
Khadine Topin - 027 808 2856
Jen Tumai - 027 808 4384
Leanne Young - 027 808 5061
Abbey Namana - 027 296 5766
Gypsy Roberts 027 242 5896
Chrystal Bate - 027 2981 884



www.korowai.co.nz
May 2019



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EVERYONE in our community

Clinic Fees

GP	NP
Under 18s - FREE*	Under 18s - FREE *
18-64 years - \$17.50	18-64 years - \$15.00
65 + years - \$10.00	65 + years - \$10.00
FREE*	NURSE
Under-25s sexual health checks	Under 18s - FREE * 18 + years - \$10.00

*clinic fees for enrolled patients

Have
you had
your
flu jab?

FREE Flu vaccinations for all enrolled clients who are pregnant; 65 years and over; have longterm health conditions such as severe asthma, cancer and diabetes; and for children four years and under who have a history of respiratory illness. (Other enrolled: \$20; unregistered \$40)

Whānau Health Centres
Open: Monday-Friday
8.30-5pm

We are
taking new
enrolments
now!!

Freephone
0508 tekorowai
0508 835 676

Thames: 07 868 0033
Te Aroha: 07 884 9208
Paeroa: 07 862 9284
Coromandel: 07 866 8084
www.korowai.co.nz

Acute Clinic
(Thames only)
Mon-Fri
General:
9.30-11.30am
Tamariki:
3.15-4pm

Nanaia praises housing repairs project

From: P7

Māori Development Minister Nanaia Mahuta has congratulated Te Korowai Hauora o Hauraki after the completion of a housing repair project in the Hauraki region.

“I am pleased to see seven homes have been repaired for Hauraki whānau so they will live in warm, dry and secure homes,” she says.

Te Korowai Hauora o Hauraki received \$110,000 of Māori Housing Network funding last September, allowing them to repair the seven homes, conduct repair assessments on another 10 homes and run maintenance workshops for local whānau.

Te Korowai Hauora o Hauraki CEO Riana Manuel praised the team involved in the project, in particular Project Leader Kath Makiri, who she says would go out with massive skip bins preparing the properties in advance of the builders arriving.

“She also often had to clean homes, make kai and, of course, ensure that everyone was working to task. Clearly, the outcome was fantastic.

She says another highlight of the project was organising whānau whose homes were selected for repair to a special building maintenance workshop where they learnt basic skills around repair and maintenance.”



“It is this approach of not only supporting whānau to solve the issues of the day, but also empowering them to be able to do these things for themselves in the future, that makes such a difference.”

Nanaia says she is pleased to see initiatives that are committed to improving the standard of living for Māori.

“Repairs projects funded through the Māori Housing Network assist Māori home-owners by encouraging good repair and maintenance practices and empower rōpū Māori and whānau to take ownership of the quality of their housing.

“Housing developments and repairs have significant potential to improve the social, cultural, economic and environmental well-being of all our Māori communities.”

Young mums gain confidence in the kitchen

Three young mums gained newfound confidence in the kitchen and learned how to make healthier food choices at the first Whānau Ora Kai Ora Workshop.

Each mum was given a brown paper bag with different ingredients inside and found recipes in Te Korowai Hauora o Hauraki recipe book that they could follow using the ingredients provided.

The mums were not very confident using everyday items to cook with, with one mum saying that she always bought her food “in the packet”.

But, by the end of the workshop, all the mums learned new culinary skills, how to make healthier choices, as well as how to save the whānau money. It was a day full of laughter, fun and Whānaungatanga with new friendships being made by all.

The roofers working on the Brian Boru building became spontaneous judges for the day, awarding youngest mum Antoinette Bachelor, just 16, first prize - a box of fresh produce from the Green Grocer.

All mums went home with Te Korowai Hauora o Hauraki recipe book.



A special mention to Bettina and Marion who facilitated our first Kai Ora Workshop.

Ma te Atua hei manaaki

Hikoī ā whānau

Whānau have been out and about in the community for Hikoī ā whānau, an initiative created to support Whānau Ora whānau to be active within their own communities, providing key messages around nutrition and physical activity.

Hikoī ā whānau took in various walks around the Hauraki rohe, all free! Healthy eating was encouraged by providing nutritional options.

Support and guidance were provided by Kaiārahi and the Iwi Health Promotion team, with all kaimahi being proactive and supporting whānau all the way.

Walking is a great way to encourage our whānau to get out of the house, get some exercise and have fun. Walking is free, helps lower blood pressure, improves sleep and reduces stress, all of which are great benefits for our hauora.

Our kaupapa was Hikoī mō te Hauora, meaning to encourage whānau to walk for their wellbeing. There were various outcomes, with some whānau creating their own Hikoī rōpu and other whānau setting their own personal goals.

We wish to expand this initiative in the future to all Te Korowai and community services within the Hauraki rohe.

Hikoī ā whānau – tahi

Emma and Gypsy led their first hikoī for whānau from the Waihi area and tamariki from the local



kohanga. The hikoī was so successful that it will now occur every Tuesday morning from 9am to 10am for their Waihi-based clients.

Hikoī ā whānau – rua

Hikoī a Whānau rua was from Victoria Park to Kuranui Bay in Thames. Whānau stopped for lunch along the way, sharing kai including a delicious and very colourful fruit salad. An awesome day.

Hikoī ā whānau – toru

Hikoī ā whānau toru was in Coromandel and what a great day it was for the team and Pat.

The hikoī started from Long Bay, where we all made our way to Tucks Bay, with Kath then leading everyone on a small adventure to see the Kauri tree. We hadn't appreciated how beautiful our backyard really was. We finished off our hikoī with a delicious ham sandwich, full of vegetables, on lovely wholemeal bread.

We were also able to take our new Iwi Health Promoter, Rachel, out on her first hikoī to see the beautiful Coromandel.

Hikoī ā whānau – whā

There was a change for our last hikoī and we ended up at the Karangahake Gorge visiting the Rail Tunnel.

A big mihi goes out to mum, Danielle, who took on the challenge to push her pram right through the entire hikoī. Baby Phoenix slept most of the way and we're

pretty sure he enjoyed himself too.

A big thank you goes out to Rachel and Azalea for coming along and giving it a go!

Keep encouraging the message 'Hikoī mō te hauora - walking for our well-being' and supporting our whānau to be active!
- Emma Hawkins

Mō tātou o Hauraki
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Hikoī ā Whānau

Hikoī mō te
hauora
Walking for our
wellbeing

Te Korowai
Hauraki o Hauraki
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Take what you need - give what you want

A new Pātaka Kai /Community Pantry at Hauraki Terrace Playground and Community Garden in Thames was blessed and officially opened by Wati Ngamane on Waitangi Day at a Whānau Day organised by Te Korowai Hauora o Hauraki and local community representatives.

The simple message? - “Take What You Need, Give What You Can”.

Pātaka Kai is the Māori term for a food storehouse or basically a pantry and has been put in for all whānau in and around the Hauraki Terrace area to use.

The first Pātaka Kai was opened in Auckland by founder Swannie Nelson on August 1 last year. Within three months of its opening, another 85 more had sprung up around the country, with over 120 more under construction.

Thames Community representative Adaleigh Makiri Wi suggested building a Pātaka Kai in Hauraki Terrace, and, with Te Korowai Hauora o Hauraki support for the design and build, her vision of manaakitanga or sharing within the community has come to fruition.

“The aim is to keep kai in our Tamariki and whānau puku (tummy) and those that are a little less fortunate than others or simply to those in need at that time,” she says.

Transition Towns Thames, who started, and currently look after the Hauraki Terrace gardens, are pleased to have a place where they can now put the excess produce from the gardens.

Over 50 whānau attended the open day, joining in healthy cooking demonstrations and participation, games, rock painting, flax weaving, and learning how to compost and garden.

The event was supported by Agrisea, Peninsula Meats, Freshos, Stuies Hire, Thames Hire, CAPS Hauraki, Transition Town Thames, Thames Coromandel District Council, Pak N Save, I-Site - Thames and Wiremu.



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92.4 NGATEA | 92.4 TAPU | 92.4 TE AROHA | 92.4 THAMES
92.4 WAIOMU | 92.4 WAITAKARURU | 92.8 WAIHI | 99.6 PAEROA**

Flu can lead to dangerous complications

Winter is on its way and with it comes sniffles, colds and more serious illnesses such as the flu.

While a cold virus will likely last a few days, the flu, if left untreated, can lead to dangerous complications such as pneumonia and can even be fatal.

Those most susceptible tend to be the elderly, pregnant women and those with an ongoing medical condition such as diabetes or heart or lung condition, but it can affect anyone, no matter how fit and healthy they are.

Immunising against the flu helps prepare your immune system to fight the flu and can lessen the chance of someone not only getting it, but of spreading it around family, work colleagues, older relatives, or someone with a medical condition.

It takes two weeks to develop immunity once a person has the vaccine.

Pregnant women are at greater risk of complications from the flu and they can be vaccinated at any time during their pregnancy.

The vaccine can also pass immunity to the baby which can protect them in their first six weeks when they are too young to be vaccinated.

The flu is an airborne disease and very contagious,



so if someone has the flu they should stay home from work to reduce spreading it around. Symptoms include a cough, headache, fever or chills, body aches and pains, fatigue and generally feeling miserable.

The flu is a severe respiratory illness which is different to a cold, so if people think they have a flu they need to seek medical treatment immediately.

The flu vaccine is free for people aged 65 years and over, pregnant women, people with long term health conditions such as severe asthma, cancer and diabetes and for children aged four years and under who have a history of significant respiratory illness.



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Clinic Fees

GP

Under 18s - **FREE***
 18-64 years - \$17.50
 65 + years - \$10.00

FREE*

Under-25s sexual health checks

NP

Under 18s - **FREE ***
 18-64 years - \$15.00
 65 + years - \$10.00

NURSE

Under 18s - **FREE ***
 18 + years - \$10.00

*clinic fees for enrolled patients

Whānau Health Centres

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Te Aroha: 07 884 9208
Paeroa: 07 862 9284
Coromandel: 07 866 8084

www.korowai.co.nz

Have you had your flu jab?



FREE Flu vaccinations from April 1 for all enrolled clients who are pregnant; 65 years and over; have longterm health conditions such as severe asthma, cancer and diabetes; and for children four years and under who have a history of respiratory illness. (Other enrolled: \$20; unregistered \$40)

Vibrant atmosphere for free wellness day

Te Korowai Hauora o Hauraki whānau made the most of a free Whānau Wellness Day.

Clinical services manager Taima Campbell says the day was a “fabulous success”.

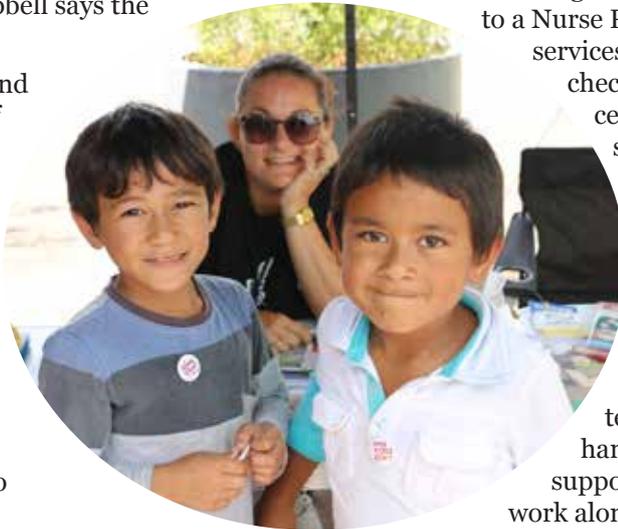
The “one-stop shop” offered existing and prospective clients access to a range of medical and screening services and information, dependent on their needs.

There was a vibrant atmosphere in the centre’s courtyard as whānau mingled with staff from Te Korowai and other community services, who were also offering advice and information on their services, with plenty of games and activities on offer to keep the kids entertained, while also educating them on how to be healthy.

On registration, each client received a health passport before being directed to one or more of 12 different ‘stations’ throughout the facility offering access to a Nurse Practitioner or nurse and services, including blood pressure checks, blood tests, vaccinations, cervical smears, wellness screening, smoking support and a range of services from Te Korowai and other community groups.

Te Korowai Hauora o Hauraki Whānau Ora Navigator team was on hand to offer support and work alongside whānau to help them find a pathway to better health and wellbeing.

Alongside the wellness day, a dental van was also on site for Te Korowai clients.





MORE PICS: P 14

Wellness Day a one-stop shop to free health information



From:
P12, 13



Sheryle reaps benefits of yoga classes

One year ago, Sheryle Winikerei, could not get off the floor at the marae without help or raise one arm above her head.

Today the 71-year-old can not only get herself off the floor, but she can raise both arms above her head, balance on one leg in the tree pose as well as other stand-up poses (asanas).

Sheryle is one of several Te Korowai Hauora o Hauraki clients who attend a yoga class every Thursday with Jo at her Health Groove yoga studio in Pollen Street.

The class is available to all Te Korowai clients for a koha donation.

Cheryl loves her yoga classes and will only miss one if she has to.

She says since starting yoga a year ago, she has a lot more confidence in herself and for the last few weeks she hasn't even even needed to use her walking stick.

"And I can wake up each day with less pain," she says.

Jo incorporates breathing exercises for stress relief and uses chairs, bolsters, blocks and straps as props to help her clients practice comfortably.

"People sometimes get put off trying yoga because they think they have to be flexible to do it, but it is actually the opposite - it is yoga that makes you flexible," Jo says.

"Anyone can do yoga and there will always be a way to adapt a pose to achieve the desired benefit. Many of my Te Korowai clients started their exercises from a chair, but now are able to do standing and floor-based exercises."

Jo says yoga can be like therapy.

"I have students coming to me with hip, back, shoulder and neck problems who all find that a regular gentle yoga



practice helps regain more movement and can also ease pain. Another of my Te Korowai clients recently climbed the Pinnacles and said she was sure the the breathing exercises from the yoga classes had enabled her to reach the top.

"She told me that when she got tired, she just stopped and practised her breathing."

Jo has been practising yoga for 25 years and has been a qualified yoga teacher for 20 years.

She says she gets a real buzz when people realise the benefits that yoga can bring to their lives.

"I love seeing people leaving my classes more relaxed and with a smile on their faces. And when I see people such as Sheryle achieve such great results, it just reaffirms why I love yoga, why I am still doing it after 25 years and will continue practising until the day I die."

If you are a Te Korowai Hauora o Hauraki client and would like to attend Jo's Te Korowai classes every Thursday from 3.45pm, to 4.45pm, talk to your GP or support person. Or phone Jo on 021 0274 8490.

All Te Korowai Hauora o Hauraki staff are entitled to one wellness hour each week, which they can use for yoga or any other "activity" they choose that contributes to their wellbeing - a health organisation that truly practices what is preaches!!

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See www.healthgroove.co.nz • FB: Health Groove for updates, timetable & events
jo@healthgroove.co.nz • 021 0274 8490 • 424B Pollen Street • Thames

Parents advised to be vigilant with measles

Following a measles outbreak in Canterbury and more reported cases in Auckland in March, Te Korowai Hauora o Hauraki clients are urged to be alert to possible measles symptoms.

Measles is a highly contagious virus that spreads easily from person to person through droplets in the air, via breathing, coughing and sneezing as well as through contact.

Anyone unimmunised who has been in the same room as someone with measles will likely get it.

Measles can be life threatening, with about 1 in 10 people needing hospital treatment.

It can also lead to other complications, including ear infections (which can cause permanent hearing loss), diarrhoea, pneumonia, seizures and swelling of the brain – this is rare, but can cause permanent brain damage or death.

Up to 30% of people with measles will develop complications – usually children under five and adults over the age of 20.

Measles affects both children and adults and is easily preventable by having a measles vaccine. In New Zealand, if you were born in 1969 or later, you can get the measles vaccine for free.

Te Korowai Hauora o Hauraki has the measles vaccine in stock.

Two doses of the measles vaccine provides the most effective protection for yourself, your family and the wider community.

After one dose of the MMR (Measles, Mumps, Rubella) vaccine, which is scheduled at 15 months and four years, about 95% of people are protected from measles. After two



doses of the MMR vaccine, more than 99% of people are protected.

If you have no documented record of two vaccinations, it is recommended that you have a booster of MMR. If you are not sure if you've had two vaccinations and there is no documentation, you can have a booster – it won't do any harm.

If parents are very worried and want to have the vaccine earlier they need to speak to a nurse to see if it is appropriate for the individual child.

Vaccination is particularly important if you are planning to travel anywhere overseas – to protect yourself and to help prevent outbreaks in New Zealand.

Pregnant women cannot have a MMR.

The symptoms of measles are a cough, runny nose or conjunctivitis, a fever above 38.5, followed by a rash starting around the head and spreading to the body.

Anyone with measles needs to be isolated from the time they become ill until five days after the rash has appeared. It is extremely important to stay in isolation if you're asked to do so, to protect vulnerable people including babies, pregnant women, cancer patients and others who are unable to be immunised.

Phone Te Korowai Hauora o Hauraki if you need a booster or to make an appointment – 0508 835 676 (freephone).

Information in this article sourced from Ministry of Health.



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Whānau Health Centre
221 Whitaker Street, Te Aroha

Phone: 07 884 9208
Fax: 07 884 7582

Freephone:
0508 tekorowai
0508 835 676

Have you had your flu jab?

FREE Flu vaccinations for all enrolled clients who are pregnant; 65 years and over; have longterm health conditions such as severe asthma, cancer and diabetes; & for children 4 years and under who have a history of respiratory illness. (Other enrolled: \$20; unregistered \$40)

E:tearoha@korowai.co.nz - **W:**www.korowai.co.nz

Open: Mon-Fri 8.30 - 5pm

Clinic Fees*

GP

Under 18s - **FREE***
18-65 years - \$17.50
65 + years - \$10.00

NP

Under 18s - **FREE***
18-65 years - \$15.00
65 + years - \$10.00

NURSE

Under 18s - **FREE***
18 + years - \$10.00

FREE*

Under-25s sexual health checks

Under 18s
FREE*

*fees for enrolled patients only

Thinking long term about how we eat

By Claire Cannon
DIETITIAN

At the beginning of this year, The Lancet released a report about how the world can continue to feed itself while not continuing to harm our planet.

Food production currently creates a lot of problems - from high emissions of greenhouse gases fuelling climate change to felling rainforests to make room for more farms.

In New Zealand we have seen depletion of our fish stocks and the pollution of our waterways with fertiliser and manure run-off.

I think it is fair to say that the way we currently eat and produce food is not caring for Papatūānuku.

So what can we do about it? Quite a few things luckily.

Think local

Buy as much food locally as you can. Thames has a great farmers market and there are roadside stalls dotted around the Coromandel. Buying local reduces the amount of petrol that is required to cart food around the country and you are supporting local people. Spray free and organic foods also reduce pollution.

Start a garden

This again reduces food miles and is a great way to get kids interested in food as well. Start as big or small as you like and make use of community gardens to learn more. Gardeners love to share their knowledge.

Forage for food - get out on a walk and find some blackberries or raid that peach tree that is growing wild on the side of the road. Experiment with puha, dandelion and plantain, all free and local foods.

Eat more plants and less animals

Plant foods take less energy, petrol, time and water to grow and they soak up greenhouse gases instead of animals which produce them, so eat as many plants as possible. The more variety the better - did you know humans can eat 200,000 of the plants in the world but we only eat around 200? And let's face it, who has 200 plants in their pantry? Most people probably only eat 30 or less. Have a count up of how many you eat and aim to increase this.

Use up your leftovers

Wasting food is easy to avoid. Freeze leftovers or take them for lunch. Eat your fruit and veggies before they go off, it will save you money as well.

Here is a recipe for Pumpkin soup from Foodtogether.co.nz



This recipe serves 6-8 people, so if you're a smaller family, simply reduce your quantity sizes. Read on to add some warmth to your winter dinners!

Pumpkin Soup

Ingredients

- 3 cups crown pumpkin, roughly chopped
- 3 large tomatoes, quartered
- 1 1/4 cups potatoes, diced
- Salt and black pepper
- 50ml extra virgin olive oil
- 30ml balsamic vinegar
- 2 onions, diced
- 25ml extra virgin olive oil
- 4 btsp smoked paprika
- 1 L veggie stock

Method

Combine the pumpkin, tomatoes, and potatoes on an oven tray. Season well and drizzle with 50ml of extra virgin olive oil and the balsamic vinegar. Roast in an oven pre-heated to 200°C for about 45 minutes or until soft and slightly caramelised.

Fry the onions in 25 ml of extra virgin olive oil over a low heat until soft and then add the smoked paprika and continue to gently sauté for a couple of minutes, taking extra care not to burn it.

Add the roasted vegetables and stock and simmer for 15 minutes then blend to an appealing consistency.

Serve with chopped Italian parsley or other herbs, and voila - pumpkin soup for the soul!

Lots of fun activities within Kaumātua community



Whangamāta Marlins - first



Manaia Kaumātua Rōpū 2

Whangamāta back with a vengeance

A big shout out to our Whānau Ora Clinical Team – keeping our kuikui and koroua very busy this quarter. It started with our Mini Olympics and this time Whangamāta came back with a vengeance, not only a winner with the Whangamāta Marlin but the Whangamāta Orca team placed 3rd equal with Te Temū Tigers. Big ups to our Manaia team placing 2nd with our very own Nani Peg leading the charge. A big thank you to the Oranga o te Tangata team, who once again came out in full force to support this kaupapa.

- Hariata Adams

LEFT: Te Temū Tigers and Whangamata Orca 3rd equal



AgriSea visit



Paeroa Kaumātua organised a visit to AgriSea with Hillcrest High School from Hamilton

Te Temu cook-off



Sheryle McKay, Queenie Mana and Matty Royal won the winning team: Fun and laughter that day thanks to both John and Margaret Mabey our 2 judges.



Let the training begin – Iron Māori Kaumātua training sessions at the Te Aroha Pools. A big shout out to coach Johnny Ainsley.



Healthy Cooking

Healthy Cooking with Claire Cannon and Te Temū Rōpū. Of course we must not forget the Sous Chef - our very own Bettina Hunter.



Left: Marion Mallon and Bettina Hunter – Whangamatā Asthma and COPD.



Below: Lauraine Taupaki celebrated her Gold Card birthday and enjoyed it with her grand niece Meeka.



Left: There has been a lot of interest in Rongoā Māori. Val Yeates' workshops at Whangamatā and then again at Te Aroha Kaumātua Rōpū proved popular.



Above and left: Natasha Clifton shares diabetes information with Te Aroha Kaumātua Rōpū.



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Hinengaro Mental Health & Addiction Services & Counselling





OPPORTUNITY SHOP

Whare Aroha - more than an Op Shop

In our meetings here at Te Korowai Hauora o Hauraki, a conversation that comes up frequently is the observation that there are a large number of lonely people in Thames.

If you feel that you could use some more company during the week (or you know of someone) you may consider coming into Whare Aroha to take part in some of our creative activities or Adult Literacy tuition.

Below are some of the opportunities that we offer. We are very flexible about how you take part. Times and activities are negotiable.

If you would like to volunteer at Whare Aroha you would also be highly valued and appreciated. You might like to spend time at the checkout or you may be more comfortable sorting donations out the back. The choice would be yours. If this is of interest to you, please call into the shop and ask for Romi to talk about the options.

Romi



OPEN HOURS

Monday - Friday:

9.30am - 3.30pm

Saturday: 10am - 1pm



Adult Literacy

Adult Literacy tuition is available through Whare Aroha.

The sessions are completely based around your individual needs and interests.

We can include journal writing or just keep to work that improves spelling, writing and reading.

Help can also be given to write a CV for you.

Please call or come in and talk to Romi if this interests you. Tuition is free, and in a private, relaxed setting.

Sewing

We welcome anyone with experience who'd like to spend time here making bags, or other items that can be sold in the shop. We're very open to new ideas and projects too. Times can be flexible.

Art / Rock Painting

Even if you have no art experience come along and give it a go. Painting on to rocks is a really good way to relax. We can also cover drawing, painting and cartooning.

Mondays and Fridays

10 to 11.30am



200 Richmond Street, Thames Phone 027 8083 343 Email: whare.aroha@korowai.co.nz

FACEBOOK: Te Korowai Hauora o Hauraki Whare Aroha Opportunity Shop

Coping after a serious event

Many people in Christchurch and across New Zealand (and even the world) will have experienced distress such as acute stress reactions and horror following the mosque fatalities in Christchurch - a normal reaction to an abnormal situation.

Psychological distress is a normal response to this situation. Distress is not only experienced by people directly impacted, it is also experienced by people witnessing injuries and distress to others.

However, there will be some people that will have more profound reactions, particularly later on, some time after the event, and will require assistance.

Sharing video footage or images on social media and irresponsible media reporting can be extremely unhelpful for vulnerable people. It may trigger previous trauma for them, or if they are directly impacted and have had loved ones harmed or killed, may experience a more intense trauma response. Merely viewing this material and discussing it with people who are vulnerable is also unhelpful.

How you are feeling?

People react in different ways – there is no right or wrong way to feel. You may experience fear, confusion, shock and disbelief, which is a normal reaction to this situation.

Many people in Christchurch and Canterbury may look at previous events such as the the Pike River Mine Tragedy, the Christchurch Earthquakes, and Kaikoura Earthquake and feel overwhelmed.

Make sure that severely distressed people are not left alone and try to keep them safe until the reaction passes or until you can find help from a professional.

Over time, in days, weeks or even months after an event like this, some people realise the extent of the loss or damage and may respond in other ways:

- Emotional reactions - guilt, crying spells, sadness, apathy
- Cognitive reactions – nightmares, poor concentration, intrusive thoughts and memories, self-blame, confusion, disorientation, indecisiveness, worry, revenge
- Physical reactions – difficulty sleeping, upset stomach, exaggerated startle response, ‘jumpy’, tension, fatigue, aches and pains, nausea, change in appetite, loss of concentration, breathlessness, shakiness, muscle weakness
- Interpersonal reactions – distrust, conflict, withdrawal, irritability, on edge
- Anger and blame is common and some may become angry at God or other deities or groups.
- Children may show similar reactions as well as become

By Louise - Administrator,
People Relying on People, Thames

clingy or angry. They may appear to return to regress to earlier younger behaviour.

Keep Yourself and Young People Safe

Protect yourself and especially children and young people, as well as our elderly, from being exposed to any shocking images on TV or social media, like any footage from the event or even following the event (e.g. injured people).

Even hearing stories about the event can upset children and young people or vulnerable adults so be careful around any discussions that young children can overhear. If children are already aware of what happened, simple explanations can help them. Reassurance of their safety is also important. Answer any of their questions as honestly and generally as you can but without any distressing details. Be aware that some young people may have different levels of exposure to media material and talk about the situation. As caregivers it is important that you are aware of what your child or young person is exposed to best help them through this time.

If you are helping others, look after yourself

Helping responsibly also means taking care of your own wellbeing. As a helper, you may be affected by what you experience in a crisis situation, or you or your family may be directly affected by the event.

It is important to pay extra attention to your own wellbeing and be sure that you are physically and emotionally able to help others. Take care of yourself so that you can best care for others. If working in a team, be aware of the wellbeing of your fellow helpers.

Positive ways of coping

At times like this we have an enhanced appreciation that family and friends are precious and important, so spend time with them. Some helpful tips...

- Connect with friends and whānau: Face to face connections are best, but even picking up the phone or making a video call can help.
- Look after your health and the health of your family: get adequate sleep, eat healthy meals and avoid alcohol or other drugs.
- Encourage children or young people to talk to you or use drawings to express their feelings.
- Return to your normal daily routines and activities as much as possible, particularly for children.
- Take time out: schedule tension and anxiety-reducing activities into your day, such as going for a walk, listening to music, praying, meditating or breathing exercises.

(article abridged) For more advice, visit the online wellbeing websites and support provided on P2.



Comings and goings

The Oranga o te Tangata team started 2019 with some staff changes and there are some farewells coming up over the next month too.

Iwi Health Promotion

At the end of 2018 we said goodbye to Carrie Taipari - Carrie is now teaching at Kerepēhi School. We recruited two new staff in April - Emma Hawkins who has moved from Whānau Ora Navigators and Rachel Ngataki. Emma has the Nutrition and Physical Activity portfolio and Rachel has the Sexual Health portfolio. Both Emma and Rachel will be working together in our community - keep an eye out for them.

Whānau Ora

The team has been delivering whānau workshops, kicking off with Whānau Hikoi, Whakapakari Whānau and Kai Ora. See more on the Whānau Ora team on pages 6-9 in this issue. We welcome Chrystal Bate and Abbey Namana to the team.

Tamariki Ora

We have had an influx of babies over the past two months so our nurses have been very busy.

Kaumātua

The big event some of our Kaumātua are training for is Kaumātua Iron Māori to be held in Napier in November. We have also locked in the date for the next biannual Olympics - 20 March 2020 - more details to come.

Other fun activities happening around the rohe were Kaumātua Cook-Offs - lots of laughs and some yummy food.



Debbie Petersen-Pilcher
POUKURA ORANGA
Manager Public and Community
Health Services

Rongoa

In March, we farewelled Matua Jim who retired. We are looking for a new Kaiako to fill Jim's shoes. We currently still have Val offering mirimiri to our kaumātua around the rohe. We wish Jim all the very best with his retirement.



Project Energize

Last month, our Thames/Hauraki Plains Energizer Ayden left to move back to Canada. Shyanne Thompson has taken over the reins from Ayden. All the best Ayden.



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Creative Opportunities

If you are looking for a place to explore and rejuvenate creativity, we can offer several courses that may be of interest.

We can also help with basic literacy and retail skills.



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If you are pregnant and still Smokefree after your Quit Date, you will receive up to \$300 in vouchers

Do you want to STOP Smoking?

Join our Stop Smoking team and we'll help you STOP with one-to-one or group sessions

FREE six-week programme includes support and nicotine replacement therapy to help you Stop Smoking in a gradual way



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quit4good@korowai.co.nz
www.korowai.co.nz

Home Assist team continues to grow

Home Assist

Sharron Kane
POUKURA KĀINGA
Manager Home Assist

Ohu Kāinga
Our Service

Changes for Paeroa and Hauraki Plains

For many years the Paeroa area has been expertly managed by our Lead Coordinator Marie Bourke, and since September 2017, Marie has continued to coordinate this area from her new office in Tokoroa while growing our South Waikato Client base and Support Worker team.

We have had amazing results in the South Waikato and we continue to experience a growing demand for services in this area, so we knew by mid-2018 that it was time to bring in another Service Coordinator to assist with the increasing workload.

In November 2018 we welcomed Deanne Wilkins to our team and she has taken over coordination for Paeroa and Hauraki Plains.

Many of you may know already Deanne from her work at the Hauraki Māori Trust Board. Deanne brings with her a wealth of experience and transferable skills and has made great connections within her local community since she moved to the Hauraki four years ago.

Support Workers

Since January 1 this year, we have also welcomed nine new Support Workers located in Thames (1), Tokoroa (2), Paeroa/Hauraki Plains (3) Waihi (2) and Te Aroha (1)

We still require experienced Support Workers in Whangamatā, Tairua and Pauanui. We are currently advertising on Trade Me and our website. If you know of someone who may be interested in Support Work then we would love to hear from you, or they can contact us directly on 0508 24 66 32.

Application forms are also available on our website www.korowai.co.nz or from the reception desk at any of our clinics.

Training

At the beginning of 2019 we requested expressions of interest from Support Workers for a Palliative Care/End of Life training workshop due to:

- An increased demand for this service
- Support Worker feedback in 2018 identified this as an area of care they were interested in pursuing



The response was excellent with over 30 Support Workers applying for the 27 available places. This keen response from Support Workers to undertake extra training marks a real shift in general attitude and enthusiasm to participate in training opportunities within our home-based support workforce.

To be considered for this training the entry criteria was set at:

- The Support Worker must have already hold a minimum qualification of the NZ Certificate in Health & Wellbeing Level 2, or equivalent, or other relevant qualification
- The Support Worker must have the recommendation of their Service Coordinator
- The Support Worker must be prepared to accept clients who require this specialist type of care

During the month of March, our Clinical Coordinator/Trainer Gayle Townley held a workshop in Thames and two workshops in Whitianga. In total 25 Support Workers and two Service Coordinators completed the training and all feedback from attendees has been overwhelmingly positive.

Out and About SWPICS Expo in Tokoroa

On March 26, Home Assist was represented at the South Waikato Pacific Island Community Services (SWPICS) Health & Community Expo in Tokoroa by our Lead Coordinator Marie Bourke and Coordination Support Siobhan Wehipeihana.

Our service has been so very well received in the South Waikato where wonderful relationships have been built, particularly with the Pacific Island community. Marie and Siobhan reported feeling very humbled by the wonderful compliments they received from local community members about our service.

Our stall proved very popular with lots of fantastic giveaways and anyone who visited the stall was welcome to enter into a draw for a fresh fruit basket.



Sharron Kane
23

Te Korowai Hauoroa o Hauraki offers a huge range of services, giving access to amazing practitioners, ranging from Social Workers, Counsellors, Psychologists, Health Promoters, Nurses, Doctors, Kaimahi Mirimiri, Health Care Assistants, Home Assist Coordinators, Whānau Ora Navigators, Registered Nurses, Tamariki Ora/Wellchild Nurses, Workforce Coordinators, Kaumātua and more.

GP & Nursing Services

High quality, Cornerstone accredited, accessible and affordable GP & Nursing services

- Immunisation
- Cervical Smears
- Hearing and Eye Tests
- Free Sexual Health Checks (under 25)
- Acute clinic (Thames only)
- Foot clinic – Coromandel
- Podiatry

Hinengaro Mental Health & Addiction Services

Counselling

- Drug & Alcohol Counselling
- Recovery Group Programmes
- Whānau Advocacy
- Child & Adolescent Mental Health & Addiction Services
- Employment Support
- Youth INTact - specialist alcohol and other drug services
- Mauri Ora - Gain Responsibility and Belief - life skills for adults experiencing mental illness
- Maternal Mental Health

Oranga o te Tangata Public & Community Health

- Kaumātua Support Groups - Paeroa, Coromandel, Thames, Whangamatā, Te Aroha

- Disability Information & Advisory Services - support clients with disabilities
- Tamariki Ora/Well Child - Provide milestone checks for children from 0 to 5; provide education and support for mothers and guardians about the care of their babies
- Whānau Ora Navigators – assist Whānau identify steps to enable them to achieve their goals and aspirations; support Whānau to become self-directing and empower them to lead their Whānau into a positive future
- Whānau Ora Education and Employment Coordinator Support Whānau into employment or education; help them identify their strengths and skills and motivate them to achieve prerequisites for employment or education
- Service Coordinator/ Takawenga – support individuals and families who require assistance to navigate health and disability support services, with the aim of encouraging independence and enhancing their chances of health and wellness;
- Pepi Pod, a service for babies more vulnerable to accidental suffocation
- Iwi Health Promotion – empower Rangatahi and Whānau to be in control of their own Ora/Wellness (Holistic Health focus)
- Project Energize – work in schools, early childhood centres and Kohanga Reo promoting healthy eating and activity
- Quit 4 Good Stop Smoking - 6-week course - free Nicotine Replacement Therpay (patches, gum, lozenges) Rewards on completion of course.
- Dietitian - Patients under the care of Te Korowai Hauoroa o Hauraki with the following conditions can be referred to the dietitian: Unintentional weight loss, Overweight and obesity; Irritable bowel syndrome; Type two diabetes; Pre-diabetes; Poor wound healing; Cardiovascular disease; Mental Health – Mood Food

Home Assist Services

Providing Personal Care, Home Help and other Support Services to allow clients to remain living in their home. Home Assist specialises in home-based care and support and employs quality Support Workers who are caring,

professional, reliable and empowering with the aim of maintaining independence, dignity and quality of life.

Home Assist service includes:

- Home Help
- Personal Care
- Shopping Assistance
- Medication Oversight - Both short and long-term care after illness, surgery or accident

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Main Office Hours
Monday - Friday
8:30am - 5:00pm

Thames - 07 868 0033
Paeroa 07 862 9284
Coromandel 07 866 8084
Te Aroha - 07 884 9208
Freephone: 0508 835 676

Te Korowai
Hauoroa o Hauraki

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Health and Wellbeing services
for everyone in our community

Tamariki Ora/Well Child

To support parents to protect and improve their child's health so they can grow and develop to their full potential

Kiata - 027 808 3356 (Thames, Paeroa, Waihi, Ngātea, Te Aroha)
Kim/Janet - 027 808 3336 (Whitangā, Hikuai, Pūanui, Tairua, Kāwharū, Matarangi)
Katrina - 07 866 8084 (Coromandel)

Peri-pod - keeping baby safe while sleeping. This is a FREE service for more information, please text 07 868 0032. *criteria applies

- 5 check-ups in your baby's first year
- We can come to you!
- Holistic wellness for our tamariki

www.korowai.co.nz

www.korowai.co.nz
Freephone: 0508 835 676 (0508 tekowai)

Home Assist
Te Korowai Hauoroa o Hauraki

Do you need support in your home?

HOME ASSIST provides Personal Care, Home Help and other Support Services to allow you to remain living in your home

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Our services are fully funded and available free of charge for eligible clients

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www.korowai.co.nz