

Kihirimete 2020

Kōrero o te wā

TE KOROWAI HAUORA o HAURAKI

*Meri Kirihimete e te whānau,
Ngā manaakitanga ki a koutou katoa*



Ko Te Ra Matiti
Wharekaho
Dec 2020



Poukura	3
Kaimahi.....	4-5
Hauora	6-7
Healthy Kai	8
Oranga o te Tangata	9
Ohu Kaipaki.....	9
Home Assist	10
Hinengaro	11
Ratonga.....	12

Editor: Jo Belworthy

P: 021 0274 8490

E: joann.belworthy@korowai.co.nz



Whānau Health Centre
Thames
Thames Hospital, Mary St entrance
Freephone 0508 835 676
www.korowai.co.nz

Christmas Holiday Hours 2020-2021

Christmas Eve, Thurs, December 24
CLOSED FROM 5pm (last patient 4.30pm)
Christmas Day, Fri, December 25 - CLOSED
Boxing Day, Mon, December 28 - CLOSED

New Year's Day, Fri, Jan 1 - CLOSED
Mon, Jan 4 - CLOSED

*"Meri Kirihimete
e te whānau,
Ngā manaakitanga
ki a koutou katoa"*

WHAKATAUKI



*"Waiho ma te tangata e mihi"
Leave your praises for someone else*



Whānau Health Centres
Coromandel, Whitianga
Paeroa, Te Aroha
Freephone 0508 835 676
www.korowai.co.nz

Christmas Holiday Hours 2020-2021

Christmas Eve, Thurs, December 24

CLOSED 3pm

Christmas Day, Fri, December 25 - CLOSED

Boxing Day, Mon, December 28 - CLOSED

New Year's Day, Fri, Jan 1 - CLOSED

Mon, Jan 4 - CLOSED

*"Meri Kirihimete
e te whānau,
Ngā manaakitanga
ki a koutou katoa"*



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



Mō tātou o Hauraki

Affordable medical & wellness
services for everyone in our community

Clinic Opening Hours

Monday to Friday:
8.30am - 12.00pm
1.00-4.30pm



Whitianga Clinic
2 Coghill Street
Whitianga 3510
Ph: 07 869 5244
Fax: 07 869 5288



Mō tātou o Hauraki

Affordable medical & wellness
services for everyone in our community

Clinic Opening Hours
Nurse Practitioner
Mon, Tues, Thurs, Fri:
8:00am-5pm
Nurse-only clinic
Wed: 8:00am-5pm



From MANUKURA HAUORA - Riana Manuel

E ngā manu taupua, E ngā manu tāiko

E rere atu ana ēnei mihi o te wā ki a koutou katoa

Ko te manako ia ka noho tonu koutou ki raro i ngā tauwhirotinga o te wāhi ngaro.

Mauri ora ki a tātou.

So here we are again having traversed an amazingly challenging year, we have faced COVID-19 and will continue to do so in the coming years.

We have set up distribution centres and become deliverers of goods to whānau throughout the motu during the lockdown period. We have collaborated on a number of contracts and kaupapa which only seek to improve access for our people, we have introduced whole new ways of working such as Mahi a Atua and our ever-growing band of Mataora, we have been part of some of the biggest reviews, not only local and regional, but national as well, we have established transition beds for our whānau using acute care mental health services to see them experience services closer to home, and we have opened established a Whānau Health Centre in Whitianga.

We have had a successful AGM reporting back to our people our challenges and our aspirations, and to top it all off we have moved our Thames Whānau Health Centre

to the Clinical centre at Thames Hospital to accommodate what looks to be a further 180,000 people during the Xmas and New Year season.

All of this completed in time for the Xmas season to further enhance our ability to support and create opportunities for our people here in Hauraki.

If I am to reflect on one aspect this year it is our aspirational commitment to working collaboratively with others to improve health care access in a way that has not been done before. We have seen the development of Mahi a Atua, the Whānau Pai collaborative, Kia Whakakotahi Tātou and our amalgamation of primary care services into the Thames Hospital base.

These collaborations are about acknowledging that there will always be limited resources so we can be proactive in our approach to working together and finding better ways to use what we have to cover what we need. We do not need huge dollars to do this, we just need goodwill and high trust relationships to ensure we can achieve our goals.

We will get some things right and we will be challenged to improve other things but this is what I call progress.

So to all of our kaimahi, I am truly humbled to be working alongside



you all, collectively working to improve the outcomes for our people any way we can.

I wish you all (for those who get them) a fantastic holiday with your whānau, and for those of us working through Xmas, firstly ngā mihi ki a koutou e ngā nihowera, let's make sure we keep our people well during the festive season.

To our Board, a huge mihi aroha ki a koutou for all of your support during the past year and finally to our people of Hauraki, thank you for letting us support you all.

Mai i a Mahurangi,

Ki ngā Kuri a whare,

Nei te tara o te ika a Maui

E tu ake nei,

Mauri ora.



Kaimahi Kirihimete gathering: P5



Delicious Berry cake for Kirihimete: P8



Dr Kopua's contribution to Māori health recognised: P12

Congratulations!

Congratulations to Rangihōia Hollis who has just passed her State examinations and is now a fully-fledged Registered Nurse. Ka mau te wehi!



Just
GR8

Hinengaro administrator Hinerangi Hesse is the latest recipient of the 'We Think You're GR8 Award'. The team presented her with her award on Thursday to let her know how much they appreciate her: *"You always remain calm and collected in the face of stress, you quietly organise the team to make sure things get done, you carefully navigate the challenges that sometimes get thrown up and you're always there with support and guidance as needed."*



The lovely admin ladies at the Thames Whānau Health Centre sprung into action and decorated the reception to promote White Ribbon Day.

Christmas comes to Coromandel clinic



WWW. *Nga Iwi FM* .CO.NZ



Like us on
Facebook

Search for :

Nga Iwi FM 92.4

Follow us on



Instagram

nga_iwi_fm

SUBSCRIBE TO OUR



: Nga Iwi FM in Paeroa
CHANNEL

**92.2 COROMANDEL | 92.2 MATARANGI | 92.4 HUNTLY | 92.4 HAURAKI PLAINS
92.4 KAIUA | 92.4 MANGATANGI | 92.4 MARAMARUA | 92.4 MIRANDA
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**

Whānau Kirihimete gathering

Kaimahi gathered at the beautiful Ko Te Ra Matiti Marae, Wharekaho Beach for their Kirihimete gathering this month. Lots of fun, games, laughter and delicious kai, as well as a very interesting talk by Kaumātua Joe on the history of Captain Cook's visit here, as well as the five striking Pou.



Coromandel Clinic
225 Kapanga Road
Coromandel
Phone: 07 866 8084



Mō tātou o Hauraki
Affordable medical & wellness
services for everyone in our community

Clinic Opening Hours
Monday to Friday:
8.30am - 12 noon
1pm - 5pm



Te Korowai Whānau Health Centre now based at Thames Hospital

Waikato DHB has teamed up with Te Korowai Hauora o Hauraki to provide a summer clinic, offering healthcare to all those who need it.

The clinic is based at Thames Hospital with Te Korowai Hauora o Hauraki providing non-urgent services Monday to Friday between 8am and 4.30pm. No appointment or enrolment is needed.

Thames Hospital Emergency Department will continue to operate 24/7 for emergency care.

COVID-19 SYMPTOMS

Any patient with COVID-19 symptoms or who requires a test should free call Healthline on

0800 358 5453 or Te Korowai Hauora o Hauraki on 0508 835 676 first.



Healthcare at Thames Hospital during the summer holidays

Waikato District Health Board and Te Korowai Hauora o Hauraki are partnering to offer a summer clinic for non-urgent health care.

**The summer clinic at Thames Hospital
will be open Monday to Friday
8am to 4.30pm from December 14**

The clinic will be closed on public holidays.
No appointment or enrolment is needed.

Thames Medical Centre will continue to provide a general practice clinic at the Emergency Department on Saturdays 9am to 3pm.

Charges may apply for clinic services.

For free 24-hour health advice Healthline on 0800 611 116.

**If you have COVID-19 symptoms or need a test,
call 0508 835 676 first.**

**For emergencies or urgent medical attention dial 111
or go to Thames Hospital Emergency Department.**

We wish you and your whānau a happy and safe Christmas and wonderful New Year



Waikato District Health Board



Thames Clinic
Thames Hospital,
Mary St entrance
Thames 3500
Ph: 07 868 0033



Mō tātou o Hauraki
Affordable medical & wellness
services for everyone in our community
Freephone: 0508 835 676

**Clinic Opening
Hours**
Monday to Friday:
8am-5pm
(last appt 4.30)





Mate Huka screening

The first Mate Huka screening event was held at Agrisea this month.

This was in partnership with Waikato DHB who aim to improve diabetes care through increased screening and wānanga for whānau with pre-diabetes and newly diagnosed diabetes.

Agrisea was kind enough to be our guinea pigs and kaimahi tested the majority of their staff for blood sugar, blood pressure, height and weight.

There were also some spot prizes kindly donated by Fitzzone Paeroa and the DHB.



Chair Yoga

Merry Kirihirote from the Chair Yoga team. Classes will resume January 12, 2021.
Contact Jo: 021 0274 8490

COVID-19

Summer testing centres in the Waikato

If you're heading to any Coromandel hotspots this summer and need a COVID-19 test, we've got you covered.

Waikato DHB, in partnership with local health care providers, is rolling out a comprehensive testing plan to keep our communities and many visitors safe.

Te Korowai Hauora o Hauraki and Anglesea Clinic Urgent Care will be setting up testing sites in Coromandel, Whitianga, Tairua and Whangamata. The services will run between December 21, 2020 and January 31, 2021, excluding public holidays and weekends. To protect yourself, keep doing these four simple things:

- Wash your hands

Coromandel

Monday 21 to Thursday 24 December	8.30am to 3pm
Tuesday 29 to Thursday 31 December	8.30am to 3pm
Tuesday 5 to Friday 8 January	8.30am to 3pm
Monday 11 to Friday 15 January	8.30am to 3pm
Monday 18 to Friday 22 January	8.30am to 3pm
Monday 25 to Friday 29 January	8.30am to 3pm

225 Kapanga Rd, Coromandel

- Scan QR codes
- Turn on Bluetooth tracing on the NZ COVID Tracer app
- Stay home if you're feeling unwell and get advice from Healthline on 0800 611 116 about getting a COVID-19 test.

Whitianga

Monday 21 to Thursday 24 December	8.30am to 3pm
Tuesday 29 to Thursday 31 December	8.30am to 3pm
Tuesday 5 to Friday 8 January	8.30am to 3pm
Monday 11 to Friday 15 January	8.30am to 3pm
Monday 18 to Friday 22 January	8.30am to 3pm
Monday 25 to Friday 29 January	8.30am to 3pm

2 Coghill St, Whitianga

Whangamata

Tuesday 22 December	10am - 2pm
Wednesday 30 December	10am - 2pm
Wednesday 6 January	10am - 2pm
Friday 8 January	10am - 2pm
Tuesday 12 January	10am - 2pm
Friday 15 January	10am - 2pm
Tuesday 19 January	10am - 2pm
Friday 22 January	10am - 2pm
Tuesday 26 January	10am - 2pm

War Memorial Hall, 328 Port Rd

Tairua

Monday 21 December	10am - 2pm
Wednesday 23 December	10am - 2pm
Tuesday 29 December	10am - 2pm
Tuesday 5 January	10am - 2pm
Thursday 7 January	10am - 2pm
Monday 11 January	10am - 2pm
Thursday 14 January	10am - 2pm
Monday 18 January	10am - 2pm
Thursday 21 January	10am - 2pm
Monday 25 January	10am - 2pm
Wednesday 27 January	10am - 2pm

Tairua Hall, Main Rd

Raw berry ice-cream cake - yum!

This amazing cake is refined sugar-free, gluten-free and nut-free, and has the option of being dairy-free, too. It's quite an incredible cake – it tastes like you're eating sorbet, ice cream and cookie base in cake form!

PREP TIME: 20 mins

FREEZING TIME:
6 hrs

SERVINGS: 8

CALORIES: 230 kcal

*Dairy Free, Diabetic,
Gluten Free, Kid
Friendly*

INGREDIENTS

Base

- ¾ cup desiccated or shredded coconut
- 7 medjool dates or 15-16 normal dried dates soaked in boiling hot water for 5 minutes
- ⅓ cup sunflower seeds or pumpkin seeds, fine rolled oats, almonds, hazelnuts or macadamias
- 1/3 cup
- ¼ cup melted butter or coconut oil (DF)

Filling

- 500 g frozen raspberries you could also use strawberries, boysenberries, blackberries or a mixture of berries for a different berry flavour and colour
- 3-4 tablespoons pure maple syrup liquid honey (not manuka as it has too strong a flavour) or agave syrup
- ¼ cup cream or coconut cream (DF)
- 2 egg whites

To garnish

- Sliced fresh strawberries or other berries

INSTRUCTIONS

1. Grease and line the bottom and sides of a 20-21cm spring-form cake tin with baking paper.
2. To make the base, place all base ingredients in a food processor and blitz until well combined and the mixture has formed a slightly sticky dough. Scrape down the sides of the food processor as



necessary to ensure all the ingredients are incorporated. Press mixture into the base of prepared cake tin using the back of a spoon. Place in the freezer while you make the filling.

3. To make the filling, place frozen berries in the food processor and blitz until crumbly. Add honey/maple syrup/agave and cream/coconut cream and continue blitzing until the mixture is the consistency of sorbet or ice-cream, scraping down the sides of the food processor as necessary. Add egg whites and continue

blitzing for 1-2 more minutes – the mixture will become light, fluffy, smooth and ice-cream like, and a paler pink colour. Spoon filling on top of the base and roughly smooth out the top. Return to the freezer immediately. Leave for at least 6 hours (or overnight) until set.

4. When ready to serve, remove from freezer and stand at room temperature for 10 minutes to slightly thaw. Garnish with sliced fresh strawberries. Use a large, sharp knife to cut slices of cake.

NOTES

It's also dead easy to make – all you need is a food processor, and in two steps, you're done. The filling is made from frozen berries, which miraculously fluff up with the addition of egg white, giving a texture very similar to ice cream - the perfect summer dessert – and you don't have to feel guilty about it, either!

This recipe is from Nadia Lim's column in The Sunday Star Times. <https://nadalim.com/raw-berry-ice-cream-cake/>

Project Energize programme finishes

Project Energize

Farewell to the Project Energize Programme – thanks to all our current and past Energizers for their commitment. This change is due to Sport Waikato change in direction.

Networking breakfast

The Whānau Ora team hosted a networking breakfast for social service providers – 10 different agencies attended – this will be a bi-annual event.

Xmas present-making

The Whānau Ora team hosted an Xmas present -making event last week. Masks were purchased for our kaumātua.

Congratulations

A massive congratulations to Jen Tumai, Leanne Young, Gypsy Roberts and Bex Short for passing their Diploma in Whānau Ora. Tumeke! Nga mihi nui whānau – so proud of you.

The OOTT wish all our whanau Meri Kirihimete



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

OHU KAIPAKIHI

From the Putea team

Caroline Graham
POUKURA PŪTEA
Business Support Services
Manager

Here's our Putea Department, with Margaret, Caroline and Chris looking after accounts payable, the numbers, payroll and accounts receivable.

We hope you all have a fabulous Kirihimete and that you are able to spend time with your whānau and friends.

Ngā mihi nui to all our amazing staff and to the rest of the Poukura team, Manukura Hauora Riana Manuel and our Board.



Challenges bring country together

We have faced the challenges of a pandemic, experienced the wonderful way our country has come together and witnessed the most amazing expressions of kindness and generosity.

As a frontline community-based service, we have had to ensure we are able to continue to safely deliver essential services to our kaumātua and clients.

Our fantastic Support Workers are out there in our communities, leading by example and often going above and beyond. Initially, anxiety levels were high, but with good support from our office-based team, regular contact with their Service Coordinators and reliable supplies of PPE, initial fears were allayed.

A huge mihi to the exceptional commitment shown by everyone who has worked and continues to work through these extraordinary and challenging times.

Home Assist

Sharron Kane
POUKURA KĀINGA
Manager Home Assist

Ohu Kāinga
Our Service



Meri Kirihimete



Wishing You A Joyful Christmas

Happy, Safe Fun

Relaxing Holidays

Very Happy New Year!

Time to spend with those you

Ngā mihi nui

Ohu Kāinga

Home Assist Team

Christmas lunch



The Home Assist coordinators had their Christmas lunch at Café Melbourne on Thursday. It was lovely to have the whole team together in person with Team Lead Marie and Service Coordinator Melissa travelling up from Tokoroa and Theresa making the trip down from the Coromandel. Secret Santa surprised everyone with lovely, thoughtful gifts and the beautifully presented kai and freshly squeezed orange juices went down a treat.



Home Assist

Providing Personal Care, Home Help and Support Services to allow you to remain living in your home

Do you
need
support
in your
home?

then
**CONTACT
us today**
for more
information

Freephone
0508 24 66 32

Our Home Assist team specialises in home-based care and support and employs quality Support Workers who are caring, professional, reliable and empowering.

Together we aim to maintain your independence, dignity and quality of life.

Our service includes:

- Home Help
- Personal Care
- Medication Oversight

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

www.korowai.co.nz

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



Mō tātou o Hauraki

Affordable medical & wellness
services for everyone in our community

**Clinic Opening
Hours**
Monday to Friday:
8.30 - 12.30pm
1.30-5pm



Dr Kopua's contribution to Māori health recognised

Psychiatrist Dr Diana Kopua (Ngati Porou) MBChB, FRANZCP has been awarded the prestigious Dr Maarire Goodall award 2020 for her on-going contribution to Māori Health.

Presented by Te ORA, the Māori Medical Practitioners Association, the annual Dr Maarire Goodall Award aims to support and celebrate the contributions of Māori health professionals working at the very highest levels. Established in 1997 Dr Goodall sought to celebrate the life-long careers of Māori medical professionals.

Riana Manuel - Manukura Hauora (CEO) of Te Korowai Hauora o Hauraki, says of Kopua, "Together we are reconceptualising the delivery of mental health services in the greater Waikato region through the development and nurturing of Mahi a Atua within the communities.



"Dr Diana Kopua has been a pivotal part, not only in our collective and collaborative efforts to create change, but here in Hauraki she has been a lead change-maker during some of our most trying times as a country. Dr Di's brand of pono and tika leave no room for complacency or excuses, she supports at all times but make no mistake she will challenge institutional racism and advocates for the people every time.

"This is the kind of leadership we need as Māori, to help us return to that knowledge that is long forgotten but ever relevant."

Riana says since introducing Mahi a Atua into Te korowai Hauora o Hauraki, they have seen a massive rise in the number of Māori seeking help and support.

"And that speaks to an equity-based approach that our people can recognise themselves in.

"Ensuring they receive better, sooner and closer-to-home care is what Mahi a Atua seeks to do, in our language and through our pūrakau being described by not only our clinicians but also by our creatives, our Whānau Ora workers and our wider community."



A piece by Ta Moko practitioner and Gisborne tohunga Mark Kopua depicting Whiro, the god of challenges. Art is used during therapy sessions as a visual stimulant.



Te Korowai
Hauora o Hauraki

**IMMEDIATE RESPONSE
HOTLINE**

OPEN
Mon-Fri:
8.30-4.30

for
whānau
in distress



FREEPHONE

0508 111 555

If you, or whānau are in distress,
please contact our **FREE Hotline**
for immediate support
and treatment

www.korowai.co.nz

Te Korowai Hauora 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**
- **Dietitian** - Patients under the care of Te Korowai Hauora 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
- **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

Hinengaro Mental Health & Addiction Services

- Counselling
- Drug & Alcohol Counselling
- Recovery Group Programmes
- Whānau Advocacy
- Child & Adolescent Mental Health & Addiction Services
- Employment Support



Te Korowai Hauora o Hauraki
Mō tātou o Hauraki
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

Krista - 027 808 3356 (Thames, Paeroa, Waihi, Ngātea, Te Aroha)
Kim/Janet - 027 808 3336 (Whitianga, Hikurangi, Pūmā, Tairua, Kaitiaki, Matarangi)
Katrina - 07 866 8084 (Coromandel)

FREE service for ALL children from birth to 5 years throughout Hauraki rohe

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

Pepi-pod - keeping baby safe while sleeping. This is a FREE service
For more information, please call: 07 866 0032
*criteria applies

www.korowai.co.nz

- 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
- **Rongōa Māori - Mirimiri** - traditional Māori healing clinics offered in Thames, Coromandel, Paeroa
- **Disability Information & Advisory Services** - support clients with disabilities
- **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
- **Pepi Pod** - We are a provider of safe sleeping Pepi Pods for the whānau of newborn babies to help reduce the risk of SUDI.
- **Iwi Health Promotion** – empower Rangatahi and Whānau to be in control of their own Ora/Wellness (Holistic Health focus)
- **Quit 4 Good Stop Smoking** - 6-week course - free Nicotine Replacement Therapy (patches, gum, lozenges) Rewards on completion of course.

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



Mō tātou o Hauraki Health and Wellbeing Services for everyone in our community

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 Hauora o Hauraki



www.korowai.co.nz

Freephone: 0508 835 676 (0508 tekorowai)