



TUIA

Ngā Kōrero o te Wā





Stronger immunity
Greater possibilities

Covid19.govt.nz

New Zealand Government

**Unite
against
COVID-19**

WHARANGI IHIRANGI

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MANUKURA HAUORA



Riana Manuel
Manukura Hauora
CEO

Tui, Tui, Tui, Tuia.

Tuia i runga,

Tuia i raro,

Tuia i roto,

Tuia i waho.

Tuia ki te whaiao ki te ao marama!

It brings me great joy to release this new era of communications "Tuia" to share with all of our whānau. In times of change it is always important to acknowledge where we have been and "Kōrero o te Wā" was previously that.

I want to also pay a special tribute to our beautiful Jo Belworthy who was the editor and chief of Kōrero o te Wā and a cherished member of our organisation. Jo passed away earlier this year after a battle with cancer but her presence with us will remain mō ake tonu as she was at every event taking the pictures that we will share over time. ***Moe mārie mai e te piwari, hoki atu ki ōu tupuna, haere atu rā.***

So, this is the first version of 'Tuia' and what a year we have had thus far. We have had ngā piki ngā me ngā hekengā but always we remain committed to our kaupapa of "Hauraki a healthy nation".

Throughout this first issue you will note some of our updates and one of the changes will be moving to a monthly format instead of our quarterly offering. This will ensure you get a better idea of what we are doing closer to the time we are doing it or have done it.

Once again we have risen to the challenge that COVID-19 brings, with our organisation standing up swabbing centres and clinics across the motu, as well as maintaining our business as usual for all of our whānau and rolling out both static and mobile vaccination centres. The mobile team has been actively vaccinating at our local community centres, car parks and marae over the past 17 weeks and will continue to provide this service to ensure we reach more of our whānau.

I want to thank all of our kaimahi for the outstanding effort that they put in every time Covid-19 rears its head and we understand that this will be our response every time.

Finally, we celebrate our Māori Language this month and this week is Māori Language Week. Kia Kaha Te Reo Māori whānau, this is our language, it is part of our history as a nation and it is a beautiful, indigenous language that we can all be a part of revitalising.

On that note,

***Ko te reo kia tika
Ko te reo kia rere
Ko te reo kia `Māori`***

Mauri ora,

Riana Manuel



"E TE TI E TE TĀ"

NĀ TE ETITA

E Kura haramai kia toka ai te manawa, nōhea au te whakarere i a koe. Ka haumanutia ki te matemateāone kia ranonga, kia kounga. E kore rā e ea i te marama, i te wiki tēnei nama ki a koe. Te tai o mihi te pari nei ki te riu o maunga pae wawata. Nau mai, noho mai rā koe, e taku reo māori ki tō taunga taurikura.

E te ti, e te tā, nau mai ki te whakaputanga tuatahi o Tuia. Welcome to Tuia, our organisation's magazine formerly known as Ngā Kōrero o te Wā. Tuia aims to shed light on kaupapa that we are working on or have accomplished and to create a strong taura here to our people of Hauraki.

Reinventing 'Ngā Kōrero o Te Wā' has brought me great joy in creating a piece that might become somewhat of a time capsule, not only for Te Korowai Hauora o Hauraki but hopefully for its people. I am immensely proud to publish the very first issue of Tuia in time for Te Wiki o Te Reo Māori. It is a small addition to the Māori Language Movement and contributes to normalising Te Reo Māori in all spaces. Kia Kaha Te Reo Māori!

"Tuia te rangi, Tuia te whenua, Tuia te moana"

This whakatauki speaks of the connection between the heavens, the land, the oceans and tides and using that information to navigate through all aspects of life. Tuia celebrates change, a change of mind and a change in direction.



"HE MAIMAI AROHA"

A Tribute to Jo Belworthy

E rere rā ngā wai o Tīkapa Moana ki te puna o rau roimata kei te one i Kapo Wairua. Ko te au tukituki o Te Tai o Whitireia ki Te Moana Tāpokopoko o Tāwhaki te rite ki ngā wai o te whatumanawa. E te whāea, kauria ngā wai o te āke āke, hei reira tō rahi e tutaki ki a koe anō.

He Maimai Aroha,
He Hekenga Roimata.



*A Collaboration by Bettina
Hunter and friends.*

What was my first memory of Jo.....

A woman with such tranquility, beauty and peace. I was awestruck. When she started to speak I listened and I knew she was special. I found out about her spirituality and her wonderful ability to put everyone at ease.

As a Kaiawhina for the Piki Te Ora team it was my privilege to invite her to take our yoga class. At that time she was facing her health issues but she was willing to encourage, motivate our kaumatua with sensitivity and serenity. Not once did she mention her illness but carried on as if nothing was wrong with her. She endured a lot over time but she fought back with so much bravery.

Jo was so thorough teaching us the correct yoga moves and stretches and I will never forget her gentle approach to our class whether six or one she put all her effort into teaching us the beauty of yoga. You will always be remembered Jo Mahadevi.



COVID-19 has brought our teams and community together like nothing ever experienced. This photo represents Te Korowai Hauora o Hauraki, the Waikato District Health Board and Hauraki Primary Health Organisation all working together for our Hapori.

KŌWHEORI-19

COVID-19



Te Korowai Hauora o Hauraki are excited about the opening of our community Covid vaccination site in Whitianga. We want to remind whanau that this site is a community site that is for everyone, you do not need to be a registered patient of Te Korowai to access this service. The vaccination centre is based at the Whitianga Westpac Helicopter Rescue Trust, at the end of Abrahamson Drive and will be open from:

Tuesday- Friday: 9am-4pm

Saturday: 10am-4pm.

We understand that there can be significant wait times to book appointments for vaccination through the national booking systems. In response to this we can support people to make an appointment at the vaccination centre and whanau are welcome to drop into the community site at any time to do this. We will accommodate walk in appointments on the day, as much as possible. We look forward to welcoming you all to our site.

Nga mihi,

Te Korowai Hauora o Hauraki (Whitianga)

As well as our Whitianga vaccination center, Te Korowai Hauora o Hauraki had the honour of attending the opening of the Goldfields Vaccination Center in Thames. We would like to extend a huge mihi to Dr Korohere Ngapo who lead the opening ceremony with Karakia as well as support from Matua Wati Ngamane and Reha Wātene. Dr Korohere Ngapo also received his first Covid 19 vaccination that same morning. In his words, it is all about keeping our community safe.

E te iwi, the importance of protecting our whānau is at the heart of what we are trying to achieve in our vaccination program.

Kia Kaha, Kia Manawanui.

**For all the latest info and updates visit our Whārangī Pukamata (Facebook):
Te Korowai Hauora o Hauraki**

KŌWHEORI-19

COVID-19



Manaakitanga swings into Action.

Pare Hauraki has been in the spotlight since the move to Level 4 lockdown on Tuesday 18 August. As soon as the Coromandel risk was confirmed, Te Korowai Hauora o Hauraki began pop-up testing stations across the district. Manukura Hauora Riana Manuel was pleased that the community came out in force to be tested. "We are extremely thankful to have had no positive cases in the region" she said. Riana acknowledged the focus now for Te Korowai Hauora o Hauraki is on vaccinating the Hauraki community. She said "We are a tight-knit community, we know each other. We encourage all whānau to come and get vaccinated as soon as possible because it's one step towards protecting our people."



Whilst everyone from around Aotearoa was watching our rohe and waiting for the daily updates, our amazing kaimahi were enduring long hours and multiple levels of anxiety in the community. They manned the pop-up stations, sacrificing whānau time and their safety to service our communities - Manaakitanga at its best.

Since Covid-19 arrived at our shores our tikanga has changed, such as Manaakitanga. Manaaki is to offer aroha, love and compassion. That now looks like staying home, keeping our distance and self isolating when we're mauui (unwell). It requires us to always think of others, and putting their needs before our own - this aspect of Tikanga remains untouched by change and more importantly unchanged by COVID.



Te Korowai Hauora o Hauraki kaimahi will be stationed across various sites and encourage everyone to either contact them directly on 0508-tekorowai (0508 835 676) or visit BookMyVaccine website.

In an open letter to Aotearoa from Ngāhiwi Apanui, he states that Manaakitanga now means being kind, being on to it and being prepared.

Kia Kaha, Kia Maia, Kia Manawanui Aotearoa.
Be Strong, be prepared and be kind Aotearoa.

MIHI MAI

Get to know your health practioners



"E RERE KAU MAI TE AWA NUI,
MAI I TE KĀHUI MAUNGA KI A TANGAROA,
KO AU TE AWA,
KO TE AWA KO AU.
KO RUAPEHU TE MAUNGA
KO WANGANUI TE AWA
KO TE AO MARAMA TE MARAE
KO TE ATI HAUNUI-A-PĀPĀRANGI TE IWI
NGĀTI KURA ME NGĀTI RURU OKU HAPU
KO TURIA TE INGOA WHANAU
KO TAYLA TOKU INGOA
KO AU TĒTAHI O NGĀ NĒHI O TE KOROWAI
HAUORA O HAURAKI"

Tena koutou e te whanau,

My name is Tayla Thompson, and I descend from the Wanganui River. I was raised in the beautiful setting of Whitianga. Growing up I felt a connection to the people and the place that I call home. I always knew that no matter what career path I chose, remaining in Hauraki was always going to be a priority for me. When I completed my nursing training, I felt a sense of responsibility to return home to Hauraki, to support the health and wellness of the people in our communities. After three years of working for a private GP practice in Whitianga, I found my place at Te Korowai Hauora o Hauraki.

I am currently employed as the Nurse Lead at Te Korowai and am part of the COVID-19 vaccination team. My primary focus is supporting our nursing team to deliver timely, appropriate health care, while empowering our people to make informed decisions around their health and wellbeing. I believe that this role provides the opportunity to support our nursing team to meet the needs of our most vulnerable through meaningful engagements. This desire aligns perfectly with our organisation's vision of Hauraki as a Healthy Nation. Nā to rourou, nā taku rourou, ka ora ai te iwi.

Nāku iti nei,

Tayla Thompson



When you get vaccinated you're not just protecting yourself. You're also doing your bit by reducing the risk of passing on COVID-19 to your whānau, friends and community.

The COVID-19 vaccine is free, and available to everyone aged 12 years and over in Aotearoa.

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**Your COVID-19
vaccination**
Everything you need to know

**Te Kāwanatanga
o Aotearoa**
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**MINISTRY OF
HEALTH**
whakatihi hauora

How the vaccine works

The COVID-19 vaccine works by teaching your body to fight the virus and protects you from getting sick. **The vaccine cannot give you COVID-19.**

You will need two doses of the vaccine, six weeks or more apart. To ensure you have the best protection, make sure you get both doses.

Is the vaccine safe?

The Pfizer vaccine has been thoroughly assessed for safety by our own Medsafe experts. Medsafe only grants consent for using a vaccine in Aotearoa once they're satisfied it has met strict standards for safety, efficacy and quality.

This is the same process used to assess other medicines, like the flu vaccine.

There have been no shortcuts taken in granting approval.

The Pfizer vaccine has been used successfully by millions worldwide.

It continues to be monitored for safety.

Getting the right information matters

Be aware of incorrect or second-hand information on social media and other places.

You can get accurate and trusted information at:

- [Covid19.govt.nz/get-the-facts](https://www.covid19.govt.nz/get-the-facts)
- [Health.govt.nz/covid-vaccine](https://www.health.govt.nz/covid-vaccine)
- [karawhina.govt.nz](https://www.karawhina.govt.nz)
- or talk with your doctor.

How can I get the COVID-19 vaccine?

To book your appointment go to:
[BookMyVaccine.nz](https://www.bookmyvaccine.nz)

If you're unable to book online, you can call the COVID Vaccination Healthline on: **0800 28 29 26** (8am to 8pm, 7 days a week) and we'll make the booking for you and answer any questions. Interpretation services are available if you need them.



What health information do I need to share?

If you have had an allergic reaction to any vaccine or injection in the past, please tell your vaccinator.

If you are taking any medications or have a bleeding disorder, talk to your health provider first.

Getting your vaccination:



A healthcare worker will do a health check with you and answer your questions.



You will need to agree to be vaccinated. Remember, you can ask questions at any time.



A fully-trained healthcare worker will then give you the vaccine in your upper arm.



You will need to stay for at least 15 minutes so a healthcare worker can look out for you and make sure you are ok.



Once the healthcare worker is confident that you're fine and you are feeling ok, you can leave and carry on with your day.

Potential side effects

Some mild side effects, such as muscle aches, pain at the injection site or headaches, are common. These are more commonly reported after the second dose. They are actually a sign that your body's immune system is learning to fight the virus. They don't last long and won't stop you from having a second dose or going about your daily life.

There are some side effects that are more serious but very rare, like a severe allergic reaction or an inflammation of the heart. If you develop difficulty breathing, a racing heart, chest pain or feel faint immediately or in the days after the vaccine, you should seek medical attention.

After your vaccination:



You will be asked to get your second dose of the vaccine after a gap of six weeks or more.



This is important because you will get your best protection against COVID-19 after two doses.



If you feel unwell or are worried about any side effects, speak with your trusted health professional.

And still continue to:



Stay home if you are sick and contact Healthline about getting a test.



Use the NZ COVID Tracer app and turn 'on' Bluetooth tracing.



Wear a face covering on all public transport and domestic flights.

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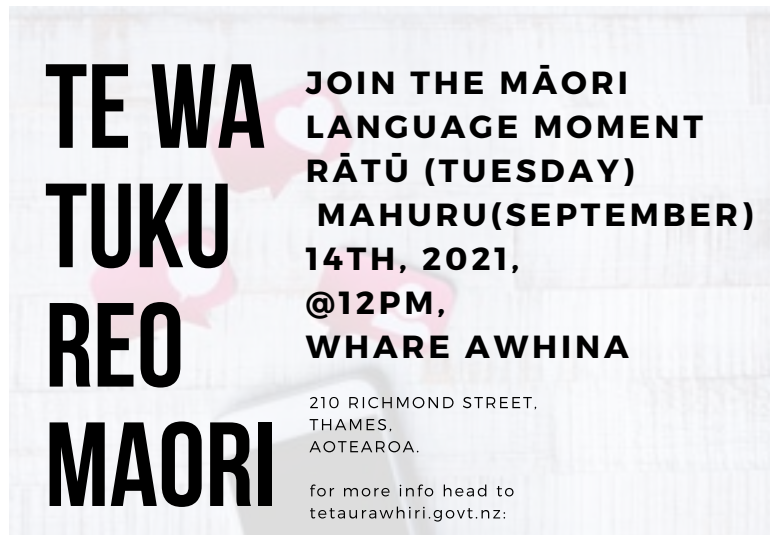


Te Kāwanatanga o Aotearoa
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Kia Kaha Te Reo Māori



Nau mai te whā o Mahuru, te kaitō mai i ngā wawata nō tuauri.

Nō aku manukura, nā aku manu taiko, mō aku toi kahurangi.

Kia rauika mai a roimata, a hupē, a werawera, a manawanui hei tohu mō ngā toa tauā reo Māori.

Mō ngā ohāki kua tutuki, ngā wawata kua whāia me ngā tini manako kei te pae tawhiti o nāianeī, tēnei ka mihia.

Aotearoa has been celebrating the Māori Language week every year since 1975 and only now are people shifting from "Why do you keep shoving 'Maowry' down our throats" to "Kia Ora, how are you today?" This might seem so small, but as a collective with "small" contributions we create change and contribute to the Māori Language Movement. **Ahakoā he iti, he māpihi Pounamu** ; Despite being small, it is of huge value.

Te Korowai Hauora o Hauraki are proud to support **Te Wiki o Te Reo Māori - The Māori Language Week** by taking part in the Māori language Moment at noon on Tuesday the 14th of September. We encourage you all to take up the call, to be the change that future generations will thank.

"Kia kaha te reo Māori. May our language be strong.

Kia kaha Aotearoa. May our country be strong.

Kia ora Aotearoa. May our people be well."

(Quote extracted from an Open Letter to Aotearoa from Toihau, Rawinia Higgins.)





WAITĀPARA

Te Korowai Hauora o Hauraki Iwi Health Promoters

Wai; (noun) Water| River| Tears| Stream.

Tāpara; (noun) Aspiration| Desire| Wish.

a: (particle) Of| belonging to...

Rangatahi; Youth|Young Adults.

E te iwi, tēnā rā tātou katoa!

2021 so far has been quite eventful for our crew, from hui and wānanga to new crew members, as well as a new name that we feel, better represents our mahi and our Rangatahi.

To celebrate Māori Language Week, we're going to teach you an easy way to practise pronouncing our new ingoa with ease which will help build confidence as well. WAI- TA-PA-RA

; Why - tar (tarseal) - par (Golfing term) - rah (as it sounds but roll the Rrrr. Happy learning team!

From the regular meetings with Rangatahi Ora, Toi Ora was created for rangatahi to attend a wānanga with three local rangatahi artists from Hauraki, who have turned their passion into careers. There were three workshops (Mahi Toi, Rapping/song writing and Social Media) all mahi were facilitated by Tahu Hollis (Social Media Influencer), Keanu Manuel (Tāmoko Artist) and Kwest (Rapper/Songwriter). Rangatahi across Hauraki were invited to attend this kaupapa at no cost, with kai and resources provided. Taiohi enjoyed this exposure and having a full day with our local artists, they had the chance to move and experience all workshops. At the end, rangatahi created a song with Kwest, two whānau members got a tāmoko piece done on the day and rangatahi experienced podcasting with Tahu. Overall, this was an awesome way of connecting with rangatahi through art and seeing their creative side was a bonus.

In July Waitāpara a Rangatahi (Iwi Health Promoters) collaborated with Te Ahurei a Rangatahi to facilitate a noho based on hauora which was held in Manaia. There were 50 rangatahi who attended the noho, with 25 from Waikato and 25 from Hauraki. The week started with a hiko to the kauri grove which was led by matua Apanui Skipper. The roopu learnt about rongoa, kauri dieback and pūrākau about the whakapapa of tohorā and kauri. The rest of the afternoon tuakana organised activities for rangatahi to get to know each other and create whanaungatanga.

The second day consisted of four workshops on Te Whare Tapa Whā, whānau, hinengaro, tinana, and wairua. The roopu were broken down into 4 groups with 12 rangatahi in each. Having small groups allowed for intimate conversations, therefore allowing rangatahi to trust and connect with each other on a deeper level. Haka and waiata were learnt that afternoon. All rangatahi participated and enjoyed themselves. The following day the roopu travelled to Whitianga for a bit of whakawhanaungatanga.

The final day was presentation day. Rangatahi performed the waiata, haka and chant that they learnt to their parents, followed by a kai hakiri. Overall this noho was a huge success with lots of amazing feedback from rangatahi. Waitāpara are now looking at running these wānanga every schools holidays so watch this space

Ngā maiohatanga,

-Makinarangi, Jani, Kesian, Staz



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