



HEALTH PĀNUI

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Managers Up-date

Tēnā Koutou Katoa

Ko te mihi tuatahi ki te Atua, ko ia te kaihanganga o ngā mea katoa

Ko te mihi tuarua ki te Kīngi o te motu a Tuheitia me tona hoa wahine a Atawhai me ā rāua tamariki mokopuna. Paimarie.

The Health & Social Development team is pleased to present our second pānui.

It goes without saying that the strength of our organisation lies in its people and their unwavering belief that what we do makes a difference. I salute their efforts and acknowledge their commitment toward honoring our Tūpuna, as they work diligently toward bringing our people to a place of self determination. Kei te mihi ki a koutou katoa.

A lot of change has occurred since our last pānui. The most significant being the uncertainty surrounding the Primary Health Organisations (PHO) and District Health Board (DHB) structures. I guess we will all find out in due course. The recent collapse of the Waikato Primary Health Organisation (WPHO), has put us on alert as we consider the implications of what this will mean for us. The whispers in the health community suggest a strong movement toward a 'clinical focus' with a lot more outcomes rather than a lot of activity. We will continue to monitor the climate very carefully.

One thing for sure is that like many times before we will navigate our way through these changing times.



Vanessa Palea has recently been appointed to the team leader position. Vanessa joins Lulu and Latoya and I am extremely pleased to have them all on board. Vanessa has always been a valued member of the team and has proven ability in coordinating programs.

Arohanui

Nā Bernice Kaponga

Health & Social Development Manager

Moemoeā

**Tū Raukawa Ake!
Tū Whenua Kura!
Tū Rangatira!**

Vision

**Strong Raukawa Nation
Culturally Empowered
Vibrant Papa-tū-ā-nuku
Birthright Realised**

Please feel free to contact us for any queries etc.

Refer to back page for contact details

Check out the upcoming events on the back page!!

Health Administrator



Teela Dawson

As the Administrator for the Health and Social Development Team I am required to fulfil any administrative duties specifically for the Health and Social Service Manager.

There are times when I am asked to assist in various areas within the Health sector, which requires me to work closely with staff members.

Working with staff is very relaxed as we are all a constructive group of people, who blend and work well with one another.

Nā Teela

Public Health



KC Maaka

Well whānau, started off with a hiss and a roar for the second half of 2009. Was fortunate enough to score a workshop down at the 'Alternative Energy Solutions Building' (26-32 Balmoral Rd) where the 'Frankenstein' of raised gardens was created. Plastics pallets are graciously turned into raised garden barriers and installed at 9 of the 15 Kōhanga in Tokoroa, Putaruru, Te Awamutu and Matamata as well as Te Kura Kaupapa O Te Hiringa and Te Wharekura O Te Kaokaoroa O Pātetere.

The reason behind this is to allow our Iwi, hapū and whānau access to healthy kai hence starting with Kōhanga and Kura.

This will go a long way to teaching our whānau the ways of vege gardening, the ways of old like our tūpuna and ancestors used to. The economic inflation rate in Aotearoa is increasing with little sign of declining so our whānau need to

learn how to provide their own kai and sustain this kaupapa for future generations. The 'Kai Oranga, Kai Ora Project' will achieve this. This awesome initiative will be taken to Marae throughout the Rohe.

Sugar and fats in food posters have been around for a while so it seemed highly appropriate to take this into Kōhanga. The Kaiako were blown



away and happy to display them as the posters show you exactly how much sugar and fats are in the kai we eat.

Please see the poster included with this article, how much sugar and fats are in a meal for four from KFC compared to the healthy alternative being roast chickens, salad, buns and diet coke. Wicked aye!!

YMCA Conservation Course consists of rangatahi, aged 16 to 22 years with 11 males and 4 females.

This group is headed by Pani Bell who used to work for RTB and yep, he's the man. I've been running educations on nutrition, cook smart, preparing a garden for veges and having basketball games for physical activity.

They are a great bunch of rangatahi and although quite stand offish to start out with, are now receptive to any ideas put forward to them. It's a pleasure working with them and the staff at YMCA who are focused on the needs and aspirations of young people in Tokoroa.

That's me and what I'm up to for now, till next time.

Ka kite anō
Nā KC



Tamariki Oral Health



Kerry Shailer

Since taking on this new venture I have enjoyed the journey thus far and grateful to be supported by some great work colleagues.

Created and met new networks for the Tamariki oral health programme.

Experienced the Denlite Screening Programme on the 5th August at Tangata Marae Kōhanga Reo and very proud that we have taken on this initiative and invited the program into the centres.

Tamariki Oral Health Service covers the whole of the Raukawa Rohe - Tokoroa, Te Awamutu, Matamata, Putāruru and Tīrau. Target ages are from 15 months to 5 years old (Preschool)

Please ensure all tamariki and mokopuna are enrolled with the Dental Services, this will give parents and whānau a better understanding of how important Oral Health is.

Ngā mihi nunui te whānau

Nāku noa nā

Kerry Shailer



Rangatahi Health



Kathleen Ellis

This last quarter was a busy one for the Rangatahi Service with the resignation of Turuhira Wirihana who has taken on a position with the District Health Board.

I would like to take this opportunity to welcome Chanelle Stainton to the service.

Her induction

has taken her into our new networks of Cambridge and Te Awamutu besides still servicing Matamata, Tokoroa, Putāruru, Tīrau and Arapuni.

Educational/Promotional Programs with Individual careplans around Nutrition, Physical Activity, Oral Health, Asthma, Smoking Cessation and Breast and Cervical screening is what we have provided to the 14 – 25 year olds within the rohe.

Nā Kathleen Ellis & Chanelle Stainton



Chanelle Stainton

Sexual Health — By Lulu Williams, Sexual Health Coordinator



Lulu Williams

The Sexual Health Free Contraceptive Service is provided in Tokoroa, Putaruru, Matamata and Te Awamutu for Under 25 year olds.

This Service is provided by GP'S and Chemist. Invoices are sent to the Raukawa Trust Board Sexual Health Service for payment. Advantages of having this Service allows Rangatahi to take responsibility of their own Sexual Health needs. It also allows the



Sexual Health Service to receive accurate information of data based around Youth Pregnancy and Sexually Transmitted Infections. Data information allows us to encourage providers to deliver Sexual Health Education to students at schools, parenting programs, alternative learning programs and marae based programs. Education programs can be provided by the Sexual Health Service or an external specialist such as Family Planning Association and SWIPAC.

The Holiday Program provided during the month of April 2009 was very successful as outlined in the



evaluation feedback forms completed by Tamariki/Rangatahi/Whānau. Feedback included: loved learning the Haka, enjoyed the trips and visits in other towns especially Te Awamutu Pools, made new friends and many more positive comments.

Overall, many thanks to the Manager, Raukawa Trust Board staff and Rangatahi volunteers who assisted with this holiday program.

Nā Lulu Williams

Photos: Safety in the Home & visit to Tokoroa Fire Station



Chronic Care Management



Maxine Papara

This Service is provided in Tokoroa, Putaruru and Tīrau to people 15 years and over.

We ensure clients are maintaining their care-plan assessments through monitoring during follow up visits and providing a quality service, empowering clients to make positive well informed choices and decisions with Nutrition, Physical Activity and Social Support.

Clients are provided with education programs based around nutrition and ensuring that the kai they eat meets the requirements of their diabetic level.

Clients are informed of physical activity programs which they can attend such as Water Woggles, Upright and Active, activities that can be done at their own home.

Clients can also be transported to hospital visits, GP visits if they have no other means of transportation.

Nā Maxine Papara

Well-Child/Tamariki Ora Service



Sandra Mentjox

Kia ora anō

This quarter we welcome to the service Sandra Mentjox as Tamariki Ora nurse.

Networking with external community services is helpful. Visits to maternity units at Tokoroa Hospital and Pollen Hospital, Matamata to introduce Sandra were beneficial.

We are receiving a steady flow of new baby cases (new clients). The service continues to grow, home



visits remain very positive.

18 June - we attended the Injury Prevention Workshop in Taupo, delivered in conjunction with Safekids Campaign 2009/10. This year's focus being Motor Vehicle Child Passenger Safety and Cutting & Piercing Prevention.



Doreen Flavell

As a result of this, the Trust Board was very lucky to have been donated six Safe n Sound convertible car seats by Louise Kirk ACC Rep based in Rotorua.

3rd-7th of August - we attended CPS (child protection services) training

in Rotorua. This training focused on recognizing signs/symptoms of all forms of Child Abuse.



Bonnie Hireme

Ngā Kōhanga Reo o Tokoroa, tamariki ora checks are currently being scheduled. To date two Kōhanga Reo have confirmed These are due to start early September.



Bring on the Sunshine!



School Based Service



Vanessa Palea & Lucky Manu

Kia Orana, Talofa Lava and warm Pacific greetings to you all, another exciting quarter has been and gone and so much has

happened for the School Based Service.

We have completed another great Holiday Programme during July which was a huge success for our Tamariki here at the Raukawa Trust Board.

We travelled to Hamilton to visit with Rueben and were greeted with the highest level of kindness from the staff of Environmental Waikato and we were officially welcomed by the Chairman of the Board. When Reuben entered the room the kids were ecstatic and overwhelmed by his presence and enjoyed – active message that was presented.



Kai Time Carnival was a lot of fun and it gave each child the opportunity to participate in each of the activities. The objective of the carnival was to teach the kids how to earn 'fake money' by completing each task and how they manage the money they earned. Not only did they have a lot of fun playing 'Sing

Star and Wii' and buying a lot of junk food.

'When the Price is Right' - Was a scavenger hunt activity where each team were given clues to find prices of 14 items spread out around 'the Base' shopping complex. During the challenge the kids had to take photographs of six of the items on their shopping list and some products were very difficult to find. Congratulations to 'Team Kakariki' they were winners of the day☺



We were fortunate to travel to the Taupo Prawn Farm and enjoyed the guided tour around the facility. We were shown the hatchery area where the early stages of the prawn were held and lead through to the Nursery to view and feed the maturely developed prawn. We were then lead outside to the holding pools where the Tamariki had the opportunity to go fishing for their own prawn.

These are just some of the successes of the work that the School Based Service has experienced. The past few months have been very exciting times for our service, good changes have occurred with the direction of the new Health Manager which allows

us to shine again. We continue to deliver quality service and care plans to improve health with our students, schools and Whānau.

During this quarter we had the opportunity to attend training in Rotorua on 'Child Protection' facilitated by CPS. The course was very informative and well presented with a strong message of preventing harm to children. Lastly we had the privilege in attending the 'Youth Mentoring Network' conference held in Auckland. The training focused primarily on specialist, structured Youth Mentoring programs and it offered information and assistance to those who were interested and involved with Youth Mentoring.

Our roles as School Based Coordinators have been strengthened by the training programs attended; we have gained new skills to practice now allowing us to be more affective in our mahi.



HPV (Human Papillomavirus Vaccine) Whānau Engagement Service



New Zealand's new HPV immunisation programme seeks to prevent HPV infection and, in the long term, to significantly reduce the number of women in New Zealand who develop cervical cancer.

Robyn Ngaika This service covers HPV immunisation of eligible girls aged 12 to 18 years. The Service delivers programmes, support, and provides effective evidence based information that will assist individuals to make an informed choice about HPV immunisation.

Cultural support is provided at school based vaccinations and/or individual support at a community based facility e.g. GP, for the completion of the required three doses. The area covered is Tokoroa, Putāruru, Matamata, Cambridge and Te Awamutu.

I am currently working alongside the Public Health Nurses who coordinate the school based vaccination team for their different areas. We have recently been to Putāruru High, Matamata Intermediate and Matamata College for the third and final round of doses. Next week we will be at Tokoroa High and Te Wharekura o Te Kaokaoroa o Pātetere, Putāruru. My role is to follow up on Māori kōtiro who for one reason or another have not returned their consent forms and have not been vaccinated at school.

Nā Robyn Ngaika

Home Based Support Service



E ngā mana, e ngā reo, e ngā kārangatangamaha Tēnā koutou, Tēnā koutou, Tēnā koutou katoa.

Natasha Wehipeihana-Kaea

First and foremost, it is a privilege to work within a roopū, dedicated and committed to providing continual care and support to the Raukawa iwi, and the wider community.

As the Co-ordinator of the Home Based Support Service, I have learnt so much about virtues and human nature. *To receive compassion, you*

must give compassion.

With a client base of close to fifty clients and the majority being over sixty five and living in Tokoroa, we provide home help and personal care in the client's home. The aim is to enable them to maintain, organise and control their home environment. I am proud to say my caregivers, in one way or another, have formed a friendly, open relationship with each of their clients – within of course the boundaries of professional expectations. This is important to the recovery of the client and their disability.

Though at times wrongly perceived, our caregivers are more than a

cleaner sent to do the job no-one else wanted. They are respectful, competent individuals who through their own morals and values find comfort in helping someone else. This service thrives each day through the wealth of knowledge and experience each caregiver has, the reputation of service with a smile, and the ongoing support and guidance from the Health Service Management. We can be proud of our achievements, and of the service we provide.

Nō reira e rau Rangatira mā, e Koro mā, e Kui mā, tēnā koutou, tēnā koutou, tēnā koutou katoa.

Natasha Wehipeihana-Kaea

Family Start Service



Toya Marsden

The year is flying by so quickly for the Family Start team. We have seen many whānau leave the area in search of better employment opportunities, and many come in to the area in search of cheaper living.

Winter has been extremely hard on many of the whānau we work alongside of with the combination of old housing and lack of accessible heating resources. Rental prices have also increased and whānau are finding it difficult to meet living costs and provide healthy and nourishing kai for their whānau. We are grateful for the support that the local food banks have provided to our whānau in these hard times.

On 19 August 2009, Family Start held a promotion in Putāruru with other Raukawa Health Services. Despite the weather, the promotion was very successful and it was a great opportunity to meet more of the community who would otherwise walk straight past the building.

Interested community members were provided with a variety of resources from family violence information through to child development DVDs and handouts, and were given a free sausage sizzle in recognition of their support.



Lynda Ormsby

We welcome on board to our team Lynda Ormsby as a Whānau Worker. Lynda has recently attended Āhuru Mōwai & Born To Learn training in Wellington.

Āhuru Mōwai & Born To Learn is a core component of the Family Start program and provides whānau with one on one child development information and activities to add to their kete of knowledge.



Petrina Campbell

Petrina Campbell recently attended the Child Protection Studies workshop in Rotorua. This workshop is intensive and is delivered over a five day period. It provides individuals with a greater understanding of the dynamics of child abuse and enables better identification of contributing factors.



Darling Joyce

Darling Joyce, Michele Martin and Toya Marsden have all been busy this year completing tertiary studies.

Darling travels to Wellington one weekend a month to study towards her Bachelor of Social Work and will graduate in March 2010.



Michele Martin

Michele attends tertiary education once a week for the Diploma in Social Work. She is in her final year of study and will also graduate in 2010.

Toya is completing her Masters in Social Work through extramural study. She attends Massey University courses throughout the year and has another two years of study to complete.

We congratulate them all on their hard work and dedication to their studies, and look forward to celebrating their successes with them.



HEALTH PROMOTIONS/HOLIDAY PROGRAMS 2009



KUIA/KOROUA ACTIVITIES-EDUCATIONS 2009



Kuia & Koroua Service



I came aboard as Interim Coordinator at the end of March and secured the position permanently following Chanelle's transfer to the Rangatahi Health Service. To encourage the clients to keep coming to the programmes over the coming winter months transportation and communication have been essential elements. Making follow-up calls prior to pick up day have helped with maintaining the numbers for attendance.

With a roomier, more comfortable and warmer van to transport our clients, this special bit of consideration and respect was all that was needed to give the service more of a boost.

*Hone
Hemara-Wahanui*

We are attracting clients who are motivated and committed to making changes for their health and wellbeing and if I may say, a lot of this has come about by word of mouth from the clients.

The socializing aspect of the group has brought about a new lease of life for healthy interaction between different iwi, hapū and communities, leading to healthy relationships fostered by encouragement and support.

The Water Woggles and Mind Stimulation programme held on Tuesday mornings, begins at 9.30am and finishes at 12 noon.

The Upright and Active programme held on Thursday mornings, begins at 10am and finishes at 12 noon, and has components of te reo, whakapapa, waiata, karakia and line dancing included.

Education Awareness for Asthma, Diabetes, Nutrition, Fitness and Life Changes as well as Breast and Cervical screenings continue to interest clients and whānau.

Although a core group of clients are taking an active role in the programmes to date, I am sure that as the warmer weather arrives the numbers will once again swell to overflow.

Nā Hone Hemara-Wahanui

Education Pre-school - Promoting Participation in Early Childhood Education



Mama Maea

Output 1 – Relationship Building with ECE Services

I successfully established a great reciprocal relationship with many Early Childhood Centres (ECC) in Tokoroa. I think the fact I help them by finding children and enrolling at their Centres strengthens this relationship, and our contractual obligation is completed. Their doors are always open, and they provide a friendly and welcoming atmosphere.

Output 2 - Identifying Non Participating Children

At Raukawa Trust Board we have various services and we refer clients to each other, including "Family Start" & "Well child" - thank you very much girls you are awesome. I engaged six children from you this month.

The Board also gives lots of opportunity for us to promote at Health, Education, and Social Services promotion days. When given the opportunity to promote, I take it - when I am shopping, driving or eating, at weddings, tangihanga - anywhere I see a family with young children, I will approach them to see if they are enrolled in an ECE service; if not I proceed to give them information on what's available. I have made successful placements this way.

The child on the left of the photo below was referred by Toya Marsden, Raukawa Family Start. He is Bayley Matthews with his friend. Both Bayley and his sister Shimmir-honey were enrolled into Te Ara Metua Punanga Reo ECC, and last week they retained and were given their presents. The children and mother were thrilled.

They were very fortunate the fact that Ani Maea, Manager for the Te Ara Metua Punanga Reo ECC, and my sister in-law gave free transport and free education for Bayley and Shimmir-honey.

God bless Ani and the Punanga Reo.

Output 3 – Enrolled

Output 4 – Retention

Both were covered by the story above.

I am nearly there with the numbers:

Non Participation – 120 until June 2010 Current enrolments - 116 (only 4 more to go)

Noho ora mai

Kia Manuia

Mama Moeroa Maea



Community Outreach Nursing Service



Raewyn Tai
NZRN

An experienced registered nurse who serves as a health educator, advisor and advocate for individuals and families. Values underpinning my practice include caring, empathy, truthfulness, promoting health and autonomy, and respecting client choices. The service as far as practicable will:

Identify and help individuals / family overcome barriers to getting the health services they need. Barriers can include communication, transport or treatment costs. For example, through a comprehensive assessment process I can ascertain if an individual has all their prescribed medications on hand, whether they're taking their medications, and if they're taking them correctly.

Provide important health assessments which include taking blood pressure, weight (thereby saving costs at the GP). Assessments encapsulate the concepts of Te Whare Tapa Whā. An individual's value and belief system impacts greatly upon their motivation and willingness to change behavior and make the necessary lifestyle choices to improve their health outcomes.

Through consultation with other services like Practice Nurses in doctor surgeries, our service can be alerted to individuals who are 'hard to reach'. These individuals may 'slip through the gaps' and miss out on vital screening opportunities.

Caregiver strain is also an area of concern whereby support and advocacy can be vital. A knowledge base that enables speedier access to services is essential to providing appropriate health outcomes for both carer and those being cared for.

Individuals / families can:

Expect appropriate and respectful care that considers their values and beliefs and be treated with dignity.

Be informed in terms they can understand.

Be expected as much as possible to be participants in planning their care.

The ultimate goal is to work with individuals / families to empower them to be better self-managers of their own health.

Nā
Raewyn Tai

Tamariki/Rangatahi Kaupapa Māori Mental Health



Rondase
Edgecombe

We network collaboratively with a cluster group from the rohe of Te Kuiti, Taumarunui, Te Awamutu, and Tokoroa, and we are known as the Southern Cluster.

Our team recently participated in a health promotion in Putāruru, with feedback from the community wanting info on a range of issues that constitute mental health/mental illness.

Rondase and Donna are currently studying at the University of Auckland, Medical Science Postgrad papers in Child and Adolescent Mental

Health, and Fotu will look to next year to start doing study.

Rondase and Donna supported the recent holiday program in Tokoroa, participating in the healthy eating 5 + a day kaupapa with the kids, enforcing that Healthy eating feeds a Healthy mind.

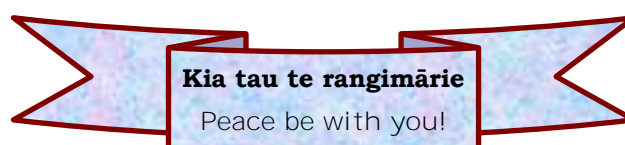
Nā
Rondase Edgecombe
Donna Deane
Fotu Manutai



Fotu Manutai



Donna Deane



Disease State Management Mobile Nursing Service Mirimiri Service



Anita Moke
DSM

This service is provided by a Registered Nurse to assist those whānau who present or are at risk with developing the following conditions: Diabetes, Lung and Cardiac.

This Service is provided in Te Awamutu, Cambridge, Matamata and Tīrau to those aged 45 years and over.

Education programs are provided to clients covering Diabetes, Lung and Cardiac related topics.

Visits can be provided at a venue best suited to the client e.g. home, office or hospital if the client is in hospital.

Nā Anita Moke



Hone Ratana

Our target group is 40yrs +

This Service provides:

- Mirimiri - Massage
- Rongoa. - Natural Medicine
- Reflexology
- Tendology
- Reiki

Contact Hone Ratana

Tuesday – Friday 9am-5pm - By appointment only

26-32 corner of Ronoia and Balmoral Drive, Tokoroa

Phone: 07 886 8936.

Māori Disability Service



Whakawhiti Gage

This service is targeted at Māori, 50+, with disabilities who require access to disability support services

This service provides assistance to ensure the disability needs of Māori client/s are fulfilled in the most efficient and effective manner.

This may involve hands on involvement in the service delivery through providing guidance, advice and interpretation of individual Māori and whānau needs for effective service delivery (advocating).

Areas covered are:

Matamata – Cambridge – Putāruru – Tīrau

Contact Whakawhiti Gage - Matamata - 07 880 9774

Drug & Alcohol Counseling Service



Faith Winikerei

This Service provides counseling Drug and Alcohol and other related issues, Drug and Alcohol Education Programs, Violence Prevention, Section 65 Assessment and referral to residential treatment.

Information provided about the Drug and Alcohol Service at promotions have resulted in an increase of clients to Service Delivery.

Educations continue to be provided to individual clients and groups such as Schools, Alternative Learning programs.

We look forward to the development of the brochures for this service so as we are able to use it as a promotional tool.

Faith Winikerei – Tokoroa, 07 885 0260

Rauhou Karipa – Matamata, 07 880 9774

Te Aomarama Tane – Te Awamutu, 07 871 2124



Te Aomarama
Tane



Rauhou Karipa

Holiday Programme 2009 - Visit to the Fire Station



Waka Taua Service



Mana Winikerei

Waka Taua is a wānanga noho program (weekend live in classes), that consists of eight, weekend classes.

Our primary objective is to encourage our clients (male) to maintain holistic wellness by actively participating in the practices of:

Kotahitanga - *Unity*

Rangatiratanga - *Self determination*

Pūkengatanga - *Skills*

Wairuatanga - *Spirituality*

Tapu- *Sacred*

Noa - *free from tapu, normal*

Whanaungatanga - *Relationships*

Kaitiakitanga - *Guardianship*

Whakapapa - *Genealogy*

Contact:

Mana Winikerei
Haami Winikerei

Tokoroa 07 885 0260



Haami Winikerei

Ka pakeke te haere, kua e hemo!
When things are difficult, don't give up!

Kaua e haere ki mua, kei kore whai au
Kaua e haere ki muri, kei kore arahi au

Kei tāku taha kē koe

E haere ngātahi ana tāua!

Kia kaha te tākaro kia ora ai koe!
Be active so that you keep well!

Raukawa Trust Board

15-16 Princes Street
PUTĀRURU

26-32 Campbell Street
TOKOROĀ 3420

Phone: 07 885 0260

Fax: 07 885 0261

E-mail: reception@rauakawa.org.nz



You can access these services during the following hours:
Monday-Friday 8.30am-5.00pm



Raukawa Trust Board

On 5 November 2009, Raukawa Health and Social Development **Services will be holding a whānau day at Glenshea Park Putāruru.**

There will be plenty of fun activities for the children

Time: 10am - 2pm

Our staff will be available to offer information and support to the public.

You will also be able view the Services Raukawa has to offer. So come along and check it out!!

Upcoming Events

NAU MAI, HAERE MAI!

Oral Health Service

Oral Health Screening and Intervention through Denlite screening in Kōhanga, Kindergartens and learning centres in the 4th term

Rangatahi Health

Free **BREAST SCREENING** for women aged 45 -69 years coming to:

Putaruru 7th Sept – 23 Oct at the Putāruru Vet Car park

Tokoroa 26th October – 11th December at the Tokoroa Council car park.

Kuia/Koroua Service

Wednesday, 21 Oct, 10am - 12pm- NUTRITION EDUCATION Raukawa Trust Board Community Room

Friday, 30 Oct, 10am - 3pm - KAUMĀTUA OLYMPICS, Te Rapa Sportsdrome, Church Road, Hamilton

Wednesday 11 Nov, 10am - 12pm - ARTHRITIS MANAGEMENT EDUCATION, Raukawa Trust Board Community Room

Wednesday 25 Nov, 10am - 12pm - DIABETES MANAGEMENT EDUCATION, Raukawa Trust Board Community Room

Wednesday 2 Dec, 10am - 12pm - ASTHMA MANAGEMENT (to be confirmed) Raukawa Trust Board Community Room