



Te Puna Panui

‘He tangata, he tangata, he tangata’

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“Our whanau and our home environment must be protected and cared for to ensure new life and new ways of living are harnessed for people to have their mana and rangitiratanga rightfully restored.”

Tena koutou



Nga mihi kia tatou katoa mo tenei tau hou. Greetings to all readers as we are truly entrenched into 2007!

Already Te Puna Hauora has entered into engagement within the community which will seek to draw in community groups to work in collaboration with each other.

One of the major events was the Tamariki / Whanau day on the 24th of March. With the prominent exposure of ‘no smacking’ being discussed and debated throughout Aotearoa, this was an opportunity for us to provide that extra care for our tamariki. The opportunity to give, to take notice, to spoil and love them as our God-given taonga (treasures).

Te Puna will continue to seek to provide services requested by the community. One example is the programme we are developing to be known as *Te Kaupapa o Te Kore Riri*, (Violence Prevention Programme for Maori Men).

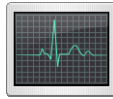
In addition we will be working in tandem with a local provider in the presentation of programmes for women who are living in violent situations within their homes.

This is a major area of concern within our whanau which goes unchecked and this programme will set the foundation for our present tamariki as they move towards adulthood. This behavioural cycle needs to be broken. Our whanau and our home environment must be protected and cared for to ensure new life and new ways of living are harnessed for people to have their mana and rangitiratanga rightfully restored.

I guess we could cover several issues, however let’s firstly seek to put these programmes in place for our whanau.

Ko te amorangi ki mua, ko te hapai o ki muri.

John Marsden QSO
General Manager



Keeping good health

To stay fit and healthy we all need regular checkups. Below are a few things you can do to make sure you and your whanau are healthier for the year ahead.
A bit like giving your car a service, regular maintenance will keep you running better!!

Flu Vaccinations

Immunisation is easy and free for many people. Ask at your local Te Puna practice.

- Being Fit And Healthy Will Not Protect You From Influenza
- Influenza Is Not A Bad Cold. It Can Kill.
- Protect Yourself And Your Family – For Many, Immunisation Is Free

THE INFLUENZA VACCINE IS FREE for people with medical conditions such as asthma (only if on preventative therapy), diabetes and heart disease, and for anyone aged 65 or over (until the 30th of June – so act now!!).

The vaccine is available for \$20 for those that do not qualify for the free vaccine.

Make sure you give yourself and your family the best protection against inFLUenza.

ASK YOUR DOCTOR OR NURSE ABOUT INFLUENZA IMMUNISATION.



Health Check

A regular health check can identify problems before they become major health issues.

The doctor will do a physical check. It is an opportunity to say 'hello' and ensure that your body is doing what it should.

You are able to speak with your doctor about any concerns you may have.

Contact either clinic to book yourself in for a Health Check.

Cervical Smears

The aim of cervical smear taking is to prevent cervical cancer. Cells which may develop into cancer can be detected with a simple cervical smear. The test is to detect changes in cells early so that they can be treated.

Who should have a smear?

All women who have ever been sexually active are advised to have smear tests from the time they turn 20 until they turn 70.

How often should you have a smear?

If it's your first smear you should have it repeated in a year, otherwise every three years.

Please phone one of our clinics for more information or to book an appointment.

Whakarongo Mai!!

Quick ideas for getting active

It's easy to build physical activity into your daily routine.

Here are some quick ideas for what you can do today, tomorrow or on the weekend:

- Take the stairs instead of the lift.
- Walk to the shops rather than drive.
- Get off the bus early and walk.
- Park the car further away from the office and walk.
- When you walk, step out briskly.
- Wash your car by hand.
- Use chores around the garden to work up a sweat.

For more ideas, ask one of our staff members or visit www.sparc.org.nz





Children's Day - March 2007



Te Puna Hauora celebrated children by holding a fun event for children in March.

Staff planned a fun-filled day of events and games for children of all ages.

All events were free and children were encouraged to come along and have fun with their whanau and friends. Parents and children alike enjoyed a number of free activities including bouncy castles, face-painting, farm animals and pony rides.



"Children need kindness, smiles, encouragement, praise and mentoring so that they can be self-confident, innovative and caring. The design of the future is in our hands".

- Fuimaono Les McCarthy, Ministry of Pacific Island Affairs."

The community is urged to take some time to celebrate their children.

We intend to hold the event annually and next year's event promises to be bigger and better. We will be looking to involve more of the community – so watch this space!!



Thank you to the following for kindly supporting this event.

Birkdale Pharmacy

Karen Otene

Hubbards

Mother Earth

Vodafone Warriors

Blues Rugby

ASB Bank Northcote

Robinson IP

Next Corporation

The Dollar Shop Northcote

Don's Dairy Birkdale

Jill Nerheney

North Harbour Sport

Gai Cassidy

North Shore Maori Wardens

Hato Petera

Here are some things you can do **EVERY** day with your kids:

- praise and encouragement
- listening and talking
- love and affection
- new experiences.



DID YOU KNOW??

Children's Day is celebrated in many different ways around the world. In some countries, including Brazil, Nigeria, Paraguay, South Korea, and Turkey, Children's Day is a public holiday.

In Turkey, children from all around Turkey gather in the capital city, Ankara, and they replace the selected members of the Grand National Assembly. They have an elected president and prime minister and they govern Turkey for one day in order to emphasise the importance of children in society.

Tips for Mental Health

Being in good health means more than feeling physically well; it also means feeling mentally well. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent times.

- 1. Build Confidence** – Identify your abilities and weaknesses together, accept them, build on them and do the best with what you have.
- 2. Eat right, Keep fit** – A balanced diet, exercise and rest can help you to reduce stress and enjoy life.
- 3. Make Time for Whanau and Friends** – These relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.
- 4. Create a Good Budget** – Financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.
- 5. Manage Stress** – We all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.
- 6. Find Strength in Numbers** – Sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.
- 7. Identify and Deal with Moods** – We all need to find safe and positive ways to express our feelings of anger, sadness, joy and fear.
- 8. Learn to Be at Peace with Yourself** – Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

If you need help or support to deal with things that are affecting you or your whanau, **we are here to help**. Te Puna has a wide range of free services for you; just call us or speak to one of our staff.

QSM for Lyvia

Lyvia Marsden, General Manager of Te Puna PHO, has been awarded the Queens Service Medal for Public Service.

The purpose of the QSM is to recognise voluntary service to the community. Lyvia founded Te Puna Hauora back in 1995 and it has since grown to be a very important part of the community of Te Raki Paewhenua.

Lyvia has been involved in health in NZ for over 30 years, working as a nurse for many years before setting up Te Puna. Lyvia was also instrumental in setting up the Maori Nurses Organisation.

Lyvia joins a number of celebrated Kiwis, who have received this award. There are other people involved in Te Puna who have been similarly recognised including our General Manager, John Marsden QSO.

Congratulations Lyvia!!



Mita Rinui, Lyvia and John with Te Puna's Whanau Ora Award 2004

How to contact us

For more information about our services, or to chat to our staff about what we could help you with, please contact us using the numbers below.

Or speak with one of our staff on your next visit. We will help you out wherever we can.



Northcote Clinic: 489 3049

General enquiries: 489 0183

Social Services: Letty or Julia on 489 0186

Birkdale Clinic: 483 5724

www.tepuna.org.nz or email administration@tepuna.org.nz