



Te Puna Panui

‘He tangata, he tangata, he tangata’

INSIDE THIS ISSUE

- 1 Harakoa Kirihimete from John Marsden - GM
- 2 A Journey of Change Whakarongo mai!!
- 3 Kia ora from the Whanau Liaison @ NS Hospice
- 4 King & Queen Crowned!!
How to contact us



“best wishes from all staff and Board members for an enjoyable Xmas and prosperous New Year with your whanau.”

Harakoa Kirihimete!!



Sue Panapa and Te Puna tamariki at the kids Christmas party.

E nga mana me nga reo. He mihi aroha tenei kia koutou katoa i te nekehia ki te wa Kirihimete ara te whanaungatanga o a Ihu Karaiti. No reira tena ano tatou katoa.

Greetings as we embark upon the festive season. 2006 has certainly provided us with some exciting challenges. There is a general feeling that cases presented whether that be at the clinics, or at any of the other Te Puna Hauora services have been more complex. In addition to that we are being required by a range of our stakeholders to also provide services at a level of which is often far different to their request some 4/5 years ago. Obviously, peoples needs change through the passing of time. It will certainly be the objective of Te Puna Hauora to provide a smorgasbord of services in the future

in order that our clients are able to be managed from a “one stop” provider, or when that can not happen, certainly being referred to appropriate agencies for support.

We acknowledge with great appreciation your custom and support over the past 12 months and trust that Te Puna Hauora continues to be your preferred health provider in the future.

Please accept the best wishes from all staff and Board members for an enjoyable Xmas and prosperous New Year with your whanau.

No reira noho ora ra koutou katoa i te manaakitanga o te Atua

John Marsden QSO
General Manager

A Journey of Change

"living with diabetes"



Nila Heke-Cassidy is fit, healthy and coping well with her diabetes. But it wasn't always so. Earlier this year, Nila felt tired, overweight and 'not in control of mind and body'. Nila is on what she calls her 'journey of change' in learning to manage her life and her diabetes.

What made Nila decide to change her lifestyle?

After visiting her step-sister who was sick in hospital, Nila realised that she had to become serious about managing her diabetes, "What I saw made me determined to be serious in doing something about my health issues' says Nila. She didn't have a good understanding of diabetes, lacked motivation and put off trying to manage her diabetes. However, after meeting with DSM nurse Lydia Arnold things began to change.

"I haven't reached my desired goal yet, but everyday is new with new challenges... I never give up and I'm very positive." ~ Nila

"I was determined to set goals to give myself the better quality of life I deserved. At first I had a few stepping stones to overcome but I kept positive. I started achieving my goals, though at times I had a few hiccups, but I never gave in!"

How did Te Puna Hauora help?

As well as giving Nila information, Te Puna was able to support Nila with encouragement from the DSM nurses, regular checkups and invitations to meetings. "I felt I was important, that I wasn't just another Maori diabetic statistic!"



Our DSM nurses can help you learn to manage your diabetes so that you can continue to enjoy the

Lydia is very pleased with the progress Nila has made. "From a medical perspective she is doing very well, but even from a personal point of view Nila is doing great. She is looking and feeling fantastic!" says Lydia. "Nila is a perfect example of what can be achieved by actively managing diabetes"

Nila's advice to fellow diabetics? "Be consistent, keep seeing your Diabetic nurse, and be committed. Being proactive is vitally important. Admitting that I have a disease and to have education that gave me new knowledge, skills and confidence was also important."

"I haven't reached my desired goal but everyday is new, with new challenges, but I never give up and be positive!"

For more information, or support in managing your diabetes. speak to your GP or nurse on your next visit. Or call us at one of our clinics.

Whakarongo Mai!!

Clinics – Te Puna Hauora clinics (Northcote and Birkdale) will be closed for the statutory public holidays on the following dates:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
25 Closed	26 Closed	27 Open	28 Open	29 Open	30 Closed	31 Closed
1 Closed	2 Closed	3 Open	4 Open	5 Open	6 Closed	7 Closed



Childcare Centre – closes on the 20th of December and reopens on the 22nd of January.

Parenting Programme – next course begins late February. For more information or enrolment enquiries please phone Darlene Hita on 4893049 ext 221.

Kia ora from the Whanau Liaison @ NS Hospice



Tina Parata, Whanau Liaison

Hello one and all, firstly I would like to thank everyone at North Shore Hospice and Te Puna Hauora for your welcome and assistance since I took up the post of Whanau Liaison. It has been a bit lonely trying to figure out what my job title and description mean, and how to do it, however, I think I am getting there!

North Shore Hospice provides a free service to patients at home and in the In Patient Unit, working to provide the best possible quality of life for those with a terminal illness. We have skilled nurses, doctors and counsellors working together with patients and their whānau for care and support.

As the Whānau Liaison I have been employed to inform local iwi about what hospice can do to assist them, and to reassure patients and whānau that they will remain in charge of their situation. Hospice will work with the patient and their whānau, according to their wishes.

You are welcome to contact the Hospice by telephone to discuss any of our services. The Hospice is located in Shea Tce,

Whakataukí "Ehara taku toa I te toa takitahi... Engari toa takitini"
"I stand not of my own strengths... But on the strengths & gifts of many others"

Pepeha Ko Kapakapanui te maunga,
Ko Kapiti te motu,
Ko Waikanae te awa,
Ko Tokomaru raua ko Tainui ko Kurahaupo nga waka,
Ko Te Ati Awa raua ko Ngati Toarangatira ko Muaupoko nga iwi.
Ko Whakarongotai te marae,
Ko Kaitangata te hapu,
Ko Tāmaki Makaurau tōku kainga noho,
Ko Tina tōku ingoa.

Mihi Téná koutou e te whānau e Te Puna Hauora, kua haere mai nei ki tenei wahi ki te whakatakoto I nga whakaaro mo tenei kaupapa. Ka nui te mihi mo to koutou tautoko ki te haere mai ki te awhina I nga tikanga e pa ana ki tenei rohe.
No reira téná koutou, téná koutou, téná tatou katoa.

Whakataukí "Whakarongo ki nga kupu o nga kaumátua, kakahutia I runga I a koe, mau e hoatu ki te ao hou"
"Learn the wisdom of your elders, apply it to yourself and pass it on"

Heoi ano, téná koutou, téná koutou, téná tatau katoa.



across the road from North Shore Hospital and the phone number is 486 1688

I thought some of you might be interested in what I have been up to. I started my mahi by learning what goes on here at NSHospice and who does what, then I started looking at Maori Health. I have also been busy networking, and setting up ties with departments within Waitemata Health, and many different community groups.

Kia ora Mo Wai Te Ora, Community Health Services, Te Puna Hauora, the Community Co-ordinators, Raeburn House,

and the District Iwi Liaison Co-ordinator for the New Zealand Police.

My next focus will be the North Shore Pasefika Festival 2006, being held at the Greenslade Reserve, Northcote on December 9th, from 10am to 3pm. I will be manning a stall there, representing NSHospice. I would love any bright ideas you might have, and I'd love to see you there.

I hope to bring you regular reports on what I am up to, and I welcome any input, assistance and support you may feel like sending my way. Watch this space!

Nga mihi mahara me nga mihi pai o te ra kia koe, na Tina



King & Queen crowned!

Pereme Porter and Martha Hoani were crowned King and Queen of Te Raki Paewhenua at the recent Kaumatua & Kuia dinner.

The event was a great success with over 100 people in attendance. After the powhiri, a beautiful buffet dinner was served. Keri Hatfield kept everyone entertained, though there were few takers for the offer of karaoke (with one notable exception!).

GM John Marsden was responsible for the choice of king and queen and thanked Martha and Pereme for their input to the community.

Piriha Riddell and her group showed off their line dancing skills, with a number of guests and staff joining in the encore performance!! "Many older people in our community can become isolated, so this is a wonderful opportunity for kuia and kaumatua to catch up and reconnect with each other" said senior Kaumatua



Martha Hoani and Pereme Porter

Teri Hei Hei. "They can catch up on all the gossip!!" The Te Puna team paid tribute to the many guests with korero, waiata and a small taonga.

MC Sue Panapa was very pleased with the way the event went. "Its great that everyone chips in," said Sue, "it makes it a real community event". The guests agree, with increasing numbers attending each of the biannual events.



TAKE 5

Children are always falling out of trees, running into things or coming off their skateboards – it's all part of growing up!

It's also the time when they learn the most, so make sure your tamariki pick up good safety habits to last a lifetime.

- Store dangerous chemicals up high and locked away
- Ensure you have an approved car seat and that it is fitted correctly to your car
- Get your children to put away their stuff so they don't become a tripping hazard
- Install gates at the top and bottom of stairs
- Install guards around fires and heaters

For tips or help with making your kids safer, talk with the Tamariki Ora team ph 489 3049 ext 215

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 (then option 1)

General enquiries: 489 3049 (then option 2)

Social Services: Letty or Julia on 489 3049 (then option 3)

Birkdale Clinic: 483 5724 (then option 1)

www.tepuna.org.nz or email contact@tepunapho.org.nz

