



WHAIORA

Wairarapa he waiora | He rarapa i nga ahuatanga e u ai te ha o te ora

Kawerongo, Whiringa-ā-rangi 2022

He kupu nā te Kaihautū Whaiora

Kia ora e te whānau

Welcome to our new Whaiora Kawerongo (Newsletter). We look forward to sharing updates with you and providing another form of communication for our Whaiora whānau to utilise on a monthly basis.

With the holiday season fast approaching, I want to highlight some key messages to bring to your attention first.

- A reminder that Dr Rakesh is no longer working at Whaiora (as of 22 November 2022).
- Dr Pete Morrison is now on leave until February 2023.
- Dr Nathan and Nurse Practitioner (NP), Sherry James, will be caring for whānau who are in the care of Dr Morrison until his return in February, and who were in the care of Dr Rakesh and Dr Maria until further notice (Dr Maria departed Whaiora in September 2022).

Your support with the following will help to alleviate service pressures, and I thank you all in advance for your support.

- ***Please utilise our nurse clinics from 10am to 2pm on Wednesdays (at Te Awhina) and Fridays (at Te Rangimarie).** This service covers all scheduled vaccinations (child and adult), guided care and cervical smears - in the very near future we will also be able to do routine blood tests and will update you on this in due course.
- ***If you or a whānau member become unwell, please see one of the above nurse clinics or call our medical centre to make an appointment** (phone 0800 494 246 or 06 370 0818) - we can even send a nurse out to do an assessment for you usually on the same day or within 24 hours. Our nurses' services often relieve the need to see a doctor.
- **Practice Plus is also available online** and offers a same day, after hours service to provide an accessible alternative solution. Visit www.practiceplus.nz for more information.
- **See the following page for medical centre open hours across the Raumatī holidays.**

Our focus is to do all we can to keep our whānau well - out of our waiting room and hospital with your help and knowledge of your whānau.

Noho ora mai,

Nā Triny Ruhe (Ngāpuhi), Kaihautū Whaiora.

Decolonising Whaiora

In November Whaiora Kaimahi participated in a decolonising wānanga at Tumaphuia-a-Rangi marae with whānau. This wānanga focused on understanding the creation, history, intergenerational, and ongoing impacts of colonisation specifically within the horopaki of tāngata whenua ki Aotearoa, and Whaiora service provision for whānau Māori ki Wairarapa.

Over our week-long noho marae, two rōpū of kaimahi and whānau participated in whakawhanaunga and tikanga, sharing whakapapa, whakaaro, kōrero, and kai. With the purpose of wānanga being to bring together and share our collective matauranga so to learn from each other, here are some key learnings for Whaiora.

- The necessity of kawa whakaruruhau (i.e. cultural safety) to underpin our collective practices and behaviours.
- That colonisation is a planned and intentional process that will take generations to reverse. Sharing this knowledge and educating ourselves about colonisation is key.
- Learning about Kahungunu and Rangitāne Treaty claims to understand local impacts of colonisation and needing to work with whānau to develop solutions.



Team Kapu Kōrero sustaining our decolonising wānanga.

Whaiora was established by Māori, for Māori. We acknowledge the impacts of colonisation on our service and the obstacles we face. It's our responsibility to work with whānau, hapū, and iwi to develop solutions to deliver the best quality services we possibly can for whānau ki Wairarapa - this is a key focus for Whaiora to continue and maintain.

Ngā mihi nui haukainga ki Tumaphuia-a-Rangi for your manaakitanga and aroha to enable and sustain our wānanga. Ngā mihi nui Wetere Paki (Ngāti Whāwhākia, Waikato Tainui) for facilitating this wānanga.



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Kawepurongo Whaiora

Tamariki Ora

Our Well Child Tamariki Ora Nurses work with whānau to help give tamariki the very best start in life.

Our Well Child Tamariki Ora programme is a series of health assessments and support services for tamariki and their whānau from six weeks to three years.

Our qualified and registered nurses support whānau and their tamariki with the following services.

- Deliver Well Child Tamariki Ora checks for tamariki aged six weeks to three years.
- Provide information and support māmā and pēpi (e.g. breastfeeding guidance and support).
- Provide pathways to *B4 Schools Checks* and *Outreach Immunisations*.



Note that referrals can only be made to Tamariki ora from midwives or a Maternity Ward.

Whaiora website refresh & launch

The Whaiora website is being upgraded to make it more accessible and user-friendly, with updated and relevant information. The new website is due to launch from January 2023 and will include new features to make it easy for whānau communicate with Whaiora (e.g. update contact details and order prescriptions).

We will keep you informed as to when the new website is live and look forward to receiving your feedback.

Umanga Mahi

Opportunities for General Practitioners

We are looking for registered GPs who share our mātāpono and work from a kaupapa hauora Māori perspective with whānau. Expressions of interest are welcome from GPs who are looking for both short and long-term placements.

GP shortages are unfortunately a nationwide issue. Whaiora is consistently working with recruitment networks and agencies to place us front of mind for GP candidates.

Raumati holiday hours

Please note the following open and close dates for the Whaiora medical centre across the Raumati holidays.

- **OPEN** 28th 29th 30th December 2022 & from 4 January 2023 onwards.
- **CLOSED** 26th/27th December 2022 and 2nd/ 3rd January 2023.
- The community outreach services will be closed 26 December 2022 – 6 January 2023.
- Wairarapa After Hours Service is based at Masterton Medical Centre. It provides urgent medical care to ALL Wairarapa and out of town patients. You do not have to be a patient of Masterton Medical to use this service. After hours is open weekends and public holidays, 9am-5pm (Phone 06 370 0011).
- Call Healthline 0800 611 116 for free medical advice 24 hours.



Enjoy your Raumati holidays together whānau!

Kōrero mai whānau

We welcome whānau to feedback to us on our newsletter - what information would you like to see here?



Ngā mihi nui,

Whānau Whaiora.