



*Ko te Amorangi ki mua, ko te hāpai o ki muri*

*Leaders and workers together get things done for our whanau*

# OVERVIEW OF SERVICES

## HEALTH

- Tamariki Ora / Well Child
- Mother and Pepi
- Mobile Nursing
- Health Promotion
- School Based Nursing

## MENTAL HEALTH

- Nga Oranga o te Rae
- Day Programme

## SOCIAL SERVICES

- Strengthening Families
- Social Worker In School
- Family Start
- Social Services

## HOUSING

- 17 Rentals

# FUNDERS AND PARTNERS

Hawkes Bay District Health Board – **PRIMARY FUNDER**

## **OUR FANTASTIC PARTNERS INCLUDE**

Nga Marae

Kura

Kohanga Reo

Early Childhood Centres

Te Whare Maire o Tapuwae

Wairoa Waikaremoana Maori Trust Board

Age Concern

Glengarry House

QRS / AFFCO / East Coast Lumber

Sport Hawkes Bay

ACC

Tairawhiti REAP

# HEALTH PROMOTION

## AIM

Increased awareness of healthy lifestyle choices  
Increased wellbeing

## OUTCOME

Contribution towards improved individual and whānau self-care to manage and improve their health.

## CORE FOCUS

Nutrition, Physical Activity and Smoke Cessation.





# SERVICES

## FREE programmes

delivered to improve Health and wellbeing of individuals and whānau  
(including local schools, Nga Kohanga Reo and Early Childhood Education Centres)

*Healthy food choices*

*The benefits of physical activity*

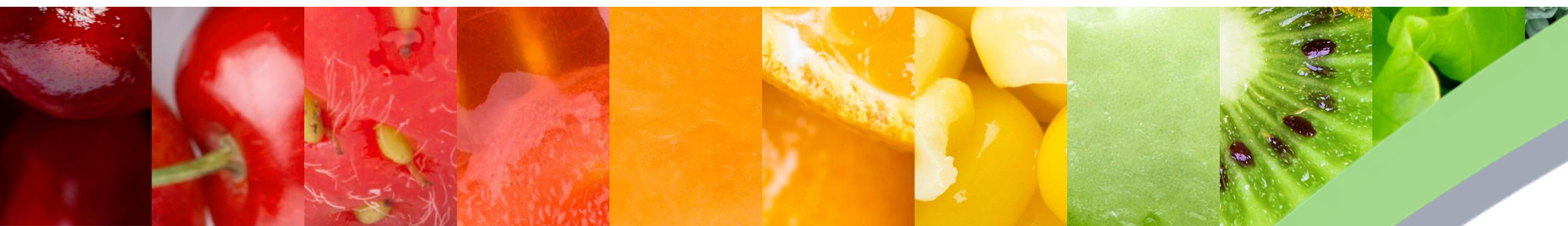
*Benefits of being smoke free*

*Develop physical activity/fitness programmes*

*Grow, gather and prepare healthy kai*

*Making use of the natural resources we have  
throughout the Rohe*

*Quit smoking*



# NUTRITION

## MAARA KAI



25

MAARA (GARDENS) established

12

EDUCATION SESSIONS

Held on how to grow gardens



# NUTRITION

## WAI IS PAI

NUTRITION INFORMATION		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
— saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
— sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Ingredients: Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (2%), grape (4%), peach (2%), gelatine, culture,		



Educational sessions that encourages wai (water) as the main source of hydration.

# NUTRITION

## MAHINGA KAI

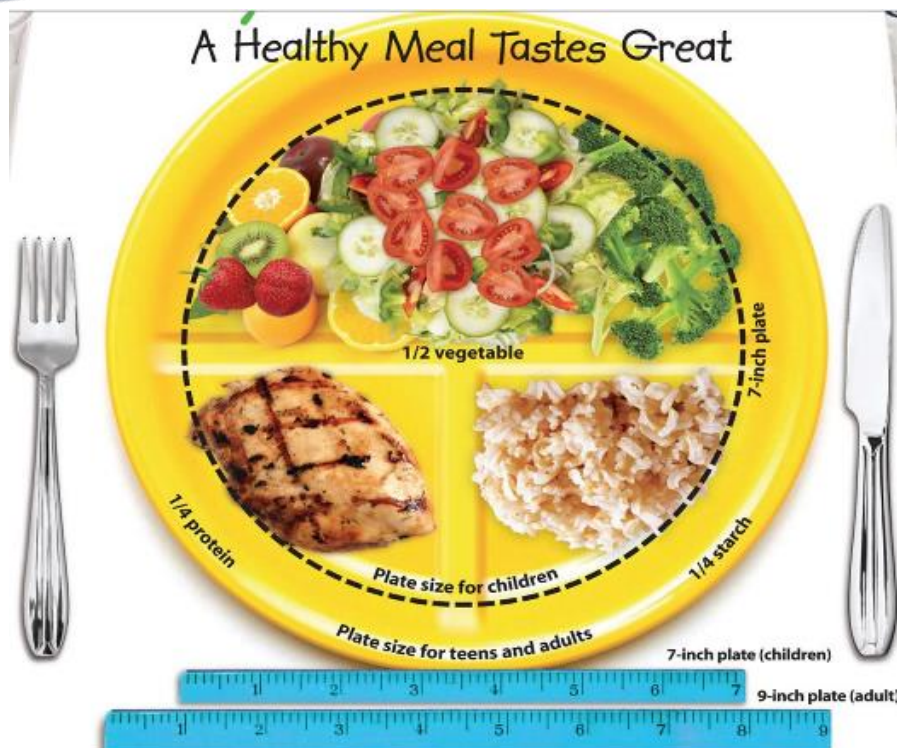
Natural Resource Educational Sessions  
“From the Creek to the Pot”





# NUTRITION KAI ORA

How does your plate stack up?



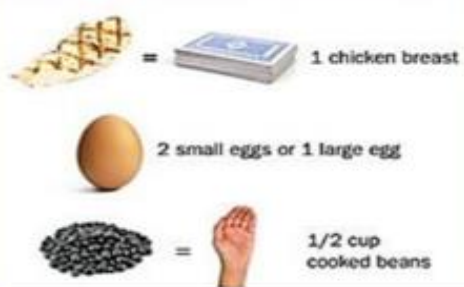
## Fruits & Veggies



## Grain Products



## Meat & Protein



## Milk & Dairy



## Fats & Oils



# PHYSICAL ACTIVITY

## TE WHARE HAUORA

A HUMBLE FACILITY



**697** exercise/physical activity programmes

**9,371** happy faces



# PHYSICAL ACTIVITY

## CULTURAL ACTIVITIES

Group cultural deliveries moving our people





# PHYSICAL EDUCATION MAUNGA HIKOI

Whakapunake  
Moumoukai  
Panekire



MAUNGA HIKOI



# PHYSICAL ACTIVITY

## NGA PAKEKE



Per Year

**12**

# Marae Visited

**6**

Attendance

**1,140**

**KAIUMATUA DAY**

# SMOKING CESSATION

## AUAHI KORE ROOPU

# TAME YOUR TANIWHA

## 8 Week Smokefree Challenge



**Bonus Poi**

Bonus points are awarded to your team for completing the following tasks:

- Some are harder than others, so you'll get more points for completing these tasks.
- Also three challenges that you can complete together.

**Individual Bonus Points**

- Enrolled with GP
- Enrolled with a GP (if not currently enrolled)
- Update contact information with GP practice
- Consent to GP (notification of smoking brief advice)
- Complete a Cardiovascular Disease Risk Assessment
- Female: Consent to check cervical / breast screening
- Male: Find info on prostate cancer / breast screening
- Nicotine Replacement Therapy or Champs
- Attend 1 Peta session
- Share a video about your Smokefree Journey
- Motivate 1 person to stop smoking and engage...
- Make your car smokefree

**Register Your Team**

**Team name:**

**Team-mate One:** Full Name: \_\_\_\_\_  
I grant the OHS permission to use my name and, with prior consent, use my photographs in connection with the Challenge including for social media marketing. Please tick:  
Date of Birth: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date Signed: \_\_\_\_\_

**Team-mate Two:** Full Name: \_\_\_\_\_  
I grant the OHS permission to use my name and, with prior consent, use my photographs in connection with the Challenge including for social media marketing. Please tick:  
Date of Birth: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date Signed: \_\_\_\_\_

**Team-mate Three:** Full Name: \_\_\_\_\_  
I grant the OHS permission to use my name and, with prior consent, use my photographs in connection with the Challenge including for social media marketing. Please tick:  
Date of Birth: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date Signed: \_\_\_\_\_

**Provider Name:** \_\_\_\_\_



# SMOKING CESSATION

## PUBLIC PROMOTIONS

SmokersFace Application



SMOKE MONEY vs KAI MONEY



# ACCESS OUR SERVICES

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