



ORA TOA PĀNUI

The latest news and updates from Ora Toa Health Services



That's more than one in 23 adults [1]



It is the leading cause of death in New Zealand and includes heart, stroke and blood vessel disease [2]



Many of these deaths are premature and preventable [2]



Heart Foundation

HEALTH PROMOTION THIS MONTH

HEARTH HEALTH MONTH WEAR A HEART DAY

WORLD CANCER DAY

AOTEAROA BIKE CHALLENGE

CLASS TIMETABLE

Follow -US-



HEART HEALTH MONTH

February is Heart Awareness Month. This is the perfect time to have your heart health checked. If you haven't already book in today for a heart check.

There are plenty of things we can all do to lower our risk of developing coronary heart disease, which will contribute to living a healthy life and keeping one of our most important organs safe and well.

- Eating a healthy balanced diet.
- Exercise and daily movement.
- Regular checks with your GP.

Wear a Heart day is coming up on February 15th. Keep and eye out in our pānui or in your local clinic for details.



WEAR A HEART DAY

Here at Ora Toa we are celebrating Health Month by having Wear a Heart Day on Thursday 15th February. Wear a Heart in support of Heart Health month. Hei Oranga Ake will be open for heart checks* and more.

Hei Oranga Ake
 4 Lydney Place
 Porirua
 Ora Toa Health
 Mon - Fri 8:30am - 5pm
 0800 672 862

World Cancer Day

**The theme for 2024 is: Close the Care Gap
 A 3-year campaign for impact**

World Cancer Day is more than a day on the calendar. That's why our campaign is built to inspire change and mobilize action long after the day itself.

A multi-year campaign means more exposure and engagement, more opportunities to build global awareness and ultimately more impact. Together, it's time to close the care gap in cancer care.

This World Cancer Day, ***what will you do to close the gap in cancer care?***



Cancer Society Porirua Hub

Cancer Society Coordinator: Gillian Fry

Our Porirua Hub aims to support whānau facing cancer in the Porirua community by connecting you to our Porirua-based Support & Information Coordinator who can:

- Visit you at your home, or phone you.
- Connect you to counseling and one-on-one support.
- Find support groups and workshops that best suit your needs.
- Provide cancer information and resources.
- Link you to our transport to treatment service.

Ora Toa Clinic: Mondays 1.30 pm – 3.30 pm

Takapūwāhia

Gillian Fry gillianF@cancersoc.org.nz

Phone: 04 495 4652





ORATOIA

AOTEAROA BIKE CHALLENGE

1000KM + THROUGHOUT THE MONTH OF FEBRUARY

INDOOR CYCLE AT MANAWA KAHA

FREE ENTRY | **01 FEBRUARY** | **START ANYTIME**

INDIVIDUAL → **TEAMS OF 4**

Challenge yourself and complete 1000km or more on your own. → *or get a TEAM of 4 together to complete 1000km or more.*

Sign Up in Manawa Kaha
Talk to Moana or Uriah

Contact
GymStaffengatitooa.iwi.nz

CYCLE FEBRUARY

A little something to get you moving. February is the Aotearoa Bike Challenge to get more people using their bike.

Here at Manawa Kaha we have an indoor version. Come on in, sign up and see how many km's you can do throughout February on our indoor stationary cycles.

03 March World Hearing Day

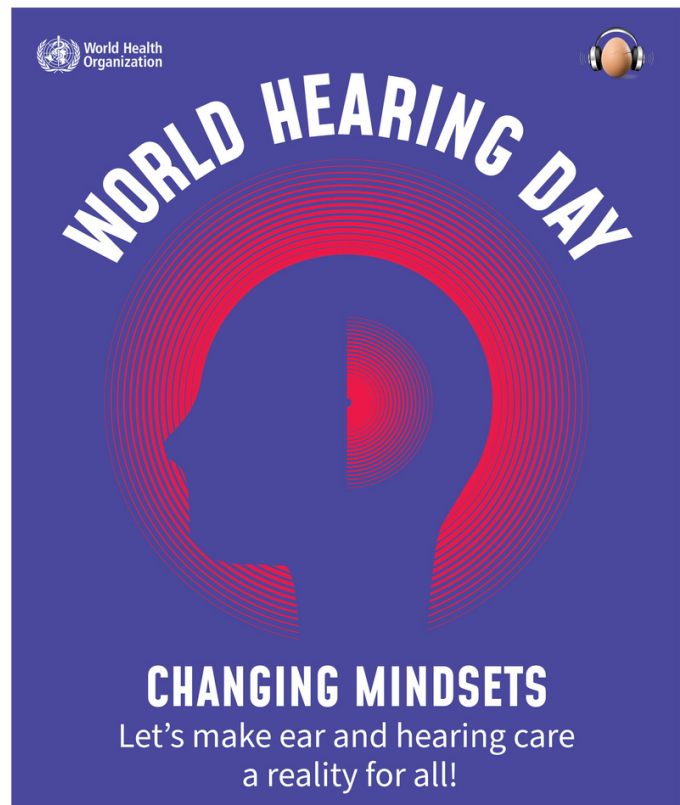
Hearing Awareness this March World Hearing Day 2024 will focus on overcoming the challenges posed by societal misperceptions and stigmatizing mindsets through awareness-raising and information-sharing, targeted at the public and health care providers.

Key messages

Globally, over 80% of ear and hearing care needs remain unmet. Unaddressed hearing loss poses an annual cost of nearly US\$1 trillion globally.

Deeply ingrained societal misperceptions and stigmatizing mindsets are key factors that limit efforts for preventing and addressing hearing loss.

Changing mindsets related to ear and hearing care is crucial to improving access and mitigating the cost of unaddressed hearing loss.



World Health Organization

WORLD HEARING DAY

CHANGING MINDSETS

Let's make ear and hearing care a reality for all!

Changing mindsets is crucial for improving access and reducing the cost of unaddressed hearing loss

March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

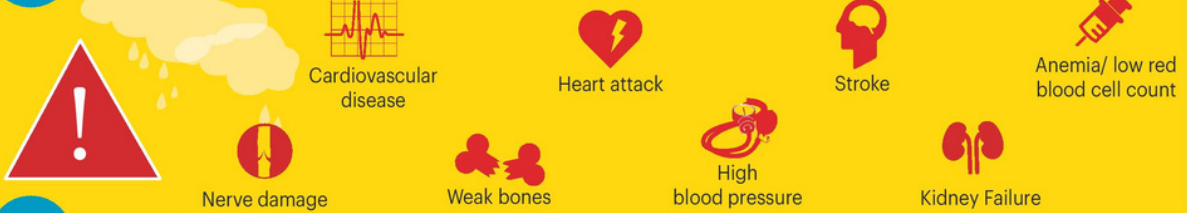
Filter wastes from the blood

Directs production of red blood cells

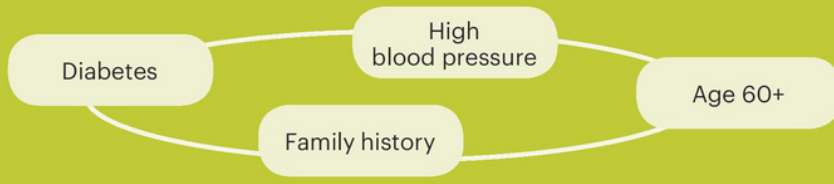
Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



4 RISK FACTORS



7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation®

Learn more at kidney.org



ORATOA
MANAWA KAHA

GYM HOURS
26 FEBRUARY - 25 OCTOBER

M 8:30am - 7:00pm

T 7:30am - 7:00pm

W 8:30am - 7:00pm

T 7:30am - 7:00pm

F 8:30am - 5:00pm

Closed **WEEKENDS** and **PUBLIC HOLIDAYS**

Website: oratoa.co.nz

Scan QR code to BOOK for classes.

Nutrition and Physical Activity Service

Our service offers advice on how to improve your health and manage long-term health conditions through good food choice and increased physical activity.

- GP referrals
- Manawa Kaha offers a safe space to workout.
- Group Exercise

Imera mai: GymStaff@ngatitoea.iwi.nz



Uriah Larsen
Samoan



Moana Wakefield
Te Whānau a Apanui,
Ngai Tahu, Ngāti Toa

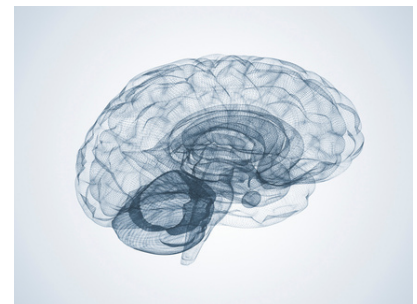
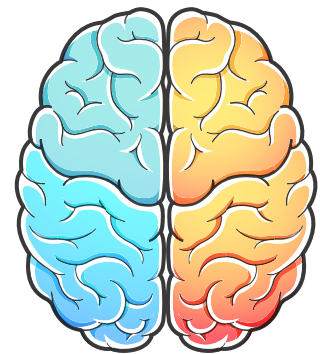
Brain Awareness Week 11-17 March

Brain Awareness Week is a global campaign to raise awareness of neurological conditions and bring to public attention the importance of brain research.

People of any age can suffer from neurological conditions, often debilitating and sometimes deadly. Here in New Zealand we celebrate Brain Awareness Month to help highlight these conditions and the importance of funding research today that will save lives tomorrow. Together with the Universities of Otago and Auckland we arrange events across March to share with members of the public the exciting advances of brain science, start conversations about neurological health, and raise awareness of the importance of research on the pathway to hope.

To learn more head to the website:

<https://neurological.org.nz/get-involved/brain-awareness-month/>



ASTHMA SUPPORT



Te Tira Huangō (Respiratory Support Group)

The 4th Monday of the month 10.30am to 12.30pm

Referrals are accepted by the Asthma Nurses.

This rōpū (group) is for people with similar respiratory conditions. The day may start with light exercise, or a fun exciting excursion within the Wellington rohe (area). We have a guest speaker to talk about a topic of interest.

There are no clinics or health assessments. Come for a korero and lunch.

Contact: Moana G and Claire 2370878



Māori Community Health Team

Team Lead: Emily Toimata-Holtham RN

Nurses: Kath McNamara, Moana Gargiulo, Claire Richards.

Kaimahi: Tiana Cullinan, Jorge Fermanis, Karaihi Peina
We provide care for whanau across the lifespan from tamariki to kaumātua. Our staff can help whanau with:

- diabetes management
- cardiovascular risk assessment
- advocacy & support
- health promotion
- home visits and transportation to and from appointments.

You can find us at: 26 Ngatitōa St, Takapūwāhia
For more information call 04 2370110

Be safe - be SunSmart March

New Zealand sunlight can have high levels of ultraviolet (UV) radiation. UV radiation can cause skin and eye damage. You can protect yourself and your children by being SunSmart. Learn how to keep safe while still living life in the sun.

Slip, Slop, Slap and Wrap. Protect your skin and eyes from the sun's damaging rays (UV radiation).

Protect yourself when you're outside from September to April, especially between 10 am - 4 pm

To learn more go to:

<https://www.sunsmart.org.nz/be-sunsmart/>



Smoking Cessation Service

This is a FREE service with an incentive program. This stop-smoking service is available to hapu māmā, māmā who smoke with children up to 5 years, and their wider whānau who smoke. We offer practical support to help you become smokefree.

For more information contact:

Puhiwahine Miller

Waea: 027 2292251 Mon – Fri 8:30am – 5pm

22 Ngatitōa St, Takapūwāhia, Porirua

Tuaraki Peita - Smoking/Vaping Cessation Education



Outreach Immunisation Services (0 – 6 yrs old only)

Team: **Helen Hartley (Team Lead)**, Margiana Cullinan, Rachel Kini, Lisa Vitaliano, Bobbie Asa and Jorjah Vitaliano

Outreach Immunisation Services (0 – 6 yrs old only)

Our service provides flexible options to get your tamaiti up to date with their immunisations. You can book immunisations at home, in our clinic, or childcare facility (Kohanga Reo, Kindy, Creche).

Clinics are held at our Ora Toa Health Unit. Home visits provide a familiar space in comfortable surroundings for you and your tamaiti. Our service area covers Grenada North to Peka Peka.



For all inquiries please contact our team: 22 Ngatitōa St, Takapūwāhia, Porirua Monday – Friday 8:30 am – 5 pm Call or text: 027 3611 243 Īmēra: ois.team@oratoa.co.nz



Matua Pēpi Service

Team: **Natalie Kini (Team Lead)**, Rangiruhia Arthur, Puhiwahine Miller, Nicole Barlow

Our Matua Pēpi team provide the following services to tamariki under 5 and their whanau:

- Smoking cessation
- Wahakura wānanga
- Nutrition & Physical Activity for under 6 years
- Help find you a midwife
- Antenatal Education

You can find them at: 22 Ngatitōa St, Takapūwāhia

For more information call 04 238 4914

Īmēra: matuapepi@ngatittoa.iwi.nz

GROUP EXERCISE TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM		E Oho! Manawa Kaha Uriah		E Oho! Manawa Kaha Uriah	
6:30AM		Matike Manawa Kaha Uriah		Matike Manawa Kaha Uriah	
7:30AM		Aqua Aerobics Cannon's Creek Emanuel		Aqua Aerobics Cannon's Creek Emanuel	
8:00AM		Aqua Aerobics Cannon's Creek Emanuel		Aqua Aerobics Cannon's Creek Emanuel	
9:30AM			Maranga Mai Manawa Kaha Uriah	Ngā Ruha Puna Ora Emanuel	Te Pā Puhau Manawa Kaha Uriah / Jorge
11:00AM					Taurite Tū Puna Ora Moana / Tiana
4:00PM	Rangatahi Fit Manawa Kaha Uriah		Rangatahi Fit Manawa Kaha Uriah		

Bookings are essential!! Click here to secure your space.

If you have trouble using the booking link call Uriah or Moana to reserve your space.



SCAN THE CODE TO BOOK YOUR SPACE

GROUP EXERCISE DESCRIPTIONS

Ngā Ruha

This is for our more seasoned whānau (65 years +). A class choreographed to music. A mix of Zumba, dancing, and aerobic style. Can be done seated and standing.

Taurite Tū

This is a strength and balance program specially designed by Māori for Māori aged 50 plus and their whānau. Designed by physiotherapists and Māori movement experts to make a safe, engaging program for any older Māori to join.

Te Pā Puhau

Suitable for beginners or those wanting a low-impact workout. Te Pā Puhau provides the foundation to build aerobic fitness and muscle conditioning. This is a popular class among whānau returning to exercise, those wanting to learn exercise techniques and improve overall health and fitness in a slower setting.

E Oho! 5:30 am

An open class to any ability. It is a strength-based circuit class using a variety of equipment and techniques.

Matike 6:30 am

An open class to any ability. It is a HIT-based circuit class using a variety of equipment and techniques.

Maranga 9:30 am

An open class to any ability. It is a mixed class of strength, cardio, and HIT using a variety of equipment and techniques.

Aqua Aerobics

Tuesday & Thursday 7:30 am & 8 am – A choreographed aerobics class done at the Cannon's Creek pools.

Rangatahi FIT (15 years to 24 years)

NEW for 2024 the return of our rangatahi classes strictly aimed at our next generation of athletes. A mix of skills sessions, strength and conditioning, recovery, and kōrero.