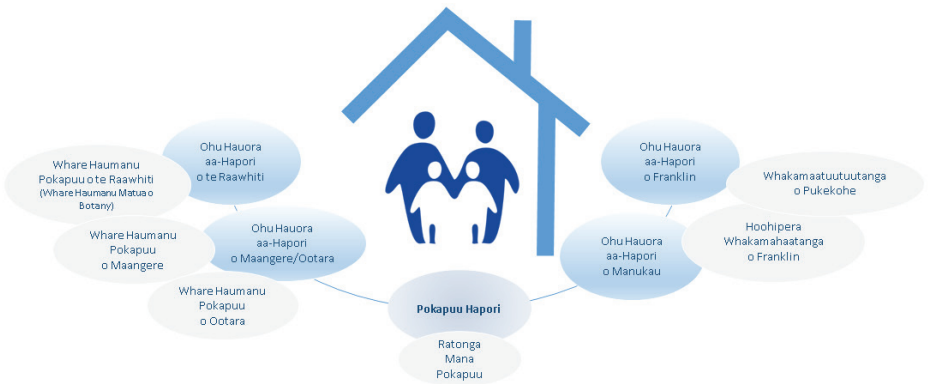




# NAU MAI KI TE

## Hauora Taiwhanga aa-iwi Community Health Service



Ohu Hauora aa-Hapori o Maangere/Ootara  
(Ootara, Papatoetoe, Maangere me Maangere Piriti)

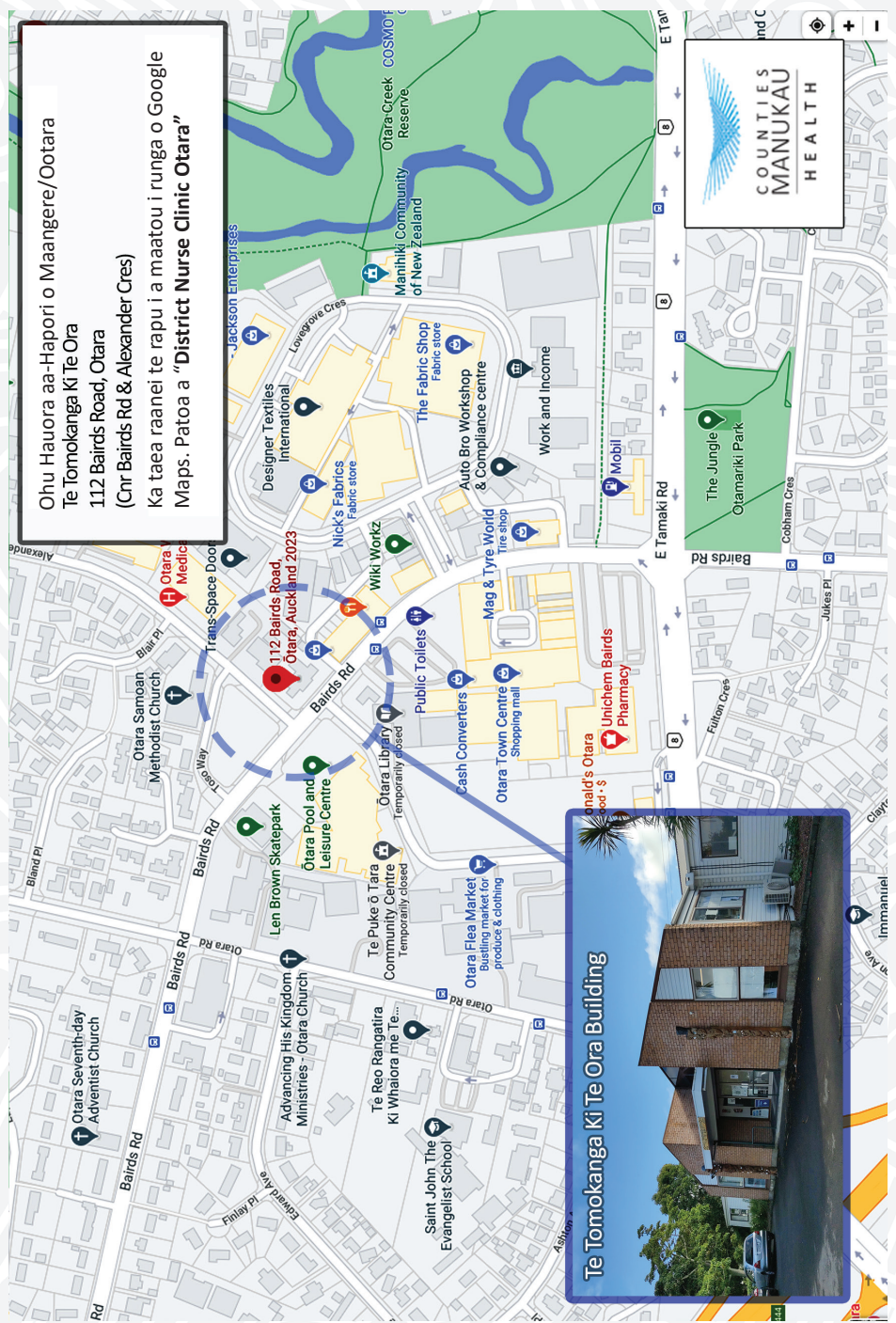
09 270 4730 me te 09 277 3490



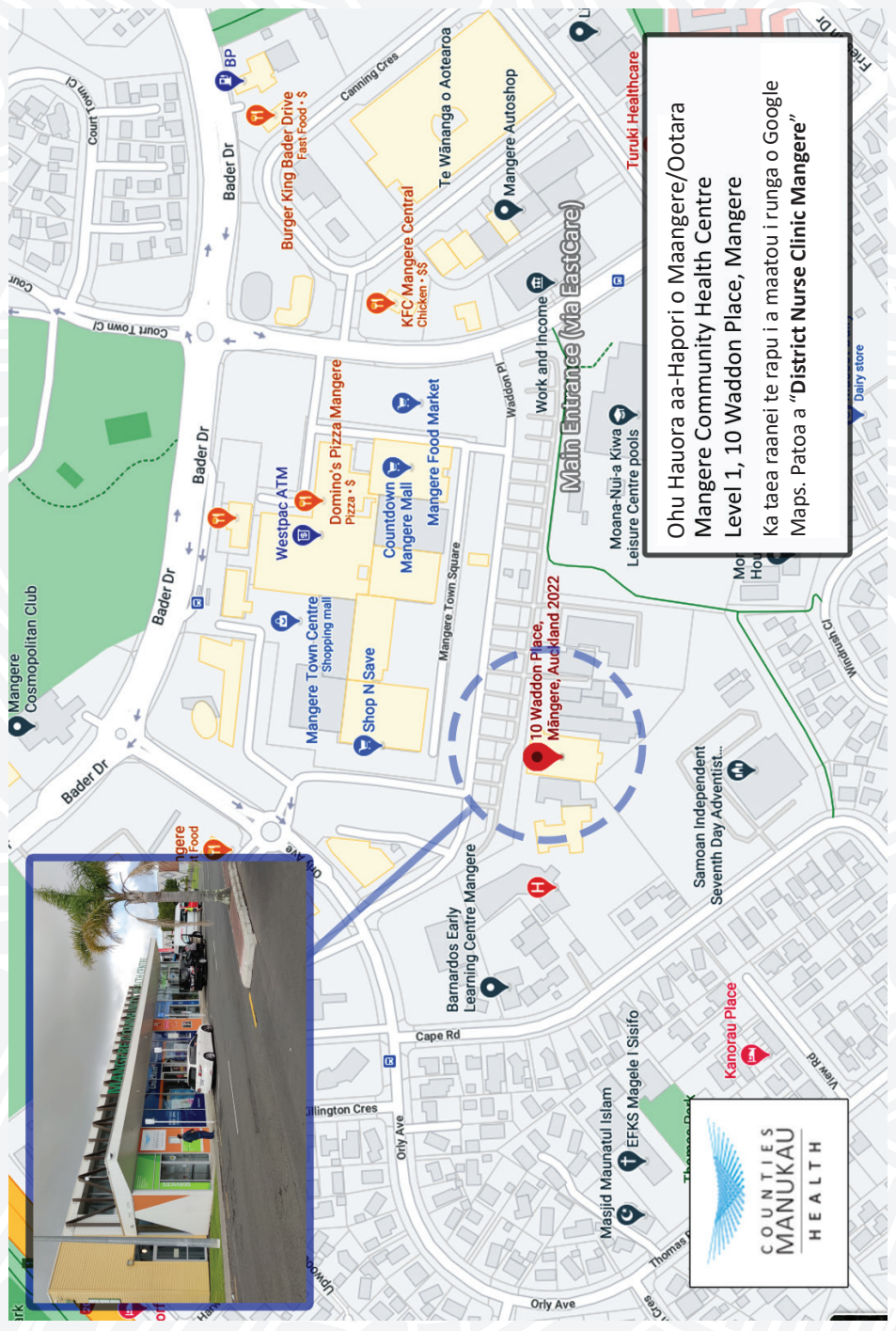
Ohu Hauora aa-Hapori o Maangere/Ootara  
 Te Tomokanga Ki Te Ora  
 112 Bairds Road, Otaga  
 (Cnr Bairds Rd & Alexander Cres)  
 Ka takea raanei te rapu i a maatou i runga o Google  
 Maps. Patoa a "District Nurse Clinic Otaga"



Te Tomokanga Ki Te Ora Building







Ohu Hauora aa-Hapori o Maangere/Ootara  
Mangere Community Health Centre  
Level 1, 10 Waddon Place, Mangere  
Ka taea raanei te rapu i a maatou i runga o Google  
Maps. Patoa a "District Nurse Clinic Mangere"




## Ohu Hauora aa-Hapori o Maangere/Ootara






E rua ngaa waahi - Maangere me Ootara - Ko te whare haumanu ka torohia e koe kei te aahua o too whiringa, aa, meenaa e waatea ana te ratonga.

|                                    |   |
|------------------------------------|---|
| <b>Waahitau:</b>                   | <b>Whare Haumanu o Maangere:</b> Mangere Community Health Centre, Level 1, 10 Waddon Place, Mangere<br><b>Whare Haumanu o Ootara:</b> Te Tomokanga Ki Te Ora, 112 Bairds Road, (Cnr Bairds Rd & Alexander Cres) |
| <b>Waea:</b>                       | <b>Whare Haumanu o Maangere:</b> 09 270 4730<br><b>Whare Haumanu o Ootara:</b> 09 277 3490<br>I ngaa ohotata, waeahia atu te Waka Tuuroro – Waea ki 111   |
| <b>Haaora:</b>                     | Ka rerekee pea ngaa haaora whare haumanu kei te aahua o te whare e torohia ana e koe. I ngaa Poo: Whakapaa atu ki too taakuta, too whare hauora poo raanei.   |
| <b>Whare Haumanu Neehi aa-Rohe</b> | Ka tuwhera te whare haumanu ahiahi tae noa ki te 7pm Raahina ki te Raamere. Ka whakaritea teetahi waa toronga maa.  |

## Kei roto i ngaa Ohu Hauora aa-Hapori

 Neehi aa-Rohe, Maatanga Kai, Kaitauwhiro aa-Iwi, Kaihaumanu Reo Koorero, Kaihaumanu Poare, Kairomiromi; Kaituku Haumanu Ngangahau, Neehi Mimi Tuuturu, Kaitautoko aa-Hapori (Kirikaa Ruumaatiki), Whakahaere Keehi Matatini, Kaiarotake Matea, Kairuruku Ratonga, Kaiaawhina Hauora, me ngaa Neehi.

## Ngaa ratonga ka tukuna i runga anoo i te aahua o ngaa matea me ngaa arotake takitahi

-  Ka aronui maatou ki te mahi tahi ki ngaa tuuroro me aa raatou whaanau ki te whakamahere me te whakarato i te maimoatanga hauora pai rawa maa ngaa matea takitahi. Ka taea te tuku maimoatanga i eetahi waahi huhua peeraa i te kaainga o te tuuroro, te waahi mahi, te kura, te whare haumanu hapori raanei.
-  E poowhiritia ana koe ki te koorero i ngaa paanga katoa ki too hauora ki teetahi mema o te Ohu Hauora aa-Hapori.
-  Ka whakarato maatou i te tautoko e aahei ai koe ki te noho tonu i te kaainga me te tuku tohutohu ki too whaanau me ngaa kaitiaki meenaa e hiahiatia ana.
-  Ka tukuna pea ngaa ratonga e ngaa momo maatanga katoa e mahi ana i roto i te Ohu Hauora aa-Hapori.
-  E waatea ana ngaa whakaritenga maa runga waea, maa runga ataata hoki, meenaa he pai ake teenei moou, aa, noou te whiringa. Ka koorero pea too maatanga hauora ki a koe moo eenei whiringa.

**He kore utu aa maatou ratonga maa ngaa kainoho o Aotearoa**

## Aau ake Takohanga

**Meenaa kaaore koe i te kaainga** i te waa ka whakaritea teetahi toronga Kaimahi Hauora aa-Hapori **teenaa waea mai i mua o te 9.00am i te raa tonu o te toronga ki te whakakore.** Waeahia te nama kei mua o te puka. He whaitake tonu kia wawe te whakamoohio i te tari. Meenaa kaaore koe i te kaainga i ngaa waa toronga kaimahi e rua; teeraa pea ka tukuna koe mai i taa maatou ratonga, aa, ka mate koe ki te tiro i too taakuta moo eetahi atu aawhinatanga.

## Ngaa Kainoho ehara noo Aotearoa

Ka mate ngaa kainoho ehara noo Aotearoa ki te utu moo ngaa ratonga ka tukuna, haaunga anoo te maimoatanga ACC.

## Haumaru Kaimahi

Ka mate pea ki te whakarite i eetahi atu whakaritenga hauora meenaa ka wehe atu teetahi kaimahi naa te mea e kore ia e noho haumaru i roto i too whare.

Moo ngaa take hauora me te haumaru e kore e unuhia e ngaa kaimahi oo raatou huu i te kuhunga ki roo kaainga, engari ka taea te whakamau uhi huu ki te tona.

## Kurii

Noou te haepapa ki te pupuri i too kurii i te waa ka toro atu aa maatou kaimahi. **Teenaa** me here i too kurii, me taiapa raanei i ngaa waa katoa i mua i te taenga atu o ngaa maatanga hauora.

## Auahi Kore

Noo oo maatou kaimahi te mootika ki te mahi i teetahi taiao mahi auahi kore, aa, ka maioha maatou ki te kore koe e kai paipa i te waa ka toro atu raatou.

## Kupu tohutohu moo te aukati kai paipa

E moohio ana maatou i ngaa paanga kino o te kai paipa ki too hauora. Ka taea e maatou te tuku tautoko ki a koe ki te whakamutu, ki te aarahi raanei i a koe ki ngaa rauemi hei aawhina i a koe ki te whakamutu.

## Tuukino Whaanau

He take hauora nui maarika te tuukino whaanau, aa, he paanga hauora mauroa pea toona ki a koe me aau tamariki. He whaanui ngaa wheako tuukino whaanau, aa, ka uru pea ngaa whanonga tuukino aa-tinana, aa-puukare, aa-oohanga, aa-uruhi me te taitookai hoki.

Kaaore i pai te Tuukino Whaanau. Kei ia taangata te mana ki te oranga tuukino kore.

Koorero ki too maatanga hauora, ki teetahi tangata e whakapono ana koe raanei mee peehea te rapu tautoko, ki hea rapu ai hoki. Meenaa e matakua ana koe, e wehi ana raanei moo too haumarutanga waea ki 111 moo te aawhinatanga wawe.

Ka taea te tiki i eetahi atu tautokotanga i konei:

0800 456 450, Areyouok.org.nz raanei

## He whakaetanga tuku korero:

I whakamaaramatia mai ki au ngaa moohiohio kei roto i teenei puka i teetahi reo i maarama ai ahau, aa, i whakautua katoa aku paatai.

Te Raa: \_\_\_\_\_

Waitohu Tuuroro: \_\_\_\_\_

Waitohu Kaimahi: \_\_\_\_\_

## Too Mana Matatapu (Ture Matatapu 2020)

I te waa e whakarato ana maatou i te maimoatanga hauora ki a koe, me kōhi maatou, me hopu hoki i ngā moohiohio hauora whaiaro. Ka haumarū te pupuri i aau moohiohio āā ka waatea ki a koe ina hiahia koe ki te kite. E āāhei ana hoki koe ki te tono kia whakatikaina i ngā waa e hiahiatia ana.

Ngā Moohiohio Tuuroro Matihiko Tohatoha

- Nāā ngā whakawhiti matihiko hou kua āāhei ngā tuuroro ki te tiki i eetahi o āā raatou moohiohio matihiko. Teeraa pea ka tukuna oo moohiohio ki eetahi atu, peenei i too taakuta, too maatanga hauora āā-hapori raanei.

## Ngā Moohiohio Whakawaateatanga

I too whakawaateatanga mai i taa maatou ratonga, ka tukuna teetahi whakaraapopototanga o too tiakanga i te raatonga ki too taakuta, kaituku raanei, āā, teeraa pea ka whiwhi koe i teetahi kape o teenei. Meenāā he raruraru anoo āāu whakapaa atu ki too taakuta ki te koorero i ngā whiringa maimoatanga.



Aku paatai moo taku ohu hauora, ngaa whaainga/mea e whaitake ana ki ahau:



## Ngaa Tukanga Whakahoki Koorero

E hiahia ana maatou i ngaa whakahoki koorero pai me te kino moo aa maatou ratonga. Ahakoa ka mahi maatou ki te whakarato i te maimoatanga pai rawa ki a koe, he waa anoo ka poouri pea koe ki eetahi aahuatanga o too maimoatanga, too too whanaunga raanei. Ka taea e koe te tuku koorero maa te:

- Whakamahi i taa maatou puka Whakahoki Koorero: paatai ki te kaiwhakarato moo teenei
- Waea atu ki te pokapuu hauora aa-hapori me te koorero ki te Kaiwhakahaere Neehi
- Waea atu ki te waea Ratonga Kiritaki: 09 277 1660
- Iimeera: [feedbackcentral@middlemore.co.nz](mailto:feedbackcentral@middlemore.co.nz)
- Tuhi ki: Feedback Central, Pouaka Motuhake 93311, Ootaahuhu 1640



## Ngaa Paatai Uiui Tuuroro Ohu Hauora aa-Hapori o Maangere/ Ootara

Te Raa:

Te Pakeke: Maataawaka: Ira:

Ngaa mihi ki a koe moou i whai waahi ki te whakautu i eenei paatai. He whaitake oo koorero ki a maatou, aa, powhiri ana maatou i ngaa whakahoki koorero e tautoko ana i te whakapainga ratonga.

Q1. E peehea nei te pai ki a koe o te whakarongo a too kaihaumanu/neehee/kaitiaki whai utu ki oo hiahia i te waa e whakarato arotake ana, maimoatanga ana raanei?



**He tino pai**



**He pai tonu**



**Kaaore i pai**



**Kore rawa i pai**

**N/A**

Q2. E peehea nei too pai ki ngaa taputapu hou/urutau i whiwhi koe i te waa whakarato hei whakatutuki i oo hiahia?



**He tino pai**



**He pai tonu**



**Kaaore i pai**



**Kore rawa i pai**

**N/A**

Q3. I pai ki a koe too whai maaramatanga mai i te kaihaumanu/neehee/kaitiaki whai utu Hauora aa-Hapori i te roanga o te tukanga?



**He tino pai**



**He pai tonu**



**Kaaore i pai**



**Kore rawa i pai**

**N/A**

Q4. I peehea nei too pai ki te wawe o te ratonga i tukuna ki a koe?



**He tino pai**



**He pai tonu**



**Kaaore i pai**



**Kore rawa i pai**

**N/A**

He koorero anoo aau?

Ngaa mihi moo te whakahoki koorero mai, otiraa kia tau too noho i runga i te whakaaro e kore e whai paanga kino teenei ki too maimoatanga.

Tiihaea teenei wahanga ka tuku ki teetahi kaimahi, aa meenaa kei teetahi whare haumanu koe teenaa rau atu ki te pouaka, ngaa mihi.

# Ngaa Uara Hauora o Counties Manukau

*E whai ana maatou ki te whakatinana i oo maatou uara ia raa hei tuaapapa o too maatou whaainga rautaki o te eke ki te hauora taurite moo too maatou hapori:*



**HE MANA TOO TE KATOA** - He manaaki i te katoa

**ATAWHAI** - Kia atawhai i te oranga o eetahi atu

**KOTAHITANGA** - Kia whai waahi te katoa i roto i te ohu

**HIRANGA** - He haumarū, he ngaio, he whanake tonu

## *Te Kawenata Mana*

Ko te tikanga o teenei me whiwhi koe i te

- |                            |   |
|----------------------------|---|
| 1. Whakaute me te matatapu | 7. Oo whiringa, oo whakataunga ake          |
| 2. Tooheke matatika        | 8. Tautoko                                  |
| 3. Rangatiratanga          | 9. Mootika i te waa whakaako me te rangahau |
| 4. Paerewa Tika            | 10. Ka whai paanga nui oo amuamu            |
| 5. Whakawhitinga tootika   |   |
| 6. Moohiohio               |   |



[countiesmanukau.health.nz](https://countiesmanukau.health.nz)