

# Te Hiku Response

Care in the Community

January 2024 | Vol 03

# PĀNUI

## Welcome 2024!

Tēnā koutou katoa, nau mai ki te tau hou!  
We hope you've had an enjoyable summer holiday spent with whānau and heaps of relaxation.

As we get back into the swing of things, we want to send out a quick reminder that Te Hiku Response Hub is still available to help get you connected to the Health Services you may be needing.

**Assisted Health Appointments**  
We can drive you to your Dr's or Specialist appointments, wait for you and take you home after. Remember, we need at least 24 hours' notice to ensure we have staff available for you.

**Kai & Kōrero**  
Keep an eye out for our next Kai & Kōrero monthly gathering. This is a great opportunity to get out and catch up with some pretty awesome people.

**Support Connecting**  
Needing some help connecting to the right people? Touch base with us on 0508 884 428 and we will do our best to get you to the right people.

## Contents

- 1 Welcome 2024!
- 2 Being Sunsmart
- 3 Rongoā Māori
- 4 Beach Bus Timetable

## Contact Us

You can find us on phone, email and social media



0508 884 428



Te Hiku Care in the Community



manaaki@tuhiaata.org.nz



tehiku\_careinthecommunity

## Sun glasses and why it's important to wear them!

<https://healthify.nz/.../sunglasses-why-it-s-important.../>

<https://www.sunsmart.org.nz/resources/sun-protection-alert/>

## Be Sunsmart! Slip, Slop, Slap & Wrap

Sunglasses are not just a cool fashion accessory – they also protect your eyes from the sun's damaging rays.

Did you know that eyes can get sunburned too? Your eyes and the skin around them are very sensitive and can be easily damaged by ultraviolet (UV) radiation from the sun.

Protect your skin and eyes from the sun's damaging rays. Check the sun protection alert time where you are each day:

# Rongoā Māori

Māori Healing Services

## Rongoā Māori

Māori Health Services from Kaitaia Hospital

This service is available for whānau, hapū, community and iwi in the Northland Region of all ethnic and cultural descents.

Where?  
Kaitaia Hospital, Mobile Outreach & Telehealth

Cost?  
Koha/donation

Booking your appointment  
You can book your appointment by phoning or texting 022 155 4327.

## Turmeric for pain and inflammation

The active ingredient in turmeric is a natural compound (polyphenol) called curcumin, which has both antioxidant and anti-inflammatory properties.

Turmeric is used as a natural colouring agent for some kinds of mustard, and it is an ingredient in curry powder. You can buy whole turmeric root in the produce section and put turmeric root pieces in freezer bags and freeze them to keep them fresh for up to six months. The yellow pigment of turmeric can stain countertops and fabric, so you should be careful when working with it. Gentle abrasives or chlorine-based cleansers can remove the stains from many surfaces.

### Turmeric Tea

Like ginger, turmeric root can be made into a nourishing and tasty tea.

- 2 tablespoons turmeric root chopped or 2 teaspoons turmeric powder.
- Bring to a boil in 1–2 cups water.
- Lower to simmer for 5 minutes and then strain.

Drink turmeric tea warm or cold and add lemon and/or honey to change the taste.

If used regularly, you can start to see benefits after 4 to 8 weeks.

## Sudoku Time!

Check back next edition for the answers.

		3		4	1	7	8	
4			8	7	9			6
7	9			5	6	4	2	
6	5		1			9	7	8
	8			6	5	3	1	2
	2	1	7	9				5
2	4	6		1	3			7
1		5	9		7	2	6	
					4	1	5	3

# If you feel unwell



### Care at home

Information and tips at [Healthify.nz](https://www.healthify.nz)



### Healthline 0800 611 116

Free medical advice and information any time



### Pharmacy

Advice on medicine and vaccinations



### General Practice Medical Centre

Appointments – in person or virtual



### Accident Urgent Medical Centre

Out of hours or urgent treatment



### Emergency Ambulance

Call 111 in an emergency

## Te Whatu Ora Health New Zealand

Go to [Northlanddhb.org.nz](https://www.northlanddhb.org.nz) for local information.

## Far North Link - Summer Bus Route

Every Saturday 16 Dec to 10 Feb.

Get to the beach or into town. Fares: Adult \$4 (per trip), Children \$2 (per trip), Under 5's FREE

Departs Kaitaia	Melba Street	7.30 am	10.00 am	12.00pm
Arrives Ahipara	Foreshore Road	8.00am	10.30am	12.30pm
Departs Ahipara	Foreshore Road	8.10am	10.40am	2.30pm
Arrives Kaitaia	Melba Street	8.40am	11.10am	3.00pm
Departs Kaitaia	Melba Street	8.45am	11.15am	3.15pm
Arrives Awanui		8.55am	11.25am	3.25pm
Departs Awanui		9.00am	11.30am	
Arrives Kaitaia	Melba Street	9.10am	11.40am	