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Tēnei mea te rītaiatanga e kī ana i ngā mahi whakaharahara mā Rose te mutunga kē mai o te pukumahi



Ko Rose, 80 tōna kaumātua, ko tana whāinga he āwhina i te hunga rawakore. Ahakoa kua rītaia ia, ka tūao ia i te nuinga o te wā ki ngā kaupapa atawhai puta noa i Tāmaki Makaurau.

He hua nui tā Rose whakaweawe ki tōna hapori i roto i āna mahi tūao - nōna ka āwhina ki te whakarite rourou kai rānei, whakaako kaumātua me pēwhea e whakamahi i ā rātou waea rānei, he rite tonu tā Rose takoha whai hua. Ka mutu, nā tōna aroha nui ki te manaaki i ētehi atu i kaha ai tana kawē i a ia anō.

“Ka hākoakoa te tangata, ka harikoa hoki ahau. He hōnore nui, ā, he mea nui ki a au kia tākoha atu ki te pāpori mō āna tini homaitanga ki a au,” hei tā Rose.

I hūnuku a Rose ki tōna whare Kāinga Ora i tērā tau, ā, i tino ohore tōna Kaitoko Kāinga, a Bernadette, ka rongo i te whānui o tā Rose mahi tūao.

“I tūtaki tuatahi ahau ki a Rose nō māua ka hui ki te kōrero mō tana hūnukutanga ki tōna whare hou. Hāunga tōna kaumātua, kia puta tonu a Rose ki te hapori e mahi nei i ēnei mahi whakaharahara, e āwhina ai i te iwi e arohaina ana e ia, ā, e ngākaunuitia ana e ia...kāore i kō atu, i kō mai,” hei tā Bernadette.

Kī ana tana wātaka me tana kore e āta noho, ka tutuki tonu nei ā Rose mahi rangatira rā atu, rā mai. Kei waho tonu hoki i tōna whare te tūnga pahī.

Hei tā Rose, “He āhuru mōwai tōku kāinga, he wāhi mārīre, ā, he ngāwari ngā kiritata.”

“He haratau a reira ki te noho. Kāore ahau i te hautū waka, engari nā te tata o te tūnga pahī ki tōku whare e whai wāhi ai au ki aku mahi tūao, me te aha ka hākoakoa te ngākau, hākoakoa rawa atu nei,” hei tā Rose.

Ko ngā umanga e mahi tūao nei a Rose e harikoa rawa atu ana ki a ia i tana noho mai hei kaitūao – pēnei i a Humanitarian Organization for Poverty Eradication (H.O.P.E), he umanga monihua-kore e mahi ana ki te whakapiki i te oranga o ngā kaikimi punanga me ngā manuheke nō rātou ka kimi i tō rātou tūranga i ngā hapori o Tāmaki Makaurau.

E WHAI AKE NEI I TE WHĀRANGI 02

E WHAI AKE NEI I TE WHĀRANGI 01

Tēnei mea te rītaiatanga e kī ana i ngā mahi whakaharahara mā Rose te mutunga kē mai o te pukumahi

Ko Dr Khurram Malik te Pouwhakahaere ki a H.O.P.E, hei tāna, māraakerake te kītea tō Rose tino mate nui, me tōna manawanui, nō te wā ka whakapā mai ia ki te mahi i āna ratonga tūao.

Hei tā Dr Malik, “Neke atu i te rua tau ahau e mōhio ana ki a Rose, ko tētehi painga nui o Rose, ko tana kiri whakauka me tana manawa rahi ki te āwhina i ētehi atu.”

“Ka mutu, he kaiwhakawhitiwhiti pai a Rose, he tangata mahirau kāore hoki nei e pau te hau, i roto i āna mahi katoa. Ko tōna mārama ki ngā tūmomo matea kaumātua e whakaū ana i te tika o ā mātou ratonga ki tā ngā matea o te huhua tāngata e āwhina nei mātou”.

E mānawatia nuitia ana ngā homaitanga a Rose, me te aha, i tērā tau i whakawhiwhia ai ia ki tētehi Tohu Whakamaioha nā H.O.P.E, arā, nā tētehi umanga e mahi tūao nei ia. I whakawhiwhia hoki a Rose e Shanti Niwas Trust ki tētehi Reta Whakamaioha mā āna mahi tūao.

Hei tā Rose, “Ka nui te hari, kia whakawhiwhia ai ki tēnei tohu mō aku mahi nōku e pēnei ana te kaumātua.”

Mātakina ā mātou ataata o Rose
kaingaora.govt.nz/our-customer-stories



Te oranga o te whānau i te Hōtoke

Ko ētehi ara hei tiaki i a tātou, ka nui noa atu ka tae mai ana te Hōtoke. Ka whāngai i ō tātou oranga, mā te kai hauora, mā te korikori, mā te whakatā anō hoki i te wā me pērā, ā, me whakakorowai mēnā kei te makariri, kei te māuiui anō hoki rānei. Anei ētehi kupu āwhina e pakari ai koutou ko tō whānau i tēnei kaupeka māeke nei.

Whakaritea he mahere ā-whānau

Kei roto pea ētehi kupu e akiaki ana me pēwhea e papare ai te māuiui te horapa haere ki ētehi atu mema o te whānau, he āwhinatanga e wātea ana i waho i te kāinga, ā, ka ahatia mehemea me tamō koe i te mahi.

Kete whai-oranga i te Hōtoke

Pupuritia he rongoā patu māmae, he ine mahana, he rauangiāngi, ka mutu, he rongoā whānui hei kuhu i a koe anō. Kia rahi ake ngā kai me ngā rawa o te whare e taea ai te noho ki te whare mō ētehi rā. Tāpirihia hoki ētehi āwenewene?

Hauora ā-hinengaro

He mea nui hoki, nui nei i te Hōtoke, te hauora o te taha hinengaro me te taha tinana. Ka rongo pea ētehi i te taumahatanga i ngā marama ka makariri hāere, e kiia nei ko te ‘Seasonal Affective Disorder’ tērā. Mō ētehi atu kōrero me ngā kupu āwhina ki te oranga toitū, ka kitea ki Healthify (healthify.nz/health-a-z/s/seasonal-affective-disorder/)

E wātea ana he āwhinatanga ki a koe, ki ō hoa hoki, mēnā e pāngia ana ē te mate hinengaro i tēnei Hōtoke. Ki te hia kōrero koe ki tētehi, waea atu ki 0800 111 757, pātuhi atu rānei ki 4202. Kei te ipurangi anō hoki ētehi whakaaro me ētehi tautokotanga e wātea ana ki te āwhina i koe ki te tiakina ōu, ō ētehi atu hoki: depression.org.nz, SPARX.org.nz rānei.

Tuku awhikiri

Mā te tuku awhikiri ka ora te iwi. He mea nui ina e tika ana te whakarite wātaka kano ārai mate ki te tiaki i a tātou anō, i te whānau, me te hāpori whānui, kia kore ai e pāngia e te māuiui. Ka papare hoki i ngā tūmomo mate te horapa haere ki te whānau, ki ētehi atu tāngata rānei e whakaraerae ana.

E taunaki ana ngā tuku awhikiri ki te hunga tamariki, e 6 marama te pakeke, ā, pakeke noa ake, he utu kore mā:

- te hunga tamariki 6 marama ki te 12 tau te kaumātua
- te iwi Māori me te iwi Pasifika neke atu i te 55 te kaumātua
- te hunga 65 te kaumātua koni atu
- ngā wāhine hapū
- te hunga me ngā āhuatanga hauora
- te hunga me ngā mate hinengaro nunui

immunise.health.nz/flu

Mō ētehi atu kōrero kei Immunise | Te Whatu Ora – Health NZ
[\(immunise.health.nz\)](https://immunise.health.nz)

Whāia te ara o te ora mōu me tō whānau

- Tirohia a healthpoint.co.nz mō ētehi kōwhiringa pai kē atu e tata ana ki a koe
- Kei Healthify.nz ngā pārongo mō te hauora me te rongoā, mō ngā rauemi tiaki matawhaiaro, ā, ka kitea hoki ngā ataata ki Healthify.nz (i ngā tau o mua, ko Healthnavigator.org.nz)

Mō ētehi atu pārongo e kitea mai ai ētehi āwhinatanga, kei health.govt.nz/your-health/services-and-support/where-go-help

Tiakina āu kararehe ka tau mai ana te makariri

Me kuhu kākahu mahana, kia hāneanea te noho ka tau mai te huarere makariri, te huarere mākū, ka mutu, he rite ā tātou kararehe ki a tātou. Koinei ngā tino kupu āwhina e harikoa ai, e whāngai ai hoki i te ora o āu kararehe i te Hōtoke:

Te wharau me te mahana

Ki te rongo koe i te makariri, kāore hoki e kore e pērā ana āu kararehe. Whakamaruhia rātou i te huarere kino, tōia mai rātou ki roto i te whare ā te wā e taea ana. Ki te noho āu kararehe ki waho i te whare, me wātea ki a ia he wharau e mahana ana, he pūnaha whakamahana tōna, he pare ārai wai tōna, he pare ārai hau hoki tōna.

He kai, he wai

E kore noa iho pea ngā kararehe e puta ki waho i te makariri, nō reira, mā te whakamahi i ngā taonga tākaro me ngā panga whāngai i ngā wā kai, ka pai haere te hauora ā-hinengaro, ā-tinana. He whakaaro pai hoki ki te āta mātai i ngā ipu wai kei waho i ia rā, kia kore ai e tio, whakarewahia rānei ina kua pērā.

Me haumaruru te korikori

He mea nui te hīkoi ki ā mātou punua kurī, akahoa ka mēke, ka ua rānei. Me ngana kia puta i ia rā e pakari ai rātou me ō rātou hinengaro. Mā ngā taura muramura me ngā kahu muramura e māmā ai te āta tiaki i ngā kararehe i te atātū, i ngā ahipō rānei.

Tirohia a spca.nz **mō ētehi kupu āwhina mō te Hōtoke.**



I ia tau, ki te makariri te huarere ka nui ake ngā weranga whare e tonohia ana ki a Fire and Emergency

HAUMARUTANGA Ā-AHI I TE HŌTOKE

Kia kitea he ahi i mua i te ngiha

Kia kotahi mita i te hatete - kia tawhiti ngā mea katoa

- He mea whakapoapoa te whakanoi kākahu ki runga ake o te hatete. Engari, ki te kore e noho kotahi mita te tawhiti, koia te kaiwhakangiha ahi.

Mehemea e mā ana te pūrere whakamaroke kākahu, ka kore e tūpono weranga - Tangohia ngā rīnana i mua i te whakamahi

Mēnā e kī ana te tātari o te mihini whakamaroke kākahu i te rīnana, he māmā te whakangiha. Hei whakakore i te tūraru, tangohia atu ngā rīnana i mua i ia whakamahinga.

Kia mātao ngā pungarehu i mua i whakaputunga - koni atu i te rima rā e mahana tonu ana ngā pungarehu, ā, ka whakangiha anō i ētehi atu ahi.

- Whakamākūtia ai ki te wai i tētehi pākete maitai i mua i te rukea.

Mō ētehi atu kōrero tirohia a fireandemergency.nz/



I ia Hōtoke, ka nui ake i te 30% ngā ahi ā-whare i Aotearoa.

Whakapokohia he ahi i tēnei Hōtoke - kia kotahi mita te tawhiti i te hatete.

Mehemea he taputapu ā-whare āu e koniahi ana ki te hatete, ka mutu kua waihangatia ki tētehi matū horihori, ānō nei he wahie whāngai ahi whitawhita, tē kitea, tē mōhiotia. Hei āpiti atu, ka nui noa atu te tūraru take ahi mehemea he neke atu i te kotahi hatete e hono ana ki te kōhao hiko ōrite.

Kia kitea he ahi i mua i te ngiha - kia tawhiti ngā mea katoa, kia ora.

