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Mai i te rerenga ki te kaiārahi hapori



Kei te nakinaki a Nasra i tana māra kai.

Ko te hiahia o Nasra kia haumarū, kia wairua manaaki tōna takiwā noho hou, ā, i whakapau kaha ia ki te poipoi i tētahi hapori whakahoahoa.

I te wā i hūnuku mai a Nasra me tōna whānau ki tō rātou kāinga i tētahi whaitua noho Kāinga Ora, kotahi tā rātou tino hiahia – he hapori whakahoahoa, tautoko hoki. Nā, kua mōhio ngā tāngata katoa ki te whānau ināiane, ka mutu ka whakauru atu ki te tautoko i ngā kaupapa hapori ka whakaritea e Nasra.

"I hūnuku mai mātou ko taku tāne a Jafari me ā māua tamariki e whā i ngā tau e rima ki mua. I te tino hou,

ā, i te hiahia māua kia noho ā mātou tamariki ki tētahi wāhi haumarū, whakahoahoa, kātahi ka whakaaroaro me aha māua kia tutuki ai tērā, me pēhea e mōhio ai mātou ki ngā tāngata katoa."

Ko te mahi tuatahi a Nasra ko te whakarite i tētahi Rā Kiritata kai rorerore whai muri i tana kitenga i tētahi pānuī.

"I taua rā, tata ki te 50 ngā tāngata i tae ake, ā, he pārekareka ki a mātou. I te kī ngā tāngata me nui ake ngā huihui ki te whakakotahi mai, nō reira ka tuhia e mātou he rārangi o ngā mea i te hiahia mātou."

HAERE TONU I TE WHĀRANGI 02



Te manaaki i ēnei hararei

he karere nā te Tumu Whakahaere

I ahau ka whakaaroaro nei mō aku marama tuatahi e whā i Kāinga Ora, tēnei te tuku mihi ki a koutou mō te manaaki i ahau. Nōku te whiwhi ki te tūtaki i ētahi o koutou i aku haere ki ngā rohe, ā, i rongu hoki ahau i te wairua manaaki o ngā whānau nā rātou ahau i whakamanuhiri ki roto i ō rātou kāinga me te kōrero mō te āhuatanga ki a rātou me Kāinga Ora. He arawātea hira ēnei kōrerorero mōku kia mōhio haere ahau ki te pānga o ā mātou mahi, me ngā mea hira ki a koutou, ā mātou kiritaki.

Ahakoā ngā huringa kei te oti i roto o Kāinga Ora, ko tāku ki a koe e pūmau tonu ana ki a mātou: ko ā mātou kiritaki kei te iho o ā mātou mahi katoa, ā, e paiherea ana mātou ki te whakarite kei te tautokona tō noho pai i ō koutou kāinga.

I a mātou ka titiro atu ki Te Tau Hou, e rikarika ana ahau ki te

HAERE TONU I TE WHĀRANGI 02



NŌ TE WHĀRANGI 01

Mai i te rerenga ki te kaiārahi hapori

He rūma hapori kei te whaitua noho, ā, ka whakaritea e Nasra rātou ko ana kaiāwhina ki te whakamahi i te rūma mō tētahi kaupapa hararei kura koreutu. He tino kaupapa tēnei, atu ki te 20 ngā tamariki ka taetae atu ki te tākaro kēmu me ngā mahi toi i raro i te maru o ngā kaimahi tūao.

I kī te kiritata a Sammi he rawe ki a ia te āwhina nā tōna aroha nui ki ngā tamariki: "Ko Whaea, Kaiako rānei ahau ki a rātou. I hiahia ahau ki te āwhina i tōku hoa a Nasra. Ko tāna he kawē mai i te aroha, te hari me te koa ki tēnei takiwā noho."

Ka hoki mai ngā tamariki ki te rūma hapori i ngā pō o te Paraire mō ngā kiriata me ngā kānga pahū, he wā anō hoki ki te taha o ngā hoa. Mō ngā pakeke, kei reira tētahi toa hohoko kākahu, he karapu tuitui kākahu, me ētahi awheawhe.

He pai hoki ki a Hikmah, he tūao anō, te karapu tuitui kākahu. "I te hiahia ahau ki te ako pūkenga hou, ka mutu ki te mahi i tētahi mea whaitake mō tōku whānau. I te mea kei te tuitui i ahau i ngā kākahu o aku tamariki ka ngākau whakahī ahau, ka mutu he penapena pūtea. Me te aha he tino rawe ōku hoa mai i te rōpū.

"I te raumati, e hia haora ngā tamariki e tākaro tahi ana, ka mutu

ka rongo mātou i te tino haumaruru me ngā tautoko.

"He kiritata ō mātou nō Īnia, Hāmoa, Iraka, Āwherika, Tiamana me Haina. Ko tō mātou hiahia kia haumaruru me te whai hoa.

Hei āwhina kia tau ai te noho a ngā rerenga, ka whakaritea e te rōpū tūao ngā awheawhe e ako ai ngā kiritata i te ahurea Māori me Aotearoa, tae atu ki ngā huihuinga hei whakanui i te Kirihimete, te Aranga, te Tau Hou o Haina me Eid, me ētahi atu.

"He mea nui ki a mātou te ako i ngā āhuetanga o Aotearoa me te āwhina i ētahi atu kia rongo i te wairua toi whenua. Ka kaha ake tātou ki te kotahi tātou," te kī a Nasra.

"I tō mātou taenga tuatahi mai ki konei, i te māharahara ahau ki te tuku i aku tamariki ki waho ki te tākaro engari he mōhio katoa ngā tamariki ki a rātou anō, he tākaro tahi, he whakaaronui tētahi ki tētahi – koinei te mea ataahua rawa atu.



Tirohia te ataata e whakaatu ana i a Nasra i te waehere QR



NGĀ ĀWHINA MAHI MĀRA A NASRA:

Ki ōku whakaaro ka taea e koe te whakatipu ngā mea e pai ana ki a koe ahakoa te āhuetanga, ahakoa he māra tāu, he paparahi, he pāta rānei. Ehara i te mea me whakatipu tonu ki te whenua; me tiki noa i tētahi pāta, he pereti rānei mō raro i te tipu hei tātari.

Ka taea te whakatipu ki te Tihema – me whai pāta noa iho, he oneone me ētahi kākano, tipu rānei.

Me tīmata mā ngā mea pakupaku pērā i te riki, rengamutu me ngā amiami, ā, kāore e roa kua whiwhi kai koe mai i tō māra, kua kore e mate ki te taraiwa ki te hokomaha ki te hoko kai. Ka penapena moni koe i te whakatipu i te huawhenua kotahi noa iho. Me te aha he rawe te mōhio kei te whakatipu koe i āu ake kai; ka hono koe ki te tipu, ā, ka mōhio tonu koe mō āhea waiwai ai.

NŌ TE WHĀRANGI 01

whakarite i te anamata o Kāinga Ora. E whakapono ana ahau ka taea e tātou katoa te hanga i ngā hapori momoho e ū ai ki ō hiahia me ō wawata.

I tēnei raumati, e whakahau ahau i a koe kia pārekareka i ngā hararei, kia whai wā me tō whānau me ō hoa, ā,

kia haumaruru te haere. Kia maumahara hoki ki te tautoko tētahi i tētahi me tō tātou hapori i tēnei wā – ka mutu kei konei mātou ki te āwhina.

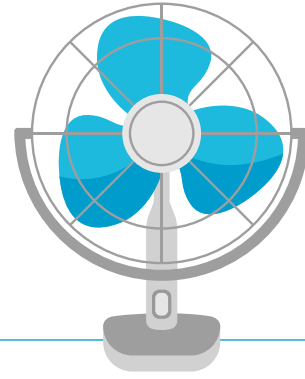
Meri Kirihimete,
ngā mihi o te wā

Matt Crockett

Tumu Whakahaere
Kāinga Ora – Homes and
Communities



Me noho mātaotao i rō whare i tēnei raumati



Kei te mahana haere ngā kāinga i te wera haere o ngā raumati Anei ētahi āwhina hei āwhina i a koe me tō whānau kia noho mātaotao i te huarere wera.

Ngā tino āwhina

Kia kore ai e tino wera tō kāinga:

- Me moata te huaki i ngā wini i ngā ata i te wā kei te mātaotao i waho ka kati anō i mua i te wāhanga tino mahana o te rā
- Katia ngā ārai o ngā wini e whitingia e te rā, ka waiho kia āhua huaki ngā wini
- Me whakamahi i ngā kōhauhau i te taha o ngā kūaha tuwhera, wini rānei kia uru mai ai te hau mātaotao o waho ki roto i tō whare.
- Me whakakā i te whakamātaotao o tō papu whakamahana ki te 24-25°C, i mua i te mahana haere

o tō whare. Ka iti iho i tēnei te whakapau hiko tēnā i te whakamātao ki ngā pāmahana iti iho.

- **Kia maumahara!** E kore e tere ake te whakamātao i tō whare ki te whakaheke e koe tō papu whakamahana ka whakapiki anō, ka mutu he nui te ake utu.

He kōrero hira: He māharahara hoki te whakaputu rongoā i te raumati i te mea ka heke te kounga o ngā rongoā maha i ngā pāmahana neke atu i te 30°C (86°F), ko te mutunga atu ka ngoikore haere. Me kōrero ki tō rata, te kaitaka rongoā, te mātārere mōhiohio rānei kia mātua mōhio ai me pēhea te whakaputu tika i ngā rongoā.

Mō āhea tiki āwhina ai

Mēnā ka tīmata tō pāmahana tinana ki te piki, ā, tē taea e koe te

whakamātao i a koe anō, kua wera haere rawa pea tō tinana. Ko te ruhi pūwera me te mate pāwerawera ngā tino momo kino rawa o te wera rawa o tō tinana. Ko ngā tohumate mate pea ko te ānini mähunga, pōātinitini, takarangī, ruaki, pōrarutanga, maroke kiri, hūkiki hoki/rānei.

He mate whakamate te mate pāwerawera – mena ki ōu whakaaro kua pāngia koe, tētahi o tō whānau rānei e te mate pāwerawera, me waea tonu atu ki 111.

Mō ngā tohutohu hauora ehara i te kōhukihuki, me waea atu ki Healthline i 0800 611 116.



Whiwhi i ētahi āwhina atu anō mō te noho mātaotao i te raumati i konei

He wā tino pai te raumati hei whakahou ake me te whakapaipai i tō kāinga



Ko te raumati te wā pai mō ngā mahi pērā i te whakakore atu i te puruheka me te whakapaipai i te whare. Mēnā he āwangawanga ōu mō te ora o tō kāinga, tēnā tirohia te Healthy Homes Initiative (HHI) a Te Whatuora.

Ko te whai a te HHI o te motu whānui ko te whakapiki i te maha o ngā tamariki me ō rātou whānau e noho ana i rō kāinga mahana, maroke, ora hoki. Ka āwhina ngā kaiwhakarato HHI i ngā whānau e noho ana i ngā tūmomo kāinga rerekē, ahakoa he rēti, he kāinga nō Kāinga Ora, he kāinga tūmataiti rānei.

Ka haere atu ngā kaiwhakarato HHI ki tō kāinga ki te mahi i tō taha ki te waihanga i tētahi mahere whare noho. Ka taea hoki koe e rātou te tautoko i a koe me ngā hāpaiora pērā i ngā mōhio me pēhea e mahana ai, e maroke tonu ai i a koe tō kāinga. Ka taea hoki e rātou te mahi me koe hei kiritaki nā Kāinga Ora mēnā e hiahia ana koe i te ārai mātao, hauhau, whakamahana rānei.

haere ki

hhi.org.nz mō ētahi atu mōhiohio.