

# Close to Home

## He tere te mahi a ngā matimati o 'Whaea' Faith ki te whatu



Faith me tētahi o ana uhi tipata i whaturia.

**I ia takurua, kei te tino mahana ngā tamariki i ngā kura tuatahi o Motueka, nā ngā pūkenga whatu kakama o Faith.**

E hia tau te kainoho a Kāinga Ora, e mōhiotia ana ko 'Whaea Faith' ki ngā tamariki mōna ngā kākahu e whaturia ana, e koha ana i ngā hiripa me ngā karapu ātaahua nāna i whatu ki ngā kura o Motueka.

"Ko te whakaaro kei te mahana ngā waewae o ia tamariki i rō akomanga i te mea ka kuhuna e rātou ngā hiripa i rō akomanga," te whakamārama a Faith.

"Ka waea haere ahau ki ngā kura i te marama o Maehe kia kite mēnā he hiahia ō rātou. Ka mahia e au i te taha o taku tamāhine me ngā hoa tokorua, tokotoru rānei, ā, ka tono ahau i ngā kura kia tuhia he paetuihi o ngā waewae o ngā tamariki kia mōhio ai ahau e pēhea ana. Ka whiwhi paetuihi hoki ahau o ngā ringaringa o ngā tamariki mō ngā karapu. E rua ngā pea hiripa ka oti i ahau i ia pō," te kī a Faith.

Tata ki te 80 tau a Faith e whatu ana, ā, he nui ōna mahara o te wāhanga hira o tana mahi ki tōna ao.

"I ako ahau ki te whatu i te wā e rima ōku tau. Nō te wā o te pakanga i te noho tahi māua ko Māmā i te taha o tētahi wahine i te wā i tāwāhi a papa.

Nāna au i ako ki te whatu, ahakoa he pai hoki a Māmā ki te whatu. I te kura au i Addington i Ōtautahi, ā, ka haere māua ko Māmā ki te hoko pōkai wūru. 10 ōku tau ka oti i ahau taku poraka tuatahi te whatu."

Nā te aroha pūmau o Faith ki te whatu i uru ia ki ngā whakataetae whatu o te rohe me te tuku i ana taonga ki ngā tāngata maha i roto i ngā tau. Mō te 10 tau ko ia te whakarite o Motueka mō Operation Cover, e tuku ana i ngā ipu utanga kī tonu i ngā kākahu whatu me ngā taonga tākaro i takohatia ki te Rāwhiti o Uropi i ia tau.

"I kohia e au ngā mea katoa i te tuatahi, ā, kātahi ka haere ki Ōtautahi, mai i reira ki Uropi. Tata ki te 300 ngā paraikete i mahia e mātou. He tapawhā katoa i te papa o tōku rūma noho i mua nā mātou i tuitui," te kī a Faith.

"He ataata tā mātou o ngā tamariki e whiwhi ana i ngā tāre whatu, me te āhua o ō rātou kanohi! I tino pārekareka ki ahau taua kaupapa."

HAERE TONU I TE WHĀRANGI 02

# Te hauora me te oranga i te takurua mō koutou ko tō whānau

**Me takatū mō te takurua, tiakina koutou ko tō whānau, me pātai, me kakama koe ki te māuiuitia koe.**

Hei **takatū**, ko te whiwhi i te rongoā ārai mate whurū te papare tuatahi. He koreutu tēnei mō te hunga ka tūpono māuiui māi pea – tae atu ki te hunga 65 tau, pakeke ake. Tirohia [bookmyvaccine.health.nz](https://bookmyvaccine.health.nz), waea rānei ki 0800 28 29 26.

**Tiakina koe me ētahi atu** mā te noho kāinga mēnā kei te māuiui koe, me te noho wehe mai i ngā tamariki nohinohi, me ngā wāhine hapū m te hunga 65 tau, pakeke ake. Me mau maruhā i a koe e hāereere ana, i ngā wāhi apiapi, me whakamātau ki te RAT mēnā he tohumate KOWHEORI-19 āu.

**Me pātai, me kakama hoki ki te pāngia koe, tētahi atu rānei e te mate** – ko te nuinga o ngā mate o te takurua ka taea te tiaki i te kāinga. Mēnā kei te hiahia tohutohu koe, me whakapā atu ki tō kaiwhakarato hauora, tō rata rānei, ki Healthline rānei – **0800 611 116** ahakoa te wā 24/7, he koreutu. Me kōrero hoki ki tō kaitaka rongoā, haere rānei ki tētahi Whare Maimoa Kōhukihuki. Waea atu ki 111 i ngā mate whawhati tata.

Tirohia **Healthpoint** mō ngā taipitopito o ēnei ratonga.

Ētahi atu māharahara hauora ko te mōrea haere tonu mai i te **KOWHEORI-19, whooping cough, mate rūmātiki, huangō** me te **karawaka mēnā kāore he awhikiri** – haere ki [info.health.nz/immunisations](https://info.health.nz/immunisations) mō ngā tohutohu, haere rānei ki tō kaiwhakarato hauora.

Mō ētahi atu mōhiohio, toro ki [info.health.nz](https://info.health.nz). Mēnā kei runga Spark, Skinny, One NZ, 2degrees, Warehouse, Slingshot, Orcon rānei koe, haere ki [zero.govt.nz](https://zero.govt.nz) mō te āhei atu me te kore utu.



## Tiakina ō mōkai i te wā mātaotao

He pai ki a tātou katoa te tākaikai mahana me te noho āhuru i te huarere mātao, mākū hoki, ā, he pēnā anō ngā mōkai. Ka hari, ka ora hoki ō mōkai i te hōtoke i ēnei kupu āwhina:

### Te marumaruru me te mahanatanga

Mēnā kei te makariri koe, tērā pea he pēnā anō ō mōkai. Me whakamaru i a rātou i ngā huarere kino mā te tuku ki rō whare i ngā wā e taea ana. Mēnā e noho ana tō mōkai i waho, me mātua whakarite kei te whiwhi i tētahi whakaruruhau mahana, ārai-mātao, ārai wai, ārai hau hoki.

### Te kai me te wai

He iti ake te tūpono puta o ngā kararehe ki waho i te wā mātao nā reira he pai pea ngā taputapu tākaro me ngā pūrere panga i te wā kai, mō te hauora ā-hinengaro, ā-tinana hoki. He pai hoki kia tirohia ngā ipu wai i ia rā, kei pātiohia, kei mate pea koe ki te wāwāhi i te tio.

### Te kori haumaruru

He pai ki ngā punua kūrī te hīkoiko, ahakoa mātao, kōuaua rānei. Me puta ki te hīkoi i ia rā, kia pakari tonu ō rātou tinana me ngā hinengaro. He ngāwari ake te kite i ngā mōkai mēnā he muramura ngā taura me ngā hānihi i ngā ata me ngā ahiahi pōuri.

Ngā mahere ohotata o te whare me mātua mōhio kei hea ngā tāngata katoa o te whānau, tae atu ki ō kararehe.

**Haere ki [spca.nz](http://spca.nz) mō ngā āwhina atu anō mō te takurua.**

## Kia haumaruru te wā mōe o pēpi

E whā ngā mahi hei whakarite he haumaruru te mōe a tō pēpi:



**Waiho (Place)** a pēpi i roto i tōna ake moenga i tōu rūma



**Whakamutua (Eliminate)** te kai paipa i te hapūtanga me te ārai i te paipa mai i te pēpi



**Me takoto (Position)** a pēpi ki tōna tuarā, me wātea ngā miro moenga i tōna kanohi



**Me whakahau (Encourage)** me te tautoko i tō pēpi kia whāngai ū me te āta opeope i te pēpi

**Mēnā ka mōe kōrua ko tō pēpi i te moenga kotahi, me noho haumaruru ia mā te mōe ki tō taha i tōna ake moenga pēpi – he wahakura, Pēpi Pod® rānei, tētahi mea ōrite rānei.**

**Mō ētahi atu mōhiohio me ngā tautoko mō te mōe haumaruru me waea atu mō te koreutu ki PlunketLine 24/7 i 0800 933 922, haere rānei ki [plunket.org.nz](http://plunket.org.nz)**



HAERE TONU MAI I TE UHI

He tere te mahi a ngā matimati o 'Whaea' Faith ki te whatu

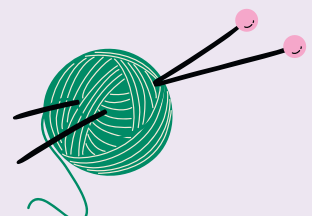


E whā ngā tamariki i whakapakekehia e Faith rāua ko tana hoa tāne i tētahi kāinga a Kāinga Ora i Motueka, i noho ia ki reira mō e 36 tau.

I te marama o Ākuhata, kua pakeke katoa ana tamariki, kua eke ki te wā ki te neke ki tētahi wāhi e tika ana mōna.

I te mea kei waenganui tōna kāinga e tata ana ia ki Te Whare Taonga o Motueka me te Toa Ripeka Whero o Motueka, te wāhi e mahi tūao ana ia.

"Ina pai te āhua o Tāwhirimātea, ka hikoi noa atu ahau ki te whare taonga me te Ripeka Whero. 32 tau ahau e mahi tūao ana mā Te Ripeka Whero. Kāore ahau i te hiahia nohopuku noa iho," te ki a Faith.

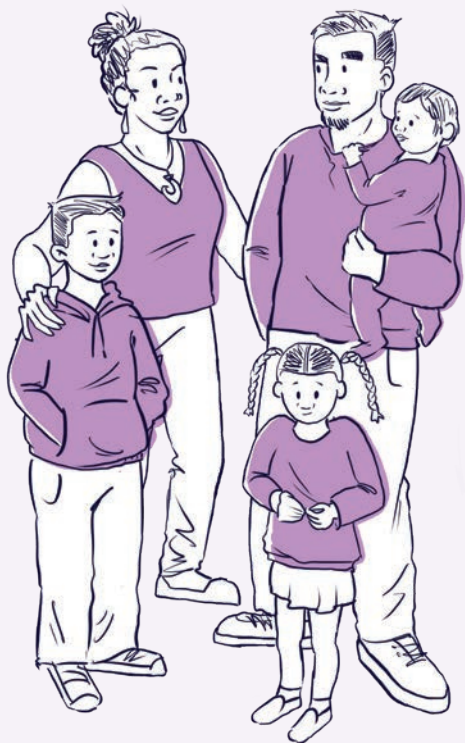


# Te ārai i te kirikā rūmātiki

**Koinei te wā e tino pā mai ai te rewharewha, te whurū me te mamae korokoro i te hapori. Engari i te mōhio anō koe i ētahi wā ka pā mai te mate rūmātiki i te mamae korokoro?**

## He kōrero mō te mate rūmātiki

- He mate te mate rūmātiki ka ahu mai i te poke korokoro Group A Streptococcal (GAS, e mōhiotia anō ko te Strep A), ā, mā te whakamaimoa i ngā poke korokoro Strep A te tikanga pai rawa hei whakaiti i te mōrea o te pā mai o te mate rūmātiki ki te tangata. Engari, kāore e pūrongotia e ngā tāngata katoa e pāngia ana e te mamae korokoro.



- Ka pā mai te mamae ki ngā hono o te nuinga o ngā tamariki me ngā taiohi mate rūmātiki, ka totitoti, he uaua rānei te hīkoi nā te mamae.
- Tērā anō ētahi tohumate rerekē o te mate rūmātiki pērā i te tauaro (e kīia ana tēnei mate ko te Sydenham's chorea), te kōpukupuku me te kirikā.
- Mēnā ka pā mai ēnei tohumate, me wawe tonu te rapu maimoatanga a ngā whanau.

## Te ārai i te mate rūmātiki

- Me wawe tonu te haere kia tirohia ngā mamae korokoro kia kore ai e huri ngā poke korokoro Strep A hei mate rūmātiki.
- Me wawe tonu te tirohia o ngā korokoro mamae o ngā tamariki me ngā taiohi Māori me ngā uri Moutere 4-19 tau.
- He maha ngā wāhi e taea ai te tiroiro korokoro mamae:
  - Ka taea te haere ki tō tākuta, nēhi rānei. Ka utu pea koe, nā reira me waea i te tuatahi ki te pātai ake.
  - Me whakapā atu ki tō kaitaka rongoā mēnā he tiroiro korokoro mamae mō te koreutu.
  - He kaupapa tiroiro korokoro mamae pea tā te kura o tō tamaiti – me whakapā atu kia mōhio ai.
- Mēnā ko te whakatau he poke korokoro Strep A, ka tūtohua te rongoā paturopi hei ārai i te mate rūmātiki ka mutu me pau katoa te 10 rā o te rongoā paturopi, ahakoa ka pai ake koe.

**Mēnā kei te hiahia tohutohu hauora koreutu koe, he māharahara whāwhai ōu, waea atu ki Healthline i 0800 611 116.**

Mō ētahi atu mōhiohio mō te mate rūmātiki matawai ki konei



*Matawai*

Mēnā he tohu, he tohumate mate rūmātiki ō tō tamaiti, me wawe tonu te heri ki te rata, ki tētahi nēhi rānei kia tirohia

**Tīmata ai te kirikā rūmātiki**

# 1-5 wiki

**i muri i te pāngia o tō tamaiti e te mate korokoro.**