



# TE PAE ORANGA

## RUAHINE | TARARUA

### Upcoming Events

Heart Health  
Awareness Month

1 February  
to  
29 February

**Te Aka Whai Ora &  
Hauora Māori  
Providers Hui**

22 February  
AM & PM timeslots  
Manawātū Golf Course

**TPO Board Hui**

12 March  
2pm  
Two36 Broadway Ave  
Palmerston North

**MALT HUI**

13 March  
2pm  
2pm - 3pm  
35 Victoria Ave & Teams

### The redevelopment of Palmerston North Regional Hospital

Progress update: Construction of the replacement Acute Mental Health Unit continues to forge ahead. Final SPIRE construction works are now complete and this project is now in the close-out and review phase. The patient reception area within the theatre suite is in place, and changes to the PACU nurses' station and surrounding area finished. Planning work continues to advance Project Ka Ora Kainga Rua – the development of Palmerston North Regional Hospital.

The pressures on the hospital's capacity while this work is undertaken are well recognised and ways of addressing this is being identified and evaluated.

Click [here](#) to read more.

### Tips for a healthy heart

February is [Heart Health Awareness](#) Month in New Zealand. Heart disease remains the number one cause of death and a major cause of disability and other health problems in Aotearoa New Zealand. Chief Clinical Advisor in Primary Care, Dr Anna Skinner says there are many ways to reduce your potential risk of getting heart disease: 'Making healthy choices can reduce the risks of developing heart disease. By doing some of these, your heart will be healthier.'

- Eat a healthy, balanced diet. Our diet can be a major factor in the health of our heart.
- Keep to a healthy weight. Excess weight can result in fatty materials building up in arteries, potentially leading to a heart attack.
- Do regular exercise. Regular exercise is the best way of maintaining a healthy weight. This will lower your chances of developing high blood pressure.
- Quit smoking. Not smoking reduces the chances of developing heart disease.
- Get your heart checked. This is a great way to find out your risk of a heart attack or a stroke. The Heart Foundation provides a free, online heart health assessment to give an indication of your heart health, which can be found at [My Heart Check](#).

### Meeting the mental health needs of young New Zealanders

15 February 2024: Young people report the highest level of unmet need for mental health care of any age group in the population. We looked at how effectively government agencies work together to understand and meet the mental health needs of young people aged 12 to 24 years.



### Consumer health forum Aotearoa workshops

Te Tāhū Hauora Health Quality & Safety Commission is hosting a series of free consumer workshops in Whangārei, Kaitia and Hastings in March 2024.

Dates, times and venues

Friday 15 March, 10 am-1 pm, Terenga Paraoa Marae, Whangārei

Saturday 16 March, 10 am-1 pm, Te Ahu, Kaitia

Saturday 23 March, 10 am-1 pm, Te Taiwhenua o Heretaunga, Hastings

Following the Hastings workshop, the Health and Disability Commissioner's team will host an afternoon workshop (1.30 pm-4.30 pm) on the [Code of Health and Disability Services Consumer Rights](#).

Our voices: Shaping health care together | Ō mātau reo: He tārai tahi i te tauwhiro hauora hui. We are excited to build on the knowledge gained from our 2023 hui and work together to shape the future of health care in Aotearoa New Zealand.

For more information and to register for these Workshops, click [here](#)