



TE RAPAKAU
PACIFIC TRUST

VISION

“To empower Pacific People, strive for excellence in knowledge and awareness, thus increasing wellness and overall quality of life”.

MISSION



To nurture quality Pacific focused health services of health social services, education, referral services, training, research and development in the area which meets the collective needs.



To foster continual learning and growth by delivering services in a unique, holistic and a culturally appropriate manner.

What do we do?

Service Delivery

Health Education & Promotion

(Preventative)

Sexual & Reproductive Health

- Youth Leadership
- Peer & Mentoring support
- Educational workshop & classes

Well Women

- Cervical Smears
- Breast Screening
- Warrant Fitness Check

Well Child Health nurse Coordinator

Transportation Assistance

- Transport to medical appointments

Nutrition & Physical Activity

- Drumbo & Netfit (train the trainers)
- Uto Tamariki Jiggle Bugs
- Taro Patch Gardening Programme
- Kai Kai for the Soul



Our Social Services

Youth Advocacy

- Nesian Konnex Youth Leadership Programme
- Advocacy & information services

Children

- Uto Tamariki Birthday Club
- Uto Tamariki Jiggle Bugs
- Nessian Konnex

Elderly Support

- Home visits
- Advocacy
- Transport

DRUMBO

Aerobic exercise class with a Pacific Flava.

Performed to the sounds of Pacific Drums and island hula movements.

This class is open to all ages and cultures, fun guaranteed!



DRUMBO – Program Outline

Stage 1: Introduction to Drumbo

Is a low impact aerobic exercise class, with a Pacific Flava, performed to the sounds of Pacific drums.

Future classes of medium and high level exercise workouts will be available. Starting in 2010

Stage 2: Nutrition Booklet and Drumbo

To introduce a handout booklet is to help develop good healthy plans and monitor healthy eating

Stage 3: Physical and Nutrition – (weight control)

To support participate to monitor weigh loss or gain, to educate healthy eating and living

DRUMBO - Training of Trainers



- Te Rapakau presents a two day workshop and certification in the area of train-the-trainer DRUMBO.
- We believe in a practical, hands-on approach for DRUMBO that focuses on the training you need to get your community started.

- **Two Day workshop**

Training workshop and Testing Day

Cost: \$100-\$250

- **Drumbo Resource Kit**

Drumbo music CD

Outline of Programme

Lesson plan of exercise workout

20 Pareu/Lavalavas

- **Drumbo train the trainers "2" will be 8th October 2009 @ 11 King street, Hamilton**

Other Community

Programs we support

- Pacific by Nature – Secondary School Culture competition
- Fresh Air Fono – Waikato Pacific Health Youth Conference
- Mum to Mum – Initiative to support Young Mothers in Nawton
- Kool IV Youth – Youth Programme
- Pacific Beauty School - SPII
- English as a Second Language
- Four Winds Childcare Centre
- Well Women Weekend
- Pink Walk
- Relay for Life
- Daffodil Day
- Vaine Tini
- Te Punga te reo

Our Team



Grace Mitchell

General Manager



**Saffron-Moana
Middleton**

Team Leader

- NPA & SRH
- HR / Funding



Pari Toimata

Community Liaison

- Uto Tamariki Birthday Club
- Transportation



Melisa Fotu

**Nutrition & Exercise
Coordinator**

- Drumbo
- Train the trainers
- Kai kai for the Soul



Aloma Hazelton

**Administration
Manager**



Debbie Letoa

Nurse

- Well Child Coordinator
- Smear taker



Lucy Faiaoga

**Sexual Reproductive
Youth Health Educator**

- Nessian Konnex
- Phat Pak

Contact Details

2/27 Norton Road
P.O Box 1152
Hamilton 3240

Phone: 07-846 6871

Fax: 07-847 1408

Email:

terapakau@terapakau.co.nz