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VISION STATEMENT: Tikina he wai o Te Huhunu kia rongo ai au i te reka o te wai.

MISSION: Ruia te kakano kia puāwai ai tatou.

OUR VALUES: Whakapapa; Whanaungatanga; Rangatiratanga



Kua tae ki te waa Kirihimete

Kirihimete Hours Closing 20th December, 2019 Reopen 6th January, 2020

**Kia ora koutou, we will be closing down
for two weeks during Xmas and New
Years.**

**Accident and Healthcare is available to
all our patients if needed. ALL
emergencies please go to Tauranga
Hospital**

Te Oturu Opening hours
Closing 20th December, 2019
Reopen 7th January, 2020

Opening Hours:

Monday - Friday
8.00 - 4.30pm

Doctors Hours:
Monday - Friday
9am - 4.00pm



Contact Details:

3 Lochhead Road
RD6 Te Puna,
Tauranga 3176
Ph: 07 552 4573
Fax: 07 552 4572

Info @pirirakauhauora.org.nz
www.pirirakauhauora.org.nz

Mihi from Dux

Tena koutou te whanau o Pirirakau. Nga mihi nui ki nga whanau e mauui ana i roto i o koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou. Nga mihi nui hoki ki a koutou katoa mo te wa Kirihimete me te tau hou.

Welcome to our final newsletter for the year. It has been a very busy year for all of us at the Hauora with a number of projects on the go and a lot of changes that are happening within the sector.

The last three months have been very busy and quite tough with absenteeism due to sickness and bereavement amongst our staff. We are all looking forward to a much needed break to rejuvenate and refresh in preparation for the new challenges that the new year will bring.

Clinic

Since our last newsletter in September the clinic has continued to be fairly busy.

We will be closed for 2 weeks over the Christmas/New Year period. Please make sure that you organise to have your medication prescriptions sorted before we close. Our last day will be 20th December so please get in early so that there is not a rush on the last day.

Next year we will be down one doctor as Dr Nigel Bruce will no longer be with us. We are however, hopeful that we will be able to continue to provide a service on those days that he worked.

The clinic team have worked extremely hard this year to ensure that the service is of a high quality. Thank you to all patients/whanau who continue to support us.

Afterhours service

Although the clinic is closed over the Christmas period you will still be able to ring the Hauora if you need support. If you need medical support or advice you are able to ring the Hauora phone number at any time of the day. Our after hours service will pick up your call. You will speak to a registered nurse who will be able to give you advice if required, and tell you whether or not you will need to be seen by a doctor.

Staffing

Since our September newsletter we welcome to Pirirakau Hauora Robin Cooper, who is currently training as a Part time, casual Coordinator for the Home Care Support Service and Kimi Peachey, who has returned to the role of Personal Assistant to the Manager.

At the end of the year we say farewell to Dr Nigel Bruce who will be retiring to enjoy a life of leisure, and Suana Borell, who will be moving on to other things. We wish them both the best of luck and happiness for their future.

We are currently on the look out for a new Doctor and will be recruiting to fill the vacancies in the new year.

Hauora Birthday

On the 21st September we celebrated our 25th birthday with entertainment, kai, competitions, prizes and a laid back relaxing day for the community and our whanau. Thank you to all those that supported our celebrations especially our sponsors.

Please support our sponsors as without them we would not have had such a successful day.



SPONSORS

Te Puna Fish 'n' Chips
Te Puna Motors
The Topshot bar
2 Well Ltd
Te Puna Four Square
Bethlehem Pharmacy
Copperfield Nurseries - Snodgrass
TMT Promotions
Grove Avocado Oil - Te Puna
Hammer Hardware Bethlehem
Unichem Metro
Leef Civil Ltd
Farmlands
Te Puna MWWL
Grower Direct
Immerse Nail & Beauty Therapy
Immerse



Photo - Some staff enjoying the birthday

Mihi cont'd ...

Achievements and highlights for 2019

- 4 Marae-based Te Ihu Waka Tikanga Programmes
- First Aid and Mirimiri at the VK Day
- School holiday programmes for our tamariki every school holidays.
- Implementation of Team Leaders under the new Kaupapa Maori Model of Practice
- Tikanga training for all staff
- Hosted students from Arizona
- Attained 100+ clients on Home care Support Service
- Completed 30+ Hauora Tane checks in one month
- Hauora's 26th birthday celebrations in September, incorporating Mental Health Awareness
- Introduction to Tuapapa indigenous Model of Care
- Te Oturu Rongoa Planting Project
- Ongoing Cornerstone auditing
- Introduction and implementation of Manawa Ora Healthy Homes Project
- 40 whanau participating in the Manawa Ora project.
- New Pulsed Electromagnetic Field Therapy Bed
- Work towards the development of a Rongoa service
- Introduction and implementation of Korero Café.
- Te Puni Kokiri presentation on Papakainga Infrastructure
- Increase in the uptake of childhood immunisations
- Launch of the Pataka Kai as part of Matariki celebrations
- Resurrection of the Gym in the Hauora Garage.
- New phone system to improve access.

Achievements continued

- Respite Flexi programme twice weekly.
- Lots of training for staff.
- Waka Ama now based at the Hauora grounds

These are just some of the achievements/highlights for 2019. I am sure I have missed some and would like to acknowledge the hard work that the staff have done throughout the year.

Well whanau thank you for taking the time to read my korero. Thanks to the many whanau that have utilised our services this year and special thanks to the Hauora board and volunteers who have helped out over the year. Have a safe and enjoyable Christmas and New Year and I look forward to seeing you all in 2020. Stay safe on the roads and in the water and sun.



The community supporting with the Rongoa Planting

Meri Kirihimete me nga mihi aroha mo te tau hou.

Dux

GP Services

CHECKLIST

- 1 - Make Doctors appointment before Xmas ☐
- 2 - Prescriptions needed? ☐
- 3 - Have a safe and healthy Xmas/New Years ☐

immunise
our best protection



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- Access to your medical records - view medical conditions, lab results, immunisation records, allergies, prescriptions and share health information as required with other healthcare providers.
- Book doctors appointments online.
- Need to have individual email address and total cost is \$5.00

ManageMyHealth™ is available to you right now, all you need to do is see Brooke to register

MANAGE
MY
HEALTH



Mental Health Services

CAMHS CORNER

“LETS KŌRERO”



Kia Ora Pirirakau Hauora News Readers, just a little note to remind you that if you have tamariki or rangatahi needing mental health support please feel free to contact Sylvia Wilson on 07 5526238 to make an appointment.

Our service (CAMHS) is situated at Te Oturu located on 4 Paparoa Road Te Puna.

Suicide amongst rangatahi is alarming throughout Aotearoa. Currently in the Bay of Plenty stats are very high.

Whanau if you think someone in your whanau may be experiencing low mood or not being their normal selves please make contact with someone you trust or contact our service to make an appointment on 07 5526238 to korero tika /pono.

If you would like to remain anonymous please contact the free 1737 number by calling or text message. This service is available 24 Hours a day for anyone; tamariki/rangatahi or pakeke and you will speak to a trained counsellor.



Lets help each other make these sad faces “Happy Ones”

Never be afraid to ask someone “Are you “OK” ?



Whānau Ora

“Whānau Ora is a kaupapa Māori approach that supports whānau to achieve their dreams and aspirations in life”

The term ‘Kaupapa Māori’ can be translated as...

The learnings and teachings of our tūpuna

Whānau Ora team engages in supporting our whānau in achieving successful outcomes in terms of setting whānau goals and aspirations.

We have whānau meeting their needs. No matter how small or big their goals, issues, or determination is, Whānau Ora Kaiārahi support and enable outcomes through breaking down the barriers to ease into do-able, manageable, and realistic steps to achieve what it is that the whānau want, need or aspire to.

As a kaiārahi, I also advocate out in the community working alongside service providers and the whānau supporting in situations of solutions and problem solving.

We recently coordinated a hui with Ngawa Hall from TPK who gave a presentation on Papakainga and infrastructure processes/funding/grants etc. We had a good turn out with about 22 whanau members attending, inclusive of livestreaming it on social media for extended interested whanau. Presentation was very informative about the process of applying for funding, and the time frame to be expected of 3-4years of pursuing the three main stages of progress and eligibility.

If there are whānau out there that want to learn more we have information to support.

With the Healthy Home assessments we are gradually proceeding through the steps of enabling houses to be healthier, drier, and warmer. We have been updating whānau (and still are) as status reports come back to us.

We have parents attending successful parenting courses, counselling, Family Start, Tauranga Budget Advisory, physical wellbeing classes, to enhance wellness within the whanau, be it Taha Wairua, (spirituality) Taha Whanau (family), Taha Hinengaro (mental), Taha Tinana (physical).

Enjoy your Kirihiemete season and well deserved holiday break whānau

Mauri Ora

Michelle Horne

Whanau Ora Kaiārahi



Rangatahi Services



KAUPAPA



Pirirakau Youth Group

Pirirakau Youth Group is an OSCAR funded School Holiday Programme for 5-13year olds which is set up to provide activities that entertain, educate & empower our local youth.

HOLIDAY PROGRAMME (OCT) 2019 – END OF YEAR TRIP!!

The Pirirakau Youth Group Holiday Programme ended the year with a **SUPER FUN DAY** at **RAINBOWS END!!**

We would like to thank all volunteers, whanau and Rangatahi who have helped with the Holiday Programmes. Ngā mihi nui.



Register and Enrol for 2020! 2020 HOLIDAY DATES:

JAN 21st – 24th & 28th – 31st

APR 14th – 17th & 21st – 24th

JUL 07th – 10th & 14th – 17th

SEP 29th – 2nd OCT & 6th – 09th

Tu Pou Tahī

Tu Pou Tahī is a service established to develop and implement programmes and projects that contribute to improving the health and wellbeing of Rangatahi Maori 13-25year olds and their whanau. Some of these include;

**Personal Development Wānanga
Sexual Health Workshops
Leadership Camps**

FREE PROGRAMMES:

Learner Licence Courses

Every Friday @ 1.30pm-3.30pm

Employment Preparation

Every Thursday @ 9.30am-3pm

For more info, please feel free to contact the Rangatahi Co-ordinators;

Jazz Apaapa

Ph: 07 5524573 **extn:** 710

Email:

j.apaapa@pirirakauhauora.org.nz

Dougie Joseph

Ph: 07 5524573 **extn:** 709

Email:

d.joseph@pirirakauhauora.org.nz

Home Care Support

For support or enquiries during the shut down period of -
20th Dec 2019 to 6th Jan 2020

Please contact our relief Coordinator on

0800 747 442

Mirimiri



Tena koutou katoa

Te Oturu Oranga Mirimiri Services will be closed Christmas Holidays from Friday 20th December 2019 and will re-open in the New Year on Tuesday 7th January 2020.

Now is a good time to book in for a mirimiri appointment especially before Christmas.

We also have mirimiri vouchers available. What a beautiful gift for loved ones.

Phone: 07 5526238 for mirimiri appointments and Christmas vouchers.

Nga mihi nui ki a koutou katoa

Mauri Ora!



Mirimiri cont'd...

Pulsed Electromagnetic Field Therapy

Pulsed Electro Magnetic Field therapy, also known as PEMF, is a drug-free, non-invasive, pain-relief alternative treatment, which promotes accelerated healing for ailments and injuries via "*stimulating cell regeneration*".

Human cells each have a specific vibration/frequency.

The QRS (PEMF Mat) produces an electromagnetic field, which imitates and creates the same vibration as healthy human cells.

Everything that exists has a vibration, including every atom, molecule and thus the human cell.

The QRS uses the frequencies of the body itself, which are generated by movement.

The concept on which the QRS is based was that humans carry a symphony of frequencies in the body.

By treating the person through electromagnetic fields, it is necessary to offer the full package of personal frequencies that support the body to perform its own functions.

Pulsed Electromagnetic Field Therapy assists by Improving Circulation, Reducing Muscle Tension, Improving Sleep, reducing Inflammation, Improving Tissue Healing, Reducing Anxiety and Stress - mental focus, and the body's overall performance by helping the energy output and regeneration of the body's cells.



Available Wednesdays at Te Oturu Oranga
4 Paparoa Road
Te Puna
PH: 07 5526238 for bookings



Mirimiri / Rongoa Service

Mirimiri is steeped in Maori custom and culture which is used in traditional Maori healing. There are tribal differences with Mirimiri practice throughout Aotearoa. Mirimiri is a holistic form of massage or bodywork which is used for healing the physical and spiritual elements of a person's life. This is in contrast to Western massage techniques which are primarily focused on the physical.

Skills and necessary knowledge pertaining to mirimiri were passed on by elders to successive generations. Mirimiri Practitioners follow in the footsteps of their tipuna (ancestors) and are following in a tradition that date back thousands of years - while evolving the technique to embrace the modern era.

Tension, stress and trauma accumulate in the body throughout our lives. This can manifest as pain, illness or dysfunction on a physical, mental, emotional and spiritual level. Mirimiri helps with the effects this has on our wellbeing by bringing balance and harmony to the body.

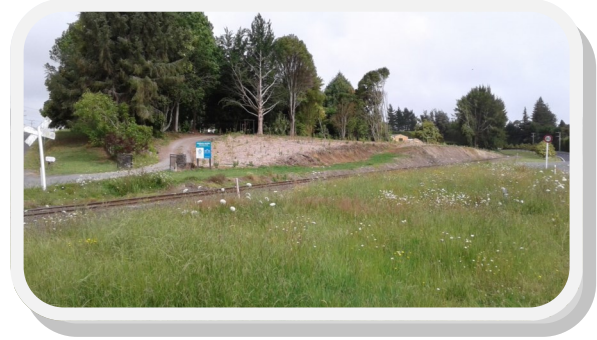
Mirimiri is also a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Practitioners typically use their hands and fingers for mirimiri, but may also use their forearms, elbows and even feet. Mirimiri may range from light stroking to deep pressure. There are many different forms of mirimiri.

Benefits of Mirimiri:

Mirimiri is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. It is an effective treatment for reducing stress, pain and muscle tension. Studies have found mirimiri may also be helpful for:

- * Anxiety, Stress
- * Digestive disorders
- * Insomnia
- * Emotional, Spiritual wellbeing
- * Soft tissue strains or injuries
- * Joint pain, Nerve pain
- * And a whole lot more

Te Ropu Rahurahu - Rongoa



Te Oturu Oranga entrance before and after the start of the Rongoa Planting Project



Rongoa Group

Date: Friday 28th February 2020 TBC

Where: Te Oturu Oranga

4 Paparoa Road

Te Puna

Time: 10.00am-2.00pm

RSVP—Phone: 07 552 6238 - Extn: 1

Tena Koutou,

Rongoa Session. Come along and share knowledge around rongoa maori and the safe practices of using what is readily available around us.

- Plant Identification.
- Whakawhanaungatanga – Making connections
- Network with like minded people

Some of the topics we will cover will be on rongoa rakau tikanga, plant identification, harvesting and utilisation of certain rongoa.

This will be introductory in nature and not suitable for persons wanting to learn to make rongoa for commercial purposes

Please bring a plate (of Healthy Kai) for a shared lunch, water to drink and a koha for the day.

Mauri ora!

RSVP please... so we have an indication of attendance.

Phone: 07 552 6238 - Extn: 1



Making Cough Syrup



Houhere Inu for nurturing the stomach

Kaumātua Services

The Respite Kaumatua Day Programme is available to koroua/kuia 65 years or older with a long term health and/or disability related need or Maori between the ages of 50–64 who are deemed to be “like in age and interest” to people aged 65 and over, or with a diagnosis of dementia.

Are You Eligible?

Access to Respite kaumatua day programme is by self referral following an assessment by Support Net.

Service Description:

Supporting kaumatua to remain part of their community. Promoting and enabling kaumatua wellbeing and inclusion in all parts of community life.

This gives the whanau and caregivers a break.

The Service Provides:

Day programme operating Monday and Friday, 11.00am to 2.30pm, based at Pirirakau Hauora

- * Morning tea and lunch provided
- * Social interaction with other kaumatua
- * Fun indoor/outdoor activities include: Crafts; game activities; bingo; Quiz's; chair yoga; gentle exercises; bowls; petanque etc
- * Day trip excursions includes Community events, art galleries, visits to parks, beaches, shopping Centres/Malls etc
- * Promotion/Education programmes promoting health and wellbeing, general health checks/ Information, pamper days, Rongoa Workshops etc

The Service Provides:

Eligible koroua/kuia, are entitled to receive 10 day's per year of respite care.

Support person to take koroua/kuia for activities/day outing in the community

Relief care to support whanau/carer's to have a break

Our aim is to provide care for the whanau/carer's and a safe and stimulating environment, to maintain kaumatua independence in their community and at home.

If you think this service would be of benefit to you/your koroua/kuia, we are more than happy to have you on board our Respite Care Support Service Day Programme.

Contact Moana Rayner - Respite Coordinator for more information

Phone: 07 552 4573 ext: 706

Mobile: 027 229 1403

Mauri Ora!



Community Pānui

Christmas just around the corner and a lot of whānau will be struggling to make ends meet

You can help support our less fortunate whānau by donating non perishable kai for our **PĀTAKA KAI**



Donations can be left at Reception
Thank you for your kind contributions

Thursday the 28th of November we held a curtain workshop here for those that have been assessed through the healthy homes initiative.

The workshop is directly related to the collective impact, Manawa ora kaupapa that is lead by Kahurangi Johnson-Ake.

The whānau that have been assessed in this initiative and require thermal backing for their own curtains, or in need of curtains were able to participate with this workshop.

This type of workshop has never been run before. This kaupapa has been funded from the collective impact pūtea.

We hope to be looking at running another before winter 2020.

Jo Willis
Sustainability
Options—
Workshop tutor



We have been fortunate to have our Kaumatua Keith Nicholas apply his professional skill to repairing the cracks in the seating and under the ama.

Keith has been awesome contributing some of his leisure time into our community waka ama.

We have fundraised money for our “dolly” our next step is getting our life jackets and paddles.

So we’re almost there whanau!

Still looking for community funding and support.



Smoking Cessation

Want to stop smoking but don't know where to start, contact the practice nurse

Kaumātua Programme

Our Kaumātua Programme is for Pirirākau Whānau or Kaumātua Māori living in Pirirākau Rohe and receiving our services.

For more information please contact Moana at Pirirākau Hauora 552 4573 ext 706

Pānui Articles

You will find our latest news and past newsletters on our website. Check it out:

www.pirirakauhauora.org.nz

If you have any comments about this pānui, or story ideas that you would like us to share with the hapū, please email or bring them into Claire by the end of the month.

info@pirirakauhauora.org.nz

All efforts are made to ensure all information in this newsletter is current at time of publication.

After Hours Doctor Service

Accident & HealthCare

19 Second Avenue

Tauranga

Ph: 07 577 0010

No appointment necessary

In a life threatening situation, call 111 for an ambulance or go to the Emergency Department

Repeat Prescriptions

You will need to allow 24 hours for any requests and you will also need to see the Doctor for a 3 monthly check up.

After Hours Service

Phone Pirirākau Hauora Day or Night,
7 days per week for Medical Advice.

Your call will be answered by a Registered Nurse on our behalf.

Ph: 552 4573

Pirirakau Hauora GP Service Prices

Effective from 9th September 2019

STANDARD CHARGES:

Registered Clients: (Face to Face or Video)

Tamariki 0 - 13 years	FREE
Rangatahi 14 - 17 years	\$13.00
Adults	\$19.00
ACC Consultations	\$19.00

Casual Clients: (Required to pay prior to consultation)

Adults from 16 years +	\$40.00
Tamariki 0-16 years	\$20.00
Non residents and temporary visitors to NZ	\$80.00

Non cancel appointment charge	\$19.00
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Other charges please ask Reception

Pirirakau Hauora Mirimiri Service

Mirimiri Therapist Charges

4 Paparoa Road, Te Puna Phone: 07 552 6238

GP Registered Clients

1 Hour	\$30.00
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Casual Clients

1 Hour	\$60.00
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Accreditations:

Cornerstone Accredited
OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

If you would like a copy of this newsletter please call into the Hauora.