



Find us on
Facebook

www.facebook.com/pirirakauhauoracharitytrust

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

Pirirākau Hauora

Meri Kirihimete

Me nga mihi o te tau hou

CLOSING HOURS

Thursday 24th December 2020 - Close
Monday 11th January 2021 - Re open

www.pirirakauhauora.org.nz



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

Tēnā koutou te whānau o Pirirākau. Ngā mihi nui ki a koutou i tēnei wā o te Kirihimete. Ki ngā whānau e mau i ana i roto i o koutou kainga, i roto i te hohipera hoki, kia piki te ora. Ngā mihi aroha ki ngā whānau pani i tenei wā. Kia kaha, kia maia, kia manawanui ki a koutou.

Welcome to our final newsletter of the year. This has been a very strange and challenging year for all of us. Many have experienced great loss with whanau being detained overseas or in quarantine in times of loss and sadness. This international pandemic has affected us all in different ways and we wish each and every one of our whanau lots of aroha and kaha at this time.

Summer is on us and it is looking like it is going to be a hot one. The Hauora staff are looking forward to a nice break over the Christmas period with whānau. With so much uncertainty it is important that we stay vigilant and keep ourselves and whānau safe this summer. Stock up on your hand sanitisers and make sure that you have masks if you are travelling.

Clinic Update

It has been a crazy year for the clinic. Unfortunately there is still a shortage of doctors and we have still not yet been able to find another doctor to support Dr Christie. He has had some time off recently and we were fortunate to have the support of Dr Nicholas and Brenda Smith in his absence. Many thanks to Te Manu Toroa for allowing Brenda to come out at short notice to help us out.

We are currently in the process of recruiting a Community Nurse to start in the New Year. We look forward to having a full complement of clinicians in the clinic next year.

Closing Dates

The Hauora will be closed from the 24th December to the 8th January. Our last day will be Wednesday 23rd December 2020 and the Hauora will be re-opening on Monday 11th January 2021. Please make sure you get your prescriptions for that period sorted before we close.

Staffing

Welcome to our new Rangatahi Coordinator, Wiremu Toma. Wiremu will be working alongside Brody Leathem in the Rangatahi space and they are currently training and planning for future programmes.

We are currently looking for more Support Workers for our Homecare Support Service. If you are a caring person and would be interested in working with Kaumatua, please give our Homecare Support Service team a call or pop in and see them.

We are currently recruiting for a Mirimiri Therapist. Please give us a call if you are interested in any of these positions.

Community Garden

Thanks to the diversity of our staff we have found a great handyman amongst us to build our 2 garden beds. The gardens were planted out by our kaumatua group and are now flourishing and some of the vegetables are now ready to eat. These gardens are open to the community, so please come and pick some lettuce or silver beet. The broccoli, cabbages and tomato still have some growing to do.

Mihi cont'd ...

Pātaka Kai

The Pātaka Kai is restocked regularly and it is great to see it being utilised by our whanau. We have left feedback forms in the Pataka and welcome any feedback or comments that you wish to make about this service.

Te Oturu

This is an ongoing project with the demolition and repairs of buildings and a lot of tidying up to be done, but things are progressing well and Te Oturu should be looking tidy again by the end of the year. Due to unauthorised visitors at Te Oturu outside of work hours and the break-ins that happened during lockdown, we will be installing security cameras on site to keep our place safe.

Post COVID

Over the past 2 months the Pirirakau Hauora staff have been providing cooked meals to Pirirakau kaumatua living on their own once a week. This has been very well received by our kaumatua and it has been a privilege and honour for us to be able to do this for them.

Our final lunch for the year was a luncheon at Paparoa Marae with 70 kaumatua in attendance to share a meal and good entertainment. Thank you to Jane Pou and her team, Karleen Bidois and our beautiful tamariki from Te Puna Matauranga. Your support was very much appreciated and enjoyed by all of us. Nga mihi .

Kaumatua were all presented with a gift of harakeke kono (made by staff) containing

Rongoa Cough Syrup and Kawakawa Panipani and a voucher for Mirimiri and Pulsed Magnetic Therapy Bed. We also had a "Design a mask" competition. Congratulations to the winners.

As part of our post covid recovery we have also given free Mirimiri and GP appointments for our most vulnerable.

Achievements and highlights for 2020

- 4 Marae-based Te Ihu Waka Tikanga Programmes
- First Aid and Mirimiri at the 10 aside tournament
- School holiday programmes for our tamariki every school holidays except April due to COVID.
- COVID Response:
 - ◇ Kai packs delivered to homes in collaboration with Pirirakau Covid Response Group
 - ◇ Pātaka Kai stocked
 - ◇ Continued to support clients in their homes
 - ◇ Phone GP consultations
 - ◇ Staff working from home
 - ◇ COVID testing in the clinic
 - ◇ Flu vaccinations in the homes
 - ◇ 200+ hygiene packs delivered to homes
- Team building trip away for staff
- Tuapapa training for staff
- Demolition of poultry sheds and cottage at Te Oturu
- Successful HCSS Audit
- Completion of Manawa Ora Healthy Homes Project

Mihi cont'd ...

2020 Achievements continued...

- Staff participated in Pink shirt day for anti bullying
- Maara kai built by staff and planted by Kaumatua.
- Xmas luncheon for our Kaumatua at Paparoa
- Learners Drivers Licencing programme.

These are just some of the achievements/highlights for 2020. 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 I have come to the end of my korero . Thank you to all the whanau who have supported the Hauora throughout 2020. A special thanks to to the Hauora Board and the volunteers who have helped out over the year. Have a safe and enjoyable, COVID free Christmas and New Year and I look forward to seeing you all in 2021. Stay safe on the roads and in the water and sun.

Meri Kirihimete me nga mihi aroha mo te tau hou.

Dux



Kaumatua Luncheon



Enjoying the entertainment



Our Gardens looking great.



What they look like now!!



Anti-bullying campaign—Pink shirt day.

Kaimahi Hōu

Wiremu Toma

Rangatahi Service Co-ordinator



Ko Mauao ko Hikurangi ngā maunga
Ko Tauranga te moana
Ko Waiapu te awa
Ko Mataatua ko Horouta ngā waka
Ko Te Matahi o te tau ko Tuwhiwhia ngā hapu
Ko Opureora ko Te Matahi o te tau ngā marae
Ko Te Moutere o Matakana ko Te Araroa ōku turangawaewae
Ko Vincent Toma tōku pāpā
Ko Tina Kuka toku māmā
Ko Ngaiterangi rāua ko Motutara ōku tuākana
Ko Anita rāua ko Te Arohanui ōku tuāhine
Ko Motutara rāua ko Waipuhiau ōku irāmutu
Ko Aroha Adams tōku hoa rangatira
Ko Wiremu Toma ahau
Tihei mauri ora

Tēnā koutou katoa I tipu ake au ki ngā matatahuna e kiii anei ko nga moutere whakaruruhau o Tauranga Moana, Ko Matakana ko Rangiwaewa ko Motuhua. He raukura tupu tenei no roto mai i te kaupapa o te kura a iwi, he toroa whakakoko no Te Wharekura o Mauao.

I mua I taku tono i tēnei turanga he kaiawhina au ki Te Kohanga reo o Matakana mo ngā tau e rua. He tangata ngakau nui tenei ki Te Reo Māori me ona tikanga, engari ko te kapa haka te tino tuāpapa ki te orangatonutanga o tēnei maori.

Kia Ora, My name is Wiremu Toma and I grew up on the islands known as the protectors of our harbour, those islands being Matakana, Rangiwaewa & Motuhua. I am a product of Kura a Iwi I am a student of Te Wharekura o Mauao. Before I applied for this job I was a Kaiawhina at Te Kohanga reo o Matakana for two years. Te Reo Maori and tikanga are a huge part of my life, in saying that kapa haka (Maori Performing Arts) is a big part of my foundation and who I am as maori.

I have been granted the Privilege of working in the Rangatahi Services alongside Brody Leathem, I am looking forward to working alongside Brody and the other kaimahi within Pirirakau hauora and engaging with the local rangatahi by keeping them informed of the importance of their health & wellbeing as well as helping them to achieve some personal goals they may have set out for themselves. If you have any patai, you can call into the hauora and come and see me, or else you can reach me on the phone. Once again I look forward to working alongside our rangatahi.

Mauri tu Mauri Tau Mauri Ora!



Xmas checklist

Please make sure you have done your checklist before the Hauora closes as stated on cover page

Mauriora

Checklist	
<input checked="" type="checkbox"/>	Medication
<input type="checkbox"/>	Children Immunisation
<input checked="" type="checkbox"/>	Blood Pressure
<input checked="" type="checkbox"/>	Bloods
<input type="checkbox"/>	Mammograms
<input type="checkbox"/>	Smears

EMERGENCY

2nd Ave Accident & Healthcare

No appointments needed



Log in to ManageMyHealth and manage your health online in your own time

Key Benefits

- ManageMyHealth™ is an app that gives you secure access to your health information.
- The freedom to manage your health needs - and that of your family anytime, anywhere.
- 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

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



Homecare Support

TE OTURU KAUMATUA SUPPORT SERVICES

Te Oturu Kumatua services is a kaupapa maaori home care provider and has a client base of over 100 clients.

In the past few months we have had around 20 -30 new clients join the service along with 10 new kaimahi.

We aim to provide a service from a holistic view approach as well as providing and promoting independence & well-being. Respecting and honoring family values and relationships through manaakitanga, aroha, whanaungatanga, whakapapa and rangatiratanga.

Our service has a staff of 2 coordinators who coordinate the cares and work closely with the support workers and whanau to ensure that quality cares are put in place. We also have 1 staff member who takes care of all administrative tasks from new referrals to payroll.

The service runs all year around, on public holidays right through Christmas into the new year. Please note that the Hauora will be closed from Wednesday the 23rd of December 2020 to January the 11th 2021. The after hours phone will be in service for contact during this period and is provided in the staff profile below.

On behalf of our team we would like to acknowledge our awesome support staff for their hard work especially during the time of Covid. This type of mahi can be quite challenging but also very rewarding. It brings satisfaction when clients & whaanau are happy with the cares provided. To our clients and whaanu near and far we thank you for your trust, patience and resilience throughout this past year. We have hit some curbs on the way but this is all apart of the lessons and growth.

The team has some great initiatives and plans for the service for 2021 so watch this space.

We are currently recruiting new support workers. No experience needed. You must be able to work with the elderly, hold a current driver's license, be punctual, have an understanding of tikanga maaori and have a high level of tolerance. Training will be provided along with other great opportunities.

Please forward your cv to

n.rikirangi@pirirakauhauora.org.nz or r.cooper@pirirakauhauora.org.nz

From the HCSS team we wish you a wonderful Christmas and a prosperous start to the new year.

He mihi aroha kia koutu katoa.

"Tukua te wai reka o Te Oturu kia rere ano"

Allow the sweet water of the Oturu to flow again

PIRIRAKAU HAUORA HOME CARE SUPPORT SERVICES STAFF

SERVICE COORDINATOR

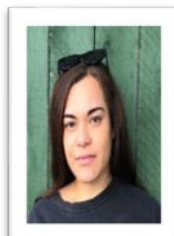
Robin Cooper & Natalie Rikirangi



PH: 07 5524573 C: 022 658 3347
r.cooper@pirirakauhauora.org.nz EXT 711
n.rikirangi@pirirakauhauora.org.nz EXT 712

ADMIN & PAYROLL

Naomi Egan



n.egan@pirirakauhauora.org.nz
EXT 712

REGISTERED NURSE

Theresa Wynyard



t.wynyard@pirirakauhauora.org.nz
EXT 700

**PLEASE NOTE - ALL PHONE CALLS OVER XMAS/NEW YEARS PERIOD FROM 24/12/2020 - 11/01/2021 NEED TO GO TO-
AFTER HOURS 0800 747 442**

Mental Health Services

Kia Ora from the CAMHS Corner !!

Tips for reducing stress this Christmas-

Are you expecting this Christmas to be stressful, either for you or someone you know?

Over a quarter of all of Aotearoa – [29 percent](#) – feel added financial and social stresses during the festive season. For some whanau the pressure is on to create a magical day for our tamariki . For others, the Kirihiemete period can increase loneliness and hardship, with limited access to kai, transport and other services.

Try to keep in mind that the presence, not our presents. our mokopuna.

Giving our time, our words others feel great, but it also us feel our lives have more



true gift of the season is our Teach this to our tamariki and

and our presence makes lifts our own mood and makes meaning.

It's one of our five ways to well being :



Meri Kirihiemete Whanau for 2020 !!

Take care take it easy

Mental Health Services cont'd..

Tēnā koutou

As 2020 draws to an end I think we'd all agree that it's been a year that has challenged us on a number of levels in terms of our mental well-being. The experience of lockdown, whānau loss during and with the COVID-19 restrictions enforced, unemployment, and further uncertainty, has caused much stress and anxiety amongst our communities. With Christmas only weeks away there are always mixed feelings from people who view it as a time of high stress due to financial concerns. While this is not an ideal situation to be in I encourage a change of focus. As I reflect on my childhood I don't remember what Santa got me but I do remember the memories of whānau beach trips, outings to our parks and many other experiences that were centered around whanaungatanga. So turn it into a positive if you can and enjoy your time with whānau so that great memories are created by simply enjoying our time together even by the simplest of means.



If at any time you're feeling alone and unsafe please don't hesitate to phone the "Need to Talk?" helpline. You can either talk or text and you will have access to a trained counsellor who will be able to support and guide you through whatever is troubling you.

If you are in crisis or feeling at risk at any time, then please phone the hospital crisis team at **0800800508**

In closing I'd like to wish you all a safe and enjoyable Christmas & New Year's period. Celebrate the time of year but remember to create those positive whānau memories and commit to spending time with our tamariki who love this time of giving and sharing.

Mā te Atua koutou e tiaki

Nā Carl Te Ahuru

Meri

Kirihimete

NEED TO TALK?

1737

**free call or text
any time**

Whanau Ora - Health Promotions



Pātaka Kai

Kia ora Whānau

Our Pātaka Kai will be closed, when we close for two weeks. Once the kai runs out that's it, until we return back to mahi. Please take what you need and leave some kai for others please. Don't forget to donate to our pātaka kai as well. Kaua e whakamā..

Ngā mihi

Jo Kahotea

Whanau Ora Support



Whānau Ora Navigator

Our Pirirakau Hauora provide and deliver Whānau Ora services to its enrolled and registered population particularly for our people of Pirirakau hapu...

For our whānau or individual a whānau ora kaiārahi is here to offer a service option of engaging in creating a Whānau Ora plan which is long term for the whānau. It is aimed for whānau who wish to make changes in their daily lives and want to see their tamariki, mokopuna or ourselves achieve our aspirations and self determination in all sectors of whanau wellbeing.



Reflection of our unprecedented COVID19 year:

Whanau Ora service providers hit the ground running in April this year, ensuring our kaumatua and whānau were provided with essentials allowing them to stay safe within their whanau and community bubbles.

Kai packs, hand and sanitization packs, blankets, hot water bottles and winter woolies were distributed out amongst our hapu, living particularly here in our Pirirakau rohe.

We supported our community bases assessment clinic (CBAC) to enable whanau to come and be tested without having to enter into the premises of our hauora.

Whanau Direct funding provided for our whānau ensuring that their vehicles were deemed safe and reliable, school uniforms were provided, essential items for healthier standards of living, educational resources, and minimizing financial debt that enabled whanau to meet payments due.

With our new government Whanau Ora can only but flourish in the future for our people

On this note whānau mā, consider what your whānau goals, dreams and aspirations look like for the welcoming new year and feel inspired and supported to korero mai so that i as a kaiārahi can tautoko you to set these goals in place to action for 2021!



Rangatahi Services



Pirirakau Youth Group

Another fun school holiday programme with your tamariki! Some highlights were:

- Learning about mahi awa, how to assess the condition of the awa by what life it supports
- Our whakapapa trip to te moutere ataahua o Matakana to hear kōrero, visit marae and swim!
- Hikoi ki Mauao and a soak at the hot pools

Next year's programme will be the two weeks before school starts, and we're keen to hui with whānau this year so your whakaaro can shape what we get up to.

We will have our whānau hui at the Hauora 5:30 - 6:30pm Monday 21st December at the Hauora, light kai provided and tamariki welcome too of course.

Nau mai haere mai!



Tu Pou Tahī

Our service has grown in strength and capacity as the Hauora whānau welcomed our talented new kaimahi Wiremu Toma in October.

Thanks to our relationship with local Police we are working with Matua Ken Harema from Bluelight to offer a Driver Licensing programme. First up will be a Learners course this year, with Restricted and Full to follow in 2021.

We are also developing an end-of-year kaupapa for us kaimahi to whakawhanaungatanga with Pirirakau Rangatahi. This will be a fun roadtrip somewhere for activities, swim, and hākari.

Check our Tu Pou Tahī Facebook page for details of both of these kaupapa.

Ngā mihi nui e ngā uri o Te Pirirakau!



Job Vacancies



WANTED

NEW HOME CARE SUPPORT WORKERS

if you are passionate about providing support to a wide range of people and think you would like a career with Pirirakau Hauora, then we would like to hear from you!

Mena he tangata e ngakaunui ana ki te manaaki tangata, tera pea, he turanga mou. Tukua mai to CV ki a matou o Pirirākau Hauora.

n.egan@pirirakauhauora.org.nz or n.rikirangi@pirirakauhauora.org.nz
075524573 ext 711 or 712

Massage/Mirimiri Therapist

Applicants require the following:

- Knowledge of tikanga Maori and basic understanding or willingness to learn Te Reo Maori
- Ability to relate to people of all ages
- Ability to maintain confidentiality
- Drivers License
- Organisational and recording skills
- Reasonable level of fitness
- Ability to work as a team member
- A qualification in massage
- Hands on experience
- Commitment to Kaupapa Maori health

For a Job Description and application, please contact:

Donna Motutere
Manager
Pirirakau Hauora
3 Lochhead Road, RD6 Te Puna
TAURANGA
Phone: (07) 552 4573 extn 701
manager@pirirakauhauora.org.nz

Mirimiri



Mirimiri is traditional Maori Healing. In Maori Philosophy, mirimiri is a vibrational exchange (Reo) between our Earth Mother (Papatuanuku) and the Goddess of the Sea (Hine Moana). "Mi" is a special vibration (nga reo e pa ana ki te rangi) between Sky Father (Ranginui) and Earth Mother (Papatuanuku).

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.

Mirimiri is used for healing multiple realms of a person's life. This is in contrast to Western massage techniques which are primarily focused on the physical.

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.

However, our Mirimiri Practitioners will cater to what is best for you on the day.

A beautiful experience to re-connect with yourself.

Pricing is as follows:

All clients registered with GP Services	\$30
Pirakau descent (not registered with GP)	\$40
Casual (not Pirakau descent or registered with GP)	\$60

Mirimiri appointments are for 1 hour duration.

To make an appointment, please phone Te Oturu Oranga: **07 552 6238**.

Gift Vouchers are also available to purchase.



Rongoa - Te Rōpu Rahurahu



***Te Oturu Oranga before Rongoa Planting Project.
March 2019***



***Te Oturu Oranga entrance after Rongoa Planting day.
August 2019***



***Te Oturu Oranga Rongoa Plantings at the moment.
November 2020***

Kia ora koutou,

How fast has the year passed with Xmas upon us already!

The main focus this year for the Pirirakau Hauora Rongoa Ropu-Te Rōpu Rahurahu, was to nurture the planting project at Te Oturu Oranga.

There have been so many of the community involved with this project from our Pēpi, tamariki, through to Kaumātua and the wider community.

He mihi nui tēnei , to all who have been and are still involved with this project.

The vision for the rongoa plantings is not only environmental but also educational that include:

- Native plant identification
- Traditional use of native flora and fauna – Tikanga a Rongoa Māori mātauranga
- Seed collection and propagation
- Pest control
- Weed control

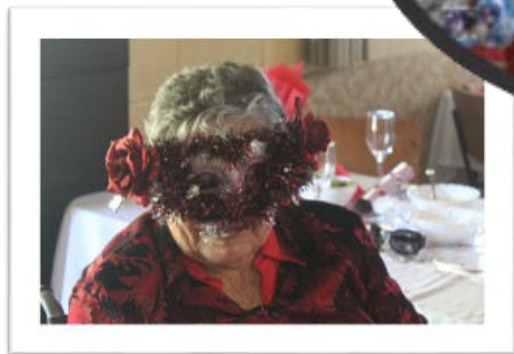
On-going education around caring for rongoa plants and the roll played in regeneration growth. So many other learning opportunities this has created.

During the year our Rongoa Rōpu have looked at the use of rongoa rākau to help with a range of ailments. Some topics covered were parasitic cleanses, immune support, compresses on the body, edible weeds, liver and kidney support, the making of different panipani from chest rubs through to muscle balms and insect repellants.

Plant identification and tikanga around the uses and harvesting of rongoa rākau is always at the forefront of our rōpu with the importance of nurturing our connection to whanau, whenua and guardianship of Papatūānuku.

Ngā mihi o te wā ki a koutou katoa...

Kaumātua



*KAUMATUA XMAS
LUNCHEON
PAPAROA MARAE*



Kaumātua



*Prepping Wednesday
kaumatua kai*

Kaumatua Lunches

Hauora staff prepping kai for our Pirirākau Kaumātua that live alone

Hope all our kaumatua enjoyed their kai

Kia haumarū te noho koutou

Nā te whānau o Pirirākau Hauora



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.

This new service is available at Te Oturu on a Wednesday from 9am. Appointments can be made by phoning 552 6238. Costs are as follows:

Registered Clients of Pirirakau and Pirirakau Hapu members \$10.00 for 30 Minutes

Casual Clients (not registered) \$20.00 for 30minutes.

Smoking Cessation

Want to stop smoking but 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 1st August 2020

STANDARD CHARGES:

Registered Clients: *(Face to Face or Video)*

Tamariki 0 - 13 years	FREE
Rangatahi 14 - 17 years	\$13.00
Adults	\$19.50
ACC Consultations	\$19.50

Casual Clients: *(Required to pay prior to consultation)*

Adults from 16 years +	\$65.00
Tamariki 0-16 years	\$20.00
Non residents and temporary visitors to NZ	\$80.00

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
--------	---------

Casual Clients

1 Hour	\$60.00
--------	---------

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.