



Find us on
Facebook

www.facebook.com/pirirakauhauoracharitytrust

TANE HEALTH CHECK

Month of
AUGUST 2018

Drawn 31st August 2018

To help improve the health status of Tane Māori
within our hapu/community



**Free tane health
check
DRAW**

1st - Prize - \$50 Countdown Voucher

2nd - Prize - Free mirimiri voucher

3rd - Prize - \$20 Petrol Voucher

Entry form at front desk



PosterMyWall.com



VITAI LAMPADA
Est. 1919

See inside for
more
information

Opening Hours:

Monday - Friday
8.00 - 4.30pm

Doctors Hours:
Monday - Friday
9am - 4.00pm

Our Mission:

“Rūia te kākano kia puāwai
ai tātou”

Sowing the seed of unity so
that we can flourish together.

Contact Details:

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

manager@pirirakauhauora.org.nz
www.pirirakauhauora.org.nz

Mihi from Dux

Tēnā koutou te whānau o Pirirākau. Ngā mihi nui ki ngā whānau e māuiui ana i roto i o koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou. Ngā mihi hoki ki ngā whānau pani o Pirirākau, o Tauranga Moana hoki. Ngā mihi tino aroha ki a koutou katoa.

It has been another very trying three months for our whānau, hapū, iwi with all the tangihanga across the Moana. Our sincere condolences to all those that have lost loved ones since our last newsletter. Mā te Atua e manaaki i a koutou katoa.

With the recent loses of our young men, it is becoming more and more important that we think seriously about our health and wellbeing. A visit to the doctor for a check up only takes half an hour or so out of your day. Half an hour that could make a big difference to your life and the lives of your whānau. Please make sure you get a regular check up with the doctor. Pirirākau Hauora offers free annual checks to all tāne enrolled with our service between the ages of 20 and 60—All you have to do is make an appointment and show up.

Clinic

Over the past few months the clinic has continued to be well utilised by our whānau and we are pleased that we now have over 1500 people enrolled with our clinic.

Although it is late into the winter season, flu vaccinations are still available to those who wish to have one. The shingles vaccination is also available free to those over 65 years old. The vaccine is also available to others at a charge. For more details, please contact the clinic.

There have been some changes in the clinic with our nursing staff and we now have a great team of nurses supporting our doctors and community staff.

Staffing

We have had a few changes to staffing over the past 3 months. In this time we bade farewell and best wishes to:

- Numia Tangitu, who has left to prepare for the birth of her new baby
- Erena Epiha, who has gone off to pursue her dreams of becoming a full time social worker. Erena is now working as a Social Worker in schools

with our tamariki Māori. Ngā mihi Erena.

- Mahia Wilson has retired to be a lady of leisure. Enjoy your retirement Mahia and thanks for the wonderful work.

We also have new staff that have joined our team. Welcome to the whānau of Pirirākau Hauora:

- Devi Ann Hall - Clinical Team Leader
 - Carla Tāne -Ashby -Community Nurse
 - Kiley Te Moni - has returned as Practice Nurse
 - Bronwyn Morris - Homecare Support Service Coordinator
 - Suana Bristow - Whānau Ora Support Kaimahi
- Ngā mihi nui ki a koutou ngā kaimahi hou.

Services

Kaumātua Respite Flexi—This service is available to Kaumātua who have been assessed by Support Net as needing support. This service provides opportunities for the formal carers of these Kaumātua to have a break. We run day programmes for eligible Kaumātua and enrolment onto the programme can be done by contacting Moana Rayner at the Hauora.

Te Hā Ora—Kaupapa Māori Ante natal and parenting programme. This programme is run over a total of 15 hours and open to all expectant mama and their whānau. You will learn about traditional birthing practices and even get to make an Ipu Whenua for your pēpi. All hapū mama who complete the programme will receive a voucher for a free Mirimiri. Please encourage your whānau to use this service as we are at risk of losing it.

Congratulations

- To all the new parents who have welcomed new pēpi to their whānau
- Te Puna Rugby Club for getting all 3 Senior teams to the finals. All the best for the big games. We look forward to a positive result.

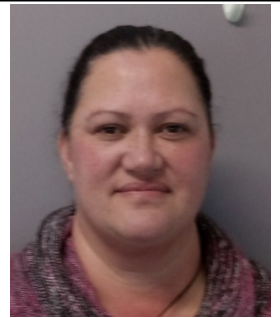
Ngā mihi
Dux

Kaimahi Hōu

Carla Tane-Ashby

Pepeha:

Ko Putahi te Maunga
Ko lake Omapere / Waitangi River te Awa
Ko Ngatokimataawhaorua te Waka
Ko Ngapuhi te iwi
Ko Ngāti Rahiri / Ngai Hine te Hapū
Ko Oramahoe te Marae



I hail from the small Northland Country town of Kaikohe. I am the youngest of 5 siblings, 3 brothers, 1 sister + ½ sisters. My Dad was a foreman at the Moerewa Freezing Works for 25 years. My Mother worked at the Telephone exchange for many years.

I was 15 years old when we made the move to Tauranga. I attended Mt Manganui College for 1 year to complete my School Cert. My husband also hails from Kaikohe. I have 3 Adult children, 2 girls and a boy, aged 27, 25, & 22. I also have 2 Moko's a boy & a girl aged 7 & 3.

I completed my Bachelor of Nursing Degree in 2006 from Waiariki (Rotorua). I completed my New Graduate year at Tauranga Hospital working 6 months on the Kaupapa Ward & 6 months on the Paediatric Ward. Most of my Nursing Career has been working in Primary Health, Rural Community's and working with Predominantly Maori. I also did a couple of Short term contracts for Australian Immigration & Border Protection working in the Darwin & Perth Detention Centres.

My role here at the Hauora is the Community Nurse, filling in as the Practice Nurse when needed. I have a Post Grad Cert in Primary Health Specialty Nursing (Tamariki Ora) as well as competing 1 of 2 papers of my Post Grad Diploma. Advanced Assessment skills & clinical Reasoning.

My passion is Wahine, Pēpi, Tamariki Health and I enjoy the Autonomy of working in the Community. Meeting people in their own environments and delivering the aspects of Whānau Ora holistically to the entire whānau. My vision is to implement a stronger awareness of Rongoa alongside Western Medicine.

Suana Bristow Borell

Ko Mauao te Maunga
Ko Tauranga te Moana
Ko Takitimu te Waka
Ko Ngāti Ranginui te Iwi
Ko Pirirākau te Hapū
Ko Poututerangi me Paparoa ngā Marae
Ko Suana Bristow Borell tōku ingoa



I grew up in Te Puna Tauranga, I am the oldest of five children, 2 brothers, and 2 sisters. My priority is whānau. My interests have always been sport, Tennis, Netball, where I have played as well as coached. Favourite food is seafood. My hobbies are reading, walking, singing and dancing. Spending valuable time with my kids, mokos, mum, dad, brothers and sisters. My favorite colours are blue black and white.

I have also taken on the position of being the Whānau Ora kaimahi
Mauriora

Kaimahi Hōu

Bronwyn Morris

Ko Mauao te Maunga

Ko Tauranga te Moana

Ko Takitimu me Mataatua ngā Waka

Ko Ngāti Ranginui, Ngai Te Rangi me Ngāti Pukenga ngā Iwi

Ko Pirirākau te Hapū

Ko Poututerangi te Marae

Ko Bronwyn Morris tōku ingoa



I Grew up in Te Puna, the eldest child of 4, my parents are Brian and Bunny who were also raised in Te Puna , I went to school at Te Puna Convent, Te Puna Primary and Tauranga Girls College . Left Te Puna when I was 16 spent a few years in Waikato got married, had 5 kids moved to Australia with my family, had 5 more children in Australia spent nearly 18 years there. Moved back home in 2015, with my 5 Aussie born babies built a home on the whānau whenua, went back to school where I gained a level 4 in Health care assistance as well as a diploma in legal studies, Started a Bachelor of Community health that's on hold atm.

I am now working at the Hauora as one of the Home and Community Support services Coordinators.

Devi-Ann Hall

Ko Huarangi me Hikurangi ngā Maunga

Ko Waiariki me Waiapu ngā Awa

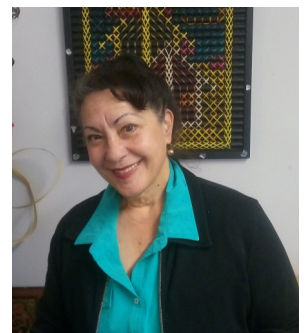
Ko Whaorua me Horouta ngā Waka

Ko Ngapuhi me Ngāti Porou ngā Iwi

Ko Ngāti Hine, Ngāti Wai, Ngāti Hau me Tu Whaka Iri ora ngā Hapū

Ko Whakapara, Hinerupe, Ohine Waiapu me Tutua ngā marae

Ko Devi Ann Hall tōku ingoa



I grew up in South Auckland, in a new housing development called Manurewa. We lived near a creek, just a paddock away and lived in a happy neighbourhood, with an ethnically diverse group of friends Although predominantly Māori, there were Polish, Dutch, British, and Yugoslavian whānau.

At 17yrs of age, I went into nursing and trained at Middlemore Hospital. I worked there for a total of 41yrs. At 18yrs of age I met my darling husband George Hall. Originally a local from Te Puna and a son of Beau Hall, a son of Mariana Borell, and the wife of the original George Hall.

George and I went on to have two sons, Billy, Logan and a daughter Ce Ce. As a whānau we all loved the sea, bush, sports, music, singing, dancing and whānau gatherings.

My current role is Clinical Team Leader for Pirirākau Hauora. My specialties have been in the area of primary Health Care, health research, policy making, palliative care, clinical tutoring, supervision, and developing strategic plans to enhance the wellbeing of local communities. The skills I have acquired will be utilized in my current role.

"Health equity for all is my dream for the future"

"Without a plan to be actioned by a team who can work in collaboration, it will remain just a dream. Let it be a reality"

GP Clinic

Free Tane Health Checks

So To All our Tane out there...

Let's Make your Health a Priority this Month

Here's the services our doctors can provide just for you....

- Blood Pressure & Cardiac Risk
- Vision, Hearing & make referrals
- Smoking Status – Cessation
- Height & BMI Ratio
- Weight and Food & Exercise options
- Blood Sugars & Diabetes Prevention
- Blood tests for various health checks
- Prescriptions –\$10 (Not FREE)
- Any other issues will be normal consultation cost of \$18.50
- Alcohol Consumption & Drug Use



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Entry form at front desk

PosterMyWall.com

It is a great time to ask the Doctor about health issues you would not normally find the time to talk to him about.

Taking advantage of a Wellness Check not only benefits our Tāne but in the long term it benefits the whole whānau.

Give reception a call today to book an appointment.

GP Clinic

Get your
FREE
SHINGLES
VACCINE

24th August 2018



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

ATTENTION

PRICE INCREASE

Child - 0 -12 years	Free
Child - 13- 17 years	\$12.50
Adults -	\$18.50

***Effective from July 1st 2018**



*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 and costs \$5.00 per annum.

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

**MANAGE
MY
HEALTH**



Kaumātua Services

Kia ora whānau

Our Home and Community Support Service is available and we have qualified kaimahi here waiting to help and assist you with your needs.

Our service caters to kaumātua aged 65 plus who require that little extra help due to a long term health or disability related need.

We also offer this service to Māori aged 50-64 who have certain medical condition/s that are “like in age and interest to people aged 65 or over” or with a diagnosis of dementia.

If you already receive Home Help with another Service Provider but would prefer a Kaupapa Māori provider, we are more than happy to help and have you on board.

This service is all about YOU, your needs and your goals.

We will work with you to design a care plan that’s specific and focused on your goals.

With assistance from our kaimahi in supporting your plan we aim to improve or maintain your independence in the community and at home.

Support services include:

- Assistance with personal care
- House cleaning duties
- Transportation

If you think this service would be of benefit to you, a whānau member, or someone you know then get in touch.

Call us on **0800 PIRI HA** that’s **0800 747 448** or **552 4573** or email us at OKESS@pirirakauhauora.org.nz

**Proud to be your local kaupapa
Māori service
“Aging well in Pirirākau”**

HEMOCARE SUPPORT WORKERS REQUIRED

We are looking for experienced Support Workers to work part-time caring for Kaumatua in their homes.

Please contact Bronwyn on 07 5524573 EXt 712
or (0800 PIRI HA) 0800 747 442

Te Hā Ora

Kaupapa Māori Ante Natal and Parenting Programme

FREE OF CHARGE

This is a holistic antenatal programme for hapū women, their partners, whānau and support people. It includes the making of Ipu Whenua and Ipu Pito along with preparing harakeke muka ties for baby's pito. The programme also covers....

- ◇ The 3 Stages of Hapūtanga
- ◇ Nutrition & exercise
- ◇ Rongoa
- ◇ Healthy Lifestyles Choices
- ◇ Labour Processes
- ◇ Birthing methods
- ◇ Te Whare Tangata
- ◇ Care of the whenua
- ◇ Whangaī ū (Breastfeeding)
- ◇ Linking with local support networks
- ◇ Postnatal Care Planning
- ◇ Parenting Methods & Techniques
- ◇ Postnatal Care Planning

Courses can be organised throughout the year in Te Puke, Te Puna, Tauranga City and Katikati.

Phone Chrissie on (07)5524573 ext 702 or email tehaora@pirakauhauora.org.nz and leave your contact details and location if you wish to register.



Mirimiri



Mirimiri / Massage Therapy Relieves Stress

Stress relief, mental or physical stress are one of the first benefits that come to mind when thinking of massage therapy.

It's also a key component for anyone trying to achieve a healthier lifestyle. Clinical studies show that a mirimiri/massage session can significantly lower heart rate, cortisol levels and insulin levels—all of which help reduce stress. Taking care of your body should be at the top of your priorities. By adding mirimiri/massage to your routine now, you'll feel, look and simply be healthier far into the future. In fact, stress relief alone can improve your vitality and state of mind. So what better way to prep for a long, happy life than a relaxing mirimiri?

If you're looking to add stress-relieving mirimiri/massage to your wellness program, know that it can be a powerful ally when combating daily pressures and anxiety. In addition to stress relief, on-going mirimiri/massage therapy can reduce pain, increase energy levels and improve overall physical and mental performance. Our experienced, professional therapists customize every massage session to address your individual needs.

Benefits of massage	Anxiety Digestive disorders
Fibromyalgia	Headaches
Nerve Pain	Sports Injuries
Insomnia related to stress	Soft tissue strains or injuries
Myofascial pain syndrome	

Mirimiri Vouchers available from Te Oturu and Pirirākau Hauora receptions.

Te Oturu Oranga - Mirimiri Services - Paparoa Road

Open Monday - Friday 8.30am - 4.30pm

Phone: 5526238 for an appointment

Rongoa Group

Te Roopu Rahurahu

Date: Friday 17th August 2018
Where: The Quarry - Whakamarama
Time: 10.00am-2.00pm
RSVP - Phone: 07 552 6238—Extn: 1

Kia ora Whānau and Friends,

Our Next Rongoa Session/Workshop is on Friday 17th August 2018.

The Kaupapa for the day is Plant Identification and Wairua (pertaining to rongoa Māori)

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

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

Mauri ora!

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

Pirirākau Youth Group



Pirirakau ki Amerika



Tauranga Moana waka leaders Tamahau Tangitu and Te Kerekau Nicholas have been selected to represent Toi Māori at the Tribal Canoe Journeys 2018, Paddle to Puyallup with the Confederated Tribes of the Grand Ronde.

The canoe exchange has been going since 2009 as a means to bring together the two cultures to share in the life skills and art form of what it takes to pull together a canoe.

This journey is a course for success for all those involved and produces leaders for the future.

There was no holiday programme for the second week due to Te Kerekau's selection for the Tribal canoe journeys 2018

Mental Health Corner

NASC Whānau Ora (Adult Mental Health Service)

NASC (Needs Assessment Service Coordination) Whānau Ora is our Adult Mental Health kaupapa Māori Service here at Pirirākau Hauora.

Most people will become mentally unwell within their lifetime. For some, the experience will be insignificant. For others, the impact of the experience will turn their lives upside down and may require them to seek support from mental health services.

Our service includes but is not limited to:

- Advocacy
- Assessment (including Cultural Assessments)
- Support Planning and Managing Wellness
- Referrals to other services

Referrals can be made in the following way:

- Self-referral
- Whānau referral
- Iwi or Hapū Agency Referral
- Community Organisation Referral
- Mental Health Service Referral
- Social Service Agency Referral
- GP, or other health professional

We offer services to people who:

- Have a diagnosed or suspected mental health problem (e.g. depression, anxiety, schizophrenia, bipolar disorder)
- Are seeking information about mental ill-health, its treatment and prevention
- Are whānau members or are the significant other of a person with a mental health problem
- as identified by that person

If you, or a whānau member, require support then please make contact with **Carl Te Ahuru** at 5524573 on extension 708

CAMHS CORNER (Child & Adolescent Mental Health)

Kia Ora Whānau there have been many tangihanga within our hapū and has been a very sad and taumaha time for many. If you or your whānau / child need support whilst you are grieving please do not hesitate to contact our service for a korero.

Ngā Mihi Aroha

Sylvia Wilson

Pirirākau Hauora Child/Adolescent Mental Health Service
Contact 5526238 Extn 2



Ngā Manuhiri Nō Tāwāhi

On May the 17th it was an honour to have had international students visiting the hauora to learn about our kaupapa and the services we provide.

Kuaka are international education specialists who provide educational programs across a variety of disciplines with an in-depth and hands on experience, using Aotearoa and its' amazing variety of physical and social environments.

Our manuhiri were students from the University of Arizona who are passionate about environmental protection and sustainability. They spent a few hours learning about our services with time for a question and answer session at the end of our presentations. All had a keen interest in Hone's rongoa Māori presentation due to their interest in natural medicines and the environment.

It was great sharing opportunity that allowed an exchange of cultural views relating to health service provision and perspectives on Kaitiakitanga.



The Kuaka Roopu ready to hit the road

TENDERS

Tenders are requested for 73m² 2 bedroom cottage with 19.5m² timber deck. Has double bedroom, single bedroom, kitchen/dining room, lounge, bathroom, separate toilet and laundry.

Building will be sold "as is where is" and cost of removal will be borne by the buyer.

Building is located in Te Puna, Tauranga and may be viewed by calling (07) 552 4573 during business hours only.

Tenders close on 17th August 2018 and can be addressed to:

Manager
Pirirakau Hauora
3 Lochhead Road
Te Puna RD6.
Or email: manager@pirirakauhauora.org.nz



Te Hā Ora Antenatal Classes

Evening & Day classes available
Course is free.

Register your interest with
our Te Ha Ora Facilitator

Smoking Cessation

Want to stop smoking but know where to start,
contact Carl, Sarah,
& Moana.

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

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

Price List (from 1st July 2018)

Registered with Pirirākau Hauora GP

Children (0-12 years)	Free
Children (13-17 years)	\$12.50
Adults	\$18.50

General Fee for Casual Users

Adults	\$38.00
Children (13-17 years)	\$20.00

Other Charges

Non Cancel Appointment Charge	\$18.00
Nurse Consult or Dressing Change	\$10.00
Prescription Charge	\$10.00
Non payment on the day	\$3.00
Flu Vaccination for non subsidised	\$25.00

Other charges please ask Reception

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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Non cancel appointment charge	\$18.50
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Accreditations:

Telarc: ISO:9001:2008

Cornerstone Accredited

OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

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