

Find us on
Facebook

www.facebook.com/pirirakauhauoracharitytrust



Pataka Kai



STOP

Do you have Measles symptoms?

- Fever • Cough • Runny nose
- Sore and watery "pink" eyes
- Blotchy rash starting on the face

If you have these symptoms then please do not enter this Clinic

Return to your car and call us on (07 552 4573)

A nurse or Doctor will assess you in your car

Opening Hours:

Monday - Friday
8.00 - 4.30pm

Doctors Hours:
Monday - Friday
9am - 4.00pm

Our Mission:

"Ruia 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

Mihi from Dux

Tēnā koutou te whānau o Pirirākau. Ngā mihi nui ki ngā whānau e mau iui ana i roto i o koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou. Ngā mihi aroha ki ngā whānau e noho pani ana i tenei wa. Kia kaha, kia māia, kia manawanui ki a koutou. Ki ngā kanoahi ora o te rohe nei ngā mihi mahana ki a koutou.

Believe it or not, autumn has come and gone and winter has arrived. Thankfully it has been a dry autumn and it is only just starting to get cold. Time to pull out the hot water bottles and winter blankets in preparation for the colder months ahead.

A lot has happened since our last newsletter in March. There have been a few exciting changes across the organisation as we move forward towards achieving our strategic goals.

Staffing

During the last quarter we have bid farewell to Kerekau Nicholas and Kelsey Tawa - Rangatahi Coordinators, who have left to pursue further education and other fields of mahi. We wish them well on their new journeys.

Welcome to Jasmine Taituha, who has filled the role of Te Ha Ora Coordinator. Jasmine has been with us for 2 months and has already had a lot of success with the ante-natal programme. Welcome also to Dougie Joseph who has taken on the role of Rangatahi Coordinator. We are very honoured to have Dougie join our team. He brings another perspective to the team with his bubbly, friendly nature and I am sure he will do well in this role. Wheels are currently in motion to recruit another Rangatahi Coordinator to work alongside Dougie.

Clinic

There has been a big drive over the past 2 months to ensure that our whanau who are entitled, received their flu vaccinations. If you have not had yours yet,

contact the clinic to book yourself an appointment with the nurse. The clinic staff will be able to let you know if you are entitled to the free vaccination.

There has been a lot of talk about Measles over the past few months. New Zealand is currently experiencing an epidemic and whanau are reminded to be vigilant. If you or your child have symptoms please make sure you phone ahead to the clinic before coming in. This is a very contagious disease and the vulnerable members of our community are at risk of contracting it if exposed. The clinic staff will let you know what precautions need to be taken and how to seek help. The best prevention is to make sure that your whanau members are immunised.

Over the next 2 months Dr Bruce will be away and Dr Christie will be covering the clinic full time. Dr Bruce will be away for the whole of June and the last 2 weeks of July.

New initiatives

Pātaka Kai

While Kelsey was with us, she developed the idea of having a Pataka Kai for our community. Unfortunately, Kelsey left before it was completed, but she had the pleasure of witnessing its development. Dougie has been with us for 3 weeks, and his first job was to make this vision become a reality. He has been very busy working on this project which is due to be launched at the end of May. With the help of his father he has built the Pataka and we are looking forward to having it erected and filled with kai for our most needy.

When the Pataka is ready we will be requesting donations of food for the Pataka, preferably non-perishables and fruit/vegetables. There is more about the project further in this newsletter.

Healthy Homes

This initiative is a joint initiative with Nga Mataapuna Oranga, and whanau will have the opportunity to have their homes assessed for assistance to ensure that their homes are warm and dry. A community hui will be held

Mihi cont'd ...

at one of our marae to discuss the project and answer any questions that whanau may have about the project. More information about the hui is included in this newsletter. Please come along and have a listen to see how we can help you have a “Healthy Home”.

Te Oturu

You will all have noticed the earthworks that have taken place at Te Oturu over the last couple of months. Trees have been felled and a large area of Te Oturu has been cleared in preparation for the planting of a “Rongoa Garden”. Pirirakau Hauora is working in conjunction with Envirohub and Pa Rob McGowan to develop our Rongoa Planting Project. We are currently sourcing plants for the planting project and will be asking our community to be involved. As soon as the area is ready to start planting we will be asking members of the community to join with us to get our project happening. We are really excited about this new phase of development at Te Oturu as it fits in nicely with the new “Rongoa Service” that we are currently developing.

The Rongoa Service is a new initiative that we are planning to launch very soon. It is our plan to make Rongoa Maori more accessible to our whanau—so **WATCH THIS SPACE. Coming to Te Oturu soon—rongoa service**

Another new service that we have available at Te Oturu is the **Pulsed Electromagnetic Field Therapy**.

Pulsed Electromagnetic Field Therapy is a non-invasive treatment that helps improve circulation and cell regeneration. It assists by improving circulation, reducing muscle tension and inflammation, improving tissue healing, reducing anxiety and stress, improving sleep and stimulating cell regeneration.

For more information about this service, please contact the team at Te Oturu.

Some photos of the planting project at Te Oturu



Other Activities

On 16th May we hosted 36 students from Arizona at Te Oturu. These students are involved with environmental and conservation studies. They came to Te Oturu to learn about Kaupapa Maori Health Services and how we deliver “For Maori, By Maori” services to our people. The students showed a lot of interest in the kaupapa and were especially interested in Maori Models of Practice and the Rongoa Planting Project.

Pirirakau Hauora is proud to support “Pink Shirt Day” anti-bullying awareness. We believe that this is a serious kaupapa and support any initiative that will reduce the incidences of bullying, especially for our rangatahi and tamariki. He kaupapa whakahirahira kia matou o Pirirakau Hauora.

Well folks, I will finish my korero on that note. Keep warm, stay healthy, and do not be afraid to seek help. We are here to help our whanau wherever we can.

Nga mihi nui nā
Dux

Kaimahi Hōu

Jasmine Taituha - Te Hā Ora Co-ordinator



Ko Kuhuhunui te Maunga
Ko Whakatiwai te Awa
Ko Tikapa te Moana
Ko Wharekawa te Marae
Ko Ngati Paoa te iwi
Ko Hauriki te Hapu
Ko Bruce Manamutuhaki Hoeta Taituha tōku Pāpā
Ko Dianne Ruth Fisher tōku Māmā
Ko Jasmine Rose Taituha tōku ingoa
Ko au te kaiwhakahaere hōu mo Te Hā Ora

My name is Jasmine Taituha I have the privilege of co-ordinating and facilitating the Te Ha Ora Kaupapa Maori Antenatal program through the Western Bay of Plenty.

I have been in Tauranga for 12 years and enjoy working within our Maori communities to strengthen their mana and reignite their wairua of our expecting whanau.

Having just completed my Bachelors Degree in Community Health and Safety I thrive to help others see the potential within themselves..

I look forward to meeting with you all

Mauriora

Douglas Joseph - Rangatahi Services Co-ordinator



Ko Mauao me Makeo oku maunga
Ko Takitimu me Mataatua oku waka
Ko Ngati Ranginui, Ko Ngai te Rangī, Ko Whakatohea, Ko Ngati Kahungunu oku iwi
Ko Pirirakau, Ko Ngati Hangarau, Ko Ngati Patumoana oku hapū
Ko Pou-Tu-Te Rangī, Ko Hangarau, Ko Waiaua oku Marae
Ko Douglas Joseph toku ingoa
Ko TeRina Joseph toku hoa wahine, ka puta maua toko toru nga tama, Ko Takuira, ko Haamiora me Paora oku tama. Ko Werahiko toku mokopuna.

Through my Mother's Father Rex Smith, I whakapapa to The Te Mete or Smith, Bidois and Faulkner whanau from Tauranga Moana and my Mums, Mum Kathleen (Diddy) Smith the Mokomoko and Christie whanau of Opotiki. My Father Steve has a family tree that originates from England, Portugal and Australia.

As a Rangatahi Coordinator at Pirirakau Hauora I hope to support our Rangatahi the leaders and future of Pirirakau by providing mana enhancing activities, promotions and wananga.

It is important to me to hear what the Rangatahi have to say on what would support their wellbeing, so come and have a korero.

I am also wanting to tap into the rich resources and people of our community to inspire, teach and share so don't be surprised if I ask for help.

Ngā mihi

TANE HEALTH CHECK

Month of July 2019

Drawn 30th August 2019

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 forms will be completed by nurse

GP Services

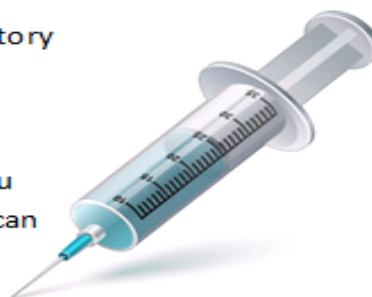
Flu vaccine

Influenza is a serious illness
with severe effects

You may be **eligible** for a **free** flu vaccine if you:

- ▶ Aged **65 years** or over
- ▶ Are Hapū
- ▶ Suffer from cardiovascular or chronic respiratory
- ▶ Have Diabetes
- ▶ Have Cancer

If you are unsure if you are **eligible** for a **FREE** flu vaccine please talk to our clinic team and they can help.



If you don't fit the **above criteria** for a **free vaccine** you can still book in for one at the cost of **\$25.00**

Available until November 2019

Influenza.
Don't get it.
Don't give it.



*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 total cost is \$5.00

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



Mental Health Services

Kōrero Café



CONVERSATION CAFÉ
LET'S TALK ABOUT WHAT MATTERS

Coming to you...

The Mental Health Team from Pirirakau Hauora would like to invite whānau to our “Kōrero Café.” The kaupapa is to provide a space where you can relax and kōrero over a cuppa. Maybe have some time out, get some tautoko, or enjoy a space to gather your thoughts. Feel free to come and check it out, and over time we will invite special guests. But first we would like to hear from you regarding what kōrero ideas you are interested in. The first ‘Kōrero café’ will kick off

Date: 28th June Friday
Time: 10-12pm.
Venue: “The Pad” - Te Oturu
4 Paparoa Road, Te Puna.

So for anyone that would like to come hang out, kōrero, or just be in a safe space, this is the place to come

Enquiries to the Pirirakau Hauora Mental Health Team

Carl Te Ahuru 075524573 Extn 708
Sylvia Wilson 075526238 Extn 2

Whānau Ora

Karanga mai! Karanga mai! Karanga mai!

Naumai, haere mai te whānau o Pirirākau!



- 🌀 *Is your whare fully insulated?*
- 🌀 *Is your whare warm and dry?*
- 🌀 *Does your whare have sufficient heating*
- 🌀 *Do you or your tamariki suffer from any respiratory ailments?*
- 🌀 *Would you like a warmer, drier home for winter?*
- 🌀 *Is your whare free from mould?*
- 🌀 *Are you ready for change???*

Manawa Ora: Healthy Homes /Healthy Whanau

If your whanau whare is in need of some attention to make it healthier for the whānau, come along and find out how this can happen. Manawa Ora is a new initiative to support whanau to achieve “Healthy Homes/Healthy Whānau”.

This hui is going to take place at:

Poututerangi Marae on June 12th

Whakatau 5.30

Presentation-kōrero/pātai 6.15 Wharenuī o Takurua

Our guest speakers -

Mii Keelan - Nga Mataapuna Oranga

Nick Gregg - Sustainability Options

Jodie Rickard – Western Bay District Council

- 🌀 *What is the Manawa Ora Program*
- 🌀 *Who we all are and what their roles are in the program*
- 🌀 *Availability for whanau to register on the spot for this initiative*
- 🌀 *Q&A*



Rangatahi Services



The **Pātaka Kai** Movement is community led that is open to anyone 24/7, a community solution to our community's local need, rescuing food and encouraging the co-sharing between whānau and neighbours to strengthen our community. Whether a need for food or a need to give. All street Pātaka Kai are stocked organically. Those who wish to contribute may do.

No forms
No koha
No judgement

You take what you need and leave what you can share. No one needs to know you use this service, whether you come during the day or at night.

Pātaka Kai has a role of nourishing whanau tinana and wairua, while reducing stress and promoting the values of koha and manaaki. This is a way of celebrating as a culture, as an iwi, as a people. It's about that whole sense of manaakitanga- judgement free movement.

This idea derived from our ancestors in many shapes & forms. *"Pātaka Kai allows us to be committed to promoting Community Empowerment, Supporting the growth of the many assets that already exist in our communities within residents, enabling intergenerational connectedness and turning strangers into neighbours."*

Pātaka Kai Donations may be the following:

Fresh fruit and vegetables
Unopened / sealed Preserved, Tinned and dried goods
Breads, Sandwiches, biscuits, eggs, baked goods and Long Life Milk
(Note: this food can only be accepted if is less than two days old and is labelled with the date and time it was made)
Toiletry items
Packaged foods



Food that cannot be shared ion the Pātaka Kai:

Baby food
Unsealed or half eaten food.
Mouldy fruit.
Raw fish, meat, and bottled milk.
Food that has been recalled by the manufacturer.
Cooked food
Frozen Food
Kai moana (Seafood)

WATCH THIS SPACE!

The Rangatahi team and Pirirakau Hauora present our first Pātaka Kai! Here is a sneak peak of what it looks like. We plan for rangatahi to come help design an awesome painting for the outside. So keep an eye out for a confirmed date on our painting day! All Rangatahi and whanau welcome to come bring ideas and a helping hand to give back to our community.

Mirimiri



Kia ora friends and whānau

We are offering Hot Stone Mirimiri at Te Oturu Oranga

With the winter season nearly upon us, come along and enjoy the warmth and relaxation of hot stone mirimiri to enhance your wellbeing.

The benefits of hot stone mirimiri are as follows:

- Relief from muscle tension
- Relief from stress and anxiety
- Boosted immunity
- Better sleep
- Boosted circulation
- Better mental health

For appointments, please phone Te Oturu Oranga: 07 552 6328

Mauri Ora

Rongoa - Te Rōpū Rahurahu

Tēnā koutou katoa,

Our next Rongoa Day is being held Friday 7th June 2019, 10am – 2pm.

We will be making a rongoa to support the stomach/puku. A wonderful Inu to cleanse and regenerate the ngākau.

The day will also include plant identification and whakawhānaungatanga. A great way to learn mātauranga (knowledge) of our ngāhere and embrace rongoa māori.

Come along to future Rongoa Days and share knowledge around Rongoa Māori and the safe practices of making use of what is readily available around us.

We look forward to seeing you at the Rongoa Days during 2019.

Our Rongoa Days are introductory in nature and not suitable for persons wanting to learn to make rongoa for commercial purposes.

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

Rongoa Days for 2019 to enter into your calendar

When:

7th June

26th July

6th September

1st November

13th December



Where:

The Gallery - Te Puna Quarry

Cost:

Please bring a koha for the day and a plate of healthy kai for shared lunch

RSVP as we get closer to the above dates please.. So we have an indication of attendance.

RXVP—Phone 07 552 6238 ExtnL 1

Follow the Pirirakau Hauora - Mirimiri Service Facebook page for updates

Mauri ora



Kaumātua Services



Respite Flexi Care Service

The Respite Kaumatua Day Programme is available to koroua/kuia 65 years or older with a long term health and/or disability related need.

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, Time 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 include: Community events; art galleries; visits to parks; beaches; shopping Centers/Malls etc.
- Promotion/Education programmes promoting health and wellbeing, general health checks/ Information; pamper days; Rongoa Workshops etc.

The Respite Caregiver Support Service:

Respite Caregiver Support is available for whanau/carer's, who are caring for a person with age-related support needs or long term medical condition and/or disability or with a diagnosis of dementia.

The Respite Carer Support is designed to be flexible, the client and whanau/carer are able to choose and coordinate their relief care. A caregiver support person can be arranged to provide relief care and support for koroua/kuia, while the full-time carer can take a break from caring for that person.

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 relief 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 or our Day Programme.

Contact Moana Rayner Respite Coordinator for more information

Phone: 07 552 4573 ext.: 706

Mobile: 027 229 1403

Mauri Ora!



Community Pānui

TE PUNA SPORT AND RECREATION FORUM



All of those who play a role in Sport and Recreation for Te Puna and the wider community are invited to the Te Puna Sport and recreation Forum facilitated by Sport Bay of Plenty.

Come and discuss the challenges and strengths of the current environment to help identify future opportunities.

Drinks and Snacks will be provided.

RSVP with Zane Jensen:

zanej@sportbop.co.nz

Date:
Monday 10th June

Where: Te Puna Rugby Club

Time: 6.30pm



Tauranga | P 07 578 0016 | PO Box 13355 Tauranga 3141
Rotorua | P 07 348 4125 | PO Box 323 Rotorua 3040
Whakatane | P 07 308 8304 | PO Box 857 Whakatane 3158



Sport Bay of Plenty more people, more active, more often

www.sportbop.co.nz

Te Hā Ora Antenatal Classes

Evening & Day classes available

Course is free.

Register your interest with
our Te Ha Ora Facilitator

Jasmine Taituha

Smoking Cessation

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

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 December 2018

STANDARD CHARGES:

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

Tamariki 0 - 13 years	FREE
Rangatahi 14 - 17 years	\$12.50
Adults	\$18.50
ACC Consultations	\$18.50

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

Adults from 16 years +	\$38.00
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
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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:

Cornerstone Accredited
OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

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