



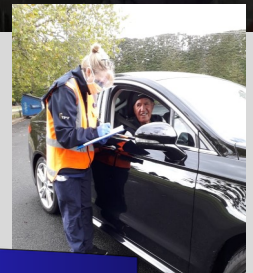
Find us on  
**Facebook**

[www.facebook.com/pirirakauhauoracharitytrust](https://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



*Tohu o te  
manaakitanga*

**Mihi from manager**

**Kaimahi hōu**

**Mirimiri/Rongoa**

**Covid-19**

**Whānau Ora**

**Mental Health**

**Manawa ora**

**Homecare Support**

**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](https://www.pirirakauhauora.org.nz)

# Mihi from Dux

Tena koutou te whanau o Pirirakau. Nga mihi nui ki a koutou i roto i enei wa rakaurua. Ki nga whanau e mauui ana i roto i o koutou kainga, i roto i te hohipera hoki, kia piki te ora. Nga mihi aroha ki nga whanau pani i tenei wa rahui. Kia kaha, kia maia, kia manawanui ki a koutou.

Welcome back from lockdown everyone. It has been a very different three months for us having to navigate the turbulence of a pandemic in our country. This experience has taught us a lot about ourselves as kaimahi, as colleagues and as whanau. I am extremely proud of our team at Pirirakau Hauora who pulled together in unprecedented times to get through this crisis. For many of us it meant having to work well outside of our job descriptions, and for some it meant having to work in a totally different role. For a number of our workers it meant having to work from home without the ready access to the office resources, but we have managed to get through lockdown and come out the other end more united.

This does not however mean that we have stopped being vigilant about the pandemic. We are fully aware that there is a possibility of a second wave, so precautions are still in place and COVID-19 protocols will still be in place for some time.

We encourage whanau to stay vigilant, remember to continue with the hand hygiene, washing hands frequently with soap and water or using hand sanitiser. It is also important to remember social distancing when out and about in the community—this crisis is not over yet.

## **Covid-19 activities**

During Alert Levels 4 and 3 our nurses and support kaimahi have been out and about in the community visiting our vulnerable whanau in their homes to provide the flu vaccinations. Vaccinations were also available at the Hauora in the conference room, which was separated from the clinic. Some vaccinations were given in the carpark, if the patient felt that this was a safe option. Our doctor, Dr Malcolm Christie has worked tirelessly throughout the pandemic seeing patients with symptoms in a separate building and conducting the majority of consultations over the phone. All clinic staff have been wearing full PPE as appropriate when seeing patients.

A number of our Home Care Support Workers were not able to work during lockdown, so some of our office kaimahi picked up the role of Support Worker, to fill the gaps. Other kaimahi were out and about in the community delivering sanitation and kai packs to our whanau in need.

The Pirirakau Hapu Covid Response Team, made up of representatives from our marae, Pirirakau Incorporated Society, Pirirakau Trust and Pirirakau Hauora have done an awesome job connecting with the whanau and also providing much needed supplies to our most vulnerable. They have supported the kaupapa with kai packs that were made up and distributed from Tutereinga Marae. They have also been instrumental in supplying PPE for the marae. Nga mihi nui ki a ratou.

# Mihi cont'd ...

## Staffing

During all of this pandemic disruption we have still managed to recruit new staff to our organisation. This month we welcome 2 new Rangatahi Coordinators, Brodie Leathem and Jayda Hopping. We also welcome Naomi Egan who has joined our Homecare Support team as administrator/Coordinator. Welcome back also to Kerekau Nicholas, who has returned as Coordinator of the Te Ihu Waka Tikanga programme as well as provide some support to our Rangatahi team if required. Also returning to our organisation after a 5 year break is Cherelle Brodie, who will be located at Te Oturu as Coordinator. Nau mai, haere mai, hoki mai koutou.

## Clinic

As previously mentioned, the clinic has been very busy working under very unusual circumstances, but our staff have adapted well and faced the challenge head on. Dr Rob Nicholas has offered his services to help out in the clinic but is also very busy helping out elsewhere. We were very lucky to have him for a few weeks in March and we are hoping that he will be able to spend some more time with us in the future. We are still looking for another doctor for our clinic, but having difficulties due to the national shortage of doctors. Meanwhile we will keep looking. During lockdown the majority of GP consultations were over the phone, but now that we are no longer in lockdown the doctor is able to see more patients face to face. We will however, try to maintain phone consultations while we are still under Alert Level 2. We will continue to maintain the protocols originally set at level 4 with social distancing and hand hygiene, but also incorporating contact tracing just in case. All those that are not visiting the clinic will be asked to fill out a contact tracing form.

## Services

Mirimiri— Our Mirimiri service has been closed over Alert Levels 4 and 3. We will be re-opening the Mirimiri service on Tuesday 2nd June. COVID—19 protocols will be in place and PPE will be worn if appropriate. Social distancing and hand hygiene will be practiced as well as contact tracing. Our Pulsating Electromagnetic Therapy bed will also be up and running.

Whanau Ora—if you are in need of some support our Whanau Ora kaimahi, Jo is available to help support with your health needs. Michelle, our Kairahi is also available to help with your social needs. Between the two of them I am confident that they will be able to direct you to the support that you need.

Manawa Ora - The Healthy Homes Project has kicked off again after lockdown and the team is hard at work assessing homes for future mahi and completing mahi that was started before lockdown. The work that has been done thus far is very impressive and there are a lot of happy whanau out there. Also the online sessions on Facebook have been very helpful. Nga mihi nui ki tenei roopu.

Mental Health Services - The Mental Health services have operated via phone consultations during lockdown. Carl and Sylvia are now back in the office at Te Oturu. Many of their consultations will be by phone until things settle. Its great to have them both back

Homecare Support Services—This service continued throughout lockdown though the non-essential services were dropped. These are now picking up and it's all on now. We are accepting new referrals.

# Mihi cont'd ...

## Other News

Over the past few weekends we have had some break-ins at Te Oturu. Access has been through the gate between Te Oturu and Paparoa marae. Firewood has been taken and someone has been through the sheds/buildings on the property.

The main building was broken in to with entry through the Mirimiri room window, causing damage to the latches. We have not been able to ascertain if anything was taken, but dirty foot prints were left on the carpet. We have since put a padlock on the gate by the marae and there does not appear to have been any further entry that way.

The following weekend the lock on the front gate was smashed and entry gained that way. More firewood was taken, windows were smashed (stones thrown at windows) on the cottage, and someone has been rummaging around in the sheds. Support posts were removed from one of the sheds leaving it on the verge of collapse.

There is now the fear that someone will get hurt, if the shed does collapse. It is obvious that there are people in our community who have little respect for other people's property and must be very desperate. So kia tupato whanau, keep your eyes peeled, we would not want whanau homes in our community to be broken into and vandalized like this.

This may be a good time for us as a community to start thinking about forming a Neighbourhood Watch.

If anyone has any experience in demolition and would be interested in a little bit of work, give me a call at the Hauora.

## Pataka Kai

Our Pataka Kai has been well utilized over the past few months. Many thanks to DMS (Roger and Basie) for the bin of Kiwifruit.

Our Pataka stocks have dwindled over the last few weeks and we are in need of more kai. If anyone has any non perishable kai to donate, it would be very much appreciated. I am sure that our whanau who use the Pataka will appreciate your contributions as well. Feel free to drop donations in to the Hauora or you can put it straight into the Pataka. Nga mihi.

Well whanau, I think I got a bit carried away this month and apologise for the long winded korero.

So on that note. Ka kite ano whanau. Stay safe and don't forget to wash your hands and keep your distance when out in the big wide world.

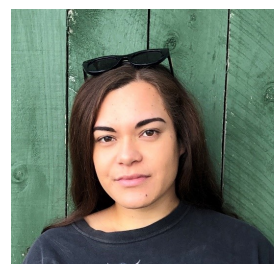
Nga mihi  
Dux

# Kaimahi Hōu

## Naomi Egan - Administration/Coordination

### Kaumatua Homecare Support Services

Ko Māuao te Maunga  
Ko Tauranga te Moana  
Ko Mātaatua te Waka  
Ko Ngai Te Rangi te Iwi  
Ko Ngāti Tapu te Hapu  
Ko Tapukino te Marae



I grew up in Papamoa with my grandparents and I'm the eldest of 6 children.

I love spending time with my whanau and friends and also enjoy being outdoors and travelling.

My role at Pirirakau Hauora is Administrator/Coordinator for our Kaumatua Home Care Support Services. My vision and passion is to provide the best support and care for our staff and for all of our support workers and clients in the community.

## Cherelle Brodie - Service Coordinator (Te Oturu)



My name is Cherelle and I am returning to Pirirakau Hauora after 5 years as the Service Coordinator for Te Oturu and also as a relief Kaimirimiri. My previous role was a Mirimiri Therapist so I'm very happy to be working back in familiar surroundings plus new and old faces.

Throughout my adulthood my love and passion for healing started to emerge, studying different healing tools to assist in a holistic approach to homeostasis. In the past 4 years I have had the opportunity to study Kōkōrangi which has opened up another healing avenue. I continue to use rongoa, mirimiri and a good old korero as healing practices.

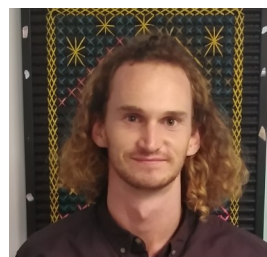
I'm excited to be back and look forward to supporting our services here at Te Oturu Oranga.



# Kaimahi Hōu

## Brody Leathem - Rangatahi Services Coordinator

Ko Mauao te maunga  
Ko Tauranga te moana  
Ko Ngāti Pākehā te iwi  
Ko Glenn Leathem tōku pāpā  
Ko Debbie Hill tōku māmā



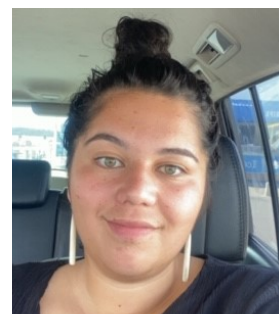
I am fortunate to have grown up in and moved back home to live near Mauao, with the ocean in my ears as both muse and playground. Mum was born in Fiji and returned to grow up in Te Puke, and Dad was born in Mangakino and grew up in King Country, meeting Mum after he moved to Pāpāmoa. My Grandma lives nearby, and I have a younger sister and brother.

I am a keen muso and like jamming with sax or guitar, and can (usually) find the harmonies alright. I feel privileged to be one of your new Rangatahi Co-ordinators. My first job is whakawhanaungatanga (ft.date scones - my specialty) so I can learn how we can illuminate and affirm the greatness of Pirirakau whakapapa.

Aroha mai, aroha atu

## Jayda Hopping - Rangatahi Services Coordinator

*Ko Mauao te Maunga*  
*Ko Tauranga te Moana*  
*Ko Takitimu me Mataatua ngā Waka*  
*Ko Ngai Te Rangi me Ngāti Ranginui ngā iwi*  
*Ko Hangarau, Te Pirirakau, Ngāi Tuwhiwhia me Te Whānau a Tauwhao ngā Hapū*  
*Ko Ngāti Hangarau, Tawhitinui, Opureora me Rangiwaewa ngā Marae*



During my childhood you would find me on our family farm with my parents, younger sister and two younger brothers milking cows, yelling out to the dogs and sticking my feet in the fresh cow drops to keep warm. I'm a Hangarau club kid as many would say, majority of my childhood was spent on the marae or at the club running around with all my cousins. Recently I have moved back up to our family farm up Omanawa with my partner and our two dogs Kevin & Kaiza.

I am one of two new Rangatahi Co-Ordinators here at Pirirakau Hauora –I'm looking forward to what this role has to offer and also getting out amongst my Te Pirirakau whānau. My broad understanding of Te Ao Māori and Tikanga Māori is something that I implement not only in to my work but my day to day living.

*“Hapaitia te ara tika, pūmau ai te rangatiratanga mō ngā uri whakatipu”*

# Covid-19



*Kai donations came in from all directions and went out the same. The Pataka Kai was well stocked and many whanau were blessed by the kindness of our Community*



During Lockdown Michelle and Dux were kept very busy delivering Care Packages like the one above. Sometimes the deliveries included blankets, socks, hot water bottles, fish, bread and just recently an incredible amount of frozen food.

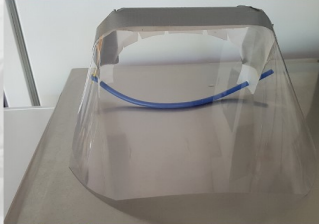


# Covid-19

New Protocols were put in place the STOP sign, locked door and wipeable seats were some of the many new ways we did things.



International Nurses Day



Katene Room becomes the Vaccination room.



On the road with our Vaccination Fridge in the back giving Flu Vax in the home.





# COMMUNITY

*From us to you and you to us*



## RONGOA

*We have Rongoa here for sale.  
Immune Support which is great for  
your lung health, flu and cold  
support. Call into the Hauora or Te  
Otoru for your locally made Rongoa.*

## MAHARA

Remember we have all sorts of  
information about a spectrum of  
diseases and health enhancing  
pathways. Contact Jo Kahotea  
552 4573 extn 707 for more info.



## KEEP WARM!

*A BIG THANK YOU TO THE*

**OCEAN SHORES VILLAGE  
KNITTING GROUP**

*FOR THESE WINTER WOOLLIES  
Give Michelle Horne a call  
552 4573 extn 702*

# PIRIRĀKAU HAUORA SUPPORT WORKERS

Pirirākau Hauora is a leading provider of community based Home support  
Being a Support Worker is more than just a job, it's an opportunity to grow personally and professionally whilst supporting people to live their lives to their full potential.

As a Support Worker you will be working with a variety of individuals to enable them to participate in meaningful activities in the community, support with daily personal care and household tasks to help them achieve maximum Independence.

## **We're looking for -**

People with the following skills

- Empathy for others, and the genuine desire to help people.
- Strong communication skills
- A positive attitude towards personal learning and development of new skills

## **Working for us -**

- As a company we are committed to our employees. We provide ongoing training and support
  - Guaranteed hours of work
  - Paid in between travel
- Ongoing support and training in all areas of care
- A friendly and supportive workplace

So, 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, tena pea, he turanga mou. Tukua mai to CV ki a matou o Pirirākau Hauora.

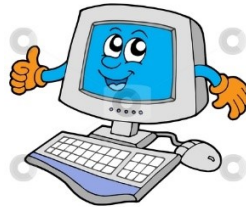
[j.deane@pirirakauhauora.org.nz](mailto:j.deane@pirirakauhauora.org.nz)  
075524573 ext 711 or 712



# Mental Health Services

## CAMHS CORNER

Wow virtual reality became a reality under the current pandemic!!



## YOUTH WEEK

Was celebrated by virtual videos and live presentations from whanau with their inspiring stories that shaped their life's journeys. Some cool korero. This kaupapa was hopefully to inspire our rangatahi so they too can reach their potential in pursuit of anything that they are passionate about.

You can check out all the korero on the Tu Pou Tahi Facebook page.

The CAMHS Service would like to thank all the whanau that participated in this kaupapa over Covid-19 Level 3 and gave of their time.

Nga mihi nui ki a koutou,

Sylvia Wilson

# Whanau Ora - Health Promotions



## FREE TANE HEALTH CHECKS

**1<sup>ST</sup> JUNE – 31<sup>ST</sup> JULY 2020**

**LET'S MAKE YOUR HEALTH A PRIORITY**

**FOR ALL OUR TANE/MEN 18+ YRS.**

Services our doctor and nurse can provide for you.....

- Blood Pressure & Cardiac Risk
- Vision & Hearing checks – Make referrals
- Smoking status – Cessation
- Height & BMI Ratio
- Weight, Food & Exercise options
- Blood Sugars & Diabetes Prevention
- Blood tests for various health checks
- Alcohol Consumption & Drug use



### **Free tane health check draw**

**1<sup>st</sup> – \$50 Countdown voucher**

**2<sup>nd</sup> – \$50 Mitre 10 voucher**

**3<sup>rd</sup> – \$50 Petrol voucher**

Prescriptions \$10

Any other issues will be the normal consultation fee of \$19.00

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

It's a great time to ask our Doctor or the nurse about any health issues you would not normally find the time to talk to him about.

Give reception a call today to book an appointment with the Doctor or Nurse

Phone: 07 552 4573

Mon-Fri 8am -3pm Doctor available

8am – 4.30pm Nurse available



# Manawa Ora - Whānau Ora Navigator

Ka nui te mihi e te whanau a Pirirakau!

Through our Whanau Ora lens within Pirirakau, we witnessed positive and successful outcomes, rather than negative for our whanau, during this unprecedented time of a world pandemic.

The practice that kicked in to next level for whanau ora amongst our people was certainly something to acknowledge and be proud of right throughout the motu, I believe.

Nga Mataapuna Oranga, Whanau Ora lead team for Tauranga Moana acted responsively, collectively and accordingly, navigating our way through this surreal Coronavirus Lockdown Level 4...OMG!!

With our borders closed its not only protecting us from the vulnerability of COVID19, but I believe it's going to give our whanau better opportunities for our local employment, housing rental availabilities, decrease in the struggles that our people have been battling with far too long.

Our Hauora, particularly our manager Dux and myself tried our best to reach out to as many of our whanau residing in the rohe of Pirirakau, from the Kaimai ranges of Whakamarama down to the shore lines of Te Puna distributing kai, sanitation and hygiene packages. If you want or need a second pack let us know and you will be able collect it from the Hauora.

WOCA (Whanau Ora Commissioning Agency) target was and still is, to deliver supplies for a total of 90,000 hygiene packs to Whanau Ora distribution centers throughout the motu. It has been a massive job, with our Whanau Ora workforce stepping up to the challenge and responding quickly.

Our rangatahi team, alongside our Whanau ora team are heading over to Rotorua for the next couple of weeks to support and help complete packing of further hygiene packs. We welcome any one available to come with us over the next three weeks on a Tuesday. Due to our country moving into Level 2 a lot of the voluntary workers from the likes of DOC, Fire brigade, Manaaki services, have had to return to work and volunteers are required to help pack the sanitation packs for distribution. So if you are free for one of those days for four-five hours and would like to come and tautoko this massive kaupapa get in touch with me. It would be choice to have some of our people involved. (I've been told their kai and cheesecake platters are mean!!)...just saying ☺

Being able to get out into the community gave our manager the opportunity to reconnect out into our wider community and get a better perspective on where, and how our people are living.



# Manawa Ora - cont'd..

As many of you know, Sustainability Options came around last year to assess where of our whanau, looking at how they could help us improve with Healthier Living Standards. This initiative has been proactive since July 2019, and continuing until now. We recently have had whanau contacting to be included in the project. Unfortunately for now, these assessments have ceased, but Sustainable Options would like to extend on this initiative in the future. If this opportunity does become available again we certainly will reach out to those who have been in contact about this kaupapa.

Collectively our Pirirakau COVID response team of Pirirakau Incorporated, Pirirakau Trust and our Hauora worked successfully overseeing our Kaumatua, tamariki, whanau were well taken care of throughout, with the delivery of kai and hygiene sanitation packs.

Whanau ora Kaiārahi were also on the ground with Pahi Tahi (mobile bus) that has travelled in and out of rural communities throughout to provide pop-up testing stations for COVID19. This also opened a window of opportunity for face to face safe practice assessing our whanau, checking in and making sure their needs were met.

The majority of Assessments were done through online contact, listening and ensuring our whanau needs were being met from health issues, housing issues, educational resourcing, financial hardship, warm clothing, and of course kai! Whatever the whanau needs were, we ensured our whanau were provided with their necessities and still remain so. Whanau, get in touch with me if you are in need of support. Kaua e whakama whanau, we are here to awhi and empower our whanau, build us up, not break us down, we've had far too much of that in the past! Feel reassured it is with respect, non-judgment, private and confidential.

Moving into post-COVID new learnings that we developed through the pandemic was the ability to move through to virtual platform of engaging safely whilst remaining in our bubbles. It also informs our Government that our people, our hapu, our communities are capable of looking after our own autonomy. Tino Rangatiratanga!

Maori organizations are great at being able to just jump in and get the task done! All while remaining "solution focused"

As Matariki ventures nearer to our Southern Hemisphere rising pre-dawn skies, we can look forward to some awesome systems and mile stone celebrations, coming our way for our people

Like our beautiful leader Jacinda Adern, I'll leave you all with "We got this"! Be kind, stay safe whanau, and wash your blimin hands!!

Mauri Ora! Mauri Tau!

Nga mihi

Michelle Horne



# Mirimiri



## Mirimiri

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. Skills and necessary knowledge are 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
- Headaches
- Insomnia
- Emotional, Spiritual wellbeing
- Soft tissue strains or injuries
- Joint pain, Nerve pain
- And a whole lot more

To make a booking please phone Te Oturu Oranga: 07 552 6238

Mauri Ora

# Rongoa - Te Ropu Rahurahu



Tena koutou katoa

Our next Rongoa Day is being held on Friday 3<sup>rd</sup> July 2020.

We will be making an Inu (drink) to help with the immunity system whilst we are in the winter months.

We will also enjoy the outdoors learning Plant Identification and connecting with friends old and new practising whakawhanaungatanga.

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 and water to drink.

Make sure you are warm and prepared for the winter weather/rain.

Mauri ora!

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

Date: Friday 3<sup>rd</sup> July 2020

Where: TBC

Price: \$25 per person

Time: 10.00am – 2.00pm

RSVP-Phone: 07 552 6238

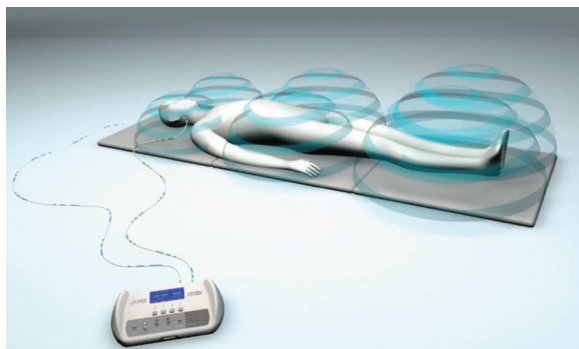
# Electromagnetic Bed

## Pulsed Electro Magnetic Field therapy available at Te Oturu Oranga

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.



Every function of the body is controlled by electro-pulse based communication through nerve cells.

PEMFs are natural to the body and PEMF therapy is designed to keep the electromagnetic energy of the body's cells functioning to its best performance.

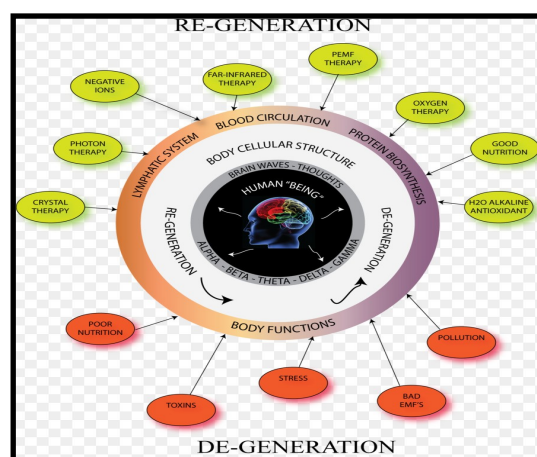
Over time all cells of the body experience degeneration whether it be age related, injury related, lifestyle choice related or otherwise. In essence, every cell of the body uses electromagnetic energy. Disruption of this energy in cells causes impaired cell metabolism, and if our cells are not healthy, our body is not healthy.

Exposure to pulsed electromagnetic frequency can re-energize the electrons of the cells of the body allowing them to continue to function at an optimal level.

All that is required from the patient is that they lie comfortably on a bed while the pulsed electromagnetic field is activated.

In addition to rebalancing and regenerating the cell, PEMF's also help with many other functions and conditions, some of these include:

- Reducing muscle tension improving tissue healing
  - Reducing pain Increasing energy
  - Improving clotting factors Slowing development of arthritis
  - Stimulating the immune system Aiding cell detoxification
  - Improving uptake of nutrients Reducing Blood Pressure
  - Helping nerve function Helping liver function
  - Improving sleep Lifting depression
- Reducing anxiety Suppresses bacterial infection



Cost \$10.00 per 30 minute sessions  
 Bookings available Monday—Thursday  
 Te Oturu Oranga, 4 Paparoa Road,  
 Te Puna  
**PH: 07 5526238 for bookings**



### 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](http://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](mailto: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 1<sup>st</sup> July 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

*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.