



Upcoming Programmes

See inside for details

SCHOOL HOLIDAY PROGRAMME

RONGOA GROUP

TE HA ORA

FREE

Kaupapa Maori

Ante Natal Programme



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
www.pirirakauhauora.org.nz

Mihi from Dux

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

The first 3 months of 2018 have come and gone so quickly and there has been so much happening across the Moana it has been difficult to keep up. Our sincere condolences to all those that have lost loved ones since our last newsletter. It has been a very sad start to the new year and our prayers and aroha go out to all affected. Ma te Atua e manaaki i a koutou katoa.

It has been an extremely busy start to the year with our clinic starting back straight after the New Year holiday with full clinics and a lot of new clients enrolling onto the service.

In the first 3 month we have had an audit, ran a school holiday programme, ran a Tikanga Programme at Poututerangi, supported St Joseph's Convent reunion with Smokefree sponsorship, supported the VK 10 aside tournament with First Aid and Mirimiri, ran Te Ha Ora programmes, held a Rongoa Day at Te Oturu, increased enrolment at the GP Clinic, employed new Support Kaimahi for the Home Care Support Service, and ran programmes for our kaumātua on the Respite Flexi service twice a week. All this as well as our usual mahi.

Clinic

We are really thrilled to advise that we have exceeded our enrolment target for the GP Clinic. Over the past year we have been working hard to achieve our target of 1500 people enrolled at our clinic and are pleased to say that we have done a lot better than expected with 1540 currently enrolled. We are now able to justify having a full time clinic. With the achievement of our target we may in the near future need to consider capping our roll until we are able to secure more doctor hours. We will no longer be accepting 'casuals' as we need to ensure that access is not restricted for our enrolled population due to full clinics. We are currently in the process of recruiting a new Community Nurse as

Kiley has decided to go back to study. It is hoped that this position will be filled very soon as it is a very important role to support our clinic and our services in the community.

Flu Vaccinations will be available in April, and because they are late arriving this year it is important that you ring in and secure an appointment as soon as possible before the cold weather arrives. We will endeavour to ensure that patients who are eligible for free flu vaccinations will be notified when they are in so that appointments can be made. If you need information about the availability of flu vaccinations, ring the clinic and the staff there will be able to update you.

Smokefree

Pirirakau Hauora is proud to support "Smokefree Aotearoa 2015". We will be doing this by supporting Smokefree environments and providing Smokefree sponsorship to community events. Congratulations to Poututerangi Marae who have taken up the challenge of becoming a Smokefree Marae. The marae committee has made the commitment to the kaupapa and acknowledges that this is something that will take time and will not happen over night. We are really pleased with the changes that are taking place at the marae and the progress towards achieving the goal of marae Auahi kore. Nga mihi whanau.

At the end of January Pirirakau Hauora were proud to provide Smoke free Sponsorship to the St Joseph's Convent reunion. Congratulations to the organisers on providing a wonderful celebration.



Some of the past pupils of the Convent

Mihi cont'd ...

Staffing

We have 2 new staff members join our team this quarter – firstly welcome back Pare Burt who has returned as part-time Manager's assistance and agreed to free up some of her study days to support the kaupapa. Welcome back Pare, we've all missed you. We also welcome to the team, Chrissie Rolleston, who has joined our team as the Te Ha Ora Coordinator and brings a huge amount of experience and skill.

We continue to welcome new Homecare Support workers on a regular basis and currently have 13 support workers employed in the Homecare Support Service.

Community activities

Community Partnership Award— We have been honoured to accept an award from the Department of Corrections in recognition of our valued partnership.

Te Kohao Health—on 27th February I was privileged to be invited to join a group from the Nga Mataapuna Oranga network to the launch of the Te Kohao Health Hyperbaric Therapy clinic in Hamilton. The Hyperbaric Therapy is a treatment that oxygenates the blood and cells to promote the healing process. I was very impressed with the clinic and from what I heard from the speakers on the day, I believe this is something that would be great for our whanau. It is hoped that this treatment will be available in Tauranga in the future.

Te Kupenga Hauora Rangi Mokopuna—on 27th March I attended the Rangi Mokopuna that was held on the grounds at the Ngaiterangi office. The kaupapa of the day was to celebrate the history of Te Kupenga Hauora o Tauranga Moana which has now ceased operations. The event was to celebrate the years of working with Nga Kohanga Reo o Tauranga Moana and to launch a book of the history of Te Kupenga Hauora. The book was researched and written by Chrissie

Rolleston. Nga mihi nui ki te poari me nga kaimahi .

Services

Te Ha Ora— This Kaupapa Maori ante natal and parenting programme has been running for a number of years and we are currently in need of participants to make the service viable.

If you are pregnant or know someone who is expecting a new baby we ask that you consider attending Te Ha Ora. The programme is for expectant mama, their partners/spouses and/or their whanau. The programme covers pregnancy and childbirth from a Maori perspective and includes such things as rongoa, ipu whenua, ipu pito, safe sleeping options and a whole lot more. For more information contact Chrissie Rolleston at the Hauora or check out our Facebook page for dates and locations of our courses.

Mirimiri— This service is available 5 days per week at the beautiful facilities at Te Oturu, 4 Paparoa Road. This holistic, professional service is provided by our 2 very skilled and experienced therapists who are always pleased to welcome new clients to Te Oturu. Appointments for Mirimiri can be made by ringing Te Oturu on 552 6238.

Respite Flexi service—this service is an activity based service for kaumatua who have been assessed by Support Net as requiring support. This service provides time out for formal caregivers and whanau and provides the opportunity for the Kaumatua to interact with others. The programme is currently run 2 days per week.



Nga mihi
Dux



Hyperbaric Therapy Chambers at Te Koha

Hauora Profile

Ko Christina Rolleston ahau.

He uri ahau o ngā iwi katoa o te moana nei.

Engari, i tipu ake au ki roto i te rohe o te Pirirakau.

Ko Oikimoke tōku turangawaewae. Ko Poututerangi tōku Marae

Tokotoru āku tamariki

Tokotoru āku mokopuna

Kia ora koutou katoa



Over the next six months I will be facilitating the Te Hā Ora Kaupapa Māori Ante Natal Programme. The role was previously filled by Ani Kuka who is on maternity leave.

My past work history includes just under 10 years at Te Kupenga Hauora o Tauranga Moana. My roles there included Tamariki Ora Health Promoter, Breast feeding Support Coordinator and Breast and Cervical Screening Support to Services coordinator. My contract ended there in December 2016 but in May 2017 I returned at the request of the Te Kupenga Hauora Board to compile a booklet tracing the history of the service from its beginnings in 1990 as a Health Unit under the umbrella of the Tauranga Moana Te Kohanga Reo District Tino Rangatiratanga Unit to its closure on March 31 2018.

Prior to 2007 I worked for Pirirakau Incorporated Society editing the Pirirakau Xpress.

Kaumātua

RESPITE KAUMĀTUA DAY PROGRAMME

- Supporting kaumātua to remain part of their community.
- Promoting and enabling kaumātua wellbeing and inclusion in all parts of community life.
 - A break for whānau and carers.

The Service

Provides:

Social interaction with other like minded kaumātua. Games, puzzles—indoors and out, physical activities eg chair yoga, nature walks, visits to parks, art galleries/ community events, day trips, waiata and wānanga all topped off with a kai and a cuppa

The service is specific to client needs and abilities

Contact Pirirakau Hauora on

07 552 4573 ext 706

May include transport to GP visits if required

HOME AND COMMUNITY SUPPORT

Service Description

Kaupapa Māori Home & Community Services are committed to promoting and providing independence and wellbeing for kaumātua, enabling koroua/kuia to remain in their homes.

Refresh, Revitalize, Rejuvenate

The Service

Provides:

Social interaction with other like minded kaumātua. Games, puzzles—indoors and out, physical activities eg chair yoga, nature walks, visits to parks, art galleries/community events, day trips, waiata and wānanga all topped off with a kai and a cuppa

The service is specific to client needs and abilities

Contact Pirirakau Hauora on

07 552 4573 ext 706

May include transport to GP visits if required

GP Clinic



*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



Free 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**



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

Available from April 2018

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 include:

- Reduce Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- nerve pain
- Soft tissue strains or injuries
- Sports injuries and a whole lot more.



Book your mirimiri session at Te Oturu Oranga with Hone Moetara or Awhimai Brown.

Mirimiri Vouchers available from Te Oturu Oranga and Pirakau Hauora receptions.

Mirimiri Service
Te Oturu Oranga
4 Paparoa Road
Te Puna
07 5526238

Rongoa Group



Te Roopu Rahurahu

Date : Friday 11th May 2018
Where: Venue to be confirmed
Time : 10.00am-2.00pm
RSVP—Phone: 07 552 6238—Extn:1

Tena Koutou,

Rongoa day at Te Oturu Oranga. Come along and share knowledge around rongoa māori and the safe practices of using what is readily available around us.

- Plant Identification.
- Make a soap that is great for sensitive skin.
- Make a Throat Spray to support immune response to viral/bacterial infections.
- Network with like minded people

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

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

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

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

Mental Health Corner

What are mental health problems?

Our mental health is very important to our well being. Many of us go through bouts of mental unwellness caused from a variety of reasons.

In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.



These fears are often reinforced by the negative (and often unrealistic) way that people experiencing mental health problems are shown on TV, in films and by the media. This may stop you from talking about your problems, or seeking help. This, in turn, is likely to increase your distress and sense of isolation.



However, in reality, **mental health problems are a common human experience**. Most people know someone who has experienced a mental health problem. They can happen to all kinds of people from all walks of life.

If you think you are experiencing a mental health problem and would like to be supported in a confidential manner please do not hesitate to contact Pirirakau Hauora Mental Health kaimahi for an appointment:



Carl Te Ahuru NASC Co-ordinator
(07)5524573 (ADULTS)

Sylvia Wilson Child/Adolescent Mental Health Social Worker
(07)5526238 Extn 2 (Tamariki/Rangatahi up 22 years of age)

Pirirakau Hauora



TE HAA ORA

KAUPAPA MAORI ANTENATAL & PARENTING PROGRAMME

Te Hā Ora is a holistic antenatal programme for hapū women and their whānau.

Our vision is to help you discover how to create an empowering, positive birthing experience drawing on the traditional ways of our people in the modern context of birthing in today's society.

The programme is open to any hapū mama and their whānau wanting to participate in a cultural experience.

PROGRAMME DATES AVAILABLE:

Day Wananga

Date: 28th & 29th of March 4th of April 2018
9:30am—2:30
At Te Oturu, 4 Paparoa Road, Te Puna

Date: 10th, 11th & 12th April 2018
9:30am 2:30pm

At Nga Matapuna Oranga, 153 Fraser St,
Tauranga

Night Classes

Dates: 12th, 19th, 26th of April 3rd & 10th of May
2018 5:30pm—7:30pm
At Te Oturu, 4 Paparoa Road, Te Puna
Nibbles Provided



Making Ipu Whenua & Ipu Pito



Parenting Methods & Techniques

For more information or to register please call
on 552 4573 or email
tehaora@pirirakauhauora.org.nz

Free of Charge

Rangatahi services



Tu Pou Tahi



Pirirakau Youth Group

HUI ARANGA KI OHAKUNE

Yip! Its that time of year again! We are heading into another Hui Aranga. This year Te Puna Tauranga Moana is heading to Ohakune to celebrate a beautiful kaupapa that our kuia/koroua have left for us.

Have a choice Easter whanau!

Ma te Atua koutou e manaaki, e tiaki.

HOLIDAY PROGRAMME

We have an exciting, fun Holiday Programme coming up in April.

Dates

16th– 19th April

23rd– 24th April

25th (Public Holiday)

26th– 27th April

If you are interested in having your child/children come along, please give us a call here at the Hauora or pop in and and korero to Te Kerekau Nicholas and Numia Tangitu.

Ph: 07 5524573

Extn: 709 (Kerekau)

Extn: 710 (Numia)

For more info about other programmes and events that might interest you please contact us and we will be more than happy to help!

Mauri ora ki a tatou!

KIA KAHA

To those who are standing at the Kahungunu Regional Kapa Haka on the 21st April in Te Wairoa.

CONGRATULATIONS

to all our whanau who stood at Mataatua Regionals.

TUMEKE!

Ira Tane, Ira Wahine

Thanks to those who participated in our Ira Tane, Ira Wahine Programme.

*“Dream big,
Work hard,
Stay focused
and surround yourself with
GOOD people”*

Te Hā Ora Antenatal Classes

Evening & Day classes available
Course is free.

Register your interest with
our Te Ha Ora Facilitator

Smoking Cessation

If you ever wanted to stop smoking but didn't
know how, contact Carl, Sarah,
& Moana.

Kaumatua Programme

Our Kaumatua Programme is for Pirirakau
Whanau or Māori Kaumatua living in Pirirakau
Rohe and receiving our services.

We meet fortnightly on a Tuesday.

For more information please contact Mahia
at Te Oturu 552 6238

Panui 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 panui, 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 September 2017)

Registered with Pirirakau Hauora GP

Children (0-12 years)	Free
Children (13-17 years)	\$12.00
Adults	\$18.00

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

Accreditations:

Telarc: ISO:9001:2008
Cornerstone Accredited
OSCAR School Holiday Programme