

Find us on
Facebook

www.facebook.com/pirirakauhauoracharitabletrust

Te Puna 10's 2019



See inside for more details -

Mihi from Dux

GP services

Whanau Ora/NASC/Kaiarahi-Navigator

Rangatahi Services

Mirimiri

Rongoa

Kaumatua Services/Job Vacancies

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 ō Pirirākau,
Ngā mihi nui ki ngā whānau e mauī ana i roto i o
koutou kainga i roto i te hohipera hoki. Kia piki te
ora ki a koutou.

Welcome to our first newsletter for the 2019. Our newsletters are produced every 3 months and we try to keep it as up to date as we can. If things come up between newsletters we will share that information via our Facebook page or panui. So check out our Facebook page to keep informed.

Congratulations to Ngāti Ranginui and Tutarakauika ki Rangataua on your brilliant performances at Te Matatini ki te Ao 2019. There were a lot of proud people watching from this end of the country. Ngā mihi nui ki a koutou ngā kaihaka, ngā kaitautoko me ngā kaumatua. MIHARO!!

Clinic

The clinic reopened after Christmas after a well earned break for our clinic staff. Clinics were very busy for the first few weeks and have continued to be fairly busy with a constant flow of people accessing the service. Our quietest week for the new year was Matatini week. It seems that Te Puna was deserted for the week and the place was really quiet.

Flu Vaccinations

I know you will be all waiting patiently for the rollout of this year's vaccinations. These will be available in April this year so just over a month away. Those who meet the criteria for free flu vaccinations will be contacted by the clinic staff when we receive them. Otherwise it will be put up on our Facebook page and other panui.

Community Services Card

If you have a Community Services Card please let our Clinic Coordinator/Receptionist know so that it can be recorded. If you think you may be entitled to a Community Services Card but don't have one, talk to Brooke and he may be able to advise the process of getting one.

Afterhours service

Don't forget, that even though there may be no one at the Hauora afterhours, you are still able to get some help/information by phoning the Hauora number. We have an afterhours service where our phones are manned by an external agency and your calls will be answered by a Registered Nurse who will be able to give you information or advice, and tell you whether or not you should see a doctor, or if it is ok to wait until the doctor is here.

Services

Te Ha Ora

We are currently in the process of recruiting for the position of Te Ha Ora Coordinator. We are hoping that this position will be filled within the next 2 weeks. We are looking forward to being able to offer this service to our community again.

If you have whanau out there who are expecting a baby we would love to have them join our Kaupapa Maori Ante-Natal programme. More information about this service is available by coming into the Hauora.

Whanau Ora Kaiarahi

Whanau Ora Kaiarahi is a service specifically for supporting whanau to achieve their goals and aspirations. The Kaiarahi or Navigator will work with whanau to develop Whanau Ora Plans to identify their goals and aspirations and support them to achieve those goals. If you or your whanau need some support or you just need some help or information, please make contact with our Kaiarahi. If she is not able to help you she will be able to refer you to someone who can.

Respite Flexi

The Respite Flexi service is for Kaumatua aged 65 and over who have been assessed by Support Net, or Maori 55 and over who are suffering from age related illness. This service is to support the whanau who are caring for the Kaumatua by giving them a break. Kaumatua can come to our service and are cared for and supported by our Kaiawhina who will provide entertainment and activities for the time they are with us. This may include outings, games, waiata, exercises and heaps more.

Mihi cont'd ...

If you have a whanau member who would benefit from attending this programme, give Moana a call at the Hauora or pop in and see her. We welcome new members.

Home Care Support Service

We are in need of more Support Workers to support our Kaumatua in their homes. These are part time positions, but hours may increase over time. If this is a job that you would be interested in and are prepared to work weekends please contact our HCSS team by ringing the Hauora.

This service is available to Kaumatua who may need support with daily living - this could be support with showering, household tasks, exercise, meals and medication oversight. The Home Care Support Service is a Restorative model of care that provides support to Kaumatua to restore their independence and keep them living in their homes for as long as possible. More information about the service is available at the Hauora or by calling the HCSS team.

Te Oturu

We have had quite a busy start to the year at Te Oturu with a lot of planning for exciting things that will be happening there.

You will notice over the next few months some changes to the look of the place. There will be a lot of tree felling taking place around the front entrance and along the fence line by the railway tracks as we prepare for our "Rongoa Planting Project". Over the next 12 months there will be a lot of work happening in the grounds while we prepare for the planting of native plants within the confines of Te Oturu. Planning for this project has been ongoing throughout 2018 and we are now ready to

share with our community/hapū. We will be asking for volunteers to come and help with the project if this is something that is of interest to you. We will be involving our Rangatahi in the project and plan to work closely with the local school so that our tamariki can learn about Rongoa Maori and Kaitiakitanga. We are all looking forward to the start of this exciting new venture.

Other Kaupapa

You will all have noticed the new/second hand bus shelter outside the Rugby Club. This is our gift to our Rangatahi. Pirirakau Hauora and Te Puna Maori Women's Welfare League are happy to have been given the opportunity to purchase this shelter for our rangatahi. We hope that they look after it and value it. We are grateful to Acon Industries for transporting and placing the shelter and to Karen Nicholas and her sons for providing the man power. Ngā mihi nui ki a koutou.

Over the past 12 months our Hauora marquee has been well utilised in the community. Unfortunately those that have been using it have not been treating it very well and it has been returned on many occasions packed in the bag still wet. On these occasions we have not been made aware that it is still wet and it has sometimes been weeks or months before we pull it out of its bags to find it hasn't been dried before packing. Over the months the marquee has become mouldy from packing away wet. We were very embarrassed when we put our marquee up at the 10 aside tournament at the Rugby Club this year and saw the state it was in. It was absolutely filthy and stained. For this reason, we will no longer be lending our Marquee out to the public.

Ngā mihi

Dux

GP Services



Just a reminder whanau from 2019

Influenza Immunisation Programme will start from 1 April

Funded free Flu vaccines are for those who have a chronic condition such as, Diabetes, Asthma, Heart failure, Kaumatua 65+ feel free to discuss if you are eligible with the Nurse or Doctor

For those of you who want protection against the flu and don't qualify for a free vaccine it will cost you \$25.



*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

CAMHS CORNER



Child/Adolescent Mental Health

If any whānau out there have any concerns or looking for support regarding their tamariki/rangatahi mental well-being, please feel free to come and have a korero in a safe and confidential environment at Te Oturu.

“He Puawai o te Hinengaro nga Tamariki me nga Rangatahi “

**For an Appointment
Contact Sylvia Wilson (CAMHS clinician)
Registered Social Worker on
07 5526238**



NASC - Whānau Ora

Tēnā koutou

It was great to learn that whānau I am currently supporting have gotten through the normal pressures of Christmas and New Years without incident, and continue to work on their health and recovery goals.

If you have whānau experiencing mental health issues then I encourage you to phone or visit the hauora to seek support by means of education, advice, or by walking beside your whānau member to support them in whatever their aspirations are during recovery.

In my NASC Whānau Ora role I'm able to support whānau with their wellness goals and connect them to other specialist services if it's something we don't provide at the hauora. The aim is to co-ordinate safe wrap around services to support whānau to achieve their wellness goals and to support the reclamation of their own mana motuhake.

I therefore welcome any enquiries should you require any tautoko from our service.

A few tips that will definitely help with personal care and responsibility are;

- Eat good nutritious kai
- Make sure you have adequate sleep
- Exercise regularly, even if it's only ½ hr per day

Ngā mihi
Carl Te Ahuru

Whanau Ora

ORAL HYGIENE & NUTRITION PROMOTION

We have 2 guest Speakers: Jane Johnson & Zircha Wharemata, from the Heart Foundation

Date: 12 March 2019

Venue: Conference Room Pirirakau Hauora.

Time: 10.00 – 12.00

Refreshments Available

Nau Mai Haere Mai Whanau

Tane Health Month June 1st 2019 – 31st June.2019

Free Tane Health Check Ages between 20 -59

Draw Prizes

1st Prize: \$50.00 Countdown Voucher

2nd Prize: Mirimiri Voucher

3rd Prize: \$20.00 Petrol Voucher

Please contact:
Suana Bristow Borell
(07) 552 4573 ext - 707



2019 Hauora Māori Scholarships



Hauora Māori Scholarships provide financial assistance to students who are undertaking or completing a New Zealand Qualifications Authority (NZQA) accredited course (level seven or above at graduation), or health care worker training (level three or above at a recognised tertiary provider) in health and disability studies.

Applications open: 5 pm Thursday 14 February 2019.

Applications close: 5 pm Thursday 28 March 2019.

For more information or to apply for a scholarship please visit:

www.health.govt.nz

Whanau Ora - Kaiarahi/Navigator

It is to **empower** our whanau/ or individual to think about

“what it is that you want to achieve”

“what it is, that you want to do”?

“what would you like to do”?

“what is it that you need to do, to take steps in moving forward?”

“what does that look like?”

We work together with whanau to create a roadmap for their future and help whanau to realize their strengths and determine their own pathways to success. The outcome being that **whanau becomes more self-sufficient**.

Together we can start making a plan, break the plan down into small, realistic, do-able steps

In going forward for yourself, your tamariki, your mokopuna your whanau.

An example could be: You would like to start looking at improving your health or lifestyle, so we look at this together, plan, resource and connect you to those services and resources that will guide you in the right direction to achieve your personal goals

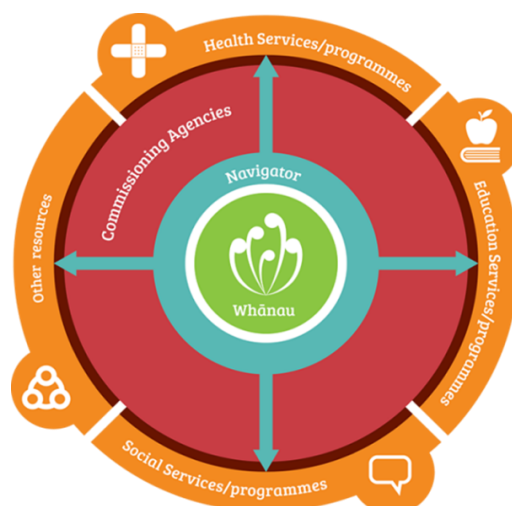
Another example it may be: You would like to fix up the bathroom ceiling or floor, but need financial assistance, through us we could connect you to services for quotes and then see how we go about applying for funding to assist in making your home a healthier home

It may be: you would like to learn or upskill in your Te Reo, or a educational course to enhance your employment opportunities’, together we can aspire towards these wants or needs – (or both)

Kaiarahi/navigator is a 360° approach

Aspirational thinking is how we can change our lives for the **betterment of our whanau!**

Whanau Ora values families and supports them to grow their strengths



Rangatahi Services

As we dive into March the year keeps on getting busier and busier! Make sure to pop down to the Hauora and come talk to our Rangatahi Services if you're needing a hand with school work, applying for jobs, scholarships or need help with applying for university! We have an awesome team who can help write up applications or CV's.

We have access to awesome databases that can help us track down the perfect scholarship suited for you! Make sure to contact Kelsey or Kerekau if interested! Make sure to check out GiveMe Scholarship database at school/public library as it's a free search engine for scholarships.

If you just turned 16 years of age remember to Re-enrol with our health clinic to make sure you can access all of our services.

Keep an eye on our Facebook page for future events and activities.

Kelsey: 07-5524573 ext 710

Kerekau: 07-5524573 ext 709



Te Matatini ki te ao

He mihi tēnei ki te Kapa Haka ō Ngāti Ranginui i whakakanohi i te hapū o Te Pirirakau otira te Iwi o Ngāti Ranginui ki Te Matatini ki te ao 2019 ki Pōneke.

I tū ētahi o ā tātou uri ō Pirirakau ki roto i te kapa nei, nei rā te mihi ki a koutou katoa i tū hei māngai mo te hapu nei.

Mauriora



Mirimiri

If you are wanting mirimiri appointments please call Hone
or Awhimai on (07) 552 6238

Appointment times are between

9am – 3pm

Monday – Friday



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 complimentary 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

Mauri Ora

Rongoa - Te Rōpu Rahurahu

Our first Rongoa Day for 2019 was on Friday 1st March at l'Ansons Reserve. March is Sustainable Backyards Month, therefore the kaupapa for the day was Sustainable Backyards - Plant Identification, whakawhanaungatanga and also making a refreshing rongoa drink.

Come along to future Rongoa Days and share knowledge around Rongoa Maori 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.

The following dates are 6-8 weeks apart and *are always held on a Friday from 10.00am - 2.00pm* (This is to allow time for those who need to drop off and pick up our little darlings from school, who are welcome to attend Rongoa Days if Mum or Dad is with them).

Rongoa Days for 2019 to enter into your Calendar

When:

1st March - l'Ansons Reserve
12th April
7th June
26th July
6th September
1st November
13th December (Tentative)



Where:

Venues yet to be confirmed and are dependant on the weather and what the group wants to explore in our learning.

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.

RSVP- Phone: 07 552 6238 Extn: 1

Follow the Pirirakau Hauora - Mirimiri Service Facebook page for updates
Mauri ora

Kaumātua Services

World Health Day



“Giving people access to healthcare without the prospect of financial hardship”



On Monday 8th April, time 1pm at Pirirakau Hauora, Katene Room. Promotion on Influenza Awareness, our nurse Kiley will be giving a talk about the importance of Influenza vaccinations.

All kaumatua are eligible to have their free influenza & Shingles vaccinations by our nurse at Pirirakau Hauora

Everyone is more than welcome to come and listen to our Practice nurse's korero about the Influenza vaccination

Job Vacancies



**Pirirakau Hauora
Tu Pou Tahī**

Has a vacancy for a
Rangatahi Project Coordinator

Applicants require the following:

- Knowledge of Te Reo Maori and Tikanga Maori
- Ability to relate to rangatahi
- Full Drivers Licence
- Organisational and recording skills
- Computer literate
- Ability to work as a team member
- Facilitation skills
- Health Promotion experience would be an advantage

Pirirakau Hauora is a smoke free environment and is committed to a smokefree Aotearoa.

For a Job Description and application form please contact:
Donna Motutere
07 5524 573 Ext 701 or email: manager@pirirakauhauora.org.nz

Or come into the Hauora and pick up at:
3 Lochhead Road
Te Puna
Tauranga.

HEMOCARE SUPPORT WORKERS REQUIRED

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

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

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 & 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

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

Non cancel appointment charge \$18.50

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

Whanau of Pirirakau descent (not registered with GP)

1 Hour \$40.00

Casual Clients

1 Hour \$60.00

Accreditations:
Cornerstone Accredited
OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

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