



Find us on  
**Facebook**

[www.facebook.com/pirirakauhauoracharitabletrust](https://www.facebook.com/pirirakauhauoracharitabletrust)

**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

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**new beginnings!!!**



Once there were sheds and now .....

## POST LOCKDOWN

Here at the Hauora we are moving forward, a new strategic plan is currently in process.

We have been working on our Te Oturu site removing rubbish, trees, old buildings and as you can see from the sheds alone there has been a massive change and has opened space to grow our services. Expect change in our Mirimiri/Rongoa Service, we have vegetable gardens to come, trees to be planted to commemorate those who have passed during Lockdown. Pataka Kai is well stocked. thanks to -

MSD Community fund and WBoPDC resilience fund.

### 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 tenei wa o te kōanga. Ki nga whanau e mau i 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. Kia kaha, kia maia, kia manawanui ki a koutou.

Welcome to our spring newsletter. It is so nice to finally see the sun and the early blossoms of spring, and to hear the birds again. I guess by now many of you are preparing your garden beds in readiness for planting.

With the change in season and the warmer weather it is so easy to forget that we are still in a global pandemic and go back to life as normal. Unfortunately this beast “COVID-19” will be with us for a while and we need to continue to keep ourselves safe.

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 and wear a mask if you are travelling on public transport —this crisis is not over yet.

This does not mean that we can't enjoy the beautiful weather with our whanau but we must be cautious when out and about.

## **Clinic update**

The clinic continues to be busy as usual. Because New Zealand has been hit by a second wave of COVID-19 we are now conducting COVID tests at the clinic. All the necessary precautions are being taken to ensure everyone's safety during this process. So if you have symptoms and would

Like a COVID test, ring the Hauora and make an appointment. You will be given instructions on the process when you call.

We are currently advertising for a new Registered Nurse for our Community Nurse role, so if you know of anyone with the relevant qualifications/skills that may be interested in a job at Pirirakau Hauora, please encourage them to ring the Hauora for an application.

We are also looking for a second doctor to support Dr Christie in the clinic. This role is proving difficult to fill with the borders being closed and very few New Zealand doctors available. Dr Christie will be taking some time off at the end of September and we are hoping to find someone to cover in his absence. This may mean that we may have fewer GP sessions at that time or you may need to be seen elsewhere until Dr Christie returns. Dr Nicholas will be available on Thursdays during this time.

## **Staffing**

Unfortunately our Rangatahi Coordinator, Jayda Hopping has moved on from the Hauora and we are currently looking for a new kaimahi. This is a role that we are trying to fill as soon as possible. In the meantime Kerekau Nicholas will be filling the position while we find a permanent kaimahi for the role. Kerekau will also continue in the role of Te Ihu Waka Coordinator.

Over the past 3 months we have recruited a few new Support Workers for our Homecare Support Service and give them all a warm welcome. We continue to have vacancies for Homecare Support Workers so if you are a caring person and think you have what it takes, and would like a job caring for our Kaumatua in their homes please give us a call.

# Mihi cont'd ...

## **What's been happening at Pirirakau Hauora?**

The last 3 months have been busy with heaps of new initiatives happening:

Pataka Kai— we have been fortunate to secure some funding from the Western Bay of Plenty District Council and the Ministry of Social Development to develop our Pataka Kai project further. We now have some cupboards and a freezer to store bulk kai for our whanau and to restock our Pataka on a regular basis. We are extremely grateful to these 2 funding agencies for their support for the cause.

Homecare Support Services—congratulations to our HCSS team for achieving Home and Community Support Sector Standards Certification. The team worked very hard to get through the audit which happened straight after lockdown and put a lot of stress on us all, but well worth it for the outcome.

Changes at Te Oturu—If you visit Te Oturu now you will notice a lot of changes have taken place over the last month or so. We are moving into the next phase of development for the site with the demolition/removal of some of the buildings.

The poultry sheds behind the main building have been dismantled as they were becoming a Health and Safety hazard. Over the next few weeks the old cottage will be demolished allowing for more much needed space for future development. What these future developments will be and how it will look is yet to be decided but the board has some clear goals and aspirations for the site.

Also over the past few weeks the high trees around the building have been pruned to let more sunlight into the building.

Since this has happened we have noticed there are more birds and all the dead/dry overhanging branches are no longer a hazard. There is still a bit of tidying up to be done but we are moving in the right direction towards achieving our goals.

## **What Next?**

Over the next few months we have some new initiatives that we are planning on implementing.

Community Garden - We plan to rebuild our community garden to enhance the Pataka Kai project. We will be encouraging our Rangatahi/tamariki and Kaumatua to have input into our gardens through some of the programmes that we currently run.

Seeds have already been planted and the seedlings are now ready to plant, we just need to build the gardens.

Neighbourhood Watch—Since COVID we have been working with the NZ Police to come up with a solution to the increase in criminal activity that was experienced during and since lockdown. We would like to work with our Community to form a Kaupapa Maori Neighbourhood Watch for Pirirakau. Over the next month or so we will be calling a Community Hui to discuss the issues for our community and the development and implementation of a Kaitiaki (Neighbourhood Watch) Group. Watch this space for more information or keep an eye out on our Facebook page.

Well whanau, that's all from me for now.

Don't forget to have your say and VOTE.

Nga mihi

Dux



# E aha ana? Whats happening?

**Some photos of the changes at Te Oturu**

**The 3 Poultry sheds before demolition**



**During -**



**After -**



**The Gardens**



**Celebrating out Home and Community certification**



**Māhuru Māori**

**Here is the Hauora display wall in reception area to promote Māhuru Māori**





# GP Service - ManageMyHealth

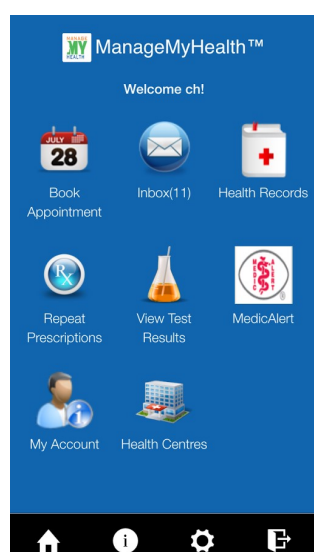
Have a smartphone?

Dont want to call Hauora to book appointments?

Want to see your results?

Want health reminders?

THEN THIS APP IS FOR YOU



## Whats available in the app -

Booking appointments

Medical records

Repeat prescriptions

View test results

Easy to navigate but if you are wanting to register please call Hauora or come in and Brooke will assist you to download.

NOTE - Personal emails only (not work emails)



*Log in to ManageMyHealth  
and **manage** your health  
online in your own time*

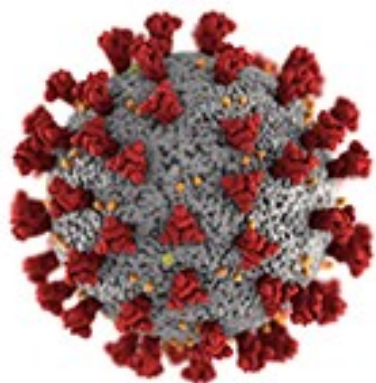
### Key Benefits

- 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

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



# GP Services cont'd..



COVID-19

**TESTING**

**DONE AT HAUORA**

**- Please call reception to organise  
appointment**

## Homecare Support

Te Oturu Kumatua services is a kaupapa maaori home care provider and has a client base of over 100 clients.

In the past few months we have had around 20 new clients join the service along with 6 new kaimahi.

We aim to provide a service from a holistic view approach as well as providing and promoting independence & well-being. Respecting and honoring family values and relationships through manaakitanga, aroha, whanaungatanga, whakapapa and rangatiratanga.

Our service has a staff of 2 coordinators who coordinate the cares and work closely with the support workers and whanau to ensure that quality cares are put in place.

We also have 2 staff who take care of all administrative tasks from new referrals to payroll.

We are currently recruiting new support workers. No experience needed. You must be able to work with the elderly, hold a current driver's license, be punctual, have an understanding of tikanga maaori and have a high level of tolerance. Training will be provided along with other great opportunities.

Please forward your cv to [n.rikirangi@pirirakauhauora.org.nz](mailto:n.rikirangi@pirirakauhauora.org.nz) or [r.cooper@pirirakauhauora.org.nz](mailto:r.cooper@pirirakauhauora.org.nz)

*“Tukua te wai reka o Te Oturu kia rere ano”  
Allow the sweet water of the Oturu to flow again*



# Mental Health Services

**HE TIROHANGA  
ANAMATA  
REIMAGINE  
WELLBEING  
TOGETHER**

Mental Health  
Awareness Week  
21-27 Mahuru

[www.mhaw.nz](http://www.mhaw.nz)



**GETTING  
THROUGH  
TOGETHER**  
WHAT'S NEW TO THE WORLD

## Need to talk?

If you are feeling stressed, anxious, worried, depressed, or just need to talk to someone, free call or text the number 1737 to speak with a trained counsellor. The service is available 24 hours a day, 7 days a week.

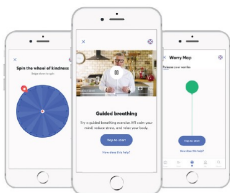
### Tēnā koutou

Having spent time in COVID-19 lockdown and the need to be observant of health guidelines while the country is in level 2, it's important that we look after ourselves, our whānau and community. It has been a very stressful time for some who have anxieties and worries about their health, and so it's quite timely that the theme for this year's Mental Health Awareness Week is to "Reimagine Wellbeing Together." Whether it's soaking up the mauri of the ocean, getting out for a hīkoi in the bush, or taking notice of the beauty around us – this year the kaupapa is about tuning into the simple things that matter and strengthen our hauora.

The Mental Health Awareness Week (MHAW) **Wellbeing Photo Challenge** is back for 2020, and you're invited to take part and show us what wellbeing looks and feels like for you! Just click or enter the following link to learn how to enter <https://www.mhaw.nz/compsactivities/wellbeing-photo-challenge/>

Take part and you'll be in to win daily prizes, and the People's Choice Grand Prize: a Nikon Z 50 Mirrorless camera (RRP \$1899). Remember, wellbeing looks and feels different for everyone – there's no right or wrong way to interpret the daily themes. Get the whānau together and get creative!

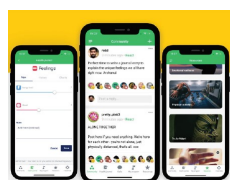
Another resource you may like to use can be accessed through the following link which provides helpful strategies and resources for "Looking after your mental wellbeing." <https://www.health.govt.nz/system/files/documents/pages/digital-mental-wellbeing-tools-august2020.pdf> The link also provides information about online mental wellbeing tools as below.



**Helps with:** Daily mental wellbeing | Coping with uncertainty | Stress | Worry | Sleep | Thriving

The Mentemia app provides mental wellbeing coaching after getting to know you a little through a personality quiz and what focus areas you have, like sleeping better, stressing less, or helping support a loved one. The videos feature Sir John Kirwan and his ways of approaching life that help him on a day to day basis

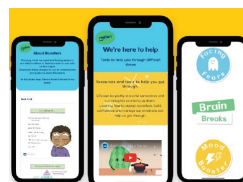
[www.mentemia.com/covid-19](http://www.mentemia.com/covid-19)



**Helps with:** Loneliness and isolation, Understanding ourselves better, Behaviour change, Ways to manage mood, Strategies to manage anxiety

Melon has an online community where you can anonymously interact with others on a similar journey and connect with a team of support workers. There's also a health journal, resources, wellbeing exercises and webinars. He waka eke noa (We're all in this together).

[www.melonhealth.com/covid-19](http://www.melonhealth.com/covid-19)



**Helps with:** Facing fears, Mood boosters for our wairua, Brain breaks, Mini workouts for a kaha mind, Little reminders

Melon Manual is a kete of resources specifically for teenagers' emotional wellbeing. The website provides videos, downloadable worksheets and shareable social media illustrations to support the young people of Aotearoa, as well as a 'First steps to managing anxiety' mini-course.

[www.melonhealth.com/manual](http://www.melonhealth.com/manual)



**Helps with:** Anxiety and stress, Confidence, Self-awareness, Problem solving skills, Connecting to what matters, Sleep, Relaxation

Staying on Track is a free online course that helps you learn how to cope with worry and stress when things get tough. Get access to easy-to-use, proven strategies and skills you would learn from a therapist, in the privacy of your own home, anytime that suits you.

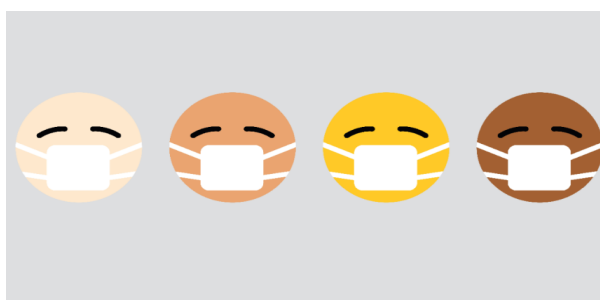
[www.justathought.co.nz/covid19](http://www.justathought.co.nz/covid19)

# Mental Health Services cont..

## Kia Ora from the CAMHS Corner

Mental Health Awareness Week is approaching 21st-25th SEPT and the kaupapa this year is “Reimagine Well-Being Together”.

What does that look like for you? Maybe reflecting on your Covid experiences and “Reimagining what life was like prior to Covid for you and your whanau or how you would reimagine well being in the future



## FIVE WAYS TO WELLBEING



Mental Health Foundation  
mauri tū, mauri ora  
www.mentalhealth.org.nz





# Whanau Ora - Health Promotions



Kia kaha tāne mā, nau mai haere mai ki

Pirirākau hauora mo a koutou hihira repe tātea (Prostate)



## WAHINE HEALTH CHECK

1st - 30th September 2020  
Free for all Wahine/Ladies 25yrs-70yrs

Give our receptionist a call today to book your FREE check on 07 552 4573



## BREATHE BETTER

The Magic ♥ of the Breath:

Take a minute to focus on it.  
Feel it.  
Hear it.  
Savour it.

It comes and goes like a wave greeting the sand on it's endless journey.  
It is presence.  
It is to be treasured.  
It is life.

Louise Clark  
www.yourparentingpartner.com  
www.thecorncobfamilyorganizer.com



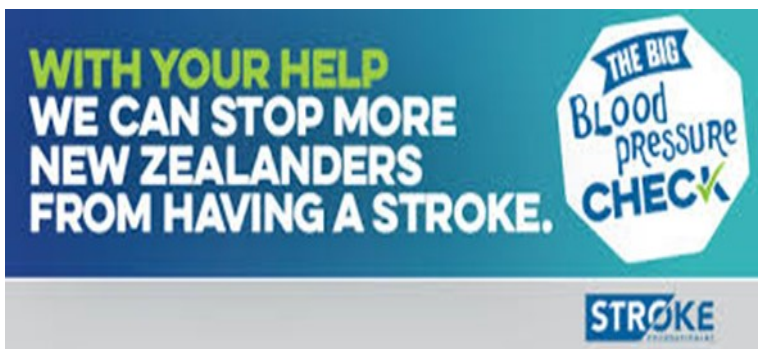
This month we are promoting Blue September Prostate Cancer, Breathe Better Asthma and Cervical Screening.

# Health Promotions cont..

Health promotions for October & November

Breast Cancer 1-31 October

Big Blood Pressure Check 1-31 October



## Breast Cancer

## Awareness Month

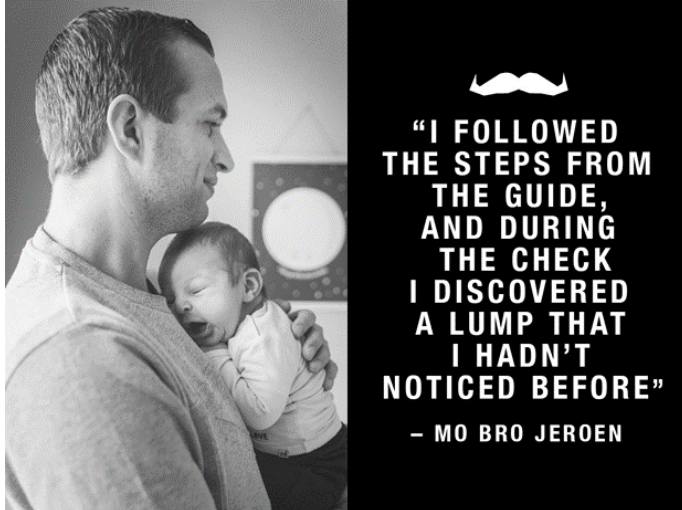




# Health Promotions cont..

November 1st-30th is "Movember" Men's health

World Pneumonia Day is 12<sup>th</sup> November 2020



### Take care of yourself

#### Prostate cancer symptoms

- Needing to urinate more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while urinating
- Weak flow
- Feeling that your bladder has not emptied fully

#### How to check for prostate cancer

All men should visit their doctor for a prostate exam annually after the age of 40. If you have any of these symptoms, visit your doctor immediately.

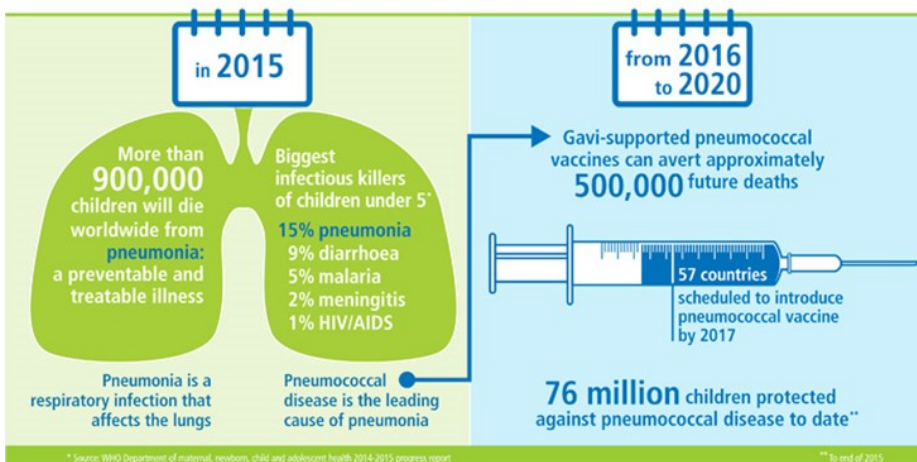
#### Testicular cancer symptoms

- A painless lump in the testicle
- A swollen or enlarged testicle
- Pain or a heavy or aching sensation in the belly or scrotum
- Nipple enlargement or tenderness
- Early puberty in boys

#### How to check for testicular cancer

Conduct a testicular self-exam (TSE) every month.  
<https://za.movember.com/mens-health/testicular-cancer>  
If you develop any of these symptoms, visit your doctor immediately.

## EVERY BREATH COUNTS - STOP PNEUMONIA NOW



\* Source: WHO Department of maternal, newborn, child and adolescent health 2014-2015 progress report

\*\* To end of 2015

#VACCINESWORK #FIGHTPNEUMONIA

[www.gavi.org](http://www.gavi.org)  
[vaccineswork.org](http://vaccineswork.org)



### PNEUMONIA is Dangerous for all Age Groups!

Do you know that pneumonia is one of the leading causes of vaccine preventable deaths globally? The microorganisms causing pneumonia can also cause meningitis and blood infections like sepsis. 19A is a type of pneumonia bug, which is an important cause of pneumonia and its complications.\*

Pneumonia and its complications can be dangerous for the following people:

- New born babies and adolescents
- Adults
- Smokers, diabetic, asthmatic and cancer patients. Also the patients who are suffering from any chronic diseases related to chest, heart, kidney and lungs.
- People who are planning to go for Haj or Umrah

Vaccination can help protect you and your loved ones from pneumonia and its complications. Contact a Pediatrician or a chest specialist today and get yourselves and your loved ones vaccinated against pneumonia and its various complications.\*

A public service message from All references are available on request. \* Vaccine pneumococcal disease.

# Whānau Ora Kaiārahi

## Kia ora te whānau o Pirirākau

The role of a Whanau Ora kaiārahi is to support your journey of achieving your own aspirational determinations for you and your whanau to reach your goals and outcomes within the domains of

### Kaitiākitanga

Nurturing whanau relationships, parenting, and connecting with wider Māori networks or govt service providers

### Mātauranga

Education, employment, financial or health literacy, budgeting

### Toioranga

Spiritual, physical, mental, auāhi kore, personal health, glasses, hearing aids, dental-oral health

### Rangatiratanga

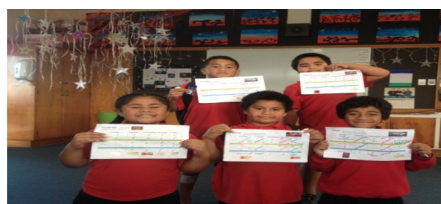
collectively finding solutions or resolutions, independency, legal docs, drivers license, personal ID

### Te Ao Maori

Involvement with Māori community organisations, education, marae activities, improve on Te Reo Maori, matauranga Maori

### He Whai Rawa

Basic household amenities or clothing, access to safe transport, housing standards, household maintenance



Whanau standards of living

Whānau Ora = Family wellbeing and prosperity

Mauri Ora

Please contact me if you need any more information or want to have a kōrero

Michelle Horne 027 248 2289





# Rangatahi Services



## Pirirakau Youth Group

Last holidays was neat! Your tamariki:

- Had heaps of fun climbing at Rock-topia
- Got their action poses on at 3D Trick Art Gallery in Rotorua
- Helped prepare a hangi for a hākari with whānau on the last day

Next holidays are just two weeks away, and we will be:

- Paddling with the Te Puna Waka Club
- Retracing the path of Mauao from Hautere to the moana
- Catching some invasive pāpaka in Te Awanui

To send your tamariki along you'll find forms on the FB page Pirirakau Holiday Programme or at the Hauora. If you can tautoko by joining us for some of the days then give me a bell! 552 4572 extn 710.



## Tu Pou Tahi

At the moment we are focusing on:

- Building raised maara at the Hauora so rangatahi can learn to grow kai
- Funding applications for a rangatahi band
- Whakawhanaungatanga with other organisations to scope new opportunities
- Driver licensing

Always keen to hear your whakaaro, and if you know any rangatahi needing support with these or any kaupapa. Mauri Ora!





# Mirimiri

## Mirimiri/Massage heals the tissues of the body

Brush aside any thoughts that mirimiri/massage is a luxury splurge that has no real health benefits.



On the contrary, hands-on healing helps you unwind, lowers blood pressure, promotes muscle relaxation and boosts your immune system.

During a mirimiri session, the therapist press and manipulate your skin, tendons, ligaments and muscles.

Mirimiri helps to move your blood, oxygen and lymph to various tissues and organs with in the body. As a result, the person who is receiving the massage experiences a level of physical and mental renewal that is hard to surpass.

Receiving mirimiri is a far more potent therapy than most people realise. For example, it can replace analgesics as treatment for tension headaches and takes only a 30-minute massage on cervical trigger points (points around the neck and shoulders) to boost autonomic nervous system regulation and alleviate the symptoms.

Clients report improvement in their psychological and physiological state, which goes hand in hand with the reduction of stress and anxiety.

Stress and lack of rest have huge effects on our health, fitness and beauty. Don't be afraid to find yourself a good mirimiri/massage therapist and get some healing on a regular basis. When you are taking care of you, you are taking care of your whole world.

Cost \$30 per 1 hr. session - registered with Pirirakau Hauora

Bookings available Monday— Friday

Te Oturu Oranga, 4 Paparoa Road, Te Puna

PH: 07 5526238 for bookings

# Rongoa - Te Ropu Rahurahu

Tēnā koutou katoa,

Our next Rongoa Day is being held on Friday 9th October 2020.

The main focus of our day will be the practice of “Plant Identification” and revisit some of the traditional and modern uses of our native plants that were planted last year.

We will also pull out some of the weeds (not the puha) that are competing with the rongoa plants, so bring some gardening gloves along with you.

A great opportunity to connect with the environment and friends old and new - 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 .

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

Mauri ora!

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

Spaces are limited.

Date: Friday 9th October  
2020

Where: Te Oturu Oranga, 4  
Paparoa Road, Te Puna.

Price: No Charge

Time: 10am – 2.00pm

RSVP-Phone: 07 552 6238



# 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; bowls; gentle exercises; petanque eg

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/career'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/career's to have a break

Our aim is to provide relief care for the whanau/career'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!



# Pulsed Electromagnetic Field Therapy

Pulsed Electro Magnetic Field therapy, 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.

Everything that exists has a vibration, including every atom, molecule and thus the human cell.

The QRS uses the frequencies of the body itself, which are generated by movement.

The concept on which the QRS is based was that humans carry a symphony of frequencies in the body. By treating the person through electromagnetic fields, it is necessary to offer the full package of personal frequencies that support the body to perform its own functions.

Pulsed Electromagnetic Field Therapy assists by Improving Circulation, Reducing Muscle Tension, Improving Sleep, reducing Inflammation, Improving Tissue Healing, Reducing Anxiety and Stress - mental focus, and the body's overall performance by helping the energy output and regeneration of the body's cells.

This new service is available at Te Oturu on a Wednesday from 9am. Appointments can be made by phoning 552 6238. Costs are as follows:

Registered Clients of Pirirakau and Pirirakau Hapu members      \$10.00 for 30 Minutes

Casual Clients (not registered)      \$20.00 for 30minutes.

## Job Vacancies

**- Community Nurse**

**- Rangatahi Co-ordinator**

**- Homecare Support workers**

**Please contact Manager or pick up applications from front desk**

**Manager - Donna Motutere**

**07 552 4573 ext 701**

### 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 Brook  
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> August 2020

### STANDARD CHARGES:

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

Tamariki 0 - 13 years	FREE
Rangatahi 14 - 17 years	\$13.00
Adults	\$19.50
ACC Consultations	\$19.50

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

Adults from 16 years +	\$65.00
Tamariki 0-16 years	\$20.00
Non residents and temporary visitors to NZ	\$80.00

***Other charges please ask Reception***

## Te Oturu 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
Non cancel appointment charge	\$18.50

### 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.