

# Pirirakau Hauora Panui

Issue 29

Hongongoi - Here-turi-koka 2014



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**Hey Cuzzie**

**It's time to get PROACTIVE**

Cardiovascular Disease (CVD) affect a growing number of New Zealanders each year and have a disproportionate effect on Māori.

These diseases affect New Zealanders' quality of life and life expectancy, and the impact is increasing with an ageing population and lifestyle changes.

**Fact:** CVD is the leading cause of death in New Zealand and so has a large impact on the delivery of health services.

## How committed are you?

REGISTER YOURSELF AND YOUR WHANAU WITH US.



53C Courtney Road, Tauranga  
p. 07 577 4170  
[temanutoroa.org.nz/register](http://temanutoroa.org.nz/register)



3 Lochhead Road, Te Puna, Tauranga  
p. 07 552 4573  
[pirirakauhauora.org.nz/register](http://pirirakauhauora.org.nz/register)



Ngā Mataapuna Oranga  
Maori Ora, Maori Tau - Whānau Prosperity & Wellbeing

[www.nmo.org.nz](http://www.nmo.org.nz)



*Me whakaruru tātou  
i raro i te whakaaro kotahi*

## Our Contact Details:

3 Lochhead Road  
RD6 Te Puna, Tauranga 3176

P: 552 4573 x 208

F: 552 4572

[manager@pirirakauhauora.org.nz](mailto:manager@pirirakauhauora.org.nz)

[www.pirirakauhauora.org.nz](http://www.pirirakauhauora.org.nz)

# General Info

## **Free Hauora Tāne Checks**

These Wellness checks are available to all males between the ages of 20-59.

The Doctor & Nurse will check the following:

- Blood Pressure & Cardiac Risk
- Vision, Hearing & make referrals
- Smoking Status - Cessation
- Height & BMI Ratio
- Weight and Food & Exercise options
- Blood Sugars & Diabetes Prevention
- Blood tests for various health checks
- Alcohol Consumption & Drug Use
- Talk to the Doctor about Cancer Risk for Skin, Lungs, Testicular, Prostate, Bowel condition and anything else that may be worrying you.

It is a great time to ask the Doctor about health issues you would not normally find the time to talk to him about.

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

## **Pirirakau Hauora Opening Hours**

Monday to Friday 8am to 4:30pm

### **Doctors Hours**

Monday to Friday  
Offering Clinics during  
8:30am to 4:30pm

### **Repeat Prescriptions**

You will need to allow 48 hours for any requests and you will also need to see the Doctor for a 3 monthly check up.

## **Telarc Accredited**



Pirirakau Hauora holds ISO 9001: 2008 accreditation which is a worldwide standard of excellence for Quality Management Systems and means our whānau/clients have the reassurance that Pirirakau Hauora can deliver services to a high level of performance and competency. We also have certification under NZ Health & Disability Sector Standards including Mental Health.

## **Cornerstone Accreditation**



Pirirakau Hauora holds Cornerstone Accreditation which means we have met the high standards set by The Royal NZ College of General Practitioners and ensures our whānau/clients will receive high quality of care.

## **Charges/Fees**

All doctors fees are to be paid for on the day. We are no longer in a position to incur debt. If you have an outstanding account please contact the Manager to make arrangements about reducing.

Direct Credits or Automatic Payments can be made to:

**Pirirakau Hauora Charitable Trust**

**38 9010 0046783 00**

Please use your name as reference.

## **New Prescriptions Process**

We now have a new process for prescriptions, as we no longer provide delivery. You will need to ensure you take your prescription to a pharmacy of your choice and collect your medication.

# *Mihi from Dux*

Tena koutou te whanau o te Pirirakau. Nga mini mahana ki a koutou. Nga mihi aroha tenei ki te whanau Wilson . Kia kaha koutou I tenei wa pouri, taumaha hoki. Ki a matou hoa mahi a Mahia raua ko Sylvia nga mihi tino aroha ki a korua. Kei konei matou ki te awhi, ki te tautoko i a korua. Ki nga mema o te hapu, o te whanau whanui hoki o te Piirirakau, e mauui ana, kia piki te ora ki a koutou katoa.

Time has flown by and our sincere apologies for not getting our newsletter out on time. Hopefully things have settled down a bit and we will be on track for future editions.

## **Clinic News**

We continue to experience issues with doctor shortages. We are so grateful to Doctor Rao for hanging in there with us to keep us afloat while we work our way through this difficult time. Unfortunately Dr Ange Erhorn has chosen also to move on and we are currently still working on recruitment of other doctors. Dr Nigel Bruce is currently overseas visiting family and will be back in September. Meanwhile Dr Runa Rao will be covering Tuesdays, Wednesdays and Fridays with the Nurse Practitioner, Rosemary Minto on a Thursday. Te Manu Toroa will continue to support us and ensure that our whanau are being seen and cared for. Kia kaha whanau, please bear with us for just a little longer as we work our way through the next month.

You will have noticed a new face in the clinic - Kohera Archer is a second year Student Nurse, who is on placement with us for six weeks. In the short time she has been with us so far, she has been a huge help to our nursing staff. Nga mihi Kohera.

## **Flu Vaccinations**

The seasonal influenza immunisation programme has been extended to 31 August. The programme has been extended because winter flu cases are rising and as it has not yet peaked, the Ministry of Health is expecting to see more people admitted to hospital with the flu.

The Flu vaccination is free to people 65 years and over, pregnant women, people with long term health conditions and children under 5 who have been hospitalised for a respiratory illness. If you fit this criteria and would like to have a flu vaccination, ring the Hauora and make an appointment. People who do not fit the criteria are able to have a flu vaccination but there will be a charge.

## **Strep Throat**

A comment was posted on Facebook about rheumatic fever regarding one of the tamariki who attended the Holiday Programme. This prompted the programme coordinators to encourage parents of tamariki on the programme to bring them in to have throat swabs. This resulted in quite a high number of positive results for Strep A. As a result of this initial outcome, whanau have been tested and we are still getting some positive tests back. Strep A can be treated with a 10-day course of antibiotics. If your child has a sore throat, please take it seriously and have it checked. All it takes is a swab and having it treated can prevent complications later on. If you would like your child to have a throat swab, contact the clinic to make a time to see the nurse.

## **Sore Throats Matter**

# *Mihi from Dux*

## **Staffing**

This month we farewell two members of staff - Matenga, who has left to take up a new position in Te Puke, and Erena who will be having a baby in a few months. We wish them both all the best of luck.

Welcome to Kerekau Nicholas, who will be taking up Erena's position as Rangatahi Coordinator and Riini Hurkmans-McLeod who is the new Clinic Coordinator. Riini will be working 4 days a week so we welcome back Diana McNamara who will be filling that position one day per week and relieving when required. Nga mihi nui ki a koutou.

## **Mirimiri**

Our full time Mirimiri Therapist, Hone is currently on leave for 6 weeks and we have the pleasure of having 3 very skilled Therapists covering the service in his absence. They are Autumn Falk, who has been with us for a few months, Erena Walker from Whanau Apanui and Awhimai Brown, a local wahine from Ngati Kahu. We are all very grateful to them for giving their time to support our Kaupapa. Hone is due to return at the end of the month and we will be reviewing the service on his return.

## **SMOKEFREE Complex:**

This is a reminder that the Te Huhunu Trust Complex, which includes all grounds within the Trust Block, is SMOKEFREE. We are becoming aware of people disregarding our SMOKEFREE Status and continuing to smoke within the grounds. As a Health Provider and supporter of SMOKEFREE AOTEAROA 2025, we ask that you please refrain from smoking within the Hauora and Te Huhunu grounds. Kia ora.

## **Te Puna Memorial Hall**

The Western Bay of Plenty District Council has advised that a new roundabout will be built at the end of Te Puna Road next year. In order for this to happen the Te Puna War Memorial Hall will either be moved and re-sited or a new one will be built. They are asking for Community feedback on what they should do. This is a good opportunity for everyone to have a say as to what kind of community facility they build, what kind of activities will happen in it and where it should be located. If you are interested in having some input into this decision we have some feedback forms here at the Hauora. They are also having an open day at the Hall on Thursday 31 July from 12noon to 7.30pm if you are interested in learning more about the project.

## **Community Garden**

The community garden is being well utilised by our whanau and patients. We will be replanting to fill the gaps over the next few weeks. Meanwhile there are still vegetables that are ready to eat and we are encouraging our whanau to help themselves before they go to seed. Please feel free to help yourself.

Well folks I think I have said my piece for this month. Keep warm and stay well, until next month.

Nga mihi  
Dux

## Clinic News

### Staff Profile

*Riini Hurkmans-McLeod*



Ko Maungapohatu te maunga  
Ko Ohinemataroa te awa  
Ko Mataatua te waka  
Ko Tuhoe te iwi  
Ko Ngatirongo te hapu  
Ko Tauarau te marae

Riini is our new clinic coordinator. She was born in Whakatane but grew up in Ruatoki. She is married with 2 children a 14 year old son and a 7 year old daughter. She loves her sport and plays rugby, netball, touch and turbo touch. Her favourite colour is blue and her favourite kai is seafood and Japanese.

Favourite quote..

**"Work hard & Play hard"**

An advertisement for flu vaccines. It features a black and white photo of a person wearing a traditional woven hat. Overlaid on the image is a blue speech bubble with the text 'Hey Cuzzie' in a stylized font. Below this is a green speech bubble with the text 'It's IMMUNISATION time'. At the bottom, green text reads 'Flu Vaccines are now freely available for Whānau aged 65+'.

### Flu Vaccinations

You may be eligible for

#### Free Flu Vaccines if you are

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

*Influenza is a serious illness with severe effects.*

*Book your appointment today with our nurse.*





### CVD RISK ASSESSMENT

A CVD risk assessment is otherwise known as a heart health check. This assessment will let you know what your risk is of having a heart attack or stroke in the next 5 years and how you can reduce that risk.

If you are female 45+ or male 35+ you can book an appointment with our nurse to have the assessment done for free if you haven't already done so.

The assessment consists of the following checks;

- Ask about your risk factors such as smoking, exercise and diet.
- If there is any family history or heart attack or stroke.
- Measure your blood pressure, height, weight and waist circumference.
- Test your cholesterol and blood glucose levels. (For diabetes)

For more information or to do a self basic heart check see  
[www.knowyournumbers.co.nz](http://www.knowyournumbers.co.nz)

## Clinic News

# Newborn Enrolment

## *Enrol Baby Before Birth*

**Did you know you can enroll your unborn pepi here at the Hauora before he/she is even born?**

### **The benefits for early enrolment;**

- Once pepi is born, records & enrolment details are already in our system therefore making the transition from hospital to our GP service smooth and hassle free.
- You will receive early reminders when babies first immunisations are due at 6 weeks.
- Instant access to free GP visits for pepi.
- Access to support from our Tamariki Ora service.

***Basically its just one less thing you have to worry about once pepi arrives.***

**Its easy...** If you are interested in enrolling your pepi, come to the hauora & fill out a registration form.

Queries can also be forwarded to us at;

Phone: 552 4573

Txt: 021 02503204

Facebook

Website: [www.pirirakauhauora.org.nz](http://www.pirirakauhauora.org.nz)

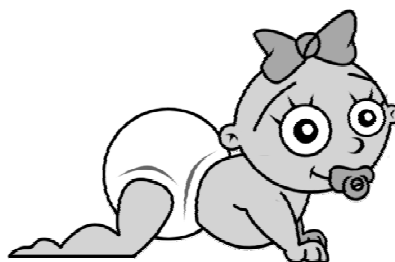


***Let your midwife or hospital know that your pepi will be enrolled with Pirirakau Hauora so they can notify us when pepi arrives.***

## Protect our most valuable taonga!

### **"On time every time"**

- 6 weeks
- 3 months
- 5 months
- 15 months
- 4 years



**Hey Cuzzie**

It's **IMMUNISATION** time

**Immunisation is now freely available for our Pēpi.**

## Other Services

### SECOND HAND CLOTHING



Our gym facility is open for public use;

Monday-Friday  
8.30am-4.30am.

This is located in the shed.

Please report to reception on arrival.

### FOOD BANK

Here at the Hauora we have a food bank to distribute to needy whanau who may be able benefit from it.

A box is located in the reception area for anyone who would like to contribute any kai such as fruit, veges, non perishables etc.



### Weekly Midwife Clinic

Tuesday afternoons from 1pm to 3pm.

Call in and have a chat



# Maori Language Week 2014

The theme for Maori Language Week was 'Kupu o te Wiki'.  
For the next 50 weeks there is a word allocated to each week.

Please see below or keep a look out in reception and on our facebook page for these kupu. We encourage everyone of all ages to utilise these kupu in our every day reo.

## These are the 50 kupu Maori to be introduced over 50 weeks

21 Jul 14 äpöpö *tomorrow*  
28 Jul 14 heihei *chicken*

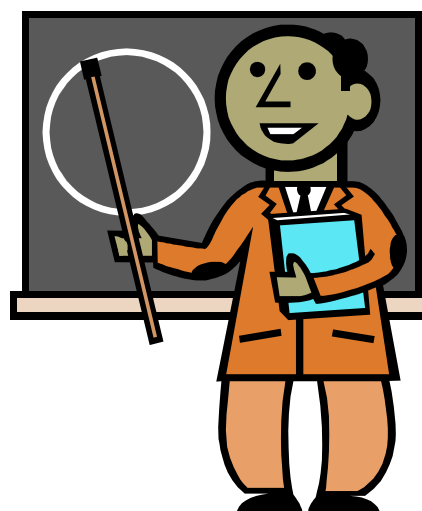
4 Aug 14 poitarawhiti *netball*  
11 Aug 14 nau mai *welcome*  
18 Aug 14 engari *but*  
25 Aug 14 waea *phone*

1 Sep 14 rangi *sky*  
8 Sep 14 niho *tooth*  
15 Sep 14 pahi *bus*  
22 Sep 14 awa *river*  
29 Sep 14 kaiako *teacher*

6 Oct 14 wahine *woman*  
13 Oct 14 Tāwhirimātea *god of the wind*  
20 Oct 14 marama *moon*  
27 Oct 14 homai *pass (to me)*

3 Nov 14 inu *drink*  
10 Nov 14 Ōtautahi *Christchurch*  
17 Nov 14 äporo *apple*  
24 Nov 14 päremata *parliament*

1 Dec 14 ra whanau *birthday*  
8 Dec 14 whare hākinakina *gym*  
15 Dec 14 kaukau *swim*



# Maori Language Week 2014

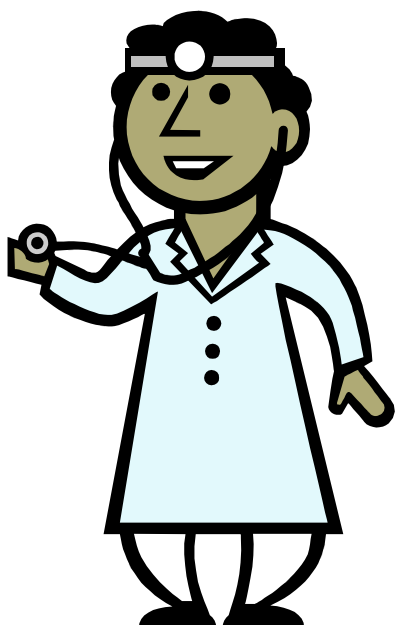
12 Jan 15 maranga *get up*  
19 Jan 15 kura *school*  
26 Jan 15 Poihākena *Sydney*

2 Feb 15 manuhiri *visitor*  
9 Feb 15 iPapa *iPad*  
16 Feb 15 rü *earthquake*  
23 Feb 15 pirihiimana *police officer*

2 Mar 15 Te Waipounamu *South Island*  
 9 Mar 15 ukurere *ukulele*  
 16 Mar 15 ngutu *lips*  
 23 Mar 15 taihoa *hang on / wait*  
 30 Mar 15 Aranqa *Easter*



6 Apr 15 horoi *wash*  
13 Apr 15 maumahara *remember*  
20 Apr 15 Papatüānuku *earth*  
27 Apr 15 manu *bird*



4 May 15 ika *fish*  
11 May 15 moana *sea*  
18 May 15 tio *oyster*  
25 May 15 taringa *ear*

1 Jun 15 Hāmoa *Sāmoa*  
8 Jun 15 äe *yes*  
15 Jun 15 whetu *star*  
22 Jun 15 tohutō *macron*  
29 Jun 15 tākuta *doctor*

6 Jul 15 whakaata *mirror*  
13 Jul 15 Wīwī *France*

**For more information please see [www.koreromai.co.nz](http://www.koreromai.co.nz)**

# Kokonga Rangatahi

## Staff Profile

*Te Kerekau Nicholas*



Ko Mauao te maunga  
Ko Tauranga te moana  
Ko Taakitimu te waka  
Ko Ngati Ranginui te iwi  
Ko Pirirakau te hapu

Te Kerekau is our new Rangatahi Projects Coordinator. He is born and bred in Te Puna. His interests are sports, rugby and basketball. He likes fitness and training, kapahaka, Te Ao Maori and helping people reach their goals. Te Kerekau has a Bachelor in Sport and Recreation.

Favourite Quote...

**"I accept failure...  
but I cant accept not trying"**

Michael Jordan

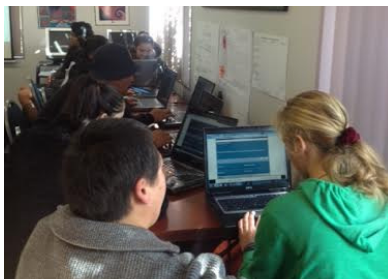
## LEARNERS LICENCE COURSE



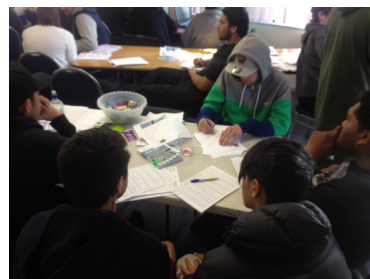
### Arts Project: Minden Reservoir!

Tu Pou Tahi in collaboration with Moana Moko, the WBOP District Council and Tauranga Safer City, will be at the Minden Reservoir Thursday the 31st of July to put some more awesome art work on the water tank.

We welcome anyone who is keen to jump on the waka or come for a nohi.



*Please contact the Rangatahi  
Team for more info*



### Up & Coming Projects

Arts Project - Minden  
31st July

Restricted Licence  
5th August

Full Licence  
7th August

Ira Wahine - Date tbc

## Promotions

# DRIVERS LICENCE COURSES

### LEARNER LICENCE COURSE:

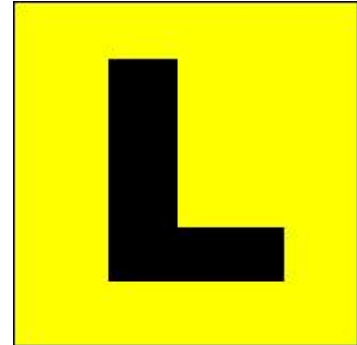
(16yrs or over.)

DATES: Wednesday 30th & Thursday 31st of July 2014

TIME: 9am - 3pm

VENUE: Pirirakau Hauora

LICENCE FEE: \$96.10



### RESTRICTED LICENCE COURSE:

(held learners licence for at least 6 months.)

DATES: Tuesday 5th August 2014

TIME: 9am - 3pm

VENUE: Pirirakau Hauora

LICENCE FEE: \$137.00

### FULL LICENCE COURSE:

(held restricted licence for 18 months or if over 25yrs, 6 months.)

DATES: Thursday 7th August 2014

TIME: 9am - 3pm

VENUE: Pirirakau Hauora

LICENCE FEE: \$111.70



#### DETAILS:

*You will need the following documents;*

- Evidence of address such as a bank statement, power or telephone account issued within the last 12 months.
- Evidence of identity. Must be an original & current passport, birth certificate or drivers licence.
- Current Licence.

**For more information or to register please give us a call or leave a comment on our facebook page.**

# *Kapahaka*

## **Koroneihana 2014**

This year Tauranga Moana will once again perform at this years Koroneihana as one. Members from various roopu around the moana are coming together as a collective to represent our iwi and ecourage and welcome anyone else to come along and jump in both Pakeke, Rangatahi and Tamariki.

Practices are every Sunday 1-4pm at the Tauranga Moana Trust Board Hall

For more information please contact Tiria Nicholas here at the Hauora ext 214



## **Secondary School Kapa Haka Nationals 2014**

Goodluck to all our Rangatahi who are performing this week at the Secondary School Kapa Haka Nations in Gisbourne.

The competition has changed this year with the introduction of pools. There are 42 teams competing in 3 Pools on 29, 30 and 31 July 2014. Each pool is made up of 14 teams and each pool day will be divided into 3 sessions.



**HakaNation...** is a new haka show on Maori Television that airs every weekday at 7.30pm and features Tauranga's own Ria Hall & Kihi Ngatai as presenters.

MONDAY - WEDNESDAY: Each night a different regional performance

THURSDAY: A specials show with fun new inserts exploring how the influence of Kapa Haka goes beyond the Haka stage.

FRIDAY: A compilation of all the best items from the Mon-Wed shows culminating in one awesome SUPER BRACKET!

For more information please see [www.maoritelevision.com](http://www.maoritelevision.com) or HakaNation on facebook.



# Kapahaka



## Te Matatini 2015 – Christchurch

### OFFICIAL POOL DRAW and ORDER OF PERFORMANCE

Te Ihu Thursday 5 March 2015	Rohe	Te Haumi Friday 6 March 2015	Rohe	Te Kei Saturday 7 March 2015	Rohe
1. Te Kapa Haka o Kairanga	Rangitane	1. Ngāti Kahungunu ki Heretaunga	Ngāti Kahungunu	1. Tuutuu Kaa'ika	Aotea
2. Ngāti Rangiwewehi	Te Arawa	2. Ngā Uri o Te Whanoa	Te Arawa	2. Te Iti Kahurangi	Tainui
3. Te Pao a Tahu	Waitaha	3. Hokianga	Te Taitokerau	3. Te Kapa Haka o Ngāti Ranginui	Ngāti Kahungunu
4. Te Waka Huia	Tamaki Makaurau	4. Te Reanga Morehu o Ratana	Aotea	4. Ngā Taonga mai Tawhiti	Te Whanganui ā Tara
5. Te Ahikōmau a Hamoterangi	Waitaha	5. Te Mātārae i Ōrehu	Te Arawa	5. Te Kapa Haka o Te Whanau-ā-Apanui	Mataatua
6. Te Pīkikōtuku o Rongomai	Te Arawa	6. Tūtara Kauika ki Rangataua	Mataatua	6. Ruatāhuna Kākahu Mauku	Mataatua
7. Hātea Kapa Haka	Te Taitokerau	7. Tū Te Manawa Maurea	Te Tairāwhiti	7. Tū Te Maungaroa	Te Whanganui ā Tara
8. Manawa mai Tawhiti	Te Whenua Moemoea	8. Te Whatukura	Te Tau Ihu o Te Waka a Maui	8. Ngā Manu a Tāne	Waitaha
9. Ngā Uri ā Tamarau	Te Whanganui ā Tara	9. Ngā Purapura o Te Taihauāuru	Aotea	9. Te Tū Mataora	Rangitane
10. Pareārau	Ngāti Kahungunu	10. Tūranga Ake	Te Whenua Moemoea	10. Ngāa Pou o Roto	Tainui
11. Ōpōtiki mai Tawhiti	Mataatua	11. Kataore	Te Arawa	11. Te Rerenga Kōtuku	Ngāti Kahungunu
12. Muriwhenua	Te Taitokerau	12. Te Kapa Haka o Whāngārā Mai Tawhiti	Te Tairāwhiti	12. Tūhourangi-Ngāti Wāhiao	Te Arawa
13. Te Aitanga a Hauiti ki Uawa	Te Tairāwhiti	13. Te Matapihi	Aotea	13. Te Puu Ao	Te Taitokerau
14. Te Raranga Whānui	Te Whenua Moemoea	14. Te Rōpū Manutaki	Tamaki Makaurau	14. Mōtai Tangata Rau	Tainui
15. Te Pou-o-Mangataawhiri	Tainui	15. Ngā Tumanako	Tamaki Makaurau	15. Waihiere	Te Tairāwhiti

# General Info

## Te Hā Ora Antenatal Classes



Kaupapa Maori  
Antenatal Classes  
Course is free  
Booking Essential  
Register your interest  
with TeRina extn 211

## Smoking Cessation

If you ever wanted to stop smoking but didn't know how, contact TeRina or Hinemanu.

## Kaumatua Programme

**Tuesday 5th August 2014**

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

We meet fortnightly on a Tuesday.

If you know of any of our Pirirakau Kaumatua that would like to join our group 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](http://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](mailto:info@pirirakauhauora.org.nz)

All efforts are made to ensure all information in this newsletter is current at time of publication.

## Pirirakau Hauora Values

Our values guide us on how we conduct ourselves as we strive to achieve the overall strategic vision for Pirirakau Hauora.

### ***Whanaungatanga***

Ensure our people and those that we work with are given their mana, by showing respect, hospitality, support and inclusiveness.

### ***Whakapapa***

Promote a sense of belonging, while ensuring that the principles of whakapapa (tuakana/teina; Ira Tane/Ira Wahine) are in place and the obligations associated with whakapapa and hononga (links) are recognised.

### ***Rangatiratanga***

Acknowledge and respect the mana of those that we work with, and encourage them to be empowered to determine their own destiny. Support and advocate on behalf of whānau to reconnect to their own values, whenua and korero.

***“Everything that we do will reflect good practice and will always be underpinned by our Pirirakau Hauora tikanga and kawa”***

## Our Mission

***“Ruia te kākano kia puāwai ai tātou”***  
Sowing the seed of unity so that we can flourish together.

## After Hours Doctor Service

Accident & HealthCare  
19 Second Avenue  
Tauranga

Ph: 07 577 0010

# Pirirakau Hauora Panui

Current Price List as of 26 June 2013

## Registered with Pirirakau Hauora GP

Children (0-5 years)	Free
Children (6-12 years)	\$7.00
Children (13-17 years)	\$11.00
Adults	\$17.00

## General Fee for Casual Users

Adults	\$37.00
Children	\$17.00

## Other Charges

Non Cancel Appt	\$17.00
Nurse Consult or Dressing Change	\$5.00
Script Charge	\$5.00

## Mirimiri Therapist Charges

### GP Registered Clients

Half Hour	\$15.00
1 Hour	\$25.00

### Casual Clients

Half Hour	\$35.00
1 Hour	\$55.00

Non cancel appointment charge	\$10.00
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## Hauora Kaimahi

### Kaimahi based at 3 Lochhead Road

Donna Motutere	Manager	extn 208
Claire Reihana	Manager's Assistant	extn 202
Pare Burt	Financial Assistant	extn 202
Tiria Nicholas	Admin Support	extn 214
Riini Hurkmans-M <sup>c</sup> Leod	Clinic Coordinator	extn 201
Rachel Bidois	Cleaner	
Hera Brown	Practice Nurse	extn 210
Hinemanu Kelly	Community Nurse	extn 216
Valerie Ngatai	New Grad Nurse	extn 209
Jan Polley	Tamariki Ora Nurse	extn 211
Moana Rayner	Whānau Ora	extn 212
TeRina Joseph	Tamariki Ora	extn 211
Rahera Biddle	NASC Whānau Ora Coordinator	extn 220
Te Kerekau Nicholas	Rangatahi Coordinator	extn 213
Rihi Motutere	Rangatahi Coordinator	extn 213

### Kaimahi based at Te Oturu, 4 Paparoa Road

Phone 552 6238

Mahia Wilson	Te Oturu Oranga & Kaumatua Coordinator
Hone Moetara	Mirimiri Therapist
Sylvia Wilson	Tamariki & Rangatahi Mental Health

## Pirirakau Hauora Board of Trustees

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