

Pirirakau Hauora Panui

Issue 22

Hongongoi 2013



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11. World Hepatitis Day

And loads more . . .



*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
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

Thursday & Friday's

8:30am to 4:00pm

Monday, Tuesday & Wednesday's

8:30am to 11:30am

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.

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

If you do not have the money to pay for your prescriptions you will not be able to collect them from the Hauora.

If you have outstanding prescription account with us you will be asked to take your script with you to collect from the pharmacy.

We apologise for the inconvenience of asking for payment when collecting your medication but this is a charge from the pharmacy and not the hauora.

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 Lynn to make arrangements about reducing.

Direct Credits or Automatic Payments can be made to:

Pirirakau Hauora Charitable Trust

38 9010 0046783 00

Mihi from Dux

Kia ora koutou te whānau o te hapu o te Pirirakau. Nga mihi mahana ki a koutou i tenei wa makariri. Nga mihi aroha tenei ki te whānau Borell e aroha nui atu ana i tenei wa.

Believe it or not, we are now into the second half of the year, winter is well and truly here and another school term is coming to an end. Where has all the time gone?

Clinic News

Hera is away for 2 weeks in the South Island having a much needed break. While she is away Hinemanu and Raewyn (from Te Manu Toroa) will be in the clinic supporting the doctors. As usual Dr Shilston will be taking leave in the school holidays and we will be having locum doctors covering his clinics. DOr Erhorn will also be on leave this month. We will have doctors available during the holidays all day Monday, Tuesday morning and all day Wednesday. Our nurses will be available if you require some assistance outside of these times.

Congratulations

To all the new parents:

- * Jasmine Apaapa and John Elvin on the arrival of their little girl.
- * Tiria Nicholas on the birth of her beautiful little daughter, Amaani Te Tuaio Mapuna Reihana, another Hauora baby
- * Liana Bidois who had her little girl a day later
- * Takurua Nicholas and Nicky who also had a baby girl.
- * April Walker and Rangi and their baby girl
- * And Rihari Borell and Ari who had the only boy in the bunch.

Congratulations also to all the new Nans and Koros, the future babysitters.

What's been happening?

Rongoa at Te Oturu - On 8th June a few of us met at Te Oturu to plant a Kauri, Tanekaha and a Miro tree. These trees were planted as the Rangatira trees for our future Rongoa garden that will be established at Te Oturu. Rob McGowan and Uncle Frank did the honours of blessing the site and planting the trees. So over the next few months there will be some new developments at Te Oturu as we clear some space and plant our rongoa garden.



Smoking Cessation - In an attempt to encourage and support members of our whanau to give up smoking, the Rangatahi team ran a Smoking Cessation programme over two evenings. Participants were given information advice and some resources to assist them in their mission to give up smoking. From the feedback I have received so far, 1 of the participants has not had a smoke for 12 days and the majority of others have reduced the amount they smoke. Unfortunately we are unable to supply the desire or willpower to give up, (that you must bring yourself) but our staff are available to provide assistance to support you to achieve your goals.

Kia kaha koutou - keep up good work.

Mihi cont'd ...

Computer in Homes

The Computer in Homes is in its final few weeks with 5 people working towards graduation on the 16th July. Well done whānau.

Drivers Licence Programmes

We are aware that there is quite a high number of people in our community that require Drivers Licences. We are currently working with a Driving School to facilitate Drivers Licence courses for our whānau, with the support of Nga Mataapuna Oranga. If you would like to attend courses or have whānau who may be interested, phone the Rangatahi Team and register your interest.

School Holiday Programmes

Register now to get your tamariki on the school holiday programmes. We have limited numbers and spaces are filling fast. So get your names in now. The highlight of the programme is a trip to the snow.

Graffiti Art project

We have been approached by the WBOP District Council with a concern about the increased incidents of Tagging in our community. As a result of this engagement with the council we will be having an Art Workshop at Poututerangi Marae on 13th July. We will be creating designs for murals to be painted on some of the facilities in our community.. So watch this space - hopefully we will have photos for the next newsletter. If you have any Rangatahi in your whānau who you think will benefit from attending this workshop, contact our Rangatahi team to see if there are any available spaces.

Our Birthday cont'd.....

The months are flying by and our 20th birthday is fast approaching. On 23rd September 1993 we had our first clinic in the Presbytery House in front of the church with Drs Olsen, Brownless, Nicholas and Lala on a roster. The clinic sessions back then were for half a day and the cost was a koha. Jackie Kuka and I worked as support workers on a voluntary basis until we were able to source some funding. Those first years of development were exciting times for us as we navigated our way around the health system.

From Humble Beginnings.....



Our first home in the Presbytery.

We later moved into the Convent Building.

Just a little bit of trivia about the birth of our Hauora. Throughout the month of September we will be displaying some memorabilia from our past.

Stay tuned until next month

Dux

Te Wiki o Te Reo Māori



Māori Language Week is celebrated from Monday 1 to Sunday 7 July 2013
And the theme for this year is:

Ngā Ingoa Māori - Māori names

Arohatia te Reo remains the tāhuhu, the base for MLW, however the 'ingoa' theme asks communities to consider important matters such as correct pronunciation, understanding the meaning of place-names, and using Māori names more often. In MLW 2013, all New Zealanders will have the chance to improve their pronunciation and reo Māori skills.

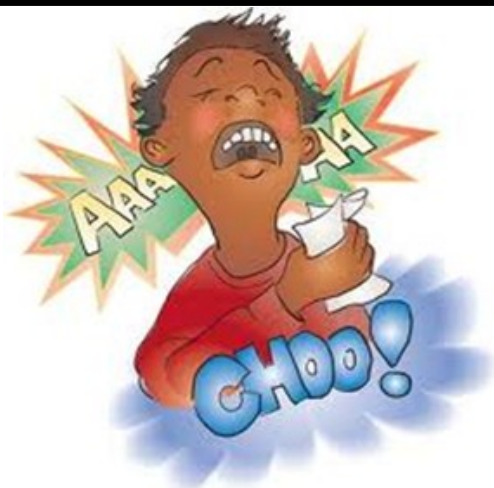
Ko te aronga mō Te Wiki o Te Reo Māori 2013 ko: *Ngā Ingoa Māori*

Ka noho ko *Arohatia te Reo* hei tāhuhu kōrero mō te Wiki, engari i raro i te aronga 'ngā ingoa' ka inoitia ngā iwi me ngā hāpori kia whiriwhiri whakaaro mō ngā āhuatanga pēnei i te tika o te whakahuahua, te noho mārama ki te tikanga o ngā ingoa takiwā, me te whakapiki i te auau o te whakahuahua i ngā ingoa Māori.

Hei te Wiki o Te Reo Māori 2013 ka āhei ngā tāngata katoa o Aotearoa ki te whakapiki i tā rātou whakahua i te reo me ngā pūkenga reo Māori.



Winter ills and chills



Winter is here – its cold, wet and you can feel you are coming down with something.

Oh No! What about work, got to get the kids to school!

Here are some old favourites. . .

A good old hot lemon drink can make you feel better. There are plenty for sale at supermarkets and pharmacies for high prices or try these:

- ♦ Lemon juice in cup, add tsp honey, tsp glycerine. Fill with hot water.
- ♦ Lemon juice in cup, add slither of ginger, fill with hot water.
- ♦ Finely chopped fresh sage and thyme mixed with boiling water and steeped for three minutes, to help combat the sore throat, taken 3x a day
- ♦ Dice two cloves of garlic, a chunk of ginger roughly the same size and mix with hot water, the juice of a lemon and a teaspoon of honey and steep for up to five minutes. Though the flavour is intense, you'd be surprised how quickly you grow to love it.

Some other self help tips:

- Wash your hands before eating and touching your face.
- Plenty of rest.
- Drink plenty of fluid (6 – 8 glasses a day). This will help to thin the mucous.
- Steam inhalation with eucalyptus oil will help to clear the nose.
- Tissues rather than hankies, dispose of quickly – don't leave next to bed.

Teach your children to cough into their elbows rather than covering their mouths with their hands when they cough. This is meant to help with the spread of germs as sometimes our kids don't wash their hands enough or will touch others with their hands they have just coughed into.

Eat Well – plenty of veges and fruit. Kiwifruit are high in vitamin c and we are blessed with lots of citrus trees so use those mandarins, oranges, lemons and grapefruit.

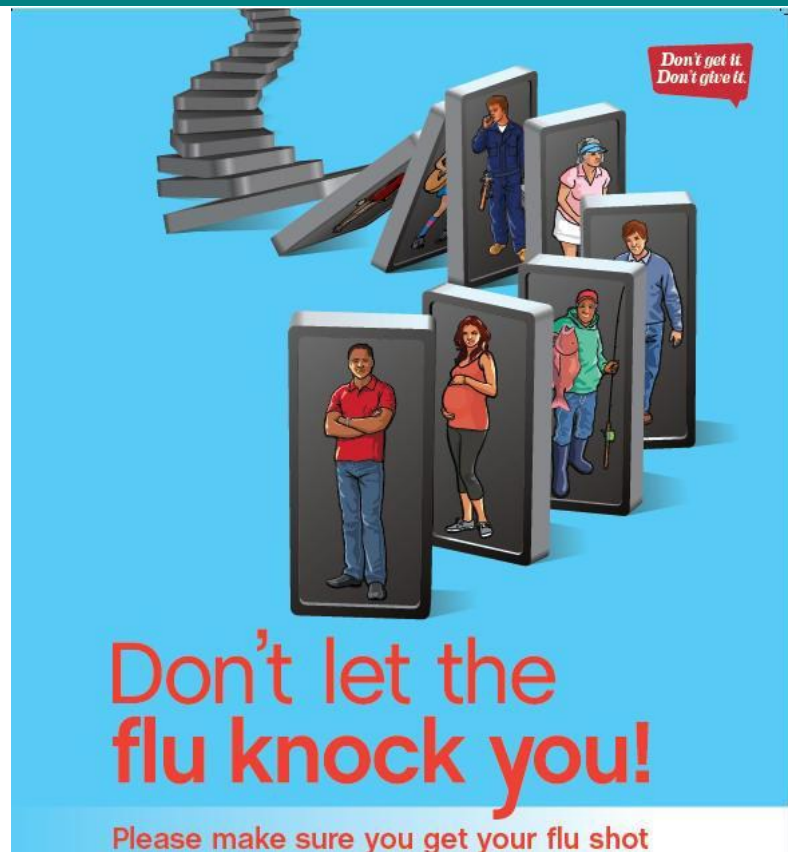
If you are unwell, if you can -stay away from work, kohanga and whanau etc to help reduce the spread of germs.

The Flu

Here is the advice from the experts:

- ❁ Remember to come in for your Flu Immunization.

They are still available at the Hauora.



Information Corner

Changes for people on Sickness Benefit – July 2013

New Zealand's welfare system is changing to better recognise and support people's work potential. The focus is on what people can do to achieve a better future for themselves and their family.

On 15 July 2013 people receiving Sickness Benefit will **transfer to a new benefit: Jobseeker Support**.

There's no need to reapply, the transfer will happen automatically.

- Payments won't change.
- There'll be no change to the Accommodation Supplement, Disability Allowance or any other payments that people get.
- Existing medical certificates and medical information remain valid.
- If someone is on a Sickness Benefit and doesn't currently have to look or prepare for work, this will continue until their situation changes.

Why is this changing?

From 15 July 2013 Work and Income is introducing changes to the way it works with and supports people with health conditions and disabled people to assist more who can work into work.

Alongside this, Work and Income will maintain its support for people unable to work.

Visit www.workandincome.govt.nz or contact Work and Income to find out more.



Disasters Occur Anytime

To Enable you to Get Ready
To Get Thru

You Should Have:

- A household emergency plan
- Food for at least 3 days
- Drinking water (at least 3 litres per Person per day for at least 3 days)
- Radio with spare batteries
- Torch with spare batteries
- Any essential items (medications)



Rangatahi Team

SCHOOL HOLIDAY PROGRAMME

"BIG COMP"

Day 1 - Tuesday 16 July 2013

Meet: @ Te Puna Complex

Time: 8:30am-4:30pm

Cost: \$15-00pp

#Drink Bottle & snacks



"LETS SPLIT (Mystery)"

Day 2 - Wednesday 17 July 2013

Meet: @ Pirirakau Hauora

Time: 8:30am-4:30pm

Cost: \$25-00pp

#Hat & covered shoes & socks



"LAKES RANCH"

Day 3: Thursday 18 July 2013

Meet: Pirirakau Hauora

Time: 8:30am-4:30pm

Cost: \$25-00pp

#Spending money (optional)



"NZ MOVIES & PIZZA"

Day 4: Friday 19 July 2013

Meet: Pirirakau Hauora

Time: 8:30am-4:30pm

Cost: \$10-00pp



"CINEMA & 10 PIN BOWLING"

Day 5-Tues 23 July 2013

Meet: @ Pirirakau Hauora

Time: 8:30am-4:30pm

Cost: \$30-00pp



"HOPPER BUS AMAZING RACE"

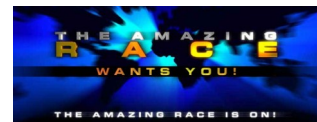
Day 6 - Wednesday 24 July 2013

Meet: @ Pirirakau Hauora

Time: 8:30am-4:30pm

Cost: \$20-00pp

Drink Bottle



"WHAKAPAPA SKIFIELDS"

8-13 year olds only

Day 7/8: Thursday 25/Friday 26 July 2013

Meet: @ Pirirakau Hauora

Time: Thurs 7:00am-Fri 7:00pm

Cost: \$80-00 per person

***Please note your place is not secure until payment is received. If payment is not made 1 week before, your name will automatically be removed and put on the waiting list.**



If you are interested in the Rangatahi Forum and Young Parents Rōpu, we will be starting up on Thursday 4th July. Please post your ingoa or say you are on our events page on Facebook (Tu Pou Tahī Closed Group). You will need to request to be included in the Tu Pou Tahī group to access this. Message or ring in and talk to Rihi or Erena for more info extn 213.



LEARNERS, RESTRICTED AND FULL LICENSES

We have some awesome news for all our whānau out there who don't have their Learners, Restricted or Full licenses. Pirirakau Hauora is looking at providing these courses depending on how many we can get on board, so register your interest and once we have the numbers then we can get it up and going. Participants will need to pay for their own fees to sit the licence.



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What's on

World Hepatitis Day 2013:

This is hepatitis.

Know it. Confront it.



This year on the 28th July we will be celebrating our 6th World Hepatitis Day, working in partnership with the World Health Organisation (WHO).

This year we are focusing on two main themes:

1. **This is hepatitis. Know it. Confront it.:** This theme has seen big success since its launch in 2010, as it focuses on the real-life impact of viral hepatitis. This year we are sure it will be just as popular!
2. **2. See No Evil, Hear No Evil, Speak No Evil:** The message from this theme is that hepatitis is being ignored around the world, and we are calling for that to change. The proverb is widely recognised, and we have two great events to generate interest around it.



General Info

Car Seat Rentals

In association with Te Kupenga Hauora we are able to offer Car Seat Rentals. \$30 Bond & \$40 Hire for 6 months. Please contact TeRina.

Te Hā Ora Antenatal Classes

3 session, 1 class per week
Evening & Day classes available
Course is free.

Class starting 10th July
Register your interest with Diana extn 202

Smoking Cessation

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

Kaumatua Programme

Tuesday 30th July

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.

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

No appointment necessary

Pirirakau Hauora Panui

Current Price List as of 26th 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 or Script Charge	\$5.00
Nurse Consult or Dressing Change	\$5.00
Prescription Charge per item	\$5.00

Mirimiri Therapist Charges

GP Registered Clients

Half Hour	\$15.00
1 Hour	\$25.00
1.5 Hour	\$35.00

Casual Clients

Half Hour	\$35.00
1 Hour	\$55.00
1.5 Hour	\$83.00
Non cancel appointment charge	\$10.00

Cherelle is available for appointments Tuesday,
Wednesday & Thursday's

Hone is available Monday to Friday (Except Wed's)

Hauora Kaimahi

Kaimahi based at 3 Lochhead Road

Donna Motutere	Manager	extn 208
Claire Reihana	Manager's Assistant	extn 202
Diana McNamara	Financial Assistant	extn 202
Lynn	Clinic Coordinator	extn 201
Rachel Bidois	Cleaner	
Dr Rob Shilston	General Practitioner	
Dr Willie Moss	General Practitioner	
Dr Angelique Erhorn	General Practitioner	
Hera Brown	Practice Nurse	extn 210
Hinemanu Kelly	Community Nurse	extn 216
Jan Polley	Tamariki Ora Nurse	extn 211
Sylvia Wilson	Tamariki/Rangatahi Mental Health	extn 214
Moana Rayner	Whānau Ora	extn 212
TeRina Joseph	Tamariki Ora	extn 211
Rahera Biddle	NASC Whanau Ora Coordinator	extn 220
Larissa Johnson	Rangatahi Coordinator	extn 217
Erena Koopu	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
Cherelle Brodie	Mirimiri Therapist

Pirirakau Hauora Board of Trustees

Atiria Ake	Reona Anderson	Frank Werahiko Borell
Janice Kuka	Colleen Leef	