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Te Wiki o Te Reo Māori

Māori Language Week

27 July - 2 August 2015

Te Ha Ora

Classes monthly - check out our website, Facebook or ring the Hauora for class times, dates and venues.

Kaupapa Maori, hands on. All welcome

Phone: 552 4573

World Hepatitis Day 28th July 2015

www.hepfoundation.org.nz

School Holidays coming up !

From 6th July - 17th July

Check out the school holiday Programme, info from our

Facebook page or call our Rangitahi team, Te Kerekau or Rihi at the Hauora. Registration forms and enrolments at the Hauora.
rangatahi@pirirakauhauora.org.nz

Programme out now!

Come and check it out.

Zero fees for under 13's From 1st July 2015 children under 13:

- Are no longer charged a fee for visits at most general practices
- No longer charged the regular \$5 prescription fee.
- Have access to zero fees for after-hours care.

Ask your GP or Nurse, talk to a pharmacist or call Healthline on 0800 611-116

Opening Hours:

Monday - Friday
8.00 - 4.30pm

Doctors Hours:
Monday - Friday
9am - 4.00pm

Our Mission:

“Ruia te kākano kia puāwai
āi 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

Dux's Mihi

Tena koutou te whanau o Pirirakau.
Nga mihi tino aroha ki a koutou mo to koutou awhi,
to koutou aroha, to koutou manaakitanga ki a
matou, te whanau Motutere i ta matou pouritanga.

He mihi aroha hoki ki te whanau Tuhakaraina
i tene wa. Kia kaha koutou te whanau.

On behalf of my whanau I would like to offer our heartfelt thanks and appreciation for the love and kindness shown to us and our extended whanau, friends and acquaintances during the tangihanga of our husband, dad and koro, Chris. Your kind thoughts, words and actions all helped us through the most difficult time that we as a whanau have ever experienced and we are so grateful for the support that we received. Nga mihi tino aroha ki a koutou katoa.

Our thoughts are with the Tuhakaraina whanau as they grieve for their mokopuna, brother, dad and Uncle Aku at this sad time. We understand and appreciate what you are going through at this time and offer our support and aroha. Ma te atua hei manaaki i a koutou.

Well this is my first newsletter since taking leave two months ago. Many thanks to Claire for stepping up and filling in for me for that time.

Programmes

The School Holiday Programmes are now out. To secure your place on the programme, don't forget to contact Te Kerekau or Rihi as we have limited spaces.

Clinic News

Over the past 2 months there have been a few changes in our clinic. Kerri has taken on the role of Practice/Community Nurse and has slotted into the role perfectly. Tamara has also started as our new Clinic Coordinator and it is a real pleasure to be welcomed each morning by her beautiful smile.

Clinic News cont'd ...

We welcome back to the clinic team, Hinemanu Kelly, who will be picking up the role of Community/Practice Nurse and working alongside Kerri and the team. We look forward to having a full team again.

We have had a variety of doctors over the past two months, with Doctors on leave and Te Manu Toroa providing us with locums to cover the vacancies. We are grateful to Te Manu Toroa for their support.

There will be some changes to our prices to align ourselves better with the other clinics in our network. The great news is that from the 1st July it will be free for children under the age of 13 to see the doctor and prescriptions will also be free.

Staffing

This year has been a year of change and we continue to see more changes afoot. This month we farewell two more of our staff as they move on to explore life outside of Pirirakau Hauora. Our first farewell is to Erina Walker, who has been covering the mirimiri service since Chelle left to have her baby. Erina leaves on 1st July and Awhimai Brown, who currently works one day per week will pick up her hours.

Our second farewell is to TeRina Joseph who will be leaving the Tamariki Ora position to take up a full time role in Ante natal. We wish TeRina all the best for her future and thank her for the great job that she has done in her time at Pirirakau Hauora. The position of Tamariki Ora Kaimahi will be filled by Erena Koopu who has recently graduated with Bachelor in Social Work from TWOA and has worked for Pirirakau Hauora previously. We welcome both Awhimai and Erena to the Hauora whanau and look forward to the future.

Nga mihi

Dux

we 
te reo

Kaumatua Corner: Snippet of the Past by Grace Minhinnick-Tuhakaraina

Growing up in Te Puna as a child into my late teen years, one of the many memories I recall is when brothers' Jerry and Martin would go orchard raiding at Oikimoke in the orchard on the hill. At the time there were only two houses on the hill, one belonged to Ted and Will Rolleston and the other to Rama and John Tarau.

John and Rama's whare was clean and pristine, and they had a dirt floor! Rama was our kapahaka and weaving kaiako and the flax that was used, she cut from the swamp on the way over to the convent where the classes took place. She was a beautiful kind lady.

The orchard we raided on the hill, as I recall had no house, and our bounty was chestnuts galore! From there we used to walk over to Mick Haunga's property which was empty at the time. It was behind Aggie Kukas whare and is now owned by Dr Nigel Bruce. The Haungas had the crispiest apples, juiciest oranges and sweetest figs.

Jerry and Martin used to have a sneaky cigarette and they let me go with them providing I didn't whawhe on them, but as soon as we got home I spilled the beans!

Community News



The Incredible Years® is a series of interlocking, evidence-based programmes for parents, children, and teachers, supported by over 30 years of research.

The goal is to prevent and treat young children's behaviour problems and promote their social, emotional, and academic competence. The programmes are used worldwide in school and mental health centres, and have been shown to work across cultures and socioeconomic groups.

Carolyn Webster-Stratton,
Incredible Years
Programme Developer

The only criteria is that there has to be regular contact (preferably they are living in the home but not mandatory) with a child in the age group of the programme we will be offering. The programs are either pre-school (3 – 6 years) or School age (6 – 12 years).

The Incredible Years Program is facilitated by Child/Adolescent Mental Health Social Worker Raewyn Geyde of CAMHS Tauranga.

Please contact Sylvia Wilson
Child/Adolescent Mental Health

Pirirakau Hauora
Ph. 07 5526238 extn 2

Parenting young children can be a difficult time for both parents and children. Learn about emotional regulation and help your child learn and grow emotionally and socially. Nurturing, coaching, and playing with your child can be a key to success as they grow



Te Manu Toroa
Tauranga Moana City Clinic
Walk In Clinic
53 Courtney Rd, Gate Pa
Tauranga

Aim

To provide a walk in Clinic Service Monday to Friday 9.00am - 11.00am at Tauranga Moana City Clinic for all Nga Mataapuna Oranga PHO enrolled clients for treatment of **acute** conditions only. E.g. High temperatures, ear aches, chronic pain.

Cost Standard GP Clinic Fee applies

Eligibility Criteria

This service is only available to Nga Mataapuna Oranga PHO enrolled clients who are registered with Tauranga Moana City GP Clinic, Te Akau Hauora GP Clinic, Waitaha Health Centre and Pirirakau Hauora GP clinic.

Services not covered

The following consultations/assessments are not available via Walk in Clinic, and therefore you are encouraged to book an appointment with your regular GP clinic.:

New patient appointments – (new patients require a double appointment, once their notes have been received from their previous GP practice)
Accident compensation Claims (ACC)
WINZ Assessments/ Certificate renewals
Health Assessment
Medicals of any kind (Drivers, Insurance)

If you are **not registered** with **Nga Mataapuna Oranga PHO GP Clinics** and **required and appointment with a GP** we recommend that you contact **Accident & HealthCare**, as they are a walk-in medical centre meaning that an appointment is not necessary, so you can go in when it suits you. They are open 8am-9pm, seven days a week
Accident & Healthcare – Corner of Second Ave & Devenport Rd Tauranga phone: 075770010

What's on in Hongongoi

Women's Refuge month 1-31 July
www.womensrefuge.org.nz

Te Wiki o te Reo Maori
Maori Language Week
Nga Matua
www.tetaurawhiri.govt.nz

July School Holidays!
End term to Friday 3rd July
Start of term 3 Monday 20th July

Pregnant and looking for low impact exercise?
Greerton Aquatic centre has a class for Expecting mothers.

Tuesdays 7pm-7.45pm
\$5.00 entry fee.



Te Hā Ora Antenatal Classes

5 sessions, 1 class per week
Evening & Day classes available
Course is free.
Register your interest with Reception

Smoking Cessation

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

Kaumatua Programme

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

We meet fortnightly on a Tuesday.

For more information please contact Mahia at Te Oturu 552 6238

Panui Articles

You will find our latest news and past newsletters on our website. Check it out:

www.pirirakauhauora.org.nz

If you have any comments about this panui, or story ideas that you would like us to share with the hapū, please email or bring them into Claire by the end of the month.

info@pirirakauhauora.org.nz

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

After Hours Doctor Service

Accident & HealthCare
19 Second Avenue
Tauranga

Ph: 07 577 0010

No appointment necessary

In a life threatening situation, call 111 for an ambulance or go to the Emergency Department

Repeat Prescriptions

You will need to allow 24 hours for any requests and you will also need to see the Doctor for a 3 monthly check up.

Price List (current as of 1st July 2015)

Registered with Pirirakau Hauora GP

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

General Fee for Casual Users

Adults	\$37.00
Children	\$17.00

Other Charges

Non Cancel Appointment Charge	\$17.00
Nurse Consult or Dressing Change	\$10.00
Prescription Charge	\$10.00
Non payment on the day	\$3.00
Flu Vaccination for non subsidised	\$25.00

Other charges please ask Reception

Mirimiri Therapist Charges

4 Paparua Road, Te Puna Phone: 07 552 6238

GP Registered Clients

1 Hour	\$30.00
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Casual Clients

1 Hour	\$60.00
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Non cancel appointment charge	\$10.00
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Accreditations:

Telarc: ISO:9001:2008

Cornerstone Accredited