



Breast Screening Awareness



This month we have been promoting Breast Screening Awareness at the Hauora. Staff held a Pink Ribbon Breakfast and a hikoi up to Te Oturu and back.

Great to see the staff all dressed in pink and supporting this important kaupapa. Check out later in the newsletter as we are running a wahine competition for the next four months.

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:

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RD6 Te Puna,
Tauranga 3176
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manager@pirirakauhauora.org.nz
www.pirirakauhauora.org.nz

Claire's Mihi

Nga mihi nui nga whanau o te Pirirakau Hauora.

It is with a heavy heart that I write, as Chris Motutere has passed away. We send our love to Dux, Aaron & Tarryn, Krystal, Rapana, Rihi, Willie and mokos. He mihi aroha tenei ki te whānau Motutere i tenei wa tino pouri.

Kia kaha, kia maia, kia manawanui.

I can't believe a month has passed since I wrote the last newsletter, but I can feel it in the change of weather and the frosts we are having. Plus all the extra mahi we are all doing while the Boss is away.

Clinic News

Kerri is continuing to do flu vaccinations for our whanau, this helps reduce your chance of getting sick over the winter months. The flu vaccination is free for whanau with chronic conditions, pregnant, over 65 years etc. Otherwise costs \$20.

Wahine Health Check Competition

Over the next 4 months (June to September) we are supporting wahine to ensure they have completed every health check possible. This includes Cardio vascular risk assessment, blood tests, diabetes review, breast screening, cervical smear, smoking cessation etc. You may not be entitled or due for every check; however Kerri our nurse will work with you. There is a health check form and once completed you will be in the monthly draw to win \$50 Countdown voucher, and second place receives \$30 Massage Voucher.

Tane Health Checks

Ngati Ranginui are offering free men's health checks "Pae Ora" which we also provide for registered Tane. Please make your appointment with our nurse. Taking advantage of a Wellness Check not only benefits our Tane but in the longer term it benefits the whole whanau.

Clinic Audit: Tamara our new receptionist is currently updating our database with client details and will give you a form to complete. This will only take a couple of minutes to complete – Thank you.

Nga mihi – Thank you

I would also like to thank everyone for their loyalty and ongoing support. Pirirakau Hauora is here for the community, and we are here to support you.

Wrap up warm, and enjoy the coming month, and if there is anything we can do call in and see us

Claire

SHAKE Out – Get Ready Get Thru

New Zealand ShakeOut is a national earthquake drill taking place at 9:15am, 15 October 2015. It's a chance for everyone in New Zealand to practise the right action to take during an earthquake – **Drop, Cover and Hold.**



Check your plans

ShakeOut is a great opportunity for everyone to check their preparedness plans and know the right actions to take before, during and after an earthquake. Businesses can check their continuity plans, families can stock up on their emergency items and refresh their household plans, and schools can remind children and their parents of their processes during an emergency.

Clinic News



May was Hospice awareness month. We had a great visit by 3 lovely ladies from Waipuna Hospice.

They came to talk to the Hauora Staff and community members to try and demystify some misconceptions the general public have about Hospice work.

The Waipuna Hospice receives 55 referrals a month from services and GPs. They can take requests from whanau or members of the public, but need to discuss and assess the needs required by that whanau.

The Hospice opened a new facility last month which has enabled them to have more room, provide day stay facilities for those who may have illness but are well enough to be at home. However they can come to the hospital for the day, have their tests, see the clinical staff they need to and just have time to concentrate on their needs.

Services the hospice provides include:

- An inpatient unit
- Day Stay
- Hospital
- Community Nursing
- End of Life care
- Support after loss for whanau

There is no cost to patients/whanau; therefore the hospice constantly has to source funding for this valuable service.

It costs approximately \$50,000 a week. The hospice has 105 staff and approx. 700 volunteers. If whanau can't contribute financially the hospice really appreciates people volunteering. A worthwhile and informative talk, thanks Mahia for organising this and seeing the Kaumatua attend as well was great.



Te Manu Toroa

Tauranga Moana City Clinic
Walk In Clinic
53 Courtney Rd, Gate Pa
Tauranga
Phone 571-2017

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

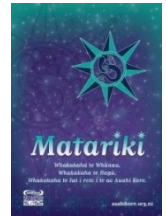
The following consultations/assessments are not available via Walk in Clinic, and therefore you are encouraged to book an appointment with your regular GP clinic.:

- 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 Pipiri



Check out our Facebook page for up to date info:

Te Ha Ora – Antenatal Classes - We have Classes every month. If you are hapu or you have whanau or friends who are - let us know –Free classes Kaupapa Maori for more info check out our website or facebook or ring the Hauora 5524573 ext 706 – t.joseph@pirirakauhauora.org.nz

Men's Health Week – 8th – 14th June – www.menshealthnz.org.nz

Matariki 18th June – www.teara.govt.nz/en/matariki-maori-new-year

World Blood Donor day – 14th June www.nzblood.co.nz

Pirirakau Rangatahi Service

Half way through School term 2 so keep an eye out for the next School holiday programme – will be out in next few weeks.

4-7th June Youth group is doing the catering for Nga Hau Tipua at Poututerangi Marae, parents we need baking please. The funds raised will be for the Snow Trip in July school holidays.

12th June – Arts project at Minden

For any information contact: Te Kerekau Nicholas rangatahi@pirirakauhauora.org.nz

Matariki is the Māori name for the cluster of stars known as the Pleiades. When it rises in the north-eastern skies in late May or early June, it signals to Māori that the New Year will begin. In one tradition, **Matariki** is the mother surrounded by her six daughters, **Tupu-a-nuku**, **Tupu-a-rangi**, **Waiti**, **Waitā**, **Waipuna-a-rangi** and **Ururangi**.

Matariki played a significant role in determining when to plant foods such as kūmara (sweet potatoes). Clear, bright stars indicated a good season for crops. But if they were hazy and bunched together, a cold winter was predicted, and planting was delayed.

Matariki was associated not only with planting and harvesting, but also with the plentiful supply of game. Often birds would be preserved in their own fat in a gourd such as Titi (muttonbirds). These foods were then stored in Pataka (storehouses) to supply kai to the people for the winter.

Did you know? **Matariki** literally means the 'eyes of god' (mata ariki) or 'little eyes' (mata riki).

Information + Pictures Retrieved from <http://www.teara.govt.nz/en/photograph/5156/matariki-the-pleiades>

Hiko, astronomy, Raranga, Taonga Puoro and many more activities 15th -18th June Camping ground Mauao

Activities free or gold coin donation. Ph Awhina August - for queries. 0211437040

Pirirakau Youth Aiming high!!!

Big congratulations to Hamiora Joseph and Tuirangi Cooney-Tarawa for making it into u13 Tauranga City basketball Rep team and Rangikahiwa Cooney (honey) for making it into Tauranga city basketball u11 girl's rep team. Izaiah Cooney made it into U14A team for Tauranga City Basketball rep team and will be playing in a tournament this weekend in Cambridge alongside other teams from Tauranga.

Last but not least huge congratulations to Jeanna Cooney for aiming higher and achieving her goal to represent Tauranga city Basketball in the Women's team. She will be playing her fourth tournament in Wellington next weekend. So very best of luck to all and awesome to see our Whanau getting out there and giving it a go!!!

Kia ora Tanya Cooney

Kaumatua Corner

Uncooked chutney

"Here is a recipe for all those who don't cook. It is quick and easy and really good. I'm in the older bracket and saddened to see how many people are unable to cook from scratch. Not that there is too much wrong with having it done for you, but I hate to see all the additives, colouring and preservatives that so many people swallow without a thought."

You'll need:

½ kg granny smith apples cored and chopped small

1 and half cups onion chopped

1 and half cups chopped stoned dates

1 ½ cups sultanas

1 cup raw sugar

1 teaspoon ground ginger

1 teaspoon salt (preferably sea salt)

½ teaspoon cayenne pepper

1 large cup apple cider vinegar

1. Pulse apples, onions and dates in a processor to get small pieces but NOT pureed
2. Put sultanas, sugar, ginger, salt, cayenne in a large glass or china bowl and stir well.
3. Add vinegar and stir
4. Add mix from processor and mix well
5. Cover with tea towel and leave for 36 hours on the bench. Stir when you think of it
6. Bottle in sterilized jars

It should keep for a year easily, though never sticks around that long in our house.



Cheese scones – makes about 12-15

3 cups grated cheese

3 & ½ cups S/R flour

1 egg

3 cups milk (approx.) – to mix, not dry and not too wet (sticky consistency).

COMBINE all making sure egg is mixed through.

Spoon onto greased baking tray and into pre-heated oven. Bake @ 180c for 15-20 minutes.

A recent experience

Three weeks ago I had the joy of witnessing the nuptials of a beautiful niece.

Both work at full time jobs, have a child each from previous relationships, a child together plus a mortgage and as such move into wedded bliss as a "blended family".

A "wedding planner"????

My first thoughts were Ka ching!! but to see and have the entire whanau truly share in their special day feeling both refreshed and un-stressed made it memorable.

Many was the time when family pitched in; so much so there was little energy left to truly enjoy the occasion.

Cost???....yes it was a chunk of the budget.... but worth every stress less cent of it according to the bride!!



Audrey
Tuhakaraina

Te Hā Ora Antenatal Classes

5 sessions, 1 class per week
Evening & Day classes available
Course is free.
Register your interest with TeRina extn 706

Smoking Cessation

If you ever wanted to stop smoking but didn't know how, contact TeRina, 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 December 2014)

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 Appointment Charge	\$17.00
Nurse Consult or Dressing Change	\$10.00
Prescription Charge	\$5.00
Non payment on the day	\$3.00
Flu Vaccination for non subsidised	\$20.00

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
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Non cancel appointment charge	\$10.00
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Accreditations:

Telarc: ISO:9001:2008

Cornerstone Accredited