

Pirirakau Hauora Panui

Issue 28

Haratua - Pipiri 2014



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★ BE THE ★
CHANGE
'Ko koe te kaipanoni
Youth Week 17th-25th May 2014
www.arataiohi.org.nz

Logos at the bottom: youth week, AraTaiohi, MINISTRY OF YOUTH DEVELOPMENT, and WelTec.



*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

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 katoa.

Well another month has flown past and winter is on our doorstep. Where has all that time gone? With winter here and the temperatures starting to drop, time is running out for those who are yet to have their flu vaccinations. If you haven't yet had your flu vac, you have till the end of June to get into the clinic and have it done. So book in with the nurses and get yourself protected for the winter. Don't wait until you are sick and say "I wish I had my flu injection" because it will be too late.

Clinic News

Unfortunately we are still experiencing the effects of the worldwide shortage of doctors as 2 more of our doctors leave to extend their knowledge and experience. Doctor Yukio Flinte left at the end of May to travel overseas and gain some new experiences. Doctor Willie Moss has also left to expand his knowledge in the area of Skin Cancer surgery. We wish both doctors the best of luck and are very grateful for the time that they have given to Pirirakau Hauora.

From June we will have a new doctor starting. Doctor Nigel Bruce is a very experienced doctor from Rotorua, and will be working for us on Thursdays and Fridays for the month of June. Unfortunately he is not available to work in July and August as he will be going on holiday but will be available again from mid September. As well as Dr Bruce, we will also have Dr Ange Erhorn on Mondays and Dr Rao on Tuesdays and Wednesdays for the month of June, after which time we will reassess the roster.

Our sincere apologies for the constant changes to our doctor rosters but this can't be helped and we will continue to look for more doctors.

World Smokefree Day

May 31st is World Smokefree Day. As we all know smoking is responsible for a lot of the health issues that our whanau face today and Pirirakau Hauora is committed to supporting a healthy environment for our future generations. Pirirakau Hauora supports World Smokefree Day and Smokefree Aotearoa. Kia kaha whanau.



World Smokefree Day at Pirirakau Hauora

Welcome

On behalf of the Board and Staff of Pirirakau Hauora we welcome Tame Kuka as a new board member. We are honoured to have such a knowledgeable and motivational person join our team. Nga mihi nui kia a koe e te matua.

Staffing

We are still working on recruiting a Mirimiri Therapist to cover Maternity Leave for Cherelle. We currently have Autumn Falk covering some of her hours and she will be covering for Hone when he goes on leave in June. We are in the process of interviewing therapists and are hoping to have someone on board very shortly.

Mihi from Dux

Programmes

The April School Holiday Programme was well attended and included a Noho Marae and Pukehinahina Commemorations.

Te Ha Ora Kaupapa Maori Antenatal programme is becoming more popular and programmes have been run from Pirirakau Hauora and Katikati. Another programme is planned to be run in Tauranga Central shortly. If you are interested in attending this course please contact TeRina and she will let you know when and where the next one will be held.

On 27th May a Cervical Screening and Pamper Day "Mana Wahine" will be held at Te Oturu. More information is available in this newsletter.

Dates have been set for the Drivers Licencing Programmes. We will be running Learners, Restricted and Full Licence programmes. If you are interested contact our Rangatahi team and they will register your interest and give you the relevant information.

Immunisation

A friendly reminder to all those parents who have babies that are due or overdue for their immunisations, to please make an appointment with our nurses to have these done. It is important to ensure that your baby has his/her immunisation on time to better protect them from preventable diseases that can be life threatening. We have a monthly draw for those that bring their babies in for immunisation so bring baby in and be in to win. Congratulations to last month's winners and good luck to next month's.

Vacancy

We currently have a vacancy for someone to join our Rangatahi Team as a Health Promoter. Erena is currently on placement for 4 days per week and will be leaving in August to have her baby. We are looking at recruiting over the next month to ensure a continuity of service and a smooth transition. If you are interested in this position please contact Claire Reihana or myself for more information and job description.

Community Garden

Our garden is flourishing and some of the vegetables are now ready to harvest. Please feel free to come and help yourselves to vegetables. If you have any seedlings or seeds at home you are welcome to plant in the gaps.



Well Whanau, kua mutu taku korero mo tenei marama. Nga mihi aroha ki a koutou.

Keep safe and warm and I'll see you all back here next month.

Nga mihi
Dux



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.

Immunisation Congratulations

Hendrix Tuhakaraina

Calais Leef

Sarah Cooney

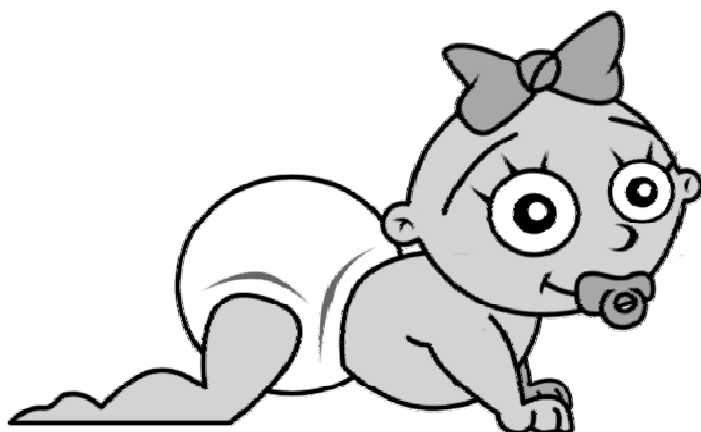


For winning this months immunization mystery prize. Please collect your prize from the Hauora.

Protect our most valuable taonga!

“On time every time”

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



SYNTHETIC CANNABIS WITHDRAWALS

It's time to stop...

If you or someone you know has been regularly using synthetic cannabis then read on.

WHEN YOU STOP USING

The first few days may be very intense and some users have reported strong symptoms and cravings for a few weeks. Most people can get through mild withdrawal by knowing what to expect and taking care of themselves by way of rest, mild exercise and keeping hydrated. Some natural remedies such as kava kava and valerian may help with sleep or agitation, with people also reporting a gradual return of wellbeing including increased energy, clarity of thought, motivation, productivity and happiness.

Here are some of the things that you may experience

Physical Health

- Chest pains
- Heart palpitations
- Tremors
- Seizures
- Sweating
- Headaches
- Dizziness
- Blurred vision
- High blood pressure
- Insomnia
- Difficulty breathing
- Constipation
- Vomiting and diarrhoea
- Weight loss
- Dehydration
- Pins and needles

Mental Health

- Low mood
- Suicidal feelings
- Paranoia
- Psychosis
- Anxiety
- Panic attacks
- Forgetfulness
- Difficulty concentrating
- Feeling emotional
- Sleeping problems
- Confusion
- Fear of dying
- Craving
- Irritability and aggression

HINTS FOR STOPPING

Get rid of all your synthetic cannabis

Allow yourself 10 days to get through the tough stuff. Days three and four will probably be the worst.

Remind yourself that the discomfort is because your body and brain are adjusting to being without synthetic cannabis. Things will and do get better.

Keep busy. Get straight friends to help you. Watch videos, go for walks, exercise and get out in the open air.

Keep your fluids up. Use electrolyte replacement drinks. Avoid caffeine.

Use warm baths or showers, hot pools, etc, to relax you.

Stock up on healthy food and drinks. Snack on small amounts.

Write down the reasons you are stopping and read them when it gets rough.

Avoid people, places or things associated with using. Screen all your mobile phone calls and texts.

MEDICAL SUPPORT

If your symptoms are severe or distressing go to your GP and tell them exactly what you have been using and what you are experiencing. Your GP will check your physical health and discuss options around dealing with sleeping difficulties, anxiety, cravings, nausea and vomiting.

HELPFUL CONTACTS

There are a number of other organisations with confidential support services you can contact. Drug services or addiction services are often listed alongside mental health services. They may be part of your local District Health Board or listed as independent organisations.

Voyagers (for under 18) 106 Commerce Street, Whakatane **07 308 8803** or **0800 486 947**

Bay Of Plenty Addiction Service (for over 18) based at Tauranga Hospital.....**07 579 8391**

SORTED Youth Service (for under 18) based at Tauranga Hospital**07 557 5052**

Mental Health Crisis Team (out of hours service from 4pm to 8am)**0800 800 508**

NATIONAL NUMBERS

Alcohol and Drug Helpline (adults) - open 10am to 10pm ... **0800 787 797**
or visit www.addictionshelp.org.nz

Lifeline - open 24/7..... **0800 543 354**

Narcotics Anonymous **0800 628 632**

Other helpful websites include: www.drugfoundation.org.nz and www.addictionblog.com

05/2014

Other Services

SECOND HAND CLOTHING

KOHIA

Every month we get a new selection of clothes delivered to the Hauora.

You are more than welcome to come and help yourself.

Boxes of clothes are in the garage. Please see reception on arrival if you are interested.



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.

First Aid Kits \$40

Calling for interests from whānau. If you are keen to purchase one please liaise with Tiria



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 Midwives Clinic

Tuesday afternoons from 1pm to 3pm.

Call in and have a chat

Kokonga Rangatahi

Arts Project: Minden Reservoir!

In collaboration with MOANA MOKO, the WBOP District Council and Tauranga Safer City, Tu Pou Tahi and our talented Rangatahi have been given the opportunity to do more art work on the Minden reservoir. We are currently looking for any Rangatahi that would like to be involved in this kaupapa. If you are interested, please let us know. The project is due to begin in JUNE 2014!



Tu Rangatira Project!

This project is a "**By Rangatahi, For Rangatahi**" initiative aimed at Youth aged 12-24, and funded by the Ministry of Youth Development. It is about identifying and addressing the *actual* needs of Rangatahi in our community. We are looking for a number of male and female Youth to be involved in designing a project to address the community needs identified. If you are keen to be involved and want to have your say in what the project should look like, please contact Erena or Rihi!

UPCOMING PROGRAMMES...

- The July Holiday Programme is only around the corner.
- Our Ira Wahine Programme has been set for the 22nd and 23rd of August.

Promotions



Ira Tane

PERSONAL...

Wellness - Health - Grooming - Hygiene - Development

Is a **FREE** Programme for **MEN** between the ages of 15 - 25years
Includes workshops & information on Fitness & Nutrition, Relationships, Sexual Health, Self Care,
& much more. Spaces are limited so register today.

Thursday 12th & Friday 13th of June 2014

Venue: Paparoa Marae 9am-4pm

Please contact the Rangatahi Team at the Pirirakau Hauora on 07 552 4574 for more info

Promotions



BE THE CHANGE

Last week was youth week and Pirirakau Hauora, along with our Rangatahi services ran a bunch of activities for all to be involved in. Daily competitions were posted to win some choice prizes and are still open until the **30th of May 2014** so be in to win whanau! You can either post your entries on our facebook page or bring them in to the Hauora.



COMPETITION #1

Theme: Leadership

Reo: Hindi

Hello: नमस्ते Namaste

Competition Details:

Nominate a Rangatahi that you think has shown great leadership within our community and explain why. Prizes will go to both the nominee and nominator with the most outstanding act of leadership that has made a positive change in our community.



COMPETITION #2

Theme: Creativity

Reo: French

Hello: Bonjour

Competition Details:

Show your creativity through photography.

Take/post a photo of something creative that represents the theme of Youth Week: "Be the Change"

Promotions



COMPETITION #3

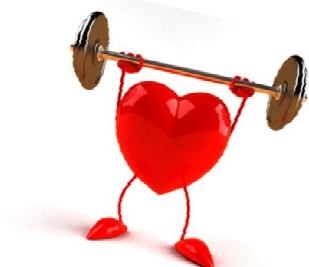
Theme: Diversity

Reo: Arabic

Hello: As-salam alaykom

Competition Details:

Let us know what makes your community diverse. Take a photo, write a korero or even create a bitstrip that reflects the diversity of your community.



COMPETITION #4

Theme: Health

Reo: Chinese

Hello: nǐ hǎo

Competition Details:

Provide your own definition of Health and what the most important aspects of being healthy are to you. Prizes will be given to one individual with the most outstanding definition of what Health means to you.



COMPETITION #3

Theme: Bullying

Reo: NZ Sign Language

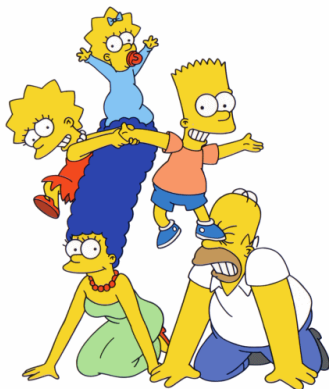
Hello:



Competition Details:

Create a poster or resource that promotes anti-bullying messages.

Promotions



COMPETITION #6

Theme: Family/Whanau

Reo: Tongan

Hello: Malo e lelei

Competition Details:

We invite you to provide a photograph representing your Pepeha and Whakapapa in detail. Prizes will be given to ONE individual whose photograph stands out the most and has in-depth detail.



COMPETITION #7

Theme: Be the Change

Reo: Maori

Hello: Kia Ora

Competition Details:

This is the overall competition and there will be 1st, 2nd and 3rd place winners

We invite you to create a video or captioned photo of what you would like to "BE THE CHANGE" in our community and for our Rangatahi.

Upload it to our Facebook



Promotions



Mana Wahine

My health, my body, my future ...

Tuesday 27th May 2014

From 10am to 2pm

At Te Oturu, 4 Paparoa

Road

Enjoy a foot massage, hair cut,
refreshments & a little TLC.

Promotions

Date: Wednesday 11th June 2014
Where: Te Oturu Oranga, 4 Paparoa Road Te Puna
Time: 10am to 2.00pm
Phone: 552 6238

RONGOA WORKSHOP

Rongoa day at Te Oturu Oranga where we can share our knowledge with whānau who want to learn more about rongoa.



Tena Koutou whānau o Pirirakau,
This time we will be going to Pukemoki Reserve to practice plant identification.

Please bring a plate for shared lunch.

Up and Coming Events

May

27th	Mana Wahine Day
30th	Youth Week Competitions close
31st	No Tobacco Day

June

2nd	Queens Birthday
9th - 15th	International Mens Health Week
11th	Rongoa Workshop
12th-13th	Ira Taane

July

30th - 31st	Learner Licence Programme
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Promotions

DRIVERS LICENCE COURSES

LEARNER LICENCE COURSE:

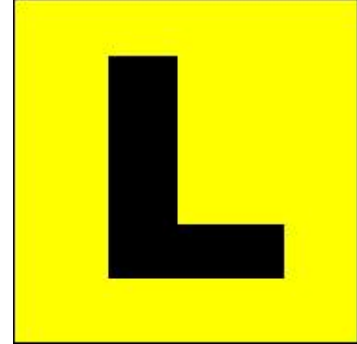
(16yrs or over.)

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: Wednesday 6th 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.

Hui Aranga 2014



- ♦ First Overall Juniors
- ♦ Seniors first in Haka, Waiata A Ringa & Poi
- ♦ First in Singles Womens Tennis
- ♦ First Sports Parade
- ♦ Midgets 3rd overall
- ♦ Senior and Junior Netball 3rd overall
- ♦ 3rd overall
- ♦ 3rd Junior quiz
- ♦ 2nd senior single mens tennis
- ♦ 3rd senior open mens sacred solo
- ♦ 2nd junior sacred solo
- ♦ 2nd choir conductor

RESULTS



General Info

Te Hā Ora Antenatal Classes



3 sessions
1 class per week
Evening & Day
classes available
Course is free.
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 10th June 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

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

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

Autumn is available for appointments Mondays and Fridays.

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
Pare Burt	Financial Assistant	extn 202
Tiria Nicholas	Admin Support	extn 214
Matenga Parata	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
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
Autumn Falk	Mirimiri Therapist
Sylvia Wilson	Tamariki & Rangatahi Mental Health

Pirirakau Hauora Board of Trustees

Reona Anderson Frank Borell Janice Kuka Tame Kuka Colleen Leef