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## Winter Edition

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### 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.

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# Dux's Mihi

Tena koutou te whanau o Pirirakau. Nga mihi nui ki nga whanau e mauui ana i roto i o koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou.

Well whanau it has been a very long time since our last newsletter and I apologise for such a long stint with no communication. The first half of the year has been very hectic for us and we have had a lot of changes over that time which has impacted on our ability to get our newsletters out on time. Never mind we are back up and running again and will be more on to it from now on.

Winter is well and truly here and we have experienced some interesting weather patterns. Our aroha goes out to all those that have been affected by the horrific flooding that has happened over the last couple of months and hope that the aroha and tautoko that has been shared has reached the people who needed it most. We have been very lucky in Tauranga, that there was not more damage over this way, though our coastline has had a bit of a battering with some really big slips along the waterfront and at Motuhua.

## Changes to staffing

Over the past few months we have had three staff members leave Pirirakau Hauora to go off and do other things. Firstly farewell to Pam Bidois who was with us for a short term maternity relief as administrator. We wish Pam all the best in her endeavours and hope she finds her dream job. Farewell also to Pare Burt who, after 4 years service has decided to go off and do some study. We wish her all the best and know that she will be missed by everyone at the Hauora. Luckily she's only across the road and a phone call away. Our final farewell is to Dr Inge Lempke, who has decided to move on to another practice in town. We would like to thank Inge for her service with us and wish her all the best. Nga mihi nui ki a koutou.

## New staff

As old staff leave, new ones come on board. We would like to welcome on board Donna Leef, who has taken up the role of Financial Assistant. At the moment Donna is only working part time, but her hours will be increasing over time.

Welcome back Practice Nurse Kerri Lawrence. Kerri has had a break and is now back one day per week as Practice Nurse and also as a reliever for our clinic. It is so great to have Kerri back and working with our whanau.

Also welcome to our new doctor, Dr Malcolm Christie who has come to us after 14 years service at Te Manu Toroa. In his short time here Malcolm has already made an impact and we look forward to building our GP Practice with his input.

Over the past 6 months we have been building our Kaumatua Homecare Support Service and would like to welcome to the Pirirakau Hauora Whanau, 8 new Homecare Support Kaimahi - Tirikawa Ake, Lucia Faulkner, Maria Hoani, Ray Manicaros, Bernice Ormsby, Brigit Ririnui, Thomasina Samuels and Sandy Tu. It is a real pleasure having these people join our Hauora whanau and we look forward to their input into the growth and future of our service. Nga mihi nui ki a koutou.

## Clinic News

The clinic has been very busy over the first six months of the year and our numbers have increased, with our 1500 target fast becoming a reality. Over the next few months we believe that we will achieve the target, many thanks to our hard working staff. June and July have been challenging months for us with Dr Nigel Bruce on leave for that time and Dr Lempke and Dr Christie in transition. We have had to go for periods of time without a doctor due to leave and sickness. This has been an issue across Tauranga Moana as we face a doctor shortage across the region and possibly the country. Dr Bruce will be back in August, so things should settle and we will be able to operate a full time service again. Many thanks to Dr Malcolm Christie, who has been working full time since he started at the beginning of July.

Flu season is in full swing as we see more and more people coming through our service with the dreaded bug. Flu vaccinations are still available if you have not yet had yours.

### **Congratulations**

To all those tane who participated in the Hauora Tane checks and also to all the winners of our competition. It is very important to visit the doctor at least once a year for a check, just to make sure all is well. We provide a free annual check up to all our Tane aged between 20 and 60 years old, so don't be shy, make an appointment and come in for your free check. It costs you nothing, only takes up a small amount of your time, and could prevent long term problems.

In saying that, here's a reminder to all our wahine out there. If you are over 20 you should be having regular cervical screening and if you are over 45 you are eligible for free breast screening. So make a move, get your screening and be healthy for your whanau.

### **ManageMyHealth**

If you are busy and don't get around to ringing the doctor for appointments or repeats, ManageMyHealth may be for you. You are able to get this app put onto your smartphone, so that you can access your medical information anywhere, anytime. You are able to make appointments with the GP by using ManageMyHealth without picking up the phone and having to talk to anyone. It's as simple as pressing a few buttons. If you think this is something that you may be interested in, come in and talk to Brooke and he'll be able to explain everything, and even set you up with the app.

### **Feedback**

We appreciate and welcome any feedback about our services and encourage you to fill out our feedback forms if you have any concerns, complaints or suggestions. Feedback forms are available from reception and may be as confidential as you wish. You are not required to put your name on them, but if you want feedback from us it would be advisable to include your contact details.

Recently we have had some feedback about our tamariki running around in the waiting room while sick whanau are waiting to see the doctor or nurse. If you are also waiting to receive a service from us, and you have tamariki, can you please ensure that they are kept under control and not causing distress to our sick whanau. We understand that tamariki may also be waiting to see the doctor, and that they are also important members of our whanau and are entitled to respect. What we are asking is that we all have respect for each other while waiting to be seen and parents please keep your tamariki from running around through the waiting areas. We need to be mindful that there are some very sick people that come to utilise our services and excessive noise is very distressing for them. We trust this message is not taken personally and we are all mindful of each other's circumstances when visiting our Hauora, and display aroha and manaakitanga to each other at all times. Nga mihi.

### **Services**

#### Tamariki Ora

It is with regret that we announce that we no longer are able to provide Tamariki Ora from Pirirakau Hauora. Due to the changes imposed on the contract the service is now clinically focussed and the requirement for Kaimahi has changed. The service is now delivered by Registered Nurses and will be delivered through Te Manu Toroa. The Tamariki Ora Nurse will still visit in the homes and come to the Hauora if needed to do Well Child Checks, but we will not have a Kaimahi based at Pirirakau Hauora. As a result of this change, Erena is no longer working in the role of Tamariki Ora Kaimahi. She has now moved into the role of Whanau Ora Support Worker, previously filled by Moana Rayner.

Moana has now moved into a new role of Respite Flexi Co-ordinator. Respite Flexi is a new service for Kaumatua who have been assessed by Support Net and require Respite to give their caregivers/whanau a break and to get kaumatua back into the community. This service provides group activities/outings that give kaumatua interaction with others and gets them out of their homes. We currently have 8 regular kaumatua on this programme. If you are interested in finding out more, make contact with Moana and she will be able to help you.

### **Other services**

#### Kaumatua Home & Community Support Service

After months and months of talking about it, we have finally got this new service up and running. It has been quite a mission but we have finally got there. We currently have a HCSS Coordinator—Kahli Elvin and 8 Support workers and 15 clients.

The HCSS service is for Kaumatua 65 and over who require support in their homes. This service is dependent on client goals and may include:

- Support to access community & Other services
- Personal Cares
- Supported house cleaning
- Shopping, and meal preparation.

If you would like to know more about this service, please contact Kahli at the Hauora and she will be able to give you more information on how to access the service.

#### Te Ha Ora

This is our Kaupapa Maori ante natal and parenting programme which is currently being coordinated by Erena Epiha and Ani Kuka. We have programmes coming up over the next few weeks and invite all hapu wahine, their partners/spouses and whanau to attend this very informative and enjoyable programme. More information about these programmes are included in this newsletter.

#### NASC Whanau Ora

If you are wondering what this “NASC Whanau Ora” service is all about you are able to get more information from our Support worker, Carl Te Ahuru. “NASC” stands for Needs Assessment Service Coordination and is a service for adult/whanau who have mental health issues requiring support to access relevant services to achieve their Whanau Ora goals. We welcome new referrals and enquiries.

These are some of the services that we offer our whanau and clients. For more information about these and other services, come in and have a chat or grab a pamphlet. You can also access information from our Facebook page and our website

### **Homecare Medical**

Just a reminder about the after hours service that operates on our phone system. This is a phone triaging after hours service for our patients. You are now able to Pirirakau Hauora any time of the day or night. If you are ringing out side of work hours your call will be answered by a Registered Nurse who will discuss your treatment options and point you in the right direction for the care you need. All you need to do is remember our phone number and when you need clinical support ring us up, and you will be able to talk to someone about it.

### **Elections**

This is a friendly reminder that on 23rd September there will be general elections to decide the Government of New Zealand for the next 4 years. Everyone 18 years and over is entitled to vote, and should be enrolled. If you are dissatisfied with the Government and want to see some changes, or if you are happy and want to retain the current government, it is important that you vote. This is your opportunity to have a say in what happens in our country. If you are not yet enrolled to vote, enrolment packs are available from the Hauora. Come on whanau, take advantage of your democratic right. If you don't vote, then don't moan about the government if your Party does not get in. You have a right to moan if you vote.

Well whanau, I think I have had enough korero and will sign off here.

Please remember to:

- Have a flu vaccination if you haven't already,
- Make enquiries about ManageMyHealth
- Have a Hauora Tane check, Cervical Smear or Breast screening.
- Tell your whanau about our services,
- Enrol to vote, and VOTE.
- Keep warm and start preparing for spring which is just around the corner.

Our next newsletter will be due out in September/October.

Nga mihi nui ki a koutou katoa

Dux

# Hauora Profile



Kia Ora

My name is Malcolm Christie. I recently started working as a GP at Pirirakau Hauora. Prior to coming here I worked for 14 years as a GP for Te Manu Toroa at the Tauranga Moana City Clinic and watched that clinic grow from a two doctor practice to the six doctor practice that it is today. Though I enjoyed my time there, I am looking forward to working as a member of a close knit team for a small practice once again.

I was born in Lower Hutt and attended Naenae College. Following that I went to Otago University in Dunedin to train in medicine and came back to work in the Wellington region and spent the following few years working at Wellington, Lower Hutt, Kenepuru and Masterton hospitals. I eventually decided that general practice is what I really wanted to do so I went to the Hawkes Bay to train as a GP and worked in various GP practices between Waipukurau and Wairoa. I also did a short six month stint in Obstetrics & Gynaecology at Hastings Hospital. I met my wife during this time and we got married in Napier. On a holiday we passed through Tauranga and decided it looked like a great place to live so we moved here in 2001 and have been living here ever since. I initially worked for two years as a GP in Papamoa East before going to work for Te Manu Toroa. Our three children were born here and currently attend Bethlehem College.

I am very much looking forward to working with the staff and getting to know the patients at Pirirakau Hauora.

Nga Mihi

Malcolm Christie

## Keeping warm:

There are lots of handy tips on the internet about how you can keep yourselves warm in the winter, but here are some basics which sometimes we overlook.

- Curtains - make sure you shut them as the day is cooling around 4-5pm to keep warmth in. Lots of heat is lost from you windows. In the morning open them up and let the sun in - your house retains sun warmth. If the sun decides to come out go and sit in the sun and warm your body up - the sun is quite healing and makes you feel so much better when its cold and horrible.
- Shut doors so you are not trying to heat huge areas and block up the gaps by doors - you can get those door snakes but a blanket or towel works just as well.
- If you have a fire place and able to put a pot on it - cook a big pot of soup and put a pot on for water, if your puku is full with soup etc it helps your body to keep warm. Use up those older veges and anything left in the garden, a piece of meat added goes a long way.
- Hats, scarves and socks and gloves if you have them - keep those body bits warm and you are winning.
- Hang in there Summer is coming.....





## Clinic News

We had a successful Hauora Tane clinic last month and we have a couple of updates and reminders for others in the community. Lots of you may have met our newest member to the team Dr Christie. Dr Christie as you can read from his profile has been involved in Maori Health for many years. We are very privileged to have him.

### Cervical smears

#### **We will be concentrating on our Wahine this month:**

A woman's best protection against developing cervical cancer is having regular cervical smear tests.

A cervical smear test is a screening test to find abnormal changes in the cells of the cervix. Having regular smear tests can reduce a woman's risk of developing cervical cancer by 90%.

All women who have ever been sexually active should have regular cervical smear tests from the time they turn 20 until they turn 70.

So come on ladies - ring and book in with the nurse. Its only once every 2 years. Keep yourself healthy for your whanau.

Ring the clinic 5524573 and make an appointment with the nurse.

### Flu Vaccinations:

Flu Vaccines still available but this will wind down soon. If you haven't made it into the clinic, please ring today and make an appointment to see our nurses.



## *Te Ha Ora*

### *Kaupapa Maori Antenatal Programme*

#### *Wananga:*

*Dates: 27 & 28 July*

*8 & 9 August*

*21 & 22 August*

*Time: 10am - 3pm*

*Place: Te Oturu*

*4 Paparoa Road, Te Puna*

*All hapu mama and their whanau are welcome to participate in this kaupapa free of charge.*

*For bookings please contact Ani-Te-Mea Kuka*

*E: [a.kuka@pirirakauhauora.org.nz](mailto:a.kuka@pirirakauhauora.org.nz) P: 075524573 xtn 710*

*Mob: 022 3970547*

# ***Te Oturu Oranga - Mirimiri Services - Paparoa Road***

*Open Monday - Friday 8.30am - 4.30pm*

*Phone: 5526238 for an appointment*

## **Mirimiri**

Mirimiri is steeped in Maori custom and culture which is used in traditional Maori healing. There are tribal differences with Mirimiri practice throughout Aotearoa. Mirimiri is a holistic form of massage or bodywork.

Mirimiri is used for healing multiple realms of a person's life. This is in contrast to Western massage techniques which are primarily focused on the physical.

Skills and necessary knowledge are passed on by elders to successive generations. Mirimiri Practitioners follow in the footsteps of their tipuna (ancestors) and are following in a tradition that date back thousands of years - while evolving the technique to embrace the modern era.

Tension, stress and trauma accumulate in the body throughout our lives. This can manifest as pain, illness or dysfunction on a physical, mental, emotional and spiritual level. Mirimiri helps with the effects this has on our wellbeing by bringing balance and harmony to the body.

Mirimiri is also a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Practitioners typically use their hands and fingers for mirimiri, but may also use their forearms, elbows and even feet. Mirimiri may range from light stroking to deep pressure. There are many different forms of mirimiri.

### **Benefits of Mirimiri**

Mirimiri is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. It is an effective treatment for reducing stress, pain and muscle tension. Studies have found mirimiri may also be helpful for:

Anxiety, Stress

Headaches

Emotional, Spiritual Wellbeing

Joint pain, Nerve pain

Digestive disorders

Insomnia

Soft tissue strains or injuries

And a whole lot more

### **Mauri Ora**



## Tamariki/Rangatahi Mental Health

Kia ora whanau, quite often Anxiety and Stress are thought to be the same thing: Here is a FACT for you to know: The difference between ANXIETY & STRESS

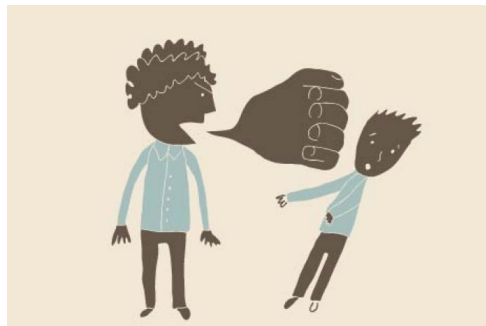
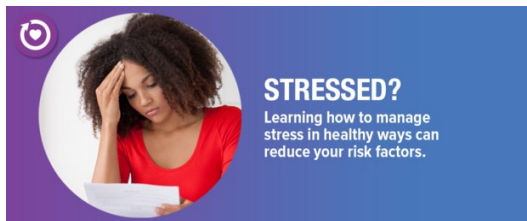
### ANXIETY



Is an emotion – you feel nervous or scared.



### STRESS



is a physical response to something you feel threatened by – your heart beats faster – your breath comes quicker – and your muscles tense – It is your body's way of making you ALERT and PREPARED for ACTION ....

Anxiety can be triggered by Stress.

This may help to identify if your child is presenting with anxiety or stress and to know the difference.

Please feel free to contact me for support or to discuss your **Tamariki/Rangatahi's Mental Health**.

**Mauri Ora**

**Sylvia Wilson (Registered Practitioner)**

**Tamariki/Rangatahi Mental Health Service**



### **Kia ora te whanau o Pirirakau**

**Mental** un-wellness can happen to any one of us through some circumstance or another. Early detection is the key to finding your way back to well-being.

If you think you or one of your whanau members could be suffering from some kind of mental unwellness and you're not sure what to do or where to go for support please give me a confidential call on **07 5526238 extn 2** Mauriora!

Sylvia Wilson, Registered Social Worker  
Child/Adolescent/ Mental Health  
email: **S.wilson@pirirakauhauora.org.nz**



# Kaumatua Korner

By Mahia Wilson

Our Kaumatua have been “towing around and going overseas (Matakana Island) – lots of goings on since the beginning of this year. The following is a brief of some of what they have been up to! They had a lovely hikoi along the boardwalk at the Mount ocean beach (some of them are very speedy – methinks they trialing for the next Olympics!) followed by a picnic overlooking Leisure Island. A visit to the Tauranga Art Gallery to see the Tibetan Monks Mandala design...(such a intricate beautiful design and a interesting insight into the Buddha faith.)

A day was spent with our Matakana Kaumatua and whanau at their invitation to attend their whanau day. This was combined with the opening of their “flash as” community tamariki playground. Lots of lovely kai, music, fundraising raffles and cake stalls along with fantastic weather to go on the barge to the island. We were also given a tour of the immediate area and delighted to visit Audreys Beeeee and her whanau whares and gardens. A tumeke day indeed! A workshop was held “on how to make jewelry” by one of our whanau Esther Borell, partner Colin and Esther’s daughter Gena. A hikoi along the full length of The Strand to see the newly installed steps into the harbour. A session of Chair/Yoga with Kimi Peachey (didn’t quite reach sitting cross legged rocking from side to side! nearly got there!). A visit to Huharua Park (the growth from all those thousands of plantings and birdlife up there is amazing) These are just some of the activities so far this year and theres much more to come!



## Kaumatua Respite Services

Moana, Kahli and Mahia



Another programme facilitated by our awesome Kaimahi at the Hauora is our Kaumatua Respite Service. Kaumatua may be eligible for support in their homes.

They also meet regularly and have a light lunch together (Monday and Friday ) exercises, discussion group, waiata and go on outings. Here are a few pictures of them in action at 10 Pin Bowling and waiata at the hauora before a kai. All kaumatua who have already completed a Support Net assessment, are eligible to join the weekly kaumatua programme.

You can contact Coordinator Kahli Elven on 07 552 4573 ext: 712 Moana Rayner 552 4573 ext: 707

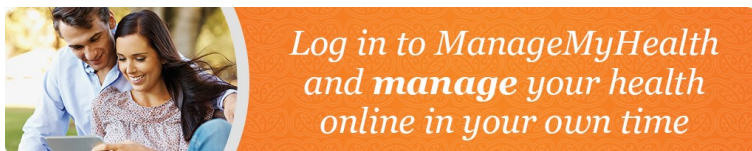


# NZ General Election Saturday 23rd September 2017



If you are not enrolled, come down to the Hauora and pick up some forms we have lots here or go online and enrol or update your details. It's Easy! And its very important for you to have your say in the upcoming General Election.

Its up to all of us to have our say if we want to make a difference - if your 18 and over voting is how we can participate. Voting booths all over town and if you are going to be out of town that weekend you can vote early . No excuses!



## Key Benefits

- ManageMyHealth™ is an app that gives you secure access to your health information.
- The freedom to manage your health needs - and that of your family anytime, anywhere.
- Access to your medical records - view medical conditions, lab results, immunisation records, allergies, prescriptions and share health information as required with other healthcare providers.
- Book doctors appointments online.
- Need to have individual email address and costs \$5.00 per annum.

**ManageMyHealth™ is available to you right now, all you need to do is see Brooke to register**



**Your Choice, Your Chance**

Are you aged 16 to 26?

Take the opportunity to protect yourself from a common virus that can cause some cancers.

Make an appointment today with your doctor to get your **free HPV immunisation**.

**Free HPV immunisation**

Now available for both males and females

For more information on the human papillomavirus (HPV) immunisation – [www.ttophs.govt.nz/HPV](http://www.ttophs.govt.nz/HPV)

Tel: 0800 Public Health Service  
RAY OF PLUMBY DISTRICT HEALTH BOARD  
FORMING RAY OF PLUMBY AND LARSEN WARD

### Te Hā Ora Antenatal Classes

Evening & Day classes available  
Course is free. Contact Ani Kuka 022 397 0547

### Smoking Cessation

If you ever wanted to stop smoking but didn't know how, contact Moana 552 4573

### Kaumātua Programme

Our Kaumātua Programme is for Pirirākau Whanau or Māori Kaumātua living in Pirirākau 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](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 contact Pam Bidois. Articles to be received 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.

### After Hours Service

Phone Pirirākau Hauora and speak to a Registered Nurse who will advise you if you need to be seen by a doctor.

Ph: 5524573

Accident & HealthCare  
19 Second Avenue  
Tauranga  
Ph: 07 577 0010

Health Line 0800 611 116  
Help Line 0800 211 211

No appointment necessary  
In a life threatening situation, call 111 for an ambulance or go to the Emergency Department

### Repeat Prescriptions

Allow 24 hours for any requests, you will also need to see the Doctor for a 3 monthly check up.

### After Hours Service

**Phone Pirirākau Hauora Day or Night,  
7 days per week for Medical Advice.**

**Your call will be answered by a Registered  
Nurse on our behalf.**

**Ph: 552 4573**

## Price List (from 1<sup>st</sup> September 2017)

### Registered with Pirirakau Hauora GP

Children (0-12 years)	Free
Children (13-17 years)	\$12.00
Adults	\$18.00

### General Fee for Casual Users

Adults	\$38.00
Children (13-17 years)	\$20.00

### Other Charges

Non Cancel Appointment Charge	\$18.00
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 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

**NOTE: As from 1st September 2017 our adult consultation with the doctor will rise to \$18.00.**

### Accreditations:

Cornerstone Accredited  
OSCAR School Holiday Programme