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Facebook

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Pirirākau Hauora Board & Staff wish you  
and your whānau a very



**“Meri Kirihimete”**

and a safe and...

**“Happy New Year”**



## Inside this 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.

## Contact Details:

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Tauranga 3176  
Ph: 07 552 4573  
Fax: 07 552 4572

[manager@pirirakauhauora.org.nz](mailto:manager@pirirakauhauora.org.nz)  
[www.pirirakauhauora.org.nz](http://www.pirirakauhauora.org.nz)

# Dux's Mihi

*Tēnā koutou te whānau o Pirirākau.*

*Ngā mihi nui ki ngā whānau e mau iui ana i roto i o koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou. Ngā mihi hoki ki a koutou katoa i tēnei wā o te Kirihihmete.*

*Nō reira Meri Kirihihmete ki a koutou katoa.*

Another three months have come and gone since our last newsletter and the end of the year is upon us. We send our heartfelt aroha to all those in our community who have lost loved ones throughout the year and send special blessings to you all.

We celebrate and congratulate all those who have had new additions to their whānau and all those that have achieved their goals and aspirations this year.

*Ngā mihi nui ki a koutou katoa.*

## Clinic News

The clinic has been full over the last 3 months and our 2 doctors being kept very busy. Our clinic team has been working hard to keep our whānau up to date with their checks, immunisations and screenings. This is a very important part of their role and we ask that you all support them in their efforts to help keep you well.

Over the past 12 months we have strived to increase our enrolled population and are slowly building our numbers. In order for us to sustain a full time GP Service we need a minimum of 1500 people to be enrolled on our books. At the moment we have just over 1300. We have set ourselves a goal to achieve our target of 1500 by March 2017 and encourage our whānau to enrol with us.

If you haven't been to see the doctor for a while, it may pay to check your enrolment with us. If you haven't been seen for 3 years your name is automatically taken off the roll, so please contact Brooke or Diana at reception and check if your enrolment is current.

If you have turned 16 you will be required to renew your enrolment. At 16 years of age Rangatahi are no longer able to be enrolled under their parents and must fill out and sign a new enrolment form.

Parents, please encourage your Rangatahi to update their enrolment, and if they are about to turn 16 pick up a form for them. Your support is very appreciated.

## Closing Dates

The last day of clinic for the year will be

**Friday 23rd December closing from 12.00pm (midday)**

The clinic will be closed during the statutory holidays and the days between.

We will re-open on

**Wednesday 4th January 2017**

If you need assistance or advice, during this time, ring the Hauora and our after hours service will take your call and give you advice, and information, or direct you to an available doctor or clinic. If you need to see a doctor, Te Manu Toroa City Clinic will be open, you can contact them on 571 2017.

## Te Oturu Closing Dates

The last day for our Mirimiri / Massage Services is

**Friday 23rd December closing from 12.00pm (midday)**

Services will re-open

**Wednesday 4th January 2017**

## Programmes

The Summer School Holiday Programme will run from the 17th to 20th January and 24th to 27th January 2017.

If you will be applying for a WINZ Subsidy for your child/children please come in and pick up the relevant forms from the Rangatahi team so that you are prepared early.

As some of our staff do not return from leave until that week, it is important that you get your applications in before the end of the year to make things run smoothly on the day.

If subsidies are not confirmed before the programme start date you will be required to pay for your child/ren before going on the programme. Your payment will be reimbursed on receipt of the subsidy.

We apologise for this, but we have had experiences where subsidies are not granted and whānau are left with a big bill at the end; and, we are left with the responsibility of chasing up payment after the programme is over.



## Flashback and Highlights of 2016

It's been another busy year for all of us at Pirirākau Hauora as we reflect on some of the things that have happened:

### Staffing

Throughout the year we bade farewell to a number of staff who have moved on to bigger things such as, new jobs, higher education, motherhood, moving overseas, work closer to whānau. We wish all our past staff members all the very best for their future aspirations and thank them for their commitment and service to Pirirākau Hauora and the Hapū.

As a result of those staff members leaving, we have welcomed 9 new members to our staff this year. They are:

Ani Kuka - Rangatahi Services and Te Hā Ora

Mere Horopapera - Mirimiri (part-time)

Carl Te Ahuru - NASC Whanau Ora

Sarah Audley - Practice Nurse

Brooke Huirama - Clinic Coordinator

Pam Bidois - Administration

Kahli Elvin- Kaumātua Support Service (New Service)

Rua Howden – Cleaner

Cale Borell - Gardener (Te Oturu)

We also welcomed back Erina Walker who is with us once a fortnight providing Lymphatic Drainage Therapy

We would like to acknowledge both our new and existing staff for all their hard work and dedication throughout the year. Ngā mihi nui ki a rātou.

We also welcome Harold Rawson the newest member to the Board. Nau mai hāere mai.



### Achievements

Pirirākau Hauora Board and staff have achieved a lot this year and would like to share some of these achievements with our whānau and service users:

- Introduction of 'Manage My Health' patient portals which allows our patients to have access to their medical records via their smart phone or computer
- Development of a 20 year plan for Te Oturu
- Kaumatua input into the Ministry of Health's new 'Health of Older People' Strategy
- Successful Drivers Licence Programmes
- Pirirākau Hauora '23rd birthday'
- Oral Health Project in conjunction with

BoPDHB and Te Puna School

- Support of the Pipi Enhancement Project with Manaaki Te Awanui, Te Wharekura o Mauao and Te Puna Mātauranga
- Attendance and support of presentation at the National Whanau Ora Conference in Auckland,
- Successful MSD Audit
- Health Share Audit
- Attendance at Department of Corrections Regional Te Ihu Waka hui in Rotorua
- Kaumātua haerenga to Wellington
- Attendance at National Sexual Health Conference in Wellington
- New 3 year contract with Department of Corrections to deliver Tikanga programmes
- Attendance at Tauranga Moana Festival and Rā Whakangahau 2016
- Implementation of new Homecare After hours service for the clinic
- Mental Health Awareness Week event at Paparoa
- Introduction of Hot Stones Therapy at Te Oturu
- Successful school holiday programmes
- New Kaumātua Home and Community Support Service, providing support to Kaumātua to restore and maintain their independence while living in the community
- New Respite Flexi Service for Kaumātua 65 and over, providing respite to caregivers. This service is still under development

These are just some of the achievements for the year.

I'm sure there are many more exciting ventures that our staff and board have been involved with that I have not named but were just as awesome as the stuff listed.

### New Service

We are pleased to have launched our new Kaumātua Home and Community Support Service in September. Following is a bit more information about the service and how to access it.

This service is for people 65 years or older, with long term health and/or disability related need. The service is also available to people between the ages of 50-64 who are deemed to be "like in age and interest" to people aged 65 and over, or with a diagnosis of dementia.

The main objectives of the service are:

- To empower the client, whānau and their informal carers to share in decision making, to feel in control of managing their conditions and be an active participant in planning their care.
- To enable the clients to have wider community support to achieve client objectives.
- To target care to address specific client outcomes that are supportive of enabling them to work towards improvement, prevent decline or sustain current function.
- To deliver a flexible service according to the changing needs of the client.

The service can be accessed by self referral to Support Net, or; by referral from your doctor, nurse or community worker.

If you think you are eligible for the service and would like help to access the service, come in and see the nurse or doctor for a referral or contact our Service Coordinator Kahli Elvin 5524573 ext 712.



## BOARD PROFILE



Ko Mauao te Maunga  
Ko Tauranga te Moana  
Ko Takitimu te Waka  
Ko Ngāti Ranginui te Iwi  
Ko Pirirākau te Hapū  
Ko Tutereinga te Marae

Ko **Te Hiringa Harold Rawson** toku ingoa

Harold, affectionately known as 'Smack' was born and raised in Te Puna.

He attended Hato Petera College and after leaving school went to work for the Tauranga Power Board, where he remained for 30 years. He then went on to become an Owner/Driver for City Cabs in Tauranga.

At the age of 49yrs he attended University for 4 years.

Harold is currently employed as a school bus driver for Uzabus and has worked for this company for the last 16 years. He has only ever had 2 employers in his working career and has worked everyday since he was 17 years old.

## Other Services

### Te Hā Ora

This is a service that has been under utilised this year and we are encouraging our whanau to take advantage of the services that we offer to avoid losing them.

Te Hā Ora is a Kaupapa Māori Antenatal and Parenting Programme that is open to expectant mums, their partners and whānau. If you are interested check our Facebook page for details of the next programmes or give Ani a call at the Hauora 5524573 ext 710.

### Tamariki Ora

This is a Kaupapa Māori version of Plunket, providing necessary core checks, immunisation information, advice and support to whānau with tamariki under 5 years old. We welcome new clients. Contact Erena on 5524573 ext 706.

### Whānau Ora

Providing support and information to whānau to enable them to self-manage their own health conditions. Contact Moana on 5524573 ext 707.

*Well whānau thank you for taking the time to read my korero. Have a safe and enjoyable Christmas and New Year and I look forward to seeing you all in 2017.*

*Ngā mihi aroha*

**Dux**





**KAITAHI**

Sometimes being a student with limited funds means you miss out on all those meals you get at home and we all know good food is required to fuel your body and mind.

**HANGI \$2**

**STALLS**

**COME FOR FREE KAI**

**ENTERTAINMENT**

**COME & HANG OUT**

**Wednesday, 21 Sept. 12 - 2pm**

**Pomare, Withermere campus**

Hangi tickets can be purchased from the Te Toki desk in the Upper Atea from Wednesday, 14 September. Limited tickets available on the day.

Interested in coming from Bownard?

For a free shuttle to Withermere - email [brenna.robard@boppoly.ac.nz](mailto:brenna.robard@boppoly.ac.nz)

Connecting Māori on campus

**WHANAUNCATANGA**

The invitation gave Pirirākau Hauora kaimahi an opportunity to display the services we provide and kōrero with taura about possible career pathways at the completion of their studies.



what is health?

relationships

spirituality

exercise

career

food

holistic

life

work

stress

wealth

women

improve

overcome

sport

tips

sleep

love

nutrition

live

important

friendship

educate

everything

natural

decide

best

better

barrier

all

environment

earth

finances

family

healthy

friends

learn

physical

peace

practice

rest

play

strength

vegetables

self

relationships

whole

www.InSpiralCoaching.com

## Bay of Plenty DHB Care Awards



Congratulations to Ngā Mataapuna Oranga on winning a “CARE” Award for

*“Responsiveness”*

at the BOP Māori Providers Forum in November. This award is in recognition of the work that has been completed between Pirirakau Hauora and the Salvation Army for our new “Kaumātua Home and Community Support Service”.

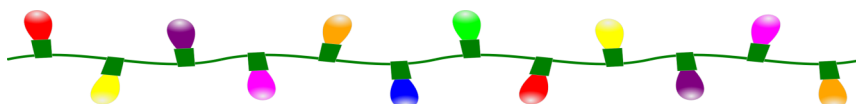
## Western Bay Homecare Consortium

On Monday 5<sup>th</sup> December 2016 a partnership agreement between the Salvation Army, Ngā Mataapuna Oranga/ Pirirākau Hauora was signed to deliver Home and Community Support to Kaumātua in Tauranga and the Western Bay of Plenty.

The event was held at Ngā Mataapuna Oranga with all parties agreeing to work together in a relationship of good will and high trust.

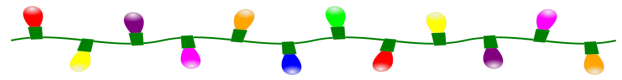
Pirirākau Hauora will be providing Home based support services for Kaumātua under the new Western Bay Homecare Consortium, and are currently accepting referrals.

If you or your whānau require support please contact our Coordinator Kahli Elvin and she will be able to provide you with all the details and criteria.





# Kaumātua Korner



During October, nineteen of our precious taonga (Kaumātua) went on a four day haerenga by choo choo train from Hamilton to Wellington. The four days were filled with many activities and by all accounts everyone had a marvellous time.

Some activities included attending the fabulous Wearable Arts Show, Te Papa Gallipoli Exhibition, The Alexander Turnbull Library to view the very precious Pirirākau Pai Marire Book, The Beehive as well as being able to catch up with whanau and friends.

In November we viewed the beautiful pieces of Rāranga Art (weaving) on display at Te Wānanga o Aotearoa where Bibbins Tangitu does an amazing job of sharing her knowledge and teaching her gift of Rāranga (weaving). Outstanding Mahi!!! With a wonderful warm welcome, manaakitanga (hospitality) was extended to everyone.

We were also treated to a special tour of the Campus and saw the wonderful gallery of photos of Tauranga Moana Kaumātua proudly displayed along the hallway walls for all students and public to view.



Over the past few months our kaumātua have been regularly donating canned goods for a special project we've called 200 cans of 'Kai with Aroha' to assist families in need. This project was initiated in early April by our Kaumātua who realise there are some families in our community who at times need to seek assistance from Foodbank more so during the Christmas period, therefore they wanted to make a contribution to the Foodbank Christmas Collection.

So a decision was made to collect or donate 200 cans of fruit hence the name of the project 200 cans of 'Kai with Aroha'. Recently we were very proud to deliver our 200 cans of 'Kai with Aroha' to Foodbank. Many thanks to the generosity of our kaumātua and our Pirirākau whānau.

Ngā mihi nunui ki a koutou!

We have come to the end of the year now and finished with a fabulous celebratory Christmas lunch with a REAL Hanakoko!

*Ngā mihi o te Kirikimete  
me te Tau Hou*



Extract from Bay of Plenty Times – Saturday 10<sup>th</sup> December 2016

## Te Puna Kaumatua dig into their own pockets for Tauranga Community Foodbank



# Oturu Kaumatua

## Support Services

Kia ora whānau

Our new Home and Community Support Service is now available and we have some lovely qualified kaimahi here waiting to help and assist you with your needs.

This service caters to kuia/koroua aged 65 plus who require that little extra help due to a long term health or disability related need.

We also offer this service to Maori aged 50-64 who have a medical condition that is “like in age and interest to people aged 65 or over” or with a diagnosis of dementia.

If you already receive Home Help with another Service Provider but would prefer a kaupapa Maori provider, we are more than happy to help and have you on board.

This service is all about YOU, your needs and your goals.

We will work with you to design a care plan that’s specific and focused on your goals.

With assistance from our kaimahi in supporting your plan we aim to improve or maintain your independence in the community and at home.

Support services include:

- Accessing relevant services,
- Assistance with personal care including grooming, showering, dressing etc.
- House cleaning duties,
- Transportation

If you think this service would be of benefit to you, whānau or someone you know then get in touch.

Call us on **0800 HAUORA** that’s **0800 428 672** or **552 4573** or email us at [OKESS@pirirakauhauora.org.nz](mailto:OKESS@pirirakauhauora.org.nz)

**Proud to be your local kaupapa  
Maori service  
“Aging well in Pirirākau”**



## **MENTAL WELL-BEING**

The festive season is upon us and this can be a happy time for some and a stressful time for others, so here’s some tips that could help you get through this time.

**Follow these 10 simple tips to help manage and reduce your stress levels.**

Avoid Caffeine, Alcohol, and Nicotine...

Indulge in Physical Activity...

Get More Sleep...

Try Relaxation Techniques...

Talk to Someone...

Keep a Stress Diary...

Take Control...

Take a Walk through Nature...

Manage Your Time...

and Learn to say “NO”





## Mirimiri / Massage Therapy Relieves Stress



**Stress relief**, mental or physical stress are one of the first benefits that come to mind when thinking of massage therapy.

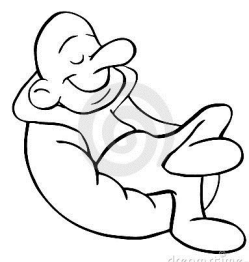
It's also a key component for anyone trying to achieve a healthier lifestyle. Clinical studies show that a mirimiri/massage session can significantly lower heart rate, cortisol levels and insulin levels-all of which help reduce stress.

Taking care of your body should be at the top of your priorities. By adding mirimiri/massage to your routine now, you'll feel, look and simply be healthier far into the future. In fact, stress relief alone can improve your vitality and state of mind. So what better way to prep for a long, happy life than a relaxing mirimiri?

If you're looking to add stress-relieving mirimiri/ massage to your wellness program, know that it can be a powerful ally when combating daily pressures and anxiety. In addition to stress relief, on- going mirimiri/massage therapy can reduce pain, increase energy levels and improve overall physical and mental performance. Our experienced, professional therapists customize every massage session to address your individual needs.

### Benefits of massage

- |                            |                                 |
|----------------------------|---------------------------------|
| Anxiety                    | Digestive disorders             |
| Fibromyalgia               | Headaches                       |
| Nerve Pain                 | Sports Injuries                 |
| Insomnia related to stress | Soft tissue strains or injuries |
| Myofascial pain syndrome   |                                 |



**Mirimiri Vouchers** available from Te Oturu and Pirirakau Hauora receptions.

## Hinemanu says Goodbye

Ngā mihi Pirirākau Hauora Whānau

It is with sorrow and gratitude that I will be bidding farewell to you all on 6<sup>th</sup> January 2017. It is now time for me to head home to Tainui.

Referring to our vision statement; I have been privileged to experience the sweetness of Te Huhunu and will treasure that as my new journey takes me to the North Waikato to share some of the valuable skills and knowledge I have gained whilst working with Pirirakau Hauora.

I would also like to express my gratitude to Te Rūnanga o Ngai Tamawhariua for the awhi I have received during the privileged time I have had working alongside the health team and Katikati whanau.

In acknowledgement to Dux and the Board, who have allowed me the privilege, over the last 4 years, to work alongside colleagues who have been as passionate as me, to improve the health and social outcomes of your whanau, Hapu and Iwi.

Please feel welcome to call into Pirirakau Hauora for a farewell cuppa and chat when we re-open on the 4<sup>th</sup> January 2017.

*Nō reira, mai te waka Tainui ki a koutou nō konei,*

*Ngā mihi aroha ki a koutou katoa mo te Kirihiomete nei me te Tau Hou hoki*

Nā

Hinemanu Kelly





# 12 'tips' of Christmas



Children's  
Safety  
Education  
Foundation

Aware, Alert, Alive!

- 1** Buy a fire resistant tree and keep it secured on a sturdy stand away from fires and heaters.
- 2** Avoid sharp and delicate tree ornaments and decorations that look like sweets.
- 3** Only use non combustible or flame resistant tinsel and other trimmings on the tree.
- 4** Check Christmas lights for cracks, loose wires and faulty connections.
- 5** Do not leave burning candles unattended or placed near evergreens.
- 6** Check smoke detectors before putting up the tree and Christmas decorations.
- 7** Follow all age and ability guidelines on toys and do not digress.
- 8** Beware of choking hazards with common holiday foods such as peanuts and popcorn.
- 9** Remove all empty and partially empty cups of alcohol as soon as possible.
- 10** Watch your children while you bake or cook to avoid any burning or scalding incidents.
- 11** Keep any poisonous plants such as holly and poinsettias out of reach of children.
- 12** Make sure any visitors know how to keep your house safe for your child.

☎ 0161 477 5122

☎ 0161 480 4504

✉ [info@csef.net](mailto:info@csef.net)

🌐 [www.csef.net](http://www.csef.net)

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CSEF Registered Charity Numbers: 1103044 and 80037714

Chairman: Lord Made of Cheshire; Trustees: Liam McGuire, Terry Spurr MBE and Ann Alexander; Patron: Alison O'Brien



# SCHOOL HOLIDAY PROGRAMME

*Commencing Tuesday 17th January 2017*



## **Week 1: Tues 17/1/17 - Fri 20/1/17**

### **Day 1: Mount movies and Surfing, Paddle boarding and water games (17/1/2017)**

*Come join us for the movies  
and beach fun in the arvo!*

**MEET:** 8.30am @ Hauora

**COST:** \$30.00 per child

### **Day 2: Memorial Pools & Mini Putt (18/1/17)**

*Please bring your togs and shoes.*

**MEET:** 8.30am @ Hauora

**COST:** \$20.00 per child

### **Day 3: Mountain Biking (19/1/17)**

*Come join us for some all day mountain biking  
action in Rotorua. All bikes and helmets supplied.  
Please bring covered shoes.*

**MEET:** 8.30am @ Hauora

**COST:** \$30.00 per child

### **Day 4: Rock Topia & Abseiling (20/1/17)**

**MEET:** 8.30am @ Hauora

**COST:** \$30.00 per child

*Please bring covered shoes, we will be doing  
indoor and outdoor climbing!*

## **Week 2: Tues 24/1/17 – Fri 27/1/17**

### **Day 5: TGA Movies and Sports at the QE2 (24/1/17)**

**MEET:** 8.30am @ Hauora

**COST:** \$25.00 per child

### **Day 6: Greerton Pools and Ten Pin Bowling (25/1/17)**

*Please bring covered shoes or socks  
for ten pin bowling*

**MEET:** 8.30am @ Hauora

**COST:** \$20.00 per child



### **Day 7 & 8 Noho ki Motuhua (26/1/17-27/1/17)**

**MEET:** 8.30am @

**COST:** \$45.00 per child

*Come and join us at Motuhua for 2 days of fun in  
the sun, swimming, games, challenges  
and much more!!*

## **Friendly Reminders...**

Our programme Supervisors are here to ensure the health & safety of your tamariki while they are in our care.

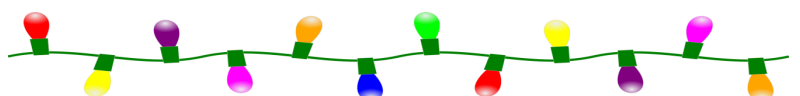
We do not take responsibility for any clothing or equipment that is brought to our programme. It is the responsibility of the child to look after their own personal belongings.

## **WINZ SUBSIDY**

If you have applied for a WINZ subsidy and don't receive confirmation that this has been approved before our programme starts, we will require a cash payment per child per day.

As soon as your subsidy is approved we will be happy to reimburse you your subsidized amount.

**FEES** for this Holiday Programme must be paid prior to commencement. If you have previous fees outstanding these also need to be paid prior to commencement. *Kia Kaha Koutou!*







CONGRATULATIONS

**TE PUNA MATAURANGA**

FOR PLACING AT THE REGIONAL PRIMARY SCHOOLS KAPAHAKA COMPETITION

AND QUALIFYING TO COMPETE AT THE

**NATIONAL PRIMARY SCHOOLS KAPAHAKA COMPETITION**

IN NOVEMBER 2017





## Christmas Closedown / Reopen Dates

Last day of Clinic

**Friday 23rd December at 12.00 noon**

Re-open

**Wednesday 4th January 2017**

# Summer's Here so...

## BE SUN SMART



Put on a Shirt



Put on Sunscreen



Wear a Hat



Wear Sunglasses



Stay in the Shade



SHARE THE SUN SAFE STORY  
WITH YOUR CHILD

Protect yourself in 5 ways

Slip



Slop



Slap



Seek



Slide



Sun protection at any age is important

Being  
SunSmart  
is easy



KEEP  
CALM  
AND  
STAY  
SUNSMART

### 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 (current from 1<sup>st</sup> September 2016)

### Registered with Pirirakau Hauora GP

Children (0-12 years)	Free
Children (13-17 years)	\$12.00
Adults	\$17.50

### General Fee for Casual Users

Adults	\$37.00
Children (13-17 years)	\$20.00

### Other Charges

Non Cancel Appointment Charge	\$17.50
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

### Accreditations:

Cornerstone Accredited  
OSCAR School Holiday Programme