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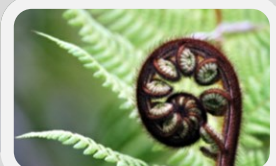
www.facebook.com/pirirakauhauoracharitytrust



PosterMyWall.com

Te Oturu

Closing - Dec 21st 2018
Re-open - Jan 8th 2019



Opening Hours:

Monday - Friday
8.00 - 4.30pm

Doctors Hours:

Monday - Friday
9am - 4.00pm

Our Mission:

“Rūia te kākano kia puāwai
ai 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

Mihi from Dux

Tēnā koutou te whānau o Pirirakau. Ngā mihi nui ki ngā whānau e mau i te roto i te koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou. Ngā mihi nui hoki mo te wa Kirihimete me te tau hōu.

Welcome to our final newsletter for the year. As I reflect on the year that has gone, my thoughts are with the many whanau across Pirirakau and Tauranga Moana who have lost loved ones this year. It has been a tough year for everyone and we certainly hope that next year will be much brighter. Ma te atua hei manaaki i a koutou katoa i tenei wā.

Clinic

Since our last newsletter in September the clinic has continued to be fairly busy. Some days have been really hectic with full clinics. We appreciate the patience shown by our whanau /clients when visiting the clinic on these busy days, as sometimes you may have to wait a bit longer than expected. Because of the busyness of our clinics we would appreciate that people arrive to their appointments on time. We know that this is not always possible due to circumstances beyond our control and would appreciate it if you could let us know if you are going to be late to your appointment. By turning up late this puts the doctor's times out and those that turn up on time are made to wait. Please be considerate and let us know when you are going to be late and be prepared to be seen late, as we will not change other patient's appointments to accommodate lateness.

From 1 December there have been some changes to our charges for tamariki/rangatahi. More information about these changes can be found in the clinic section of this newsletter.

We will be closed for 2 weeks over the Christmas/New Year period. Please make sure that you organise to have your medication prescriptions sorted before we close. Our last day will be 21st December so please get in early so that there is not a rush on the last day.

Afterhours service

Although the clinic is closed over the Christmas period you will still be able to ring the Hauora if you need support. If you need medical support or advice you are able to ring the Hauora phone number at any time of the day. Our after hours service will pick up your call. You will speak to a registered nurse who will be able to give you advice if required, and tell you whether or not you will need to be seen by a doctor.

Services

Te Ha 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.

Because this service has not been utilised we are at risk of losing it. If you are interested in the programme please ring the Hauora for more information.

Whanau Ora Kaiarahi

We have recently been fortunate to be able to offer this new service at Pirirakau Hauora. Whānau Ora Kaiarahi is a service specifically for supporting whanau to achieve their goals and aspirations. The Kaiarahi or Navigator will work with whānau to develop Whānau Ora Plans to identify their goals and aspirations and support them to achieve those goals. Michelle Horne is the new Whanau Ora Kaiarahi. If you would like assistance or support from Michelle, give her a call at the Hauora or pop in and see her.

New staff

Since our September newsletter we welcome to Pirirakau Hauora Michelle Horne - Whanau Ora Kaiarahi and Souvenir Tamaki-Bluegum, our new Home Care Support Service Coordinator. We are very privileged to have both these wāhine toa in our team and look forward to a productive and exciting year ahead.

Mihi cont'd ...

Achievements and highlights for 2018

- 4 Marae-based Te Ihu Waka Tikanga Programmes
- First Aid and Mirimiri at the VK Day
- School holiday programmes for our tamariki every school holidays.
- Completed Healtshare Audit of Te Ha Ora
- Received Department of Corrections "Community Partnership Award"
- Development of Kaupapa Model of Practice and training for team leaders.
- Supported "Rangi Mokopuna" Day (disestablishment of Te Kupenga Hauora and launch of their history book)
- Tikanga training for all staff
- Hosted students from Arizona
- Attained 50+ clients on Home care Support Service
- Hosted Te Puna Community Plan Social Sector Hui
- Completed 30+ Hauora Tane checks in one month
- Installation of high speed fibre
- Hauora's 25th birthday in September
- Attendance at National Whanau Ora Conference
- NUKA training and introduction to NUKA indigenous Model of Care
- Attendance at Treaty of Waitangi Wai 1315 hearing at Tūrangawaewae
- Successful Healthshare audit of Mental Health services
- Successful HDANZ audit of Home Care Support Sector standards
- Successful MSD audit of Holiday programmes.
- Ongoing Cornerstone auditing

Achievements continued

- Development and implementation of regular Rongoa days
- Biggest Loser programme for the community
- Rangatahi Quiz at the Rugby Club for Youth Week
- Ira Tāne/Wāhine workshops for rangatahi
- Drivers Licence programmes
- Harakeke planting day as part of Mental Health Awareness Week
- Respite Flexi programme twice weekly.
- Lots of training for staff.

These are just some of the achievements/highlights for 2018. I am sure I have missed some and would like to acknowledge the hard work that the staff have done throughout the year.



Some of us at the Whanau Ora Conference

Well, whānau thank you for taking the time to read my korero. Thanks to the many whānau that have utilised our services over the year and special thanks to the Hauora board and volunteers who have helped us throughout the year. Have a safe and enjoyable Christmas and New Year and I look forward to seeing you all in 2019. Stay safe on the roads and in the water and sun.

Meri Kirihimete me ngā mihi aroha mo te tau hōu.

Dux

Kaimahi Hōu

Souvenir Tamaki-Bluegum - Home Support Services Coordinator

Ko Kakepuku ko Whanokao ngā Maunga
Ko Waipa ko Kereu ngā Awa
Ko Aotea ko Taurā Mai Tawhiti ngā Waka
Ko Ngati Ngawaero ko Te Whānau-ā-Apanui ngā Iwi
Ko Ngati Ngawaero ko Te Whānau-ā-Kaiaio ngā Hapu
Ko Te Manuka ko Maungaroa ngā Marae



I was born in Te Awamutu, I currently live in Katikati with my Husband, we have 6 beautiful tamariki. I come from a big whanau of 5 brothers and 3 sisters, I grew up in Auckland most of my teenage years for education and mahi purposes. I went to Te Kura Māori O Ngā Tapuwae and I'm very fortunate to have had a staunch Māori upbringing and learning about The LORE of the whare wānanga and upholding both Tradition and Tikanga. Both of my parents played important roles within the Healthcare system for our Māori people throughout my upbringing, and I got to witness first hand what manaaki tangata is as a child which paved the way for my future goals ahead.

Before I came to mahi with Pirirākau Hauora, I spent 8 years travelling to various parts of the world but mainly in Europe assisting in Māori Healing and Deep tissue massage and manipulation under the Guidance of the late Pāpā Hohepa Delamere and Ezard Tamaki (my father). I worked in Auckland as an Administrator and Enrolment officer for one of our most well known maori Tertiary providers.

I am a self taught Lash Technician with 8+ years experience, I am also passionate about Interior Design and Landscaping.

I have a big heart for working with Kaumātua or the Elderly, Mauriora

Michelle Horne - Whanau ora Kaiarahi/Navigator

Ki te taha o toku Māmā

Ko Mauao te Maunga
Ko Tauranga te moana
Ko Takitimu te waka
Ko Ngati Ranginui rāua ko Ngai te
Rangi ōku iwi
Ko Pirirākau te hapu
Ko Paparoa rāua ko Tutereinga
oku marae

Ki te taha o toku Pāpā

Ko Matawhaura te Maunga
Ko Maketu te Moana
Ko Te Arawa te Waka
Ko Te Arawa te iwi
Ko Ngati Whakahemo te hapu
Ko Pukehina te Marae



Kia ora my role here is to support and guide whanau to achieve Whanau Prosperity and Wellbeing – “Mauri Ora, Mauri Tau”

I am positioned within the clinical and social service teams within our hauora, my Kaiarahi position as a navigator who operates in both whanau engagement and workforce support.

I am looking forward to the New Year to embrace this role and support our whanau/community to help them achieve their goals, dreams, and aspirations...

Meri Kirihimete ki a koutou katoa

GP Clinic

**If your running late for your doctors appointment
please call reception or rebook**



CHECKLIST

- 1 - Make Doctors appointment before Xmas
- 2 - Repeat prescriptions
- 3 - Have a safe and healthy Xmas/New Years

☐
☐
☐

*Log in to ManageMyHealth
and **manage** your health
online in your own time*

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



Clinic Cont'd...

MENINGOCOCCAL *symptoms in infants and young children*

On the 5th December, Northland District Health Board starts a targeted three week vaccination programme to halt the spread of a strain of meningococcal disease (W strain). They are offering free vaccinations to children and young people aged 9 months to 4 years (inclusive) and 13 to 19 years (inclusive) who live in Northland. PHARMAC has promised a supply of Meningococcal ACWY vaccines for this programme.

There have been increasing numbers of cases Meningococcal W disease reported in New Zealand Since 2017 but there are no confirmed community outbreaks elsewhere. The Ministry of Health acknowledges That there has been an increasing number of families requesting meningococcal vaccinations but advises that outside Northland the recommendations for meningococcal vaccination in the Immunisation Handbook should be continued to be followed.

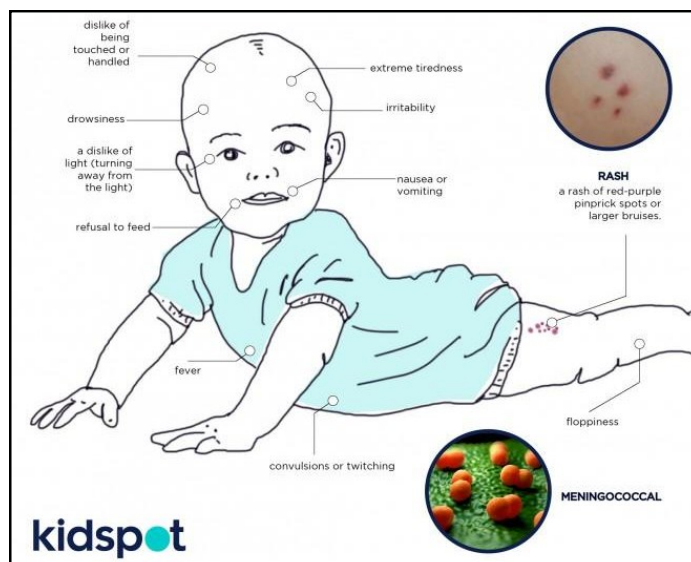
Publicly funded (free) Meningococcal ACW vaccine is available from General Practices for people who meet The following criteria:

- Patients pre or post- splenectomy or with functional asplenia
- Patients with HIV, complement deficiency (acquired including monoclonal antibody therapy
- Against C5 or inherited) or who are pre or post solid organ transplant.
- HSCT bone marrow transplant patients

Patients following immunosuppression

Close contacts of meningococcal cases.

Meningococcal vaccines can be privately purchased from General Practices (and for those aged 16yrs and over) from Vaccination pharmacies. Members of the public seeking Meningococcal immunisation should check with their GP or pharmacist whether they have the vaccine in stock before making an appointment.



In Home Care Services

Kia ora whānau

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

Our service caters to kaumātua 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 Māori aged 50-64 who have certain medical condition/s that are “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 Māori 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:

- Assistance with personal care
- House cleaning duties

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

Call us on **0800 PIRI HA** that’s **0800 747 448** or **552 4573** or email us at OKESS@pirirakauhauora.org.nz

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

HEMOCARE SUPPORT WORKERS REQUIRED

We are looking for experienced Support Workers to work part-time caring for Kaumatua in their homes.

Please contact Bronwyn or Souvenir on 07 5524573 Ext 712
or (0800 PIRI HA) 0800 747 442

Te Hā Ora



Nau mai, Hāere mai
Snacks and Light lunch provided

Pirirakau Hauora

TE HĀ ORA

KAUPAPA MĀORI ANTENATAL & PARENTING PROGRAMME

Te Hā Ora is a FREE holistic antenatal programme for hapū women and their whānau.

Our vision is to help you discover how to create an empowering, positive birthing experience drawing on the traditional ways of our people in the modern context of birthing in today's society

Each programme is 15 hours long spread over either 3 consecutive days (Tues, Weds, Thurs), 1 day per week over 3 weeks, or 5 evenings (5.30—8.30pm) over 5 weeks. It is open to hapū women and their support people / whānau and whangai parents-to-be, wanting to participate in a cultural experience



Wahakura for safe sleep / SUDI prevention



Ipu Whenua me Ipu Pito

For more information or to register interest please call: **5524573 ext 702** or Email: tehaora@pirirakauhauora.org.nz and leave your details and programme preference

JOB VACANCY

Te Ha Ora Coordinator/facilitator

Te Ha Ora is a Kaupapa Maori Ante-natal and parenting programme for expectant/hapū mothers, their partners, support people and their whānau. The aim of the programme is to help participants to create an empowering, positive birthing experience drawing on the knowledge and wisdom of our Kaumatua, in the traditional ways of our people, and in the modern context of birthing in today's society.

Applicants require the following:

Knowledge of Tikanga Maori and basic understanding or willingness to learn Te Reo Maori.

Ability to relate to people of all ages.

Ability to maintain confidentiality.

Full Drivers Licence

Organisational and recording skills

Computer literate

Ability to work as a team member

Pirirakau Hauora is a smoke free environment and is committed to a smokefree Aotearoa.

For a Job Description and application form please contact: Donna Motutere

07 5524 573 Ext 701 or email: manager@pirirakauhauora.org.nz

Or come into the Hauora and pick up an application form at:

3 Lochhead Road

Te Puna

Tauranga

Applications close 20th December 2018

Mirimiri

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
- Insomnia related to stress
- Myofascial pain syndrome
- Nerve pain
- Soft tissue strains or injuries
- Sports injuries

Mirimiri Vouchers

Available from Te Oturu Oranga
and Pirirakau Hauora receptions.

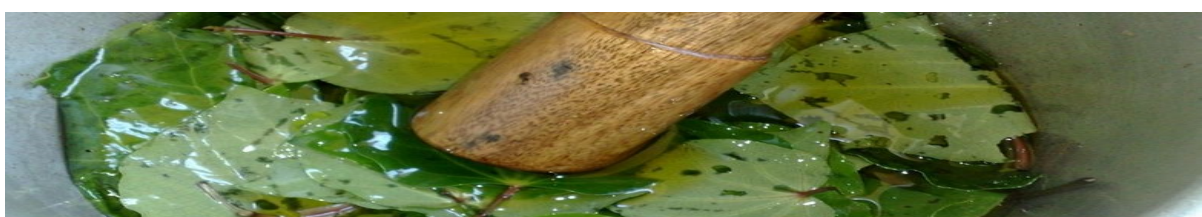
Mirimiri Service
Te Oturu Oranga
4 Paparoa Road
Te Puna
07 5526238

Book in now to beat the summer rush

Pirirakau RONGOA group

Te Ropu Rahurahu

will start back in February (Date and venue TBC)



Rangatahi Services

Holiday programme is coming up from the 22nd of January to the 1st of february.
Feel free to contact either Kelsey or kerekau for more information or any enquiries.

Loads of fun activities going down these holidays.

Our rangatahi services team will be in the office until the 21st of December if you require subsidy forms



SCHOOL HOLIDAY PROGRAMME

Week 1: Tues 22/01/19 - Fri 25/01/19

Day 1: Flip out & Marshall Animal park
(22/01/19)

MEET: 8.30am @ Hauora

COST: \$30.00 per child

BRING: Grip socks & Water bottle!

Day 2: Movies & Pools (23/01/19)

MEET: 8.30am @ Hauora

COST: \$20.00 per child

BRING: Togs & Water Bottle!

Day 3: SPLIT MYSTERY DAY & Pools
(24/01/19)

MEET: 8.30am @ Hauora

COST: \$25.00 per child

BRING: COVERED SHOES, togs & Water Bottle!

Day 4: Hamilton Zoo (25/01/19)

MEET: 8.30am @ Hauora

COST: \$30.00 per child

Week 2: Tues 29/01/19– Fri 01/02/19

Day 5: Movies & Tenpin (29/01/19)

MEET: 8.30am @ Hauora

COST: \$25.00 per child

BRING: Covered shoes, Water Bottle

Day 6: Sports Day & Bay Wave (30/01/19)

MEET: 8.30am @ Hauora

COST: \$15.00 per child

BRING: Covered Shoes, togs & Water Bottle!

Day 7: Amaze me & Aquatic centre
(31/01/19)

MEET: 8.30am @ Hauora

COST: \$20.00 per child

BRING: Covered Shoes, Togs and Water Bottle!

Day 8: Waimarino Water Park (01/02/19)

Meet: 8.30am @ Hauora

Cost: \$35.00

Bring: Togs, towel and water bottle!

Mental Health Corner

CAMHS close 21st Dec
CAMHS Re-open 8th Dec 2019

MENTAL HEALTH STRATEGIES FOR THE FESTIVE SEASON



Beating stress and depression in the festive season

- Eat well, **exercise** and **relax** every day, and enjoy alcohol in moderation
- Have realistic expectations
- Make a realistic budget and stick to it
- Develop strategies for **coping** with stress and **depression**
- **Planning**
- Be with other people
- Recognise the symptoms of stress and **depression** and seek help if they occur

Contact Numbers Should you need urgent Mental Health Support over the closed service days

URGENT HELP	111
MENTAL HEALTH CRISIS TEAM	0800800508
HEALTH LINE	0800611116
YOUTH LINE	0800 376 633
SAMARITANS	0800 726 666
LIFE LINE	0800 543 354 Or Free Text 4357 (HELP)



Te Hā Ora Antenatal Classes

Evening & Day classes available
Course is free.

Register your interest with
our Te Ha Ora Facilitator

Smoking Cessation

Want to stop smoking but know where to start,
contact Carl & Moana.

Kaumātua Programme

Our Kaumātua Programme is for Pirirākau
Whānau or Kaumātua Māori living in Pirirākau
Rohe and receiving our services.

For more information please contact Moana
at Pirirākau Hauora 552 4573

Pānui 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 pānui, 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.

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

Pirirakau Hauora GP Service Prices

Effective from 1st December 2018

STANDARD CHARGES:

Registered Clients: (Face to Face or Video)

Tamariki 0 - 13 years	FREE
Rangatahi 14 - 17 years	\$12.50
Adults	\$18.50
ACC Consultations	\$18.50

Casual Clients: (Required to pay prior to consultation)

Adults from 16 years +	\$38.00
Tamariki 0-16 years	\$20.00
Non residents and temporary visitors to NZ	\$80.00

Other charges please ask Reception

Pirirakau Hauora Mirimiri Service

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	\$18.50
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Accreditations:

Cornerstone Accredited
OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

If you would like a copy of this newsletter please call into the Hauora.