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

“Mēri Kirihimete”

and a safe and...

“Happy New Year”

Ngā Mihi Aroha



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- Events at the Hauora
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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 it looks like summer has finally arrived and we are in for a scorcher. This is our last newsletter for the year and it is really hard to believe that 2018 is only a few weeks away. Since our last newsletter in August things have been really busy at Pirirakau Hauora.

Staffing changes

Since August there have been some changes to the staffing at Pirirakau Hauora. We farewell Kerri Lawrence who has left to take up a new fulltime position and wish her all the very best for her new job. Kerri will be missed by all at the Hauora. We wish Ani Kuka all the very best for the birth of her new son in the new year. Ani will be leaving at the end of the year on maternity leave

Welcome to our new staff– Ruby Kingi, relief Clinic Reception; Natalie Rikirangi, Part time Home & Community Support Coordinator and Numia Tangitu who will be working as Rangatahi Projects Coordinator covering maternity leave. We also have 4 new Home care Support Workers taking our total staff numbers to 29.

Clinic News

It has been another busy 3 months at the Hauora. We are very proud to announce that we have achieved our target enrolled numbers of 1500 in the clinic. Thank you to all our loyal patients who continue to support our service, and welcome to all the new patients who have joined Pirirakau Hauora over the past 3 months. Your support is very much appreciated. Nga mihi nui ki a koutou katoa.

During the Christmas period we will be closing our GP Clinic for the 3 days between Christmas and New Year and all statutory days. Our last day will be Friday 22nd December closing at 12pm. We will re-open on 3rd January 2018. Please make sure you have enough medication to last you over the holidays. If you need repeats please make sure to contact the clinic.

After hours 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.

Congratulations to:

- the recipients of the Poututerangi Marae Achievers Awards
- The Tauranga Schools that participated in Te Mana Kuratahi National Kapahaka competition in November. It was great to see Pirirakau represented in all 5 roopu
- The new Maori members of Parliament, in particular our very own Kiri Allen

Nga mihi nui ki a koutou.

Marae Auahi Kore

In September Poututerangi held a Marae Achievers Event to acknowledge and celebrate the achievements of our Marae Whanau. Pirirakau Hauora in collaboration with Nga Mataapuna Oranga were proud to support the event with a Smokefree sponsorship, which included the acknowledgement of the decision to make Poututerangi a Smokefree Marae. We are currently in the process of developing a Smokefree Policy and strategy to implement the process of becoming a "Marae Auahikore". We congratulate the Poututerangi Marae Committee for accepting this challenge and look forward to a healthy future for our whanau.



Some of the Achievers Awards Recipients

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.

Services

Over the last 12 months our Mirimiri Service has not been utilised as much as we would like. This is a service that we believe is beneficial for our whanau and our Therapists are very skilled and professional. In 2018 we would like to improve utilisation of this service and encourage everyone to give it a go. You never know you may find it is just what you were looking for. If you are stuck for Christmas present ideas, we have Mirimiri vouchers available for sale; they make an ideal gift for everyone. If you would like to buy vouchers, give Te Oturu a call or ask at the clinic and we can organise vouchers for you.

If you are over 65 and struggling with your household chores or need support with your daily living as a result of health issues, we may be able to help you. Our Home Care Support Service is available to support our whanau to remain independent in their homes. We are able to provide support with personal cares, some household tasks and rehabilitation. If you think you, or a member of your whanau could benefit from some help please contact our Home Care Support Service team at the Hauora, and they will provide you with all the information. If you are eligible for Home Care Support you may also be eligible for our Respite Flexi Service, which offers a range of activities for Kaumatua to give them opportunities to interact with others and to give your caregivers a break. If you are interested in this service, please contact Moana Rayner, the Programme Coordinator. Moana can be contacted by ringing the Hauora.

Flashback and Highlights of 2017

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 have had a number of changes to our staffing which has resulted in new staff coming to work for Pirirākau Hauora. 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.

Throughout the year we have welcomed the following new staff to our organisation:

Kiley Te Moni - Community/Practice Nurse

Ruby Kingi - Casual Clinic Reception Relief

Donna Leef - Financial Assistant

Numia Tangitu - Rangatahi Projects Coordinator

Natalie Rikirangi - Homecare Support Service Coordinator

Tirikawa Ake, Lucia Faulkner, Maria Hoani, Ray Manicaros, Bernice Ormsby, Brigit Ririnui, Thomasina Samuels, Sandy Tu, Chrissie Rolleston, Katrina Nikora, Marama Flavell-Phillips, Larissa Johnson - Homecare Support Kaimahi

New Doctor - Dr Malcolm Christie

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.

New Services

This year we have been able to consolidate our new Homecare Support Service, which officially started in September last year, but took some time to get up and running. The service is now running really well with 2 part-time Coordinators to oversee the service. Referrals to the new service are slowly coming in as we build our numbers and we are able to provide employment for some of our whanau.

The Respite Flexi is a new service that we have been trying to get off the ground since last year. We have finally got it up and running and now taking more referrals. At the moment we are running 2 group activities per week with the possibility of adding to this as our referrals increase.

2018 is looking bright for these new services.

Achievements for 2017

- 5 Marae-based Te Ihu Waka Tikanga Programmes
- First Aid, Mirimiri and Health Promotion at VK Day
- Information evening for Rugby Club
- Ra Whakahonohono Hapori Expo held on Te Huhunu Grounds
- Signing of partnership agreement with Vision West for Homecare Support Services
- HDANZ Accreditation
- Quarterly staff Tikanga Training with Tame Kuka
- Rangatahi Health Promotion workshops and screening of WARU at Paparoa
- Drivers Licence programmes (Learners, Restricted and Full)
- School Holiday programmes for our tamariki every holidays
- Establishment of a Rongoa Group with workshops
- Development and implementation of the Respite Flexi Service for Kaumatua
- Development of Homecare Support Service
- New Doctor for the Clinic (Dr Malcolm Christie)
- Achieved our enrolment target of 1500 in the clinic
- Community Nurse active in the community
- Successful Cervical Screening campaign in September
- E Hine - Te Mana o te Wahine—Puberty programme for the senior girls in Te Puna Matauranga
- Homecare Support staff completed Careerforce training
- Implementation of the new 'Pay Equity' bill.
- Plan for future development of Te Oturu with feedback from the community
- Staff Strategic Planning to set the direction for next year.
- Support to Poututerangi with Smokefree kaupapa.
- Heaps of training, networking and hui for staff and board.

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.

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 Erena a call at the Hauora 5524573 ext 706.

Whānau Ora

Providing support and information to whānau to enable them to self-manage their own health conditions. Contact Erena or for Support for Kaumatua contact Moana on ext 707.

Pirirakau Hauora Kaumatua Programme

This Kaumatua activities programme is run fortnightly and is available for Pirirakau whanau who do not qualify for the Respite Flexi service. If you would like to get out and about and participate in social activities and interaction with like minded people this may be the programme for you. If you would like to join our Kaumatua Group contact Mahia on 552 6238 for more information.

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 2018. If you plan on spending time relaxing in the sun, please make sure to cover up and use sunscreen and protect yourselves from the harsh effects of the sun's rays. If you are planning on travelling or spending time at the beach, please be safe; drive responsibly, be sunsmart and stay safe around the water.

Meri Kirihimete me ngā mihi aroha mo te tau hou.

Dux

Hauora Profile

New Kaimahi for Pirirakau Hauora

We have had a few staff changes of late - we say goodbye to Ani who is glowing and looking beautiful with her puku. She will be getting her home ready for a new pepi, due in the New Year. We wish her all the best and look forward to meeting bubs when Ani comes in to visit.

Nau Mai Haere Mai

Ko Mauao te maunga

Ko Tauranga te moana

Ko Takitimu te waka

Ko Ngati Ranginui te iwi

Ko Pirirakau te hapu

Ko Tutereinga te marae

Ko Numia Tangitu toku ingoa



I was born and grew up here in Pirirakau and have worked along side our rangatahi and tamariki within the community with many kaupapa. I am very blessed to have two beautiful tamariki who remind me daily of my purpose in life and a supportive, loving whanau.

I am honoured to be able to work within Pirirakau Hauora with our Rangatahi Services. I am excited to help our tamariki and rangatahi and hope to provide them with programmes that will upskill and uplift them to help with their bright futures they have ahead of them.

I would like to thank Pirirakau Hauora for providing me with this exciting opportunity and would also like to send a big mihi to Ani for all the mahi she has provided for our people within these services and wish her all the best for her new bundle of joy ☺

Naku iti nei,

Numia Te Ea Tangitu

Hauora Profile

Nau mai haere mai

Tihei Mauriora

Ko Mauao te Maunga

Ko Te Awanui te Moana

Ko Koopurereru, Ko Wairoa, Ko Wairere ngā Awa

Ko Huria, Ko Wairoa, Ko Tawhitinui ngā Marae

Ko Ngāti Ranginui, Ko Ngai Te Rangi Ko Ngāti Pūkenga ngā Iwi

Ko Ngai Tamarawaho, Ko Ngāti Rangī Ko Te Materāwaho, Ko Pirirakau ngā Hapū

Ko Takitimu Ko Mataatua ngā Waka

Ko Richard Rikirangi rāua Ko Maria Nicholas ōku Kuia Koroua

Ko Kapua Rikirangi tōku mama

Ko Natalie Rikirangi ahau



Huri noa tena koutou katoa

Taku waimarie, taku whakaiti

Aku aumihi mō te reo whakatau,

Te reo koa kua puta, kua rangona

Hīkaka ana te wairua, mānawanawa ana te hinengaro

Mauri ora, Hau ora ki ngā uri o Pirirākau

Kia ora tātou my name is Natalie Rikirangi and I have been recently employed as a Part time Home and Community Support Services Co ordinator for Pirirākau Hauora working alongside Kahli Elvin to deliver a service that caters and provides quality and genuine support and care for our kaumātua/elders.

I spent most of my childhood in Auckland and have settled here in Tauranga Moana where I met my partner and father to my four children, Russell (*Wiparata*) Ngatoko.

I have worked in retail; Kura, Community Centre, Co-tutored primary/secondary level kapahaka and previously come from Ngāti Ranginui Iwi Inc Soc as the administrator for a kaupapa called Mauri Ora *Mauri the essence and Ora to revitalize. This was a health focused kaupapa with the intentions of looking after the health of our Māori people and the wider community.*

I have always had an interest in hauora mahi and have been given the opportunity to work with and amongst some awesome people. I look forward to meeting and working with our whanau of Pirirakau and the wider community and will do my best to deliver and provide a great service.

Tēnā tātou katoa

Clinic News

National Health Advisory - FYI ONLY - Notification of National Outbreak of Whooping Cough (pertussis) Outbreak 1 December 2017

Tēnā koutou,

You may already be aware that New Zealand is in the early stages of a [national outbreak of whooping cough \(pertussis\)](#). Babies aged up to one are particularly vulnerable to whooping cough.

It's important to raise awareness of timely immunisation's as a crucial way for parents/whānau and pregnant women to protect their babies and children against whooping cough. Babies are at greatest risk when they are very young. When pregnant women are vaccinated, they pass their immunity on to their baby, protecting them until they are able to be immunised at 6 weeks.

From 1 January–10 November 2017, a total of 1315 cases of whooping cough were notified around the country. Of these cases, 82 were babies aged less than one year old. Half of these babies were hospitalised.

This is an information/advisory only.

The poster features a blue-tinted background image of a traditional Maori woven basket (hau) and a book titled 'Te Ha Ora Kaupapa Maori Antenatal Programme'. The text is overlaid in white and red.

Te Ha Ora

Kaupapa Maori Antenatal Programme

Wananga:

Dates: To be confirmed *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 Erena Epiha

E: e.koopu@pirirakauhauora.org.nz P: 075524573 xtn 706

Mob: 021 0250 3204

Holiday Programme January 2018

First week:

Tuesday 16th – Friday 19th Jan 2018

Second Week:

Monday 22nd Jan 2018

(No programme on Tuesday 23rd Jan)

resume Wednesday 24th – Friday 26th Friday

Te Oturu Oranga - Mirimiri Services - Paparoa Road

Open Monday - Friday 8.30am - 4.30pm

Phone: 5526238 for an appointment

Friday 1st December

Rongoa Group

The Rongoa Group had a gathering on Friday. Interested people could attend to learn more about Rongoa and share ideas and knowledge they have with the group.

- ◆ Some topics that were covered: Rongoa Rakau tikanga, plant identification, harvesting and utilisation of certain rongoa.
- ◆ Safe practices of using what's readily available around the area.
- ◆ Introduction based - not for commercial purposes.
- ◆ Practicing knowledge of plant identification and making panipani/salve.

This was enjoyed by all and they shared a healthy lunch together.

Keep an eye out for the next Rongoa group gathering in the New Year.

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 - Call Te Oturu to make an appointment with one of our Mirimiri therapists.

Christmas

Christmas is a time of great stress and you can feel it ramping up from November. Everybody is winding up at school, lots of prize givings. Even some work Xmas parties have started. The television is bombarding our tamariki with all sorts of goodies to ask for at Christmas time. Trying to make ends meet is the hardest thing and making sure your tamariki have something they were hoping for.

Secret Santa is always a favourite, and can be lots of fun!



1. Make a dollar value and pick names out of a hat and that's who you buy for. That goes under the tree with that person's name on it.
2. Buy a present of a certain dollar value and the group draw out numbers out of a hat, from 1 - however many people are there. Every person participating buys a present. Number 1 goes first, number 2 etc. But if number 2 likes number 1's present they can take that instead of out of the pile. Lots of fun and laughter.

Christmas Gift Ideas

1. A Christmas decoration; some you can get named.
2. Soaps, lots of lovely ones around
3. Candles/candle holders
4. Tea towels, oven mitts
5. Incense
6. Movie tickets.
7. Special Coffee sachets/ tea.
8. Home made shortbread or cake.
9. Barbecue lighter (for your menfolk)
10. A bottle something special (just 1)
11. A beach towel/ sunscreen.
12. A calendar or diary for next year.
13. A ball



Something small is more than adequate, Christmas is a time for whanau to get together and to have a kai and spend time together not working! Sun, fun and games for all. Buy little gifts during year when on special. Keep the bigger present for their birthdays, then you can make the birthday person feel really special.

Shortbread Recipe

250g butter, softened

3/4 cup icing sugar

1/2 cup cornflour

1 1/2 cups standard flour

Preheat oven to 150⁰C bake. (Fan bake 140⁰C) Grease your oven tray or line with paper.

Beat butter and icing sugar until pale and fluffy. Mix in cornflour and flour until it all comes together into a dough.

Roll out on a floured surface to 1cm thick and cut shapes using biscuit cutters or roll into a log and cut into rounds. Bake 25-30 minutes. Shortbread shouldn't be brown - pale and crisp.

Variations: cut glace cherries into mix, almonds or even pistachios into mix.... YUM!

Kaumatua Korner

By Mahia Wilson

The Pirirakau Hauora Kaumatua Activity programme being run by Mahia Wilson are going to their Xmas lunch at the Nautilus Restaurant to celebrate Christmas and see Hana koko on the 5th December.

The group have been involved in a couple of very interesting presentations lately.

The first from our local Community constable which was all about the impact on the community of all the drugs of the day, like P and Marijuana. He touched on the signs of drugs and Kaumatua found it very informative.

The second presentation was from Bay Wide Community Law with information on those things that are sometimes hard to ask. The discussion was based around Wills, powers of Attorney, and forming Trusts. Some of this stuff is hard to get your head around so this was well received.



They also attended the Te Wananga o Aotearoa Raranga Exhibition and saw the high quality work done by the students and kaimahi at the Wananga.

Kaumatua Respite Services

Moana, Kahli and Mahia

This group meets usually twice a week and has events at the Hauora which can be board games, speakers, movies, waiata and chair yoga etc. Due to the unsettled bad weather Moana has planned and organized many entertaining days for them here.

When the weather man tells us its going to be fine, off they go out to parks for picnics and fresh air and a bit of exercise with plenty of laughs too.



There's never a dull moment with these Kaumatua, they are off all over the place. Trips to Katikati mural festival with shopping, the Quilt Exhibition and Orchid show. Another trip was to the Elms, where they had a walk through the historical buildings and grounds.

Moana and Mahia are here early every morning the programme is on making the kai - either to serve here or picnic lunches. They do a wonderful job of this and as staff come in we can smell the wonderful cooking these ladies do for our Kaumatua.



Pirirakau Hauora GP Service

Our service will close at 12 noon on Friday 22nd December and re - open on Wednesday 3rd January 2018 at 8.30am. Our phones will be on After hours service. If you ring 5524573 you will be able to speak to a Nurse and they will advise you if you need to be seen by a doctor.

Cervical smears

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.



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and **manage** your health
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- 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

Tel: 0800 Public Health Service
RAY OF PLenty DISTRICT HEALTH BOARD
Serving Ray of Plenty and Lagoon Wharfedale

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

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

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 1st 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

Accreditations:

Cornerstone Accredited
OSCAR School Holiday Programme
HDANZ Home & Community Support Services

Environmental Friendly Electronic Newsletter

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