



Find us on  
**Facebook**

[www.facebook.com/pirirakauhauoracharitytrust](http://www.facebook.com/pirirakauhauoracharitytrust)



VK Day February 2016



Ra Tamariki Ora - March 2016



## Opening Hours:

Monday - Friday  
8.00 - 4.30pm

Doctors Hours:  
Monday - Friday  
8:30am - 4.30pm

## Our Mission:

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

# Mihi from Dux

Tena koutou te whanau o Pirirakau. Nga mihi mahana ki a koutou mo te tau hou. Nga mihi nui ki nga whanau e mauia ana i roto i o koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou.

He mihi tino aroha ki nga whanau e noho pouri ana, e noho pani ana. Ma te atua hei manaaki i a koutou.

Condolences to the whanau of Dr Runa Rao who passed away in the New Year. We appreciated her commitment to Maori Health and supporting our whanau. Moe moe ra.

This is our first newsletter for the year, so Happy New Year everyone. We hope you all had safe holidays and that the heat has not been too unbearable. Here's hoping it will cool down now that Autumn has arrived.

## Clinic News

The start to the year has been somewhat bumpy for our clinic. Unfortunately we had to say goodbye to our Practice/Community Nurse, Kerri Lawrence, who has had to leave because the travel distance to work was too much and she has secured a position closer to home. We wish to thank Kerri for all that she has done for our Hauora and whanau and wish her the very best for the future. To date we have not yet recruited another nurse and are grateful for the support from Te Manu Toroa while we review our situation. We appreciate your patience.

There are changes afoot with technology playing a huge part in our services. The Ministry of Health has introduced a new system called "Patient Portals -Manage my Health" which will give patients more access to their medical information. It can be described as being like internet banking, but for your health.

More information about this is included in this

## Prices

To keep in line with the other practices in the Nga Mataapuna Oranga Provider Network there will be a small price increase to support the new changes that are taking place. Our fee will increase from \$17.00 to **\$17.50** effective from the **1st March**. For those that wish to have access to "Patient Portals", there will be an annual fee of **\$5.00**. More information to follow on this.

## Kaumatua Ball

Many thanks to all those that supported the Kaumatua Dinner at the Rugby Club at the end of the year. Though the numbers were not as good as we hoped for, those that attended had a great time and the feedback has been very positive.

Well done to those that came with a decorated hat. Nga mihi.



## Staffing

Sadly we have had to say goodbye to Rihi Motutere who has left to complete Post Graduate study and Masters. We wish Rihi all the very best with her studies and future endeavours.

We welcome Ani te mea Kuka who started work at the end of the year in the position of Rangatahi Coordinator and Te Ha Ora Coordinator. Nga mihi Ani.



# Mihi cont'd ...

## Staffing cont.....

There have been some changes at Te Oturu as well. Hone has cut back on the number of Mirimiri that he is able to do and Mere Horopapera has come on board as a new Mirimiri Therapist. Welcome Mere.

Awhimai has increased her hours and is now available four days of the week in the Mirimiri Service. Erina Walker will be coming back on a fortnightly basis to provide Lymphatic Drainage for those that wish to access this service. For more information please give Mahia a call at Te Oturu.

It is with sadness that I announce the retirement of our kuia, Whaea Rahera Biddle, who will be leaving at the end of March to move closer to her whanau. We wish Rahera the very best for the next phase of her life's journey and we will miss her motherly nature. Nga mihi ki a koe, e te whaea.

## New Service

We are currently in the process of developing a new service at Pirirakau Hauora. This service "Respite Flexi Care", provides support to Kaumatua to enable them to remain in their own home for as long as possible. Respite Flexi Care supports kaumatua to participate in community activities and supports the whanau/carers by allowing them to take a break.

Service users will need to have had an assessment by Support Net to allocate the level of support required.

For more information about Respite Flexi Care, come in and pick up a pamphlet or talk to Moana or myself.

More information will be made available as we move through the development phase of the service.

## Flu Vaccinations

Well folks, it's that time again flu season is almost here. We are hoping to have our flu vaccinations within the next week. The flu immunisation is FREE for people most at risk of serious complications from influenza including:

- Pregnant women
- People with an ongoing medical condition like asthma, diabetes or a heart or lung condition
- People aged 65 years or over.

If you fit either of the criteria, make contact with the clinic to make an appointment for your free flu vac. The Flu vaccination is also available to people who do not meet the above criteria, but there will be a charge of **\$25**.

## Te Ha Ora

If you are pregnant or know someone who is, and would like to attend a Kaupapa Maori Ante natal programme, please contact the Hauora. Ani te mea Kuka is the coordinator/facilitator of this programme. She will be able to provide information about the programme and dates/times that the programme will be running. Dads, Nans, Koro, siblings and extended whanau are welcome to attend the programme as well.

Well whanau I have come to the end of my allocated space, and run out of korero.

So until our next newsletter keep safe, stay healthy and enjoy the little things.

Nga mihi

## Dux



# Community News



## Up Coming Calendar of Events

9th March	Walk to Work Day
18 - 19th March	Child Cancer Appeal Month "Beads of Courage"
20th March	World Oral Health Day
24 - 30th April	World Immunisations Week
16 -22nd May	Hospice Awareness Week
16 - 22nd May	Road Safety Week "Look Out for Kids"
21-29th May	Youth Week "Giving Back is Giving Forward"
31st May	World No Tobacco Day

## DOGS!

There have been a few incidents in the community lately.

Our Tamariki have been chased by dogs when riding their bikes. Please be aware of where your kuri is at all times.

If you are not home or you have no fence, you need to have them tied up with shelter and water (especially in this heat).

Being chased or bitten by a dog is very traumatic .



## Kaimahi Hou

Ko Mauao te maunga  
Ko Tauranga te moana  
Ko Takitimu te waka  
Ko Ngati Ranginui te iwi  
Ko Pirirakau te hapu  
Ko Poututerangi te marae  
Ko Mere Horopapera ahau



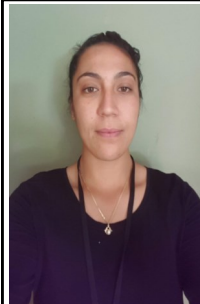
Tena tatou katoa.

I am the newest kaimirimiri for Pirirakau Hauora at Te Oturu, working on Mondays and Tuesdays. My passion for mirimiri stems from a young age, receiving and observing all different types of mirimiri and seeing the benefits for your overall well-being.

At the end of last year I qualified as a Body Therapist in NZ, specialising in Swedish massage, electrical body treatments and my first degree in Reiki. Early this year I also qualified internationally in Reflexology, Spa Treatments and Hot Stone Therapy.

I look forward to working in the peaceful, relaxing environment with the team at Te Oturu. Nau mai!

Mauri Ora!



Ko Mauao te maunga  
Ko Tauranga te moana  
Ko Takitimu te waka  
Ko Ngati Ranginui te iwi  
Ko Pirirakau te hapu  
Ko Poututerangi te marae  
Ko Ani Kuka ahau

Tena tatou katoa

I was born and bred in Te Puna and have spent most of my life here. I attended Pirirakau Kohanga Reo and the "classrooms of my parents" in my early childhood years. I then moved on to Te Puna Matauranga and then Tauranga Girls' College to finish off my secondary school education. Following secondary school, I moved to Auckland and completed a Certificate in Audio Engineering and Music Production through MAINZ before moving home to work at Pirirakau Kohanga Reo.

I am now a mother of a very adventurous 18 month old daughter, working and studying, living and learning ☺

I am very privileged to be joining the Pirirakau Hauora whanau as a Rangatahi Services Coordinator and the Te Ha Ora facilitator. I look forward to helping our Rangatahi and Hapu Mama and whanau build positive, informed and enjoyable lives.



# Manage My Health (MMH) Pirirakau Hauora

## Patient Information - Empowering for Health & Wellness

ManageMyHealth™ is a secure website which receives an individual's personal health information uploaded from their doctor, or health practitioner's, practice management system. It can also be used to store other health-related information which may not be recorded, such as other treatments you have received, or other medications that you may be taking.

It allows access to your personal health information from any internet device at anytime, anywhere in the world.

The ManageMyHealth™ website has a number of other features including health related news, community forums and access to wellness initiatives. Over time, there will be more features available within the site providing users with an online health resource to assist in the management of both their own, and their family's healthcare and wellbeing.

### Key Benefits

ManageMyHealth™ is a new online service that gives you:

- ♦ 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
- ♦ online tools to improve your health and track your progress online
- ♦ ManageMyHealth™ is available to you right now. All you need to do is ask your medical centre. The registration process is quick and easy.
- ♦ MMH is a place where you can access medical information specific to yourself. You can make notes and entries that you may make accessible to hauora staff if you wish. We fully support the concept of a patient held electronic health record.

[www.managemyhealth.co.nz](http://www.managemyhealth.co.nz)

This is a website for you, which uploads information from our computer to a secure web browser. Once you have filled out our registration form, you will need to register online too. Please contact Pirirakau Hauora for any assistance on this.

### Available Mid - March 2016 - ONLINE APPOINTMENTS

We encourage you to use the online appointments for bookings. If you will need longer than the standard 15 minutes, please call the hauora for a double appointment.

### Coming Soon - REPEAT PRESCRIPTIONS

We encourage you to use the Request Prescription service. You will receive an email when your doctor has done the prescription. Please allow 1 working day for this service. If you need a prescription more urgently then phone reception.

### Coming Soon - TEST RESULTS

We would like to use ManageMyHealth as one of the ways of notifying you of test results. We also use texting and telephone. When we receive your result you will be sent an email saying your record has been updated.

**PLEASE DO NOT SWITCH OFF THE AUTOMATIC NOTIFICATION BOX IN YOUR EMAIL INBOX SETUP.**

Your 'Lab Results' section in the 'Health Summary' option will have your results. One column has your doctor's comments on the test. For more detail click the blue 'i' button. Please read your doctor's comments and take any action recommended. If there are serious abnormalities we will always contact you through other channels, including phone and letter.

*Kia ora nga whānau o te Pirirakau Hauora*

#### **IMPORTANT MESSAGES**

**New price schedule effective from 1<sup>st</sup> March 2016**

Consultation Fees	Existing Charges	NEW Charge 1 <sup>st</sup> March 2016
Children 0 - 12	No Charge	<b>No Charge</b>
Adolescent 13-17	\$11.00	<b>\$17.50</b>
Adults	\$17.00	<b>\$17.50</b>

These prices have been streamlined across Nga Mataapuna Collective (Including Te Manu Toroa, Te Akau, Waitaha and Pirirakau Hauora Clinics). We continue to be a low cost GP Service and appreciate your support. If you wish to discuss this further please see Donna Motutere.

# FREE FLU VACCINE

## Influenza is a serious illness with severe effects

You may be **eligible** for a **free** flu vaccine if you:

- ▶ Are aged 65 years or over
- ▶ Are Hapū
- ▶ Suffer from cardiovascular or chronic respiratory ailments
- ▶ Have Diabetes
- ▶ Have Cancer

If you are unsure if you are eligible for a FREE flu vaccine please talk to our clinic team and they can help.

If you don't fit the above criteria for a free vaccine you can still



### ***INFLUENZA IS DIFFERENT FROM A COLD***

Influenza (The Flu) can be a serious illness that is sometimes fatal. Infection with the flu may lead to a stay in hospital for any age group but particularly Kaumatua or those with an ongoing medical condition. The Flu can make conditions such as Asthma

#### **FLU**

- Sudden Onset—Moderate to Severe Illness
- Fever (Usually High)
- Headache (may be severe)
- Dry Cough, may become moist
- Muscle Aches
- Shivering
- Bed Rest Necessary
- Can Suffer Severe Complications—e.g Pneumonia

#### **COLD**

- Mild Illness
- Mild Fever
- Mild Headache (congested sinuses)
- Sometimes a cough
- Muscle Aches are Uncommon
- A Runny Nose

Source: [www.moh.org.nz](http://www.moh.org.nz)

## Daughter in school year 8?

Protect her from cervical cancer by getting her free HPV immunisations

Girls in year 8 are being offered free HPV immunisations at school.

A consent form will be coming home with them for parents and caregivers. Please read, sign and return the form to school.

If you would like to find out more you can speak to your public health nurse on (07) 577 3383 or contact your family doctor or practice nurse.

For further information visit [www.health.govt.nz/hpv](http://www.health.govt.nz/hpv)



### **Tamariki Immunisations**

Protect our most valuable taonga!

"On time every time"

- 6 weeks
- 3 months
- 5 months
- 15 months





## Sun Smart/Melanoma Awareness Month

During the month of March 1<sup>st</sup> to 31<sup>st</sup> is Melanoma Awareness month. The Melanoma New Zealand encourages kiwi people to take notice of highlighting the risk of skin cancer and the need to get regular skin checks.

As part of the month, "Go Spotty" Day on Thursday 24<sup>th</sup> March to go to work dressed in spots and bearing a gold coin donation.

Most of us have spots on our skin, that is quite normal. It only takes a minute to check.

Speak to your doctor if you have any of these signs. Thousands of New Zealanders need treatment for some form of skin cancer each year.

However be on the lookout for:

- any changed or new freckles
- a mole or spot that does not heal
- a spot that looks different from other spots around it
- a spot that has changed colour, shape or size in the last few months



Be Sun Smart – Slip Slop Slap wrap - Slip into a shirt and into shade, slop on sunscreen before going outdoors, slap on a hat or cap to protect the face & neck, wrap on a pair of sunglasses to protect the eyes from UV rays.

Source: [www.sunsmart.org.nz](http://www.sunsmart.org.nz)

## On Wednesday March 9<sup>th</sup> is walk to work day



### Walk2Work Day 9 March 2016 "Walking and public transport"

Wednesday 9 March 2016 is our national day for walking and this year again is focused on the close links between public transport and walking - they go together hand in hand.

Walking is part of every journey.

Source: [www.livingstreets.org.nz/walk2work](http://www.livingstreets.org.nz/walk2work)

## World Oral Health - What is WOHD?

World Oral Health Day (WOHD) is celebrated every year on 20 March. It is an international day to celebrate the benefits of a healthy mouth. And to promote worldwide awareness of the issues around oral health and the importance of oral hygiene to looking after everyone old and young.

How to prevent gum disease and tooth decay.

- Clean your teeth & gums every day
- Brush your teeth with fluoride toothpaste twice a day
- Use a soft-bristled toothbrush
- Floss between your teeth and gums

It is important to visit a dentist for a check-up, they will identify any problems and provide any treatment needed.

Source: [www.worldoralhealthday.com](http://www.worldoralhealthday.com)



# **WORLD NO TOBACCO DAY - 31 MAY 2016**

## *Time to quit smoking? Need Support?*

Come and talk to our Clinical Staff or alternately Moana Rayner our Whanau Ora Kaimahi who is trained in Smoking Cessation

## **Friends and family**

Is someone close to you quitting smoking? Your support and encouragement can be very important as they try to quit - and to help them stay quit. Here are some tips on how you can help:

- Don't argue with or nag them about their smoking - but support them when they choose to quit.
- Let them know where they can find help and support to quit.
- Suggest going to places where people don't smoke.
- Go walking or exercising with them.
- Be there for them! Sometimes, a person who is trying not to smoke just needs someone to talk to.
- Show them how you deal with stress and boredom without smoking.
- Remind them they will enjoy socialising, eating and exercising much more than before.
- Focus on all the good things about quitting, and their own reasons for quitting.
- Most smokers try several times before they quit permanently - but every quit attempt will make it easier for them to stop smoking next time around.
- Give support and encouragement, even when they have a slip-up. A slip-up is not a relapse - it's just a slip-up.



Source: [www.quit.org.nz](http://www.quit.org.nz)

## **Youth Week 21st-29th May 2016**

### **Youth Week 2016 celebrates Aroha Mai, Aroha Atu - Giving Back is Giving Forward**

This year's theme is all about giving: whether it's the way you support your family, your friends or your community, whether you it's the volunteer work you do, the help you give to your neighbours or the way you create space for others who are different from you, whether it's about sharing your opinions, your voice, your stories or casting your vote when you have the opportunity. This year we want to hear about what you give and the gifts you receive - the hands, hearts and energy that have helped you on your journey.

For the older generation it's about how we engage with the young people in our lives - whether it's sharing our stories, supporting them to achieve their dreams or being a listening ear when life gets tough.

*Check out our FB posts for more information to come out in May.*

<http://www.arataiohi.org.nz/youthweek>

AND THE 2016 YOUTH WEEK THEME IS... DRUM ROLL PLEASE!

**GIVING BACK  
IS GIVING  
FORWARD**

**Youth  
week**

[WWW.ARATAIOHI.ORG.NZ/YOUTHWEEK](http://WWW.ARATAIOHI.ORG.NZ/YOUTHWEEK)

31-29 MAY 2016



## SCHOOL HOLIDAY PROGRAMME

### WEEK 1: NOHO MARAE!

*Come and join us from the 19th to the 22nd of April for a fun-filled stay at Paparoa Marae.*

*We will be doing a number of activities at and away from the marae including Cinemas, Ten Pin Bowling, Bay Wave Amazing race, Baking, Games, Sports and plenty more!!*

**MEET:** 8.30am at Poututerangi Marae

**COST:** \$80.00 for the entire noho



### WEEK 2:

#### DAY 1: Movies & Pools

*Come with us for a relaxing day at the movies and the pools!*

**MEET:** 8.30am at Hauora

**COST:** \$25.00 per child



#### DAY 2: Laser Tag & Pools!

*Come and work up a sweat on the laser tag battle field before heading to the pools to cool off!*

**MEET:** 8.30am at Hauora

**COST:** \$25.00 per child



### DAY 3: It's a Mystery!

*Yesterday is history and today's a mystery. Come and see what we have planned!*

**MEET:** 8.30 am at Hauora

**COST:** \$25.00 per child



### DAY 4: H-Town!

*To celebrate our last day of the holidays, we will be heading off to Hamilton. First stop Inflatable World then off we go to Water World for some fun hydroslide action!*

**MEET:** 8.30am at Hauora

**COST:** \$45.00 per child



### April School Holidays: Tuesday 18th to Friday 29th April

Outstanding Accounts from previous Holiday Programmes must be paid in full before tamariki can attend the next programme. Please get in contact with Management if you have any queries regarding outstanding accounts.

Please note from April 2016 we will no longer be accepting cash payments on the day of the Programmes. You can however pay cash up for any days in the 4 weeks prior to the programme starting. Eftpos and Direct Credit payments are our preferred method of payment.

Our Bank Account Details are: KiwiBank 38 901 0046783 00

Please use your child/ren's name as reference.

### **Te Hā Ora Antenatal Classes**

Evening, Day & Weekend classes available

Course is free.

Register your interest with

Ani Kuka 022 397 0547

### **Smoking Cessation**

If you ever wanted to stop smoking but didn't know how, contact Hinemanu & Moana.

### **Kaumātua Programme**

Our Kaumatua Programme is for Pirirakau Whanau or Māori Kaumatua living in Pirirakau 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 email or bring them into Claire 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 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.

**These incur a \$10.00 Charge.**

### **Follow us on Facebook**

[facebook.com/pirirakauhauracharitabletrust/](https://facebook.com/pirirakauhauracharitabletrust/)

## **Price List** (current as of 1<sup>st</sup> March 2016)

### **Registered with Pirirakau Hauora GP**

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

### **General Fee for Casual Users**

Adults	\$37.00
Children	\$17.00

### **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
--------	---------

### **Casual Clients**

1 Hour	\$60.00
--------	---------

Non cancel appointment charge \$10.00

### **Accreditations:**

Telarc: ISO:9001:2008

Cornerstone Accreditation  
OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

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