

Asthma Awareness Week

31 August – 6 September with Balloon Day on Friday 4 September

Website: <http://asthmafoundation.org.nz/news-and-events/balloon-day>

Pirirakau Hauora Presents

Asthma Awareness Week & Balloon Day

All welcome to join the Community Hikoi

Friday 11th September 2015

At 10am

Return back to the Hauora for refreshments

Nau mai haere mai

Asthma Awareness Week
31 August-6 September 2015



the asthma foundation
Balloon Day
Friday 4 September

WE NEED YOUR SUPPORT

Call 0800 4 ASTHMA (0800 4 276 462) to donate \$20
or visit asthmafoundation.org.nz to donate now



Zero Fees for under 13's From 1st July 2015 children under 13:

- Are no longer charged a fee for visits at most general practices
- No longer charged the regular \$5 prescription fee.
- Have access to zero fees for after-hours care.

Ask your GP or Nurse, talk to a pharmacist or call Healthline on 0800 611-116

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:

3 Lochhead Road
RD6 Te Puna,
Tauranga 3176
Ph: 07 552 4573
Fax: 07 552 4572

manager@pirirakauhauora.org.nz
www.pirirakauhauora.org.nz

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.

Yay! Winter is over and the fruit trees are starting to blossom. Spring is in the air and as soon as the ground dries we will be able to start digging our gardens, if we haven't already.

Clinic News

I am happy to announce that we finally have a full team at the clinic. Over the past month we welcomed Hinemanu Kelly back as Community/Practice Nurse. Hinemanu will be working in the community and also in the clinic with Kerri.

I am very proud of our new clinic team and the awesome work that they have been doing. We underwent a Cornerstone Audit to retain our accreditation with the College of General Practitioners and came out with a great result. Many thanks to the clinic staff and of course Claire, who led the process and supported staff to ensure that things were up to scratch and in place to meet the required standards.

You will have noticed over the past month, that some of our charges have changed. There have been some increases to bring our service in line with other Maori Health services in our network and the biggest thing that has changed is that we now offer services "free to children under 13". This came into effect on 1 July 2015.

In July we farewelled our doctor Runa Rao as she has decided to retire after a very long service to the people of Tauranga Moana. We wish her all the best for her retirement. She will probably be back from time to time when our regular doctors take a break and we need someone to relieve.

We would like to welcome Dr David Spear who will be working at Pirirakau Hauora every second Friday. We are also lucky to have his registrar join him on some of those days, so will have access to two doctors.

Flu Vaccination

The Ministry of Health has announced that the flu vaccination season will be extended to the 11th September due to continuing high levels of influenza. So if you have not yet had yours, please ring the clinic and find out if you are eligible for a free flu vaccination and/or make an appointment. There has been an increase in the incidence on flu this season and there is still a high risk of catching the flu.

So don't get caught out—come in and see our nurses for your flu jab.

Appointment times

Just a reminder that if you are not able to keep your appointment with the doctor please ring reception to cancel. Please give 1-2 hours notice on any cancellations to give us time to book others in. If you fail to turn up to your appointment without notifying us of cancellation you will be charged the usual consultation fee.

Enrolments

If you are not currently enrolled with a GP Practice or haven't been to a doctor for 3 or more years, it is advisable that you enrol in order to receive the benefits of patient fee subsidies and doctors having access to your medical history prior to being seen. Pirirakau Hauora is currently taking on new enrolments, so if you are not enrolled with a doctor come down or give us a call and we can send you an enrolment form. If you aren't sure of your enrolment status, give us a call and we can let you know if you are enrolled or need to re-enrol.

Motuhua Pipi Enhancement Project

Pirirakau Hauora, through our Rangatahi Services is on board with Te Wharekura o Mauao and Manaaki Te Awanui Pipi Enhancement Project. The Kaupapa behind the project is to relocate pipi that will be displaced as part of the dredging that will be happening in the Tauranga Harbour in October. This project will incorporate a series of wananga to get the Community on board and to learn about and be part of planning the process. To date 2 hui have been held to inform the community and to gather data to inform the process that are to take place with regards to this important Kaupapa. Te Wharekura o Mauao students have spent 2 days at Motuhua collecting baseline data for the project. If you are interested in this project contact Rihi and she will be able to give you more information or direct you to the people who will be able to help you.

Health Promotion

Thank you to all those that supported Cancer Awareness Month by buying daffodils for daffodil day. Your support is very much appreciated.

September is Cervical Screening Awareness month. We encourage all wahine to make an effort to make an appointment with the nurse to have your cervical screening completed. This is a very important Kaupapa and it is one of the easiest ways of ensuring that we stay healthy. Kia kaha wahine ma.

Congratulations

Congratulations to the Rugby and Netball teams for their successes over the season. Congratulations also to Richard Apanui, who was the recipient of the Pirirakau Hauora Healthy Lifestyle Role Model award.

Wahine Wellness Checks

Thank you to all the wahine who participated in our Wahine Well Checks over the past 3 months. All those that came in and had a health check went into a monthly draw to win a \$50 Countdown voucher or Mirimiri. September is the final month for this competition.

At the end of September, all those that participated throughout the 4 months will go in the draw for a bonus prize of a \$100 Voucher for purchases from the Te Puna 4 Square. Come on wahine ma, only one more month left.

Newsletter publication

Because of time constraints and resources we have decided that the Newsletter will no longer be printed monthly, and we will be moving to producing a quarterly newsletter. The next newsletter will be produced in December. From then newsletters will be March June, September and December

Hopefully they will be more informative as we would have had more time to compile them and obviously there should be more news to share.

So whanau that's all from me this month. Meanwhile, make the most of spring and happy gardening.

Nga mihi

Dux

Have you been stuck for a gift idea to reward someone for a job "well done" or a "thank you" or a celebratory gift i.e. birthday or anniversary or a person that deserves kindness and some pampering ?

Why not purchase them one of our popular massage gift vouchers.

Gift vouchers may be purchased from reception or from Te Oturu Oranga

Cervical Screening

September is the last month for the Wahine Health Check Competition!

Haere Mai! Be in to win, 1st Prize \$50 Countdown Voucher & 2nd Prize \$30 Mirimiri Voucher.

We have had 95 Wahine take advantage of this free service, which is fabulous to hear.

Keep yourself well for your whanau ladies.

Call into see our Nurses



UPDATE ON SHAKE OUT - NATIONAL EARTHQUAKE DRILL

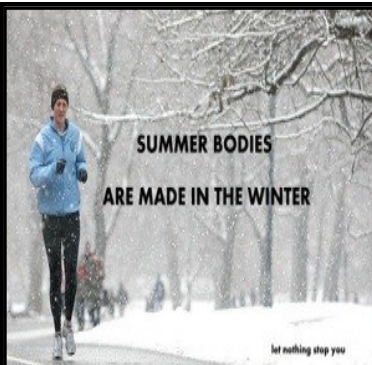
Get ready activity for the month: During a lifeline utility failure, traditional support and communication systems may be affected. Make sure you have a plan for how you are going to get a hold of loved ones in an emergency.

For more info visit www.getthru.govt.nz



 www.bopcivildefence.govt.nz
 www.facebook.com/BOPCivilDefence
 www.twitter.com/BOPCivilDefence

Community News



The Green Prescription Newsletter reminds us

“A drop in temperature shouldn’t mean a drop in physical activity levels”

Benefits of Walking:

Improves circulation,
Lowers blood pressure and strengthens the heart.
Walking helps your bones and it can prevent loss of bone mass.
It can lead to a longer life and can improve sleep.
Walking can strengthen muscles, improve your breathing.
Best of all it can lead to weight loss! A brisk 30 minute walk can burn up to 200 calories.

The Parenting Show with Pio Building awesome whānau with Pio Terei

An afternoon for parents and caregivers

Te Rereatukahia Marae, KatiKati

Thursday 10th September 2015

12.30pm - arrive 1.00pm - 2.30pm Pio’s presentation

Light afternoon tea will be provided at the end of Pio’s presentation

Presentation includes:

Solid foundations are made up of love and values
Develop a positive atmosphere in the house
Giving kids confidence & resilience to problem solve

For further information please contact Dolores Nathan
07 549 0760 / 0274728190 Gold coin donation.

Restricted Drivers Licence Programme

Is being held **Wednesday 9th & Thursday 10th September**

The course will begin at 9am and finish at 3pm both days.

Practical lesson arranged with instructor.

Documents required to sit test;

Complete a DL1 form

Provide evidence of identity and proof of address.

Restricted Licence Fee \$134.80

Full Drivers Licence Programme to be held on

Wednesday 16th and Thursday 17th September

The course will begin at 9am and finish at 3pm for both days.

Practical lessons arranged with instructor.

Documents required to sit test;

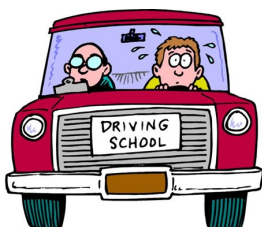
Complete a DL1 Form

Provide evidence of identity and proof of address

Your current licence

Full licence fee \$109.5

Contact Te Kerekau to register



What’s On

Mahuru

Cervical Screening Awareness Month
www.nsu.govt.nz

Students against Dangerous Driving Month
www.sadd.org.nz

Maori Language Day
14th September
www.tetaurawhiri.govt.nz

Deaf Awareness week 21-27 Sept.
www.nfd.org.nz

Age Concern Awareness Week 27th Sept-
5th October
www.ageconcern.org.nz

Act F.A.S.T

Learn the many warning signs of a stroke. Act FAST and CALL 911 IMMEDIATELY at any sign of a stroke.

F ace	Ask the person to smile. Does one side of the face droop?
A rm	Ask the person to raise both arms out. Does one arm drift downward?
S peech	Ask the person to repeat a simple phrase. Is their speech slurred or strange?
T ime	If you observe any of these signs, call 911 immediately and tell the operator you suspect the victim may be having a stroke.



***Ko Ngātokimatawhaorua tōku waka.
Ko Ramaroa tōku Maunga
Ko Hokianga tōku Moana
Ko Ngāpuhi tōku Iwi
Ko Ngāti Korokoro tōku Hapu.
Nō Pakanae ahau.***

***Ko Hone Moetara tōku Ingoa
Kei Welcome Bay ahau e noho ana.***

Tēnā ra tātou katoa whānau ma

I come from the far North, a little place called Opononi on the Hokianga harbour.

My partner Andrea and I settled here in beautiful Tauranga Moana with our two young children back in 2003. Our family has fallen in love with Tauranga Moana and people we have met from here.

My style of Mirimiri is a holistic approach which combines a variety of different techniques that cater for individual needs or conditions.

Ever since I was a young boy I have been passionate about bodywork and recall walking on my mother's back to relieve her aches and pains. As the years went by I massaged friends and family picking up tips from body workers and healers along the way.

My official training was done through "Aqua Vida" a training institution that was based here in Tauranga, which was for Relaxation Massage also Anatomy and Physiology.

Since then I have worked from Pacifica Massage, Papamoa Ocean Blue Gym, Health 4 You, and alongside Osteopaths, Chiropractors and Physiotherapist.

I enjoy working with Pirirakau Hauora and assisting whānau of Pirirakau. If you have any enquires or would like more information, pop in and have a chat or give me a ring at Te Oturu Oranga on 552 6238.



***Ko Awhimai Brown taku ingoa
No Tauranga Moana ahau
Ko Ngati Ranginui me Ngati Pukenga nga Iwi
Ko Ngati Kahu me Ngaitamarawaho nga Hapu
Ko Mauao te Maunga
Ko Wairoa te Awa
Ko Takitimu te Waka***

I have a strong interest and passion in holistic body work and started mirimiri/massage when I was fifteen years of age. Cherished memories of my Grandmother initiating me into this mahi at our homestead in Bethlehem, with the aroma of kawakawa simmering on the old coal range.

My official Therapeutic Massage training was gained through the Wellington School of Massage Training and Mirimiri Healing through the late Rangimarie Sutherland at the Oasis Centre, Upper Hutt. Along with various workshops through the years including rongoa and other alternative therapies.

Prior to my daughter and I making our journey home to Tauranga, I worked at the Natural Health Centre in Wellington along with many other skilled practitioners offering their services including talk therapies. I have five years study and training experience in Gestalt Psychotherapy.

Mirimiri is an ancient art of Maori healing comprising of massage and energy work, assisting the body on all dimensions allowing the sacredness of the healing to flow.

I love to work with people in this way and have been involved with this practise for many years part-time.

I currently work at Te Oturu as a Mirimiri Therapist and look forward to meeting and working with you on your journey.

Mauri Ora,

Awhimai

Info Corner

The Preservation of Man

*The horse and mule live thirty years,
And nothing know of wines and beers,
The goat and sheep at twenty die,
With never a taste of scotch or rye,
The cow drinks water by the ton
And at 18 is mostly done.
The dog at 16 cashes in
Without the taste of rum or gin.
The cat in milk and water soaks
And then in 12 short years it croaks.
The modest, sober, bond dry hen
Lays eggs for nogs, she dies at 10.
All animals are strictly dry
They sinless live, and swiftly die.
But sinful, ginful rum-soaked men
Survive for three score years and ten
And some of us, the mighty few,
Stay pickled till we're 92.*

*Handwritten letter from one soldier to another local
Kaumatua soldier whom has passed away
– both served in the second world war.*

Te Ha Ora Antenatal Classes

Classes monthly - check out our website, Facebook or ring the Hauora for class times, dates and venues.

Next class starting

Wednesday 16th September

From 6pm to 8:30pm

At the Hauora

Please make contact to book your place in the class.

Kaupapa Maori, hands on. All welcome.

Phone: 552 4573



Kia ora whanau

As we are approaching Hicane spraying season there are some key things to remember to keep our whanau safe.

If you have not received notification about impending spraying or there is a wind blowing please contact the **BOP Pollution Hotline 0800884883**

Remember to stay out of orchards for 3 days after spraying.

In the past the concerns of spray drift have been around Hicane but now with PSa we have an intensive spray application program using copper based sprays. While the Kiwifruit Industry claim these are harmless there are opinions held by scientists and doctors that they are not. The average orchard is applying 2.5 kilograms of pure copper per hectare every time they spray and this happens up to 20 times per year.

This equates to a staggering 30 Tonnes of poisonous chemicals going into our Te Puna whenua, our waterways and into our harbour every year.

This can be confirmed by a letter I received this week where a Te Puke chemical supplier sold \$2.5 million in poisonous agri chemical sprays in one month last year.

According to scientific research the copper-based spray we apply in ever-increasing amounts has a shelf life of 65 years. This means it will still have half the toxicity as the day it was applied.

What will we be trading then? What are our tamariki inheriting?

Like the famous prophetic American Indian saying goes: "When all we have left is paper money to eat, and the rivers, the land and the forests have been poisoned for profit, then and only then will we realise what we have done."

We have the future of much more than major corporations, conglomerates and dairy and horticultural stakeholders to consider when we talk free trade. Perhaps there is another currency to consider that isn't cash-based but cultural. If we truly are kaitiaki ki te whenua (guardians of the land for tomorrow's tamariki) then we need to start being just that if we want a fair free trade deal for our kids to inherit.

If free trade is about free and healthy generations to come then let's start doing deals, upfront and out in the open. If not, let's hold on to what we have, that the rest of the world wants, at all costs. It belongs to us all and to those to come.

Sprays do not simply disappear.

Keep you whanau and your whenua safe.

Ko Tahi Aroha Tommy Wilson broblack@xtra.co.nz

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
- Paraesthesia and nerve pain
- Soft tissue strains or injuries
- Sports injuries



Free Hauora Tāne Checks & Competition

These Wellness checks are available to all males between the ages of 20-59.

The Doctor & Nurse will check the following:

- Blood Pressure & Cardiac Risk
- Vision, Hearing & make referrals
- Smoking Status - Cessation
- Height & BMI Ratio
- Weight and Food & Exercise options
- Blood Sugars & Diabetes Prevention
- Blood tests for various health checks
- Talk to the Doctor about Cancer Risk for Skin, Lungs, Testicular, Prostate, Bowel condition and anything else that may be worrying you.

It is a great time to ask the Doctor about health issues you would not normally find the time to talk to him about.

Taking advantage of a Wellness Check not only benefits our Tāne but in the long term it benefits the whole whānau.

- 1st Prize \$50 Petrol Vouchers
- 2nd Prize \$30 Mirimiri Voucher

Monthly Prizes for Monday 7th September through to 17th December 2015

Enrolment Drive Competition

From now, September to Friday 14th December we are running a competition to increase our enrolments at Pirirakau Hauora.

Please encourage friends and whanau to enrol with our GP Services, we need everyone's help. We are so fortunate to have the Hauora in our community.

From today, Tamara our Clinic Coordinator will ask who referred you to register with our GP.

Names will be collected and entered to win a \$100 Countdown Food Voucher, which will be split between the referrer and the newly enrolled client.

How easy is that! We need everyone to spread the word.



Te Hā Ora Antenatal Classes

5 sessions, 1 class per week
Evening & Day classes available
Course is free.
Register your interest with Reception

Smoking Cessation

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

Kaumatua 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

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

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.

Price List (current as of 1st July 2015)

Registered with Pirirakau Hauora GP

Children (0-12 years)	Free
Children (13-17 years)	\$11.00
Adults	\$17.00

General Fee for Casual Users

Adults	\$37.00
Children	\$17.00

Other Charges

Non Cancel Appointment Charge	\$17.00
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
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Accreditations:

Telarc: ISO:9001:2008

Cornerstone Accredited