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**SAT-SUN: Maharaia Winiata Park, Huria
Festival Theme / Waka Mātauranga**



**WERO CHALLENGE
ART EXHIBITION
BANNER MARCH
FUN RUN / WALK
EUCHRE
RANGATAHI QUIZ
KI-O-RAHI
TAUPATUPATU
KĀKAHU TOI
KAPAHAKA**

**REGISTER THROUGH YOUR HAPU REP NOW
TAURANGA MOANA TAURANGA TANGATA
2016 FESTIVAL**

22-23 OCTOBER

Powhiri 8AM Saturday

When our lives and heart are attuned to good things and life is clear and spirit flows strongly, everything is possible

September is Cervical Screening Awareness Month

Help prevent cervical cancer. Encourage the women you love to have regular smear tests.



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

HE MIHI

Tēnā koutou te whanau o Pirirakau. Ngā mihi nui ki ngā whānau e māuiui ana i roto i o koutou kainga i roto i te hōhipera hoki. Kia piki te ora ki a koutou.

Another three months have come and gone since our last newsletter and spring is in the air. It's great to see all the baby lambs in the paddocks and the fruit trees starting to blossom. The weather is warming up and it's time to start planting your gardens if you haven't already done so.

Clinic News

There have been more changes in the clinic since our last newsletter you will have noticed a new face at the reception desk in recent months. We welcome Brooke Huirama to Pirirakau Hauora as the new Clinic Coordinator. Tamara has taken maternity leave and now has a beautiful baby boy. She will return to mahi in the New Year. Congratulations Tamara we can't wait to meet him.

The Clinic service has been very busy as usual with Dr Nigel Bruce back from leave and the service available 5 days per week. Dr Inge Lempke is available Monday to Friday and Dr Bruce is available on Mondays and Tuesdays.

Homecare Medical

Pirirakau Hauora is proud to announce that we are able to provide a phone triaging after hours service for our patients. You are now able to ring Pirirakau Hauora any time of the day or night and on weekends. If you are ringing outside of work hours your call will be answered by a Registered Nurse will discuss your treatment options and point you in the right direction for the care you need. All you need to do is remember our phone number and when you need clinical support ring us up, and you will be able to talk to someone about it.

Manage My Health

Don't forget about the other new service that was introduced earlier this year. "Manage my Health" is an app that allows you to have access to your medical information and to make appointments using your smart phone or computer. With Manage my Health you are able to login using your secure password to access that information immediately. There is an annual fee of \$5 to have access to this service. For more information, see Brooke or Diana at reception and they will be able to help you.

New Service

Over the next month we will be introducing a new service to our community. This new service is a Kaumātua Home and Community Support Service, which will provide support services to the Kaumātua in their homes and in the community. The new service is called "Oturu Kaumātua Support Services" and for now is based at Lochhead Road, but will be moved up to Te Oturu in the future.

We have employed Kahli Elvin as the Coordinator for this service and are in the process of recruiting support workers. This is a very exciting time for us as we start moving towards our long term goals of providing care for our Kaumātua in our community.

Alongside this service we will be launching another service for Kaumātua called Flexi Respite which is aimed at providing some respite care for Kaumātua in order to give their full time carers a break. This service is still to be developed and will kick start after the Home & Community Support service. We will have more information about this service in our next newsletter.

In order to access these Kaumātua services, Kaumātua will need to have had a referral to Support Net and an assessment completed. If you have someone in your whanau who may need this kind of support, talk to your doctor or nurse and ask for a referral to Support Net. Our community staff are also able to organise a referral for you.

Programmes

On 25th to 28th August we held a Tikanga Programme at Paparoa Marae for the Department of Corrections under the new framework “Te Ihu Waka”. This was the first programme under the new framework to be rolled out across the Central Region.

The programme was a great success with 12 tāne participating and completing the programme. Many thanks to all the workshop facilitators who gave of their time to support this kaupapa.

Te Ihu Waka launch at Paparoa Marae.



Drivers Licence programmes:

There is always a demand for drivers licence programmes in the community. We have just completed a Restricted Licence Programme and will be running Learners Licence and Full Licence Programmes during the week beginning 15th September. If you need to know more about the programmes, please contact Kerekau or Ani at the Hauora and they will be able to help you.

Promotion

This month is Cervical Screening Awareness month. If you have received a recall letter or message from the clinic, it is in your best interest to make an appointment for a smear. It only takes a short time out of your day but could make a huge difference to your life. Come on ladies, take some time to look after yourselves so that you are able to look after your whanau.

October is Breast Screening Awareness month. If you are 45 and over and haven't had a mammogram ask Moana or the nurses about enrolling on the programme and making an appointment. If you are due for a mammogram and are unsure how to go about making an appointment our staff will be able to help you.

We will also be promoting Mental Health Awareness Week in October. For more details about this contact our Mental Health staff and they will be able to provide you with the relevant information.

Birthday celebrations

Pirirakau Hauora will be celebrating our 23rd birthday on the 23rd September with a sausage sizzle and cake. Come along and celebrate with our staff. You can catch up on your checks while you are here.

Well whanau, I have come to the end of my korero and look forward to seeing you all at the Hauora over the next couple of months, utilising the services. Stay well and enjoy the warm weather.

Nga mihi aroha ki a koutou.

Dux

KAIMAHI HOU

Ko Tainui te waka
Ko Taupiri me Pirongia ngā maunga
Ko Waikato me Waipa ngā awa
Ko Kawhia me Whaingaroa ngā moana
Ko Waikato/Ngāti Maniapoto ngā iwi
Ko Ngāti Tamainupo me Te Akaimāpuhia ngā hapu
Ko Ngāruawāhia tōku turangawaewae
Ko Brook Huirama ahau
Tēnā tātou katoa,



I have been living in Te Puna for the past two years and very fortunate to get this position here at Pirirakau Hauora as the Clinic Co-ordinator from Tuesday – Friday.

I was brought up in a small community in Ngaruawahia and went to Te Wharekura o Rakaumanga. Once I had completed school I went on to study Business Management and Administration. I have been in the medical/science sector for a few years and was hoping to share my knowledge with the Hauora.

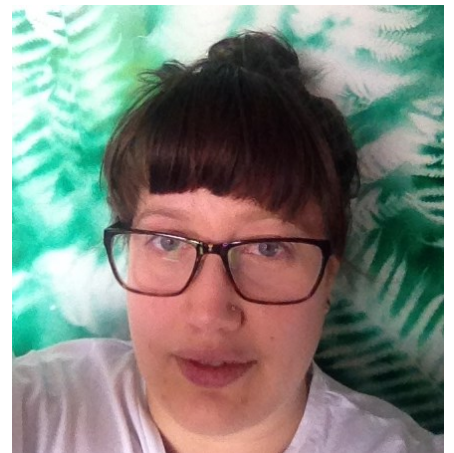
I would just like to give a huge mihi out to the hapu of Pirirakau for welcoming me in and treating me like your one of your own.

Ngā mihi matakuihui ki a koutou katoa.

Mauriora

Ko Taranaki te maunga
Ko Kapuni te awa
Ko Aotea te waka
Ko Taranaki tuturu rāua ko Ngā Ruahine rangi ōku iwi
Ko Ngāti Tu rāua ko Ngāti Kahumate ōku hapū
Ko Waiokura tōku marae

Ko Mauao te Maunga
Ko Tauranga te Moana
Ko Wairoa te Awa
Ko Takitimu, Mataatua me Tainui ngā Waka
Ko Ngāti Ranginui tōku iwi
Ko Tutereinga, Paparoa, Poututerangi me Tawhitinui ngā Marae
Ko Kahli tōku ingoa
No reira tēna koutou tēna koutou tēna koutou katoa.



I have recently returned home to Tauranga after 16 years away. I grew up on a lifestyle block in Ohauiti. I have reached a time in my life where knowing who I am and where I come from is of significant importance to me. I have moved to Te Puna to stay with my Granddad after the loss of his wife a few years ago. My Auntie and her family reside there also and I spend time with my young cousins, watching them learn and grow. My other grandparents live locally also. I am learning a lot from my grandparents about their lives, my whanau and where I come from. I am using this time to make the most of this opportunity I have with them to learn and grow myself as a person.

My whanau have grown up here and are part of the local community of Te Puna and I feel especially privileged that I am able to use my skills and knowledge to work within the community. For me to become a part of the community, the whanau and this great new initiative that Pirirakau Hauora is involved in is an amazing opportunity for me to learn and grow.

There is this surreal feeling I have being home that I just cannot explain and I cannot wait to re-establish myself here in my home of Tauranga and I look forward to meeting all the whanau.

Ngā Mihi

Kahli

MEDIA RELEASE

Monday 5 September, 2016

Phone Your GP Day or Night for Medical Advice

Phone your GP day or night for healthcare advice is the message going out to Western Bay residents as a new service is launched.

The new telephone nurse triage service has been introduced to answer after-hours calls for all 30 of the Western Bay's GP Practices.

The service, which is being launched today, will help people get fast, effective advice any time of the day said Dr Joe Bourne, a GP for Nga Kakano Foundation in Te Puke.

"It is very simple, for medical advice you need only remember the phone number of the GP Practice you are registered with. That should be your first point of access to the medical system at any time of day. Phone your GP 24/7.

"If the call is after-hours it will be automatically re-directed to the triage service where a qualified nurse will discuss your treatment options and point you in the right direction for the care you need."

Dr Bourne added that by calling their GP day or night people would get the expert medical advice they needed straight away, helping them get better sooner.

"It is a good idea for people to save their GP's number to their mobile phone so that they have it handy when needed," he said. "The call could save you time and money. You could save yourself a potentially long wait in the Emergency Department for an issue which could be treated at the pharmacy or physiotherapist for example. And if it is a simple case of buying medicine over-the-counter this could save you the cost of a consultation. The nurse will be able to give you this advice over the phone.

"So, if you're sick, save time and money, phone your GP first."

If the issue is a medical emergency the triage service will be able to connect patients with an ambulance.

The after-hours nurse triage service is a joint initiative between the Western Bay Primary Health Organisation, Nga Mataapuna Oranga and the Bay of Plenty District Health Board.



Nga Mataapuna Oranga

Mauri Ora, Mauri Tau - Whānau Prosperity & Wellbeing



WBOP PHO

Western Bay of Plenty
Primary Health Organisation



BAY OF PLENTY
DISTRICT HEALTH BOARD
HAUORA A TOI

About ManageMyHealth™

+ 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.

Source: <https://www.managemyhealth.co.nz/>

COMMUNITY NEWS

Cervical Screening Awareness Month

September is Cervical Screening Awareness Month

Have you had your smear?

Contact us today to book an appointment with our nurse.

This Service is free to **ALL** wahine registered with Pirirakau Hauora.

For more information about this service contact our Clinic Team or more information can be found on the website below

<https://www.nsu.govt.nz/national-cervical-screening-programme>

Asthma Clinic

On Monday 10th and Monday 17th October an Asthma Clinic will be held at Pirirakau Hauora. Tiri Sosich, Asthma Nurse Educator from the Asthma Centre will be here to answer any questions you may have about your asthma and provide information and support with your asthma management plan.

If you or a member of your whanau suffer from asthma and would like to have an appointment to see Tiri, please contact our nurse or Moana Rayner on 07 5524573 Ext 707.

Mental Health Awareness Week

Mental Health Awareness Week is endorsed by the World Federation for Mental Health and marked in over 150 countries.

Mental Health Awareness Week (MHAW) usually falls during the week of October that encompasses World Mental Health Day 10 October. The Mental Health Foundation has organised MHAW in New Zealand since 1993.

This year the well-supported, nationwide event will run from 10–16 October. The **2016** theme is about how **connecting** with **nature** benefits your health and wellbeing.

Keep an eye out on our Pirirakau Hauora FB Page to see how we as a community will bring about Mental Health Awareness Week and how we can celebrate this. Face Book posts hopefully will be up by the end of this month and the beginning of October.

Ngā Mihi
Mental Health Team

Breast Cancer Awareness Month

1st – 30 October 2016

Signs & Symptoms - What should I look for?

The most common sign of breast cancer is a lump or thickening.

Possible signs of breast cancer are:

- a new lump or thickening
- a change in breast shape or size
- pain in the breast that is unusual
- puckering or dimpling of the skin
- any change in one nipple, such as:
- a turned-in nipple
- a discharge that occurs without squeezing
- a rash or reddening of the skin that appears only on the breast.

While these signs may not be cancer, you need to check them with your doctor, even if you've recently had a mammogram. Women of any age with breast cancer symptoms can have free mammograms at a public hospital with a doctor's referral.

Call BreastScreen Aotearoa on 0800 270 200, to book your Breast mammogram.

For further information please contact either Moana our Whanau Ora Kaimahi, or our Clinic Team.



www.nationalbreastcancer.org/breast-cancer-awareness-month

WHANAU ORA SERVICE

The overall aim of Whanau Ora service is to deliver health and disability services that target Maori whanau in the community of Pirirakau Uri.

The service is to promote whanau health and reduce health inequalities among the priority group of pakeke, wahine and koroua & kuia.

This is achieved through the process of advocacy and support given to whanau/individuals. Enrolment or re-engagement to attend GP or specialist appointments. This may include transport if whanau do not have any other means of transport.

The service includes:

- Health promotional activities and direct referrals to screening, management and education programmes as appropriate.
- Example: Tane Health check, CVD cardiovascular risk assessment, Diabetes Review check, Asthma/Respiratory/ Chronic
- Obstructive Respiratory Disease (CORP)
- Advocacy and enabling of GP referrals for Green Prescription

Wahine –

- Direct referrals for service provision such as breast screening, free cervical smears
- Encourage wahine to have regular antenatal check-ups,
- Enrolment onto Te Ha Ora Antenatal program, importance of good maternity
- Provide contraception advice/information to wahine about contraception and family planning.

Koroua & Kuia –

- Make referrals for assistance where needs are identified with supporting kaumatua.
- Provide advice and support to koroua and kuia about improving their mobility and fitness.
- Koroua & kuia over the age of 65 years have received their seasonal influenza immunisation.

TE HA ORA



Te Ha Ora—Kaupapa Maori Antenatal Programme

FREE CLASSES

For Class Dates and Times please contact our Te Ha Ora Facilitator Anitemea Kuka

T: 07 552 4573 ext 710

C: 022 397 0547

E: a.kuka@pirirakauhauora.org.nz

FB: Te Ha Ora—Kaupapa Maori Antenatal Programme



Upcoming Programmes

License Programme—Learners License	20—21 September 2016
License Programme—Full License	23 September 2016
Holiday Programme—Week 1	27th—30th September 2016
Holiday Programme—Week 2	4th October—7th October 2016

SCHOOL HOLIDAY PROGRAMME

WEEK ONE:

DAY 1: TGA Movies & Sports day at QE2 (27/9/16)

MEET: 8.30am at Hauora

COST: \$25.00

Bring: Covered/ Sports shoes

DAY 2: Tramp Park & The Rock House (28/09/16)

MEET: 8.30am at Hauora

COST: \$30.00 per children

Bring: Socks and Shoes

DAY 3/4: Poututerangi Noho Marae (29-30/9/16)

MEET: 8.30am at Poututerangi

COST: \$45.00 per child

Activities: Split ages

Sports

Movies & Pizza

Team Competitions

WEEK TWO:

DAY 5: Mount Movies & Amazing Race (4/10/16)

MEET: 8.30 am at Hauora

COST: \$25.00 per child

DAY 6: Outdoor Lazer Tag/ Chipmunks & Ten Pin

(5/10/16)

MEET: 8.30 am at Hauora

COST: \$30.00 per child

Bring: Covered shoes & hat

(8 years +) and socks for Ten Pin

DAY 7/8: Paparoa Noho Marae (6-7/10/16)

MEET: 8.30am at Paparoa

COST: \$45.00 per child

Activities: Split ages

Sports

MKR

Movies & Pizza

HOLIDAY PROGRAMME REQUIREMENTS

- All tamariki must be signed in and out every day, by an adult
- Please be on time! We will be aiming to leave at 9am every morning. If you arrive after this time you will miss out on the planned activities for the day
 - Everyone MUST bring a NAMED drink bottle and Covered Shoes
- If your child is 7 years old or younger or your tamaiti is under 148cm tall they MUST bring an approved car/booster seat. We will not be transporting tamariki who DON'T bring a seat.
- Payment is required in full before participating in the Programme. Ani and Kerekau wont be accepting cash on the day. If you wish to pay by cash please see the Reception at the Hauora.

Preferred methods of payment are Eftpos and Internet Banking

If you have any patai regarding any of the requirements above please contact either Ani or Te Kerekau.

TE OTURU NEWS

Kaumatua Korner

The last couple of months our “pearls” have done some pretty interesting activities.

Went to the “pictures” to see the wonderful movie Poi E followed by a picnic at The Rose Gardens, attended an amazing Haka Theatre production of Matariki at Otumoetai College Arts Theatre, held a fundraising stall at the Matariki Makete Day at Papa-roa Marae, a Rongoa workshop held at Te Oturu by Hone Moetara and assisted by Awhimai Brown where our Kaumatua learnt more about Rongoa and making pani pani. So a lot has been going on.

Pirakau Hauora Kaumatua are very excited and are looking forward to their upcoming hikoi to Wellington early next month. They will be travelling by coach from Te Puna to Hamilton to catch the train to Wellington, staying three nights in the capital. We will be attending the Wearable Arts Extravaganza Show, visit Te Papa and the Gallipoli exhibition and if time and energy permits, to visit Weta Studios. Pirakau have young whanau living in Wellington that are excited about, the Kaumatua visiting and are sure to show them the town! There will be lots of sleeping on the return train trip to Hamilton!

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 :

- Help Reduce Anxiety
- Help Improve symptoms of Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Paraesthesia and nerve pain
- Soft tissue strains or injuries
- Sports injuries



TE OTURU NEWS

Lymphatic Drainage Massage: Take your Health into your own Hands

Saturday, December 01, 2012 by: Ellie Maclin

(NaturalNews) The lymphatic system is a vital bodily defense against infection and disease. Lymphatic drainage massage is one of the best things you can do to help your body help itself. Here, we'll look at what the lymphatic system does and how targeted massage can keep you healthy.

The lymphatic system

The human lymphatic system is, in a sense, the body's second circulatory system. It is made up of lymphatic vessels, lymph nodes, lymph (the interstitial fluid drained through the vessels), and lymphocytes (specialized immune cells). The tonsils, adenoids, spleen, and thymus are all part of the lymph system.

Our lymph nodes are soft, small internal structures located in the armpits, groin, and neck, as well as in the center of the chest and abdomen. The lymph nodes produce immune cells that fight infection while filtering lymph fluid to remove foreign material. When bacteria or other immune threats are present in lymph, lymph nodes increase production of infection-fighting white blood cells, which can cause the nodes to swell.

The lymphatic system has no "pump" of its own to move lymph through the system, as the circulatory system has the heart. Rather, bodily movement and breathing function to move liquid lymph through the vessels and filters of the lymph nodes. For people who get too little exercise and eat too much processed food, the lymphatic system can easily be overtaxed - resulting in a body that is susceptible to infection and disease.

Lymphatic drainage massage

According to Jon Barron of the Baseline of Health Foundation, lymphatic massage can increase the volume of lymph flow by as much as 20 times, vastly increasing the system's ability to remove toxins and infectious materials. Studies have found lymphatic drainage massage to be a medically beneficial form of physical therapy for a range of lymphedema-related problems.

The lymph nodes in the neck are very near the surface, as are some veins in the legs. It's important to use a very light touch when doing lymphatic drainage. This very gentle massage can have very profound effects on the body. The same is true with yoga - gentle poses and deep breathing techniques can stimulate lymph flow, helping you feel better without the need for a strenuous asana practice.

You can also hire a professional to give you lymph drainage massage. If you choose a knowledgeable practitioner, the result will be a relaxing massage that's precisely targeted for your needs. If you suffer from long-term lymphedema, or localized swelling related to lymph system blockage, ask a professional's help first.

http://www.naturalnews.com/038162_message_lymph_drainage_health.html#ixzz2dJgdDsP

PIRIRAKAU HAUORA—TE OTURU ORANGA

4 Paparoa Road, Te Puna Phone 552 6238

MIRIMIRI SERVICES

Monday – Friday 8.30am – 4.30pm

<u>PRICES</u>	<u>1 Hour</u>
All clients registered with our GP Services	\$30.00
Clients of Pirirakau Descent not registered with GP Services.....	\$40.00
Not of Pirirakau Descent, not registered with GP Services	\$60.00
Non Cancellation of Appointment Charge.....	\$10.00

We welcome new clients

Gift Vouchers are available from Reception at Te Oturu Oranga

All personal information and enquiries will be kept strictly CONFIDENTIAL according to the Privacy Act 1993 and will be used for the sole purpose of administration.

HOME & COMMUNITY SUPPORT SERVICES

PIRIRAKAU HAUORA IS PROUD TO OFFER...

OTURU KAUMATUA SUPPORT SERVICES

Oturu Support services is a Kaupapa Maori Home & Community Service. We are committed to promoting and providing independence and wellbeing for Kaumatua, enabling Kaumatua/Kuia to remain in their homes.

We are a values driven service respecting and honouring family values, and relationships as well as independence and autonomy.

The Service

Is dependent on individual client goals and may include:

- Support to access community & other services
- Personal Cares (may include grooming, showering, dressing, toileting)
 - Supported house cleaning
 - Shopping, meal preparation

The Vision of Oturu support services is

Refresh, Revitalise, Rejuvenate

Home & Community Support Service is for :

1. Kaumatua/Kuia 65yrs or older with a long term health and/or disability related need
2. Maori between the ages of 50-64 who are deemed to be “like in age and interest” to people aged 65 and over, or with a diagnosis of dementia

If you feel you would benefit from this service you can see you GP for a referral or contact Support Net directly on 07 571 0093 to request an assessment and state that Pirirakau Hauora is your preferred provider.

Te Hā Ora Antenatal Classes

Evening & Day classes available

Course is free.

Register your interest with

Ani Kuka 022 397 0547

Smoking Cessation

If you would like information and/or support about giving up smoking contact Hinemanu & Moana.

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 in 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 March 2016)

Registered with Pirirakau Hauora GP

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

General Fee for Casual Users

Adults\$37.00
Children (13-17 years).....\$27.00

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

For all other charges please ask Reception

All fees are expected to be paid at the time of the consultation.

COMPLAINTS

Every client has the right to complain about any of the services Provided by Pirirakau Hauora. Complaints can be directed to the Manager. There are also client feedback boxes at Reception at both Pirirakau Hauora and Te Oturu Oranga.
Email: manager@pirirakauhauora.org.nz

Accreditations:

Cornerstone Accredited

We are proud to hold NZ Health & Disability

Sector Standards 8134:2008 (including Mental Health Sector Standards) and Home & Community Support Standards 8158:2003

OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

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