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Facebook

www.facebook.com/pirirakauhauoracharitabletrust

Sun, warm weather, beaches,
swimming!

Keep Safe over the Summer



**The Board of Trustees and Staff at Pirirakau Hauora
Would like to wish you a Merry Christmas
and a Happy New Year**

Christmas Closing

Close 24th December at 12 noon

Re open Tuesday 5th January
2016

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.

As advised in our last newsletter in August/September, our newsletters are now being published quarterly. It has been a long time since our last newsletter and a lot has happened in that time. Our thoughts and aroha are with all those whanau who have lost loved ones in that time. Nga mihi aroha ki a koutou. Ma te Atua hei manaaki i a koutou.

Clinic News

It is always difficult to say goodbye to good staff but unfortunately we have to let them move on to develop themselves and to do what is best for their careers and whanau. It is with sadness therefore that I announce the departure of Dr Maura Conneely who will be leaving us on 3rd December to complete her GP training. It has been a great pleasure and privilege having her here working with our whanau. In saying that however, we have been very fortunate to find another doctor to take up her role straight away without impacting on our ability to provide a service.

On 30th November we welcomed Dr Ingeborg Lempke, otherwise known by Inge. Inge is a very experienced doctor and we are very fortunate to have her join our team. She will be working 5 days per week so we are very happy to be able to say that we have a full time service with a doctor every day of the week. Dr Nigel Bruce will also be here on Mondays and Tuesdays as usual.

We would also like to acknowledge and thank Dr David Spears who has supported us by coming in every second Friday to ease the pressure.

Nga mihi ki a koe, David.

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 of 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.

Free for Tamariki

Although it is free for Tamariki under 13 to see a doctor anywhere, going elsewhere has an impact on our service. It is very important that if your child is registered with Pirirakau Hauora and needs to be seen, you try to get an appointment here first, before going elsewhere as we are charged a fee for our clients being seen by other doctors. We are aware that you can not always get an appointment and we acknowledge and support that sometimes you need to go elsewhere. We just ask that your first option be Pirirakau Hauora so that we are not penalised. We are hoping that now that we have a full time GP service we will be able to cater for the needs of all our whanau and everyone will be seen.

Enrolments

With the increase in doctor hours we need to build our enrolment numbers to justify having a full-time service. If you or any of your whanau are not currently registered with a GP we encourage you to come and register with Pirirakau Hauora. If you are already registered with us but have not been seen for some time, you may need to re-enrol to keep your enrolment up to date. All Rangatahi turning 16 are required to enrol themselves and sign their own enrolment form as they no longer come under their parents enrolment. We encourage you to join our Hauora and have access to quality services provided by our friendly professional team.

Dux's Mihi cont'd

Cornerstone Accreditation

I am very pleased to announce that after a lot of hard work by our Quality Coordinator, Claire and the Clinic team, the Royal New Zealand College of General Practitioners has awarded

CORNERSTONE General Practice Accreditation to Pirirakau Hauora. This accreditation reflects the high quality service that our Practice provides and the high standards, and processes that are maintained by our team at Pirirakau Hauora.

Nga tino mihi tenei ki nga kaimahi.

Telehealth in Katikati

To better cater for our enrolled population in the Katikati area, we will be introducing a new way to access our GP Clinic that may eliminate some of the barriers associated with travelling the distance to the clinic. In the new year we will be introducing "Telehealth" at the Hauora clinic at Rereatukahia. Telehealth is a way of having a consultation with the doctor via video network. Our Community Nurses will be overseeing the service at the Katikati end while they are in the community. For more information about Telehealth, come to the clinic and see the Nurse next time she is there and she will explain how it works. Access to Telehealth will be the same as accessing a consultation at the clinic and will incur the same charges.

Closing Dates

This year our new doctor will be available to work up to the 24th December. We will be closed on the Public holidays and the 3 days in between. The Clinic will re-open on Tuesday 5th January 2016. Please make sure to come in and get all your prescriptions updated so that you don't run out while we are closed.

Kaumatua Dinner/ball

Pirirakau Hauora will be supporting a group of Community /hapu members to organise an end of year Kaumatua Dinner. This is our way of acknowledging the hard work and commitment that our kaumatua have shown to the hapu and Pirirakau whanau whanui over the past 24 months. It has been a long time since anything has been done to acknowledge our kaumatua so we feel privileged to be a part of this great event.

Invitations will be sent out to our kaumatua 60 years and over. We have tried our best to include everyone but there may be some that we may have missed. If you do not receive your invitation within the next week, please let us know and we will put you on our list. The Dinner will be held at the Rugby Club on 16th December. We look forward to being your hosts on the day.

2015 has been a year of ups and downs, highs and lows, happiness and sadness and a lot of hard work for our Hauora staff. Usually at this time of the year I reflect on the last 12 months, but this year is a bit of a blur for me and I have already used up my page quota so I will not do that .

I will however like to express my gratitude and thanks to the staff and board of Pirirakau Hauora for their amazing support to my whanau and I over the past 12 months. It has been a trying year for us, and we appreciate all the aroha that has been sent our way. Nga mihi aroha ki a koutou.

To the whanau of Pirirakau nga mihi mahana ki a koutou. Have a wonderful Christmas and enjoy your whanau time. See you all back here in March when the next newsletter is due.

Nga mihi

Dux

Clinic News

Everyone is busy with all the end of year functions, school finishing and getting last minute things sorted for whanau. Please remember to:

- ♦ Make sure you have all your medication requirements sorted over the holiday break.
- ♦ Book appointment with the doctor early so you don't miss out.
- ♦ Check if you need a WINZ medical to make sure that doesn't run out over the Dec/ Jan period.
- ♦ Please don't take it out on our receptionist if you can't get an appointment.

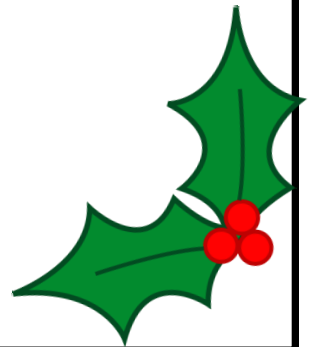
Would you like to be able to come to the doctor without the worry of how I can pay for it?

Automatic payments onto your account is a great way to fix this.

You can set up an auto payment of as little as \$1 per week or more and this sits in your account and adds up to go towards your doctors bill.

Opening Hours over the Christmas Break

The clinic closes on Thursday 23rd December at 12.00noon and reopens on Wednesday the 6th January at 8.30am



Non attendance for appointments in the Clinic:

Reminder: If you can not make your appointment please ring us in advance so we can give this appointment to someone else.

Charges for non attendance are:

Children \$5.00 Adults \$17.00

Be Safe - Be Sun Smart

Sunburn and skin damage is caused by Ultra Violet (UV) rays from the sun and it can lead to skin cancer. This is especially important if you are swimming or near water as the sun's rays are reflected onto you. So everyone needs to cover-up especially your children (don't think if your skin is brown it's ok not to sunscreen) Don't be fooled by cloudy days - sometimes worse for getting sunburnt.

SLIP into a long-sleeved shirt and into the shade. Generally fabrics with a tighter weave and darker colours will give you greater protection. Some fabrics on the market have a sun protective factor (SPF) rating.

SLOP on plenty of broad-spectrum SPF30+ sunscreen 20 minutes before going outdoors.

SLAP on a hat with a wide-brim or a cap with flaps - more people get sunburned on their face and neck than any part of the body.

WRAP on a pair of sunglasses - UV radiation is just as dangerous to eyesight as it is for the skin.

For more info visit www.sunsmart.org.nz



Enjoy the festive break with whanau and friends. Be safe and make sure everyone is looking out for tamariki - around cars and especially water.

Community News

Five Reasons to Recharge -Kick the urge to buy too much!

- 1) **A BREAK CAN HELP REGAIN FITNESS LEVELS:** Vacations force us to exercise because we walk greater distances, swim, chase kids around, play sports/games with whanau.
- 2) **TRIPS PUT LIFE INTO PERSPECTIVE:** Among the day to day hustle and bustle we lose track of what is really important to us. The shift that comes from a holiday can help us to see what is most (and least) important and re- integrate this into our lives.
- 3) **HOLIDAYS MAKE US HAPPY:** A break from the regular routine provides a chance to bond with others and explore interests and relax, all key ingredients for a happy existence. It doesn't have to be an expensive holiday - a break away for the weekend at a classic kiwi bach, with whanau, camping ground etc.
- 4) **GETTING AWAY ALLOWS RECONNECTION WITH PARTNERS:** A break away gives you the chance to connect, rekindle passion or just even have the time to sit and talk, which quite often doesn't happen in our busy lives during the week. Change routines - let others do the cooking.
- 5) **RELAXING RE-BOOTS OUR BODY:** The main benefit of a holiday is to recover! On holiday you naturally destress and balance your neurophysical level. Eat well and be active.

Survey of surrounding Medical Centres (approx. 10km radius)

Fees to see a doctor:

Range from:

13yrs - 17yrs \$22.50 - \$26.00

18+ (adult) \$41.80 - \$44.00

65 + \$40.00 - \$44.50

Casual (if its not your normal practice)

Under 6 \$5.00

Under 13 \$38.00

18+ (adult) \$70.00 - \$73.00

As you can see the fees at our Hauora are extremely affordable compared to others - so please support us by registering your whanau with us.

Casual Relief Receptionist wanted

Pirirakau Hauora is in need of a casual relief receptionist.

We would like to find someone in our community

If you have these skills -
computer skills, database, reception,
Scanning, faxing etc. please register your
interest with Claire 075524573 extn. 702

Pirirakau Staff wish you a safe and happy Christmas.

Eat well, rest and enjoy the break

Enjoy your whanau and look forward to the new year that will soon be on us.

Use the break to put some goals in place for what you want to achieve in the New Year.



What's On

Hakihea

1st - Worlds Aid Day www.nzaf.org.nz

3rd - International Day of Disabled Persons
www.dpa.org.nz

5th - World Volunteers Day www.worldvolunteerweb.org

10th - World Human rights day www.amnesty.org.nz

18th - International Migrants day
www.un.org/en/events/migrantsday/

School Terms

11th December School
term 4 ends for second-
ary school juniors

18th December School term 4 ends for
Primary and Intermediate schools

15th December Te Puna school end



Lots of sugar, sleep ins etc over the holidays. Make sure the whanau are on to it and remembering to brush their teeth! Oral health very important for all but especially the little ones.

Check out the facebook page below for ideas news tips etc.



**PIRIRAKAU KOHANGA REO
COMMUNITY FUNDRAISER**

**CAR BOOT SALE
HANGI
KIDS CORNER
CAFE HEALTH PROMOTION
ART RAFFLE & MORE**

**SUNDAY DECEMBER 6TH 2015 10AM - 1PM
PIRIRAKAU KOHANGA REO CAR PARK
3 LOCHHEAD ROAD, TE PUNA.**

For more information or to register a car boot stall contact Pirirakau Kohanga Reo on 5525137 between 9am - 3pm. Cost for a stall is a koha.

Presale tickets for the hangi can be purchased from the Kohanga or by contacting Ani Kuka on 022 397 0547. There will be limited hangi for sale on the day. Pick up will be at 12pm from the event.

Protect yourself in 5 ways

Slip **Slop** **Slap** **Seek** **Slide**

Sun protection at any age is important

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 Adult	\$17.00
Non Cancel Appointment Charge child	\$ 5.00
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