

# Pirirakau Hauora Panui

Issue 32

Whiringa a rangi 2014



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*Me whakaruru tātou  
i raro i te whakaaro kotahi*

## Our Contact Details:

3 Lochhead Road  
RD6 Te Puna, Tauranga 3176

P: 552 4573 x 208

F: 552 4572

[manager@pirirakauhauora.org.nz](mailto:manager@pirirakauhauora.org.nz)

[www.pirirakauhauora.org.nz](http://www.pirirakauhauora.org.nz)

# General Info

## **Free Hauora Tāne Checks**

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
- Alcohol Consumption & Drug Use
- 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.

## **Pirirakau Hauora Opening Hours**

Monday to Friday 8am to 4:30pm

### **Doctors Hours**

Monday to Friday  
Offering Clinics during  
8:30am to 4:30pm

### **Repeat Prescriptions**

You will need to allow 48 hours for any requests and you will also need to see the Doctor for a 3 monthly check up.

## **Telarc Accredited**



Pirirakau Hauora holds ISO 9001: 2008 accreditation which is a worldwide standard of excellence for Quality Management Systems and means our whānau/clients have the reassurance that Pirirakau Hauora can deliver services to a high level of performance and competency. We also have certification under NZ Health & Disability Sector Standards including Mental Health.

## **Cornerstone Accreditation**



Pirirakau Hauora holds Cornerstone Accreditation which means we have met the high standards set by The Royal NZ College of General Practitioners and ensures our whānau/clients will receive high quality of care.

## **Charges/Fees**

All doctors fees are to be paid for on the day. We are no longer in a position to incur debt. If you have an outstanding account please contact the Manager to make arrangements about reducing.

Direct Credits or Automatic Payments can be made to:

**Pirirakau Hauora Charitable Trust**

**38 9010 0046783 00**

Please use your name as reference.

## **New Prescriptions Process**

We now have a new process for prescriptions, as we no longer provide delivery. You will need to ensure you take your prescription to a pharmacy of your choice and collect your medication.

# Mihi from Dux

Tena koutou te whanau o Pirirakau. Nga mihi mahana ki a koutou. Nga mihi tino aroha ki a koutou te whanau Borell me te whanau Kuka i tenei wa tino pouri mo te hapu o Pirirakau. Moe mai ra i roto i nga ringaringa o te Atua e te kuia Meremaehe. Kia kaha e te whanau.

I know it's only been a short time since our last newsletter, but we are trying to get back on track again. Hopefully future newsletters will get out on time.

## **Congratulations:**

To the organisers of the Tauranga Moana Tauranga Tangata Festival on a successful event. The weather was perfect for this awesome Kaupapa and it was great to see whanau out enjoying themselves. Well done to all the winners of the competitions and thank you to all to those that supported our Health Promotion activities. Nga mihi.

## **Award**

In September Pirirakau Hauora was nominated and won the "Innovative Provider Award" for Adult Learners' Week.

The nomination was made by one of our staff members, Sylvia Wilson, and was for the support and opportunities that Pirirakau Hauora has provided for staff to participate in training and study.



## **Clinic News**

As advised in our previous newsletter, we now have a doctor on site 5 days a week. Now that we are able to offer a full time service we encourage you to come down and register with our service. We are open to take new patients and welcome any enquiries.

Over the past month or so we have noticed an increase in the number of our whanau suffering from eczema, asthma and allergies. The change in season and the strong winds are probably the main cause of this increase. We understand how frustrating it can be for our young parents coping with babies suffering from these illnesses and encourage you to keep up the good work. I know it can sometimes take ages to get these conditions under control and to find what treatment best suits your child. It is also very important to make sure that your baby's immunisations are up to date to avoid any more complications with preventable illnesses.

It can be hard to watch your baby be immunised or hear you baby crying, but it is a lot better than the suffering that they would have to endure if they contracted one of the diseases that is prevented by immunisation. We are all faced with difficult choices as parents, but the choice to immunise is the safest choice for our pepi.

*"immunise on time, every time and protect our most precious taonga"*

Congratulations to the winners of our grocery vouchers during Cervical Screening Month. For those of you who were unable to have your screening done during September, we encourage you to make an appointment to come and have it done. It is free to our whanau and your health is our priority.

# Mihi from Dux

## Mirimiri

Due to the ever increasing costs of providing this service it has been deemed necessary to increase the Mirimiri fees. From 1 December 2014 the fees for Mirimiri will increase to \$30 per hour for registered clients and Pirirakau whanau and \$60 for those that are not registered with our services. We apologise for any inconvenience that this increase may cause and look forward to your continued support. Nga mihi.

We currently have four therapists available to provide our Mirimiri service and the service is available 5 days per week. As well as Mirimiri we are able to offer other forms of therapy that may be of interest to our Whanau:

- Autumn is here on a Monday and Friday and offers Shiatsu as an option. Shiatsu is a Japanese form of body-work which is sometimes referred to as finger pressure massage.
- Erina is available on Tuesdays and Wednesdays and as well as Mirimiri is also able to offer Lymphatic Drainage Therapy.

If you are interested in either of these therapies, ring the staff at Te Oturu or call in for a visit.

Hone is available Monday to Friday, but at the moment is on light duties due to an injury and is limited in the number of massages he can perform.

Awhimai works on a Friday and as well as working in the clinic she also visits some of our not so mobile whanau in their homes.

New clients are welcome.

## Upcoming Events

November 11 - 17th is Diabetes Awareness Week and we will be promoting this important Kaupapa throughout the week. The team has planned a number of activities throughout the week so come on down and see what's on.

***"Diabetes does not define me, it's an important part of my life, but it does not run my life."***

*Diabetes NZ*

## Te Ha Ora

If you are pregnant or a member of your whanau is expecting and would be interested in attending ante natal classes we have just the programme for you. Te Ha Ora is a Kaupapa Maori ante natal and parenting programme based on Maori concepts of child birth.

If you are interested in attending this programme or have any questions, please give TeRina a call and she will be able to tell you what you need to know.

## Ra Whakangahau

This year Te Puna School will be hosting the Ra Whakangahau again, as no one else has put up their hand to host. This year the Ra Whakangahau will be held at the QE2 Youth Centre, Memorial Park, in Tauranga on 20th and 21st November. Pirirakau Hauora will be supporting this Kaupapa with first aid assistance and other health promotion activities. We wish the school all the best for a successful event.

Well whanau, we are now into the last month of spring; summer will be here before we know it. Good luck with the gardens and spring cleaning.

Dux



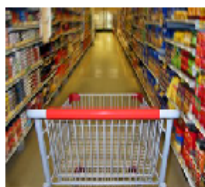
# Diabetes Awareness Week 2014

11 – 17 November

*"Anyone can get diabetes and if you do get it, Diabetes New Zealand is here to help."*

**Here at the Pirirakau Hauora we are providing FREE glucose level testing.  
If you are interested please pop in to see our nurse.  
No Appointment Necessary.**

## World DIABETES Week (11-16 November)



**"Healthy eating starts with breakfast"**

**Come and visit us at  
Bayfair Shopping Centre  
on 11 November, 9am-6pm  
for diabetes information,  
tips on healthy breakfasts,  
supermarket tours,  
spot prizes, free foot screens  
and more .....**

**Cooking Demo : 12-1pm**

***Everyone welcome  
Nau Mai Haere Mai***



## Community walking group

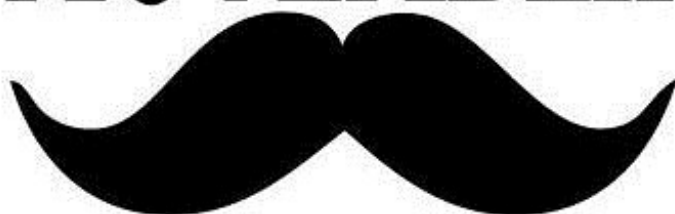
**Monday 10<sup>th</sup> November  
8.00am to meet at Pirirakau  
Hauora.**

We welcome everyone to join us  
on Monday Wednesday &  
Friday morning's to take part in  
our exercise walking group.

This will help to keep you  
healthy & fit to strengthen your  
muscles and to help lose weight.



# MOVEMBER



## Men's Health Awareness Month

This month is Movember which is Mens Health awareness.

Here at Pirirakau Hauora we are offering FREE health checks.

These involve a CVDR: This stands for Cardio-Vascular Disease Risk Assessment (Heart Disease).

This is done through blood tests, Blood Pressure, Weight, and Height, this gets loaded into the computer and a calculation is done on the level of risk that your heart is under. It can then make recommendations on what can be done to help improve the health of your heart . If you want to make an appointment to see one of the nurses to have this done we are available from 8 - 4pm to do this. Or if you simply want to ring up to find out more information please feel free to ring us at any time. ***Take charge of your life and your health.***

## Phone System



If you are need to speak to a member of our staff and are having problems getting through, please follow the instructions on the voice message. Sometimes we are busy and are not always able to drop what we are doing to answer the phone (we could be in the middle of a consultation, in a hui or supporting a client). If you leave a message on our phone we will know that you have rung and will ring you back as soon as we can. If you do not leave a message we will not know that you have been trying to contact us and we will not be able to return your call.

If it is a medical emergency or you feel that you or your whanau member is seriously ill and needs medical help urgently, please follow the instructions on the voice message.

### **"HANG UP AND DIAL 111"**

Once you have done that you can try the Hauora again. At least this way you will get immediate attention and our staff will still be able to help without too much delay.

## Bone Marrow Donation

When I was covering for Mahia up at Te Oturu in June this year, I received a phone call from Carolyn at the Bone Marrow Registry. I am a regular blood donor and years ago (many years ago), I signed up to the bone marrow registry. She said to me you have come up as a match for a potential donor. How do you feel about that and would you like to consider giving bone marrow to someone in need.

I firstly said to her "you know I am old now".... She said are you over 65?

No – not yet. Well that's ok then, you can donate up to 65 as long as you are healthy. Over the next few months, I provided them with more blood for testing and further matching, the bone marrow service flew me to Auckland to see a Haematologist, Dr Blacklock. She checked all my records, bloods, discussed my high blood pressure and explained the procedure to me. I also had a chest xray as well. Carolyn was with me the whole time and was very supportive.

I was all cleared for the procedure to go ahead. The Bone marrow registry sent me down a drug which encourages the donor to produce stem cells in their blood. I had to inject myself twice a day for 4 days. This was easy, very small amount and very small needle. On the evening of the fourth day, I drove to Auckland and stayed in a motel opposite the Blood donation Centre. On (Wednesday 22<sup>nd</sup> Oct, I went over and got started on the machine to donate stem cells.

The procedure took approximately 6 hours, which you had to lay still on a bed. They drew blood from my left arm (just like donating), but this time it went through a machine which separated the cells. They collected the cells they needed in a bag and the rest was returned to me, through my right arm. I had tingling in my arms and legs and this was because of the anticoagulant they had to put in my blood to stop it from clotting in the lines or machine. I was given calcium tablets to fix this. I talked to my daughter and watched movies; we played 4 pics one word. I was very surprised how quickly it all went.

After the procedure I was quite tired, my daughter drove us back to her home where I dozed on and off – on her couch. The next day I got up felt a little tired like I had been up partying, but other than that, everything was fine. I received the all clear to go home, their target was 5 million stem cells and they had collected 5.5million.

So really small amount of time, they pay for expenses and you have a chance to save someone's life. They will not let me know who the recipient is for privacy reasons but they do let you know how they are getting on. In 21 days from the transfusion to the recipient, they will know if the cells have been accepted and they are producing cells on their own.

**The service is in real need of Maori and Pacific Island donors.** It's very hard to get matches and this is a well worthwhile cause. I hope others will consider this, firstly donating blood and registering on the Bone Marrow Registry.

If anyone is considering donating, or needs to find out how, I can talk to you, or take you along to the blood service. Contact me through the Hauora.

**Diana**



# 5+ A DAY

## Breakfast Ideas

**Ideas on incorporating more fruit and vegetables into your everyday eating**

- Grate an apple or pear into porridge, mix mashed banana or other fruit puree through cooked porridge.
- Slice bananas into cereal. Try adding peaches, berries and kiwifruit when in season
- Freeze bananas and blend with low fat milk, yogurt or fruit juice to make a smoothie. Peaches, berries, apples, pears and kiwifruit also work well
- Slice tomatoes, cooked mushrooms or bananas onto wholemeal toast
- Add chopped vegetables like peppers, onion, broccoli, spinach, mushrooms or tomatoes to omelettes or scrambled eggs
- Spread peanut butter on wholemeal bread and roll it around a banana
- Add peaches, apples, berries or bananas to your pancakes or pikelet batter



## Snacks Ideas

- Keep a bowl of fruit on the counter for snacking on the run
- Prepare "grab and go" snacks in small plastic bags in the refrigerator. Use cut up carrots, celery, cucumber, peppers, orange segments and grapes. Store at eye level
- Offer carrot, courgette, red and green pepper and celery sticks to children for snacks with dips such as hummus, salsa or low fat cottage cheese
- Blend or mash bananas, berries, plums or peaches and freeze in ice trays with one toothpick in each to make a summer snack
- Dice or grate onion, carrot, courgette, potato and corn into savoury muffin or pikelet mixture
- Serve vegetable sticks or whole grain pita bites with a salsa made with fresh tomatoes, red onion, garlic and herbs
- Make oven-baked wedges using sliced potatoes, carrots, kumara, parsnips, beetroot and serve with your favourite chutney
- Use raw or cooked vegetables as a base for hors d'oeuvres. Try salmon on cucumber slices, ricotta and herbs in button mushrooms or mini baked potato halves
- Bite-sized pieces of cooked vegetables like potatoes, kumara, yams and pumpkin make great snacks for kids



## Lunchbox Ideas

### Snacks

- Cherry tomatoes
- Baby carrots and chopped cucumber with hummus
- Celery with cream cheese or peanut butter
- Banana and apple cut up in yoghurt



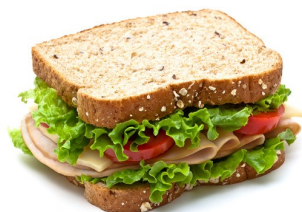
### Fillings for sandwiches, wraps, pita pockets

- Avocado, grated carrot and marmite
- Banana and peanut butter
- Cucumber, mint and low-fat cream cheese
- Lettuce and mashed hard-boiled egg
- Coleslaw and cheese



### Try these for something different

- Home made pizza slice with mushroom, capsicum, onion and spinach
- Potato frittata with cheese, tomato, corn, grated courgette and onion
- Sushi with avocado and cream cheese



## Lunch Ideas

- Load sandwiches up with vegetables: grated carrot, capsicum, sliced mushrooms and spinach
- Spread avocado on your sandwiches instead of butter
- Prepare sliced cucumber, lettuce, sprouts, tomato wedges and grated carrots for your family to make their own wraps, sandwiches and subs
- Mix chopped fruit such as kiwifruit, apples, pears and oranges with low fat yoghurt. Young children tend to eat more fruit when it is chopped up
- Add diced carrots, corn, silverbeet, onions and tomatoes to chop suey for a colourful lunch
- Make home made salsa with tomatoes, mangos, avocados, red onion, coriander and lime juice. Use as a dip or sandwich filling
- Fill vegetarian sushi with avocado, finely sliced carrots, red peppers, cucumber and silverbeet

## Dinner Ideas



- Stir chopped or grated vegetables such as carrots, courgettes, beans, spinach, silverbeet, puha, potatoes and kumara through mince dishes, soups, casseroles, rice and pasta dishes
- Blend the above all together with a bit of water and freeze into muffin trays. Add to your one pot kai to add hidden veges or easy smoothies.
- When making mashed potatoes boil some cauliflower, parsnip or brussels sprouts with your potatoes and mash together for a tasty change.
- Pile diced tomatoes, onion, mushroom, broccoli, green and red peppers onto homemade or frozen pizza before cooking
- Add lettuce, spinach, pineapple, tomato and grated carrot to home-made burgers
- Boil up a hearty soup with left over hangi or roast dinner vegetables
- Stew apples and serve with pork or chicken
- Try mashing kumara, pumpkin, carrot, broccoli or yams with potato
- Add layers of spinach or silverbeet into a lasagne
- Mix grated pumpkin or cooked pureed cauliflower into soups or casseroles. It thickens them and adds a touch of sweetness
- Heat leftover vegetables and serve as a topping for toast or pizza

## Dessert Ideas

[www.5aday.co.nz](http://www.5aday.co.nz)

- Prepare a colourful fruit platter for dessert for your family to share – include chopped pineapple, orange wedges, apple quarters, mangoes, papaya, grapes, bananas and more
- Bake apples, pears or bananas for a healthy dessert
- Thread chopped fruit onto skewers for a colourful kebab





# *Whakapakari Tinana*



## IRONMAORI

### **Congratulations**

to everyone who  
competed in this years IronMaori.

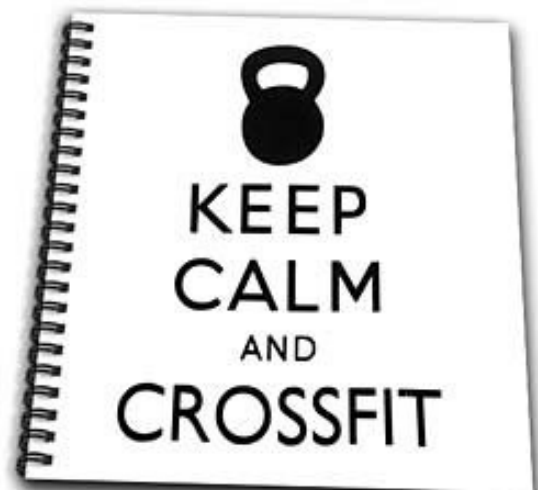
Congratulations to our two Pirirakau Teams.

Looking forward to seeing more of our  
whanau get involved and participate in this  
awesome kaupapa.

Goodluck to those participating in this years  
TriMaori being held in Karapiro on the 22nd  
of November.

## **FREE CROSSFIT SESSIONS**

Have a go at crossfit  
every Monday & Wednesday 6pm at  
Maramatanga Park.



**Open to anyone at any  
fitness levels**

## WOD OF THE MONTH

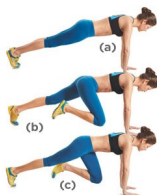
Equipment: 4 cones/ markers

Set up the shuttle by placing the cones 10m, 15m and 20m away from the starting point. .

### 15 Press ups



### 15 Mountain Climbers



### 15 Jump Squats



### Run the shuttle

Complete the 5 sets as fast as possible and try and beat your previous time

5 Rounds

# WOD

## WORKOUT OF THE DAY

### Homemade Equipment Medicine Ball

You'll need:

- An old round ball
- Scissors
- Duct Tape
- Sand
- Funnell

Cut open a small whole in the ball, fill the ball with sand using the funnel and cover the entire ball with duct tape.

## TIP OF THE MONTH

Losing weight and burning calories is all about your Heart Rate. The higher your heart beats the more calories that are being burnt. High Intensity cardio and full body exercises are optimal to elevate your heart rate.

Training upper body (e.g. Press ups) and combining it with a lower body exercise (e.g. Squats) is ideal as it rushes blood around your entire body, leading to an elevation in Heart rate, resulting in more calories burnt.

GOT IT? Sweet, have fun with this WOD



### Introductory Rural Skills

**NCEA Level 2 (Primary Vocational Pathway)**

**National Certificate in Agriculture,  
Horticulture or Primary Sector**



*Do you love the outdoors? Would you like to gain qualifications and move into paid employment in the agriculture or Horticulture industries? Did you miss out on NCEA Level 2 at school? Are you 16-18yrs old?*

Introductory Rural Skills is an 8 month programme that provides training in a workplace setting where practical skills are developed and students are introduced to potential employers. Graduates of the IRS programme will have skills and knowledge that, combined with the right attitude, will lead them into a career in agriculture or horticulture, or into further training.

The programme is FREE for eligible students and a travel allowance may also be available. It is approved for student allowance and will be a local based programme.

For more information Freephone 0800 475 455

**EXHIBITION**

By students in the Raranga class of 2014  
at  
Te Wānanga o Aotearoa,  
60 Durham Street, Tauranga

10-14 November,  
10 am - 3 p.m

Open until 9 p.m. Wednesday  
Light refreshments available

### **POIPOIA TE MOKOPUNA** **Te Runanga o Ngai Te Rangi** **Iwi**

Quality Kaupapa Maori based education programmes for under 5's with their whanau.

- Opportunities for whanau to learn to speak Maori alongside their Tamariki
- Learn Akoranga Maori, together Raranga, Poi making, Waiata and more.
- Flexible delivery options; with a group of mates, at a park, at a coffee shop, at the whanau centre or in homes.
- All this and its FREE

For more information or to register contact Kataraina Paraire  
021 0258 4239 or Andrea Webster  
021 0237 7412



# *Tauranga Moana Tauranga Tangata Festival*



# General Info

## Te Hā Ora Antenatal Classes



Kaupapa Maori  
Antenatal Classes  
Course is free  
Booking Essential  
Register your interest  
with TeRina extn 211

## Smoking Cessation

If you ever wanted to stop smoking but didn't know how, contact TeRina or Valerie.

## 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.

If you know of any of our Pirirakau Kaumatua that would like to join our group 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.

## Pirirakau Hauora Values

Our values guide us on how we conduct ourselves as we strive to achieve the overall strategic vision for Pirirakau Hauora.

### ***Whanaungatanga***

Ensure our people and those that we work with are given their mana, by showing respect, hospitality, support and inclusiveness.

### ***Whakapapa***

Promote a sense of belonging, while ensuring that the principles of whakapapa (tuakana/teina; Ira Tane/Ira Wahine) are in place and the obligations associated with whakapapa and hononga (links) are recognised.

### ***Rangatiratanga***

Acknowledge and respect the mana of those that we work with, and encourage them to be empowered to determine their own destiny. Support and advocate on behalf of whānau to reconnect to their own values, whenua and korero.

***“Everything that we do will reflect good practice and will always be underpinned by our Pirirakau Hauora tikanga and kawa”***

## Our Mission

***“Ruia te kākano kia puāwai ai tātou”***  
Sowing the seed of unity so that we can flourish together.

## After Hours Doctor Service

Accident & HealthCare  
19 Second Avenue  
Tauranga  
Ph: 07 577 0010

# Pirirakau Hauora Panui

Current Price List as of 1st August 2014

## Registered with Pirirakau Hauora GP

Children (0-5 years)	Free
Children (6-12 years)	\$7.00
Children (13-17 years)	\$11.00
Adults	\$17.00

## General Fee for Casual Users

Adults	\$37.00
Children	\$17.00

## Other Charges

Non Cancel Appt	\$17.00
Nurse Consult	\$10.00
Script Charge	\$5.00

## Mirimiri Therapist Charges

### GP Registered Clients

1 Hour	\$25.00
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### Casual Clients

1 Hour	\$55.00
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Non cancel appointment charge	\$10.00
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Please note: Prices increase 1st December 2014

## Hauora Kaimahi

Kaimahi based at 3 Lochhead Road

Donna Motutere	Manager	extn 208
Claire Reihana	Manager's Assistant	extn 202
Pare Burt	Financial Assistant	extn 202
Tiria Nicholas	Admin Support	extn 214
Riini Hurkmans-M <sup>c</sup> Leod	Clinic Coordinator	extn 201
Rachel Bidois	Cleaner	
Hera Brown	Practice Nurse	extn 210
Valerie Ngatai	New Grad Nurse	extn 209
Dr Runa Rao	GP	
Dr Nigel Bruce	GP	
Dr Maura Conneely	GP	
Jan Polley	Tamariki Ora Nurse	extn 211
Moana Rayner	Whānau Ora	extn 212
TeRina Joseph	Tamariki Ora	extn 211
Rahera Biddle	NASC Whānau Ora Coordinator	extn 220
Te Kerekau Nicholas	Rangatahi Coordinator	extn 213
Rihi Motutere	Rangatahi Coordinator	extn 213

Kaimahi based at Te Oturu, 4 Paparoa Road

Phone 552 6238

Mahia Wilson	Te Oturu Oranga & Kaumatua Coordinator
Hone Moetara	Mirimiri Therapist
Sylvia Wilson	Tamariki & Rangatahi Mental Health

## Pirirakau Hauora Board of Trustees

Reona Anderson      Frank Borell      Janice Kuka      Tame Kuka      Colleen Leef