

Pirirakau Hauora Panui

Issue 30

Mahuru 2014



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There are a million reasons to have a cervical smear. Here's one.

Have a smear for the ones you love.
Call 0800 729 729 to see if you're up to date.



*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
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 whānau o Pirirakau. Nga mini mahana ki a koutou. Nga mihi aroha ki nga whānau kei nga kainga, ki roto i te hohipera hoki, e mauui ana. Kia piki te ora ki a koutou katoa.

Well another month has flown by and spring is here. One of my plum trees is already in full bloom and the gardens at Te Oturu are beginning to burst into colour. Roll on the warm weather!!!

Community Gardens

Things are starting to warm up and it is time to start thinking about preparing our gardens for planting. In saying that, our community garden has continued to thrive through winter and we still have some vegetables available and ready to eat. The winter vegetables are slowly being replaced with new seedlings of summer veges and strawberries. It is awesome to see all the herbs flourishing and our garlic plants coming through.

The vegetable gardens at Te Oturu are also being replanted with summer vegetables. So our community will have access to lots of fresh vegetables over the next few months. Thanks to the Department of Corrections for cleaning out the sandpit, which we will be converting to a garden as well.

SMOKEFREE Complex:

This is a reminder that the Te Huhunu Trust Complex, which includes all grounds within the Trust Block, is SMOKEFREE. All Hauora facilities, including Te Oturu are SMOKE FREE.

Pirirakau Hauora is proud to support
“SMOKE FREE AOTEAROA 2025”

Clinic News

Thank you to all our whānau and users of our clinic service for your patience over the past 6 months or so, that we have been experiencing a shortage of doctors. Over the past month it has been especially difficult with only one doctor available. We have been fortunate to have Rosemary Minto, the Nurse Practitioner from Te Manu Toroa available to help out in our time of need and provide much needed clinical support.

I am pleased to announce that from 22nd September we will have a doctor at the Hauora 5 days of the week. Dr Nigel Bruce will be returning from holiday and working 2 days while Dr Runa Rao will cover the other 3 days. We are currently negotiating with 2 other doctors to join our team later in the year.

This month we farewell our Community Nurse Hinemanu, who has taken up another nursing position which allows her the flexibility to do some study. Hinemanu has not left us completely and will be available to support with relieving and backup when we need her. Nga mihi nui ki a koe Hinemanu.

Flu Vaccinations

It has been an extremely bad flu season this year with a very high number of our whānau becoming quite ill with the flu. The hospital has been inundated with patients suffering from severe cases of the flu and we have been fortunate that we have not had too many hospitalised. The seasonal Influenza immunisation programme finished on the 31 August so we are no longer able to offer subsidised flu injections. We are hoping that the flu season is coming to an end and people are now beginning to feel better as the weather gets warmer.

Mihi from Dux

Mirimiri

Our full time Mirimiri Therapist, Hone has returned from his 6 week holiday in Europe, all energised and full of enthusiasm. The service will continue as usual with Hone working his usual rostered Mirimiri sessions on Monday, Tuesday, Thursday and Friday. Erina will be working Tuesdays and Wednesday, Awhimai on Thursdays and Autumn will be available Monday and Friday mornings. We are now able to offer a full time service for our whānau and clients.

With 4 Therapists available our clients now have more options available to them. We are aware that sometimes whānau/clients are not always able to attend their appointments and we understand that sometimes things happen that are outside of one's control such as tangihanga and sudden sickness.

We ask, however that if you are not able to attend an appointment that you please notify the staff as soon as possible. Late cancellations become very difficult to manage as we operate a waiting list and sometimes it is too hard to fill a cancelled appointment with only on hours notice. We are therefore left in a position where we have therapists available but no clients to see, because they have not had enough notice.

Can you please make sure that if you are going to cancel your appointment that you give us enough notice to allow staff to fill the appointment. If you do not ring in to cancel, and just don't turn up, you will be charged a \$10 non-cancellation fee.

Elections

Election Day is Saturday 20th September
www.elections.org.nz Ensure you are registered and have your say.

Programmes

Congratulations to all the Rangatahi that were involved in the Minden Reservoir Art Project. The end result is amazing and as a result the WBOP District Council has asked us to come on board to complete the top half of the tank.

Nga mihi nui ki nga tauira o te Wharekura o Mauao. We have had the privilege of having students from Te Wharekura o Mauao on placement at Pirirakau Hauora. I have been very impressed with the mahi that they have achieved while with us and the respect that they show towards our whānau, clients and kaimahi.

The school holidays are just about upon us again and the Rangatahi Team is planning for the holiday programme. For those parents who are eligible for WINZ Childcare subsidies, remember to get your forms sorted in plenty of time so that there is no hassle with payment.

Cervical Screening Awareness Month

September is Cervical Screening Awareness month. During the month of September we will be encouraging our wahine that are eligible, to come in and have a smear. We will also be having 2 after hours cervical screening clinics on the 16th and 30th September. All wahine who have a cervical smear during the month of September will go in the draw to win one of 4 Countdown vouchers to the value of \$50. There will be one draw per week. Please ring in and make an appointment

Well folks that's me for this month. Enjoy the warmer weather and Happy Father's day to all the Dads out there.

Nga mihi

Dux

Cervical Screening Awareness Month

September is Cervical Screening Awareness Month. During the month of September we will be encouraging our wahine that are eligible, to come in and have a smear.



After Hours Clinic

We will be having 2 after hours cervical screening clinics on the 16th and 30th September. From 2pm - 6pm.

These will be done by Hera our practice nurse.

We also have Yvonne Scholes-Young from Te Kupenga Hauora coming in to do a clinic on the 23rd of September from 10-12pm for those who may be too shy to see Hera.

WIN!

All wahine who have a cervical smear during the month of September will go in the draw to win one of 4 Countdown vouchers to the value of \$50.00

There will be one draw per week.

Please ring reception to make an appointment



Clinic News

Staff Profile *Rosemary Minto*



We have been fortunate to have Rosemary Minto, the Nurse Practitioner from Te Manu Toroa available to help out in our time of need and provide much needed clinical support.

Rosemary grew up in Tauranga after moving from Whanganui. After she trained to be a nurse in Tauranga she moved to Waikeria prison where her husband was a prison officer. She also lived in southern USA for 2 years and has now lived in Tauranga for the past 8yrs and loves being back home. She has a son, 2 daughters, 2 mokopuna, 2 cats and 2 dogs.

She completed her Masters in 2008 and registered as a nurse practitioner in 2010. She is able to do everything that a nurse does and some things that a doctor does such as diagnosing and treating conditions like diabetes and high blood pressure.

Rosemary is here every Thursday.
She is unable to;

- Prescribe medicine to children
- Medical certificates
- Winz forms

She loves working with her NMO whanau & wants to help people be the best they can be and feels privileged to be invited to walk alongside them as they learn to manage their health issues.

Nurse practitioner is an advanced practice registered nurse who has completed advanced coursework and clinical education beyond that required of the generalist registered nurse role.

Triage

Here at the Hauora we will make allowances for babies to see the Doctor in the event that there are no available appointments.

If your child is unwell and you are unsure on whether they need to see a doctor or are unable to get an appointment, make an appointment for them to be seen by the nurse who will assess their needs.

Unable to get a Doctors appointment for your child?
Make an appointment with our nurse.



Hi-Cane

(Hydrogen Cyanamide)

Concerned about the use of Hi-Cane within our community?

Hydrogen Cyanamide, known by the brand name Hi Cane, is sprayed on kiwifruit vines to increase the number of fruit on the vines, promote bud break and ensure earlier and shorter flowering.

Orchardists must notify neighbours, place signage along the road and only spray in suitable wind conditions. People should be wary of spray signs and yellow cones, and if anyone thinks they have been affected by a neighbour spraying they should contact the Regional Council's Pollution Hotline on 0800 884 883

Here is a piece written by Tommy Wilson recently published in the Bay Of Plenty Times.

On the behalf of the future generations who will be invoiced for the next four weeks of hican spraying, I would like to ask: why?

This generation has questioned things such as smoking and other chemical catastrophes we have inflicted on ourselves and our children, and we have listened.

Why wait when it comes to pouring thousands of litres of poisonous agri-chemicals on to our land and into our harbour?

Where are the Maori voices of dissent who speak loudly on the environment disaster of Rena but stay silent on this pirau poison called Hican?

*Are they not one and the same when it comes to Papatuanuku and Tangaroa?
I guess our future generations will be invoiced that answer and for this I am sad, sorry and deeply disappointed in our own.*

*Tommy Wilson
Te Puna*

*Bay of Plenty Times
Friday, August 22nd 2014
Letters*



Rongoā Kākāriki

GREEN PRESCRIPTION

Green Prescription

A green prescription is written advice from your doctor or practice nurse to be ACTIVE. It's a support service that helps you improve your health and feel better at the same time.

Your doctor or nurse may refer you because you are overweight, or have a medical condition which is stable such as type 2 diabetes, high blood pressure or depression and you would benefit from being more active.

Once you receive a green prescription, a trained support person will get in touch and help you get started with a physical programme that's right for you.

Ask your doctor or practice nurse about a Green Prescription.

Stoptober is a 31 day quit smoking challenge designed to help thousands of kiwis kick the smoking habit for good.

There's free daily texts, emails, a free mobile app plus social media, radio, television and fun events throughout the country.

Kia Kaha – Be Strong. Start your Stoptober Challenge now!

Sign up at stoptobernz.co.nz



Here at the Hauora we provide education, support & resources from our smoking cessation champions Terina & Valerie. We offer nicotine replacement therapy such as patches, lozenges & gum.

For more information please call reception



On the 23rd of September Pirirakau Hauora celebrates **21** years of supporting our local community and hoping for another 21 more.

Tamariki Ora

Newborn Enrolment

Enrol Baby Before Birth

Did you know you can enroll your unborn pepi here at the Hauora before he/she is even born?

The benefits for early enrolment:

- Once pepi is born, records & enrolment details are already in our system therefore making the transition from hospital to our GP service smooth and hassle free.
- You will receive early reminders when babies first immunisations are due at 6 weeks.
- Instant access to free GP visits for pepi.
- Access to support from our Tamariki Ora service.

Basically its just one less thing you have to worry about once pepi arrives.

Its easy... If you are interested in enrolling your pepi, come to the hauora & fill out a registration form.

Queries can also be forwarded to us at:

Phone: 552 4573

Txt: 021 02503204

Facebook

Website: www.pirirakauhauora.org.nz



Let your midwife or hospital know that your pepi will be enrolled with Pirirakau Hauora so they can notify us when pepi arrives.

In the past, Matauranga Maori was not written; it was passed down through korero or oral traditions and taught at whare wananga. This is the same way we teach our tamariki through listening, waiata and sharing of stories.

Healthier Takeaway Options for Children

- Sushi
- Kebabs
- Wraps
- Pizza with more vegetables than cheese
- Pasta with tomato based sauces
- Thick chunky chips or wedges instead of thin chips
- Rice & noodle based takeaways not fried with lots of vegetables
- Baked potatoes with meat, beans & salad.



How to disconnect from power struggles and fights with your child

Don't get pulled into a fight:

- Do not to get pulled into the drama of your child's response to hearing the word "no."
- Be specific about how you're going to handle the situation with your child.
- Acknowledge the problem and change the way you respond.
- Do not give in when your child acts out.
- Above all, you don't want him/her to receive some goody for his/her misbehaviour. That definitely sends the wrong message—that he/she should yell and scream to get what she wants.

Nothing changes if nothing changes

TE HA ORA Kaupapa Maori Antenatal Programme

Date: 9th September 2014

Time: 6pm - 8.30pm

Venue: Pirirakau Hauora

Duration: 5 weeks

For more information or to register please call us at the Hauora on 552 4573 ext 211 or email our Child Birth Educator t.joseph@pirirakauhauora.org.nz

RANGATAHI SERVICES!

ARTS PROJECT JULY: MINDEN RESERVOIR!

In collaboration with Moana Moko, WBOP district council and Tauranga Safer City, Tu Pou Tahī and our talented Rangatahi have again successfully produced some awesome mahi!

We would just like to give a big THANKS to our brothers from Moana Moko who have been there to tautoko throughout all phases of our Arts Project. Nga mihi maioha, nga mihi maha ki a koutou ma! A special thanks to all our Rangatahi who have also been involved. Major talent!

Also WBOPDC would like to take the time to talk to you about the impacts your mahi has had!

DUE TO THE GREAT SUCCESS OF THIS PROJECT, WBOP DISTRICT COUNCIL ARE LOOKING TO FUND US TO COMPLETE THE TOP HALF OF THE RESERVOIR. PLEASE REGISTER YOUR INTEREST WITH OUR RANGATAHI TEAM. THE MORE, THE BETTER!

“Ma pango, ma whero, ka oti te mahi”



LICENCING PROGRAMMES, WHAT A SUCCESS!

We had some good numbers this time around for our licencing programmes. Based on the feedback we have received so far, it was very successful with most people passing! BIG THANK YOU TO APRILS DRIVING SCHOOL.. NGA MIHI KI A KOE WHAEA!

ARE YOU READY?
2014 GENERAL ELECTION
SATURDAY 20 SEPTEMBER



Are you 18+? Are you enrolled?
If you have not yet enrolled to vote, all you need is available at Pirirakau Hauora!

RANGATAHI SERVICES!

up and coming...

Holiday Programmes Sept/ Oct 2014!!!

From 31st of September to the 10th of October 2014 we will be running a fun-filled holiday programme!

We invite all school aged Rangatahi to come join us. We are looking at doing the following activities (weather permitting)

- Mauao and Waka Ama
- 2 Days based at Tutereinga
- Waimarino
- Pools, The Manic Room/ The Rockhouse/Movies
- 2 Days based at Tawhitinui
- Omokoroa and Motuhoa

Contact us...

*Pirakau Hauora
Rangatahi Services
3 Lochhead Road
Te Puna, Tauranga*

*Ph: (07) 5524 573 extn 213
or 217*

Marae based days will be from 830-430 and will involve morning workshops such as arts, crafts, sports and games, and afternoon activities at the beach/ river.

If you are planning on applying for a subsidy from WINZ please come in to have your forms filled out ASAP.

For more information, please contact Te Kerekau or Rihi at the Hauora

We have a special guest coming in to the Hauora on 29th September. Rangatahi and their whanau are invited to join us for a kai, a hongi, and a listen. She will be presenting at 10am and 1pm.

Come save -a-mate!



Coming Soon...

- Maori Womens Welfare League National Conference 23rd-27th September
- Holiday programmes 30th Sept-10th Oct
- Mental Health Awareness Week 6th-12th October. THEME: KEEP LEARNING
- Ira Wahine Programme Late October
- Kaitiaki Programme 2nd-5th December. SURVIVOR MOTUHOA

Community Notices

ARE YOU READY?
2014 GENERAL ELECTION
SATURDAY 20 SEPTEMBER



GENERAL ELECTIONS 2014

20th September 2014

elections.org.nz

Advance Voting:

You can vote from 3rd of September if your not going to be in your electorate or cant get to a voting place on election day.

Bethlehem Town Centre

Wed 3 Sep - Fri 5 Sep 10am - 4pm

Mon 8 Sep - Fri 12 Sep 10am - 4pm

Sat 13 Sep 10am - 2pm

Mon 15 Sep - Fri 19 Sep 10am - 4pm

Thu 18 Sep (Late night) 4pm - 8pm

(Opposite Coffee Club)



Easy Vote:

Easy vote cards should be in the mail now for those who enrolled to vote before 20 August. Take your easy vote card with you if you have one as it will make voting faster on election day

Make sure you are enrolled to vote. You can still enroll now but wont get an easy vote card.

Election Day

On election day, Saturday 20 September, all voting places will be open from 9.00am until 7.00pm. The busiest time of day is usually 9.00am – 11.00am

Local Places to Vote

Te Puna Memorial Hall
Te Puna School

***Remember whanau this is your chance to have a say in how
our country is run***

Community Events



PROGRAMME

Friday: (Te Puna Rugby Club)
Opening
Rangatahi Quiz

Saturday: (Maramatanga Park)
Art/Video archive/Exhibition
Fun run/walk
Banner March
Taupatupatu
Ki o rahi
Stalls
Passport Competition
Kura Wero

Sunday: (QE2)
Fashion Show
Poster Competition
KapaHaka
Prize Giving

Theme:
Riri Whenua - Pukehinahina & Te Ranga

If you are interested in having a stall please
contact Hoki Nicholas on 021444804



Tamariki Poster
kaupapa; ngā riri whenua

Kai Stalls

Tautohetohe

Banner March
points for mascot / hapū flag

Ki-o-Rahi

Workshop to be available

Wearable Arts

Rangatahi Quiz
friday night kick-off

5km Fun Run

Busking

Kura Wero
with Reweti Te Mete

Art & Photo Display



2014 FESTIVAL

@ PIRIRAKAU, Maramatanga Park

LABOUR WEEKEND

Friday 24th - Sunday 26th

KAPAHAKA

Venue: Queen Elizabeth II Rec centre

te peruperu a Pukehinahina compulsory item

extra points for original composition

Nga Morehu o te Kore Tuohu HAPU KAPAHAKA PRACTICE

Sunday 14th September,
Tutereinga
1-4pm

If your interested in participating in any of
the activities at this years festival, please
come along to our first practice for more
information.

General Notices

FOOD BANK

Here at the Hauora we have a food bank to distribute to needy whanau. A box is located in the reception area for anyone who would like to contribute any kai such as fruit, veges, non perishables etc.

***Na tou rourou na toku rourou ka ora ai
to tatou hapu.***



Weekly Midwife Clinic

Tuesday afternoons from 1pm to 3pm.

Call in and have a chat



Our gym facility is open for public use;

Monday-Friday
8.30am-4.30am.

This is located in the shed.
Please report to reception on arrival.

SECOND HAND CLOTHING



Every month we get a new selection of clothes delivered to the Hauora.

You are more than welcome to come and help yourself.

Boxes of clothes are in the garage.
Please see reception on arrival if you are interested.

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

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.

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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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 ^c Leod	Clinic Coordinator	extn 201
Rachel Bidois	Cleaner	
Hera Brown	Practice Nurse	extn 210
Valerie Ngatai	New Grad Nurse	extn 209
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