

Pirirakau Hauora Panui

Issue 36

Paenga - Whawha 2015



Āhuatanga *(Features)*

- 1 Flu Vaccination
- 2 Head Lice

Whakapakari Tinana

- After Hours Gym
- Burning Calories
- WOD of the Month

Rangatahi Services

- Up & Coming Programmes
for 2015
- Pirirakau Youth Group School Holiday

Happy Easter



*Have a fun and safe
holiday*



*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. 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 aroha ki nga whanau pani o te wa.

Greetings everyone. It's hard to believe that a quarter of the year has already gone. The cooler weather is upon us and before you know it winter will be here. Here's hoping everyone has got their firewood all ready for the colder months and the winter woollies are out of the mothballs and ready to go.

Congratulations to:

- Tutara Kauika ki Rangataua and Ngati Ranginui Kapa Haka groups on their awesome performances at Matatini. Tauranga Moana has a lot to be proud of.
- Rihi Motutere, who graduated from Massey University with a Bachelor of Arts majoring in Psychology. Your Nanny would be proud.
- Te Puna Rugby Club on winning the Gilly Trophy against Rangataua.

Clinic News

Hera's last day with us will be Thursday 2nd April. We wish Hera all the very best of luck for her future and an awesome retirement on her beloved moutere. Our new Practice/Community Nurse, Kerri Lawrence, officially starts on Tuesday 7th April, though she is currently with us doing orientation and training alongside Hera. We welcome Kerri to the whanau of Pirirakau Hauora and know that she will enjoy her time with us.

Flu Vaccination

Yay! We finally have some good news. The flu vaccines have finally arrived, so come in and get your vaccination before the flu gets you. Ring in for an appointment or just come in—I am sure the nurses will be happy to see you.

Programmes/activities

The Holiday Programmes are out, so if you would like to register you tamariki for this programme, either ring or come in and see Rihi and Kerekau. This holidays, because of Easter we have decided to run 3 days in the first week and 5 in the second week.

On 25th and 26th March we ran a very successful 2-day wananga on respiratory disease at Te Oturu. We had just over 30 kaimahi in attendance from the different Hauora around Tauranga. We were so grateful that the weather stayed fine for us, as the whole event was run outdoors in the Te Oturu grounds. Many thanks to Nga Mataapuna Oranga staff for the support that they provided and to NMO for giving us the opportunity to showcase our lovely taonga, Te Oturu Oranga.

Hauora Van

The Hauora van will no longer be available for use for anything that is not a Hauora activity. We are sorry to advise that we are no longer able to lend/hire our van out to the community but are willing to support in other ways.

Second-hand clothing

We still have quite a lot of second hand clothing available to anyone who wishes to come in and have a rummage through the boxes in our garage. We will be taking all the clothes away after Easter so if you are interested come on down and have a look.

Well whanau I have done to the end of my page so will say Ka Kite Ano. Have a safe and happy Easter. If you are travelling please drive safely and have a lovely break. To the whanau attend Hui Aranga—good luck form us all.

Nga mihi
Dux

Clinic News



We would like to say farewell to Hera who has finished here at the Hauora as our Practice Nurse.

We had an awesome farewell lunch for her and was awesome to hear some of the lovely korero about her time with us from her fellow colleagues.

We would like to wish her all the best for the future, she will be greatly missed.

We would also like to take this opportunity to welcome our new Practice nurse Kerri Lawrence.

Flu Vaccinations

You may be eligible for

Free Flu Vaccines

if you are:

- Aged 65 years or over
- Hapū
- Suffer from cardiovascular or chronic respiratory
- Have Diabetes
- Have Cancer

Influenza is a serious illness with severe effects.

Book your appointment today with our nurse.



**Congratulations
to all the whanau who
performed at Te Matatini 2015
& goodluck & safe travels
to those who are heading to the
Hui Aranga in Hastings this Easter.**

HEAD LICE



Facts

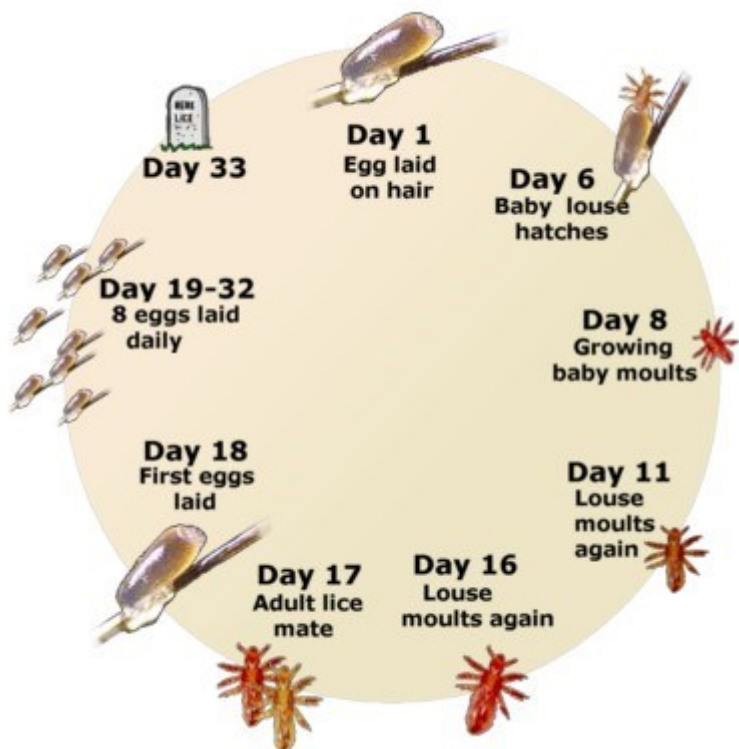
- Head lice are small, flat insects that live and lay eggs on the human scalp
- The scalp provides food and warmth for the eggs to hatch
- Feed on human blood through the scalp 5 or 6 times a day
- Female lice lay 7 - 10 eggs each night.
- Eggs (Nits) are small and hard and are laid close the scalp and are firmly glued to a hair
- Eggs hatch in 9 days and a louse will live for 40 days
- Cannot jump, fly or swim
- Do not carry disease
- Remain on the head after swimming or bathing/showering
- Anyone can catch head lice - catching them has nothing to do with poor hygiene
- Head lice spread by crawling from the hair of one person to another
- The most common place to find them are around the hairline at the back of the neck, behind the ears or on the crown
- If you find live head lice or eggs on your child's scalp, treat your child and check everyone in the house.

Treatment

- Use a fine tooth comb on wet hair
- Speak to your pharmacist, doctor or practice nurse for advice on treatment
- Special shampoo available from your pharmacist or doctor
- After treatment eggs are left dead. These can be removed between finger and thumb.

Prevention:

- Brush hair every night
- Do not share brushes or combs
- Check every week



Te Ha Ora

Kaupapa Maori Antenatal & Parenting Programme

"You are here to learn what you already know, what is in your bones, handed down to you from your Whaea, Kuia and your Tipuna Whaea before them, whakawhanau"



This course provides whanau with up to date information on pregnancy, birthing and intro to parenting.

Programme runs for 5 sessions once a week

Day class - 10.00am – 12.30pm

Night class - 6.00pm – 8.30pm

For more information:

Email: t.joseph@pirirakauhauora.org.nz

Phone: 07 5524573 ext 706

**Take your Kids along
for the ride they will
love you for it!**



Little Bicycle Adventures which is a group being set up to encourage and support parents who want to get out and ride their bike with their children on board.

The next ride is coming up on the 10th April.

The ride will begin on the corner of Totara Street/Kawaka Street opposite Club Mount Maunganui. We will ride over the bridge on the cycle path to Tauranga and stop at the waterfront playground. The Kids can burn off a bit of energy at the playground and we can grab a coffee before the return trip back to the Mount.

For more information <https://www.facebook.com/littlebicycleadventures?ref=hl>

Te Manukura

Te Manukura - Leadership and Health wananga was held at Tutereinga Marae in collaboration with Te Puna Tauranga Moana Hui Aranga Rangatahi group.

The programme consisted of many activities from Mau Rakau and Beauty/ Make up workshops.

We would like to thank everyone that came down to the Marae to help and also the Rangatahi who made the programme happen.

Rangatahi Services



GIVE GIVE
GIVE GIVE
GET GET
GET GET

HEAD
HEELS

ABCDEFGHIJKLM-
NOPQRSTUVWXYZ

Answers: 1. forgive & forget. 2. Head over heels. 3. Missing you



**Have a go at these
brain teasers**

Rangatahi Services

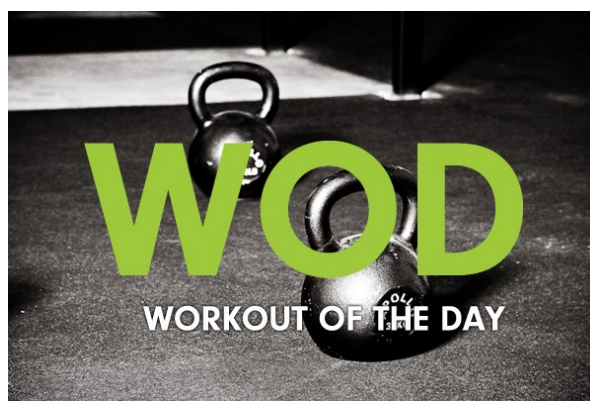
WOD OF THE MONTH

Equipment:

24inch Box (Can use anything in substitute for a box, can be any size)

- Box Jumps
- Inclined Press ups
- Step Ups
- Declined Press ups
- Bulgarian Squat
- Bench Dips

Complete 3 sets of each of the 3 super sets, with 10 reps each set.



WORKOUT TIP

Burning Calories

The body does burn a higher percentage from fat at lower intensities. However, at higher intensities you burn a greater number of overall calories, which is what matters when it comes to losing weight.

For example only; walking you may burn 4 kcal/min and 75% of them could be Fat calories. Where as running you may burn 20kcal/min and 50% of them could be from fat.

So would you rather burn 4 or 10 fat calories per minute?

CROSSFIT

Crossfit is now over for this half of the year.

We would like to thank everyone who attended our sessions and hope you gained some knowledge around exercise and looking after your health.

Watch this space for the next programme starting up in August/September.

AFTER HOURS GYM

Pirakau Hauora will be opening the after hours gym from April 20th on Monday and Wednesday nights till 7.00pm.

The gym will also continue to be open from 8.30am to 4.30pm every week day.



Rangatahi Service

Tu Pou Tahi – Rangatahi Services

- Sexual and Reproductive Health/Mental Health Promotion Programmes
- Social and Educational Support
- Crime Prevention
- Te Pae Mahutonga Framework

Upcoming Programmes March-July 2015

-Rangatahi Ora #TWOM2015

Date: March-July 2015 @ Te Wharekura o Mauao

-After Hours Gym: Fitness & nutrition.

Date: Mondays & Wednesdays till 7pm at Pirirakau Hauora

-Nga Hau Tipua Tikanga Wananga: Marae based crime prevention programme for male offenders.

Date: 26th-29th March 2015 @ Poututerangi Marae*

-TWOM Placements: Work experience in the health and social services sector with TPT

Date: Term 2&3 2015 @ Pirirakau Hauora

-Arts Project: Crime prevention programme to reduce tagging and apply graffiti as art to problem areas.

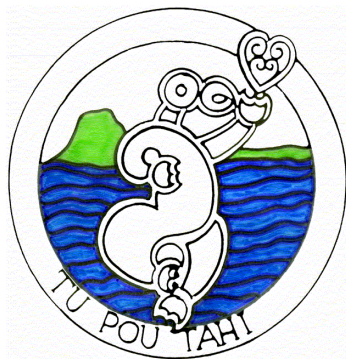
Date: 22nd of May 2015 @ Minden Reservoir*

-Youth Week After School Workshops: From health care to education and careers

Date: 25th-29th May 2015 @ Pirirakau Hauora

-Ira Wahine and Ira Tane Programmes:

Date: 4th-5th June 2015 @ Poututerangi & Paparoa



For further information and
to
register please contact
*Rangatahi Projects
Coordinators*

Rihi Motutere &
Te Kerekau Nicholas

rangatahi@pirirakauhauora.org.nz
07 5524573 ext 709 or 710

FACEBOOK: Tu Pou Tahi
Group

**Dates may change, call Pirirakau Hauora Rangatahi Services for confirmation*



SCHOOL HOLIDAY PROGRAMME

Week 1: Wed 8th April – Fri 10th April 2015

Day 1: Movies and Pools (08/04/2015)

Come join us for a lazy day starting at the Mount Movies and ending at BayWave!

MEET: 8.30am @ Hauora
COST: \$30.00 per child



Day 2: Easter Extravaganza (09/04/2015)

Starting at the Mount we will make our way around Tauranga Moana on an Extravaganza Easter Egg Hunt!

MEET: 8.30am @ Hauora
COST: \$20.00 per child



Day 3: Matakana Mystery (10/04/2015)

Catch the Barge to Te Moutere o Matakana for a day filled of mystery competitions.

MEET: 8.30am @ Omokoroa
COST: \$20.00 per child

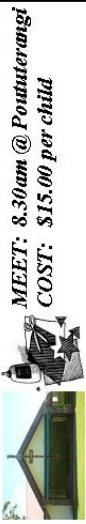


Week 2: Mon 13th April– Fri 17th April 2015

Day 4: Arts, Crafts and Competitions (13/04/2015)

Meet us at Poututerangi Marae for a day jam packed with fun Arts and Crafts activities and plenty of comps and prizes!

MEET: 8.30am @ Poututerangi
COST: \$15.00 per child



Day 5: Gaming, Movies and Pizza (14/04/2015)

Come spend the day at Tutereinga. Who will be champ of the PSS? Create your own pizza with your fave toppings. And relax to watch a new release

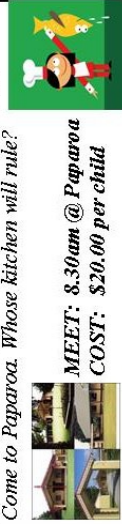
MEET: 8.30am @ Tutereinga
COST: \$15.00 per child



Day 6: MKR and Baking Bonanza (15/04/2015)

Come to Paparua. Whose kitchen will rule?

MEET: 8.30am @ Paparua
COST: \$20.00 per child



Day 7: Science Experimentation (16/04/2015)

Join us at Tawhitiui for some fun interactive Scientific Experiments!

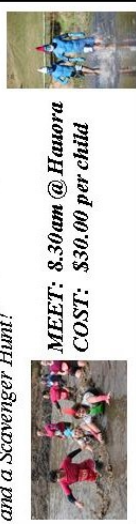
MEET: 8.30am @ Tawhitiui
COST: \$20.00 per child



Day 8: Lake Ranch (17/04/2015)

A trip to Rotorua. Cold/Hot Pools, Water Slide, Giant Hammock, Mud Run, Flying Fox, Slug Gun Shooting, and a Scavenger Hunt!

MEET: 8.30am @ Hauora
COST: \$30.00 per child



CONSENT FORM

I/we _____

consent to _____

Attending the Pirirakau Youth Group April 2015 Holiday Programme/s on the following days _____

I/we also give consent to transport, take photos and use for promotional purposes, administer medication, and if required, further medical treatment while on any programme _____

Signed by Parent/Guardian _____

Date: _____

PLEASE NOTE: Consent forms must be returned by anyone wishing to attend any of the programmes

No form No Programme!

General Info

Te Hā Ora Antenatal Classes



Kaupapa Maori
Antenatal Classes
Course is free
Booking Essential
Register your interest
with TeRina extn 711

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 December 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
Non Payment on Day	\$3.00

Mirimiri Therapist Charges

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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Please note the change in prices.

Hauora Kaimahi

Donna Motutere	Manager	extn 701
Claire Reihana	Manager's Assistant	extn 702
Pare Burt	Financial Assistant	extn 702
Tiria Nicholas	Admin Support	
Riini Hurkmans-M ^c Leod	Clinic Coordinator	extn 700
Karen Bidois	Cleaner	
Kerri Lawrence	Practice Nurse	extn 703
Valerie Ngatai	Community Nurse	extn 705
Dr Runa Rao	GP	
Dr Nigel Bruce	GP	
Dr Maura Conneely	GP	
Jan Polley	Tamariki Ora Nurse	
Moana Rayner	Whānau Ora	extn 707
TeRina Joseph	Tamariki Ora	extn 706
Rahera Biddle	NASC Whānau Ora Coordinator	extn 708
Te Kerekau Nicholas	Rangatahi Coordinator	extn 709
Rihi Motutere	Rangatahi Coordinator	extn 710

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
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