

Pirirakau Hauora Panui

Issue 34

Hui Tanguru 2015



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**HE IWI KOTAHI - WHANAU FESTIVAL
BLAKE PARK, MOUNT MAUNGANUI**

**FAMILY FRIENDLY ENTERTAINMENT - ALL DAY!
LOCAL BANDS / MARKET STALLS / KAPA HAKA**

TICKETS FROM EVENTFINDA OR LOCAL AGENTS

**ALL PROCEEDS TO PAPAMOA SURF CLUB & REMOVE THE RENA TRUST
GATES OPEN AT 10AM - FREE PARKING**



POWERCO



*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 whanau o Pirirakau. Nga mihi tino aroha ki te whanau Kuka, ki te whanau Borell hoki, i roto i to koutou pouritanga. He wa tino pouri ano mo te hapu o Pirirakau. Kia kaha e te whanau.

Our aroha and prayers go out to the whanau of Aunt Sylvia and Frank (Mouney) at this sad time.

It has been a busy start to 2015 with business as usual. I trust everyone had an enjoyable and safe festive season and you all made the most of the lovely weather.

Strategic Planning

The first two days that all staff were back on board (12th & 13th January) we held our strategic planning at Poututerangi. These two days were spent learning a bit about the local history, team building and planning for the year ahead. They were two fun and productive days. Unfortunately two days is never enough to cover everything that we would have liked and it will mean that planning will continue to be ongoing throughout the year. It was a good way to get ourselves back into work mode again after our break.

Clinic News

The clinic resumed on 5th January to a busy start to the year. We are pleased to confirm that we are able to offer a full time doctor service this year and are looking forward to a very productive year and more of our whanau enrolling with our service.

This month we farewell Natasha Martin who has completed her placement with us. We wish Natasha all the best for the rest of her study and look forward to her graduating as a doctor and hopefully see her return to Tauranga to practice.

In February our new Community Nurse will be starting. We welcome Valarie Ngatai on board into the position which has been vacant for some time. Val will be moving into the position after completing a very successful year as a new graduate nurse at Pirirakau Hauora. Congratulations to Val for graduating from the NETP new graduate nursing programme.

Thank you to all the parents who contributed to our successful immunisation programme. Thanks also to Hinemanu who has been working constantly to ensure that our tamariki are protected and immunisations are up to date.

Programmes

The first school holiday programme for 2015 was run in the last 2 weeks of January with a four day camp at Motuhua and a variety of activities in the second week, concluding with a trip to Rotorua. From all accounts the kids had a lot of fun. Many thanks to the volunteers who came and helped supervise.

Phone System

We have a new telephone system, which means that staff extension numbers have changed. Most of the changes will affect the staff more than the public, but it is hoped that it will be an improvement on the old system. Please be patient with us while we familiarise ourselves with the new system. We apologise in advance for any inconvenience that this change may cause as we know that in the long term it will improve efficiencies.

Community Garden

It has come to my attention that the garden has not been utilised over the summer. The dry weather has caused a lot of the plants to seed and dry out but there are still some vegetables left. So please come down and help yourself before they all go to waste.

Kua mutu taku korero mo tenei wa. Kia ora.

Na Dux.

Heart Week 2015



Heart disease is still the biggest killer in NZ.

Cardiovascular disease is still the leading cause of death in New Zealand. More than 30 per cent of lives lost annually from heart disease. Many of these deaths are premature and preventable.

Our vision is to halt premature deaths from heart disease and stop the next generation of New Zealanders from developing heart disease. If you are interested in supporting please see the following link for more information.

<http://www.heartfoundation.org.nz/get-involved/heart-week-2015-call-for-volunteers>



Whanau get your men and ladies in for a cardiovascular risk assessment today. This is a free health check to all men and women age 35 and over.

We can check for you/your:

- Blood Pressure & Heart Rate
- Blood sugars & Diabetes Prevention
- Your Height & BMI Ratio
- Weight & discuss food & exercise options
- Vision, Hearing and make referrals if necessary
- Smoking Status – Cessation advice & support
- General wellness checks & advice

Talk to your doctor or nurse about this free health check. To discuss any concerns, make an appointment with the nurse or doctor for a more detailed consultation.

"Know your numbers quick check" on how healthy your heart is?

Come in and have this health check it could save your life.

Phone Hera or Valerie for an appointment today.

MASSAGE SERVICE



Having a massage can have huge benefits to your health.

Our therapists' holistic approach to massage uses a variety of techniques that cater for everyone's individual needs.

Their philosophy is that along with the right food and exercise, massage therapy is an integral part of reducing stress, managing pain and preventing injury.

Our therapists are qualified Massage Therapist's, and specialise in the following therapies;

- **Relaxation**
- **Sports - pre and post event**
- **Reflexology**
- **Lymphatic Drainage**
- **Acupressure**
- **Pregnancy Massage**

Consider massage appointments a necessary part of your health and wellness plan, and work with your therapists to establish a treatment schedule that best meets your needs.

Pirirakau Hauora - Mirimiri Services Te Oturu Oranga

4 Paparoa Road
Te Puna, Tauranga.

Open Monday to Friday
8.30am - 4.30pm

Phone 552 6238 to make an appointment

Clinic News

Every year we organise First Aid for our staff,
which we open up to the community.

Friday 27th March 2015
9 - 4pm

In the Pirirakau Hauora Conference Room

Les McLaren is the tutor - Workplace First
Aid Course NZQA Units 6401,6402 & 6400.

Cost \$80.00 cash
\$92 cheque (invoiced)

Please call Claire here at the Hauora if you
would like to book in or for more information

First Aid Course



Phone system

We have a new telephone system, which
means that staff extension numbers have
changed.

Please see the back page for an updated
list.

#TINOREKA #HANGI

Tata Whanau Fundraiser

MAINS

- PORK
- CHICKEN
- POTATOE
- PUMPKIN
- KUMARA
- VEG
- STUFFING

SIDE

- PAKI BREAD

DESSERT

- SUMMER TIME FUSION



Pick up from the **TATA WHANAU TENT**
amongst the food stalls at:

HE IWI KOTAHI;
WAITANGI DAY FESTIVAL
BLAKE PARK Mt MAUNGANUI

PICK UP @ 12pm - 6th February 2015

TICKETS ON SALE @ HE IWI KOTAHI
OR
GIVE US A CALL ON 0220774325

The Tata whanau have a great reputation
for providing a well-cooked feast
with heaps of flavour.



Community News

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

February Day class Starting 17 th February – 17 th March Pirirakau Hauora Te Puna	March Night class Starting 17 th March – 14 th April 11 Garden Place Tauranga	March Day class Starting 24 th March – 21 st April Moko Marae Te Puke	April Night class Starting 8 th April – 6 th May Pirirakau Hauora Te Puna	April Day class Starting 28 th April – 26 th May Katikati
May Night class Starting 27 th May – 24 th June 11 Garden place Tauranga	June Day class Starting 23 rd June – 21 st July Pirirakau Hauora Te Puna	July Day class Starting 28 th July – 25 th Au- gust Venue TBC	August Night class Starting 26 th August – 23 rd September Venue TBC	September Day class Starting 22 nd September – 20 th October Te Puke
October Day class Starting 14 th Oc- tober – 11 th No- vember Venue TBC	November Night class Starting 3 rd No- vember – 1 st De- cember Venue TBC	For more information: Email: t.joseph@pirirakauhauora.org.nz Phone: 07 5524573 ext 706		

Whakapakari Tinana



Homemade Equipment

What you need:

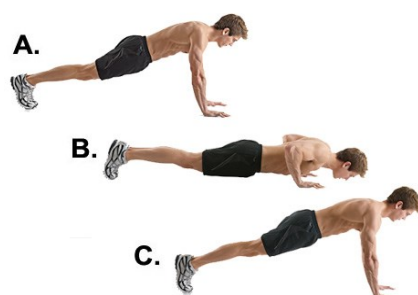
- a few car tyres
- a drill
- some bolts
- Rope

Simply drill a few holes in the tyres, bolt them together, and then find somewhere to hang it.

WOD of the Month



Squat jumps



Press ups

Complete all 3 exercises on the left hand side consecutively after one another.

Start at 1 Rep, working your way to 10 Reps.

If you want more of a challenge come back down to 1 again.

Change the exercise to suit

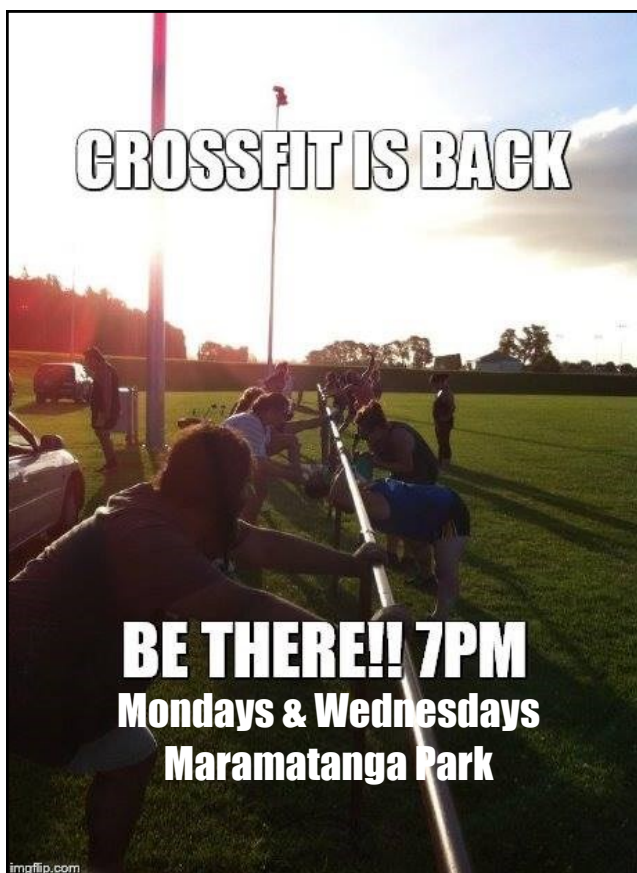
How to do Burpees



REP = REPETITION.

It is the number of times you do the same movement in a set. Example= 3 sets of 20 push ups; every push up is 1 *rep*

Community News



**Become the best
version of yourself**

Te Matatini National Kapa Haka Festival 2015 **4 - 8 March 2015, North Hagley Park, Christchurch, New Zealand**

Te Matatini National Kapa haka Festival is on again this year and is being held in Christchurch.

We are being represented by Ngati Ranginui & Tutarakauika ki Rangataua. Both teams are working very hard to be the best they can be both onstage and off. We would like to wish them the best of luck and a safe journey.



Ngati Ranginui

Rangatahi Service

We would like to thank all the kids who attended the summer holiday programmes, you guys were all awesome, and thank you all for being well-behaved. We would also like to personally thank all of our supervisors that came on board this holidays, you's definitely made our job a lot easier.

The next Holiday programmes will be from the 8th - 19th of April 2015.
Best wishes for the start of Term 1 and see you next holidays!!

Te Kerekau Nicholas & Rihi Motutere

Pirirakau Youth Group School Holidays Programmes



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

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: Prices increase 1st December 2014

Hauora Kaimahi

Kaimahi based at 3 Lochhead Road

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
Rachel Bidois	Cleaner	
Hera Brown	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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