

Pirirakau Hauora Panui

Issue 35

Poutu Te Rangi 2015



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Good luck to all those performing in this years

TE MATATINI National Kapa Haka Festival

He Ngakan Aroha



*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 nui ki a koutou i tenei wa, te timatanga o te wahanga o te ngahuru.

Well folks, summer is over and autumn is upon us. Lets hope that the summer weather hangs around for a while longer so that we can harvest our kai for preserving.

Congratulations to:

- Suana Borell and Karen Bidois who have just begun their journey on a career pathway in the health field with the NMO PETN programme and HCA through BOP Polytechnic.
- Aaron Motutere who won a top National award for Health & Safety Practices and Procedures, and Industrial Best Practice in the Forestry.
- All those Pirirakau whanau who completed the Mount Triathlon—well done you guys.
- To all those health conscious whanau who have been doing the daily hikoi to the top of Mauao. You are inspirations to us all who dream to one day get fit.



Clinic News

Val Ngatai has now taken up her new role as Community Nurse and will be in the community more, following up on our whanau who need extra clinical support.

Hera will be retiring at Easter and we are in the process of recruiting for a new Practice Nurse. Hera has been a member of our team at Pirirakau Hauora for close to 10 years and has had a major role in growing our clinical services to where we are today. We appreciate all that Hera has done for Pirirakau Hauora and all the learning that has been gained over the years as a result of her input. We wish Hera all the very best for her well earned retirement on Matakana.

Dr Runa Rao has decided, now that we have more regular doctors, that she is ready to retire. Dr Rao has advised that she will be retiring in March and believes that she leaves Pirirakau Hauora in capable hands with Dr's Nigel Bruce and Maura Coneelly. Dr Rao has been working as a doctor in Tauranga Moana for many years and has given a lot of her time to Maori Health. We are very appreciative of the work that she has done for us at Pirirakau—she was our life saver when we had no-one else. Nga mihi tino nui ki a ia.

Flu Vaccination

I am aware that many of our whanau have been waiting for the flu vaccines to be released so that they can have theirs before the weather gets too cold.

We have just received notification from the Ministry of Health that this year's Flu Vaccine will not be available until April. As soon as we receive the vaccine we will be calling all those on our list who are eligible for free flu vaccinations and will even be looking at holding extra clinics just for the flu vaccination so that everyone can be protected before the weather turns cold. Meanwhile, whanau keep warm and stay well.

Mihi from Dux

Te Oturu

The Mirimiri Service continues to be quite popular with our whanau. We currently have 3 Therapists operating from Te Oturu. At the end of last year Autumn Falk discontinued providing Shiatsu as the numbers were not as good as we were hoping. At the moment we have 2 Therapists massaging on Tuesdays and Thursdays and one on the other 3 days and this is likely to continue for the now.

Cherelle Brodie, who has been on Maternity leave for the last 11 months has decided that she will not be returning to work and will be staying at home to be a full-time mum. We wish Cherelle and her whanau all the best and we look forward to having them visit us at the Hauora.

Community Garden

The garden has been cleaned and ready for the next round of planting. Many thanks to Nicky Apaapa for giving up some of his time to tidy the garden. Many thanks also to Mahia who has taken the time to clean out the vegetable gardens at Te Oturu as well. Kia ora korua.

Programmes

Te Ha Ora programme dates have been set and will consist of day classes and night classes at a few different venues.

Te Ha Ora is a Kaupapa Maori Antenatal & Parenting Programme for expectant parents and their whanau. If you know anyone who is pregnant or is thinking of starting a family and would like to learn from a Kaupapa Maori perspective, give Te Rina a ring at the Hauora. We have only ever had positive feedback about these courses so come on whanau, come and check it out.

The week of 23rd February was Well Child/ Tamariki Ora week. Pirirakau Hauora held a Tamariki Ora Day on Wednesday focussing on immunisation and Positive Play. A fun day was had by all who attended.

On behalf of Pirirakau Hauora we would like to wish Ngati Ranginui and Tutara Kauika ki Rangataua all the very best for the Matatini competition in Christchurch. Kia kaha koutou. We are all very proud to have Tauranga Moana represented at this prestigious event.



To TeRina, who will be performing at Matatini, Go Hard Girl!! Have a great time and enjoy your performance.

Nga mihi nui ki a koutou katoa nga kaihaka.

Well whanau I have run out of news, so rather than ramble on, I will finish here.

Kia ora te whanau
Dux

Things you probably didn't know about...

Gout causes attacks of pain and swelling, usually in the joint of the big toe. Gout is a kind of arthritis. It is most common in men.

GOUT

1. Gout is a form of arthritis – it's the second most common form of arthritis in New Zealand.
2. Gout is caused by too much uric acid in the blood. It's normal and healthy to have some uric acid in your body and most people get rid of it through their urine.
3. High levels of uric acid can turn into crystals that are very sharp, like needles, and make your joints very painful. Gout often occurs in the big toe.
4. About 80 percent of the time high uric acid is caused by people's genes, their weight or kidney problems. About 20 percent is caused by food and drink – things like meat, seafood, beer and fizzy drinks.
5. Gout is three times more common in men than women.
6. Many Māori and Pacific men are genetically more likely to get gout – it's estimated up to 14% of Pacific men have it.
7. If you think you may have gout, go and see your GP or visit the <http://www.arthritis.org.nz/>
8. Thankfully, gout can be easily managed – there are effective medicines available to treat it.
9. You can help control gout by taking your gout medication every day – even if you aren't having a gout attack. Losing weight, eating healthy food and staying away from alcohol and fizzy drinks can also help.
10. Former All Black and Hurricane Neemia Tialata prop has gout – and controls it with daily medication and diet.
11. If you have gout, you're in good company! Famous people who suffered from gout include Sir Isaac Newton, Sir Laurence Olivier, Frederick the Great and Leonardo da Vinci.
12. The ancient Greeks used to treat gout attacks with a drug from the crocus lily bulb called colchicine. Colchicine is still sometimes used as a gout medication – though dosage is more controlled!

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



TE PUNA MAORI WOMEN'S
WELFARE LEAGUE

Pickling and Bottling Wananga

Poututerangi Marae

Fri 6th 5.30pm and Sat 7th March 2015

Bring veggies, fruit or jars with lids or just bring yourself and something for a
potluck meal on Friday night

Come and help or learn to make pickle, relish, rewena bread etc

Nau mai
Haere mai



Contact person:
Chrissie Rolleston
5525663 or
027 733 1838



Community News


**As
Soon
As you're
Pregnant**

Pregnant? Need a Midwife?

To find information and contact details for local midwives in your area call:


Tauranga 579 8164
Whakatane (07) 306 0811

www.findyourmidwife



**The Incredible Years
Parent, Child, & Teacher
Training Programs**

Developed by
Carolyn Webster-Stratton, Ph.D.



The Incredible Years Training Series

If anyone is interested in The Incredible Years Training Programmes please contact:

Sylvia Wilson
Te Oturu Oranga
4 Paparoa Road,
Te Puna.

Phone: (07) 552 6238
ext 2

Kia ora koutou,

Kaumatua Programme

Every month one of our putiputi from our Kaumatua Activity Programme have agreed to contribute an article for this newly appointed Kaumatua Corner. They have some interesting proposed activities coming up throughout 2015 so am sure there will also be some feedback following some of these activities. Some of those activities will be Golden Oldie Olympics in Thames, Waikato Musuem – Weaving Exhibition, Harbor Cruise, hikoi on the boardwalks of Mauao, Raranga Weaving Exhibition at the Wananga, Matariki Makete Day, Rialto movies and of course the “must do” hoko hoko shopping. I am sure there are a lot more stories, knowledge, recipes or even jokes they can share neh?

If you are a Kaumatua of Pirirakau descent and registered with a G.P. at Pirirakau Hauora and interested in joining our programme please phone me.

Mahia Wilson
(07) 552 5628

Tamariki Ora

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

	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 August 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 October – 11 th November Venue TBC	November Night class Starting 3 rd November – 1 st December Venue TBC	For more information: Email: t.joseph@pirirakauhauora.org.nz Phone: 07 5524573 ext 706		

Tamariki Ora

Youth Peer Mentorship Programme

A group to meet other Young
Parents.

Must be aged 20 or younger
Thursdays 12pm

Plunket - 471 Devonport Road
Text Rozi 027 924 6526

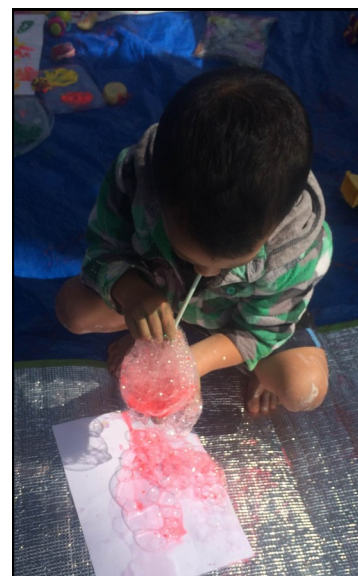
Lunch Provided

Well Child Week Promotion

This year our focus for our Well Child Promotion
was "Inexpensive & fun ways of learning".

The objective was to show parents fun activities
they can do with their children that require
resources that can be found around the home and
in everyday use.

Thank you those who attended & to both
Pirirakau & Tutereinga Kohanga Reo who joined
us for a morning of fun activities.



Tamariki Ora

Musical Instruments

Paper Cup Shakers

2 Paper Cups
Handful of rice or pasta
Tape

Put rice or pasta into one cup. Place other cup on top and tape around the edge to join together.



Paper Plate Shaker/Tambourine

2 Paper Cups
Handful of rice or pasta
Tape

Put rice or pasta into one plate. Place other plate on top and tape around the edge to join together.



Decorate the outside.

Drum Can
Milk Powder Can
Large Balloon
Tape

Clean can. Cut the end of the large balloon and stretch it over the can. Tape down.



Sensory Bags

- Snap lock Bags
- Baby Oil
- Little water
- Food Colouring
- Sensory Items

Place sensory items in the snap lock bag. Pour baby oil in first then add food colouring and a little water.

Tamariki Ora

Educational Activities

Shoe Laces

- Cardboard
- Wool or shoe laces

Draw out a shoe on the cardboard. Cut holes for the laces to thread through.



Body Parts

Draw a face without the features. Draw eyes, nose & mouth and cut them out. Get your child to choose a set of eyes and place them correctly.



Colours

There are many ways you can do colours. Drawing the colours on a paper and getting them to match the pegs or finding coloured items and once again using the pegs to identify the correct colours.

Flip Books

Get a book and cut it down the middle landscape. Draw pictures on one side and the correct name on the other side. Get your child to match them correctly. Tip: mix the answers up so they do not automatically correspond.



Rangatahi Services

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.

5 Burpees
10 Press ups
15 Jump Squats
Run the shuttle

} **5 Rounds**

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

CROSSFIT

Mondays & Wednesdays
7pm
Maramatanga Park



Open to all ages
and fitness
levels.

**“The only bad
workout ifs the
one you didn't
do”**

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.



Ngati Ranginui Iwi

EDUCATION GRANTS

Ngati Ranginui Iwi members are invited to apply for an
Education Grant to assist with their 2015 tertiary course fees.

Applicants must be registered on the Ngati Ranginui Iwi Beneficiary Roll.

Education Grant Applications & Beneficiary Roll Enrolment Forms

can be obtained from

Ngati Ranginui Iwi Office

Old Tauranga Post Office Building,

51 Willow Street, Tauranga

Ph 07-5710934 or 07-5710936

Fax 07-5776268

Email admin@ranginui.co.nz

Applications must be received in the office no later than

4pm, Friday 13th March 2015

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

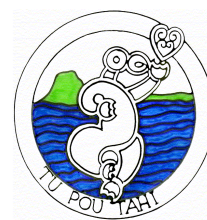
-Rangatahi Ora #TWOM2015

Date: March-July 2015 @ Te Wharekura o Mauao

-Crossfit (or after hours gym): Fitness & nutrition.

Date: Mondays & Wednesdays, 6pm-8pm

@ Maramatanga Park (or Pirirakau Hauora)



-Leadership and Health Camp: Team building and Leadership activities; SRH, MH, fitness & nutrition.

Date: 14th - 15th March 2015 @ Waitaia Lodge

-Kaitiaki Programme: Environmental surveying, shellfish depletion and erosion.

Date: 18th - 19th March 2015 @ Motuhua

-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*

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: Prices increase 1st December 2014

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
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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