

Pirirakau Hauora Panui

Issue 27

Paenga Whawha - Haratua 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
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 te Pirirakau.

Nga mihi nui ki a koutou. He mihi aroha tenei ki te whanau Nabbs i tenei wa pouri. Ki ta matou hoa mahi, a TeRina. He mihi tino aroha ki a koutou ko to whanau. Kia kaha, kia maia kia manawanui.

Well another month has flown by and autumn is well and truly here, though at times you wouldn't think so with the temperatures we have been experiencing lately.

Congratulations

To the winners of the 'Immunisation' prize draw. We will be having another draw this month, so if your baby is due for his/her immunisations please phone in for an appointment and you could be a winner too.

Community Research Project

As I mentioned in our last newsletter, we are conducting Community Research to identify the current needs of our community. Rihi is heading this project and to date has had focus groups with young wahine, kaumatua, young parents and some individual interviews and questionnaires. We also have a Rangatahi specific survey to identify the gaps in services for our Rangatahi.

We are still looking for participants for the project, in particular: young males, people in the 40 - 64 yr age group and anyone else who would like to be interviewed and have their say.

The focus of the project is to identify the wants/needs and challenges/issues of our community and ideas to address these. The closing date for surveys will be 20th May and then the information will be compiled into a report.

Clinic News

Sadly we farewell another of our doctors this month. Dr Melanie Wi Repa had her last day with Pirirakau Hauora on the 9th April. We wish Mel all the best for her future endeavours as she heads off to Tamaki Makaurau to further her experience. We are very grateful to her for the time she has given to the Hauora and the care and commitment she gave to our whanau.

At this stage we have four doctors covering our clinic sessions. They are Dr Ange Erhorn (Mondays), Dr Willie Moss and Dr Yukio Flinte (Tuesdays) and Dr Runa Rao (Thursdays/Fridays). We are still working on cover for Wednesdays. Our sincere apologies to our whanau and patients for the inconsistency and frequent changes to our GP rosters. Unfortunately this is the nature of the business at the moment and doctors are in very high demand. Hopefully things will settle down soon.

Flu Vaccinations

Don't forget to get your flu vaccination. It is not too late and it is best to get it done before it gets too cold. If you are over 65 or suffer from a chronic illness like diabetes, asthma, or have a heart condition you are entitled to a free flu vaccination. If you are unsure whether or not you qualify for a free flu vaccination ring Hera and she will be able to tell you. If you are housebound or bedridden our community nurse may be able to come and give your flu injection in your home.

"DON'T LET THE FLU GET YOU"

Mihi from Dux

Programmes

From 3rd to 6th April we ran a Tikanga Programme on behalf of the Department of Corrections for Maori men serving a community sentence. The programme was held at Poututerangi Marae and from all accounts was a success. Many thanks to all the facilitators who were involved with the delivery.

Te Ha Ora antenatal and parenting programme has started off well for the year with the first course starting in February and completed in March. The second course has begun and will run for 4 weeks. If you are pregnant and are interested in attending this Kaupapa Maori antenatal course, check out our Facebook page or phone Te Rina at the Hauora to find out when the next course is running.

Coming Up

Easter is just around the corner and with that comes the start of the school holidays. We will be running school holiday programmes over the 2 weeks. The first week of the school holidays is a short one so the programme for that week will be in the form of a 3 day noho marae at Paparoa. For more information about the holiday Programme contact Rihi or Erena and they will let you know what's happening.

We will be running another Computer in Homes course over the next 10 weeks. We have 6 people signed up to do this programme starting Thursday 10th April. Good luck to those on the programme, heres hoping you enjoy the course and learn a lot of new skills.

We are planning to run Drivers Licence Programmes in July. If you are interested in attending either Learners, Restricted or Full Licence courses, please contact the Hauora and register your interest.

Staffing

We currently have a vacancy for a Mirimiri Therapist to cover for maternity leave for 12 months. At the moment we have a temporary replacement until an appointment has been made to the position. Autumn Falk will be covering for Cherelle until we find a replacement. She will also be with us for 5-6 weeks in June to relieve for Hone while he takes a much needed holiday.

Tiria is back on board in her new role of Administration support. Welcome back Tiria .

Volunteer required

The Waipuna Hospice is looking for an Iwi Representative to sit on their board. If you think this is something that you would be interested in doing, let me know and I will pass your name on.

Community Garden

The Community Garden is starting to take shape and we actually have some plants growing. Then rain has been a real blessing and our winter vegies are off to a great start. We still have space for more plants so if anyone has seedlings that are looking for a home we will be happy to take them off your hands.

Well folks, that's all from me for now. Have a great Easter break and good luck to the whanau travelling to Poneke for the Hui Aranga.

Nga mihi. Dux

INFLUENZA

Key messages for 2014

- ☐ Influenza is a serious illness with severe effects including hospitalisation, complications and even death
- ☐ You can spread the flu to people, including your family/whanau and friends, who are at most risk of complications
- ☐ Influenza can affect anyone, no matter how fit, active and healthy they may be
- ☐ Pregnant women and newborn babies are at particularly high risk of severe outcomes from flu
- ☐ Influenza immunisation cannot give you the flu
- ☐ The immunity provided through influenza vaccination is completely natural

Flu Vaccinations

Influenza is a serious illness with severe effects.

You may be eligible for Free Flu Vaccines if you are:

- Are aged 65 years or over
- Are hapū
- Suffer from cardiovascular or chronic respiratory
- Have Diabetes
- Have Cancer

Book your appointment today with our nurse.

*Influenza.
Don't get it.
Don't give it.*

Get immunised



Garlicked Honey

1. Put some honey into a jar.
2. Use runny Manuka honey if possible, if not warm the honey in a double boiler.
3. Quickly cut the skin off NZ garlic gloves and place in the honey. This process is simple however the garlic does need to be placed in the honey as quickly as possible.
4. Leave the garlic in the honey for a least one moon cycle or 6 weeks.
5. Tak the garlic out once it goes opaque (clear) and the honey will have more of a watery consistency.
6. Use the garlicked honey by the teaspoon with lemon juice and warm water.

This is great for colds, flu and any other immune system needs. Optional add cayenne pepper and or ginger.

Immunisation Congratulations

Triton Whitewood
Antonio Toomalatai
Christopher Tukaki



For winning this months immunization mystery prize. Please collect your prize from the Hauora.



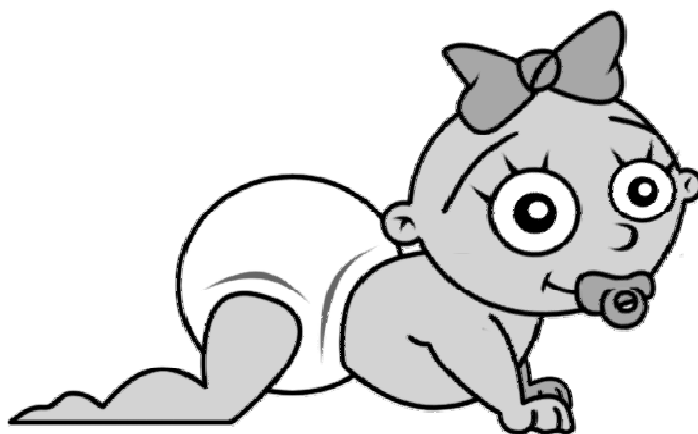
Mystery Prize Giveaway

For the next two months we are giving away
3 mystery prizes each month for anyone who brings their child in to get immunised. Prizes will be drawn at the start of each month.
WinNers will be notified by phone & in the monthly newsletter.

Protect our most valuable taonga!

“On time every time”

- 6 weeks
- 3 months
- 5 months
- 15 months
- 4 years



Pukehinahina 150th

PUKEHINAHINA 150th COMMEMORATIONS TUESDAY 29th APRIL 2014

Ko Mauao tēnei e tū nei ki te pōhiri i ngā mana, i ngā ihi, i ngā tapu, haere mai, haere mai i raro i ngā manaakitanga a Te Matua Ora e manaaki nei i te Kīngi Māori i a Tūheitia, he tupua, he taniwha. Kei ngā mate taruru i runga i o tātau marae huri noa, haere atu rā ki te pō. Ko tātau tēnei te hunga ora. Tihē mauri ora!

Programme - Tuesday 29th April 2014

- 6am:** Dawn Blessing of Pou
9am: Military Memorial Service
12pm: Pohiri ki a Kingi Tuheitia me te motu
2pm: Wero and Haka Pohiri to Government and Military Representatives

Te Peruperu a Pukehinahina

A haka peruperu has been composed by Reweti Te Mete and Awanui Black for the commemorations. Other short haka are also being learnt and practised. Training has been taking place on-site at Pukehinahina for a number of weeks now. It's not too late to get involved if you are keen.

Moteatea/Waiata Practises

Weekly waiata practises will commence on Wednesday 2nd April at St Georges Church Hall, Gate Pa at 5:30pm.

It would be great to get a good representation from each marae at these practises. Waiata booklets are currently being distributed.

Contacts

Jack Thatcher, te.kapene@extra.co.nz, 027 279 9036

Awanui Black, awanui.black@gmail.com, 021 225 5503

Lisa Gardiner, ranginui1@extra.co.nz, 021 764 133

Pukehinahina 150th



The 150th Commemoration of The Battle of Pukehinahina

Te Peruperu a Pukehinahina

There's practice's happening around the Moana almost everyday leading up to the day alternatively you can learn via the facebook page.

Monday's 530 - 7pm @ Pukehinahina.

Tuesday's 530 - 7pm @ Whetu and Hangarau

Wednedays 530 - 7pm Pukehinahina.

Thursdays 530 - 7pm @ Wairoa and Whetu.

Fridays 7AM - 8AM @ Pukehinahina.

Sundays 1 - 3pm @ Pukehinahina.

For any queries, or booking's contact Josh Te Kani 0275466262

Facebook: Pukehinahina 150th Commemoration - Haka Pohiri



Other Services

SECOND HAND CLOTHING

KOHAKA

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.



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.

First Aid Kits \$40

Calling for interests from whānau. If you are keen to purchase one please liaise with Tiria



FOOD BANK

Here at the Hauora we are starting a food bank to distribute to needy whanau who maybe able benefit from it.

A kete will be left in the reception area for anyone who would like to contribute any kai such as fruit, veges, non perishables etc.



Weekly Midwives Clinic

Monday afternoons from 1pm to 3pm.

Call in and have a chat

Community Notices

TE PUNA ANZAC AMBLE

To walk along

A community commemoration day has been planned for ANZAC Day the 25th of April.

This will begin with a pohiri at St Joesph Church at 9.15am then a hikoi from there to Te Puna Hall stopping at 5 different places along the way. This hikoi will be lead by two horses which represent the 30,000 horses that were sent over to the war. An information panel will be up at Te Puna school and 5 families will be speaking about the whakapapa of their family and their history within Te Puna.

The hikoi will end with a cup of tea at Te Puna hall then buses will return people to their cars back at the church.

This event is o honour those whanau of Te Puna who fought in the war and the battle of Pukehinahina and Te Ranga.

Contact Tommy Wilson 0274925727 for more details

Up and Coming Dates

April

17th - 21st	Hui Aranga
22nd	Te Haa Ora
25th	ANZAC Day
	Te Puna ANZAC Amble
22nd-2nd May	Pirakau Youth Group Holiday Programme
29th	150th Anniversary of The Battle of Gate Pa Celebrations

May

1st	Podiatrist
5th	Back to school
6th	Kaumatua Programme
17th-25th	Youth Week "Be the Change"
27th	Mana Wahine Cervical Clinic

General Info

Te Hā Ora Antenatal Classes

3 session, 1 class per week
Evening & Day classes available
Course is free.

Register your interest with TeRina extn 211

Smoking Cessation

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

Kaumatua Programme

Tuesday 6th May 2014

Our Kaumatua Programme is for Pirirakau Whanau or Māori Kaumatua living in Pirirakau Rohe and receiving our services.

We meet fortnightly on a Tuesday.

The first of 2014 programme was held this month with lots of fresh ideas of things to do and places to go.

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 26 June 2013

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 or Script Charge	\$5.00
Nurse Consult or Dressing Change	\$5.00
Prescription Charge per item	\$5.00

Mirimiri Therapist Charges

GP Registered Clients

Half Hour	\$15.00
1 Hour	\$25.00

Casual Clients

Half Hour	\$35.00
1 Hour	\$55.00

Non cancel appointment charge \$10.00

Cherelle is available for appointments Tuesday,
Wednesday & Thursday's

Hone is available Monday to Friday (Except Wed's)

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
Matenga Parata	Clinic Coordinator	extn 201
Rachel Bidois	Cleaner	
Hera Brown	Practice Nurse	extn 210
Hinemanu Kelly	Community Nurse	extn 216
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
Erena Koopu	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
Cherelle Brodie	Mirimiri Therapist
Sylvia Wilson	Tamariki & Rangatahi Mental Health

Pirirakau Hauora Board of Trustees

Reona Anderson Frank Borell Janice Kuka Tame Kuka Colleen Leef