

Find us on
Facebook

www.facebook.com/pirirakauhauoracharitytrust

Celebrating 25 years of serving our community



Opening Hours:

Monday - Friday
8.00 - 4.30pm

Doctors Hours:

Monday - Friday
9am - 4.00pm

Our Mission:

“Rūia te kākano kia puāwai
ai tātou”

Sowing the seed of unity so
that we can flourish together.

Contact Details:

3 Lochhead Road
RD6 Te Puna,
Tauranga 3176
Ph: 07 552 4573
Fax: 07 552 4572

manager@pirirakauhauora.org.nz
www.pirirakauhauora.org.nz

Mihi from Dux

Tēnā koutou te whānau o Pirirakau. Ngā mihi nui ki ngā whānau e māuiui ana i roto i o koutou kainga i roto i te hōhipera hoki. Kia piki te ora ki a koutou. Ngā mihi hoki ki nga whānau pani o Pirirākau, o Tauranga Moana hoki. Ngā mihi tino aroha ki a koutou katoa.

Well another season has come and gone, winter has moved on and it is lovely to see all the new blossoms and brilliant colours that come with spring. We are all looking forward to warmer days, though some of the nights over the past few weeks have been a bit chilly. Time to get out in the gardens and connect with Papatūānuku to uplift our wairua and re-energise our tinana.

Clinic

It has been a very busy winter for the clinic team and clinics have been full on most days. We currently have 3 nurses in the clinic. Sarah Audley is no longer with us and Kiley Te Moni is now full time Practice Nurse, with Carla Tane-Ashby in the Community and Devi Ann Hall supporting the service as Clinical Team Leader.

Staffing

We welcome to Pirirakau Hauora a new kaimahi, Kelsey Tawa is the new kaimahi and will be working with Kerekau as Rangatahi Projects Coordinator. Maria Hoani has also come on board to help Moana with the Respite Flexi Kaumatua programme. Ngā mihi nui kia a kōrua.

We are currently in the process of recruiting new kaimahi. Over the next month we will be recruiting another part-time Coordinator/administrator for the Home care Support Service as well as a Kaiārahi for a new Whānau Ora service that we will be starting soon.

Services

Mirimiri— If you have aches and pains or just need help to relax, I highly recommend a Mirimiri. If you haven't had one before and would like to give it a go, contact our Mirimiri team at Te Oturu on 07 552 6238. If you do not get an answer to you call it will probably mean that the Therapists are busy with Mirimiri, but please leave a message so that they can ring you back at their earliest convenience. We welcome new clients—Nau mai haere mai.

Te Hā Ora—Kaupapa Māori Ante natal and parenting programme. This programme is run over a total of 15 hours and open to all expectant māmā and their whānau. You will learn about traditional birthing practices and even get to make an Ipu Whenua for your pepi. All hapū māmā who complete the programme will receive a voucher for a free Mirimiri. For more information please contact Chrissie Rolleston on 07 552 4573 ext 702.

Respite Flexi— This service is available to kaumātua who have been assessed by Support Net as needing support. This service provides opportunities for the formal carers of these kaumātua to have a break. We run day programmes for eligible kaumatua and enrolment onto the programme can be made by contacting Moana Rayner at the Hauora.

New Fibre

Over the past few months you may have noticed workmen putting in cables along the roads of Te Puna. This was the installation of Fibre Network for better, faster internet connection. Over the past month Pirirakau Hauora has been in the process of changing over to the new fibre connection. Unfortunately it caused some disruption to the phones and connections at Te Oturu, which resulted in 5 days without internet access and 2-3 days with no phones. We were fortunate that the disruption to the Lochhead Road site was not as serious and we apologise to our whānau for any problems that you may have experienced making contact with the Hauora during that period. Thank you for your patience.

Whānau Ora Conference

At the beginning of September I was fortunate enough to attend the National Whānau Ora Conference held in Auckland. It was a great opportunity to network and to meet other Providers from across the North Island, working in the Whānau Ora space, and to see how and what they are doing for their whānau. It was an honour to listen the inspirational messages from the all the prestigious speakers at the conference. Ngā mihi nui ki Te Pou Matakana mo te manaakitanga ki a mātou.

Mihi cont'd ...

Hauora Birthday

On the 23rd September 2018 Pirirākau Hauora officially turned 25 years old. To celebrate the staff had a birthday breakfast in the Katene Room and enjoyed a lovely spread catered by our lovely Pare Burt.

A little bit of history:

The first clinic was held on 23rd September 1993 in the Presbytery building at St Joseph's Church, Te Puna. The service consisted of one half day per week Doctor Service provided by voluntary labour. We had 3 doctors who volunteered their services at the time. They were Dr Robbie Nicholas, Dr Jeff Brownless, and Dr Geoff Olsen and we collect a koha from whānau which was passed on to the doctors, and did not really amount to much. As well as the doctors, there were 2 volunteer Community Health workers who supported the GPs in the clinic and did follow up visits in the community as directed by the doctors. Those 2 workers were Jackie Kuka and myself (Donna Motutere).

In 1994, under the Pirirākau Incorporated Society we were fortunate to secure some funding to support the community services that we were providing. These services were consolidated in 1995 to include a Mirimiri service and the services moved into the Convent Building. Arleen Jory was our first Mirimiri Therapist.

In 1996 Midland Health provided funding to assist with the construction of the new building on Lochhead Road.



Taken outside the Convent Building. The kotiro is Rihi Motutere (4yrs) who started her working life at the Hauora as the cleaner and later returned to pilot Whānau Ora, complete a research project and then Rangatahi Coordinator.

The new building was officially opened on 27 February 1997 and the doctor service was extended to three mornings per week. Through a contract with Western Iwi Health, the doctors were paid for their services. The new building also included a spa pool, which provided us with the opportunity to extend our services to include alternative water therapy for those who needed it. This was to be an extension to the Mirimiri service.



In January 1999 the Pirirākau Hauora became incorporated under the name "Pirirākau Hauora Charitable

Trust" with the current committee members taking on the role of Trustees.

In May 2010 Pirirākau Hauora secured the purchase of a property on Paparoa Road next door to Paparoa Marae. The Mirimiri Service and Child & Mental Health Service are currently operating from this site. There are great plans for the future of Te Oturu.

Our services have since expanded and we now have a wide range of services. Our current services are:

- Fulltime GP Service
- Community Nursing Service
- Whānau Ora Health Promotion
- Mirimiri
- Child & Adolescent Mental Health
- Adult Mental Health Whānau Ora Support
- Te Hā Ora ante natal & parenting programme
- Rangatahi Health & Wellbeing
- OSCAR School Holiday programmes
- Pirirākau Kaumātua Programme
- Home Care Support Service for Kaumātua
- Respite Flexi Service for Kaumatua
- And a new service about to start soon—Whānau Ora Kaiārahi service.

HAPPY BIRTHDAY
PIRIRAKAU HAUORA
Nga Mihi, Dux



Kaimahi Hōu

Kelsey Tawa - Rangatahi Services Coordinator

Ko Mauao te maunga

ko Tauranga te moana

ko Tainui te waka

ko Ngati Ranginui me Ngai Te Rangi nga iwi

ko Pirirakau te Hapu

ko Poututerangi te marae



Kia ora, my name is Kelsey Tawa, I am 19 years old. I grew up in Te Puna. I went to Te Puna Primary school and then went on to Aquinas College. Once I finished high school I went on to study Bachelor of Arts majoring in Maori and Pacific development at the University of Waikato. My role at Pirirakau Hauora is working with Rangatahi services alongside Te Kerekau. I love working with people especially rangatahi and Tamariki. I am excited to be working with the community to help upskill and educate our rangatahi and help them with their goals through some programmes we will be running.

Tena tatou katoa

Maria Hoani - Respite-Flexi & Home Care Support Services

Ko Takitimu te waka

Ko Mauao te maunga

Ko Tauranga te moana

Ko Ngati Ranginui te iwi

Ko Pirirakau te hapu

Ko Tutereinga te Marae



Kia ora everyone, my name is Maria Hoani and I am 31 years old. I am born and bred in Te Puna.

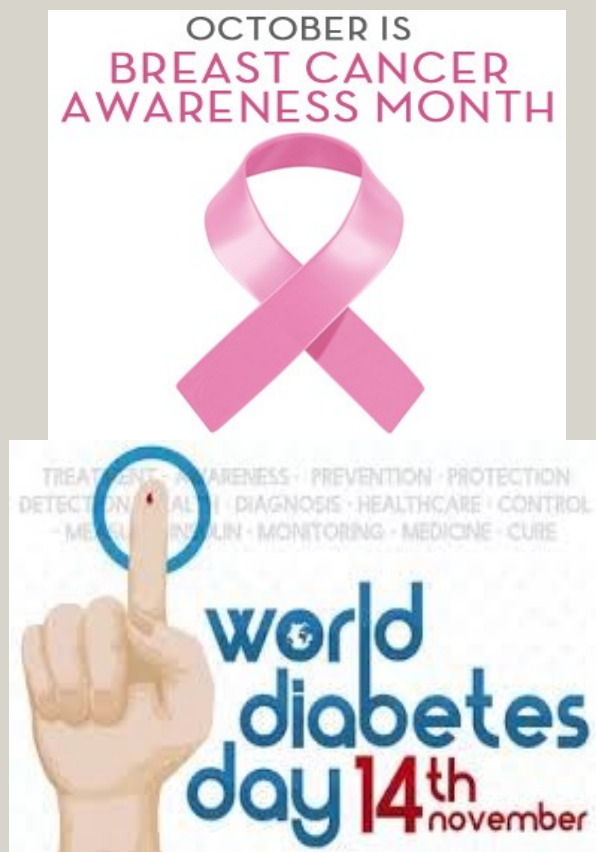
I am the assistant for our Flexi Respite kaumatua programme we have weekly here at the Hauora. I will also be the sole reliever while Moana is away on leave.

I'm always excited to help with our kaumatua and assist them in whatever they can achieve.

Mauriora ki a tātou katoa

GP Clinic

PROMOTIONS



*Log in to ManageMyHealth
and **manage** your health
online in your own time*

Key Benefits

- ManageMyHealth™ is an app that gives you secure access to your health information.
- The freedom to manage your health needs - and that of your family anytime, anywhere.
- Access to your medical records - view medical conditions, lab results, immunisation records, allergies, prescriptions and share health information as required with other healthcare providers.
- Book doctors appointments online.
- Need to have individual email address and costs \$5.00 per annum.

ManageMyHealth™ is available to you right now, all you need to do is see Brooke to register



In Home Care Services

Kia ora whānau

Our Home and Community Support Service is available and we have qualified kaimahi here waiting to help and assist you with your needs.

Our service caters to kaumātua aged 65 plus who require that little extra help due to a long term health or disability related need.

We also offer this service to Māori aged 50-64 who have certain medical condition/s that are “like in age and interest to people aged 65 or over” or with a diagnosis of dementia.

If you already receive Home Help with another Service Provider but would prefer a Kaupapa Māori provider, we are more than happy to help and have you on board.

This service is all about YOU, your needs and your goals.

We will work with you to design a care plan that’s specific and focused on your goals.

With assistance from our kaimahi in supporting your plan we aim to improve or maintain your independence in the community and at home.

Support services include:

- Assistance with personal care
- House cleaning duties

If you think this service would be of benefit to you, a whānau member, or someone you know then get in touch.

Call us on **0800 PIRI HA** that’s **0800 747 448** or **552 4573** or email us at OKESS@pirirakauhauora.org.nz

**Proud to be your local kaupapa
Māori service
“Aging well in Pirirākau”**

HEMOCARE SUPPORT WORKERS REQUIRED

We are looking for experienced Support Workers to work part-time caring for Kaumatua in their homes.

Please contact Bronwyn on 07 5524573 Ext 712
or (0800 PIRI HA) 0800 747 442

Te Hā Ora



Nau mai, Hāere mai
Snacks and Light lunch provided

Pirirakau Hauora

TE HĀ ORA

KAUPAPA MĀORI ANTENATAL & PARENTING PROGRAMME

Te Hā Ora is a **FREE** holistic antenatal programme for hāpu women and their whānau.

Our vision is to help you discover how to create an empowering, positive birthing experience drawing on the traditional ways of our people in the modern context of birthing in today's society

Each programme is 15 hours long spread over either 3 consecutive days (Tues, Weds, Thurs), 1 day per week over 3 weeks, or 5 evenings (5.30—8.30pm) over 5 weeks. It is open to hapū women and their support people / whānau and whangai parents-to-be, wanting to participate in a cultural experience



Wahakura for safe sleep / SUDI prevention



Ipu Whenua me Ipu Pito

For more information or to register interest please call: 5524573 ext 702 or Email: tehaora@pirirakauhauora.org.nz and leave your details and programme preference

Tenders

TENDERS—ALL OFFERS CONSIDERED

Tenders are requested for 73m² 2 bedroom cottage with 19.5m² timber deck. Has double bedroom, single bedroom, kitchen/dining room, lounge, bathroom, separate toilet and laundry.

Building will be sold "as is where is" and cost of removal will be borne by the buyer.

Building is located in Te Puna, Tauranga and may be viewed by calling (07) 552 4573 during business hours only.

Tenders close on 17th August 2018 and can be addressed to:

Manager
Pirirakau Hauora
3 Lochhead Road
Te Puna RD6.
Or email: manager@pirirakauhauora.org.nz



Mirimiri

Mirimiri is steeped in Maori custom and culture which is used in traditional Maori healing. There are tribal differences with Mirimiri practice throughout Aotearoa. Mirimiri is a holistic form of massage or bodywork.

Mirimiri is used for healing the physical and spiritual elements of a person's life. This is in contrast to Western massage techniques which are primarily focused on the physical.

Mirimiri skills and necessary knowledge were passed on by the elders to successive generations. Mirimiri Practitioners follow in the footsteps of their tipuna (ancestors) and are following in a tradition that date back thousands of years - while evolving the technique to embrace the modern era.

Tension, stress and trauma accumulate in the body throughout our lives. This can manifest as pain, illness or dysfunction on a physical, mental, emotional and spiritual level. Mirimiri helps with the effects this has on our wellbeing by bringing balance and harmony to the body.

Mirimiri is also a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Practitioners typically use their hands and fingers for mirimiri, but may also use their forearms, elbows and even feet. Mirimiri may range from light stroking to deep pressure. There are many different forms of mirimiri.

Benefits of Mirimiri:

Mirimiri is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. It is an effective treatment for reducing stress, pain and muscle tension. Studies have found mirimiri may also be helpful for:

Anxiety, Stress
Digestive disorders
Insomnia
Emotional, Spiritual wellbeing
Soft tissue strains or injuries
Joint pain, Nerve pain
And a whole lot more



Mirimiri Vouchers available from Te Oturu and Pirirakau Hauora receptions.

Rongoa Group

PIRIRAKAU HAUORA

Te Roopu Rahurahu

Date: Friday 26th October 2018
Where: Te Oturu Oranga TBC
4 Paparoa Road
Te Puna
Time: 10.00am-2.00pm
RSVP—Phone: 07 552 6238—Extn: 1

Tena Koutou,

Rongoa Session. Come along and share knowledge around rongoa Maori and the safe practices of using what is readily available around us.

- Plant Identification. (Now is the ideal time to take photos of what is flowering and what is going into seed at this time of the year)
- Whakawhanaungatanga – Making connections
- Network with like minded people

Some of the topics we will cover will be on rongoa rakau tikanga, plant identification, harvesting and utilisation of certain rongoa.

This will be introductory in nature and not suitable for persons wanting to learn to make rongoa for commercial purposes

Please bring a plate (of Healthy Kai) for a shared lunch, water to drink and a koha for the day.

Mauri ora!

RSVP please... so we have an indication of attendance.

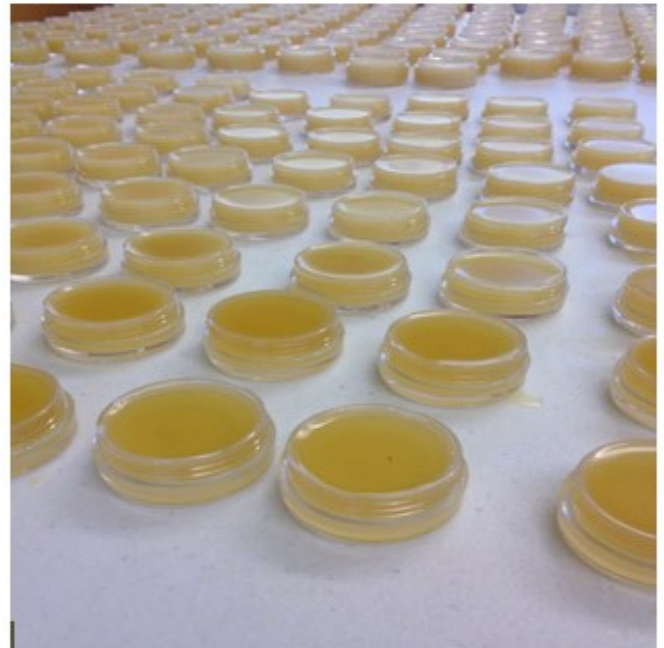
Phone: 07 552 6238—Extn: 1

Rongoa Group

Here are snapshots of some activities that we have been doing this year in the Rongoa Group sessions. The next Rongoa session will be on the 26th October 2018.



Edible Weeds Plant Identification with Julia Sich.



Kawakawa Pani for skin ailments.



Throat Spray to support immune response to viral/bacterial infections.

Rangatahi Services

EXAM PREP

The Rangatahi Services here at Pirirakau Hauora will be running an exam prep/study session every Thursday starting from the 8th of November to the end of the month from 9am-3pm.

There will be Laptops available for use, or you can bring in your own device. The Rangatahi Service group will also assist in any way they can.

The programme will be held at Pirirakau Hauora, inside the conference room.

More info will be posted on our Facebook page.
Or please call Te Kerekau Nicholas 022 370 4637

STUDY SESSIONS

Pirirakau
Hangarau
Arataki
Tauranga Moana



We are a mixed netball team from all different parts of Tauranga that had combined to attend both 2017 and 2018 Netfest tournament. Netfest tournament is a trans-tasman netball tournament in Sunshine Coast, Australia. There were 226 teams that attended. We were lucky enough to make semi finals both years.

We would like to thank everyone in Pirirakau, Tauranga Moana that had helped our team attend this awesome tournament.

Ngā mihi maioha ki a koutou katoa nā te whānau PHAT Krew

Krew 2018

Mental Health Corner

Mental Health Awareness Week 2018 in Aotearoa was on 8th October and ended on Sunday 14th October

Let nature in, strengthen your wellbeing –

Mā te taiao kia whakapakari tōu oranga!

Pirirakau Hauora celebrated Mental Health Awareness Week by planting a Pa Harakeke on the **10th of October at the Hauora.**

This was followed by a sausage sizzle.



Te Hā Ora Antenatal Classes

Evening & Day classes available
Course is free.

Register your interest with
our Te Ha Ora Facilitator

Smoking Cessation

Want to stop smoking but know where to start,
contact Carl, Sarah,
& Moana.

Kaumātua Programme

Our Kaumātua Programme is for Pirirākau
Whānau or Kaumātua Māori living in Pirirākau
Rohe and receiving our services.

For more information please contact Moana
at Pirirākau Hauora 552 4573

Pānui 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 pānui, 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.

After Hours Doctor Service

Accident & HealthCare
19 Second Avenue
Tauranga

Ph: 07 577 0010

No appointment necessary

In a life threatening situation, call 111 for an
ambulance or go to the Emergency Department

Repeat Prescriptions

You will need to allow 24 hours for any
requests and you will also need to see the
Doctor for a 3 monthly check up.

After Hours Service

**Phone Pirirākau Hauora Day or Night,
7 days per week for Medical Advice.**

**Your call will be answered by a Registered
Nurse on our behalf.**

Ph: 552 4573

Price List (from 1st July 2018)

Registered with Pirirākau Hauora GP

Children (0-12 years)	Free
Children (13-17 years)	\$12.50
Adults	\$18.50

General Fee for Casual Users

Adults	\$38.00
Children (13-17 years)	\$20.00

Other Charges

Non Cancel Appointment Charge	\$18.00
Nurse Consult or Dressing Change	\$10.00
Prescription Charge	\$10.00
Non payment on the day	\$3.00
Flu Vaccination for non subsidised	\$25.00

Other charges please ask Reception

Mirimiri Therapist Charges

4 Paparoa Road, Te Puna Phone: 07 552 6238

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	\$18.50
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Accreditations:

Telarc: ISO:9001:2008

Cornerstone Accredited

OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter

If you would like a copy of this newsletter please call into the Hauora.