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**VISION STATEMENT:** Tikina he wai o Te Huhunu kia rongo ai au i te reka o te wai.

**MISSION:** Ruia te kakano kia puāwai ai tatou.

**OUR VALUES:** Whakapapa; Whanaungatanga; Rangatiratanga



## PIRIRAKAU HAUORA 26th BIRTHDAY CELEBRATIONS

CONSISTS OF -

**BETTY ANN MONGA**

Urban Dance Company– Hip Hop Dancing

**Karleen Bidois**

**Kapa Haka**

**Trike Rides**

**Face Painting**

**BOUNCY CASTLES**

**Mirimiri**

**Rongoa**

**Nurse Health Checks**

**Face painting**

**Sports BOP – Kids sports activities**

**Jiu Jitsu**

**Yoga**

**Tai Chi**

**Spot Prizes**

**KAI STALLS**

**and more....**

MC - Jaz Gardiner

**SATURDAY 21ST SEPTEMBER 2019**

**10AM—3PM**

**With thanks to all  
our sponsors..**

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Te Puna Four Square  
Te Puna BP  
Farmlands



**Opening Hours:**

Monday - Friday  
8.00 - 4.30pm

Doctors Hours:  
Monday - Friday  
9am - 4.00pm



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# Mihi from Dux

Tena koutou te whanau o Pirirakau. Nga mihi nui ki nga whanau e mauui ana i roto i o koutou kainga i roto i te hohipera hoki. Kia piki te ora ki a koutou. Nga mihi aroha ki nga whanau e noho pani ana i tenei wa. Kia kaha, kia maia, kia manawanui ki a koutou. Ki nga kanohi ora o te rohe nei nga mihi mahana ki a koutou.

Welcome to our quarterly newsletter. It is great to see the sun again and to see the early blossoms reminding us that spring is just around the corner. Although it has been quite a mild winter with not too many frosts, it has probably been one of our worse that we have experienced for winter ailments. With all the bugs and viruses that have been around this winter it is a reminder to us all to be prepared, and have the relevant vaccinations to keep ourselves and our whanau protected. Prevention is the best cure.

On that note, measles is a hot topic at the moment with the extremely high outbreak in Auckland, particularly in South Auckland. The Ministry of Health is recommending that if you or your whanau are not immunised against measles it is best not to travel to Auckland, if it can be avoided. There is also a concern from the Public Health Officer in Tauranga that the disease could very easily spread to our area and it is recommended that whanau ensure that their vaccinations are up to date. Come on whanau let's get real and protect our whanau!!!

It has been another busy and quite exciting time Pirirakau Hauora over the past few months with exciting times ahead.

## Staffing

I am pleased to announce that we have recruited a new Rangatahi Coordinator and welcome Jasmine Apaapa to the team. Jasmine has had to hit the ground running with School Holiday Programmes and a number of other pre-planned projects.

We currently have filled all the vacancies in the offices but are always looking out for more reliable Support Workers for our Home Care Support Service.

The Home Care Support Service provides Support for Kaumatua in their homes to enable them to continue living independently at home. If type of work is of interest to you, please contact our Coordinators or call in for a chat.

## Clinic News

It has been an exceptionally busy time for our clinic with so many bugs and viruses affecting so many of our whanau. We apologise for the inconvenience that may have been caused with our phones not always being accessible over the past couple of months. There have been some changes made with a new phone system which has had a few teething problems. We are hoping the issues will be fixed soon.

Thank you to all those whanau who have been very diligent in getting their babies in for their immunisations on time and ensuring the wellbeing of our whanau.

Thank you also to those who filled out the "Whanau Voice" Surveys. Over the next few months you may notice some changes as we work within our Provider Network to develop an Indigenous Model of Practice that will better suit the needs of our people. We will keep you informed of the developments as they happen.

## Congratulations to ....

- Te Puna Rugby Club on their victorious season with 3 Senior Championships for 2019.
- The Rugby Club on celebration of 100 years as a club. Nga mihi nui mo tenei wa whakahirahira.
- The recipient of the Pirirakau Hauora Healthy Lifestyle Role Model award for 2019, Gordie Lloyd.

# Mihi cont'd ...

## **Te Ha Ora**

It is with some sadness that due to the inability to attract enough interest in the Te Ha ora Ante Natal Programme, we have had to give this service up. I am happy, however, to say that this does not mean that the service is lost to us altogether. We have handed the service over to our colleagues at Te Manu Toroa, who have access to a larger population base to deliver to. As from 1 October the Te Ha Ora Ante Natal Service can be accessed by contacting Te Manu Toroa. We wish Te Manu Toroa all the best with the programme and we are more than confident that they will be deliver a great service to our expectant parents.

## **New Projects and Initiatives**

### Pataka Kai

Don't forget our Pataka Kai outside the Hauora garage. There is food available in the Pataka for whanau who require it and we are also accepting donations of kai to support the kaupapa. The Pataka is accessible any time of the night or day and all we ask is that you close the door after yourselves to protect the contents from stray cats and birds.

### Manawa Ora "Healthy Homes, Healthy Whanau"

Over the past couple of months over 40 homes in the Pirirakau rohe have been assessed by Sustainability Options to establish what needs to be done to make them healthy for the whanau living in them. We are now waiting for stage 2 of the process which will involve some work being completed on the homes and some workshops for whanau to learn how to make their homes healthy. Our Manawa Ora team will be in contact with the whanau involved to update as needed.

### Rongoa Planting Project

On Friday 23rd August, planting of our Rongoa Garden started with the help of tamariki from Te Puna Matauranga, Envirohub and members of the community/hapu. Thank you to all attended on a very wet day to help make our dream a reality. There are still more plants to be planted and this will be continuing over the next few months as we develop our ideas. The overall plan for the Rongoa garden is to have a wide range of Native Plants that can be used for both rongoa and as an educational resource for our hapu. We look forward to some great things happening with this new venture.

## **Hauora Birthday**

On 21st September we will be having a Community Event at the Hauora to celebrate our birthday. On the day we have a range of activities planned including entertainment from local Pirirakau Whanau and others. There will be a whole lot of activities for the tamariki, rangatahi, kaumatua, and whanau katoa.

There will be kai available throughout the day and a lot of opportunities to enter competitions and win spot prizes just for having fun. So come along and help us celebrate 26 years of providing health services to the hapu of Pirirakau. Nau mai, haere mai.

Nga mihi

Dux



# Kaimahi Hōu

## Jazz Apaapa—Rangatahi Services Co-ordinator



Ko Mauao rāua ko Pukemaire ōku maunga  
Ko Tauranga rāua ko Te-Awa-Kari-o-Ngātoroirangi ōku moana  
Ko Wairoa rāua ko Kaituna ōku awa  
Ko Takitimu rāua ko Te Arawa ōku waka  
Ko Ngāti Ranginui me Te Arawa ōku iwi  
Ko Pirirakau rāua ko Ngāti Whakaue ōku hapu  
Ko Poututerangi rāua ko Whakaue Kaipapa ōku marae  
Ko Takurua rāua ko Rangiora ōku tūpuna  
Ko Terry Apaapa rāua ko Rose Selwyn ōku mātua  
Ko Numia rātou ko Vysian ko Saphron ōku tuahine  
Ko Maui rātou ko Tane, ko Te Ihi ko Tuhaka ōku tēina  
Ko Amaia rāua ko Takurua ōku tamariki  
Ko Jasmine Apaapa tōku ingoa

Kia ora e te whānau,

I started at Pirirakau Hauora in June as the new Rangatahi Co-ordinator, alongside Dougie Joseph. Previously, I had worked at Te Puna Reo o Puhehinahina for four years as an Early Childhood kaiako and was studying towards my Bachelors Degree in ECE.

I have been given the privilege to come home and support our Rangatahi to become more aware of their health and well-being. I'm looking forward to meeting with our Rangatahi to see how we can help, so please don't be shy to come in and have a korero.

Ngā mihi whanau 😊



# GP Services

## TĀNE HEALTH CHECK

### WINNERS 2019

1st - Michael Bidois

\$50 Countdown Voucher

2nd - Whakahawea Bidois

Free Mirimiri Voucher

3rd—Wayne Tamati Jory

\$20 Petrol Voucher

Ngā mihi to all our Tāne that came in this year for their general check up. Awesome to see more of our tāne coming in for their annual checks.

*“Tama tu tama ora, tama noho tama mate “*



*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 total cost is \$5.00

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



## **Serious measles outbreak in Auckland -** **ensure you and your family are protected before travelling**

A serious measles outbreak in Auckland has prompted the local Medical Officer of Health for the Bay of Plenty and Lakes districts to urge local residents to check that they are up to date with their MMR (measles, mumps and rubella) immunisation before travelling to Auckland, particularly South Auckland.

“The size of the measles outbreak in South Auckland, and the fact that it continues to grow is really concerning. Immunisation uptake in our area is not currently high enough to prevent outbreaks here,” says Dr Jim Miller, Medical Officer of Health for Toi Te Ora Public Health. “Measles is a serious disease; almost half of the people who have had measles in our area this year have ended up in hospital.”

Immunisation is very effective in preventing measles. The vaccine that protects against measles is the MMR vaccine. This is usually given to children at 15 months of age with a booster at 4 years. “People planning to travel to Auckland or overseas with children under 15 months should ask their healthcare provider about earlier vaccination,” says Dr Miller. Adults born before 1969 are generally considered to be immune, but everyone else should be up to date with their MMR immunisation. Contact your doctor to book you or your child’s MMR immunisation, or to check to see if you are immune to measles.

“It is vital that you check whether you are at risk from measles. Otherwise you risk bringing measles home from your travels, or being part of our next local outbreak,” says Dr Miller.

Measles symptoms include a fever, runny nose, sore red eyes and cough, followed a few days later by a rash usually starting on the face before moving down the body.

If you think you or someone in your family may have measles, please stay at home and phone your doctor to alert them of your symptoms and allow them to make arrangements to assess you safely and without infecting other people.

Please do not just turn up to your GP, after hours or emergency department without first phoning ahead as you could potentially spread the virus to others. Alternatively, call Healthline on 0800 611 116 for advice.

For more information about measles go to:

Toi Te Ora Public Health website: [www.toiteora.govt.nz/measles](http://www.toiteora.govt.nz/measles)

Immunisation Advisory Centre: 0800 IMMUNE (466 863) or [www.immune.org.nz](http://www.immune.org.nz)

Ministry of Health 2019 measles outbreak information: [www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles/2019-measles-outbreak-information](http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles/2019-measles-outbreak-information)



Image caption: *Dr Miller says that the size of the measles outbreak in South Auckland, and the fact that it continues to grow is really concerning. It is vital that you check whether you are at risk from measles.*

# Mental Health Services

## CAMHS CORNER

Kia Ora Whānau

Mental Health Awareness week 2019 is September 23<sup>rd</sup>-29<sup>th</sup>

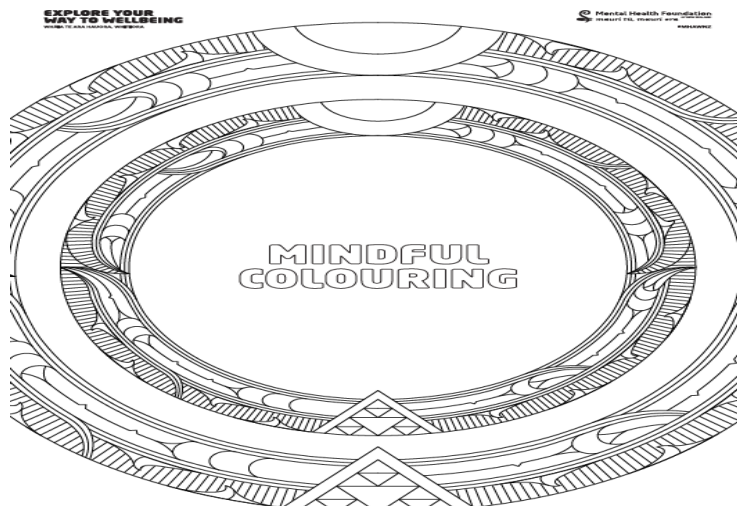
The kaupapa for this year is -



## ALSO

## MINDFUL COLOURING IS A GREAT WAY TO RELAX AND UNWIND

Mindful colouring can help to lower stress and anxiety, increase focus, and promote mindfulness. Perfect for the classroom, staffroom or at home!



# Whanau Ora - Health Promotions

## National Cervical Screening Programme (NCSP) Changes to Screening start Age

From November this year the new start age to screen women will be from 24.5 years of age.

Women under 25, who have not started cervical screening, Can commence screening at 25

Women between 20-24 who have already been screened should continue to be screened according to the current pathway.

If you require further information just call nurse Kiley at the Hauora



## **Prostate checklist for men**

If you answer 'Yes' to any of the following questions, talk to your doctor, nurse, or health professional.

- 1: Do you urinate (pee) more often?
- 2: When you urinate do you struggle to start and stop urinating?
- 3: Do you have poor urine flow and dribbling of urine?
- 4: Do you regularly get up at night to urinate?
- 5: Do you often have pain in your lower back, hips or ribs?
- 6: Do you have blood in your urine?
- 7: Do you have a family history of prostate cancer, and are you over 40yrs of age or more?
- 8: Are you 50 – 70yrs old?
- 9: Are you concerned and want to know more about your prostate?

Answering yes to any of these questions may not mean you have cancer but you should get them checked by your doctor, nurse or health professional straight away.

Checking your risk of prostate cancer

You can reduce your risk of prostate cancer by

- Finding the cancer early
- Having healthy lifestyles

The check assesses your risk of having prostate cancer or how likely you are to have prostate cancer.

Checks usually involve a blood test, called a prostate-specific antigen test (PSA) and a digital rectal examination, (DRE).



# Manawa Ora - Whānau Ora Navigator

Having completed the first stage of our Healthy Home Community Assessment initiative has increased the opportunity to engage with a lot of our Pirirakau whanau that have aspirational goals, wants and needs for their whanau, or themselves.

Listening to our whanau voices, hearing what it is that they want for their whanau has enabled us to connect and start creating plans, setting goals together and making realistic steps to achievable outcomes.

With support by the appropriate people and agencies it empowers whanau to lead their own self determination.

Support and advocacy is here for you within the Whanau Ora space.

Whanau if you or your whanau could do with support and you are motivated in your aspirational thinking, come in to the hauora, text or phone and we can korero and set these aspirations into practice.

Nga mihi nui

Michelle Horne

We have now completed the first phase of the Manawa Ora initiative!

The first phase saw our housing assessors Phil Gregg and Jo Wills from Sustainability Options alongside Whanau Ora workers from Nga Mataapuna Oranga and Pirirakau Hauora asses 45 homes!

As of today the registrations have closed.

Where to from here? (Phase 2)

Funding and resources are being sought to repair and/or replace housing needs.

Educational workshops will be run to share knowledge around electricity and water savings, mould repair, making thermal curtains and a lot more follow ups on individual homes.

This initiative is a steady gradual process that requires further networking, resource and funding and community support in the form of tradesmen and workmanship.

We will be updating whanau as status reports come in.

Nga mihi tino nui,

Ani Kuka and Michelle Horne



# Rangatahi Services



**UP-  
COMING!!**



## SCHOOL HOLIDAYS

**WEEK 1: TUE, OCT 1st-4th**

**WEEK 2: TUE, OCT 8th-11th**

**Age: 5-13 year olds**

**Cost: Up-to \$100.00 per week**

**WINZ Subsidy: APPLY NOW!**

**Limited Spaces: x25 max per day**

**There is a waiting list when our max numbers has been reached.**

**KEEP A LOOK OUT  
FOR OUR PROGRAMME  
DETAILS!!**



**Let us know what activities you would enjoy?**

Find us on  @Pirirakau Youth Group

**Volunteers  
Needed!**

**DONT FORGET! THE PĀTAKA KAI!**

**Keep an eye out for a confirmed date on our painting day!**

### **Pataka Kai Donations may be the following:**

- Fresh fruit and vegetables.
- Unopened / sealed Preserved, Tinned and dried goods
- Breads, Sandwiches, biscuits, eggs, baked goods and Long Life Milk
- Toiletry items
- Packed foods



### **Food that cannot be shared in the Pataka Kai:**

- Baby food
- Unsealed or half eaten food.
- Mouldy fruit.
- Raw fish, meat, and bottled milk.
- Food that has been recalled by the manufacturer.
- Cooked food
- Frozen Food
- Kai moana (Seafood)



# Rangatahi Services



## **Rangatahi Services is divided into three areas:**

### **• Pirirakau Youth Group (5-13years)**

Pirirakau Youth Group is an OSCAR funded School Holiday Programme which is set up to provide activities that entertain, educate & empower our local youth.

### **• Tu Pou Tahi (13-25years)**

Tu Pou Tahi is a service established to develop and implement programmes and projects that contribute to improving the health and wellbeing of Rangatahi Maori and their whanau. Some of these include Personal Development wānanga, Sexual Health Workshops & Leadership Camps.

### **Te Puāwaitanga o te Hinengaro (CAMHS)**

Te Puāwaitanga o te Hinengaro is our Rangatahi & Tamariki Mental Health Service. This service is for children and young people up to the age of 20 with or without mental health issues.

## **Contact**

### **Pirirakau Youth Group & Tu Pou Tahi**

**Jazz Apaapa**

**Ph:** 07 5524573 **extn:** 710

**Email:** [j.apaapa@pirirakauhauora.org.nz](mailto:j.apaapa@pirirakauhauora.org.nz)

**Or,**

**Dougie Joseph**

**Ph:** 07 5524573 **extn:** 709

**Email:** [d.joseph@pirirakauhauora.org.nz](mailto:d.joseph@pirirakauhauora.org.nz)

### **Te Puāwaitanga o te Hinengaro**

**Sylvia Wilson**

**Ph:** 07 5526238 **extn:** 2

**Email:** [camhs@pirirakauhauora.org.nz](mailto:camhs@pirirakauhauora.org.nz)

**For more information on the following services please contact us on:**

[rangatahi@pirirakauhauora.org.nz](mailto:rangatahi@pirirakauhauora.org.nz)

***Today's Rangatahi***

***Tomorrows Leaders***

**Promoting Health and Wellbeing for Rangatahi in the Western Bay of Plenty through advocacy, support, programmes and events.**

# 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 multiple realms of a person's life. This is in contrast to Western massage techniques which are primarily focused on the physical. Skills and necessary knowledge are passed on by 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 complimentary 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
- Headaches
- Insomnia
- Emotional, Spiritual wellbeing
- Soft tissue strains or injuries
- Joint pain, Nerve pain
- And a whole lot more



Mauri Ora!

***To make an appointment for mirimiri:  
Please phone Te Oturu Oranga: 07 552 6238***



# Rongoa - Te Ropu Rahurahu

Tēnā Koutou,

Our next Rongoa Day is **Friday 6<sup>th</sup> September**  
10am – 2pm

**What we are doing:** Plant Identification, whakawhanaungatanga and make a refreshing rongoa drink.

Come along to Rongoa Days and share knowledge around Rongoa Maori and the safe practices of making use of what is readily available around us.  
We look forward to seeing you at the Rongoa Days during 2019.

Our Rongoa Days are introductory in nature and not suitable for persons wanting to learn to make rongoa for commercial purposes.

The following dates are 6-8 weeks apart and *always land on a Friday from 10.00am - 2.00pm* (This is to allow time for those who need to drop off and pick up our little darlings to school, who are welcome to attend Rongoa Days if Mum or Day is with them.)

Next Rongoa Days for 2019 to enter into Diaries.

**When:**

6th September

1st November

13th December (Tentative)



**Where:**

Te Oturu Oranga, 4 Paparoa Road Te Puna.

Venues to be confirmed closer to the date and are dependant on the weather and what the group wants to explore in our learning.

**Cost:**

Please bring a koha for the day and a plate of healthy kai for shared lunch.

**RSVP** as we get closer to the above dates please... So we have an indication of attendance.  
RSVP- Phone: 07 552 6238 Extn: 1

Follow the Pirirakau Hauora Mirimiri Service Facebook page for updates.

Mauri ora!

# Kaumātua Services

## Respite Flexi Care Service

The Respite Kaumatua Day Programme is available to kaumatua 65 years or older with a long term health and/or disability related need.

Maori between the ages of 50–64 who are deemed to be “like in age and interest” to people aged 65 and over, or with a diagnosis of dementia.

### **Are You Eligible?**

Access to Respite kaumatua day programme is by self referral following an assessment by Support Net.

### **Service Description:**

Supporting kaumatua to remain part of their community. Promoting kaumatua wellbeing and enables inclusion in all parts of community life.

This gives the whanau and caregivers a break.

### **The Service Provides:**

*Day programme operating Monday and Friday, Time 11.00am to 2.30pm, based at Pirirakau Hauora*

Morning tea and lunch provided

Social interaction with other kaumatua

Fun indoor/outdoor activities include: Crafts; game activities; bingo; Quiz's; chair yoga; gentle exercises; bowls; petanque etc.

Day trip excursions include: community events; art galleries; visits to parks; beaches; shopping centers/malls etc

Promotion/Education programmes promoting health and wellbeing, general health checks and/or information; pamper days; Rongoa Workshops etc

### **The Respite Caregiver Support Service:**

Respite Caregiver Support is available for whanau/carer's who are caring for a person with age-related support needs or long term medical condition and/or disability or with a diagnosis of dementia.

The Respite Carer Support is designed to be flexible, the client and whanau/carer are able to choose and coordinate their relief care.

A caregiver support person can be arranged to provide relief care and support for kaumatua, while the full-time carer can take a break from caring for that person.

### **The Service Provides:**

Eligible kaumatua, are entitled to receive 10 day's per year of respite care.

Support person to take kaumatua for activities/day outing in the community

Relief care to support whanau/carer's to have a break

Our aim is to provide relief care for the whanau/carer's and a safe and stimulating environment, to maintain kaumatua independence in their community and at home.

If you think this service would be of benefit to you/your kaumatua, we are more than happy to have you on board our Respite Care Support Service or our Day Programme.

Contact Moana Rayner Respite Coordinator for more information

Phone: 07 552 4573 ext: 706

Mobile: 027 229 1403

Mauri Ora!

# Kaumātua Services

## Home Care Support Services

On Tuesday 23<sup>rd</sup> July we held a Kaimahi Manual Handling and Competency Training at the Hospital Clinical Skills Training Lab

The Kaimahi were put through Mock Scenario's of Moving their clients and providing Personal Cares and Medication Oversight. This involved use of Hoists, slings, Wheel chairs, transfer belts and sliding sheets.

They were then shown the approved ACC recommendations for Manual Handling

The purpose of this training was to ensure our Kaimahi are competent and safe providing care for our clients.

14 Kaimahi attended and an enjoyable day was had by all



## Pulsed Electromagnetic Field Therapy

Pulsed Electro Magnetic Field therapy, also known as PEMF, is a drug-free, non-invasive, pain-relief alternative treatment, which promotes accelerated healing for ailments and injuries via "*stimulating cell regeneration*".

Human cells each have a specific vibration/frequency.

The QRS (PEMF Mat) produces an electromagnetic field, which imitates and creates the same vibration as healthy human cells.

Everything that exists has a vibration, including every atom, molecule and thus the human cell.

The QRS uses the frequencies of the body itself, which are generated by movement.

The concept on which the QRS is based was that humans carry a symphony of frequencies in the body. By treating the person through electromagnetic fields, it is necessary to offer the full package of personal frequencies that support the body to perform its own functions.

Pulsed Electromagnetic Field Therapy assists by Improving Circulation, Reducing Muscle Tension, Improving Sleep, reducing Inflammation, Improving Tissue Healing, Reducing Anxiety and Stress - mental focus, and the body's overall performance by helping the energy output and regeneration of the body's cells.

This new service is available at Te Oturu on a Wednesday from 9am. Appointments can be made by phoning 552 6238. Costs are as follows:

Registered Clients of Pirirakau and Pirirakau Hapu members	\$10.00 for 30 Minutes
Casual Clients (not registered)	\$20.00 for 30minutes.

### 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 & 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](http://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](mailto: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

### 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

## Pirirakau Hauora GP Service Prices

Effective from 1<sup>st</sup> July 2019

### STANDARD CHARGES:

Registered Clients: *(Face to Face or Video)*

Tamariki 0 - 13 years	FREE
Rangatahi 14 - 17 years	\$13.00
Adults	\$19.00
ACC Consultations	\$19.00

Casual Clients: *(Required to pay prior to consultation)*

Adults from 16 years +	\$38.00
Tamariki 0-16 years	\$20.00
Non residents and temporary visitors to NZ	\$80.00

*Other charges please ask Reception*

## Pirirakau Hauora Mirimiri Service

### 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
Non cancel appointment charge	\$18.50

### Accreditations:

Cornerstone Accredited  
OSCAR School Holiday Programme

Environmental Friendly Electronic Newsletter  
If you would like a copy of this newsletter please call into the Hauora.