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Kia ora whanau

1st April 2018

We are pleased to announce that our books are now open until further notice. Please ask reception for enrolment forms. Adults you will need a photo ID, children need a copy of their birth certificate or pass port. There will be a \$40.00 fee on registration, and thereafter until you become funded. (Children under 12yrs Free & 13yrs – 17yrs \$12.00)

Don't be shy to check out our facebook page: Te Whare Hauora o Ngati Kahu,
 as well as our website: www.ngatikahuhauora.co.nz

GP and Nurse Service business hours
Bethlehem

Monday	8.00am - 5.00pm 8.30am - 12.00pm	David Offner Claire Isham
Tuesday	8.00am - 5.00pm 9.00am – 12.00pm 1.00pm - 4.00pm	Sarah Wong Michelle David Offner
Wednesday	8.00am - 4.00pm	David Offner
Thursday	8.00am - 5.00pm 9.00am - 12.00pm <i>*Waipu Hauora*</i>	Claire Isham Michelle David Offner
Friday	8.00am - .5.0pm	David Offner

Eftpos Available!!

For After Hours: Accident and Healthcare
 Ph: 5770 010
 For an Emergency: Dail 111

Satellite Clinic hours:

WAIPU HAUORA:

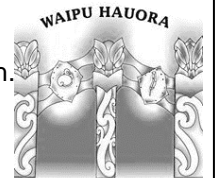
9.00am – 12.00pm David Offner
 Clinic operates every Thursday mornings.

MATAKANA ISLAND:

9.30am – 1.00pm David Offner/Michelle
 Clinic operates fortnightly on a Wednesday morning.

MOTITI ISLAND:

9.00am – 12.30pm Claire Isham
 Clinic operates 1st Monday of the month.



Eftpos Available at Satellite!!



Ngati Kahu Hauora Staff:

General Manager: Judy Harpur
 Assistant Co-ordinator: Ruakapua Bristowe

General Practice Service:

Practice Manager: Jackie Nicholas
 General Practitioner: David Offner
 General Practitioner: Claire Isham
 General Practitioner: Sarah Wong
 Nurse Practitioner: Michelle
 Practice Nurse: Robyn Wichman
 Practice Nurse: Brenda Hilario
 Practice Administrator: Cheri Parkinson
 Practice Administrator: Ruby Kingi
 Practice Administrator: Timini Kingi

Mental Health/Alcohol and Drug Service:

AOD Practitioner: Wiripo Brown
 AOD Practitioner: Fred Hika



Waihekerangi Respite Care Home:

Team Leader: Delice McShane
 Health Care Assistant: Lassie Gates
 Health Care Assistant: Anna Gardiner
 Health Care Assistant: Sarah Tokona
 Health Care Assistant: Kathy Butt

Whanau Ora Support Service:

Whanau Ora Support Service Co-ordinator:
 Marissa Rahiri

Koroua/Kuia Support Service:

Koroua/Kuia Support Service Co-ordinator:
 Judy Harpur

The Flu vaccines are now in stock!
Call and arrange an appointment with nurses Robyn or Brenda to have this vaccine.
Get one before the FLU VIRUS gets you!

Influenza vaccination is FREE for people who are most at risk.

Almost everyone can benefit from the protection of annual influenza immunisation. The vaccine is especially important for people at risk of serious complications from influenza including:

- Pregnant women (any trimester)
- People aged 65 years and older
- People aged under 65 years with any of the medical conditions listed in the table below
- Children aged 4 years or under who have been hospitalised for respiratory illness
- or have a history of significant respiratory illness



Older Kiwis can avoid shingles for free, following PHARMAC's announcement it will fully fund vaccines for pensioners.

From April 1, 2018, the shingles vaccine Zostavax will be freely available for 65-year-olds.

Shingles is a painful and debilitating infection that affects one in three New Zealanders.

It's caused by the same virus as chickenpox (varicella-zoster), meaning anyone who has had chickenpox risks developing shingles, but older people are most at risk.

"Shingles can occur in people at any age, but older people are the most affected, and complications can be more serious and require admission to hospital,"

Heard about this community based exercise being offered to families at various location in the area. What an AWESOME idea! Check out their Facebook page to find a location near you. Comes highly recommended by a patient.

<https://www.facebook.com/whanaugains/posts/1998909870364056>

FIT FAM for LIFE

