



Kia ora whanau

1st March 2018

Please welcome our newest member nurse Brenda Hilario to Ngati Kahu hauora. She has worked in NZ and the Philippines and brings with her a wealth of knowledge and skills in the health industry.

**GP and Nurse Service business hours
Bethlehem**

Monday	8.00am - 5.00pm	David Offner
	8.30am - 12.00pm	Claire Isham
Tuesday	8.00am - 5.00pm	Sarah Wong
	9.00am - 12.00pm	Michelle
	1.00pm - 4.00pm	David Offner
Wednesday	8.00am - 4.00pm	David Offner
Thursday	8.00am - 5.00pm	Claire Isham
	9.00am - 12.00pm	Michelle
	<i>*Waipu Hauora*</i>	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 doctors clinic sessions are changing from this week.

Dr David Offner is at the Hauora Monday to Wednesday all day.
and at Waipu Hauora on Thursday mornings.
Dr Claire Isham is at the Hauora every Monday morning and all day Thursday
Dr Sarah Wong is here all day Tuesdays and Fridays.

Our monthly clinic on Motiti Island is the first Monday of the month with *Dr Claire Isham* and Te Awanui Hauora clinics are every alternate Wednesday with either *Dr Offner* or Nurse Practitioner *Michelle*.



Wishing Dr Jethro LeRoy much joy and happiness as he begins a new chapter in his life.
We are really going to miss his laughter, his smile and his quirkiness around here.
Congratulations on your new job!

Reminder: We are closed Monday and Friday for Easter.

Easter Facts. Easter,

- a Christian holiday, celebrates the resurrection of Jesus Christ which occurred on the third day after he was crucified on the cross.
- Eggs have been seen as ancient symbol of fertility, while springtime is considered to bring new life and rebirth.
- Americans spend \$1.9 billion on Easter candy.
- The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.



However you celebrate Easter holiday whanau, Ngati Kahu hauora staff wishes you an enjoyable well spent quality time with your family and friends. **STAY SAFE EVERYONE!!**



5 MESSAGES TO KEEP YOUR family HEALTHY

IF YOUR CHILD HAS A SORE THROAT, GET IT CHECKED by a nurse or doctor.
This can prevent rheumatic fever.

To stop skin infections spreading:
CLEAN hands often, **CUT** nails to stop scratching,
COVER sores and cuts with a fabric plaster.

WASH AND DRY YOUR HANDS
after going to the toilet to stop spreading germs.

BRUSH YOUR TEETH MORNING AND NIGHT
to keep them healthy.

Health advice is just a phone call away.
Call **HEALTHLINE 0800 611 116**