



1st June 2014

**Tena koutou katoa**

Ngati Kahu Hauora are pleased to advise that we will be opened till 6pm every Monday. These evening clinics are to be utilised by our working population who find it hard to come into the practice during normal working hours.

We encourage you to please phone reception to book your appointment if you have received a letter or a text from the Doctor or the Nurse.

The evening clinic is not for patients who require a Work & Income form to be filled out & Immigration Medicals, these are to be booked in advance & during normal clinic hours.

Dr Isham will still be attending Motiti Island held on the first Monday of each month.

A reminder whanau that our price changes will now take effective from 1 April 2014. These changes are as follows:

- 12 year old to 17 year old consultations are now **\$11.50**
- All patients **including children**, phone repeat prescriptions are now **\$8.00**

*All repeat prescriptions have a 48 hour processing time and outstanding accounts need to be paid before prescriptions will be faxed to your preferred pharmacy. If you require your prescription earlier than 48 hours, there will be an Urgent Prescription Surcharge of \$16.00.*

We are still currently offering Flu Vaccinations, please phone the Hauora to make an appointment, remember influenza is a serious illness. Please be proactive and get your Vaccination done today.

*Nga mihi nui, The GP Service Team*

**GP and Nurse Service business hours  
Bethlehem**

Monday	8.30am - 4pm	Dr David Offner
Monday Morning	8.30am - 12pm	Dr Claire Isham
Tuesday	8.30am - 4pm	Dr David Offner
Wednesday	8.30am - 4pm	Dr David Offner
Wednesday Morning	8.30am - 12pm	Dr Claire Isham
Thursday	8.30am - 4pm	Dr David Offner
Friday	8.30am - 4pm	Dr Claire Isham

**Eftpos Available**

**For After Hours: Accident and Healthcare ph 5770 010  
For an Emergency Dial 111**

**GP and Nurse Service Satellite Clinic  
Motiti Island**

Monday	9.00am - 12pm	Dr Claire Isham
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*Clinic operates on the 1st Monday of each Month.*

**NO Eftpos Available**



**Staff/Services**

Manager: Judy Harpur

Assistant Co-ordinator: Ruakapua Bristowe

**General Practice Services:**

Practice Manager: Swelarn Te Wheoro

General Practitioner: Dr Claire Isham

General Practitioner: Dr David Offner

Locum GP: Dr Jethro LeRoy

Locum GP: Dr Brenda Turner

Locum Nurse: Margaret Birtles

Practice Nurse: Mary Winteringham

Practice Nurse: Michelle

Practice Nurse: Robyn Wichman

Practice Administrator: Jackie Nicholas

Practice Administrator Float: Ngamoni Turner

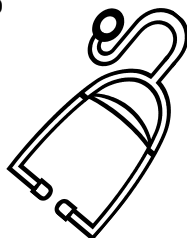
**Mental Health/Alcohol & Drug Services:**

Alcohol & Drugs Counsellor: Wiripo Brown

Alcohol & Drugs Counsellor: Maryanne Lee

**Intensive Drink Drive Programme:**

Administrator: Awhimai Brown



**Waihekerangi Respite Care Home:**

Team Leader: Tangiwai Egan

Health Care Assistant: Anna Gardiner

Health Care Assistant: Wehipoti Smith

Health Care Assistant: Kelly Egan

Health Care Assistant: Lassie Gates

**Koroua/Kuia Support Services**

Koroua/Kuia Co-ordinator: Florence Gardiner

**Whanau Ora Support Services:**

Whanau Ora Co-ordinator: Marissa Rahiri



Tena Koutou

Where has the month gone and summer too?

The Alcohol and Drug (AOD) Service has been quieter this month however there has been an increase in synthetic cannabis use. This drug has nasty side effects and the withdrawal symptoms are similar too that of methamphetamine.

It goes without saying that it is none too soon for this to come off the shelves.

If you have concerns about this drug or any other please come and see us.

Our fourth Intensive Drink Driving Programme (IDDP) has started this month. This excellent programme is designed to reduce reoffending and provides education, relapse prevention and skills to deal with impulsive behaviours

The Excess Breathe Alcohol (EBA) workshops are running well on the 3<sup>rd</sup> Wednesday of each month from 10.15am -1.30pm at the Bethlehem hall.

The IDDP still has places available by contacting us on 5760160 ext 2

We offer a confidential one to one counselling service and would be happy to hear from anyone with concerns for themselves or whanau members who struggle with addiction issues.

All inquiries will be welcome. Noho ora mai



**Whanau ora Co-ordinator  
Marissa Rahiri  
Phone: 5760160 or 0800 760 160 ext: 2**



Tena koutou e te whanau

On Tuesday 24 June there will be a Pamper Day held at the Ngati Kahu Whanau Ora & AOD building from 9.30 am to 1 pm. If you are due or overdue for a cervical smear come along and be pampered, be in to win some great prizes and enjoy continuous nibbles throughout the day. Nurse Yvonne Scholes-Young and Chrissie Rolleston from Te Kupenga Hauora will be here, with Yvonne doing the smears and Chrissie promoting the importance of Breastscreening.

If you are one of the above wahine come along and enjoy the day (see the notice board next week for the flyer). Appointments are necessary so please phone on 07 576 0160 ext 2, or ask your Doctor or Nurse to refer you. Unfortunately women outside the below criteria will no longer be able to have a free smear.

**CRITERIA for FREE smears**

We are able to provide a **FREE** service to the following women:

- **MAORI, PACIFIC ISLAND and ASIAN women**
- **Women 30 years and over who haven't had a smear for 5 or more years**

**Women who are 30 years and over who have never had a smear.**

**Waihekerangi Respite Home  
Team Leader - Tangiwai Egan  
Phone: 5760160 or 0800760160 ext 3**

**Koroua / Kuia Support Service  
Co-ordinator Florence Gardiner  
Phone: 5760160 or 0800760160**



The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe

*"Recognizing and preventing men's health problems is not just a man's issue.  
Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."*

For more information about mens health visit [www.getthetools.org.nz](http://www.getthetools.org.nz) where you can get all the men's health tools you need to prime your man-frame and keep yourself ship shape from prostate cancer to mental health.

If you have received a letter or text from the practice nurse for your free check up including the Cardiovascular Assessment, please ring reception to make an appointment to have this done.

Many thanks, Practice Nurses - Mary, Michelle and Robyn