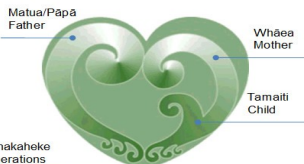


69 Carmichael Road
Bethlehem
TAURANGA



Phone: (07) 576 0160
Fax (07) 576 0163
Email: nrtga@wave.co.nz



Kia ora whanau!

1st March 2014



Gradual changes has seen Ngati Kahu Hauora make transitions within the staff. It is with great pleasure to work alongside our locum Dr Brenda Turner & we extend a warm welcome to Dr David Offner. David will be joining the team at Ngati Kahu Hauora and will be available to see patients from Monday 10 March 2014.

REMINDER - Price Changes

On the 1st of April 2014 there will be a charge of \$11.50 for 12 year old to 17 year old consultations. All patients including children will be charged \$8.00 for over the phone repeat prescriptions. All outstanding accounts need to be paid before prescriptions will be faxed to pharmacies.

Our Doctor's Clinic/Nursing Services at Ngati Kahu Hauora (Bethlehem)

Mondays	8.30am - 4pm	Dr Claire Isham
Tuesdays	8.30am - 4pm	Dr Claire Isham
Wednesdays	8.30am - 4pm	Dr Claire Isham
Thursdays	8.30am - 4pm	Dr Claire Isham
Fridays	8.30am - 4pm	Dr Claire Isham

Eftpos Facility Available

**For After Hours:
Accident and Healthcare
Ph 5770 010**



Satellite Clinic/Nursing Services at Motiti Island:

Mondays 8.30am - 12pm Dr Claire Isham

(1st Monday of every month)

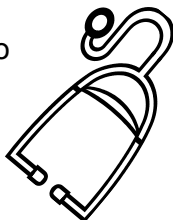


Staff/Services

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: Dr Jethro LeRoy
Locum: Dr Brenda Turner
Practice Nurse: Mary
Practice Nurse: Michelle
Nurse: Robyn
Practice Administrator: Jackie Nicholas
Practice Administrator: Larina Daniels



Mental Health/Alcohol & Drug Services:

Alcohol & Drugs Co-ordinator: Wiripo Brown
Alcohol & Drugs Co-ordinator: Maryanne Lee

Intensive Drink Drive Programme:

Administrator: Awhimai Brown



Waihekerangi Respite Care Home:

Team Leader: Tangiwai Egan
Health Care Assistant: Kelly Egan
Care Support Worker: Anna Gardiner
Care Support Worker: Lassie Gates
Health Care Assistant: Wehipoti Smith

Koroua/Kuia Support Services

Koroua/Kuia Co-ordinator: Florence Gardiner

Whanau Ora Support Services:

Whanau Ora Co-ordinator: Marissa Rahiri

Support Agencies:

Police, Community Probation, Winz



Mental Health/Alcohol & Drugs Services Co-ordinator

Wiripo Brown
Maryanne Lee
Phone: 5760160 ext: 2



We welcome Maryanne Lee as the new AOD Co-ordinator.

We are currently delivering two workshops.

1. Excess Breath Alcohol on the third Wednesday of every month, which covers brief interventions.
2. Intense impaired drink driving program. This is a ten week program at two hours per week, aimed at reducing recidivist (repeat) drink drivers.

Individual counselling sessions are delivered five days per week.

To make an appointment, phone the AOD team on 5760160 or 0800760160 extension 2



Whanau Ora Co-ordinator

Marissa Rahiri
Phone: 5760160 ext: 2



It was great to support Te Awanui Hauora Whanau Day on Matakana Island, providing information on Health issues and how Whanau Ora services can be of assistance. A big thank you to the Bethlehem Baptist Church for their donations towards our grocery hamper.

Over the next few months, I hope to start a couple of "Be Active" programmes.

Walking is an excellent way of boosting your health and making you feel good. These will start off with 30 minute sessions two days a week for the first two months and gradually increase to 45 minutes in the third month. What a wonderful way to meet and chat with others while you walk and best of all it is "FREE"

Swimming offers a range of benefits for all fitness levels of all ages. It is one of the few exercises where you can engage all of your muscle groups, giving you an effective workout whatever your ability. I am hoping to initiate this for one day a week, with the venue being Otumoetai or Memorial Park pool. There will be a charge of \$3.90 (adults) \$2.50 (seniors).

If you are interested in any of the programmes please contact me on: 075760160, 0800760160 or whanau_ora@nrtga.co.nz.

Western Bay PHO Diabetes Co ordinator Mereana Waaka-Murch will be facilitating the Diabetes Self Management Groups. There will be four, two hour, weekly sessions per month. Those who suffer with Diabetes will learn more about their medications, healthy eating, keeping your tinana well. Pick up a pamphlet from the clinic or ask your GP or Nurse to refer you.



Nurses:

Mary
Michelle
Robyn



"Scabies" is caused by tiny insects that burrow in the skin, laying eggs as they go, making an itchy rash.

Scabies will not go away without treatment.

Even the cleanest people get scabies. Scabies is spread by close bodily contact.

Everyone living in the same house should be treated at the same time even if they are not itchy.

Reminder: Flu vaccinations are now available.



Some of the upcoming Public Health events for March 2014.

Child Cancer Appeal Month, Epilepsy NZ Awareness and Appeal Month, National Children's Day, Well Child Week, Plunket Fundraising Week, International Women's Day, Walk to Work Day, World Oral Health Day, Hearing Week, Guide Dog Appeal Week, Red Cross Week, Child Cancer "Beads of Courage" street appeal.