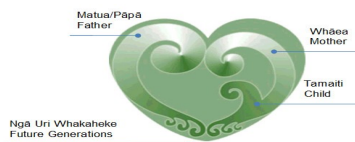


69 Carmichael Road
Bethlehem
TAURANGA



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



1st May 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.

Please note that on **Monday 5 May 2014, the Doctor & Nurse will start at 10.00am**, Dr Isham will be at Motiti Island on this day.

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

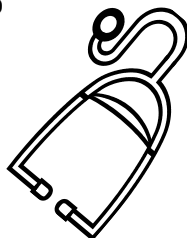
Mental Health/Alcohol & Drug Services:

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



Mental Health/Alcohol & Drugs Services Co-ordinators
Wiripo Brown and Maryann Lee (PG Cert Health Science; Bach
AOD Studies; Dip Counsl. DAPAANZ Reg. Prac & Reg Supervision)
Phone: 5760160 or 0800 760 160 ext: 2



Tena koutou katoa

We look forward to another amazing month in supporting whanau/clients with alcohol and addiction issues.

The next Intensive Drink Driving Programme (IDDP) is due to begin 6th May with spaces available. This 10 week programme provides information and understanding of the widespread effects of drink driving. Just recently we completed the third programme with a graduation. Our team were pleased to see the positive changes in the groups thinking and beliefs concerning driving under the influence. It was uplifting to see the progress each person had made.

We will be happy to hear from anyone with concerns for themselves or whanau members who struggle with addiction issues.

Noho ora mai
 AOD team



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



Tena koutou e te whanau

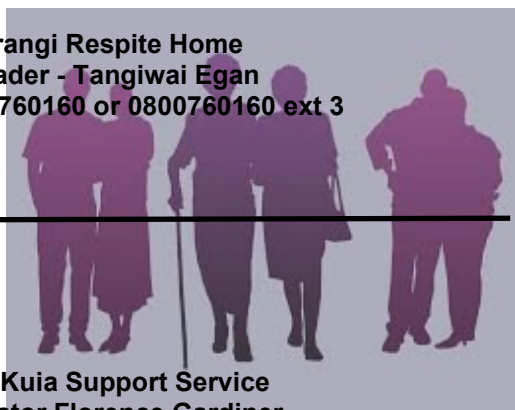
I am sure many of us at one stage or maybe even still are, experiencing the pinch of increased food prices, electricity, rent and regular creditor payments. The Tauranga Budget Advisory Service can help with budget plans to provide for daily needs, regular commitments, debt repayment, long-term expenses and Food bank referrals. Their service is free, non-judgemental and culturally sensitive, so if you are or you know of anyone that is currently experiencing difficulties, ask them to contact me for more information.

Diabetes Self-Management Group for those on insulin, which was scheduled to start on **1 May 2014**, has been deferred until **July 2014**. There are no dates available at this stage, but I will keep you informed as the time draws nearer.

With the colder and wetter weather setting in the walking programme has now ceased. For those who still require support I will be available, but an appointment is necessary.

If you have a child/children under 17 years, who suffer from repeated/chronic respiratory difficulties, confirmed strep A throat infection, or a confirmed diagnosis of Rheumatic Fever you may be eligible for a government subsidy under the Warm Up NZ programme. Unfortunately HCNZ tenants are not eligible and some conditions do apply.

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

Immunisation Week

It's Immunisation Awareness Week (April 28- May 2)

Are you and your Tamariki Immunisations up to date? Please phone the Hauora and make an appointment with the Practice Nurse, these are free to get them done, remember whanau, prevention is best!

Immunisation key messages

- Diseases don't discriminate - Immunisation is your best protection against some serious but preventable diseases.
- Immunisation helps protect your child, your family and our community.
- While it is best to immunise on time, every time - it's never too late to start.



PREVENT PROTECT IMMUNIZE

High Blood Pressure

Questions?
 Ask a Nurse.



High blood pressure (hypertension) affects nearly one in five New Zealanders. It is more common in older age groups but it can affect younger people too. You will likely feel no symptoms even if your pressure is quite high, so by the time you feel unwell some damage may have been done. Every adult should have their blood pressure checked regularly especially if:

- You are a smoker
- All men aged over 45 & women over 55 years
- Women who have high blood pressure during pregnancy
- People who have had high blood pressure, a stroke, a heart attack, raised blood cholesterol & diabetes.



Practice Nurses: Mary, Michelle and Robyn