



Artist Rangi Ranui and kaumātua Tawharangi Nuku with the blessed woven artwork.

Porohita weave unveiled and blessed at Fifth Ave Family Practice

▶ As part of our equity journey, we have recently had the honour of unveiling and blessing a beautiful Porohita weave in our reception area, furthering our commitment to incorporate a bicultural approach within the Practice. The artwork is a celebration of the existing and future relationships with our Māori patients and whānau.

Hosting an unveiling and blessing at our Practice, members of He Waka Eke Noa, a rōpū (group) committed to creating a warm and welcoming environment at Fifth Ave Family Practice invited patients and staff to join them in celebrating the weave and all it represents. Tawharangi Nuku, our representative kaumātua,

support person, and mentor on our Māori Health rōpū, opened the hui with a karakia, blessed the art and unveiled it to the practice for all to enjoy.

Titled Te Mauri (The Lifeforce), the art symbolises the connection between the spirit, mind, body, whānau (Te Whare Tapa Whā) and our overall health and

wellbeing. Rangi used specific colours in this beautiful weave to represent holistic wellbeing, highlighting the importance of Te Wairua (the spirit), represented through natural colours, Te Hinengaro (the mind), represented through red,

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and Te Tinana (the body), represented through black. As an integral part of our wellbeing, whānau connections are additionally signified by the outer fringe.

Taking three days to prepare and another week to put together, Rangi says each element represented in the weave is interconnected and makes up who we are. "I appreciate the opportunity to contribute to Fifth Ave Family Practice's bicultural approach to healthcare. The weave represents warmth and love, and I hope it brings the same energy to everyone who looks at it," she says.

Dr Todd Hulbert and Dr Tania Stokes, two members of He Waka Eke Noa, also spoke at the blessing, opening with their pepeha and acknowledging the importance of the art.

"We strive to create an understanding of health and wellbeing and how it impacts all of us," says Todd. "This weave broadens the traditional picture of health to include family, spirit, belonging, and so much more."

Tania says the practice embraces a biopsychosocial approach to health, acknowledging how the mind, body, spirit, and whānau all influence health and are important dimensions of wellness. "We hope that this piece of art helps patients feel a sense of belonging, safety, and importance in their overall wellness journey," she says.

Formed as a part of Health Care Homes to support equity within the Practice, He Waka Eke Noa focusses on learning, developing, and changing the practice to improve health and wellness for Māori whānau. The rōpū continues to explore ways in which we can make a difference in Māori health outcomes, showing commitment and passion, and striving to become more understanding, responsive, and incorporative of a Māori world view.

Work through common health barriers with our new Health Coach Bella!



Joining our team as the Mental Health and Addictions Health Coach, Bella Medeiros' role is part of the new Integrated Primary Mental Health and Addictions (IPMHA) programme, a funded programme designed to help people take ownership of their wellbeing by working through common barriers of health.

Originally from Brazil, Bella is delighted to be working in a great environment with a highly committed team. With experience as a social worker and exercise therapist, Bella is passionate about working with people, and has recently completed her Master's degree in Applied Health Science, with the goal of better supporting Tangata Māori and improving health outcomes.

Whether taking someone for

a walk up the Mount, going food shopping, or simply talking and providing support, Bella loves being able to help people towards a better quality of life, regardless of the challenges they're experiencing. She believes that with a good approach, anyone can benefit from health coaching.

As a mobile workforce, Bella can see whanau, individuals, and groups in any setting with no access barriers, no referral criteria, and no charge. Available both short and long term, Bella helps patients address their well-being by exploring physical activity, eating, sleeping, and stress levels. She also encourages patients to see nurses or specialists, providing support throughout appointments, and creating plans to increase exercise, improve social skills, reduce poor eating habits, and more.

Whether a patient has diabetes, mood disorders, weight issues, or simply feels unmotivated, anyone can benefit from this new programme. Talk to your doctor if you would like to learn more.



Mental Health and Addictions Health Coach, Bella Medeiros

DOCTOR'S TIPS

Screening saves lives

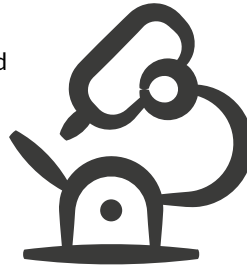
▶ Designed to catch problems before they become serious, there are a variety of screening tests available to help you stay ahead of your health.

Blood tests can lessen the risk of heart attacks and strokes and detect early signs of prostate cancer.

Smears tests look for cervical cancer, which is an entirely preventable cancer with regular screening. Ensure your screening is up to date by booking an appointment with our team of well-trained doctors and nurses.

Mammograms are a pre-emptive test that detect breast cancer. If you're between 45 and 70 years old, book your mammogram every two years through BreastScreen Aotearoa. Phone them on 0800 270 200 to book your appointment now.

Additionally, a new screening test is available to detect bowel cancer in its early, curable stages. Every two years, those between 60 and 74 years old will be sent a home testing kit in the post to complete and send back. As bowel cancer causes the most deaths out of any cancer in the country, it's important to take advantage of this free test to detect and survive bowel cancer. If your test hasn't come and you have symptoms or concerns, come in to talk to us. Go to timetoscreen.nz/bowel-screening for more information.



Phone in to stock up on childhood Pamol and Ibuprofen

▶ Did you know, you don't need to book an appointment to stock up on childhood Pamol and Ibuprofen?

With common winter illnesses circulating in the community, we're seeing an influx of patients with acute conditions and respiratory illnesses and are working hard to ensure we can see those who need us.

To stay stocked up with common medication such as childhood Pamol and Ibuprofen, give us a call on 07 578 7087 and let us know the weight of your child, and we'll organise your script over the phone. Please remember to buy other over the counter medication to ensure you have everything on hand.



Welcome Bex!



Practice Nurse Bex Hopkinson

▶ New to the Bay of Plenty, Bex Hopkinson moved to Tauranga just two months ago from Queenstown with her partner.

Before making the sunny Bay of Plenty home, Bex was working as a Practice Nurse and Urgent Care Nurse at Queenstown Medical Centre for 16 months. Prior to gaining her nursing degree, Bex worked as a Beauty Therapist for over 10 years.

Joining our team as a Practice Nurse, Bex loves being able to help people at all stages of life and is proud to be in the nursing profession. She enjoys being in a diverse role that keeps her on her toes.

Settling into her new life in Tauranga, Bex likes being close to the beach and shopping malls. In her spare time, Bex goes to the gym, enjoying both weight and cardio training.



Thank you for your patience!

▶ Cold, wet, and windy, the winter months are hard to deal with at the best of times, but with flu, COVID-19 and other illnesses circulating in the community, we're currently working at a lower capacity than normal with staff members being away sick.

As we understand this can be frustrating, we want to say a massive thank you for sticking with us through these tough times. If you need an appointment, please consider phone consultations and using Healthline if necessary.

We have an acute doctor on hand every day, so if you're sick, we will get you seen to. For regular medicines, please remember to book in advance.

New COVID-19 guidelines

▶ We can now provide back pocket 'just in case' scripts to help those in the community feel at ease if exposed to a COVID infection.

COVID-19 medication is relatively complicated as it interacts with other medicines. To provide these pre-emptive scripts, we can conduct phone consultations around which medicines are right for you, giving us

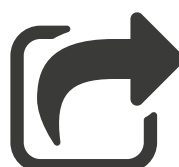
the chance to work through the pros and cons. Phone us today if you'd like to talk about the options available for you.

Please remember, we're also providing second boosters. Second boosters should be taken six months after your



first booster, and three months after a COVID-19 infection. We have bookings available, and our vaccine nurse Joanna is on hand three times a week. Phone us on 07 578 7087 to book an appointment or take advantage of the Rangi Ora walk-in vaccination centre.

Please call reception on **07 578 7087** to make an appointment for a phone consultation with a GP. A time will be made for the GP to ring you back.



Find us online

www.fifthavenue.co.nz