

MARCH 2024

LAUNCHING 'THE CARING COLLECTIVE'

Pihanga Health

News that might surprise you!

JO BRANSGROVE - CHAIR, PIHANGA HEALTH

When I tell people that Pihanga Health is a charity, it often surprises them. Yes, they know us as a medical centre - the only one for miles around - but they don't always know that we are a not-for-profit organisation that focusses on providing health services tailored to what our community needs.



Established in 2007 through the amalgamation of two different health centres, Pihanga Health strives to find ways in which it can provide high quality health care locally that everyone can access. This means being innovative but also keeping costs for patients as low as possible.

As we all know, health is under enormous pressure at the moment - government funding nowhere near reflects the true cost of delivering services, staff are hard to find, get and keep (particularly in rural areas) and the cost of living crisis means that many of those who need health care the most struggle to afford it amongst the other demands on their money. Historically we have used what additional money we may have made to provide more services free of charge than what the government pays for. This is becoming harder and harder for us to do.

We know that we live and work in an amazing community and that the community looks out for others who are having a hard time. I've been asked many times how someone can help us to keep doing what we're doing. So we decided to launch 'The Caring Collective'. It's a way in which anyone can support the work we do.

Because in the end, healthy people create healthy communities.

Check out:

'The Caring Collective'
How to join and help

Free healthcare for 14-18
year olds

Free Medical Care Assistant
appointments

Preventing Rheumatic
Fever - Pihanga Health
leading the way

The Caring Collective

WHAT IT IS, WHAT IT DOES, HOW TO JOIN

‘The Caring Collective’ is what it says - a collective of people who want to support Pihanga Health in its focus of providing a broad range of easy access zero cost services to the southern lake communities.

These services are targeted in the areas of preventative care - helping people to stay well and make informed health choices.

You make an **annual donation of \$100 or more** to join ‘The Caring Collective’. This money goes towards providing free health services to our community as well as helping those who struggle to afford to pay for their healthcare needs

In return we’ll keep you up to date with what we are doing, show you some nifty data on how many people your donation has helped - as well as give you a first look at some of the projects and new ideas we are working on..

To join ‘The Caring Collective’ go to our **website and click on the ‘Donation’ button (selecting ‘Join The Caring Collective’)**, ask **at reception or email**
thecaringcollective@pihanga.co.nz

Leading the way in Rheumatic Fever prevention

Rheumatic Fever is a serious illness that can cause life long damage to the heart. It starts with a sore throat caused by Streptococcal bugs (Strep A). The best way to prevent Rheumatic Fever is to be tested when you get a sore throat.

At Pihanga Health we have been pioneering the use of a form of testing called Point of Care (PoC) testing to look for cases of Strep A. This means we can test immediately if you have a sore throat and have the result within 6 minutes. This is a big improvement on Lab testing which can take up to 4 days to come back.

The results of our work have been ground breaking and the first piece of this type of research in NZ. We are hopeful it will lead to new protocols to reduce cases of Rheumatic Fever nationally.

Free MCA appointments

Have you noticed that your MCA appointments are free?

We do this because we believe things like checking your blood pressure regularly, measuring your INR, getting vaccination reminders and managing your blood glucose are great preventative health measures.

Your donation as a member of ‘The Caring Collective’ will keep these visits free for everyone.

Free healthcare for 14 - 18 year olds

The government pays for free healthcare if you are under 14 years old. This is a great start but we know that our young people need more.

That’s why at Pihanga Health all healthcare is free up until your 19th birthday.

As a member of ‘The Caring Collective’ your donation goes towards keeping these services free.

We believe that establishing good health practices when you’re young keep you healthy throughout your lifetime.