Welcome to our first 2012 newsletter. I hope you all had a safe and happy festive season.

We had a great wrap up to the year with our volunteer’s morning tea. Again a special thanks to everyone for all their help in 2011 and we look forward to seeing you again in 2012.

We have lots happening in 2012 and January will kick off with a fundraising BBQ at Bunnings. Appeal week is being held from the 5th to 11th of March. We are looking for volunteers to help out with a variety of activities, feel free to drop me a line if you would like to help.

I had the pleasure of attending the Plunket conference in November with Angie and Louise. It was a fantastic two days filled with lots of inspiration. It was great to meet so many dedicated, hardworking and caring people. We came away with some great ideas and plenty of motivation. We live in a wonderful community and I was proud to be representing it. It reinforced to me how important it is we work together to protect and raise our future generations and make this a great place for them to grow up.

Thanks,
Emma

Thank you to the Rotorua BNZ for their generosity in printing this newsletter.
Plunket Contacts

Rotorua Plunket Nurses Base
PO Box 2271, Rotorua
Phone 07 348 4161

Plunket Education Programme coordinator
lakesareaplunket@xtra.co.nz
Phone 07 350 1517

Plunket Community Services coordinator
Louise Perese – louise.perese@plunket.org.nz
Phone 07 350 1517

Plunket Committee – President
Emma Hardie – hardieemma@hotmail.com

Plunket Committee – Secretary
Carrie Metcalfe – caralinem@yahoo.co.uk

Plunket Committee – Treasurer
Katrina Wicks

Plunket Newsletter Editor
Deb Kilkelly – dkilkelly@gmail.com

Friends of Plunket coordinator
VACANT

Fundraising and Grants coordinator
Angie Brierley – angec_74@yahoo.co.nz

Plunket Walking Group coordinator
Rebecca Ward – 021 107 4022

Car seat Rentals
1436 Pukuatua St, Rotorua
Phone 07 349 2608
Hours: Mon, Wed, Fri 9am – 1pm

Facebook Administrator
Carrie Metcalfe – caralinem@yahoo.co.uk

Advertising Coordinator
Angie Brierley – angec_74@yahoo.co.nz

Thank You

Thanks to Emma Hardie and Louise Perese for donating their time on November 5th, making sure everything ran smoothly. Also a thank you to Angie Brierley for organising the printing of photos and burning all the CD's. We would also like to thank Karyn and the team at Batchelors Photo Centre for providing us with a very generous discount on our printing.

Thank you to Melanie Wallace of Lavish for her donation. We'd also like to thank the volunteers at Te Amorangi Museum for allowing us to use the museum for the photo shoot on November 5th. A huge thank you to Joni Tuhakaraina, of Calico Jo, for donating her time for our photo shoot. Joni took some amazing photos and also did some pretty cool editing to provide everyone with something a bit more unique than a studio photo sitting.

Check her work out at www.calicojo.co.nz

Photo Shoot

We are extremely grateful to Te Amorangi Museum for allowing us to make use of this fantastic piece of history for our photo day. It made for some very special photos. It also turned out to be very popular with everyone that had made a booking and we have had many requests for next year already.

The volunteers at Te Amorangi went the extra mile for us to make sure the place looked great, and the train even came out in the afternoon which added to the atmosphere. Thanks to everyone that came down to support Plunket and helped us make a profit of $950. We hope to see you all again next year!

Friends of Plunket

Welcome on board to Lavish. Lavish is offering a 10% discount on treatments and products to FOP cardholders. This is great for prettying yourself up and preparing for the New Year.

Sadly G-Tec is no longer a FOP retailer due to a return to study. We wish Shane all the best in his endeavours and thank him for his participation in the scheme.

Simmonds Firestone have also reduced the cost of a wheel alignment to $55.

We'll be reviewing all of our retailers in the New Year, so if there is anyone that you would like to see on our list, please don't hesitate to give Angie a call on 346 8242.

Baby Factory

The dates for Baby Factory’s Friend of Plunket specials are February 11th and March 10th.
Meet the Nurses – Noelene Rapana

What is your official title and how long have you been with Plunket? What did you do prior?
I am a Plunket Nurse and have been for four years. Before that I have worked in various roles over my 20 years of nursing, including Practice Nursing with a GP, Public Health Nurse and CPR Instructor.

Which areas of Rotorua do you cover?
I cover Western Heights and Pukehangi.

Do you have a clinic day? If so which day and where?
My clinic day is Tuesdays at Hapi Street in Westbrook.

What is the most rewarding thing for you about being a part of Plunket?
I enjoy building a rapport with clients and having them feel that they can open up to me. The flexible working hours are great too. Being able to be home with my four children after school tops it off.

Are you from Rotorua originally?
Yes, born and bred here, but have also lived in Taupo and Papamoa.

What do you do when you’re not working?
I spend time with my husband and children. We enjoy going away in our caravan and are very involved in our church.

What is your favourite movie?
Shawshank Redemption is my all time favourite. But a favourite is also Gifted Hands because it is a story that shows there are no limits to what you can achieve when you put your mind to it.

If you could give one piece of advice what would it be?
Don’t be afraid of what other people might think. If you need help, ask for it.

Out in the Community

Brydie Wharerau-Tukiwaho, Louise Perese and Angie Brierley headed to the Fordlands Family Day on November 19th to share a bit of Plunket love! It was great to see so much community support in an area that often gets a bad rap.

Plunket Rotorua also ran the sausage sizzle in conjunction with the Christmas Parade Trust at the end of the parade on December 3rd. We are really starting to see some familiar faces out in the community who consistently support us. It is great to be able to attend an event that focuses so much on children and has a real feel-good family atmosphere.

Thanks to all our volunteers: Tamsin, Angelique and Pat from the BNZ, Cherrie and Terry Norrie, Emma Hardie, Louise Perese and Angie Brierley. Plunket Rotorua’s share of the profits was $118.

Louise Perese and Angie Brierley attended the launch of the Parenting Central website at Council Chambers on December 16th. This was a great opportunity to network with other organisations that provide support and advice for young children and also support a great initiative for Rotorua.

Congratulations to Graeme and Leigh of Mokoia Community Association on a successful evening!
International Volunteers Day

To celebrate and thank our volunteers, Plunket Rotorua hosted a morning tea on December 5th. All of the committee volunteer a few hours every week, but we wouldn't be able to offer the many services that Plunket provides without those of you who have helped with playgroups, BBQ-d sausages or baked cakes, and generally supported our many activities throughout the year. It is great to be a part of this, and to have had National MP Todd McClay join us in the celebrations.

Creative Kidz playgroup will start back on 12th January 2012 at 9.30-11.30am.

PEPE Bites at Western Heights will recommence on February 3rd 2012 at 10.30am-12.00pm.

Mokoia Playgroup plan to restart again early February. Keep an eye on our Facebook page for updates. https://www.facebook.com/#!/rotoruaplunket

Music time will restart on February 1st.

Brydie Wharerau-Tukiwaho, Todd McClay and Emma Herewini-Hawkins

Plunket Vacancies

**Friends of Plunket co-ordinator** - this role takes 1-2 hours per week and involves maintaining our database of members and retailers, emailing and providing the committee with a monthly update.

**Advertising co-ordinator** - .5-1 hour per week. This involves sourcing advertisers for the newsletter and invoicing.

If you think you might be interested in either of these roles, please give Louise a call on 350 1517.

Next meeting

Our next meeting is **January 16**th. If you are interested in joining the committee or just coming along to find out what we do, please give the office a call on 350 1517.

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**Dates to Remember**

**January 21st** - Bunnings Sausage Sizzle

**February** - Ticket sales for Andrew Norton commence. Plunket Rotorua gets $10 from every ticket we sell, so if you have plans to see the show in May, please purchase your tickets from us!

**March 4th** – Children’s Day. We'll be returning to Children’s Day in 2012 so please keep an eye out for us!

**March 6th** - Street Appeal

**March 9th** - Plunket @ City Focus

**March 17th** - Plunket picnic

**September 1st** - Spring Fair

**November 22nd** - Nigel Latta
Annual Appeal 2012

If you’ve been thinking about giving back to your community now is a great time. Here are a few of the campaigns Plunket has led:

- Campaigns against hydatids and bovine TB
- Polio vaccination campaign
- Improved support for single parents
- Compulsory fencing of swimming pools
- Mandatory child car restraints
- Child-proof pill bottles
- Flame resistant labelling of children’s nightwear
- Safe sleeping campaigns (SIDS prevention)
- Accidental injury campaigns
- Section 59 Crimes Act repealed (anti-smacking)
- And that’s just a few ...

102 years of fundraising millions and millions of dollars.
Fundraising enabled Plunket to control its own destiny.
Thanks to volunteers

Plunket Rotorua want to make this Appeal our most successful ever and would love to hear from you.
If you’re free on any of the dates in March mentioned on the previous page please give us a call on 350 1517. No role will take longer than 3 hours, and there will be plenty of help and support available.
Help us make a difference!

Itchy and Scratchy

School holidays, BBQ’s, beaches and generally relaxing. It all sounds great but it can quite often be accompanied by sunburn, insect bites, allergies and possibly a touch of travel sickness. Preparation is the key to help avoid the discomfort and keep the holidays happy rather than horrible.
Following the Slip, Slop, Slap and Wrap advice will help with some of it but if you’re heading away from home you may want to take a basic First Aid kit with you. These are available from the St John’s website www.shop.stjohn.org.nz for around $29 or you can make up your own. Be sure to include:

- Antiseptic wipes, alcohol free
- Plasters of various shapes and sizes
- Tweezers
- Sterile bandages - triangular and/or strips
- Survival blanket
- Antibiotic ointment
- Sunscreen
- Thermometer
- Paracetemol
- Latex gloves
- Any prescription medication that you need routinely

If you or your children react badly to insect bites or stings, an oral or topical antihistamine might be worth considering. An oral antihistamine may also help if you suffer from allergies.
If you’re travelling and susceptible to travel sickness talk to your pharmacist or health professional about your options.
Make sure that you’ve got at least an SPF 30 sunscreen with you, and just in case you miss a spot. An after sun care product is also good, to soothe any burning.
You are not limited to the above, and the list can be adapted to fit whatever activities you have planned. It’s also vital that if you take medication with you, that it is kept out of the reach of children at all times.

**REMEMBER:** that any medication has side effects, and should be discussed with a pharmacist or health professional first to assess its suitability and required dose based on your own situation. Some medication may only be suited to children 2 years and over, or not suited to pregnant or breast-feeding mums, so it’s extremely important that you check before using. If you’re unsure and can’t make it in to your pharmacist or doctor, give PlunketLine a call on 0800 933 922 for assistance.

### New Year’s Resolution Advice – Healthy Eating

Eating some of everything is the basis to having a healthy diet. Usually we refer to a triangle or pyramid shape when considering the amount of food we eat, but eating a variety of foods each day, in the right amounts is a great place to start.

A portion for any person is about the size of the palm of their hand. Aim to eat six portions of bread, cereals, pasta, rice, taro or potato each day.

Fruit and vegetables should also form a major part of your diet – about five daily servings. Two servings of fruit and three of vegetables is a good way to achieve this. Remember that fruit juice can be quite concentrated and therefore higher in sugar. A glass of orange juice may be the equivalent of three or more oranges.

Try to have about two servings of low fat dairy products daily. High protein foods such as meat, beans, nuts and eggs should be limited to one serving each day. Try to use lean options by cutting fat and skin from meat before cooking, or skimming fat off after cooking if possible.

Fats and oils should be limited to about one or two tablespoons each day, this includes spreads and fats and oils used in cooking and as sauces and dressings.

Sugary and salty foods should be considered as treats, to be consumed in moderation. Alcohol should also only be consumed occasionally, as it has no nutritional value, and may be considered empty calories.

Try to eat what foods are in season, especially with respect to fruit and vegetables. This will ensure you are getting balance and variety in your diet as well as value for your money.

Most people that do not have a medical condition, who have a varied and healthy diet do not need vitamin or mineral supplements in order to stay healthy. If you feel you may need to ‘top up’ your diet then talk to your community pharmacist, as they will be able to advise you if you have any needs that may not be met by a normal diet; and refer you to a doctor or dietician if required.

The way you look and feel is related to what you put into your life. So don’t give yourself a hard time if you slip up occasionally, just keep trying. However if you have concerns that your diet may not be right for you then get some help and advice from your local pharmacy. Your pharmacist has a wealth of knowledge they are happy to share with you.
New Year’s Resolution Advice – Quit Smoking

Smoking causes nearly five thousand unnecessarily early deaths every year. Tobacco smoke is toxic and contains over four thousand chemicals including carbon monoxide, tar, nicotine, ammonia and arsenic. The combination of these chemicals causes your heart rate and blood pressure to increase temporarily, straining your heart and blood vessels.

Your smoking affects others. Second hand smoke contains many poisonous chemicals that can harm those who breathe it in. Children exposed to this smoke are more likely to get ear and lung infections, asthma and carry long term risks of poor health.

There are many benefits of quitting:
Long term, quitting smoking may reduce your risk of developing cancer and heart disease; however there are other benefits that you will notice quickly:

2 hours: Nicotine is out of your system.
6 hours: Your heart beat slows to normal and your blood pressure goes down
24 hours: Carbon monoxide is out of your system and your lungs work better
2 days: Your taste buds come alive and your sense of smell returns

Weeks: Phlegm that has built up in your lungs starts to loosen and you cough it up
2 months: Blood flow improves to hands and feet

12 months: Risk of sudden death from heart attack is almost half that of smokers. If you smoked 20 cigarettes a day you will have saved about $4,500.

10 years: Risk of lung cancer falls to half that of a smoker and after 15 years your heart attack risk is the same as someone who never smoked.

How to Quit:
1. Ring Quitline 0800 778 778 for advice and support. Quitline can also provide you with a prescription for nicotine replacement therapy such as patches, lozenges and gum.
2. Throw away cigarettes.
3. Ask your family/whanau for support
4. Make areas of your life smoke free – i.e. no smoking in front of the children, in your house or car.
5. Plan new activities to replace smoking – physical activity will help control your weight and make you feel better. Walking is a good option
6. Remind yourself that you’re not giving anything up – in fact your body and health going to benefit from quitting.
7. Drink lots of water.

Your pharmacy can give you advice on how to stop smoking, they can dispense your Quitline prescriptions and they have a wide range of products to help you stop smoking for good.

Activities for the New Year

Every Sunday in January Te Amorangi Museum is having a family fun day. Check it out for the chance to see a piece of history, have a train ride on New Year’s Day, see the model train, and investigate all the old machinery, trains and history. A fun day for the whole family.
43-45 Robinson’s Ave, Holden’s Bay
10am - 4pm
Adults: $5
Children under 15: Free

Train rides at Ngongotaha Train Park on Sat 21st - Sun 22nd Jan. Bounce on their bouncy loco, you can even take a picnic.
Entry is $2. 10am to 3pm.

Free Family Fun Ride

Celebrate Bikewise Month with a bike ride at the Redwoods followed by a morning tea picnic on Sat 11th February. The ride is aimed at the beginner/casual rider and is approximately 45minutes on easy, off road tracks.
Registration is at 8.30am at The Clearing, (entrance just before the Redwoods Visitor Centre), Long Mile Road. It will be well sign posted.
The theme is to dress up as your favourite action hero. Spot prizes up for grabs as well as a best dressed prize too.
Plunket Lipstick Fundraiser

Want to buy a new lipstick for only $10 and donate to Plunket at the same time? Now you can!

Our Plunket newsletter editor also sells skin care and make-up and is selling lipsticks for only $10 until the end of February.

For every lipstick bought $1 is donated to Rotorua Plunket.

If you would like the opportunity to help fundraise for Plunket, Deb can supply you with everything you need, and for every 20 lipsticks you sell, not only does $20 go straight to Plunket, you will also get a free lipstick.

For more information, colours and orders contact Deb on 021 246 4399 or djkilkel@gmail.com.

Safe Fun in the Sun

These holidays have fun with your children outside, safely. One of our many lakes is a great, cheap way to cool off, have fun and build water confidence. For smaller children or those less confident in water you can purchase water noodles for around $5 from The Warehouse. These can go under arms or be tied in a knot around children. Remember to keep little ones within arm’s reach at all times!

Remember to slip slop slap and wrap! And remember to re-apply sunscreen every two hours.

Picnics are lots of fun to share whilst at the lake. Pack a lunch box with sandwiches, fruit and vegetable sticks. For some sweet, cooling treats try frozen berries or watermelon and frozen yoghurt pottles. Remember to include lots of water!

Banana Smoothie Recipe

When you have an over ripe banana just put it in the freezer, then use it for this delicious, healthy smoothie. When using a blender make sure an adult supervises.

1 frozen banana
½ cup fresh orange juice
½ cup low fat yoghurt
¼ blueberries (or other berry)

Combine all ingredients in a blender until smooth.

Berry Orange Sorbet Recipe

A delicious cool treat for summer.

1 ¼ cup water
½ cup sugar
1 ½ cups fresh or thawed raspberries or blackberries
1 cup orange juice
2 tablespoons fresh lemon juice

In a small saucepan, combine 1 cup of the water and all of the sugar. Bring to a simmer and simmer for 3mins, stirring often, or until the sugar dissolves. Remove pan from heat and let cool.

Put the berries and remaining ¼ cup of water into the bowl of a food processor and puree for 30seconds. Strain to remove seeds.

Stir together the cooked syrup, orange juice, lemon juice and berry puree. Pour into ice cube trays and freeze until firm. When ready to serve briefly chill serving dishes and food processor blade in freezer then transfer fruit cubes to food processor bowl and pulse them until smooth. Serve immediately.

Serves 6
# PLUNKET CALENDAR

## January 2012

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<td>19 Creative Kidz Playgroup 9.30 – 11.30 at Plunket House</td>
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<td>21 Ngongotaha Train Rides 10 – 3 Sausage sizzle @ Bunnings</td>
<td>22 Te Amorangi Museum Family Day 10 - 4 Ngongotaha Train Rides 10-3</td>
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<td>10 PEPE Bites at Western Heights 10.30am-12.00pm</td>
<td>11 Free Family Fun Ride Redwoods, 8.30am</td>
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<td>14 Walking group 10:30 Pukehaangi Meet far end of Petrie Street</td>
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<td>20 Western Heights Coffee Group 10am</td>
<td>21 Walking group 10:30 Mt Ngongotaha Meet top of Mountain Road in car park</td>
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<td>28 Walking group 10:30 Kawaha Point Meet end of Aquarius Drive, off Kawaha Point Rd</td>
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Please do not hesitate to contact us if you are organising events for preschoolers and would like them included in our calendar. Phone Deb on 346 2135 or email djkilkelly@gmail.com

Any enquiries about the services offered by Plunket call Louise, Community Services Coordinator ph:3501517 or 0212218654
Other resources

La Leche
Offers breastfeeding help and support.
Ph: (07) 345 4838
Email: help@lalecheleague.org.nz
www.lalecheleague.org.nz

Mother Matters
Provides group therapy for PND.
Tina Berryman-Kamp Ph: (07) 3484161 or 027 432 6117

New Zealand Downs Syndrome Association
Ph: 0800 693 724
www.nzdsa.org.nz

Rotorua Multiple Birth Group
Support to new parents of twins or more.
Stacie Koopal
Ph: (07) 3666555
Email: rotorua.multiples@yahoo.com

Rotorua Parents Centre
PO Box 2187, Rotorua
Parents Centre Rooms - Linton Park
Community Centre, Kamahi Place
Ph: 07 345 3111
Email: rotorua@parentscentre.org.nz

Stillborn and Newborn Death Support – SANDS
No set monthly meetings but get together when possible, coffee mornings when needed.
Lorraine Bennett Ph: (07) 574 6454 or 021 039 0093

www.sands.org.nz

SIDS New Zealand Incorporated
A 24 hour helpline for Sudden Infant Death Syndrome
Ph: (0800) 164 455
www.sidsnewzealand.org.nz

Supporting Parents Alongside Children’s Education (S.P.A.C.E)
Lyn Benfell
Ph: 3574565

Waiariki Women’s Refuge
PO Box 704 Rotorua 3040
Ph: (07)349 0852
Email: waiariki.womens.refuge@xtra.co.nz

Music and Movement
- is on every Monday during term, 9.30am at the Parents Centre Rooms, Kamahi Place. Free for Parents Centre members or if it your first time. $2 donation for non-members.

Other Community Service

Premmie Coffee Group
Chris on 345 4236 or Jo 350 2203

Parents Centre Events

Playgroup
- is on every Friday during term, 9.30am - 11.30am at the Parents Centre Rooms, Kamahi Place. It is always lots of fun for the kids with lots of indoor and outdoor toys to choose from. Free for Parents Centre members, $2 donation for non-members.
Application Form

RETAIL DISCOUNT CARD

In association with Friends of Plunket Rotorua
RETAIL DISCOUNT CARD
The retail discount card is available to EVERYONE
You don’t have to be a parent or caregiver to sign up and take advantage of the great discounts available from local businesses.
For an annual fee of $15 you’ll automatically receive these discounts on showing your membership card. You’ll also become a Friend of Plunket and will be helping to support Rotorua Plunket. This also means:

- A copy of the bi-monthly Plunket newsletter ‘First Steps’
- Invitations to special Plunket events

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If you would like to become a Friends of Plunket member please complete the last section on this form, include your fee of $15 and then either:

(a) Hand to your Plunket Nurse
(b) Place in the Donation Box at Plunket House, 1436 Pukuatua Street
(c) Post to:
   Friends Of Plunket
   Rotorua Sub Branch
   PO Box 867
   ROTORUA

For any questions or enquiries about Friends of Plunket please contact 350 1517 or lakesarea@plunket.org.nz

Once we receive your application and payment a receipt, membership card and full details of participating retailers will be sent out to you.

Friends Of Plunket Discount Shopping
30% off paint from Resene Paints
25% off glass from Rotorua Glass
20% discount shopping, on certain Saturdays, at the Baby Factory
15% off standard services & frames from Batchelors Photo Centre
15% discount at Solace Cafe
10% off under 5’s bikes at Bike Fix, and labour free puncture repairs on buggy’s Brumby’s Bakery
Rotoma Timber & Hardware (Trade discount)
Simmonds Firestone
Tickelpenny Automotive

10% discount from the following businesses: conditions apply.
Central Pharmacy
Forever
Green with Envy
Hamills NZ Fishing & Hunting
Impact Glass & Windscreens
JB Collections
Key Equipment Services
Krazy Krafters
Lavish
Martins Toyworld
Mitre 10
Monkey Kids
O’Keefes Fishing Specialists
Owhata Pharmacy
Rotorua Gift and Jewellery
Simply Different
Take Note
The Meat Shoppe

Get all of this for just $15

FRIENDS OF PLUNKET APPLICATION
Please tick:

[ ] New Member  [ ] Renewing Membership

[ ] Cancel Membership

Membership No: ________  Expiry Date: __________

Name/s ________________________

________________________________________
Address

________________________________________________
________________________________________________
____________________________________

Phone ________________________________
Mobile ________________________________
Email ________________________________

Please e-mail me

[ ] Correspondence (such as my FOP renewal)
[ ] The newsletter (in PDF format)

Would you consider volunteering for Plunket in the future?
This can be in either a formal role or ‘one-off’ contributions for a particular event e.g. 2 hours for a sausage sizzle

[ ] YES    [ ] MAYBE    [ ] NO