

Te Ngira

*A guide to Kaupapa Māori Services
within the Hawke's Bay District Health Board area*



***Tracee Te Huia
General Manager
Māori Health***

Improving the health of Māori people throughout Hawke's Bay is a key aim of the Hawke's Bay District Health Board. As well as specific services for Māori, the Hawke's Bay District Health Board is committed to providing treatment and care that is both accessible and culturally acceptable to Māori. To achieve this, a number of our services have designated Māori positions, to ensure specific services are provided for Māori, by Māori and in addition the organisation is committed to ensuring all staff are culturally competent to respond to Māori appropriately.

Hawke's Bay District Health Board recognises tikanga Māori values as being key to Māori health outcomes that are appropriate, accessible and affordable. At the heart of Hawke's Bay District Health Board's Māori Health Service, is Te Wahanga Hauora Māori (the Māori Health Service) and Whare Mihiroa, just off Omahu Road. In addition we fund five Maori health providers in the community who deliver good quality clinical and non-clinical services from Wairoa to Takapau.

Te Wahanga Hauora Māori is open until 10 pm from Wednesday to Monday every week and until 5pm on


Tuesdays and Wednesdays and provides and supports a wide range of services. In addition there is a seven day a week on call service easily accessible through the hospital duty manager. If you need support or advice, call in and see the friendly team who will be able to help you or direct you to the appropriate service.

Our commitment to the Treaty of Waitangi and the underlying values contained in Tikanga Māori is reflected in our services and practices, staff working environments and in the way clients receive treatment and care.

“Ko te mana hauora, ko te mana tāngata.”

The health of the people is the strength of the people.





***"Kanohi ki te kanohi,
pakahiwi ki te pakahiwi
the value of working face to face
and shoulder to shoulder. We accord
hospitality, respect, and extend friendship,
in all our interactions."***

SERVICES - by Geography

WAIROA

Kahungunu Executive
Manaaki House
Te Whare Maire

Low Cost Practices:

Health Care Centre Ltd
Queen St Medical Centre
Wairoa Medical Centre

Other Services:

Wairoa Red Cross
Hauora Maioha
Wairoa Meals on Wheels
Wairoa Taiwhenua

Low Cost Practices:

Gascoigne St Medical
Centre
Totara Health
Hauora Heretaunga
Medical & Injury

Other Services:

Innov8 Group Ltd
Te Wahanga Māori Health
Youth Directions Services
Te Timatanga Ararau Trust
Te Roopu Huihuinga
Te Rangi Haeata Oranga
Trust

NAPIER

Te Kupenga Hauora
Springhill Services

Low Cost Practices:

Maraenui Medical Centre

HASTINGS

Te Taiwhenua o Heretaunga
Kahungunu Health and
Community Services
(Choices)

CENTRAL HAWKE'S BAY

Central Health Ltd

General Practices:

Tukituki Services
The Doctors

Other Services:

Red Cross Transport

Geographical Location of Services





SERVICES - by Type

ALCOHOL & DRUG

- Manaaki House (Wairoa pg 11)
- Spinghill Treatment Centre (Napier pg 18)
- Central Health (CHB pg 33)

COUNSELLING

- Innov8 Group Ltd (Hastings pg 27)
- Youth Directions Health Services (Hastings pg 29)
- Central Health (CHB pg 32 & 33)

DENTAL HEALTH

- Kahungunu Executive (Wairoa pg 9)
- Te Kupenga Hauora (Napier pg 16)
- Te Taiwhenua o Heretaunga (Hastings pg 21 & 23)

GP SERVICES *(also see Low Cost Access Care)*

- Kahungunu Executive (Wairoa pg 10)
- Te Taiwhenua o Heretaunga (Hastings pg 23)
- Choices (Hastings pg 25)
- The Doctors (CHB pg 34)
- Tukituki Medical Services (CHB pg 34)
- Takapau Health Nurses (CHB pg 34)

INJURY PREVENTION

- Kahungunu Executive (Wairoa pg 10)
- Te Taiwhenua o Heretaunga (Hastings pg 21)

KAUMATUA

- Te Taiwhenua o Heretaunga (Hastings pg 22)

LOW COST ACCESS CARE

- Health Care Centre Ltd (Wairoa pg 13)
- Queen Street Practice (Wairoa pg 13)
- Wairoa Medical Centre (Wairoa pg 13)
- Maraenui Medical Centre (Napier pg 19)
- Te Taiwhenua o Heretaunga (Hastings pg 23)
- Gascoigne Medical (Hastings pg 26)
- Totara Health Flaxmere (Hastings pg 26)
- Totara Health Hastings (Hastings pg 26)
- Hauora Heretaunga (Hastings pg 26)
- Medical & Injury (Hastings pg 26)

MENTAL HEALTH

- Kahungunu Executive (Wairoa pg 10)
- Te Taiwhenua o Heretaunga (Hastings pg 22)
- Innov8 Group Ltd (Hastings pg 27)
- Central Health (CHB pg 32)

MOBILE NURSING

- Te Kupenga Hauora (Napier pg 17)
- Te Taiwhenua o Heretaunga (Hastings pg 21)
- Central Health (CHB pg 32)

QUIT SMOKING

- Te Kupenga Hauora (Napier pg 16)
- Te Taiwhenua o Heretaunga (Hastings pg 21)

RANGATAHI

- Te Kupenga Hauora (Napier pg 17)
- Te Taiwhenua o Heretaunga (Hastings pg 22 & 23)
- Youth Directions Health Services (Hastings pg 29)
- Central Health (CHB pg 32 & 33)

SCHOOL NURSING

- Kahungunu Executive (Wairoa pg 9)
- Te Kupenga Hauora (Napier pg 16)
- Te Taiwhenua o Heretaunga (Hastings pg 23)



SOCIAL SUPPORT

- Te Kupenga Hauora (Napier pg 17)
- Te Taiwhenua o Heretaunga (Hastings pg 23)

TAMARIKI

- Kahungunu Executive (Wairoa pg 10)
- Te Taiwhenua o Heretaunga (Hastings pg 23)

WAHINE

- Te Kupenga Hauora (Napier pg 17)
- Te Taiwhenua o Heretaunga (Hastings pg 23)
- Choices (Hastings pg 24)

WHĀNAU ORA

- Kahungunu Executive (Wairoa pg 9)
- Te Whare Maire o Tapuwae (Wairoa pg 12)
- Te Kupenga Hauora (Napier pg 16)
- Te Taiwhenua o Heretaunga (Hastings pg 21)
- Te Wahanga Hauora Māori (Hastings pg 28)

OTHER SERVICES

- Red Cross Transport (Wairoa pg 13)
- Te Hauora Maioha (Wairoa pg 14)
- Waiora Meals on Wheels (Wairoa pg 14)
- Wairoa Taiwhenua (Wairoa pg 14)
- Te Kupenga Hauora (Napier pg 17)
- Choices (Hastings pg 24 & 25)
- Innov8 Group Ltd (Hastings pg 27)
- Youth Directions Health Services (Hastings pg 29)
- Te Timatanga Ararau Trust (Hastings pg 29)
- Te Roopu Huihuinga (Hastings pg 30)
- Te Rangihaeata Oranga Trust (Hastings pg 30)
- Central Health (CHB pg 33)
- Red Cross Transport (CHB pg 34)

WAIROA





Kahungunu Executive ki Wairoa

Māori Health Services:

- *Assisting whānau to pathways of wellbeing*
- *Support and advocacy*
- *Coordinating access to whānau based health services*

Dental Health Educator Service:

- *Health promotion and education on oral health*
- *Enrolment into the School Dental Service*
- *Building collaborative networks with agencies and whānau*

School Based Nursing at Wairoa College:

- *GP, nursing, screening, referrals, education, promotion*
- *Free service to students at Wairoa College, Alternative Education and Whare Kura*

Mobile Nursing and Individual Support Service:

- *Support and management of acute and long term conditions*
- *Health education and promotion*
- *Post hospital discharge, follow up care*

Tamariki Ora / WellChild:

- *Universal checks, B4School checks, additional visits*
- *Health education and promotion*
- *Whānau care and support*

CONTACTS

Address: 65 Queen Street, Wairoa

Phone: 06 838 6835

Fax: 06 838 7290

Email: kahu-exec@xtra.co.nz

Kahungunu Executive contd.

Mother and Pēpi:

- *Education and support for antenatal*
- *Support and groups for mothers following birth and up until the newborn is 2 years old*
- *Parenting advice, pregnancy care, breast feeding advice*

Health Promotion:

- *Regional approach to health lifestyles*
- *Nutrition, physical exercise and reduction in the use of tobacco*
- *Reduce diabetic, cardiovascular and carcinogenic risk among Māori*

Safer Environment for Whānau:

- *Promote safe communities and reduce the occurrences of injuries in Wairoa*
- *Education, awareness and promotion programmes*
- *Collaborative networks*

Breast & Cervical Screening for Priority Group Women:

- *Support women to access mammography services*
- *Outreach cervical smear service*
- *Support to access additional investigation services*

Breast Feeding Action Plan:


- *Support service with HBDHB lactation consultant*
- *Peer counsellors, breast feeding support and education*
- *Health first foods promotion*

Mental Health Day Activities Programme:

- *Health education and wellbeing to tangata whaiora*
- *Te Reo Māori me ona tikanga*
- *Lifeskills, socialisation, and pre-vocational skills*

Nga Oranga o Te Rae:

- *Non-clinical care and support for mental health tangata whaiora living in the community*
- *Recovery based approach to maintain wellness and independence*



Manaaki House

Wairoa District Society on Alcohol and Drug Misuse

Counselling Services:

- *Addiction counselling, support, A&D awareness*
- *Community, workplaces*
- *Home visits, individual & group self-care sessions, whanau group hui*

Spiritual Healing:

- *Choice of spiritual healing which also includes mirimiri and komirimiri*

Women's Group:

- *Group sessions to assist women affected by A&D*
- *Builds confidence, self-esteem, self awareness*
- *transforming victims into survivors*

Therapy Groups:

- *Group sessions for A&D recovery*
- *Addictions, impacts and affects, cross addictions, personalities, biological mechanisms, relationships, relapse prevention*

CONTACTS

Address: 75 Apatu Street, Wairoa

Phone: 06 838 7390

Fax: 06 838 8600

Email: manaakihouse@xtra.co.nz



Te Whare Maire o Tapuwae Limited

Whānau Ora - Māori Community Health Services:

- *Whānau Ora Navigation*
- *Assisting whānau to pathways of wellbeing*
- *Whānau support and advocacy*
- *Whānau Strategy development*
- *Coordinating access to whānau based services*

CONTACTS

Address: 42 Carroll Street, Wairoa 4108

Phone: 06 928 1523

Email: kahu-exec@xtra.co.nz



Low Cost Access Care General Practice Medical Centres & Transport to Health

Health Care Centre Ltd.

- *General Practice services*
- *Kitchener Street, Wairoa*
- *Phone: 06 838 9739*
- *Fax: 06 878 9738*

Queen Street Practice

- *General Practice services*
- *34 Queen Street, Wairoa*
- *Phone: 06 838 8333*
- *Fax: 06 838 8083*

Wairoa Medical Centre

- *General Practice services*
- *24 Kitchener Street, Wairoa*
- *Phone: 06 838 9728*
- *Fax: 06 838 9729*

Wairoa Red Cross Transport Service

- *For residents living within the Wairoa township to access transport to all health related appointments including Rongoa services*
- *Phone: 06 838 8770*

RURAL TRANSPORT SUBSIDY

- *For residents living more than 20kms out of Wairoa township. Talk to your GP service or medical centre receptionist to find out more. A petrol voucher is provided after an appointment has been attended*



Other Wairoa Services

Te Hauora Maioha:

- *Traditional and Alternative Therapies*
- *Mirimiri (massage) and natural medicinal therapy that compliment medical therapies*
- *Must be enrolled with a doctor*
- *1 Freyberg Street, Wairoa*
- *06 838 4025*

Wairoa Meals on Wheels:

- *Food support for elderly / kaumatua*
- *Wairoa Hospital*
- *Kitchener Street, Wairoa 4108*
- *06 838 7099*

Wairoa Taiwhenua:

- *Wairoa Taiwhenua is continually looking at opportunities to host an array of activities, hui and events ranging from history, research, whakapapa, land issues and social service issues to enhance the wellbeing of Kahungunu ki Te Wairoa whānau and hapū*
- *46 Marine Parade, Wairoa*
- *06 838 4746*
- *wairoa.tai.whenua@xtra.co.nz*

NAPIER





Whānau Ora - Māori Community Health Services:

- *Assisting whānau to pathways of wellbeing*
- *Support and advocacy*
- *Coordinating access to whānau based health services*

Dental Health Education:

- *Education, messages, advice and enrolment*
- *Preschool age and older*
- *Linking school dental services with decile one schools*

School Health Education:

- *Nursing assessments, treatment & referral*
- *Students in decile one schools*
- *Coordinating access to whānau based health services*

School Based GP/Nursing:

- *GP, nursing, screening, referral, education, promotion*
- *Free service to tamariki from decile one schools*
- *Prescriptions free with this service*

Aukati Kai Paipa (AKP) - Quit Smoking:

- *Voluntary smoking cessation service*
- *Individual and Group support*

CONTACTS

Address: 5 Sale Street, Napier

Phone: 06 835 1840

Email: info@tkh.org.nz

Te Kupenga Hauora contd.

Breast and Cervical Screening Support:

- *One on one support for women overdue screening*
- *Qualified local clinicians*

Family Start:

- *Confidential in-home service*
- *families with new babies to 12months of age*
- *Strengthen families to prepare for the future*
- *FREE service*

Healthy Lifestyles:

- *Improving health & well-being for families in Napier*
- *One on one support*
- *Access to the on site Activity Centre*
- *Other regular activities and support to participate in community physical activities*

Mobile Primary Nursing and Health Promotion:

- *Registered Nurses providing community health and professional nursing care.*
- *Support whānau and individuals to improved wellbeing*
- *Health education. promotion and assessments i.e. heart disease, asthma, strokes, cancer, diabetes, injury, nutrition, free checks.*

Youth Services:

- *MSD funded support for school leavers who are at high risk of becoming long term welfare system dependent*
- *Support youth to gain necessary skills and qualifications to support a brighter future*





Springhill Treatment Centre A&D Rehabilitation

Social Services:

- *Springhill is an important part of the continuum of care provided by the Hawke's Bay DHB to meet community needs in the central and lower North Island. We cater for men and women from all walks of life, aged 19 years and over and from all ethnic groups.*

Over an eight week programme Springhill clinical staff conducts therapeutic interventions, group work and counselling. Residents attend local Alcoholic or Narcotic Anonymous Groups off-site. Support and education is also provided to resident's family.

The Springhill programme encourages residents to consider others on a day to day basis as they share meals, rooms and life experience. We provide a safe structured environment in which to accept responsibilities and practice the disciplines of a healthy lifestyle.

Springhill is smoke free.

CONTACTS

Address: 42 Morris Street, Napier

Phone: 06 873 4896

Fax: 06 835 3520

Website: www.hawkesbay.health.nz keyword - Springhill



Low Cost Access Care General Practice & Medical Centres

Maraenui Medical Centre

- *Full range of General Practice services*
- *65 Geddis Avenue, Maraenui 4110*
- *Phone: 06 843 8010*

TRANSPORT SUBSIDY

Contact your GP service or Medical Centre receptionist to find out more about subsidized transportation.

Conditions apply based on availability, pre-booking and distance from Napier and the services.

HASTINGS





Te Taiwhenua o Heretunga

Te Wairatahi:

- *One-stop registration and access point to all of the services available at Te Taiwhenua o Heretaunga.*
- *0800 TAIWHENUA or 06 8715350*

Aukati Kaipaipa:

- *Three month quit smoking programme*
- *Māori whānau (usually 18yrs and older)*
- *Support, encouragement and monitoring*

Dental Education:

- *Dental hygiene promotion and education*
- *Early childhood centres and decile one schools*
- *Referral to internal and external dental services*

Mobile Primary Care Nursing & Promotion:

- *Provides a range of health and nursing services*
- *Health education, information and promotion*
- *Screening, monitoring, diagnosis - registered nurse*

Safe Environments for Whānau:

- *Injury Prevention information, promotion & support*
- *Reduce incidents and impact of injuries to whānau*
- *Road, home, water, child, fire, affordable car seats*

CONTACTS

Address: 821 Orchard Road, Hastings

Phone: 06 871 5350

Email: hauora@ttoh.iwi.nz

Website: www.ttoh.iwi.nz

Te Taiwhenua o Heretaunga contd.

Kaumatua Ora:

- *Improving access to primary health care within a culturally safe environment*

Taikura:

- *Assisting Māori over 55 years to improve their health and well being through participating in a range of activities*

Oranga Hinengaro o Te Matau a Maui:

- *Hinengaro assessments, intervention and consultative services to the wider Hawke's Bay DHB region.*
- *Wairoa, Napier, Hastings & CHB*
- *8.30am - 5.00pm Monday to Friday*

Ngā Oranga o Te Rae:

- *Support for tangata whaiora and their whānau*
- *Advocacy to ensure full package of care towards independence in the community*

Ararau Residential:

- *Supervised homelike accommodation for tangata whaiora that is safe and comfortable*

Ararau Day Programme:

- *Provides tangata whaiora with a wide range of activities to assist them in gaining independence, overcoming social isolation, and improving their skills and wellbeing*

Rangatahi Services:

- *Rangatahi Services is designed to work with rangatahi aged between 8 -18 offering them support and advice*

Te Whare Karamu:

- *Provides short term (3 to 6 months) accommodation with 24 hour live in supervision for teen parents and their children. To assist vulnerable young parents in a safe and nurturing whānau environment.*

Te Taiwhenua o Heretaunga contd.

Family Start:

- *An in home, strength based programme that is child centered and whānau focused. A service to promote independence and empowerment within your whānau.*

Teen Parenting:

- *Support for parents under 20 years who are pregnant or have young children, in Napier and Hastings*

Heretaunga Tiaki Tamariki:

- *A kaupapa Māori intervention programme aimed at reducing re-offending amongst rangatahi*

Whānau Health Social Worker:

- *A whānau focused service to identify and support the whānau to address any social barriers affecting their health relating to housing, education, employment and cultural wellbeing*

Tamariki Ora:

- *Our Tamariki Ora team provides a kaupapa Māori Well-Child service for tamariki up to 5 years of age.*
- *Simply call us today on 0508 Tamariki*

School Based Nursing:

- *Free health checks targeted at tamariki aged students 5 to 12 years within contracted primary schools.*

Oranga Nīho:

- *An arm of Hauora Heretaunga medical services*
- *Low cost dental services for registered whānau*

Hauora Heretaunga Medical Centre:

- *Provides primary medical services at a low cost to enrolled whānau*

Early Childhood Education Centre:

- *Early childhood education within a kaupapa Māori framework.*
- *6 months to 5 years*

Midwifery Services:

- *Team of professional Māori Midwives servicing your home visit needs*
- *Antenatal Birth Education - Free classes in Hastings and Flaxmere*
- *Baby Café - Breast feeding support Piri Paua home visits*

Sexual Health:

- *Free Nurse Led Clinics - Sexual Health & Reproduction in Hastings and Flaxmere*

Healthy Lifestyles:

- *Gym open 6.30am - 9.00pm*
- *Maraekakaho Road, Hastings*

Diabetes Program:

- *Nurse Specialist, dietician, lifestyle trainer working alongside you and your GP.*

Early Child Education Services:

- *Team of Qualified teachers, pick up service, hot meals, fully subsidised, 0-5yrs*
- *208 Southampton Street, Hastings*
- *35 Plymouth Road, Flaxmere*

CONTACTS

Address: 500 Maraekakaho Road, Hastings
Hastings: 06 878 7616
Flaxmere: 06 879 8984
Waipukurau: 06 858 9859
Website: www.choices.maori.nz

Choices contd.

Hine Te Moa - Marae Style Facility:

- *Waimarama Beach - sleeps up to 80 people*
- *Ideal for hosting for family group conferences, team building and hui*
- *Bookings through main office*

Te Whare Oranga Ake:

- *Prisoner Re-integration Programme*
- *Guiding and supporting safe re-integration for tangata*
- *Pastoral support for training, employment, housing, FGC and whānau support*



GP Services:

- *Associated with Totara Health*
- *Nelson Street Practice, Hastings*
- *Chatham Road Practice, Flaxmere*
- *Integrated GP Nurse Led Clinics*
- *Working together to provide low cost access and home visit assessments*



Low Cost Access Care **General Practice & Medical Centres**

Gascoigne Medical

- *General Practice Services*
- *407 Gascoigne Street, Hastings*
- *Phone: 06 878 9978*

Totara Health Flaxmere

- *General Practice Services*
- *90 Caernarvon Street Flaxmere*
- *Phone: 06 873 9024*

Totara Health Hastings

- *General Practice Services*
- *403 Nelson Street, Hastings*
- *Phone: 06 80 0101*

Hauora Heretaunga

- *General Practice Services*
- *821 Orchard Road, Hastings*
- *Phone: 06 871 5350*

Medical & Injury

- *General Practice Services*
- *615 Heretaunga Street, Hastings*
- *Phone: 06 878 8600*

TRANSPORT SUBSIDY

Contact your GP service or Medical Centre receptionist to find out more about subsidized transportation.

Conditions apply based on availability, pre-booking and distance from Wairoa and the services.



Wairua Tangata:

- *Counselling service for mild depression and anxiety*
- *Individual and group sessions*
- *Referral through GP, other support service or self*

ACC Special Claims:

- *Counselling for approved ACC clients*
- *Individual and Whānau Support*
- *Referral through ACC, GP, or Self*

Suicide Awareness and Prevention:

- *FlaxAID Mobile App*
- *Awareness and Education in community and schools*
- *Individual and whānau support and counselling*

Police Diversion:

- *Counselling and Support for approved diversion clients*

Reintegration Services:

- *Community reintegration for incarcerated*
- *Housing, Work, Whānau, Support*

CONTACTS

Address: 7 Baffin Place, Flaxmere

Phone: 06 879 6559

Mobile: 022 458 7099

Email: tania@innov8group.co.nz

Website: www.innov8group.co.nz



TE WĀHANGA HAUORA MĀORI

Welcome to the Māori Health Service
"Nga Tikanga Ki Mua Hei Whakawāteatia A Muri"
Wellbeing of our people flows from our values.

Improving the health of Māori people throughout Hawke's Bay is a key aim of the staff of the Hawke's Bay District Health Board. As well as specific services for Māori, the Hawke's Bay District Health Board is committed to providing treatment and care that is both accessible and culturally acceptable to Māori. To achieve this, a number of our services have designated Māori positions, to ensure specific services are provided for Māori, by Māori.

Te Wahanga Hauora Māori is open during business hours and provides and supports a wide range of services including:

- Mihiroa whānau accommodation service
- Cultural navigation (manaaki whānau, advocacy and health literacy support)
- Cultural ceremonies

If you need support or advice, call in and see the friendly team who will be able to help you or to direct you to the appropriate service.

"Ko te mana hauora, ko te mana tāngata"
The health of the people is the strength of the people.

CONTACTS

Phone: 06 878 8109 ext 5779

Phone: 06 878 1654

Phone: 0800 333 671

Email: admin.maorihealth@hbdhb.govt.nz

Website: www.hawkesbaydhb.govt.nz



Youth Based Health Services:

- Nurse Clinics - daily 9am-4.30pm
- Doctors Clinics - Tuesday 10am-5pm (by appt only)
- Youth Worker - Mon-Fri - 9am-4pm
- Social Worker - Mon-Thurs (call for hours)
- Counsellors - Mon-Fri (call for hours)

Contact:

- 305 Omaha Road, Frimley, Hastings
- Phone - 06 871 5307
- Fax - 06 873 5279
- Website - www.directions.co.nz



Whānau Recreational Activities and Events:

- *Te Timatanga Ararau Trust is the power behind the IronMāori event series, the multi discipline event phenomenon which has captured the hearts and minds of whānau across New Zealand and Australia.*
- *Actively promotes the GRx programme*
- *Promotes and organises healthy whānau recreational activities and events*

Contact:

- PO Box 2289
- Stortford Lodge, Hastings
- info@ironmaori.co.nz



Traditional Māori Health:

- *Mirimiri (massage), Rongoa (medicine)*

Contact:

- *Address - Cnr St Aubyn St & Nelson St, Hastings*
- *Phone - 06 873 7058*



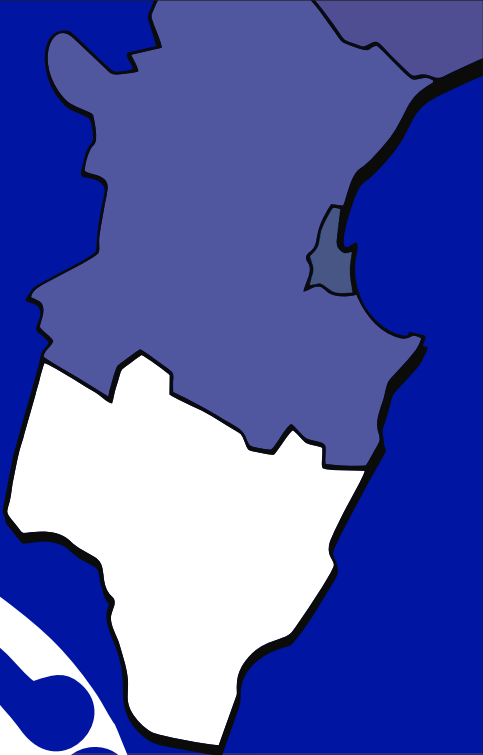
Problem Gambling Services:

- *We are the leading provider in Hawke's Bay for people who are affected by harmful gambling.*
- *If gambling is causing harm in your life or someone else's life, choose to talk to us.*
- *It can cause: emotional stress, financial strain, puts pressure on relationships and affects your work and your whānau / family.*

Contact:

- *Address - 210 Lyndon Road, Hastings*
- *Phone - 06 876 6267*
- *Website - www.gamblinghb.co.nz*

CENTRAL HB





CENTRAL HEALTH

Pūnga Hauora

Mobile Primary Nursing & Health Promotion:

- *We work with the community to address health issues by providing education, advice and support, health assessments and nursing care. The mobile primary nursing service is delivered by a highly skilled team that include 4 registered nurses and 1 whānau ora promoter.*
- *Tamariki, Rangatahi, Wahine, Tane, Pakeke, School Based Nursing, Te Ara Tuatahi*

Nga Oranga O Te Rae:

- *Assisting clients to achieve their potential while living with mental illness*
- *For 19 years and older*
- *Community support, advocates and liaisons between clients, families, community groups and government agencies.*
- *Referral by health professional, whānau or self*
- *Referral and info on service 06 856 8428*

Rangatahi & Whānau Counselling:

- *The essence of this service focuses on Whānau and Rangatahi, supporting them towards recovery, independence and healthy living. The service is available to youth 0 - 17yrs and their whānau.*

CONTACTS

Address: Ruataniwha Street, Waipukurau

Phone: 06 858 9559

Fax: 06 858 9229

Email: [reception@centralhealth.co..nz](mailto:reception@centralhealth.co.nz)

Website: www.centralhealth.co.nz

Central Health contd.

Multisystemic Therapy (MST):

- *MST is a strengths based programme that addresses serious anti-social behaviours in young people*
- *Work intensively with rangathi up to 20 weeks*
- *For ages 10-17years*
- *Must live in stable home environment*
- *Have a current A&D issue (not necessarily diagnosed)*
- *Excludes - autism, suicidal, homicidal or psychotic*

Community Addiction Services:

- *A&D Counselling*
- *Anger Management*
- *Facilitated access to residential treatment*
- *Individual and Group support*
- *Access to other support services*

Te Poutama Tautoko Kaupapa Maori A&D:

- *Assessments, Counselling, Education, Day Programme*
- *Cultural Advice and Support*
- *Individual and Whānau Sessions*
- *After Care / Relapse prevention*
- *NZTA Assessments & Court Reports*

Te Mauri Programme:

- *8 week kaupapa Māori A&D programme*
- *18years to 65years*
- *with problems associated with alcohol or other drugs*
- *Access through Central Health counsellor*

Supreme Care Service:

- *Supreme Care Services is a Service of Central Health providing high quality Household and Personal Care to people within their own homes.*
- *Our services are available to all ages who may require support due to an accident, medical condition or disability, on a short term or long term basis.*

Te Waireka - Youth & Whānau Services:

- *It is a Kaupapa Māori based community social service specialising in alcohol and other drug and mental health treatment interventions for youth and whānau.*
- *View website for more detailed information on referral and services*

CHB Health Services

General Practice & Health Centres

Tukituki Medical Services

- *General Practice services (\$32.50 over 18yrs)*
- *1 Cook Street, Waipukurau*
- *Phone: 06 858 7767*
- *Website: www.tukitukimedical.co.nz*



The Doctors (Waipawa)

- *General Practice services (\$34.00 over 18yrs)*
- *Phone: 06 857 8507*
- *Website: www.thedoctorshastings.co.nz*

Takapau Health Nurses (Takapau)

- *Community Nurse Led Clinics*
- *Phone: 06 855 8376*



Res Cross (Transport)

- *Transport to GP and DHB service*
- *Available to Hastings General Practices if unable to enrol with a GP in CHB*
- *Call to discuss your needs*
- *24 hours notice required*
- *Phone: 0800 733 276*

Services included in this directory receive funding from the Hawke's Bay DHB, Health Hawke's Bay and/or the Ministry of Health

They represent organisations with a kaupapa Māori focus, service, staffing and/or their delivery includes Māori. In some cases a mainstream service has been included as the only service 'by type' available within the HBDHB area.

