



Rural Canterbury PHO
Health Providers Directory



2010

Introduction

This year's directory has seen the inclusion of a number of organisations, with some changes made to contact details from the 2009 directory. The RCPHO understands that the following directory is by no means comprehensive, and will continue to update the information annually.

Whakatauaki (Proverb)

"Ahakoa he iti te matakahi, ka pakaru i a ia te totara"

(Translation)

"Although the wedge is small, it overcomes the totara tree."

"A little effort applied properly can achieve good results"

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ORAL HEALTH FOR 0-17 YEARS

General Practice Staff can

- improve awareness of effective oral health care
- encourage the uptake of free oral health care

Key messages to promote are:

1. Brush teeth twice a day with fluoride toothpaste
2. Have regular dental check-ups
3. Lift the lip every month and check your child's teeth and gums
4. Choose healthy snacks
5. Drink water and milk

Children in New Zealand are entitled to free basic oral health services until their 18th birthday.

Parents and caregivers can enrol their children after they turn 12-months of age with the Canterbury DHB Community Dental Service. A registration form is in the Oral Health Information for 0-5 year olds folder.

Primary and Intermediate School children will be seen at school by the Community Dental Service

Adolescents in year 9 (at high school) need to enrol with a contracted dentist. The General Practice Adolescent Oral Health Information folder has a list of contracted dentists and information on how to enrol.

For further information:

0800 Talk Teeth (0800 825 583)

www.bpac.org.nz/magazine/2009/july/oralHealth.asp

www.cdhb.govt.nz/dentalcare/youth/default.htm

www.healthysmiles.org.nz

www.letstalkteeth.co.nz

Every general practice has been visited by the oral health promoters and provided with oral health resources including information folders on both adolescent and 0-5 year old oral health. If you need further information contact:

Louise Matson or Nicola Wilmot, Canterbury Community PHO

Phone: 03 379 9810 or email louise@ccpho.org.nz or nicola@ccpho.org.nz



Good Oral Health for All for Life



COMMUNITY LAW CANTERBURY

About Us

Community Law Canterbury is a Community Law Centre.

Community Law Centres are non profit organisations which work to reduce and remove barriers to the law. Community Law Canterbury's services provide quality, free legal help to people in Canterbury who face barriers in accessing justice.

Free Legal Information

The law centre operates a telephone legal information service which is staffed by volunteer senior law students or graduates and Community Law Canterbury staff. This service offers basic legal information on the area of law in question or an appropriate referral is made to our advice service, a solicitor or other agency.

The legal information line operates on Monday - Friday 10:00am - 2:00pm

Phone: 03 3713819

Community Law Canterbury offers a general legal advice service as well as specialist advice and information services. We do not give advice over the phone and do not advise in commercial matters or give advice to landlords or employers. We have the following advice services:

- General Legal Advice
- Employment Advice
- Voluntary Sector Service
- Resource Management Service
- Advice for older people
- Advice for younger people

General Legal Advice

The law centre operates a drop in free legal advice service which is staffed by volunteer solicitors, senior law students and graduates. The graduate or student volunteer will interview clients privately and then consult with the solicitor on duty to obtain the appropriate advice. Where ongoing help is needed and there is an unmet legal need, staff solicitors can provide assistance including a limited amount of Court/Tribunal representation.

General Legal Advice times are:

Monday to Thursday 5:30pm - 7:00pm

Saturday mornings 9:30am -12:00pm

More advice services

Employment Advice

A specialist advice and information service for people with problems relating to employment law. This service operates every Wednesday evening by appointment.

Voluntary Sector Service

A specialist legal advice and information service for non profit community organisations. Appointments can be made by phoning reception on 03 366 6870.

Resource Management Service

A specialist advice service for people and groups with problems relating to the Resource Management Act 1991 and other areas of planning law. This service operates by appointment. Appointments can be made by phoning reception on 03 366 6870

Advice for Older People

Community Law Canterbury provides an advice service for elderly people by appointment at Age Concern Canterbury. Appointments can be made by phoning 03 366 0903

Advice for Young People

A staff solicitor is available to focus on the unmet legal needs of young people. Support and advocacy for attendance at Board Trustee hearings is available. For appointments phone reception on 03 366 6870.

Legal Education

Community Law Canterbury has a legal education service which provides talks and seminars to community organisations, schools, training providers and other groups on a wide range of legal issues. For further information or bookings contact Margaret@canlaw.org.nz or phone (03) 371 3814. The following types of legal education are available

- Education by request
- Legal Education course
- Community Law Education Seminars

Education by Request

We are happy to respond to the requests of community organisations, training providers and schools for legal education to meet your particular needs. Common topics requested include

- Accessing legal help and legal aid
- Employment law
- Youth Rights
- Domestic Violence
- Consumer Law and Family Law
- The Courts and Criminal Justice Procedures
- Tenancy Law and Privacy Law
- Enduring Power of Attorney and Wills
- New Zealand Legal System

Legal Education Course

We offer an eight week 3 hour education course aimed at community workers. The course aims to give them an understanding of the legal issues likely to be faced by their clients and inform them of where to go for help. Topics include; the NZ legal system, consumer rights, family law, domestic violence, wills, rights, criminal justice, tenancy, employment and welfare. The course runs twice each year and more information is available by contacting Margaret@canlaw.org.nz or (03) 371 3814.

Community Law Education Seminars

Community Law Canterbury plans seminars aimed at meeting particular community legal needs. Recent seminar series have focused on the legal needs of those with intellectual disabilities and mental health issues and the needs of voluntary sector organisations. Seminars are also held to provide community legal education on areas of law reform. Seminars are advertised through community networks and local

community radio and newspapers and further information is available from Margaret@canlaw.org.nz or on 03 371 3814.

Law Reform

We provide education and assistance to groups wanting to make submissions on changes in the law. Community Law Canterbury also makes submissions on areas of the law which impact on our client group.

News Letter

Community Law Canterbury produces a quarterly newsletter with information on areas of law reform and important legal issues for our clients and community organisations. If you would like to be added to the database to receive the newsletter contact reception on 03 366 6870 or email admin@canlaw.org.nz

Contact

Community Law Canterbury

281 Madras St

CHRISTCHURCH 8140

PO Box 2912

Ph 03 366 6870 and Email: admin@canlaw.org.nz

Fax 03 366 6631

BREASTSCREEN AOTEAROA

Free national breast screening programme for eligible **women aged 45 - 69** that checks for early breast cancer. The aim of the programme is to reduce the number of women who die from breast cancer.

BREAST SCREENING SOUTH

- An organisation based in Otautahi
- Has a contract with BSA
- Provides free 2 yearly screening mammogram appointments to eligible women
- Coverage area includes the Nelson, Marlborough, West Coast and Canterbury regions
- Not Maori Provider specific
- Provides a Kaimahi Hauora service
- Promotes a life saving message
- Educates and supports all women - particularly Wahine Maori
- Importance of having a mammogram

Issues Found in Relation to Wahine Maori Participation

- Lack of knowledge about the BSA programme
- Cultural reluctance toward screening
- Shyness and or previous painful experiences
- Fear of outcome and contributing factors
- Lack of transport and or telephone contact
- Perceived by some as a main stream process

Ko Wai Kaimahi Hauora Roopu (Staff)

- Hinarata Campin
- Tracee McDermott
- Harata Franks
- Barbara Iiti

Contact Details

BreastScreen South Ltd

PO Box 25-087

Otautahi

0800 270-200

DD 03) 3655-287

Email: hina@breastcreensouth.co.nz

RAPANA TRUST



Maori Health

Traditional Healing

Te Rapana Trust is a charitable trust established in December 2000 to promote and organise Rongoa Maori Services in Te Waipounamu initially within its Christchurch based clinic Nga Rau Rakau o te Ora.

In 1907 parliament passed the Tohuna Suppression Act, the affects of which were severe on Rongoa Practitioners for they were no longer recognised by the government or western institutions for their knowledge or relevance to Maori social, economic, cultural and environmental initiatives.

Fortunately, in the late 1990s Ministry of Health officials and a national association of Maori traditional healers called Nga Ringawhakahaere worked together to produce national guidelines and standards of practice to obtain government support for Rongoa Maori Services in Aotearoa. This work was an appropriate acknowledgment of the importance of matauranga Māori as it pertains to Rongoa.

In 2000 He Oranga Pounamu approached Heeni Phillips to deliver its Rongoa Maori Services contract. Although reluctant, Heeni agreed and identified Connie Hassan and Maire Kipa as interim trustees. Their role has been to govern the strategic and business planning processes for the clinic and Te Rapana Trust. Since then three new trustees have accepted appointments. They are: Karen Mills (no Ngati Porou), Mamatere Strickland (no Nga Puhi) and Dr Murray Parsons (no Ngati Kahungungu).

Rongoa

Rongoa is the practice of extracting the healing properties of leaves, twigs and bark from native trees and plants of Aotearoa. It can be dispensed in liquid, ointment or capsule form.

Mission Statement

To provide holistic healing through traditional Rongoa Maori Services in Christchurch and Te Waipounamu, upholding tikanga Maori, promoting quality and excellence to benefit whanau spiritual, physical, mental and socio-cultural needs by a support network of Tohunga and locally based Kaiarahi and Kaiawhina.

Nga Rau Rakau o te Ora

Nga Rau Rakau o te Ora is the Trusts Whare Rongoa or Rongoa Clinic run by Heeni Phillips.

The whare is used mainly by Maori but also has Pacific Island and Pakeha whanau who regularly visit. Whanau have come to understand that since Heeni's home has been the base for rongoa services since 1988, it is a place that embraces the holistic approach to whanau physical, emotional, cultural and spiritual well-being. It also offers some respite care for those needing extra special care.

Funding has helped to improve facilities and two full-time staff are employed to assist Heeni to uphold the tikanga of Whakawhanaungatanga and the gathering and processing nga rau for rongoa. They maintain the kaupapa of Rongoa Maori by not accepting a wage or fee.

Heeni acknowledges the late Rapana Hemi as a Tohunga and mentor since 1984. The name of Te Rapana Trust is important and rightly acknowledges Rapana Hemi as a man of deep and solid knowledge about nga Rongoa Maori, Moe mai I to moenga roa.

Heeni Phillips

(no Rongowhakata, me Ngati Kahungunu, me Rongomaiwahine, me Ruapani, me Ngati Porou) has been a practitioner of Rongoa Maori (Traditional Maori Medicine) since 1984. She has spent 40 years campaigning for te reo Maori and has been a staunch advocate of the kohanga reo movement since 1981.

In December 2000 Heeni established Te Rapana Trust to promote and protect the right of Maori to practice Rongoa. The name pays homage to the late Rapana Hemi, a man of deep knowledge about Nga Rongoa Maori who was her mentor and teacher in the early days. Hohepa Kereopa, a Tuhoe Maori health consultant now provides Heeni with advice and guidance in her work.

Heeni firmly believes that te reo Maori and Rongoa Maori must be revived to benefit Maori now and for future generations.

Contact Details

Te Rapana Trust
111 Breens Rd
Bishopdale
Christchurch
Phone 03 359 6957
Post Code 8051
Mobile 027 226 5355
Email: rapana.rongoa@xtra.co.nz

WORK AND INCOME

Work and Income provides financial assistance and employment services throughout New Zealand. We offer a single point of contact for New Zealanders needing job search support, financial assistance and in-work support.

If you have any questions, call us on **0800 559 009** from 7am to 6pm Monday Friday and Saturday 8am to 1pm or contact your case manager at your nearest Service Centre.

If you are deaf or find it hard to communicate by phone, you can send a message to our

Deaf Link free- fax on 0800 621 621 or

Email: MSD_Deaf_@msd.govt.nz

Work and Income website www.workandincome.govt.nz

CHRISTCHURCH WOMEN'S REFUGE RURAL SERVICES

Providers of professional services to women and children experiencing domestic violence, we provide extensive rural services, these include:

- 24 hour crisis and support line
- community advocacy services
- specialist child and youth services
- early intervention and educational programmes
- residential safe house
- public education and training
- Support appointments at our office in Rangiora
- Women's and Children's group
- Advocacy with lawyers, WINZ, Housing New Zealand and the Police

For all information and referrals please contact the Crisis and Support Line 03 3647 306 or Free phone 0800 1 REFUGE Fax 03 313 1082.

This phone line operates 24 hours a day , 7days a week

Website: www.womensrefuge.co.nz

FREE CERVICAL SCREENING

- Maori and Pacific Island women aged **20-69**
- All women who have never had a Cervical Smear aged **20-69**
- All women who have not had a Cervical Smear in the past 3 years or more are overdue

Transport can be provided Free and your medical centre or yourself can book an appointment by calling

Leanne Lloyd 03 359 7407 or cell 027 6939493
C/- 48 Watsons Road
Harewood
Christchurch
Fax 03 359 6301
E-mail admin@hewakatapu.org.nz

AUKATI KAIPAIPA

Nau mai Haere mai ki Aukati Kaipapa

(Smoking Cessation Programme)

- Hauora Maturaka provides a quit smoking programme for Maori women and their whānau.
- Advice specific to each persons readiness to quit smoking.
- Assistance looking at barriers to quitting.
- Follow-up reinforcing the effort to quit.

Our Process

- Our trained staff will make an assessment to ensure you receive the most appropriate advice and follow-up support.
- You will be given the nicotine patches or gum following your assessment.
- The nicotine patches or gum can be supplied for up to eight weeks.
You will be provided with on-going support.

We can help you quit smoking with

Free nicotine patches and gum

- Individual or group sessions
- Your own quit coach
- 12 Months support
- Mobile services available
- Referral to other services
- Smokefree pregnancy services to Canterbury families
- Smokefree education for New Zealand midwives

Contact
Community and Public Health
242 Manchester Street
0800 4 257 00
www.aukati.org.nz



SMOKECHANGE

SMOKING CESSATION IN PREGNANCY PROGRAMME

Our Services

Smokechange pregnancy services to Canterbury families are free personalized support to be smokefree in pregnancy. It is for pregnant women and their partners and is offered to people of all cultures and stages of readiness, in their homes, by phone, email and text. We accept referrals for pregnant women and their partners up to six weeks postpartum.

Our referrers refer to us because they trust in our service. They see first-hand, the extensive detrimental impact to pregnancies from exposure to tobacco, and they see the ripple effect of devastating health consequences for babies and their families.

Our participants work with us because they find us positive and respectful and the programme works to support their change.

Smokefree education for New Zealand midwives is national education to midwives so that they can provide effective support for smoking cessation for pregnant women, and to promote the uptake of smoking cessation programmes by pregnant women.

Our midwives attend our training because they also trust in our education. They, like our referrers (who are predominantly midwives) see first-hand, the extensive detrimental impact to pregnancies from exposure to tobacco, and they see the ripple effect of devastating health consequences for babies and their families.

Our link teams are midwives who link our programme to midwife colleagues and provide peer education. They are passionate about providing their colleagues with the facts, principles and tools to have positive and effective conversations with women about the importance of a smokefree start to life for their baby.

Contact

3rd Floor

161 Kilmore Street

Christchurch 8013

(03) 379 9947

E info@smokechange.co.nz

W www.smokechange.co.nz



Contact Us

If you have an enquiry about how to increase your activity levels or want to find out about activities or sports in your area phone **0800 ACTIVE (0800 22 84 83)**. Your call will be answered weekdays, 8.00am-5.00pm by well-informed staff at Sport Canterbury.

Outside of these hours you may leave a message and we will get back to you as soon as possible.

Alternatively, you can send us an e-mail.

info@sportcanterbury.org.nz

www.activecanterbury.org.nz

Te Ora Hou provides **mentoring for young people** in our communities, work with their whanau and support positive community development initiatives. Te Ora Hou regional offices lead a number of innovative projects and services including:

- mentoring programmes for young people and support for their families
- education programmes for teenage mothers
- early childhood education for tamariki of teen parents
- programmes for young people at-risk of committing offences
- after-school / home-work clubs
- High school youth work (24/7 Youth work)
- Partnering with Praxis and other agencies (internships)
- high School based Indigenous Youth leadership programmes
- sports mentoring workshops
- outdoor adventure programmes
- national hui for young people
- national training programmes and networking events for youth workers
- international exchanges with other indigenous young people
- community development initiatives in developing countries
- Alternative education
- coaching around nutrition and living a healthy lifestyle (community garden)
- coaching around healthy decision making/ cultural identity and awareness workshops
- transitional life skill courses Eg: Project management, budgeting etc
- no-to-violence and Graffiti (street art) ethics workshops (community development programmes)

Contact

Manager: Jono Campbell
77 Windermere Road, Papanui
T: (03) 352 1057
E: jcampbell@teorahou.org.nz

Youth Worker: Jade Hohaia 027 288 9013
Social Worker: Sharyn Roberts 027 288 9729

TE PUAWAITANGA KI OTAUTAHU TRUST

Te Puawaitanga ki Otautahi Trust (TPKOT) was established in 2004 as the service arm of the Otautahi branch of Maori Women's Welfare League (OMWWL). TPKOT provides predominantly home-based services aimed specifically at addressing health and education inequities experienced by under-resourced groups within the community. Services are structured from a holistic perspective based on Kaupapa Maori ideals to promote, deliver and improve health care.

Services

- Tamariki Ora
- Outreach Immunisation
- Canterbury Breastfeeding Advocacy
- Parents as First Teachers
- Promoting Participation in Early Childhood Education
- Rapuora Mobile Nurses – Maori Disease State Management
- Nutrition and Physical Activity
- Maori Community Development in Hornby
- Hei Hei and Hornby Community Facilities Management

Referrals

Referrals can be received for services through:

- Whanau
- Self referral
- GP/practice nurse
- Other health services
- Community Organisations

Contact Details

Te Puawaitanga Ki Otautahi Trust
153 Gilberthorpes Road
Hornby
Ph 03 344 5062
Fax 03 349 0645
Email: reception@omwwl.maori.nz

Welcome

Pacific Trust Canterbury was established as a Charitable Trust on 24 May 1999, with a formally declared vision of:

Pacific Trust will be the provider of choice in health, social and educational services to Pacific children, young people and families delivered by Pacific people with Pacific values.

The Trust was awarded its first contract with the Health Funding Authority shortly after its establishment, and the Trust now has more than 20 contracts to provide a range of health, social and educational services to the Pacific people in Christchurch and across Canterbury

Current services include:

- Health Clinic - GP and nursing service
- Community Primary Health care nursing
- Smoking Cessation Quit Coaches
- Healthy Eating and Activity promoter
- Well Child Nursing
- Family Community Support
- Social Work
- Early Childhood Participation and Support
- Outreach Immunisation
- Mothers and Pepe service
- Toddlers without Tears
- Mental Health Community Support - child, youth, adult
- Alcohol and other Drug community support - youth and adult
- Hibiscus - Like Minds Like Mine project

Contact

163 Worcester Street
Po Box 13285
Christchurch
Ph 03 3663 900
info@pacifitrust.co.nz
Website www.pacifitrust.co.nz

Maori Health - Te Whatumanawa Maoritanga o Rehua

Home Support

Naa te rourou
Naaku te rourou
Ka ora te iwi

Kaupapa

Our kaupapa is "aroha ki te takata".

We are a marae-based provider that works to provide positive alternative services for whaanau, hapuu, and iwi through kaupapa Maaori practice. We offer a bi-cultural holistic hauora service, giving manaaki, awhi and tautoko to ngaa taangata.

To support and empower whaanau who are least resourced in the accordance with the bi-cultural partnership envisaged in Te Tiriti o Waitangi.

To ensure that whaanau wellbeing is the priority focus.

Marae services

Rehua Marae provides a range of services that empower our people. Our services include whaanau development, marae based support, resources, information, and advocacy. We also provide training in Tikanga Maaori for marae-based workers, and training for whaanau who want to return back into the workforce.

- Wharenui (Meeting House)
- Wharekai (Dining Room)
- Ngaa Whare o ngaa Kaumaatua (Units)
- Whare oranga (Health clinic)
- Our kaimahi are qualified in their specialist fields of practice: health, social, management, Te Reo, training and Manaaki ngaa takata

Whaanau wellbeing

- Ngaa Whaanau (Social Work)
- Koorero Aawhina (Counselling)
- Moni Aawhina (Budgeting)
- Te Tautokongia ngaa Maatua (Parenting support programme, life skills)
- Manawa ora, Manawa toa (Tane/ Rangatahi support)
- Kaumaatua Service (Home based social work support, day care)
- Kaiatawhai Tangata (Personal domestic care)

- Hauora ngaa Taangata (Registered nurse)
- Marae Tikanga
- Management and administration

Whaanau ora

A free whaanau ora service is provided by our hauora kaimahi and supported by a registered nurse. This service is for our Taaua and Pooua, Koroua and Kuia aged 55+. The focus is on prevention and management of asthma, diabetes, cardiovascular, and chronic obstructive respiratory disease.

We also encourage wahine from the age of 40 to participate in breast and cervical screening programmes, and offer support towards positive life changes for wahine regarding menopause.

Kai atawhai tangata

A free service utilised by those aged 55+ with age related disabilities.

Personal care: Our service offers showering / bathing, oral care, grooming and dressing.

Household management

We provide general household duties as required. This does not include lawns or gardens.

This service can be accessed through The Princess Margaret Hospital needs assessment and service coordinator.

Contact Kaiawhina Rehua Marae.
Hours: 9:00am-3:00pm.

Day care

This service provides marae based free day care for our kaumaatua aged 65+. We provide companionship while doing activities including outings. Once a month we enjoy a shared lunch.

Contact Rehua Marae, Kaiawhina Rehua Marae during the hours of 9.00am and 3.00pm.

Facilities available

- Hui (Conferences)
- Wharenui
- Wharekai
- Sleeping accommodation
- Phone, fax, and photocopier
- Laundry facilities

- Wheelchair accesses

Health education

Marae based open health days, individual health plans, advocacy and hauora health appointments.

Access: Rehua Marae

Contact: Registered Nurse

Hours: 9.00am-3.00pm

Te Whatumanawa Maaoritanga o Rehua Marae

79 Springfield Road

PO Box 21260

Edgeware

Otautahi

Phone 03 355 5615 or 03 355 2161

Facsimile 03 355 4964

Rehua Marae is situated 1.5km north from the square.

Drug & Alcohol

Odyssey House Trust offers a 25 bed residential therapeutic community programme for men over the age of 17 with alcohol and other drug problems who require long-term treatment. The programme includes aspects of behavior modification, cognitive behavioral therapy and supportive psychotherapy.

Contact Details

98 Greers Road
Burnside
Christchurch

Phone 03 358 0950
Mobile 03 358 2690
Facsimile 03 358 2907

Email odyssey.trust.chch@clear.net.nz

Physical Disabilities - Vision and Hearing

Tohu

Our tohu is about the journey one will experience when they come with us to the whare of Maaori Disabilities and Resource Centre.

The Awanui (shell trumpet) on the left symbolises the beginning, as they enter upon a new pathway of wellbeing, support and whaanaungatanga. As one goes through their journey, he or she will become one with our whaanau. Eventually having the strength and support to start a new path. This is demonstrated with the shell on the right.

Whakairo

As you walk up the front path, on the lawn you will see a large beautiful whakairo (lime stone) made from whaanau who have been and are still very much a part of the whaanau.

Whakapapa

In 1986 a movement began, to support and care for our whaanau with disabilities. This Whaanau was known as Ngaati Kaapoo. In 1990 there was a new development, due to vast funding cuts, the impact of which was a name change to Te Whaanau Pouri. In 1991 Te Whaanau Pouri integrated with other disabled groups and this constituted the beginnings of the Maaori Disabilities and Resource Centre – a whaanau way before their time, but still here fighting and supporting the very seed that was planted in the mid 1980s.

Maaori Disabilities and Resource Centre act as an umbrella for Vision impaired and Hearing impaired, Te Mana Tamariki Services (The Alternative Suspension Programme (ASP), Mana Koorero (Taha Maaori-Alcohol and Drug Programme), and other services that drive towards the wellbeing of our Whaanau.

Kaupapa

To deliver holistic care and support services in the areas of health, welfare, education, employment, and justice, housing support and information. Our whaanau are involved in promoting health checks for our men and women of all ages.

Maaori Disabilities and Resource Centre are a team of skilled Maaori people committed to delivering a culturally appropriate service. The centre embodies a holistic philosophy and as such our approach to a healthier wellbeing incorporates the four cornerstones of health – whaanau, wairua, hinengaro, tinana.

Our services are targeted at Maaori specifically but are available to anyone who deems our services to be appropriate for them.

The whaanau staff are highly committed to this kaupapa.

What services do we provide?

- Disability information and advisory services
- Hearing/vision impaired support
- 24-hour crisis team
- Advocacy
- Counselling – individual and whaanau
- Instruction in taha Maaori
- Treaty of Waitangi
- Home visits
- Alcohol and drug recovery
- At risk youth
- Diabetes testing
- Health education
- Cultural supervision
- Mirimiri (massage)
- Akaroa outpost
- Budgeting

Kaumaatua

- Elizabeth Te Rongapatahi Tomlinson
- Te Hei Pirika
- Kawiti Tukuru
- Milly Robinson

Patrons

- Sandra Lee
- Rima Subritzky
- Moana Jackson
- Terry Ryan
- Deidre Nehua
- Shelly Hiha
- Ramai Hayward

Chairperson Rewi Noa

Te Ruatakawae Metarina Kinihe-Kuruwaka

Hours 8:30am -4:30pm

Contact Details

202 Milton Street (Colombo Street end)

PO Box 22407

Christchurch

Phone 03 337 8013

Facsimile 03 337 8021

Crisis Team

Pager 086 836 839 or 086 838 223

MAORI WOMEN'S WELFARE LEAGUE

The Kaupapa for the Maori Women's Welfare League is to work for women and their families. The League promotes the health, culture, history and wellbeing of Maori.

The Otautahi branch of the League supports Ngai Tahu iwi issues and is in the role of Tuahuriri Runanga.

League Work in Otautahi

Since its early years the Otautahi branch of the League (OMWWL) has been actively involved in pursuing goals that fall within this kaupapa.

Description

The core of the League's work has always been to help Maori women and their Whanau by improving and supporting their health and well-being. The League focuses on promoting wellness in the community as opposed to treating illness. Hence their work centres on the home and family life including education, health, housing and employment.

Times/Meeting: 2nd Tuesday, 7pm

Phone: 344-5062

Location: 153 Gilberthorpes Road, Christchurch , 8042

Contact(s): Suzi Clarke Bus.: 344-5062 Email: suzi@omwwl.maori.nz

Postal Address: 153 Gilberthorpes Road , Christchurch , 8042

Fee: \$35 a year

Admission procedures: Nominated by 2 financial members

Target: All women

Area: Christchurch and Canterbury

Facilities: Te whare rapuora (Office), Te whare puawaitanga (Meeting place)

Notes: Maori health provider Te Puawaitanga provides Outreach Immunisation Service, Child restraints - car seat programme, Tamariki ora PAFT (Parents As First Teachers), nutrition and physical activities, preschool promotion, rapuora mobile nurses.

HEALTH & SOCIAL SERVICE

Koronga / Mission

Whakamana Ngati Kuri Whanau, Hapu



Mate Kite / Vision

Ngati Kuri Are Proud and are thriving.

Te Tai O Marokura is committed to our Vision and Mission.

“When Tangata Whenua is empowered then our community is EMPOWERED”

KAIMAHI / PERSONNEL

Te Tai O Marokura offers a multi disciplinary Health & Social Service Our team includes Kaumatua, Registered Nurses, Social Workers, Alcohol & Drug Assessors, Alcohol & Drug support worker, Youth Programme, Budget Advice, Facilitators and Administration Staff.

KAWANATANGA / TRUSTEES

Te Tai O Marokura has highly qualified and respected Governance made up of Kaumatua, Pakeke, Tane and Wahine.

Our Service is firmly grounded in the values of Tika (Justice), Pono (Truth) and Mana (Integrity) as we work towards Whanaungatanga

This is the legacy left to us by our founder, Miriama Kahu.

Quality Philosophy

Te Tai O Marokura are committed to providing quality Health and Social Services that meet the needs of all clients and key stake holders. We will build and maintain productive relationships with community and government organizations to support client’s ongoing needs.

Kaiwhakarato / Services

- Alcohol & Drug Assessments
- Alcohol & Drug Support
- Youth Counselling
- Social Worker
- Youth Programme
- Youth Justice Support
- Strengthening Families
- Budget Advice
- Whanau Ora (Family Health)

Cervical Screening
Smoking Cessation
Tamariki Ora (Well Child)
B4 School Checks
Mama & Pepi (Pregnancy Support)
Environmental Health
Court Support
Advocacy Services

Te Tai O Marokura have Qualified and educated staff that have a wide range of experience in the community, social services and health sectors.

Riria Allen – 021 882 328
Tumuaki (Manager)

Martin Manawatu – 021 061 4990
Finance & Quality Manager, Administrator

Hariata Kahu – 027 390 0659
Alcohol & Drug Support, Facilitator

Henry Luafutu – 027 390 7538
Alcohol & Drug Assessor

Colleen Cowan - Lee – 027 6305491
Social Worker, Facilitator

Sue Parsons – 027 375 1733
Whanau Ora (Family Health) Registered Nurse

Kym Fenwick – 027 388 3975
Tamariki Ora (Well Child)
Registered Nurse

Lisa Kahu – 027 373 8812
Budget Advice, Facilitator

Tai Stirling – 027 453 7262
Environmental Health

Office Hours Monday – Friday 8:30 am – 5:30 pm

Contact Details

Te Tai O Marokura 03 319 6443

Clinical Services 03 319 5801

Glenelg Children's Health Camp

Phone: 03 332 2541

Fax: 03 332 7988

Email: helen.chappell@healthcamps.org.nz

Website: www.healthcamps.org.nz

Address:

23 Glenelg Spur
St Martins
P O Box 30055
Christchurch

Information:

In partnership with families we provide a range of individualised, innovative, evidence and strength based services that support the development of positive life skills and outcomes for children and families.

Te Puna Whaiora Glenelg use a resiliency promoting, strengths based approach that provides solution focused, residential and non-residential programmes and mentoring for children aged 5-12 years, one-on-one mentoring for children, and group / individual parent education programmes.

The focus of Te Puna Whaiora Glenelg is to help build resilient children and families. This is achieved through the use of success-oriented activities, health and social skills programmes, educational achievement (Glenelg School attached), and adventure based learning.

Each intervention consists of an assessment, care plan development, short out of home (residential) stay for the child of up to five weeks duration, parent programmes and follow-up. In some cases a non residential mentoring service is provided as well. Residential programmes are held throughout the year.

Health (GP, Specialist, Public Health Nurse) Education (Principal, RTLB GSE) or Social Service professional (Social Worker, Counsellor) can refer children to Glenelg.

About Us

Matua Whangai means that we are committed to returning children to their whanau, hapu, iwi.

Criteria for Services

- Children between the ages of 0 - 16 years in need of care and protection. We don't accept Youth Justice referrals.
- We offer support services to families of children referred to us by CYFS.
- We provide social services to families in the community.

Ngareta Nihoniho
Kaiwhakahaere of Operations
Otautahi Social Services

90 Fitzgerald Ave
PO Box 374
Kaiapoi 7644

Phone: (03) 366-6677
Fax: (03) 366-6698
Email: oss@xtra.co.nz
Webiste: www.oss.org.nz

NGA HAU E WHA NATIONAL MARAE

The reputation of Maata Waka as a social service, education and health provider is demonstrated in its ongoing patronage by crown agencies and local authorities who continue to entrust it with numerous contracts. It also has representation on a number of Boards, sporting associations and funding bodies in Otautahi.

In 2005 Nga Maata Waka made the important and exciting decision to take on management of Nga Hau e Wha National Marae. The head office of Nga Maata Waka is now located at Nga Hau e Wha on Pages Road, Christchurch

Today, services provided by the Te Runanga o Nga Maata Waka include education, health, counselling, tanigihanga, driver education, advocacy, early childhood education, recreation, sport, justice, courts, legal support, Maori legal services and initiatives in employment related matters. Other projects include a garden at Tuahiwi (that provides vegetables for locals, community groups, kaumatua and anyone in need) and the planned formation of an independent research board to carry out social and community research.

Contact Details

250 Pages RD
P.O.Box 15057
Phone 03 388 7685
Website: www.nationalmarae.co.nz

Information

Te Pito Ora is a Kaupapa Maori 24 hour staffed residential facility for adults who experience mental illness.

Our service is available to all people who meet the criteria for referral and wish to be supported in a Kaupapa Maori setting.

Address

1032 Colombo Street
Christchurch

Phone: 03 365 7513

fax: 03 365 9698

Email: te.pito.ora@katakura.org.nz

TANGATA ATAMOTU TRUST MOBILE NURSING SERVICE

- Respond to calls from individuals, families
- Provide transport for clients(if required)
- Health Monitoring –blood sugar, temperature, heights, and weights etc
- Simple dressing and injections for clients as prescribed by Doctors
- Interpreting/Translating/Advocating/Mediating
- Provide support for maintenance of clients hygiene-bathing, dressing, oral care, eye, and skin care etc
- Health Promotion-exercise group, nutrition and activities group
- Health Education-treatment, medication (dosage & technique), compliance with appointments and implications of non-compliance, understanding of illnesses, symptoms, doctors' diagnosis and prognosis
- Community Health and Education on health issues- targeting youth groups, Pacific people
- Provide support for grieving families
- Sleepover(if required)-terminally clients, elderly people living alone, clients cared for at home

Contact Details

384 Unit 2 Worcester St

Stanmore

P.O.Box 172

Christchurch

Phone 03 3811 181

Fax 03 3811 180



TOHUNGA WHAKAKIKIRI

FERTILITY SPECIALISTS

Sometimes dreams need a little help

For the majority of people trying to conceive, pregnancy occurs without difficulty or undue delay. However, that is not the case for one in six New Zealand couples.

Sometimes dreams of parenthood need a little help.

Infertility is most simply defined as the inability to achieve conception after a year of unprotected intercourse, or the inability to carry pregnancies to a live birth.

At Repromed our goal is simple ... to do whatever we can to help people realise their dream of having a child.

Christchurch

Hiatt Chambers, First Floor
249 Papanui Road Christchurch NZ 8146
Phone 03 375 4000
Freecall 0800 4 FERTILITY

www.repromed.co.nz