

HWT

Health Services

ME MAHI TAHI TĀTOU
MŌ TE ORANGA Ō TE
WHĀNAU

WORKING TOGETHER
FOR THE WELL-BEING
OF FAMILY



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HWT

Health Services



OUR SERVICES

KIA ORA NAU MAI HAERE MAI

We tautoko whānau who are interested in their health and well-being.

*Below is a short description of the services we offer, if you would like further information please contact us on **0800 HE WAKA (43 9252)***

All Referrals can be made at www.hewakatapu.org.nz/referrals or download the print option and email to reception@hewakatapu.org.nz

NGĀ MIHI HE WAKA TAPU

TE HA - QUIT SMOKING

A smoke free coach who is available on week days with flexibility depending on each individuals situation. This service involves receiving one to one or group smoking cessation sessions where you will set goals, find strategies and achieve mile stones. Time frames are established between the individual and the coach. Free nicotine replacement therapy will be provided to those who are interested in using these products. This is a great effective way to receive support along your journey in becoming smoke free

HAUORA - HEALTH

Within our Hauora team, we aim to deliver a service that encompasses a holistic view on health acknowledging Te Taha Wairua, Hinengaro, Tinana and Whānau. Together with our team of Registered Nurses, we will support you in creating and maintaining a healthy lifestyle for you and your whanau. Appointments can be flexible depending on individual/whanau needs and also offer transportation to and from appointments. We provide a range of services including Hauora assessments, the development of individual health care plans, and can also help with connecting you and your whanau with other health services and resources within our organisation and out in the community.

WĀHINE ORA

We are passionate about supporting and enabling women to protect their whakapapa. We have a team of Registered Nurses who specialise in performing cervical screening, and also offer STI testing and contraceptive advice. This is a free service to all women, where we endeavour to provide a comfortable and safe environment for you and your whanau. We can book appointments to suit your needs, as well as providing a door to door service if you would be more comfortable in your own space.

PARTNERSHIP COMMUNITY WORKER

The PCW role consists of advocacy, support for whānau requiring access to General Practitioners and/or other health services. The PCW will navigate the health system, such as mental health service providers, GP practices affiliated to Pegasus Health, to source appropriate health services that benefits the well-being of whānau. The service is to ensure that whānau can access GP services without prejudice.

KIA PIKI TE ORA - SUICIDE PREVENTION

Our rangatahi and community are important to us and we want to work towards reducing the negative numbers in this space and provide tools and information that helps people strengthen their happy place.

If you don't know what to do or where to access supports? Then contact us and we can walk beside you to get the information you need for yourself, your whānau or your friends. We have dedicated kaimahi in this area who are understanding, relatable and accessible. We also work closely with other great organisations to make sure we can offer a wide range of options.

Want to chat to a professional? Contact us now on 0800 HE WAKA (43 9252) or email tanith@hewakatapu.org.nz

We have a dedicated website for this information so check it out on the website : www.o2waitaha.org.nz