



Our whakataukī

Me mahi tahi tātou mo te ora o te whānau.
Working together for the wellbeing of family.

He Waka Tapu Services

He Waka Tapu has a wide range of programmes and services to help both individuals and the community. We will work with you and your whānau to focus on the areas that are important to you. We have great relationships with other networks and organisations to make sure we cater to the requirements of your whānau. Check out our services or come and see us at 161 Pages Rd to chat.





Te Pā Tipu | Community

We have registered nurses onsite that are available to support you or your whānau health needs, in a comfortable and relatable environment for you to discuss the areas that are important to you. You may want to chat about medications, start up at the gym, or just have a friendly chat.

Whānau Tautoko

A parenting group for all parents with tamariki aged from 0 to 16 years.

Day group

Wednesday 10:00am - 12:30pm

Whānau Intensive Mahi

A whānau worker will work with you to address the private life stresses that affect you and your whānau.

To book

Appointment times are suited to your availability.

Monday - Thursday 8:30am - 5:00pm &

Friday 8:30am - 3:00pm

Te Hā Waitaha | Quit Smoking

A smoke-free coach who is available on weekdays with flexibility depending on each individual's situation. This service involves receiving one to one or group smoking cessation sessions where you will set goals, find strategies and achieve milestones. 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.

To book

Appointment times are suited to your availability,

Thursday & Friday 8:30am - 3:00pm

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 whānau. 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.

To book

Appointment times are suited to your availability,

Monday - Thursday 8:30am - 5:00pm &

Friday 8:30am - 3:00pm

Whānau and Rangatahi Navigators

Kaimahi will support you and your whānau towards reaching aspirations important to you. Our navigators live in Christchurch and Ashburton.

Te Pā Tipu | Community

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 whānau. Appointments can be flexible depending on individual/whānau 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 whānau with other health services and resources within our organisation and out in the community.

To book

Appointment times are suited to your availability, Monday - Thursday 8:30am - 5:00pm & Friday 8:30am - 3:00pm

Partnership Community Worker

The Partnership Community Worker (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 benefit the wellbeing of whānau. The service is to ensure that whānau can access GP services without prejudice.

To book

Appointment times are suited to your availability, Monday - Thursday 8:30am - 5:00pm & Friday 8:30am - 3:00pm

Manaaki Whānau

Manaaki Whānau is an entry group where whānau can come to get connected and strengthen their Te Whare Tapa Whā.

Day group

Every Monday 10:00am - 12:00pm

Ka Rere

Ka rere is a wāhine only group. Wāhine will work with kaimahi to be educated on how to lead harm free lifestyle, to understand behavioural and environmental situations where family harm exists and occurs. Wāhine will learn in a group environment alongside other wāhine from the community that will support positive change.

To book

Appointment times are suited to your availability, Monday - Thursday 8:30am - 5:00pm & Friday 8:30am - 3:00pm

Mana Ake

Mana Ake is a group of organisations that work together to support children in schools who are impacted by life changes. This group is to support whānau and their tamariki in years 1-8 (primary & secondary school). The team works alongside schools and whānau to enhance wellbeing of tamariki. To access Mana Ake, you will need to make a referral through the school.

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





Integrated whānau services

Individual and group programmes are available to learn about your behaviours and ways to keep your whānau safe. Groups consist of kōrero and action-based activities like mau rākau, waka ama, MMA & bread making! We are a family court accredited stopping violence provider here in Christchurch and Ashburton.

Out Of Gate

He Waka Tapu service all 3 prisons in the Christchurch region. We support tāne and wāhine who are on a custodial sentence ready to be released into the community.

Support includes:

- Support with providing suitable accommodation on release.
- Support with sourcing employment, education and further training opportunities.
- Support with gaining identification, MSD Support.
- Support with engaging with AOD, non violent programs and whanau supports.

We also facilitate pre release programs whilst in custody. Te Pikinga issues a detailed and 3 week program which is developed around the Te Whare Tapa Whā framework.

We also facilitate a 1 week Remand reintegration program for whaiora who are on remand. This is also developed around the Te Whare Tapu Whā framework.

All referrals are from case managers who work with them while in custody.

Te Herengā Tangata

Te Herengā Tangata is a collaboration of Māori Community Partners, He Waka Tapu, Te Puna Oranga, Te Whare Hauora and Nga Maata Waka.

We work together to offer a partnered approach in supporting whānau who are experiencing family harm and need an intensive, long term, wraparound response by upholding a māori focused practice. We are whānau led and work in their space and on their terms to identify needs, goals and aspirations which lead to positive outcomes for the well-being of the whole whānau and enabling them to lead the change.

Te Pā Tūwatawata

This group is based around strengthening tāne in their hinengaro, wairua, tinana and whānau.

This involves group education sessions that use the Whaiora Online website where whaiora are invited to share their thoughts feelings and actions around important topics that give understanding around thinking and behaviours.

Waka ama, mau rākau, MMA and bread making are just some of the activities on offer to strengthen key areas of wellbeing and understanding.

Evening group

Every Tuesday & Thursday 6:00 – 9:00pm

Integrated whānau services

Te Whāriki Whakamana (mandated)

A group programme for Māori men aged 18 years and over. The focus of the programme is on stopping violence and abuse against others in their relationships.

Evening group

Every Wednesday 6:00 – 9:00pm

Integrated Safety Response

Our team are part of a wider network that work closely with police in reducing family violence in our communities. This team may contact you to navigate services or provide information to make your whānau a stronger and safer place.

For more information please email beatrice@hewakatapu.org.nz or call us on 0800 HE WAKA.

Precinct Navigator

Precinct Navigator is a service to assist and support whānau of family harm, based at the Police Custody Suite from Monday–Saturday.

This service is a stepping stone to guide whānau towards the support they might need and to prevent them from re-offending.

Ngā Ara Tika (mandated)

A court directed programme for wāhine aged 18 years and over. A focus on stopping violence and abuse against others.

Day group

Every Friday (rolling group) 10:00am – 12:30pm

Riaka (mandated)

A court directed programme for tāne aged 18 years and over. A focus on stopping violence and abuse against others.

Evening group

Every Tuesday & Thursday 6:00 – 9:00pm

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





Alcohol and Drug services (AOD)

We support individuals, groups, and have a supported accommodation whare for tangata whaiora who want to reduce harm and or stop the addiction of alcohol and drugs.

Te Aratitiaia

Te Aratitiaia is for assessment and treatment planning for co-existing alcohol and drug and mental health related problems. Access is by appointment only via referrals to He Waka Tapu externally and internally.

To book

Appointment times are suited to your availability,
Monday – Thursday 8:30am – 5:00pm
& Friday 8:30am – 3:00pm

Takahi te Taniwha

The Takahi Te Taniwha programme utilises māori models of wellbeing, harm reduction planning, pūrākau, whakapapa, change and motivation, connection & boundaries, psychoeducation, process therapy, applied cognitive behavioural therapy and Te Ao Māori. This program is designed for whaiora looking at a harm reduction approach to work towards a goal of abstinence.

Both the Wednesday and Friday programmes are separate and whaiora choose which day they attend. They do not attend both sessions.

Day group

Wednesday & Friday 10:00am – 12:00pm

Evening group

Every Wednesday 6:00 – 7:30pm

Mauri Ora Experience

Mauri Ora Experience is an intensive alcohol and drug residential treatment programme which has rolling access throughout the year. The programme operates from 7:00am to 9:00pm Monday to Sunday, with arranged activities and programme work during the evenings and weekend.

There are currently 12 supported accommodation beds with priority on participants from outside the Christchurch region. Mauri Ora Experience has a holistic focus which includes physical, psychological, family and spiritual wellbeing. Balance in these aspects creates a platform for fulfilling one's potential.

The programme content is delivered in a group setting and will include:

- Alcohol and other drug information
- Mood management
- Assertive communication
- Relationships and whānau wellbeing
- Identity
- Relapse prevention
- Aftercare planning
- Nutrition advice
- Health & fitness
- Te Reo & waiata
- Developing social support systems
- Family support
- Needs assessment

A range of culturally related activities overseen by kaumātua including an introduction to māori beliefs, values and concepts, whakapapa, pepeha, waiata, karakia, raranga, waka ama and support in linking with Te Reo and kapa haka organisations. For more detailed information regarding intake process and criteria please contact us.

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



Wellbeing

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 support, 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.

There is a lot of info out there and sometimes it can be hard to navigate. Our focus is to provide the information so it's uncomplicated and easy to understand. He Waka Tapu understands services offered by other organisations and can explain in an easy to understand the way how these may benefit you and/or your whānau.

Want to chat to a professional? We can arrange that too! Contact us now on 0800 HE WAKA or email jayden@hewakatapu.org.nz.

This is a non-clinical mentoring service. The above will be achieved in the following steps:

1. We will connect with rangatahi.
2. We will listen and identify their needs.
3. We can support their social connectedness with activities and suggestions to support finding their happy.
4. We can refer to specialist services and walk with them in the process.
5. Stay connected until services are no longer required.

0800 HEYBRO

0800 HEYBRO is a He Waka Tapu trademarked phone number for men to phone when they feel they are going to harm someone or whānau member.

When it all gets too much and you feel like you may harm someone, yourself, or know of someone who may be harmed, pick up the phone and call 0800 HEYBRO.

We're here to listen, help and offer support 24/7.

[Find out more and read the FAQs >](#)

The Brotherhood

The Brotherhood supports tāne so they can participate meaningfully in their community. Tāne can feel pride in their appearance and have resources to attend courses, training, and job interviews, thanks to a network of good people providing practical donations in the Christchurch community. [Find out more >](#)

Tinana Community Gym

Tinana Community gym provides free access to fitness options that may help towards better health outcomes for you, your whānau and the community.

There are different group fitness classes happening throughout the week that you can come along to or simply utilise the gym equipment for your own self workout.

Once you've joined, you will also have access to personal trainers, health providers and info sessions.

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



Contact

Freephone: 0800 HE WAKA (43 9252)

Phone: 03 373 8150

Email: reception@hewakatapu.org.nz

Address:
161 Pages Road,
Christchurch,
New Zealand 8061

Open hours:
Monday – Thursday 8:30am – 5:00pm
& Friday 8:30am – 3:00pm

