

## We are a kaupapa Māori health and wellbeing service provider in Waitaha (Canterbury).

This is an overview of the services we currently offer. For more information and referrals, please visit [www.pw.maori.nz](http://www.pw.maori.nz) or call 0800 4 WHETU. V7 – August 2022



Our Services	About	Who it's for	Age	Cost	Notes
<b>Te Oriori</b>	A range of support, therapy and weekly programmes that focus on the mental health and wellbeing of tamariki by enhancing the mana, knowledge and skills of parents/caregivers.	Anyone	Parents/caregivers of 0-12 year old tamariki	Free	Programmes are during school term. Refer to timetable on our website. <a href="http://www.teoriori.maori.nz">www.teoriori.maori.nz</a>
<b>Te Whiri Ora</b>	A coordination service that supports agencies to work together with tamariki, rangatahi and whānau to achieve their aspirations.	Whānau who have complex needs and has/require multiple agencies involved to support wellbeing	Whānau with tamariki	Free	<a href="#">Te Whiri Ora referral</a>
<b>Mana Ake</b>	Early intervention and support for children experiencing issues impacting their wellbeing.	Available in specific schools	School Years 1-8	Free	Entry pathway is through referral by the child's school.
<b>Manu Ka Rere</b>	Short term intervention service for young people who may be experiencing issues impacting their wellbeing.	Anyone	13-24 years old	Free	Previously CYMHS (Community Youth Mental Health Service). <a href="http://www.manukare.org.nz">www.manukare.org.nz</a>
<b>Te Māhuri</b>	Outdoor adventure therapy that enriches connections to iwi, wahi Māori, self and others. See Te Pia below.	Anyone	13-24 years old	Free	Programme runs during school term. <a href="http://www.temahuri.maori.nz">www.temahuri.maori.nz</a>
<b>Te Pia</b>	Te Pia may be more suitable for participants with less experience or to prepare before completing Te Māhuri.	Anyone	13-24 years old	Free	Refer through Te Māhuri website, please specify Te Pia
<b>Ngā Maihi</b>	Supported accommodation for rangatahi focusing on building life skills and working towards independence.	Those who have ever spent 90 days or more in Oranga Tamariki care or youth justice	16-24 years old	Free	Referral through social worker or transitions worker.
<b>Transition to Adulthood</b>	Supporting youth to successfully transition from statutory care and youth justice to adulthood.	Those transitioning from care or youth justice system	17-21 years old	Free	Referral through Oranga Tamariki.
<b>Te Kākano Hauora</b>	Assisting whānau gain the skills to manage their own lives, maintain wellness and grow in confidence.	Those with a mental health diagnosis	13 years old +	Free	-
<b>Te Oranga Activities</b>	Range of day activities for youth, adults and whānau affected by mental health issues.	Participants must have an assigned support worker	13 years old +	Free	Programmes run during school term. Refer to timetable on our website.
<b>Te Waharoa</b>	Te Waharoa offers support for individuals and groups seeking to improve their wellbeing.	Anyone	All ages	Free	<a href="http://www.tewaharoa.maori.nz">www.tewaharoa.maori.nz</a>
<b>Whānau Ora Navigator</b>	Assisting whānau achieve their aspirations, connecting whānau with other services, and advocating for them.	Anyone	All ages	Free	Whānau Ora Navigator is NOT an emergency or crisis service.
<b>Te Tumu Waiora</b>	Located at various GP's, assisting whanau to improve mental health and wellbeing.	Anyone	All ages	Free	Referral through participating GP's.
<b>Te Hā – Waitaha Smokefree Support</b>	Service for anyone wanting to become smoke free including advice, support, and products (gum, patches, lozenges etc).	Anyone	All ages	Free	-
<b>Muslim Wellbeing</b>	Supporting whānau affected by the March 15 <sup>th</sup> 2019 tragedy.	Those affected by the March 15 <sup>th</sup> tragedy	All ages	Free	<a href="http://www.muslimwellbeing.maori.nz">www.muslimwellbeing.maori.nz</a>
<b>Pōwhiri</b>	Refugee settlement support service, supporting former refugees settling into Ōtautahi within the first 12-24 months	Former refugees settling into Ōtautahi	All ages	Free	<a href="http://www.powhiri.maori.nz">www.powhiri.maori.nz</a> Referrals from Immigration NZ.
<b>Māui Clinic</b>	COVID-19 vaccination clinic at South City Shopping Centre.	Anyone eligible for a vaccine	All eligible ages	Free	Shop 15, 155 Colombo St <a href="http://bookmyvaccine.covid19.health.nz">bookmyvaccine.covid19.health.nz</a> 0800 MAUI VAX (0800 6284 829)
<b>Community Aftercare</b>	Women's drug and alcohol service. Aftercare is a key role in our residential service, working within the house and community.	Those in Aftercare community residence	18+	Free	Collaboration with Odyssey House Referrals through Department of Corrections.
<b>Ipurangi Ora</b>	Supporting whānau develop confidence in the world of technology and web-based applications, promoting safety online.	Whānau engaged with Purapura Whetu services	All ages	Free	
<b>0800 4 WHETU</b>	Free helpline available from Mon-Fri 8:30am-4:30pm.	Anyone	All ages	Free	0800 4 WHETU is 0800 4 94388