

Purapura Whetu Services Overview V8.1 – Nov 2022

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 or call 0800 4 WHETU.



| Our Services | About | Who it's for | Age | Cost | Notes | Website |
|--|---|---|--|------|--|---|
| Te Oriori | 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 run during school term. Refer to timetable on website. | www.teoriori.maori.nz |
| Te Whiri Ora | 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/rangatahi | Free | | www.tewhirora.co.nz |
| Mana Ake | Early Intervention service for young people who may be experiencing issues impacting their wellbeing. | Available in specific schools | School Years 1-8 | Free | Entry pathway is through referral by the child's school. | www.manaake.health.nz |
| Manu Ka Rere | Short term intervention service for young people who may be experiencing issues impacting their wellbeing. | Anyone | 13-24 years old | Free | | www.manukarere.org.nz |
| Māori Rangatahi AoD/CEP | Support for rangatahi for AoD (Alcohol & Other Drugs) / CEP (Co-existing Problems). | Whānau engaged with Purapura Whetu services | 13-24 years old | Free | Ask us about this service. | www.pw.maori.nz |
| Te Māhuri & Te Pia | Outdoor adventure therapy that enriches connections to iwi, wahi Māori, self and others. Te Pia may be more suitable for participants with less experience or to prepare before completing Te Māhuri. | Anyone | 13-24 years old | Free | Programme runs during school term. Please specify if referral is for Te Pia. | www.temahuri.maori.nz |
| Ngā Maihi | 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. | www.pw.maori.nz |
| Transition to Adulthood | 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. | www.pw.maori.nz |
| Te Waharoa | Support for individuals and groups seeking to improve their wellbeing. | Anyone | All ages | Free | | www.tewaharoa.maori.nz |
| Te Kākano Hauora | 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 | | www.tekakanohauora.maori.nz |
| Te Oranga Activities | Range of day activities for 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 website. | www.tekakanohauora.maori.nz/toa |
| Ipurangi Ora | Supporting whānau develop confidence in the world of technology and the internet to enhance wellbeing, including safety online. | Whānau engaged with Purapura Whetu services | All ages | Free | Ask us about this service. | www.pw.maori.nz |
| Whānau Ora Navigator | Assisting whānau achieve their aspirations, connecting whānau with other services, and advocating for them. | Anyone | All ages | Free | Please note this is NOT an emergency or crisis service. | www.pw.maori.nz |
| Te Tumu Waiora | Located at various GP's, assisting whānau to improve mental health and wellbeing. | Anyone | All ages | Free | Referral through participating GP's. | www.tetumuwaiora.co.nz |
| Pae Ora ki Waitaha | Working alongside whānau to achieve a healthy lifestyle, with a focus on physical health improvement relating to lifestyle conditions. | Māori/Pasifika/CALD/Rural/LGBTQIA+ /at risk of developing a long term health or lifestyle condition | All ages | Free | Available to those who meet one or more criteria (left). | www.waitaha.health.nz/pae-ora |
| Te Hā – Waitaha Smokefree Support | Service for anyone wanting to become smoke free including advice, support, and products (gum, patches, lozenges etc). | Anyone | All ages | Free | | www.tehawaitaha.nz www.pw.maori.nz |
| Women's Prison ITP & Men's Prison DTP | Support at Christchurch Women's Prison ITP (Intensive Treatment Programme) and Christchurch Men's Prison DTP (Drug Treatment Programme). | Christchurch Women's Prison ITP & Christchurch Men's Prison DTP | 18+ | Free | Referral through Department of Corrections. | www.pw.maori.nz |
| He Kete | Support for women in Aftercare community residence and programmes. | Women in Aftercare community residence and programmes | 18+ | Free | Referral through Department of Corrections. | www.pw.maori.nz |
| Muslim Wellbeing | Supporting whānau affected by the March 15th 2019 tragedy. | Those affected by the March 15 th tragedy | All ages | Free | | www.muslimwellbeing.maori.nz |
| Pōwhiri | Refugee family support settlement service, supporting refugees settling into Ōtautahi Christchurch within the first 12-24 months. | Refugees settling into Ōtautahi. | All ages | Free | Referral through Immigr | www.powhiri.maori.nz |
| Māui Clinic | COVID-19 vaccination clinic at South City Shopping Centre. | Anyone eligible for a vaccine | All eligible ages | Free | Shop 15, 155 Colombo St 0800 MAUI VAX (0800 6284 829) | www.bookmyvaccine.covid19.health.nz |
| 0800 4 WHETU | Free helpline available from Mon-Fri 8:30am-4:30pm. 0800 4 WHETU is 0800 4 94388. | Anyone | All ages | Free | Please note this is not an emergency or crisis service. | www.pw.maori.nz |