

Purapura Whetu Services Overview v9 – Jul 2023

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	Office Location	Website
0800 4 WHETU	Free helpline available from Mon-Fri 8:30am-4:30pm. 0800 4 WHETU (0800 4 94388).	Anyone	All ages	Free	Please note this is NOT an emergency or crisis service.	166 St Asaph St, Christchurch Central	www.pw.maori.nz
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	Whānau with tamariki aged 0-12 years old	Free	Programmes run during school term. Refer to timetable on website. Referral through website.	41 Essex St, Phillipstown	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	Referral through website.	41 Essex St, Phillipstown	www.tewhiriora.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	Referral through the child's school.	166 St Asaph St, Christchurch Central	www.manaake.health.nz
Tupuranga	Support for whānau with tamariki and rangatahi who have not attended school for a while or are not enrolled in school.	6-16 year olds who have not attended school for a while or are not enrolled in school	6-16 years old	Free	Referral through MOE (Ministry of Education).	166 St Asaph St, Christchurch Central	www.pw.maori.nz/tupuranga
Manu Ka Rere	Short term intervention service for young people who may be experiencing issues impacting their wellbeing.	Anyone	13-24 years old	Free	Referral through website.	166 St Asaph St, Christchurch Central	www.manukare.org.nz
Te Piringatahi	Support for rangatahi for AoD (Alcohol & Other Drugs) / CEP (Co-existing Problems).	Anyone	13-24 years old	Free	Referral through website.	166 St Asaph St, Christchurch Central	www.pw.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.	166 St Asaph St, Christchurch Central	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.	166 St Asaph St, Christchurch Central	www.pw.maori.nz
Te Waharoa	Support for individuals and groups seeking to improve their wellbeing.	Anyone	All ages	Free	Referral through website.	166 St Asaph St, Christchurch Central	www.tewaharoa.maori.nz
Te Kākano Hauora	Assisting whānau to gain the skills to manage their own lives, maintain wellness, and grow in confidence. Offers Te Oranga Activities weekly programmes.	Those with a mental health diagnosis	13 years old +	Free	Referral through website.	160 Woodham Rd, Linwood	www.tekakanohauora.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. Referral through website.	2 Dundas St, Christchurch Central	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.	2 Dundas St, Christchurch Central	www.tetumuwaioara.co.nz
Pae Ora 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). Referral through website.	2 Dundas St, Christchurch Central	www.waitaha.health.nz/pae-ora
Whakahohoro Te Hau	Support for people experiencing mental distress and considered low to moderate risk.	People experiencing mental distress and considered low to moderate risk.	18+	Free	Some exclusions apply. Referral through website.	160 Woodham Rd, Linwood	www.pw.maori.nz
Te Hā – Waitaha Smokefree Support	Service for anyone wanting to become smokefree including advice, support, and products (gum, patches, lozenges etc).	Anyone	All ages	Free	Referral through website.	166 St Asaph St, Christchurch Central	www.pw.maori.nz
ITP & 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.	166 St Asaph St, Christchurch Central	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.	166 St Asaph St, Christchurch Central	www.pw.maori.nz
Muslim Wellbeing Ōtautahi	Culturally responsive, multilingual wellbeing support service for Muslims individuals and families.	Muslim individuals and families in Ōtautahi Christchurch	All ages	Free	Referral through website.	166 St Asaph St, Christchurch Central	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 Christchurch	All ages	Free	Referral through Immigration NZ.	166 St Asaph St, Christchurch Central	www.powhiri.maori.nz