



Whānau Health Centre Services

High quality, Cornerstone
accredited, accessible and
affordable GP & Nursing services

- Immunisation
- Cervical Smears
- Hearing and Eye Tests
- Free Sexual Health Checks
(under 25)
- Acute clinic (Thames only)
- Foot clinic – Coromandel
- Podiatry

Our Clinics

Open Monday-Friday

Thames

07 868 0033

Open 8.30-5pm

Coromandel

07 866 8084

Open 8.30-5pm

Paeroa

07 862 9284

Open 8.30-4.30pm

Te Aroha

07 884 9208

Open 8.30-5pm

Whitianga

07 869 5244

Open 8.30-5.00pm

Clinic Freephone:

0508 tekoroai

0508 835 676

Acute Clinic (Thames only)

Mon-Fri: 9.30-11am

Tamariki: 3.15 - 4pm

Te Whare Tapa Whā

Te Taha Hinengaro - Psychological Health

Focuses on emotions. The mind and body are
inseparable. Communication through emotions
is important and more meaningful
than the exchange of words.

Te Taha Wairua - Spiritual Health

Recognised as the essential requirement for health
and wellbeing. Without spiritual awareness, an
individual may lack wellbeing and be more prone
to ill health. Wairua explores relationships with the
environment, people and heritage.

Te Taha Tinana - Physical Health

Focuses on physical wellbeing and bodily care.
Tinana suffers when a person is under emotional
stress, or is unwell. Pain in different parts of your
body is tinana communicating what is going on
consciously or unconsciously.

Te Taha Whānau - Family Health

The most fundamental unit of Māori society.
Whānau are clusters of individuals descended from
a fairly recent ancestor and may include up to three
or four generations. The beliefs, expectations or
opinions of the whānau can have a major impact
on how we live our lives and the decisions we make

Te Korowai Hauora o Hauraki is a
not-for-profit, incorporated society
providing affordable Health & Wellness
services across the Hauraki rohe (district) for
everyone in our community



Te Korowai
Hauora o Hauraki



Te Korowai
Hauora o Hauraki

Mō tātou o Hauraki

Health and Wellbeing Services for everyone in our community



Oranga o te Tangata *Public & Community Health*

- **Tamariki Ora/Well Child** - Provide milestone checks for children aged between 0 and 5; provide education and support for mothers and guardians about the care of their babies
- **Project Energize** - work in schools promoting healthy eating and activity messages
- **Stop Smoking** - a six-week programme that includes one-on-one and/or group support and nicotine replacement therapy to help stop smoking
- **Whānau Ora Navigators** – assist whānau identify steps to enable them to achieve their goals and aspirations; support whānau to become self-directing and empower them to lead their whānau into a positive future
- **Whānau Ora Education & Employment Coordinator** – support whānau into

employment or education; help them identify their strengths and skills and motivate them to achieve prerequisites for employment or education; drivers licence programme

- **Disability Information & Service – (DIAS)** – Assist those over 50 years with impairments to retain their independence
- **Kaumātua Support Groups** - Paeroa, Coromandel, Thames, Whangamatā and Te Aroha
- **Rongoa - Mirimiri** – traditional Māori healing
- **Iwi Health Promotion** - empower Rangatahi and whānau to be in control of their own ora/wellness



Our Home Assist team specialises in providing home-based care and support from Hauraki to the South Waikato.

All our services are delivered to whānau in their homes as we strive to support independence, dignity and quality of life.

Our service includes:

- Home Help services to provide household management
- Personal care services for whānau
- Medication oversight services
- Support services for whānau assessed as having high and complex needs
- Short and long term care following illness, surgery or an accident

Our service is managed by a dedicated in-house team of specialist Service Coordinators and Registered Nurses.

Home Assist Freephone:

0508 24 66 32

Email: homeassist@korowai.co.nz

Website: www.korowai.co.nz

Hinengaro *Mental Health & Addiction Services*

- **Counselling**
- **Drug & Alcohol Counselling & Support** to get you back on the road after disqualification (NZTA accredited)
- **Mental Health & Whānau Support**
- **Child & Adolescent Mental Health Services**

• **Vocational Services** – Support into employment and education

- **Youth INTact** - Specialist alcohol and drug education & support for youth
- **Maternal Mental Health** - support for women experiencing mental challenges relating to pregnancy, childbirth & parenting up to 1 year old

Group Programmes

- **Te Ara Puawai** – Focuses on recovery and support for those who have difficulty with mental illness
- **Mauri Ora** – Gain Responsibility and Belief
- **Creative Opportunities** - Art, Writing, Sewing, Numeracy & Literacy, Retail Experience

