



**TE WHĀNAU O WAIPAREIRA**  
 KOKIRITIA I ROTO I TE KOTAHITANGA  
*Progressively Act in Unity*

## TE WHĀNAU O WAIPAREIRA TRUST SERVICES DIRECTORY as of March 2018

**Ph:** 0800 924 942 | **Fax:** 09 838 4314

**Email:** [referrals@waiwhānau.com](mailto:referrals@waiwhānau.com)

**East Tamaki Health Care (Wai-Health):** 839 0280

**Waiora Community Pharmacy:** 951 5333

**Hapai Te Hauora :** 520 4796

**WDHB Services :** 838 1877

**Te Pou Matakana :** 0800 929 282

**Smile Dental:** 0800 4 SMILE

**Absolute Physio:** 0800 2 PHYSIO

**Drake International :** 839 2727

**Origin Health :** 838 3568

SERVICE NAME	SERVICE DESCRIPTION
Acupuncture Service (Origin Health Clinic)	Provides pain relief and addiction treatments. ACC Registered. NZ Registered Medical Practitioners
Break Away Holiday Programme	Free school holiday programme run twice a year. First programme after first term, second programme will vary. Caters to 11-17 years from 9am to 3pm.
Building Financial Capability / Budgeting Services	This programme supports whānau to be mentored and develop budgets and provide education around financial literacy.
Cardiac Rehabilitation Service	To provide a home based culturally responsive cardiac rehabilitation service for clients. Promote and improve healthy lifestyle behaviours Improving access to cardiac rehabilitation - through completion of a cardiac rehabilitation programme
Cancer Community Health Navigator	Providing support to whānau who have been diagnosed with cancer. Supporting them with GP and specialist visits.
Community Nutrition, CVD Prevention	To promote the importance of a healthy diet, regular physical activity, smoke free whānau and healthy lifestyles to Māori communities. Physical activity sessions held at Trust Arena, caters to all fitness levels. Tuesday & Thursday 12:30pm to 1:30pm. Wednesday morning 6am to 7am and Saturday morning 7am to 8am. The team will assist with those who are just starting their journey and also provide kai/nutrition information and education.
Drake New Zealand	Global recruitment company - online job search. Caters to Whānau looking for work and providing recruitment solutions for businesses
East Tamaki Health Care (Wai-Health)	GP Clinic – Open Mon-Fri 8:30am – 5:30pm & Saturday 8:30am – 12:30pm Enrolment Form available online <a href="http://www.ethc.co.nz">www.ethc.co.nz</a> Dr K. Jayavant and Dr S. Kashem
Engaging Priority Families	This programme supports whānau with 3- 4 year old children that want to enrol their tamariki into a quality ECE centre and take advantage of the 20 hrs free.
Family /Whānau Support (Mama & Pepi)	This service has been integrated with family/whānau support. We provide pre and post natal support, up until the child is 5 years old.

Family Violence Screening	Family Violence Project Established for implementation of family violence screening tool. To screen and identify Whānau who are exposed to family violence and provide appropriate support, and linkages to other support services.
Family/ Whānau Care (Child & Youth)	Waipareira providing services to 5 -17 years old within the health clinic and Kura Kaupapa Waipareira offering health education packages to 0-17 years old.
Hapai Te Hauora	Maori public health with focus on minimising problem gambling, tobacco control, alcohol & drug harm, physical activity, nutrition, well child and public health issues.
Hearing Association (Auckland) Inc.	The aim of ear wax removal using micro-suction is to gently and safely clear the ear canal. Clinics held every fortnight Thursday from Whānau House at 9:30am to 2:30pm. <b>Appointment required.</b>
Incredible Years Ngā Tau Miharo (Parent)	15 sessions delivered to parents and caregivers with children between 3-8years to support them to parent positively and improve their relationships with their children in line with Incredible Years methodology
Kaiarahi Child Service	This free service is a flexible home based service that supports parents, caregivers and whanau to be, the best parent they can be and help their child get the best start in life 0-5yrs. Enrol during pregnancy or before your child turns 4.
Kaiarahi / Navigator	Navigates whānau into the appropriate Waipareira service that best fits the whānau
Mental Health Contract (Adult Advocacy)	Providing a wide range of Mental Health Services within an integrated model to whānau within West Auckland and Rodney District as far as South Head.
Mental Health Contract (Child Advocacy)	Provides advocacy support for Children who have mental health and their families who are in need of support and education around Mental Health within an integrated model to whānau within West Auckland and Rodney District as far as South Head.
Mental Health (Home Based Recovery Support Services)	Provide services for Whānau with mental health issues requiring intense support of 4 plus hours per week. Referrals come from DHB Local Coordinate Services and GP Services.
Mental Health ( Iwi Contract)	Providing Mental Health support from one to three hours within an integrated model to Maori whaiora and whānau within West Auckland and Rodney District as far as South Head.
Mental Health (AOD & Addictions Counselling Services)	We provide a free outpatient based alcohol and drug assessment treatment and consultation/liaison service within a kaupapa Māori framework. This programme aims to help whānau by providing them with advice, information and support in recognition of an alcohol and/or drug problem
Mental Health (Kaupapa Maori Day Programme)	Free three day a week program designed to aid tangata whaiora on their journey to recovery and reintegration back into society
Mental Health (Mainstream Service)	Providing Mental Health support from one to three hours within an integrated model to Other ethnicities (not Maori or Pacific) whaiora and whānau within West Auckland and Rodney District as far as South Head.
Mental Health (Pacific Contract)	Providing Mental Health support from one to three hours within an integrated model to Pacific whaiora and families within West Auckland and Rodney District as far as South Head.
Mobile Māori Nursing	Māori Mobile Nursing service for enrolled adult Whānau (mainly Māori) who have lung, diabetes and/or heart disease.
Niwareka	This is a confidential and <b>FREE</b> support group for wāhine (women) wanting to take control of their lives. We provide support and advocacy to wāhine facing family violence or who have experienced family violence in their lives. For ages 16-65years.
Poipoia Te Mokopuna (Te Tipu Paa Harakeke) (Parent)	Māori / Whānau 0-3 years early childhood education, supporting and strengthening child education in the home as well as connections to tikanga and te reo. Play groups, home visits and excursions.
Physio Absolute	Achieving absolute recovery for your well-being. No cost for treatments under ACC. Phone for an appointment or book online <a href="http://www.physioabsolute.co.nz">www.physioabsolute.co.nz</a>
Puna Kainga Playgroup (Child)	A playgroup for 4year olds, their whanau and siblings. Whanau stay and play alongside their tamariki to help them become confident learners and prepare them for success at school
Rongoa Maori	Free mirimiri service for whanau. Referral & consent form to be completed. Sessions by appointment only
Smile Dental Oral Health Service	To provide dental services for all age groups Child needs to have a Dental Therapist Referral letter. Adults have pain relief

Strengthening Families	This programme supports Whānau Connectedness by engaging appropriate services, and multiple agencies support around Whānau through the strengthening families process.
Tātou	Tatou is a new Whanau Centre Navigator service for our Whanau who have identified wanting to lead healthier lifestyles as a goal or priority area.
Te Ara Puawai	After school remedial programme in Literacy and Numeracy support for 7-11 year olds. Targeting at risk learners. Each child is assessed prior to enrolment. Some costs will apply.
Te Pae o Te Haa (Smoking Cessation)	Takes a culturally tailored approach to encourage whānau to quit smoking. Work with each whānau smoker, tailoring plans suited to their lifestyle and circumstances.
Te Pou Matakana	Whānau Ora commissioning agency for the North Island. <a href="http://www.tepoumatakana.com">www.tepoumatakana.com</a>
Te Rito (Early Learning Centre)	Early childhood centre for pre-schoolers with a focus on bi-lingual language delivery (Māori and English) for babies and children from age 6 months to 5 years old.
Triple P (Positive Parenting Programme)	Triple P is a positive parenting program for parents of children up to the age of 12. 2 hour group discussions held every Wednesday 11am-1pm on level 2 of Whanau House. Delivery covers Mangawhai Head to New Lynn.
WDHB Outpatients Services	Various WDHB outpatient clinics from Physio, Toddler / Infant Vision & Hearing services. By scheduled appointments only
Well Child/ Tamariki Ora (Child)	Support families / whānau/ caregivers in maximizing their children’s developmental potential and health status between the ages of 0-5 years, establishing a strong foundation for on-going health development.
Whai Ao (HAPAI Public Health)	Delivering public health programmes and services which are designed by Māori for Māori, (but not exclusively), to improve Māori health. E.g. boxing and swimming.
Whānau Ora Diploma (Level 5)	Diploma is a work-based programme that is offered part time over 2 years. Course will be offered to employees in the workplace and include individual tutoring, noho Marae and distance delivery. (Fee involved)
Whānau Ora Rangatahi	Additional support for Rangatahi who are engaged with Whānau & School Support Services
Whānau & Support Services for Schools / Truancy	To support whānau with truancy issues. Referrals to this service through school.
Whānau Development	Providing a wide range of Social Services within an integrated model to whānau within West Auckland
WINZ – Community Link	Provides all WINZ Support for Waipareira whānau. Whānau must be accompanied with their Waipareira Support Worker.