

CMHC



## MAORI THERAPEUTIC GROUPS

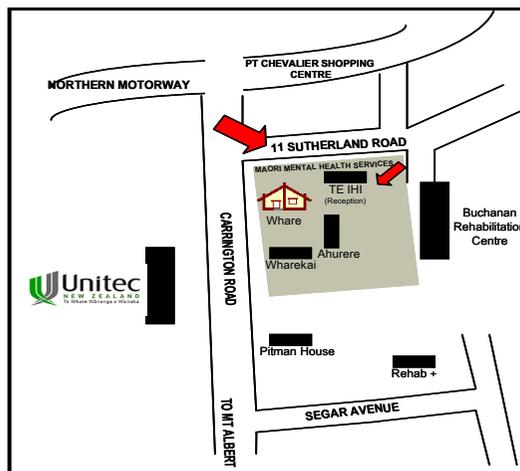


### WHATUA KAIMARIE MARAÉ

The information contained in this brochure is valid for the period January—December 2015

## DIRECTIONS

Postal/Physical address:  
11 Sutherland Road,  
Point Chevalier  
AUCKLAND



Reception Telephone: (09) 845 3084

Facsimile: (09) 815 5256

For after hours support please contact

ADHB Crisis 24 Hour Answer Service on: 0800 800 717

**Nga tohu o tou aroha e oranga mo apopo.**

**Loving intentions ensure future wellness**

## REFERRAL PROCESS

Referrals are made via a Mental Health Service. If you are a current ADHB Adult service user, you can request referral by either your psychiatrist or key worker.

Key workers: Please complete a community support referral (available in HCC) and call Manawanui to discuss.

NB: It is the responsibility of key workers to ensure their tangata whai i te ora has transport to groups.

## CLIENT RIGHTS

Manawanui are committed to working in partnership with tangata whai i te ora and their whanau in upholding the Health and Disability Services Consumers' Rights.

## PRIVACY

The service undertakes to protect individual privacy in respect of health information. All information is collected, utilised and stored according to requirements of the Health Information Privacy Code 1994.

## COMPLAINTS

The service is committed to providing an excellent service and complaints provide an important opportunity to improve our service delivery. A tikanga process for complaint resolution is utilised alongside the ADHB complaint process.

## MĀORI THERAPEUTIC GROUPS

Manawanui Oranga Hinengaro provides an holistic approach to our Tangata whai i te ora. The service is here to help Tangata whai i te ora pursue wellness and live a healthy and meaningful life. All of our groups are based on a Kaupapa Māori philosophy where Te Reo Māori and Tikanga Māori are encouraged.

### **Eligibility criteria:**

Adults  
Current service user of ADHB MHS.

If you are interested in one or more of the following groups, please contact your key worker at your CMHC who will send through a referral to Manawanui.



### **Hauora Tinana**

**Runs: Tuesdays weekly**

This group aids both physical and mental wellness through fitness, confidence, empowerment, skill and a healthy sense of competition, gained through touch rugby and other team sporting activities.

**Facilitators: Clintin Paterson,  
Easter Lanifole**

### **Sensory Modulation**

**Runs: Weekly on Thursdays for 4 week terms**

Sensory modulation techniques can have a positive impact on Maori mental health. It can assist you to relax, self regulate and self soothe, with the overall outcome of coping with distress and regaining self control.

**Facilitator: Aroha Holt**

### **Kapa Haka**

**Runs: Fridays weekly**

Learn traditional/contemporary waiata and haka every Friday. This group promotes the use of te reo, tikanga, physical coordination and being part of a positive group activity. You will develop a newfound sense of confidence and enthusiasm as you excel in kapa haka performance. No prior experience required.

**Facilitator: Moira Rapana**