

Te Rapuora Health Services

Te Rapuora Health is a free community based service that offers a range of services to whanau.

Te Rapuora Health also offers:

- In Blenheim
 - Addiction Intervention Services
 - Disability Support
 - Mental Health
 - Rongoa Maori
 - Whanua Ora Services
- In Nelson
 - Maori Day Activity Programme
 - Like Minds Like Mine
 - Mental Health
 - Tamariki/Rangatahi
 - NASC
 - PATHS

These services are easily accessed by contacting our service, should you require a referral.

Whare O Te Rapuora Health

Opawa House

69-71 Grove Road, Blenheim
PO Box 220, Blenheim

Phone: (03) 578 3348 Fax: (03) 578 8034

Office Hours: 8.30am – 5.00pm

Te Whare Manawa Ora (Nelson)

14 New Street, Nelson
PO Box 1381, Nelson

Phone: (03) 546 9997 Fax: (03) 546 9157

Office Hours: 8.30am – 5.00pm

www.terapuora.co.nz

Our Vision

He Mauri Ora, He Hauora

Our Mission

*Te hā o hauora, he aroha, he tautoko,
hei piki ake to mana o te tangāta.*

Whakarongo Mai

If you wish to give feedback or make comment about our services, you can phone the manager on 03 578 3348, email manager@tewaiha.org.nz or write to The Manager, PO Box 220, Blenheim.

Your feedback is important to improve the quality of our services.

Noho ora mai



**TE RAPUORA O
TE WAIHARAKEKE**



Adult Community Day Programme

Te Whare Manawa Ora Opawa House

14 New Street
PO Box 1381
Nelson

Ph: (03) 546 9997
Fax: (03) 546 9157

Website: www.terapuora.co.nz

69-71 Grove Road
PO Box 220
Blenheim

Ph: (03) 578 3348
Fax: (03) 578 8034

WHAT THIS SERVICE OFFERS:

Our services are Kaupapa Maori and are based on Maori models and values.

Our services are free and available to all.

Mahia/Function:

To assist those Tangata whaiora who wish to improve their life skills and overcome social isolation. There is an emphasis on whanaungatanga and supporting and nurturing activities.

Who Can Access Us?

Referral from mental health team or community support services in accordance with an agreed management plan.

Programmes Available:

1. *Mauri Ora*

This programme will be a provision of or access to kaumatua, a Maori environment, rongoa, Maori, Tohunga, Te Reo Maori speakers of other cultural needs in accordance to the needs requests of Tangata Whaiora.

2. *Educational Field Trips*

This programme is to visit places of interest, especially historical Maori sites, museums, Founders Heritage Park - Nelson's replica historic village, art galleries, hand-made prints, sculpture and jewellery, ceramics, art glass and more including playgrounds, parks and beaches.

3. *Arts & Crafts*

Tile mosaics, painting, carving, paper mache, creating gift baskets using pumice and flax to include making soap, candles, weaving with flax.

4. *Self Esteem & Goal Setting*

This programme will address issues of low self-esteem and will incorporate exercises and knowledge on how to feel good about ourselves.

5. *Life Skills and Healthy Options*

Topics to be covered include exercise to include relaxation techniques, friendships and relationships, healthy eating, meal planning, budgeting, personal hygiene, dressing and grooming, health and safety at home and in the work place, gift making only costs your time, growing vegetables and herbs are just a few.

6. *Budgeting*

Will provide basic information and practice around managing ones income.

7. *Effective Communication*

This programme will provide the participants with knowledge and skills relating to language which will assist them in their day-to-day living.

8. *Basic Computer*

This programme is delivered on a one-on-one basis and sessions are 1 hour and 15 minutes long per person.

9. *Create a Curriculum Vitae*

A programme that will inform participants of information required for a CV.

10. *Exploring Community Options*

This programme will involve exploring participants individual interests as well as gaining knowledge about what club activities, volunteer work, community services are available in this area.

Maori Health Is Holistic

Maori health is sacred and holistic. A well known model is **Te Whare Tapa Wha.**

Taha Wairua - Spirituality

- Belief
- Stress management
- Identity

Taha Hinengaro - Mental Health

- Learning
- Creativity
- Emotion
- Reasoning
- Behaviour

Taha Whanau - Family (kuia, koroua, pakeke, rangatahi, and tamariki) is recognised as the foundation of Maori society

- Relationships
- Role models
- Support
- Identity

Taha Tinana - Physical Wellbeing

- Healthy Lifestyles
- Cultural differences

More Information?

For further information on times and places available please contact the Blenheim or Nelson offices.