

#### 4. **Whanau Ora** (available in Blenheim)

This service offers a free health assessment by a registered nurse and assists the individual and their whanau to develop a health plan. The team works with other services eg G.P.s to ensure that whanau get total health care.

They also carry out a range of health education and promotional activities aimed at improving maori health.

#### 5. **Kaumatua Services** (available in Blenheim and Nelson)

This is a service to support Kaumatua to enjoy their golden years whilst maintaining their freedom and independence. Kaumatua can share and enjoy many recreational activities and programmes.

### OTHER SERVICES

#### 1. **PATHS - Providing Access to Health Solutions**

Paths is a partnership between Work and Income, Kimi Hauora Wairau (PHO) and Te Rapuora Health Services. This service aims to reduce or remove health barriers to employment for clients receiving sickness or invalids benefits.

Referrals are by Work and Income case managers, General Practitioners (doctors), Health and Community/Mental Health Services.

### REFERRALS

Access to Te Rapuora Health Services may be from any source, including self referrals, whanau, GPs, primary practitioners, caregivers, and community members and from inpatient services.

## 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](http://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, or email [manager@tewaiha.org.nz](mailto: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**



# Te Rapuora Health Services

**Te Rapuora O  
Te Waiharakeke Trust**

***A Maori Health Service  
Promoting Whanau Wellbeing***

[www.terapuora.co.nz](http://www.terapuora.co.nz)

# TE RAPUORA HEALTH SERVICES

Welcome to Te Rapuora, a Kaupapa Maori Health Service promoting whanau wellbeing. Our aim is to provide for the health and welfare of the Maori people in Marlborough. Our funding is provided by the Ministry of Health and the Nelson Marlborough District Health Board.

Te Rapuora represents the membership of four iwi, Ngati Apa Ki Te Waipounamu Trust, Te Atiawa Manawhenua Ki Te Tau Ihu Trust, Te Runanga O Ngati Kuia Trust and Ngati Toarangatira Manawhenua Ki Te Tau Ihu. Omapa Maori Women's Welfare League and Blenheim Maori Women's Welfare League are also represented on the Board of Trustees.

## ADDICTION INTERVENTION SERVICES

Provide a community or outpatient based alcohol and drug assessment, treatment and consultation/liaison service. Help and advice about any addiction is available.

## MAORI MENTAL HEALTH SERVICES

We provide a number of Mental Health Services.

### 1. **Adult Community Day Programme** (available in Blenheim and Nelson)

This programme is for people who have been diagnosed with a mental illness and wish to improve their life skills and overcome social isolation. Referrals from self, whanau and community organisations. Referrals into this service will have a mental health diagnosis and/or a current or pending Needs Assessment. The programme operates from 10.00 am to 3.00 pm daily. Transport to and from the programme can be arranged.

### 2. **Adult Community Support** (available in Blenheim and Nelson)

Anyone may contact the service if they have any concerns about their own mental wellbeing or that of a friend or family member. Referrals into this service will have a mental health diagnosis by Nelson Marlborough DHB Mental Health Services. The Mental Health Crisis teams should be contacted outside of business hours.

### 3. **Needs Assessment & Service Co-ordination - NASC** (available in Blenheim and Nelson)

This is a tool to identify what supports are needed to help a person experiencing mental illness progress toward wellness. Cultural needs are assessed to ensure that Maori receive appropriate services, support and models of care. We encourage your whanau to be involved at the assessment (you may request for Kaumatua to be present at any time). NASC can assist you to access DHB funded services. Referrals must come through the NMDHB Mental Health Services.

### 4. **Planned Peer Support and Advocacy** (available in Nelson)

This service provides advocacy and social support where necessary for Tangata Whaiora. Referrals from self, whanau and community organisations/providers.

### 5. **Planned Respite** (available in Blenheim and Nelson)

Planned Respite provides you with help, resources and support to give you a break away when and where you need it in a safe and supportive environment. There are different options available for your Planned Respite. You have to have a current Needs Assessment. Respite must be part of your recovery plan. The recovery plan is normally outlined in the Needs Assessment. To use this service you must be referred from inpatient or community health services. Ask your caseworker if our service is appropriate for your needs and if you want more information just give us a call.

### 6. **Tamariki-Rangatahi/Child and Youth Mental Health** (available in Blenheim and Nelson)

This service is for all children aged 0-18 years of age and their whanau. We accept referrals from self, whanau and community organisations/providers.

## HEALTH PROMOTION SERVICES

### 1. **Maori "Like Minds Like Mine" - Nelson**

This programme was initiated to empower Tangata Whaiora (mental health service users) and to change attitudes of prejudice and discrimination towards people who have experienced mental illness.

It is a public health programme that offers information and support to whanau, hapu, iwi through educational and community activities.

## COMMUNITY HEALTH SERVICES

### 1. **Maori Disability Support** (available in Blenheim)

To ensure maori with disabilities, kuia and koroua have an improved level of independence. This service includes assessment, treatment and rehabilitation; service co-ordination; continuing hospital care; home support/carer relief services.

### 2. **Wairakau Rongoa Maori** (available in Blenheim and Nelson)

Based on traditional healing practices, this service offers a holistic healing service which is culturally safe and sensitive to whanau needs and aspirations.

### 3. **Targeted Youth Health Service - TYHS** (available in Blenheim and Nelson)

This is a primary healthcare service, the purpose of which is to improve access to primary healthcare of young people with high needs, specifically students in Alternative Education and Youth Transition Services. The TYHS should also lead to improved access to appropriate services such as mental health, drug and alcohol, nutrition, weight and exercise service, and positive youth development programmes. Referrals from self, whanau and community organisations/providers.

