

## 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](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, 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**



# Maori Needs Assessment & Service Co-ordination (NASC)

### Te Whare Manawa Ora

14 New Street  
PO Box 1381  
Nelson

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

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

## 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.*

### What is Maori Needs Assessment?

A tool to identify what supports are needed to help a person experiencing mental illness towards wellness.

We encourage your whanau or other people you know well to be at the assessment or, if you would like the assessor to talk to your whanau about anything separately, this can occur. You may request for kaumatua to be present at anytime.

NASC can assist you to access DHB funded services.

### How do you access this service?

Referrals must come through the DHB Mental Health Services.

### What will happen?

Processes will be explained to you and carried out with your consent.

Assessments will be discussed with you and changes can be made before being signed off.

We will give a copy of the release form to yourself and the agencies that will support you.

### Initial Assessments

Initial assessments are comprehensive and will take 1-2 hours. This can occur in one session or more sessions if needed.

### Cultural Assessments

Cultural needs are assessed to ensure that Maori receive appropriate services, support and models of care.

Cultural assessments include those concepts that are important to Maori and are part of all assessments.

- Karakia - Prayer
- Whakawhanaungatanga - connections
- Ko wai au? - Who am I?
- No whea au? - Where do I come from?
- Waiata - Song

Cultural assessments are based on Te Whare Tapa Wha.

- Taha Wairua - Spirituality
- Taha Hinengaro - Mental Health
- Taha Whanau - Family
- Taha Tinana - Physical Wellbeing

### Reassessments

Reassessments are to review how the supports are going for you. They are normally done 6 monthly.

### WHAKATAUKI

Hutia te rito o te harakeke  
Kei hea ra te komako e?  
Ka ki mai koe, ha aha te mea nui,  
Ke atu au  
He Tangata, He Tangata, He Tangata

Rip out the heart of the flax bush  
Where will the bellbird sing?  
If you ask me -  
What is the most important thing in the world?  
I will respond -  
It is people, it is people, it is people

### More Information?

Needs Assessor:

Lynn Allan - phone (03) 546 9997

**AVAILABLE BY APPOINTMENT**