

We are a Maori Health Provider offering a Marae Based Health Clinic, Primary Health Care, Child & Youth Mental Health Services, Tamariki Ora & Whanau Ora for the Aoraki rohe/South Canterbury region.

**We Work With**

- Pepe/Baby
- Tamariki/Children
- Whanau/Families
- Kaumatua/Elder Health
- Adult Health
- Health and Community Agencies

Arowhenua Whanau Services is a free, primary health service operating four health clinics across the Aoraki Rohe

- Temuka, 94 King Street
- Timaru, Te Aitaraikihi Multicultural Centre
- Twizel, Te Whare Mahana
- Waimate, St Johns Rooms

Please contact the clinic for the dates and times for these clinics.

**All inquiries**

Arowhenua Whanau Services

92A - 94 King Street

Temuka

Phone: 03 615 5180

Fax: 03 6155181

Email: [admin@aws.health.nz](mailto:admin@aws.health.nz)

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**Arowhenua Whanau Services**

*Providing a wide range of integrated services to all Maori and non-Maori living within the Aoraki region.*



# WHAT SERVICES DO WE PROVIDE?

## Mental Health Services

We have a Mental Health Team of two Registered Nurses and a Support Worker who will work with people with mild to moderate mental illness. We assist people with Depression, Anxiety, Grief and Addiction issues. Referral to our service can come from any source. Our service is free, confidential and available to anyone in the South Canterbury region, of any ethnicity, over the age of 12 years.

Our work may include:

- Goal setting
- Talking therapies including Rational Emotive Behavioral Therapy-REBT
- Stress/Anxiety management
- Education around illness and illness prevention
- Problem solving skills
- Referral to another agency if appropriate

## Primary Health Services

The Primary health team will work with anyone with any health issue for those aged 0-100yrs. We provide a full lifestyle and wellbeing approach to health, as well as supporting clients to better understand any health issue. We believe it is your health and you need the tools and knowledge to manage it yourself.

We offer this service from our Clinic at 94 King Street, 5 days a week. We also operate weekly outreach clinics at Te Aitakihi Marae, Washdyke, and in Waimate. We have a monthly outreach clinic at Te Whare Mahana (Twizel). Nurses are also available to see clients in their own homes, or in the community. We accept referrals from any source.

Services we provide include:

- Podiatry
- Health Assessments
- Aukati Kai Paipa (Quit smoking)
- Cervical Smears
- Sexual Health Services
- Free Contraception
- Diabetes, cholesterol or Heart Checks
- Advice on Medication
- Health Education & Promotion
- Flu / HPV Vaccinations & Children's Immunisations
- Enduring Chronic Illness Management
- Liaise with patients GP/ Patient/ Advocacy
- Blood Testing
- Wart & Verruca Removal
- Wound Dressings

## Tamariki ora

This free service provides health checks, education, support and follow-up services to all pepe/tamariki from birth to five years and their whanau/families within the Aoraki region. This service operates in accordance with the Well-child/Tamariki ora framework and provides an alternative option to South Canterbury parents to the Plunket services. We accept referrals from any source.

## Whanau ora

Whanau Ora is all about empowering your whanau to build its strengths & capabilities and access the services you need to achieve your goals & aspirations. We employ a Registered Nurse who works part time in the role as a Whanau ora coordinator. This nurse does not work with individuals rather they work with whanau as a whole unit. The whanau is assessed and the nurse works with them to ensure they have access to all appropriate services to meet their needs and enable the whanau to flourish.

## Attendance Service

We have a sub contract with Te Ora Hou, a Canterbury based organisation to provide a local attendance Service which includes:

- Supporting schools in the management of persistent unjustified absence, after the school has made all reasonable attempts to engage the learner
- Locate learners who have been absent from school for more than 20 consecutive days without a justified reason, and where appropriate facilitate enrolment in a school or another legal learning environment.
- Referrals to the Attendance Service are made by schools, this is in accordance with Ministry of Education guidelines
- Provide a responsive proactive service focused on early intervention.

The Arowhenua Whanau Services Attendance Advisor covers the Timaru, Mackenzie, Waimate and Twizel areas. Geraldine and Opihi high schools provide the service to their local communities.