



**Te Piki Oranga**  
MĀORI WELLNESS SERVICES

**Kaupapa Māori health and wellness services**  
*by Māori, for Māori.*



*Hei oranga ki te whānau o Te Taihū o Te Waka-a-Māui.  
Healthy whānau across the top of the South Island.*

## **Te Piki Oranga** *for your health*

Te Piki Oranga is the leading provider of kaupapa Māori health services in Te Taihū o Te Waka-a-Māui (Nelson/Tasman/Marlborough).

We provide a wide range of free, confidential services designed by Māori, for Māori.

Our qualified kaimahi provide healthcare and prevention programmes (e.g. cervical screening, immunisation outreach, pre-diabetes education) and cultural support for whānau—from our health hubs in Wairau, Whakatū, and Motueka, or in people's homes.

*See reverse for our full range of services.*

**0800 ORANGA (0800 672 642) [www.tpo.org.nz](http://www.tpo.org.nz)**

# Our services for whānau



## Te Puna Hauora

The kaupapa of Te Puna Hauora is to support self-management of long-term conditions such as lung disease, diabetes, heart disease and cancer. Our nurses, social workers, counsellors, navigators and allied health workers offer an integrated service, placing whānau at the centre.

## Ngā Pūkenga Manaaki Hauora Hinengaro mō ngā Tamariki me ngā Rangatahi

### *Child and Adolescent Mental Health Services*

Our mental health clinicians offer a mana-enhancing service for tamariki and rangatahi and their whānau. We take a kaupapa Māori strength-based approach to prevention, assessment and diagnosis, treatment and therapy.



## Te Puna Hononga - Waipiro me ērā atu taukino

### *Alcohol and Other Drug Specialist Services*

We support people and whānau harmed by alcohol and other drugs through assessment, treatment and referral into other services. Our counsellors offer integrated care for people who also have mental health needs. We have a focus on recovery and reducing the risk of relapse.

## Well Child Tamariki Ora

Our specialist Tamariki Ora nurses support the whānau of pēpi and young tamariki up to age five. Services include childhood immunisation, breastfeeding support, advice on safe sleeping, ensuring a smokefree environment and B4 School Checks. We also offer health and wellbeing advice to whānau to support them through the early days and years of raising their tamariki.

## Breastfeeding support

We can refer māmā to a specialised lactation consultant. Breastfeeding support is also provided by our Tamariki Ora nurses or a lead maternity carer (midwife). We refer a māmā to a lactation specialist when she needs more support.

## Te Hā Aukati Kaipapa

### *Stop Smoking Services*

Our kaupapa Māori 'quit coaches' offer individual or group sessions to help people become and stay smokefree. This includes nicotine replacement therapy. We provide special support for hapū (pregnant) wahine, and will support tāne and other whānau members to become smokefree before pēpi is born.

## Te Pae Oranga

### *Iwi community panels*

Te Pae Oranga offers an alternative to court proceedings for some types of offending. Police provide the three-person panel with a summary of the facts and the panel then works with all parties to decide a course of remedial action.

## Ngā Pūkenga Manaaki Hauora ki te Koroua me Kuia

### *Early Intervention Services for Older People*

We offer whakawhānaungatanga and physical activities for koroua and kuia, aged 55 and older. We also help older people access other health and wellbeing services.



To read more about Te Piki Oranga services:  
[www.tpo.org.nz](http://www.tpo.org.nz)

## Where to find us

### Whakatū/Nelson

17 Bishopdale Avenue, Nelson 7011

Phone 03 546 9099

### Waimeha/Richmond (Management Team)

A1, 281 Queen Street, Richmond 7020

Phone 03 543 7016 Email [admin@tpo.org.nz](mailto:admin@tpo.org.nz)

### Motueka to Mohua/Golden Bay

117 Pah Street, Motueka 7210

Phone 03 528 1046

### Wairau/Blenheim

22 Queen Street, Blenheim 7201

Phone 03 578 5750