



Our Vision:

'Ka Tū mai a Hauā'

Ngāti Hauā Whānau and communities are nurtured, connected, empowered and flourishing.

Our Mission:

'To promote a quality of life for the people and communities of Ngāti Hauā'

Where Whānau live in safe, supportive communities, in healthy environments, with adequate income, secure housing, and meaningful roles in life

Other Services We Provide:

- ▶ Whānau Support Service
- ▶ Strengthening Families Coordination
- ▶ Toiora – Rangatahi Support and Mentoring Service
- ▶ Family Centred Services
- ▶ Whānau Ora – Kaiārahi Navigator Service
- ▶ Work Ready – Kia ora, Kia rite, Kia tōnui
- ▶ Public Health Promotion
- ▶ Community Development



Te Hauora o Ngāti Hauā
2 Cadman Street, Waharoa, 3401



Phone: 07 8887870
OR, 0800 483 428 /08004Tehau



Facebook – Te Hauora o Ngāti Hauā
Website: www.tehauora.co.nz

Mobile Nurse and Healthy Lifestyle Service.

Hei Oranga Tangata.



**Te Hauora o
Ngāti Hauā**

Our Service:

Our Mobile Nurse and Healthy Lifestyle Service is staffed by a Registered Clinical Nurse and Healthy Lifestyle Coordinator. Both are dedicated and committed to improving whanau wellbeing.

Our team apply their clinical and community knowledge, skills and networks to ensure that you have all the necessary support to manage and improve your health.

Target Group:

Our mobile nursing service targets Māori adults aged 25 years and over who have or are predisposed to a chronic condition including; diabetes, respiratory and, or heart condition.

Service Area and Location:

Our Te Hauora o Ngāti Hauā office is located at 2 Cadman Street, Waharoa. Our mobile nursing service can visit you at your home or local GP Service if you live in the Matamata, Morrinsville, Tauwhare or Waimakariri area.

Our Mobile Nurse will:

- ▶ Liaise with your GP and or other professionals responsible for your health needs
- ▶ Regularly monitor your condition, measure progress and identify any issues for action
- ▶ Provide you and your whanau with information, education or resources to manage your condition
- ▶ Work with you to develop plans to improve health and reduce risk factors
- ▶ Connect you with relevant health and social support services
- ▶ Our Healthy Lifestyle Coordinator can:
 - ▶ Assist to develop your personal goals and plan for a Healthy Lifestyle
 - ▶ Access relevant information, resources, services and networks to support you to achieve your goals
 - ▶ Provide a range of educational workshops with a range of skilled facilitators and experts
 - ▶ Connect you with others on the same journey
 - ▶ Monitor and evaluate your progress

Our service is free. Professional, confidential and culturally sensitive to your needs.

How to Access our Mobile Nurse and, or Healthy Lifestyle Service:

- ▶ You can visit our Office at 2 Cadman Street, Waharoa Monday to Friday 9am – 5pm
- ▶ Contact our office 07 8887870 or toll free at 0800483 482.
- ▶ Ask your Doctor or Health Service to refer you – our email is: Reception@tehauora.co.nz
- ▶ You can also contact us through our Facebook @ Te Hauora o Ngāti Hauā or website www.tehauora.co.nz

