

Services

Whānau

- Support with health planning and decision making
- Support with asthma
- Promoting good nutrition
- Education about the risks of cancers
- Healthy pregnancies

Tamariki (0–14 years)

- Supporting immunization
- Safety and prevention of injuries

Rangatahi (15-24 years)

- Promoting good sexual health
- Promoting good mental health and self-esteem
- Assistance with smoking cessation
- Alcohol and drug education

Pakeke (25-45 years)

- Fitness and physical activity
- Rehabilitation from stroke

Kaumātua (60 years plus)

- Fitness and mobility
- Support, advice and effective management of respiratory illness
- Management of diabetes and foot problems

Hokonui Rūnanga Health and Social Services Trust

Contact

Terry Stott: 027 505 3150

Opening Hours

9.00am – 3.00pm

Monday - Friday

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Consumers have rights and providers have responsibilities under The Code of Health and Disability Services.

For more information visit www.hdc.org.nz



Whānau Ora

Māori Community

Health Services

We provide a range of free general health education, promotion, advisory, liaison and coordination activities for whānau who are resident in Southland.



Hokonui Rūnanga Health and Social Services
is a member of the

Te Waipounamu Whānau Services Collective - an official
Whānau Ora Site

Kaumātua Health Days

Join us in our health days, which include whānau support, fitness and physical activities, gardening, massage, foot clinics and health promotion presentations with access to medical and nursing personnel fortnightly - monthly.

Services include:

- Health promotions
- Hearing checks
- Housie
- Lunch
- Nail services
- Superannuation / pension support



Tamariki Programme

Designed for tamariki aged 5 -12 years.

Held once per month.

Tamariki are collected and dropped off by staff members.

Different activities are held each session.



Te Kakano nurses are happy to see any one for any health advice, education or support. They will work with other health providers (e.g GPs) to enable the best care for you.

Services include:

- Tamariki ora checks
- Rangatahi checks
- Cervical smears
- Sexual health checks and contraception advice
- Pregnancy testing
- Weight monitoring
- Blood sugar and blood pressure checks
- Heart, diabetes and breathing checks to identify your risk of illness
- Access to a podiatrist
- Access to a dietician
- Helping you develop a health plan to meet your goals
- Helping you know who and what is available to meet your health needs