

## Directory of Health and Social Services in Turangi

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
Adult Community Education (ACE)	See REAP			
Awhina Society Women's Refuge	See Women's Refuge			
Aquatic Centre (Genesis Energy Turangi Aquatic Centre)  Swimming	<p>Facility hosts four pools:</p> <p>25 metre lap pool - 1.8 metre deep pool - Learners pool - Toddlers pool.</p> <p><b>Health and Fitness classes</b> - In 25metre pool on Mon and Wed in conjunction with Turangi Tongariro Sports Foundation and Tuwharetoa Health 9.00 am, 9.45am and 10.30am</p> <p><b>Aquacise</b> - Mon and Wed 8.30-9.30am ladies wear aqua belts.</p> <p><b>Opening hours</b> - Mon to Thur 8.30am-6.00pm and Friday to Sunday 12.00pm-6.00pm. School holidays the hours are the same except Friday to Sunday which is 10.00-6.00pm.</p>	Open to all.	<p>Suzanne Billings Team – Leader 0275703950</p> <p>Nigel Newberry Pool Operations Manager (Based at AC Baths) Mobile 0272186136</p> <p>Virginia Munro Aquatic and Fitness Manager (Based at AC Baths) 0274472006</p> <p><a href="mailto:sbillings@taupo.govt.nz">sbillings@taupo.govt.nz</a></p>	
Age Concern  Older people advocacy	<p>Accredited Visiting Service – a trained volunteer is matched with an older person living alone, the visitor commits to visiting /supporting the older person weekly.</p> <p>Elder Abuse and Neglect Prevention Services – available to support older people at risk, their families and carers. Education to prevent elder abuse can be provided to caregivers and to community groups.</p>		<p>Waiora Community House P O Box 595 129 Spa Road TAUPO Ph 07 3781199 <a href="mailto:lyndsay@ageconcermtaupo.org.nz">lyndsay@ageconcermtaupo.org.nz</a></p>	
Alcohol and Drug Helpline	<p>The Alcohol Drug Helpline is an information, referral and intervention service. It offers free confidential information, insight and support on any problem, issue or query about your own or someone else's drinking or drug taking.</p> <p>See also Te Utuhina Manaakitanga</p>		0800 787 797	<a href="http://www.adanz.org.nz/helpline/home">http://www.adanz.org.nz/helpline/home</a>

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Alzheimers Society (Taupo)  Mental Health	<p>Taupo Alzheimers Society has two field officers, based in Taupo.</p> <p>One goes to Turangi twice a month to see clients and family/carers.</p> <p>Our role is to support the family and carers go through their journey with Alzheimers/Dementia as everybody's journey is different.</p>	Referrals are accepted from self, family/whanau, doctors and other health providers	<p><a href="mailto:alzheimers.taupo@vodafone.co.nz">alzheimers.taupo@vodafone.co.nz</a></p> <p>Michelle King Field Officer Phone 0220433685 or 073774330</p>	<a href="http://www.alzheimers.org.nz/">www.alzheimers.org.nz/</a>
ARC Counselling Services  Mental Health	<p><b>arc</b> Counselling Services is a community provider of primary and secondary health care counselling in Turangi.</p> <p>The range of counselling provided covers a complexity of issues relating to the broader issues of substance mis-use, abuse and dependency as well as counselling for gambling related issues, personal and social problems psychosocial, range of mental health disorders, depression, anxiety, life stress, trauma.</p> <p><b>arc</b> Counselling Services is an approved referral centre for those clients who require referral to residential treatment centres, in regard to alcohol and other drug related issues.</p> <p><b>arc</b> Counselling Services is also an approved New Zealand Transport Agency Assessment Centre to provide assessments for those who have been indefinitely disqualified from holding a drivers license because of drink driving offences.</p> <p><b>Hours:</b> 9.00am to 1.00pm and 2.00pm to 5.00pm <b>Days:</b> Tuesday, Wednesday, Thursday, Friday.</p>	Referrals are welcome from self; whanau/family; doctors; allied health services; community agencies; lawyers; employers.	<p><b>Physical Address:</b> Turangitukua Charitable Trust Building, 130 Atirau Road, Turangi (opposite the Turangi Auto Centre).</p> <p><b>Postal Address:</b> P.O. Box 166, Turangi 3353</p> <p><b>Telephone:</b> 07386 6132 <b>Fax:</b> 07 386 6132</p> <p><b>Contact Name/Telephone</b> Counsellor Kate Forsman 07 386 6132 Counsellor Rina Crowther 07 386 6132 <a href="mailto:turangi@arctpo.co.nz">turangi@arctpo.co.nz</a></p>	
Bluelight  Youth activities	<p>A community policing initiative that runs programmes and activities free from drugs, alcohol and violence for youth throughout NZ.</p> <p>Activities include sporting cultural, educational and community programmes aimed at:</p> <ul style="list-style-type: none"> <li>• reducing youth crime</li> <li>• building community partnerships</li> <li>• building young people's self esteem</li> </ul>	Phone or call in to local Police station	07 386 7709	<a href="http://www.bluelight.co.nz">www.bluelight.co.nz</a>

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	<ul style="list-style-type: none"> <li>enhancing community safety</li> <li>building positive youth and police partnerships</li> </ul>			
Breastfeeding Support	See La Leche			
Budget Services	See Turangi Budget Services			
Cancer Support Services	<p>Supporting patients and their families affected by cancer. The nurses:</p> <ul style="list-style-type: none"> <li>navigate patients through health and social services for co-ordinated care</li> <li>work with whanau to make sure there is a good understanding of the cancer journey</li> <li>provide information regarding options and management of the illness</li> <li>support at appointments</li> <li>provide ongoing support through visits and phone calls</li> </ul>	<p>Cancer support nurses accept referrals from; patients, families, friends of patients, family doctor, hospital services, district nursing services</p> <p>Cancer Society, Rotorua, Taupo and Waikato Hospitals, oncologists</p>	<p>Phone 343 7729</p> <p>David Boles 027 328 3112</p> <p>Tirita Olsen 027 664 4573</p> <p>Sharon Williams 027 768 1944</p>	
Café for Youth Health	<ul style="list-style-type: none"> <li>STI health checks</li> <li>cervical screening</li> <li>school health clinics</li> <li>smoking cessation referrals</li> </ul>	Free drop in clinic at Turangi Community Health Centre Mondays 1.30 to 3.30pm as well as at Tongariro school	<p>Phone 07 378 3895</p> <p>info@youthcafetaupo.org.nz</p>	<a href="http://www.youthcafetaupo.org.nz">www.youthcafetaupo.org.nz</a>
Child Cancer Foundation	<p>Lakes Branch Child Cancer Foundation covers the area from Rotorua to Turangi.</p> <p>We offer support to families with a child diagnosed with cancer up to 20 years old.</p> <p>There is some financial assistance, advocacy, education scholarships, holiday homes, support groups, information and resources.</p> <p>We also offer the Beads of Courage therapeutic programme.</p>	People can self refer, however referrals usually come through from Starship Hospital once a diagnosis is confirmed.	<p>Barbara Richardson</p> <p>Family Support Co-ordinator</p> <p>Lakes Branch Child Cancer Foundation</p> <p>P.O Box 1208</p> <p>Rotorua</p> <p>027 533 37 93</p> <p>brichardson@childcancer.org.nz</p> <p>0800 4CHILD (0800 424453).</p>	<a href="http://www.childcancer.org.nz">www.childcancer.org.nz</a>
Child Development Team ( Lakes DHB mental health services for children )	Assessment, treatment and programmes for children with developmental delay aged 0 to 14 inclusive. Neurodevelopmental therapist travels to Turangi from Taupo Hospital and works in homes and early education centres.	Referrals from health professionals , teachers and other agencies only. No self referrals	<p>Phone 07 376 1004</p> <p>Fax: 07 376 1003</p> <p><a href="mailto:cdt@lakesdhb.govt.nz">cdt@lakesdhb.govt.nz</a></p> <p>Located at Taupo Hospital</p>	

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	<ul style="list-style-type: none"> <li>Provide a continence service for children aged 5 – 14 years with disabilities</li> <li>We help identify and provide therapy for any developmental or neurological problems likely to last longer than six months</li> </ul>			
Citizens Advice Bureau Te Pou Whakawhirinaki o Aotearoa	Free, impartial and confidential information service. Advice support and options available Monday, Wednesday and Friday 10.00am to 1.00pm	Open to anyone	Phone: 07 386 8059 Fax: 07 386 7990 Senior Citizens Hall Te Kapua Park, Town Centre Turangi 3334 P.O. Box 254 Turangi, 3353 <a href="mailto:cab.turangi@xtra.co.nz">cab.turangi@xtra.co.nz</a> 0800 367 222	<a href="http://www.cab.org.nz">www.cab.org.nz</a>
Community Law Centre Turangi CLAW	CLAW provides free and confidential legal information and advice		<a href="mailto:Central.claw@claw.co.nz">Central.claw@claw.co.nz</a> Shop 67 Town Centre Turangi 3334 07 386 0077	
Community Outreach Nurse Service	The CONS is a specialist nurse service for children aged 0-15 years with chronic conditions. Community outreach nurse is based in Taupo 0.6FTE (3 days per week). Turangi visits are as planned with families and depending on need. Once a week at present.	Referrals are through the hospital paediatricians	Lakes DHB Woman, Child and Family Service  Address: Taupo Hospital, Kotare Street Taupo 3300  Postal: PO Box 841, Taupo 3330  Phone: 07 376 1000 Ext 5806 Mobile: 027 473 4153 Fax: 07 376 1003 Direct Line to Rotorua Hospital: 376 1060 <a href="mailto:Bridget.Wilson@lakesdhb.govt.nz">Bridget.Wilson@lakesdhb.govt.nz</a>	<a href="http://www.lakesdhb.govt.nz">www.lakesdhb.govt.nz</a>
Community Rehabilitation team	Physio and occupational therapy support for older people to help them remain independent in their own	Referral through NASC	Catie Noble	

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	homes	Anyone can refer to NASC for assessment	(07) 3771116 <a href="mailto:catie@lifestylepotential.co.nz">catie@lifestylepotential.co.nz</a>	
Dental Health	For information about dental health and the Dental Educator see Oral Health			
Depression Helpline 8.00am to midnight 7 days	Call to talk to a trained counselor about how you are feeling or to ask any questions	Self referral	0800 111 757 <a href="mailto:admin@depression.org.nz">admin@depression.org.nz</a>	<a href="http://www.depression.org.nz">www.depression.org.nz</a> The website aims to help NZers recognise and understand depression. It encourages people to seek appropriate help and offers resources for health professionals treating people.
Disability CCS Disability Action	Provides services, support and information so that people with disabilities of all ages, are included in the life of their family and community.  We can offer: <ul style="list-style-type: none"> <li>• support tailored to your needs, to help you decide what you want and figure out how to get there</li> <li>• short break / respite service finding positive flexible ways for you to use your Carer Support Days</li> <li>• supported living service</li> <li>• Mobility Parking Permit Scheme</li> <li>• Advice and advocacy on access issues</li> </ul>	Entry into each service is different e.g. Supported Living service and 'Short Break / Respite Service' is by referral from NASC after a needs assessment has been completed.  The others can be by other agencies, GP, family, self referral etc. There is more detailed information on our website.	0800 227 2255 1141 Pukaki Street Rotorua 07 347 65 45 <a href="mailto:bop@ccsdisabilityaction.org.nz">bop@ccsdisabilityaction.org.nz</a>	<a href="http://www.ccsdisabilityaction.org.nz">www.ccsdisabilityaction.org.nz</a>
District Nursing	District nurses provide a range of services in the Turangi community in patients homes or at work. Services are: <ul style="list-style-type: none"> <li>• Specialist wound management</li> <li>• IV medication management</li> <li>• Continence assessment</li> <li>• Cellulitis pathway</li> </ul>	Referral is by fax from GPs, nurses, hospitals or other health professionals	Phone 07 376 1008	<a href="http://www.lakesdhb.govt.nz/Article.aspx?ID=6972">http://www.lakesdhb.govt.nz/Article.aspx?ID=6972</a>
Ear Clinic (Children's Mobile)	Ear Nurse Specialist works throughout the Taupo and Turangi community in the mobile ear van two days a week. The service provides; <ul style="list-style-type: none"> <li>• glue ear assessment and management</li> <li>• grommet checks</li> <li>• treatment of discharging ears</li> </ul>	To book an appointment contact 07 3761000 ext 5934 or 0275130930.  Please leave a message with your	To book an appointment contact 07 3761000 ext 5934 or 0275130930. <a href="mailto:sharon.andrews@lakesdhb.govt.nz">sharon.andrews@lakesdhb.govt.nz</a>	<a href="http://www.lakesdhb.govt.nz/Article.aspx?ID=6583">http://www.lakesdhb.govt.nz/Article.aspx?ID=6583</a>

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	<ul style="list-style-type: none"> <li>wax and foreign body removal</li> <li>referrals to ORL and audiology</li> </ul>	name, contact details, your child's full name and their ear health concern.		
Family Planning	Information to promote positive sexual health	Ring the 0800 number	0800 4636 5463	<a href="http://www.familyplanning.org.nz">www.familyplanning.org.nz</a>
Family Start (Taupo)  Parenting and family support	<p>Family Start is a home visiting programme that focuses on improving children's growth and health, learning and relationships, family circumstances, environment and safety.</p> <p>Family Start helps whanau who are struggling with challenges or problems that may make it harder for them to care for their baby or young child.</p> <p>Family Start will begin to support babies and their parents/caregivers early -- before the baby's birth.</p> <p>Family Start has a focus on helping parents do a great job with their child's health, growth, education and safety.</p>	Referral is through any community agency, doctor, midwife, Work and Income CYFS, or self referral	<p>Contact details: 376-5961 <a href="mailto:sharon@familystarttaupo.org.nz">sharon@familystarttaupo.org.nz</a></p> <p>Maria is our Whanau Worker for the area and Brian is our male mentor who works with the fathers in the Family Start whanau</p> <p>The main office for FS is in Taupo. No office in Turangi, but Maria Simeona (our Turangi Whanau Worker) has a desk in the Community Link office.</p>	<a href="http://www.familystarttaupo.org.nz">www.familystarttaupo.org.nz</a>
Family Violence Information Line	<p>Call 0800 456 450 for information about where you can go if you are experiencing or witnessing violence, or want to change your own behaviour.</p> <p>It is OK to ask for help.</p>	Ring the 0800 number	<p>0800 456 450</p> <p>9.00am to 11.00pm</p> <p>Week days with after hours message</p>	<p><a href="http://www.areyouok.org.nz">www.areyouok.org.nz</a></p> <p>This website has information about family violence, what it is, where to get help and how you can help if you know someone affected by family violence.</p> <p>Children are affected by family violence whether they see it, hear it or just know about it. If you are concerned about a child you know, we encourage you to take action.</p>
Family Works	<p>Family Works offers counselling and support for families and family members which include children aged 0-17 years.</p> <p>Can travel to Turangi and do home visits, or people can travel to Taupo.</p> <p>Family Works has a social worker in schools, (SWIS,) at Kuratau, Tongariro and Hirangi Schools</p>	Referrals can come from schools, social services, health professionals or be self referrals.	<p>Rachael Wilson, Counsellor/Social Worker Family Works Northern Ph. 027 2108610. Fax. 07 3871977. <a href="mailto:rachael.wilson@fwn.org.nz">rachael.wilson@fwn.org.nz</a></p>	

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	<p>for children and families where the children in the family are year 0-8 at those schools.</p> <p>The SWIS can work with any member(s) of the whanau and offer support. We cover many areas: family violence, parenting, child behaviour, families needing extra support, Strengthening Families lead agency work, and grief and loss.</p>		<p><a href="mailto:Admin.Rotorua@fwn.org.nz">Admin.Rotorua@fwn.org.nz</a></p> <p>Phone (07) 378 6480,</p> <p>Tauhara Wing of Waiora House, Spa Rd, Taupo.</p> <p>PO Box 595, Taupo, 3351</p>	
Feldenkrais Movement Classes	<p>Feldenkrais classes may look like super slow, super easy exercise, but it isn't exercise at all.</p> <p>Conventional exercise programs rely on effort and repetition. However the brain isn't interested in stretching, straining and repetitive training – and it is the brain that controls and refines movement.</p> <p>In Feldenkrais movement classes you are guided through gentle movement sequences. These are designed to break up inefficient habits of movement and up-skill your nervous system.</p> <p>Feldenkrais classes are for any age, and any ability. If you are in pain, or can't move easily, you can imagine the movements.</p> <p>Big improvements to both your mobility and clarity of mind can be achieved. Lessons can be done in chairs, lying, or standing.</p> <p>Applications/Benefits include:</p> <ul style="list-style-type: none"> <li>• Fall Prevention and Balance</li> <li>• Mobility and Coordination</li> <li>• Strength and Flexibility</li> <li>• Mindfulness</li> </ul> <p>Feldenkrais Health is a Green Prescription Provider</p>		<p><a href="mailto:ferguswheeler@paradise.net.nz">ferguswheeler@paradise.net.nz</a></p> <p>Fergus Wheeler MNZFG</p> <p>Phone 04 905 8593 (note this is my Wellington number but I am also based in Turangi)</p> <p>For information on Feldenkrais Classes in the Taupo - Turangi area, please go to <a href="http://FeldenkraisHealth.co.nz">FeldenkraisHealth.co.nz</a> or contact</p>	<a href="http://feldenkraishealth.co.nz">feldenkraishealth.co.nz</a>
Foodbank Turangi Foodbank Inc	Temporary relief with emergency food parcels open 10.00am to 3.00 pm Monday to Friday	Anyone can call in to discuss criteria with the co-ordinator	<p>Situated behind Tuwharetoa FM</p> <p>Town centre</p> <p>Turangi</p> <p>Phone: 07 386 0366</p> <p><a href="mailto:turangifoodbank@gmail.com">turangifoodbank@gmail.com</a></p>	
Foot Mechanics	Podiatry Services see Turangi Community Health			

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	Centre			
Growing Through Grief  (Waiapu Anglican Social Service Trust Board)	Provides a nine week term time peer support group for children who are missing somebody important in their lives through divorce, separation, death, imprisonment etc.  Delivered in Tongariro School annually and also provide an afterschool group in Taupo at St Andrews Church each term.	Self referral	Charlotte Maddern Coordinator Growing Through Grief Taupo P O Box 767, Taupo 3351 Phone: 07 3786059 Mobile: 021 767 548 <a href="mailto:gtgtaupo1@seasons.org.nz">gtgtaupo1@seasons.org.nz</a>	<a href="http://www.growingthroughgrief.org.nz">www.growingthroughgrief.org.nz</a>
Health and Disability Commission	Independent Consumer Advocacy services  Supports consumers with concerns  Provides education services for providers and consumers	Free	07 386 5207  Jim Gosman <a href="mailto:jgosman@hdc.org.nz">jgosman@hdc.org.nz</a>	<a href="http://www.hdc.org.nz">www.hdc.org.nz</a>
Healthcare NZ	Taupo has community and respite support services <ul style="list-style-type: none"> <li>• Home based support</li> <li>• Crisis respite</li> <li>• Planned respite</li> <li>• Transitional housing</li> </ul> Turangi has Home based support - Managed from the Taupo office	Referrals from the NASC	Turangi has home based support Managed from the Taupo office 123 Tauhara road Taupo Ph 07 9298520  General Manager for all services is Nicole Coupe her contact is <a href="mailto:Nicole.coupe@healthcarenz.co.nz">Nicole.coupe@healthcarenz.co.nz</a> , based in Wellington National Clinical Advisor is Sandra Te Huia <a href="mailto:Sandra.tehuia@healthcarenz.co.nz">Sandra.tehuia@healthcarenz.co.nz</a> , based in Hamilton	<a href="http://www.healthcarenz.co.nz/">http://www.healthcarenz.co.nz/</a>
Healthline	A free telephone health information support service  Free 24 hour support	Self referral  Free	0800 611 116	<a href="http://www.health.govt.nz/healthline">www.health.govt.nz/healthline</a>
Hospice  Lake Taupo Hospice   Palliative care	Lake Taupo Hospice provides specialist palliative care services to those who could reasonably be expected to be in their last year of life and their family/whanau.  Palliative Care is for people of all ages with a life-limiting or life-threatening condition which aims to:  1. Optimise an individual's quality of life until		Suzie Kuper; Clinical Manager Alison Bowman; Volunteer Services Manager 07 377 4252 <a href="mailto:info@laketaupohospice.co.nz">info@laketaupohospice.co.nz</a>  The kaumatua of Lake Taupo Hospice is Ned Wikaiera and the kuia is Peehi Wall. Their representative and the	<a href="http://www.laketaupohospice.co.nz">www.laketaupohospice.co.n z</a>



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	<p>death by addressing the person's physical, psychosocial, spiritual and cultural needs.</p> <p>2. Support the individual's family, whanau, and other caregivers where needed, through the illness and after death.</p> <p>Lake Taupo Hospice palliative care specialist services provides:</p> <ul style="list-style-type: none"> <li>• 24/7 visiting specialist nursing services &amp; care coordination</li> <li>• Social work, counseling</li> <li>• Bereavement care</li> <li>• Palliative care education</li> <li>• Medical palliative specialist access</li> <li>• Access to equipment</li> <li>• Day care programme - Taupo based with volunteer travel assistance from Turangi where able</li> <li>• Volunteer services</li> <li>• Access to personal care support</li> </ul> <p>Lake Taupo Hospice services have developed locally to meet patient and family /whanau need in partnership with Te Nohanga Kotahitanga o Tuwharetoa.</p>		Kaiāwhina for Lake Taupo Hospice is Fenella Hodgkinson.	
Hospital Shuttle Services	<p>Transport to health related appointments for those who meet the eligibility criteria</p> <p>Monday to Friday only not public holidays</p>	Ring the 0800 number to check if you are eligible	<p>0800 768 537</p> <p>8.00am-4.00pm excluding weekends and public holidays</p>	
Idea Family/whanau services Intellectual disability empowerment in action	Idea family/whanau services supports children, young people and adults with intellectual disabilities living with their family or caregivers. The focus is to enable the person and their family to lead ordinary lives.	Referral is through the Needs Assessment and Co-ordination Service (NASC)	<p>Tilly Smith</p> <p>07 834 7230</p> <p><a href="mailto:tilly.smith@idea.org.nz">tilly.smith@idea.org.nz</a></p>	<a href="http://www.idea.org.nz">www.idea.org.nz</a>
Immunisation Advisory Centre (IMAC)	<p>The Immunisation Advisory Centre (IMAC) is a nationwide organisation based at the School of Population Health at The University of Auckland.</p> <p>We provide New Zealanders with a local source of independent, factual information based on international and New Zealand scientific research regarding vaccine-preventable diseases and the</p>		<p>0800 466 863</p> <p>weekdays 9am-4.30 pm.</p>	<a href="http://www.immune.org.nz">www.immune.org.nz</a>

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	benefits and risks of immunisation. For questions relating to immunisation and vaccination-preventable diseases you can call us free			
Independent Living Choices Ltd.	Provides assistance with finding affordable, independent housing and practical support around managing a tenancy in the Taupo/Turangi and Mangakino areas for clients of the Mental Health and Addiction services  Office hours are Monday-Friday 08.30am to 5.00pm. Based in Taupo.	The service is available for clients of the Mental Health and Addiction services and accepted on receiving a completed Needs Assessment from the Needs Assessment Co-ordinator; this can be arranged by the client's clinician or key worker.	Contact Details:  Michelle Simpson Ph: 07 377 1224 or 027 254 2810 <a href="mailto:michelle.ilc@xtra.co.nz">michelle.ilc@xtra.co.nz</a>	
La Leche / The Breastfeeding Cafe	Information, encouragement and support for pregnant and breastfeeding mothers: <ul style="list-style-type: none"> <li>• mother to mother support and information</li> <li>• breastfeeding café</li> <li>• telephone counselling</li> <li>• promotion and advocacy</li> <li>• workshops and can visit at home</li> </ul> The Breastfeeding Cafe helps mums meet their own breastfeeding goals by providing information, support and encouragement from pregnancy to weaning.  In Turangi we offer telephone, TXT, email or Facebook breastfeeding help as well as antenatal and postnatal breastfeeding info packs by mail.	Self referral  Free	Kristina 378 7967 or 021 101 9717 <a href="mailto:kristina.maconaghie@ihug.co.nz">kristina.maconaghie@ihug.co.nz</a> or Kylie 376 8444 or 027 257 7338 <a href="mailto:kylieamolloy@hotmail.com">kylieamolloy@hotmail.com</a>	<a href="http://www.lalecheleague.org.nz">www.lalecheleague.org.nz</a>  <a href="http://www.facebook.com/BreastfeedingCafeTaupo">http://www.facebook.com/BreastfeedingCafeTaupo</a>
Life Unlimited Hearing Therapy Services	Life Unlimited Hearing Therapy Services is a national service funded by the Ministry of Health.  A hearing therapist can: <ul style="list-style-type: none"> <li>• assess your hearing needs</li> <li>• provide information about equipment to assist with daily living e.g. phones, TV devices, alerting devices (safety)</li> <li>• teach strategies and skills to manage living with a hearing loss (e.g. communication skills)</li> <li>• provide information and practical advice on tinnitus</li> <li>• refer you to other health professionals if necessary</li> <li>• talk to community groups and organisations about hearing loss.</li> </ul>	It is independent and FREE to NZ citizens and permanent residents aged 16 years and over.  Referrals can be made by doctors, audiologists and other health professionals or you can self-refer.	Tricia Vickers, Nat Dip HT, MHTANZ Life Unlimited Hearing Therapy Services 110E Lake Rd PO Box 1795 Rotorua 3040  Ph 07 349 2513 mob 021 857 079 email <a href="mailto:triciav@lifeunlimited.net.nz">triciav@lifeunlimited.net.nz</a> Direct dial 07 992 1403	

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Maternity Services	Jo Toma is an independent midwife offering maternity care for women and their baby from pregnancy test to six weeks after baby's birth including labour birth.  She holds a clinic in Turangi every Friday at the Turangi Health Centre.	Ring the 0800 number	Jo Toma LMC 027 274 1494 0800MYHAPU 0800 694278 <a href="mailto:Jo.toma@xtra.co.nz">Jo.toma@xtra.co.nz</a>	
Mental Health Services in Turangi	For more information about Southern Lakes Community Mental Health Service -Ruia Te Hua Oranga  See Turangi Health Centre			<a href="http://www.lakesdhb.govt.nz/Article.aspx?ID=1726">http://www.lakesdhb.govt.nz/Article.aspx?ID=1726</a>
Mental Health Services for Older People	Community staff consisting nurses, social workers, psychologist, psychiatrist, and whai manaaki offer assessment and treatment to clients and whanau in their home or alternatively they can come to Taupo for a clinic appointment, generally on a Thursday at Gascoigne street, Taupo.		Phone 073761099 Fax 07 3788698 3 Gascoigne street Taupo	<a href="http://www.lakesdhb.govt.nz/Article.aspx?ID=1726">http://www.lakesdhb.govt.nz/Article.aspx?ID=1726</a>
Midlands Health Network (For more information on these services see Turangi Health Centre)	Community Based services include: <ul style="list-style-type: none"> <li>• Community Child Health Nurses</li> <li>• Living Well</li> <li>• Smoking Cessation</li> <li>• Whanau Support Worker breast and cervical</li> <li>• Adult Chronic Conditions- Nurse Practitioner</li> </ul>	For more information see Turangi Health Centre	Midlands Health Network 12 Taniwha Street P.O Box 1716 Taupo 3351 Phone 07 376 0060 Fax: 07 376 5100	<a href="https://www.midlandshn.health.nz">https://www.midlandshn.health.nz</a>
Newborn Hearing	New born hearing screening is done at the Taupo clinic before babies leave the hospital with visits to Turangi occasionally when there are at least three babies to screen.	Ring the contact number for an appointment if your baby missed the screening in hospital	Newborn Hearing Screening Taupo Maternity 07 3761030 Dee Houia. Newborn Hearing Screener. Phone 073761030. Fax 073761018. <a href="mailto:Deidre.houia@lakesdhb.govt.nz">Deidre.houia@lakesdhb.govt.nz</a>	

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
Oral Health Service	<p>Free oral health prevention and treatment for all children aged 0 up to their 18<sup>th</sup> birthday provided by a dental therapist</p> <p>The Dental Educator Annette Thomas, provides one on one information for parents and attends community days. She regularly travels to Turangi.</p>		<p>Turangi Ki Tongariro Area School, Dental clinic Waipapa Road Turangi 3334 Ph: 07 386 8690. For more information ring 0800 825 583 Dental Educator Annette Thomas Text on 027 559 8686</p>	<a href="http://www.lakesdhs.govt.nz">www.lakesdhs.govt.nz</a>
Parent Help	<p>Parent Help is a Wellington-based community agency offering support to parents, family/ whanau and caregivers on any issue regarding a child's behaviour or where there are concerns about the safety of a child.</p> <p>The helpline operates between 9 am and 11 p.m. seven days a week and is staffed by trained, experienced telephone support workers and counsellors.</p>	Ring the helpline	0800 568 856	<a href="http://www.parenthelp.org.nz">www.parenthelp.org.nz</a>
Pihanga Health	<p>Provides full range of GP (doctor) services Monday to Friday 8.45 to 5.00pm</p> <p>Also community based health services run by Midland Health Network include:</p> <ul style="list-style-type: none"> <li>• Community Child Health Nurses</li> <li>• Living Well</li> <li>• Smoking Cessation</li> <li>• Whanau Support Worker breast and cervical</li> <li>• Adult Chronic Conditions- Nurse Practitioner</li> </ul> <p>More information see: Turangi Community Health Centre</p>	Phone to make an appointment	<p>Turangi Community Health Centre 28 Tautahanga Rd Turangi</p> <p>Phone 07 384 7576 option 1 Fax: 07 384 7552</p>	
Plunket Royal NZ Plunket Society	See Turangi Health Centre for details			<a href="http://www.plunket.org.nz">www.plunket.org.nz</a>

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
Plunket Line	<p>Plunket Line is a toll-free telephone advice service available to all families, whānau and caregivers 24 hours a day, seven days a week.</p> <p>Calls are free from cell phones</p> <p>When you call PlunketLine your call will be answered by a Plunket nurse, who can give you advice and information on parenting issues and your child's health and wellbeing.</p> <p>Plunket Nurses are registered nurses with additional qualifications in well child health.</p> <p>As well as providing high-quality advice, PlunketLine is a great way to access our nationwide family support network. It is a gateway to many services, including referrals to local Plunket nurses, car seat rentals and Plunket family centres.</p>		<p>24 hours</p> <p>0800 933 922</p>	<a href="http://www.plunket.org.nz">www.plunket.org.nz</a>
<p>Progress to Health</p> <p>Monday -Friday 8:30am to 4:00pm</p>	<p><b>Vocational Services</b></p> <ul style="list-style-type: none"> <li>Community participation</li> <li>Employment</li> <li>Transition service</li> </ul> <p>Entry Criteria:</p> <p>16-65, NZ citizen/permanent resident, have a disability that is likely to continue for more than six months that presents a barrier to employment; and you need support to address that barrier.</p> <p><b>Transition Service</b></p> <ul style="list-style-type: none"> <li>Work experience</li> <li>C.V</li> <li>Further training/Job hunting/employment support</li> <li>Community activities/daily living skills/flatting help</li> </ul> <p>Entry Criteria:</p> <p>16-21, NZ citizen/permanent resident, an ORRS or Very High Needs ORS funded student in your final year of school.</p>	We welcome self referrals, additionally from GPs, other health professionals, other agencies, friends/family/whanau	<p>Free phone</p> <p>0800 77 57 57</p> <p>Patty Posthuma</p> <p>Team Leader - Vocational Support Service (MSD)</p> <p>Progress to Health</p> <p>PO Box 1786</p> <p>TAUPO 3351</p> <p><a href="mailto:patty@progresstohealth.org.nz">patty@progresstohealth.org.nz</a></p> <p>07 377-8462</p> <p>Fax: 07 376-9238</p> <p>Mobile: 027 685-3565</p>	<a href="http://www.progresstohealth.org.nz">www.progresstohealth.org.nz</a>
Public Health Nursing and	Public Health Nursing & Screening Services is part	Parents/Caregivers.	To contact the PHN call	<a href="http://www.lakesdhb.govt.nz/Articl">http://www.lakesdhb.govt.nz/Articl</a>

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
Screening Services	<p>of Lakes District Health Board Planning and Funding and is a regional service covering Rotorua, Taupo and Turangi</p> <p>The team is based in two locations, Rotorua and Taupo. The service includes:</p> <ul style="list-style-type: none"> <li>Public Health Nurses</li> <li>Vision Hearing Technicians</li> <li>Outreach Immunisation</li> </ul> <p>B4 School team (In Turangi contact your GP for B4 School checks)</p> <p>Lakes DHB District Immunisation Facilitator Mobile Ear Van Clinic</p> <p>PHNs visit schools and assist children, their families, whanau and teachers with health concerns. They link families with relevant services and support agencies. Public Health Nurses also deliver school based immunisation programmes at year 7 and 8.</p>	<p>Schools and Teachers.</p> <p>Education Services - such as Social Workers in Schools, RTLB (Resource Teachers Learning and Behaviour)</p> <p>Health Professionals.</p>	<p>07 3761012.</p> <p><a href="mailto:sharon.andrews@lakesdhb.govt.nz">sharon.andrews@lakesdhb.govt.nz</a></p>	<a href="#">e.aspx?ID=6706</a>
<p>Problem Gambling Foundation</p> <p>24 hour phone contact</p>	<p>Free, professional and confidential help and support is only a phone call or email away. 0800 66 42 62</p> <p>Asian Family Hotline 0800 862 342</p> <p>Mapu Maia 0800 66 42 62</p>	Ring the helpline	<p>0800 664 262</p> <p><a href="mailto:help@pgfnz.org.nz">help@pgfnz.org.nz</a></p>	<a href="http://www.pgfnz.org.nz">www.pgfnz.org.nz</a>
<p>Quit line</p> <p>Smoking Cessation support</p>	<p>Quitting smoking is hard work but you don't have to do it alone. If you are thinking about quitting, are working to become a non-smoker, or you have relapsed - you will find support information on this site or by calling 0800 778 778.</p>	Ring the helpline	0800 778 778	<a href="http://www.quit.org.nz">www.quit.org.nz</a>
<p>REAP</p> <p>Central Plateau</p>	<p>Early childhood, school and community education and family support programmes</p>		<p><a href="mailto:reception@reap.org.nz">reception@reap.org.nz</a></p> <p>07 378 8109</p>	
<p>Rural Education Activities Programme</p>	<p>Current services delivered in Turangi:</p> <p>Early Childhood Playgroups in Turangi and Kuratau and</p> <p>Purerehua licensed ECE centre</p>		<p>Carol Marshall</p> <p>Kelly Taurua</p> <p>07 386 0873</p>	

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
	Supplementary School Programmes Taupo district(including Turangi and Managino)		Joce Moyle 07 378 8109	
	Adult Community Education programmes Taupo(including Turangi and Mangakino)		Linda Moss 07 378 8109	
	Family Start		Sharon Simpson 07 376 5961 <a href="mailto:Sharon@familystarttaupo.org.nz">Sharon@familystarttaupo.org.nz</a>	
	Strengthening Families Taupo and Turangi		Ros Harrington 07 376 5961	
	SKIP training (Strategies with Kids Information for Parents)		Linda Moss 07 378 8109	
	Violence Intervention Network Co-ordination Taupo district		Gloria Eves 07 378 8109	
	Te Punanga Haumarua Anti- Bullying Programme Turangi		Damian Paranihi 027 424 4424	
Rua Te Hua Oranga	For more information on Southern Lakes Community Mental Health Service -Rua Te Hua Oranga See Turangi Health Centre			
Southern Lakes Community Mental Health Service -Rua Te Hua Oranga	See Turangi Health Centre for more information about mental health services in Turangi			
Sport Waikato	<b>Sports and clubs</b> <ul style="list-style-type: none"> <li>offers club development workshops catering to the needs of local Turangi clubs. Clubs are invited to either suggest or choose workshop topics they would like to see delivered.</li> <li>works with the Turangi Tongariro Sports Foundation to support sport development in Turangi.</li> <li>delivers KiwiSport taster sessions in-school and afterschool. Activities may also include</li> </ul>		Sports and clubs contact: Christine Belfit <a href="mailto:christineb@sportwaikato.org.nz">christineb@sportwaikato.org.nz</a> 07 376 8915 or 027 226 5281	

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
	<p>social sports modules, holiday programmes and festivals across 13 sporting codes. KiwiSport officers also work with local clubs when appropriate.</p> <ul style="list-style-type: none"> <li>offers training for community exercise leaders. Training for sit and be fit, strength and balance classes for older adults and low impact exercise to music classes is available for anyone wanting to take community exercise classes.</li> <li>offers under 5 workshops and resources to parents and service providers to promote the benefits of being active from day one. Kiwibaby, toddler and pre-school manuals are offered to all new mothers of children born within the Sport Waikato region.</li> <li>offers its services free of charge.</li> </ul> <p><b>Green Prescription</b></p> <p>Green Prescription is a written referral from your GP in order to encourage you to lead a healthier, more active lifestyle.</p> <p>Our Active &amp; Well Green Prescription Coordinator, Nikki van Beek, supports clients by providing physical activity and healthy eating advice.</p>		<p>Green Prescription service contact: Nikki van Beek <a href="mailto:nikkiv@sportwaikato.org.nz">nikkiv@sportwaikato.org.nz</a> 07 377 2134 or 0272306278 <a href="mailto:nikkiv@sportwaikato.org.nz">nikkiv@sportwaikato.org.nz</a></p>	
Stroke Foundation	<p>Information, education &amp; support to stroke affected community</p> <p>The role aims to provide the greatest benefits for the stroke affected community to improve their quality of life.</p> <p>9am-4pm, Monday to Thursday</p>		<p>Ph 07 378 7054 Phone 07 886 9992 Debbie Shaw Community Stroke Advisor Mb 021 962 364 Freecall Taupo/Turangi 07 378 7054 <a href="mailto:south.waikato@stroke.org.nz">south.waikato@stroke.org.nz</a> Tokoroa Hospital Campus, Maraetai Rd, Tokoroa</p>	<a href="http://www.stroke.org.nz">www.stroke.org.nz</a>
Supporting Families in Mental Illness	<p>Supporting Families provides a confidential and mobile service providing family, whanau and caregivers (of a person living with mental illness) with support, home visits, peer support, information,</p>	<p>Self referrals via phone or email. DHB and NGOS can refer using a referral form</p>	<p>Southern Lakes Coordinator/Family Support Angela Christoffersen can be contacted</p>	<a href="http://www.supportingfamiliesnz.org.nz">www.supportingfamiliesnz.org.nz</a>



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	<p>education.</p> <p>Support worker can travel to Turangi at time that suits the family and meet in a place of their choosing.</p> <p>Monthly support meetings for family and whanau of someone experiencing a mental illness.</p> <p>There is also a support meeting in Taupo which Turangi residents may also attend if they wish.</p>	<p>027 78000 68 or</p> <p>0800 437 348</p>	<p>on email <a href="mailto:sf.rotorua@xtra.co.nz">sf.rotorua@xtra.co.nz</a></p>	
Te Korowai Roopu Tautoko Inc	<p>Aims to empower whanau to provide for their own development including:</p> <p>Whanau development( family court, domestic violence programme, advocacy, one on one support, counselling)</p> <p>Youth services includes:mentoring, positive role modeling, care and protection, anger management, short term respite</p> <p>Emergency assistance</p>	<p>Open to anyone</p> <p>Anyone can refer</p>	<p>07 378 3335</p> <p><a href="mailto:tkrt@xtra.co.nz">tkrt@xtra.co.nz</a></p> <p><a href="mailto:admin@tekorowai.co.nz">admin@tekorowai.co.nz</a></p>	<p><a href="http://www.whanauora.maori.nz/about-us/tkrt">http://www.whanauora.maori.nz/about-us/tkrt</a></p>
Te Utuhina Manaakitanga Trust	<p>Provides Alcohol and other Drugs counselling for 12 – 25 year olds within the Turangi community, (including secondary schools). This includes assessment, treatment planning, group work and referral to appropriate services.</p>	<p>Self referral or from GPs</p>	<p>Tau Thompson – AOD Practitioner</p> <p>28 Tautahanga Street, Turangi</p> <p>(07) 3847576 ex 203</p> <p>021712778</p>	
Tongariro Whanau Support Trust	<p>Aims to improve the general well being, cultural, identity, economic status educational achievement and solidarity of individuals, families and whanau groups in Turangi</p> <p>Services include; family support, information and advice, youth programmes (school holidays only), Individual social work support, Work link, Career services</p> <p>Working as part of the Whanau Ora ki Tuwharetoa banner</p>	<p>Open to anyone</p>	<p>07 386 70 77</p> <p><a href="mailto:tongwhanau@xtra.co.nz">tongwhanau@xtra.co.nz</a></p> <p>Fax: 07 386 7078</p> <p>2 Kaheke Place</p> <p>Turangi</p>	<p><a href="http://www.whanauora.maori.nz/">http://www.whanauora.maori.nz/</a></p>
Turangi Budget Service Inc	<p>Prime role is to advocate, educate, support and encourage individuals / families / whanau in the concepts of better control over their finances.</p> <p>To empower long term management of finances</p>	<p>Self referral</p>	<p>Turangi Budget Service Inc</p> <p>Shop 10</p> <p>Towncentre Turangi</p>	

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	<p>where possible to relieve the stress within families / individuals.</p> <p>To provide free, confidential, supportive and culturally sensitive service to all clients irrespective of ethnic origin.</p> <p>And we affiliate to the National Federation Family Budgeting Service.</p>		<p>Ph: 07 386 5505</p> <p>Fax: 07 386 5504</p> <p>Contact Persons are: Moewai Solomon – Service Coordinator, Email: <a href="mailto:moewai.tbs@xtra.co.nz">moewai.tbs@xtra.co.nz</a></p> <p>Grace Rupapera Administrator</p> <p>Email: <a href="mailto:turangi.budget@xtra.co.nz">turangi.budget@xtra.co.nz</a></p>	
Turangi Community Health Centre	<p>The Turangi Community Health Centre is owned by the Turangi community and</p> <p>28 Te Rangitautahanga Road</p>		<p>Southern Lake Taupo Health Trust</p> <p>P O Box 175</p> <p>Turangi 3353</p> <p>Phone: 07 384 7560</p> <p><a href="mailto:manager@turangihealth.co.nz">manager@turangihealth.co.nz</a></p>	
	<p><b>Aspiring Health</b></p> <p>Physiotherapy and massage including Traditional Maori Mirimiri</p>	<p>Self referral</p> <p>Service has a cost either ACC surcharge or private rate</p>	<p>07 377 3399 or</p> <p>Freephone 0800 YOURBODY for appointments and enquiries</p> <p>Aspiring Health Clinic</p> <p>P O Box 1805, Taupo</p> <p>07 377 3399</p> <p><a href="mailto:clinic@aspiringhealthclinic.co.nz">clinic@aspiringhealthclinic.co.nz</a></p>	<p><a href="http://www.aspiringhealthclinic.co.nz">www.aspiringhealthclinic.co.nz</a> for more details on the services</p>
	<p><b>Cardiac Nurse Specialist (Lakes DHB)</b></p> <p>The Cardiac Nurse works in Turangi and Taupo providing self management support for those who have been admitted to hospital with a cardiac event, cardiac surgery or heart failure.</p> <p>Community based follow up is provided to patients living in the Turangi region. Cardiac Rehabilitation classes are held at the Turangi Health Centre three times per year.</p> <p>The Nurse Specialist travels to Turangi as required dependent on patient numbers.</p>	<p>Referral is through GP practice, Nurse Practitioner, Hospital Services</p>	<p>Ph Taupo Hospital 3761000 ext 5912.</p> <p>Days of work are Monday / Thursday / Friday 9am – 2pm.</p> <p><a href="mailto:tracey.liddell@lakesdhb.govt.nz">tracey.liddell@lakesdhb.govt.nz</a></p>	
	<p><b>Diabetes clinics (Lakes DHB)</b></p>	<p>Patients can self refer or ask for their GP or practice nurse to refer.</p>	<p>Phone: (07) 376 1000 - Ext: 5926</p>	

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	Twice (usually second and fourth Tuesday) a month at Turangi Health centre  Free one-to-one sessions providing information about diabetes, assistance with management of diabetes and support and guidance for people with diabetes and their whanau/families	Pihanga health patients can be booked through their GP  Turangi patients that have Taupo GPs can be booked through their GP or by contacting Clinical Nurse Specialist Lewese Hicks	Fax: (07) 376 1003 Mobile: 027 4521 050 <a href="mailto:lewese.hicks@lakesdhb.govt.nz">lewese.hicks@lakesdhb.govt.nz</a>	
	<b>Diabetes nutrition clinics (Lakes DHB)</b> Currently every second Tuesday of the month.  Free one-to-one nutrition education/therapy sessions, nutrition resources and support for people with diabetes and their whanau /families.  Clinics at the Turangi Health Centre	Referrals need to be addressed to Diabetes Dietitian and sent to the Taupo Hospital.  Self referral and GP or practice nurse referrals	Glenda Gates Diabetes Dietitian Lakes DHB Rotorua Hospital Ph 348 1199 Ext 8465 Taupo Hospital Ph 376 1000 Ext 5918 <a href="mailto:glenda.gates@lakesdhb.govt.nz">glenda.gates@lakesdhb.govt.nz</a>	
	<b>Foot Mechanics</b> Full scope of podiatry services. Specialising in: <ul style="list-style-type: none"> <li>treatment of lower limb musculoskeletal injuries and prescription foot orthotics</li> <li>comfort and medical footwear</li> <li>general and diabetic foot care</li> <li>ingrown toenail surgery.</li> </ul>	Self referral or GP	Contact : Innes Graham <a href="mailto:innes@footmechanics.com">innes@footmechanics.com</a> 07 376 5012 Clinics held in Turangi Community Health Centre	<a href="http://www.footmechanics.com">www.footmechanics.com</a>
	<b>Lactation Consultant (Lakes DHB)</b> Travels to Turangi if more than two women are referred to the service usually on a Wednesday.	Referral is through Lead Maternity Carers (LMCs) or the maternity units	Dee Houia. Lactation Consultant and Newborn Hearing Screener. Phone 073761030. Fax 073761018. <a href="mailto:deidre.houia@lakesdhb.govt.nz">deidre.houia@lakesdhb.govt.nz</a>	
	<b>Midlands Health Network</b>		Phone 07 376 0060 Fax: 07 376 5100 Fiona Lafferty	<a href="http://www.itsmyhealth.co.nz">www.itsmyhealth.co.nz</a>

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	<p><b>Community Child Health Nurses</b></p> <p><u>Outreach Immunisation Service</u></p> <p>Assists the practices to ensure all children are offered their childhood immunisations in a timely manner. Immunisations can be completed at home or at daycare.</p> <p><u>B4 School Checks</u></p> <p>Assists the practices to complete the B4S check for all 4 year olds. This can be completed at home or at daycare.</p> <p><u>Navigation role</u></p> <p>Linking families and children with appropriate community agencies and health services</p> <p><u>Living Well</u></p> <p>To enable clients to improve their wellness and/or manage their long term health through lifestyle change, focusing on increasing daily exercise and modifying current eating habits.</p> <p>Supervised and condition specific exercise classes</p> <p>The programme is run as part of your overall health management plan as set by your medical practitioner thus combining exercise and eating into your long term health plan.</p> <p><u>Smoking Cessation</u></p> <ul style="list-style-type: none"> <li>Smoking Cessation support and behavioral support around exercise and nutrition</li> <li>NRT prescriber</li> <li>Smoking cessation prescription medication support</li> </ul> <p><u>Whanau Support Worker (Breast and Cervical)</u></p> <ul style="list-style-type: none"> <li>support women to access free breast and cervical screening services.</li> <li>provide education sessions for groups on breast and cervical screening.</li> <li>enrol women onto Breast Screen Aotearoa and</li> </ul>	<p>Outreach Immunisation</p> <p>Referred by GP, Well Child provider, practice nurses, CYFs, Family Start or other agency</p> <p>All people of any age requiring support to stop smoking</p> <p>Breast Screening women aged between 45 &amp; 69</p>	<p>Community Child Health Nurse</p> <p>027 575 5187</p> <p><a href="mailto:Fiona.Lafferty@midlandshn.health.nz">Fiona.Lafferty@midlandshn.health.nz</a></p> <p>Rose Batchelor</p> <p>Rural Nurse</p> <p>021 243 3095</p> <p><a href="mailto:Rose.Batchelor@midlandshn.health.nz">Rose.Batchelor@midlandshn.health.nz</a></p> <p>Margaret Lawry</p> <p>Child Health Support</p> <p>07 376 0060</p> <p><a href="mailto:Margaret.Lawry@midlandshn.health.nz">Margaret.Lawry@midlandshn.health.nz</a></p> <p>Wendy Chrisp</p> <p>Exercise Consultant</p> <p>021 244 5324</p> <p><a href="mailto:Wendy.Chrisp@midlandshn.health.nz">Wendy.Chrisp@midlandshn.health.nz</a></p> <p>Berrie O'Connor</p> <p>Smoking Cessation Practitioner</p> <p>027 206 4697</p> <p><a href="mailto:Berrie.Oconnor@midlandshn.health.nz">Berrie.Oconnor@midlandshn.health.nz</a></p> <p>Gina Pohe</p> <p>021 244 6180</p> <p><a href="mailto:gina.pohe@midlandshn.health.nz">gina.pohe@midlandshn.health.nz</a></p>	

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	<p>book mammogram appointments.</p> <ul style="list-style-type: none"> <li>provide transport to mammograms and specialist appointments when required.</li> </ul> <p><u>Adult Chronic conditions Nurse Practitioner</u></p> <p>Nurse Practitioners have an advanced scope of practice and can assess, diagnose and prescribe within their area of practice to:</p> <ul style="list-style-type: none"> <li>assist people to achieve self management strategies.</li> <li>develop their expertise and be a resource for them.</li> <li>identify those at risk of chronic conditions and use pharmacological and non pharmacological strategies to prevent complications.</li> <li>work with other providers to promote seamless care for the patients.</li> <li>mobile role to provide services where the patient prefers them.</li> <li>case management when necessary to provide intensive clinical care.</li> </ul>	<p>Cervical screening women aged between 20 - 70</p> <p>Diagnosed with or at risk of one or more chronic conditions and would benefit from intensive clinical management.</p>	<p>Anna Dawson 073760060 Taupo or Pihanga 073847576 027 242 7692 <a href="mailto:Anna.Dawson@midlandshn.health.nz">Anna.Dawson@midlandshn.health.nz</a></p>	
	<p><b>Plunket</b> - Royal NZ Plunket Society</p> <ul style="list-style-type: none"> <li>Plunket is a national not-for-profit organisation, community-owned and governed.</li> <li>We provide a caring, professional well child and family and whānau service. We are committed to providing universal access to services for all children and families regardless of ethnicity, location or ability to pay.</li> <li>Home visits for babies in early weeks</li> <li>Clinics or further home visits for children up to 5 years</li> <li>Plunket care seats rental scheme ( small charge)</li> <li>Opportunity to discuss family issues, parenting, child health and development</li> <li>Visits take place at preschools, kohanga</li> </ul>	<p>Anyone can refer with a child in the age range birth to 5 years old</p>	<p>Turangi Community Health Centre 28 Tautahanga Rd Turangi</p> <p>07 384 7576 Fax 07 384 7556</p> <p>0800 933 922</p>	<p><a href="http://www.plunket.org.nz">www.plunket.org.nz</a></p>

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
	reo, marae and other community facilities			
	<b>Relationships Aotearoa</b> <ul style="list-style-type: none"> <li>stopping violence programmes</li> <li>anger management</li> <li>individual and family counselling</li> </ul>	Usually through The courts or CYFS. Can self refer but there is a cost	07 378 2018 0800 735 283 Sessions held at Turangi Community Centre on Thursdays 10.00- 4.00 pm	
	<b>Respiratory Nurse Specialist. ( Lakes DHB)</b> The Respiratory Nurse Specialist works in Turangi as well as Taupo. Supervision and case management for patients with prescribed oxygen. Community follow up for people with respiratory conditions. Taupo and Turangi clinics on Tuesday and Thursday at the Turangi Health Centre.	Referral through GP or nurse practitioner Nurse specialist in Turangi 2-3 days a month, depending on patient volumes. Phone number is Taupo Hospital Ext 5923. Rachel Dykes Respiratory Nurse Specialist Rotorua -Mondays and Fridays Taupo and Turangi -Tuesday and Thursday.	Rachel Dykes Respiratory Nurse Specialist <a href="mailto:rachel.dykes@lakesdhb.govt.nz">rachel.dykes@lakesdhb.govt.nz</a>	
	<b>Southern Lakes Community Mental Health Service -Ruia Te Hua Oranga</b> In Turangi Southern Lakes provides a secondary and primary mental health service. Primary – Turangi Health Centre two days a week (adult) and one day youth. Secondary – Turangi Health Centre Clinic with a psychiatrist once a month. We have clinicians going down on a regular basis (nurses, Whai Manaaki, psychology). Psychology for secondary adult clients one day a week	Referrals for primary mental health are through GP, for secondary they can be via GP, self or PET There is no cost to the client for either primary or secondary services.	Contact for primary services is through the GP in Turangi Pihanga Health 28 Tautahanga Road Turangi 3353 Phone: 07 348 7576 Fax 07 384 7552 Secondary: Southern Lakes Community Mental Health Ruia Te Hua Oranga 3 Gascoigne Street Taupo Phone 07 376 1099 Fax 07 3788698	<a href="http://www.lakesdhb.govt.nz/Article.aspx?ID=1726">http://www.lakesdhb.govt.nz/Article.aspx?ID=1726</a>



Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
	<ul style="list-style-type: none"> <li>Encouraging extended whanau to change their smoking behaviour.</li> <li>Quit coaches work with you to decide your individual needs and plan support, which may include providing nicotine replacement patches, gum or lozenges</li> </ul> <p><u>Tamariki ora – Well Child</u></p> <ul style="list-style-type: none"> <li>Support for parents and whanau following childbirth and until your pepi is five years old.</li> <li>Nurses visit your home to complete child health checks.</li> <li>Supporting you with information about your child's health and development.</li> </ul> <p><u>Diabetes/CVD screening</u></p> <ul style="list-style-type: none"> <li>Help to prevent and manage diabetes, heart conditions and respiratory disease in Turangi and surrounding areas.</li> <li>Advice on health including blood pressure, heart rate, weight, cholesterol and blood sugar.</li> </ul> <p>Advice and support with nutrition and physical activity, including walking groups and exercise classes.</p>	There is no cost		
	<p><b>Whānau Ora ki Tūwharetoa</b></p> <p>Whanau navigators/Kaiarahi work with whānau to develop a plan that focuses on realising their aspirations and walking hand in hand with whānau to work towards their plans and support them to engage with any providers that are needed.</p>	All services are free	<p>Turangi Community Health Centre</p> <p>28 Tautahanga Road, Turangi</p> <p>PO Box 326 Turangi</p> <p>info@whanauora.maori.nz</p> <p>Ph 384 7576, fax 384 7550</p>	<p>www.whanauora.maori.nz</p> <p>Tuwharetoa Whanau Ora on Facebook</p>
Te Kahui Hauora Trust	<p>We provide a free kaupapa Maori problem gambling, harm minimisation counselling service within the rohe of Te Arawa, (Mai Maketu ki Tongariro)</p> <p>We work with the gambler to reduce harm on themselves and their whanau as well as partners and whanau who have been affected by the gambler</p> <p>We are a mobile service, which means you have a choice of coming to our whare or we come to your</p>	Services are free	<p>Physical Address: Te Kahui Hauora Trust</p> <p>171 Old Taupo Road</p> <p>ROTORUA</p> <p>Postal Address:</p> <p>PO Box 2254</p> <p>ROTORUA</p>	



Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
	<p>where</p> <p>We provide support for whanau to determine their pathway towards whanau ora</p> <p>We facilitate community processes that contribute to reducing problem gambling harm</p> <p>We provide health promotion awareness within communities and organisations that wish to know more about problem gambling</p> <p>We are opened Monday to Friday from 9.00am to 4.00pm</p>		<p>Phone &amp; Fax: 07 3490156</p> <p>Phone: 0800 OHOMAI or 0800646624</p> <p><a href="mailto:admin@tkht.co.nz">admin@tkht.co.nz</a></p> <p><a href="mailto:hkohunui@tkht.co.nz">hkohunui@tkht.co.nz</a></p>	
Te Korowai Roopu Tautoko	<p>To empower whanau to provide for their own development</p> <p>Counselling Services</p>	Open to anyone	<p>(07) 378 3335</p> <p><a href="mailto:tkrt@xtra.co.nz">tkrt@xtra.co.nz</a></p> <p>Fax 07 378 337</p> <p><a href="mailto:admin@tekorowai.co.nz">admin@tekorowai.co.nz</a></p>	
Tongariro Whanau Support Trust	<ul style="list-style-type: none"> <li>• Family Support</li> <li>• Information and advice</li> <li>• Youth programmes school holidays only</li> <li>• Individual social work support</li> <li>• Worklink</li> <li>• Career Services</li> </ul>	<p>Open to everyone</p> <p>Free</p>	<p>20 Kahake Place</p> <p>Turangi</p> <p><a href="mailto:tongwhanau@xtra.co.nz">tongwhanau@xtra.co.nz</a></p> <p>Phone 07 386 7077</p> <p>Free phone 0800 803 803</p>	
Tuwharetoa Health Charitable Trust	See Turangi Health Centre			
Victim Centre	<p>Provides information, support and assistance to victims, witnesses and families and friends,</p> <p>Victim advisers are specialist staff employed by the Ministry of Justice to help victims.</p>	Referred by Police	<p>victims of crime information line 0800 650 654; email:</p> <p><a href="mailto:victimcentre@justice.govt.nz">victimcentre@justice.govt.nz</a></p> <p>Local Victim Advisor</p> <p><a href="mailto:Renee.Sharrock@justice.govt.nz">Renee.Sharrock@justice.govt.nz</a></p> <p>Based in Taupo . Ph: 07 3760280</p>	<a href="http://www.victiminfo.govt.nz">www.victiminfo.govt.nz</a>
Vision and Hearing screening	Vision and hearing screening is offered to four year olds as part of their B4 school health check. This is undertaken in preschools, clinics and client homes.	Clients will be contacted to make an appointment or alternatively phone the Vision and Hearing technician on	<p>07 3761000 ext 5932.</p> <p>Text Annette Thomas</p>	<a href="http://www.lakesdhsb.govt.nz/Article.aspx?ID=6706">http://www.lakesdhsb.govt.nz/Article.aspx?ID=6706</a>

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		3761000 ext 5932.	on 027 559 8686	
Whānau Ora ki Tūwharetoa  Tūwharetoa Whānau Ora collective	<p>Providers:</p> <ul style="list-style-type: none"> <li>• Tūwharetoa Health</li> <li>• Te Korowai Roopu Tautoko</li> <li>• Tongariro Whānau Support Trust</li> <li>• Te Kupenga Trust</li> </ul> <p>have come together to form the Tūwharetoa Whānau Ora collective in an effort to better support and strengthen the whānau living in the rohe of Ngāti Tūwharetoa.</p> <p>For more information see entries under each provider</p>			
Wholistic Health	Counsellor and life coach		<p>Ray Dunlop</p> <p>4/260 Taupihī Rd</p> <p>Turangi</p> <p>07 386 0040</p> <p>027 242 7328</p> <p>dunlopj@gmail.com</p>	Wholistictherapy.net
Women's Refuge	<p><b>Awhina Society Women's Refuge</b></p> <ul style="list-style-type: none"> <li>• Support, education and advocacy around domestic violence</li> <li>• Advice and information</li> <li>• Safe house available in Taupo</li> <li>• Not based in Turangi but will home visit and offer advocacy, support and education relevant to family violence. when needed.</li> </ul> <p>24 hour crisis intervention</p>	Open referral by phone	<p>Phone 07 377 1055</p> <p>Waiora House</p> <p>129 Spa Road</p> <p>Taupo</p> <p><a href="mailto:info@awhina.org.nz">info@awhina.org.nz</a></p> <p>Postal: PO Box 595, Taupo 3351</p>	
	<p><b>Te Whare Oranga</b></p> <p>Turangi clients referred to the organisation receive the same programmes offered in Taupo however on a one to one basis.</p> <p>Services offered are:</p>	Most referrals are through the Family violence intervention agencies response service team in Taupo police station	<p>Contact Person Aleen Henderson</p> <p>Administration.</p> <p>Email:</p>	

Name of Provider	Description of Service	How to access – referral or self referral and cost	Contact Details	Website
	<p>Immediate safety (residential), including support and advocacy with all government agencies e.g. WINZ, doctor, lawyers, victims' impact statements for protection orders, Court Advocacy, Housing NZ.</p> <p>Programmes to wahine that address domestic/whanau violence, safety planning, building self confidence</p> <p>All programmes start with an assessment, then two to three hours once a week for four weeks. There are three programmes designed as a staircase model forward movement:</p> <p>Ko Hine "awhi mai awhi atu" Nurturing new beginnings"</p> <p>Mana Wahine "knowing who you are, Whakawhanaungatanga Kakano"</p> <p>Whakamana "Reclamation of oneself, pathways/directions, strengthening relation, responsibility/ownership"</p> <p>We offer He Taonga Te Mokopuna for tamariki age from 4yrs to 13yrs. Court Approved.</p> <p>Mana Motuhake Rangatahi programme</p>	<p>At first point of contact from our agency, clients are informed of services and programmes available to support whanau through healthy transitional change.</p> <p>Unfortunately we are limited with some of these programs delivered in Turangi, there is no cost involved to clients.</p>	<p>twow.taupo1@xtra.co.nz</p> <p>Contact 07 3785204</p> <p>Crisis line 07 3785207</p> <p>or 027 434 8091 or</p> <p>0800 refuge 0800 733 843</p> <p>Mahia Henderson-TeTomo</p> <p>Manager</p> <p>07 3769036.</p>	
Women's Refuge Crisis line			<p>0800 733 843 crisis line</p> <p>0800 REFUGE</p>	<a href="mailto:info@refuge.org.nz">info@refuge.org.nz</a>
Youthline	Counselling support and youth development		<p>0800 376 633</p> <p>Free text 234</p> <p><a href="mailto:talk@youthline.co.nz">talk@youthline.co.nz</a></p>	<p><a href="https://www.facebook.com/youthline.changinglives">www.facebook.com/youthline.changinglives</a></p> <p><a href="http://www.youthline.co.nz">www.youthline.co.nz</a></p>