



Poutiri Wellness
Centre



Free Hauora Checks Poutiri Pahi Mobile Health Service

- Supporting you to stay well, get well and live well
- Mobile free health clinics closer to home
- Children's health checks
- Hearing & vision checks
- Oral health
- Heart checks
- Diabetes checks
- Bowel screening
- Vaccinations
- Access to mirimiri services
- Access to podiatry services

Paengaroa, Maketu, Waitangi, Te Puke, Tamapahore,
Pāpāmoa, Matapihi, Hairini, Matakana Island.

New locations coming. To find out when we are near to you
and your whānau, scan or contact us.



Contact Us



@PoutiriWellness



0800 573 0091

www.poutiriwellness.org

35 Commerce Lane, Te Puke



Contact the pahi service on (027) 621 8449 pahi@poutiri.org



Mauri Tū Mauri Ora!

Enhancing Whānau Health and Wellness

Poutiri is a kaupapa Māori service built on the aspirations of Iwi, serving the community since in 1997.

We are here to support your health and wellness.

- ✓ Range of free and low-cost services
- ✓ Our services are confidential
- ✓ We provide home visits, kura/school-based programs and clinics in the community
- ✓ Services also available from Poutiri Wellness Centre.

Poutiri Wellness Services:

- Maara kai support to grow your own vegetables at home
- Whānau ora fitness classes Mondays 11am & Tues 15.30pm
- Tamariki & rangatahi supports, one to one & programs
- Rangatahi engagement in education
- Kōeke wellness program every Friday
- Injury prevention, recovery care & ACC navigation
- Nursing service for whānau with chronic health needs
- Pahi mobile health service & vaccinations
- Mental health, addictions & counselling services
- Māmā Maia breastfeeding services & weekly support groups
- Piringa MSD community support & employment assistance
- Rongoā and mirimiri services
- Community Pataka Open Pantry @ 74 Jellicoe Street, Te Puke
- Poutiri Wellness Medical Centre.

Talk to a
counsellor,
any time.

NEED TO TALK?

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free call or text
any time

Free health advice
when you need it


Healthline
0800 611 116
www.healthline.govt.nz

alcohol  drug
HELPLINE
0800 787 797

Helplines Available 24/7