



**Poutiri Wellness**  
Centre



## Whaioranga te Pāharakeke Service Kōeke Wellness, Injury Prevention and Recovery

- Work in partnership with you, your whānau, clinicians & ACC\*
- Kainga safety checks to help reduce falls and hazards at home
- Home wellness visits
- Strength and mobility exercises
- Activate your injury prevention goals
- Help you access ACC\*
- Access to rongoā
- Access to mobility parking\*
- Weekly Kōeke marae-based program
- Weekly mirimiri service
- Transport to health appointments
- Link you with other health services.



(\* if applicable)

As part of Te Arawa Whānau Ora we have embarked on a research project to keep koeke well, reduce injuries and provide proactive recovery care, with the University of Auckland and funded by ACC.



### Contact Us



@PoutiriWellness



0800 573 0091

[www.poutiriwellness.org](http://www.poutiriwellness.org)

35 Commerce Lane, Te Puke



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## 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](http://www.healthline.govt.nz)

alcohol  drug  
**HELPLINE**  
0800 787 797

Helplines Available 24/7