

Free health and wellbeing checks for your child

Capital,
Coast,
Hutt Valley
and Wairarapa
information
guide



Te Whatu Ora
Health New Zealand



Kia ora, hello and warm Pacific greetings

This booklet describes the Well Child Tamariki Ora programme and the different providers available to you in the Capital, Coast, Hutt Valley and Wairarapa areas.

The Well Child Tamariki Ora programme is a series of health visits and support that are free to all whānau for tamariki under five years of age.

Well Child Tamariki Ora nurses are experts in child health and growth. Your nurse will support you to protect and improve your child's health.

It's important that you join up with a Well Child Tamariki Ora service as soon as your baby is born, so that they can see your baby when your midwife finishes visiting you.

Your midwife can help you to choose the Well Child Tamariki Ora service that's right for you.

Stay up to date with your child's "My Health Book"



November 2023. Cover page photo: Ine playing with her mokopuna Zaius, in Porirua.



Well Child Pathway

This pathway shows the core health checks to help you and your whānau look after your baby.

On the following pages, we have listed the Well Child Providers who can help you on your pathway.



* As per section DA53 Service Specification: Postnatal care
(1) (a) (iii) "at least seven postnatal consultations in total ..."
Primary Maternity Services Notice 2021 - https://www.health.govt.nz/system/files/documents/publications/primary_maternity_services_notice_2021.pdf

Hora Te Pai

Kāpiti (South of Paekākāriki to Pekapeka)

Our service provides free growth and development checks and support for your baby/child/whānau from birth to 5 years old. We can visit you at your home, or another venue for example daycare/ kōhanga or clinic.

Recommended visits are at the following ages:

4-5 weeks, 8-10 weeks, 3-4 months, 5-7 months, 9-12 months, 15-18 months, 2-3 years and 4-5 years (B4 school check).

Additional visits, whānau care and support are provided as needed.

Booking System

- S.I.D.s Education.
- Advice, Nutrition and Information.
- Child Safety and Injury Prevention.
- Breastfeeding advice and support.
- Referrals as required.

For more information, please phone (04) 902 7095, Monday-Friday 8.30am-4.30pm or leave a message after hours.

Contact us

Phone: (04) 902 7095, Mobile: 027 434 9206
Monday-Friday 8.30am-4.30pm

Email: reception@horatepai.org.nz

HORA TE PAI



HEALTH SERVICES

Maraeroa Health Clinic

Porirua

Maraeroa Marae Health Clinic is based in Porirua Waitangirua. We are a health provider that offers a range of services for all whānau. Our Well Child Tamariki Ora nurse and Kaiawhina will visit you at home or at the Health Clinic. The health and wellbeing of you and your pēpi and tamariki are our priority.

Other services:

- Wahine Toa Support Group (Kaupapa Māori Mental Health and Addictions Groups and individual counselling).
- Couples, whānau and Individual counselling (Mental Health and Addictions).
- Individuals and whānau counselling, triage and assessment (Alcohol and Other Addictions).
- Clinical and kaiawhina support and advocacy for Māori (Whare ki te Whare).

Contact us

Phone: (04) 2358 000

Email: info@maraeroa.maori.nz

Website: maraeroa.maori.nz



Maraeroa Marae
Health Clinic
Ka Ora te Whanau Ka Ora te Iwi
Strengthening our Families Strengthening our People



Pacific Health Services (Thriving Cores)

Hutt Valley

We are a Pacific Well Child provider for the Hutt Valley. Our dedicated team of certified Well Child Tamariki Ora Nurses are here to empower families, ensuring every child thrives, flourishes and has the best start to life. We deliver our services in the comfort of your home or in a clinic.

Experience a range of additional services:

- Flexible after-hours and weekend appointments.
- Comprehensive social services support.
- Mental health and addictions support - expert assistance for mild to moderate mental health issues, depression and addictions.
- Personalised sessions with a Nutritionist or Dietitian for pregnant women and children under 5 years.
- Assistance in obtaining a safe sleep bed for your pepe and other necessary tools for your child's safety.
- Provide immunisations as per National Immunisation schedule.
- Smoking Cessation Support.
- Free consult with a Nurse Practitioner by appointment (every Monday and Tuesday).

Join us in nurturing the well-being of your child. Your journey to a healthier future starts here.

Contact us:

Phone: (04) 577 0394

Email: info@phshutt.co.nz

Website: pacifichealthhutt.co.nz/well-child



Te Rūnanganui o Te Āti Awa

Te Awa Kairangi – Hutt Valley

We are a well-established Well Child Tamariki Ora provider offering services to whānau across Te Awa Kairangi. Our team includes Tamariki Ora nurses, kaiāwhina and a doctor supported by other staff.

The service offers transportation to and from clinics, home visits and runs regular clinics in the community, including Marae and Kōhanga Reo.

We also provide one-on-one work with whānau, group facilitation and supporting whānau to engage with and access our services.

Other services:

- Breastfeeding education and support.
- Safe sleep education.
- Growth and development checks.
- Health promotion and education.
- Whānau care and support.
- Saturday clinics.

Contact us:

Phone: 0800 RAUKURA - 728 5872

Email: tamarikiora@atiawa.com

Website: atiawa.com



TE RŪNANGANUI O TE ĀTI AWA

Te Runanga o Toa Rangatira Inc – Ora Toa Health Services

Wellington and Porirua

Ora Toa is an established Well Child Tamariki Ora provider under the umbrella of Te Rūnanga o Toa Rangatira Inc. We provide holistic care, free growth and development checks and support for tamariki and their whānau from 4 weeks old to 4.5 years (including the B4 school check). Our reach extends from Pukerua Bay to Wellington, and we offer the option of in-home visits or appointments at our clinic locations.

Other services include:

- Saturday clinics.
- Kōhanga Reo and creche visits.
- Access to various health services and support groups.
- Qualified and experienced team of both Registered Nurses and Community health workers.

Contact us:

Phone: 0800 862 672

Email: tamariki.ora@oratoa.co.nz

Website: oratoa.co.nz



- Kia Orana • Talofa • Talofa lava • Malo ni • Malo e lelei
- Fakaalofa lahi atu • Mauri • Bula Vinaka!

Vaka Atafaga Pacific Nursing Service

Wellington, Porirua, Kāpiti

Vaka Atafaga is a Pacific Nurse-led service which aims to support and advocate for the health and wellbeing of Pacific families, and our service extends from Wellington south through to Kāpiti.

Our services include:

- A team of very experienced and highly skilled nurses providing a mobile outreach service, supported by Lagolagosua (Pacific Kaiāwhina).
- Offering vaccinations/immunisations across the lifespan both on our premises, as well as through outreach.
- Supporting the journey through maternity for māmā, and pepe across their first 2000 days of life.
- Addressing the health and wellbeing needs of households experiencing complex demands with limited resources.

Contact us:

Phone: 04 213 8760 / 021 459 651

Email: enquiries@vakaatafaga.org.nz

Website: vakaatafaga.org.nz



Whaiora

Wairarapa

Whaiora is a Māori Health Well Child Tamariki Ora provider that has a team of Registered Nurses and Kaiawhina with post graduate qualifications in Child Health. This allows us to provide comprehensive home-based core checks and education service promoting the health and wellbeing of tamariki (0-5 years) and their whānau.

Other services:

- Family Start (advocacy and support in health, education and welfare).
- Outreach immunisations (B4 School Check and childhood Immunisation).
- Whaiora Stop Smoking Service (Smoking cessation services to anyone living in the Wairarapa).
- Whānau Services – Pae ora, healthy futures (Community health professionals work with individuals and whānau to improve their health and wellness).
- Whānau Ora – Aspirations for people, not systems. Navigating solutions from within communities, carving a path for Māori, by Māori.
- Healthy Homes Initiative (identify eligible families working with them to carry out a comprehensive housing assessment).
- Tane Ora (Collective of individual Māori who to together create a male centre kaupapa that focuses on the power of healing trauma and empowering whānau).

Contact us:

Phone (06) 370 0818 or Toll free 0800 494 246

Email: tari@whaiora.org.nz



Whānau āwhina Plunket

Wellington, Kāpiti, Porirua, Hutt Valley, Wairarapa

Whānau āwhina Plunket offer free health and development checks for your tamariki through whānau homes, clinic, and virtual visits.

Other services:

- 24/7 parenting helpline.
- breastfeeding support.
- referrals to other local services.
- PIN Groups (Plunket in the Neighborhood) – social connection groups for new parents and their whānau.

Contact us:

Phone: 0800 184 803 (8.30am-4.30pm)

PlunketLine 0800 933 922 (24/7 parent helpline)

Email: wellington.wairarapa@plunket.org.nz

Website: plunket.org.nz

Facebook: Plunket Wellington,
Plunket Kapiti,
Plunket Johnsonville and Newlands,
Plunket Wairarapa,
Whānau āwhina Plunket.



plunket
whānau āwhina



Ine and Tesara-Rose playing with Zaius, in Porirua.

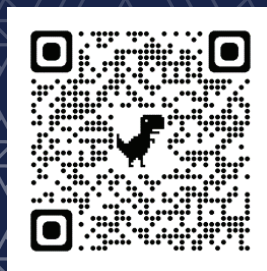
For more information about the programme go to:
www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-you-and-your-child/well-child-tamariki-ora-visits

Well Child Tamariki Ora visits | Ministry of Health NZ



Pēpe Ora

You can also read
about the Wellchild
providers in your region
at www.pepeora.nz



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