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nkmp
NGA KETE MĀTAURANGA POUNAMU
CHARITABLE TRUST

SERVICE BOOKLET

NGĀ KETE MĀTAURANGA POUNAMU CHARITABLE TRUST



Kia Ora

From the CEO

At Ngā Kete Mātauranga Pounamu Charitable Trust we believe that people can achieve anything if they are empowered or connected to information that helps them solve problems, motivates and stimulates them. The first step towards positive change needs to occur within.

The Trust is an organisation with energy, zest and resources that can support a person on their journey and empower them to succeed with planning, access, navigation and advocacy.

We strive to represent Aroha ki te Tangata - "highest regard for the welfare and wellbeing of mankind in our work." This is enhanced by our understanding that everything in life is connected, Ki Uta Ki Tai "from the mountains to the sea."

You are welcome to embrace our service and I am pleased to share that I have a huge measure of confidence and respect for my team in the quality of their provision of all services offered.

If we fall short I am equally keen to hear your voice. With your input we will strive for excellence.

If you have any queries regarding our service please do not hesitate in contacting our staff, or myself.

Nga mihi,



Tracey Wright-Tawha
Tumu Whakarae - CEO



About Us

Ngā Kete is a not-for-profit charitable trust that delivers a range of health and social services at low or no cost including Mental Health and Addiction services, Restorative Justice, two GP practices, and Stop Smoking support. The trust was established in 2000 with programmes that support the aspirations of our whakapapa ties to Ōraka-Aparima Rūnaka.

We are accredited:

- MSD, SSAS Standard 396 L2
- Cornerstone Accreditation

Our mission is to connect whānau with resources, ideas and energy for wellbeing and independence.

Our vision is excellence in service delivery to whānau and community.

Our cultural statement is Arahina ki Te Ao ki te Ora - Leading the way towards total wellbeing.

Our working philosophy is NKMPT Governance, management and staff uphold the belief that wellness encompasses four key cornerstones - as aligned to the whare tapa whā model. To this we have added a fifth dimension - Mātauranga.

Taha Wairua: Spiritual Dimension , Taha Whānau: Family, Taha Tinana: Physical, Taha Hinengaro: Mental Wellbeing, Taha Mātauranga: Knowledge

NKMPT management and staff strive to personify a set of working ethics so whānau and community can strongly identify with our mode of delivery.

- Manaaki: To demonstrate empathy, care and respect.
- Atawhai: To look after each other.
- Awhi: To embrace those that need support.
- Wairua: We embrace our spiritual being.
- Whānau: Is the centre of wellbeing.
- Aroha: Love of fellow man is evident.
- Tautoko: To support in an open, honest way.

Complaints

As a client of the trust, you have the right to submit a complaint.

Complaints must be made in writing and addressed to the CEO within two days of the incident occurring. The CEO will assist you in this matter.

A full investigation of events and allegations will be completed by the CEO.

You will be informed of the outcomes by either a phone call, letter or meeting from or with the CEO. A letter closing the issue/investigation will be sent to you.

Where a solution is not immediately achievable, it may be necessary for NKMPPT to seek legal advice or ask for the matter to be passed on to an independent mediator. The complaint turnaround timetable from the date the CEO receives the complaint is 28 days (excluding mediation).

The CEO is dedicated to quality service provision and welcomes any opportunity to hear views, service improvement ideas and concerns from whānau.

In the event of a complaint, we reserve the right to seek the complainants opinion as to what they feel would be a fair outcome. Your complaint will be treated in a sensitive manner.



Your Rights

All whānau/clients have the right to be treated with respect.

All whānau/clients will be treated in a fair and equitable way, with no discrimination against age, disability, sexual orientation, political opinion, marital status, employment status, and religious belief. All whānau/clients have the right to whānau support wherever and whenever possible.

NKMP staff will ensure that the mana of the client is not intentionally compromised.

NKMP will respect and uphold the guiding principles that form the operational fabric of the trust. Whanaungatanga will bind staff and management.

Whakamana will empower, energise and build confidence for our client group in a setting of excellence.



Confidentiality

Client records are stored in a locked, secure environment.

If you would like to see your file, you can make a request in writing to the CEO. Identification must be provided.

Non-identifying statistical data only is provided for service delivery and reporting requirements.

No personal information is disclosed to anyone without your explicit consent.

In the event of an audit, random file checks may occur to assess the quality and competency of our work.

Photographs and your story

Our Communications, Media and Marketing Manager often works with whānau who have a desire to share their stories.

You will check and proof read, make changes if required and be prepared to give written consent before we publish to our website, Facebook page and any other media publications.



Conditions

By registering with NKMP as a client you are agreeing to the following conditions:

Personal information cannot be disclosed to any outside person or organization, other than non-identifying statistical data, or unless you give written consent.

You give authorization that non-identifying information such as ethnicity and/or gender can be disclosed for the purposes of statistics or research, as required by the Ministry of Health.

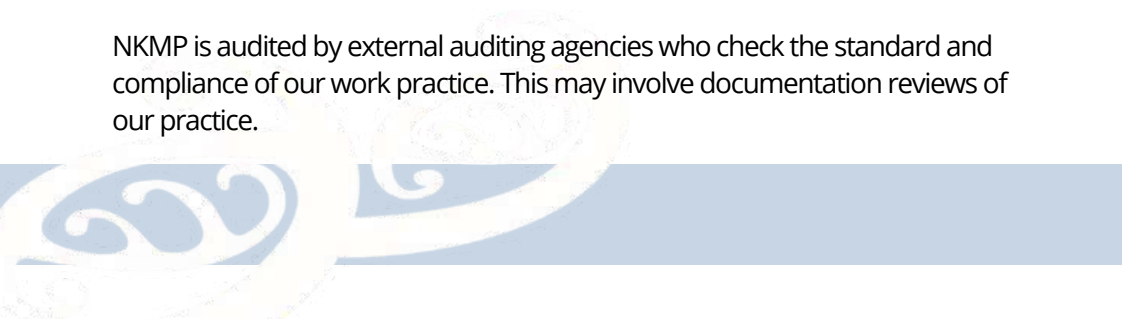
You consent to NKMP to act on your behalf in establishing appointments and any other relevant arrangements with other service providers that best meet your individual needs as discussed and mandated by yourself or your appointed advocate.

You understand, as a client of NKMP, it is your right at any given time to exit from the service. You also understand that it is your right to re-engage with the service at any time.

Special note: NKMP must report disclosures that represent significant risk or harm to the safety/wellbeing of children and youth to Oranga Tamariki and/or police.

NKMP have a zero-tolerance policy to aggression and violence and will notify police if staff or a child's safety is compromised.

NKMP is audited by external auditing agencies who check the standard and compliance of our work practice. This may involve documentation reviews of our practice.





Haere Mai / Welcome

Head Office & He Puna Waiora Wellness Centre

92 Spey Street, Invercargill

Phone: (03) 214 5260 or Freephone:
0800 925 242

Email: admin@nkmp.nz

Web: www.nkmp.nz

Head Office Open Hours:

Monday-Tuesday: 9am-7pm (to 7pm
by appointment)

Wednesday-Friday: 9am-5pm

He Puna Waiora Open Hours:

Monday-Thursday 9am-7pm (to 7pm
by appointment)

Friday 9am-5pm

Tūmanako Oranga Wellness Centre

56 Thomson Street, Invercargill

Open Hours:

Monday-Sunday: 8.30am-6.30pm (24/7
supervised support)

Kā Whetū Ora

21 Earnslaw Street, Invercargill

Open Hours:

Monday, Tuesday, Thursday, Friday:
10am-4pm

Wednesday: 10am-7pm

Saturday: 10am-2pm

Te Kaha ō Te Mauri

101 Dee Street, Invercargill

Open Hours:

Monday-Friday: 9am-5pm

Dunedin Office

Evan Parry House, Level 5, 43 Princes
Street, Dunedin

Open Hours:

Monday-Friday: 9am-5pm

Southern Needle Exchange Programme

88 Spey Street, Invercargill

Open Hours (Invercargill):

Monday-Wednesday: 1pm to 6pm

Thursday & Friday: 10am-6pm

Saturday: 10am-2pm

39 McBride Street, South Dunedin

Open Hours (Dunedin):

Monday-Friday: 9am-6pm

Saturday: 10am-2pm

Rongoa

74 Don Street, Invercargill

Open Hours:

Monday-Friday: 9am-5pm

Bluff Community Medical Centre

2 Tone Street, Bluff

Open Hours:

Monday-Friday: 8.30am-5pm

Toi Toi Maori Art & Gift Shop

119 Dee Street, Invercargill

Open Hours:

Monday - Friday: 10am-5pm

Saturday: 10am-1pm

Our Services

Mental Health & Addiction Services

- Mahana Southern Māori Mental Health & Addiction (Regional)
- Manawa Ora (Community Withdrawal Service)
- Hiwa-i-te-rangi (Methamphetamine Addiction)
- Awhina Ora (Methamphetamine Support Service)
- Te Kaha o Te Mauri (Methamphetamine Intensive Treatment)
- Kā Whetū Ora (Manaaki Centre)
- Southern Needle Exchange Programme
- Tūmanako Oranga Wellness Centre (Crisis Respite and Advocacy)
- Southern Stop Smoking Service (Regional)

Health Services

- He Puna Waiora Wellness Centre (GP Practice)
- Bluff Community Medical Centre (GP Practice)
- He Puna Waiora Wellness Centre Pharmacy
- Tōku Oranga (Wellbeing & Mental Health Support)
- Rongoa (Massage Therapy & Wellbeing)

All Other Services

- Tūruki Ora (Care Farm - Training & Development)
- Māori Cancer Kaiarahi Service
- Restorative Justice
- Te Pae Oranga (Iwi Community Panels)
- Kōrari Māori Public Health
- Tui Ora (Intensive Whānau Support Work)
- ACC Navigation Service
- Building Financial Capabilities Plus (Budgeting)
- S.O.A.R. (Disability Programme)

Retail

- Toi Toi Maori Art & Gift Shop



Visit our website

Mahana

(Low to Medium Needs) Mental Health & Addiction

Mahana Southern Māori Mental Health and Addiction Service provides support to individuals and whānau experiencing mild to moderate issues with mental health and addiction (alcohol and drug/s). The service is available across the region with offices in Invercargill and Dunedin.

We offer:

- One-on-one counselling support
- Peer support groups (information below)
- Cultural wellbeing activities that focus on building cultural resilience, connections and inclusion - site/community based, Creative arts, Wananga-based interventions
- Mobile service options - Clinics in Te Anau, Queenstown, Oamaru, Milton, and Alexandra (conditions apply).

Tikanga setting: Mahana is guided by our Kāhui Kaumātua, ensuring culturally safe delivery of services to tangata whaiora and whanau.

Please note: If you are engaged with a secondary service, you are not eligible for entry into Mahana. Mahana is NOT a crisis intervention service.

For all referrals to Mahana:



0800 925 242



Invercargill: admin@nkmp.nz
Dunedin: adminDN@nkmp.nz



www.nkmp.nz



92 Spey Street, Invercargill
Evan Parry House, Level 5, 43 Princes Street, Dunedin

Therapeutic Groups Available

Invercargill Groups

Aronui Arts Therapy Programme: Using creativity to reduce harm from alcohol and drug use (conditions apply).

Te Rongo Pai: An open support group offering peer support, information/education, in a friendly environment.

Te Kore: Te Kore is a closed group for women who have experienced harm from addictions and/or mild mental health (conditions apply).

Te Raki: Te Raki is an 8-week closed mixed group for those wanting to strengthen communication and increase self awareness (conditions apply).

Dunedin Groups

Ngā Hau e Whā Rōpu / The Four winds – Alexandra Corrections: A closed Group for Corrections Dunedin and Alexandra - Ngā Hau e Whā is based off an indigenous framework and is for those who need to complete requirements in the Corrections system.

Tūrangwaewae / Mātua me Ngā Tamariki (Tuora Wheako/ELA) : A Closed Group providing a safe place to stand for whānau Māori who have a desire to connect deeper with themselves and their tamariki.



Manawa Ora

Safe Detoxification Service From Drugs & Alcohol

Manawa Ora is a free and confidential alcohol and other drug withdrawal service. We provide both community-based withdrawal in your own home and residential withdrawal at Tūmanako Oranga Wellness Centre, offering the level of support that best meets your individual needs.

Following a comprehensive assessment, we work with you to develop a personalised withdrawal plan that supports your health, wellbeing and recovery goals. Our aim is to support improved health, wellbeing, and long-term recovery by connecting people with the care and supports they need to achieve their recovery goals.

Withdrawal Options

- Community Home-Based Withdrawal

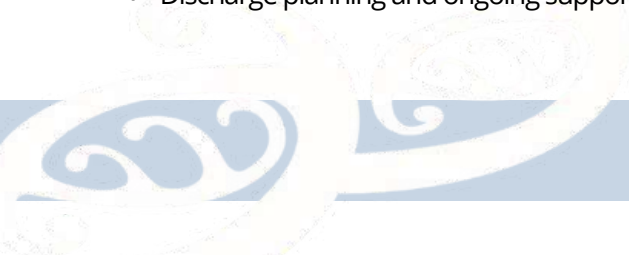
Withdrawal support provided in your own home for people who have a safe environment and appropriate supports available.

- Residential Withdrawal

Tūmanako Oranga Wellness Centre

Residential withdrawal is for people who would benefit from additional support and monitoring in a safe, structured environment.

What Do We Offer?

- Comprehensive assessment
 - Individualised withdrawal planning
 - Nursing care and monitoring
 - GP and Nurse Practitioner oversight
 - Medication management
 - Relapse prevention and recovery planning
 - Discharge planning and ongoing support
- 

Who Can Refer?

- Self-referral
- General Practitioners
- Specialist Addiction Services
- Community organisations and other services

For all referrals to Manawa Ora:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



92 Spey Street, Invercargill



Hiwa-i-te-rangi

Methamphetamine Counselling

Hiwa-i-te-rangi is a Southland service providing counselling and support to individuals (aged 35 and under) and whānau experiencing moderate to severe methamphetamine and other substance addiction issues. In addition to counselling, Hiwa-i-te-rangi offers a range of cultural resilient building activities, advocacy support, and we work collaboratively with police on education and restorative approaches.

We offer:

- One-on-one counselling
- Assessment, planning, interventions, harm minimisation
- On-referral to other agencies
- Cultural resilience building activities
- Education support for clients and impacted whānau
- Advocacy support
- Aronui Arts Therapy Programme: Using creativity to reduce harm from alcohol and drug use (conditions apply).
- Te Rongo Pai: An open support group offering peer support, information/education, in a friendly environment.

For all referrals to Hiwa-i-te-rangi:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



92 Spey Street, Invercargill

Hiwa-i-te-rangi is the youngest whetū of the Matariki cluster, and is connected to the promise of a prosperous season. Hiwa means vigorous growth. It is Hiwa that Māori would send their dreams and desires for the year in the hope they would be realised. Hiwa-i-te-rangi is the youngest child of Rehua and Matariki. Hiwa: Growth and i-te-rangi in the sky.

Awhina Ora

Methamphetamine Support Service

A free mobile service supporting Tangata Whaiora affected by methamphetamine use in Southland. We offer personalised, one-on-one support focused on reducing harm and improving wellbeing for individuals impacted by methamphetamine use. We also provide support to the affected whānau, offering information, advice, and on-referrals.

Our Services Include:

- Tailored Support - We listen to your needs and offer a personalised service to support your recovery journey
- Connection to the right services such as GPs, counselling, and detox
- Walking alongside you on your recovery journey, providing continuous support
- Removing barriers, offering transport and advocacy support
- Promoting pathways to wellbeing
- Options of mobile support we can explore with you
- Support you to engage in activities like walking groups and cooking classes to support your recovery.
- Provide education sessions for tangata whaiora and their families to better understand and manage the impact of methamphetamine use.

Connecting people. Reducing harm. Supporting change.
He waka eke noa - we're in this together

For all referrals to Awhina Ora:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



92 Spey Street, Invercargill

Te Kaha ō Te Mauri

Methamphetamine Intensive Treatment

Te Kaha ō Te Mauri is a culturally grounded intensive treatment service supporting adults experiencing challenges related to methamphetamine use. We provide a safe, respectful and non-judgemental environment where tangata whaiora can access specialist support to reduce harm, strengthen wellbeing and work towards their recovery goals.

Our approach is holistic, recognising the connection between substance use, mental health, physical wellbeing, whānau, housing, financial pressures and social connection. Support is tailored to each person's needs, strengths and aspirations.

What We Offer

- Comprehensive alcohol and other drug assessments
- Individual counselling and personalised treatment planning
- Peer support and recovery-focused coaching
- Psychoeducation, life skills and relapse prevention programmes
- Group support and connection opportunities
- Practical support, advocacy and service navigation
- Referrals to health, social and community services
- Access to detoxification and respite care pathways where appropriate
- Whānau-inclusive support and recovery planning (with consent)
- Culturally grounded, trauma-informed care

Te Kaha ō Te Mauri supports people to build safer, healthier and more connected lives through reduced harm, strengthened wellbeing and sustainable recovery pathways.

For all referrals to Te Kaha ō Te Mauri:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



101 Dee Street, Invercargill

Kā Whetū Ora

Adult Mental Health Daybase

Kā Whetū Ora is a peer-led wellbeing activity centre open to all adults (18+).

This welcoming space offers a holistic, inclusive, and empowering programme designed to strengthen all aspects of wellbeing - shaped by you, supported by us.

Kā Whetū Ora provides a range of peer-led activities aligned with the four dimensions of wellbeing:

- **Taha Hinengaro: Growing Your Strengths** Focused on goal-setting, resilience-building, advocacy and tailored support to help individuals move toward their aspirations.
- **Taha Whānau: Building Connection** Community-based peer groups that foster connection, cultural identity and shared experience.
- **Taha Tinana: Life Skills** Practical everyday skills such as kai preparation, nutrition, budgeting, and workplace confidence - supporting people to live well, on their own terms.
- **Taha Wairua: Wellbeing Through Expression** A creative and reflective space offering group kōrero, writing, mindfulness, and toi (art) practices to reconnect with what grounds and inspires us.

This is a space where every person is valued, where support is shaped around each individual, and where connection and community are at the centre.

For all referrals to Kā Whetū Ora:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



21 Earnslaw Street, Invercargill

Needle Exchange

Southern Needle Exchange Programme

Ngā Kete Mātauranga Pounamu Charitable Trust delivers the Needle Exchange Programme across the Southern region, as part of the Te Waipounamu Collective.

Whether you're walking into one of our locations, ordering online, or visiting a mobile site (coming 2026!) it's all about access. Easy, confidential, non-judgemental, and always focused on your health and wellbeing.

Ko Wai Mātou? | Who Are We?

The New Zealand Needle Exchange Programme (NEP) is a nationally funded health initiative first launched in the late 1980s to combat the spread of blood-borne illnesses such as HIV and Hepatitis C. It was the first state-sponsored national needle exchange in the world, and it remains one of Aotearoa's most successful public health efforts.

At its core, NEP is peer-led and grounded in harm reduction and human rights. Our team includes people with lived experience, which helps build trust, break down stigma, and connect people with what they need, without judgement.

Utauta | What We Offer

Our Needle Exchange services include:

- Free sterile injecting equipment
- Safe, discreet disposal of used items
- Peer-led support and advice
- Fast, confidential online ordering
- No need to register or provide your name
- Stigma-free, safe spaces
- Mobile outreach in 2026 (Queenstown, Alexandra, Oamaru)

Whāinga | Harm Reduction Goals

Harm reduction is about meeting people where they're at, not where we think they should be. We focus on:

- Minimising the risk of blood-borne infections
- Providing safer injecting equipment
- Supporting informed decision-making
- Promoting safety and wellbeing
- Creating non-judgemental, inclusive spaces

Tauwhiro Hapori | Order Online – Delivered to Your Door

Need supplies but want to stay private? You can order directly from our website. Fast, free, and confidential.

- No name required - use your own, or simply write "To the householder"
- Your information is only used for delivery
- Nothing is stored or shared

Visit our website: www.nkmp.nz/NEP

Toro Atu | Mobile Outreach Services – Coming May 2026!

Coming soon: We will be launching a fortnightly mobile Needle Exchange in:

- Queenstown
- Alexandra
- Oamaru

Our vans will be set up at easy-to-find community locations, with schedules updated every three months on our website (via an interactive map).

Wāhi | Contact Us

Invercargill



(03) 214 5262



www.nkmp.nz



NEPINV@nkmp.nz



88 Spey Street, Invercargill

Dunedin



(03) 928 5681



www.nkmp.nz



NEPDN@nkmp.nz



39 McBride Street, South Dunedin

Tūmanako Oranga

Wellbeing Centre - Mental Health & Addiction

Ngā Kete Matauranga Pounamu Charitable Trust is pleased to provide a hub of wellbeing services in a specialized, co-ordinated setting.

Services offered on site:

- Crisis community advocacy and crisis community respite care/residential
- Manawa Ora (Community withdrawal)
- Te Rongoa Pai: An open support group offering peer support, information/education, in a friendly environment.)
- Aronui Arts Therapy Programme: Using creativity to reduce harm from alcohol and drug use (conditions apply).
- A range of therapeutic experiential learning activities

Withdrawal Support: Manawa Ora is a free community withdrawal nursing service that aims to support safe withdrawal from alcohol and/or other drugs.

Crisis Community Advocacy: Support with health appointments, Whakawhanaungatanga – building relationships, and more.

Crisis Community Respite Care/Residential: Residential respite care (up to six days), therapeutic interventions, a warm, safe, comfortable healing environment, a drop-in day programme and more.

Groups & Advocacy: A range of therapeutic open and closed groups and advocacy to support you on your recovery.



Experiential Learning Activities: ELAs are activities based on the experiential learning process, where we learn through experience, reflection and experimentation.

Open Hours: Monday-Sunday 8.30am-6.30pm
(24/7 supervised support)

For all referrals to Tūmanako Oranga:



0800 925 242



www.nkmp.nz



admin56@hpw.nz



56 Thomson Street, Invercargill



Southern Stop Smoking

Quit Support

We provide a free Southern-wide service offering community group clinics and one-on-one support to help people become smoke-free and vape-free, with eight site coaches operating across the Southern region.

Individuals, health providers, workplaces, and community organisations can refer.

We provide free nicotine replacement therapy resources to support you on your journey to become smoke-free. These include gum, lozenges and patches.

For all referrals to the Southern Stop Smoking Service:

Refer online: www.nkmp.nz/online-referrals



0800 925 242



www.nkmp.nz



admin@stopsmoking.nz



92 Spey Street, Invercargill
220 King Edward Street,
South Dunedin (by appointment only)



**SOUTHERN
STOP SMOKING
SERVICE**



Visit our website

He Puna Waiora Wellness

General Medical Practice

He Puna Waiora Wellness Centre is a VLCA Very Low Cost Access GP Practice offering doctor and nursing services.

He Puna Waiora Wellness Centre is a friendly, holistic and patient-centered General Practice offering a range of services, including:

- GP and Nurse Consultations, Cervical Smears, Jadelle Insertion/Removal, IUD Insertion/Removal, Emergency Contraception, Depo-Provera, Liquid Nitrogen, Shave or Punch Biopsy, Minor surgery, Wound dressings, Removal of sutures/staples, ECG, Vaccinations including: Adult and child Pfizer (COVID-19), childhood vaccinations, adult and child flu vaccination, Diptheria/Tetanus/Whooping cough, HPV, Meningococcal, shingles and more, Medical Certificates, Driver License (Medical check), Brief Intervention Service Referrals.

He Puna Waiora Wellness Centre also offers the He Puna Waiora Wellness Centre Pharmacy, Tōku Oranga (A service to empower individuals to self-manage and set goals to improve health and wellbeing outcomes), and Manawa Ora (A community home-based withdrawal nursing service that aims to support safe withdrawal from alcohol and/or drugs. He Puna Waiora Wellness Centre can also on-refer to our wide range of in-house services, as well as external services.

Our Hours

Standard business hours: Monday - Thursday 9am-7pm (to 7pm by appointment)

Friday 9am-5pm

Closed public holidays and between Christmas and New Year - dates will be advised.

To book an appointment:



0800 925 242



www.nkmp.nz



hpw@nkmp.nz



Level 1, 92 Spey Street, Invercargill

Please note that this practice is contributing to, and accessing healthcare information from HealthOne.

What is HealthOne?

HealthOne is a South Island based secure electronic record that allows registered healthcare providers directly involved in your healthcare, to quickly access information such as your test results, allergies, medications, GP summaries and hospital information. HealthOne adheres to the principles of the Privacy Act 2020 as well as the Rules set out in the Health Information Privacy Code 2020. Access is only possible via an approved highly secure healthcare information network which is regularly audited and tested. Privacy auditing is used to check that only those directly involved in your care are accessing your information.

He Puna Waiora Wellness Pharmacy

He Puna Waiora is pleased to be working in partnership with Steve Jo, Tae Song and Terry Son to provide the He Puna Waiora Wellness Centre Pharmacy on site. Open to everyone.

- Zero prescription fees (terms and conditions apply).
- Delivery services available (conditions apply).



(03) 929 6696



ngaketepharmacy@gmail.com



www.nkmp.nz



Level 1, 92 Spey Street, Invercargill



NGA KETE MATAURANGA POUNAMU
He Puna Waiora
Wellness Centre

Bluff Community Medical Centre

General Medical Practice

Bluff Community Medical Centre (BCMC) is a VLCA Very Low Cost Access GP Practice offering doctor and nursing services.

BCMC is a friendly, holistic and patient-centered General Practice offering a range of services, including:

- GP and Nurse Consultations, Cervical Smears, Jadelle Insertion/Removal, IUD Insertion/Removal, Emergency Contraception, Depo-Provera, Liquid Nitrogen, Shave or Punch Biopsy, Minor surgery, Wound dressings, Removal of sutures/staples, ECG, Vaccinations including: Adult and child Pfizer (COVID-19), childhood vaccinations, adult and child flu vaccination, Diphtheria/Tetanus/Whooping cough, HPV, Meningococcal, shingles and more, Medical Certificates, Brief Intervention Service Referrals, Aclasta Infusion, Driver License (Medical check), Ring Fenced Maritime Medical.

BCMC also offers Tōku Oranga (A service to empower individuals to self-manage and set goals to improve health and wellbeing outcomes)

Our Hours

Monday - Friday 8.30am-5pm

To book an appointment:



(03) 212 7337



www.nkmp.nz



adminbm@nkmp.nz



2 Tone Street, Bluff



Please note that this practice is contributing to, and accessing healthcare information from HealthOne

What is HealthOne?

HealthOne is a South Island based secure electronic record that allows registered healthcare providers directly involved in your healthcare, to quickly access information such as your test results, allergies, medications, GP summaries and hospital information. HealthOne adheres to the principles of the Privacy Act 2020 as well as the Rules set out in the Health Information Privacy Code 2020. Access is only possible via an approved highly secure healthcare information network which is regularly audited and tested. Privacy auditing is used to check that only those directly involved in your care are accessing your information.



Tōku Oranga

Wellbeing & Mental Health Support

We support patients of He Puna Waiora Wellness Centre and Bluff Medical Centre to improve their health and wellbeing. This is a free, patient-led service.

Our Team Can Help With:

- Lifestyle and health choices
- Stress, anxiety, depression, grief
- Sleep, addiction, chronic pain
- Relationships and whānau concerns
- Child and youth development
- Overcoming barriers to healthcare

Our Support Includes:

- Goal setting and action planning
- Building confidence to self-manage wellbeing
- Preparing for GP appointments
- Advocacy and navigating health services
- Connecting to community support
- Group workshops and education
- Strength and balance classes for kaumātua, combining kaupapa Māori movement to support wellbeing and prevent falls.

For more information, or to book an appointment:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



92 Spey Street, Invercargill
2 Tone Street, Bluff



Rongoa

Massage Therapy & Wellbeing

A private, safe and confidential service, which includes

- Therapeutic treatment plans
- Mirimiri
- Nutrition and hydration advice
- Reiki
- Lymphatic drainage
- Relaxation massage
- Reflexology

Fee:

With a community services card: \$25

Without a community services card: \$50

Rangatahi (18 years and under): \$25

Kaumātua 65+ : \$20

Sessions are usually 45-60 minutes

Appointments from 9am-4.30pm Monday-Friday

To book an appointment with the Rongoa Service:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



74 Don Street, Invercargill



Tūruki Ora

Strengthening Wellbeing - Care Farming

Ngā Kete Mātauranga Pounamu Charitable Trust has established Tūruki Ora (Strengthening Wellbeing), a dynamic space dedicated to enhancing health, resilience, and learning through connection with the natural environment.

Tūruki Ora will provide a range of programme spaces to support the organisation's mahi. Planned activities include engagement with the outdoors, animal husbandry, hen and pig rearing, alpacas, lambs and sheep, carpentry projects, and horticultural experiences. Over time, the site will also support a produce market and other opportunities as they develop. As we progress a range of co-ordinated health care and clinics will be delivered on site.

The property features established tunnel houses, orchards, an orangery, berry beds, livestock paddocks, and functional working spaces. These facilities will enable tangata whaiora to participate in meaningful onsite activities through both structured programmes and experiential learning. The vision includes creative expression, hands-on horticulture, practical skill-building, and preparing produce for market.

Tūruki Ora reflects Ngā Kete Mātauranga Pounamu's commitment to creating opportunities for skill development, knowledge sharing, and personal growth. Grounded in the understanding that there is no single pathway to wellbeing, the initiative fosters connection to land, environment, and practical skills to strengthen resilience and personal capacity.

For all referrals to Tūruki Ora:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



Monday-Friday 8.30am-4.30pm





Restorative Justice

Nga Kete is the Southern provider of Restorative Justice. Our team of three trained professionals cover Invercargill, Gore and Queenstown Court on a weekly basis.

Restorative justice is an informal, facilitated meeting between a victim and offender. It helps to give victims a voice and helps offenders to understand the consequences of their actions on other people. Sometimes the offender will agree to do something to help put right what has happened.

The opportunity for restorative justice takes place before an offender is sentenced in court. The judge will consider any agreements made during the restorative justice conference discussions at the time of sentencing, but this doesn't mean that the offender will receive a reduced sentence. The judge will also be told if no agreement could be reached in the restorative justice process.

Participation is **VOLUNTARY** throughout the restorative justice process. Informed consent is always sought from participants, victims determine their own level of participation and all outcomes are arrived at voluntarily.

Offenders are referred to Restorative Justice directly from Court by a judge. The offender must have pleaded guilty to the offence.



Te Pae Oranga

Iwi Community Panels For Offenders

Iwi Community Panels (ICP) are an alternative resolution process for low-level offenders focusing on education, prevention and accountability. Service provided by Ngā Kete Mātauranga Pounamu Charitable Trust in partnership with police, local iwi and the wider community.

Police can refer a participant to the ICP if they are aged 17 years or over and the participant accepts the Police summary of facts.

What are Iwi Community Panels?

- ICP are a community-led alternative to court for offenders. Offenders (known as participants) appear in front of a panel of three volunteer community members, which include the ICP co-ordinator, a police officer and, at times, an observer. The ICP also encourages a support person to be available i.e. a parent, friend or whanau member.
- An inquisitive hearing with a purpose of discovering the underlying reasons for offending and determine outcomes to address these - We want to affect long-term social and behavioural change to reduce reoffending.

What are the outcomes?

Outcomes should be tailored to each participant and should address their reasons for offending. Education and prevention focused (strengths based). Outcomes can include reparation, apology letters, voluntary work, and educational courses (defensive driving, driver licensing etc.)

All referrals to Te Pae Oranga from Police.



Kōrari Māori Public Health

Supporting whānau hauora through deliverable campaigns, initiatives, programmes and events that encourage positive health changes and strengthen cultural resiliency in Murihiku.

Ko wai au:

Kōrari is the Ngā Kete Matauranga Pounamu Māori public health team. Kōrari is the name of the reed used in the making of a traditional Ngai Tahu vessel (mokihi).

The mōkihi represents mātauranga māori strength, empowerment and resiliency. Our mahi is presented through a Te Ao Māori lens and is guided by indigeneous knowledge, te reo me ona tikanga and te taiao (the natural environment). Kōrari responds to the needs of the māori community, collaborates with other hāpori groups and organisations and keeps whānau at the centre of all mahi to support an overarching vision to see that Māori in Murihiku are well.

Kia Piki Te Ora: All Age Suicide Prevention for Māori

Kōrari is not an intervention service. We work with māori communities to strengthen protective factors that reduce the risk of whakamōmori (suicide).

Te Waka Taiohika o Murihiku Waka Ama

A rangatahi initiative delivered during the school year that utilises waka ama as a vessel for health for our young people. We work alongside schools and community groups to uplift their rangatahi through physical activity, connection to the natural environment, tikanga and whakawhanaungatanga to encourage mental health resiliency. This kaupapa is guided by the Te Ara a Kewa Health Model.



Kaumātua KoriKori Tinana

A weekly group for Kaumātua hosted at Te Tomairangi Marae. This day at the marae supports the four walls of Te Whare Tapa Wha for our beautiful kaumātua.

Ki Uta Ki Tai Waka Ama Regatta

An annual event that promotes wellbeing for māori and other whānau through waka ama in Te Anau on Labour Weekend.

To get in touch with Kōrari:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



92 Spey Street, Invercargill



Tui Ora

Intensive Whānau Support Work

Tui Ora supports whānau and young people in Murihiku to be well and thriving. Our team provides a range of intensive, whānau-centered services tailored to individual and family needs, supporting wellbeing, strengthening resilience, and helping whānau achieve their goals.

Tui Ora provides a range of services, including:

Whānau Tautoko

Working primarily with Intensive Response Team supporting whānau placements, Kaimahi will walk alongside whānau when care and protection concerns have been identified by Oranga Tamariki.

Iwi Family Group Conference

Kaimahi work to strengthen whānau with the aim Tamariki will not go into care. Kaimahi also create aspirational and purposeful plans that are mana enhancing and enable whānau to lead out while ensuring tikanga practices are adhered to.

Transition Kaimahi

The Transition Kaimahi supports eligible rangatahi aged 15-21 on their journey transitioning from care into adulthood, independent living and long-term wellbeing.

Te Whare Mahana

Te Whare Mahana is a stable, safe and supportive living environment for Rangatahi transitioning out of care to independent living.



Social Worker in Schools (SWIS)

Supporting rangatahi to succeed at Kura in their academic endeavours by supporting students and parents to navigate challenges and barriers.

Pūrerehua Transformation

Providing comprehensive support to whānau as they embark on their journey towards achieving their goals.

Hinengaro Oranga Service

The kaimahi supports tangata whaiora and their whānau with mental health advocacy, guidance, and connection to care.

Youth Worker

A youth support service that provides mentoring, activities, and community connection to help rangatahi (especially those transitioning from care) build wellbeing, belonging, and positive life pathways.

Gateway Assessment Community Connector

Walking alongside tamariki, rangatahi, and their whānau throughout the Gateway Assessment process, providing support, advocacy, and connections to health, education, and community services.

Rough Sleeper Housing Navigator Support Service

Providing support services to Rough Sleepers: those who are homeless or at risk of housing instability, stress and who would benefit from receiving a wraparound support service.

For all queries to Tui Ora:



0800 925 242



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92 Spey Street, Invercargill



Māori Cancer Kaiarahi Service

Cancer Support & Advocacy

The Māori Cancer Kaiarahi Service is a free service designed to support whānau with a high suspicion of/or diagnosis of cancer. Support includes advocacy to get the right information about treatment options.

Kaiawhina can support with making the pathway as smooth as possible, and ensuring that you have all the information you need to make informed choices about your treatment plan. They will also assist in making sure you are able to attend all appointments, that you understand medical terms, and guide you and your whānau to other services that may support you on your journey. Kaiawhina also connect with you regularly through phone calls and visits.

For all referrals to the Cancer Kaiarahi Service:



0800 925 242



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92 Spey Street, Invercargill

Referrals can be made by GPs, Cancer Society, the hospital, friends, whānau, Hospice, district nurses, any health providers and other professionals.



Kaimahi Jo Cullen, Barbara Metzger & Wyma Glassey

ACC Navigation Service

Advocacy & Support

The dedicated ACC Navigation Service is led by a passionate and community-minded kaimahi, ensuring that every individual receives a high-quality, personalized experience. This service is especially beneficial for those with complex ACC cases, guiding whānau through the process and ensuring their voices are heard.

Key Features of our ACC Navigation Service:

- **Comprehensive Support:** Our kaimahi lead the navigation of ACC claims, ensuring you receive the best possible guidance and advocacy throughout the process.
- **Whānau-Centered Approach:** We ensure that the needs and preferences of whānau are central to every step of the navigation process.
- **Informed Connections:** We keep all ACC service providers informed and connected, promoting seamless communication across the network.
- **Whānau Feedback:** Through survey collation, we actively gather the voices of whānau to improve the service and ensure it meets your needs.
- **Ongoing Support:** We walk alongside you, supporting you through your ACC claim or query, ensuring you are informed and empowered throughout.
- **Consultation and Networking:** We bridge communication between ACC and clients, and build cooperative relationships to ensure the best outcomes for all involved.

For all referrals to the ACC Navigation Service:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



56 Thomson Street, Invercargill



Building Financial Capability/Budgeting

Building Financial Capability Plus is an intensive, wrap around service that supports whānau to manage finances, debt and other needs impacting on wellbeing and independence. Our Goal is to build financial resilience and enhance whānau wellbeing.

Our Aim is to provide the right support, at the right time, in the right way, with whānau.

We offer:

- Tools to empower whānau to take control of their money management
- Support and knowledge around financial literacy
- Budgeting support and advice
- Tips to help reduce daily living costs
- Support to explore financial options, including KiwiSaver withdrawals where appropriate
- Advocacy on behalf of clients with government departments – WINZ, IRD, ACC
- Assist clients to negotiate debt repayments with creditors and finance companies
- Assistance with budgeting skills and debt repayments
- A safe and non-judgmental space

Outcomes:

- Reduced financial stress.
- Improved relationships and support networks.
- Improved wellness and independence.
- Whānau are managing finances confidently.
- The ability to bounce back more quickly from financial difficulties.

For all referrals to Building Financial Capability Plus:



0800 925 242



www.nkmp.nz



admin@nkmp.nz



92 Spey Street, Invercargill

S.O.A.R.

Disability Support & Advocacy

S.O.A.R. is a programme aimed to better understand and raise awareness and knowledge around working alongside whanau with disabilities and to appreciate more fully the service options and needs they have to live full, enriched lives.

S.O.A.R. offers:

- Workplace presentations - Showcasing the views and opinions of those living with a disability around being hired.
- Community events.
- A weekly radio show SOAR With Jack on Radio Southland 96.4FM - Highlighting services available to those with disabilities and raising awareness around different types of disabilities.
- Access and advocacy - Access to information, pro-social events and gatherings, services, on-air opportunities, and opportunity to provide feedback and support in shaping documents and plans such as the Southern District Health Board Disability Strategy and Action plan and the Tenei Au (This is me, here I am) workshop – how can we apply the Enabling Good Lives Principles and approach to build greater choice and control?
- Regular fun and informative group hui - A social gathering where members often discuss important topics such as where they can help in the disability sector, and often includes guest speakers.

For any queries regarding S.O.A.R.



0800 925 242



www.nkmp.nz



admin@nkmp.nz



92 Spey Street, Invercargill



Toi Toi Māori Art

Gift Shop

The Toi Toi Maori Art & Gift Shop is a Ngā Kete enterprise.

All proceeds from the shop help support the range of services NKMP extend. Our shop is stocked full of goodies including pounamu, weaving, paintings, korowai, glassware, woodware, and more. We offer gifts and locally made products with free gift wrapping and layby options.

You can also now buy online on our website: www.nkmp.nz

For selling on consignment contact Joanne White on (03) 214 5260 or email joanne.white@nkmp.nz



(03) 218 6488



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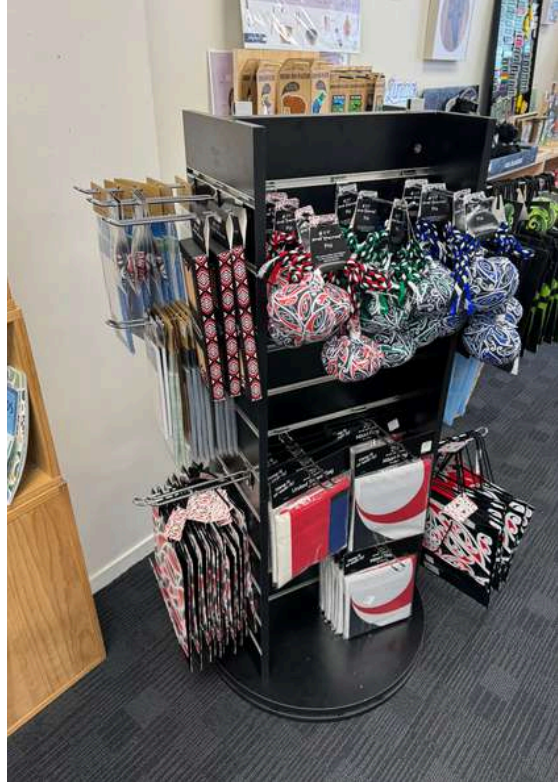


119 Dee Street, Invercargill



Monday - Friday 10am-5pm
Saturday 10am-1pm





Urgent Assistance Contacts

In an emergency contact 111 or:

Healthline 0800 611 116

Police non-emergency 105

Mental Health crisis Helpline 0800 800 717

Alcohol and Drug Helpline 0800 787 797

Lifeline (24/7) 0800 543 354

Depression Helpline (24/7) 0800 111 757

Gambling Helpline (24/7) 0800 654 655

Youthline 0800 376 633 or text 234

Women's Refuge 0800 733 843

Domestic Violence Helpline 0508 744 633



