



He Timatanga Hou

Supporting Newborn Care, Immunisation
and Whānau Wellbeing



Taranaki Services



Whakataukī

Mā te rongo, ka mōhio
Mā te mōhio, ka mārama
Mā te mārama, ka mātau
Mā te mātau, ka ora.

Through listening comes awareness
Through awareness comes understanding
Through understanding comes knowledge
Through knowledge comes life and well-being.

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Need urgent medical care?

EMERGENCY? CALL 111

For a life-threatening or serious emergency, call 111.

Need health advice?

Call Healthline on 0800 611 116 or visit <https://www.healthy.org.nz/>

Free health advice
when you need it



To access this booklet online, scan this QR code:



Supporting whānau with care, and connections

Introduction

The first 1000 days in the life of your little one is a uniquely special time that influences their future. Their growth and development are far greater within the first 1000 days than that at any other stage in life – this is when the foundations for their future health are being laid. If you, or someone you know, need health advice or additional support, we encourage you to speak with a trusted healthcare provider.

Immunising pēpi and tamariki is one of the most trusted ways we protect our tamariki in Aotearoa New Zealand.

This connection handbook has been created to support better health outcomes for our tamariki by reducing preventable hospital and urgent care visits. It empowers whānau with trusted information to support informed decisions about immunising living in Taranaki.

Vaccines used in Aotearoa are carefully assessed, monitored, and continually reviewed for safety. They have been used for many years to help

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protect pēpi and tamariki from serious illnesses such as measles, whooping cough, and meningococcal disease.

These illnesses can cause significant harm, particularly for pēpi and young tamariki. Immunisation helps prevent illness and provides the strongest protection, especially when given on time.

Immunisation is free for all tamariki in New Zealand, and the National Immunisation Schedule is based on strong scientific evidence and local health needs.

Every whānau journey is different, and it's normal to have questions or feel unsure. Health professionals are there to listen, share trusted information, and support you to make the best decision for your whānau.

Immunising your tamariki also helps protect other pēpi and tamariki in the community who may be too young or unwell to be immunised. We wish you and your whānau all the best as you welcome your new pēpi, and hope your journey together is filled with health and happiness.

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Commonly asked questions

Vaccine safety and concerns

Are vaccines safe? Yes. All vaccines in New Zealand are carefully assessed and monitored for safety by Medsafe. Most childhood vaccines have been given for decades – some for over 70 years – and this long history shows they are safe and effective. Most side effects are mild, like a sore arm/leg, or a slight fever. Serious reactions are extremely rare. Vaccines have saved thousands of tamariki from serious illness and death.

I've heard vaccines can cause autism. Is that true? No. There is no link between vaccines and autism. The study that first claimed this connection was flawed and has been retracted. Since then, many large, reliable studies worldwide have confirmed that vaccines are not a cause for autism.

Can vaccines overload my tamariki's immune system? No. Your tamariki's immune system encounters many germs every day. Vaccines support it by preparing for future exposures,

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helping your tamariki fight off disease more effectively.

What if my tamariki/child has a reaction? Most reactions are mild, such as a sore arm or leg, tiredness, or a low fever. These are normal signs that the immune system is responding. Serious reactions are very rare. After vaccination, you will be asked to stay for 15 minutes so staff can monitor for any signs of a serious reaction. If you're ever worried, contact Healthline or your doctor.

I'm worried about what's in vaccines. Vaccines contain only what is needed to help your tamariki's immune system learn to fight serious diseases. All ingredients are carefully evaluated and the amounts used are completely safe for tamariki and pēpi.

Do vaccines contain mercury, aluminium, or formaldehyde? Mercury: No childhood vaccines in New Zealand contain mercury (thiomersal). Aluminium: Some vaccines contain tiny amounts of aluminium salts to help them work better – this is less than what pēpi receives from breast milk or

formula. Formaldehyde: naturally occurs in our bodies as a harmless biochemical by product, formaldehyde naturally occurs in many fruits including pears, apples and bananas.

Do vaccines contain foetal tissue/cells? No vaccines contain foetal tissue. Some vaccines are made using cell lines that originated from foetal tissue decades ago (1960s), but the vaccines themselves don't contain any foetal cells or tissue. If this concerns you for religious or ethical reasons, speak with your doctor or nurse about which vaccines use different methods.

Are tamariki/childhood vaccines different now since COVID-19? No. The tamariki/ childhood vaccines on the National Immunisation Schedule are the same vaccines that have been used for many years. COVID-19 vaccines use different technology, but like all vaccines, they are carefully tested for safety and effectiveness. The introduction of COVID-19 vaccines has not changed how traditional childhood vaccines are made or given.

Can vaccines affect my tamariki's future health?

No. Vaccines do not cause long-term health problems. They protect your tamariki and help their immune system build lifelong protection against serious diseases.

Are vaccines halal/kosher? Yes. Islamic and Jewish authorities in New Zealand have confirmed that vaccines are permissible as they're necessary for health. The tiny amounts of any animal-derived ingredients (like gelatine in some vaccines) are highly purified and considered acceptable for protecting life.

Vaccine scheduling and timing

My pēpi/baby is so small – is it too early? No. Because pēpi/babies are so small they are the most at risk of serious diseases like whooping cough and measles. Starting vaccines on time gives your pēpi the best protection, right from the start.

Why are so many vaccines given at once? Giving multiple vaccines at the same visit helps protect your tamariki early and reduces the number of clinic visits. The human immune system naturally manages thousands of germs every day, so receiving several vaccines at once is safe and does not overwhelm it.

Can we space out the vaccines instead? For the best protection, it's important your tamariki receive vaccines on time. Following the national schedule is the safest approach. Spacing out vaccines leaves your tamariki unprotected for longer, which increases the risk of illness.

When are the next vaccinations? Your nurse will tell you when the next vaccines are due based on the National Immunisation Schedule. The main

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ages are: 6 weeks, 3 months, 5 months, 12 months, 15 months, and 4 years.

Why are some vaccines combined? Combination vaccines protect against several illnesses in one injection. Fewer needles, less stress, same strong protection for your tamariki.

My tamariki missed some vaccines – what now? It's okay. Your nurse or doctor can make a catch-up plan. You don't start over – you just continue where your tamariki left off.

How do I know if my tamariki is fully vaccinated? Your nurse or GP can check your tamariki immunisation record on the national register. You may have a Plunket or Well Child Tamariki Ora book at home too. Keeping a personal record can help you track which vaccines your tamariki has received and when the next dose is due.

What about tamariki with allergies or medical conditions? Most tamariki with allergies or long-term health conditions can still be safely vaccinated. Your doctor or nurse will review your tamariki health history and can advise on the best timing or any extra precautions.

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What if a family member is sick? It's usually safe to vaccinate your tamariki even if other whānau are unwell. In some cases, your nurse may suggest a short delay if your tamariki is currently unwell with a fever.

Natural immunity and alternatives

I've heard that natural immunity is better. While getting a disease can provide some immunity, it can also make your tamariki extremely sick, requiring hospital care or even be life-threatening. Vaccines give the same protection safely, without putting your tamariki at unnecessary risk.

Can I boost my tamariki's immunity naturally instead? Good nutrition, sleep, and exercise support overall health, but they can't prevent specific diseases like measles or whooping cough. Vaccines train the immune system to recognise and fight these specific diseases. Healthy living and vaccines work together to keep your tamariki well.

What about homeopathic vaccines?

Homeopathic preparations are not vaccines and

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don't provide protection against disease. They're not recognised by the Ministry of Health or Medsafe. Only approved vaccines on the National Immunisation Schedule have been proven to protect your tamariki.

Information about immunisation and appointments

Are vaccines free? Yes. All vaccines in the National Immunisation Schedule are free for tamariki and rangatahi up to age 18. Most vaccines on the national schedule are also free for adults, but it's best to check with your health care provider on eligibility.

How long does it take to get the vaccines? The vaccinations themselves are quick. Following the immunisations you will need to remain at the clinic for 15 minutes to monitor any allergic reaction. This is a rare risk with all medications and treatments, but if a reaction happens, it usually occurs within this time. Staying in the clinic helps us keep you or your tamariki safe and provide care quickly if needed.

What if my pēpi has a reaction to immunisation?

Some tamariki/pēpi experience mild reactions, such as fever, swelling, or tenderness at the injection site. These reactions are normal and usually go away after a couple of days.

Do I need to bring anything to the appointment?

Bring your pēpi's Plunket book or Well Child Tamariki Ora record if you have it. Dress your pēpi in clothes that make it easy to access their upper legs (where vaccines are usually given). Consider bringing a favourite toy or comfort item and a bottle or dummy for afterwards if your pēpi uses them.

Can I bring other tamariki to the appointment?

Yes, you can bring other tamariki. Let the clinic know when booking so they can arrange a suitable room.

What if I can't get my tamariki/pēpi to a clinic?

Talk with your doctor or nurse. There are options including flexible appointment times, outreach services, or mobile clinics to make sure your tamariki can get vaccinated.

After-vaccination care

Can we bathe tonight? Yes. It's perfectly fine to bathe your tamariki after vaccination. You can gently clean around the injection site with warm water. A warm bath might even help soothe any discomfort. Bathing does not affect the vaccine or increase side effects.

Can I feed pēpi while you vaccinate? Yes. Breastfeeding or bottle feeding during or immediately after vaccination can help comfort your pēpi. The sucking action and closeness to you helps reduce pain and distress.

Can my tamariki go to school/daycare after vaccination? Yes. Your tamariki can return to school, kindy or daycare straight after vaccination. They don't need to stay home unless they feel unwell (like having a fever or being unusually tired). Let teachers know your tamariki was vaccinated in case they seem a bit unsettled.

Quick reference guide

Common immunisation side effects

- Sore arm or leg
- Mild redness or swelling
- Mild fever
- Sleepiness or irritability

MENBB vaccine (Pēpi under 2 years)

- Paracetamol is recommended after MenB immunisations.
- Give 3 doses.
- Every 6 hours

Your nurse will explain the correct dose for your child.

Key ages on the National Immunisation Schedule

- 6 weeks
- 3 months
- 5 months
- 12 months
- 15 months
- 4 years

Facts vs Myths

There is a lot of misinformation circulating, which can understandably lead to mistrust. The research below helps clarify and address common inaccuracies.

Myth	Truth
Vaccines overwhelm a child's immune system.	The immune system constantly fights thousands of viruses daily; the antigens in vaccines are a tiny, manageable addition.
Natural immunity is safer than vaccines.	While infection can provide immunity, it comes with the high risk of serious, sometimes fatal, complications. Vaccines provide protection without the risk of disease.
Improved living standards means vaccines are not needed.	While better living standards help, vaccines are necessary to prevent the spread of infectious

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	diseases. Diseases like whooping cough are still common in New Zealand.
Vaccines are not safe / rushed.	Vaccines in NZ must pass strict quality, safety, and efficacy requirements, undergoing years of testing before approval.
Vaccines cause cot death (SIDS).	There is no evidence connecting vaccinations with sudden infant death syndrome (SIDS).
Vaccines contain dangerous toxins.	Ingredients used in minute amounts are highly purified and safe.

Key takeaways for parents

Timing: Starting vaccines on time (6 weeks, 3 months, 5 months) is important because tamariki are most at risk from diseases like whooping cough.

- Community protection: High immunisation rates help protect pēpi and tamariki who cannot be vaccinated.
- Safety monitoring: Vaccine safety is continuously monitored even after approval. For reliable information, consult IMAC or your doctor.

Health services and local support (Taranaki)

General practice

General practices provide medical care in the community and will usually be your first point of contact for your health needs. To find a GP, visit <https://www.pinnacle.co.nz/find-gp> or www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/taranaki/

Health services to support injuries

ACC – Cover for maternal birth Injuries

For enquiries: 0800 101 996

If you have experienced an injury while giving birth on or after 1 October 2022, ACC may be able to help with your recovery.

<https://www.acc.co.nz/im-injured/what-we-cover/cover-for-maternal-birth-injuries>

Migrant Connections Taranaki

(06) 759 1292 ext 8

A community-based, free support service that helps migrants, cross-cultural families and international students settle and integrate into life in the Taranaki region.

www.migrantconnections.org.nz/contact

Māori & Pasifika health providers

Māori health providers deliver health and wellbeing services grounded in Te Ao Māori, supporting whānau and improving equity. They align with Te Tiriti o Waitangi principles: partnership, participation, and protection.

Ngāti Ruanui Healthcare (Hāwera)

General Practice (GP) Service, Kaupapa Māori
(06) 278 1310

Located next to Hāwera Hospital. Wide range of services, with onsite pharmacy and pathology service.

www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ngati-ruanui-healthcare-hawera/

Tui Ora Hauora ā-Whānau Ngāmotu

General Practice (GP) Service, Kaupapa Māori
(06) 759 7310. Based in Ngāmotu (New Plymouth), Whaitara and satellite clinics in Ōpunake, Stratford and Hāwera. Integrated health and wellbeing services supporting whānau across

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the life course. www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/tui-ora-hauora-a-whanau-ngamotu/

Ngaruahine Iwi GP Clinic

General Practice (GP) Service, Kaupapa Māori

(06) 243 4010

Iwi owned and operated provider using a Whānau Ora approach. Services include GP, community services, social services, housing navigation support, community connector service, whānau harm reduction support, and driver licensing programme.

www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ngaruahine-iwi-gp-clinic/

Taranaki Vaimoana Pasifika Charitable Trust

Support for Pasifika families and individuals in Taranaki, enabling access to services across education, health, culture, and wellbeing.

www.taranakivaimoanapasifika.org

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Urgent care

There may be fees associated with urgent or acute medical appointments. Please check the provider's website for pricing information or ask about costs when you arrive at the facility.

Medicross Urgent Care

8 Egmont Street, New Plymouth
Monday to Sunday 8am – 8pm
(06) 759 8915

Assessment and treatment for nonlife-threatening urgent conditions. Onsite X-ray/radiology open 7 days a week. Walk-ins accepted.

www.medicross.co.nz

Carefirst Urgent Care

99 Tukapa Street, New Plymouth
Monday to Friday 8.30am – 5pm
(06) 753 9505

Support for sudden illness, injuries, and minor procedures. Walk in for an appointment.

<https://carefirst.co.nz>

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Well Child Services

Well Child / Tamariki Ora health checks – birth to three years

All New Zealand tamariki are entitled to 11 free health checks from birth to three years. These checks support growth, development, health education and family/whānau support.

Pepi checks occur at birth, 24 hours, five days and around 2–4 weeks, usually with your Lead Maternity Carer (LMC).

Between 4–6 weeks and three years, there are seven core checks, often around: 4–6 weeks, 8–10 weeks, 3–4 months, 5–7 months, 9–12 months, 15–18 months and 2–3 years.

These checks may be completed by a Well Child provider of your choice (e.g., Plunket, Māori health provider, community nurse, general or nurse-led practice).

Plunket New Plymouth

PlunketLine 0800 933 922

Appointments and enquiries 0800 184 803

Clinic and Hub for Central, Carrington, Frankleigh Park, Fitzroy, Moturoa, Westown, Merrilands, and Marfell.

www.plunket.org.nz/about-plunket/

Tui Ora Tamariki Ora

0800 TUI ORA

Email: tuiora@tuiora.co.nz

Registered Tamariki Ora nurses support parents and tamariki to thrive, working alongside kaiārahi who awhi whānau with holistic hauora support.

www.tuiora.co.nz/service-directory/body/tamariki-ora-well-child-service/

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Ngāti Ruanui Healthcare

(06) 278 1310

Email: admin.rhc@ngatiruanui.org

Wrap-around support including Tamariki Ora, Kahu Taurima and lactation support through to B4 School checks, youth clinics and school-based health services.

<https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ngati-ruanui-healthcare-hawera/>

Mental health support

The first health professional to consult about mental health concerns is your GP, who can help and connect you with specialised support if needed.

Counselling

Many mental health support providers offer free or low-cost counselling. Talk to your general practice about services available in your area.

Healthcare NZ – mental health

New Plymouth (06) 759 8046

Specialist services for people affected by mental health and addiction issues on their journey to recovery.

www.explorewellbeing.org.nz/our-services/community-mental-health/

Health Improvement Practitioners (HIPs) – Pinnacle Midlands Health Network (Taranaki)

New Plymouth (06) 759 4364

Supporting whānau with care, and connections

HIPs support stress, anxiety, depression, relationship issues and more. They are free and located within general practice; ask your practices reception team.

Te Whatu Ora Health NZ Taranaki – Mental Health Service

Psychiatric emergencies: 0508 292 467

Services for all ages including inpatient and outpatient care in New Plymouth and Hāwera.

Tui Ora

0800 TUI ORA

Email: reception@tuiora.co.nz

Specialist services for people affected by mental health and addiction issues.

www.tuiora.co.nz

Yellow Brick Road Taranaki

New Plymouth 0800 732 825

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Email: referrals@yellowbrickroad.org.nz

Support for families and whānau supporting a loved one with mental illness.

Taranaki Retreat

(06) 215 0993

Support if you are feeling isolated, working through major life challenges, difficult thoughts, relationship breakups, or financial challenges.

<https://www.taranakiretreat.org.nz/directory/cat/mentalhealthcounselling/>

Need to talk?

Free call or free text 1737 (24/7) for New Zealanders feeling down, anxious, overwhelmed, or needing support.

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Coping with loss & grief

Prolonged grief may lead to depression and thoughts of self-harm. If these thoughts occur, seek professional support. Talk to doctor or someone you trust.

Lifeline Aotearoa

Need to talk? Free call or text 1731 at any time

Phone 0800 543 354 or (09) 533 2999

Free Text 4357 (HELP)

www.lifeline.org.nz

Samaritans

Crisis helpline 0800 726 666

Suicide Prevention Helpline 0508 TAUTOKO (543 354)

Operates 24/7

www.samaritans.org.nz

Supporting whānau with care, and connections

Youthline (ages 12–24)

Phone 0800 376 633

Free Text 234

<https://youthline.co.nz/>

Sands

027 862 6977 (Judith)

Support for bereaved parents and whānau of pēpi.

Support meetings are held first Monday of the month 7.15pm – 9.30pm Barclay Hall, 158 Tukapa Street, New Plymouth.

Addiction & support services

The first health professional to contact about addiction concerns is your General Practice / Doctor, who can help and provide access to specialised support if needed.

Help & support – gambling

Gambling Helpline NZ

24/7 service with private and confidential support

Phone 0800 654 655

Free Text 8006

PGF Services

Support for gamblers and others affected

Phone 0800 664 262

www.pgf.nz

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Help & support – smoking/vaping

Quitline

Phone 0800 778 778

Free Text 4006

www.quit.org.nz

Taranaki Stop Smoking Service (TSSS) – Tui Ora

Phone (06) 759 4064

Free, confidential Quit Coaches provide group programs, clinics, or one-on-one support. The service can come to you.

www.tuiora.co.nz

Help & Support – drug & alcohol

Alcoholics Anonymous

Meetings in New Plymouth, Bell Block, Waitara and Hāwera

Phone 0800 229 6757

www.aa.org.nz

Families overcoming addiction

Peer Support Facilitator-led group meetings (Taranaki)

Contact Sue Philpson 027 335 0391

Email familyaddictionhelp.nz@gmail.com or
www.familiesovercomingaddiction.co.nz

The Salvation Army Bridge Centre – New Plymouth

Phone (06) 757 4132

Support services to reduce the harmful effects of alcohol and other drugs.

www.bridge.salvationarmy.org.nz

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Waimanako / The Hope Centre

Ngāmotu / New Plymouth

Workshops, support groups and a kai-for-koha café

Phone (06) 215 0993

www.taranakiretreat.org.nz

Te Whatu Ora Alcohol & Drug Service

New Plymouth, Whaitara, Hāwera (06) 753 7838

Ōpunake (06) 761 8777

Education, support, counselling, detox and rehab.

Kai support

On the House

Supporting Community with free surplus food. There are multiple popup stores in North & South Taranaki please refer to their website for accurate dates, times, and locations.

<https://onthehouse.org.nz/>

Kai pantries / community stands

Free open community pantries focusing on supplying people in need; FREE selection of dried and canned food staples, flour and rice, fruit and vegetables, nappies, toilet rolls, and other items.

<https://www.cab.org.nz/community-directory/KB00039806>

Foodbank

06 758 2757

New Plymouth Community foodbank is there to help. They cover the greater New Plymouth and Bell Block areas. Anyone can request assistance.

Monday, Wednesday, and Friday 9.00am until 2.00pm

Email: kai@newplymouthfoodbank.org.nz

Bellyful

Bellyful provides up to three nights of meals to whānau with babies or tamariki under twelve who are facing challenges such as illness, bereavement, stress, isolation, or baby loss.

www.bellyful.org.nz

Becoming a parent

The transition to parenthood brings many changes—physically, emotionally, and socially. Having access to support and reliable information can help build confidence and wellbeing during the early years.

Family and parenting support

Barnardos Taranaki

(06) 753 3484

Family and parenting support for whānau facing financial, social, medical or behavioural challenges.

www.barnardos.org.nz

Family Works Taranaki

Phone 0800 737 6583

Social work, counselling, parenting advice and education, family dispute resolution, and support for people who have experienced family violence. Services across Taranaki.

www.familyworkscentral.org.nz

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Parents Centre New Plymouth

New Plymouth 027 498 5997

Childbirth education, parent education, and support services for parents.

www.parentscentre.org.nz

Parents Helpline

Phone 0800 568 856

Non-judgemental support and advice on parenting issues.

Whānau Āwhina Plunket – Taranaki

PlunketLine 0800 933 922

Support for under-5s and whānau: growth, feeding, sleep, behaviour and development.

www.plunket.org.nz

Flourish Taranaki

Email connect@flourishtaranaki.org

Connecting service providers so every Taranaki whānau can access support, connection, growth and play.

<https://flourishtaranaki.org/>

Your Way | Kia Roha

0800 758 700

The team help disabled people. Free hearing tests and advice, total mobility, Autism information and workshops and support. Disability Information and Workshops, Mobility equipment and living aids.

Ngāmotu House, Ground Floor
139 Devon Street West
New Plymouth

taranaki@yourwaykiaroha.nz
info@yourwaykiaroha.nz

The Salvation Army

06 758 9338

Please see the website for services and programs available. Open hours: Tuesday – Friday 9.30am – 2.00pm

<https://www.salvationarmy.org.nz/corps/new-plymouth-corps/>

Supporting whānau with care, and connections

Justices of the Peace (JP)

Free JP services include witnessing documents such as passport applications and citizenship applications, taking declarations, affidavits or affirmations, certifying copies, and witnessing signatures.

Walk-in Taranaki JP Service centres

New Plymouth

- Monday – Citizen's Advice Bureau – 10am–12.30pm
- Tuesday – Puke Ariki Library – 10am–12.30pm
- Wednesday – Puke Ariki Library – 5.30pm–7pm
- Wednesday – New Plymouth District Court – 10am–4pm
- Thursday – New Plymouth District Court – 10am–4pm
- Friday – New Plymouth District Court – 10am–4pm
- Saturday – Puke Ariki Library – 10am–12.30pm

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Bell Block

Wednesday – Bell Block Library & Service Centre –
10am–12.30pm

Waitara

Monday – Waitara Community House – 9.30am–
11.30am

Ōakura

Thursday – Ōakura Library – 10am–12.30pm

Inglewood

Monday – Inglewood Library & Service Centre –
10am–12pm

Stratford

Tuesday – Stratford Library – 3pm–4.45pm

Thursday – Stratford Library – 10am–12.30pm

www.npdc.govt.nz/media/h3shbqam/justice-of-the-peace-info.pdf

Find a Justice of the Peace

<https://www.jpfed.org.nz/Page/Search>

Supporting whānau with care, and connections

Budget advice & support

Taranaki residents can access free, confidential budget mentoring and debt management through local community organisations. Financial mentors will help you track spending, negotiate with creditors, and build savings.

New Plymouth Budget Advisory Services

Call 0800 11 49 11

Offers one-on-one mentoring, total money management, and budget education across New Plymouth, Waitara, Bell Block, and Inglewood.

South Taranaki & Stratford

Call 0800 345 123

For regional assistance, reach out to the nationwide **Moneytalks** helpline for free connection to local financial mentors:

www.moneytalks.co.nz

Enrolment for patients

You don't have a doctor? Are you looking to enroll with a General Practice (GP)?

Primary health organisations (PHOs) support the delivery and coordination of primary healthcare services by bringing together doctors, nurses, and other health professionals to serve the needs of their communities.

What are the benefits of enrolling with a PHO?

Enrolling is free and voluntary. If you choose not to enrol you can still receive healthcare services from a chosen doctor or practice. Advantages of enrolling include cheaper visits to your practice and direct access to a range of health and community services linked to the PHO.

Enrolling in a medical centre

Medical centres provide a full range of primary, community-based health care services. These services include diagnosis, management and treatment of health conditions, and long-term care.

Supporting whānau with care, and connections

How do I enrol?

To enrol, complete an enrolment form at the practice of your choice. You will also need evidence of eligibility for publicly funded health and disability services (e.g., passport or birth certificate). Parents can enrol children under 16 years; people aged 16 and over need to sign their own form.

How do I know if I'm eligible?

If you are unsure about eligibility, talk to the practice team, call 0800 855 151, or visit Manatū Hauora and work through the eligibility guide.

Find practices for enrolling new patients:

www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/taranaki/

www.pinnacle.co.nz/find-gp

Need help enrolling?

Call Pinnacle Midlands Health Network on 06 759 4364

Supporting whānau with care, and connections

If you are having difficulty enrolling with a general practice in your area, contact Pinnacle Midlands Health Network. The team can support your enrolment journey.

Email:

taranaki enrolment support@pinnacle.health.nz

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