

## Who are we?

Registered nurses and health professionals who have knowledge, experience and training in tamariki/child, rangatahi/youth and whānau/family health.

## What can we offer?

- This is a free and confidential service for children and young people and their whānau.
- The service provides nursing support, advice, referral and coordinated services for ages 0-18years who are eligible for and/or attending early childhood centres/kura/schools and youth clinics.
- Registered nurses are available to listen and talk with parents/caregivers about children's health and wellbeing.
- School and preschool health, well tamariki/child and rangatahi/youth health assessments, with the aim of improving, promoting and protecting the health and wellbeing of children, young people and their family/whānau.
- Rural rangatahi/youth health clinics are available up to age 25 years.

## Who do we work with?

- Tamariki/children.
- Rangatahi/young people.
- Parents and caregivers.
- Whānau/families.
- Early childhood centres/kura and schools.
- Other health, education and support providers.

## Where do we work?

- In the community

- At school or pre-school.
- Kohanga Reo.
- Kura Kaupapa.
- At your home.
- Alternative training institutions.
- At the workplace.
- At a venue of your choice.

## Rangatahi/young people can also meet with a public health nurse at:

- Self referral clinics at Intermediate, area schools and some secondary schools.
- Other schools by appointment.
- At community clinics (rural Nurse).

## Kura/school and preschool health

- Advice, education and support to schools and early childhood centres on child health and development, health promotion, prevention and protection in context of child/youth health and wellbeing.
- Communicable disease/immunisation advice and support.
- School based vaccination in some areas.

## Well Child Tamariki Ora

- Before School Checks (12th and final Well Child Check).
- Tamariki/child health developmental, physical wellbeing and behavioural assessments, brief interventions and referrals.
- Home visiting.

- Health and Disability coordinated care across schools, home and other agencies.
- Communicable disease/immunisation advice and support.
- Health education, advice and support to tamariki/children, rangatahi/young people and whānau/family.

## Rangatahi/youth health

- Our service offers diversity and free & confidential individual health and wellbeing youth assessments.
- Education and health promotion, prevention and protection.
- Brief intervention and referral as well as access and support to other services.
- Health and disability coordinated care across school, home and other agencies.
- School rangatahi/youth health clinics.
- Rural rangatahi/youth sexual health and contraceptive clinics up to age 25 years.
- School based year 9 assessments/alternative education assessments (decile 5 and below schools).

## Speciality Services

- Gateway assessment (Health, Oranga Tamariki and Education coordinated health and wellbeing/education assessments).
- Immunisation coordinators provide advice, support and authorisation for cold chain accreditation for vaccination programmes.
- Outreach/home visiting immunisation service.
- Health services are provided to Puketai residential care facility, group home, teen parent centres and some activity and alternative education facilities.

## What happens to your information?

- All Southern DHB Health Professionals and support staff adhere to the Code of Health and Disability Services Consumers' Rights and Health Information Privacy Code.
- Te Punaka Oraka Service keeps a record of the public health nurses/registered nurses visits/interactions with clients and this is kept in order to document progress and outcomes. This is stored as part of the Southern DHB patient health record.
- An interpreter service is available by prior arrangement through your health provider.
- Your health information is viewable by other relevant Southern DHB health professionals and your General Practice.
- Non-identifiable patient information is used for statistical and research purposes in order to make quality improvements and to align resources correctly.
- You have the right to withdraw consent of information to be stored and used for research/statistics.
- Southern DHB promotes the safety and welfare of all clients and requires all health professionals to report safety concerns for children/young people and their families/caregivers.
- Clients have the right to access and request correction of their information. This can be arranged via Patient Enquiries (Otago) or Clinical Records (Southland).
- Otago Contact: Patient Enquiries  
[information@southerndhb.govt.nz](mailto:information@southerndhb.govt.nz)
- Southland Contact: Clinical Records  
[clinicalrecordssth@southerndhb.govt.nz](mailto:clinicalrecordssth@southerndhb.govt.nz)

## Contact Us:

All referrals/inquiries can be sent to:  
[publichealthnursing@southerndhb.govt.nz](mailto:publichealthnursing@southerndhb.govt.nz)

Main office Dunedin/Otago: (03) 476 9800

Freephone/text: 0800 247 224

### Other offices in Otago:

- Oamaru: (03) 433 1161
- Balclutha: (03) 419 0465

### Central Lakes offices:

- Dunstan, Dunstan Hospital: 03 4404309
- Frankton, Queenstown: 03 4509162
- Maniototo, Maniototo Hospital, Phone 03 4449424

Main office Invercargill/Southland: (03) 211 0012

### Other Southland offices:

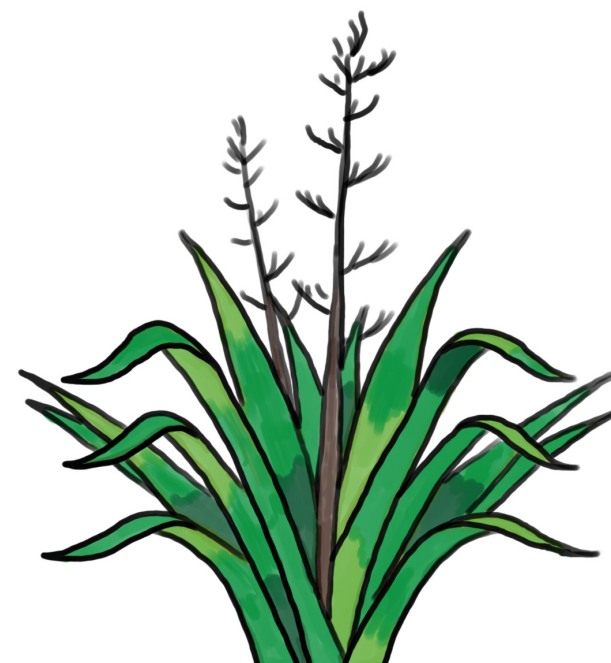
- Gore: (03) 208 7015
- Te Anau: (03) 249 7717
- Northern Central Southland: (03) 248 7997

[southernhealth.nz](http://southernhealth.nz)  
[contactus@southerndhb.govt.nz](mailto:contactus@southerndhb.govt.nz)  
03 474 0999

## Te Punaka Oraka Public Health Nursing Service

E tipu e rea  
Kia tū raketira ai  
I roto I tōhou ake ao.

Grow tender young  
shoot with mana,  
dignity and respect,  
and with your  
uniqueness.



**Strengths based engagement,  
Participation, Diversity, Equity**