

**Your health and the health of your
whānau is important**

Other free services available to you
in the community include:

For more information on this service:

✉ PCWService@pegasus.org.nz

☎ (03) 379 1739 📞 (022) 010 3296

TE ARA WHAKAPUĀWAI

HELPING YOU CONNECT
WITH GENERAL PRACTICES
IN CANTERBURY



christchurchpho



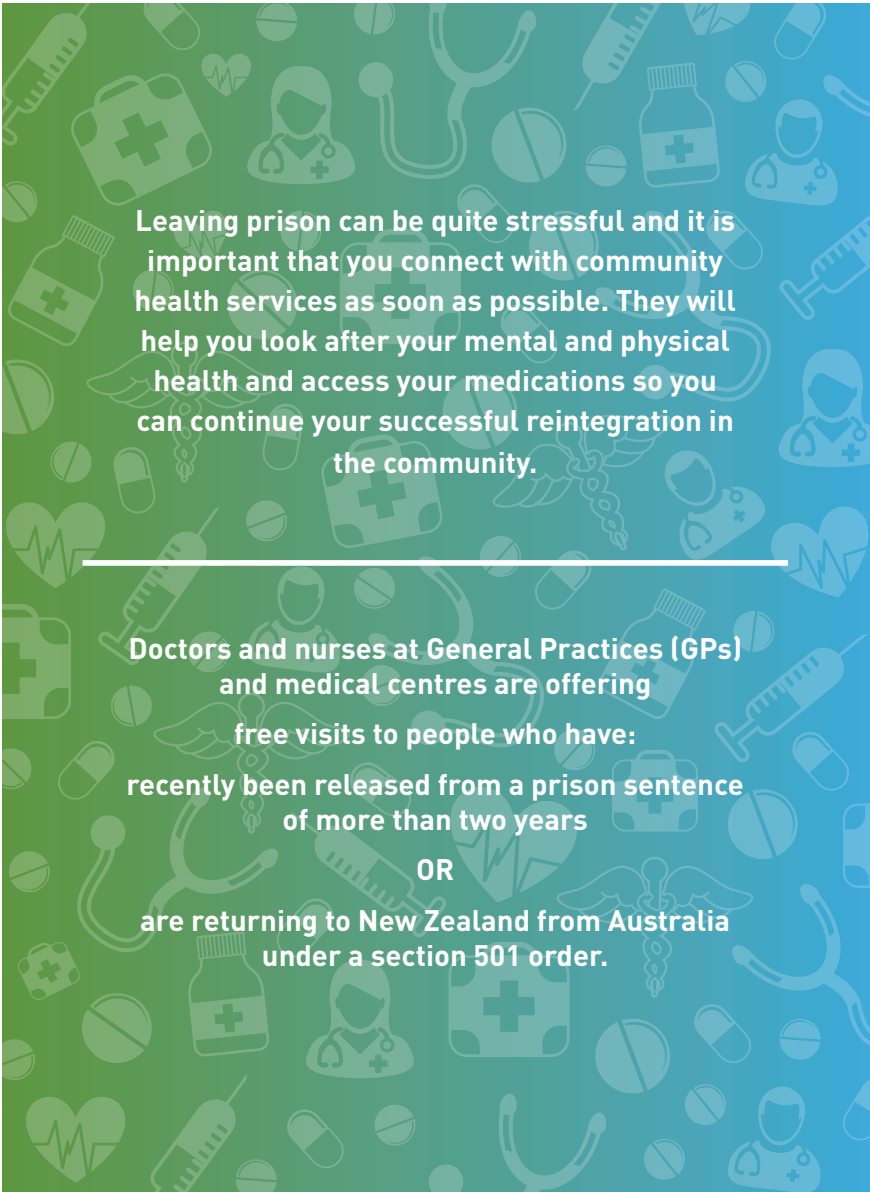
Through the Te Ara Whakapuāwai programme you can:

- Connect and enrol with a General Practitioner (GP) within Canterbury.
- Book a longer first doctor's appointment to discuss your health needs (including any help you need with your mental health, medicines and alcohol and drug community support).
- Have up to 3 FREE general practice visits within three months of your release date.

How to access this service

- Phone any GP in Canterbury to make an appointment – local to your new home or otherwise. You can book an appointment with your current family doctor or register with a new doctor.
- Make sure you tell the receptionist that you are part of the Te Ara Whakapuawai (or People on Release) programme at the time of booking to ensure that you are given a longer first appointment and that this will be free.
- If you are getting a new doctor you will need to enroll. Tell reception when you are booking an appointment and you can enroll at your first appointment. Reception and /or your integration service will assist you to complete the forms then.
- As long as you have told the receptionist that you are part of Te Ara Whakapuāwai programme at the time of booking your appointment, you DO NOT need to pay anything for the first 3 appointments (as long as these are within three months of your release, or as agreed with your doctor).

- Having a Community Services Card (CSC) can help with the cost of filling your prescription. You can get this card through Work and Income NZ (WINZ) or the Ministry of Social Development. Some pharmacies do not charge to prescription fees.
- You DO NOT need to pay anything for the first 3 appointments.



Leaving prison can be quite stressful and it is important that you connect with community health services as soon as possible. They will help you look after your mental and physical health and access your medications so you can continue your successful reintegration in the community.

Doctors and nurses at General Practices (GPs) and medical centres are offering free visits to people who have:

recently been released from a prison sentence of more than two years

OR

are returning to New Zealand from Australia under a section 501 order.