

Te Whatu Ora
Health New Zealand
Waitaha Canterbury



christchurchpho



TE ARA WHAKAPUĀWAI

HELPING YOU CONNECT WITH
GENERAL PRACTICES IN
CANTERBURY

*For people living in Canterbury
who have either left prison in the
last 3 months or have returned to
Canterbury from Australia on a
section 501 order.*

Through the Te Ara Whakapuāwai programme you can:

- Connect and enroll 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 or return date.

How to access this service

- You may have been given a voucher by Corrections or PARS. You can still access this service without your voucher.
- 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 *Te Ara Whakapuawai* (or *People on Release Programme*) when you make your booking so you are given a longer first appointment and that this will be free.
- If you are seeing a new doctor you will need to enroll. Tell reception when you are booking an appointment and you can enroll at your first appointment. You may need to take ID. 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. These must be within three months of your release, or return, 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 (MSD).
- Some pharmacies do not charge to prescription fees.

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 are living in Canterbury and have either recently left prison
OR

returned to New Zealand from Australia under a section 501 order.

For more information on this service or help finding a GP or Medical Centre:

□ PCWService@pegasus.org.nz

□(03) 379 1739 □(022) 010 3296