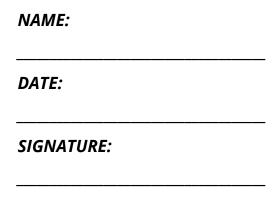
# WE NEED YOUR CONSENT

I agree to the WRHN Kaiarahi collecting and sharing my information with health / social service providers to help improve the health and wellbeing of myself and my whānau

I consent for WRHN Kaiarahi to walk alongside me and my whanau and support our health and well being journey







## Contact your Kaiārahi

### **Awhi Haenga**

027 247 7843 ahaenga@wrhn.org.nz



# Connectwith your KAIĀRAHI



100 Heads Road, P O Box 4260 Whanganui Phone: 06 348 0109 Email: info@wrhn.org.nz Web: www.wrhn.org.nz "MAHIA TE MAHI HEI PAINGA MO TE IWI"

working for the betterment of our people

## WHAT DOES YOUR KAIARAHI DO?



KAIARAHI ARE HERE TO
NAVIGATE AND CONNECT
YOU WITH A RANGE OF
COMMUNITY SERVICES
AND SUPPORTS THAT MAY
BE HELPFUL TO YOU AND
YOUR WHĀNAU

WE AIM TO PROVIDE LINKS
THAT WILL SUPPORT YOUR
HEALTH AND SOCIAL NEEDS
AND HELP YOU MOVE
TOWARDS YOUR WELLBEING, EMPLOYMENT AND
WHĀNAU GOALS



WE WANT TO MAKE SURE YOU GET THE HELP OR INFORMATION YOU NEED AT THE RIGHT TIME AND FROM THE RIGHT PLACE

### WHAT WE CAN DO TO HELP

**SOCIAL SERVICES** 

ADVOCACY SUPPORT

MSD CONNECTOR

WELL-BEING HEALTH SERVICES

- WE CAN BE YOUR LINK
  BETWEEN HEALTH AND SOCIAL
  SERVICES
- WE CAN HELP YOU AND YOUR WHĀNAU TO UNDERSTAND AND SET DOWN YOUR WELL-BEING GOALS
- WE CAN WORK TO ENSURE YOUR CULTURAL NEEDS ARE UNDERSTOOD FOR YOU AND YOUR WHANAU

If you have any general concerns or feedback regarding the Kaiārahi service, please contact Sandy Taylor at, Whanganui Regional Health Network: staylor@wrhn.org.nz / 06 348 0109 ext 721.

#### On a scale of 1 to 10 1 being you strongly disagree 10 being you strongly agree how would you score the following questions

Do you feel commitment to physical health improves your well-being
1
Do you feel committed to having good health
Do you feel strong in your identity within yourself
1 — 5 — 1 0  Do you feel valued as a person
1
Do you feel able to participate in the community
1
Do you feel confident in your relationships with your whanau and other people
1
Do you feel able to manage unwelcome thoughts and feelings  1 — 5 — 1 0
Do you feel able to set goals for yourself
1
<b>Do you feel impacted by social stresses,</b> ie housing, work, finances
1