



Our AIM is to support Pasifika people and families to make good decisions about their **HEALTH and WELLBEING.**



Our main office is
at 575 Main Street
Palmerston North

We run FREE clinics

**Every 1st Tuesday
of the Month**

10am to 4pm

Wesleyan Church

1 Coventry Street

Highbury

Palmerston North

Every Friday







10am to 4pm

Horowhenua Health Centre

62 Liverpool Street

CentralPHO 
Working together, towards healthy and flourishing communities

PASIFIKA HEALTH SERVICE

-  Talofa lava
-  Ni sa bula vinaka
-  Malo e lelei
-  Kia orana
-  Taloha ni
-  Fakalofa lahi atu
-  Noa'ia 'e mauri

THIS IS A FREE SERVICE

For Pasifika People

Living In:

Manawatu, Horowhenua,

Tararua & Otaki

CentralPHO 
Working together, towards healthy and flourishing communities

What Does the Service Offer

Our team of Pasifika Nurses and a Pasifika Community Support worker will:

- ✧ offer support for you and your family with any health, social concerns and appointments
- ✧ we do home visits and have clinics

We look after all Pasifika Adults by supporting you with:

- ✧ **Long Term conditions**
- ✧ **Diabetes**
- ✧ **High Blood Pressure**
- ✧ **Heart Disease**
- ✧ **Stroke**
- ✧ **Lifestyle Changes Education**
- ✧ **Or any other health needs**



Pasifika Mothers and Children aged 0-16 years

- ✧ Help with Health & Wellness
- ✧ Eczema
- ✧ Asthma
- ✧ Immunisations
- ✧ Diet & Nutrition
- ✧ Pregnancy/Breastfeeding Support
- ✧ Birth control
- ✧ Help pregnant Mums find a midwife or Lead Maternity Carer (LMC)
- ✧ Cervical Screening

Who can refer to the Pasifika Service?

- ✧ **Pasifika People & Families**
- ✧ **ALL Health Providers**
Including GP's, Nurses and Other Allied Health Providers

How to get in touch with us?

Call us, we do home visits or come see us at our clinics.

Tell your Doctor or Nurse to refer you to our Service.

Pasifika Health Team

P: (06) 354 9107

F: (06) 354 6107

E: incomingfaxes@centralpho.org.nz

✧ **Harieta Erasito**

Registered Nurse

Maternal Child Health

Services Coordinator

027 274 8109

✧ **Angelina Tualii**

Registered Nurse

CCN, Long Term Conditions

027 452 3615

✧ **Lisa McCarthy**

Community Support Worker

022 0435 973