

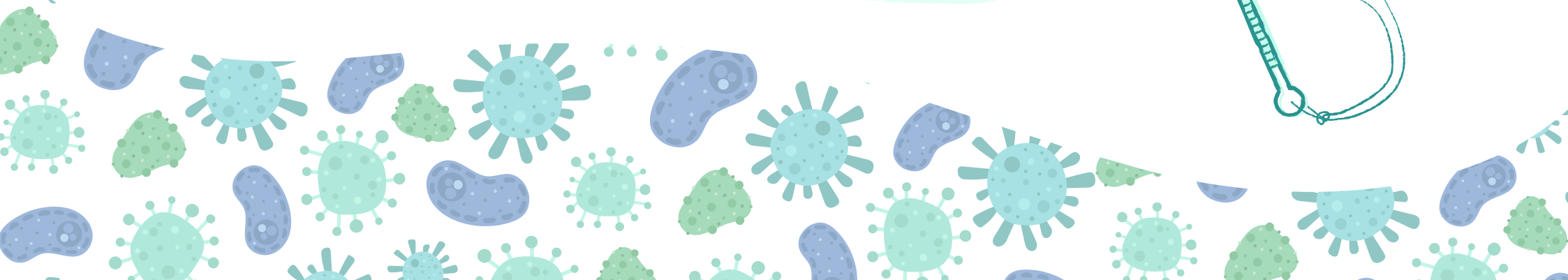
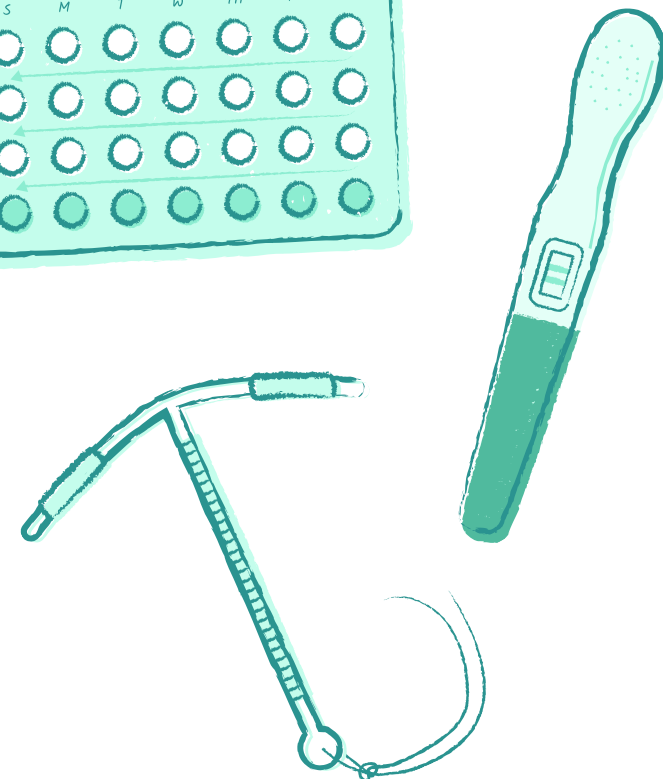
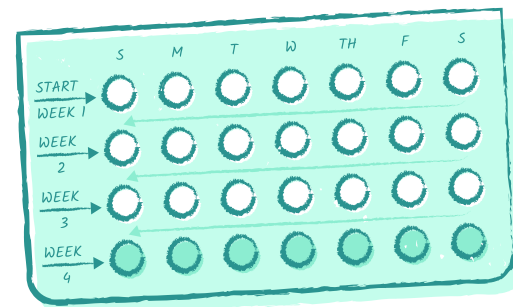
HOOK *me* UP

A GUIDE TO FREE & LOW COST SEXUAL & REPRODUCTIVE HEALTH SERVICES IN THE MIDCENTRAL REGION

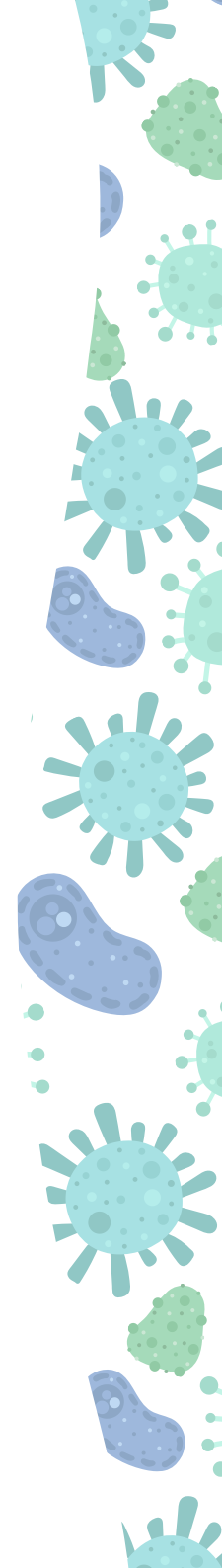
The information on contracts provided by THINK Hauora
is valid until the end of September 2024.

This resource can be obtained from the MidCentral Health Sexual Health Service
(06) 350 8602

Last updated November 2023



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SERVICE INFORMATION

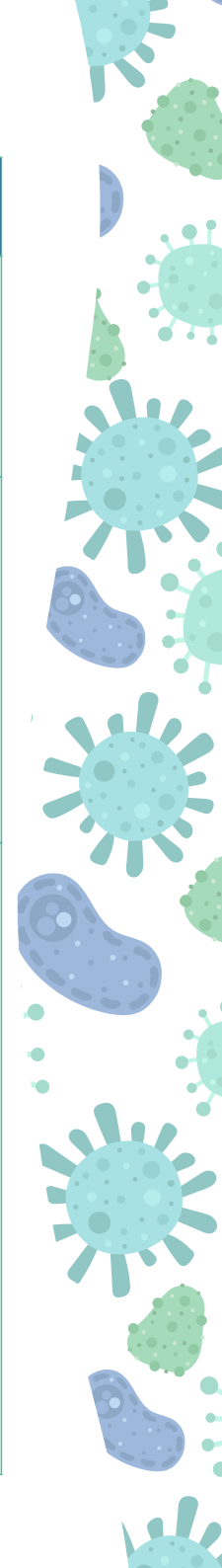
ORGANISATION	ENTRY CRITERIA	HOURS	SERVICES PROVIDED
<p>MIDCENTRAL HEALTH PREGNANCY COUNSELLING SERVICE PHONE (06) 350 8322</p>	<ul style="list-style-type: none"> • Free for all ages (if NZ resident, otherwise charges apply). • Can self-refer or be referred by another practitioner. • Referrals from the Women's clinic. 	<p>APPOINTMENTS ONLY MON - FRI</p>	<ul style="list-style-type: none"> • Pre-decision counselling. • Exploring options (keeping pregnancy, adoption, abortion, guardianship). • Ongoing support. • Other pregnancy related counselling e.g. post abortion, miscarriage counselling and support.
<p>MIDCENTRAL HEALTH SEXUAL HEALTH SERVICE www.midcentralthb.govt.nz PHONE (06) 350 8602 0800 808 602</p> <p>Rimu, Community Health Village Palmerston North Hospital shservice@midcentralthb.govt.nz (for non -urgent queries)</p> <p><i>Regular outreach clinics in Levin at the Horowhenua Health Centre. Some clinics in Dannevirke at the Barraud Street Health Centre.</i></p>	<ul style="list-style-type: none"> • Free for all ages. • Can self-refer or be referred by another practitioner. <p><i>If directing someone to the service, please provide referral letter.</i></p> <p>Referrals: mail or email to Central Referrals PN Hospital: ambcarer@midcentralthb.govt.nz</p> <p>Ring SHS if urgent referral.</p>	<p>CLINICS MON-FRI EVENING CLINIC ON TUESDAY. <i>Appointments required - ring to find out clinic times.</i></p> <p>Phone consultation and remote testing available for people without symptoms.</p>	<ul style="list-style-type: none"> • Testing, treatment & education for STIs. • Free condoms. • Management of complex infections including HIV, syphilis. • Management of other genital conditions e.g. skin conditions & genital pain syndromes. • Management of genital warts & genital herpes. • Contact tracing. • Historical sexual abuse/assault (not acute cases, these are seen at Crest Hospital by the MEDSAC team). • Education and support for other health providers. • Complex contraception on referral e.g. IUD insertions. Note: Jadelle insertions/removals NOT provided • Gender affirming care on referral
<p>MIDCENTRAL HEALTH PUBLIC HEALTH NURSING PHONE (06) 350 45 60 FAX (06) 350 45 61 200 Broadway Ave Palmerston North schoolhth@midcentralthb.govt.nz</p>	<ul style="list-style-type: none"> • On referral or self-referral. • Up to the age of 18 years. • Secondary School Clinics available in most colleges (<i>enquire at the school reception</i>). 	<p>MON-FRI 8am - 4.30pm <i>No public holidays</i></p> <p>Palmerston North Taranua Feilding Horowhenua</p>	<ul style="list-style-type: none"> • Contraception (supply of condoms) and information and advice • Emergency Contraceptive Pill • Pregnancy tests • Sexual health information and advice, and referrals to appropriate services when necessary.

SERVICE INFORMATION

ORGANISATION	ENTRY CRITERIA	HOURS	SERVICES PROVIDED
<p>PRACTICES BELONGING TO THINK HAUORA NETWORK www.thinkhauora.nz PHONE (06) 354 9107 FAX (06) 354 6107 200 Broadway Ave Palmerston North</p> <p><i>The information on contracts provided by THINK Hauora is valid until the end of September 2024.</i></p>	<ul style="list-style-type: none"> Free sexual health services for enrolled under 23-year-olds; free or low cost (max \$5) for enrolled over 23-year-old priority women.* Free smears for priority women.** THINK Hauora has a list of practices accepting new patients. 	<p>SEE INDIVIDUAL PRACTICES</p>	<ul style="list-style-type: none"> Depo Provera injections, contraceptive prescriptions, and referral to LARC providers. Standard consultations for sexual health assessment, diagnosis, or treatment. Free cervical smears for priority women. Māori; Pasifika: CSC holders: Dep 5; at high risk of unplanned pregnancy, poor health, and poor social outcomes; service users of Community Alcohol and Drug Services. ** Eligibility Criteria can be found at this website
<p>THINK HAUORA www.thinkhauora.nz PHONE (06) 354 9107 FAX (06) 354 6107 200 Broadway Ave Palmerston North</p>	<ul style="list-style-type: none"> Priority women & others due to financial stress or unable to attend GP for any reason. 	<p>MONTHLY APPOINTMENT IN Ōtaki Levin Foxton Beach Palmerston North</p>	<ul style="list-style-type: none"> Cervical screening clinic.
<p>TE HĀ O HINE-AHU-ONE - WOMEN'S HEALTH COLLECTIVE www.pnwomenshealth.org.nz pnwhc@xtra.co.nz PHONE (06) 357 0314 53 Waldegrave Street, Palmerston North (in the Te Whare o ngā Wāhine/PN Women's Centre building).</p>	<ul style="list-style-type: none"> Free for women of all ages. Clients are usually self-referred, but may be referred from another health or community provider. 	<p>DROP-IN SERVICE 9AM -5PM WEEKDAYS <i>Cervical screening, counsellor and natural health therapists require appointments.</i></p>	<ul style="list-style-type: none"> Women's health information (including a library). Free pregnancy testing (and information and assistance re pregnancy information/options). Free condoms and lube. Free cervical screening (limited access, Friday morning / afternoon clinics). Referral assistance to access services. One to one support and advocacy. Subsidised lower cost counselling service (can be free). Also provide access to lower cost natural health practitioners.

SERVICE INFORMATION

ORGANISATION	ENTRY CRITERIA	HOURS	SERVICES PROVIDED
<p>TE WAKAHUIA HAUORA PHONE (06) 357 3400 Highbury Shopping Centre Pembroke Street Palmerston North</p>			<ul style="list-style-type: none"> Onsite nurse smeatakers and can be contacted on 06 357 3400 for entry criteria and hours
<p>THE PALMS MEDICAL CENTRE www.palmsmedical.co.nz PHONE (06) 354 7737 445 Ferguson Street Palmerston North</p>	<ul style="list-style-type: none"> Free sexual health services for enrolled under 23-year-olds; free or low cost (max \$5) for enrolled over 23-year-old priority women. Free smears for priority women. 	<p>MONDAY - FRIDAY 8AM - 6PM Every second weekend clinics SATURDAYS 8AM-5PM</p>	<ul style="list-style-type: none"> Te whānau Ora, including sexual health services, women's health checks and cervical screening.
<p>THE WOMEN'S CLINIC www.thewomensclinic.co.nz PHONE: 0800 226 784 hello@thewomensclinic.co.nz 591 CHURCH STREET PALMERSTON NORTH</p>	<ul style="list-style-type: none"> Self-referral. Nurse/GP referral. 	<p>MONDAY - FRIDAY 8.30AM - 5PM</p> <p><i>Appointments required.</i> <i>No walk-in service.</i></p>	<ul style="list-style-type: none"> Medical abortion up to 10 weeks. Surgical abortion up to 15 weeks. Referrals for abortion over 15 weeks. Sexual health checks and services. Contraception services: Jadelle insertions and removals, IUD insertions and removals, depo injections, contraceptive pill, and vasectomies. Cervical smears and HPV screening. Free medical abortion for those funded for healthcare in New Zealand. Free surgical abortion for those that live in the Mid-Central DHB region and are funded for healthcare in New Zealand Free contraception for abortion patients for a six week period post abortion. Private and funded contraception and smear testing/HPV screening. Private sexual health checks.



SERVICE INFORMATION

ORGANISATION	ENTRY CRITERIA	HOURS	SERVICES PROVIDED
<p>YOUTH ONE STOP SHOP (YOSS) www.yoss.org.nz PHONE (06) 355 5909 FAX (06) 355 5907 31 Princess Street Palmerston North info@yoss.org.nz facebook.com/youthonestopshop</p>	<ul style="list-style-type: none"> YOSS is a free service for anyone aged from 10 to 24 years. We have a whole range of ways to help out young people who live in Palmerston North. 	<p>MON & TUES 9AM - 6PM WED & THURS 10AM - 6PM FRIDAY 9AM - 5PM</p>	<ul style="list-style-type: none"> Emergency Contraception Pill Sexual health checks Free condoms Contraception – including Jadelle, depo, pill, IUCD Pregnancy testing & options around pregnancy Cervical smears All general medical care <p><i>YOSS also provides counselling, psychology, youth work, social work, alcohol & drug counselling.</i></p>
<p>YOSS LEVIN PHONE 06 368 0863 102 Liverpool Street Levin</p>		<p>MON - WEDS 9:30AM - 4PM <i>For booked appointments</i></p>	<ul style="list-style-type: none"> Condoms, contraceptive pill, depo, ECP, pregnancy test and STI testing for young people aged 10-24 who live in Horowhenua.

SEXUAL ASSAULT

ORGANISATION
<p>THE SEXUAL ABUSE ASSAULT AND TREATMENT SERVICE <i>Provided by the MEDSAC Medical Sexual Assault Clinicians Aotearoa (previously DSAC)</i> Crest Hospital PHONE 06 9532498</p> <p>Forensic cases should present to the police initially. Please see MDHB website for more information about referring and referral forms.</p>
<p>ABUSE AND RAPE CRISIS MANAWATU (ARCS) <i>Abuse, violence, rape support services, counselling, education and training, information and advice.</i> <i>Free for everyone. Self-referral by phone or in person. Prefer for clients to book appointments to ensure staff available.</i></p> <p>MONDAY - FRIDAY 9AM - 5PM www.arcsmanawatu.org.nz admin@arcsmanawatu.org.nz PHONE (06) 356 5868 Fax (06) 356 5867 10 Linton Street' Palmerston North</p>
<p>SAFE TO TALK 0800 044 334 OR TEXT 4334 Sexual Harm Helpline. 24/7. Confidential. Free.</p>

CONDOMS

ORGANISATION	CRITERIA & SERVICES PROVIDED
BEST CARE WHAKAPAI HAUORA	Need to see a practice nurse or a doctor. Must be registered with the practice.
BURNETT FOUNDATION AOTEAROA	Provide free condoms, lube & information for providers who see men who have sex with men.
DRUGS AND HEALTH DEVELOPMENT PROJECT	Available on counter to help yourself Also have condom vending machine to access after-hours.
MIDCENTRAL HEALTH PUBLIC HEALTH NURSING	Secondary School Clinics.
NEW ZEALAND PROSTITUTES COLLECTIVE (NZPC)	For sex workers - bulk condoms and lube (and dental dams) can be purchased from the NZPC at lower cost. Have free start up packs for sex workers.
TE WAKAHUIA HAUORA	Can walk in for a pack of two condoms and lube.
TE HĀ O HINE-AHU-ONE WOMEN'S HEALTH COLLECTIVE	Available free, on a help yourself basis.
YOUTH ONE STOP SHOP HEALTH	Can get up to 2 condoms & lube sachets from reception, or from the nurse or doctor on script.

Up to 60 condoms are available from a doctor for a \$5 script fee.
Subsidised condoms can be seen on the [Pharmac Schedule](#).

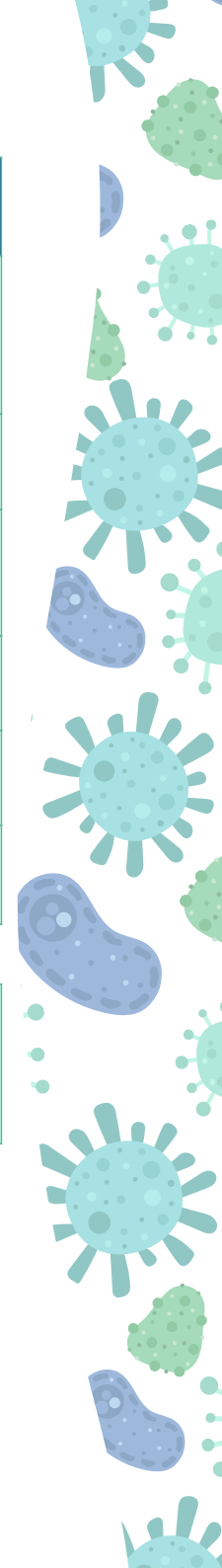
Female condoms
Can be purchased through [Positive Women](#).

ORAL CONTRACEPTION | DEPO PROVERA

ORGANISATION	CRITERIA & SERVICES PROVIDED
BEST CARE WHAKAPAI HAUORA	Free to Māori, Pacific Island women and people of any ethnicity and are under the age of 23. Free or low cost (max \$5) for enrolled over 23-year-old priority women. Must be registered with the practice.
MIDCENTRAL HEALTH PUBLIC HEALTH NURSING	Secondary School Clinics.
PRACTICES BELONGING TO THINK HAUORA NETWORK	Free sexual health services for enrolled under 23-year-olds; free or low cost (max \$5) for enrolled over 23-year-old priority women.
THE WOMEN'S CLINIC	Private patient: Contact for costs.
WW CLINIC ON GREY	Low cost for priority women and under the age of 23 (max \$10).
YOUTH ONE STOP SHOP HEALTH	Free for people ages 10-24 who live in Palmerston North

Listed organisations offer both options of oral contraception and Depo Provera (the jab).

For more information or to discuss your options and what will work best for you, contact one of the providers above.



LARC CONTRACT HOLDERS – LONG ACTING REVERSIBLE CONTRACEPTION

ORGANISATION	CONTACT
BEST CARE WHAKAPAI HAUORA	PHONE (06) 353 6385 140-148 Maxwells Line, Palmerston North
COOK STREET HEALTH CENTRE	PHONE (06) 356 8033 138 Cook Street, Palmerston North
FEILDING HEALTH CARE	PHONE (06) 323 9696 7 Duke Street, Feilding
KAURI HEALTHCARE	PHONE (06) 357 4424 619 Featherston Street, Palmerston North
HOROWHENUA COMMUNITY PRACTICE	PHONE (06) 368 8065 62 Liverpool Street, Levin
MASONIC MEDICAL CENTRE	PHONE (06) 368 8068 685 Queen Street, East, Levin
LEVIN FAMILY HEALTH	PHONE (06) 777 9200 130A Speldhurst Parade, Levin
MASSEY MEDICAL CENTRE	PHONE (06) 350 5533 Level 1, Registry Buildings, Massey University
OTAKI MEDICAL PRACTICE	PHONE (06) 364 8555 2 Aotaki Street, Ōtaki

ORGANISATION	CONTACT
THE WOMEN'S CLINIC	PHONE: 0800 226 784 Private IUD fittings and removals: Contact us for costs. Funded IUD fittings and removals: Contact us for eligibility criteria.
TARARUA HEALTH GROUP	PHONE (06) 374 5691 (06) 376 6466
WW CLINIC ON GREY	PHONE (06) 353 7310 244 Grey Street, Palmerston North

FREE INSERTION AND REMOVAL OF LARC'S FOR PRIORITY PEOPLE AGED 16 – 50 YEARS OLD

Including copper intra uterine devices, Mirena levonorgestrel intra uterine system, and Jadelle levonorgestrel implants.

Priority populations are women* who are:

Māori and Pasifika

CSC (community service card) holders

Dep 5

Those at high risk of unplanned pregnancy

Poor health and/or poor social outcomes

Service users of Community Alcohol and Drug Services.

JADELLE (THE IMPLANT) | DIAPHRAGMS

ORGANISATION	CRITERIA & SERVICES PROVIDED
BEST CARE WHAKAPAI HAUORA	Free for priority women under the LARC contract.
PRACTICES BELONGING TO THINK HAUORA NETWORK	For funded Jadelles please see above information on LARC providers. For people who don't meet the criteria, they will need to check with their own practice to see if this is provided there and the cost for insertion and removal.
THE WOMEN'S CLINIC	Private Jadelle fittings and removals: Contact us for costs. Funded Jadelle fittings and removals: Contact us for eligibility criteria.
WW CLINIC ON GREY	Implant & Removal. Contact the practice for pricing (06) 353 7310.
YOUTH ONE STOP SHOP HEALTH	Free for people ages 10-24 who live in Palmerston North. Require two appointments, first with a nurse and second with a doctor.

It is standard that two appointments will be needed:

The first to provide education (usually with the nurse)
The second to insert the Jadelle (the doctor or trained nurse will do this).

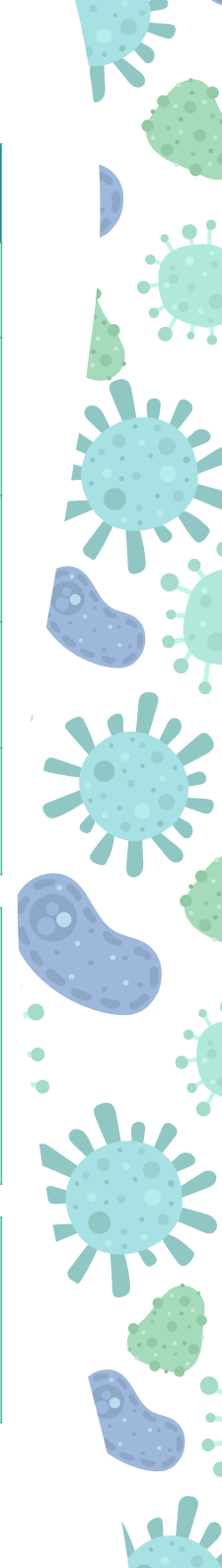
You can refer to one of the contracted LARC providers for the Jadelle if the person meets the criteria.

(see LARC Contract Holder Section above)

DIAPHRAGMS

Diaphragms and spermicide have not been available in Aotearoa New Zealand for a number of years.

Please see [Family Planning](#) website for more information



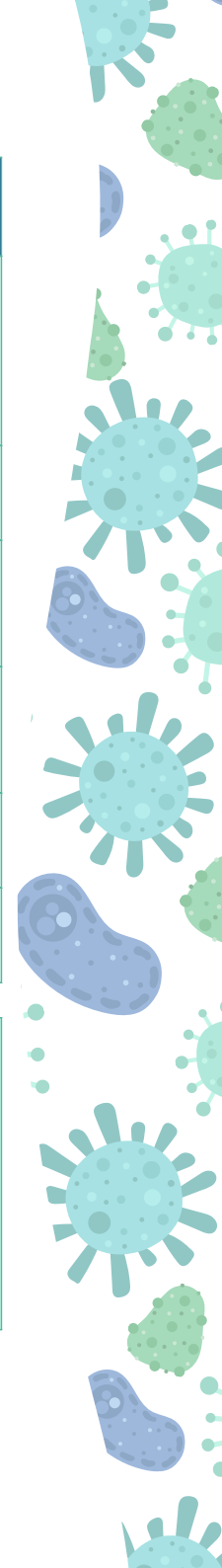
EMERGENCY CONTRACEPTIVE PILL (ECP)

ORGANISATION	CRITERIA & SERVICES PROVIDED
BEST CARE WHAKAPAI HAUORA	Free to Māori and Pacific Island women and people of any ethnicity that are under the age of 23 years. Free or low cost (max \$5) for enrolled over 23-year-old priority women. Appointment required. Must be registered with the practice.
MIDCENTRAL HEALTH PUBLIC HEALTH NURSING	Secondary School Clinics.
PRACTICES BELONGING TO THE THINK HAUORA NETWORK	Free sexual health services for enrolled under 23-year-olds; free or low cost (max \$5) for enrolled over 23-year-old priority women.
PHARMACIES	ECP is available from pharmacies for free for people under 25 years. Please see MCP website for a list of pharmacies providing this ECP service.
YOUTH ONE STOP SHOP HEALTH	Free for people ages 10-24 who live in Palmerston North.
WW CLINIC ON GREY	Appointment required. There may be a cost.

THE IUCD (Intra Uterine Contraception Device) FOR EMERGENCY CONTRACEPTION

This is more difficult to access as only a few doctors can provide this at short notice.

People should try their own GP in the first instance and if they are unable to get an appointment, do not have a GP or are unable to afford cost then phone the MidCentral Health Sexual Health Service for advice.



PREGNANCY TESTS

ORGANISATION	CRITERIA & SERVICES
BEST CARE WHAKAPAI HAUORA	The nurse can do them at a cost of \$5.00. Phone for an appointment. Must be registered with the practice.
MIDCENTRAL HEALTH PUBLIC HEALTH NURSING	Secondary School Clinics.
MIDCENTRAL HEALTH SEXUAL HEALTH SERVICE	Pregnancy test as part of a STI check.
PRACTICES BELONGING TO THINK HAUORA NETWORK	Doctors and nurses will do this for free.
TE WAKAHUIA HAUORA	Free pregnancy tests available.
TE HĀ O HINE-AHU-ONE – WOMEN'S HEALTH COLLECTIVE	Free to women of any age. No appointment necessary. Can take 2 tests away and do yourself if you want to.
YOUTH ONE STOP SHOP HEALTH	Free for people ages 10-24 who live in Palmerston North.
WW CLINIC ON GREY	Tests available for free to take away.

STI SCREENING

ORGANISATION	CRITERIA & SERVICES
BEST CARE WHAKAPAI HAUORA	Free sexual health services for enrolled under 23-year-olds; free or low cost (max \$5) for enrolled over 23-year-old priority women. Must be registered with practice.
MAGMA HEALTHCARE	Private STI testing: contact for cost
MIDCENTRAL HEALTH SEXUAL HEALTH SERVICE	Free for all ages and this includes most treatments, if needed. This is a specialist clinic for the diagnosis, treatment and management of STIs.
PRACTICES BELONGING TO THINK HAUORA NETWORK	Free sexual health services for enrolled under 23-year-olds; free or low cost (max \$5) for enrolled over 23-year-old priority women.
WW CLINIC ON GREY	Nurse will do STI checks. There may be a cost, discount for community service card. Low cost for priority women and under the age of 23.
YOUTH ONE STOP SHOP (YOSS)	Free for people ages 10-24 who live in Palmerston North.

CERVICAL SMEARS

ORGANISATION	CRITERIA & SERVICES PROVIDED
BEST CARE WHAKAPAI HAUORA	Priority smears are free and non-criteria cervical smears are \$20 from a nurse smear taker. By appointment only. Phone 06 353 6385. Must be registered with the practice.
MAGMA HEALTHCARE	Funded / Private smears
PRACTICES BELONGING TO THINK HAUORA NETWORK	Free to all priority women, other women cost depends on each practice & whether enrolled or casual patient.
RAUKAWA WHANAU ORA	Cervical smears are free from a nurse. Phone 06 368 8678 or 06 323 6446 for an appointment.
TE HĀ O HINE-AHU-ONE WOMEN'S HEALTH COLLECTIVE	Priority smears are free from a nurse smear taker, by appointment on Wednesdays. Provide free discretionary smears for low-income women. Low cost for other women.
TE KETE HAUORA RANGITANE O TAMAKI NUI A RUA	Phone 06 374 6860 for more information
THINK HAUORA	Free for all priority women. Monthly clinic in Ōtaki, Foxton Beach, Palmerston North and Levin, 06-3676433 or 0273333161.
WW CLINIC ON GREY	Priority women of HPV and cervical screening free. Discretionary (free) case by case.

Priority women can have free cervical screening at any health service that provides smears.

Criteria can be found [here](#).

VASECTOMY

ORGANISATION	CRITERIA & SERVICES PROVIDED
<p>MAGMA HEALTHCARE SNIP VASECTOMY CLINIC 591 Church Street, Terrace End PHONE: 0800 377 647 (0800 DR SNIP).</p>	<ul style="list-style-type: none"> • The cost of vasectomy with Snip is \$595.00. • Bookings must be made directly with the Snip Clinic. • Low-income patients who have a CSC may be eligible for financial assistance through WINZ. • Patients do NOT have to be referred by GP – can self-refer.
<p>DR BRUCE STEWART FEILDING HEALTH CARE PHONE: 06 323 9696 Ask for appt to see Dr Stewart re vasectomy - We hold special appointments each week for this.</p>	<ul style="list-style-type: none"> • Cost of vasectomy is \$ 515. • Dr Stewart is happy to see any man/ couple interested in vasectomy. • We ask that the person attends a standard 15 min preliminary consultation.

There is no free option for vasectomy in the Manawatu region.

This service is not provided funded through Palmerston North Hospital.

Financial assistance from WINZ:

People may be able to get subsidy, on a case-to-case basis, clients need to contact their case manager.

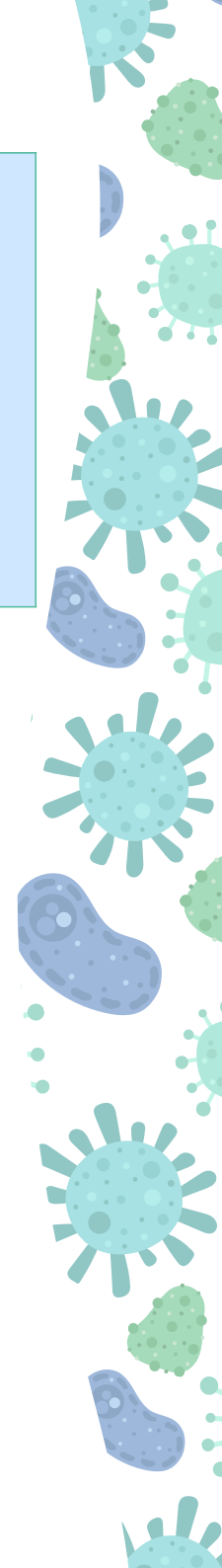
TUBAL LIGATIONS

FEMALE STERILISATION TUBAL LIGATION

Can be referred to Palmerston North Hospital for this but scoring system for level of priority with many clients not meeting criteria for approval.

Clients need to discuss this with their GP.

The only other option is to be referred by GP to private gynaecologist which is high cost.



PREGNANCY

<p>MATERNITY CARE</p>	<ul style="list-style-type: none"> • Maternity care is free for New Zealand residents (and those visitors approved to be in the country for two years or more). • Midwives and GPs who are lead maternity carers (LMCs) provide free maternity care. Both will refer women to a specialist if there are complications during pregnancy, labour and/or birth. These specialists are available free in the public health system. • Hospital birth and home birth are both options available and water birth can be planned at home (or in hospital if your midwife or GP provides this service). The only time that you pay for maternity care is if you choose to go to a specialist as your LMC or go to a specialist for additional maternity care under the private system.
<p>ABORTION</p>	<ul style="list-style-type: none"> • Abortions are free to New Zealand residents (and those approved to be in the country for two years or more). • A woman of any age can access abortion without parental consent or a partner's consent. • Abortion consultations are free from most GPs (but check prior with the practice). • Some doctors can be personally opposed to abortion and may not want to do this consultation themselves, but they are required by law to refer on, in a timely manner.

IF UNDECIDED ABOUT PREGNANCY OPTIONS OR WANTING SUPPORT

MidCentral Health Pregnancy Counselling Service

PHONE (06) 350 8322

ORGANISATION	CRITERIA & SERVICES PROVIDED
<p>BARNADOS</p>	<ul style="list-style-type: none"> • Antenatal Education
<p>MAGMA HEALTHCARE THE WOMEN'S CLINIC</p>	<ul style="list-style-type: none"> • The Women's Clinic provides free medical abortions up to 10 weeks in Palmerston North and nationwide to patients eligible for funded healthcare in New Zealand. • Women residing in the MidCentral region who are eligible for funded healthcare in NZ can access free surgical abortions up to 15 weeks. • You can self-refer – no GP referral is needed. • Appointments can be made directly by contacting The Women's Clinic.

GENDER AFFIRMING HEALTHCARE

ORGANISATION	CRITERIA & SERVICES PROVIDED
<p>THINK HAUORA TŪTURU PHONE: 06 354 9107</p>	<p>Gender affirming healthcare with Te Ara Rau Access & Choice is a free health and wellbeing service to provide support on your journey to authenticity. Our trained professionals, including those with lived experience, can provide support to any person and their whānau living in the MidCentral region. We can help to advocate for your care within the health system as a whole. teararauaccessandchoice@thinkhauora.nz</p>
<p>MIDCENTRAL SEXUAL HEALTH SERVICES</p>	<p>Referral letter required.</p>

OTHER SERVICES

<p>BURNETT FOUNDATION AOTEAROA</p> <p>Burnett Foundation Aotearoa focus on prevention amongst the group most at risk of HIV infection in New Zealand – men who have sex with men (MSM).</p> <p>WELLINGTON OFFICE: Āwhina Centre, Level 1 187 Willis Street, Wellington 6141 PHONE (04) 381 6640 contact.ahwhina@burnettfoundation.org.nz</p>	<p>Our vision is an Aotearoa with zero HIV transmission, where all people living with HIV thrive, and rainbow and takatāpui communities enjoy great sexual health.</p> <p>THE FOUNDATION:</p> <ul style="list-style-type: none"> • Offers various forms of practical, psycho-social and counselling support for those living with HIV and AIDS and their significant others • Offers counselling services to gay and bisexual men and their male and/or female partners as a prevention strategy. • Offers a confidential, free, HIV testing service.
<p>FAMILY PLANNING HEALTH PROMOTION SERVICE</p>	<ul style="list-style-type: none"> • This service promotes a positive view of sexuality by providing professional development, resources, consultancy and support in the area of sexual and reproductive health and relationships. • Family Planning is New Zealand’s largest producer of sexuality and relationships related resources.
<p>MALGRA MANAWATU LESBIAN & GAY RIGHTS ASSOCIATION</p> <p>Hancock Community Centre King Street Palmerston North, 4410</p>	<ul style="list-style-type: none"> • MaLGRA provides support and advocacy for members of the gay, lesbian, intersex, transgender, takatāpui, fa’afafine, asexual and bisexual communities and their family/whānau in the Manawatū region, and offer a range of support groups and social events, They also provide support, assistance, information and training for health and welfare service providers. • For more information check out Malgra's website or find us on Facebook.
<p>PFLAG-Q PALMERSTON NORTH pflag@inspire.net.nz</p>	<ul style="list-style-type: none"> • PFlag Queer provide support for Lesbians, Gays, Bisexual, Transgender and others who are Queer friendly and wish to discuss issues around sexuality, sexual orientation and the response of others to themselves. • Parents & Friends of Lesbian, Gays, Bisexual and Transgender persons (PFlag Palmerston North) – are also welcome. • MaLGRA’s family/whānau support are picking this role up.
<p>NEW ZEALAND PROSTITUTES COLLECTIVE (NZPC)</p> <p>MANAWATU HAWKES BAY WHANGANUI CONTACT: BELINDA LEWER Phone (06) 357 3150 - Palmerston North (06) 835 1400 - Hawkes Bay 027 246 23 71 manawatu@nzpc.org.nz</p>	<p>NZPC provides a friendly and approachable free service to workers and management within the sex industry.</p> <p>WE PROVIDE THE FOLLOWING SERVICES:</p> <ul style="list-style-type: none"> • Information on the law and prostitution, including tax • Support for sex workers in many different areas, - Support and advocacy, WINZ, IRD, Sexual Health, etc. • Referral service to sympathetic counsellors and other complementary agencies • Magazines for all workers within the sex industry. • Information for new workers and working safely - including for international sex workers. • Supply of free condoms and lubricants at a specially decreased cost for sex workers.