



WBOP PHO

Western Bay of Plenty
Primary Health Organisation

Tungia te Ururua, kia tupu
Whakaritorito te tupu
O te harakeke

WBOP PHO Health and Wellness Services

154 First Avenue West (Off Glasgow Street)
Tauranga

Phone: 07 571 2100 Fax: 07 578 2657
Mobile: 027 585 8650

**All Services are
Free of Charge**

Eligibility criteria applies
for all services.



Find us on
Facebook

Health & Wellness Services
Western Bay of Plenty PHO

WBOP PHO

Health and Wellness Services



Walk-in Clinic



General Practice
Outreach including
Community Clinics



Support for Breast and
Cervical Screening



Self Management Groups
(Diabetes; Weight Management;
General Long-term Conditions;
Whanau Health Programme;
Healthy Cooking Classes)



Workplace Wellness



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In partnership with your GP we can:

- Give you more time to discuss your concerns
- Improve your health and the health of your whanau
- Arrange home visits on request

Workplace Wellness

- Workplace individual health checks and clinical services
- Workplace group self management sessions



Maori and
non-Maori
Nurses

Self
Management
Groups

Community
Nurse-Led
Clinics

No Appointment
Necessary
for Walk-in Clinic or
Community
Nurse-Led Clinics

Clinical Staff

- Maori and non-Maori Nurses
- Dietitians
- Diabetes Nurse Specialists
- Nurse Practitioners

Clinical Services include:

- Diabetes, heart and/or breathing conditions
 - Hospital admission follow up
 - St John or ED referrals
- Cervical smears
- Support to Breast Screening including transport
- Wound care
- Heart and BP checks
- Blood tests
- Smoking cessation
- Support with GP enrolment
- ACC

Walk-in
Clinic

Individual
Health
Checks



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Free Nurse-Led Clinics in your community

Clinic dates and times subject to change

Waipu Hauora

Hungahungatoroa Marae
22 Hungahungatoroa Rd
Matapihi
Every Thursday morning 9 -12

Whare Oranga o Huria Hauora

Huria Marae
4 Te Kaponga St
Brookfield
2nd Tuesday monthly 9.30-12

Ngai Te Ahi Ngati He Hauora

Maungatapu Marae
25 Wikitoria St
Maungatapu
1st Wednesday Monthly 9.30-12

Waiapu Kids - Whanau Aroha Centre

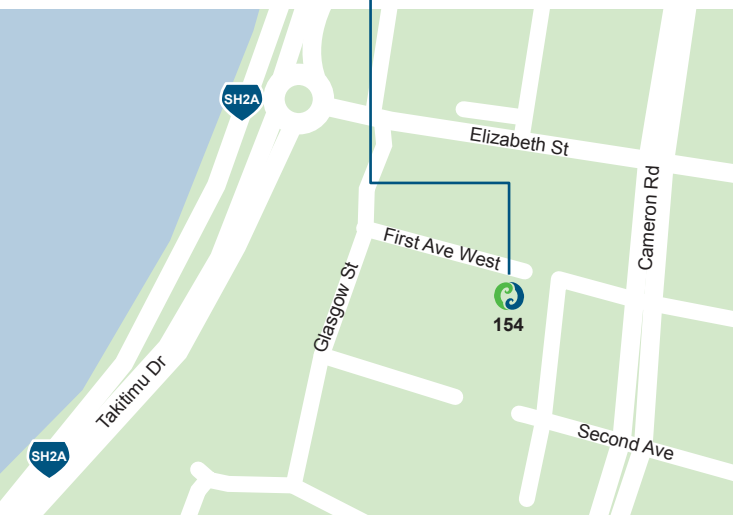
45 Henderson Cres
Parkvale
4th Monday of the month 8.45-11am

Regular support also provided to:

- Men's Night Shelter
- Te Tuinga Whanau
- Turning Point Trust

Clinic entrance and car park at side of building

154 First Avenue West
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Tauranga



Walk in Clinic Hours

Monday	8.30am-8pm
Tuesday	8.30am-4.30pm
Wednesday	8.30am-4.30pm
Thursday	8.30am-4.30pm
Friday	8.30am-4pm
Saturday	9am-12pm (by appointment)