

Are you in need of support?
 Are you looking for a Pacific service?
 We can offer the following services:

- ◆ Deliver Well Child checks for Pacific children from 0-5 yrs
- ◆ Provide a Pacific community based nursing service
- ◆ Access to physiotherapy programmes
- ◆ Promote nutritional education sessions
- ◆ Provide Sexual & Reproductive education for Pacific Youth
 - ◆ Co-ordinate education and support for all Chronic Health conditions
 - ◆ Help schools develop healthy children
- ◆ Empowering your choice to Quit Smoking through education and support
- ◆ Advocacy to access Breast and Cervical Screening Services
- ◆ Youth Empowerment programme
- ◆ Protect, promote and support breastfeeding.
- ◆ Homebased assessment, service coordination & monitoring
 - ◆ Reducing Family harm
 - ◆ Sore throats matter with Rheumatics
- ◆ Access to Whanau Ora support services



MISSION STATEMENT

To be the best Pacific Provider of Quality Services

For

the Pacific Peoples in the South Waikato

Ph: 07 886 0010

Fax : 07 886 0004

Email: ceo@swpic



Facebook

www.facebook.com/



South Waikato Pacific Islands Community Services Trust

Located at 1 Maraetai Road, Tokoroa

Monday – Thursday

9am-3pm



NUTRITION

&

PHYSICAL

ACTIVITY

Caring for Pacific Peoples

“TODAY FOR TOMORROW”



PROGRAMMES

This awesome programme provides a safe place for our Pacific people to get education, socialise, exercise and increase their physical activity

Monday: Akatikatika Uaua
High Impact body movement
SWPICS Centre

Tuesday: Pacific Mermaids
High Impact cardio exercise
in the water, South Waikato
Indoor Pools

Wednesday: Faamalosi Tino
Strengthen your body
Samoan Hall, Giles Street

Thursday: Akatikatika Maru
Low impact body movement
SWPICS Centre

Our programme is delivered by quality
ACC approved staff

Transport is available

EDUCATION

We can support with:

Access to physical activity assessments
and programmes

Provision of nutritional education
sessions

To develop and implement policies,
procedures and programmes
promoting healthy nutrition and
regular physical activity to our

Pacific churches and
Punanga Reo / Aoga Amata

