



Promoting health, supporting and enhancing well-being.

Public Health Nurses are registered nurses with specialist knowledge, experience and training in child and family health. They are committed to working with children, young people and their families/whanau to promote health and provide support to enhance well-being.

Free, confidential services:

- B4School well child health checks
- School visits and home follow up
- Health education, assistance and advice
- School liaison and advocacy
- School health clinics
- Vision/hearing tests of preschool and school aged children by a trained technician
- Liaison and referral to hospital specialists and other community agencies
- Advocacy for family violence screening and child protection

And also:

- Free youth health clinic (14-25 years) with doctor available - phone/text for details on 027 684 0009
- Free sexual health clinic - phone 03 687 2199
- High school health clinics (self-referral)

- Vision / Hearing Clinic every 2nd Friday - phone 03 687 2327 for an appointment.
- Health education in schools and early childhood education centres
- Help for teachers with classroom education on topics like puberty and sexual health.
- Parenting programmes
- Health camp referrals

We offer advice and assistance on:

- ◆ Allergies
- ◆ Asthma
- ◆ Diabetes
- ◆ Epilepsy
- ◆ Behaviour Management
- ◆ Eyesight / Hearing
- ◆ Head Lice
- ◆ Hygiene
- ◆ Nutrition
- ◆ Immunisation & communicable diseases
- ◆ Puberty
- ◆ Sexual Health
- ◆ Speech / Language
- ◆ Wetting / Soiling
- ◆ Other health concerns

Your Public Health Nurse offers a FREE and confidential service, and is available to discuss any aspect of children's growth, development, physical well-being and behaviour.



How to refer:

Call the Public Health Nursing Service Department on 03 687 2320, or clients can be referred through schools, early childhood centres or community agencies. Clients can also self-refer.

Public Health Nursing Service

Office: 18 Woollcombe St, Timaru

Phone: 03 687 2320

Fax: 03 687 2329

Email: phsstaff@scdhb.health.nz

Your Public Health Nurse is:

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**South Canterbury
District Health Board**

Private Bag 911 • Timaru • www.scdhb.health.nz

Enhancing the health and independence of the people of South Canterbury.



Public Health Nursing Service

Registered nurses with knowledge, experience and training in child and family health

Free Well Child & Youth Health Services