

HAUORA KI TE MAHI

WELLNESS TO WORK



WELLBEING PROGRAMME
FOR WHANGANUI JOB SEEKERS



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

PROGRAMME



Hauora ki te Mahi is a support programme for Whanganui job seekers whom would benefit from improving their health and physical wellbeing.

The objective of the programme is to provide clients with social connection, increased motivation & improved employment opportunities.

TARGET



The Hauora ki te Mahi pilot is targeted towards Work and Income job seekers located within the Whanganui region that meet the following criteria.

- **PHYSICAL JOB CHANGE**
- **WILLING TO MAKE A CHANGE**
- **MOTIVATED TO ATTEND**

SERVICE DELIVERY & CONTENT



During the programme clients are introduced to a range of opportunities that are useful to gain and sustain employment.

Clients receive:

- **Support from the Wellbeing Coach who will be the clients point of contact for the programme.**
- **Pre and post Bioscan testing (physical health test) and analysis of the results.**
- **Individual physical activity membership - access to a facility of choice for a minimum of three times per week for a three month period.**
- **Individual Hauora ki te Mahi plans that will support development.**
- **Weekly contact with Wellbeing Coach.**
- **Monthly meetings with Wellbeing Coach.**

For more information contact:

rachael.lynnch@sportwhanganui.co.nz | 06 349 2312