

## PRIMARY HEALTH ORGANISATIONS ( Pāqaimak svaasqya sasŕaayall) "PHOs"

Pāqaimak svaasqya sasŕaayall (PHOs) ek na[- trh kl svaasqya sarxaa saraa h0 PHOs samaja kolaagaahhsvasqya sanhan0al saraaAahlkaabaZavaa ddtl h0taik vao ]saka ]pyaaga kr sakotqaa yah Bal dKtl h0ik ivaiBama svaasqya saraaMimlajala kr saraa\$ \$p saokaya-krll

Pāqaimak PHO mihvaSala& jabaDaeTr; nasdl salaahkar; Aahl0a bananavaalao svaasqya kaabaZavaa dnoavaalao tqa Anya laaga inakTta saosamaja kosaaqa va Aapsa mhl imalajala kr kaya-krtoho vaoprpr ivacaar+ivamaSa- Aah sarajaballa kopScaat; mrlja kaosavaaam sallava sarxaa piana krtoho kBal+kBal PHO ka AiBama Agha hanaoKonaatopairEaimak Bal kma vasalla ikya jaata h0

Pāqaimak PHO ek pirYad Wara sabhailat hata h0ijasamihyaasaiyak svaasqya kayakta- tqa samaja kolaaga danoahl Saaimala hadtohl yosamaja kopitina0a [saka Oyaara rKtohl PHO kl saraaM samaja kl ja\$rtahk aptha kr rhl h0 yaid Aap [sa inavaya+inaQarVa piEya mhlSaaimala haxa cahtoahltaoAap Apnao PHO mhlksal saBal baat klijayayaa ApnaoCardalDaeTrAnesa- saabaat klijayaaAah vaApkaobetayajho Aap k&aoSaaimala haosak tohl

ek mrlja kl hlsyat saPHO sajadnaa Asaana h0 yaid Aap inayaimt \$p saApnaoCardalDaeTr kopasa jaatohltao jaba vaoPHO sajad;toho tba Aap svayall hl ]sa PHO mhlpiva pa latoh0 yaid Aap inaiScat nehlltaoAap ApnaoCardalDaeTr saopta kr lahik vaoPHO sajadphe- hllk nehll

ijasa xae- mhl"Capital & Coast District Health Board" ijamaar h0vaha' paha PHOs hllAah pisFK laagaahkoi lae Cta PHO Kalanaopr kaya-ikyaa jaa rha h0

[sa xae- mhlkayart paha PHOs hll

- Kapiti PHO -(Kapiti)  
Ph: 801-7808 025-523-615
- Porirua Plus (Porirua)  
Ph: 04 237-5993 or 025 292 5143
- Tumai mo te Iwi (pair\$Aa tqa Asapasa koxae-  
Ph: 237-4534
- Capital PHO<sup>3</sup> valldjft na+ ]%trl tqa dixalla valldjft na +jamasanivalal tk-  
Ph:801-7808
- South East and city PHO<sup>3</sup> valldjft na Sahr tqa dixalla xae-  
Ph: 389-9906

PHO kobaaronmhi0ak janakarl koi lae :

- . Visit the C&C DHB website  
[www.ccdhb.org.nz/PHO/index.htm](http://www.ccdhb.org.nz/PHO/index.htm)
- . Visit the Ministry of Health website  
[www.moh.govt.nz](http://www.moh.govt.nz)
- . Call the C&C DHB 'Primary Care Team'  
**Julia Carr -Ph:(04) 803-1112**
- . Contact the Kapiti Community Health Group Trust  
**Ph: (04) 298 6917**
- . Contact Porirua Healthlinks  
**Ph: (04) 238 4753.**