

# Are you a new family to Canterbury?

Enrol your family for these FREE or SUBSIDISED health services\*

1. Tick the circles for services that apply.    2. Complete your contact details at the bottom of this form.    3. We will then refer you to the relevant services.

## Day-to-day health care

### Enrol with a General Practice FREE\* for children 0-12 years

Doctors/General Practitioners (GPs) in Canterbury provide a range of free health services for children from 0-12 years and subsidised care for adults. When enrolled you have a dedicated team of doctors and nurses looking out for your health.

For more information: please visit

Pegasus Health [www.pegasus.health.nz](http://www.pegasus.health.nz)  
Christchurch PHO [www.cph.co.nz](http://www.cph.co.nz)  
Rural Canterbury PHO [www.rcpho.org.nz](http://www.rcpho.org.nz)

## Vaccinations for children

In Canterbury immunisations are given FREE\* by your General Practice. Please contact your General Practice to arrange this.

### National Immunisation Register (NIR)

NIR is a computerised information system that records immunisations in New Zealand. NIR allows health professionals to quickly find out what vaccines your child has been given and ensure the right vaccine is given at the right time.

For more information phone NIR 03 337 8966

## NEW to New Zealand?

### Migrant Support

Community and Public Health and Christchurch City Council supports and helps migrants and newcomers by giving advice and helping with settling in the Canterbury region.

For more information: visit [www.cph.co.nz](http://www.cph.co.nz) and [www.ccc.govt.nz](http://www.ccc.govt.nz) type Migrant in the search box and click search.

## Your details

Main contact name \_\_\_\_\_

Family details                      Name                                      DOB

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you need more room for family details please use the reverse side of this form

Address \_\_\_\_\_

Contact no \_\_\_\_\_

Email \_\_\_\_\_

## Oral health

### Community Dental Services: FREE\* for 0-17 years

Dental education, preventive and basic treatment. From the age of five months, parents can enroll their children directly or referrals can be made by Well Child Providers or GPs. Children are seen when they are two years of age.

For more information: phone 0800 846 983

## Getting ready for school

### B4 School Check: FREE\* for 4 year olds

The B4 School Check is a FREE health and development check for four year olds. This check helps to find and solve any health, behavioural, social or developmental concerns which could affect a child's abilities at school.

For more information: phone 03 353 9920

## Caring for your children

### Well Child Tamariki Ora Provider: FREE\* for 0-4 years old

This is a FREE service that will support you to ensure your child grows and develops to their full potential. Well Child Services are provided by:

- Te Puawaitanga Ki Ōtautahi Trust                      0800 66 99 57
- Plunket    0800 93 39 22
- Kaikoura Public Health Nursing Service              03 319 5125
- Banks Peninsula Public Health Nursing Service    03 383 6877
- Te Tai Ō Marokura (Kaikoura)                              03 319 5801
- Etu Pasifika    03 365 1002

## Find out more

Visit [www.healthinfo.org.nz](http://www.healthinfo.org.nz) type Enrol in the search box and press search.



## Find out more about LinKIDS

Visit [www.cdhb.health.nz/LinKIDS](http://www.cdhb.health.nz/LinKIDS)

Post the completed form to:

LinKIDS  
Canterbury DHB  
PO Box 1600  
Christchurch 8140

Scan and email to                      [LinKIDS@cdhb.health.nz](mailto:LinKIDS@cdhb.health.nz)

Phone number                              0800 555 121

\*All preschool children in New Zealand are eligible to receive certain publicly funded health services (including Well Child Tamariki Ora and Immunisation). However, other health services may depend on immigration status please refer to Ministry of Health NZ [www.health.govt.nz](http://www.health.govt.nz) Search - eligibility