

Our Offices and Contact Details

Office hours 8.30am-5.00pm Monday to Friday

Head Office

PO Box 56 036, Tawa 5249, Wellington
13A Wall Place, Kenepuru
phone (04) 232 7759, fax (04) 232 7783

Service Manager

Kupa Kupa
email Kupa@vakaola.org.nz
mobile 021 272 2919

Senior Administrator

Nunia Ngauamo
email nunia@vakaola.org.nz
mobile 027 229 1971

Like Minds Like Mine Coordinators

Jacinta Valu
mobile 021 272 2950
email valu@vakaola.org.nz

Maria Peteru

mobile 021 272 2951
email maria@vakaola.org.nz

Lower Hutt Office

Level One, Cnr Cornwall St & Kings Crescent
(above Baby Factory) Lower Hutt
phone (04) 577-0777, fax (04) 577-2291

The following respective Pacific Models are used by the support workers in delivering their service:

Cook Islands

Are

Niue

Niu Tupu

Samoa

Kava Bowl

Tokelau

Canoe of Compassion

Tonga

Kava



Vakaola

**FULL SUPPORT
AND PARTICIPATION
FOR ALL
PACIFIC PEOPLES'
MENTAL HEALTH AND
WELLBEING**



Who are we?

Vakaola is our new user name meaning Boat/Canoe of Life, that supports people with experience of mental illness in the community in conjunction with mental health teams, families and other health providers.

Vakaola strongly upholds the Treaty of Waitangi.

What do we offer?

Vakaola is a free service that primarily targets Pacific people and others within the wider Wellington region.

It aims to meet the mental health needs of the Pacific people by providing a quality community mental health support service. It has a holistic approach encompassing but not restricted to mental, socio-cultural, spiritual support and better health outcomes of Pacific Island peoples.

Accessing of service

People may be referred to Vakaola either through community mental health teams, family doctors, consumers and/or their families.



Qualified staff

Vakaola Community Support Workers are fully trained, qualified and are fluent in both English and their own respective Pacific Island language. They have excellent cross-cultural understandings.

Contact details are as follows:

- **Cook Islands**
Sam Samuel **027 229 1386**
sam.samuel@vakaola.org.nz
- **Niuean**
Mailigi Hetutu **027 229 1384**
mailigi@vakaola.org.nz
- **Samoan**
Gina Tomasi **027 229 1380**
gina@vakaola.org.nz

Cecilia Fotu **027 229 1389**
cecilia@vakaola.org.nz

Fanaea Paese **027 229 1383**
paesef@vakaola.org.nz
- **Tokelauan**
Mika Perez **027 229 1387**
Hutt Coordinator mika@vakaola.org.nz

Fuli Tapu **027 229 1970**
fuli@vakaola.org.nz
- **Tongan**
Sokopeti Sina **027 229 1385**
sokopeti@vakola.org.nz

Vakaola is the only Ethnic Specific Mental Health Provider in the Wellington Region with staff who speak your language and value your culture

We value the following

Justice	Accountability
Equity	Access
Respect	Choice
Understanding	Privacy
Culture	Quality
Excellence	Safety
Love	Spirituality

Some of our services are:

Like minds Like mine is to counter stigma and discrimination against people with experience of mental illness.

Quality community support and advocacy for clientele and their families.

Activities which are educational, raises personal self-esteem, encourages healthy lifestyles etc.

Vakaola has a regular weekly radio programme and also a three monthly newsletter

