Social Services Waimakariri Service Mapping 2021

Social Services Waimakariri – Project Facilitator

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
24/7 Youth Work Rangiora Baptist Church	Youth Worker services in conjunction with local schools in Rangiora.	Rangiora	Yes	Free	Mon – Thurs	Andrew Thornburrow, 03 313 4997, https://www.ryct.net.nz
298 Youth Health	We offer free medical appointments for 10 – 24 year olds. A young person must first enrol as a patient at 298YHC, and the counselling service is only for enrolled patients only.	Christchurch	No, clients will need to travel to Christchurch	Free	5 days	03 943 9298 admin@298.org.nz http://www.298.org.nz
Active Canterbury	Supports Cantabrians to be more physically active by providing activity information and links to local activities, events and places to be active. Also provides training opportunities for local activity providers and delivers projects with a focus on equity.	Christchurch Waimakariri Selwyn	Education & training sessions for local providers in Canterbury	Fees may apply	Usual office hours: Mon, Tue and Thu 9am-2.30pm	Nadine Milmine, Coordinator 0274 621262 Nadine.Milmine@pegasus.org.nz www.activecanterbury.org.nz www.facebook.com/ActiveCanterburyNZ
Age Concern	Elder abuse & neglect prevention. Health promotion, Social connection, support health services. Accredited visitor service. Trades directory for home services	Papanui	Yes for some services	Free	5 days	Simon Templeton 03 366 0903 team@ageconcerncan.org.nz https://www.ageconcern.org.nz

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Alzheimer's New Zealand	Local Alzheimer's organisations provide support, education, information and related services directly to members of their communities who are affected by dementia. Older person's social work Educational courses. Carers support group	Nationwide closest is Timaru Room 11, Community House, 27 Strathallan St, Timaru	Over the phone service nationwide. The service operates in South Canterbury.	Free	5 days	Please refer to Dementia Canterbury
Amberley Food Bank	Food bank	Amberley & South of Amberley, Hanmer Springs and Cheviot - working with local pastors and social workers	Amberley	Free	5 days	Matt Redepenning 03 314 7464
Arthritis New Zealand	Information and advice service - by phone, group sessions, seminars and workshops Educational courses	Canterbury	Yes quarterly	Free	5 days	Health Advice Manager / Educator 0800 663463 info@arthritis.org.nz https://www.arthritis.org.nz
Ara Institute of Canterbury	A community learning hub, offering a range of computing courses, can be used to gain qualifications for employment, or to manage your way around a computer for online applications etc.	Canterbury	Yes	Free	5 days	info@ara.ac.nz Gina.lijima@ara.ac.nz https://www.ara.ac.nz/

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Aspire Canterbury	Advice and resources to assist disabled people and older people to make informed decisions and connect them with appropriate services. Aspire have a range of mobility aids for sale or hire, administer the Total Mobility Scheme (half price taxis for eligible people) and have a mobile service.	Christchurch	Yes quarterly	Free	5 days	Julie 03 366 6189 julie@aspirecanterbury.co.nz http://www.aspirecanterbury.org.nz/
Aspiehelp	Support service for autistic people. Peer Support for Autistic adults.	Christchurch	No Contact via email	Fess may apply	3 days	03 337 6337 info@aspiehelp.com https://www.aspiehelp.com
Attitude	Deliver health and well being programmes in Intermediate and High schools. Resilience, hauora, negotiating relationships, drugs and alcohol and adolescence.	Christchurch	Yes on request	Fees may apply	5 days	Valentine Tauamiti southisland@attitude.org.nz https://www.attitude.org.nz
Autism NZ	Information, education and support for Autism. In-home service provided. Educational Courses The Rangiora Group is currently in recess	Christchurch	Advisors work with schools and families but face to face contact is only available in Christchurch	Fees may apply	5 days	03 343 2225 canterbury@autismnz.org.nz gabrielle.lennon@autismnz.org.nz Karen.holmes@autismnz.org.nz https://www.*autismnz*.org.*nz*
Aviva	Aviva is a specialist family violence service for whole family. Have a 24/7 family violence support line, programmes for men, women, youth and children, safe@home services, specialist peer support service, no interest/low interest loans scheme, and 24/7 sexual assault services.	Nth Canterbury Christchurch, Selwyn, Ashburton	Yes, mainly in Rangiora office but cover North Canterbury and will travel to clients in their home	Free	7 days via phone, 5 days for services	Aviva 24/7 Support line 0800 284 82 669 enquiries@aviva.org.nz sasscadmin@aviva.org.nz Gwenda Kendrew General Manager Operations 027 561 4755 https://www.aviva.org.nz

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Barnardos	Home-based family support, footsteps to feeling safe for children exposed to family violence) 0800 WHAT'S UP support line for children 5-18yrs. LEAP LEAP is a service for children and families facing multiple challenges with the aim of keeping vulnerable children safe so they can reach their potential and flourish. We work with each family to develop a plan and a range of supports that are unique to them and tailored to their children's needs.	24 Sewell Street, Kaiapoi	Yes - Waimakariri & Hurunui currently the main focus - Hurunui currently running The Inspire Kids Project	Free	5 days	Sandy Honeybone 0274 479860 sandy.honeybone@barnardos.org.nz https://www.barnardos.org.nz/ 0800 BARNADOS
Bellyful	Bellyful cooks and delivers meals to families with new-born babies and families with young children who are struggling with illness, where there is little or no family or social support.		Yes	Free	5 days	Carol Burdon 0508 2355938 0220217313 Carol.burdon@bellyful.org.nz contact@bellyful.org.nz www.bellyful.org.nz
Battered Womens Trust	Our goal is to empower women to create a safe and healthy family life for themselves and their children, free of family violence. It's what we've done for more than 30 years.	PO Box 36729 Merivale 8146				Crisis 03 364 8900 avail 24/7 Office 03 332 4122 avail Mon-Fri batteredwomenstrust.org.nz office@bwt.org.nz

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Big Brothers Big Sisters of New Zealand	Direct mentoring service matching children aged 6-12 with mentors in a professionally supported one to one service Social Isolation Connector	Rangiora War Memorial Hall High Street, Rangiora	Yes	Free	5 days 9am-5.30pm	Ellie Le Gros 03 310 7004 0272 713405 ellie@bbbs.nz http://bigbrothersbigsisters.org.nz
Budgeting Services North Canterbury	BSNC provides a free and confidential budgeting and financial mentoring services within the Waimakariri and Hurunui districts. We work with local community organisations, and their clients, to provide a wraparound service. Financial planning & budgeting courses offered.	North Canterbury	Yes	Free	5 days via phone, 4 days for services	Sharon Grant 03 313 3505 servicemanager@bsnc.org.nz https://bsnc.org.nz www.facebook.com

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Canterbury District Health Board Te Poari Hauora ō Waitaha CAF – Child adolescent & Family	Specialist Mental Health Services, Multiple services for Adults, Child Adolescents & Family (CAF) – General services, Specialist services – access points via Single Point of Entry for Adults & CAF Link for Children & Young people. The CAF North team, Adult Rural team and School based mental health team service NC specifically. For other needs referrals to specialist services are facilitated.	CDHB's Specialist Mental Health Services (SMHS) Based in Christchurch with outreach clinics in various Rural locations across the CDHB catchment areas	Yes clinics based from GP practices and schools.	Free	5 days Mon - Fri 9am - 5pm	Rose Henderson Clinical Lead, Recovery and Wellbeing North Canterbury & Kaikoura Canterbury District Health Board Rose.henderson@cdhb.health.nz Cell: 0274 352 356 0800 phone service https://www.cdhb.health.nz/about-us/contact-us
Cancer Society Te Kāhui Matepukupuku o Aotearoa Cancer Society	Emotional and practical support to patients, families and whanau experiencing any cancer. Access to social work and community health services, information for patients, access to counselling, financial support, transport to treatment, comfort items such as turbans & temporary prothesis, help to access MOH subsidies/home help/palliative care, advocacy, liaison with CDHB and primary health. One to one or group support. Access to support services in rural communities. Volunteer opportunities, Fundraising and Health Promotion	143 Percival Street, Rangiora servicing Waimakariri, Hurunui & Kaikōura districts	Yes – local groups est.	Free	7 days	northcanty@cancercwc.org.nz phone: 0800 226 695
Can Association	The Canterbury Homebirth Association is a voluntary organisation that promotes and supports home birth as an alternative to hospital birth.	Facebook	Yes by Apt.	Free	Mon - Friday	https://www.canterburyhomebirth.org.nz/ https://www.canterburyhomebirth.org.nz/contact-us https://www.facebook.com/groups/homebirthaotearoa

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						https://www.facebook.com/homebirthaotearoa https://www.facebook.com/CanterburyHomebirthAssociation
Canterbury Mens Centre	CMC provides counselling and life coaching support. It also provides for Male Survivors of Sexual Abuse. This is in the form of peer support and (in development) a peer group based in Rangiora	Christchurch Rangiora	Yes	Fees may apply	7 days Flexible	Counselling phone 03 365 9000 or write info@canmen.org.nz counsellor@canmen.org.nz. survivor@canmen.org.nz https://can*men*.org.nz
Catholic Social Services	Counselling, family, individuals, youth, children 5yrs +, group courses, budget advice, food bank.	336 Cashel St, Linwood, Chch	No	Free	5 days	03 379 0012 css@cdoc.nz
CCS Disability Action	Advocacy and support for people who identify as having a disability. Will do home visits, or clients can come to the Rangiora office. Youth Worker Services Social Isolation Connector Home visits	78A East Belt, Rangiora	Yes	Free	5 days	Glenda Miller 03 313 8312 glenda.miller@ccsdisabilityaction.org.nz 0800 2272255 https://ccsdisabilityaction.org.nz
Child Cancer Foundation	Promoting services of excellence and consistency for children and young people with cancer and their families.	Christchurch	No Phone Support only	Fees may apply	5 days	03 365 1485 chch.familyplace@childcancer.org.nz www.childcancer.org.nz

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Childrens Teams						
Christchurch Methodist Mission	Through innovative and responsive child and family services, social housing, group programmes and services for older people CMM reaches a broad base of diverse residents facing multiple challenges. 6 month Parent works course - Fostering changes 6 weeks home based learning. Highly skilled & long term staff members ensure its success.	Papanui Road, Chch.	Yes home visits	Free	5 days	03 375 1461 info@mmsi.org.nz https://www.mmsi.org.nz
Chris Ruth Centre	We provide a Vocational Day Placement for people with complex needs disabilities. Our programme is individual based with a focus on community participation. We are a day service for school leavers with multiple complex disabilities	Christchurch Kaiapoi	Yes		5 days	Marilyn Paston Tel: (03) 3392930 Caroline Spollen 03 3270929 Email: kaiapoi100@chrisruthcentre.co.nz www.chrisruthcentre.co.nz
Citizens Advice Bureau North Canterbury	Free, confidential, independent information and advice. Help with a wide range of issues including consumer law, tenancy, disputes, employment, separation, custody, budgeting, migrants, immigration, neighbours and health. We host free clinics on a fortnightly basis dealing with legal information, budgeting and immigration, offer digital assistance, a JP service, and help with CVs.	209 High Street, Rangiora	Yes	Free	5 days	03 313 8822 coordinator.northcanterbury@cab.org.nz www.cab.org.nz 0800367222 northcanterbury@cab.org.nz

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City Mission	Food parcels, social work services, a & d counselling, night shelters for men, women and solo parents with children, budget advice, women's drop in and men's day programme. Opportunity shops in Rangiora and Kaiapoi. All services available to North Canterbury	Christchurch	No	Free	5 days	Zucchi Leonard 03 365 0635 027 5318819 info@citymission.org.nz www.citymission.org.nz
ComcareTrust North Canterbury Services	Comcare offer free community based mental health and addiction services in the Waimakariri and Hurunui districts for people aged 18+. Using a restorative strengths-based approach to support people towards wellbeing, we offer Community mental health support services, Peer support services, and our physical activity based Activelinks support service.	Rangiora	Yes	Free	5 days	Ph: (03) 3777020 www.comcare.org.nz
Community College North Canterbury	An alternative to High School offering hands on vocational training 16-19 year olds.	140 East Belt Rangiora	Yes	Free	5	03 313 5874 kate.oconnor@comcol.ac.nz www.comcol.ac.nz/colleges/comcol-north-canterbury
Community Energy Action	The aim is to ensure all homes in Canterbury are warm, dry, healthy, and energy efficient. A range of services- free, recycled curtain bank, energy advice, an insulation service (subsidies are available). Site visits to complete a home energy check. Heating Educational Courses	Christchurch	Yes	Free	5 days	0800 GET WARM 03 3747222 info@cea.co.nz Vicky Snowsill https://www.cea.co.nz
Community Investment MSD	Funding provider • Family Start • Intensive family support • Intensive residential support • Other intensive services	National	Yes	Free	5 days	Ellen Zhou ellen.zhou@ot.govt.nz https://www.msdresponsibility.com/

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Community Law Canterbury	Free legal clinics, legal information over the phone or via email to all in Canterbury. If a client can't get to a clinic will try to provide advice by other means. Representation to some clients with barriers (i.e. low income), free and low cost education to groups, schools and individuals. Educational Courses & Advocacy	Canterbury	Yes Canterbury rural by Apt.	Free	Kaiapoi Every 2nd Wed	admin@canlaw.org.nz (03) 366 6870 0800 PHONE SERVICE www.canlaw.org.nz
Community Wellbeing North Canterbury Trust	Family social work, wellbeing support for rangatahi including specialist alcohol and drug support, Mana Ake - wellbeing support for tamariki in primary school, Kaiapoi Food Bank, Restorative Justice and Karanga Mai Early Childhood Education Centre. Kaiapoi Community Support is a community hub where the Kaiapoi Food Bank operates from, and where the community can access Volunteer Drivers and pick up Nurse Maude supplies.	Rangiora & Kaiapoi	Yes	Free	5 days	info@wellbeingnc.org.nz https://wellbeingnc.org.nz Rangiora office: 03 310 6375 Kaiapoi Community Support: 03 327 8945 Karanga Mai Early Childhood Education Centre: 03 327 8315
Connected MSD	Connected is a service to help New Zealanders connect to the wide range of Employment, Education and Training supports and advice available through government agencies. Connected includes a website, phoneline and face-to-face service to help people access support and see the full range of assistance that's available across government. The service will help a wide range of New Zealanders find the advice and support they need, including businesses, people looking for help to find a job or who are worried about keeping the one they have, and those looking for education and training advice and opportunities.	North Canterbury	yes	Free	5 days	**Michelle Becks |** Employment Liaison Advisor Phone: 029 251 1280 www.connected.govt.nz Michelle.Becks007@msd.govt.nz

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Darnley Club	We are a day centre for seniors living on their own or being cared for at home, offering relief support for carers and family members. Transport, midday meal, socialisation, music, exercises and organised activities are provided in a friendly relaxed environment.	Kaiapoi	Waimakariri and North Christchurch	Free	5 days	Dawn Armitage 03 327 5934 darnley@xtra.co.nz https://www.eldernet.co.nz/ Facebook – The Darnley Club
Deaf Aotearoa	The Deaf community face a number of challenges with regards to equality and access to information in New Zealand Sign Language (NZSL), community and social support. Deaf Aotearoa and the Deaf community are working towards meeting these challenges, however there is still a large gap between the reality of life in New Zealand for a Deaf person and their constitutional right under the New Zealand Sign Language Act 2006 and the United Nations Convention for the Rights of Disabled People.	Nationwide, office 96 Bristol St, St Albans.	Yes by phone	Free	5 days	**hello@deaf.org.nz** for general enquiries and feedback. **duty@deaf.org.nz** for services related enquiries. **nzsl@deaf.org.nz** for NZSL Week, Deaf Awareness workshops and NZSL courses related enquiries. **membership@deaf.org.nz** for membership and Executive Board related enquries. **fundraising@deaf.org.nz** for grant, donation or sponsorship enquiries Or please give us a call on **0800 33 23 22**
Dementia Canterbury	Christchurch - other offices in Ashburton & West Coast Social Work Support, Education Services, Memory Groups, Social programmes, activity groups,	Email to locate nearest support group	As required	Free	Various days	03 379 2590 0800 444 776 admin@dementiacanterbury.org.nz https://www.dementiacanterbury.org.nz

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Te Tari Taiwhenua Internal Affairs Department of Internal Affairs	Funding advice - Building strong & resilient communities providing advice, support, information and resources. Helping communities identify their priorities and develop plans to achieve them	Regional	Yes	Free	5 days	Trish Hughes patricia.hughes@dia.govt.nz 0275 571046 or 0800 824 824 https://www.communitymatters.govt.nz/
Depression Support Network Depression Support Network	Peer Support and Advocacy	301 Tuam St Christchurch			Mon – Fri 9am – 3pm	Ph 033668083 www.depressionsupportnetwork.org.nz gayle@dsn.org.nz
Dyspraxia Support Group Dyspraxia Centre	A range of services from Children's/ Youth Groups to advisory sessions and seminars.	Christchurch	Phone Skype	Free	Various	Sue Hammett 03 358 3249 dyspraxia.centre@xtra.co.nz https://dyspraxia.org.nz
Early Start Project Early Start	Early Start is offered to Christchurch families with new-born babies, where social & family circumstances may put at risk the health &well-being of their children. The service provided is entirely voluntary, free, long term (up to 5 years) & home based. Promotes healthy child development within a nurturing family environment.	Christchurch	North Canterbury & Hurunui	Free	Mon - Fri 8am 5pm	03 365 9087 reception@earlystart.co.nz https://www.*earlystart*.co.nz
enliven PRESBYTERIAN SUPPORT UPPER SOUTH ISLAND Elder Care Canterbury - Enliven	Administered through Presbyterian Support Not service delivery - provides promotion of community health and wellbeing information. Bringing providers and consumers together for the support and wellbeing of older people, addressing gaps.	Canterbury forums also held in Ashburton and North Canterbury .	Yes - primarily Christchurch however	Free	4 days	Helen Ross 03 363 8225 https://enliven.org.nz

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Emerge Aotearoa – CreativeWorks	We work with people to look for open paid employment of their choice that is more than 5 hours per week. We support people to develop CV's and cover letters, practice interview skills and apply for jobs whether online or in person. Once employment is gained we support them for at least six months which could include working with someone around increasing or decreasing their hours of work and career development. We work collaboratively with other agencies	Canterbury	Yes on request	Free	5 days flexible to client needs	Angela Tilley (Service Manager) (027) 273 2823 employmentchch@creativeworks.org.nz https://careers.*emerge*aotearoa.org.nz
Epilepsy NZ	Personal support service for people with epilepsy & their families. Training programmes & presentations.	Epilepsy House (Head Office) PO Box 1074, Waikato Mail Centre, Hamilton 3240.	Outreach facility on request	Free	Mon - Fri 8.30-4.30	Anna Baker (Educator) 027 2706689 canterbury.westcoast@epilepsy.org.nz 0800 374537 www.epilepsy.org.nz
Familial Trust Te Whanau o Whakapono	A counselling and peer support service for anyone affected by someone's addiction. (aged 5 +) This can be any form of addiction. We see any family members or others that are struggling with the impact the addiction is having or has had in their lives. We offer one on one counselling, peer support, group programmes for children and adults.	Christchurch	Phone and web based support available	Free	Mon, Tuesday Thursday 8.30-5.00pm, Wednesday 8.30-8.00pm, Friday 9-12pm	info@familialtrust.org https://www.familialtrust.org

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Family Drug Support Aotearoa New Zealand	Providing information and support to families/whānau and friends of people who are impacted by the alcohol and other drug misuse of people they care about. Support Line 0800 337 877 9am-10pm. Also offer 5-Step Family/whānau Counselling Programme with a trained practitioner, individually or whānau group, at a time that suits you via zoom	Office is in christchurch Provides service nationwide	Yes face to face or via zoom	Fees may apply	Office M-F Support Line 9am – 10pm 7 days per week 5-Step 7 days. 5 Step Programme as organised with our practitioner	Support Line 0800 337 877 0800 (FDSuppport) www.fds.org.nz office@fds.org.nz 03 2818 740
Family Planning Clinic Rangiora	Family Planning works to promote a positive view of sexuality and to enable people to make informed choices about their sexual and reproductive health and well-being.	15 Durham Street Rangiora	Yes	Fees may apply	Thursday	03 313 6697 www.familyplanning.org.nz national@familyplanning.org.nz
Florence Nightingale Agency Partners with Annie's Nannie's	Monthly coffee and support groups. Social worker/ office or home visits. Information and resources. Advocacy, A listening ear, Telephone support, Social outings, Guest speakers, "My advanced Care Plan" & Peer Support.	Christchurch Community House Wednesday:Dadzkare Support Group 10am-12pm-	On request	Fees may apply	5 days	Heather Peterson 03 366 8630 info@florence2care.co.nz https://www.florence2care.co.nz
 Friends of Rangiora Health Hub	Support for staff and patients in hospital through fund-raising for amenities and to promote the hospital and its functioning	161 Ashley Street, RD2, Rangiora	Yes	Free	By appoint.	Gendie Woods 03 313 2266 027 626 6094 woodso@xtra.co.nz Suzanne.Salton@cdhb.health.nz 03 311 8650 https://www.cdhb.health.nz/health-services/

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Gambling Helpline	24 hour free phone service for gambling issues	National	By phone	Free	7 days	0800 654 655 Mobile text 8006 Maori - 0800 654 656 Vai Lelei Pasifika - 0800 654 657 Youth "In Ya Face" - 0800 654 659 https://www.gamblinghelpline.co.nz
Grey Power	To advance, support & protect the welfare & well being of older people. To affirm & protect that statutory right of every New Zealand resident, to a sufficient New Zealand Superannuation entitlement. To strive for a provision of a quality Health Care to all New Zealand residents regardless of income and location.	113 Stringers RD Rangiora	Yes	Fees may appl		Jan Pentecost 03 312 9331 Jan.pentecost@gmail.com https://greypower.co.nz
He Waka Tapu	He Waka Tapu is a māori organisation, running a number of programmes and one to one sessions, specialising in: Anger Management, Alcohol and Drug Addictions (AOD) and Personal Health. Our services are assessable from Timaru to Ashburton and Christchurch. To access our services, whaiora can be referred from an external organisation and/or self-refer with no appointment time/date needed.	161 Pages Road, Aranui, Christchurch8061	Yes	Free	5 days	0800 HE WAKA 03 373 8150 reception@hewakatapu.org.nz Josephine Curtis josephine@hewakatapu.org.nz https://www.hewakatapu.org.nz
Health Info	Health Info is a health information website for the general public, funded by the Canterbury DHB. The information on Health Info is specific to Canterbury, New Zealand. It is written and approved by local doctors, practice nurses, hospital clinicians, and other healthcare professionals.	nationwide	Website only	Free	7	www.healthinfo.org.nz https://www.healthline.com

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Health line	Health line is staffed by experienced registered nurses who can provide you with health information and advice on care. They can also tell you where to find your nearest GP after-hours service, hospital emergency department, pharmacy, or out-of-hours dental surgery. Health line can also provide general health information on a wide range of topics.	nationwide	Yes by phone	Free	7 days	0800 611 116 https://www.health.govt.nz
Hepatitis C Community Clinic	Testing, support and treatment for Hepatitis C clients. Has a high number of clients in the North Canterbury district and are looking to provide a service physically here through A&D City Mission. Will conduct home visits or clients attend in City	Christchurch Rangiora Pharmacy & Stans 7 day pharmacy offer needle exchange	No - initial home visit available - On-line chat 24/7	Free	5 days	03 3778689 https://www.hepatitisfoundation.org.nz
Hey Bro	HEY BRO Is a number set up for men who feel they're going to harm a loved one or whanau member	Pages Rd Christchurch	Yes by phone 24/7	Free	24/7 phone	0800 439 276 03 373 8150 reception@hewakatapu.org.nz https://www.hewakatapu.org.nz/services/0800-hey-bro
Home & Family	Home & Family offers professional child therapy, parenting & whānau safety services. Through these services, Home & Family creates environments for positive change and enable people to overcome difficulties and achieve emotional well-being.	Christchurch	No	Fees may apply	5 days	03 944 0635 contact@homeandfamily.net.nz www.homeandfamily.net.nz

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Hope Community Trust	Community Support, Advocacy, Food bank, Community Garden, Women's & Men's groups, Craft group, Fruit & Vege Co-op. Community BBQ. A place of community and connection OP SHOP Counselling Centre Individual, Family, Children, relationships & groups	111 East Belt Rangiora	Yes	Free Fees may apply	4 days 5 days 5 days	03 928 3066 tracy@hopecommunity.co.nz support@hopecommunity.co.nz www.hopecommunity.co.nz
Human Rights Commission	Advocate and promote respect for human rights in New Zealand. Encourage harmonious relations between individuals and among the diverse groups in New Zealand. Lead, evaluate, monitor and advise on equal employment opportunities. Provide information to the public about discrimination and to help resolve complaints about discrimination.	Christchurch	No	Free	5 days	0800 496 877 infoline@hrc.co.nz https://www.hrc.co.nz
IHC	IHC coordinates a "One-to-One Volunteer Programme". Supported by a team of Coordinators who recruit & support volunteers. They are screened, trained & linked with a person with an intellectual disability who is seeking a friend. They choose how they spend time together & what they do. The emphasis is developing a friendship.	5 George St	Yes	Free	5	christchurch@idea.org.nz 03 341 9200 https://ihc.org.nz/idea-services

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IDEA Services	Supporting people with intellectual disabilities by advocating for their rights, providing a variety of housing and work options and by supporting families.	5 George St	Yes	Fees may apply	5	christchurch@idea.org.nz 03 341 9200 https://ihc.org.nz/idea-services
i- SITE Visitor Information Centre	A free service offering information to locals and visitors to Waimakariri. Ticket agent, Intercity, Trains, Interislander, Bluebridge, DOC back hut tickets, Fishing Licencesfree maps & local events guide.	143 Williams Street Kaiapoi	Yes	Free	We will be open Sat from 06 Nov 10:00am – 2:00pm and closed Apr – Nov	Gwen Creek 03 327 3134 info@kaiapoivisitorcentre.co.nz https://www.visitwaimakariri.co.nz
Kaiapoi Community Care and Employment Trust	Assists elderly and disadvantaged in the community and creates a stepping stone to employment using partnership with local community, funders, businesses and other agencies.	63B Hilton St, Kaiapoi.	Kaiapoi and surrounds	Fees may apply	5 Days	Neville Atkinson 03 327 4005 info@aroundtuit.co.nz
Karanga Mai	Provides education and care for infants, toddlers and children of young parents while they attend Karanga Mai young parents college	Robert Coup Road Kaiapoi	Yes	Fees covered by Child care subsidies	Mon - Fri 9.30 - 3.30	Jacinta McInerney 03 327 8386 karangamai@wellbeingnc.org.nz http://www.kaiapoi.school.nz/karanga-mai/
Kidz need Dads	Assisting dads through separation, who are have difficulties with access to their children. Includes dealing with CYF, Family Court, mediation. Parenting course 10 modules correspondence course nationwide. 8 Module anger management course. Works with OT	Christchurch	No	Free	5 days	Sandra Murphy 03 9822440 / (021) 180 3938 Sandra.M@kidzneeddadz.org.nz

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Kingdom Resources	Free Budgeting Support - one to one budgeting support from an experienced, friendly and non-judgemental budget advisor (financial mentor). Our aim is to work alongside clients, to help them at their point of need, at their own pace, to help them achieve their goal. Community Education, Employment, Life Skills and Budgeting.	Hope Community Trust, 111 East Belt Rangiora Christchurch	Yes	Free	Tuesday by Apt.	**North Canterbury** Ema@kingdomresources.org.nz 03 332 1700 027 917 3719 **Rest of Christchurch** kr@kingdomresources.org.nz www.kingdomresources.org.nz 03 332 1700
Lifeline	Nationwide provider of 24/7 crisis, suicide, therapeutic support and training. 24/7 phone line offers support, also Kids Line for young people up to 18.	PO Box 8313 Riccarton, Chch 8041	Nationwide	Free	24 hours 7 days	Karen Crawley Karenc@lifeline.org.nz 03 366 6742 Lifeline 24/7 0800 543354 https://www.lifeline.org.nz
LifeLinks	Outcome planning and coordination services for people with disabilities aged between 0-65 years	Canterbury, South Canterbury and West Coast	Yes	Free	5 days	0800 866877 office@lifelinks.co.nz Lesley Campbell camfam1@slingshot.co.nz www.lifelinks.co.nz
Living Waters	Living Waters hurunui Outreach Food bank	Waikari, Hurunui			Opening hours: Mondays & Thursdays 10am - 2pm	Aveai Taulamana livingwatershurunuioutreach@gmail.com After Hour services please contact 027 4486594 or 0274486583

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
Mainpower NZ	Power supplier - supports partnerships in the areas of youth, community energy efficiency programmes and activities, environmental sustainability and economic development.	172 Fernside Road Rangiora	Yes	Fees may apply	7 days 24/7	Penny Kibblewhite 027 223 8852 03 311 8559 feedback@mainpower.co.nz
Male Survivors Canterbury	One to One peer support. Weekly peer support groups (internal referral) and Advocacy for male survivors of Sexual abuse.	Canterbury	Yes – some services only	Free	5 Days	03 377 6747 ken@malesurvivor.nz support@safetotalk.nz 0800 044 334 https://canmen.org.nz/survivors/
Maori Womens' Welfare League	For the betterment of Maori women and their whanau. All women welcome.	219 Tuahiwi Road, RD1 Kaiapoi	Yes	Free	Mon-Fri 10-3	03 313 5543 tuahiwi.marae@ngaitahu.iwi.nz 03 366 4344 info@ngaitahu.iwi.nz http://www.tuahiwimarae.iwi.nz/
Meals on Wheels, Oxford	Delivering meals to the elderly and sick in Oxford	Oxford Hospital 45 Park Avenue, Oxford.	Yes	Fees may apply	Mon-Fri 11.30-12.30	lorraine.proffit@cdhb.health.nz https://www.cdhb.health.nz/health-services/meals-on-wheels/
Menzshed New Zealand	The members are all male, sociable, full of mischief and of all ages although most are retired. We provide the Kaiapoi community with a source of skilled, motivated and creative workers for community projects.	Dale Street Kaiapoi	Yes	Free	Tues & Thurs 9 am -12 pm	William Titulaer, Secretary, 03 327 3677 027 337 223, menzshedkaiapoi@outlook.com

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Rangiora Woodend Methodist Mission	The church provides spiritual support and practical advice your way and a link to meet new people also link to Curtain Bank, Food Bank, Link to Senior Net computer lessons, Elderly Home Services, Boys brigade, Girls Brigade	176 King St, Rangiora	Yes	Free	Tues 1pm-4pm Thurs 10am-4pm Fri 9am - 1pm	Rev Veitomoni Siufanga 03 313 3448 027 446 4804 veitomonis@yahoo.co.nz http://www.methodist.org.nz
	Peer mental health and advocacy service. Mild to moderate mental health. One-to-one or group support. Phone or audio-visual support can be arranged. To get started pop in for a First Step conversation with a peer worker any weekday.	357 Madras St, Christchurch	We are mainly funded for the CDHB – predominantly Christchurch/Ōtautahi.	Free	Office open weekdays. Weekend programmes onsite.	Marney Ainsworth 03 365 9479 Rural phone: 0800 437 324 reception@mhaps.org.nz https://www.mhaps.org.nz
Mental Health Education and Resource Centre (MHERC)	Provides information, a free public library (including eLibrary), professional development and community education about mental health, wellbeing, mental illness, and addiction.	Level 1, 12 Hazeldean Road, Addington, Christchurch	Service available to those living in North Canterbury (0800 number; free courier delivery of library books; and most workshops available via Zoom)	Library and Information service – free Cost applies to most professional development	5 days	0800424399 (03) 365 5344 admin@mherc.org.nz www.mherc.org.nz

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
				works hops		
Mind & Body Consultants	1-1 peer support, peer-zone facilitators run workshops in collaboration with Emerge Aotearoa. Art group weekly and 2 sessions a week support group with Te Awa Kura. Service is self-referral. Community and in-home meetings available	8 Kennedy Place Christchurch	We are funded for the CDHB - Predominantly Christchurch City	Free	5 days	Carla Manson 0272 560544 Carla@mindandbody.co.nz http://mindandbody.co.nz/ 03 3771858 09 6305909
Narcotics Anonymous	Members take part in NA meetings by talking about their experiences and recovery from drug addiction. More experienced members (known as sponsors) work individually with newer members explaining the twelve steps and the program. The twelve steps are at the core of the NA program; these 'steps' are a set of concepts outlining a practical approach to recovery.	John Knox Presbyterian Church	Yes	Fees	Tues 7.30pm	www.nzna.org 0800 628 632 https://na.org/

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Nationwide Health & Disability Advocacy Service	Free, confidential and independent. Advocates help callers to ascertain their rights under the Code of Health and Disability, also consumer rights for services. Talk over options and get assistance with letter writing.	On line access	On line access	Free	5 days	0800 555 050 https://www.advocacy.org.nz advocacy@advocacy.org.nz
Neighbourhood Support	Establishment of Neighbourhood Support groups. Provide and support events to help communities connect with each other. Will visit homes. Social Isolation Connectors	North Canterbury	Yes	Free	7 days	Sarah Saunders 03 313 2681 coordinator@ncns.org.nz https://ns.org.nz
New Zealand Newcomers Network	Activities and support for newcomers to the District. Knitting group, walking group, quiz night, chat nights, lunches, dinners, coffee mornings	North Canterbury	Yes	Free	7 days	Sylvia Temple 03 313 4188 pstemple85@gmail.com https://www.newcomers.co.nz
New Zealand AIDS Foundation	Support for AIDS carriers or family. Counselling for all ages, gender.	Chch.	No	Free	Mon Tues Thurs 8.30am - 4.30pm Wed 11.30am - 7.00pm	03 379 1953 nzaf.org.nz https://www.nzaf.org.nz
New Zealand Red Cross	Meals on Wheels, Community transport, refugee programmes, family links, first aid, education, disaster management, awareness campaigns, Community programmes	Christchurch Rangiora Kaiapoi	Yes	Free	See website	christchurch@redcross.org.nz 03 339 375 https://www.redcross.org.nz

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 North Canterbury Mini Bus Trust	The buses and organisation are owned by the community and administered by Presbyterian Support Services. Six buses in total. Available for the elderly, disabled or disadvantaged. Four of the buses have wheelchair hoists.	258 High St, Rangiora & Oxford Community Trust. 37 Main St. Oxford	Yes	Fees may apply	5 days	Presbyterian Support 326 12889 Oxford Community Trust 312 3006 admin@oxfordtrust.co.nz Don Fairbrother cdfairbrother@gmail.com http://cvt.org.nz/vehicle-trusts-across-canterbury/North-canterbury/
Rural Support NORTH CANTERBURY North Canterbury Rural Support Trust	Helping people find options to manage rural challenges. Referrals to a professional for counselling, financial and farm management, or alternatively provide a mentor with a rural background in your specific sector for you to chat to.	Nationwide North Canterbury	Yes	Free		0800 787 254 Trust Coordinator Arni Smit: 027 2368807 ncrst.coordinator@gmail.com http://www.rural-support.org.nz/Regions/South-Island/North-Canterbury
NEW ZEALAND POLICE Ngā Pirihimana o Aotearoa NZ Police	Regulatory	North Canterbury	Yes	Free	24/7 through 111	03 313 6167 Rangiora Don Monroe Donald.Munro@police.govt.nz
Odyssey House Trust journey of wellbeing Odyssey House	Working alongside people with alcohol/drug or mental health concerns. We have community and residential programmes, and work alongside people from 13 years of age through to the Over 65's.	CHCH	By appointment	free	Mon - Fri	www.odysseychch.org.nz Ph. 03 338 4437 for information and resources.

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Canterbury District Health Board Te Poari Hauora ō Waitaha Older Persons Health & Rehabilitation Community Teams	Specialist Health Services for Older People needing a multidisciplinary assessment and intervention for mental health and/or physical health; InterRAI assessment for home based support services, respite, day care and carer support. Younger adults with multiple chronic health conditions requiring therapy; community stroke rehabilitation; CREST (Community Rehabilitation and Enablement Support Team) for intensive short term rehabilitation support	Christchurch & other catchment areas	Yes in clients home setting via referral from primary care or	Free	5 days	Janice Lavelle - Service Manager janice.lavelle@cdhb.health.nz Cell: 0274 341699 or Contact Adult Community Referral Centre on 03 3377765 communityreferralcentre@cdhb.health.nz https://www.cdhb.health.nz
OPEN HOME FOUNDATION TE WHARE KAUPAPA ĀWHINA Open Home Foundation	Receive referrals from Oranga Tamariki. Provides long term foster care, short term and emergency foster care, social work, care services, respite care, support services	Level 2, 410 Colombo Street Sydenham	Yes	Free	7 days	Jill Short 03 366 5977 canterbury@ohf.org.nz www.ohf.org.nz
ORANGA TAMARIKI Ministry for Children Oranga Tamariki – Ministry for vulnerable children	The care & protection of vulnerable children	Rangiora	Yes	Free	5 days	Louise Waho Louise.Waho@ot.govt.nz 0508 326459 **https://www.**orangatamariki**.govt.nz**
och Ōtautahi community housing trust Otautahi Community Housing Trust	Provider of suitable sustainable Community Housing	61 Kilmore Street Christchurch	Yes through MSD referral	Free	Mon - Thurs 8.30 - 5pm Friday – 4pm	0800 624 456 https://www.ocht.org.nz admin@ocht.org.nz
OVEREATERS ANONYMOUS® Overeaters Anonymous	Twelve Step Fellowship for men and women. Compulsive eating, anorexia, bulimia, obesity and overeating.	Rangiora	Yes	Free	Sundays 7pm	Liana 03 314 8453 https://oa.org

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Oxford Community Trust	Social services, advocacy, youth recreation, medical transport, social transport options, family services, OSCAR Holiday Programme, Emergency assistant, social isolation connectors, mentor driving, referrals to services and agencies.	37 Main Street Oxford ,	Yes	Fees may apply	5 days	Jo Ealam 03 312 3006 Ronel Stephens 0210724636 jo@oxfordtrust.co.nz https://oxfordtrust.co.nz
Parent to Parent	The purpose of P2P is to empower parents, caregivers and whanau who have children and family members with disabilities and health impairments. This is achieved through support of other parents and the provision of information.	PO Box 234 Waikato Mail Centre Hamilton 3204	Advice and support by phone, website and Facebook.	Free	5 days	Louise Griffiths 022 088 0327 gtrcanterbury@parent2parent.org.nz www.parent2parent.org.nz
Pathways Health Limited	A provider of Community-based mental health, addiction and wellbeing services. Supporting people with experience of mental illness and addiction to live well in the community of their choice.	21 Birmingham Drive, Middleton,	Yes	Free	5 days	christchurch@pathways.co.nz realsouthern@real.org.nz
Pegasus Community Connector	Support for people & associations working for the benefit of Pegasus area, and foster local activities. Coffee mornings & other social activities	Pegasus Community Centre	Yes	Free	Mon - Fri 9-5pm	Wayne Graham 0211080634 pcc@pegasusresidentsgroup.com

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	Providing community-based peer support for parents in Canterbury who are experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth, and parenting within the first 2000 days (Pregnancy to 5 years). Peer support is provided in person at our Wellbeing Groups and online for parents for ongoing support. We can also help with advocacy and liaison with other supports and families if needed. A regular drop in Wellbeing Group is held in Kaiapoi.		Yes			support@perinatalwellbeing.org.nz https://perinatalwellbeing.org.nz 021 131 4352 https://perinatalwellbeing.org.nz/contact-us/referral-for-support/
Person 2 Person Help Trust	Connection to community based projects that support the community and the trust, Youth Work, Fuller Kai lunches, Helping Hand	67 Fuller Street Kaiapoi	Yes	Fees may apply	5days	Audrey Dragovich 03 327 8347 022 308 1618 audrey@p2pkaiapoi.org.nz P2pkaiapoi.org.nz
Petersgate Counselling & Education Centre	Free Social Work Support and affordable professional counselling. Education Centre	Christchurch Rangiora Kaiapoi	Yes	Fees may apply	5 days	Michael Herman 027 204 6000 03 343 3391 programme.officer@petersgate.org.nz mherc.org.nz/directory

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Plunket	Well Child Service to families (4 wks old-5yrs) according to need. Health assessments, plans and support for families. Clinic and Home visiting as needed. Additional care and parenting groups. Parenting groups and opportunities for parents to meet together i.e. play groups, coffee mornings. Family centre services - baby sleep and settling, feeding etc. Perinatal Adjustment Programme- for maternal mental health support Parent and Infant Relationship Service for infant mental health support Plunketline VC Lactation Consultant service- online	Whānau Awhina Plunket 24 Albert Street, Rangiora	Yes	Free	5 days	Plunket nurses: Shirley Gibb 027 675 3267 Krystel Arboleda 027 281 5849 Lisa Mitchell Community Health Worker 027 590 6722 Plunketline 0800 933 922 Website: https://www.plunket.org.nz
Presbyterian Support - Enliven	Enliven Positive Ageing Services helps older people to remain healthy, well and socially connected as they age.	Rangiora Christchurch Hurunui Selwyn	Yes	Fees may apply	5 days	03 2612888 Fax: 03 313 7424 enliven@psusi.org.nz vickil@psusi.org.nz https://enliven.org.nz
Presbyterian Support - Family works	We deliver social services that help children and families learn, grow and thrive. We offer counselling and social work support for children and families, along with a range of group programmes. Find Family Works Services	Rangiora	Yes,	Free	5 days	Victoria Newcombe 03 366 5472 victorian@psusi.org.nz https://familyworks.org.nz

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Public Health Nurse Service	Community based service working with schools and families with health related issues. We home visit or visit at a venue preferred by the family. Provide Youth health Clinics in high schools. We do B4School Checks on behalf of the GP both here and in Christchurch, PHN Service currently undertaking HPV Vaccination programme in primary school. We are an advocate for the family. Youth Worker Services Educational Courses	Rangiora Hospital, Ashley Street, Rangiora	Waimak and the Hurunui.	Free	5	Catherine Dowle Hurunui 03 311 8665 0272 469060 catherine.dowle@cdhb.health.nz Anne Braid - Waimak 03 311 8664 0272289263. anne.braid@cdhb.health.nz https://www.cdhb.health.nz/health-services/public-health-nursing
Purapura Whetu Trust	Kaupapa Māori Health, Mental Health and Social Services. We combine clinical, cultural and community support into services that embrace the Māori view of wellbeing. We visit our whaiora in homes, deliver a range of programmes for tamariki, rangatahi and adults. Intervention and prevention for adults (includes 1-1 support). Our team support whānau to get well, stay well, live well, to reach for the stars and beyond.	Christchurch	Yes - visiting clients 1-2 times weekly as requested	Free	5 days	03 379 8001 https://www.pw.maori.nz office@pw.maori.nz
R13 Youth Development Trust	Youth services	88 Percival Street, Rangiora	Yes	Free	5 days	Debbie Southgate 0275878444 r13youthdevelopment@hotmail.com Llew Timpson

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Rachel's House	To assist young parents (usually teenagers) through the pregnancy, birthing and parenting of their babies. This includes all kinds of support and advocacy: midwife, help to find housing, WINZ payments, baby equipment and clothing, health advice, social worker, Educational Courses, employment, counselling, advocacy with CFYs or other agencies. Social work - Youth/children/family	Rangiora	Yes	Free	5 days	022 043 3298 Julie Coster julie.rachelshousetrust@gmail.com www.rachelshouse.org.nz
Health Promotion	- Mental Health Support - Navigator Social Worker Support -Health Promotion - Smoking Cessation - Breast Feeding Support -Youth Health -Elderly Health -Healthy Eating -Physical Activity Education - Falls Prevention Education	Mobile in North Canterbury	Yes	Free	5 days	Sarah Saunders 0800 800 743 sarah.saunders@waitaha.health.nz https://waitaha.health.nz/
Rodger Wright Centre (Needle Exchange)	Needle Exchange service at a private residence in Rangiora. Clients contact through Rodger Wright Centre. Will also courier through to Kaikoura	Canterbury	Yes	Free	5 days	03 3652293 www.rwc.org.nz
The Salvation Army	• **Church Service for the whole family.** Sunday's 10.30am. 12 Ashley Street, Rangiora. • **Foodbank & Advocacy.** Monday to Friday, 12-3pm. 15 Albert Street, Rangiora • **Family Store.** Monday to Saturday, 9am - 4pm. 15 Albert Street, Rangiora • **Driving School.** 12 Ashley Street, Rangiora.	12 Ashley Street Rangiora 15 Albert Street, Rangiora	Yes	Free	5 days (some 7 day options)	**Rangiora Corps (Church) & Office** *Stacey Bruce (03 313 2370)* rangiora.corps@salvationarmy.org.nz **Bridge & Oasis Addiction Services** *Debbie Savin (021534216)* Debbie.savin@salvationarmy.org.nz **Waimakariri Driving School** *Julia Graham (021953754)* *Julia.graham@salvationarmy.org.nz*

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
	• **Oasis Centre for free consultations and rehabilitation for problem gamblers.** • **Youth Group Events.** • **Junior Youth Activities** • **Pre school programmes**					
Senior Net Inc	Peer training to give people 50+ the skills and opportunity of keeping abreast of technology.	178 King St, Rangiora	Yes	Fees may apply	On application	Bob Gumbrell 03 312 8933 jobo@gumbrell.net https://seniornet.co.nz
Shakti Ethnic Womens refuge	Serving migrant and refugee women of Asian, African and Middle Eastern origin. Shakti; meaning strength; works to end all forms of violence and discrimination towards women of colour.	walk-in service located at 301 Tuam Street in Christchurch community house				sewsg@shakti.org.nz 0800-742-584
Social Equity & Wellbeing Network	Advocacy	Christchurch	No - Networking Information	Free	Mon - Fri 9am-4pm	Liz Hawes kaituiora@sewn.org.nz http://sewn.org.nz/

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
Social Services Waimakariri	Facilitation and Coordination for Social service providers and partners from local and central government who work together to make a difference in Waimakariri. Aim is to enhance Social Service delivery so people can be connected to their community and freely access services needed for their wellbeing.	Waimakariri	Yes	Free		Nicki Carter 022 317 7660 facilitator@sswaimak.nz
Southern Music Therapy	Southern Music Therapy is a Private practice of Registered Music Therapist in the Canterbury Region. Music Therapy is strengths-based practice, which focus on creating opportunities to celebrate who people are and developing what they bring to the therapy space.	ChCh North Canterbury Telehealth				info@smt.nz www.smt.nz
Special Olympics North Canterbury	Offers a year round programme of sports training. Sports offered are bocce, swimming, equestrian, skiing/snowboarding, powerlifting and basketball swimming, equestrian, and powerlifting for children and adults with intellectual disabilities	11 Seddon Street, Rangiora	Yes	TBA		Gail McClintock 03 313 5876 0272012080 northcanterbury@specialolympics.org.nz www.specialolympics.org.nz

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
START	The same services are available for all Cantabrians, however the service centre is in Chch. ACC accredited counselling for Children, youth and adults who have experienced sexual offending. Consultations for community also available. Education for the wider community about sexual violence and trauma.	St Albans, Chch	No	ACC Free	5 days	Maggy Tai Rakena 03 355 4414 maggy@starthealing.org Catherine Gallagher catherine@starthealing.org http://starthealing.org/
Step Ahead Trust	Social, educational, recreational and prevocational rehabilitation for people with a diagnosed mental illness through activity based programmes & Community based services.	Christchurch Rangiora	Rangiora, Kaiapoi and Amberley	Fees may apply	Rangiora 2 days Chch 5 days	Anna Tau Di Cockburn 03 389 4001 0800 688732 info@stepahead.org.nz https://stepahead.org.nz
Stepping Stone Trust	Residential, respite, community and medication support services for mental health clients- youth and adults.	126 Lincoln Road, Spreydon	Referral through SMHS for bed based services. CAP for community. GPs can refer to Adult respite	Free	7 days	03 338 6390 reception@stepstone.org.nz https://www.stepstone.org.nz
STOP Services	Provides assessment, therapeutic intervention, training and brief intervention for children who initiate in concerning sexualised behaviour and adolescence and adults who engage in harmful sexual behaviour.	Canterbury	No	Free	5 days	Stop Services 03 353 0257 info@stop.org.nz www.stop.org.nz

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Stopping Violence Services	Non-violence programmes for adults MOJ and Corrections clients. Also self-referred adult clients, Nth Cant. Youth 11-24yrs anger management courses. Chch, Nth cants.	36 Lismore Street, Waltham. Also Wellbeing NC rooms.	Yes. Youth Thursday, adults as needed.	Youth free. Fees may apply	5 days Chch	03 365 6266 0800 478 778 info@svschch.org.nz https://www.svschch.org.nz
ST John of God Hauora Trust	Child and Adolescent Mental Health and Addiction workforce in Primary/Community and Secondary/Specialist services. We work to support improvements in Mental Health and Addiction services delivery in DHB services as well as NGOs.	Christchurch	Yes	Fees may apply		Sarah Hillier Manager 021 444 470 sarah.hillier@sjog.org.nz https://sjog.org.au 03 3862159
St Vincent de Paul Society	SVDP works in a caring and practical manner to promote human dignity and justice through personal contact with those in need. Food bank.	265 Stanmore Road, Christchurch	Yes	Free	Via referrals from Stanmore Road	03 389 7484 **Rangiora** Jenny Carter – Chairperson Jenny.carter@xtra.co.nz **Kaiapoi** Mary-Ann Brown - Chairperson Mev.brown@hotmail.co.nz
Sue Missen MNZAC Counselling & Supervision Services	Counselling for Individuals, couples and families. 30 years' experience working with relationships; separation; parenting; anxiety; depression; anger management; stress; trauma; grief and loss; and abuse are some of the issues covered. Also professional supervision for 20 years.	Rangiora	Yes	Fees may apply	Mon-Fri	Sue Missen 021 130 8897 suemissen@xtra.co.nz

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Te Puawaitanga Ki Otautahi Trust	A range of health, education & social services that are available for Whānau & delivered in their homes.We have a large team who take their expertise into the community in order to increase participation for Whānau in health & education services. Tamariki Ora Breastfeeding - Support groups and advocacy. Mobile nursing, Support & information for Whānau. Smoking cessation and Family Start Programme	Hornby	Yes	Free	Mon Fri 9am-5pm	03 344 5062 0800 669957 reception@omwwl.maori.nz http://whanauoraservices.co.nz/
Te Puna Oranga	Parenting courses, counselling, whanau work around trauma, abuse, sexual whanau hui education, one-on-one counselling male perpetrators sexual abuse.	687 Worcester St, Linwood. Chch	No	Free	5 days	Merehana Freeman 03 381 8472 info@tepunaoranga.co.nz 0800 222 042 http://mherc.org.nz/directory/all-listings-alphabetical/te-puna-oranga
Te Whare Hauora Women's Refuge (Formerly Otautahi Women's Refuge)	Te Whare Hauora (Otautahi Women's Refuge) is here to empower and support whanau Maori and their communities who choose a life free from violence and abuse in all its forms The kaimahi will engage with whanau where family harm has occurred to provide a unique Maori kaupapa whanau centric approach to safety and whanau ora. You will work in the community to hear and understand what is required to eradicate family harm from our community and work with others to make this happen, with a focus on alternative healing processes.	Aranui Chch	No	Free	9am-4pm 24/7 help line	03 379 6910 **24/7 Crisis line** 0800 11 74 74 admin@tewharehauora.com www.tewharehauora.com

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The Arahura Centre	Counselling and Psychotherapy, therapists work individually as private practitioners. Subsidies may be available through their charitable trust.	Spreydon	No	Fees may apply	5 days	03 338 1080 https://www.thearahuracentre.co.nz/
Together Hurunui	Advocacy for Social Services in Hurunui	Hurunui	Yes	Free		Natalie Paterson natalie.paterson@hurunui.govt.nz
Tuahiwi Marae	Support to local Iwi - will refer to other agencies as appropriate	Tuahiwi	Yes	Free	5 days	03 313 5543 tuahiwi.marae@ngaitahu.iwi.nz http://www.tuahiwimarae.iwi.nz/
U3A	U3A aims to encourage an active retirement for women and men in their 'third age' by providing for their cultural, social, physical and intellectual interests. Members are people wanting to widen their interests by getting involved in life-long & to share activities in an informal friendly atmosphere.	Canterbury Rangiora 111 East Belt	Yes		Last Tuesday each Month at 10am	Bob Gumbrell 03 312 8933 u3anorthcanterburygmail.com https://www.u3anetcant.nz/
Victim Support North Canterbury	Suicide post intervention support to people bereaved by suicide. Support is provided to families / whanau / discoverers those affected by bereavement. Psycho-social support & referrals to appropriate support agencies. Support provided directly to people 17yrs of age & over.	Canterbury	Yes	Free	7 days	nationaloffice@victimsupport.org.nz 0800 842 846 03 363 8182 www.victimsupport.org.nz

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
	Support to people u 17yrs can be provided via support to parents/caregivers & also appropriate agency referrals. Referrals are made through Police, self-referrals and referrals from concerned family or friends. 0800 service offered.					
Vision West Community Trust	Emergency Housing in Christchurch all referrals received through MSD Long Term Housing in Waimakariri	Christchurch and Waimakariri.	Yes	Affordable rents	5 days	Visionwest Canterbury office 0800 664 464 (option 2 for Canterbury) Housing.canterbury@visionwest.org.nz www.visionwest.org.nz
Volunteering Canterbury	Recruitment and referral of volunteers, training and support for NFP organisations, advocacy for volunteers and organisations; recognition of volunteers (e.g. Awards, publicity); information about all aspects of volunteering. Internet and 0800 number to provide service over the phone Educational Courses	Christchurch	Yes happy to travel to network meetings and for support and training, but delivered primarily in City	Fees may apply	5 days	Glenda Martin 03 366 2442 outreach@volcan.org.nz Alison Marshall office@volcan.org.nz *volcan.org.nz*
WDC - Community Team	Council based facilitators who make stuff happen, engagement with community to capture its views, imagination, skills and experience along with new ideas. Connect people, groups and organisations with others who can help address issues.	High Street Rangiora	Yes	Free	Mon Fri 9am - 5pm	Tessa Sturley 03 311 8902 021 481 796 tessa.sturley@wmk.govt.nz https://www.waimakariri.govt.nz

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
Waimakariri Access Group	Improving access and facilities for people with physical and sensory impairment.	High Street Rangiora	Yes	Free	Mon Fri 9am - 5pm	Tessa Sturley 03 311 8902 021 481 796 tessa.sturley@wmk.govt.nz https://www.waimakariri.govt.nz
Warmline Canterbury	Warmline is a telephone peer support service for people experiencing mental illness in Canterbury and the West Coast, operated by people who have had personal experience of mental illness. It is not a crisis line, but a "non-crisis listening service".	Canterbury phone service	Yes Phone service only	Free	7 days	0800 920092 03 379 8415 www.warmline.org.nz
Women's Institute	Offer friendship and fun. Travel and walking groups. Get involved with our local community and Encourage leadership. Teach and share homemaking skills	North Canterbury	Amberley Amuri, Kainga Loburn Masons Flat/ Hawarden Ohoka Pegasus/ Woodend Rangiora Sefton	Fees may apply		Ann Jelfs 03 313 7592 wendygidz@xtra.co.nz www.wi.org.nz
West Christchurch Women's Refuge	Providing specialist family violence services & support women, children & families/whanau affected by family violence	Christchurch	Available to Canterbury clients	Free		0800 733843 Crisis Line https://womensrefuge.org.nz/ info@westhouse.org.nz

NAME	SERVICE	LOCATION	DELIVERED IN NC	$	DAYS	CONTACT
Work & Income NZ	Job seeking support, financial assistance, and superannuation services, assessment of eligibility for social housing	North Canterbury	Rangiora	Free	5 days	Tina Robinson 03 909 0472 029 280 5387 tina.robinson002@msd.govt.nz 0800 559 009 www.workandincome.govt.nz
Yellow Brick Road	Support for families with a family member with a mental illness. Support group in Rangiora once a month, 2nd Monday in the month, advocacy, education, children programme understanding mental illness (rural is in home predominantly).	Christchurch	Yes A support group meeting is held 1 day per month	Free	5 days but have some flexi hours	Helen McLeod 03 366 9284 027 5622772 helen@yellowbrickroad.org.nz www.yellowbrickroad.org.nz
Youthline	National phone service, text and email.	National phone service	Phone service	Free	24-Jul	0800 376633 text 234 https://www.youthline.co.nz
Youth Service North Canterbury	Working with young people aged 16-17 & in some cases 15 yr olds and 16-19 yr old parents. Advisors give guidance, support & encouragement to help young people find education, training or work based learning to help them gain the skills to find a job & have an independent future. We support the young person back into education or training regularly check on their progress and help them stay on track. We help break down barriers & if necessary, link the young person with other agencies within the community.	Rangiora	Yes - regular visits to high schools. Can meet clients anywhere in the region if they cannot make it to the Rangiora office.	Free	5 days	03 313 5874 0275199069 Info.nc@comcol.ac.nz http://www.comcol.ac.nz