

**Community Directory**

**Gore, Invercargill City, Southland**

Created 05/05/2021

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# Addiction

**Able Invercargill**

FSD0022563 Last updated 29/09/2020

We provide a free, mobile, confidential and flexible information, education, advocacy and support service to families/whanau that care for someone with a mental illness and/or addiction. Our aim is to give families the strength and skills they need for a better life experience at home, in the community and at work. We also provide support for children and young people affected by a parent or sibling with a mental illness and/or addiction.

We also offer a Waves suicide bereavement 8-week programme that aims to support adults 18+ who have been bereaved by suicide for at least 6 months.

Southland Community House 46 Kelvin Street Invercargill 9810



adminsld@able.org.nz  8am - 5pm Monday to Friday

(03) 218 2100 All services free of charge.

(0800) 494 262 No referral required. http://www.able.org.nz

**Adventure Development - Invercargill**

FSD0015265 Last updated 02/11/2020

Adventure Development provides a range of therapeutic services to young people and their families in Southland, Otago,Central Otago and South Canterbury. Some services vary depending on location.

62 Yarrow St Invercargill 9840



southland@adlnz.org.nz  8.30am to 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 218 8833 http://www.adlnz.org.nz | All services free of charge. No referral required. |

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Fetal Alcohol Advocacy Southland**

FSD0001321 Last updated 19/04/2021

The service provides support, advocacy and education.

27 Banefield Road Invercargill



barbara.metzger@kaitahu.maori.nz  7 days a week daytime hours

|  |  |  |
| --- | --- | --- |
| (027) 276 2414  (03) 215 6389      **Fiordland Community House** | All services free of charge. No referral required. |  |
| FSD0015164 |  | Last updated 08/03/2021 |

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Gamblers Anonymous**

FSD0001325 Last updated 26/01/2021

Gamblers Anonymous is a fellowship of men & women who share their experience, strength & hope with one another that they may solve their common problem & help others to recover from a gambling problem.

Graeme Cockroft Cycle Park Rooms - Onslow Street Invercargill



(021) 023 93633  Meetings are on Tuesday at 7.30pm at the (027) 613 7689 Graeme Cockroft Cycle Park Rooms

All services free of charge. No referral required.

**Gore Counselling Centre**

FSD0001027 Last updated 08/07/2020

We assist people in working through a wide range of personal and professional issues toward renewed growth and development.

13 Traford Street Gore



inquiry@gorecounsellingcentre.com  Monday to Thursday 8.30am - 5.00pm - 24 hour

|  |  |
| --- | --- |
| (03) 208 5366 (027) 860 3056 http://gorecounsellingcentre.com    **Classification : FVSS, SHSS** | answer service. Wheelchair access available.  Some charges may apply.  Referral may apply. |

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

92 Spey Street Invercargill



admin@kaitahu.maori.nz  Monday & Tuesday 9am-7pm

|  |  |
| --- | --- |
| (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC** | (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply.  Referral may apply. |

**Public Health South: Invercargill**

FSD0001379 Last updated 05/02/2021

The overall goal of Public Health South is to be effective in preventing disease, minimising health risks and maximising health for the population in the region. All activities undertaken by Public Health South staff have been designed to promote, improve and protect the health status of the population with a focus on reducing health inequalities in population health status.

23 Fourth Street Invercargill 9810



contactus@southerndhb.govt.nz  Monday to Friday 8.30am - 4.30pm.

|  |  |
| --- | --- |
| (03) 474 0999  https://www.southernhealth.nz/ | All services free of charge. No referral required. |

**Specialist Addiction Services**

FSD0001383 Last updated 29/01/2021

Alcohol and Drug assessment and counselling service which provides brief intervention, treatment and onward referral for alcohol and drug related issues in the Southland region.

Southland Hospital - Kew Road Invercargill joseph.oxley@southerndhb.govt.nz  Monday to Friday 9.00am - 5:00pm.



(03) 214 5786

(0800) 44 33 66 In emergencies after hours 0800 467846 https://www.southernhealth.nz/services/so All services free of charge. uthern-dhb-alcohol-and-drug-services Referral may apply.

**The Salvation Army - Invercargill**

FSD0001386 Last updated 17/04/2021

Worship, community and welfare services of The Salvation Army

29-31 Victoria Avenue Invercargill 9810



invercargill.corps@salvationarmy.org.nz  Monday - Friday 09.30am - 3.00pm @ 110

(03) 218 3094 Leven

http://www.salvationarmy.org.nz/centres/n Sunday 10:30am 29 - 31 Victoria Ave z/otago-southland/invercargill Some charges may apply.

Referral may apply.

**Classification : THP**

# Basic Needs

**Age Concern Southland Inc**

FSD0006672 Last updated 19/11/2020

Your local Age Concern is your first port of call when you and your family/whanau need: information, advice, referral and support.

50 Forth Street Invercargill



janette@acinv.org.nz  Monday to Friday, 9am - 4pm.

|  |  |
| --- | --- |
| (03) 218 6351 http://www.ageconcern.org.nz      **Awarua Whanau Services** | Some charges may apply. Referral may apply. |
| FSD0001280 | Last updated 14/08/2020 |

AWS provides services that address social, health, early educational need and Rangatahi

Services. This includes Mother and Pepi, Tamariki Ora, Whanau Ora, Whanau Tautoko, Counselling, Rangatahi programmes and support.

190 Forth Street Invercargill



admin@awarua.org.nz  8.30am - 5.00pm, Monday to Friday.

|  |  |
| --- | --- |
| (03) 218 6668 (0800) 292 782 http://www.awarua.org.nz      **Barnardos - Southland** | All services free of charge. Referral may apply. |
| FSD0006808 | Last updated 19/01/2021 |

Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. The services we provide reflect our commitment to ensuring that all children are able to receive the very best start to life.

 120b Leet Street Invercargill

southland.amu@barnardos.org.nz 

(03) 214 7751 (0800) 227 627 http://www.barnardos.org.nz

**Choices NZ - Invercargill**

FSD0024086

0800 BARNARDOS 0800 227 627 General enquiries

0800 4 BARNARDOS 0800 422 762 Childcare enquiries

0800 WHATS UP 0800 942 8787

Free children's helpline

Some charges may apply. Referral may apply.

Last updated 21/10/2020

At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives.

Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to.

We can assist you to:

* Achieve greater independence
* Develop your social networks to connect with individuals and groups with common interests
* Access community services
* Live independently and help choose the best living situation for you
* Gain employment
* Experience new challenges or pursue new interests

Our Life Coaches and Facilitators are experienced and qualified, and our specialist clinical staff provide expert advice – evaluating and supporting staff to deliver comprehensive and carefullydesigned services.

Tracey.Saunders@choicesnz.org.nz  Weekdays 8:30am - 5pm (022) 012 0608 All services free of charge.

(0800) 723 154 Referral may apply. http://www.choicesnz.org.nz/

**Citizens Advice Bureau Invercargill Inc.**

FSD0006917 Last updated 15/02/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each bureau. The service can be accessed by phone, email or in person.

36 Don Street Invercargill 9810



Invercargill@cab.org.nz  Monday to Friday 9.00am to 5.00pm.

|  |  |
| --- | --- |
| (03) 218 6648  (03) 218 2217 http://www.cab.org.nz | JP Clinics - Saturday 10am to noon Legal Clinics - Thursday 7pm to 8.15pm.  Financial Advice Clinic - first Wednesday of the month 1pm - 2.30pm All services free of charge.  No referral required. |

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

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service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Comfort Inn Tayesta Motel**

FSD0024151 Last updated 01/03/2021

Motel with available rooms for referred clients from Work and Income for temporary housing. The units have full cooking facilities (ovens) and can sleep between 3 and 4 persons. No pets.

343 Tay Street Turnbull Thomson Park Invercargill 9810



stay@tayestamotel.co.nz  Office is open from 7am to 10pm, 7 days

(03) 217 6074 Some charges may apply.

(027) 430 9572 Referral may apply.

https://www.choicehotels.com/newzealand/invercargill/comfort-innhotels/nz136?mc=llgoxxapnbn

**Dr Latesha Murphy-Edwards**

FSD0021800 Last updated 21/12/2020

Dr Latesha Murphy-Edwards offers assessment and therapy services to people of all ages who struggle with a range of emotional and relationship difficulties.

She is a clinical psychologist with a private practice in Invercargill. She is also an experienced child and youth therapist.

70 Victoria Avenue Avenal Invercargill 9810



Magnoliapsychology@gmail.com  Monday - Friday 9am-5pm

(021) 295 9207 Some charges may apply.

No referral required.

**Fiordland Community House**

FSD0015164 Last updated 08/03/2021

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

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We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Glenda Graham - Clinical Psychologist**

FSD0001408 Last updated 16/08/2020

Has her own practice as a clinical psychologist and works in the areas of anger management, behavioural child, eating disorders, elderly, family, sexual, phobia, psychology, psychotherapy, rape, sexual abuse/incest, sexually abused men, and youth, physical abuse and trauma

glenda@glendagraham.co.nz  Monday - Friday 9am - 5pm

(03) 214 5233 Some charges may apply.

No referral required.

**Gore & Clutha Women's Refuge**

FSD0007684 Last updated 11/01/2021

We provide: 24 hour crisis line, emergency accommodation, community and outreach services, information and advice, women and children's education programmes, referral service and support to attend appointments.

 77A Main Street Gore 9710

|  |  |
| --- | --- |
| admin@gorerefuge.org.nz  (03) 208 8384  (0800) 00 43 43 | Office hours 8am - 5pm Weekdays. 24 hours crisisline 0800 00 43 43 Some charges may apply.  No referral required. |

**Gore and Districts Budget Advisory Service**

FSD0001024 Last updated 28/04/2021

To assist with solutions to money problems and promote good money management.

To advocate for clients, to empower clients to get the best solution for their situation.

13 Traford St Gore 9710



gbudget@xtra.co.nz  Office hours 9am-5pm Tuesday to Thursday.

|  |  |
| --- | --- |
| (03) 208 4644  (027) 750 7067      **Gore Counselling Centre** | Appointments outside these hours will be available if necessary.  All services free of charge. No referral required. |
| FSD0001027 | Last updated 08/07/2020 |

We assist people in working through a wide range of personal and professional issues toward renewed growth and development.

13 Traford Street Gore



inquiry@gorecounsellingcentre.com  Monday to Thursday 8.30am - 5.00pm - 24 hour

|  |  |
| --- | --- |
| (03) 208 5366 (027) 860 3056 http://gorecounsellingcentre.com | answer service. Wheelchair access available.  Some charges may apply.  Referral may apply. |

**Classification : FVSS, SHSS**

**Heartland Services - Gore**

FSD0007160 Last updated 06/10/2020

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services.

Community Connections Centre 1 Charlton Lane Gore 9710



cccgore@cnt.org.nz  Mon - Fri 9.00am -4.00pm (03) 208 9633 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Te Anau**

FSD0007162 Last updated 08/03/2021

Heartland Service Centre is a one-stop-shop that feature face to face services and information including forms, guidelines, email and phone facilities and access to government websites from a range of government organizations.

Fiordland Community House is a hub of community social services including a Community Shuttle service, a Community Family Worker, a Counsellor and Employment service. We also offer Budgeting advice, Food Bank and office/meeting room hire.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 teanau@heartlandservices.govt.nz  9:00am - 12.30pm



(03) 249 7754 1:30pm - 4:00pm

http://www.heartlandservices.govt.nz Monday - Friday

All services free of charge. No referral required.

**Jubilee Budget Advisory Service Limited**

FSD0001286 Last updated 04/12/2020

Jubilee Budget Advisory Service is a free and confidential service in Southland, helping to build financial capability and resilience in the community, by providing budget advice, information and education. Jubilee is offering an exciting new approach in your area, journeying with individuals and families to empower them to manage their finances.

Education is a very important part of what Jubilee offers to the community. The new and innovative MoneyMates 6 week peer-led group sessions are fun and educational. Participants learn alongside each other and are encouraged to share their experiences for the benefit of all.

74 Don Street Invercargill 9810 sharon@jubileebudget.co.nz (03) 214 0942 http://www.jubileebudget.co.nz/



**Classification : BFC**

**Lighthouse Southland**

FSD0001403

9.00am - 5.00pm Monday to Friday All services free of charge. No referral required.

Last updated 07/04/2021

Lighthouse Southland is a specialist Family Violence agency, providing group and individual programmes to perpetrators and victims of domestic/family violence. We also provide an individual programme for adolescents from 12-17 years using aggressive and violent behaviour.

19 Yarrow Street Invercargill 9810 office@lighthousesouthland.org.nz  Monday to Thursday 8:30am - 5:00pm.



(03) 218 4468 Friday 8:30am - 3:00pm

(027) 260 5034 Some charges may apply. http://www.stoppingviolencesouthland.co. No referral required. nz

**Classification : FVSS**

**Meals on Wheels Association Invercargill**

FSD0001351 Last updated 30/06/2020

Provides meals for those who are living alone or who cannot prepare a midday meal for themselves.

Cost of $5 for a hot meal with a desert and delivered to your door.

brodie2@orcon.net.nz  Meals available Monday to Friday at 11.30 am

(03) 218 3352 but office is open between hours 9am to 3pm. (021) 260 7324 President available anytime.

Some charges may apply. Referral may apply.

**New Zealand Red Cross Southland Area**

FSD0001050 Last updated 01/10/2020

A humanitarian organisation providing programmes and services that enhance community resilience. In Southland programmes include: refugee resettlement; disaster welfare support; community and business first aid training; curtain bank and winter warmer packs; hospital transport (Eastern Southland).

120A Leet Street Invercargill 9810



invercargill@redcross.org.nz  Monday - Friday 9.00am - 5.00pm

|  |  |
| --- | --- |
| (0800) 733 2767 http://www.redcross.org.nz | Some charges may apply. Referral may apply. |

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

92 Spey Street Invercargill



admin@kaitahu.maori.nz  Monday & Tuesday 9am-7pm

|  |  |
| --- | --- |
| (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC** | (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply.  Referral may apply. |

**Northern Southland Community Resource Centre Charitable Trust**

FSD0020329 Last updated 09/02/2021

Providing support, information and advice to families and individuals in the community

11 Hero Street Lumsden Southland



nscco-ord@xtra.co.nz  Call for availability (03) 248 7885 All services free of charge. (027) 810 8880 No referral required.

**Number 10**

FSD0019657 Last updated 01/02/2021

Number 10 Southland Youth One Stop Shop is a non-profit organisation providing free social and health services to youth aged 10-24. Our mission is to provide a safe place which gives youth access to services that promote their mental, physical, spiritual, emotional and whanau wellbeing. To achieve this mission Number 10 works under a holistic Te Whare Tapa Wha model of care and our services include free doctor and nurse clinics, youth workers and counsellors. We also run a number of groups including development groups for guys and girls and a Community Youth group.

10 Deveron Street Invercargill 9840



admin@number10.org.nz  Monday, Tuesday, Thursday, Friday 9am -

|  |  |  |
| --- | --- | --- |
| (03) 214 1013 (027) 472 4703 http://www.number10.org.nz      **Penny Bray** | 4.30pm  Wednesday 9am - 6pm  All services free of charge.  No referral required. |  |
| FSD0020093 |  | Last updated 20/04/2021 |

Independent practitioner ACC accredited.

First floor 45 Don Street CBD Invercargill 9812



pennyebray@gmail.com  Monday to Friday, 9am to 4pm in Invercargill (022) 399 5344 Available fortnightly, in Riverton.

I can travel to remote clients in Tuatapere and Otautau.

All services free of charge. No referral required.

**Pregnancy Help Inc - Invercargill**

FSD0007394 Last updated 25/06/2020

Pregnancy Help supports the well being of pregnant and recently pregnant women, new mothers and their families/whanau.

34 Forth Street Invercargill 9843



southland@pregnancyhelp.org.nz  Tuesdays 10.30am to 1pm or by appointment.

|  |  |
| --- | --- |
| (03) 213 1424 (027) 612 4615 http://www.pregnancyhelp.org.nz | All services free of charge. No referral required. |

**Presbyterian Support Southland**

FSD0001374 Last updated 27/10/2020

To provide a range of health and social services to the people of Southland and the Wakatipu Basin.

183 Spey Street Invercargill 9810



enquiry@pss.org.nz  8.30am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 211 8200 http://www.pss.org.nz | Some charges may apply. No referral required. |

**Riverton Community Charitable Trust**

FSD0001338 Last updated 08/03/2021

Provides information and advice for families and individuals. geographically covers Riverton Ward Area.

37 Napier Street Riverton 9847



rivchouse@xtra.co.nz  Mon - Thurs 9am - 1pm (03) 234 8206 All services free of charge.

No referral required.

**South Coast Psychology**

FSD0019962 Last updated 30/04/2021

Psychologists, Psychiatrists, ACC Registered Counsellors, Psychotherapists and Social Workers. Based Throughout Aotearoa Will travel

123 Tweed Street West Invercargill Invercargill 9810



digill@xtra.co.nz  By appointment (027) 246 8437 Some charges may apply. http://dianegillespiepsychology.vpweb.co. No referral required. nz

**Southern Trauma Centre**

FSD0019957 Last updated 20/10/2020

Specialist trauma therapy. EMDR. Relationship counselling. Employee Assistance Programmes.

Psychological assessment and interventions. General counselling. Grief and Loss Counselling.

Gambling problems.

2nd floor 13 Esk Street Invercargill 9810



kay@icfc.co.nz  Mon-Fri 9.00am - 6.00pm

(03) 218 2929 Evening appointments by arrangement https://www.traumacentre.co.nz Some charges may apply.

No referral required.

**Southland Foodbank Charitable Trust**

FSD0001322 Last updated 03/05/2021

Requiring food or donating food in Invercargill.

southfoodbank@xtra.co.nz  9am - 3pm Monday - Friday

(03) 218 6620 All services free of charge. (022) 527 3009 No referral required.

**St Vincent de Paul - Invercargill**

FSD0001385 Last updated 19/03/2021

Aims to help the poor and those in need.

135 Mary Street Richmond Invercargill



adrae@xtra.co.nz  3 Shops open 1.0 - 4.0 pm Monday-Friday

(03) 218 9611

(03) 217 9752 Shop Contact: Tony Rae 03 2189611 http://www.svdp.org.nz/ Some charges may apply.

No referral required.

**Takitimu Community Development Inc**

FSD0017082 Last updated 22/03/2021

Offer a free, confidential help, support, information and advice service, for individuals, families, elderly, groups in the community. Promoting the interests and wellbeing of the individual members of the community. Training / courses in response to the community needs. Referral service to other community agencies. Support with community development projects. Foodbank service.

79 Birchwood Road Ohai



takitimucommunity@xtra.co.nz  Mon, Tue, Wed 8.30am - 4pm

|  |  |
| --- | --- |
| (03) 225 4522  (021) 0220 9534 | Thursday 8.30am until 12.30pm All services free of charge.  No referral required. |

**Te Iho Awhi Rito Social Services**

FSD0001040 Last updated 25/10/2020

Mission "To promote safe and informed and confident whanau by acknowledging the diverse Hapu and Iwi communities"

11 Hyde Street Gore 9710



awhirito@xtra.co.nz  9.00 am - 5.00 pm Monday to Friday

|  |  |
| --- | --- |
| (03) 208 0224  (027) 371 3920 | Later appointments by arrangement.  All services free of charge.  No referral required. |

**Tenancy Services - Invercargill**

FSD0006237 Last updated 18/03/2021

We offer advice and information for landlords and tenants who rent their homes. We administer the Residential Tenancies Act 1986. We receive and hold bonds until the end of a tenancy, we provide dispute resolution services, and we administer the State Housing Appeals Authority.

|  |  |  |
| --- | --- | --- |
| info@tenancy.govt.nz (0800) 836 262 (0800) TENANCY  https://www.tenancy.govt.nz/      **The Salvation Army - Gore** | To visit us for personal assistance you MUST make an appointment by calling 0800 836 262 | |
| Some charges may apply. No referral required. |  |
| FSD0001037 |  | Last updated 17/04/2021 |

Worship, community and welfare services of The Salvation Army

21 Irwell Street Gore 9710



gore.corps@salvationarmy.org.nz  Monday, Tuesday, Wednesday, Thursday,

|  |  |
| --- | --- |
| (03) 208 4443 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/otagosouthland/gore/gore-corps | Friday. 1pm - 4pm with after hours numbers available on the answer phone service at this number.  Some charges may apply.  No referral required. |

**The Salvation Army - Invercargill**

FSD0001386 Last updated 17/04/2021

Worship, community and welfare services of The Salvation Army

 29-31 Victoria Avenue Invercargill 9810

invercargill.corps@salvationarmy.org.nz  Monday - Friday 09.30am - 3.00pm @ 110

(03) 218 3094 Leven

http://www.salvationarmy.org.nz/centres/n Sunday 10:30am 29 - 31 Victoria Ave z/otago-southland/invercargill Some charges may apply.

Referral may apply.

**Classification : THP**

**The Salvation Army - Winton**

FSD0023572 Last updated 20/04/2021

Worship, community and welfare services of The Salvation Army

7 Dejoux Road Winton 9720 winton\_corps@salvationarmy.org.nz  Some charges may apply.



(03) 236 0928 No referral required.

https://www.salvationarmy.org.nz/centres/ nz/otago-southland/winton/winton-corps

**Tony and Viv Smith - Counsellors**

FSD0001306 Last updated 11/12/2020

Tony and Viv Smith deal with many areas of counselling mainly to do with personal and family relationships, workplace issues, grief, loss, anxiety and depression. We offer Professional Supervision for professionals working in helping agencies. We are both full members of NZAC.

153 Tweed Street Appleby Invercargill 9812



tony\_viv@hotmail.com  Tuesday - Friday 9am - 5pm

(03) 218 1111 Some charges may apply. (021) 341 300 No referral required.

**Tuatapere Community Worker Support Trust**

FSD0021264 Last updated 02/01/2021

We offer a free and confidential service to the community. We provide support and information to all members of community, work with others to develop social, educational, recreational and cultural activities and services. We provide a referral service and initiate training/courses in response to community needs.

This is an information and referral agency. We also provide free advice, confidential help, a listening ear, information, referrals, foodbank, and work with others to develop social, educational and cultural activities and services.

Room 5 69A Orawia Road Tuatapere 9620



tcworker@xtra.co.nz  1000 to 1500

(027) 757 5983 Monday to Thursday

All services free of charge. No referral required.

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

# Budgeting / Financial Capability

**Choices NZ - Invercargill**

FSD0024086 Last updated 21/10/2020

At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives.

Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to.

We can assist you to:

* Achieve greater independence
* Develop your social networks to connect with individuals and groups with common interests
* Access community services
* Live independently and help choose the best living situation for you
* Gain employment
* Experience new challenges or pursue new interests

Our Life Coaches and Facilitators are experienced and qualified, and our specialist clinical staff provide expert advice – evaluating and supporting staff to deliver comprehensive and carefullydesigned services.

Tracey.Saunders@choicesnz.org.nz  Weekdays 8:30am - 5pm (022) 012 0608 All services free of charge.

(0800) 723 154 Referral may apply. http://www.choicesnz.org.nz/

**Citizens Advice Bureau Invercargill Inc.**

FSD0006917 Last updated 15/02/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each bureau. The service can be accessed by phone, email or in person.

 36 Don Street Invercargill 9810

Invercargill@cab.org.nz  Monday to Friday 9.00am to 5.00pm.

(03) 218 6648 JP Clinics - Saturday 10am to noon (03) 218 2217 Legal Clinics - Thursday 7pm to 8.15pm.

http://www.cab.org.nz Financial Advice Clinic - first Wednesday of the month 1pm - 2.30pm All services free of charge. No referral required.

**Fiordland Community House**

FSD0015164 Last updated 08/03/2021

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Gore and Districts Budget Advisory Service**

FSD0001024 Last updated 28/04/2021

To assist with solutions to money problems and promote good money management.

To advocate for clients, to empower clients to get the best solution for their situation.

13 Traford St Gore 9710 gbudget@xtra.co.nz  Office hours 9am-5pm Tuesday to Thursday.



|  |  |
| --- | --- |
| (03) 208 4644  (027) 750 7067 | Appointments outside these hours will be available if necessary.  All services free of charge.  No referral required. |

**Jubilee Budget Advisory Service Limited**

FSD0001286 Last updated 04/12/2020

Jubilee Budget Advisory Service is a free and confidential service in Southland, helping to build financial capability and resilience in the community, by providing budget advice, information and education. Jubilee is offering an exciting new approach in your area, journeying with individuals and families to empower them to manage their finances.

Education is a very important part of what Jubilee offers to the community. The new and innovative MoneyMates 6 week peer-led group sessions are fun and educational. Participants learn alongside each other and are encouraged to share their experiences for the benefit of all.

74 Don Street Invercargill 9810



sharon@jubileebudget.co.nz  9.00am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 214 0942 http://www.jubileebudget.co.nz/    **Classification : BFC** | All services free of charge. No referral required. |

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

92 Spey Street Invercargill



admin@kaitahu.maori.nz  Monday & Tuesday 9am-7pm

|  |  |
| --- | --- |
| (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC** | (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply.  Referral may apply. |

**Northern Southland Community Resource Centre Charitable Trust**

FSD0020329 Last updated 09/02/2021

Providing support, information and advice to families and individuals in the community

11 Hero Street Lumsden Southland



nscco-ord@xtra.co.nz  Call for availability (03) 248 7885 All services free of charge. (027) 810 8880 No referral required.

**Riverton Community Charitable Trust**

FSD0001338 Last updated 08/03/2021

Provides information and advice for families and individuals. geographically covers Riverton Ward Area.

37 Napier Street Riverton 9847



rivchouse@xtra.co.nz  Mon - Thurs 9am - 1pm

|  |  |
| --- | --- |
| (03) 234 8206 | All services free of charge. No referral required. |

**Te Iho Awhi Rito Social Services**

FSD0001040 Last updated 25/10/2020

Mission "To promote safe and informed and confident whanau by acknowledging the diverse Hapu and Iwi communities"

11 Hyde Street Gore 9710 awhirito@xtra.co.nz (03) 208 0224



(027) 371 3920

9.00 am - 5.00 pm Monday to Friday Later appointments by arrangement.

All services free of charge. No referral required.

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

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 Invercargill Community Link 33 Gala Street Invercargill 9840

(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

# Child Care

**Barnardos - Southland**

FSD0006808 Last updated 19/01/2021

Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. The services we provide reflect our commitment to ensuring that all children are able to receive the very best start to life.

120b Leet Street Invercargill



southland.amu@barnardos.org.nz  0800 BARNARDOS 0800 227 627

|  |  |
| --- | --- |
| (03) 214 7751 (0800) 227 627 http://www.barnardos.org.nz      **Camp Columba** | General enquiries  0800 4 BARNARDOS 0800 422 762 Childcare enquiries  0800 WHATS UP 0800 942 8787  Free children's helpline Some charges may apply. Referral may apply. |
| FSD0021867 | Last updated 06/10/2020 |

Under the motto 'Doing Learning Growing', Camp Columba provides a safe and wholesome environment for people of all ages to develop and form community. We offer 4-5 day camps every school holidays for ages 6-13 years, as well as weekend camps for assorted demographics. People who come stay on-site in cabins and make use of our facilities, all our programmes are fully catered and focus on team-building, community, adventure, and personal growth. Our vision is

to provide high quality programmes and accommodation, promote physical, emotional and spiritual development and demonstrate God’s love to all – so that Christ might be revealed.

89a Kaiwera Road Pukerau Gore 9772



manager@campcolumba.org.nz  8:30am - 5pm

(03) 205 3702 Though some staff live on-site. http://www.campcolumba.org.nz/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**Invercargill Chipmunks 2015 Ltd**

|  |  |
| --- | --- |
| FSD0022127  Childcare OSCAR programmes.    Before school care  After school care  School holiday Programs | Last updated 16/04/2021 |

103 Spey street Invercargill 9810



invercargill@chipmunks.co.nz  mon-fri 9.30am-5.45pm

|  |  |  |
| --- | --- | --- |
| (03) 214 6109 http://www.chipmunks.co.nz    **Classification : OSCAR**    **Learning Days Childcare Ltd** | Sat 9am-5pm  Sun 10am-5pm  Before school care from 7am Some charges may apply.  No referral required. |  |
| FSD0019892 |  | Last updated 23/03/2021 |

Learning Days is a Home based early childhood education service that services Invercargill and other Southland areas depending on Nanny and Educator availability. We operate under the Ministry of Educations regulations and our own Policies and Procedures. OSCAR care is also available for school age children.

Clients can access WINZ subsidies through our service if they are eligible and we also offer 20 hours ECE.

Learning Days is locally owned and operated. Caters for children 12 weeks old and up. We believe that relationships are the key to successful learning and education therefore our ratios of no more than 4 children under five, to one adult are attractive to so many.

We are constantly looking for Educators and Nannies to join our team as well. These are people with a passion to inspire, support and teach young people. We help train people with a level 4 NZQA Certificate in Childcare and a full first aide Certificate also.

61 Prospect Terrace Newfield Invercargill 9812



learningdays@slingshot.co.nz  Mainly Monday - Friday 6am - 7pm (depending

(03) 216 1656 on Educacator/nanny availability).

(0800) FUN DAY / 386 329 Weekend care can also be arranged.

Some charges may apply. No referral required.

**Mataura Afterschool & Holiday Programme**

FSD0022511 Last updated 29/07/2020

We provide a quality after school childcare for children aged 5-13 years. We also run a holiday programme to provide support for working parents. We offer a range of activities that help children develop and grow through the power of play.

Mataura Primary School, Carlyle St Entrance 33 Oakland Street Mataura 9712



kellymap@xtra.co.nz  Mon-Fri 2.50pm-6.00pm during school term (027) 246 4223 Mon-Fri 8.00am-6.00pm first week of school

(03) 203 6162 holidays

Some charges may apply. No referral required.

**Classification : OSCAR**

**Plunket - Southland Area Office**

FSD0016437 Last updated 09/06/2020

Plunket believes in supporting the development of healthy families.

132 Kelvin Street Invercargill



southland@plunket.org.nz  All services free of charge.

(03) 218 2275 No referral required. http://www.plunket.org.nz

**Schools Out Hokonui**

FSD0023944 Last updated 05/04/2021

We are an OSCAR program offering after school and holiday care

11 Hyde Street Gore 9710



amyshuttleworth12@outlook.com  School term hours are 3pm-6pm

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| --- | --- |
| (022) 062 1936    **Classification : OSCAR** | School holidays are 8am-6pm  We are also open 8am-6pm on teachers only days and school strike days Some charges may apply.  No referral required. |

**St Mary's School Oscar Programme**

FSD0021839 Last updated 11/01/2021

We provide OSCAR approved child care for after school care and six weeks holiday programme per year for students year's 1-7.

14 Ardwick Street Gore 9710



admin@stmarys.school.nz  After school programme runs for school term

|  |  |  |
| --- | --- | --- |
| (03) 208 7733  (027) 641 6929    **Classification : OSCAR**    **Weka OSCAR** | only between 3pm - 6pm and the holiday programme is open for six weeks during the year | |
| from 8.30am - 5.30pm.  Some charges may apply.  No referral required. |  |
| FSD0021887 |  | Last updated 12/01/2021 |

Providing After School Care and Recreation for the Community of Winton.

197 Park Street Winton 9720



office@wekapreschool.com  2.45pm-5.30pm

|  |  |
| --- | --- |
| (03) 236 7393  http://wekapreschool.com | Some charges may apply. No referral required. |
| 32 |  |

**Classification : OSCAR**

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

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Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

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Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**XO Kids**

FSD0017897 Last updated 30/10/2020

OSCAR care - before school, after school and holiday programmes.

9 Tay Street Invercargill 9810



kids@xo.church  Office hours - Tue-Fri 9 till 6

|  |  |
| --- | --- |
| (03) 218 4007 (027) 631 9536 http://www.cornerstonenewlife.org    **Classification : OSCAR**    **YMCA Invercargill** | School days Breakfast club 7-9am  After School programme 2:30pm - 6:00pm Holiday programme 7am - 6pm Some charges may apply. No referral required. |
| FSD0022419 | Last updated 11/02/2021 |

Delivering social services to our community, that build strong kids, strong families and strong communities and empowering young people to recognize and achieve their potential and live rewarding lives.

77 Tay St Invercargill 9840



reception@ymcasouth.org.nz  Monday-Friday 8:30am - 5:00pm

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| --- | --- |
| (03) 218 2989 ext 5 http://www.ymcasouth.org.nz/ | Some charges may apply. No referral required. |

**Classification : OSCAR**

# Disaster Recovery

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

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Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

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Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

# Education and Training

**Able Invercargill**

FSD0022563 Last updated 29/09/2020

We provide a free, mobile, confidential and flexible information, education, advocacy and support service to families/whanau that care for someone with a mental illness and/or addiction. Our aim is to give families the strength and skills they need for a better life experience at home, in the community and at work. We also provide support for children and young people affected by a parent or sibling with a mental illness and/or addiction.

We also offer a Waves suicide bereavement 8-week programme that aims to support adults 18+ who have been bereaved by suicide for at least 6 months.

Southland Community House 46 Kelvin Street Invercargill 9810



adminsld@able.org.nz  8am - 5pm Monday to Friday

(03) 218 2100 All services free of charge.

(0800) 494 262 No referral required. http://www.able.org.nz

**Age Concern Southland Inc**

FSD0006672 Last updated 19/11/2020

Your local Age Concern is your first port of call when you and your family/whanau need: information, advice, referral and support.

50 Forth Street Invercargill



janette@acinv.org.nz  Monday to Friday, 9am - 4pm.

(03) 218 6351 Some charges may apply. http://www.ageconcern.org.nz Referral may apply.

**Alternative Education**

FSD0001022 Last updated 19/06/2020

Alternative education provides educational and pastoral support for students who have disengaged from mainstream schooling. As a short term intervention, alternative education reengages students in a meaningful learning programme targeted to their individual needs and supports them to transition back to mainstream school, further education, training or employment.

140 Charlton Road Gore 9774



jo.brand@hokonuirunanga.org.nz  Monday to Friday, 9am - 3pm during the school

|  |  |
| --- | --- |
| (021) 585 994 (03) 208 7954 http://www.hokonuirunanga.org.nz | term  All services free of charge.  No referral required. |

**Alzheimers Society Southland Inc**

FSD0006738 Last updated 09/10/2020

Alzheimers Society Southland assists people with dementia, their carers and families, providing support, resources, education, advocacy and raising public awareness.

135 Yarrow Street Invercargill 9810



alzheimers.southlandcsw@xtra.co.nz  Monday - Friday 9.00am - 4.30pm

(03) 214 0984 All services free of charge.

(0800) 004 001 No referral required.

http://www.alzheimers.org.nz/southland

**Barnardos - Southland**

FSD0006808 Last updated 19/01/2021

Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. The services we provide reflect our commitment to ensuring that all children are able to receive the very best start to life.

 120b Leet Street Invercargill

southland.amu@barnardos.org.nz 

(03) 214 7751 (0800) 227 627 http://www.barnardos.org.nz

**Choices NZ - Invercargill**

FSD0024086

0800 BARNARDOS 0800 227 627 General enquiries

0800 4 BARNARDOS 0800 422 762 Childcare enquiries

0800 WHATS UP 0800 942 8787

Free children's helpline

Some charges may apply. Referral may apply.

Last updated 21/10/2020

At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives.

Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to.

We can assist you to:

* Achieve greater independence
* Develop your social networks to connect with individuals and groups with common interests
* Access community services
* Live independently and help choose the best living situation for you
* Gain employment
* Experience new challenges or pursue new interests

Our Life Coaches and Facilitators are experienced and qualified, and our specialist clinical staff provide expert advice – evaluating and supporting staff to deliver comprehensive and carefullydesigned services.

Tracey.Saunders@choicesnz.org.nz  Weekdays 8:30am - 5pm (022) 012 0608 All services free of charge.

(0800) 723 154 Referral may apply. http://www.choicesnz.org.nz/

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**English Language Partners Southland**

FSD0007837 Last updated 03/08/2020

English language and social support for adult refugees and migrants coming to live in Aotearoa/New Zealand

184 Esk Street Invercargill 9810



southland@englishlanguage.org.nz  Monday through Friday, 10am - 4pm

|  |  |
| --- | --- |
| (03) 218 2736 http://www.englishlanguage.org.nz      **Koha Kai** | Koha/donation may apply. No referral required. |
| FSD0023928 | Last updated 16/04/2021 |

Koha Kai is a Charitable Trust who works with people who have been marginalized and isolated in their community by the fact that they live with the challenges of disability, from intellectual, to physical, emotional/psychological, cultural isolation. Our focus has naturally developed along the Maori Health model as outlined by Dr Mason Durie. (Te Whare Tapa Wha), that good health and wellness has four dimensions. Taha wairua (spiritual health), taha hinegnaro (mental health). taha tinana (physical health) and taha whanau (family health).

Building on those four pou, Koha Kai works with people to increase their skills, strengthen relationships, and support the growth of their natural support networks. We encourage people to improve their health and wellness by growing/consuming higher quality nutrition, and becoming more active. We encourage and train people skills that can enable them to join the work force in their communities. Thus doing they reduce their dependence on support.

Level 2 5 The Crescent Invercargill 9812



janicel.kohakai@gmail.com  Office 9-5 p.m. Monday to Friday Trainees work (021) 082 05422 in 6 schools learning cooking skill, which goes

(022) 305 9076 into our Lunches in Schools Programmes,

https://www.facebook.com/kohakai/ feeding children in low decile schools healthy

nutritious meals

All services free of charge. Referral may apply.

**Learning Days Childcare Ltd**

FSD0019892 Last updated 23/03/2021

Learning Days is a Home based early childhood education service that services Invercargill and other Southland areas depending on Nanny and Educator availability. We operate under the Ministry of Educations regulations and our own Policies and Procedures. OSCAR care is also available for school age children.

Clients can access WINZ subsidies through our service if they are eligible and we also offer 20 hours ECE.

Learning Days is locally owned and operated. Caters for children 12 weeks old and up. We believe that relationships are the key to successful learning and education therefore our ratios of no more than 4 children under five, to one adult are attractive to so many.

We are constantly looking for Educators and Nannies to join our team as well. These are people with a passion to inspire, support and teach young people. We help train people with a level 4 NZQA Certificate in Childcare and a full first aide Certificate also.

61 Prospect Terrace Newfield Invercargill 9812



learningdays@slingshot.co.nz  Mainly Monday - Friday 6am - 7pm (depending

(03) 216 1656 on Educacator/nanny availability).

(0800) FUN DAY / 386 329 Weekend care can also be arranged.

Some charges may apply. No referral required.

**Literacy Aotearoa Southern**

FSD0001388 Last updated 22/12/2020

Assistance to adults to improve basic literacy and numeracy skills at no cost to learner. Options 1:1 small groups for intensive literacy, numeracy, drivers and heavy truck licences, basic and advanced computer tuition, and workplace literacy.

Unit 2 41 Leet Street Invercargill 9810



info.c10@literacy.org.nz  Monday - Thursday 9am - 4pm

(03) 214 5224 Friday 9am-3pm

(0800) 77 88 26 All services free of charge. http://www.literacy.org.nz No referral required.

**New Zealand Red Cross Southland Area**

FSD0001050 Last updated 01/10/2020

A humanitarian organisation providing programmes and services that enhance community resilience. In Southland programmes include: refugee resettlement; disaster welfare support; community and business first aid training; curtain bank and winter warmer packs; hospital transport (Eastern Southland).

120A Leet Street Invercargill 9810



invercargill@redcross.org.nz  Monday - Friday 9.00am - 5.00pm

|  |  |
| --- | --- |
| (0800) 733 2767 http://www.redcross.org.nz | Some charges may apply. Referral may apply. |

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

 92 Spey Street Invercargill

|  |  |
| --- | --- |
| admin@kaitahu.maori.nz  (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC** | Monday & Tuesday 9am-7pm  (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply.  Referral may apply. |

**Plunket - Southland Area Office**

FSD0016437 Last updated 09/06/2020

Plunket believes in supporting the development of healthy families.

132 Kelvin Street Invercargill southland@plunket.org.nz  All services free of charge.



|  |  |
| --- | --- |
| (03) 218 2275 http://www.plunket.org.nz | No referral required. |

**RNZ Plunket Trust - Invercargill**

FSD0022602 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

132 Kelvin Street Invercargill 9810



judy.cook@plunket.org.nz  Monday to Friday 9am to 4pm

(03) 218 2275 Some charges may apply.

(027) 224 8296 No referral required. http://www.plunket.org.nz

**Southern REAP**

FSD0001038 Last updated 29/01/2021

Southern REAP exists to make a difference in our rural Communities – Southern REAP provides educational opportunities for rural families and communities to reach their full potential

224 Great North Road Winton 9720



enquiries@reap.co.nz  Monday to Thursday 9am - 5pm.

(03) 236 6008 Friday 9am - 4.30pm.

(0800) 111 117 Online query form is available on website.

http://www.reap.co.nz Some charges may apply.

No referral required.

**Southland Boys' High School: Guidance Counsellor**

FSD0015266 Last updated 27/08/2020

Counselling sessions for school students and their families.

Southland Boys' High School 181 Herbert Street Gladstone Invercargill



Kaaren.Wilkes@sbhs.school.nz  9.00am-3.30pm (03) 211 3003 xt 869 School Term dates

http://www.sbhs.school.nz/ All services free of charge.

No referral required.

**SPELD NZ Inc - Southland Local Liaison Group**

FSD0007493 Last updated 01/09/2020

SPELD NZ Inc offers one-on-one diagnostic assessment and specialised tuition for people with specific learning disabilities, including dyslexia. It also offers information, support, advice and training.

|  |  |
| --- | --- |
| southern@speld.org.nz (0800) 773 536 http://www.speld.org.nz | Office administration open Monday to Friday,  9.00am-3.00pm.  Some charges may apply.  No referral required. |

**Takitimu Community Development Inc**

FSD0017082 Last updated 22/03/2021

Offer a free, confidential help, support, information and advice service, for individuals, families, elderly, groups in the community. Promoting the interests and wellbeing of the individual members of the community. Training / courses in response to the community needs. Referral service to other community agencies. Support with community development projects. Foodbank service.

79 Birchwood Road Ohai



takitimucommunity@xtra.co.nz  Mon, Tue, Wed 8.30am - 4pm

|  |  |
| --- | --- |
| (03) 225 4522  (021) 0220 9534      **Youthline Southland** | Thursday 8.30am until 12.30pm All services free of charge. No referral required. |
| FSD0006538 | Last updated 27/07/2020 |

Phone, TXT and Email counseling for people of all ages with a specific focus on 10 to 30 years.

Call TXT or email between 8am-Midnight, 7 days a week. Midnight to 8am, crisis support calls. We also provide volunteer training for members of the community who wish to become Youthline Helpline Counselors.

46 Kelvin Street Invercargill



southland@youthline.co.nz  24/7 Helpline

|  |  |
| --- | --- |
| (03) 211 0031 |  |
| (0800) 37 66 33 http://www.youthline.co.nz | Office hours 9am - 4pm All services free of charge.  No referral required. |

# Employment

**Choices NZ - Invercargill**

FSD0024086 Last updated 21/10/2020

At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives.

Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to.

We can assist you to:

* Achieve greater independence
* Develop your social networks to connect with individuals and groups with common interests
* Access community services
* Live independently and help choose the best living situation for you
* Gain employment
* Experience new challenges or pursue new interests

Our Life Coaches and Facilitators are experienced and qualified, and our specialist clinical staff provide expert advice – evaluating and supporting staff to deliver comprehensive and carefullydesigned services.

Tracey.Saunders@choicesnz.org.nz  Weekdays 8:30am - 5pm (022) 012 0608 All services free of charge.

(0800) 723 154 Referral may apply. http://www.choicesnz.org.nz/

**Comcol Southland**

FSD0019373 Last updated 11/03/2021

Comcol Southland, located in Invercargill, operates a free Youth Service in the Southland region. Youth Advisors work with young people to give them guidance, advice and practical support to help them into education, training or work-based learning.

We also provide a free Job Connection course for those aged 18+. Job Connection is a bespoke programme of short, skill focused interventions to support clients to return to or gain work and achieve sustainable employment. Offering ongoing support after employment has been achieved.

We’re here to support your journey into work and help you create the future you deserve.

Level 2, Menzies Building 3 Esk Street Invercargill 9810



info.so@comcol.ac.nz  8:00 am - 4:30 pm Monday to Friday (0800) 887 007 All services free of charge.

(03) 214 3090 Referral may apply. http://www.comcol.ac.nz

**Classification : YS**

**Deaf Aotearoa - Invercargill**

FSD0006932 Last updated 03/02/2021

Deaf Aotearoa is a Deaf-led, not-for-profit organisation that focuses on promoting Awareness of,

Access to and Advancement of New Zealand Sign Language - to help strengthen the rights of Deaf people and give them the confidence to be an active part of society. As the only nationwide provider of services to Deaf people, it provides information on a range of services for Deaf and works with businesses and organisations to provide information and resources on life for Deaf New Zealanders and NZSL.

DRC Building 192 Spey Street Invercargill 9810



national@deaf.org.nz  Office open for appointments only (0800) 332 322 All services free of charge. http://www.deaf.org.nz/ No referral required.

**Fiordland Community House**

FSD0015164 Last updated 08/03/2021

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Gore Counselling Centre**

FSD0001027 Last updated 08/07/2020

We assist people in working through a wide range of personal and professional issues toward renewed growth and development.

13 Traford Street Gore



inquiry@gorecounsellingcentre.com  Monday to Thursday 8.30am - 5.00pm - 24 hour

|  |  |
| --- | --- |
| (03) 208 5366 (027) 860 3056 http://gorecounsellingcentre.com    **Classification : FVSS, SHSS**    **Koha Kai** | answer service. Wheelchair access available.  Some charges may apply. Referral may apply. |
| FSD0023928 | Last updated 16/04/2021 |

Koha Kai is a Charitable Trust who works with people who have been marginalized and isolated in their community by the fact that they live with the challenges of disability, from intellectual, to physical, emotional/psychological, cultural isolation. Our focus has naturally developed along the Maori Health model as outlined by Dr Mason Durie. (Te Whare Tapa Wha), that good health and wellness has four dimensions. Taha wairua (spiritual health), taha hinegnaro (mental health). taha tinana (physical health) and taha whanau (family health).

Building on those four pou, Koha Kai works with people to increase their skills, strengthen relationships, and support the growth of their natural support networks. We encourage people to improve their health and wellness by growing/consuming higher quality nutrition, and becoming more active. We encourage and train people skills that can enable them to join the work force in their communities. Thus doing they reduce their dependence on support.

Level 2 5 The Crescent Invercargill 9812



janicel.kohakai@gmail.com  Office 9-5 p.m. Monday to Friday Trainees work (021) 082 05422 in 6 schools learning cooking skill, which goes

(022) 305 9076 into our Lunches in Schools Programmes,

https://www.facebook.com/kohakai/ feeding children in low decile schools healthy

nutritious meals

All services free of charge. Referral may apply.

**Otautau Health Limited**

FSD0020214 Last updated 05/01/2021

Drug testing services for Work and Income beneficiaries (On-site Screening $80.00

Off site screen $80 plus .77c per km travel). We are a medical centre and provide primary health care to our rural community.

3 Chester Street Otautau 9610



natalie.carran@otautauhealth.co.nz  Weekdays 8.30am to 12.30pm

|  |  |
| --- | --- |
| (03) 225 8099    **Classification : DTS**    **South City Medical Centre** | 1.30pm to 5pm  Some charges may apply. Referral may apply. |
| FSD0020280 | Last updated 29/09/2020 |

Drug Testing Service for Work and Income Beneficiaries. Prices inclusive of GST.

On site instant screening drug test: $69

270 Elles Road South City Invercargill 9812



(03) 218 4043  Weekdays 8.30am - 5pm

http://www.wellsouth.org.nz/index.php Some charges may apply. Referral may apply.

**Classification : DTS**

**Southern Trauma Centre**

FSD0019957 Last updated 20/10/2020

Specialist trauma therapy. EMDR. Relationship counselling. Employee Assistance Programmes.

Psychological assessment and interventions. General counselling. Grief and Loss Counselling.

Gambling problems.

2nd floor 13 Esk Street Invercargill 9810



kay@icfc.co.nz  Mon-Fri 9.00am - 6.00pm

(03) 218 2929 Evening appointments by arrangement https://www.traumacentre.co.nz Some charges may apply.

No referral required.

**Southland disAbility Enterprises Ltd**

FSD0001395 Last updated 06/07/2020

The service offers rehabilitation and habilitation through employment support to people with disabilities.

28 Ettrick Street Invercargill 9812



shelley@sde.org.nz  8.30am - 4.30pm Monday to Friday

|  |  |
| --- | --- |
| (03) 214 6188 (027) 232 4016 http://www.sde.org.nz | All services free of charge. No referral required. |

**The Drug Detection Agency - Southland**

FSD0020252 Last updated 17/11/2020

Drug testing service for Work & Income beneficiaries. Prices inclusive of GST:

Office based screening test, by appointment: $74.75

Mobile testing service (not private residences) $89.10

Evidential Laboratory Confirmation Test: $120.00

8 Kinloch Street Prestonville Invercargill 9810



southland@tdda.com  Monday - Friday, 8.00am - 5.00pm

|  |  |
| --- | --- |
| (03) 214 0697 http://www.tdda.com    **Classification : DTS** | Some charges may apply. Referral may apply. |

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Workbridge Inc - Invercargill**

FSD0007877 Last updated 08/04/2021

Our mission is to enable people with disabilities to participate and experience equal opportunities in the labour market.

Connecting the right people to the right jobs, Workbridge helps thousands of Kiwis with disabilities or health conditions connect with great employers, every year. And we do it free of charge.

48 Kelvin Street Invercargill



invercargill@workbridge.co.nz  8.30am - 5.00pm, Mon to Fri. Please phone toll-

|  |  |
| --- | --- |
| (03) 214 0228 (0508) 858 858 http://www.workbridge.co.nz | free 0508 858 858 to leave a message.  Fax toll-free on 0800 080 715. To contact us via email, please use the online form.  Some charges may apply.  No referral required. |

# Ethnic Services

**Citizens Advice Bureau Invercargill Inc.**

FSD0006917 Last updated 15/02/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each bureau. The service can be accessed by phone, email or in person.

36 Don Street Invercargill 9810



Invercargill@cab.org.nz  Monday to Friday 9.00am to 5.00pm.

|  |  |
| --- | --- |
| (03) 218 6648  (03) 218 2217 http://www.cab.org.nz | JP Clinics - Saturday 10am to noon Legal Clinics - Thursday 7pm to 8.15pm.  Financial Advice Clinic - first Wednesday of the month 1pm - 2.30pm All services free of charge.  No referral required. |

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**English Language Partners Southland**

FSD0007837 Last updated 03/08/2020

English language and social support for adult refugees and migrants coming to live in Aotearoa/New Zealand

184 Esk Street Invercargill 9810



southland@englishlanguage.org.nz  Monday through Friday, 10am - 4pm

|  |  |
| --- | --- |
| (03) 218 2736 http://www.englishlanguage.org.nz | Koha/donation may apply. No referral required. |

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

92 Spey Street Invercargill



admin@kaitahu.maori.nz  Monday & Tuesday 9am-7pm

|  |  |
| --- | --- |
| (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC** | (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply.  Referral may apply. |

**RNZ Plunket Trust - Invercargill**

FSD0022602 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

132 Kelvin Street Invercargill 9810



judy.cook@plunket.org.nz  Monday to Friday 9am to 4pm

(03) 218 2275 Some charges may apply.

(027) 224 8296 No referral required. http://www.plunket.org.nz

# Family / Whanau Services

**Able Invercargill**

FSD0022563 Last updated 29/09/2020

We provide a free, mobile, confidential and flexible information, education, advocacy and support service to families/whanau that care for someone with a mental illness and/or addiction. Our aim is to give families the strength and skills they need for a better life experience at home, in the community and at work. We also provide support for children and young people affected by a parent or sibling with a mental illness and/or addiction.

We also offer a Waves suicide bereavement 8-week programme that aims to support adults 18+ who have been bereaved by suicide for at least 6 months.

Southland Community House 46 Kelvin Street Invercargill 9810



adminsld@able.org.nz  8am - 5pm Monday to Friday

(03) 218 2100 All services free of charge.

(0800) 494 262 No referral required. http://www.able.org.nz

**Alzheimers Society Southland Inc**

FSD0006738 Last updated 09/10/2020

Alzheimers Society Southland assists people with dementia, their carers and families, providing support, resources, education, advocacy and raising public awareness.

135 Yarrow Street Invercargill 9810



alzheimers.southlandcsw@xtra.co.nz  Monday - Friday 9.00am - 4.30pm

(03) 214 0984 All services free of charge.

(0800) 004 001 No referral required.

http://www.alzheimers.org.nz/southland

**Avenal Park Funeral Home**

FSD0023714 Last updated 29/09/2020

From pre-payments to memorials.

We can assist families with funeral arrangements, funeral services, transfers, caskets, service cards, burial or cremation paperwork, catering, death certificates. Monumental work - headstone and plaques design and installation.

75 Fox Street Avenal Invercargill 9810



office@avenalpark.co.nz  24 hours/7 days a week availability

|  |  |
| --- | --- |
| (03) 218 9021 (027) 436 0413 http://avenalpark.co.nz      **Awarua Whanau Services** | Office hours: 8.00am - 5.00pm Mon-Fri Some charges may apply. No referral required. |
| FSD0001280 | Last updated 14/08/2020 |

AWS provides services that address social, health, early educational need and Rangatahi

Services. This includes Mother and Pepi, Tamariki Ora, Whanau Ora, Whanau Tautoko, Counselling, Rangatahi programmes and support.

190 Forth Street Invercargill



admin@awarua.org.nz  8.30am - 5.00pm, Monday to Friday.

|  |  |
| --- | --- |
| (03) 218 6668 (0800) 292 782 http://www.awarua.org.nz      **Barnardos - Southland** | All services free of charge. Referral may apply. |
| FSD0006808 | Last updated 19/01/2021 |

Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. The services we provide reflect our commitment to ensuring that all children are able to receive the very best start to life.

 120b Leet Street Invercargill

|  |  |
| --- | --- |
| southland.amu@barnardos.org.nz  (03) 214 7751 (0800) 227 627 http://www.barnardos.org.nz      **Camp Columba** | 0800 BARNARDOS 0800 227 627 General enquiries  0800 4 BARNARDOS 0800 422 762 Childcare enquiries  0800 WHATS UP 0800 942 8787  Free children's helpline Some charges may apply. Referral may apply. |
| FSD0021867 | Last updated 06/10/2020 |

Under the motto 'Doing Learning Growing', Camp Columba provides a safe and wholesome environment for people of all ages to develop and form community. We offer 4-5 day camps every school holidays for ages 6-13 years, as well as weekend camps for assorted demographics. People who come stay on-site in cabins and make use of our facilities, all our programmes are fully catered and focus on team-building, community, adventure, and personal growth. Our vision is

to provide high quality programmes and accommodation, promote physical, emotional and spiritual development and demonstrate God’s love to all – so that Christ might be revealed.

89a Kaiwera Road Pukerau Gore 9772



manager@campcolumba.org.nz  8:30am - 5pm

(03) 205 3702 Though some staff live on-site. http://www.campcolumba.org.nz/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**Choices NZ - Invercargill**

FSD0024086 Last updated 21/10/2020

At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives.

Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to.

We can assist you to:

* Achieve greater independence
* Develop your social networks to connect with individuals and groups with common interests
* Access community services
* Live independently and help choose the best living situation for you
* Gain employment
* Experience new challenges or pursue new interests

Our Life Coaches and Facilitators are experienced and qualified, and our specialist clinical staff provide expert advice – evaluating and supporting staff to deliver comprehensive and carefullydesigned services.

Tracey.Saunders@choicesnz.org.nz  Weekdays 8:30am - 5pm (022) 012 0608 All services free of charge.

(0800) 723 154 Referral may apply. http://www.choicesnz.org.nz/

**Citizens Advice Bureau Invercargill Inc.**

FSD0006917 Last updated 15/02/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each bureau. The service can be accessed by phone, email or in person.

36 Don Street Invercargill 9810



Invercargill@cab.org.nz  Monday to Friday 9.00am to 5.00pm.

|  |  |
| --- | --- |
| (03) 218 6648  (03) 218 2217 http://www.cab.org.nz | JP Clinics - Saturday 10am to noon Legal Clinics - Thursday 7pm to 8.15pm.  Financial Advice Clinic - first Wednesday of the month 1pm - 2.30pm All services free of charge.  No referral required. |

**Clinical Nurse Specialists - Stewart Island**

FSD0002195 Last updated 02/01/2021

Generalist Nurses - cover a wide range of services in Stewart Island.

7 Argyle Street Oban Stewart Island



martin.pepers@southerndhb.govt.nz  Nurses available 24 hours on call. Clinic opens

|  |  |
| --- | --- |
| (03) 219 1098 | 10 am -12:30 pm approx. In emergency call 111.  Service Stewart Island and surrounding environment, plus off shore Islands (eg Codfish Island).  Some charges may apply.  No referral required. |

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Community Networking Trust**

FSD0021179 Last updated 06/10/2020

Our purpose is to lead and enable effective social service provision in Eastern Southland. We currently provide a number of roles and services including:

The Community Connections Centre - a “Community House” with shared services for agencies and organisations.

Heartland Services – access for the general public to Government and community agencies and services.

Strengthening Families - Case management process for families working with multiple agencies.

Mataura Community Development - Support for the Mataura community.

We also facilitate monthly community liaison meetings for agencies and organisations working in the local community, as well as lead and participate in various community projects.

Community Connections Centre 1 Charlton Lane Gore 9710



cccgore@cnt.org.nz  Mon - Fri 9am - 4pm (03) 208 8480 Some charges may apply. http://www.cnt.org.nz No referral required.

**Dr Latesha Murphy-Edwards**

FSD0021800 Last updated 21/12/2020

Dr Latesha Murphy-Edwards offers assessment and therapy services to people of all ages who struggle with a range of emotional and relationship difficulties.

She is a clinical psychologist with a private practice in Invercargill. She is also an experienced child and youth therapist.

70 Victoria Avenue Avenal Invercargill 9810



Magnoliapsychology@gmail.com  Monday - Friday 9am-5pm

(021) 295 9207 Some charges may apply.

No referral required.

**Family Works Southland**

FSD0001375 Last updated 18/08/2020

To provide support services in Southland for children and their families. Our services are free, confidential and available to children, young people and their families.

We work with children and young people from 0-17 years old, as well as their parents and families. At the heart of Family Works is the understanding that family life can be challenging, no matter what your experience and resources. So, we work from the basis that strong, self-sufficient

families are the best places to grow happy and healthy children, and that the family is the backbone of each and every community.

Our work is about empowering families to help themselves as they face the inevitable challenges of family life and to work with them so they can flourish.

Family Works Building 183 Spey Street Invercargill 9810



enquiry@familyworkssld.nz  Monday - Friday 8.30am - 5pm

(03) 211 8200 All services free of charge. https://pss.org.nz/family-works Referral may apply.

**Fiordland Community House**

FSD0015164 Last updated 08/03/2021

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Foster Care Schemes**

FSD0001324 Last updated 01/02/2021

The schemes offer alternative care for children in approved foster homes.

183 Spey Street Invercargill



familyworks@southland.familyworks.org.n  8.30pm - 5.00pm Monday - Friday. 24 hours on z call.

(03) 211 8226 All services free of charge. http://www.pss.org.nz/southland No referral required.

**Glenda Graham - Clinical Psychologist**

FSD0001408 Last updated 16/08/2020

Has her own practice as a clinical psychologist and works in the areas of anger management, behavioural child, eating disorders, elderly, family, sexual, phobia, psychology, psychotherapy, rape, sexual abuse/incest, sexually abused men, and youth, physical abuse and trauma

glenda@glendagraham.co.nz  Monday - Friday 9am - 5pm

(03) 214 5233 Some charges may apply.

No referral required.

**Gore & Clutha Women's Refuge**

FSD0007684 Last updated 11/01/2021

We provide: 24 hour crisis line, emergency accommodation, community and outreach services, information and advice, women and children's education programmes, referral service and support

to attend appointments.

77A Main Street Gore 9710 admin@gorerefuge.org.nz (03) 208 8384



(0800) 00 43 43

Office hours 8am - 5pm Weekdays. 24 hours crisisline 0800 00 43 43 Some charges may apply. No referral required.

**Gore and Districts Youth Worker Service**

FSD0019262 Last updated 28/01/2021

Gore and Districts Community Youth Worker Trust are a not for profit Trust established to:

Provide a link between Young People, their Whanau and the services available to them. Provide an opportunity for Young People and their Whanau to gather information. Provide resources and programmes relevant to the needs of Young People and their Whanau living in the Gore & Districts Community.

Our Services are FREE!

That's right- We offer FREE support for young people aged 5 to 18 years old with concerns such as:

Self confidence/Self Esteem,

Communication/Social Skills,

Problem Behaviours,

Drug & Alcohol Abuse,

Relationships/ Peers,

Disengaging in Education.

Our Youth Workers are:

Advocates for the Well-being of Young People, Strengths Based and Solution Focused.

Community Connections Centre 1 Charlton Lane Gore 9710



cccgore@cnt.org.nz  Monday - Friday 9am - 5pm

(03) 208 8480 All services free of charge.

(027) 222 2393 No referral required. http://www.cnt.org.nz

**Gore Counselling Centre**

FSD0001027 Last updated 08/07/2020

We assist people in working through a wide range of personal and professional issues toward renewed growth and development.

13 Traford Street Gore



inquiry@gorecounsellingcentre.com  Monday to Thursday 8.30am - 5.00pm - 24 hour

|  |  |  |
| --- | --- | --- |
| (03) 208 5366 (027) 860 3056 http://gorecounsellingcentre.com    **Classification : FVSS, SHSS**    **Gore Local Council Website** | answer service. Wheelchair access available. | |
| Some charges may apply. Referral may apply. |  |
| FSD0017595 |  | Last updated 30/04/2021 |

Find council services and information online by clicking on the website link.

29 Bowler Avenue Gore 9710



info@goredc.govt.nz  Online

|  |  |  |
| --- | --- | --- |
| (03) 209 0330 (0800) 467 332 http://www.goredc.govt.nz/      **Gore Parents Centre** | All services free of charge. No referral required. |  |
| FSD0019434 |  | Last updated 27/10/2020 |

Parents Centre is a national organisation which believes that parenting is everything and that great parents grow children! We work with parents to equip them with the knowledge, skills and support they require in order to be the best parents they can be.

Gore Parents Centre 13 Wayland Street Gore 9710



gore@parentscentre.org.nz  Activities during the week, check out our website

(027) 460 5217 or Facebook page for more details. http://www.parentscentre.org.nz/gore/inde Some charges may apply.

x.asp No referral required.

**Gore Toy Library**

FSD0001030 Last updated 21/07/2020

We welcome children, families and caregivers to borrow well-designed toys, puzzles and games which are made available for lending at a minimal cost.

13 Wayland St Gore 9710



toylibrary@gorekidshub.org.nz  Wednesdays 6pm - 7.30pm

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| --- | --- |
| (027) 960 1533 http://www.gorekidshub.org.nz | Fridays 10am - 12.30pm Some charges may apply.  No referral required. |

**Grief Support Group - Macdonald & Weston**

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| FSD0001328  To provide support for bereaved people. | Last updated 18/01/2021 |

131 Yarrow Street Invercargill 9840



office@mwfunerals.co.nz  Grief care is provided on personal level by

|  |  |
| --- | --- |
| (03) 218 2156 http://www.mwfunerals.co.nz      **Health Social Workers** | appointment. Please feel free to bring a friend or support person.  All services free of charge. No referral required. |
| FSD0001333 | Last updated 17/02/2021 |

To assist and empower individuals, whanau/families, groups and communities to deal with the results of changes in health, to move towards goals and to get the most from the local resources available.

Social Work Services, Southland Hospital - Kew Road Invercargill



(03) 214 5719  8.00am - 4.30pm Monday to Friday

All services free of charge. No referral required.

**Heartland Services - Gore**

FSD0007160 Last updated 06/10/2020

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services.

Community Connections Centre 1 Charlton Lane Gore 9710



cccgore@cnt.org.nz  Mon - Fri 9.00am -4.00pm (03) 208 9633 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Te Anau**

FSD0007162 Last updated 08/03/2021

Heartland Service Centre is a one-stop-shop that feature face to face services and information including forms, guidelines, email and phone facilities and access to government websites from a range of government organizations.

Fiordland Community House is a hub of community social services including a Community Shuttle service, a Community Family Worker, a Counsellor and Employment service. We also offer Budgeting advice, Food Bank and office/meeting room hire.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 teanau@heartlandservices.govt.nz  9:00am - 12.30pm



(03) 249 7754 1:30pm - 4:00pm

http://www.heartlandservices.govt.nz Monday - Friday

All services free of charge. No referral required.

**Hokonui Runanga Health and Social Services Trust**

FSD0001034 Last updated 19/01/2021

We provide services in Health Education, Counselling, Advisory, Court Support, Holiday Programmes, DARE Programmes, Mentoring Programmes and Cultural Programmes.

140 Charlton Road Gore 9710 hokonui.office@ngaitahu.iwi.nz (03) 208 7954 http://www.hokonuirunanga.org.nz/



**Invercargill Chipmunks 2015 Ltd**

FSD0022127

Childcare OSCAR programmes.

Before school care

After school care

School holiday Programs

103 Spey street Invercargill 9810 invercargill@chipmunks.co.nz (03) 214 6109 http://www.chipmunks.co.nz



**Classification : OSCAR**

Monday - Friday 9am - 3pm All services free of charge. No referral required.

Last updated 16/04/2021

mon-fri 9.30am-5.45pm Sat 9am-5pm

Sun 10am-5pm Before school care from 7am Some charges may apply. No referral required.

**Invercargill City Local Council Website**

FSD0017631 Last updated 30/04/2021

Find council services and information online by clicking on the website link

updates@familyservices.govt.nz  Online http://www.icc.govt.nz/ All services free of charge.

No referral required.

**Learning Days Childcare Ltd**

FSD0019892 Last updated 23/03/2021

Learning Days is a Home based early childhood education service that services Invercargill and other Southland areas depending on Nanny and Educator availability. We operate under the Ministry of Educations regulations and our own Policies and Procedures. OSCAR care is also available for school age children.

Clients can access WINZ subsidies through our service if they are eligible and we also offer 20 hours ECE.

Learning Days is locally owned and operated. Caters for children 12 weeks old and up. We believe that relationships are the key to successful learning and education therefore our ratios of no more than 4 children under five, to one adult are attractive to so many.

We are constantly looking for Educators and Nannies to join our team as well. These are people with a passion to inspire, support and teach young people. We help train people with a level 4 NZQA Certificate in Childcare and a full first aide Certificate also.

61 Prospect Terrace Newfield Invercargill 9812



learningdays@slingshot.co.nz  Mainly Monday - Friday 6am - 7pm (depending

(03) 216 1656 on Educacator/nanny availability).

(0800) FUN DAY / 386 329 Weekend care can also be arranged.

Some charges may apply. No referral required.

**Lighthouse Southland**

FSD0001403 Last updated 07/04/2021

Lighthouse Southland is a specialist Family Violence agency, providing group and individual programmes to perpetrators and victims of domestic/family violence. We also provide an individual programme for adolescents from 12-17 years using aggressive and violent behaviour.

19 Yarrow Street Invercargill 9810 office@lighthousesouthland.org.nz  Monday to Thursday 8:30am - 5:00pm.



(03) 218 4468 Friday 8:30am - 3:00pm

(027) 260 5034 Some charges may apply. http://www.stoppingviolencesouthland.co. No referral required.

nz

**Classification : FVSS**

**Literacy Aotearoa Southern**

FSD0001388 Last updated 22/12/2020

Assistance to adults to improve basic literacy and numeracy skills at no cost to learner. Options 1:1 small groups for intensive literacy, numeracy, drivers and heavy truck licences, basic and advanced computer tuition, and workplace literacy.

Unit 2 41 Leet Street Invercargill 9810



info.c10@literacy.org.nz  Monday - Thursday 9am - 4pm

(03) 214 5224 Friday 9am-3pm

(0800) 77 88 26 All services free of charge. http://www.literacy.org.nz No referral required.

**Loss and Grief Centre**

FSD0023178 Last updated 09/04/2021

The loss and grief centre offers free community support to anyone living with any loss. We provide a safe place for people to come to share their story. We offer empathy and understanding as well as strategies to help at a difficult time. Call in and have a cuppa with us during drop in times.

We offer monthly support groups for members of the public to connect and find support as well as regular trainings for professionals.

49 Tay Street Invercargill 9810



lossandgriefcentre@gmail.com  Drop in open Mon,Tues,Fri 1-5 pm.Wedn,Thur 9-

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| (027) 443 8788  http://www.lossandgriefcentre.com | 1 pm Invercargill. Gore Mon 9-1 pm. Winton 1st & 3rd Fri month 10-2 pm. Mataura 2nd Mon month 1-3 pm,Te Anau monthly visits.  All services free of charge.  No referral required. |

**Maiden Stone Memorials**

FSD0023706 Last updated 27/10/2020

Supplying monumental services which include new headstone and plaque, restoration of existing headstones and plaques.

221 Yarrow Street Richmond Invercargill 9810



ian@maidenstone.co.nz  9 am - 4.30 pm Mon - Fri

(027) 593 9009 Sat by appointment

http://www.maidenstone.co.nz Some charges may apply.

No referral required.

**Mataura Afterschool & Holiday Programme**

FSD0022511 Last updated 29/07/2020

We provide a quality after school childcare for children aged 5-13 years. We also run a holiday programme to provide support for working parents. We offer a range of activities that help children develop and grow through the power of play.

Mataura Primary School, Carlyle St Entrance 33 Oakland Street Mataura 9712



kellymap@xtra.co.nz  Mon-Fri 2.50pm-6.00pm during school term (027) 246 4223 Mon-Fri 8.00am-6.00pm first week of school

(03) 203 6162 holidays

Some charges may apply. No referral required.

**Classification : OSCAR**

**New Zealand Red Cross Southland Area**

FSD0001050 Last updated 01/10/2020

A humanitarian organisation providing programmes and services that enhance community resilience. In Southland programmes include: refugee resettlement; disaster welfare support; community and business first aid training; curtain bank and winter warmer packs; hospital transport (Eastern Southland).

 120A Leet Street Invercargill 9810

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| invercargill@redcross.org.nz  (0800) 733 2767 http://www.redcross.org.nz | Monday - Friday 9.00am - 5.00pm Some charges may apply.  Referral may apply. |

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

92 Spey Street Invercargill



admin@kaitahu.maori.nz  Monday & Tuesday 9am-7pm

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| (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC** | (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply.  Referral may apply. |

**Northern Southland Community Resource Centre Charitable Trust**

FSD0020329 Last updated 09/02/2021

Providing support, information and advice to families and individuals in the community

11 Hero Street Lumsden Southland



nscco-ord@xtra.co.nz  Call for availability (03) 248 7885 All services free of charge. (027) 810 8880 No referral required.

**Number 10**

FSD0019657 Last updated 01/02/2021

Number 10 Southland Youth One Stop Shop is a non-profit organisation providing free social and health services to youth aged 10-24. Our mission is to provide a safe place which gives youth access to services that promote their mental, physical, spiritual, emotional and whanau wellbeing.

To achieve this mission Number 10 works under a holistic Te Whare Tapa Wha model of care and our services include free doctor and nurse clinics, youth workers and counsellors. We also run a number of groups including development groups for guys and girls and a Community Youth group.

10 Deveron Street Invercargill 9840



admin@number10.org.nz  Monday, Tuesday, Thursday, Friday 9am -

(03) 214 1013 4.30pm

(027) 472 4703 Wednesday 9am - 6pm

http://www.number10.org.nz All services free of charge.

No referral required.

**Oranga Tamariki-Ministry for Children, Gore**

FSD0006988 Last updated 09/07/2020

Our social workers work with families to: protect children and young people up to the age of 18 years; manage young offenders up to the age of 18 years; ensure that children in need are cared for; help families maintain and strengthen their child-rearing role.

Jones & Cooper Building 24 Traford Street Gore 9710



contact@ot.govt.nz  +64 9 912 3820 (from outside New Zealand) (0508) 326 459 All services free of charge.

(0508) FAMILY No referral required. https://www.orangatamariki.govt.nz/

**Otautau and Districts Community Charitable Trust**

FSD0001300 Last updated 19/02/2021

Aims to provide support, information, and advice to the community.

174 Main Street Otautau 9610 otautautrust@gmail.com (03) 225 8069 (027) 737 3670 http://www.otautautrust.org.nz



Monday, Wednesday, Friday 9am - 4pm All services free of charge. No referral required.

**Pacific Island Advisory and Cultural Trust Inc**

FSD0020303 Last updated 09/02/2021

1. To promote the well being and cultural development of people ofPacific Island ancestry now resident in Southland and to provide an official channel to represent such people in matters concerning their welfare
2. To assist and advise Pacific Island people generally in mattersconcerning their welfare.
3. To facilitate the relationship between the Pacific Islandcommunity, churches and other organisations
4. To provide or co-operate in the provision of facilities andservices of any kind for the benefit of the Pacific Island people generally

135 Bowmont Street Appleby Invercargill 9812



reception@piact.org.nz  9 am - 4 pm weekdays (03) 214 6089 All services free of charge.

No referral required.

**Classification : PACIFIC**

**Parent to Parent New Zealand Inc - Southland**

FSD0007306 Last updated 17/08/2020

Parent to Parent is a support and information network for parents who have children and family members with a disability, health impairment or special needs. Support is provided voluntarily by trained Support Parents who have children with the same or similar needs.

Southland Community House 46 Kelvin Invercargill 9810 southland@parent2parent.org.nz  Monday to Wednesday 9:00am - 3.30pm.



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| --- | --- |
| (03) 214 3179 (027) 808 3951 http://www.parent2parent.org.nz | Thursday 9.00 am to 4.30 pm  Answerphone available outside these hours All services free of charge.  No referral required. |

**Penny Bray**

FSD0020093 Last updated 20/04/2021

Independent practitioner ACC accredited.

First floor 45 Don Street CBD Invercargill 9812



pennyebray@gmail.com  Monday to Friday, 9am to 4pm in Invercargill (022) 399 5344 Available fortnightly, in Riverton.

I can travel to remote clients in Tuatapere and Otautau.

All services free of charge. No referral required.

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| **Plunket - Gore** |  |
| FSD0001036  Plunket believes in supporting the development of healthy families. | Last updated 22/02/2021 |

12A Eccles Street Gore 9710 southern.region@plunket.org.nz  24 hour helpline.



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| (03) 218 2275 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Riverton** | Chrissy McBride: Community Support  Coordinator on 027 225 7268  Rooms open Monday - Friday 9.30am - 3.30pm.  All services free of charge. No referral required. |
| FSD0022600 | Last updated 25/01/2021 |

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

35 Napier Street Riverton 9822



(027) 687 7921  Clinic held weekly on a Tuesday.

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| http://www.plunket.org.nz | Fortnightly play, music and movement, craft group held on a Thursday.  Koha/donation may apply.  No referral required. |

**Plunket - Southland Area Office**

FSD0016437 Last updated 09/06/2020

Plunket believes in supporting the development of healthy families.

132 Kelvin Street Invercargill southland@plunket.org.nz  All services free of charge.



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| (03) 218 2275 http://www.plunket.org.nz | No referral required. |

**Presbyterian Support Southland**

FSD0001374 Last updated 27/10/2020

To provide a range of health and social services to the people of Southland and the Wakatipu Basin.

183 Spey Street Invercargill 9810



enquiry@pss.org.nz  8.30am - 5.00pm Monday to Friday

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| (03) 211 8200 http://www.pss.org.nz | Some charges may apply. No referral required. |

**Riverton Community Charitable Trust**

FSD0001338 Last updated 08/03/2021

Provides information and advice for families and individuals. geographically covers Riverton Ward Area.

37 Napier Street Riverton 9847



rivchouse@xtra.co.nz  Mon - Thurs 9am - 1pm

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| (03) 234 8206 | All services free of charge. No referral required. |

**RNZ Plunket Trust - Invercargill**

FSD0022602 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

132 Kelvin Street Invercargill 9810



judy.cook@plunket.org.nz  Monday to Friday 9am to 4pm

|  |  |
| --- | --- |
| (03) 218 2275 (027) 224 8296 http://www.plunket.org.nz      **RNZ Plunket Trust - Otautau** | Some charges may apply. No referral required. |
| FSD0022595 | Last updated 25/01/2021 |

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

181 Main Street Otautau



kelly.turner@plunket.org.nz  Fortnightly on a Friday.

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| (027) 687 7921 http://www.plunket.org.nz | Music Group weekly except school holidays Some charges may apply.  No referral required. |

**RNZ Plunket Trust - Riversdale**

FSD0022537 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development.

They are designed to support parents/caregivers in their parenting role, build parent/caregivers confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

79 Newcastle Street Riversdale 9776



southland@plunket.org.nz  Friday Monthly

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| (03) 218 2275 (027) 243 7920 http://www.plunket.org.nz      **RNZ Plunket Trust - Te Anau** | Koha/donation may apply. No referral required. |
| FSD0022605 | Last updated 25/01/2021 |

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to

Music; New baby home visits.

2 Luxmore Drive Te Anau



(027) 442 1751 http://www.plunket.org.nz

Clinics held weekly on a Thursday.

Coffee Groups held weekly.

Some charges may apply. No referral required.

**RNZ Plunket Trust - Tuatapere**

FSD0022601 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

42 Main Road Tuatapere



(027) 687 7921  Half day weekly clinic on a Tuesday by

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| http://www.plunket.org.nz      **Schools Out Hokonui** | appointment.  Thursday Playgroup.  Koha/donation may apply.  No referral required. |  |
| FSD0023944 |  | Last updated 05/04/2021 |

We are an OSCAR program offering after school and holiday care

 11 Hyde Street Gore 9710

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| amyshuttleworth12@outlook.com (022) 062 1936    **Classification : OSCAR**    **South Coast Psychology** | School term hours are 3pm-6pm  School holidays are 8am-6pm  We are also open 8am-6pm on teachers only days and school strike days Some charges may apply. No referral required. |
| FSD0019962 | Last updated 30/04/2021 |

Psychologists, Psychiatrists, ACC Registered Counsellors, Psychotherapists and Social Workers. Based Throughout Aotearoa Will travel

123 Tweed Street West Invercargill Invercargill 9810



digill@xtra.co.nz  By appointment (027) 246 8437 Some charges may apply. http://dianegillespiepsychology.vpweb.co. No referral required. nz

**Southern Funeral Home**

FSD0023995 Last updated 13/08/2020

Funeral Director

We are here to facilitate your farewell wishes at any venue that suits your family

Southern Funeral Home 106 Hokonui Drive Gore 9710



southernfuneralhome@xtra.co.nz  Weekdays 8am - 5pm

(03) 208 8004 24 hour on-call

http://www.southernfuneralhome.co.nz Some charges may apply.

No referral required.

**Southern Trauma Centre**

FSD0019957 Last updated 20/10/2020

Specialist trauma therapy. EMDR. Relationship counselling. Employee Assistance Programmes.

Psychological assessment and interventions. General counselling. Grief and Loss Counselling.

Gambling problems.

2nd floor 13 Esk Street Invercargill 9810



kay@icfc.co.nz  Mon-Fri 9.00am - 6.00pm

(03) 218 2929 Evening appointments by arrangement https://www.traumacentre.co.nz Some charges may apply.

No referral required.

**Southland Beneficiaries and Community Rights Centre Inc**

FSD0001282 Last updated 22/07/2020

Advocacy and information on benefits under the Social Security Act 1964.

258 Mersey Street Invercargill 9810



sbcrc@xtra.co.nz  Monday to Thursday 9:30 am - 2:30 pm

(03) 218 6526 Friday 9:30am -11:30am (027) 482 3904 All services free of charge.

No referral required.

**Southland Foster Care Association Inc**

FSD0001323 Last updated 17/09/2020

The Association is open to any foster parents, in-family caregivers and special needs fostering.

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| jeffnroserhind@gmail.com  (03) 206 4458  (027) 497 0132 | Rose is available during week days to contact.  Some charges may apply.  No referral required. |

**Southland Help**

FSD0001407 Last updated 25/02/2021

Offers a support service to anyone who has been raped or sexually abused/harmed, including information, education, counselling and referral services to police, doctors and court support.

225 Tweed Street Appleby Invercargill 9812



contact@southlandhelp.nz  The office is open 9:00am until 5:00pm - Monday

(03) 218 4357 to Friday

(03) 218 4358 FREE text to 0272162079

http://www.southlandhelp.nz Call centre 0274 680 007

All services free of charge. No referral required.

**Classification : FVSS, SHSS**

**Southland Local Council Website**

FSD0017700 Last updated 02/07/2020

Find council services and information online by clicking on the website link

updates@familyservices.govt.nz  Online http://www.southlanddc.govt.nz/ All services free of charge.

No referral required.

**Space for you and your baby at Playcentre Aotearoa - Southern**

**Region**

FSD0023678 Last updated 10/11/2020

Space for you and your baby offers parenting support & early childhood education for new parents & their babies.

328 Tramway Road Heidelberg Invercargill 9812 southern.prgadmin@playcentre.org.nz  Some charges may apply.



(03) 488 3932 No referral required.

(027) 808 6792 https://www.playcentre.org.nz/futuremembers/space-at-playcentre/

**St Mary's School Oscar Programme**

FSD0021839 Last updated 11/01/2021

We provide OSCAR approved child care for after school care and six weeks holiday programme per year for students year's 1-7.

14 Ardwick Street Gore 9710



admin@stmarys.school.nz  After school programme runs for school term

|  |  |
| --- | --- |
| (03) 208 7733  (027) 641 6929    **Classification : OSCAR** | only between 3pm - 6pm and the holiday programme is open for six weeks during the year from 8.30am - 5.30pm.  Some charges may apply.  No referral required. |

**STOP Adolescent and Children's Services - Invercargill**

FSD0016473 Last updated 21/07/2020

STOP's vision is "a community free of sexual abuse" - this will be achieved by providing assessment and intervention for adolescent males who have engaged in harmful sexual behaviour and children with concerning sexualised behaviours.

2nd Floor, Menzies Building 1 Esk St West Invercargill 9810



bryan.oneill@stop.org.nz  Phones are not manned every day leave

(03) 353 0257 message on answer machine or ring

http://stop.org.nz Christchurch Office if urgent (03) 353 0257.

Referral enquires to Team Leader, Bryan O'Neill on (03) 353 0257.

All services free of charge. Referral may apply.

**Strengthening Families - Gore**

FSD0007553 Last updated 21/12/2020

Strengthening Families is a way of providing better co-ordinated support for families/whanau by using an interagency case management approach. It aims to improve family health, educational attainments and reduce the incidence of persistent offending or abuse and neglect.

Community Connections Centre 1 Charlton Lane Gore 9710



sfgore@cnt.org.nz  Monday to Friday (03) 208 8480 All services free of charge.

(027) 600 1800 Referral may apply.

http://www.strengtheningfamilies.govt.nz

**Strengthening Families - Invercargill**

FSD0008148 Last updated 07/10/2020

Strengthening Families is a way of providing better co-ordinated support for families/whanau by using an interagency case management approach. It aims to improve family health, educational attainments and reduce the incidence of persistent offending or abuse and neglect.

183 Spey Street Invercargill 9810



msellars@familyworkssld.nz  Monday to Friday (03) 211 8230 All services free of charge.

(027) 208 2858 Referral may apply.

http://www.strengtheningfamilies.govt.nz

**Takitimu Community Development Inc**

FSD0017082 Last updated 22/03/2021

Offer a free, confidential help, support, information and advice service, for individuals, families, elderly, groups in the community. Promoting the interests and wellbeing of the individual members of the community. Training / courses in response to the community needs. Referral service to other community agencies. Support with community development projects. Foodbank service.

79 Birchwood Road Ohai



takitimucommunity@xtra.co.nz  Mon, Tue, Wed 8.30am - 4pm

|  |  |
| --- | --- |
| (03) 225 4522  (021) 0220 9534 | Thursday 8.30am until 12.30pm All services free of charge.  No referral required. |

**Te Iho Awhi Rito Social Services**

FSD0001040 Last updated 25/10/2020

Mission "To promote safe and informed and confident whanau by acknowledging the diverse Hapu and Iwi communities"

11 Hyde Street Gore 9710



awhirito@xtra.co.nz  9.00 am - 5.00 pm Monday to Friday

|  |  |
| --- | --- |
| (03) 208 0224  (027) 371 3920 | Later appointments by arrangement.  All services free of charge.  No referral required. |

**Te Whare Hou Invercargill Women's Refuge**

FSD0007685 Last updated 18/08/2020

Women's Refuges work to raise public awareness of violence against women and children, promoting the prevention and elimination of violence, and the rights of women and children to care and protection. For support, please ring our Crisis Line: 0800 REFUGE (0800 733 843). In an emergency, please ring 111.

|  |  |
| --- | --- |
| ingillrefuge@xtra.co.nz  (03) 218 9790  (0800) 733 843 REFUGE http://www.womensrefuge.org.nz | 24 hour crisis line 0800 733 843 REFUGE Some charges may apply.  No referral required. |

**The Compassionate Friends Parent Bereavement Group**

FSD0001301 Last updated 14/04/2021

A grief support group set up for families who have lost a child.

(027) 356 2271  After4:00pm weekdays

All services free of charge. No referral required.

**The Salvation Army - Gore**

FSD0001037 Last updated 17/04/2021

Worship, community and welfare services of The Salvation Army

21 Irwell Street Gore 9710



gore.corps@salvationarmy.org.nz  Monday, Tuesday, Wednesday, Thursday,

|  |  |
| --- | --- |
| (03) 208 4443 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/otagosouthland/gore/gore-corps | Friday. 1pm - 4pm with after hours numbers available on the answer phone service at this number.  Some charges may apply.  No referral required. |

**The Salvation Army - Invercargill**

FSD0001386 Last updated 17/04/2021

Worship, community and welfare services of The Salvation Army

29-31 Victoria Avenue Invercargill 9810



invercargill.corps@salvationarmy.org.nz  Monday - Friday 09.30am - 3.00pm @ 110

|  |  |  |
| --- | --- | --- |
| (03) 218 3094 http://www.salvationarmy.org.nz/centres/n z/otago-southland/invercargill    **Classification : THP**    **The Salvation Army - Winton** | Leven  Sunday 10:30am 29 - 31 Victoria Ave | |
| Some charges may apply. Referral may apply. |  |
| FSD0023572 |  | Last updated 20/04/2021 |

Worship, community and welfare services of The Salvation Army

7 Dejoux Road Winton 9720 winton\_corps@salvationarmy.org.nz  Some charges may apply.



(03) 236 0928 No referral required.

https://www.salvationarmy.org.nz/centres/ nz/otago-southland/winton/winton-corps

**Tony and Viv Smith - Counsellors**

FSD0001306 Last updated 11/12/2020

Tony and Viv Smith deal with many areas of counselling mainly to do with personal and family relationships, workplace issues, grief, loss, anxiety and depression. We offer Professional Supervision for professionals working in helping agencies. We are both full members of NZAC.

153 Tweed Street Appleby Invercargill 9812



tony\_viv@hotmail.com  Tuesday - Friday 9am - 5pm

(03) 218 1111 Some charges may apply. (021) 341 300 No referral required.

**Tuatapere Community Worker Support Trust**

FSD0021264 Last updated 02/01/2021

We offer a free and confidential service to the community. We provide support and information to all members of community, work with others to develop social, educational, recreational and cultural activities and services. We provide a referral service and initiate training/courses in response to community needs.

This is an information and referral agency. We also provide free advice, confidential help, a listening ear, information, referrals, foodbank, and work with others to develop social, educational and cultural activities and services.

Room 5 69A Orawia Road Tuatapere 9620



tcworker@xtra.co.nz  1000 to 1500

(027) 757 5983 Monday to Thursday

All services free of charge. No referral required.

**Victim Support - Gore**

FSD0001031 Last updated 02/02/2021

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

|  |  |
| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Invercargill** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015306 | Last updated 02/02/2021 |

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

|  |  |
| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week All services free of charge.  No referral required. |

**Victim Support - Southland Rural**

FSD0015722 Last updated 02/02/2021

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

|  |  |
| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week All services free of charge.  No referral required. |

**Weka OSCAR**

FSD0021887 Last updated 12/01/2021

Providing After School Care and Recreation for the Community of Winton.

197 Park Street Winton 9720



office@wekapreschool.com  2.45pm-5.30pm

|  |  |
| --- | --- |
| (03) 236 7393 http://wekapreschool.com    **Classification : OSCAR** | Some charges may apply. No referral required. |

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**XO Kids**

FSD0017897 Last updated 30/10/2020

OSCAR care - before school, after school and holiday programmes.

9 Tay Street Invercargill 9810



kids@xo.church  Office hours - Tue-Fri 9 till 6

|  |  |
| --- | --- |
| (03) 218 4007 (027) 631 9536 http://www.cornerstonenewlife.org    **Classification : OSCAR**    **YMCA Invercargill** | School days Breakfast club 7-9am  After School programme 2:30pm - 6:00pm Holiday programme 7am - 6pm Some charges may apply. No referral required. |
| FSD0022419 | Last updated 11/02/2021 |

Delivering social services to our community, that build strong kids, strong families and strong communities and empowering young people to recognize and achieve their potential and live rewarding lives.

77 Tay St Invercargill 9840



reception@ymcasouth.org.nz  Monday-Friday 8:30am - 5:00pm

|  |  |
| --- | --- |
| (03) 218 2989 ext 5 http://www.ymcasouth.org.nz/ | Some charges may apply. No referral required. |

**Classification : OSCAR**

**Youthline Southland**

FSD0006538 Last updated 27/07/2020

Phone, TXT and Email counseling for people of all ages with a specific focus on 10 to 30 years.

Call TXT or email between 8am-Midnight, 7 days a week. Midnight to 8am, crisis support calls. We also provide volunteer training for members of the community who wish to become Youthline Helpline Counselors.

46 Kelvin Street Invercargill



southland@youthline.co.nz  24/7 Helpline

|  |  |
| --- | --- |
| (03) 211 0031 |  |
| (0800) 37 66 33 http://www.youthline.co.nz | Office hours 9am - 4pm All services free of charge.  No referral required. |

# Family Violence

**Age Concern Southland Inc**

FSD0006672 Last updated 19/11/2020

Your local Age Concern is your first port of call when you and your family/whanau need: information, advice, referral and support.

50 Forth Street Invercargill



janette@acinv.org.nz  Monday to Friday, 9am - 4pm.

(03) 218 6351 Some charges may apply. http://www.ageconcern.org.nz Referral may apply.

**Barnardos - Southland**

FSD0006808 Last updated 19/01/2021

Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. The services we provide reflect our commitment to ensuring that all children are able to receive the very best start to life.

120b Leet Street Invercargill



southland.amu@barnardos.org.nz  0800 BARNARDOS 0800 227 627

|  |  |
| --- | --- |
| (03) 214 7751 (0800) 227 627 http://www.barnardos.org.nz | General enquiries  0800 4 BARNARDOS 0800 422 762 Childcare enquiries  0800 WHATS UP 0800 942 8787  Free children's helpline Some charges may apply.  Referral may apply. |

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Gore & Clutha Women's Refuge**

FSD0007684 Last updated 11/01/2021

We provide: 24 hour crisis line, emergency accommodation, community and outreach services, information and advice, women and children's education programmes, referral service and support to attend appointments.

77A Main Street Gore 9710



admin@gorerefuge.org.nz  Office hours 8am - 5pm Weekdays.

|  |  |
| --- | --- |
| (03) 208 8384  (0800) 00 43 43      **Gore Counselling Centre** | 24 hours crisisline 0800 00 43 43 Some charges may apply. No referral required. |
| FSD0001027 | Last updated 08/07/2020 |

We assist people in working through a wide range of personal and professional issues toward renewed growth and development.

13 Traford Street Gore



inquiry@gorecounsellingcentre.com  Monday to Thursday 8.30am - 5.00pm - 24 hour

|  |  |
| --- | --- |
| (03) 208 5366 (027) 860 3056 http://gorecounsellingcentre.com | answer service. Wheelchair access available.  Some charges may apply.  Referral may apply. |

**Classification : FVSS, SHSS**

**Lighthouse Southland**

FSD0001403 Last updated 07/04/2021

Lighthouse Southland is a specialist Family Violence agency, providing group and individual programmes to perpetrators and victims of domestic/family violence. We also provide an individual programme for adolescents from 12-17 years using aggressive and violent behaviour.

19 Yarrow Street Invercargill 9810 office@lighthousesouthland.org.nz  Monday to Thursday 8:30am - 5:00pm.



(03) 218 4468 Friday 8:30am - 3:00pm

(027) 260 5034 Some charges may apply. http://www.stoppingviolencesouthland.co. No referral required. nz

**Classification : FVSS**

**Penny Bray**

FSD0020093 Last updated 20/04/2021

Independent practitioner ACC accredited.

First floor 45 Don Street CBD Invercargill 9812



pennyebray@gmail.com  Monday to Friday, 9am to 4pm in Invercargill (022) 399 5344 Available fortnightly, in Riverton.

I can travel to remote clients in Tuatapere and Otautau.

All services free of charge. No referral required.

**Southland Help**

FSD0001407 Last updated 25/02/2021

Offers a support service to anyone who has been raped or sexually abused/harmed, including information, education, counselling and referral services to police, doctors and court support. 225 Tweed Street Appleby Invercargill 9812



contact@southlandhelp.nz  The office is open 9:00am until 5:00pm - Monday

(03) 218 4357 to Friday

(03) 218 4358 FREE text to 0272162079

http://www.southlandhelp.nz Call centre 0274 680 007

All services free of charge. No referral required.

**Classification : FVSS, SHSS**

**STOP Adolescent and Children's Services - Invercargill**

FSD0016473 Last updated 21/07/2020

STOP's vision is "a community free of sexual abuse" - this will be achieved by providing assessment and intervention for adolescent males who have engaged in harmful sexual behaviour and children with concerning sexualised behaviours.

2nd Floor, Menzies Building 1 Esk St West Invercargill 9810



bryan.oneill@stop.org.nz  Phones are not manned every day leave

(03) 353 0257 message on answer machine or ring

http://stop.org.nz Christchurch Office if urgent (03) 353 0257.

Referral enquires to Team Leader, Bryan O'Neill on (03) 353 0257.

All services free of charge. Referral may apply.

**Te Whare Hou Invercargill Women's Refuge**

FSD0007685 Last updated 18/08/2020

Women's Refuges work to raise public awareness of violence against women and children, promoting the prevention and elimination of violence, and the rights of women and children to care and protection. For support, please ring our Crisis Line: 0800 REFUGE (0800 733 843). In an

emergency, please ring 111.

ingillrefuge@xtra.co.nz (03) 218 9790 (0800) 733 843 REFUGE http://www.womensrefuge.org.nz

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Victim Support - Gore**  FSD0001031 Last updated 02/02/2021  Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.   |  |  | | --- | --- | | nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Invercargill** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. | | FSD0015306 | Last updated 02/02/2021 |   Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime. |

24 hour crisis line 0800 733 843 REFUGE Some charges may apply. No referral required. nationaloffice@victimsupport.org.nz

(0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz



The Victim Support Service is available 24 hours, 7 days a week All services free of charge.

|  |
| --- |
| **Victim Support - Southland Rural**  FSD0015722 Last updated 02/02/2021  Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime. |

No referral required.

nationaloffice@victimsupport.org.nz

(0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz The Victim Support Service is available 24 hours, 7 days a week All services free of charge.

No referral required.

# Health

**Access Community Health - Invercargill Office**

FSD0001264 Last updated 02/11/2020

Access is one of New Zealand's leading healthcare providers, specialising in home-based healthcare and support. We work with the Ministry of Health, DHB and ACC, among others, to support 20,000 people nationwide to live independently in their own homes.

96 Otepuni Avenue Newfield Invercargill 9812



info@access.org.nz  Office hours 8:30am - 4:30pm

(0800) 284 663 telephone answering service available - call http://www.access.org.nz 0800 AT HOME (0800 284 663).

All services free of charge. Referral may apply.

**Age Related Needs Assessment and Service Coordination**

FSD0001269 Last updated 13/07/2020

The Aged Care Needs Assessment and Service Coordination is a district wide service that is based in Dunedin, Invercargill and the Rural Hospitals. The services provides assessment to identify the level of need for ongoing support in the home and community settings. Services are allocated based on this identified need. The service provides support for elderly people with an ongoing disability.

Assessment and Coordination Unit - Kew Hospital Invercargill



SouthernDHBCCC@southerndhb.govt.nz  Monday - Friday 8am - 4.30pm

(0800) 627 236 All services free of charge.

(03) 470 9300 No referral required. https://www.southernhealth.nz/

**Alzheimers Society Southland Inc**

FSD0006738 Last updated 09/10/2020

Alzheimers Society Southland assists people with dementia, their carers and families, providing support, resources, education, advocacy and raising public awareness.

135 Yarrow Street Invercargill 9810



alzheimers.southlandcsw@xtra.co.nz  Monday - Friday 9.00am - 4.30pm

(03) 214 0984 All services free of charge.

(0800) 004 001 No referral required.

http://www.alzheimers.org.nz/southland

**Arthritis New Zealand - Invercargill (Southland)**

FSD0006769 Last updated 02/03/2021

Arthritis New Zealand is a positive, vibrant organisation committed to 'enabling a better quality of life' for people with arthritis through support services, education, self management programmes, lobbying, and research funding.

|  |  |
| --- | --- |
| info@arthritis.org.nz (0800) 663 463 http://www.arthritis.org.nz      **Awarua Whanau Services** | Some charges may apply. No referral required. |
| FSD0001280 | Last updated 14/08/2020 |

AWS provides services that address social, health, early educational need and Rangatahi

Services. This includes Mother and Pepi, Tamariki Ora, Whanau Ora, Whanau Tautoko, Counselling, Rangatahi programmes and support.

190 Forth Street Invercargill admin@awarua.org.nz  8.30am - 5.00pm, Monday to Friday.



|  |  |
| --- | --- |
| (03) 218 6668 (0800) 292 782 http://www.awarua.org.nz | All services free of charge. Referral may apply. |

**Breastfeeding Support - La Leche League Invercargill**

FSD0001343 Last updated 26/06/2020

La Leche League (pronounced La Lay-chay) is a volunteer non-profit organisation which provides information and mother-to-mother support for women breastfeeding their babies or wanting to. We encourage women to contact us before their baby is born, as well as while they are breastfeeding.

Support is available through group meetings, coffee groups, phone, Facebook and email.

The Pod (behind The Pantry) 133 Grace Street Invercargill



help@lalecheleague.org.nz  Free monthly meetings

|  |  |
| --- | --- |
| (03) 213 0643 Kathy (021) 157 6296 Christine http://www.lalecheleague.org.nz | 1st FRIDAY of the month, 10am at The Pod.  Coffee group/enrichment session  3rd Friday of the month at changing locations. See our Facebook page or phone for more information  Koha/donation may apply.  No referral required. |

**Cancer Society of NZ - Otago/Southland Division - Invercargill Office**

FSD0001288 Last updated 30/04/2021

A non profit organisation that seeks to minimize the impact of cancer on our community through support, education and research.

149 Spey Street Invercargill 9810 adminsouth@cansoc.org.nz  9 am - 4.30 pm daily.



|  |  |
| --- | --- |
| (03) 218 4108 https://cancernz.org.nz/ | All services free of charge. No referral required. |

**Cardiac Club of Southland (Incorporated)**

FSD0001290 Last updated 12/11/2020

Provides support for people with cardiac problems and their families.

 Heart Foundation, Hargest House 62 Deveron Street Invercargill 9840

|  |  |
| --- | --- |
| noeleneandpeter@msn.com  (03) 217 6616 | 3rd Tuesday of month at Richmond Grove Church Hall, Yarrow Street. Time varies. Please contact for details.  Some charges may apply.  No referral required. |

**Clinical Nurse Specialists - Stewart Island**

FSD0002195 Last updated 02/01/2021

Generalist Nurses - cover a wide range of services in Stewart Island.

7 Argyle Street Oban Stewart Island



martin.pepers@southerndhb.govt.nz  Nurses available 24 hours on call. Clinic opens

|  |  |
| --- | --- |
| (03) 219 1098 | 10 am -12:30 pm approx. In emergency call 111.  Service Stewart Island and surrounding environment, plus off shore Islands (eg Codfish Island).  Some charges may apply.  No referral required. |

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/Collaborative-

Networks-Southland.pdf

**Cystic Fibrosis New Zealand - Otago**

FSD0001312 Last updated 23/07/2020

Providing support and education for people with Cystic Fibrosis and their families.

otago@cfnz.org.nz  All services free of charge.

(021) 0222 1203 No referral required.

(027) 481 3196 http://www.cfnz.org.nz

**Diabetes NZ Southland Branch**

FSD0007821 Last updated 10/08/2020

Supporting all people in Southland affected by diabetes to live well.

151 Gala Street Invercargill 9810



diabetes.southlandfo@xtra.co.nz  Fridays 11.00am to 3.00pm

|  |  |
| --- | --- |
| (03) 218 3422 https://www.diabetes.org.nz/branchsouthland | Some charges may apply. No referral required. |

**Diabetes Youth New Zealand - Southland**

FSD0007603 Last updated 12/01/2021

Provides support for families and youths with diabetes.

151 Gala Street Invercargill 9810



diabetes.southlandfo@xtra.co.nz  Some charges may apply.

(03) 218 3422 No referral required.

https://www.diabetes.org.nz/branchsouthland

**Eastern Southland M.E. Support Group**

FSD0001048 Last updated 15/02/2021

Provide information and support to sufferers of M.E. and their caregivers.

25 Hyde Street Gore



(03) 208 0111  Can be contacted at any time for help

|  |  |
| --- | --- |
| http://www.anzmes.co.nz | All services free of charge. No referral required. |

**Epilepsy Association of New Zealand Southland Branch**

FSD0007013 Last updated 03/12/2020

Epilepsy can affect anyone at anytime. Epilepsy New Zealand works to promote the welfare and interests of people, and their family/whanau, with epilepsy and to increase public awareness.

Southland Community House 46 Kelvin Street Invercargill 9810



southland@epilepsy.org.nz  Please phone 0800 EPILEPSY to arrange an

(03) 218 3089 appointment with your local Educator.

(0800) 37 45 37 (0800 EPILEPSY) All services free of charge. http://www.epilepsy.org.nz No referral required.

**Family Planning Clinic - Invercargill**

FSD0007035 Last updated 18/08/2020

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.

142 Esk Street Invercargill 9810



(03) 214 4978  Please ring to make an appointment. http://familyplanning.org.nz Some charges may apply.

No referral required.

**Gore Cancer Support Group**

FSD0001044 Last updated 22/03/2021

Support, information and advice for cancer sufferers and their families.

7 Dunns Road Mataura Gore



(03) 203 8202  Anytime

|  |  |
| --- | --- |
| (027) 627 4839 | All services free of charge. No referral required. |

**Head Injury Society of Southland**

FSD0001332 Last updated 29/09/2020

We provide support, information, education and advocacy for head-injured people, their families/whanau. carers and the wider community. Any one can access our services and they are free of charge.

46 Kelvin Street Invercargill



his-sth@xtra.co.nz  9.30am - 3.00pm Monday to Thursday

|  |  |
| --- | --- |
| (03) 214 4154  (027) 425 7301      **Health Social Workers** | All services free of charge. No referral required. |
| FSD0001333 | Last updated 17/02/2021 |

To assist and empower individuals, whanau/families, groups and communities to deal with the results of changes in health, to move towards goals and to get the most from the local resources available.

Social Work Services, Southland Hospital - Kew Road Invercargill



(03) 214 5719  8.00am - 4.30pm Monday to Friday

All services free of charge. No referral required.

**HealthCare NZ - Gore**

FSD0006278 Last updated 16/06/2020

Our specialist home support and nursing services will help you to stay as active and healthy as possible; able to enjoy the comfort and freedom that comes with living in your own home.

We offer a wide range of services designed to enable you to live your life the way you want to from the security of your own home. They include: personal care such as grooming, showering and dressing; home help such as housework; assistance with meal preparation, shopping, mobility; and many other areas in which you may need help; nursing care such as post-operative care, wound care, medication management and many other specialised nursing services

Staying in your own home has never been easier!

82A/B Broughton Street Gore



gore.office@healthcarenz.co.nz  Normal business hours

|  |  |
| --- | --- |
| (03) 208 1953 http://www.healthcarenz.co.nz      **HealthCare NZ - Invercargill** | Some charges may apply. No referral required. |
| FSD0006296 | Last updated 11/09/2020 |

For over 25 years Healthcare NZ – Community Health has been supporting people to enjoy greater independence and quality of life.

We provide Home and Community Support Services to people referred to us from

* Southern District Health Board (Good to be home service)
* Ministry of Health (Disability support service)
* ACC (Realise service)

Our Good to be home service for older people will support you to continue living in your own home. We offer the specialist support you need to enjoy maximum wellbeing and independence. Our Realise rehabilitation support services are for people living with or recovering from an injury. We ensure that you have the rehabilitation support required to regain or maintain maximum independence.

Our Disability support service are committed to supporting people to lead regular lives in the community whatever their disability or level of need.

 192 Spey Street Invercargill 9810

invercargill.office@healthcarenz.co.nz  Normal business hours http://www.healthcarenz.co.nz All services free of charge.

No referral required.

**Heart Foundation - Southland branch**

FSD0006481 Last updated 09/11/2020

The Heart Foundation is New Zealand’s heart charity, leading the fight against heart disease - our country’s single biggest killer. We fund innovative heart research and specialist training for cardiologists, support people (and their families) living with heart disease and provide educational programmes that promote heart-healthy living. heartfoundation.org.nz

Hargest House 62 Deveron Street Invercargill 9810



andreas@heartfoundation.org.nz  9.00am - 12.00pm Monday to Wednesday and

(03) 214 5444 Friday

http://www.heartfoundation.org.nz/ All services free of charge. No referral required.

**Heart Kids Southland**

FSD0001335 Last updated 08/04/2021

Service offers support for parents and families of children with heart conditions, and support for parents whose children require surgery in Auckland.

1652 Argyle Otahuti Road Invercargill 9874



marlene.dutoitparks@heartnz.org.nz  Anytime

(021) 848 779 All services free of charge. https://heartkids.org.nz/branches/southlan No referral required. d

**Hokonui Runanga Health and Social Services Trust**

FSD0001034 Last updated 19/01/2021

We provide services in Health Education, Counselling, Advisory, Court Support, Holiday Programmes, DARE Programmes, Mentoring Programmes and Cultural Programmes.

140 Charlton Road Gore 9710



hokonui.office@ngaitahu.iwi.nz  Monday - Friday 9am - 3pm

|  |  |
| --- | --- |
| (03) 208 7954 http://www.hokonuirunanga.org.nz/ | All services free of charge. No referral required. |

**Kidney Society (Southland) Inc**

FSD0001342 Last updated 11/12/2020

Discussion and education about renal problems of any kind. We welcome people to attend our Bimonthly meetings. A great support group of Southland Renal patients.

drmclean59@gmail.com  Available any time.

(03) 217 2363 Koha/donation may apply. (027) 339 7476 No referral required.

**New Zealand Red Cross Southland Area**

FSD0001050 Last updated 01/10/2020

A humanitarian organisation providing programmes and services that enhance community resilience. In Southland programmes include: refugee resettlement; disaster welfare support; community and business first aid training; curtain bank and winter warmer packs; hospital transport (Eastern Southland).

120A Leet Street Invercargill 9810



invercargill@redcross.org.nz  Monday - Friday 9.00am - 5.00pm

|  |  |
| --- | --- |
| (0800) 733 2767 http://www.redcross.org.nz | Some charges may apply. Referral may apply. |

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

92 Spey Street Invercargill



admin@kaitahu.maori.nz  Monday & Tuesday 9am-7pm

|  |  |
| --- | --- |
| (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC**    **Number 10** | (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply. Referral may apply. |
| FSD0019657 | Last updated 01/02/2021 |

Number 10 Southland Youth One Stop Shop is a non-profit organisation providing free social and health services to youth aged 10-24. Our mission is to provide a safe place which gives youth access to services that promote their mental, physical, spiritual, emotional and whanau wellbeing. To achieve this mission Number 10 works under a holistic Te Whare Tapa Wha model of care and our services include free doctor and nurse clinics, youth workers and counsellors. We also run a number of groups including development groups for guys and girls and a Community Youth group.

10 Deveron Street Invercargill 9840



admin@number10.org.nz  Monday, Tuesday, Thursday, Friday 9am -

(03) 214 1013 4.30pm

(027) 472 4703 Wednesday 9am - 6pm

http://www.number10.org.nz All services free of charge.

No referral required.

**Oncology Psychology Service**

FSD0001360 Last updated 24/02/2021

This service provides support and advice for all oncology and haematology patients and their families. there is a social work service available to help this unit. Cancer society supporter. Focus support groups.

 201 Great King Street North Dunedin Dunedin 9016

dean.fogarty@southerndhb.govt.nz  8.30am - 5pm Monday to Friday

(03) 474 0999 All services free of charge. https://www.southernhealth.nz/services/so Referral may apply.

uthern-dhb-oncology-and-haematologyotago

**Options Counselling Service - Southland District Health Board**

FSD0001262 Last updated 16/07/2020

We understand that coping with an unplanned pregnancy can be a very difficult and stressful time. Our Options Counsellors have the skills and training to help you through this difficult time. We facilitate an opportunity to explore your options in a neutral and supportive environment, so you can make the informed decision that is best for you.

Southland Hospital - Kew Road Invercargill



optionscounsellor@sdhb.govt.nz  Monday - Friday 8.30am - 5pm

(03) 214 5719 All services free of charge.

No referral required.

**Otautau Health Limited**

FSD0020214 Last updated 05/01/2021

Drug testing services for Work and Income beneficiaries (On-site Screening $80.00

Off site screen $80 plus .77c per km travel). We are a medical centre and provide primary health care to our rural community.

3 Chester Street Otautau 9610



natalie.carran@otautauhealth.co.nz  Weekdays 8.30am to 12.30pm

(03) 225 8099 1.30pm to 5pm

Some charges may apply. Referral may apply.

**Classification : DTS**

**Pacific Island Advisory and Cultural Trust Inc**

FSD0020303 Last updated 09/02/2021

1. To promote the well being and cultural development of people ofPacific Island ancestry now resident in Southland and to provide an official channel to represent such people in matters concerning their welfare
2. To assist and advise Pacific Island people generally in mattersconcerning their welfare.
3. To facilitate the relationship between the Pacific Islandcommunity, churches and other organisations
4. To provide or co-operate in the provision of facilities andservices of any kind for the benefit of the Pacific Island people generally

135 Bowmont Street Appleby Invercargill 9812



reception@piact.org.nz  9 am - 4 pm weekdays (03) 214 6089 All services free of charge.

No referral required.

**Classification : PACIFIC**

**Plunket - Gore**

FSD0001036 Last updated 22/02/2021

Plunket believes in supporting the development of healthy families.

12A Eccles Street Gore 9710 southern.region@plunket.org.nz  24 hour helpline.



|  |  |
| --- | --- |
| (03) 218 2275 |  |
| (0800) 933 922 http://www.plunket.org.nz | Chrissy McBride: Community Support  Coordinator on 027 225 7268 |

Rooms open Monday - Friday 9.30am - 3.30pm.

All services free of charge. No referral required.

**Plunket - Riverton**

FSD0022600 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

35 Napier Street Riverton 9822



(027) 687 7921  Clinic held weekly on a Tuesday.

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| http://www.plunket.org.nz | Fortnightly play, music and movement, craft group held on a Thursday.  Koha/donation may apply.  No referral required. |

**Plunket - Southland Area Office**

FSD0016437 Last updated 09/06/2020

Plunket believes in supporting the development of healthy families.

132 Kelvin Street Invercargill southland@plunket.org.nz  All services free of charge.



|  |  |
| --- | --- |
| (03) 218 2275 http://www.plunket.org.nz | No referral required. |

**Pregnancy Help Inc - Invercargill**

FSD0007394 Last updated 25/06/2020

Pregnancy Help supports the well being of pregnant and recently pregnant women, new mothers and their families/whanau.

34 Forth Street Invercargill 9843



southland@pregnancyhelp.org.nz  Tuesdays 10.30am to 1pm or by appointment.

|  |  |
| --- | --- |
| (03) 213 1424 (027) 612 4615 http://www.pregnancyhelp.org.nz | All services free of charge. No referral required. |

**Presbyterian Support Southland**

FSD0001374 Last updated 27/10/2020

To provide a range of health and social services to the people of Southland and the Wakatipu Basin.

183 Spey Street Invercargill 9810



enquiry@pss.org.nz  8.30am - 5.00pm Monday to Friday

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| (03) 211 8200 http://www.pss.org.nz | Some charges may apply. No referral required. |

**Public Health South: Invercargill**

FSD0001379 Last updated 05/02/2021

The overall goal of Public Health South is to be effective in preventing disease, minimising health risks and maximising health for the population in the region. All activities undertaken by Public Health South staff have been designed to promote, improve and protect the health status of the population with a focus on reducing health inequalities in population health status.

23 Fourth Street Invercargill 9810



contactus@southerndhb.govt.nz  Monday to Friday 8.30am - 4.30pm.

(03) 474 0999 All services free of charge. https://www.southernhealth.nz/ No referral required.

**RNZ Plunket Trust - Invercargill**

FSD0022602 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

132 Kelvin Street Invercargill 9810



judy.cook@plunket.org.nz  Monday to Friday 9am to 4pm

|  |  |
| --- | --- |
| (03) 218 2275 (027) 224 8296 http://www.plunket.org.nz      **RNZ Plunket Trust - Otautau** | Some charges may apply. No referral required. |
| FSD0022595 | Last updated 25/01/2021 |

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

181 Main Street Otautau



kelly.turner@plunket.org.nz  Fortnightly on a Friday.

|  |  |
| --- | --- |
| (027) 687 7921 http://www.plunket.org.nz | Music Group weekly except school holidays Some charges may apply.  No referral required. |

**RNZ Plunket Trust - Riversdale**

FSD0022537 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development.

They are designed to support parents/caregivers in their parenting role, build parent/caregivers confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

79 Newcastle Street Riversdale 9776



southland@plunket.org.nz  Friday Monthly (03) 218 2275 Koha/donation may apply.

(027) 243 7920 No referral required. http://www.plunket.org.nz

**RNZ Plunket Trust - Tuatapere**

FSD0022601 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to

Music; New baby home visits.

42 Main Road Tuatapere



(027) 687 7921 http://www.plunket.org.nz

**South Coast Psychology**

Half day weekly clinic on a Tuesday by appointment.

Thursday Playgroup.

Koha/donation may apply. No referral required.

FSD0019962 Last updated 30/04/2021

Psychologists, Psychiatrists, ACC Registered Counsellors, Psychotherapists and Social Workers. Based Throughout Aotearoa Will travel

123 Tweed Street West Invercargill Invercargill 9810



digill@xtra.co.nz  By appointment (027) 246 8437 Some charges may apply. http://dianegillespiepsychology.vpweb.co. No referral required. nz

**Southland Asthma Society Inc.**

FSD0006785 Last updated 04/09/2020

Southland Asthma Society (Inc.) is a non-government, non-profit organisation which aims to help people with asthma and respiratory conditions.

Federated Farmers Building 70 Forth Street Invercargill 9810



southlandasthma@xtra.co.nz  Office Hours: Monday to Friday 10:30 - 2:30

(03) 214 2356 All services free of charge. http://www.asthmafoundation.org.nz No referral required.

**Southland Multiple Sclerosis Society Inc.**

FSD0001340 Last updated 26/01/2021

Provides information, education, home visits & support for people with MS, Parkinson's and Huntington's, their caregivers and families.

Multiple Sclerosis Society Centre 151 Gala St Queens Park Invercargill 9810



info@mssouthland.org.nz  10.00am - 3.00pm Monday to Friday

(03) 218 3975 All services free of charge. https://www.msnz.org.nz/contact-your- No referral required. regional-society/

**Southland Stroke Club Inc.**

FSD0001404 Last updated 19/04/2021

Provides support for stroke survivors and their caregivers. We have club afternoons we were provide information, support and friendship, we also have entertainment and activities. The Community Stroke Advisor can be available on request to provide information. Club days provide transport and afternoon tea for a small cost.

Southland Community House 46 Kelvin Street Invercargill 9810



strokeclubinvercargill@gmail.com  Meetings 1st and 3rd Monday of the month

(03) 214 0308 fortnightly 1:30pm - 3:30pm, at Saint Andrews (027) 267 4224 Presbyterian Church Hall. Manse Street, South

City, Invercargill. Please ring to confirm dates.

Some charges may apply. No referral required.

**Youthline Southland**

FSD0006538 Last updated 27/07/2020

Phone, TXT and Email counseling for people of all ages with a specific focus on 10 to 30 years.

Call TXT or email between 8am-Midnight, 7 days a week. Midnight to 8am, crisis support calls. We also provide volunteer training for members of the community who wish to become Youthline Helpline Counselors.

46 Kelvin Street Invercargill



southland@youthline.co.nz  24/7 Helpline

|  |  |
| --- | --- |
| (03) 211 0031 |  |
| (0800) 37 66 33 http://www.youthline.co.nz | Office hours 9am - 4pm All services free of charge.  No referral required. |

# Legal / Civil Services

**Citizens Advice Bureau Invercargill Inc.**

FSD0006917 Last updated 15/02/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each bureau. The service can be accessed by phone, email or in person.

36 Don Street Invercargill 9810



Invercargill@cab.org.nz  Monday to Friday 9.00am to 5.00pm.

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| --- | --- |
| (03) 218 6648  (03) 218 2217 http://www.cab.org.nz | JP Clinics - Saturday 10am to noon Legal Clinics - Thursday 7pm to 8.15pm.  Financial Advice Clinic - first Wednesday of the month 1pm - 2.30pm All services free of charge.  No referral required. |

**Community Law Centre (Southland)**

FSD0001298 Last updated 16/03/2021

Provides free legal advice and information to the community. Our team is available for advice and information through our volunteer clinics, representation in court, information services, outreach

and education workshops.

33 Don Street Invercargill 9810 enq@comlawsth.co.nz (03) 214 3180 (0800) 550 800 http://www.communitylaw.org.nz



Free Legal Help

Weekdays 9am - 4:30pm

Drop-in or by appointment Telephone advice:

Mon to Fri 9am - 4:30pm

Outreach sessions are by appointment only:

call 0800 55 0800 All services free of charge. No referral required.

**Fiordland Community House**

FSD0015164 Last updated 08/03/2021

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Tenancy Services - Invercargill**

FSD0006237 Last updated 18/03/2021

We offer advice and information for landlords and tenants who rent their homes. We administer the Residential Tenancies Act 1986. We receive and hold bonds until the end of a tenancy, we provide dispute resolution services, and we administer the State Housing Appeals Authority.

info@tenancy.govt.nz (0800) 836 262 (0800) TENANCY

https://www.tenancy.govt.nz/

**Victim Support - Gore**

FSD0001031

To visit us for personal assistance you MUST make an appointment by calling 0800 836 262 Some charges may apply. No referral required.

Last updated 02/02/2021

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

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| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Invercargill** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015306 | Last updated 02/02/2021 |

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

|  |  |
| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week All services free of charge.  No referral required. |

**Victim Support - Southland Rural**

FSD0015722 Last updated 02/02/2021

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

|  |  |
| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week All services free of charge.  No referral required. |

# Mental Health

**Able Invercargill**

FSD0022563 Last updated 29/09/2020

We provide a free, mobile, confidential and flexible information, education, advocacy and support service to families/whanau that care for someone with a mental illness and/or addiction. Our aim is to give families the strength and skills they need for a better life experience at home, in the community and at work. We also provide support for children and young people affected by a parent or sibling with a mental illness and/or addiction.

We also offer a Waves suicide bereavement 8-week programme that aims to support adults 18+ who have been bereaved by suicide for at least 6 months.

Southland Community House 46 Kelvin Street Invercargill 9810



adminsld@able.org.nz  8am - 5pm Monday to Friday

(03) 218 2100 All services free of charge.

(0800) 494 262 No referral required. http://www.able.org.nz

**Adventure Development - Invercargill**

FSD0015265 Last updated 02/11/2020

Adventure Development provides a range of therapeutic services to young people and their families in Southland, Otago,Central Otago and South Canterbury. Some services vary depending on location.

62 Yarrow St Invercargill 9840



southland@adlnz.org.nz  8.30am to 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 218 8833 http://www.adlnz.org.nz | All services free of charge. No referral required. |

**Child Adolescent and Family Service - CAFS**

FSD0001292 Last updated 12/03/2021

Provides mental health services for children and youth with moderate to severe mental health problems up to 18 years of age.

Southland Hospital 6 Irwell Street Gore 9710



(03) 208 0299 (Gore)  Monday - Friday: 8:30-17:00 (03) 441 0010 (Queenstown) Saturday - Sunday: Closed https://www.southernhealth.nz/services/so All services free of charge. uthern-dhb-child-and-youth-mental-health- No referral required. services

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Dr Latesha Murphy-Edwards**

FSD0021800 Last updated 21/12/2020

Dr Latesha Murphy-Edwards offers assessment and therapy services to people of all ages who struggle with a range of emotional and relationship difficulties.

She is a clinical psychologist with a private practice in Invercargill. She is also an experienced child and youth therapist.

 70 Victoria Avenue Avenal Invercargill 9810

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| --- | --- |
| Magnoliapsychology@gmail.com (021) 295 9207      **Fiordland Community House** | Monday - Friday 9am-5pm Some charges may apply. No referral required. |
| FSD0015164 | Last updated 08/03/2021 |

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Grief Support Group - Macdonald & Weston**

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| --- | --- |
| FSD0001328  To provide support for bereaved people. | Last updated 18/01/2021 |

131 Yarrow Street Invercargill 9840



office@mwfunerals.co.nz  Grief care is provided on personal level by

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| --- | --- |
| (03) 218 2156 http://www.mwfunerals.co.nz      **Loss and Grief Centre** | appointment. Please feel free to bring a friend or support person.  All services free of charge. No referral required. |
| FSD0023178 | Last updated 09/04/2021 |

The loss and grief centre offers free community support to anyone living with any loss. We provide a safe place for people to come to share their story. We offer empathy and understanding as well as strategies to help at a difficult time. Call in and have a cuppa with us during drop in times.

We offer monthly support groups for members of the public to connect and find support as well as regular trainings for professionals.

49 Tay Street Invercargill 9810



lossandgriefcentre@gmail.com  Drop in open Mon,Tues,Fri 1-5 pm.Wedn,Thur 9-

|  |  |
| --- | --- |
| (027) 443 8788 http://www.lossandgriefcentre.com | 1 pm Invercargill. Gore Mon 9-1 pm. Winton 1st & 3rd Fri month 10-2 pm. Mataura 2nd Mon month 1-3 pm,Te Anau monthly visits.  All services free of charge.  No referral required. |

**Presbyterian Support Southland**

FSD0001374 Last updated 27/10/2020

To provide a range of health and social services to the people of Southland and the Wakatipu Basin.

 183 Spey Street Invercargill 9810

|  |  |
| --- | --- |
| enquiry@pss.org.nz (03) 211 8200 http://www.pss.org.nz      **Rochelle Nebbs** | 8.30am - 5.00pm Monday to Friday Some charges may apply. No referral required. |
| FSD0015262 | Last updated 26/01/2021 |

To provide assessment and treatment to children, adolescents and families. To provide clinical supervision to professionals working with children and families.

22 Lindisfarne Street Invercargill 9812



rochelle.nebbs@gmail.com  Monday - Wednesday 9am - 5pm (021) 382 044 Thursday & Friday by appointment only. https://www.practice62.co.nz/ Some charges may apply.

No referral required.

**South Coast Psychology**

FSD0019962 Last updated 30/04/2021

Psychologists, Psychiatrists, ACC Registered Counsellors, Psychotherapists and Social Workers. Based Throughout Aotearoa Will travel

123 Tweed Street West Invercargill Invercargill 9810



digill@xtra.co.nz  By appointment (027) 246 8437 Some charges may apply. http://dianegillespiepsychology.vpweb.co. No referral required. nz

**Southern Trauma Centre**

FSD0019957 Last updated 20/10/2020

Specialist trauma therapy. EMDR. Relationship counselling. Employee Assistance Programmes.

Psychological assessment and interventions. General counselling. Grief and Loss Counselling.

Gambling problems.

2nd floor 13 Esk Street Invercargill 9810



kay@icfc.co.nz  Mon-Fri 9.00am - 6.00pm

(03) 218 2929 Evening appointments by arrangement https://www.traumacentre.co.nz Some charges may apply.

No referral required.

**Southland Mental Health Emergency Team**

FSD0001352 Last updated 12/04/2021

The Team is available 24 hours a day to provide assessment and treatment to those suffering a mental health emergency. We offer short term interventions and referal to appropriate agencies for those requiring longer term help.

Southland Hospital Elm Court Building - Kew Road Invercargill



(0800) 467 846  24 hours a day 7 days a week

All services free of charge. No referral required.

**Tony and Viv Smith - Counsellors**

FSD0001306 Last updated 11/12/2020

Tony and Viv Smith deal with many areas of counselling mainly to do with personal and family relationships, workplace issues, grief, loss, anxiety and depression. We offer Professional Supervision for professionals working in helping agencies. We are both full members of NZAC.

153 Tweed Street Appleby Invercargill 9812



tony\_viv@hotmail.com  Tuesday - Friday 9am - 5pm

(03) 218 1111 Some charges may apply. (021) 341 300 No referral required.

# Older People

**Age Concern Southland Inc**

FSD0006672 Last updated 19/11/2020

Your local Age Concern is your first port of call when you and your family/whanau need: information, advice, referral and support.

50 Forth Street Invercargill



janette@acinv.org.nz  Monday to Friday, 9am - 4pm.

(03) 218 6351 Some charges may apply. http://www.ageconcern.org.nz Referral may apply.

**Age Related Needs Assessment and Service Coordination**

FSD0001269 Last updated 13/07/2020

The Aged Care Needs Assessment and Service Coordination is a district wide service that is based in Dunedin, Invercargill and the Rural Hospitals. The services provides assessment to identify the level of need for ongoing support in the home and community settings. Services are allocated based on this identified need. The service provides support for elderly people with an ongoing disability.

Assessment and Coordination Unit - Kew Hospital Invercargill



SouthernDHBCCC@southerndhb.govt.nz  Monday - Friday 8am - 4.30pm

(0800) 627 236 All services free of charge.

(03) 470 9300 No referral required. https://www.southernhealth.nz/

**Aged Care Social Work Service**

FSD0001270 Last updated 05/05/2020

A free confidential health related service for older people and their families in Southland with health related problems.

 Southland Hospital Cnr Elles & Kew Roads Invercargill

|  |  |
| --- | --- |
| stacey.muir@southerndhb.govt.nz  (03) 214 5787  (03) 218 1949 https://www.southerndhb.govt.nz/ | Monday - Friday 8.30am - 4:30pm All services free of charge.  No referral required. |

**Alzheimers Society Southland Inc**

FSD0006738 Last updated 09/10/2020

Alzheimers Society Southland assists people with dementia, their carers and families, providing support, resources, education, advocacy and raising public awareness.

135 Yarrow Street Invercargill 9810



alzheimers.southlandcsw@xtra.co.nz  Monday - Friday 9.00am - 4.30pm

(03) 214 0984 All services free of charge.

(0800) 004 001 No referral required.

http://www.alzheimers.org.nz/southland

**CCS Disability Action - Invercargill**

FSD0007625 Last updated 06/07/2020

CCS Disability Action is a nationwide organisation that provides support, advocacy and information for people with a disability. We have a long, proud history of working in partnership with disabled people, families and whnau to provide dedicated and flexible support services. If you live in or near Invercargill please contact us for support, advice and information relating to disability. We offer a wide range of services but not all the services offered by CCS Disability Action are available from all our branches. All our support services (with the exception of Mobility Parking and Total Mobility) are free.

142 Don Street Invercargill admin.southland@ccsdisabilityaction.org.  9.00am - 4.00pm, Monday to Friday. nz Some charges may apply.



(03) 218 9696 No referral required.

(0800) 227 2255 (National) http://www.ccsdisabilityaction.org.nz

**Disabilities Resource Centre Southland**

FSD0001317 Last updated 19/03/2021

Our service aims to provide an accurate information service to people with disabilities, their families, caregivers and the community. We also sell and hire adaptive equipment and daily living aids. We assist access to existing services from voluntary agencies and government departments, and encourage and promote peer support groups and self advocacy of people with disabilities, families and caregivers. Our Invercargill store has a range of products to help everyone live independently.

25 Gala Street Invercargill 9810



info@drcsouth.co.nz  9am - 4.30pm Monday to Thursday

|  |  |
| --- | --- |
| (03) 214 5000 http://www.drcsouth.co.nz      **Fiordland Community House** | 9am - 5pm Friday  All services free of charge. No referral required. |
| FSD0015164 | Last updated 08/03/2021 |

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Meals on Wheels Association Invercargill**

FSD0001351 Last updated 30/06/2020

Provides meals for those who are living alone or who cannot prepare a midday meal for themselves.

Cost of $5 for a hot meal with a desert and delivered to your door.

brodie2@orcon.net.nz  Meals available Monday to Friday at 11.30 am

(03) 218 3352 but office is open between hours 9am to 3pm. (021) 260 7324 President available anytime.

Some charges may apply. Referral may apply.

**New Zealand Red Cross Southland Area**

FSD0001050 Last updated 01/10/2020

A humanitarian organisation providing programmes and services that enhance community resilience. In Southland programmes include: refugee resettlement; disaster welfare support; community and business first aid training; curtain bank and winter warmer packs; hospital transport (Eastern Southland).

120A Leet Street Invercargill 9810



invercargill@redcross.org.nz  Monday - Friday 9.00am - 5.00pm

|  |  |
| --- | --- |
| (0800) 733 2767 http://www.redcross.org.nz | Some charges may apply. Referral may apply. |

**Northern Southland Community Resource Centre Charitable Trust**

FSD0020329 Last updated 09/02/2021

Providing support, information and advice to families and individuals in the community

11 Hero Street Lumsden Southland



nscco-ord@xtra.co.nz  Call for availability (03) 248 7885 All services free of charge. (027) 810 8880 No referral required.

**Otautau and Districts Community Charitable Trust**

FSD0001300 Last updated 19/02/2021

Aims to provide support, information, and advice to the community.

174 Main Street Otautau 9610



otautautrust@gmail.com  Monday, Wednesday, Friday 9am - 4pm

|  |  |
| --- | --- |
| (03) 225 8069 (027) 737 3670 http://www.otautautrust.org.nz | All services free of charge. No referral required. |

**Presbyterian Support Southland**

FSD0001374 Last updated 27/10/2020

To provide a range of health and social services to the people of Southland and the Wakatipu Basin.

183 Spey Street Invercargill 9810



enquiry@pss.org.nz  8.30am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 211 8200 http://www.pss.org.nz | Some charges may apply. No referral required. |

**RNZ Plunket Trust - Invercargill**

FSD0022602 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

132 Kelvin Street Invercargill 9810



judy.cook@plunket.org.nz  Monday to Friday 9am to 4pm

|  |  |  |
| --- | --- | --- |
| (03) 218 2275 (027) 224 8296 http://www.plunket.org.nz      **St Vincent de Paul - Invercargill**  FSD0001385  Aims to help the poor and those in need. | Some charges may apply. No referral required. | Last updated 19/03/2021 |

135 Mary Street Richmond Invercargill



adrae@xtra.co.nz  3 Shops open 1.0 - 4.0 pm Monday-Friday

|  |  |
| --- | --- |
| (03) 218 9611  (03) 217 9752 http://www.svdp.org.nz/      **Te Iho Awhi Rito Social Services** | Shop Contact: Tony Rae 03 2189611 Some charges may apply. No referral required. |
| FSD0001040 | Last updated 25/10/2020 |

Mission "To promote safe and informed and confident whanau by acknowledging the diverse Hapu and Iwi communities"

 11 Hyde Street Gore 9710

|  |  |  |
| --- | --- | --- |
| awhirito@xtra.co.nz  (03) 208 0224  (027) 371 3920      **The Salvation Army - Gore** | 9.00 am - 5.00 pm Monday to Friday Later appointments by arrangement. | |
| All services free of charge. No referral required. |  |
| FSD0001037 |  | Last updated 17/04/2021 |

Worship, community and welfare services of The Salvation Army

21 Irwell Street Gore 9710



gore.corps@salvationarmy.org.nz  Monday, Tuesday, Wednesday, Thursday,

|  |  |
| --- | --- |
| (03) 208 4443 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/otagosouthland/gore/gore-corps | Friday. 1pm - 4pm with after hours numbers available on the answer phone service at this number.  Some charges may apply.  No referral required. |

**The Salvation Army - Invercargill**

FSD0001386 Last updated 17/04/2021

Worship, community and welfare services of The Salvation Army

29-31 Victoria Avenue Invercargill 9810



invercargill.corps@salvationarmy.org.nz  Monday - Friday 09.30am - 3.00pm @ 110

(03) 218 3094 Leven

http://www.salvationarmy.org.nz/centres/n Sunday 10:30am 29 - 31 Victoria Ave z/otago-southland/invercargill Some charges may apply.

Referral may apply.

**Classification : THP**

**The Salvation Army - Winton**

FSD0023572 Last updated 20/04/2021

Worship, community and welfare services of The Salvation Army

7 Dejoux Road Winton 9720 winton\_corps@salvationarmy.org.nz  Some charges may apply.



(03) 236 0928 No referral required.

https://www.salvationarmy.org.nz/centres/ nz/otago-southland/winton/winton-corps

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

# Parents and Caregivers

**Awarua Whanau Services**

FSD0001280 Last updated 14/08/2020

AWS provides services that address social, health, early educational need and Rangatahi

Services. This includes Mother and Pepi, Tamariki Ora, Whanau Ora, Whanau Tautoko, Counselling, Rangatahi programmes and support.

190 Forth Street Invercargill



admin@awarua.org.nz  8.30am - 5.00pm, Monday to Friday.

|  |  |
| --- | --- |
| (03) 218 6668 (0800) 292 782 http://www.awarua.org.nz      **Barnardos - Southland** | All services free of charge. Referral may apply. |
| FSD0006808 | Last updated 19/01/2021 |

Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. The services we provide reflect our commitment to ensuring that all children are able to receive the very best start to life.

120b Leet Street Invercargill



southland.amu@barnardos.org.nz  0800 BARNARDOS 0800 227 627

|  |  |
| --- | --- |
| (03) 214 7751 (0800) 227 627 http://www.barnardos.org.nz | General enquiries  0800 4 BARNARDOS 0800 422 762  Childcare enquiries |

0800 WHATS UP 0800 942 8787

Free children's helpline Some charges may apply. Referral may apply.

**Breastfeeding Support - La Leche League Invercargill**

FSD0001343 Last updated 26/06/2020

La Leche League (pronounced La Lay-chay) is a volunteer non-profit organisation which provides information and mother-to-mother support for women breastfeeding their babies or wanting to. We encourage women to contact us before their baby is born, as well as while they are breastfeeding.

Support is available through group meetings, coffee groups, phone, Facebook and email.

The Pod (behind The Pantry) 133 Grace Street Invercargill



help@lalecheleague.org.nz  Free monthly meetings

|  |  |
| --- | --- |
| (03) 213 0643 Kathy (021) 157 6296 Christine http://www.lalecheleague.org.nz      **Camp Columba** | 1st FRIDAY of the month, 10am at The Pod.  Coffee group/enrichment session  3rd Friday of the month at changing locations. See our Facebook page or phone for more information  Koha/donation may apply. No referral required. |
| FSD0021867 | Last updated 06/10/2020 |

Under the motto 'Doing Learning Growing', Camp Columba provides a safe and wholesome environment for people of all ages to develop and form community. We offer 4-5 day camps every school holidays for ages 6-13 years, as well as weekend camps for assorted demographics. People who come stay on-site in cabins and make use of our facilities, all our programmes are fully catered and focus on team-building, community, adventure, and personal growth. Our vision is

to provide high quality programmes and accommodation, promote physical, emotional and spiritual development and demonstrate God’s love to all – so that Christ might be revealed.

89a Kaiwera Road Pukerau Gore 9772



manager@campcolumba.org.nz  8:30am - 5pm

(03) 205 3702 Though some staff live on-site. http://www.campcolumba.org.nz/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**CCS Disability Action - Invercargill**

FSD0007625 Last updated 06/07/2020

CCS Disability Action is a nationwide organisation that provides support, advocacy and information for people with a disability. We have a long, proud history of working in partnership with disabled people, families and whnau to provide dedicated and flexible support services. If you live in or near Invercargill please contact us for support, advice and information relating to disability. We offer a wide range of services but not all the services offered by CCS Disability Action are available from all our branches. All our support services (with the exception of Mobility Parking and Total Mobility) are free.

142 Don Street Invercargill admin.southland@ccsdisabilityaction.org.  9.00am - 4.00pm, Monday to Friday. nz Some charges may apply.



(03) 218 9696 No referral required.

(0800) 227 2255 (National) http://www.ccsdisabilityaction.org.nz

**Clinical Nurse Specialists - Stewart Island**

FSD0002195 Last updated 02/01/2021

Generalist Nurses - cover a wide range of services in Stewart Island.

7 Argyle Street Oban Stewart Island



martin.pepers@southerndhb.govt.nz  Nurses available 24 hours on call. Clinic opens

(03) 219 1098 10 am -12:30 pm approx.

In emergency call 111.

Service Stewart Island and surrounding environment, plus off shore Islands (eg Codfish Island).

Some charges may apply. No referral required.

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Family Planning Clinic - Invercargill**

FSD0007035 Last updated 18/08/2020

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.

142 Esk Street Invercargill 9810



(03) 214 4978  Please ring to make an appointment.

|  |  |
| --- | --- |
| http://familyplanning.org.nz      **Family Works Southland** | Some charges may apply. No referral required. |
| FSD0001375 | Last updated 18/08/2020 |

To provide support services in Southland for children and their families. Our services are free, confidential and available to children, young people and their families.

We work with children and young people from 0-17 years old, as well as their parents and families. At the heart of Family Works is the understanding that family life can be challenging, no matter what your experience and resources. So, we work from the basis that strong, self-sufficient families are the best places to grow happy and healthy children, and that the family is the backbone of each and every community.

Our work is about empowering families to help themselves as they face the inevitable challenges of family life and to work with them so they can flourish.

Family Works Building 183 Spey Street Invercargill 9810



enquiry@familyworkssld.nz  Monday - Friday 8.30am - 5pm

(03) 211 8200 All services free of charge. https://pss.org.nz/family-works Referral may apply.

**Fetal Alcohol Advocacy Southland**

FSD0001321 Last updated 19/04/2021

The service provides support, advocacy and education.

27 Banefield Road Invercargill



barbara.metzger@kaitahu.maori.nz  7 days a week daytime hours

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| --- | --- | --- |
| (027) 276 2414  (03) 215 6389      **Gore Parents Centre** | All services free of charge. No referral required. |  |
| FSD0019434 |  | Last updated 27/10/2020 |

Parents Centre is a national organisation which believes that parenting is everything and that great parents grow children! We work with parents to equip them with the knowledge, skills and support they require in order to be the best parents they can be.

Gore Parents Centre 13 Wayland Street Gore 9710



gore@parentscentre.org.nz  Activities during the week, check out our website

(027) 460 5217 or Facebook page for more details. http://www.parentscentre.org.nz/gore/inde Some charges may apply.

x.asp No referral required.

**Grandparents Raising Grandchildren - Invercargill**

FSD0007076 Last updated 25/08/2020

Providing local support for grandparents and whanau/kin carers in the Invercargill area who are

raising their grandchildren/kin full-time.

southland@grg.org.nz (03) 216 0411 http://www.grg.org.nz

**Invercargill Chipmunks 2015 Ltd**

FSD0022127

Childcare OSCAR programmes.

Before school care

After school care

School holiday Programs

103 Spey street Invercargill 9810 invercargill@chipmunks.co.nz (03) 214 6109 http://www.chipmunks.co.nz



**Classification : OSCAR**

**Learning Days Childcare Ltd**

FSD0019892

Meets: 2nd and 4th Wednesday of each month starting 22/07/2020) at 10am

Location: Family Works, 183 Spey Street,

Invercargill All services free of charge. No referral required.

Last updated 16/04/2021

mon-fri 9.30am-5.45pm Sat 9am-5pm

Sun 10am-5pm Before school care from 7am Some charges may apply. No referral required.

Last updated 23/03/2021

Learning Days is a Home based early childhood education service that services Invercargill and other Southland areas depending on Nanny and Educator availability. We operate under the Ministry of Educations regulations and our own Policies and Procedures. OSCAR care is also available for school age children.

Clients can access WINZ subsidies through our service if they are eligible and we also offer 20 hours ECE.

Learning Days is locally owned and operated. Caters for children 12 weeks old and up. We believe that relationships are the key to successful learning and education therefore our ratios of no more than 4 children under five, to one adult are attractive to so many.

We are constantly looking for Educators and Nannies to join our team as well. These are people with a passion to inspire, support and teach young people. We help train people with a level 4 NZQA Certificate in Childcare and a full first aide Certificate also.

61 Prospect Terrace Newfield Invercargill 9812



learningdays@slingshot.co.nz  Mainly Monday - Friday 6am - 7pm (depending

(03) 216 1656 on Educacator/nanny availability).

(0800) FUN DAY / 386 329 Weekend care can also be arranged.

Some charges may apply. No referral required.

**Mataura Afterschool & Holiday Programme**

FSD0022511 Last updated 29/07/2020

We provide a quality after school childcare for children aged 5-13 years. We also run a holiday programme to provide support for working parents. We offer a range of activities that help children develop and grow through the power of play.

Mataura Primary School, Carlyle St Entrance 33 Oakland Street Mataura 9712



kellymap@xtra.co.nz  Mon-Fri 2.50pm-6.00pm during school term (027) 246 4223 Mon-Fri 8.00am-6.00pm first week of school

(03) 203 6162 holidays

Some charges may apply. No referral required.

**Classification : OSCAR**

**Northern Southland Community Resource Centre Charitable Trust**

FSD0020329 Last updated 09/02/2021

Providing support, information and advice to families and individuals in the community

11 Hero Street Lumsden Southland



nscco-ord@xtra.co.nz  Call for availability (03) 248 7885 All services free of charge. (027) 810 8880 No referral required.

**Options Counselling Service - Southland District Health Board**

FSD0001262 Last updated 16/07/2020

We understand that coping with an unplanned pregnancy can be a very difficult and stressful time. Our Options Counsellors have the skills and training to help you through this difficult time. We facilitate an opportunity to explore your options in a neutral and supportive environment, so you can make the informed decision that is best for you.

Southland Hospital - Kew Road Invercargill



optionscounsellor@sdhb.govt.nz  Monday - Friday 8.30am - 5pm

(03) 214 5719 All services free of charge.

No referral required.

**Oranga Tamariki-Ministry for Children, Gore**

FSD0006988 Last updated 09/07/2020

Our social workers work with families to: protect children and young people up to the age of 18 years; manage young offenders up to the age of 18 years; ensure that children in need are cared for; help families maintain and strengthen their child-rearing role.

Jones & Cooper Building 24 Traford Street Gore 9710



contact@ot.govt.nz  +64 9 912 3820 (from outside New Zealand) (0508) 326 459 All services free of charge.

(0508) FAMILY No referral required. https://www.orangatamariki.govt.nz/

**Parent to Parent New Zealand Inc - Southland**

FSD0007306 Last updated 17/08/2020

Parent to Parent is a support and information network for parents who have children and family members with a disability, health impairment or special needs. Support is provided voluntarily by trained Support Parents who have children with the same or similar needs.

Southland Community House 46 Kelvin Invercargill 9810 southland@parent2parent.org.nz  Monday to Wednesday 9:00am - 3.30pm.



|  |  |  |
| --- | --- | --- |
| (03) 214 3179 (027) 808 3951 http://www.parent2parent.org.nz      **Plunket - Gore**  FSD0001036 | Thursday 9.00 am to 4.30 pm  Answerphone available outside these hours | |
| All services free of charge. No referral required. | Last updated 22/02/2021 |
| Plunket believes in supporting the development of healthy families. | |

12A Eccles Street Gore 9710 southern.region@plunket.org.nz  24 hour helpline.



|  |  |
| --- | --- |
| (03) 218 2275 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Riverton** | Chrissy McBride: Community Support  Coordinator on 027 225 7268  Rooms open Monday - Friday 9.30am - 3.30pm.  All services free of charge. No referral required. |
| FSD0022600 | Last updated 25/01/2021 |

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

35 Napier Street Riverton 9822



(027) 687 7921  Clinic held weekly on a Tuesday.

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| --- | --- |
| http://www.plunket.org.nz | Fortnightly play, music and movement, craft group held on a Thursday.  Koha/donation may apply.  No referral required. |

**Plunket - Southland Area Office**

FSD0016437 Last updated 09/06/2020

Plunket believes in supporting the development of healthy families.

132 Kelvin Street Invercargill southland@plunket.org.nz  All services free of charge.



|  |  |
| --- | --- |
| (03) 218 2275 http://www.plunket.org.nz | No referral required. |

**Pregnancy Help Inc - Invercargill**

FSD0007394 Last updated 25/06/2020

Pregnancy Help supports the well being of pregnant and recently pregnant women, new mothers and their families/whanau.

34 Forth Street Invercargill 9843



southland@pregnancyhelp.org.nz  Tuesdays 10.30am to 1pm or by appointment.

|  |  |
| --- | --- |
| (03) 213 1424 (027) 612 4615 http://www.pregnancyhelp.org.nz | All services free of charge. No referral required. |

**Presbyterian Support Southland**

FSD0001374 Last updated 27/10/2020

To provide a range of health and social services to the people of Southland and the Wakatipu Basin.

183 Spey Street Invercargill 9810



enquiry@pss.org.nz  8.30am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 211 8200 http://www.pss.org.nz | Some charges may apply. No referral required. |

**RNZ Plunket Trust - Invercargill**

FSD0022602 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

132 Kelvin Street Invercargill 9810



judy.cook@plunket.org.nz  Monday to Friday 9am to 4pm

|  |  |
| --- | --- |
| (03) 218 2275 (027) 224 8296 http://www.plunket.org.nz      **RNZ Plunket Trust - Otautau** | Some charges may apply. No referral required. |
| FSD0022595 | Last updated 25/01/2021 |

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents in their parenting role, build parent confidence and connect parents with other parents and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

181 Main Street Otautau



kelly.turner@plunket.org.nz  Fortnightly on a Friday.

|  |  |
| --- | --- |
| (027) 687 7921 http://www.plunket.org.nz | Music Group weekly except school holidays Some charges may apply.  No referral required. |

**RNZ Plunket Trust - Riversdale**

FSD0022537 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development.

They are designed to support parents/caregivers in their parenting role, build parent/caregivers confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

79 Newcastle Street Riversdale 9776



southland@plunket.org.nz  Friday Monthly

|  |  |
| --- | --- |
| (03) 218 2275 (027) 243 7920 http://www.plunket.org.nz      **RNZ Plunket Trust - Te Anau** | Koha/donation may apply. No referral required. |
| FSD0022605 | Last updated 25/01/2021 |

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

2 Luxmore Drive Te Anau



(027) 442 1751  Clinics held weekly on a Thursday.

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| http://www.plunket.org.nz | Coffee Groups held weekly.  Some charges may apply.  No referral required. |

**RNZ Plunket Trust - Tuatapere**

FSD0022601 Last updated 25/01/2021

Plunket have a range of FREE courses available for parents and caregivers aimed at supporting their role through the different stages of their child's early development. They are designed to support parents/caregivers in their parenting role, build parent/caregiver confidence and connect parents/caregivers with other parents/caregivers and the local supports and resources in their area.

Plunket in this area provides the following services:

Free clinic visits; Plunketline - a toll free telephone service staffed by trained Plunket nurses to respond to caregivers' concerns about child health and parenting (0800 933 922); Movement to Music; New baby home visits.

42 Main Road Tuatapere



(027) 687 7921  Half day weekly clinic on a Tuesday by

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| http://www.plunket.org.nz      **Schools Out Hokonui** | appointment.  Thursday Playgroup.  Koha/donation may apply.  No referral required. |  |
| FSD0023944 |  | Last updated 05/04/2021 |

We are an OSCAR program offering after school and holiday care

 11 Hyde Street Gore 9710

|  |  |
| --- | --- |
| amyshuttleworth12@outlook.com (022) 062 1936    **Classification : OSCAR** | School term hours are 3pm-6pm  School holidays are 8am-6pm  We are also open 8am-6pm on teachers only days and school strike days Some charges may apply.  No referral required. |

**Southland Foster Care Association Inc**

FSD0001323 Last updated 17/09/2020

The Association is open to any foster parents, in-family caregivers and special needs fostering.

jeffnroserhind@gmail.com  Rose is available during week days to contact.

(03) 206 4458 Some charges may apply. (027) 497 0132 No referral required.

**Southland Multiples**

FSD0007716 Last updated 15/03/2021

To address the special and unique needs of families experiencing a multiple birth and provide support, information, education and resources for multiples and their families.

info@multiples.org.nz  Group

(0800) 4 TWINS - Invercargill - 1st Friday once a month at the http://www.multiples.org.nz/ play cafe

Some charges may apply. No referral required.

**Space for you and your baby at Playcentre Aotearoa - Southern**

**Region**

FSD0023678 Last updated 10/11/2020

Space for you and your baby offers parenting support & early childhood education for new parents & their babies.

328 Tramway Road Heidelberg Invercargill 9812 southern.prgadmin@playcentre.org.nz  Some charges may apply.



(03) 488 3932 No referral required.

(027) 808 6792 https://www.playcentre.org.nz/futuremembers/space-at-playcentre/

**St Mary's School Oscar Programme**

FSD0021839 Last updated 11/01/2021

We provide OSCAR approved child care for after school care and six weeks holiday programme per year for students year's 1-7.

14 Ardwick Street Gore 9710



admin@stmarys.school.nz  After school programme runs for school term

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| --- | --- |
| (03) 208 7733  (027) 641 6929    **Classification : OSCAR** | only between 3pm - 6pm and the holiday programme is open for six weeks during the year from 8.30am - 5.30pm.  Some charges may apply.  No referral required. |

**The Compassionate Friends Parent Bereavement Group**

FSD0001301 Last updated 14/04/2021

A grief support group set up for families who have lost a child.

(027) 356 2271  After4:00pm weekdays

All services free of charge. No referral required.

**Timeout Carers - Supervised Contact**

FSD0001397 Last updated 15/10/2020

This service provides a safe environment for children/young people who have been exposed to issues around separation from significant people in their lives to reconnect with their family/whanau. Every effort is taken to enhance our commitment to the best interests of the children who have the need for Supervised Contact Services due to safety and well-being concerns. A Supervised Contact Visit refers to time shared between a child and a visiting parent which occurs in the presence of an independent third person. The service is delivered in a safe and controlled environment with constant supervision provided by trained supervisors.

46 Kelvin Street Invercargill 9810



Invercargill@timeoutcarers.org.nz  Monday to Friday 9.00a.m.-6.30pm

|  |  |  |
| --- | --- | --- |
| (03) 214 9999 (028) 850 003155 http://www.able.org.nz      **Weka OSCAR** | Answerphone cleared regularly | |
| Some charges may apply. Referral may apply. |  |
| FSD0021887 |  | Last updated 12/01/2021 |

Providing After School Care and Recreation for the Community of Winton.

197 Park Street Winton 9720



office@wekapreschool.com  2.45pm-5.30pm

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| --- | --- |
| (03) 236 7393 http://wekapreschool.com    **Classification : OSCAR** | Some charges may apply. No referral required. |

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**XO Kids**

FSD0017897 Last updated 30/10/2020

OSCAR care - before school, after school and holiday programmes.

 9 Tay Street Invercargill 9810

|  |  |
| --- | --- |
| kids@xo.church (03) 218 4007 (027) 631 9536 http://www.cornerstonenewlife.org    **Classification : OSCAR**    **YMCA Invercargill** | Office hours - Tue-Fri 9 till 6  School days Breakfast club 7-9am  After School programme 2:30pm - 6:00pm Holiday programme 7am - 6pm Some charges may apply. No referral required. |
| FSD0022419 | Last updated 11/02/2021 |

Delivering social services to our community, that build strong kids, strong families and strong communities and empowering young people to recognize and achieve their potential and live rewarding lives.

77 Tay St Invercargill 9840



reception@ymcasouth.org.nz  Monday-Friday 8:30am - 5:00pm

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| --- | --- |
| (03) 218 2989 ext 5 http://www.ymcasouth.org.nz/    **Classification : OSCAR**    **Youthline Southland** | Some charges may apply. No referral required. |
| FSD0006538 | Last updated 27/07/2020 |

Phone, TXT and Email counseling for people of all ages with a specific focus on 10 to 30 years.

Call TXT or email between 8am-Midnight, 7 days a week. Midnight to 8am, crisis support calls. We also provide volunteer training for members of the community who wish to become Youthline Helpline Counselors.

46 Kelvin Street Invercargill



southland@youthline.co.nz  24/7 Helpline

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| (03) 211 0031 |  |
| (0800) 37 66 33 http://www.youthline.co.nz | Office hours 9am - 4pm All services free of charge.  No referral required. |

# Special Needs / Disability

**Age Concern Southland Inc**

FSD0006672 Last updated 19/11/2020

Your local Age Concern is your first port of call when you and your family/whanau need: information, advice, referral and support.

50 Forth Street Invercargill



janette@acinv.org.nz  Monday to Friday, 9am - 4pm.

(03) 218 6351 Some charges may apply. http://www.ageconcern.org.nz Referral may apply.

**Age Related Needs Assessment and Service Coordination**

FSD0001269 Last updated 13/07/2020

The Aged Care Needs Assessment and Service Coordination is a district wide service that is based in Dunedin, Invercargill and the Rural Hospitals. The services provides assessment to identify the level of need for ongoing support in the home and community settings. Services are allocated based on this identified need. The service provides support for elderly people with an ongoing disability.

Assessment and Coordination Unit - Kew Hospital Invercargill



SouthernDHBCCC@southerndhb.govt.nz  Monday - Friday 8am - 4.30pm

(0800) 627 236 All services free of charge.

(03) 470 9300 No referral required. https://www.southernhealth.nz/

**Association of Blind Citizens of New Zealand - Southland Branch**

FSD0006641 Last updated 20/07/2020

We provide consumer-led advocacy and advice on blindness related issues and matters topical to New Zealand's blind community. We also provide peer support and social activities.

Our aim is to heighten awareness of the rights of blind and vision impaired people and to remove the barriers that impact upon our ability to live in an accessible, equitable and inclusive society.

20 Ingram Street Kingswell Invercargill 9812



cgweston@clear.net.nz  Southland Branch is run by blind people

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| --- | --- |
| (03) 216 4616 (027) 585 8020 http://www.abcnz.org.nz | themselves. The national office is open Monday to Friday, 8.30am - 5pm. 0800-222-694 Some charges may apply.  No referral required. |

**Autism New Zealand - Southland Branch**

FSD0006168 Last updated 18/12/2020

Provides information and support to people with autism spectrum disorder, their families and caregivers; works to raise awareness in the community and provides information to interested professionals and the general public.

12 Leet Street Invercargill 9810



southland@autismnz.org.nz  Mon - Thur 9am-3pm. If our Coordinator is not

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| (0800) 288 476 (022) 020 0106 http://www.autismnz.org.nz | available, contact AUTISM FREEPHONE 0800  AUTISM (0800 288 476) Koha/donation may apply.  No referral required. |

**Blind & Low Vision NZ - Invercargill**

FSD0006443 Last updated 16/11/2020

The Blind Foundation empowers blind and partially sighted members by giving them the training, tools, and tips they need to deal with blindness and achieve their goals.

172 Queens Drive Richmond Invercargill 9810



invercargilladmin@blindfoundation.org.nz  Monday - Friday 10.00am - 2.00pm

(03) 218 9189 All services free of charge.

(0800) 243 333 No referral required. http://blindfoundation.org.nz/

**CCS Disability Action - Invercargill**

FSD0007625 Last updated 06/07/2020

CCS Disability Action is a nationwide organisation that provides support, advocacy and information for people with a disability. We have a long, proud history of working in partnership with disabled people, families and whnau to provide dedicated and flexible support services. If you live in or near Invercargill please contact us for support, advice and information relating to disability. We offer a wide range of services but not all the services offered by CCS Disability Action are available from all our branches. All our support services (with the exception of Mobility Parking and Total Mobility) are free.

142 Don Street Invercargill admin.southland@ccsdisabilityaction.org.  9.00am - 4.00pm, Monday to Friday. nz Some charges may apply.



(03) 218 9696 No referral required.

(0800) 227 2255 (National) http://www.ccsdisabilityaction.org.nz

**Choices NZ - Invercargill**

FSD0024086 Last updated 21/10/2020

At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives.

Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to.

We can assist you to:

* Achieve greater independence
* Develop your social networks to connect with individuals and groups with common interests
* Access community services
* Live independently and help choose the best living situation for you
* Gain employment
* Experience new challenges or pursue new interests

Our Life Coaches and Facilitators are experienced and qualified, and our specialist clinical staff provide expert advice – evaluating and supporting staff to deliver comprehensive and carefullydesigned services.

Tracey.Saunders@choicesnz.org.nz  Weekdays 8:30am - 5pm (022) 012 0608 All services free of charge.

(0800) 723 154 Referral may apply. http://www.choicesnz.org.nz/

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Deaf Aotearoa - Invercargill**

FSD0006932 Last updated 03/02/2021

Deaf Aotearoa is a Deaf-led, not-for-profit organisation that focuses on promoting Awareness of,

Access to and Advancement of New Zealand Sign Language - to help strengthen the rights of Deaf people and give them the confidence to be an active part of society. As the only nationwide provider of services to Deaf people, it provides information on a range of services for Deaf and works with businesses and organisations to provide information and resources on life for Deaf New Zealanders and NZSL.

DRC Building 192 Spey Street Invercargill 9810



national@deaf.org.nz  Office open for appointments only (0800) 332 322 All services free of charge. http://www.deaf.org.nz/ No referral required.

**Disabilities Resource Centre Southland**

FSD0001317 Last updated 19/03/2021

Our service aims to provide an accurate information service to people with disabilities, their families, caregivers and the community. We also sell and hire adaptive equipment and daily living aids. We assist access to existing services from voluntary agencies and government departments, and encourage and promote peer support groups and self advocacy of people with disabilities, families and caregivers. Our Invercargill store has a range of products to help everyone live independently.

25 Gala Street Invercargill 9810



info@drcsouth.co.nz  9am - 4.30pm Monday to Thursday

|  |  |
| --- | --- |
| (03) 214 5000 http://www.drcsouth.co.nz | 9am - 5pm Friday  All services free of charge.  No referral required. |

**Epilepsy Association of New Zealand Southland Branch**

FSD0007013 Last updated 03/12/2020

Epilepsy can affect anyone at anytime. Epilepsy New Zealand works to promote the welfare and interests of people, and their family/whanau, with epilepsy and to increase public awareness.

Southland Community House 46 Kelvin Street Invercargill 9810



southland@epilepsy.org.nz  Please phone 0800 EPILEPSY to arrange an

(03) 218 3089 appointment with your local Educator.

(0800) 37 45 37 (0800 EPILEPSY) All services free of charge. http://www.epilepsy.org.nz No referral required.

**Head Injury Society of Southland**

FSD0001332 Last updated 29/09/2020

We provide support, information, education and advocacy for head-injured people, their families/whanau. carers and the wider community. Any one can access our services and they are free of charge.

46 Kelvin Street Invercargill his-sth@xtra.co.nz (03) 214 4154



(027) 425 7301

**Health Social Workers**

FSD0001333

9.30am - 3.00pm Monday to Thursday All services free of charge. No referral required.

Last updated 17/02/2021

To assist and empower individuals, whanau/families, groups and communities to deal with the results of changes in health, to move towards goals and to get the most from the local resources available.

Social Work Services, Southland Hospital - Kew Road Invercargill



(03) 214 5719  8.00am - 4.30pm Monday to Friday

All services free of charge. No referral required.

**HealthCare NZ - Gore**

FSD0006278 Last updated 16/06/2020

Our specialist home support and nursing services will help you to stay as active and healthy as possible; able to enjoy the comfort and freedom that comes with living in your own home.

We offer a wide range of services designed to enable you to live your life the way you want to from the security of your own home. They include: personal care such as grooming, showering and dressing; home help such as housework; assistance with meal preparation, shopping, mobility; and many other areas in which you may need help; nursing care such as post-operative care, wound care, medication management and many other specialised nursing services

Staying in your own home has never been easier!

82A/B Broughton Street Gore



gore.office@healthcarenz.co.nz  Normal business hours

|  |  |
| --- | --- |
| (03) 208 1953  http://www.healthcarenz.co.nz | Some charges may apply. No referral required. |

**HealthCare NZ - Invercargill**

FSD0006296 Last updated 11/09/2020

For over 25 years Healthcare NZ – Community Health has been supporting people to enjoy greater independence and quality of life.

We provide Home and Community Support Services to people referred to us from

* Southern District Health Board (Good to be home service)
* Ministry of Health (Disability support service)
* ACC (Realise service)

Our Good to be home service for older people will support you to continue living in your own home. We offer the specialist support you need to enjoy maximum wellbeing and independence. Our Realise rehabilitation support services are for people living with or recovering from an injury. We ensure that you have the rehabilitation support required to regain or maintain maximum independence.

Our Disability support service are committed to supporting people to lead regular lives in the community whatever their disability or level of need.

192 Spey Street Invercargill 9810



invercargill.office@healthcarenz.co.nz  Normal business hours

|  |  |
| --- | --- |
| http://www.healthcarenz.co.nz      **Hearing Southland** | All services free of charge. No referral required. |
| FSD0007133 | Last updated 26/01/2021 |

To advance the interests and general welfare of all persons with a hearing loss, their family, whanau and all who support them, to improve their quality of life.

126 Leet Street Invercargill



hearingsouthland@xtra.co.nz  Mon-Fri 9am-4pm

|  |  |
| --- | --- |
| (03) 214 9154  http://www.hearing.org.nz | Some charges may apply. No referral required. |

**IDEA Services - Southland**

FSD0007192 Last updated 06/04/2021

IDEA Services provides support for people with intellectual disabilities so they can live, learn, work and enjoy life as part of the community. We provide vocational and day services, accommodation services, supported employment and supported living.

Level 1 162 Dee Street Invercargill 9810



southland@idea.org.nz  8.30am - 5.00pm Monday to Friday Local

(03) 211 2980 branches provide an after Hours service.

http://www.idea.org.nz Some charges may apply.

Referral may apply.

**Koha Kai**

FSD0023928 Last updated 16/04/2021

Koha Kai is a Charitable Trust who works with people who have been marginalized and isolated in their community by the fact that they live with the challenges of disability, from intellectual, to physical, emotional/psychological, cultural isolation. Our focus has naturally developed along the Maori Health model as outlined by Dr Mason Durie. (Te Whare Tapa Wha), that good health and wellness has four dimensions. Taha wairua (spiritual health), taha hinegnaro (mental health). taha tinana (physical health) and taha whanau (family health).

Building on those four pou, Koha Kai works with people to increase their skills, strengthen relationships, and support the growth of their natural support networks. We encourage people to improve their health and wellness by growing/consuming higher quality nutrition, and becoming more active. We encourage and train people skills that can enable them to join the work force in their communities. Thus doing they reduce their dependence on support.

Level 2 5 The Crescent Invercargill 9812



janicel.kohakai@gmail.com  Office 9-5 p.m. Monday to Friday Trainees work (021) 082 05422 in 6 schools learning cooking skill, which goes

(022) 305 9076 into our Lunches in Schools Programmes,

https://www.facebook.com/kohakai/ feeding children in low decile schools healthy

nutritious meals

All services free of charge. Referral may apply.

**New Zealand Down Syndrome Association - Southland**

FSD0007776 Last updated 16/11/2020

Vision – That people with Down syndrome are valued and equal members of their community, fulfilling their goals.

Mission – To work alongside families, whanau and carers to support and empower people with Down syndrome to realise their potential and aspirations through all life stages and within all communities.

Essence – To accept, understand and connect.

To enable the NZDSA to achieve its vision, mission and essence we:

* Provide information and support to families/whanau of people with Down syndrome throughout alllife stages.
* Equip and empower people with Down syndrome and their families/whanau to build positivefutures by enhancing their lives.
* Raise awareness of Down syndrome in the wider community to promote rights. Inclusion and bestpractice.
* Review and lobby government and other institutions.
* Develop self-advocacy and leadership skills for people with Down syndrome.

neo@nzdsa.org.nz  Monday to Friday.

(0800) 693 724 ext 3 To contact your local branch or support group http://www.nzdsa.org.nz ring 0800 693 724 and press 3.

All services free of charge. No referral required.

**Parafed Southland**

FSD0001364 Last updated 04/02/2021

Service aims to rehabilitate members through sport and social contacts, and works towards better facilities and conditions for disabled people.

imatait@xtra.co.nz  Dependant on members.

(03) 214 7792 Some charges may apply.

No referral required.

**Riding for the Disabled Association - Eastern Southland**

FSD0001051 Last updated 19/03/2021

Therapeutic riding for intellectually and physically disabled people. Confidence building and great enjoyment had by all.

A&P Showgrounds - Bury Street Gore



esrdainc@gmail.com  Tuesday during school term

(03) 208 7341 Some charges may apply.

(027) 327 0427 Referral may apply. http://www.rda.org.nz

**Southland disAbility Enterprises Ltd**

FSD0001395 Last updated 06/07/2020

The service offers rehabilitation and habilitation through employment support to people with disabilities.

28 Ettrick Street Invercargill 9812



shelley@sde.org.nz  8.30am - 4.30pm Monday to Friday

|  |  |
| --- | --- |
| (03) 214 6188 (027) 232 4016 http://www.sde.org.nz      **Southland Stroke Club Inc.** | All services free of charge. No referral required. |
| FSD0001404 | Last updated 19/04/2021 |

Provides support for stroke survivors and their caregivers. We have club afternoons we were provide information, support and friendship, we also have entertainment and activities. The Community Stroke Advisor can be available on request to provide information. Club days provide transport and afternoon tea for a small cost.

 Southland Community House 46 Kelvin Street Invercargill 9810

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| --- | --- |
| strokeclubinvercargill@gmail.com  (03) 214 0308  (027) 267 4224 | Meetings 1st and 3rd Monday of the month fortnightly 1:30pm - 3:30pm, at Saint Andrews Presbyterian Church Hall. Manse Street, South City, Invercargill. Please ring to confirm dates.  Some charges may apply.  No referral required. |

**SPELD NZ Inc - Southland Local Liaison Group**

FSD0007493 Last updated 01/09/2020

SPELD NZ Inc offers one-on-one diagnostic assessment and specialised tuition for people with specific learning disabilities, including dyslexia. It also offers information, support, advice and training.

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| --- | --- | --- |
| southern@speld.org.nz (0800) 773 536 http://www.speld.org.nz      **St Vincent de Paul - Invercargill**  FSD0001385  Aims to help the poor and those in need. | Office administration open Monday to Friday, | |
| 9.00am-3.00pm.  Some charges may apply.  No referral required. | Last updated 19/03/2021 |

135 Mary Street Richmond Invercargill



adrae@xtra.co.nz  3 Shops open 1.0 - 4.0 pm Monday-Friday

|  |  |
| --- | --- |
| (03) 218 9611  (03) 217 9752 http://www.svdp.org.nz/ | Shop Contact: Tony Rae 03 2189611 Some charges may apply.  No referral required. |

**The Personal Advocacy and Safeguarding Adults Trust - Otago /**

**Southland / Oamaru**

FSD0006626 Last updated 18/08/2020

The Personal Advocacy and Safeguarding Adults Trust provides a range of safeguarding services and supports for people with care and support needs. These services include Supported Decision Making support and training, short term advocacy and life long advocacy, discretionary trust administration and a coordinated inter-agency response for Adults at Risk.

The Trust offers parents and other interested persons an opportunity to invest in peace of mind for the future through membership and enrollment. The Trust also extends support to people not enrolled in the Trust.

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| otago@pasat.org.nz  (022) 088 7512 (03) 395 6728 http://www.PASAT.org.nz | Monday - Friday, 9.00am - 4.30pm Some charges may apply.  No referral required. |

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Workbridge Inc - Invercargill**

FSD0007877 Last updated 08/04/2021

Our mission is to enable people with disabilities to participate and experience equal opportunities in the labour market.

Connecting the right people to the right jobs, Workbridge helps thousands of Kiwis with disabilities or health conditions connect with great employers, every year. And we do it free of charge.

48 Kelvin Street Invercargill



invercargill@workbridge.co.nz  8.30am - 5.00pm, Mon to Fri. Please phone toll-

|  |  |
| --- | --- |
| (03) 214 0228 (0508) 858 858 http://www.workbridge.co.nz | free 0508 858 858 to leave a message.  Fax toll-free on 0800 080 715. To contact us via email, please use the online form.  Some charges may apply.  No referral required. |

# Youth Services

**Adventure Development - Invercargill**

FSD0015265 Last updated 02/11/2020

Adventure Development provides a range of therapeutic services to young people and their families in Southland, Otago,Central Otago and South Canterbury. Some services vary depending on location.

62 Yarrow St Invercargill 9840



southland@adlnz.org.nz  8.30am to 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 218 8833 http://www.adlnz.org.nz      **Alternative Education** | All services free of charge. No referral required. |
| FSD0001022 | Last updated 19/06/2020 |

Alternative education provides educational and pastoral support for students who have disengaged from mainstream schooling. As a short term intervention, alternative education reengages students in a meaningful learning programme targeted to their individual needs and supports them to transition back to mainstream school, further education, training or employment.

140 Charlton Road Gore 9774



jo.brand@hokonuirunanga.org.nz  Monday to Friday, 9am - 3pm during the school

|  |  |
| --- | --- |
| (021) 585 994 (03) 208 7954 http://www.hokonuirunanga.org.nz | term  All services free of charge.  No referral required. |

**Autism New Zealand - Southland Branch**

FSD0006168 Last updated 18/12/2020

Provides information and support to people with autism spectrum disorder, their families and caregivers; works to raise awareness in the community and provides information to interested professionals and the general public.

12 Leet Street Invercargill 9810 southland@autismnz.org.nz 



(0800) 288 476 (022) 020 0106 http://www.autismnz.org.nz

**Awarua Whanau Services**

FSD0001280

Mon - Thur 9am-3pm. If our Coordinator is not available, contact AUTISM FREEPHONE 0800

AUTISM (0800 288 476) Koha/donation may apply. No referral required.

Last updated 14/08/2020

AWS provides services that address social, health, early educational need and Rangatahi

Services. This includes Mother and Pepi, Tamariki Ora, Whanau Ora, Whanau Tautoko, Counselling, Rangatahi programmes and support.

190 Forth Street Invercargill



admin@awarua.org.nz  8.30am - 5.00pm, Monday to Friday.

|  |  |
| --- | --- |
| (03) 218 6668 (0800) 292 782 http://www.awarua.org.nz      **Barnardos - Southland** | All services free of charge. Referral may apply. |
| FSD0006808 | Last updated 19/01/2021 |

Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. The services we provide reflect our commitment to ensuring that all children are able to receive the very best start to life.

 120b Leet Street Invercargill

|  |  |
| --- | --- |
| southland.amu@barnardos.org.nz  (03) 214 7751 (0800) 227 627 http://www.barnardos.org.nz | 0800 BARNARDOS 0800 227 627 General enquiries  0800 4 BARNARDOS 0800 422 762 Childcare enquiries  0800 WHATS UP 0800 942 8787  Free children's helpline Some charges may apply.  Referral may apply. |

**CCS Disability Action - Invercargill**

FSD0007625 Last updated 06/07/2020

CCS Disability Action is a nationwide organisation that provides support, advocacy and information for people with a disability. We have a long, proud history of working in partnership with disabled people, families and whnau to provide dedicated and flexible support services. If you live in or near Invercargill please contact us for support, advice and information relating to disability. We offer a wide range of services but not all the services offered by CCS Disability Action are available from all our branches. All our support services (with the exception of Mobility Parking and Total Mobility) are free.

142 Don Street Invercargill admin.southland@ccsdisabilityaction.org.  9.00am - 4.00pm, Monday to Friday. nz Some charges may apply.



(03) 218 9696 No referral required.

(0800) 227 2255 (National) http://www.ccsdisabilityaction.org.nz

**Child Adolescent and Family Service - CAFS**

FSD0001292 Last updated 12/03/2021

Provides mental health services for children and youth with moderate to severe mental health problems up to 18 years of age.

 Southland Hospital 6 Irwell Street Gore 9710

(03) 208 0299 (Gore)  Monday - Friday: 8:30-17:00 (03) 441 0010 (Queenstown) Saturday - Sunday: Closed https://www.southernhealth.nz/services/so All services free of charge. uthern-dhb-child-and-youth-mental-health- No referral required. services

**Choices NZ - Invercargill**

FSD0024086 Last updated 21/10/2020

At Choices NZ, we are dedicated to ensuring people with disabilities and health needs enjoy fulfilling and independent lives.

Choices NZ is all about choosing the assistance you want and the flexibility to control and change that assistance when you want to.

We can assist you to:

* Achieve greater independence
* Develop your social networks to connect with individuals and groups with common interests
* Access community services
* Live independently and help choose the best living situation for you
* Gain employment
* Experience new challenges or pursue new interests

Our Life Coaches and Facilitators are experienced and qualified, and our specialist clinical staff provide expert advice – evaluating and supporting staff to deliver comprehensive and carefullydesigned services.

Tracey.Saunders@choicesnz.org.nz  Weekdays 8:30am - 5pm (022) 012 0608 All services free of charge.

(0800) 723 154 Referral may apply. http://www.choicesnz.org.nz/

**Citizens Advice Bureau Invercargill Inc.**

FSD0006917 Last updated 15/02/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. CAB is staffed by trained volunteers who can access information by computer or from the extensive range of resources held by each bureau. The service can be accessed by phone, email or in person.

36 Don Street Invercargill 9810



Invercargill@cab.org.nz  Monday to Friday 9.00am to 5.00pm.

|  |  |
| --- | --- |
| (03) 218 6648  (03) 218 2217 http://www.cab.org.nz | JP Clinics - Saturday 10am to noon Legal Clinics - Thursday 7pm to 8.15pm.  Financial Advice Clinic - first Wednesday of the month 1pm - 2.30pm All services free of charge.  No referral required. |

**Collaborative Networks Southland**

FSD0022793 Last updated 30/11/2020

This is a PDF list of the networks of agencies and organisations who work in health, welfare, social services and the community throughout Southland. Individual professionals or organisations working in these areas may wish to review this list to see what networks they can join in order to share and gain information of what organisations are doing in our community. The list has been compiled by Invercargill City Council Community Development Service and representatives of the Southland Interagency Forum, and is hosted on the Citizens Advice Bureau website.

service@icc.govt.nz  All services free of charge. https://www.cab.org.nz/assets/Resources/ No referral required. Invercargill-

resources/79ddaf2cde/CollaborativeNetworks-Southland.pdf

**Comcol Southland**

FSD0019373 Last updated 11/03/2021

Comcol Southland, located in Invercargill, operates a free Youth Service in the Southland region. Youth Advisors work with young people to give them guidance, advice and practical support to help them into education, training or work-based learning.

We also provide a free Job Connection course for those aged 18+. Job Connection is a bespoke programme of short, skill focused interventions to support clients to return to or gain work and achieve sustainable employment. Offering ongoing support after employment has been achieved.

We’re here to support your journey into work and help you create the future you deserve.

Level 2, Menzies Building 3 Esk Street Invercargill 9810



info.so@comcol.ac.nz  8:00 am - 4:30 pm Monday to Friday (0800) 887 007 All services free of charge.

(03) 214 3090 Referral may apply. http://www.comcol.ac.nz

**Classification : YS**

**Community Networking Trust**

FSD0021179 Last updated 06/10/2020

Our purpose is to lead and enable effective social service provision in Eastern Southland. We currently provide a number of roles and services including:

The Community Connections Centre - a “Community House” with shared services for agencies and organisations.

Heartland Services – access for the general public to Government and community agencies and services.

Strengthening Families - Case management process for families working with multiple agencies.

Mataura Community Development - Support for the Mataura community.

We also facilitate monthly community liaison meetings for agencies and organisations working in the local community, as well as lead and participate in various community projects.

Community Connections Centre 1 Charlton Lane Gore 9710



cccgore@cnt.org.nz  Mon - Fri 9am - 4pm (03) 208 8480 Some charges may apply. http://www.cnt.org.nz No referral required.

**Disabilities Resource Centre Southland**

FSD0001317 Last updated 19/03/2021

Our service aims to provide an accurate information service to people with disabilities, their families, caregivers and the community. We also sell and hire adaptive equipment and daily living aids. We assist access to existing services from voluntary agencies and government departments, and encourage and promote peer support groups and self advocacy of people with disabilities, families and caregivers. Our Invercargill store has a range of products to help everyone live independently.

25 Gala Street Invercargill 9810



info@drcsouth.co.nz  9am - 4.30pm Monday to Thursday

|  |  |
| --- | --- |
| (03) 214 5000 http://www.drcsouth.co.nz      **Dr Latesha Murphy-Edwards** | 9am - 5pm Friday  All services free of charge. No referral required. |
| FSD0021800 | Last updated 21/12/2020 |

Dr Latesha Murphy-Edwards offers assessment and therapy services to people of all ages who struggle with a range of emotional and relationship difficulties.

She is a clinical psychologist with a private practice in Invercargill. She is also an experienced child and youth therapist.

70 Victoria Avenue Avenal Invercargill 9810



Magnoliapsychology@gmail.com  Monday - Friday 9am-5pm

(021) 295 9207 Some charges may apply.

No referral required.

**Family Planning Clinic - Invercargill**

FSD0007035 Last updated 18/08/2020

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.

142 Esk Street Invercargill 9810



(03) 214 4978  Please ring to make an appointment. http://familyplanning.org.nz Some charges may apply.

No referral required.

**Family Works Southland**

FSD0001375 Last updated 18/08/2020

To provide support services in Southland for children and their families. Our services are free, confidential and available to children, young people and their families.

We work with children and young people from 0-17 years old, as well as their parents and families. At the heart of Family Works is the understanding that family life can be challenging, no matter what your experience and resources. So, we work from the basis that strong, self-sufficient families are the best places to grow happy and healthy children, and that the family is the backbone of each and every community.

Our work is about empowering families to help themselves as they face the inevitable challenges of family life and to work with them so they can flourish.

Family Works Building 183 Spey Street Invercargill 9810



enquiry@familyworkssld.nz  Monday - Friday 8.30am - 5pm

(03) 211 8200 All services free of charge. https://pss.org.nz/family-works Referral may apply.

**Fiordland Community House**

FSD0015164 Last updated 08/03/2021

We are a "hub of community services" assisting the community with a wide variety of social services in the Te Anau - Fiordland area.

We have a Community Family Worker and a Counsellor who assist families in need.

Our Community Shuttle travels to Invercargill with prior bookings for hospital, dental, Work & Income, IRD and Immigration appointments.

We are now offering free monthly trips to visit Rest Homes in Invercargill and Riverton for the community to stay connected with families and friends.

Part of the Community House is Heartland Services that gives access to government services and information and gives the opportunity to meet face to face with various government agency representatives.

We provide an employment service to find staff for employers and work for employees. If needed we help by referring to various government agencies to assist clients.

We also offer a Foodbank service for families who are struggling and need that extra help.

Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600 office@fiordlandcommunityhouse.co.nz  9am - 12.30pm



(03) 249 7754 1.30 pm - 4pm

http://www.fiordlandcommunityhouse.co.n Monday to Friday z Some charges may apply.

No referral required.

**Gore & Clutha Women's Refuge**

FSD0007684 Last updated 11/01/2021

We provide: 24 hour crisis line, emergency accommodation, community and outreach services, information and advice, women and children's education programmes, referral service and support to attend appointments.

77A Main Street Gore 9710 admin@gorerefuge.org.nz  Office hours 8am - 5pm Weekdays.



|  |  |
| --- | --- |
| (03) 208 8384  (0800) 00 43 43 | 24 hours crisisline 0800 00 43 43 Some charges may apply.  No referral required. |

**Gore and Districts Budget Advisory Service**

FSD0001024 Last updated 28/04/2021

To assist with solutions to money problems and promote good money management.

To advocate for clients, to empower clients to get the best solution for their situation.

13 Traford St Gore 9710



gbudget@xtra.co.nz  Office hours 9am-5pm Tuesday to Thursday.

|  |  |
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| (03) 208 4644  (027) 750 7067 | Appointments outside these hours will be available if necessary.  All services free of charge.  No referral required. |

**Gore and Districts Youth Worker Service**

FSD0019262 Last updated 28/01/2021

Gore and Districts Community Youth Worker Trust are a not for profit Trust established to:

Provide a link between Young People, their Whanau and the services available to them. Provide an opportunity for Young People and their Whanau to gather information. Provide resources and programmes relevant to the needs of Young People and their Whanau living in the Gore & Districts Community.

Our Services are FREE!

That's right- We offer FREE support for young people aged 5 to 18 years old with concerns such as:

Self confidence/Self Esteem,

Communication/Social Skills,

Problem Behaviours,

Drug & Alcohol Abuse,

Relationships/ Peers,

Disengaging in Education.

Our Youth Workers are:

Advocates for the Well-being of Young People, Strengths Based and Solution Focused.

Community Connections Centre 1 Charlton Lane Gore 9710



cccgore@cnt.org.nz  Monday - Friday 9am - 5pm

(03) 208 8480 All services free of charge.

(027) 222 2393 No referral required. http://www.cnt.org.nz

**Gore Counselling Centre**

FSD0001027 Last updated 08/07/2020

We assist people in working through a wide range of personal and professional issues toward renewed growth and development.

13 Traford Street Gore



inquiry@gorecounsellingcentre.com  Monday to Thursday 8.30am - 5.00pm - 24 hour

|  |  |
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| (03) 208 5366 (027) 860 3056 http://gorecounsellingcentre.com    **Classification : FVSS, SHSS**    **Heartland Services - Gore** | answer service. Wheelchair access available.  Some charges may apply. Referral may apply. |
| FSD0007160 | Last updated 06/10/2020 |

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services.

Community Connections Centre 1 Charlton Lane Gore 9710



cccgore@cnt.org.nz  Mon - Fri 9.00am -4.00pm (03) 208 9633 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Te Anau**

FSD0007162 Last updated 08/03/2021

Heartland Service Centre is a one-stop-shop that feature face to face services and information including forms, guidelines, email and phone facilities and access to government websites from a range of government organizations.

Fiordland Community House is a hub of community social services including a Community Shuttle service, a Community Family Worker, a Counsellor and Employment service. We also offer Budgeting advice, Food Bank and office/meeting room hire.

 Fiordland Community House (old Medical Centre) 21 Luxmore Drive Te Anau 9600

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| --- | --- |
| teanau@heartlandservices.govt.nz  (03) 249 7754 http://www.heartlandservices.govt.nz | 9:00am - 12.30pm  1:30pm - 4:00pm  Monday - Friday  All services free of charge.  No referral required. |

**Hokonui Runanga Health and Social Services Trust**

FSD0001034 Last updated 19/01/2021

We provide services in Health Education, Counselling, Advisory, Court Support, Holiday Programmes, DARE Programmes, Mentoring Programmes and Cultural Programmes.

140 Charlton Road Gore 9710



hokonui.office@ngaitahu.iwi.nz  Monday - Friday 9am - 3pm

|  |  |
| --- | --- |
| (03) 208 7954 http://www.hokonuirunanga.org.nz/ | All services free of charge. No referral required. |

**Jubilee Budget Advisory Service Limited**

FSD0001286 Last updated 04/12/2020

Jubilee Budget Advisory Service is a free and confidential service in Southland, helping to build financial capability and resilience in the community, by providing budget advice, information and education. Jubilee is offering an exciting new approach in your area, journeying with individuals and families to empower them to manage their finances.

Education is a very important part of what Jubilee offers to the community. The new and innovative MoneyMates 6 week peer-led group sessions are fun and educational. Participants learn alongside each other and are encouraged to share their experiences for the benefit of all.

74 Don Street Invercargill 9810



sharon@jubileebudget.co.nz  9.00am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 214 0942  http://www.jubileebudget.co.nz/ | All services free of charge. No referral required. |

**Classification : BFC**

**Koha Kai**

FSD0023928 Last updated 16/04/2021

Koha Kai is a Charitable Trust who works with people who have been marginalized and isolated in their community by the fact that they live with the challenges of disability, from intellectual, to physical, emotional/psychological, cultural isolation. Our focus has naturally developed along the Maori Health model as outlined by Dr Mason Durie. (Te Whare Tapa Wha), that good health and wellness has four dimensions. Taha wairua (spiritual health), taha hinegnaro (mental health). taha tinana (physical health) and taha whanau (family health).

Building on those four pou, Koha Kai works with people to increase their skills, strengthen relationships, and support the growth of their natural support networks. We encourage people to improve their health and wellness by growing/consuming higher quality nutrition, and becoming more active. We encourage and train people skills that can enable them to join the work force in their communities. Thus doing they reduce their dependence on support.

Level 2 5 The Crescent Invercargill 9812



janicel.kohakai@gmail.com  Office 9-5 p.m. Monday to Friday Trainees work (021) 082 05422 in 6 schools learning cooking skill, which goes

(022) 305 9076 into our Lunches in Schools Programmes,

https://www.facebook.com/kohakai/ feeding children in low decile schools healthy

nutritious meals

All services free of charge. Referral may apply.

**Lighthouse Southland**

FSD0001403 Last updated 07/04/2021

Lighthouse Southland is a specialist Family Violence agency, providing group and individual programmes to perpetrators and victims of domestic/family violence. We also provide an individual programme for adolescents from 12-17 years using aggressive and violent behaviour.

19 Yarrow Street Invercargill 9810 office@lighthousesouthland.org.nz  Monday to Thursday 8:30am - 5:00pm.



(03) 218 4468 Friday 8:30am - 3:00pm

(027) 260 5034 Some charges may apply. http://www.stoppingviolencesouthland.co. No referral required. nz

**Classification : FVSS**

**Nga Kete Matauranga Pounamu Charitable Trust**

FSD0015161 Last updated 21/12/2020

Delivering free services and programmes to Maori and the wider community. Connecting whanau with resources, ideas and energy for wellbeing and independence.

92 Spey Street Invercargill



admin@kaitahu.maori.nz  Monday & Tuesday 9am-7pm

|  |  |
| --- | --- |
| (03) 214 5260 (0800) 925 242 http://www.kaitahu.maori.nz    **Classification : BFC** | (to 7pm by appointment)  Wednesday, Thursday & Friday 9am-5pm Some charges may apply.  Referral may apply. |

**Northern Southland Community Resource Centre Charitable Trust**

FSD0020329 Last updated 09/02/2021

Providing support, information and advice to families and individuals in the community

11 Hero Street Lumsden Southland



nscco-ord@xtra.co.nz  Call for availability (03) 248 7885 All services free of charge. (027) 810 8880 No referral required.

**Number 10**

FSD0019657 Last updated 01/02/2021

Number 10 Southland Youth One Stop Shop is a non-profit organisation providing free social and health services to youth aged 10-24. Our mission is to provide a safe place which gives youth access to services that promote their mental, physical, spiritual, emotional and whanau wellbeing. To achieve this mission Number 10 works under a holistic Te Whare Tapa Wha model of care and our services include free doctor and nurse clinics, youth workers and counsellors. We also run a number of groups including development groups for guys and girls and a Community Youth group.

10 Deveron Street Invercargill 9840



admin@number10.org.nz  Monday, Tuesday, Thursday, Friday 9am -

(03) 214 1013 4.30pm

(027) 472 4703 Wednesday 9am - 6pm

http://www.number10.org.nz All services free of charge.

No referral required.

**Oranga Tamariki-Ministry for Children, Gore**

FSD0006988 Last updated 09/07/2020

Our social workers work with families to: protect children and young people up to the age of 18 years; manage young offenders up to the age of 18 years; ensure that children in need are cared for; help families maintain and strengthen their child-rearing role.

Jones & Cooper Building 24 Traford Street Gore 9710



contact@ot.govt.nz  +64 9 912 3820 (from outside New Zealand) (0508) 326 459 All services free of charge.

(0508) FAMILY No referral required. https://www.orangatamariki.govt.nz/

**Otautau and Districts Community Charitable Trust**

FSD0001300 Last updated 19/02/2021

Aims to provide support, information, and advice to the community.

174 Main Street Otautau 9610



otautautrust@gmail.com  Monday, Wednesday, Friday 9am - 4pm

|  |  |
| --- | --- |
| (03) 225 8069 (027) 737 3670 http://www.otautautrust.org.nz | All services free of charge. No referral required. |

**Penny Bray**

FSD0020093 Last updated 20/04/2021

Independent practitioner ACC accredited.

First floor 45 Don Street CBD Invercargill 9812



pennyebray@gmail.com  Monday to Friday, 9am to 4pm in Invercargill (022) 399 5344 Available fortnightly, in Riverton.

I can travel to remote clients in Tuatapere and Otautau.

All services free of charge. No referral required.

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| **Plunket - Gore** |  |
| FSD0001036  Plunket believes in supporting the development of healthy families. | Last updated 22/02/2021 |

12A Eccles Street Gore 9710 southern.region@plunket.org.nz  24 hour helpline.



|  |  |
| --- | --- |
| (03) 218 2275 (0800) 933 922 http://www.plunket.org.nz | Chrissy McBride: Community Support  Coordinator on 027 225 7268  Rooms open Monday - Friday 9.30am - 3.30pm.  All services free of charge.  No referral required. |

**Plunket - Southland Area Office**

FSD0016437 Last updated 09/06/2020

Plunket believes in supporting the development of healthy families.

132 Kelvin Street Invercargill



southland@plunket.org.nz  All services free of charge.

(03) 218 2275 No referral required. http://www.plunket.org.nz

**Pregnancy Help Inc - Invercargill**

FSD0007394 Last updated 25/06/2020

Pregnancy Help supports the well being of pregnant and recently pregnant women, new mothers and their families/whanau.

34 Forth Street Invercargill 9843



southland@pregnancyhelp.org.nz  Tuesdays 10.30am to 1pm or by appointment.

|  |  |
| --- | --- |
| (03) 213 1424 (027) 612 4615 http://www.pregnancyhelp.org.nz      **Rochelle Nebbs** | All services free of charge. No referral required. |
| FSD0015262 | Last updated 26/01/2021 |

To provide assessment and treatment to children, adolescents and families. To provide clinical supervision to professionals working with children and families.

22 Lindisfarne Street Invercargill 9812



rochelle.nebbs@gmail.com  Monday - Wednesday 9am - 5pm (021) 382 044 Thursday & Friday by appointment only. https://www.practice62.co.nz/ Some charges may apply.

No referral required.

**Southern Trauma Centre**

FSD0019957 Last updated 20/10/2020

Specialist trauma therapy. EMDR. Relationship counselling. Employee Assistance Programmes.

Psychological assessment and interventions. General counselling. Grief and Loss Counselling.

Gambling problems.

2nd floor 13 Esk Street Invercargill 9810



kay@icfc.co.nz  Mon-Fri 9.00am - 6.00pm

(03) 218 2929 Evening appointments by arrangement https://www.traumacentre.co.nz Some charges may apply.

No referral required.

**Southland Help**

FSD0001407 Last updated 25/02/2021

Offers a support service to anyone who has been raped or sexually abused/harmed, including information, education, counselling and referral services to police, doctors and court support.

225 Tweed Street Appleby Invercargill 9812



contact@southlandhelp.nz  The office is open 9:00am until 5:00pm - Monday

(03) 218 4357 to Friday

(03) 218 4358 FREE text to 0272162079

http://www.southlandhelp.nz Call centre 0274 680 007

All services free of charge. No referral required.

**Classification : FVSS, SHSS**

**SPELD NZ Inc - Southland Local Liaison Group**

FSD0007493 Last updated 01/09/2020

SPELD NZ Inc offers one-on-one diagnostic assessment and specialised tuition for people with specific learning disabilities, including dyslexia. It also offers information, support, advice and training.

|  |  |
| --- | --- |
| southern@speld.org.nz (0800) 773 536 http://www.speld.org.nz | Office administration open Monday to Friday,  9.00am-3.00pm.  Some charges may apply.  No referral required. |

**STOP Adolescent and Children's Services - Invercargill**

FSD0016473 Last updated 21/07/2020

STOP's vision is "a community free of sexual abuse" - this will be achieved by providing assessment and intervention for adolescent males who have engaged in harmful sexual behaviour and children with concerning sexualised behaviours.

2nd Floor, Menzies Building 1 Esk St West Invercargill 9810



bryan.oneill@stop.org.nz  Phones are not manned every day leave

(03) 353 0257 message on answer machine or ring

http://stop.org.nz Christchurch Office if urgent (03) 353 0257.

Referral enquires to Team Leader, Bryan O'Neill on (03) 353 0257.

All services free of charge. Referral may apply.

**Te Iho Awhi Rito Social Services**

FSD0001040 Last updated 25/10/2020

Mission "To promote safe and informed and confident whanau by acknowledging the diverse Hapu and Iwi communities"

11 Hyde Street Gore 9710



awhirito@xtra.co.nz  9.00 am - 5.00 pm Monday to Friday

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| (03) 208 0224  (027) 371 3920 | Later appointments by arrangement.  All services free of charge.  No referral required. |

**Te Whare Hou Invercargill Women's Refuge**

FSD0007685 Last updated 18/08/2020

Women's Refuges work to raise public awareness of violence against women and children, promoting the prevention and elimination of violence, and the rights of women and children to care and protection. For support, please ring our Crisis Line: 0800 REFUGE (0800 733 843). In an emergency, please ring 111.

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| ingillrefuge@xtra.co.nz  (03) 218 9790  (0800) 733 843 REFUGE http://www.womensrefuge.org.nz | 24 hour crisis line 0800 733 843 REFUGE Some charges may apply.  No referral required. |

**Tenancy Services - Invercargill**

FSD0006237 Last updated 18/03/2021

We offer advice and information for landlords and tenants who rent their homes. We administer the Residential Tenancies Act 1986. We receive and hold bonds until the end of a tenancy, we provide dispute resolution services, and we administer the State Housing Appeals Authority.

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| info@tenancy.govt.nz (0800) 836 262 (0800) TENANCY  https://www.tenancy.govt.nz/      **The Salvation Army - Gore** | To visit us for personal assistance you MUST make an appointment by calling 0800 836 262 | |
| Some charges may apply. No referral required. |  |
| FSD0001037 |  | Last updated 17/04/2021 |

Worship, community and welfare services of The Salvation Army

21 Irwell Street Gore 9710



gore.corps@salvationarmy.org.nz  Monday, Tuesday, Wednesday, Thursday,

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| (03) 208 4443 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/otagosouthland/gore/gore-corps | Friday. 1pm - 4pm with after hours numbers available on the answer phone service at this number.  Some charges may apply.  No referral required. |

**The Salvation Army - Invercargill**

FSD0001386 Last updated 17/04/2021

Worship, community and welfare services of The Salvation Army

29-31 Victoria Avenue Invercargill 9810



invercargill.corps@salvationarmy.org.nz  Monday - Friday 09.30am - 3.00pm @ 110

(03) 218 3094 Leven

http://www.salvationarmy.org.nz/centres/n Sunday 10:30am 29 - 31 Victoria Ave z/otago-southland/invercargill Some charges may apply.

Referral may apply.

**Classification : THP**

**The Salvation Army - Winton**

FSD0023572 Last updated 20/04/2021

Worship, community and welfare services of The Salvation Army

7 Dejoux Road Winton 9720 winton\_corps@salvationarmy.org.nz  Some charges may apply.



(03) 236 0928 No referral required.

https://www.salvationarmy.org.nz/centres/ nz/otago-southland/winton/winton-corps

**Victim Support - Gore**

FSD0001031 Last updated 02/02/2021

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Invercargill** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015306 | Last updated 02/02/2021 |

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week All services free of charge.  No referral required. |

**Victim Support - Southland Rural**

FSD0015722 Last updated 02/02/2021

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week All services free of charge.  No referral required. |

**Work and Income - Gore Community Link**

FSD0008044 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Ground Floor, Jones & Coopers Building 24 Trafford Street Gore



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Invercargill Community Link**

FSD0008045 Last updated 27/04/2021

COVID-19: All of our service centres are open at Level 1, however, please telephone ahead or go online to access services in the first instance – you may not need to leave home to get our help (see links above).

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family.

Invercargill Community Link 33 Gala Street Invercargill 9840



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am http://www.workandincome.govt.nz 5:00pm. Wednesday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Youthline Southland**

FSD0006538 Last updated 27/07/2020

Phone, TXT and Email counseling for people of all ages with a specific focus on 10 to 30 years.

Call TXT or email between 8am-Midnight, 7 days a week. Midnight to 8am, crisis support calls. We also provide volunteer training for members of the community who wish to become Youthline Helpline Counselors.

46 Kelvin Street Invercargill



southland@youthline.co.nz  24/7 Helpline

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| --- | --- |
| (03) 211 0031 |  |
| (0800) 37 66 33 http://www.youthline.co.nz | Office hours 9am - 4pm All services free of charge.  No referral required. |

# National Helplines

**Alcohol Drug Helpline**

FSD0003840 Last updated 28/08/2020

The Alcohol Drug Helpline offers confidential information, insight and support on any problem, issue or query people may have about their own or someone else's drinking or drug use.

We offer brief interventions which allow someone to anonymously identify their level of use, consider the pros and cons of continuing to use, and the reasons they would like to change. We offer referrals to treatment services. The person making contact is then offered a selection of options in an affirming confidential manner.

We work with concerned others and support families/whanau to stay well when their loved ones are struggling with an alcohol or other drug problem.

info@alcoholdrughelp.org.nz  24 hours/ 7 days/ 365 days a year (0800) 787 797  All services free of charge.

(Free TXT) 8681 No referral required. http://www.alcoholdrughelp.org.nz

**Body Positive Inc.**

FSD0000152 Last updated 04/03/2021

Body Positive Inc. is a group founded by and run for people with HIV/AIDS. We welcome all people living with HIV and AIDS in New Zealand.

Body Positive Inc. breaks down isolation and builds a sense of community while advocating on behalf of HIV+ people on a national level.

Unit 1 3 Poynton Terrace Auckland 1010



office@bodypositive.org.nz  Mon-Fri 10am-5pm (0800) HIV LINE (448 5463)  All services free of charge.

(09) 309 3989 No referral required. http://www.bodypositive.org.nz

**Child Cancer Foundation - National Contact**

FSD0007609 Last updated 11/03/2021

Promoting services of excellence and consistency for children and young people with cancer and their families.

Free phone 0800 4 CHILD (0800 4 24453). We offer family support and coordination services throughout New Zealand

The Family Place 76 Grafton Road Grafton Auckland 1030 akl.familyplace@childcancer.org.nz  8.30am - 5.00pm, Monday to Friday.



(0800) 4 CHILD (0800 424 453)  All services free of charge.

(09) 366 1270 No referral required. http://www.childcancer.org.nz

**Continence New Zealand**

FSD0001723 Last updated 14/10/2020

Continence New Zealand aims and ideals are to work towards the promotion and expansion of continence issues providing information and support for people experiencing continence problems and the professionals working with them.

PO Box 254 Waiuku 2341



info@continence.org.nz  8.30am-5pm (0800) 650 659  All services free of charge. http://www.continence.org.nz No referral required.

**Depression Helpline**

FSD0017387 Last updated 28/08/2020

The Depression Helpline 0800 111 757 and text 1737 - callers can talk through emotional and psychological issues with counsellors and via the national depression initiatives:

* www.depression.org.nz – helping people find a way through depression
* The Lowdown - www.thelowdown.co.nz and text 5626 – support to help young people recogniseand understand depression or anxiety
* The Journal @ depression.org.nz - an online programme to help people learn skills to tackle

depression.

PO Box 105346 Auckland 1010



(0800) 111 757  (Free TXT) 4202 http://www.depression.org.nz

All support is available 24 hours a day, seven days a week, 365 days a year.

All services free of charge. No referral required.

**Elder Abuse Response Service**

FSD0023052 Last updated 30/04/2021

A 24/7 freephone helpline service that connects callers to information and/or support services in relation to elder abuse.

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| support@elderabuse.nz  (0800) 32 668 65(EA NOT OK)    **Classification : EARS, FVSS**    **Ezispeak** | Freephone service available 24/7.  Text 5032 or email support@elderabuse.nz All services free of charge. No referral required. |
| FSD0024013 | Last updated 31/08/2020 |

Ezispeak is a telephone based interpreting service which offers clients of the participating agencies free interpreting in over 180 different languages.

Level 16 157 Lambton Quay Te Aro Wellington 6011



(0800) 453 771   Call us Monday to Friday: 8.00am to 6.00pm http://www.ezispeak.nz/ All services free of charge.

No referral required.

**Family Court**

FSD0022756 Last updated 14/10/2020

The Family Court deals with lots of issues, from making orders for children not yet born right through to older people who are in need of care and protection. Providing families with help doesn't always involve actually going to court. There are many advice and support services that the Court will provide or recommend to you first, depending on the nature of your problem.

(0800) 224 733   Call between 8:30am and 5:00pm Monday to (0800) AGREE Friday. Otherwise, go to the website to find your http://justice.govt.nz/family/contact-us/ local district court.

Some charges may apply. No referral required.

**Family Violence Information Line**

FSD0015122 Last updated 16/04/2021

A Family Violence Information Line that provides information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour. The line provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.

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| areyouok@msd.govt.nz (0800) 456 450 http://www.areyouok.org.nz    **Classification : FVSS**    **Gambling Helpline** | Available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.  All services free of charge. No referral required. |
| FSD0003595 | Last updated 31/08/2020 |

Worried about your gambling? Or somone else's? Call 0800 654 655 or text 8006 for support or information 24 x 7. Calls and texts are free.

info@gamblinghelpline.co.nz  Available 24/7 (0800) 654 655  All services free of charge.

(Free TXT) 8006 No referral required. http://www.gamblinghelpline.co.nz

**Classification : PACIFIC**

**Healthline**

FSD0000029 Last updated 28/08/2020

Healthline is a free telephone health information service 24 hours/ 7 days a week. Phone 0800 611 116 to talk to a registered nurse for health advice. Calls are free – including from a mobile phone. Interpreters available.

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| (0800) 611 116 http://www.healthline.govt.nz      **Hey Bro Helpline** | 24 hours a day, seven days a week.  All services free of charge. No referral required. |
| FSD0023413 | Last updated 18/01/2021 |

Providing 24/7 helpline support for men who feel they’re going to harm a loved one or whanau member

161 Pages Road Aranui Christchurch



(0800) 439 276   All services free of charge. https://www.hewakatapu.org.nz/services/0 No referral required. 800-hey-bro

**Immigration New Zealand**

FSD0006147 Last updated 29/01/2021

Immigration New Zealand (INZ) is part of the Ministry of Business, Innovation and Employment.

Immigration New Zealand aims to bring the best people to New Zealand to enhance New Zealand’s social and economic outcomes. We directly support labour market growth by attracting the best people to New Zealand and supporting them into the workforce so they become long-term contributors. We also contribute to key export industries.

The role of Immigration New Zealand includes:

deciding visa applications attracting migrant skills and labour matching migrant skills with employer needs managing border security with regard to the movement of people supporting migrant settlement and retention implementing the Government’s refugee quota programme enforcing compliance with immigration law and policy.

2 Amersham Way Manukau Auckland 2104



(0508) 558 855   To phone from outside of New Zealand +64 9 http://www.immigration.govt.nz 914 4100

You can also send us an online query from the website.

Some charges may apply. No referral required.

**Kidsline**

FSD0003474 Last updated 22/12/2020

Kidsline is a free, nationwide telephone counselling serivce for children up to 18. Our service is free and confidential. Contacting Kidsline is easy. We are available 24/7 - call us on 0800 kidsline.

If you would like to speak with one of our Buddies call the same number between 4pm-9pm weekdays from your home phone or mobile phone.

Remember: It helps to talk.

95 Great South Road Greenlane Auckland City



(0800) 543 754   We are a 24/7 service. Callers can talk to a http://www.kidsline.org.nz trained Kidsline Buddy between 4 - 9pm weekdays.

All services free of charge. Referral may apply.

**LifeLine New Zealand**

FSD0003381 Last updated 12/01/2021

LifeLine is here to listen to the unheard, to empower the caller to retake control of their situation, making callers aware of options rather than offering advice.

(0800) 543 354   24 hours a day, seven days a week.

(Free TXT) 4357 All services free of charge. http://www.lifeline.org.nz No referral required.

**MoneyTalks**

FSD0023449 Last updated 18/01/2021

MoneyTalks is a helpline to provide free financial and budgeting advice to individuals, family and whnau

Level 6 330 Lambton Quay Wellington 6146



help@moneytalks.co.nz  Monday to Friday 8am to 8pm (0800) 345 123  Saturday 9am to 4pm

http://www.moneytalks.co.nz Sunday 10am to 2pm

All services free of charge. No referral required.

**National Collective Of Independent Women's Refuges**

FSD0005514 Last updated 26/01/2021

For support, please ring our Crisis Line: 0800 REFUGE (0800 733 843). In an emergency, please ring 111. Women's Refuges work to raise public awareness of violence against women and children, promoting the prevention and elimination of violence, and the rights of women and children to care and protection.

 Ground Floor 275 Cuba Street Wellington 6141

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| info@refuge.org.nz  (0800) 733 843 (04) 802 5078 http://www.womensrefuge.org.nz    **Classification : FVSS** | 9.00 am - 5.00pm Monday - Friday (09) 8025078  National Office  24/7 Crisis line 0800 733 843 All services free of charge.  No referral required. |

**Nationwide Health & Disability Advocacy Service**

FSD0001042 Last updated 01/02/2021

Free support or guidance with resolving your concerns about a Health or Disability Service.

advocacy@advocacy.org.nz  Monday to Friday or 24 hours via website (0800) 555 050  www.advocacy.org.nz for complaint form or https://www.advocacy.org.nz/ LiveChat messages

All services free of charge. No referral required.

**Oranga Tamariki-Ministry for Children**

FSD0004110 Last updated 10/07/2020

Our social workers work with families to: protect children and young people up to the age of 18 years; manage young offenders up to the age of 18 years; ensure that children in need are cared for; help families maintain and strengthen their child-rearing role.

The Aurora Centre 56 The Terrace Wellington



contact@ot.govt.nz  24/7

(0508) FAMILY  After hours: from 5pm – 8 am Monday to Friday, (0508) 326 459 weekends and public holidays, social workers https://www.orangatamariki.govt.nz/ will only assess emergency situations. But we encourage you to call if you're unsure.

All services free of charge. No referral required.

**OUTLine New Zealand Incorporated**

FSD0003347 Last updated 19/10/2020

OUTLine is a national service that helps LGBTIQ+ New Zealanders (and their friends and whnau) to access support, information and a sense of community. We currently provide a free peer support phone line, a transgender peer support service for trans and non-binary people in Auckland, and specialist face-to-face and video counselling exploring gender and sexuality for LGBTIQ+ people across Aotearoa.

OUTLineNZ (Nationwide), Level 2 31 Hargreaves Street Auckland 1011



info@outline.org.nz  Every Day: 6 pm - 9 pm (messages can be left

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| (0800) 688 5463 / OUTLINE  (09) 281 3409 http://www.outline.org.nz/      **Parent Help Inc.** | outside of these hours) Some charges may apply. Referral may apply. |
| FSD0003082 | Last updated 16/06/2020 |

Supporting parents and families to raise their children in a positive environment in order to prevent child abuse.

We help parents build resilient and positive families/whnau through our free parenting Helpline 0800 568 856, affordable parenting courses and counselling.

Level 4 175 Victoria Street Wellington 6011



info@parenthelp.org.nz  Helpline 0800 568 856 - 9am-9pm, 7 days a

(0800) 568 856  week.

(04) 802 5767

http://www.parenthelp.org.nz For office and counselling service Monday to

Friday, 9am - 5pm

Some charges may apply. No referral required.

**PlunketLine**

FSD0002324 Last updated 19/03/2021

A toll free telephone support service staffed by specially trained Plunket Nurses is available to respond to caregivers' concerns on child health and parenting (0-5 years).

(0800) 933 922   24 hours a day, 7 days a week http://www.plunket.org.nz All services free of charge.

No referral required.

**Problem Gambling Foundation of New Zealand**

FSD0000673 Last updated 01/04/2021

The Problem Gambling Foundation's mission is building healthy communities together, free from gambling harm.

128 Khyber Pass Road Grafton Auckland



help@pgfnz.org.nz  8.30am to 5.00pm phone contact (0800) 664 262  All services free of charge.

(09) 368 1520 No referral required. http://www.pgf.nz

**Rural Support Trust**

FSD0023593 Last updated 13/08/2020

Rural People Helping Rural People

Are times a bit tough? How about talking to someone who really understands the pressures of rural life?

We are local rural people that know from experience that severe weather, finances, relationships, and work pressures can all mount up.

Contact us any time. Call 0800 RURAL HELP - for a confidential chat about you, your business, the weather, your finances; or a neighbour, partner, friend, family member, or worker.

Our support is FREE and private. And if you need more than a chat, we can point you in the right direction.

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| (0800) 787 254 http://rural-support.org.nz      **Safe to talk helpline** | call us anytime.  All services free of charge. No referral required. |
| FSD0023298 | Last updated 20/04/2021 |

A 24/7 freephone helpline service that connects callers to information and/or support services in relation to sexual harm.

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| support@safetotalk.nz  (0800) 044 334 (Free TXT) 4344 http://www.safetotalk.nz    **Classification : SHSS**    **Samaritans** | 24 hours/7 days a week online chats  All services free of charge. No referral required. |
| FSD0004140 | Last updated 07/01/2021 |

A voluntary 24/7 telephone service providing a listening ear to those who need someone to talk to. We offer sympathetic, caring and confidential support to callers who may be experiencing a wide range of mental health issues, including such things as anxiety, loneliness, relationship difficulties, financial problems or suicidal thoughts.

Basement of St Paul's Cathedral 45 Molesworth Street Thorndon Wellington marketing-wellington@samaritans.org.nz  24/7 365 days of the year.



(0800) 726 666  All services free of charge.

(04) 473 9739 No referral required. http://www.samaritans.org.nz

**Seniorline**

FSD0003889 Last updated 05/01/2021

Seniorline is contracted by all NZ DHBs as a telephone information service to assist older people to navigate the health system. Information includes how to get help to stay at home and support services for caregivers. Seniorline also advise on the process for entry to rest home, dementia or hospital care, funding and the services that should be provided.

Ground Floor Building 17 Greenlane Clinical Centre Greenlane Auckland



seniorline@adhb.govt.nz  8.00am - 4.00pm Monday to Friday (0800) 725 463  All services free of charge.

(09) 375 4395 No referral required. http://www.seniorline.org.nz

**Settling into New Zealand - 0508 558 855**

FSD0021008 Last updated 15/02/2021

Are you a new migrant? Do you need help to live, work or settle successfully in New Zealand? Ring the Immigration New Zealand’s contact centre on 0508 558 855 and press ‘2’ or email newmigrantinfo@mbie.govt.nz.

newmigrantinfo@mbie.govt.nz  From overseas or mobile: +64 9 914 4100 (0508) 558 855  All services free of charge. http://www.newzealandnow.govt.nz/ No referral required.

**Shakti Asian Women's Centre**

FSD0007645 Last updated 27/01/2021

This organisation provides a 24-hour national crisis call service (0800 SHAKTI) for ethnic women in domestic violence, drop in centres for women, outreach, case work, advocacy, counselling, legal referral, interpreting, life skills programmes, domestic violence intervention and awareness training for communities and lobbying for legislation change.

3 Cardwell Street Onehunga Auckland



scc@shakti.org.nzDrop In Centre 9am to 4pm

(0800) 742 584 SHAKTI (24 hr crisis) All services free of charge. http://shaktiinternational.org/ No referral required.

**Shine (Safer Homes In New Zealand Everyday)**

FSD0003515 Last updated 18/09/2020

Shine (Safer Homes In New Zealand Everyday) is making homes violence free. Shine offers a free national Helpline, frontline services for adult and child victims of domestic abuse and for men who've used violence, as well as training programmes, the DVFREE workplace programme, and Shine in School programme.

Ground Floor 409 New North Road Kingsland Auckland 1021



enquiries@2shine.org.nz  Helpline (0508 744 633) is answered 9am -

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| --- | --- |
| (0508) 744 633 (09) 815 4601 http://www.2shine.org.nz | 11pm, 7 days a week . Our office hours are  8.30am - 5.00pm weekdays. Some charges may apply.  Referral may apply. |

**SIDS and Kids New Zealand Incorporated**

FSD0015107 Last updated 30/06/2020

Established to provide services for families and communities who have been affected by SIDS (Cot Death), SIDS New Zealand Incorporated is a national organisation of parents, families and friends of children who have died suddenly and/or unexpectedly of any cause including SIDS.

info@sids.org.nz  24 Hours

(0800) 164 455  All services free of charge. http://www.sidsandkids.org.nz No referral required.

**Skylight Trust**

FSD0003787 Last updated 30/04/2021

Skylight supports children, young people, adults, and families/whnau who are facing any kind of tough life situation. We specialise in providing counselling support services and information around grief, loss and trauma. We aim to provide the right help, at the right time, in the right way.

 Level 3 5-7 Vivian Street Te Aro Wellington 6011

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| info@skylight.org.nz  (0800) 299 100 (04) 939 6767 http://www.skylight.org.nz      **Student Rights Service** | Monday - Friday 8.30am - 5pm. Messages can be left on the answerphone.  Some charges may apply. No referral required. |
| FSD0002323 | Last updated 27/07/2020 |

We provide parents and caregivers with knowledge about their own and their children's legal rights and obligations within the state and integrated school system.

PO Box 24005 Wellington 6142



info@wclc.org.nz  Available Monday to Friday with caller asked to

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| (0800) 499 488 (04) 499 2928 http://www.studentrights.nz | leave a message and they will be contacted.  All services free of charge.  No referral required. |

**Suicide Crisis Helpline, 0508 TAUTOKO**

FSD0021157 Last updated 14/09/2020

0508 TAUTOKO is Lifeline Aotearoa's suicide crisis helpline. Operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training, 0508 TAUTOKO is a free, nationwide service available 12 noon until 12 midnight, 7 days a week for those in distress, or for those who may be concerned about the wellbeing of family, whanau or friends.

info@lifeline.org.nz  Free, nationwide service available 24 hours, 7

(0508) 82 88 65  days a week

(0508) TAUTOKO All services free of charge. https://www.lifeline.org.nz/services/suicide No referral required. -crisis-helpline

**Utilities Disputes Ltd**

FSD0023339 Last updated 22/01/2021

Utilities Disputes offers a free service for resolving complaints about electricity, gas, and water, and disputes about access to shared property for fibre installations.

Freepost 192682 PO Box 5785 Wellington 6140



info@utilitiesdisputes.co.nz  8.30 am - 5.00 pm Weekdays or leave a

(0800) 22 33 40  voicemail

http://www.utilitiesdisputes.co.nz/ All services free of charge. No referral required.

**Victim Support**

FSD0002001 Last updated 02/02/2021

Victim support provides information, support and assistance to victims, witnesses, their families and friends. Victim Support also promotes victims' rights through raising public awareness and recognition of the effects of crime.

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| nationaloffice@victimsupport.org.nz  (0800) 842 846 (04) 474 8862 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge.  No referral required. |

**Victims of Crime Information Line**

FSD0015207 Last updated 26/01/2021

A national free phone line that provides information for people affected by crime about their rights and what support services are available.

19 Aitken Street Wellington



victimscentre@justice.govt.nz  Call 24/7

(0800) 650 654 

(0800) 842 846 Victims Information Line - 0800 650 654

http://www.victimsinfo.govt.nz Victim support 0800 VICTIM (842 846)

All services free of charge. No referral required.

**Warmlines (select to access regional helpline numbers)**

FSD0023002 Last updated 03/07/2020

National helpline supporting people accessing Mental Health Services that is delivered under regional coverage by three organisations.

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| (0800) Regional numbers https://www.mentalhealth.org.nz/gethelp/in-crisis/helplines/      **What's Up (0800 WHAT'S UP)** | South Island 03 379 8415/0800 899 276 (1pm to midnight, 7 nights)  Wellington 0800 200 207 (7pm–1am, Tuesday to  Sunday)  Auckland Central 0508 927 654 or 0508 WARMLINE (8pm to midnight, 7 nights) All services free of charge. No referral required. |
| FSD0015942 | Last updated 09/07/2020 |

What's Up is a free, national telephone counselling service for New Zealanders aged 5 to 18 years. The service operates seven days a week and is open Monday to Friday 12.00pm-11.00pm Saturday and Sunday 3pm -11pm. Online chat is open 3pm-10pm every day. Paid, fully trained and closely supervised professional counsellors answer the telephones.

Barnardos WhatsUp PO Box 24153 Royal OAk Auckland 1345



info@whatsup.co.nz  The helpline is available between 12pm and

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| (0800) 942 87 87 (0800) WHATSUP  http://www.whatsup.co.nz      **Youthline** | 11pm Mon - Fri, 3pm - 11pm Sat - Sun open everyday of the year. Online chat 3.00pm -  10.00pm  WhatsUp is unable to offer counselling by email.  All services free of charge. No referral required. |
| FSD0006531 | Last updated 18/02/2021 |

Youthline offers access to a wide range of youth development and support services.

Youthline is at the forefront in developing and providing youth and family services and we offer and can link young people to a comprehensive range of clinical services.

Youthline House 13 Maidstone Street Ponsonby Auckland 1021



supportcentre@youthline.co.nz  Office open Monday to Friday 9am-5pm. Youth

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| (0800) 37 66 33 (09) 376 6645 http://www.youthline.co.nz | Help Line 24 hours a day, 7 days a week.  Free TXT 234  Some charges may apply.  No referral required. |