

**Community Directory**

## Nelson City

Created 05/05/2021

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# Addiction

### Nelson Marlborough Addictions Service

FSD0004343 Last updated 21/12/2020

The Addictions Service is committed to reducing the harm to individuals, families and the community associated with substance use.

 Nelson Hospital (Entrance off Tipahi Street) 7010 Feranklyn Street Nelson

 AddictionsNelson@nmdhb.govt.nz  Monday to Friday 8.30am - 5.00pm

 (03) 546 1994 All services free of charge.

 (03) 546 1800 A/H No referral required.

http://www.nmdhb.govt.nz/MentalHealth.a spx

# Basic Needs

### Citizens Advice Bureau Nelson Tasman

FSD0006919 Last updated 01/02/2021

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 online using our own database, or from the extensive range of physical resources held by each bureau. The service can be accessed by phone, email or in person.

 9 Paru Paru Road Nelson 7010

 nelsontasman@cab.org.nz  9am - 4.30pm, Monday to Friday.

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| --- | --- |
| (03) 548 2117 http://www.cab.org.nz  **Habitat for Humanity Nelson** | All services free of charge. No referral required.  |
| FSD0004210 | Last updated 06/04/2021 |

Habitat for Humanity Nelson aims to provide decent affordable housing to those in need.

 166 Tahunanui Drive Tahunanui Nelson 7011

nelson@habitat.org.nz  Monday - Friday 9 - 5 (03) 547 4626 Some charges may apply. http://www.habitat.org.nz/nelson No referral required.

### Kai With Love

FSD0024336 Last updated 26/08/2020

Kai With Love provide easy access to friendly, uncomplicated Food Support for families/individuals who need it. We have a varying range of food items available each week, and can offer a food topup or enough for several days. We are only able to offer whatever we have in stock on any given day. KWL also partner with Helping Families Nelson who may be able to assist with clothing, linen, soft-furnishings and sometimes furniture.

 The Centre, Warring Carpark Oxford Street Richmond 7020

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| --- | --- |
| abigail@kaiwithlove.co.nz (021) 622 361  **Life Linc Nelson** |  Go to : facebook.com/kaiwithloveMurchison - MondaysRichmond - WednesdaysMotueka - WednesdaysWakefield - FridaysNelson - Saturdays Tapawera - Saturdays.Koha/donation may apply. No referral required.  |
| FSD0006506 | Last updated 31/08/2020 |

Life Linc offers low cost counselling to people in need in the Nelson Tasman community.

The counselling is delivered through a team of professionally trained volunteer counsellors working in Nelson, Richmond, Motueka and Mapua.

Our services include:

1. Individual counselling -An opportunity to work one-on-one with a Life Linc trained counsellor in asafe, caring and confidential environment. Being able to sit with another person and truly be listened to and understood.

1. Couples counselling - An opportunity to better understand close relationships of various kinds,for example partner, parent or sibling. Benefits include helping clarify feelings about the relationship, deepening intimacy and connection, promoting self-awareness and personal growth.

1. Group counselling – ongoing, longer term therapy

Provides a safe place for people to explore their thoughts and feelings, deepen contact with themselves and others and explore ways to move forward.

 2/196A Collingwood Street Nelson 7010

|  |  |
| --- | --- |
| clinical@lifelinc.co.nz (03) 548 2400 http://www.lifelinc.co.nz   |  Short term individual & couples counselling service by arrangement on (03)548 2400. Skype sessions also available. Group work and Art Therapy.Some charges may apply.No referral required. |

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Ministry of Social Development - Nelson, Marlborough and West Coast Regional Office

FSD0015273 Last updated 29/07/2020

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.

 Level 1 22 Bridge Street Nelson 7042

 (0800) 559 009  8.30am - 5pm Monday to Friday.

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| http://www.workandincome.govt.nz  **Nelson Budget Service Inc.** | All services free of charge. No referral required.  |
| FSD0004216 | Last updated 17/07/2020 |

Provides free, confidential and professional advice in all areas of personal finances. Provides educational talks to schools, tertiary institutions, mental health groups,other community groups, companies and anyone else who is interested in managing their money better.

 29 Selwyn Place Nelson 7010

 nelsonbudget@xtra.co.nz  Monday - Friday 9.00 am - 2.00 pm

|  |  |
| --- | --- |
| (03) 546 9021(027) 361 0182 (text only) http://www.nelsonbudget.co.nz **Classification : BFC**  | or as required by clients.Koha/donation may apply.No referral required. |

### Nelson Community Foodbank Trust

FSD0004218 Last updated 27/09/2020

Nelson Community Food Bank provides food parcels to families/whanau living in the

Nelson/Waimea Areas via referral from one of the following partner agencies: Salvation Army, St Vincent de Paul, Beneficiary and Unwaged Workers Trust, Family Start, Whakatu Marae, Te Piki Oranga, Stopping Violence Services and Angel in my Street.

 166 Tahunanui Drive Tahunanui Nelson 7011

 nelsoncommunityfoodbank@gmail.com  The Foodbank is open Monday to Friday

 (021) 022 234 between 10.30 and 12.30. Requests must be

 http://www.nelsoncommunityfoodbank.org received by 11.30am to be processed on the

 .nz same day. Contact one of our partner agencies

to request a food parcel.

All services free of charge. Referral may apply.

### Nelson Counselling Support

FSD0023980 Last updated 05/07/2020

Nelson Counselling Support are committed to provide a safe space where you can be heard and supported to live your best life. Mira Markovic (MNZAC) is a member of the New Zealand

Association of Counselling and a registered Provider for ACC Sensitive Claims (sexual abuse and trauma). Counselling services are available to suit your individual circumstances. Counselling can provide meaningful support to help address concerns including, ACC Sensitive Claims, anxiety, depression, PTSD, the effects of sexual abuse and trauma, relationship issues and other challenging life transitions.

 18A Harley Street CBD Nelson 7010 contact@nelsoncounsellingsupport.co.nz  Phone or email for an appointment.

(021) 147 4928 Some charges may apply. https://www.nelsoncounsellingsupport.co. No referral required. nz

### Nelson Night Shelter

FSD0004217 Last updated 15/06/2020

Men's night shelter, evening meal, cereal breakfast for $10 per night.

 30A Vanguard Street Nelson 7010

 admin@allsaints.co.nz  24 hours a day 7 days a week

|  |  |  |
| --- | --- | --- |
| (03) 548 2601(027) 210 6977 http://www.allsaints.co.nz  **Nelson Women's Centre** | Best contact via mobile phone.Some charges may apply.No referral required. |   |
| FSD0004219 |  | Last updated 28/06/2020 |

The Nelson Women's Centre/ Te Whare whina M Ng Whine Puawai is a resource centre for all women and their children. We provide free social work, support, advocacy, low cost counselling and growth groups, plus low cost arts and life skills workshops. We help women and families address a wide range of life challenges, such as: physical and mental health concerns, parenting and relationship issues, family violence, accommodation, social isolation, budgeting and more.

 Nelson Women's Centre 44 Trafalgar Street The Wood Nelson 7010

 coordinator@nelsonwc.org.nz  Monday - Thursday 9am - 4pm. Friday 9am -

|  |  |
| --- | --- |
| (03) 546 7986(03) 546 8441 http://nelsonwomenscentre.org.nz   | 2pmSome charges may apply.No referral required. |

### Nelson Women's Support (Inc)

FSD0004235 Last updated 13/07/2020

To provide a caring, supportive environment for women experiencing difficulties.

 44 Trafalgar Street The Wood Nelson

 nws@nelsonwc.org.nz  Mon-Thurs, 9am-4pm

(03) 546 8441

 https://www.nelsonwomenscentre.org.nz/ Fridays, 9am-2pm

All services free of charge. No referral required.

### New Zealand Red Cross - Nelson Tasman

FSD0000535 Last updated 29/09/2020

The New Zealand Red Cross is part of the largest humanitarian organisation in the world, improving the lives of vulnerable people locally, nationally and internationally. Provides: a variety of humanitarian community services, first aid training and certification, and emergency management.

 59 Parkers Road Tahunanui Nelson 7011

 nelsonadmin@redcross.org.nz  Mon - Thursday 9am - 5pm

 (03) 546 5012 Fridays 9am - 4:30pm

(0800) 733 276 Some charges may apply. http://www.redcross.org.nz/ No referral required.

### New Zealand Red Cross Migration Programmes

FSD0004345 Last updated 29/09/2020

Refugee Programmes provides initial settlement services to the annual quota of 1000 refugees who are rebuilding their lives in New Zealand. Nelson receives 135 former refugees each year, 13% of the annual quota. Our 3-strand model of service-delivery utilizes the combined strengths of our Social Workers, Resettlement Case Workers, Cross Cultural Workers for language support and trained Volunteer Support Workers from the Nelson community. Red Cross Pathways to Employment Programme helps former refugees who are on a Work and Income benefit to plan their employment, education, training and career goals and ultimately find work. We are also involved in public education, advocacy, and support the wider ethnic communities. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

 59 Parkers Road Tahunanui Nelson 7011

 nelsonadmin@redcross.org.nz  Monday - Thursday 9am - 5pm

 (03) 546 5012 Fridays 9am - 4:30pm

https://www.redcross.org.nz/what-we- All services free of charge. do/in-new-zealand/refugee-programmes/ Referral may apply.

### Perinatal Support Nelson

FSD0004281 Last updated 08/04/2021

We provide free and confidential support to women and their families/whanau affected by perinatal depression and/or anxiety. Information, brochures, 1:1 counselling, home visits, lending library, therapy groups, telephone/email support, antenatal talks and links to other community support.

 319A Hardy Street Nelson 7010 hello@perinatalsupportnelson.org.nz  The office hours are: Mon 9.00am - 1.00pm.

(03) 548 3555 Tues 9.00am - 1.00pm. Wed 9.00am - 1.00pm http://www.pndnelson.org.nz Thurs 9.00am - 5.00pm.

All services free of charge. No referral required.

### Presbyterian Support Nelson

FSD0007784 Last updated 12/03/2021

Presbyterian Support (USI) is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help people, families and society to be safe, strong and connected. Operating as a not-for-profit NGO, the agency has been in business over 100 years and delivers services from twelve service centres as well as community venues in the Upper South Island region.

 360 Annesbrook Drive Annesbrook Nelson 7011

Nelson@psusi.org.nz  8.30am to 4.30pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 265 5214 Referral may apply. https://psuppersouth.org.nz/

**Classification : YS**

### Private Counselling (Annesbrook Community Trust)

FSD0001014 Last updated 19/01/2021

We provide counselling for all issues in life.

 Annesbrook Church 40 Saxton Road Nelson

 info@annesbrook.co.nz  9am - 5pm Monday to Thursday

(03) 547 7371 Some charges may apply. http://www.annesbrook.co.nz No referral required.

### Sexual Abuse Support and Healing (SASH-Nelson) Inc

FSD0004277 Last updated 18/08/2020

Free counselling and support to survivors of rape/sexual abuse and their family/whanau. Information and education resources are available. Access to other Social Services. All services are confidential and discretion is assured at all times.

 329 Trafalgar Square Nelson 7010

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| --- | --- |
| admin@sash.co.nz (03) 548 2407 https://sash.co.nz/ **Classification : SHSS**  |  Monday - Friday 9.00am - 4.00pm Clients can be seen by appointment after this time. After hours contact through the Police on 03 546 3840.All services free of charge.No referral required. |

### St Vincent de Paul - Richmond

FSD0004229 Last updated 13/03/2021

The Society of St Vincent de Paul is an international fraternal organisation of lay people who practise Christianity by helping those in need on a one to one person basis.

 11 McGlashen Avenue Richmond 7020

 RichmondSVDP@gmail.com  Weekdays 10am - 4pm; Saturday 10.30am -

 (03) 544 0893 1pm

(027) 283 1039 All services free of charge. http://www.svdp.org.nz No referral required.

### St Vincent de Paul - Stoke

FSD0004227 Last updated 22/03/2021

Services include visiting the elderly, lonely and housebound; hospital visiting; assisting in broken homes; managing second hand clothing stores; and supplying free clothing where a need exists. The Society of St Vincent de Paul is an international Catholic lay organisation inspired by the Gospel of Jesus Christ. Vincentia's work to promote human dignity and justice through personal contact with those in need.

 532 Main Road Stoke Stoke Nelson 7011

(03) 547 7351  10am - 4pm Monday - Friday. 10am - 12 noon http://www.svdp.org.nz on Saturday.

All services free of charge. No referral required.

### STOP - Adolescent and Children's Services- Nelson

FSD0016472 Last updated 23/07/2020

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

 5 Duncan Street Port Nelson Nelson 7010

maureen.lorimer@stop.org.nz  Phones are not manned every day leave (03) 353 0257 (Chch) message on answer machine or ring

(03) 546 6194 (Nelson) Christchurch Office if urgent (03) 353 0257 http://stop.org.nz All services free of charge.

Referral may apply.

### Te Ptaka Incorporated Society

FSD0024325 Last updated 25/08/2020

The purpose of Te Ptaka Inc. is to support whnau who are experiencing hardship throughout Te Tau Ihu by providing packages of care.

admin@tepataka.co.nz  Monday - Friday

 (027) 258 1613 9am - 4pm

All services free of charge. Referral may apply.

### The Male Room

FSD0004175 Last updated 07/09/2020

Offers support and advocacy for boys and men including: seminars, courses, and workshops; one to one counselling; separation counselling and support; supporting males through being victims of abuse, as well as those that are on the other side of it; working with people who have been issued Police Safety Orders, as well as offering accommodation for these people; sexual addictions and pornography issues; supervision for professionals; Male Survivors of Sexual Abuse Trust

(MSSAT) affiliated location, working with male survivors of sexual abuse at any stage of their lives.  28 St Vincent Street Nelson

pchapman@ts.co.nz  The Male Room is open 9-5 Monday to Friday (03) 548 0403 and appointments can be made for after hours http://www.facebook.com/maleroominc Some charges may apply.

No referral required.

**Classification : SHSS**

### The Nelson Tasman Housing Trust

FSD0016517 Last updated 22/02/2021

Nelson Tasman Housing Trust provides affordable and social housing for people on low incomes in the Nelson-Tasman region. NTHT also provides complementary services including housing advice, emergency housing coordination, and insulation grants.

 329 Trafalgar Square East Nelson 7010

 info@nelsonhousing.org.nz  Monday to Thursday 9am-5pm

 (03) 546 9568 Some charges may apply.

(0800) 266 325 Referral may apply. http://www.nelsonhousing.org.nz

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| **The Salvation Army - Nelson/Tasman Bays** |  |
| FSD0004285 | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

 Ground Floor 57 Rutherford Street Nelson 7010

nelsontasmanbay.corps@salvationarrmy.  Community Worker 10am-2. 0pm Monday, , org.nz Wednesday and Friday.

(03) 548 4807 Other times by appointment or as a worker is https://www.salvationarmy.org.nz/centres/ available.

nz/nelson-marlborough/nelson/nelson- Drop in cris and coffee 10-12 Mon, Wed Fri corps Some charges may apply.

Referral may apply.

**Classification : THP**

### Victory Community Centre

FSD0020992 Last updated 06/11/2020

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010

 vccreception@victory.school.nz  Weekdays 9.00am - 3.30pm

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| (03) 546 8389 https://www.victorycommunity.org.nz/  **Whakatu Marae Whanau Ora** | Some charges may apply. No referral required.  |
| FSD0004250 | Last updated 06/10/2020 |

We provide services that work towards addressing, restoring and enhancing the mana and tapu of the whanau (Whakamanatia te tapu, te ihi, te wehi o te whanau). Paramount to the delivery of these services is the whakawhanaungatanga approach that encompasses Taha Wairua (Spiritual), Taha Hinengaro (Mental/Emotional), Taha Tinana (Physical), Taha Whanau (Family/Relationships).

 99 Atawhai Drive Nelson

 alomas@whakatumarae.co.nz  9am - 5pm Monday to Friday

|  |  |
| --- | --- |
| (03) 546 9097 (0800) 942 522 http://www.whakatumarae.co.nz | Some charges may apply. No referral required. |

**Classification : FVSS**

# Budgeting / Financial Capability

### Citizens Advice Bureau Nelson Tasman

FSD0006919 Last updated 01/02/2021

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 online using our own database, or from the extensive range of physical resources held by each bureau. The service can be accessed by phone, email or in person.

 9 Paru Paru Road Nelson 7010 nelsontasman@cab.org.nz  9am - 4.30pm, Monday to Friday.



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| (03) 548 2117 http://www.cab.org.nz   | All services free of charge. No referral required. |

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

**Nelson Budget Service Inc.**

FSD0004216 Last updated 17/07/2020

Provides free, confidential and professional advice in all areas of personal finances. Provides educational talks to schools, tertiary institutions, mental health groups,other community groups, companies and anyone else who is interested in managing their money better.

 29 Selwyn Place Nelson 7010

 nelsonbudget@xtra.co.nz  Monday - Friday 9.00 am - 2.00 pm

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| --- | --- |
|  (03) 546 9021 or as required by clients.(027) 361 0182 (text only) Koha/donation may apply. http://www.nelsonbudget.co.nz No referral required. **Classification : BFC** **The Salvation Army - Nelson/Tasman Bays** |   |
| FSD0004285 | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

 Ground Floor 57 Rutherford Street Nelson 7010

nelsontasmanbay.corps@salvationarrmy.  Community Worker 10am-2. 0pm Monday, , org.nz Wednesday and Friday.

(03) 548 4807 Other times by appointment or as a worker is https://www.salvationarmy.org.nz/centres/ available.

nz/nelson-marlborough/nelson/nelson- Drop in cris and coffee 10-12 Mon, Wed Fri corps Some charges may apply.

Referral may apply.

**Classification : THP**

# Child Care

### Active Explorers Richmond

FSD0022403 Last updated 22/09/2020

Early Childhood Centre - from 3 months to 5 years.

We are a modern, purpose-built facility which has been providing high quality care and education for the young children of Richmond for many happy years. We provide a warm, safe and caring environment, which we achieve through primary caregiving and our higher than average teacher to child ratios.

 6D Champion Road Richmond Nelson 7020

 cm.richmond@activeexplorers.co.nz  Monday to Friday

 (03) 544 7611 7.30am - 5.45pm

 http://www.activeexplorers.co.nz Including all school holidays (closed public

holidays)

Some charges may apply. No referral required.

### Barnardos Nelson

FSD0006804 Last updated 30/04/2021

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.

 Level 1 186 Queen Street Richmond Nelson

 nelson@barnardos.org.nz  9.00am - 4pm, Monday to Friday

 (03) 539 0019 All services free of charge.

(0800) BARNARDOS (227 627) Referral may apply. http://www.barnardos.org.nz

**Classification : FVSS**

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Nurture@Home

FSD0022464 Last updated 16/04/2021

Nurture@Home Education & Care offers affordable, high quality home-based childcare and nanny services. We have outstanding Educators in Nelson and throughout the Nelson/Tasman region who provide care for children in a positive, nurturing environment with small group numbers.

Nurture@Home is licensed and funded by the Ministry of Education so enrolment with our service and access to our learning programme is FREE. Each Educator sets their own fees and families also have access to a range of financial support, including: 20 Hours ECE (for 3 to 5 year olds), Work & Income Child Care Subsidies (income tested) or a Nurture@Home subsidy.

We are focused on quality care that supports children to explore and learn, whilst ensuring that they feel secure and develop a sense of belonging in their environment, becoming confident life-

long learners.

 38 Devon St Stoke Nelson 7011 info@nurtureathome.co.nz (03) 541 8871 (027) 284 6630 http://nurtureathome.co.nz



Mon to Fri - 7.30am to 5.30pm Some charges may apply. No referral required.

### PowerZone Nelson

FSD0021844 Last updated 20/10/2020

We provide safe, fun, positive and encouraging After School Care and Holiday Programmes for 513 year olds. OSCAR approved.

 625 Main Road Stoke Stoke Nelson 7011

 powerzonenelson@gmail.com  After School Care:

|  |  |
| --- | --- |
| (03) 547 2533 (022) 403 9771 http://www.facebook.com/powerzonenelso n/ **Classification : OSCAR** **Tahunanui Community Hub** | 3-5.30pm Mon-Fri during school terms (exceptPublic Holidays)Holiday Programmes:8.30am-5.30pm during each school holidays(length & dates vary)Some charges may apply. No referral required.  |
| FSD0004350 | Last updated 22/03/2021 |

Community Activities and Events, Community Kai Supply (Mon/Wed 12.30pm), Family Support, Walking Group, Gardening group, Counselling, Seniors Fitness, Social Cafes.

 55-61 Muritai Street Tahunanui Nelson 7011

 office@tch.org.nz  Monday - Friday 11am - 3pm

(03) 548 6036 Some charges may apply. https://www.facebook.com/TahunanuiCo No referral required. mmunityCentre/

### The Depot (Nelson) Trust

FSD0022136 Last updated 21/07/2020

To reach and impact families and whanau through the delivery of excellent, enjoyable and safe programmes where the institution of family and whanau is empowered to positively influence our community and society for the benefit of present and future generations.

To provide genuine care and support in areas of need which will lead to a positive impact on families and future generations.

To design and deliver programmes and services which will reveal people’s inner potential, inspiring creativity and success.

To strategically reduce destructive family cultures and habits and to help build and establish family culture that will provide a secure, safe and inspiring environment for children to be raised in.

 75 Pascoe Street Tahunanui Nelson 7011

psmartindaly@gmail.com  Monday-Friday (027) 507 2270 9.30am-5.30pm

https://www.facebook.com/The-Depot- Some charges may apply. Nelson-Trust-353118125045146/ No referral required.

**Classification : OSCAR**

### Victory Community Centre

FSD0020992 Last updated 06/11/2020

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010

 vccreception@victory.school.nz  Weekdays 9.00am - 3.30pm

(03) 546 8389 Some charges may apply. https://www.victorycommunity.org.nz/ No referral required.

### Yikes

FSD0021437 Last updated 14/08/2020

Provide OSCAR approved After School care to local community and Holiday programmes. YIKES = Youth & Kids Engaged in Enterprising Skills.

 70 Nile Street Nelson 7010

 yikesnelson@gmail.com  7am to 9am and 3pm to 6pm term time.

|  |  |
| --- | --- |
| (022) 140 7541 http://www.yikesnelson.com **Classification : OSCAR** **YMCA Nelson** | 8am to 5.30pm holiday dates Some charges may apply. No referral required.  |
| FSD0007261 | Last updated 15/04/2021 |

Y-OSCAR - provider of OSCAR approved quality after school care and holiday programmes for children aged 5-13 years. OSCAR - Out of School Care and Recreation.

YKids - provider of quality community based early childhood education for children 0-5 years. Nelson Training Centre - The Nelson Training Centre is a provider of training to the hospitality industry. We offer free training courses to those who meet the entry requirements and we offer a pathway to hospitality based employment opportunities.

 183 St Vincent Street Nelson

 oscar@ymcanelson.org.nz  OSCAR: 3pm - 6pm (during Term time) 8am -

|  |  |
| --- | --- |
| (03) 545 6760http://www.ymcanelson.org.nz | 6pm (during school holidays)YKids: 7.30 a.m. - 5.45 p.m. Monday to Friday Some charges may apply.No referral required. |

**Classification : OSCAR**

# Disaster Recovery

### Age Concern Nelson Tasman

FSD0006662 Last updated 04/08/2020

Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. We offer support, information and services to keep our older population safe, connected, supported and well. As well as Elder Abuse Response, we have a volunteer visiting service, a carer relief service and AgeConnect, which provides friendship and community connections. We also run workshops to help older drivers stay safe on the roads, and celebratory events such as International Day of Older Persons.

 62 Oxford Street Richmond Nelson 7020

 manager@ageconcernnt.org.nz  Weekdays 8.30 am to 4.30 pm

(03) 544 7624 Some charges may apply. https://ageconcernnt.org.nz/ Referral may apply.

**Classification : EARS**

### Barnardos Nelson

FSD0006804 Last updated 30/04/2021

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.

 Level 1 186 Queen Street Richmond Nelson

 nelson@barnardos.org.nz  9.00am - 4pm, Monday to Friday

 (03) 539 0019 All services free of charge.

(0800) BARNARDOS (227 627) Referral may apply. http://www.barnardos.org.nz

**Classification : FVSS**

### Big Brothers Big Sisters of Nelson-Tasman

FSD0004236 Last updated 25/01/2021

Provides a mentoring service for youth aged 6-12yrs.

 Nelson Police Station 5 St John Street Nelson 7010

 nelson@bbbs.nz  Monday - Friday 8:00am - 4:30pm

 (03) 545 9864 All services free of charge.

 (021) 924 255 No referral required.

http://www.bigbrothersbigsistersnelson.or g.nz

### Family Start, Nelson, Tasman, Marlborough

FSD0004171 Last updated 04/02/2021

Supporting parents and families so children have the best possible start in life.

 73 Quarantine Road Annesbrook Nelson 7011

 mail@familystartnelson.co.nz  Monday - Friday 8.30am - 5pm

(03) 547 0940 All services free of charge. (021) 022 33377 Referral may apply.

### Habitat for Humanity Nelson

FSD0004210 Last updated 06/04/2021

Habitat for Humanity Nelson aims to provide decent affordable housing to those in need.

 166 Tahunanui Drive Tahunanui Nelson 7011

 nelson@habitat.org.nz  Monday - Friday 9 - 5

|  |  |
| --- | --- |
| (03) 547 4626 http://www.habitat.org.nz/nelson   | Some charges may apply. No referral required. |

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Nelson Bays Community Law Service Inc

FSD0004247 Last updated 03/08/2020

We provide free help to those on low incomes and others facing difficulties accessing legal services.

 63 Collingwood Street Nelson 7010

 admin@nbcl.org.nz  9am - 4pm Monday to Friday.

|  |  |
| --- | --- |
| (03) 548 1288 (0800) 246 146 http://www.communitylaw.org.nz  **Nelson Budget Service Inc.** | Koha/donation may apply. No referral required.  |
| FSD0004216 | Last updated 17/07/2020 |

Provides free, confidential and professional advice in all areas of personal finances. Provides educational talks to schools, tertiary institutions, mental health groups,other community groups, companies and anyone else who is interested in managing their money better.

 29 Selwyn Place Nelson 7010

nelsonbudget@xtra.co.nz (03) 546 9021 (027) 361 0182 (text only) http://www.nelsonbudget.co.nz

**Classification : BFC**

Monday - Friday 9.00 am - 2.00 pm or as required by clients.

Koha/donation may apply. No referral required.

### Nelson City Local Council Website

FSD0017659 Last updated 04/05/2021

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

enquiry@ncc.govt.nz  Online http://www.nelsoncitycouncil.co.nz/ All services free of charge. No referral required.

### Nelson Community Foodbank Trust

FSD0004218 Last updated 27/09/2020

Nelson Community Food Bank provides food parcels to families/whanau living in the

Nelson/Waimea Areas via referral from one of the following partner agencies: Salvation Army, St Vincent de Paul, Beneficiary and Unwaged Workers Trust, Family Start, Whakatu Marae, Te Piki Oranga, Stopping Violence Services and Angel in my Street.

 166 Tahunanui Drive Tahunanui Nelson 7011

 nelsoncommunityfoodbank@gmail.com  The Foodbank is open Monday to Friday

 (021) 022 234 between 10.30 and 12.30. Requests must be

 http://www.nelsoncommunityfoodbank.org received by 11.30am to be processed on the

 .nz same day. Contact one of our partner agencies

to request a food parcel.

All services free of charge. Referral may apply.

### Plunket - Nelson/Marlborough Area Office

FSD0007441 Last updated 11/09/2020

Plunket believes in supporting the development of healthy families. All families with children under age five are welcome to use Plunket services and more than ninety percent of New Zealand families choose to use Plunket to help them care for their young children.

 Unit 8/1 Koru Place Stoke Nelson 7011 southern.region@plunket.org.nz  8.30am - 5pm Monday to Friday.

(03) 539 5200 All services free of charge. http://www.plunket.org.nz No referral required.

### SVS-Living Safe - Nelson

FSD0004178 Last updated 05/10/2020

We provide education programmes, counselling and support for women, men, Children and youth affected by family violence, whether they are survivors or perpetrators of violence. Most of our services are free.

 Level 3 295 Trafalgar Street Nelson 7010

 admin@svs.org.nz  9.00am - 5.00pm, Monday to Friday.

 (03) 548 3850 Some charges may apply.

(027) 548 3850 text Referral may apply. http://svs.org.nz

**Classification : FVSS**

### Tahunanui Community Hub

FSD0004350 Last updated 22/03/2021

Community Activities and Events, Community Kai Supply (Mon/Wed 12.30pm), Family Support, Walking Group, Gardening group, Counselling, Seniors Fitness, Social Cafes.

 55-61 Muritai Street Tahunanui Nelson 7011

 office@tch.org.nz  Monday - Friday 11am - 3pm

(03) 548 6036 Some charges may apply. https://www.facebook.com/TahunanuiCo No referral required. mmunityCentre/

### The Male Room

FSD0004175 Last updated 07/09/2020

Offers support and advocacy for boys and men including: seminars, courses, and workshops; one to one counselling; separation counselling and support; supporting males through being victims of abuse, as well as those that are on the other side of it; working with people who have been issued Police Safety Orders, as well as offering accommodation for these people; sexual addictions and pornography issues; supervision for professionals; Male Survivors of Sexual Abuse Trust

(MSSAT) affiliated location, working with male survivors of sexual abuse at any stage of their lives.

 28 St Vincent Street Nelson

pchapman@ts.co.nz  The Male Room is open 9-5 Monday to Friday (03) 548 0403 and appointments can be made for after hours http://www.facebook.com/maleroominc Some charges may apply.

No referral required.

**Classification : SHSS**

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| **The Salvation Army - Nelson/Tasman Bays** |  |
| FSD0004285 | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

 Ground Floor 57 Rutherford Street Nelson 7010

nelsontasmanbay.corps@salvationarrmy.  Community Worker 10am-2. 0pm Monday, , org.nz Wednesday and Friday.

(03) 548 4807 Other times by appointment or as a worker is https://www.salvationarmy.org.nz/centres/ available.

nz/nelson-marlborough/nelson/nelson- Drop in cris and coffee 10-12 Mon, Wed Fri corps Some charges may apply.

Referral may apply.

**Classification : THP**

### Victim Support - Nelson

FSD0004279 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  **Whakatu Marae Whanau Ora** |  The Victim Support Service is available 24 hours, 7 days a week.All services free of charge. No referral required.  |
| FSD0004250 | Last updated 06/10/2020 |

We provide services that work towards addressing, restoring and enhancing the mana and tapu of the whanau (Whakamanatia te tapu, te ihi, te wehi o te whanau). Paramount to the delivery of these services is the whakawhanaungatanga approach that encompasses Taha Wairua (Spiritual), Taha Hinengaro (Mental/Emotional), Taha Tinana (Physical), Taha Whanau (Family/Relationships).

 99 Atawhai Drive Nelson

 alomas@whakatumarae.co.nz  9am - 5pm Monday to Friday

|  |  |
| --- | --- |
| (03) 546 9097 (0800) 942 522 http://www.whakatumarae.co.nz **Classification : FVSS**  | Some charges may apply. No referral required. |

### Whakatu Te Korowai Manaakitanga Trust

FSD0004256 Last updated 13/04/2021

Kaupapa Maori social services provider in Nelson.

 398 Main Road Stoke 7011

 robyn@tekorowaitrust.co.nz  Monday - Friday 8.00am - 4.30pm

 (03) 547 5958 ext 2 All services free of charge.

 (027) 4144942 No referral required.

http://www.whakatutekorowaitrust.co.nz

**Classification : BFC**

# Education and Training

### Active Explorers Richmond

FSD0022403 Last updated 22/09/2020

Early Childhood Centre - from 3 months to 5 years.

We are a modern, purpose-built facility which has been providing high quality care and education for the young children of Richmond for many happy years. We provide a warm, safe and caring environment, which we achieve through primary caregiving and our higher than average teacher to child ratios.

 6D Champion Road Richmond Nelson 7020

 cm.richmond@activeexplorers.co.nz  Monday to Friday

 (03) 544 7611 7.30am - 5.45pm

 http://www.activeexplorers.co.nz Including all school holidays (closed public

holidays)

Some charges may apply. No referral required.

### Barnardos Nelson

FSD0006804 Last updated 30/04/2021

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.

 Level 1 186 Queen Street Richmond Nelson

 nelson@barnardos.org.nz  9.00am - 4pm, Monday to Friday

 (03) 539 0019 All services free of charge.

(0800) BARNARDOS (227 627) Referral may apply. http://www.barnardos.org.nz

**Classification : FVSS**

### Empowerment Trust

FSD0000435 Last updated 12/10/2020

Unique personal safety and confidence training for people of all ages and abilities.

We aim to teach skills and strategies for keeping yourself safe with people you know and don't know.

 206 George Harvey Road Nelson 7173

 admin@empowermenttrust.nz  Monday-Friday 9am - 3pm

 (03) 543 2669 Some charges may apply.

(0800) 543 769 (KIDPOWER) No referral required. http://www.empowermenttrust.nz

### English Language Partners Nelson

FSD0007841 Last updated 07/08/2020

English Language Partners (formerly ESOL Home Tutors) provide English language and social support to enable effective resettlement of adult refugees and migrants in Aotearoa New Zealand.

 83c Hardy Street Nelson 7010 nelson@englishlanguage.org.nz  8.30am - 4.00pm Monday to Friday.



|  |  |
| --- | --- |
| (03) 539 4848 http://www.englishlanguage.org.nz   | Some charges may apply. Referral may apply. |

### Gateway Housing Trust - Head Office

FSD0004317 Last updated 06/08/2020

Gateway, established in 1992, supports and empowers people towards wellbeing by working in close partnership with people and whaanau at the centre.

We provide mental health support and accommodation and youth focused social services.

We believe that everyone has strengths and aspirations, which is our starting point to support people to achieve their own goals within their natural network/s.

Gateway has services in Nelson, Tasman, Marlborough and the West Coast.

For further information or queries regarding these services please contact Head Office on (03) 545 7100, contact admin@ght.co.nz or go to www.ght.co.nz

 Unit 1 203 Milton Street The Wood Nelson 7010

 admin@ght.co.nz  Monday - Friday 8.30am - 4pm

(03) 545 7100 Online enquiry form available on website http://www.ght.co.nz All services free of charge.

Referral may apply.

### Literacy Aotearoa, Nelson/Tasman

FSD0004239 Last updated 11/01/2021

We support adults in Nelson/Tasman to improve their reading, writing, maths and computer skills.

Since 1975, our courses and tuition have helped people with job-hunting, being a great parent, participating in their community, being more productive at work, and so much more.

 43 Montgomery Square Nelson 7010

info.c8@literacy.org.nz  Office Hours: Monday - Thursday 8.30am (03) 548 3041 4.30pm. Tuition can be provided outside those http://www.literacy.org.nz hours.

All services free of charge. No referral required.

### Ministry of Education, Learning Support, Nelson, Marlborough, West Coast

FSD0006558 Last updated 31/10/2020

We work with others to ensure children with additional learning needs have the opportunity to

learn alongside their peers.

 19 Haven Road Nelson 7010 enquiries.nelson@education.govt.nz 

(03) 546 3470 (0800) 622 222 https://education.govt.nz/ministry-ofeducation/specific-initiatives/specialeducation-update/

Monday to Friday 8am to 5pm All services free of charge. Referral may apply.

### Multicultural Nelson Tasman

FSD0016352 Last updated 22/03/2021

To promote positive race relations, celebrate cultural diversity and support people from minority ethnicities including new migrants & refugees to network and integrate successfully into our local communities.

 Office 9 159 Hardy St Nelson Nelson 7010

 info@multiculturalnt.co.nz  Monday to Thursday 9.30am - 4.30pm

 (03) 539 0030 Some charges may apply.

(021) 165 1159 No referral required. http://www.multiculturalnt.co.nz

### New Zealand Red Cross Migration Programmes

FSD0004345 Last updated 29/09/2020

Refugee Programmes provides initial settlement services to the annual quota of 1000 refugees who are rebuilding their lives in New Zealand. Nelson receives 135 former refugees each year, 13% of the annual quota. Our 3-strand model of service-delivery utilizes the combined strengths of our Social Workers, Resettlement Case Workers, Cross Cultural Workers for language support and trained Volunteer Support Workers from the Nelson community. Red Cross Pathways to Employment Programme helps former refugees who are on a Work and Income benefit to plan their employment, education, training and career goals and ultimately find work. We are also involved in public education, advocacy, and support the wider ethnic communities. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

 59 Parkers Road Tahunanui Nelson 7011

 nelsonadmin@redcross.org.nz  Monday - Thursday 9am - 5pm

 (03) 546 5012 Fridays 9am - 4:30pm

https://www.redcross.org.nz/what-we- All services free of charge. do/in-new-zealand/refugee-programmes/ Referral may apply.

### Nurture@Home

FSD0022464 Last updated 16/04/2021

Nurture@Home Education & Care offers affordable, high quality home-based childcare and nanny services. We have outstanding Educators in Nelson and throughout the Nelson/Tasman region who provide care for children in a positive, nurturing environment with small group numbers.

Nurture@Home is licensed and funded by the Ministry of Education so enrolment with our service and access to our learning programme is FREE. Each Educator sets their own fees and families also have access to a range of financial support, including: 20 Hours ECE (for 3 to 5 year olds), Work & Income Child Care Subsidies (income tested) or a Nurture@Home subsidy.

We are focused on quality care that supports children to explore and learn, whilst ensuring that they feel secure and develop a sense of belonging in their environment, becoming confident lifelong learners.

 38 Devon St Stoke Nelson 7011

 info@nurtureathome.co.nz  Mon to Fri - 7.30am to 5.30pm

|  |  |
| --- | --- |
| (03) 541 8871 (027) 284 6630 http://nurtureathome.co.nz  **Presbyterian Support Nelson** | Some charges may apply. No referral required.  |
| FSD0007784 | Last updated 12/03/2021 |

Presbyterian Support (USI) is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help people, families and society to be safe, strong and connected. Operating as a not-for-profit NGO, the agency has been in business over 100 years and delivers services from twelve service centres as well as community venues in the Upper South Island region.

 360 Annesbrook Drive Annesbrook Nelson 7011

Nelson@psusi.org.nz  8.30am to 4.30pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 265 5214 Referral may apply. https://psuppersouth.org.nz/

**Classification : YS**

### Safeguarding Children

FSD0024134 Last updated 06/12/2020

Our vision: The children and young people of Aotearoa New Zealand are safe from abuse and neglect.

Safeguarding Children is a registered charity (cc49059) and a leading provider of safeguarding and child protection education and guidance in New Zealand.

We have trained over 20,500 New Zealanders on how to recognise and respond to child abuse and neglect. We know that training alone is not enough, so we work with organisations to create and embed systems, processes and strategies to create a child-safe culture. A proactive, preventative approach produces the best outcomes for children, organisations and staff.

We offer a range of services to suit the needs of any individual or organisation that works with children and young people.

 142 Saxton Road East Stoke Nelson 7011

 office@safeguardingchildren.org.nz  normal business hours

(027) 772 4469 Some charges may apply. https://safeguardingchildren.org.nz/ No referral required.

### Salisbury School

FSD0016257 Last updated 19/03/2021

Residential Special School for girls. Provide a residential placement for girls with moderate learning difficulties, some social and emotional difficulties that cannot be addressed in their home areas.

Girls enrolled at Salisbury come from throughout NZ.

 67 Salisbury Road Richmond Nelson 7020

|  |  |
| --- | --- |
| principal@salisbury.school.nz(03) 544 8119 http://www.salisbury.school.nz  **SeniorNet (Nelson) Inc** |  Salisbury School operates on a 4 term system as any mainstream school does. Office hours Mon - Fri 8am - 4.30pm Koha/donation may apply. Referral may apply.  |
| FSD0004245 | Last updated 25/03/2021 |

Senior Net is a community training network that supports and motivates people aged 50+ to enjoy and use technology in their everyday lives.

 Pioneer Park 11 Hastings Street Nelson

 contact@seniornetnelson.org.nz  Online

 (03) 548 9401 (Pre-Covid 10am - 4.30pm weekdays from

https://www.seniornetnelson.org.nz February to November) Some charges may apply. No referral required.

### SLD Nelson

FSD0007491 Last updated 14/01/2021

SLD Nelson provides help for those with difficulty in Reading, Writing, Spelling or with Maths.

(03) 545 2298  Some charges may apply.

No referral required.

### SPELD NZ Inc - Nelson/Tasman Local Liaison Group

FSD0024099 Last updated 05/10/2020

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.

|  |  |
| --- | --- |
| central@speld.org.nz (0800) 773 536 http://www.speld.org.nz  **The Male Room** |  Office administration open Monday to Friday,9.00am - 3.00pm.Some charges may apply. No referral required.  |
| FSD0004175 | Last updated 07/09/2020 |

Offers support and advocacy for boys and men including: seminars, courses, and workshops; one to one counselling; separation counselling and support; supporting males through being victims of abuse, as well as those that are on the other side of it; working with people who have been issued Police Safety Orders, as well as offering accommodation for these people; sexual addictions and pornography issues; supervision for professionals; Male Survivors of Sexual Abuse Trust

(MSSAT) affiliated location, working with male survivors of sexual abuse at any stage of their lives.

 28 St Vincent Street Nelson

 pchapman@ts.co.nz  The Male Room is open 9-5 Monday to Friday

|  |  |
| --- | --- |
| (03) 548 0403 http://www.facebook.com/maleroominc **Classification : SHSS** **Victory Community Centre** | and appointments can be made for after hours |
| Some charges may apply. No referral required. |   |
| FSD0020992 |  | Last updated 06/11/2020 |

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010 vccreception@victory.school.nz (03) 546 8389 https://www.victorycommunity.org.nz/



### YMCA Nelson

FSD0007261

Weekdays 9.00am - 3.30pm Some charges may apply. No referral required.

Last updated 15/04/2021

Y-OSCAR - provider of OSCAR approved quality after school care and holiday programmes for children aged 5-13 years. OSCAR - Out of School Care and Recreation.

YKids - provider of quality community based early childhood education for children 0-5 years. Nelson Training Centre - The Nelson Training Centre is a provider of training to the hospitality industry. We offer free training courses to those who meet the entry requirements and we offer a pathway to hospitality based employment opportunities.

 183 St Vincent Street Nelson

 oscar@ymcanelson.org.nz  OSCAR: 3pm - 6pm (during Term time) 8am -

|  |  |
| --- | --- |
| (03) 545 6760 http://www.ymcanelson.org.nz **Classification : OSCAR** **Youth Nelson** | 6pm (during school holidays)YKids: 7.30 a.m. - 5.45 p.m. Monday to Friday Some charges may apply. No referral required.  |
| FSD0004353 | Last updated 21/04/2021 |

An Alternative Education programme for 13-16 year olds at risk of or a history of exclusion from mainstream education.

 26 Washington Road Nelson

 youthnelson@xtra.co.nz  Monday - Friday 8am - 4.30pm

|  |  |
| --- | --- |
| (03) 545 6572(027) 484 6024 | All services free of charge. Referral may apply. |

# Employment

### Choices NZ - Nelson

FSD0024083 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.

|  |  |
| --- | --- |
| Geri.Harvey@choicesnz.org.nz(022) 010 3499 (0800) 723 154 http://www.choicesnz.org.nz/  **Comcol Nelson** |  Weekdays 8:30am - 5pmAll services free of charge. Referral may apply.  |
| FSD0020701 | Last updated 11/03/2021 |

Community College Nelson offers a free Job Connection course for those aged 18+. Job

Connection is a bespoke programme of short, skill focused interventions to support clients to gain work and achieve sustainable employment. We’re here to support your journey into work and help you create the future you deserve.

 134 Rutherford Street Nelson 7010

info.ne@comcol.ac.nz  Weekdays

(03) 548 8271 All services free of charge. https://www.comcol.ac.nz/community- Referral may apply. college-nelson.html

###  employable

FSD0015305 Last updated 24/07/2020

To assist in overcoming barriers to employment by delivering high quality recruitment, transition and employment solutions.

 70 Waimea Road Nelson 7010

 manager@employable.co.nz  8am -4pm

|  |  |
| --- | --- |
| (03) 546 9206 http://www.employable.co.nz   | Some charges may apply. Referral may apply. |

### English Language Partners Nelson

FSD0007841 Last updated 07/08/2020

English Language Partners (formerly ESOL Home Tutors) provide English language and social support to enable effective resettlement of adult refugees and migrants in Aotearoa New Zealand.

 83c Hardy Street Nelson 7010 nelson@englishlanguage.org.nz  8.30am - 4.00pm Monday to Friday.



|  |  |
| --- | --- |
| (03) 539 4848 http://www.englishlanguage.org.nz   | Some charges may apply. Referral may apply. |

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Nelson Nursing Service Ltd

FSD0020102 Last updated 09/02/2021

Drug Testing for Work and Income.

Professional and Confidential Urine Drug Testing: $95.00 inclusive of GST

 Nelson Nursing Service 469 Main Road Stoke Nelson 7011

 reception@nelsonnursingservice.co.nz  8am - 5pm Monday to Friday

(03) 547 2814 Some charges may apply. https://www.nelsonnursingservice.co.nz/ Referral may apply.

**Classification : DTS**

### Nelson Tasman Business Trust

FSD0021010 Last updated 22/12/2020

To provide confidential advice, information, training, support, referrals, and network meetings and mentoring, for anyone starting a business, growing a business or establishing a business network.

 39 Halifax Street Nelson 7010 info@ntbt.co.nz (03) 539 0824 http://www.ntbt.co.nz



Monday to Thursday 9.00am to 4.00pm Friday 9.00am to 2.00pm.

All services free of charge. Referral may apply.

### The Drug Detection Agency - Nelson

FSD0020243 Last updated 21/08/2020

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

 Level 1, Unit 11 1 Koru Place Stoke Nelson 7011 nelson@tdda.com  /

 (03) 538 0173 Some charges may apply.

(027) 510 3261 Referral may apply. http://www.tdda.com

**Classification : DTS**

### Workbridge Inc - Nelson Tasman

FSD0007867 Last updated 18/01/2021

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

 186 Queen Street Richmond 7020

 Belindah@workbridge.co.nz  Monday- Friday

|  |  |
| --- | --- |
| (0508) 858 858 (Head office) http://www.workbridge.co.nz | 8.30am - 5.00pmAll services free of charge.No referral required. |

# Ethnic Services

### Citizens Advice Bureau Nelson Tasman

FSD0006919 Last updated 01/02/2021

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 online using our own database, or from the extensive range of physical resources held by each bureau. The service can be accessed by phone, email or in person.

 9 Paru Paru Road Nelson 7010 nelsontasman@cab.org.nz  9am - 4.30pm, Monday to Friday.



|  |  |
| --- | --- |
| (03) 548 2117 http://www.cab.org.nz   | All services free of charge. No referral required. |

### English Language Partners Nelson

FSD0007841 Last updated 07/08/2020

English Language Partners (formerly ESOL Home Tutors) provide English language and social support to enable effective resettlement of adult refugees and migrants in Aotearoa New Zealand.

 83c Hardy Street Nelson 7010 nelson@englishlanguage.org.nz  8.30am - 4.00pm Monday to Friday.



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| (03) 539 4848 http://www.englishlanguage.org.nz  **Multicultural Nelson Tasman** | Some charges may apply. Referral may apply.  |
| FSD0016352 | Last updated 22/03/2021 |

To promote positive race relations, celebrate cultural diversity and support people from minority ethnicities including new migrants & refugees to network and integrate successfully into our local communities.

 Office 9 159 Hardy St Nelson Nelson 7010

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| info@multiculturalnt.co.nz(03) 539 0030(021) 165 1159 http://www.multiculturalnt.co.nz   |  Monday to Thursday 9.30am - 4.30pm Some charges may apply.No referral required. |

### New Zealand Newcomers Network

FSD0019927 Last updated 14/04/2021

The New Zealand Newcomers Network is an initiative of Multicultural New Zealand. It is a network of groups throughout New Zealand welcoming newcomers and offering opportunities for social connection with other newcomers.

We welcome you if you are new to a region from around New Zealand or around the world. Joining your local Newcomers group is a great way to meet people and make friends in your new community and it’s FREE.

We offer lots of fun social events and activities for people of: all ages, all interests, different cultures, different backgrounds, any religion, family groups, single people, and couples.

welcome@newcomers.co.nz  Newcomers Networks are best contacted via the

(04) 916 9177 website www.newcomers.co.nz http://www.newcomers.co.nz Koha/donation may apply.

No referral required.

### New Zealand Red Cross Migration Programmes

FSD0004345 Last updated 29/09/2020

Refugee Programmes provides initial settlement services to the annual quota of 1000 refugees who are rebuilding their lives in New Zealand. Nelson receives 135 former refugees each year, 13% of the annual quota. Our 3-strand model of service-delivery utilizes the combined strengths of our Social Workers, Resettlement Case Workers, Cross Cultural Workers for language support and trained Volunteer Support Workers from the Nelson community. Red Cross Pathways to Employment Programme helps former refugees who are on a Work and Income benefit to plan their employment, education, training and career goals and ultimately find work. We are also involved in public education, advocacy, and support the wider ethnic communities. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

 59 Parkers Road Tahunanui Nelson 7011

 nelsonadmin@redcross.org.nz  Monday - Thursday 9am - 5pm

 (03) 546 5012 Fridays 9am - 4:30pm

https://www.redcross.org.nz/what-we- All services free of charge. do/in-new-zealand/refugee-programmes/ Referral may apply.

# Family / Whanau Services

### Active Explorers Richmond

FSD0022403 Last updated 22/09/2020

Early Childhood Centre - from 3 months to 5 years.

We are a modern, purpose-built facility which has been providing high quality care and education for the young children of Richmond for many happy years. We provide a warm, safe and caring environment, which we achieve through primary caregiving and our higher than average teacher to child ratios.

 6D Champion Road Richmond Nelson 7020

 cm.richmond@activeexplorers.co.nz  Monday to Friday

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| (03) 544 7611 http://www.activeexplorers.co.nz  **Age Concern Nelson Tasman** | 7.30am - 5.45pmIncluding all school holidays (closed public holidays)Some charges may apply. No referral required.  |
| FSD0006662 | Last updated 04/08/2020 |

Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. We offer support, information and services to keep our older population safe, connected, supported and well. As well as Elder Abuse Response, we have a volunteer visiting service, a carer relief service and AgeConnect, which provides friendship and community connections. We also run workshops to help older drivers stay safe on the roads, and celebratory events such as International Day of Older Persons.

 62 Oxford Street Richmond Nelson 7020

 manager@ageconcernnt.org.nz  Weekdays 8.30 am to 4.30 pm

(03) 544 7624 Some charges may apply. https://ageconcernnt.org.nz/ Referral may apply.

**Classification : EARS**

### Barnardos Nelson

FSD0006804 Last updated 30/04/2021

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.

 Level 1 186 Queen Street Richmond Nelson

 nelson@barnardos.org.nz  9.00am - 4pm, Monday to Friday

 (03) 539 0019 All services free of charge.

(0800) BARNARDOS (227 627) Referral may apply. http://www.barnardos.org.nz

**Classification : FVSS**

### Beneficiaries and Unwaged Workers Trust (B.U.W.T.)

FSD0004336 Last updated 27/04/2021

Advocacy, information and advice for people dealing with W&I and MSD: advice, representation, support with application interaction and investigation issues, emergency food assistance.

 11 Rutherford Mews Nelson 7010

 buwtcs@xtra.co.nz  Monday to Thursday 9.30am - 3.30pm.

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| (03) 548 8171(027) 548 8171  **Chrysalis Enterprise** | All services free of charge. No referral required.  |
| FSD0019809 | Last updated 17/02/2021 |

Offers organisation capability mentoring. We specialise in helping clients make strategy happen by delivering long-term performance improvements and are committed to offering a 50% discount to registered charities and not-for-profit organisation’s, which is subject to availability.

Our highly successful Strategic Leadership Programme, (Streaming) embeds executive coaching alongside strategy and leadership.

Examples of how participants describe their programme experience:

~ It's really good to have some direction. Loving it.

~ This programme has rubbed off from me and onto staff! ... there's a more positive air about the place and a change in attitude - friendly, engaging. It's obvious something has clicked, made everybody think about ...

~ Amazing changes with so many benefits. Each step made a huge difference. Investment gave a clear mind, right direction and progress ...

 9 Angus Place Wakefield Nelson 7025

 nigel@cepd.biz  Will accommodate business needs as required,

|  |  |
| --- | --- |
| (021) 022 01500 http://www.cepd.biz/streaming.html   | including evenings and weekends. Commutes regularly and utilises Skype, email and phone to provide support and sustainable services.Some charges may apply.No referral required. |

### Citizens Advice Bureau Nelson Tasman

FSD0006919 Last updated 01/02/2021

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 online using our own database, or from the extensive range of physical resources held by each bureau. The service can be accessed by phone, email or in person.

 9 Paru Paru Road Nelson 7010

 nelsontasman@cab.org.nz  9am - 4.30pm, Monday to Friday.

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| (03) 548 2117 http://www.cab.org.nz  **Deaf Aotearoa - Nelson** | All services free of charge. No referral required.  |
| FSD0006937 | Last updated 03/02/2021 |

Deaf Aotearoa is a Deaf-led, not-for-profit organisation. We are the only nationwide provider of services to Deaf people. Deaf Aotearoa represents Deaf people in New Zealand internationally as an ordinary member of the World Federation of the Deaf.

Deaf Aotearoa focuses on promoting awareness of, access to and advancement of New Zealand

Sign Language (NZSL). Our goal is the equality and full participation in society by Deaf individuals.

Deaf Aotearoa delivers flexible and responsive services which accomodates the Deaf community’s needs. We provide knowledge, information, resources and skills. With these, Deaf people are able to independently manage events in their own lives.

Deaf Aotearoa works with government agencies, businesses and other organisations to provide information and resources on life for Deaf New Zealanders, the Deaf community and NZSL.

 Stoke Central Mall, Unit G 530 Main Road Nelson 7011

 national@deaf.org.nz  Open for enquiries and appointments Mond

 (0800) 332 322 9:00am – 4:00pm,

 http://www.deaf.org.nz/ Tues 1:00pm – 4:00pm, Wed 1:00pm – 4:00pm

All services free of charge. No referral required.

### Empowerment Trust

FSD0000435 Last updated 12/10/2020

Unique personal safety and confidence training for people of all ages and abilities.

We aim to teach skills and strategies for keeping yourself safe with people you know and don't know.

 206 George Harvey Road Nelson 7173

 admin@empowermenttrust.nz  Monday-Friday 9am - 3pm

 (03) 543 2669 Some charges may apply.

(0800) 543 769 (KIDPOWER) No referral required. http://www.empowermenttrust.nz

### Family Start, Nelson, Tasman, Marlborough

FSD0004171 Last updated 04/02/2021

Supporting parents and families so children have the best possible start in life.

 73 Quarantine Road Annesbrook Nelson 7011

 mail@familystartnelson.co.nz  Monday - Friday 8.30am - 5pm

(03) 547 0940 All services free of charge. (021) 022 33377 Referral may apply.

### Kai With Love

FSD0024336 Last updated 26/08/2020

Kai With Love provide easy access to friendly, uncomplicated Food Support for families/individuals who need it. We have a varying range of food items available each week, and can offer a food topup or enough for several days. We are only able to offer whatever we have in stock on any given day. KWL also partner with Helping Families Nelson who may be able to assist with clothing, linen, soft-furnishings and sometimes furniture.

 The Centre, Warring Carpark Oxford Street Richmond 7020

 abigail@kaiwithlove.co.nz  Go to : facebook.com/kaiwithlove

(021) 622 361

Murchison - Mondays

Richmond - Wednesdays

Motueka - Wednesdays

Wakefield - Fridays

Nelson - Saturdays Tapawera - Saturdays.

Koha/donation may apply. No referral required.

### Life Linc Nelson

FSD0006506 Last updated 31/08/2020

Life Linc offers low cost counselling to people in need in the Nelson Tasman community.

The counselling is delivered through a team of professionally trained volunteer counsellors working in Nelson, Richmond, Motueka and Mapua.

Our services include:

1. Individual counselling -An opportunity to work one-on-one with a Life Linc trained counsellor in asafe, caring and confidential environment. Being able to sit with another person and truly be listened to and understood.

1. Couples counselling - An opportunity to better understand close relationships of various kinds,for example partner, parent or sibling. Benefits include helping clarify feelings about the relationship, deepening intimacy and connection, promoting self-awareness and personal growth.

1. Group counselling – ongoing, longer term therapy

Provides a safe place for people to explore their thoughts and feelings, deepen contact with themselves and others and explore ways to move forward.

 2/196A Collingwood Street Nelson 7010

 clinical@lifelinc.co.nz  Short term individual & couples counselling

 (03) 548 2400 service by arrangement on (03)548 2400. Skype

http://www.lifelinc.co.nz sessions also available. Group work and Art Therapy.

Some charges may apply. No referral required.

### Ministry of Education, Learning Support, Nelson, Marlborough, West Coast

FSD0006558 Last updated 31/10/2020

We work with others to ensure children with additional learning needs have the opportunity to learn alongside their peers.

 19 Haven Road Nelson 7010

 enquiries.nelson@education.govt.nz  Monday to Friday 8am to 5pm

 (03) 546 3470 All services free of charge.

(0800) 622 222 Referral may apply. https://education.govt.nz/ministry-ofeducation/specific-initiatives/specialeducation-update/

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Ministry of Social Development - Nelson, Marlborough and West Coast Regional Office

FSD0015273 Last updated 29/07/2020

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.

 Level 1 22 Bridge Street Nelson 7042

(0800) 559 009  8.30am - 5pm Monday to Friday. http://www.workandincome.govt.nz All services free of charge.

No referral required.

### Nelson Bays Primary Health

FSD0021497 Last updated 28/08/2020

Nelson Bays Primary Health is the primary health organisation for the Nelson Tasman area. PHOs lead and coordinate primary health care within the local community.

NBPH is committed to reducing the inequalities in health between all people.

 281 Queen Street Richmond 7020

 info@nbph.org.nz  Monday to Friday

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| (0800) 731 317 (03) 539 1170 http://www.nbph.org.nz   | 8am - 5pmAll services free of charge.Referral may apply. |

### Nelson Child Adolescent Mental Health Service

FSD0022721 Last updated 01/04/2021

Nelson Child Adolescent Mental Health Service provides a secondary health service for young people up until their 18th birthday who are experiencing moderate to severe mental health disturbance. A 24/7 on call team is available to assess risk for young people at risk of suicide providing appropriate intervention and safety planning. Call the hospital 5461800 and ask for the Mental Health on call Team.

 Haines Building NMDHB 18 Waimea Road Nelson 7010 emma.williams@nmdhb.govt.nz  CAMHS Mon - Fri 8.30 to 5



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| (03) 546 1230(03) 546 1800after hours https://www.nmdhb.govt.nz/healthservices/mental-health-and-addictionservices/child-and-youth-services/   | Mental Health On Call Team 24/7 All services free of charge.No referral required. |

### Nelson City Local Council Website

FSD0017659 Last updated 04/05/2021

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

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| enquiry@ncc.govt.nz http://www.nelsoncitycouncil.co.nz/   |  OnlineAll services free of charge.No referral required. |

### Nelson Community Toy Library

FSD0004187 Last updated 01/05/2021

The Nelson Community Toy Library is a non-profit, volunteer run organisation providing a service to families within the Nelson City. We offer a range of good quality educational toys, and aim to provide an affordable and friendly service based on yearly subscriptions.

 50A Grove Street Nelson

 nelsoncommunitytoylibrary@gmail.com  Wednesday and Saturday 9.30-11am

(021) 473 686 Monday 6.30-8pm during daylight savings https://nelsontoylibrary.mibase.co.nz Some charges may apply.

No referral required.

### Nelson Counselling Support

FSD0023980 Last updated 05/07/2020

Nelson Counselling Support are committed to provide a safe space where you can be heard and supported to live your best life. Mira Markovic (MNZAC) is a member of the New Zealand

Association of Counselling and a registered Provider for ACC Sensitive Claims (sexual abuse and trauma). Counselling services are available to suit your individual circumstances. Counselling can provide meaningful support to help address concerns including, ACC Sensitive Claims, anxiety, depression, PTSD, the effects of sexual abuse and trauma, relationship issues and other challenging life transitions.

 18A Harley Street CBD Nelson 7010 contact@nelsoncounsellingsupport.co.nz  Phone or email for an appointment.

(021) 147 4928 Some charges may apply. https://www.nelsoncounsellingsupport.co. No referral required. nz

### Nelson Tasman Business Trust

FSD0021010 Last updated 22/12/2020

To provide confidential advice, information, training, support, referrals, and network meetings and mentoring, for anyone starting a business, growing a business or establishing a business network.

 39 Halifax Street Nelson 7010

 info@ntbt.co.nz  Monday to Thursday 9.00am to 4.00pm

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| (03) 539 0824 http://www.ntbt.co.nz  **Nelson Tasman Hospice** | Friday 9.00am to 2.00pm.All services free of charge. Referral may apply.  |
| FSD0000993 | Last updated 06/07/2020 |

Nelson Tasman Region Hospice Trust provides Specialist inpatient and community based hospice/palliative care services for patients with a life limiting illness. This includes home nursing, consultancy, education and advice to other health providers, patients, families and the public generally. Outreach services to rural areas provide specialist medical and nursing advice, outpatient clinics volunteer support teams. Counseling, chaplaincy and social work services are available along with bereavement support.

 331 Suffolk Rd Stoke Nelson 7011

 heather.lewis@nelsonhospice.org.nz  Special Palliative Care Unit - 331 Suffolk Rd,

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| (03) 546 3950 http://www.nelsonhospice.org.nz  **Nelson Women's Centre** | Stoke - 24 hours, 7 days.Administration - 331 Suffolk Rd, Stoke - Monday to Friday, 8.30am-4.30pm.All services free of charge. No referral required.  |
| FSD0004219 | Last updated 28/06/2020 |

The Nelson Women's Centre/ Te Whare whina M Ng Whine Puawai is a resource centre for all women and their children. We provide free social work, support, advocacy, low cost counselling and growth groups, plus low cost arts and life skills workshops. We help women and families address a wide range of life challenges, such as: physical and mental health concerns, parenting and relationship issues, family violence, accommodation, social isolation, budgeting and more.

 Nelson Women's Centre 44 Trafalgar Street The Wood Nelson 7010

 coordinator@nelsonwc.org.nz  Monday - Thursday 9am - 4pm. Friday 9am -

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| (03) 546 7986(03) 546 8441 http://nelsonwomenscentre.org.nz  **Nelson Women's Refuge Inc** | 2pmSome charges may apply. No referral required.  |
| FSD0007677 | Last updated 17/08/2020 |

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 Local Crisis Line: 0800 16 33 44. In an emergency, please ring 111.

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| staff@whakaturefuge.org.nz(03) 544 0616 (0800) 16 33 44 http://www.womensrefuge.org.nz   |  Office Hours Monday - Friday 9.00 to 3.30. Emergency only 24/7 0800 163 344 Some charges may apply.No referral required. |

### Nelson Women's Support (Inc)

FSD0004235 Last updated 13/07/2020

To provide a caring, supportive environment for women experiencing difficulties.

 44 Trafalgar Street The Wood Nelson

 nws@nelsonwc.org.nz  Mon-Thurs, 9am-4pm

(03) 546 8441

 https://www.nelsonwomenscentre.org.nz/ Fridays, 9am-2pm

All services free of charge. No referral required.

### New Zealand Newcomers Network

FSD0019927 Last updated 14/04/2021

The New Zealand Newcomers Network is an initiative of Multicultural New Zealand. It is a network of groups throughout New Zealand welcoming newcomers and offering opportunities for social connection with other newcomers.

We welcome you if you are new to a region from around New Zealand or around the world. Joining your local Newcomers group is a great way to meet people and make friends in your new community and it’s FREE.

We offer lots of fun social events and activities for people of: all ages, all interests, different cultures, different backgrounds, any religion, family groups, single people, and couples.

welcome@newcomers.co.nz  Newcomers Networks are best contacted via the

(04) 916 9177 website www.newcomers.co.nz http://www.newcomers.co.nz Koha/donation may apply.

No referral required.

### Nurture@Home

FSD0022464 Last updated 16/04/2021

Nurture@Home Education & Care offers affordable, high quality home-based childcare and nanny services. We have outstanding Educators in Nelson and throughout the Nelson/Tasman region who provide care for children in a positive, nurturing environment with small group numbers.

Nurture@Home is licensed and funded by the Ministry of Education so enrolment with our service and access to our learning programme is FREE. Each Educator sets their own fees and families also have access to a range of financial support, including: 20 Hours ECE (for 3 to 5 year olds), Work & Income Child Care Subsidies (income tested) or a Nurture@Home subsidy.

We are focused on quality care that supports children to explore and learn, whilst ensuring that they feel secure and develop a sense of belonging in their environment, becoming confident lifelong learners.

 38 Devon St Stoke Nelson 7011

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| info@nurtureathome.co.nz(03) 541 8871 (027) 284 6630 http://nurtureathome.co.nz   |  Mon to Fri - 7.30am to 5.30pm Some charges may apply.No referral required. |

### Open Home Foundation (OHF) - Nelson

FSD0007295 Last updated 27/10/2020

Our mission is providing quality child/tamaiti-centred, family/whnau-focused Christian social service.

Our vision is for every child/tamaiti and young person/rangatahi growing up in a secure, loving family/whnau and receiving a depth of care which will bless them throughout their life.

 Wakatu Estate 10D Kotua Place Stoke Nelson

 nelson@ohf.org.nz  8.30am - 5pm Monday to Friday

(03) 545 9172 Koha/donation may apply. http://www.ohf.org.nz/ Referral may apply.

### Oranga Tamariki-Ministry for Children, Nelson

FSD0006998 Last updated 13/07/2020

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.

 2nd Floor, Munro Building 186 Bridge Street Nelson 7010

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 - Nelson

FSD0007304 Last updated 15/04/2021

A free information and support network for parents of children with special needs ranging from the very common to the rarest conditions

nelson@parent2parent.org.nz  Office Hours: Monday, Tuesday, Thursday

 (020) 4010 9478 9.30pm - 2.30pm

(0508) 236 236 If the office is unattended please leave a https://www.facebook.com/ParentToParen message and we will return your call. tNelson/ All services free of charge.

No referral required.

### Perinatal Support Nelson

FSD0004281 Last updated 08/04/2021

We provide free and confidential support to women and their families/whanau affected by perinatal depression and/or anxiety. Information, brochures, 1:1 counselling, home visits, lending library, therapy groups, telephone/email support, antenatal talks and links to other community support.

 319A Hardy Street Nelson 7010 hello@perinatalsupportnelson.org.nz  The office hours are: Mon 9.00am - 1.00pm.



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| (03) 548 3555 http://www.pndnelson.org.nz   | Tues 9.00am - 1.00pm. Wed 9.00am - 1.00pm Thurs 9.00am - 5.00pm.All services free of charge.No referral required. |

### Plunket - Nelson/Marlborough Area Office

FSD0007441 Last updated 11/09/2020

Plunket believes in supporting the development of healthy families. All families with children under age five are welcome to use Plunket services and more than ninety percent of New Zealand families choose to use Plunket to help them care for their young children.

 Unit 8/1 Koru Place Stoke Nelson 7011 southern.region@plunket.org.nz  8.30am - 5pm Monday to Friday.

(03) 539 5200 All services free of charge. http://www.plunket.org.nz No referral required.

### PowerZone Nelson

FSD0021844 Last updated 20/10/2020

We provide safe, fun, positive and encouraging After School Care and Holiday Programmes for 513 year olds. OSCAR approved.

 625 Main Road Stoke Stoke Nelson 7011

 powerzonenelson@gmail.com  After School Care:

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| (03) 547 2533 (022) 403 9771 http://www.facebook.com/powerzonenelso n/ **Classification : OSCAR** **Presbyterian Support Nelson** | 3-5.30pm Mon-Fri during school terms (exceptPublic Holidays)Holiday Programmes:8.30am-5.30pm during each school holidays(length & dates vary)Some charges may apply. No referral required.  |
| FSD0007784 | Last updated 12/03/2021 |

Presbyterian Support (USI) is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help people, families and society to be safe, strong and connected. Operating as a not-for-profit NGO, the agency has been in business over 100 years and delivers services from twelve service centres as well as community venues in the Upper South Island region.

 360 Annesbrook Drive Annesbrook Nelson 7011

Nelson@psusi.org.nz  8.30am to 4.30pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 265 5214 Referral may apply. https://psuppersouth.org.nz/

**Classification : YS**

### Private Counselling (Annesbrook Community Trust)

FSD0001014 Last updated 19/01/2021

We provide counselling for all issues in life.

 Annesbrook Church 40 Saxton Road Nelson

 info@annesbrook.co.nz  9am - 5pm Monday to Thursday

(03) 547 7371 Some charges may apply. http://www.annesbrook.co.nz No referral required.

### Riding for the Disabled Association - Whakatu

FSD0004181 Last updated 17/12/2020

Beneficial Riding Programmes for children&adults with disabilities. The horse is the therapist and benefits the physical, educational, psychological and social needs of individuals.

 Andrews Farm - Tangtragee Road The Brook Valley Nelson

 rdanelson@xtra.co.nz  Monday to Thursday 8.30 - 3.30pm

 (03) 546 6366 Friday 8.30 - 1.30pm

(03) 548 5544 (after hours) Some charges may apply. http://www.rda.org.nz Referral may apply.

### Safeguarding Children

FSD0024134 Last updated 06/12/2020

Our vision: The children and young people of Aotearoa New Zealand are safe from abuse and neglect.

Safeguarding Children is a registered charity (cc49059) and a leading provider of safeguarding and child protection education and guidance in New Zealand.

We have trained over 20,500 New Zealanders on how to recognise and respond to child abuse and neglect. We know that training alone is not enough, so we work with organisations to create and embed systems, processes and strategies to create a child-safe culture. A proactive, preventative approach produces the best outcomes for children, organisations and staff.

We offer a range of services to suit the needs of any individual or organisation that works with children and young people.

 142 Saxton Road East Stoke Nelson 7011

 office@safeguardingchildren.org.nz  normal business hours

(027) 772 4469 Some charges may apply. https://safeguardingchildren.org.nz/ No referral required.

### Sexual Abuse Support and Healing (SASH-Nelson) Inc

FSD0004277 Last updated 18/08/2020

Free counselling and support to survivors of rape/sexual abuse and their family/whanau. Information and education resources are available. Access to other Social Services. All services are confidential and discretion is assured at all times.

 329 Trafalgar Square Nelson 7010

 admin@sash.co.nz  Monday - Friday 9.00am - 4.00pm Clients can be

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| (03) 548 2407 https://sash.co.nz/ **Classification : SHSS** **Shine People Consulting Ltd** | seen by appointment after this time. After hours contact through the Police on 03 546 3840.All services free of charge. No referral required.  |
| FSD0020527 | Last updated 15/06/2020 |

Offers organisational capability mentoring. Undertake organisational capability assessment, create Development Plan, support implementation of Development Plan. Please see service detail for more information.

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| denise@shinepeople.co.nz(03) 545 0055 (021) 137 1589 http://www.shinepeople.co.nz |  Some charges may apply. Referral may apply. |

### Shone and Shirley Funeral Directors

FSD0023743 Last updated 07/12/2020

At Shone and Shirley Funeral Directors, we put your needs first.

For all your funeral requirements, from pre-arrangement to prepaid funerals to a funeral service that meets your needs and budget, we are here to support you and assist in every way we can, at a time of great transition for you and your family.

Our dedicated and professional staff are available 24 hours a day to answer your questions and help you to prepare to say goodbye to your loved one.

"We care for your loved ones as if they were our own."

 164 Tahunanui Drive Tahunanui Nelson 7011

 funerals@shoneandshirley.com  Office Hours 8.00am to 5.00pm

 (03) 546 5700 24/7 On Call

 http://www.shoneandshirley.com Some charges may apply.

No referral required.

### Space for you and your baby at Playcentre Aotearoa - Upper South Island Region (Nelson)

FSD0023687 Last updated 13/10/2020

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

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| fiona.programmes@playcentre.org.nz(03) 545 6512 (027) 808 6797 https://www.playcentre.org.nz/futuremembers/space-at-playcentre/  **St Vincent de Paul - Nelson** |  Tuesday/Thursdays 9am-2pm Some charges may apply. No referral required.  |
| FSD0004228 | Last updated 23/03/2021 |

We help people in need - families under stress, migrants, the elderly, the lonely or housebound.

Our services include visiting, advising and referring to other organisation.

We can provide food, clothing, household goods and furniture where a need exists.

Sometimes we can help with expenses relating to rent, power and travel.

The Society manages secondhand clothing stores in Nelson city (Vanguard Street), Stoke and Richmond.

 77 Vanguard Street Nelson 7010 nelson.president@svdpnelson.org.nz  Vanguard Street hours:



|  |  |
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| (03) 548 9327 http://www.svdp.org.nz   | Tuesday - Thursday, 9.30 am - 3.30 pmSat, 10am - 2pmAll services free of charge.No referral required. |

### St Vincent de Paul - Richmond

FSD0004229 Last updated 13/03/2021

The Society of St Vincent de Paul is an international fraternal organisation of lay people who practise Christianity by helping those in need on a one to one person basis.

 11 McGlashen Avenue Richmond 7020

 RichmondSVDP@gmail.com  Weekdays 10am - 4pm; Saturday 10.30am -

 (03) 544 0893 1pm

(027) 283 1039 All services free of charge. http://www.svdp.org.nz No referral required.

### St Vincent de Paul - Stoke

FSD0004227 Last updated 22/03/2021

Services include visiting the elderly, lonely and housebound; hospital visiting; assisting in broken homes; managing second hand clothing stores; and supplying free clothing where a need exists. The Society of St Vincent de Paul is an international Catholic lay organisation inspired by the Gospel of Jesus Christ. Vincentia's work to promote human dignity and justice through personal contact with those in need.

 532 Main Road Stoke Stoke Nelson 7011

(03) 547 7351  10am - 4pm Monday - Friday. 10am - 12 noon http://www.svdp.org.nz on Saturday.

All services free of charge. No referral required.

### Stoke Toy Library

FSD0004189 Last updated 12/01/2021

The Stoke Toy Library offers families the opportunity to rent toys, puzzles, games, DVDs, CDROMs at a very reasonable price.

 204 Songer Street Stoke Nelson 7011

 stoketoylib@gmail.com  Tuesday 11am - 1pm.

(027) 337 0128 Thursday 12pm - 2pm. http://www.toylibrary.co.nz/ Sunday 2pm - 4pm.

Some charges may apply. No referral required.

### STOP - Adolescent and Children's Services- Nelson

FSD0016472 Last updated 23/07/2020

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

 5 Duncan Street Port Nelson Nelson 7010

maureen.lorimer@stop.org.nz  Phones are not manned every day leave (03) 353 0257 (Chch) message on answer machine or ring

(03) 546 6194 (Nelson) Christchurch Office if urgent (03) 353 0257 http://stop.org.nz All services free of charge.

Referral may apply.

### SVS-Living Safe - Nelson

FSD0004178 Last updated 05/10/2020

We provide education programmes, counselling and support for women, men, Children and youth affected by family violence, whether they are survivors or perpetrators of violence. Most of our services are free.

 Level 3 295 Trafalgar Street Nelson 7010

 admin@svs.org.nz  9.00am - 5.00pm, Monday to Friday.

 (03) 548 3850 Some charges may apply.

(027) 548 3850 text Referral may apply. http://svs.org.nz

**Classification : FVSS**

### Tahunanui Community Hub

FSD0004350 Last updated 22/03/2021

Community Activities and Events, Community Kai Supply (Mon/Wed 12.30pm), Family Support, Walking Group, Gardening group, Counselling, Seniors Fitness, Social Cafes.

 55-61 Muritai Street Tahunanui Nelson 7011

 office@tch.org.nz  Monday - Friday 11am - 3pm

(03) 548 6036 Some charges may apply. https://www.facebook.com/TahunanuiCo No referral required. mmunityCentre/

### Te Ptaka Incorporated Society

FSD0024325 Last updated 25/08/2020

The purpose of Te Ptaka Inc. is to support whnau who are experiencing hardship throughout Te Tau Ihu by providing packages of care.

admin@tepataka.co.nz  Monday - Friday

 (027) 258 1613 9am - 4pm

All services free of charge. Referral may apply.

### The Brain Injury Association Top of the South

FSD0007567 Last updated 03/05/2021

The Brain Injury Association Top of the South provides information, education, support and advocacy to anyone affected by brain injury in the Nelson Tasman and Marlborough area.

We work with individuals, groups, whanau, friends, employers and other agencies to ensure anyone affected by brain injury has the support they need to optimize their recovery.

We have no restrictions on severity of injury and we support both traumatic and acquired injuries.

 469 Main Road Stoke Stoke Nelson 7011

nelson@brain-injury.org.nz  Monday to Friday - Both staff are part time and (03) 546 6656 often out in the community. Please contact to (027) 600 9006 make an appointment. http://www.braininjury.nz All services free of charge.

No referral required.

### The Depot (Nelson) Trust

FSD0022136 Last updated 21/07/2020

To reach and impact families and whanau through the delivery of excellent, enjoyable and safe programmes where the institution of family and whanau is empowered to positively influence our community and society for the benefit of present and future generations.

To provide genuine care and support in areas of need which will lead to a positive impact on families and future generations.

To design and deliver programmes and services which will reveal people’s inner potential, inspiring creativity and success.

To strategically reduce destructive family cultures and habits and to help build and establish family culture that will provide a secure, safe and inspiring environment for children to be raised in.

 75 Pascoe Street Tahunanui Nelson 7011

psmartindaly@gmail.com  Monday-Friday (027) 507 2270 9.30am-5.30pm

https://www.facebook.com/The-Depot- Some charges may apply. Nelson-Trust-353118125045146/ No referral required.

**Classification : OSCAR**

### The Male Room

FSD0004175 Last updated 07/09/2020

Offers support and advocacy for boys and men including: seminars, courses, and workshops; one to one counselling; separation counselling and support; supporting males through being victims of abuse, as well as those that are on the other side of it; working with people who have been issued Police Safety Orders, as well as offering accommodation for these people; sexual addictions and pornography issues; supervision for professionals; Male Survivors of Sexual Abuse Trust

(MSSAT) affiliated location, working with male survivors of sexual abuse at any stage of their lives.

 28 St Vincent Street Nelson

pchapman@ts.co.nz  The Male Room is open 9-5 Monday to Friday (03) 548 0403 and appointments can be made for after hours http://www.facebook.com/maleroominc Some charges may apply.

No referral required.

**Classification : SHSS**

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| **The Salvation Army - Nelson/Tasman Bays** |  |
| FSD0004285 | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

 Ground Floor 57 Rutherford Street Nelson 7010

nelsontasmanbay.corps@salvationarrmy.  Community Worker 10am-2. 0pm Monday, , org.nz Wednesday and Friday.

(03) 548 4807 Other times by appointment or as a worker is https://www.salvationarmy.org.nz/centres/ available.

nz/nelson-marlborough/nelson/nelson- Drop in cris and coffee 10-12 Mon, Wed Fri corps Some charges may apply.

Referral may apply.

**Classification : THP**

### Victim Support - Nelson

FSD0004279 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  **Victory Community Centre** |  The Victim Support Service is available 24 |
| hours, 7 days a week.All services free of charge.No referral required. |   |
| FSD0020992 |  | Last updated 06/11/2020 |

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010

 vccreception@victory.school.nz  Weekdays 9.00am - 3.30pm

|  |  |
| --- | --- |
| (03) 546 8389 https://www.victorycommunity.org.nz/  **Volunteer Nelson** | Some charges may apply. No referral required.  |
| FSD0020578 | Last updated 28/09/2020 |

Volunteer Nelson connects people with their community. It offers a wide range of services to the Nelson Tasman community:

 Volunteer referral service – promotion and matching volunteers to opportunities in local not-forprofit groups and organisations

 Support for volunteering – information, advice, events that celebrate volunteers

 Targeted Volunteering Programmes - Youth, 60+, Migrants

 Strengthening community organisations – low cost training

 Information sharing and networking – regular Community News and Views e-newsletters, Community & Whanau network and meetings.

 Alma House 83A Buxton Square Nelson 7010

 admin@volunteernelson.org.nz  Office hours Monday to Friday 9am to 4pm

(03) 546 7681 Koha/donation may apply. http://www.volunteernelson.org.nz No referral required.

### Whakatu Marae Whanau Ora

FSD0004250 Last updated 06/10/2020

We provide services that work towards addressing, restoring and enhancing the mana and tapu of the whanau (Whakamanatia te tapu, te ihi, te wehi o te whanau). Paramount to the delivery of these services is the whakawhanaungatanga approach that encompasses Taha Wairua (Spiritual), Taha Hinengaro (Mental/Emotional), Taha Tinana (Physical), Taha Whanau (Family/Relationships).

 99 Atawhai Drive Nelson

 alomas@whakatumarae.co.nz  9am - 5pm Monday to Friday

|  |  |
| --- | --- |
| (03) 546 9097 (0800) 942 522 http://www.whakatumarae.co.nz **Classification : FVSS**  | Some charges may apply. No referral required. |

### Whakatu Te Korowai Manaakitanga Trust

FSD0004256 Last updated 13/04/2021

Kaupapa Maori social services provider in Nelson.

 398 Main Road Stoke 7011

robyn@tekorowaitrust.co.nz  Monday - Friday 8.00am - 4.30pm

 (03) 547 5958 ext 2 All services free of charge.

 (027) 4144942 No referral required.

http://www.whakatutekorowaitrust.co.nz

**Classification : BFC**

### Yikes

FSD0021437 Last updated 14/08/2020

Provide OSCAR approved After School care to local community and Holiday programmes. YIKES = Youth & Kids Engaged in Enterprising Skills.

 70 Nile Street Nelson 7010

 yikesnelson@gmail.com  7am to 9am and 3pm to 6pm term time.

|  |  |
| --- | --- |
| (022) 140 7541 http://www.yikesnelson.com **Classification : OSCAR** **YMCA Nelson** | 8am to 5.30pm holiday dates Some charges may apply. No referral required.  |
| FSD0007261 | Last updated 15/04/2021 |

Y-OSCAR - provider of OSCAR approved quality after school care and holiday programmes for children aged 5-13 years. OSCAR - Out of School Care and Recreation.

YKids - provider of quality community based early childhood education for children 0-5 years. Nelson Training Centre - The Nelson Training Centre is a provider of training to the hospitality industry. We offer free training courses to those who meet the entry requirements and we offer a pathway to hospitality based employment opportunities.

 183 St Vincent Street Nelson

 oscar@ymcanelson.org.nz  OSCAR: 3pm - 6pm (during Term time) 8am -

|  |  |
| --- | --- |
| (03) 545 6760http://www.ymcanelson.org.nz | 6pm (during school holidays)YKids: 7.30 a.m. - 5.45 p.m. Monday to Friday Some charges may apply.No referral required. |

**Classification : OSCAR**

# Family Violence

### Age Concern Nelson Tasman

FSD0006662 Last updated 04/08/2020

Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. We offer support, information and services to keep our older population safe, connected, supported and well. As well as Elder Abuse Response, we have a volunteer visiting service, a carer relief service and AgeConnect, which provides friendship and community connections. We also run workshops to help older drivers stay safe on the roads, and celebratory events such as International Day of Older Persons.

 62 Oxford Street Richmond Nelson 7020

 manager@ageconcernnt.org.nz  Weekdays 8.30 am to 4.30 pm

(03) 544 7624 Some charges may apply. https://ageconcernnt.org.nz/ Referral may apply.

**Classification : EARS**

### Barnardos Nelson

FSD0006804 Last updated 30/04/2021

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.

 Level 1 186 Queen Street Richmond Nelson

 nelson@barnardos.org.nz  9.00am - 4pm, Monday to Friday

 (03) 539 0019 All services free of charge.

(0800) BARNARDOS (227 627) Referral may apply. http://www.barnardos.org.nz

**Classification : FVSS**

### Nelson Counselling Support

FSD0023980 Last updated 05/07/2020

Nelson Counselling Support are committed to provide a safe space where you can be heard and supported to live your best life. Mira Markovic (MNZAC) is a member of the New Zealand

Association of Counselling and a registered Provider for ACC Sensitive Claims (sexual abuse and trauma). Counselling services are available to suit your individual circumstances. Counselling can provide meaningful support to help address concerns including, ACC Sensitive Claims, anxiety, depression, PTSD, the effects of sexual abuse and trauma, relationship issues and other challenging life transitions.

 18A Harley Street CBD Nelson 7010 contact@nelsoncounsellingsupport.co.nz  Phone or email for an appointment.

(021) 147 4928 Some charges may apply. https://www.nelsoncounsellingsupport.co. No referral required. nz

### Nelson Women's Centre

FSD0004219 Last updated 28/06/2020

The Nelson Women's Centre/ Te Whare whina M Ng Whine Puawai is a resource centre for all women and their children. We provide free social work, support, advocacy, low cost counselling and growth groups, plus low cost arts and life skills workshops. We help women and families address a wide range of life challenges, such as: physical and mental health concerns, parenting and relationship issues, family violence, accommodation, social isolation, budgeting and more.

 Nelson Women's Centre 44 Trafalgar Street The Wood Nelson 7010

 coordinator@nelsonwc.org.nz  Monday - Thursday 9am - 4pm. Friday 9am -

|  |  |
| --- | --- |
| (03) 546 7986(03) 546 8441 http://nelsonwomenscentre.org.nz  **Nelson Women's Refuge Inc** | 2pmSome charges may apply. No referral required.  |
| FSD0007677 | Last updated 17/08/2020 |

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 Local Crisis Line: 0800 16 33 44. In an emergency,

please ring 111.

staff@whakaturefuge.org.nz (03) 544 0616 (0800) 16 33 44 http://www.womensrefuge.org.nz

Office Hours Monday - Friday 9.00 to 3.30. Emergency only 24/7 0800 163 344 Some charges may apply. No referral required.

### Open Home Foundation (OHF) - Nelson

FSD0007295 Last updated 27/10/2020

Our mission is providing quality child/tamaiti-centred, family/whnau-focused Christian social service.

Our vision is for every child/tamaiti and young person/rangatahi growing up in a secure, loving family/whnau and receiving a depth of care which will bless them throughout their life.

 Wakatu Estate 10D Kotua Place Stoke Nelson

 nelson@ohf.org.nz  8.30am - 5pm Monday to Friday

(03) 545 9172 Koha/donation may apply. http://www.ohf.org.nz/ Referral may apply.

### Sexual Abuse Support and Healing (SASH-Nelson) Inc

FSD0004277 Last updated 18/08/2020

Free counselling and support to survivors of rape/sexual abuse and their family/whanau. Information and education resources are available. Access to other Social Services. All services are confidential and discretion is assured at all times.

 329 Trafalgar Square Nelson 7010

admin@sash.co.nz  Monday - Friday 9.00am - 4.00pm Clients can be (03) 548 2407 seen by appointment after this time. After hours https://sash.co.nz/ contact through the Police on 03 546 3840.

All services free of charge. No referral required.

**Classification : SHSS**

### STOP - Adolescent and Children's Services- Nelson

FSD0016472 Last updated 23/07/2020

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

 5 Duncan Street Port Nelson Nelson 7010

maureen.lorimer@stop.org.nz  Phones are not manned every day leave (03) 353 0257 (Chch) message on answer machine or ring

(03) 546 6194 (Nelson) Christchurch Office if urgent (03) 353 0257 http://stop.org.nz All services free of charge.

Referral may apply.

### SVS-Living Safe - Nelson

FSD0004178 Last updated 05/10/2020

We provide education programmes, counselling and support for women, men, Children and youth affected by family violence, whether they are survivors or perpetrators of violence. Most of our services are free.

 Level 3 295 Trafalgar Street Nelson 7010

 admin@svs.org.nz  9.00am - 5.00pm, Monday to Friday.

 (03) 548 3850 Some charges may apply.

(027) 548 3850 text Referral may apply. http://svs.org.nz

**Classification : FVSS**

### The Male Room

FSD0004175 Last updated 07/09/2020

Offers support and advocacy for boys and men including: seminars, courses, and workshops; one to one counselling; separation counselling and support; supporting males through being victims of abuse, as well as those that are on the other side of it; working with people who have been issued Police Safety Orders, as well as offering accommodation for these people; sexual addictions and pornography issues; supervision for professionals; Male Survivors of Sexual Abuse Trust

(MSSAT) affiliated location, working with male survivors of sexual abuse at any stage of their lives. 28 St Vincent Street Nelson

pchapman@ts.co.nz  The Male Room is open 9-5 Monday to Friday (03) 548 0403 and appointments can be made for after hours http://www.facebook.com/maleroominc Some charges may apply.

No referral required.

**Classification : SHSS**

### Victim Support - Nelson

FSD0004279 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  **Whakatu Marae Whanau Ora** |  The Victim Support Service is available 24 hours, 7 days a week.All services free of charge. No referral required.  |
| FSD0004250 | Last updated 06/10/2020 |

We provide services that work towards addressing, restoring and enhancing the mana and tapu of the whanau (Whakamanatia te tapu, te ihi, te wehi o te whanau). Paramount to the delivery of these services is the whakawhanaungatanga approach that encompasses Taha Wairua (Spiritual), Taha Hinengaro (Mental/Emotional), Taha Tinana (Physical), Taha Whanau (Family/Relationships).

 99 Atawhai Drive Nelson

 alomas@whakatumarae.co.nz  9am - 5pm Monday to Friday

|  |  |
| --- | --- |
| (03) 546 9097 (0800) 942 522 http://www.whakatumarae.co.nz | Some charges may apply. No referral required. |

**Classification : FVSS**

### Whakatu Te Korowai Manaakitanga Trust

FSD0004256 Last updated 13/04/2021

Kaupapa Maori social services provider in Nelson.

 398 Main Road Stoke 7011

 robyn@tekorowaitrust.co.nz  Monday - Friday 8.00am - 4.30pm

 (03) 547 5958 ext 2 All services free of charge.

 (027) 4144942 No referral required.

http://www.whakatutekorowaitrust.co.nz

**Classification : BFC**

# Health

### Access - Nelson ( Main regional office )

FSD0002833 Last updated 21/08/2020

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.

 Robinson Complex 669 Main Road Stoke Nelson 7011

info@access.org.nz  Office hours 8:30am - 4:30pm (03) 547 5552 After hours 7.00am-10.00pm call 0800 AT (0800) 284 663 HOME (0800 284 663). http://www.access.org.nz All services free of charge.

Referral may apply.

### Alzheimers Nelson Tasman

FSD0006732 Last updated 22/12/2020

Alzheimers Nelson Tasman provides support, information and education to all those affected by dementia.

 The School House 319 Hardy Street Nelson 7010

 manager@alzheimersnsn.org.nz  Monday to Friday

|  |  |
| --- | --- |
| (03) 546 7702 (0800) 004 001 http://www.alzheimers.org.nz/Nelson   | 9am-3pmAll services free of charge.No referral required. |

### Arthritis New Zealand - Nelson Bays

FSD0006765 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  Some charges may apply.

(0800) 663 463 No referral required. http://www.arthritis.org.nz

### Breast Cancer Support Group

FSD0004262 Last updated 31/08/2020

Provides support and advice on Breast Cancer.

 Cancer Society Nelson 102 Hardy Street Nelson 7010

 info@cancernelson.org.nz  Office hours Monday - Friday 9 am - 4 pm

(03) 539 1137 All services free of charge. http://www.cancernelson.org.nz No referral required.

### Cancer Society of NZ - Wellington Division - Nelson Centre

FSD0004263 Last updated 07/04/2021

Provides support and information for people with cancer and their families/whanau. Also information on cancer prevention and health promotion.

 102 Hardy Street Nelson 7010 info@cancernelson.org.nz  9am-4pm Monday to Friday.



|  |  |
| --- | --- |
| (03) 539 1137 (027) 258 0075 http://www.cancernelson.org.nz   | Koha/donation may apply. No referral required. |

### Cystic Fibrosis New Zealand - Nelson Marlborough

FSD0004291 Last updated 23/07/2020

The Nelson Marlborough branch supports people with CF and families in the region and can provide assistance with:

* equipment essential for people with CF
* peer support
* information and education
* welfare issues
* emotional and financial assistance

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

 (03) 544 6643 No referral required.

http://www.cfnz.org.nz/nelson-branch

### Diabetes NZ Nelson Youth Branch

FSD0007601 Last updated 13/07/2020

Provides support for youth with type 1 diabetes and their families.

dnznelsonyouth@gmail.com  Evenings and weekends (0800) 342 238 All services free of charge. https://www.facebook.com/T1DNelson No referral required.

### Gateway Housing Trust - Head Office

FSD0004317 Last updated 06/08/2020

Gateway, established in 1992, supports and empowers people towards wellbeing by working in close partnership with people and whaanau at the centre.

We provide mental health support and accommodation and youth focused social services.

We believe that everyone has strengths and aspirations, which is our starting point to support people to achieve their own goals within their natural network/s.

Gateway has services in Nelson, Tasman, Marlborough and the West Coast.

For further information or queries regarding these services please contact Head Office on (03) 545

7100, contact admin@ght.co.nz or go to www.ght.co.nz

 Unit 1 203 Milton Street The Wood Nelson 7010

 admin@ght.co.nz  Monday - Friday 8.30am - 4pm

(03) 545 7100 Online enquiry form available on website http://www.ght.co.nz All services free of charge.

Referral may apply.

### Guillain Barre Syndrome Support Group NZ Trust

FSD0000361 Last updated 12/02/2021

To support and inform anyone who has been diagnosed with GBS or a variant illness. Our members (all sufferers or carers) are spread New Zealand wide. We hold Regional meetings around the country annually and several areas hold monthly coffee groups - details on the website or the Facebook site.

 30 Higgs Road Mapua Nelson 7005

 tonypearson@xtra.co.nz  any time

|  |  |
| --- | --- |
| (03) 540 3217 (027) 687 1953 http://www.gbsnz.org.nz/  **HealthCare NZ - Nelson**  | All services free of charge. No referral required.  |
| FSD0006294 | Last updated 30/10/2020 |

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 manyother areas in which you may need help
* nursing care such as post-operative care, wound care, medication management and many otherspecialised nursing services

Staying in your own home has never been easier!

 Suite 3, Level 1 355 Lower Queen Street Richmond Nelson 7020 nelson.office@healthcarenz.co.nz  Monday - Friday 8 am - 5 pm

 (03) 548 2009 Some charges may apply.

(0800) 263 562 No referral required. http://www.healthcarenz.co.nz

### Heart Foundation - Nelson

FSD0006486 Last updated 09/04/2021

The Heart Foundation is New Zealand's heart health charity leading the fight against our country's biggest killer, heart disease. As a charity, the Heart Foundation relies heavily on the generosity of everyday Kiwis to support its life-saving work. We provide support, care and advice for people and their families affected by heart disease. The Heart Foundation funds cutting-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community. Through our work with children, we create a foundation for keeping hearts healthy into the future.

 54 Cambria Street The Wood Nelson 7010

averilw@heartfoundation.org.nz  8.30 am - 12.30 pm Monday - Friday. Our work (03) 545 7112 often takes us out of the office. If we missed (027) 215 3836 you, please contact us on the details below. http://www.heartfoundation.org.nz/ All services free of charge. No referral required.

### INP Medical Clinic

FSD0004340 Last updated 27/01/2021

Sexual Health/Family Planning Clinic/Sexual Assault Service

 18 Nile Street Nelson 7010 info@inp.co.nz  Monday - Friday 8.30 am - 5.00pm.



|  |  |
| --- | --- |
| (03) 546 8155 http://www.inp.co.nz   | Appointments available 9.00am - 5.00pm Late night Wednesday to 6.00pm Some charges may apply.No referral required. |

### Multiple Sclerosis Society of New Zealand - Nelson

FSD0007224 Last updated 11/03/2021

The Multiple Sclerosis Society of New Zealand is a non-profit organisation that provides on-going support, education and advocacy for people with MS and their support networks. It also aims to educate the general public, employers and health professionals about MS.

admin@msnelson.org.nz  Mon – Fri 9am – 4pm

 (021) 174 3298 Sat Sun closed

 http://www.msnz.org.nz/ Some charges may apply.

No referral required.

### Nelson Asthma Society

FSD0006779 Last updated 09/11/2020

Nelson Asthma Society helps people with asthma and related respiratory conditions through improved self management, education and support. We provide specialised seated exercise classes for those who need support to improve their breathing techniques and a supportive group with a similar breathing conditions. We also offer a free 6 week Pulmonary Rehab course. And a singing group called SYLO - Sing Your Lungs Out, in Motueka for those with respiratory conditions.

 Richmond Town Hall 9 Cambridge Street Richmond Nelson 7020

 asthma.nelson@xtra.co.nz  Monday through Fridays open 8.45am to

 (03) 544 1562 2.45pm.

(027) 546 7675 All services free of charge. https://nelsonasthma.co.nz/ No referral required.

### Nelson Bays Primary Health

FSD0021497 Last updated 28/08/2020

Nelson Bays Primary Health is the primary health organisation for the Nelson Tasman area. PHOs lead and coordinate primary health care within the local community.

NBPH is committed to reducing the inequalities in health between all people.

 281 Queen Street Richmond 7020

|  |  |
| --- | --- |
| info@nbph.org.nz (0800) 731 317 (03) 539 1170 http://www.nbph.org.nz   |  Monday to Friday8am - 5pmAll services free of charge.Referral may apply. |

### Nelson Community Assessment Team for adults - Nelson Marlborough District Health Board

FSD0022933 Last updated 16/04/2021

The Community Assessment Team for adults provides:

a 24 hour emergency mental health service crisis assessment and short-term follow up

This service covers the Nelson region from Rai Valley to Korere to Riwaka.

(0800) 776 364  24/7

https://www.nmdhb.govt.nz/health- All services free of charge. services/mental-health-and-addiction- No referral required.

services/acute-mental-health-crisisservices/

### Nelson District Parents Centre

FSD0007331 Last updated 31/03/2021

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth education. Internal supports are a priority for locally run committees which in turn ensures good quality support and education is available for parents within the community.

president@ndpc.org.nz  Anytime - but please email, rather than using the (027) 686 0880 phone number as we are staffed by volunteers.

 http://www.ndpc.org.nz Some charges may apply.

No referral required.

### Nelson Nursing Service Ltd

FSD0020102 Last updated 09/02/2021

Drug Testing for Work and Income.

Professional and Confidential Urine Drug Testing: $95.00 inclusive of GST

 Nelson Nursing Service 469 Main Road Stoke Nelson 7011

 reception@nelsonnursingservice.co.nz  8am - 5pm Monday to Friday

(03) 547 2814 Some charges may apply. https://www.nelsonnursingservice.co.nz/ Referral may apply.

**Classification : DTS**

### Nelson Ostomy Society

FSD0004304 Last updated 21/12/2020

Aims to help ostomates or potential ostomates and their families to attain a normal lifestyle through mutual aid and moral support as well as education in ostomy care.

(03) 547 3800  Some charges may apply. https://ostomy.org.nz/find-support/ No referral required.

### Nelson Tasman Hospice

FSD0000993 Last updated 06/07/2020

Nelson Tasman Region Hospice Trust provides Specialist inpatient and community based hospice/palliative care services for patients with a life limiting illness. This includes home nursing, consultancy, education and advice to other health providers, patients, families and the public generally. Outreach services to rural areas provide specialist medical and nursing advice, outpatient clinics volunteer support teams. Counseling, chaplaincy and social work services are available along with bereavement support.

 331 Suffolk Rd Stoke Nelson 7011

|  |  |
| --- | --- |
| heather.lewis@nelsonhospice.org.nz(03) 546 3950 http://www.nelsonhospice.org.nz  **Parkinson's - Nelson** |  Special Palliative Care Unit - 331 Suffolk Rd, Stoke - 24 hours, 7 days.Administration - 331 Suffolk Rd, Stoke - Monday to Friday, 8.30am-4.30pm.All services free of charge. No referral required.  |
| FSD0007375 | Last updated 25/03/2021 |

Parkinson’s New Zealand provides support, education and information for people with Parkinson’s and Parkinsonism conditions, including their family, carers and health professionals.

Our team of Parkinson’s Nurses and Educators can provide home visits for personalised sessions. Parkinson’s New Zealand also has support groups for members for sharing their coping strategies, experiences, and is a chance to establish social networks.

Programmes for people with Parkinson’s can include some of the following: exercise, physiotherapy, hydrotherapy, and art or music therapy sessions.

|  |  |
| --- | --- |
| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz/ourdivisions/nelson  **Perinatal Support Nelson** |  Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.Some charges may apply. No referral required.  |
| FSD0004281 | Last updated 08/04/2021 |

We provide free and confidential support to women and their families/whanau affected by perinatal depression and/or anxiety. Information, brochures, 1:1 counselling, home visits, lending library, therapy groups, telephone/email support, antenatal talks and links to other community support.

 319A Hardy Street Nelson 7010

hello@perinatalsupportnelson.org.nz  The office hours are: Mon 9.00am - 1.00pm.

(03) 548 3555 Tues 9.00am - 1.00pm. Wed 9.00am - 1.00pm http://www.pndnelson.org.nz Thurs 9.00am - 5.00pm.

All services free of charge. No referral required.

### Plunket - Nelson/Marlborough Area Office

FSD0007441 Last updated 11/09/2020

Plunket believes in supporting the development of healthy families. All families with children under age five are welcome to use Plunket services and more than ninety percent of New Zealand families choose to use Plunket to help them care for their young children.

 Unit 8/1 Koru Place Stoke Nelson 7011 southern.region@plunket.org.nz  8.30am - 5pm Monday to Friday.

(03) 539 5200 All services free of charge. http://www.plunket.org.nz No referral required.

### Public Health Service - Nelson

FSD0004198 Last updated 22/01/2021

To support and improve the health and wellbeing of pre-school and school aged children; health resource for school stuff; assessment and referral services for children and their families; developmental and health screening with B4school checks for all 4 year olds prior to commencing school. Vision and hearing checks and response to referrals. Year 7 immunisation school based programme and year 8 HPV immunisation school based programme. Provide Well-Child checks in rural isolated areas.

 281 Queen Street Richmond Nelson 7020

 phs.info@nmdhb.govt.nz  Monday - Friday 8.00 am - 5.00 pm

 (03) 546 1537 All services free of charge.

 (03) 546 1800 Referral may apply.

https://www.nmdhb.govt.nz/contactus/community-and-outpatient-services/

### St Vincent de Paul - Stoke

FSD0004227 Last updated 22/03/2021

Services include visiting the elderly, lonely and housebound; hospital visiting; assisting in broken homes; managing second hand clothing stores; and supplying free clothing where a need exists. The Society of St Vincent de Paul is an international Catholic lay organisation inspired by the Gospel of Jesus Christ. Vincentia's work to promote human dignity and justice through personal contact with those in need.

 532 Main Road Stoke Stoke Nelson 7011

(03) 547 7351  10am - 4pm Monday - Friday. 10am - 12 noon http://www.svdp.org.nz on Saturday.

All services free of charge. No referral required.

### The Brain Injury Association Top of the South

FSD0007567 Last updated 03/05/2021

The Brain Injury Association Top of the South provides information, education, support and advocacy to anyone affected by brain injury in the Nelson Tasman and Marlborough area.

We work with individuals, groups, whanau, friends, employers and other agencies to ensure anyone affected by brain injury has the support they need to optimize their recovery.

We have no restrictions on severity of injury and we support both traumatic and acquired injuries.

 469 Main Road Stoke Stoke Nelson 7011

nelson@brain-injury.org.nz  Monday to Friday - Both staff are part time and (03) 546 6656 often out in the community. Please contact to (027) 600 9006 make an appointment. http://www.braininjury.nz All services free of charge.

No referral required.

### Victory Community Centre

FSD0020992 Last updated 06/11/2020

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010

 vccreception@victory.school.nz  Weekdays 9.00am - 3.30pm

|  |  |
| --- | --- |
| (03) 546 8389 https://www.victorycommunity.org.nz/   | Some charges may apply. No referral required. |

### Whakatu Te Korowai Manaakitanga Trust

FSD0004256 Last updated 13/04/2021

Kaupapa Maori social services provider in Nelson.

 398 Main Road Stoke 7011

 robyn@tekorowaitrust.co.nz  Monday - Friday 8.00am - 4.30pm

 (03) 547 5958 ext 2 All services free of charge.

 (027) 4144942 No referral required.

http://www.whakatutekorowaitrust.co.nz

**Classification : BFC**

# Legal / Civil Services

### Citizens Advice Bureau Nelson Tasman

FSD0006919 Last updated 01/02/2021

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 online using our own database, or from the extensive range of physical resources held by each bureau. The service can be accessed by phone, email or in person.

 9 Paru Paru Road Nelson 7010 nelsontasman@cab.org.nz  9am - 4.30pm, Monday to Friday.



|  |  |
| --- | --- |
| (03) 548 2117 http://www.cab.org.nz   | All services free of charge. No referral required. |

### Nelson Bays Community Law Service Inc

FSD0004247 Last updated 03/08/2020

We provide free help to those on low incomes and others facing difficulties accessing legal services.

 63 Collingwood Street Nelson 7010

 admin@nbcl.org.nz  9am - 4pm Monday to Friday.

|  |  |
| --- | --- |
| (03) 548 1288 (0800) 246 146 http://www.communitylaw.org.nz  **Victim Support - Nelson** | Koha/donation may apply. No referral required.  |
| FSD0004279 | 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

### Fragile X New Zealand

FSD0005889 Last updated 28/01/2021

To offer support and information to individuals, parents & whanau and the community affected by Fragile X syndrome and Fragile X-associated Disorders. To raise awareness of Fragile X and the benefits of diagnosis.

 8 Blampied Place Nelson South Nelson 7010

info@fragilex.org.nz  Weekdays: 9 am to 5 pm (0508) 938 0552 International calls on +64 210446299 http://www.fragilex.org.nz All services free of charge.

No referral required.

### Gateway Housing Trust - Head Office

FSD0004317 Last updated 06/08/2020

Gateway, established in 1992, supports and empowers people towards wellbeing by working in close partnership with people and whaanau at the centre.

We provide mental health support and accommodation and youth focused social services.

We believe that everyone has strengths and aspirations, which is our starting point to support people to achieve their own goals within their natural network/s.

Gateway has services in Nelson, Tasman, Marlborough and the West Coast.

For further information or queries regarding these services please contact Head Office on (03) 545

7100, contact admin@ght.co.nz or go to www.ght.co.nz

 Unit 1 203 Milton Street The Wood Nelson 7010

 admin@ght.co.nz  Monday - Friday 8.30am - 4pm

(03) 545 7100 Online enquiry form available on website http://www.ght.co.nz All services free of charge.

Referral may apply.

### Nelson Bays Primary Health

FSD0021497 Last updated 28/08/2020

Nelson Bays Primary Health is the primary health organisation for the Nelson Tasman area. PHOs lead and coordinate primary health care within the local community.

NBPH is committed to reducing the inequalities in health between all people.

 281 Queen Street Richmond 7020

 info@nbph.org.nz  Monday to Friday

 (0800) 731 317 8am - 5pm

(03) 539 1170 All services free of charge. http://www.nbph.org.nz Referral may apply.

### Nelson Child Adolescent Mental Health Service

FSD0022721 Last updated 01/04/2021

Nelson Child Adolescent Mental Health Service provides a secondary health service for young people up until their 18th birthday who are experiencing moderate to severe mental health disturbance. A 24/7 on call team is available to assess risk for young people at risk of suicide providing appropriate intervention and safety planning. Call the hospital 5461800 and ask for the Mental Health on call Team.

 Haines Building NMDHB 18 Waimea Road Nelson 7010 emma.williams@nmdhb.govt.nz  CAMHS Mon - Fri 8.30 to 5



|  |  |
| --- | --- |
| (03) 546 1230(03) 546 1800after hours https://www.nmdhb.govt.nz/healthservices/mental-health-and-addictionservices/child-and-youth-services/   | Mental Health On Call Team 24/7 All services free of charge.No referral required. |

### Nelson Community Assessment Team for adults - Nelson Marlborough District Health Board

FSD0022933 Last updated 16/04/2021

The Community Assessment Team for adults provides:

a 24 hour emergency mental health service crisis assessment and short-term follow up

This service covers the Nelson region from Rai Valley to Korere to Riwaka.

|  |  |  |
| --- | --- | --- |
| (0800) 776 364 https://www.nmdhb.govt.nz/healthservices/mental-health-and-addictionservices/acute-mental-health-crisisservices/  **Nelson Counselling Support** |  24/7All services free of charge.No referral required. |   |
| FSD0023980 |  | Last updated 05/07/2020 |

Nelson Counselling Support are committed to provide a safe space where you can be heard and supported to live your best life. Mira Markovic (MNZAC) is a member of the New Zealand

Association of Counselling and a registered Provider for ACC Sensitive Claims (sexual abuse and trauma). Counselling services are available to suit your individual circumstances. Counselling can provide meaningful support to help address concerns including, ACC Sensitive Claims, anxiety, depression, PTSD, the effects of sexual abuse and trauma, relationship issues and other challenging life transitions.

 18A Harley Street CBD Nelson 7010 contact@nelsoncounsellingsupport.co.nz  Phone or email for an appointment.

(021) 147 4928 Some charges may apply. https://www.nelsoncounsellingsupport.co. No referral required. nz

### Nikau House (Community Mental Health Resource Centre)

FSD0004308 Last updated 26/08/2020

Nikau House is a community mental health resource centre.

 88 Selwyn Place Nelson

 NikauHouse.Enquiries@nmdhb.govt.nz  Mon-Fri, 9am- 4pm

 (03) 539 3760 All services free of charge.

Referral may apply.

### Options

FSD0020387 Last updated 01/04/2021

Options is a Supported Living agency, which supports individuals with a disability living in their own homes in the community.

 Williams Block 1 Braemar Place Nelson South Nelson 7010

 info@tautoko.org.nz  8am - 4.30pm Monday to Friday

1. 546 9391 All services free of charge.
2. 233 0164 Referral may apply. http://www.tautoko.org.nz

### Perinatal Support Nelson

FSD0004281 Last updated 08/04/2021

We provide free and confidential support to women and their families/whanau affected by perinatal depression and/or anxiety. Information, brochures, 1:1 counselling, home visits, lending library, therapy groups, telephone/email support, antenatal talks and links to other community support.

 319A Hardy Street Nelson 7010 hello@perinatalsupportnelson.org.nz  The office hours are: Mon 9.00am - 1.00pm.

(03) 548 3555 Tues 9.00am - 1.00pm. Wed 9.00am - 1.00pm http://www.pndnelson.org.nz Thurs 9.00am - 5.00pm.

All services free of charge. No referral required.

### Tahunanui Community Hub

FSD0004350 Last updated 22/03/2021

Community Activities and Events, Community Kai Supply (Mon/Wed 12.30pm), Family Support, Walking Group, Gardening group, Counselling, Seniors Fitness, Social Cafes.

 55-61 Muritai Street Tahunanui Nelson 7011

 office@tch.org.nz  Monday - Friday 11am - 3pm

(03) 548 6036 Some charges may apply. https://www.facebook.com/TahunanuiCo No referral required. mmunityCentre/

### The White House Inc. Society

FSD0004318 Last updated 05/10/2020

The White House is a day activity service for people who have used Mental Health Services. It is consumer led and run. It operates 365 days per year and is open from 10am - 3pm daily.

 11 Wainui Street The Wood Nelson 7010

 thewhite\_house@outlook.com  Every day 10am - 3pm

 (03) 546 9317 365 day per year

(0800) 114 976 All services free of charge. https://www.facebook.com/thewhitehouse No referral required. nelson

# Older People

### Abbeyfield Nelson Inc

FSD0004202 Last updated 13/04/2021

Abbeyfield Houses provide affordable & comfortable Rental Housing for lonely older people with an independent lifestyle. No nursing care. Onsite Housekeeper provides all meals. Management & Administration undertaken by specialist volunteers. Charges within National Superannuation payments. Abbeyfield often described as "Flatting for the Elderly". No capital outlay required.

 2 St Francis Way Stoke Nelson 7011

 amarootoo@slingshot.co.nz  Monday - Friday 8.30am - 6pm

|  |  |
| --- | --- |
| (03) 547 9203(03) 546 5599 http://www.abbeyfield.org.nz  **Age Concern Nelson Tasman** | Some charges may apply. No referral required.  |
| FSD0006662 | Last updated 04/08/2020 |

Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. We offer support, information and services to keep our older population safe, connected, supported and well. As well as Elder Abuse Response, we have a volunteer visiting service, a carer relief service and AgeConnect, which provides friendship and community connections. We also run workshops to help older drivers stay safe on the roads, and celebratory events such as International Day of Older Persons.

 62 Oxford Street Richmond Nelson 7020

 manager@ageconcernnt.org.nz  Weekdays 8.30 am to 4.30 pm

(03) 544 7624 Some charges may apply. https://ageconcernnt.org.nz/ Referral may apply.

**Classification : EARS**

### CCS Disability Action - Nelson Branch

FSD0007620 Last updated 16/04/2021

CCS Disability Action is a not for profit organisation here to provide support and strengthen communities so people with disabilities are included in the life of the family and in their community.

 65 Trafalgar Street Nelson 7010

 nelson.admin@ccsdisabilityaction.org.nz  8.30am – 4.30pm, Monday to Friday

 (03) 548 4479 Some charges may apply.

 (0800) 227 2255 No referral required.

https://www.ccsdisabilityaction.org.nz

### Enliven Positive Ageing Services - Nelson

FSD0022836 Last updated 15/04/2021

At Enliven, we ensure that older New Zealanders have access they need to community-based support – from someone to talk to, activities to join in with or help that will ensure a safe, healthy independence at home.

 360 Annesbrook Drive Nelson 7041

 Nelson@psusi.org.nz  All services free of charge.

(0800) 477 874 No referral required. https://enlivenuppersouth.org.nz/

### Hearing Nelson

FSD0007132 Last updated 26/01/2021

To improve the quality of life for all hearing impaired people with one-one-one support and prevent noise induced hearing loss through public education. Free talks including Classroom

Presentations Dangerous Decibels and Business Workshops Communication strategies for your frontline staff.

 Hearing House 354 Trafalgar Square Nelson 7010

 office@hearingnelson.nz  Monday - Thursday 9.00am - 4.00pm

(03) 548 3270 Some charges may apply. http://www.hearingnelson.co.nz No referral required.

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Nelson Bays Primary Health

FSD0021497 Last updated 28/08/2020

Nelson Bays Primary Health is the primary health organisation for the Nelson Tasman area. PHOs lead and coordinate primary health care within the local community.

NBPH is committed to reducing the inequalities in health between all people.

 281 Queen Street Richmond 7020

 info@nbph.org.nz  Monday to Friday

|  |  |
| --- | --- |
| (0800) 731 317 (03) 539 1170 http://www.nbph.org.nz   | 8am - 5pmAll services free of charge.Referral may apply. |

### Nelson Marlborough Health - Needs Assessment Service

FSD0004349 Last updated 14/12/2020

Aims to support people whose lives are affected by a disability to achieve their goals, retain their independence, and enjoy an optimum quality of life.

 281 Queen Street Richmond Nelson support.works@nmdhb.govt.nz  Monday to Friday, 8am - 4:30pm.



|  |  |
| --- | --- |
| (03) 539 3976 (0800) 244 300 https://www.nmdhb.govt.nz/healthservices/community-and-outpatientservices/needs-assessment-service/  **Presbyterian Support Nelson** | All services free of charge. No referral required.  |
| FSD0007784 | Last updated 12/03/2021 |

Presbyterian Support (USI) is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help people, families and society to be safe, strong and connected. Operating as a not-for-profit NGO, the agency has been in business over 100 years and delivers services from twelve service centres as well as community venues in the Upper South Island region.

 360 Annesbrook Drive Annesbrook Nelson 7011

Nelson@psusi.org.nz  8.30am to 4.30pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 265 5214 Referral may apply. https://psuppersouth.org.nz/

**Classification : YS**

### St Vincent de Paul - Nelson

FSD0004228 Last updated 23/03/2021

We help people in need - families under stress, migrants, the elderly, the lonely or housebound.

Our services include visiting, advising and referring to other organisation.

We can provide food, clothing, household goods and furniture where a need exists.

Sometimes we can help with expenses relating to rent, power and travel.

The Society manages secondhand clothing stores in Nelson city (Vanguard Street), Stoke and Richmond.

 77 Vanguard Street Nelson 7010 nelson.president@svdpnelson.org.nz 

(03) 548 9327 http://www.svdp.org.nz Vanguard Street hours:

Tuesday - Thursday, 9.30 am - 3.30 pm

Sat, 10am - 2pm All services free of charge. No referral required.

### St Vincent de Paul - Richmond

FSD0004229 Last updated 13/03/2021

The Society of St Vincent de Paul is an international fraternal organisation of lay people who practise Christianity by helping those in need on a one to one person basis.

 11 McGlashen Avenue Richmond 7020

 RichmondSVDP@gmail.com  Weekdays 10am - 4pm; Saturday 10.30am -

 (03) 544 0893 1pm

(027) 283 1039 All services free of charge. http://www.svdp.org.nz No referral required.

### St Vincent de Paul - Stoke

FSD0004227 Last updated 22/03/2021

Services include visiting the elderly, lonely and housebound; hospital visiting; assisting in broken homes; managing second hand clothing stores; and supplying free clothing where a need exists. The Society of St Vincent de Paul is an international Catholic lay organisation inspired by the Gospel of Jesus Christ. Vincentia's work to promote human dignity and justice through personal contact with those in need.

 532 Main Road Stoke Stoke Nelson 7011

(03) 547 7351  10am - 4pm Monday - Friday. 10am - 12 noon http://www.svdp.org.nz on Saturday.

All services free of charge. No referral required.

### The Salvation Army - Nelson/Tasman Bays

FSD0004285 Last updated 19/05/2020

Worship, community and welfare services of The Salvation Army

 Ground Floor 57 Rutherford Street Nelson 7010

nelsontasmanbay.corps@salvationarrmy.  Community Worker 10am-2. 0pm Monday, , org.nz Wednesday and Friday.

(03) 548 4807 Other times by appointment or as a worker is https://www.salvationarmy.org.nz/centres/ available.

nz/nelson-marlborough/nelson/nelson- Drop in cris and coffee 10-12 Mon, Wed Fri corps Some charges may apply.

Referral may apply.

**Classification : THP**

### Victory Community Centre

FSD0020992 Last updated 06/11/2020

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010

 vccreception@victory.school.nz  Weekdays 9.00am - 3.30pm

(03) 546 8389 Some charges may apply. https://www.victorycommunity.org.nz/ No referral required.

# Parents and Caregivers

### Active Explorers Richmond

FSD0022403 Last updated 22/09/2020

Early Childhood Centre - from 3 months to 5 years.

We are a modern, purpose-built facility which has been providing high quality care and education for the young children of Richmond for many happy years. We provide a warm, safe and caring environment, which we achieve through primary caregiving and our higher than average teacher to child ratios.

 6D Champion Road Richmond Nelson 7020

 cm.richmond@activeexplorers.co.nz  Monday to Friday

|  |  |
| --- | --- |
| (03) 544 7611 http://www.activeexplorers.co.nz  **Age Concern Nelson Tasman** | 7.30am - 5.45pmIncluding all school holidays (closed public holidays)Some charges may apply. No referral required.  |
| FSD0006662 | Last updated 04/08/2020 |

Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. We offer support, information and services to keep our older population safe, connected, supported and well. As well as Elder Abuse Response, we have a volunteer visiting service, a carer relief service and AgeConnect, which provides friendship and community connections. We also run workshops to help older drivers stay safe on the roads, and celebratory events such as International Day of Older Persons.

 62 Oxford Street Richmond Nelson 7020

 manager@ageconcernnt.org.nz  Weekdays 8.30 am to 4.30 pm

(03) 544 7624 Some charges may apply. https://ageconcernnt.org.nz/ Referral may apply.

**Classification : EARS**

### Barnardos Nelson

FSD0006804 Last updated 30/04/2021

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.

 Level 1 186 Queen Street Richmond Nelson

 nelson@barnardos.org.nz  9.00am - 4pm, Monday to Friday

 (03) 539 0019 All services free of charge.

(0800) BARNARDOS (227 627) Referral may apply. http://www.barnardos.org.nz

**Classification : FVSS**

### Deaf Aotearoa - Nelson

FSD0006937 Last updated 03/02/2021

Deaf Aotearoa is a Deaf-led, not-for-profit organisation. We are the only nationwide provider of services to Deaf people. Deaf Aotearoa represents Deaf people in New Zealand internationally as an ordinary member of the World Federation of the Deaf.

Deaf Aotearoa focuses on promoting awareness of, access to and advancement of New Zealand

Sign Language (NZSL). Our goal is the equality and full participation in society by Deaf individuals.

Deaf Aotearoa delivers flexible and responsive services which accomodates the Deaf community’s needs. We provide knowledge, information, resources and skills. With these, Deaf people are able to independently manage events in their own lives.

Deaf Aotearoa works with government agencies, businesses and other organisations to provide information and resources on life for Deaf New Zealanders, the Deaf community and NZSL.

 Stoke Central Mall, Unit G 530 Main Road Nelson 7011

 national@deaf.org.nz  Open for enquiries and appointments Mond

 (0800) 332 322 9:00am – 4:00pm,

 http://www.deaf.org.nz/ Tues 1:00pm – 4:00pm, Wed 1:00pm – 4:00pm

All services free of charge. No referral required.

### Empowerment Trust

FSD0000435 Last updated 12/10/2020

Unique personal safety and confidence training for people of all ages and abilities.

We aim to teach skills and strategies for keeping yourself safe with people you know and don't know.

 206 George Harvey Road Nelson 7173

 admin@empowermenttrust.nz  Monday-Friday 9am - 3pm

 (03) 543 2669 Some charges may apply.

(0800) 543 769 (KIDPOWER) No referral required. http://www.empowermenttrust.nz

### Family Start, Nelson, Tasman, Marlborough

FSD0004171 Last updated 04/02/2021

Supporting parents and families so children have the best possible start in life.

 73 Quarantine Road Annesbrook Nelson 7011

 mail@familystartnelson.co.nz  Monday - Friday 8.30am - 5pm

(03) 547 0940 All services free of charge. (021) 022 33377 Referral may apply.

### Grandparents Raising Grandchildren - Nelson

FSD0007071 Last updated 25/08/2020

Providing local support for grandparents and whanau/kin carers in the Nelson area who are raising their grandchildren/kin full-time.

|  |  |
| --- | --- |
| nelson@grg.org.nz (03) 548 6710 http://www.grg.org.nz |  National Support Office9:00am - 2:00pmMonday - FridayAll services free of charge.No referral required. |

### INP Medical Clinic

FSD0004340 Last updated 27/01/2021

Sexual Health/Family Planning Clinic/Sexual Assault Service

 18 Nile Street Nelson 7010 info@inp.co.nz  Monday - Friday 8.30 am - 5.00pm.



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| (03) 546 8155 http://www.inp.co.nz   | Appointments available 9.00am - 5.00pm Late night Wednesday to 6.00pm Some charges may apply.No referral required. |

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Nelson Bays Primary Health

FSD0021497 Last updated 28/08/2020

Nelson Bays Primary Health is the primary health organisation for the Nelson Tasman area. PHOs lead and coordinate primary health care within the local community.

NBPH is committed to reducing the inequalities in health between all people.

 281 Queen Street Richmond 7020

 info@nbph.org.nz  Monday to Friday

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| (0800) 731 317 (03) 539 1170 http://www.nbph.org.nz   | 8am - 5pmAll services free of charge.Referral may apply. |

### Nelson District Parents Centre

FSD0007331 Last updated 31/03/2021

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth education. Internal supports are a priority for locally run committees which in turn ensures good quality support and education is available for parents within the community.

president@ndpc.org.nz  Anytime - but please email, rather than using the (027) 686 0880 phone number as we are staffed by volunteers.

 http://www.ndpc.org.nz Some charges may apply.

No referral required.

### Nurture@Home

FSD0022464 Last updated 16/04/2021

Nurture@Home Education & Care offers affordable, high quality home-based childcare and nanny services. We have outstanding Educators in Nelson and throughout the Nelson/Tasman region who provide care for children in a positive, nurturing environment with small group numbers.

Nurture@Home is licensed and funded by the Ministry of Education so enrolment with our service and access to our learning programme is FREE. Each Educator sets their own fees and families also have access to a range of financial support, including: 20 Hours ECE (for 3 to 5 year olds), Work & Income Child Care Subsidies (income tested) or a Nurture@Home subsidy.

We are focused on quality care that supports children to explore and learn, whilst ensuring that they feel secure and develop a sense of belonging in their environment, becoming confident lifelong learners.

 38 Devon St Stoke Nelson 7011

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| info@nurtureathome.co.nz(03) 541 8871 (027) 284 6630 http://nurtureathome.co.nz   |  Mon to Fri - 7.30am to 5.30pm Some charges may apply.No referral required. |

### Open Home Foundation (OHF) - Nelson

FSD0007295 Last updated 27/10/2020

Our mission is providing quality child/tamaiti-centred, family/whnau-focused Christian social service.

Our vision is for every child/tamaiti and young person/rangatahi growing up in a secure, loving family/whnau and receiving a depth of care which will bless them throughout their life.

 Wakatu Estate 10D Kotua Place Stoke Nelson

 nelson@ohf.org.nz  8.30am - 5pm Monday to Friday

(03) 545 9172 Koha/donation may apply. http://www.ohf.org.nz/ Referral may apply.

### Oranga Tamariki-Ministry for Children, Nelson

FSD0006998 Last updated 13/07/2020

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.

 2nd Floor, Munro Building 186 Bridge Street Nelson 7010

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 - Nelson

FSD0007304 Last updated 15/04/2021

A free information and support network for parents of children with special needs ranging from the very common to the rarest conditions

nelson@parent2parent.org.nz  Office Hours: Monday, Tuesday, Thursday

 (020) 4010 9478 9.30pm - 2.30pm

(0508) 236 236 If the office is unattended please leave a https://www.facebook.com/ParentToParen message and we will return your call. tNelson/ All services free of charge.

No referral required.

### Perinatal Support Nelson

FSD0004281 Last updated 08/04/2021

We provide free and confidential support to women and their families/whanau affected by perinatal depression and/or anxiety. Information, brochures, 1:1 counselling, home visits, lending library, therapy groups, telephone/email support, antenatal talks and links to other community support.

 319A Hardy Street Nelson 7010 hello@perinatalsupportnelson.org.nz  The office hours are: Mon 9.00am - 1.00pm.



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| (03) 548 3555 http://www.pndnelson.org.nz   | Tues 9.00am - 1.00pm. Wed 9.00am - 1.00pm Thurs 9.00am - 5.00pm.All services free of charge.No referral required. |

### Plunket - Nelson/Marlborough Area Office

FSD0007441 Last updated 11/09/2020

Plunket believes in supporting the development of healthy families. All families with children under age five are welcome to use Plunket services and more than ninety percent of New Zealand families choose to use Plunket to help them care for their young children.

 Unit 8/1 Koru Place Stoke Nelson 7011 southern.region@plunket.org.nz  8.30am - 5pm Monday to Friday.

(03) 539 5200 All services free of charge. http://www.plunket.org.nz No referral required.

### PowerZone Nelson

FSD0021844 Last updated 20/10/2020

We provide safe, fun, positive and encouraging After School Care and Holiday Programmes for 513 year olds. OSCAR approved.

 625 Main Road Stoke Stoke Nelson 7011

 powerzonenelson@gmail.com  After School Care:

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| (03) 547 2533 (022) 403 9771 http://www.facebook.com/powerzonenelso n/ **Classification : OSCAR** **Presbyterian Support Nelson** | 3-5.30pm Mon-Fri during school terms (exceptPublic Holidays)Holiday Programmes:8.30am-5.30pm during each school holidays(length & dates vary)Some charges may apply. No referral required.  |
| FSD0007784 | Last updated 12/03/2021 |

Presbyterian Support (USI) is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help people, families and society to be safe, strong and connected. Operating as a not-for-profit NGO, the agency has been in business over 100 years and delivers services from twelve service centres as well as community venues in the Upper South Island region.

 360 Annesbrook Drive Annesbrook Nelson 7011

Nelson@psusi.org.nz  8.30am to 4.30pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 265 5214 Referral may apply. https://psuppersouth.org.nz/

**Classification : YS**

### Public Health Service - Nelson

FSD0004198 Last updated 22/01/2021

To support and improve the health and wellbeing of pre-school and school aged children; health resource for school stuff; assessment and referral services for children and their families; developmental and health screening with B4school checks for all 4 year olds prior to commencing school. Vision and hearing checks and response to referrals. Year 7 immunisation school based programme and year 8 HPV immunisation school based programme. Provide Well-Child checks in rural isolated areas.

 281 Queen Street Richmond Nelson 7020

 phs.info@nmdhb.govt.nz  Monday - Friday 8.00 am - 5.00 pm

 (03) 546 1537 All services free of charge.

 (03) 546 1800 Referral may apply.

https://www.nmdhb.govt.nz/contactus/community-and-outpatient-services/

### Riding for the Disabled Association - Whakatu

FSD0004181 Last updated 17/12/2020

Beneficial Riding Programmes for children&adults with disabilities. The horse is the therapist and benefits the physical, educational, psychological and social needs of individuals.

 Andrews Farm - Tangtragee Road The Brook Valley Nelson

 rdanelson@xtra.co.nz  Monday to Thursday 8.30 - 3.30pm

 (03) 546 6366 Friday 8.30 - 1.30pm

(03) 548 5544 (after hours) Some charges may apply. http://www.rda.org.nz Referral may apply.

### Safeguarding Children

FSD0024134 Last updated 06/12/2020

Our vision: The children and young people of Aotearoa New Zealand are safe from abuse and neglect.

Safeguarding Children is a registered charity (cc49059) and a leading provider of safeguarding

and child protection education and guidance in New Zealand.

We have trained over 20,500 New Zealanders on how to recognise and respond to child abuse and neglect. We know that training alone is not enough, so we work with organisations to create and embed systems, processes and strategies to create a child-safe culture. A proactive, preventative approach produces the best outcomes for children, organisations and staff.

We offer a range of services to suit the needs of any individual or organisation that works with children and young people.

 142 Saxton Road East Stoke Nelson 7011

 office@safeguardingchildren.org.nz  normal business hours

(027) 772 4469 Some charges may apply. https://safeguardingchildren.org.nz/ No referral required.

### Space for you and your baby at Playcentre Aotearoa - Upper South Island Region (Nelson)

FSD0023687 Last updated 13/10/2020

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

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| fiona.programmes@playcentre.org.nz(03) 545 6512 (027) 808 6797 https://www.playcentre.org.nz/futuremembers/space-at-playcentre/  **The Depot (Nelson) Trust** |  Tuesday/Thursdays 9am-2pm Some charges may apply. No referral required.  |
| FSD0022136 | Last updated 21/07/2020 |

To reach and impact families and whanau through the delivery of excellent, enjoyable and safe programmes where the institution of family and whanau is empowered to positively influence our community and society for the benefit of present and future generations.

To provide genuine care and support in areas of need which will lead to a positive impact on families and future generations.

To design and deliver programmes and services which will reveal people’s inner potential, inspiring creativity and success.

To strategically reduce destructive family cultures and habits and to help build and establish family culture that will provide a secure, safe and inspiring environment for children to be raised in.

 75 Pascoe Street Tahunanui Nelson 7011

psmartindaly@gmail.com  Monday-Friday (027) 507 2270 9.30am-5.30pm

https://www.facebook.com/The-Depot- Some charges may apply. Nelson-Trust-353118125045146/ No referral required.

**Classification : OSCAR**

### Victory Community Centre

FSD0020992 Last updated 06/11/2020

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010

 vccreception@victory.school.nz  Weekdays 9.00am - 3.30pm

(03) 546 8389 Some charges may apply. https://www.victorycommunity.org.nz/ No referral required.

### Yikes

FSD0021437 Last updated 14/08/2020

Provide OSCAR approved After School care to local community and Holiday programmes. YIKES = Youth & Kids Engaged in Enterprising Skills.

 70 Nile Street Nelson 7010

 yikesnelson@gmail.com  7am to 9am and 3pm to 6pm term time.

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| (022) 140 7541 http://www.yikesnelson.com **Classification : OSCAR** **YMCA Nelson** | 8am to 5.30pm holiday dates Some charges may apply. No referral required.  |
| FSD0007261 | Last updated 15/04/2021 |

Y-OSCAR - provider of OSCAR approved quality after school care and holiday programmes for children aged 5-13 years. OSCAR - Out of School Care and Recreation.

YKids - provider of quality community based early childhood education for children 0-5 years. Nelson Training Centre - The Nelson Training Centre is a provider of training to the hospitality industry. We offer free training courses to those who meet the entry requirements and we offer a pathway to hospitality based employment opportunities.

 183 St Vincent Street Nelson

 oscar@ymcanelson.org.nz  OSCAR: 3pm - 6pm (during Term time) 8am -

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| (03) 545 6760http://www.ymcanelson.org.nz | 6pm (during school holidays)YKids: 7.30 a.m. - 5.45 p.m. Monday to Friday Some charges may apply.No referral required. |

**Classification : OSCAR**

# Special Needs / Disability

### Age Concern Nelson Tasman

FSD0006662 Last updated 04/08/2020

Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. We offer support, information and services to keep our older population safe, connected, supported and well. As well as Elder Abuse Response, we have a volunteer visiting service, a carer relief service and AgeConnect, which provides friendship and community connections. We also run workshops to help older drivers stay safe on the roads, and celebratory events such as International Day of Older Persons.

 62 Oxford Street Richmond Nelson 7020

 manager@ageconcernnt.org.nz  Weekdays 8.30 am to 4.30 pm

(03) 544 7624 Some charges may apply. https://ageconcernnt.org.nz/ Referral may apply.

**Classification : EARS**

### Alzheimers Nelson Tasman

FSD0006732 Last updated 22/12/2020

Alzheimers Nelson Tasman provides support, information and education to all those affected by dementia.

 The School House 319 Hardy Street Nelson 7010

 manager@alzheimersnsn.org.nz  Monday to Friday

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| (03) 546 7702 (0800) 004 001 http://www.alzheimers.org.nz/Nelson   | 9am-3pmAll services free of charge.No referral required. |

### Amputee Society of Top of The South Inc

FSD0006268 Last updated 01/04/2021

Advice and support for amputees and their families.

 32 Whiting Drive Wakefield Nelson

 deborahg@xtra.co.nz  By email anytime.

(03) 541 9045 All services free of charge. http://www.amputee.co.nz/ No referral required.

### Association of Blind Citizens of New Zealand - Nelson Branch

FSD0006638 Last updated 08/01/2021

Founded in 1945, the Association of Blind Citizens of New Zealand Inc (Blind Citizens NZ) is New Zealand's leading blindness consumer organisation and one of the country's largest organisations of disabled consumers. 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. Blind Citizens NZ ensures that we, blind and vision-impaired citizens, speak for ourselves with Government, service providers, and the community in general. We do this through communication, advocacy, and peer support. We strive to maintain and improve the quality of life for all blind New Zealanders.

lennanekent@gmail.com  Blind Citizens NZ Nelson Branch does not have (03) 545 1671 an office, however the Secretary/Treasurer can http://www.abcnz.org.nz be contacted any time by phone. Information can

also be obtained through our national office, 0800-222-694.

Some charges may apply. No referral required.

### Autism New Zealand - Nelson / Marlborough Branch

FSD0006169 Last updated 13/07/2020

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.

 Room 4, First Floor 159 Hardy Street Nelson 7010

 nelson.marlborough@autismnz.org.nz  Monday to Thursday 9am - 3pm. Please ring to

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| (03) 539 0285 (021) 242 3846 http://www.autismnz.org.nz | make an appointment.Some charges may apply.No referral required. |

### Blind & Low Vision NZ - Nelson/Marlborough

FSD0006445 Last updated 09/03/2021

The Blind Foundation provides rehabilitation, education, specialised equipment and support services to New Zealanders who are blind or partially sighted. Our number one aim is to support members to be as independent as possible.

 530 Main Road Stoke Nelson 7011

 nelsonadmin@blindfoundation.org.nz  Monday to Friday 8.30am - 2.30pm

 (0800) 243 333 All services free of charge.

(03) 547 6616 Referral may apply. http://blindfoundation.org.nz/

### CCS Disability Action - Nelson Branch

FSD0007620 Last updated 16/04/2021

CCS Disability Action is a not for profit organisation here to provide support and strengthen communities so people with disabilities are included in the life of the family and in their community.

 65 Trafalgar Street Nelson 7010

 nelson.admin@ccsdisabilityaction.org.nz  8.30am – 4.30pm, Monday to Friday

 (03) 548 4479 Some charges may apply.

 (0800) 227 2255 No referral required.

https://www.ccsdisabilityaction.org.nz

### Choices NZ - Nelson

FSD0024083 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.

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| Geri.Harvey@choicesnz.org.nz(022) 010 3499 (0800) 723 154 http://www.choicesnz.org.nz/  **Deaf Aotearoa - Nelson** |  Weekdays 8:30am - 5pmAll services free of charge. Referral may apply.  |
| FSD0006937 | Last updated 03/02/2021 |

Deaf Aotearoa is a Deaf-led, not-for-profit organisation. We are the only nationwide provider of services to Deaf people. Deaf Aotearoa represents Deaf people in New Zealand internationally as an ordinary member of the World Federation of the Deaf.

Deaf Aotearoa focuses on promoting awareness of, access to and advancement of New Zealand

Sign Language (NZSL). Our goal is the equality and full participation in society by Deaf individuals.

Deaf Aotearoa delivers flexible and responsive services which accomodates the Deaf community’s needs. We provide knowledge, information, resources and skills. With these, Deaf people are able to independently manage events in their own lives.

Deaf Aotearoa works with government agencies, businesses and other organisations to provide information and resources on life for Deaf New Zealanders, the Deaf community and NZSL.

 Stoke Central Mall, Unit G 530 Main Road Nelson 7011

national@deaf.org.nz  Open for enquiries and appointments Mond

 (0800) 332 322 9:00am – 4:00pm,

 http://www.deaf.org.nz/ Tues 1:00pm – 4:00pm, Wed 1:00pm – 4:00pm

All services free of charge. No referral required.

### Disability Support Services

FSD0004299 Last updated 29/06/2020

Community based residential and respite services for people with an intellectual or physical disability. Day Services for people with intellectual disabilities.

 134 Kawai Street Nelson 7010

 support.works@nmdhb.govt.nz  Service available 24/7

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| (03) 546 1671 http://www.nmdhb.govt.nz  **employable** | All services free of charge. Referral may apply.  |
| FSD0015305 | Last updated 24/07/2020 |

To assist in overcoming barriers to employment by delivering high quality recruitment, transition and employment solutions.

 70 Waimea Road Nelson 7010

 manager@employable.co.nz  8am -4pm

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| (03) 546 9206 http://www.employable.co.nz  **Empowerment Trust** | Some charges may apply. Referral may apply.  |
| FSD0000435 | Last updated 12/10/2020 |

Unique personal safety and confidence training for people of all ages and abilities.

We aim to teach skills and strategies for keeping yourself safe with people you know and don't know.

 206 George Harvey Road Nelson 7173

 admin@empowermenttrust.nz  Monday-Friday 9am - 3pm

 (03) 543 2669 Some charges may apply.

(0800) 543 769 (KIDPOWER) No referral required. http://www.empowermenttrust.nz

### Fragile X New Zealand

FSD0005889 Last updated 28/01/2021

To offer support and information to individuals, parents & whanau and the community affected by Fragile X syndrome and Fragile X-associated Disorders. To raise awareness of Fragile X and the benefits of diagnosis.

 8 Blampied Place Nelson South Nelson 7010

info@fragilex.org.nz  Weekdays: 9 am to 5 pm (0508) 938 0552 International calls on +64 210446299 http://www.fragilex.org.nz All services free of charge.

No referral required.

### HealthCare NZ - Nelson

FSD0006294 Last updated 30/10/2020

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 manyother areas in which you may need help
* nursing care such as post-operative care, wound care, medication management and many otherspecialised nursing services

Staying in your own home has never been easier!

 Suite 3, Level 1 355 Lower Queen Street Richmond Nelson 7020

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| nelson.office@healthcarenz.co.nz(03) 548 2009 (0800) 263 562 http://www.healthcarenz.co.nz  **Hearing Nelson** |  Monday - Friday 8 am - 5 pm Some charges may apply. No referral required.  |
| FSD0007132 | Last updated 26/01/2021 |

To improve the quality of life for all hearing impaired people with one-one-one support and prevent noise induced hearing loss through public education. Free talks including Classroom

Presentations Dangerous Decibels and Business Workshops Communication strategies for your frontline staff.

 Hearing House 354 Trafalgar Square Nelson 7010

 office@hearingnelson.nz  Monday - Thursday 9.00am - 4.00pm

(03) 548 3270 Some charges may apply. http://www.hearingnelson.co.nz No referral required.

### IDEA Services - Nelson / Marlborough

FSD0007184 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.

 148 Tahunanui Drive Tahunanui Nelson 7011

 nelson@idea.org.nz  After hours service available

(03) 538 1100 Some charges may apply. http://www.idea.org.nz Referral may apply.

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Nelson Marlborough Health - Needs Assessment Service

FSD0004349 Last updated 14/12/2020

Aims to support people whose lives are affected by a disability to achieve their goals, retain their independence, and enjoy an optimum quality of life.

 281 Queen Street Richmond Nelson support.works@nmdhb.govt.nz  Monday to Friday, 8am - 4:30pm.



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| (03) 539 3976 (0800) 244 300 https://www.nmdhb.govt.nz/healthservices/community-and-outpatientservices/needs-assessment-service/   | All services free of charge. No referral required. |

### New Zealand Down Syndrome Association - Nelson

FSD0007774 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.

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| neo@nzdsa.org.nz(0800) 693 724 (ext 3) (0800) NZDSAI http://www.nzdsa.org.nz  **Options** |  Available as required.To contact your local branch or support group ring 0800 693 724 and press 3.All services free of charge. No referral required.  |
| FSD0020387 | Last updated 01/04/2021 |

Options is a Supported Living agency, which supports individuals with a disability living in their own homes in the community.

 Williams Block 1 Braemar Place Nelson South Nelson 7010

 info@tautoko.org.nz  8am - 4.30pm Monday to Friday

* 1. 546 9391 All services free of charge.
	2. 233 0164 Referral may apply. http://www.tautoko.org.nz

### Parkinson's - Nelson

FSD0007375 Last updated 25/03/2021

Parkinson’s New Zealand provides support, education and information for people with Parkinson’s and Parkinsonism conditions, including their family, carers and health professionals.

Our team of Parkinson’s Nurses and Educators can provide home visits for personalised sessions.

Parkinson’s New Zealand also has support groups for members for sharing their coping strategies, experiences, and is a chance to establish social networks.

Programmes for people with Parkinson’s can include some of the following: exercise, physiotherapy, hydrotherapy, and art or music therapy sessions.

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| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz/ourdivisions/nelson   |  Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.Some charges may apply.No referral required. |

### Riding for the Disabled Association - Richmond

FSD0004332 Last updated 02/01/2021

We provide interaction with horses to develop increased ability, independence and self-esteem for children and adults with physical, emotional and social challenges.

 169 Champion Road Richmond Nelson

 richmondrda@ts.co.nz  Monday to Friday: 8.30am - 3.30pm

(03) 544 8960 Some charges may apply. http://www.rda.org.nz Referral may apply.

### Riding for the Disabled Association - Whakatu

FSD0004181 Last updated 17/12/2020

Beneficial Riding Programmes for children&adults with disabilities. The horse is the therapist and benefits the physical, educational, psychological and social needs of individuals.

 Andrews Farm - Tangtragee Road The Brook Valley Nelson

 rdanelson@xtra.co.nz  Monday to Thursday 8.30 - 3.30pm

 (03) 546 6366 Friday 8.30 - 1.30pm

(03) 548 5544 (after hours) Some charges may apply. http://www.rda.org.nz Referral may apply.

### Salisbury School

FSD0016257 Last updated 19/03/2021

Residential Special School for girls. Provide a residential placement for girls with moderate learning difficulties, some social and emotional difficulties that cannot be addressed in their home areas.

Girls enrolled at Salisbury come from throughout NZ.

 67 Salisbury Road Richmond Nelson 7020

 principal@salisbury.school.nz  Salisbury School operates on a 4 term system as

 (03) 544 8119 any mainstream school does.

http://www.salisbury.school.nz Office hours Mon - Fri 8am - 4.30pm Koha/donation may apply. Referral may apply.

### SLD Nelson

FSD0007491 Last updated 14/01/2021

SLD Nelson provides help for those with difficulty in Reading, Writing, Spelling or with Maths.

(03) 545 2298  Some charges may apply.

No referral required.

### SPELD NZ Inc - Nelson/Tasman Local Liaison Group

FSD0024099 Last updated 05/10/2020

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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| central@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. |

### Tahunanui Community Hub

FSD0004350 Last updated 22/03/2021

Community Activities and Events, Community Kai Supply (Mon/Wed 12.30pm), Family Support, Walking Group, Gardening group, Counselling, Seniors Fitness, Social Cafes.

 55-61 Muritai Street Tahunanui Nelson 7011

 office@tch.org.nz  Monday - Friday 11am - 3pm

(03) 548 6036 Some charges may apply. https://www.facebook.com/TahunanuiCo No referral required. mmunityCentre/

### The Brain Injury Association Top of the South

FSD0007567 Last updated 03/05/2021

The Brain Injury Association Top of the South provides information, education, support and advocacy to anyone affected by brain injury in the Nelson Tasman and Marlborough area.

We work with individuals, groups, whanau, friends, employers and other agencies to ensure anyone affected by brain injury has the support they need to optimize their recovery.

We have no restrictions on severity of injury and we support both traumatic and acquired injuries.

 469 Main Road Stoke Stoke Nelson 7011

nelson@brain-injury.org.nz  Monday to Friday - Both staff are part time and (03) 546 6656 often out in the community. Please contact to (027) 600 9006 make an appointment. http://www.braininjury.nz All services free of charge.

No referral required.

### Workbridge Inc - Nelson Tasman

FSD0007867 Last updated 18/01/2021

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

 186 Queen Street Richmond 7020

Belindah@workbridge.co.nz  Monday- Friday (0508) 858 858 (Head office) 8.30am - 5.00pm http://www.workbridge.co.nz All services free of charge.

No referral required.

# Youth Services

### Big Brothers Big Sisters of Nelson-Tasman

FSD0004236 Last updated 25/01/2021

Provides a mentoring service for youth aged 6-12yrs.

 Nelson Police Station 5 St John Street Nelson 7010

 nelson@bbbs.nz  Monday - Friday 8:00am - 4:30pm

 (03) 545 9864 All services free of charge.

 (021) 924 255 No referral required.

http://www.bigbrothersbigsistersnelson.or g.nz

### Choices NZ - Nelson

FSD0024083 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.

|  |  |
| --- | --- |
| Geri.Harvey@choicesnz.org.nz(022) 010 3499 (0800) 723 154 http://www.choicesnz.org.nz/   |  Weekdays 8:30am - 5pmAll services free of charge.Referral may apply. |

### Citizens Advice Bureau Nelson Tasman

FSD0006919 Last updated 01/02/2021

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 online using our own database, or from the extensive range of physical resources held by each bureau. The service can be accessed by phone, email or in person.

 9 Paru Paru Road Nelson 7010

 nelsontasman@cab.org.nz  9am - 4.30pm, Monday to Friday.

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| (03) 548 2117 http://www.cab.org.nz  **Deaf Aotearoa - Nelson** | All services free of charge. No referral required.  |
| FSD0006937 | Last updated 03/02/2021 |

Deaf Aotearoa is a Deaf-led, not-for-profit organisation. We are the only nationwide provider of services to Deaf people. Deaf Aotearoa represents Deaf people in New Zealand internationally as an ordinary member of the World Federation of the Deaf.

Deaf Aotearoa focuses on promoting awareness of, access to and advancement of New Zealand

Sign Language (NZSL). Our goal is the equality and full participation in society by Deaf individuals.

Deaf Aotearoa delivers flexible and responsive services which accomodates the Deaf community’s needs. We provide knowledge, information, resources and skills. With these, Deaf people are able to independently manage events in their own lives.

Deaf Aotearoa works with government agencies, businesses and other organisations to provide information and resources on life for Deaf New Zealanders, the Deaf community and NZSL.

 Stoke Central Mall, Unit G 530 Main Road Nelson 7011

|  |  |
| --- | --- |
| national@deaf.org.nz (0800) 332 322 http://www.deaf.org.nz/   |  Open for enquiries and appointments Mond9:00am – 4:00pm,Tues 1:00pm – 4:00pm, Wed 1:00pm – 4:00pm All services free of charge.No referral required. |

### Diabetes NZ Nelson Youth Branch

FSD0007601 Last updated 13/07/2020

Provides support for youth with type 1 diabetes and their families.

dnznelsonyouth@gmail.com  Evenings and weekends (0800) 342 238 All services free of charge. https://www.facebook.com/T1DNelson No referral required.

### Empowerment Trust

FSD0000435 Last updated 12/10/2020

Unique personal safety and confidence training for people of all ages and abilities.

We aim to teach skills and strategies for keeping yourself safe with people you know and don't know.

 206 George Harvey Road Nelson 7173

 admin@empowermenttrust.nz  Monday-Friday 9am - 3pm

 (03) 543 2669 Some charges may apply.

(0800) 543 769 (KIDPOWER) No referral required. http://www.empowermenttrust.nz

### Family Works Youth Service Nelson

FSD0022830 Last updated 15/03/2021

A wrap around support service for young people who are receiving Youth Payment or Young Parent Payment. The support will be tailored to the individual needs of the young person and focus on encouraging them to fulfil their potential, meet Work and Income obligations, and achieve a set of relevant skills for the future including on going education, training or employment goals. 360 Annesbrook Drive Nelson 7041

Nelson@psusi.org.nz  Monday to Friday 8.30 am -5.00 pm (0800) 477 874 All services free of charge. https://uppersouthisland.familyworks.org.n Referral may apply. z/nelson

### Gateway Housing Trust - Head Office

FSD0004317 Last updated 06/08/2020

Gateway, established in 1992, supports and empowers people towards wellbeing by working in close partnership with people and whaanau at the centre.

We provide mental health support and accommodation and youth focused social services.

We believe that everyone has strengths and aspirations, which is our starting point to support people to achieve their own goals within their natural network/s.

Gateway has services in Nelson, Tasman, Marlborough and the West Coast.

For further information or queries regarding these services please contact Head Office on (03) 545

7100, contact admin@ght.co.nz or go to www.ght.co.nz

 Unit 1 203 Milton Street The Wood Nelson 7010

 admin@ght.co.nz  Monday - Friday 8.30am - 4pm

(03) 545 7100 Online enquiry form available on website http://www.ght.co.nz All services free of charge.

Referral may apply.

### Ministry of Education, Learning Support, Nelson, Marlborough, West Coast

FSD0006558 Last updated 31/10/2020

We work with others to ensure children with additional learning needs have the opportunity to learn alongside their peers.

 19 Haven Road Nelson 7010 enquiries.nelson@education.govt.nz 

(03) 546 3470 (0800) 622 222 https://education.govt.nz/ministry-ofeducation/specific-initiatives/specialeducation-update/

Monday to Friday 8am to 5pm All services free of charge. Referral may apply.

### Ministry of Social Development - Nelson City Service Centre

FSD0008014 Last updated 29/07/2020

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 22 Bridge Street Nelson 7010

(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.

### Nelson Bays Primary Health

FSD0021497 Last updated 28/08/2020

Nelson Bays Primary Health is the primary health organisation for the Nelson Tasman area. PHOs lead and coordinate primary health care within the local community.

NBPH is committed to reducing the inequalities in health between all people.

 281 Queen Street Richmond 7020

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| info@nbph.org.nz (0800) 731 317 (03) 539 1170 http://www.nbph.org.nz   |  Monday to Friday8am - 5pmAll services free of charge.Referral may apply. |

### Nelson Child Adolescent Mental Health Service

FSD0022721 Last updated 01/04/2021

Nelson Child Adolescent Mental Health Service provides a secondary health service for young people up until their 18th birthday who are experiencing moderate to severe mental health disturbance. A 24/7 on call team is available to assess risk for young people at risk of suicide providing appropriate intervention and safety planning. Call the hospital 5461800 and ask for the Mental Health on call Team.

 Haines Building NMDHB 18 Waimea Road Nelson 7010 emma.williams@nmdhb.govt.nz  CAMHS Mon - Fri 8.30 to 5



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| --- | --- |
| (03) 546 1230(03) 546 1800after hours https://www.nmdhb.govt.nz/healthservices/mental-health-and-addictionservices/child-and-youth-services/   | Mental Health On Call Team 24/7 All services free of charge.No referral required. |

### Nelson Marlborough Addictions Service

FSD0004343 Last updated 21/12/2020

The Addictions Service is committed to reducing the harm to individuals, families and the community associated with substance use.

 Nelson Hospital (Entrance off Tipahi Street) 7010 Feranklyn Street Nelson

 AddictionsNelson@nmdhb.govt.nz  Monday to Friday 8.30am - 5.00pm

 (03) 546 1994 All services free of charge.

 (03) 546 1800 A/H No referral required.

http://www.nmdhb.govt.nz/MentalHealth.a spx

### Nelson Tasman Business Trust

FSD0021010 Last updated 22/12/2020

To provide confidential advice, information, training, support, referrals, and network meetings and mentoring, for anyone starting a business, growing a business or establishing a business network.

 39 Halifax Street Nelson 7010

 info@ntbt.co.nz  Monday to Thursday 9.00am to 4.00pm

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| --- | --- |
| (03) 539 0824 http://www.ntbt.co.nz  **Nelson Women's Centre** | Friday 9.00am to 2.00pm.All services free of charge. Referral may apply.  |
| FSD0004219 | Last updated 28/06/2020 |

The Nelson Women's Centre/ Te Whare whina M Ng Whine Puawai is a resource centre for all women and their children. We provide free social work, support, advocacy, low cost counselling and growth groups, plus low cost arts and life skills workshops. We help women and families address a wide range of life challenges, such as: physical and mental health concerns, parenting and relationship issues, family violence, accommodation, social isolation, budgeting and more.

 Nelson Women's Centre 44 Trafalgar Street The Wood Nelson 7010

 coordinator@nelsonwc.org.nz  Monday - Thursday 9am - 4pm. Friday 9am -

|  |  |
| --- | --- |
| (03) 546 7986(03) 546 8441 http://nelsonwomenscentre.org.nz  **Nelson Women's Refuge Inc** | 2pmSome charges may apply. No referral required.  |
| FSD0007677 | Last updated 17/08/2020 |

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 Local Crisis Line: 0800 16 33 44. In an emergency, please ring 111.

staff@whakaturefuge.org.nz (03) 544 0616 (0800) 16 33 44 http://www.womensrefuge.org.nz

Office Hours Monday - Friday 9.00 to 3.30. Emergency only 24/7 0800 163 344 Some charges may apply. No referral required.

### Open Home Foundation (OHF) - Nelson

FSD0007295 Last updated 27/10/2020

Our mission is providing quality child/tamaiti-centred, family/whnau-focused Christian social service.

Our vision is for every child/tamaiti and young person/rangatahi growing up in a secure, loving family/whnau and receiving a depth of care which will bless them throughout their life.

 Wakatu Estate 10D Kotua Place Stoke Nelson

 nelson@ohf.org.nz  8.30am - 5pm Monday to Friday

(03) 545 9172 Koha/donation may apply. http://www.ohf.org.nz/ Referral may apply.

### Options

FSD0020387 Last updated 01/04/2021

Options is a Supported Living agency, which supports individuals with a disability living in their own homes in the community.

 Williams Block 1 Braemar Place Nelson South Nelson 7010

 info@tautoko.org.nz  8am - 4.30pm Monday to Friday

1. 546 9391 All services free of charge.
2. 233 0164 Referral may apply. http://www.tautoko.org.nz

### Oranga Tamariki-Ministry for Children, Nelson

FSD0006998 Last updated 13/07/2020

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.

 2nd Floor, Munro Building 186 Bridge Street Nelson 7010

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/

### Plunket - Nelson/Marlborough Area Office

FSD0007441 Last updated 11/09/2020

Plunket believes in supporting the development of healthy families. All families with children under age five are welcome to use Plunket services and more than ninety percent of New Zealand families choose to use Plunket to help them care for their young children.

 Unit 8/1 Koru Place Stoke Nelson 7011 southern.region@plunket.org.nz  8.30am - 5pm Monday to Friday.

(03) 539 5200 All services free of charge. http://www.plunket.org.nz No referral required.

### Presbyterian Support Nelson

FSD0007784 Last updated 12/03/2021

Presbyterian Support (USI) is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help people, families and society to be safe, strong and connected. Operating as a not-for-profit NGO, the agency has been in business over 100 years and delivers services from twelve service centres as well as community venues in the Upper South Island region.

 360 Annesbrook Drive Annesbrook Nelson 7011

Nelson@psusi.org.nz  8.30am to 4.30pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 265 5214 Referral may apply. https://psuppersouth.org.nz/

**Classification : YS**

### Riding for the Disabled Association - Whakatu

FSD0004181 Last updated 17/12/2020

Beneficial Riding Programmes for children&adults with disabilities. The horse is the therapist and benefits the physical, educational, psychological and social needs of individuals.

 Andrews Farm - Tangtragee Road The Brook Valley Nelson

 rdanelson@xtra.co.nz  Monday to Thursday 8.30 - 3.30pm

 (03) 546 6366 Friday 8.30 - 1.30pm

(03) 548 5544 (after hours) Some charges may apply. http://www.rda.org.nz Referral may apply.

### Search The Way

FSD0023888 Last updated 19/01/2021

Licensed Provider Search The Way (STW) operates as a Social Enterprise that mentors participants based in the West Coast and Upper South Island regions of Aotearoa NZ, as they complete educational learning experiences and opportunities. This includes Youth Award programmes that often utilise the South Island’s inspiring outdoor environment as the ultimate classroom. It primarily works those aged 12-24 and aims to reconnect participants with themselves, others and the outdoors, to create an environment where participants can be empowered to know, show and grow in their true potential.

 EPIC Westport 10a Lynhurst Street Westport 7825

info@searchtheway.org.nz  Usually available 9am - 5pm Monday - Friday. (027) 822 0011 Often work away from the office so please leave http://www.searchtheway.org.nz a message via text or email and we will get back to you once back in coverage.

All services free of charge. No referral required.

### Sexual Abuse Support and Healing (SASH-Nelson) Inc

FSD0004277 Last updated 18/08/2020

Free counselling and support to survivors of rape/sexual abuse and their family/whanau. Information and education resources are available. Access to other Social Services. All services are confidential and discretion is assured at all times.

 329 Trafalgar Square Nelson 7010

admin@sash.co.nz  Monday - Friday 9.00am - 4.00pm Clients can be (03) 548 2407 seen by appointment after this time. After hours https://sash.co.nz/ contact through the Police on 03 546 3840.

All services free of charge. No referral required.

**Classification : SHSS**

### SLD Nelson

FSD0007491 Last updated 14/01/2021

SLD Nelson provides help for those with difficulty in Reading, Writing, Spelling or with Maths.

(03) 545 2298  Some charges may apply.

No referral required.

### SPELD NZ Inc - Nelson/Tasman Local Liaison Group

FSD0024099 Last updated 05/10/2020

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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| central@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- Nelson

FSD0016472 Last updated 23/07/2020

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

 5 Duncan Street Port Nelson Nelson 7010

maureen.lorimer@stop.org.nz  Phones are not manned every day leave (03) 353 0257 (Chch) message on answer machine or ring

(03) 546 6194 (Nelson) Christchurch Office if urgent (03) 353 0257 http://stop.org.nz All services free of charge.

Referral may apply.

### SVS-Living Safe - Nelson

FSD0004178 Last updated 05/10/2020

We provide education programmes, counselling and support for women, men, Children and youth affected by family violence, whether they are survivors or perpetrators of violence. Most of our services are free.

 Level 3 295 Trafalgar Street Nelson 7010

 admin@svs.org.nz  9.00am - 5.00pm, Monday to Friday.

 (03) 548 3850 Some charges may apply.

(027) 548 3850 text Referral may apply. http://svs.org.nz

**Classification : FVSS**

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| **The Salvation Army - Nelson/Tasman Bays** |  |
| FSD0004285 | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

 Ground Floor 57 Rutherford Street Nelson 7010

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| nelsontasmanbay.corps@salvationarrmy.org.nz(03) 548 4807 https://www.salvationarmy.org.nz/centres/ nz/nelson-marlborough/nelson/nelsoncorps **Classification : THP** **Victim Support - Nelson** |  Community Worker 10am-2. 0pm Monday, , Wednesday and Friday.Other times by appointment or as a worker is available.Drop in cris and coffee 10-12 Mon, Wed Fri Some charges may apply. Referral may apply.  |
| FSD0004279 | 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  **Victory Community Centre** |  The Victim Support Service is available 24 |
| hours, 7 days a week.All services free of charge.No referral required. |   |
| FSD0020992 |  | Last updated 06/11/2020 |

Our vision is a thriving and caring community, of health, hope and possibility.

Our mission is wellbeing for people and community - we provide accessible support and activities we collaborate and advocate.

We are uniquely based on the campus of Victory Primary School and while supporting the school community to improve educational, social and health outcomes, we are embedded in the wider community and welcome all who live here. We offer a wide ranging programme of social, recreational and cultural activities - Victory on the Move. Our Be Well Community Nurse works alongside people to get easier access to other services and supports.

We have a national reputation for the "Victory Way" - an approach to working that is warm, welcoming and offering a neighbourly professional relationship.

 2 Totara St Nelson 7010

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| --- | --- |
| vccreception@victory.school.nz(03) 546 8389 https://www.victorycommunity.org.nz/  **Youth Nelson** |  Weekdays 9.00am - 3.30pm Some charges may apply. No referral required.  |
| FSD0004353 | Last updated 21/04/2021 |

An Alternative Education programme for 13-16 year olds at risk of or a history of exclusion from mainstream education.

 26 Washington Road Nelson

 youthnelson@xtra.co.nz  Monday - Friday 8am - 4.30pm

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| (03) 545 6572(027) 484 6024 | All services free of charge. Referral may apply. |

# 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) 8025078National Office24/7 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 chatsAll 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 are8.30am - 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 toSunday)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) WHATSUPhttp://www.whatsup.co.nz  **Youthline** | 11pm Mon - Fri, 3pm - 11pm Sat - Sun open everyday of the year. Online chat 3.00pm -10.00pmWhatsUp 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 234Some charges may apply.No referral required. |