

**Community Directory**

## Marlborough

Created 05/05/2021

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## Addiction

### Addictions Service Wairau Hospital Blenheim

FSD0001512 Last updated 03/11/2020

Counselling and Educational material on alcohol, drugs and addiction issues.

 Wairau Hospital Blenheim - Hospital Road Witherlea Blenheim 7201 addictionswairau@nmhs.govt.nz  Monday to Friday, 8.30am - 5pm

(03) 520 9908 All services free of charge. https://www.nmdhb.govt.nz/health- No referral required.

services/mental-health-and-addictionservices/alcohol-and-drug-services/

### Drug Arm Blenheim

FSD0006114 Last updated 11/11/2020

Drug Arm is an inter-denominational Christian organisation dedicated to helping people deal with the issues of alcohol, drug abuse and addiction.

roystl1000s@hotmail.com  Some charges may apply.

 (03) 578 0249 No referral required.

(027) 678 1194

### Public Health Service - Nelson Marlborough

FSD0001555 Last updated 23/02/2021

Health Protection, Health Promotion, Public Health Nurses, Vision & Hearing Tester, Quit Coach, Authorised Provider of Ministry of Health Pamphlets & Posters.

 Marlborough Community Health Hub 22 Queen Street Blenheim 7201

 PHS.Admin@nmdhb.govt.nz  Monday to Friday, 8.30am-5pm

 (03) 546 1800Nelson All services free of charge.

 (03) 520 9999Marlborough No referral required.

http://www.nmdhb.govt.nz

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### Supporting Families Marlborough

FSD0007459 Last updated 08/12/2020

SF Marlborough provides support for those families/whanau who would like support with family members, who have or may be experiencing mental health, alcohol and/or drug addiction and other underlying issues.

SF Marlborough provides a family/whanau support, education, information and advocacy service.

Our service is free, and confidential. If you want to talk things over, access services, find information, and/or meet with others we can help.

https://www.facebook.com/SupportingFamiliesMarlborough

 68 Seymour Street Blenheim

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

(03) 577 5491 All services free of charge. https://www.facebook.com/SupportingFa No referral required. miliesMarlborough

# Basic Needs

### Addictions Service Wairau Hospital Blenheim

FSD0001512 Last updated 03/11/2020

Counselling and Educational material on alcohol, drugs and addiction issues.

 Wairau Hospital Blenheim - Hospital Road Witherlea Blenheim 7201 addictionswairau@nmhs.govt.nz  Monday to Friday, 8.30am - 5pm

(03) 520 9908 All services free of charge. https://www.nmdhb.govt.nz/health- No referral required.

services/mental-health-and-addictionservices/alcohol-and-drug-services/

### Citizens Advice Bureau - Marlborough

FSD0006918 Last updated 03/05/2021

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

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

marlborough@cab.org.nz  9.30am - 4pm Mon to Fri (03) 578 4272 All services free of charge. http://www.cab.org.nz No referral required.

|  |  |
| --- | --- |
| **Dr Nancy Stuart - Clinical Psychologist** |  |
| FSD0001591 | Last updated 18/01/2021 |

Psychological assessment, psychological therapy and supervision.

 121 Maxwell Road Blenheim 7201

 j.n.stuart@xtra.co.nz  By appointment

|  |  |
| --- | --- |
| (03) 578 7615 | Some charges may apply. No referral required. |
| 3 |  |

### Lois Millar - Counsellor

FSD0001588 Last updated 06/07/2020

Provides: counselling, psychotherapy and supervision. For: individuals, couples families and groups; including: addictions, members of NZAC, ITAA and DAPAANZ. Private practice. Family Court approved counsellor. P.H.O. Counsellor.

|  |  |
| --- | --- |
| l.millar@xtra.co.nz  By appointment |  Last updated 15/03/2021 |
| (027) 659 0666  **Maataa Waka Ki Te Tau Ihu Trust**FSD0001570Kaupapa Maori Social Service Provider. | Some charges may apply. No referral required. |

 56 Main Street Blenheim 7201

 admin@maataawaka.co.nz  8:30am - 5pm

|  |  |
| --- | --- |
| (03) 577 9256 http://www.maataawaka.co.nz/ **Classification : BFC, FVSS**  | All services free of charge. Referral may apply. |

### Marlborough Community Foodbank Inc

FSD0001537 Last updated 29/09/2020

Supplies food to needy persons on the referral of a participating agency.

(03) Please visit Work and Income  Monday to Friday, 9am-12noon

Food parcel request before 9:30 same day. Requests after 9:30 delivery will be following day.

All services free of charge. Referral may apply.

### Melissa Wolfe - Registered Psychologist

FSD0023056 Last updated 17/12/2020

I'm a registered psychologist operating a private practice - Nurturing Minds - where you can expect and receive an excellent standard of personalised clinical care and practice, delivered with warmth and respect, and tailored to your individual circumstances. Feel strong, capable, and valued. If you want to bring the joy back into parenting, or lead a richer, fuller and more meaningful life, you will soon be in the right place. I deliver a broad spectrum of therapy, not only for young children, but adolescents and adults also. Furthermore I provide parenting advice and behavioural support, as well as educational assessments for a variety of learning difficulties such as dyslexia.

 62a Stephenson Street Blenheim 7201 melissa@nurturingminds.co.nz  Monday - Friday, 9 - 5.

(027) 209 9926 Evenings available upon request. http://nurturingminds.co.nz Face-to-face, telephone and online services.

Some charges may apply. No referral required.

### Ministry of Social Development - Blenheim Service Centre

FSD0008013 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.

 Riverview House 11 Alfred Street Blenheim 7201

(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.

### New Zealand Red Cross - Marlborough

FSD0001546 Last updated 09/11/2020

We are here to enhance the well-being of vulnerable people in the community. We do so by implementing local activities and resources to support community services and other organisations.

 33 Redwood Street Blenheim

 blenheim@redcross.org.nz  9.30am - 4.00pm Monday - Friday

 (03) 578 6134 Some charges may apply.

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

### Parenthood4D Counselling

FSD0021775 Last updated 15/02/2021

Individual counselling

Couples and family counselling and therapy

Perinatal counselling and therapy

Children and adolescents counselling

Online counselling | e-therapy

Group Therapy

Life Coaching

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

 tceban@gmail.com  8am-6pm Monday - Thursday

 (03) 579 5443 Some charges may apply.

(027) 901 9807also txt No referral required. http://www.parenthood4d.com/

### Picton Resource Centre

FSD0001551 Last updated 19/03/2021

Free advice on a vast number of local community groups, activities and services. Promotes and supports local not for profit groups.

 Mariners Mall 100 High Street Picton prcentre@xtra.co.nz (03) 573 7790 http://www.pictonresource.co.nz/



Monday to Friday, 10am-1pm All services free of charge. No referral required.

### The Salvation Army - Blenheim

FSD0001565 Last updated 26/03/2021

Worship, community and welfare services of The Salvation Army

 Cnr George & Henry Streets 35 George St Blenheim 7201

 blenheim.corps@salvationarmy.org.nz  Office: Tuesday to Friday, 9:30am-12:30pm; Toy

 (03) 578 0862 Library: Thursday 3:00pm-4:30pm, Saturday

http://www.salvationarmy.org.nz/blenheim 10:00am-12:00pm; Sunday Worship Gathering 10am

Some charges may apply. Referral may apply.

### WellSpring Community Counselling Service

FSD0008248 Last updated 20/12/2020

We offer our community individual and group life skills courses and counselling. Many different group topics are available as listed below.

 26 Burleigh Road Redwoodtown Blenheim

 hilary@theelimcentre.com  Office hours are Tuesday & Thursday 9a.m. to

 (03) 578 9053 3p.m.

(027) 417 8620 "Your Choices" and all life skills Courses are run http://www.theelimcentre.com at pre-arranged times. Morning and evening sessions are available, for men and women.

Some charges may apply. Referral may apply.

### Womens Refuge & Sexual Violence Support Centre Marlborough

FSD0007676 Last updated 01/10/2020

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

|  |  |
| --- | --- |
| marlb\_refuge@xtra.co.nz(03) 577 9939 (0800) 733 843 http://www.womensrefuge.org.nz |  Office hours: 9am - 4pm Monday to Friday. Crisis Line 0800 733 843 (0800 REFUGE) or(03) 577 9939 available 24/7. Some charges may apply.No referral required. |

**Classification : FVSS, SHSS, THP**

# Budgeting / Financial Capability

### Citizens Advice Bureau - Marlborough

FSD0006918 Last updated 03/05/2021

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

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

marlborough@cab.org.nz  9.30am - 4pm Mon to Fri (03) 578 4272 All services free of charge. http://www.cab.org.nz No referral required.

### Maataa Waka Ki Te Tau Ihu Trust

|  |  |
| --- | --- |
| FSD0001570Kaupapa Maori Social Service Provider. | Last updated 15/03/2021 |

 56 Main Street Blenheim 7201

 admin@maataawaka.co.nz  8:30am - 5pm

|  |  |
| --- | --- |
| (03) 577 9256 http://www.maataawaka.co.nz/ **Classification : BFC, FVSS**  | All services free of charge. Referral may apply. |

### Ministry of Social Development - Blenheim Service Centre

FSD0008013 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.

 Riverview House 11 Alfred Street Blenheim 7201

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

All services free of charge. No referral required.

# Child Care

### Bread of Life Trust

FSD0001521 Last updated 16/04/2021

We offer Quality Before School and After School Care OSCAR approved Programmes at different locations.

 14B Stephenson Street Blenheim 7201

 oscars@breadoflife.org.nz  Monday to Friday, 9am - 4.30pm

 (03) 578 1355 All services free of charge.

(022) 699 0601 No referral required. http://breadoflife.org.nz

**Classification : OSCAR**

### Little Red Fox Hub

FSD0022341 Last updated 09/04/2021

Little Red Fox Hub have a hard working, dedicated, fun loving team of staff who will put your child's safety and well being first and foremost. We provide a stimulating and exciting environment for your child to grow and learn.

We are OSCAR approved which enables parents/ guardians to apply for WINZ subsidies to help reduce costs. We run a before school program with a breakfast club and an after school and holiday program. We welcome families from all parts of sunny Marlborough to get in contact with any needs they may have.

Our fantastic venue is also available for party and event hire, this includes the use of our equipment for example: Bouncy Castle, Rock climbing wall and a wide range of other child friendly equipment.

 4 Alana Street Witherlea Blenheim 7201

 admin@littleredfoxhub.co.nz  During school term our premises is open for

(03) 579 1150 OSCAR care from 7:15 - 9am and 2.30-5.30pm (027) 497 2828 During the school holidays our premises is open http://littleredfoxhub.co.nz from 8.00-5.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

### Marlborough Stadium Trust

FSD0022451 Last updated 04/12/2020

Stadium 2000 delivers a popular Holiday Programme for 5-11 year olds.

The programme commences Mon-Friday during school holiday periods (excluding public holidays).

Operating every weekday from 8.30am to 4pm the programme offers a diversity of activities including Sports, Arts and Crafts, Team Building/Fun Games, Aquatics and a whole lot more…

The programme is O.S.C.A.R accredited and qualifies for childcare assistance.

 - Kinross Street Blenheim 7201

 customerservices@stadium2000.co.nz  Stadium 2000 delivers a popular Holiday

 (03) 577 8300 Programme for 5-11 year olds which

 http://stadium2000.co.nz commences Mon-Friday during school holiday

periods (excluding public holidays) from 8.30am to 4pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

### Ministry of Social Development - Blenheim Service Centre

FSD0008013 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.

 Riverview House 11 Alfred Street Blenheim 7201

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

All services free of charge. No referral required.

### Parents Centre New Zealand Inc - Marlborough

FSD0007332 Last updated 23/04/2021

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.

 10 Alana Place Blenheim 7201

marlboroughparentscentre@gmail.com  The centre is open for sessions only, please http://www.parentscentre.org.nz/marlboro contact us via email to find out more. ugh/ Some charges may apply.

No referral required.

### Picton OSCAR Holiday Fun & After School Care

FSD0017772 Last updated 27/04/2021

After School Childcare for ages 5yr - 13yr

School Holiday Fun programme for ages 5yr -13yr

 5 Wairau Road Picton 7220

 picton.earlylearning@xtra.co.nz  School term after school 3pm - 5pm Can pick up

 (03) 573 7289 from Picton Schools

School Holidays 8.30am - 5pm Some charges may apply. No referral required.

**Classification : OSCAR**

### Renwick Oscar

FSD0021289 Last updated 18/01/2021

Renwick Oscar provides Before School, After School and Holiday Care for school age children and is an OSCAR approved service by the Ministry of Social Development (MSD).

Our aim is to provide an environment that provides a balance of arts and crafts, active games, trips and quiet individual time etc. Children can play and learn while you have the knowledge that it is a safe and secure environment.

 33-35 Anglesea Street Renwick 7204

 Renwick\_Oscar@yahoo.co.nz  7.30am to 5.30pm Holidays

(021) 773 132 7:30 - 9am before school (03) 572 9312 3pm - 5:30pm after school

Some charges may apply. No referral required.

**Classification : OSCAR**

# Education and Training

### Age Concern Marlborough Inc

FSD0015472 Last updated 19/10/2020

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

 Marlborough Community Centre, Room 1 25 Alfred Street Blenheim 7201

 ageconble@xtra.co.nz  The office is open from 10 am - 1pm Monday-

 (03) 579 3457 Friday and other hours by appointment.

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

No referral required.

**Classification : EARS**

### Awatere Community Trust

FSD0001516 Last updated 16/02/2021

To provide resources and contacts, school holiday programmes and adult learning opportunities for the Seddon community. To provide a monthly Bulletin of information for the community.

 Shop 1 3 Mills Street Seddon 7210

 awaterecom@xtra.co.nz  Monday to Friday, 9am - 5pm

(03) 575 7975 Some charges may apply. https://www.facebook.com/pg/Awatere- No referral required. Information-Centre-197696850409645

### English Language Partners Marlborough

FSD0007833 Last updated 22/07/2020

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

 Marlborough House 21 Henry Street Blenheim 7201

|  |  |
| --- | --- |
| marlborough@englishlanguage.org.nz(03) 579 2460 http://www.englishlanguage.org.nz   |  Tuesdays, Wednesdays, Thursdays and Fridays,8am - 1pmAll services free of charge.No referral required. |

### Koru Institute of Training and Education Ltd

FSD0020088 Last updated 06/11/2020

Tertiary Education. Education and Training. Employment. Career Mentoring.

 5 Sutherland Terrace Blenheim 7201

 tekakama@xtra.co.nz  Monday - Tuesday 9.00am - 7.30pm

|  |  |
| --- | --- |
| (03) 579 2268 https://kite-koru.co.nz/  **Literacy Aotearoa, Blenheim** | Wednesday - Thursday 9.00am - 4.00pm All services free of charge. Referral may apply.  |
| FSD0001536 | Last updated 13/07/2020 |

Delivering learning services to adults, assisting them to improve their literacy, numeracy and communication skills. Qualified tutors serving Marlborough since 1978. No cost to students. We deliver to individual and groups. Workplace literacy assistance provided.

Courses in:

Literacy, Language & Numeracy Upskilling

Financial Literacy & Lifeskills

Driver Education

Work Readiness

Digital Literacy

Healthy Lifestyle

 1 Criterion Lane Blenheim 7210

|  |  |
| --- | --- |
| info.c8@literacy.org.nz(03) 577 9080 http://www.literacy.org.nz   |  9:00-12:30 Mon & Weds & Thurs, or by appointmentOff Alfred Street Roundabout All services free of charge.No referral required. |

### Melissa Wolfe - Registered Psychologist

FSD0023056 Last updated 17/12/2020

I'm a registered psychologist operating a private practice - Nurturing Minds - where you can expect and receive an excellent standard of personalised clinical care and practice, delivered with warmth and respect, and tailored to your individual circumstances. Feel strong, capable, and valued. If you want to bring the joy back into parenting, or lead a richer, fuller and more meaningful life, you will soon be in the right place. I deliver a broad spectrum of therapy, not only for young children, but adolescents and adults also. Furthermore I provide parenting advice and behavioural support, as well as educational assessments for a variety of learning difficulties such as dyslexia.

 62a Stephenson Street Blenheim 7201 melissa@nurturingminds.co.nz  Monday - Friday, 9 - 5.

(027) 209 9926 Evenings available upon request. http://nurturingminds.co.nz Face-to-face, telephone and online services.

Some charges may apply. No referral required.

### New Zealand Red Cross - Marlborough

FSD0001546 Last updated 09/11/2020

We are here to enhance the well-being of vulnerable people in the community. We do so by implementing local activities and resources to support community services and other organisations.

 33 Redwood Street Blenheim

 blenheim@redcross.org.nz  9.30am - 4.00pm Monday - Friday

|  |  |
| --- | --- |
| (03) 578 6134 (0800) 733 276 http://www.redcross.org.nz | Some charges may apply. No referral required. |

### Parents Centre New Zealand Inc - Marlborough

FSD0007332 Last updated 23/04/2021

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.

 10 Alana Place Blenheim 7201

marlboroughparentscentre@gmail.com  The centre is open for sessions only, please http://www.parentscentre.org.nz/marlboro contact us via email to find out more. ugh/ Some charges may apply.

No referral required.

### Picton Resource Centre

FSD0001551 Last updated 19/03/2021

Free advice on a vast number of local community groups, activities and services. Promotes and supports local not for profit groups.

 Mariners Mall 100 High Street Picton

 prcentre@xtra.co.nz  Monday to Friday, 10am-1pm

|  |  |
| --- | --- |
| (03) 573 7790 http://www.pictonresource.co.nz/   | All services free of charge. No referral required. |

### Presbyterian Support - Marlborough

FSD0007785 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.

 22 Alfred Street Blenheim 7201

 marlborough@psusi.org.nz  8.30am - 4.30pm Monday - Friday

|  |  |
| --- | --- |
| (0800) 477 874 http://psuppersouth.org.nz/  **REAP - Marlborough** | Some charges may apply. Referral may apply.  |
| FSD0001557 | Last updated 20/04/2021 |

REAP is primarily concerned with the provision of educational opportunities for individuals and communities in rural Marlborough.

 19 George Street Blenheim 7201

 admin@reapmarlborough.co.nz  Monday to Friday, 8.30am-5pm.

|  |  |
| --- | --- |
| (03) 578 7848 http://www.reapmarlborough.co.nz   | Some charges may apply. No referral required. |

### SPELD NZ Inc - Blenheim Local Liaison Group

FSD0007473 Last updated 01/09/2020

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

|  |  |
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| 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. |

### WellSpring Community Counselling Service

FSD0008248 Last updated 20/12/2020

We offer our community individual and group life skills courses and counselling. Many different group topics are available as listed below.

 26 Burleigh Road Redwoodtown Blenheim

 hilary@theelimcentre.com  Office hours are Tuesday & Thursday 9a.m. to

 (03) 578 9053 3p.m.

(027) 417 8620 "Your Choices" and all life skills Courses are run http://www.theelimcentre.com at pre-arranged times. Morning and evening sessions are available, for men and women.

Some charges may apply. Referral may apply.

# Employment

### Comcol Marlborough

FSD0019992 Last updated 11/03/2021

Community College Marlborough, based in Blenheim, offers free Youth Courses to 16-19 year olds in a range of exciting industries including cookery, front of house/barista, sport and NCEA Level 1 & 2.

We also provide a free Job Connection course for those aged 18+. Job Connection is a bespoke programme of short, skill focused interventions to support clients to gain work and achieve sustainable employment. We’re here to support your journey into work and help you create the future you deserve.

 65 Scott Street Blenheim 7201

 info.ma@comcol.ac.nz  Weekdays. Marlborough (Blenheim only) and

 (03) 578 2886 Kaikoura

https://www.comcol.ac.nz/community- All services free of charge. college-marlborough-03-578-2886.html Referral may apply.

### Koru Institute of Training and Education Ltd

FSD0020088 Last updated 06/11/2020

Tertiary Education. Education and Training. Employment. Career Mentoring.

 5 Sutherland Terrace Blenheim 7201

tekakama@xtra.co.nz  Monday - Tuesday 9.00am - 7.30pm (03) 579 2268 Wednesday - Thursday 9.00am - 4.00pm https://kite-koru.co.nz/ All services free of charge.

Referral may apply.

### Ministry of Social Development - Blenheim Service Centre

FSD0008013 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).

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 Riverview House 11 Alfred Street Blenheim 7201

(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.

### Opt 4 Personnel

FSD0020273 Last updated 22/12/2020

Drug & Alcohol Testing for Work and Income beneficiaries (GST inclusive).

$90 per test. Should the Test be failed and the donor chooses to have it Lab Tested, there would be additional Lab costs of $130 passed on.

 8/68 Seymour Street Blenheim 7201

 info@opt4.co.nz  0800 - 1700 Monday - Friday

 (03) 577 9043 Some charges may apply.

(021) 713 621 Referral may apply. http://www.opt4.co.nz

**Classification : DTS**

### The Drug Detection Agency - Blenheim

FSD0022963 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

 36a Maxwell Road Blenheim

 (03) 538 0173  9.00am - 3.00pm. Monday to Friday

|  |  |
| --- | --- |
| http://www.tdda.com **Classification : DTS** **Workbridge Inc - Blenheim** | Some charges may apply. Referral may apply.  |
| FSD0007869 | Last updated 04/03/2021 |

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

 Room 6 Marlborough Community Centre 25 Alfred Street Blenheim 7240 marlborough@workbridge.co.nz  Wednesday to Friday 10.00am - 4.00pm (0508) 858 858 All services free of charge.

(03) 984 3510 No referral required. http://www.workbridge.co.nz

# Ethnic Services

### Citizens Advice Bureau - Marlborough

FSD0006918 Last updated 03/05/2021

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

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

marlborough@cab.org.nz  9.30am - 4pm Mon to Fri (03) 578 4272 All services free of charge. http://www.cab.org.nz No referral required.

### English Language Partners Marlborough

FSD0007833 Last updated 22/07/2020

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

 Marlborough House 21 Henry Street Blenheim 7201

 marlborough@englishlanguage.org.nz  Tuesdays, Wednesdays, Thursdays and Fridays,

 (03) 579 2460 8am - 1pm

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

### Maataa Waka Ki Te Tau Ihu Trust

FSD0001570 Last updated 15/03/2021

Kaupapa Maori Social Service Provider.

 56 Main Street Blenheim 7201

 admin@maataawaka.co.nz  8:30am - 5pm

|  |  |
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| (03) 577 9256http://www.maataawaka.co.nz/ | All services free of charge. Referral may apply. |
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**Classification : BFC, FVSS**

### Marlborough Multicultural Centre

FSD0015175 Last updated 28/01/2021

To support migrants and agencies and organisations regarding migrant matters. Support, events and social functions for migrants, both national and international, and newcomers to Marlborough.

 Marlborough House 21 Henry Street Blenheim

 info@multiculturalcentre.org.nz  Monday to Friday 9am to 12noon

 (03) 579 6410 Appointment outside office hours may be

http://www.multiculturalcentre.org.nz available by request All services free of charge. No referral required.

# Family / Whanau Services

### Addictions Service Wairau Hospital Blenheim

FSD0001512 Last updated 03/11/2020

Counselling and Educational material on alcohol, drugs and addiction issues.

 Wairau Hospital Blenheim - Hospital Road Witherlea Blenheim 7201 addictionswairau@nmhs.govt.nz  Monday to Friday, 8.30am - 5pm

(03) 520 9908 All services free of charge. https://www.nmdhb.govt.nz/health- No referral required.

services/mental-health-and-addictionservices/alcohol-and-drug-services/

### Barnardos - Marlborough

FSD0006805 Last updated 13/01/2021

Barnardos is Aotearoa New Zealand's leading children's charity, doing more for Kiwi kids. Our reach is nationwide and our unique combination of social services and early childhood education means we provide the broadest range of child–centred services in Aotearoa. Barnardos also advocates at a systemic level to influence policies, practices, systems, laws and organisations so that they protect and promote children and their rights and well-being. For more information please visit our websites.

 Community Health Hub 22 Queen Street Blenheim 7201

 blenheimoffice@barnardos.org.nz  Monday - Friday 9.00am till 4.30pm

 (03) 578 6491 All services free of charge.

(0800) 227 627 No referral required. https://www.barnardos.org.nz

### Blenheim Baptist Community Church

FSD0001577 Last updated 19/01/2021

Our mission is to connect people and the community with the teachings of Jesus Christ through the practical assistance in our Community as well as teaching.

We hold services for all ages and it is our mission that we are an all inclusive Church where ALL no matter what their cultural, religious or social situation in life - will be welcomed and included.

 8 Beaver Road Blenheim 7201

 admin@blenheimbaptist.org.nz  Monday to Friday, 9am-3pm

|  |  |
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| (03) 578 3676 http://www.blenheimbaptist.org  **Bread of Life Trust** | All services free of charge. No referral required.  |
| FSD0001521 | Last updated 16/04/2021 |

We offer Quality Before School and After School Care OSCAR approved Programmes at different locations.

 14B Stephenson Street Blenheim 7201

 oscars@breadoflife.org.nz  Monday to Friday, 9am - 4.30pm

 (03) 578 1355 All services free of charge.

(022) 699 0601 No referral required. http://breadoflife.org.nz

**Classification : OSCAR**

### Citizens Advice Bureau - Marlborough

FSD0006918 Last updated 03/05/2021

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

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

marlborough@cab.org.nz  9.30am - 4pm Mon to Fri (03) 578 4272 All services free of charge. http://www.cab.org.nz No referral required.

### Dr Nancy Stuart - Clinical Psychologist

FSD0001591 Last updated 18/01/2021

Psychological assessment, psychological therapy and supervision.

 121 Maxwell Road Blenheim 7201

 j.n.stuart@xtra.co.nz  By appointment

|  |  |
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| (03) 578 7615   | Some charges may apply. No referral required. |

### Geoffrey T Sowman Funeral Directors

FSD0023783 Last updated 07/12/2020

We believe it is the small personal details that matter when arranging a funeral and it is the extra service that we provide, that makes the difference. Our team of locals are passionate about providing the highest level of care possible and helping families to arrange a funeral service that is a unique and personal remembrance.

We offer a full range of funeral facilities and amenities, with the large and modern Mayfield Chapel available for services, a dedicated catering lounge and crematorium. Sowman’s cater for all of Marlborough through to Kaikoura and the surrounding areas.

 14 Hutcheson Street Mayfield Blenheim 7201

 sowmans@funerals.co.nz  Mon/Fri 8am to 5pm Office Open

 (03) 578 4719 24/7

 https://sowmans.co.nz/ Some charges may apply.

No referral required.

### Little Red Fox Hub

FSD0022341 Last updated 09/04/2021

Little Red Fox Hub have a hard working, dedicated, fun loving team of staff who will put your child's safety and well being first and foremost. We provide a stimulating and exciting environment for your child to grow and learn.

We are OSCAR approved which enables parents/ guardians to apply for WINZ subsidies to help reduce costs. We run a before school program with a breakfast club and an after school and holiday program. We welcome families from all parts of sunny Marlborough to get in contact with any needs they may have.

Our fantastic venue is also available for party and event hire, this includes the use of our equipment for example: Bouncy Castle, Rock climbing wall and a wide range of other child friendly equipment.

 4 Alana Street Witherlea Blenheim 7201

 admin@littleredfoxhub.co.nz  During school term our premises is open for

(03) 579 1150 OSCAR care from 7:15 - 9am and 2.30-5.30pm (027) 497 2828 During the school holidays our premises is open http://littleredfoxhub.co.nz from 8.00-5.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

### Lois Millar - Counsellor

FSD0001588 Last updated 06/07/2020

Provides: counselling, psychotherapy and supervision. For: individuals, couples families and groups; including: addictions, members of NZAC, ITAA and DAPAANZ. Private practice. Family Court approved counsellor. P.H.O. Counsellor.

l.millar@xtra.co.nz  By appointment (027) 659 0666 Some charges may apply.

No referral required.

### Maataa Waka Ki Te Tau Ihu Trust

FSD0001570 Last updated 15/03/2021

Kaupapa Maori Social Service Provider.

 56 Main Street Blenheim 7201

 admin@maataawaka.co.nz  8:30am - 5pm

|  |  |
| --- | --- |
| (03) 577 9256http://www.maataawaka.co.nz/ | All services free of charge. Referral may apply. |
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**Classification : BFC, FVSS**

### Marlborough District Council

FSD0017642 Last updated 03/08/2020

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

 15 Seymour Street Blenheim 7201

 mdc@marlborough.govt.nz  Customer Service Centres are staffed from 8.00

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| --- | --- |
| (03) 520 7400 http://www.marlborough.govt.nz/  **Marlborough Stadium Trust** | am-5.00 pm Monday to Friday. Outside these hours the main Council phone number is staffed 24 hours a day to handle urgent issues such as |
| noise control.All services free of charge.No referral required. |   |
| FSD0022451 |  | Last updated 04/12/2020 |

Stadium 2000 delivers a popular Holiday Programme for 5-11 year olds.

The programme commences Mon-Friday during school holiday periods (excluding public holidays).

Operating every weekday from 8.30am to 4pm the programme offers a diversity of activities including Sports, Arts and Crafts, Team Building/Fun Games, Aquatics and a whole lot more…

The programme is O.S.C.A.R accredited and qualifies for childcare assistance.

 - Kinross Street Blenheim 7201

 customerservices@stadium2000.co.nz  Stadium 2000 delivers a popular Holiday

 (03) 577 8300 Programme for 5-11 year olds which

 http://stadium2000.co.nz commences Mon-Friday during school holiday

periods (excluding public holidays) from 8.30am to 4pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

### Marlborough Stroke Club

FSD0001520 Last updated 13/07/2020

To provide support, education, friendship and encouragement to those who have suffered a stroke, their carers and families.

 69 Houldsworth Street Blenheim 7201

 brivyv@gmail.com  Contact can be made at any time to either

|  |  |
| --- | --- |
| (03) 578 3837(03) 578 9390 https://www.stroke.org.nz/stroke-clubs   | Vyvienne Dunlop secretary or Caryl Simpson, President.Some charges may apply.Referral may apply. |

### Melissa Wolfe - Registered Psychologist

FSD0023056 Last updated 17/12/2020

I'm a registered psychologist operating a private practice - Nurturing Minds - where you can expect and receive an excellent standard of personalised clinical care and practice, delivered with warmth and respect, and tailored to your individual circumstances. Feel strong, capable, and valued. If you want to bring the joy back into parenting, or lead a richer, fuller and more meaningful life, you will soon be in the right place. I deliver a broad spectrum of therapy, not only for young children, but adolescents and adults also. Furthermore I provide parenting advice and behavioural support, as well as educational assessments for a variety of learning difficulties such as dyslexia.

 62a Stephenson Street Blenheim 7201 melissa@nurturingminds.co.nz  Monday - Friday, 9 - 5.

(027) 209 9926 Evenings available upon request. http://nurturingminds.co.nz Face-to-face, telephone and online services.

Some charges may apply. No referral required.

### Ministry of Social Development - Blenheim Service Centre

FSD0008013 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.

 Riverview House 11 Alfred Street Blenheim 7201

(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.

### Open Home Foundation (OHF) - Marlborough

FSD0007294 Last updated 27/10/2020

Our Mission is to provide quality child centred family focused Christian social services. The Open Home Foundation is a Christian Child and Family Support Service that works within the provisions of the Children, Young Persons and Their Families Act (1989). We have 14 centres throughout NZ and we provide quality services for children, young people and their family/whanau.

 71 Litchfield Street Blenheim 7201

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

|  |  |
| --- | --- |
| (03) 578 0807 http://www.ohf.org.nz/   | Some charges may apply. No referral required. |

### Oranga Tamariki-Ministry for Children, Blenheim

FSD0006999 Last updated 09/07/2020

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

 5th Floor, PORSE House 5 Market Street Blenheim 7201

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/

### Parenthood4D Counselling

FSD0021775 Last updated 15/02/2021

Individual counselling

Couples and family counselling and therapy

Perinatal counselling and therapy

Children and adolescents counselling

Online counselling | e-therapy

Group Therapy

Life Coaching

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

 tceban@gmail.com  8am-6pm Monday - Thursday

 (03) 579 5443 Some charges may apply.

(027) 901 9807also txt No referral required. http://www.parenthood4d.com/

### Parents Centre New Zealand Inc - Marlborough

FSD0007332 Last updated 23/04/2021

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.

 10 Alana Place Blenheim 7201

marlboroughparentscentre@gmail.com  The centre is open for sessions only, please http://www.parentscentre.org.nz/marlboro contact us via email to find out more. ugh/ Some charges may apply.

No referral required.

### Picton OSCAR Holiday Fun & After School Care

FSD0017772 Last updated 27/04/2021

After School Childcare for ages 5yr - 13yr

School Holiday Fun programme for ages 5yr -13yr

 5 Wairau Road Picton 7220

 picton.earlylearning@xtra.co.nz  School term after school 3pm - 5pm Can pick up

|  |  |
| --- | --- |
| (03) 573 7289 **Classification : OSCAR** **Picton Resource Centre** | from Picton SchoolsSchool Holidays 8.30am - 5pm Some charges may apply. No referral required.  |
| FSD0001551 | Last updated 19/03/2021 |

Free advice on a vast number of local community groups, activities and services. Promotes and supports local not for profit groups.

 Mariners Mall 100 High Street Picton

 prcentre@xtra.co.nz  Monday to Friday, 10am-1pm

|  |  |  |
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| (03) 573 7790 http://www.pictonresource.co.nz/  **Plunket - Blenheim Central** | All services free of charge. No referral required. |   |
| FSD0001561 |  | Last updated 05/10/2020 |

Plunket believes in supporting the development of healthy families.

 16 Henry Street Blenheim

|  |  |
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| southern.region@plunket.org.nz(03) 578 5633(03) 539 5200 http://www.plunket.org.nz  **Portia - Marlborough Branch** |  Rooms at 16 Henry Street are open daily from |
| 9am-3.30pmAll services free of charge.No referral required. |   |
| FSD0023373 |  | Last updated 11/02/2021 |

Ebborn Law Limited, is the largest provider of family legal aid in New Zealand.

 13 Charles Street Blenheim

 support@portia.law  Tue-Thu 9:30AM-12:30PM, 1 PM-4 PM

|  |  |
| --- | --- |
| (03) 339 2233 http://ebbornlaw.co.nz  **Positive Potential** | Some charges may apply. No referral required.  |
| FSD0020298 | Last updated 25/03/2021 |

Offers organisational capability mentoring. Please see service detail for more information.

 22 Edgewater Place Rarangi Blenheim 7273

 info@positivepotential.co.nz  Every day from 8.00am / 8.00pm

 (03) 570 5411 Some charges may apply.

(022) 135 3642 Referral may apply. http://www.positivepotential.co.nz

### Presbyterian Support - Marlborough

FSD0007785 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.

 22 Alfred Street Blenheim 7201 marlborough@psusi.org.nz (0800) 477 874 http://psuppersouth.org.nz/



### Renwick Oscar

FSD0021289

8.30am - 4.30pm Monday - Friday Some charges may apply. Referral may apply.

Last updated 18/01/2021

Renwick Oscar provides Before School, After School and Holiday Care for school age children and is an OSCAR approved service by the Ministry of Social Development (MSD).

Our aim is to provide an environment that provides a balance of arts and crafts, active games, trips and quiet individual time etc. Children can play and learn while you have the knowledge that it is a safe and secure environment.

 33-35 Anglesea Street Renwick 7204

 Renwick\_Oscar@yahoo.co.nz  7.30am to 5.30pm Holidays

(021) 773 132 7:30 - 9am before school (03) 572 9312 3pm - 5:30pm after school

Some charges may apply. No referral required.

**Classification : OSCAR**

### Sands - Pregnancy, baby and infant loss support - Blenheim

FSD0008160 Last updated 06/12/2020

Sands New Zealand is a network of parent run, non-profit groups supporting families who have experienced the death of a baby. We offer empathy and understanding. We are not counselers but we do offer an opportunity and environment to share experiences, to talk and to listen. We promote awareness, understanding and support for those dealing with the death of a baby in pregnancy, birth or as a newborn, and due to medical termination or other forms of reproductive loss.

|  |  |
| --- | --- |
| sangsters@gmail.com(03) 579 4212 (027) 488 1068 http://www.sands.org.nz |  Phone and email 24/7. No set monthly meetings, will meet up as required All services free of charge.No referral required. |

### Supporting Families Marlborough

FSD0007459 Last updated 08/12/2020

SF Marlborough provides support for those families/whanau who would like support with family members, who have or may be experiencing mental health, alcohol and/or drug addiction and other underlying issues.

SF Marlborough provides a family/whanau support, education, information and advocacy service.

Our service is free, and confidential. If you want to talk things over, access services, find information, and/or meet with others we can help.

https://www.facebook.com/SupportingFamiliesMarlborough

 68 Seymour Street Blenheim

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

(03) 577 5491 All services free of charge. https://www.facebook.com/SupportingFa No referral required. miliesMarlborough

### Te Hauora o Ngati Rarua Ltd

FSD0001573 Last updated 20/10/2020

Te Hauora o Ngati Rarua is a Kaupapa Maori based whanau (family) health service. Our kaupapa is to assist whanau and hapu to be in control and to make choices about your health needs.

 2C North Street Blenheim 7201 amaroa.katu@thonr.org 

(03) 577 8404

Our organisation is open between the hours of 8.30am-5pm, Monday to Friday, or leave a message anytime.

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| **The Salvation Army - Blenheim** |  |
| FSD0001565 | Last updated 26/03/2021 |

Worship, community and welfare services of The Salvation Army Cnr George & Henry Streets 35 George St Blenheim 7201 blenheim.corps@salvationarmy.org.nz  Office: Tuesday to Friday, 9:30am-12:30pm; Toy (03) 578 0862 Library: Thursday 3:00pm-4:30pm, Saturdayhttp://www.salvationarmy.org.nz/blenheim 10:00am-12:00pm; Sunday Worship Gathering 10amSome charges may apply. Referral may apply.   **Victim Support - Marlborough**FSD0001566 Last updated 02/02/2021Victim 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. |

All services free of charge. No referral required. nationaloffice@victimsupport.org.nz

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

All services free of charge.

No referral required.

### WellSpring Community Counselling Service

FSD0008248 Last updated 20/12/2020

We offer our community individual and group life skills courses and counselling. Many different group topics are available as listed below.

 26 Burleigh Road Redwoodtown Blenheim

### Womens Refuge & Sexual Violence Support Centre Marlborough

FSD0007676 Last updated 01/10/2020

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| --- | --- |
| hilary@theelimcentre.com(03) 578 9053 (027) 417 8620 http://www.theelimcentre.com   |  Office hours are Tuesday & Thursday 9a.m. to 3p.m."Your Choices" and all life skills Courses are run at pre-arranged times. Morning and evening sessions are available, for men and women.Some charges may apply.Referral may apply. |

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

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| --- | --- |
| marlb\_refuge@xtra.co.nz(03) 577 9939 (0800) 733 843 http://www.womensrefuge.org.nz |  Office hours: 9am - 4pm Monday to Friday. Crisis Line 0800 733 843 (0800 REFUGE) or(03) 577 9939 available 24/7. Some charges may apply.No referral required. |

**Classification : FVSS, SHSS, THP**

# Family Violence

### Age Concern Marlborough Inc

FSD0015472 Last updated 19/10/2020

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

 Marlborough Community Centre, Room 1 25 Alfred Street Blenheim 7201

 ageconble@xtra.co.nz  The office is open from 10 am - 1pm Monday-

 (03) 579 3457 Friday and other hours by appointment.

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

No referral required.

**Classification : EARS**

### Dr Nancy Stuart - Clinical Psychologist

FSD0001591 Last updated 18/01/2021

Psychological assessment, psychological therapy and supervision.

 121 Maxwell Road Blenheim 7201

 j.n.stuart@xtra.co.nz  By appointment

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| (03) 578 7615   | Some charges may apply. No referral required. |

### Maataa Waka Ki Te Tau Ihu Trust

FSD0001570 Last updated 15/03/2021

Kaupapa Maori Social Service Provider.

 56 Main Street Blenheim 7201

 admin@maataawaka.co.nz  8:30am - 5pm

|  |  |
| --- | --- |
| (03) 577 9256http://www.maataawaka.co.nz/ | All services free of charge. Referral may apply. |
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**Classification : BFC, FVSS**

### Presbyterian Support - Marlborough

FSD0007785 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.

 22 Alfred Street Blenheim 7201

 marlborough@psusi.org.nz  8.30am - 4.30pm Monday - Friday

(0800) 477 874 Some charges may apply. http://psuppersouth.org.nz/ Referral may apply.

### Victim Support - Marlborough

FSD0001566 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. |

### WellSpring Community Counselling Service

FSD0008248 Last updated 20/12/2020

We offer our community individual and group life skills courses and counselling. Many different group topics are available as listed below.

 26 Burleigh Road Redwoodtown Blenheim hilary@theelimcentre.com 

(03) 578 9053 (027) 417 8620 http://www.theelimcentre.com Office hours are Tuesday & Thursday 9a.m. to 3p.m.

"Your Choices" and all life skills Courses are run at pre-arranged times. Morning and evening sessions are available, for men and women.

Some charges may apply. Referral may apply.

### Womens Refuge & Sexual Violence Support Centre Marlborough

FSD0007676 Last updated 01/10/2020

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

|  |  |
| --- | --- |
| marlb\_refuge@xtra.co.nz(03) 577 9939 (0800) 733 843 http://www.womensrefuge.org.nz |  Office hours: 9am - 4pm Monday to Friday. Crisis Line 0800 733 843 (0800 REFUGE) or(03) 577 9939 available 24/7. Some charges may apply.No referral required. |

**Classification : FVSS, SHSS, THP**

# Health

### Alzheimers Marlborough

FSD0006730 Last updated 15/03/2021

Alzheimers New Zealand represents people with dementia, their carers and families, through advocacy, raising public awareness and providing information.

 8 Wither Road Witherlea Blenheim 7201

 office.marlb@alzheimers.org.nz  Marlborough Alzheimers Society available 8am-

(03) 577 6172 4pm Monday to Friday. http://www.alzheimers.org.nz All services free of charge.

No referral required.

### Arthritis New Zealand - Blenheim (Marlborough)

FSD0006764 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.

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| --- | --- |
| info@arthritis.org.nz (0800) 663 463 http://www.arthritis.org.nz  **Asthma Marlborough Inc.** |  Some charges may apply. No referral required.  |
| FSD0007339 | Last updated 23/03/2021 |

Asthma Marlborough Inc is a non-government, non-profit organisation which aims to help people with asthma and respiratory conditions.

 Marlborough Community Health 22 Queen Street Blenheim 7201

 asthma.marlborough@xtra.co.nz  Tuesday 8-5pm, Friday 8am-5pm or by phone

|  |  |
| --- | --- |
| (03) 579 1609 (027) 205 7244 http://www.asthmafoundation.org.nz | arrangement.All services free of charge.No referral required. |

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

FSD0001524 Last updated 03/05/2021

Providing information for cancer, support and volunteer services and financial assistance.

 3 Maxwell Road Blenheim 7201

 marlborough@cancersoc.org.nz  Monday to Friday, 9am - 4.30pm

(03) 579 4379 All services free of charge. https://wellington.cancernz.org.nz/about- No referral required. us/contact-us/marlborough-centre/

### Family Planning Clinic - Blenheim

FSD0007023 Last updated 18/08/2020

Family Planning works to promote a positive view of sexuality and to enable people to make informed choices about their sexual and reproductive health and well-being.

 Renown Building 68 Seymour Street Blenheim 7201

(03) 578 3047  Please ring to make an appointment http://www.familyplanning.org.nz/ Some charges may apply.

No referral required.

### HealthCare NZ - Blenheim

FSD0016013 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 many other areas in which you may need help; nursing care such as post-operative care, wound care, medication management and many other specialised nursing services.

Staying in your own home has never been easier!

 Suite 3, Level 1 355 Lower Queen Street Richmond Nelson 7020

 nelson.office@healthcarenz.co.nz  Mon - Fri 8am - 5pm with after hours services

 (03) 548 2009 All services free of charge.

(0800) 263 562 Referral may apply. http://www.healthcarenz.co.nz

### Marlborough Multiple Sclerosis Society Inc

FSD0007223 Last updated 30/03/2021

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 and to actively encourage on-going medical research.

 Room 15 25 Alfred Street Blenheim 7201

mmss@xtra.co.nz  Monday Closed (03) 578 4058 Tuesday 9:00 AM - 2:30 PM

 (0800) 675 463 Wednesday Closed

 http://www.msnz.org.nz Thursday 9:00 AM - 2:30 PM

Fri, Sat, Sun Closed

Some charges may apply. No referral required.

### Marlborough Stroke Club

FSD0001520 Last updated 13/07/2020

To provide support, education, friendship and encouragement to those who have suffered a

stroke, their carers and families.

 69 Houldsworth Street Blenheim 7201 brivyv@gmail.com (03) 578 3837

(03) 578 9390 https://www.stroke.org.nz/stroke-clubs Contact can be made at any time to either Vyvienne Dunlop secretary or Caryl Simpson, President.

Some charges may apply. Referral may apply.

### New Zealand Red Cross - Marlborough

FSD0001546 Last updated 09/11/2020

We are here to enhance the well-being of vulnerable people in the community. We do so by implementing local activities and resources to support community services and other organisations.

 33 Redwood Street Blenheim

 blenheim@redcross.org.nz  9.30am - 4.00pm Monday - Friday

 (03) 578 6134 Some charges may apply.

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

### Parenthood4D Counselling

FSD0021775 Last updated 15/02/2021

Individual counselling

Couples and family counselling and therapy

Perinatal counselling and therapy

Children and adolescents counselling

Online counselling | e-therapy

Group Therapy

Life Coaching

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

 tceban@gmail.com  8am-6pm Monday - Thursday

 (03) 579 5443 Some charges may apply.

(027) 901 9807also txt No referral required. http://www.parenthood4d.com/

### Parents Centre New Zealand Inc - Marlborough

FSD0007332 Last updated 23/04/2021

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.

 10 Alana Place Blenheim 7201

marlboroughparentscentre@gmail.com  The centre is open for sessions only, please http://www.parentscentre.org.nz/marlboro contact us via email to find out more. ugh/ Some charges may apply.

No referral required.

### Plunket - Blenheim Central

FSD0001561 Last updated 05/10/2020

Plunket believes in supporting the development of healthy families.

 16 Henry Street Blenheim

 southern.region@plunket.org.nz  Rooms at 16 Henry Street are open daily from

|  |  |
| --- | --- |
| (03) 578 5633(03) 539 5200 http://www.plunket.org.nz   | 9am-3.30pmAll services free of charge.No referral required. |

### Public Health Service - Nelson Marlborough

FSD0001555 Last updated 23/02/2021

Health Protection, Health Promotion, Public Health Nurses, Vision & Hearing Tester, Quit Coach, Authorised Provider of Ministry of Health Pamphlets & Posters.

 Marlborough Community Health Hub 22 Queen Street Blenheim 7201

 PHS.Admin@nmdhb.govt.nz  Monday to Friday, 8.30am-5pm

 (03) 546 1800Nelson All services free of charge.

(03) 520 9999Marlborough No referral required. http://www.nmdhb.govt.nz

### Sands - Pregnancy, baby and infant loss support - Blenheim

FSD0008160 Last updated 06/12/2020

Sands New Zealand is a network of parent run, non-profit groups supporting families who have experienced the death of a baby. We offer empathy and understanding. We are not counselers but we do offer an opportunity and environment to share experiences, to talk and to listen. We promote awareness, understanding and support for those dealing with the death of a baby in pregnancy, birth or as a newborn, and due to medical termination or other forms of reproductive loss.

sangsters@gmail.com  Phone and email 24/7. No set monthly meetings,

 (03) 579 4212 will meet up as required

(027) 488 1068 All services free of charge. http://www.sands.org.nz No referral required.

### Te Hauora o Ngati Rarua Ltd

FSD0001573 Last updated 20/10/2020

Te Hauora o Ngati Rarua is a Kaupapa Maori based whanau (family) health service. Our kaupapa is to assist whanau and hapu to be in control and to make choices about your health needs.

 2C North Street Blenheim 7201

 amaroa.katu@thonr.org  Our organisation is open between the hours of

|  |  |
| --- | --- |
| (03) 577 8404   | 8.30am-5pm, Monday to Friday, or leave a message anytime.All services free of charge.No referral required. |

### Unplanned Pregnancy Support

FSD0001592 Last updated 30/11/2020

Pregnancy Options Counselling.

 Wairau Hospital Cnr Maxwell & Hospital Roads Blenheim

 Desma.Reedy@nmdhb.govt.nz  Monday to Friday 8am to 3.30pm.

 (03) 520 6558 All services free of charge.

No referral required.

# Legal / Civil Services

### Citizens Advice Bureau - Marlborough

FSD0006918 Last updated 03/05/2021

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

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

marlborough@cab.org.nz  9.30am - 4pm Mon to Fri (03) 578 4272 All services free of charge. http://www.cab.org.nz No referral required.

### Community Law Marlborough

FSD0001538 Last updated 19/03/2021

We provide free legal information, advice, assistance and education to the Marlborough including Picton and Kaikoura areas.

Some of the legal topics are Employment, Family, Going to Court, Debt, Consumer, Schooling,

Neighbours, ACC, Police Procesutions, PPPR, Wills, Trusts, Domestic Violence, Tenancy, Legal Entities such as Charitable Trusts, Maori Land, Immigration, Welfare, Legal Aid and lots more.

 14 Market Street Blenheim 7240

 reception@commlawmarlb.org.nz  Open

|  |  |
| --- | --- |
| (03) 577 9919 (0800) 266 529 http://www.commlawmarlb.org.nz | Mon|Tues|Thurs 9am - 4.30pmWed 9am - 7.30pmFri 9am - 4pm |

Volunteer Solicitors Wednesday evenings 5.30 -

6.30pm by appointment All services free of charge. No referral required.

### Portia - Marlborough Branch

FSD0023373 Last updated 11/02/2021

Ebborn Law Limited, is the largest provider of family legal aid in New Zealand.

 13 Charles Street Blenheim

 support@portia.law  Tue-Thu 9:30AM-12:30PM, 1 PM-4 PM

(03) 339 2233 Some charges may apply. http://ebbornlaw.co.nz No referral required.

### Victim Support - Marlborough

FSD0001566 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

### C.A.M.H.S. (Child & Adolescent Mental Health Service) Nelson Marlborough

FSD0001522 Last updated 15/02/2021

Providing specialist assessment and treatment services for children and youth with serious mental health needs e.g. Attention Deficit Hyperactivity Disorder, Depression, Anxiety.

 22 Queen Street Blenheim referralswairaucamhs@nmdhb.govt.nz  Office Monday to Friday, 8.30am - 5pm.

(03) 520 9905

(03) 520 9999after hours Crisis Intervention Service https://www.nmdhb.govt.nz/ 0800 948 497 option 2

available after hours, weekends & public holidays.

All services free of charge. No referral required.

### Marlborough Mental Health Service

FSD0001567 Last updated 19/04/2021

Previously known as 'Witherlea House', the Marlborough Mental Health Service provides psychiatric assessment and treatment and case management for people experiencing severe and enduring mental health problems.

 Witherlea House - Hospital Road Blenheim 7201

 (0800) 776 364  Office available 8.00am - 4.30pm Monday to

 (03) 546 1800afterhours Friday.

 http://www.nmdhb.govt.nz For urgent after hours support, phone (03) 546

1800 and ask for the on-call crisis worker All services free of charge. Referral may apply.

### Melissa Wolfe - Registered Psychologist

FSD0023056 Last updated 17/12/2020

I'm a registered psychologist operating a private practice - Nurturing Minds - where you can expect and receive an excellent standard of personalised clinical care and practice, delivered with warmth and respect, and tailored to your individual circumstances. Feel strong, capable, and valued. If you want to bring the joy back into parenting, or lead a richer, fuller and more meaningful life, you will soon be in the right place. I deliver a broad spectrum of therapy, not only for young children, but adolescents and adults also. Furthermore I provide parenting advice and behavioural support, as well as educational assessments for a variety of learning difficulties such as dyslexia.

 62a Stephenson Street Blenheim 7201 melissa@nurturingminds.co.nz  Monday - Friday, 9 - 5.

(027) 209 9926 Evenings available upon request. http://nurturingminds.co.nz Face-to-face, telephone and online services.

Some charges may apply. No referral required.

### Parenthood4D Counselling

FSD0021775 Last updated 15/02/2021

Individual counselling

Couples and family counselling and therapy

Perinatal counselling and therapy

Children and adolescents counselling

Online counselling | e-therapy

Group Therapy

Life Coaching

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

 tceban@gmail.com  8am-6pm Monday - Thursday

 (03) 579 5443 Some charges may apply.

(027) 901 9807also txt No referral required. http://www.parenthood4d.com/

### Supporting Families Marlborough

FSD0007459 Last updated 08/12/2020

SF Marlborough provides support for those families/whanau who would like support with family members, who have or may be experiencing mental health, alcohol and/or drug addiction and other underlying issues.

SF Marlborough provides a family/whanau support, education, information and advocacy service.

Our service is free, and confidential. If you want to talk things over, access services, find information, and/or meet with others we can help.

https://www.facebook.com/SupportingFamiliesMarlborough

 68 Seymour Street Blenheim

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

(03) 577 5491 All services free of charge. https://www.facebook.com/SupportingFa No referral required. miliesMarlborough

### WellSpring Community Counselling Service

FSD0008248 Last updated 20/12/2020

We offer our community individual and group life skills courses and counselling. Many different group topics are available as listed below.

 26 Burleigh Road Redwoodtown Blenheim

 hilary@theelimcentre.com  Office hours are Tuesday & Thursday 9a.m. to

 (03) 578 9053 3p.m.

(027) 417 8620 "Your Choices" and all life skills Courses are run http://www.theelimcentre.com at pre-arranged times. Morning and evening sessions are available, for men and women.

Some charges may apply. Referral may apply.

# Older People

### Age Concern Marlborough Inc

FSD0015472 Last updated 19/10/2020

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

 Marlborough Community Centre, Room 1 25 Alfred Street Blenheim 7201

 ageconble@xtra.co.nz  The office is open from 10 am - 1pm Monday-

 (03) 579 3457 Friday and other hours by appointment.

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

No referral required.

**Classification : EARS**

### CCS Disability Action - Blenheim Office

FSD0007632 Last updated 26/03/2021

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.

 Opposite Blenheim Railway Station car park 9 Sinclair Street Mayfield Blenheim 7201 blenheim.admin@ccsdisabilityaction.org.n  9.00am - 1.30pm Monday to Friday.



|  |  |
| --- | --- |
| z(03) 578 1170(0800) 227 2255 http://www.ccsdisabilityaction.org.nz   | Please contact us to make an appointment.Some charges may apply.No referral required. |

### Ministry of Social Development - Blenheim Service Centre

FSD0008013 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.

 Riverview House 11 Alfred Street Blenheim 7201

(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.

### Papatuanuku Independency Trust

FSD0021400 Last updated 22/03/2021

The Papatuanuku Independency Trust was established in 1993 to promote and encourage people with an intellectual disability to achieve their highest level of independence.

We provide permanent, holistic and respectful assisted living to the adults who call it home. The Trust uses Person Centred Thinking as the basis for working with each individual, to ensure that they are treated as an individual, whilst also have the benefits of living in a group setting.

The Trust's premises and philosophy enhances lives by encouraging and supporting people to make decisions for themselves and act independently where possible. This is their home where they enjoy being accepted and are valued friends and members of their wider community.

 59 Boons Valley Road Waikawa Picton 7220

 admin@papatuanukutrust.org  We provide our services 24 hours a day, 7 days

(03) 573 5522 a week, 365 days per year. http://www.papatuanukutrust.org Some charges may apply.

Referral may apply.

### Presbyterian Support - Marlborough

FSD0007785 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.

 22 Alfred Street Blenheim 7201

 marlborough@psusi.org.nz  8.30am - 4.30pm Monday - Friday

|  |  |  |
| --- | --- | --- |
| (0800) 477 874 http://psuppersouth.org.nz/  **The Salvation Army - Blenheim** | Some charges may apply. Referral may apply. |   |
| FSD0001565 |  | Last updated 26/03/2021 |

Worship, community and welfare services of The Salvation Army

 Cnr George & Henry Streets 35 George St Blenheim 7201

 blenheim.corps@salvationarmy.org.nz  Office: Tuesday to Friday, 9:30am-12:30pm; Toy

 (03) 578 0862 Library: Thursday 3:00pm-4:30pm, Saturday

http://www.salvationarmy.org.nz/blenheim 10:00am-12:00pm; Sunday Worship Gathering 10am

Some charges may apply. Referral may apply.

# Parents and Caregivers

### Barnardos - Marlborough

FSD0006805 Last updated 13/01/2021

Barnardos is Aotearoa New Zealand's leading children's charity, doing more for Kiwi kids. Our reach is nationwide and our unique combination of social services and early childhood education means we provide the broadest range of child–centred services in Aotearoa. Barnardos also advocates at a systemic level to influence policies, practices, systems, laws and organisations so that they protect and promote children and their rights and well-being. For more information please visit our websites.

 Community Health Hub 22 Queen Street Blenheim 7201

 blenheimoffice@barnardos.org.nz  Monday - Friday 9.00am till 4.30pm

 (03) 578 6491 All services free of charge.

(0800) 227 627 No referral required. https://www.barnardos.org.nz

### Bread of Life Trust

FSD0001521 Last updated 16/04/2021

We offer Quality Before School and After School Care OSCAR approved Programmes at different locations.

 14B Stephenson Street Blenheim 7201

 oscars@breadoflife.org.nz  Monday to Friday, 9am - 4.30pm

 (03) 578 1355 All services free of charge.

(022) 699 0601 No referral required. http://breadoflife.org.nz

**Classification : OSCAR**

### Family Planning Clinic - Blenheim

FSD0007023 Last updated 18/08/2020

Family Planning works to promote a positive view of sexuality and to enable people to make informed choices about their sexual and reproductive health and well-being.

 Renown Building 68 Seymour Street Blenheim 7201

(03) 578 3047  Please ring to make an appointment http://www.familyplanning.org.nz/ Some charges may apply.

No referral required.

### Little Red Fox Hub

FSD0022341 Last updated 09/04/2021

Little Red Fox Hub have a hard working, dedicated, fun loving team of staff who will put your child's safety and well being first and foremost. We provide a stimulating and exciting environment for your child to grow and learn.

We are OSCAR approved which enables parents/ guardians to apply for WINZ subsidies to help reduce costs. We run a before school program with a breakfast club and an after school and holiday program. We welcome families from all parts of sunny Marlborough to get in contact with any needs they may have.

Our fantastic venue is also available for party and event hire, this includes the use of our equipment for example: Bouncy Castle, Rock climbing wall and a wide range of other child friendly equipment.

 4 Alana Street Witherlea Blenheim 7201

 admin@littleredfoxhub.co.nz  During school term our premises is open for

(03) 579 1150 OSCAR care from 7:15 - 9am and 2.30-5.30pm (027) 497 2828 During the school holidays our premises is open http://littleredfoxhub.co.nz from 8.00-5.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

### Marlborough Stadium Trust

FSD0022451 Last updated 04/12/2020

Stadium 2000 delivers a popular Holiday Programme for 5-11 year olds.

The programme commences Mon-Friday during school holiday periods (excluding public holidays).

Operating every weekday from 8.30am to 4pm the programme offers a diversity of activities including Sports, Arts and Crafts, Team Building/Fun Games, Aquatics and a whole lot more…

The programme is O.S.C.A.R accredited and qualifies for childcare assistance.

 - Kinross Street Blenheim 7201

 customerservices@stadium2000.co.nz  Stadium 2000 delivers a popular Holiday

 (03) 577 8300 Programme for 5-11 year olds which

 http://stadium2000.co.nz commences Mon-Friday during school holiday

periods (excluding public holidays) from 8.30am to 4pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

### Melissa Wolfe - Registered Psychologist

FSD0023056 Last updated 17/12/2020

I'm a registered psychologist operating a private practice - Nurturing Minds - where you can expect and receive an excellent standard of personalised clinical care and practice, delivered with warmth and respect, and tailored to your individual circumstances. Feel strong, capable, and valued. If you want to bring the joy back into parenting, or lead a richer, fuller and more meaningful life, you will soon be in the right place. I deliver a broad spectrum of therapy, not only for young children, but adolescents and adults also. Furthermore I provide parenting advice and behavioural support, as well as educational assessments for a variety of learning difficulties such as dyslexia.

 62a Stephenson Street Blenheim 7201 melissa@nurturingminds.co.nz  Monday - Friday, 9 - 5.

(027) 209 9926 Evenings available upon request. http://nurturingminds.co.nz Face-to-face, telephone and online services.

Some charges may apply. No referral required.

### Ministry of Social Development - Blenheim Service Centre

FSD0008013 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.

 Riverview House 11 Alfred Street Blenheim 7201

(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.

### Open Home Foundation (OHF) - Marlborough

FSD0007294 Last updated 27/10/2020

Our Mission is to provide quality child centred family focused Christian social services. The Open Home Foundation is a Christian Child and Family Support Service that works within the provisions of the Children, Young Persons and Their Families Act (1989). We have 14 centres throughout NZ and we provide quality services for children, young people and their family/whanau.

 71 Litchfield Street Blenheim 7201

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

|  |  |
| --- | --- |
| (03) 578 0807 http://www.ohf.org.nz/   | Some charges may apply. No referral required. |

### Oranga Tamariki-Ministry for Children, Blenheim

FSD0006999 Last updated 09/07/2020

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

 5th Floor, PORSE House 5 Market Street Blenheim 7201

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/

### Parenthood4D Counselling

FSD0021775 Last updated 15/02/2021

Individual counselling

Couples and family counselling and therapy

Perinatal counselling and therapy

Children and adolescents counselling

Online counselling | e-therapy

Group Therapy

Life Coaching

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

 tceban@gmail.com  8am-6pm Monday - Thursday

 (03) 579 5443 Some charges may apply.

(027) 901 9807also txt No referral required. http://www.parenthood4d.com/

### Parents Centre New Zealand Inc - Marlborough

FSD0007332 Last updated 23/04/2021

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.

 10 Alana Place Blenheim 7201

marlboroughparentscentre@gmail.com  The centre is open for sessions only, please http://www.parentscentre.org.nz/marlboro contact us via email to find out more. ugh/ Some charges may apply.

No referral required.

### Picton OSCAR Holiday Fun & After School Care

FSD0017772 Last updated 27/04/2021

After School Childcare for ages 5yr - 13yr

School Holiday Fun programme for ages 5yr -13yr

 5 Wairau Road Picton 7220

 picton.earlylearning@xtra.co.nz  School term after school 3pm - 5pm Can pick up

|  |  |  |
| --- | --- | --- |
| (03) 573 7289 **Classification : OSCAR** **Plunket - Blenheim Central** | from Picton SchoolsSchool Holidays 8.30am - 5pm Some charges may apply.No referral required. |   |
| FSD0001561 |  | Last updated 05/10/2020 |

Plunket believes in supporting the development of healthy families.

 16 Henry Street Blenheim

 southern.region@plunket.org.nz  Rooms at 16 Henry Street are open daily from

|  |  |
| --- | --- |
| (03) 578 5633(03) 539 5200 http://www.plunket.org.nz  **Renwick Oscar** | 9am-3.30pmAll services free of charge. No referral required.  |
| FSD0021289 | Last updated 18/01/2021 |

Renwick Oscar provides Before School, After School and Holiday Care for school age children and is an OSCAR approved service by the Ministry of Social Development (MSD).

Our aim is to provide an environment that provides a balance of arts and crafts, active games, trips and quiet individual time etc. Children can play and learn while you have the knowledge that it is a safe and secure environment.

 33-35 Anglesea Street Renwick 7204

 Renwick\_Oscar@yahoo.co.nz  7.30am to 5.30pm Holidays

(021) 773 132 7:30 - 9am before school (03) 572 9312 3pm - 5:30pm after school

Some charges may apply. No referral required.

**Classification : OSCAR**

### Sands - Pregnancy, baby and infant loss support - Blenheim

FSD0008160 Last updated 06/12/2020

Sands New Zealand is a network of parent run, non-profit groups supporting families who have experienced the death of a baby. We offer empathy and understanding. We are not counselers but we do offer an opportunity and environment to share experiences, to talk and to listen. We promote awareness, understanding and support for those dealing with the death of a baby in pregnancy, birth or as a newborn, and due to medical termination or other forms of reproductive loss.

|  |  |
| --- | --- |
| sangsters@gmail.com(03) 579 4212 (027) 488 1068 http://www.sands.org.nz   |  Phone and email 24/7. No set monthly meetings, will meet up as required All services free of charge.No referral required. |

### Supporting Families Marlborough

FSD0007459 Last updated 08/12/2020

SF Marlborough provides support for those families/whanau who would like support with family members, who have or may be experiencing mental health, alcohol and/or drug addiction and other underlying issues.

SF Marlborough provides a family/whanau support, education, information and advocacy service.

Our service is free, and confidential. If you want to talk things over, access services, find information, and/or meet with others we can help. https://www.facebook.com/SupportingFamiliesMarlborough

 68 Seymour Street Blenheim

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

(03) 577 5491 All services free of charge. https://www.facebook.com/SupportingFa No referral required. miliesMarlborough

### Unplanned Pregnancy Support

FSD0001592 Last updated 30/11/2020

Pregnancy Options Counselling.

 Wairau Hospital Cnr Maxwell & Hospital Roads Blenheim

 Desma.Reedy@nmdhb.govt.nz  Monday to Friday 8am to 3.30pm.

 (03) 520 6558 All services free of charge.

No referral required.

# Special Needs / Disability

### Age Concern Marlborough Inc

FSD0015472 Last updated 19/10/2020

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

 Marlborough Community Centre, Room 1 25 Alfred Street Blenheim 7201

 ageconble@xtra.co.nz  The office is open from 10 am - 1pm Monday-

 (03) 579 3457 Friday and other hours by appointment.

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

No referral required.

**Classification : EARS**

### Alzheimers Marlborough

FSD0006730 Last updated 15/03/2021

Alzheimers New Zealand represents people with dementia, their carers and families, through advocacy, raising public awareness and providing information.

 8 Wither Road Witherlea Blenheim 7201

 office.marlb@alzheimers.org.nz  Marlborough Alzheimers Society available 8am-

(03) 577 6172 4pm Monday to Friday. http://www.alzheimers.org.nz All services free of charge.

No referral required.

### CCS Disability Action - Blenheim Office

FSD0007632 Last updated 26/03/2021

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.

 Opposite Blenheim Railway Station car park 9 Sinclair Street Mayfield Blenheim 7201 blenheim.admin@ccsdisabilityaction.org.n  9.00am - 1.30pm Monday to Friday. z Please contact us to make an appointment.

 (03) 578 1170 Some charges may apply.

(0800) 227 2255 No referral required. http://www.ccsdisabilityaction.org.nz

### HealthCare NZ - Blenheim

FSD0016013 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 many other areas in which you may need help; nursing care such as post-operative care, wound care, medication management and many other specialised nursing services.

Staying in your own home has never been easier!

 Suite 3, Level 1 355 Lower Queen Street Richmond Nelson 7020

 nelson.office@healthcarenz.co.nz  Mon - Fri 8am - 5pm with after hours services

 (03) 548 2009 All services free of charge.

(0800) 263 562 Referral may apply. http://www.healthcarenz.co.nz

### Melissa Wolfe - Registered Psychologist

FSD0023056 Last updated 17/12/2020

I'm a registered psychologist operating a private practice - Nurturing Minds - where you can expect and receive an excellent standard of personalised clinical care and practice, delivered with warmth and respect, and tailored to your individual circumstances. Feel strong, capable, and valued. If you want to bring the joy back into parenting, or lead a richer, fuller and more meaningful life, you will soon be in the right place. I deliver a broad spectrum of therapy, not only for young children, but adolescents and adults also. Furthermore I provide parenting advice and behavioural support, as well as educational assessments for a variety of learning difficulties such as dyslexia. 62a Stephenson Street Blenheim 7201 melissa@nurturingminds.co.nz  Monday - Friday, 9 - 5.

(027) 209 9926 Evenings available upon request. http://nurturingminds.co.nz Face-to-face, telephone and online services.

Some charges may apply. No referral required.

### Papatuanuku Independency Trust

FSD0021400 Last updated 22/03/2021

The Papatuanuku Independency Trust was established in 1993 to promote and encourage people with an intellectual disability to achieve their highest level of independence.

We provide permanent, holistic and respectful assisted living to the adults who call it home. The Trust uses Person Centred Thinking as the basis for working with each individual, to ensure that they are treated as an individual, whilst also have the benefits of living in a group setting.

The Trust's premises and philosophy enhances lives by encouraging and supporting people to make decisions for themselves and act independently where possible. This is their home where they enjoy being accepted and are valued friends and members of their wider community.

 59 Boons Valley Road Waikawa Picton 7220

 admin@papatuanukutrust.org  We provide our services 24 hours a day, 7 days

(03) 573 5522 a week, 365 days per year. http://www.papatuanukutrust.org Some charges may apply.

Referral may apply.

### Riding for the Disabled Association - Marlborough

FSD0001559 Last updated 22/03/2021

Riding for the Disabled provides therapeutic riding for clients with physical disabilities and structured riding programmes for clients with behavioural problems, low self esteem, confidence, poor social skills etc.

 Churchwood Park 2 Taylor Pass Road Blenheim

|  |  |
| --- | --- |
| admin@mrda.org.nz (03) 578 3051 http://www.rda.org.nz   |  Monday to Friday, 9:00am - 3:00pm Some charges may apply.No referral required. |

### SPELD NZ Inc - Blenheim Local Liaison Group

FSD0007473 Last updated 01/09/2020

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

|  |  |
| --- | --- |
| 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. |

### The Personal Advocacy and Safeguarding Adults Trust - Nelson / Blenheim / Marlborough

FSD0006622 Last updated 17/08/2020

The Personal Advocacy and Safeguarding Adults Trust provides a range of safeguarding services and supports for people with care and support needs. These services include Supported Decision Making support and training, short term advocacy and life long advocacy, discretionary trust administration and a coordinated inter-agency response for Adults at Risk.

The Trust offers parents and other interested persons an opportunity to invest in peace of mind for the future through membership and enrollment. The Trust also extends support to people not enrolled in the Trust.

|  |  |
| --- | --- |
| nelson@pasat.org.nz(022) 088 7509 (03) 391 1728 http://www.PASAT.org.nz |  Monday - Friday, 9.00am - 4.30pm Some charges may apply.No referral required. |

### Workbridge Inc - Blenheim

FSD0007869 Last updated 04/03/2021

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

 Room 6 Marlborough Community Centre 25 Alfred Street Blenheim 7240 marlborough@workbridge.co.nz  Wednesday to Friday 10.00am - 4.00pm (0508) 858 858 All services free of charge.

(03) 984 3510 No referral required. http://www.workbridge.co.nz

# Youth Services

### Addictions Service Wairau Hospital Blenheim

FSD0001512 Last updated 03/11/2020

Counselling and Educational material on alcohol, drugs and addiction issues.

 Wairau Hospital Blenheim - Hospital Road Witherlea Blenheim 7201 addictionswairau@nmhs.govt.nz  Monday to Friday, 8.30am - 5pm

(03) 520 9908 All services free of charge. https://www.nmdhb.govt.nz/health- No referral required.

services/mental-health-and-addictionservices/alcohol-and-drug-services/

### Blenheim Baptist Community Church

FSD0001577 Last updated 19/01/2021

Our mission is to connect people and the community with the teachings of Jesus Christ through the practical assistance in our Community as well as teaching.

We hold services for all ages and it is our mission that we are an all inclusive Church where ALL no matter what their cultural, religious or social situation in life - will be welcomed and included.

 8 Beaver Road Blenheim 7201

 admin@blenheimbaptist.org.nz  Monday to Friday, 9am-3pm

|  |  |
| --- | --- |
| (03) 578 3676 http://www.blenheimbaptist.org   | All services free of charge. No referral required. |

### C.A.M.H.S. (Child & Adolescent Mental Health Service) Nelson Marlborough

FSD0001522 Last updated 15/02/2021

Providing specialist assessment and treatment services for children and youth with serious mental health needs e.g. Attention Deficit Hyperactivity Disorder, Depression, Anxiety.

 22 Queen Street Blenheim

referralswairaucamhs@nmdhb.govt.nz  Office Monday to Friday, 8.30am - 5pm.

(03) 520 9905

(03) 520 9999after hours Crisis Intervention Service https://www.nmdhb.govt.nz/ 0800 948 497 option 2

available after hours, weekends & public holidays.

All services free of charge. No referral required.

### CCS Disability Action - Blenheim Office

FSD0007632 Last updated 26/03/2021

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.

 Opposite Blenheim Railway Station car park 9 Sinclair Street Mayfield Blenheim 7201 blenheim.admin@ccsdisabilityaction.org.n  9.00am - 1.30pm Monday to Friday.



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| z(03) 578 1170(0800) 227 2255 http://www.ccsdisabilityaction.org.nz   | Please contact us to make an appointment.Some charges may apply.No referral required. |

### Citizens Advice Bureau - Marlborough

FSD0006918 Last updated 03/05/2021

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

 Marlborough Community Centre 25 Alfred Street Blenheim 7201

marlborough@cab.org.nz  9.30am - 4pm Mon to Fri (03) 578 4272 All services free of charge. http://www.cab.org.nz No referral required.

### Family Planning Clinic - Blenheim

FSD0007023 Last updated 18/08/2020

Family Planning works to promote a positive view of sexuality and to enable people to make informed choices about their sexual and reproductive health and well-being.

 Renown Building 68 Seymour Street Blenheim 7201

(03) 578 3047  Please ring to make an appointment http://www.familyplanning.org.nz/ Some charges may apply.

No referral required.

### Koru Institute of Training and Education Ltd

FSD0020088 Last updated 06/11/2020

Tertiary Education. Education and Training. Employment. Career Mentoring.

 5 Sutherland Terrace Blenheim 7201

 tekakama@xtra.co.nz  Monday - Tuesday 9.00am - 7.30pm

|  |  |
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| (03) 579 2268 https://kite-koru.co.nz/  **Literacy Aotearoa, Blenheim** | Wednesday - Thursday 9.00am - 4.00pm All services free of charge. Referral may apply.  |
| FSD0001536 | Last updated 13/07/2020 |

Delivering learning services to adults, assisting them to improve their literacy, numeracy and communication skills. Qualified tutors serving Marlborough since 1978. No cost to students. We deliver to individual and groups. Workplace literacy assistance provided.

Courses in:

Literacy, Language & Numeracy Upskilling

Financial Literacy & Lifeskills

Driver Education

Work Readiness

Digital Literacy

Healthy Lifestyle

 1 Criterion Lane Blenheim 7210 info.c8@literacy.org.nz (03) 577 9080 http://www.literacy.org.nz



### Maataa Waka Ki Te Tau Ihu Trust

FSD0001570

Kaupapa Maori Social Service Provider.

 56 Main Street Blenheim 7201 admin@maataawaka.co.nz (03) 577 9256 http://www.maataawaka.co.nz/



**Classification : BFC, FVSS**

9:00-12:30 Mon & Weds & Thurs, or by appointment

Off Alfred Street Roundabout All services free of charge. No referral required.

Last updated 15/03/2021

8:30am - 5pm All services free of charge. Referral may apply.

### Marlborough Mental Health Service

FSD0001567 Last updated 19/04/2021

Previously known as 'Witherlea House', the Marlborough Mental Health Service provides psychiatric assessment and treatment and case management for people experiencing severe and enduring mental health problems.

 Witherlea House - Hospital Road Blenheim 7201

 (0800) 776 364  Office available 8.00am - 4.30pm Monday to

 (03) 546 1800afterhours Friday.

 http://www.nmdhb.govt.nz For urgent after hours support, phone (03) 546

1800 and ask for the on-call crisis worker All services free of charge. Referral may apply.

### Marlborough Stroke Club

FSD0001520 Last updated 13/07/2020

To provide support, education, friendship and encouragement to those who have suffered a stroke, their carers and families.

 69 Houldsworth Street Blenheim 7201

 brivyv@gmail.com  Contact can be made at any time to either

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| --- | --- |
| (03) 578 3837(03) 578 9390 https://www.stroke.org.nz/stroke-clubs  **Marlborough Youth Trust** | Vyvienne Dunlop secretary or Caryl Simpson, President.Some charges may apply. Referral may apply.  |
| FSD0023791 | Last updated 22/12/2020 |

Marlborough Actively Support ALL youth of Marlborough. Connecting youth through events, encouraging youth into opportunities of programs and project, which builds confidence for youth to contribute back into the Marlborough Community: Youth Advocacy, 6 Youth Events: CACTUS, 2x

BLN, 1x Picton, 1x Seddon, 1x Havelock: Youth in Emergency Services Program: Young Parents Group - THRIVE: Youth Group support in Picton and Seddon. PCT Police Competency Test during NZ Youth Week. Youth Employability Programe - License to work for 18-24 year olds.

 18 Kinross Street Blenheim 7201

 info@myt.org.nz  Monday- Fri 9am-5pm

|  |  |
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| (03) 579 3143 (027) 522 2243 http://www.myt.org.nz/   | Koha/donation may apply. Referral may apply. |

### Melissa Wolfe - Registered Psychologist

FSD0023056 Last updated 17/12/2020

I'm a registered psychologist operating a private practice - Nurturing Minds - where you can expect and receive an excellent standard of personalised clinical care and practice, delivered with warmth and respect, and tailored to your individual circumstances. Feel strong, capable, and valued. If you want to bring the joy back into parenting, or lead a richer, fuller and more meaningful life,

you will soon be in the right place. I deliver a broad spectrum of therapy, not only for young children, but adolescents and adults also. Furthermore I provide parenting advice and behavioural support, as well as educational assessments for a variety of learning difficulties such as dyslexia.

 62a Stephenson Street Blenheim 7201 melissa@nurturingminds.co.nz  Monday - Friday, 9 - 5.

(027) 209 9926 Evenings available upon request. http://nurturingminds.co.nz Face-to-face, telephone and online services.

Some charges may apply. No referral required.

### Open Home Foundation (OHF) - Marlborough

FSD0007294 Last updated 27/10/2020

Our Mission is to provide quality child centred family focused Christian social services. The Open Home Foundation is a Christian Child and Family Support Service that works within the provisions of the Children, Young Persons and Their Families Act (1989). We have 14 centres throughout NZ and we provide quality services for children, young people and their family/whanau.

 71 Litchfield Street Blenheim 7201

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

(03) 578 0807 Some charges may apply. http://www.ohf.org.nz/ No referral required.

### Oranga Tamariki-Ministry for Children, Blenheim

FSD0006999 Last updated 09/07/2020

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

 5th Floor, PORSE House 5 Market Street Blenheim 7201

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 - Blenheim Central

FSD0001561 Last updated 05/10/2020

Plunket believes in supporting the development of healthy families.

 16 Henry Street Blenheim

 southern.region@plunket.org.nz  Rooms at 16 Henry Street are open daily from

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| (03) 578 5633(03) 539 5200 http://www.plunket.org.nz   | 9am-3.30pmAll services free of charge.No referral required. |

### Presbyterian Support - Marlborough

FSD0007785 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.

 22 Alfred Street Blenheim 7201

 marlborough@psusi.org.nz  8.30am - 4.30pm Monday - Friday

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| (0800) 477 874 http://psuppersouth.org.nz/   | Some charges may apply. Referral may apply. |

### Public Health Service - Nelson Marlborough

FSD0001555 Last updated 23/02/2021

Health Protection, Health Promotion, Public Health Nurses, Vision & Hearing Tester, Quit Coach, Authorised Provider of Ministry of Health Pamphlets & Posters.

 Marlborough Community Health Hub 22 Queen Street Blenheim 7201

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| --- | --- |
| PHS.Admin@nmdhb.govt.nz(03) 546 1800Nelson(03) 520 9999Marlborough http://www.nmdhb.govt.nz   |  Monday to Friday, 8.30am-5pm All services free of charge.No referral required. |

### SPELD NZ Inc - Blenheim Local Liaison Group

FSD0007473 Last updated 01/09/2020

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

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| central@speld.org.nz (0800) 773 536 http://www.speld.org.nz  **The Salvation Army - Blenheim** |  Office administration open Monday to Friday, |
| 9.00am - 3.00pm.Some charges may apply.No referral required. |   |
| FSD0001565 |  | Last updated 26/03/2021 |

Worship, community and welfare services of The Salvation Army

 Cnr George & Henry Streets 35 George St Blenheim 7201

 blenheim.corps@salvationarmy.org.nz  Office: Tuesday to Friday, 9:30am-12:30pm; Toy

 (03) 578 0862 Library: Thursday 3:00pm-4:30pm, Saturday

http://www.salvationarmy.org.nz/blenheim 10:00am-12:00pm; Sunday Worship Gathering 10am

Some charges may apply. Referral may apply.

### Victim Support - Marlborough

FSD0001566 Last updated 02/02/2021

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

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

### WellSpring Community Counselling Service

FSD0008248 Last updated 20/12/2020

We offer our community individual and group life skills courses and counselling. Many different group topics are available as listed below.

 26 Burleigh Road Redwoodtown Blenheim

 hilary@theelimcentre.com  Office hours are Tuesday & Thursday 9a.m. to

|  |  |
| --- | --- |
| (03) 578 9053 (027) 417 8620 http://www.theelimcentre.com   | 3p.m."Your Choices" and all life skills Courses are run at pre-arranged times. Morning and evening sessions are available, for men and women.Some charges may apply.Referral may apply. |

### Womens Refuge & Sexual Violence Support Centre Marlborough

FSD0007676 Last updated 01/10/2020

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

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| --- | --- |
| marlb\_refuge@xtra.co.nz(03) 577 9939 (0800) 733 843 http://www.womensrefuge.org.nz |  Office hours: 9am - 4pm Monday to Friday. Crisis Line 0800 733 843 (0800 REFUGE) or(03) 577 9939 available 24/7. Some charges may apply.No referral required. |

**Classification : FVSS, SHSS, THP**

# 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.

|  |  |
| --- | --- |
| 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.

|  |  |
| --- | --- |
| 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.

|  |  |
| --- | --- |
| (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. |