

**Community Directory**

**Carterton, Kapiti Coast, Lower Hutt City, Masterton, Porirua City, South Wairarapa, Upper Hutt City, Wellington City**

Created 05/05/2021

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# Addiction

**Al-Anon Family Groups – Wellington**

FSD0006582 Last updated 06/08/2020

Support groups for family and friends who have been affected by someone else's drinking. It is an anonymous programme.

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| --- | --- |
| office@al-anon.org.nz (0508) 425 2666 http://www.al-anon.org.nz      **Alcoholics Anonymous** | See website for times and venues All services free of charge. No referral required. |
| FSD0004099 | Last updated 07/09/2020 |

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

nzgso@aa.org.nz  Helpline available 24 hours (0800) 229 6757 All services free of charge. http://www.aa.org.nz No referral required.

**Alcoholics Anonymous - Wellington**

FSD0006722 Last updated 07/09/2020

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Unit 2 30 Downer St Lower Hutt 5010



nzgso@aa.org.nz  Office Hours Mon - Fri 9am to 2pm

(04) 472 4250 0800 number 24/7

(0800) 229 6757 All services free of charge. http://www.aa.org.nz No referral required.

**CareNZ - Kapiti**

FSD0006833 Last updated 07/08/2020

At CareNZ, we offer people with addiction – and those who love them – a wide range of services and interventions to make significant changes in their lives.

Don’t be afraid to take the first step and make contact with us – it can make all the difference.

Everything we do will be tailored to your own situation – we recognise that everyone’s different.

We are here for all people, regardless of culture, ethnicity, gender, age, sexual orientation, faith, disability, financial situation or education.

Our counselling and group work services in the community are free of charge. (Charges may apply for some services. Learn more)

We will work alongside you to find a solution that fits your individual needs. We’ll also work with those who are close to you, and we recognise the importance of whanau in the process of recovery and community re-integration.

Coastlands Shopping Centre Level 1 Coastlands Parade Kapiti Paraparaumu 5032 wellington@carenz.co.nz  8.30am - 5.00pm Monday to Friday (0800) 385 151 All services free of charge. http://www.carenz.co.nz No referral required.



**CareNZ - Lower Hutt**

FSD0022971 Last updated 07/08/2020

At CareNZ, we offer people with addiction – and those who love them – a wide range of services and interventions to make significant changes in their lives.

Don’t be afraid to take the first step and make contact with us – it can make all the difference.

Everything we do will be tailored to your own situation – we recognise that everyone’s different.

We are here for all people, regardless of culture, ethnicity, gender, age, sexual orientation, faith, disability, financial situation or education.

Our counselling and group work services in the community are free of charge. (Charges may apply for some services. Learn more)

We will work alongside you to find a solution that fits your individual needs. We’ll also work with those who are close to you, and we recognise the importance of whanau in the process of recovery and community re-integration.

Level 1 40-44 Bloomfield Terrace Lower Hutt 5010



wellington@carenz.co.nz  8:30am- 5pm (0800) 385 151 All services free of charge. http://www.carenz.co.nz No referral required.

**CareNZ - Wellington**

FSD0006832 Last updated 07/08/2020

At CareNZ, we offer people with addiction – and those who love them – a wide range of services and interventions to make significant changes in their lives.

Don’t be afraid to take the first step and make contact with us – it can make all the difference.

Everything we do will be tailored to your own situation – we recognise that everyone’s different.

We are here for all people, regardless of culture, ethnicity, gender, age, sexual orientation, faith, disability, financial situation or education.

Our counselling and group work services in the community are free of charge. (Charges may apply for some services. Learn more)

We will work alongside you to find a solution that fits your individual needs. We’ll also work with those who are close to you, and we recognise the importance of whanau in the process of recovery and community re-integration.

 Ground Level 138 The Terrace Wellington 6011

|  |  |
| --- | --- |
| wellington@carenz.co.nz  (0800) 385 151 http://www.carenz.co.nz      **CareNZ National Office** | Monday to Friday 8.30am-5pm All services free of charge. No referral required. |
| FSD0004106 | Last updated 07/08/2020 |

Alcohol and Drug Counselling services, individual and group. Drug treatment programmes inside prisons.

Ground Level 138 The Terrace Wellington 6011



(04) 384 2058  Monday to Friday 8 am - 5 pm.

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

Referral may apply.

**CCAS: Capital & Coast Addiction Services**

FSD0005368 Last updated 30/06/2020

Community Alcohol and Drug; Co-existing Disorder; Managed Withdrawal; Opioid Substitution Services for Capital Coast DHB.

Level 1 113 Adelaide Road Mount Cook Wellington 6021



cads@ccdhb.org.nz  Monday to Friday 8.30am to 5pm (closed public

(04) 494 9170 holidays)

All services free of charge. No referral required.

**Community Mental Health and Addiction Services**

FSD0003021 Last updated 24/07/2020

To provide an alcohol & drug service that is responsive to the needs of people in the Hutt Valley region who meet the Moderate to Severe Addiction Criteria

 Public Trust House 40 - 42 Queens Drive Lower Hutt

**Consultancy Advocacy And Research Trust**

FSD0020607 Last updated 22/04/2021

CART's core ethos is to be available to provide support to hard to reach and difficult to deal with communities. This is a population predominantly comprising of Maori who suffer from severe social and economic disadvantages and fall into a number of high risk groups for poor health and nutrition statistics generally arising from self defeating behaviours. We refer to the members of these communities as 'the tribe of Nga Mokai.'

Level 1 118 Tory Street Te Aro Wellington 6011



info@cart.org.nz  Mon to Fri 9am - 5pm.

(04) 384 6845

http://www.cart.org.nz Closed on public holidays.

|  |  |
| --- | --- |
| (04) 570 9801 (0800) 745 477 http://www.huttvalleydhb.org.nz | Monday - Thursday 8am - 4.30pm, Friday 8am to  4pm  All services free of charge.  Referral may apply. |

All services free of charge. No referral required.

**DHDP (Drugs and Health Development Project)**

FSD0015100 Last updated 07/04/2021

Needle Exchange service for injecting drug users to prevent the spread of blood borne viruses i.e. HIV/Aids, Hepatitis C etc. Our service is confidential and peer based. We provide harm reduction information, support, advice and a referral for all injecting drug users (including steroid users). We also provide 24 hour access to needles, syringes and other safer injecting items via an after hours electronic dispenser with sharps disposal bin. We also have an outreach service for clients who live in rural areas, have mobility issues with, etc. DHDP has branches in Masterton, Palmerston North, Whanganui and Napier.

 Ground Floor 233A Willis Street Wellington 6011

|  |  |
| --- | --- |
| info@drugsproject.co.nz  (04) 382 8404 http://www.drugsproject.co.nz      **Drug-ARM Wellington Inc.** | 9.00am - 7.30pm Monday to Friday  1.00pm - 5.00pm Saturday  Closed Sunday and Public Holidays All services free of charge. No referral required. |
| FSD0003004 | Last updated 19/01/2021 |

Sending out an awareness of making good choices regarding illegal drugs and the abuse of alcohol. Drug information and resources for addicts and those caring for addicts. Counselling referrals.

|  |  |
| --- | --- |
| drugarmwellington@gmail.com  (0800) 144 222 http://www.drugarm.org.nz      **Earthlink Incorporated** | Street Van Ministry runs Friday and Saturday nights 10pm - 2am  All services free of charge. No referral required. |
| FSD0003006 | Last updated 02/12/2020 |

Assisting people with mental health and addiction disabilities to return to full or part time employment. We run three businesses: apparel recycling and manufacture, recycling, employment training services.

25 Peterkin Street Wingate Lower Hutt 5019



office@earthlink.org.nz  Monday - Friday 8.30am - 4.30pm

(04) 567 7111 All services free of charge. https://www.earthlink.org.nz No referral required.

**Folau Alofa Charitable Trust**

FSD0003014 Last updated 01/07/2020

Empowering Pacific People to live safe and happy lives. We deliver parenting (Incredible Years) to Pacific & Other ethnic groups. We have skilled, experienced Counselors/Therapists.

34 Beach Street Petone Lower Hutt 5046



folaualofatrust@gmail.com  9am - 2pm, Monday to Friday.

(022) 034 4303 Some charges may apply. http://www.nnsvs.org.nz No referral required.

**Classification : PACIFIC**

**HALT Services Ltd**

FSD0020797 Last updated 30/07/2020

HALT Services is a privately owned and operated company that specialises in assessment and treatment of those with addiction problems. HALT Services is an approved Ministry of Health Assessment Centre for the purpose of sections 65 and 100 of the Land Transport Act 1998. If you are indefinitely disqualified we will assess and support you through the process of regaining your license. We also provide court ordered drug and alcohol assessments.

HALT Services assists individuals and families to understand addictive behaviour and to gain skills and knowledge toward making positive lifestyle changes.

Clinic Director, Rosemary Casey has over 20 years experience working in the addiction treatment field. She is a registered practitioner with the Dug & Alcohol Practitioners' Association Aotearoa New Zealand.

Whilst based in Lower Hutt, we can sometimes arrange to see people in other districts in the Greater Wellington area.

The Penthouse Offices, Level Four 21-23 Andrews Ave Lower Hutt 5010



halt\_services@xtra.co.nz  Appts made to suit and can sometimes be after

(027) 438 4258 hours. http://haltservices.com/ Some charges may apply.

Referral may apply.

**Health Promotion Agency (HPA)**

FSD0003274 Last updated 13/07/2020

The Health Promotion Agency is a Crown entity that promotes health and wellbeing, and encourages healthy lifestyles.

Level 16, Health Promotion Agency 101 The Terrace Wellington 6011



enquiries@hpa.org.nz  All services free of charge.

(04) 917 0060 No referral required. http://www.hpa.org.nz

**HealthCare NZ - Masterton**

FSD0006299 Last updated 25/10/2020

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

We offer a wide range of services designed to enable you to live your life the way you want to from the security of your own home. They include:

* personal care such as grooming, showering and dressing
* home help such as housework; assistance with meal preparation, shopping, mobility; and manyother areas in which you may need help
* nursing care such as post-operative care, wound care, medication management and many otherspecialised nursing services

Staying in your own home has never been easier!

47 Perry Street Masterton 5810



Wairarapa.office@healthcarenz.co.nz  Monday - Friday

|  |  |
| --- | --- |
| (06) 377 3600 http://www.healthcarenz.co.nz | 8am - 5pm  Some charges may apply.  Referral may apply. |

**Life Education Trust - Hutt Valley**

FSD0003052 Last updated 18/09/2020

To provide ongoing specialized health and self esteem based education programmes focusing on healthy life and recreational skills, the value of good exercise and food and the knowledge and skills that will keep children free from drugs and other legal and illegal harmful substances.

huttvalley@lifeed.org.nz  Monday - Friday 8.30am - 5pm

(04) 566 4399 Some charges may apply.

(021) 503 852 educator No referral required. https://www.lifeeducation.org.nz/

**Life Education Trust NZ**

FSD0003754 Last updated 05/10/2020

A holistic Health Resource available to Primary Schools.

41 Pipitea Street Thorndon Wellington 6011



enquiries@lifeeducation.org.nz  8am - 3pm Monday - Friday

(0800) 454 333 Some charges may apply. http://www.lifeeducation.org.nz/ No referral required.

**Maraeroa Marae Health Clinic**

FSD0004660 Last updated 10/10/2020

Maraeroa Marae Health Clinic provides clinical and health and well being services for our community in the Porirua and wider Porirua regions.

We have 5 main services, all are FREE: Well Child Tamariki Ora (child health and well-being checks 0-4years); Alcohol and Other Addictions Triage and assessments, and brief intervention Service; Cervical Screening and education; Maori Community Health/Whanau Ora (interactive programmes such as: Whare Kai - cooking classes on Mondays 10-12pm; Kaumatua Exercise and Health Education on Tuesdays 10-12pm); and Community Injury Prevention Service.

We also provide additional services here at Maraeroa Health Clinic for our people, providing easier access in your local area.

216 Warspite Avenue Waitangirua Porirua 5024



info@maraeroa.maori.nz  8.30am-5.00pm Mon - Fri,

(04) 235 8000 (except stat holidays)

https://www.maraeroa.maori.nz All services free of charge.

No referral required.

**Mental Health and Addiction Services - Hutt Valley DHB**

FSD0005854 Last updated 15/02/2021

The aim of Hutt Valley DHB's Mental Health Service is to provide a high quality mental health service to the target population for this region. We aim to ensure that high quality services are provided by trained, skilled mental health staff in a timely manner. The direction for the services is based on the national direction for mental health services and the overall direction of Hutt Valley

DHB.

Public Trust House 40-42 Queens Drive Lower Hutt



(0800) 300 042  Phone number 1 is for Hutt Hospital. Please ask (04) 570 9801 reception to transfer you to the service you http://www.mhaids.health.nz/our- require. services/community-mental-health-teams- All services free of charge. general-adult/ Referral may apply.

**Classification : PACIFIC**

**Mental Health, Addictions and Intellectual Disability Service**

FSD0023601 Last updated 24/07/2020

We provide services across Wellington, Porirua, Kapiti, the Hutt Valley and the Wairarapa, as well as some central region and national services.

tehaika@ccdhb.org.nz  24/7

(0800) 745 477 All services free of charge. http://www.mhaids.health.nz/ No referral required.

**Mind & Body Peer Advocacy Service**

FSD0023099 Last updated 02/06/2020

Peer Advocacy Service aimed at providing advocacy for individuals who are currently making use of / have used addictions or mental health services and who are experiencing difficulties with any service provider. (Difficulties/complaints need not only be about mental health or addictions providers). We aim to voice the rights of consumers who are in danger of being marginalised in society.

13A Wall Place Kenepuru Porirua 5022



advocacy@mindandbody.co.nz  Mon - Friday 8:30am to 5:00pm (0800) 11 11 42 All services free of charge. http://www.mindandbody.co.nz No referral required.

**Orongomai Marae Community Centre Trust**

FSD0003078 Last updated 22/03/2021

Orongomai Marae and Community services. To service our community in Health advocacy,

Kaumatua support service, Whanau Ora, E Tu whanau ( families standing up to o violence ), Youth at risk support, whanau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.

1 Railway Avenue Upper Hutt 5018



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

|  |  |
| --- | --- |
| (04) 528 9639 (021) 024 10254 https://www.facebook.com/OrongomaiMar ae/posts/orongomai-marae-communitytrust-centreagm9-october-2018-7pmatoffice-administrat/2367452636628044/ | 24/7 on 04 5283775  Some charges may apply.  Referral may apply. |

**Otaki Community Health Centre, Otaki Women's Health Group**

FSD0003234 Last updated 23/12/2020

Established in 1987, the Otaki Women's Health Group provides vital health, social and educational services to the Otaki community. The Otaki Women's Health Group is the Lead Tenant and Manager of the Otaki Community Health Centre.

Otaki Community Health Centre 186 Mill Road Otaki 5512



otakiwomenshealth@xtra.co.nz  Tuesday Wednesday (06) 364 6367 (Reception) Counselling 9am to 3pm

https://www.horowhenua.govt.nz/Commu All services free of charge. nity/Local-Directory/Otaki-Community- Referral may apply.

Health-Centre

**Overeaters Anonymous - Wellington**

FSD0007756 Last updated 04/02/2021

Overeaters Anonymous is a twelve-step programme for men and women, who support each other in solving their common problem of compulsive eating; including anorexia, bulimia, obesity and overeating.

overeaters.anonymous.wellington@gmail.  Please call to find out meeting days and times. com All services free of charge.

(04) 384 8821 No referral required.

(022) 655 7201call&txt https://oawellington.nz/

**Pacific Addiction & General Counselling Services Ltd**

FSD0023208 Last updated 30/06/2020

To provide the following services to individuals, couples, families and groups:

1) Alcohol and other drug counselling (education & referrals to rehabilitation programmes); 2) Generic counselling & psychological support on mental health issues such as anxiety, stress, grief and loss, depression, abuse (of any kind) and relationship issues;

1. Youth counselling (stress, depression, personality, family conflict resolution, suicidalideations/attempts, alcohol & drug use and abuse, relationship issues etc.)

Community presentation to Pacific and Non-Pacific groups on any of the above issues plus Safety Plans on suicide prevention; hope-2-recovery from suicide and sexual abuse.

1. Facilitating Community support groups for people who are 1st time offenders, re-offenders (ondrink driving, violent, anger, abusive behaviour & domestic violence etc.).

Johnsonville Community Centre 3 Frankmoore Avenue Johnsonville Wellington 6037 pacificaddiction2@gmail.com  Johnsonville Community Centre:



(021) 058 1604 Monday, Tuesday, Thursday and Friday (except

Public Holidays)

Some charges may apply. Referral may apply.

**Classification : PACIFIC**

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

1 Hewer Crescent Naenae Lower Hutt 5011



info@phshutt.co.nz  Pacific Health Service Hutt Valley

(04) 577 0394 Opening Hours: 0900 - 1700

http://www.pacifichealthhutt.co.nz Opening Days : Monday - Friday

All services free of charge. No referral required.

**Classification : PACIFIC**

**Petone Community House Incorporated**

FSD0003088 Last updated 24/08/2020

Rooms for hire for the community and local organisations for workshops, seminars, meetings, craft groups, social gatherings, music groups, church groups, meditation groups, counsellors, etc.

6 Britannia Street Petone Lower Hutt



office@pchouse.nz  House: 7am-11pm.

(04) 568 7798 Office: 11:00am-2:00pm, Monday - Friday. (other

http://www.petonecommunityhouse.nz times by appt)

Some charges may apply. No referral required.

**PGF Services - Lower Hutt Branch**

FSD0006207 Last updated 29/03/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

11 Hector Street Petone Lower Hutt 5012



help@pgf.nz  8.30am to 5.00pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Paraparaumu**

FSD0018010 Last updated 01/04/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

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PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

110 Rimu Road Paraparaumu 5032



help@pgf.nz  8.00am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Porirua Branch**

FSD0006206 Last updated 29/03/2021

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PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

16 Hagley Street Porirua City Centre Porirua 5022



help@pgf.nz  8.30am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Wellington**

FSD0006201 Last updated 01/04/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

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Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

5 Vivian Street Te Aro Wellington 6011



help@pgf.nz  8.30am to 5.00pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**Quitline**

FSD0003735 Last updated 28/08/2020

Support for people wanting to quit smoking and stay quit. Call 0800 778 778 for 24 hour free support.

|  |  |
| --- | --- |
| quit@quit.org.nz (0800) 778 778  (Free TXT) 4006 http://www.quit.org.nz | 24 hours, 7 days a week  General enquiries on 09 354 7774 All services free of charge.  No referral required. |

**Regional Public Health Wairarapa**

FSD0005267 Last updated 20/11/2020

Public health aims to keep our population well, improve health, and prevent illness.

 Regional Public Health Wairarapa 9 Russell Street Masterton

|  |  |
| --- | --- |
| phadmin@wairarapa.dhb.org.nz  (06) 377 9111 http://www.rph.org.nz/ | 8.00am - 4.30pm, Monday to Friday. RPH Hutt Valley provides after hours/on call services.  All services free of charge.  No referral required. |

**Sex and Love Addicts Anonymous (SLAA) - Wellington**

FSD0005575 Last updated 13/11/2020

Sex and Love Addicts Anonymous is a 12 step fellowship for those who want to stop a pattern of sex and love addiction.

|  |  |
| --- | --- |
| (027) 449 9366 http://www.slaawellington.org.nz | Contact via phone and email which are cleared regularly.  Our meetings take place at various times during the week. See our website for details.  Koha/donation may apply.  No referral required. |

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

**Supporting Families in Mental Illness (SFNZ) - Wairarapa**

FSD0007466 Last updated 01/10/2020

Schizophrenia Fellowship New Zealand was formed in 1977 by families, for family members experiencing forms of mental illness. Since that time it has developed further to promote the best quality of life for persons with a mental illness and or addictions.and help to support their family/whanau and caregivers' in gaining a better understanding around the issues associated with such illnesses. SFNZ is a charitable organisation and there are a number of branches nationwide that are managed by volunteer committees and members.

323 Queen Street Masterton 5810



admin@sfwai.org.nz  Family Services 9am - 5pm Monday to Friday.

|  |  |
| --- | --- |
| (06) 377 3081 http://www.sfwai.org.nz/      **Taeaomanino Trust** | All services free of charge. No referral required. |
| FSD0004737 | Last updated 01/02/2021 |

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Te Haika: mental health and addictions contact centre**

FSD0023600 Last updated 19/04/2021

Te Haika is a mental health and addictions contact centre for people in crisis or experiencing moderate to severe mental health or addiction problems. It is staffed 24 hours a day, 7 days a week by mental health and addiction professionals.

Our service is for everyone from Wellington, Porirua, Kpiti, the Hutt Valley and the Wairarapa. You can request help or a referral to a mental health or addiction service, or you may have questions you want answered by a mental health or substance dependency professional. tehaika@mhaids.health.nz 24 hours a day, 7 days a week (including public (0800) 745 477 holidays) for mental health emergency calls, (0508) 432 432 wairarapa referrals, general mental health questions http://www.mhaids.health.nz/our- All services free of charge. services/do-you-or-does-someone-you- No referral required. know-need-help-now/

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

|  |  |
| --- | --- |
| (06) 378 0140 (0800) 666 744 http://www.tehauora.org.nz      **Te Nikau Addiction Centre** | All services free of charge. No referral required. |
| FSD0003254 | Last updated 18/03/2021 |

Working with addictive/compulsive behaviours of various kinds, and family affected by addiction,

(including alcohol, drugs, gambling, food, sex, pornography, work etc.)

69 Valley Road Paraparaumu 5032



xroads@xtra.co.nz  Office hours 8.30 am to 5.00 pm Monday to

(04) 902 5828 Friday. http://www.freedomlife.org.nz Some charges may apply.

No referral required.

**Te Paepae Arahi Trust**

FSD0003119 Last updated 16/10/2020

Te Paepae Arahi Services is a kaupapa Maori service for all people. This includes Mental Health, AOD Services and Rangatahi support.

Level 1 7 Daly Street Lower Hutt Wellington 5010



charlotte@tepaepae.co.nz  9.00am-5.00pm Mon-Fri (04) 920 0696 All services free of charge. http://www.tepaepae.co.nz Referral may apply.

**Te Runanganui O Te Atiawa**

FSD0003121 Last updated 06/11/2020

Provide support, manaakitanga, professional advice, and other services to Maori organisations, Marae, Kokiri Centres and whanau, and through its tribunal rights as tangata whenua, working with private and public sector agencies in a Treaty based way. The health centre promotes a better and longer life of all Maori by way of high quality health.

Cnr Riverside Drive & Guthrie Street Lower Hutt



info@atiawa.com  8:00am-4:30pm Monday - Friday,

(04) 566 8214 Consulting hours for the Waiwhetu Medical Clinic http://www.atiawa.com are 9:00am-11:45am and 2:00pm-4:45pm

Monday - Friday

Some charges may apply. No referral required.

**The Salvation Army - Hutt City**

FSD0003124 Last updated 14/01/2021

Worship, community and welfare services of The Salvation Army.

 Cnr Kings Cresent & Cornwell Street Lower Hutt 5011

huttcity.corps@salvationarmy.org.nz

(04) 570 0273

(04) 570 0276 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/hutt-city/hutt-city-corps

**Classification : THP**

**The Salvation Army - Kilbirnie**

FSD0023597

Main office open 9:00am - 3:15pm Monday Friday.

Family Store open Monday to Friday 9am -

5.30pm. Saturday 9am-5pm.

Foodbank

Monday to Friday 9:30 to 11:30am.

Some charges may apply. Referral may apply.

Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

175 Onepu Road Lyall Bay Wellington 6022 kilbirnie\_corps@salvationarmy.org.nz  /



(04) 387 3917 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/kilbirnie/kilbirnie-corps

**The Salvation Army - Petone**

FSD0023608 Last updated 23/04/2021

Corps Plant. Worship, community and welfare services of The Salvation Army

72 Cuba Street Petone Lower Hutt 5012



petone.corps@salvationarmy.org.nz  /

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| (04) 568 2782 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/petone/petone-corps-plant | Some charges may apply. No referral required. |
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**The Salvation Army - Porirua**

FSD0023604 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

89 Warspite Avenue Cannons Creek Porirua 5024 porirua.corps@salvationarmy.org.nz  /



(04) 235 8327 Some charges may apply.

(04) 235 6266 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/porirua/porirua-corps

**The Salvation Army - Tawa**

FSD0023609 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Main Road Tawa 5028



tawa.corps@salvationarmy.org.nz  Office - Tuesday to Friday 9am-2pm

(04) 232 8023 Foodbank - Tuesday to Thursday 9am-1pm https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- No referral required. island/tawa/tawa-corps

**The Salvation Army - Upper Hutt**

FSD0002490 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

695 Fergusson Drive Elderslea Upper Hutt 5018 upperhutt\_corps@nzf.salvationarmy.org  Monday to Friday, 9.30am - 4pm.



(04) 528 6745 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-north-island/upper-hutt/upperhutt-corps

**The Salvation Army - Wairarapa (Carterton/Masterton)**

FSD0005322 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

204-210 High Street South Carterton 5713 wairarapa.area@salvationarmy.org.nz  Monday - Friday 9am - 2.30pm.



(06) 379 7176 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply. nz/lower-north-island/carterton

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

92 Vivian Street Wellington wellingtoncity.corps@salvationarmy.org.n  Drop-in Centre is open 10am-3pm Mon-Fri.



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| z  (04) 801 9278 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/wellington-city/wellington-city-corps    **Classification : THP**    **Tu Ora Compass Health** | Other services are available 9am-5pm Mon-Fri.  Phone is monitored 24/7.  Some charges may apply. Referral may apply. |
| FSD0004687 | Last updated 18/01/2021 |

Tumai provide health services in the Porirua Community. We provide GP's, nursing, physical activity, health promotion, smoking cessation and discharge co-ordination from hospital services.

 Level 4, The Willeston Centre 22-28 Willeston Street Wellington Central Wellington 6011

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| enquiries@compasshealth.org.nz  (04) 801 7808 http://www.compasshealth.org.nz/      **Whaiora Whanui Trust** | 8.30am - 5.00 pm  All services free of charge.  No referral required. |  |
| FSD0005344 |  | Last updated 27/01/2021 |

A provider of Health, Education and Social Services to Wairarapa People.

394 Queen Street Masterton



tari@whaiora.org.nz  8.30am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (06) 370 0818 (0800) 494 246 http://www.whaiora.org.nz | All services free of charge. No referral required. |

# Basic Needs

**Accessible Properties**

FSD0021007 Last updated 10/08/2020

A registered community housing provider that specialises in the disability sector. Is owned by IHC and manages their properties throughout New Zealand, from Kaitaia to Invercargill.

Offers

* Public housing in the main centres (Auckland, Hamilton, Tauranga, Wellington and Christchurch),applicants must be on the social housing register.
* Affordable rentals - only has a small number of these and many are modified for accessibility.

Acquires suitable properties (including new construction), offers tenancy management services for landlords and rental management services for tenants.

Is not an emergency housing provider.

Level 5 50 Manners Street Te Aro Wellington 6011



info@accessibleproperties.co.nz  8.30am-5pm

(0800) 862 769 Monday to Friday

http://www.accessibleproperties.co.nz All services free of charge. Referral may apply.

**Accident Compensation Corporation (ACC)**

FSD0006141 Last updated 16/03/2021

New Zealand's accident compensation scheme provides 24-hour no-fault personal accident insurance cover. Contact the National Call Centre on 0800 101 996.

information@acc.co.nz  8:30 to 5pm Monday to Friday (0800) 101 996 All services free of charge.

(04) 816 7400 No referral required. http://www.acc.co.nz

**Agape Budgeting Service**

FSD0005372 Last updated 17/07/2020

Free budgeting service with over 70 fully trained budget advisers. We operate throughout the Wellington region in the clients home and from service centers.

info@agapebudgeting.org.nz  Monday - Friday 9:00am - 5:00pm. Message (04) 477 3000 service available for urgent contact outside these http://agapebudgeting.org.nz hours.

All services free of charge. No referral required.

**Anxiety Specialists**

FSD0021020 Last updated 12/04/2021

Anxiety impacts upon everyone, directly or indirectly, at some point in our lives.

Our vision is to provide quality psychological services to see people living healthy fulfilling lives. What this means is providing effective treatment supported by research, delivered with a warm and empathetic approach, to give people the best means to cope with and recover from anxiety.

We specialise in assessing and treating adults with anxiety conditions (e.g. generalised anxiety, panic, performance anxiety, social anxiety, phobias, and OCD).

We also run effective and cost-effective online programs.

So if you're a parent with anxiety struggles, get in touch.

Tasman Building 131 Queens Drive Lower Hutt 5010



info@anxietyspecialists.co.nz  Closed Monday

(04) 386 3861 Tuesday - Friday:

http://www.anxietyspecialists.co.nz 12:00 pm – 6:00 pm Closed Saturday & Sunday Some charges may apply. Referral may apply.

**Atareira (Family/Whanau Support Service)**

FSD0007468 Last updated 17/08/2020

Atareira (Family/Whanau support service) provides support, information, education and advocacy for families/whanau members and friends of people with mental health and addiction issues across greater Wellington region.

Level 6 BNZ Tower 14 Hartham Place Porirua Wellington 6011



enquiries@atareira.org.nz  8.30am- 5.00pm Monday to Friday our service is

(04) 499 1049 mobile and can come to you. We also have

http://www.atareira.org.nz monthly day and evening support groups across

the region and offer irregular education groups in weekends.

Some charges may apply. No referral required.

**Classification : THP**

**Barnardos New Zealand**

FSD0004104 Last updated 16/06/2020

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.

Level 3 100 Tory Street Te Aro Wellington 6011



info@barnardos.org.nz  Open Monday to Friday - 8am to 5pm (0800) 227 627 Some charges may apply.

(04) 385 7560 Referral may apply. http://www.barnardos.org.nz

**Birthright Kapiti Inc**

FSD0006817 Last updated 12/01/2021

Birthright was established in 1955. It is a national organisation which works to support, strengthen and advocate for one-parent families.

110 Rimu Road Paraparaumu 5032



birthrightkapiti@outlook.com  Open Mon-Fri 8.30am-4pm

|  |  |
| --- | --- |
| (0800) 457 146 (04) 902 5748 http://www.birthright.org.nz    **Classification : BFC**    **Birthright Wellington Inc** | All services free of charge. Referral may apply. |
| FSD0006826 | Last updated 24/08/2020 |

Birthright Wellington specialises in working with family/whnau that are led by one person. We have developed (60years) a deep working knowledge of what families need to succeed on their own terms. We offer support to children & parents/caregivers in the wider Wellington region. Support includes provision of basic clothing and household goods, advocacy to intensive in-the-home social work support, helping support family/whnau work through the barriers they face, connecting with others in the community, learning new skills, children’s programmes, activities. NZ has the third highest number of single parents in the OECD, with the highest projected growth. Children living in single-parent households experience significantly higher poverty rates. The aim is to manage risks, ensure safety of children and young people and develop life skills that empower and strengthen family/whnau. All our services are free, referrals are received by organisations as well as self-referrals.

Level 1 89b Thorndon Quay Pipitea Wellington 6011



info@birthrightwellington.org.nz  9.00am - 4.00pm Monday to Friday

(04) 499 0055 All services free of charge.

(0800) 457 146 No referral required. http://www.birthright.org.nz

**Classification : FVSS**

**CareNZ National Office**

FSD0004106 Last updated 07/08/2020

Alcohol and Drug Counselling services, individual and group. Drug treatment programmes inside prisons.

Ground Level 138 The Terrace Wellington 6011



(04) 384 2058  Monday to Friday 8 am - 5 pm.

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

Referral may apply.

**Catholic Social Services**

FSD0002992 Last updated 21/08/2020

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**ChangeAbility Counselling Family Violence Services**

FSD0005315 Last updated 15/07/2020

Provides general counselling services and programmes, support and information for victims and

perpetrators of family violence and abuse.

7 Victoria Street Masterton 5810 contact@changewairarapa.org.nz 



(06) 377 0933

(06) 377 5716 http://www.changewairarapa.org.nz

**Classification : FVSS**

Office Hours are from Monday to Thursday.

8.30am to 5.00pm Voicemail and email cleared daily Some charges may apply. No referral required.

**Citizens Advice Bureau**

FSD0004108 Last updated 24/02/2021

Citizens Advice Bureau promotes knowledge and understanding of peoples' rights and responsibilities. It does this through providing the public with a free and confidential service of information, assistance, referral, and advocacy, about any question issue, or problem. It also uses the experience it gains through helping people, to exert a responsible influence on the development of local and national legislation, policies and services so that the wider community benefits.

The service is provided by trained volunteers who have access to an extensive range of resources including a comprehensive referral database of local and national organisations. The service can be accessed face to face, over the phone or by email.

Level 4 93 Boulcott St Wellington 6011



admin@cab.org.nz  You can find out the opening hours of our (04) 471 2735 locations, on our website at www.cab.org.nz (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Central Wellington**

FSD0006889 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

 James Smiths Building, Corner Manners St and Cuba - Cuba Street Wellington 6011

|  |  |
| --- | --- |
| wellingtoncentral@cab.org.nz  (04) 472 2466 (0800) 367 222 http://www.cab.org.nz | Monday 9.30am-5.15pm  Tues-Wed 9:30am-6:30pm  Thurs 9.30am - 6.00pm  Friday 9.30am-3.30pm  Sat 11am-1pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Johnsonville**

FSD0006893 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Johnsonville Community Centre 1 Frankmore Avenue Johnsonville Wellington 6037 johnsonville@cab.org.nz  Mon - Fri 9.00am - 4.30pm



(04) 478 5698 Sat 9:30am - 12 noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Kapiti**

FSD0006894 Last updated 19/01/2021

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 at First Floor, Coastlands Shoppingtown, Rimu Road, Paraparaumu Mon-Fri 9am/4pm.

1st Floor - Coastlands Shopping Centre Paraparaumu 5032



kapiti@cab.org.nz  Mon - Fri 9 - 4pm (04) 298 4944 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Karori**

FSD0023251 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Karori Community Centre 7 Beauchamp St Karori Wellington



karori@cab.org.nz  Mon - Fri: 10am - 4pm (04) 476 4595 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Kilbirnie**

FSD0006890 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way

that you can use it. If it’s appropriate, we act on your behalf.

56-58 Bay Road Kilbirnie Wellington 6022



kilbirnie@cab.org.nz  Mon - Fri 9:30am-3:00pm.

(04) 387 3573 Open until 5:30pm on Thurs. (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Lower Hutt**

FSD0006896 Last updated 12/04/2021

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.

 Ground Floor, Apex House - Corner of Queens Drive and Laings Road Central Hutt Lower

Hutt 5010

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

(04) 566 6039 Free legal clinic Thursday evenings from 6pm http://www.cab.org.nz All services free of charge.

No referral required.

**Citizens Advice Bureau - Newtown**

FSD0006899 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

1 Colombo Street Newtown Wellington 6021



newtown@cab.org.nz  Mon-Wed, Fri 9:30am-3pm.

(04) 389 3813 Thurs 9:30am-12noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Otaki**

FSD0006901 Last updated 21/01/2021

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.

65a Main Street Otaki 5512



otaki@cab.org.nz  Weekdays 9am to 3pm

|  |  |
| --- | --- |
| (06) 364 8664 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau - Petone**

FSD0006902 Last updated 06/07/2020

Free and confidential advice, information and advocacy available to everyone. Assistance on a wide variety of issues including: personal, family, consumer, employment, tenancy & accommodation issues. Justice of the Peace clinic is available by appointment.

Petone Community House 6 Britannia Street Petone Lower Hutt 5012



petone@cab.org.nz  9.30am-2.30pm, Monday to Friday.

(04) 568 8877 Wainuiomata Library Outreach Every Tuesday http://www.cab.org.nz 10.30am-12.30pm, Eastbourne Library 3rd

Tuesday of month 11am-1pm, Weltec 4th

Tuesday 11am-1pm

All services free of charge. No referral required.

**Citizens Advice Bureau - Upper Hutt**

FSD0006905 Last updated 10/11/2020

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.

2 Sinclair Street Upper Hutt 5018



upperhutt@cab.org.nz  Normal hours resume 21 Jan 2020

|  |  |
| --- | --- |
| (04) 528 9040 http://www.cab.org.nz | Monday to Thursday 9:00am - 4:30pm  Friday 9am - 12pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Wairarapa Inc**

FSD0006906 Last updated 11/09/2020

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.

CAB Wairarapa covers Masterton, Carterton, Greytown, Featherston and Martinborough.

43 Perry Street Masterton 5810 wairarapa@cab.org.nz  Monday to Friday 9am - 4pm.



|  |  |
| --- | --- |
| (06) 377 0078 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau Porirua**

FSD0006903 Last updated 08/09/2020

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.

2nd Floor, Pember House 16 Hagley Street Porirua 5022



porirua@cab.org.nz  Mon - Fri 9.30am - 3.30pm

(04) 237 8846 All services free of charge.

(04) 237 5398 No referral required. http://www.cab.org.nz

**Common Unity Project Aoteara**

FSD0024273 Last updated 03/08/2020

Our organisation is the umbrella for a number of community enterprises that enable skills development, employment, connection and resilience for local people. We are community led, and our purpose is to enable our community to feed, connect, regenerate and nourish itself by drawing upon strengths that already exist.

Central to our work is our Community Food Hub model, which includes five core components:

1. Community Café: A place to be - where local people can eat, share, connect and learn.
2. Local Food Production: The Urban Kai farm programme builds on community resources, assetsand strengths to produce food locally and shorten food supply chains.
3. Local Food Cooperative: Run by local members, provides access to food, dry goods and locallygrown produce at an accessible price.
4. Community Kitchen: For food production, learning, education and connection.
5. Learning Hub: Sharing what we know to enable other communities to lead their own foodresilience responses.

310 Waiwhetu Road Fairfield Lower Hutt 5011



julia.milne@cupa.org.nz  Subject to change - please check our website.

(04) 260 3343

https://www.commonunityproject.org.nz/ Tuesday - Saturday: 9am - 3pm Sunday and Monday: CLOSED Koha/donation may apply. No referral required.

**Connecting Communities Wairarapa**

FSD0018197 Last updated 03/12/2020

We operate a range of community-led initiatives and social services focused on increasing the well-being of our people and our community. Our collaborative approach means we can work together to achieve common goals that build strong resilient communities.

The Connecting Communities Development Team supports a range of community-led development activities, projects and events designed to bring our communities together; including Youth Development, Masterton East Community Development and Neighbourhood Support. The Social Services Team works at an individual and whanau level, working closely with their clients to develop budgeting and everyday life skills to guide, support and empower them. The Social Services Team also runs the Strengthening Families process and connects clients with other community-based agencies according to their individual needs.

2-12 Bannister Street Masterton 5810



hello@ccw.org.nz  Monday to Friday 9.00am to 4.00pm

(06) 378 8900 All services free of charge. http://www.ccw.org.nz Referral may apply.

**Classification : BFC**

**DCM**

FSD0016392 Last updated 10/08/2020

DCM works with people who are homeless in Wellington. We work with people to find and sustain housing, access a benefit and manage their money, and to connect to whnau, health and other services and supports. We call the people we work with taumai, meaning to settle. This reflects the journey we embark on together to become settled, stable and well.

We believe that, together, we can end homelessness in Wellington. Our number one priority is getting people off the streets and into sustainable living arrangements, and we offer a range of supports and services along the way to cater for everyone who walks through our door.

Kirva House 2 Lukes Lane Wellington 6011



office@dcm.org.nz  Mon & Fri: 9am-12pm (04) 384 7699 Some charges may apply. http://www.dcm.org.nz Referral may apply.

**Department of Internal Affairs**

FSD0006144 Last updated 16/11/2020

New Zealand's Department of Internal Affairs issues passports; administers civil unions; registers births, deaths, marriages and name changes; administers citizenship applications; ensures gambling is fair, legal and honest; enforces censorship law and anti-spam law and promotes internet safety; supervises anti-money laundering and countering financing of terrorism; contributes to community development by administering Lottery Grants, Community Grants Schemes, Grants Online and Trusts; provides support services and policy advice for Ministers of the Crown; and provides information technology services to government.

Department of Internal Affairs 45 Pipitea Street Wellington 6011 info@dia.govt.nz  Monday to Friday.



(04) 495 7200 Visit www.dia.govt.nz for more information.

(0800) 25 78 87 (NZ only) Some charges may apply. http://www.dia.govt.nz No referral required.

**Dwell Housing Trust**

FSD0016382 Last updated 23/07/2020

Dwell Housing Trust is a registered community housing provider delivering affordable housing for people on low incomes and in need.

Level 5 175 Victoria Street Te Aro Wellington 6011



info@dwell.org.nz  9 am to 4 pm (04) 384 4854 Some charges may apply.

(0800) 439 355 Referral may apply. http://dwell.org.nz

**Dya**

FSD0024369 Last updated 01/10/2020

Ekta is a not for profit community organization incorporated in 2017. Our purpose is to contribute towards building a more inclusive New Zealand focusing largely on recent Indian migrants in the Greater Wellington region.

We have a two-prong strategy:

1. Empowerment through knowledge and capacity development
2. Confidence growth through showcasing of heritage, history, culture, tradition and cuisine.

One of the key activities that we undertake is food distribution. The purpose is not only to contribute towards fulfilling a need of the city but also to motivate the Indian and ethnic diaspora to think beyond their confines and to become part of the city’s solution-finding team.

Undercroft 211 Willis Street Te Aro Wellington 6011



krishmeeta.shandil@hotmail.com  Can be emailed anytime (021) 104 4783 All services free of charge. http://ekta.nz/ No referral required.

**East Coast Rural Support Trust**

FSD0005277 Last updated 09/02/2021

To assist rural people confronting change to more effectively meet adverse events which arise in their lives, be they climatic, financial or personal.

treescapefarm@xtra.co.nz  24 hours Monday to Friday on 0800 number.

(0800) 787 254 All services free of charge.

(06) 868 4840 No referral required. http://www.rural-

support.org.nz/Regions/North-Island/EastCoast/Our-People

**Emerge Aotearoa - Central and Capital Coast**

FSD0003148 Last updated 22/03/2021

Emerge Aotearoa is a non government organisation that provides community-based mental health and disability support services nationwide. It was established in 2015 and is a merger of Richmond Services, Wellink Trust, Mind and Body and Recovery Solutions.

Our philosophy is based on the belief that people with mental health and disability issues can live full and rich lives in the community. We strive, in every aspect of our work, to ensure our services are person-centred, outcomes-focused and evidence-informed and are committed to providing healthy smokefree environments for all clients, staff and visitors.

71-73 Port Road Seaview Lower Hutt 5010



info@emergeaotearoa.org.nz  08.30am-05:00pm, Mon-Fri

(04) 589 9442 Some charges may apply. http://www.emergeaotearoa.org.nz Referral may apply.

**Equip Counselling Ltd**

FSD0019252 Last updated 03/04/2021

Counselling services for children, youth and adults. Parenting support. ACC sensitive claims provider.

275a Paremata Hayward’s Road Judgeford Porirua 5381



heather@equipcounselling.co.nz  Tuesday, Wednesday & Thursday - 9.00 am to

(021) 026 53722 5pm. http://equipcounselling.co.nz Some charges may apply.

No referral required.

**Evolve Youth Service**

FSD0016492 Last updated 13/07/2020

Evolve is a 'one stop shop' youth service in central Wellington. We provide free and confidential health and social services for young people aged 10 - 25 years. Services include doctor and nurse appointments for general health, sexual health and mental health, counselling, and support from youth workers and social workers. We also offer a range of groups to meet different needs, a hangout space for young people and youth development events and activities.

Level 2 James Smith Building, above Rebel Sport 65 Cuba Street Te Aro Wellington 6011 reception@evolveyouth.org.nz  Monday to Thursday 10am - 6pm



(04) 473 6204 Friday 10am - 5pm. http://www.evolveyouth.org.nz All services free of charge. Referral may apply.

**Family Finances Service Trust - Upper Hutt**

FSD0002502 Last updated 11/08/2020

Family Finances Service Trust - Upper Hutt offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers. We provide services under MSD's "Building Financial Capability" contract, and have one-to-one Financial Mentors and MoneyMates group options. We also offer presentations and workshops to interested groups in our community.

Facebook @FFSTUH

Note: Most languages have interpreters available via the Citizens Advice Bureaux's Language Link or from iSign - please let us know when making an appointment.

(off Wilson Street) - Bradley Lane Upper Hutt 5018



uhbudget@xtra.co.nz  Tues-Thurs 9:30-3:00pm

(04) 528 6998

(027) 782 0150 Please book 2-3 days ahead. Face-to-face or https://www.facebook.com/FFSTUH phone sessions available.

If you are ill, please stay home - we'll do a phone session or reschedule. :-) All services free of charge. No referral required.

**Classification : BFC**

**Family Heart Services**

FSD0022377 Last updated 22/12/2020

Family Heart provides a range of services supporting parents to find the best outcomes for their family during times of stress.

|  |  |
| --- | --- |
| admin@familyheart.co.nz  (022) 106 1574 (04) 239 8129 http://www.familyheart.co.nz | For contact 7 days per week Some charges may apply.  No referral required. |

**Family Works Hutt Valley/Greater Wellington**

FSD0007599 Last updated 19/01/2021

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

4 Exchange Street Upper Hutt 5018



familyworks-upperhutt@psc.org.nz  Office Monday-Friday 8.30am-5pm

|  |  |
| --- | --- |
| (04) 528 4164 http://www.familyworkscentral.org.nz      **Featherston's Op Shop** | 0800 FAM WORKS  Some charges may apply. No referral required. |
| FSD0024506 | Last updated 19/02/2021 |

Op shop providing a drop-off for donated household goods. Selling second hand clothing, kitchenware, glassware, furniture, crockery, books, CDs, DVDs, games, puzzles, material, pet accessories, gardening gear, tools, hardware, electrical appliances (small only), and other such things as we have from time-to-time.

54 Fitzherbert Street Featherston 5710



featherstonsopshop@gmail.com  We are open Tuesday and Wednesday 10 until 2 (022) 646 3702 plus Thursday, Friday and Saturday 10 until 4

and Sunday 11 until 2 Some charges may apply. No referral required.

**FinCap**

FSD0004125 Last updated 18/02/2021

FinCap offers support to all budgeting and financial capability services in New Zealand. We provide budgeting services with all the resources they need to help clients safely and confidentially.

FinCap is supported by the Ministry of Social Development as part of their Building Financial Capability initiative.

You can contact us for information about our service model or find a local budget service from our website, or by calling free-call 0800 345 123 (It’s free to call – even from cellphones.)

Level 6 330 Lambton Quay Te Aro Wellington 6011



kiaora@fincap.org.nz  8.00 am to 4.30 pm, Monday to Friday.

(0800) 345 123 All services free of charge.

(04) 471 1420 No referral required. http://www.fincap.org.nz/

**Classification : BFC**

**Folau Alofa Charitable Trust**

FSD0003014 Last updated 01/07/2020

Empowering Pacific People to live safe and happy lives. We deliver parenting (Incredible Years) to Pacific & Other ethnic groups. We have skilled, experienced Counselors/Therapists.

34 Beach Street Petone Lower Hutt 5046



folaualofatrust@gmail.com  9am - 2pm, Monday to Friday.

(022) 034 4303 Some charges may apply. http://www.nnsvs.org.nz No referral required.

**Classification : PACIFIC**

**Foodbank - Lower Hutt**

FSD0005441 Last updated 24/10/2020

Provides emergency food supplies to people in financial difficulty.

 27B Dudley Street Lower Hutt 5010

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| contact@lowerhuttfoodbank.org.nz  (04) 568 7392 http://www.lowerhuttfoodbank.org.nz      **Greenstone Doors** | Monday, Tuesday, Wednesday, Friday 9 - 11.30 a.m.  Please bring ID - Lower Hutt Residents only.  Some charges may apply. No referral required. |
| FSD0022050 | Last updated 23/03/2021 |

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm

|  |  |
| --- | --- |
| (04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz      **Housing New Zealand** | 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge. No referral required. |
| FSD0006146 | Last updated 08/03/2021 |

Provides New Zealanders with access to good quality, affordable homes. It is also the government's main advisor on housing, and services related to housing.

|  |  |
| --- | --- |
| enquiries1@kaingaora.govt.nz  (0800) 801 601 http://www.hnzc.co.nz | 8am-6pm Monday to Friday and 24/7 for urgent queries  Overseas callers: +64 4 439 3253 between 8am to 6pm NZT  Some charges may apply.  No referral required. |

**Hutt City Budget and Advocacy Service**

FSD0003056 Last updated 15/04/2021

To provide free financial mentoring and advocacy for any clients who seek our help.

Woburn House Level 1 40-44 Bloomfield Terrace Lower Hutt 5010



info@budgetservice.org.nz  9.00am-5.00pm Monday,Wednedsay, Thursday

(04) 566 6357 and Friday.

http://www.budgetservice.org.nz 9am to 6pm Tuesday

All services free of charge. No referral required.

**Classification : BFC**

**HV BEST**

FSD0003035 Last updated 02/03/2021

Advice and assistance to beneficiaries and low income earners, concerning 'Work and Income.

Advocacy in review of decisions processes.

3 Perry Street Heretaunga Upper Hutt



hvbest@xtra.co.nz  Monday, Wednesday and Friday 10am-2pm.

(028) 424 6295 Can assist remotely by phone or email.

(04) 529 8108 All services free of charge. http://www.hvbest.co.nz No referral required.

**Inland Revenue Department**

FSD0006148 Last updated 13/08/2020

Inland Revenue provides resources for paying parents, custodians and employers making child support deductions. It pays family assistance to working families with children aged 18 and under and are not financially independent. Family assistance is part of the Working for Families programme.

|  |  |
| --- | --- |
| (0800) 227 774 (04) 978 0738 http://www.ird.govt.nz | Calling hours:  8am to 8pm Monday to Friday, and 9am to 1pm Saturday All services free of charge.  No referral required. |

**Johnsonville Community Centre**

FSD0005470 Last updated 08/07/2020

Drop-in Monday 12.15 - 2.15pm; childcare centre; various courses, crafts, op shop, hall for hire.

Meeting rooms and hall for hire.

3 Frankmoore Avenue Johnsonville Wellington



info@johnsonvillecommunitycentre.org.nz  Office hours are Monday to Friday 8.30am -

(04) 478 8628 4.00pm http://www.johnsonvillecommunitycentre.o Some charges may apply. rg.nz/ No referral required.

**Kapiti Community Foodbank Inc.**

FSD0003206 Last updated 08/03/2021

To provide emergency food parcels to people in need on the Kapiti Coast. Servicing those from Paekakariki to Peka Peka.

15 Ngahina Street Paraparaumu 5032



foodbankkapiti@gmail.com  10am - 12pm Monday to Friday.

|  |  |
| --- | --- |
| (04) 298 1907  http://www.thekapitifoodbank.co.nz | All services free of charge. No referral required. |

**Kapiti Family Budgeting Service**

FSD0003208 Last updated 11/08/2020

To help individuals and families find security in handling their own financial affairs through the development of good money management skills.

Level 1, Coastlands Shoppingtown - State Highway 1 Paraparaumu 5032 kapitifbs@gmail.com  Monday – Thursday



(04) 902 7027 10.00 am to 4.00 pm

All services free of charge. No referral required.

**Classification : BFC**

**Kapiti Women's Centre**

FSD0003221 Last updated 01/10/2020

We are a feminist based organisation who promote the physical, mental and spiritual well being of women on the Kapiti Coast by offering support, information, referral, educational and counselling services. All services are free or low cost to ensure these services accessible to as many women as possible by removing many of the economic and social barriers that may otherwise prevent women from utilising our services

7 Ngahina Street Paraparaumu 5032



contact@kapitiwomenscentre.org.nz  The centre is open: 9:00am – 3:00pm Monday to

(04) 902 6222 Friday.

http://www.kapitiwomenscentre.org.nz

There is a message service for any after hours calls.

Some charges may apply. No referral required.

**Karori Drop-in Centre**

FSD0005477 Last updated 07/09/2020

If you’re feeling like some good company and a warm, welcoming place to be - join us for a friendly chat, toasted sandwich, cake and a cuppa on Fridays between 10am - 2pm. No bookings required.

7 Beauchamp Street Karori Wellington 6012



info@karoricommunitycentre.org.nz  Drop-in available between 10am - 2pm on

(04) 476 4968 Fridays. The Community Centre Office is open

http://www.karoricommunitycentre.org.nz/r Mon, Tues, Thurs and Friday 9.30am-2pm,

egular-events Wednesday 9.30am-6pm

Some charges may apply. No referral required.

**KiwiClass Multicultural Support Services, He Amo Taunaki**

FSD0005509 Last updated 24/03/2021

Supporting former refugees and migrants in the greater Wellington region whose first language is not English through:

* Beginner English courses
* Help in their search for work
* Homework Clubs
* Social Services

Level 1 39 Webb Street Te Aro Wellington 6011



office@kiwiclass.org.nz  Monday to Friday: 9am to 4pm

(04) 384 3693 All services free of charge. http://www.kiwiclass.org.nz No referral required.

**Kokiri Marae Keriana Olsen Trust**

FSD0006022 Last updated 06/11/2020

Committed to the health and well-being of whanau, hapu, iwi. We provide social services, health services, education services, and a Kohanga Reo.

7-9 Barnes Street Seaview Lower Hutt



info@kokiri-hauora.org.nz  Office Hours: 8.30am - 5.00pm

(04) 939 4630 All services free of charge. http://www.kokiri.org.nz No referral required.

**Classification : FVSS**

**Koraunui Marae Trust**

FSD0003046 Last updated 26/08/2020

Koraunui Marae CharitableTrust provides a variety of services through out the year. These include

Marae Hire, Youth program, OSCAR Out of School Care and Recreation, Alternative Education, Early Childhood Centre MOE Funded focused on Te Reo Maori, Marae based Health and Social services, counselling Tamariki Ora, Well Women Clinics, Whanau Support, Emergency housing and Advocacy support.

146 Stokes Valley Road Stokes Valley Lower Hutt 5019



heneriata.koraunuimarae@gmail.com  Monday - Friday 8am - 4.30pm. After hours calls

(04) 939 6662 can be made.

Some charges may apply. Referral may apply.

**Classification : OSCAR, THP**

**Lower Hutt Community Foodbank**

FSD0003057 Last updated 22/11/2020

To give emergency food relief to families in need and also to refer on to other appropriate agences eg. Citizens Advice Bureau, Work and Income where necessary.

 27B Dudley Street Lower Hutt 5040

contact@lowerhuttfoodbank.org.nz  9am - 11.30am Monday, Tuesday, Wednesday,

(04) 568 7392 Friday.

(021) 0243 1798 text only All services free of charge. https://www.lowerhuttfoodbank.org.nz/con Referral may apply. tact.html

**Martinborough WaiWaste and Food Bank**

FSD0024288 Last updated 14/08/2020

We provide a Food Rescue and Food Bank service in Martinborough and surrounding area: providing food to individuals, families and whanau who are unable otherwise to access food.

39 Strasbourge Street Martinborough 5711



mcroftnz@xtra.co.nz  Phone between 9am and 5pm Weekdays (021) 657 560 All services free of charge.

No referral required.

**Masterton Community Church**

FSD0005991 Last updated 14/08/2020

To provide quality services and support to the community by encouraging and equipping individuals to strengthen the community they live in.

117 Ngaumutawa Road Masterton 5810



office@mcclife.co.nz  Office open 9am - 2pm Tuesday to Friday.

(06) 377 1598 Some charges may apply. http://www.mcclife.co.nz No referral required.

**Masterton Foodbank Inc.**

FSD0005281 Last updated 14/09/2020

Supplies Emergency Food Parcels to families/individuals. Clients may self-refer for a parcel or

Helping Agencies working with clients may request a parcel. We do inform clients of the Supplementary Food Grant available through WINZ they may qualify for.

Shops 3 & 4 5-17 Church Street Masterton 5810



mastertonfoodbank@gmail.com  Monday - Friday 11am - 12:30 p.m.

(06) 370 8034 All services free of charge. https://www.facebook.com/mastertonfood Referral may apply. bank/

**Maureen Richardson - Hypnotherapy and Counselling**

FSD0006087 Last updated 13/03/2021

Hypnotherapy and counselling

Copperfield Complex 7/13 Seaview Road Paraparaumu Beach Paraparaumu 5252 lifedesign@xtra.co.nz  Monday - Friday: By Appointment (027) 246 2767 Saturday - Sunday: Closed http://www.maureencounselling.co.nz Some charges may apply.



No referral required.

**Meals on Wheels - Masterton**

FSD0005289 Last updated 06/11/2020

To deliver a hot meal weekdays to people who have no other options for midday meals. Short term service, subsidised. Long term service, full cost. People who have no other options available for midday meals.

Allied Health - Wairarapa Hospital Te Ore Ore Road Masterton



(06) 370 2531  Office hours: 9.00am -3.00pm Monday to Friday.

(0800) 733 276 Some charges may apply. http://www.wairarapa.dhb.org.nz Referral may apply.

**Meals On Wheels - Red Cross Kapiti Coast**

FSD0005711 Last updated 11/12/2020

Delivery of meals provided through the national health services to people approved by a GP or district nurse.

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| (04) 805 0304 https://www.redcross.org.nz/what-wedo/in-new-zealand/meals-on-wheels/ | Monday - Friday 8:30 am - 5 pm Some charges may apply.  Referral may apply. |

**New Horizons for Women: Hine Kahukura**

FSD0000519 Last updated 19/03/2021

The New Horizons for Women Trust administers a variety of monetary awards that support second chance education and foundation studies for women, research on issues affecting NZ women and girls, personal development opportunities and initiatives that further the cause of peace.

Applications open in March each year for approximately 6 weeks and are made via the website only.

The Trust is run by volunteers along with a paid Trust Manager. Funding for awards is from donations, annual sponsorship and the Trust's endowment funds.

enquiries@newhorizonsforwomen.org.nz  The New Horizons for Women Trust operates a http://www.newhorizonsforwomen.org.nz virtual office. Please email us.

All services free of charge. No referral required.

**New Zealand Red Cross - Refugee Programmes**

FSD0001929 Last updated 20/11/2020

New Zealand Red Cross is the primary provider of community resettlement programmes in New

Zealand. There are two refugee programmes - Pathways to Settlement and Pathways to Employment. Pathways to Settlement offers support to former refugees as they begin their settlement journey in New Zealand. The service offers Settlement support, Settlement planning with families, community orientation sessions and community integration.When former refugees arrive in their areas of resettlement, they are supported by our qualified social workers, case workers, cross cultural workers and trained volunteers who help them understand Kiwi culture, learn to manage systems and find work. Pathways to Employment is a service which assists with helping former refugees to find employment.

69 Molesworth St Thorndon Wellington



rachel.kidd@redcross.org.nz  9.00am - 5.00pm, Monday to Friday (0800) 733 2767 All services free of charge.

(021) 228 2030 Referral may apply. https://www.redcross.org.nz

**New Zealand Red Cross - Upper Hutt**

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| --- | --- |
| FSD0002495  Humanity both locally and overseas. | Last updated 15/10/2020 |

18 Princes Street Upper Hutt 5018



upperhutt@redcross.org.nz  9am - 1pm Mon-Fri

|  |  |
| --- | --- |
| (04) 528 9162 (0800) 733 276 http://www.redcross.org.nz | Meeting 2nd Friday of month at 1.30 pm Some charges may apply.  Referral may apply. |

**New Zealand Red Cross - Wairarapa**

FSD0005293 Last updated 30/11/2020

To help and support people in need. To have at least one First Aider in every household. First Aid training - NZQA units 6400-01-02-OSH approved trainer. Comprehensive First Aid Certificate and Revalidation available.

30 Church Street Masterton



wairarapa@redcross.org.nz  Mon - Fri, 9am - 3pm

|  |  |
| --- | --- |
| (06) 377 3586 http://www.redcross.org.nz | Some charges may apply. No referral required. |

**New Zealand Red Cross Humanitarian Services - National Office**

FSD0001103 Last updated 19/03/2021

Refugee Services (formerly RMS Refugee Resettlement) provides initial settlement services to the annual quota of 1000 refugees who are rebuilding their lives in New Zealand. Our model of service-delivery utilizes the combined strengths of our social workers, cross cultural workers, caseworkers and trained community volunteers. We are also involved in public education, advocacy, contribute to policy development and support ethnic community development. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

69 Molesworth Street Thorndon Wellington 6011



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

(04) 471 8250 All services free of charge.

(0800) 733 2767 Referral may apply. https://www.redcross.org.nz

**Newtown Budgeting & Advocacy Services Inc**

FSD0005920 Last updated 04/08/2020

Providing free, confidential, non judgmental and culturally aware budgeting advice to individuals and families to help them to resolve their own financial problems and develop their own budgeting skills. Community Education about budgeting is available for groups. Sometimes available after hours also.

Level 1, Riddiford House 94 Riddiford Street Newtown Wellington 6021 newtownbudget@xtra.co.nz  9 am - 5 pm M-F (04) 389 8121 All services free of charge.



No referral required.

**Classification : BFC**

**Ngati Kahungunu ki Poneke Community Services**

FSD0005535 Last updated 12/02/2021

We provide manaaki, tautoko and awhi for whanau. We aim to support whanau that they may build their own strategies, develop effective tools and find solutions that address their own needs. We work with individuals and whanau groups.

 Level 5 35 Victoria Street Wellington Central Wellington 6011

admin@nkkp.org.nz (04) 384 6252 http://www.nkkp.org.nz/

**Classification : FVSS**

**North Porirua Care Centre**

FSD0016502

Mon - Fri 9am - 4:30pm All services free of charge. No referral required.

Last updated 12/01/2021

NPCC is a charitable trust providing Social Work and Counselling services in the North Porirua and wider Porirua area.

The Trust fundraises to provide the free Social Work Service to anyone in the Porirua area and there are funds to offer discretionary subsidies to Counselling clients who would not otherwise be able to access the service.

69f Discovery Drive Whitby Porirua 5024



manager@npcc.org.nz  Messages can be left at any time on 04 233

(04) 233 1248 1248.

(04) 233 1248 The Centre is open Tuesdays to Saturdays and

http://www.npbc.org.nz/cms3/index.php/c some evenings ommunity-services Some charges may apply.

No referral required.

**Oasis Network Inc**

FSD0003075 Last updated 11/12/2020

We are a not for profit community mental health support service that provide Support, Advocacy and Education to people who live or work in the Hutt Valley, who self-identify as having experience of mental distress and/or illness.

We also offer transitional housing to single males and females who either have no mental illness or low to medium levels of mental illness.

 40 Bloomfield Terrace Hutt Central Lower Hutt 5010

**Orongomai Marae Community Centre Trust**

FSD0003078 Last updated 22/03/2021

Orongomai Marae and Community services. To service our community in Health advocacy,

Kaumatua support service, Whanau Ora, E Tu whanau ( families standing up to o violence ), Youth at risk support, whanau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.

1 Railway Avenue Upper Hutt 5018



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| --- | --- |
| richard.morete@oasisnetwork.org.nz  (04) 589 5897 (027) 343 8407 http://www.oasisnetwork.org.nz    **Classification : THP** | Monday 9.00 am - 4:00 pm  Tuesday 10:30 am - 4:00 pm  Wednesday 9.00 am - 4:00 pm  Thursday 9.00 am - 4:00 pm  Friday 9:00 am- 3:30 pm Some charges may apply.  No referral required. |

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

|  |  |
| --- | --- |
| (04) 528 9639 (021) 024 10254 https://www.facebook.com/OrongomaiMar ae/posts/orongomai-marae-communitytrust-centreagm9-october-2018-7pmatoffice-administrat/2367452636628044/ | 24/7 on 04 5283775  Some charges may apply.  Referral may apply. |

**Otaki Community Health Centre, Otaki Women's Health Group**

FSD0003234 Last updated 23/12/2020

Established in 1987, the Otaki Women's Health Group provides vital health, social and educational services to the Otaki community. The Otaki Women's Health Group is the Lead Tenant and Manager of the Otaki Community Health Centre.

 Otaki Community Health Centre 186 Mill Road Otaki 5512

otakiwomenshealth@xtra.co.nz (06) 364 6367 (Reception) https://www.horowhenua.govt.nz/Commu nity/Local-Directory/Otaki-CommunityHealth-Centre

**Otaki Foodbank Inc**

FSD0003236

Tuesday Wednesday

Counselling 9am to 3pm All services free of charge. Referral may apply.

Last updated 13/04/2021

Provide food in a time of crisis. Allow clients to meet unexpected financial commitments.

43 A Main Street Otaki



otakifoodbank@xtra.co.nz  9-12pm Tuesday, Wednesday, Friday. Closed

|  |  |
| --- | --- |
| (06) 364 0051      **Pacific Health Plus Ltd** | all public holidays.  All services free of charge. No referral required. |
| FSD0004798 | Last updated 03/11/2020 |

Pacific Health Plus is a very low costs doctors practice. We have staff that speak 8 Pacific languages combined. While services are primarily for Pacific peoples, we extend a friendly and warm welcome to all who may choose to seek our assistance.

4 Bedford Court Cannons Creek Porirua 5024



info@phplus.co.nz  9.00am - 5.30pm Monday - Friday.

(04) 890 3620 Some charges may apply.

(04) 918 2300 a/hrs Referral may apply. https://www.phplus.co.nz/contact

**Classification : PACIFIC**

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

1 Hewer Crescent Naenae Lower Hutt 5011



info@phshutt.co.nz  Pacific Health Service Hutt Valley

(04) 577 0394 Opening Hours: 0900 - 1700

http://www.pacifichealthhutt.co.nz Opening Days : Monday - Friday

All services free of charge. No referral required.

**Classification : PACIFIC**

**PACIFICA Inc**

FSD0001488 Last updated 29/01/2021

A National organisation for Pacific Island Women but open to all. Counselling, budgeting, moral support, advice, encouragement.

167A Wellington Street Howick Auckland 2014



pacificaexec@yahoo.com  anytime

(021) 589 212 Some charges may apply. http://www.pacifica.org.nz No referral required.

**Classification : PACIFIC**

**Parent Help Inc.**

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.

**Petone Budget Service Incorporated**

FSD0005833 Last updated 13/01/2021

Provide a free, impartial, confidential service, through one on one budgeting to individuals, families and community education. Our aim is to help individuals and families to develop adequate money management skills. Support can include:

a: Single or brief series of client contacts, through ongoing engagement focusing on an agreed client plan and goals.

b: Specialist interventions like insolvency, Kiwisaver hardship, budget education programmes, group seminars or workshops to support good financial practices, 8 week money mates programmes for free with a minimum of 4 learners.

6 Britannia Street Petone Lower Hutt 5012



manager@petonebudget.org.nz  Appts can be made by txt to 0211690479

(04) 568 8831 anytime, or email us on (021) 169 0479 manager@petonebudget.org.nz

Some charges may apply. Referral may apply.

**Classification : BFC**

**Petone Community House Incorporated**

FSD0003088 Last updated 24/08/2020

Rooms for hire for the community and local organisations for workshops, seminars, meetings, craft groups, social gatherings, music groups, church groups, meditation groups, counsellors, etc.

6 Britannia Street Petone Lower Hutt office@pchouse.nz (04) 568 7798 http://www.petonecommunityhouse.nz House: 7am-11pm.



Office: 11:00am-2:00pm, Monday - Friday. (other times by appt) Some charges may apply. No referral required.

**Pomare Taita Community Trust**

FSD0005599 Last updated 17/12/2020

Provide services that enhance and empower the wellbeing of the community.

55 Farmer Crescent Pomare Lower Hutt 5011



pomaretaitatrust@gmail.com  Monday to Friday

(04) 939 8345 9:00am to 4:30pm

https://www.facebook.com/PTCTHouse/ All services free of charge. No referral required.

**Porirua Sexual Abuse HELP Foundation**

FSD0019042 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

support@wellingtonhelp.org.nz  Variable

(04) 801 6655 All services free of charge.

(04) 801 6655 & push 0 at the menu No referral required. http://www.wellingtonhelp.org.nz

**Porirua Whanau Centre**

FSD0004753 Last updated 01/10/2020

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Pregnancy Counselling Services - Wellington**

FSD0006529 Last updated 21/07/2020

Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.

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| --- | --- |
| pregnancycounselling.info@gmail.com  (0800) 77 34 62 (021) 289 8727 http://www.pregnancycounselling.org.nz      **Raukawa Community Centre** | Freephone number available 24 hours a day, 7 days a week.  Text a counsellor 021 2898 727 (021 2TXTPCS) Email Enquiry Form is available on website.  See Facebook counselling page on messenger.  All services free of charge. No referral required. |
| FSD0023377 | Last updated 23/03/2021 |

Raukawa Centre is a new lounge in Strathmore Park, connecting Communities to meet, share, develop conversations/ideas for Community initiatives. We invite Stakeholders to bring their Services to Raukawa Community Centre, making it easier for Strathmore Park Residents to access help.

We're governed by SPCCT, who offers Free Services and Support Community Events at Raukawa Centre and Reserve.

Community Centre 67 Raukawa Street Wellington 6022



Raukawa@spcc.org.nz  Monday-Friday: 10 am- 2 pm

|  |  |  |
| --- | --- | --- |
| (04) 979 9074  (021) 022 00723      **Rimutaka Baptist Church**  FSD0002592  Services for the community. | Thursdays late: 3.30pm - 7.30pm | |
| All services free of charge. No referral required. | Last updated 04/11/2020 |

2-4 Akatarawa Rd Upper Hutt 5018



rbc.pastor@xtra.co.nz  9am - 1pm Tues-Friday

|  |  |
| --- | --- |
| (04) 526 8708 http://www.rimutakabaptist.org | Some charges may apply. No referral required. |

**Royal New Zealand Returned and Services Association**

FSD0023596 Last updated 24/08/2020

Perpetuating the comradeship born of service and to promote the general welfare of servicemen and women and former servicemen and women, and their respective dependents. To promote, foster and generally support local Associations and RSA clubs throughout New Zealand

Level 4 Anzac House 181 Willis Street Wellington 6011



enquiries@rsa.org.nz  Office hrs 8:30AM - 5PM Mon to Fri

(04) 384 7994 http://www.rsa.org.nz See website refer to support services for after

hours contact.

All services free of charge. No referral required.

**Senior Skills Ltd.**

FSD0003105 Last updated 01/02/2021

Helping people mainly over the age of forty who have skills to work in the area of home maintenance

4 Holly Grove Maungaraki Lower Hutt 5010



snrskills@xtra.co.nz  7:30am-7:30pm Mon-Sun (04) 586 7500 Some charges may apply.

(04) 589 6625 No referral required. http://www.seniorskills.co.nz

**Social Work Department - Hutt Valley District Health Board**

FSD0005834 Last updated 16/11/2020

Provides health related social work services in the Hutt Valley.

Hutt Hospital 622 High Street Lower Hutt



paulinemarie.emmens@huttvalleydhb.org.  Monday to Friday 8 am to 4.30 pm nz All services free of charge.

(04) 570 9620 Referral may apply. http://www.huttvalleydhb.org.nz

**South Wairarapa, Featherston Foodbank**

FSD0024505 Last updated 19/02/2021

Food parcels

69 Boundary Road Featherston 5771



(022) 646 3702  Open Tuesday and Thursday from 2 pm until 3

(06) 390 3663 pm

All services free of charge. No referral required.

**St Anne's Pantry Foodbank**

FSD0004695 Last updated 07/09/2020

Providing emergency food parcels to Porirua families.

C/- Porirua Citizens Advice 16 Hagley Street Porirua City



porirua@cab.org.nz  St Annes is available Tuesday, Wednesday and

(04) 237 8846 Thursday between 9.00 and midday. http://www.cab.org.nz All services free of charge.

No referral required.

**St Vincent de Paul - Porirua**

FSD0004673 Last updated 15/10/2020

A thrift shop located at 18 Mungavin Avenue.

18 Mungavin Avenue Porirua 5024



svdpporirua@gmail.com  Some charges may apply.

(04) 237 5968 No referral required.

https://www.facebook.com/StVincentdePa ulPorirua/

**St Vincent de Paul Society Wellington Area**

FSD0005583 Last updated 18/09/2020

St Vincent de Paul Society provides free welfare services in the Wellington area. These include a food bank, full-time social worker and pregnancy assistance for new mums and their babies. Our team work in a caring and practical manner to promote human dignity and justice through one-onone support to people seeking assistance.

Level 1 207 Riddiford Street Newtown Wellington 6021



info@vinnieswgtn.org.nz  Monday to Friday 9am - 3.30pm

(04) 389 7122 All services free of charge. http://www.vinnies-wellington.org.nz No referral required.

**Stand T Mia - Central Region**

FSD0007826 Last updated 03/08/2020

Vision: A World Strong with Children

Mission statement: To transform the lives of tamariki and whnau through healing trauma and restoring healthy, respectful and protective relationships so that they can thrive in their communities

3/202 Kapiti Road Paraparaumu 5032



central@standforchildren.org.nz  Office hours 8.30 am to 5.00 pm Monday to

|  |  |
| --- | --- |
| (06) 364 8069 http://www.standforchildren.org.nz      **Stokes Valley Foodbank** | Friday.  All services free of charge. Referral may apply. |
| FSD0024299 | Last updated 19/08/2020 |

We supply food, meat, fruit, vegetables, cleaning products and sanitary items to families that are in need.

398 Stokes Valley Road Stokes Valley Lower Hutt 5019



s.horn@hotmail.co.nz  Monday till 1.30pm then emergency food parcel (04) 563 6458 will be given out when someone makes contact

(027) 349 2288 before midday. After midday contact will be done

the following day.

All services free of charge. No referral required.

**SuperGrans Charitable Trust**

FSD0016647 Last updated 16/10/2020

Through Life Skills mentoring, SuperGrans Charitable Trust support people to strengthen their sustainable life skills. This is achieved through financial and home-skill mentoring to help people manage their household finances and reduce their cost of living. It is recognised that financial stress and life's challenges impact on people's health and wellbeing. We support the journey of change with skills such as home cooking, food planning and preparation, budget shopping, gardening to supplement food flavours, advocacy and household management and holistic financial mentoring to develop individual money plans to balance income and expenditure. We have a range of mentors both men and women, many who gift their time to support their communities. Using the PATH model concepts, we encourage people to dream big, build on their strengthens and not let the past define their future.

Currently our Spanish speaking Financial mentor also supports members of the Latino community in Lower Hutt

Level 2, Russell Keown House Corner Queens Drive and Laings Road Lower Hutt 5010 admin@supergran.org.nz  Monday to Friday, 8:30am - 4pm (04) 566 9778 Answer phone for messages if out of office.



(021) 074 3206 All services free of charge. http://www.supergransaotearoa.org.nz No referral required.

**Classification : BFC**

**Taeaomanino Trust**

FSD0004737 Last updated 01/02/2021

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

(06) 378 0140 All services free of charge.

(0800) 666 744 No referral required. http://www.tehauora.org.nz

**Te Kakano Trust**

FSD0003116 Last updated 19/01/2021

Te Kakano Marae provides Church Services, Community and Social gatherings to bring people together from all four corners of the world every Sunday. Sunday Mass offers bible and prayer prayer meetings, choir, kapahaka, cultural and social gatherings, training sessions for social services, cooking, karakia, waiata, powhiri, moteatea, mihi, civil defence training, meetings, board meetings, birthdays, funerals, other potential services that we could offer. If we can be of service to you and your group please email us or call.

Te Kakano Marae is also home to many Ngai Tuhoe whanau who live in the Wellington region steeped in history working and maintaining a strong presence and partnership with local iwi Ngati Toa and Atiawa.

Te Kakano Marae 136 Randwick Road Moera Lower Hutt 5010 jonas.malmanche@gmail.com  24/7



(04) 568 3885 Koha/donation may apply.

(020) 4052 4716 No referral required.

https://www.tekakanochurchmarae.com/

**Te Omanga Hospice**

FSD0003117 Last updated 26/06/2020

We provide palliative care and support to people, and their families, with a terminal or life limiting illness.

136 Woburn Road Woburn Lower Hutt 5010



admin@teomanga.org.nz  Administration: 8:30am-5pm Monday to Friday (04) 566 4535 Inpatient Unit: 24 hours per day, 7 days per http://www.teomanga.org.nz week, 365 days per year

All services free of charge. Referral may apply.

**Te Roopu Awhina ki Porirua**

FSD0015037 Last updated 05/12/2020

Te Roopu Awhina is a holistic social service provider, where our aim is to meet the needs of the whanau in our community, so that physical, emotional, spiritual and whanau wellbeing can be achieved in partnership.

1 Walton Leigh Avenue Porirua City Centre Porirua 5022



reception@tra.org.nz  Monday- Friday 9 am - 5 pm

(04) 238 4090 All services free of charge.

(0800) 872 800 Referral may apply. http://www.tra.org.nz

**Classification : BFC**

**Te Waka Whaiora Trust**

FSD0004741 Last updated 18/12/2020

Te Waka Whaiora Trust is a kaupapa Maori community based mental health service. We provide Home Based and Navigation support, a non-clinical early intervention service to help with social needs and a four bed sub-acute residential facility.

We cover the Porirua and Wellington areas.

213 - 215 Bedford Street Cannons Creek Porirua City 5024



carole@tww.org.nz  Monday - Friday 9am to 4.30pm

(04) 237 9608 All services free of charge. http://tww.org.nz Referral may apply.

**Te Whare Tiaki Wahine Refuge**

FSD0007672 Last updated 14/09/2020

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.

 Pember House, Ground Level 16 Hagley Street Porirua 5022

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| --- | --- |
| info@tiaki.org.nz (04) 237 7027 (0800) 733 843 http://www.womensrefuge.org.nz      **Tenancy Services** | 24 hour Crisis Line 0800 733 843 REFUGE Some charges may apply. No referral required. |
| FSD0006142 | Last updated 18/03/2021 |

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

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| --- | --- |
| info@tenancy.govt.nz (0800) 836 262 (Tenancy) (0800) 737 666 (Bond) https://www.tenancy.govt.nz/ | 8.00am - 5.30pm, Monday to Thursday; 9.00am -  5.30pm on Friday. Contact via Video Relay and  Language Line after 9am Some charges may apply.  No referral required. |

**Tenancy Services - Wellington**

FSD0006230 Last updated 18/03/2021

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

Level 1 205 Victoria Street Wellington



info@tenancy.govt.nz  Open 8.30 am to 4.30 pm weekdays. It is best to (0800) 836 262 call and make an appointment to see someone.

(0800) TENANCY From overseas: +64 4 238 4695 https://www.tenancy.govt.nz/ Some charges may apply.

No referral required.

**The Learning Centre & Whanau Family Support**

FSD0003150 Last updated 12/04/2021

We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services

We are an affiliated member of Literacy Aotearoa inc and the National Literacy Organisation.

55 Farmer Crescent Taita Lower Hutt 5011



manager.whanau.group@xtra.co.nz  9am - 2pm Monday to Friday

(04) 570 6020 (Available outside these hours by appointment) https://www.facebook.com/TheLearningC All services free of charge. entreWFSST/ No referral required.

**Classification : BFC**

**The Personal Advocacy and Safeguarding Adults Trust**

FSD0003884 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.

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| --- | --- |
| advocacy@pasat.org.nz  (0800) 728 7878 (0800) 728 7878 http://www.PASAT.org.nz | Monday to Friday from 9:00am to 5.00pm.  Some charges may apply.  Referral may apply. |

**The Salvation Army - Hutt City**

FSD0003124 Last updated 14/01/2021

Worship, community and welfare services of The Salvation Army.

 Cnr Kings Cresent & Cornwell Street Lower Hutt 5011

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| --- | --- |
| huttcity.corps@salvationarmy.org.nz  (04) 570 0273  (04) 570 0276 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/hutt-city/hutt-city-corps    **Classification : THP** | Main office open 9:00am - 3:15pm Monday Friday.  Family Store open Monday to Friday 9am -  5.30pm. Saturday 9am-5pm.  Foodbank  Monday to Friday 9:30 to 11:30am.  Some charges may apply. Referral may apply. |
| **The Salvation Army - Johnsonville**  FSD0005609 Last updated 19/04/2021 | |

Worship, community and welfare services of The Salvation Army

125-137 Johnsonville Road Johnsonville Wellington 6037



johnsonville.corps@salvationarmy.org.nz  Monday - Friday 9:00am - 5:00pm

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| (04) 477 4853 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/johnsonville/johnsonville-corps      **The Salvation Army - Kapiti** | Saturday 9:30am - 4:00pm  Open Sunday for Church service 10am-11:30am | |
| All services free of charge. No referral required. |  |
| FSD0003258 |  | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

Salvation Army Hall 41 Bluegum Road Paraparaumu kapiti.corps@salvationarmy.org.nz  9 am to 3 pm Monday to Friday.



(04) 297 1436 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply.

nz/lower-north-island/paraparaumu/kapiticorps

**The Salvation Army - Kilbirnie**

FSD0023597 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

175 Onepu Road Lyall Bay Wellington 6022 kilbirnie\_corps@salvationarmy.org.nz  /



(04) 387 3917 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/kilbirnie/kilbirnie-corps

**The Salvation Army - Masterton**

FSD0023603 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

204-210 High Street South Carterton



Wairarapa.area@salvationarmy.org.nz  /

(06) 379 7176 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-northisland/masterton/masterton-corps-plant

**The Salvation Army - Miramar**

FSD0023612 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

63 Miramar Avenue Miramar Wellington 6022



miramar.corps@salvationarmy.org.nz  Office hours 8.30am to 4pm

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| (04) 388 8284 https://www.salvationarmy.org.nz/centres/ nz/lower-north-island/miramar | Sunday Service 10am Some charges may apply.  No referral required. |
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**The Salvation Army - Petone**

FSD0023608 Last updated 23/04/2021

Corps Plant. Worship, community and welfare services of The Salvation Army

72 Cuba Street Petone Lower Hutt 5012



petone.corps@salvationarmy.org.nz  /

(04) 568 2782 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/petone/petone-corps-plant

**The Salvation Army - Porirua**

FSD0023604 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

89 Warspite Avenue Cannons Creek Porirua 5024 porirua.corps@salvationarmy.org.nz  /



(04) 235 8327 Some charges may apply.

(04) 235 6266 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/porirua/porirua-corps

**The Salvation Army - Tawa**

FSD0023609 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Main Road Tawa 5028



tawa.corps@salvationarmy.org.nz  Office - Tuesday to Friday 9am-2pm

(04) 232 8023 Foodbank - Tuesday to Thursday 9am-1pm https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- No referral required.

island/tawa/tawa-corps

**The Salvation Army - Upper Hutt**

FSD0002490 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

695 Fergusson Drive Elderslea Upper Hutt 5018 upperhutt\_corps@nzf.salvationarmy.org  Monday to Friday, 9.30am - 4pm.



(04) 528 6745 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-north-island/upper-hutt/upperhutt-corps

**The Salvation Army - Wairarapa (Carterton/Masterton)**

FSD0005322 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

204-210 High Street South Carterton 5713 wairarapa.area@salvationarmy.org.nz  Monday - Friday 9am - 2.30pm.



(06) 379 7176 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply. nz/lower-north-island/carterton

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

 92 Vivian Street Wellington

wellingtoncity.corps@salvationarmy.org.n z

(04) 801 9278 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/wellington-city/wellington-city-corps

**Classification : THP**

**The Wellington City Mission**

FSD0004770

Drop-in Centre is open 10am-3pm Mon-Fri.

Other services are available 9am-5pm Mon-Fri.

Phone is monitored 24/7.

Some charges may apply. Referral may apply.

Last updated 12/10/2020

For many Wellingtonians, reality is different, and life is hard. Whether you are sleeping rough, struggling to make ends meet or can’t put food on the table – The Wellington City Mission is here to help you.

We provide transitional housing, rest home and hospital-level residential care, food bag, emergency, 1:1, whnau and social work support, and financial mentoring.

We’ll walk alongside you, advocate on your behalf and support you to achieve empowerment, transformation and fullness of life.

19 Gordon Place Newtown Wellington 6021 enquiries@wgtncitymission.org.nz  Community Lounge hours.



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| --- | --- |
| (04) 245 0900 http://www.wellingtoncitymission.org.nz    **Classification : BFC, THP**    **Ti Counselling and Supervision** | 9.00am - 3.30pm Monday to Thursday  10.30am - 3.30pm Friday Some charges may apply. Referral may apply. |
| FSD0020750 | Last updated 30/11/2020 |

I offer family, couple or one on one, confidential counselling, in a safe, supportive and professional environment in Lower Hutt.

Life changes (expected and unexpected) may affect us in surprising and often challenging ways.

These changes sometimes need time to process, and it can be helpful to have a counsellor to assist this process.

I am a full member of NZAC and am ACC Registered.

1 Knights Road Hutt Central Lower Hutt 5010



sonya@ticounselling.co.nz  Counselling sessions are by appointment.

(021) 206 2450 Please call and we can make arrangements that http://www.ticounselling.co.nz suit your needs.

Some charges may apply. No referral required.

**Trust House Limited**

FSD0021093 Last updated 20/07/2020

To provide social housing to our tenants. Trust House are registered with the CHRA and have a contract with MSD for housing.

Tenants who qualify may be eligible for IRRS.

6 Queen Street Masterton 5810



craig@trusthouse.co.nz  Monday to Friday 8am to 4:30pm

|  |  |
| --- | --- |
| (06) 370 0522 http://www.trusthouse.co.nz | Some charges may apply. No referral required. |

**Upper Hutt Foodbank Incorporated**

FSD0002494 Last updated 23/03/2021

We provide emergency food to Upper Hutt citizens in financial difficulty. Where appropriate we will refer clients to other organisations for further help.

 64 Martin Street Upper Hutt 5018

uhfoodbank@gmail.com (04) 528 9057 http://upperhuttfoodbank.co.nz

**Upper Hutt Women's Centre**

FSD0003133

Monday, Wednesday and Friday 9.00 - 11.45 am

Closed Statutory Holidays. Note that Phone No 04 5289057 is only monitored when someone is at the Foodbank - there is no answerphone service.

All services free of charge. No referral required.

Last updated 01/10/2020

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018



uhwomen@xtra.co.nz  Office hours are 9:00am - 2:00pm Monday to

|  |  |
| --- | --- |
| (04) 527 0017 http://www.uhwc.co.nz      **Veterans' Affairs** | Friday, courses are held at various locations and times around Upper Hutt. Check the website for more information.  Some charges may apply. No referral required. |
| FSD0023824 | Last updated 14/01/2021 |

We provide support for qualifying veterans — as well as their family and whnau — so they can be well at home, at work, and in their communities. We also help coordinate commemorative activities, maintain over 180 Service Cemeteries throughout NZ, and manage the government's relationship with veterans and their representative organisations.

Level 6 Reserve Bank 2 The Terrace Wellington Central Wellington 6011



veterans@nzdf.mil.nz  Monday to Friday 8am to 5pm.

(0800) 483 8372 All services free of charge.

(04) 495 2070 No referral required. https://www.veteransaffairs.mil.nz

**Wainuiomata Budgeting Services Trust (Inc)**

FSD0002997 Last updated 19/03/2021

To ensure that individuals have Mentor or group support to support them with Financial Literacy & knowledge.

free confidential information, advocacy and support, budget advice, consumer information, legal advice and referrals.

Wainuiomata Community Centre 1A Queen Street Wainuiomata Lower Hutt 5014 manager.whanau.group@xtra.co.nz  Tuesdays 10am to 2pm (04) 570 6020 All services free of charge.



No referral required.

**Wainuiomata Foodbank**

FSD0005442 Last updated 19/10/2020

Provides emergency food supplies to people in financial difficulty.

Tuatahi Centre 15 Queen Street Wainuiomata 5014



admin@tuatahicentre.com  Ring in between 9am-12pm

(0800) 882 8244 Monday - Friday

https://tuatahicentre.com/ Pick up food parcels between 1pm-3pm

All services free of charge. Referral may apply.

**Wainuiomata Marae Charitable Trust**

FSD0003136 Last updated 04/02/2021

To provide services for the people of our community & throughout the region & nationally for people from all cultures and all walks of life

 Cnr Fitzherbert Road & Wellington Road Parkway Extension Wainuiomata

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| --- | --- |
| wainuiomata@xtra.co.nz  (027) 439 3413      **Wellington Night Shelter** | All services free of charge. No referral required. |
| FSD0023103 | Last updated 09/02/2021 |

The Wellington Night Shelter (WNS) is a Wellington-based charity providing accommodation for men experiencing homelessness.

The Night Shelter offers two styles of accommodation - the Crisis Accommodation comprises of 23 cubicle spaces designed to provide men with a safe, secure space to spend the night, with access to shared shower and laundry facilities, hot drinks and basic kai. The Emergency Accommodation has 22 individual bedrooms, with shared bathrooms, shared kitchen and shared social spaces that can be accessed for up to 3 months. All guests of the Night Shelter can access the social worker, night supervisors, coordinators and manager for support, advice and information.

We are open 7 days a week, every day of the year.

Daily Crisis Accommodation admission time: 4:00pm – 9:00pm

Daily Crisis Accommodation discharge time: 9:30am

Please note the Crisis Accommodation is available on a 'first come first served' basis.

304 Taranaki Street Mount Cook Wellington 6011 enquiries@wgtncitymission.org.nz  24 Hours per day



(04) 245 0900 Some charges may apply.

No referral required.

**Classification : THP**

**Wellington Red Cross - Service Centre**

FSD0003099 Last updated 15/10/2020

Refugee Services (formerly RMS Refugee Resettlement) provides initial settlement services to the annual quota of 750 refugees who are rebuilding their lives in New Zealand. Our 3-strand model of service-delivery utilizes the combined strengths of our Professional Social Workers, Cross Cultural workers and trained community volunteers. We are also involved in public education, advocacy, contribute to policy development and support ethnic community development. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

Level 2 39 Webb Street Wellington



wellington@redcross.org.nz  9am - 5pm, Monday to Friday

(04) 805 0304 All services free of charge. https://www.redcross.org.nz Referral may apply.

**Wellington Sexual Abuse HELP Foundation**

FSD0003146 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

support@wellingtonhelp.org.nz  Office hours for general enquiries and

(04) 801 6655 counselling: Monday - Friday 9:00am-5:00pm . http://www.wellingtonhelp.org.nz

Crisis support line operates 24 hours.

All services free of charge. No referral required.

**Classification : SHSS**

**Wellington Women's Health Collective**

FSD0004742 Last updated 02/11/2020

We offer listening, support, information and referral to all women for concerns about any aspect of their physical, mental or emotional health. We also offer free counselling to women on low incomes and free pregnancy testing.

Level 5 175 Victoria Street Wellington 6142



info@wwhc.org.nz  Weekdays 10am-3pm (04) 384 7709 All services free of charge.

(022) 323 5008 No referral required. http://wwhc.org.nz

**Wellington Women's House**

FSD0023705 Last updated 19/10/2020

The Wellington Women’s House provides low-cost, temporary housing for women on low incomes or in transition. For more than twenty years, it has been home to women who need a safe place to stay, often at a difficult time in their lives. Our vision is that every woman in Wellington has a safe and comfortable home that enables her to meet her needs. The house depends on volunteers and donors who give generously to provide a safe home for women in need.

house@wwbh.org.nz  Monday-Friday 9-5pm (04) 977 0453 Some charges may apply.

(021) 704 106 No referral required. http://wwbh.org.nz

**Wellington Women's Refuge**

FSD0007675 Last updated 20/08/2020

Support, information and advocacy for women and children experiencing domestic violence. Domestic violence involves one person dominating and controlling another person in a relationship, can include a range of power and control tactics which may not always involve physical violence.

We are a free and accessible service; we take self-referrals as well as referrals from agencies, Police, family and friends. To make a referral simply phone the crisis line or office.

For support ring Crisis Line: 0800 REFUGE (0800 733 843).

We provide:

- A safe and non-judgmental environment where you can be supported to make decisions for your future.

-A confidential listening ear to talk through your situation and options.

-Referrals as required and support at appointments such as the police, lawyers, court hearings, housing and Work & Income.

-Community Office open 9-5 weekdays.

-24-hour access to safe-house accommodation for those whose safety is at risk in the community.

 44 Wigan Street Te Aro Wellington 6011

advocate@wwr.org.nz  Crisis line staffed by trained support workers (0800) 733 843 (REFUGE) available 24 hours a day, 7 days a week.

(04) 473 6280 (crisis) Community Office open 9-5 weekdays. http://www.wellingtonwomensrefuge.co.nz Some charges may apply. No referral required.

**Classification : FVSS**

**Wesley Community Action**

FSD0005663 Last updated 30/04/2021

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Wesley Innovation Hub**

FSD0008271 Last updated 08/01/2021

We are a Community House that offers assistance to our local community.

206 Mungavin Avenue Porirua wesleyhouse@wesleyca.org.nz (04) 237 7923 http://www.wesleyca.org.nz/



Monday - Friday 9:30am - 5:00pm.

All services free of charge. No referral required.

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

317-327 High Street Lower Hutt 5010



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

94-96 Riddiford Street Newtown Wellington



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

All services free of charge. No referral required.

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.

21 Main Street Otaki 5512



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

-work-and-income/contact-us/find-a- All services free of charge. service-centre/central.html No referral required.

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.

4 Lydney Place Porirua 5022



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

162-164 Main Street Upper Hutt 5018



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

Shop 6 The Mall Wainuiomata 5014



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

49-51 Lincoln Road Masterton 5810



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

Ground Floor, Freemason House 195 Willis Street Wellington 6011



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

All services free of charge. No referral required.

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

Level 1, Freemason House 186-190 Willis Street Wellington



(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. Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries)  Ph1 Mon-Fri 7am - 6pm (0800) 552 002 (for 65 and over) Sat 8am - 1pm http://www.workandincome.govt.nz Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300

Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

**Youthline Wellington**

FSD0006540 Last updated 17/06/2020

Youthline’s primary purpose is to support and develop young people.

We do this through our telephone counselling, web and text services and education services, and also by training young people to volunteer at Youthline.

Youthline Wellington aims to deliver telephone and text counselling daily and education programmes primarily to youth in the Wellington region, but also to others in need. We aim to listen, be a friendly voice, empower young people to make positive decisions in their lives, and to pass on knowledge of other services that could assist our callers with their needs.

Youthline Wellington offers a free, confidential, non-judgmental telephone, text, email and web chat counselling and information service to people in the Wellington and Greater Wellington areas.

|  |  |
| --- | --- |
| office.wgtn@youthline.co.nz  (0800) 376 633 (Helpline) (04) 801 6924 (Office) http://wellington.youthline.co.nz | 24/7 Youth Help and Counselling Line  Free txt 234  Email Counselling: talk@youthline.co.nz Live chat available on website Some charges may apply.  No referral required. |

# Budgeting / Financial Capability

**Agape Budgeting Service**

FSD0005372 Last updated 17/07/2020

Free budgeting service with over 70 fully trained budget advisers. We operate throughout the Wellington region in the clients home and from service centers.

info@agapebudgeting.org.nz  Monday - Friday 9:00am - 5:00pm. Message (04) 477 3000 service available for urgent contact outside these http://agapebudgeting.org.nz hours.

All services free of charge. No referral required.

**Birthright Kapiti Inc**

FSD0006817 Last updated 12/01/2021

Birthright was established in 1955. It is a national organisation which works to support, strengthen and advocate for one-parent families.

110 Rimu Road Paraparaumu 5032



birthrightkapiti@outlook.com  Open Mon-Fri 8.30am-4pm

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| (0800) 457 146 (04) 902 5748 http://www.birthright.org.nz    **Classification : BFC**    **Birthright Wellington Inc** | All services free of charge. Referral may apply. |
| FSD0006826 | Last updated 24/08/2020 |

Birthright Wellington specialises in working with family/whnau that are led by one person. We have developed (60years) a deep working knowledge of what families need to succeed on their own terms. We offer support to children & parents/caregivers in the wider Wellington region. Support includes provision of basic clothing and household goods, advocacy to intensive in-the-home social work support, helping support family/whnau work through the barriers they face, connecting with others in the community, learning new skills, children’s programmes, activities. NZ has the third highest number of single parents in the OECD, with the highest projected growth. Children living in single-parent households experience significantly higher poverty rates. The aim is to manage risks, ensure safety of children and young people and develop life skills that empower and strengthen family/whnau. All our services are free, referrals are received by organisations as well as self-referrals.

Level 1 89b Thorndon Quay Pipitea Wellington 6011



info@birthrightwellington.org.nz  9.00am - 4.00pm Monday to Friday

(04) 499 0055 All services free of charge.

(0800) 457 146 No referral required. http://www.birthright.org.nz

**Classification : FVSS**

**Catholic Social Services**

FSD0002992 Last updated 21/08/2020

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**Citizens Advice Bureau**

FSD0004108 Last updated 24/02/2021

Citizens Advice Bureau promotes knowledge and understanding of peoples' rights and responsibilities. It does this through providing the public with a free and confidential service of information, assistance, referral, and advocacy, about any question issue, or problem. It also uses the experience it gains through helping people, to exert a responsible influence on the development of local and national legislation, policies and services so that the wider community benefits.

The service is provided by trained volunteers who have access to an extensive range of resources including a comprehensive referral database of local and national organisations. The service can be accessed face to face, over the phone or by email.

Level 4 93 Boulcott St Wellington 6011



admin@cab.org.nz  You can find out the opening hours of our (04) 471 2735 locations, on our website at www.cab.org.nz (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Central Wellington**

FSD0006889 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

James Smiths Building, Corner Manners St and Cuba - Cuba Street Wellington 6011 wellingtoncentral@cab.org.nz  Monday 9.30am-5.15pm



|  |  |
| --- | --- |
| (04) 472 2466 (0800) 367 222 http://www.cab.org.nz | Tues-Wed 9:30am-6:30pm  Thurs 9.30am - 6.00pm  Friday 9.30am-3.30pm  Sat 11am-1pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Johnsonville**

FSD0006893 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Johnsonville Community Centre 1 Frankmore Avenue Johnsonville Wellington 6037 johnsonville@cab.org.nz  Mon - Fri 9.00am - 4.30pm



(04) 478 5698 Sat 9:30am - 12 noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Kapiti**

FSD0006894 Last updated 19/01/2021

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 at First Floor, Coastlands Shoppingtown, Rimu Road, Paraparaumu Mon-Fri 9am/4pm.

1st Floor - Coastlands Shopping Centre Paraparaumu 5032



kapiti@cab.org.nz  Mon - Fri 9 - 4pm (04) 298 4944 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Karori**

FSD0023251 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Karori Community Centre 7 Beauchamp St Karori Wellington



karori@cab.org.nz  Mon - Fri: 10am - 4pm (04) 476 4595 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Kilbirnie**

FSD0006890 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

56-58 Bay Road Kilbirnie Wellington 6022



kilbirnie@cab.org.nz  Mon - Fri 9:30am-3:00pm.

(04) 387 3573 Open until 5:30pm on Thurs. (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Lower Hutt**

FSD0006896 Last updated 12/04/2021

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.

 Ground Floor, Apex House - Corner of Queens Drive and Laings Road Central Hutt Lower Hutt 5010

|  |  |
| --- | --- |
| lowerhutt@cab.org.nz (04) 566 6039 http://www.cab.org.nz | Monday to Friday 9am - 4.30pm  Free legal clinic Thursday evenings from 6pm All services free of charge.  No referral required. |

**Citizens Advice Bureau - Newtown**

FSD0006899 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

1 Colombo Street Newtown Wellington 6021



newtown@cab.org.nz  Mon-Wed, Fri 9:30am-3pm.

(04) 389 3813 Thurs 9:30am-12noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Otaki**

FSD0006901 Last updated 21/01/2021

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.

65a Main Street Otaki 5512



otaki@cab.org.nz  Weekdays 9am to 3pm

|  |  |
| --- | --- |
| (06) 364 8664 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau - Petone**

FSD0006902 Last updated 06/07/2020

Free and confidential advice, information and advocacy available to everyone. Assistance on a wide variety of issues including: personal, family, consumer, employment, tenancy & accommodation issues. Justice of the Peace clinic is available by appointment.

Petone Community House 6 Britannia Street Petone Lower Hutt 5012



petone@cab.org.nz  9.30am-2.30pm, Monday to Friday.

(04) 568 8877 Wainuiomata Library Outreach Every Tuesday http://www.cab.org.nz 10.30am-12.30pm, Eastbourne Library 3rd

Tuesday of month 11am-1pm, Weltec 4th

Tuesday 11am-1pm

All services free of charge. No referral required.

**Citizens Advice Bureau - Upper Hutt**

FSD0006905 Last updated 10/11/2020

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.

 2 Sinclair Street Upper Hutt 5018

|  |  |
| --- | --- |
| upperhutt@cab.org.nz  (04) 528 9040 http://www.cab.org.nz | Normal hours resume 21 Jan 2020  Monday to Thursday 9:00am - 4:30pm  Friday 9am - 12pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Wairarapa Inc**

FSD0006906 Last updated 11/09/2020

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.

CAB Wairarapa covers Masterton, Carterton, Greytown, Featherston and Martinborough.

43 Perry Street Masterton 5810 wairarapa@cab.org.nz  Monday to Friday 9am - 4pm.



|  |  |
| --- | --- |
| (06) 377 0078 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau Porirua**

FSD0006903 Last updated 08/09/2020

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.

2nd Floor, Pember House 16 Hagley Street Porirua 5022



porirua@cab.org.nz  Mon - Fri 9.30am - 3.30pm

(04) 237 8846 All services free of charge.

(04) 237 5398 No referral required. http://www.cab.org.nz

**Connecting Communities Wairarapa**

FSD0018197 Last updated 03/12/2020

We operate a range of community-led initiatives and social services focused on increasing the well-being of our people and our community. Our collaborative approach means we can work together to achieve common goals that build strong resilient communities.

The Connecting Communities Development Team supports a range of community-led development activities, projects and events designed to bring our communities together; including Youth Development, Masterton East Community Development and Neighbourhood Support. The Social Services Team works at an individual and whanau level, working closely with their clients to develop budgeting and everyday life skills to guide, support and empower them. The Social Services Team also runs the Strengthening Families process and connects clients with other community-based agencies according to their individual needs.

2-12 Bannister Street Masterton 5810



hello@ccw.org.nz  Monday to Friday 9.00am to 4.00pm

(06) 378 8900 All services free of charge. http://www.ccw.org.nz Referral may apply.

**Classification : BFC**

**DCM**

FSD0016392 Last updated 10/08/2020

DCM works with people who are homeless in Wellington. We work with people to find and sustain housing, access a benefit and manage their money, and to connect to whnau, health and other services and supports. We call the people we work with taumai, meaning to settle. This reflects the journey we embark on together to become settled, stable and well.

We believe that, together, we can end homelessness in Wellington. Our number one priority is getting people off the streets and into sustainable living arrangements, and we offer a range of supports and services along the way to cater for everyone who walks through our door.

Kirva House 2 Lukes Lane Wellington 6011



office@dcm.org.nz  Mon & Fri: 9am-12pm (04) 384 7699 Some charges may apply. http://www.dcm.org.nz Referral may apply.

**East Coast Rural Support Trust**

FSD0005277 Last updated 09/02/2021

To assist rural people confronting change to more effectively meet adverse events which arise in their lives, be they climatic, financial or personal.

treescapefarm@xtra.co.nz  24 hours Monday to Friday on 0800 number.

(0800) 787 254 All services free of charge.

(06) 868 4840 No referral required. http://www.rural-

support.org.nz/Regions/North-Island/EastCoast/Our-People

**Family Finances Service Trust - Upper Hutt**

FSD0002502 Last updated 11/08/2020

Family Finances Service Trust - Upper Hutt offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers. We provide services under MSD's "Building Financial Capability" contract, and have one-to-one Financial Mentors and MoneyMates group options. We also offer presentations and workshops to interested groups in our community.

Facebook @FFSTUH

Note: Most languages have interpreters available via the Citizens Advice Bureaux's Language Link or from iSign - please let us know when making an appointment.

(off Wilson Street) - Bradley Lane Upper Hutt 5018



uhbudget@xtra.co.nz  Tues-Thurs 9:30-3:00pm

(04) 528 6998

(027) 782 0150 Please book 2-3 days ahead. Face-to-face or https://www.facebook.com/FFSTUH phone sessions available.

If you are ill, please stay home - we'll do a phone session or reschedule. :-) All services free of charge. No referral required.

**Classification : BFC**

**FinCap**

FSD0004125 Last updated 18/02/2021

FinCap offers support to all budgeting and financial capability services in New Zealand. We provide budgeting services with all the resources they need to help clients safely and confidentially.

FinCap is supported by the Ministry of Social Development as part of their Building Financial Capability initiative.

You can contact us for information about our service model or find a local budget service from our website, or by calling free-call 0800 345 123 (It’s free to call – even from cellphones.)

Level 6 330 Lambton Quay Te Aro Wellington 6011



kiaora@fincap.org.nz  8.00 am to 4.30 pm, Monday to Friday.

(0800) 345 123 All services free of charge.

(04) 471 1420 No referral required. http://www.fincap.org.nz/

**Classification : BFC**

**Hutt City Budget and Advocacy Service**

FSD0003056 Last updated 15/04/2021

To provide free financial mentoring and advocacy for any clients who seek our help.

Woburn House Level 1 40-44 Bloomfield Terrace Lower Hutt 5010



info@budgetservice.org.nz  9.00am-5.00pm Monday,Wednedsay, Thursday

(04) 566 6357 and Friday.

http://www.budgetservice.org.nz 9am to 6pm Tuesday

All services free of charge. No referral required.

**Classification : BFC**

**Kapiti Family Budgeting Service**

FSD0003208 Last updated 11/08/2020

To help individuals and families find security in handling their own financial affairs through the development of good money management skills.

Level 1, Coastlands Shoppingtown - State Highway 1 Paraparaumu 5032 kapitifbs@gmail.com  Monday – Thursday



(04) 902 7027 10.00 am to 4.00 pm

All services free of charge. No referral required.

**Classification : BFC**

**Kapiti Youth Support**

FSD0003223 Last updated 15/06/2020

Kapiti Youth Support (KYS) is a free 'One-Stop-Shop' providing a confidential health and support service for young people between the ages of 10 and 24 living in Kapiti.

Our Service is available for all health concerns and issues whether physical or emotional.

Whether you need a chat over a cuppa, advice, support or treatment, we're approachable, friendly and easy to talk with... come see us!

All of our doctors, nurses, mentors, social workers and counsellors are fully trained and offer professional services which are FREE of charge!

If we can't help you, we'll know who can!

 15 Tutanekai Street Paraparaumu

kys@kys.org.nz  KYS Paraparaumu

(04) 905 9597 (Paraparaumu) 15 Tutanekai Street, Paraparaumu 5032

(027) 248 2744 txt only Mon-Fri (Phone for an appt) http://www.kys.co.nz (04) 905 9597

KYS Otaki

14 Matene Street, Otaki 5512

Tue 11.15am - 4pm(Phone for an appt)

06-364 7305

All services free of charge. Referral may apply.

**Classification : BFC, YS**

**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.

**Newtown Budgeting & Advocacy Services Inc**

FSD0005920 Last updated 04/08/2020

Providing free, confidential, non judgmental and culturally aware budgeting advice to individuals and families to help them to resolve their own financial problems and develop their own budgeting skills. Community Education about budgeting is available for groups. Sometimes available after hours also.

Level 1, Riddiford House 94 Riddiford Street Newtown Wellington 6021 newtownbudget@xtra.co.nz  9 am - 5 pm M-F (04) 389 8121 All services free of charge.



No referral required.

**Classification : BFC**

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

1 Hewer Crescent Naenae Lower Hutt 5011



info@phshutt.co.nz  Pacific Health Service Hutt Valley

(04) 577 0394 Opening Hours: 0900 - 1700

http://www.pacifichealthhutt.co.nz Opening Days : Monday - Friday

All services free of charge. No referral required.

**Classification : PACIFIC**

**PACIFICA Inc**

FSD0001488 Last updated 29/01/2021

A National organisation for Pacific Island Women but open to all. Counselling, budgeting, moral support, advice, encouragement.

167A Wellington Street Howick Auckland 2014



pacificaexec@yahoo.com  anytime

(021) 589 212 Some charges may apply. http://www.pacifica.org.nz No referral required.

**Classification : PACIFIC**

**Petone Budget Service Incorporated**

FSD0005833 Last updated 13/01/2021

Provide a free, impartial, confidential service, through one on one budgeting to individuals, families and community education. Our aim is to help individuals and families to develop adequate money management skills. Support can include:

a: Single or brief series of client contacts, through ongoing engagement focusing on an agreed client plan and goals.

b: Specialist interventions like insolvency, Kiwisaver hardship, budget education programmes, group seminars or workshops to support good financial practices, 8 week money mates programmes for free with a minimum of 4 learners.

6 Britannia Street Petone Lower Hutt 5012



manager@petonebudget.org.nz  Appts can be made by txt to 0211690479

(04) 568 8831 anytime, or email us on (021) 169 0479 manager@petonebudget.org.nz

Some charges may apply. Referral may apply.

**Classification : BFC**

**Petone Community House Incorporated**

FSD0003088 Last updated 24/08/2020

Rooms for hire for the community and local organisations for workshops, seminars, meetings, craft groups, social gatherings, music groups, church groups, meditation groups, counsellors, etc.

6 Britannia Street Petone Lower Hutt office@pchouse.nz  House: 7am-11pm.



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| (04) 568 7798 http://www.petonecommunityhouse.nz | Office: 11:00am-2:00pm, Monday - Friday. (other times by appt)  Some charges may apply.  No referral required. |

**Pomare Taita Community Trust**

FSD0005599 Last updated 17/12/2020

Provide services that enhance and empower the wellbeing of the community.

55 Farmer Crescent Pomare Lower Hutt 5011



pomaretaitatrust@gmail.com  Monday to Friday

(04) 939 8345 9:00am to 4:30pm

https://www.facebook.com/PTCTHouse/ All services free of charge. No referral required.

**Porirua Whanau Centre**

FSD0004753 Last updated 01/10/2020

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

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| (04) 237 7749 http://www.poriruawhanau.org.nz    **Classification : BFC, FVSS, OSCAR** | Some charges may apply. Referral may apply. |

**St Vincent de Paul Society Wellington Area**

FSD0005583 Last updated 18/09/2020

St Vincent de Paul Society provides free welfare services in the Wellington area. These include a food bank, full-time social worker and pregnancy assistance for new mums and their babies. Our team work in a caring and practical manner to promote human dignity and justice through one-onone support to people seeking assistance.

 Level 1 207 Riddiford Street Newtown Wellington 6021

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| info@vinnieswgtn.org.nz  (04) 389 7122 http://www.vinnies-wellington.org.nz      **SuperGrans Charitable Trust** | Monday to Friday 9am - 3.30pm All services free of charge. No referral required. |
| FSD0016647 | Last updated 16/10/2020 |

Through Life Skills mentoring, SuperGrans Charitable Trust support people to strengthen their sustainable life skills. This is achieved through financial and home-skill mentoring to help people manage their household finances and reduce their cost of living. It is recognised that financial stress and life's challenges impact on people's health and wellbeing. We support the journey of change with skills such as home cooking, food planning and preparation, budget shopping, gardening to supplement food flavours, advocacy and household management and holistic financial mentoring to develop individual money plans to balance income and expenditure. We have a range of mentors both men and women, many who gift their time to support their communities. Using the PATH model concepts, we encourage people to dream big, build on their strengthens and not let the past define their future.

Currently our Spanish speaking Financial mentor also supports members of the Latino community in Lower Hutt

Level 2, Russell Keown House Corner Queens Drive and Laings Road Lower Hutt 5010 admin@supergran.org.nz  Monday to Friday, 8:30am - 4pm



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| (04) 566 9778 (021) 074 3206 http://www.supergransaotearoa.org.nz    **Classification : BFC**    **Te Roopu Awhina ki Porirua** | Answer phone for messages if out of office.  All services free of charge. No referral required. |
| FSD0015037 | Last updated 05/12/2020 |

Te Roopu Awhina is a holistic social service provider, where our aim is to meet the needs of the whanau in our community, so that physical, emotional, spiritual and whanau wellbeing can be achieved in partnership.

 1 Walton Leigh Avenue Porirua City Centre Porirua 5022

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| reception@tra.org.nz  (04) 238 4090 (0800) 872 800 http://www.tra.org.nz    **Classification : BFC** | Monday- Friday 9 am - 5 pm All services free of charge.  Referral may apply. |

**The Learning Centre & Whanau Family Support**

FSD0003150 Last updated 12/04/2021

We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services

We are an affiliated member of Literacy Aotearoa inc and the National Literacy Organisation.

55 Farmer Crescent Taita Lower Hutt 5011



manager.whanau.group@xtra.co.nz  9am - 2pm Monday to Friday

(04) 570 6020 (Available outside these hours by appointment) https://www.facebook.com/TheLearningC All services free of charge. entreWFSST/ No referral required.

**Classification : BFC**

**The Salvation Army**

FSD0016917 Last updated 11/12/2020

Church based social service agency.

3rd Floor 202-204 Cuba Street Wellington 6011



web.master@salvationarmy.org.nz  Between 8.30am and 5pm Weekdays

(04) 802 6269 All services free of charge. http://www.salvationarmy.org.nz No referral required.

**Classification : BFC**

**The Salvation Army - Hutt City**

FSD0003124 Last updated 14/01/2021

Worship, community and welfare services of The Salvation Army.

Cnr Kings Cresent & Cornwell Street Lower Hutt 5011



huttcity.corps@salvationarmy.org.nz  Main office open 9:00am - 3:15pm Monday -

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| (04) 570 0273  (04) 570 0276 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/hutt-city/hutt-city-corps    **Classification : THP**    **The Salvation Army - Petone** | Friday.  Family Store open Monday to Friday 9am -  5.30pm. Saturday 9am-5pm.  Foodbank  Monday to Friday 9:30 to 11:30am.  Some charges may apply. Referral may apply. |
| FSD0023608 | Last updated 23/04/2021 |

Corps Plant. Worship, community and welfare services of The Salvation Army

72 Cuba Street Petone Lower Hutt 5012



petone.corps@salvationarmy.org.nz  /

(04) 568 2782 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/petone/petone-corps-plant

**The Salvation Army - Porirua**

FSD0023604 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

 89 Warspite Avenue Cannons Creek Porirua 5024

porirua.corps@salvationarmy.org.nz  /

(04) 235 8327 Some charges may apply.

(04) 235 6266 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/porirua/porirua-corps

**The Salvation Army - Tawa**

FSD0023609 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Main Road Tawa 5028



tawa.corps@salvationarmy.org.nz  Office - Tuesday to Friday 9am-2pm

(04) 232 8023 Foodbank - Tuesday to Thursday 9am-1pm https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- No referral required. island/tawa/tawa-corps

**The Salvation Army - Upper Hutt**

FSD0002490 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

695 Fergusson Drive Elderslea Upper Hutt 5018 upperhutt\_corps@nzf.salvationarmy.org  Monday to Friday, 9.30am - 4pm.



(04) 528 6745 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-north-island/upper-hutt/upperhutt-corps

**The Wellington City Mission**

FSD0004770 Last updated 12/10/2020

For many Wellingtonians, reality is different, and life is hard. Whether you are sleeping rough, struggling to make ends meet or can’t put food on the table – The Wellington City Mission is here to help you.

We provide transitional housing, rest home and hospital-level residential care, food bag, emergency, 1:1, whnau and social work support, and financial mentoring.

We’ll walk alongside you, advocate on your behalf and support you to achieve empowerment, transformation and fullness of life.

19 Gordon Place Newtown Wellington 6021 enquiries@wgtncitymission.org.nz  Community Lounge hours.



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| (04) 245 0900 http://www.wellingtoncitymission.org.nz    **Classification : BFC, THP** | 9.00am - 3.30pm Monday to Thursday  10.30am - 3.30pm Friday Some charges may apply.  Referral may apply. |

**Wainuiomata Budgeting Services Trust (Inc)**

FSD0002997 Last updated 19/03/2021

To ensure that individuals have Mentor or group support to support them with Financial Literacy & knowledge.

free confidential information, advocacy and support, budget advice, consumer information, legal advice and referrals.

Wainuiomata Community Centre 1A Queen Street Wainuiomata Lower Hutt 5014 manager.whanau.group@xtra.co.nz  Tuesdays 10am to 2pm (04) 570 6020 All services free of charge.



No referral required.

**Wainuiomata Marae Charitable Trust**

FSD0003136 Last updated 04/02/2021

To provide services for the people of our community & throughout the region & nationally for people from all cultures and all walks of life

Cnr Fitzherbert Road & Wellington Road Parkway Extension Wainuiomata wainuiomata@xtra.co.nz  All services free of charge. (027) 439 3413 No referral required.



**Wellington Citizens Advice Bureau (Budget Service)**

FSD0005664 Last updated 22/12/2020

As an affiliated member of the National Building Financial Capability Charitable Trust we are an organisation committed to providing free budgeting advice to families and individuals. As a service of the Citizens Advice Bureau we are also committed to ensuring your confidentiality. Our service operates with financial mentors who are annually trained and certificated. We offer: OneOff/Rescue/Crisis Budgeting, Ongoing Budgeting, and Educational Budgeting.

The service operates to national standards and abides by a complaints procedure that allows for independent investigation and mediation.

Your local CAB can make a referral or you can contact us direct.

Level 2 21-29 Broderick Road Johnsonville Wellington 6037 office.welcabbudget@cab.org.nz  Please call and we can arrange an appointment.



(04) 478 5690 All services free of charge. http://www.cab.org.nz No referral required.

**Classification : BFC**

**Wesley Community Action**

FSD0005663 Last updated 30/04/2021

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

317-327 High Street Lower Hutt 5010



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

 2 Vogel Street Naenae Lower Hutt 5011

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

94-96 Riddiford Street Newtown Wellington



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

All services free of charge. No referral required.

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.  21 Main Street Otaki 5512

https://www.workandincome.govt.nz/about -work-and-income/contact-us/find-aservice-centre/central.html

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.

4 Lydney Place Porirua 5022



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

 162-164 Main Street Upper Hutt 5018

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

Shop 6 The Mall Wainuiomata 5014



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

 49-51 Lincoln Road Masterton 5810

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

Ground Floor, Freemason House 195 Willis Street Wellington 6011



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

All services free of charge. No referral required.

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

 Level 1, Freemason House 186-190 Willis Street Wellington

Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries)  Ph1 Mon-Fri 7am - 6pm (0800) 552 002 (for 65 and over) Sat 8am - 1pm http://www.workandincome.govt.nz Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300

Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

# Child Care

**After School Fun Club**

FSD0022010 Last updated 22/04/2021

To provide high quality community childcare during school holidays for children from 5 - 10/11 years.

39 Cleat Street Whitby Porirua 5024



office@asfc.co.nz  7.30 - 5.30pm during school holidays (varies for

(04) 234 6440 different programmes)

https://enrolmy.com/asfc Some charges may apply.

No referral required.

**Classification : OSCAR**

**ATAMU EFKS Porirua Incorporated**

FSD0022611 Last updated 22/01/2021

We run an Early Childhood Centre (AAPE) at Waitangirua, Porirua.

We also provide prevention and intervention focus services for children, young people, their families and the community through socio-economic education and promotion that include: - Out of School and Recreation (OSCAR; Mon to Friday 3:00pm to 6:00pm and during school holidays 7:00am to 5:30pm

* Incredible Years Programmes (IYP)
* Healthy living and wellbeing (e.g. exercise programmes, vegetable gardens, nutritious cooking,budgeting, etc).

Level 1 11 Waihemo Street Waitangirua Porirua 5024



office@atamu.org.nz  09:00am to 5:00pm Mon to Friday

(04) 235 8683 Some charges may apply. http://www.atamu.org.nz No referral required.

**Classification : OSCAR**

**Autism Intervention Trust**

FSD0021427 Last updated 29/03/2021

To provide services and support, to children with autism and their families in the Wellington area, including an Oscar approved holiday programme.

Berhampore kindergarten 3-5 Stanley Street Berhampore Wellington



briaandjustin@xtra.co.nz  We operate Monday to Friday for a week in each

(021) 689 804 term Holiday and have a 2-3 week holiday

http://www.autisminterventiontrust.org.nz programme in January. Contact coordinator for details on hours.

Some charges may apply. Referral may apply.

**Classification : OSCAR**

**B Leisure International NZ Ltd**

FSD0024057 Last updated 19/10/2020

BLegends provides OSCAR approved Before and After School childcare in a safe, fun and learning environment for children aged 5 to 13 at the Trust House Recreation Centre in Masterton.

2 Dixon Street Masterton 5810



trusthousereception@belgravialeisure.co.  0730 to 1800 Monday to Friday nz Some charges may apply.

(06) 370 0060 No referral required.

(027) 442 7875 http://trusthouserecreationcentre.co.nz

**Classification : OSCAR**

**Barnardos New Zealand**

FSD0004104 Last updated 16/06/2020

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.

Level 3 100 Tory Street Te Aro Wellington 6011



info@barnardos.org.nz  Open Monday to Friday - 8am to 5pm (0800) 227 627 Some charges may apply.

(04) 385 7560 Referral may apply. http://www.barnardos.org.nz

**Bay Kids Club**

FSD0022613 Last updated 22/01/2021

Bay Kids Club Inc has been providing Before, After School care for over 20 years in Titahi Bay

29A Tireti Road Titahi Bay Porirua 5022



info@baykidsclub.co.nz  Monday to Friday 7am to 8.30am (021) 124 1077 Monday to Friday 3pm to 6.00pm

(04) 236 6582 Some charges may apply. http://baykidsclub.co.nz No referral required.

**Classification : OSCAR**

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| **Best Start Waitangirua** |  |
| FSD0021591 | Last updated 06/11/2020 |

Quality Education and care to children aged 3 months to 5 years.

20 hours ECE is available at our Centre to all children aged 3-5 years.

3 Button Lane Waitangirua Porirua 5024



waitangirua@best-start.org  Monday to Friday 730 am to 5.30 pm. We are

(04) 235 9404 closed for public holidays only.

http://www.best-start.org Some charges may apply.

No referral required.

**Bravique Kids**

FSD0024359 Last updated 04/09/2020

Bravique Kids is an Out of School Care (OSCAR) Programme providing Before/After School care and Holiday Programmes.

Our goal - to provide safe, fun childcare which encourages children to be Brave to be Unique!

Petone Central School 16 Britannia Street Petone Lower Hutt 5012



info@bravique.com  Monday - Friday 7am-6pm (022) 164 0647 Some charges may apply. http://facebook.com/braviquekids No referral required.

**Classification : OSCAR**

**Brooklyn Before School Care, After School Care & Holiday**

**Programme**

FSD0021882 Last updated 13/08/2020

We run OSCAR approved Before School Care and After School Care during school terms for Years 1 - 8.

We also run an OSCAR approved Holiday Programmes between terms for Years 1 - 8.

18 Harrison Street Brooklyn Wellington 6021



childcare@brooklyncommunitycentre.org.  7.30am - 8.30am School Terms

nz 3pm - 6pm School Terms

(04) 385 0089 8am - 6pm School Holidays

(021) 060 4230 Closed Christmas and New Year http://brooklyncommunitycentre.org.nz Some charges may apply.

No referral required.

**Classification : OSCAR**

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| **Butterflies Before and After School Care** |  |
| FSD0024406 | Last updated 29/09/2020 |

We provide before and after school care at Postgate School Hall.

Before School from 7am. After School to 6pm.

 Postgate School 3 Staithes Drive North Whitby Porirua 5024 butterfliesafterschoolcare@gmail.com  Mornings from 7am.

(027) 286 0801 After school to 6pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Cannons Creek Opportunity Centre**

FSD0022557 Last updated 10/02/2021

Provide Out of School Care, Youth & Community Programmes. As per the Constitution 2013; The charitable aims of The Cannons Creek Opportunity Centre shall be:

2.1 to promote the social, spiritual, physical, educational and emotional welfare of the People of eastern Porirua;

2.2 to promote community life in eastern Porirua;

2.3 to provide programmes and facilities for people of all ages and cultures in line with aims (2.1) and (2.2) above;

2.4 to provide, as The Centre sees fit, facilities for any activity which would help produce revenue for the support of the programmes and facilities referred to in aim (2.3) above:

2.5 to own and operate, in line with the other aims, the buildings and facilities of the Cannons Creek Opportunity Centre.

2.6 The activities of the Centre will be limited to New Zealand.

Level 2 (Upstairs) 4 Bedford Court Cannons Creek Porirua 5240



ccoc@xtra.co.nz  7am-8pm 7 Days, call to enquire.

(027) 541 2104 Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**Chelsea House Early Childhood Centre Ltd**

FSD0021489 Last updated 22/03/2021

We are a purpose built early childhood centre that is licensed for children aged 6 weeks to six years in our pre-school area and 5years to 13 years in our OSCAR approved After school and Holiday programmes.

 9 Lorien Court Raumati Paraparaumu Beach 5032

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| jo-ann@chelseahouse.co.nz  (04) 902 5437 http://www.chelseahouse.co.nz    **Classification : OSCAR** | 7am to 6pm weekdays Some charges may apply.  No referral required. |

**Children First Early Childhood Centre**

FSD0022487 Last updated 18/08/2020

Children First provides quality care and education for children under the age of five years. Open hours from 07.30 - 17.30 five days.

A boutique centre with outstanding teacher child ratios with excellent reputation for preparing children for school.

414 Fergusson Drive Heretaunga Upper Hutt 5018



childrenfirst2001@gmail.com  7.30am until 5.30pm Weekdays.

(04) 528 6059 Some charges may apply. http://www.childrenfirst.co.nz No referral required.

**Childspace Early Childhood Institute**

FSD0016432 Last updated 21/08/2020

Childspace are leaders in early childhood education in NZ. We offer excellence in care and education for children 0-5 years across our 4 centres in Wellington. We also have a institute where we provide professional development for teachers around NZ and believe that sharing our knowledge will support better care for the children of Aotearoa.

45 Helston Rd Johnsonville Wellington 6037



institute@childspace.co.nz  Our centres are open 5 days, 7:30am - 6pm.

(04) 461 7076 Our institute is open 5 days 9-3pm.

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

No referral required.

**CLM Masterton**

FSD0021954 Last updated 15/12/2020

OSCAR approved childcare, Events and Birthday Party Services.

359 Queen Street Masterton 5810



sul@clmnz.co.nz  OpeningHours:

|  |  |  |
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| (06) 378 9970 http://clmnz.co.nz/masterton    **Classification : OSCAR**    **Edens Care** | Monday - Friday 7am - 6pm Some charges may apply.  No referral required. |  |
| FSD0022823 |  | Last updated 27/09/2020 |

Eden's Care are here to help our local communities. We provide our children with the care they need when parents/guardians are unavailable to pick them up or be home with them after school or during school holidays due to work or study commitments.

We believe in the importance of showing our children love/aroha through our actions and not just with our words. We provide a family-friendly environment with activities and leisure sports where our children will not only have fun while they create happy memories; but they will also feel loved, valued and safe.

1334 A High Street Taita Lower Hutt 5011



taita@kidsonfoot.co.nz  After School Care - 2.45pm - 6pm (027) 353 9366 Some charges may apply.

No referral required.

**Classification : OSCAR**

**Education Review Office**

FSD0006145 Last updated 09/10/2020

Reviews and reports publicly on the quality of education in all New Zealand schools and early childhood services.

 Level 1, Legal House 101 Lambton Quay Wellington 6011

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| info@ero.govt.nz (04) 499 2489 http://www.ero.govt.nz      **El Rancho** | 8.00am to 5.00pm Weekdays All services free of charge. No referral required. |
| FSD0023874 | Last updated 18/12/2020 |

El Rancho offers accommodation, catering, conferences, ministry programmes and activities including OSCAR approved holiday programmes and camps. We host over 15,000 guests annually, including over 250 different groups from across Aotearoa and beyond.

El Rancho is located on a 60 acre site alongside the beach, river and beautiful native bush tracks.

58 Weggery Drive Waikanae Beach Waikanae 5036



bookings@elrancho.co.nz  Our office is open from 8am-5pm throughout the

(04) 902 6287 week, with a staff member on call after hours.

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

No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Berhampore**

FSD0023853 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children aged 5-13 years old.

105 Britomart Street Berhampore Wellington



admin@enjoychildcare.co.nz  During School Terms:

(022) 651 0773 7-9 am (Before School Care)

(027) ENJOY (36569) 3-6 pm (After School Care) http://www.enjoychildcare.co.nz

During School Holidays:

7.30 am - 6 pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Brooklyn**

FSD0022665 Last updated 06/10/2020

Enjoy Childcare provides Before/ After School Care for children age 5-14 years old as well as an OSCAR approved Holiday Programme .

We offer exciting activities for your children and have dedicated staff to deliver an awesome programme.

40 Taft Street Brooklyn Wellington



admin@enjoychildcare.co.nz  Monday - Friday

|  |  |
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| (022) 651 0773 http://www.enjoychildcare.co.nz    **Classification : OSCAR**    **Enjoy Childcare - Mornington** | Before School Care 7.00 - 9.00am  After School Care 3.00 - 6.00 pm Holiday Programme 7.00am - 6.00pm Some charges may apply. No referral required. |
| FSD0023844 | Last updated 27/11/2020 |

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children age 5-13 years old.

120 Mornington Road Mornington/ Brooklyn Wellington 6021 admin@enjoychildcare.co.nz  Monday to Friday during school term:



(027) 365 6900 7.00 - 9.00 am (Before School Care)

(022) 651 0773 3.00 - 6.00 pm (After School Care) http://www.enjoychildcare.co.nz

Monday to Friday during school holidays: 7.30 am - 6.00 pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Owhiro Bay**

FSD0023854 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children aged 5-13 years old.

96 Happy Valley Road Owhiro Bay Wellington



admin@enjoychildcare.co.nz  Monday to Friday

(022) 651 0773 During School Terms:

http://www.enjoychildcare.co.nz 7-9 am (Before School)

3-6 pm (After School)

During School Holidays:

7.30am-6pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Fun Zone Out Of School Care**

FSD0021260 Last updated 22/09/2020

Supporting families with children aged between 5-13 years with trusted and well supervised Before School Care, After School Care & Holiday Programs.

Fun Zone services:

\*BEFORE SCHOOL CARE @ the following schools - Kapanui School (Waikanae) & Waikanae

School & Waitohu Schools (Otaki) & Kenakena School (Paraparaumu)

\*AFTER SCHOOL CARE @ the following schools - Kapanui School (Waikanae) & Waikanae

School & Waitohu Schools (Otaki) & Kenakena School (Paraparaumu), Otaki School, Paekakariki School

\*HOLIDAY PROGRAMMES (x3) Waikanae Region, Paraparaumu Region & Otaki Region

Our service award winning and fully certified and approved by the Ministry Of Social Development so our parents can apply for all available Government Child Fee Subsidies.

 Fun Zone Head Office 19e Milne Drive Paraparaumu 5032

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| info@funzone.co.nz (021) 711 531 (0800) 543 9696 http://www.Funzone.co.nz    **Classification : OSCAR**    **Greenstone Doors** | Before School Programs (based @ Kapanui &  Waikanae School) 7:00am - 8:30am  After School Programs 3:00pm - 7:00pm  School Holidays 7:30am - 6:00pm Office Hours - 9:00am - 5:00pm Some charges may apply. No referral required. |
| FSD0022050 | Last updated 23/03/2021 |

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm

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| (04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz | 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge.  No referral required. |

**H2O Xtream Holiday Programme**

FSD0022441 Last updated 22/01/2021

We provide community-based holiday programme offering fun and varied activities during school holidays. Fully OSCAR-funded, and a part of the local council.

13 Brown Street Wallaceville Upper Hutt 5018



h2oxtream@uhcc.govt.nz  Holiday programme available from 7.30am - 6pm

(04) 527 2113 every school holiday day.

http://h2oxtream.com Some charges may apply.

No referral required.

**Classification : OSCAR**

**Happy Days Out of School Care**

FSD0023477 Last updated 19/03/2021

We are a primary school-aged out-of-school care business, catering for ages 5 to (about) 11 between the hours of 7.00 am and 6.00 pm on week days. We are OSCAR approved.

12-14 Royal Street Upper Hutt 5018



afterschoolcare@xtra.co.nz  Weekdays during school: 7.00-9.00 am and

(04) 528 4455 3.00-6.00pm

https://www.facebook.com/happydaysbefo Weekdays during school holidays: 7.00am till

reandafterschoolcare/ 6.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

**Hataitai After School Care**

FSD0021836 Last updated 28/07/2020

We provide after school care to the children of Hataitai School.

2 Arawa Rd Hataitai Wellington 6021



hataitaiasci@gmail.com  2.30pm- 5.45pm or anytime via email.

(027) 248 3378 Some charges may apply. http://www.hataitai.school.nz/after-school- No referral required. care.html

**Classification : OSCAR**

**He Huarahi Tamariki, School for Teenage Parents**

FSD0016733 Last updated 12/10/2020

He Huarahi Tamariki provides a second chance education for students who have experienced an interrupted education due to pregnancy or childbirth.

9 Matai Street Linden Wellington 5028



paulah@hht.school.nz  9am - 3pm during the four terms of the academic

(04) 232 0956 year. http://www.hht.school.nz All services free of charge.

Referral may apply.

**Heretaunga Park Early Learning Centre & Out of School Care**

FSD0024439 Last updated 02/11/2020

We are an Early Learning Centre and an OSCAR provider based at the same premises. We provide a one stop shop for parents with children attending both the Early Learning Centre and Before and after school care. Our services are of high quality care and education for both pre school and school aged children.

33 Kiwi Street Heretaunga Upper Hutt 5018



heretaungaparkadmin@icloud.com  We are open Monday-Friday (7:30-5:30) except

(04) 5284436 public holidays

http://www.heretaungapark.kiwi Some charges may apply.

No referral required.

**Classification : OSCAR**

**Infinity Kidz**

FSD0024368 Last updated 10/09/2020

Fun school holidays programmes for kids aged 5-13 years in a safe family/whanau/aiga environment. It is our vision is to provide kids with the best OSCAR care and provide them with skills and opportunities to stimulate and grow their minds, teach them skills, allow them to be creative and to open a new world of possibilities.

We are based at Toitu Poneke Community Hub in Kilbirnie, Wellington

49 Kilbirnie Crescent Kilbirnie Wellington 6022



infinitykidz2020@gmail.com  School Holidays 7.30am-6.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

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| **Island Bay After School Care** |  |
| FSD0022555  OSCAR approved childcare services for 5-13 Year olds. | Last updated 31/03/2021 |

88 The Parade Island Bay Wellington 6023



(027) 457 5359  Before school

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| https://www.facebook.com/Island-BayAfter-School-Care-488620614666724/    **Classification : OSCAR** | 7.30am - 8.30am  Saint Francis De Sales School  11 Mersey St  Island Bay  After school  3:00pm - 5:55pm school terms only Presbyterian Church 88 The Parade.  Island Bay  Some charges may apply.  Referral may apply. |

**Jittabugz Before & After School care & Holiday Programmes**

FSD0021919 Last updated 08/03/2021

Before & After School Care & Holiday Programmes.

callum@jittabugz.co.nz  Before and after school care 7am - 8.30am, 3pm

(027) 778 5579 - 6pm

Holiday Programme 7am - 6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Johnsonville Community Centre**

FSD0005470 Last updated 08/07/2020

Drop-in Monday 12.15 - 2.15pm; childcare centre; various courses, crafts, op shop, hall for hire.

Meeting rooms and hall for hire.

3 Frankmoore Avenue Johnsonville Wellington



info@johnsonvillecommunitycentre.org.nz  Office hours are Monday to Friday 8.30am -

(04) 478 8628 4.00pm http://www.johnsonvillecommunitycentre.o Some charges may apply. rg.nz/ No referral required.

**KaPai Kids Club Limited**

FSD0024498 Last updated 26/02/2021

KaPai Kids Club is an out of school care operating out of Featherston, Martinborough and Carterton School's. We take students from neighbouring schools if they have the ability to travel or be dropped to us!

OSCAR approved.

17 Lyon Street Featherston 5710



kapaikidsclub@gmail.com  We operate at Featherston, Martinborough and (022) 623 9289 Cartertons Schools 3pm - 6pm Monday to Friday

http://www.facebook.com/KaPaiKidsClub during school term. We are not open on public holidays.

Some charges may apply. No referral required.

**Classification : OSCAR**

**KAPAI KIDZ**

FSD0017647 Last updated 16/11/2020

Provides: before school, after school, and holiday programmes, for children aged 5-13yrs.

Bellevue School 10 Bancroft Terrace Newlands Wellington 6037



linda@kapaikidz.co.nz  7.30am-8.30am School Term (021) 409 641 3.00pm-6.00pm School Term

http://www.kapaikidz.co.nz 7.30am-6.00pm Holiday Programme

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kapiti Women's Centre**

FSD0003221 Last updated 01/10/2020

We are a feminist based organisation who promote the physical, mental and spiritual well being of women on the Kapiti Coast by offering support, information, referral, educational and counselling services. All services are free or low cost to ensure these services accessible to as many women as possible by removing many of the economic and social barriers that may otherwise prevent women from utilising our services

7 Ngahina Street Paraparaumu 5032



contact@kapitiwomenscentre.org.nz  The centre is open: 9:00am – 3:00pm Monday to

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| (04) 902 6222 http://www.kapitiwomenscentre.org.nz      **Karori West OSCAR Group** | Friday.  There is a message service for any after hours calls.  Some charges may apply. No referral required. |
| FSD0007252 | Last updated 22/07/2020 |

Provider of after school care and holiday programme for 5 - 13 year olds attending Karori West Normal School.

 Karori West Normal School 19 Allington Road Karori Wellington

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| admin@kwoscargroup.com  (027) 610 0563 https://www.kwoscargroup.com    **Classification : OSCAR**    **Kasper Enterprises Limited** | Available between 3:00pm - 5:45pm or leave a message anytime.  Some charges may apply. Referral may apply. |
| FSD0021646 | Last updated 17/09/2020 |

We provide OSCAR approved after School care and before School care to Konini Primary School and Wainuiomata Primary School.

We also provide a before School care at both centers and run a Holiday programme during the School holidays.

28 Konini Street Wainuiomata Lower Hutt 5014



diane@kasperenterprises.co.nz  We are open 6.45am to 8.30 am and from 2.45 (027) 518 9890 to 6pm for before and after school care. https://www.konini-primary.school.nz/ Holiday hours are 6.45am to 6pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

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| **Kelburn Out of School Care Trust** |  |
| FSD0022022 | Last updated 15/02/2021 |

To provide childcare services in the Kelburn area of Wellington.

Kelburn School Hall 16 Kowhai Road Kelburn Wellington 6012



kelburnkids@gmail.com  Mon-Fri, 1.30pm-6pm, during school terms

(022) 358 8613 Mon-Fri, 8am-6pm, during school holidays

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club - Gracefield School**

FSD0023538 Last updated 29/04/2021

Kelly Club Gracefield provide OSCAR approved childcare before school care, after school care and holiday programmes focusing on giving children aged between 5 and 12 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

Before School Care - Monday to Friday - 7.00am - 8.30am

After School Care - Monday to Friday 3.00pm - 6.00pm School Holidays - Monday to Friday - 7.30am - 6.00pm

Gracefield School 20a Bell Road Waiwhetu Lower Hutt 5010



gracefield@kellyclub.co.nz  Monday to Friday 3.00pm - 6.00pm

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| (027) 226 8433 (027) 466 1779 http://www.kellyclub.co.nz/gracefield    **Classification : OSCAR**    **Kelly Club Discovery Ltd** | School Holidays - Monday to Friday - 7.30am -  5.30pm  Some charges may apply. No referral required. |
| FSD0021946 | Last updated 24/11/2020 |

We are a before and after school care provider and also a holiday programme provider run out of Discovery Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

Discovery School - Pullen Lane Whitby Wellington 0630



discovery@kellyclub.co.nz  Our venue times vary but 8am - 5pm office

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| (09) 427 9377 (027) 321 2112 https://www.kellyclub.co.nz | hours.  Some charges may apply.  No referral required. |

**Classification : OSCAR**

**Kelly Club Greenacres Ltd**

FSD0021951 Last updated 24/11/2020

We are a before and after school care provider and also a holiday programme provider run out of Greenacres Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

Greenacres Primary School 60 Raroa Tce Tawa Wellington 0528



greenacres@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

(09) 427 9377 Some charges may apply.

(027) 241 4295 No referral required. https://www.kellyclub.co.nz

**Classification : OSCAR**

**Kelly Club Hampton Hill Ltd**

FSD0022486 Last updated 24/11/2020

We are a before and after school care provider run out of Hampton Hill Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities including baking, arts'n'crafts, and sports.

8 Rimu Street Tawa Wellington 5028



hamptonhill@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

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| (09) 427 9377 http://kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Houghton Valley** | Some charges may apply. No referral required. |
| FSD0023018 | Last updated 15/01/2021 |

Kelly Club provide OSCAR beforecare, aftercare and holiday programmes throughout New

Zealand. Our aim is to provide not just "a childcare facility", but to create a safe environment where children can have fun and benefit in a number of ways.

Kelly Sports New Zealand we have been providing a range of curricular and extra-curricular sporting programmes to 1000’s of children every week since 2007. We offer opportunities for children to get active and engaged in sports activities through our partnerships with schools, communities, clubs, regional and national sporting agencies.

110 Houghton Bay Road Houghton Bay Wellington 6023



houghtonvalley@kellyclub.co.nz  Weekdays 7.30am - 6.00pm

(022) 010 9981 Some charges may apply. http://www.kellyclub.co.nz No referral required.

**Classification : OSCAR**

**Kelly Club Kelburn**

FSD0024418 Last updated 06/10/2020

Kelly Club Kelburn provide OSCAR approved childcare. We offer after school care and holiday programmes focusing on giving children aged between 5 and 12 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

After School Care - Monday to Friday 3.00pm - 6.00pm School Holidays - Monday to Friday - 8.00am - 6.00pm

Kelburn Normal School 16 Kowhai Road Kelburn Wellington 6012



kelburnnormal@kellyclub.co.nz  3pm-6pm Monday to Friday during school Terms

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| (021) 744 636 (04) 972 7201 http://kellyclub.co.nz    **Classification : OSCAR** | 8am-6pm Monday to Friday during School  Holidays  Some charges may apply.  No referral required. |

**Kelly Club Muritai**

FSD0023693 Last updated 20/10/2020

Kelly Club Muritai provide OSCAR approved childcare before school care, after school care and holiday programmes focusing on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

166 Muritai Road Eastbourne Lower Hutt 5014



muritai@kellyclub.co.nz  Before School Care:

(027) 218 4489 Full Session- 7.00am-8.30am https://www.kellyclub.co.nz/muritai Half Session- 7.45am-8.30am After School Care:

Half Session- 2:55pm-4:30pm

Full Session- 2:55pm-6:00pm Holiday Programme- 7.30am-6.00pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club Plimmerton**

FSD0023268 Last updated 01/08/2020

OSCAR approved Before and After school care and Holiday programmes.

Plimmerton School 11 School Rd Plimmerton Porirua 5026



plimmerton@kellyclub.co.nz  Before School care 7am-8-30am

(021) 246 1717 After School care 3pm-6pm

http://www.kellyclub.co.nz/plimmerton Holiday programme 7am-6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club Redwood Ltd**

FSD0022485 Last updated 24/11/2020

We are a before and after school care provider and also a holiday programme provider run out of Redwood Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

71a Redwood Avenue Tawa Wellington 5028



redwood@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

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| (09) 427 9377  (021) 572 919 https://www.kellyclub.co.nz    **Classification : OSCAR** | Some charges may apply. No referral required. |

**Kelly Club St Francis Xavier Ltd**

FSD0023434 Last updated 24/11/2020

We are an OSCAR approved before and after school care provider and also a holiday programme provider run out of St Francis Xavier School in Tawa. We cater for primary school aged children 513yrs. Our programmes offer a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

St Francis Xavier School - Main Road Tawa Wellington 5028



sfx@kellyclub.co.nz  Before and after school during term time, and all

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| (09) 427 9377 (021) 0867 5257 https://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Tawhai** | day, weekdays, during school holidays. (Closed over Christmas and New Year period).  Some charges may apply. No referral required. |
| FSD0022629 | Last updated 14/09/2020 |

Kelly Club OSCAR approved childcare programmes focus on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children.

Programmes are full of exciting activities and trips that will guarantee your children have a great time!

69 Glen Road Stokes Valley Lower Hutt



tawhai@kellyclub.co.nz  Before School Care - 7.00am - 8.30am (027) 418 5131 After School Care Half Session - 3.00pm http://www.kellyclub.co.nz/tawhai 4.30pm

After School Care Full Session - 3.00pm -

6.00pm

Holiday Programme - 7.30am - 6.00pm - Half days available

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Sports Lower Hutt**

FSD0021819 Last updated 29/04/2021

We encourage kids to have fun, build confidence and to give sport a go.

We are passionate about what we do because we believe that sport has so much to offer young people. Sport and physical activity improves fitness, builds confidence, develops communication skills, teaches respect and consideration and gives children a place to channel their energy.

vanessa@kellysports.co.nz  After School Sports Clinics from 3.05pm -

(027) 466 1779 4.05pm

http://www.kellysports.co.nz/lower-hutt School Holiday Programme - 8.00am - 5.30pm

Sport Birthday Parties available Office Hours - 9.30am - 5.00pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Sports Porirua**

FSD0022670 Last updated 29/12/2020

We offer OSCAR approved Holiday programmes.

Kelly Sports encourages kids to have fun, build confidence and to give sport a go. We are passionate about what we do because we believe that sport has so much to offer young people. Sport and physical activity improves fitness, builds confidence, develops communication skills, teaches respect and consideration and gives children a place to channel their energy.

Ngatitoa Domain Hall - Mana Esplanade Porirua 5026



adminwgtn@kellysports.co.nz  9am - 3pm weekdays

(04) 972 7201 Some charges may apply. http://www.kellysports.co.nz No referral required.

**Classification : OSCAR**

**Kidlywinks Childcare**

FSD0024188 Last updated 06/04/2021

At Kidlywinks Childcare, we aim to provide the highest level of care and education for your child (from 3 months to 5 years) within a relaxed, loving and healthy atmosphere. Providing a feeling of acceptance and belonging enables individual children to feel safe and secure in order to be able to express themselves in a positive and productive manner.

Established in April 2009, Kidlywinks is a family owned and operated childcare centre serving the Upper Hutt region. Our philosophy is based around catering to the individual learning and development needs of each child in our care.

Our centre is located at 20 Islington Street in Trentham. We are approximately 5 minutes walk from both Trentham Train Station and the closest bus stop on Fergusson Drive.

Kidlywinks is a 'boutique' child care centre, catering to a maximum of 31 children. As a converted home, the centre offers a warm, homely environment for the children in our care.

20 Islington Street Trentham Upper Hutt 5018



kidlywinkschildcare@gmail.com  Weekdays 7:30am - 5:30pm

(04) 934 8868 Closed weekends and public holidays http://www.kidlywinkschildcare.co.nz Some charges may apply.

No referral required.

**Kids Are Us Ltd (T/A After School Fun Club)**

FSD0021385 Last updated 22/04/2021

To provide Before and After School Care Services to various school communities. To provide holiday programmes to the communities during term breaks and also part of the summer school holidays.

We are funded by MSD.

39 Cleat Street Whitby Porirua 5024



gerhardnz57@gmail.com  After School care is provided from 3 - 6pm.

(04) 234 6440 Best way to contact is by e-mail. (027) 454 6975 Some charges may apply. http://enrolmy.com/asfc No referral required.

**Classification : OSCAR**

**Kids Domain Before & After School Care**

FSD0016507 Last updated 26/03/2021

We provide a safe and stimulating environment for children between the ages of 5 and 14.

We offer OSCAR approved Before School care, After School care, and Holiday care.

Work and Income Subsidies available.

COURTESY Transportation to/from school dependent on availability. Schools our children are from are:

Our Lady of the Rosary School

Gracefield School

Hutt Central School

Sts Peters & Pauls School

Hutt Intermediate School

Petone Central School

Tawhai School

Tui Glen School

Belmont School

Kelson School

Avalon Intermediate

Maungaraki School

Pomare School

Konini School

Wainuiomata School

Waterloo School

Fergusson Intermediate

Koraunui School

Naenae School

Naenae Intermediate

Boulcott School

Randwick School

Visit our website for more details!

6 Market Grove Lower Hutt kidsdomain@slingshot.co.nz (027) 474 9573 http://www.kidsdomain.biz



**Classification : OSCAR**

**Kidz Hub Ltd**

FSD0024192

Monday - Friday Some charges may apply. No referral required.

Last updated 23/03/2021

Popular programme within the Wainuiomata Community with experienced staff, based at Pukeatua Primary School.

A place for the kids to connect.

Before School Care 7am - 8.30am

After School Care 3pm - 6pm

Holiday Programme 7am - 6pm

19 Frederick Street Wainuiomata Lower Hutt 5014



kidzhub@outlook.co.nz  Monday - Friday (027) 642 6680 Before School Care 7 - 8:30am

https://www.facebook.com/kidzhubltd After School Care 3 - 6pm Holiday Programme 7am - 6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kilbirnie After School Care**

FSD0021935 Last updated 19/12/2020

We provide after school care for children attending Kilbirnie School and holiday programme for children between the age of 5 and 12 from the wider community.

72 Hamilton road Hataitai Wellington 6021



kasc10@gmail.com  After school care between 3 and 6pm and (027) 230 4798 holiday programme between 8.30am and

(027) 414 6562 5.30pm. http://kilbirnieasc.weebly.com/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**Kool4Kidz**

FSD0023346 Last updated 11/02/2021

Kool4Kidz is an Out of School Care service provider for families in Johnsonville and neighbouring suburbs. We offer OSCAR approved Before School Care, After School Care and Holiday Programmes.

17 Bassett Road Johnsonville Wellington 6037



kool4kidz.choice@hotmail.com  Daily from 7:30-8:30am in the morning, and 3-

(022) 157 2123 6pm in the afternoon. https://www.facebook.com/TheChoiceKidz Some charges may apply.

/ No referral required.

**Classification : OSCAR**

**Koraunui Marae Trust**

FSD0003046 Last updated 26/08/2020

Koraunui Marae CharitableTrust provides a variety of services through out the year. These include

Marae Hire, Youth program, OSCAR Out of School Care and Recreation, Alternative Education, Early Childhood Centre MOE Funded focused on Te Reo Maori, Marae based Health and Social services, counselling Tamariki Ora, Well Women Clinics, Whanau Support, Emergency housing and Advocacy support.

 146 Stokes Valley Road Stokes Valley Lower Hutt 5019

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| heneriata.koraunuimarae@gmail.com  (04) 939 6662    **Classification : OSCAR, THP**    **Koraunui School Care Centre** | Monday - Friday 8am - 4.30pm. After hours calls can be made.  Some charges may apply. Referral may apply. |
| FSD0022176 | Last updated 19/06/2020 |

Before and after school care, predominantly catering for the children enrolled at Koraunui School, and their older siblings up to 14 years of age.

17 Kairimu St Stokes Valley Lower Hutt 5019



office@koraunui.school.nz  7.00am to 8.15am & 3.00pm to 5.45pm school

(04) 939 9707 days.

Holiday programme available.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Learn and Live Ministries Charitable Trust Inc.**

FSD0018352 Last updated 18/06/2020

To enable young people to reach their potential through being kids, learning to cope with relationships and environments they live within daily.

2 Pinedale Crescent Riversdale Beach Masterton 5872



info@waimanaaki.co.nz  24 hours a day, seven days a week.

(027) 278 6208 Some charges may apply. http://www.waimanaaki.co.nz No referral required.

**Classification : OSCAR**

**Little Adventurers' Early Learning Centre**

FSD0022413 Last updated 08/06/2020

Little Adventurers’ is caring, convenient and affordable early childhood centre around.

We provide a warm, caring, family-focused environment that provides the highest quality care and education for infants and preschoolers (birth to school age). Our goal is to lay sound foundations that prepare children for the next steps in their journey, socially, emotionally and educationally.

Offering a high quality programme that strikes a balance between structure and freedom, children will be loved, nurtured and well-prepared for starting school.

Our building is located on Heriot Drive, on the edge of Porirua CBD, where we are spoilt for space, both indoors and out. The playground is being designed by the children to incorporate nature as much as possible, with retention of real grass being important to us.

Centre opened on 14 November 2012. On a mission to be the BEST!

11 Heriot Drive Porirua 5024



info@littleadv.co.nz  Monday-Friday 7:00am to 6:00pm

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| (04) 238 9684 http://www.littleadv.co.nz | Some charges may apply. No referral required. |

**Maungaraki After School Care Inc**

FSD0018557 Last updated 20/01/2021

MASC is a before school and after school care facility operating during term times out of the Maungaraki Community Centre. Our current hours are 7.00am-8.45am, and 3.00pm-5.30pm weekdays. We cater for children from ages 5 - 13 yrs. Afternoon tea is provided as part of the ASC programme. Breakfast is available for a fee at BSC only.

We also offer a holiday programme during school holidays.

135 Dowse Drive Maungaraki Lower Hutt 5010



maungarakiASC@gmail.com  Monday to Friday 7.00am-8.45am, and 2:30pm

(04) 569 7577 to 5.30pm during school terms. https://maungarakiasc.aimyplus.com 7:30am - 5:30pm during school holidays.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Newtown Community & Cultural Centre**

FSD0017568 Last updated 08/04/2021

We run a low-cost OSCAR approved school holiday programme, a youth programme, community exercise classes, and host a range of groups and clubs for our local community.

Cnr Colombo + Rintoul Street 1 Colombo Street Newtown Wellington 6021



info@newtowncommunity.org.nz  Until April 11th: Corner Colombo and Rintoul

(04) 389 4786 Streets

http://www.newtowncommunity.org.nz From May 3rd: 2a Green Street (above the

former ANZ bank)

Office hours: 9am-4.30pm, Mon-Fri Some charges may apply. No referral required.

**Classification : OSCAR**

**Ngahauranga Te Kohanga Reo**

FSD0005533 Last updated 30/11/2020

Our purpose is on the survival, revival, regeneration, protection and nurturing of Te Reo Mori, tikanga Mori and huatanga Mori which focuses on the mokopuna our children.

This will ensure that opportunities are available for the wider community to participate (in a supportive capacity) in the operations of Te Kohanga Reo.

To make available opportunities to the community for enquiries and applications to vacancies within the Kohanga Reo

Children will learn Mori language and culture through immersion. Ka tautokotia te reo me ng tikanga, hei tonga, hei whainga, hei awhitanga m ng whanau katoa

Whanau will learn a range of other skills (administration), within the whanau setting. E pakari ai te mana o Ngahauranga Te Kohanga Reo whanau, me awhi ng hunga katoa e whina ana, kia tau ai te whakaaro a whnau I waenga i a ratou katoa desires and requests with the support of the wider community.

 55 Victory Crescent Tawa Wellington

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| whanau@k09c043.kohanga.ac.nz  (04) 232 8424  (027) 381 6939      **Oasis Trust** | Monday - Friday 8.30 am - 3.00 pm (school hours)  Some charges may apply. No referral required. |
| FSD0005295 | Last updated 07/07/2020 |

Pastoral care and counselling, support, advocacy, help, recreation providers. OSCAR approved programmes.

Equippers Church 2 Akura Road Masterton 5810



(06) 378 8789  9am - 6pm. Monday - Friday

Some charges may apply. No referral required.

**Classification : OSCAR**

**OSCAR House Limited - Out of School Care**

FSD0007256 Last updated 29/09/2020

We provide Out of School Care and Recreation to children and their families in the Lower Hutt area.

Before and After School care for children of Kelson School - located on site.

Before and After School care for children of Eastern Hutt School - located adjacent to the school.

After School care for children of Korokoro School - located on site.

After School care for children of Hutt Intermediate.

Junior Holiday Programme for age group (Years 0 - 3).

Senior Holiday Programme for age group (Years 3 - 8).

Please refer to our website for further information.

34A Pretoria Street Central Hutt Lower Hutt 5010



dalena@oscarhouse.co.nz  Before and after school care and holiday

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| (04) 566 0833 (027) 551 1040 http://www.oscarhouse.co.nz/ | programmes.  Some charges may apply.  No referral required. |

**Classification : OSCAR**

**Papakowhai School - Board of Trustees**

FSD0021648 Last updated 08/03/2021

We are a full primary school, up to and including year 8. We run an OSCAR approved Before and After School Care programme here at Papakowhai School.

17 Spey Place Papakowhai Porirua 5024



office@papakowhai.school.nz  School days only

(04) 233 8321 Some charges may apply. http://www.papakowhai.school.nz Referral may apply.

**Classification : OSCAR**

**Paremata Creche**

FSD0022402 Last updated 13/07/2020

We provide a nurturing and educational environment for children aged from 12mths old. We have fully trained and registered teachers, low ratio's and a newly purpose built creche. Two session options are available between 8.30am - 2.30pm Monday - Friday. Paremata Creche has been providing support for families in the community for over 25 years.

(Civic Centre, Next to Whitby Library) 69C Discovery Drive Whitby Porirua 5024 paremata.creche@wmkindergartens.org.n  Monday - Friday z 8.30am - 2.30pm



(04) 234 1690 Some charges may apply. https://www.facebook.com/ParemataCrec No referral required. he/?ref=bookmarks

**Paremata School After School care**

FSD0022251 Last updated 21/01/2021

Paremata School After School Care provides care for our pupils after school for working families.

 43 Paremata Cres Paremata Porirua 5024

afterschoolcare@paremata.school.nz  Monday to Friday term time only

(04) 233 1339 x 826 Some charges may apply. http://www.paremata.school.nz Referral may apply.

**Classification : OSCAR**

**Parents Centre New Zealand Inc - Kapiti**

FSD0007336 Last updated 11/12/2020

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.

kapiti@parentscentre.org.nz  No set opening hours, classes are held as per

(04) 233 2022 schedule. http://www.kapitiparentscentre.org.nz Some charges may apply.

No referral required.

**Parents Centre New Zealand Inc - Lower Hutt**

FSD0007338 Last updated 31/08/2020

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.

lower.hutt@parentscentre.org.nz  To book into a Childbirth Education class, please http://www.parentscentre.org.nz complete our online form or email us at antenatal.lhpc@gmail.com Some charges may apply. No referral required.

**Parents Centre New Zealand Inc - Upper Hutt**

FSD0007337 Last updated 23/03/2021

Parents Centre NZ offers a wide range of services and support for parents. Each local Centre is run by a committee with support from national office.

5 Miro Street Trentham Upper Hutt 5018 upper.hutt@parentscentre.org.nz  Voicemail and email checked regularly.



(04) 939 8990 Some charges may apply.

(04) 233 2022 No referral required.

https://upperhutt.parentscentre.org.nz/

**Parents Centre New Zealand Inc - Wellington North**

FSD0007340 Last updated 22/02/2021

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.

secretary@wnpc.org.nz  We do not have a physical location

(04) 475 7550 Some charges may apply. http://www.wnpc.org.nz No referral required.

**Parents Centre New Zealand Inc - Wellington South**

FSD0007341 Last updated 01/09/2020

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.

secretary@wgtnparents.org.nz  24 hours for email http://www.wgtnparents.org.nz Some charges may apply.

No referral required.

**Playcentre - National Office**

FSD0018012 Last updated 23/06/2020

A Playcentre is a community-based early childhood centre where family members jointly provide early education to their children aged under 6 years, and parenting support for each other. There are 471 Playcentres in communities around New Zealand.

administrator@playcentre.org.nz (0800) 752 969 http://www.Playcentre.org.nz

**Porirua Kidz**

FSD0021930

After School Care at Porirua School.

1 Awarua Street Elsdon Porirua 5022 trorason@gmail.com (021) 039 5980



**Classification : OSCAR**

**Porirua Whanau Centre**

FSD0004753

Office hours of administator: Monday to Friday 9am - 2.30pm Koha/donation may apply. No referral required.

Last updated 15/02/2021

3-6pm Monday - Friday

Some charges may apply. No referral required.

Last updated 01/10/2020

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Pride Lands**

FSD0017877 Last updated 27/10/2020

To provide affordable childcare programmes for children between the ages of 5 - 15 years old across Wellington Region.

Pride Lands provides a programme that involves fun and education but also continuous interaction and structure without the use of technology.

A quality programme worth the investments for the future of our kiwi children.

Top floor 28 Hopper Street Mt Cook Wellington 6011



info@pridelands.org.nz  Hours: 9am-12pm & 3-6pm Mon-Fri (0800) 774 3348 Some charges may apply.

(04) 907 2225 No referral required. http://www.pridelands.org.nz

**Classification : OSCAR**

**Pukerua Bay After School Care**

FSD0022800 Last updated 10/12/2020

Pukerua Bay After School Care was incorporated in 1997 and runs in our School Hall.

We are:

* Approved by MSD
* Approved for families to receive an OSCAR subsidy
* Local but open for children from other schools to attend
* Governed by a management committee made up of parents and school representatives.

We can be contacted through the Head Supervisor on 027 248 4984 or pop into the Community hall after 3pm where the Supervisor or staff will be happy to discuss the programme with you.

 Pukerua Bay School Hall 89 Rawhiti Road Pukerua Bay 5026

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| pkbafterschoolcare@gmail.com  (027) 248 4984 http://www.pukeruabay.school.nz    **Classification : OSCAR** | 3pm-6pm during term time.  Some charges may apply.  No referral required. |

**Rainbow Kidz Out of School Programmes**

FSD0021325 Last updated 29/12/2020

To provide quality, affordable Before/After school/Holiday programmes, focusing on the individual needs of each child attending.

"We are all one growing and learning together".

Sharon Cooper Rainbow Kidz Start 44 Tama Street Alicetown Lower Hutt 5010 rainbow.kidz.start@gmail.com  Monday - Friday 7.00am - 8.30am/ 2.45 pm-6pm



(021) 058 7675 Holidays 7.30am - 5.30pm http://www.rainbowkidz.co.nz Some charges may apply.

No referral required.

**Classification : OSCAR**

**Rangitane O Wairarapa Incorporated**

FSD0005303 Last updated 09/06/2020

To actively protect and develop the mauri or life principles of Rangitane and preserve and safeguard the mana of Rangitane.

12 Kokiri Place Masterton 5810



info@rangitane.iwi.nz  8.30am - 4.30pm Monday to Friday

(06) 370 0600 All services free of charge.

(06) 370 0603 Referral may apply. http://www.rangitane.iwi.nz/

**Rata Street OSCAR Programme**

FSD0007255 Last updated 14/10/2020

To provide before/after and holiday programmes to children aged between 5 and 14.

Rata Street School Hall 63 Rata Street Naenae Wellington



julieellenross43@gmail.com  Before School 6.30 am to 9.00 am daily

(04) 567 4062 After School 3.00 pm to 6.00 pm daily (021) 054 6525 Holiday Programme 6.30 am to 6.00 pm daily

Some charges may apply. No referral required.

**Classification : OSCAR**

**Raukura Trust**

FSD0024424 Last updated 20/10/2020

Te Reo Mori medium, OSCAR approved provider of After-school care (3pm - 6pm) and Holiday programmes for tamariki aged 5 - 12 years. Based in Miramar, Wellington. Our services are provided in total immersion Te Reo Mori to support the Te Reo Mori language revitalisation activities of whnau, Kohanga Reo, and Kura in the Eastern Suburbs.

27c Chelsea Street Miramar Wellington 6022



trustraukura@gmail.com  Monday - Friday 3pm - 6pm (027) 595 0555 Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**Rewa Rewa School Oscar**

FSD0021696 Last updated 12/10/2020

We offer OSCAR approved After School care for year 1 - year 8 students Monday to Friday 3 - 6 pm during term time. Students do not have to be enrolled at our school to be accepted.

18 Padnell Crescent Paparangi Wellington 6037 office@rewarewa.school.nz  Monday to Friday 3 - 6pm, term time only.



(04) 939 0186 Some charges may apply. http://rewarewa.school.nz No referral required.

**Classification : OSCAR**

**Samoana Early Education Development Service (SEEDS) Ltd**

FSD0024076 Last updated 27/10/2020

OSCAR approved Childcare and education.

79 Westmeath Street Waitangirua Porirua 5024



seeds04@xtra.co.nz  Monday - Thursday OSCAR 7:30- 5.30pm

(04) 238 1518

(027) 452 5756 Holiday Programme 8.30 - 5.30pm http://www.seedschildcare.co.nz/contact

Fridays early closing time 4.30pm Some charges may apply. Referral may apply.

**Classification : OSCAR, PACIFIC**

**Skids Birchville**

FSD0023145 Last updated 08/03/2021

We offer OSCAR approved after/before school care, and holiday programme for children aged 5 to 13 years at Birchville School. This is opened to the Upper Hutt community. We offer a fun, safe and stimulating environment for children.

16 Gemstone Drive Birchville Upper Hutt 5018



birchville@skids.co.nz  Term time 7.30 until 8.30am and 3pm until 6pm

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| (027) 616 2639 (022) 468 0271 http://skids.co.nz    **Classification : OSCAR**    **Skids Holy Cross Miramar** | Monday to Friday.  School Holidays 7.30am until 6pm Monday to Friday.  Some charges may apply. No referral required. |
| FSD0022781 | Last updated 16/11/2020 |

To Provide OSCAR approved Before and After school care for the community as well providing a Holiday Program. Please note our Before school programme will be available for term 4 in 2016 and details will be published shortly.

2 Athens Street Miramar Wellington 6022



admin@skids.co.nz  Before School - 7.30am - 8.30am (09) 576 6602 After School - 3.00pm - 6.00pm (0800) 274 172 Holiday Programme - 7.30am - 6.00pm http://skids.co.nz Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**sKids Kapiti & Kenakena**

FSD0022966 Last updated 13/11/2020

OSCAR approved before school care, after school care, and holiday programme. Programmes are run from Kapiti and Kenakena sites for all children aged between 5 and 14.

2B Trinity Place Paraparaumu Beach Wellington 5032



jools@skids.co.nz  7am to 6pm (021) 025 43249 Some charges may apply.

(022) 010 7109 onsite Referral may apply. http://www.skids.co.nz

**Classification : OSCAR**

**sKids Newlands**

FSD0023904 Last updated 16/11/2020

Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. If you're looking for a safe, structured and fun environment for your children then you've come to the right place - Safe Kids In Daily Supervision (SKIDS). We are MSD approved and families can access Work and Income OSCAR subsidies when using our services. Programmes operated from Newlands School.

 200 Newlands Road Newlands Wellington 6037

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| admin@skids.co.nz  (09) 576 6602 (0800) 274 172 http://www.skids.co.nz    **Classification : OSCAR**    **sKids Newtown** | Before school - 7.00am - 8.30am  After school - 3.00pm - 6.00pm Holiday Programme - 7.30am - 6.00pm Some charges may apply. No referral required. |
| FSD0023905 | Last updated 16/11/2020 |

Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. If you're looking for a safe, structured and fun environment for your children then you've come to the right place - Safe Kids In Daily Supervision (SKIDS). We are MSD approved and families can access Work and Income OSCAR subsidies when using our services.

Newtown Primary School - Mein Street Newtown Wellington 6021



admin@skids.co.nz  Before school - 7.00am - 8.30am

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| (09) 576 6602  (0800) 274 172 http://skids.co.nz    **Classification : OSCAR**    **sKids Normandale** | After school - 3.00pm - 6.00pm Holiday Programme - 7.00am - 6.00pm Some charges may apply. No referral required. |
| FSD0023418 | Last updated 22/02/2021 |

We offer OSCAR approved before school, after school care and holiday programmes for primary and intermediate aged children.

Normandale School 16 Martin Grove Normandale Lower Hutt 5010



normandale@skids.co.nz  We are open before school 7.30am until 8.30am, (027) 616 2639 after school 3.00pm until 6.00pm and the school http://skids.co.nz holidays 8.00am until 6.00pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Skids Pauatahanui**

FSD0023234 Last updated 09/03/2021

OSCAR approved Before School Care, After School Care and Holiday Programme for children aged 5 to 13 years on site at Pauatahanui School.

Pauatahanui School 12 Paekakariki Hill Road Porirua 5381



pauatahanui@skids.co.nz  Monday to Friday 7.30am until 8.30am, 3pm until

|  |  |
| --- | --- |
| (027) 616 2639 (022) 345 0085 http://skids.co.nz    **Classification : OSCAR**    **sKids Raumati South** | 6pm (term time).  School Holidays 8am until 6pm.  Some charges may apply. No referral required. |
| FSD0021644 | Last updated 18/12/2020 |

Safe Kids In Daily Supervision (SKIDS) If you're looking for a safe, structured and fun environment for your children then you've come to the right place. Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. We are MSD approved and families can access Work and Income OSCAR subsidies when using our services.

Raumati South School 54A Matai Road Raumati South 5032



sonia@skids.co.nz  Monday - Friday 2.30-6.30 pm afternoons and 7-

(06) 364 8852 9 am mornings.

(027) 739 1986 Some charges may apply. http://www.skids.co.nz/location/raumati\_s No referral required. outh/

**Classification : OSCAR**

**Skids St Peter and Paul**

FSD0022807 Last updated 08/03/2021

This is an OSCAR approved After School Care service running Monday to Friday from 2.50pm until 6pm. Holiday Programme from 8am until 6pm. We offer a safe, fun environment for ages 5 to 13 years old. Bring the kids along for planned activities that will keep them busy for hours. Great adult interaction and ratios, make lots of new friends! Check us out at www.skids.co.nz

Saints Peter and Paul School - Myrtle Street Lower Hutt 5010 stpeterpaul@skids.co.nz  Anytime



(027) 616 2639 Some charges may apply.

(022) 657 7399 Referral may apply.

https://www.skids.co.nz/locations/sts\_pete r\_and\_paul/

**Classification : OSCAR**

**Spirit of Rangatahi Charitable Trust**

FSD0020003 Last updated 10/02/2021

Provide programmes for youth

spiritofrangatahi@gmail.com  All services free of charge.

(027) 485 3128 Referral may apply.

https://www.facebook.com/SpiritOfRangat ahi/

**St Benedict's School After School Care Programme**

FSD0017982 Last updated 04/03/2021

To provide after school care for the students of St Benedict's School.

50 Nicholson Road Khandallah Wellington 6030



office@st-benedicts.school.nz  Office 8.30am - 4.30pm Weekdays

|  |  |
| --- | --- |
| (04) 479 6878 |  |
| http://www.st-benedicts.school.nz | After school care 2pm - 6pm weekdays Some charges may apply.  Referral may apply. |

**Classification : OSCAR**

**St Joseph's Before and After School Care**

FSD0022333 Last updated 25/08/2020

To provide before and after school care for our students and also we provide a holiday programme during school breaks. A service to our community.

1 Pine Avenue Upper Hutt 5018



asc@stjosephsuh.school.nz  Monday - Friday 7.00 - 8.50am

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| --- | --- |
| (021) 062 1766 (04) 528 4910 http://www.stjosephsuh.school.nz    **Classification : OSCAR** | After School 2.50 - 6.00pm  Holiday programme 7.00 - 6.00 Some charges may apply.  Referral may apply. |

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

**Stokes Valley Community Childcare Centre**

FSD0023839 Last updated 05/01/2021

We are a Community owned Childcare in the grounds of Tui Glen School we cater for 6 months to 5 years, we are very Pacifica and multicultural we try and keep all costs down as much as possible for our families. We offer 20 ECE hours to children 3 to 5 years old and we have a lot of families under WINZ. We have Certified, Registered teachers and very good ratios. We work alongside all the Primary Schools in Stokes Valley and the Marae. We are here to support local families and give our Tamariki a great start to their education.

c/- Tui Glen School 126 Stokes Valley Road Stokes Valley Lower Hutt 5019



stokesvalley.ccc@xtra.co.nz  We open at 8am every week day morning and

(04) 563 7279 close at 4.30pm, we are not open on weekends

or Public holidays.

Some charges may apply. No referral required.

**Taeaomanino Trust**

FSD0004737 Last updated 01/02/2021

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Tawa Pop In**

FSD0005589 Last updated 23/03/2021

Pop In is a licensed community playgroup. We welcome all pre-schoolers with their parent, grandparent, or caregiver. A variety of play activities are provided, followed by stories and singing.

1 Lyndhurst Road Tawa Wellington 5028



admin@tac.org.nz  Tawa: Tuesday Wednesday and Thursday 9:30-

(04) 232 8448 11:30am

http://www.tac.org.nz Koha/donation may apply.

No referral required.

**Te Aho O Te Kura Pounamu (Te Kura) - Wellington**

FSD0005605 Last updated 17/12/2020

We provide distance education from early childhood level to Year 13. Our learning advisors, teachers and in-region staff work with students, their whanau and communities to help our students achieve their potential.

11 Portland Crescent Thorndon Wellington 6011



info@tekura.school.nz  Monday to Friday, 8am to 5pm.

(04) 473 6841 Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

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| **Te Kura Tiaki Holiday Programme** |  |
| FSD0023454 | Last updated 22/04/2021 |

Te Wnanga o Raukawa is a university institute.

Te Kura Tiaki Holiday Programme is run out of Ng Purapura which is a Health and Lifestyle centre. The programme is based out of our big gymnasium hall and also our classrooms. The programme is OSCAR approved.

145 Tasman Road Otaki 5542



Ngaapurapura@twor-otaki.ac.nz  Monday-Friday 6am-8pm

(06) 364 90118 Saturday 7am-1pm

https://www.wananga.com/after-school- Sunday 8am-1pm care-holiday-programme.html Some charges may apply.

No referral required.

**Classification : OSCAR**

**The Kid's Lounge**

FSD0023429 Last updated 01/04/2021

We are ‘The Kid’s Lounge’, a family focused, OSCAR approved Before & After School Care facility based in a convenient, central location in the Lower Hutt CBD at 229a High Street right above William’s Drycleaners.

We provide a safe, secure and creative environment which your kids will enjoy. Our Before School Care opens at 6.45am to cater for shift workers and those who like to head into Wellington for an early start. We are the only Before School Care that opens at this time. We provide a basic breakfast and activities before dropping the kids off to school. We offer After School Care from 3pm to 6pm, Monday to Friday and School Holiday Programmes.

We have a very flexible service and pick up from schools within the Lower Hutt area.

Level 1, (above Williams Drycleaners) 229a High Street Lower Hutt 5010 vai@thekidslounge.co.nz  Monday to Friday



(022) 355 4434 Before School Care 6.45am to 8.30am

(022) 355 4559 After School Care 3pm to 6pm

https://www.facebook.com/thekidsloungel Holiday Programmes 6.45am to 6pm owerhutt/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**The Learning Connexion**

FSD0023359 Last updated 29/01/2021

At The Learning Connexion we teach sustainable creativity through art making. Our style of teaching is to draw out, rather than stuff in. By drawing from your life experiences we enable you to develop your individual creativity and see how this relates to the wider world. We focus on learning by doing so our programmes are hands-on and practical.

182 Eastern Hutt Road Taita Lower Hutt 5019



info@tlc.ac.nz  Open Hours : Mon - Fri | 9am to 5pm (0800) 278 769 Some charges may apply. https://www.tlc.ac.nz/study-with-us/kids- No referral required.

art-holiday-classes/school-holidayprogramme/

**Classification : OSCAR**

**The Pod OSCAR Programme**

FSD0023378 Last updated 14/01/2021

At The Pod, our priority is to create a safe, happy and relaxed environment where children can play, make new friends and have some fun before school, after school, and during the holidays.

Our passionate team is here to ensure your child is happy and having fun! Our programmes are designed to meet the needs of all school kids aged 5 – 12 years, while providing flexibility and peace of mind to you, our busy parents.

So whether you’re a working parent, or just want something different for your children after school or during the holidays, we’d love your kids to come join us.

We are OSCAR approved.

23-25 Wood Street Greytown 5712



info@thepod.co.nz  Before School 7am-9am

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| --- | --- | --- |
| (06) 304 8963 http://thepod.co.nz    **Classification : OSCAR**    **The Salvation Army - Kapiti** | After School 3pm-6pm  Our Holiday programme is open each and every school holidays during the year | |
| Some charges may apply. No referral required. |  |
| FSD0003258 |  | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

Salvation Army Hall 41 Bluegum Road Paraparaumu kapiti.corps@salvationarmy.org.nz  9 am to 3 pm Monday to Friday.



(04) 297 1436 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply.

nz/lower-north-island/paraparaumu/kapiticorps

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

 92 Vivian Street Wellington

wellingtoncity.corps@salvationarmy.org.n Drop-in Centre is open 10am-3pm Mon-Fri. z Other services are available 9am-5pm Mon-Fri.

(04) 801 9278 Phone is monitored 24/7. https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- Referral may apply. island/wellington-city/wellington-city-corps

**Classification : THP**

**The SMASH Club**

FSD0021856 Last updated 17/11/2020

The SMASH Club offers three different OSCAR approved services: before, after school and school holiday programmes and serves Wellington's children between the ages of 5 - 13 years.

The SMASH Club (St Mary's After School House) was established in 1998 as a result of an overwhelming need for an After School Care facility in the Parish and the wider community.

170 Karori Road Karori Wellington 6012



office@thesmashclub.org.nz  Monday to Friday

(04) 476 2747 7:30am to 9am - Breakfast Club

(021) 226 3863 3pm to 6pm - after school care

http://www.thesmashclub.org.nz 10am to 6pm - office hours 7:30am to 6pm - school holidays Some charges may apply. No referral required.

**Classification : OSCAR**

**Waiwhetu Marae**

FSD0003139 Last updated 07/09/2020

Marae; te kohanga reo daily; health clinic, youth programmes, waka taua; exhibition and conference facilities.

21 Puketapu Grove Waiwhetu Lower Hutt 5010



waimre@xtra.co.nz  From 8a.m-5p.m Mon-fri (04) 566 1847 Some charges may apply.

(04) 569 7025 No referral required.

**Water Safety New Zealand**

FSD0020333 Last updated 16/03/2021

Water Safety New Zealand is the organisation leading the water safety sector in New Zealand.

Provides the Breakaway Holiday Programme.

Level 3, Booth House 202-206 Cuba Street Te Aro Wellington 6011



wsnz@watersafety.org.nz  8.30am-5pm Monday to Friday

(04) 801 9600 All services free of charge. http://www.watersafety.org.nz No referral required.

**Wellington Boys' and Girls' Institute**

FSD0005392 Last updated 13/08/2020

BGI supports Wellington young people aged 9-25 along with families and whanau. We provide a progression of programmes centering on a range of holistic youth and family development services from early intervention initiatives to innovation youth leadership projects.

Troup House 3 Macdonald Cres Wellington 6011



enquires@bgi.org.nz  Mon-Fri / 9am-5pm, nights and weekend events

(04) 385 9549 Some charges may apply. http://www.bgi.org.nz Referral may apply.

**Wellington Early Intervention Trust**

FSD0003140 Last updated 14/12/2020

A centrebased therapy and teaching programme that is strengthbased and supports the holistic development of children with special needs through practical strategies. Information, advocacy for families and fostering of inclusion in a child's community and education facility.

 79A Copeland Street Epuni Lower Hutt 5011

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| weit@xtra.co.nz (04) 567 4082 http://www.weit.org.nz | Monday – Thursday: 8AM – 4PM  Friday: Closed  Saturday: Closed  Sunday: Closed  Some charges may apply.  Referral may apply. |

**Whanau Manaaki - Kindergarten Education & Care**

FSD0024119 Last updated 11/12/2020

Whnau Manaaki is the not-for-profit organisation behind 101 kindergartens in the Central Plateau, Whanganui, Horowhenua, the Kapiti Coast, Wairarapa, Upper Hutt, Eastbourne, Petone, Porirua and Wellington.

We also offer a home-based service in Porirua.

15 John Seddon Drive Elsdon Porirua 5022 info@wmkindergartens.org.nz  Please go to our webpage:



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| (04) 232 3069  (06) 345 6729 http://www.wmkindergartens.org.nz | www.wmkindergartens.org.nz to see all of our Kindergartens listed with their days and times. Our office is open from 9am to 5pm every business day.  Some charges may apply.  No referral required. |

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

 317-327 High Street Lower Hutt 5010

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

 94-96 Riddiford Street Newtown Wellington

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.

21 Main Street Otaki 5512



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

-work-and-income/contact-us/find-a- All services free of charge. service-centre/central.html No referral required.

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.  4 Lydney Place Porirua 5022

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

162-164 Main Street Upper Hutt 5018



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

 Shop 6 The Mall Wainuiomata 5014

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

49-51 Lincoln Road Masterton 5810



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

 Ground Floor, Freemason House 195 Willis Street Wellington 6011

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

Level 1, Freemason House 186-190 Willis Street Wellington



(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. Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

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| --- | --- |
| (0800) 559 009 (General Enquiries) (0800) 552 002 (for 65 and over) http://www.workandincome.govt.nz | Ph1 Mon-Fri 7am - 6pm Sat 8am - 1pm  Ph2 Mon-Fri 8am - 5pm  Call from Australia 1800 150 479  Call from overseas +64 9 913 0300  Speak to us in te reo Mori by calling 0800 662 002.  All services free of charge.  No referral required. |

**Y Central Upper HUtt/Lower Hutt/Porirua**

FSD0022386 Last updated 15/12/2020

YMCA OSCAR approved programmes are much more than a childminding service. They are recreation based, and the aim is to meet the needs of children in a fun, safe and learning environment.

Each programme offers a variety of activities that includes arts and crafts, cooking, sports, games, science and themed activities. We provide a safe environment for your child to relax while ensuring there are stimulating options for those still with energy.

Every child is unique; our programmes allow for the diversity in age, sex, and background of each child while encompassing the individual needs and interests. Each child is a different, unique person in their own right. While they have commonalities, their uniqueness should be embraced and fostered.

It is important that you notify us of any information we may need to know to identify if our programme is appropriate for your child to have the best experience possible.

67 Pilmuir Street Lower Hutt 5040



rebecca.scott@ycentral.nz  Office hours are: 8:30am -5pm, Monday to

|  |  |
| --- | --- |
| (0800) 962 248 http://ycentral.nz | Friday.  Centre Hours (varies per site):  Before School: 6:30/7.30am- 8:30am  After school: 3pm- 6pm  Holiday Programme: 6:30am/7:30am- 6pm Some charges may apply.  No referral required. |

**Y Central Wellington**

FSD0024508 Last updated 19/02/2021

YMCA OSCAR approved programmes are much more than a childminding service. They are recreation based, and the aim is to meet the needs of children in a fun, safe and learning environment.

Each programme offers a variety of activities that includes arts and crafts, cooking, sports, games, science and themed activities. We provide a safe environment for your child to relax while ensuring there are stimulating options for those still with energy.

Every child is unique; our programmes allow for the diversity in age, sex, and background of each child while encompassing the individual needs and interests. Each child is a different, unique person in their own right. While they have commonalities, their uniqueness should be embraced and fostered.

It is important that you notify us of any information we may need to know to identify if our programme is appropriate for your child to have the best experience possible.

contact@ycentral.nz  Some charges may apply.

(0800) 962 248 No referral required.

(0800) YMCA 4u

http://ycentral.nz

**YMCA Kaitoke Outdoor Education Centre/YMCA Camp Raukawa**

FSD0022314 Last updated 26/01/2021

The (OSCAR approved) camp experience is a hard one to put into words. It’s about the bonding between people. It’s about spending the week in a different environment. It’s about final night campfire. It’s about experiencing an entire new culture and world that you helped create. It is like no other experience in the world, and here at YMCA Camp Kaitoke we strive to help every camper leave having that experience.

 184 Marchant Road Pakuratahi Upper Hutt City 5372

Kaitoke@ycentral.nz  Office Hours: 9am - 4pm Monday - Friday

(04) 526 7338 Some charges may apply. http://ymcawellington.org.nz/index.php/hol Referral may apply. iday-camps/

**Classification : OSCAR**

**youthARK Trust**

FSD0017527 Last updated 18/08/2020

We offer OSCAR approved programmes for children

Before School Care Tawa

After School Care Windley School, Rangikura School

After School Care Tawa, 7 Oxford Street Holiday Programmes Tawa

7 Oxford Street Tawa Wellington



youthark2@gmail.com  7am to 6pm

|  |  |  |
| --- | --- | --- |
| (0800) 02 66 44 (04) 232 7040 http://www.youtharktrust.weebly.com    **Classification : OSCAR**    **Youthtown Upper Hutt** | Some charges may apply. No referral required. |  |
| FSD0018747 |  | Last updated 28/10/2020 |

Youthtown is a not for profit organisation delivering quality programmes, workshops and events to young New Zealanders.

|  |  |
| --- | --- |
| info@youthtown.org.nz  (04) 527 9730 http://www.youthtown.org.nz | Office Hours:  Monday - Friday 9 - 4.30pm Some charges may apply.  No referral required. |

**Classification : OSCAR**

**Zeal Education Trust**

FSD0017157 Last updated 15/04/2021

Zeal is a group of people committed to the advancement of young people through the creative arts, leadership and education.

55 Cuba Street Te Aro Wellington 6011



welly@zeal.nz  Monday - Friday 9am - 5pm (021) 871 712 Some charges may apply.

(0800) FIND ZEAL No referral required. http://www.zeal.org.nz

# Disaster Recovery

**Civil Defence**

FSD0017287 Last updated 29/07/2020

Media releases and other civil defence information for New Zealanders.

Ministry of Civil Defence & Emergency Management 70-84 Lambton Quay Wellington 6145 emergency.management@nema.govt.nz  office hours are open between 8:30 am to 4:30



(04) 817 5100 pm

http://www.civildefence.govt.nz All services free of charge.

No referral required.

**Earthquake Commission EQC**

FSD0017293 Last updated 19/04/2021

EQC insurance covers emergency repairs for properties that are not weathertight or habitable or whose residents are vulnerable. Homeowners with general house insurance are automatically covered by EQC's natural disaster insurance. You can find more information about what is covered on the website.

|  |  |
| --- | --- |
| info@eqc.govt.nz (0800) 326 243 (0800) DAMAGE  http://www.eqc.govt.nz      **Healthline** | Our Call Centre is open:  7am–9pm Monday–Friday  It is not open on Public Holidays. International Call +64 4 978 6400 All services free of charge. No referral required. |
| 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   24 hours a day, seven days a week. http://www.healthline.govt.nz All services free of charge.

No referral required.

**Inland Revenue Department**

FSD0006148 Last updated 13/08/2020

Inland Revenue provides resources for paying parents, custodians and employers making child support deductions. It pays family assistance to working families with children aged 18 and under and are not financially independent. Family assistance is part of the Working for Families programme.

|  |  |
| --- | --- |
| (0800) 227 774 (04) 978 0738 http://www.ird.govt.nz | Calling hours:  8am to 8pm Monday to Friday, and 9am to 1pm Saturday All services free of charge.  No referral required. |

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

317-327 High Street Lower Hutt 5010



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

94-96 Riddiford Street Newtown Wellington



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

All services free of charge. No referral required.

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.

21 Main Street Otaki 5512



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

-work-and-income/contact-us/find-a- All services free of charge. service-centre/central.html No referral required.

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.

4 Lydney Place Porirua 5022



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

162-164 Main Street Upper Hutt 5018



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

Shop 6 The Mall Wainuiomata 5014



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

49-51 Lincoln Road Masterton 5810



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

Ground Floor, Freemason House 195 Willis Street Wellington 6011



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

All services free of charge. No referral required.

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

Level 1, Freemason House 186-190 Willis Street Wellington



(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. Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries)  Ph1 Mon-Fri 7am - 6pm (0800) 552 002 (for 65 and over) Sat 8am - 1pm http://www.workandincome.govt.nz Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300

Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

**www.govt.nz**

FSD0006130 Last updated 19/04/2021

Find government information fast! Govt.nz is your guide to finding and using government services.

You can use the powerful search engine or browse through topics that take you direct to the source. And if you are an international visitor, you may want to get a snapshot of living and

travelling in New Zealand.

govtnz@dia.govt.nz http://www.govt.nz

Website 24/7 all year round

Email us and we'll do our best to find you the right contact. Our working hours are 9am to 5pm, Monday to Friday.

Contacts list and online forms available All services free of charge. No referral required.

# Education and Training

**ACE Aotearoa**

FSD0003397 Last updated 02/11/2020

Adult and Community Education (ACE) Aotearoa is the lead body for adult and community educators and a voice for adult learners. ACE Aotearoa is a membership organisation which represents both its members and the wider ACE sector. It provides advocacy and direction for policy development and its implementation.

192 Tinakori Road Thorndon Wellington 6011



admin@aceaotearoa.org.nz  Monday - Friday 9am - 4.30pm

(04) 473 6625 Some charges may apply. http://www.aceaotearoa.org.nz No referral required.

**Agape Budgeting Service**

FSD0005372 Last updated 17/07/2020

Free budgeting service with over 70 fully trained budget advisers. We operate throughout the Wellington region in the clients home and from service centers.

info@agapebudgeting.org.nz  Monday - Friday 9:00am - 5:00pm. Message (04) 477 3000 service available for urgent contact outside these http://agapebudgeting.org.nz hours.

All services free of charge. No referral required.

**Age Concern Kapiti Coast Inc**

FSD0006663 Last updated 20/10/2020

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

 First Floor - Coastlands Shopping Centre State Highway 1 Paraparaumu

admin@ageconcernkapiti.co.nz (04) 298 8879 http://www.ageconcern.org.nz

**Age Concern Wairarapa Inc**

FSD0005258

9am to 3pm, Monday to Friday Some charges may apply. No referral required.

Last updated 23/10/2020

Promoting wellbeing, rights, respect and dignity for older people.

Solway Showgrounds, Fleet St Gate Cnr Fleet and York Streets Masterton



admin@acww.nz  9am - 3pm Monday to Thursday

(06) 377 0066 Some charges may apply. http://www.ageconcern.org.nz No referral required.

**Classification : EARS**

**Age Concern Wellington Inc**

FSD0006685 Last updated 19/11/2020

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

Suite 4, Level 1, Anvil House 138-140 Wakefield Street Wellington



info@acwellington.org.nz  9.00am - 4.00pm Monday to Friday.

(04) 499 6646 Some charges may apply. http://www.acwellington.org.nz No referral required.

**ASK - A Safe Kapiti**

FSD0003192 Last updated 11/03/2021

A Safe Kapiti actively promotes and coordinates crime prevention initiatives for a safer community. Services include Family Support Services, Family Violence Initiative, Strengthening Families coordination, Kapiti Health Shuttle, Neighbourhood Support.

 Airport Annex - Dakota Road Paraparaumu 5032

**ATAMU EFKS Porirua Incorporated**

FSD0022611 Last updated 22/01/2021

We run an Early Childhood Centre (AAPE) at Waitangirua, Porirua.

We also provide prevention and intervention focus services for children, young people, their families and the community through socio-economic education and promotion that include: - Out of School and Recreation (OSCAR; Mon to Friday 3:00pm to 6:00pm and during school holidays 7:00am to 5:30pm

* Incredible Years Programmes (IYP)
* Healthy living and wellbeing (e.g. exercise programmes, vegetable gardens, nutritious cooking,budgeting, etc).

Level 1 11 Waihemo Street Waitangirua Porirua 5024



office@atamu.org.nz  09:00am to 5:00pm Mon to Friday

|  |  |
| --- | --- |
| info@asafekapiti.co.nz (0800) 502 066 http://www.asafekapiti.co.nz    **Classification : FVSS** | 9.00 am to 4.00 pm Monday to Friday - excluding school holidays.  Some charges may apply.  No referral required. |

(04) 235 8683 Some charges may apply. http://www.atamu.org.nz No referral required.

**Classification : OSCAR**

**Barnardos New Zealand**

FSD0004104 Last updated 16/06/2020

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.

 Level 3 100 Tory Street Te Aro Wellington 6011

|  |  |  |
| --- | --- | --- |
| info@barnardos.org.nz  (0800) 227 627 (04) 385 7560 http://www.barnardos.org.nz      **Best Start Waitangirua** | Open Monday to Friday - 8am to 5pm | |
| Some charges may apply. Referral may apply. |  |
| FSD0021591 |  | Last updated 06/11/2020 |

Quality Education and care to children aged 3 months to 5 years.

20 hours ECE is available at our Centre to all children aged 3-5 years.

3 Button Lane Waitangirua Porirua 5024



waitangirua@best-start.org  Monday to Friday 730 am to 5.30 pm. We are

(04) 235 9404 closed for public holidays only.

http://www.best-start.org Some charges may apply.

No referral required.

**Birthright Kapiti Inc**

FSD0006817 Last updated 12/01/2021

Birthright was established in 1955. It is a national organisation which works to support, strengthen and advocate for one-parent families.

110 Rimu Road Paraparaumu 5032



birthrightkapiti@outlook.com  Open Mon-Fri 8.30am-4pm

|  |  |
| --- | --- |
| (0800) 457 146 (04) 902 5748 http://www.birthright.org.nz    **Classification : BFC** | All services free of charge. Referral may apply. |

**Capital Development Agency Ltd**

FSD0021493 Last updated 28/01/2021

Provides training and business mentoring to Work and Income clients wishing to apply for Flexiwage grant and ongoing funding.

Level One Munro Benge House 104 The Terrace Wellington 6143



clare@cdanz.com  8.30- 5.00pm Weekdays (04) 494 0975 All services free of charge. (027) 452 5628 Referral may apply.

**Caring Families Aotearoa**

FSD0005883 Last updated 12/10/2020

Every care-giving family is empowered, supported and trained to provide a safe and nurturing home to children and young people.

Level 4 45 Knights Road Hutt Central Lower Hutt 5010



Enquiries@caringfamilies.org.nz  8.30am - 5.00pm Monday to Friday.

(0800) 693 323 All services free of charge.

(04) 566 0294 No referral required. http://www.caringfamilies.org.nz/

**Catholic Social Services**

FSD0002992 Last updated 21/08/2020

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**Central Regional Health School**

FSD0008139 Last updated 14/12/2020

The school ensures students who are unable to attend school for extended periods (in excess of 10 days) as a result of being unwell continue to have access to education. The students are taught by registered teachers in hospital, in community settings and at home.

Level 4 Symes de Silva House 97-99 Courtenay Place Te Aro Wellington 6011 admin@crhs.school.nz  School term-time.



(04) 801 5010 All services free of charge.

(0800) 153 000 Referral may apply. http://www.crhs.school.nz

**Children First Early Childhood Centre**

FSD0022487 Last updated 18/08/2020

Children First provides quality care and education for children under the age of five years. Open hours from 07.30 - 17.30 five days.

A boutique centre with outstanding teacher child ratios with excellent reputation for preparing children for school.

414 Fergusson Drive Heretaunga Upper Hutt 5018



childrenfirst2001@gmail.com  7.30am until 5.30pm Weekdays.

(04) 528 6059 Some charges may apply. http://www.childrenfirst.co.nz No referral required.

**Childspace Early Childhood Institute**

FSD0016432 Last updated 21/08/2020

Childspace are leaders in early childhood education in NZ. We offer excellence in care and education for children 0-5 years across our 4 centres in Wellington. We also have a institute where we provide professional development for teachers around NZ and believe that sharing our knowledge will support better care for the children of Aotearoa.

 45 Helston Rd Johnsonville Wellington 6037

|  |  |
| --- | --- |
| institute@childspace.co.nz  (04) 461 7076 http://www.childspace.co.nz      **Early Childhood Council** | Our centres are open 5 days, 7:30am - 6pm.  Our institute is open 5 days 9-3pm.  Some charges may apply. No referral required. |
| FSD0020972 | Last updated 05/08/2020 |

The Early Childhood Council is the largest representative body of licensed, quality early childhood education centres in New Zealand.

The primary purpose of the ECC is to represent the interests of independent early childhood centres, and to promote the provision of quality early childhood education services.

Suite 2, Level 2, Ranchhod Tower 39 The Terrace Wellington



ceo@ecc.org.nz  Monday - Friday 8.30am til 5pm (04) 471 0392 0800 742 742 option 3

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

Referral may apply.

**Earthlink Incorporated**

FSD0003006 Last updated 02/12/2020

Assisting people with mental health and addiction disabilities to return to full or part time employment. We run three businesses: apparel recycling and manufacture, recycling, employment training services.

25 Peterkin Street Wingate Lower Hutt 5019



office@earthlink.org.nz  Monday - Friday 8.30am - 4.30pm

(04) 567 7111 All services free of charge. https://www.earthlink.org.nz No referral required.

**Education Review Office**

FSD0006145 Last updated 09/10/2020

Reviews and reports publicly on the quality of education in all New Zealand schools and early childhood services.

Level 1, Legal House 101 Lambton Quay Wellington 6011



info@ero.govt.nz  8.00am to 5.00pm Weekdays

(04) 499 2489 All services free of charge. http://www.ero.govt.nz No referral required.

**English Language Partners Hutt**

FSD0007839 Last updated 07/07/2020

To provide English language skills and social support for effective resettlement of adult refugees and migrants in Aotearoa New Zealand.

27 Kings Crescent Hutt Central Lower Hutt 5010



hutt@englishlanguage.org.nz  Monday to Friday, 9.00am – 4.30pm

(04) 570 1335 Some charges may apply. http://www.englishlanguage.org.nz Referral may apply.

**English Language Partners New Zealand**

FSD0005825 Last updated 22/04/2021

With 22 locations, 300 staff, 1,200 volunteers and 6,500 learners, English Language Partners New

Zealand is not-for-profit and works with former refugees and migrants. We offer a range of English-language programmes delivered by a unique blend of qualified professionals and trained volunteers.

Level 7 Ranchhod Tower 39 The Terrace Wellington Central Wellington 6011 natoffice@englishlanguage.org.nz  9am - 5pm Monday to Friday.



(04) 471 2382 Some charges may apply. http://www.englishlanguage.org.nz No referral required.

**English Language Partners Porirua**

FSD0007844 Last updated 28/09/2020

English language learning for adult refugees and migrants settling in the Porirua area and surrounds.

Level 1 3 Hartham Place South Porirua



porirua@englishlanguage.org.nz  Office hours 9am - 4pm Monday - Friday

(04) 238 9400 All services free of charge. http://www.englishlanguage.org.nz No referral required.

**English Language Partners Wellington**

FSD0007850 Last updated 27/07/2020

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

Level 5 186 Willis Street Te Aro Wellington



wellington@englishlanguage.org.nz  Monday, Wednesday, Thursday and Friday,

(04) 384 1992 9.00am - 5.00pm

http://www.englishlanguage.org.nz Tuesday, 9.00am - 6.00pm Koha/donation may apply. No referral required.

**English Teaching College**

FSD0005438 Last updated 14/10/2020

English language classes: IELTS, TOEIC, TOEFL, OET. Training opportunities,, English for migrants (prepaid), English certificate, International. Evenings: foreign language classes.

Level 2 204 Willis Street Wellington 6011



rozina@etc.ac.nz  9-5 Monday - Friday.

(04) 385 0066 Some charges may apply. http://www.etc.ac.nz No referral required.

**Family Works Wellington**

FSD0004160 Last updated 21/12/2020

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz  Monday to Friday from 8.30am-5pm.

(0800) FAM WORKS Some charges may apply.

(04) 439 4976 Referral may apply.

http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Generosity New Zealand**

FSD0003862 Last updated 13/07/2020

Generosity New Zealand is an incorporated society that runs a business for good providing online search tools for access toNew Zealand's most comprehensive, up to date funding information for individuals, organisations, groups and clubs. We have three online, search tools: givME for individuals; givUS for organisations; and givER for funders. Generosity New Zealand Inc (GNZ) was established in 1990 with funding from the Roy McKenzie Foundation and other organisations. It was registered with the Charities Commission in March 2008 with the registration number CC21448.

|  |  |
| --- | --- |
| info@generosity.org.nz http://www.generosity.org.nz | 24 hours via website  Some charges may apply.  No referral required. |

**Graeme Dingle Foundation - Wellington**

FSD0003096 Last updated 16/07/2020

Graeme Dingle Foundation - Wellington is run under the Youth Development Trust - Wellington Licensee. We deliver three programmes promoting values, self-esteem and respect to tamariki and rangatahi in schools. The programmes are called Kiwi Can (years 1-8), Stars (year 9, with year 12-13 peer mentors) and Career Navigator (years 12-13). We aim to increase the confidence of the school students by running these development programmes. These students can better contribute to their school communities and local communities.

6 Hagley Street Porirua 5022 office.wellington@dinglefoundation.org.nz  8.30am - 5.00pm, Monday to Friday.



(04) 577 2070 Some charges may apply. http://www.dinglefoundation.org.nz/welling Referral may apply. ton/

**Grand Lodge of New Zealand Freemasons**

FSD0005448 Last updated 27/10/2020

Freemasons offer help to those in need - individuals, medical training or education purposes including scholarships, and specific projects to assist other charitable organisations within New Zealand.

Unit 2 22 Tacy Street Kilbirnie Wellington 6022



communications@freemasonsnz.org  Monday - Friday 8am - 5pm

(04) 385 6622 All services free of charge. http://www.freemasonsnz.org No referral required.

**Greenstone Doors**

FSD0022050 Last updated 23/03/2021

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm

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| (04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz | 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge.  No referral required. |

**He Huarahi Tamariki, School for Teenage Parents**

FSD0016733 Last updated 12/10/2020

He Huarahi Tamariki provides a second chance education for students who have experienced an interrupted education due to pregnancy or childbirth.

9 Matai Street Linden Wellington 5028



paulah@hht.school.nz  9am - 3pm during the four terms of the academic

(04) 232 0956 year. http://www.hht.school.nz All services free of charge.

Referral may apply.

**Heretaunga Park Early Learning Centre & Out of School Care**

FSD0024439 Last updated 02/11/2020

We are an Early Learning Centre and an OSCAR provider based at the same premises. We provide a one stop shop for parents with children attending both the Early Learning Centre and Before and after school care. Our services are of high quality care and education for both pre school and school aged children.

33 Kiwi Street Heretaunga Upper Hutt 5018



heretaungaparkadmin@icloud.com  We are open Monday-Friday (7:30-5:30) except

(04) 5284436 public holidays

http://www.heretaungapark.kiwi Some charges may apply.

No referral required.

**Classification : OSCAR**

**Johnsonville Community Centre**

FSD0005470 Last updated 08/07/2020

Drop-in Monday 12.15 - 2.15pm; childcare centre; various courses, crafts, op shop, hall for hire.

Meeting rooms and hall for hire.

3 Frankmoore Avenue Johnsonville Wellington



info@johnsonvillecommunitycentre.org.nz  Office hours are Monday to Friday 8.30am -

(04) 478 8628 4.00pm http://www.johnsonvillecommunitycentre.o Some charges may apply. rg.nz/ No referral required.

**Karori Community Centre**

FSD0005476 Last updated 07/09/2020

The Karori Community Centre is one of a network of 20 Community Centre's situated throughout Wellington.

The purpose statement of the Karori Community Centre is "to assist in meeting the needs of individuals and Community Groups in Karori, for social interaction, education, information and support, by providing staff, direction and facilities at low cost.

7 Beauchamp Street Karori Wellington



info@karoricommunitycentre.org.nz  Mon through Fri 9.30-2.00, Wednesday til 6

(04) 476 4968 Some charges may apply. http://www.karoricommunitycentre.org.nz No referral required.

**Kidlywinks Childcare**

FSD0024188 Last updated 06/04/2021

At Kidlywinks Childcare, we aim to provide the highest level of care and education for your child (from 3 months to 5 years) within a relaxed, loving and healthy atmosphere. Providing a feeling of acceptance and belonging enables individual children to feel safe and secure in order to be able to express themselves in a positive and productive manner.

Established in April 2009, Kidlywinks is a family owned and operated childcare centre serving the Upper Hutt region. Our philosophy is based around catering to the individual learning and development needs of each child in our care.

Our centre is located at 20 Islington Street in Trentham. We are approximately 5 minutes walk from both Trentham Train Station and the closest bus stop on Fergusson Drive.

Kidlywinks is a 'boutique' child care centre, catering to a maximum of 31 children. As a converted home, the centre offers a warm, homely environment for the children in our care.

20 Islington Street Trentham Upper Hutt 5018



kidlywinkschildcare@gmail.com  Weekdays 7:30am - 5:30pm

(04) 934 8868 Closed weekends and public holidays http://www.kidlywinkschildcare.co.nz Some charges may apply.

No referral required.

**KiwiClass Multicultural Support Services, He Amo Taunaki**

FSD0005509 Last updated 24/03/2021

Supporting former refugees and migrants in the greater Wellington region whose first language is not English through:

* Beginner English courses
* Help in their search for work
* Homework Clubs
* Social Services

Level 1 39 Webb Street Te Aro Wellington 6011



office@kiwiclass.org.nz  Monday to Friday: 9am to 4pm

(04) 384 3693 All services free of charge. http://www.kiwiclass.org.nz No referral required.

**Koraunui Marae Trust**

FSD0003046 Last updated 26/08/2020

Koraunui Marae CharitableTrust provides a variety of services through out the year. These include

Marae Hire, Youth program, OSCAR Out of School Care and Recreation, Alternative Education, Early Childhood Centre MOE Funded focused on Te Reo Maori, Marae based Health and Social services, counselling Tamariki Ora, Well Women Clinics, Whanau Support, Emergency housing and Advocacy support.

146 Stokes Valley Road Stokes Valley Lower Hutt 5019



heneriata.koraunuimarae@gmail.com  Monday - Friday 8am - 4.30pm. After hours calls

(04) 939 6662 can be made.

Some charges may apply. Referral may apply.

**Classification : OSCAR, THP**

**Lane Park Church**

FSD0002585 Last updated 29/06/2020

Support, nurture and encourage youth health.

Lane Park 22 Lane Street Upper Hutt



info@laneparkchurch.nz  Monday to Thursday 9.00am - 3.00pm.

(04) 528 6515 Some charges may apply. http://www.laneparkchurch.nz No referral required.

**Literacy Aotearoa**

FSD0024155 Last updated 01/02/2021

Literacy Aotearoa is a national organisation of adult literacy providers and is a leading commentator on literacy issues in Aotearoa (New Zealand).

Literacy is listening, speaking, reading, writing, numeracy and critical thinking, interwoven with the knowledge of social and cultural practices. Literacy empowers people to contribute to and improve society.

We provide learning assistance to Adult learners 16 years and over at no cost to the learner. We help learners with reading, writing, maths, learner licence, digital literacy and workplace literacy.

 340 Queen Street Masterton 5810

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| info.c6@literacy.org.nz  (06) 377 4214  (0800) 678 910  https://literacy.org.nz/ | Monday to Thursday 9.30am - 4pm  Friday 9.30 am - 2pm  All services free of charge.  No referral required. |

**Literacy Aotearoa - Upper Hutt**

FSD0002589 Last updated 25/02/2021

Helping adults to improve their reading, writing, speaking and listening skills. We also support adults wanting to improve their skills/confidence in using computers and with studying the road code for Learner License tests (Class 1, Class 2). We offer group learning based on individual learners needs.

First Floor, ANSA House 5 Geange Street Upper Hutt 5018



info.c7@literacy.org.nz  Reception hours are by appointment call 0800

(0800) 732 3464 7323 464

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

Referral may apply.

**Literacy Aotearoa Wellington**

FSD0005493 Last updated 14/12/2020

Provision of quality adult literacy and numeracy services.

90 Dixon Street Te Aro Wellington 6011



info.c7@literacy.org.nz  All services free of charge.

(04) 555 0950 No referral required. https://www.literacy.org.nz/literacyaotearoa-wellington

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| **Literacy Aotearoa, Paraparaumu**  FSD0003158 | Last updated 10/11/2020 |
| 204 |  |

One-on-one Tuition to any adult who has left school and who wishes to improve their literacy or numeracy skills. we also offer classes in literacy, numeracy and the Learner Licence. We have trained tutors who are currently working in the workplace. We support people doing polytechnic courses, modern apprentices and help people to pass the tests required fo rentry into the armed forces and the police.

1st Floor, NZ Post Building - Coastlands Parade Paraparaumu



info.c7@literacy.org.nz  Monday - Friday inclusive 9.00 am - 2.30 pm.

(0800) 732 3464 All services free of charge.

(04) 904 4036 No referral required. https://www.literacy.org.nz/literacyaotearoa-paraparaumu

**Little Adventurers' Early Learning Centre**

FSD0022413 Last updated 08/06/2020

Little Adventurers’ is caring, convenient and affordable early childhood centre around.

We provide a warm, caring, family-focused environment that provides the highest quality care and education for infants and preschoolers (birth to school age). Our goal is to lay sound foundations that prepare children for the next steps in their journey, socially, emotionally and educationally.

Offering a high quality programme that strikes a balance between structure and freedom, children will be loved, nurtured and well-prepared for starting school.

Our building is located on Heriot Drive, on the edge of Porirua CBD, where we are spoilt for space, both indoors and out. The playground is being designed by the children to incorporate nature as much as possible, with retention of real grass being important to us.

Centre opened on 14 November 2012. On a mission to be the BEST!

11 Heriot Drive Porirua 5024



info@littleadv.co.nz  Monday-Friday 7:00am to 6:00pm

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| (04) 238 9684  http://www.littleadv.co.nz | Some charges may apply. No referral required. |

**Lower Hutt Women's Centre**

FSD0005494 Last updated 16/04/2021

Lower Hutt Women's centre provides workshops, courses and support for women. We have a focus on empowerment, self-development and education.

186 Knights Road Waterloo Lower Hutt



info@lhwc.org.nz  Monday and Tuesday 10:00am to 2:00pm (04) 920 1009 Wednesday and Thursday 9:30am to 3:30pm http://www.lhwc.org.nz Friday 9:00 to 3:30pm

Some charges may apply. No referral required.

**Mahinawa Specialist School**

FSD0005474 Last updated 28/07/2020

School for students aged 5 - 21 years with intellectual disorders.

1B Takapuwahia Drive Takapuwahia Porirua 5022



reception@mahinawa.school.nz  During school terms Monday to Friday 8a.m -

(04) 238 4314 4p.m. https://www.mahinawa.school.nz/ Some charges may apply.

No referral required.

**Maori Education Trust**

FSD0005498 Last updated 08/01/2021

The MET administers scholarships for educational opportunities for all Maori at secondary and tertiary level.

Level 1 65 Waterloo Road Lower Hutt 5010



info@maorieducation.org.nz  8am - 4:30pm

(04) 586 7971 All services free of charge. http://www.maorieducation.org.nz No referral required.

**Ministry of Education, Learning Support, National Office**

FSD0003491 Last updated 31/10/2020

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

33 Bowen Street Wellington 6011 enquiries.national@education.govt.nz  Monday - Friday, 8am-5pm.



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| (0800) 622 222 (04) 463 8000 http://www.education.govt.nz/school/stude nt-support/special-education/ | All services free of charge. Referral may apply. |

**Ministry of Education, Learning Support, Wellington**

FSD0006557 Last updated 31/10/2020

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

Level 2 19 Market Grove Lower Hutt



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

|  |  |
| --- | --- |
| (04) 463 8699 (0800) 622 222 http://www.education.govt.nz/school/stude nt-support/special-education/ | All services free of charge. Referral may apply. |

**New Horizons for Women: Hine Kahukura**

FSD0000519 Last updated 19/03/2021

The New Horizons for Women Trust administers a variety of monetary awards that support second chance education and foundation studies for women, research on issues affecting NZ women and girls, personal development opportunities and initiatives that further the cause of peace.

Applications open in March each year for approximately 6 weeks and are made via the website only.

The Trust is run by volunteers along with a paid Trust Manager. Funding for awards is from donations, annual sponsorship and the Trust's endowment funds.

enquiries@newhorizonsforwomen.org.nz  The New Horizons for Women Trust operates a http://www.newhorizonsforwomen.org.nz virtual office. Please email us.

All services free of charge. No referral required.

**New Zealand Red Cross - Refugee Programmes**

FSD0001929 Last updated 20/11/2020

New Zealand Red Cross is the primary provider of community resettlement programmes in New

Zealand. There are two refugee programmes - Pathways to Settlement and Pathways to Employment. Pathways to Settlement offers support to former refugees as they begin their settlement journey in New Zealand. The service offers Settlement support, Settlement planning with families, community orientation sessions and community integration.When former refugees arrive in their areas of resettlement, they are supported by our qualified social workers, case workers, cross cultural workers and trained volunteers who help them understand Kiwi culture, learn to manage systems and find work. Pathways to Employment is a service which assists with helping former refugees to find employment.

69 Molesworth St Thorndon Wellington



rachel.kidd@redcross.org.nz  9.00am - 5.00pm, Monday to Friday (0800) 733 2767 All services free of charge.

(021) 228 2030 Referral may apply. https://www.redcross.org.nz

**New Zealand Red Cross - Upper Hutt**

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| FSD0002495  Humanity both locally and overseas. | Last updated 15/10/2020 |

18 Princes Street Upper Hutt 5018



upperhutt@redcross.org.nz  9am - 1pm Mon-Fri

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| (04) 528 9162 (0800) 733 276 http://www.redcross.org.nz | Meeting 2nd Friday of month at 1.30 pm Some charges may apply.  Referral may apply. |

**New Zealand Red Cross - Wairarapa**

FSD0005293 Last updated 30/11/2020

To help and support people in need. To have at least one First Aider in every household. First Aid training - NZQA units 6400-01-02-OSH approved trainer. Comprehensive First Aid Certificate and Revalidation available.

30 Church Street Masterton



wairarapa@redcross.org.nz  Mon - Fri, 9am - 3pm

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| (06) 377 3586 http://www.redcross.org.nz | Some charges may apply. No referral required. |

**New Zealand Red Cross Humanitarian Services - National Office**

FSD0001103 Last updated 19/03/2021

Refugee Services (formerly RMS Refugee Resettlement) provides initial settlement services to the annual quota of 1000 refugees who are rebuilding their lives in New Zealand. Our model of service-delivery utilizes the combined strengths of our social workers, cross cultural workers, caseworkers and trained community volunteers. We are also involved in public education, advocacy, contribute to policy development and support ethnic community development. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

69 Molesworth Street Thorndon Wellington 6011



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

(04) 471 8250 All services free of charge.

(0800) 733 2767 Referral may apply. https://www.redcross.org.nz

**Ngahauranga Te Kohanga Reo**

FSD0005533 Last updated 30/11/2020

Our purpose is on the survival, revival, regeneration, protection and nurturing of Te Reo Mori, tikanga Mori and huatanga Mori which focuses on the mokopuna our children.

This will ensure that opportunities are available for the wider community to participate (in a supportive capacity) in the operations of Te Kohanga Reo.

To make available opportunities to the community for enquiries and applications to vacancies within the Kohanga Reo

Children will learn Mori language and culture through immersion. Ka tautokotia te reo me ng tikanga, hei tonga, hei whainga, hei awhitanga m ng whanau katoa

Whanau will learn a range of other skills (administration), within the whanau setting. E pakari ai te mana o Ngahauranga Te Kohanga Reo whanau, me awhi ng hunga katoa e whina ana, kia tau ai te whakaaro a whnau I waenga i a ratou katoa desires and requests with the support of the wider community.

55 Victory Crescent Tawa Wellington



whanau@k09c043.kohanga.ac.nz  Monday - Friday 8.30 am - 3.00 pm (school

|  |  |
| --- | --- |
| (04) 232 8424  (027) 381 6939 | hours)  Some charges may apply.  No referral required. |

**Order of St John Youth Programme - Wellington**

FSD0005582 Last updated 18/01/2021

St John youth programmes focus on teaching first aid, health care, leadership and life skills with fantastic opportunities to meet new people, experience new things and of course... have fun! Our dynamic programme is for all New Zealanders aged from 6 to 18 years. We even provide your uniform. Have you got what it takes?

55 Waterloo Quay Pipitea Wellington 6011



central.youth@stjohn.org.nz  Mon - Fri 8am-5pm

(0800) 785 646 Some charges may apply. https://youth.stjohn.org.nz/ No referral required.

**Outward Bound**

FSD0023640 Last updated 18/08/2020

Outward Bound is one of New Zealand's leading organisations for showing people their full potential through outdoor challenge and adventure.

We believe in experiential learning - or learning through doing. That means students take responsibility over the challenge ahead of them. Whether that's leading the way on an expedition or managing their team to complete a kayak journey.

Our focus lies in building transferable skill and attitudes that remain far beyond a participant's time with us. Lessons learnt are applicable to work, study, home - and they last for life.

3 Queens Wharf Wellington City 6011



info@outwardbound.co.nz  8.30am - 5pm Monday to Friday (0800) 688 927 Some charges may apply. http://www.outwardbound.co.nz No referral required.

**Paremata Creche**

FSD0022402 Last updated 13/07/2020

We provide a nurturing and educational environment for children aged from 12mths old. We have fully trained and registered teachers, low ratio's and a newly purpose built creche. Two session options are available between 8.30am - 2.30pm Monday - Friday. Paremata Creche has been providing support for families in the community for over 25 years.

(Civic Centre, Next to Whitby Library) 69C Discovery Drive Whitby Porirua 5024 paremata.creche@wmkindergartens.org.n  Monday - Friday z 8.30am - 2.30pm



(04) 234 1690 Some charges may apply. https://www.facebook.com/ParemataCrec No referral required. he/?ref=bookmarks

**Parents Centre New Zealand Inc - Kapiti**

FSD0007336 Last updated 11/12/2020

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.

kapiti@parentscentre.org.nz  No set opening hours, classes are held as per

(04) 233 2022 schedule. http://www.kapitiparentscentre.org.nz Some charges may apply.

No referral required.

**Parents Centre New Zealand Inc - Lower Hutt**

FSD0007338 Last updated 31/08/2020

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.

lower.hutt@parentscentre.org.nz  To book into a Childbirth Education class, please http://www.parentscentre.org.nz complete our online form or email us at antenatal.lhpc@gmail.com Some charges may apply. No referral required.

**Parents Centre New Zealand Inc - Upper Hutt**

FSD0007337 Last updated 23/03/2021

Parents Centre NZ offers a wide range of services and support for parents. Each local Centre is run by a committee with support from national office.

5 Miro Street Trentham Upper Hutt 5018 upper.hutt@parentscentre.org.nz  Voicemail and email checked regularly.



(04) 939 8990 Some charges may apply.

(04) 233 2022 No referral required.

https://upperhutt.parentscentre.org.nz/

**Parents Centre New Zealand Inc - Wellington North**

FSD0007340 Last updated 22/02/2021

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.

secretary@wnpc.org.nz  We do not have a physical location

(04) 475 7550 Some charges may apply. http://www.wnpc.org.nz No referral required.

**Parents Centre New Zealand Inc - Wellington South**

FSD0007341 Last updated 01/09/2020

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.

secretary@wgtnparents.org.nz  24 hours for email http://www.wgtnparents.org.nz Some charges may apply.

No referral required.

**Petone Community House Incorporated**

FSD0003088 Last updated 24/08/2020

Rooms for hire for the community and local organisations for workshops, seminars, meetings, craft groups, social gatherings, music groups, church groups, meditation groups, counsellors, etc.

6 Britannia Street Petone Lower Hutt



office@pchouse.nz  House: 7am-11pm.

(04) 568 7798 Office: 11:00am-2:00pm, Monday - Friday. (other

http://www.petonecommunityhouse.nz times by appt)

Some charges may apply. No referral required.

**Playcentre - National Office**

FSD0018012 Last updated 23/06/2020

A Playcentre is a community-based early childhood centre where family members jointly provide early education to their children aged under 6 years, and parenting support for each other. There are 471 Playcentres in communities around New Zealand.

administrator@playcentre.org.nz  Office hours of administator:

(0800) 752 969 Monday to Friday 9am - 2.30pm http://www.Playcentre.org.nz Koha/donation may apply.

No referral required.

**Porirua Whanau Centre**

FSD0004753 Last updated 01/10/2020

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Rangitane O Wairarapa Incorporated**

FSD0005303 Last updated 09/06/2020

To actively protect and develop the mauri or life principles of Rangitane and preserve and safeguard the mana of Rangitane.

 12 Kokiri Place Masterton 5810

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| info@rangitane.iwi.nz  (06) 370 0600  (06) 370 0603 http://www.rangitane.iwi.nz/ | 8.30am - 4.30pm Monday to Friday All services free of charge.  Referral may apply. |

**Resource Teachers: Learning & Behaviour**

FSD0002755 Last updated 13/11/2020

School based service. The RTLB service accepts schools' requests to support teachers to manage individual students or groups of students with additional learning and behavior needs. The service also supports schools to develop systems and processes to accommodate the diverse range of students' needs.

Matauranga House 33 Bowen Street Wellington 6011



RTLB.Enquiries@education.govt.nz  School Hours - 8.00am-5.30pm

(04) 463 8954 All services free of charge.

(04) 439 5359 Referral may apply. http://rtlb.tki.org.nz/

**Safer Wairarapa**

FSD0019137 Last updated 01/09/2020

Safer Wairarapa has a wide range of government agencies and community organisations working collaboratively on agreed goals to promote a positive safety culture throughout the region. The 7 workstreams are Road Safety, Alcohol and Drug Education, Suicide Prevention, Falls Prevention, Fire Safety, Violence Prevention and Youth development.

The Vicarage 185 High Street South Carterton 5713



anniel@waisct.org.nz  Mon-Fri 9am-4pm (06) 379 5407 All services free of charge. https://www.facebook.com/Wairarapa.Saf Referral may apply. er.Community.Trust/

**Classification : YS**

**Sapphire Consultants Ltd**

FSD0021474 Last updated 26/01/2021

Our company offers training, employment and human resource services to both private sector clients and jobseekers in receipt of support from Work and Income. We are a "One Stop Shop" short course provider, offering time-effective courses in Hospitality, Roading, Construction, Security, Customer Service and Logistics.

As an experienced Service Provider to MSD, we offering a range of funded training programmes and employment placement services.

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| sapphirecourses@gmail.com  (0508) 727 744 http://www.sapphireconsultants.co.nz      **SeniorNet Inc - Upper Hutt** | Office hours are 8.30am to 4.30pm Monday to  Friday  Some charges may apply. Referral may apply. |
| FSD0002591 | Last updated 19/03/2021 |

Teaching computing basics, sharing experiences. Volunteers welcome for tutoring.

Shop 3, City Arcade 123-125 Main Street Upper Hutt 5018



seniornetupperhuttinc@gmail.com  1st, 2nd & 3rd Tuesdays of the month - Open

(04) 529 7662 Meetings

http://www.upperhuttseniornet.co.nz/ 4th Tuesday of each month is Committee meeting.

Other times as necessary for training courses.

Some charges may apply. No referral required.

**SeniorNet Inc - Wellington**

FSD0005574 Last updated 29/12/2020

A local community of computer using seniors. A voluntary organisation run by seniors for seniors.

Main aim to teach computer skills to older adults in an enjoyable & friendly way.

 Level 1, Anvil House 138-140 Wakefield Street Wellington 6011

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| wellingtonseniornet@gmail.com  (04) 473 1510 http://www.wellingtonseniornet.co.nz      **SeniorNet Kapiti Inc** | 10 am - 12 pm  Mon-Fri  Some charges may apply. No referral required. |
| FSD0003218 | Last updated 15/04/2021 |

We offer courses that are available for a wide range of computer and internet skills. Our aim is to help those over 50. The primary is to demystify the new technology. We are a voluntary organisation.

200 Matai Road Raumati Beach Paraparaumu 5032



kapiti@seniornet.co.nz  School term Monday to Friday.

(04) 299 0754 Some charges may apply.

(021) 169 6256 No referral required. http://kapiti.seniornet.co.nz/

**Services in Schools**

FSD0004142 Last updated 10/03/2021

Services in Schools encompasses the Social Workers in Schools (SWiS), Multi-Agency Support Services in Secondary Schools (MASSiSS), and Youth Workers in Secondary Schools services.

These services are school-based community social work/youth work services.

Level 18 Aurora Centre 56 The Terrace Wellington 6011



Marten.Hutt@ot.govt.nz  Please contact your school or local Partnering

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| --- | --- |
| (04) 918 9244 https://orangatamariki.govt.nz/aboutus/research/our-research/social-workersin-schools-2020/ | for outcomes advisors for information.  All services free of charge.  Referral may apply. |

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

FSD0007489 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. |

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

FSD0007498 Last updated 04/09/2020

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. |

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

**Stokes Valley Community Childcare Centre**

FSD0023839 Last updated 05/01/2021

We are a Community owned Childcare in the grounds of Tui Glen School we cater for 6 months to 5 years, we are very Pacifica and multicultural we try and keep all costs down as much as possible for our families. We offer 20 ECE hours to children 3 to 5 years old and we have a lot of families under WINZ. We have Certified, Registered teachers and very good ratios. We work alongside all the Primary Schools in Stokes Valley and the Marae. We are here to support local families and give our Tamariki a great start to their education.

c/- Tui Glen School 126 Stokes Valley Road Stokes Valley Lower Hutt 5019



stokesvalley.ccc@xtra.co.nz  We open at 8am every week day morning and

(04) 563 7279 close at 4.30pm, we are not open on weekends

or Public holidays.

Some charges may apply. No referral required.

**Student Learning Te Taiako - Victoria University of Wellington**

FSD0005586 Last updated 23/07/2020

We provide academic and social support to students (including Maori, Pasifika and international students) studying at Victoria University.

Level 0 Kirk Building, Hunter Courtyard 21 Kelburn Parade Kelburn Wellington 6012 student-learning@vuw.ac.nz  Mon-Thursday 8:30am - 4:30pm



(04) 463 5999 Some charges may apply. http://www.vuw.ac.nz Referral may apply.

**Supporting Families in Mental Illness (SFNZ) - Wairarapa**

FSD0007466 Last updated 01/10/2020

Schizophrenia Fellowship New Zealand was formed in 1977 by families, for family members experiencing forms of mental illness. Since that time it has developed further to promote the best quality of life for persons with a mental illness and or addictions.and help to support their family/whanau and caregivers' in gaining a better understanding around the issues associated with such illnesses. SFNZ is a charitable organisation and there are a number of branches nationwide that are managed by volunteer committees and members.

323 Queen Street Masterton 5810



admin@sfwai.org.nz  Family Services 9am - 5pm Monday to Friday.

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| (06) 377 3081 http://www.sfwai.org.nz/      **Taeaomanino Trust** | All services free of charge. No referral required. |
| FSD0004737 | Last updated 01/02/2021 |

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Tawa Pop In**

FSD0005589 Last updated 23/03/2021

Pop In is a licensed community playgroup. We welcome all pre-schoolers with their parent, grandparent, or caregiver. A variety of play activities are provided, followed by stories and singing.

1 Lyndhurst Road Tawa Wellington 5028



admin@tac.org.nz  Tawa: Tuesday Wednesday and Thursday 9:30-

(04) 232 8448 11:30am

http://www.tac.org.nz Koha/donation may apply.

No referral required.

**Te Aho O Te Kura Pounamu (Te Kura) - Wellington**

FSD0005605 Last updated 17/12/2020

We provide distance education from early childhood level to Year 13. Our learning advisors, teachers and in-region staff work with students, their whanau and communities to help our students achieve their potential.

11 Portland Crescent Thorndon Wellington 6011 info@tekura.school.nz  Monday to Friday, 8am to 5pm.



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| (04) 473 6841 (0800) 65 99 88 http://www.tekura.school.nz | Some charges may apply. Referral may apply. |

**Te Rito Maioha Early Childhood New Zealand**

FSD0019777 Last updated 06/11/2020

Te Rito Maioha Early Childhood New Zealand provides initial teacher education programmes. Study for your Bachelor of Teaching (Early Childhood Education) or upgrade your early childhood education Diploma to a Degree. Students have the opportunity to earn and learn as you only attend class one a day week. We have teaching bases situated all around New Zealand so you don't need to move away from home to complete your tertiary study.

Level 4 191 Thorndon Quay Thorndon Wellington 6011



studentservices@ecnz.ac.nz  Monday to Friday 9.00am-5.00pm

(04) 471 6804 Some charges may apply.

(0800) 244 532 No referral required. https://www.ecnz.ac.nz/

**Te Roopu Awhina ki Porirua**

FSD0015037 Last updated 05/12/2020

Te Roopu Awhina is a holistic social service provider, where our aim is to meet the needs of the whanau in our community, so that physical, emotional, spiritual and whanau wellbeing can be achieved in partnership.

 1 Walton Leigh Avenue Porirua City Centre Porirua 5022

reception@tra.org.nz (04) 238 4090 (0800) 872 800 http://www.tra.org.nz

**Classification : BFC**

**Te Runanganui O Te Atiawa**

FSD0003121

Monday- Friday 9 am - 5 pm All services free of charge. Referral may apply.

Last updated 06/11/2020

Provide support, manaakitanga, professional advice, and other services to Maori organisations, Marae, Kokiri Centres and whanau, and through its tribunal rights as tangata whenua, working with private and public sector agencies in a Treaty based way. The health centre promotes a better and longer life of all Maori by way of high quality health.

Cnr Riverside Drive & Guthrie Street Lower Hutt



info@atiawa.com  8:00am-4:30pm Monday - Friday,

(04) 566 8214 Consulting hours for the Waiwhetu Medical Clinic http://www.atiawa.com are 9:00am-11:45am and 2:00pm-4:45pm

Monday - Friday

Some charges may apply. No referral required.

**Te Wakawhaiora Trust**

FSD0005312 Last updated 29/01/2021

Kaupapa Maori Mental Health Services. Residential and mobile Services covering Wellington to Kapiti.

213-217 Bedford Street Cannons Creek Porirua 5024



carole@tww.org.nz  8.30am - 5pm weekdays (04) 237 9608 All services free of charge. http://www.tww.org.nz Referral may apply.

**Tertiary Education Commission**

FSD0006152 Last updated 15/01/2021

The government's Tertiary Education Strategy seeks to encourage all New Zealanders to adopt learning as a way of life and to make it easy for them to do so. Oversees implementation of that strategy.

Level 9 44 The Terrace Wellington 6141



customerservice@tec.govt.nz  8.30am - 5pm Monday to Friday

(0800) 601 301 Wednesdays 9.30am to 5pm

(04) 462 5201 Some charges may apply. http://www.tec.govt.nz No referral required.

**The House of Grace**

FSD0023574 Last updated 13/07/2020

The House of Grace is a home for pregnant teens and young mums. A place to live, learn, prepare for childbirth and make plans for a bright future. We have two homes currently - Hamilton and Wellington but we support young mums from all over New Zealand.

info@thog.org.nz  Our homes are open 24/7, 365 days a year, our (0800) 920 5667 office however is open Mon-Thurs 9am-3pm.

http://www.thehouseofgrace.org.nz See our website for more information Some charges may apply. No referral required.

**The Learning Centre & Whanau Family Support**

FSD0003150 Last updated 12/04/2021

We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services

We are an affiliated member of Literacy Aotearoa inc and the National Literacy Organisation.

 55 Farmer Crescent Taita Lower Hutt 5011

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| manager.whanau.group@xtra.co.nz  (04) 570 6020 https://www.facebook.com/TheLearningC entreWFSST/  **Classification : BFC** | 9am - 2pm Monday to Friday  (Available outside these hours by appointment) All services free of charge.  No referral required. |

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

92 Vivian Street Wellington wellingtoncity.corps@salvationarmy.org.n  Drop-in Centre is open 10am-3pm Mon-Fri.



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| z  (04) 801 9278 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/wellington-city/wellington-city-corps    **Classification : THP**    **Titiro Whakamua** | Other services are available 9am-5pm Mon-Fri. | |
| Phone is monitored 24/7.  Some charges may apply.  Referral may apply. |  |
| FSD0003038 |  | Last updated 21/08/2020 |

We run a teen parent school attached to Heretaunga College.

It is a five day a week school where Teen Parents can continue their education and learn more about parenting.

34 Miro Street Wallaceville Upper Hutt 5018



tpuoffice@heretaunga.school.nz  8.00am - 4.00pm weekdays.

(04) 528 8977 Some charges may apply.

Referral may apply.

**U3A Wellington City**

FSD0005615 Last updated 04/11/2020

Provides education and fellowship for older adults, retired from their main life activity. Regular lectures are held at the Embassy Theatre, as well as smaller meetings in homes or halls where group members explore aspects of particular interest.

1 Mairangi Road Wadestown Wellington 6012



tricia.walbridge@gmail.cm  All lectures are held from 10.30am - 12 noon

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| (027) 563 5109 http://www.u3awellingtoncity.org.nz      **Upper Hutt Women's Centre** | Tuesdays and Fridays in the Embassy Theatre, Kent Terrace, Wellington.  Some charges may apply. No referral required. |
| FSD0003133 | Last updated 01/10/2020 |

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018



uhwomen@xtra.co.nz  Office hours are 9:00am - 2:00pm Monday to

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| (04) 527 0017 http://www.uhwc.co.nz      **Volunteer Wellington** | Friday, courses are held at various locations and times around Upper Hutt. Check the website for more information.  Some charges may apply. No referral required. |
| FSD0016707 | Last updated 27/04/2021 |

Volunteer Wellington Te Puna Tautoko is the champion of volunteering in greater Wellington. We connect volunteer seekers with meaningful opportunities with our 350 plus member community organisations. We build the capacity and capability of communities through our professional development programme, mentoring and consultancy services.

 Level 7 186 Willis Street Wellington 6142

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| info@volunteerwellington.nz  (04) 499 4570  (04) 499 4572 http://www.volunteerwellington.nz | 9am - 5pm Mon - Fri  All services free of charge.  No referral required. |

**Wairarapa Safer Community Trust**

FSD0005288 Last updated 17/12/2020

The purpose of the Trust is to provide a legal and governing structure for leading charitable initiatives, education, charitable programmes, services and inter-agency collaboration.

In particular the Trust will:

1. Provide parenting and whnau education to assist parents and caregivers to manage challengingchildhood and adolescent behaviours

1. To work with and co-ordinate with government, voluntary and community groups to advancecharitable community services which works towards creating or developing a strong, inclusive and safe community.

185 High Street South Carterton 5743



anniel@waisct.org.nz  8am - 5pm Monday to Friday

(06) 379 5407 x 0 All services free of charge.

(021) 509 493 No referral required. http://www.waisct.org.nz

**Waiwhetu Marae**

FSD0003139 Last updated 07/09/2020

Marae; te kohanga reo daily; health clinic, youth programmes, waka taua; exhibition and conference facilities.

21 Puketapu Grove Waiwhetu Lower Hutt 5010



waimre@xtra.co.nz  From 8a.m-5p.m Mon-fri (04) 566 1847 Some charges may apply.

(04) 569 7025 No referral required.

**Wellington Early Intervention Trust**

FSD0003140 Last updated 14/12/2020

A centrebased therapy and teaching programme that is strengthbased and supports the holistic development of children with special needs through practical strategies. Information, advocacy for families and fostering of inclusion in a child's community and education facility.

79A Copeland Street Epuni Lower Hutt 5011



weit@xtra.co.nz  Monday – Thursday: 8AM – 4PM

(04) 567 4082 Friday: Closed

http://www.weit.org.nz Saturday: Closed

Sunday: Closed

Some charges may apply. Referral may apply.

**Wellington Red Cross - Service Centre**

FSD0003099 Last updated 15/10/2020

Refugee Services (formerly RMS Refugee Resettlement) provides initial settlement services to the annual quota of 750 refugees who are rebuilding their lives in New Zealand. Our 3-strand model of service-delivery utilizes the combined strengths of our Professional Social Workers, Cross Cultural workers and trained community volunteers. We are also involved in public education, advocacy, contribute to policy development and support ethnic community development. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

Level 2 39 Webb Street Wellington



wellington@redcross.org.nz  9am - 5pm, Monday to Friday

(04) 805 0304 All services free of charge. https://www.redcross.org.nz Referral may apply.

**Wellington Women's Refuge**

FSD0007675 Last updated 20/08/2020

Support, information and advocacy for women and children experiencing domestic violence. Domestic violence involves one person dominating and controlling another person in a relationship, can include a range of power and control tactics which may not always involve physical violence.

We are a free and accessible service; we take self-referrals as well as referrals from agencies, Police, family and friends. To make a referral simply phone the crisis line or office.

For support ring Crisis Line: 0800 REFUGE (0800 733 843).

We provide:

- A safe and non-judgmental environment where you can be supported to make decisions for your future.

-A confidential listening ear to talk through your situation and options.

-Referrals as required and support at appointments such as the police, lawyers, court hearings, housing and Work & Income.

-Community Office open 9-5 weekdays.

-24-hour access to safe-house accommodation for those whose safety is at risk in the community.

44 Wigan Street Te Aro Wellington 6011



advocate@wwr.org.nz  Crisis line staffed by trained support workers (0800) 733 843 (REFUGE) available 24 hours a day, 7 days a week.

(04) 473 6280 (crisis) Community Office open 9-5 weekdays. http://www.wellingtonwomensrefuge.co.nz Some charges may apply. No referral required.

**Classification : FVSS**

**Wesley Community Action**

FSD0005663 Last updated 30/04/2021

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Whanau Manaaki - Kindergarten Education & Care**

FSD0024119 Last updated 11/12/2020

Whnau Manaaki is the not-for-profit organisation behind 101 kindergartens in the Central Plateau, Whanganui, Horowhenua, the Kapiti Coast, Wairarapa, Upper Hutt, Eastbourne, Petone, Porirua and Wellington.

We also offer a home-based service in Porirua.

15 John Seddon Drive Elsdon Porirua 5022 info@wmkindergartens.org.nz  Please go to our webpage:



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| (04) 232 3069  (06) 345 6729 http://www.wmkindergartens.org.nz | www.wmkindergartens.org.nz to see all of our Kindergartens listed with their days and times. Our office is open from 9am to 5pm every business day.  Some charges may apply.  No referral required. |

**Whitireia Community Polytechnic: Free Courses**

FSD0008096 Last updated 08/01/2021

Whitireia Community Polytechnic provides a range of flexible training for firms participating in the Government's nine-day fortnight scheme and for anyone facing redundancy. No fees programmes will be provided in fundamental skill areas including computer skills, employment and study skills, CV preparation, office administration, retailing, hospitality, construction skills, Maori language and English for migrants.

 3 Wi Neera Drive Porirua City 5022

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| info@wandw.ac.nz (04) 237 3100 (0800) 944 847 http://www.whitireia.ac.nz      **Youthline Wellington** | 8 am - 5 pm, Monday to Friday. | |
| All services free of charge. No referral required. |  |
| FSD0006540 |  | Last updated 17/06/2020 |

Youthline’s primary purpose is to support and develop young people.

We do this through our telephone counselling, web and text services and education services, and also by training young people to volunteer at Youthline.

Youthline Wellington aims to deliver telephone and text counselling daily and education programmes primarily to youth in the Wellington region, but also to others in need. We aim to listen, be a friendly voice, empower young people to make positive decisions in their lives, and to pass on knowledge of other services that could assist our callers with their needs.

Youthline Wellington offers a free, confidential, non-judgmental telephone, text, email and web chat counselling and information service to people in the Wellington and Greater Wellington areas.

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| office.wgtn@youthline.co.nz  (0800) 376 633 (Helpline) (04) 801 6924 (Office) http://wellington.youthline.co.nz      **Zeal Education Trust** | 24/7 Youth Help and Counselling Line  Free txt 234  Email Counselling: talk@youthline.co.nz Live chat available on website Some charges may apply. No referral required. |
| FSD0017157 | Last updated 15/04/2021 |

Zeal is a group of people committed to the advancement of young people through the creative arts, leadership and education.

 55 Cuba Street Te Aro Wellington 6011

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| welly@zeal.nz  (021) 871 712  (0800) FIND ZEAL http://www.zeal.org.nz | Monday - Friday 9am - 5pm Some charges may apply.  No referral required. |

# Employment

**ACTS Employment Services Ltd**

FSD0002970 Last updated 03/05/2021

Our aim is to help with all things employment. Working one-on-one or in groups with career coaches and employment consultants, you will gain all the knowledge, skills and tips to ensure you are putting your best foot forward to reach your career goals, or secure sustainable employment. We tailor programmes to individuals and businesses to meet you needs. And can include; CV creation, cover letters, interview training and preparation, personal development, work experience, coaching, redundancy services, job search, group workshops, facilitation and more.

We offer face to face sessions and training in the Wellington Region or online services throughout New Zealand.

Level 2 65 Dudley Street Lower Hutt 5010



jordan@actsinstitute.org.nz  Available on booking basis. Please contact us to

(027) 408 4703 schedule a time that works around your http://www.actsinstitute.org.nz commitments

Some charges may apply. No referral required.

**Cannons Creek Opportunity Centre**

FSD0022557 Last updated 10/02/2021

Provide Out of School Care, Youth & Community Programmes. As per the Constitution 2013; The charitable aims of The Cannons Creek Opportunity Centre shall be:

2.1 to promote the social, spiritual, physical, educational and emotional welfare of the People of eastern Porirua;

2.2 to promote community life in eastern Porirua;

2.3 to provide programmes and facilities for people of all ages and cultures in line with aims (2.1) and (2.2) above;

2.4 to provide, as The Centre sees fit, facilities for any activity which would help produce revenue for the support of the programmes and facilities referred to in aim (2.3) above:

2.5 to own and operate, in line with the other aims, the buildings and facilities of the Cannons Creek Opportunity Centre.

2.6 The activities of the Centre will be limited to New Zealand.

Level 2 (Upstairs) 4 Bedford Court Cannons Creek Porirua 5240

ccoc@xtra.co.nz  7am-8pm 7 Days, call to enquire.

(027) 541 2104 Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**Capital Development Agency Ltd**

FSD0021493 Last updated 28/01/2021

Provides training and business mentoring to Work and Income clients wishing to apply for Flexiwage grant and ongoing funding.

Level One Munro Benge House 104 The Terrace Wellington 6143



clare@cdanz.com  8.30- 5.00pm Weekdays (04) 494 0975 All services free of charge. (027) 452 5628 Referral may apply.

**Capital Training Limited**

FSD0021473 Last updated 09/02/2021

Capital Training Limited is a Private Training Establishment (PTE), which has been registered and accredited by the NZ Qualifications Authority (NZQA), under the Education Act 1989. It is focused on winning tendered contracts with educational, government, and commercial customers to deliver education and training programmes, which are all paid for by the Tertiary Education Commission (TEC) and the Ministry of Social Development (MSD).

There are two primary parts to Capital Training’s business:

TEC Foundation Education

MSD Training Programmes

Whilst both aspects of the business are Government funded and fall under the auspices of NZQA, they are distinctly different. Foundation Education has the primary objective of increasing skill knowledge and formal qualifications, whereas the MSD Training Programmes have the objective of assisting participants into the workforce.

Level 1 204 Thorndon Quay Wellington 6011

tom.kelleher@capitaltraining.co.nz  8.30am -4.30pm Monday - Friday

(04) 470 7670 All services free of charge. http://www.capitaltraining.co.nz Referral may apply.

**Careers New Zealand**

FSD0004153 Last updated 07/01/2021

Careers New Zealand is a hub for independent career information and advice.

We help people navigate their career journey by providing information, tools, tips and advice to help them make informed learning and work choices at any age and stage of their lives.

Careers New Zealand is a government agency.

Level 9 44 The Terrace Wellington 6011



careers@careers.govt.nz  8:30am to 5pm Monday, Tuesday, Thursday and

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| (0800) 601 301 (0800) 222 733 http://www.careers.govt.nz      **DCM** | Friday.  On Wednesday we're open from 9:30am to 5pm.  Closed on public holidays.  All services free of charge. No referral required. |
| FSD0016392 | Last updated 10/08/2020 |

DCM works with people who are homeless in Wellington. We work with people to find and sustain housing, access a benefit and manage their money, and to connect to whnau, health and other services and supports. We call the people we work with taumai, meaning to settle. This reflects the journey we embark on together to become settled, stable and well.

We believe that, together, we can end homelessness in Wellington. Our number one priority is getting people off the streets and into sustainable living arrangements, and we offer a range of supports and services along the way to cater for everyone who walks through our door.

Kirva House 2 Lukes Lane Wellington 6011

office@dcm.org.nz  Mon & Fri: 9am-12pm (04) 384 7699 Some charges may apply. http://www.dcm.org.nz Referral may apply.

**Deaf Aotearoa**

FSD0004109 Last updated 17/12/2020

Deaf Aotearoa is the national service provider for Deaf people in New Zealand. We work with Deaf communities and provide information and resources on a range of services including employment, service coordination and Needs Assessment and specialised equipment.

Deaf Aotearoa also works closely with government agencies, not-for-profit sector organisations and the corporate sector to increase awareness of Deaf people's situation, promote New Zealand Sign Language and strengthen the rights of Deaf people.

Deaf Aotearoa is a Disabled Person's Organisation.

Level 3, Aviation House 12 Johnston Street Wellington 6011



national@deaf.org.nz  9.00am - 4.00pm Monday - Friday (0800) 332 322 All services free of charge. http://www.deaf.org.nz/ No referral required.

**Deaf Aotearoa - Wellington**

FSD0006939 Last updated 03/02/2021

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

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

 Shop 2 330 High Street Lower Hutt 5010

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| national@deaf.org.nz (0800) 332 322 http://www.deaf.org.nz/ | Office open for enquiries and appointments:  Monday to Thursday from 9:00am to 4:00pm Office open for appointment only: Friday All services free of charge.  No referral required. |

**Dress For Success Wellington**

FSD0005428 Last updated 05/01/2021

Our mission is to empower women to achieve economic independence by providing a network of support, appropriate business attire and development tools to help them thrive in work and in life.

Many of our clients are women on no or low income who need suitable clothing to wear for job interviews, work experience, funerals, events, community re-integration, graduation and house viewings.

Floor 3 220 Willis Street Te Aro Wellington 6011



em@wellingtondressforsuccess.org  Monday - Friday 10am- 3pm

(04) 473 2940 All services free of charge.

(022) 510 9106 No referral required.

https://wellington.dressforsuccess.org/

**Earthlink Incorporated**

FSD0003006 Last updated 02/12/2020

Assisting people with mental health and addiction disabilities to return to full or part time employment. We run three businesses: apparel recycling and manufacture, recycling, employment training services.

25 Peterkin Street Wingate Lower Hutt 5019



office@earthlink.org.nz  Monday - Friday 8.30am - 4.30pm

(04) 567 7111 All services free of charge. https://www.earthlink.org.nz No referral required.

**Emerge Aotearoa - Central and Capital Coast**

FSD0003148 Last updated 22/03/2021

Emerge Aotearoa is a non government organisation that provides community-based mental health and disability support services nationwide. It was established in 2015 and is a merger of Richmond Services, Wellink Trust, Mind and Body and Recovery Solutions.

Our philosophy is based on the belief that people with mental health and disability issues can live full and rich lives in the community. We strive, in every aspect of our work, to ensure our services are person-centred, outcomes-focused and evidence-informed and are committed to providing healthy smokefree environments for all clients, staff and visitors.

71-73 Port Road Seaview Lower Hutt 5010



info@emergeaotearoa.org.nz  08.30am-05:00pm, Mon-Fri

(04) 589 9442 Some charges may apply. http://www.emergeaotearoa.org.nz Referral may apply.

**Employment Connections**

FSD0022137 Last updated 03/04/2021

Employment Connections is a part of Community Connections Supported Living Trust. It is a not for profit organisation which provides a range of professional supported employment and transition services for people with disabilities in Wellington.

Supported Employment

We support successful long term employment outcomes for people with disabilities in the regular workforce.

We are a free service to employers offering advice and support to your business and your employees. Our aim is to find you the right person for the job.

Transition

Employment Connections’ Transition Programme provides a year of support and facilitation for students with experience of disability in their last year of school.

Level 1 21-29 Broderick Road Johnsonville Wellington 6011



france.aziz@ccslt.org.nz  Typically, between 9am - 5pm Monday to Friday

(04) 384 2584 excluding public holidays. http://www.ccslt.org.nz All services free of charge.

No referral required.

**Employment New Zealand**

FSD0003799 Last updated 10/11/2020

Provides information and investigates problems to do with employment and workplace health and safety. Helps employers and employees with: Employment conditions, Minimum legal requirements, Problem resolution, Health and safety, Ways to work better, Labour market information.

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| info@mbie.govt.nz (0800) 20 90 20 https://www.employment.govt.nz/      **English Language Partners Hutt** | Business hours are 8.30am - 5.00pm Monday to Thursday.  9am - 5pm Friday. excluding public holidays.  From overseas call +64 9 969 2950 All services free of charge. No referral required. |
| FSD0007839 | Last updated 07/07/2020 |

To provide English language skills and social support for effective resettlement of adult refugees and migrants in Aotearoa New Zealand.

27 Kings Crescent Hutt Central Lower Hutt 5010



hutt@englishlanguage.org.nz  Monday to Friday, 9.00am – 4.30pm

(04) 570 1335 Some charges may apply. http://www.englishlanguage.org.nz Referral may apply.

**English Language Partners New Zealand**

FSD0005825 Last updated 22/04/2021

With 22 locations, 300 staff, 1,200 volunteers and 6,500 learners, English Language Partners New

Zealand is not-for-profit and works with former refugees and migrants. We offer a range of English-language programmes delivered by a unique blend of qualified professionals and trained volunteers.

Level 7 Ranchhod Tower 39 The Terrace Wellington Central Wellington 6011 natoffice@englishlanguage.org.nz  9am - 5pm Monday to Friday.



(04) 471 2382 Some charges may apply. http://www.englishlanguage.org.nz No referral required.

**EQUIP Recruitment Ltd**

FSD0020094 Last updated 13/01/2021

Drug testing service for Work and Income beneficiaries.

Pre-employment drug testing in accordance with AS/NZS 4308:2008 - at $55.00 plus GST.

380 Jackson Street Petone Lower Hutt 5012



office@equiprecruitment.co.nz  Monday - Friday, 8am to 5pm

(04) 589 5408 Some charges may apply. http://www.equiprecruitment.co.nz Referral may apply.

**Classification : DTS**

**Evaro - Empowering Adults with Disabilities**

FSD0004787 Last updated 18/01/2021

To improve the lives of adults with disabilities by supporting their choices of where they live, learn, work and socialise.

Evaro is a community participation and inclusion service, that assists and supports people with disabilities to participate in all aspects of our community.

At Evaro Transition we assist students in their last year of college to move from the school environment to further learning opportunities, work options or other services as identified.

Evaro Employment Service assists anyone with a disability to find paid employment and supports the individual, employer and co-workers to make this a successful experience.

We also support peer lead groups/organisations who assist people with mental health issues.

 Level 1 James Smith Corner 49-61 Cuba Street Te Aro Wellington 6011

|  |  |
| --- | --- |
| kervin@evaro.nz (04) 470 7892 (027) 662 0936 http://www.evaro.nz | Monday to Friday 8.30 am to 4.00 pm All services free of charge.  Referral may apply. |

**Graeme Dingle Foundation - Wellington**

FSD0003096 Last updated 16/07/2020

Graeme Dingle Foundation - Wellington is run under the Youth Development Trust - Wellington Licensee. We deliver three programmes promoting values, self-esteem and respect to tamariki and rangatahi in schools. The programmes are called Kiwi Can (years 1-8), Stars (year 9, with year 12-13 peer mentors) and Career Navigator (years 12-13). We aim to increase the confidence of the school students by running these development programmes. These students can better contribute to their school communities and local communities.

6 Hagley Street Porirua 5022 office.wellington@dinglefoundation.org.nz  8.30am - 5.00pm, Monday to Friday.



(04) 577 2070 Some charges may apply. http://www.dinglefoundation.org.nz/welling Referral may apply. ton/

**habit Rehabilitation**

FSD0023908 Last updated 22/02/2021

Habit Rehabilitation is one of New Zealand’s largest rehabilitation providers and provides a wide range of employment and careers services for job-seekers, employers, agencies and the general public.

Habit Rehabilitation is partnering with the NZ Ministry of Social Development to provide an Employment Service to people with health conditions or disabilities that are keen to work.

The Employment Service aims to:

* Assist individuals find paid employment of their choice
* Provide support in the work environment from Occupational Therapists and Vocational

Consultants for 12 months

* Build workplace culture to be inclusive and open to participation by people with a disability.

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| dairne@habit.co.nz https://www.habitrehab.co.nz/supportemployment/employment-service      **He Khui Wairarapa** | Monday - Friday  8.30 am - 5 pm.  All services free of charge. No referral required. |
| FSD0024546 | Last updated 08/04/2021 |

He Khui Wairarapa was established in 2003 out of the "Ka Moe, Ka Puta" exhibition to deliver services, programmes and events around Wairarapatanga to Wairarapa Mori of Ngti Kahungunu and Rangitne o Wairarapa descent and over the years have extended out to rwaho or Mtawaka. He Khui Wairarapa has a specific focus on the Masterton Eastside Community, working very closely with the Masterton Eastside Community group.

2 Bannister Street Masterton 5810



tari@hekahuiwairarapa.com  Open Monday - Friday from 8.30am - 4.00pm (06) 370 1448 All services free of charge.

Referral may apply.

**Idea Services - Kapiti Mana Horowhenua**

FSD0003196 Last updated 05/11/2020

Provision of services to people with an intellectual disability and support for their families.

Unit 1 21 Ihakara Street Paraparaumu horo.kapiti.mana@idea.org.nz  8:30 am - 5.00 pm Monday to Friday.



* 1. 463 2448

(0800) 442 898 After hours on-call 0800 442 898.

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

Referral may apply.

**IHC New Zealand Incorporated**

FSD0004117 Last updated 06/04/2021

We support people with intellectual disabilities by advocating for their rights, providing a variety of housing and work options and by supporting families.

Floor 15 57 Willis Street Wellington Central Wellington 6011



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

(04) 472 2247 All services free of charge.

(0800) 442 442 No referral required. http://www.ihc.org.nz

**Karori Community Centre**

FSD0005476 Last updated 07/09/2020

The Karori Community Centre is one of a network of 20 Community Centre's situated throughout Wellington.

The purpose statement of the Karori Community Centre is "to assist in meeting the needs of individuals and Community Groups in Karori, for social interaction, education, information and support, by providing staff, direction and facilities at low cost.

7 Beauchamp Street Karori Wellington



info@karoricommunitycentre.org.nz  Mon through Fri 9.30-2.00, Wednesday til 6

(04) 476 4968 Some charges may apply. http://www.karoricommunitycentre.org.nz No referral required.

**KiwiClass Multicultural Support Services, He Amo Taunaki**

FSD0005509 Last updated 24/03/2021

Supporting former refugees and migrants in the greater Wellington region whose first language is not English through:

* Beginner English courses
* Help in their search for work
* Homework Clubs
* Social Services

Level 1 39 Webb Street Te Aro Wellington 6011



office@kiwiclass.org.nz  Monday to Friday: 9am to 4pm

* 1. 384 3693 All services free of charge. http://www.kiwiclass.org.nz No referral required.

**Literacy Aotearoa**

FSD0024155 Last updated 01/02/2021

Literacy Aotearoa is a national organisation of adult literacy providers and is a leading commentator on literacy issues in Aotearoa (New Zealand).

Literacy is listening, speaking, reading, writing, numeracy and critical thinking, interwoven with the knowledge of social and cultural practices. Literacy empowers people to contribute to and improve society.

We provide learning assistance to Adult learners 16 years and over at no cost to the learner. We help learners with reading, writing, maths, learner licence, digital literacy and workplace literacy.

340 Queen Street Masterton 5810



info.c6@literacy.org.nz  Monday to Thursday 9.30am - 4pm

|  |  |
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| (06) 377 4214  (0800) 678 910  https://literacy.org.nz/ | Friday 9.30 am - 2pm  All services free of charge.  No referral required. |

**Literacy Aotearoa - Upper Hutt**

FSD0002589 Last updated 25/02/2021

Helping adults to improve their reading, writing, speaking and listening skills. We also support adults wanting to improve their skills/confidence in using computers and with studying the road code for Learner License tests (Class 1, Class 2). We offer group learning based on individual learners needs.

First Floor, ANSA House 5 Geange Street Upper Hutt 5018



info.c7@literacy.org.nz  Reception hours are by appointment call 0800

(0800) 732 3464 7323 464

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

Referral may apply.

**Manaaki Ability Trust**

FSD0015040 Last updated 21/12/2020

Social services to people with disabilities - mainly intellectual.

60 Woburn Road Woburn Lower Hutt 5010



info@manaakiabilitytrust.org.nz  Monday to Friday

(04) 569 3091 8.30am to 4.30pm

http://www.manaakiabilitytrust.org.nz All services free of charge. Referral may apply.

**RIW Health Ltd**

FSD0020109 Last updated 18/12/2020

Drug testing services for Work and Income beneficiaries. Prices inclusive of GST. $115.00 drug screening test.

On site - Urine Dip Test Drug Screening Device (Surestep & Medix Microscreen)

RIW Health Ltd undertakes the following services:

Urine Drug Testing, Occupational Health & Safety, Pre-employment Medical Assessments, Annual

& Periodic Medical Assessments, New Zealand Immigration Medicals and Land Transport Medicals for return of drivers licence.

Boulcott Village Unit 5, 721 High Street Boulcott Lower Hutt 5011



riwhealth@xtra.co.nz  Tuesday & Thursday (Drug Testing for Work &

(04) 939 7485 Income clients from 1pm-5pm) http://riwhealth.co.nz Some charges may apply.

Referral may apply.

**Classification : DTS**

**Sapphire Consultants Ltd**

FSD0021474 Last updated 26/01/2021

Our company offers training, employment and human resource services to both private sector clients and jobseekers in receipt of support from Work and Income. We are a "One Stop Shop" short course provider, offering time-effective courses in Hospitality, Roading, Construction, Security, Customer Service and Logistics.

As an experienced Service Provider to MSD, we offering a range of funded training programmes and employment placement services.

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| --- | --- |
| sapphirecourses@gmail.com  (0508) 727 744 http://www.sapphireconsultants.co.nz      **Senior Skills Ltd.** | Office hours are 8.30am to 4.30pm Monday to  Friday  Some charges may apply. Referral may apply. |
| FSD0003105 | Last updated 01/02/2021 |

Helping people mainly over the age of forty who have skills to work in the area of home maintenance

4 Holly Grove Maungaraki Lower Hutt 5010



snrskills@xtra.co.nz  7:30am-7:30pm Mon-Sun (04) 586 7500 Some charges may apply.

(04) 589 6625 No referral required. http://www.seniorskills.co.nz

**Star People HR and Recruitment Ltd**

FSD0020078 Last updated 16/06/2020

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

On-site screening drug testing for Amphetamine, Methylamphetamine, Cocaine, Tetrahydrocannabinol, Morphine, Benzodiazepines = $70.00

On-site screening drug testing for Amphetamine, Methylamphetamine, Cocaine,

Tetrahydrocannabinol, Morphine, Benzodiazepines and Synthetic Cannabonoids = $90.85

On-site screening drug testing for Synthetic Cannabonoids only = $73.03

Travel costs extra.

Copperfield Gardens, Unit 13A 7 Seaview Road Paraparaumu Beach Kapiti 5032 sheryl@starpeople.co.nz  By appointment



(027) 284 7190 Some charges may apply. http://www.starpeople.co.nz Referral may apply.

**Classification : DTS**

**Supporting Families in Mental Illness (SFNZ) - Wairarapa**

FSD0007466 Last updated 01/10/2020

Schizophrenia Fellowship New Zealand was formed in 1977 by families, for family members experiencing forms of mental illness. Since that time it has developed further to promote the best quality of life for persons with a mental illness and or addictions.and help to support their family/whanau and caregivers' in gaining a better understanding around the issues associated with such illnesses. SFNZ is a charitable organisation and there are a number of branches nationwide that are managed by volunteer committees and members.

323 Queen Street Masterton 5810



admin@sfwai.org.nz  Family Services 9am - 5pm Monday to Friday.

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| (06) 377 3081 http://www.sfwai.org.nz/      **Team Medical** | All services free of charge. No referral required. |  |
| FSD0020254 |  | Last updated 06/11/2020 |

Drug testing services for Work and Income clients. Prices inclusive of GST.

On-site drug screening test: $80.

Mobile drug screening test : $100.

 Coastlands Mall 11-13 State Highway 1 Paraparaumu 5032

admin@teammedical.co.nz  Drug testing: 8:30am-4:30pm however Team

(04) 297 3000 Medical open 8am to 10pm every day https://thedoctors.co.nz/team-medical

Drug testing by appointment please Some charges may apply. Referral may apply.

**Classification : DTS**

**Tertiary Education Commission**

FSD0006152 Last updated 15/01/2021

The government's Tertiary Education Strategy seeks to encourage all New Zealanders to adopt learning as a way of life and to make it easy for them to do so. Oversees implementation of that strategy.

Level 9 44 The Terrace Wellington 6141



customerservice@tec.govt.nz  8.30am - 5pm Monday to Friday

(0800) 601 301 Wednesdays 9.30am to 5pm

(04) 462 5201 Some charges may apply. http://www.tec.govt.nz No referral required.

**The Drug Detection Agency - Kapiti**

FSD0022958 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

44 Ikakara Street Paraparaumu



(04) 589 8388  Monday - Friday

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| http://www.tdda.com | 9.00am - 3.00pm  Some charges may apply.  Referral may apply. |
| 247 |  |

**Classification : DTS**

**The Drug Detection Agency - Wellington**

FSD0020242 Last updated 17/11/2020

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

Office based screening test, by appointment: $74.75

Mobile testing service (not private residences) $89.10

Evidential Laboratory Confirmation Test: $120.00

103 Thorndon Quay Pipitea Wellington 6011



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

(04) 589 8388 Some charges may apply.

(021) 890 934 Referral may apply. http://www.tdda.com

**Classification : DTS**

**The Learning Centre & Whanau Family Support**

FSD0003150 Last updated 12/04/2021

We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services

We are an affiliated member of Literacy Aotearoa inc and the National Literacy Organisation.

55 Farmer Crescent Taita Lower Hutt 5011



manager.whanau.group@xtra.co.nz  9am - 2pm Monday to Friday

(04) 570 6020 (Available outside these hours by appointment) https://www.facebook.com/TheLearningC All services free of charge. entreWFSST/ No referral required.

**Classification : BFC**

**The Learning Shop**

FSD0019366 Last updated 03/12/2020

The Learning Shop is a place where the public can get free information, advice and support about continuing learning, which includes information to get started and support and encouragement to keep going to be successful and reach goals.

Entry 4 3 Wineera Drive Porirua



marama.phillips@wandw.ac.nz  Monday: 9 am - 1pm 1.30 - 5 pm

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| --- | --- |
| (04) 831 4431  (04) 237 7422 http://www.thelearningshop.co.nz      **The Wellington City Mission** | Tuesday: 9 am - 1pm 1.30 - 5pm  Wednesday: Closed - by appointment only  Thursday: 9 am - 1pm 1.30 - 5pm Friday: 9 am - 1pm 1.30 - 5pm All services free of charge. No referral required. |
| FSD0004770 | Last updated 12/10/2020 |

For many Wellingtonians, reality is different, and life is hard. Whether you are sleeping rough, struggling to make ends meet or can’t put food on the table – The Wellington City Mission is here to help you.

We provide transitional housing, rest home and hospital-level residential care, food bag, emergency, 1:1, whnau and social work support, and financial mentoring.

We’ll walk alongside you, advocate on your behalf and support you to achieve empowerment, transformation and fullness of life.

19 Gordon Place Newtown Wellington 6021 enquiries@wgtncitymission.org.nz  Community Lounge hours.



(04) 245 0900 9.00am - 3.30pm Monday to Thursday

http://www.wellingtoncitymission.org.nz 10.30am - 3.30pm Friday Some charges may apply. Referral may apply.

**Classification : BFC, THP**

**Veterans' Affairs**

FSD0023824 Last updated 14/01/2021

We provide support for qualifying veterans — as well as their family and whnau — so they can be well at home, at work, and in their communities. We also help coordinate commemorative activities, maintain over 180 Service Cemeteries throughout NZ, and manage the government's relationship with veterans and their representative organisations.

Level 6 Reserve Bank 2 The Terrace Wellington Central Wellington 6011



veterans@nzdf.mil.nz  Monday to Friday 8am to 5pm.

(0800) 483 8372 All services free of charge.

(04) 495 2070 No referral required. https://www.veteransaffairs.mil.nz

**Vibe - Lower Hutt**

FSD0008083 Last updated 19/02/2021

VIBE - Free confidential Health and Support for young people aged 10-24.

4 Daly Street Lower Hutt



info@vibe.org.nz  Mon - Friday 9am - 5pm

(04) 566 0525 Thursday evening clinic appointment only

(0800) CHAT2VIBE (0800 24 28 28) All services free of charge. http://www.vibe.org.nz Referral may apply.

**Classification : YS**

**Vibe - Upper Hutt**

FSD0003040 Last updated 18/02/2021

VIBE - Free confidential Health and Support for young people aged 10-24.

222-228 Main Street Upper Hutt vibe@vibe.org.nz 



(04) 528 6261 (0800) CHAT2VIBE (0800 24 28 28) http://www.vibe.org.nz

Mon, Tues, Weds, Fri 1pm - 5pm

Thurs 9am - 5pm

All services free of charge. No referral required.

**Classification : YS**

**Vitae**

FSD0003600 Last updated 19/03/2021

We deliver Workplace Wellbeing Services and organisational support services, including counselling, critical incident response, training seminars and support for staff onsite.

Level 9, Ranchhod Tower 39 The Terrace Wellington



(0508) 664 981  FREE 0508 number operates 24 hours, 7 days a

(04) 472 2331 week

https://www.vitae.co.nz Some charges may apply.

Referral may apply.

**Vitae - Wellington Office**

FSD0020700 Last updated 15/01/2021

Vitae is a national provider of workplace wellness services. Our Mission is defined as "Working in partnership with people; building wellbeing in individuals, family/whanau, workplaces and communities".

Vitae provides a range of services that assist individuals achieve personal wellness including counselling, trauma support, careers and outplacement service, conflict resolution, coaching, mentoring and professional supervision.

Level 9 Ranchhod Tower 39 The Terrace Wellington 6143



theteam@vitae.co.nz  Monday to Friday 8.30am - 5.00pm

(04) 472 2331 Some charges may apply.

(0508) 664 981 No referral required. http://www.vitae.co.nz

**Waikanae Health**

FSD0020154 Last updated 12/01/2021

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

On site screening drug test: $75.00.

Mobile screening drug test: $100.00 plus travel ($30 per hr and $0.70 per km).

Evidential drug test: $75.00 - this does not include ESR testing and reporting charges.

- Marae Lane Waikanae 5036



waikhealth@xtra.co.nz  Mon-Friday 8am-5.30pm

|  |  |
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| (04) 293 6005  (04) 293 6002afterhours http://www.waikanaehealth.co.nz    **Classification : DTS** | Some charges may apply. No referral required. |

**Wainuiomata Marae Charitable Trust**

FSD0003136 Last updated 04/02/2021

To provide services for the people of our community & throughout the region & nationally for people from all cultures and all walks of life

Cnr Fitzherbert Road & Wellington Road Parkway Extension Wainuiomata wainuiomata@xtra.co.nz  All services free of charge. (027) 439 3413 No referral required.



**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

 Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

 317-327 High Street Lower Hutt 5010

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

 94-96 Riddiford Street Newtown Wellington

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.

21 Main Street Otaki 5512



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

-work-and-income/contact-us/find-a- All services free of charge. service-centre/central.html No referral required.

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.  4 Lydney Place Porirua 5022

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

162-164 Main Street Upper Hutt 5018



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

 Shop 6 The Mall Wainuiomata 5014

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

49-51 Lincoln Road Masterton 5810



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

 Ground Floor, Freemason House 195 Willis Street Wellington 6011

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

Level 1, Freemason House 186-190 Willis Street Wellington



(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. Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries) (0800) 552 002 (for 65 and over) http://www.workandincome.govt.nz

**Workbridge Inc - National**

FSD0002018

Ph1 Mon-Fri 7am - 6pm Sat 8am - 1pm

Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300 Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

Last updated 27/07/2020

Workbridge is a professional employment service for people with all types of disability, including people who have lived with the long-term effects of injury and illness. Workbridge also worksd with members of the Deaf community. A Workbridge jobseeker will have been living with the effects of their disability, injury or illness for more than six months, which presents a barrier to gaining employment. We work at no cost for jobseekers and employers to match people to the right job.

Level 4, Dell EMC 5 Willeston Street Wellington 6140



national@workbridge.co.nz  8.30am - 5.00pm (0508) 858 858 All services free of charge.

(04) 913 6422 No referral required. http://www.workbridge.co.nz

**Workmates Supported Employment Agency**

FSD0004804 Last updated 10/08/2020

Workmates has been providing employment services to job seekers with disabilities and barriers to employment in the Porirua and greater Wellington areas since 1995. We provide this service at no cost to the service user or the employer. In partnership assist in the retention and advancement of employment placements.

 Level 4, Suite 404, North City Shopping Centre - Titahi Bay Main Road Porirua 5022

|  |  |
| --- | --- |
| susan.christian@workmates.co.nz  (04) 237 7141 (022) 4977 304 http://www.workmates.co.nz    **YOUth INSPIRE** | Mon - Fri 8am - 4.30pm. Services available in  Porirua City, Wellington City, Paremata and  Pukerua Bay  All services free of charge. Referral may apply. |
| FSD0021107 | Last updated 19/01/2021 |

“YOUth INSPIRE’s vision is a better Aotearoa for all by developing tomorrow's workforce stronger young people whanau and communities."

We help rangatahi into employment, training and education through our Youth Employability Programme (18-24 yrs) and our Road Ready Rangatahi Driving School (16 - 24 yrs).

YOUth INSPIRE has offices in Wainuiomata and Taita and help rangatahi who need support to get work, keep work and create careers.

1A Queen Street Wainuiomata Lower Hutt 5014



office@youthinspire.co.nz  Monday - Friday 9am - 5pm

(04) 972 8766 Koha/donation may apply. http://www.youthinspire.co.nz Referral may apply.

# Ethnic Services

**Asia New Zealand Foundation**

FSD0003905 Last updated 30/07/2020

Asia New Zealand Foundation is a non-profit organisation working for mutual understanding between New Zealand and our Asian neighbours.

Level 16 Fujitsu Tower 141 The Terrace Wellington Central Wellington 6011



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

(04) 471 2320 Some charges may apply. http://www.asianz.org.nz No referral required.

**Assyrian Association Inc New Zealand**

FSD0005387 Last updated 05/04/2021

To assist the Assyrian language school and sports etc. To help new Assyrian migrants and refugee arrivals.

To organise activities of the Assyrian Assn for Assyrian gatherings and to have a centre for the association.

|  |  |
| --- | --- |
| assyrianassociation@yahoo.com (021) 205 2326      **Catholic Social Services** | Any time.  Some charges may apply. No referral required. |
| FSD0002992 | Last updated 21/08/2020 |

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

 Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011

reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**ChangeMakers Resettlement Forum**

FSD0018657 Last updated 11/11/2020

To realise our vision of New Zealanders from refugee backgrounds participating in New Zealand life.

Level 4 39 Webb Street Mount Cook Wellington 6011



info@crf.org.nz  Mon-Friday 9.00-5.00 (04) 801 5812 All services free of charge. http://www.crf.org.nz Referral may apply.

**Citizens Advice Bureau**

FSD0004108 Last updated 24/02/2021

Citizens Advice Bureau promotes knowledge and understanding of peoples' rights and responsibilities. It does this through providing the public with a free and confidential service of information, assistance, referral, and advocacy, about any question issue, or problem. It also uses the experience it gains through helping people, to exert a responsible influence on the development of local and national legislation, policies and services so that the wider community benefits.

The service is provided by trained volunteers who have access to an extensive range of resources including a comprehensive referral database of local and national organisations. The service can be accessed face to face, over the phone or by email.

Level 4 93 Boulcott St Wellington 6011



admin@cab.org.nz  You can find out the opening hours of our (04) 471 2735 locations, on our website at www.cab.org.nz (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Central Wellington**

FSD0006889 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

James Smiths Building, Corner Manners St and Cuba - Cuba Street Wellington 6011 wellingtoncentral@cab.org.nz  Monday 9.30am-5.15pm



|  |  |
| --- | --- |
| (04) 472 2466 (0800) 367 222 http://www.cab.org.nz | Tues-Wed 9:30am-6:30pm  Thurs 9.30am - 6.00pm  Friday 9.30am-3.30pm  Sat 11am-1pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Johnsonville**

FSD0006893 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Johnsonville Community Centre 1 Frankmore Avenue Johnsonville Wellington 6037 johnsonville@cab.org.nz  Mon - Fri 9.00am - 4.30pm



(04) 478 5698 Sat 9:30am - 12 noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Kapiti**

FSD0006894 Last updated 19/01/2021

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 at First Floor, Coastlands Shoppingtown, Rimu Road, Paraparaumu Mon-Fri 9am/4pm.

1st Floor - Coastlands Shopping Centre Paraparaumu 5032



kapiti@cab.org.nz  Mon - Fri 9 - 4pm (04) 298 4944 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Karori**

FSD0023251 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

 Karori Community Centre 7 Beauchamp St Karori Wellington

|  |  |
| --- | --- |
| karori@cab.org.nz (04) 476 4595 (0800) 367 222 http://www.cab.org.nz | Mon - Fri: 10am - 4pm All services free of charge.  No referral required. |

**Citizens Advice Bureau - Kilbirnie**

FSD0006890 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

56-58 Bay Road Kilbirnie Wellington 6022



kilbirnie@cab.org.nz  Mon - Fri 9:30am-3:00pm.

(04) 387 3573 Open until 5:30pm on Thurs. (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Lower Hutt**

FSD0006896 Last updated 12/04/2021

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.

 Ground Floor, Apex House - Corner of Queens Drive and Laings Road Central Hutt Lower

Hutt 5010

|  |  |
| --- | --- |
| lowerhutt@cab.org.nz (04) 566 6039 http://www.cab.org.nz | Monday to Friday 9am - 4.30pm  Free legal clinic Thursday evenings from 6pm All services free of charge.  No referral required. |

**Citizens Advice Bureau - Newtown**

FSD0006899 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

1 Colombo Street Newtown Wellington 6021



newtown@cab.org.nz  Mon-Wed, Fri 9:30am-3pm.

(04) 389 3813 Thurs 9:30am-12noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Otaki**

FSD0006901 Last updated 21/01/2021

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.

65a Main Street Otaki 5512



otaki@cab.org.nz  Weekdays 9am to 3pm

|  |  |
| --- | --- |
| (06) 364 8664 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau - Petone**

FSD0006902 Last updated 06/07/2020

Free and confidential advice, information and advocacy available to everyone. Assistance on a wide variety of issues including: personal, family, consumer, employment, tenancy & accommodation issues. Justice of the Peace clinic is available by appointment.

Petone Community House 6 Britannia Street Petone Lower Hutt 5012



petone@cab.org.nz  9.30am-2.30pm, Monday to Friday.

(04) 568 8877 Wainuiomata Library Outreach Every Tuesday http://www.cab.org.nz 10.30am-12.30pm, Eastbourne Library 3rd

Tuesday of month 11am-1pm, Weltec 4th

Tuesday 11am-1pm

All services free of charge. No referral required.

**Citizens Advice Bureau - Upper Hutt**

FSD0006905 Last updated 10/11/2020

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.

2 Sinclair Street Upper Hutt 5018



upperhutt@cab.org.nz  Normal hours resume 21 Jan 2020

|  |  |
| --- | --- |
| (04) 528 9040 http://www.cab.org.nz | Monday to Thursday 9:00am - 4:30pm  Friday 9am - 12pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Wairarapa Inc**

FSD0006906 Last updated 11/09/2020

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.

CAB Wairarapa covers Masterton, Carterton, Greytown, Featherston and Martinborough.

43 Perry Street Masterton 5810 wairarapa@cab.org.nz  Monday to Friday 9am - 4pm.



|  |  |
| --- | --- |
| (06) 377 0078 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau Porirua**

FSD0006903 Last updated 08/09/2020

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.

2nd Floor, Pember House 16 Hagley Street Porirua 5022



porirua@cab.org.nz  Mon - Fri 9.30am - 3.30pm

|  |  |
| --- | --- |
| (04) 237 8846  (04) 237 5398 http://www.cab.org.nz | All services free of charge. No referral required. |

**Community Law Wellington and Hutt Valley - Wellington office**

FSD0005634 Last updated 01/12/2020

Community Law Wellington and Hutt Valley provides community legal services to meet unmet legal needs.

At drop-in free legal advice sessions, we provide you with initial legal information and advice. In special circumstances, we may take you on as an ongoing client.

We are also committed to informing and educating our community about legal rights and responsibilities. To do this, we produce a range of plain-English legal publications, and provide legal education on different topics and in different formats.

15 Dixon Street Te Aro Wellington 6011



info@wclc.org.nz  Monday- Friday.

|  |  |
| --- | --- |
| (04) 499 2928  (0800) 499 488 school law infoline http://www.communitylaw.org.nz      **Department of Internal Affairs** | Call us or visit our website for daily free legal advice drop-in times at our offices and at locations throughout the Hutt Valley and Wellington regions.  All services free of charge. No referral required. |
| FSD0006144 | Last updated 16/11/2020 |

New Zealand's Department of Internal Affairs issues passports; administers civil unions; registers births, deaths, marriages and name changes; administers citizenship applications; ensures gambling is fair, legal and honest; enforces censorship law and anti-spam law and promotes internet safety; supervises anti-money laundering and countering financing of terrorism; contributes to community development by administering Lottery Grants, Community Grants Schemes, Grants Online and Trusts; provides support services and policy advice for Ministers of the Crown; and provides information technology services to government.

Department of Internal Affairs 45 Pipitea Street Wellington 6011 info@dia.govt.nz  Monday to Friday.



(04) 495 7200 Visit www.dia.govt.nz for more information.

(0800) 25 78 87 (NZ only) Some charges may apply. http://www.dia.govt.nz No referral required.

**Dya**

FSD0024369 Last updated 01/10/2020

Ekta is a not for profit community organization incorporated in 2017. Our purpose is to contribute towards building a more inclusive New Zealand focusing largely on recent Indian migrants in the Greater Wellington region.

We have a two-prong strategy:

1. Empowerment through knowledge and capacity development
2. Confidence growth through showcasing of heritage, history, culture, tradition and cuisine.

One of the key activities that we undertake is food distribution. The purpose is not only to contribute towards fulfilling a need of the city but also to motivate the Indian and ethnic diaspora to think beyond their confines and to become part of the city’s solution-finding team.

Undercroft 211 Willis Street Te Aro Wellington 6011



krishmeeta.shandil@hotmail.com  Can be emailed anytime (021) 104 4783 All services free of charge. http://ekta.nz/ No referral required.

**Employment New Zealand**

FSD0003799 Last updated 10/11/2020

Provides information and investigates problems to do with employment and workplace health and safety. Helps employers and employees with: Employment conditions, Minimum legal requirements, Problem resolution, Health and safety, Ways to work better, Labour market information.

|  |  |
| --- | --- |
| info@mbie.govt.nz (0800) 20 90 20 https://www.employment.govt.nz/      **English Language Partners Hutt** | Business hours are 8.30am - 5.00pm Monday to Thursday.  9am - 5pm Friday. excluding public holidays.  From overseas call +64 9 969 2950 All services free of charge. No referral required. |
| FSD0007839 | Last updated 07/07/2020 |

To provide English language skills and social support for effective resettlement of adult refugees and migrants in Aotearoa New Zealand.

 27 Kings Crescent Hutt Central Lower Hutt 5010

|  |  |
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| hutt@englishlanguage.org.nz  (04) 570 1335 http://www.englishlanguage.org.nz | Monday to Friday, 9.00am – 4.30pm Some charges may apply.  Referral may apply. |

**English Language Partners New Zealand**

FSD0005825 Last updated 22/04/2021

With 22 locations, 300 staff, 1,200 volunteers and 6,500 learners, English Language Partners New

Zealand is not-for-profit and works with former refugees and migrants. We offer a range of English-language programmes delivered by a unique blend of qualified professionals and trained volunteers.

Level 7 Ranchhod Tower 39 The Terrace Wellington Central Wellington 6011 natoffice@englishlanguage.org.nz  9am - 5pm Monday to Friday.



(04) 471 2382 Some charges may apply. http://www.englishlanguage.org.nz No referral required.

**English Language Partners Porirua**

FSD0007844 Last updated 28/09/2020

English language learning for adult refugees and migrants settling in the Porirua area and surrounds.

Level 1 3 Hartham Place South Porirua



porirua@englishlanguage.org.nz  Office hours 9am - 4pm Monday - Friday

(04) 238 9400 All services free of charge. http://www.englishlanguage.org.nz No referral required.

**English Language Partners Wellington**

FSD0007850 Last updated 27/07/2020

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

Level 5 186 Willis Street Te Aro Wellington



wellington@englishlanguage.org.nz  Monday, Wednesday, Thursday and Friday,

(04) 384 1992 9.00am - 5.00pm

http://www.englishlanguage.org.nz Tuesday, 9.00am - 6.00pm Koha/donation may apply. No referral required.

**English Teaching College**

FSD0005438 Last updated 14/10/2020

English language classes: IELTS, TOEIC, TOEFL, OET. Training opportunities,, English for migrants (prepaid), English certificate, International. Evenings: foreign language classes.

Level 2 204 Willis Street Wellington 6011



rozina@etc.ac.nz  9-5 Monday - Friday.

(04) 385 0066 Some charges may apply. http://www.etc.ac.nz No referral required.

**Ezispeak**

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.

**Federation of New Zealand Netherlands Societies**

FSD0000331 Last updated 30/11/2020

National body of Dutch clubs and organisations in New Zealand focusing on the interests and welfare of Dutch settlers.

122 Waerenga Road Otaki 5512



secretary.nznlfederation@yahoo.com  day time

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| (04) 565 0418 http://www.dutchcommunities.co.nz/      **Greenstone Doors** | All services free of charge. No referral required. |
| FSD0022050 | Last updated 23/03/2021 |

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm

|  |  |
| --- | --- |
| (04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz | 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge.  No referral required. |

**Hutt Multicultural Council Incorporated**

FSD0003031 Last updated 17/02/2021

Promote and protect interest of ethnic groups in Hutt City. Raise consciousness among Ethnic Groups or Tangata Whenua and Treaty of Waitangi. Provide Government and Local Government agencies access to information about Ethnic Groups and help ensure that agencies respond fairly to the Ethnic Diversity of New Zealand Society. Promoting and encouraging participation and leadership by Ethnic communities in Government, Local Government, Professions, Trades and other aspects of the New Zealand way of life.

41A Copeland Street Epuni Lower Hutt 5011



huttmulticulturalc@gmail.com  Monday - Friday, 1pm - 4pm.

(04) 566 4261 All services free of charge.

(027) 433 8840 No referral required.

https://www.facebook.com/huttmulticultura lcouncil/

**Interpreting New Zealand Incorporated**

FSD0005603 Last updated 24/10/2020

Provides trained interpreters over the telephone. National service from anywhere in NZ to anywhere in NZ or overseas. Open 24 hours, seven days a week. An incorporated society based at the Multicultural Services Centre.

Level 5 186 Willis Street Te Aro Wellington



info@interpret.org.nz  24 hours a day, seven days a week.

(0508) 468 377 Office open 9-5

(04) 384 2849 Some charges may apply. http://www.interpret.org.nz No referral required.

**Karori Community Centre**

FSD0005476 Last updated 07/09/2020

The Karori Community Centre is one of a network of 20 Community Centre's situated throughout Wellington.

The purpose statement of the Karori Community Centre is "to assist in meeting the needs of individuals and Community Groups in Karori, for social interaction, education, information and support, by providing staff, direction and facilities at low cost.

 7 Beauchamp Street Karori Wellington

info@karoricommunitycentre.org.nz  Mon through Fri 9.30-2.00, Wednesday til 6

(04) 476 4968 Some charges may apply. http://www.karoricommunitycentre.org.nz No referral required.

**Karori Drop-in Centre**

FSD0005477 Last updated 07/09/2020

If you’re feeling like some good company and a warm, welcoming place to be - join us for a friendly chat, toasted sandwich, cake and a cuppa on Fridays between 10am - 2pm. No bookings required.

7 Beauchamp Street Karori Wellington 6012



info@karoricommunitycentre.org.nz  Drop-in available between 10am - 2pm on

(04) 476 4968 Fridays. The Community Centre Office is open

http://www.karoricommunitycentre.org.nz/r Mon, Tues, Thurs and Friday 9.30am-2pm,

egular-events Wednesday 9.30am-6pm

Some charges may apply. No referral required.

**KiwiClass Multicultural Support Services, He Amo Taunaki**

FSD0005509 Last updated 24/03/2021

Supporting former refugees and migrants in the greater Wellington region whose first language is not English through:

* Beginner English courses
* Help in their search for work
* Homework Clubs
* Social Services

Level 1 39 Webb Street Te Aro Wellington 6011



office@kiwiclass.org.nz  Monday to Friday: 9am to 4pm

(04) 384 3693 All services free of charge. http://www.kiwiclass.org.nz No referral required.

**Maraeroa Marae Health Clinic**

FSD0004660 Last updated 10/10/2020

Maraeroa Marae Health Clinic provides clinical and health and well being services for our community in the Porirua and wider Porirua regions.

We have 5 main services, all are FREE: Well Child Tamariki Ora (child health and well-being checks 0-4years); Alcohol and Other Addictions Triage and assessments, and brief intervention Service; Cervical Screening and education; Maori Community Health/Whanau Ora (interactive programmes such as: Whare Kai - cooking classes on Mondays 10-12pm; Kaumatua Exercise and Health Education on Tuesdays 10-12pm); and Community Injury Prevention Service.

We also provide additional services here at Maraeroa Health Clinic for our people, providing easier access in your local area.

216 Warspite Avenue Waitangirua Porirua 5024



info@maraeroa.maori.nz  8.30am-5.00pm Mon - Fri,

(04) 235 8000 (except stat holidays)

https://www.maraeroa.maori.nz All services free of charge.

No referral required.

**New Zealand Red Cross - Refugee Programmes**

FSD0001929 Last updated 20/11/2020

New Zealand Red Cross is the primary provider of community resettlement programmes in New

Zealand. There are two refugee programmes - Pathways to Settlement and Pathways to Employment. Pathways to Settlement offers support to former refugees as they begin their settlement journey in New Zealand. The service offers Settlement support, Settlement planning with families, community orientation sessions and community integration.When former refugees arrive in their areas of resettlement, they are supported by our qualified social workers, case workers, cross cultural workers and trained volunteers who help them understand Kiwi culture, learn to manage systems and find work. Pathways to Employment is a service which assists with helping former refugees to find employment.

69 Molesworth St Thorndon Wellington



rachel.kidd@redcross.org.nz  9.00am - 5.00pm, Monday to Friday (0800) 733 2767 All services free of charge.

(021) 228 2030 Referral may apply. https://www.redcross.org.nz

**New Zealand Red Cross Humanitarian Services - National Office**

FSD0001103 Last updated 19/03/2021

Refugee Services (formerly RMS Refugee Resettlement) provides initial settlement services to the annual quota of 1000 refugees who are rebuilding their lives in New Zealand. Our model of service-delivery utilizes the combined strengths of our social workers, cross cultural workers, caseworkers and trained community volunteers. We are also involved in public education, advocacy, contribute to policy development and support ethnic community development. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in Geneva each year.

69 Molesworth Street Thorndon Wellington 6011



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

(04) 471 8250 All services free of charge.

(0800) 733 2767 Referral may apply. https://www.redcross.org.nz

**Office of Ethnic Communities - Community Directory**

FSD0015817 Last updated 17/08/2020

The Community Directory lists ethnic community organisations.

45 Pipitea Street Wellington 6011



ethnic.communities@dia.govt.nz  Monday - Friday 8:00am - 5:00pm

|  |  |
| --- | --- |
| (04) 494 5784  https://ethniccommunities.govt.nz/ | All services free of charge. No referral required. |

**Orongomai Marae Community Centre Trust**

FSD0003078 Last updated 22/03/2021

Orongomai Marae and Community services. To service our community in Health advocacy,

Kaumatua support service, Whanau Ora, E Tu whanau ( families standing up to o violence ), Youth at risk support, whanau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.

1 Railway Avenue Upper Hutt 5018



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

|  |  |
| --- | --- |
| (04) 528 9639 (021) 024 10254 https://www.facebook.com/OrongomaiMar ae/posts/orongomai-marae-communitytrust-centreagm9-october-2018-7pmatoffice-administrat/2367452636628044/ | 24/7 on 04 5283775  Some charges may apply.  Referral may apply. |

**PGF Services - Lower Hutt Branch**

FSD0006207 Last updated 29/03/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

11 Hector Street Petone Lower Hutt 5012



help@pgf.nz  8.30am to 5.00pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Paraparaumu**

FSD0018010 Last updated 01/04/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

110 Rimu Road Paraparaumu 5032



help@pgf.nz  8.00am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Porirua Branch**

FSD0006206 Last updated 29/03/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz

All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

16 Hagley Street Porirua City Centre Porirua 5022



help@pgf.nz  8.30am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**Refugee Trauma Recovery**

FSD0003144 Last updated 03/05/2021

Refugee Trauma Recovery, previously the Wellington Refugee as Survivors Trust, offers community based support to assist refugees resettle in New Zealand. Similar community based services are offered in Auckland. Our mission is to provide specialist mental health services for refugees who have experienced trauma and torture and to offer support and capacity-building for their families and communities.

Level 6 186 Willis Street Wellington



chris.clarke@redcross.org.nz  Hours of operation are 9am - 5pm, Monday to

|  |  |
| --- | --- |
| (04) 805 0361 (04) 805 0363 https://www.redcross.org.nz      **SuperGrans Charitable Trust** | Friday. Outreach clinics operate in the Porirua and Hutt Valley areas.  All services free of charge. No referral required. |
| FSD0016647 | Last updated 16/10/2020 |

Through Life Skills mentoring, SuperGrans Charitable Trust support people to strengthen their sustainable life skills. This is achieved through financial and home-skill mentoring to help people manage their household finances and reduce their cost of living. It is recognised that financial stress and life's challenges impact on people's health and wellbeing. We support the journey of change with skills such as home cooking, food planning and preparation, budget shopping, gardening to supplement food flavours, advocacy and household management and holistic financial mentoring to develop individual money plans to balance income and expenditure. We have a range of mentors both men and women, many who gift their time to support their communities. Using the PATH model concepts, we encourage people to dream big, build on their strengthens and not let the past define their future.

Currently our Spanish speaking Financial mentor also supports members of the Latino community in Lower Hutt

Level 2, Russell Keown House Corner Queens Drive and Laings Road Lower Hutt 5010 admin@supergran.org.nz  Monday to Friday, 8:30am - 4pm (04) 566 9778 Answer phone for messages if out of office.



(021) 074 3206 All services free of charge. http://www.supergransaotearoa.org.nz No referral required.

**Classification : BFC**

**Taeaomanino Trust**

FSD0004737 Last updated 01/02/2021

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Te Aho O Te Kura Pounamu (Te Kura) - Wellington**

FSD0005605 Last updated 17/12/2020

We provide distance education from early childhood level to Year 13. Our learning advisors, teachers and in-region staff work with students, their whanau and communities to help our students achieve their potential.

 11 Portland Crescent Thorndon Wellington 6011

info@tekura.school.nz (04) 473 6841 (0800) 65 99 88 http://www.tekura.school.nz

Monday to Friday, 8am to 5pm.

Some charges may apply. Referral may apply.

**Te Whare Tiaki Wahine Refuge**

FSD0007672 Last updated 14/09/2020

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.

Pember House, Ground Level 16 Hagley Street Porirua 5022



info@tiaki.org.nz  24 hour Crisis Line 0800 733 843 REFUGE

(04) 237 7027 Some charges may apply.

(0800) 733 843 No referral required. http://www.womensrefuge.org.nz

**The Learning Centre & Whanau Family Support**

FSD0003150 Last updated 12/04/2021

We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services

We are an affiliated member of Literacy Aotearoa inc and the National Literacy Organisation.

55 Farmer Crescent Taita Lower Hutt 5011



manager.whanau.group@xtra.co.nz  9am - 2pm Monday to Friday

(04) 570 6020 (Available outside these hours by appointment) https://www.facebook.com/TheLearningC All services free of charge. entreWFSST/ No referral required.

**Classification : BFC**

**Tonga Support Services Trust**

FSD0004818 Last updated 12/04/2021

We provide programmes and services to Pacific families in Wellington Region for improving and reducing inequality in Pacific families.

346 Karori Road Karori Wellington



tunaula@gmail.com  Some charges may apply. (021) 120 0392 No referral required.

**United Sri Lanka Association**

FSD0005617 Last updated 25/11/2020

To foster closer Sri Lanka - New Zealand relationships, maintain family links and assist newly arrived immigrants to settle down. Foster an interest in its culture and language.

admin@usla.org.nz  Members meetings once a month. See our

(027) 460 6249 website for information on our projects and http://usla.org.nz/ events.

Some charges may apply. No referral required.

**Upper Hutt Multicultural Council Inc**

FSD0020782 Last updated 22/12/2020

We are an inclusive organisation and work to look after the interests of the Multicultural community in our district. We have contacts with different Migrant & former Refugee groups and a willingness to support and share Service providers information to enable them and their family to settle well into NZ. We promote safety in the community, home & workplace, work with Tangata Whenua and Treaty of Waitangi.

69 Barton Avenue Heretaunga Upper Hutt 5140



pohswan118@gmail.com  Mon to Fri 10am to 3pm

(027) 588 8805 For urgent matters contact Pohswan on 0275 http://www.uhm.org.nz 888805

Koha/donation may apply. No referral required.

**Upper Hutt Women's Centre**

FSD0003133 Last updated 01/10/2020

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018 uhwomen@xtra.co.nz (04) 527 0017 http://www.uhwc.co.nz



**Wellington Indian Association**

FSD0005976

Support for the Indian community in Wellington.

48 Kemp Street Kilbirnie Wellington secretary@wia.org.nz (04) 387 3003 http://www.wia.org.nz/



Office hours are 9:00am - 2:00pm Monday to Friday, courses are held at various locations and times around Upper Hutt. Check the website for more information.

Some charges may apply. No referral required.

Last updated 03/11/2020

Temple hours:Monday to Sunday daily: 8.00am to 10.00am and 5:30pm to 8:00pm Some charges may apply. No referral required.

**Wellington Red Cross - Service Centre**

FSD0003099 Last updated 15/10/2020

Refugee Services (formerly RMS Refugee Resettlement) provides initial settlement services to the annual quota of 750 refugees who are rebuilding their lives in New Zealand. Our 3-strand model of service-delivery utilizes the combined strengths of our Professional Social Workers, Cross Cultural workers and trained community volunteers. We are also involved in public education, advocacy, contribute to policy development and support ethnic community development. We have a global responsibility in the development of international refugee resettlement policies and resettlement best-practice and attend the Annual Tripartite Consultations on Resettlement (ATCR) held in

Geneva each year.

Level 2 39 Webb Street Wellington wellington@redcross.org.nz (04) 805 0304 https://www.redcross.org.nz



**Wellington Tamil Society Inc**

FSD0005657

9am - 5pm, Monday to Friday All services free of charge. Referral may apply.

Last updated 21/12/2020

Help community to settle down in Wellington, uphold and foster language, culture and heritage.

28 Hinau Street Woburn Lower Hutt 5010



wellingtontamilsociety@gmail.com  Contact by post or email

(021) 211 2298 Some charges may apply.

No referral required.

# Family / Whanau Services

**Accessible Properties**

FSD0021007 Last updated 10/08/2020

A registered community housing provider that specialises in the disability sector. Is owned by IHC and manages their properties throughout New Zealand, from Kaitaia to Invercargill.

Offers

* Public housing in the main centres (Auckland, Hamilton, Tauranga, Wellington and Christchurch),applicants must be on the social housing register.
* Affordable rentals - only has a small number of these and many are modified for accessibility.

Acquires suitable properties (including new construction), offers tenancy management services for landlords and rental management services for tenants.

Is not an emergency housing provider.

Level 5 50 Manners Street Te Aro Wellington 6011



info@accessibleproperties.co.nz  8.30am-5pm

(0800) 862 769 Monday to Friday

http://www.accessibleproperties.co.nz All services free of charge. Referral may apply.

**Accident Compensation Corporation (ACC)**

FSD0006141 Last updated 16/03/2021

New Zealand's accident compensation scheme provides 24-hour no-fault personal accident insurance cover. Contact the National Call Centre on 0800 101 996.

information@acc.co.nz  8:30 to 5pm Monday to Friday (0800) 101 996 All services free of charge.

(04) 816 7400 No referral required. http://www.acc.co.nz

**Accounting for Charities Trust**

FSD0020458 Last updated 14/01/2021

We are a Charitable Trust providing extensive financial and governance services to community groups.

56 Kent Avenue Waitarere Beach Levin 5510



info@charityaccounts.org.nz  7 days

(027) 249 4721 Some charges may apply. http://www.charityaccounts.org.nz Referral may apply.

**Adoption Services Unit, Oranga Tamariki-Ministry for Children,**

**Whangarei**

FSD0004374 Last updated 26/02/2021

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.

webadoption@ot.govt.nz  8.30am - 5.00pm Monday to Friday (0508) 326 459 All services free of charge.

(0800) 683 315 No referral required. https://www.orangatamariki.govt.nz/

**Adoption Services, Oranga Tamariki-Ministry for Children**

FSD0004809 Last updated 14/09/2020

Information and counselling services in relation to all areas of adoption including: the Adult Adoption Information Act, decision making counselling for pregnant women and their families, working with prospective adoptive applicants, post adoption follow up and inter-country adoption.

Office hours are 8.00am-5.00pm from Monday to Friday.

contact@ot.govt.nz  Office hours are 8.00am-5.00pm, Monday to

(0508) 326 459 Friday. https://www.orangatamariki.govt.nz/ If you're overseas:

Call +64 9 912 3820

All services free of charge. No referral required.

**Adoption Support for Adopted People (ASAP)**

FSD0008315 Last updated 14/05/2020

We are a group of adoptees who meet to provide an opportunity and an understanding environment for adopted people to share with each other their adoption experiences and perspectives.

|  |  |
| --- | --- |
| adoption@xtra.co.nz (021) 434 662 http://www.adoptionnz.com      **After School Fun Club** | Open 7 days by email or phone Koha/donation may apply. No referral required. |
| FSD0022010 | Last updated 22/04/2021 |

To provide high quality community childcare during school holidays for children from 5 - 10/11 years.

39 Cleat Street Whitby Porirua 5024



office@asfc.co.nz  7.30 - 5.30pm during school holidays (varies for

(04) 234 6440 different programmes)

https://enrolmy.com/asfc Some charges may apply.

No referral required.

**Classification : OSCAR**

**Age Concern New Zealand**

FSD0004095 Last updated 21/09/2020

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

Level 1,Sharp House 79 Taranaki Street Wellington 6011 national.office@ageconcern.org.nz  9.00am - 5.00pm, Monday to Friday.



(04) 801 9338 All services free of charge.

(0800) 652 105 No referral required. http://www.ageconcern.org.nz

**Age Concern Wellington Inc**

FSD0006685 Last updated 19/11/2020

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

Suite 4, Level 1, Anvil House 138-140 Wakefield Street Wellington



info@acwellington.org.nz  9.00am - 4.00pm Monday to Friday.

(04) 499 6646 Some charges may apply. http://www.acwellington.org.nz No referral required.

**Alzheimers Wairarapa**

FSD0006746 Last updated 16/02/2021

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

Solway Showgrounds, Cnr York & Fleet Streets - York St Solway Masterton 5810



alz2.wairarapa@gmail.com  9.00am - 2.00pm Tuesday to Thursday.

(06) 377 7522 All services free of charge. http://www.alzheimers.org.nz No referral required.

**Anxiety Specialists**

FSD0021020 Last updated 12/04/2021

Anxiety impacts upon everyone, directly or indirectly, at some point in our lives.

Our vision is to provide quality psychological services to see people living healthy fulfilling lives. What this means is providing effective treatment supported by research, delivered with a warm and empathetic approach, to give people the best means to cope with and recover from anxiety.

We specialise in assessing and treating adults with anxiety conditions (e.g. generalised anxiety, panic, performance anxiety, social anxiety, phobias, and OCD).

We also run effective and cost-effective online programs.

So if you're a parent with anxiety struggles, get in touch.

Tasman Building 131 Queens Drive Lower Hutt 5010



info@anxietyspecialists.co.nz  Closed Monday

(04) 386 3861 Tuesday - Friday:

http://www.anxietyspecialists.co.nz 12:00 pm – 6:00 pm Closed Saturday & Sunday Some charges may apply. Referral may apply.

**ASK - A Safe Kapiti**

FSD0003192 Last updated 11/03/2021

A Safe Kapiti actively promotes and coordinates crime prevention initiatives for a safer community. Services include Family Support Services, Family Violence Initiative, Strengthening Families coordination, Kapiti Health Shuttle, Neighbourhood Support.

Airport Annex - Dakota Road Paraparaumu 5032



info@asafekapiti.co.nz  9.00 am to 4.00 pm Monday to Friday - excluding

(0800) 502 066 school holidays. http://www.asafekapiti.co.nz Some charges may apply.

No referral required.

**Classification : FVSS**

**ATAMU EFKS Porirua Incorporated**

FSD0022611 Last updated 22/01/2021

We run an Early Childhood Centre (AAPE) at Waitangirua, Porirua.

We also provide prevention and intervention focus services for children, young people, their families and the community through socio-economic education and promotion that include: - Out of School and Recreation (OSCAR; Mon to Friday 3:00pm to 6:00pm and during school holidays 7:00am to 5:30pm

* Incredible Years Programmes (IYP)
* Healthy living and wellbeing (e.g. exercise programmes, vegetable gardens, nutritious cooking,budgeting, etc).

Level 1 11 Waihemo Street Waitangirua Porirua 5024



office@atamu.org.nz  09:00am to 5:00pm Mon to Friday

(04) 235 8683 Some charges may apply. http://www.atamu.org.nz No referral required.

**Classification : OSCAR**

**Atareira (Family/Whanau Support Service)**

FSD0007468 Last updated 17/08/2020

Atareira (Family/Whanau support service) provides support, information, education and advocacy for families/whanau members and friends of people with mental health and addiction issues across greater Wellington region.

Level 6 BNZ Tower 14 Hartham Place Porirua Wellington 6011



enquiries@atareira.org.nz  8.30am- 5.00pm Monday to Friday our service is

(04) 499 1049 mobile and can come to you. We also have

http://www.atareira.org.nz monthly day and evening support groups across

the region and offer irregular education groups in weekends.

Some charges may apply. No referral required.

**Classification : THP**

**Autism Intervention Trust**

FSD0021427 Last updated 29/03/2021

To provide services and support, to children with autism and their families in the Wellington area, including an Oscar approved holiday programme.

Berhampore kindergarten 3-5 Stanley Street Berhampore Wellington



briaandjustin@xtra.co.nz  We operate Monday to Friday for a week in each

(021) 689 804 term Holiday and have a 2-3 week holiday

http://www.autisminterventiontrust.org.nz programme in January. Contact coordinator for details on hours.

Some charges may apply. Referral may apply.

**Classification : OSCAR**

**Autism New Zealand Wairarapa Branch**

FSD0021519 Last updated 14/01/2021

We provide support, training, resources and information on Autism Spectrum disorders including Aspergers Syndrome.

Wairarapa Community Centre 41 Perry Street Masterton 5810 wairarapa@autismnz.org.nz  Available by phone or email 5 days per week.



(06) 929 7004 Some charges may apply.

(022) 657 8136 No referral required. http://autismnz.org.nz

**B Leisure International NZ Ltd**

FSD0024057 Last updated 19/10/2020

BLegends provides OSCAR approved Before and After School childcare in a safe, fun and learning environment for children aged 5 to 13 at the Trust House Recreation Centre in Masterton.  2 Dixon Street Masterton 5810

trusthousereception@belgravialeisure.co.  0730 to 1800 Monday to Friday nz Some charges may apply.

(06) 370 0060 No referral required.

(027) 442 7875 http://trusthouserecreationcentre.co.nz

**Classification : OSCAR**

**Barnardos New Zealand**

FSD0004104 Last updated 16/06/2020

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.

Level 3 100 Tory Street Te Aro Wellington 6011



info@barnardos.org.nz  Open Monday to Friday - 8am to 5pm (0800) 227 627 Some charges may apply.

(04) 385 7560 Referral may apply. http://www.barnardos.org.nz

**Bay Kids Club**

FSD0022613 Last updated 22/01/2021

Bay Kids Club Inc has been providing Before, After School care for over 20 years in Titahi Bay

29A Tireti Road Titahi Bay Porirua 5022



info@baykidsclub.co.nz  Monday to Friday 7am to 8.30am (021) 124 1077 Monday to Friday 3pm to 6.00pm

(04) 236 6582 Some charges may apply. http://baykidsclub.co.nz No referral required.

**Classification : OSCAR**

**Beacon Hill Church**

FSD0002593 Last updated 26/02/2021

Christian spiritual support services.

11 Hazel Street Ebdentown Upper Hutt 5018



michael@beaconhill.org.nz  Sunday Service 10am

(04) 527 7869 All services free of charge. http://beaconhill.org.nz/ No referral required.

**Best Start Waitangirua**

FSD0021591 Last updated 06/11/2020

Quality Education and care to children aged 3 months to 5 years.

20 hours ECE is available at our Centre to all children aged 3-5 years.

3 Button Lane Waitangirua Porirua 5024



waitangirua@best-start.org  Monday to Friday 730 am to 5.30 pm. We are

(04) 235 9404 closed for public holidays only.

http://www.best-start.org Some charges may apply.

No referral required.

**Better Outcomes NZ**

FSD0022347 Last updated 10/10/2020

A reputable & impartial supervised contact, access and changeover service. Oranga Tamariki and Court Approved.

A team of child focused, qualified and experienced ECE and Social Work professionals who supervise an adult having contact with child(ren).

betteroutcomesnz@outlook.com  Weekends and weekdays as required and if

(027) 314 2885 available. http://www.betteroutcomesnz.co.nz/ Some charges may apply.

No referral required.

**Bice Awan**

FSD0021202 Last updated 22/01/2021

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

45 Wade Street Wadestown Wellington 6012



biceawan45@gmail.com  Contactable primarily Monday - Friday 8.30am (027) 440 7940 5.00pm by phone (mobile), however, emails can (04) 473 8166 be sent to biceawan45@gmail.com at any time

and will be answered promptly.

Some charges may apply. No referral required.

**Birth Wise Wellington Inc.**

FSD0005396 Last updated 21/10/2020

Birth Wise offers an antenatal programme and parenting support groups. Birth Wise promotes wellness in pregnancy, natural birth and holistic parenting by empowering women and men to make informed choices.

Trinity Union Church Hall - Hall Avenue Newtown Wellington 6021



enquiries@birthwise.org.nz  Our courses run on Monday evenings, 7pm to (022) 328 1082 9pm, and Sunday evenings, 7pm to 9pm.

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

No referral required.

**Birthright Hutt Valley**

FSD0006816 Last updated 16/02/2021

Birthright Hutt Valley is a Charitable Trust that provides support services to one-parent families in the wider Hutt Valley area.

 Birthright Hutt Valley 101 Copland Street Epuni Lower Hutt 5011

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| --- | --- |
| admin@birthrighthutt.nz  (04) 567 7123  (0800) 457 146 http://www.birthright.org.nz      **Birthright Kapiti Inc** | Open 9am - 2pm Monday to Friday.  All services free of charge. No referral required. |
| FSD0006817 | Last updated 12/01/2021 |

Birthright was established in 1955. It is a national organisation which works to support, strengthen and advocate for one-parent families.

110 Rimu Road Paraparaumu 5032



birthrightkapiti@outlook.com  Open Mon-Fri 8.30am-4pm

|  |  |
| --- | --- |
| (0800) 457 146 (04) 902 5748 http://www.birthright.org.nz    **Classification : BFC**    **Birthright New Zealand** | All services free of charge. Referral may apply. |
| FSD0004105 | Last updated 14/07/2020 |

Birthright New Zealand is a Trust with affiliate organisations throughout New Zealand. Birthright works to strengthen and enrich the lives of children and families. We specialise in working with families led by one person.

Level 7, Ranchod Tower, 39 The Terrace Te Aro Wellington 6011



office@birthright.org.nz  Monday to Friday: 9:00 am to 4:00 pm

(04) 802 5377 All services free of charge.

(0800) 457 146 Referral may apply. http://www.birthright.org.nz

**Birthright Otaki Inc**

FSD0006821 Last updated 27/08/2020

Birthright (Otaki) was established in 1968. It is linked to a national organisation which works to support, strengthen and advocate for one-parent families. Our mission statement is to help whanau/family to lead personally satisfying lives so that their tamariki/children may enjoy the same rights and privileges as other tamariki/children.

Our Fieldworkers are experienced practitioner's engaged with 215 children and 99 one-parent whanau/families each year. Of these whanau 80% are whanau Maori.

Today NZ census statistics tell us that there has been a 20% increase in the number of one parent families in the last ten years.

23 Matene Street Otaki 5512



(0800) 547 146  All services free of charge.

|  |  |
| --- | --- |
| http://www.birthright.org.nz      **Birthright Wellington Inc** | Referral may apply. |
| FSD0006826 | Last updated 24/08/2020 |

Birthright Wellington specialises in working with family/whnau that are led by one person. We have developed (60years) a deep working knowledge of what families need to succeed on their own terms. We offer support to children & parents/caregivers in the wider Wellington region. Support includes provision of basic clothing and household goods, advocacy to intensive in-the-home social work support, helping support family/whnau work through the barriers they face, connecting with others in the community, learning new skills, children’s programmes, activities. NZ has the third highest number of single parents in the OECD, with the highest projected growth. Children living in single-parent households experience significantly higher poverty rates. The aim is to manage risks, ensure safety of children and young people and develop life skills that empower and strengthen family/whnau. All our services are free, referrals are received by organisations as well as self-referrals.

Level 1 89b Thorndon Quay Pipitea Wellington 6011



info@birthrightwellington.org.nz  9.00am - 4.00pm Monday to Friday

(04) 499 0055 All services free of charge.

(0800) 457 146 No referral required. http://www.birthright.org.nz

**Classification : FVSS**

**Bravique Kids**

FSD0024359 Last updated 04/09/2020

Bravique Kids is an Out of School Care (OSCAR) Programme providing Before/After School care and Holiday Programmes.

Our goal - to provide safe, fun childcare which encourages children to be Brave to be Unique!

Petone Central School 16 Britannia Street Petone Lower Hutt 5012



info@bravique.com  Monday - Friday 7am-6pm (022) 164 0647 Some charges may apply. http://facebook.com/braviquekids No referral required.

**Classification : OSCAR**

**Breastfeeding Support - La Leche League Mana**

FSD0004666 Last updated 26/06/2020

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

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

Tawa Linden Plunket 2 Linden Ave Tawa



mana@lalecheleague.org.nz  Free monthly meeting held one Wednesday a (021) 075 1752 Elizabeth month at the Tawa Linden Plunket Rooms.

(04) 235 7095 Sarah Please see our Facebook page or contact us for http://www.lalecheleague.org.nz more information

Koha/donation may apply. No referral required.

**Brooklyn Before School Care, After School Care & Holiday**

**Programme**

FSD0021882 Last updated 13/08/2020

We run OSCAR approved Before School Care and After School Care during school terms for Years 1 - 8.

We also run an OSCAR approved Holiday Programmes between terms for Years 1 - 8.

18 Harrison Street Brooklyn Wellington 6021



childcare@brooklyncommunitycentre.org.  7.30am - 8.30am School Terms

nz 3pm - 6pm School Terms

(04) 385 0089 8am - 6pm School Holidays

(021) 060 4230 Closed Christmas and New Year http://brooklyncommunitycentre.org.nz Some charges may apply.

No referral required.

**Classification : OSCAR**

**Brooklyn Toy Library**

FSD0005399 Last updated 18/09/2020

We welcome children, their families and caregivers to come and to borrow well-designed toys, games, puzzles and equipment, which are available for borrowing for a 6 monthly or annual membership fee.

Rear Prefab, Capital Montesorri School 14 Camrose Grove Kingston Wellington 6021 brooklyntoylibrary@hotmail.com  Fridays - 3:15 - 4:30pm.



http://brooklyntoylibrary.org.nz Saturdays - 9:00am -12:00 noon Some charges may apply. No referral required.

**Butler Pelvin & Associates Ltd**

FSD0019997 Last updated 25/03/2021

Offers organisational capability mentoring. Jennifer's experience and expertise in governance makes her an ideal partner for charities and not for profit organisations.

Jennifer is a certified Governance Trainer with BoardSource which includes expertise in the following:

Roles and responsibilities of nonprofit boards

Board-staff partnership

Board structure

Board-building cycle

Board performance assessment

11/22 Ghuznee Street Te Aro Wellington 6011



contact@butlerpelvin.com  Some charges may apply.

(04) 473 9547 No referral required. http://butlerpelvin.com

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| **Butterflies Before and After School Care** |  |
| FSD0024406  We provide before and after school care at Postgate School Hall.  Before School from 7am. After School to 6pm. | Last updated 29/09/2020 |

Postgate School 3 Staithes Drive North Whitby Porirua 5024 butterfliesafterschoolcare@gmail.com  Mornings from 7am.



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| (027) 286 0801 After school to 6pm.  Some charges may apply. No referral required.    **Classification : OSCAR**    **Cannons Creek Opportunity Centre** |  |
| FSD0022557 | Last updated 10/02/2021 |

Provide Out of School Care, Youth & Community Programmes. As per the Constitution 2013; The charitable aims of The Cannons Creek Opportunity Centre shall be:

2.1 to promote the social, spiritual, physical, educational and emotional welfare of the People of eastern Porirua;

2.2 to promote community life in eastern Porirua;

2.3 to provide programmes and facilities for people of all ages and cultures in line with aims (2.1) and (2.2) above;

2.4 to provide, as The Centre sees fit, facilities for any activity which would help produce revenue for the support of the programmes and facilities referred to in aim (2.3) above:

2.5 to own and operate, in line with the other aims, the buildings and facilities of the Cannons Creek Opportunity Centre.

2.6 The activities of the Centre will be limited to New Zealand.  Level 2 (Upstairs) 4 Bedford Court Cannons Creek Porirua 5240

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| ccoc@xtra.co.nz (027) 541 2104    **Classification : OSCAR**    **Capital Training Limited** | 7am-8pm 7 Days, call to enquire.  Some charges may apply. Referral may apply. |
| FSD0021473 | Last updated 09/02/2021 |

Capital Training Limited is a Private Training Establishment (PTE), which has been registered and accredited by the NZ Qualifications Authority (NZQA), under the Education Act 1989. It is focused on winning tendered contracts with educational, government, and commercial customers to deliver education and training programmes, which are all paid for by the Tertiary Education Commission (TEC) and the Ministry of Social Development (MSD).

There are two primary parts to Capital Training’s business:

TEC Foundation Education

MSD Training Programmes

Whilst both aspects of the business are Government funded and fall under the auspices of NZQA, they are distinctly different. Foundation Education has the primary objective of increasing skill knowledge and formal qualifications, whereas the MSD Training Programmes have the objective of assisting participants into the workforce.

Level 1 204 Thorndon Quay Wellington 6011



tom.kelleher@capitaltraining.co.nz  8.30am -4.30pm Monday - Friday

(04) 470 7670 All services free of charge. http://www.capitaltraining.co.nz Referral may apply.

**CareNZ National Office**

FSD0004106 Last updated 07/08/2020

Alcohol and Drug Counselling services, individual and group. Drug treatment programmes inside prisons.

 Ground Level 138 The Terrace Wellington 6011

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| (04) 384 2058 http://www.carenz.co.nz      **Caring Families Aotearoa** | Monday to Friday 8 am - 5 pm.  Some charges may apply. Referral may apply. |
| FSD0005883 | Last updated 12/10/2020 |

Every care-giving family is empowered, supported and trained to provide a safe and nurturing home to children and young people.

Level 4 45 Knights Road Hutt Central Lower Hutt 5010



Enquiries@caringfamilies.org.nz  8.30am - 5.00pm Monday to Friday.

(0800) 693 323 All services free of charge.

(04) 566 0294 No referral required. http://www.caringfamilies.org.nz/

**Carterton Information Centre**

FSD0022195 Last updated 21/08/2020

We provide information on council, legal, accomodation, social services, activities and events within our region.

Our mission is to grow with the community, to evolve in conjunction with the other Carterton service groups and organisations, meeting the needs of the locals and visitors to the greater Wairarapa.

Carterton Events Centre 50 Holloway Street Carterton 5713



infocentre@cdc.govt.nz  9.30am to 5pm Monday to Friday.

(06) 379 4081 10am to 4pm Saturday.

http://cdc.govt.nz/ Closed Sunday.

All services free of charge. No referral required.

**Carterton Local Council Website**

FSD0017588 Last updated 30/04/2021

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

info@cdc.govt.nz  Online

(06) 379 4030 All services free of charge. http://www.cartertondc.co.nz/ No referral required.

**Catholic Social Services**

FSD0002992 Last updated 21/08/2020

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**Challenge 2000**

FSD0024021 Last updated 14/09/2020

Challenge 2000 is a social work and youth development agency, providing a number of services and programmes to young people and families within the Wellington region.

1 Wanaka St Johnsonville Wellington 6037



info@challenge2000.org.nz  Monday-Friday 8:30am-5pm

(04) 477 6827 weekends and evenings can sometimes be

http://www.challenge2000.org.nz arranged if required

All services free of charge. No referral required.

**Challenge for Change**

FSD0005404 Last updated 22/12/2020

An early intervention mentoring Programme for 9-13 year olds.

Troup House 3 MacDonald Cres Te Aro Wellington 6012



ailsa@bgi.org.nz  Available at any time.

(04) 385 9549 Some charges may apply. http://www.bgi.org.nz/Programmes/Challe No referral required. ngeforChange

**ChangeAbility Counselling Family Violence Services**

FSD0005315 Last updated 15/07/2020

Provides general counselling services and programmes, support and information for victims and perpetrators of family violence and abuse.

7 Victoria Street Masterton 5810 contact@changewairarapa.org.nz  Office Hours are from Monday to Thursday.



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| (06) 377 0933  (06) 377 5716 http://www.changewairarapa.org.nz    **Classification : FVSS** | 8.30am to 5.00pm  Voicemail and email cleared daily Some charges may apply.  No referral required. |

**ChangeMakers Resettlement Forum**

FSD0018657 Last updated 11/11/2020

To realise our vision of New Zealanders from refugee backgrounds participating in New Zealand life.

Level 4 39 Webb Street Mount Cook Wellington 6011



info@crf.org.nz  Mon-Friday 9.00-5.00 (04) 801 5812 All services free of charge.

http://www.crf.org.nz Referral may apply.

**Chelsea House Early Childhood Centre Ltd**

FSD0021489 Last updated 22/03/2021

We are a purpose built early childhood centre that is licensed for children aged 6 weeks to six years in our pre-school area and 5years to 13 years in our OSCAR approved After school and Holiday programmes.

9 Lorien Court Raumati Paraparaumu Beach 5032



jo-ann@chelseahouse.co.nz  7am to 6pm weekdays (04) 902 5437 Some charges may apply. http://www.chelseahouse.co.nz No referral required.

**Classification : OSCAR**

**Child Health Cluster**

FSD0002548 Last updated 29/09/2020

Provides health services/care in schools and their communities throughout the greater Wellington region.

Level 2, Community Health Building, Hutt Hospital - High Street Lower Hutt 5040 sandra.marsh@huttvalleydhb.org.nz  Monday - Friday 8am - 5pm.



(04) 570 9447 All services free of charge.

(04) 570 9002 No referral required. http://huttvalleydhb.org.nz

**Children First Early Childhood Centre**

FSD0022487 Last updated 18/08/2020

Children First provides quality care and education for children under the age of five years. Open hours from 07.30 - 17.30 five days.

A boutique centre with outstanding teacher child ratios with excellent reputation for preparing children for school.

 414 Fergusson Drive Heretaunga Upper Hutt 5018

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| childrenfirst2001@gmail.com  (04) 528 6059 http://www.childrenfirst.co.nz | 7.30am until 5.30pm Weekdays. Some charges may apply.  No referral required. |

**Childspace Early Childhood Institute**

FSD0016432 Last updated 21/08/2020

Childspace are leaders in early childhood education in NZ. We offer excellence in care and education for children 0-5 years across our 4 centres in Wellington. We also have a institute where we provide professional development for teachers around NZ and believe that sharing our knowledge will support better care for the children of Aotearoa.

45 Helston Rd Johnsonville Wellington 6037



institute@childspace.co.nz  Our centres are open 5 days, 7:30am - 6pm.

(04) 461 7076 Our institute is open 5 days 9-3pm.

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

No referral required.

**Citizens Advice Bureau**

FSD0004108 Last updated 24/02/2021

Citizens Advice Bureau promotes knowledge and understanding of peoples' rights and responsibilities. It does this through providing the public with a free and confidential service of information, assistance, referral, and advocacy, about any question issue, or problem. It also uses the experience it gains through helping people, to exert a responsible influence on the development of local and national legislation, policies and services so that the wider community benefits.

The service is provided by trained volunteers who have access to an extensive range of resources including a comprehensive referral database of local and national organisations. The service can be accessed face to face, over the phone or by email.

Level 4 93 Boulcott St Wellington 6011



admin@cab.org.nz  You can find out the opening hours of our (04) 471 2735 locations, on our website at www.cab.org.nz (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Central Wellington**

FSD0006889 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

James Smiths Building, Corner Manners St and Cuba - Cuba Street Wellington 6011 wellingtoncentral@cab.org.nz  Monday 9.30am-5.15pm



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| (04) 472 2466 (0800) 367 222 http://www.cab.org.nz | Tues-Wed 9:30am-6:30pm  Thurs 9.30am - 6.00pm  Friday 9.30am-3.30pm  Sat 11am-1pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Johnsonville**

FSD0006893 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Johnsonville Community Centre 1 Frankmore Avenue Johnsonville Wellington 6037 johnsonville@cab.org.nz  Mon - Fri 9.00am - 4.30pm



(04) 478 5698 Sat 9:30am - 12 noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Kapiti**

FSD0006894 Last updated 19/01/2021

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 at First Floor, Coastlands Shoppingtown, Rimu Road, Paraparaumu Mon-Fri 9am/4pm.

1st Floor - Coastlands Shopping Centre Paraparaumu 5032



kapiti@cab.org.nz  Mon - Fri 9 - 4pm (04) 298 4944 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Karori**

FSD0023251 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

 Karori Community Centre 7 Beauchamp St Karori Wellington

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| karori@cab.org.nz (04) 476 4595 (0800) 367 222 http://www.cab.org.nz | Mon - Fri: 10am - 4pm All services free of charge.  No referral required. |

**Citizens Advice Bureau - Kilbirnie**

FSD0006890 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

56-58 Bay Road Kilbirnie Wellington 6022



kilbirnie@cab.org.nz  Mon - Fri 9:30am-3:00pm.

(04) 387 3573 Open until 5:30pm on Thurs. (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Lower Hutt**

FSD0006896 Last updated 12/04/2021

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.

 Ground Floor, Apex House - Corner of Queens Drive and Laings Road Central Hutt Lower

Hutt 5010

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| lowerhutt@cab.org.nz (04) 566 6039 http://www.cab.org.nz | Monday to Friday 9am - 4.30pm  Free legal clinic Thursday evenings from 6pm All services free of charge.  No referral required. |

**Citizens Advice Bureau - Newtown**

FSD0006899 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

1 Colombo Street Newtown Wellington 6021



newtown@cab.org.nz  Mon-Wed, Fri 9:30am-3pm.

(04) 389 3813 Thurs 9:30am-12noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Otaki**

FSD0006901 Last updated 21/01/2021

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.

65a Main Street Otaki 5512



otaki@cab.org.nz  Weekdays 9am to 3pm

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| (06) 364 8664 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau - Petone**

FSD0006902 Last updated 06/07/2020

Free and confidential advice, information and advocacy available to everyone. Assistance on a wide variety of issues including: personal, family, consumer, employment, tenancy & accommodation issues. Justice of the Peace clinic is available by appointment.

Petone Community House 6 Britannia Street Petone Lower Hutt 5012



petone@cab.org.nz  9.30am-2.30pm, Monday to Friday.

(04) 568 8877 Wainuiomata Library Outreach Every Tuesday http://www.cab.org.nz 10.30am-12.30pm, Eastbourne Library 3rd

Tuesday of month 11am-1pm, Weltec 4th

Tuesday 11am-1pm

All services free of charge. No referral required.

**Citizens Advice Bureau - Upper Hutt**

FSD0006905 Last updated 10/11/2020

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.

2 Sinclair Street Upper Hutt 5018



upperhutt@cab.org.nz  Normal hours resume 21 Jan 2020

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| (04) 528 9040 http://www.cab.org.nz | Monday to Thursday 9:00am - 4:30pm  Friday 9am - 12pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Wairarapa Inc**

FSD0006906 Last updated 11/09/2020

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.

CAB Wairarapa covers Masterton, Carterton, Greytown, Featherston and Martinborough.

43 Perry Street Masterton 5810 wairarapa@cab.org.nz  Monday to Friday 9am - 4pm.



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| (06) 377 0078 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau Porirua**

FSD0006903 Last updated 08/09/2020

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.

2nd Floor, Pember House 16 Hagley Street Porirua 5022



porirua@cab.org.nz  Mon - Fri 9.30am - 3.30pm

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| (04) 237 8846  (04) 237 5398 http://www.cab.org.nz      **CLM Masterton**  FSD0021954 | All services free of charge. No referral required. | Last updated 15/12/2020 |
| OSCAR approved childcare, Events and Birthday Party Services. | |

359 Queen Street Masterton 5810



sul@clmnz.co.nz  OpeningHours:

(06) 378 9970

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| http://clmnz.co.nz/masterton | Monday - Friday 7am - 6pm Some charges may apply.  No referral required. |
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**Classification : OSCAR**

**Cloud 9 Children's Foundation**

FSD0005744 Last updated 08/04/2021

The Cloud 9 Children's Foundation aims to provide programs, support and information that help children and teenagers with Asperger's Syndrome cope with life's demands and be better understood.

Tawa Community Centre 5 Cambridge Street Tawa Wellington



admin@cloud9foundation.co.nz  On line via email, Website or Facebook page http://www.withyoueverystepoftheway.co Some charges may apply. m No referral required.

**Common Unity Project Aoteara**

FSD0024273 Last updated 03/08/2020

Our organisation is the umbrella for a number of community enterprises that enable skills development, employment, connection and resilience for local people. We are community led, and our purpose is to enable our community to feed, connect, regenerate and nourish itself by drawing upon strengths that already exist.

Central to our work is our Community Food Hub model, which includes five core components:

1. Community Café: A place to be - where local people can eat, share, connect and learn.
2. Local Food Production: The Urban Kai farm programme builds on community resources, assetsand strengths to produce food locally and shorten food supply chains.
3. Local Food Cooperative: Run by local members, provides access to food, dry goods and locallygrown produce at an accessible price.
4. Community Kitchen: For food production, learning, education and connection.
5. Learning Hub: Sharing what we know to enable other communities to lead their own foodresilience responses.

 310 Waiwhetu Road Fairfield Lower Hutt 5011

julia.milne@cupa.org.nz  Subject to change - please check our website.

(04) 260 3343

https://www.commonunityproject.org.nz/ Tuesday - Saturday: 9am - 3pm Sunday and Monday: CLOSED Koha/donation may apply. No referral required.

**Community Health Service**

FSD0004676 Last updated 23/06/2020

District Nursing Service for adults requiring complex nursing services generally in their own home.

Short term home support following an acute event.

Ewart building 2 Coromandel Street Newtown Wellington 6021



info@ccdhb.org.nz  Mon - Fri 8:00am - 4:30pm. Limited availability in

(04) 903 0224 evenings and weekends. (04) 385 5999 All services free of charge. http://ccdhb.org.nz Referral may apply.

**Community Networks Aotearoa**

FSD0017002 Last updated 03/08/2020

CNA is based on grass-roots membership of networking organisations provincially based. CNA takes the voice of the community and lets it be heard. We are a supportive and informational organisation dedicated to helping our members. We see ourselves as a catalyst for change; a strong national office; a capacity builder that supports local/regional and district organisations, and a connector that works well with other networks and builds strategic partnerships. We inform membership and government on issues regarding community.

Prime Property House, Level 3 2 Woodward Street CBD Wellington 6011 info@communitynetworksaotearoa.org.nz  9-4.30pm weekdays



(04) 472 3364 Some charges may apply.

(021) 178 4333 Referral may apply.

http://communitynetworksaotearoa.org.nz/

**Conductive Education Wellington Trust**

FSD0015802 Last updated 22/02/2021

To work with all children with disabilities and to provide a specialised indivualised programme to enable each child to reach his or her potential. We work with a wide range of children including those with autism.

Naenae Primary School 27 Wheatley Street Naenae Lower Hutt 5011 cewt@xtra.co.nz  Morning / 8:30 – 1:00 (04) 577 3480 Afternoon / 1:00 – 3:00



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

No referral required.

**Connecting Communities Wairarapa**

FSD0018197 Last updated 03/12/2020

We operate a range of community-led initiatives and social services focused on increasing the well-being of our people and our community. Our collaborative approach means we can work together to achieve common goals that build strong resilient communities.

The Connecting Communities Development Team supports a range of community-led development activities, projects and events designed to bring our communities together; including Youth Development, Masterton East Community Development and Neighbourhood Support. The Social Services Team works at an individual and whanau level, working closely with their clients to develop budgeting and everyday life skills to guide, support and empower them. The Social Services Team also runs the Strengthening Families process and connects clients with other community-based agencies according to their individual needs.

2-12 Bannister Street Masterton 5810



hello@ccw.org.nz  Monday to Friday 9.00am to 4.00pm

(06) 378 8900 All services free of charge. http://www.ccw.org.nz Referral may apply.

**Classification : BFC**

**Consultancy Advocacy And Research Trust**

FSD0020607 Last updated 22/04/2021

CART's core ethos is to be available to provide support to hard to reach and difficult to deal with communities. This is a population predominantly comprising of Maori who suffer from severe social and economic disadvantages and fall into a number of high risk groups for poor health and nutrition statistics generally arising from self defeating behaviours. We refer to the members of these communities as 'the tribe of Nga Mokai.'

Level 1 118 Tory Street Te Aro Wellington 6011



info@cart.org.nz  Mon to Fri 9am - 5pm.

(04) 384 6845

http://www.cart.org.nz Closed on public holidays.

All services free of charge. No referral required.

**COSPRO Child Obesity Support Programme**

FSD0015209 Last updated 16/09/2020

Child Obesity Support Programme. COSPRO is currently operating in Wellington, Porirua, Kapiti, & the Hutt Valley.

chrislakomy@gmail.com  As required.

(022) 088 1069 All services free of charge.

No referral required.

**DCM**

FSD0016392 Last updated 10/08/2020

DCM works with people who are homeless in Wellington. We work with people to find and sustain housing, access a benefit and manage their money, and to connect to whnau, health and other services and supports. We call the people we work with taumai, meaning to settle. This reflects the journey we embark on together to become settled, stable and well.

We believe that, together, we can end homelessness in Wellington. Our number one priority is getting people off the streets and into sustainable living arrangements, and we offer a range of supports and services along the way to cater for everyone who walks through our door.

 Kirva House 2 Lukes Lane Wellington 6011

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| office@dcm.org.nz (04) 384 7699 http://www.dcm.org.nz      **Dementia Wellington** | Mon & Fri: 9am-12pm Some charges may apply. Referral may apply. |
| FSD0006744 | Last updated 17/12/2020 |

Dementia Wellington exists to help people with dementia and their whnau/caregivers to live well with dementia. We provide a variety of resources including socialisation, 1:1 advice and support, and education seminars and workshops to individuals and community groups.

We support people with dementia to continue to be active and included in their communities and to participate in the activities they enjoy. We develop and maintain liaison and partnerships with local organisations so they can better support people with dementia.

Dementia Wellington works across Kapiti, Porirua, Hutt and Wellington and has a team of 6 Dementia Advisors who are all registered health professionals. We are governed by a board of trustees who meet monthly.

55 Hutt Road Petone Lower Hutt 5012 admin@dementiawellington.org.nz  8-30am - 5.00pm Monday to Friday.



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| (04) 972 2595 http://www.dementiawellington.org.nz      **Department of Corrections** | Some charges may apply. No referral required. |
| FSD0006143 | Last updated 11/08/2020 |

The Department of Corrections is responsible for managing some of New Zealand’s most challenging citizens. We manage about 40,000 offenders; 10,000 of them are being held in 18 prisons and the remaining 30,000 are managed in the community, serving a community-based sentence or order.

We work with offenders to keep the public safe and to reduce re-offending. The courts sentence offenders to custodial (prison) and community-based sentences. The Parole Board approves or declines parole and home detention applications and sets conditions for Corrections to monitor.

Around 9,000 Corrections’ staff work closely with the wider justice sector to reduce re-offending and keep communities safe. In order to keep the public safe there is a strong focus on rehabilitation and ensuring that people leave our services in better shape than when they came in.

Freyberg Building 20 Aitken Street Thorndon Wellington 6011



info@corrections.govt.nz  Mon-Fri 8:00am-5.00pm

(04) 460 3000

http://www.corrections.govt.nz Reception entrance for visitors is through William Colenso Square, Molesworth Street.

All services free of charge. No referral required.

**Department of Internal Affairs**

FSD0006144 Last updated 16/11/2020

New Zealand's Department of Internal Affairs issues passports; administers civil unions; registers births, deaths, marriages and name changes; administers citizenship applications; ensures gambling is fair, legal and honest; enforces censorship law and anti-spam law and promotes internet safety; supervises anti-money laundering and countering financing of terrorism; contributes to community development by administering Lottery Grants, Community Grants Schemes, Grants Online and Trusts; provides support services and policy advice for Ministers of the Crown; and provides information technology services to government.

Department of Internal Affairs 45 Pipitea Street Wellington 6011 info@dia.govt.nz  Monday to Friday.



(04) 495 7200 Visit www.dia.govt.nz for more information.

(0800) 25 78 87 (NZ only) Some charges may apply. http://www.dia.govt.nz No referral required.

**Dress For Success Wellington**

FSD0005428 Last updated 05/01/2021

Our mission is to empower women to achieve economic independence by providing a network of support, appropriate business attire and development tools to help them thrive in work and in life.

Many of our clients are women on no or low income who need suitable clothing to wear for job interviews, work experience, funerals, events, community re-integration, graduation and house viewings.

Floor 3 220 Willis Street Te Aro Wellington 6011



em@wellingtondressforsuccess.org  Monday - Friday 10am- 3pm

(04) 473 2940 All services free of charge.

(022) 510 9106 No referral required.

https://wellington.dressforsuccess.org/

**dsport**

FSD0004721 Last updated 13/11/2020

dsport (previously known as Parafed Wellington) is a charity managed by a board of elected volunteers.

Our vision is for Wellington to be a diverse and inclusive region.

dsport is underpinned by the principles of inspire, enable, achieve.

We inspire disabled people to believe in themselves. To aspire to being involved in sport and active recreation. To dream.

We enable disabled people to get into sport and active recreation. We don’t believe in can’t. Rather how can we. How can we make this fun and make this work? We persevere and we build strength collectively.

But more importantly, our members achieve. They overcome adversity, find work-arounds and creative solutions to achieve. And for some, they will achieve their dreams.

ASB Sport Centre 72 Kemp Street Kilbirnie Wellington 6241



info@dsport.nz  Hours 9am - 5pm, Mon, Wed & Fri.

(04) 387 9640 All services free of charge. http://www.dsport.nz No referral required.

**Dya**

FSD0024369 Last updated 01/10/2020

Ekta is a not for profit community organization incorporated in 2017. Our purpose is to contribute towards building a more inclusive New Zealand focusing largely on recent Indian migrants in the Greater Wellington region.

We have a two-prong strategy:

1. Empowerment through knowledge and capacity development
2. Confidence growth through showcasing of heritage, history, culture, tradition and cuisine.

One of the key activities that we undertake is food distribution. The purpose is not only to contribute towards fulfilling a need of the city but also to motivate the Indian and ethnic diaspora to think beyond their confines and to become part of the city’s solution-finding team.

Undercroft 211 Willis Street Te Aro Wellington 6011



krishmeeta.shandil@hotmail.com  Can be emailed anytime (021) 104 4783 All services free of charge. http://ekta.nz/ No referral required.

**Early Childhood Council**

FSD0020972 Last updated 05/08/2020

The Early Childhood Council is the largest representative body of licensed, quality early childhood education centres in New Zealand.

The primary purpose of the ECC is to represent the interests of independent early childhood centres, and to promote the provision of quality early childhood education services.

Suite 2, Level 2, Ranchhod Tower 39 The Terrace Wellington



ceo@ecc.org.nz  Monday - Friday 8.30am til 5pm (04) 471 0392 0800 742 742 option 3

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

Referral may apply.

**East Coast Rural Support Trust**

FSD0005277 Last updated 09/02/2021

To assist rural people confronting change to more effectively meet adverse events which arise in their lives, be they climatic, financial or personal.

treescapefarm@xtra.co.nz  24 hours Monday to Friday on 0800 number.

(0800) 787 254 All services free of charge.

(06) 868 4840 No referral required. http://www.rural-

support.org.nz/Regions/North-Island/EastCoast/Our-People

**Edens Care**

FSD0022823 Last updated 27/09/2020

Eden's Care are here to help our local communities. We provide our children with the care they need when parents/guardians are unavailable to pick them up or be home with them after school or during school holidays due to work or study commitments.

We believe in the importance of showing our children love/aroha through our actions and not just with our words. We provide a family-friendly environment with activities and leisure sports where our children will not only have fun while they create happy memories; but they will also feel loved, valued and safe.

1334 A High Street Taita Lower Hutt 5011



taita@kidsonfoot.co.nz  After School Care - 2.45pm - 6pm (027) 353 9366 Some charges may apply.

No referral required.

**Classification : OSCAR**

**Education Review Office**

FSD0006145 Last updated 09/10/2020

Reviews and reports publicly on the quality of education in all New Zealand schools and early childhood services.

Level 1, Legal House 101 Lambton Quay Wellington 6011



info@ero.govt.nz  8.00am to 5.00pm Weekdays

(04) 499 2489 All services free of charge.

http://www.ero.govt.nz No referral required.

**El Rancho**

FSD0023874 Last updated 18/12/2020

El Rancho offers accommodation, catering, conferences, ministry programmes and activities including OSCAR approved holiday programmes and camps. We host over 15,000 guests annually, including over 250 different groups from across Aotearoa and beyond.

El Rancho is located on a 60 acre site alongside the beach, river and beautiful native bush tracks.

58 Weggery Drive Waikanae Beach Waikanae 5036



bookings@elrancho.co.nz  Our office is open from 8am-5pm throughout the

(04) 902 6287 week, with a staff member on call after hours.

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

No referral required.

**Classification : OSCAR**

**Electoral Commission**

FSD0015106 Last updated 11/01/2021

The Electoral Commission maintains the electoral roll on a daily basis. We also conduct enrolment update campaigns prior to all major electoral events. The Electoral Commission have a team of Registrars of Electors who work in their local communities to encourage eligible electors to enrol and educate them on the electoral process.

34-42 Manners St Wellington



enquiries@elections.govt.nz  8am-4.30pm Monday-Friday

|  |  |
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| (0800) 367 656 http://www.elections.org.nz | All services free of charge. No referral required. |

**English Language Partners New Zealand**

FSD0005825 Last updated 22/04/2021

With 22 locations, 300 staff, 1,200 volunteers and 6,500 learners, English Language Partners New

Zealand is not-for-profit and works with former refugees and migrants. We offer a range of

English-language programmes delivered by a unique blend of qualified professionals and trained volunteers.

Level 7 Ranchhod Tower 39 The Terrace Wellington Central Wellington 6011 natoffice@englishlanguage.org.nz  9am - 5pm Monday to Friday.



(04) 471 2382 Some charges may apply. http://www.englishlanguage.org.nz No referral required.

**Enjoy Childcare - Berhampore**

FSD0023853 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children aged 5-13 years old.

105 Britomart Street Berhampore Wellington



admin@enjoychildcare.co.nz  During School Terms:

(022) 651 0773 7-9 am (Before School Care)

(027) ENJOY (36569) 3-6 pm (After School Care) http://www.enjoychildcare.co.nz

During School Holidays:

7.30 am - 6 pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Brooklyn**

FSD0022665 Last updated 06/10/2020

Enjoy Childcare provides Before/ After School Care for children age 5-14 years old as well as an OSCAR approved Holiday Programme .

We offer exciting activities for your children and have dedicated staff to deliver an awesome programme.

 40 Taft Street Brooklyn Wellington

admin@enjoychildcare.co.nz  Monday - Friday

(022) 651 0773 Before School Care 7.00 - 9.00am

http://www.enjoychildcare.co.nz After School Care 3.00 - 6.00 pm Holiday Programme 7.00am - 6.00pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Mornington**

FSD0023844 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children age 5-13 years old.

120 Mornington Road Mornington/ Brooklyn Wellington 6021 admin@enjoychildcare.co.nz  Monday to Friday during school term:



(027) 365 6900 7.00 - 9.00 am (Before School Care)

(022) 651 0773 3.00 - 6.00 pm (After School Care) http://www.enjoychildcare.co.nz

Monday to Friday during school holidays: 7.30 am - 6.00 pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Owhiro Bay**

FSD0023854 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children aged 5-13 years old.

 96 Happy Valley Road Owhiro Bay Wellington

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| admin@enjoychildcare.co.nz  (022) 651 0773 http://www.enjoychildcare.co.nz    **Classification : OSCAR**    **Equip Counselling Ltd** | Monday to Friday  During School Terms:  7-9 am (Before School)  3-6 pm (After School)  During School Holidays:  7.30am-6pm (Holiday Programme) Some charges may apply. No referral required. |
| FSD0019252 | Last updated 03/04/2021 |

Counselling services for children, youth and adults. Parenting support. ACC sensitive claims provider.

275a Paremata Hayward’s Road Judgeford Porirua 5381



heather@equipcounselling.co.nz  Tuesday, Wednesday & Thursday - 9.00 am to

(021) 026 53722 5pm. http://equipcounselling.co.nz Some charges may apply.

No referral required.

**Evolve Youth Service**

FSD0016492 Last updated 13/07/2020

Evolve is a 'one stop shop' youth service in central Wellington. We provide free and confidential health and social services for young people aged 10 - 25 years. Services include doctor and nurse appointments for general health, sexual health and mental health, counselling, and support from youth workers and social workers. We also offer a range of groups to meet different needs, a hangout space for young people and youth development events and activities.

Level 2 James Smith Building, above Rebel Sport 65 Cuba Street Te Aro Wellington 6011 reception@evolveyouth.org.nz  Monday to Thursday 10am - 6pm



(04) 473 6204 Friday 10am - 5pm. http://www.evolveyouth.org.nz All services free of charge. Referral may apply.

**FairWay Resolution Limited**

FSD0021216 Last updated 01/03/2021

FairWay is New Zealand's largest specialist conflict management and dispute resolution organisation. Each year we assist thousands of families to make their own parenting arrangements for their children. We also provide wider services to assist with a range of family disputes including relationship property matters and wills, trusts and estates.

We have offices in Auckland, Wellington, and Christchurch, and a team of accredited Resolution Practitioners across the country.

Level 4 142 Lambton Quay Wellington 6011



fairwayinfo@fairwayresolution.com  Weekdays 8am to 5pm

(0800) 77 44 20 Some charges may apply.

(04) 918 4900 No referral required. http://www.fairwayresolution.com

**Family Heart Services**

FSD0022377 Last updated 22/12/2020

Family Heart provides a range of services supporting parents to find the best outcomes for their family during times of stress.

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| admin@familyheart.co.nz  (022) 106 1574 (04) 239 8129 http://www.familyheart.co.nz | For contact 7 days per week Some charges may apply.  No referral required. |

**Family Planning - National Office**

FSD0004112 Last updated 01/12/2020

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.

Levels 7, Southmark House 203-209 Willis Street Te Aro Wellington



national@familyplanning.org.nz  National Office: 8am - 5pm Monday to Friday

(04) 384 4349 All services free of charge. http://www.familyplanning.org.nz No referral required.

**Family Start**

FSD0008132 Last updated 02/11/2020

The Family Start programme was established in 1998 as part of a wider strategy to strengthen families. It provides intensive, home-based support services for families with high needs, to ensure that their children have the best possible start in life.

robert.haig@ot.govt.nz  Monday-Friday 9am-5pm.

(04) 918 9255 All services free of charge.

(029) 918 9491 Referral may apply.

https://www.orangatamariki.govt.nz/workin g-with-children/programme-and-forums/

**Family Start - Taeaomanino Trust**

FSD0004807 Last updated 15/01/2021

Family Start is a programme to improve life outcomes for children whose social and family circumstances are put at risk e.g. good health, education and welfare. Family Start is a free and voluntary programme providing intensive on-going support to parents of new born children for the first five years of child's life. Our focus is on child development and to assist the family to strengthen and improve their situation where they no longer require our assistance. What do we do for families? Each family is matched with your family worker appropriate to their needs. The family worker will get to know your family and during this time will complete a needs assessment.

For further information contact our office.

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Monday - Friday 8.30am - 5.00pm.

(0800) 345 345 All services free of charge.

(04) 237 6062 No referral required. http://www.taeaomanino.org.nz

**Family Violence Information Line**

FSD0015122 Last updated 16/04/2021

A Family Violence Information Line that provides information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour. The line provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.

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| areyouok@msd.govt.nz (0800) 456 450 http://www.areyouok.org.nz    **Classification : FVSS** | 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. |

**Family Works Hutt Valley/Greater Wellington**

FSD0007599 Last updated 19/01/2021

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

4 Exchange Street Upper Hutt 5018



familyworks-upperhutt@psc.org.nz  Office Monday-Friday 8.30am-5pm

(04) 528 4164 0800 FAM WORKS

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

No referral required.

**Family Works Wairarapa**

FSD0007598 Last updated 21/12/2020

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

105 Chapel Street Masterton 5810



familyworks-wairarapa@psc.org.nz  Office Monday-Friday 8.30am-5pm

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| (0800) FAM WORKS  http://www.familyworkscentral.org.nz      **Family Works Wellington** | Some charges may apply. No referral required. |
| FSD0004160 | Last updated 21/12/2020 |

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz  Monday to Friday from 8.30am-5pm.

(0800) FAM WORKS Some charges may apply.

(04) 439 4976 Referral may apply.

http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Featherston Care & Craft Centre**

FSD0006376 Last updated 21/03/2021

Care and Craft is a voluntary group catering for lonely, housebound people known as guests who meet fortnightly for companionship ant to do simple craft work and other activities.

(06) 308 9992  Meets Thursdays fortnightly, St Theresas Parish

Centre, 50 Bell Street. 10 am - 1.30 pm During

School Terms

Some charges may apply. No referral required.

**Featherston's Op Shop**

FSD0024506 Last updated 19/02/2021

Op shop providing a drop-off for donated household goods. Selling second hand clothing, kitchenware, glassware, furniture, crockery, books, CDs, DVDs, games, puzzles, material, pet accessories, gardening gear, tools, hardware, electrical appliances (small only), and other such things as we have from time-to-time.

54 Fitzherbert Street Featherston 5710



featherstonsopshop@gmail.com  We are open Tuesday and Wednesday 10 until 2 (022) 646 3702 plus Thursday, Friday and Saturday 10 until 4

and Sunday 11 until 2 Some charges may apply. No referral required.

**FinCap**

FSD0004125 Last updated 18/02/2021

FinCap offers support to all budgeting and financial capability services in New Zealand. We provide budgeting services with all the resources they need to help clients safely and confidentially.

FinCap is supported by the Ministry of Social Development as part of their Building Financial Capability initiative.

You can contact us for information about our service model or find a local budget service from our website, or by calling free-call 0800 345 123 (It’s free to call – even from cellphones.)

Level 6 330 Lambton Quay Te Aro Wellington 6011



kiaora@fincap.org.nz  8.00 am to 4.30 pm, Monday to Friday.

(0800) 345 123 All services free of charge.

(04) 471 1420 No referral required. http://www.fincap.org.nz/

**Classification : BFC**

**Folau Alofa Charitable Trust**

FSD0003014 Last updated 01/07/2020

Empowering Pacific People to live safe and happy lives. We deliver parenting (Incredible Years) to Pacific & Other ethnic groups. We have skilled, experienced Counselors/Therapists.

34 Beach Street Petone Lower Hutt 5046



folaualofatrust@gmail.com  9am - 2pm, Monday to Friday.

(022) 034 4303 Some charges may apply. http://www.nnsvs.org.nz No referral required.

**Classification : PACIFIC**

**Fun Zone Out Of School Care**

FSD0021260 Last updated 22/09/2020

Supporting families with children aged between 5-13 years with trusted and well supervised Before School Care, After School Care & Holiday Programs.

Fun Zone services:

\*BEFORE SCHOOL CARE @ the following schools - Kapanui School (Waikanae) & Waikanae

School & Waitohu Schools (Otaki) & Kenakena School (Paraparaumu)

\*AFTER SCHOOL CARE @ the following schools - Kapanui School (Waikanae) & Waikanae

School & Waitohu Schools (Otaki) & Kenakena School (Paraparaumu), Otaki School, Paekakariki School

\*HOLIDAY PROGRAMMES (x3) Waikanae Region, Paraparaumu Region & Otaki Region

Our service award winning and fully certified and approved by the Ministry Of Social Development so our parents can apply for all available Government Child Fee Subsidies.

Fun Zone Head Office 19e Milne Drive Paraparaumu 5032



info@funzone.co.nz  Before School Programs (based @ Kapanui & (021) 711 531 Waikanae School) 7:00am - 8:30am (0800) 543 9696 After School Programs 3:00pm - 7:00pm http://www.Funzone.co.nz School Holidays 7:30am - 6:00pm

Office Hours - 9:00am - 5:00pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Gender Minorities Aotearoa**

FSD0024545 Last updated 07/04/2021

Gender Minorities Aotearoa is a nationwide transgender organisation in Aotearoa New Zealand. It is run by and for transgender people, including non-binary, intersex, and irawhiti takatpui.

GMA offers information, advocacy, and wrap around support for transgender people of all ages, ethnicities, and backgrounds.

The vision of Gender Minorities Aotearoa is for all transgender people to be empowered by a full range of choices across all aspects of their lives, and to be able to participate fully in society.

We operate within the kaupapa Mori public health framework Te Pae Mhutonga, and The Ottawa Charter (1986). Our focus is peer led health and well-being. We aim to facilitate health and wellbeing for transgender populations, as defined by The World Health Organisation – complete physical, mental, emotional, spiritual, and social well-being.

130 Riddiford Street Newtown Wellington 6021



genderminorities@gmail.com  by phone or email 10am - 6pm weekdays.

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| (04) 385 0611 (020) 404 92568 https://genderminorities.com/ | Our drop in times are listed on our website.  All services free of charge.  No referral required. |

**Generosity New Zealand**

FSD0003862 Last updated 13/07/2020

Generosity New Zealand is an incorporated society that runs a business for good providing online search tools for access toNew Zealand's most comprehensive, up to date funding information for individuals, organisations, groups and clubs. We have three online, search tools: givME for individuals; givUS for organisations; and givER for funders. Generosity New Zealand Inc (GNZ) was established in 1990 with funding from the Roy McKenzie Foundation and other organisations. It was registered with the Charities Commission in March 2008 with the registration number CC21448.

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| --- | --- |
| info@generosity.org.nz http://www.generosity.org.nz | 24 hours via website  Some charges may apply.  No referral required. |

**Graeme Dingle Foundation - Wellington**

FSD0003096 Last updated 16/07/2020

Graeme Dingle Foundation - Wellington is run under the Youth Development Trust - Wellington Licensee. We deliver three programmes promoting values, self-esteem and respect to tamariki and rangatahi in schools. The programmes are called Kiwi Can (years 1-8), Stars (year 9, with year 12-13 peer mentors) and Career Navigator (years 12-13). We aim to increase the confidence of the school students by running these development programmes. These students can better contribute to their school communities and local communities.

6 Hagley Street Porirua 5022 office.wellington@dinglefoundation.org.nz  8.30am - 5.00pm, Monday to Friday.



(04) 577 2070 Some charges may apply. http://www.dinglefoundation.org.nz/welling Referral may apply. ton/

**Greenstone Doors**

FSD0022050 Last updated 23/03/2021

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm (04) 566 5037 022 0395788 (Monday-Fri 9:30am-2pm) (027) 254 9222 All services free of charge. http://www.greenstonedoors.co.nz No referral required.

**Guardian Funeral Home**

FSD0023773 Last updated 07/12/2020

Comprehensive Funeral Services Provider

4 Moorefield Road Johnsonville Wellington 6037



brad@funeral-link.co.nz  24 \7

(04) 477 4025 Some charges may apply. http://www.gfh.co.nz No referral required.

**H2O Xtream Holiday Programme**

FSD0022441 Last updated 22/01/2021

We provide community-based holiday programme offering fun and varied activities during school holidays. Fully OSCAR-funded, and a part of the local council.

13 Brown Street Wallaceville Upper Hutt 5018



h2oxtream@uhcc.govt.nz  Holiday programme available from 7.30am - 6pm

(04) 527 2113 every school holiday day.

http://h2oxtream.com Some charges may apply.

No referral required.

**Classification : OSCAR**

**Happy Days Out of School Care**

FSD0023477 Last updated 19/03/2021

We are a primary school-aged out-of-school care business, catering for ages 5 to (about) 11 between the hours of 7.00 am and 6.00 pm on week days. We are OSCAR approved.

12-14 Royal Street Upper Hutt 5018



afterschoolcare@xtra.co.nz  Weekdays during school: 7.00-9.00 am and

|  |  |
| --- | --- |
| (04) 528 4455 https://www.facebook.com/happydaysbefo reandafterschoolcare/    **Classification : OSCAR**    **Harbour City Funeral Home** | 3.00-6.00pm  Weekdays during school holidays: 7.00am till  6.00pm  Some charges may apply. No referral required. |
| FSD0023717 | Last updated 29/09/2020 |

Our funeral home was established in 1989.

We are a locally owned funeral home which provides funeral and funeral related services. e.g.

Monumental services.

Our staff are fully qualified and we have chapels in Wellington, Lower Hutt, Upper Hutt, and Kapiti.

We own and operate Harbour City Crematorium.

We have two chapels in Wellington, one seats 20 people and the other seats approx 150 people with a catering lounge attached. We also have chapels in Lower Hutt, Upper Hutt, and Kapiti.

Our larger chapel, has car parking for approx 30 cars, with plenty of off street parking available close to the chapel.

 56 Onepu Road Kilbirnie Wellington 6023

geoff@funeral-link.co.nz (04) 387 8301 http://www.harbourcityfunerals.co.nz

**Hataitai After School Care**

FSD0021836

We are available 24 hours/7 days a week Some charges may apply. No referral required.

Last updated 28/07/2020

We provide after school care to the children of Hataitai School.

2 Arawa Rd Hataitai Wellington 6021



hataitaiasci@gmail.com  2.30pm- 5.45pm or anytime via email.

(027) 248 3378 Some charges may apply. http://www.hataitai.school.nz/after-school- No referral required. care.html

**Classification : OSCAR**

**Haven Falls Funeral Home ki Wellington**

FSD0023803 Last updated 24/10/2020

With over 20 years’ experience, we are committed to offering a professional, caring and timely service for your loved one in our Funeral Home, 24 Hours, Wellington wide.

Quality service is an entitlement of families when engaging a funeral provider and Haven Falls are unwavering in their approach to providing a superior service with the utmost integrity and care of your loved one.

Our philosophy at Haven Falls is based on the belief that it is a family’s entitlement to provide the best farewell they can for their loved one and it is our responsibility to facilitate this, whilst at the same time providing a transparent service that does not bring unnecessary hardship or burden to the family.

Haven Falls operates on a platform of quality, integrity & compassion.

42-50 Burden Ave Wainuiomata Lower Hutt 5014 wellingtonoffice@havenfalls.co.nz  Operating 24/7



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| (0800) 428 365 (04) 564 3792 https://www.havenfalls.co.nz/ | Office hours Mon to Fri 9:00am - 5:00pm Some charges may apply.  No referral required. |

**He Khui Wairarapa**

FSD0024546 Last updated 08/04/2021

He Khui Wairarapa was established in 2003 out of the "Ka Moe, Ka Puta" exhibition to deliver services, programmes and events around Wairarapatanga to Wairarapa Mori of Ngti Kahungunu and Rangitne o Wairarapa descent and over the years have extended out to rwaho or Mtawaka. He Khui Wairarapa has a specific focus on the Masterton Eastside Community, working very closely with the Masterton Eastside Community group.

2 Bannister Street Masterton 5810



tari@hekahuiwairarapa.com  Open Monday - Friday from 8.30am - 4.00pm (06) 370 1448 All services free of charge.

Referral may apply.

**Healthline**

FSD0000029 Last updated 28/08/2020

Healthline is a free telephone health information service 24 hours/ 7 days a week. Phone 0800 611 116 to talk to a registered nurse for health advice. Calls are free – including from a mobile phone. Interpreters available.

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| (0800) 611 116 http://www.healthline.govt.nz      **Heartland Services** | 24 hours a day, seven days a week.  All services free of charge. No referral required. |
| FSD0004116 | Last updated 16/04/2021 |

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

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| heartlands@msd.govt.nz http://www.heartlandservices.govt.nz | Please visit our website for the contact details at your local Heartland Services centre.  All services free of charge.  No referral required. |

**Heretaunga Park Early Learning Centre & Out of School Care**

FSD0024439 Last updated 02/11/2020

We are an Early Learning Centre and an OSCAR provider based at the same premises. We provide a one stop shop for parents with children attending both the Early Learning Centre and Before and after school care. Our services are of high quality care and education for both pre school and school aged children.

33 Kiwi Street Heretaunga Upper Hutt 5018



heretaungaparkadmin@icloud.com  We are open Monday-Friday (7:30-5:30) except

(04) 5284436 public holidays

http://www.heretaungapark.kiwi Some charges may apply.

No referral required.

**Classification : OSCAR**

**Hora Te Pai Health Services**

FSD0003193 Last updated 08/01/2021

We aim to provide primary health care services which are culturally appropriate, acceptable, affordable, and accessible to Maori, Pacific Island and low income people residing between Paekakariki and Peka Peka.

Hora Te Pai Health Services is a kaupapa Maori Health Provider

Kapiti Health Centre 35 Warrimoo Street Paraparaumu 5032



reception@horatepai.org.nz  8.30 am to 5.00 pm Monday to Friday

(04) 902 7095 Some charges may apply.

No referral required.

**Hosanna World Outreach Centre**

FSD0003022 Last updated 09/11/2020

To strengthen families and empower individuals to empower and influence young people by building relationships with them to help them reach their potential in life.

20 Rimu Street Naenae Lower Hutt 5011



office@hosannahuttcity.com  9am to 1pm Monday to Friday

(021) 939 868 Some charges may apply.

(04) 939 1566 No referral required.

https://www.facebook.com/HosannaWorld OutreachCentre/

**Hui E! Community Aotearoa**

FSD0003878 Last updated 25/10/2020

A national organisation for community organisations in New Zealand working with our member organisations and others to help strengthen the capacity & influence of the community sector. We engage, strengthen and influence to build strong community organisations, and in turn, thriving communities.

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| admin@huie.org.nz (027) 363 8665 http://www.huie.org.nz      **Hutt City Women's Refuge** | 8:30AM - 5:00PM Monday - Friday online query form is available on website All services free of charge. No referral required. |
| FSD0007638 | Last updated 28/09/2020 |

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.

 32 Pretoria Street Lower Hutt 5010

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| refuge@hcwr.org.nz (04) 569 1040 http://www.womensrefuge.org.nz    **Classification : FVSS** | 9am - 4pm Monday - Friday. 24 hr Crisis Line  0800 733 843 REFUGE Some charges may apply.  No referral required. |

**Hutt Safe City Group Charitable Trust.**

FSD0003024 Last updated 14/12/2020

To create safer more caring communities. To bring neighbours together. To reduce the incidents and effects of criminal offending. To strengthen community networks and to improve the quality of life.

c/o Lower Hutt Police Station 19-23 Kings Crescent Lower Hutt 5040 coordinator@safehuttvalley.org.nz  Monday - Thursday 8.00am - 4.00pm



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| (04) 560 2622 (027) 2233373 http://www.huttcity.govt.nz/Services/Com munity-Support/Keeping-our-communitysafe | Otherwise leave a message on answerphone.  Cell phone is best contact All services free of charge.  No referral required. |

**Hutt Valley and Districts Justices of the Peace Association**

**Incorporated**

FSD0017322 Last updated 24/11/2020

How Justices of the Peace help - JPs serve the community in many different was :

They can - Witness signatures on documents, Certify correct copies, Take Oaths declarations, affidavits or affirmations, Having a JP help someone is entirely free of charge. Justices are statutory appointees who receive no payment for their services to the community. No other organisation provide this unique voluntary - sector service to the community at large - Regardless of race or creed. Our membership is fully multi-cultural.

 3 Ropata Crescent Boulcott Lower Hutt 5010

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| vic.ferg.nz@gmail.com  (04) 976 1568 http://justiceofthepeace.org.nz | Best to contact the database www.jpfed.org.nz where a JP can be located by suburb. Do not use The Phone Book as there is no quarantee that it is up to date.Otherwise contact the President.  All services free of charge.  No referral required. |

**Hutt Valley Sexual Abuse Support & Healing**

FSD0003033 Last updated 14/09/2020

Crisis Support, Advocacy, ACC Counselling.

For women, men, children and all genders affected by sexual abuse historic & current.

Support & counselling for whanau/families of victims.

67 Cambridge Terrace Waterloo Lower Hutt 5011



manager@hvsash.org.nz  24/7 Hour Service (04) 566 5517 All services free of charge.

(0800) CRISIS / 22 66 94 No referral required. https://www.hvsash.org.nz/

**Classification : SHSS**

**HV BEST**

FSD0003035 Last updated 02/03/2021

Advice and assistance to beneficiaries and low income earners, concerning 'Work and Income.

Advocacy in review of decisions processes.

3 Perry Street Heretaunga Upper Hutt



hvbest@xtra.co.nz  Monday, Wednesday and Friday 10am-2pm.

(028) 424 6295 Can assist remotely by phone or email.

(04) 529 8108 All services free of charge. http://www.hvbest.co.nz No referral required.

**IHC New Zealand Incorporated**

FSD0004117 Last updated 06/04/2021

We support people with intellectual disabilities by advocating for their rights, providing a variety of housing and work options and by supporting families.

Floor 15 57 Willis Street Wellington Central Wellington 6011



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

(04) 472 2247 All services free of charge.

(0800) 442 442 No referral required. http://www.ihc.org.nz

**Infinity Kidz**

FSD0024368 Last updated 10/09/2020

Fun school holidays programmes for kids aged 5-13 years in a safe family/whanau/aiga environment. It is our vision is to provide kids with the best OSCAR care and provide them with skills and opportunities to stimulate and grow their minds, teach them skills, allow them to be creative and to open a new world of possibilities.

We are based at Toitu Poneke Community Hub in Kilbirnie, Wellington

49 Kilbirnie Crescent Kilbirnie Wellington 6022



infinitykidz2020@gmail.com  School Holidays 7.30am-6.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

**InfoAge Business Development Limited**

FSD0019982 Last updated 08/03/2021

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

 Hannah Warehouse Building 19/13 Leeds Street Te Aro Wellington 6011

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| --- | --- |
| info@infoage.co.nz  (04) 384 4451  (027) 222 222 http://www.infoage.co.nz      **InsideOUT** | Mon-Fri 8.30 am - 5.00 pm available via zoom Some charges may apply. No referral required. |
| FSD0022156 | Last updated 23/03/2021 |

InsideOUT is a national organisation which works to make Aotearoa a safer place for all rainbow young people to live and be in. We are passionate about being run for youth, by youth and apply this value to everything we do.

We work with young people, whnau, schools, youth service providers and communities to achieve our aims of decreasing and preventing homophobic, biphobic and transphobic bullying, provide safer spaces and generally improving the health and wellbeing of the young people we work with.

We are here to support young people with gay, lesbian, bisexual, transgender, intersex, queer, genderqueer, genderfluid, asexual, aromantic, takatpui, whakawahine, tangata ira tane, fa'afafine, mahu, vakasalewalewa, palopa, akava'ine, fakaleiti, fiafifine and fakafifine identities as well as everyone in between, not sure or who prefers a different label or even none at all!

Level 3 Anvil House 138 Wakefield Street Te Aro Wellington 6011



hello@insideout.org.nz  Generally 10am-6pm week-days

(027) 331 4507 http://www.insideout.org.nz Contact first to confirm.

Some charges may apply. No referral required.

**Island Bay After School Care**

FSD0022555 Last updated 31/03/2021

OSCAR approved childcare services for 5-13 Year olds.

 88 The Parade Island Bay Wellington 6023

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| (027) 457 5359  https://www.facebook.com/Island-BayAfter-School-Care-488620614666724/    **Classification : OSCAR** | Before school  7.30am - 8.30am  Saint Francis De Sales School  11 Mersey St  Island Bay  After school  3:00pm - 5:55pm school terms only Presbyterian Church 88 The Parade.  Island Bay  Some charges may apply.  Referral may apply. |

**Jittabugz Before & After School care & Holiday Programmes**

FSD0021919 Last updated 08/03/2021

Before & After School Care & Holiday Programmes.

callum@jittabugz.co.nz  Before and after school care 7am - 8.30am, 3pm

(027) 778 5579 - 6pm

Holiday Programme 7am - 6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Johnsonville Community Centre**

FSD0005470 Last updated 08/07/2020

Drop-in Monday 12.15 - 2.15pm; childcare centre; various courses, crafts, op shop, hall for hire.

Meeting rooms and hall for hire.

3 Frankmoore Avenue Johnsonville Wellington



info@johnsonvillecommunitycentre.org.nz  Office hours are Monday to Friday 8.30am -

(04) 478 8628 4.00pm http://www.johnsonvillecommunitycentre.o Some charges may apply. rg.nz/ No referral required.

**KaPai Kids Club Limited**

FSD0024498 Last updated 26/02/2021

KaPai Kids Club is an out of school care operating out of Featherston, Martinborough and Carterton School's. We take students from neighbouring schools if they have the ability to travel or be dropped to us!

OSCAR approved.

17 Lyon Street Featherston 5710



kapaikidsclub@gmail.com  We operate at Featherston, Martinborough and (022) 623 9289 Cartertons Schools 3pm - 6pm Monday to Friday

http://www.facebook.com/KaPaiKidsClub during school term. We are not open on public holidays.

Some charges may apply. No referral required.

**Classification : OSCAR**

**KAPAI KIDZ**

FSD0017647 Last updated 16/11/2020

Provides: before school, after school, and holiday programmes, for children aged 5-13yrs.

Bellevue School 10 Bancroft Terrace Newlands Wellington 6037



linda@kapaikidz.co.nz  7.30am-8.30am School Term (021) 409 641 3.00pm-6.00pm School Term

http://www.kapaikidz.co.nz 7.30am-6.00pm Holiday Programme

Some charges may apply. No referral required.

**Classification : OSCAR**

**KapiMana Multiples**

FSD0004675 Last updated 02/10/2020

To address the special and unique needs of families experiencing multiples (twins, triplets or more) by providing information and support to club members.

president@kapimanamultiples.org.nz  To contact us, either email the club President, or http://www.kapimanamultiples.org.nz use one of the club contacts on our website.

Some charges may apply. No referral required.

**Kapiti Coast Funeral Home**

FSD0023728 Last updated 27/10/2020

Our philosophy on funeral care is simple: “Whatever needs doing, we are there for you”.

We provide total support, total service and total care. Our goal of “total care” stems from a genuine desire to help and provide complete support for the bereaved family, eliminating stress where possible.

Our role at Kapiti Coast Funeral Home is to create the perfect funeral for your family’s need, from traditional to highly personalised, organising all that is required to achieve this.

We are there to support you through the funeral process and beyond.

As members of NZ Independent Funeral Homes our pledge is to empower, to support, to advise, to respect and to be transparent, while as members of the Funeral Directors Association of NZ you have an assurance of high-quality standards and the very best in service and caring.

We own and operate Kapiti Crematorium in Paraparaumu, while our associate companies, Kapiti Katering and Kapiti Memorials provide expert service in their respective fields.

Kapiti Coast Funeral Home 9-11 Hinemoa Street Paraparaumu 5032 office@kapitifuneral.co.nz  Office Hours: Monday to Friday 8.30am to 5pm.



(04) 298 5168 Saturday 10am to 1pm.

http://www.kapitifuneral.co.nz After-hours, weekends and public holidays by appointment.

Telephone 04 298-5168 at all hours for appointments or enquiries.

Some charges may apply. No referral required.

**Kapiti Coast Local Council Website**

FSD0017634 Last updated 30/04/2021

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

kapiti.council@kapiticoast.govt.nz  Online

(0800) 486 486 All services free of charge.

(04) 296 4700 No referral required. http://www.kapiticoast.govt.nz/

**Kapiti Living Without Violence**

FSD0003213 Last updated 09/02/2021

We provide counselling, individual and group education services for men and women to support non-violent and non-abusive lifestyles. We deliver non-violence and safety programmes for men & women to stop family violence and keep families safe in the Kapiti area.

5 Sheffield Street Paraparaumu 5032



info@klwv.org.nz  9.00am to 3.00pm Monday to Thursday with

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| (04) 298 1404 http://www.klwv.org.nz    **Classification : FVSS**    **Kapiti Loss and Grief Centre** | message service in place.  All services free of charge. No referral required. |
| FSD0024415 | Last updated 09/10/2020 |

Provide support for all loss and grief via drop-in centre, a centralised resource base, support groups, Training and equipping for professionals and the wider community.

1A Kapiti Road Paraparaumu 5032



lossandgriefkapiti@gmail.com  Drop-in - Tuesday 9.30am to 12.30pm and

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| (027) 424 4187 (027) 248 3738 http://www.lossandgrief.co.nz/ | Thursday 1pm to 4pm  Available on mobile phone normal business hours  Some charges may apply.  No referral required. |

**Kapiti Women's Centre**

FSD0003221 Last updated 01/10/2020

We are a feminist based organisation who promote the physical, mental and spiritual well being of women on the Kapiti Coast by offering support, information, referral, educational and counselling services. All services are free or low cost to ensure these services accessible to as many women as possible by removing many of the economic and social barriers that may otherwise prevent women from utilising our services

7 Ngahina Street Paraparaumu 5032



contact@kapitiwomenscentre.org.nz  The centre is open: 9:00am – 3:00pm Monday to

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| (04) 902 6222 http://www.kapitiwomenscentre.org.nz      **Karori Community Centre** | Friday.  There is a message service for any after hours calls.  Some charges may apply. No referral required. |
| FSD0005476 | Last updated 07/09/2020 |

The Karori Community Centre is one of a network of 20 Community Centre's situated throughout Wellington.

The purpose statement of the Karori Community Centre is "to assist in meeting the needs of individuals and Community Groups in Karori, for social interaction, education, information and support, by providing staff, direction and facilities at low cost.

7 Beauchamp Street Karori Wellington



info@karoricommunitycentre.org.nz  Mon through Fri 9.30-2.00, Wednesday til 6

(04) 476 4968 Some charges may apply. http://www.karoricommunitycentre.org.nz No referral required.

**Karori Community Youth Centre**

FSD0005479 Last updated 10/08/2020

Part of the Karori Community Centre. The Youth Centre is a space for all young people ages 1118 years old to drop in after school.

7 Beauchamp Street Karori Wellington



youth@karoricommunitycentre.org.nz  Every Monday & Wednesday 4-6pm and Friday

(04) 476 4968 3-7pm. http://www.karoricommunitycentre.org.nz/ All services free of charge. youth-centre No referral required.

**Karori Drop-in Centre**

FSD0005477 Last updated 07/09/2020

If you’re feeling like some good company and a warm, welcoming place to be - join us for a friendly chat, toasted sandwich, cake and a cuppa on Fridays between 10am - 2pm. No bookings required.

7 Beauchamp Street Karori Wellington 6012



info@karoricommunitycentre.org.nz  Drop-in available between 10am - 2pm on

(04) 476 4968 Fridays. The Community Centre Office is open

http://www.karoricommunitycentre.org.nz/r Mon, Tues, Thurs and Friday 9.30am-2pm,

egular-events Wednesday 9.30am-6pm

Some charges may apply. No referral required.

**Karori West OSCAR Group**

FSD0007252 Last updated 22/07/2020

Provider of after school care and holiday programme for 5 - 13 year olds attending Karori West Normal School.

Karori West Normal School 19 Allington Road Karori Wellington



admin@kwoscargroup.com  Available between 3:00pm - 5:45pm or leave a

(027) 610 0563 message anytime. https://www.kwoscargroup.com Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**Kasper Enterprises Limited**

FSD0021646 Last updated 17/09/2020

We provide OSCAR approved after School care and before School care to Konini Primary School and Wainuiomata Primary School.

We also provide a before School care at both centers and run a Holiday programme during the School holidays.

28 Konini Street Wainuiomata Lower Hutt 5014



diane@kasperenterprises.co.nz  We are open 6.45am to 8.30 am and from 2.45 (027) 518 9890 to 6pm for before and after school care. https://www.konini-primary.school.nz/ Holiday hours are 6.45am to 6pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kaye Vakauta Consulting Ltd**

FSD0019974 Last updated 30/03/2021

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

kaye@kvc.co.nz  Some charges may apply.

(021) 190 0047 Referral may apply.

(04) 568 4823 http://www.kvc.co.nz

**Kelburn Out of School Care Trust**

FSD0022022 Last updated 15/02/2021

To provide childcare services in the Kelburn area of Wellington.

Kelburn School Hall 16 Kowhai Road Kelburn Wellington 6012



kelburnkids@gmail.com  Mon-Fri, 1.30pm-6pm, during school terms

(022) 358 8613 Mon-Fri, 8am-6pm, during school holidays

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club - Gracefield School**

FSD0023538 Last updated 29/04/2021

Kelly Club Gracefield provide OSCAR approved childcare before school care, after school care and holiday programmes focusing on giving children aged between 5 and 12 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

Before School Care - Monday to Friday - 7.00am - 8.30am

After School Care - Monday to Friday 3.00pm - 6.00pm School Holidays - Monday to Friday - 7.30am - 6.00pm

Gracefield School 20a Bell Road Waiwhetu Lower Hutt 5010



gracefield@kellyclub.co.nz  Monday to Friday 3.00pm - 6.00pm

(027) 226 8433

(027) 466 1779 School Holidays - Monday to Friday - 7.30am http://www.kellyclub.co.nz/gracefield 5.30pm

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club Discovery Ltd**

FSD0021946 Last updated 24/11/2020

We are a before and after school care provider and also a holiday programme provider run out of Discovery Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

Discovery School - Pullen Lane Whitby Wellington 0630



discovery@kellyclub.co.nz  Our venue times vary but 8am - 5pm office

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| (09) 427 9377 (027) 321 2112 https://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Greenacres Ltd** | hours.  Some charges may apply. No referral required. |
| FSD0021951 | Last updated 24/11/2020 |

We are a before and after school care provider and also a holiday programme provider run out of Greenacres Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

Greenacres Primary School 60 Raroa Tce Tawa Wellington 0528



greenacres@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

(09) 427 9377 Some charges may apply.

(027) 241 4295 No referral required. https://www.kellyclub.co.nz

**Classification : OSCAR**

**Kelly Club Hampton Hill Ltd**

FSD0022486 Last updated 24/11/2020

We are a before and after school care provider run out of Hampton Hill Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities including baking, arts'n'crafts, and sports.

8 Rimu Street Tawa Wellington 5028 hamptonhill@kellyclub.co.nz (09) 427 9377 http://kellyclub.co.nz



**Classification : OSCAR**

**Kelly Club Houghton Valley**

FSD0023018

Our venue times vary but 8am - 5pm office hours Some charges may apply. No referral required.

Last updated 15/01/2021

Kelly Club provide OSCAR beforecare, aftercare and holiday programmes throughout New

Zealand. Our aim is to provide not just "a childcare facility", but to create a safe environment where children can have fun and benefit in a number of ways.

Kelly Sports New Zealand we have been providing a range of curricular and extra-curricular sporting programmes to 1000’s of children every week since 2007. We offer opportunities for children to get active and engaged in sports activities through our partnerships with schools, communities, clubs, regional and national sporting agencies.

110 Houghton Bay Road Houghton Bay Wellington 6023



houghtonvalley@kellyclub.co.nz  Weekdays 7.30am - 6.00pm

(022) 010 9981 Some charges may apply. http://www.kellyclub.co.nz No referral required.

**Classification : OSCAR**

**Kelly Club Kelburn**

FSD0024418 Last updated 06/10/2020

Kelly Club Kelburn provide OSCAR approved childcare. We offer after school care and holiday programmes focusing on giving children aged between 5 and 12 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

After School Care - Monday to Friday 3.00pm - 6.00pm

School Holidays - Monday to Friday - 8.00am - 6.00pm

Kelburn Normal School 16 Kowhai Road Kelburn Wellington 6012



kelburnnormal@kellyclub.co.nz  3pm-6pm Monday to Friday during school Terms

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| (021) 744 636 (04) 972 7201 http://kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Muritai** | 8am-6pm Monday to Friday during School  Holidays  Some charges may apply. No referral required. |
| FSD0023693 | Last updated 20/10/2020 |

Kelly Club Muritai provide OSCAR approved childcare before school care, after school care and holiday programmes focusing on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

166 Muritai Road Eastbourne Lower Hutt 5014



muritai@kellyclub.co.nz  Before School Care:

(027) 218 4489 Full Session- 7.00am-8.30am https://www.kellyclub.co.nz/muritai Half Session- 7.45am-8.30am After School Care:

Half Session- 2:55pm-4:30pm

Full Session- 2:55pm-6:00pm Holiday Programme- 7.30am-6.00pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club Plimmerton**

FSD0023268 Last updated 01/08/2020

OSCAR approved Before and After school care and Holiday programmes.

Plimmerton School 11 School Rd Plimmerton Porirua 5026



plimmerton@kellyclub.co.nz  Before School care 7am-8-30am

(021) 246 1717 After School care 3pm-6pm

http://www.kellyclub.co.nz/plimmerton Holiday programme 7am-6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club Redwood Ltd**

FSD0022485 Last updated 24/11/2020

We are a before and after school care provider and also a holiday programme provider run out of Redwood Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

71a Redwood Avenue Tawa Wellington 5028



redwood@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

(09) 427 9377 Some charges may apply.

(021) 572 919 No referral required. https://www.kellyclub.co.nz

**Classification : OSCAR**

**Kelly Club St Francis Xavier Ltd**

FSD0023434 Last updated 24/11/2020

We are an OSCAR approved before and after school care provider and also a holiday programme provider run out of St Francis Xavier School in Tawa. We cater for primary school aged children 513yrs. Our programmes offer a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

 St Francis Xavier School - Main Road Tawa Wellington 5028

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| sfx@kellyclub.co.nz (09) 427 9377 (021) 0867 5257 https://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Tawhai** | Before and after school during term time, and all day, weekdays, during school holidays. (Closed over Christmas and New Year period).  Some charges may apply. No referral required. |
| FSD0022629 | Last updated 14/09/2020 |

Kelly Club OSCAR approved childcare programmes focus on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children.

Programmes are full of exciting activities and trips that will guarantee your children have a great time!

69 Glen Road Stokes Valley Lower Hutt



tawhai@kellyclub.co.nz  Before School Care - 7.00am - 8.30am (027) 418 5131 After School Care Half Session - 3.00pm http://www.kellyclub.co.nz/tawhai 4.30pm

After School Care Full Session - 3.00pm -

6.00pm

Holiday Programme - 7.30am - 6.00pm - Half days available

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Sports Lower Hutt**

FSD0021819 Last updated 29/04/2021

We encourage kids to have fun, build confidence and to give sport a go.

We are passionate about what we do because we believe that sport has so much to offer young people. Sport and physical activity improves fitness, builds confidence, develops communication skills, teaches respect and consideration and gives children a place to channel their energy.

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| vanessa@kellysports.co.nz  (027) 466 1779 http://www.kellysports.co.nz/lower-hutt    **Classification : OSCAR**    **Kelly Sports Porirua** | After School Sports Clinics from 3.05pm -  4.05pm  School Holiday Programme - 8.00am - 5.30pm  Sport Birthday Parties available Office Hours - 9.30am - 5.00pm Some charges may apply. No referral required. |
| FSD0022670 | Last updated 29/12/2020 |

We offer OSCAR approved Holiday programmes.

Kelly Sports encourages kids to have fun, build confidence and to give sport a go. We are passionate about what we do because we believe that sport has so much to offer young people. Sport and physical activity improves fitness, builds confidence, develops communication skills, teaches respect and consideration and gives children a place to channel their energy.

Ngatitoa Domain Hall - Mana Esplanade Porirua 5026



adminwgtn@kellysports.co.nz  9am - 3pm weekdays

(04) 972 7201 Some charges may apply. http://www.kellysports.co.nz No referral required.

**Classification : OSCAR**

**Kidlywinks Childcare**

FSD0024188 Last updated 06/04/2021

At Kidlywinks Childcare, we aim to provide the highest level of care and education for your child (from 3 months to 5 years) within a relaxed, loving and healthy atmosphere. Providing a feeling of acceptance and belonging enables individual children to feel safe and secure in order to be able to express themselves in a positive and productive manner.

Established in April 2009, Kidlywinks is a family owned and operated childcare centre serving the Upper Hutt region. Our philosophy is based around catering to the individual learning and development needs of each child in our care.

Our centre is located at 20 Islington Street in Trentham. We are approximately 5 minutes walk from both Trentham Train Station and the closest bus stop on Fergusson Drive.

Kidlywinks is a 'boutique' child care centre, catering to a maximum of 31 children. As a converted home, the centre offers a warm, homely environment for the children in our care.

20 Islington Street Trentham Upper Hutt 5018



kidlywinkschildcare@gmail.com  Weekdays 7:30am - 5:30pm

(04) 934 8868 Closed weekends and public holidays http://www.kidlywinkschildcare.co.nz Some charges may apply.

No referral required.

**Kids Are Us Ltd (T/A After School Fun Club)**

FSD0021385 Last updated 22/04/2021

To provide Before and After School Care Services to various school communities. To provide holiday programmes to the communities during term breaks and also part of the summer school holidays.

We are funded by MSD.

39 Cleat Street Whitby Porirua 5024



gerhardnz57@gmail.com  After School care is provided from 3 - 6pm.

(04) 234 6440 Best way to contact is by e-mail. (027) 454 6975 Some charges may apply. http://enrolmy.com/asfc No referral required.

**Classification : OSCAR**

**Kids Domain Before & After School Care**

FSD0016507 Last updated 26/03/2021

We provide a safe and stimulating environment for children between the ages of 5 and 14.

We offer OSCAR approved Before School care, After School care, and Holiday care.

Work and Income Subsidies available.

COURTESY Transportation to/from school dependent on availability. Schools our children are from are:

Our Lady of the Rosary School

Gracefield School

Hutt Central School

Sts Peters & Pauls School

Hutt Intermediate School

Petone Central School

Tawhai School

Tui Glen School

Belmont School

Kelson School

Avalon Intermediate

Maungaraki School

Pomare School

Konini School

Wainuiomata School

Waterloo School

Fergusson Intermediate

Koraunui School

Naenae School

Naenae Intermediate

Boulcott School

Randwick School

Visit our website for more details!

6 Market Grove Lower Hutt kidsdomain@slingshot.co.nz (027) 474 9573 http://www.kidsdomain.biz



**Classification : OSCAR**

**Kidz Hub Ltd**

FSD0024192

Monday - Friday Some charges may apply. No referral required.

Last updated 23/03/2021

Popular programme within the Wainuiomata Community with experienced staff, based at Pukeatua Primary School.

A place for the kids to connect.

Before School Care 7am - 8.30am

After School Care 3pm - 6pm

Holiday Programme 7am - 6pm

19 Frederick Street Wainuiomata Lower Hutt 5014



kidzhub@outlook.co.nz  Monday - Friday (027) 642 6680 Before School Care 7 - 8:30am

https://www.facebook.com/kidzhubltd After School Care 3 - 6pm Holiday Programme 7am - 6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kilbirnie After School Care**

FSD0021935 Last updated 19/12/2020

We provide after school care for children attending Kilbirnie School and holiday programme for children between the age of 5 and 12 from the wider community.

72 Hamilton road Hataitai Wellington 6021



kasc10@gmail.com  After school care between 3 and 6pm and (027) 230 4798 holiday programme between 8.30am and

(027) 414 6562 5.30pm. http://kilbirnieasc.weebly.com/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**Kilbirnie Lyall Bay Community Centre**

FSD0005487 Last updated 20/07/2020

The Drop In is an essential social service in our area for all those who want company and to meet others. Service is mainly for the elderly but everyone is welcome. Tea and coffee provided for a small charge.

 56-58 Bay Road Kilbirnie Wellington

|  |  |
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| manager@klbcc.org.nz  (04) 387 7867 http://www.kilbirniecommunitycentre.org.n z/ | Office: Mon-Thurs 10:00-12:30pm, and Mon-Fri  1:00am-3:00pm  Drop-in Weekdays: 10am -12 noon and 1:00pm -  3:00pm  Some charges may apply.  No referral required. |

**Kilbirnie/Lyall Bay Community Centre Inc**

FSD0005486 Last updated 27/07/2020

Community drop-in 10am-12noon and 1pm - 3pm Monday to Friday

Community groups: country and western music, arthritis support, Christian groups, ESOL, craft market, U3A, Tai chi, karate, mahjong, fun exercise class for 50yrs pilates etc. As well as Craft Group, Free Movies, Board Games and other fun stuff.

Modern hall and meeting room are available for hire.

56-58 Bay Road Kilbirnie Wellington 6022



manager@klbcc.org.nz  Office hours 9.30am - 3pm Mon - Fri. Closed

(04) 387 7867 from 12.30 - 1pm for lunch https://www.facebook.com/KLBCCNZ/

Drop-in open Monday - Friday 9.30am - 3pm Some charges may apply. No referral required.

**KiwiClass Multicultural Support Services, He Amo Taunaki**

FSD0005509 Last updated 24/03/2021

Supporting former refugees and migrants in the greater Wellington region whose first language is not English through:

* Beginner English courses
* Help in their search for work
* Homework Clubs
* Social Services

Level 1 39 Webb Street Te Aro Wellington 6011



office@kiwiclass.org.nz  Monday to Friday: 9am to 4pm

(04) 384 3693 All services free of charge. http://www.kiwiclass.org.nz No referral required.

**Kokiri Marae Keriana Olsen Trust**

FSD0006022 Last updated 06/11/2020

Committed to the health and well-being of whanau, hapu, iwi. We provide social services, health services, education services, and a Kohanga Reo.

7-9 Barnes Street Seaview Lower Hutt



info@kokiri-hauora.org.nz  Office Hours: 8.30am - 5.00pm

(04) 939 4630 All services free of charge. http://www.kokiri.org.nz No referral required.

**Classification : FVSS**

**Kokiri Marae Maori Women's Refuge**

FSD0007671 Last updated 23/10/2020

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.

Resource Centre 57 Oxford Terrace Epuni Lower Hutt 5011



kerri@kmmwomensrefuge.org.nz  24 hour crisis line 0800 733 843 REFUGE

(04) 566 5025 Some charges may apply.

(0800) 733 843 REFUGE No referral required. http://www.womensrefuge.org.nz

**Kool4Kidz**

FSD0023346 Last updated 11/02/2021

Kool4Kidz is an Out of School Care service provider for families in Johnsonville and neighbouring suburbs. We offer OSCAR approved Before School Care, After School Care and Holiday Programmes.

17 Bassett Road Johnsonville Wellington 6037



kool4kidz.choice@hotmail.com  Daily from 7:30-8:30am in the morning, and 3-

(022) 157 2123 6pm in the afternoon. https://www.facebook.com/TheChoiceKidz Some charges may apply.

/ No referral required.

**Classification : OSCAR**

**Koraunui Marae Trust**

FSD0003046 Last updated 26/08/2020

Koraunui Marae CharitableTrust provides a variety of services through out the year. These include

Marae Hire, Youth program, OSCAR Out of School Care and Recreation, Alternative Education, Early Childhood Centre MOE Funded focused on Te Reo Maori, Marae based Health and Social services, counselling Tamariki Ora, Well Women Clinics, Whanau Support, Emergency housing and Advocacy support.

146 Stokes Valley Road Stokes Valley Lower Hutt 5019



heneriata.koraunuimarae@gmail.com  Monday - Friday 8am - 4.30pm. After hours calls

(04) 939 6662 can be made.

Some charges may apply. Referral may apply.

**Classification : OSCAR, THP**

**Koraunui School Care Centre**

FSD0022176 Last updated 19/06/2020

Before and after school care, predominantly catering for the children enrolled at Koraunui School, and their older siblings up to 14 years of age.

 17 Kairimu St Stokes Valley Lower Hutt 5019

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| office@koraunui.school.nz  (04) 939 9707    **Classification : OSCAR** | 7.00am to 8.15am & 3.00pm to 5.45pm school days.  Holiday programme available.  Some charges may apply.  No referral required. |

**Kotahitanga Psychological Services**

FSD0016017 Last updated 20/11/2020

Triple P Positive Parenting programme for every parent. Mo te katoa o nga matua. Groups are run by an accredited Triple P practitioner. we also offer individual parenting courses - one-on-one with the family worker.

St Barnabas Church Hall 35 Box Hill Khandallah Wellington



celia@kotahitanga.org.nz  Appointment hours are:

(021) 672 0170 Tuesdays 9am-5pm

http://www.kotahitanga.org.nz Thursdays 9am-5pm

Appointments outside of these hours are dependent on therapist availability.

Some charges may apply. No referral required.

**Lane Park Church**

FSD0002585 Last updated 29/06/2020

Support, nurture and encourage youth health.

Lane Park 22 Lane Street Upper Hutt



info@laneparkchurch.nz  Monday to Thursday 9.00am - 3.00pm.

(04) 528 6515 Some charges may apply. http://www.laneparkchurch.nz No referral required.

**Learn and Live Ministries Charitable Trust Inc.**

FSD0018352 Last updated 18/06/2020

To enable young people to reach their potential through being kids, learning to cope with relationships and environments they live within daily.

2 Pinedale Crescent Riversdale Beach Masterton 5872



info@waimanaaki.co.nz  24 hours a day, seven days a week.

(027) 278 6208 Some charges may apply. http://www.waimanaaki.co.nz No referral required.

**Classification : OSCAR**

**Life Unlimited Lower Hutt**

FSD0019108 Last updated 20/04/2021

If you have a disability and need support getting access to the right services, we are here to help.

Our service is operated by the charitable trust Life Unlimited and is available to people under 65 years old living in the Hutt Valley.

Based at Epuni Medical Centre 102 Oxford Terrace Lower Hutt 5011 hearing@lifeunlimited.net.nz  By appointment



(0800) 008 011 All services free of charge. http://www.lifeunlimited.net.nz No referral required.

**LifeSwitch**

FSD0003053 Last updated 12/09/2020

LifeSwitch is a contemporary church meeting community needs.

 3 Reynolds Bach Drive Stokes Valley Lower Hutt

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| info@lifeswitch.org.nz (04) 563 9500 http://www.lifeswitch.org.nz      **Literacy Aotearoa** | Programmes for all ages Sunday 10.30am.  Youth and intermediate programmes on  Wednesday nights. Midweek groups and events. Children's holiday camp in the April school holidays.  All services free of charge. No referral required. |
| FSD0024155 | Last updated 01/02/2021 |

Literacy Aotearoa is a national organisation of adult literacy providers and is a leading commentator on literacy issues in Aotearoa (New Zealand).

Literacy is listening, speaking, reading, writing, numeracy and critical thinking, interwoven with the knowledge of social and cultural practices. Literacy empowers people to contribute to and improve society.

We provide learning assistance to Adult learners 16 years and over at no cost to the learner. We help learners with reading, writing, maths, learner licence, digital literacy and workplace literacy.

340 Queen Street Masterton 5810



info.c6@literacy.org.nz  Monday to Thursday 9.30am - 4pm

|  |  |
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| (06) 377 4214  (0800) 678 910  https://literacy.org.nz/ | Friday 9.30 am - 2pm  All services free of charge.  No referral required. |

**Literacy Aotearoa - Upper Hutt**

FSD0002589 Last updated 25/02/2021

Helping adults to improve their reading, writing, speaking and listening skills. We also support adults wanting to improve their skills/confidence in using computers and with studying the road code for Learner License tests (Class 1, Class 2). We offer group learning based on individual learners needs.

 First Floor, ANSA House 5 Geange Street Upper Hutt 5018

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| info.c7@literacy.org.nz (0800) 732 3464 http://www.literacy.org.nz | Reception hours are by appointment call 0800  7323 464  All services free of charge.  Referral may apply. |

**Little Adventurers' Early Learning Centre**

FSD0022413 Last updated 08/06/2020

Little Adventurers’ is caring, convenient and affordable early childhood centre around.

We provide a warm, caring, family-focused environment that provides the highest quality care and education for infants and preschoolers (birth to school age). Our goal is to lay sound foundations that prepare children for the next steps in their journey, socially, emotionally and educationally.

Offering a high quality programme that strikes a balance between structure and freedom, children will be loved, nurtured and well-prepared for starting school.

Our building is located on Heriot Drive, on the edge of Porirua CBD, where we are spoilt for space, both indoors and out. The playground is being designed by the children to incorporate nature as much as possible, with retention of real grass being important to us.

Centre opened on 14 November 2012. On a mission to be the BEST!

11 Heriot Drive Porirua 5024



info@littleadv.co.nz  Monday-Friday 7:00am to 6:00pm

|  |  |
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| (04) 238 9684 http://www.littleadv.co.nz      **Little Shadow** | Some charges may apply. No referral required. |
| FSD0003092 | Last updated 05/01/2021 |

To provide counselling and support to those suffering perinatal distress. To provide community education and facilitated group work on perinatal distress (PND).

ed@littleshadow.org.nz  Book online https://www.littleshadow.org.nz Some charges may apply.

No referral required.

**Lower Hutt City Local Council Website**

FSD0017636 Last updated 30/04/2021

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

contact@huttcity.govt.nz  Online

(04) 570 6666 All services free of charge. http://www.huttcity.govt.nz/ No referral required.

**Lower Hutt Women's Centre**

FSD0005494 Last updated 16/04/2021

Lower Hutt Women's centre provides workshops, courses and support for women. We have a focus on empowerment, self-development and education.

186 Knights Road Waterloo Lower Hutt



info@lhwc.org.nz  Monday and Tuesday 10:00am to 2:00pm (04) 920 1009 Wednesday and Thursday 9:30am to 3:30pm http://www.lhwc.org.nz Friday 9:00 to 3:30pm

Some charges may apply. No referral required.

**Mana Parents Centre Inc**

FSD0007357 Last updated 31/10/2020

Mana Parents Centre offers a range of antenatal (Childbirth Education) and postnatal courses, as well as Parent Education and membership to families in the Tawa to Pukerua Bay area.

Level 1 1 Walton Leigh Avenue Porirua City Centre Porirua 5022



manapc@manapc.org.nz  Some charges may apply.

(04) - No referral required. http://www.manapc.org.nz

**Manaaki Ability Trust**

FSD0005427 Last updated 08/04/2021

Works with disabled people providing vocational skills and linking with their communities and thus providing opportunities for engagement and inclusion. Also working with young disabled people with two targeted programmes "Young Guns" and "Matrix" that focus on gaining meaningful volunteering opportunities and paid employment.

Manaaki Ability Trust 60 Woburn Road Lower Hutt 5010



info@manaakiabilitytrust.org.nz  Mon to Fri 8.30am - 4.30pm

(04) 569 3091 Some charges may apply.

(021) 577 212 No referral required.

http://www.manaakiabilitytrust.org.nz/

**Maori Women's Welfare League Inc**

FSD0001482 Last updated 12/01/2021

He Kete Aronui is available to Maori Whanau who have a child under the age of five.

* Our Kaimahi support the well-being of whanau by providing:
* Advocacy services to assist in Housing, Winz, Probation, FGC, Doctor Appointments and lawyers

* Home Visits to ensure whanau well-being
* A safe and whanau friendly space for social parenting interaction
* Experiences to encourage forward thinking parenting with a Maori perspective.

Maori Women's Welfare League Inc 24 Burnell Avenue Thorndon Wellington 6011 admin@mwwl.org.nz  8.30am to 5.00pm Weekdays



(04) 473 6451 All services free of charge. http://mwwl.org.nz No referral required.

**Maori Women’s Welfare League - National Office Wellington**

FSD0005499 Last updated 14/12/2020

Te Ropu Whine Mori Toko i te Ora (Mori Women’s Welfare League Inc) (‘League’), was established in 1951 with the support of the Department of Mori Affairs to specifically address the needs of Mori women and their whanau throughout New Zealand.

In 1959 the League incorporated and was independent of the Government. The League is made up of branches throughout eight regions in New Zealand. The branches are part of the community in which they are based and they provide services to their communities including Mori women and their whanau through national and local contracts but mainly through voluntary services.

24 Burnell Avenue Thorndon Wellington 6011



admin@mwwl.org.nz  8.30am to 5.00pm (04) 473 6451 Some charges may apply.

(021) 135 8583 No referral required. http://www.mwwl.org.nz/

**Maraeroa Marae Health Clinic**

FSD0004660 Last updated 10/10/2020

Maraeroa Marae Health Clinic provides clinical and health and well being services for our community in the Porirua and wider Porirua regions.

We have 5 main services, all are FREE: Well Child Tamariki Ora (child health and well-being checks 0-4years); Alcohol and Other Addictions Triage and assessments, and brief intervention Service; Cervical Screening and education; Maori Community Health/Whanau Ora (interactive programmes such as: Whare Kai - cooking classes on Mondays 10-12pm; Kaumatua Exercise and Health Education on Tuesdays 10-12pm); and Community Injury Prevention Service.

We also provide additional services here at Maraeroa Health Clinic for our people, providing easier access in your local area.

216 Warspite Avenue Waitangirua Porirua 5024



info@maraeroa.maori.nz  8.30am-5.00pm Mon - Fri,

(04) 235 8000 (except stat holidays)

https://www.maraeroa.maori.nz All services free of charge.

No referral required.

**Martinborough WaiWaste and Food Bank**

FSD0024288 Last updated 14/08/2020

We provide a Food Rescue and Food Bank service in Martinborough and surrounding area: providing food to individuals, families and whanau who are unable otherwise to access food.

39 Strasbourge Street Martinborough 5711



mcroftnz@xtra.co.nz  Phone between 9am and 5pm Weekdays (021) 657 560 All services free of charge.

No referral required.

**Masterton Care & Craft Centre**

FSD0006377 Last updated 12/04/2021

The Care & Craft Centres of New Zealand Trust gives opportunities to the housebound, disabled or lonely people.

(06) 377 0995  Meets Friday Fortnightly, Old Folks Hall. Cole

and Perry Street during School Terms Some charges may apply. No referral required.

**Masterton Community Church**

FSD0005991 Last updated 14/08/2020

To provide quality services and support to the community by encouraging and equipping individuals to strengthen the community they live in.

117 Ngaumutawa Road Masterton 5810



office@mcclife.co.nz  Office open 9am - 2pm Tuesday to Friday.

(06) 377 1598 Some charges may apply. http://www.mcclife.co.nz No referral required.

**Masterton Local Council Website**

FSD0017643 Last updated 14/09/2020

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

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

No referral required.

**Maungaraki After School Care Inc**

FSD0018557 Last updated 20/01/2021

MASC is a before school and after school care facility operating during term times out of the Maungaraki Community Centre. Our current hours are 7.00am-8.45am, and 3.00pm-5.30pm weekdays. We cater for children from ages 5 - 13 yrs. Afternoon tea is provided as part of the ASC programme. Breakfast is available for a fee at BSC only.

We also offer a holiday programme during school holidays.

135 Dowse Drive Maungaraki Lower Hutt 5010



maungarakiASC@gmail.com  Monday to Friday 7.00am-8.45am, and 2:30pm

(04) 569 7577 to 5.30pm during school terms. https://maungarakiasc.aimyplus.com 7:30am - 5:30pm during school holidays.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Maureen Richardson - Hypnotherapy and Counselling**

FSD0006087 Last updated 13/03/2021

Hypnotherapy and counselling

Copperfield Complex 7/13 Seaview Road Paraparaumu Beach Paraparaumu 5252 lifedesign@xtra.co.nz  Monday - Friday: By Appointment (027) 246 2767 Saturday - Sunday: Closed http://www.maureencounselling.co.nz Some charges may apply.



No referral required.

**Mental Health and Addiction Services - Hutt Valley DHB**

FSD0005854 Last updated 15/02/2021

The aim of Hutt Valley DHB's Mental Health Service is to provide a high quality mental health service to the target population for this region. We aim to ensure that high quality services are provided by trained, skilled mental health staff in a timely manner. The direction for the services is based on the national direction for mental health services and the overall direction of Hutt Valley

DHB.

Public Trust House 40-42 Queens Drive Lower Hutt



(0800) 300 042  Phone number 1 is for Hutt Hospital. Please ask (04) 570 9801 reception to transfer you to the service you http://www.mhaids.health.nz/our- require. services/community-mental-health-teams- All services free of charge. general-adult/ Referral may apply.

**Classification : PACIFIC**

**Mind & Body Peer Advocacy Service**

FSD0023099 Last updated 02/06/2020

Peer Advocacy Service aimed at providing advocacy for individuals who are currently making use of / have used addictions or mental health services and who are experiencing difficulties with any service provider. (Difficulties/complaints need not only be about mental health or addictions providers). We aim to voice the rights of consumers who are in danger of being marginalised in society.

13A Wall Place Kenepuru Porirua 5022



advocacy@mindandbody.co.nz  Mon - Friday 8:30am to 5:00pm (0800) 11 11 42 All services free of charge. http://www.mindandbody.co.nz No referral required.

**Ministry of Education, Learning Support, National Office**

FSD0003491 Last updated 31/10/2020

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

33 Bowen Street Wellington 6011 enquiries.national@education.govt.nz 



(0800) 622 222 (04) 463 8000 http://www.education.govt.nz/school/stude nt-support/special-education/

Monday - Friday, 8am-5pm.

All services free of charge. Referral may apply.

**Ministry of Education, Learning Support, Wellington**

FSD0006557 Last updated 31/10/2020

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

Level 2 19 Market Grove Lower Hutt



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

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| --- | --- |
| (04) 463 8699 (0800) 622 222 http://www.education.govt.nz/school/stude nt-support/special-education/      **Miramar Toy Library** | All services free of charge. Referral may apply. |
| FSD0005568 | Last updated 31/07/2020 |

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

63 Miramar Avenue Miramar Wellington 6022



miramar.corps@nzf.salvationarmy.org  Tuesdays and Fridays 9am - 12noon

(04) 388 8284 Thursdays 2pm - 4pm

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| http://www.toylibrary.co.nz/find-toylibrary/lower-north-island/miramarsalvation-army-toy-library | Saturdays 10am - 12noon Some charges may apply.  No referral required. |

**Mokai Kainga Social Services**

FSD0016642 Last updated 19/04/2021

Mokai Kainga is a Professional Marae Based Centre that provides Services in Health, Education, Welfare and Employment.

72 Happy Valley Road Owhiro Bay Wellington 6023



robertmk@xtra.co.nz  8am to 4pm - Monday to Friday.

(04) 383 4922 All services free of charge.

No referral required.

**Naku Enei Tamariki Inc**

FSD0015762 Last updated 15/01/2021

Naku Enei Tamariki is an Early Intervention Service, providing home visits to families with new born babies. NET Inc. works alongside families to ensure their children's educational, social and health needs are met. NET Inc. provides a culturally appropriate service by working together in a

3 tikanga model - Maori Section, Pakeha Section and Pacific Section. Our programmes are NET Early Intervention and Family Start

Unit A 25 Peterkin Street Wingate Lower Hutt 5011



info@net-inc.org.nz  Mon - Fri 8.30am - 4pm (04) 939 9257 All services free of charge.

(021) 243 4346 Referral may apply. http://www.net-inc.org.nz

**Classification : PACIFIC**

**National Collective Of Independent Women's Refuges**

FSD0005514 Last updated 26/01/2021

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

 Ground Floor 275 Cuba Street Wellington 6141

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| info@refuge.org.nz  (0800) 733 843 (04) 802 5078 http://www.womensrefuge.org.nz    **Classification : FVSS** | 9.00 am - 5.00pm Monday - Friday (09) 8025078  National Office  24/7 Crisis line 0800 733 843 All services free of charge.  No referral required. |

**National Council of Women of New Zealand**

FSD0021610 Last updated 24/08/2020

The National Council of Women of New Zealand (NCWNZ) works toward a gender equal New Zealand.

Established by suffragists in 1896, we work for gender equality across the political, social and economic sectors.

Level 4 26 Brandon Street Wellington 6011



office@ncwnz.org.nz  Available online business hours (022) 043 1374 Some charges may apply. http://www.ncwnz.org.nz No referral required.

**Navigator Limited - Wellington and surrounds**

FSD0021088 Last updated 28/01/2021

We specialise in assisting not-for-profit organisations to translate strategy into efficient and effective operations. We do this via a highly experienced group of organisational leaders with a history of developing programmes and entities that are 'fit for their purpose'.

nick.alexander@navigator.kiwi.nz  8am-6pm, Monday-Friday

(027) 870 7627 Some charges may apply.

(09) 238 6739 Referral may apply. http://www.navigatorconnect.com

**New Horizons for Women: Hine Kahukura**

FSD0000519 Last updated 19/03/2021

The New Horizons for Women Trust administers a variety of monetary awards that support second chance education and foundation studies for women, research on issues affecting NZ women and girls, personal development opportunities and initiatives that further the cause of peace.

Applications open in March each year for approximately 6 weeks and are made via the website only.

The Trust is run by volunteers along with a paid Trust Manager. Funding for awards is from donations, annual sponsorship and the Trust's endowment funds.

enquiries@newhorizonsforwomen.org.nz  The New Horizons for Women Trust operates a http://www.newhorizonsforwomen.org.nz virtual office. Please email us.

All services free of charge. No referral required.

**New Zealand AIDS Foundation - Wellington**

FSD0006689 Last updated 01/12/2020

The New Zealand AIDS Foundation was established to prevent the transmission of HIV and maximise the health and wellbeing of those living with and affected by HIV.

Level 1 187 Willis Street Wellington 6011



contact.awhina@nzaf.org.nz  Visit nzaf.org.nz/test to find available

(0800) 802 437 appointments. http://www.nzaf.org.nz All services free of charge.

No referral required.

**New Zealand Police - School Community Services**

FSD0003698 Last updated 03/08/2020

New Zealand Police partners with schools to ensure students are safe and feel safe, so they can be happy and fulfil their potential. We do this by:

* building relationships and sharing information
* supporting safety education
* training and monitoring School Traffic Safety Teams
* working together on school-wide interventions to address specific problems.

Contact your School Community Officer through your nearest Police Station.

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| updates@familyservices.govt.nz https://www.police.govt.nz/adviceservices/personal-and-communitysafety/school-portal | Contact your School Community Officer through your nearest Police Station.  All services free of charge.  No referral required. |

**New Zealand Red Cross - Upper Hutt**

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| FSD0002495  Humanity both locally and overseas. | Last updated 15/10/2020 |

18 Princes Street Upper Hutt 5018



upperhutt@redcross.org.nz  9am - 1pm Mon-Fri

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| --- | --- |
| (04) 528 9162 (0800) 733 276 http://www.redcross.org.nz | Meeting 2nd Friday of month at 1.30 pm Some charges may apply.  Referral may apply. |

**Newtown Community & Cultural Centre**

FSD0017568 Last updated 08/04/2021

We run a low-cost OSCAR approved school holiday programme, a youth programme, community exercise classes, and host a range of groups and clubs for our local community.

Cnr Colombo + Rintoul Street 1 Colombo Street Newtown Wellington 6021



info@newtowncommunity.org.nz  Until April 11th: Corner Colombo and Rintoul

(04) 389 4786 Streets

http://www.newtowncommunity.org.nz From May 3rd: 2a Green Street (above the

former ANZ bank)

Office hours: 9am-4.30pm, Mon-Fri Some charges may apply. No referral required.

**Classification : OSCAR**

**Ngahauranga Te Kohanga Reo**

FSD0005533 Last updated 30/11/2020

Our purpose is on the survival, revival, regeneration, protection and nurturing of Te Reo Mori, tikanga Mori and huatanga Mori which focuses on the mokopuna our children.

This will ensure that opportunities are available for the wider community to participate (in a supportive capacity) in the operations of Te Kohanga Reo.

To make available opportunities to the community for enquiries and applications to vacancies within the Kohanga Reo

Children will learn Mori language and culture through immersion. Ka tautokotia te reo me ng tikanga, hei tonga, hei whainga, hei awhitanga m ng whanau katoa

Whanau will learn a range of other skills (administration), within the whanau setting. E pakari ai te mana o Ngahauranga Te Kohanga Reo whanau, me awhi ng hunga katoa e whina ana, kia tau ai te whakaaro a whnau I waenga i a ratou katoa desires and requests with the support of the wider community.

55 Victory Crescent Tawa Wellington



whanau@k09c043.kohanga.ac.nz  Monday - Friday 8.30 am - 3.00 pm (school

|  |  |
| --- | --- |
| (04) 232 8424  (027) 381 6939 | hours)  Some charges may apply.  No referral required. |

**Ngati Kahungunu ki Poneke Community Services**

FSD0005535 Last updated 12/02/2021

We provide manaaki, tautoko and awhi for whanau. We aim to support whanau that they may build their own strategies, develop effective tools and find solutions that address their own needs. We work with individuals and whanau groups.

Level 5 35 Victoria Street Wellington Central Wellington 6011



admin@nkkp.org.nz  Mon - Fri 9am - 4:30pm (04) 384 6252 All services free of charge. http://www.nkkp.org.nz/ No referral required.

**Classification : FVSS**

**North Porirua Care Centre**

FSD0016502 Last updated 12/01/2021

NPCC is a charitable trust providing Social Work and Counselling services in the North Porirua and wider Porirua area.

The Trust fundraises to provide the free Social Work Service to anyone in the Porirua area and there are funds to offer discretionary subsidies to Counselling clients who would not otherwise be able to access the service.

69f Discovery Drive Whitby Porirua 5024



manager@npcc.org.nz  Messages can be left at any time on 04 233

(04) 233 1248 1248.

(04) 233 1248 The Centre is open Tuesdays to Saturdays and

http://www.npbc.org.nz/cms3/index.php/c some evenings ommunity-services Some charges may apply.

No referral required.

**Northland Toy Library Inc**

FSD0005539 Last updated 26/01/2021

Toy Library from ages 0-7 years.

St Annes Methodist Church Hall Cnr Northland & Randwick Roads Northland Wellington 6012 northlandtoylibrary@gmail.com  Opening Hours:



(04) 976 8561 Saturdays 09:30am - 11:45am http://toylibrary.co.nz Some charges may apply.

No referral required.

**Oasis Trust**

FSD0005295 Last updated 07/07/2020

Pastoral care and counselling, support, advocacy, help, recreation providers. OSCAR approved programmes.

 Equippers Church 2 Akura Road Masterton 5810

|  |  |
| --- | --- |
| (06) 378 8789    **Classification : OSCAR** | 9am - 6pm. Monday - Friday Some charges may apply.  No referral required. |

**Office of the Privacy Commissioner**

FSD0016722 Last updated 17/08/2020

The Office of the Privacy Commissioner investigates complaints from the public about breaches of privacy. It has a policy team that works with agencies about new proposals and examines proposed legislation. The Office runs an active outreach programme and has a well-resourced website, including online training. For all your privacy questions, try our online FAQs - AskUs www.privacy.org.nz/ask

Level 8 109 Featherston Street Wellington 6011



enquiries@privacy.org.nz  8.30am - 5.00pm Monday to Friday.

(04) 474 7590

(0800) 803 909 0800 803 909: 10am-3pm Mon-Fri. https://privacy.org.nz All services free of charge.

No referral required.

**Open Home Foundation (OHF)**

FSD0004130 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.

1st Floor, Western Mailing Building 46 Railway Avenue Alicetown Lower Hutt 5010 michelle.butcher@ohf.org.nz  8.30am - 5.00pm Monday to Friday.



(04) 586 1077 Some charges may apply. http://www.ohf.org.nz/ No referral required.

**Open Home Foundation (OHF) - Wairarapa**

FSD0007292 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.

23 Intermediate Street Solway Masterton 5810



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

(06) 378 2195 Some charges may apply. http://www.ohf.org.nz/ No referral required.

**Open Home Foundation (OHF) - Wellington**

FSD0007293 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.

Level 2 119 Queens Drive Lower Hutt 5010



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

(04) 566 3990 All services free of charge. http://www.ohf.org.nz/ Referral may apply.

**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

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| --- | --- |
| contact@ot.govt.nz (0508) FAMILY (0508) 326 459 https://www.orangatamariki.govt.nz/ | 24/7  After hours: from 5pm – 8 am Monday to Friday, weekends and public holidays, social workers will only assess emergency situations. But we encourage you to call if you're unsure.  All services free of charge.  No referral required. |

**Oranga Tamariki-Ministry for Children, Lower Hutt**

FSD0006996 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.

40-42 Queens Drive Lower Hutt 5010



contact@ot.govt.nz  +64 9 912 3820 (from outside New Zealand)

|  |  |
| --- | --- |
| (0508) 326 459 (0508) FAMILY https://www.orangatamariki.govt.nz/ | All services free of charge. No referral required. |

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

FSD0006976 Last updated 20/07/2020

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.

Kapiti Lights Complex 11 Amohia Street Paraparaumu 5254



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

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

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

FSD0006995 Last updated 21/07/2020

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.

Level 2, City Fitness Building 1 Walton Leigh Avenue Porirua 5022



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/

**Oranga Tamariki-Ministry for Children, Upper Hutt**

FSD0006997 Last updated 21/07/2020

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.

Level 7, CBD Tower 84-90 Main Street Upper Hutt 5018



contact@ot.govt.nz  Call +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/

**Oranga Tamariki-Ministry for Children, Wairarapa Site Office,**

**Masterton**

FSD0006994 Last updated 21/07/2020

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.

 49-51 Lincoln Road Masterton 5810

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| contact@ot.govt.nz (0508) 326 459 (0508) FAMILY https://www.orangatamariki.govt.nz/ | +64 9 912 3820 (from outside New Zealand) All services free of charge.  No referral required. |

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

FSD0006989 Last updated 21/07/2020

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.

Level 1 186-190 Willis Street Wellington 6011



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/

**Orb Solutions Ltd**

FSD0021029 Last updated 04/02/2021

Orb Solutions provides expert facilitation of meetings, stakeholder engagement processes, team building, planning processes and mediation.

Specialises in early resolution of conflict, complaint management processes and dispute resolution.

Provides professional supervision for managers and team leaders in the health, disability, education and service sector. Also offer coaching and workshops in communication effectiveness and leadership, Conversational Intelligence, 'hard-to-have' conversations, managing conflict, and resilience.

Please see our website for more information.

Offers organisational capability mentoring, both in person and online.

Level 6, Berl House 108 The Terrace Wellington



info@orbsolutions.co.nz  Available via email or phone between 8.30am -

|  |  |
| --- | --- |
| (027) 428 2672 (021) 349 776 http://www.orbsolutions.co.nz | 5pm Monday to Friday.  Part time office hours in Wellington location.  Some charges may apply.  Referral may apply. |

**Orongomai Marae Community Centre Trust**

FSD0003078 Last updated 22/03/2021

Orongomai Marae and Community services. To service our community in Health advocacy,

Kaumatua support service, Whanau Ora, E Tu whanau ( families standing up to o violence ), Youth at risk support, whanau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.

1 Railway Avenue Upper Hutt 5018



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

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| --- | --- |
| (04) 528 9639 (021) 024 10254 https://www.facebook.com/OrongomaiMar ae/posts/orongomai-marae-communitytrust-centreagm9-october-2018-7pmatoffice-administrat/2367452636628044/ | 24/7 on 04 5283775  Some charges may apply.  Referral may apply. |

**OSCAR House Limited - Out of School Care**

FSD0007256 Last updated 29/09/2020

We provide Out of School Care and Recreation to children and their families in the Lower Hutt area.

Before and After School care for children of Kelson School - located on site.

Before and After School care for children of Eastern Hutt School - located adjacent to the school.

After School care for children of Korokoro School - located on site.

After School care for children of Hutt Intermediate.

Junior Holiday Programme for age group (Years 0 - 3).

Senior Holiday Programme for age group (Years 3 - 8).

Please refer to our website for further information.

34A Pretoria Street Central Hutt Lower Hutt 5010



dalena@oscarhouse.co.nz  Before and after school care and holiday

|  |  |
| --- | --- |
| (04) 566 0833 (027) 551 1040 http://www.oscarhouse.co.nz/    **Classification : OSCAR** | programmes.  Some charges may apply.  No referral required. |

**Otaki Community Health Centre, Otaki Women's Health Group**

FSD0003234 Last updated 23/12/2020

Established in 1987, the Otaki Women's Health Group provides vital health, social and educational services to the Otaki community. The Otaki Women's Health Group is the Lead Tenant and Manager of the Otaki Community Health Centre.

Otaki Community Health Centre 186 Mill Road Otaki 5512



otakiwomenshealth@xtra.co.nz  Tuesday Wednesday (06) 364 6367 (Reception) Counselling 9am to 3pm

https://www.horowhenua.govt.nz/Commu All services free of charge. nity/Local-Directory/Otaki-Community- Referral may apply. Health-Centre

**Pacific Addiction & General Counselling Services Ltd**

FSD0023208 Last updated 30/06/2020

To provide the following services to individuals, couples, families and groups:

1) Alcohol and other drug counselling (education & referrals to rehabilitation programmes); 2) Generic counselling & psychological support on mental health issues such as anxiety, stress, grief and loss, depression, abuse (of any kind) and relationship issues;

1. Youth counselling (stress, depression, personality, family conflict resolution, suicidalideations/attempts, alcohol & drug use and abuse, relationship issues etc.)

Community presentation to Pacific and Non-Pacific groups on any of the above issues plus Safety Plans on suicide prevention; hope-2-recovery from suicide and sexual abuse.

1. Facilitating Community support groups for people who are 1st time offenders, re-offenders (ondrink driving, violent, anger, abusive behaviour & domestic violence etc.).

Johnsonville Community Centre 3 Frankmoore Avenue Johnsonville Wellington 6037 pacificaddiction2@gmail.com  Johnsonville Community Centre:



(021) 058 1604 Monday, Tuesday, Thursday and Friday (except

Public Holidays)

Some charges may apply. Referral may apply.

**Classification : PACIFIC**

**Pacific Health Plus Ltd**

FSD0004798 Last updated 03/11/2020

Pacific Health Plus is a very low costs doctors practice. We have staff that speak 8 Pacific languages combined. While services are primarily for Pacific peoples, we extend a friendly and warm welcome to all who may choose to seek our assistance.

4 Bedford Court Cannons Creek Porirua 5024



info@phplus.co.nz  9.00am - 5.30pm Monday - Friday.

(04) 890 3620 Some charges may apply.

(04) 918 2300 a/hrs Referral may apply. https://www.phplus.co.nz/contact

**Classification : PACIFIC**

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

 1 Hewer Crescent Naenae Lower Hutt 5011

|  |  |
| --- | --- |
| info@phshutt.co.nz (04) 577 0394 http://www.pacifichealthhutt.co.nz    **Classification : PACIFIC**    **PACIFICA Inc** | Pacific Health Service Hutt Valley  Opening Hours: 0900 - 1700 Opening Days : Monday - Friday All services free of charge. No referral required. |
| FSD0001488 | Last updated 29/01/2021 |

A National organisation for Pacific Island Women but open to all. Counselling, budgeting, moral support, advice, encouragement.

167A Wellington Street Howick Auckland 2014



pacificaexec@yahoo.com  anytime

(021) 589 212 Some charges may apply. http://www.pacifica.org.nz No referral required.

**Classification : PACIFIC**

**Papakowhai School - Board of Trustees**

FSD0021648 Last updated 08/03/2021

We are a full primary school, up to and including year 8. We run an OSCAR approved Before and After School Care programme here at Papakowhai School.

17 Spey Place Papakowhai Porirua 5024



office@papakowhai.school.nz  School days only

(04) 233 8321 Some charges may apply. http://www.papakowhai.school.nz Referral may apply.

**Classification : OSCAR**

**Parehana Solutions**

FSD0020083 Last updated 20/03/2021

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

17 Tainui Terrace Tawa Wellington 5028



c.ratapufoster@gmail.com  Seven days a week, normally 9am - 5pm, but will (027) 860 7895 offer flexible hours to suit the client.

Some charges may apply. Referral may apply.

**Paremata Creche**

FSD0022402 Last updated 13/07/2020

We provide a nurturing and educational environment for children aged from 12mths old. We have fully trained and registered teachers, low ratio's and a newly purpose built creche. Two session options are available between 8.30am - 2.30pm Monday - Friday. Paremata Creche has been providing support for families in the community for over 25 years.

(Civic Centre, Next to Whitby Library) 69C Discovery Drive Whitby Porirua 5024 paremata.creche@wmkindergartens.org.n  Monday - Friday z 8.30am - 2.30pm



(04) 234 1690 Some charges may apply. https://www.facebook.com/ParemataCrec No referral required. he/?ref=bookmarks

**Paremata School After School care**

FSD0022251 Last updated 21/01/2021

Paremata School After School Care provides care for our pupils after school for working families.

43 Paremata Cres Paremata Porirua 5024



afterschoolcare@paremata.school.nz  Monday to Friday term time only

(04) 233 1339 x 826 Some charges may apply. http://www.paremata.school.nz Referral may apply.

**Classification : OSCAR**

**Parent Help Inc.**

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.

**Parent to Parent New Zealand Inc - Wellington Region**

FSD0007303 Last updated 25/03/2021

To provide information and support to families of children and family members with disabilities, health impairments or special needs, through support programmes and provision of information.

|  |  |
| --- | --- |
| wellington@parent2parent.org.nz  (027) 808 3947 (04) 569 9398 http://www.parent2parent.org.nz | Monday to Friday 9.00am - 3.00pm.  We cover the greater Wellington region including  Wairarapa  All services free of charge.  No referral required. |

**Parents Centre New Zealand Inc - Kapiti**

FSD0007336 Last updated 11/12/2020

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. kapiti@parentscentre.org.nz  No set opening hours, classes are held as per

(04) 233 2022 schedule. http://www.kapitiparentscentre.org.nz Some charges may apply.

No referral required.

**Parents Centre New Zealand Inc - Lower Hutt**

FSD0007338 Last updated 31/08/2020

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.

lower.hutt@parentscentre.org.nz  To book into a Childbirth Education class, please http://www.parentscentre.org.nz complete our online form or email us at antenatal.lhpc@gmail.com Some charges may apply. No referral required.

**Parents Centre New Zealand Inc - Upper Hutt**

FSD0007337 Last updated 23/03/2021

Parents Centre NZ offers a wide range of services and support for parents. Each local Centre is run by a committee with support from national office.

5 Miro Street Trentham Upper Hutt 5018 upper.hutt@parentscentre.org.nz  Voicemail and email checked regularly.



(04) 939 8990 Some charges may apply.

(04) 233 2022 No referral required.

https://upperhutt.parentscentre.org.nz/

**Parents Centre New Zealand Inc - Wellington North**

FSD0007340 Last updated 22/02/2021

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.

secretary@wnpc.org.nz  We do not have a physical location

(04) 475 7550 Some charges may apply. http://www.wnpc.org.nz No referral required.

**Parents Centre New Zealand Inc - Wellington South**

FSD0007341 Last updated 01/09/2020

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.

secretary@wgtnparents.org.nz  24 hours for email http://www.wgtnparents.org.nz Some charges may apply.

No referral required.

**Patrick Waite**

FSD0020365 Last updated 16/12/2020

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

7 The Fjord Aotea Porirua 5024 pat.waite@outlook.com  Some charges may apply.



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| (04) 237 8137  (027) 446 2003 | Referral may apply. |

**Perinatal Anxiety & Depression Aotearoa (PADA)**

FSD0022974 Last updated 28/09/2020

Perinatal Anxiety and Depression Aotearoa (PADA) is an organisation that exists to improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood. The perinatal period is from pregnancy through to a child’s first two years. Our aim is to eliminate stigma and facilitate best practice in order to ensure all families in New Zealand experience good perinatal mental health. Anxiety and depression symptoms during this time frame range from thoughts of harming the baby and not being able to cope, through to suicide, child abuse and requiring psychiatric hospitalisation.

PADA was founded in 2011. We run seminars and events all over New Zealand to educate care providers such as GP's, Plunket nurses, midwives, educators, psychologists, psychotherapists, counsellors, community workers, nurses etc.

Level 2 21-29 Broderick Rd Johnsonville Wellington 6037



office@pada.nz  Mon, Weds, Fri 9am-2.30pm

(04) 461 6318 Closed Thursday

http://pada.nz All services free of charge.

No referral required.

**Petone Community House Incorporated**

FSD0003088 Last updated 24/08/2020

Rooms for hire for the community and local organisations for workshops, seminars, meetings, craft groups, social gatherings, music groups, church groups, meditation groups, counsellors, etc.

6 Britannia Street Petone Lower Hutt office@pchouse.nz  House: 7am-11pm.



|  |  |
| --- | --- |
| (04) 568 7798 http://www.petonecommunityhouse.nz | Office: 11:00am-2:00pm, Monday - Friday. (other times by appt)  Some charges may apply.  No referral required. |

**PGF Services - Lower Hutt Branch**

FSD0006207 Last updated 29/03/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

11 Hector Street Petone Lower Hutt 5012



help@pgf.nz  8.30am to 5.00pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Paraparaumu**

FSD0018010 Last updated 01/04/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

110 Rimu Road Paraparaumu 5032



help@pgf.nz  8.00am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Porirua Branch**

FSD0006206 Last updated 29/03/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

16 Hagley Street Porirua City Centre Porirua 5022



help@pgf.nz  8.30am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Wellington**

FSD0006201 Last updated 01/04/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz

All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

5 Vivian Street Te Aro Wellington 6011



help@pgf.nz  8.30am to 5.00pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**Playcentre - National Office**

FSD0018012 Last updated 23/06/2020

A Playcentre is a community-based early childhood centre where family members jointly provide early education to their children aged under 6 years, and parenting support for each other. There are 471 Playcentres in communities around New Zealand.

administrator@playcentre.org.nz  Office hours of administator:

(0800) 752 969 Monday to Friday 9am - 2.30pm http://www.Playcentre.org.nz Koha/donation may apply.

No referral required.

**Plimmerton & Pukerua Bay Plunket Toy Library**

FSD0004704 Last updated 23/03/2021

We welcome children, their families and caregivers to come and to borrow well-designed toys, games, puzzles and equipment, which are made available to borrow, at minimal cost.

C/- Plunket Rooms 9 Steyne Avenue Plimmerton



plimmertontoylibrary@gmail.com  9:30-11am Saturdays, during school terms https://plimmertonandpukeruabaytoylibrar (check website & Facebook to confirm opening

y.mibase.co.nz/ dates)

Some charges may apply. No referral required.

**Plunket**

FSD0004138 Last updated 18/09/2020

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

Level 3 40 Mercer Street Wellington



plunket@plunket.org.nz  Contact your nearest Plunket Office for

(04) 471 0177 information on local Plunket Clinics and services http://www.plunket.org.nz in your area, or visit www.plunket.org.nz

PlunketLine support service available 24/7 freephone 0800 933 922 All services free of charge. No referral required.

**Plunket - Central Region Area Hub**

FSD0007440 Last updated 04/05/2021

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

4 Market Grove Lower Hutt 5010 wellingtonwairarapa@plunket.org.nz  8.30am - 4.30pm Monday to Friday.



(04) 460 4660 All services free of charge. https://www.plunket.org.nz/plunket-near- No referral required. me/central-region-area-hub/

**Plunket - Island Bay**

FSD0005552 Last updated 04/05/2021

Plunket supports the development of healthy families.

 61 Freyberg Street Lyall Bay Wellington

(04) 387 7594  Please phone for an appointment. Plunket Line

(0800) 933 922 is available 24 hours a day, 7 days a week on https://www.plunket.org.nz/plunket-near- 0800 933 922. me/rongotai-family-centre-lyall-bay- All services free of charge. plunket-clinic/island-bay-plunket-clinic No referral required.

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| **Plunket - Johnsonville / Newlands / Paparangi** |  |
| FSD0005530 | Last updated 04/05/2021 |

Plunket believes in supporting the development of healthy families.

19 Rotoiti Street Johnsonville Wellington 6037



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 460 4660 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kelburn & Northland**

FSD0005482 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

5 Kowhai Road Kelburn Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 475 9347 is available 24 hours a day, 7 days a week on

https://www.plunket.org.nz/plunket-near- 0800 933 922 me/kelburn-plunket-clinic All services free of charge.

No referral required.

**Plunket - Khandallah**

FSD0005483 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

8A Ganges Road Khandallah Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 479 1292 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kilbirnie/Newtown**

FSD0005563 Last updated 04/05/2021

Plunket supports the development of healthy families.

620 Evans Bay Parade Kilbirnie Wellington wellington.wairarapa@plunket.org.nz  Mon - Fri. Please phone for an appointment.



(04) 387 7047 Plunket Line is available 24 hours a day, 7 days (0800) 933 922 a week on 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/kilbirnie-plunket-clinic No referral required.

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| **Plunket - Plimmerton** |  |
| FSD0004765 | Last updated 04/05/2021 |

Plunket believes in supporting the development of healthy families.

Plunket Rooms 9 Steyne Avenue Plimmerton Porirua 5026 wellington.wairarapa@plunket.org.nz  Please phone for an appointment.



(04) 233 8288 All services free of charge.

(0800) 933 922 No referral required.

https://www.plunket.org.nz/plunket-nearme/plimmerton-plunket-clinic

**Plunket - Porirua**

FSD0004785 Last updated 03/06/2020

Plunket believes in supporting the development of healthy families.

31 Warspite Avenue Cannons Creek Porirua City 5243



(04) 238 4278  Please phone for an appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Tawa/Linden/Titahi Bay**

FSD0005588 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

6 Linden Avenue Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 232 7529 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/tawa-plunket-clinic No referral required.

**Plunket - Upper Hutt**

FSD0002519 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

Plunket House 33 Logan Street Ebdentown Upper Hutt



wellington.wairarapa@plunket.org.nz  Opening hours: Please phone for an

(04) 460 4660 appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Wadestown, Thorndon, Wellington Central**

FSD0005622 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

117 Wadestown Road Wadestown Wellington



(04) 472 9613  Please phone for an appointment. Plunket Line

(0800) 933 922 is available 24 hours a day, 7 days a week on https://www.plunket.org.nz/plunket-near- 0800 933 922.

me/wadestown-plunket-clinic All services free of charge.

No referral required.

**Plunket Miramar**

FSD0005585 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

20A Park Road Miramar Wellington 6022



peninsulaplunket@gmail.com  Plunket Clinics - phone for an appointment

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| (04) 460 4660 (0800) 933 922 https://www.plunket.org.nz/plunket-nearme/miramar-plunket-clinic      **PlunketLine** | Plunket Playgroup - Wed & Fri mornings at 2  Kinghorne Street, Strathmore  Plunket Line is available 24 hours a day, 7 days a week on 0800 933 922.  All services free of charge. No referral required. |
| 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.

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| **Pomare Taita Community Trust** |  |
| FSD0005599  Provide services that enhance and empower the wellbeing of the community. | Last updated 17/12/2020 |

55 Farmer Crescent Pomare Lower Hutt 5011



pomaretaitatrust@gmail.com  Monday to Friday

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| (04) 939 8345 9:00am to 4:30pm  https://www.facebook.com/PTCTHouse/ All services free of charge. No referral required.      **Porirua City Local Council Website**  FSD0017667  Find council services and information online by clicking on the website link  enquiries@poriruacity.govt.nz  Online  (04) 237 5089 All services free of charge. http://www.pcc.govt.nz/ No referral required.      **Porirua Healthy Safer City Trust** | Last updated 14/10/2020 |
| FSD0019912 | Last updated 16/12/2020 |

The Porirua Healthy Safer City Trust works to make Porirua a Safe City by working in partnership with others, acting as a legal umbrella for local emerging organisations, providing management and administration services and undertaking project work to increase community safety.

21 Heriot Drive Elsdon Porirua 5022



manager@phsct.org.nz  Variable hours between 10am to 4pm , 5 days a

(021) 359 463 week

Some charges may apply. No referral required.

**Porirua Kidz**

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| FSD0021930  After School Care at Porirua School. | Last updated 15/02/2021 |

1 Awarua Street Elsdon Porirua 5022



trorason@gmail.com  3-6pm Monday - Friday

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| (021) 039 5980    **Classification : OSCAR** | Some charges may apply. No referral required. |

**Porirua Living Without Violence - Te Noho Riri Kore**

FSD0004703 Last updated 11/01/2021

We provide Support and Education programmes for Women who have been, or are living with family violence, and Group and Individual Behaviour Change Programmes for Men and Women. We also provide Tamariki/Children's educational Programmes to assist children to work through the impact of being a witness or survivor of family violence.

Level 2, Pember House 16 Hagley Street Porirua City



porirualwvs@plwvs.co.nz  8.30am - 4.30pm, Monday to Friday.

(04) 237 6009 All services free of charge. http://www.plwvs.co.nz No referral required.

**Classification : FVSS**

**Porirua Sexual Abuse HELP Foundation**

FSD0019042 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

support@wellingtonhelp.org.nz  Variable

(04) 801 6655 All services free of charge.

(04) 801 6655 & push 0 at the menu http://www.wellingtonhelp.org.nz

**Porirua Whanau Centre**

FSD0004753 Last updated 01/10/2020

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Positive Impact Consultancy**

FSD0021134 Last updated 22/03/2021

Offers organisational capability mentoring. Main areas: Strategic Planning, teaching and learning, mentoring, well being and fitness, team building, Neuro science brainwave presenter, behaviour management around children and youth.

latujohn@yahoo.com  Some charges may apply. (027) 224 5311 Referral may apply.

**Pregnancy Counselling Services - Wellington**

FSD0006529 Last updated 21/07/2020

Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.

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| pregnancycounselling.info@gmail.com  (0800) 77 34 62 (021) 289 8727 http://www.pregnancycounselling.org.nz      **Pregnancy Help Inc** | Freephone number available 24 hours a day, 7 days a week.  Text a counsellor 021 2898 727 (021 2TXTPCS) Email Enquiry Form is available on website.  See Facebook counselling page on messenger.  All services free of charge. No referral required. |
| FSD0004134 | Last updated 23/07/2020 |

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

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| national@pregnancyhelp.org.nz  (021) 0258 2815 http://www.pregnancyhelp.org.nz | There are not set hours for National office contact - all contacts should in the first instance come via email.  All services free of charge.  No referral required. |

**Pregnancy Help Inc - Greater Wellington**

FSD0007397 Last updated 07/07/2020

Pregnancy Help supports the wellbeing of pregnant and recently pregnant women, parents, caregivers and their families/whanau by providing information and practical support with Care, Concern and Confidentiality.

2nd floor 139b Main Road Tawa Wellington 5028 greatwgtn@pregnancyhelp.org.nz  9 am - 2 pm, Tuesday and Wednesday.



(04) 232 5740 1st & 3rd Thursdays each month, 10am to noon,

http://www.pregnancyhelp.org.nz 774 High St, Boulcott, Lower Hutt 5011 Currently we are only opening Wednesdays in Tawa 9 am to 2 pm.

All services free of charge.

**Presbyterian Support Central**

FSD0015907 Last updated 12/03/2021

Presbyterian Support Central has a long history of making a real, positive difference in people’s lives. In fact, we’ve been walking alongside people, regardless of age, background or religious belief, for more than 100 years! Every year we support thousands of people to flourish.

Through our Family Works services we support children, young people, adults, parents, families and whnau to make positive changes in their lives, using the strengths and resources they already have. Family Works offers counselling, social work, parenting programmes and much more.

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives. This includes retirement villages as well as rest home, hospital and dementia care for older New Zealanders.

3-5 George Street Thorndon Wellington 6144



familyworks@psc.org.nz  Office Monday-Friday 8.30am-5pm

(04) 439 4900 Some charges may apply.

(04) 439 4976 No referral required. http://www.psc.org.nz

**Pride Lands**

FSD0017877 Last updated 27/10/2020

To provide affordable childcare programmes for children between the ages of 5 - 15 years old across Wellington Region.

Pride Lands provides a programme that involves fun and education but also continuous interaction and structure without the use of technology.

A quality programme worth the investments for the future of our kiwi children.

Top floor 28 Hopper Street Mt Cook Wellington 6011



info@pridelands.org.nz  Hours: 9am-12pm & 3-6pm Mon-Fri (0800) 774 3348 Some charges may apply.

(04) 907 2225 No referral required. http://www.pridelands.org.nz

**Classification : OSCAR**

**Prisoners' Aid and Rehabilitation Societies - Masterton**

FSD0007248 Last updated 23/07/2020

A community organisation that provides support to prisoners, offenders and their families / whanau.

86 Oxford Street Masterton 5810



(06) 377 5420  On Call

All services free of charge. No referral required.

**Pukerua Bay After School Care**

FSD0022800 Last updated 10/12/2020

Pukerua Bay After School Care was incorporated in 1997 and runs in our School Hall.

We are:

* Approved by MSD
* Approved for families to receive an OSCAR subsidy
* Local but open for children from other schools to attend
* Governed by a management committee made up of parents and school representatives.

We can be contacted through the Head Supervisor on 027 248 4984 or pop into the Community hall after 3pm where the Supervisor or staff will be happy to discuss the programme with you.

Pukerua Bay School Hall 89 Rawhiti Road Pukerua Bay 5026



pkbafterschoolcare@gmail.com  3pm-6pm during term time.

(027) 248 4984 Some charges may apply. http://www.pukeruabay.school.nz No referral required.

**Classification : OSCAR**

**Rainbow Kidz Out of School Programmes**

FSD0021325 Last updated 29/12/2020

To provide quality, affordable Before/After school/Holiday programmes, focusing on the individual needs of each child attending.

"We are all one growing and learning together".

Sharon Cooper Rainbow Kidz Start 44 Tama Street Alicetown Lower Hutt 5010 rainbow.kidz.start@gmail.com  Monday - Friday 7.00am - 8.30am/ 2.45 pm-6pm



(021) 058 7675 Holidays 7.30am - 5.30pm http://www.rainbowkidz.co.nz Some charges may apply.

No referral required.

**Classification : OSCAR**

**Rangitane O Wairarapa Incorporated**

FSD0005303 Last updated 09/06/2020

To actively protect and develop the mauri or life principles of Rangitane and preserve and safeguard the mana of Rangitane.

12 Kokiri Place Masterton 5810



info@rangitane.iwi.nz  8.30am - 4.30pm Monday to Friday

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| (06) 370 0600  (06) 370 0603 http://www.rangitane.iwi.nz/ | All services free of charge. Referral may apply. |

**Rata Street OSCAR Programme**

FSD0007255 Last updated 14/10/2020

To provide before/after and holiday programmes to children aged between 5 and 14.

Rata Street School Hall 63 Rata Street Naenae Wellington



julieellenross43@gmail.com  Before School 6.30 am to 9.00 am daily

(04) 567 4062 After School 3.00 pm to 6.00 pm daily (021) 054 6525 Holiday Programme 6.30 am to 6.00 pm daily

Some charges may apply. No referral required.

**Classification : OSCAR**

**Raukawa Community Centre**

FSD0023377 Last updated 23/03/2021

Raukawa Centre is a new lounge in Strathmore Park, connecting Communities to meet, share, develop conversations/ideas for Community initiatives. We invite Stakeholders to bring their Services to Raukawa Community Centre, making it easier for Strathmore Park Residents to access help.

We're governed by SPCCT, who offers Free Services and Support Community Events at Raukawa Centre and Reserve.

Community Centre 67 Raukawa Street Wellington 6022



Raukawa@spcc.org.nz  Monday-Friday: 10 am- 2 pm

(04) 979 9074 Thursdays late: 3.30pm - 7.30pm (021) 022 00723 All services free of charge.

No referral required.

**Raukawa Whanau Ora Ltd**

FSD0006048 Last updated 12/04/2021

A support service is for Maori particularly Kuia and Koroua requiring a range of disability support needs. Encourages quality of life and independence. Provides information and support in a manner consistent with tikanga Maori. This service is also available to other ethnic groups.

150-172 Bath Street Levin 5510



admin@rwo.nz  Monday to Friday 8.00am to 5.00pm

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| (06) 368 8678 http://www.rwo.iwi.nz | Some charges may apply. No referral required. |

**Raukura Trust**

FSD0024424 Last updated 20/10/2020

Te Reo Mori medium, OSCAR approved provider of After-school care (3pm - 6pm) and Holiday programmes for tamariki aged 5 - 12 years. Based in Miramar, Wellington. Our services are provided in total immersion Te Reo Mori to support the Te Reo Mori language revitalisation activities of whnau, Kohanga Reo, and Kura in the Eastern Suburbs.

27c Chelsea Street Miramar Wellington 6022



trustraukura@gmail.com  Monday - Friday 3pm - 6pm (027) 595 0555 Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**Rewa Rewa School Oscar**

FSD0021696 Last updated 12/10/2020

We offer OSCAR approved After School care for year 1 - year 8 students Monday to Friday 3 - 6 pm during term time. Students do not have to be enrolled at our school to be accepted.

18 Padnell Crescent Paparangi Wellington 6037 office@rewarewa.school.nz  Monday to Friday 3 - 6pm, term time only.



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| (04) 939 0186 http://rewarewa.school.nz    **Classification : OSCAR**    **Rimutaka Baptist Church**  FSD0002592  Services for the community. | Some charges may apply. No referral required. | Last updated 04/11/2020 |

2-4 Akatarawa Rd Upper Hutt 5018



rbc.pastor@xtra.co.nz  9am - 1pm Tues-Friday

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| (04) 526 8708  http://www.rimutakabaptist.org | Some charges may apply. No referral required. |

**Rosewood Funeral Home**

FSD0023740 Last updated 07/12/2020

A family owned business based in Masterton with over 20 years of providing personalised funeral plans to the Wairarapa Community.

We endeavor to provide a customised funeral plan to look after a loved one (deceased), while reflecting the wishes and budget of the next of kin and larger family.

417 Queen Street Kuripuni Masterton 5810



contact@rosewood.nz  Opening hours: 9.00am - 5.00pm Monday to

(06) 370 8088 Friday.

http://rosewoodfuneralhome.co.nz

On call 24 hours per day all other times.

Some charges may apply. No referral required.

**Royal New Zealand Returned and Services Association**

FSD0023596 Last updated 24/08/2020

Perpetuating the comradeship born of service and to promote the general welfare of servicemen and women and former servicemen and women, and their respective dependents. To promote, foster and generally support local Associations and RSA clubs throughout New Zealand

Level 4 Anzac House 181 Willis Street Wellington 6011



enquiries@rsa.org.nz  Office hrs 8:30AM - 5PM Mon to Fri

(04) 384 7994 http://www.rsa.org.nz See website refer to support services for after

hours contact.

All services free of charge. No referral required.

**Rural Women New Zealand**

FSD0020573 Last updated 19/01/2021

Rural Women New Zealand is a charitable, membership-based organisation supporting people in rural communities through social connections, learning opportunities and advocacy.

Level 5, Technology One House 86 Victoria Street Wellington 6011



enquiries@ruralwomennz.nz  Mon-Fri 8.30 am - 5.30 pm

(04) 473 5524 Koha/donation may apply. http://www.ruralwomennz.nz No referral required.

**Safer Wairarapa**

FSD0019137 Last updated 01/09/2020

Safer Wairarapa has a wide range of government agencies and community organisations working collaboratively on agreed goals to promote a positive safety culture throughout the region. The 7 workstreams are Road Safety, Alcohol and Drug Education, Suicide Prevention, Falls Prevention, Fire Safety, Violence Prevention and Youth development.

The Vicarage 185 High Street South Carterton 5713



anniel@waisct.org.nz  Mon-Fri 9am-4pm (06) 379 5407 All services free of charge. https://www.facebook.com/Wairarapa.Saf Referral may apply. er.Community.Trust/

**Classification : YS**

**Samoana Early Education Development Service (SEEDS) Ltd**

FSD0024076 Last updated 27/10/2020

OSCAR approved Childcare and education.

79 Westmeath Street Waitangirua Porirua 5024



seeds04@xtra.co.nz  Monday - Thursday OSCAR 7:30- 5.30pm

(04) 238 1518

(027) 452 5756 Holiday Programme 8.30 - 5.30pm http://www.seedschildcare.co.nz/contact

Fridays early closing time 4.30pm Some charges may apply. Referral may apply.

**Classification : OSCAR, PACIFIC**

**Sands Wellington-Hutt Valley**

FSD0005674 Last updated 31/07/2020

Sands Wellington-Hutt Valley offers support to all bereaved parents, their families and whanau who have experienced pregnancy, baby or infant loss. We hold support meetings in the community and also provide Moses baskets and memory making items to Wellington and Hutt Hospitals.

Alicetown Community Centre 38 Victoria Street Alicetown Lower Hutt



sandswgtnhutt@gmail.com  We take calls at any time up to 9:30pm. We do

(022) 398 3917 not have office hours because we do not have a http://www.sandswellingtonhutt.org.nz/ physical office or location that we work from.

All services free of charge. No referral required.

**Seasons for Growth**

FSD0006652 Last updated 10/11/2020

Peer support programmes for children, adolescents and adults (7 levels). The programme is facilitated by a trained adult. Programmes offer education and support for those dealing with major loss/change/challenge. 8 week sessions held usually at school as withdrawal programme from class. Adults programmes vary from a 2 hour workshop to a 4 week programme.

Level 1 132 Tory St Wellington 6011



reception@wn-  8.30am - 4.30pm Monday-Thursday or leave a catholicsocialservices.org.nz message outside these times.

(04) 385 8642 Some charges may apply.

(021) 374 405 No referral required. https://wncatholicsocialservices.org.nz/Seasons+for

+Growth

**Services in Schools**

FSD0004142 Last updated 10/03/2021

Services in Schools encompasses the Social Workers in Schools (SWiS), Multi-Agency Support Services in Secondary Schools (MASSiSS), and Youth Workers in Secondary Schools services.

These services are school-based community social work/youth work services.

Level 18 Aurora Centre 56 The Terrace Wellington 6011



Marten.Hutt@ot.govt.nz  Please contact your school or local Partnering

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| (04) 918 9244 https://orangatamariki.govt.nz/aboutus/research/our-research/social-workersin-schools-2020/      **Skids Birchville** | for outcomes advisors for information.  All services free of charge. Referral may apply. |
| FSD0023145 | Last updated 08/03/2021 |

We offer OSCAR approved after/before school care, and holiday programme for children aged 5 to 13 years at Birchville School. This is opened to the Upper Hutt community. We offer a fun, safe and stimulating environment for children.

16 Gemstone Drive Birchville Upper Hutt 5018



birchville@skids.co.nz  Term time 7.30 until 8.30am and 3pm until 6pm

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| (027) 616 2639 (022) 468 0271 http://skids.co.nz    **Classification : OSCAR**    **Skids Holy Cross Miramar** | Monday to Friday.  School Holidays 7.30am until 6pm Monday to Friday.  Some charges may apply. No referral required. |
| FSD0022781 | Last updated 16/11/2020 |

To Provide OSCAR approved Before and After school care for the community as well providing a Holiday Program. Please note our Before school programme will be available for term 4 in 2016 and details will be published shortly.

2 Athens Street Miramar Wellington 6022



admin@skids.co.nz  Before School - 7.30am - 8.30am (09) 576 6602 After School - 3.00pm - 6.00pm (0800) 274 172 Holiday Programme - 7.30am - 6.00pm http://skids.co.nz Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**sKids Kapiti & Kenakena**

FSD0022966 Last updated 13/11/2020

OSCAR approved before school care, after school care, and holiday programme. Programmes are run from Kapiti and Kenakena sites for all children aged between 5 and 14.

2B Trinity Place Paraparaumu Beach Wellington 5032



jools@skids.co.nz  7am to 6pm (021) 025 43249 Some charges may apply.

(022) 010 7109 onsite Referral may apply. http://www.skids.co.nz

**Classification : OSCAR**

**sKids Newlands**

FSD0023904 Last updated 16/11/2020

Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. If you're looking for a safe, structured and fun environment for your children then you've come to the right place - Safe Kids In Daily Supervision (SKIDS). We are MSD approved and families can access Work and Income OSCAR subsidies when using our services. Programmes operated from Newlands School.

200 Newlands Road Newlands Wellington 6037



admin@skids.co.nz  Before school - 7.00am - 8.30am

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| (09) 576 6602 (0800) 274 172 http://www.skids.co.nz | After school - 3.00pm - 6.00pm Holiday Programme - 7.30am - 6.00pm Some charges may apply.  No referral required. |

**Classification : OSCAR**

**sKids Newtown**

FSD0023905 Last updated 16/11/2020

Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. If you're looking for a safe, structured and fun environment for your children then you've come to the right place - Safe Kids In Daily Supervision (SKIDS). We are MSD approved and families can access Work and Income OSCAR subsidies when using our services.

Newtown Primary School - Mein Street Newtown Wellington 6021



admin@skids.co.nz  Before school - 7.00am - 8.30am

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| (09) 576 6602  (0800) 274 172 http://skids.co.nz    **Classification : OSCAR**    **sKids Normandale** | After school - 3.00pm - 6.00pm Holiday Programme - 7.00am - 6.00pm Some charges may apply. No referral required. |
| FSD0023418 | Last updated 22/02/2021 |

We offer OSCAR approved before school, after school care and holiday programmes for primary and intermediate aged children.

Normandale School 16 Martin Grove Normandale Lower Hutt 5010



normandale@skids.co.nz  We are open before school 7.30am until 8.30am, (027) 616 2639 after school 3.00pm until 6.00pm and the school http://skids.co.nz holidays 8.00am until 6.00pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Skids Pauatahanui**

FSD0023234 Last updated 09/03/2021

OSCAR approved Before School Care, After School Care and Holiday Programme for children aged 5 to 13 years on site at Pauatahanui School.

Pauatahanui School 12 Paekakariki Hill Road Porirua 5381



pauatahanui@skids.co.nz  Monday to Friday 7.30am until 8.30am, 3pm until

|  |  |
| --- | --- |
| (027) 616 2639 (022) 345 0085 http://skids.co.nz    **Classification : OSCAR**    **sKids Raumati South** | 6pm (term time).  School Holidays 8am until 6pm.  Some charges may apply. No referral required. |
| FSD0021644 | Last updated 18/12/2020 |

Safe Kids In Daily Supervision (SKIDS) If you're looking for a safe, structured and fun environment for your children then you've come to the right place. Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. We are MSD approved and families can access Work and Income OSCAR subsidies when using our services.

Raumati South School 54A Matai Road Raumati South 5032



sonia@skids.co.nz  Monday - Friday 2.30-6.30 pm afternoons and 7-

(06) 364 8852 9 am mornings.

(027) 739 1986 Some charges may apply. http://www.skids.co.nz/location/raumati\_s No referral required. outh/

**Classification : OSCAR**

**Skids St Peter and Paul**

FSD0022807 Last updated 08/03/2021

This is an OSCAR approved After School Care service running Monday to Friday from 2.50pm until 6pm. Holiday Programme from 8am until 6pm. We offer a safe, fun environment for ages 5 to 13 years old. Bring the kids along for planned activities that will keep them busy for hours. Great adult interaction and ratios, make lots of new friends!

Check us out at www.skids.co.nz

Saints Peter and Paul School - Myrtle Street Lower Hutt 5010 stpeterpaul@skids.co.nz  Anytime



(027) 616 2639 Some charges may apply.

(022) 657 7399 Referral may apply.

https://www.skids.co.nz/locations/sts\_pete r\_and\_paul/

**Classification : OSCAR**

**SKIP - Strategies with Kids, Information for Parents**

FSD0006118 Last updated 03/08/2020

SKIP is a service of Family and Community Services. SKIP supports parents / caregivers, community organisations and communities to enable all New Zealand children to be raised in a positive and nurturing environment.

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| info@skip.org.nz http://www.skip.org.nz      **Skylight Trust** | Mon - Fri  8:30am to 4:30pm  All services free of charge. No referral required. |
| 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



info@skylight.org.nz  Monday - Friday 8.30am - 5pm. Messages can

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| (0800) 299 100 (04) 939 6767 http://www.skylight.org.nz | be left on the answerphone.  Some charges may apply.  No referral required. |

**Social Service Providers Aotearoa (Inc.)**

FSD0015607 Last updated 08/07/2020

Provides training, advocacy and support for member organisations who deliver social services to children, families and communities and have a contracting relationship with government agencies, including but not limited to Oranga Tamariki and the Ministry of Social Development.

192 Tinakori Road Thorndon Wellington 6011



manager@sspa.org.nz  Mon-Fri 9am - 5pm (027) 430 6016 Some charges may apply.

(027) 510 1517 No referral required. http://www.sspa.org.nz

**Social Work Department - Hutt Valley District Health Board**

FSD0005834 Last updated 16/11/2020

Provides health related social work services in the Hutt Valley.

Hutt Hospital 622 High Street Lower Hutt



paulinemarie.emmens@huttvalleydhb.org.  Monday to Friday 8 am to 4.30 pm nz All services free of charge.

(04) 570 9620 Referral may apply. http://www.huttvalleydhb.org.nz

**Space for you and your baby at Playcentre Aotearoa - Lower North Region (Wellington, Hutt Valley, Kapiti and Wairarapa)**

FSD0023686 Last updated 12/10/2020

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

lowernorth.programmes@playcentre.org.n  / z Some charges may apply. https://www.facebook.com/Playcentre.SP No referral required.

ACE

**Space for you and your baby at the Salvation Army ECE, Wellington**

FSD0023673 Last updated 05/10/2020

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

4 Normanby Street Newtown Wellington 6021 space.wellington@salvationarmy.org.nz  We run four Space programmes/groups a week:



(04) 389 9781 Monday through to Thursday mornings at 9:00 to https://www.space.org.nz 11:30 am. We start one new programme every

term. Each group is limited to 15 participants.

Some charges may apply. No referral required.

**St Anne's Pantry Foodbank**

FSD0004695 Last updated 07/09/2020

Providing emergency food parcels to Porirua families.

C/- Porirua Citizens Advice 16 Hagley Street Porirua City



porirua@cab.org.nz  St Annes is available Tuesday, Wednesday and

(04) 237 8846 Thursday between 9.00 and midday. http://www.cab.org.nz All services free of charge.

No referral required.

**St Benedict's School After School Care Programme**

FSD0017982 Last updated 04/03/2021

To provide after school care for the students of St Benedict's School.

50 Nicholson Road Khandallah Wellington 6030



office@st-benedicts.school.nz  Office 8.30am - 4.30pm Weekdays

(04) 479 6878

http://www.st-benedicts.school.nz After school care 2pm - 6pm weekdays Some charges may apply. Referral may apply.

**Classification : OSCAR**

**St Joseph's Before and After School Care**

FSD0022333 Last updated 25/08/2020

To provide before and after school care for our students and also we provide a holiday programme during school breaks. A service to our community.

1 Pine Avenue Upper Hutt 5018



asc@stjosephsuh.school.nz  Monday - Friday 7.00 - 8.50am

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| (021) 062 1766 (04) 528 4910 http://www.stjosephsuh.school.nz    **Classification : OSCAR** | After School 2.50 - 6.00pm  Holiday programme 7.00 - 6.00 Some charges may apply.  Referral may apply. |

**St Vincent de Paul Society Wellington Area**

FSD0005583 Last updated 18/09/2020

St Vincent de Paul Society provides free welfare services in the Wellington area. These include a food bank, full-time social worker and pregnancy assistance for new mums and their babies. Our team work in a caring and practical manner to promote human dignity and justice through one-onone support to people seeking assistance.

Level 1 207 Riddiford Street Newtown Wellington 6021



info@vinnieswgtn.org.nz  Monday to Friday 9am - 3.30pm

(04) 389 7122 All services free of charge. http://www.vinnies-wellington.org.nz No referral required.

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

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| **Stand T Mia - Central Region** |  |
| FSD0007826 | Last updated 03/08/2020 |

Vision: A World Strong with Children

Mission statement: To transform the lives of tamariki and whnau through healing trauma and restoring healthy, respectful and protective relationships so that they can thrive in their communities

3/202 Kapiti Road Paraparaumu 5032



central@standforchildren.org.nz  Office hours 8.30 am to 5.00 pm Monday to

|  |  |
| --- | --- |
| (06) 364 8069 http://www.standforchildren.org.nz      **Step Family Help** | Friday.  All services free of charge. Referral may apply. |
| FSD0019423 | Last updated 28/09/2020 |

The Blended Family Success Network equips couples who have repartnered where either one or both partners have children from a prior relationship. It provides information, support and advice for couples in step family including:

\*One day workshops

\*Two hour evening seminars

\*Step family resources

\*Articles, blogs and tips on blended family topics

\*Online professional advice for a couple's specific issues.

\*Professional development training for organisations and step family support workers

Learn essential skills and strategies from Adele Cornish, New Zealand's leading step family presenter on how to equip your step family to succeed.

(021) 404 742  9am - 5pm Monday - Saturday http://www.BlendedFamilySuccess.nz Some charges may apply.

No referral required.

**Stokes Valley Community Childcare Centre**

FSD0023839 Last updated 05/01/2021

We are a Community owned Childcare in the grounds of Tui Glen School we cater for 6 months to 5 years, we are very Pacifica and multicultural we try and keep all costs down as much as possible for our families. We offer 20 ECE hours to children 3 to 5 years old and we have a lot of families under WINZ. We have Certified, Registered teachers and very good ratios. We work alongside all the Primary Schools in Stokes Valley and the Marae. We are here to support local families and give our Tamariki a great start to their education.

c/- Tui Glen School 126 Stokes Valley Road Stokes Valley Lower Hutt 5019



stokesvalley.ccc@xtra.co.nz  We open at 8am every week day morning and

(04) 563 7279 close at 4.30pm, we are not open on weekends

or Public holidays.

Some charges may apply. No referral required.

**Stokes Valley Foodbank**

FSD0024299 Last updated 19/08/2020

We supply food, meat, fruit, vegetables, cleaning products and sanitary items to families that are in need.

398 Stokes Valley Road Stokes Valley Lower Hutt 5019



s.horn@hotmail.co.nz  Monday till 1.30pm then emergency food parcel (04) 563 6458 will be given out when someone makes contact

(027) 349 2288 before midday. After midday contact will be done

the following day.

All services free of charge. No referral required.

**Strengthening Families - Porirua**

FSD0020942 Last updated 22/10/2020

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

Wesley Community Action 3 Niagara Street Porirua 5024 aharris@wesleyca.org.nz  All day



(04) 235 5750 All services free of charge.

(021) 613 240 Referral may apply.

http://www.strengtheningfamilies.govt.nz

**Strengthening Families - Upper Hutt / Lower Hutt**

FSD0007536 Last updated 01/02/2021

Strengthening Families is a way of providing better co-ordinated support for families/whanau by using an inter agency case management approach.

carolyn.downer@ot.govt.nz  8.30am - 5.00pm, Monday to Friday

(029) 650 0174 best contact by cellphone (04) 913 3560 All services free of charge. http://www.strengtheningfamilies.govt.nz Referral may apply.

**SuperGrans Charitable Trust**

FSD0016647 Last updated 16/10/2020

Through Life Skills mentoring, SuperGrans Charitable Trust support people to strengthen their sustainable life skills. This is achieved through financial and home-skill mentoring to help people manage their household finances and reduce their cost of living. It is recognised that financial stress and life's challenges impact on people's health and wellbeing. We support the journey of change with skills such as home cooking, food planning and preparation, budget shopping, gardening to supplement food flavours, advocacy and household management and holistic financial mentoring to develop individual money plans to balance income and expenditure. We have a range of mentors both men and women, many who gift their time to support their communities. Using the PATH model concepts, we encourage people to dream big, build on their strengthens and not let the past define their future.

Currently our Spanish speaking Financial mentor also supports members of the Latino community in Lower Hutt

Level 2, Russell Keown House Corner Queens Drive and Laings Road Lower Hutt 5010 admin@supergran.org.nz  Monday to Friday, 8:30am - 4pm (04) 566 9778 Answer phone for messages if out of office.



(021) 074 3206 All services free of charge. http://www.supergransaotearoa.org.nz No referral required.

**Classification : BFC**

**Supporting Families in Mental Illness (SFNZ) - Wairarapa**

FSD0007466 Last updated 01/10/2020

Schizophrenia Fellowship New Zealand was formed in 1977 by families, for family members experiencing forms of mental illness. Since that time it has developed further to promote the best quality of life for persons with a mental illness and or addictions.and help to support their family/whanau and caregivers' in gaining a better understanding around the issues associated with such illnesses. SFNZ is a charitable organisation and there are a number of branches nationwide that are managed by volunteer committees and members.

323 Queen Street Masterton 5810



admin@sfwai.org.nz  Family Services 9am - 5pm Monday to Friday.

|  |  |
| --- | --- |
| (06) 377 3081 http://www.sfwai.org.nz/      **Taeaomanino Trust** | All services free of charge. No referral required. |
| FSD0004737 | Last updated 01/02/2021 |

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Tautoko Services - Porirua**

FSD0003253 Last updated 27/01/2021

We are an organisation of committed people bringing our expertise to support people with disabilities to participate in community life as they choose. We work to make our communities more inclusive.

Suite 2 99 Mana Esplanade Paremata Porirua 5026



karenbaddiley@tautoko.org.nz  Monday - Friday 9am-5pm

(04) 233 0164 All services free of charge. http://www.tautoko.org.nz Referral may apply.

**Tawa Pop In**

FSD0005589 Last updated 23/03/2021

Pop In is a licensed community playgroup. We welcome all pre-schoolers with their parent, grandparent, or caregiver. A variety of play activities are provided, followed by stories and singing.

1 Lyndhurst Road Tawa Wellington 5028



admin@tac.org.nz  Tawa: Tuesday Wednesday and Thursday 9:30-

(04) 232 8448 11:30am

http://www.tac.org.nz Koha/donation may apply.

No referral required.

**Te Aho O Te Kura Pounamu (Te Kura) - Wellington**

FSD0005605 Last updated 17/12/2020

We provide distance education from early childhood level to Year 13. Our learning advisors, teachers and in-region staff work with students, their whanau and communities to help our students achieve their potential.

 11 Portland Crescent Thorndon Wellington 6011

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| --- | --- |
| info@tekura.school.nz  (04) 473 6841 (0800) 65 99 88 http://www.tekura.school.nz | Monday to Friday, 8am to 5pm.  Some charges may apply.  Referral may apply. |

**Te Ara Korowai Wellbeing Centre**

FSD0003204 Last updated 19/04/2021

Te Ara Korowai is a community hub offering creativity and wellbeing workshops and training for the benefit of our community.

8 Weka Road Raumati Beach 5032 info@tearakorowai.org.nz  Email is preferred contact.



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| (04) 299 6981 (027) 322 6060 http://www.tearakorowai.org.nz | Mobile phone for emergencies.  Some charges may apply.  No referral required. |

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

(06) 378 0140 All services free of charge.

(0800) 666 744 No referral required. http://www.tehauora.org.nz

**Te Kakano Trust**

FSD0003116 Last updated 19/01/2021

Te Kakano Marae provides Church Services, Community and Social gatherings to bring people together from all four corners of the world every Sunday. Sunday Mass offers bible and prayer prayer meetings, choir, kapahaka, cultural and social gatherings, training sessions for social services, cooking, karakia, waiata, powhiri, moteatea, mihi, civil defence training, meetings, board meetings, birthdays, funerals, other potential services that we could offer. If we can be of service to you and your group please email us or call.

Te Kakano Marae is also home to many Ngai Tuhoe whanau who live in the Wellington region steeped in history working and maintaining a strong presence and partnership with local iwi Ngati Toa and Atiawa.

Te Kakano Marae 136 Randwick Road Moera Lower Hutt 5010 jonas.malmanche@gmail.com  24/7



(04) 568 3885 Koha/donation may apply.

(020) 4052 4716 No referral required.

https://www.tekakanochurchmarae.com/

**Te Korowai Aroha Whnau Services Trust**

FSD0004744 Last updated 30/07/2020

Te Korowai Aroha Whnau Services is a kaupapa Mori, whnau-based community organisation that has been located in Porirua since 1993. We provide whnau support (social work-based), kaupapa Mori counselling, stopping violence programmes, youth programmes and kaupapa Mori sexual violence counselling and whnau support.

North City Plaza, Level 4 (Suite 410) 2 Titahi Bay Road Porirua City



tari@tekorowai.org.nz  9.00am - 3.00pm Monday to Friday.

(04) 237 9205 after hours by appointment. (021) 048 1126 All services free of charge.

No referral required.

**Classification : FVSS**

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| **Te Kura Tiaki Holiday Programme** |  |
| FSD0023454 | Last updated 22/04/2021 |

Te Wnanga o Raukawa is a university institute.

Te Kura Tiaki Holiday Programme is run out of Ng Purapura which is a Health and Lifestyle centre.

The programme is based out of our big gymnasium hall and also our classrooms. The programme is OSCAR approved.

145 Tasman Road Otaki 5542



Ngaapurapura@twor-otaki.ac.nz  Monday-Friday 6am-8pm

(06) 364 90118 Saturday 7am-1pm

https://www.wananga.com/after-school- Sunday 8am-1pm care-holiday-programme.html Some charges may apply.

No referral required.

**Classification : OSCAR**

**Te Omanga Hospice**

FSD0003117 Last updated 26/06/2020

We provide palliative care and support to people, and their families, with a terminal or life limiting illness.

136 Woburn Road Woburn Lower Hutt 5010



admin@teomanga.org.nz  Administration: 8:30am-5pm Monday to Friday (04) 566 4535 Inpatient Unit: 24 hours per day, 7 days per http://www.teomanga.org.nz week, 365 days per year

All services free of charge. Referral may apply.

**Te Paepae Arahi Trust**

FSD0003119 Last updated 16/10/2020

Te Paepae Arahi Services is a kaupapa Maori service for all people. This includes Mental Health, AOD Services and Rangatahi support.

Level 1 7 Daly Street Lower Hutt Wellington 5010



charlotte@tepaepae.co.nz  9.00am-5.00pm Mon-Fri (04) 920 0696 All services free of charge. http://www.tepaepae.co.nz Referral may apply.

**Te Roopu Awhina ki Porirua**

FSD0015037 Last updated 05/12/2020

Te Roopu Awhina is a holistic social service provider, where our aim is to meet the needs of the whanau in our community, so that physical, emotional, spiritual and whanau wellbeing can be achieved in partnership.

1 Walton Leigh Avenue Porirua City Centre Porirua 5022



reception@tra.org.nz  Monday- Friday 9 am - 5 pm

(04) 238 4090 All services free of charge.

(0800) 872 800 Referral may apply. http://www.tra.org.nz

**Classification : BFC**

**Te Runanganui O Te Atiawa**

FSD0003121 Last updated 06/11/2020

Provide support, manaakitanga, professional advice, and other services to Maori organisations, Marae, Kokiri Centres and whanau, and through its tribunal rights as tangata whenua, working with private and public sector agencies in a Treaty based way. The health centre promotes a better and longer life of all Maori by way of high quality health.

Cnr Riverside Drive & Guthrie Street Lower Hutt



info@atiawa.com  8:00am-4:30pm Monday - Friday,

(04) 566 8214 Consulting hours for the Waiwhetu Medical Clinic http://www.atiawa.com are 9:00am-11:45am and 2:00pm-4:45pm

Monday - Friday

Some charges may apply. No referral required.

**Te Whanau O Te Maungarongo Support Service**

FSD0003122 Last updated 20/11/2020

To develop and enhance the well-being of Maori men, women, youth and children, whanau, extended whanau, groups and individuals in a way that acknowledges their needs and that will give them the opportunity to develop in responsible, beneficial and socially acceptable ways.

9 Raroa Road Lower Hutt 5010 temaungarongo@xtra.co.nz (04) 586 6023 (027) 586 6023 http://www.nnsvs.org.nz



**Classification : FVSS**

9am - 5pm. After hours call 027 5866 023 All services free of charge. No referral required.

**Te Whare Tiaki Wahine Refuge**

FSD0007672 Last updated 14/09/2020

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.

Pember House, Ground Level 16 Hagley Street Porirua 5022



info@tiaki.org.nz  24 hour Crisis Line 0800 733 843 REFUGE

(04) 237 7027 Some charges may apply.

(0800) 733 843 No referral required. http://www.womensrefuge.org.nz

**Te Whare Whakapakari**

FSD0004760 Last updated 18/02/2021

Residential care for Oranga Tamariki adolescent care and protection, community referral. Twenty four hour social work care. 24 hours, 7 days a week. At Te Whare Whakapakari we put to use a number of behavioural modification techniques to assist youth to cope with or overcome traumatic lifestyles. Supporting youth and their family in setting goals and decision-making.

SPackman@wesleyca.org.nz  9am - 5pm Monday to Friday.

(04) 385 3727 All services free of charge. https://www.wesleyca.org.nz/what-we- Referral may apply. do/youth-initiatives/

**The House of Grace**

FSD0023574 Last updated 13/07/2020

The House of Grace is a home for pregnant teens and young mums. A place to live, learn, prepare for childbirth and make plans for a bright future. We have two homes currently - Hamilton and Wellington but we support young mums from all over New Zealand.

info@thog.org.nz  Our homes are open 24/7, 365 days a year, our (0800) 920 5667 office however is open Mon-Thurs 9am-3pm.

http://www.thehouseofgrace.org.nz See our website for more information Some charges may apply. No referral required.

**The Kid's Lounge**

FSD0023429 Last updated 01/04/2021

We are ‘The Kid’s Lounge’, a family focused, OSCAR approved Before & After School Care facility based in a convenient, central location in the Lower Hutt CBD at 229a High Street right above William’s Drycleaners.

We provide a safe, secure and creative environment which your kids will enjoy. Our Before School Care opens at 6.45am to cater for shift workers and those who like to head into Wellington for an early start. We are the only Before School Care that opens at this time. We provide a basic breakfast and activities before dropping the kids off to school. We offer After School Care from 3pm to 6pm, Monday to Friday and School Holiday Programmes.

We have a very flexible service and pick up from schools within the Lower Hutt area.

Level 1, (above Williams Drycleaners) 229a High Street Lower Hutt 5010 vai@thekidslounge.co.nz  Monday to Friday



(022) 355 4434 Before School Care 6.45am to 8.30am

(022) 355 4559 After School Care 3pm to 6pm

https://www.facebook.com/thekidsloungel Holiday Programmes 6.45am to 6pm owerhutt/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**The Learning Centre & Whanau Family Support**

FSD0003150 Last updated 12/04/2021

We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services

We are an affiliated member of Literacy Aotearoa inc and the National Literacy Organisation.

55 Farmer Crescent Taita Lower Hutt 5011



manager.whanau.group@xtra.co.nz  9am - 2pm Monday to Friday

(04) 570 6020 (Available outside these hours by appointment) https://www.facebook.com/TheLearningC All services free of charge. entreWFSST/ No referral required.

**Classification : BFC**

**The Learning Connexion**

FSD0023359 Last updated 29/01/2021

At The Learning Connexion we teach sustainable creativity through art making. Our style of teaching is to draw out, rather than stuff in. By drawing from your life experiences we enable you to develop your individual creativity and see how this relates to the wider world. We focus on learning by doing so our programmes are hands-on and practical.

182 Eastern Hutt Road Taita Lower Hutt 5019



info@tlc.ac.nz  Open Hours : Mon - Fri | 9am to 5pm (0800) 278 769 Some charges may apply. https://www.tlc.ac.nz/study-with-us/kids- No referral required.

art-holiday-classes/school-holidayprogramme/

**Classification : OSCAR**

**The Learning Shop**

FSD0019366 Last updated 03/12/2020

The Learning Shop is a place where the public can get free information, advice and support about continuing learning, which includes information to get started and support and encouragement to keep going to be successful and reach goals.

 Entry 4 3 Wineera Drive Porirua

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| --- | --- |
| marama.phillips@wandw.ac.nz  (04) 831 4431  (04) 237 7422 http://www.thelearningshop.co.nz      **The Neonatal Trust** | Monday: 9 am - 1pm 1.30 - 5 pm  Tuesday: 9 am - 1pm 1.30 - 5pm  Wednesday: Closed - by appointment only  Thursday: 9 am - 1pm 1.30 - 5pm Friday: 9 am - 1pm 1.30 - 5pm All services free of charge. No referral required. |
| FSD0001900 | Last updated 12/04/2021 |

We provide support to parents in Neonatal Intensive Care Units (NICUs) and Special Care Baby

Units (SCBUs). We offer support material, co-ordinate care and support the Units in various ways.

NICU, Level 4, Wellington Regional Hospital - Riddiford Street Newtown Wellington info@neonataltrust.org.nz  Monday to Friday: 9am till 5.30pm (021) 684 871 We are closed on Public Holidays. http://www.neonataltrust.org.nz All services free of charge. Referral may apply.



**The Personal Advocacy and Safeguarding Adults Trust**

FSD0003884 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.

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| --- | --- |
| advocacy@pasat.org.nz  (0800) 728 7878 (0800) 728 7878 http://www.PASAT.org.nz | Monday to Friday from 9:00am to 5.00pm.  Some charges may apply.  Referral may apply. |

**The Pod OSCAR Programme**

FSD0023378 Last updated 14/01/2021

At The Pod, our priority is to create a safe, happy and relaxed environment where children can play, make new friends and have some fun before school, after school, and during the holidays.

Our passionate team is here to ensure your child is happy and having fun! Our programmes are designed to meet the needs of all school kids aged 5 – 12 years, while providing flexibility and peace of mind to you, our busy parents.

So whether you’re a working parent, or just want something different for your children after school or during the holidays, we’d love your kids to come join us.

We are OSCAR approved.

23-25 Wood Street Greytown 5712



info@thepod.co.nz  Before School 7am-9am

(06) 304 8963 After School 3pm-6pm

http://thepod.co.nz Our Holiday programme is open each and every

school holidays during the year Some charges may apply. No referral required.

**Classification : OSCAR**

**The Road Forward**

FSD0024109 Last updated 20/10/2020

We provide free peer support to adult male survivors of sexual abuse and their Whanau in the Wellington Region.

Support includes individual support, families/couples support, peer counselling and peer support groups.

6 Britannia Street Petone Lower Hutt 5012



support@theroadforward.org.nz  Generally 9.00am - 5.00pm weekdays. Other

(021) 118 1043 times available by appointment.

(0800) 118 104 All services free of charge. http://theroadforward.org.nz No referral required.

**Classification : SHSS**

**The Salvation Army**

FSD0016917 Last updated 11/12/2020

Church based social service agency.

3rd Floor 202-204 Cuba Street Wellington 6011



web.master@salvationarmy.org.nz  Between 8.30am and 5pm Weekdays

(04) 802 6269 All services free of charge. http://www.salvationarmy.org.nz No referral required.

**Classification : BFC**

**The Salvation Army - Hutt City**

FSD0003124 Last updated 14/01/2021

Worship, community and welfare services of The Salvation Army.

Cnr Kings Cresent & Cornwell Street Lower Hutt 5011



huttcity.corps@salvationarmy.org.nz  Main office open 9:00am - 3:15pm Monday -

(04) 570 0273 Friday.

(04) 570 0276 https://www.salvationarmy.org.nz/find- Family Store open Monday to Friday 9am churchcentre/new-zealand/lower-north- 5.30pm. Saturday 9am-5pm. island/hutt-city/hutt-city-corps

Foodbank

Monday to Friday 9:30 to 11:30am.

Some charges may apply. Referral may apply.

**Classification : THP**

**The Salvation Army - Kapiti**

FSD0003258 Last updated 19/05/2020

Worship, community and welfare services of The Salvation Army

Salvation Army Hall 41 Bluegum Road Paraparaumu kapiti.corps@salvationarmy.org.nz  9 am to 3 pm Monday to Friday.



(04) 297 1436 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply.

nz/lower-north-island/paraparaumu/kapiticorps

**The Salvation Army - Kilbirnie**

FSD0023597 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

175 Onepu Road Lyall Bay Wellington 6022 kilbirnie\_corps@salvationarmy.org.nz  /



(04) 387 3917 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/kilbirnie/kilbirnie-corps

**The Salvation Army - Miramar**

FSD0023612 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

63 Miramar Avenue Miramar Wellington 6022



miramar.corps@salvationarmy.org.nz  Office hours 8.30am to 4pm

(04) 388 8284 Sunday Service 10am

https://www.salvationarmy.org.nz/centres/ Some charges may apply. nz/lower-north-island/miramar No referral required.

**The Salvation Army - Petone**

FSD0023608 Last updated 23/04/2021

Corps Plant. Worship, community and welfare services of The Salvation Army

72 Cuba Street Petone Lower Hutt 5012



petone.corps@salvationarmy.org.nz  /

(04) 568 2782 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/petone/petone-corps-plant

**The Salvation Army - Porirua**

FSD0023604 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

89 Warspite Avenue Cannons Creek Porirua 5024 porirua.corps@salvationarmy.org.nz  /



(04) 235 8327 Some charges may apply.

(04) 235 6266 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/porirua/porirua-corps

**The Salvation Army - Tawa**

FSD0023609 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Main Road Tawa 5028



tawa.corps@salvationarmy.org.nz  Office - Tuesday to Friday 9am-2pm

(04) 232 8023 Foodbank - Tuesday to Thursday 9am-1pm https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- No referral required. island/tawa/tawa-corps

**The Salvation Army - Upper Hutt**

FSD0002490 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

695 Fergusson Drive Elderslea Upper Hutt 5018 upperhutt\_corps@nzf.salvationarmy.org  Monday to Friday, 9.30am - 4pm.



(04) 528 6745 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-north-island/upper-hutt/upperhutt-corps

**The Salvation Army - Wairarapa (Carterton/Masterton)**

FSD0005322 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

204-210 High Street South Carterton 5713 wairarapa.area@salvationarmy.org.nz  Monday - Friday 9am - 2.30pm.



(06) 379 7176 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply. nz/lower-north-island/carterton

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

92 Vivian Street Wellington wellingtoncity.corps@salvationarmy.org.n z



(04) 801 9278 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/wellington-city/wellington-city-corps Drop-in Centre is open 10am-3pm Mon-Fri.

Other services are available 9am-5pm Mon-Fri.

Phone is monitored 24/7.

Some charges may apply. Referral may apply.

**Classification : THP**

**The SMASH Club**

FSD0021856 Last updated 17/11/2020

The SMASH Club offers three different OSCAR approved services: before, after school and school holiday programmes and serves Wellington's children between the ages of 5 - 13 years.

The SMASH Club (St Mary's After School House) was established in 1998 as a result of an overwhelming need for an After School Care facility in the Parish and the wider community.

170 Karori Road Karori Wellington 6012



office@thesmashclub.org.nz  Monday to Friday

(04) 476 2747 7:30am to 9am - Breakfast Club

(021) 226 3863 3pm to 6pm - after school care

http://www.thesmashclub.org.nz 10am to 6pm - office hours 7:30am to 6pm - school holidays Some charges may apply. No referral required.

**Classification : OSCAR**

**The Wairarapa Women's Centre Inc**

FSD0005342 Last updated 19/11/2020

We provide free, enduring help and support (information, advocacy, referrals, home visits, resources, educational programmes/workshops and a drop-in centre). Our aims are to foster and promote the equality, well being and development of women and their families in the Wairarapa and to empower women to take control of their own lives.

Wairarapa Community Centre 41 Perry Street Masterton



wairarapawomen@xtra.co.nz  Monday to Thursday 9.30am-3pm

(06) 378 2453 Koha/donation may apply. https://www.facebook.com/Wairarapa- No referral required. Womens-Centre-141256559335827/

**The Wellington City Mission**

FSD0004770 Last updated 12/10/2020

For many Wellingtonians, reality is different, and life is hard. Whether you are sleeping rough, struggling to make ends meet or can’t put food on the table – The Wellington City Mission is here to help you.

We provide transitional housing, rest home and hospital-level residential care, food bag, emergency, 1:1, whnau and social work support, and financial mentoring.

We’ll walk alongside you, advocate on your behalf and support you to achieve empowerment, transformation and fullness of life.

19 Gordon Place Newtown Wellington 6021 enquiries@wgtncitymission.org.nz  Community Lounge hours.



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| (04) 245 0900 http://www.wellingtoncitymission.org.nz    **Classification : BFC, THP**    **The Wilson Funeral Home** | 9.00am - 3.30pm Monday to Thursday  10.30am - 3.30pm Friday Some charges may apply. Referral may apply. |
| FSD0023946 | Last updated 09/06/2020 |

The Wilson Funeral Home provides funeral services to the Wellington community, 24 hours a day and 7 days a week. Our main office is located in Newtown, we also have an office in Karori, Wellington.

The team at Wilsons are dedicated to ensuring every funeral is perfect. We are aware of the emotional demands on families and the importance of getting everything right at such a difficult time.

The Wilson Funeral Home is a member of the Funeral Directors Association of New Zealand and we are proudly New Zealand owned and operated.

The Wilson Funeral Home has over 100 years of commitment to providing excellent service to families in Wellington.

By remaining locally owned and operated we have a special empathy with the people and relationships within the community.

The Wilson Funeral Home 375 Adelaide Road Newtown Wellington 6021



nigel@funeral-link.co.nz  Office Hours are open Monday to Friday, 8.30am

(04) 389 6069 - 5pm.

http://wilsonfunerals.co.nz

We are a 24 hour business. A funeral director is always on call to answer the phone and be in the office when needed.

Some charges may apply. No referral required.

**ThroughBlue**

FSD0022455 Last updated 12/01/2021

ThroughBlue is an organisation which runs support groups for women with experience of depression.

Any woman is welcome to attend our regular meetings - there is a wide spectrum of experience of depression in the groups - from very mild to more severe. Some people may have experienced depression in the past and come along to help manage relapses. They are very diverse groups and range in number from week to week - from 3 to 14 people. It is a friendly and non-threatening environment and most newcomers find it to be very welcoming and inclusive.

ThroughBlue is not affiliated with any religious organisation or church. You are welcome to participate as much as you wish in terms of talking about your experience, or to sit and observe without having to say anything, depending on what suits you. There is a structure to the meetings, with a new topic each week.

61 Hopper St CBD Wellington 6011



throughbluenz@gmail.com  1.00pm - 3.00 Friday each week

(021) 707 870 6.30pm - 8.30pm Monday each week http://www.throughblue.org.nz Some charges may apply.

No referral required.

**Thumbs Up Trust**

FSD0021940 Last updated 18/02/2021

Thumbs Up Trust is a small independent charitable trust which was founded in 2007 by a group of parents. Our vision is to create a full and fulfilling life for every individual person who uses our service. We aim to do this by enabling adults with intellectual disabilities to actively engage in the full life of their community, through participation, contribution, and meaningful and respectful relationships with others.

Thumbs Up Trust Hall 5 Elizabeth Street Petone Lower Hutt 5012



manager@thumbsuptrust.org.nz  Monday to Friday 9am - 3pm

(04) 586 8069 Koha/donation may apply.

(022) 5388 675 Referral may apply. http://thumbsuptrust.org.nz/

**Ti Counselling and Supervision**

FSD0020750 Last updated 30/11/2020

I offer family, couple or one on one, confidential counselling, in a safe, supportive and professional environment in Lower Hutt.

Life changes (expected and unexpected) may affect us in surprising and often challenging ways. These changes sometimes need time to process, and it can be helpful to have a counsellor to assist this process.

I am a full member of NZAC and am ACC Registered.

1 Knights Road Hutt Central Lower Hutt 5010



sonya@ticounselling.co.nz  Counselling sessions are by appointment.

(021) 206 2450 Please call and we can make arrangements that http://www.ticounselling.co.nz suit your needs.

Some charges may apply. No referral required.

**Tim Byrne - Counsellor**

FSD0006106 Last updated 30/11/2020

Private counsellor.

32 Mulgrave Street Thorndon Wellington



byrnet@xtra.co.nz  Wellington: Monday and Wednesday 9.30am (04) 499 5963 7.00pm. On Tuesday sees clients in Lower Hutt.

(027) 499 5963 Some charges may apply.

No referral required.

**Classification : FVSS**

**T Pakari Ora (Sexual Assault Medical Forensic Service)**

FSD0016272 Last updated 13/04/2021

We offer a safe environment and sensitive medical and forensic care for all people aged 14 and over who have been sexually assaulted or abused.

Cuba Street Clinic, Ground Level 275 Cuba Street Te Aro Wellington 6011



tupakariora@compasshealth.org.nz  Acute service is available 24/7 through local

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| (04) 805 0522 https://www.healthpoint.co.nz/socialservices/social/tu-pakari-ora-sexualassault-medical-forensic-1/ | police or crisis support.  Office hours are Mon-Fri 9-4pm All services free of charge.  No referral required. |

**UNICEF New Zealand - National Office**

FSD0003130 Last updated 17/09/2020

To raise funds to support the work of UNICEF internationally including: education for women and children; combating malnutrition; immunisation programmes; landmine awareness, child protection and child rights. UNICEF New Zealand advocates Government & media on a range of issues concerned with childrens' rights and needs in New Zealand and provides training to stakeholders on child participation and youth engagement.

 Level 1, PSA House 11 Aurora Terrace Wellington

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| support@unicef.org.nz  (04) 815 9370 (021) 198 1577 http://www.unicef.org.nz | 9am-5pm, Mon-Fri  All services free of charge.  No referral required. |

**Upper Hutt City Council Community Development**

FSD0008244 Last updated 23/12/2020

Provides: Information on accessing local services that assist families, crime and violence prevention, community safety. Youth Projects: enhancing local options for young people.

Information and advice for refugees and migrants including advocacy and support.

Civic Administration Building 838 Fergusson Drive Upper Hutt 5140



askus@uhcc.govt.nz  8am-5pm Monday to Friday.

(04) 527 2169 All services free of charge. http://www.upperhuttcity.com No referral required.

**Upper Hutt Toy Library Inc**

FSD0003132 Last updated 16/02/2021

Making educational toys available to families, caregivers and schools to aid the mental, physical and social development of children. Librarians run sessions to assist with toy selection, issues, etc.

18A Logan Street Upper Hutt 5018



upperhutttoylibrary@gmail.com  Tues 10am - 12noon

(020) 486 9542 Thurs 12noon - 2pm

https://upperhutttoylibrary.setls.com.au/ Sat 10am - 1pm

Some charges may apply. No referral required.

**Upper Hutt Women's Centre**

FSD0003133 Last updated 01/10/2020

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018



uhwomen@xtra.co.nz  Office hours are 9:00am - 2:00pm Monday to

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| (04) 527 0017 http://www.uhwc.co.nz      **Veterans' Affairs** | Friday, courses are held at various locations and times around Upper Hutt. Check the website for more information.  Some charges may apply. No referral required. |
| FSD0023824 | Last updated 14/01/2021 |

We provide support for qualifying veterans — as well as their family and whnau — so they can be well at home, at work, and in their communities. We also help coordinate commemorative activities, maintain over 180 Service Cemeteries throughout NZ, and manage the government's relationship with veterans and their representative organisations.

Level 6 Reserve Bank 2 The Terrace Wellington Central Wellington 6011



veterans@nzdf.mil.nz  Monday to Friday 8am to 5pm.

(0800) 483 8372 All services free of charge.

(04) 495 2070 No referral required. https://www.veteransaffairs.mil.nz

**Vibe - Upper Hutt**

FSD0003040 Last updated 18/02/2021

VIBE - Free confidential Health and Support for young people aged 10-24.

222-228 Main Street Upper Hutt



vibe@vibe.org.nz  Mon, Tues, Weds, Fri 1pm - 5pm

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| (04) 528 6261  (0800) CHAT2VIBE (0800 24 28 28) http://www.vibe.org.nz | Thurs 9am - 5pm  All services free of charge.  No referral required. |

**Classification : YS**

**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      **Victim Support - Kapiti** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0003212 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Lower Hutt** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0003060 | Last updated 02/02/2021 |

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

nationaloffice@victimsupport.org.nz 

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

**Victim Support - Porirua**

FSD0015718

The Victim Support Service is available 24 hours, 7 days a week.

All services free of charge. No referral required.

Last updated 02/02/2021

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Upper Hutt** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0002530 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wairarapa** | The Victim Support Service is available 24 hours, 7 days a week All services free of charge. No referral required. |
| FSD0005341 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wellington** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015719 | 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. |

**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.

**Vitae**

FSD0003600 Last updated 19/03/2021

We deliver Workplace Wellbeing Services and organisational support services, including counselling, critical incident response, training seminars and support for staff onsite.

Level 9, Ranchhod Tower 39 The Terrace Wellington



(0508) 664 981  FREE 0508 number operates 24 hours, 7 days a

(04) 472 2331 week

https://www.vitae.co.nz Some charges may apply.

Referral may apply.

**Vocalsaints**

FSD0020233 Last updated 29/07/2020

Providing expertise speech and language assessment and therapy for all ages (0-100 years). Covering areas such as speech clarity, apraxia of speech, lisps, language development, stuttering, voice, brain injury, auditory processing disorder, language processing disorder, word retrieval difficulties, literacy difficulties, school readiness, and swallowing concerns.

Level 2 119 Queens Drive Central Lower Hutt 5010



enquiries@vocalsaints.co.nz  Monday to Saturday, 8am to 5pm.

(0800) 69 77 33 Some charges may apply. http://www.vocalsaints.co.nz No referral required.

**Volunteer Wellington**

FSD0016707 Last updated 27/04/2021

Volunteer Wellington Te Puna Tautoko is the champion of volunteering in greater Wellington. We connect volunteer seekers with meaningful opportunities with our 350 plus member community organisations. We build the capacity and capability of communities through our professional development programme, mentoring and consultancy services.

Level 7 186 Willis Street Wellington 6142



info@volunteerwellington.nz  9am - 5pm Mon - Fri (04) 499 4570 All services free of charge.

(04) 499 4572 No referral required. http://www.volunteerwellington.nz

**Wadestown Caring Group**

FSD0005623 Last updated 07/08/2020

A group of older people who are willing to work for others. We create items for sale: sewing, knitting. Skills of the group dictate what we can achieve. Profits go to help others, especially children whose parents are in wellington prison.

 Wadestown Presbyterian Church Cnr Hanover Street & Wadestown Road Wadestown

Wellington

wadestownpc@xtra.co.nz  Meets 2nd Thursday of each month at (04) 472 5150 Wadestown presbyterian Church 2 - 4 pm

(04) 499 7224 All services free of charge. http://wpc.squarespace.com/groups-and- No referral required. activities/

**Wadestown Toy Library**

FSD0005625 Last updated 11/01/2021

Provides a wide selection of toys, puzzles, dress-ups and games to families with young children.

We welcome new members from all parts of Wellington.

Wadestown Community Centre 46 Pitt Street Wadestown Wellington 6012 wadestowntoylibrary@gmail.com  Saturdays 10am-12pm (021) 0864 2937at library hours Some charges may apply. http://wadestowntoylibrary.wordpress.com No referral required.



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**Waikanae Care & Craft Centre**

FSD0006349 Last updated 22/03/2021

The Care & Craft Centres of New Zealand Trust gives opportunities to the housebound, disabled or lonely people.

(04) 293 2440  Meets Tuesdays, Presbyterian Church Hall,

Ngaio Road. - During School Terms Some charges may apply. No referral required.

**Waikanae Funeral Home Ltd**

FSD0023990 Last updated 24/07/2020

We provide funeral services and cremation services from Waikanae, Paekakariki, Paraparaumu and Otaki.

Our Architecture award winning facilities cater for all.

Catering and lounge facilities provided.

Classic 1927 Chrysler hearse available as alternative to modern hearses Bereavement services on request.

Office hours 8.30 - 5pm After hours by appointment

24 Hr Telephone contact to to qualified Funeral Director

17 - 21 Parata Street Waikanae 5036



info@waikanaefuneralhome.co.nz  8:30am-5:00pm Mon - Fri

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| (04) 293 6844 https://waikanaefuneralhome.co.nz/ | 24 Hour telephone contact to our qualified  Funeral director  All services free of charge.  No referral required. |

**Wainuiomata Budgeting Services Trust (Inc)**

FSD0002997 Last updated 19/03/2021

To ensure that individuals have Mentor or group support to support them with Financial Literacy & knowledge.

free confidential information, advocacy and support, budget advice, consumer information, legal advice and referrals.

Wainuiomata Community Centre 1A Queen Street Wainuiomata Lower Hutt 5014 manager.whanau.group@xtra.co.nz  Tuesdays 10am to 2pm (04) 570 6020 All services free of charge.



No referral required.

**Wainuiomata Community Hub**

FSD0005679 Last updated 14/09/2020

Offer learning opportunities, social services and activities that will enhance the life of the Wainuiomata Community.

1A Queen Street Wainuiomata



Wainuiomata.Hub@huttcity.govt.nz  Monday - Friday

(04) 564 5822 9am - 5pm https://www.facebook.com/WainuiomataC Some charges may apply. ommunityHub/ No referral required.

**Wainuiomata Marae Charitable Trust**

FSD0003136 Last updated 04/02/2021

To provide services for the people of our community & throughout the region & nationally for people from all cultures and all walks of life

Cnr Fitzherbert Road & Wellington Road Parkway Extension Wainuiomata wainuiomata@xtra.co.nz  All services free of charge. (027) 439 3413 No referral required.



**Wainuiomata Toy Library**

FSD0003138 Last updated 17/12/2020

We welcome children, their families and caregivers to come and to borrow toys, games, puzzles and equipment, which are made available for borrowing at minimal cost. Membership Fee applies.

1 Queen Street Wainuiomata Lower Hutt 5014



wainuiomataTL@hotmail.com  Saturdays 2-4 pm and every Tuesday and

(04) 976 3112 Thursday from 10-12pm

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| (027) 733 9260  http://www.toylibrary.co.nz | Some charges may apply. No referral required. |

**Wairarapa Funeral Services**

FSD0023716 Last updated 07/12/2020

We offer tailored funeral services including Embalming, Funeral Directing, and Crematorium services.

35-37 Lincoln Road Masterton 5840



staff@wairarapafunerals.co.nz  Office Hours Monday - Friday 8:00-5:00

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| (06) 370 1110 http://www.wairarapafunerals.co.nz | 24 hour service via phone and appointment Some charges may apply.  No referral required. |

**Wairarapa Rape and Sexual Abuse**

FSD0006058 Last updated 18/01/2021

24 Hour Crisis line, free and confidential support and advice.

Floor 3 Departmental Building 35-37 Chapel Street Masterton



Coordinator@wairarapa-rapecrisis.org.nz  Free call 24/7

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| (06) 370 8446 (0800) 614 614 http://www.rapecrisisnz.org.nz/    **Classification : SHSS** | Office by appiontment All services free of charge.  No referral required. |

**Wairarapa Safer Community Trust**

FSD0005288 Last updated 17/12/2020

The purpose of the Trust is to provide a legal and governing structure for leading charitable initiatives, education, charitable programmes, services and inter-agency collaboration.

In particular the Trust will:

1. Provide parenting and whnau education to assist parents and caregivers to manage challengingchildhood and adolescent behaviours

1. To work with and co-ordinate with government, voluntary and community groups to advancecharitable community services which works towards creating or developing a strong, inclusive and

safe community.

185 High Street South Carterton 5743 anniel@waisct.org.nz (06) 379 5407 x 0 (021) 509 493 http://www.waisct.org.nz



**Wairarapa Women's Refuge**

FSD0007669

8am - 5pm Monday to Friday All services free of charge. No referral required.

Last updated 22/09/2020

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.

Ground Floor Departmental Building 33 Chapel Street Masterton Masterton 5810 office@wairarapawomensrefuge.org.nz  Outreach service available. 24 hour crisis line



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| --- | --- |
| (06) 377 1717 Crisis line (06) 378 2241 Office http://www.womensrefuge.org.nz    **Classification : FVSS**    **Waiwhetu Marae** | 0800 REFUGE (0800 733 843) Some charges may apply. No referral required. |
| FSD0003139 | Last updated 07/09/2020 |

Marae; te kohanga reo daily; health clinic, youth programmes, waka taua; exhibition and conference facilities.

21 Puketapu Grove Waiwhetu Lower Hutt 5010



waimre@xtra.co.nz  From 8a.m-5p.m Mon-fri (04) 566 1847 Some charges may apply.

(04) 569 7025 No referral required.

**Wellington Boys' and Girls' Institute**

FSD0005392 Last updated 13/08/2020

BGI supports Wellington young people aged 9-25 along with families and whanau. We provide a progression of programmes centering on a range of holistic youth and family development services from early intervention initiatives to innovation youth leadership projects.

Troup House 3 Macdonald Cres Wellington 6011



enquires@bgi.org.nz  Mon-Fri / 9am-5pm, nights and weekend events

(04) 385 9549 Some charges may apply. http://www.bgi.org.nz Referral may apply.

**Wellington City Council**

FSD0017723 Last updated 14/10/2020

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

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| --- | --- |
| info@wcc.govt.nz (04) 499 4444 (Free TXT) 3400 http://www.wcc.govt.nz/ | Online  free text 3400 - 24 hours a day, 7 days a week All services free of charge.  No referral required. |

**Wellington City Libraries Te Matapihi Ki Te Ao Nui**

FSD0005631 Last updated 09/06/2020

13 Libraries, Lending, Information Services and a Housebound Service. Wellington City Libraries offers free membership to all ratepayers and residents and also an 'Out of Towner' Membership package.

 Level 9 Red Shield House 79 Boulcott Street Wellington Central Wellington 6011

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| enquiries@wcl.govt.nz  (04) 801 4040 http://www.wcl.govt.nz | Arapaki Library:  Mon-Fri 8am-7pm and Sat-Sun 9.30am-5pm  5:00pm  Sunday: 1pm-4pm  Other sites :  please check our website  Public Holidays: Our library network is normally closed.  All services free of charge.  No referral required. |

**Wellington Early Intervention Trust**

FSD0003140 Last updated 14/12/2020

A centrebased therapy and teaching programme that is strengthbased and supports the holistic development of children with special needs through practical strategies. Information, advocacy for families and fostering of inclusion in a child's community and education facility.

79A Copeland Street Epuni Lower Hutt 5011



weit@xtra.co.nz  Monday – Thursday: 8AM – 4PM

(04) 567 4082 Friday: Closed

http://www.weit.org.nz Saturday: Closed

Sunday: Closed

Some charges may apply. Referral may apply.

**Wellington Night Shelter**

FSD0023103 Last updated 09/02/2021

The Wellington Night Shelter (WNS) is a Wellington-based charity providing accommodation for men experiencing homelessness.

The Night Shelter offers two styles of accommodation - the Crisis Accommodation comprises of 23 cubicle spaces designed to provide men with a safe, secure space to spend the night, with access to shared shower and laundry facilities, hot drinks and basic kai. The Emergency Accommodation has 22 individual bedrooms, with shared bathrooms, shared kitchen and shared social spaces that can be accessed for up to 3 months. All guests of the Night Shelter can access the social worker, night supervisors, coordinators and manager for support, advice and information.

We are open 7 days a week, every day of the year.

Daily Crisis Accommodation admission time: 4:00pm – 9:00pm

Daily Crisis Accommodation discharge time: 9:30am

Please note the Crisis Accommodation is available on a 'first come first served' basis.

304 Taranaki Street Mount Cook Wellington 6011 enquiries@wgtncitymission.org.nz  24 Hours per day



(04) 245 0900 Some charges may apply.

No referral required.

**Classification : THP**

**Wellington Rape Crisis Inc.**

FSD0003142 Last updated 25/01/2021

To provide support, information and counselling services to the survivors of rape and sexual and/or child abuse and their families and friends. To provide sexual violence prevention programmes through the Wellington Sexual Abuse Network collaboration.

Maritime Union Building, Level 4 220 Willis Street Te Aro Wellington 6011



support@wellingtonrapecrisis.org.nz  Phone line available 9.30am - 4.00pm Monday to

(04) 801 8973 Friday.

http://wellingtonrapecrisis.org.nz Centre is open 9.30am - 4.00pm Monday to

Friday for drop in visits.

All services free of charge. No referral required.

**Classification : SHSS**

**Wellington Sexual Abuse HELP Foundation**

FSD0003146 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

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| support@wellingtonhelp.org.nz  (04) 801 6655 http://www.wellingtonhelp.org.nz    **Classification : SHSS** | Office hours for general enquiries and counselling: Monday - Friday 9:00am-5:00pm .  Crisis support line operates 24 hours.  All services free of charge.  No referral required. |

**Wellington Women's Health Collective**

FSD0004742 Last updated 02/11/2020

We offer listening, support, information and referral to all women for concerns about any aspect of their physical, mental or emotional health. We also offer free counselling to women on low incomes and free pregnancy testing.

Level 5 175 Victoria Street Wellington 6142



info@wwhc.org.nz  Weekdays 10am-3pm (04) 384 7709 All services free of charge.

(022) 323 5008 No referral required. http://wwhc.org.nz

**Wellington Women's House**

FSD0023705 Last updated 19/10/2020

The Wellington Women’s House provides low-cost, temporary housing for women on low incomes or in transition. For more than twenty years, it has been home to women who need a safe place to stay, often at a difficult time in their lives. Our vision is that every woman in Wellington has a safe and comfortable home that enables her to meet her needs. The house depends on volunteers and donors who give generously to provide a safe home for women in need.

house@wwbh.org.nz  Monday-Friday 9-5pm (04) 977 0453 Some charges may apply.

(021) 704 106 No referral required. http://wwbh.org.nz

**Wellington Women's Refuge**

FSD0007675 Last updated 20/08/2020

Support, information and advocacy for women and children experiencing domestic violence. Domestic violence involves one person dominating and controlling another person in a relationship, can include a range of power and control tactics which may not always involve physical violence.

We are a free and accessible service; we take self-referrals as well as referrals from agencies, Police, family and friends. To make a referral simply phone the crisis line or office.

For support ring Crisis Line: 0800 REFUGE (0800 733 843).

We provide:

- A safe and non-judgmental environment where you can be supported to make decisions for your future.

-A confidential listening ear to talk through your situation and options.

-Referrals as required and support at appointments such as the police, lawyers, court hearings, housing and Work & Income.

-Community Office open 9-5 weekdays.

-24-hour access to safe-house accommodation for those whose safety is at risk in the community.

44 Wigan Street Te Aro Wellington 6011



advocate@wwr.org.nz  Crisis line staffed by trained support workers (0800) 733 843 (REFUGE) available 24 hours a day, 7 days a week.

(04) 473 6280 (crisis) Community Office open 9-5 weekdays. http://www.wellingtonwomensrefuge.co.nz Some charges may apply. No referral required.

**Classification : FVSS**

**WellStop**

FSD0003147 Last updated 09/04/2021

Counselling and support to reduce sexual offending in the lower North Island.

enquiries@wellstop.org.nz  8.30am - 5.00pm, Monday to Friday.

(04) 566 4745 Some charges may apply. http://www.wellstop.org.nz No referral required.

**Classification : SHSS**

**Wesley Community Action**

FSD0005663 Last updated 30/04/2021

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Wesley Innovation Hub**

FSD0008271 Last updated 08/01/2021

We are a Community House that offers assistance to our local community.

206 Mungavin Avenue Porirua wesleyhouse@wesleyca.org.nz  Monday - Friday 9:30am - 5:00pm.



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| (04) 237 7923 http://www.wesleyca.org.nz/      **Whaiora Whanui Trust** | All services free of charge. No referral required. |  |
| FSD0005344 |  | Last updated 27/01/2021 |

A provider of Health, Education and Social Services to Wairarapa People.

 394 Queen Street Masterton

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| --- | --- |
| tari@whaiora.org.nz  (06) 370 0818 (0800) 494 246 http://www.whaiora.org.nz | 8.30am - 5.00pm Monday to Friday All services free of charge.  No referral required. |

**Whanau Manaaki - Kindergarten Education & Care**

FSD0024119 Last updated 11/12/2020

Whnau Manaaki is the not-for-profit organisation behind 101 kindergartens in the Central Plateau, Whanganui, Horowhenua, the Kapiti Coast, Wairarapa, Upper Hutt, Eastbourne, Petone, Porirua and Wellington.

We also offer a home-based service in Porirua.

15 John Seddon Drive Elsdon Porirua 5022



info@wmkindergartens.org.nz  Please go to our webpage:

|  |  |
| --- | --- |
| (04) 232 3069  (06) 345 6729 http://www.wmkindergartens.org.nz      **Whare Manaaki Inc** | www.wmkindergartens.org.nz to see all of our Kindergartens listed with their days and times. Our office is open from 9am to 5pm every business day.  Some charges may apply. No referral required. |
| FSD0007673 | Last updated 12/01/2021 |

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.

|  |  |
| --- | --- |
| office@wharemanaaki.org.nz  (04) 234 6118 (0800) 733 843 https://www.womensrefuge.org.nz | 24 hour crisisline 0800 733 843 REFUGE Some charges may apply.  No referral required. |

**Whetrangitia - Information and support for bereaved parents**

FSD0024020 Last updated 10/09/2020

Information for family and whnau experiencing the death of a baby or child. Sending aroha to you.

Endoflife@dia.govt.nz  Monday to Friday 8am to 7pm, and Saturday

(0800) 22 52 52 9am to 2pm

https://wheturangitia.services.govt.nz/ All services free of charge. No referral required.

**Whitby Toy Library**

FSD0004705 Last updated 07/09/2020

We welcome children, their families and caregivers to come and borrow well designed toys, games, puzzles and equipment, which are made available for borrowing at minimal cost. We also have a Facebook page : Whitby Toy Library

Adventure Park Car Park - Discovery Drive Whitby Porirua



info@wtl.org.nz  Wednesday: 9.15am - 11.30am Saturday:

http://www.wtl.org.nz 9.00am - Midday

Some charges may apply. No referral required.

**Whitford Brown Community Trust**

FSD0004662 Last updated 02/03/2021

Day provider for people with a disabillity. Provides; vocational training, daily living skills and community participation. Main aim: for people to successfully reside in their community, access services and where possible, contribute to the community.

- Cnr Kapiti Crescent/Mana Avenue Titahi Bay Porirua



whitfordbrown@xtra.co.nz  Monday to Friday 8.00am-3.30pm (04) 236 8944 All services free of charge.

No referral required.

**Whitireia Community Polytechnic: Free Courses**

FSD0008096 Last updated 08/01/2021

Whitireia Community Polytechnic provides a range of flexible training for firms participating in the Government's nine-day fortnight scheme and for anyone facing redundancy. No fees programmes will be provided in fundamental skill areas including computer skills, employment and study skills, CV preparation, office administration, retailing, hospitality, construction skills, Maori language and English for migrants.

3 Wi Neera Drive Porirua City 5022



info@wandw.ac.nz  8 am - 5 pm, Monday to Friday.

(04) 237 3100 All services free of charge.

(0800) 944 847 No referral required. http://www.whitireia.ac.nz

**Widowed Separated Divorced Support Group**

FSD0004814 Last updated 09/03/2021

We run a structured course encouraging self healing & growth dealing with grief or loss of a partner through either death or separation. Courses run for 10 weeks, three times a year in both Wellington & Lower Hutt. Open to all ages, socio economic groups, religions or atheists. There is also a social calendar for those who have completed a course.

enquiries@wsd.org.nz  Call to leave a message (04) 499 5520 Some charges may apply.

(04) 387 3265 No referral required. http://www.wsd.org.nz

**Women's Self Defence Network - Wahine Toa Inc**

FSD0015532 Last updated 14/10/2020

Women's Self Defence Network-Wahine Toa is a nationwide network of trained and accredited women teachers of self defense. Our teachers are trained to teach tailored self defense courses for girls (7 years and older) and women (no age limits). Contact us for your local details.

 Level 1, Economous Building 4 Bond St Te Aro Wellington 6011

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| --- | --- |
| admin@wsdn.org.nz  (04) 213 9710 (022) 657 7921 http://wsdn.org.nz | Please call to contact a teacher.  All services free of charge.  No referral required. |

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

 Coastlands Shopping Centre - Rimu Road Paraparaumu

http://www.workandincome.govt.nz

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

317-327 High Street Lower Hutt 5010



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

 2 Vogel Street Naenae Lower Hutt 5011

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

94-96 Riddiford Street Newtown Wellington



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

All services free of charge. No referral required.

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.  21 Main Street Otaki 5512

https://www.workandincome.govt.nz/about -work-and-income/contact-us/find-aservice-centre/central.html

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.

4 Lydney Place Porirua 5022



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

 162-164 Main Street Upper Hutt 5018

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

Shop 6 The Mall Wainuiomata 5014



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

 49-51 Lincoln Road Masterton 5810

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

Ground Floor, Freemason House 195 Willis Street Wellington 6011



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

All services free of charge. No referral required.

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

 Level 1, Freemason House 186-190 Willis Street Wellington

Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries)  Ph1 Mon-Fri 7am - 6pm (0800) 552 002 (for 65 and over) Sat 8am - 1pm http://www.workandincome.govt.nz Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300

Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

**www.govt.nz**

FSD0006130 Last updated 19/04/2021

Find government information fast! Govt.nz is your guide to finding and using government services.

You can use the powerful search engine or browse through topics that take you direct to the source. And if you are an international visitor, you may want to get a snapshot of living and travelling in New Zealand.

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| govtnz@dia.govt.nz http://www.govt.nz | Website 24/7 all year round  Email us and we'll do our best to find you the right contact. Our working hours are 9am to 5pm, Monday to Friday.  Contacts list and online forms available All services free of charge.  No referral required. |

**Y Central Upper HUtt/Lower Hutt/Porirua**

FSD0022386 Last updated 15/12/2020

YMCA OSCAR approved programmes are much more than a childminding service. They are recreation based, and the aim is to meet the needs of children in a fun, safe and learning environment.

Each programme offers a variety of activities that includes arts and crafts, cooking, sports, games, science and themed activities. We provide a safe environment for your child to relax while ensuring there are stimulating options for those still with energy.

Every child is unique; our programmes allow for the diversity in age, sex, and background of each child while encompassing the individual needs and interests. Each child is a different, unique person in their own right. While they have commonalities, their uniqueness should be embraced and fostered.

It is important that you notify us of any information we may need to know to identify if our programme is appropriate for your child to have the best experience possible.

67 Pilmuir Street Lower Hutt 5040



rebecca.scott@ycentral.nz  Office hours are: 8:30am -5pm, Monday to

|  |  |
| --- | --- |
| (0800) 962 248 http://ycentral.nz | Friday.  Centre Hours (varies per site):  Before School: 6:30/7.30am- 8:30am  After school: 3pm- 6pm  Holiday Programme: 6:30am/7:30am- 6pm Some charges may apply.  No referral required. |

**Y Central Wellington**

FSD0024508 Last updated 19/02/2021

YMCA OSCAR approved programmes are much more than a childminding service. They are recreation based, and the aim is to meet the needs of children in a fun, safe and learning environment.

Each programme offers a variety of activities that includes arts and crafts, cooking, sports, games, science and themed activities. We provide a safe environment for your child to relax while ensuring there are stimulating options for those still with energy.

Every child is unique; our programmes allow for the diversity in age, sex, and background of each child while encompassing the individual needs and interests. Each child is a different, unique person in their own right. While they have commonalities, their uniqueness should be embraced and fostered.

It is important that you notify us of any information we may need to know to identify if our programme is appropriate for your child to have the best experience possible.

contact@ycentral.nz  Some charges may apply.

(0800) 962 248 No referral required.

(0800) YMCA 4u

http://ycentral.nz

**YMCA Kaitoke Outdoor Education Centre/YMCA Camp Raukawa**

FSD0022314 Last updated 26/01/2021

The (OSCAR approved) camp experience is a hard one to put into words. It’s about the bonding between people. It’s about spending the week in a different environment. It’s about final night campfire. It’s about experiencing an entire new culture and world that you helped create. It is like no other experience in the world, and here at YMCA Camp Kaitoke we strive to help every camper leave having that experience.

184 Marchant Road Pakuratahi Upper Hutt City 5372



Kaitoke@ycentral.nz  Office Hours: 9am - 4pm Monday - Friday

(04) 526 7338 Some charges may apply. http://ymcawellington.org.nz/index.php/hol Referral may apply.

iday-camps/

**Classification : OSCAR**

**YMCA Masterton**

FSD0007277 Last updated 02/11/2020

Youth development programmes. Programmes and Services: Youth Development Programmes for 12-19 year olds and community venue hire age available

371 Queen Street Masterton



nicole@ymcawellington.org.nz  9am - 3pm

|  |  |
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| (06) 377 5499 https://ycentral.nz/      **YOUth INSPIRE** | Monday - Friday  Some charges may apply. No referral required. |
| FSD0021107 | Last updated 19/01/2021 |

“YOUth INSPIRE’s vision is a better Aotearoa for all by developing tomorrow's workforce stronger young people whanau and communities."

We help rangatahi into employment, training and education through our Youth Employability Programme (18-24 yrs) and our Road Ready Rangatahi Driving School (16 - 24 yrs).

YOUth INSPIRE has offices in Wainuiomata and Taita and help rangatahi who need support to get work, keep work and create careers.

1A Queen Street Wainuiomata Lower Hutt 5014



office@youthinspire.co.nz  Monday - Friday 9am - 5pm

(04) 972 8766 Koha/donation may apply. http://www.youthinspire.co.nz Referral may apply.

**youthARK Trust**

FSD0017527 Last updated 18/08/2020

We offer OSCAR approved programmes for children

Before School Care Tawa

After School Care Windley School, Rangikura School

After School Care Tawa, 7 Oxford Street Holiday Programmes Tawa

7 Oxford Street Tawa Wellington



youthark2@gmail.com  7am to 6pm

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| (0800) 02 66 44 (04) 232 7040 http://www.youtharktrust.weebly.com    **Classification : OSCAR**    **Youthline Wellington** | Some charges may apply. No referral required. |  |
| FSD0006540 |  | Last updated 17/06/2020 |

Youthline’s primary purpose is to support and develop young people.

We do this through our telephone counselling, web and text services and education services, and also by training young people to volunteer at Youthline.

Youthline Wellington aims to deliver telephone and text counselling daily and education programmes primarily to youth in the Wellington region, but also to others in need. We aim to listen, be a friendly voice, empower young people to make positive decisions in their lives, and to pass on knowledge of other services that could assist our callers with their needs.

Youthline Wellington offers a free, confidential, non-judgmental telephone, text, email and web chat counselling and information service to people in the Wellington and Greater Wellington areas.

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| --- | --- |
| office.wgtn@youthline.co.nz  (0800) 376 633 (Helpline) (04) 801 6924 (Office) http://wellington.youthline.co.nz | 24/7 Youth Help and Counselling Line  Free txt 234  Email Counselling: talk@youthline.co.nz Live chat available on website Some charges may apply.  No referral required. |

**Youthtown Upper Hutt**

FSD0018747 Last updated 28/10/2020

Youthtown is a not for profit organisation delivering quality programmes, workshops and events to young New Zealanders.

|  |  |
| --- | --- |
| info@youthtown.org.nz  (04) 527 9730 http://www.youthtown.org.nz    **Classification : OSCAR** | Office Hours:  Monday - Friday 9 - 4.30pm Some charges may apply.  No referral required. |

## taki Toy Library / Te Whare o Rhia

FSD0003237 Last updated 21/07/2020

Toy library facility that welcomes children, their families and caregivers to come and to borrow well designed toys, games, puzzles and equipment, which are made available for borrowing at minimal cost.

Otaki Memorial Hall 81 Main St Otaki 5581



toylibraryotaki@gmail.com  Saturdays 10:30 AM -12:00 Noon

(027) 406 7318 Some charges may apply.

(027) 621 8855 No referral required.

https://otaki.mibase.com.au/home/index.p hp

# Family Violence

**Accident Compensation Corporation (ACC)**

FSD0006141 Last updated 16/03/2021

New Zealand's accident compensation scheme provides 24-hour no-fault personal accident insurance cover. Contact the National Call Centre on 0800 101 996.

information@acc.co.nz  8:30 to 5pm Monday to Friday (0800) 101 996 All services free of charge.

(04) 816 7400 No referral required. http://www.acc.co.nz

**Age Concern Wairarapa Inc**

FSD0005258 Last updated 23/10/2020

Promoting wellbeing, rights, respect and dignity for older people.

Solway Showgrounds, Fleet St Gate Cnr Fleet and York Streets Masterton



admin@acww.nz  9am - 3pm Monday to Thursday

(06) 377 0066 Some charges may apply. http://www.ageconcern.org.nz No referral required.

**Classification : EARS**

**ASK - A Safe Kapiti**

FSD0003192 Last updated 11/03/2021

A Safe Kapiti actively promotes and coordinates crime prevention initiatives for a safer community. Services include Family Support Services, Family Violence Initiative, Strengthening Families coordination, Kapiti Health Shuttle, Neighbourhood Support.

Airport Annex - Dakota Road Paraparaumu 5032



info@asafekapiti.co.nz  9.00 am to 4.00 pm Monday to Friday - excluding

(0800) 502 066 school holidays. http://www.asafekapiti.co.nz Some charges may apply.

No referral required.

**Classification : FVSS**

**Barnardos New Zealand**

FSD0004104 Last updated 16/06/2020

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.

Level 3 100 Tory Street Te Aro Wellington 6011



info@barnardos.org.nz  Open Monday to Friday - 8am to 5pm (0800) 227 627 Some charges may apply.

(04) 385 7560 Referral may apply. http://www.barnardos.org.nz

**Birthright Wellington Inc**

FSD0006826 Last updated 24/08/2020

Birthright Wellington specialises in working with family/whnau that are led by one person. We have developed (60years) a deep working knowledge of what families need to succeed on their own terms. We offer support to children & parents/caregivers in the wider Wellington region. Support includes provision of basic clothing and household goods, advocacy to intensive in-the-home social work support, helping support family/whnau work through the barriers they face, connecting with others in the community, learning new skills, children’s programmes, activities. NZ has the third highest number of single parents in the OECD, with the highest projected growth. Children living in single-parent households experience significantly higher poverty rates. The aim is to manage risks, ensure safety of children and young people and develop life skills that empower and strengthen family/whnau. All our services are free, referrals are received by organisations as well as self-referrals.

 Level 1 89b Thorndon Quay Pipitea Wellington 6011

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| info@birthrightwellington.org.nz  (04) 499 0055  (0800) 457 146 http://www.birthright.org.nz    **Classification : FVSS**    **Catholic Social Services** | 9.00am - 4.00pm Monday to Friday All services free of charge. No referral required. |
| FSD0002992 | Last updated 21/08/2020 |

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**ChangeAbility Counselling Family Violence Services**

FSD0005315 Last updated 15/07/2020

Provides general counselling services and programmes, support and information for victims and perpetrators of family violence and abuse.

7 Victoria Street Masterton 5810 contact@changewairarapa.org.nz  Office Hours are from Monday to Thursday.



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| --- | --- |
| (06) 377 0933  (06) 377 5716 http://www.changewairarapa.org.nz | 8.30am to 5.00pm  Voicemail and email cleared daily Some charges may apply.  No referral required. |

**Classification : FVSS**

**Consultancy Advocacy And Research Trust**

FSD0020607 Last updated 22/04/2021

CART's core ethos is to be available to provide support to hard to reach and difficult to deal with communities. This is a population predominantly comprising of Maori who suffer from severe social and economic disadvantages and fall into a number of high risk groups for poor health and nutrition statistics generally arising from self defeating behaviours. We refer to the members of these communities as 'the tribe of Nga Mokai.'

Level 1 118 Tory Street Te Aro Wellington 6011



info@cart.org.nz  Mon to Fri 9am - 5pm.

(04) 384 6845

http://www.cart.org.nz Closed on public holidays.

All services free of charge. No referral required.

**Elder Abuse Response Service**

FSD0023052 Last updated 30/04/2021

A 24/7 freephone helpline service that connects callers to information and/or support services in relation to elder abuse.

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| --- | --- |
| support@elderabuse.nz  (0800) 32 668 65(EA NOT OK)    **Classification : EARS, FVSS** | Freephone service available 24/7.  Text 5032 or email support@elderabuse.nz All services free of charge.  No referral required. |

**Family Violence Information Line**

FSD0015122 Last updated 16/04/2021

A Family Violence Information Line that provides information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour. The line provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.

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| areyouok@msd.govt.nz (0800) 456 450 http://www.areyouok.org.nz    **Classification : FVSS**    **Family Works Wairarapa** | 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. |
| FSD0007598 | Last updated 21/12/2020 |

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

105 Chapel Street Masterton 5810



familyworks-wairarapa@psc.org.nz  Office Monday-Friday 8.30am-5pm

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| (0800) FAM WORKS  http://www.familyworkscentral.org.nz      **Family Works Wellington** | Some charges may apply. No referral required. |
| FSD0004160 | Last updated 21/12/2020 |

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz 

(0800) FAM WORKS

(04) 439 4976 http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Folau Alofa Charitable Trust**

FSD0003014

Monday to Friday from 8.30am-5pm.

Some charges may apply. Referral may apply.

Last updated 01/07/2020

Empowering Pacific People to live safe and happy lives. We deliver parenting (Incredible Years) to Pacific & Other ethnic groups. We have skilled, experienced Counselors/Therapists.

34 Beach Street Petone Lower Hutt 5046



folaualofatrust@gmail.com  9am - 2pm, Monday to Friday.

(022) 034 4303 Some charges may apply. http://www.nnsvs.org.nz No referral required.

**Classification : PACIFIC**

**Hutt City Women's Refuge**

FSD0007638 Last updated 28/09/2020

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.

32 Pretoria Street Lower Hutt 5010



refuge@hcwr.org.nz  9am - 4pm Monday - Friday. 24 hr Crisis Line

(04) 569 1040 0800 733 843 REFUGE

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

No referral required.

**Classification : FVSS**

**Hutt Union & Community Health Service**

FSD0003034 Last updated 02/01/2021

We provide comprehensive primary health services to Maori, Pacific, Refugee and low income families. Our services include GP's, practice nurses, counsellors, community health workers, physiotherapy, primary mental health and refugee health.

We have 3 clinics Hutt Union Health

Petone , 451 Jackson St, Petone. Ph (04) 5686392. Pomare , 51 Farmer Cres, Pomare. Ph (04) 5676414.

Taita , 1205 High St, Taita. Ph (04) 9397390

51 Farmer Crescent Pomare Lower Hutt



sally@huchs.org.nz  Monday - Friday 9am - 5pm

(04) 567 6414 Some charges may apply.

(04) 568 6392 No referral required.

**Classification : FVSS**

**Hutt Valley Sexual Abuse Support & Healing**

FSD0003033 Last updated 14/09/2020

Crisis Support, Advocacy, ACC Counselling.

For women, men, children and all genders affected by sexual abuse historic & current.

Support & counselling for whanau/families of victims.

67 Cambridge Terrace Waterloo Lower Hutt 5011



manager@hvsash.org.nz  24/7 Hour Service (04) 566 5517 All services free of charge.

(0800) CRISIS / 22 66 94 No referral required. https://www.hvsash.org.nz/

**Classification : SHSS**

**Kapiti Living Without Violence**

FSD0003213 Last updated 09/02/2021

We provide counselling, individual and group education services for men and women to support non-violent and non-abusive lifestyles. We deliver non-violence and safety programmes for men & women to stop family violence and keep families safe in the Kapiti area.

5 Sheffield Street Paraparaumu 5032



info@klwv.org.nz  9.00am to 3.00pm Monday to Thursday with

(04) 298 1404 message service in place. http://www.klwv.org.nz All services free of charge.

No referral required.

**Classification : FVSS**

**Kokiri Marae Keriana Olsen Trust**

FSD0006022 Last updated 06/11/2020

Committed to the health and well-being of whanau, hapu, iwi. We provide social services, health services, education services, and a Kohanga Reo.

7-9 Barnes Street Seaview Lower Hutt



info@kokiri-hauora.org.nz  Office Hours: 8.30am - 5.00pm

(04) 939 4630 All services free of charge. http://www.kokiri.org.nz No referral required.

**Classification : FVSS**

**Kokiri Marae Maori Women's Refuge**

FSD0007671 Last updated 23/10/2020

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.

Resource Centre 57 Oxford Terrace Epuni Lower Hutt 5011



kerri@kmmwomensrefuge.org.nz  24 hour crisis line 0800 733 843 REFUGE

(04) 566 5025 Some charges may apply.

(0800) 733 843 REFUGE No referral required. http://www.womensrefuge.org.nz

**Maureen Richardson - Hypnotherapy and Counselling**

FSD0006087 Last updated 13/03/2021

Hypnotherapy and counselling

Copperfield Complex 7/13 Seaview Road Paraparaumu Beach Paraparaumu 5252 lifedesign@xtra.co.nz  Monday - Friday: By Appointment (027) 246 2767 Saturday - Sunday: Closed http://www.maureencounselling.co.nz Some charges may apply.



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



info@refuge.org.nz  9.00 am - 5.00pm Monday - Friday (09) 8025078

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| --- | --- |
| (0800) 733 843 (04) 802 5078 http://www.womensrefuge.org.nz    **Classification : FVSS** | National Office  24/7 Crisis line 0800 733 843 All services free of charge.  No referral required. |

**New Zealand Police - School Community Services**

FSD0003698 Last updated 03/08/2020

New Zealand Police partners with schools to ensure students are safe and feel safe, so they can be happy and fulfil their potential. We do this by:

* building relationships and sharing information
* supporting safety education
* training and monitoring School Traffic Safety Teams
* working together on school-wide interventions to address specific problems.

Contact your School Community Officer through your nearest Police Station.

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| updates@familyservices.govt.nz https://www.police.govt.nz/adviceservices/personal-and-communitysafety/school-portal | Contact your School Community Officer through your nearest Police Station.  All services free of charge.  No referral required. |

**Ngati Kahungunu ki Poneke Community Services**

FSD0005535 Last updated 12/02/2021

We provide manaaki, tautoko and awhi for whanau. We aim to support whanau that they may build their own strategies, develop effective tools and find solutions that address their own needs. We work with individuals and whanau groups.

Level 5 35 Victoria Street Wellington Central Wellington 6011



admin@nkkp.org.nz  Mon - Fri 9am - 4:30pm (04) 384 6252 All services free of charge. http://www.nkkp.org.nz/ No referral required.

**Classification : FVSS**

**Pacific Addiction & General Counselling Services Ltd**

FSD0023208 Last updated 30/06/2020

To provide the following services to individuals, couples, families and groups:

1) Alcohol and other drug counselling (education & referrals to rehabilitation programmes); 2) Generic counselling & psychological support on mental health issues such as anxiety, stress, grief and loss, depression, abuse (of any kind) and relationship issues;

1. Youth counselling (stress, depression, personality, family conflict resolution, suicidalideations/attempts, alcohol & drug use and abuse, relationship issues etc.)

Community presentation to Pacific and Non-Pacific groups on any of the above issues plus Safety Plans on suicide prevention; hope-2-recovery from suicide and sexual abuse.

1. Facilitating Community support groups for people who are 1st time offenders, re-offenders (ondrink driving, violent, anger, abusive behaviour & domestic violence etc.).

 Johnsonville Community Centre 3 Frankmoore Avenue Johnsonville Wellington 6037

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| pacificaddiction2@gmail.com (021) 058 1604    **Classification : PACIFIC**    **Parent Help Inc.** | Johnsonville Community Centre:  Monday, Tuesday, Thursday and Friday (except  Public Holidays)  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.

**Porirua Living Without Violence - Te Noho Riri Kore**

FSD0004703 Last updated 11/01/2021

We provide Support and Education programmes for Women who have been, or are living with family violence, and Group and Individual Behaviour Change Programmes for Men and Women. We also provide Tamariki/Children's educational Programmes to assist children to work through the impact of being a witness or survivor of family violence.

Level 2, Pember House 16 Hagley Street Porirua City



porirualwvs@plwvs.co.nz  8.30am - 4.30pm, Monday to Friday.

(04) 237 6009 All services free of charge.

http://www.plwvs.co.nz No referral required.

**Classification : FVSS**

**Porirua Sexual Abuse HELP Foundation**

FSD0019042 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

support@wellingtonhelp.org.nz  Variable

(04) 801 6655 All services free of charge.

(04) 801 6655 & push 0 at the menu No referral required. http://www.wellingtonhelp.org.nz

**Porirua Whanau Centre**

FSD0004753 Last updated 01/10/2020

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Presbyterian Support Central**

FSD0015907 Last updated 12/03/2021

Presbyterian Support Central has a long history of making a real, positive difference in people’s lives. In fact, we’ve been walking alongside people, regardless of age, background or religious belief, for more than 100 years! Every year we support thousands of people to flourish.

Through our Family Works services we support children, young people, adults, parents, families and whnau to make positive changes in their lives, using the strengths and resources they already have. Family Works offers counselling, social work, parenting programmes and much more.

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives. This includes retirement villages as well as rest home, hospital and dementia care for older New Zealanders.

3-5 George Street Thorndon Wellington 6144



familyworks@psc.org.nz  Office Monday-Friday 8.30am-5pm

(04) 439 4900 Some charges may apply.

(04) 439 4976 No referral required. http://www.psc.org.nz

**Prisoners' Aid and Rehabilitation Societies - Masterton**

FSD0007248 Last updated 23/07/2020

A community organisation that provides support to prisoners, offenders and their families / whanau.

86 Oxford Street Masterton 5810



(06) 377 5420  On Call

All services free of charge. No referral required.

**Safer Wairarapa**

FSD0019137 Last updated 01/09/2020

Safer Wairarapa has a wide range of government agencies and community organisations working collaboratively on agreed goals to promote a positive safety culture throughout the region. The 7 workstreams are Road Safety, Alcohol and Drug Education, Suicide Prevention, Falls Prevention, Fire Safety, Violence Prevention and Youth development.

The Vicarage 185 High Street South Carterton 5713



anniel@waisct.org.nz  Mon-Fri 9am-4pm (06) 379 5407 All services free of charge. https://www.facebook.com/Wairarapa.Saf Referral may apply. er.Community.Trust/

**Classification : YS**

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

**Taeaomanino Trust**

FSD0004737 Last updated 01/02/2021

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

(06) 378 0140 All services free of charge.

(0800) 666 744 No referral required. http://www.tehauora.org.nz

**Te Korowai Aroha Whnau Services Trust**

FSD0004744 Last updated 30/07/2020

Te Korowai Aroha Whnau Services is a kaupapa Mori, whnau-based community organisation that has been located in Porirua since 1993. We provide whnau support (social work-based), kaupapa Mori counselling, stopping violence programmes, youth programmes and kaupapa Mori sexual violence counselling and whnau support.

North City Plaza, Level 4 (Suite 410) 2 Titahi Bay Road Porirua City



tari@tekorowai.org.nz  9.00am - 3.00pm Monday to Friday.

(04) 237 9205 after hours by appointment. (021) 048 1126 All services free of charge.

No referral required.

**Classification : FVSS**

**Te Whanau O Te Maungarongo Support Service**

FSD0003122 Last updated 20/11/2020

To develop and enhance the well-being of Maori men, women, youth and children, whanau, extended whanau, groups and individuals in a way that acknowledges their needs and that will give them the opportunity to develop in responsible, beneficial and socially acceptable ways.

9 Raroa Road Lower Hutt 5010 temaungarongo@xtra.co.nz (04) 586 6023 (027) 586 6023 http://www.nnsvs.org.nz



9am - 5pm. After hours call 027 5866 023 All services free of charge. No referral required.

**Classification : FVSS**

**Te Whare Rokiroki - Mori Women's Refuge**

FSD0007674 Last updated 16/07/2020

We support Mori women and children who experience domestic violence.

We run domestic violence programmes for women and children who experience domestic violence and are available for public awareness presentations and community education workshops.

Te Whare Rokiroki operates a 24/7 crisis line and provide community and residential advocacy and support.

We have a community office (264 Cuba Street, Te Aro) that is open Monday to Friday 9am to 5pm.

You can contact us directly on (04)8025898 Crisis Line 24/7; (04)8015384 Office 9am to 5pm or through our national 0800REFUGE (733843) 24/7 crisis line.

44 Wigan Street Te Aro Wellington 6011



twr@maoriwomensrefuge.org.nz  Community Office 9am to 5pm Monday to

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| --- | --- |
| (04) 802 5898 (0800) 7338430 http://www.wellingtonwomensrefuge.co.nz      **Te Whare Tiaki Wahine Refuge** | Friday.  24-hour crisis-line: 04 8025898 or free phone 0800REFUGE (7338430)  Crisis line support 24/7 All services free of charge. No referral required. |
| FSD0007672 | Last updated 14/09/2020 |

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.

 Pember House, Ground Level 16 Hagley Street Porirua 5022

info@tiaki.org.nz (04) 237 7027 (0800) 733 843 http://www.womensrefuge.org.nz 24 hour Crisis Line 0800 733 843 REFUGE Some charges may apply.

No referral required.

**The Family Centre, Anglican Social Services**

FSD0006061 Last updated 08/09/2020

The Family Centre is based in Lower Hutt and offers organisational capability mentoring as well as working in the fields of family therapy, community development, social policy research and education.

71 Woburn Road Lower Hutt 5010



deacon.m@fc.org.nz  9.30am - 5.00 pm Mon - Fri

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| --- | --- |
| (04) 569 7112 http://www.familycentre.org.nz | All services free of charge. No referral required. |

**The Personal Advocacy and Safeguarding Adults Trust**

FSD0003884 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.

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| --- | --- |
| advocacy@pasat.org.nz  (0800) 728 7878 (0800) 728 7878 http://www.PASAT.org.nz | Monday to Friday from 9:00am to 5.00pm.  Some charges may apply.  Referral may apply. |

**The Road Forward**

FSD0024109 Last updated 20/10/2020

We provide free peer support to adult male survivors of sexual abuse and their Whanau in the Wellington Region.

Support includes individual support, families/couples support, peer counselling and peer support groups.

6 Britannia Street Petone Lower Hutt 5012



support@theroadforward.org.nz  Generally 9.00am - 5.00pm weekdays. Other

(021) 118 1043 times available by appointment.

(0800) 118 104 All services free of charge. http://theroadforward.org.nz No referral required.

**Classification : SHSS**

**The Wellington City Mission**

FSD0004770 Last updated 12/10/2020

For many Wellingtonians, reality is different, and life is hard. Whether you are sleeping rough, struggling to make ends meet or can’t put food on the table – The Wellington City Mission is here to help you.

We provide transitional housing, rest home and hospital-level residential care, food bag, emergency, 1:1, whnau and social work support, and financial mentoring.

We’ll walk alongside you, advocate on your behalf and support you to achieve empowerment, transformation and fullness of life.

19 Gordon Place Newtown Wellington 6021 enquiries@wgtncitymission.org.nz  Community Lounge hours.



(04) 245 0900 9.00am - 3.30pm Monday to Thursday

http://www.wellingtoncitymission.org.nz 10.30am - 3.30pm Friday Some charges may apply. Referral may apply.

**Classification : BFC, THP**

**Tim Byrne - Counsellor**

FSD0006106 Last updated 30/11/2020

Private counsellor.

32 Mulgrave Street Thorndon Wellington



byrnet@xtra.co.nz  Wellington: Monday and Wednesday 9.30am (04) 499 5963 7.00pm. On Tuesday sees clients in Lower Hutt.

(027) 499 5963 Some charges may apply.

No referral required.

**Classification : FVSS**

**Upper Hutt Women's Centre**

FSD0003133 Last updated 01/10/2020

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018



uhwomen@xtra.co.nz  Office hours are 9:00am - 2:00pm Monday to

|  |  |
| --- | --- |
| (04) 527 0017 http://www.uhwc.co.nz      **Victim Support** | Friday, courses are held at various locations and times around Upper Hutt. Check the website for more information.  Some charges may apply. No referral required. |
| 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.



(0800) 842 846 

(04) 474 8862

**Victim Support - Kapiti**

FSD0003212 Last updated 02/02/2021

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Lower Hutt** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0003060 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Porirua** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015718 | 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.



(0800) VICTIM

(0800) 842 846

**Victim Support - Upper Hutt**

FSD0002530 Last updated 02/02/2021

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wairarapa** | The Victim Support Service is available 24 hours, 7 days a week All services free of charge. No referral required. |
| FSD0005341 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wellington** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015719 | 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.



(0800) VICTIM

(0800) 842 846

**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.

**Wairarapa Rape and Sexual Abuse**

FSD0006058 Last updated 18/01/2021

24 Hour Crisis line, free and confidential support and advice.

Floor 3 Departmental Building 35-37 Chapel Street Masterton Coordinator@wairarapa-rapecrisis.org.nz  Free call 24/7



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| (06) 370 8446 (0800) 614 614 http://www.rapecrisisnz.org.nz/    **Classification : SHSS**    **Wairarapa Women's Refuge** | Office by appiontment All services free of charge.  No referral required. |  |
| FSD0007669 |  | Last updated 22/09/2020 |

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.

Ground Floor Departmental Building 33 Chapel Street Masterton Masterton 5810 office@wairarapawomensrefuge.org.nz  Outreach service available. 24 hour crisis line



|  |  |
| --- | --- |
| (06) 377 1717 Crisis line (06) 378 2241 Office http://www.womensrefuge.org.nz    **Classification : FVSS**    **Wellington Rape Crisis Inc.** | 0800 REFUGE (0800 733 843) Some charges may apply. No referral required. |
| FSD0003142 | Last updated 25/01/2021 |

To provide support, information and counselling services to the survivors of rape and sexual and/or child abuse and their families and friends. To provide sexual violence prevention programmes through the Wellington Sexual Abuse Network collaboration.

Maritime Union Building, Level 4 220 Willis Street Te Aro Wellington 6011



support@wellingtonrapecrisis.org.nz  Phone line available 9.30am - 4.00pm Monday to

(04) 801 8973 Friday.

http://wellingtonrapecrisis.org.nz Centre is open 9.30am - 4.00pm Monday to

Friday for drop in visits.

All services free of charge. No referral required.

**Classification : SHSS**

**Wellington Sexual Abuse HELP Foundation**

FSD0003146 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

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| --- | --- |
| support@wellingtonhelp.org.nz  (04) 801 6655 http://www.wellingtonhelp.org.nz    **Classification : SHSS** | Office hours for general enquiries and counselling: Monday - Friday 9:00am-5:00pm .  Crisis support line operates 24 hours.  All services free of charge.  No referral required. |

**Wellington Sexual Health Service**

FSD0005652 Last updated 03/08/2020

Free sexual health services, STI assessment and treatment, provided by specialist physicians, GPs, sexual health nurses and counsellors.

Cuba Street Clinic, Terralink House 275 Cuba Street Te Aro Wellington 6011 sexualhealth@compasshealth.org.nz  Mon 9am-4pm. Tues 9am-4pm. Thurs 9am-7pm.



(04) 385 9879 Fri 9am-4pm

(0800) 18 88 81 All services free of charge. http://www.healthpoint.co.nz/default,1010 No referral required.

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**Wellington Women's House**

FSD0023705 Last updated 19/10/2020

The Wellington Women’s House provides low-cost, temporary housing for women on low incomes or in transition. For more than twenty years, it has been home to women who need a safe place to stay, often at a difficult time in their lives. Our vision is that every woman in Wellington has a safe and comfortable home that enables her to meet her needs. The house depends on volunteers and donors who give generously to provide a safe home for women in need.

house@wwbh.org.nz  Monday-Friday 9-5pm (04) 977 0453 Some charges may apply.

(021) 704 106 No referral required. http://wwbh.org.nz

**Wellington Women's Refuge**

FSD0007675 Last updated 20/08/2020

Support, information and advocacy for women and children experiencing domestic violence. Domestic violence involves one person dominating and controlling another person in a relationship, can include a range of power and control tactics which may not always involve physical violence.

We are a free and accessible service; we take self-referrals as well as referrals from agencies, Police, family and friends. To make a referral simply phone the crisis line or office.

For support ring Crisis Line: 0800 REFUGE (0800 733 843).

We provide:

- A safe and non-judgmental environment where you can be supported to make decisions for your future.

-A confidential listening ear to talk through your situation and options.

-Referrals as required and support at appointments such as the police, lawyers, court hearings, housing and Work & Income.

-Community Office open 9-5 weekdays.

-24-hour access to safe-house accommodation for those whose safety is at risk in the community.

44 Wigan Street Te Aro Wellington 6011



advocate@wwr.org.nz  Crisis line staffed by trained support workers (0800) 733 843 (REFUGE) available 24 hours a day, 7 days a week.

(04) 473 6280 (crisis) Community Office open 9-5 weekdays. http://www.wellingtonwomensrefuge.co.nz Some charges may apply. No referral required.

**Classification : FVSS**

**WellStop**

FSD0003147 Last updated 09/04/2021

Counselling and support to reduce sexual offending in the lower North Island.

enquiries@wellstop.org.nz  8.30am - 5.00pm, Monday to Friday.

(04) 566 4745 Some charges may apply. http://www.wellstop.org.nz No referral required.

**Classification : SHSS**

**Whare Manaaki Inc**

FSD0007673 Last updated 12/01/2021

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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| office@wharemanaaki.org.nz  (04) 234 6118 (0800) 733 843 https://www.womensrefuge.org.nz | 24 hour crisisline 0800 733 843 REFUGE Some charges may apply.  No referral required. |

**Women's Self Defence Network - Wahine Toa Inc**

FSD0015532 Last updated 14/10/2020

Women's Self Defence Network-Wahine Toa is a nationwide network of trained and accredited women teachers of self defense. Our teachers are trained to teach tailored self defense courses for girls (7 years and older) and women (no age limits). Contact us for your local details.

Level 1, Economous Building 4 Bond St Te Aro Wellington 6011



admin@wsdn.org.nz  Please call to contact a teacher.

(04) 213 9710 All services free of charge.

(022) 657 7921 No referral required. http://wsdn.org.nz

**Youthline Wellington**

FSD0006540 Last updated 17/06/2020

Youthline’s primary purpose is to support and develop young people.

We do this through our telephone counselling, web and text services and education services, and also by training young people to volunteer at Youthline.

Youthline Wellington aims to deliver telephone and text counselling daily and education programmes primarily to youth in the Wellington region, but also to others in need. We aim to listen, be a friendly voice, empower young people to make positive decisions in their lives, and to pass on knowledge of other services that could assist our callers with their needs.

Youthline Wellington offers a free, confidential, non-judgmental telephone, text, email and web chat counselling and information service to people in the Wellington and Greater Wellington areas.

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| --- | --- |
| office.wgtn@youthline.co.nz  (0800) 376 633 (Helpline) (04) 801 6924 (Office) http://wellington.youthline.co.nz | 24/7 Youth Help and Counselling Line  Free txt 234  Email Counselling: talk@youthline.co.nz Live chat available on website Some charges may apply.  No referral required. |

# Health

**Abortion Law Reform Association of New Zealand**

FSD0003269 Last updated 27/09/2020

Pro-choice organisation for reform of abortion laws.

safeandlegal@gmail.com  Weekdays 9am - 5pm http://www.alranz.org All services free of charge.

No referral required.

**Access - National Office**

FSD0001641 Last updated 20/08/2020

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

Level 4, NZRB Building 106-110 Jackson Street Petone Lower Hutt 5012



info@access.org.nz  Office Hours 8:30am - 5:00pm

(04) 473 4886 All services free of charge.

(0800) 284 663 Referral may apply. http://www.access.org.nz

**Access - Wairarapa Office**

FSD0000090 Last updated 21/08/2020

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

 Office 1, Totara Business Village 407 Queen Street Masterton 5810

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| info@access.org.nz (0800) 284 663 http://www.access.org.nz | 8.30am - 4.30pm, Monday to Friday.  7.00am -10.00pm after hours call 0800 AT HOME (0800 284 663).  All services free of charge.  Referral may apply. |

**Accident Compensation Corporation (ACC)**

FSD0006141 Last updated 16/03/2021

New Zealand's accident compensation scheme provides 24-hour no-fault personal accident insurance cover. Contact the National Call Centre on 0800 101 996.

information@acc.co.nz  8:30 to 5pm Monday to Friday (0800) 101 996 All services free of charge.

(04) 816 7400 No referral required. http://www.acc.co.nz

**Age Concern Wellington Inc**

FSD0006685 Last updated 19/11/2020

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

Suite 4, Level 1, Anvil House 138-140 Wakefield Street Wellington



info@acwellington.org.nz  9.00am - 4.00pm Monday to Friday.

(04) 499 6646 Some charges may apply. http://www.acwellington.org.nz No referral required.

**Alzheimers NZ**

FSD0004101 Last updated 05/10/2020

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

 Level 1 15 Willeston Street Wellington Central Wellington 6011

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| admin@alzheimers.org.nz  (0800) 004 001 http://www.alzheimers.org.nz      **Alzheimers Wairarapa** | 8.00am to 5.00pm Monday to Friday All services free of charge. No referral required. |
| FSD0006746 | Last updated 16/02/2021 |

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

Solway Showgrounds, Cnr York & Fleet Streets - York St Solway Masterton 5810



alz2.wairarapa@gmail.com  9.00am - 2.00pm Tuesday to Thursday.

(06) 377 7522 All services free of charge. http://www.alzheimers.org.nz No referral required.

**Arthritis New Zealand**

FSD0004102 Last updated 05/02/2021

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 | National Office available between 9.00am -  4.00pm.  Some charges may apply.  No referral required. |

**Arthritis New Zealand - Wairarapa**

FSD0006761 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.

**Arthritis New Zealand - Wellington**

FSD0006762 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 | Some charges may apply. No referral required. |

**Asthma and Respiratory Foundation NZ**

FSD0004103 Last updated 22/03/2021

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| info@arthritis.org.nz (0800) 663 463 http://www.arthritis.org.nz | Some charges may apply. No referral required. |

The Asthma and Respiratory Foundation NZ is the national leader in respiratory health knowledge, with the mission of improving respiratory health outcomes for over 700,000 New Zealanders. The Foundation does this by developing and supporting respiratory health best practice through partnering, research, training and education. The Asthma and Respiratory Foundation NZ is a registered charity that currently receives no government funding.

The Woolstore 262 Thorndon Quay Wellington 6011



info@asthmaandrespiratory.org.nz  Monday to Friday, 8.30am - 5.00pm

(04) 499 4592 All services free of charge. http://www.asthmafoundation.org.nz No referral required.

**Asthma New Zealand - Wellington**

FSD0023736 Last updated 16/03/2021

Asthma New Zealand provides education, training and support to individuals with asthma/COPD and their families, in order that they may achieve their desired goals.

Level 1, Salvation Army Building 125-137 Johnsonville Road Johnsonville Wellington 6037 wellington@asthma.org.nz  Mon-Fri 9am-5pm (04) 237 4520 All services free of charge. http://www.asthma.org.nz No referral required.



**Birth Wise Wellington Inc.**

FSD0005396 Last updated 21/10/2020

Birth Wise offers an antenatal programme and parenting support groups. Birth Wise promotes wellness in pregnancy, natural birth and holistic parenting by empowering women and men to make informed choices.

Trinity Union Church Hall - Hall Avenue Newtown Wellington 6021



enquiries@birthwise.org.nz  Our courses run on Monday evenings, 7pm to (022) 328 1082 9pm, and Sunday evenings, 7pm to 9pm.

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

No referral required.

**Breast Screen Central**

FSD0005398 Last updated 25/03/2021

Provides free two yearly mammograms to eligible women aged 45-69 at Hutt Hospital, Kenepuru

Hospital, Pacific Radiology Lambton Quay, Wellington Hospital Radiology Dept and the Mobile Screening Unit. Also provides education and health promotion to women and health care providers. Maori and Pacific educators are available for women and families.

Breast Centre, Hutt Valley DHB (Hutt Hospital) - Pilmuir Street Lower Hutt 5010



Breast\_Screen.Central@huttvalleydhb.org  8am - 4pm Mon - Fri, Freephone 0800 270 200

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| .nz  (0800) 270 200 https://www.timetoscreen.nz/ | for appointments  All services free of charge.  No referral required. |

**Breastfeeding Support - La Leche League New Zealand**

FSD0004118 Last updated 04/05/2021

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

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

20 Parumoana Street Porirua City Centre Porirua 5022



administrator@lalecheleague.org.nz  For breastfeeding support and help contact

(04) 471 0690 help@lalecheleague.org.nz or visit

http://www.lalecheleague.org.nz www.lalecheleague.org.nz/get-help to find a

leader near you

All services free of charge. No referral required.

**Cancer Society of NZ - Wellington Division**

FSD0004730 Last updated 03/05/2021

We offer support and information for people affected by cancer. We also assist in health promotion, education about cancer prevention and early detection.

52 Riddiford Street Newtown Wellington 6021



receptionist@cancersoc.org.nz  Monday - Thursday 8.30-5

(04) 389 8421 Friday 8.30-4.30

https://wellington.cancernz.org.nz/ Some charges may apply.

No referral required.

**Cancer Society of NZ - Wellington Division, Paraparaumu**

FSD0003169 Last updated 30/04/2021

Health promotion and Education. Supportive Care, Fundraising and Volunteer services.

Information coordination of the Cancer Societies programmes in the Kapiti area. Free counselling and art therapy services available by referral. Free support and information nurse available (no appointment necessary from 2020)/

 27 Kapiti Road Paraparaumu 5032

Kapitioffice@cancersoc.org.nz 

(04) 298 8514

(0800) 226 237 (CANCER) https://wellington.cancernz.org.nz/ Monday to Friday 9.30 am- 3.30 pm All services free of charge. No referral required.

**Cancer Society of NZ Inc - National Office**

FSD0001694 Last updated 30/04/2021

The Cancer Society of New Zealand offers information and support services to people with cancer and their families. It undertakes health promotion activities. It promotes and supports research into all aspects of cancer control.

Level 6, 39 The Terrace Wellington 6011



admin@cancer.org.nz  Monday - Friday

(04) 494 7270 All services free of charge. http://www.cancernz.org.nz No referral required.

**Canine Friends Pet Therapy Inc.**

FSD0002990 Last updated 03/08/2020

Members of Canine Friends are all volunteers who enjoy meeting people and sharing their dogs with those who are no longer able to have their own pet with them. Our reward is the joy that pet therapy brings to people.

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| secretary@caninefriends.org.nz http://www.caninefriends.org.nz      **CanTeen - Wellington** | Mon - Fri 9am -5pm  Some charges may apply. No referral required. |
| FSD0006243 | Last updated 25/08/2020 |

The New Zealand organisation supporting young people (aged 13-24) living with cancer. This includes patient's, siblings of patients, bereaved siblings, offspring of parents currently receiving treatment or offspring of those who have passed away from cancer.

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| info@canteen.org.nz (0800) 226 8336 http://www.canteen.org.nz | Monday - Friday 9am - 5pm All services free of charge.  No referral required. |

**Capital & Coast DHB Rehabilitation Service**

FSD0003177 Last updated 19/04/2021

A specialist assessment and treatment rehabilitation service designed to help older adults improve and/or maintain their level of independence within the homes of their choice.

Kenepereu Community Hospital 45 Raiha Street Kenepuru Porirua 5022



wellington@coordination.org.nz  The Care Coordination Centre is open: 8am to

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| (04) 385 5999 https://www.ccdhb.org.nz/our-services/ato-z-of-our-services/support-servicesprovided-in-the-community/ | 4:30pm Monday to Friday.  All services free of charge.  Referral may apply. |

**Capital Support "Links for Living"**

FSD0004761 Last updated 23/04/2021

Capital Support is a Needs Assessment and Service Coordination (NASC) agency that provides access to support services for people with disability related needs living in the Wellington, Porirua and Kapiti (up to PekaPeka) regions.

People under the age of 65 with long term disability needs are eligible for needs assessment if they have been identified as having a physical, intellectual or sensory disability or ASD (or a combination of these).

Kenepuru Hospital - Raiha Street Porirua



capitalsupport@ccdhb.org.nz  Monday to Friday: 8.30am - 5.00pm

(04) 230 6400 All services free of charge.

(0800) 353 375 Referral may apply. http://www.ccdhb.org.nz

**Child Health Cluster**

FSD0002548 Last updated 29/09/2020

Provides health services/care in schools and their communities throughout the greater Wellington region.

Level 2, Community Health Building, Hutt Hospital - High Street Lower Hutt 5040 sandra.marsh@huttvalleydhb.org.nz  Monday - Friday 8am - 5pm.



(04) 570 9447 All services free of charge.

(04) 570 9002 No referral required. http://huttvalleydhb.org.nz

**Community Health Service**

FSD0004676 Last updated 23/06/2020

District Nursing Service for adults requiring complex nursing services generally in their own home.

Short term home support following an acute event.

Ewart building 2 Coromandel Street Newtown Wellington 6021



info@ccdhb.org.nz  Mon - Fri 8:00am - 4:30pm. Limited availability in

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| (04) 903 0224  (04) 385 5999 http://ccdhb.org.nz | evenings and weekends.  All services free of charge.  Referral may apply. |

**COSPRO Child Obesity Support Programme**

FSD0015209 Last updated 16/09/2020

Child Obesity Support Programme. COSPRO is currently operating in Wellington, Porirua, Kapiti, & the Hutt Valley.

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| chrislakomy@gmail.com  (022) 088 1069 | As required.  All services free of charge.  No referral required. |

**Cystic Fibrosis New Zealand - Wellington**

FSD0005420 Last updated 23/07/2020

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

wellington@cfnz.org.nz  9am - 3pm

(027) 348 2155 All services free of charge. http://www.cfnz.org.nz No referral required.

**DCM**

FSD0016392 Last updated 10/08/2020

DCM works with people who are homeless in Wellington. We work with people to find and sustain housing, access a benefit and manage their money, and to connect to whnau, health and other services and supports. We call the people we work with taumai, meaning to settle. This reflects the journey we embark on together to become settled, stable and well.

We believe that, together, we can end homelessness in Wellington. Our number one priority is getting people off the streets and into sustainable living arrangements, and we offer a range of supports and services along the way to cater for everyone who walks through our door.

Kirva House 2 Lukes Lane Wellington 6011



office@dcm.org.nz  Mon & Fri: 9am-12pm (04) 384 7699 Some charges may apply. http://www.dcm.org.nz Referral may apply.

**Dementia Wellington**

FSD0006744 Last updated 17/12/2020

Dementia Wellington exists to help people with dementia and their whnau/caregivers to live well with dementia. We provide a variety of resources including socialisation, 1:1 advice and support, and education seminars and workshops to individuals and community groups.

We support people with dementia to continue to be active and included in their communities and to participate in the activities they enjoy. We develop and maintain liaison and partnerships with local organisations so they can better support people with dementia.

Dementia Wellington works across Kapiti, Porirua, Hutt and Wellington and has a team of 6 Dementia Advisors who are all registered health professionals. We are governed by a board of trustees who meet monthly.

55 Hutt Road Petone Lower Hutt 5012 admin@dementiawellington.org.nz  8-30am - 5.00pm Monday to Friday.



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| (04) 972 2595 http://www.dementiawellington.org.nz | Some charges may apply. No referral required. |

**DHDP (Drugs and Health Development Project)**

FSD0015100 Last updated 07/04/2021

Needle Exchange service for injecting drug users to prevent the spread of blood borne viruses i.e. HIV/Aids, Hepatitis C etc. Our service is confidential and peer based. We provide harm reduction information, support, advice and a referral for all injecting drug users (including steroid users). We also provide 24 hour access to needles, syringes and other safer injecting items via an after hours electronic dispenser with sharps disposal bin. We also have an outreach service for clients who live in rural areas, have mobility issues with, etc. DHDP has branches in Masterton, Palmerston North, Whanganui and Napier.

Ground Floor 233A Willis Street Wellington 6011



info@drugsproject.co.nz  9.00am - 7.30pm Monday to Friday

(04) 382 8404 1.00pm - 5.00pm Saturday http://www.drugsproject.co.nz

Closed Sunday and Public Holidays All services free of charge. No referral required.

**Diabetes Clinical Nurse Specialists**

FSD0005263 Last updated 23/12/2020

Diabetes education and information.

Masterton Medical 4 Colombo Road Lansdowne Masterton



(027) 292 0965  8am - 4.30pm Monday to Friday Leave a

(027) 650 5881 message. http://wairarapa.dhb.org.nz All services free of charge.

Referral may apply.

**Diabetes New Zealand**

FSD0005750 Last updated 13/07/2020

If you’re looking for information on diabetes and likely symptoms, you’ve come to the right place.

Diabetes New Zealand is a Charitable Trust that represents and supports people with diabetes. We’ve been supporting Kiwis with information and resources to help identify and manage diabetes symptoms for more than 50 years.

Level 10 Intilecta Centre 15 Murphy Street Thorndon Wellington 6144 admin@diabetes.org.nz  08.30 - 17.00 M-F (0800) 342 238 (DIABETES) All services free of charge.



(04) 499 7145 No referral required. http://www.diabetes.org.nz

**Diabetes NZ Wairarapa Branch**

FSD0007793 Last updated 10/08/2020

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

admin@diabetes.org.nz  Monday - Friday (0800) 342 238 8.30am - 5.00pm

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

No referral required.

**Diabetes Wellington**

FSD0007792 Last updated 25/02/2021

Diabetes Wellington Society is a registered charity operating in the Wellington region to provide support and information to people with diabetes.

 Room 3, Level 1, Anvil House 138-140 Wakefield Street Wellington 6011

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| office@diabeteswellington.org.nz  (04) 499 5085 http://www.diabeteswellington.org.nz      **Diabetes Youth Wellington** | Diabetes Information Centre open 10am to 4pm, Monday to Friday.  Some charges may apply. No referral required. |
| FSD0007602 | Last updated 14/08/2020 |

Provides support for diabetic youth and their families across the Wellington region.

diabetesyouthwellington@gmail.com  We're a charity run predominately by volunteers,

(027) 344 1151 and we don't have a physical office. Our Family http://www.dyw.nz Support Officer is available on

diabetesyouthwellington@gmail.com, or contact us via our website.

Some charges may apply. No referral required.

**Disability Services - Victoria University of Wellington**

FSD0005424 Last updated 11/09/2020

Disability Services is committed to eliminating barriers for Victoria University students with temporary or ongoing impairments. The team provides individual coaching, liaison with academic staff, adaptive technology and training, sign-language interpreting, note-taking assistance, mobility parking, exam support and quiet places to rest and study.

Robert Stout Building 21 Kelburn Parade Wellington



disability@vuw.ac.nz  Our locations and hours can be found on our

(04) 463 6070 web page. http://www.victoria.ac.nz/disability/ Some charges may apply.

No referral required.

**Employment New Zealand**

FSD0003799 Last updated 10/11/2020

Provides information and investigates problems to do with employment and workplace health and safety. Helps employers and employees with: Employment conditions, Minimum legal requirements, Problem resolution, Health and safety, Ways to work better, Labour market information.

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| info@mbie.govt.nz (0800) 20 90 20 https://www.employment.govt.nz/ | Business hours are 8.30am - 5.00pm Monday to Thursday.  9am - 5pm Friday. excluding public holidays.  From overseas call +64 9 969 2950 All services free of charge.  No referral required. |

**Epilepsy Association of New Zealand Wellington Branch**

FSD0007018 Last updated 03/12/2020

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

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

(04) 586 2420 appointment with your local Educator.

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

**Evolve Youth Service**

FSD0016492 Last updated 13/07/2020

Evolve is a 'one stop shop' youth service in central Wellington. We provide free and confidential health and social services for young people aged 10 - 25 years. Services include doctor and nurse appointments for general health, sexual health and mental health, counselling, and support from youth workers and social workers. We also offer a range of groups to meet different needs, a hangout space for young people and youth development events and activities.

 Level 2 James Smith Building, above Rebel Sport 65 Cuba Street Te Aro Wellington 6011

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| reception@evolveyouth.org.nz  (04) 473 6204 http://www.evolveyouth.org.nz | Monday to Thursday 10am - 6pm Friday 10am - 5pm.  All services free of charge.  Referral may apply. |

**Family Planning - National Office**

FSD0004112 Last updated 01/12/2020

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.

Levels 7, Southmark House 203-209 Willis Street Te Aro Wellington



national@familyplanning.org.nz  National Office: 8am - 5pm Monday to Friday

(04) 384 4349 All services free of charge. http://www.familyplanning.org.nz No referral required.

**Family Planning Clinic - Lower Hutt**

FSD0007019 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.

Level 4 21-23 Andrews Avenue Lower Hutt 5010



(04) 569 5025  Please ring to make an appointment http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Porirua**

FSD0007021 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.

 Suite 411, Level 4, North City Shopping Centre 2 Titahi Bay Road Porirua 5020

|  |  |
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| (04) 237 8895 (0800) 372 546 http://www.familyplanning.org.nz | Call us 8am to 6pm Monday to Friday, and 9am to 1pm on Saturdays) to make an appointment.  Some charges may apply.  No referral required. |

**Family Planning Clinic - Wellington**

FSD0007044 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.

Level 6 35- 37 Victoria Street Wellington 6011



(04) 499 1992  Please ring to make an appointment. http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Fertility NZ - Wellington Branch**

FSD0003013 Last updated 19/02/2021

To provide support, advocacy & information for people experiencing the heartache of infertility and for those who wish to know more in order to provide support. FNZ conducts regular coffee groups and contact groups.

wellingtonsupport@fertilitynz.org.nz  Contact through website also available.

(0800) 333 306 All services free of charge. http://www.fertilitynz.org.nz No referral required.

**Greenstone Doors**

FSD0022050 Last updated 23/03/2021

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm

|  |  |
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| (04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz | 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge.  No referral required. |

**Health Information Resource Room**

FSD0002576 Last updated 09/11/2020

Health information resource distribution.

1st Floor, Community Health Building Hutt Hospital - High Street Lower Hutt 5010 healthed@huttvalleydhb.org.nz  Monday to Friday 8.00am - 4.30pm



(04) 570 9691 Not manned on Mondays and Fridays but open

http://www.rph.org.nz/resources/health- to view and take resources - check with education-resources/ reception first.

All services free of charge. No referral required.

**Health Promotion Agency (HPA)**

FSD0003274 Last updated 13/07/2020

The Health Promotion Agency is a Crown entity that promotes health and wellbeing, and encourages healthy lifestyles.

 Level 16, Health Promotion Agency 101 The Terrace Wellington 6011

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| enquiries@hpa.org.nz (04) 917 0060 http://www.hpa.org.nz      **Health Resource Centre** | All services free of charge. No referral required. |
| FSD0003017 | Last updated 17/08/2020 |

To provide public health information and education resources about keeping well and preventing disease.

Community Health Building, Hutt Hospital - High Street Lower Hutt 5010



RPH@huttvalleydhb.org.nz  Monday - Friday 8am - 4.30pm

(04) 570 9691 No personal service Mondays & Fridays - door is http://www.healthed.govt.nz open

All services free of charge. No referral required.

**HealthCare NZ - Hutt Valley**

FSD0006281 Last updated 15/02/2021

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!

Unit 11 5 Bouverie Street Petone Lower Hutt 5012



wellington@healthcarenz.co.nz  8am - 5pm weekdays (0800) 000 421 All services free of charge.

(04) 570 0662 No referral required. http://www.healthcarenz.co.nz

**HealthCare NZ - Kapiti - Navigate**

FSD0006282 Last updated 18/12/2020

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!

Level 1, Kayel Building 5 Margaret Road Raumati Beach Paraparaumu admin@navigate.org.nz  Normal business hours (0800) 000 421 Some charges may apply. http://www.healthcarenz.co.nz Referral may apply.



**HealthCare NZ - Masterton**

FSD0006299 Last updated 25/10/2020

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

We offer a wide range of services designed to enable you to live your life the way you want to from the security of your own home. They include:

* personal care such as grooming, showering and dressing
* home help such as housework; assistance with meal preparation, shopping, mobility; and manyother areas in which you may need help
* nursing care such as post-operative care, wound care, medication management and many otherspecialised nursing services

Staying in your own home has never been easier!

47 Perry Street Masterton 5810



Wairarapa.office@healthcarenz.co.nz 

(06) 377 3600 http://www.healthcarenz.co.nz Monday - Friday

8am - 5pm Some charges may apply. Referral may apply.

**HealthCare NZ - National Office**

FSD0001797 Last updated 11/01/2021

HealthCare NZ provides home and community-based support services across New Zealand.

We support and empower people to live independently and safe in their homes and local communities by providing services that meet their lifestyle, culture, needs and goals. Our services include wellbeing, psychological and behavioural support, home and community-based care, rehabilitation, disability, mental health and nursing.

Our teams work with people of all ages to enjoy quality of life, health and wellbeing and stay connected to their home, family, whnau and community.

Leaders in community health, Partners in community wellbeing.

Level 13, AIA Tower 34-42 Manners Street Wellington 6011



marketing@healthcarenz.co.nz  Normal business hours

(04) 802 0955 Some charges may apply.

(0800) 002 722 No referral required. http://www.healthcarenz.co.nz

**HealthCare NZ - Wellington**

FSD0006280 Last updated 30/09/2020

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!

5 Bouverie Street Petone Lower Hutt 5012



wellington@healthcarenz.co.nz  Normal business hours

(04) 477 7620 Some charges may apply. http://www.healthcarenz.co.nz No referral required.

**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   24 hours a day, seven days a week. http://www.healthline.govt.nz All services free of charge.

No referral required.

**Heart Foundation - Wairarapa**

FSD0006476 Last updated 20/04/2021

We are the New Zealand charity working to stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives. Our vision is to have hearts fit for life. At a local level we provide help and support for people and their whanau impacted by heart disease, through community education, resource and information provision and providing opportunities to connect with others living with heart conditions.

Ground Floor 158 The Terrace Wellington Central Wellington 6011



annettes@heartfoundation.org.nz  Mon, Tues and Thurs 9:00am - 2:30pm

(04) 044722780 All services free of charge. http://www.heartfoundation.org.nz/ No referral required.

**Heart Foundation - Wellington**

FSD0006489 Last updated 02/03/2021

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

Ground Floor 158 The Terrace Wellington 6011



info@heartfoundation.org.nz  8.30am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (04) 472 2780 ext 1 (04) 4722780 ext 2 http://www.heartfoundation.org.nz/ | Our work often takes us out of the office. If we missed you please contact us on the listed contact details.  All services free of charge.  No referral required. |

**Home and Community Care and Support**

FSD0005285 Last updated 13/01/2021

To support people living in their own homes by helping them to maintain their independence by providing assistance with household tasks and personal care.

trudy.lamb@wairarapa.dhb.org.nz  7am - 4.30pm Monday, Tuesday, Thursday &

(06) 946 9803 Friday.

(0800) 889 111 7am - 3.30pm Wednesday.

All services free of charge. Referral may apply.

**Hora Te Pai Health Services**

FSD0003193 Last updated 08/01/2021

We aim to provide primary health care services which are culturally appropriate, acceptable, affordable, and accessible to Maori, Pacific Island and low income people residing between Paekakariki and Peka Peka.

Hora Te Pai Health Services is a kaupapa Maori Health Provider

Kapiti Health Centre 35 Warrimoo Street Paraparaumu 5032



reception@horatepai.org.nz  8.30 am to 5.00 pm Monday to Friday

(04) 902 7095 Some charges may apply.

No referral required.

**Hospice New Zealand**

FSD0006133 Last updated 25/03/2021

Hospice New Zealand exists to support member hospices in their work caring for people who are dying. We give voice to the interests, views and concerns of our 32 member services.

Please note we do not provide palliative care services directly to patients and families. We are the national organisation who provides support, resources, advocacy and awareness services to the hospice providers and palliative care sector across the country.

Level 6 11 Chews Lane Wellington Central Wellington 6011



elizabeth@hospice.org.nz  8.00am - 4.30pm

(04) 381 0266 All services free of charge. http://www.hospice.org.nz Referral may apply.

**Huntington's Disease Association (Wellington)**

FSD0003023 Last updated 15/10/2020

To provide support, advice, information and advocacy for those affected by Huntington's Disease, their families and caregivers. To raise awareness on Huntington's Disease.

info.wellingtonhda@xtra.co.nz  24 hours a day 7 days a week

(021) 344 445 All services free of charge.

(04) 569 3252 No referral required.

http://www.huntingtons.org.nz/index.php

**Hutt Union & Community Health Service**

FSD0003034 Last updated 02/01/2021

We provide comprehensive primary health services to Maori, Pacific, Refugee and low income families. Our services include GP's, practice nurses, counsellors, community health workers, physiotherapy, primary mental health and refugee health.

We have 3 clinics Hutt Union Health

Petone , 451 Jackson St, Petone. Ph (04) 5686392. Pomare , 51 Farmer Cres, Pomare. Ph (04) 5676414.

Taita , 1205 High St, Taita. Ph (04) 9397390

51 Farmer Crescent Pomare Lower Hutt



sally@huchs.org.nz  Monday - Friday 9am - 5pm

(04) 567 6414 Some charges may apply.

(04) 568 6392 No referral required.

**Classification : FVSS**

**Hutt Valley Service Coordination Centre**

FSD0019062 Last updated 13/04/2021

Assessment of older people (aged 65 and over) for access to DHB funded supports and residential care. Also act as a resource of information on community supports / agencies available for older people.

Corridor 8 Pilmuir House 67 Pilmuir St Lower Hutt 5040



susan.bowden@careco.org.nz  Mon - Fri 8am to 5:30pm

|  |  |
| --- | --- |
| (04) 566 2226 (0800) 662 225 http://www.careco.org.nz      **Kapiti Women's Centre** | Weekends, after hours and public holidays a staff member is available for urgent matters by following phone prompts.  All services free of charge. No referral required. |
| FSD0003221 | Last updated 01/10/2020 |

We are a feminist based organisation who promote the physical, mental and spiritual well being of women on the Kapiti Coast by offering support, information, referral, educational and counselling services. All services are free or low cost to ensure these services accessible to as many women as possible by removing many of the economic and social barriers that may otherwise prevent women from utilising our services

7 Ngahina Street Paraparaumu 5032



contact@kapitiwomenscentre.org.nz  The centre is open: 9:00am – 3:00pm Monday to

|  |  |
| --- | --- |
| (04) 902 6222 http://www.kapitiwomenscentre.org.nz      **Kapiti Youth Support** | Friday.  There is a message service for any after hours calls.  Some charges may apply. No referral required. |
| FSD0003223 | Last updated 15/06/2020 |

Kapiti Youth Support (KYS) is a free 'One-Stop-Shop' providing a confidential health and support service for young people between the ages of 10 and 24 living in Kapiti.

Our Service is available for all health concerns and issues whether physical or emotional.

Whether you need a chat over a cuppa, advice, support or treatment, we're approachable, friendly and easy to talk with... come see us!

All of our doctors, nurses, mentors, social workers and counsellors are fully trained and offer professional services which are FREE of charge!

If we can't help you, we'll know who can!

 15 Tutanekai Street Paraparaumu

kys@kys.org.nz (04) 905 9597 (Paraparaumu) (027) 248 2744 txt only http://www.kys.co.nz

**Classification : BFC, YS**

**Kokiri Marae Keriana Olsen Trust**

FSD0006022

KYS Paraparaumu

15 Tutanekai Street, Paraparaumu 5032

Mon-Fri (Phone for an appt)

(04) 905 9597

KYS Otaki

14 Matene Street, Otaki 5512

Tue 11.15am - 4pm(Phone for an appt)

06-364 7305 All services free of charge. Referral may apply.

Last updated 06/11/2020

Committed to the health and well-being of whanau, hapu, iwi. We provide social services, health services, education services, and a Kohanga Reo.

7-9 Barnes Street Seaview Lower Hutt



info@kokiri-hauora.org.nz  Office Hours: 8.30am - 5.00pm

(04) 939 4630 All services free of charge. http://www.kokiri.org.nz No referral required.

**Classification : FVSS**

**Koraunui Marae Trust**

FSD0003046 Last updated 26/08/2020

Koraunui Marae CharitableTrust provides a variety of services through out the year. These include

Marae Hire, Youth program, OSCAR Out of School Care and Recreation, Alternative Education, Early Childhood Centre MOE Funded focused on Te Reo Maori, Marae based Health and Social services, counselling Tamariki Ora, Well Women Clinics, Whanau Support, Emergency housing and Advocacy support.

 146 Stokes Valley Road Stokes Valley Lower Hutt 5019

heneriata.koraunuimarae@gmail.com  Monday - Friday 8am - 4.30pm. After hours calls

(04) 939 6662 can be made.

Some charges may apply. Referral may apply.

**Classification : OSCAR, THP**

**La Leche League - Wellington**

FSD0005897 Last updated 26/03/2021

A voluntary non-profit organisation which supports and informs, through group meetings and telephone counselling, women who choose to breastfeed their babies.

277 Karori Road Karori Wellington 6012



wellington@lalecheleague.org.nz  Wellington La Leche League meets at the Karori (027) 442 1829 Plunket Creche, 277 Karori Rd Karori on the 2nd http://www.lalecheleague.org.nz Monday of each month at 10am but you can get

in touch any time with questions or for email/phone support.

All services free of charge. No referral required.

**Lane Park Church**

FSD0002585 Last updated 29/06/2020

Support, nurture and encourage youth health.

Lane Park 22 Lane Street Upper Hutt



info@laneparkchurch.nz  Monday to Thursday 9.00am - 3.00pm.

(04) 528 6515 Some charges may apply. http://www.laneparkchurch.nz No referral required.

**Life Education Trust NZ**

FSD0003754 Last updated 05/10/2020

A holistic Health Resource available to Primary Schools.

41 Pipitea Street Thorndon Wellington 6011



enquiries@lifeeducation.org.nz  8am - 3pm Monday - Friday

(0800) 454 333 Some charges may apply. http://www.lifeeducation.org.nz/ No referral required.

**Life Unlimited Hearing Therapy**

FSD0008316 Last updated 12/04/2021

A free, nationwide service funded by the Ministry of Health to provide support and independent advice for New Zealand residents or citizens, 16 years and over, who experience difficulty communicating effectively because of a hearing impairment.

We offer:

* A hearing evaluation with a qualified hearing therapist
* Information on hearing aids and other technology, including available funding options
* Practical advice and tips for living with hearing conditions like tinnitus
* Strategies for you, your family and whanau to ease communication
* Referrals to other health services if needed

Call 0800 008 011 to book a free appointment with a qualified hearing therapist at a location near you.

Hearing Therapy is provided by Life Unlimited Charitable Trust

Level 3 204 Thorndon Quay, Pipitea, Wellington 6011



hearing@lifeunlimited.net.nz  Clinics available

|  |  |
| --- | --- |
| (0800) 008 011 (04) 499 5851 http://www.hearingtherapy.co.nz      **Literacy Aotearoa** | Monday - Friday - 8.30 am - 4.30 p.m.  All services free of charge. No referral required. |
| FSD0024155 | Last updated 01/02/2021 |

Literacy Aotearoa is a national organisation of adult literacy providers and is a leading commentator on literacy issues in Aotearoa (New Zealand).

Literacy is listening, speaking, reading, writing, numeracy and critical thinking, interwoven with the knowledge of social and cultural practices. Literacy empowers people to contribute to and improve society.

We provide learning assistance to Adult learners 16 years and over at no cost to the learner. We help learners with reading, writing, maths, learner licence, digital literacy and workplace literacy.

340 Queen Street Masterton 5810



info.c6@literacy.org.nz  Monday to Thursday 9.30am - 4pm

|  |  |  |
| --- | --- | --- |
| (06) 377 4214  (0800) 678 910  https://literacy.org.nz/      **Lysosomal Diseases NZ** | Friday 9.30 am - 2pm  All services free of charge.  No referral required. |  |
| FSD0001830 |  | Last updated 27/04/2021 |

Information/support/advocacy for families affected by Lysosomal diseases.

Operates as a social media network only.

125 Cuba Street Petone 5012



john.forman@xtra.co.nz  Standard business hours 5 days per week

|  |  |
| --- | --- |
| (027) 240 3377  https://www.facebook.com/LDNZLysosomal-Diseases-New-Zealand-  436994319820320      **Maraeroa Marae Health Clinic** | All services free of charge. No referral required. |
| FSD0004660 | Last updated 10/10/2020 |

Maraeroa Marae Health Clinic provides clinical and health and well being services for our community in the Porirua and wider Porirua regions.

We have 5 main services, all are FREE: Well Child Tamariki Ora (child health and well-being checks 0-4years); Alcohol and Other Addictions Triage and assessments, and brief intervention Service; Cervical Screening and education; Maori Community Health/Whanau Ora (interactive programmes such as: Whare Kai - cooking classes on Mondays 10-12pm; Kaumatua Exercise and Health Education on Tuesdays 10-12pm); and Community Injury Prevention Service.

We also provide additional services here at Maraeroa Health Clinic for our people, providing easier access in your local area.

216 Warspite Avenue Waitangirua Porirua 5024



info@maraeroa.maori.nz  8.30am-5.00pm Mon - Fri,

(04) 235 8000 (except stat holidays)

https://www.maraeroa.maori.nz All services free of charge.

No referral required.

**Marsden Day Care Trust**

FSD0005501 Last updated 21/09/2020

A quality day care programme in safe and home-like surroundings for people with Alzheimer's Disease and other related disorders. The club maintains links with other related dementia care health providers and is funded by a mix of subsidised and private fees.

11 Newcombe Crescent Karori Wellington 6012



marsden.club@xtra.co.nz  Mon - Fri 9:00am - 5:00pm

(04) 476 6719 Some charges may apply. http://www.marsdenclub.org.nz/ No referral required.

**Mary Potter Community Hospice - Kapiti**

FSD0015192 Last updated 29/03/2021

We are here to provide the best quality care we can to people living with terminal illness and give their families / whanau the support they need.

36 Warrimoo Street Paraparaumu 5032



kapiti@marypotter.org.nz  Inpatient Unit (Newtown) or telephone advice

(04) 296 1283 24/7.

(04) 801 0006 Community services 8am-4.30pm Monday http://www.marypotter.org.nz Friday.

All services free of charge. No referral required.

**Mary Potter Community Hospice - Porirua**

FSD0015193 Last updated 21/12/2020

We are here to provide the best quality care we can to people living with terminal illness and give their families / whanau the support they need.

10 Awatea Street Ranui Porirua 5024



porirua@marypotter.org.nz  Monday to Friday 8am to 4.30pm

(04) 237 7563 All services free of charge. http://www.marypotter.org.nz No referral required.

**Mary Potter Hospice**

FSD0004749 Last updated 09/04/2021

We are here to provide the best quality care we can to people living with terminal illness and give their families / whanau the support they need.

48-52 Mein Street Newtown Wellington 6021



mph@marypotter.org.nz  Inpatient unit (Newtown) or telephone advice

(04) 801 0006 24/7. http://www.marypotter.org.nz Community services: 8am - 5pm.

All services free of charge. No referral required.

**Mokai Kainga Social Services**

FSD0016642 Last updated 19/04/2021

Mokai Kainga is a Professional Marae Based Centre that provides Services in Health, Education, Welfare and Employment.

72 Happy Valley Road Owhiro Bay Wellington 6023



robertmk@xtra.co.nz  8am to 4pm - Monday to Friday.

(04) 383 4922 All services free of charge.

No referral required.

**Motherly Hug**

FSD0024461 Last updated 25/11/2020

Motherly Hug has as its mission to provide care and support for families in the postpartum period and in regards to sleep challenges, in order to promote the wellbeing of the parents and the child. With focus on the emotional well-being of the baby/child and the family in general, and applying a holistic perspective, the Sleep Consultancy that I provide is a respectful and gentle process, through which families will learn the foundations of sleep (information with scientific evidence) and strategies – temperament and age appropriated – to communicate the changes to the child and then to gradually start creating new habits where it’s necessary and where families choose to do so.

No sleep training involved. Secure attachment is a priority!

No strict routines or imposition of anything. Both as a Sleep Consultant and a Postpartum Doula, I respect your choices, I don’t judge you, and through information and support I’ll guide you towards the healthy sleep your family needs.

|  |  |
| --- | --- |
| dulce@motherlyhug.com  (022) 021 0765 https://www.motherlyhug.com/ | 24-7  Some charges may apply.  No referral required. |

**National Cervical Screening Programme - Lower Hutt**

FSD0005513 Last updated 29/06/2020

Promotes the benefits of regular cervical screening, provides information, health promotion and education to women of all ethnic groups. Provides women on the National Cervical Screening Register with information about their cervical screening results and liaises with other health professionals, health agencies and community groups.

Hutt Hospital - BreastScreen Central - Pilmuir Street Lower Hutt 5011



screening@health.govt.nz  8.00am - 4.30pm Monday - Friday

(0800) 729 729 Some charges may apply. https://www.nsu.govt.nz No referral required.

**New Zealand AIDS Foundation - Wellington**

FSD0006689 Last updated 01/12/2020

The New Zealand AIDS Foundation was established to prevent the transmission of HIV and maximise the health and wellbeing of those living with and affected by HIV.

Level 1 187 Willis Street Wellington 6011



contact.awhina@nzaf.org.nz  Visit nzaf.org.nz/test to find available

(0800) 802 437 appointments. http://www.nzaf.org.nz All services free of charge.

No referral required.

**Ngati Kahungunu ki Poneke Community Services**

FSD0005535 Last updated 12/02/2021

We provide manaaki, tautoko and awhi for whanau. We aim to support whanau that they may build their own strategies, develop effective tools and find solutions that address their own needs. We work with individuals and whanau groups.

Level 5 35 Victoria Street Wellington Central Wellington 6011



admin@nkkp.org.nz  Mon - Fri 9am - 4:30pm

|  |  |
| --- | --- |
| (04) 384 6252 http://www.nkkp.org.nz/    **Classification : FVSS** | All services free of charge. No referral required. |

**Northern Suburbs Stroke Club**

FSD0005537 Last updated 05/12/2020

A well organised club for stroke survivors to meet and socialise regularly in a supportive environment.. A trained Field Officer is also available to assist people during rehabilitation from stroke. The club meets twice monthly and provides a a wide variety of speakers.

Villa 13 - Summerset Village Aotea Porirua 5024



antonybiss76@gmail.com  Coordinator (Tony Biss) can be contacted any

(04) 237 0376 time.

Koha/donation may apply. No referral required.

**Orongomai Marae Community Centre Trust**

FSD0003078 Last updated 22/03/2021

Orongomai Marae and Community services. To service our community in Health advocacy,

Kaumatua support service, Whanau Ora, E Tu whanau ( families standing up to o violence ), Youth at risk support, whanau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.

1 Railway Avenue Upper Hutt 5018



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

|  |  |
| --- | --- |
| (04) 528 9639 (021) 024 10254 https://www.facebook.com/OrongomaiMar ae/posts/orongomai-marae-communitytrust-centreagm9-october-2018-7pmatoffice-administrat/2367452636628044/ | 24/7 on 04 5283775  Some charges may apply.  Referral may apply. |

**Otaki Community Health Centre, Otaki Women's Health Group**

FSD0003234 Last updated 23/12/2020

Established in 1987, the Otaki Women's Health Group provides vital health, social and educational services to the Otaki community. The Otaki Women's Health Group is the Lead Tenant and Manager of the Otaki Community Health Centre.

Otaki Community Health Centre 186 Mill Road Otaki 5512



otakiwomenshealth@xtra.co.nz  Tuesday Wednesday (06) 364 6367 (Reception) Counselling 9am to 3pm

https://www.horowhenua.govt.nz/Commu All services free of charge. nity/Local-Directory/Otaki-Community- Referral may apply. Health-Centre

**Pacific Health Plus Ltd**

FSD0004798 Last updated 03/11/2020

Pacific Health Plus is a very low costs doctors practice. We have staff that speak 8 Pacific languages combined. While services are primarily for Pacific peoples, we extend a friendly and warm welcome to all who may choose to seek our assistance.

4 Bedford Court Cannons Creek Porirua 5024



info@phplus.co.nz  9.00am - 5.30pm Monday - Friday.

(04) 890 3620 Some charges may apply.

(04) 918 2300 a/hrs Referral may apply. https://www.phplus.co.nz/contact

**Classification : PACIFIC**

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

1 Hewer Crescent Naenae Lower Hutt 5011



info@phshutt.co.nz  Pacific Health Service Hutt Valley

(04) 577 0394 Opening Hours: 0900 - 1700

http://www.pacifichealthhutt.co.nz Opening Days : Monday - Friday

All services free of charge. No referral required.

**Classification : PACIFIC**

**Paremata Creche**

FSD0022402 Last updated 13/07/2020

We provide a nurturing and educational environment for children aged from 12mths old. We have fully trained and registered teachers, low ratio's and a newly purpose built creche. Two session options are available between 8.30am - 2.30pm Monday - Friday. Paremata Creche has been providing support for families in the community for over 25 years.

(Civic Centre, Next to Whitby Library) 69C Discovery Drive Whitby Porirua 5024 paremata.creche@wmkindergartens.org.n  Monday - Friday z 8.30am - 2.30pm



(04) 234 1690 Some charges may apply. https://www.facebook.com/ParemataCrec No referral required. he/?ref=bookmarks

**Parkinson's - Kapiti/Horowhenua**

FSD0007370 Last updated 25/03/2021

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

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

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

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| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz      **Parkinson's - Wairarapa** | Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.  Some charges may apply. No referral required. |
| FSD0007372 | Last updated 25/03/2021 |

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

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

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

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| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz      **Parkinson's - Wellington** | Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.  Some charges may apply. No referral required. |
| FSD0007364 | Last updated 25/03/2021 |

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

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

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

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| --- | --- |
| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz | Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.  Some charges may apply.  No referral required. |

**Parkinson's New Zealand - National Office**

FSD0004133 Last updated 25/03/2021

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

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

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

Level 13, Ranchhod Tower 39 The Terrace Wellington Central Wellington 6011



info@parkinsons.org.nz  8:30am - 5:00pm Monday to Friday

(04) 801 8850 Some charges may apply.

(0800) 473 4636 Referral may apply. http://www.parkinsons.org.nz

**Perinatal Anxiety & Depression Aotearoa (PADA)**

FSD0022974 Last updated 28/09/2020

Perinatal Anxiety and Depression Aotearoa (PADA) is an organisation that exists to improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood. The perinatal period is from pregnancy through to a child’s first two years. Our aim is to eliminate stigma and facilitate best practice in order to ensure all families in New Zealand experience good perinatal mental health. Anxiety and depression symptoms during this time frame range from thoughts of harming the baby and not being able to cope, through to suicide, child abuse and requiring psychiatric hospitalisation.

PADA was founded in 2011. We run seminars and events all over New Zealand to educate care providers such as GP's, Plunket nurses, midwives, educators, psychologists, psychotherapists, counsellors, community workers, nurses etc.

 Level 2 21-29 Broderick Rd Johnsonville Wellington 6037

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| --- | --- |
| office@pada.nz (04) 461 6318 http://pada.nz      **Plunket** | Mon, Weds, Fri 9am-2.30pm  Closed Thursday  All services free of charge. No referral required. |
| FSD0004138 | Last updated 18/09/2020 |

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

Level 3 40 Mercer Street Wellington



plunket@plunket.org.nz  Contact your nearest Plunket Office for

(04) 471 0177 information on local Plunket Clinics and services http://www.plunket.org.nz in your area, or visit www.plunket.org.nz

PlunketLine support service available 24/7 freephone 0800 933 922 All services free of charge. No referral required.

**Plunket - Central Region Area Hub**

FSD0007440 Last updated 04/05/2021

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

4 Market Grove Lower Hutt 5010 wellingtonwairarapa@plunket.org.nz  8.30am - 4.30pm Monday to Friday.



(04) 460 4660 All services free of charge. https://www.plunket.org.nz/plunket-near- No referral required. me/central-region-area-hub/

**Plunket - Island Bay**

FSD0005552 Last updated 04/05/2021

Plunket supports the development of healthy families.

61 Freyberg Street Lyall Bay Wellington



(04) 387 7594  Please phone for an appointment. Plunket Line

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| (0800) 933 922 is available 24 hours a day, 7 days a week on | |
| https://www.plunket.org.nz/plunket-near- 0800 933 922. me/rongotai-family-centre-lyall-bay- All services free of charge. plunket-clinic/island-bay-plunket-clinic No referral required.      **Plunket - Johnsonville / Newlands / Paparangi** |  |
| FSD0005530 | Last updated 04/05/2021 |

Plunket believes in supporting the development of healthy families.

19 Rotoiti Street Johnsonville Wellington 6037



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 460 4660 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kelburn & Northland**

FSD0005482 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

5 Kowhai Road Kelburn Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 475 9347 is available 24 hours a day, 7 days a week on

https://www.plunket.org.nz/plunket-near- 0800 933 922 me/kelburn-plunket-clinic All services free of charge.

No referral required.

**Plunket - Khandallah**

FSD0005483 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

8A Ganges Road Khandallah Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 479 1292 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kilbirnie/Newtown**

FSD0005563 Last updated 04/05/2021

Plunket supports the development of healthy families.

620 Evans Bay Parade Kilbirnie Wellington wellington.wairarapa@plunket.org.nz  Mon - Fri. Please phone for an appointment.



(04) 387 7047 Plunket Line is available 24 hours a day, 7 days (0800) 933 922 a week on 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/kilbirnie-plunket-clinic No referral required.

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| **Plunket - Plimmerton** |  |
| FSD0004765 | Last updated 04/05/2021 |

Plunket believes in supporting the development of healthy families.

Plunket Rooms 9 Steyne Avenue Plimmerton Porirua 5026 wellington.wairarapa@plunket.org.nz  Please phone for an appointment.



(04) 233 8288 All services free of charge.

(0800) 933 922 No referral required.

https://www.plunket.org.nz/plunket-nearme/plimmerton-plunket-clinic

**Plunket - Porirua**

FSD0004785 Last updated 03/06/2020

Plunket believes in supporting the development of healthy families.

31 Warspite Avenue Cannons Creek Porirua City 5243



(04) 238 4278  Please phone for an appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Tawa/Linden/Titahi Bay**

FSD0005588 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

6 Linden Avenue Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 232 7529 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/tawa-plunket-clinic No referral required.

**Plunket - Upper Hutt**

FSD0002519 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

Plunket House 33 Logan Street Ebdentown Upper Hutt



wellington.wairarapa@plunket.org.nz  Opening hours: Please phone for an

(04) 460 4660 appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Wadestown, Thorndon, Wellington Central**

FSD0005622 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

117 Wadestown Road Wadestown Wellington



(04) 472 9613  Please phone for an appointment. Plunket Line

(0800) 933 922 is available 24 hours a day, 7 days a week on https://www.plunket.org.nz/plunket-near- 0800 933 922.

me/wadestown-plunket-clinic All services free of charge.

No referral required.

**Plunket Miramar**

FSD0005585 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

20A Park Road Miramar Wellington 6022



peninsulaplunket@gmail.com  Plunket Clinics - phone for an appointment

|  |  |
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| (04) 460 4660 (0800) 933 922 https://www.plunket.org.nz/plunket-nearme/miramar-plunket-clinic      **PlunketLine** | Plunket Playgroup - Wed & Fri mornings at 2  Kinghorne Street, Strathmore  Plunket Line is available 24 hours a day, 7 days a week on 0800 933 922.  All services free of charge. No referral required. |
| 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.

**Podiatry New Zealand**

FSD0003879 Last updated 11/01/2021

We are the voice of Podiatry, representing Podiatrists around New Zealand.

contact@podiatry.org.nz  Monday to Friday. Closed Public Holidays.

(04) 473 9547 All services free of charge. http://www.podiatrynz.com No referral required.

**Porirua COPD Support group**

FSD0004690 Last updated 10/02/2021

This is a support and friendship group for sufferers of chest complaints such as asthma, emphysema, bronchitis etc and their caregivers. COPD stands for Chronic Obstructive Pulmonary Diseases.

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| adier@asthma.org.nz (04) 237 4520 http://www.asthma.org.nz | Meetings are 1st Wed of the month 1:30p.m. -3 p.m.  All services free of charge.  No referral required. |

**Pregnancy Counselling Services - Wellington**

FSD0006529 Last updated 21/07/2020

Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.

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| --- | --- |
| pregnancycounselling.info@gmail.com  (0800) 77 34 62 (021) 289 8727 http://www.pregnancycounselling.org.nz | Freephone number available 24 hours a day, 7 days a week.  Text a counsellor 021 2898 727 (021 2TXTPCS) Email Enquiry Form is available on website.  See Facebook counselling page on messenger.  All services free of charge.  No referral required. |

**Pregnancy Help Inc**

FSD0004134 Last updated 23/07/2020

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

|  |  |
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| national@pregnancyhelp.org.nz  (021) 0258 2815 http://www.pregnancyhelp.org.nz | There are not set hours for National office contact - all contacts should in the first instance come via email.  All services free of charge.  No referral required. |

**Pregnancy Help Inc - Greater Wellington**

FSD0007397 Last updated 07/07/2020

Pregnancy Help supports the wellbeing of pregnant and recently pregnant women, parents, caregivers and their families/whanau by providing information and practical support with Care, Concern and Confidentiality.

2nd floor 139b Main Road Tawa Wellington 5028 greatwgtn@pregnancyhelp.org.nz  9 am - 2 pm, Tuesday and Wednesday.



(04) 232 5740 1st & 3rd Thursdays each month, 10am to noon,

http://www.pregnancyhelp.org.nz 774 High St, Boulcott, Lower Hutt 5011 Currently we are only opening Wednesdays in Tawa 9 am to 2 pm.

All services free of charge. No referral required.

**Presbyterian Support Central**

FSD0015907 Last updated 12/03/2021

Presbyterian Support Central has a long history of making a real, positive difference in people’s lives. In fact, we’ve been walking alongside people, regardless of age, background or religious belief, for more than 100 years! Every year we support thousands of people to flourish.

Through our Family Works services we support children, young people, adults, parents, families and whnau to make positive changes in their lives, using the strengths and resources they already have. Family Works offers counselling, social work, parenting programmes and much more.

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives. This includes retirement villages as well as rest home, hospital and dementia care for older New Zealanders.

3-5 George Street Thorndon Wellington 6144



familyworks@psc.org.nz  Office Monday-Friday 8.30am-5pm

(04) 439 4900 Some charges may apply.

(04) 439 4976 No referral required. http://www.psc.org.nz

**Rare Disorders NZ**

FSD0001871 Last updated 12/08/2020

To support, assist and promote better health care and wellbeing for patients and their families/ whanau living with a rare disorder in New Zealand.

RDNZ is the connector hub and collective voice of rare disorders in New Zealand. We help families, patients and healthcare providers find essential information and support groups, and advocate for an equitable healthcare system that works for the 400,000 Kiwis with a rare condition.

102-112 Daniell Street Newtown Wellington 6021



enquiries@raredisorders.org.nz  9am to 5pm Monday to Thursday

(04) 385 1119 All services free of charge. http://www.raredisorders.org.nz No referral required.

**Redwood Club**

FSD0004832 Last updated 18/12/2020

The Redwood Club was established in1989 and is administered by the Redwood Daycare Charitable Trust. It provides a happy, caring and safe environment for members of the community who require the stimulation and support of a balanced daycare programme. The club is a non profit organisation using a combination of professional staff and volunteers.

83 Redwood Avenue Tawa Wellington



redwoodclub@inspire.net.nz  9.00am - 5.00pm Monday to Friday

(04) 232 5521 Some charges may apply.

Referral may apply.

**Regional Public Health Wairarapa**

FSD0005267 Last updated 20/11/2020

Public health aims to keep our population well, improve health, and prevent illness.

Regional Public Health Wairarapa 9 Russell Street Masterton



phadmin@wairarapa.dhb.org.nz  8.00am - 4.30pm, Monday to Friday. RPH Hutt

(06) 377 9111 Valley provides after hours/on call services.

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

No referral required.

**Safer Wairarapa**

FSD0019137 Last updated 01/09/2020

Safer Wairarapa has a wide range of government agencies and community organisations working collaboratively on agreed goals to promote a positive safety culture throughout the region. The 7 workstreams are Road Safety, Alcohol and Drug Education, Suicide Prevention, Falls Prevention, Fire Safety, Violence Prevention and Youth development.

The Vicarage 185 High Street South Carterton 5713



anniel@waisct.org.nz  Mon-Fri 9am-4pm (06) 379 5407 All services free of charge. https://www.facebook.com/Wairarapa.Saf Referral may apply. er.Community.Trust/

**Classification : YS**

**Social Work Department - Hutt Valley District Health Board**

FSD0005834 Last updated 16/11/2020

Provides health related social work services in the Hutt Valley.

Hutt Hospital 622 High Street Lower Hutt



paulinemarie.emmens@huttvalleydhb.org.  Monday to Friday 8 am to 4.30 pm nz All services free of charge.

(04) 570 9620 Referral may apply. http://www.huttvalleydhb.org.nz

**Southern Suburbs (Wellington) Stroke Club**

FSD0005577 Last updated 11/11/2020

We provide support and education to continue rehabilitation of sroke survivors and help their family members and carers. Club meetings, hydrotherapy, young strokes and carers groups.

February - November annually.

Trinity Union Church - Hall Street Newtown Wellington 6021



haslettmoore@gmail.com  Club Meetings every 2nd and 4th Tuesday in a

(04) 389 7164 Month until 24th of November (break). https://www.strokecentral.org.nz/stroke- Some charges may apply. clubs/ No referral required.

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

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| **Stand T Mia - Central Region** |  |
| FSD0007826 | Last updated 03/08/2020 |

Vision: A World Strong with Children

Mission statement: To transform the lives of tamariki and whnau through healing trauma and restoring healthy, respectful and protective relationships so that they can thrive in their communities

3/202 Kapiti Road Paraparaumu 5032



central@standforchildren.org.nz  Office hours 8.30 am to 5.00 pm Monday to

|  |  |
| --- | --- |
| (06) 364 8069 http://www.standforchildren.org.nz      **Stroke Central Region Inc** | Friday.  All services free of charge. Referral may apply. |
| FSD0005656 | Last updated 08/04/2021 |

The Stroke Central Region offers a field officer support service, information service and runs a network of stroke clubs which offer social rehabilitation. Its mission is to improve the quality of life for stroke survivors and their families/carers and to inform the general public to identify their risk of stroke in order to prevent stroke incidence.

90 Kapiti Rd Paraparaumu 5032



stroke@strokecentral.org.nz  Mon - Fri 9am to 4pm

(04) 298 8585 Some charges may apply.

(027) 962 2130 No referral required. http://www.strokecentral.org.nz

**Stroke Club Porirua**

FSD0004672 Last updated 15/03/2021

Stroke Club Porirua meet on the second Wednesday of the month to offer support and friendship to stroke affected people, their families and caregivers. We meet at the Mungavin Hall Supper Room, Mungavin Avenue, Porirua from 10.30am to 1.00pm. New members and volunteers are always welcome.

6 Spicer Place Tawa Wellington 5028



dash@inspire.net.nz  Club Day 2nd Wednesday of each month

(04) 232 4300 10.30am - 1pm at Cafe Kaizen, Porirua Library,

(027) 277 0843 Pataka Art and Museum, Porirua https://www.strokecentral.org.nz/stroke- Some charges may apply. clubs/ No referral required.

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| **Stroke Foundation of NZ - National Office** |  |
| FSD0001971 | Last updated 13/07/2020 |

National Coordinator for the Stroke Foundation of New Zealand.

Level 1, Thorndon Rise Building 95 - 99 Molesworth Street Wellington 6144



strokenz@stroke.org.nz  Monday - Friday, 8.30-4.00pm.

(0800) 78 76 53 (STROKE) Some charges may apply.

(04) 472 8099 No referral required. http://www.stroke.org.nz

**Stroke Wairarapa**

FSD0005318 Last updated 15/01/2021

Support, information and education for people who have suffered a stroke, their families and caregivers, and the wider community.

|  |  |
| --- | --- |
| diane@strokecentral.org.nz  (021) 962 365 (06) 370 1465 http://www.strokecentral.org.nz | Monday, Tuesday, Wednesday.  Free call for Stroke Central 0800 298 858 Some charges may apply.  No referral required. |

**Tamariki Ora Well Child Service**

FSD0003120 Last updated 21/01/2021

Tamariki Ora is a screening, surveillance, education and support service offered to children and their family or whanau from birth to five years. It assists families and whanau to improve and protect their children health.

The service is delivered in Well Child Clinics, at patients homes, and Kohanga Reo. It offers service to residents of Hutt Valley area including Petone, Lower Hutt, Wainuiomata, Stockes Valley, Upper Hutt.

148 Whites Line East Waiwhetu Lower Hutt



info@atiawa.com  9am - 4pm

(04) 569 7993 All services free of charge. http://www.atiawa.com No referral required.

**Te Aro Health Centre Trust**

FSD0005591 Last updated 11/08/2020

Medical Centre for people on a low income living in Wellington. At present our books are closed except for people referred to us from DCM, Night Shelter, Soup Kitchen and other collaborative partners.

331 Willis Street Wellington 6011



reception@tearohealth.org.nz  Mon - Fri 9am-4.30pm

|  |  |
| --- | --- |
| (04) 385 0255 | We are closed for lunch everyday 12-1pm daily.  Some charges may apply.  No referral required. |

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

(06) 378 0140 All services free of charge.

(0800) 666 744 No referral required. http://www.tehauora.org.nz

**Te Mahoe Unit - Wellington Hospital**

FSD0005550 Last updated 07/08/2020

Pregnancy advice, counselling and termination of pregnancy. Women may refer themselves for counselling before or after an abortion. Medical referral is necessary for termination of pregnancy.

Interpreter can be arranged.

Womens Clinics, Level 3 Wellington Hospital - Riddiford Street Newtown Wellington



(04) 806 0761  Some charges may apply.

No referral required.

**Te Omanga Hospice**

FSD0003117 Last updated 26/06/2020

We provide palliative care and support to people, and their families, with a terminal or life limiting illness.

136 Woburn Road Woburn Lower Hutt 5010



admin@teomanga.org.nz  Administration: 8:30am-5pm Monday to Friday (04) 566 4535 Inpatient Unit: 24 hours per day, 7 days per http://www.teomanga.org.nz week, 365 days per year

All services free of charge. Referral may apply.

**Te Runanganui O Te Atiawa**

FSD0003121 Last updated 06/11/2020

Provide support, manaakitanga, professional advice, and other services to Maori organisations, Marae, Kokiri Centres and whanau, and through its tribunal rights as tangata whenua, working with private and public sector agencies in a Treaty based way. The health centre promotes a better and longer life of all Maori by way of high quality health.

 Cnr Riverside Drive & Guthrie Street Lower Hutt

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| info@atiawa.com (04) 566 8214 http://www.atiawa.com      **Te Whriki Takapou** | 8:00am-4:30pm Monday - Friday,  Consulting hours for the Waiwhetu Medical Clinic are 9:00am-11:45am and 2:00pm-4:45pm  Monday - Friday  Some charges may apply. No referral required. |
| FSD0004692 | Last updated 19/03/2021 |

Te Whriki Takapou\* provides Mori sexual and reproductive health promotion services. We work with organisations in the health, education and research sectors to improve the sexual and reproductive health of rangatahi, whnau, and Mori communities. Our team is located around the country and we work collaboratively using internet-based technologies.

\* Trading name of Te Puwai Tapu Trust

tewhariki@tewhariki.org.nz  Please contact us as above.

(021) 027 84821 All services free of charge. http://tewhariki.org.nz No referral required.

**The House of Grace**

FSD0023574 Last updated 13/07/2020

The House of Grace is a home for pregnant teens and young mums. A place to live, learn, prepare for childbirth and make plans for a bright future. We have two homes currently - Hamilton and Wellington but we support young mums from all over New Zealand.

info@thog.org.nz  Our homes are open 24/7, 365 days a year, our (0800) 920 5667 office however is open Mon-Thurs 9am-3pm.

http://www.thehouseofgrace.org.nz See our website for more information Some charges may apply. No referral required.

**Tracecare Ltd**

FSD0022615 Last updated 17/11/2020

Tracecare provides an easy to use GPS located medical alarm. Don’t leave home without your ‘Buddi’ which provides you with assistance anywhere anytime. Help is just the press of a button away. Either our 24/7 monitoring centre or a family member is advised of where you are when you need help the most. Don’t be fenced in at home, continue to live a full and independent life but also giving you and family piece of mind should something go wrong you know help is at hand.

Level 7 138 The Terrace Wellington 6011



info@tracecare.co.nz  Service available 24/7 (0800) 559 720 Some charges may apply.

(021) 225 3271 No referral required. http://tracecare.co.nz

**Tu Kotahi Maori Asthma Society**

FSD0006792 Last updated 13/07/2020

The Asthma and Respiratory Foundation of New Zealand (Inc.) is a national non-government, nonprofit organisation which aims to help people with asthma and respiratory conditions.

7-9 Barnes Street Seaview Lower Hutt 5010 cheryl.tukotahi@kokiri-hauora.org.nz  All services free of charge.



(04) 939 4629 No referral required. http://www.asthmanz.co.nz

**Tu Ora Compass Health**

FSD0004687 Last updated 18/01/2021

Tumai provide health services in the Porirua Community. We provide GP's, nursing, physical activity, health promotion, smoking cessation and discharge co-ordination from hospital services.

Level 4, The Willeston Centre 22-28 Willeston Street Wellington Central Wellington 6011 enquiries@compasshealth.org.nz  8.30am - 5.00 pm



(04) 801 7808 All services free of charge. http://www.compasshealth.org.nz/ No referral required.

**Upper Hutt Health Centre**

FSD0002549 Last updated 10/09/2020

Medical Centre.

Queens Street Car Park - Queens Street Upper Hutt



inquiries@uhhc.co.nz  Mon to Fri: 8am-5pm A/H 5pm-8pm (04) 920 1800 Sat, Sun: A/H 9am-1pm, 2pm-5pm

http://www.uhhc.co.nz Public Holidays: A/H 10am-1pm, 2pm-5pm

Some charges may apply. No referral required.

**Upper Hutt Women's Centre**

FSD0003133 Last updated 01/10/2020

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018



uhwomen@xtra.co.nz  Office hours are 9:00am - 2:00pm Monday to

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| (04) 527 0017 http://www.uhwc.co.nz      **Verisafe** | Friday, courses are held at various locations and times around Upper Hutt. Check the website for more information.  Some charges may apply. No referral required. |
| FSD0022998 | Last updated 07/01/2021 |

To provide individuals, families and organisations with an industrial strength personal safety & risk management system, (with training and support).

Verisafe is secure server based, web browser and smartphone based tool with the following key features:

At Risk

Users press if they think they could be at risk, setting themselves up to 'check in' at intervals. If they do not check in or cancel their At Risk status - emergency contacts are alerted via phone call, text and email with their details and latest GPS data. (GPS data is captured automatically while At Risk is active).

Help

Users press if they are in trouble, instantly emailing, texting and calling their designated emergency contact/s, (and/or our local security partner) sending their details and GPS data.

Safety Checks

Any user can choose to set up their contacts with a daily (or as many times per day as appropriate) safety check up message/s. Once they are set up, it runs with no daily or weekly maintenance.

494 Ohariu Valley Road Wellington 6037



info@verisafe.co  7 days

(027) 445 2401 Some charges may apply. http://www.verisafe.co No referral required.

**Veterans' Affairs**

FSD0023824 Last updated 14/01/2021

We provide support for qualifying veterans — as well as their family and whnau — so they can be well at home, at work, and in their communities. We also help coordinate commemorative activities, maintain over 180 Service Cemeteries throughout NZ, and manage the government's relationship with veterans and their representative organisations.

Level 6 Reserve Bank 2 The Terrace Wellington Central Wellington 6011



veterans@nzdf.mil.nz  Monday to Friday 8am to 5pm.

(0800) 483 8372 All services free of charge.

(04) 495 2070 No referral required. https://www.veteransaffairs.mil.nz

**Vibe - Lower Hutt**

FSD0008083 Last updated 19/02/2021

VIBE - Free confidential Health and Support for young people aged 10-24.

4 Daly Street Lower Hutt



info@vibe.org.nz  Mon - Friday 9am - 5pm

(04) 566 0525 Thursday evening clinic appointment only

(0800) CHAT2VIBE (0800 24 28 28) All services free of charge. http://www.vibe.org.nz Referral may apply.

**Classification : YS**

**Vibe - Upper Hutt**

FSD0003040 Last updated 18/02/2021

VIBE - Free confidential Health and Support for young people aged 10-24.

222-228 Main Street Upper Hutt



vibe@vibe.org.nz  Mon, Tues, Weds, Fri 1pm - 5pm

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| (04) 528 6261  (0800) CHAT2VIBE (0800 24 28 28) http://www.vibe.org.nz    **Classification : YS** | Thurs 9am - 5pm  All services free of charge.  No referral required. |

**Wainuiomata Marae Charitable Trust**

FSD0003136 Last updated 04/02/2021

To provide services for the people of our community & throughout the region & nationally for people from all cultures and all walks of life

Cnr Fitzherbert Road & Wellington Road Parkway Extension Wainuiomata wainuiomata@xtra.co.nz  All services free of charge. (027) 439 3413 No referral required.



**Wairarapa DHB - Cardiac Outreach**

FSD0005334 Last updated 24/02/2021

Cardiac rehabilitation programme. Five week programme to learn to manage a cardiac condition. Home and Papawai Marae visits are included for assessment, education and support following a cardiac admission.

Community Health - Russell Street Masterton 5810



cardiac.outreach@wairarapa.dhb.org.nz  9.00am - 5.00pm Monday to Friday

(06) 946 9800 x5765 All services free of charge. (027) 687 5927 Referral may apply.

**Wairarapa Ostomy Association**

FSD0005297 Last updated 22/03/2021

To help target group members attain a normal lifestyle through reassurance, practical advice and mutual aid, to provide education in ostomy care and assist in the restoration of a balanced mental and emotional state.

43 Solway Crescent Solway Masterton 5810



thecastles2@xtra.co.nz  Flexible

(06) 379 9256 All services free of charge.

Referral may apply.

**Waiwhetu Marae**

FSD0003139 Last updated 07/09/2020

Marae; te kohanga reo daily; health clinic, youth programmes, waka taua; exhibition and conference facilities.

21 Puketapu Grove Waiwhetu Lower Hutt 5010



waimre@xtra.co.nz  From 8a.m-5p.m Mon-fri (04) 566 1847 Some charges may apply.

(04) 569 7025 No referral required.

**Wellington Home Birth Association**

FSD0005641 Last updated 12/02/2021

Information and education promoting and lobbying for the home birth option. Practical, emotional and social support for families. Library, Pool Hire, Monthly Support/Business Meetings.

whbaweb@gmail.com  Online form Get in touch is available on website http://wellingtonhomebirth.weebly.com/ Some charges may apply. No referral required.

**Wellington Multiple Sclerosis Society**

FSD0007222 Last updated 22/03/2021

The Wellington Multiple Sclerosis Society 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.

info@mswellington.org.nz  8.30am - 4.30pm Monday - Thursday. (04) 388 8127 Wellington and Hutt 04 388 8127

http://mswellington.org.nz/ Wairarapa 06 372 3414

Kapiti 04 9761232

All services free of charge. No referral required.

**Wellington Orthotics Centre Ltd**

FSD0005542 Last updated 21/07/2020

Provides orthoses and surgical footwear. Wellington Orthotics Centre delivers clinical services to private and ACC clients, and is a contracted provider to the local district health board (DHB).

3-5 George Street Thorndon Wellington 6011



info@orthotics.co.nz  Hours: Mon-Fri 8.00am – 4.30pm

(04) 815 8058 Some charges may apply. http://www.orthotics.co.nz Referral may apply.

**Wellington Ostomy Association Incorporated**

FSD0005647 Last updated 15/03/2021

Offers support for people, their spouses and friends, who have or are about to have a colostomy, ileostomy or urostomy.

wellington.ostomy@gmail.com  as needed

(027) 472 5148 All services free of charge. https://www.facebook.com/ostomynzwellin No referral required. gton/

**Wellington Sexual Health Service**

FSD0005652 Last updated 03/08/2020

Free sexual health services, STI assessment and treatment, provided by specialist physicians, GPs, sexual health nurses and counsellors.

Cuba Street Clinic, Terralink House 275 Cuba Street Te Aro Wellington 6011 sexualhealth@compasshealth.org.nz  Mon 9am-4pm. Tues 9am-4pm. Thurs 9am-7pm.



(04) 385 9879 Fri 9am-4pm

(0800) 18 88 81 All services free of charge. http://www.healthpoint.co.nz/default,1010 No referral required.

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**Wellington Women's Health Collective**

FSD0004742 Last updated 02/11/2020

We offer listening, support, information and referral to all women for concerns about any aspect of their physical, mental or emotional health. We also offer free counselling to women on low incomes and free pregnancy testing.

 Level 5 175 Victoria Street Wellington 6142

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| info@wwhc.org.nz (04) 384 7709 (022) 323 5008 http://wwhc.org.nz      **WellME** | Weekdays 10am-3pm  All services free of charge. No referral required. |
| FSD0005642 | Last updated 26/01/2021 |

WellME - established in Wellington in 1995. We are a support network for anyone

diagnosed with, or who relates with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, and Fibromyalgia (ME|CFS|Fibromyalgia).

We are a volunteer group run by people with ME|CFS|Fibromyalgia, for people with

ME|CFS|Fibromyalgia. For this reason, although we endeavour to provide our services, we may not be able to provide or respond to all requests immediately based on our health and availability of volunteers. We appreciate your support and understanding on this matter.

We are always looking for volunteers to help us out, if you are interested or would like more information we’ll be happy to discuss further.

WellME aims to provide a safe environment to meet and network with other people who have and understand these illnesses and symptoms. This includes providing information, links, and recommendations for recent and relevant research and updates on these illnesses.

information@wellme.org.nz  We are volunteer run and will respond when we

(027) 2455 961 are able.

https://www.wellme.org.nz/ Our meetings times and dates are avilable on our website and Facebook page.

Koha/donation may apply. No referral required.

**Whaiora Whanui Trust**

FSD0005344 Last updated 27/01/2021

A provider of Health, Education and Social Services to Wairarapa People.

394 Queen Street Masterton tari@whaiora.org.nz (06) 370 0818 (0800) 494 246 http://www.whaiora.org.nz



8.30am - 5.00pm Monday to Friday All services free of charge. No referral required.

# Legal / Civil Services

**Banking Ombudsman Scheme Ltd**

FSD0003575 Last updated 21/09/2020

Free service to investigate customer complaints about banking services.

Level 5, Huddart Parker Building 1 Post Office Square Wellington 6011



help@bankomb.org.nz  8.30 am - 5 pm Monday to Friday (0800) 805 950 All services free of charge.

(04) 915 0400 No referral required. http://www.bankomb.org.nz

**Citizens Advice Bureau**

FSD0004108 Last updated 24/02/2021

Citizens Advice Bureau promotes knowledge and understanding of peoples' rights and responsibilities. It does this through providing the public with a free and confidential service of information, assistance, referral, and advocacy, about any question issue, or problem. It also uses the experience it gains through helping people, to exert a responsible influence on the development of local and national legislation, policies and services so that the wider community benefits.

The service is provided by trained volunteers who have access to an extensive range of resources including a comprehensive referral database of local and national organisations. The service can be accessed face to face, over the phone or by email.

Level 4 93 Boulcott St Wellington 6011



admin@cab.org.nz  You can find out the opening hours of our (04) 471 2735 locations, on our website at www.cab.org.nz (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Central Wellington**

FSD0006889 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

James Smiths Building, Corner Manners St and Cuba - Cuba Street Wellington 6011 wellingtoncentral@cab.org.nz  Monday 9.30am-5.15pm



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| (04) 472 2466 (0800) 367 222 http://www.cab.org.nz | Tues-Wed 9:30am-6:30pm  Thurs 9.30am - 6.00pm  Friday 9.30am-3.30pm  Sat 11am-1pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Johnsonville**

FSD0006893 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

 Johnsonville Community Centre 1 Frankmore Avenue Johnsonville Wellington 6037

johnsonville@cab.org.nz Mon - Fri 9.00am - 4.30pm

(04) 478 5698 Sat 9:30am - 12 noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Kapiti**

FSD0006894 Last updated 19/01/2021

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 at First Floor, Coastlands Shoppingtown, Rimu Road, Paraparaumu Mon-Fri 9am/4pm.

1st Floor - Coastlands Shopping Centre Paraparaumu 5032



kapiti@cab.org.nz  Mon - Fri 9 - 4pm (04) 298 4944 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Karori**

FSD0023251 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

 Karori Community Centre 7 Beauchamp St Karori Wellington

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| karori@cab.org.nz (04) 476 4595 (0800) 367 222 http://www.cab.org.nz | Mon - Fri: 10am - 4pm All services free of charge.  No referral required. |

**Citizens Advice Bureau - Kilbirnie**

FSD0006890 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

56-58 Bay Road Kilbirnie Wellington 6022



kilbirnie@cab.org.nz  Mon - Fri 9:30am-3:00pm.

(04) 387 3573 Open until 5:30pm on Thurs. (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Lower Hutt**

FSD0006896 Last updated 12/04/2021

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.

 Ground Floor, Apex House - Corner of Queens Drive and Laings Road Central Hutt Lower

Hutt 5010

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| lowerhutt@cab.org.nz (04) 566 6039 http://www.cab.org.nz | Monday to Friday 9am - 4.30pm  Free legal clinic Thursday evenings from 6pm All services free of charge.  No referral required. |

**Citizens Advice Bureau - Newtown**

FSD0006899 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

1 Colombo Street Newtown Wellington 6021



newtown@cab.org.nz  Mon-Wed, Fri 9:30am-3pm.

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| (06) 364 8664 http://www.cab.org.nz | All services free of charge. No referral required. |

(04) 389 3813 Thurs 9:30am-12noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Otaki**

FSD0006901 Last updated 21/01/2021

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.

65a Main Street Otaki 5512



otaki@cab.org.nz  Weekdays 9am to 3pm

**Citizens Advice Bureau - Petone**

FSD0006902 Last updated 06/07/2020

Free and confidential advice, information and advocacy available to everyone. Assistance on a wide variety of issues including: personal, family, consumer, employment, tenancy & accommodation issues. Justice of the Peace clinic is available by appointment.

Petone Community House 6 Britannia Street Petone Lower Hutt 5012



petone@cab.org.nz  9.30am-2.30pm, Monday to Friday.

(04) 568 8877 Wainuiomata Library Outreach Every Tuesday http://www.cab.org.nz 10.30am-12.30pm, Eastbourne Library 3rd

Tuesday of month 11am-1pm, Weltec 4th

Tuesday 11am-1pm

All services free of charge. No referral required.

**Citizens Advice Bureau - Upper Hutt**

FSD0006905 Last updated 10/11/2020

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.

2 Sinclair Street Upper Hutt 5018



upperhutt@cab.org.nz  Normal hours resume 21 Jan 2020

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| (04) 528 9040 http://www.cab.org.nz | Monday to Thursday 9:00am - 4:30pm  Friday 9am - 12pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Wairarapa Inc**

FSD0006906 Last updated 11/09/2020

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.

CAB Wairarapa covers Masterton, Carterton, Greytown, Featherston and Martinborough.

43 Perry Street Masterton 5810 wairarapa@cab.org.nz  Monday to Friday 9am - 4pm.



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| --- | --- |
| (06) 377 0078 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau Porirua**

FSD0006903 Last updated 08/09/2020

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.

2nd Floor, Pember House 16 Hagley Street Porirua 5022



porirua@cab.org.nz  Mon - Fri 9.30am - 3.30pm

|  |  |
| --- | --- |
| (04) 237 8846  (04) 237 5398 http://www.cab.org.nz | All services free of charge. No referral required. |

**Community Law Wellington and Hutt Valley - Te Awa Kairangi office**

FSD0003036 Last updated 07/01/2021

Community Law Wellington Hutt Valley offer free legal advice on a wide range of legal issues at our drop-in sessions. We run these at specific times of the day and evening in our city offices. You don’t need to book, but it pays to arrive half an hour early as people are usually seen in the order they arrive. You will be seen privately by one of our lawyers. Our advice is free and confidential, and you are welcome to bring a support person.

We offer general legal advice and specialist family, employment, and refugee/ immigration advice, as well as legal education and training.

We also have outreach clinics including Upper Hutt, Wainuiomata, Taita, Naenae and Kokiri Marae.

Have a look at our plain English legal resources, including the Community Law Manual-it has useful legal information available free online.

Please note: There are some matters we can’t help with-check our website or speak to staff. We don't usually represent clients, but can often find lawyers who can help.

Level 2 59 Queens Drive Lower Hutt



info@wclc.org.nz  Wellington Office

|  |  |
| --- | --- |
| (04) 499 2928 http://www.communitylaw.org.nz | Monday to Thursdays 5.30–7pm  Wednesday & Friday 12–2pm  Te Awa Kairangi (Hutt Valley) Office  Monday 10am–12pm  Tuesday 5–7pm  Wednesday & Thursday 12–2pm  Friday 12-1 (For Women) All services free of charge.  No referral required. |

**Community Law Wellington and Hutt Valley - Wellington office**

FSD0005634 Last updated 01/12/2020

Community Law Wellington and Hutt Valley provides community legal services to meet unmet legal needs.

At drop-in free legal advice sessions, we provide you with initial legal information and advice. In special circumstances, we may take you on as an ongoing client.

We are also committed to informing and educating our community about legal rights and responsibilities. To do this, we produce a range of plain-English legal publications, and provide legal education on different topics and in different formats.

 15 Dixon Street Te Aro Wellington 6011

info@wclc.org.nz

(04) 499 2928

(0800) 499 488 school law infoline http://www.communitylaw.org.nz

**Department of Internal Affairs**

FSD0006144

Monday- Friday.

Call us or visit our website for daily free legal advice drop-in times at our offices and at locations throughout the Hutt Valley and Wellington regions.

All services free of charge. No referral required.

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| New Zealand's Department of Internal Affairs issues passports; administers civil unions; registers births, deaths, marriages and name changes; administers citizenship applications; ensures gambling is fair, legal and honest; enforces censorship law and anti-spam law and promotes internet safety; supervises anti-money laundering and countering financing of terrorism; contributes to community development by administering Lottery Grants, Community Grants Schemes, Grants Online and Trusts; provides support services and policy advice for Ministers of the Crown; and provides information technology services to government.  Department of Internal Affairs 45 Pipitea Street Wellington 6011 info@dia.govt.nz  Monday to Friday.  (04) 495 7200 Visit www.dia.govt.nz for more information.  (0800) 25 78 87 (NZ only) Some charges may apply. http://www.dia.govt.nz No referral required.        **Employment New Zealand**  FSD0003799 Last updated 10/11/2020  Provides information and investigates problems to do with employment and workplace health and safety. Helps employers and employees with: Employment conditions, Minimum legal requirements, Problem resolution, Health and safety, Ways to work better, Labour market information. |

Last updated 16/11/2020

info@mbie.govt.nz (0800) 20 90 20 https://www.employment.govt.nz/

**Evolve Youth Service**

FSD0016492

Business hours are 8.30am - 5.00pm Monday to Thursday. 9am - 5pm Friday. excluding public holidays. From overseas call +64 9 969 2950 All services free of charge. No referral required.

Last updated 13/07/2020

Evolve is a 'one stop shop' youth service in central Wellington. We provide free and confidential health and social services for young people aged 10 - 25 years. Services include doctor and nurse appointments for general health, sexual health and mental health, counselling, and support from youth workers and social workers. We also offer a range of groups to meet different needs, a hangout space for young people and youth development events and activities.

Level 2 James Smith Building, above Rebel Sport 65 Cuba Street Te Aro Wellington 6011 reception@evolveyouth.org.nz  Monday to Thursday 10am - 6pm



(04) 473 6204 Friday 10am - 5pm. http://www.evolveyouth.org.nz All services free of charge. Referral may apply.

**Hutt Valley and Districts Justices of the Peace Association**

**Incorporated**

FSD0017322 Last updated 24/11/2020

How Justices of the Peace help - JPs serve the community in many different was :

They can - Witness signatures on documents, Certify correct copies, Take Oaths declarations, affidavits or affirmations, Having a JP help someone is entirely free of charge. Justices are statutory appointees who receive no payment for their services to the community. No other organisation provide this unique voluntary - sector service to the community at large - Regardless of race or creed. Our membership is fully multi-cultural.

 3 Ropata Crescent Boulcott Lower Hutt 5010

We are a feminist based organisation who promote the physical, mental and spiritual well being of women on the Kapiti Coast by offering support, information, referral, educational and counselling services. All services are free or low cost to ensure these services accessible to as many women as possible by removing many of the economic and social barriers that may otherwise prevent women from utilising our services

7 Ngahina Street Paraparaumu 5032



contact@kapitiwomenscentre.org.nz  The centre is open: 9:00am – 3:00pm Monday to

(04) 902 6222 Friday.

http://www.kapitiwomenscentre.org.nz

There is a message service for any after hours calls.

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| vic.ferg.nz@gmail.com  (04) 976 1568 http://justiceofthepeace.org.nz      **Kapiti Women's Centre** | Best to contact the database www.jpfed.org.nz where a JP can be located by suburb. Do not use The Phone Book as there is no quarantee that it is up to date.Otherwise contact the President.  All services free of charge. No referral required. |
| FSD0003221 | Last updated 01/10/2020 |

Some charges may apply. No referral required.

**Kidz need Dadz Wellington**

FSD0015242 Last updated 03/04/2021

Support for parents, especially families involved in separation and with Family Court issues.

Freephone helpline service and regular meetings in Wellington.

 Natural Healing Raumati 22 Margaret Road Raumati Beach Paraparaumu 5032

wellington@knd.org.nz (0508) 225 5323 (027) 242 0112 http://www.kidzneeddadz.org.nz

**Main Street Legal Limited**

FSD0002509

Monday 8am - 6pm

Tuesday 8am - 10pm

Wednesday 8am - 6pm

Thursday 8am - 6pm

Friday 8am - 5pm Other times by arrangement Koha/donation may apply. No referral required.

Last updated 13/10/2020

Barristers and Solicitors offering free legal advice.

66 Main Street Upper Hutt 5018



john@mainstreetlegal.co.nz  12.30pm - 2.00pm Wednesdays

|  |  |
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| (04) 527 9727 http://www.mainstreetlegal.co.nz | Free legal advice clinic Some charges may apply.  No referral required. |

**Office of the Children's Commissioner**

FSD0003832 Last updated 26/01/2021

Promotes the welfare of children and young people, ensuring their rights are recognised.

Level 7 110 Featherston St Wellington 6011



children@occ.org.nz  Monday to Friday 8.30am - 5.00pm

(04) 471 1410 All services free of charge.

(0800) 224 453 No referral required. http://www.occ.org.nz

**Ombudsman**

FSD0003408 Last updated 11/09/2020

An Ombudsman is an independent investigator who:

* investigates complaints about the administrative acts and decisions of central and local

Government agencies;

* investigates complaints about the decisions of Ministers of the Crown and central and localgovernment agencies on requests for official information;
* provides information and guidance to employees who wish to report serious wrong-doing in theworkplace ('whistle blowing') and is one of the authorities to whom serious wrong-doing can be reported.

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| info@ombudsman.parliament.nz  (0800) 802 602 http://www.ombudsman.parliament.nz | Monday - Friday 8.30 - 5.00 All services free of charge.  No referral required. |

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

1 Hewer Crescent Naenae Lower Hutt 5011



info@phshutt.co.nz  Pacific Health Service Hutt Valley

(04) 577 0394 Opening Hours: 0900 - 1700

http://www.pacifichealthhutt.co.nz Opening Days : Monday - Friday

All services free of charge. No referral required.

**Classification : PACIFIC**

**Petone Community House Incorporated**

FSD0003088 Last updated 24/08/2020

Rooms for hire for the community and local organisations for workshops, seminars, meetings, craft groups, social gatherings, music groups, church groups, meditation groups, counsellors, etc.

6 Britannia Street Petone Lower Hutt office@pchouse.nz  House: 7am-11pm.



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| (04) 568 7798 http://www.petonecommunityhouse.nz | Office: 11:00am-2:00pm, Monday - Friday. (other times by appt)  Some charges may apply.  No referral required. |

**Porirua Kapiti Community Law Centre**

FSD0004748 Last updated 29/09/2020

Providing free legal information & Education, and income tested legal advice assistance and representation to those who can not afford to.

BNZ Tower 14 Hartham Place North Porirua 5022



info@pkclc.com  Monday to Friday: 9am - 4pm

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| --- | --- |
| (04) 237 6811 http://www.communitylaw.org.nz/      **Porirua Whanau Centre** | Telephone advice:  Monday to Friday: 9am - 4pm  For urgent legal advice All services free of charge. No referral required. |
| FSD0004753 | Last updated 01/10/2020 |

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Tenancy Services**

FSD0006142 Last updated 18/03/2021

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

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| info@tenancy.govt.nz (0800) 836 262 (Tenancy) (0800) 737 666 (Bond) https://www.tenancy.govt.nz/ | 8.00am - 5.30pm, Monday to Thursday; 9.00am -  5.30pm on Friday. Contact via Video Relay and  Language Line after 9am Some charges may apply.  No referral required. |

**Tenancy Services - Wellington**

FSD0006230 Last updated 18/03/2021

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

Level 1 205 Victoria Street Wellington



info@tenancy.govt.nz  Open 8.30 am to 4.30 pm weekdays. It is best to (0800) 836 262 call and make an appointment to see someone.

(0800) TENANCY From overseas: +64 4 238 4695 https://www.tenancy.govt.nz/ Some charges may apply.

No referral required.

**The Insurance & Financial Services Ombudsman Scheme Inc.**

FSD0003565 Last updated 13/07/2020

A free, independent service for customers with a complaint about services provided by participating financial service providers. The ISO Scheme investigates complaints about:

insurance, investments, loans and credit, superannuation, financial advisers and other financial services.

Solnet House, Level 2 70 The Terrace Wellington Central Wellington 6011



info@ifso.nz  8.30 am - 5.00 pm Weekdays Mon - Fri (0800) 888 202 All services free of charge.

(04) 499 7612 No referral required. http://www.ifso.nz

**Upper Hutt Women's Centre**

FSD0003133 Last updated 01/10/2020

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018



uhwomen@xtra.co.nz  Office hours are 9:00am - 2:00pm Monday to

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| (04) 527 0017 http://www.uhwc.co.nz      **Victim Support** | Friday, courses are held at various locations and times around Upper Hutt. Check the website for more information.  Some charges may apply. No referral required. |
| 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.

(0800) 842 846 

(04) 474 8862

**Victim Support - Kapiti**

FSD0003212 Last updated 02/02/2021

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Lower Hutt** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0003060 | Last updated 02/02/2021 |

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

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| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Porirua** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015718 | 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.

(0800) VICTIM

(0800) 842 846

**Victim Support - Upper Hutt**

FSD0002530 Last updated 02/02/2021

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

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| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wairarapa** | The Victim Support Service is available 24 hours, 7 days a week All services free of charge. No referral required. |
| FSD0005341 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wellington** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015719 | 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.

(0800) VICTIM

(0800) 842 846

**Wainuiomata Marae Charitable Trust**

FSD0003136 Last updated 04/02/2021

To provide services for the people of our community & throughout the region & nationally for people from all cultures and all walks of life

Cnr Fitzherbert Road & Wellington Road Parkway Extension Wainuiomata wainuiomata@xtra.co.nz  All services free of charge. (027) 439 3413 No referral required.



**Wairarapa Community Law Centre Inc**

FSD0005331 Last updated 15/06/2020

Offer free legal information and assistance to clients with legal issues (phone, email or drop-in).

Outreach clinics in Paihiatua, Eketahuna, Carterton, Featherston, Martinborough and Greytown.

We operate with the voluntary assistance of a number of lawyers and law firms around the Wairarapa region, so after initially speaking with a client services staff member, we may sometimes arrange you in to see a lawyer for free legal advice should it be required.

1st Floor, Sports Wairarapa Building 5 Jackson Street Masterton 5840 wclc@wise.net.nz  Drop-in



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| (06) 377 4134 (0800) 92 42 52 http://www.communitylaw.org.nz | Monday to Friday: 9am - 4pm All services free of charge.  No referral required. |

# Mental Health

**Anxiety Specialists**

FSD0021020 Last updated 12/04/2021

Anxiety impacts upon everyone, directly or indirectly, at some point in our lives.

Our vision is to provide quality psychological services to see people living healthy fulfilling lives. What this means is providing effective treatment supported by research, delivered with a warm and empathetic approach, to give people the best means to cope with and recover from anxiety.

We specialise in assessing and treating adults with anxiety conditions (e.g. generalised anxiety, panic, performance anxiety, social anxiety, phobias, and OCD).

We also run effective and cost-effective online programs.

So if you're a parent with anxiety struggles, get in touch.

Tasman Building 131 Queens Drive Lower Hutt 5010



info@anxietyspecialists.co.nz  Closed Monday

(04) 386 3861 Tuesday - Friday:

http://www.anxietyspecialists.co.nz 12:00 pm – 6:00 pm Closed Saturday & Sunday Some charges may apply. Referral may apply.

**Atareira (Family/Whanau Support Service)**

FSD0007468 Last updated 17/08/2020

Atareira (Family/Whanau support service) provides support, information, education and advocacy for families/whanau members and friends of people with mental health and addiction issues across greater Wellington region.

 Level 6 BNZ Tower 14 Hartham Place Porirua Wellington 6011

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| enquiries@atareira.org.nz  (04) 499 1049 http://www.atareira.org.nz    **Classification : THP**    **Catholic Social Services** | 8.30am- 5.00pm Monday to Friday our service is mobile and can come to you. We also have monthly day and evening support groups across the region and offer irregular education groups in weekends.  Some charges may apply. No referral required. |
| FSD0002992 | Last updated 21/08/2020 |

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**Child Adolescent Mental Health Services, Capital & Coast DHB**

FSD0005409 Last updated 12/04/2021

A multidisciplinary team providing specialist assessment, consultation and treatment for children, young people and their families who are referred with suspected or previously diagnosed psychiatric disorders and serious emotional and behavioural problems.

21 Hania Street Mt Victoria Wellington 6021



(0800) 745 477 initial contact  8.30 - 5.00 p.m. Mon - Friday

(04) 806 0002 All services free of charge. http://www.mhaids.health.nz/our- No referral required. services/child-and-adolescent-mentalhealth-services/

**Cloud 9 Children's Foundation**

FSD0005744 Last updated 08/04/2021

The Cloud 9 Children's Foundation aims to provide programs, support and information that help children and teenagers with Asperger's Syndrome cope with life's demands and be better understood.

Tawa Community Centre 5 Cambridge Street Tawa Wellington



admin@cloud9foundation.co.nz  On line via email, Website or Facebook page http://www.withyoueverystepoftheway.co Some charges may apply. m No referral required.

**Community Mental Health and Addictions - Upper Hutt**

FSD0002553 Last updated 15/03/2021

Community mental health and addiction services for adults who have maderate to severe mental health and addiction problems, living in the Upper Hutt area.

Level 1, CBD tower 84-90 Main Street Upper Hutt 5018



(04) 587 2860  8.00am - 4.30pm Monday to Thurs (0800) 300 044 fri till 4pm

http://www.mhaids.health.nz/our- All services free of charge. services/community-mental-health-teams- Referral may apply. general-adult/

**DCM**

FSD0016392 Last updated 10/08/2020

DCM works with people who are homeless in Wellington. We work with people to find and sustain housing, access a benefit and manage their money, and to connect to whnau, health and other services and supports. We call the people we work with taumai, meaning to settle. This reflects the journey we embark on together to become settled, stable and well.

We believe that, together, we can end homelessness in Wellington. Our number one priority is getting people off the streets and into sustainable living arrangements, and we offer a range of supports and services along the way to cater for everyone who walks through our door.

Kirva House 2 Lukes Lane Wellington 6011



office@dcm.org.nz  Mon & Fri: 9am-12pm (04) 384 7699 Some charges may apply. http://www.dcm.org.nz Referral may apply.

**Early Intervention Service (Capital and Coast Health)**

FSD0004775 Last updated 22/01/2021

We provide services for young people aged between 13-25 who are being troubled by psychotic experiences. We cover the greater Wellington area. The team consists of professional and qualified staff which include nurses, social workers, occupational therapist, psychologist, psychiatrists, as well as Kai Manaaki and Employment Consultant. We welcome contact from anyone who requires information or support.

Te Whare Tipu 21 Hania Street Mount Victoria Wellington 6011



tewharetipu.admin@ccdhb.org.nz  Monday-Friday 8.30-5.00

(04) 806 0002 After hours please contact Te Haika at 0800 745 (0800) 745 477 after hours 477

http://www.mhaids.health.nz/our- http://www.mhaids.health.nz/our-services/doservices/early-intervention-in-psychosis- you-or-does-someone-you-know-need-help-now/ service/ All services free of charge.

No referral required.

**Earthlink Incorporated**

FSD0003006 Last updated 02/12/2020

Assisting people with mental health and addiction disabilities to return to full or part time employment. We run three businesses: apparel recycling and manufacture, recycling, employment training services.

 25 Peterkin Street Wingate Lower Hutt 5019

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| office@earthlink.org.nz  (04) 567 7111 https://www.earthlink.org.nz | Monday - Friday 8.30am - 4.30pm All services free of charge.  No referral required. |

**Emerge Aotearoa - Central and Capital Coast**

FSD0003148 Last updated 22/03/2021

Emerge Aotearoa is a non government organisation that provides community-based mental health and disability support services nationwide. It was established in 2015 and is a merger of Richmond Services, Wellink Trust, Mind and Body and Recovery Solutions.

Our philosophy is based on the belief that people with mental health and disability issues can live full and rich lives in the community. We strive, in every aspect of our work, to ensure our services are person-centred, outcomes-focused and evidence-informed and are committed to providing healthy smokefree environments for all clients, staff and visitors.

71-73 Port Road Seaview Lower Hutt 5010



info@emergeaotearoa.org.nz  08.30am-05:00pm, Mon-Fri

(04) 589 9442 Some charges may apply. http://www.emergeaotearoa.org.nz Referral may apply.

**Evaro - Empowering Adults with Disabilities**

FSD0004787 Last updated 18/01/2021

To improve the lives of adults with disabilities by supporting their choices of where they live, learn, work and socialise.

Evaro is a community participation and inclusion service, that assists and supports people with disabilities to participate in all aspects of our community.

At Evaro Transition we assist students in their last year of college to move from the school environment to further learning opportunities, work options or other services as identified.

Evaro Employment Service assists anyone with a disability to find paid employment and supports the individual, employer and co-workers to make this a successful experience.

We also support peer lead groups/organisations who assist people with mental health issues.

Level 1 James Smith Corner 49-61 Cuba Street Te Aro Wellington 6011



kervin@evaro.nz  Monday to Friday 8.30 am to 4.00 pm

(04) 470 7892 All services free of charge.

(027) 662 0936 Referral may apply. http://www.evaro.nz

**Evolve Youth Service**

FSD0016492 Last updated 13/07/2020

Evolve is a 'one stop shop' youth service in central Wellington. We provide free and confidential health and social services for young people aged 10 - 25 years. Services include doctor and nurse appointments for general health, sexual health and mental health, counselling, and support from youth workers and social workers. We also offer a range of groups to meet different needs, a hangout space for young people and youth development events and activities.

Level 2 James Smith Building, above Rebel Sport 65 Cuba Street Te Aro Wellington 6011 reception@evolveyouth.org.nz  Monday to Thursday 10am - 6pm



(04) 473 6204 Friday 10am - 5pm. http://www.evolveyouth.org.nz All services free of charge. Referral may apply.

**Family Works Wairarapa**

FSD0007598 Last updated 21/12/2020

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

 105 Chapel Street Masterton 5810

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| familyworks-wairarapa@psc.org.nz  (0800) FAM WORKS  http://www.familyworkscentral.org.nz  **Family Works Wellington** | Office Monday-Friday 8.30am-5pm Some charges may apply.  No referral required. |
| FSD0004160 | Last updated 21/12/2020 |

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz  Monday to Friday from 8.30am-5pm.

(0800) FAM WORKS Some charges may apply.

(04) 439 4976 Referral may apply.

http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Greenstone Doors**

FSD0022050 Last updated 23/03/2021

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040 info@greenstonedoors.co.nz 



(04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz

**HealthCare NZ - Masterton**

FSD0006299

Tuesday thru Friday 10am to 5pm 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge. No referral required.

Last updated 25/10/2020

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

We offer a wide range of services designed to enable you to live your life the way you want to from the security of your own home. They include:

* personal care such as grooming, showering and dressing
* home help such as housework; assistance with meal preparation, shopping, mobility; and manyother areas in which you may need help
* nursing care such as post-operative care, wound care, medication management and many otherspecialised nursing services

Staying in your own home has never been easier!

47 Perry Street Masterton 5810



Wairarapa.office@healthcarenz.co.nz  Monday - Friday

|  |  |
| --- | --- |
| (06) 377 3600 http://www.healthcarenz.co.nz      **Healthline** | 8am - 5pm  Some charges may apply. Referral may apply. |
| FSD0000029 | Last updated 28/08/2020 |

Healthline is a free telephone health information service 24 hours/ 7 days a week. Phone 0800 611 116 to talk to a registered nurse for health advice. Calls are free – including from a mobile phone. Interpreters available.

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| (0800) 611 116  http://www.healthline.govt.nz  **Hospice New Zealand** | 24 hours a day, seven days a week.  All services free of charge.  No referral required. |
| FSD0006133 | Last updated 25/03/2021 |

Hospice New Zealand exists to support member hospices in their work caring for people who are dying. We give voice to the interests, views and concerns of our 32 member services.

Please note we do not provide palliative care services directly to patients and families. We are the national organisation who provides support, resources, advocacy and awareness services to the hospice providers and palliative care sector across the country.

Level 6 11 Chews Lane Wellington Central Wellington 6011



elizabeth@hospice.org.nz  8.00am - 4.30pm

(04) 381 0266 All services free of charge. http://www.hospice.org.nz Referral may apply.

**Infant, Child, Adolescent and Family Service**

FSD0002995 Last updated 23/10/2020

ICAFS is a community based secondary mental health service for young people and their families who are having emotional, behavioural, developmental or relationship difficulties.

Nikau Centre @ Hutt Hospital - High Street Lower Hutt 5010



icafs\_admin@huttvalleydhb.org.nz  Monday - Friday 8am - 4.30pm

(04) 570 9600 All services free of charge.

No referral required.

**Kapiti Community Mental Health Team**

FSD0003214 Last updated 09/02/2021

To provide community adult mental health services.

Kapiti Community Mental Health Team, Kapiti Health - Warrimoo Street Paraparaumu kcmht@mhaids.health.nz  8.30 am to 5.00 pm Monday to Friday.



(04) 903 0260 All services free of charge.

(0800) 300 058 No referral required. http://www.mhaids.health.nz/ourservices/community-mental-health-teamsgeneral-adult/

**Kapiti Loss and Grief Centre**

FSD0024415 Last updated 09/10/2020

Provide support for all loss and grief via drop-in centre, a centralised resource base, support groups, Training and equipping for professionals and the wider community.

1A Kapiti Road Paraparaumu 5032



lossandgriefkapiti@gmail.com  Drop-in - Tuesday 9.30am to 12.30pm and

|  |  |
| --- | --- |
| (027) 424 4187 (027) 248 3738 http://www.lossandgrief.co.nz/      **King Street Artworks** | Thursday 1pm to 4pm  Available on mobile phone normal business hours  Some charges may apply. No referral required. |
| FSD0005286 | Last updated 21/12/2020 |

To provide a supportive, vibrant, creative place for people who use mental health services, people suffering from drug or alcohol addiction or head injury, their whanau, friends and community.

King Street Artworks 16 Queen Street Masterton



kingst@wise.co.nz  Linda Tilyard - Studio Manager

(06) 378 9777 http://www.kingstreetartworks.co.nz/ 10.00am - 3.00pm Monday to Friday 10.00am - 2.00pm Saturday All services free of charge. No referral required.

**Kites Trust**

FSD0015019 Last updated 07/09/2020

Kites Trust is a Wellington region based community development organisation focusing on mental health. We do not provide direct services but have developed a number of written resources.

Riddiford House 94 Riddiford Street Newtown Wellington 6021



admin@kites.org.nz  Monday - Friday 9-5 pm (04) 389 9677 All services free of charge. http://www.kites.org.nz No referral required.

**Little Shadow**

FSD0003092 Last updated 05/01/2021

To provide counselling and support to those suffering perinatal distress. To provide community education and facilitated group work on perinatal distress (PND).

ed@littleshadow.org.nz  Book online https://www.littleshadow.org.nz Some charges may apply.

No referral required.

**Mental Health and Addiction Services - Hutt Valley DHB**

FSD0005854 Last updated 15/02/2021

The aim of Hutt Valley DHB's Mental Health Service is to provide a high quality mental health service to the target population for this region. We aim to ensure that high quality services are provided by trained, skilled mental health staff in a timely manner. The direction for the services is based on the national direction for mental health services and the overall direction of Hutt Valley

DHB.

 Public Trust House 40-42 Queens Drive Lower Hutt

(0800) 300 042  Phone number 1 is for Hutt Hospital. Please ask (04) 570 9801 reception to transfer you to the service you http://www.mhaids.health.nz/our- require. services/community-mental-health-teams- All services free of charge. general-adult/ Referral may apply.

**Classification : PACIFIC**

**Mental Health, Addictions and Intellectual Disability Service**

FSD0023601 Last updated 24/07/2020

We provide services across Wellington, Porirua, Kapiti, the Hutt Valley and the Wairarapa, as well as some central region and national services.

tehaika@ccdhb.org.nz  24/7

(0800) 745 477 All services free of charge. http://www.mhaids.health.nz/ No referral required.

**Mind & Body Peer Advocacy Service**

FSD0023099 Last updated 02/06/2020

Peer Advocacy Service aimed at providing advocacy for individuals who are currently making use of / have used addictions or mental health services and who are experiencing difficulties with any service provider. (Difficulties/complaints need not only be about mental health or addictions providers). We aim to voice the rights of consumers who are in danger of being marginalised in society.

13A Wall Place Kenepuru Porirua 5022



advocacy@mindandbody.co.nz  Mon - Friday 8:30am to 5:00pm (0800) 11 11 42 All services free of charge. http://www.mindandbody.co.nz No referral required.

**MIX - Connecting, Creating, Living**

FSD0002555 Last updated 07/08/2020

To provide a safe environment to those with mental health and illness disabilities. To encourage the growth and independence within the community and offer support and advocacy when required.

2 Benzie Avenue Elderslea Upper Hutt 5018



info@mix.org.nz  Monday, Tuesday and Thursday from 9:30am to

(04) 528 7346 3:00pm. http://www.mix.org.nz For After Hours support please contact:

HealthLine 0800 611 116 All services free of charge. Referral may apply.

**Mix - Connecting, Creating, Living Inc**

FSD0003113 Last updated 05/05/2021

Mix provides community centres and activities for people who use mental health services. Centres are located at Uniting Parish, 2 Benzie Ave, Upper Hutt and 212 Knights Rd, Lower Hutt. An Art Space is located at the Knights Rd site.

Participants must live in the Hutt Valley and meet mental health criteria to attend.

212 Knights Road Waterloo Lower Hutt



info@mix.org.nz  Mon - Fri (04) 569 3162 House 9:00 - 3:00

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

Referral may apply.

**North Porirua Care Centre**

FSD0016502 Last updated 12/01/2021

NPCC is a charitable trust providing Social Work and Counselling services in the North Porirua and wider Porirua area.

The Trust fundraises to provide the free Social Work Service to anyone in the Porirua area and there are funds to offer discretionary subsidies to Counselling clients who would not otherwise be able to access the service.

 69f Discovery Drive Whitby Porirua 5024

manager@npcc.org.nz  Messages can be left at any time on 04 233

(04) 233 1248 1248.

(04) 233 1248 The Centre is open Tuesdays to Saturdays and

http://www.npbc.org.nz/cms3/index.php/c some evenings ommunity-services Some charges may apply.

No referral required.

**Oasis Network Inc**

FSD0003075 Last updated 11/12/2020

We are a not for profit community mental health support service that provide Support, Advocacy and Education to people who live or work in the Hutt Valley, who self-identify as having experience of mental distress and/or illness.

We also offer transitional housing to single males and females who either have no mental illness or low to medium levels of mental illness.

40 Bloomfield Terrace Hutt Central Lower Hutt 5010



richard.morete@oasisnetwork.org.nz  Monday 9.00 am - 4:00 pm

(04) 589 5897 Tuesday 10:30 am - 4:00 pm

(027) 343 8407 Wednesday 9.00 am - 4:00 pm

http://www.oasisnetwork.org.nz Thursday 9.00 am - 4:00 pm

Friday 9:00 am- 3:30 pm Some charges may apply. No referral required.

**Classification : THP**

**Open Home Foundation (OHF)**

FSD0004130 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.

 1st Floor, Western Mailing Building 46 Railway Avenue Alicetown Lower Hutt 5010

|  |  |
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| michelle.butcher@ohf.org.nz  (04) 586 1077 http://www.ohf.org.nz/ | 8.30am - 5.00pm Monday to Friday.  Some charges may apply.  No referral required. |

**Otaki Community Health Centre, Otaki Women's Health Group**

FSD0003234 Last updated 23/12/2020

Established in 1987, the Otaki Women's Health Group provides vital health, social and educational services to the Otaki community. The Otaki Women's Health Group is the Lead Tenant and Manager of the Otaki Community Health Centre.

Otaki Community Health Centre 186 Mill Road Otaki 5512



otakiwomenshealth@xtra.co.nz  Tuesday Wednesday (06) 364 6367 (Reception) Counselling 9am to 3pm

https://www.horowhenua.govt.nz/Commu All services free of charge. nity/Local-Directory/Otaki-Community- Referral may apply. Health-Centre

**Overeaters Anonymous - Wellington**

FSD0007756 Last updated 04/02/2021

Overeaters Anonymous is a twelve-step programme for men and women, who support each other in solving their common problem of compulsive eating; including anorexia, bulimia, obesity and overeating.

overeaters.anonymous.wellington@gmail.  Please call to find out meeting days and times. com All services free of charge.

(04) 384 8821 No referral required.

(022) 655 7201call&txt https://oawellington.nz/

**Pablos Art Studio Incorporated**

FSD0021897 Last updated 16/03/2021

We provide free access to professional tuition and one to one creative development for people who have a lived experience of mental ill health. Our artists are supported to use art to transform their lives and engage in the wider community.

Pablos Art Studio is a creative and focused environment that aims to empower individuals to grow in confidence and self-esteem through the process of art making. We encourage development through mentoring, role modelling, inspiring, teaching and working through creative challenges.

118 Tory Street Te Aro Wellington 6011



pablos.tutor@pablosart.org.nz  Studio and Gallery: Monday to Friday 10am to

(04) 382 8885 5pm.

(022) 070 1540 Saturday 10am - 2pm Gallery only http://www.pablosart.org.nz All services free of charge.

Referral may apply.

**Pacific Addiction & General Counselling Services Ltd**

FSD0023208 Last updated 30/06/2020

To provide the following services to individuals, couples, families and groups:

1) Alcohol and other drug counselling (education & referrals to rehabilitation programmes); 2) Generic counselling & psychological support on mental health issues such as anxiety, stress, grief and loss, depression, abuse (of any kind) and relationship issues;

1. Youth counselling (stress, depression, personality, family conflict resolution, suicidalideations/attempts, alcohol & drug use and abuse, relationship issues etc.)

Community presentation to Pacific and Non-Pacific groups on any of the above issues plus Safety Plans on suicide prevention; hope-2-recovery from suicide and sexual abuse.

1. Facilitating Community support groups for people who are 1st time offenders, re-offenders (ondrink driving, violent, anger, abusive behaviour & domestic violence etc.).

Johnsonville Community Centre 3 Frankmoore Avenue Johnsonville Wellington 6037 pacificaddiction2@gmail.com  Johnsonville Community Centre:



(021) 058 1604 Monday, Tuesday, Thursday and Friday (except

Public Holidays)

Some charges may apply. Referral may apply.

**Classification : PACIFIC**

**Pathways - Wellington Branch**

FSD0006196 Last updated 08/09/2020

Creating mental health and wellness opportunities that enable individuals to live their dreams.

181 Thorndon Quay Pipitea Wellington 6011



wellington@pathways.co.nz  Some charges may apply.

(04) 473 9009 No referral required. http://www.pathways.co.nz

**Perinatal Anxiety & Depression Aotearoa (PADA)**

FSD0022974 Last updated 28/09/2020

Perinatal Anxiety and Depression Aotearoa (PADA) is an organisation that exists to improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood. The perinatal period is from pregnancy through to a child’s first two years. Our aim is to eliminate stigma and facilitate best practice in order to ensure all families in New Zealand experience good perinatal mental health. Anxiety and depression symptoms during this time frame range from thoughts of harming the baby and not being able to cope, through to suicide, child abuse and requiring psychiatric hospitalisation.

PADA was founded in 2011. We run seminars and events all over New Zealand to educate care providers such as GP's, Plunket nurses, midwives, educators, psychologists, psychotherapists, counsellors, community workers, nurses etc.

Level 2 21-29 Broderick Rd Johnsonville Wellington 6037



office@pada.nz  Mon, Weds, Fri 9am-2.30pm

(04) 461 6318 Closed Thursday

http://pada.nz All services free of charge.

No referral required.

**Porirua Community Mental Health**

FSD0005553 Last updated 21/12/2020

Provides acute, short and long-term community based assessment and treatment therapies for clients with psychiatric problems living in the area. Includes medical, nursing, social work, occupational therapy and clinical psychology professionals.

Level 8, BNZ Tower 14 Hartham Place Porirua 5022



(04) 381 1600  8.30am-5pm

http://www.mhaids.health.nz/our- All services free of charge. services/community-mental-health-teams- No referral required. general-adult/

**Refugee Trauma Recovery**

FSD0003144 Last updated 03/05/2021

Refugee Trauma Recovery, previously the Wellington Refugee as Survivors Trust, offers community based support to assist refugees resettle in New Zealand. Similar community based services are offered in Auckland. Our mission is to provide specialist mental health services for refugees who have experienced trauma and torture and to offer support and capacity-building for their families and communities.

Level 6 186 Willis Street Wellington



chris.clarke@redcross.org.nz  Hours of operation are 9am - 5pm, Monday to (04) 805 0361 Friday. Outreach clinics operate in the Porirua

(04) 805 0363 and Hutt Valley areas. https://www.redcross.org.nz All services free of charge.

No referral required.

**Riding for the Disabled Association - Wellington**

FSD0004768 Last updated 15/03/2021

To provide horse riding opportunities for sport, recreation and therapy to people with disabilities.

610 Paekakariki Hill Road Paekakariki Hill 5381



wellingtonrda@xtra.co.nz  Core Ride programme - Tuesday to Saturday

(04) 237 5550 during school terms

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

No referral required.

**Samaritans**

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

**Sands Wellington-Hutt Valley**

FSD0005674 Last updated 31/07/2020

Sands Wellington-Hutt Valley offers support to all bereaved parents, their families and whanau who have experienced pregnancy, baby or infant loss. We hold support meetings in the community and also provide Moses baskets and memory making items to Wellington and Hutt Hospitals.

Alicetown Community Centre 38 Victoria Street Alicetown Lower Hutt



sandswgtnhutt@gmail.com  We take calls at any time up to 9:30pm. We do

(022) 398 3917 not have office hours because we do not have a http://www.sandswellingtonhutt.org.nz/ physical office or location that we work from.

All services free of charge. No referral required.

**Seasons for Growth**

FSD0006652 Last updated 10/11/2020

Peer support programmes for children, adolescents and adults (7 levels). The programme is facilitated by a trained adult. Programmes offer education and support for those dealing with major loss/change/challenge. 8 week sessions held usually at school as withdrawal programme from class. Adults programmes vary from a 2 hour workshop to a 4 week programme.

Level 1 132 Tory St Wellington 6011



reception@wn-  8.30am - 4.30pm Monday-Thursday or leave a catholicsocialservices.org.nz message outside these times.

(04) 385 8642 Some charges may apply.

(021) 374 405 No referral required. https://wncatholicsocialservices.org.nz/Seasons+for

+Growth

**Second Chance Enterprises Incorporated**

FSD0021881 Last updated 08/01/2021

Second Chance Enterprises (SCE) is a not-for-profit organisation whose primary purpose is to provide employment for people who have suffered a psychiatric disability. SCE has developed a number of business initiatives with all money made going back to the workers in wages. SCE values working together to create a warm and welcoming environment for rehabilitation, recognising and respecting each person's differences and supporting workers to make positive changes in their lives

Porirua Hospital 2B Upper Main Drive Porirua 5024



info@secondchance.org.nz  9am to 4.30pm, Monday to Friday (0800) 289 966 All services free of charge.

(027) 445 5383 Referral may apply. http://secondchance.org.nz

**Sex and Love Addicts Anonymous (SLAA) - Wellington**

FSD0005575 Last updated 13/11/2020

Sex and Love Addicts Anonymous is a 12 step fellowship for those who want to stop a pattern of

sex and love addiction.

(027) 449 9366 http://www.slaawellington.org.nz

Contact via phone and email which are cleared regularly.

Our meetings take place at various times during the week. See our website for details.

Koha/donation may apply. 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



info@skylight.org.nz  Monday - Friday 8.30am - 5pm. Messages can

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| (0800) 299 100 (04) 939 6767 http://www.skylight.org.nz | be left on the answerphone.  Some charges may apply.  No referral required. |

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

**Supporting Families in Mental Illness (SFNZ) - Wairarapa**

FSD0007466 Last updated 01/10/2020

Schizophrenia Fellowship New Zealand was formed in 1977 by families, for family members experiencing forms of mental illness. Since that time it has developed further to promote the best quality of life for persons with a mental illness and or addictions.and help to support their family/whanau and caregivers' in gaining a better understanding around the issues associated with such illnesses. SFNZ is a charitable organisation and there are a number of branches nationwide that are managed by volunteer committees and members.

323 Queen Street Masterton 5810



admin@sfwai.org.nz  Family Services 9am - 5pm Monday to Friday.

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| (06) 377 3081 http://www.sfwai.org.nz/      **Taeaomanino Trust** | All services free of charge. No referral required. |
| FSD0004737 | Last updated 01/02/2021 |

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Te Ara Korowai Wellbeing Centre**

FSD0003204 Last updated 19/04/2021

Te Ara Korowai is a community hub offering creativity and wellbeing workshops and training for the benefit of our community.

8 Weka Road Raumati Beach 5032 info@tearakorowai.org.nz  Email is preferred contact.



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| (04) 299 6981 |  |
| (027) 322 6060  http://www.tearakorowai.org.nz | Mobile phone for emergencies.  Some charges may apply.  No referral required. |

**Te Haika: mental health and addictions contact centre**

FSD0023600 Last updated 19/04/2021

Te Haika is a mental health and addictions contact centre for people in crisis or experiencing moderate to severe mental health or addiction problems. It is staffed 24 hours a day, 7 days a week by mental health and addiction professionals.

Our service is for everyone from Wellington, Porirua, Kpiti, the Hutt Valley and the Wairarapa. You can request help or a referral to a mental health or addiction service, or you may have questions you want answered by a mental health or substance dependency professional.

tehaika@mhaids.health.nz  24 hours a day, 7 days a week (including public (0800) 745 477 holidays) for mental health emergency calls, (0508) 432 432 wairarapa referrals, general mental health questions http://www.mhaids.health.nz/our- All services free of charge. services/do-you-or-does-someone-you- No referral required. know-need-help-now/

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

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| (06) 378 0140 (0800) 666 744 http://www.tehauora.org.nz      **Te Nikau Addiction Centre** | All services free of charge. No referral required. |
| FSD0003254 | Last updated 18/03/2021 |

Working with addictive/compulsive behaviours of various kinds, and family affected by addiction,

(including alcohol, drugs, gambling, food, sex, pornography, work etc.)

 69 Valley Road Paraparaumu 5032

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| xroads@xtra.co.nz (04) 902 5828 http://www.freedomlife.org.nz      **Te Omanga Hospice** | Office hours 8.30 am to 5.00 pm Monday to Friday.  Some charges may apply. No referral required. |
| FSD0003117 | Last updated 26/06/2020 |

We provide palliative care and support to people, and their families, with a terminal or life limiting illness.

136 Woburn Road Woburn Lower Hutt 5010



admin@teomanga.org.nz  Administration: 8:30am-5pm Monday to Friday (04) 566 4535 Inpatient Unit: 24 hours per day, 7 days per http://www.teomanga.org.nz week, 365 days per year

All services free of charge. Referral may apply.

**Te Paepae Arahi Trust**

FSD0003119 Last updated 16/10/2020

Te Paepae Arahi Services is a kaupapa Maori service for all people. This includes Mental Health, AOD Services and Rangatahi support.

Level 1 7 Daly Street Lower Hutt Wellington 5010



charlotte@tepaepae.co.nz  9.00am-5.00pm Mon-Fri (04) 920 0696 All services free of charge. http://www.tepaepae.co.nz Referral may apply.

**Te Waka Whaiora Trust**

FSD0004741 Last updated 18/12/2020

Te Waka Whaiora Trust is a kaupapa Maori community based mental health service. We provide

Home Based and Navigation support, a non-clinical early intervention service to help with social needs and a four bed sub-acute residential facility.

We cover the Porirua and Wellington areas.

213 - 215 Bedford Street Cannons Creek Porirua City 5024



carole@tww.org.nz  Monday - Friday 9am to 4.30pm

(04) 237 9608 All services free of charge. http://tww.org.nz Referral may apply.

**Te Whare Marie Maori Mental Health Services**

FSD0004762 Last updated 01/02/2021

Te Whare Marie is a progressive service that offers effective and appropriate interventions to Tangata Whaiora and their Whanau in the Wellington and greater regions. Key components of service delivery involve the acknowledgement of whanau values and beliefs, Te Reo and Tikanga, quality treatment and appropriate intervention. This is an all ages service inclusive of child, adolescent, family adult health. Te Whare Marie utilises: Maori model's of care; cultural assessment; clinical assessment and treatment; education and community development.

Hours of service: 8am - 5pm Monday to Friday. New referrals via Te Haika 0800 745477

Porirua Hospital Campus 30 Kenepuru Drive Porirua City



TeWhareMarieAdminTeam@mhaids.healt  8.30am - 5pm weekdays h.nz

(0800) 300 184 0800 745 477 available 24/7

(04) 230 6322 All services free of charge. http://www.mhaids.health.nz/our- No referral required.

services/te-whare-marie-maori-mentalhealth-service/

**The Salvation Army - Upper Hutt**

FSD0002490 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

 695 Fergusson Drive Elderslea Upper Hutt 5018

upperhutt\_corps@nzf.salvationarmy.org  Monday to Friday, 9.30am - 4pm.

(04) 528 6745 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-north-island/upper-hutt/upperhutt-corps

**ThroughBlue**

FSD0022455 Last updated 12/01/2021

ThroughBlue is an organisation which runs support groups for women with experience of depression.

Any woman is welcome to attend our regular meetings - there is a wide spectrum of experience of depression in the groups - from very mild to more severe. Some people may have experienced depression in the past and come along to help manage relapses. They are very diverse groups and range in number from week to week - from 3 to 14 people. It is a friendly and non-threatening environment and most newcomers find it to be very welcoming and inclusive.

ThroughBlue is not affiliated with any religious organisation or church. You are welcome to participate as much as you wish in terms of talking about your experience, or to sit and observe without having to say anything, depending on what suits you. There is a structure to the meetings, with a new topic each week.

61 Hopper St CBD Wellington 6011



throughbluenz@gmail.com  1.00pm - 3.00 Friday each week

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| (021) 707 870 http://www.throughblue.org.nz | 6.30pm - 8.30pm Monday each week Some charges may apply.  No referral required. |

**Ti Counselling and Supervision**

FSD0020750 Last updated 30/11/2020

I offer family, couple or one on one, confidential counselling, in a safe, supportive and professional environment in Lower Hutt.

Life changes (expected and unexpected) may affect us in surprising and often challenging ways.

These changes sometimes need time to process, and it can be helpful to have a counsellor to assist this process.

I am a full member of NZAC and am ACC Registered.

1 Knights Road Hutt Central Lower Hutt 5010



sonya@ticounselling.co.nz  Counselling sessions are by appointment.

(021) 206 2450 Please call and we can make arrangements that http://www.ticounselling.co.nz suit your needs.

Some charges may apply. No referral required.

**Tim Byrne - Counsellor**

FSD0006106 Last updated 30/11/2020

Private counsellor.

32 Mulgrave Street Thorndon Wellington



byrnet@xtra.co.nz  Wellington: Monday and Wednesday 9.30am (04) 499 5963 7.00pm. On Tuesday sees clients in Lower Hutt.

(027) 499 5963 Some charges may apply.

No referral required.

**Classification : FVSS**

**Veterans' Affairs**

FSD0023824 Last updated 14/01/2021

We provide support for qualifying veterans — as well as their family and whnau — so they can be well at home, at work, and in their communities. We also help coordinate commemorative activities, maintain over 180 Service Cemeteries throughout NZ, and manage the government's relationship with veterans and their representative organisations.

Level 6 Reserve Bank 2 The Terrace Wellington Central Wellington 6011



veterans@nzdf.mil.nz  Monday to Friday 8am to 5pm.

(0800) 483 8372 All services free of charge.

(04) 495 2070 No referral required. https://www.veteransaffairs.mil.nz

**Vincents Art Workshop**

FSD0021373 Last updated 23/04/2021

Vincents is a Creative Space where people with a mental illness or a disability and anyone from the wider community of Wellington can explore their creative self expression. Vincents offers a working model of the philosophy of inclusion. There are three art studios which offer a wide variety of art materials and art equipment and at least two art tutors offer support every day. There is an art gallery which holds regular exhibitions of people's art works. Services at Vincents are free of charge.

Willis Street Village 5/148 Willis Street Wellington



vincentsartworkshop@xtra.co.nz  Monday 10-5

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| (04) 499 1030 (027) 407 5706 http://www.vincents.co.nz | Tuesday 10.30-6.30  Wednesday 10-5  Thursday (Women only) 11-4  Friday 10-5  Saturday 10-2  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.

(0800) Regional numbers   South Island 03 379 8415/0800 899 276 (1pm to https://www.mentalhealth.org.nz/get- midnight, 7 nights)

help/in-crisis/helplines/ Wellington 0800 200 207 (7pm–1am, Tuesday to

Sunday)

Auckland Central 0508 927 654 or 0508 WARMLINE (8pm to midnight, 7 nights) All services free of charge. No referral required.

**Wellington Community Mental Health Team - Capital & Coast DHB**

FSD0005626 Last updated 17/07/2020

Provides acute, short and long term community based assessment and treatment therapies for clients with psychiatric problems.

Level 2 113 Adelaide Road Mount Cook Wellington 6021



tehaika@ccdhb.org.nz  8.30 am - 5pm (04) 801 4830 All services free of charge.

(0800) 745 477 Referral may apply. http://www.mhaids.health.nz/ourservices/community-mental-health-teamsgeneral-adult/

**Wellington Crisis Resolution Service**

FSD0005635 Last updated 28/09/2020

Provides 24 hour, 7 days a week assessment and short-term treatment services for people experiencing a serious mental health crisis and for whom there are urgent safety issues.

(0800) 745 477  24 hours 7 days a week. http://mentalhealthservices.org.nz/ All services free of charge. No referral required.

**Wesley Community Action**

FSD0005663 Last updated 30/04/2021

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Whetrangitia - Information and support for bereaved parents**

FSD0024020 Last updated 10/09/2020

Information for family and whnau experiencing the death of a baby or child. Sending aroha to you.

Endoflife@dia.govt.nz  Monday to Friday 8am to 7pm, and Saturday

(0800) 22 52 52 9am to 2pm

https://wheturangitia.services.govt.nz/ All services free of charge. No referral required.

**Youthline Wellington**

FSD0006540 Last updated 17/06/2020

Youthline’s primary purpose is to support and develop young people.

We do this through our telephone counselling, web and text services and education services, and also by training young people to volunteer at Youthline.

Youthline Wellington aims to deliver telephone and text counselling daily and education programmes primarily to youth in the Wellington region, but also to others in need. We aim to listen, be a friendly voice, empower young people to make positive decisions in their lives, and to pass on knowledge of other services that could assist our callers with their needs.

Youthline Wellington offers a free, confidential, non-judgmental telephone, text, email and web chat counselling and information service to people in the Wellington and Greater Wellington areas.

office.wgtn@youthline.co.nz (0800) 376 633 (Helpline) (04) 801 6924 (Office) http://wellington.youthline.co.nz

24/7 Youth Help and Counselling Line

Free txt 234

Email Counselling: talk@youthline.co.nz Live chat available on website Some charges may apply. No referral required.

# Older People

**60's Up Movement of New Zealand - Brown Owl**

FSD0002597 Last updated 29/04/2021

Recreation and activities for those 60 and up.

pamelawk35@gmail.com  Available during meeting time.

(04) 977 9055 Meeting : 1st and 3rd Friday of the month.

http://www.60supmovement.org.nz Some charges may apply.

No referral required.

**60's Up Movement of New Zealand - Maidstone**

FSD0002598 Last updated 16/03/2021

Develop the enjoyment of life for older age groups.

879 Fergusson Drive Upper Hutt 5018



nigelannestent2@gmail.com  Meeting Venue Hapai Club, Fergusson Drive,

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| --- | --- | --- |
| (021) 256 6840 http://www.60supmovement.org.nz | Upper Hutt.  Meeting Dates 2nd & 4th Friday of month 1.15 | |
| p.m. - 3.15 p.m.  Some charges may apply.  No referral required. |  |
| **60's Up Movement of New Zealand - Silverstream** | |
| FSD0002600 | | Last updated 09/08/2020 |

An organisation promoting enjoyment of life for the older person.

magistra@xtra.co.nz  1st and 3rd Friday of each month, 9.30am for

(04) 527 0410 10am. http://www.60supmovement.org.nz/ Some charges may apply.

No referral required.

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| **60's Up Movement of New Zealand - Upper Hutt** |  |
| FSD0002601 | Last updated 07/07/2020 |

An organisation promoting enjoyment of life for the older person.

Cossie Club 11 Logan Street Upper Hutt



nzalmand@gmail.com  Meetings 2nd and 4th Fridays 10am. Games

(04) 528 3337 mornings 1st, 3rd and 5th Fridays 10am. http://www.60supmovement.org.nz/upper Some charges may apply.

\_hutt.htm No referral required.

**Access - National Office**

FSD0001641 Last updated 20/08/2020

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

Level 4, NZRB Building 106-110 Jackson Street Petone Lower Hutt 5012



info@access.org.nz  Office Hours 8:30am - 5:00pm

(04) 473 4886 All services free of charge.

(0800) 284 663 Referral may apply. http://www.access.org.nz

**Age Concern Kapiti Coast Inc**

FSD0006663 Last updated 20/10/2020

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

First Floor - Coastlands Shopping Centre State Highway 1 Paraparaumu



admin@ageconcernkapiti.co.nz  9am to 3pm, Monday to Friday

(04) 298 8879 Some charges may apply. http://www.ageconcern.org.nz No referral required.

**Age Concern New Zealand**

FSD0004095 Last updated 21/09/2020

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

Level 1,Sharp House 79 Taranaki Street Wellington 6011 national.office@ageconcern.org.nz  9.00am - 5.00pm, Monday to Friday.



(04) 801 9338 All services free of charge.

(0800) 652 105 No referral required. http://www.ageconcern.org.nz

**Age Concern Wairarapa Inc**

FSD0005258 Last updated 23/10/2020

Promoting wellbeing, rights, respect and dignity for older people.

Solway Showgrounds, Fleet St Gate Cnr Fleet and York Streets Masterton



admin@acww.nz  9am - 3pm Monday to Thursday

(06) 377 0066 Some charges may apply. http://www.ageconcern.org.nz No referral required.

**Classification : EARS**

**Age Concern Wellington Inc**

FSD0006685 Last updated 19/11/2020

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

Suite 4, Level 1, Anvil House 138-140 Wakefield Street Wellington



info@acwellington.org.nz  9.00am - 4.00pm Monday to Friday.

(04) 499 6646 Some charges may apply. http://www.acwellington.org.nz No referral required.

**Alzheimers Wairarapa**

FSD0006746 Last updated 16/02/2021

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

Solway Showgrounds, Cnr York & Fleet Streets - York St Solway Masterton 5810



alz2.wairarapa@gmail.com  9.00am - 2.00pm Tuesday to Thursday.

(06) 377 7522 All services free of charge. http://www.alzheimers.org.nz No referral required.

**ASK - A Safe Kapiti**

FSD0003192 Last updated 11/03/2021

A Safe Kapiti actively promotes and coordinates crime prevention initiatives for a safer community. Services include Family Support Services, Family Violence Initiative, Strengthening Families coordination, Kapiti Health Shuttle, Neighbourhood Support.

Airport Annex - Dakota Road Paraparaumu 5032



info@asafekapiti.co.nz  9.00 am to 4.00 pm Monday to Friday - excluding

(0800) 502 066 school holidays. http://www.asafekapiti.co.nz Some charges may apply.

No referral required.

**Classification : FVSS**

**Capital & Coast DHB Rehabilitation Service**

FSD0003177 Last updated 19/04/2021

A specialist assessment and treatment rehabilitation service designed to help older adults improve and/or maintain their level of independence within the homes of their choice.

Kenepereu Community Hospital 45 Raiha Street Kenepuru Porirua 5022



wellington@coordination.org.nz  The Care Coordination Centre is open: 8am to

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| (04) 385 5999 https://www.ccdhb.org.nz/our-services/ato-z-of-our-services/support-servicesprovided-in-the-community/ | 4:30pm Monday to Friday.  All services free of charge.  Referral may apply. |

**Capital Support "Links for Living"**

FSD0004761 Last updated 23/04/2021

Capital Support is a Needs Assessment and Service Coordination (NASC) agency that provides access to support services for people with disability related needs living in the Wellington, Porirua and Kapiti (up to PekaPeka) regions.

People under the age of 65 with long term disability needs are eligible for needs assessment if they have been identified as having a physical, intellectual or sensory disability or ASD (or a combination of these).

Kenepuru Hospital - Raiha Street Porirua



capitalsupport@ccdhb.org.nz  Monday to Friday: 8.30am - 5.00pm

(04) 230 6400 All services free of charge.

(0800) 353 375 Referral may apply. http://www.ccdhb.org.nz

**CCS Disability Action - Wairarapa Branch**

FSD0007618 Last updated 23/07/2020

CCS Disability Action is New Zealand's leading provider of support and services to people with physical disabilities. We are also a leading advocate for the rights of disabled people.

36 Bannister Street Masterton



admin.wairarapa@ccsdisabilityaction.org.  10.00am - 1.00pm, Monday to Friday nz All services free of charge.

(06) 378 2426 No referral required.

(0800) 277 2255 http://www.ccsdisabilityaction.org.nz

**Chelsea Club**

FSD0005405 Last updated 07/07/2020

Chelsea Club is a charitable trust which provides a quality day care programme in safe secure home-like surroundings by dementia specific trained staff. We offer a stimulating varied programme, a hot mid day meal, and transport to and from the club.

7 Toru Street Lyall Bay Wellington 6022



chelseatrust@xtra.co.nz  9am-4pm Monday to Friday.

(04) 387 7207 Some charges may apply. https://www.marsdenclub.org.nz/contact- No referral required. us-1

**Dementia Wellington**

FSD0006744 Last updated 17/12/2020

Dementia Wellington exists to help people with dementia and their whnau/caregivers to live well with dementia. We provide a variety of resources including socialisation, 1:1 advice and support, and education seminars and workshops to individuals and community groups.

We support people with dementia to continue to be active and included in their communities and to participate in the activities they enjoy. We develop and maintain liaison and partnerships with local organisations so they can better support people with dementia.

Dementia Wellington works across Kapiti, Porirua, Hutt and Wellington and has a team of 6 Dementia Advisors who are all registered health professionals. We are governed by a board of trustees who meet monthly.

55 Hutt Road Petone Lower Hutt 5012 admin@dementiawellington.org.nz  8-30am - 5.00pm Monday to Friday.



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| (04) 972 2595 http://www.dementiawellington.org.nz | Some charges may apply. No referral required. |

**Elder Abuse Response Service**

FSD0023052 Last updated 30/04/2021

A 24/7 freephone helpline service that connects callers to information and/or support services in relation to elder abuse.

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| support@elderabuse.nz  (0800) 32 668 65(EA NOT OK)    **Classification : EARS, FVSS** | Freephone service available 24/7.  Text 5032 or email support@elderabuse.nz All services free of charge.  No referral required. |

**Enliven Positive Ageing Services - Hutt Valley**

FSD0019242 Last updated 21/12/2020

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives.

In the Hutt Valley Enliven has Woburn Home and Retirement Apartments; and modified Tai Chi classes.

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| enliven@psc.org.nz  (0508) 36 54 83 (04) 569 6400 https://www.enlivencentral.org.nz/ | Office Monday-Friday 8.30am-5pm Some charges may apply.  No referral required. |

**Enliven Positive Ageing Services - Wairarapa**

FSD0019253 Last updated 21/12/2020

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives. This includes retirement villages as well as rest home, hospital and dementia care for older New Zealanders.

In the Wairarapa we offer Kandahar Home and Court in Masterton.

enliven@psc.org.nz  Office Monday-Friday 8.30am-5pm (0508) 36 54 836 Some charges may apply.

(06) 370 0447 No referral required. https://enlivencentral.org.nz/

**Enliven Positive Ageing Services - Wellington**

FSD0019237 Last updated 21/12/2020

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives.

In Wellington Enliven has:

* Woburn Home and Retirement Apartments, Lower Hutt
* Huntleigh Home and Retirement Apartments, Karori
* Cashmere Home and Cashmere Heights Home, Johnsonville
* Longview Home, Tawa
* Modified Tai Chi classes.

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| enliven@psc.org.nz (04) 439 4900 https://enlivencentral.org.nz/ | Office Monday-Friday 8.30am-5pm Some charges may apply.  No referral required. |

**Enliven's Kapiti Activity Programme**

FSD0019243 Last updated 21/12/2020

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives.

14 Tongariro Street Paraparaumu 5032



enliven@psc.org.nz  7.00am - 9.00pm

(0508) 36 54 83

(04) 298 8060 Call 0508 ENLIVEN (that's 0508 36 54 83) or

http://www.enlivencentral.org.nz Kapiti Cottage directly on 04 298 8060 Some charges may apply. No referral required.

**Family Works Wairarapa**

FSD0007598 Last updated 21/12/2020

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

105 Chapel Street Masterton 5810



familyworks-wairarapa@psc.org.nz  Office Monday-Friday 8.30am-5pm

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| (0800) FAM WORKS  http://www.familyworkscentral.org.nz      **Family Works Wellington** | Some charges may apply. No referral required. |
| FSD0004160 | Last updated 21/12/2020 |

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz  Monday to Friday from 8.30am-5pm.

(0800) FAM WORKS Some charges may apply.

(04) 439 4976 Referral may apply.

http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Featherston Care & Craft Centre**

FSD0006376 Last updated 21/03/2021

Care and Craft is a voluntary group catering for lonely, housebound people known as guests who meet fortnightly for companionship ant to do simple craft work and other activities.

(06) 308 9992  Meets Thursdays fortnightly, St Theresas Parish

Centre, 50 Bell Street. 10 am - 1.30 pm During

School Terms

Some charges may apply. No referral required.

**FOCUS**

FSD0005280 Last updated 19/03/2021

FOCUS is a needs assessment service coordination (NASC) agency for people living with disabilities and their carers in the Wairarapa. It aims to provide assessment and co-ordination of services to enable clients to access funded support.

Level 2 49-51 Lincoln Road Masterton 5810



focus@wairarapa.dhb.org.nz  8.00am - 5.00pm, Monday to Friday. After hours

(0800) 900 001 On Call service.

(06) 946 9813 All services free of charge. http://www.wairarapa.dhb.org.nz/your- No referral required. health/focus-access-to-support-services/

**Good Companions Club**

FSD0005480 Last updated 13/08/2020

A monthly get-together offering a social opportunity mainly for senior citizens. We provide morning tea, informal talks and entertainment followed by a light lunch. We also hold bi-annual bus trips in April and October. New members warmly welcomed.

St Teresas Hall 301 Karori Road Karori Wellington 6012



office@otariparish.co.nz  Meets on the fourth Tuesday of each month from (04) 476 6131 11am through to 1pm. There is a $5 koha.

Meeting held at St Teresa's Church Hall, Karori.

Light lunch and entertainment.

Koha/donation may apply. No referral required.

**Government Superannuitants' Association - Wellington Branch**

FSD0005447 Last updated 23/12/2020

Looks after the interests of government superannuitants.

Level 1 Anvil House 138-140 Wakefield Street Wellington 6011



wellington@gsa.org.nz  Office Hours: Wednesdays and Thursdays 9am-

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| (04) 390 3667 (0800) 888 472 http://www.gsa.org.nz      **Grey Power - Mana/Tawa** | 4pm  Some charges may apply. No referral required. |
| FSD0005497 | Last updated 08/01/2021 |

A group whose aim is to support and protect the welfare of persons aged 50+ in the area Tawa to Pukerua Bay. To join with other groups to lobby the government for the betterment of all.

6 Kenef Road Paramata Porirua 5024



onahigh@xtra.co.nz  Contact is Gerard Secreve, Membership

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| (04) 233 0162 (0800) 473 979 http://www.greypower.co.nz      **HealthCare NZ - Masterton** | Secretary/Treasurer. The physical address is my private home address.  Koha/donation may apply. No referral required. |
| FSD0006299 | Last updated 25/10/2020 |

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

We offer a wide range of services designed to enable you to live your life the way you want to from the security of your own home. They include:

* personal care such as grooming, showering and dressing
* home help such as housework; assistance with meal preparation, shopping, mobility; and manyother areas in which you may need help
* nursing care such as post-operative care, wound care, medication management and many otherspecialised nursing services

Staying in your own home has never been easier!

47 Perry Street Masterton 5810



Wairarapa.office@healthcarenz.co.nz 

(06) 377 3600 http://www.healthcarenz.co.nz

**Hospice New Zealand**

FSD0006133

Monday - Friday

8am - 5pm Some charges may apply. Referral may apply.

Last updated 25/03/2021

Hospice New Zealand exists to support member hospices in their work caring for people who are dying. We give voice to the interests, views and concerns of our 32 member services.

Please note we do not provide palliative care services directly to patients and families. We are the national organisation who provides support, resources, advocacy and awareness services to the hospice providers and palliative care sector across the country.

Level 6 11 Chews Lane Wellington Central Wellington 6011



elizabeth@hospice.org.nz  8.00am - 4.30pm

(04) 381 0266 All services free of charge. http://www.hospice.org.nz Referral may apply.

**Hutt Valley Service Coordination Centre**

FSD0019062 Last updated 13/04/2021

Assessment of older people (aged 65 and over) for access to DHB funded supports and residential care. Also act as a resource of information on community supports / agencies available for older people.

Corridor 8 Pilmuir House 67 Pilmuir St Lower Hutt 5040



susan.bowden@careco.org.nz  Mon - Fri 8am to 5:30pm

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| --- | --- |
| (04) 566 2226 (0800) 662 225 http://www.careco.org.nz | Weekends, after hours and public holidays a staff member is available for urgent matters by following phone prompts.  All services free of charge.  No referral required. |

**Kapiti Carers Incorporated**

FSD0003203 Last updated 13/01/2021

This Service provides volunteer drivers to accompany clients from the Kapiti Coast to medical.

hospital and related appointments in the greater Wellington Area an surrounds

(04) 293 6349 (Waikanae)  Available anytime of the day.

(04) 905 1156 (Paraparaumu) Koha/donation may apply.

No referral required.

**Karori Community Centre**

FSD0005476 Last updated 07/09/2020

The Karori Community Centre is one of a network of 20 Community Centre's situated throughout Wellington.

The purpose statement of the Karori Community Centre is "to assist in meeting the needs of individuals and Community Groups in Karori, for social interaction, education, information and support, by providing staff, direction and facilities at low cost.

7 Beauchamp Street Karori Wellington



info@karoricommunitycentre.org.nz  Mon through Fri 9.30-2.00, Wednesday til 6

(04) 476 4968 Some charges may apply. http://www.karoricommunitycentre.org.nz No referral required.

**Karori Drop-in Centre**

FSD0005477 Last updated 07/09/2020

If you’re feeling like some good company and a warm, welcoming place to be - join us for a friendly chat, toasted sandwich, cake and a cuppa on Fridays between 10am - 2pm. No bookings required.

7 Beauchamp Street Karori Wellington 6012



info@karoricommunitycentre.org.nz  Drop-in available between 10am - 2pm on

(04) 476 4968 Fridays. The Community Centre Office is open

http://www.karoricommunitycentre.org.nz/r Mon, Tues, Thurs and Friday 9.30am-2pm,

egular-events Wednesday 9.30am-6pm

Some charges may apply. No referral required.

**Kilbirnie/Lyall Bay Community Centre Inc**

FSD0005486 Last updated 27/07/2020

Community drop-in 10am-12noon and 1pm - 3pm Monday to Friday

Community groups: country and western music, arthritis support, Christian groups, ESOL, craft market, U3A, Tai chi, karate, mahjong, fun exercise class for 50yrs pilates etc. As well as Craft Group, Free Movies, Board Games and other fun stuff.

Modern hall and meeting room are available for hire.

56-58 Bay Road Kilbirnie Wellington 6022



manager@klbcc.org.nz  Office hours 9.30am - 3pm Mon - Fri. Closed

(04) 387 7867 from 12.30 - 1pm for lunch https://www.facebook.com/KLBCCNZ/

Drop-in open Monday - Friday 9.30am - 3pm Some charges may apply. No referral required.

**Life Unlimited Lower Hutt**

FSD0019108 Last updated 20/04/2021

If you have a disability and need support getting access to the right services, we are here to help.

Our service is operated by the charitable trust Life Unlimited and is available to people under 65 years old living in the Hutt Valley.

Based at Epuni Medical Centre 102 Oxford Terrace Lower Hutt 5011 hearing@lifeunlimited.net.nz  By appointment



(0800) 008 011 All services free of charge. http://www.lifeunlimited.net.nz No referral required.

**Marsden Day Care Trust**

FSD0005501 Last updated 21/09/2020

A quality day care programme in safe and home-like surroundings for people with Alzheimer's Disease and other related disorders. The club maintains links with other related dementia care health providers and is funded by a mix of subsidised and private fees.

11 Newcombe Crescent Karori Wellington 6012



marsden.club@xtra.co.nz  Mon - Fri 9:00am - 5:00pm

(04) 476 6719 Some charges may apply. http://www.marsdenclub.org.nz/ No referral required.

**Mary Potter Community Hospice - Kapiti**

FSD0015192 Last updated 29/03/2021

We are here to provide the best quality care we can to people living with terminal illness and give their families / whanau the support they need.

36 Warrimoo Street Paraparaumu 5032



kapiti@marypotter.org.nz  Inpatient Unit (Newtown) or telephone advice

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| (04) 296 1283  (04) 801 0006 http://www.marypotter.org.nz | 24/7.  Community services 8am-4.30pm Monday Friday.  All services free of charge.  No referral required. |

**Mary Potter Community Hospice - Porirua**

FSD0015193 Last updated 21/12/2020

We are here to provide the best quality care we can to people living with terminal illness and give their families / whanau the support they need.

10 Awatea Street Ranui Porirua 5024



porirua@marypotter.org.nz  Monday to Friday 8am to 4.30pm

(04) 237 7563 All services free of charge. http://www.marypotter.org.nz No referral required.

**Mary Potter Hospice**

FSD0004749 Last updated 09/04/2021

We are here to provide the best quality care we can to people living with terminal illness and give their families / whanau the support they need.

48-52 Mein Street Newtown Wellington 6021



mph@marypotter.org.nz  Inpatient unit (Newtown) or telephone advice

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| (04) 801 0006 http://www.marypotter.org.nz | 24/7.  Community services: 8am - 5pm.  All services free of charge.  No referral required. |

**Masterton Care & Craft Centre**

FSD0006377 Last updated 12/04/2021

The Care & Craft Centres of New Zealand Trust gives opportunities to the housebound, disabled or lonely people.

(06) 377 0995  Meets Friday Fortnightly, Old Folks Hall. Cole

and Perry Street during School Terms Some charges may apply. No referral required.

**Meals on Wheels - Masterton**

FSD0005289 Last updated 06/11/2020

To deliver a hot meal weekdays to people who have no other options for midday meals. Short term service, subsidised. Long term service, full cost. People who have no other options available for midday meals.

Allied Health - Wairarapa Hospital Te Ore Ore Road Masterton



(06) 370 2531  Office hours: 9.00am -3.00pm Monday to Friday.

(0800) 733 276 Some charges may apply. http://www.wairarapa.dhb.org.nz Referral may apply.

**Meals On Wheels - Red Cross Kapiti Coast**

FSD0005711 Last updated 11/12/2020

Delivery of meals provided through the national health services to people approved by a GP or district nurse.

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| (04) 805 0304 https://www.redcross.org.nz/what-wedo/in-new-zealand/meals-on-wheels/ | Monday - Friday 8:30 am - 5 pm Some charges may apply.  Referral may apply. |

**New Zealand Red Cross - Upper Hutt**

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| FSD0002495  Humanity both locally and overseas. | Last updated 15/10/2020 |

18 Princes Street Upper Hutt 5018



upperhutt@redcross.org.nz  9am - 1pm Mon-Fri

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| (04) 528 9162 (0800) 733 276 http://www.redcross.org.nz | Meeting 2nd Friday of month at 1.30 pm Some charges may apply.  Referral may apply. |

**New Zealand Red Cross - Wairarapa**

FSD0005293 Last updated 30/11/2020

To help and support people in need. To have at least one First Aider in every household. First Aid training - NZQA units 6400-01-02-OSH approved trainer. Comprehensive First Aid Certificate and Revalidation available.

30 Church Street Masterton



wairarapa@redcross.org.nz  Mon - Fri, 9am - 3pm

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| (06) 377 3586 http://www.redcross.org.nz | Some charges may apply. No referral required. |

**Okiwi Trust Volunteer Drivers Service (Eastbourne)**

FSD0003076 Last updated 28/05/2020

To enable older residents to have access to flexible volunteer transport services

pippa@scenestealer.co.nz  Monday - Friday 8.30am - 5pm (0800) 654 942 All services free of charge. http://www.okiwi.org.nz No referral required.

**Presbyterian Support Central**

FSD0015907 Last updated 12/03/2021

Presbyterian Support Central has a long history of making a real, positive difference in people’s lives. In fact, we’ve been walking alongside people, regardless of age, background or religious belief, for more than 100 years! Every year we support thousands of people to flourish.

Through our Family Works services we support children, young people, adults, parents, families and whnau to make positive changes in their lives, using the strengths and resources they already have. Family Works offers counselling, social work, parenting programmes and much more.

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives. This includes retirement villages as well as rest home, hospital and dementia care for older New Zealanders.

3-5 George Street Thorndon Wellington 6144



familyworks@psc.org.nz  Office Monday-Friday 8.30am-5pm

(04) 439 4900 Some charges may apply.

(04) 439 4976 No referral required. http://www.psc.org.nz

**Redwood Club**

FSD0004832 Last updated 18/12/2020

The Redwood Club was established in1989 and is administered by the Redwood Daycare Charitable Trust. It provides a happy, caring and safe environment for members of the community who require the stimulation and support of a balanced daycare programme. The club is a non profit organisation using a combination of professional staff and volunteers.

83 Redwood Avenue Tawa Wellington



redwoodclub@inspire.net.nz  9.00am - 5.00pm Monday to Friday

(04) 232 5521 Some charges may apply.

Referral may apply.

**Royal New Zealand Returned and Services Association**

FSD0023596 Last updated 24/08/2020

Perpetuating the comradeship born of service and to promote the general welfare of servicemen and women and former servicemen and women, and their respective dependents. To promote, foster and generally support local Associations and RSA clubs throughout New Zealand

Level 4 Anzac House 181 Willis Street Wellington 6011



enquiries@rsa.org.nz  Office hrs 8:30AM - 5PM Mon to Fri

(04) 384 7994 http://www.rsa.org.nz See website refer to support services for after

hours contact.

All services free of charge. No referral required.

**Senior Citizens Friendship Club - Newlands**

FSD0005529 Last updated 12/10/2020

Meets 2nd Tue of month (except January), at 10.45 am. We have entertainment and a light lunch

Newlands Community Centre 9 Batchelor Street Newlands Wellington



bucknbron@gmail.com  2nd Tue of month, 10.45 am.

(027) 480 8597 Some charges may apply.

No referral required.

**Senior Skills Ltd.**

FSD0003105 Last updated 01/02/2021

Helping people mainly over the age of forty who have skills to work in the area of home maintenance

4 Holly Grove Maungaraki Lower Hutt 5010



snrskills@xtra.co.nz  7:30am-7:30pm Mon-Sun (04) 586 7500 Some charges may apply.

(04) 589 6625 No referral required. http://www.seniorskills.co.nz

**St Vincent de Paul - Porirua**

FSD0004673 Last updated 15/10/2020

A thrift shop located at 18 Mungavin Avenue.

18 Mungavin Avenue Porirua 5024



svdpporirua@gmail.com  Some charges may apply.

(04) 237 5968 No referral required.

https://www.facebook.com/StVincentdePa ulPorirua/

**St Vincent de Paul Society Wellington Area**

FSD0005583 Last updated 18/09/2020

St Vincent de Paul Society provides free welfare services in the Wellington area. These include a food bank, full-time social worker and pregnancy assistance for new mums and their babies. Our team work in a caring and practical manner to promote human dignity and justice through one-onone support to people seeking assistance.

Level 1 207 Riddiford Street Newtown Wellington 6021



info@vinnieswgtn.org.nz  Monday to Friday 9am - 3.30pm

(04) 389 7122 All services free of charge. http://www.vinnies-wellington.org.nz No referral required.

**Tautoko Services - Porirua**

FSD0003253 Last updated 27/01/2021

We are an organisation of committed people bringing our expertise to support people with disabilities to participate in community life as they choose. We work to make our communities more inclusive.

Suite 2 99 Mana Esplanade Paremata Porirua 5026



karenbaddiley@tautoko.org.nz  Monday - Friday 9am-5pm

(04) 233 0164 All services free of charge. http://www.tautoko.org.nz Referral may apply.

**Te Omanga Hospice**

FSD0003117 Last updated 26/06/2020

We provide palliative care and support to people, and their families, with a terminal or life limiting illness.

136 Woburn Road Woburn Lower Hutt 5010



admin@teomanga.org.nz  Administration: 8:30am-5pm Monday to Friday (04) 566 4535 Inpatient Unit: 24 hours per day, 7 days per http://www.teomanga.org.nz week, 365 days per year

All services free of charge. Referral may apply.

**The Personal Advocacy and Safeguarding Adults Trust**

FSD0003884 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.

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| advocacy@pasat.org.nz  (0800) 728 7878 (0800) 728 7878 http://www.PASAT.org.nz | Monday to Friday from 9:00am to 5.00pm.  Some charges may apply.  Referral may apply. |

**The Salvation Army - Hutt City**

FSD0003124 Last updated 14/01/2021

Worship, community and welfare services of The Salvation Army.

Cnr Kings Cresent & Cornwell Street Lower Hutt 5011



huttcity.corps@salvationarmy.org.nz  Main office open 9:00am - 3:15pm Monday -

(04) 570 0273 Friday.

(04) 570 0276 https://www.salvationarmy.org.nz/find- Family Store open Monday to Friday 9am churchcentre/new-zealand/lower-north- 5.30pm. Saturday 9am-5pm. island/hutt-city/hutt-city-corps

Foodbank

Monday to Friday 9:30 to 11:30am.

Some charges may apply. Referral may apply.

**Classification : THP**

**The Salvation Army - Kapiti**

FSD0003258 Last updated 19/05/2020

Worship, community and welfare services of The Salvation Army

Salvation Army Hall 41 Bluegum Road Paraparaumu kapiti.corps@salvationarmy.org.nz  9 am to 3 pm Monday to Friday.



(04) 297 1436 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply.

nz/lower-north-island/paraparaumu/kapiticorps

**The Salvation Army - Kilbirnie**

FSD0023597 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

175 Onepu Road Lyall Bay Wellington 6022 kilbirnie\_corps@salvationarmy.org.nz  /



(04) 387 3917 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/kilbirnie/kilbirnie-corps

**The Salvation Army - Masterton**

FSD0023603 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

204-210 High Street South Carterton



Wairarapa.area@salvationarmy.org.nz  /

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| (06) 379 7176 https://www.salvationarmy.org.nz/centres/ nz/lower-northisland/masterton/masterton-corps-plant | Some charges may apply. No referral required. |
| 639 |  |

**The Salvation Army - Miramar**

FSD0023612 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

63 Miramar Avenue Miramar Wellington 6022



miramar.corps@salvationarmy.org.nz  Office hours 8.30am to 4pm

(04) 388 8284 Sunday Service 10am

https://www.salvationarmy.org.nz/centres/ Some charges may apply. nz/lower-north-island/miramar No referral required.

**The Salvation Army - Petone**

FSD0023608 Last updated 23/04/2021

Corps Plant. Worship, community and welfare services of The Salvation Army

72 Cuba Street Petone Lower Hutt 5012



petone.corps@salvationarmy.org.nz  /

(04) 568 2782 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/petone/petone-corps-plant

**The Salvation Army - Porirua**

FSD0023604 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

89 Warspite Avenue Cannons Creek Porirua 5024 porirua.corps@salvationarmy.org.nz  /



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| (04) 235 8327  (04) 235 6266 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/porirua/porirua-corps | Some charges may apply. No referral required. |
| 640 |  |

**The Salvation Army - Tawa**

FSD0023609 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Main Road Tawa 5028



tawa.corps@salvationarmy.org.nz  Office - Tuesday to Friday 9am-2pm

(04) 232 8023 Foodbank - Tuesday to Thursday 9am-1pm https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- No referral required. island/tawa/tawa-corps

**The Salvation Army - Upper Hutt**

FSD0002490 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

695 Fergusson Drive Elderslea Upper Hutt 5018 upperhutt\_corps@nzf.salvationarmy.org  Monday to Friday, 9.30am - 4pm.



(04) 528 6745 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-north-island/upper-hutt/upperhutt-corps

**The Salvation Army - Wairarapa (Carterton/Masterton)**

FSD0005322 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

204-210 High Street South Carterton 5713 wairarapa.area@salvationarmy.org.nz  Monday - Friday 9am - 2.30pm.



(06) 379 7176 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply.

nz/lower-north-island/carterton

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

92 Vivian Street Wellington wellingtoncity.corps@salvationarmy.org.n  Drop-in Centre is open 10am-3pm Mon-Fri.



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| z  (04) 801 9278 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/wellington-city/wellington-city-corps    **Classification : THP**    **The Wellington City Mission** | Other services are available 9am-5pm Mon-Fri.  Phone is monitored 24/7.  Some charges may apply. Referral may apply. |
| FSD0004770 | Last updated 12/10/2020 |

For many Wellingtonians, reality is different, and life is hard. Whether you are sleeping rough, struggling to make ends meet or can’t put food on the table – The Wellington City Mission is here to help you.

We provide transitional housing, rest home and hospital-level residential care, food bag, emergency, 1:1, whnau and social work support, and financial mentoring.

We’ll walk alongside you, advocate on your behalf and support you to achieve empowerment,

transformation and fullness of life.

19 Gordon Place Newtown Wellington 6021 enquiries@wgtncitymission.org.nz 



(04) 245 0900 http://www.wellingtoncitymission.org.nz

**Classification : BFC, THP**

Community Lounge hours.

9.00am - 3.30pm Monday to Thursday

10.30am - 3.30pm Friday Some charges may apply. Referral may apply.

**Tracecare Ltd**

FSD0022615 Last updated 17/11/2020

Tracecare provides an easy to use GPS located medical alarm. Don’t leave home without your ‘Buddi’ which provides you with assistance anywhere anytime. Help is just the press of a button away. Either our 24/7 monitoring centre or a family member is advised of where you are when you need help the most. Don’t be fenced in at home, continue to live a full and independent life but also giving you and family piece of mind should something go wrong you know help is at hand.

Level 7 138 The Terrace Wellington 6011



info@tracecare.co.nz  Service available 24/7 (0800) 559 720 Some charges may apply.

(021) 225 3271 No referral required. http://tracecare.co.nz

**U3A Wellington City**

FSD0005615 Last updated 04/11/2020

Provides education and fellowship for older adults, retired from their main life activity. Regular lectures are held at the Embassy Theatre, as well as smaller meetings in homes or halls where group members explore aspects of particular interest.

1 Mairangi Road Wadestown Wellington 6012



tricia.walbridge@gmail.cm  All lectures are held from 10.30am - 12 noon (027) 563 5109 Tuesdays and Fridays in the Embassy Theatre, http://www.u3awellingtoncity.org.nz Kent Terrace, Wellington.

Some charges may apply. No referral required.

**Verisafe**

FSD0022998 Last updated 07/01/2021

To provide individuals, families and organisations with an industrial strength personal safety & risk management system, (with training and support).

Verisafe is secure server based, web browser and smartphone based tool with the following key features:

At Risk

Users press if they think they could be at risk, setting themselves up to 'check in' at intervals. If they do not check in or cancel their At Risk status - emergency contacts are alerted via phone call, text and email with their details and latest GPS data. (GPS data is captured automatically while At Risk is active).

Help

Users press if they are in trouble, instantly emailing, texting and calling their designated emergency contact/s, (and/or our local security partner) sending their details and GPS data.

Safety Checks

Any user can choose to set up their contacts with a daily (or as many times per day as appropriate) safety check up message/s. Once they are set up, it runs with no daily or weekly maintenance.

494 Ohariu Valley Road Wellington 6037



info@verisafe.co  7 days

(027) 445 2401 Some charges may apply. http://www.verisafe.co No referral required.

**Wadestown Caring Group**

FSD0005623 Last updated 07/08/2020

A group of older people who are willing to work for others. We create items for sale: sewing, knitting. Skills of the group dictate what we can achieve. Profits go to help others, especially children whose parents are in wellington prison.

 Wadestown Presbyterian Church Cnr Hanover Street & Wadestown Road Wadestown

Wellington

wadestownpc@xtra.co.nz  Meets 2nd Thursday of each month at (04) 472 5150 Wadestown presbyterian Church 2 - 4 pm

(04) 499 7224 All services free of charge. http://wpc.squarespace.com/groups-and- No referral required. activities/

**Waikanae Care & Craft Centre**

FSD0006349 Last updated 22/03/2021

The Care & Craft Centres of New Zealand Trust gives opportunities to the housebound, disabled or lonely people.

(04) 293 2440  Meets Tuesdays, Presbyterian Church Hall,

Ngaio Road. - During School Terms Some charges may apply. No referral required.

**Wellington Jewish Care of the Aged Society**

FSD0019142 Last updated 23/09/2020

The Wellington Jewish Care of the Aged Society provides support for Jewish people of all persuasions. Affiliation with any congregation is not required. Though membership of the Society is not a prerequisite to receiving care we do encourage all Jewish people to become members of the Society to support its activity.

80 Webb Street Te Aro Wellington 6011 jewishcarewellington@gmail.com  A message can be left on our phone at any time. (04) 384 7293 The phone is usually checked twice daily (six



days a week) and we will return your call as soon as possible.

All services free of charge. Referral may apply.

**Wesley Community Action**

FSD0005663 Last updated 30/04/2021

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

317-327 High Street Lower Hutt 5010



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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. 2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

94-96 Riddiford Street Newtown Wellington



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

All services free of charge. No referral required.

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.  21 Main Street Otaki 5512

https://www.workandincome.govt.nz/about -work-and-income/contact-us/find-aservice-centre/central.html

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.

4 Lydney Place Porirua 5022



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

 162-164 Main Street Upper Hutt 5018

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

Shop 6 The Mall Wainuiomata 5014



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

 49-51 Lincoln Road Masterton 5810

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

Ground Floor, Freemason House 195 Willis Street Wellington 6011



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

All services free of charge. No referral required.

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

 Level 1, Freemason House 186-190 Willis Street Wellington

Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries)  Ph1 Mon-Fri 7am - 6pm (0800) 552 002 (for 65 and over) Sat 8am - 1pm http://www.workandincome.govt.nz Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300

Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

# Parents and Caregivers

**Abortion Law Reform Association of New Zealand**

FSD0003269 Last updated 27/09/2020

Pro-choice organisation for reform of abortion laws.

safeandlegal@gmail.com  Weekdays 9am - 5pm http://www.alranz.org All services free of charge.

No referral required.

**After School Fun Club**

FSD0022010 Last updated 22/04/2021

To provide high quality community childcare during school holidays for children from 5 - 10/11 years.

39 Cleat Street Whitby Porirua 5024



office@asfc.co.nz  7.30 - 5.30pm during school holidays (varies for

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| (04) 234 6440 https://enrolmy.com/asfc    **Classification : OSCAR**    **Age Concern Wellington Inc** | different programmes) Some charges may apply. No referral required. |
| FSD0006685 | Last updated 19/11/2020 |

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

Suite 4, Level 1, Anvil House 138-140 Wakefield Street Wellington



info@acwellington.org.nz  9.00am - 4.00pm Monday to Friday.

(04) 499 6646 Some charges may apply. http://www.acwellington.org.nz No referral required.

**Ante Natal Classes**

FSD0005262 Last updated 19/03/2021

To provide ante-natal educational classes for pregnant women/partners and supporters, which provides information about choices and options in pregnancy, labour and delivery and early parenting. These classes are a great time to learn together and enjoy the company of others who are also becoming parents.

Masterton Hospital - Te Ore Ore Road Masterton



(06) 946 9815  All services free of charge.

No referral required.

**ATAMU EFKS Porirua Incorporated**

FSD0022611 Last updated 22/01/2021

We run an Early Childhood Centre (AAPE) at Waitangirua, Porirua.

We also provide prevention and intervention focus services for children, young people, their families and the community through socio-economic education and promotion that include: - Out of School and Recreation (OSCAR; Mon to Friday 3:00pm to 6:00pm and during school holidays 7:00am to 5:30pm

* Incredible Years Programmes (IYP)
* Healthy living and wellbeing (e.g. exercise programmes, vegetable gardens, nutritious cooking,budgeting, etc).

Level 1 11 Waihemo Street Waitangirua Porirua 5024



office@atamu.org.nz  09:00am to 5:00pm Mon to Friday

(04) 235 8683 Some charges may apply. http://www.atamu.org.nz No referral required.

**Classification : OSCAR**

**Autism Intervention Trust**

FSD0021427 Last updated 29/03/2021

To provide services and support, to children with autism and their families in the Wellington area, including an Oscar approved holiday programme.

Berhampore kindergarten 3-5 Stanley Street Berhampore Wellington



briaandjustin@xtra.co.nz  We operate Monday to Friday for a week in each

(021) 689 804 term Holiday and have a 2-3 week holiday

http://www.autisminterventiontrust.org.nz programme in January. Contact coordinator for details on hours.

Some charges may apply. Referral may apply.

**Classification : OSCAR**

**B Leisure International NZ Ltd**

FSD0024057 Last updated 19/10/2020

BLegends provides OSCAR approved Before and After School childcare in a safe, fun and learning environment for children aged 5 to 13 at the Trust House Recreation Centre in Masterton.

2 Dixon Street Masterton 5810



trusthousereception@belgravialeisure.co.  0730 to 1800 Monday to Friday nz Some charges may apply.

(06) 370 0060 No referral required.

(027) 442 7875 http://trusthouserecreationcentre.co.nz

**Classification : OSCAR**

**Barnardos New Zealand**

FSD0004104 Last updated 16/06/2020

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.

 Level 3 100 Tory Street Te Aro Wellington 6011

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| info@barnardos.org.nz  (0800) 227 627 (04) 385 7560 http://www.barnardos.org.nz      **Bay Kids Club** | Open Monday to Friday - 8am to 5pm Some charges may apply. Referral may apply. |
| FSD0022613 | Last updated 22/01/2021 |

Bay Kids Club Inc has been providing Before, After School care for over 20 years in Titahi Bay

29A Tireti Road Titahi Bay Porirua 5022



info@baykidsclub.co.nz  Monday to Friday 7am to 8.30am (021) 124 1077 Monday to Friday 3pm to 6.00pm

(04) 236 6582 Some charges may apply. http://baykidsclub.co.nz No referral required.

**Classification : OSCAR**

|  |  |
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| **Best Start Waitangirua** |  |
| FSD0021591 | Last updated 06/11/2020 |

Quality Education and care to children aged 3 months to 5 years.

20 hours ECE is available at our Centre to all children aged 3-5 years.

3 Button Lane Waitangirua Porirua 5024



waitangirua@best-start.org  Monday to Friday 730 am to 5.30 pm. We are

(04) 235 9404 closed for public holidays only.

http://www.best-start.org Some charges may apply.

No referral required.

**Better Outcomes NZ**

FSD0022347 Last updated 10/10/2020

A reputable & impartial supervised contact, access and changeover service. Oranga Tamariki and Court Approved.

A team of child focused, qualified and experienced ECE and Social Work professionals who supervise an adult having contact with child(ren).

betteroutcomesnz@outlook.com  Weekends and weekdays as required and if

(027) 314 2885 available. http://www.betteroutcomesnz.co.nz/ Some charges may apply.

No referral required.

**Birth Wise Wellington Inc.**

FSD0005396 Last updated 21/10/2020

Birth Wise offers an antenatal programme and parenting support groups. Birth Wise promotes wellness in pregnancy, natural birth and holistic parenting by empowering women and men to make informed choices.

Trinity Union Church Hall - Hall Avenue Newtown Wellington 6021



enquiries@birthwise.org.nz  Our courses run on Monday evenings, 7pm to (022) 328 1082 9pm, and Sunday evenings, 7pm to 9pm.

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

No referral required.

**Birthright Hutt Valley**

FSD0006816 Last updated 16/02/2021

Birthright Hutt Valley is a Charitable Trust that provides support services to one-parent families in the wider Hutt Valley area.

Birthright Hutt Valley 101 Copland Street Epuni Lower Hutt 5011



admin@birthrighthutt.nz  Open 9am - 2pm Monday to Friday.

(04) 567 7123 All services free of charge.

(0800) 457 146 No referral required. http://www.birthright.org.nz

**Birthright Kapiti Inc**

FSD0006817 Last updated 12/01/2021

Birthright was established in 1955. It is a national organisation which works to support, strengthen and advocate for one-parent families.

110 Rimu Road Paraparaumu 5032



birthrightkapiti@outlook.com  Open Mon-Fri 8.30am-4pm

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| (0800) 457 146 (04) 902 5748 http://www.birthright.org.nz    **Classification : BFC**    **Birthright New Zealand** | All services free of charge. Referral may apply. |
| FSD0004105 | Last updated 14/07/2020 |

Birthright New Zealand is a Trust with affiliate organisations throughout New Zealand. Birthright works to strengthen and enrich the lives of children and families. We specialise in working with families led by one person.

Level 7, Ranchod Tower, 39 The Terrace Te Aro Wellington 6011



office@birthright.org.nz  Monday to Friday: 9:00 am to 4:00 pm

(04) 802 5377 All services free of charge.

(0800) 457 146 Referral may apply. http://www.birthright.org.nz

**Birthright Otaki Inc**

FSD0006821 Last updated 27/08/2020

Birthright (Otaki) was established in 1968. It is linked to a national organisation which works to support, strengthen and advocate for one-parent families. Our mission statement is to help whanau/family to lead personally satisfying lives so that their tamariki/children may enjoy the same rights and privileges as other tamariki/children.

Our Fieldworkers are experienced practitioner's engaged with 215 children and 99 one-parent whanau/families each year. Of these whanau 80% are whanau Maori.

Today NZ census statistics tell us that there has been a 20% increase in the number of one parent families in the last ten years.

23 Matene Street Otaki 5512



(0800) 547 146  All services free of charge.

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| http://www.birthright.org.nz      **Birthright Wellington Inc** | Referral may apply. |
| FSD0006826 | Last updated 24/08/2020 |

Birthright Wellington specialises in working with family/whnau that are led by one person. We have developed (60years) a deep working knowledge of what families need to succeed on their own terms. We offer support to children & parents/caregivers in the wider Wellington region. Support includes provision of basic clothing and household goods, advocacy to intensive in-the-home social work support, helping support family/whnau work through the barriers they face, connecting with others in the community, learning new skills, children’s programmes, activities. NZ has the third highest number of single parents in the OECD, with the highest projected growth. Children living in single-parent households experience significantly higher poverty rates. The aim is to manage risks, ensure safety of children and young people and develop life skills that empower and strengthen family/whnau. All our services are free, referrals are received by organisations as well as self-referrals.

Level 1 89b Thorndon Quay Pipitea Wellington 6011



info@birthrightwellington.org.nz  9.00am - 4.00pm Monday to Friday

(04) 499 0055 All services free of charge.

(0800) 457 146 No referral required. http://www.birthright.org.nz

**Classification : FVSS**

**Bravique Kids**

FSD0024359 Last updated 04/09/2020

Bravique Kids is an Out of School Care (OSCAR) Programme providing Before/After School care and Holiday Programmes.

Our goal - to provide safe, fun childcare which encourages children to be Brave to be Unique!

 Petone Central School 16 Britannia Street Petone Lower Hutt 5012

|  |  |
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| info@bravique.com (022) 164 0647 http://facebook.com/braviquekids    **Classification : OSCAR** | Monday - Friday 7am-6pm Some charges may apply.  No referral required. |

**Breastfeeding Support - La Leche League Hutt Valley**

FSD0003058 Last updated 26/06/2020

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

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

Salvation Army Hall 72 Cuba Street Petone



hutt@lalecheleague.org.nz  Free monthly meeting:

(04) 972 1913 Natalie 1st Monday of the month, 9.45am

(04) 527 4091 Catherine Salvation Army Hall, corner High & Cuba http://www.lalecheleague.org.nz Streets, Petone

Koha/donation may apply. No referral required.

**Breastfeeding Support - La Leche League Kapiti**

FSD0003211 Last updated 26/06/2020

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

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

kapiti@lalecheleague.org.nz  Please phone during family friendly hours

(04) 293 2411 Janet Koha/donation may apply.

(Text only) 027 437 6322 No referral required. http://www.lalecheleague.org.nz

**Breastfeeding Support - La Leche League Mana**

FSD0004666 Last updated 26/06/2020

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

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

Tawa Linden Plunket 2 Linden Ave Tawa



mana@lalecheleague.org.nz  Free monthly meeting held one Wednesday a (021) 075 1752 Elizabeth month at the Tawa Linden Plunket Rooms.

(04) 235 7095 Sarah Please see our Facebook page or contact us for http://www.lalecheleague.org.nz more information

Koha/donation may apply. No referral required.

**Breastfeeding Support - La Leche League New Zealand**

FSD0004118 Last updated 04/05/2021

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

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

20 Parumoana Street Porirua City Centre Porirua 5022



administrator@lalecheleague.org.nz  For breastfeeding support and help contact

(04) 471 0690 help@lalecheleague.org.nz or visit

http://www.lalecheleague.org.nz www.lalecheleague.org.nz/get-help to find a

leader near you

All services free of charge. No referral required.

**Brooklyn Before School Care, After School Care & Holiday**

**Programme**

FSD0021882 Last updated 13/08/2020

We run OSCAR approved Before School Care and After School Care during school terms for Years 1 - 8.

We also run an OSCAR approved Holiday Programmes between terms for Years 1 - 8.

18 Harrison Street Brooklyn Wellington 6021



childcare@brooklyncommunitycentre.org.  7.30am - 8.30am School Terms

nz 3pm - 6pm School Terms

(04) 385 0089 8am - 6pm School Holidays

(021) 060 4230 Closed Christmas and New Year http://brooklyncommunitycentre.org.nz Some charges may apply.

No referral required.

**Classification : OSCAR**

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| **Butterflies Before and After School Care** |  |
| FSD0024406  We provide before and after school care at Postgate School Hall.  Before School from 7am. After School to 6pm. | Last updated 29/09/2020 |

Postgate School 3 Staithes Drive North Whitby Porirua 5024 butterfliesafterschoolcare@gmail.com  Mornings from 7am.



|  |  |
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| (027) 286 0801 After school to 6pm.  Some charges may apply. No referral required.    **Classification : OSCAR**    **Cannons Creek Opportunity Centre** |  |
| FSD0022557 | Last updated 10/02/2021 |

Provide Out of School Care, Youth & Community Programmes. As per the Constitution 2013; The charitable aims of The Cannons Creek Opportunity Centre shall be:

2.1 to promote the social, spiritual, physical, educational and emotional welfare of the People of eastern Porirua;

2.2 to promote community life in eastern Porirua;

2.3 to provide programmes and facilities for people of all ages

and cultures in line with aims (2.1) and (2.2) above;

2.4 to provide, as The Centre sees fit, facilities for any activity which would help produce revenue for the support of the programmes and facilities referred to in aim (2.3) above:

2.5 to own and operate, in line with the other aims, the buildings and facilities of the Cannons Creek Opportunity Centre.

2.6 The activities of the Centre will be limited to New Zealand.

Level 2 (Upstairs) 4 Bedford Court Cannons Creek Porirua 5240



ccoc@xtra.co.nz  7am-8pm 7 Days, call to enquire.

(027) 541 2104 Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**Care Matters**

FSD0023476 Last updated 19/04/2021

Care Matters is the national Carer Learning & Wellbeing Resource Service and provides current, relevant, practical information and workshops for carers/family/whnau of children and adults with disabilities. Care Matters is a joint partnership between SAMS (Standards & Monitoring Service) and Parent to Parent.

Berl House, Level 6 (Room 6.7) 108 The Terrace Wellington Central Wellington 6011



samsno@actrix.co.nz  Contact Maureen on 027 414 5267 if you are

|  |  |
| --- | --- |
| (0508) 726 726 (0508) 236 236 https://carematters.org.nz/      **Caring Families Aotearoa** | wanting to visit the office.  If you don’t see a workshop in your area contact us on 0508 726 769 All services free of charge. No referral required. |
| FSD0005883 | Last updated 12/10/2020 |

Every care-giving family is empowered, supported and trained to provide a safe and nurturing home to children and young people.

 Level 4 45 Knights Road Hutt Central Lower Hutt 5010

|  |  |
| --- | --- |
| Enquiries@caringfamilies.org.nz  (0800) 693 323 (04) 566 0294 http://www.caringfamilies.org.nz/      **Catholic Social Services** | 8.30am - 5.00pm Monday to Friday.  All services free of charge. No referral required. |
| FSD0002992 | Last updated 21/08/2020 |

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**Chelsea House Early Childhood Centre Ltd**

FSD0021489 Last updated 22/03/2021

We are a purpose built early childhood centre that is licensed for children aged 6 weeks to six years in our pre-school area and 5years to 13 years in our OSCAR approved After school and Holiday programmes.

9 Lorien Court Raumati Paraparaumu Beach 5032



jo-ann@chelseahouse.co.nz  7am to 6pm weekdays (04) 902 5437 Some charges may apply. http://www.chelseahouse.co.nz No referral required.

**Classification : OSCAR**

**Child Health Cluster**

FSD0002548 Last updated 29/09/2020

Provides health services/care in schools and their communities throughout the greater Wellington region.

Level 2, Community Health Building, Hutt Hospital - High Street Lower Hutt 5040 sandra.marsh@huttvalleydhb.org.nz  Monday - Friday 8am - 5pm.



(04) 570 9447 All services free of charge.

(04) 570 9002 No referral required. http://huttvalleydhb.org.nz

**Children First Early Childhood Centre**

FSD0022487 Last updated 18/08/2020

Children First provides quality care and education for children under the age of five years. Open hours from 07.30 - 17.30 five days.

A boutique centre with outstanding teacher child ratios with excellent reputation for preparing children for school.

414 Fergusson Drive Heretaunga Upper Hutt 5018



childrenfirst2001@gmail.com  7.30am until 5.30pm Weekdays.

(04) 528 6059 Some charges may apply. http://www.childrenfirst.co.nz No referral required.

**Childspace Early Childhood Institute**

FSD0016432 Last updated 21/08/2020

Childspace are leaders in early childhood education in NZ. We offer excellence in care and education for children 0-5 years across our 4 centres in Wellington. We also have a institute where we provide professional development for teachers around NZ and believe that sharing our knowledge will support better care for the children of Aotearoa.

45 Helston Rd Johnsonville Wellington 6037



institute@childspace.co.nz  Our centres are open 5 days, 7:30am - 6pm.

(04) 461 7076 Our institute is open 5 days 9-3pm.

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

No referral required.

**CLM Masterton**

FSD0021954 Last updated 15/12/2020

OSCAR approved childcare, Events and Birthday Party Services.

359 Queen Street Masterton 5810



sul@clmnz.co.nz  OpeningHours:

|  |  |  |
| --- | --- | --- |
| (06) 378 9970 http://clmnz.co.nz/masterton    **Classification : OSCAR**    **Early Childhood Council** | Monday - Friday 7am - 6pm Some charges may apply.  No referral required. |  |
| FSD0020972 |  | Last updated 05/08/2020 |

The Early Childhood Council is the largest representative body of licensed, quality early childhood education centres in New Zealand.

The primary purpose of the ECC is to represent the interests of independent early childhood centres, and to promote the provision of quality early childhood education services.

Suite 2, Level 2, Ranchhod Tower 39 The Terrace Wellington



ceo@ecc.org.nz  Monday - Friday 8.30am til 5pm (04) 471 0392 0800 742 742 option 3

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

Referral may apply.

**Edens Care**

FSD0022823 Last updated 27/09/2020

Eden's Care are here to help our local communities. We provide our children with the care they need when parents/guardians are unavailable to pick them up or be home with them after school or during school holidays due to work or study commitments.

We believe in the importance of showing our children love/aroha through our actions and not just with our words. We provide a family-friendly environment with activities and leisure sports where our children will not only have fun while they create happy memories; but they will also feel loved, valued and safe.

1334 A High Street Taita Lower Hutt 5011



taita@kidsonfoot.co.nz  After School Care - 2.45pm - 6pm (027) 353 9366 Some charges may apply.

No referral required.

**Classification : OSCAR**

**Education Review Office**

FSD0006145 Last updated 09/10/2020

Reviews and reports publicly on the quality of education in all New Zealand schools and early childhood services.

Level 1, Legal House 101 Lambton Quay Wellington 6011



info@ero.govt.nz  8.00am to 5.00pm Weekdays

(04) 499 2489 All services free of charge. http://www.ero.govt.nz No referral required.

**El Rancho**

FSD0023874 Last updated 18/12/2020

El Rancho offers accommodation, catering, conferences, ministry programmes and activities including OSCAR approved holiday programmes and camps. We host over 15,000 guests annually, including over 250 different groups from across Aotearoa and beyond.

El Rancho is located on a 60 acre site alongside the beach, river and beautiful native bush tracks.

58 Weggery Drive Waikanae Beach Waikanae 5036



bookings@elrancho.co.nz  Our office is open from 8am-5pm throughout the

(04) 902 6287 week, with a staff member on call after hours.

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

No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Berhampore**

FSD0023853 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children aged 5-13 years old.

105 Britomart Street Berhampore Wellington



admin@enjoychildcare.co.nz  During School Terms:

(022) 651 0773 7-9 am (Before School Care)

(027) ENJOY (36569) 3-6 pm (After School Care) http://www.enjoychildcare.co.nz

During School Holidays:

7.30 am - 6 pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Brooklyn**

FSD0022665 Last updated 06/10/2020

Enjoy Childcare provides Before/ After School Care for children age 5-14 years old as well as an OSCAR approved Holiday Programme .

We offer exciting activities for your children and have dedicated staff to deliver an awesome programme.

40 Taft Street Brooklyn Wellington



admin@enjoychildcare.co.nz  Monday - Friday

|  |  |
| --- | --- |
| (022) 651 0773  http://www.enjoychildcare.co.nz | Before School Care 7.00 - 9.00am  After School Care 3.00 - 6.00 pm Holiday Programme 7.00am - 6.00pm Some charges may apply.  No referral required. |

**Classification : OSCAR**

**Enjoy Childcare - Mornington**

FSD0023844 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children age 5-13 years old.

120 Mornington Road Mornington/ Brooklyn Wellington 6021 admin@enjoychildcare.co.nz  Monday to Friday during school term:



(027) 365 6900 7.00 - 9.00 am (Before School Care)

(022) 651 0773 3.00 - 6.00 pm (After School Care) http://www.enjoychildcare.co.nz

Monday to Friday during school holidays: 7.30 am - 6.00 pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Enjoy Childcare - Owhiro Bay**

FSD0023854 Last updated 27/11/2020

Enjoy Childcare offers OSCAR approved Before & After School Care as well as Holiday Programme to children aged 5-13 years old.

96 Happy Valley Road Owhiro Bay Wellington



admin@enjoychildcare.co.nz  Monday to Friday

(022) 651 0773 During School Terms:

http://www.enjoychildcare.co.nz 7-9 am (Before School)

3-6 pm (After School)

During School Holidays:

7.30am-6pm (Holiday Programme) Some charges may apply. No referral required.

**Classification : OSCAR**

**Enliven Positive Ageing Services - Hutt Valley**

FSD0019242 Last updated 21/12/2020

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives.

In the Hutt Valley Enliven has Woburn Home and Retirement Apartments; and modified Tai Chi classes.

|  |  |
| --- | --- |
| enliven@psc.org.nz  (0508) 36 54 83 (04) 569 6400 https://www.enlivencentral.org.nz/ | Office Monday-Friday 8.30am-5pm Some charges may apply.  No referral required. |

**Enliven Positive Ageing Services - Wairarapa**

FSD0019253 Last updated 21/12/2020

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives. This includes retirement villages as well as rest home, hospital and dementia care for older New Zealanders.

In the Wairarapa we offer Kandahar Home and Court in Masterton.

enliven@psc.org.nz  Office Monday-Friday 8.30am-5pm (0508) 36 54 836 Some charges may apply.

(06) 370 0447 No referral required. https://enlivencentral.org.nz/

**Equip Counselling Ltd**

FSD0019252 Last updated 03/04/2021

Counselling services for children, youth and adults. Parenting support. ACC sensitive claims provider.

275a Paremata Hayward’s Road Judgeford Porirua 5381



heather@equipcounselling.co.nz  Tuesday, Wednesday & Thursday - 9.00 am to

(021) 026 53722 5pm. http://equipcounselling.co.nz Some charges may apply.

No referral required.

**FairWay Resolution Limited**

FSD0021216 Last updated 01/03/2021

FairWay is New Zealand's largest specialist conflict management and dispute resolution organisation. Each year we assist thousands of families to make their own parenting arrangements for their children. We also provide wider services to assist with a range of family disputes including relationship property matters and wills, trusts and estates.

We have offices in Auckland, Wellington, and Christchurch, and a team of accredited Resolution Practitioners across the country.

Level 4 142 Lambton Quay Wellington 6011



fairwayinfo@fairwayresolution.com  Weekdays 8am to 5pm

(0800) 77 44 20 Some charges may apply.

(04) 918 4900 No referral required. http://www.fairwayresolution.com

**Family Heart Services**

FSD0022377 Last updated 22/12/2020

Family Heart provides a range of services supporting parents to find the best outcomes for their family during times of stress.

|  |  |
| --- | --- |
| admin@familyheart.co.nz  (022) 106 1574 (04) 239 8129 http://www.familyheart.co.nz | For contact 7 days per week Some charges may apply.  No referral required. |

**Family Planning - National Office**

FSD0004112 Last updated 01/12/2020

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.

Levels 7, Southmark House 203-209 Willis Street Te Aro Wellington



national@familyplanning.org.nz  National Office: 8am - 5pm Monday to Friday

(04) 384 4349 All services free of charge. http://www.familyplanning.org.nz No referral required.

**Family Planning Clinic - Lower Hutt**

FSD0007019 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.

Level 4 21-23 Andrews Avenue Lower Hutt 5010



(04) 569 5025  Please ring to make an appointment http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Porirua**

FSD0007021 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.

Suite 411, Level 4, North City Shopping Centre 2 Titahi Bay Road Porirua 5020



(04) 237 8895  Call us 8am to 6pm Monday to Friday, and 9am (0800) 372 546 to 1pm on Saturdays) to make an appointment. http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Wellington**

FSD0007044 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.

Level 6 35- 37 Victoria Street Wellington 6011



(04) 499 1992  Please ring to make an appointment. http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Start**

FSD0008132 Last updated 02/11/2020

The Family Start programme was established in 1998 as part of a wider strategy to strengthen families. It provides intensive, home-based support services for families with high needs, to ensure that their children have the best possible start in life.

robert.haig@ot.govt.nz  Monday-Friday 9am-5pm.

(04) 918 9255 All services free of charge.

(029) 918 9491 Referral may apply.

https://www.orangatamariki.govt.nz/workin g-with-children/programme-and-forums/

**Family Start - Taeaomanino Trust**

FSD0004807 Last updated 15/01/2021

Family Start is a programme to improve life outcomes for children whose social and family circumstances are put at risk e.g. good health, education and welfare. Family Start is a free and voluntary programme providing intensive on-going support to parents of new born children for the first five years of child's life. Our focus is on child development and to assist the family to strengthen and improve their situation where they no longer require our assistance. What do we do for families? Each family is matched with your family worker appropriate to their needs. The family worker will get to know your family and during this time will complete a needs assessment.

For further information contact our office.

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Monday - Friday 8.30am - 5.00pm.

(0800) 345 345 All services free of charge.

(04) 237 6062 No referral required. http://www.taeaomanino.org.nz

**Family Works Hutt Valley/Greater Wellington**

FSD0007599 Last updated 19/01/2021

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

4 Exchange Street Upper Hutt 5018



familyworks-upperhutt@psc.org.nz  Office Monday-Friday 8.30am-5pm

|  |  |
| --- | --- |
| (04) 528 4164 http://www.familyworkscentral.org.nz      **Family Works Wairarapa** | 0800 FAM WORKS  Some charges may apply. No referral required. |
| FSD0007598 | Last updated 21/12/2020 |

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

105 Chapel Street Masterton 5810



familyworks-wairarapa@psc.org.nz  Office Monday-Friday 8.30am-5pm

|  |  |
| --- | --- |
| (0800) FAM WORKS  http://www.familyworkscentral.org.nz | Some charges may apply. No referral required. |

**Family Works Wellington**

FSD0004160 Last updated 21/12/2020

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz  Monday to Friday from 8.30am-5pm.

(0800) FAM WORKS Some charges may apply.

(04) 439 4976 Referral may apply.

http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Fertility NZ - Wellington Branch**

FSD0003013 Last updated 19/02/2021

To provide support, advocacy & information for people experiencing the heartache of infertility and for those who wish to know more in order to provide support. FNZ conducts regular coffee groups and contact groups.

wellingtonsupport@fertilitynz.org.nz  Contact through website also available.

(0800) 333 306 All services free of charge. http://www.fertilitynz.org.nz No referral required.

**FOCUS**

FSD0005280 Last updated 19/03/2021

FOCUS is a needs assessment service coordination (NASC) agency for people living with disabilities and their carers in the Wairarapa. It aims to provide assessment and co-ordination of services to enable clients to access funded support.

Level 2 49-51 Lincoln Road Masterton 5810



focus@wairarapa.dhb.org.nz  8.00am - 5.00pm, Monday to Friday. After hours

(0800) 900 001 On Call service.

(06) 946 9813 All services free of charge. http://www.wairarapa.dhb.org.nz/your- No referral required. health/focus-access-to-support-services/

**Folau Alofa Charitable Trust**

FSD0003014 Last updated 01/07/2020

Empowering Pacific People to live safe and happy lives. We deliver parenting (Incredible Years) to Pacific & Other ethnic groups. We have skilled, experienced Counselors/Therapists.

34 Beach Street Petone Lower Hutt 5046



folaualofatrust@gmail.com  9am - 2pm, Monday to Friday.

(022) 034 4303 Some charges may apply. http://www.nnsvs.org.nz No referral required.

**Classification : PACIFIC**

**Fun Zone Out Of School Care**

FSD0021260 Last updated 22/09/2020

Supporting families with children aged between 5-13 years with trusted and well supervised Before School Care, After School Care & Holiday Programs.

Fun Zone services:

\*BEFORE SCHOOL CARE @ the following schools - Kapanui School (Waikanae) & Waikanae

School & Waitohu Schools (Otaki) & Kenakena School (Paraparaumu)

\*AFTER SCHOOL CARE @ the following schools - Kapanui School (Waikanae) & Waikanae

School & Waitohu Schools (Otaki) & Kenakena School (Paraparaumu), Otaki School, Paekakariki School

\*HOLIDAY PROGRAMMES (x3) Waikanae Region, Paraparaumu Region & Otaki Region

Our service award winning and fully certified and approved by the Ministry Of Social Development so our parents can apply for all available Government Child Fee Subsidies.

Fun Zone Head Office 19e Milne Drive Paraparaumu 5032



info@funzone.co.nz  Before School Programs (based @ Kapanui &

|  |  |
| --- | --- |
| (021) 711 531 (0800) 543 9696 http://www.Funzone.co.nz    **Classification : OSCAR** | Waikanae School) 7:00am - 8:30am  After School Programs 3:00pm - 7:00pm  School Holidays 7:30am - 6:00pm Office Hours - 9:00am - 5:00pm Some charges may apply.  No referral required. |

**Grandparents Raising Grandchildren - Hutt Valley**

FSD0007067 Last updated 04/09/2020

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

55 Farmer Crescent Taita Lower Hutt 5011



huttvalley@grg.org.nz  National Support Office

(021) 743 414 9:00am - 2:00pm

http://www.grg.org.nz Monday - Friday

All services free of charge. No referral required.

**Grandparents Raising Grandchildren - Wairarapa**

FSD0008289 Last updated 24/08/2020

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

wairarapa@grg.org.nz  National Support Office

(021) 509 493 9:00am - 2:00pm

http://www.grg.org.nz Monday - Friday

All services free of charge. No referral required.

**Grandparents Raising Grandchildren - Wellington**

FSD0008290 Last updated 25/08/2020

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

wellington@grg.org.nz  National Support Office

(04) 477 0632 9:00am - 2:00pm

(021) 158 6643 Monday - Friday

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

No referral required.

**Greenstone Doors**

FSD0022050 Last updated 23/03/2021

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm

|  |  |
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| (04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz | 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge.  No referral required. |

**H2O Xtream Holiday Programme**

FSD0022441 Last updated 22/01/2021

We provide community-based holiday programme offering fun and varied activities during school holidays. Fully OSCAR-funded, and a part of the local council.

13 Brown Street Wallaceville Upper Hutt 5018



h2oxtream@uhcc.govt.nz  Holiday programme available from 7.30am - 6pm

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| (04) 527 2113 http://h2oxtream.com    **Classification : OSCAR** | every school holiday day.  Some charges may apply.  No referral required. |

**Happy Days Out of School Care**

FSD0023477 Last updated 19/03/2021

We are a primary school-aged out-of-school care business, catering for ages 5 to (about) 11 between the hours of 7.00 am and 6.00 pm on week days. We are OSCAR approved.

12-14 Royal Street Upper Hutt 5018



afterschoolcare@xtra.co.nz  Weekdays during school: 7.00-9.00 am and

(04) 528 4455 3.00-6.00pm

https://www.facebook.com/happydaysbefo Weekdays during school holidays: 7.00am till

reandafterschoolcare/ 6.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

**Hataitai After School Care**

FSD0021836 Last updated 28/07/2020

We provide after school care to the children of Hataitai School.

2 Arawa Rd Hataitai Wellington 6021



hataitaiasci@gmail.com  2.30pm- 5.45pm or anytime via email.

(027) 248 3378 Some charges may apply. http://www.hataitai.school.nz/after-school- No referral required.

care.html

**Classification : OSCAR**

**He Huarahi Tamariki, School for Teenage Parents**

FSD0016733 Last updated 12/10/2020

He Huarahi Tamariki provides a second chance education for students who have experienced an interrupted education due to pregnancy or childbirth.

9 Matai Street Linden Wellington 5028



paulah@hht.school.nz  9am - 3pm during the four terms of the academic

(04) 232 0956 year. http://www.hht.school.nz All services free of charge.

Referral may apply.

**Healthline**

FSD0000029 Last updated 28/08/2020

Healthline is a free telephone health information service 24 hours/ 7 days a week. Phone 0800 611 116 to talk to a registered nurse for health advice. Calls are free – including from a mobile phone. Interpreters available.

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| (0800) 611 116 http://www.healthline.govt.nz | 24 hours a day, seven days a week.  All services free of charge.  No referral required. |

**Heretaunga Park Early Learning Centre & Out of School Care**

FSD0024439 Last updated 02/11/2020

We are an Early Learning Centre and an OSCAR provider based at the same premises. We provide a one stop shop for parents with children attending both the Early Learning Centre and Before and after school care. Our services are of high quality care and education for both pre school and school aged children.

 33 Kiwi Street Heretaunga Upper Hutt 5018

heretaungaparkadmin@icloud.com (04) 5284436 http://www.heretaungapark.kiwi

**Classification : OSCAR**

**Hora Te Pai Health Services**

FSD0003193

We are open Monday-Friday (7:30-5:30) except public holidays Some charges may apply. No referral required.

Last updated 08/01/2021

We aim to provide primary health care services which are culturally appropriate, acceptable, affordable, and accessible to Maori, Pacific Island and low income people residing between Paekakariki and Peka Peka.

Hora Te Pai Health Services is a kaupapa Maori Health Provider

Kapiti Health Centre 35 Warrimoo Street Paraparaumu 5032



reception@horatepai.org.nz  8.30 am to 5.00 pm Monday to Friday

(04) 902 7095 Some charges may apply.

No referral required.

**Hosanna World Outreach Centre**

FSD0003022 Last updated 09/11/2020

To strengthen families and empower individuals to empower and influence young people by building relationships with them to help them reach their potential in life.

20 Rimu Street Naenae Lower Hutt 5011



office@hosannahuttcity.com  9am to 1pm Monday to Friday

(021) 939 868 Some charges may apply.

(04) 939 1566 No referral required.

https://www.facebook.com/HosannaWorld OutreachCentre/

**Hutt Union & Community Health Service**

FSD0003034 Last updated 02/01/2021

We provide comprehensive primary health services to Maori, Pacific, Refugee and low income families. Our services include GP's, practice nurses, counsellors, community health workers, physiotherapy, primary mental health and refugee health.

We have 3 clinics Hutt Union Health

Petone , 451 Jackson St, Petone. Ph (04) 5686392. Pomare , 51 Farmer Cres, Pomare. Ph (04) 5676414.

Taita , 1205 High St, Taita. Ph (04) 9397390

51 Farmer Crescent Pomare Lower Hutt



sally@huchs.org.nz  Monday - Friday 9am - 5pm

(04) 567 6414 Some charges may apply.

(04) 568 6392 No referral required.

**Classification : FVSS**

**Infinity Kidz**

FSD0024368 Last updated 10/09/2020

Fun school holidays programmes for kids aged 5-13 years in a safe family/whanau/aiga environment. It is our vision is to provide kids with the best OSCAR care and provide them with skills and opportunities to stimulate and grow their minds, teach them skills, allow them to be creative and to open a new world of possibilities.

We are based at Toitu Poneke Community Hub in Kilbirnie, Wellington

49 Kilbirnie Crescent Kilbirnie Wellington 6022



infinitykidz2020@gmail.com  School Holidays 7.30am-6.00pm

Some charges may apply. No referral required.

**Classification : OSCAR**

**Island Bay After School Care**

FSD0022555 Last updated 31/03/2021

OSCAR approved childcare services for 5-13 Year olds.

88 The Parade Island Bay Wellington 6023



(027) 457 5359 https://www.facebook.com/Island-BayAfter-School-Care-488620614666724/

**Classification : OSCAR**

Before school

7.30am - 8.30am

Saint Francis De Sales School

11 Mersey St

Island Bay

After school

3:00pm - 5:55pm school terms only Presbyterian Church 88 The Parade.

Island Bay Some charges may apply. Referral may apply.

**Jittabugz Before & After School care & Holiday Programmes**

FSD0021919 Last updated 08/03/2021

Before & After School Care & Holiday Programmes.

callum@jittabugz.co.nz  Before and after school care 7am - 8.30am, 3pm

(027) 778 5579 - 6pm

Holiday Programme 7am - 6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**KaPai Kids Club Limited**

FSD0024498 Last updated 26/02/2021

KaPai Kids Club is an out of school care operating out of Featherston, Martinborough and Carterton School's. We take students from neighbouring schools if they have the ability to travel or be dropped to us!

OSCAR approved.

 17 Lyon Street Featherston 5710

kapaikidsclub@gmail.com  We operate at Featherston, Martinborough and (022) 623 9289 Cartertons Schools 3pm - 6pm Monday to Friday

http://www.facebook.com/KaPaiKidsClub during school term. We are not open on public holidays.

Some charges may apply. No referral required.

**Classification : OSCAR**

**KAPAI KIDZ**

FSD0017647 Last updated 16/11/2020

Provides: before school, after school, and holiday programmes, for children aged 5-13yrs.

Bellevue School 10 Bancroft Terrace Newlands Wellington 6037



linda@kapaikidz.co.nz  7.30am-8.30am School Term (021) 409 641 3.00pm-6.00pm School Term

http://www.kapaikidz.co.nz 7.30am-6.00pm Holiday Programme

Some charges may apply. No referral required.

**Classification : OSCAR**

**KapiMana Multiples**

FSD0004675 Last updated 02/10/2020

To address the special and unique needs of families experiencing multiples (twins, triplets or more) by providing information and support to club members.

president@kapimanamultiples.org.nz  To contact us, either email the club President, or http://www.kapimanamultiples.org.nz use one of the club contacts on our website.

Some charges may apply. No referral required.

**Kapiti Women's Centre**

FSD0003221 Last updated 01/10/2020

We are a feminist based organisation who promote the physical, mental and spiritual well being of women on the Kapiti Coast by offering support, information, referral, educational and counselling services. All services are free or low cost to ensure these services accessible to as many women as possible by removing many of the economic and social barriers that may otherwise prevent women from utilising our services

7 Ngahina Street Paraparaumu 5032



contact@kapitiwomenscentre.org.nz  The centre is open: 9:00am – 3:00pm Monday to

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| (04) 902 6222 http://www.kapitiwomenscentre.org.nz      **Karori West OSCAR Group** | Friday.  There is a message service for any after hours calls.  Some charges may apply. No referral required. |
| FSD0007252 | Last updated 22/07/2020 |

Provider of after school care and holiday programme for 5 - 13 year olds attending Karori West Normal School.

Karori West Normal School 19 Allington Road Karori Wellington



admin@kwoscargroup.com  Available between 3:00pm - 5:45pm or leave a

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| (027) 610 0563 https://www.kwoscargroup.com    **Classification : OSCAR**    **Kasper Enterprises Limited** | message anytime.  Some charges may apply. Referral may apply. |
| FSD0021646 | Last updated 17/09/2020 |

We provide OSCAR approved after School care and before School care to Konini Primary School and Wainuiomata Primary School.

We also provide a before School care at both centers and run a Holiday programme during the School holidays.

28 Konini Street Wainuiomata Lower Hutt 5014



diane@kasperenterprises.co.nz  We are open 6.45am to 8.30 am and from 2.45 (027) 518 9890 to 6pm for before and after school care. https://www.konini-primary.school.nz/ Holiday hours are 6.45am to 6pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

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| **Kelburn Out of School Care Trust** |  |
| FSD0022022 | Last updated 15/02/2021 |

To provide childcare services in the Kelburn area of Wellington.

Kelburn School Hall 16 Kowhai Road Kelburn Wellington 6012



kelburnkids@gmail.com  Mon-Fri, 1.30pm-6pm, during school terms

(022) 358 8613 Mon-Fri, 8am-6pm, during school holidays

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club - Gracefield School**

FSD0023538 Last updated 29/04/2021

Kelly Club Gracefield provide OSCAR approved childcare before school care, after school care and holiday programmes focusing on giving children aged between 5 and 12 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

Before School Care - Monday to Friday - 7.00am - 8.30am

After School Care - Monday to Friday 3.00pm - 6.00pm School Holidays - Monday to Friday - 7.30am - 6.00pm

 Gracefield School 20a Bell Road Waiwhetu Lower Hutt 5010

gracefield@kellyclub.co.nz (027) 226 8433 (027) 466 1779 http://www.kellyclub.co.nz/gracefield

**Classification : OSCAR**

**Kelly Club Discovery Ltd**

FSD0021946

Monday to Friday 3.00pm - 6.00pm

School Holidays - Monday to Friday - 7.30am -

5.30pm Some charges may apply. No referral required.

Last updated 24/11/2020

We are a before and after school care provider and also a holiday programme provider run out of Discovery Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

Discovery School - Pullen Lane Whitby Wellington 0630



discovery@kellyclub.co.nz  Our venue times vary but 8am - 5pm office

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| (09) 427 9377 (027) 321 2112 https://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Greenacres Ltd** | hours.  Some charges may apply. No referral required. |
| FSD0021951 | Last updated 24/11/2020 |

We are a before and after school care provider and also a holiday programme provider run out of Greenacres Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

Greenacres Primary School 60 Raroa Tce Tawa Wellington 0528



greenacres@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

(09) 427 9377 Some charges may apply.

(027) 241 4295 No referral required. https://www.kellyclub.co.nz

**Classification : OSCAR**

**Kelly Club Hampton Hill Ltd**

FSD0022486 Last updated 24/11/2020

We are a before and after school care provider run out of Hampton Hill Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities including baking, arts'n'crafts, and sports.

8 Rimu Street Tawa Wellington 5028



hamptonhill@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

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| (09) 427 9377 http://kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Houghton Valley** | Some charges may apply. No referral required. |
| FSD0023018 | Last updated 15/01/2021 |

Kelly Club provide OSCAR beforecare, aftercare and holiday programmes throughout New

Zealand. Our aim is to provide not just "a childcare facility", but to create a safe environment where children can have fun and benefit in a number of ways.

Kelly Sports New Zealand we have been providing a range of curricular and extra-curricular sporting programmes to 1000’s of children every week since 2007. We offer opportunities for children to get active and engaged in sports activities through our partnerships with schools, communities, clubs, regional and national sporting agencies.

110 Houghton Bay Road Houghton Bay Wellington 6023



houghtonvalley@kellyclub.co.nz  Weekdays 7.30am - 6.00pm

(022) 010 9981 Some charges may apply. http://www.kellyclub.co.nz No referral required.

**Classification : OSCAR**

**Kelly Club Kelburn**

FSD0024418 Last updated 06/10/2020

Kelly Club Kelburn provide OSCAR approved childcare. We offer after school care and holiday programmes focusing on giving children aged between 5 and 12 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

After School Care - Monday to Friday 3.00pm - 6.00pm School Holidays - Monday to Friday - 8.00am - 6.00pm

Kelburn Normal School 16 Kowhai Road Kelburn Wellington 6012



kelburnnormal@kellyclub.co.nz  3pm-6pm Monday to Friday during school Terms

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| (021) 744 636 (04) 972 7201 http://kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Muritai** | 8am-6pm Monday to Friday during School  Holidays  Some charges may apply. No referral required. |
| FSD0023693 | Last updated 20/10/2020 |

Kelly Club Muritai provide OSCAR approved childcare before school care, after school care and holiday programmes focusing on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children. Our aim is to provide not just "a childcare facility", but to run programmes in a safe environment that entertain and inspire children.

 166 Muritai Road Eastbourne Lower Hutt 5014

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| muritai@kellyclub.co.nz  (027) 218 4489 https://www.kellyclub.co.nz/muritai    **Classification : OSCAR**    **Kelly Club Plimmerton** | Before School Care:  Full Session- 7.00am-8.30am Half Session- 7.45am-8.30am After School Care:  Half Session- 2:55pm-4:30pm  Full Session- 2:55pm-6:00pm Holiday Programme- 7.30am-6.00pm Some charges may apply. No referral required. |
| FSD0023268 | Last updated 01/08/2020 |

OSCAR approved Before and After school care and Holiday programmes.

Plimmerton School 11 School Rd Plimmerton Porirua 5026



plimmerton@kellyclub.co.nz  Before School care 7am-8-30am

(021) 246 1717 After School care 3pm-6pm

http://www.kellyclub.co.nz/plimmerton Holiday programme 7am-6pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Club Redwood Ltd**

FSD0022485 Last updated 24/11/2020

We are a before and after school care provider and also a holiday programme provider run out of Redwood Primary School. We cater for primary school aged children 5-13yrs. Our programme offers a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

71a Redwood Avenue Tawa Wellington 5028



redwood@kellyclub.co.nz  Our venue times vary but 8am - 5pm office hours

(09) 427 9377 Some charges may apply.

(021) 572 919 No referral required. https://www.kellyclub.co.nz

**Classification : OSCAR**

**Kelly Club St Francis Xavier Ltd**

FSD0023434 Last updated 24/11/2020

We are an OSCAR approved before and after school care provider and also a holiday programme provider run out of St Francis Xavier School in Tawa. We cater for primary school aged children 513yrs. Our programmes offer a lot of activities from baking, arts'n'crafts, sports and in the holiday programme we go on trip days.

St Francis Xavier School - Main Road Tawa Wellington 5028



sfx@kellyclub.co.nz  Before and after school during term time, and all

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| (09) 427 9377 (021) 0867 5257 https://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Tawhai** | day, weekdays, during school holidays. (Closed over Christmas and New Year period).  Some charges may apply. No referral required. |
| FSD0022629 | Last updated 14/09/2020 |

Kelly Club OSCAR approved childcare programmes focus on giving children aged between 5 and 13 the opportunity to do things they enjoy in a safe, supportive and encouraging environment.

Kelly Club programmes are packed with variety to entertain and inspire children.

Programmes are full of exciting activities and trips that will guarantee your children have a great time!

69 Glen Road Stokes Valley Lower Hutt



tawhai@kellyclub.co.nz  Before School Care - 7.00am - 8.30am (027) 418 5131 After School Care Half Session - 3.00pm http://www.kellyclub.co.nz/tawhai 4.30pm

After School Care Full Session - 3.00pm -

6.00pm

Holiday Programme - 7.30am - 6.00pm - Half days available

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Sports Lower Hutt**

FSD0021819 Last updated 29/04/2021

We encourage kids to have fun, build confidence and to give sport a go.

We are passionate about what we do because we believe that sport has so much to offer young people. Sport and physical activity improves fitness, builds confidence, develops communication skills, teaches respect and consideration and gives children a place to channel their energy.

vanessa@kellysports.co.nz  After School Sports Clinics from 3.05pm -

(027) 466 1779 4.05pm

http://www.kellysports.co.nz/lower-hutt School Holiday Programme - 8.00am - 5.30pm

Sport Birthday Parties available Office Hours - 9.30am - 5.00pm Some charges may apply. No referral required.

**Classification : OSCAR**

**Kelly Sports Porirua**

FSD0022670 Last updated 29/12/2020

We offer OSCAR approved Holiday programmes.

Kelly Sports encourages kids to have fun, build confidence and to give sport a go. We are passionate about what we do because we believe that sport has so much to offer young people. Sport and physical activity improves fitness, builds confidence, develops communication skills, teaches respect and consideration and gives children a place to channel their energy.

Ngatitoa Domain Hall - Mana Esplanade Porirua 5026



adminwgtn@kellysports.co.nz  9am - 3pm weekdays

(04) 972 7201 Some charges may apply. http://www.kellysports.co.nz No referral required.

**Classification : OSCAR**

**Kidlywinks Childcare**

FSD0024188 Last updated 06/04/2021

At Kidlywinks Childcare, we aim to provide the highest level of care and education for your child (from 3 months to 5 years) within a relaxed, loving and healthy atmosphere. Providing a feeling of acceptance and belonging enables individual children to feel safe and secure in order to be able to express themselves in a positive and productive manner.

Established in April 2009, Kidlywinks is a family owned and operated childcare centre serving the Upper Hutt region. Our philosophy is based around catering to the individual learning and development needs of each child in our care.

Our centre is located at 20 Islington Street in Trentham. We are approximately 5 minutes walk from both Trentham Train Station and the closest bus stop on Fergusson Drive.

Kidlywinks is a 'boutique' child care centre, catering to a maximum of 31 children. As a converted home, the centre offers a warm, homely environment for the children in our care.

20 Islington Street Trentham Upper Hutt 5018



kidlywinkschildcare@gmail.com  Weekdays 7:30am - 5:30pm

(04) 934 8868 Closed weekends and public holidays http://www.kidlywinkschildcare.co.nz Some charges may apply.

No referral required.

**Kids Are Us Ltd (T/A After School Fun Club)**

FSD0021385 Last updated 22/04/2021

To provide Before and After School Care Services to various school communities. To provide holiday programmes to the communities during term breaks and also part of the summer school holidays.

We are funded by MSD.

39 Cleat Street Whitby Porirua 5024



gerhardnz57@gmail.com  After School care is provided from 3 - 6pm.

(04) 234 6440 Best way to contact is by e-mail. (027) 454 6975 Some charges may apply. http://enrolmy.com/asfc No referral required.

**Classification : OSCAR**

**Kids Domain Before & After School Care**

FSD0016507 Last updated 26/03/2021

We provide a safe and stimulating environment for children between the ages of 5 and 14.

We offer OSCAR approved Before School care, After School care, and Holiday care.

Work and Income Subsidies available.

COURTESY Transportation to/from school dependent on availability. Schools our children are from are:

Our Lady of the Rosary School

Gracefield School

Hutt Central School

Sts Peters & Pauls School

Hutt Intermediate School

Petone Central School

Tawhai School

Tui Glen School

Belmont School

Kelson School

Avalon Intermediate

Maungaraki School

Pomare School

Konini School

Wainuiomata School

Waterloo School

Fergusson Intermediate

Koraunui School

Naenae School

Naenae Intermediate

Boulcott School

Randwick School

Visit our website for more details!

6 Market Grove Lower Hutt kidsdomain@slingshot.co.nz (027) 474 9573 http://www.kidsdomain.biz



**Classification : OSCAR**

**Kidz Hub Ltd**

FSD0024192

Monday - Friday Some charges may apply. No referral required.

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| Popular programme within the Wainuiomata Community with experienced staff, based at Pukeatua Primary School.  A place for the kids to connect.    Before School Care 7am - 8.30am  After School Care 3pm - 6pm  Holiday Programme 7am - 6pm  19 Frederick Street Wainuiomata Lower Hutt 5014  kidzhub@outlook.co.nz  Monday - Friday (027) 642 6680 Before School Care 7 - 8:30am  https://www.facebook.com/kidzhubltd After School Care 3 - 6pm Holiday Programme 7am - 6pm Some charges may apply. No referral required.    **Classification : OSCAR**      **Kidz need Dadz Wellington**  FSD0015242 Last updated 03/04/2021  Support for parents, especially families involved in separation and with Family Court issues.  Freephone helpline service and regular meetings in Wellington.  Natural Healing Raumati 22 Margaret Road Raumati Beach Paraparaumu 5032 |

Last updated 23/03/2021

wellington@knd.org.nz (0508) 225 5323 (027) 242 0112 http://www.kidzneeddadz.org.nz

**Kilbirnie After School Care**

FSD0021935

Monday 8am - 6pm

Tuesday 8am - 10pm

Wednesday 8am - 6pm

Thursday 8am - 6pm

Friday 8am - 5pm Other times by arrangement Koha/donation may apply. No referral required.

Last updated 19/12/2020

We provide after school care for children attending Kilbirnie School and holiday programme for children between the age of 5 and 12 from the wider community.

72 Hamilton road Hataitai Wellington 6021



kasc10@gmail.com  After school care between 3 and 6pm and (027) 230 4798 holiday programme between 8.30am and

(027) 414 6562 5.30pm. http://kilbirnieasc.weebly.com/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**Kiwi Family Media**

FSD0008255 Last updated 27/10/2020

New Zealand’s trusted parenting website for more than 10 years. www.kiwifamilies.co.nz has been serving up free tips, tools and advice from some of the best New Zealand parenting experts, to help grow great families in New Zealand.

We cater for all ages and stages from preconception right through to teens.

10 Puketai Place Pukerua Bay 5026



admin@kiwifamilies.co.nz  9:00am - 4:00pm Monday - Friday (027) 596 7348 All services free of charge. http://www.kiwifamilies.co.nz No referral required.

**Kokiri Marae Keriana Olsen Trust**

FSD0006022 Last updated 06/11/2020

Committed to the health and well-being of whanau, hapu, iwi. We provide social services, health services, education services, and a Kohanga Reo.

7-9 Barnes Street Seaview Lower Hutt



info@kokiri-hauora.org.nz  Office Hours: 8.30am - 5.00pm

(04) 939 4630 All services free of charge. http://www.kokiri.org.nz No referral required.

**Classification : FVSS**

**Kool4Kidz**

FSD0023346 Last updated 11/02/2021

Kool4Kidz is an Out of School Care service provider for families in Johnsonville and neighbouring suburbs. We offer OSCAR approved Before School Care, After School Care and Holiday Programmes.

17 Bassett Road Johnsonville Wellington 6037



kool4kidz.choice@hotmail.com  Daily from 7:30-8:30am in the morning, and 3-

(022) 157 2123 6pm in the afternoon. https://www.facebook.com/TheChoiceKidz Some charges may apply.

/ No referral required.

**Classification : OSCAR**

**Koraunui Marae Trust**

FSD0003046 Last updated 26/08/2020

Koraunui Marae CharitableTrust provides a variety of services through out the year. These include

Marae Hire, Youth program, OSCAR Out of School Care and Recreation, Alternative Education, Early Childhood Centre MOE Funded focused on Te Reo Maori, Marae based Health and Social services, counselling Tamariki Ora, Well Women Clinics, Whanau Support, Emergency housing and Advocacy support.

146 Stokes Valley Road Stokes Valley Lower Hutt 5019



heneriata.koraunuimarae@gmail.com  Monday - Friday 8am - 4.30pm. After hours calls

(04) 939 6662 can be made.

Some charges may apply. Referral may apply.

**Classification : OSCAR, THP**

**Koraunui School Care Centre**

FSD0022176 Last updated 19/06/2020

Before and after school care, predominantly catering for the children enrolled at Koraunui School, and their older siblings up to 14 years of age.

17 Kairimu St Stokes Valley Lower Hutt 5019



office@koraunui.school.nz  7.00am to 8.15am & 3.00pm to 5.45pm school

(04) 939 9707 days.

Holiday programme available.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Kotahitanga Psychological Services**

FSD0016017 Last updated 20/11/2020

Triple P Positive Parenting programme for every parent. Mo te katoa o nga matua. Groups are run by an accredited Triple P practitioner. we also offer individual parenting courses - one-on-one with the family worker.

St Barnabas Church Hall 35 Box Hill Khandallah Wellington



celia@kotahitanga.org.nz  Appointment hours are:

(021) 672 0170 Tuesdays 9am-5pm

http://www.kotahitanga.org.nz Thursdays 9am-5pm

Appointments outside of these hours are dependent on therapist availability.

Some charges may apply. No referral required.

**La Leche League - Wellington**

FSD0005897 Last updated 26/03/2021

A voluntary non-profit organisation which supports and informs, through group meetings and telephone counselling, women who choose to breastfeed their babies.

277 Karori Road Karori Wellington 6012



wellington@lalecheleague.org.nz  Wellington La Leche League meets at the Karori (027) 442 1829 Plunket Creche, 277 Karori Rd Karori on the 2nd http://www.lalecheleague.org.nz Monday of each month at 10am but you can get

in touch any time with questions or for email/phone support.

All services free of charge. No referral required.

**Learn and Live Ministries Charitable Trust Inc.**

FSD0018352 Last updated 18/06/2020

To enable young people to reach their potential through being kids, learning to cope with relationships and environments they live within daily.

2 Pinedale Crescent Riversdale Beach Masterton 5872



info@waimanaaki.co.nz  24 hours a day, seven days a week.

(027) 278 6208 Some charges may apply. http://www.waimanaaki.co.nz No referral required.

**Classification : OSCAR**

**LifeSwitch**

FSD0003053 Last updated 12/09/2020

LifeSwitch is a contemporary church meeting community needs.

 3 Reynolds Bach Drive Stokes Valley Lower Hutt

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| info@lifeswitch.org.nz (04) 563 9500 http://www.lifeswitch.org.nz | Programmes for all ages Sunday 10.30am.  Youth and intermediate programmes on  Wednesday nights. Midweek groups and events. Children's holiday camp in the April school holidays.  All services free of charge.  No referral required. |

**Little Adventurers' Early Learning Centre**

FSD0022413 Last updated 08/06/2020

Little Adventurers’ is caring, convenient and affordable early childhood centre around.

We provide a warm, caring, family-focused environment that provides the highest quality care and education for infants and preschoolers (birth to school age). Our goal is to lay sound foundations that prepare children for the next steps in their journey, socially, emotionally and educationally.

Offering a high quality programme that strikes a balance between structure and freedom, children will be loved, nurtured and well-prepared for starting school.

Our building is located on Heriot Drive, on the edge of Porirua CBD, where we are spoilt for space, both indoors and out. The playground is being designed by the children to incorporate nature as much as possible, with retention of real grass being important to us.

Centre opened on 14 November 2012. On a mission to be the BEST!

11 Heriot Drive Porirua 5024



info@littleadv.co.nz  Monday-Friday 7:00am to 6:00pm

|  |  |
| --- | --- |
| (04) 238 9684  http://www.littleadv.co.nz | Some charges may apply. No referral required. |

**Little Shadow**

FSD0003092 Last updated 05/01/2021

To provide counselling and support to those suffering perinatal distress. To provide community education and facilitated group work on perinatal distress (PND).

ed@littleshadow.org.nz  Book online https://www.littleshadow.org.nz Some charges may apply.

No referral required.

**Mana Parents Centre Inc**

FSD0007357 Last updated 31/10/2020

Mana Parents Centre offers a range of antenatal (Childbirth Education) and postnatal courses, as well as Parent Education and membership to families in the Tawa to Pukerua Bay area.

Level 1 1 Walton Leigh Avenue Porirua City Centre Porirua 5022



manapc@manapc.org.nz  Some charges may apply.

(04) - No referral required. http://www.manapc.org.nz

**Maraeroa Marae Health Clinic**

FSD0004660 Last updated 10/10/2020

Maraeroa Marae Health Clinic provides clinical and health and well being services for our community in the Porirua and wider Porirua regions.

We have 5 main services, all are FREE: Well Child Tamariki Ora (child health and well-being checks 0-4years); Alcohol and Other Addictions Triage and assessments, and brief intervention Service; Cervical Screening and education; Maori Community Health/Whanau Ora (interactive programmes such as: Whare Kai - cooking classes on Mondays 10-12pm; Kaumatua Exercise and Health Education on Tuesdays 10-12pm); and Community Injury Prevention Service.

We also provide additional services here at Maraeroa Health Clinic for our people, providing easier access in your local area.

216 Warspite Avenue Waitangirua Porirua 5024



info@maraeroa.maori.nz  8.30am-5.00pm Mon - Fri,

(04) 235 8000 (except stat holidays)

https://www.maraeroa.maori.nz All services free of charge.

No referral required.

**Maungaraki After School Care Inc**

FSD0018557 Last updated 20/01/2021

MASC is a before school and after school care facility operating during term times out of the Maungaraki Community Centre. Our current hours are 7.00am-8.45am, and 3.00pm-5.30pm weekdays. We cater for children from ages 5 - 13 yrs. Afternoon tea is provided as part of the ASC programme. Breakfast is available for a fee at BSC only.

We also offer a holiday programme during school holidays.

135 Dowse Drive Maungaraki Lower Hutt 5010



maungarakiASC@gmail.com  Monday to Friday 7.00am-8.45am, and 2:30pm

(04) 569 7577 to 5.30pm during school terms. https://maungarakiasc.aimyplus.com 7:30am - 5:30pm during school holidays.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Motherly Hug**

FSD0024461 Last updated 25/11/2020

Motherly Hug has as its mission to provide care and support for families in the postpartum period and in regards to sleep challenges, in order to promote the wellbeing of the parents and the child. With focus on the emotional well-being of the baby/child and the family in general, and applying a holistic perspective, the Sleep Consultancy that I provide is a respectful and gentle process, through which families will learn the foundations of sleep (information with scientific evidence) and strategies – temperament and age appropriated – to communicate the changes to the child and then to gradually start creating new habits where it’s necessary and where families choose to do so.

No sleep training involved. Secure attachment is a priority!

No strict routines or imposition of anything. Both as a Sleep Consultant and a Postpartum Doula, I respect your choices, I don’t judge you, and through information and support I’ll guide you towards the healthy sleep your family needs.

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| --- | --- |
| dulce@motherlyhug.com  (022) 021 0765 https://www.motherlyhug.com/      **Mothers Network** | 24-7  Some charges may apply. No referral required. |
| FSD0004815 | Last updated 06/04/2021 |

Mothers Network is a not-for-profit organisation that has been running in Wellington since 1982.

Run by mums, for mums, we support & connect women facing the changes and challenges of being a mum through discussion groups. We also consider the impact motherhood has on other aspects of life, including relationships, career and sense of wellbeing.

Our discussion groups are run by women from our network who’ve previously attended a group and been through facilitator training.

All mothers are welcome to join our groups, regardless of background, stage or experiences. We’re unique in that we focus entirely on your needs first, offering empathy and empowerment as you navigate motherhood.

241 Ohiro Road Brooklyn Wellington 6021



hello@mothersnetwork.org.nz  Emails and Facebook messages are cleared http://www.mothersnetwork.org.nz regularly and are the best ways to contact us.

Koha/donation may apply. No referral required.

**Multiples Hutt Valley**

FSD0007701 Last updated 20/10/2020

To address the special and unique needs of families experiencing a multiple birth by providing information and support to members.

|  |  |
| --- | --- |
| president@multipleshv.org  (021) 185 8716 http://www.multiples.org.nz/ | Volunteer organisation with no set hours of contact  Some charges may apply.  Referral may apply. |

**Multiples NZ**

FSD0005526 Last updated 21/11/2020

To address the diverse needs of families with multiples through networking, education, support and advocacy. Working in partnership with local multiple birth clubs, community groups, health care providers and educators to ensure our values are upheld.

info@multiples.org.nz  Monday - Sunday: 8am - 10pm.

(0800) 489 467 Some charges may apply.

(027) 484 1526 No referral required. http://www.multiples.org.nz/

**Naku Enei Tamariki Inc**

FSD0015762 Last updated 15/01/2021

Naku Enei Tamariki is an Early Intervention Service, providing home visits to families with new born babies. NET Inc. works alongside families to ensure their children's educational, social and health needs are met. NET Inc. provides a culturally appropriate service by working together in a

3 tikanga model - Maori Section, Pakeha Section and Pacific Section. Our programmes are NET Early Intervention and Family Start

Unit A 25 Peterkin Street Wingate Lower Hutt 5011



info@net-inc.org.nz  Mon - Fri 8.30am - 4pm (04) 939 9257 All services free of charge.

(021) 243 4346 Referral may apply. http://www.net-inc.org.nz

**Classification : PACIFIC**

**Newtown Community & Cultural Centre**

FSD0017568 Last updated 08/04/2021

We run a low-cost OSCAR approved school holiday programme, a youth programme, community exercise classes, and host a range of groups and clubs for our local community.

Cnr Colombo + Rintoul Street 1 Colombo Street Newtown Wellington 6021



info@newtowncommunity.org.nz  Until April 11th: Corner Colombo and Rintoul

(04) 389 4786 Streets

http://www.newtowncommunity.org.nz From May 3rd: 2a Green Street (above the

former ANZ bank)

Office hours: 9am-4.30pm, Mon-Fri Some charges may apply. No referral required.

**Classification : OSCAR**

**Ngahauranga Te Kohanga Reo**

FSD0005533 Last updated 30/11/2020

Our purpose is on the survival, revival, regeneration, protection and nurturing of Te Reo Mori, tikanga Mori and huatanga Mori which focuses on the mokopuna our children.

This will ensure that opportunities are available for the wider community to participate (in a supportive capacity) in the operations of Te Kohanga Reo.

To make available opportunities to the community for enquiries and applications to vacancies within the Kohanga Reo

Children will learn Mori language and culture through immersion. Ka tautokotia te reo me ng tikanga, hei tonga, hei whainga, hei awhitanga m ng whanau katoa

Whanau will learn a range of other skills (administration), within the whanau setting. E pakari ai te mana o Ngahauranga Te Kohanga Reo whanau, me awhi ng hunga katoa e whina ana, kia tau ai te whakaaro a whnau I waenga i a ratou katoa desires and requests with the support of the wider community.

55 Victory Crescent Tawa Wellington



whanau@k09c043.kohanga.ac.nz  Monday - Friday 8.30 am - 3.00 pm (school

(04) 232 8424 hours)

(027) 381 6939 Some charges may apply.

No referral required.

**North Porirua Care Centre**

FSD0016502 Last updated 12/01/2021

NPCC is a charitable trust providing Social Work and Counselling services in the North Porirua and wider Porirua area.

The Trust fundraises to provide the free Social Work Service to anyone in the Porirua area and there are funds to offer discretionary subsidies to Counselling clients who would not otherwise be able to access the service.

69f Discovery Drive Whitby Porirua 5024



manager@npcc.org.nz  Messages can be left at any time on 04 233

(04) 233 1248 1248.

(04) 233 1248 The Centre is open Tuesdays to Saturdays and

http://www.npbc.org.nz/cms3/index.php/c some evenings ommunity-services Some charges may apply.

No referral required.

**Oasis Trust**

FSD0005295 Last updated 07/07/2020

Pastoral care and counselling, support, advocacy, help, recreation providers. OSCAR approved programmes.

Equippers Church 2 Akura Road Masterton 5810



(06) 378 8789  9am - 6pm. Monday - Friday

Some charges may apply. No referral required.

**Classification : OSCAR**

**Open Home Foundation (OHF)**

FSD0004130 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.

 1st Floor, Western Mailing Building 46 Railway Avenue Alicetown Lower Hutt 5010

|  |  |
| --- | --- |
| michelle.butcher@ohf.org.nz  (04) 586 1077 http://www.ohf.org.nz/ | 8.30am - 5.00pm Monday to Friday.  Some charges may apply.  No referral required. |

**Open Home Foundation (OHF) - Wairarapa**

FSD0007292 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.

23 Intermediate Street Solway Masterton 5810



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

(06) 378 2195 Some charges may apply. http://www.ohf.org.nz/ No referral required.

**Open Home Foundation (OHF) - Wellington**

FSD0007293 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.

Level 2 119 Queens Drive Lower Hutt 5010



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

(04) 566 3990 All services free of charge. http://www.ohf.org.nz/ Referral may apply.

**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.

**Oranga Tamariki-Ministry for Children, Lower Hutt**

FSD0006996 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.

40-42 Queens Drive Lower Hutt 5010



contact@ot.govt.nz  +64 9 912 3820 (from outside New Zealand)

|  |  |
| --- | --- |
| (0508) 326 459 (0508) FAMILY https://www.orangatamariki.govt.nz/ | All services free of charge. No referral required. |

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

FSD0006976 Last updated 20/07/2020

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.

 Kapiti Lights Complex 11 Amohia Street Paraparaumu 5254

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| contact@ot.govt.nz (0508) 326 459  (0508) 0508 FAMILY https://www.orangatamariki.govt.nz/ | +64 9 912 3820 (from outside New Zealand) All services free of charge.  No referral required. |

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

FSD0006995 Last updated 21/07/2020

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.

Level 2, City Fitness Building 1 Walton Leigh Avenue Porirua 5022



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/

**Oranga Tamariki-Ministry for Children, Upper Hutt**

FSD0006997 Last updated 21/07/2020

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.

Level 7, CBD Tower 84-90 Main Street Upper Hutt 5018



contact@ot.govt.nz  Call +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/

**Oranga Tamariki-Ministry for Children, Wairarapa Site Office,**

**Masterton**

FSD0006994 Last updated 21/07/2020

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.

49-51 Lincoln Road Masterton 5810



contact@ot.govt.nz  +64 9 912 3820 (from outside New Zealand)

|  |  |
| --- | --- |
| (0508) 326 459 (0508) FAMILY https://www.orangatamariki.govt.nz/ | All services free of charge. No referral required. |

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

FSD0006989 Last updated 21/07/2020

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.

Level 1 186-190 Willis Street Wellington 6011



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/

**Orongomai Marae Community Centre Trust**

FSD0003078 Last updated 22/03/2021

Orongomai Marae and Community services. To service our community in Health advocacy,

Kaumatua support service, Whanau Ora, E Tu whanau ( families standing up to o violence ), Youth at risk support, whanau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.

 1 Railway Avenue Upper Hutt 5018

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| --- | --- |
| uppervalleymarae@xtra.co.nz  (04) 528 9639 (021) 024 10254 https://www.facebook.com/OrongomaiMar ae/posts/orongomai-marae-communitytrust-centreagm9-october-2018-7pmatoffice-administrat/2367452636628044/ | 9am - 5pm, Monday to Friday.  24/7 on 04 5283775  Some charges may apply.  Referral may apply. |

**OSCAR House Limited - Out of School Care**

FSD0007256 Last updated 29/09/2020

We provide Out of School Care and Recreation to children and their families in the Lower Hutt area.

Before and After School care for children of Kelson School - located on site.

Before and After School care for children of Eastern Hutt School - located adjacent to the school.

After School care for children of Korokoro School - located on site.

After School care for children of Hutt Intermediate.

Junior Holiday Programme for age group (Years 0 - 3).

Senior Holiday Programme for age group (Years 3 - 8).

Please refer to our website for further information.

34A Pretoria Street Central Hutt Lower Hutt 5010



dalena@oscarhouse.co.nz  Before and after school care and holiday

|  |  |
| --- | --- |
| (04) 566 0833 (027) 551 1040 http://www.oscarhouse.co.nz/    **Classification : OSCAR** | programmes.  Some charges may apply.  No referral required. |

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

1 Hewer Crescent Naenae Lower Hutt 5011



info@phshutt.co.nz  Pacific Health Service Hutt Valley

(04) 577 0394 Opening Hours: 0900 - 1700

http://www.pacifichealthhutt.co.nz Opening Days : Monday - Friday

All services free of charge. No referral required.

**Classification : PACIFIC**

**Papakowhai School - Board of Trustees**

FSD0021648 Last updated 08/03/2021

We are a full primary school, up to and including year 8. We run an OSCAR approved Before and After School Care programme here at Papakowhai School.

17 Spey Place Papakowhai Porirua 5024



office@papakowhai.school.nz  School days only

(04) 233 8321 Some charges may apply. http://www.papakowhai.school.nz Referral may apply.

**Classification : OSCAR**

**Paremata Creche**

FSD0022402 Last updated 13/07/2020

We provide a nurturing and educational environment for children aged from 12mths old. We have fully trained and registered teachers, low ratio's and a newly purpose built creche. Two session options are available between 8.30am - 2.30pm Monday - Friday. Paremata Creche has been providing support for families in the community for over 25 years.

 (Civic Centre, Next to Whitby Library) 69C Discovery Drive Whitby Porirua 5024 paremata.creche@wmkindergartens.org.n Monday - Friday z 8.30am - 2.30pm

(04) 234 1690 Some charges may apply. https://www.facebook.com/ParemataCrec No referral required. he/?ref=bookmarks

**Paremata School After School care**

FSD0022251 Last updated 21/01/2021

Paremata School After School Care provides care for our pupils after school for working families.

43 Paremata Cres Paremata Porirua 5024



afterschoolcare@paremata.school.nz  Monday to Friday term time only

(04) 233 1339 x 826 Some charges may apply. http://www.paremata.school.nz Referral may apply.

**Classification : OSCAR**

**Parent Help Inc.**

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.

**Parent to Parent New Zealand Inc - Wellington Region**

FSD0007303 Last updated 25/03/2021

To provide information and support to families of children and family members with disabilities, health impairments or special needs, through support programmes and provision of information.

|  |  |
| --- | --- |
| wellington@parent2parent.org.nz  (027) 808 3947 (04) 569 9398 http://www.parent2parent.org.nz | Monday to Friday 9.00am - 3.00pm.  We cover the greater Wellington region including  Wairarapa  All services free of charge.  No referral required. |

**Parents Centre New Zealand Inc - Kapiti**

FSD0007336 Last updated 11/12/2020

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.

kapiti@parentscentre.org.nz  No set opening hours, classes are held as per

(04) 233 2022 schedule. http://www.kapitiparentscentre.org.nz Some charges may apply.

No referral required.

**Parents Centre New Zealand Inc - Lower Hutt**

FSD0007338 Last updated 31/08/2020

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.

lower.hutt@parentscentre.org.nz  To book into a Childbirth Education class, please http://www.parentscentre.org.nz complete our online form or email us at antenatal.lhpc@gmail.com Some charges may apply. No referral required.

**Parents Centre New Zealand Inc - Mana**

FSD0004132 Last updated 14/09/2020

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.

The head office of Parents Centre NZ Inc is located in the Mana area. There are branches of Parents Centre NZ Inc are located in 50 areas in New Zealand and offer four core services to members:

* Childbirth education with qualified childbirth educators
* Parent support groups - opportunities for parents to share and network together
* Parent education offering a variety of parenting courses for children from birth to 5 years of age- Advocacy / lobbying for parenting, birthing and families.

Five key parent education programmes (not offered by all centres)

* Baby and You
* Tinies to Tots- Music and Movement
* Moving and Munching.
* Parenting education programmes.

1 Walton Leigh Avenue Porirua City Centre Porirua 5022



manapc@manapc.org.nz  Office hours: 8.30am - 4.30pm daily.

(04) 233 2022 Online message form is on website.

http://manapc.org.nz/ All services free of charge.

No referral required.

**Parents Centre New Zealand Inc - Upper Hutt**

FSD0007337 Last updated 23/03/2021

Parents Centre NZ offers a wide range of services and support for parents. Each local Centre is run by a committee with support from national office.

5 Miro Street Trentham Upper Hutt 5018 upper.hutt@parentscentre.org.nz  Voicemail and email checked regularly.



(04) 939 8990 Some charges may apply.

(04) 233 2022 No referral required.

https://upperhutt.parentscentre.org.nz/

**Parents Centre New Zealand Inc - Wairarapa**

FSD0007335 Last updated 18/09/2020

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.

wairarapaparentscentre@gmail.com  Online Anytime

(021) 168 7933 Some charges may apply. https://www.wairarapaparentscentre.org No referral required.

**Parents Centre New Zealand Inc - Wellington North**

FSD0007340 Last updated 22/02/2021

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.

secretary@wnpc.org.nz  We do not have a physical location

(04) 475 7550 Some charges may apply. http://www.wnpc.org.nz No referral required.

**Parents Centre New Zealand Inc - Wellington South**

FSD0007341 Last updated 01/09/2020

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.

|  |  |
| --- | --- |
| secretary@wgtnparents.org.nz http://www.wgtnparents.org.nz | 24 hours for email Some charges may apply.  No referral required. |

**Perinatal Anxiety & Depression Aotearoa (PADA)**

FSD0022974 Last updated 28/09/2020

Perinatal Anxiety and Depression Aotearoa (PADA) is an organisation that exists to improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood. The perinatal period is from pregnancy through to a child’s first two years. Our aim is to eliminate stigma and facilitate best practice in order to ensure all families in New Zealand experience good perinatal mental health. Anxiety and depression symptoms during this time frame range from thoughts of harming the baby and not being able to cope, through to suicide, child abuse and requiring psychiatric hospitalisation.

PADA was founded in 2011. We run seminars and events all over New Zealand to educate care providers such as GP's, Plunket nurses, midwives, educators, psychologists, psychotherapists, counsellors, community workers, nurses etc.

Level 2 21-29 Broderick Rd Johnsonville Wellington 6037



office@pada.nz  Mon, Weds, Fri 9am-2.30pm

(04) 461 6318 Closed Thursday

http://pada.nz All services free of charge.

No referral required.

**Petone Community House Incorporated**

FSD0003088 Last updated 24/08/2020

Rooms for hire for the community and local organisations for workshops, seminars, meetings, craft groups, social gatherings, music groups, church groups, meditation groups, counsellors, etc.

6 Britannia Street Petone Lower Hutt



office@pchouse.nz  House: 7am-11pm.

|  |  |
| --- | --- |
| (04) 568 7798  http://www.petonecommunityhouse.nz | Office: 11:00am-2:00pm, Monday - Friday. (other times by appt)  Some charges may apply.  No referral required. |

**Playcentre - National Office**

FSD0018012 Last updated 23/06/2020

A Playcentre is a community-based early childhood centre where family members jointly provide early education to their children aged under 6 years, and parenting support for each other. There are 471 Playcentres in communities around New Zealand.

administrator@playcentre.org.nz  Office hours of administator:

(0800) 752 969 Monday to Friday 9am - 2.30pm http://www.Playcentre.org.nz Koha/donation may apply.

No referral required.

**Plunket**

FSD0004138 Last updated 18/09/2020

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

Level 3 40 Mercer Street Wellington



plunket@plunket.org.nz  Contact your nearest Plunket Office for

(04) 471 0177 information on local Plunket Clinics and services http://www.plunket.org.nz in your area, or visit www.plunket.org.nz

PlunketLine support service available 24/7 freephone 0800 933 922 All services free of charge. No referral required.

**Plunket - Central Region Area Hub**

FSD0007440 Last updated 04/05/2021

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

4 Market Grove Lower Hutt 5010 wellingtonwairarapa@plunket.org.nz  8.30am - 4.30pm Monday to Friday.



(04) 460 4660 All services free of charge. https://www.plunket.org.nz/plunket-near- No referral required. me/central-region-area-hub/

**Plunket - Island Bay**

FSD0005552 Last updated 04/05/2021

Plunket supports the development of healthy families.

61 Freyberg Street Lyall Bay Wellington



(04) 387 7594  Please phone for an appointment. Plunket Line

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| (0800) 933 922 is available 24 hours a day, 7 days a week on | |
| https://www.plunket.org.nz/plunket-near- 0800 933 922. me/rongotai-family-centre-lyall-bay- All services free of charge. plunket-clinic/island-bay-plunket-clinic No referral required.      **Plunket - Johnsonville / Newlands / Paparangi** |  |
| FSD0005530 | Last updated 04/05/2021 |

Plunket believes in supporting the development of healthy families.

19 Rotoiti Street Johnsonville Wellington 6037



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 460 4660 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kelburn & Northland**

FSD0005482 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

5 Kowhai Road Kelburn Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 475 9347 is available 24 hours a day, 7 days a week on

https://www.plunket.org.nz/plunket-near- 0800 933 922 me/kelburn-plunket-clinic All services free of charge.

No referral required.

**Plunket - Khandallah**

FSD0005483 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

8A Ganges Road Khandallah Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 479 1292 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kilbirnie/Newtown**

FSD0005563 Last updated 04/05/2021

Plunket supports the development of healthy families.

620 Evans Bay Parade Kilbirnie Wellington wellington.wairarapa@plunket.org.nz  Mon - Fri. Please phone for an appointment.



(04) 387 7047 Plunket Line is available 24 hours a day, 7 days (0800) 933 922 a week on 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/kilbirnie-plunket-clinic No referral required.

**Plunket - Plimmerton**

FSD0004765 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

Plunket Rooms 9 Steyne Avenue Plimmerton Porirua 5026 wellington.wairarapa@plunket.org.nz  Please phone for an appointment.



(04) 233 8288 All services free of charge.

(0800) 933 922 No referral required.

https://www.plunket.org.nz/plunket-nearme/plimmerton-plunket-clinic

**Plunket - Porirua**

FSD0004785 Last updated 03/06/2020

Plunket believes in supporting the development of healthy families.

31 Warspite Avenue Cannons Creek Porirua City 5243



(04) 238 4278  Please phone for an appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Tawa/Linden/Titahi Bay**

FSD0005588 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

6 Linden Avenue Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 232 7529 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/tawa-plunket-clinic No referral required.

**Plunket - Upper Hutt**

FSD0002519 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

Plunket House 33 Logan Street Ebdentown Upper Hutt



wellington.wairarapa@plunket.org.nz  Opening hours: Please phone for an

(04) 460 4660 appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Wadestown, Thorndon, Wellington Central**

FSD0005622 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

117 Wadestown Road Wadestown Wellington



(04) 472 9613  Please phone for an appointment. Plunket Line

(0800) 933 922 is available 24 hours a day, 7 days a week on https://www.plunket.org.nz/plunket-near- 0800 933 922.

me/wadestown-plunket-clinic All services free of charge.

No referral required.

**Plunket Miramar**

FSD0005585 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

20A Park Road Miramar Wellington 6022 peninsulaplunket@gmail.com 



(04) 460 4660 (0800) 933 922 https://www.plunket.org.nz/plunket-nearme/miramar-plunket-clinic

Plunket Clinics - phone for an appointment

Plunket Playgroup - Wed & Fri mornings at 2

Kinghorne Street, Strathmore

Plunket Line is available 24 hours a day, 7 days a week on 0800 933 922.

All services free of charge. 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 http://www.plunket.org.nz      **Porirua Kidz**  FSD0021930  After School Care at Porirua School. | 24 hours a day, 7 days a week All services free of charge.  No referral required. | Last updated 15/02/2021 |

1 Awarua Street Elsdon Porirua 5022



trorason@gmail.com  3-6pm Monday - Friday

|  |  |  |
| --- | --- | --- |
| (021) 039 5980    **Classification : OSCAR**    **Porirua Whanau Centre** | Some charges may apply. No referral required. |  |
| FSD0004753 |  | Last updated 01/10/2020 |

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

 16 Bedford Court Cannons Creek Porirua 5024

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| enquiry@poriruawhanau.org.nz  (04) 237 7749 http://www.poriruawhanau.org.nz    **Classification : BFC, FVSS, OSCAR** | Monday to Friday from 8.30am - 5.00pm Some charges may apply.  Referral may apply. |

**Pregnancy Counselling Services - Wellington**

FSD0006529 Last updated 21/07/2020

Free confidential 24 hour service for anyone involved in a worrying pregnancy or distressed after an abortion.

|  |  |
| --- | --- |
| pregnancycounselling.info@gmail.com  (0800) 77 34 62 (021) 289 8727 http://www.pregnancycounselling.org.nz      **Pregnancy Help Inc** | Freephone number available 24 hours a day, 7 days a week.  Text a counsellor 021 2898 727 (021 2TXTPCS) Email Enquiry Form is available on website.  See Facebook counselling page on messenger.  All services free of charge. No referral required. |
| FSD0004134 | Last updated 23/07/2020 |

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

|  |  |
| --- | --- |
| national@pregnancyhelp.org.nz  (021) 0258 2815 http://www.pregnancyhelp.org.nz | There are not set hours for National office contact - all contacts should in the first instance come via email.  All services free of charge.  No referral required. |

**Pregnancy Help Inc - Greater Wellington**

FSD0007397 Last updated 07/07/2020

Pregnancy Help supports the wellbeing of pregnant and recently pregnant women, parents, caregivers and their families/whanau by providing information and practical support with Care, Concern and Confidentiality.

2nd floor 139b Main Road Tawa Wellington 5028 greatwgtn@pregnancyhelp.org.nz  9 am - 2 pm, Tuesday and Wednesday.



(04) 232 5740 1st & 3rd Thursdays each month, 10am to noon,

http://www.pregnancyhelp.org.nz 774 High St, Boulcott, Lower Hutt 5011 Currently we are only opening Wednesdays in Tawa 9 am to 2 pm.

All services free of charge. No referral required.

**Presbyterian Support Central**

FSD0015907 Last updated 12/03/2021

Presbyterian Support Central has a long history of making a real, positive difference in people’s lives. In fact, we’ve been walking alongside people, regardless of age, background or religious belief, for more than 100 years! Every year we support thousands of people to flourish.

Through our Family Works services we support children, young people, adults, parents, families and whnau to make positive changes in their lives, using the strengths and resources they already have. Family Works offers counselling, social work, parenting programmes and much more.

Through our Enliven services we provide a full range of services that support people to maintain their independence and live fulfilling lives. This includes retirement villages as well as rest home, hospital and dementia care for older New Zealanders.

3-5 George Street Thorndon Wellington 6144



familyworks@psc.org.nz  Office Monday-Friday 8.30am-5pm

(04) 439 4900 Some charges may apply.

(04) 439 4976 No referral required. http://www.psc.org.nz

**Pride Lands**

FSD0017877 Last updated 27/10/2020

To provide affordable childcare programmes for children between the ages of 5 - 15 years old across Wellington Region.

Pride Lands provides a programme that involves fun and education but also continuous interaction and structure without the use of technology.

A quality programme worth the investments for the future of our kiwi children.

Top floor 28 Hopper Street Mt Cook Wellington 6011



info@pridelands.org.nz  Hours: 9am-12pm & 3-6pm Mon-Fri (0800) 774 3348 Some charges may apply.

(04) 907 2225 No referral required. http://www.pridelands.org.nz

**Classification : OSCAR**

**Pukerua Bay After School Care**

FSD0022800 Last updated 10/12/2020

Pukerua Bay After School Care was incorporated in 1997 and runs in our School Hall.

We are:

* Approved by MSD
* Approved for families to receive an OSCAR subsidy
* Local but open for children from other schools to attend
* Governed by a management committee made up of parents and school representatives.

We can be contacted through the Head Supervisor on 027 248 4984 or pop into the Community hall after 3pm where the Supervisor or staff will be happy to discuss the programme with you.

Pukerua Bay School Hall 89 Rawhiti Road Pukerua Bay 5026



pkbafterschoolcare@gmail.com  3pm-6pm during term time.

(027) 248 4984 Some charges may apply. http://www.pukeruabay.school.nz No referral required.

**Classification : OSCAR**

**Rainbow Kidz Out of School Programmes**

FSD0021325 Last updated 29/12/2020

To provide quality, affordable Before/After school/Holiday programmes, focusing on the individual needs of each child attending.

"We are all one growing and learning together".

Sharon Cooper Rainbow Kidz Start 44 Tama Street Alicetown Lower Hutt 5010 rainbow.kidz.start@gmail.com  Monday - Friday 7.00am - 8.30am/ 2.45 pm-6pm



(021) 058 7675 Holidays 7.30am - 5.30pm http://www.rainbowkidz.co.nz Some charges may apply.

No referral required.

**Classification : OSCAR**

**Rangitane O Wairarapa Incorporated**

FSD0005303 Last updated 09/06/2020

To actively protect and develop the mauri or life principles of Rangitane and preserve and safeguard the mana of Rangitane.

12 Kokiri Place Masterton 5810



info@rangitane.iwi.nz  8.30am - 4.30pm Monday to Friday

|  |  |
| --- | --- |
| (06) 370 0600  (06) 370 0603 http://www.rangitane.iwi.nz/ | All services free of charge. Referral may apply. |

**Rata Street OSCAR Programme**

FSD0007255 Last updated 14/10/2020

To provide before/after and holiday programmes to children aged between 5 and 14.

 Rata Street School Hall 63 Rata Street Naenae Wellington

julieellenross43@gmail.com 

(04) 567 4062

(021) 054 6525

**Classification : OSCAR**

**Raukawa Whanau Ora Ltd**

FSD0006048

Before School 6.30 am to 9.00 am daily

After School 3.00 pm to 6.00 pm daily Holiday Programme 6.30 am to 6.00 pm daily Some charges may apply. No referral required.

Last updated 12/04/2021

A support service is for Maori particularly Kuia and Koroua requiring a range of disability support needs. Encourages quality of life and independence. Provides information and support in a manner consistent with tikanga Maori. This service is also available to other ethnic groups.

150-172 Bath Street Levin 5510



admin@rwo.nz  Monday to Friday 8.00am to 5.00pm

|  |  |
| --- | --- |
| (06) 368 8678 http://www.rwo.iwi.nz      **Raukura Trust** | Some charges may apply. No referral required. |
| FSD0024424 | Last updated 20/10/2020 |

Te Reo Mori medium, OSCAR approved provider of After-school care (3pm - 6pm) and Holiday programmes for tamariki aged 5 - 12 years. Based in Miramar, Wellington. Our services are provided in total immersion Te Reo Mori to support the Te Reo Mori language revitalisation activities of whnau, Kohanga Reo, and Kura in the Eastern Suburbs.

27c Chelsea Street Miramar Wellington 6022



trustraukura@gmail.com  Monday - Friday 3pm - 6pm (027) 595 0555 Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**REAP - Wairarapa**

FSD0005337 Last updated 24/10/2020

REAP Wairarapa (Rural Education Activities Programme) provides access to lifelong learning opportunities for people of all ages, Early Childhood, Schools, and Adult and Community Education delivery programmes which enhance and support education within the community.

Our activities are diverse and tailored to meet the different identified needs of our communities. REAP Wairarapa has a strong reputation as a specialist in facilitating and nurturing community change.

Projects include support to rural playgroups, support to primary and secondary schools, organising adult workshops based on local initiatives, including Maths is Fun, Adult Education programmes, Wairarapa Early Childhood Network, Youth in Education Training and Employment (YETE) host, and the oral language project Chatterbox.

REAP Wairarapa has been active in the region since 1982 and is one of 13 REAPs operating around New Zealand. http://reapaotearoa.nz

REAP House 340 Queen Street Masterton 5810



reception@reapwairarapa.nz  8.30am - 5pm Monday to Thursday

(06) 377 1379 8.30am - 4.00pm Friday

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| --- | --- |
| (0800) WAIREAP http://www.reapwairarapa.nz      **Redwood Club** | All services free of charge. No referral required. |
| FSD0004832 | Last updated 18/12/2020 |

The Redwood Club was established in1989 and is administered by the Redwood Daycare Charitable Trust. It provides a happy, caring and safe environment for members of the community who require the stimulation and support of a balanced daycare programme. The club is a non profit organisation using a combination of professional staff and volunteers.

83 Redwood Avenue Tawa Wellington



redwoodclub@inspire.net.nz  9.00am - 5.00pm Monday to Friday

(04) 232 5521 Some charges may apply.

Referral may apply.

**Regional Public Health Wairarapa**

FSD0005267 Last updated 20/11/2020

Public health aims to keep our population well, improve health, and prevent illness.

Regional Public Health Wairarapa 9 Russell Street Masterton



phadmin@wairarapa.dhb.org.nz  8.00am - 4.30pm, Monday to Friday. RPH Hutt

(06) 377 9111 Valley provides after hours/on call services.

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

No referral required.

**Rewa Rewa School Oscar**

FSD0021696 Last updated 12/10/2020

We offer OSCAR approved After School care for year 1 - year 8 students Monday to Friday 3 - 6 pm during term time. Students do not have to be enrolled at our school to be accepted.

18 Padnell Crescent Paparangi Wellington 6037 office@rewarewa.school.nz  Monday to Friday 3 - 6pm, term time only.



|  |  |  |
| --- | --- | --- |
| (04) 939 0186 http://rewarewa.school.nz    **Classification : OSCAR**    **Rimutaka Baptist Church**  FSD0002592  Services for the community. | Some charges may apply. No referral required. | Last updated 04/11/2020 |

2-4 Akatarawa Rd Upper Hutt 5018



rbc.pastor@xtra.co.nz  9am - 1pm Tues-Friday

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| (04) 526 8708  http://www.rimutakabaptist.org | Some charges may apply. No referral required. |

**Samoana Early Education Development Service (SEEDS) Ltd**

FSD0024076 Last updated 27/10/2020

OSCAR approved Childcare and education.

79 Westmeath Street Waitangirua Porirua 5024



seeds04@xtra.co.nz  Monday - Thursday OSCAR 7:30- 5.30pm

(04) 238 1518

(027) 452 5756 Holiday Programme 8.30 - 5.30pm http://www.seedschildcare.co.nz/contact

Fridays early closing time 4.30pm Some charges may apply. Referral may apply.

**Classification : OSCAR, PACIFIC**

**Skids Birchville**

FSD0023145 Last updated 08/03/2021

We offer OSCAR approved after/before school care, and holiday programme for children aged 5 to 13 years at Birchville School. This is opened to the Upper Hutt community. We offer a fun, safe and stimulating environment for children.

16 Gemstone Drive Birchville Upper Hutt 5018



birchville@skids.co.nz  Term time 7.30 until 8.30am and 3pm until 6pm

|  |  |
| --- | --- |
| (027) 616 2639 (022) 468 0271 http://skids.co.nz    **Classification : OSCAR**    **Skids Holy Cross Miramar** | Monday to Friday.  School Holidays 7.30am until 6pm Monday to Friday.  Some charges may apply. No referral required. |
| FSD0022781 | Last updated 16/11/2020 |

To Provide OSCAR approved Before and After school care for the community as well providing a Holiday Program. Please note our Before school programme will be available for term 4 in 2016 and details will be published shortly.

2 Athens Street Miramar Wellington 6022



admin@skids.co.nz  Before School - 7.30am - 8.30am (09) 576 6602 After School - 3.00pm - 6.00pm (0800) 274 172 Holiday Programme - 7.30am - 6.00pm http://skids.co.nz Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**sKids Kapiti & Kenakena**

FSD0022966 Last updated 13/11/2020

OSCAR approved before school care, after school care, and holiday programme. Programmes are run from Kapiti and Kenakena sites for all children aged between 5 and 14.

2B Trinity Place Paraparaumu Beach Wellington 5032



jools@skids.co.nz  7am to 6pm (021) 025 43249 Some charges may apply.

(022) 010 7109 onsite Referral may apply. http://www.skids.co.nz

**Classification : OSCAR**

**sKids Newlands**

FSD0023904 Last updated 16/11/2020

Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. If you're looking for a safe, structured and fun environment for your children then you've come to the right place - Safe Kids In Daily Supervision (SKIDS). We are MSD approved and families can access Work and Income OSCAR subsidies when using our services. Programmes operated from Newlands School.

200 Newlands Road Newlands Wellington 6037



admin@skids.co.nz  Before school - 7.00am - 8.30am

|  |  |
| --- | --- |
| (09) 576 6602 (0800) 274 172 http://www.skids.co.nz | After school - 3.00pm - 6.00pm Holiday Programme - 7.30am - 6.00pm Some charges may apply.  No referral required. |

**Classification : OSCAR**

**sKids Newtown**

FSD0023905 Last updated 16/11/2020

Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. If you're looking for a safe, structured and fun environment for your children then you've come to the right place - Safe Kids In Daily Supervision (SKIDS). We are MSD approved and families can access Work and Income OSCAR subsidies when using our services.

Newtown Primary School - Mein Street Newtown Wellington 6021



admin@skids.co.nz  Before school - 7.00am - 8.30am

|  |  |
| --- | --- |
| (09) 576 6602  (0800) 274 172 http://skids.co.nz    **Classification : OSCAR**    **sKids Normandale** | After school - 3.00pm - 6.00pm Holiday Programme - 7.00am - 6.00pm Some charges may apply. No referral required. |
| FSD0023418 | Last updated 22/02/2021 |

We offer OSCAR approved before school, after school care and holiday programmes for primary and intermediate aged children.

Normandale School 16 Martin Grove Normandale Lower Hutt 5010



normandale@skids.co.nz  We are open before school 7.30am until 8.30am, (027) 616 2639 after school 3.00pm until 6.00pm and the school http://skids.co.nz holidays 8.00am until 6.00pm.

Some charges may apply. No referral required.

**Classification : OSCAR**

**Skids Pauatahanui**

FSD0023234 Last updated 09/03/2021

OSCAR approved Before School Care, After School Care and Holiday Programme for children aged 5 to 13 years on site at Pauatahanui School.

Pauatahanui School 12 Paekakariki Hill Road Porirua 5381



pauatahanui@skids.co.nz  Monday to Friday 7.30am until 8.30am, 3pm until

|  |  |
| --- | --- |
| (027) 616 2639 (022) 345 0085 http://skids.co.nz    **Classification : OSCAR**    **sKids Raumati South** | 6pm (term time).  School Holidays 8am until 6pm.  Some charges may apply. No referral required. |
| FSD0021644 | Last updated 18/12/2020 |

Safe Kids In Daily Supervision (SKIDS) If you're looking for a safe, structured and fun environment for your children then you've come to the right place. Daily OSCAR approved After / Before School Care and Holiday Programmes where the safety and care of your child is our number one priority. We are MSD approved and families can access Work and Income OSCAR subsidies when using our services.

Raumati South School 54A Matai Road Raumati South 5032



sonia@skids.co.nz  Monday - Friday 2.30-6.30 pm afternoons and 7-

(06) 364 8852 9 am mornings.

(027) 739 1986 Some charges may apply. http://www.skids.co.nz/location/raumati\_s No referral required. outh/

**Classification : OSCAR**

**Skids St Peter and Paul**

FSD0022807 Last updated 08/03/2021

This is an OSCAR approved After School Care service running Monday to Friday from 2.50pm until 6pm. Holiday Programme from 8am until 6pm. We offer a safe, fun environment for ages 5 to 13 years old. Bring the kids along for planned activities that will keep them busy for hours. Great adult interaction and ratios, make lots of new friends!

Check us out at www.skids.co.nz

Saints Peter and Paul School - Myrtle Street Lower Hutt 5010 stpeterpaul@skids.co.nz  Anytime



(027) 616 2639 Some charges may apply.

(022) 657 7399 Referral may apply.

https://www.skids.co.nz/locations/sts\_pete r\_and\_paul/

**Classification : OSCAR**

**SKIP - Strategies with Kids, Information for Parents**

FSD0006118 Last updated 03/08/2020

SKIP is a service of Family and Community Services. SKIP supports parents / caregivers, community organisations and communities to enable all New Zealand children to be raised in a positive and nurturing environment.

|  |  |
| --- | --- |
| info@skip.org.nz http://www.skip.org.nz      **Skylight Trust** | Mon - Fri  8:30am to 4:30pm  All services free of charge. No referral required. |
| 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



info@skylight.org.nz  Monday - Friday 8.30am - 5pm. Messages can

|  |  |
| --- | --- |
| (0800) 299 100 (04) 939 6767 http://www.skylight.org.nz | be left on the answerphone.  Some charges may apply.  No referral required. |

**Space for you and your baby at Playcentre Aotearoa - Lower North Region (Wellington, Hutt Valley, Kapiti and Wairarapa)**

FSD0023686 Last updated 12/10/2020

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

lowernorth.programmes@playcentre.org.n  / z Some charges may apply. https://www.facebook.com/Playcentre.SP No referral required.

ACE

**Space for you and your baby at the Salvation Army ECE, Wellington**

FSD0023673 Last updated 05/10/2020

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

4 Normanby Street Newtown Wellington 6021 space.wellington@salvationarmy.org.nz  We run four Space programmes/groups a week:



(04) 389 9781 Monday through to Thursday mornings at 9:00 to https://www.space.org.nz 11:30 am. We start one new programme every

term. Each group is limited to 15 participants.

Some charges may apply. No referral required.

**Spirit of Rangatahi Charitable Trust**

FSD0020003 Last updated 10/02/2021

Provide programmes for youth

spiritofrangatahi@gmail.com  All services free of charge.

(027) 485 3128 Referral may apply.

https://www.facebook.com/SpiritOfRangat ahi/

**St Benedict's School After School Care Programme**

FSD0017982 Last updated 04/03/2021

To provide after school care for the students of St Benedict's School.

50 Nicholson Road Khandallah Wellington 6030



office@st-benedicts.school.nz  Office 8.30am - 4.30pm Weekdays

(04) 479 6878

http://www.st-benedicts.school.nz After school care 2pm - 6pm weekdays Some charges may apply. Referral may apply.

**Classification : OSCAR**

**St Joseph's Before and After School Care**

FSD0022333 Last updated 25/08/2020

To provide before and after school care for our students and also we provide a holiday programme during school breaks. A service to our community.

1 Pine Avenue Upper Hutt 5018



asc@stjosephsuh.school.nz  Monday - Friday 7.00 - 8.50am

|  |  |
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| (021) 062 1766 (04) 528 4910 http://www.stjosephsuh.school.nz    **Classification : OSCAR** | After School 2.50 - 6.00pm  Holiday programme 7.00 - 6.00 Some charges may apply.  Referral may apply. |

**St Vincent de Paul Society Wellington Area**

FSD0005583 Last updated 18/09/2020

St Vincent de Paul Society provides free welfare services in the Wellington area. These include a food bank, full-time social worker and pregnancy assistance for new mums and their babies. Our team work in a caring and practical manner to promote human dignity and justice through one-onone support to people seeking assistance.

 Level 1 207 Riddiford Street Newtown Wellington 6021

info@vinnieswgtn.org.nz  Monday to Friday 9am - 3.30pm

(04) 389 7122 All services free of charge. http://www.vinnies-wellington.org.nz No referral required.

**Stand Children's Service Tu Maia Whanau**

FSD0005816 Last updated 14/08/2020

Vision: A World Strong with Children

Mission: To transform the lives of tamariki and whanau through healing trauma and restoring healthy, purposeful and protective relationships enabling them to thrive in their communities.

L1, Studio E 230 Thorndon Quay Thorndon Wellington 6144



nationaloffice@standforchildren.org.nz  Monday to Friday, 8.30 am to 5.00 pm

(04) 472 0101 All services free of charge. http://www.standforchildren.org.nz Referral may apply.

**Step Family Help**

FSD0019423 Last updated 28/09/2020

The Blended Family Success Network equips couples who have repartnered where either one or both partners have children from a prior relationship. It provides information, support and advice for couples in step family including:

\*One day workshops

\*Two hour evening seminars

\*Step family resources

\*Articles, blogs and tips on blended family topics

\*Online professional advice for a couple's specific issues.

\*Professional development training for organisations and step family support workers

Learn essential skills and strategies from Adele Cornish, New Zealand's leading step family presenter on how to equip your step family to succeed.

(021) 404 742  9am - 5pm Monday - Saturday http://www.BlendedFamilySuccess.nz Some charges may apply.

No referral required.

**Stokes Valley Community Childcare Centre**

FSD0023839 Last updated 05/01/2021

We are a Community owned Childcare in the grounds of Tui Glen School we cater for 6 months to 5 years, we are very Pacifica and multicultural we try and keep all costs down as much as possible for our families. We offer 20 ECE hours to children 3 to 5 years old and we have a lot of families under WINZ. We have Certified, Registered teachers and very good ratios. We work alongside all the Primary Schools in Stokes Valley and the Marae. We are here to support local families and give our Tamariki a great start to their education.

c/- Tui Glen School 126 Stokes Valley Road Stokes Valley Lower Hutt 5019



stokesvalley.ccc@xtra.co.nz  We open at 8am every week day morning and

(04) 563 7279 close at 4.30pm, we are not open on weekends

or Public holidays.

Some charges may apply. No referral required.

**Taeaomanino Trust**

FSD0004737 Last updated 01/02/2021

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Tamariki Ora Well Child Service**

FSD0003120 Last updated 21/01/2021

Tamariki Ora is a screening, surveillance, education and support service offered to children and their family or whanau from birth to five years. It assists families and whanau to improve and protect their children health.

The service is delivered in Well Child Clinics, at patients homes, and Kohanga Reo. It offers service to residents of Hutt Valley area including Petone, Lower Hutt, Wainuiomata, Stockes Valley, Upper Hutt.

148 Whites Line East Waiwhetu Lower Hutt



info@atiawa.com  9am - 4pm

(04) 569 7993 All services free of charge. http://www.atiawa.com No referral required.

**Tawa Pop In**

FSD0005589 Last updated 23/03/2021

Pop In is a licensed community playgroup. We welcome all pre-schoolers with their parent, grandparent, or caregiver. A variety of play activities are provided, followed by stories and singing.

1 Lyndhurst Road Tawa Wellington 5028



admin@tac.org.nz  Tawa: Tuesday Wednesday and Thursday 9:30-

(04) 232 8448 11:30am

http://www.tac.org.nz Koha/donation may apply.

No referral required.

**Te Aho O Te Kura Pounamu (Te Kura) - Wellington**

FSD0005605 Last updated 17/12/2020

We provide distance education from early childhood level to Year 13. Our learning advisors, teachers and in-region staff work with students, their whanau and communities to help our students achieve their potential.

11 Portland Crescent Thorndon Wellington 6011



info@tekura.school.nz  Monday to Friday, 8am to 5pm.

(04) 473 6841 Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

(06) 378 0140 All services free of charge.

(0800) 666 744 No referral required. http://www.tehauora.org.nz

**Te Kura Tiaki Holiday Programme**

FSD0023454 Last updated 22/04/2021

Te Wnanga o Raukawa is a university institute.

Te Kura Tiaki Holiday Programme is run out of Ng Purapura which is a Health and Lifestyle centre. The programme is based out of our big gymnasium hall and also our classrooms. The programme is OSCAR approved.

145 Tasman Road Otaki 5542



Ngaapurapura@twor-otaki.ac.nz  Monday-Friday 6am-8pm

(06) 364 90118 Saturday 7am-1pm

https://www.wananga.com/after-school- Sunday 8am-1pm care-holiday-programme.html Some charges may apply.

No referral required.

**Classification : OSCAR**

**Te Mahoe Unit - Wellington Hospital**

FSD0005550 Last updated 07/08/2020

Pregnancy advice, counselling and termination of pregnancy. Women may refer themselves for counselling before or after an abortion. Medical referral is necessary for termination of pregnancy.

Interpreter can be arranged.

Womens Clinics, Level 3 Wellington Hospital - Riddiford Street Newtown Wellington



(04) 806 0761  Some charges may apply.

No referral required.

**Te Roopu Awhina ki Porirua**

FSD0015037 Last updated 05/12/2020

Te Roopu Awhina is a holistic social service provider, where our aim is to meet the needs of the whanau in our community, so that physical, emotional, spiritual and whanau wellbeing can be achieved in partnership.

1 Walton Leigh Avenue Porirua City Centre Porirua 5022



reception@tra.org.nz  Monday- Friday 9 am - 5 pm

(04) 238 4090 All services free of charge.

(0800) 872 800 Referral may apply. http://www.tra.org.nz

**Classification : BFC**

**Te Runanganui O Te Atiawa**

FSD0003121 Last updated 06/11/2020

Provide support, manaakitanga, professional advice, and other services to Maori organisations, Marae, Kokiri Centres and whanau, and through its tribunal rights as tangata whenua, working with private and public sector agencies in a Treaty based way. The health centre promotes a better and longer life of all Maori by way of high quality health.

Cnr Riverside Drive & Guthrie Street Lower Hutt



info@atiawa.com  8:00am-4:30pm Monday - Friday,

(04) 566 8214 Consulting hours for the Waiwhetu Medical Clinic http://www.atiawa.com are 9:00am-11:45am and 2:00pm-4:45pm

Monday - Friday

Some charges may apply. No referral required.

**Te Whanau O Te Maungarongo Support Service**

FSD0003122 Last updated 20/11/2020

To develop and enhance the well-being of Maori men, women, youth and children, whanau, extended whanau, groups and individuals in a way that acknowledges their needs and that will give them the opportunity to develop in responsible, beneficial and socially acceptable ways.

9 Raroa Road Lower Hutt 5010



temaungarongo@xtra.co.nz  9am - 5pm. After hours call 027 5866 023

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| (04) 586 6023 (027) 586 6023 http://www.nnsvs.org.nz    **Classification : FVSS**    **Te Whriki Takapou** | All services free of charge. No referral required. |
| FSD0004692 | Last updated 19/03/2021 |

Te Whriki Takapou\* provides Mori sexual and reproductive health promotion services. We work with organisations in the health, education and research sectors to improve the sexual and reproductive health of rangatahi, whnau, and Mori communities. Our team is located around the country and we work collaboratively using internet-based technologies.

\* Trading name of Te Puwai Tapu Trust

tewhariki@tewhariki.org.nz  Please contact us as above.

(021) 027 84821 All services free of charge. http://tewhariki.org.nz No referral required.

**The House of Grace**

FSD0023574 Last updated 13/07/2020

The House of Grace is a home for pregnant teens and young mums. A place to live, learn, prepare for childbirth and make plans for a bright future. We have two homes currently - Hamilton and Wellington but we support young mums from all over New Zealand.

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| info@thog.org.nz (0800) 920 5667 http://www.thehouseofgrace.org.nz      **The Kid's Lounge** | Our homes are open 24/7, 365 days a year, our office however is open Mon-Thurs 9am-3pm. See our website for more information Some charges may apply. No referral required. |
| FSD0023429 | Last updated 01/04/2021 |

We are ‘The Kid’s Lounge’, a family focused, OSCAR approved Before & After School Care facility based in a convenient, central location in the Lower Hutt CBD at 229a High Street right above William’s Drycleaners.

We provide a safe, secure and creative environment which your kids will enjoy. Our Before School Care opens at 6.45am to cater for shift workers and those who like to head into Wellington for an early start. We are the only Before School Care that opens at this time. We provide a basic breakfast and activities before dropping the kids off to school. We offer After School Care from 3pm to 6pm, Monday to Friday and School Holiday Programmes.

We have a very flexible service and pick up from schools within the Lower Hutt area.

Level 1, (above Williams Drycleaners) 229a High Street Lower Hutt 5010 vai@thekidslounge.co.nz  Monday to Friday



(022) 355 4434 Before School Care 6.45am to 8.30am

(022) 355 4559 After School Care 3pm to 6pm

https://www.facebook.com/thekidsloungel Holiday Programmes 6.45am to 6pm owerhutt/ Some charges may apply.

No referral required.

**Classification : OSCAR**

**The Learning Connexion**

FSD0023359 Last updated 29/01/2021

At The Learning Connexion we teach sustainable creativity through art making. Our style of teaching is to draw out, rather than stuff in. By drawing from your life experiences we enable you to develop your individual creativity and see how this relates to the wider world. We focus on learning by doing so our programmes are hands-on and practical.

 182 Eastern Hutt Road Taita Lower Hutt 5019

info@tlc.ac.nz Open Hours : Mon - Fri | 9am to 5pm (0800) 278 769 Some charges may apply. https://www.tlc.ac.nz/study-with-us/kids- No referral required.

art-holiday-classes/school-holidayprogramme/

**Classification : OSCAR**

**The Pod OSCAR Programme**

FSD0023378 Last updated 14/01/2021

At The Pod, our priority is to create a safe, happy and relaxed environment where children can play, make new friends and have some fun before school, after school, and during the holidays.

Our passionate team is here to ensure your child is happy and having fun! Our programmes are designed to meet the needs of all school kids aged 5 – 12 years, while providing flexibility and peace of mind to you, our busy parents.

So whether you’re a working parent, or just want something different for your children after school or during the holidays, we’d love your kids to come join us.

We are OSCAR approved.

23-25 Wood Street Greytown 5712



info@thepod.co.nz  Before School 7am-9am

(06) 304 8963 After School 3pm-6pm

http://thepod.co.nz Our Holiday programme is open each and every

school holidays during the year Some charges may apply. No referral required.

**Classification : OSCAR**

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

 92 Vivian Street Wellington

wellingtoncity.corps@salvationarmy.org.n Drop-in Centre is open 10am-3pm Mon-Fri. z Other services are available 9am-5pm Mon-Fri.

(04) 801 9278 Phone is monitored 24/7. https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- Referral may apply. island/wellington-city/wellington-city-corps

**Classification : THP**

**The SMASH Club**

FSD0021856 Last updated 17/11/2020

The SMASH Club offers three different OSCAR approved services: before, after school and school holiday programmes and serves Wellington's children between the ages of 5 - 13 years.

The SMASH Club (St Mary's After School House) was established in 1998 as a result of an overwhelming need for an After School Care facility in the Parish and the wider community.

170 Karori Road Karori Wellington 6012



office@thesmashclub.org.nz  Monday to Friday

(04) 476 2747 7:30am to 9am - Breakfast Club

(021) 226 3863 3pm to 6pm - after school care

http://www.thesmashclub.org.nz 10am to 6pm - office hours 7:30am to 6pm - school holidays Some charges may apply. No referral required.

**Classification : OSCAR**

**Titiro Whakamua**

FSD0003038 Last updated 21/08/2020

We run a teen parent school attached to Heretaunga College.

It is a five day a week school where Teen Parents can continue their education and learn more about parenting.

34 Miro Street Wallaceville Upper Hutt 5018



tpuoffice@heretaunga.school.nz  8.00am - 4.00pm weekdays.

(04) 528 8977 Some charges may apply.

Referral may apply.

**Upper Hutt Women's Centre**

FSD0003133 Last updated 01/10/2020

Education, health & wellbeing of women. Affordable counselling service, provider of a range of community education classes, coffee mornings, children's school holiday activity program, free smear clinic, free legal advice, free pregnancy tests, Drop-in centre, library.

6 Sinclair Street Upper Hutt 5018



uhwomen@xtra.co.nz  Office hours are 9:00am - 2:00pm Monday to

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| (04) 527 0017 http://www.uhwc.co.nz      **Vibe - Lower Hutt** | Friday, courses are held at various locations and times around Upper Hutt. Check the website for | |
| more information.  Some charges may apply.  No referral required. |  |
| FSD0008083 |  | Last updated 19/02/2021 |

VIBE - Free confidential Health and Support for young people aged 10-24.

4 Daly Street Lower Hutt



info@vibe.org.nz  Mon - Friday 9am - 5pm

(04) 566 0525 Thursday evening clinic appointment only

(0800) CHAT2VIBE (0800 24 28 28) All services free of charge. http://www.vibe.org.nz Referral may apply.

**Classification : YS**

**Vocalsaints**

FSD0020233 Last updated 29/07/2020

Providing expertise speech and language assessment and therapy for all ages (0-100 years). Covering areas such as speech clarity, apraxia of speech, lisps, language development, stuttering, voice, brain injury, auditory processing disorder, language processing disorder, word retrieval difficulties, literacy difficulties, school readiness, and swallowing concerns.

Level 2 119 Queens Drive Central Lower Hutt 5010



enquiries@vocalsaints.co.nz  Monday to Saturday, 8am to 5pm.

(0800) 69 77 33 Some charges may apply. http://www.vocalsaints.co.nz No referral required.

**Waiwhetu Marae**

FSD0003139 Last updated 07/09/2020

Marae; te kohanga reo daily; health clinic, youth programmes, waka taua; exhibition and conference facilities.

21 Puketapu Grove Waiwhetu Lower Hutt 5010



waimre@xtra.co.nz  From 8a.m-5p.m Mon-fri (04) 566 1847 Some charges may apply.

(04) 569 7025 No referral required.

**Water Safety New Zealand**

FSD0020333 Last updated 16/03/2021

Water Safety New Zealand is the organisation leading the water safety sector in New Zealand.

Provides the Breakaway Holiday Programme.

Level 3, Booth House 202-206 Cuba Street Te Aro Wellington 6011



wsnz@watersafety.org.nz  8.30am-5pm Monday to Friday

(04) 801 9600 All services free of charge. http://www.watersafety.org.nz No referral required.

**Wellington Boys' and Girls' Institute**

FSD0005392 Last updated 13/08/2020

BGI supports Wellington young people aged 9-25 along with families and whanau. We provide a progression of programmes centering on a range of holistic youth and family development services from early intervention initiatives to innovation youth leadership projects.

Troup House 3 Macdonald Cres Wellington 6011



enquires@bgi.org.nz  Mon-Fri / 9am-5pm, nights and weekend events

(04) 385 9549 Some charges may apply. http://www.bgi.org.nz Referral may apply.

**Wellington Early Intervention Trust**

FSD0003140 Last updated 14/12/2020

A centrebased therapy and teaching programme that is strengthbased and supports the holistic development of children with special needs through practical strategies. Information, advocacy for families and fostering of inclusion in a child's community and education facility.

79A Copeland Street Epuni Lower Hutt 5011



weit@xtra.co.nz  Monday – Thursday: 8AM – 4PM

(04) 567 4082 Friday: Closed

http://www.weit.org.nz Saturday: Closed

Sunday: Closed

Some charges may apply. Referral may apply.

**Wellington Home Birth Association**

FSD0005641 Last updated 12/02/2021

Information and education promoting and lobbying for the home birth option. Practical, emotional and social support for families. Library, Pool Hire, Monthly Support/Business Meetings.

whbaweb@gmail.com  Online form Get in touch is available on website http://wellingtonhomebirth.weebly.com/ Some charges may apply. No referral required.

**Wellington Multiples**

FSD0007726 Last updated 12/01/2021

Members and volunteers have been supporting multiple families for more than 30 years. We provide support, education and friendship as you experience the joys and challenges of raising multiples.

Wellington Multiples is one of 23 clubs that make up Multiples New Zealand. Over 125 families living between Miramar and Tawa belong to the Club.

Wellington Multiples is a registered charity. Thanks to dedicated volunteers, membership fees, grants and sponsorship we can offer a range of services to Members including playgroups, networking opportunities & peer-support, regular newsletters and free equipment hire.

president@wellingtonmultiples.org.nz  N/A

(0800) 489 467 Some charges may apply. http://www.wellingtonmultiples.org.nz No referral required.

**Wellington Sexual Health Service**

FSD0005652 Last updated 03/08/2020

Free sexual health services, STI assessment and treatment, provided by specialist physicians, GPs, sexual health nurses and counsellors.

Cuba Street Clinic, Terralink House 275 Cuba Street Te Aro Wellington 6011 sexualhealth@compasshealth.org.nz  Mon 9am-4pm. Tues 9am-4pm. Thurs 9am-7pm.



(04) 385 9879 Fri 9am-4pm

(0800) 18 88 81 All services free of charge. http://www.healthpoint.co.nz/default,1010 No referral required.

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**Wellington Women's Health Collective**

FSD0004742 Last updated 02/11/2020

We offer listening, support, information and referral to all women for concerns about any aspect of their physical, mental or emotional health. We also offer free counselling to women on low incomes and free pregnancy testing.

 Level 5 175 Victoria Street Wellington 6142

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| --- | --- |
| info@wwhc.org.nz (04) 384 7709 (022) 323 5008 http://wwhc.org.nz      **Wesley Community Action** | Weekdays 10am-3pm  All services free of charge. No referral required. |
| FSD0005663 | Last updated 30/04/2021 |

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Wesley Innovation Hub**

FSD0008271 Last updated 08/01/2021

We are a Community House that offers assistance to our local community.

206 Mungavin Avenue Porirua wesleyhouse@wesleyca.org.nz  Monday - Friday 9:30am - 5:00pm.



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| (04) 237 7923  http://www.wesleyca.org.nz/ | All services free of charge. No referral required. |

**Whaiora Whanui Trust**

FSD0005344 Last updated 27/01/2021

A provider of Health, Education and Social Services to Wairarapa People.

394 Queen Street Masterton



tari@whaiora.org.nz  8.30am - 5.00pm Monday to Friday

|  |  |
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| (06) 370 0818 (0800) 494 246 http://www.whaiora.org.nz | All services free of charge. No referral required. |

**Whanau Manaaki - Kindergarten Education & Care**

FSD0024119 Last updated 11/12/2020

Whnau Manaaki is the not-for-profit organisation behind 101 kindergartens in the Central Plateau, Whanganui, Horowhenua, the Kapiti Coast, Wairarapa, Upper Hutt, Eastbourne, Petone, Porirua and Wellington.

We also offer a home-based service in Porirua.

15 John Seddon Drive Elsdon Porirua 5022 info@wmkindergartens.org.nz  Please go to our webpage:



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| (04) 232 3069  (06) 345 6729 http://www.wmkindergartens.org.nz | www.wmkindergartens.org.nz to see all of our Kindergartens listed with their days and times. Our office is open from 9am to 5pm every business day.  Some charges may apply.  No referral required. |

**Whetrangitia - Information and support for bereaved parents**

FSD0024020 Last updated 10/09/2020

Information for family and whnau experiencing the death of a baby or child. Sending aroha to you.

Endoflife@dia.govt.nz  Monday to Friday 8am to 7pm, and Saturday

(0800) 22 52 52 9am to 2pm

https://wheturangitia.services.govt.nz/ All services free of charge. No referral required.

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

317-327 High Street Lower Hutt 5010



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

94-96 Riddiford Street Newtown Wellington



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

All services free of charge. No referral required.

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.

21 Main Street Otaki 5512



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

-work-and-income/contact-us/find-a- All services free of charge. service-centre/central.html No referral required.

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.

4 Lydney Place Porirua 5022



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

162-164 Main Street Upper Hutt 5018



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

Shop 6 The Mall Wainuiomata 5014



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

49-51 Lincoln Road Masterton 5810



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

Ground Floor, Freemason House 195 Willis Street Wellington 6011



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

All services free of charge. No referral required.

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

Level 1, Freemason House 186-190 Willis Street Wellington



(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. Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

(0800) 559 009 (General Enquiries) (0800) 552 002 (for 65 and over) http://www.workandincome.govt.nz

Ph1 Mon-Fri 7am - 6pm Sat 8am - 1pm

Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300 Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

**Y Central Upper HUtt/Lower Hutt/Porirua**

FSD0022386 Last updated 15/12/2020

YMCA OSCAR approved programmes are much more than a childminding service. They are recreation based, and the aim is to meet the needs of children in a fun, safe and learning environment.

Each programme offers a variety of activities that includes arts and crafts, cooking, sports, games, science and themed activities. We provide a safe environment for your child to relax while ensuring there are stimulating options for those still with energy.

Every child is unique; our programmes allow for the diversity in age, sex, and background of each child while encompassing the individual needs and interests. Each child is a different, unique person in their own right. While they have commonalities, their uniqueness should be embraced and fostered.

It is important that you notify us of any information we may need to know to identify if our programme is appropriate for your child to have the best experience possible.

 67 Pilmuir Street Lower Hutt 5040

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| --- | --- |
| rebecca.scott@ycentral.nz  (0800) 962 248 http://ycentral.nz      **Y Central Wellington** | Office hours are: 8:30am -5pm, Monday to Friday.  Centre Hours (varies per site):  Before School: 6:30/7.30am- 8:30am  After school: 3pm- 6pm  Holiday Programme: 6:30am/7:30am- 6pm Some charges may apply. No referral required. |
| FSD0024508 | Last updated 19/02/2021 |

YMCA OSCAR approved programmes are much more than a childminding service. They are recreation based, and the aim is to meet the needs of children in a fun, safe and learning environment.

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Every child is unique; our programmes allow for the diversity in age, sex, and background of each child while encompassing the individual needs and interests. Each child is a different, unique person in their own right. While they have commonalities, their uniqueness should be embraced and fostered.

It is important that you notify us of any information we may need to know to identify if our programme is appropriate for your child to have the best experience possible.

contact@ycentral.nz  Some charges may apply.

(0800) 962 248 No referral required.

(0800) YMCA 4u

http://ycentral.nz

**YMCA Kaitoke Outdoor Education Centre/YMCA Camp Raukawa**

FSD0022314 Last updated 26/01/2021

The (OSCAR approved) camp experience is a hard one to put into words. It’s about the bonding between people. It’s about spending the week in a different environment. It’s about final night campfire. It’s about experiencing an entire new culture and world that you helped create. It is like no other experience in the world, and here at YMCA Camp Kaitoke we strive to help every camper leave having that experience.

184 Marchant Road Pakuratahi Upper Hutt City 5372



Kaitoke@ycentral.nz  Office Hours: 9am - 4pm Monday - Friday

(04) 526 7338 Some charges may apply. http://ymcawellington.org.nz/index.php/hol Referral may apply. iday-camps/

**Classification : OSCAR**

**youthARK Trust**

FSD0017527 Last updated 18/08/2020

We offer OSCAR approved programmes for children

Before School Care Tawa

After School Care Windley School, Rangikura School

After School Care Tawa, 7 Oxford Street Holiday Programmes Tawa

7 Oxford Street Tawa Wellington



youthark2@gmail.com  7am to 6pm

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| (0800) 02 66 44 (04) 232 7040 http://www.youtharktrust.weebly.com    **Classification : OSCAR**    **Youthtown Upper Hutt** | Some charges may apply. No referral required. |  |
| FSD0018747 |  | Last updated 28/10/2020 |

Youthtown is a not for profit organisation delivering quality programmes, workshops and events to young New Zealanders.

|  |  |
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| info@youthtown.org.nz  (04) 527 9730 http://www.youthtown.org.nz    **Classification : OSCAR**    **Zeal Education Trust** | Office Hours:  Monday - Friday 9 - 4.30pm Some charges may apply. No referral required. |
| FSD0017157 | Last updated 15/04/2021 |

Zeal is a group of people committed to the advancement of young people through the creative arts, leadership and education.

55 Cuba Street Te Aro Wellington 6011



welly@zeal.nz  Monday - Friday 9am - 5pm (021) 871 712 Some charges may apply.

(0800) FIND ZEAL No referral required. http://www.zeal.org.nz

# Special Needs / Disability

**ABI Rehabilitation New Zealand Ltd - Wellington Branch**

FSD0002993 Last updated 18/06/2020

Specialists in Acquired Brain Injury Rehabilitation for adults - inpatient and outpatient services provided.

6 Hospital Drive Porirua



enquiry@abi-rehab.co.nz  Visiting Hours 10:00 am to 1:00 pm, 4:00 pm to

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| --- | --- |
| (04) 237 0128 http://www.abi-rehab.co.nz      **Access - National Office** | 8:00 pm Seven days a week  Contact Hours 8:00 am to 4:30 pm Monday to  Friday  All services free of charge. No referral required. |
| FSD0001641 | Last updated 20/08/2020 |

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

Level 4, NZRB Building 106-110 Jackson Street Petone Lower Hutt 5012



info@access.org.nz  Office Hours 8:30am - 5:00pm

(04) 473 4886 All services free of charge.

(0800) 284 663 Referral may apply. http://www.access.org.nz

**Accessible Properties**

FSD0021007 Last updated 10/08/2020

A registered community housing provider that specialises in the disability sector. Is owned by IHC and manages their properties throughout New Zealand, from Kaitaia to Invercargill.

Offers

* Public housing in the main centres (Auckland, Hamilton, Tauranga, Wellington and Christchurch),applicants must be on the social housing register.
* Affordable rentals - only has a small number of these and many are modified for accessibility.

Acquires suitable properties (including new construction), offers tenancy management services for landlords and rental management services for tenants.

Is not an emergency housing provider.

Level 5 50 Manners Street Te Aro Wellington 6011



info@accessibleproperties.co.nz  8.30am-5pm

(0800) 862 769 Monday to Friday

http://www.accessibleproperties.co.nz All services free of charge. Referral may apply.

**Acoustic Neuroma - Wellington**

FSD0005367 Last updated 01/09/2020

An Acoustic Neuroma is a benign tumour on the balance nerve behind the ear. We support and give information of treatments to patients with this condition. We also support them after their operations and meet together as a group twice a year.

11 Lupin Terrace Tawa Wellington



contact@acousticneuroma.org.nz  Meetings twice a year

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| (04) 232 4580 http://www.acousticneuroma.org.nz/      **Age Concern Wairarapa Inc** | All services free of charge. No referral required. |  |
| FSD0005258 |  | Last updated 23/10/2020 |

Promoting wellbeing, rights, respect and dignity for older people.

Solway Showgrounds, Fleet St Gate Cnr Fleet and York Streets Masterton



admin@acww.nz  9am - 3pm Monday to Thursday

(06) 377 0066 Some charges may apply. http://www.ageconcern.org.nz No referral required.

**Classification : EARS**

**Alzheimers Wairarapa**

FSD0006746 Last updated 16/02/2021

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

Solway Showgrounds, Cnr York & Fleet Streets - York St Solway Masterton 5810



alz2.wairarapa@gmail.com  9.00am - 2.00pm Tuesday to Thursday.

(06) 377 7522 All services free of charge. http://www.alzheimers.org.nz No referral required.

**Amputee Society of the Greater Wellington Region Inc.**

FSD0006267 Last updated 01/04/2021

Advice and support for amputees and their families.

27 Waiho Terrace Elsdon Porirua 5022



whanau.tetau@gmail.com  All times

(04) 237 7630 Some charges may apply. http://www.amputee.co.nz No referral required.

**Artificial Limb Centre - Wellington**

FSD0006273 Last updated 15/01/2021

Artificial Limb Centres undertake the manufacture, fitting and repair of artificial limbs.

Wellington Artificial Limb Centre 42-46 Mein Street Newtown Wellington 6021



wellington@nzals.co.nz  7:30am - 4:30pm Monday - Friday

(0508) 389 389

https://www.nzals.co.nz/ Afterhours contact: 022 577 6203

Some charges may apply. Referral may apply.

**Association of Blind Citizens of New Zealand Inc**

FSD0004006 Last updated 13/07/2020

We provide consumer-led advocacy and advice on blindness related issues and matters topical to New Zealand's blind community. We also provide peer support and social activities.

Our aim is to heighten awareness of the rights of blind and vision impaired people and to remove the barriers that impact upon our ability to live in an accessible, equitable and inclusive society.

Ground Floor 113 Adelaide Road Newtown Wellington



enquiries@abcnz.org.nz  Monday - Friday 8:30am - 5:00pm

(04) 389 0033 All services free of charge.

(0800) 222 694 No referral required. http://www.abcnz.org.nz

**Autism Intervention Trust**

FSD0021427 Last updated 29/03/2021

To provide services and support, to children with autism and their families in the Wellington area, including an Oscar approved holiday programme.

Berhampore kindergarten 3-5 Stanley Street Berhampore Wellington



briaandjustin@xtra.co.nz  We operate Monday to Friday for a week in each

(021) 689 804 term Holiday and have a 2-3 week holiday

http://www.autisminterventiontrust.org.nz programme in January. Contact coordinator for details on hours.

Some charges may apply. Referral may apply.

**Classification : OSCAR**

**Autism New Zealand - Wellington Branch**

FSD0006162 Last updated 06/04/2021

Autism New Zealand is a national organisation with local branches throughout the country.

Here in the Wellington Branch we specialise in supporting people of all ages. We can help direct people to local resources, run educational courses, and provide information about Autism to anyone who is interested.

Much of our work is on a case-by-case basis with families, adults, employers, schools and others contacting us in the hopes of finding a pathway forward.

20 Sydney Street Petone Lower Hutt 5012



wellington@autismnz.org.nz  Monday to Friday - 8:00 - 4:00. I am often out (04) 803 3504 with clients so best to ring first to check I am in.

(022) 657 8136 Some charges may apply. http://www.autismnz.org.nz No referral required.

**Autism New Zealand Inc**

FSD0000125 Last updated 12/02/2021

Provides information and support to people with autism spectrum disorder, their families and caregivers; works to raise awareness in the community and provides information to interested professionals and the general public.

20 Sydney Street Petone Lower Hutt 5012



info@autismnz.org.nz  0800 AUTISM (0800) 288 476 Koha/donation may apply.

(04) 803 3501 No referral required. http://www.autismnz.org.nz

**Autism New Zealand Wairarapa Branch**

FSD0021519 Last updated 14/01/2021

We provide support, training, resources and information on Autism Spectrum disorders including Aspergers Syndrome.

 Wairarapa Community Centre 41 Perry Street Masterton 5810

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| --- | --- |
| wairarapa@autismnz.org.nz  (06) 929 7004 (022) 657 8136 http://autismnz.org.nz | Available by phone or email 5 days per week.  Some charges may apply.  No referral required. |

**Blind & Low Vision NZ - Wellington**

FSD0006456 Last updated 11/03/2021

The Blind Foundation empowers blind and partially sighted members by giving them the training, tools, and tips they need to deal with blindness and achieve their goals.

121 Adelaide Road Newtown Wellington 6021



Wellingtonadmin@blindfoundation.org.nz  Open Monday to Friday 8.30am to 5pm

(04) 380 2160 Some charges may apply.

(0800) 24 33 33 No referral required. http://blindfoundation.org.nz/

**Blind Foundation - Wairarapa Coffee Group**

FSD0006465 Last updated 05/01/2021

The Foundation provides rehabilitation, education and support services to New Zealanders who are blind or partially sighted. Our number one aim is to support members to be as independent as possible.

St Matthew’s Anglican Church lounge 25 Church Street Masterton



(06) 378 2686 (Masterton)  Joyce Greig (Masterton).

(06) 379 6926 (Carterton) Patricia Price (Carterton).

http://blindfoundation.org.nz/ All services free of charge. Referral may apply.

**Blind UH Community Committee**

FSD0002525 Last updated 02/12/2020

Provide help and social support for Blind citizens.

15 Chichester Drive Pinehaven Upper Hutt 5019



LmKing1946@outlook.com  Often, but we are just a volunteer living in a

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| (027) 286 6 237 (04) 970 8356 http://blindfoundation.org.nz/ | domestic house..  All services free of charge.  Referral may apply. |

**Brain Injury Association Wellington Inc**

FSD0005454 Last updated 03/05/2021

We provide education, advocacy, support and information to any person with a brain injury and their families/Whanau and carers living in the Greater Wellington region. This can be at any time from the acute brain injury phase to years later.

Level 2 Thorndon Rise 95 Molesworth Street Thorndon Wellington 6011 wellington@brain-injury.org.nz  Office open Mon - Fri 8.30 am to 4 pm.



(04) 473 5004 Some charges may apply.

(029) 771 2743 No referral required. http://www.brain-injury.org.nz

**Capital Support "Links for Living"**

FSD0004761 Last updated 23/04/2021

Capital Support is a Needs Assessment and Service Coordination (NASC) agency that provides access to support services for people with disability related needs living in the Wellington, Porirua and Kapiti (up to PekaPeka) regions.

People under the age of 65 with long term disability needs are eligible for needs assessment if they have been identified as having a physical, intellectual or sensory disability or ASD (or a combination of these).

Kenepuru Hospital - Raiha Street Porirua



capitalsupport@ccdhb.org.nz  Monday to Friday: 8.30am - 5.00pm

(04) 230 6400 All services free of charge.

(0800) 353 375 Referral may apply. http://www.ccdhb.org.nz

**Care Matters**

FSD0023476 Last updated 19/04/2021

Care Matters is the national Carer Learning & Wellbeing Resource Service and provides current, relevant, practical information and workshops for carers/family/whnau of children and adults with disabilities. Care Matters is a joint partnership between SAMS (Standards & Monitoring Service) and Parent to Parent.

Berl House, Level 6 (Room 6.7) 108 The Terrace Wellington Central Wellington 6011



samsno@actrix.co.nz  Contact Maureen on 027 414 5267 if you are

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| --- | --- |
| (0508) 726 726 (0508) 236 236 https://carematters.org.nz/      **CCS Disability Action** | wanting to visit the office.  If you don’t see a workshop in your area contact us on 0508 726 769 All services free of charge. No referral required. |
| FSD0005521 | Last updated 06/07/2020 |

CCS is one of New Zealand's leading providers of support and services to people with disabilities.

We are also a leading advocate for the rights of disabled people.

Level 3, Orbit Systems House 94 Dixon Str Wellington 6011



Info@ccsDisabilityAction.org.nz  8.30am - 5.00pm, Monday to Friday

(0800) 227 200 All services free of charge.

(04) 384 5677 No referral required. http://www.ccsdisabilityaction.org.nz

**CCS Disability Action - Wairarapa Branch**

FSD0007618 Last updated 23/07/2020

CCS Disability Action is New Zealand's leading provider of support and services to people with physical disabilities. We are also a leading advocate for the rights of disabled people.

36 Bannister Street Masterton



admin.wairarapa@ccsdisabilityaction.org.  10.00am - 1.00pm, Monday to Friday nz All services free of charge.

(06) 378 2426 No referral required.

(0800) 277 2255 http://www.ccsdisabilityaction.org.nz

**CCS Disability Action - Wellington Branch**

FSD0007619 Last updated 09/04/2021

CCS Disability Action is New Zealand's leading provider of support and services to people with disabilities. We are also a leading advocate for the rights of disabled people.

336 Cambridge Terrace Naenae Lower Hutt wellington.admin@ccsdisabilityaction.org.  9.00 - 4.30, Monday to Friday. nz Some charges may apply.



(04) 567 8910 No referral required.

(0800) 227 2255 http://www.ccsdisabilityaction.org.nz

**Child Development Service**

FSD0005408 Last updated 15/09/2020

The Child Development Service is a multi-disciplinary team which provides specialist assessments and intervention for children who have an identified disability, developmental delay/difficulties or are at risk of developmental delay/difficulties.

Puketiro Centre - Kenepuru Drive Porirua City



cds\_admin@ccdhb.org.nz  Monday-Friday: 8am-4:30pm

(04) 918 2800 All services free of charge. https://www.ccdhb.org.nz/our-services/a- Referral may apply.

to-z-of-our-services/child-developmentservice/

**Child Health Cluster**

FSD0002548 Last updated 29/09/2020

Provides health services/care in schools and their communities throughout the greater Wellington region.

Level 2, Community Health Building, Hutt Hospital - High Street Lower Hutt 5040 sandra.marsh@huttvalleydhb.org.nz  Monday - Friday 8am - 5pm.



(04) 570 9447 All services free of charge.

(04) 570 9002 No referral required. http://huttvalleydhb.org.nz

**Cloud 9 Children's Foundation**

FSD0005744 Last updated 08/04/2021

The Cloud 9 Children's Foundation aims to provide programs, support and information that help children and teenagers with Asperger's Syndrome cope with life's demands and be better understood.

Tawa Community Centre 5 Cambridge Street Tawa Wellington



admin@cloud9foundation.co.nz  On line via email, Website or Facebook page http://www.withyoueverystepoftheway.co Some charges may apply. m No referral required.

**Community Connections - Wellington, Johnsonville**

FSD0024120 Last updated 13/10/2020

We are a community based disability service offering support to disabled people to live in and to connect with their own community. We have a strong commitment to a person-centred approach so people can live the life they choose. We help people to set their own goals and then offer support so that these goals can become reality.

Level 1 21-29 Broderick Road Johnsonville Wellington 6037



admin.wellington@ccslt.org.nz  Monday - Friday 9am-4pm (04) 384 2584 All services free of charge.

http://www.ccslt.org.nz Referral may apply.

**Community Connections Supported Living Charitable Trust / Te Hapori Awhina Tangata**

FSD0005276 Last updated 13/10/2020

We are a community based disability service offering support to people with disabilities to live in and to connect with their own community. We have a strong commitment to a person-centred approach so people can live the life they choose. We help people to set their own goals and then offer support so that these goals can become reality.

5 Sheffield Street Paraparaumu 5032



admin@ccslt.org.nz  Office hours: Monday-Friday, 9am-3pm (04) 298 7703 (excluding public holidays) http://www.ccslt.org.nz Some charges may apply.

Referral may apply.

**Conductive Education Wellington Trust**

FSD0015802 Last updated 22/02/2021

To work with all children with disabilities and to provide a specialised indivualised programme to enable each child to reach his or her potential. We work with a wide range of children including those with autism.

Naenae Primary School 27 Wheatley Street Naenae Lower Hutt 5011 cewt@xtra.co.nz  Morning / 8:30 – 1:00 (04) 577 3480 Afternoon / 1:00 – 3:00



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

No referral required.

**Deaf Aotearoa**

FSD0004109 Last updated 17/12/2020

Deaf Aotearoa is the national service provider for Deaf people in New Zealand. We work with Deaf communities and provide information and resources on a range of services including employment, service coordination and Needs Assessment and specialised equipment.

Deaf Aotearoa also works closely with government agencies, not-for-profit sector organisations and the corporate sector to increase awareness of Deaf people's situation, promote New Zealand Sign Language and strengthen the rights of Deaf people.

Deaf Aotearoa is a Disabled Person's Organisation.

Level 3, Aviation House 12 Johnston Street Wellington 6011



national@deaf.org.nz  9.00am - 4.00pm Monday - Friday (0800) 332 322 All services free of charge. http://www.deaf.org.nz/ No referral required.

**Deaf Aotearoa - Wellington**

FSD0006939 Last updated 03/02/2021

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

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

Shop 2 330 High Street Lower Hutt 5010



national@deaf.org.nz  Office open for enquiries and appointments: (0800) 332 322 Monday to Thursday from 9:00am to 4:00pm http://www.deaf.org.nz/ Office open for appointment only: Friday

All services free of charge. No referral required.

**Dementia Wellington**

FSD0006744 Last updated 17/12/2020

Dementia Wellington exists to help people with dementia and their whnau/caregivers to live well with dementia. We provide a variety of resources including socialisation, 1:1 advice and support, and education seminars and workshops to individuals and community groups.

We support people with dementia to continue to be active and included in their communities and to participate in the activities they enjoy. We develop and maintain liaison and partnerships with local organisations so they can better support people with dementia.

Dementia Wellington works across Kapiti, Porirua, Hutt and Wellington and has a team of 6 Dementia Advisors who are all registered health professionals. We are governed by a board of trustees who meet monthly.

55 Hutt Road Petone Lower Hutt 5012 admin@dementiawellington.org.nz  8-30am - 5.00pm Monday to Friday.



|  |  |
| --- | --- |
| (04) 972 2595 http://www.dementiawellington.org.nz | Some charges may apply. No referral required. |

**Disability Services - Victoria University of Wellington**

FSD0005424 Last updated 11/09/2020

Disability Services is committed to eliminating barriers for Victoria University students with temporary or ongoing impairments. The team provides individual coaching, liaison with academic staff, adaptive technology and training, sign-language interpreting, note-taking assistance, mobility parking, exam support and quiet places to rest and study.

Robert Stout Building 21 Kelburn Parade Wellington



disability@vuw.ac.nz  Our locations and hours can be found on our

(04) 463 6070 web page. http://www.victoria.ac.nz/disability/ Some charges may apply.

No referral required.

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| **Disabled Persons Assembly New Zealand Inc** |  |
| FSD0005426 | Last updated 24/10/2020 |

An advocacy group for all people with disabilities.

Level 4, Century City Towers 173 - 175 Victoria Street Wellington



info@dpa.org.nz  Usually 9 - 5pm Monday to Friday

(04) 801 9100 Some charges may apply. http://www.dpa.org.nz No referral required.

**Disabled Skiing Wellington Inc.**

FSD0003002 Last updated 12/07/2020

Promote skiing for people with disabilities.

46 Mo Street Camborne Porirua 5026



alwyeth1@gmail.com  Anytime by answer phone.

(027) 223 6596 Some charges may apply. https://www.snowsports.co.nz/sports/adap No referral required. tive/

**dsport**

FSD0004721 Last updated 13/11/2020

dsport (previously known as Parafed Wellington) is a charity managed by a board of elected volunteers.

Our vision is for Wellington to be a diverse and inclusive region.

dsport is underpinned by the principles of inspire, enable, achieve.

We inspire disabled people to believe in themselves. To aspire to being involved in sport and active recreation. To dream.

We enable disabled people to get into sport and active recreation. We don’t believe in can’t. Rather how can we. How can we make this fun and make this work? We persevere and we build strength collectively.

But more importantly, our members achieve. They overcome adversity, find work-arounds and creative solutions to achieve. And for some, they will achieve their dreams.

ASB Sport Centre 72 Kemp Street Kilbirnie Wellington 6241



info@dsport.nz  Hours 9am - 5pm, Mon, Wed & Fri.

(04) 387 9640 All services free of charge. http://www.dsport.nz No referral required.

**Earthlink Incorporated**

FSD0003006 Last updated 02/12/2020

Assisting people with mental health and addiction disabilities to return to full or part time employment. We run three businesses: apparel recycling and manufacture, recycling, employment training services.

25 Peterkin Street Wingate Lower Hutt 5019



office@earthlink.org.nz  Monday - Friday 8.30am - 4.30pm

(04) 567 7111 All services free of charge. https://www.earthlink.org.nz No referral required.

**Elevate Christian Disability Trust**

FSD0002996 Last updated 12/01/2021

To introduce people with a disability to Christ; to support and encourage all people spiritually, mentally, socially and physically; to educate the church and community about the talents and potential of all those with a disability.

14 Moana Grove Waiwhetu Lower Hutt 5010



cffd-wgtn@actrix.co.nz  Enquiries any time.

(04) 569 9096 All services free of charge.

(027) 434 3643 No referral required. http://elevatecdt.org.nz

**Emerge Aotearoa - Central and Capital Coast**

FSD0003148 Last updated 22/03/2021

Emerge Aotearoa is a non government organisation that provides community-based mental health and disability support services nationwide. It was established in 2015 and is a merger of Richmond Services, Wellink Trust, Mind and Body and Recovery Solutions.

Our philosophy is based on the belief that people with mental health and disability issues can live full and rich lives in the community. We strive, in every aspect of our work, to ensure our services are person-centred, outcomes-focused and evidence-informed and are committed to providing healthy smokefree environments for all clients, staff and visitors.

71-73 Port Road Seaview Lower Hutt 5010

info@emergeaotearoa.org.nz  08.30am-05:00pm, Mon-Fri

(04) 589 9442 Some charges may apply. http://www.emergeaotearoa.org.nz Referral may apply.

**Employment Connections**

FSD0022137 Last updated 03/04/2021

Employment Connections is a part of Community Connections Supported Living Trust. It is a not for profit organisation which provides a range of professional supported employment and transition services for people with disabilities in Wellington.

Supported Employment

We support successful long term employment outcomes for people with disabilities in the regular workforce.

We are a free service to employers offering advice and support to your business and your employees. Our aim is to find you the right person for the job.

Transition

Employment Connections’ Transition Programme provides a year of support and facilitation for students with experience of disability in their last year of school.

Level 1 21-29 Broderick Road Johnsonville Wellington 6011



france.aziz@ccslt.org.nz  Typically, between 9am - 5pm Monday to Friday

(04) 384 2584 excluding public holidays. http://www.ccslt.org.nz All services free of charge.

No referral required.

**Enjoy Childcare - Brooklyn**

FSD0022665 Last updated 06/10/2020

Enjoy Childcare provides Before/ After School Care for children age 5-14 years old as well as an OSCAR approved Holiday Programme .

We offer exciting activities for your children and have dedicated staff to deliver an awesome programme.

40 Taft Street Brooklyn Wellington admin@enjoychildcare.co.nz (022) 651 0773 http://www.enjoychildcare.co.nz

**Classification : OSCAR**

Monday - Friday

Before School Care 7.00 - 9.00am

After School Care 3.00 - 6.00 pm Holiday Programme 7.00am - 6.00pm Some charges may apply. No referral required.

**Epilepsy Association of New Zealand Wellington Branch**

FSD0007018 Last updated 03/12/2020

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

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

(04) 586 2420 appointment with your local Educator.

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

**Evaro - Empowering Adults with Disabilities**

FSD0004787 Last updated 18/01/2021

To improve the lives of adults with disabilities by supporting their choices of where they live, learn, work and socialise.

Evaro is a community participation and inclusion service, that assists and supports people with disabilities to participate in all aspects of our community.

At Evaro Transition we assist students in their last year of college to move from the school environment to further learning opportunities, work options or other services as identified.

Evaro Employment Service assists anyone with a disability to find paid employment and supports the individual, employer and co-workers to make this a successful experience.

We also support peer lead groups/organisations who assist people with mental health issues.

Level 1 James Smith Corner 49-61 Cuba Street Te Aro Wellington 6011

kervin@evaro.nz  Monday to Friday 8.30 am to 4.00 pm

(04) 470 7892 All services free of charge.

(027) 662 0936 Referral may apply. http://www.evaro.nz

**Family Heart Services**

FSD0022377 Last updated 22/12/2020

Family Heart provides a range of services supporting parents to find the best outcomes for their family during times of stress.

|  |  |
| --- | --- |
| admin@familyheart.co.nz  (022) 106 1574 (04) 239 8129 http://www.familyheart.co.nz      **Family Works Wairarapa** | For contact 7 days per week Some charges may apply. No referral required. |
| FSD0007598 | Last updated 21/12/2020 |

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

105 Chapel Street Masterton 5810



familyworks-wairarapa@psc.org.nz  Office Monday-Friday 8.30am-5pm

(0800) FAM WORKS Some charges may apply. http://www.familyworkscentral.org.nz No referral required.

**Family Works Wellington**

FSD0004160 Last updated 21/12/2020

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz  Monday to Friday from 8.30am-5pm.

(0800) FAM WORKS Some charges may apply.

(04) 439 4976 Referral may apply.

http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Featherston Care & Craft Centre**

FSD0006376 Last updated 21/03/2021

Care and Craft is a voluntary group catering for lonely, housebound people known as guests who meet fortnightly for companionship ant to do simple craft work and other activities.

(06) 308 9992  Meets Thursdays fortnightly, St Theresas Parish

Centre, 50 Bell Street. 10 am - 1.30 pm During

School Terms

Some charges may apply. No referral required.

**FOCUS**

FSD0005280 Last updated 19/03/2021

FOCUS is a needs assessment service coordination (NASC) agency for people living with disabilities and their carers in the Wairarapa. It aims to provide assessment and co-ordination of services to enable clients to access funded support.

 Level 2 49-51 Lincoln Road Masterton 5810

focus@wairarapa.dhb.org.nz  8.00am - 5.00pm, Monday to Friday. After hours

(0800) 900 001 On Call service.

(06) 946 9813 All services free of charge. http://www.wairarapa.dhb.org.nz/your- No referral required. health/focus-access-to-support-services/

**habit Rehabilitation**

FSD0023908 Last updated 22/02/2021

Habit Rehabilitation is one of New Zealand’s largest rehabilitation providers and provides a wide range of employment and careers services for job-seekers, employers, agencies and the general public.

Habit Rehabilitation is partnering with the NZ Ministry of Social Development to provide an Employment Service to people with health conditions or disabilities that are keen to work.

The Employment Service aims to:

* Assist individuals find paid employment of their choice
* Provide support in the work environment from Occupational Therapists and Vocational

Consultants for 12 months

* Build workplace culture to be inclusive and open to participation by people with a disability.

dairne@habit.co.nz  Monday - Friday https://www.habitrehab.co.nz/support- 8.30 am - 5 pm.

employment/employment-service All services free of charge.

No referral required.

**Health Resource Centre**

FSD0003017 Last updated 17/08/2020

To provide public health information and education resources about keeping well and preventing disease.

 Community Health Building, Hutt Hospital - High Street Lower Hutt 5010 RPH@huttvalleydhb.org.nz  Monday - Friday 8am - 4.30pm

(04) 570 9691 No personal service Mondays & Fridays - door is http://www.healthed.govt.nz open

All services free of charge. No referral required.

**HealthCare NZ - Hutt Valley**

FSD0006281 Last updated 15/02/2021

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!

Unit 11 5 Bouverie Street Petone Lower Hutt 5012



wellington@healthcarenz.co.nz  8am - 5pm weekdays (0800) 000 421 All services free of charge.

(04) 570 0662 No referral required. http://www.healthcarenz.co.nz

**HealthCare NZ - Kapiti - Navigate**

FSD0006282 Last updated 18/12/2020

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!

Level 1, Kayel Building 5 Margaret Road Raumati Beach Paraparaumu admin@navigate.org.nz  Normal business hours (0800) 000 421 Some charges may apply. http://www.healthcarenz.co.nz Referral may apply.



**HealthCare NZ - Masterton**

FSD0006299 Last updated 25/10/2020

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

We offer a wide range of services designed to enable you to live your life the way you want to from the security of your own home. They include:

* personal care such as grooming, showering and dressing
* home help such as housework; assistance with meal preparation, shopping, mobility; and manyother areas in which you may need help
* nursing care such as post-operative care, wound care, medication management and many otherspecialised nursing services

Staying in your own home has never been easier!

47 Perry Street Masterton 5810



Wairarapa.office@healthcarenz.co.nz  Monday - Friday

|  |  |
| --- | --- |
| (06) 377 3600 http://www.healthcarenz.co.nz | 8am - 5pm  Some charges may apply.  Referral may apply. |

**HealthCare NZ - National Office**

FSD0001797 Last updated 11/01/2021

HealthCare NZ provides home and community-based support services across New Zealand.

We support and empower people to live independently and safe in their homes and local communities by providing services that meet their lifestyle, culture, needs and goals. Our services include wellbeing, psychological and behavioural support, home and community-based care, rehabilitation, disability, mental health and nursing.

Our teams work with people of all ages to enjoy quality of life, health and wellbeing and stay connected to their home, family, whnau and community.

Leaders in community health, Partners in community wellbeing.

Level 13, AIA Tower 34-42 Manners Street Wellington 6011



marketing@healthcarenz.co.nz  Normal business hours

(04) 802 0955 Some charges may apply.

(0800) 002 722 No referral required. http://www.healthcarenz.co.nz

**HealthCare NZ - Wellington**

FSD0006280 Last updated 30/09/2020

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!

5 Bouverie Street Petone Lower Hutt 5012



wellington@healthcarenz.co.nz  Normal business hours

(04) 477 7620 Some charges may apply. http://www.healthcarenz.co.nz No referral required.

**Healthline**

FSD0000029 Last updated 28/08/2020

Healthline is a free telephone health information service 24 hours/ 7 days a week. Phone 0800 611 116 to talk to a registered nurse for health advice. Calls are free – including from a mobile phone. Interpreters available.

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| --- | --- |
| (0800) 611 116 http://www.healthline.govt.nz | 24 hours a day, seven days a week.  All services free of charge.  No referral required. |

**Hearing Association Hutt Valley**

FSD0007085 Last updated 21/12/2020

We are Non Profit organisation which support people with hearing loss in the whole of the Hutt Valley. We have a membership but people can seek our help with advise on devices, hearing screening tests and micro suction.

342 Waiwhetu Road Fairfield Lower Hutt 5011



admin@hvhearing.co.nz  Monday-Friday: 10am-1pm (04) 567 8036 Clinic days Monday and Thursday http://www.hearing.org.nz 9:30 - 2pm

Some charges may apply. No referral required.

**Hearing Association New Zealand - Wellington Inc.**

FSD0007111 Last updated 05/08/2020

Provides: hearing tests, ear wax removal by micro suction, stock of hearing aid devices and batteries, General advice and help on hearing and hearing aid issues.

16 Kent Terrace Mount Victoria Wellington 6011



hearwell01@xtra.co.nz  09.00 am to 5.00 pm

(04) 384 7017 Some charges may apply. http://www.hearwell.co.nz No referral required.

**Home and Community Care and Support**

FSD0005285 Last updated 13/01/2021

To support people living in their own homes by helping them to maintain their independence by providing assistance with household tasks and personal care.

trudy.lamb@wairarapa.dhb.org.nz  7am - 4.30pm Monday, Tuesday, Thursday &

(06) 946 9803 Friday.

(0800) 889 111 7am - 3.30pm Wednesday.

All services free of charge. Referral may apply.

**Hutt Valley Service Coordination Centre**

FSD0019062 Last updated 13/04/2021

Assessment of older people (aged 65 and over) for access to DHB funded supports and residential care. Also act as a resource of information on community supports / agencies available for older people.

Corridor 8 Pilmuir House 67 Pilmuir St Lower Hutt 5040



susan.bowden@careco.org.nz  Mon - Fri 8am to 5:30pm

|  |  |
| --- | --- |
| (04) 566 2226 (0800) 662 225 http://www.careco.org.nz | Weekends, after hours and public holidays a staff member is available for urgent matters by following phone prompts.  All services free of charge.  No referral required. |

**Idea Services - Kapiti Mana Horowhenua**

FSD0003196 Last updated 05/11/2020

Provision of services to people with an intellectual disability and support for their families.

 Unit 1 21 Ihakara Street Paraparaumu

|  |  |
| --- | --- |
| horo.kapiti.mana@idea.org.nz  (04) 463 2448 (0800) 442 898 http://www.ihc.org.nz      **IDEA Services - Wairarapa** | 8:30 am - 5.00 pm Monday to Friday.  After hours on-call 0800 442 898.  Some charges may apply. Referral may apply. |
| FSD0007195 | Last updated 06/04/2021 |

IDEA Services provides support for people with intellectual disabilities so they can live, learn, work and enjoy life as part of the community. We provide vocational and day services, accommodation services, supported employment and supported living.

46 Bentley Street Masterton



wairarapa@idea.org.nz  All hours

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| (06) 370 6450 http://www.idea.org.nz | Some charges may apply. Referral may apply. |

**IDEA Services - Wellington / Hutt Valley**

FSD0007180 Last updated 06/04/2021

IDEA Services provides support for people with intellectual disabilities so they can live, learn, work and enjoy life as part of the community. We provide vocational and day services, accommodation services, supported employment and supported living.

Level 3 31 Port Rd Lower Hutt 5046



wellington.hutt@idea.org.nz  9.00am - 5.00pm Monday to Friday + after hours

(04) 463 2478 service. http://www.idea.org.nz Some charges may apply.

Referral may apply.

**IDEA Services – Horowhenua / Kpiti / Mana**

FSD0024552 Last updated 08/04/2021

IDEA Services provides support for people with intellectual disabilities so they can live, learn, work and enjoy life as part of the community. We provide vocational and day services, supported employment, supported living and specialist services.

21 Ihakara Street Paraparaumu 5032



(04) 463 2448  All hours

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

Referral may apply.

**IHC New Zealand Incorporated**

FSD0004117 Last updated 06/04/2021

We support people with intellectual disabilities by advocating for their rights, providing a variety of housing and work options and by supporting families.

Floor 15 57 Willis Street Wellington Central Wellington 6011



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

(04) 472 2247 All services free of charge.

(0800) 442 442 No referral required. http://www.ihc.org.nz

**Karori Community Centre**

FSD0005476 Last updated 07/09/2020

The Karori Community Centre is one of a network of 20 Community Centre's situated throughout Wellington.

The purpose statement of the Karori Community Centre is "to assist in meeting the needs of individuals and Community Groups in Karori, for social interaction, education, information and support, by providing staff, direction and facilities at low cost.

7 Beauchamp Street Karori Wellington



info@karoricommunitycentre.org.nz  Mon through Fri 9.30-2.00, Wednesday til 6

(04) 476 4968 Some charges may apply. http://www.karoricommunitycentre.org.nz No referral required.

**L'Arche New Zealand Incorporated**

FSD0003226 Last updated 01/12/2020

L'Arche is a community of people with and without intellectual disabilities who choose to live, work, pray and celebrate life together.

1 Jean Vanier Way Paraparaumu 5032



cleader1@larche.org.nz  9.00am - 5.00pm Monday - Friday, with (04) 298 4633 answerphone outside of hours.

All services free of charge. No referral required.

**Life Unlimited Hearing Therapy**

FSD0008316 Last updated 12/04/2021

A free, nationwide service funded by the Ministry of Health to provide support and independent advice for New Zealand residents or citizens, 16 years and over, who experience difficulty communicating effectively because of a hearing impairment.

We offer:

* A hearing evaluation with a qualified hearing therapist
* Information on hearing aids and other technology, including available funding options
* Practical advice and tips for living with hearing conditions like tinnitus
* Strategies for you, your family and whanau to ease communication
* Referrals to other health services if needed

Call 0800 008 011 to book a free appointment with a qualified hearing therapist at a location near you.

Hearing Therapy is provided by Life Unlimited Charitable Trust

Level 3 204 Thorndon Quay, Pipitea, Wellington 6011



hearing@lifeunlimited.net.nz  Clinics available

|  |  |
| --- | --- |
| (0800) 008 011 (04) 499 5851 http://www.hearingtherapy.co.nz | Monday - Friday - 8.30 am - 4.30 p.m.  All services free of charge.  No referral required. |

**Life Unlimited Lower Hutt**

FSD0019108 Last updated 20/04/2021

If you have a disability and need support getting access to the right services, we are here to help.

Our service is operated by the charitable trust Life Unlimited and is available to people under 65 years old living in the Hutt Valley.

Based at Epuni Medical Centre 102 Oxford Terrace Lower Hutt 5011 hearing@lifeunlimited.net.nz  By appointment



(0800) 008 011 All services free of charge. http://www.lifeunlimited.net.nz No referral required.

**Little People of New Zealand**

FSD0000468 Last updated 12/01/2021

Founded in 1969, Little People of New Zealand is a non-profit, charitable organisation that supports and informs people with dwarfism as well as their families, along with people who have a genuine interest.

LPNZ sets out to embrace, educate and create awareness in a responsive and professional way promoting flexibility and social change.

As an organisation, LPNZ exists to support our members through regional gatherings, annual conferences and sharing of information and experiences. Our members connect with other members and have access to information and how people of short stature can be supported in New Zealand.

Dwarfism is a condition of short stature with an adult height of less than 4 feet 10 inches, as a result of a medical and/or genetic condition. There are over 200 types of dwarfism.

|  |  |
| --- | --- |
| medialiaison@lpnz.org.nz  (021) 130 9377 (027) 672 8744 http://www.lpnz.org.nz | As we are a non profit society all office members have jobs & personal responsibilities. That said, please make contact anytime by phone or email & we will aim to make contact withing 3 working days.  Some charges may apply.  No referral required. |

**Manaaki Ability Trust**

FSD0015040 Last updated 21/12/2020

Social services to people with disabilities - mainly intellectual.

60 Woburn Road Woburn Lower Hutt 5010



info@manaakiabilitytrust.org.nz  Monday to Friday

(04) 569 3091 8.30am to 4.30pm

http://www.manaakiabilitytrust.org.nz All services free of charge. Referral may apply.

**Masterton Care & Craft Centre**

FSD0006377 Last updated 12/04/2021

The Care & Craft Centres of New Zealand Trust gives opportunities to the housebound, disabled or lonely people.

(06) 377 0995  Meets Friday Fortnightly, Old Folks Hall. Cole

and Perry Street during School Terms Some charges may apply. No referral required.

**Mix - Connecting, Creating, Living Inc**

FSD0003113 Last updated 05/05/2021

Mix provides community centres and activities for people who use mental health services. Centres are located at Uniting Parish, 2 Benzie Ave, Upper Hutt and 212 Knights Rd, Lower Hutt. An Art Space is located at the Knights Rd site.

Participants must live in the Hutt Valley and meet mental health criteria to attend.

212 Knights Road Waterloo Lower Hutt



info@mix.org.nz  Mon - Fri (04) 569 3162 House 9:00 - 3:00

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

Referral may apply.

**Mobility Parking**

FSD0000503 Last updated 03/11/2020

The Mobility Parking Scheme makes getting around our local communities a bit easier for over 100.000 New Zealanders.

Mobility Parking permit holders can use mobility parking spaces which are wider than standard parks & closer to venues.

Mobility Parking permits are managed by CCS Disability action.

Eligibility criteria are displayed on the application form which you can obtain from your Medical Practitioner or your local CCS Disability Action branch.

mobilityparking@ccsdisabilityaction.org.nz  Contact your local CCS Disability Action branch

|  |  |
| --- | --- |
| (0800) 227 2255 (04) 384 5677 http://www.mobilityparking.org.nz      **Mornington Golf Club Inc** | for hours & addresses.  Some charges may apply. Referral may apply. |
| FSD0023683 | Last updated 17/11/2020 |

Free Accessible Golf Programme - The programme provides golf as a sport of choice for young people, parents, and adults with a physical or sensory disability and enriching their lives through the game.

80 Stanley Street Berhampore Wellington 6021



mornington@golf.co.nz  9am to 4pm Monday to Friday

(04) 389 6322 Saturday 1pm to 4pm

http://www.morningtongolf.co.nz/special- Sunday 7.30am to 6pm olympic/ All services free of charge.

No referral required.

**New Zealand Down Syndrome Association - Wellington**

FSD0007779 Last updated 17/12/2020

Vision – That people with Down syndrome are valued and equal members of their community, fulfilling their goals.

Mission – To work alongside families, whanau and carers to support and empower people with Down syndrome to realise their potential and aspirations through all life stages and within all communities.

Essence – To accept, understand and connect.

To enable the NZDSA to achieve its vision, mission and essence we:

* Provide information and support to families/whanau of people with Down syndrome throughout alllife stages.
* Equip and empower people with Down syndrome and their families/whanau to build positivefutures by enhancing their lives.
* Raise awareness of Down syndrome in the wider community to promote rights. Inclusion and bestpractice.
* Review and lobby government and other institutions.
* Develop self-advocacy and leadership skills for people with Down syndrome.

|  |  |
| --- | --- |
| neo@nzdsa.org.nz (0800) 693 724 (0800) NZDSAI http://www.nzdsa.org.nz | Available as required.  To contact your local branch or support group ring 0800 693 724 and press 3.  All services free of charge.  No referral required. |

**New Zealand Red Cross - Wairarapa**

FSD0005293 Last updated 30/11/2020

To help and support people in need. To have at least one First Aider in every household. First Aid training - NZQA units 6400-01-02-OSH approved trainer. Comprehensive First Aid Certificate and Revalidation available.

30 Church Street Masterton



wairarapa@redcross.org.nz  Mon - Fri, 9am - 3pm

|  |  |
| --- | --- |
| (06) 377 3586  http://www.redcross.org.nz | Some charges may apply. No referral required. |

**North Porirua Care Centre**

FSD0016502 Last updated 12/01/2021

NPCC is a charitable trust providing Social Work and Counselling services in the North Porirua and wider Porirua area.

The Trust fundraises to provide the free Social Work Service to anyone in the Porirua area and there are funds to offer discretionary subsidies to Counselling clients who would not otherwise be able to access the service.

69f Discovery Drive Whitby Porirua 5024



manager@npcc.org.nz  Messages can be left at any time on 04 233

(04) 233 1248 1248.

(04) 233 1248 The Centre is open Tuesdays to Saturdays and

http://www.npbc.org.nz/cms3/index.php/c some evenings ommunity-services Some charges may apply.

No referral required.

**Outward Bound**

FSD0023640 Last updated 18/08/2020

Outward Bound is one of New Zealand's leading organisations for showing people their full potential through outdoor challenge and adventure.

We believe in experiential learning - or learning through doing. That means students take responsibility over the challenge ahead of them. Whether that's leading the way on an expedition or managing their team to complete a kayak journey.

Our focus lies in building transferable skill and attitudes that remain far beyond a participant's time with us. Lessons learnt are applicable to work, study, home - and they last for life.

3 Queens Wharf Wellington City 6011



info@outwardbound.co.nz  8.30am - 5pm Monday to Friday (0800) 688 927 Some charges may apply. http://www.outwardbound.co.nz No referral required.

**Parent to Parent New Zealand Inc - Wellington Region**

FSD0007303 Last updated 25/03/2021

To provide information and support to families of children and family members with disabilities, health impairments or special needs, through support programmes and provision of information.

|  |  |
| --- | --- |
| wellington@parent2parent.org.nz  (027) 808 3947 (04) 569 9398 http://www.parent2parent.org.nz | Monday to Friday 9.00am - 3.00pm.  We cover the greater Wellington region including  Wairarapa  All services free of charge.  No referral required. |

**Parkinson's - Kapiti/Horowhenua**

FSD0007370 Last updated 25/03/2021

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

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

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

|  |  |
| --- | --- |
| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz      **Parkinson's - Wairarapa** | Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.  Some charges may apply. No referral required. |
| FSD0007372 | Last updated 25/03/2021 |

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

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

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

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| --- | --- |
| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz      **Parkinson's - Wellington** | Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.  Some charges may apply. No referral required. |
| FSD0007364 | Last updated 25/03/2021 |

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

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

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

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| info@parkinsons.org.nz (0800) 473 4636 http://www.parkinsons.org.nz | Please make contact through our national office – Monday to Friday 8.30am – 5.00pm or via the referral form on our website www.parkinsons.org.nz.  Some charges may apply.  No referral required. |

**People First New Zealand Inc - Nga Tangata Tuatahi**

FSD0015005 Last updated 09/06/2020

People First New Zealand Inc. Ng Tngata Tuatahi is a Disabled Persons Organisation (DPO) and a national self-advocacy organisation that is led and directed by people with learning (intellectual) disability.

People First NZ has several regional sites (see website for details) and provide:

· a free Disability Information and Advice Service for information about learning disability;

· free membership for people with learning disability, who are over 18 years of age;

· monthly local self-advocacy meetings held around New Zealand;

· leadership projects and opportunities for people with learning disability;

· courses for people with learning disability that services can contract us to deliver;

· a service to translate your information into Easy Read – a format that is easier for people to read and understand;

· members that are experienced disability advisory group representatives, and trained Meeting Assistants to assist them;

· Books and DVDs you can order.

Level 4 173-175 Victoria Street Wellington



ask@peoplefirst.org.nz  Monday - Friday, 9am - 5pm

(04) 381 3242 Some charges may apply.

(0800) 20 60 70 No referral required. http://www.peoplefirst.org.nz

**Porirua Children's Ear Van**

FSD0004719 Last updated 29/03/2021

The Porirua Children's Ear Van provides free ear checks (otoscopy and tympanometry)and minor treatment (e.g. ear wax removal via micro suction) for children and young people aged 0-18 in the Porirua basin. The service is provided by a Registered Nurse.

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| HV-UD-RPH-  Reception@huttvalleydhb.org.nz  (04) 587 2916 (0508) 327 826 http://www.rph.org.nz      **Porirua Whanau Centre** | A mix of drop-in and appointment clinics on weekdays.  Please contact phone numbers listed for further information.  All services free of charge. No referral required. |
| FSD0004753 | Last updated 01/10/2020 |

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Rare Disorders NZ**

FSD0001871 Last updated 12/08/2020

To support, assist and promote better health care and wellbeing for patients and their families/ whanau living with a rare disorder in New Zealand.

RDNZ is the connector hub and collective voice of rare disorders in New Zealand. We help families, patients and healthcare providers find essential information and support groups, and advocate for an equitable healthcare system that works for the 400,000 Kiwis with a rare condition.

 102-112 Daniell Street Newtown Wellington 6021

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| enquiries@raredisorders.org.nz  (04) 385 1119 http://www.raredisorders.org.nz      **Raukawa Whanau Ora Ltd** | 9am to 5pm Monday to Thursday All services free of charge. No referral required. |
| FSD0006048 | Last updated 12/04/2021 |

A support service is for Maori particularly Kuia and Koroua requiring a range of disability support needs. Encourages quality of life and independence. Provides information and support in a manner consistent with tikanga Maori. This service is also available to other ethnic groups.

150-172 Bath Street Levin 5510



admin@rwo.nz  Monday to Friday 8.00am to 5.00pm

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| (06) 368 8678 http://www.rwo.iwi.nz      **Redwood Club** | Some charges may apply. No referral required. |
| FSD0004832 | Last updated 18/12/2020 |

The Redwood Club was established in1989 and is administered by the Redwood Daycare Charitable Trust. It provides a happy, caring and safe environment for members of the community who require the stimulation and support of a balanced daycare programme. The club is a non profit organisation using a combination of professional staff and volunteers.

83 Redwood Avenue Tawa Wellington



redwoodclub@inspire.net.nz  9.00am - 5.00pm Monday to Friday

(04) 232 5521 Some charges may apply.

Referral may apply.

**Regional Public Health Wairarapa**

FSD0005267 Last updated 20/11/2020

Public health aims to keep our population well, improve health, and prevent illness.

Regional Public Health Wairarapa 9 Russell Street Masterton



phadmin@wairarapa.dhb.org.nz  8.00am - 4.30pm, Monday to Friday. RPH Hutt

(06) 377 9111 Valley provides after hours/on call services.

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

No referral required.

**Retina New Zealand - National Office**

FSD0001933 Last updated 08/06/2020

Information & Support for people with degenerative retinal disorders, through "Retina NewZ" – a quarterly newsletter for members and a number of free publications, including "Your Blue Book – A guide to coping with vision loss" and the "understanding..." series of booklets for specific disorders.

A network of peer supporters can be reached on 0800 233 833.

We support all eye conditions including Retinitis Pigmentosa, Macular Degeneration, Stargardts, Choroideremia, and other retinal disorders including retinal detachment, macular hole or myopic maculopathy.

We also encourage local groups to provide mutual support to others in their area.

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| admin@retina.org.nz  (0800) 569 849 (04) 298 4028 http://www.retina.org.nz | 8.00am - 8.00pm, every day.  0800 LOW VIZ.  0800 569 849 available after-hours.  Koha/donation may apply.  No referral required. |

**Riding for the Disabled Association - National Office**

FSD0004127 Last updated 07/09/2020

Provide interaction with horses to develop increased ability, independence and self-esteem for children and adults with physical, intellectual, emotional and social challenges

 10 Lydney Place South Porirua 5022

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| admin@rda.org.nz (04) 234 6090 (0800) 469 732 http://www.rda.org.nz | 8.30 am - 4.30 pm Monday - Friday.  Some charges may apply.  Referral may apply. |

**Riding for the Disabled Association - Wairarapa Group Inc**

FSD0005305 Last updated 14/08/2020

To provide riding therapy for Adults and Children with all types of disabilities.

16B Te Whiti Road Masterton 5840



wairda@xtra.co.nz  Thursday 9am - 12:30 (06) 378 6503 Some charges may apply.

(027) 2424911 (a/h) Referral may apply. http://www.rda.org.nz

**Riding for the Disabled Association - Wellington**

FSD0004768 Last updated 15/03/2021

To provide horse riding opportunities for sport, recreation and therapy to people with disabilities.

610 Paekakariki Hill Road Paekakariki Hill 5381



wellingtonrda@xtra.co.nz  Core Ride programme - Tuesday to Saturday

(04) 237 5550 during school terms

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

No referral required.

**Second Chance Enterprises Incorporated**

FSD0021881 Last updated 08/01/2021

Second Chance Enterprises (SCE) is a not-for-profit organisation whose primary purpose is to provide employment for people who have suffered a psychiatric disability. SCE has developed a number of business initiatives with all money made going back to the workers in wages. SCE values working together to create a warm and welcoming environment for rehabilitation, recognising and respecting each person's differences and supporting workers to make positive changes in their lives

Porirua Hospital 2B Upper Main Drive Porirua 5024



info@secondchance.org.nz  9am to 4.30pm, Monday to Friday (0800) 289 966 All services free of charge.

(027) 445 5383 Referral may apply. http://secondchance.org.nz

**Social Work Department - Hutt Valley District Health Board**

FSD0005834 Last updated 16/11/2020

Provides health related social work services in the Hutt Valley.

Hutt Hospital 622 High Street Lower Hutt



paulinemarie.emmens@huttvalleydhb.org.  Monday to Friday 8 am to 4.30 pm nz All services free of charge.

(04) 570 9620 Referral may apply. http://www.huttvalleydhb.org.nz

**Special Olympics NZ**

FSD0003532 Last updated 22/12/2020

Special Olympics is a year round programme of sports training and competition for young people and adults with an intellectual disability. Athletes can be as young as five and there is no upper age limit. Special Olympics New Zealand is a registered Charitable Trust established in 1983.

There are over 5,000 athletes training and competing supported by over 2,500 volunteers (Coaches and Supporters) throughout the country.

Pelorus Trust Sports House 93 Hutt Park Road Seaview Lower Hutt



admin@specialolympics.org.nz  8am to 5pm Monday to Friday

(04) 560 0360 Some charges may apply. http://www.specialolympics.org.nz/ No referral required.

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

FSD0007489 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. |

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

FSD0007498 Last updated 04/09/2020

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. |

**St Vincent de Paul Society Wellington Area**

FSD0005583 Last updated 18/09/2020

St Vincent de Paul Society provides free welfare services in the Wellington area. These include a food bank, full-time social worker and pregnancy assistance for new mums and their babies. Our team work in a caring and practical manner to promote human dignity and justice through one-onone support to people seeking assistance.

Level 1 207 Riddiford Street Newtown Wellington 6021



info@vinnieswgtn.org.nz  Monday to Friday 9am - 3.30pm

(04) 389 7122 All services free of charge. http://www.vinnies-wellington.org.nz No referral required.

**Standards and Monitoring Services**

FSD0019272 Last updated 13/10/2020

We provide: evaluation of disability services, service development, and staff training.

Level 6 108 The Terrace Wellington 6142



samsmb@xtra.co.nz  8 am-6 pm (04) 569 8301 Some charges may apply.

(027) 434 5001 No referral required. http://www.sams.org.nz

**Supporting Families in Mental Illness (SFNZ) - Wairarapa**

FSD0007466 Last updated 01/10/2020

Schizophrenia Fellowship New Zealand was formed in 1977 by families, for family members experiencing forms of mental illness. Since that time it has developed further to promote the best quality of life for persons with a mental illness and or addictions.and help to support their family/whanau and caregivers' in gaining a better understanding around the issues associated with such illnesses. SFNZ is a charitable organisation and there are a number of branches nationwide that are managed by volunteer committees and members.

323 Queen Street Masterton 5810



admin@sfwai.org.nz  Family Services 9am - 5pm Monday to Friday.

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| (06) 377 3081 http://www.sfwai.org.nz/      **Tautoko Services - Porirua** | All services free of charge. No referral required. |
| FSD0003253 | Last updated 27/01/2021 |

We are an organisation of committed people bringing our expertise to support people with disabilities to participate in community life as they choose. We work to make our communities more inclusive.

Suite 2 99 Mana Esplanade Paremata Porirua 5026



karenbaddiley@tautoko.org.nz  Monday - Friday 9am-5pm

(04) 233 0164 All services free of charge. http://www.tautoko.org.nz Referral may apply.

**Te Omanga Hospice**

FSD0003117 Last updated 26/06/2020

We provide palliative care and support to people, and their families, with a terminal or life limiting illness.

136 Woburn Road Woburn Lower Hutt 5010



admin@teomanga.org.nz  Administration: 8:30am-5pm Monday to Friday (04) 566 4535 Inpatient Unit: 24 hours per day, 7 days per http://www.teomanga.org.nz week, 365 days per year

All services free of charge. Referral may apply.

**The Argo Trust**

FSD0022138 Last updated 16/07/2020

The Argo Trust provides a residential and vocational service for people who have an intellectual and physical disability.

95 Aro Street Aro Valley Wellington 6021



dayna@argo.org.nz  Office staff are available Monday to Friday 8am

(04) 385 6769 until 4pm. http://www.argo.org.nz Some charges may apply.

Referral may apply.

**The Personal Advocacy and Safeguarding Adults Trust**

FSD0003884 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.

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| advocacy@pasat.org.nz  (0800) 728 7878 (0800) 728 7878 http://www.PASAT.org.nz | Monday to Friday from 9:00am to 5.00pm.  Some charges may apply.  Referral may apply. |

**The Personal Advocacy and Safeguarding Adults Trust - Wellington**

**/ Kapiti / Hutt / Wairarapa**

FSD0006619 Last updated 18/08/2020

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

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

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| wellington@pasat.org.nz  (022) 088 7507 (04) 391 1728 http://www.PASAT.org.nz | Monday to Friday, 9:00am to 4:30pm Some charges may apply.  No referral required. |

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

 92 Vivian Street Wellington

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| wellingtoncity.corps@salvationarmy.org.n z  (04) 801 9278 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/wellington-city/wellington-city-corps    **Classification : THP**    **Thumbs Up Trust** | Drop-in Centre is open 10am-3pm Mon-Fri.  Other services are available 9am-5pm Mon-Fri.  Phone is monitored 24/7.  Some charges may apply. Referral may apply. |
| FSD0021940 | Last updated 18/02/2021 |

Thumbs Up Trust is a small independent charitable trust which was founded in 2007 by a group of parents. Our vision is to create a full and fulfilling life for every individual person who uses our service. We aim to do this by enabling adults with intellectual disabilities to actively engage in the full life of their community, through participation, contribution, and meaningful and respectful relationships with others.

Thumbs Up Trust Hall 5 Elizabeth Street Petone Lower Hutt 5012



manager@thumbsuptrust.org.nz  Monday to Friday 9am - 3pm

(04) 586 8069 Koha/donation may apply.

(022) 5388 675 Referral may apply. http://thumbsuptrust.org.nz/

**Tracecare Ltd**

FSD0022615 Last updated 17/11/2020

Tracecare provides an easy to use GPS located medical alarm. Don’t leave home without your ‘Buddi’ which provides you with assistance anywhere anytime. Help is just the press of a button away. Either our 24/7 monitoring centre or a family member is advised of where you are when you need help the most. Don’t be fenced in at home, continue to live a full and independent life but also giving you and family piece of mind should something go wrong you know help is at hand.

Level 7 138 The Terrace Wellington 6011



info@tracecare.co.nz  Service available 24/7 (0800) 559 720 Some charges may apply.

(021) 225 3271 No referral required. http://tracecare.co.nz

**Verisafe**

FSD0022998 Last updated 07/01/2021

To provide individuals, families and organisations with an industrial strength personal safety & risk management system, (with training and support).

Verisafe is secure server based, web browser and smartphone based tool with the following key features:

At Risk

Users press if they think they could be at risk, setting themselves up to 'check in' at intervals. If they do not check in or cancel their At Risk status - emergency contacts are alerted via phone call, text and email with their details and latest GPS data. (GPS data is captured automatically while At Risk is active).

Help

Users press if they are in trouble, instantly emailing, texting and calling their designated emergency contact/s, (and/or our local security partner) sending their details and GPS data.

Safety Checks

Any user can choose to set up their contacts with a daily (or as many times per day as appropriate) safety check up message/s. Once they are set up, it runs with no daily or weekly maintenance.

494 Ohariu Valley Road Wellington 6037



info@verisafe.co  7 days

(027) 445 2401 Some charges may apply. http://www.verisafe.co No referral required.

**Veterans' Affairs**

FSD0023824 Last updated 14/01/2021

We provide support for qualifying veterans — as well as their family and whnau — so they can be well at home, at work, and in their communities. We also help coordinate commemorative activities, maintain over 180 Service Cemeteries throughout NZ, and manage the government's relationship with veterans and their representative organisations.

Level 6 Reserve Bank 2 The Terrace Wellington Central Wellington 6011



veterans@nzdf.mil.nz  Monday to Friday 8am to 5pm.

(0800) 483 8372 All services free of charge.

(04) 495 2070 No referral required. https://www.veteransaffairs.mil.nz

**Vincents Art Workshop**

FSD0021373 Last updated 23/04/2021

Vincents is a Creative Space where people with a mental illness or a disability and anyone from the wider community of Wellington can explore their creative self expression. Vincents offers a working model of the philosophy of inclusion. There are three art studios which offer a wide variety of art materials and art equipment and at least two art tutors offer support every day. There is an art gallery which holds regular exhibitions of people's art works. Services at Vincents are free of charge.

Willis Street Village 5/148 Willis Street Wellington



vincentsartworkshop@xtra.co.nz  Monday 10-5

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| (04) 499 1030 (027) 407 5706 http://www.vincents.co.nz      **Visual Resource Centre** | Tuesday 10.30-6.30  Wednesday 10-5  Thursday (Women only) 11-4  Friday 10-5  Saturday 10-2  All services free of charge. No referral required. |
| FSD0005620 | Last updated 18/12/2020 |

A centre staffed by trained teachers who specialise in working with learners who are visually impaired or blind. The staff includes a specialist resource assistant. Teachers service the greater Wellington area and provide programmes, resources and support to meet their educational needs within their local environment.

 27 Kowhai Road Kelburn Wellington 6012

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| wellingtonvrc@blennz.school.nz  (04) 939 5006 http://www.blennz.school.nz/      **Vocalsaints** | Some charges may apply. No referral required. |
| FSD0020233 | Last updated 29/07/2020 |

Providing expertise speech and language assessment and therapy for all ages (0-100 years). Covering areas such as speech clarity, apraxia of speech, lisps, language development, stuttering, voice, brain injury, auditory processing disorder, language processing disorder, word retrieval difficulties, literacy difficulties, school readiness, and swallowing concerns.

Level 2 119 Queens Drive Central Lower Hutt 5010



enquiries@vocalsaints.co.nz  Monday to Saturday, 8am to 5pm.

(0800) 69 77 33 Some charges may apply. http://www.vocalsaints.co.nz No referral required.

**Waikanae Care & Craft Centre**

FSD0006349 Last updated 22/03/2021

The Care & Craft Centres of New Zealand Trust gives opportunities to the housebound, disabled or lonely people.

(04) 293 2440  Meets Tuesdays, Presbyterian Church Hall,

Ngaio Road. - During School Terms Some charges may apply. No referral required.

**Well-Able**

FSD0004792 Last updated 02/10/2020

Well-Able provides free and impartial information about the disability services and resources (including mobility equipment) that are available to residents in the Wellington region, enabling them to have more choice, remain active and independent, as well as keeping connected with their communities.

Our mobile service enables us to connect and assist more people that want to discuss more sensitive matters as well as those who are more isolated or less mobile. We can visit them in their own environment, enabling them to feel more relaxed and comfortable to talk more freely about their needs. Our mobile service also allows us to take information and resources to groups or events, enabling us to target our information distribution to audiences based on their needs as well as widening our reach.

110 Rimu Road Paraparaumu Wellington 5032



info@well-able.org.nz  Monday - Friday 9:00am to 3:00pm

(04) 298 2914 All services free of charge.

(0800) 69 33 42 No referral required. https://www.well-able.org.nz/

**Wellington Association for Deaf Children**

FSD0005628 Last updated 29/06/2020

Family support, awareness, social and educational promotion of deaf and hearing impaired children and young people in the Greater Wellington area.

wn.association.deaf.children@gmail.com  Contactable after hours https://www.facebook.com/Wellingtonasso Koha/donation may apply. ciationfordeafchildren No referral required.

**Wellington Deaf Society**

FSD0005636 Last updated 22/12/2020

Provides social, educational, recreational and sporting activities. Wellington Deaf Society is open to Deaf members and friends.

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| hello@wds.org.nz http://www.wds.org.nz | Contact via website or Facebook page All services free of charge.  No referral required. |

**Wellington Orthotics Centre Ltd**

FSD0005542 Last updated 21/07/2020

Provides orthoses and surgical footwear. Wellington Orthotics Centre delivers clinical services to private and ACC clients, and is a contracted provider to the local district health board (DHB).

3-5 George Street Thorndon Wellington 6011



info@orthotics.co.nz  Hours: Mon-Fri 8.00am – 4.30pm

(04) 815 8058 Some charges may apply. http://www.orthotics.co.nz Referral may apply.

**Wellington Social Club for the Blind Inc.**

FSD0005653 Last updated 27/01/2021

Monthly socials with entertainment are held on the 1st Wednesday of each month Feb - Nov, at

Braille house, 121 Adelaide Road, Newtown, Wellington. Indoor Bowls are played weekly Apr Oct at Avalon Public Hall, Mabey Road, Lower Hutt at 12.30pm.

Annual Sport's Day for VIP members held in February.

Day trips away to places of interest.

11A Friend Street Karori Wellington 6012



karoripalmer@gmail.com  Call daytime hours or email Monday - Friday.

(04) 476 7329 Some charges may apply. (027) 361 6966 No referral required.

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

 317-327 High Street Lower Hutt 5010

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

 94-96 Riddiford Street Newtown Wellington

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.

21 Main Street Otaki 5512



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

-work-and-income/contact-us/find-a- All services free of charge. service-centre/central.html No referral required.

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.  4 Lydney Place Porirua 5022

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

162-164 Main Street Upper Hutt 5018



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

 Shop 6 The Mall Wainuiomata 5014

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

49-51 Lincoln Road Masterton 5810



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

 Ground Floor, Freemason House 195 Willis Street Wellington 6011

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

Level 1, Freemason House 186-190 Willis Street Wellington



(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. Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries) (0800) 552 002 (for 65 and over) http://www.workandincome.govt.nz

**Workbridge Inc - National**

FSD0002018

Ph1 Mon-Fri 7am - 6pm Sat 8am - 1pm

Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300 Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

Last updated 27/07/2020

Workbridge is a professional employment service for people with all types of disability, including people who have lived with the long-term effects of injury and illness. Workbridge also worksd with members of the Deaf community. A Workbridge jobseeker will have been living with the effects of their disability, injury or illness for more than six months, which presents a barrier to gaining employment. We work at no cost for jobseekers and employers to match people to the right job.

Level 4, Dell EMC 5 Willeston Street Wellington 6140



national@workbridge.co.nz  8.30am - 5.00pm (0508) 858 858 All services free of charge.

(04) 913 6422 No referral required. http://www.workbridge.co.nz

**Workmates Supported Employment Agency**

FSD0004804 Last updated 10/08/2020

Workmates has been providing employment services to job seekers with disabilities and barriers to employment in the Porirua and greater Wellington areas since 1995. We provide this service at no cost to the service user or the employer. In partnership assist in the retention and advancement of employment placements.

 Level 4, Suite 404, North City Shopping Centre - Titahi Bay Main Road Porirua 5022

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| susan.christian@workmates.co.nz  (04) 237 7141 (022) 4977 304 http://www.workmates.co.nz | Mon - Fri 8am - 4.30pm. Services available in  Porirua City, Wellington City, Paremata and  Pukerua Bay  All services free of charge.  Referral may apply. |

# Youth Services

**ACTS Employment Services Ltd**

FSD0002970 Last updated 03/05/2021

Our aim is to help with all things employment. Working one-on-one or in groups with career coaches and employment consultants, you will gain all the knowledge, skills and tips to ensure you are putting your best foot forward to reach your career goals, or secure sustainable employment. We tailor programmes to individuals and businesses to meet you needs. And can include; CV creation, cover letters, interview training and preparation, personal development, work experience, coaching, redundancy services, job search, group workshops, facilitation and more.

We offer face to face sessions and training in the Wellington Region or online services throughout New Zealand.

Level 2 65 Dudley Street Lower Hutt 5010



jordan@actsinstitute.org.nz  Available on booking basis. Please contact us to

(027) 408 4703 schedule a time that works around your http://www.actsinstitute.org.nz commitments

Some charges may apply. No referral required.

**Adoption Services, Oranga Tamariki-Ministry for Children**

FSD0004809 Last updated 14/09/2020

Information and counselling services in relation to all areas of adoption including: the Adult Adoption Information Act, decision making counselling for pregnant women and their families, working with prospective adoptive applicants, post adoption follow up and inter-country adoption.

Office hours are 8.00am-5.00pm from Monday to Friday.

contact@ot.govt.nz  Office hours are 8.00am-5.00pm, Monday to

(0508) 326 459 Friday. https://www.orangatamariki.govt.nz/ If you're overseas:

Call +64 9 912 3820

All services free of charge. No referral required.

**Alcoholics Anonymous**

FSD0004099 Last updated 07/09/2020

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

nzgso@aa.org.nz  Helpline available 24 hours (0800) 229 6757 All services free of charge. http://www.aa.org.nz No referral required.

**Anxiety Specialists**

FSD0021020 Last updated 12/04/2021

Anxiety impacts upon everyone, directly or indirectly, at some point in our lives.

Our vision is to provide quality psychological services to see people living healthy fulfilling lives. What this means is providing effective treatment supported by research, delivered with a warm and empathetic approach, to give people the best means to cope with and recover from anxiety.

We specialise in assessing and treating adults with anxiety conditions (e.g. generalised anxiety, panic, performance anxiety, social anxiety, phobias, and OCD).

We also run effective and cost-effective online programs.

So if you're a parent with anxiety struggles, get in touch.

Tasman Building 131 Queens Drive Lower Hutt 5010



info@anxietyspecialists.co.nz  Closed Monday

(04) 386 3861 Tuesday - Friday:

http://www.anxietyspecialists.co.nz 12:00 pm – 6:00 pm Closed Saturday & Sunday Some charges may apply. Referral may apply.

**ASK - A Safe Kapiti**

FSD0003192 Last updated 11/03/2021

A Safe Kapiti actively promotes and coordinates crime prevention initiatives for a safer community. Services include Family Support Services, Family Violence Initiative, Strengthening Families coordination, Kapiti Health Shuttle, Neighbourhood Support.

Airport Annex - Dakota Road Paraparaumu 5032



info@asafekapiti.co.nz  9.00 am to 4.00 pm Monday to Friday - excluding

(0800) 502 066 school holidays. http://www.asafekapiti.co.nz Some charges may apply.

No referral required.

**Classification : FVSS**

**Asthma and Respiratory Foundation NZ**

FSD0004103 Last updated 22/03/2021

The Asthma and Respiratory Foundation NZ is the national leader in respiratory health knowledge, with the mission of improving respiratory health outcomes for over 700,000 New Zealanders. The Foundation does this by developing and supporting respiratory health best practice through partnering, research, training and education. The Asthma and Respiratory Foundation NZ is a registered charity that currently receives no government funding.

The Woolstore 262 Thorndon Quay Wellington 6011



info@asthmaandrespiratory.org.nz  Monday to Friday, 8.30am - 5.00pm

(04) 499 4592 All services free of charge. http://www.asthmafoundation.org.nz No referral required.

**ATAMU EFKS Porirua Incorporated**

FSD0022611 Last updated 22/01/2021

We run an Early Childhood Centre (AAPE) at Waitangirua, Porirua.

We also provide prevention and intervention focus services for children, young people, their families and the community through socio-economic education and promotion that include: - Out of School and Recreation (OSCAR; Mon to Friday 3:00pm to 6:00pm and during school holidays 7:00am to 5:30pm

* Incredible Years Programmes (IYP)
* Healthy living and wellbeing (e.g. exercise programmes, vegetable gardens, nutritious cooking,budgeting, etc).

Level 1 11 Waihemo Street Waitangirua Porirua 5024



office@atamu.org.nz  09:00am to 5:00pm Mon to Friday

(04) 235 8683 Some charges may apply. http://www.atamu.org.nz No referral required.

**Classification : OSCAR**

**Atareira (Family/Whanau Support Service)**

FSD0007468 Last updated 17/08/2020

Atareira (Family/Whanau support service) provides support, information, education and advocacy for families/whanau members and friends of people with mental health and addiction issues across greater Wellington region.

Level 6 BNZ Tower 14 Hartham Place Porirua Wellington 6011



enquiries@atareira.org.nz  8.30am- 5.00pm Monday to Friday our service is

(04) 499 1049 mobile and can come to you. We also have

http://www.atareira.org.nz monthly day and evening support groups across

the region and offer irregular education groups in weekends.

Some charges may apply. No referral required.

**Classification : THP**

**Barnardos New Zealand**

FSD0004104 Last updated 16/06/2020

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.

Level 3 100 Tory Street Te Aro Wellington 6011



info@barnardos.org.nz  Open Monday to Friday - 8am to 5pm (0800) 227 627 Some charges may apply.

(04) 385 7560 Referral may apply. http://www.barnardos.org.nz

**Beacon Hill Church**

FSD0002593 Last updated 26/02/2021

Christian spiritual support services.

11 Hazel Street Ebdentown Upper Hutt 5018



michael@beaconhill.org.nz  Sunday Service 10am

(04) 527 7869 All services free of charge. http://beaconhill.org.nz/ No referral required.

**Birthright Wellington Inc**

FSD0006826 Last updated 24/08/2020

Birthright Wellington specialises in working with family/whnau that are led by one person. We have developed (60years) a deep working knowledge of what families need to succeed on their own terms. We offer support to children & parents/caregivers in the wider Wellington region. Support includes provision of basic clothing and household goods, advocacy to intensive in-the-home social work support, helping support family/whnau work through the barriers they face, connecting with others in the community, learning new skills, children’s programmes, activities. NZ has the third highest number of single parents in the OECD, with the highest projected growth. Children living in single-parent households experience significantly higher poverty rates. The aim is to manage risks, ensure safety of children and young people and develop life skills that empower and strengthen family/whnau. All our services are free, referrals are received by organisations as well as self-referrals.

Level 1 89b Thorndon Quay Pipitea Wellington 6011



info@birthrightwellington.org.nz  9.00am - 4.00pm Monday to Friday

(04) 499 0055 All services free of charge.

(0800) 457 146 No referral required. http://www.birthright.org.nz

**Classification : FVSS**

**Cannons Creek Opportunity Centre**

FSD0022557 Last updated 10/02/2021

Provide Out of School Care, Youth & Community Programmes. As per the Constitution 2013; The charitable aims of The Cannons Creek Opportunity Centre shall be:

2.1 to promote the social, spiritual, physical, educational and emotional welfare of the People of eastern Porirua;

2.2 to promote community life in eastern Porirua;

2.3 to provide programmes and facilities for people of all ages and cultures in line with aims (2.1) and (2.2) above;

2.4 to provide, as The Centre sees fit, facilities for any activity which would help produce revenue for the support of the programmes and facilities referred to in aim (2.3) above:

2.5 to own and operate, in line with the other aims, the buildings and facilities of the Cannons Creek Opportunity Centre.

2.6 The activities of the Centre will be limited to New Zealand.

Level 2 (Upstairs) 4 Bedford Court Cannons Creek Porirua 5240



ccoc@xtra.co.nz  7am-8pm 7 Days, call to enquire.

(027) 541 2104 Some charges may apply.

Referral may apply.

**Classification : OSCAR**

**CanTeen - Wellington**

FSD0006243 Last updated 25/08/2020

The New Zealand organisation supporting young people (aged 13-24) living with cancer. This includes patient's, siblings of patients, bereaved siblings, offspring of parents currently receiving treatment or offspring of those who have passed away from cancer.

info@canteen.org.nz  Monday - Friday 9am - 5pm (0800) 226 8336 All services free of charge. http://www.canteen.org.nz No referral required.

**Capital Training Limited**

FSD0021473 Last updated 09/02/2021

Capital Training Limited is a Private Training Establishment (PTE), which has been registered and accredited by the NZ Qualifications Authority (NZQA), under the Education Act 1989. It is focused on winning tendered contracts with educational, government, and commercial customers to deliver education and training programmes, which are all paid for by the Tertiary Education Commission (TEC) and the Ministry of Social Development (MSD).

There are two primary parts to Capital Training’s business:

TEC Foundation Education

MSD Training Programmes

Whilst both aspects of the business are Government funded and fall under the auspices of NZQA, they are distinctly different. Foundation Education has the primary objective of increasing skill knowledge and formal qualifications, whereas the MSD Training Programmes have the objective of assisting participants into the workforce.

Level 1 204 Thorndon Quay Wellington 6011



tom.kelleher@capitaltraining.co.nz  8.30am -4.30pm Monday - Friday

(04) 470 7670 All services free of charge. http://www.capitaltraining.co.nz Referral may apply.

**Careers New Zealand**

FSD0004153 Last updated 07/01/2021

Careers New Zealand is a hub for independent career information and advice.

We help people navigate their career journey by providing information, tools, tips and advice to help them make informed learning and work choices at any age and stage of their lives.

Careers New Zealand is a government agency.

 Level 9 44 The Terrace Wellington 6011

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| careers@careers.govt.nz  (0800) 601 301 (0800) 222 733 http://www.careers.govt.nz      **Catholic Social Services** | 8:30am to 5pm Monday, Tuesday, Thursday and Friday.  On Wednesday we're open from 9:30am to 5pm.  Closed on public holidays.  All services free of charge. No referral required. |
| FSD0002992 | Last updated 21/08/2020 |

Catholic Social Services is the social outreach agency of the Catholic Archdiocese of Wellington that provides support services to people of all backgrounds and beliefs.

Level 1 Compassion House 132 Tory Street Te Aro Wellington 6011



reception@wn-  9.00am - 5.00pm Monday to Friday. catholicsocialservices.org.nz Some charges may apply.

(04) 385 8642 No referral required.

(027) 405 5469 https://wn-catholicsocialservices.org.nz/

**Classification : FVSS**

**CCAS: Capital & Coast Addiction Services**

FSD0005368 Last updated 30/06/2020

Community Alcohol and Drug; Co-existing Disorder; Managed Withdrawal; Opioid Substitution Services for Capital Coast DHB.

Level 1 113 Adelaide Road Mount Cook Wellington 6021



cads@ccdhb.org.nz  Monday to Friday 8.30am to 5pm (closed public

(04) 494 9170 holidays)

All services free of charge. No referral required.

**CCS Disability Action - Wairarapa Branch**

FSD0007618 Last updated 23/07/2020

CCS Disability Action is New Zealand's leading provider of support and services to people with physical disabilities. We are also a leading advocate for the rights of disabled people.

36 Bannister Street Masterton



admin.wairarapa@ccsdisabilityaction.org.  10.00am - 1.00pm, Monday to Friday nz All services free of charge.

(06) 378 2426 No referral required.

(0800) 277 2255 http://www.ccsdisabilityaction.org.nz

**CCS Disability Action - Wellington Branch**

FSD0007619 Last updated 09/04/2021

CCS Disability Action is New Zealand's leading provider of support and services to people with disabilities. We are also a leading advocate for the rights of disabled people.

336 Cambridge Terrace Naenae Lower Hutt wellington.admin@ccsdisabilityaction.org.  9.00 - 4.30, Monday to Friday. nz Some charges may apply.



(04) 567 8910 No referral required.

(0800) 227 2255 http://www.ccsdisabilityaction.org.nz

**Challenge 2000**

FSD0024021 Last updated 14/09/2020

Challenge 2000 is a social work and youth development agency, providing a number of services and programmes to young people and families within the Wellington region.

 1 Wanaka St Johnsonville Wellington 6037

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| info@challenge2000.org.nz  (04) 477 6827 http://www.challenge2000.org.nz      **Challenge for Change** | Monday-Friday 8:30am-5pm  weekends and evenings can sometimes be | |
| arranged if required All services free of charge.  No referral required. |  |
| FSD0005404 |  | Last updated 22/12/2020 |

An early intervention mentoring Programme for 9-13 year olds.

Troup House 3 MacDonald Cres Te Aro Wellington 6012



ailsa@bgi.org.nz  Available at any time.

(04) 385 9549 Some charges may apply. http://www.bgi.org.nz/Programmes/Challe No referral required. ngeforChange

**ChangeAbility Counselling Family Violence Services**

FSD0005315 Last updated 15/07/2020

Provides general counselling services and programmes, support and information for victims and perpetrators of family violence and abuse.

7 Victoria Street Masterton 5810 contact@changewairarapa.org.nz  Office Hours are from Monday to Thursday.



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| (06) 377 0933  (06) 377 5716 http://www.changewairarapa.org.nz    **Classification : FVSS** | 8.30am to 5.00pm  Voicemail and email cleared daily Some charges may apply.  No referral required. |

**Child Adolescent Mental Health Services, Capital & Coast DHB**

FSD0005409 Last updated 12/04/2021

A multidisciplinary team providing specialist assessment, consultation and treatment for children, young people and their families who are referred with suspected or previously diagnosed psychiatric disorders and serious emotional and behavioural problems.

21 Hania Street Mt Victoria Wellington 6021



(0800) 745 477 initial contact  8.30 - 5.00 p.m. Mon - Friday

(04) 806 0002 All services free of charge. http://www.mhaids.health.nz/our- No referral required. services/child-and-adolescent-mentalhealth-services/

**Child Health Cluster**

FSD0002548 Last updated 29/09/2020

Provides health services/care in schools and their communities throughout the greater Wellington region.

Level 2, Community Health Building, Hutt Hospital - High Street Lower Hutt 5040 sandra.marsh@huttvalleydhb.org.nz  Monday - Friday 8am - 5pm.



(04) 570 9447 All services free of charge.

(04) 570 9002 No referral required. http://huttvalleydhb.org.nz

**Citizens Advice Bureau**

FSD0004108 Last updated 24/02/2021

Citizens Advice Bureau promotes knowledge and understanding of peoples' rights and responsibilities. It does this through providing the public with a free and confidential service of information, assistance, referral, and advocacy, about any question issue, or problem. It also uses the experience it gains through helping people, to exert a responsible influence on the development of local and national legislation, policies and services so that the wider community benefits.

The service is provided by trained volunteers who have access to an extensive range of resources including a comprehensive referral database of local and national organisations. The service can be accessed face to face, over the phone or by email.

Level 4 93 Boulcott St Wellington 6011



admin@cab.org.nz  You can find out the opening hours of our (04) 471 2735 locations, on our website at www.cab.org.nz (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Central Wellington**

FSD0006889 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

James Smiths Building, Corner Manners St and Cuba - Cuba Street Wellington 6011 wellingtoncentral@cab.org.nz  Monday 9.30am-5.15pm



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| (04) 472 2466 (0800) 367 222 http://www.cab.org.nz | Tues-Wed 9:30am-6:30pm  Thurs 9.30am - 6.00pm  Friday 9.30am-3.30pm  Sat 11am-1pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Johnsonville**

FSD0006893 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Johnsonville Community Centre 1 Frankmore Avenue Johnsonville Wellington 6037 johnsonville@cab.org.nz  Mon - Fri 9.00am - 4.30pm



(04) 478 5698 Sat 9:30am - 12 noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Kapiti**

FSD0006894 Last updated 19/01/2021

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 at First Floor, Coastlands Shoppingtown, Rimu Road, Paraparaumu Mon-Fri 9am/4pm.

1st Floor - Coastlands Shopping Centre Paraparaumu 5032



kapiti@cab.org.nz  Mon - Fri 9 - 4pm (04) 298 4944 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Karori**

FSD0023251 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

Karori Community Centre 7 Beauchamp St Karori Wellington



karori@cab.org.nz  Mon - Fri: 10am - 4pm (04) 476 4595 All services free of charge.

(0800) 367 222 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau - Kilbirnie**

FSD0006890 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

56-58 Bay Road Kilbirnie Wellington 6022



kilbirnie@cab.org.nz  Mon - Fri 9:30am-3:00pm.

(04) 387 3573 Open until 5:30pm on Thurs. (0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Lower Hutt**

FSD0006896 Last updated 12/04/2021

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.

 Ground Floor, Apex House - Corner of Queens Drive and Laings Road Central Hutt Lower

Hutt 5010

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

(04) 566 6039 Free legal clinic Thursday evenings from 6pm http://www.cab.org.nz All services free of charge.

No referral required.

**Citizens Advice Bureau - Newtown**

FSD0006899 Last updated 31/07/2020

When you contact a Citizens Advice Bureau (CAB) you will receive a free, confidential service of information, advice and support. CAB is staffed by trained volunteers who can access information from the extensive range of resources. The service can be accessed by phone, email or in person by anyone, about any query or problem.

We aim to enable you to deal with your own problems.

In summary, we listen, we thoroughly research options and we explain the information in a way that you can use it. If it’s appropriate, we act on your behalf.

1 Colombo Street Newtown Wellington 6021



newtown@cab.org.nz  Mon-Wed, Fri 9:30am-3pm.

(04) 389 3813 Thurs 9:30am-12noon

(0800) 367 222 All services free of charge. http://www.cab.org.nz No referral required.

**Citizens Advice Bureau - Otaki**

FSD0006901 Last updated 21/01/2021

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.

 65a Main Street Otaki 5512

|  |  |
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| otaki@cab.org.nz (06) 364 8664 http://www.cab.org.nz | Weekdays 9am to 3pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Petone**

FSD0006902 Last updated 06/07/2020

Free and confidential advice, information and advocacy available to everyone. Assistance on a wide variety of issues including: personal, family, consumer, employment, tenancy & accommodation issues. Justice of the Peace clinic is available by appointment.

Petone Community House 6 Britannia Street Petone Lower Hutt 5012



petone@cab.org.nz  9.30am-2.30pm, Monday to Friday.

(04) 568 8877 Wainuiomata Library Outreach Every Tuesday http://www.cab.org.nz 10.30am-12.30pm, Eastbourne Library 3rd

Tuesday of month 11am-1pm, Weltec 4th

Tuesday 11am-1pm

All services free of charge. No referral required.

**Citizens Advice Bureau - Upper Hutt**

FSD0006905 Last updated 10/11/2020

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.

2 Sinclair Street Upper Hutt 5018



upperhutt@cab.org.nz  Normal hours resume 21 Jan 2020

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| (04) 528 9040 http://www.cab.org.nz | Monday to Thursday 9:00am - 4:30pm  Friday 9am - 12pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau - Wairarapa Inc**

FSD0006906 Last updated 11/09/2020

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.

CAB Wairarapa covers Masterton, Carterton, Greytown, Featherston and Martinborough.

43 Perry Street Masterton 5810 wairarapa@cab.org.nz  Monday to Friday 9am - 4pm.



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| (06) 377 0078 http://www.cab.org.nz | All services free of charge. No referral required. |

**Citizens Advice Bureau Porirua**

FSD0006903 Last updated 08/09/2020

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.

2nd Floor, Pember House 16 Hagley Street Porirua 5022



porirua@cab.org.nz  Mon - Fri 9.30am - 3.30pm

(04) 237 8846 All services free of charge.

(04) 237 5398 No referral required. http://www.cab.org.nz

**Cloud 9 Children's Foundation**

FSD0005744 Last updated 08/04/2021

The Cloud 9 Children's Foundation aims to provide programs, support and information that help children and teenagers with Asperger's Syndrome cope with life's demands and be better understood.

 Tawa Community Centre 5 Cambridge Street Tawa Wellington

admin@cloud9foundation.co.nz  On line via email, Website or Facebook page http://www.withyoueverystepoftheway.co Some charges may apply. m No referral required.

**Conductive Education Wellington Trust**

FSD0015802 Last updated 22/02/2021

To work with all children with disabilities and to provide a specialised indivualised programme to enable each child to reach his or her potential. We work with a wide range of children including those with autism.

Naenae Primary School 27 Wheatley Street Naenae Lower Hutt 5011 cewt@xtra.co.nz  Morning / 8:30 – 1:00 (04) 577 3480 Afternoon / 1:00 – 3:00



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

No referral required.

**Connecting Communities Wairarapa**

FSD0018197 Last updated 03/12/2020

We operate a range of community-led initiatives and social services focused on increasing the well-being of our people and our community. Our collaborative approach means we can work together to achieve common goals that build strong resilient communities.

The Connecting Communities Development Team supports a range of community-led development activities, projects and events designed to bring our communities together; including Youth Development, Masterton East Community Development and Neighbourhood Support. The Social Services Team works at an individual and whanau level, working closely with their clients to develop budgeting and everyday life skills to guide, support and empower them. The Social Services Team also runs the Strengthening Families process and connects clients with other community-based agencies according to their individual needs.

2-12 Bannister Street Masterton 5810



hello@ccw.org.nz  Monday to Friday 9.00am to 4.00pm

(06) 378 8900 All services free of charge.

http://www.ccw.org.nz Referral may apply.

**Classification : BFC**

**Consultancy Advocacy And Research Trust**

FSD0020607 Last updated 22/04/2021

CART's core ethos is to be available to provide support to hard to reach and difficult to deal with communities. This is a population predominantly comprising of Maori who suffer from severe social and economic disadvantages and fall into a number of high risk groups for poor health and nutrition statistics generally arising from self defeating behaviours. We refer to the members of these communities as 'the tribe of Nga Mokai.'

Level 1 118 Tory Street Te Aro Wellington 6011



info@cart.org.nz  Mon to Fri 9am - 5pm.

(04) 384 6845

http://www.cart.org.nz Closed on public holidays.

All services free of charge. No referral required.

**COSPRO Child Obesity Support Programme**

FSD0015209 Last updated 16/09/2020

Child Obesity Support Programme. COSPRO is currently operating in Wellington, Porirua, Kapiti, & the Hutt Valley.

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| chrislakomy@gmail.com (022) 088 1069      **Deaf Aotearoa** | As required.  All services free of charge. No referral required. |
| FSD0004109 | Last updated 17/12/2020 |

Deaf Aotearoa is the national service provider for Deaf people in New Zealand. We work with Deaf communities and provide information and resources on a range of services including employment, service coordination and Needs Assessment and specialised equipment.

Deaf Aotearoa also works closely with government agencies, not-for-profit sector organisations

and the corporate sector to increase awareness of Deaf people's situation, promote New Zealand Sign Language and strengthen the rights of Deaf people.

Deaf Aotearoa is a Disabled Person's Organisation.

Level 3, Aviation House 12 Johnston Street Wellington 6011



national@deaf.org.nz  9.00am - 4.00pm Monday - Friday (0800) 332 322 All services free of charge. http://www.deaf.org.nz/ No referral required.

**Diabetes Youth Wellington**

FSD0007602 Last updated 14/08/2020

Provides support for diabetic youth and their families across the Wellington region.

diabetesyouthwellington@gmail.com  We're a charity run predominately by volunteers,

(027) 344 1151 and we don't have a physical office. Our Family http://www.dyw.nz Support Officer is available on

diabetesyouthwellington@gmail.com, or contact us via our website.

Some charges may apply. No referral required.

**dsport**

FSD0004721 Last updated 13/11/2020

dsport (previously known as Parafed Wellington) is a charity managed by a board of elected volunteers.

Our vision is for Wellington to be a diverse and inclusive region.

dsport is underpinned by the principles of inspire, enable, achieve.

We inspire disabled people to believe in themselves. To aspire to being involved in sport and active recreation. To dream.

We enable disabled people to get into sport and active recreation. We don’t believe in can’t.

Rather how can we. How can we make this fun and make this work? We persevere and we build strength collectively.

But more importantly, our members achieve. They overcome adversity, find work-arounds and creative solutions to achieve. And for some, they will achieve their dreams.

ASB Sport Centre 72 Kemp Street Kilbirnie Wellington 6241



info@dsport.nz  Hours 9am - 5pm, Mon, Wed & Fri.

(04) 387 9640 All services free of charge. http://www.dsport.nz No referral required.

**Duke of Edinburgh's Hillary Award**

FSD0023626 Last updated 13/08/2020

The Duke of Edinburgh's Hillary Award is open to anyone between the ages of 14-24—regardless of gender, background or ability—young people design their own Award programme, set their own goals and record their own progress. The only person they compete against is themselves, by challenging their own beliefs about what they can achieve.

The Duke of Edinburgh's International Award is the world's leading youth achievement award. Proven to help with job and study prospects, it has transformed the lives of millions of young people since it first began.

Pelorus Trust Sports House 93 Hutt Park Road Seaview Lower Hutt 5045



info@dofehillary.org.nz  Monday to Friday 8.30am - 5pm (0800) 69 29 27 Some charges may apply. http://dofehillary.org.nz/ No referral required.

**Early Intervention Service (Capital and Coast Health)**

FSD0004775 Last updated 22/01/2021

We provide services for young people aged between 13-25 who are being troubled by psychotic experiences. We cover the greater Wellington area. The team consists of professional and qualified staff which include nurses, social workers, occupational therapist, psychologist, psychiatrists, as well as Kai Manaaki and Employment Consultant. We welcome contact from anyone who requires information or support.

Te Whare Tipu 21 Hania Street Mount Victoria Wellington 6011



tewharetipu.admin@ccdhb.org.nz  Monday-Friday 8.30-5.00

(04) 806 0002 After hours please contact Te Haika at 0800 745 (0800) 745 477 after hours 477

http://www.mhaids.health.nz/our- http://www.mhaids.health.nz/our-services/doservices/early-intervention-in-psychosis- you-or-does-someone-you-know-need-help-now/ service/ All services free of charge.

No referral required.

**Elevate Christian Disability Trust**

FSD0002996 Last updated 12/01/2021

To introduce people with a disability to Christ; to support and encourage all people spiritually, mentally, socially and physically; to educate the church and community about the talents and potential of all those with a disability.

14 Moana Grove Waiwhetu Lower Hutt 5010



cffd-wgtn@actrix.co.nz  Enquiries any time.

(04) 569 9096 All services free of charge.

(027) 434 3643 No referral required. http://elevatecdt.org.nz

**Emerge Aotearoa - Central and Capital Coast**

FSD0003148 Last updated 22/03/2021

Emerge Aotearoa is a non government organisation that provides community-based mental health and disability support services nationwide. It was established in 2015 and is a merger of Richmond Services, Wellink Trust, Mind and Body and Recovery Solutions.

Our philosophy is based on the belief that people with mental health and disability issues can live full and rich lives in the community. We strive, in every aspect of our work, to ensure our services are person-centred, outcomes-focused and evidence-informed and are committed to providing healthy smokefree environments for all clients, staff and visitors.

71-73 Port Road Seaview Lower Hutt 5010



info@emergeaotearoa.org.nz  08.30am-05:00pm, Mon-Fri

(04) 589 9442 Some charges may apply. http://www.emergeaotearoa.org.nz Referral may apply.

**Employment Connections**

FSD0022137 Last updated 03/04/2021

Employment Connections is a part of Community Connections Supported Living Trust. It is a not for profit organisation which provides a range of professional supported employment and transition services for people with disabilities in Wellington.

Supported Employment

We support successful long term employment outcomes for people with disabilities in the regular workforce.

We are a free service to employers offering advice and support to your business and your employees. Our aim is to find you the right person for the job.

Transition

Employment Connections’ Transition Programme provides a year of support and facilitation for students with experience of disability in their last year of school.

Level 1 21-29 Broderick Road Johnsonville Wellington 6011



france.aziz@ccslt.org.nz  Typically, between 9am - 5pm Monday to Friday

(04) 384 2584 excluding public holidays. http://www.ccslt.org.nz All services free of charge.

No referral required.

**Equip Counselling Ltd**

FSD0019252 Last updated 03/04/2021

Counselling services for children, youth and adults. Parenting support. ACC sensitive claims provider.

275a Paremata Hayward’s Road Judgeford Porirua 5381



heather@equipcounselling.co.nz  Tuesday, Wednesday & Thursday - 9.00 am to

(021) 026 53722 5pm. http://equipcounselling.co.nz Some charges may apply.

No referral required.

**Evolve Youth Service**

FSD0016492 Last updated 13/07/2020

Evolve is a 'one stop shop' youth service in central Wellington. We provide free and confidential health and social services for young people aged 10 - 25 years. Services include doctor and nurse appointments for general health, sexual health and mental health, counselling, and support from youth workers and social workers. We also offer a range of groups to meet different needs, a hangout space for young people and youth development events and activities.

Level 2 James Smith Building, above Rebel Sport 65 Cuba Street Te Aro Wellington 6011 reception@evolveyouth.org.nz  Monday to Thursday 10am - 6pm



(04) 473 6204 Friday 10am - 5pm. http://www.evolveyouth.org.nz All services free of charge. Referral may apply.

**Family Heart Services**

FSD0022377 Last updated 22/12/2020

Family Heart provides a range of services supporting parents to find the best outcomes for their family during times of stress.

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| admin@familyheart.co.nz  (022) 106 1574 (04) 239 8129 http://www.familyheart.co.nz | For contact 7 days per week Some charges may apply.  No referral required. |

**Family Planning - National Office**

FSD0004112 Last updated 01/12/2020

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.

 Levels 7, Southmark House 203-209 Willis Street Te Aro Wellington

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| national@familyplanning.org.nz  (04) 384 4349 http://www.familyplanning.org.nz | National Office: 8am - 5pm Monday to Friday All services free of charge.  No referral required. |

**Family Planning Clinic - Lower Hutt**

FSD0007019 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.

Level 4 21-23 Andrews Avenue Lower Hutt 5010



(04) 569 5025  Please ring to make an appointment http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Porirua**

FSD0007021 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.

Suite 411, Level 4, North City Shopping Centre 2 Titahi Bay Road Porirua 5020



(04) 237 8895  Call us 8am to 6pm Monday to Friday, and 9am (0800) 372 546 to 1pm on Saturdays) to make an appointment. http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Wellington**

FSD0007044 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.

 Level 6 35- 37 Victoria Street Wellington 6011

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| (04) 499 1992 http://www.familyplanning.org.nz | Please ring to make an appointment.  Some charges may apply.  No referral required. |

**Family Violence Information Line**

FSD0015122 Last updated 16/04/2021

A Family Violence Information Line that provides information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour. The line provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.

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| areyouok@msd.govt.nz (0800) 456 450 http://www.areyouok.org.nz    **Classification : FVSS** | 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. |

**Family Works Hutt Valley/Greater Wellington**

FSD0007599 Last updated 19/01/2021

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish.

Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

4 Exchange Street Upper Hutt 5018



familyworks-upperhutt@psc.org.nz  Office Monday-Friday 8.30am-5pm

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| (04) 528 4164  http://www.familyworkscentral.org.nz | 0800 FAM WORKS  Some charges may apply.  No referral required. |

**Family Works Wellington**

FSD0004160 Last updated 21/12/2020

Family Works is a family-focused social service agency. We support and empower children, teens, families, whnau and communities to thrive and reach their full potential. Our vision is for Aotearoa New Zealand to be the best place in the world to grow up – a place where children, families and whnau truly flourish. Our services include social work, counselling for children, teens and adults, couples, and families, parenting advice and education, Family Dispute Resolution, and support for people who have experienced family violence.

familyworks@psc.org.nz  Monday to Friday from 8.30am-5pm.

(0800) FAM WORKS Some charges may apply.

(04) 439 4976 Referral may apply.

http://www.familyworkscentral.org.nz

**Classification : FVSS**

**Folau Alofa Charitable Trust**

FSD0003014 Last updated 01/07/2020

Empowering Pacific People to live safe and happy lives. We deliver parenting (Incredible Years) to Pacific & Other ethnic groups. We have skilled, experienced Counselors/Therapists.

34 Beach Street Petone Lower Hutt 5046



folaualofatrust@gmail.com  9am - 2pm, Monday to Friday.

(022) 034 4303 Some charges may apply. http://www.nnsvs.org.nz No referral required.

**Classification : PACIFIC**

**Graeme Dingle Foundation - Wellington**

FSD0003096 Last updated 16/07/2020

Graeme Dingle Foundation - Wellington is run under the Youth Development Trust - Wellington Licensee. We deliver three programmes promoting values, self-esteem and respect to tamariki and rangatahi in schools. The programmes are called Kiwi Can (years 1-8), Stars (year 9, with year 12-13 peer mentors) and Career Navigator (years 12-13). We aim to increase the confidence of the school students by running these development programmes. These students can better contribute to their school communities and local communities.

6 Hagley Street Porirua 5022 office.wellington@dinglefoundation.org.nz  8.30am - 5.00pm, Monday to Friday.



(04) 577 2070 Some charges may apply. http://www.dinglefoundation.org.nz/welling Referral may apply. ton/

**Greenstone Doors**

FSD0022050 Last updated 23/03/2021

Greenstone Doors is a pregnancy focused centre which provides education, counselling, resources and support for women and their families. Where women are able to experience a positive response to pregnancy and receive support information and care.

* Free pregnancy tests
* Free baby clothes and equipment
* Antenatal classes specifically for young mothers
* Information about pregnancy, adoption and abortion
* Confidential counselling services
* Referrals to Service providers
* Support groups. eg New Baby What Now? ABC (Teen parent playgroup)

\*Teen parent Hui for those working with young parents in social services in the Hutt Valley

15 Dudley Street Lower Hutt 5040



info@greenstonedoors.co.nz  Tuesday thru Friday 10am to 5pm

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| (04) 566 5037 (027) 254 9222 http://www.greenstonedoors.co.nz | 022 0395788 (Monday-Fri 9:30am-2pm) All services free of charge.  No referral required. |

**HALT Services Ltd**

FSD0020797 Last updated 30/07/2020

HALT Services is a privately owned and operated company that specialises in assessment and treatment of those with addiction problems. HALT Services is an approved Ministry of Health Assessment Centre for the purpose of sections 65 and 100 of the Land Transport Act 1998. If you are indefinitely disqualified we will assess and support you through the process of regaining your license. We also provide court ordered drug and alcohol assessments.

HALT Services assists individuals and families to understand addictive behaviour and to gain skills and knowledge toward making positive lifestyle changes.

Clinic Director, Rosemary Casey has over 20 years experience working in the addiction treatment field. She is a registered practitioner with the Dug & Alcohol Practitioners' Association Aotearoa New Zealand.

Whilst based in Lower Hutt, we can sometimes arrange to see people in other districts in the Greater Wellington area.

The Penthouse Offices, Level Four 21-23 Andrews Ave Lower Hutt 5010



halt\_services@xtra.co.nz  Appts made to suit and can sometimes be after

(027) 438 4258 hours. http://haltservices.com/ Some charges may apply.

Referral may apply.

**Health Resource Centre**

FSD0003017 Last updated 17/08/2020

To provide public health information and education resources about keeping well and preventing disease.

Community Health Building, Hutt Hospital - High Street Lower Hutt 5010



RPH@huttvalleydhb.org.nz  Monday - Friday 8am - 4.30pm

(04) 570 9691 No personal service Mondays & Fridays - door is http://www.healthed.govt.nz open

All services free of charge. No referral required.

**Healthline**

FSD0000029 Last updated 28/08/2020

Healthline is a free telephone health information service 24 hours/ 7 days a week. Phone 0800 611 116 to talk to a registered nurse for health advice. Calls are free – including from a mobile phone. Interpreters available.

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| (0800) 611 116 http://www.healthline.govt.nz | 24 hours a day, seven days a week.  All services free of charge.  No referral required. |

**Hearing Association Hutt Valley**

FSD0007085 Last updated 21/12/2020

We are Non Profit organisation which support people with hearing loss in the whole of the Hutt Valley. We have a membership but people can seek our help with advise on devices, hearing screening tests and micro suction.

342 Waiwhetu Road Fairfield Lower Hutt 5011



admin@hvhearing.co.nz  Monday-Friday: 10am-1pm (04) 567 8036 Clinic days Monday and Thursday http://www.hearing.org.nz 9:30 - 2pm

Some charges may apply. No referral required.

**Heartland Services**

FSD0004116 Last updated 16/04/2021

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

heartlands@msd.govt.nz  Please visit our website for the contact details at http://www.heartlandservices.govt.nz your local Heartland Services centre.

All services free of charge. No referral required.

**Hosanna World Outreach Centre**

FSD0003022 Last updated 09/11/2020

To strengthen families and empower individuals to empower and influence young people by building relationships with them to help them reach their potential in life.

20 Rimu Street Naenae Lower Hutt 5011



office@hosannahuttcity.com  9am to 1pm Monday to Friday

(021) 939 868 Some charges may apply.

(04) 939 1566 No referral required.

https://www.facebook.com/HosannaWorld OutreachCentre/

**Hutt City Women's Refuge**

FSD0007638 Last updated 28/09/2020

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.

32 Pretoria Street Lower Hutt 5010



refuge@hcwr.org.nz  9am - 4pm Monday - Friday. 24 hr Crisis Line

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| (04) 569 1040 http://www.womensrefuge.org.nz    **Classification : FVSS** | 0800 733 843 REFUGE Some charges may apply.  No referral required. |

**IDEA Services – Horowhenua / Kpiti / Mana**

FSD0024552 Last updated 08/04/2021

IDEA Services provides support for people with intellectual disabilities so they can live, learn, work and enjoy life as part of the community. We provide vocational and day services, supported employment, supported living and specialist services.

 21 Ihakara Street Paraparaumu 5032

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| (04) 463 2448 http://www.idea.org.nz      **Ignite Sport Trust** | All hours  All services free of charge. Referral may apply. |
| FSD0023620 | Last updated 01/09/2020 |

Ignite Sport Trust is a youth development organisation that encourages, supports and inspires young people to maximise their potential at school, in sport and in life. Although we are not a sports organisation, we use the opportunities that recreation provides to connect and engage with young people and positively impact communities.

Ignite Sport’s unique deliver style and message encourages young people to consider their character, values, balance and heart. Ignite Sport engages and mentors 1500+ young people annually in youth and leadership development programmes reinforcing important life skills, building resilience and positive decision making.

Ignite Sport Trust programmes are based in the Wellington region.

Level 1 7 Britannia Street Petone Lower Hutt 5012



info@ignitesport.org.nz  8.30am - 5pm (04) 920 2204 Monday to Friday

http://www.ignitesport.org.nz All services free of charge. Referral may apply.

**Infant, Child, Adolescent and Family Service**

FSD0002995 Last updated 23/10/2020

ICAFS is a community based secondary mental health service for young people and their families who are having emotional, behavioural, developmental or relationship difficulties.

Nikau Centre @ Hutt Hospital - High Street Lower Hutt 5010



icafs\_admin@huttvalleydhb.org.nz  Monday - Friday 8am - 4.30pm

(04) 570 9600 All services free of charge.

No referral required.

**Inland Revenue Department**

FSD0006148 Last updated 13/08/2020

Inland Revenue provides resources for paying parents, custodians and employers making child support deductions. It pays family assistance to working families with children aged 18 and under and are not financially independent. Family assistance is part of the Working for Families programme.

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| (0800) 227 774 (04) 978 0738 http://www.ird.govt.nz      **InsideOUT** | Calling hours:  8am to 8pm Monday to Friday, and 9am to 1pm Saturday All services free of charge. No referral required. |
| FSD0022156 | Last updated 23/03/2021 |

InsideOUT is a national organisation which works to make Aotearoa a safer place for all rainbow young people to live and be in. We are passionate about being run for youth, by youth and apply this value to everything we do.

We work with young people, whnau, schools, youth service providers and communities to achieve our aims of decreasing and preventing homophobic, biphobic and transphobic bullying, provide safer spaces and generally improving the health and wellbeing of the young people we work with.

We are here to support young people with gay, lesbian, bisexual, transgender, intersex, queer, genderqueer, genderfluid, asexual, aromantic, takatpui, whakawahine, tangata ira tane, fa'afafine, mahu, vakasalewalewa, palopa, akava'ine, fakaleiti, fiafifine and fakafifine identities as well as everyone in between, not sure or who prefers a different label or even none at all!

Level 3 Anvil House 138 Wakefield Street Te Aro Wellington 6011



hello@insideout.org.nz  Generally 10am-6pm week-days

(027) 331 4507 http://www.insideout.org.nz Contact first to confirm.

Some charges may apply. No referral required.

**Johnsonville Community Centre**

FSD0005470 Last updated 08/07/2020

Drop-in Monday 12.15 - 2.15pm; childcare centre; various courses, crafts, op shop, hall for hire.

Meeting rooms and hall for hire.

3 Frankmoore Avenue Johnsonville Wellington



info@johnsonvillecommunitycentre.org.nz  Office hours are Monday to Friday 8.30am -

(04) 478 8628 4.00pm http://www.johnsonvillecommunitycentre.o Some charges may apply. rg.nz/ No referral required.

**Kapiti Family Budgeting Service**

FSD0003208 Last updated 11/08/2020

To help individuals and families find security in handling their own financial affairs through the development of good money management skills.

Level 1, Coastlands Shoppingtown - State Highway 1 Paraparaumu 5032 kapitifbs@gmail.com  Monday – Thursday



(04) 902 7027 10.00 am to 4.00 pm

All services free of charge. No referral required.

**Classification : BFC**

**Kapiti Youth Support**

FSD0003223 Last updated 15/06/2020

Kapiti Youth Support (KYS) is a free 'One-Stop-Shop' providing a confidential health and support service for young people between the ages of 10 and 24 living in Kapiti.

Our Service is available for all health concerns and issues whether physical or emotional.

Whether you need a chat over a cuppa, advice, support or treatment, we're approachable, friendly and easy to talk with... come see us!

All of our doctors, nurses, mentors, social workers and counsellors are fully trained and offer professional services which are FREE of charge!

If we can't help you, we'll know who can!

15 Tutanekai Street Paraparaumu



kys@kys.org.nz  KYS Paraparaumu

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| (04) 905 9597 (Paraparaumu) (027) 248 2744 txt only http://www.kys.co.nz    **Classification : BFC, YS**    **Karori Community Centre** | 15 Tutanekai Street, Paraparaumu 5032  Mon-Fri (Phone for an appt)  (04) 905 9597  KYS Otaki  14 Matene Street, Otaki 5512  Tue 11.15am - 4pm(Phone for an appt)  06-364 7305  All services free of charge. Referral may apply. |
| FSD0005476 | Last updated 07/09/2020 |

The Karori Community Centre is one of a network of 20 Community Centre's situated throughout Wellington.

The purpose statement of the Karori Community Centre is "to assist in meeting the needs of individuals and Community Groups in Karori, for social interaction, education, information and support, by providing staff, direction and facilities at low cost.

7 Beauchamp Street Karori Wellington



info@karoricommunitycentre.org.nz  Mon through Fri 9.30-2.00, Wednesday til 6

(04) 476 4968 Some charges may apply. http://www.karoricommunitycentre.org.nz No referral required.

**Karori Community Youth Centre**

FSD0005479 Last updated 10/08/2020

Part of the Karori Community Centre. The Youth Centre is a space for all young people ages 1118 years old to drop in after school.

7 Beauchamp Street Karori Wellington



youth@karoricommunitycentre.org.nz  Every Monday & Wednesday 4-6pm and Friday

(04) 476 4968 3-7pm. http://www.karoricommunitycentre.org.nz/ All services free of charge. youth-centre No referral required.

**Kids Domain Before & After School Care**

FSD0016507 Last updated 26/03/2021

We provide a safe and stimulating environment for children between the ages of 5 and 14.

We offer OSCAR approved Before School care, After School care, and Holiday care.

Work and Income Subsidies available.

COURTESY Transportation to/from school dependent on availability. Schools our children are from are:

Our Lady of the Rosary School

Gracefield School

Hutt Central School

Sts Peters & Pauls School

Hutt Intermediate School

Petone Central School

Tawhai School

Tui Glen School

Belmont School

Kelson School

Avalon Intermediate

Maungaraki School

Pomare School

Konini School

Wainuiomata School

Waterloo School

Fergusson Intermediate

Koraunui School

Naenae School

Naenae Intermediate

Boulcott School

Randwick School

Visit our website for more details!

6 Market Grove Lower Hutt kidsdomain@slingshot.co.nz (027) 474 9573 http://www.kidsdomain.biz



**Classification : OSCAR**

Monday - Friday Some charges may apply. No referral required.

**Kokiri Marae Keriana Olsen Trust**

FSD0006022 Last updated 06/11/2020

Committed to the health and well-being of whanau, hapu, iwi. We provide social services, health services, education services, and a Kohanga Reo.

7-9 Barnes Street Seaview Lower Hutt



info@kokiri-hauora.org.nz  Office Hours: 8.30am - 5.00pm

(04) 939 4630 All services free of charge. http://www.kokiri.org.nz No referral required.

**Classification : FVSS**

**Kokiri Marae Maori Women's Refuge**

FSD0007671 Last updated 23/10/2020

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.

Resource Centre 57 Oxford Terrace Epuni Lower Hutt 5011



kerri@kmmwomensrefuge.org.nz  24 hour crisis line 0800 733 843 REFUGE

(04) 566 5025 Some charges may apply.

(0800) 733 843 REFUGE No referral required. http://www.womensrefuge.org.nz

**Koraunui Marae Trust**

FSD0003046 Last updated 26/08/2020

Koraunui Marae CharitableTrust provides a variety of services through out the year. These include

Marae Hire, Youth program, OSCAR Out of School Care and Recreation, Alternative Education, Early Childhood Centre MOE Funded focused on Te Reo Maori, Marae based Health and Social services, counselling Tamariki Ora, Well Women Clinics, Whanau Support, Emergency housing and Advocacy support.

146 Stokes Valley Road Stokes Valley Lower Hutt 5019



heneriata.koraunuimarae@gmail.com  Monday - Friday 8am - 4.30pm. After hours calls

(04) 939 6662 can be made.

Some charges may apply. Referral may apply.

**Classification : OSCAR, THP**

**Lane Park Church**

FSD0002585 Last updated 29/06/2020

Support, nurture and encourage youth health.

Lane Park 22 Lane Street Upper Hutt



info@laneparkchurch.nz  Monday to Thursday 9.00am - 3.00pm.

(04) 528 6515 Some charges may apply. http://www.laneparkchurch.nz No referral required.

**Learn and Live Ministries Charitable Trust Inc.**

FSD0018352 Last updated 18/06/2020

To enable young people to reach their potential through being kids, learning to cope with relationships and environments they live within daily.

2 Pinedale Crescent Riversdale Beach Masterton 5872



info@waimanaaki.co.nz  24 hours a day, seven days a week.

|  |  |  |
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| (027) 278 6208 http://www.waimanaaki.co.nz    **Classification : OSCAR**    **Life Education Trust NZ** | Some charges may apply. No referral required. |  |
| FSD0003754 |  | Last updated 05/10/2020 |

A holistic Health Resource available to Primary Schools.

41 Pipitea Street Thorndon Wellington 6011



enquiries@lifeeducation.org.nz  8am - 3pm Monday - Friday

(0800) 454 333 Some charges may apply. http://www.lifeeducation.org.nz/ No referral required.

**Life Unlimited Lower Hutt**

FSD0019108 Last updated 20/04/2021

If you have a disability and need support getting access to the right services, we are here to help.

Our service is operated by the charitable trust Life Unlimited and is available to people under 65 years old living in the Hutt Valley.

Based at Epuni Medical Centre 102 Oxford Terrace Lower Hutt 5011 hearing@lifeunlimited.net.nz  By appointment



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| (0800) 008 011  http://www.lifeunlimited.net.nz | All services free of charge. No referral required. |

**LifeSwitch**

FSD0003053 Last updated 12/09/2020

LifeSwitch is a contemporary church meeting community needs.

3 Reynolds Bach Drive Stokes Valley Lower Hutt



info@lifeswitch.org.nz  Programmes for all ages Sunday 10.30am.

(04) 563 9500 Youth and intermediate programmes on

http://www.lifeswitch.org.nz Wednesday nights. Midweek groups and events.

Children's holiday camp in the April school holidays.

All services free of charge. No referral required.

**Literacy Aotearoa**

FSD0024155 Last updated 01/02/2021

Literacy Aotearoa is a national organisation of adult literacy providers and is a leading commentator on literacy issues in Aotearoa (New Zealand).

Literacy is listening, speaking, reading, writing, numeracy and critical thinking, interwoven with the knowledge of social and cultural practices. Literacy empowers people to contribute to and improve society.

We provide learning assistance to Adult learners 16 years and over at no cost to the learner. We help learners with reading, writing, maths, learner licence, digital literacy and workplace literacy.

340 Queen Street Masterton 5810



info.c6@literacy.org.nz  Monday to Thursday 9.30am - 4pm

(06) 377 4214 Friday 9.30 am - 2pm

(0800) 678 910 All services free of charge. https://literacy.org.nz/ No referral required.

**Literacy Aotearoa - Upper Hutt**

FSD0002589 Last updated 25/02/2021

Helping adults to improve their reading, writing, speaking and listening skills. We also support adults wanting to improve their skills/confidence in using computers and with studying the road code for Learner License tests (Class 1, Class 2). We offer group learning based on individual learners needs.

First Floor, ANSA House 5 Geange Street Upper Hutt 5018



info.c7@literacy.org.nz  Reception hours are by appointment call 0800

(0800) 732 3464 7323 464

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

Referral may apply.

**Manaaki Ability Trust**

FSD0015040 Last updated 21/12/2020

Social services to people with disabilities - mainly intellectual.

60 Woburn Road Woburn Lower Hutt 5010



info@manaakiabilitytrust.org.nz  Monday to Friday

(04) 569 3091 8.30am to 4.30pm

http://www.manaakiabilitytrust.org.nz All services free of charge. Referral may apply.

**Mental Health and Addiction Services - Hutt Valley DHB**

FSD0005854 Last updated 15/02/2021

The aim of Hutt Valley DHB's Mental Health Service is to provide a high quality mental health service to the target population for this region. We aim to ensure that high quality services are provided by trained, skilled mental health staff in a timely manner. The direction for the services is based on the national direction for mental health services and the overall direction of Hutt Valley

DHB.

Public Trust House 40-42 Queens Drive Lower Hutt



(0800) 300 042  Phone number 1 is for Hutt Hospital. Please ask (04) 570 9801 reception to transfer you to the service you http://www.mhaids.health.nz/our- require. services/community-mental-health-teams- All services free of charge. general-adult/ Referral may apply.

**Classification : PACIFIC**

**Mental Health, Addictions and Intellectual Disability Service**

FSD0023601 Last updated 24/07/2020

We provide services across Wellington, Porirua, Kapiti, the Hutt Valley and the Wairarapa, as well as some central region and national services.

tehaika@ccdhb.org.nz  24/7

(0800) 745 477 All services free of charge. http://www.mhaids.health.nz/ No referral required.

**Ministry of Education, Learning Support, National Office**

FSD0003491 Last updated 31/10/2020

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

33 Bowen Street Wellington 6011 enquiries.national@education.govt.nz  Monday - Friday, 8am-5pm.



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| (0800) 622 222 (04) 463 8000 http://www.education.govt.nz/school/stude nt-support/special-education/ | All services free of charge. Referral may apply. |

**Ministry of Education, Learning Support, Wellington**

FSD0006557 Last updated 31/10/2020

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

 Level 2 19 Market Grove Lower Hutt

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

(04) 463 8699 All services free of charge.

(0800) 622 222 Referral may apply.

http://www.education.govt.nz/school/stude nt-support/special-education/

**Ministry of Justice**

FSD0006149 Last updated 07/08/2020

New Zealand’s justice and legal systems protect individual rights and freedoms, set out what is unacceptable in our society and the penalties for breaking the law, and enforce the rules around how our country is governed.

The Ministry of Justice leads the justice sector to reduce crime and reoffending and deliver modern, accessible, people-centred services. We are a large organisation, with over 3000 full-time equivalent staff operating from around 100 places nationwide.

Staff do a huge range of tasks, we administer the court system, support the judiciary, give policy advice to Ministers, negotiate Treaty of Waitangi settlements for the Crown, collect fines and make sure people can get legal help.

The Ministry is building a justice system that meets customer needs and takes advantage of all the technology and ideas at our disposal. We're focusing on: reducing crime and reoffending, modernising and speeding up court processes and improving services for victims of crime.

Level 3, Justice Centre 19 Aitken Street Wellington 6140



contactus@justice.govt.nz  standard business hours

(04) 918 8800 Some charges may apply. http://www.justice.govt.nz No referral required.

**Miramar Toy Library**

FSD0005568 Last updated 31/07/2020

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

63 Miramar Avenue Miramar Wellington 6022



miramar.corps@nzf.salvationarmy.org  Tuesdays and Fridays 9am - 12noon

(04) 388 8284 Thursdays 2pm - 4pm

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| http://www.toylibrary.co.nz/find-toylibrary/lower-north-island/miramarsalvation-army-toy-library      **Mornington Golf Club Inc** | Saturdays 10am - 12noon Some charges may apply. No referral required. |
| FSD0023683 | Last updated 17/11/2020 |

Free Accessible Golf Programme - The programme provides golf as a sport of choice for young people, parents, and adults with a physical or sensory disability and enriching their lives through the game.

80 Stanley Street Berhampore Wellington 6021



mornington@golf.co.nz  9am to 4pm Monday to Friday

(04) 389 6322 Saturday 1pm to 4pm

http://www.morningtongolf.co.nz/special- Sunday 7.30am to 6pm olympic/ 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



info@refuge.org.nz  9.00 am - 5.00pm Monday - Friday (09) 8025078

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| (0800) 733 843 (04) 802 5078 http://www.womensrefuge.org.nz | National Office  24/7 Crisis line 0800 733 843 All services free of charge.  No referral required. |

**Classification : FVSS**

**New Zealand Police - School Community Services**

FSD0003698 Last updated 03/08/2020

New Zealand Police partners with schools to ensure students are safe and feel safe, so they can be happy and fulfil their potential. We do this by:

* building relationships and sharing information
* supporting safety education
* training and monitoring School Traffic Safety Teams
* working together on school-wide interventions to address specific problems.

Contact your School Community Officer through your nearest Police Station.

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| updates@familyservices.govt.nz https://www.police.govt.nz/adviceservices/personal-and-communitysafety/school-portal | Contact your School Community Officer through your nearest Police Station.  All services free of charge.  No referral required. |

**Ngati Kahungunu ki Poneke Community Services**

FSD0005535 Last updated 12/02/2021

We provide manaaki, tautoko and awhi for whanau. We aim to support whanau that they may build their own strategies, develop effective tools and find solutions that address their own needs. We work with individuals and whanau groups.

Level 5 35 Victoria Street Wellington Central Wellington 6011



admin@nkkp.org.nz  Mon - Fri 9am - 4:30pm (04) 384 6252 All services free of charge. http://www.nkkp.org.nz/ No referral required.

**Classification : FVSS**

**North Porirua Care Centre**

FSD0016502 Last updated 12/01/2021

NPCC is a charitable trust providing Social Work and Counselling services in the North Porirua and wider Porirua area.

The Trust fundraises to provide the free Social Work Service to anyone in the Porirua area and there are funds to offer discretionary subsidies to Counselling clients who would not otherwise be able to access the service.

69f Discovery Drive Whitby Porirua 5024



manager@npcc.org.nz  Messages can be left at any time on 04 233

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| (04) 233 1248  (04) 233 1248 http://www.npbc.org.nz/cms3/index.php/c ommunity-services      **Open Home Foundation (OHF)** | 1248.  The Centre is open Tuesdays to Saturdays and some evenings  Some charges may apply. No referral required. |
| FSD0004130 | 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.

1st Floor, Western Mailing Building 46 Railway Avenue Alicetown Lower Hutt 5010 michelle.butcher@ohf.org.nz  8.30am - 5.00pm Monday to Friday.



(04) 586 1077 Some charges may apply. http://www.ohf.org.nz/ No referral required.

**Open Home Foundation (OHF) - Wairarapa**

FSD0007292 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.

23 Intermediate Street Solway Masterton 5810



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

(06) 378 2195 Some charges may apply. http://www.ohf.org.nz/ No referral required.

**Open Home Foundation (OHF) - Wellington**

FSD0007293 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.

Level 2 119 Queens Drive Lower Hutt 5010



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

(04) 566 3990 All services free of charge. http://www.ohf.org.nz/ Referral may apply.

**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.

**Oranga Tamariki-Ministry for Children, Lower Hutt**

FSD0006996 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.

40-42 Queens Drive Lower Hutt 5010



contact@ot.govt.nz  +64 9 912 3820 (from outside New Zealand)

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| (0508) 326 459 (0508) FAMILY https://www.orangatamariki.govt.nz/ | All services free of charge. No referral required. |

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

FSD0006976 Last updated 20/07/2020

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.

Kapiti Lights Complex 11 Amohia Street Paraparaumu 5254



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

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

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

FSD0006995 Last updated 21/07/2020

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.

 Level 2, City Fitness Building 1 Walton Leigh Avenue Porirua 5022

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/

**Oranga Tamariki-Ministry for Children, Upper Hutt**

FSD0006997 Last updated 21/07/2020

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.

Level 7, CBD Tower 84-90 Main Street Upper Hutt 5018



contact@ot.govt.nz  Call +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/

**Oranga Tamariki-Ministry for Children, Wairarapa Site Office,**

**Masterton**

FSD0006994 Last updated 21/07/2020

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.

49-51 Lincoln Road Masterton 5810



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/

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

FSD0006989 Last updated 21/07/2020

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.

Level 1 186-190 Willis Street Wellington 6011



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/

**Orongomai Marae Community Centre Trust**

FSD0003078 Last updated 22/03/2021

Orongomai Marae and Community services. To service our community in Health advocacy,

Kaumatua support service, Whanau Ora, E Tu whanau ( families standing up to o violence ), Youth at risk support, whanau Support, Counselling, Youth mentoring, Strengthening families provider, Reintegration support, Community Garden, Marae private hire.

1 Railway Avenue Upper Hutt 5018



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

|  |  |
| --- | --- |
| (04) 528 9639 (021) 024 10254 https://www.facebook.com/OrongomaiMar ae/posts/orongomai-marae-communitytrust-centreagm9-october-2018-7pmatoffice-administrat/2367452636628044/ | 24/7 on 04 5283775  Some charges may apply.  Referral may apply. |

**Otaki Community Health Centre, Otaki Women's Health Group**

FSD0003234 Last updated 23/12/2020

Established in 1987, the Otaki Women's Health Group provides vital health, social and educational services to the Otaki community. The Otaki Women's Health Group is the Lead Tenant and Manager of the Otaki Community Health Centre.

Otaki Community Health Centre 186 Mill Road Otaki 5512



otakiwomenshealth@xtra.co.nz  Tuesday Wednesday (06) 364 6367 (Reception) Counselling 9am to 3pm

https://www.horowhenua.govt.nz/Commu All services free of charge. nity/Local-Directory/Otaki-Community- Referral may apply. Health-Centre

**Outward Bound**

FSD0023640 Last updated 18/08/2020

Outward Bound is one of New Zealand's leading organisations for showing people their full potential through outdoor challenge and adventure.

We believe in experiential learning - or learning through doing. That means students take responsibility over the challenge ahead of them. Whether that's leading the way on an expedition or managing their team to complete a kayak journey.

Our focus lies in building transferable skill and attitudes that remain far beyond a participant's time with us. Lessons learnt are applicable to work, study, home - and they last for life.

3 Queens Wharf Wellington City 6011



info@outwardbound.co.nz  8.30am - 5pm Monday to Friday (0800) 688 927 Some charges may apply. http://www.outwardbound.co.nz No referral required.

**Pablos Art Studio Incorporated**

FSD0021897 Last updated 16/03/2021

We provide free access to professional tuition and one to one creative development for people who have a lived experience of mental ill health. Our artists are supported to use art to transform their lives and engage in the wider community.

Pablos Art Studio is a creative and focused environment that aims to empower individuals to grow in confidence and self-esteem through the process of art making. We encourage development through mentoring, role modelling, inspiring, teaching and working through creative challenges. 118 Tory Street Te Aro Wellington 6011



pablos.tutor@pablosart.org.nz  Studio and Gallery: Monday to Friday 10am to

(04) 382 8885 5pm.

(022) 070 1540 Saturday 10am - 2pm Gallery only http://www.pablosart.org.nz All services free of charge.

Referral may apply.

**Pacific Addiction & General Counselling Services Ltd**

FSD0023208 Last updated 30/06/2020

To provide the following services to individuals, couples, families and groups:

1) Alcohol and other drug counselling (education & referrals to rehabilitation programmes); 2) Generic counselling & psychological support on mental health issues such as anxiety, stress, grief and loss, depression, abuse (of any kind) and relationship issues;

1. Youth counselling (stress, depression, personality, family conflict resolution, suicidalideations/attempts, alcohol & drug use and abuse, relationship issues etc.)

Community presentation to Pacific and Non-Pacific groups on any of the above issues plus Safety Plans on suicide prevention; hope-2-recovery from suicide and sexual abuse.

1. Facilitating Community support groups for people who are 1st time offenders, re-offenders (ondrink driving, violent, anger, abusive behaviour & domestic violence etc.).

Johnsonville Community Centre 3 Frankmoore Avenue Johnsonville Wellington 6037 pacificaddiction2@gmail.com  Johnsonville Community Centre:



(021) 058 1604 Monday, Tuesday, Thursday and Friday (except

Public Holidays)

Some charges may apply. Referral may apply.

**Classification : PACIFIC**

**Pacific Health Service Hutt Valley**

FSD0020872 Last updated 12/01/2021

Our qualified and skilled team aim to support you maintain and improve areas around your health and overall wellbeing, within a safe environment.

Pacific Health Service Hutt Valley delivers a variety of programmes through our Outreach Primary

Nursing and Wellbeing teams. In your homes, at our clinics or within your communities, such as at

church, our FREE services offer exercise classes, health literacy; health checks; and educational support and information.

There are also additional benefits for children between 0-12 months around car seats, pepi-pods and after hours clinic appointments.

Visit our website to meet the team and find out more about our services.

1 Hewer Crescent Naenae Lower Hutt 5011



info@phshutt.co.nz  Pacific Health Service Hutt Valley

(04) 577 0394 Opening Hours: 0900 - 1700

http://www.pacifichealthhutt.co.nz Opening Days : Monday - Friday

All services free of charge. No referral required.

**Classification : PACIFIC**

**Parents Centre New Zealand Inc - Upper Hutt**

FSD0007337 Last updated 23/03/2021

Parents Centre NZ offers a wide range of services and support for parents. Each local Centre is run by a committee with support from national office.

5 Miro Street Trentham Upper Hutt 5018 upper.hutt@parentscentre.org.nz  Voicemail and email checked regularly.



(04) 939 8990 Some charges may apply.

(04) 233 2022 No referral required.

https://upperhutt.parentscentre.org.nz/

**Partners Porirua**

FSD0019367 Last updated 25/08/2020

This organisation provides one or more elements of the Youth Service package.

L05 Lydney Place South Porirua 5022



admin@partnersporirua.org.nz  Monday - Friday

|  |  |
| --- | --- |
| (04) 237 1097  (04) 237 1099 http://www.partnersporirua.org.nz | 9.00am - 5.00pm  Closed on Statutory Holidays All services free of charge.  Referral may apply. |
| 874 |  |

**Classification : YS**

**PGF Services - Lower Hutt Branch**

FSD0006207 Last updated 29/03/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

11 Hector Street Petone Lower Hutt 5012



help@pgf.nz  8.30am to 5.00pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Paraparaumu**

FSD0018010 Last updated 01/04/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai, Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

110 Rimu Road Paraparaumu 5032



help@pgf.nz  8.00am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Porirua Branch**

FSD0006206 Last updated 29/03/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

16 Hagley Street Porirua City Centre Porirua 5022



help@pgf.nz  8.30am to 5.30pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**PGF Services - Wellington**

FSD0006201 Last updated 01/04/2021

The Problem Gambling Foundation of New Zealand is now trading as PGF Group, the overarching brand for PGF Services, Asian Family Services and Mapu Maia Pasifika Service.

All services provide free, professional and confidential counselling for anyone affected by gambling problems. We also provide health promotion, education and information.

PGF Services: 0800 664 262 or email help@pgf.nz www.pgf.nz

Mapu Maia Pasifika Service: English, Samoan, Tongan and Tokelauan. Ph 0800 212 122 or email help@mapumaia.nz www.mapumaia.nz

Asian Family Services: Provided in English, Korean, Japanese, Cantonese, Mandarin, Thai,

Vietnamese and Hindi. Asian Helpline 0800 862 342 www.asianfamilyservices.nz All our teams provide presentations to community groups, businesses and schools We also provide referrals to budgeting or other services if required.

If you would like to make a time to discuss your own or someone else’s gambling contact us. It's free and confidential.

5 Vivian Street Te Aro Wellington 6011



help@pgf.nz  8.30am to 5.00pm phone contact (0800) 664 262 All services free of charge. http://www.pgf.nz No referral required.

**Plunket**

FSD0004138 Last updated 18/09/2020

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

Level 3 40 Mercer Street Wellington



plunket@plunket.org.nz  Contact your nearest Plunket Office for

(04) 471 0177 information on local Plunket Clinics and services http://www.plunket.org.nz in your area, or visit www.plunket.org.nz

PlunketLine support service available 24/7 freephone 0800 933 922 All services free of charge. No referral required.

**Plunket - Central Region Area Hub**

FSD0007440 Last updated 04/05/2021

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

4 Market Grove Lower Hutt 5010 wellingtonwairarapa@plunket.org.nz  8.30am - 4.30pm Monday to Friday.



(04) 460 4660 All services free of charge. https://www.plunket.org.nz/plunket-near- No referral required. me/central-region-area-hub/

**Plunket - Island Bay**

FSD0005552 Last updated 04/05/2021

Plunket supports the development of healthy families.

61 Freyberg Street Lyall Bay Wellington



(04) 387 7594  Please phone for an appointment. Plunket Line

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| (0800) 933 922 is available 24 hours a day, 7 days a week on | |
| https://www.plunket.org.nz/plunket-near- 0800 933 922.  me/rongotai-family-centre-lyall-bay- All services free of charge. plunket-clinic/island-bay-plunket-clinic No referral required.      **Plunket - Johnsonville / Newlands / Paparangi** |  |
| FSD0005530 | Last updated 04/05/2021 |

Plunket believes in supporting the development of healthy families.

 19 Rotoiti Street Johnsonville Wellington 6037

wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 460 4660 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kelburn & Northland**

FSD0005482 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

5 Kowhai Road Kelburn Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 475 9347 is available 24 hours a day, 7 days a week on

https://www.plunket.org.nz/plunket-near- 0800 933 922 me/kelburn-plunket-clinic All services free of charge.

No referral required.

**Plunket - Khandallah**

FSD0005483 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

8A Ganges Road Khandallah Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 479 1292 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Kilbirnie/Newtown**

FSD0005563 Last updated 04/05/2021

Plunket supports the development of healthy families.

620 Evans Bay Parade Kilbirnie Wellington wellington.wairarapa@plunket.org.nz  Mon - Fri. Please phone for an appointment.



(04) 387 7047 Plunket Line is available 24 hours a day, 7 days (0800) 933 922 a week on 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/kilbirnie-plunket-clinic No referral required.

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| **Plunket - Plimmerton** |  |
| FSD0004765 | Last updated 04/05/2021 |

Plunket believes in supporting the development of healthy families.

Plunket Rooms 9 Steyne Avenue Plimmerton Porirua 5026 wellington.wairarapa@plunket.org.nz  Please phone for an appointment.



(04) 233 8288 All services free of charge.

(0800) 933 922 No referral required.

https://www.plunket.org.nz/plunket-nearme/plimmerton-plunket-clinic

**Plunket - Porirua**

FSD0004785 Last updated 03/06/2020

Plunket believes in supporting the development of healthy families.

31 Warspite Avenue Cannons Creek Porirua City 5243



(04) 238 4278  Please phone for an appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Tawa/Linden/Titahi Bay**

FSD0005588 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

6 Linden Avenue Wellington



wellington.wairarapa@plunket.org.nz  Please phone for an appointment. Plunket Line

(04) 232 7529 is available 24 hours a day, 7 days a week on

(0800) 933 922 0800 933 922. https://www.plunket.org.nz/plunket-near- All services free of charge. me/tawa-plunket-clinic No referral required.

**Plunket - Upper Hutt**

FSD0002519 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

Plunket House 33 Logan Street Ebdentown Upper Hutt



wellington.wairarapa@plunket.org.nz  Opening hours: Please phone for an

(04) 460 4660 appointment. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Wadestown, Thorndon, Wellington Central**

FSD0005622 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

117 Wadestown Road Wadestown Wellington



(04) 472 9613  Please phone for an appointment. Plunket Line

(0800) 933 922 is available 24 hours a day, 7 days a week on https://www.plunket.org.nz/plunket-near- 0800 933 922.

me/wadestown-plunket-clinic All services free of charge.

No referral required.

**Plunket Miramar**

FSD0005585 Last updated 04/05/2021

Plunket believes in supporting the development of healthy families.

20A Park Road Miramar Wellington 6022



peninsulaplunket@gmail.com  Plunket Clinics - phone for an appointment

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| (04) 460 4660 (0800) 933 922 https://www.plunket.org.nz/plunket-nearme/miramar-plunket-clinic      **PlunketLine** | Plunket Playgroup - Wed & Fri mornings at 2  Kinghorne Street, Strathmore  Plunket Line is available 24 hours a day, 7 days a week on 0800 933 922.  All services free of charge. No referral required. |
| 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.

**Pomare Taita Community Trust**

FSD0005599 Last updated 17/12/2020

Provide services that enhance and empower the wellbeing of the community.

55 Farmer Crescent Pomare Lower Hutt 5011



pomaretaitatrust@gmail.com  Monday to Friday

(04) 939 8345 9:00am to 4:30pm

https://www.facebook.com/PTCTHouse/ All services free of charge. No referral required.

**Porirua Community Mental Health**

FSD0005553 Last updated 21/12/2020

Provides acute, short and long-term community based assessment and treatment therapies for clients with psychiatric problems living in the area. Includes medical, nursing, social work, occupational therapy and clinical psychology professionals.

Level 8, BNZ Tower 14 Hartham Place Porirua 5022



(04) 381 1600  8.30am-5pm

http://www.mhaids.health.nz/our- All services free of charge. services/community-mental-health-teams- No referral required. general-adult/

**Porirua Healthy Safer City Trust**

FSD0019912 Last updated 16/12/2020

The Porirua Healthy Safer City Trust works to make Porirua a Safe City by working in partnership with others, acting as a legal umbrella for local emerging organisations, providing management and administration services and undertaking project work to increase community safety.

21 Heriot Drive Elsdon Porirua 5022



manager@phsct.org.nz  Variable hours between 10am to 4pm , 5 days a

(021) 359 463 week

Some charges may apply. No referral required.

**Porirua Sexual Abuse HELP Foundation**

FSD0019042 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

support@wellingtonhelp.org.nz  Variable

(04) 801 6655 All services free of charge.

(04) 801 6655 & push 0 at the menu No referral required.

http://www.wellingtonhelp.org.nz

**Porirua Whanau Centre**

FSD0004753 Last updated 01/10/2020

The Porirua Whanau Centre houses free services to the community, e.g. Childrens Ear Van

11.00am to 12.00pm every 2nd and 4th Tuesdays of the month; Legal advice - Wellington Law

Centre, 11.00am - 12.30pm every second Thursday; Tax, student loan & rebate advice Inland Revenue, 9.30am to 2.30pm every second Thursday.

The Centre also offers OSCAR approved holiday programmes and services to families who are experiencing problems and need assistance.

16 Bedford Court Cannons Creek Porirua 5024



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

(04) 237 7749 Some charges may apply. http://www.poriruawhanau.org.nz Referral may apply.

**Classification : BFC, FVSS, OSCAR**

**Pregnancy Help Inc**

FSD0004134 Last updated 23/07/2020

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

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| national@pregnancyhelp.org.nz  (021) 0258 2815 http://www.pregnancyhelp.org.nz | There are not set hours for National office contact - all contacts should in the first instance come via email.  All services free of charge.  No referral required. |

**Pregnancy Help Inc - Greater Wellington**

FSD0007397 Last updated 07/07/2020

Pregnancy Help supports the wellbeing of pregnant and recently pregnant women, parents, caregivers and their families/whanau by providing information and practical support with Care, Concern and Confidentiality.

2nd floor 139b Main Road Tawa Wellington 5028 greatwgtn@pregnancyhelp.org.nz  9 am - 2 pm, Tuesday and Wednesday.



(04) 232 5740 1st & 3rd Thursdays each month, 10am to noon,

http://www.pregnancyhelp.org.nz 774 High St, Boulcott, Lower Hutt 5011 Currently we are only opening Wednesdays in Tawa 9 am to 2 pm.

All services free of charge. No referral required.

**Pride Lands**

FSD0017877 Last updated 27/10/2020

To provide affordable childcare programmes for children between the ages of 5 - 15 years old across Wellington Region.

Pride Lands provides a programme that involves fun and education but also continuous interaction and structure without the use of technology.

A quality programme worth the investments for the future of our kiwi children.

Top floor 28 Hopper Street Mt Cook Wellington 6011



info@pridelands.org.nz  Hours: 9am-12pm & 3-6pm Mon-Fri (0800) 774 3348 Some charges may apply.

(04) 907 2225 No referral required. http://www.pridelands.org.nz

**Classification : OSCAR**

**Quitline**

FSD0003735 Last updated 28/08/2020

Support for people wanting to quit smoking and stay quit. Call 0800 778 778 for 24 hour free support.

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| quit@quit.org.nz (0800) 778 778  (Free TXT) 4006 http://www.quit.org.nz | 24 hours, 7 days a week  General enquiries on 09 354 7774 All services free of charge.  No referral required. |

**Rangitane O Wairarapa Incorporated**

FSD0005303 Last updated 09/06/2020

To actively protect and develop the mauri or life principles of Rangitane and preserve and safeguard the mana of Rangitane.

12 Kokiri Place Masterton 5810



info@rangitane.iwi.nz  8.30am - 4.30pm Monday to Friday

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| (06) 370 0600  (06) 370 0603 http://www.rangitane.iwi.nz/ | All services free of charge. Referral may apply. |

**Riding for the Disabled Association - Wellington**

FSD0004768 Last updated 15/03/2021

To provide horse riding opportunities for sport, recreation and therapy to people with disabilities.

610 Paekakariki Hill Road Paekakariki Hill 5381



wellingtonrda@xtra.co.nz  Core Ride programme - Tuesday to Saturday

(04) 237 5550 during school terms

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

No referral required.

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| **Rimutaka Baptist Church** |  |
| FSD0002592 | Last updated 04/11/2020 |

Services for the community.

 2-4 Akatarawa Rd Upper Hutt 5018

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| rbc.pastor@xtra.co.nz (04) 526 8708 http://www.rimutakabaptist.org      **Safer Wairarapa** | 9am - 1pm Tues-Friday Some charges may apply. No referral required. |
| FSD0019137 | Last updated 01/09/2020 |

Safer Wairarapa has a wide range of government agencies and community organisations working collaboratively on agreed goals to promote a positive safety culture throughout the region. The 7 workstreams are Road Safety, Alcohol and Drug Education, Suicide Prevention, Falls Prevention, Fire Safety, Violence Prevention and Youth development.

The Vicarage 185 High Street South Carterton 5713



anniel@waisct.org.nz  Mon-Fri 9am-4pm (06) 379 5407 All services free of charge. https://www.facebook.com/Wairarapa.Saf Referral may apply. er.Community.Trust/

**Classification : YS**

**Services in Schools**

FSD0004142 Last updated 10/03/2021

Services in Schools encompasses the Social Workers in Schools (SWiS), Multi-Agency Support Services in Secondary Schools (MASSiSS), and Youth Workers in Secondary Schools services.

These services are school-based community social work/youth work services.

Level 18 Aurora Centre 56 The Terrace Wellington 6011



Marten.Hutt@ot.govt.nz  Please contact your school or local Partnering

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| (04) 918 9244 https://orangatamariki.govt.nz/aboutus/research/our-research/social-workersin-schools-2020/ | for outcomes advisors for information.  All services free of charge.  Referral may apply. |

**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



info@skylight.org.nz  Monday - Friday 8.30am - 5pm. Messages can

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| (0800) 299 100 (04) 939 6767 http://www.skylight.org.nz | be left on the answerphone.  Some charges may apply.  No referral required. |

**Southern Suburbs (Wellington) Stroke Club**

FSD0005577 Last updated 11/11/2020

We provide support and education to continue rehabilitation of sroke survivors and help their family members and carers. Club meetings, hydrotherapy, young strokes and carers groups.

February - November annually.

Trinity Union Church - Hall Street Newtown Wellington 6021



haslettmoore@gmail.com  Club Meetings every 2nd and 4th Tuesday in a

(04) 389 7164 Month until 24th of November (break). https://www.strokecentral.org.nz/stroke- Some charges may apply. clubs/ No referral required.

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

FSD0007498 Last updated 04/09/2020

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. |

**Spirit of Rangatahi Charitable Trust**

FSD0020003 Last updated 10/02/2021

Provide programmes for youth

spiritofrangatahi@gmail.com  All services free of charge.

(027) 485 3128 Referral may apply.

https://www.facebook.com/SpiritOfRangat ahi/

**Student Learning Te Taiako - Victoria University of Wellington**

FSD0005586 Last updated 23/07/2020

We provide academic and social support to students (including Maori, Pasifika and international students) studying at Victoria University.

Level 0 Kirk Building, Hunter Courtyard 21 Kelburn Parade Kelburn Wellington 6012 student-learning@vuw.ac.nz  Mon-Thursday 8:30am - 4:30pm



(04) 463 5999 Some charges may apply. http://www.vuw.ac.nz Referral may apply.

**Supporting Families in Mental Illness (SFNZ) - Wairarapa**

FSD0007466 Last updated 01/10/2020

Schizophrenia Fellowship New Zealand was formed in 1977 by families, for family members experiencing forms of mental illness. Since that time it has developed further to promote the best quality of life for persons with a mental illness and or addictions.and help to support their family/whanau and caregivers' in gaining a better understanding around the issues associated with such illnesses. SFNZ is a charitable organisation and there are a number of branches nationwide that are managed by volunteer committees and members.

 323 Queen Street Masterton 5810

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| admin@sfwai.org.nz (06) 377 3081 http://www.sfwai.org.nz/      **Taeaomanino Trust** | Family Services 9am - 5pm Monday to Friday.  All services free of charge. No referral required. |
| FSD0004737 | Last updated 01/02/2021 |

Taeaomanino Trust provides various social support services to Pacific people, families and groups within Porirua City

10 Prosser Street Elsdon Porirua 5022



office@taeaomanino.org.nz  Office hours: 8:30am - 5:00pm Monday to

(0800) 345 345 Friday.

(04) 237 6062 All services free of charge. http://www.taeaomanino.org.nz Referral may apply.

**Classification : FVSS, PACIFIC**

**Te Aho O Te Kura Pounamu (Te Kura) - Wellington**

FSD0005605 Last updated 17/12/2020

We provide distance education from early childhood level to Year 13. Our learning advisors, teachers and in-region staff work with students, their whanau and communities to help our students achieve their potential.

11 Portland Crescent Thorndon Wellington 6011



info@tekura.school.nz  Monday to Friday, 8am to 5pm.

(04) 473 6841 Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te Haika: mental health and addictions contact centre**

FSD0023600 Last updated 19/04/2021

Te Haika is a mental health and addictions contact centre for people in crisis or experiencing moderate to severe mental health or addiction problems. It is staffed 24 hours a day, 7 days a week by mental health and addiction professionals.

Our service is for everyone from Wellington, Porirua, Kpiti, the Hutt Valley and the Wairarapa. You can request help or a referral to a mental health or addiction service, or you may have questions you want answered by a mental health or substance dependency professional.

tehaika@mhaids.health.nz  24 hours a day, 7 days a week (including public (0800) 745 477 holidays) for mental health emergency calls, (0508) 432 432 wairarapa referrals, general mental health questions http://www.mhaids.health.nz/our- All services free of charge. services/do-you-or-does-someone-you- No referral required. know-need-help-now/

**Te Hauora Runanga O Wairarapa Incorporated**

FSD0005321 Last updated 29/04/2021

Maori Health and Social Service provider based in Masterton, serving the Wairarapa District.

101 Chapel Street Masterton 5810



throwinc@tehauora.org.nz  8:30am - 5:00pm Monday-Friday

(06) 378 0140 All services free of charge.

(0800) 666 744 No referral required. http://www.tehauora.org.nz

**Te Korowai Aroha Whnau Services Trust**

FSD0004744 Last updated 30/07/2020

Te Korowai Aroha Whnau Services is a kaupapa Mori, whnau-based community organisation that has been located in Porirua since 1993. We provide whnau support (social work-based), kaupapa Mori counselling, stopping violence programmes, youth programmes and kaupapa Mori sexual violence counselling and whnau support.

North City Plaza, Level 4 (Suite 410) 2 Titahi Bay Road Porirua City



tari@tekorowai.org.nz  9.00am - 3.00pm Monday to Friday.

(04) 237 9205 after hours by appointment. (021) 048 1126 All services free of charge.

No referral required.

**Classification : FVSS**

**Te Nikau Addiction Centre**

FSD0003254 Last updated 18/03/2021

Working with addictive/compulsive behaviours of various kinds, and family affected by addiction,

(including alcohol, drugs, gambling, food, sex, pornography, work etc.)

69 Valley Road Paraparaumu 5032



xroads@xtra.co.nz  Office hours 8.30 am to 5.00 pm Monday to

(04) 902 5828 Friday. http://www.freedomlife.org.nz Some charges may apply.

No referral required.

**Te Paepae Arahi Trust**

FSD0003119 Last updated 16/10/2020

Te Paepae Arahi Services is a kaupapa Maori service for all people. This includes Mental Health, AOD Services and Rangatahi support.

Level 1 7 Daly Street Lower Hutt Wellington 5010



charlotte@tepaepae.co.nz  9.00am-5.00pm Mon-Fri (04) 920 0696 All services free of charge. http://www.tepaepae.co.nz Referral may apply.

**Te Wakawhaiora Trust**

FSD0005312 Last updated 29/01/2021

Kaupapa Maori Mental Health Services. Residential and mobile Services covering Wellington to Kapiti.

213-217 Bedford Street Cannons Creek Porirua 5024



carole@tww.org.nz  8.30am - 5pm weekdays (04) 237 9608 All services free of charge.

http://www.tww.org.nz Referral may apply.

**Te Whanau O Te Maungarongo Support Service**

FSD0003122 Last updated 20/11/2020

To develop and enhance the well-being of Maori men, women, youth and children, whanau, extended whanau, groups and individuals in a way that acknowledges their needs and that will give them the opportunity to develop in responsible, beneficial and socially acceptable ways.

9 Raroa Road Lower Hutt 5010



temaungarongo@xtra.co.nz  9am - 5pm. After hours call 027 5866 023

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| (04) 586 6023 (027) 586 6023 http://www.nnsvs.org.nz    **Classification : FVSS** | All services free of charge. No referral required. |

**Te Whare Rokiroki - Mori Women's Refuge**

FSD0007674 Last updated 16/07/2020

We support Mori women and children who experience domestic violence.

We run domestic violence programmes for women and children who experience domestic violence and are available for public awareness presentations and community education workshops.

Te Whare Rokiroki operates a 24/7 crisis line and provide community and residential advocacy and support.

We have a community office (264 Cuba Street, Te Aro) that is open Monday to Friday 9am to 5pm.

You can contact us directly on (04)8025898 Crisis Line 24/7; (04)8015384 Office 9am to 5pm or through our national 0800REFUGE (733843) 24/7 crisis line.

 44 Wigan Street Te Aro Wellington 6011

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| --- | --- |
| twr@maoriwomensrefuge.org.nz  (04) 802 5898 (0800) 7338430 http://www.wellingtonwomensrefuge.co.nz      **Te Whare Tiaki Wahine Refuge** | Community Office 9am to 5pm Monday to Friday.  24-hour crisis-line: 04 8025898 or free phone 0800REFUGE (7338430)  Crisis line support 24/7 All services free of charge. No referral required. |
| FSD0007672 | Last updated 14/09/2020 |

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.

Pember House, Ground Level 16 Hagley Street Porirua 5022



info@tiaki.org.nz  24 hour Crisis Line 0800 733 843 REFUGE

(04) 237 7027 Some charges may apply.

(0800) 733 843 No referral required. http://www.womensrefuge.org.nz

**Tenancy Services**

FSD0006142 Last updated 18/03/2021

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

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| --- | --- |
| info@tenancy.govt.nz (0800) 836 262 (Tenancy) (0800) 737 666 (Bond) https://www.tenancy.govt.nz/ | 8.00am - 5.30pm, Monday to Thursday; 9.00am -  5.30pm on Friday. Contact via Video Relay and  Language Line after 9am Some charges may apply.  No referral required. |

**Tenancy Services - Wellington**

FSD0006230 Last updated 18/03/2021

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

Level 1 205 Victoria Street Wellington



info@tenancy.govt.nz  Open 8.30 am to 4.30 pm weekdays. It is best to (0800) 836 262 call and make an appointment to see someone.

(0800) TENANCY From overseas: +64 4 238 4695 https://www.tenancy.govt.nz/ Some charges may apply.

No referral required.

**Tertiary Education Commission**

FSD0006152 Last updated 15/01/2021

The government's Tertiary Education Strategy seeks to encourage all New Zealanders to adopt learning as a way of life and to make it easy for them to do so. Oversees implementation of that strategy.

Level 9 44 The Terrace Wellington 6141



customerservice@tec.govt.nz  8.30am - 5pm Monday to Friday

(0800) 601 301 Wednesdays 9.30am to 5pm

(04) 462 5201 Some charges may apply. http://www.tec.govt.nz No referral required.

**The Argo Trust**

FSD0022138 Last updated 16/07/2020

The Argo Trust provides a residential and vocational service for people who have an intellectual and physical disability.

 95 Aro Street Aro Valley Wellington 6021

dayna@argo.org.nz (04) 385 6769 http://www.argo.org.nz

**The House of Grace**

FSD0023574

Office staff are available Monday to Friday 8am until 4pm.

Some charges may apply. Referral may apply.

Last updated 13/07/2020

The House of Grace is a home for pregnant teens and young mums. A place to live, learn, prepare for childbirth and make plans for a bright future. We have two homes currently - Hamilton and Wellington but we support young mums from all over New Zealand.

info@thog.org.nz  Our homes are open 24/7, 365 days a year, our (0800) 920 5667 office however is open Mon-Thurs 9am-3pm.

http://www.thehouseofgrace.org.nz See our website for more information Some charges may apply. No referral required.

**The Learning Centre & Whanau Family Support**

FSD0003150 Last updated 12/04/2021

We are a Charitable organisation that is dedicated to offering Education and Training in literacy, numeracy and language, free and confidential Money Mates and Financial Mentor Support education to individuals and families, and providing Health & Social Services

We are an affiliated member of Literacy Aotearoa inc and the National Literacy Organisation.

55 Farmer Crescent Taita Lower Hutt 5011



manager.whanau.group@xtra.co.nz  9am - 2pm Monday to Friday

(04) 570 6020 (Available outside these hours by appointment) https://www.facebook.com/TheLearningC All services free of charge. entreWFSST/ No referral required.

**Classification : BFC**

**The Learning Shop**

FSD0019366 Last updated 03/12/2020

The Learning Shop is a place where the public can get free information, advice and support about continuing learning, which includes information to get started and support and encouragement to keep going to be successful and reach goals.

Entry 4 3 Wineera Drive Porirua



marama.phillips@wandw.ac.nz  Monday: 9 am - 1pm 1.30 - 5 pm

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| (04) 831 4431  (04) 237 7422 http://www.thelearningshop.co.nz      **The Salvation Army** | Tuesday: 9 am - 1pm 1.30 - 5pm  Wednesday: Closed - by appointment only  Thursday: 9 am - 1pm 1.30 - 5pm Friday: 9 am - 1pm 1.30 - 5pm All services free of charge. No referral required. |
| FSD0016917 | Last updated 11/12/2020 |

Church based social service agency.

3rd Floor 202-204 Cuba Street Wellington 6011



web.master@salvationarmy.org.nz  Between 8.30am and 5pm Weekdays

(04) 802 6269 All services free of charge. http://www.salvationarmy.org.nz No referral required.

**Classification : BFC**

**The Salvation Army - Hutt City**

FSD0003124 Last updated 14/01/2021

Worship, community and welfare services of The Salvation Army.

 Cnr Kings Cresent & Cornwell Street Lower Hutt 5011

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| huttcity.corps@salvationarmy.org.nz  (04) 570 0273  (04) 570 0276 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/hutt-city/hutt-city-corps    **Classification : THP** | Main office open 9:00am - 3:15pm Monday Friday.  Family Store open Monday to Friday 9am -  5.30pm. Saturday 9am-5pm.  Foodbank  Monday to Friday 9:30 to 11:30am.  Some charges may apply. Referral may apply. |
| **The Salvation Army - Johnsonville**  FSD0005609 Last updated 19/04/2021 | |

Worship, community and welfare services of The Salvation Army

125-137 Johnsonville Road Johnsonville Wellington 6037



johnsonville.corps@salvationarmy.org.nz  Monday - Friday 9:00am - 5:00pm

|  |  |  |
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| (04) 477 4853 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/johnsonville/johnsonville-corps      **The Salvation Army - Kapiti** | Saturday 9:30am - 4:00pm  Open Sunday for Church service 10am-11:30am | |
| All services free of charge. No referral required. |  |
| FSD0003258 |  | Last updated 19/05/2020 |

Worship, community and welfare services of The Salvation Army

Salvation Army Hall 41 Bluegum Road Paraparaumu kapiti.corps@salvationarmy.org.nz  9 am to 3 pm Monday to Friday.



(04) 297 1436 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply.

nz/lower-north-island/paraparaumu/kapiticorps

**The Salvation Army - Kilbirnie**

FSD0023597 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

175 Onepu Road Lyall Bay Wellington 6022 kilbirnie\_corps@salvationarmy.org.nz  /



(04) 387 3917 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/new-zealand/lower-northisland/kilbirnie/kilbirnie-corps

**The Salvation Army - Miramar**

FSD0023612 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

63 Miramar Avenue Miramar Wellington 6022



miramar.corps@salvationarmy.org.nz  Office hours 8.30am to 4pm

(04) 388 8284 Sunday Service 10am

https://www.salvationarmy.org.nz/centres/ Some charges may apply. nz/lower-north-island/miramar No referral required.

**The Salvation Army - Petone**

FSD0023608 Last updated 23/04/2021

Corps Plant. Worship, community and welfare services of The Salvation Army

72 Cuba Street Petone Lower Hutt 5012



petone.corps@salvationarmy.org.nz  /

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| (04) 568 2782 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/petone/petone-corps-plant | Some charges may apply. No referral required. |
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**The Salvation Army - Porirua**

FSD0023604 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

89 Warspite Avenue Cannons Creek Porirua 5024 porirua.corps@salvationarmy.org.nz  /



(04) 235 8327 Some charges may apply.

(04) 235 6266 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/porirua/porirua-corps

**The Salvation Army - Tawa**

FSD0023609 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Main Road Tawa 5028



tawa.corps@salvationarmy.org.nz  Office - Tuesday to Friday 9am-2pm

(04) 232 8023 Foodbank - Tuesday to Thursday 9am-1pm https://www.salvationarmy.org.nz/find- Some charges may apply. churchcentre/new-zealand/lower-north- No referral required. island/tawa/tawa-corps

**The Salvation Army - Upper Hutt**

FSD0002490 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

695 Fergusson Drive Elderslea Upper Hutt 5018 upperhutt\_corps@nzf.salvationarmy.org  Monday to Friday, 9.30am - 4pm.



(04) 528 6745 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/lower-north-island/upper-hutt/upperhutt-corps

**The Salvation Army - Wairarapa (Carterton/Masterton)**

FSD0005322 Last updated 16/04/2021

Worship, community and welfare services of The Salvation Army

204-210 High Street South Carterton 5713 wairarapa.area@salvationarmy.org.nz  Monday - Friday 9am - 2.30pm.



(06) 379 7176 Some charges may apply. https://www.salvationarmy.org.nz/centres/ Referral may apply. nz/lower-north-island/carterton

**The Salvation Army - Wellington City**

FSD0005567 Last updated 29/03/2021

Worship, community and welfare services of The Salvation Army

92 Vivian Street Wellington wellingtoncity.corps@salvationarmy.org.n  Drop-in Centre is open 10am-3pm Mon-Fri.



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| z  (04) 801 9278 https://www.salvationarmy.org.nz/findchurchcentre/new-zealand/lower-northisland/wellington-city/wellington-city-corps    **Classification : THP**    **Titiro Whakamua** | Other services are available 9am-5pm Mon-Fri. | |
| Phone is monitored 24/7.  Some charges may apply.  Referral may apply. |  |
| FSD0003038 |  | Last updated 21/08/2020 |

We run a teen parent school attached to Heretaunga College.

It is a five day a week school where Teen Parents can continue their education and learn more about parenting.

 34 Miro Street Wallaceville Upper Hutt 5018

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| tpuoffice@heretaunga.school.nz  (04) 528 8977      **Tuakana Programme** | 8.00am - 4.00pm weekdays. Some charges may apply. Referral may apply. |
| FSD0004830 | Last updated 08/03/2021 |

Tuakana Porirua is a mentor programme for youth aged 9-16 years. We provide one to one mentoring on a daily/weekly basis for 48 weeks. Youth are referred and accepted onto the programme from their involvement in either youth offending, drug and alcohol, behavioural issues, truancy or anger management.

227 Bedford Street Cannons Creek Porirua 5024



mauriora@oratoa.co.nz  9am - 5pm Monday - Friday

(04) 237 6057 Some charges may apply.

(04) 238 4071 Referral may apply.

http://www.ngatitoa.iwi.nz/services/oratoa-mauriora

**Upper Hutt City Council Community Development**

FSD0008244 Last updated 23/12/2020

Provides: Information on accessing local services that assist families, crime and violence prevention, community safety. Youth Projects: enhancing local options for young people.

Information and advice for refugees and migrants including advocacy and support.

Civic Administration Building 838 Fergusson Drive Upper Hutt 5140



askus@uhcc.govt.nz  8am-5pm Monday to Friday.

(04) 527 2169 All services free of charge. http://www.upperhuttcity.com No referral required.

**Vibe - Lower Hutt**

FSD0008083 Last updated 19/02/2021

VIBE - Free confidential Health and Support for young people aged 10-24.

4 Daly Street Lower Hutt



info@vibe.org.nz  Mon - Friday 9am - 5pm

(04) 566 0525 Thursday evening clinic appointment only

(0800) CHAT2VIBE (0800 24 28 28) All services free of charge. http://www.vibe.org.nz Referral may apply.

**Classification : YS**

**Vibe - Upper Hutt**

FSD0003040 Last updated 18/02/2021

VIBE - Free confidential Health and Support for young people aged 10-24.

222-228 Main Street Upper Hutt



vibe@vibe.org.nz  Mon, Tues, Weds, Fri 1pm - 5pm

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| (04) 528 6261  (0800) CHAT2VIBE (0800 24 28 28) http://www.vibe.org.nz    **Classification : YS**    **Victim Support** | Thurs 9am - 5pm  All services free of charge. No referral required. |
| 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. |

**Victim Support - Kapiti**

FSD0003212 Last updated 02/02/2021

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

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| --- | --- |
| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Lower Hutt** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0003060 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Porirua** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015718 | Last updated 02/02/2021 |

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

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

**Victim Support - Upper Hutt**

FSD0002530 Last updated 02/02/2021

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wairarapa** | The Victim Support Service is available 24 hours, 7 days a week All services free of charge. No referral required. |
| FSD0005341 | Last updated 02/02/2021 |

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

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| nationaloffice@victimsupport.org.nz  (0800) VICTIM (0800) 842 846 http://www.victimsupport.org.nz      **Victim Support - Wellington** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0015719 | 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. |

**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.

**Vincents Art Workshop**

FSD0021373 Last updated 23/04/2021

Vincents is a Creative Space where people with a mental illness or a disability and anyone from the wider community of Wellington can explore their creative self expression. Vincents offers a working model of the philosophy of inclusion. There are three art studios which offer a wide variety of art materials and art equipment and at least two art tutors offer support every day. There is an art gallery which holds regular exhibitions of people's art works. Services at Vincents are free of charge.

Willis Street Village 5/148 Willis Street Wellington



vincentsartworkshop@xtra.co.nz  Monday 10-5

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| (04) 499 1030 (027) 407 5706 http://www.vincents.co.nz | Tuesday 10.30-6.30  Wednesday 10-5  Thursday (Women only) 11-4  Friday 10-5  Saturday 10-2  All services free of charge.  No referral required. |

**Vocalsaints**

FSD0020233 Last updated 29/07/2020

Providing expertise speech and language assessment and therapy for all ages (0-100 years). Covering areas such as speech clarity, apraxia of speech, lisps, language development, stuttering, voice, brain injury, auditory processing disorder, language processing disorder, word retrieval difficulties, literacy difficulties, school readiness, and swallowing concerns.

Level 2 119 Queens Drive Central Lower Hutt 5010



enquiries@vocalsaints.co.nz  Monday to Saturday, 8am to 5pm.

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| (0800) 69 77 33 http://www.vocalsaints.co.nz | Some charges may apply. No referral required. |

**Wainuiomata Marae Charitable Trust**

FSD0003136 Last updated 04/02/2021

To provide services for the people of our community & throughout the region & nationally for people from all cultures and all walks of life

Cnr Fitzherbert Road & Wellington Road Parkway Extension Wainuiomata wainuiomata@xtra.co.nz  All services free of charge. (027) 439 3413 No referral required.



**Wairarapa Community Law Centre Inc**

FSD0005331 Last updated 15/06/2020

Offer free legal information and assistance to clients with legal issues (phone, email or drop-in).

Outreach clinics in Paihiatua, Eketahuna, Carterton, Featherston, Martinborough and Greytown.

We operate with the voluntary assistance of a number of lawyers and law firms around the Wairarapa region, so after initially speaking with a client services staff member, we may sometimes arrange you in to see a lawyer for free legal advice should it be required.

1st Floor, Sports Wairarapa Building 5 Jackson Street Masterton 5840 wclc@wise.net.nz  Drop-in



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| (06) 377 4134 (0800) 92 42 52 http://www.communitylaw.org.nz | Monday to Friday: 9am - 4pm All services free of charge.  No referral required. |

**Wairarapa Rape and Sexual Abuse**

FSD0006058 Last updated 18/01/2021

24 Hour Crisis line, free and confidential support and advice.

Floor 3 Departmental Building 35-37 Chapel Street Masterton



Coordinator@wairarapa-rapecrisis.org.nz  Free call 24/7

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| (06) 370 8446 (0800) 614 614 http://www.rapecrisisnz.org.nz/    **Classification : SHSS** | Office by appiontment All services free of charge.  No referral required. |

**Wairarapa Safer Community Trust**

FSD0005288 Last updated 17/12/2020

The purpose of the Trust is to provide a legal and governing structure for leading charitable initiatives, education, charitable programmes, services and inter-agency collaboration.

In particular the Trust will:

1. Provide parenting and whnau education to assist parents and caregivers to manage challengingchildhood and adolescent behaviours

1. To work with and co-ordinate with government, voluntary and community groups to advancecharitable community services which works towards creating or developing a strong, inclusive and safe community.

185 High Street South Carterton 5743



anniel@waisct.org.nz  8am - 5pm Monday to Friday

(06) 379 5407 x 0 All services free of charge.

(021) 509 493 No referral required. http://www.waisct.org.nz

**Wairarapa Women's Refuge**

FSD0007669 Last updated 22/09/2020

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.

Ground Floor Departmental Building 33 Chapel Street Masterton Masterton 5810 office@wairarapawomensrefuge.org.nz  Outreach service available. 24 hour crisis line



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| (06) 377 1717 Crisis line (06) 378 2241 Office http://www.womensrefuge.org.nz    **Classification : FVSS**    **Waiwhetu Marae** | 0800 REFUGE (0800 733 843) Some charges may apply. No referral required. |
| FSD0003139 | Last updated 07/09/2020 |

Marae; te kohanga reo daily; health clinic, youth programmes, waka taua; exhibition and conference facilities.

21 Puketapu Grove Waiwhetu Lower Hutt 5010



waimre@xtra.co.nz  From 8a.m-5p.m Mon-fri (04) 566 1847 Some charges may apply.

(04) 569 7025 No referral required.

**Wellington Boys' and Girls' Institute**

FSD0005392 Last updated 13/08/2020

BGI supports Wellington young people aged 9-25 along with families and whanau. We provide a progression of programmes centering on a range of holistic youth and family development services from early intervention initiatives to innovation youth leadership projects.

 Troup House 3 Macdonald Cres Wellington 6011

enquires@bgi.org.nz  Mon-Fri / 9am-5pm, nights and weekend events

(04) 385 9549 Some charges may apply. http://www.bgi.org.nz Referral may apply.

**Wellington Rape Crisis Inc.**

FSD0003142 Last updated 25/01/2021

To provide support, information and counselling services to the survivors of rape and sexual and/or child abuse and their families and friends. To provide sexual violence prevention programmes through the Wellington Sexual Abuse Network collaboration.

Maritime Union Building, Level 4 220 Willis Street Te Aro Wellington 6011



support@wellingtonrapecrisis.org.nz  Phone line available 9.30am - 4.00pm Monday to

(04) 801 8973 Friday.

http://wellingtonrapecrisis.org.nz Centre is open 9.30am - 4.00pm Monday to

Friday for drop in visits.

All services free of charge. No referral required.

**Classification : SHSS**

**Wellington Sexual Abuse HELP Foundation**

FSD0003146 Last updated 06/10/2020

HELP offers a holistic and confidential service to support you on your healing journey, whether the abuse occurred years ago or recently. Our services are available to all survivors of rape and sexual abuse, their family, whnau and friends.

support@wellingtonhelp.org.nz  Office hours for general enquiries and

(04) 801 6655 counselling: Monday - Friday 9:00am-5:00pm . http://www.wellingtonhelp.org.nz

Crisis support line operates 24 hours.

All services free of charge. No referral required.

**Classification : SHSS**

**Wellington Sexual Health Service**

FSD0005652 Last updated 03/08/2020

Free sexual health services, STI assessment and treatment, provided by specialist physicians, GPs, sexual health nurses and counsellors.

Cuba Street Clinic, Terralink House 275 Cuba Street Te Aro Wellington 6011 sexualhealth@compasshealth.org.nz  Mon 9am-4pm. Tues 9am-4pm. Thurs 9am-7pm.



(04) 385 9879 Fri 9am-4pm

(0800) 18 88 81 All services free of charge. http://www.healthpoint.co.nz/default,1010 No referral required.

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**Wellington Women's Refuge**

FSD0007675 Last updated 20/08/2020

Support, information and advocacy for women and children experiencing domestic violence. Domestic violence involves one person dominating and controlling another person in a relationship, can include a range of power and control tactics which may not always involve physical violence.

We are a free and accessible service; we take self-referrals as well as referrals from agencies, Police, family and friends. To make a referral simply phone the crisis line or office.

For support ring Crisis Line: 0800 REFUGE (0800 733 843).

We provide:

- A safe and non-judgmental environment where you can be supported to make decisions for your future.

-A confidential listening ear to talk through your situation and options.

-Referrals as required and support at appointments such as the police, lawyers, court hearings, housing and Work & Income.

-Community Office open 9-5 weekdays.

-24-hour access to safe-house accommodation for those whose safety is at risk in the community.

44 Wigan Street Te Aro Wellington 6011



advocate@wwr.org.nz  Crisis line staffed by trained support workers (0800) 733 843 (REFUGE) available 24 hours a day, 7 days a week.

(04) 473 6280 (crisis) Community Office open 9-5 weekdays. http://www.wellingtonwomensrefuge.co.nz Some charges may apply. No referral required.

**Classification : FVSS**

**Wesley Community Action**

FSD0005663 Last updated 30/04/2021

Wesley Community Action is a community development/social service organization. We work with individuals, families and communities across the greater Wellington region who are experiencing social exclusion as a result of inequalities. Many of our clients are considered at risk and hard to reach. We support them to develop sustainable improvements in their lives. We put the individual or family at the centre of our work. We acknowledge that people know most about their lives and what could work for them. We work with some of Wellington's most disadvantaged and poorest communities. Despite their circumstances we find that there is significant community pride among our people. Therefore we do our best to build on such strengths and look for community solutions to local problems.

Epworth House 75 Taranaki Street Te Aro Wellington 6011



info@wesleyca.org.nz  Monday - Friday 8 - 5 (04) 385 3727 Some charges may apply. http://www.wesleyca.org.nz Referral may apply.

**Classification : BFC, EARS**

**Wesley Innovation Hub**

FSD0008271 Last updated 08/01/2021

We are a Community House that offers assistance to our local community.

206 Mungavin Avenue Porirua wesleyhouse@wesleyca.org.nz  Monday - Friday 9:30am - 5:00pm.



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| (04) 237 7923  http://www.wesleyca.org.nz/ | All services free of charge. No referral required. |

**Whaiora Whanui Trust**

FSD0005344 Last updated 27/01/2021

A provider of Health, Education and Social Services to Wairarapa People.

394 Queen Street Masterton



tari@whaiora.org.nz  8.30am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (06) 370 0818 (0800) 494 246 http://www.whaiora.org.nz      **Whare Manaaki Inc** | All services free of charge. No referral required. |
| FSD0007673 | Last updated 12/01/2021 |

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.

|  |  |
| --- | --- |
| office@wharemanaaki.org.nz  (04) 234 6118 (0800) 733 843 https://www.womensrefuge.org.nz | 24 hour crisisline 0800 733 843 REFUGE Some charges may apply.  No referral required. |

**Women's Self Defence Network - Wahine Toa Inc**

FSD0015532 Last updated 14/10/2020

Women's Self Defence Network-Wahine Toa is a nationwide network of trained and accredited women teachers of self defense. Our teachers are trained to teach tailored self defense courses for girls (7 years and older) and women (no age limits). Contact us for your local details.

Level 1, Economous Building 4 Bond St Te Aro Wellington 6011



admin@wsdn.org.nz  Please call to contact a teacher.

(04) 213 9710 All services free of charge.

(022) 657 7921 No referral required. http://wsdn.org.nz

**Work and Income - Johnsonville Service Centre**

FSD0008001 Last updated 21/09/2020

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.

Unit 5 33-39 Johnsonville Road Johnsonville Wellington 6037



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

All services free of charge. No referral required.

**Work and Income - Kapiti Coast Service Centre**

FSD0007990 Last updated 23/06/2020

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.

Coastlands Shopping Centre - Rimu Road Paraparaumu



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

All services free of charge. No referral required.

**Work and Income - Lower Hutt Service Centre / Lower Hutt Super**

FSD0008003 Last updated 18/09/2020

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.

317-327 High Street Lower Hutt 5010



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Naenae Community Link**

FSD0008004 Last updated 18/09/2020

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.

2 Vogel Street Naenae Lower Hutt 5011



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

All services free of charge. No referral required.

**Work and Income - Newtown Community Link**

FSD0008005 Last updated 18/09/2020

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.

94-96 Riddiford Street Newtown Wellington



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

All services free of charge. No referral required.

**Work and Income - Otaki Service Centre**

FSD0007993 Last updated 21/07/2020

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.

21 Main Street Otaki 5512



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

-work-and-income/contact-us/find-a- All services free of charge. service-centre/central.html No referral required.

**Work and Income - Porirua Community Link**

FSD0008006 Last updated 21/09/2020

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.

4 Lydney Place Porirua 5022



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Upper Hutt Service Centre / Upper Hutt Super**

FSD0008007 Last updated 21/09/2020

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.

162-164 Main Street Upper Hutt 5018



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wainuiomata Community Link**

FSD0008008 Last updated 18/09/2020

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.

Shop 6 The Mall Wainuiomata 5014



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wairarapa / Masterton Community Link**

FSD0007992 Last updated 23/06/2020

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.

49-51 Lincoln Road Masterton 5810



(0800) 559 009  Monday, Tuesday, Thursday, Friday 8:30am -

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| --- | --- |
| http://www.workandincome.govt.nz | 5:00pm. Wednesday 9:30am - 5:00pm.  All services free of charge.  No referral required. |

**Work and Income - Wellington City Service Centre / Wellington**

**Super**

FSD0008010 Last updated 18/09/2020

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

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

Ground Floor, Freemason House 195 Willis Street Wellington 6011



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

All services free of charge. No referral required.

**Work and Income - Wellington Regional Office**

FSD0015272 Last updated 21/09/2020

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

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

Level 1, Freemason House 186-190 Willis Street Wellington



(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. Referral may apply.

**Classification : YS**

**Work and Income, Te Hiranga Tangata**

FSD0004149 Last updated 30/04/2021

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

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

(0800) 559 009 (General Enquiries) (0800) 552 002 (for 65 and over) http://www.workandincome.govt.nz

**Workbridge Inc - National**

FSD0002018

Ph1 Mon-Fri 7am - 6pm Sat 8am - 1pm

Ph2 Mon-Fri 8am - 5pm

Call from Australia 1800 150 479

Call from overseas +64 9 913 0300 Speak to us in te reo Mori by calling 0800 662 002.

All services free of charge. No referral required.

Last updated 27/07/2020

Workbridge is a professional employment service for people with all types of disability, including people who have lived with the long-term effects of injury and illness. Workbridge also worksd with members of the Deaf community. A Workbridge jobseeker will have been living with the effects of their disability, injury or illness for more than six months, which presents a barrier to gaining employment. We work at no cost for jobseekers and employers to match people to the right job.

Level 4, Dell EMC 5 Willeston Street Wellington 6140



national@workbridge.co.nz  8.30am - 5.00pm (0508) 858 858 All services free of charge.

(04) 913 6422 No referral required. http://www.workbridge.co.nz

**YMCA Masterton**

FSD0007277 Last updated 02/11/2020

Youth development programmes. Programmes and Services: Youth Development Programmes for 12-19 year olds and community venue hire age available

371 Queen Street Masterton



nicole@ymcawellington.org.nz  9am - 3pm

|  |  |
| --- | --- |
| (06) 377 5499 https://ycentral.nz/ | Monday - Friday  Some charges may apply.  No referral required. |

**YOUth INSPIRE**

FSD0021107 Last updated 19/01/2021

“YOUth INSPIRE’s vision is a better Aotearoa for all by developing tomorrow's workforce stronger young people whanau and communities."

We help rangatahi into employment, training and education through our Youth Employability Programme (18-24 yrs) and our Road Ready Rangatahi Driving School (16 - 24 yrs).

YOUth INSPIRE has offices in Wainuiomata and Taita and help rangatahi who need support to get work, keep work and create careers.

1A Queen Street Wainuiomata Lower Hutt 5014



office@youthinspire.co.nz  Monday - Friday 9am - 5pm

(04) 972 8766 Koha/donation may apply. http://www.youthinspire.co.nz Referral may apply.

**Youthline Wellington**

FSD0006540 Last updated 17/06/2020

Youthline’s primary purpose is to support and develop young people.

We do this through our telephone counselling, web and text services and education services, and also by training young people to volunteer at Youthline.

Youthline Wellington aims to deliver telephone and text counselling daily and education programmes primarily to youth in the Wellington region, but also to others in need. We aim to listen, be a friendly voice, empower young people to make positive decisions in their lives, and to pass on knowledge of other services that could assist our callers with their needs.

Youthline Wellington offers a free, confidential, non-judgmental telephone, text, email and web chat counselling and information service to people in the Wellington and Greater Wellington areas.

office.wgtn@youthline.co.nz (0800) 376 633 (Helpline) (04) 801 6924 (Office) http://wellington.youthline.co.nz

**Zeal Education Trust**

FSD0017157

24/7 Youth Help and Counselling Line

Free txt 234

Email Counselling: talk@youthline.co.nz Live chat available on website Some charges may apply. No referral required.

Last updated 15/04/2021

Zeal is a group of people committed to the advancement of young people through the creative arts, leadership and education.

55 Cuba Street Te Aro Wellington 6011



welly@zeal.nz  Monday - Friday 9am - 5pm (021) 871 712 Some charges may apply.

(0800) FIND ZEAL No referral required. http://www.zeal.org.nz

# 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.

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| --- | --- |
| (0800) 611 116 http://www.healthline.govt.nz      **Hey Bro Helpline** | 24 hours a day, seven days a week.  All services free of charge. No referral required. |
| FSD0023413 | Last updated 18/01/2021 |

Providing 24/7 helpline support for men who feel they’re going to harm a loved one or whanau member

161 Pages Road Aranui Christchurch



(0800) 439 276   All services free of charge. https://www.hewakatapu.org.nz/services/0 No referral required. 800-hey-bro

**Immigration New Zealand**

FSD0006147 Last updated 29/01/2021

Immigration New Zealand (INZ) is part of the Ministry of Business, Innovation and Employment.

Immigration New Zealand aims to bring the best people to New Zealand to enhance New Zealand’s social and economic outcomes. We directly support labour market growth by attracting the best people to New Zealand and supporting them into the workforce so they become long-term contributors. We also contribute to key export industries.

The role of Immigration New Zealand includes:

deciding visa applications attracting migrant skills and labour matching migrant skills with employer needs managing border security with regard to the movement of people supporting migrant settlement and retention implementing the Government’s refugee quota programme enforcing compliance with immigration law and policy.

2 Amersham Way Manukau Auckland 2104



(0508) 558 855   To phone from outside of New Zealand +64 9 http://www.immigration.govt.nz 914 4100

You can also send us an online query from the website.

Some charges may apply. No referral required.

**Kidsline**

FSD0003474 Last updated 22/12/2020

Kidsline is a free, nationwide telephone counselling serivce for children up to 18. Our service is free and confidential. Contacting Kidsline is easy. We are available 24/7 - call us on 0800 kidsline.

If you would like to speak with one of our Buddies call the same number between 4pm-9pm weekdays from your home phone or mobile phone.

Remember: It helps to talk.

95 Great South Road Greenlane Auckland City



(0800) 543 754   We are a 24/7 service. Callers can talk to a http://www.kidsline.org.nz trained Kidsline Buddy between 4 - 9pm weekdays.

All services free of charge. Referral may apply.

**LifeLine New Zealand**

FSD0003381 Last updated 12/01/2021

LifeLine is here to listen to the unheard, to empower the caller to retake control of their situation, making callers aware of options rather than offering advice.

(0800) 543 354   24 hours a day, seven days a week.

(Free TXT) 4357 All services free of charge. http://www.lifeline.org.nz No referral required.

**MoneyTalks**

FSD0023449 Last updated 18/01/2021

MoneyTalks is a helpline to provide free financial and budgeting advice to individuals, family and whnau

Level 6 330 Lambton Quay Wellington 6146



help@moneytalks.co.nz  Monday to Friday 8am to 8pm (0800) 345 123  Saturday 9am to 4pm

http://www.moneytalks.co.nz Sunday 10am to 2pm

All services free of charge. No referral required.

**National Collective Of Independent Women's Refuges**

FSD0005514 Last updated 26/01/2021

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

 Ground Floor 275 Cuba Street Wellington 6141

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| --- | --- |
| info@refuge.org.nz  (0800) 733 843 (04) 802 5078 http://www.womensrefuge.org.nz    **Classification : FVSS** | 9.00 am - 5.00pm Monday - Friday (09) 8025078  National Office  24/7 Crisis line 0800 733 843 All services free of charge.  No referral required. |

**Nationwide Health & Disability Advocacy Service**

FSD0001042 Last updated 01/02/2021

Free support or guidance with resolving your concerns about a Health or Disability Service.

advocacy@advocacy.org.nz  Monday to Friday or 24 hours via website (0800) 555 050  www.advocacy.org.nz for complaint form or https://www.advocacy.org.nz/ LiveChat messages

All services free of charge. No referral required.

**Oranga Tamariki-Ministry for Children**

FSD0004110 Last updated 10/07/2020

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

The Aurora Centre 56 The Terrace Wellington



contact@ot.govt.nz  24/7

(0508) FAMILY  After hours: from 5pm – 8 am Monday to Friday, (0508) 326 459 weekends and public holidays, social workers https://www.orangatamariki.govt.nz/ will only assess emergency situations. But we encourage you to call if you're unsure.

All services free of charge. No referral required.

**OUTLine New Zealand Incorporated**

FSD0003347 Last updated 19/10/2020

OUTLine is a national service that helps LGBTIQ+ New Zealanders (and their friends and whnau) to access support, information and a sense of community. We currently provide a free peer support phone line, a transgender peer support service for trans and non-binary people in Auckland, and specialist face-to-face and video counselling exploring gender and sexuality for LGBTIQ+ people across Aotearoa.

OUTLineNZ (Nationwide), Level 2 31 Hargreaves Street Auckland 1011



info@outline.org.nz  Every Day: 6 pm - 9 pm (messages can be left

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

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

|  |  |
| --- | --- |
| support@safetotalk.nz  (0800) 044 334 (Free TXT) 4344 http://www.safetotalk.nz    **Classification : SHSS**    **Samaritans** | 24 hours/7 days a week online chats  All services free of charge. No referral required. |
| FSD0004140 | Last updated 07/01/2021 |

A voluntary 24/7 telephone service providing a listening ear to those who need someone to talk to. We offer sympathetic, caring and confidential support to callers who may be experiencing a wide range of mental health issues, including such things as anxiety, loneliness, relationship difficulties, financial problems or suicidal thoughts.

Basement of St Paul's Cathedral 45 Molesworth Street Thorndon Wellington marketing-wellington@samaritans.org.nz  24/7 365 days of the year.



(0800) 726 666  All services free of charge.

(04) 473 9739 No referral required. http://www.samaritans.org.nz

**Seniorline**

FSD0003889 Last updated 05/01/2021

Seniorline is contracted by all NZ DHBs as a telephone information service to assist older people to navigate the health system. Information includes how to get help to stay at home and support services for caregivers. Seniorline also advise on the process for entry to rest home, dementia or hospital care, funding and the services that should be provided.

Ground Floor Building 17 Greenlane Clinical Centre Greenlane Auckland



seniorline@adhb.govt.nz  8.00am - 4.00pm Monday to Friday (0800) 725 463  All services free of charge.

(09) 375 4395 No referral required. http://www.seniorline.org.nz

**Settling into New Zealand - 0508 558 855**

FSD0021008 Last updated 15/02/2021

Are you a new migrant? Do you need help to live, work or settle successfully in New Zealand? Ring the Immigration New Zealand’s contact centre on 0508 558 855 and press ‘2’ or email newmigrantinfo@mbie.govt.nz.

newmigrantinfo@mbie.govt.nz  From overseas or mobile: +64 9 914 4100 (0508) 558 855  All services free of charge. http://www.newzealandnow.govt.nz/ No referral required.

**Shakti Asian Women's Centre**

FSD0007645 Last updated 27/01/2021

This organisation provides a 24-hour national crisis call service (0800 SHAKTI) for ethnic women in domestic violence, drop in centres for women, outreach, case work, advocacy, counselling, legal referral, interpreting, life skills programmes, domestic violence intervention and awareness training for communities and lobbying for legislation change.

3 Cardwell Street Onehunga Auckland



scc@shakti.org.nzDrop In Centre 9am to 4pm

(0800) 742 584 SHAKTI (24 hr crisis) All services free of charge. http://shaktiinternational.org/ No referral required.

**Shine (Safer Homes In New Zealand Everyday)**

FSD0003515 Last updated 18/09/2020

Shine (Safer Homes In New Zealand Everyday) is making homes violence free. Shine offers a free national Helpline, frontline services for adult and child victims of domestic abuse and for men who've used violence, as well as training programmes, the DVFREE workplace programme, and Shine in School programme.

Ground Floor 409 New North Road Kingsland Auckland 1021



enquiries@2shine.org.nz  Helpline (0508 744 633) is answered 9am -

|  |  |
| --- | --- |
| (0508) 744 633 (09) 815 4601 http://www.2shine.org.nz | 11pm, 7 days a week . Our office hours are  8.30am - 5.00pm weekdays. Some charges may apply.  Referral may apply. |

**SIDS and Kids New Zealand Incorporated**

FSD0015107 Last updated 30/06/2020

Established to provide services for families and communities who have been affected by SIDS (Cot Death), SIDS New Zealand Incorporated is a national organisation of parents, families and friends of children who have died suddenly and/or unexpectedly of any cause including SIDS.

info@sids.org.nz  24 Hours

(0800) 164 455  All services free of charge. http://www.sidsandkids.org.nz No referral required.

**Skylight Trust**

FSD0003787 Last updated 30/04/2021

Skylight supports children, young people, adults, and families/whnau who are facing any kind of tough life situation. We specialise in providing counselling support services and information around grief, loss and trauma. We aim to provide the right help, at the right time, in the right way.

 Level 3 5-7 Vivian Street Te Aro Wellington 6011

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| info@skylight.org.nz  (0800) 299 100 (04) 939 6767 http://www.skylight.org.nz      **Student Rights Service** | Monday - Friday 8.30am - 5pm. Messages can be left on the answerphone.  Some charges may apply. No referral required. |
| FSD0002323 | Last updated 27/07/2020 |

We provide parents and caregivers with knowledge about their own and their children's legal rights and obligations within the state and integrated school system.

PO Box 24005 Wellington 6142



info@wclc.org.nz  Available Monday to Friday with caller asked to

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| (0800) 499 488 (04) 499 2928 http://www.studentrights.nz | leave a message and they will be contacted.  All services free of charge.  No referral required. |

**Suicide Crisis Helpline, 0508 TAUTOKO**

FSD0021157 Last updated 14/09/2020

0508 TAUTOKO is Lifeline Aotearoa's suicide crisis helpline. Operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training, 0508 TAUTOKO is a free, nationwide service available 12 noon until 12 midnight, 7 days a week for those in distress, or for those who may be concerned about the wellbeing of family, whanau or friends.

info@lifeline.org.nz  Free, nationwide service available 24 hours, 7

(0508) 82 88 65  days a week

(0508) TAUTOKO All services free of charge. https://www.lifeline.org.nz/services/suicide No referral required. -crisis-helpline

**Utilities Disputes Ltd**

FSD0023339 Last updated 22/01/2021

Utilities Disputes offers a free service for resolving complaints about electricity, gas, and water, and disputes about access to shared property for fibre installations.

Freepost 192682 PO Box 5785 Wellington 6140



info@utilitiesdisputes.co.nz  8.30 am - 5.00 pm Weekdays or leave a

(0800) 22 33 40  voicemail

http://www.utilitiesdisputes.co.nz/ All services free of charge. No referral required.

**Victim Support**

FSD0002001 Last updated 02/02/2021

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

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| nationaloffice@victimsupport.org.nz  (0800) 842 846 (04) 474 8862 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge.  No referral required. |

**Victims of Crime Information Line**

FSD0015207 Last updated 26/01/2021

A national free phone line that provides information for people affected by crime about their rights and what support services are available.

19 Aitken Street Wellington



victimscentre@justice.govt.nz  Call 24/7

(0800) 650 654 

(0800) 842 846 Victims Information Line - 0800 650 654

http://www.victimsinfo.govt.nz Victim support 0800 VICTIM (842 846)

All services free of charge. No referral required.

**Warmlines (select to access regional helpline numbers)**

FSD0023002 Last updated 03/07/2020

National helpline supporting people accessing Mental Health Services that is delivered under regional coverage by three organisations.

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| (0800) Regional numbers https://www.mentalhealth.org.nz/gethelp/in-crisis/helplines/      **What's Up (0800 WHAT'S UP)** | South Island 03 379 8415/0800 899 276 (1pm to midnight, 7 nights)  Wellington 0800 200 207 (7pm–1am, Tuesday to  Sunday)  Auckland Central 0508 927 654 or 0508 WARMLINE (8pm to midnight, 7 nights) All services free of charge. No referral required. |
| FSD0015942 | Last updated 09/07/2020 |

What's Up is a free, national telephone counselling service for New Zealanders aged 5 to 18 years. The service operates seven days a week and is open Monday to Friday 12.00pm-11.00pm Saturday and Sunday 3pm -11pm. Online chat is open 3pm-10pm every day. Paid, fully trained and closely supervised professional counsellors answer the telephones.

Barnardos WhatsUp PO Box 24153 Royal OAk Auckland 1345



info@whatsup.co.nz  The helpline is available between 12pm and

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| (0800) 942 87 87 (0800) WHATSUP  http://www.whatsup.co.nz      **Youthline** | 11pm Mon - Fri, 3pm - 11pm Sat - Sun open everyday of the year. Online chat 3.00pm -  10.00pm  WhatsUp is unable to offer counselling by email.  All services free of charge. No referral required. |
| FSD0006531 | Last updated 18/02/2021 |

Youthline offers access to a wide range of youth development and support services.

Youthline is at the forefront in developing and providing youth and family services and we offer and can link young people to a comprehensive range of clinical services.

Youthline House 13 Maidstone Street Ponsonby Auckland 1021



supportcentre@youthline.co.nz  Office open Monday to Friday 9am-5pm. Youth

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| (0800) 37 66 33 (09) 376 6645 http://www.youthline.co.nz | Help Line 24 hours a day, 7 days a week.  Free TXT 234  Some charges may apply.  No referral required. |