

**Community Directory**

**Ashburton, Christchurch City, Hurunui, Kaikoura, Mackenzie, Selwyn, Timaru, Waimakariri, Waimate**

Created 05/05/2021

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# Addiction

**Addiction Mental Health Peer Support Services 101**

FSD0019497 Last updated 22/03/2021

To help those who have experience of Addition and/or Mental Unwellness by providing a safe and supportive environment for their self-directed recovery using a peer support strengths model.

24a Church Street Timaru Timaru 7940



ampss101@gmail.com  Monday - Friday 10.00am - 4.00pm

(03) 688 9454 All services free of charge.

(027) 365 6039 No referral required. http://www.healthpoint.co.nz

**Addictive Eaters Anonymous**

FSD0023301 Last updated 23/12/2020

Addictive Eaters Anonymous (AEA) is a Twelve-Step programme for food addicts who have struggled with overeating, undereating, anorexia, bulimia or weight control through excessive exercise or dieting. Together, we have found a solution through a programme modelled on the principles of Alcoholic Anonymous. Some members have been practising Twelve-Step recovery for more than 30 years. Everyone is welcome. There are no fees. We are not a weight loss organisation, nor are we associated with any other entity. Our primary purpose is to share with other addictive eaters in the hope they too might find a solution. We have three meetings each week in Christchurch and two meetings in Wellington.

contact@aeanz.org  The telephone number is an answerphone (03) 662 9128 service which is monitored regularly at all hours.

http://AEAnz.org All services free of charge.

No referral required.

**Adventure Development - Timaru**

FSD0022466 Last updated 08/09/2020

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

196 Evans Street Timaru 7910



sthcanty@adlnz.org.nz  Monday to Friday 8.30am - 4.30pm

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| (03) 684 5870 http://www.adlnz.org.nz | All services free of charge. Referral may apply. |

**Alcoholics Anonymous - Christchurch**

FSD0006715 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.

231 Barrington street Christchurch



chchaa@gmail.com  Office Hours 10am to 2pm Monday to Friday

(03) 379 0860 Phones: 24/7 0800 number. (0800) 229 6757 All services free of charge. http://www.aa.org.nz No referral required.

**Andrew Winchester, Counselling and Supervision**

FSD0021197 Last updated 23/11/2020

Winchester Counselling provides an experienced counsellor, therapist, and supervisor who is passionate about a professional service and best results! Andrew is up to date with best practice having completed a masters in education with first class honours focused on counselling. He works effectively with individuals, couples, and families. He is an experienced supervisor working with people who work with people. He provides work place support through EAP to managers and staff. Andrew has worked in the relationship counselling,mental health, domestic violence, parent and migrant education, and general counselling fields with adults and youth.

Qualifications: CComPsyC BA (Hons) Social Work MEd (First class hons) (Counselling).

Memberships: Member of the New Zealand Association of Counsellors and International Centre of Excellence in Emotionally Focused Therapy.

Masters education in the following Counselling Models: EFT, ACT, SFBT, and MI.

196 Colombo Road Sydenham Christchurch 8023



winchestercounsellinganz@gmail.com  Please phone for a current available day and

(027) 437 6497 time. Winchester counselling and supervision will http://winchestercounselling.co.nz try and see you within 48 hours of first contact.

Some charges may apply. No referral required.

**Ashburton Community Alcohol & Drug Service**

FSD0020445 Last updated 19/01/2021

Ashburton Community Alcohol & Drug Service is a community based Assessment & Treatment service for both Adult & Youth we offer the following services;

Screening, Brief Intervention, Assessment,Treatment therapy, Support & Case Management, Information & Advice, Groups.

ACADS accept self referrals and referrals from primary and secondary health care providers, statutory organisations and community social services.

Services are Free & Confidential

Hostel Building, Ashburton Hospital 28 Elizabeth Street Ashburton 7700



acads@xtra.co.nz  8.30am - 5pm Monday - Friday

(03) 308 1270 All services free of charge.

(021) 082 33648 No referral required. http://www.acads.co.nz

**CAFLink Child, Adolescent and Family Mental Health Service**

FSD0002650 Last updated 05/10/2020

CAFLink is the Child, Adolescent and Family Mental Health Service ‘single point of entry function’ which streamlines access to mental health services in Canterbury for children, adolescents and their families.

 Ground Floor, Heathcote Building 97-99 Cashmere Road Cashmere Christchurch 8022

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| caflink@cdhb.health.nz  (0800) 218 219 (03) 337 7758 https://www.cdhb.health.nz/healthservices/child-adolescent-and-familyinpatient-services/      **Canterbury Men's Centre** | Monday- Friday 8.30 -5pm All services free of charge. Referral may apply. |
| FSD0015104 | Last updated 13/04/2021 |

We support men in a variety of ways. Phone us to make a time to talk to someone. We spend that hour with a man to help him figure out next steps. We also have a counselling service with skilled counsellors, sensitive to men. Pricing is based on your capacity to pay, and that does include free.

* Counselling
* Support for Male Survivors
* Support for Dads in Canterbury

21 Marshland Rd Shirley Christchurch 8064



counsellor@canmen.org.nz  Our counsellors are available 8:30 am to 9:30 (03) 365 9000 PM almost every day of the week.Our intake for http://canmen.org.nz new clients is 9-5 M-F though we can stretch this

if absolutely necessary.

Some charges may apply. No referral required.

## Classification : SHSS

**Caroline House Inc**

FSD0019594 Last updated 23/03/2021

Caroline House Inc provides services for people experiencing moderate to severe addiction issues. All referrals are from the SCDHB Mental Health and Addiction Service. The service offers residential and social detoxification at the House, Community Support at the House and in a persons home or in the community.

 55 Cain Street Timaru 7910

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| tracey@carolinehouse.co.nz  (03) 684 6020      **Christchurch City Mission** | 8.00 am - 5.00 pm  Monday - Friday  All services free of charge. Referral may apply. |
| FSD0000221 | Last updated 21/12/2020 |

We provide budget support, emergency food, emergency accommodation for men, women and families, generic social worker services, alcohol and drug counselling, drop in day services to men and women and learning and development programmes for men and women.

276 Hereford Street Christchurch 8140



info@citymission.org.nz  Normal hours Monday to Friday 8.30am -

(03) 365 0635 5.00pm. http://www.chchcitymission.org.nz/ Night shelters open at 5.00pm 7 days a week.

All services free of charge. No referral required.

## Classification : BFC

**Community Alcohol and Drug Service - Christchurch**

FSD0016007 Last updated 03/08/2020

Provision of advice, information on all aspects of alcohol and other drug addiction. Provision of assessment, case management, education and treatment, groups for individuals with co-existing substance dependencies and psychiatric disorders. Referral to other treatment providers.

Hillmorton Hospital - Sylvan Street Christchurch 8024



(03) 335 4350  8.30 am - 5 pm

(0800) 211 211 Booked appointments between 8.30 am and 4 https://www.cdhb.health.nz/ pm

All services free of charge. Referral may apply.

**Community and Public Health - Timaru Office**

FSD0019589 Last updated 15/04/2021

To deliver public health services in Canterbury and the West Coast. Public health services are population-based health promotion and health protection activities that are concerned with whole populations, or groups such as children or elderly people, rather than individuals. We can provide public health services, advice and corporate services to both the public and private sectors in a wide range of areas.

Also provider of a variety of free health information resources including pamphlets, posters and stickers from the Ministry of Health and other organisations.

Ground Floor, Woollcombe House 18 Woollcombe Street Timaru 7910 firstname.lastname@cdhb.health.nz  8.30am - 5:00pm



(03) 687 2600 Monday - Friday

http://cph.co.nz All services free of charge.

No referral required.

**Community Public Health - Christchurch Office**

FSD0000269 Last updated 24/08/2020

Community and Public Health delivers public health services in Canterbury, the West Coast and the Chatham Islands (as a division of the Canterbury District Health Board).

Public health services are focussed on population groups (such as children or elderly people) or settings (such as schools and workplaces) - rather than individuals. This includes health promotion and health protection activities that are concerned with improving the health of communities. We can provide services and advice to both the public and private sectors in a wide range of areas.

310 Manchester Street Christchurch 8013



(03) 364 1777  Monday to Friday 8am to 5pm. https://www.cph.co.nz All services free of charge.

No referral required.

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

Level 1 29 High Street Rangiora



manager@wellbeingnc.org.nz  Monday - Friday 8.30am-5pm

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| (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Some charges may apply. No referral required. |

**Community Wellbeing North Canterbury Trust Youth Drug and**

**Alcohol Service**

FSD0000569 Last updated 01/10/2020

A free and confidential, youth friendly service. Focused on the needs of young people that are affected by either their own or a family members, alcohol and drug use.

Level One 29 High Street Rangiora 7400 ydaservice1@wellbeingnc.org.nz  8.30 am - 5 pm Monday to Friday.



(03) 313 1056

(027) 451 1567 Mobile service available around North

http://wellbeingnc.org.nz/what-we- Canterbury do/youth-drug-and-alcohol-service/ All services free of charge. No referral required.

**Community Youth Worker - Rangiora**

FSD0002710 Last updated 27/07/2020

Working with young person and their family in the community to provide services that support positive youth development.

 Level 1 29 High St Rangiora 7400

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| cywdistrict@wellbeingnc.org.nz  (027) 245 0203 (03) 394 9114 https://wellbeingnc.org.nz/ | Available by mobile phone as first contact point.  All services free of charge.  Referral may apply. |

**Community, Youth and Child Services**

FSD0000883 Last updated 19/10/2020

A social service which provides support and information to adolescents (25 years and under).

349 Woodham Road Wainoni Christchurch



enquiries.waipuna@sjog.org.nz  Monday - Friday 8.30 - 5pm

(03) 386 2159 All services free of charge. http://www.sjog.org.nz No referral required.

**Drug Arm Christchurch**

FSD0006115 Last updated 17/12/2020

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

106 Emmett Street Shirley Christchurch 8013



lis@drugarm.co.nz  Mon Fri 9.00am - 5.00pm or by arrangement

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| (03) 327 8839 (027) 436 9925 http://www.drugarm.co.nz      **Familial Trust** | Street Van 7.30pm - 9.00pm Wed and Sat All services free of charge. No referral required. |
| FSD0020647 | Last updated 01/12/2020 |

The Familial Trust is an agency providing a variety of services for those who have a loved one who suffers from an addiction. Our staff consists of trained and experienced consumers, providing clients support, counselling, advocacy, programmes and information.

It’s a known fact today that one addict will affect approximately 10 people in one way or another. The Familial Trust is able to offer a supportive caring environment where those affected by another’s addiction can explore and learn how they have been affected, and find new productive ways of living with and coping with the addict in their lives whether the addicted person chooses to seek help or not.

6 Wilsons Road South St Martins Christchurch 8022



info@familialtrust.org  Monday - Friday

(03) 981 1093 9am - 5pm

http://www.familialtrust.org \* some late appointments, days vary Some charges may apply. No referral required.

**Family Mental Health Support Inc.**

FSD0007453 Last updated 05/10/2020

The FAMHS nurses work with you and your family and whanau to help you understand your family member's mental illness and/or addiction and how you can best support them (and you) in recovery. The service covers the South Canterbury region and the nurses can visit you in your home or meet at the office in Timaru. FAMHS works closely with the SCDHB Mental Health & Addiction Services and community agencies. The service is free, confidential and has a recovery focus.

77 Grey Road Timaru 7910



office@famhs.nz  Monday - Friday from 8.30 a.m. Flexible

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| (03) 684 4523  (0800) 732 000      **He Waka Tapu Limited** | appointments are available.  All services free of charge. No referral required. |
| FSD0000377 | Last updated 11/01/2021 |

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



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| (0800) 439 252/HE WAKA  (03) 373 8150 http://www.hewakatapu.org.nz    **Classification : FVSS**    **Kaiapoi Community Support** | All services free of charge. Referral may apply. |
| FSD0002675 | Last updated 16/11/2020 |

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



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| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Kennedy Unit** | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0000433 | Last updated 01/12/2020 |

Six-bed inpatient unit for people who require specialist medical detoxification and stabilisation from alcohol and/or drugs, for those affected by alcohol and drug misuse, as appropriate

 Hillmorton Hospital, Building 5 - Annex Road Christchurch

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| truusje.hewson@cdhb.health.nz  (03) 339 1139  (03) 337 7969 http://www.cdhb.govt.nz/ | All services free of charge. Referral may apply. |

**Life Education Trust - Christchurch**

FSD0000458 Last updated 05/01/2021

Life Education is an annual health-based education programme that aims to empower children to make healthy choices.

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| canterbury@lifeed.org.nz  (027) 566 9469 (0800) 454 333 http://www.lifeeducation.org.nz/      **LifeLinks** | Business hours  Koha/donation may apply. No referral required. |
| FSD0000520 | Last updated 13/07/2020 |

We are a private company contracted to provide Needs Assessment and Service Co-ordination ( NASC) for people with disabilities (and their families) living in Canterbury, South Canterbury, North Canterbury and the West Coast. There is no cost to the individual for our service.

42 Buchan Street Sydenham Christchurch 8023



office@lifelinks.co.nz  Since the 22 February 2011 earthquake and the (0800) 866 877 loss of our building, we are now able to have our http://www.lifelinks.co.nz/ staff working from 'remote' or mobile locations around the city. Operating Hours 8.30am to 5pm

Mon-Fri

All services free of charge. Referral may apply.

**Mental Health Advocacy and Peer Support Trust**

FSD0000681 Last updated 15/09/2020

We are people who having learned from our own experience of mental illness or addictions now provide services and support to assist others as they seek to improve their quality of life. We provide a wide variety of peer-led and peer-informed services. We offer information, education and referrals to other services. We work collaboratively with mental health and addiction service users. Everyone who works at MHAPS (and many members of our Trust Board) has lived experience of mental distress, mental illness and/or substance addictions and of recovery.

357 Madras Street Christchurch 8013



reception@mhaps.org.nz  Office Hours : 9:00am – 4:30pm

(03) 365 9749 Monday to Friday

(0800) 437 324 All services free of charge. http://www.mhaps.org.nz/ Referral may apply.

**Mental Health Education and Resource Centre (MHERC)**

FSD0000495 Last updated 28/01/2021

The Mental Health Education and Resource Centre (MHERC) provides information, a free public library, as well as professional development, workplace education and community education about mental health, wellbeing, resilience, mental illness, and addictions. Our services are available to everyone, including those who may be affected by mental illness, seeking wellbeing for themselves or others, and those working in the mental health or social service sectors.

116 Marshland Road Shirley Christchurch 8061



admin@mherc.org.nz  Monday - Friday

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| (03) 365 5344 (0800) 424 399 http://www.mherc.org.nz    **Classification : FVSS**    **Nova Trust** | 9.00am - 4.30pm  Rural freephone at 0800 424 399 Some charges may apply. No referral required. |
| FSD0000571 | Last updated 09/02/2021 |

Nova Lodge is a residential facility providing an activities and work skills programme for people with alcohol and other drug dependency.

43 Newtons Road Templeton Christchurch admissions@novatrust.org.nz  Residential facility. 24 hour supervision.



(03) 349 2053 Daytime hours 7.30am - 4pm Supervisors on https://www.novatrust.org.nz/ duty 4pm - 8am

Admissions Monday - Thursday. Contact via phone or email for details.

Some charges may apply. No referral required.

**Odyssey House Trust (Christchurch)**

FSD0000596 Last updated 20/10/2020

The goal is to assist those suffering from the problems associated with substance abuse, addiction and Co-existing problems; to change negative, self-defeating behavioural, emotional and cognitive patterns towards positive, self-enhancing ones resulting in pro-social values, attitudes and conduct.

Adult male AOD (Alcohol and Other Drugs) residential program

Youth AOD Residential and Day Programs

Driving Change – Impaired driving group - for people with three or more EBA convictions

Groups: - AOD Support groups

Older Persons Alcohol and Other Drugs Service – 65 Alive

Community Youth Mental Health and Addiction Service: Intervention for youth aged 13-18 years with moderate MH and/or AOD issues

ADAS - Alcohol and Other Drug Assessment and treatment service

Christchurch Central Service - Canterbury single point entry to AOD services

Drug Treatment programme

Hapori Ora - AOD day programme

Meth Help - Meth phone counselling service

98 Greers Road Burnside Christchurch 8053



admin@odysseychch.org.nz  9.00am - 3.00pm Mon - Fri

(03) 358 2690 All services free of charge.

(027) 234 5602 Referral may apply. http://www.odysseychch.org.nz/

**Overeaters Anonymous - Te Waipounamu - South Island Intergroup**

FSD0007758 Last updated 20/10/2020

Is food a problem for you? 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.

oasouthislandnz@gmail.com  Please contact us for meeting times and

(03) 365 3812 locations. http://www.oachristchurch.org.nz All services free of charge.

No referral required.

**Oxford Community Trust**

FSD0002623 Last updated 27/10/2020

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

(03) 312 3006 public holidays)

(021) 995 972 Some charges may apply. http://www.oxfordtrust.co.nz No referral required.

## Classification : OSCAR

**PGF Services - Christchurch**

FSD0006198 Last updated 29/03/2021

The Problem Gambling Foundation's mission is enhancing the mana of individuals, families and communities:to be free from gambling harm.

The Loft, Level 1, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch 8062 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 - Timaru**

FSD0006213 Last updated 29/03/2021

The Problem Gambling Foundation's mission is building healthy communities together, free from gambling harm.

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| help@pgfnz.org.nz (03) 379 2824 (0800) 664 262 http://www.pgf.nz      **Purapura Whetu Trust** | 8.30am to 5.00pm phone contact All services free of charge. No referral required. |
| FSD0017022 | Last updated 31/08/2020 |

Purapura Whetu Trust is a community based Kaupapa Maori mental health organisation. Purapura

Whetu Trust was initiated in 2002 to address the needs within the local Maori community. The

Kaupapa Maori model of care 'Purapura Whetu Te Kohinga' is our best practice model of care. The Trust provides Kaupapa Maori mental health services to adults, adolescents, children and their whanau who require a counselling or community support programme from a Kaupapa Maori perspective.

Level 1 166 St Asaph Street Christchurch 8011



office@pw.maori.nz  Monday to Friday 8.30 am to 4.30 pm

(03) 379 8001 All services free of charge. http://www.pw.maori.nz Referral may apply.

**Rodger Wright Centre**

FSD0000310 Last updated 22/04/2021

Primarily a needle exchange. Harm reduction, peer counselling, blood borne virus prevention, peer outreach programmes and education.

 Rodger Wright Centre 10 Washington Way Sydenham Christchurch

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| manager@rwc.org.nz (03) 365 2293 http://www.rwc.org.nz | Monday-Friday, 9am-10pm, Saturday, 11am10pm, Sunday 12 noon-10pm, Public holidays-  CLOSED  All services free of charge.  No referral required. |

**SCDHB Alcohol and Other Drug Service**

FSD0019599 Last updated 15/01/2021

The Alcohol and Drug Team is an outpatient service for people affected by the misuse of alcohol and/or other drugs. This includes family members / significant others. Also provided is an opioid substitution treatment programme for those with an opiate addiction.

(03) 687 2150  Monday to Friday, 8.00am - 5.00pm

(0800) 277 997 (in a crisis)

https://www.scdhb.health.nz Or free text or call 1737 24/7 for free advice from

experienced mental health counsellors or nurses.

All services free of charge. No referral required.

**SCDHB Youth Alcohol and Drug Team**

FSD0019604 Last updated 14/01/2021

A mobile service for young people 12-24 years affected by the misuse of substances. One-to-one assessment, treatment and support is available.

(03) 687 2150  Monday to Friday, 8.30am - 5.00pm

(0800) 277 997 (in a crisis) All services free of charge. http://www.scdhb.health.nz No referral required.

**South Canterbury District Health Board**

FSD0019565 Last updated 18/09/2020

Our mission: To enhance the health and independence of the people of South Canterbury. South Canterbury District Health Board serves about 55,000 people living in the beautiful region bounded by the grandeur of the Southern Alps to the west, the sparkling Pacific Ocean to the east, and the Rangitata and Waitaki rivers to the north and south. South Canterbury includes the main centre of Timaru, located approximately halfway between Christchurch and Dunedin on the South Island’s east coast, and a number of picturesque towns and smaller rural settlements.

Timaru Hospital - Queen Street Parkside Timaru 7910 ceo@scdhb.health.nz  Anytime



(03) 687 2100 Some charges may apply. http://www.scdhb.health.nz No referral required.

**Te H - Waitaha**

FSD0000826 Last updated 22/04/2021

Te H - Waitaha offers free smokefree support to anyone in Canterbury. Te H - Waitaha has a hub in Christchurch with Quit Coaches based in Mori, Pasifika and rural community organisations across Canterbury. We run group clinics in various locations and also provide individual support. Our Quit Coaches work with you and your whnau to find ways that can make quitting easier. For further information see www.tehawaitaha.nz

310 Manchester Street Christchurch Central Christchurch 8013



smokefree@cdhb.health.nz  Phone within office hours, Mon-Fri 9-5.

(0800) 425 700 All services free of charge. http://www.tehawaitaha.nz No referral required.

**Te H - Waitaha Smokefree Support**

FSD0023109 Last updated 22/04/2021

Te H – Waitaha Smokefree Support is a collaboration of organisations working together to help people in Canterbury become Smokefree.

Community and Public Health 310 Manchester Street City Centre Christchurch 8013 smokefree@cdhb.health.nz  Monday - Friday (0800) 425 700 All services free of charge. http://www.tehawaitaha.nz No referral required.



**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**The Loft**

FSD0024423 Last updated 22/10/2020

The Loft is a pioneering, collaborative partnership, established in 2016 and currently consists of 12 social and community service providers in Christchurch. Based in Eastgate Mall we work in close partnership with Linwood Library, Linwood Medical Centre and Local MP Poto William's. Our purpose is to enhance outcomes for children, young people, families and communities through colocation and collaboration of social, health and community services

Level 1 20 Buckleys Road Linwood Christchurch 8062



manager@theloftchristchurch.org.nz  9am - 5pm Monday to Friday

(0800) 865 638 All services free of charge. https://www.theloftchristchurch.org.nz/ No referral required.

**The Salvation Army - Aranui**

FSD0000787 Last updated 19/04/2021

Worship, community and welfare services of The Salvation Army

 34 Portsmouth Street Wainoni Christchurch 8061

aranui.corps@salvationarmy.org.nz  Mon, Tues, Weds, Thurs, Friday 10 am - 2 pm

(03) 388 1072 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/newzealand/canterbury/aranui/aranui-corps

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

853 Colombo Street Christchurch Central Christchurch 8013



christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Rangiora**

FSD0000792 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

12 Ashley Street Rangiora 7400



rangiora\_corps@nzf.salvationarmy.org  Mon to Fri 9am - 4pm

(03) 313 2370 All services free of charge. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/rangiora/rangiora-corps

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| **The Salvation Army - Sydenham**  FSD0000795 | Last updated 03/05/2021 |
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Worship, community and welfare services of The Salvation Army

250 Colombo Street Christchurch 8023 sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.



(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**The Salvation Army - Timaru**

FSD0023562 Last updated 22/03/2021

Worship, community and welfare services of The Salvation Army

206 Wai-iti Road Highfield Timaru 7910



timaru.corps@salvationarmy.org.nz  /

(03) 684 7139 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/timaru/timaru-corps

**Thorpe House Social Detoxification Service**

FSD0000867 Last updated 17/09/2020

Social (non-medical) detoxification service providing 24-hour residential care for persons wishing to attend to their personal alcohol or other drug use. Facility provides 3 female and 6 male placements, for 7-21 days, with focus on harm minimisation and change appropriate to the individual

276-284 Hereford Street Christchurch Central Christchurch



thorpe@citymission.org.nz  Office hours: Mon-Fri 9am -5pm

(03) 379 1682

(03) 365 0635 Thorpe House 24 hour residential facility

Some charges may apply. No referral required.

# Basic Needs

**0800 Hungry Food Ministry**

FSD0024316 Last updated 22/08/2020

To provide food relief to families and individuals in need.

All food parcels are delivered via 140 Churches and agencies into the home.

admin@0800hungry.org  Monday to Friday 8.30am to 4pm and Saturday

(0800) 486 479 9am to 1pm.

(03) 384 7842 Closed public holidays.

Koha/donation may apply. No referral required.

**After Hours Counselling Services**

FSD0023348 Last updated 27/09/2020

Provision of after hours Counselling and Relationship Services (evenings and weekends), for individual clients, couples, families. Home visits in need.

469 Manchester St St Albans Christchurch 8014



murray@afterhourscounselling.co.nz  Tuesday, day and evening

(027) 694 5275 Friday evening

http://afterhours-counsellingservices.co.nz Sunday, day and evening Some charges may apply. No referral required.

**Andrew Winchester, Counselling and Supervision**

FSD0021197 Last updated 23/11/2020

Winchester Counselling provides an experienced counsellor, therapist, and supervisor who is passionate about a professional service and best results! Andrew is up to date with best practice having completed a masters in education with first class honours focused on counselling. He works effectively with individuals, couples, and families. He is an experienced supervisor working with people who work with people. He provides work place support through EAP to managers and staff. Andrew has worked in the relationship counselling,mental health, domestic violence, parent and migrant education, and general counselling fields with adults and youth.

Qualifications: CComPsyC BA (Hons) Social Work MEd (First class hons) (Counselling).

Memberships: Member of the New Zealand Association of Counsellors and International Centre of Excellence in Emotionally Focused Therapy.

Masters education in the following Counselling Models: EFT, ACT, SFBT, and MI.

196 Colombo Road Sydenham Christchurch 8023



winchestercounsellinganz@gmail.com  Please phone for a current available day and

(027) 437 6497 time. Winchester counselling and supervision will http://winchestercounselling.co.nz try and see you within 48 hours of first contact.

Some charges may apply. No referral required.

**Angel Fund**

FSD0000112 Last updated 20/01/2021

A savings and loan fund lending up to $500 interest free to women for the purpose of small/home/lobby business or education/training or moving into work expenses. Applications accepted from women on low incomes who live in the Christchurch area who have difficulty accessing credit from traditional sources and who have an ability to repay.

angelfund@gmail.com  If you wish to leave a message for Angel Fund, (022) 412 6435 please use the mobile number provided and

http://www.angelfund.org.nz send a txt or message via our website link or email the Co-ordinator.

Some charges may apply. No referral required.

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| **Aranui Community Trust Inc** |  |
| FSD0005868 | Last updated 12/01/2021 |

Changing minds to change lives and break cycles.

 37 Hampshire Street Aranui Christchurch

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| sera@actis.org.nz (03) 963 7070 http://www.actis.org.nz      **Arrowsmith Counselling** | 9am - 5pm Monday to Thursday | |
| 9am – 4pm Friday Some charges may apply.  No referral required. |  |
| FSD0020892 |  | Last updated 17/08/2020 |

Professional Counselling Service, for children, youth and adults.

Community House 44 Cass St Ashburton 7700



annaarrowsmith@hotmail.co.nz  Monday - Friday 9.00am - 7.00pm

(027) 722 3204 (hours flexible).

(03) 308 1395 Some charges may apply.

No referral required.

**Ashburton Budget Advisory Service**

FSD0005899 Last updated 15/03/2021

Ashburton Budget Advisory Service offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers. We are available to present Community Education on Budgeting to Community groups, Schools, and Training Groups.

Trevor Wilson Centre 215 Tancred Street Ashburton 7700



ashbudget@psusi.org.nz  9.00am to 4.00pm Monday to Friday weekly

(03) 308 5868 All services free of charge. http://ashbudget.wordpress.com/ No referral required.

**Aviva**

FSD0007680 Last updated 20/01/2021

Aviva is a Canterbury-based, specialist family and sexual violence agency dedicated to making

New Zealand Aotearoa violence-free. We offer an extensive range of integrated, specialist

services to support all people, children, youth and adults, to live free from violence and overcome its enduring harms.

Our services include:

* 24-hour phone advocacy, advice and support for Family Violence or Sexual Assault
* Ministry of Justice approved education programmes
* support to access refuge or alternate emergency accommodation through the use of otheragencies
* ReachOut service for those using violence
* Review home security needs
* specialist peer support from those with lived experience
* community development programmes
* No and Low Interest Loans

The Loft, Level 1, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch 8062 enquiries@aviva.org.nz  Support & Information line available 24/7 (0800) 28482 669 (AVIVA NOW) 0800 AVIVA NOW (284 82669)



(03) 378 3847 All services free of charge. https://www.aviva.org.nz No referral required.

## Classification : FVSS, SHSS

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

64 Langdons Road Papanui Christchurch 8053



CanterburyAMU@barnardos.org.nz  Office Hours Monday to Friday 8.00am - 4.30pm

(03) 365 3923 Some charges may apply.

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

## Classification : FVSS

**Barnardos - North Canterbury**

FSD0002651 Last updated 12/01/2021

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

Kaiapoi Community Centre 24 Sewell Street Kaiapoi 7630



canterburyamu@barnardos.org.nz  9.00 am - 5.00 pm Monday to Friday with

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| (0800) 227 627 (03) 378 2734 https://www.barnardos.org.nz/      **Bealey Centre** | appointments available outside of these hours by arrangement.  All services free of charge. No referral required. |
| FSD0000144 | Last updated 15/06/2020 |

Registered clinical psychologists for psychological consultation and therapy. Individuals, couples, family and child therapy. Trauma specialists, employee assistance and forensic issues. Clinical supervision and consultation for professionals.

110 Bealey Avenue Christchurch



office@bealeycentre.net.nz  Monday - Friday: 8am - 6pm or hours by

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| (03) 365 6312  http://www.bealeycentre.net.nz | arrangement Saturday: Closed  Sunday: Closed  Some charges may apply.  No referral required. |

**Birthright Ashburton Inc**

FSD0006813 Last updated 23/12/2020

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

44 Cass Street Ashburton 7700



birthrightash@gmail.com  Mon, Tues & Wed 10am - 12pm

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| (03) 366 9456  (0800) 457 146 http://www.birthright.org.nz      **Birthright Canterbury Trust** | Thurs & Fri 1pm - 5pm All services free of charge. Referral may apply. |
| FSD0006815 | Last updated 29/03/2021 |

Birthright is a national organisation which works to support, strengthen and advocate for oneparent families. We support the families by providing home visits, practical assistance, programmes, advocacy, family friendly events and newsletters.

Christchurch Community House 301 Tuam Street Christchurch 8011 manager@birthrightchch.org.nz  Monday - Friday 9:00am - 5pm



(03) 366 9456 All services free of charge. https://www.birthrightcanterbury.org.nz/ No referral required.

**Budget Advisory Trust - Timaru**

FSD0005939 Last updated 21/09/2020

Timaru Budget Advisory Trust offers free, supportive, confidential and culturally aware budget advisory services with trained and certified budget advisers.

16 Beswick Street Timaru 7910



tbat@xtra.co.nz  9.30am - 3.30pm Monday to Friday. 24 hour

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| (03) 688 9383 (027) 392 7885 http://www.tbat.co.nz | answerphone.  All services free of charge.  No referral required. |

## Classification : BFC

**Budgeting Service North Canterbury Inc**

FSD0000686 Last updated 23/04/2021

We provide free and confidential budgeting advice to all residents in the Waimakariri and Hurunui districts. We are an independent service with no links to political or religious organisations. Our trained Financial Mentors offer non-judgemental budgeting advice and financial mentoring. We also run MoneyMates; education sessions, and general community education workshops.

War Memorial Building 1 Albert Street Rangiora 7400



servicemanager@bsnc.org.nz  Face to face appointments by arrangement. (03) 313 3505 Home visits are offered for home-bound and http://www.bsnc.org.nz special circumstances.

All services free of charge. No referral required.

## Classification : BFC

**Cancer Society - Kaiapoi Support Group**

FSD0002662 Last updated 29/03/2021

Seeking to minimise the impact of cancer in the community through support, education and research.

50 Isaac Wilson Road Kaiapoi 7630



(03) 327 6195  Anytime.

All services free of charge. No referral required.

**Canterbury Charity Hospital Trust**

FSD0023414 Last updated 11/01/2021

Provides free medical treatments, day surgery, dentistry, oral surgery and counselling to Cantabrians in need.

Our patients have been turned down by the public health system, don't have medical insurance nor can they afford to have their treatment privately.

They need to have a referral from their GP or dentist.

Our services are free because we have a wonderful group of 300 volunteer surgeons, dentists, anaesthetists, nurses, counsellors, support staff etc who donate their time.

349-353 Harewood Road Bishopdale Christchurch 8053 reception@charityhospital.org.nz  During office hours



(03) 360 2266 All services free of charge. http://www.charityhospital.org.nz Referral may apply.

**Canterbury Men's Centre**

FSD0015104 Last updated 13/04/2021

We support men in a variety of ways. Phone us to make a time to talk to someone. We spend that hour with a man to help him figure out next steps. We also have a counselling service with skilled counsellors, sensitive to men. Pricing is based on your capacity to pay, and that does include free.

* Counselling
* Support for Male Survivors
* Support for Dads in Canterbury

21 Marshland Rd Shirley Christchurch 8064



counsellor@canmen.org.nz  Our counsellors are available 8:30 am to 9:30 (03) 365 9000 PM almost every day of the week.Our intake for http://canmen.org.nz new clients is 9-5 M-F though we can stretch this

if absolutely necessary.

Some charges may apply. No referral required.

## Classification : SHSS

**Canterbury Refugee Resettlement and Resource Centre**

FSD0024485 Last updated 07/01/2021

The Canterbury Refugee Resettlement and Resources Centre advocates on behalf of the refugee communities resettled in the Canterbury area. As the first contact point for agencies aiming to liaise with the wider community or individuals of refugee background, we work to disseminate relevant information, community skills, and knowledge through a grassroots approach to consultative communication.

CRRRC aims to bridge the gap between the refugee background people of all ages by creating a more harmonious, more welcoming, inclusive environment through building a shared respect, by connecting our common experiences and celebrating our differences.

39 Nursery Road Phillipstown Christchurch 8011



contact@canterburyrefugeecentre.org.nz  Office Hours: Monday-Friday 9:00am-3:00pm

(03) 377 2538 All services free of charge. https://www.cantyrefugeecentre.org/ No referral required.

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**Centrecare Counselling Wamate**

FSD0015807 Last updated 27/04/2021

Centrecare is a resolution based counselling, support and advocacy service providing accessible, professional mental and emotional health care for those in need in the Waimate community and the South Canterbury area. We hold appointments in Waimate at our own premises, as well as weekly appointments in Oamaru and Timaru.

3 Queen Street Waimate 7924 sam@ccwaimate.co.nz (03) 689 8337 (021) 256 5509 http://ccwaimate.co.nz



Monday to Thursday by appointment, in

Waimate, Oamaru and Timaru All services free of charge. No referral required.

**Choices NZ - Christchurch**

FSD0024084 Last updated 21/10/2020

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

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

We can assist you to:

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

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

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| Laura.Lightfoot@choicesnz.org.nz  (022) 010 3811 (0800) 723 154 http://www.choicesnz.org.nz/ | Weekdays 8:30am - 5pm  All services free of charge.  Referral may apply. |

**Christchurch Budget Service Inc**

FSD0000217 Last updated 12/10/2020

Christchurch Budget Service (CBS) is a genuinely independent agency that is not aligned to any religious or political organisation. Specialist CBS Advisers work alongside and advocate for people who are in full and part-time work including GiG workers, self-employed, independent contractors, seasonal workers and agency workers and their Whnau/Families to resolve income and expenditure challenges, debt, IRD debt and to access correct social entitlements. CBS Budget Advisers also work with Superannuitants, Tertiary Students, ACC recipients and members of the Culturally and Linguistically Diverse (CALD) Community.

55 Lunns Rd Middleton Christchurch 8024



enquiries@chchbudget.org.nz  Office appointments weekdays.

(03) 366 3422 Visits to client's homes days and evenings. (021) 0827 1472 Some charges may apply. http://www.christchurchbudgetservice.co.n No referral required. z

## Classification : BFC

**Christchurch City Mission**

FSD0000221 Last updated 21/12/2020

We provide budget support, emergency food, emergency accommodation for men, women and families, generic social worker services, alcohol and drug counselling, drop in day services to men and women and learning and development programmes for men and women.

276 Hereford Street Christchurch 8140



info@citymission.org.nz  Normal hours Monday to Friday 8.30am -

(03) 365 0635 5.00pm. http://www.chchcitymission.org.nz/ Night shelters open at 5.00pm 7 days a week.

All services free of charge. No referral required.

## Classification : BFC

**Christchurch Methodist Mission**

FSD0000497 Last updated 16/10/2020

We strengthen families, empower children and young people, provide care for older people, and support people to find pathways to a better life.

We have a vision of a city where justice and compassion guide the way we live and where all people are treated with respect and dignity.

 3 Marblewood Drive Papanui Christchurch 8053

intake@mmsi.org.nz (03) 375 1470 http://www.mmsi.org.nz

## Classification : BFC, THP

Monday - Friday

8.30am - 4.30pm

Some charges may apply. Referral may apply.

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

(03) 335 0311 All services free of charge. http://www.crs.org.nz/ No referral required.

## Classification : FVSS

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| **Christine Johannis** |  |
| FSD0019737 | Last updated 11/11/2020 |

To provide professional and confidential counselling and psychotherapy.

Somerfield Centre 181 Selwyn Street Spreydon Christchurch 8024



chris.johannis@gmail.com  Monday, Tuesday and Wednesday 8.30am til

(021) 157 6036 6.30pm. http://www.christinejohannis.co.nz/ Some charges may apply.

No referral required.

**Citizens Advice Bureau - Christchurch City**

FSD0006912 Last updated 27/11/2020

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.

Ara 18 Williams Street Christchurch 8011



christchurchcity@cab.org.nz  Mon, Tue, Wed & Thurs 9am to 3pm

(03) 366 6490 Fri 9am to 12pm

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

**Citizens Advice Bureau - Christchurch North**

FSD0006913 Last updated 27/11/2020

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.

Fendalton Library 4 Jeffreys Road Fendalton Christchurch 8053



christchurchnorth@cab.org.nz  Monday, Wednesday, Thursday & Friday – 11am

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| (03) 351 7804 (0800) 367 222 http://www.cab.org.nz | to 5pm  Tuesday – 2pm to 5pm All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - Christchurch West**

FSD0006914 Last updated 27/11/2020

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.

 Hornby Community Care Centre 8 Goulding Avenue Hornby Christchurch 8042

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| christchurchwest@cab.org.nz  (03) 349 5236 (0800) 367 222 http://www.cab.org.nz | Mon - Fri 9am to 5pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - The Loft**

FSD0022813 Last updated 27/11/2020

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.

Eastgate Mall 20 Buckleys Road Linwood Christchurch 8062



christchurchcity@cab.org.nz  Tuesday - 11am to 2pm (03) 366 6490 All services free of charge.

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

**Citizens Advice Bureau North Canterbury**

FSD0006920 Last updated 19/03/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. Our trained volunteers will listen and get you the information, assistance or referral you need. You don't need an appointment, just drop in to a CAB near you, pick up the phone, email us, or go online and let's talk.

Trevor Inch Memorial Library 141 Percival Street Rangiora 7440



coordinator.northcanterbury@cab.org.nz  9.00am - 4.30pm, Monday to Friday

(03) 313 8822 All services free of charge.

(03) 310 6205 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau South Canterbury Inc**

FSD0019437 Last updated 09/08/2020

To give free and confidential advice and information to clients to ensure that when they are confronted with challenging situations, they are not disadvantaged through lack of knowledge of their rights and responsibilities.

These situations can include:

Tenancy and Housing

Health and Welfare

Employment and Work Related Issues

Education

Personal and Family Concerns

Legal, Justice and Consumer Law

We also offer a free legal referral service weekly.

Community House 27 Strathallan Street Central Timaru 7910



southcanterbury@cab.org.nz  10am - 4pm Monday to Thursday; 10am - 1 pm

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| (03) 687 7362 (0800) 367 222 http://www.cab.org.nz      **Comcare Trust** | Friday;  Legal service Thursday 7pm All services free of charge.  No referral required. |  |
| FSD0000263 |  | Last updated 16/04/2021 |

Mental health and addiction services for the people of Canterbury.

334 Lincoln Road Addington Christchurch 8024



enquiries@comcare.org.nz  Office hours: Monday-Friday, 8.30am-5pm

(03) 377 7020 Some charges may apply. http://www.comcare.org.nz/ Referral may apply.

## Classification : THP

**Community Energy Action Charitable Trust**

FSD0005961 Last updated 16/11/2020

Community Energy Action (CEA) is a charitable trust that is committed to ensuring people keep warm, dry and healthy in their homes regardless of their income.

It provides:

* Subsidised and non-subsidised insulation for residential properties, owner-occupiers and rentals- Heating grants
* Curtain Bank, providing free recycled curtains, a charge for alterations if required may apply- Energy Advice Service, providing free energy advice over the phone for all householders. Inhome audits also available (a charge may apply depending on subsidies available at the time) - LED downlighting replacement (a charge may apply depending on subsidies available at the time)

299 Tuam Street Christchurch Central Christchurch 8011



info@cea.co.nz  Office hours Monday - Friday, 9am - 4.30pm

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| (03) 374 7222  (0800) GET WARM (438 9276) http://www.cea.co.nz      **Community Focus Trust** | Geographic coverage from Ashburton to Kaikoura. Some services also available on the West Coast.  Some charges may apply. No referral required. |
| FSD0024323 | Last updated 24/08/2020 |

Community Focus Trust aim is embracing, equipping and empowering our Community. Our aim is to facilitate practical support and social services to our community based on the needs as we find them

140 Springfield Road St Albans Christchurch 8014



communityfocustrust@gmail.com  Tuesday 10am - 2pm

(027) 915 7789 Wednesday 10am - 2pm

https://www.facebook.com/communityfocu Thursday 10am - 2pm strust Some charges may apply.

No referral required.

**Community House Mid Canterbury**

FSD0006484 Last updated 28/07/2020

We provide office rental accommodation in the Community House Mid Canterbury for non profit organisations which provide social and community services to the people of Mid Canterbury. Fosters, promotes, facilitates and encourages the provision of community services to the people of Mid Canterbury. "One stop shop" for community services, groups and information.

44 Cass Street Ashburton 7700



supervisor@communityhousemc.co.nz  8.30am - 5.00pm Monday to Friday

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| (03) 308 1237 http://www.communityhousemc.co.nz/ | Some charges may apply. No referral required. |

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

Level 1 29 High Street Rangiora



manager@wellbeingnc.org.nz  Monday - Friday 8.30am-5pm

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| (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Some charges may apply. No referral required. |

**Compassion Trust Financial Mentoring (Budgeting) Service**

FSD0020708 Last updated 25/10/2020

Compassion Trust Financial Mentoring (Budgeting) Service provides free confidential financial mentoring, debt management, advocacy and insolvency for low income families and individuals. We work to provide support and education to address debt and we help bring clarity and understanding around weekly budget planning. We also run MoneyMates peer led support, sharing and learning groups for our communities. All our financial mentors (budgeters) are trained and nationally certified.

Grace Vineyard Church 111 Seaview Road New Brighton Christchurch 8061



office@compassiontrust.org.nz  New Brighton open Monday to Thursday 9 am to

(03) 379 2329 5 pm and Friday 9 am to 3 pm http://www.compassiontrust.org.nz

Phillipstown open Tuesday and Wednesday 9am -5pm.

All services free of charge. No referral required.

## Classification : BFC

**Computers for Special Needs Trust**

FSD0000274 Last updated 06/01/2021

We provide two services in Canterbury - Barrier Free Computing, and the CSN Computer Loan Scheme.

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| info@csntrust.org.nz  Saturdays 10am-noon at New Brighton Public | | |
| (03) 550 0091 http://www.csntrust.org.nz/      **D&J Pettitt Counselling Services** | Library  All services free of charge.  Referral may apply. |  |
| FSD0000204 |  | Last updated 19/08/2020 |

Provides professional counselling.

 181 Selwyn Street Spreydon Christchurch 8024

david.pettitt@xtra.co.nz Available Mon/Tues/Wed/Thurs.

(03) 338 7200 Frid till 12.00pm

Some charges may apply. No referral required.

**Delta Community Support Trust**

FSD0000298 Last updated 29/01/2021

Delta Community Support Trust is a Christian community-based organisation located in Richmond, Christchurch. We engage in community development through a unique range of services, initiatives and activities. In particular these seek to uplift people who are facing personal hardship, experiencing disability, isolation or other disadvantage. Our goal is to encourage involvement in and contribution to community life where people are able to participate in positive relationships, journeying and growing together in all social, mental, physical and spiritual facets of life.

101 North Avon Road Richmond Christchurch 8013



reception@deltatrust.org.nz  Delta Community House is open to the public

(03) 389 0212 9:30am-2pm weekdays, Thursdays open at http://www.deltatrust.org.nz/ 10am.

Community Workers are available by appointment or by phone between 9am-3pm Some charges may apply. Referral may apply.

**Dress for Success Christchurch**

FSD0023394 Last updated 08/04/2021

Assisting and supporting women in need as they journey towards employment and financial independence. We help build confidence and self-esteem by providing appropriate clothing and accessories for job searching and interviews, as well as one on one job searching advice and guidance. We also provide ongoing support to help with retaining employment.

 317 Madras Street Christchurch 8013

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| christchurch@dressforsuccess.org  (03) 343 3241 https://christchurch.dressforsuccess.org/      **E B Millton Charitable Trust** | Usual Business Hours:  Monday - Friday 8:30 am - 4:30 pm | |
| Visits by appointment only All services free of charge.  Referral may apply. |  |
| FSD0000313 |  | Last updated 03/11/2020 |

The provision of funds to assist with the care of children in institutions

109 Blenheim Road Riccarton Christchurch 8041 michaelw@mackaybailey.co.nz  All services free of charge.



(03) 341 0930 No referral required.

**Ellesmere Food Bank**

FSD0000316 Last updated 05/04/2021

Food bank supporting needy families in the district. All food donations welcome.

6 Woodville Street Leeston



corryleonie63@gmail.com  Flexible, Please contact provider

|  |  |
| --- | --- |
| (03) 324 3576  (027) 715 7721 | All services free of charge. Referral may apply. |

**Emerge Aotearoa - Christchurch hub**

FSD0000710 Last updated 05/10/2020

Emerge Aotearoa is a non-government organisation that provides community based mental health and disability support services nationwide. Emerge Aotearoa also provides housing services including transitional housing, housing first and long term social housing.

 8 Kennedy Place Hillsborough Christchurch 8140

|  |  |
| --- | --- |
| info@emergeaotearoa.org.nz  (03) 371 5599 http://www.emergeaotearoa.org.nz    **Classification : THP** | Monday - Friday, 8am - 5pm All services free of charge.  Referral may apply. |

**Emerge Aotearoa - Christchurch Office**

FSD0000708 Last updated 21/12/2020

EMERGE Aotearoa provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide. We believe that everyone is capable of living full and rich lives in their communities of choice. In every aspect of our work we are committed to helping our service users be the best they can be.

EMERGE Aotearoa was formed on 1 July 2015 from the merger of Recovery Solutions Group and Richmond New Zealand. Taking the best of our historical practices we have created an organisation led by the needs of people who use our services - tangata whaiora - and their families/whanau and communities. We know that listening to and acting on the advice provided by people with lived experience helps us deliver services that are real and relevant. We are committed to understand the needs of Mori – our treaty partners as well as Pasifika people and new settlers.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm

(03) 371 5599 Some charges may apply. http://www.emergeaotearoa.org.nz No referral required.

## Classification : THP

**Fale Pasifika O Aoraki Trust Society Incorporated**

FSD0019575 Last updated 05/04/2021

Fale Pasifika O Aoraki (FPOA) is an Organisation that started in 2008 which works with and for Pacific Island people in our region so that they are able to make a difference in their lives. FPOA will help pacific people with dealing with government departments, translation, prevention and intervention of family violence, our pacific island heritage, as well as family and individual support. We have a youth club as well as a mothers coffee club, which give support and help. We hold different workshops which are designed to promote health, enriching our culture and strengthening

the future of pacific peoples. Our service is free and confidential.

Community House 27 Strathallan Street Timaru 7910



office@falepasifikaoaoraki.org.nz  weekdays open 9am - 5pm

(03) 687 7585 Some charges may apply.

(021) 057 3508 Referral may apply.

http://falepasifikaoaoraki.org.nz/?page\_id

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## Classification : FVSS, PACIFIC, THP

**Familial Trust**

FSD0020647 Last updated 01/12/2020

The Familial Trust is an agency providing a variety of services for those who have a loved one who suffers from an addiction. Our staff consists of trained and experienced consumers, providing clients support, counselling, advocacy, programmes and information.

It’s a known fact today that one addict will affect approximately 10 people in one way or another. The Familial Trust is able to offer a supportive caring environment where those affected by another’s addiction can explore and learn how they have been affected, and find new productive ways of living with and coping with the addict in their lives whether the addicted person chooses to seek help or not.

6 Wilsons Road South St Martins Christchurch 8022



info@familialtrust.org  Monday - Friday

(03) 981 1093 9am - 5pm

http://www.familialtrust.org \* some late appointments, days vary Some charges may apply. No referral required.

**Family Support (SC) Inc**

FSD0019449 Last updated 29/09/2020

Family Support (SC) Inc is an independent, community based family support agency. We work with families under stress or in crisis to enable them to remain intact and capable of functioning independently, or with a small amount of appropriate ongoing support.

9A Dee Street Timaru 7910



familysupport@fssc.org.nz  Monday - Friday 9.00 - 5.00

|  |  |
| --- | --- |
| (03) 688 1152 http://www.fssc.org.nz | Some charges may apply. No referral required. |

**Family Works South Canterbury**

FSD0006033 Last updated 11/11/2020

At Family Works we believe that some children, families and individuals need support to reach their full potential regardless of age, culture or gender. We believe that everyone has strengths but now and again need help in order to flourish.

Sometimes families need someone who is prepared to listen, someone who understands and can help them make positive and lasting changes in their lives.

12 Park Lane Highfield Timaru 7910



familyworks@pssc.co.nz  Monday-Friday 8:30am-5.00pm

|  |  |
| --- | --- |
| (03) 687 7945 http://pssc.org.nz/family-works/      **He Waka Tapu Limited** | Some charges may apply. Referral may apply. |
| FSD0000377 | Last updated 11/01/2021 |

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**Heartland Services - Akaroa**

FSD0007167 Last updated 24/06/2020

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

Heartland Service Centre 39 Rue Lavaud Akaroa 7520



heartlands.coordinator@gmail.com  Mon to Thurs 10:00am – 4:00pm

(03) 304 8659 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



(03) 961 9248 Wed 9:30am – 5:00pm

(029) 263 7580 All services free of charge. http://www.heartlandservices.govt.nz Referral may apply.

**Heartland Services - Kaikoura**

FSD0007157 Last updated 30/07/2020

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services. Bookings and appointments for AA Driver Licencing can be made for the 1st Thursday of every month, for Learners and Renewals only.

Te Whare Putea Trust provides a Building Financial Capability service, Community Food Bank, Information and Advice, manages Temporary Housing, and advocacy.

Te Whare Putea has been granted funding via MSD Food Response Fund and will be working

with MSD toward making Kaikoura a Food Secure Community.

Te Whare Putea/Heartland Services 3/78 Beach Road Kaikoura 7300 tewhareputea@xtra.co.nz  9am - 4pm daily.



(03) 319 7243 All services free of charge.

(027) 333 4480 No referral required.

http://www.heartlandservices.govt.nz

**Home and Family Society, Christchurch**

FSD0000392 Last updated 12/02/2021

Home and Family Society seeks through counselling, education and supported accommodation, to enhance the lives of families from all economic and cultural backgrounds. They do this by offering programmes designed to empower and encourage self esteem and create positive home environments in which children can reach their full potential.

319 St Asaph Street Christchurch Central City Christchurch 8011 contact@homeandfamily.net.nz  Mon-Fri 9-5pm



(03) 944 0635 Some charges may apply. http://www.homeandfamily.net.nz/ No referral required.

**Hornby Community Care Centre**

FSD0000399 Last updated 03/09/2020

The Centre offers rooms for hire to various groups and services within the community.

8 Goulding Avenue Hornby Christchurch admin@hornbycc.org.nz 



(03) 349 9793

Centre open: Monday-Friday, 9am - 5pm.

Community OP shop: Monday-Friday, 9.30am-

3.30pm

Rooms for hire at any time - at very reasonable rates

Some charges may apply. No referral required.

**Integrated Therapies (ACC Registered)**

FSD0019442 Last updated 15/12/2020

To provide counselling and life coaching services to individuals, couples and families. Bringing together Tranactional Analysis, counselling and holistic life coaching techniques to assist clients towards making sustained change, to reach their goals and uncover life scripts that are detrimental. I specialise, and am experienced, in issues of grief and loss, relationship dynamics, acute/chronic health management, working through current life events. As a trained social worker and life coach I have the skills, knowledge and personal attributes to support you to realise, and achieve, your dreams! I also encourage positive visualisation and progressive relaxation techniques for clients who are open to these techniques in support of reaching their goals. Check out my website and testimonials! www.integratedtherapies.co.nz

17 Ingrid Street Parklands Christchurch 8083



carol@integratedtherapies.co.nz  By appointment

|  |  |
| --- | --- |
| (027) 522 7659 (03) 981 1184 http://www.integratedtherapies.co.nz      **Integrity Cremations** | Mon-Fri  Sat  Some charges may apply. No referral required. |
| FSD0023948 | Last updated 10/06/2020 |

In reality, more people in New Zealand are choosing a ‘no fuss’ approach to saying goodbye, and opting to mark the occasion with a simple and dignified service, avoiding the extra expense.

That’s where Integrity Cremations comes in. For over 5 years we have been Canterbury ‘no fuss’ funeral specialists, providing caring, dignified service, and absolute assurance of quality, at a reasonable price.

Our services are many and include everything from transfer of your loved one, the paperwork (death certificate), embalming, advising on storage or scattering of ashes; to making essential arrangements like booking a service venue, a celebrant and the catering.

For more information contact us.

 34 Allen Street CBD Christchurch Christchurch

info@integritycremations.kiwi  Avaliable 24hrs 7 days a week

(03) 974 1416 Office Hours 9am- 4.30pm (0800) 000 121 Some charges may apply.

No referral required.

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



|  |  |
| --- | --- |
| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Kaiapoi Meals on Wheels** | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0002681 | Last updated 07/09/2020 |

Supplying meals to elderly, disabled and those recuperating at home after hospital visits.

24 Sewell Street Kaiapoi 7630



mealsonwheels@cdhb.health.nz  Monday - Thursday 9 - 4p.m.

|  |  |
| --- | --- |
| (03) 335 4443 https://www.cdhb.health.nz/healthservices/meals-on-wheels/ | Friday 9am-3pm  All services free of charge.  Referral may apply. |

**Kingdom Resources**

FSD0000442 Last updated 16/07/2020

Kingdom Resources is a not-for-profit Christian organisation in Christchurch and North Canterbury; offering budget advice, budget education courses, and an employment education course for women.

1st Floor 285 Lincoln Road Addington Christchurch 8024 kr@kingdomresources.org.nz  Office hours: 8.30am-4.30pm, Monday to Friday.



(03) 332 1700 Late night by arrangement. http://www.kingdomresources.org.nz 24 hour answerphone.

All services free of charge. No referral required.

## Classification : BFC

**Kiwi Family Trust**

FSD0020524 Last updated 16/06/2020

Tina Kina Tika Whnau O Aotearoa, Helping People to Help Themselves. We aim to develop and maintain services for training and education to promote the health and welfare of children, youths, young adults and family/whnau throughout New Zealand.

Thode Building 420 St Asaph St Phillipstown Christchurch 8011



office@kiwifamilytrust.org  Monday to Friday 9am - 5pm

|  |  |
| --- | --- |
| (03) 963 8040  (0508) 543 375 http://www.kiwifamilytrust.org      **Lifeline Aotearoa** | Some charges may apply. No referral required. |
| FSD0001163 | Last updated 16/12/2020 |

Lifeline provides a free, 24 hour telephone counselling service offering help, support, responsive listening and information. Phone 0800 54 33 54 toll free.

Counsellors can help you work through a range of issues including:

* parenting and relationship difficulties
* stress
* family
* financial and employment problems
* mental health and physical health issues
* loneliness
* grief and depression.

christchurch@lifeline.org.nz  24 hours a day, 7 days a week. We will accept

(0800) 543 354 calls from anyone in New Zealand. https://www.lifeline.org.nz/ All services free of charge.

No referral required.

**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.

**Lifeworks Counselling and Psychotherapy**

FSD0000461 Last updated 27/07/2020

Lifeworks counselling provides individual counselling, psychotherapy, supervision, mentoring & group work for people aged 16 years and over.

Also provides group-work supervision and practice reflection. ACC registered for trauma recovery from a physical or mental injury.

41 Essex Street Phillipstown Christchurch 8011



nickeifalconer@hotmail.com  Wednesday - Friday 8.00am - 5.00pm

(03) 365 0483 Some charges may apply. http://www.lifeworkscounselling.co.nz No referral required.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

|  |  |
| --- | --- |
| (03) 325 2007 http://www.lincolncomcare.co.nz | Public Holidays  Some charges may apply.  Referral may apply. |

**Linwood Avenue Community Corner Trust**

FSD0000466 Last updated 26/03/2021

Services range from support and practical advice, budget referral, Emergency Food Parcels,

Partnership Community Workers. Programmes and activities for all ages, we employ a Coordinator, Family Community Worker and Health Workers.

378 Linwood Avenue Bromley Christchurch 8062



dorothy@lacct.org.nz  Office hours 9am to noon Monday to Friday

(03) 980 9827 Some charges may apply.

(03) 389 5303 No referral required.

http://linwoodavenueunionchurch.org.nz

**Literacy Aotearoa Aoraki (Canterbury)**

FSD0023963 Last updated 27/04/2021

To develop, promote and deliver accessible, quality literacy, language, numeracy and digital literacy skills designed to ensure the peoples of Aotearoa are critically literacy and able to realise their full social, cultural and economic potential.

 Risingholme Homestead 22 Cholmondeley Ave Opawa Christchurch 8023

|  |  |
| --- | --- |
| info.c9@literacy.org.nz  (03) 337 5555  (0800) 678 910 http://www.literacy.org.nz/ | Mon - Fri 8:30am - 5pm  We deliver courses at Risingholme and also out in the community. Our courses are free, delivered in small supportive groups or 1:1 , by experienced & qualified tutors.  All services free of charge.  No referral required. |

**Lucid Psychotherapy and Counselling**

FSD0021647 Last updated 16/02/2021

The friendly and skilled Registered Psychotherapists at Lucid Psychotherapy and Counselling specialise in mindfulness for stress and anxiety, relationship difficulties/couples therapy, and also run Christchurch's only Dialectical Behaviour Therapy (DBT) program for adults. We'd love to hear from you, please get in touch or book online via our website.

88b Edgeware Road St Albans Christchurch 8013



info@lucidpsychotherapy.co.nz  Monday - Friday, 8:30 - 5:00

(027) 611 9019 Some charges may apply. http://www.lucidpsychotherapy.co.nz/ No referral required.

**Meals on Wheels - Christchurch**

FSD0000488 Last updated 20/01/2021

Meals on wheels are supplied by Canterbury District Health Board and delivered by Red Cross voluntary drivers who are co-ordinated by Lynette Milne, (03) 339 3759.

85 Picton Avenue Riccarton Christchurch 8011



CHCHMOW@redcross.org.nz  Meals are delivered between 11am and 1pm

(03) 339 3759 Monday-Friday.

(027) 405 2646

http://www.redcross.org.nz Office Hours: Monday - Friday 9am - 1.30pm Some charges may apply. Referral may apply.

**Meals on Wheels - Oxford Area**

|  |  |
| --- | --- |
| FSD0000490  To deliver meals to the elderly and sick people in Oxford | Last updated 26/10/2020 |

Oxford Hospital 45 Park Avenue Oxford 7430



lynette.reed@cdhb.govt.nz  Monday to Friday

|  |  |  |
| --- | --- | --- |
| (03) 312 1100      **Meals on Wheels - Rangiora**  FSD0002683 | 8.00am-4.30pm  Some charges may apply.  No referral required. | Last updated 12/10/2020 |
| Red Cross manage the delivery of meals on wheels in the local community. | |

85 Picton Avenue Riccarton Christchurch 8011



jacky.martin@redcross.org.nz  09.00 to 13.30

|  |  |
| --- | --- |
| (03) 339 3759  (03) 339 7970 http://redcross.org.nz | Some charges may apply. No referral required. |

**Mid South Island Women's Refuge and Family Safety Services**

FSD0007682 Last updated 14/12/2020

Support and help for women and children who suffer from or experience family domestic violence.

Education programme for women and children.

Safe emergency accommodation.

24/7 Crisis line: 0800 007 750

Advocacy and support with legal, court, justice, Work and Income, Housing New Zealand.

12 Sarah Street Timaru 7910 office@scwr.co.nz (03) 684 8280 (0800) 00 77 50 http://www.womensrefuge.org.nz



24 hour crisis line 0800 007750 Some charges may apply. Referral may apply.

## Classification : FVSS, SHSS

**Mind Body Wellness**

FSD0023563 Last updated 07/07/2020

Provides Counselling and Natural Health (Naturopathy, diet, herbs etc.) services to support your wellbeing journey. Mind and body wellness are interlinked and services to support holistic wellbeing are provided by Mind Body Wellness.

gabsuggate@hotmail.com  By arrangement (021) 025 40133 Some charges may apply. https://www.facebook.com/mindandbodyg No referral required. abriel/?modal=admin\_todo\_tour

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**New Brighton Project Inc**

FSD0022678 Last updated 22/09/2020

The New Brighton Blanket Bank is a New Brighton Project initiative. Throughout the year the Blanket Bank receives donations of warm bedding and redistributes them to people in need.

Helping keep our community warm.

Please text the cellphone or contact us through the New Brighton Blanket Bank facebook page.

Shop 2 105 Brighton Mall New Brighton Christchurch 8061



nbproject@xtra.co.nz  10am - 2pm Tuesday-Friday (022) 156 3683 All services free of charge.

(027) 517 4250 No referral required.

https://www.facebook.com/NewBrightonBl anketBank/

**New Zealand AIDS Foundation**

FSD0006690 Last updated 24/11/2020

We provide service for gay, bisexual and other men who have sex with men (MSM), people living with or affected by HIV and other priority populations in Aotearoa.

Our services include:

* Rapid point of care HIV and syphilis testing.
* Gonorrhoea and chlamydia self-collected screening
* Short term counselling for people living with HIV, their partners, whnau and friends, andsupporting MSM to address the impacts of the social determinant of health.
* Support, advocacy, education and training related to HIV.
* Free condoms and lube.
* “Chat to Us” service allows MSM and the wider community to seek answers from NZAF staffaround sexual health and wellbeing matters.

275 Cashel Street Christchurch Central Christchurch 8011



contacttetoka@nzaf.org.nz  Mon 10.30am - 6.30pm

(0800) 80 24 37 Tues 8.30am - 4.30pm http://www.nzaf.org.nz Weds 10.30am - 6.30pm

Thurs 8.30am - 4.30pm All services free of charge. No referral required.

**New Zealand Association of Counsellors - Canterbury Branch**

FSD0000521 Last updated 25/10/2020

To provide information for the public, support for members and networking locally and nationally, about counselling and counselling training.

nzaccwcb@gmail.com  No physical address. The chair or treasurer (027) 352 8207 (Phone 2) will contact you as quickly as they

(022) 152 2104 can. http://www.nzac.org.nz Some charges may apply.

No referral required.

**New Zealand Red Cross - Christchurch Service Centre**

FSD0000530 Last updated 15/01/2021

Everyday, we work to help Kiwis - whether that's providing a hot meal, offering a safe ride to the hospital or helping former refugees into employment. We also help communities affected by disaster and conflict right across the world. As we often say, disasters don't discriminate and neither do we.

85 Picton Ave Riccarton Christchurch 8011



christchurch@redcross.org.nz  Monday to Friday 8.00am to 4.30pm

(03) 339 3750 Some charges may apply. http://www.redcross.org.nz/ Referral may apply.

**New Zealand Red Cross - Loburn/Rangiora Branch**

FSD0000534 Last updated 04/02/2021

The Red Cross mission is "to protect life and dignity and to alleviate suffering"

Loburn Branch, NZ Red Cross 54 South Belt Rangiora 7400



golden.downs@xtra.co.nz  Meetings on 4th Wednesday of the month, 2pm.

(03) 313 8393 Can be flexible.

Some charges may apply. No referral required.

**Nurse Maude - Christchurch**

FSD0000572 Last updated 17/11/2020

Nurse Maude provides nursing, homecare, and support so people can stay in their own homes and communities and inpatient care in its hospital and hospice. By working in partnership with other health providers and through significant investment in our people, technology, research and development, Nurse Maude continues to care for the people of Canterbury, as we have done since 1896.

|  |  |
| --- | --- |
| info@nursemaude.org.nz  (03) 375 4200 http://www.nursemaude.org.nz/ | 8am - 5pm Weekdays Some charges may apply.  No referral required. |

**Nurse Maude - Lincoln & Ellesmere**

FSD0015873 Last updated 15/09/2020

A provider of Community Health and Hospital Services to the people of Canterbury for over a hundred years.

Lincoln and District Community Centre 16 Lyttelton Street Lincoln



info@nursemaude.org.nz  Some charges may apply.

(03) 375 4200 No referral required. http://www.nursemaude.org.nz/

**Nurse Maude - Rangiora**

FSD0015872 Last updated 21/09/2020

A provider of Community Health and Hospital Services to the people of Canterbury for over a hundred years.

Hospice Shop 73 High St Rangiora



rangiora@nursemaude.org.nz  Some charges may apply.

|  |  |
| --- | --- |
| (03) 375 4200 http://www.nursemaude.org.nz/      **Oak Development Trust** | Referral may apply. |
| FSD0024434 | Last updated 23/10/2020 |

Oak Development Trust is a community development organisation based in Riccarton. Its purpose is to meet the holistic needs of people by providing resources and leadership. The Trusts work focus is on families, migrants and creating community in all that is done. This is achieved by providing activities and opportunities for connection, belonging, learning and participation. Weekly the Trust runs two groups for preschoolers and their Mums/caregivers, one for the Filipino community, and English conversation classes. Fortnightly a Community Cafe is held, and six weekly there is a Nail Care Clinic predominantly for the older person. The Community

Development Worker visits new people to the community to assist with connection. The Social

Worker and Cultural Support Worker provides advocacy support for the migrant community. The Trust runs two community events each year and oversees the monthly Community Newsletter. It is establishing a ethnic foodbank.

 80 Rattray Street Riccarton Christchurch 8041

|  |  |
| --- | --- |
| carol@odt.org.nz (027) 282 0693 http://www.odt.org.nz | The organistaion is open Tuesday, Wednesday, Thursday and Friday 9am -5pm.  All services free of charge.  Referral may apply. |

**Odyssey House Trust (Christchurch)**

FSD0000596 Last updated 20/10/2020

The goal is to assist those suffering from the problems associated with substance abuse, addiction and Co-existing problems; to change negative, self-defeating behavioural, emotional and cognitive patterns towards positive, self-enhancing ones resulting in pro-social values, attitudes and conduct.

Adult male AOD (Alcohol and Other Drugs) residential program

Youth AOD Residential and Day Programs

Driving Change – Impaired driving group - for people with three or more EBA convictions

Groups: - AOD Support groups

Older Persons Alcohol and Other Drugs Service – 65 Alive

Community Youth Mental Health and Addiction Service: Intervention for youth aged 13-18 years with moderate MH and/or AOD issues

ADAS - Alcohol and Other Drug Assessment and treatment service

Christchurch Central Service - Canterbury single point entry to AOD services

Drug Treatment programme

Hapori Ora - AOD day programme

Meth Help - Meth phone counselling service

98 Greers Road Burnside Christchurch 8053



admin@odysseychch.org.nz  9.00am - 3.00pm Mon - Fri

(03) 358 2690 All services free of charge.

(027) 234 5602 Referral may apply. http://www.odysseychch.org.nz/

**Oxford Budget Boutique**

FSD0000621 Last updated 27/12/2020

Money raised from clothing sales is put back into the community via the Oxford Community Trust in the way of goods and services covers the Oxford area only.

Oxford Budget Boutique - Main Street Oxford 7430



guswiki.1@gmail.com  Tuesday- Friday 1-4pm (021) 128 6336 All services free of charge.

No referral required.

**Oxford Community Trust**

FSD0002623 Last updated 27/10/2020

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

|  |  |
| --- | --- |
| (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz    **Classification : OSCAR** | public holidays)  Some charges may apply.  No referral required. |

**Parenting Place - Christchurch**

FSD0000639 Last updated 26/03/2021

Parenting Place is the charity with a heart for New Zealand Families. We’re here to walk alongside you and your whnau from the moment your little one is born, until the time they raise tamariki of their own. Whether you have a newborn, a teenager, a troupe of grandkids, or nieces and nephews, we have a range of programmes, courses, camps and resources, tailored for you and your whnau. Everything we do is designed to inspire, encourage, and support the strengthening of your relationships. We make sure it’s fun and entertaining along the way too. Our team is also committed to engaging with the story of Aotearoa New Zealand and our unique place in the world – a journey which continues to shape the way we support your whnau to thrive.

 Level 2 410 Colombo Street Sydenham Christchurch 8023

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| support@parentingplace.nz  (03) 379 6052 https://parentingplace.nz | Monday – Friday, 8am-4pm Some charges may apply.  No referral required. |

**Petersgate Counselling Centre**

FSD0000654 Last updated 19/10/2020

We offer a professional generic counselling service with a wide range of modalities. Our fees are subsidised for those on low incomes and who are unable to access alternative funding.

29 Yaldhurst Road Christchurch 8042



info@petersgate.org.nz  Monday-Thursday 9:00am-8.30pm, Friday

(03) 343 3391 9:00am-4.30pm. http://www.petersgate.org.nz/ Some charges may apply.

No referral required.

**Phillipstown Community Centre**

FSD0020472 Last updated 19/03/2021

The Phillipstown Community Centre is in the Phillipstown Community Hub, we are here to provide a safe caring supportive environment to foster individual and community growth.

Room 2 39 Nursery Rd Phillipstown Christchurch 8011



info@phillipstown.org.nz  9am - 5.30pm Monday to Friday

(03) 595 2023 Some charges may apply.

(020) 406 91419 No referral required. http://www.phillipstown.org.nz

## Classification : OSCAR

**Positive Directions Trust**

FSD0024333 Last updated 26/08/2020

The Positive Directions Trust - He Tohutohu Pai ki Otautahi (PDT) aims to encourage and facilitate community development for disadvantaged sectors of society and others. PDT focuses on the improvement of health, accommodation, employment and education opportunities for rangatahi/youth and others in the community.

The primary focus of the Positive Directions Trust is to assist in the development of communities, in particular: Maori, Pasifika Peoples, and other disadvantaged or disenfranchised community groups. (At-risk or disadvantaged communities can be those with high unemployment, high numbers of beneficiaries, high numbers of early school leavers, poor health statistics, lower academic achievement and high numbers of single parent families)

PDT has developed its community services arm into a fully-fledged whanau-centred, co-designed and collaboratively delivered operation.

18 Collingwood Street New Brighton Christchurch 8061



phil@pdt.org.nz  Monday to Friday - 9am to 4pm (027) 436 7059 All services free of charge. http://pdt.org.nz No referral required.

**Power To Care**

FSD0000828 Last updated 31/08/2020

We provide welfare guardianship and property management services, enduring powers of attorney for property and personal care and welfare, personal orders and social work to those who can not fully manage their affairs because of age, illness or disability.

We specialise in services under the protection of Personal and Property Rights Act 1988.

149 Harewood Road Papanui Christchurch 8053



peter@powertocare.co.nz  Open hours:

(03) 354 2195 Tue-Fri, 9am-4pm

(021) 0286 8061 http://www.powertocare.co.nz/index.html Closed:

Sat-Sun-Mon

Some charges may apply. No referral required.

**Pregnancy Counselling Services - Christchurch**

FSD0006516 Last updated 21/12/2020

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

pregnancycounsellinginfo@gmail.com  Freephone number available 24 hours a day, 7

(03) 338 3057 days a week.

(0800) 773 462 (0800 PREGNANT) All services free of charge. http://www.pregnancycounselling.org.nz No referral required.

**Pregnancy Counselling Services - Timaru**

FSD0006527 Last updated 27/04/2021

Pregnancy Counselling Services is a voluntary organisation with specially trained counsellors in branches throughout New Zealand.

24/7 there is a counsellor to talk to by telephone, or face to face counselling can be arranged if preferred.

PCS provides friendly, confidential, emotional support and practical help. Arrangements be made for medical and legal consultation.

Counsellors help clients find acceptable solutions to problems of accommodation, continuing education, material requirements, and the stress often created by pressure from family and friends. In evaluating alternatives, clients can consider the pros and cons of parenting a child, adoption, and abortion.

For those suffering from a past abortion we can help through the recovery time until clients are strong enough to put aside the past and feel positive about the future.

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pregnancycounsellinginfo@gmail.com  Freephone number available 24 hours a day, 7

(03) 684 8416 days a week

(0800) 773 462 Text at 021 289 8727

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

**Presbyterian Support Mid Canterbury - Trevor Wilson Centre**

FSD0007782 Last updated 12/03/2021

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

215 Tancred Street Ashburton 7700



midcant@psusi.org.nz  8.45am - 5.15pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 2616907 Referral may apply. http://psuppersouth.org.nz/

## Classification : YS

**Presbyterian Support North Canterbury - Ngawi Thompson Centre**

FSD0007783 Last updated 07/04/2021

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

258 High Street Rangiora 7400



NorthCant@psusi.org.nz  8.30am to 5pm Monday - Friday

|  |  |
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| (0800) 477 874 (03) 261 2888 http://psuppersouth.org.nz/ | Some charges may apply. Referral may apply. |

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

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| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS** | Monday - Friday  Some charges may apply.  No referral required. |

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

44 Bealey Avenue Central Christchurch 8013



ps@psusi.org.nz  Monday to Friday 8.30am-5pm.

(0800) 477 874 Some charges may apply.

(03) 366 5472 Referral may apply. http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Project Esther Trust**

FSD0000675 Last updated 15/12/2020

Project Esther is a multifaceted organisation that provides services to women and their families with a bias to those in need. Programmes include: Preschool Music and Movement, support of women in the community, support for women prisoners and ex-prisoners, subsidised counselling service and temporary/emergency accommodation.

248 Lyttelton Street Spreydon Christchurch 8024



projectesther@swbc.org.nz  9:00am - 3:00pm Monday - Thursday

(03) 338 4163 ext 237 Some charges may apply. http://www.projectesther.co.nz No referral required.

**Rachel's House Trust**

FSD0018437 Last updated 24/03/2021

To support young parents to have, keep and parent their children. Rachel's House works holistically with families for as long as it takes to empower parents to live a life of confident hope and create a positive future for their children.

96 High Street Rangiora 7400



manager@rachelshouse.org.nz  Staff hours and group times vary, so initial

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| (022) 043 3298 http://www.rachelstrust.org.nz | contact by email or phone is preferential.  Koha/donation may apply.  No referral required. |

**Ranui House Patient & Family Accommodation**

FSD0000153 Last updated 25/08/2020

Ranui House is situated directly across the road from Christchurch Hospital. We provide accommodation for patients from ALL hospital departments and their families from throughout New Zealand, who are required to be in Christchurch for treatment.

Ranui has 11 fully self contained 2 bedroom family units and 15 with kitchenettes. All units have separate bedrooms, a lounge, own bathroom, laundry and a TV/DVD. Both Houses have a lounge with SKY TV and a communal area with kitchen facilities provided.

Patients' accommodation (if eligible) is claimed through a government subsidy. The patients and 1 support person are not charged however individuals who do not qualify for funding, may pay privately for accommodation if they wish to do so.

 Ranui House 1 Cambridge Terrace Central City Christchurch 8013

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| info@bmct.org.nz (03) 377 2515 http://www.bmct.org.nz/ | Office Hours:  Monday to Friday  8:30am to 5:00pm  Weekends by arrangement Some charges may apply.  No referral required. |

**St Vincent de Paul - Christchurch**

FSD0000840 Last updated 03/07/2020

We are a charity that provides services for people in need by operating a second hand clothing and furniture shop.

265 Stanmore Road Richmond Christchurch 8013



admin@svdpchch.co.nz  Shop is open Monday - Friday 9am - 4pm

(03) 389 7484 All services free of charge. http://www.svdp.org.nz No referral required.

**St Vincent de Paul - Kaiapoi**

FSD0002695 Last updated 21/10/2020

St Vincent de Paul is an organisation that gives help to individuals and families in the community in need.

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| mev.brown@hotmail.com  (027) 344 0013 http://www.svdp.org.nz | Evenings. Message service provided.  All services free of charge.  No referral required. |

**Sue Missen Counselling and Supervision Services**

FSD0006103 Last updated 20/08/2020

Counsellor with thirty years experience in agencies and private practice working with adults, adolescents, and children over five years. Couple and family therapy. Family Court approved counsellor. Expertise in working with mental health issues, loss and grief, stress, trauma, relationships, parental separation, FDR, personal issues, mediation, family violence.

Counsellor trainee educator, group facilitator and programme provider. Previously contracted provider of Parenting through Separation programme and programme for Women Protected persons under the DVA for 10 and 15 years respectively.

Professional and clinical supervision available for individuals, group and peer supervision.

Counselling and supervision also available via Skype.

32 Melford Close Rangiora 7400



suemissen@xtra.co.nz  Available by phone and email Monday to

(021) 130 8897 Saturday.

Services are on Monday, Tuesday and Thursday.

Some charges may apply. No referral required.

**Talking Therapy**

FSD0000128 Last updated 18/09/2020

Talking Therapy consist of a group of five registered psychotherapists who provide psychotherapy, counselling, couple counselling and professional supervision and EAP (employer assistance programme).

178 Harewood Road Papanui Christchurch 8053



info@talkingtherapy.co.nz  Monday to Thursday: 10am to 7pm.

(03) 354 8045 Friday: 10am to 2pm

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

No referral required.

**Te Puna Oranga Incorporated**

FSD0000862 Last updated 12/08/2020

We are Kaupapa Maori Community Service Organisation, who are committed to working with Whanau within a holistic approach. Services offered are; Maori sexual abuse healing, abuse prevention education, Maori youth & whanau advocacy services.

687 Worcester Street Linwood Christchurch



info@tepunaoranga.co.nz  9am-5pm Monday to Friday.

(03) 381 8472 All services free of charge.

No referral required.

## Classification : FVSS, SHSS

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062 info@maatawaka.org.nz  Monday to Friday - 8:00 to 4:30



(03) 382 6628 Some charges may apply. https://maatawaka.org.nz Referral may apply.

## Classification : BFC, FVSS

**Te Whare Awhero**

FSD0022073 Last updated 11/01/2021

Te Whare Awhero (Hope House) is the Hornby Presbyterian Community Trust and provides

Community Development, Community and Neighbours (CAN) Counselling, Practical Support, Mentoring, Community Based Research, Supervision and Spiritual Direction in the Greater Hornby Area.

413 Main South Road Hornby Christchurch 8042



admin@hpct.org.nz  Office Hours: Monday-Thursday 9am-5pm.

(03) 967 4673 Counselling Service Monday-Thursday 9am-5pm http://www.hpct.org.nz and Friday Counselling by appointment only.

Some charges may apply. No referral required.

**Te Whare Putea Trust**

FSD0008188 Last updated 30/07/2020

Offer information and advice, budget advice, family support, Food Bank and Heartland services.

3/78 Beach Road Kaikoura



tewhareputea@xtra.co.nz  Monday to Friday 9am-4pm.

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| (03) 319 7243 (027) 333 4480 http://www.tewhareputea.org.nz    **Classification : BFC**    **Te Whare Roimata Trust** | All services free of charge. No referral required. |
| FSD0000866 | Last updated 27/10/2020 |

Community Centre for the inner city east and surrounding neighbourhoods providing grassroot, self-help responses to the issues and concerns of local people. A range of activities and services has been developed including Maori cultural advice and awhi, neighbourhood support and outreach, a twice weekly play group, budget and benefit advice, information and advocacy, a weekly neighbourhood cafe, a low cost shifting and household services to people on low incomes, the Linwood Community Arts Centre and the Community Gardens project at Surrey and Smith Streets

 274 Gloucester Street Christchurch 8011

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| tewhareroimata@gmail.com  (03) 379 5134 https://tewhare.webs.com/ | Office hours: Monday-Friday, 9am-4pm Some charges may apply.  No referral required. |

**Tenancy Services - Christchurch**

FSD0006234 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 2 161 Cashel Street Christchurch Central Christchurch 8011



info@tenancy.govt.nz  Open 8.30 am to 4.30 pm weekdays. It is best to

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| --- | --- |
| (0800) 836 262 (0800) TENANCY  https://www.tenancy.govt.nz/ | call and make an appointment to see someone.  Some charges may apply.  No referral required. |

**Tenants Protection Association (Christchurch) Inc**

FSD0015782 Last updated 28/09/2020

One in three people live in a home they do not own. Tenants Protection Association (TPA) provides free and confidential advice, information and advocacy services which includes assisting tenants to understand and prepare for the mediation and tribunal process, and helping Tenants and other make decisions about their current renting situation. TPA also provides education services and resources to assist renters and other agencies understand tenancy rights and responsibilities.

301 Tuam Street Christchurch Central Christchurch



info@tpa.org.nz  You can contact TPA by email or ringing (03) (03) 379 2297 379 2297 during working hours. Please clearly http://www.tpa.org.nz leave your name and phone number. Face to

face advice at city office by appointment.

Some charges may apply. No referral required.

**The Hope Community Trust**

FSD0018407 Last updated 17/12/2020

Our Mission is to Restore Hope within individuals and families by providing Emotional, Physical and Spiritual solutions to their needs.

We do this by providing a unique Wrap around Care model of practise and build community and belonging. Counselling Centre, Community Support Workers, Food bank, Community Garden, Op Shop, Men's Breakfast, Women's groups, Community Meal, Restore Drug and Alcohol drop-in service, Kingdom Resources budgeting service.

Refer to Website for hours and times of daily life.

113-115 East Belt Rangiora 7400



support@hopecommunity.co.nz  Tuesdays-Fridays: 9am – 4pm

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| (03) 928 3066 http://www.hopecommunity.co.nz      **The Loft** | Weekends: Closed  Some charges may apply. No referral required. |
| FSD0024423 | Last updated 22/10/2020 |

The Loft is a pioneering, collaborative partnership, established in 2016 and currently consists of 12 social and community service providers in Christchurch. Based in Eastgate Mall we work in close partnership with Linwood Library, Linwood Medical Centre and Local MP Poto William's. Our purpose is to enhance outcomes for children, young people, families and communities through colocation and collaboration of social, health and community services

Level 1 20 Buckleys Road Linwood Christchurch 8062



manager@theloftchristchurch.org.nz  9am - 5pm Monday to Friday

(0800) 865 638 All services free of charge. https://www.theloftchristchurch.org.nz/ No referral required.

**The Salvation Army - Aranui**

FSD0000787 Last updated 19/04/2021

Worship, community and welfare services of The Salvation Army

34 Portsmouth Street Wainoni Christchurch 8061



aranui.corps@salvationarmy.org.nz  Mon, Tues, Weds, Thurs, Friday 10 am - 2 pm

(03) 388 1072 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/newzealand/canterbury/aranui/aranui-corps

**The Salvation Army - Ashburton**

FSD0023556 Last updated 20/04/2021

Worship, community and welfare services of The Salvation Army

226 Cameron Street Ashburton



ashburton.corps@salvationarmy.org.nz  Family Stores Opening Hours

(03) 308 7610 Mon - Fri: 9.30am - 4.30pm, Sat: 10am - 2pm.

https://www.salvationarmy.org.nz/centres/ Service time(s): Sunday 10am nz/canterbury/ashburton/ashburton-corps Some charges may apply. No referral required.

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

853 Colombo Street Christchurch Central Christchurch 8013



christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Hornby**

FSD0000786 Last updated 16/04/2021

We are here to support the community and help meet need in whatever way we are able. Through the centre we offer welfare support through Food Parcels, Financial Mentoring, Free Bread on a Tuesday and a listening ear. We offer the Positive Lifestyle Programme which runs for eight sessions, one on one. Craft Group, Community Cuppa, Social events are all opportunities to meet and make new friends. Our Sunday Service is a bright, vibrant time of celebration with something for the whole family and finishing with morning tea.

23 Manurere Street Hei Hei Christchurch 8042



hornby.corps@salvationarmy.org.nz  Centre Office is open Monday - Thursday

(03) 349 6268 (9.30am-12.30pm)

https://www.salvationarmy.org.nz/centres/

nz/canterbury/hornby Foodbank: Monday and Thursday - 9.30am to

12.30pm. (last appointment 12.10pm) Koha/donation may apply. No referral required.

**The Salvation Army - Linwood**

FSD0000791 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Linwood Avenue Linwood Christchurch



linwood\_corps@nzf.salvationarmy.org  Community & Family Centre: 9am - 12.00pm,

(03) 389 3723 1pm-4pm Monday to Friday. https://www.salvationarmy.org.nz/centres/

nz/canterbury/linwood/linwood-corps Budgeting Service available on (03) 389 3723 Some charges may apply. No referral required.

**The Salvation Army - Rangiora**

FSD0000792 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

12 Ashley Street Rangiora 7400



rangiora\_corps@nzf.salvationarmy.org  Mon to Fri 9am - 4pm

(03) 313 2370 All services free of charge. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/rangiora/rangiora-corps

**The Salvation Army - Rolleston**

FSD0023568 Last updated 20/04/2021

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

646 Springston Rolleston Road Rolleston 7678



rolleston.corps@salvationarmy.org.nz  Family Store Opening hours: Weekdays 9am-

(03) 347 0934 4pm, Saturday 9.30am-3pm http://sarolleston.nz/ Some charges may apply.

No referral required.

**The Salvation Army - Sydenham**

FSD0000795 Last updated 03/05/2021

Worship, community and welfare services of The Salvation Army

250 Colombo Street Christchurch 8023 sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.



(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**The Salvation Army - Timaru**

FSD0023562 Last updated 22/03/2021

Worship, community and welfare services of The Salvation Army

206 Wai-iti Road Highfield Timaru 7910



timaru.corps@salvationarmy.org.nz  /

(03) 684 7139 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/timaru/timaru-corps

**Twizel Community Care Centre incorporating Heartland Services**

FSD0023296 Last updated 30/11/2020

The Twizel Community Care Trust is dedicated to ensure access to community based health and welfare agencies for the people of Twizel community. This will be achieved by identifying, coordinating and assisting with the connection between the providers and those seeing the services.

33 Mt Cook Street Twizel 7901



twizelcare@xtra.co.nz  Monday to Friday

(03) 435 0687 Opening Hours:

http://twizelcommunitycare.co.nz 9am-12pm & 12.30pm - 2.30pm Some charges may apply. No referral required.

**Two Rivers Community Trust**

FSD0024344 Last updated 28/08/2020

We are a community trust that provides many different things for our rural community. We run 3 free community events each year, we have a community garden, nourish program and 24-7 youth program. We run a craft afternoon every 2nd week for community connection as well as a community Hub and a Foodbank.

We offer welcome packs for new arrivals in our area to help new people settle into their new area.

 15 Greendale Road Darfield 7510

rachael@tworiverscommunitytrust.org.nz  Our admin works one day a week and the hub is

(021) 090 40859 open on Thursdays from 10 until 2. The mobile

http://tworiverscommunitytrust.org.nz/ provided may not always answer but leave a message and your call will be returned.

Koha/donation may apply. Referral may apply.

**Valerie Attrill Counselling**

FSD0000311 Last updated 04/02/2021

Counselling, consultations and clinical supervision. Assists with workplace management and staff relationships, personal identity/and self development, sexual orientation/sexual identity/gender and transgender, relationship issues, intimacy and sexual issues, emotional problems, anger and rage:

understanding & management, grieving support and understanding, loss of motivation through depression, loss of autonomy through anxiousness, spirituality exploration.

88A Pine Avenue New Brighton Christchurch 8061



attrillvalerie@gmail.com  Week daytime and Evening appointments (027) 436 9807 available. No weekend appts.

http://www.valerieattrill.nz New Brighton. Appointment times negotiated

with flexibility.

Some charges may apply. No referral required.

**Waltham Community Cottage**

FSD0008127 Last updated 28/09/2020

The cottage is a place for the community to access support, advocacy, and where sessions and classes focus on well-being. It is a place of empowerment where strength comes from contact, communication and sharing.

201 Hastings Street East Christchurch



tewhare@walthamcottage.com  9am - 3pm Monday to Thursday

(03) 942 2173 All services free of charge. http://www.walthamcottage.com No referral required.

**West Christchurch Women's Refuge**

FSD0000886 Last updated 01/10/2020

The objectives of West Christchurch Women's Refuge are to eliminate violence and to protect and promote the rights of women, children, families and whanau to live in environments free from violence and abuse. We meet our objectives through the provision of services and by raising public awareness of domestic violence and related issues.

Our services include a 24 hour crisis line; crisis response services; residential safe house; residential support services; community outreach services; national home safety service Whanau Protect; advocacy & support; education. For support, please ring our Crisis Line : 03-379-0575 or 0800 REFUGE (0800 733 843). In an emergency, please ring 111.

w.w.r@xtra.co.nz  24hour/7 days a week - via the 24 hour crisis line

(03) 379 0575 (Crisis Line) All services free of charge.

(0800) 733 843 (REFUGE) No referral required.

http://www.westchchwomensrefuge.org.nz

**Women's Centre - Christchurch**

FSD0005752 Last updated 20/04/2021

The Women's Centre works with and for the well-being of all women, by assisting, supporting and encouraging them to make informed choices in their lives.

Unit 3 242 Ferry Road Waltham Christchurch 8011 support@womenscentre.co.nz  Drop-in open between 10am - 2pm Mon - Fri.



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| (03) 371 7414 (022) 105 5308 http://www.womenscentre.co.nz | Phone between 9am - 3pm Mon - Fri.  Some charges may apply.  No referral required. |

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

145 Tancred Street Ashburton 7700

(0800) 559 009 http://www.workandincome.govt.nz

otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Canterbury Regional Office**

FSD0023977 Last updated 03/07/2020

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

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

Level 4 161 Cashel Street Christchurch CBD 8053



(0800) 559 009  Normal business hours

http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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).

25 Shands Road Hornby Christchurch 8042

(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

26 Beresford Street New Brighton Christchurch 8061

(0800) 559 009 http://www.workandincome.govt.nz

otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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).

4 High Street Rangiora 7400

(0800) 559 009 http://www.workandincome.govt.nz

You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

203-205 Hills Road Shirley Christchurch 8013

(0800) 559 009 http://www.workandincome.govt.nz

otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

14 Strathallen Street Timaru 7940

(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm http://www.workandincome.govt.nz Weds 9.30am until 5pm

All services free of charge. No referral required.

# Budgeting / Financial Capability

**Ashburton Budget Advisory Service**

FSD0005899 Last updated 15/03/2021

Ashburton Budget Advisory Service offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers. We are available to present Community Education on Budgeting to Community groups, Schools, and Training Groups.

Trevor Wilson Centre 215 Tancred Street Ashburton 7700



ashbudget@psusi.org.nz  9.00am to 4.00pm Monday to Friday weekly

(03) 308 5868 All services free of charge. http://ashbudget.wordpress.com/ No referral required.

**Budget Advisory Trust - Timaru**

FSD0005939 Last updated 21/09/2020

Timaru Budget Advisory Trust offers free, supportive, confidential and culturally aware budget advisory services with trained and certified budget advisers.

16 Beswick Street Timaru 7910



tbat@xtra.co.nz  9.30am - 3.30pm Monday to Friday. 24 hour

|  |  |
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| (03) 688 9383 (027) 392 7885 http://www.tbat.co.nz    **Classification : BFC** | answerphone.  All services free of charge.  No referral required. |

**Budgeting Service North Canterbury Inc**

FSD0000686 Last updated 23/04/2021

We provide free and confidential budgeting advice to all residents in the Waimakariri and Hurunui districts. We are an independent service with no links to political or religious organisations. Our trained Financial Mentors offer non-judgemental budgeting advice and financial mentoring. We also run MoneyMates; education sessions, and general community education workshops.

War Memorial Building 1 Albert Street Rangiora 7400



servicemanager@bsnc.org.nz  Face to face appointments by arrangement. (03) 313 3505 Home visits are offered for home-bound and http://www.bsnc.org.nz special circumstances.

All services free of charge. No referral required.

## Classification : BFC

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**Choices NZ - Christchurch**

FSD0024084 Last updated 21/10/2020

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

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

We can assist you to:

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

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

|  |  |
| --- | --- |
| Laura.Lightfoot@choicesnz.org.nz  (022) 010 3811 (0800) 723 154 http://www.choicesnz.org.nz/ | Weekdays 8:30am - 5pm  All services free of charge.  Referral may apply. |

**Christchurch Budget Service Inc**

FSD0000217 Last updated 12/10/2020

Christchurch Budget Service (CBS) is a genuinely independent agency that is not aligned to any religious or political organisation. Specialist CBS Advisers work alongside and advocate for people who are in full and part-time work including GiG workers, self-employed, independent contractors, seasonal workers and agency workers and their Whnau/Families to resolve income and expenditure challenges, debt, IRD debt and to access correct social entitlements. CBS Budget Advisers also work with Superannuitants, Tertiary Students, ACC recipients and members of the Culturally and Linguistically Diverse (CALD) Community.

55 Lunns Rd Middleton Christchurch 8024



enquiries@chchbudget.org.nz  Office appointments weekdays.

(03) 366 3422 Visits to client's homes days and evenings. (021) 0827 1472 Some charges may apply. http://www.christchurchbudgetservice.co.n No referral required. z

## Classification : BFC

**Christchurch City Mission**

FSD0000221 Last updated 21/12/2020

We provide budget support, emergency food, emergency accommodation for men, women and families, generic social worker services, alcohol and drug counselling, drop in day services to men and women and learning and development programmes for men and women.

276 Hereford Street Christchurch 8140



info@citymission.org.nz  Normal hours Monday to Friday 8.30am -

(03) 365 0635 5.00pm. http://www.chchcitymission.org.nz/ Night shelters open at 5.00pm 7 days a week.

All services free of charge. No referral required.

## Classification : BFC

**Christchurch Methodist Mission**

FSD0000497 Last updated 16/10/2020

We strengthen families, empower children and young people, provide care for older people, and support people to find pathways to a better life.

We have a vision of a city where justice and compassion guide the way we live and where all people are treated with respect and dignity.

3 Marblewood Drive Papanui Christchurch 8053



intake@mmsi.org.nz  Monday - Friday (03) 375 1470 8.30am - 4.30pm

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

Referral may apply.

## Classification : BFC, THP

**Citizens Advice Bureau - Christchurch City**

FSD0006912 Last updated 27/11/2020

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.

Ara 18 Williams Street Christchurch 8011



christchurchcity@cab.org.nz  Mon, Tue, Wed & Thurs 9am to 3pm

(03) 366 6490 Fri 9am to 12pm

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

**Citizens Advice Bureau - Christchurch North**

FSD0006913 Last updated 27/11/2020

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.

Fendalton Library 4 Jeffreys Road Fendalton Christchurch 8053



christchurchnorth@cab.org.nz  Monday, Wednesday, Thursday & Friday – 11am

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| --- | --- |
| (03) 351 7804 (0800) 367 222 http://www.cab.org.nz | to 5pm  Tuesday – 2pm to 5pm All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - Christchurch West**

FSD0006914 Last updated 27/11/2020

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.

Hornby Community Care Centre 8 Goulding Avenue Hornby Christchurch 8042 christchurchwest@cab.org.nz  Mon - Fri 9am to 5pm (03) 349 5236 All services free of charge.



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

**Citizens Advice Bureau Christchurch Area - The Loft**

FSD0022813 Last updated 27/11/2020

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.

Eastgate Mall 20 Buckleys Road Linwood Christchurch 8062



christchurchcity@cab.org.nz  Tuesday - 11am to 2pm (03) 366 6490 All services free of charge.

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

**Citizens Advice Bureau North Canterbury**

FSD0006920 Last updated 19/03/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. Our trained volunteers will listen and get you the information, assistance or referral you need. You don't need an appointment, just drop in to a CAB near you, pick up the phone, email us, or go online and let's talk.

Trevor Inch Memorial Library 141 Percival Street Rangiora 7440



coordinator.northcanterbury@cab.org.nz  9.00am - 4.30pm, Monday to Friday

(03) 313 8822 All services free of charge.

(03) 310 6205 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau South Canterbury Inc**

FSD0019437 Last updated 09/08/2020

To give free and confidential advice and information to clients to ensure that when they are confronted with challenging situations, they are not disadvantaged through lack of knowledge of their rights and responsibilities.

These situations can include:

Tenancy and Housing

Health and Welfare

Employment and Work Related Issues

Education

Personal and Family Concerns

Legal, Justice and Consumer Law

We also offer a free legal referral service weekly.

Community House 27 Strathallan Street Central Timaru 7910



southcanterbury@cab.org.nz  10am - 4pm Monday to Thursday; 10am - 1 pm

|  |  |
| --- | --- |
| (03) 687 7362 (0800) 367 222 http://www.cab.org.nz      **Community Focus Trust** | Friday;  Legal service Thursday 7pm All services free of charge. No referral required. |
| FSD0024323 | Last updated 24/08/2020 |

Community Focus Trust aim is embracing, equipping and empowering our Community. Our aim is to facilitate practical support and social services to our community based on the needs as we find them

140 Springfield Road St Albans Christchurch 8014



communityfocustrust@gmail.com  Tuesday 10am - 2pm

(027) 915 7789 Wednesday 10am - 2pm

https://www.facebook.com/communityfocu Thursday 10am - 2pm strust Some charges may apply.

No referral required.

**Compassion Trust Financial Mentoring (Budgeting) Service**

FSD0020708 Last updated 25/10/2020

Compassion Trust Financial Mentoring (Budgeting) Service provides free confidential financial mentoring, debt management, advocacy and insolvency for low income families and individuals. We work to provide support and education to address debt and we help bring clarity and understanding around weekly budget planning. We also run MoneyMates peer led support, sharing and learning groups for our communities. All our financial mentors (budgeters) are trained and nationally certified.

Grace Vineyard Church 111 Seaview Road New Brighton Christchurch 8061



office@compassiontrust.org.nz  New Brighton open Monday to Thursday 9 am to

(03) 379 2329 5 pm and Friday 9 am to 3 pm http://www.compassiontrust.org.nz

Phillipstown open Tuesday and Wednesday 9am -5pm.

All services free of charge. No referral required.

## Classification : BFC

**Family Support (SC) Inc**

FSD0019449 Last updated 29/09/2020

Family Support (SC) Inc is an independent, community based family support agency. We work with families under stress or in crisis to enable them to remain intact and capable of functioning independently, or with a small amount of appropriate ongoing support.

9A Dee Street Timaru 7910



familysupport@fssc.org.nz  Monday - Friday 9.00 - 5.00

(03) 688 1152 Some charges may apply. http://www.fssc.org.nz No referral required.

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



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| (03) 961 9248 (029) 263 7580 http://www.heartlandservices.govt.nz | Wed 9:30am – 5:00pm  All services free of charge.  Referral may apply. |

**Heartland Services - Kaikoura**

FSD0007157 Last updated 30/07/2020

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services. Bookings and appointments for AA Driver Licencing can be made for the 1st Thursday of every month, for Learners and Renewals only.

Te Whare Putea Trust provides a Building Financial Capability service, Community Food Bank, Information and Advice, manages Temporary Housing, and advocacy.

Te Whare Putea has been granted funding via MSD Food Response Fund and will be working with MSD toward making Kaikoura a Food Secure Community.

Te Whare Putea/Heartland Services 3/78 Beach Road Kaikoura 7300 tewhareputea@xtra.co.nz  9am - 4pm daily.



(03) 319 7243 All services free of charge.

(027) 333 4480 No referral required.

http://www.heartlandservices.govt.nz

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



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| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge.  No referral required. |

**Kingdom Resources**

FSD0000442 Last updated 16/07/2020

Kingdom Resources is a not-for-profit Christian organisation in Christchurch and North Canterbury; offering budget advice, budget education courses, and an employment education course for women.

1st Floor 285 Lincoln Road Addington Christchurch 8024 kr@kingdomresources.org.nz  Office hours: 8.30am-4.30pm, Monday to Friday.



(03) 332 1700 Late night by arrangement. http://www.kingdomresources.org.nz 24 hour answerphone.

All services free of charge. No referral required.

## Classification : BFC

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

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| --- | --- |
| (03) 325 2007 http://www.lincolncomcare.co.nz | Public Holidays  Some charges may apply.  Referral may apply. |

**Linwood Avenue Community Corner Trust**

FSD0000466 Last updated 26/03/2021

Services range from support and practical advice, budget referral, Emergency Food Parcels,

Partnership Community Workers. Programmes and activities for all ages, we employ a Coordinator, Family Community Worker and Health Workers.

 378 Linwood Avenue Bromley Christchurch 8062

dorothy@lacct.org.nz  Office hours 9am to noon Monday to Friday

(03) 980 9827 Some charges may apply.

(03) 389 5303 No referral required.

http://linwoodavenueunionchurch.org.nz

**Literacy Aotearoa Aoraki (Canterbury)**

FSD0023963 Last updated 27/04/2021

To develop, promote and deliver accessible, quality literacy, language, numeracy and digital literacy skills designed to ensure the peoples of Aotearoa are critically literacy and able to realise their full social, cultural and economic potential.

Risingholme Homestead 22 Cholmondeley Ave Opawa Christchurch 8023 info.c9@literacy.org.nz  Mon - Fri 8:30am - 5pm



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| (03) 337 5555  (0800) 678 910 http://www.literacy.org.nz/ | We deliver courses at Risingholme and also out in the community. Our courses are free, delivered in small supportive groups or 1:1 , by experienced & qualified tutors.  All services free of charge.  No referral required. |

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**Oxford Community Trust**

FSD0002623 Last updated 27/10/2020

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

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| (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz | public holidays)  Some charges may apply.  No referral required. |

## Classification : OSCAR

**Power To Care**

FSD0000828 Last updated 31/08/2020

We provide welfare guardianship and property management services, enduring powers of attorney for property and personal care and welfare, personal orders and social work to those who can not fully manage their affairs because of age, illness or disability.

We specialise in services under the protection of Personal and Property Rights Act 1988.

149 Harewood Road Papanui Christchurch 8053



peter@powertocare.co.nz  Open hours:

(03) 354 2195 Tue-Fri, 9am-4pm

(021) 0286 8061 http://www.powertocare.co.nz/index.html Closed:

Sat-Sun-Mon

Some charges may apply. No referral required.

**Presbyterian Support Mid Canterbury - Trevor Wilson Centre**

FSD0007782 Last updated 12/03/2021

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

215 Tancred Street Ashburton 7700



midcant@psusi.org.nz  8.45am - 5.15pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 2616907 Referral may apply. http://psuppersouth.org.nz/

## Classification : YS

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

44 Bealey Avenue Central Christchurch 8013



ps@psusi.org.nz  Monday to Friday 8.30am-5pm.

(0800) 477 874 Some charges may apply.

(03) 366 5472 Referral may apply. http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

 Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062

info@maatawaka.org.nz (03) 382 6628 https://maatawaka.org.nz

## Classification : BFC, FVSS

**Te Whare Putea Trust**

FSD0008188

Monday to Friday - 8:00 to 4:30 Some charges may apply. Referral may apply.

Last updated 30/07/2020

Offer information and advice, budget advice, family support, Food Bank and Heartland services.

3/78 Beach Road Kaikoura



tewhareputea@xtra.co.nz  Monday to Friday 9am-4pm.

|  |  |
| --- | --- |
| (03) 319 7243 (027) 333 4480 http://www.tewhareputea.org.nz    **Classification : BFC**    **Te Whare Roimata Trust** | All services free of charge. No referral required. |
| FSD0000866 | Last updated 27/10/2020 |

Community Centre for the inner city east and surrounding neighbourhoods providing grassroot, self-help responses to the issues and concerns of local people. A range of activities and services has been developed including Maori cultural advice and awhi, neighbourhood support and outreach, a twice weekly play group, budget and benefit advice, information and advocacy, a weekly neighbourhood cafe, a low cost shifting and household services to people on low incomes, the Linwood Community Arts Centre and the Community Gardens project at Surrey and Smith Streets

274 Gloucester Street Christchurch 8011



tewhareroimata@gmail.com  Office hours: Monday-Friday, 9am-4pm

(03) 379 5134 Some charges may apply. https://tewhare.webs.com/ No referral required.

**The Hope Community Trust**

FSD0018407 Last updated 17/12/2020

Our Mission is to Restore Hope within individuals and families by providing Emotional, Physical and Spiritual solutions to their needs.

We do this by providing a unique Wrap around Care model of practise and build community and belonging. Counselling Centre, Community Support Workers, Food bank, Community Garden, Op Shop, Men's Breakfast, Women's groups, Community Meal, Restore Drug and Alcohol drop-in service, Kingdom Resources budgeting service.

Refer to Website for hours and times of daily life.

113-115 East Belt Rangiora 7400



support@hopecommunity.co.nz  Tuesdays-Fridays: 9am – 4pm

|  |  |
| --- | --- |
| (03) 928 3066 Weekends: Closed  http://www.hopecommunity.co.nz Some charges may apply.  No referral required.      **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

853 Colombo Street Christchurch Central Christchurch 8013



christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Hornby**

FSD0000786 Last updated 16/04/2021

We are here to support the community and help meet need in whatever way we are able. Through the centre we offer welfare support through Food Parcels, Financial Mentoring, Free Bread on a Tuesday and a listening ear. We offer the Positive Lifestyle Programme which runs for eight

sessions, one on one. Craft Group, Community Cuppa, Social events are all opportunities to meet and make new friends. Our Sunday Service is a bright, vibrant time of celebration with something for the whole family and finishing with morning tea.

23 Manurere Street Hei Hei Christchurch 8042



hornby.corps@salvationarmy.org.nz  Centre Office is open Monday - Thursday

(03) 349 6268 (9.30am-12.30pm)

https://www.salvationarmy.org.nz/centres/

nz/canterbury/hornby Foodbank: Monday and Thursday - 9.30am to

12.30pm. (last appointment 12.10pm) Koha/donation may apply. No referral required.

**The Salvation Army - Linwood**

FSD0000791 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Linwood Avenue Linwood Christchurch



linwood\_corps@nzf.salvationarmy.org  Community & Family Centre: 9am - 12.00pm,

|  |  |  |
| --- | --- | --- |
| (03) 389 3723 https://www.salvationarmy.org.nz/centres/ nz/canterbury/linwood/linwood-corps      **The Salvation Army - Rangiora** | 1pm-4pm Monday to Friday.  Budgeting Service available on (03) 389 3723 | |
| Some charges may apply. No referral required. |  |
| FSD0000792 |  | Last updated 23/04/2021 |

Worship, community and welfare services of The Salvation Army

12 Ashley Street Rangiora 7400



rangiora\_corps@nzf.salvationarmy.org  Mon to Fri 9am - 4pm

|  |  |
| --- | --- |
| (03) 313 2370 https://www.salvationarmy.org.nz/centres/ nz/canterbury/rangiora/rangiora-corps | All services free of charge. No referral required. |
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**The Salvation Army - Rolleston**

FSD0023568 Last updated 20/04/2021

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

646 Springston Rolleston Road Rolleston 7678



rolleston.corps@salvationarmy.org.nz  Family Store Opening hours: Weekdays 9am-

(03) 347 0934 4pm, Saturday 9.30am-3pm http://sarolleston.nz/ Some charges may apply.

No referral required.

**The Salvation Army - Sydenham**

FSD0000795 Last updated 03/05/2021

Worship, community and welfare services of The Salvation Army

250 Colombo Street Christchurch 8023 sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.



(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**The Salvation Army - Timaru**

FSD0023562 Last updated 22/03/2021

Worship, community and welfare services of The Salvation Army

 206 Wai-iti Road Highfield Timaru 7910

timaru.corps@salvationarmy.org.nz  /

(03) 684 7139 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/timaru/timaru-corps

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

145 Tancred Street Ashburton 7700



(0800) 559 009  You can contact any of our service centres or

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

 25 Shands Road Hornby Christchurch 8042

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| --- | --- |
| (0800) 559 009 http://www.workandincome.govt.nz | You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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. 26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009 http://www.workandincome.govt.nz

You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

203-205 Hills Road Shirley Christchurch 8013



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family. 14 Strathallen Street Timaru 7940



(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm http://www.workandincome.govt.nz Weds 9.30am until 5pm

All services free of charge. No referral required.

# Child Care

**Addington OSCAR**

FSD0022208 Last updated 14/09/2020

Offers OSCAR-approved after school and school holiday programmes in Addington , SpreydonHeathcote Ward (Christchurch).

The Haven 19 Poulson Street Addington Christchurch 8024



addingtonoscar@yahoo.co.nz  Some charges may apply.

(020) 408 64947 No referral required. http://manukacottageaddington.net/index. php/oscar

## Classification : OSCAR

**Adventure Specialties Trust - Christchurch**

FSD0020638 Last updated 21/08/2020

Adventure Specialties Trust aims to assist the holistic development of individuals using the outdoors as its medium. We run many different programmes to achieve this goal including youth development programmes, programmes with youth offenders, strengthening families programmes, camps for teenagers with disabilities and camps and technical programmes with high schools and community groups. We also provide the outdoor resources and equipment so clients are not barred from participation because of a lack of access to the specialist equipment required for the outdoors.

6/28 Acheron Drive Riccarton Christchurch 8014



chch@adventurespecialties.co.nz  9-5pm, Monday to Friday

(03) 348 4547 Some charges may apply. http://www.adventurespecialties.co.nz Referral may apply.

**After School & Holidays @ Kids Alive**

FSD0021843 Last updated 15/01/2021

OSCAR Programme providing After School and Holiday Care for children from aged 5-14. We are accredited under the Social Sector Accreditation Standards and Work and Income Subsidies are available.

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| --- | --- |
| lorraine@kidsalive.co.nz  (027) 403 8126 (022) 403 8126 http://www.kidsalive.co.nz    **Classification : OSCAR**    **Air Force Museum Oscar** | Monday to Friday (term time)  2.45 pm - 5.30 pm Some charges may apply. No referral required. |
| FSD0022421 | Last updated 16/07/2020 |

The Air Force Museum offers OSCAR approved School Holiday programmes for children.

Air Force Museum of New Zealand is the national museum for the Royal New Zealand Air Force (RNZAF) and one of New Zealand’s premier attractions. Located in Christchurch on the site of the former Air Force Base at Wigram, the Museum offers a unique and memorable visitor experience. With over 30 historic aircraft, hands-on exhibitions and programmes, guided tours and even a flight simulator, all with FREE entry, it is the ideal place to bring the whole family for a great day out.

45 Harvard Avenue Wigram Christchurch 8042 info@airforcemuseum.co.nz  Every day (except Christmas Day) 10am to 5pm.



(03) 343 9532 Some charges may apply.

(03) 343 9504 No referral required. http://www.airforcemuseum.co.nz

## Classification : OSCAR

**Ashburton Borough School OSCAR Programme**

FSD0021249 Last updated 13/01/2021

OSCAR stands for 'Out of School Care and Recreation'. It is a services that provide regular care for school age children (5 – 13 year olds) outside school hours; that is, after school and during the school holidays.

The OSCAR programme provides leisure and recreation activities that not only enrich the child but also enrich family life and enhance learning done at school.

1 Winter Street Ashburton 7700



oscar@ashborough.school.nz  OSCAR runs Monday to Friday 2.55 to 5.30pm

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| --- | --- |
| (03) 307 8529 ext 819 (027) 302 3030 http://ashborough.school.nz/    **Classification : OSCAR** | during the school term. The Holiday Programme runs Monday to Friday 8.30am to 5.30pm.  Some charges may apply.  No referral required. |

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

|  |  |
| --- | --- |
| (03) 308 1395 http://www.safermidcanterbury.org.nz      **Avonhead Community Trust** | All services free of charge. Referral may apply. |
| FSD0017677 | Last updated 30/07/2020 |

The Avonhead Community Trust is a charitable trust which serves the Christchurch Community by providing holistic services which empower children, young people and families to lead full and meaningful lives.

102 Avonhead Rd Avonhead Christchurch 8042



weustenfamily@fspnz.com  week day mornings (03) 342 4359 Some charges may apply.

(021) 450 055 No referral required. http://www.actrust.org.nz

## Classification : OSCAR

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

64 Langdons Road Papanui Christchurch 8053



CanterburyAMU@barnardos.org.nz  Office Hours Monday to Friday 8.00am - 4.30pm

(03) 365 3923 Some charges may apply.

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

## Classification : FVSS

**Belfast Community Network**

FSD0020443 Last updated 27/04/2021

Belfast Community Network was formed in 2001 by a group of leaders from local schools, churches and medical centres who identified issues within our local community. The organisation began working collaboratively to connect groups within its own community. Seventeen Belfast groups are members of the BCN and the Executive Committee who govern the organisation are elected annually from this group, which gives true community representation. Our prime objective is to 'Support Our Community As It Grows' by providing services, resources and programmes to Belfast residents as identified by our community.

710 Main North Road Belfast Christchurch 8051



support@belfastcommunitynetwork.org.nz  9.00 am to 4.00 pm Mon-Fri

(03) 323 9731 Some charges may apply. http://belfastcommunitynetwork.org.nz No referral required.

## Classification : OSCAR

**Best Start Buchanans Rd**

FSD0022574 Last updated 06/11/2020

We are a purpose built childcare centre with four rooms which cater for children aged from 4 months to 5 years old.

5 Jarnac Blvd Yaldhurst Christchurch 8042



buchanans@best-start.org  7am to 6 pm

(03) 741 1024 Some charges may apply. https://best-start.org/centres/beststart- No referral required. buchanans-road

**Best Start Rolleston**

FSD0022583 Last updated 13/01/2021

At BestStart Rolleston we are very lucky as we are a purpose built centre and have wonderful established gardens and trees. Our Nursery caters for children aged 6 weeks to 2 years and our Preschool 2-5 years.

14 Cezanne Grove Rolleston 7614



rolleston@best-start.org  Monday - Friday 7:30am-5:45pm

(03) 347 9850 Some charges may apply. http://www.best-start.org No referral required.

**BestStart Beckenham**

FSD0022577 Last updated 23/12/2020

ABC Beckenham is a purpose built Early Childhood Centre for children aged 0-5 years.

We are committed to providing an education that is valued, safe and fun by seeking and establishing reciprocal relationships amongst our children, families and our local community that promote concepts of tuakana teina, ako and establish Mana for learning.

A person's a person, no matter how small! (Dr Suess). Come in and meet us, have a chat and see what we are all about!

112 Colombo Street Sydenham Christchurch 8023



beckenham.manager@best-start.org  7am-6pm

(03) 337 3134 http://www.best-start.org/ We have morning, afternoon or full day sessions.

Some charges may apply. No referral required.

**BestStart Faringdon**

FSD0022582 Last updated 12/01/2021

Edukids Faringdon is a newly purpose built centre that offers quality childcare in the Selwyn area. Your child will be nurtured and cared for in a warm, friendly and caring environment by highly qualified and or skilled teachers.

We are one of the 250 BestStart centres throughout New Zealand and we are one of New

Zealand's largest Early Childhood Education organisations, providing care to over 16,000 children across New Zealand.

53 Chandler Way Rolleston 7678



faringdon@best-start.org  We are open Monday to Friday 7am to 6pm.

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| (03) 550 2076 http://www.best-start.org/      **Beststart Kaiapoi** | Closed on all public holidays.  Some charges may apply. No referral required. |
| FSD0022550 | Last updated 21/12/2020 |

ABC Kaiapoi is a gorgeous purpose built centre set against the stunning rural backdrop of Kaiapoi. We are a large centre licensed for 85 children, so we have ample room for your child to play in a safe and nurturing environment where learning is driven by children’s interests.

What makes us different:

We have three large playgrounds for children to explore and discover.

We have five large classrooms – providing more than required space to extend children’s learning.

Which include a separate room for our under ones.

Our under two bedroom has full stand-alone cots with a home away from home feel.

Low teacher to child ratios.

Qualified, passionate and experienced staff.

Bright, clean and well-resourced centre.

Come in for a visit today!

56 Williams Street Kaiapoi 7630



kaiapoi@best-start.org  Monday to Friday

|  |  |  |
| --- | --- | --- |
| (03) 327 0733 http://www.best-start.org/      **BestStart St Martins** | 6.30am -6pm  Only closed for public holidays Some charges may apply.  No referral required. |  |
| FSD0022587 |  | Last updated 15/01/2021 |

St Martins is a high quality centre with a lovely home like feel.

We have two age appropriate rooms to help us better cater to the children’s needs. Our preschool is the main building & caters for children aged 2 to 5 years, the nursery is a separate building catering for infants & toddlers aged 3 months – 2 years.

All staff at ABC St Martins take pride in helping children develop to their full potential, and are passionate in achieving a caring and nurturing environment for all children.

We understand how difficult it can be to choose the right childcare centre for your child, and how emotional the process can be while your child adjusts to a big life change. Our team is here to help you every step of the way. We will support you, acknowledge you and aim for a close partnership with you, so you can rest assured your child will have the very best possible care.

We offer delicious, healthy morning and afternoon teas as well as fantastic lunches provided by our on site cook.

17 St Martins Road St Martins Christchurch 8022



stmartins.manager@best-start.org  Monday to Friday 7.30am-6.00pm

(03) 332 1944 Some charges may apply. https://best-start.org/centres/beststart-st- No referral required. martins

**Blueberries Nursery and Preschool**

FSD0022581 Last updated 03/01/2021

Donald Duck Nursery and Preschool is located in the heart of the Addington Business District and is handy to Christchurch Public and Women's Hospitals, Hagley Park and the City. We are licenced for fifty children aged 2-5years and ten children under two, and offer full-time, part-time and morning or afternoon sessions.

We are a strong multi-cultural centre that supports and celebrates the diversity of our families and teaching staff. Our philosophy reflects the shared beliefs, values, visions, practices and identity of our community.

Our well-paced child-centred programme allows children long periods of uninterrupted time to follow their interests, share ideas and develop friendships, as well as meeting the changing needs of individual children by embracing social, emotional, cognitive, intellectual and physical skills.

29 Macaulay Street Addington Christchurch 8024



info@blueberrieschildcare.co.nz  Monday to Friday 7.15am - 5.45pm. Only closed

|  |  |
| --- | --- |
| (03) 338 4470  http://www.facebook.com/Blueberries-  Nursery-Preschool-411673106288541/      **BOSCO Incorporated** | for public holidays.  Some charges may apply. No referral required. |
| FSD0017547 | Last updated 22/04/2021 |

To provide affordable out of school care (OSCAR approved) in a safe, quality environment, meeting the needs of our children and their families.

Beckenham Te Kura o Purtoto School 71 Sandwich Road Beckenham Christchurch 8023



office@bosco.org.nz  Monday-Friday 7.30am - 8.30am then again 3(027) 645 6632 6pm During term times (40 weeks of the year) http://www.bosco.org.nz and Monday-Friday 7.30am-6pm during holiday

periods (10 weeks of the year) Some charges may apply. No referral required.

## Classification : OSCAR

**Busy Bumbles**

FSD0017602

We offer Holiday Programmes in Canterbury.

817 Jones Road Rolleston 7677 office@busybumbles.co.nz 



(03) 347 3031 (021) 155 3341 http://www.busybumbles.co.nz

## Classification : OSCAR

Last updated 29/06/2020

7am-9am During Term

3pm-6pm During Term

7am-6pm School Holidays Some charges may apply. No referral required.

**Canterbury Early Learning Centres**

FSD0022423 Last updated 19/06/2020

We provide quality education and care within a Preschool and/or homebased environment for children aged 0-6 years.

We value our strong reciprocal relationships with our families and community, respecting the rich diversities of ethnicities and cultures within our whanau. We offer parents choices between Preschool and homebased with us recognizing that each child and family is an individual. We offer a robust transition to school programme which is acknowledged and accredited by all of our local schools.

Our Avonhead Montessori centre offers a wonderful balance of the Montessori work-cycle time with free play allowing children to learn and develop at their own pace. We can offer parents peace of mind that their child/children will be nurtured, educated and learn from our teachers in a safe environment.

We offer 20 ECE free hours for children over 3 years and support with WINZ subsidies.

Southbrook Early Learning Centre 89 South Belt Rangiora 7400 office@southbrookelc.co.nz  7am - 6.30pm



(03) 313 7489 Some charges may apply. http://www.southbrookelc.co.nz No referral required.

**Canterbury Fiji Social Service Trust**

FSD0000180 Last updated 10/08/2020

We provide quality, age appropriate, culture sensitive activities in a safe and healthy environment to low income families in the community.

40 Hillary Crescent Upper Riccarton Christchurch 8041



fiji.social.services@gmail.com  Normal hrs: Monday to Friday 9am-4pm

(03) 942 9498 Some charges may apply. (021) 440 812 No referral required.

## Classification : OSCAR

**CASPA After School & Holiday Programmes**

FSD0022427 Last updated 27/10/2020

CASPA provides fun, quality before school, after school and holiday programme childcare for primary school aged children from 5 - 13 years of age in various locations around Christchurch.

"You Expect the Best for Your Child"

At CASPA, so do we! For peace of mind while you work, CASPA is the answer for you.

At CASPA, we provide your children aged five to 13 years old with a before school, after school and holiday programme experience they enjoy. Your children are cared for by our experienced Leaders who are trained, highly motivated and professional and provide a safe, friendly environment.

Our Programmes are designed to be fun and educational. We help your child develop interest and skills in hobbies and activities such as:

* Arts & Crafts
* Music & Sports
* Drama

CASPA is approved by the Ministry of Social Development for the Out of School Care and Recreations subsidy commonly known as the OSCAR Subsidy.

You may be eligible to apply for an OSCAR Subsidy.

132D Victoria Street Christchurch Central Christchurch 8013



info@caspa.org.nz  Monday to Friday 10am - 4pm during the school

|  |  |
| --- | --- |
| (03) 349 9260 (027) 352 1638 http://www.caspa.org.nz    **Classification : OSCAR**    **Chisnallwood Youthtown** | term.  Some charges may apply. No referral required. |
| FSD0023794 | Last updated 18/12/2020 |

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

76 Breezes Road Avondale Christchurch 8053



chisnallwood@youthtown.org.nz  After School Programme

(027) 522 7187 Holiday Programme

|  |  |
| --- | --- |
| (0800) 004 566 http://www.youthtown.org.nz    **Classification : OSCAR** | Some charges may apply. No referral required. |

**Cholmondeley Children's Centre**

FSD0000212 Last updated 10/08/2020

Short-term, planned and emergency respite care for children (aged 3-12) whose families are in crisis or experiencing ongoing stress. Our service is primarily community funded and operates outside the statutory care system. Admission through parental or guardian consent. Direct referrals from other community services, GPs and families are welcome.

6 Cholmondeley Lane Governors Bay 8971



info@cholmondeley.org.nz  Cholmondeley operates 24/7 for 48 weeks of

(03) 329 9832 every year. http://www.cholmondeley.org.nz/ All services free of charge.

No referral required.

**Christ the King OSCAR Incorporated**

FSD0021273 Last updated 22/03/2021

We are a MSD funded After School childcare programme which aims to provide a quality and safe recreation programme for 5-13 year olds.

92 Greers Rd Burnside Christchurch 8053



ctkoscar@gmail.com  Monday to Friday from 2.50pm till 5.50pm, on

(027) 285 0003 school days.

Some charges may apply. No referral required.

## Classification : OSCAR

**Christchurch Chinese Church Children's Ministry**

FSD0017862 Last updated 24/07/2020

We will be back with our holiday programme in October 2020 :)

C3 OWL Holiday Programme is a fun filled school holiday programme for children between the age of 5 - 11 years old. We run it twice a year during the April and July/October school holidays.

We have fun Bible lessons, games, excursions and many different type of activities.

286 Greers Road Bryndwr Christchurch 8053



emma.chin@chinesechurch.org.nz  To enroll, our office is open between 9am -

|  |  |
| --- | --- |
| (03) 359 5986 (021) 040 8998 http://www.chinesechurch.org.nz | 2.30pm Monday to Friday. Email the emails above to get an enrollment form and more details.  Some charges may apply.  No referral required. |

**Christchurch Methodist Mission**

FSD0000497 Last updated 16/10/2020

We strengthen families, empower children and young people, provide care for older people, and support people to find pathways to a better life.

We have a vision of a city where justice and compassion guide the way we live and where all people are treated with respect and dignity.

3 Marblewood Drive Papanui Christchurch 8053



intake@mmsi.org.nz  Monday - Friday (03) 375 1470 8.30am - 4.30pm

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

Referral may apply.

## Classification : BFC, THP

**Christchurch School of Gymnastics**

FSD0021414 Last updated 12/01/2021

School holiday programme including Gymnastics and Trampolining, arts and crafts, baking, and out-door activities.

38 Mark Treffers Drive QEII Park Christchurch



admin@chchgymnastics.co.nz  Monday to Thursday 9am to 6pm

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| (03) 388 6616 (022) 3947 268 http://www.chchgymnastics.com/    **Classification : OSCAR** | Friday 9am to 5.30pm  Saturday 8.15am to 12.30pm Sunday 3.30pm to 7.30pm Some charges may apply.  No referral required. |

**Church Corner Nest Early Learning Centre**

FSD0022556 Last updated 05/10/2020

We provide outstanding early childhood care and education.

We are licensed for 30 children aged 0-5 years of age.

Our centre is a converted house and is very homely and family is at the centre of all we do. We are focussed on sustainable practices and ensuring that children learn to love and respect the earth.

Our purpose is to ensure that every child receives an outstanding early childhood education and is well prepared for life long learning. We operate a primary care system where each family has a specific teacher assigned to them. This teacher is responsible for ensuring that all care routines for the child are carried out and for all communication and liaison with parents and whanau. The primary care teacher is also responsible for developing an individual plan of learning for each child. The teacher produces and maintains a detailed record of each child's learning in the form of a portfolio.

We service the Sockburn and Upper Riccarton areas.

67 Main South Road Sockburn Christchurch 8042



churchcorner@nests.co.nz  We are open Monday to Friday 7.30 am to 6.00 (03) 341 3396 pm. We do not close for school holidays but http://www.nests.co.nz are closed on statutory holidays.

Some charges may apply. No referral required.

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

 Level 1 29 High Street Rangiora

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| --- | --- |
| manager@wellbeingnc.org.nz  (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Monday - Friday 8.30am-5pm Some charges may apply.  No referral required. |

**Cornerstone Christian Early Learning Centre Aidanfield**

FSD0022542 Last updated 02/07/2020

* We provide quality Christian childcare in a warm, caring and safe environment.
* We have a strong sense of family and community.
* We have structured morning and afternoon sessions and are now open during most schoolholidays.
* We cater for children from 2.5 years old until they start school.
* Work & Income subsidies are available.
* 20 hours free ECE for over three-year-olds available.

2 Nash Road Halswell Christchurch 8025



cornerstone@aidanfield.school.nz  Term time & school holidays

(03) 338 9948 Monday - Friday 8.30am - 3.30pm (022) 094 9926 Some charges may apply. http://www.cornerstone.school.nz No referral required.

**Craighead Kindergarten**

FSD0022584 Last updated 29/01/2021

We are a small not for profit community based Kindergarten with a long-standing reputation for providing quality early childhood education. Our aim is to work in partnership with families in nurturing and encouraging children to grow a love of learning.

We welcome children from two and a half years of age and offer a programme of learning through play with both structured and free-play components to each session.

We are licenced for 30 children in each session and offer 20 hours Early Childhood Education for three to five year olds who attest their hours to the Kindergarten.

A number of our families are eligible for Work and Income Childcare Subsidies. You can receive the required forms from the Work and Income office.

We welcome you to come and visit our facility, to browse our website and to contact our office with any enquiries.

Craighead Kindergarten is run as an incorporated society with a Board of Governors.

11 Craighead Street Highfield Timaru 7910



office@craigheadkindergarten.org.nz  Morning Sessions

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| --- | --- |
| (03) 688 9654 (021) 024 46379 http://www.craigheadkindergarten.org.nz      **Dallington Oscar** | Monday to Friday  8.15am - 12.15pm  Afternoon Sessions  Monday to Friday  12.30pm - 2.30pm  Full day Sessions (for the oldest children)  Monday to Friday  8.15am - 2.15pm  Some charges may apply. No referral required. |
| FSD0021375 | Last updated 14/08/2020 |

OSCAR approved Before and After School Care.

2 Bramwell Street Dallington Christchurch 8061



dallingtonoscar@gmail.com  Term Time: 7.30 - 8.30am, 3 - 5.30pm

(03) 386 3555

(027) 386 3555 Holiday Programmes: 7.30am - 5.30pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Elmwood OSCAR Programme Inc**

FSD0021429 Last updated 01/03/2021

Elmwood OSCAR Programme provides outside of school child care for 5 to 13 year olds in term time and school Holidays. The programme is used by children from Elmwood Normal School and Heaton Normal Intermediate. The OSCAR room is on Elmwood Normal School grounds. The programme is MSD funded and parents may apply for WINZ funding.

31 Aikmans Road Merivale Christchurch 8014



manager@elmwoodoscar.co.nz  Term time from 3pm to 6pm

(027) 733 7209 Holiday programme from 8.30 until 6pm https://enrolmy.com/elmwood-oscar Some charges may apply.

No referral required.

## Classification : OSCAR

**Fendalton OSCAR (FOSCAR)**

FSD0021446 Last updated 06/07/2020

The FOSCAR team aims to provide quality Afterschool Care and Holiday OSCAR approved Programme care to children aged 5-12 years of age in a fun, safe and caring environment.Our utmost concern is for your children and maintaining the trust you place in us, in allowing us to care for them in your absence. We offer a varied and stimulating programme, incorporating creative & constructive play, sports, games and homework tuition. We endeavour to be fair and consistent at all times.

Fendalton Community Centre 170 Clyde Road Fendalton Christchurch 8053



foscarchch@gmail.com  Afterschool Programme Daily 3-6pm (027) 682 8534 Holiday Programme Daily 8.30am-5.30pm http://www.fendaltonschool.nz Some charges may apply.

No referral required.

## Classification : OSCAR

**FUNdamentals Preschools**

FSD0022462 Last updated 26/09/2020

Fundamentals Preschool is available at two locations: Merivale and Marshlands.

We offer a total Mind and Body experience with an on-site gym room, including dance, yoga and active movement sessions. The gym and classroom sessions are balanced with free-choice times where children play alongside their peers both inside and outdoors. We offer sand, woodwork, water play, art, and teacher-guided activities based on science, maths and literacy. We offer a Numeracy & Literacy programme for 3 year olds, that includes phonological based reading extension and games. We incorporate a range of activities from puzzles, shape exploration, small manipulative tasks like threading, to gross motor gym room activities, stories, creative art and music.

Please enquire about session times, costs and availability by calling us, or via e-mail. We invite you to come in and see how the centre works.

5 Innes Road Merivale Christchurch



merivale@fundamentals.co.nz  The Centre is open 7.30am - 6.00pm Monday -

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| --- | --- |
| (03) 355 1522 Merivale (03) 385 5252 Marshland http://fundamentals.co.nz/      **GenZ OSCAR Programme** | Friday in Merivale.  FUNdamentals Marshlands  435 Marshland Road, Marshlands  FUNdamentals Merivale  5 Innes Road, Merivale Some charges may apply. No referral required. |
| FSD0021828 | Last updated 15/02/2021 |

We provide care for children aged 5-13 after school and during the school holidays.

Families for Life trust 81 Bickerton Street Wainoni Christchurch 8061



genzkids81@gmail.com  8.00am - 6.00pm Monday to Friday for school

(03) 373 8277 holidays

(020) 410 70744

3.00pm - 6.00pm Monday to Friday for after school care

Some charges may apply. No referral required.

## Classification : OSCAR

**Geraldine Preschool Inc**

FSD0022512 Last updated 19/10/2020

Community Owned Childcare Centre for 3months-6 year olds.

 6 High Street Geraldine 7930

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| --- | --- |
| geraldinepreschool@xtra.co.nz  (03) 693 9133 http://www.geraldinepreschool.co.nz      **Globalkids Preschool** | Monday - Friday 8.00am-5.00pm Some charges may apply. No referral required. |
| FSD0023991 | Last updated 17/08/2020 |

We are a small home like early childhood centre, with qualified passionate teachers. We are a mixed age centre liscensed for 10 children 0-2 years and 20 children 2-5 year olds.

We offer our families work and income subsidies and the 30 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 8am-5pm .

You can read our excellent Education Review Office report online.

70 Hume St Sydenham Christchurch



global.kids@xtra.co.nz  8am to 5pm Monday to Friday

(03) 332 2070 Some charges may apply. http://www.globalkids.co.nz No referral required.

**Haven ELC**

FSD0023945 Last updated 12/04/2021

We are a small centre, providing quality childcare and early childhood education for all ages up to 6.

375 Worcester St Linwood Christchurch 8011



info@havenelc.school.nz  7:30-17:30 (03) 389 2483 Some charges may apply.

(027) 3894 284 No referral required. http://havenelc.school.nz

**Hit Play - Allenton Primary School**

FSD0021690 Last updated 22/01/2021

Hit Play Kids Club is an OSCAR approved programme designed for 5 to 13 year old children. It operates before and after school, as well as during the school holidays. Offering a fun and interactive programme.

Hit Play Kids Club provides a bridge between school and home life in a friendly and safe environment. With a focus on keeping kids active and learning through play, this is where new friends are made. Children are encouraged to engage in fair play and fun learning experiences with adult support. We enjoy positive relationships with both parents and children.

Availability:

OSCAR runs Monday to Friday 3pm to 6pm during the school term. The Holiday Programme runs Monday to Friday 8am to 6pm.

FREE transport from central Ashburton schools to Hit Play Allenton

Please visit our website for pricing http://www.hitplay.co.nz/#!pricing/c10jr

Allenton Primary School 110 Harrison Street Allenton Ashburton 7700



info@hitplay.co.nz  Monday to Friday 3pm to 6pm After School (03) 423 2270 Monday to Friday 8am to 6pm School Holidays http://www.hitplay.co.nz Some charges may apply.

No referral required.

## Classification : OSCAR

**Hit Play Before/After and School Holiday Programmes**

FSD0022814 Last updated 03/05/2021

Hit Play Kids Club is an OSCAR approved programme designed for 5 to 13 year old children. It operates before and after school, as well as during the school holidays. Offering a fun and interactive programme. Hit Play Kids Club provides a bridge between school and home life in a friendly and safe environment. With a focus on keeping kids active and learning through play, this is where new friends are made. Children are encouraged to engage in fair play and fun learning experiences with adult support. We enjoy positive relationships with both parents and children. FREE transport between central Ashburton schools to Hit Play Hampstead for our before/after school programmes.

19 Middle Road Allenton Ashburton 7700



info@hitplay.co.nz  See website or call for details.

(03) 423 2270 Some charges may apply.

(021) 222 7770 No referral required. http://hitplay.co.nz

## Classification : OSCAR

**Horizons OSCAR**

FSD0007270 Last updated 22/07/2020

We offer fun and interactive supervised before school, after school care and school holiday programmes in a safe and secure environment. All our programmes are MSD approved, OSCAR approved and WINZ subsidies can be applied for.

Horizons Oscar is a well established childcare provider in Christchurch.

Level 2 648 Halswell Junction Road Hornby Christchurch 8042



admin@horizonsoscar.net.nz  Office Hours: 9.00am - 3pm Monday - Thursday

(027) 856 6499 Some charges may apply. http://www.horizonsoscar.net.nz/ No referral required.

## Classification : OSCAR

**Ilam OSCAR**

FSD0024040 Last updated 21/09/2020

Ilam OSCAR provides an OSCAR approved, safe, organised and fun out of school programme for children in years 1 to 6 by way of before school, after school and holiday programmes.

66 Ilam Road Ilam Christchurch 8041



oscar@ilam.school.nz  Term time

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| (022) 469 1663  https://www.ilam.school.nz/our-school/ | 7.15 AM TO 8.30AM  3PM TO 4.30PM  3PM TO 6PM |

Holiday Programme

8am to 6pm

Some charges may apply. Referral may apply.

## Classification : OSCAR

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



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| --- | --- |
| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Kaiapoi Preschool** | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0022405 | Last updated 06/12/2020 |

A small Early Childhood Centre licensed for a maximum of 23 children aged 2 to 6 years.

8 Tunas Street Kaiapoi 7630



info@kaiapoipreschool.com  Monday to Friday 8am to 4pm

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| (03) 327 5566 http://www.kaiapoipreschool.com      **Kelly Club Ararira Springs** | Some charges may apply. No referral required. |
| FSD0024053 | Last updated 20/09/2020 |

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Ararira Springs Primary School 18 Russ Drive Lincoln Christchurch 7672



ararira@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 029 59281 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Lincoln**

FSD0024394 Last updated 24/11/2020

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

130 North Belt Lincoln 7608



lincoln@kellyclub.co.nz  Monday-Friday 7am-8-30am Before School Care

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| --- | --- |
| (021) 0296 2681 http://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Merrin** | and 3-6pm After School Care. Holiday Programme 7am-6pm.  Some charges may apply. No referral required. |
| FSD0024052 | Last updated 20/09/2020 |

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

 Merrin Primary School 41 Merrin St Avonhead Christchurch 8042

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| merrin@kellyclub.co.nz  (021) 402 456 http://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Redcliffs** | Monday-Friday 7am-8-30am Before school care and 3-6pm after school care.  Holiday programme 7am-6pm.  Some charges may apply. No referral required. |
| FSD0024051 | Last updated 21/09/2020 |

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Redcliffs School 38 Truro St Sumner Christchurch 8081



redcliffs@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 089 01933 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Yaldhurst**

FSD0023116 Last updated 06/01/2021

Kelly Club OSCAR approved programmes are packed with variety to entertain and inspire children.

Our goal is to give children opportunities to do the things they love and enjoy in a supportive and encouraging environment. We use a professional programme model and have local people take control of the programme, this means Kelly Club programmes best meet the needs of the local community.

Programmes are focused around sports, cooking, trips, art and craft activities, as well as relaxation time around a busy life at school.

Children are encouraged, educated and entertained during their time on our programmes.

 48 School Road Yaldhurst

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| yaldhurst@kellyclub.co.nz  (021) 026 20047 (021) 044 6283 http://www.kellyclub.co.nz/yaldhurst    **Classification : OSCAR**    **Kelly Sports Christchurch** | Monday - Friday 7.15am-8.30am; 2.30pm-6pm  (Term time)  8am-6pm (Holiday's)  Some charges may apply. No referral required. |
| FSD0021237 | Last updated 06/01/2021 |

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.

84 Ascot Ave North New Brighton Christchurch 8083



steve@kellysports.co.nz  Monday - Friday 8.00am-5.30pm (021) 044 6283 Some charges may apply. http://www.kellysports.co.nz No referral required.

## Classification : OSCAR

**Kelly Sports Christchurch - St Patrick’s School**

FSD0023112 Last updated 27/01/2021

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.

108 Jeffreys Road Strowan Christchurch 8052



braedon@kellysports.co.nz  Monday - Friday 8.00am-5.30pm

(027) 273 7773 Some charges may apply. http://www.kellysports.co.nz No referral required.

## Classification : OSCAR

**Kids Club**

FSD0021418 Last updated 14/01/2021

Kids Club Ltd is OSCAR approved and committed to provide children & their families in the community with a quality, safe & affordable Before School, After School & Holiday programme building the children's self-esteem & character values through the programme.

29 Crosby Street Mairehau Christchurch 8013



kidsclub@xtra.co.nz  Before School programme 7.00am to school

(021) 237 8297 drop off.

http://shirleyprimary.school.nz After School Programme 3.00pm to 5.30pm (pick ups are available).

Holiday Programme 7.00am to 5.30pm.

(We are not open on public holidays).

Some charges may apply. No referral required.

## Classification : OSCAR

**Kidsbase Ltd**

FSD0018017 Last updated 14/01/2021

Kidsbase are a well established provider of Before School, After School and School Holiday programmes childcare provider, catering for 5 - 13 year old children throughout Christchurch and North Canterbury.

All Kidsbase programmes are Ministry Approved and offer a Fun, Safe and Interactive environment for all the children that attend.

WINZ Subsidies are available to assist with the attendance fees for all Programmes.

2 Clipper Place Redwood Christchurch 8051



info@kidsbase.co.nz  7:30am - 8:30am Weekdays During Term Time

|  |  |
| --- | --- |
| (03) 354 2906 (027) 239 7690 http://www.kidsbase.co.nz | 3:00pm - 6:00pm Weekdays During Term Time  7:30am - 6:00pm Weekdays During School  Holidays  Some charges may apply.  No referral required. |

## Classification : OSCAR

**Kidz Time Papanui**

FSD0022378 Last updated 10/07/2020

We offer Before After and School Holiday care.

120 Paparoa Street Papanui Christchurch 8053



office@kidztime.co.nz  Before School: 7.30-8.30am

(027) 414 3374 After School: 2:45-6.00pm

http://www.kidztime.co.nz School Holidays: 8:00-5:30pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Kimihia Early Learning Centre**

FSD0005888 Last updated 01/10/2020

Early Learning Centre - a licensed childcare facility operating for the care of children in the community.

521 Ferry Road, Christchurch 8023



ece@klc.school.nz  8.00 am - 4.30 pm

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| (03) 389 1800 http://kimihiapreschool.co.nz      **Knights Stream Youthtown** | Some charges may apply. No referral required. |
| FSD0023799 | Last updated 18/12/2020 |

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

1 Killarney Avenue Knights Stream Christchurch 8053



knightsstream@youthtown.org.nz  Before School Programme

|  |  |  |
| --- | --- | --- |
| (027) 605 2472 (03) 381 3245 http://www.youthtown.org.nz    **Classification : OSCAR**    **Korora Club** | After School Programme  Holiday Programme  Some charges may apply.  No referral required. |  |
| FSD0024483 |  | Last updated 23/12/2020 |

Kids holiday programs for 5-10 year olds in Kaikoura.

Social Services Accredited (Level 3, OSCAR Standards) - OSCAR approved.

Sports, recreation, arts & crafts, cooking & baking, excursions to local attractions and much more.

32 Esplanade Kaikoura 7300



kororaclub@gmail.com  During school holidays only (dates on website)

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| --- | --- |
| (027) 3917767 http://www.kororaclub.com    **Classification : OSCAR**    **La Vida Youth Trust** | 8.30-3pm Mon-Fri.  Some charges may apply. No referral required. |
| FSD0018002 | Last updated 20/08/2020 |

We are a charitable youth trust working locally in Riccarton with young people and families. We provide 24-7 Youth Workers into two local schools, operate a Breakfast Club and operate an After School Programme.

 34a Hansons Lane Upper Riccarton Christchurch 8041

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| --- | --- |
| lyt@lyt.org.nz (03) 343 4935 http://www.lyt.org.nz      **Linwood Ave Youthtown** | 9 am - 4.30 pm Tues-Fri Koha/donation may apply. Referral may apply. |
| FSD0023801 | Last updated 18/12/2020 |

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

260 Linwood Avenue Linwood Christchurch 8053



linwood@youthtown.org.nz  After School Programme

(027) 513 2303 Holiday Programme

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

No referral required.

## Classification : OSCAR

**Linwood Avenue Community Corner Trust**

FSD0000466 Last updated 26/03/2021

Services range from support and practical advice, budget referral, Emergency Food Parcels,

Partnership Community Workers. Programmes and activities for all ages, we employ a Coordinator, Family Community Worker and Health Workers.

 378 Linwood Avenue Bromley Christchurch 8062

dorothy@lacct.org.nz Office hours 9am to noon Monday to Friday

(03) 980 9827 Some charges may apply.

(03) 389 5303 No referral required.

http://linwoodavenueunionchurch.org.nz

**Living Springs Trust**

FSD0020367 Last updated 22/12/2020

Living Springs is a Charitable Trust that provides a wide range of educational, recreational and adventure based programmes, predominantly for children and young people from the wider Christchurch community. The aim of these programmes is to provide the children and young people with positive, safe, fun and challenging experiences that will assist them in their personal and social development.

Our Kids Camps, based on Christian values, run during one week of each of the school holidays and give children from all walks of life, experiences they will never forget. They are packed with fun adventure activities, provide times for friendships and memories to be made, and develop children’s self confidence by giving them a sense of achievement.

218 Bamfords Road RD1 Lyttelton Christchurch 8971



info@livingsprings.co.nz  Kids camps 4 nights/5 days, residential and run

|  |  |
| --- | --- |
| (03) 329 9788  (0800) 462 732 http://livingsprings.co.nz    **Classification : OSCAR**    **Loburn CASPA Programme** | from 9am Monday to 3.30pm on a Friday, during the school holidays. Check our website for dates.  Some charges may apply. No referral required. |
| FSD0017997 | Last updated 01/04/2021 |

OSCAR approved After School Care and School Holiday Programmes: great fun, stimulating and varied programme in North Canterbury. After school service available to children attending Loburn, North Loburn and Ashley schools. Holiday Programmes have open enrollment.

 73 Hodgsons Rd Loburn 7472

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| --- | --- |
| info@caspa.org.nz (03) 349 9260 (021) 137 8267 http://www.caspa.org.nz    **Classification : OSCAR**    **Mairehau First Learners** | Schoolterm: 3-6p.m. Monday to Friday Holidays: 8-6p.m. Monday to Friday Some charges may apply. No referral required. |
| FSD0022426 | Last updated 24/10/2020 |

First Learners is a homely centre which offers our tamariki, their families/whanau and our teachers/staff a place that empowers them to make choices that suit their individual needs and requirements.

A place that enables each individual to develop at their own pace, to be unique, and have their individuality recognised and celebrated. A place that is rich in wonder, curiosity, excitement and fun. A place where there is no distinction between learning and play.

260-262 Westminster Street Mairehau Christchurch 8013



mairehau@firstlearners.co.nz  7:00 am to 6:00 pm

(03) 385 8311 Monday to Friday

http://firstlearners.co.nz (Only closed for Public Holidays and weekends) Some charges may apply. No referral required.

**Marshlands Nest Early Learning Centre**

FSD0022918 Last updated 31/03/2021

We are a privately owned and operated Early Childhood Centre. We have a mixed age license in a home like environment. We are licensed for 25 children with high teacher child ratios. All the staff are caring and dedicated to the children's needs and to helping them develop into capable confident learners. Our philosophy is that children learn through play in an educational environment that promotes all aspects of Te Whariki.

408 Prestons Road Marshland Christchurch 8083



ros@nests.co.nz  Monday-Friday

|  |  |
| --- | --- |
| (03) 383 7720 (021) 146 8708 http://www.nests.co.nz | 7.30am-5.30pm  Some charges may apply.  No referral required. |

**MASH**

FSD0021438 Last updated 26/08/2020

MASH is an Out of School Programme provider offering Before School, After School and School Holiday Programmes for 5 - 14 year old children. We have several programmes around the South Island.

At MASH, our aim every day, is to provide children with a fun, stimulating, exciting and safe environment where they are not only well supervised, but are also given the opportunity to enhance their academic, artistic and physical skills.

We acknowledge the difficult decision parents are faced with when enrolling their child or children into an after school programme.

With this in mind, we ensure that all our programmes are professionally run, that all staff are well trained, Police checked, have experience with children in a professional capacity and that you and your children are our absolute priority.

132 Victoria Street Christchurch Central Christchurch 8013



info@mashkids.co.nz  Before School - 7am - 8:30am

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| (03) 366 9408 (0800) 3669408 http://www.mashkids.co.nz    **Classification : OSCAR** | After School - 2:45pm - 6:00pm  School Holidays - 7am - 6pm  Office 9am - 5:30pm  Some charges may apply.  No referral required. |

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Mt Pleasant Oscar**

FSD0021831 Last updated 06/09/2020

We provide quality and varied OSCAR approved programmes for fun, friendship, creativity, physical activity and relaxation in a safe and caring environment out of school hours.

At all times we aim to cater for each individual child where everyone has the right to be safe and happy!

Mt Pleasant School 82 Major Hornbrook Road Mt Pleasant Christchurch 8081 markath@xnet.co.nz  Term time 3pm-6pm (021) 022 20877 Holidays 8.30am-5.30pm



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

No referral required.

## Classification : OSCAR

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

 64 McFaddens Road St Albans Christchurch 8052

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| info@nht.org.nz (03) 355 6522 (027) 701 9382 http://www.nht.org.nz    **Classification : OSCAR** | Monday-Friday, 8.30am - 4pm Some charges may apply.  Referral may apply. |

**Open Home Foundation (OHF) - Canterbury**

FSD0007296 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.

410 Colombo Street Sydenham Christchurch 8023



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

(03) 366 5977 Some charges may apply. http://www.ohf.org.nz No referral required.

**OSCAR at Oaklands Inc**

FSD0007269 Last updated 27/07/2020

Support, resources and training for Out of School Care and Recreation (OSCAR).

Oaklands School - Cunningham Place Halswell Christchurch accounts@oscaroaklands.co.nz  Any time



(027) 366 3472 Some charges may apply. http://enrolmy.com/oscar-at-oaklands Referral may apply.

## Classification : OSCAR

**OSCAR in St Albans Inc**

FSD0007271 Last updated 24/09/2020

Out of school care and recreation fror children ages 5-13. Before school, after school and holiday programmes.

19 Thames Street St Albans Christchurch 8014



oscarinstalbans@gmail.com  Monday - Friday 7.00am - 8.30pm

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| (03) 355 4918 (027) 355 4919 http://www.oscarstalbans.org.nz    **Classification : OSCAR**    **OurKidz NZ OSCAR** | 1.00pm - 6.00pm  Some charges may apply. No referral required. |
| FSD0016417 | Last updated 24/01/2021 |

Providing a safe and secure OSCAR care environment for primary school aged children. Before school, After school and Holiday programmes on offer.

Kaiapoi Borough School Hall 20 Hilton Street Kaiapoi 7603



ourkidz.oscar@outlook.com  Anytime from 8am to 6pm

(03) 327 7470 Some charges may apply.

(021) 027 46031 No referral required. http://ourkidz.co.nz/

## Classification : OSCAR

**Outaskool Papanui**

FSD0023119 Last updated 23/04/2021

Outaskool Papanui is a school-based environment solution to before/after school & school holiday child care, catering for ages 5 to 13 years, OSCAR approved.

Papanui Primary School 40 Winters Road Papanui Christchurch 8051 outaskool@gmail.com  During school term:



(027) 231 6205 7:30am-8:30am

3:00pm-6:00pm

Holiday Program:

7.30am-6.00pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Owls Nest Preschool**

FSD0023214 Last updated 10/07/2020

The Owls Nest is a small, family run preschool in Northwood, Christchurch for 2 to 5 year olds. We have a ratio of one teacher for every seven children which is well below the Ministry of Education requirement. We are locally owned and operated and believe in creating an environment which is homely, safe and stimulating.

69 Englefield Road Northwood Christchurch 8051



admin@owlsnestpreschool.co.nz  7:30 am - 5:30 pm

(03) 323 4144 Monday - Friday

http://www.owlsnestpreschool.co.nz We have morning, afternoon and all day sessions.

Some charges may apply. No referral required.

**Oxford Community Trust**

FSD0002623 Last updated 27/10/2020

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

|  |  |
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| (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz | public holidays)  Some charges may apply.  No referral required. |

## Classification : OSCAR

**Papa Jacks**

FSD0022515 Last updated 01/03/2021

Papa Jacks is a fun and engaging OSCAR appproved Before School Care, After School Care and Holiday Programme service for children aged from 5 to 13 years.

We provide an enriching, home away from home environment for children to explore and be creative in during their holidays. We pick up and drop off to and from your local school, support the children with their homework needs and enjoy sports, games, craft and baking together. Our carers have a magnitude of experience including a registered Primary teacher, registered Early childhood teacher and a previous home based educator, all with their current first aid.

We are situated on the outskirts of Christchurch in Rolleston.

Check out our Facebook Page for updates, testimonials and action photos.

571 Springston Rolleston Road Rolleston 7614



info@caspa.org.nz  Before School Care: 7:15am to 9:00am

(03) 349 9260 After School Care: 3:00pm to 6:00pm

https://www.facebook.com/PapaJacksNZ Holiday Programme: 8:00am to 6:00pm Some charges may apply. No referral required.

## Classification : OSCAR

**Papanui Youth Development Trust**

FSD0020988 Last updated 17/02/2021

Papanui Youth Development Trust (PYDT) offers 8 Core Projects which are designed to impact young people, through projects that will engage, challenge and empower them. With an underlying focus of youth development through leadership training, a strengths based approach and a directional leadership development model.

We also provide a community centre (Te Koru) which 51 community groups currently utilise each year.

1a Harewood Rd Papanui Christchurch 8053



office@pydt.org  Refer to website (03) 354 9381 Koha/donation may apply.

(027) 848 4000 No referral required. http://www.pydt.org

## Classification : OSCAR

**Parents Centre New Zealand Inc - Ashburton**

FSD0007361 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.

206 Chalmers Avenue Hampstead Ashburton 7700



ashparentscentre@gmail.com  When courses are on. http://www.parentscentre.org.nz/ashburto Some charges may apply. n No referral required.

**Parents Centre New Zealand Inc - Christchurch**

FSD0007359 Last updated 06/10/2020

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth and new parent education.

2a MacMillan Ave Cashmere Christchurch 8022



chch.parentscentre@xtra.co.nz  Hours vary

(021) 087 26943 Some charges may apply. http://www.parentscentre.org.nz No referral required.

**Parents Centre New Zealand Inc - Timaru**

FSD0007342 Last updated 18/12/2020

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.

38 Stafford Street Timaru timaruparentscentre@gmail.com (03) 684 5348 http://www.parentscentre.org.nz



To find out more, or to register your interest, please contact the Childbirth Education Coordinator on 03 684 5348.

All services free of charge. No referral required.

**Phillipstown Community Centre**

FSD0020472 Last updated 19/03/2021

The Phillipstown Community Centre is in the Phillipstown Community Hub, we are here to provide a safe caring supportive environment to foster individual and community growth.

Room 2 39 Nursery Rd Phillipstown Christchurch 8011



info@phillipstown.org.nz  9am - 5.30pm Monday to Friday

(03) 595 2023 Some charges may apply.

(020) 406 91419 No referral required. http://www.phillipstown.org.nz

## Classification : OSCAR

**Pleasant Valley Playgroup**

FSD0019562 Last updated 04/09/2020

The Pleasant Valley Playgroup provides a place for parents and young children (including infants) to meet on a regular basis. We aim to provide a range of activities to foster children’s play, learning and development and a chance for parents to get to know each other. The group is run cooperatively and each parent or caregiver is responsible for their child/ren. The playgroup is held in the Old Pleasant Valley School House in a lovely rural setting. With a large playroom with purpose built infant area, art & crafts and play areas. A large secure outdoor area with playground and outdoor toys. Ministry of Education certified.

63 School Road Pleasant Valley Geraldine pleasantvalleyplaygroup@gmail.com  9am till noon every Monday of the school term.



(022) 171 4562 Not open during Summer school holidays or (03) 693 9690 public holidays.

Koha/donation may apply. No referral required.

**Plunket - St Albans / Shirley**

FSD0000755 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

166 North Parade Shirley Christchurch 8013



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Powerzone Methven**

FSD0024133 Last updated 29/11/2020

We run an OSCAR after-school care program in Methven

112 Main Street Methven 7730



powerzone@mthuttelim.nz  Monday - Friday during the school term

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| (022) 169 7239    **Classification : OSCAR**    **Powerzone Oscar** | Some charges may apply. No referral required. |
| FSD0021407 | Last updated 19/06/2020 |

OSCAR approved, fun filled Before School, After School and Holiday programmes where we aim to provide a safe, positive and exciting environment for young children years 1-8. Service includes free school drop off/pick up to some schools.

285 Cashel Street Christchurch 8141 miriam.anderson@chch.elim.org.nz (021) 065 1917 http://www.powerzonechch.org



Before School: 7am-school drop off

After School: School pick up-5.30pm

(During school days)

Holiday Care: 8am-3pm + optional afternoon care 3pm-5.30pm. (During term & Summer holidays) Some charges may apply. No referral required.

## Classification : OSCAR

**Rangiora Borough Oscar Programme**

FSD0021892 Last updated 15/02/2021

We provide OSCAR approved before and after school care programmes for students within Rangiora Borough School.

RBS School Hall - Church St Rangiora 7400



office@rangiora.school.nz  Monday to Friday, School times only

(03) 313 7434 Some charges may apply. http://www.rangiora.school.nz/ Referral may apply.

## Classification : OSCAR

**Rangiora Youth Community Trust**

FSD0021291 Last updated 29/03/2021

We are a charitable Trust set up to employ Youth Workers in Rangiora High School and Rangiora New Life School as part of the 24-7 YouthWork network.

111 East Belt Rangiora 7400



info@ryct.net.nz  Monday-Thursday. 9am-3pm

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| (027) 465 9951  http://ryct.net.nz      **Rawhiti Oscar** | All services free of charge. No referral required. |
| FSD0022614 | Last updated 16/02/2021 |

Rawhiti Community Sport Inc. offer an OSCAR approved after school and holiday programme based at Seaview Road School that is fun and offers a wide variety of activities. The Programme is for all primary school ages children (5-12) for both weeks of the holidays (closed public holidays). 8:30am – 5:30pm daily - after school Monday - Friday 3-6pm.

 Rm 4/5 140 Seaview Rd Central New Brighton Christchurch 8041 sandra@rawhiticommunity.co.nz  Monday - Friday 3 pm-6 pm school terms

(027) 464 0005 http://www.easterncommunity.co.nz/progr Monday - Friday 8.30am - 5.30pm school amme/oscar-north-new-brighton/ holidays

Some charges may apply. No referral required.

## Classification : OSCAR

**Rewi Alley Chinese School Trust**

FSD0022839 Last updated 20/01/2021

The education centre provides a range of courses, workshops and services to the Chinese and wider community. They run Chinese language and cultural courses for students of all ages to share and promote Chinese culture.

Alongside Chinese courses, they also offer classes in Art, Science, Math, Coding and Chess for children as well as English and computer classes for adults. All these classes are available in online, face-to-face, or private tuition options.

OSCAR accredited after school and holiday programmes are also available.

53 Solway Avenue Ilam Christchurch 8041



principal@rewialley.ac.nz  The centre is usually open from 9.30am to (03) 343 0136 4.30pm Monday to Saturday during term time http://www.rewialley.school.nz and 8am to 5pm during the school holidays.

Some charges may apply. No referral required.

## Classification : OSCAR

**Russian Cultural Centre Trust - Christchurch**

FSD0000775 Last updated 19/11/2020

Centre of Slavonic culture and education. Russian language, literature and culture class for children; music education classes and choir for children; English language classes for adults; Russian language classes for speakers of other languages; performances; events; festivals.

 31 Vicki Street Sockburn Christchurch 8042

ruscentrechchnz@gmail.com  Monday-Friday, 8.30am-4pm

(03) 741 2161 Koha/donation may apply.

(021) 026 87922 No referral required.

http://www.ruscentre.wordpress.com

**Selwyn Kids**

FSD0022207 Last updated 24/07/2020

At Selwyn Kids OSCAR we offer before and after school care from Clearview & Rolleston Primary schools and also holiday programmes for children aged 5-13yrs old from the local area. We have 2 centres, Discovery for 5 and 6 year olds, and Explorers for 7 to 13 year olds, where we offer a range of exciting games, crafts and outings.

60-62 Rolleston Drive Rolleston 7614



rebecca.adams@selwynkids.co.nz  Before school 7am-9am

(03) 347 9089 After school 3pm-6pm

http://www.selwynkids.co.nz Holiday Programme 7am-6pm

Some charges may apply. No referral required.

## Classification : OSCAR

**SHARP Trust**

FSD0023264 Last updated 07/10/2020

SHARP Trust is a charitable trust providing quality out-of-school care including After School, Holiday, Sports, Arts and Performing Arts Programmes. Catering for children aged between 5 – 14 years in the Spreydon, Somerfield, Barrington, Cashmere, Hoon Hay, Halswell, Addington and Rowley communities. SHARP aims to build and maintain a strong emphasis on developing relationships between the children and local teenage role-models who are our volunteer leaders in the programme.

244 Lyttleton Street Spreydon Christchurch 8024



sharp@swbc.org.nz  Mon - Fri 9-5.30pm (03) 338 0673 Some charges may apply. http://www.sharp.org.nz No referral required.

## Classification : OSCAR

**Shoreline Youth Trust**

FSD0016892 Last updated 24/08/2020

Our organisation is dedicated to developing and maintaining a healthy, connected and engaged youth community within the Sumner Bays area. We hope to achieve these ends by connecting with youth within their schools and through events, programmes (some OSCAR approved) and activities that we facilitate.

At the heart of our work is our youth centre, Fuse, which serves as a place where we can provide these opportunities for connection, offer a safe haven, provide alternatives to boredom and trouble and also to give opportunities to serve and volunteer.

Ultimately we want to see youth thrive in their developmental years, making good choices, having fun, trying new things and succeeding in their pursuits.

25 Wakefield Avenue Sumner Christchurch 8081 shoreline\_youth\_trust@hotmail.com  Office hours:



(021) 842 214 Monday -Thursday 9am - 3pm http://fuse.org.nz Friday 12pm -9 pm

Our programmes currently run from 3pm 5.30pm most afternoons, with Friday being the exception where we run from 3pm - 9pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**SHOUT (Speech Language Therapy) LTD**

FSD0020787 Last updated 08/04/2021

We are a private speech language therapy service.

We provide a full range of therapy services to paediatric and adult clients throughout Otago including Dunedin, Central Otago and the Southland area. We also provide Services in Canterbury.

We work as a team to provide efficient and family focused therapy support to those with communication difficulties.

We also provide Communication Assistant services to people involved in the Court system.

We are also able to provide Professional Development to teaching staff.

admin@shout-speech.co.nz  Monday to Friday 8am-5:30pm (027) 777 4688 Some charges may apply.

(027) 254 8331 No referral required. http://www.shout-speech.co.nz

**Skids Bishopdale**

FSD0022129 Last updated 19/06/2020

SKIDS provide on-site OSCAR programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Bishopdale School 465 Greers Road Christchurch 8053



bishopdale@skids.co.nz  Monday to Friday

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| (021) 078 4064 (022) 043 1573 http://www.skids.co.nz    **Classification : OSCAR**    **Skids Clarkville** | Before & After School & Holidays Some charges may apply. No referral required. |
| FSD0023226 | Last updated 20/11/2020 |

SKIDS provide on-site OSCAR programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Clarkville School 10 Heywards Road Clarkville 7630



clarkville@skids.co.nz  Monday to Friday

|  |  |
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| (021) 078 4064  (022) 430 8157onsite http://skids.co.nz | Before & After School & Holiday Programmes Some charges may apply.  No referral required. |

## Classification : OSCAR

**Skids Kaiapoi North**

FSD0022783 Last updated 22/04/2021

We supply After School, Before School and Holiday child care. OSCAR approved.

Kaiapoi North School 278 Williams Street RD 2 Kaiapoi 7692 liz@skids.co.nz  Mon - Friday (021) 247 7434 7.00am to 8.30am (022) 692 6580onsite 3.00pm to 6.00pm http://www.skids.co.nz/location/kaiapoi\_no Some charges may apply. rth/ No referral required.



## Classification : OSCAR

**Skids Parkview**

FSD0023227 Last updated 18/09/2020

SKIDS provide on-site OSCAR approved programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Parkview Primary School 10 Chadbury Street Parklands Christchurch 7630 parkview@skids.co.nz  Monday to Friday



(021) 078 4064 Before & After School & Holiday Programmes (022) 468 1793 onsite Some charges may apply. https://www.skids.co.nz/locations/parkvie No referral required. w/

## Classification : OSCAR

**Skids Waimataitai**

FSD0023765 Last updated 11/11/2020

OSCAR approved before and after school care programme offering high quality childcare for children age 5-12 years attending Waimataitai School. We also offer Holiday programme open to community children.

 25 Trafalgar Street Waimataitai Timaru 7910

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| waimataitai@skids.co.nz  (021) 289 9229 http://www.skids.co.nz    **Classification : OSCAR**    **sKids Wairakei** | 7am-8.30am Monday through Friday Breakfast  Club  3-6pm Monday through Friday after school care | |
| Some charges may apply. No referral required. |  |
| FSD0023876 |  | Last updated 16/11/2020 |

Provider of out of school care (OSCAR approved) services.

250 Wairakei Road Bryndwr Christchurch 8053



admin@skids.co.nz  After School - 3.00pm - 6.00pm (0800) 274 172 Holiday Programme - 7.00am - 6.00pm

(09) 576 6602 Some charges may apply. https://www.skids.co.nz/locations/wairakei No referral required. \_chch/

## Classification : OSCAR

**Sport South Canterbury**

FSD0022449 Last updated 22/01/2021

We provide OSCAR programme for children.

Sport South Canterbury operates under three pillars; Lead, Enable and Deliver. The initiatives, programmes and events we provide under these areas aim to fulfill our vision of making more people, more active, more often across the Canterbury region.

Our South Canterbury Active Kids Holiday Programme gives families a structured, safe and affordable school holiday care option, with opportunities to “have a go” and try new activities in a fun, supportive environment. The Programme are specifically designed to cater for ages five to 13.

70 Morgans Road Glenwood Timaru 7910



lee-anne.lang@sportcanterbury.org.nz  Monday - Friday 8.30am - 5.00pm

(03) 686 0751 Some charges may apply. https://www.sportcanterbury.org.nz/Holida No referral required.

y-Programmes-2

## Classification : OSCAR

**St Augustines Anglican Church**

FSD0020531 Last updated 08/09/2020

We are a diverse group of people who share a common faith in Jesus Christ as our Lord and God. Together we seek to deepen our understanding of God's truth, to care for each other, and to minister God's wholeness to a needy world.

5 Cracroft Tce Cashmere Christchurch 8022



office@staugustines.org.nz  Tue, Thu & Fri 9.30am-3.30pm and Sunday

(03) 332 6627 Services: 9:15am, 11am

http://www.staugustines.org.nz Koha/donation may apply.

No referral required.

**St Patricks School Bryndwr After School Care Programme**

FSD0022146 Last updated 27/04/2021

To provide quality non-profit community childcare service during after school hours, where the needs of the children, caregivers and childcare workers are recognised and supported.

To ensure that the environment encompasses the special character of the school and supports the aims of the schools mission statement “to provide a community for the future, where students are passionate learners who are successful, confident, independent thinkers living active lives with an awareness of others."

57 Plynlimon Rd Bryndwr Christchurch 8052



stpatricksasc@gmail.com  Monday - Friday 3-5.30 pm during school term

(03) 351 9190 time.

Some charges may apply. No referral required.

## Classification : OSCAR

**Te Aho O Te Kura Pounamu (Te Kura) - Christchurch**

FSD0021110 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.

Level 1, Powell Fenwick House 383 Colombo St Christchurch 8023



info@tekura.school.nz  Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te Ora Hou tautahi Inc**

FSD0005958 Last updated 20/10/2020

Te Ora Hou is committed to forming life changing relationships through programs that are designed to empower and equip young people in the context of their whanau and communities.

77 Windermere Road Papanui Christchurch



christchurch@teorahou.org.nz  Mon - Fri

(03) 352 1057 9am - 5pm

(027) 288 9797 All services free of charge. http://www.toho.org.nz Referral may apply.

## Classification : YS

**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**Te Waka Unua Youthtown**

FSD0023795 Last updated 11/01/2021

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

Te Waka Unua School 476 Ferry Road Woolston Christchurch 8053



tewakaunua@youthtown.org.nz  After School Programme

(027) 569 1311 Holiday Programme

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

No referral required.

## Classification : OSCAR

**Te Whare Roimata Trust**

FSD0000866 Last updated 27/10/2020

Community Centre for the inner city east and surrounding neighbourhoods providing grassroot, self-help responses to the issues and concerns of local people. A range of activities and services has been developed including Maori cultural advice and awhi, neighbourhood support and outreach, a twice weekly play group, budget and benefit advice, information and advocacy, a weekly neighbourhood cafe, a low cost shifting and household services to people on low incomes, the Linwood Community Arts Centre and the Community Gardens project at Surrey and Smith Streets

 274 Gloucester Street Christchurch 8011

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| tewhareroimata@gmail.com  (03) 379 5134 https://tewhare.webs.com/ | Office hours: Monday-Friday, 9am-4pm Some charges may apply.  No referral required. |

**The Enchanted Garden Early Childhood Centre**

FSD0022437 Last updated 10/07/2020

We are a small home like early childhood centre, with qualified passionate teachers. We have a separate nursery for up to 10 under 2 year olds and a separate preschool for up to 23 for 2-5 year olds.

We offer our families work and income subsidies and the 20 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 7.30-5.30 .

You can read our excellent Education Review Office report online.

255 Greers Road Christchurch 8053



enchantedgardenecc@xtra.co.nz  Monday to Friday

|  |  |
| --- | --- |
| (03) 359 7944 http://www.theenchantedgarden.co.nz      **The Homework Club** | 7.30am-5.30pm  Some charges may apply. No referral required. |
| FSD0021276 | Last updated 14/12/2020 |

The Homework Club was set up by Belinda Slade in 2002. There are now 4 Homework Club After School Care, 2 Before School Care and 2 Holiday Programmes in operation in the Cashmere area. Our vision statement is "to offer a structured, fun and exciting programme in a safe, caring and positive environment".

The Homework Club is grateful to receive funding from the Ministry of Social Development and is approved by MSD Approvals.

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| info@thehomeworkclub.co.nz  (021) 274 1963 http://www.thehomeworkclub.co.nz | Before School Care 7.30am  After School Care 2.30pm - 6.00pm Holiday Programmes 8.00am - 6.00pm Some charges may apply.  No referral required. |

## Classification : OSCAR

**The James St Preschool & Nursery**

FSD0022422 Last updated 07/06/2020

Provider of a quality early childhood education and care based in the suburb of Redcliffs, Christchurch.

Excellent Education Review Office (ERO) report.

5 James St Redcliffs Christchurch 8081



murray@jamesstpreschool.co.nz  Monday - Friday

(021) 886 652 7:30am - 5:30pm (021) 886 653 Some charges may apply. http://www.jamesstpreschool.co.nz No referral required.

**The Kid's Activity Club**

FSD0023158 Last updated 23/03/2021

The Kid’s Activity Club provides OSCAR Approved Before and After School Care. We offer a fun and varied programme in a safe, caring and positive environment.

Children attending the Kid’s Activity Club programme will have opportunities to engage in leisure and play-based activities which are responsive to the needs, interests, and choices of the children attending the service.

C/- Westburn School 257 Waimairi Road Ilam Christchurch



thekidsactivityclub@gmail.com  During school term

(022) 569 8407 Westburn

Before School - 7.15 am - 8.30 am After School 3.00 pm - 5.30 pm Some charges may apply. No referral required.

## Classification : OSCAR

**Timaru Chipmunks After School & Holiday Programme**

FSD0022983 Last updated 09/11/2020

We offer OSCAR approved After School Care and Holiday Programmes. We have fun filled activities organised each day for your child and we make use of our large indoor playland. All our supervisors are trained and have many years experience. We also serve a healthy afternoon tea.

7 Stafford Street Parkside Timaru 7975



timaru@chipmunks.co.nz  Monday - Friday 2pm - 6 pm

(03) 688 8846 Some charges may apply. https://www.chipmunks.co.nz/timaru/conta No referral required. ct/

## Classification : OSCAR

**Waimate Childcare Centre**

FSD0019598 Last updated 29/01/2021

Early education from 6 weeks to 5 years. 30 free hours ECE for 3 and 4 year olds. Winz subsidies available

18 John Street Waimate 7924



office@waimatechildcare.co.nz  0745 - 1700 Monday-Friday

|  |  |
| --- | --- |
| (03) 689 7336 (027) 689 7336 http://www.waimatechildcare.co.nz/      **Waitkiri OSCAR** | Closed public holidays and for 3 weeks at Christmas.  Some charges may apply. No referral required. |
| FSD0017842 | Last updated 06/01/2021 |

Waitkiri OSCAR: Our programme provide stimulating and varied activities at our Before, After and Holiday Care for children up to Year 9.

 Learning Studio 8 170 Burwood Road Burwood Christchurch 8083 amanda.murray@waitakiri.school.nz  Before 7.30am to 8.30am Monday - Friday (027) 655 8104 After 3.00pm to 6.00pm Monday - Friday (03) 383 2649 Holiday 7.30am to 3.00pm or 7.30 to 6.00pm

http://www.waitakiri.school.nz School Holiday Periods Some charges may apply. No referral required.

## Classification : OSCAR

**Waltham Out Of School Hours Inc**

FSD0022544 Last updated 24/08/2020

Provision of quality out of school care (before, after, holiday and camps) for children aged between 5 - 14 years.

110 Waltham Road Sydenham Christchurch



woosh.rocks@gmail.com  Before School: 7.20am - 9.00am (027) 346 4981 After School: 2.45 - 5.30pm

Holidays: 7.30am - 5.30pm Some charges may apply. No referral required.

## Classification : OSCAR

**West Melton Before & After School Programme**

FSD0022344 Last updated 17/08/2020

The West Melton Before & After School Programme is situated opposite the West Melton Primary School.

Before School & After School Programme provides a safe fun place for school age children to attend before & after school. Age appropriate activities & resources, large outside area, afternoon tea provided & support with homework. Children will be escorted & collected from the West Melton Primary School.

 746 Weedons Ross Road West Melton 7618

|  |  |
| --- | --- |
| info@westmeltonkindergarten.co.nz  (03) 347 4132 https://westmeltonkindergarten.co.nz/ | Before School Programme opens 7.30 am. Children escorted to West Melton Primary School.  After School Programme open 3.00-5.45 pm. Children collected from West Melton Primary School.  Some charges may apply.  No referral required. |

**Woodend Before & After School Programme**

FSD0022465 Last updated 17/01/2021

We provide OSCAR approved Before School & After school Care programmes for the community of Woodend, Waimakariri.

6 School Road Woodend 7610



woodend.wasp@wasp.org.nz  7am to 8.30pm

|  |  |
| --- | --- |
| (021) 046 4243  (03) 975 5975    **Classification : OSCAR** | 3.00 to 5.30pm (term time) Some charges may apply.  No referral required. |

**Woolston Development Project**

FSD0018213 Last updated 10/04/2021

We offer opportunities for children, youth, women, and families/whnau to develop to their full potential through the social, recreational and support services we provide:

* A Family Support Service with a dedicated Family Support Worker
* A Women's Social Support Group which meets weekly.
* A Youth Volunteer Programme where secondary school students can support our OSCARprogrammes.
* OSCAR approved programmes for 5-13-year-old children during school term and holidays:
* Depo Programme for 10-13-year-olds two afternoons per week providing age specific recreationand community projects which aim encourage giving bac' to the community.

We empower our local community – all genders, ethnicities, ages and stages - through our community development projects:

* A walking group on Thursday mornings followed by lunch together.
* A weekly craft group on Fridays.

We hope to expand our community development projects greatly over the next few years. Watch this space!

497 Ferry Road Woolston Christchurch 8023 manager@woolstondevelopmentproject.o  10.00 a.m. to 5.30 p.m. rg.nz Some charges may apply.



(03) 389 4448 No referral required.

(027) 781 1348 http://www.woolstondevelopmentproject.o rg.nz

## Classification : OSCAR

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

145 Tancred Street Ashburton 7700



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

25 Shands Road Hornby Christchurch 8042



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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.

26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009  You can contact any of our service centres or

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

203-205 Hills Road Shirley Christchurch 8013



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

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

14 Strathallen Street Timaru 7940



(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz      **YMCA Christchurch** | Weds 9.30am until 5pm All services free of charge. No referral required. |
| FSD0020286 | Last updated 22/06/2020 |

The YMCA of Christchurch is invested in the next generation. By this we mean that we are always thinking of how we can develop young people today, so that they will be great members of society tomorrow. We do this through a range of programmes, but also by empowering others in our community to be involved with our cause – because ultimately the future is all about making sure we raise our children and young people in the best way we can.

12 Hereford Street Christchurch Central Christchurch 8011



education@ymcachch.org.nz  Reception Desk is open 24hrs

(03) 377 2174 City Office is open Mon-Fri 8am-5pm

https://www.ymcachch.org.nz Bishopdale office is open Mon-Fri 7am-7pm

Wainui Camp office is open Mon-Fri 8am-5pm Education Centre is open Mon-Fri 9am-4pm Some charges may apply. No referral required.

## Classification : OSCAR

**Youth Alive Trust**

FSD0016347 Last updated 15/01/2021

Youth Alive Trust was established in 1989 to serve children and young people in New Brighton, Christchurch. Our mission is to Build Brighter Futures with Young People in New Brighton through Practical Christian Service.

We aim to support them holistically; socially, emotionally, mentally and spiritually through our variety of programmes, in a fun and safe environment. To provide dedicated & enthusiastic staff and volunteers that make our programmes an exciting, vibrant and healthy place to be. Building inspiration, hope and values into the lives of our youngsters, which makes New Brighton, and our world a better and brighter place!

111 Seaview Road New Brighton Christchurch 8061



office@yat.org.nz  9am - 5pm Weekdays Office Hours

(03) 388 1001 Some charges may apply. http://www.yat.org.nz No referral required.

## Classification : OSCAR

**Youthtown Inc: Christchurch**

FSD0018757 Last updated 21/10/2020

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

 319a Stanmore Road Richmond Christchurch 8013

|  |  |
| --- | --- |
| christchurch@youthtown.org.nz  (03) 381 3245 http://www.youthtown.org.nz | Monday to Friday  9am to 5pm  Some charges may apply.  No referral required. |

## Classification : OSCAR

# Disaster Recovery

**180 Degrees Trust**

FSD0017177 Last updated 28/09/2020

180 Degrees has two divisions offering assistance to young people aged between 13 and 18 years old who self-exclude from education, exhibit anti-social or criminal behaviours and are at risk to themselves and the community.

Our mentoring division offers three programmes providing weekly 1 on 1 mentoring and many therapeutic adventures into the outdoors from 1 to 6 days.

Our Alternative Education School division operates in Sydenham and currently educates up to 19 students providing individualized learning programmes and NCEA credits.

Both divisions utilise the natural environment and the Canterbury high country for camps and adventures which challenge our youth.

Referrals for mentoring are mostly through the MSD Fresh Start initiative, but we also accept “fee for service” applications.

Students attending our school need to be referred through the AE Consortium.

95 Main Road Redcliffs Christchurch 8081



Jeremy@180degrees.org.nz  Available between 8.30am - 5.30pm Mon -

(027) 550 4828 Friday.

(021) 565 733 Koha/donation may apply. http://www.180degrees.org.nz Referral may apply.

**Alcoholics Anonymous - Christchurch**

FSD0006715 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.

231 Barrington street Christchurch



chchaa@gmail.com  Office Hours 10am to 2pm Monday to Friday

(03) 379 0860 Phones: 24/7 0800 number. (0800) 229 6757 All services free of charge. http://www.aa.org.nz No referral required.

**All Right? website**

FSD0022260 Last updated 06/04/2021

All Right? works to support and improve Cantabrians' mental health and wellbeing as we recover and rebuild from the earthquakes.

hello@allright.org.nz  All services free of charge. http://allright.org.nz/ No referral required.

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| --- | --- |
| **Aranui Community Trust Inc** |  |
| FSD0005868 | Last updated 12/01/2021 |

Changing minds to change lives and break cycles.

37 Hampshire Street Aranui Christchurch



sera@actis.org.nz  9am - 5pm Monday to Thursday

(03) 963 7070 9am – 4pm Friday

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

No referral required.

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

 64 Langdons Road Papanui Christchurch 8053

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| --- | --- |
| CanterburyAMU@barnardos.org.nz  (03) 365 3923 (0800) 227 627 https://www.barnardos.org.nz/    **Classification : FVSS**    **Battered Women's Trust** | Office Hours Monday to Friday 8.00am - 4.30pm Some charges may apply. No referral required. |
| FSD0007681 | Last updated 06/10/2020 |

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.

33 Sir William Pickering Drive Burnside Christchurch 8053 office@bwt.org.nz  Office hours are 9am - 5pm.



|  |  |
| --- | --- |
| (03) 364 8900 (Crisis) (03) 332 4122 (office) http://www.womensrefuge.org.nz    **Classification : FVSS** | Crisis line is operational 24 hours a day. Call 0800 733 843 for Women's Refuge service Some charges may apply.  No referral required. |

**Canterbury Neighbourhood Support Inc.**

FSD0019887 Last updated 22/03/2021

Working alongside people to create and maintain safer, stronger, and connected communities. Encouraging residents to know their neighbours, to function together as a group to be effective in crime prevention, and as a group take into account the skills, needs and resources of the members to be more able to deal with and recover from a disaster.

Operating throughout Christchurch City – Otautahi, and Banks Peninsula - Te Ptaka o Rkaihaut

Neighbours helping Neighbours.

 c/- Hornby Police Station 9 Tower Street Hornby Christchurch 8042

|  |  |
| --- | --- |
| admin@canterburyns.net (03) 420 9944  (027) 230 0272txt only http://www.nscanterbury.nz | 8am - 4pm Mon-Fri  All services free of charge.  No referral required. |

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**Christchurch City Council**

FSD0017294 Last updated 30/11/2020

Council services and information online for the Christchurch City district.

53 Hereford Street Christchurch info@ccc.govt.nz  Our Customer Call Centre is available 24/7.



|  |  |
| --- | --- |
| (03) 941 8999 http://www.ccc.govt.nz | Open 8.00am-5pm weekdays, except public holidays.  Online various forms available depending on Council's website issue.  All services free of charge.  No referral required. |

**Christchurch City Mission**

FSD0000221 Last updated 21/12/2020

We provide budget support, emergency food, emergency accommodation for men, women and families, generic social worker services, alcohol and drug counselling, drop in day services to men and women and learning and development programmes for men and women.

276 Hereford Street Christchurch 8140



info@citymission.org.nz  Normal hours Monday to Friday 8.30am -

(03) 365 0635 5.00pm. http://www.chchcitymission.org.nz/ Night shelters open at 5.00pm 7 days a week.

All services free of charge. No referral required.

## Classification : BFC

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

(03) 335 0311 All services free of charge. http://www.crs.org.nz/ No referral required.

## Classification : FVSS

**Citizens Advice Bureau Christchurch Area - Christchurch West**

FSD0006914 Last updated 27/11/2020

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.

 Hornby Community Care Centre 8 Goulding Avenue Hornby Christchurch 8042

|  |  |
| --- | --- |
| christchurchwest@cab.org.nz  (03) 349 5236 (0800) 367 222 http://www.cab.org.nz | Mon - Fri 9am to 5pm  All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - The Loft**

FSD0022813 Last updated 27/11/2020

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.

Eastgate Mall 20 Buckleys Road Linwood Christchurch 8062



christchurchcity@cab.org.nz  Tuesday - 11am to 2pm (03) 366 6490 All services free of charge.

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

**Community Development Network Trust**

FSD0000267 Last updated 23/07/2020

To assist young people and families in need by offering ongoing support and running various programmes i.e. camps, weekend activities, family fun days, in-depth help with young people.

44 Elizabeth St Christchurch 8041 office@cdntrust.org.nz  Monday to Friday 8a.m. - 4:30p.m.



|  |  |
| --- | --- |
| (03) 942 3434 http://cdntrust.org.nz | Some charges may apply. No referral required. |

**Community Energy Action Charitable Trust**

FSD0005961 Last updated 16/11/2020

Community Energy Action (CEA) is a charitable trust that is committed to ensuring people keep warm, dry and healthy in their homes regardless of their income.

It provides:

* Subsidised and non-subsidised insulation for residential properties, owner-occupiers and rentals- Heating grants
* Curtain Bank, providing free recycled curtains, a charge for alterations if required may apply- Energy Advice Service, providing free energy advice over the phone for all householders. Inhome audits also available (a charge may apply depending on subsidies available at the time) - LED downlighting replacement (a charge may apply depending on subsidies available at the time)

299 Tuam Street Christchurch Central Christchurch 8011



info@cea.co.nz  Office hours Monday - Friday, 9am - 4.30pm

|  |  |
| --- | --- |
| (03) 374 7222  (0800) GET WARM (438 9276) http://www.cea.co.nz | Geographic coverage from Ashburton to Kaikoura. Some services also available on the West Coast.  Some charges may apply.  No referral required. |

**Community, Youth and Child Services**

FSD0000883 Last updated 19/10/2020

A social service which provides support and information to adolescents (25 years and under).

349 Woodham Road Wainoni Christchurch



enquiries.waipuna@sjog.org.nz  Monday - Friday 8.30 - 5pm

(03) 386 2159 All services free of charge. http://www.sjog.org.nz No referral required.

**Delta Community Support Trust**

FSD0000298 Last updated 29/01/2021

Delta Community Support Trust is a Christian community-based organisation located in Richmond, Christchurch. We engage in community development through a unique range of services, initiatives and activities. In particular these seek to uplift people who are facing personal hardship, experiencing disability, isolation or other disadvantage. Our goal is to encourage involvement in and contribution to community life where people are able to participate in positive relationships, journeying and growing together in all social, mental, physical and spiritual facets of life.

101 North Avon Road Richmond Christchurch 8013



reception@deltatrust.org.nz  Delta Community House is open to the public

(03) 389 0212 9:30am-2pm weekdays, Thursdays open at http://www.deltatrust.org.nz/ 10am.

Community Workers are available by appointment or by phone between 9am-3pm Some charges may apply. Referral may apply.

**Depression Support Network**

FSD0000299 Last updated 10/02/2021

To provide community support for young people and adults whose lives are affected by depression. This includes support for friends and family who are supporting someone who is experiencing depression. Services include: personal and group support, education courses, access to resource information and community networks, speaking presentations.

Community House 301 Tuam Street Christchurch Central Christchurch 8011



admin@dsn.org.nz  Call or text 1737 anytime for support (03) 366 8083 All services free of charge.

No referral required.

**Drug Arm Christchurch**

FSD0006115 Last updated 17/12/2020

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

 106 Emmett Street Shirley Christchurch 8013

|  |  |
| --- | --- |
| lis@drugarm.co.nz (03) 327 8839 (027) 436 9925 http://www.drugarm.co.nz | Mon Fri 9.00am - 5.00pm or by arrangement  Street Van 7.30pm - 9.00pm Wed and Sat All services free of charge.  No referral required. |

**Earthquake Twitter Monitor #EQNZ**

FSD0017297 Last updated 09/04/2021

Live auto-refreshing feed of #eqnz tweets and Geonet quake updates.

andrew@below43.com  Ongoing http://www.eqnz.co.nz All services free of charge.

No referral required.

**Family Help Trust - Christchurch**

FSD0000323 Last updated 02/11/2020

An intensive long term home based social work service for parents with multiple difficulties parenting infants and toddlers. Also offers organisational capability mentoring. Please see service detail for more information.

The Loft Eastgate mall 20 Buckleys Road Linwood Christchurch 8062 libby@familyhelptrust.org.nz  8.30am - 4.30pm Monday to Friday.



(03) 365 9912 All services free of charge. http://www.familyhelptrust.org.nz No referral required.

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being).

There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**HealthCare NZ - Christchurch**

FSD0006279 Last updated 12/11/2020

We are committed to enabling all New Zealanders to have greater independence and quality of life.

We achieve this by providing a variety of home and community-based services where age, disability, illness or accident make such support necessary.

Our services range from supporting people with domestic tasks and personal care, to providing specialised nursing services which are catered towards more complex health needs. We also provide mental and addiction services to support our clients to lead ordinary lives in the community, whatever their level of need.

Our business is quality: Quality of life for our clients delivered through quality services by quality people

29 Sir William Pickering Drive Burnside Christchurch 8053



christchurch.office@healthcarenz.co.nz  8.00am - 5.00pm Monday to Friday

(03) 377 7527 Some charges may apply.

(0800) 227 348 No referral required. http://www.healthcarenz.co.nz

**Home and Family Society, Christchurch**

FSD0000392 Last updated 12/02/2021

Home and Family Society seeks through counselling, education and supported accommodation, to enhance the lives of families from all economic and cultural backgrounds. They do this by offering programmes designed to empower and encourage self esteem and create positive home environments in which children can reach their full potential.

319 St Asaph Street Christchurch Central City Christchurch 8011 contact@homeandfamily.net.nz  Mon-Fri 9-5pm



(03) 944 0635 Some charges may apply. http://www.homeandfamily.net.nz/ No referral required.

**IDEA Services - Christchurch**

FSD0007174 Last updated 13/07/2020

We support people with intellectual disabilities by advocating for their rights, providing a variety of housing and work options and by supporting families.

Level 1 14 Birmingham Drive Middleton Christchurch



christchurch.administration@idea.org.nz  Monday - Friday, 8.30am - 5pm

(03) 341 9200 Some charges may apply. http://www.ihc.org.nz Referral may apply.

**Kaiapoi Community Care & Employment Trust**

FSD0000425 Last updated 19/04/2021

Assists elderly and disadvantaged in the community and creates a stepping stone to employment using our skill base and partnerships between community, businesses, funders and other agencies.

63B Hilton Street Kaiapoi 7630



info@aroundtuit.co.nz  Mon - Thu 9:00am - 4:00pm

(03) 327 4005 Fri 9:00am - 2:00pm

Some charges may apply. No referral required.

**Kingdom Resources**

FSD0000442 Last updated 16/07/2020

Kingdom Resources is a not-for-profit Christian organisation in Christchurch and North Canterbury; offering budget advice, budget education courses, and an employment education course for women.

1st Floor 285 Lincoln Road Addington Christchurch 8024 kr@kingdomresources.org.nz  Office hours: 8.30am-4.30pm, Monday to Friday.



(03) 332 1700 Late night by arrangement. http://www.kingdomresources.org.nz 24 hour answerphone.

All services free of charge. No referral required.

## Classification : BFC

**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.

**LifeLinks**

FSD0000520 Last updated 13/07/2020

We are a private company contracted to provide Needs Assessment and Service Co-ordination ( NASC) for people with disabilities (and their families) living in Canterbury, South Canterbury, North Canterbury and the West Coast. There is no cost to the individual for our service.

 42 Buchan Street Sydenham Christchurch 8023

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| --- | --- |
| office@lifelinks.co.nz (0800) 866 877 http://www.lifelinks.co.nz/ | Since the 22 February 2011 earthquake and the loss of our building, we are now able to have our staff working from 'remote' or mobile locations around the city. Operating Hours 8.30am to 5pm  Mon-Fri  All services free of charge.  Referral may apply. |

**Lifeworks Counselling and Psychotherapy**

FSD0000461 Last updated 27/07/2020

Lifeworks counselling provides individual counselling, psychotherapy, supervision, mentoring & group work for people aged 16 years and over.

Also provides group-work supervision and practice reflection. ACC registered for trauma recovery from a physical or mental injury.

41 Essex Street Phillipstown Christchurch 8011



nickeifalconer@hotmail.com  Wednesday - Friday 8.00am - 5.00pm

(03) 365 0483 Some charges may apply. http://www.lifeworkscounselling.co.nz No referral required.

**Meals on Wheels - Christchurch**

FSD0000488 Last updated 20/01/2021

Meals on wheels are supplied by Canterbury District Health Board and delivered by Red Cross voluntary drivers who are co-ordinated by Lynette Milne, (03) 339 3759.

85 Picton Avenue Riccarton Christchurch 8011



CHCHMOW@redcross.org.nz  Meals are delivered between 11am and 1pm

(03) 339 3759 Monday-Friday.

(027) 405 2646

http://www.redcross.org.nz Office Hours: Monday - Friday 9am - 1.30pm Some charges may apply. Referral may apply.

**Mental Health Education and Resource Centre (MHERC)**

FSD0000495 Last updated 28/01/2021

The Mental Health Education and Resource Centre (MHERC) provides information, a free public library, as well as professional development, workplace education and community education about mental health, wellbeing, resilience, mental illness, and addictions. Our services are available to everyone, including those who may be affected by mental illness, seeking wellbeing for themselves or others, and those working in the mental health or social service sectors.

116 Marshland Road Shirley Christchurch 8061



admin@mherc.org.nz  Monday - Friday

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| (03) 365 5344 (0800) 424 399 http://www.mherc.org.nz    **Classification : FVSS** | 9.00am - 4.30pm  Rural freephone at 0800 424 399 Some charges may apply.  No referral required. |

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Mt Pleasant Memorial Community Centre Residents Association**

FSD0020977 Last updated 16/11/2020

Our vision is:“To nurture and facilitate a dynamic, friendly community that is resilient and sustainable.”

3 McCormacks Bay Road McCormacks Bay Christchurch 8081



admin@mpcc.org.nz  Mon - Fridays 9am to 2.30pm (excluding public

(03) 384 1656 holiday)

http://www.mpcc.org.nz Koha/donation may apply.

No referral required.

**New Zealand Red Cross - Christchurch Service Centre**

FSD0000530 Last updated 15/01/2021

Everyday, we work to help Kiwis - whether that's providing a hot meal, offering a safe ride to the hospital or helping former refugees into employment. We also help communities affected by disaster and conflict right across the world. As we often say, disasters don't discriminate and neither do we.

85 Picton Ave Riccarton Christchurch 8011



christchurch@redcross.org.nz  Monday to Friday 8.00am to 4.30pm

(03) 339 3750 Some charges may apply. http://www.redcross.org.nz/ Referral may apply.

**Nurse Maude - Christchurch**

FSD0000572 Last updated 17/11/2020

Nurse Maude provides nursing, homecare, and support so people can stay in their own homes and communities and inpatient care in its hospital and hospice. By working in partnership with other health providers and through significant investment in our people, technology, research and development, Nurse Maude continues to care for the people of Canterbury, as we have done since 1896.

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| info@nursemaude.org.nz  (03) 375 4200 http://www.nursemaude.org.nz/ | 8am - 5pm Weekdays Some charges may apply.  No referral required. |

**Order of St John - Northern Region (SI) Regional Headquarters**

FSD0000610 Last updated 10/06/2020

To train volunteers who provide first aid and patient care services at community and sporting events. Youth Divisions (8-18 years), Adult Divisions (16 years and over) and Penguin Programme

(6-9 years). Other services available are: pre-hospital emergency care, Lifelink Medical Alarms, Caring Caller Telephone Friendship Service, Events & First Aid Kits

180 Durham Street South Christchurch Central Christchurch 8011



enquiries@stjohn.org.nz  Some charges may apply.

(03) 366 4776 No referral required.

(0800) 785 646 http://www.stjohn.org.nz/

**Oxford Community Trust**

FSD0002623 Last updated 27/10/2020

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

|  |  |
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| (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz    **Classification : OSCAR**    **Project Esther Trust** | public holidays)  Some charges may apply. No referral required. |
| FSD0000675 | Last updated 15/12/2020 |

Project Esther is a multifaceted organisation that provides services to women and their families with a bias to those in need. Programmes include: Preschool Music and Movement, support of women in the community, support for women prisoners and ex-prisoners, subsidised counselling service and temporary/emergency accommodation.

248 Lyttelton Street Spreydon Christchurch 8024



projectesther@swbc.org.nz  9:00am - 3:00pm Monday - Thursday

(03) 338 4163 ext 237 Some charges may apply. http://www.projectesther.co.nz No referral required.

**Student Volunteer Army (SVA)**

FSD0017302 Last updated 29/07/2020

Making service a part of the student lifestyle by inspiring and activating students to be the change in their community

49 Creyke Road Christchurch 8041



help@sva.org.nz  You can join the army via website

(0800) 005 902 www.sva.org.nz

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

No referral required.

**Te Korimako**

FSD0000859 Last updated 28/01/2021

Community support workers who work with Maori with psychiatric illness, their case managers and any other significant people to develop and work to a support plan that may include accessing benefits and other resources such as good housing; developing life skills like menu planning, cooking, shopping, personal hygiene, having fun and improving social and cultural activities and networks; support to challenge negative messages and stereotypes; support to get out and about and broaden horizons

90 Fitzgerald Avenue Christchurch Central Christchurch 8011



info@kakakura.org.nz  24/7 for Korimako Services

(03) 351 5837

(03) 379 7200 Head office 8:30 am - 5:00 pm http://www.kakakura.org.nz/contact- All services free of charge. us.html No referral required.

**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**Tenancy Services - Christchurch**

FSD0006234 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 2 161 Cashel Street Christchurch Central Christchurch 8011



info@tenancy.govt.nz  Open 8.30 am to 4.30 pm weekdays. It is best to

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| (0800) 836 262 (0800) TENANCY  https://www.tenancy.govt.nz/ | call and make an appointment to see someone.  Some charges may apply.  No referral required. |

**Tenants Protection Association (Christchurch) Inc**

FSD0015782 Last updated 28/09/2020

One in three people live in a home they do not own. Tenants Protection Association (TPA) provides free and confidential advice, information and advocacy services which includes assisting tenants to understand and prepare for the mediation and tribunal process, and helping Tenants and other make decisions about their current renting situation. TPA also provides education services and resources to assist renters and other agencies understand tenancy rights and responsibilities.

301 Tuam Street Christchurch Central Christchurch



info@tpa.org.nz  You can contact TPA by email or ringing (03) (03) 379 2297 379 2297 during working hours. Please clearly http://www.tpa.org.nz leave your name and phone number. Face to

face advice at city office by appointment.

Some charges may apply. No referral required.

**Thorpe House Social Detoxification Service**

FSD0000867 Last updated 17/09/2020

Social (non-medical) detoxification service providing 24-hour residential care for persons wishing to attend to their personal alcohol or other drug use. Facility provides 3 female and 6 male placements, for 7-21 days, with focus on harm minimisation and change appropriate to the individual

276-284 Hereford Street Christchurch Central Christchurch



thorpe@citymission.org.nz  Office hours: Mon-Fri 9am -5pm

(03) 379 1682

(03) 365 0635 Thorpe House 24 hour residential facility

Some charges may apply. No referral required.

**Valerie Attrill Counselling**

FSD0000311 Last updated 04/02/2021

Counselling, consultations and clinical supervision. Assists with workplace management and staff relationships, personal identity/and self development, sexual orientation/sexual identity/gender and transgender, relationship issues, intimacy and sexual issues, emotional problems, anger and rage:

understanding & management, grieving support and understanding, loss of motivation through depression, loss of autonomy through anxiousness, spirituality exploration.

 88A Pine Avenue New Brighton Christchurch 8061

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| attrillvalerie@gmail.com  (027) 436 9807 http://www.valerieattrill.nz      **Volunteering Canterbury** | Week daytime and Evening appointments available. No weekend appts.  New Brighton. Appointment times negotiated with flexibility.  Some charges may apply. No referral required. |
| FSD0005822 | Last updated 25/01/2021 |

Volunteering Canterbury is a registered charity that supports and promotes volunteering. We uphold the integrity of voluntary work and the rights of volunteers. We help to match individual interests with organisations who need volunteers, and offer support and training to organisations which involve volunteers.

Room 10, Christchurch Community House 301 Tuam Street Christchurch 8011 office@volcan.org.nz  Monday to Friday (03) 366 2442 9.00am to 5.00pm



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

No referral required.

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

 145 Tancred Street Ashburton 7700

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| (0800) 559 009 http://www.workandincome.govt.nz | You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

25 Shands Road Hornby Christchurch 8042



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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. 154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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.

26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009  You can contact any of our service centres or

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| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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. 76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

203-205 Hills Road Shirley Christchurch 8013



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

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

14 Strathallen Street Timaru 7940



(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm

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| --- | --- |
| http://www.workandincome.govt.nz | Weds 9.30am until 5pm All services free of charge.  No referral required. |

**Youthline - Central South Island**

FSD0006535 Last updated 13/07/2020

Free confidential 24/7 phone, text, email and web-chat counselling for young people. Online mentoring for 12-16 year olds. Youth Development and leadership training.

admin@youthlinecsi.org.nz (Free TXT) 234 (0800) 37 66 33 https://www.youthline.co.nz/csi.html Office open Monday to Thursdays 03-3794 795 admin@youthlinecsi.org.nz Central Christchurch

Helpline open 24/7

All services free of charge. No referral required.

# Education and Training

**Age Concern Ashburton Inc**

FSD0006653 Last updated 19/10/2020

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

206 Cameron Street Ashburton ageconcernashburton@xtra.co.nz  Some charges may apply.



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| (03) 308 6817 http://www.ageconcern.org.nz      **Age Concern Canterbury Inc** | No referral required. |
| FSD0006654 | Last updated 19/10/2020 |

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

24 Main North Road Papanui Christchurch 8053



team@ageconcerncan.org.nz  9am - 4.30pm Monday to Friday

(03) 366 0903 Some charges may apply.

(0800) 803 344 No referral required. http://www.ageconcerncan.org.nz

## Classification : EARS

**Angel Fund**

FSD0000112 Last updated 20/01/2021

A savings and loan fund lending up to $500 interest free to women for the purpose of small/home/lobby business or education/training or moving into work expenses. Applications accepted from women on low incomes who live in the Christchurch area who have difficulty accessing credit from traditional sources and who have an ability to repay.

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| --- | --- |
| angelfund@gmail.com (022) 412 6435 http://www.angelfund.org.nz | If you wish to leave a message for Angel Fund, please use the mobile number provided and send a txt or message via our website link or email the Co-ordinator.  Some charges may apply.  No referral required. |

**Ashburton District Attendance Service**

FSD0005980 Last updated 25/03/2021

The Ashburton District Attendance Officer works with schools to promote school attendance and decrease the incidence of truancy to improve educational opportunities.

Safer Ashburton District 44 Cass Street Ashburton 7700 attendance@saferashburton.org.nz  All services free of charge.



(03) 308 1395 Referral may apply.

(027) 450 0741 http://www.saferashburton.org.nz

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

(03) 308 1395 All services free of charge. http://www.safermidcanterbury.org.nz Referral may apply.

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

64 Langdons Road Papanui Christchurch 8053



CanterburyAMU@barnardos.org.nz  Office Hours Monday to Friday 8.00am - 4.30pm

(03) 365 3923 Some charges may apply.

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

## Classification : FVSS

**Best Start Buchanans Rd**

FSD0022574 Last updated 06/11/2020

We are a purpose built childcare centre with four rooms which cater for children aged from 4 months to 5 years old.

5 Jarnac Blvd Yaldhurst Christchurch 8042



buchanans@best-start.org  7am to 6 pm

(03) 741 1024 Some charges may apply. https://best-start.org/centres/beststart- No referral required. buchanans-road

**Best Start Rolleston**

FSD0022583 Last updated 13/01/2021

At BestStart Rolleston we are very lucky as we are a purpose built centre and have wonderful established gardens and trees. Our Nursery caters for children aged 6 weeks to 2 years and our Preschool 2-5 years.

 14 Cezanne Grove Rolleston 7614

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| rolleston@best-start.org  (03) 347 9850 http://www.best-start.org      **BestStart Beckenham** | Monday - Friday 7:30am-5:45pm Some charges may apply. No referral required. |
| FSD0022577 | Last updated 23/12/2020 |

ABC Beckenham is a purpose built Early Childhood Centre for children aged 0-5 years.

We are committed to providing an education that is valued, safe and fun by seeking and establishing reciprocal relationships amongst our children, families and our local community that promote concepts of tuakana teina, ako and establish Mana for learning.

A person's a person, no matter how small! (Dr Suess). Come in and meet us, have a chat and see what we are all about!

112 Colombo Street Sydenham Christchurch 8023



beckenham.manager@best-start.org  7am-6pm

(03) 337 3134 http://www.best-start.org/ We have morning, afternoon or full day sessions.

Some charges may apply. No referral required.

**BestStart Faringdon**

FSD0022582 Last updated 12/01/2021

Edukids Faringdon is a newly purpose built centre that offers quality childcare in the Selwyn area. Your child will be nurtured and cared for in a warm, friendly and caring environment by highly qualified and or skilled teachers.

We are one of the 250 BestStart centres throughout New Zealand and we are one of New

Zealand's largest Early Childhood Education organisations, providing care to over 16,000 children across New Zealand.

 53 Chandler Way Rolleston 7678

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| faringdon@best-start.org  (03) 550 2076 http://www.best-start.org/      **Beststart Kaiapoi** | We are open Monday to Friday 7am to 6pm.  Closed on all public holidays.  Some charges may apply. No referral required. |
| FSD0022550 | Last updated 21/12/2020 |

ABC Kaiapoi is a gorgeous purpose built centre set against the stunning rural backdrop of Kaiapoi. We are a large centre licensed for 85 children, so we have ample room for your child to play in a safe and nurturing environment where learning is driven by children’s interests.

What makes us different:

We have three large playgrounds for children to explore and discover.

We have five large classrooms – providing more than required space to extend children’s learning.

Which include a separate room for our under ones.

Our under two bedroom has full stand-alone cots with a home away from home feel.

Low teacher to child ratios.

Qualified, passionate and experienced staff.

Bright, clean and well-resourced centre.

Come in for a visit today!

56 Williams Street Kaiapoi 7630



kaiapoi@best-start.org  Monday to Friday

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| (03) 327 0733 http://www.best-start.org/      **BestStart St Martins** | 6.30am -6pm  Only closed for public holidays Some charges may apply.  No referral required. |  |
| FSD0022587 |  | Last updated 15/01/2021 |

St Martins is a high quality centre with a lovely home like feel.

We have two age appropriate rooms to help us better cater to the children’s needs. Our preschool is the main building & caters for children aged 2 to 5 years, the nursery is a separate building

catering for infants & toddlers aged 3 months – 2 years.

All staff at ABC St Martins take pride in helping children develop to their full potential, and are passionate in achieving a caring and nurturing environment for all children.

We understand how difficult it can be to choose the right childcare centre for your child, and how emotional the process can be while your child adjusts to a big life change. Our team is here to help you every step of the way. We will support you, acknowledge you and aim for a close partnership with you, so you can rest assured your child will have the very best possible care.

We offer delicious, healthy morning and afternoon teas as well as fantastic lunches provided by our on site cook.

17 St Martins Road St Martins Christchurch 8022



stmartins.manager@best-start.org  Monday to Friday 7.30am-6.00pm

(03) 332 1944 Some charges may apply. https://best-start.org/centres/beststart-st- No referral required. martins

**Birthright Ashburton Inc**

FSD0006813 Last updated 23/12/2020

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

44 Cass Street Ashburton 7700



birthrightash@gmail.com  Mon, Tues & Wed 10am - 12pm

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| (03) 366 9456  (0800) 457 146 http://www.birthright.org.nz | Thurs & Fri 1pm - 5pm All services free of charge.  Referral may apply. |

**Blueberries Nursery and Preschool**

FSD0022581 Last updated 03/01/2021

Donald Duck Nursery and Preschool is located in the heart of the Addington Business District and is handy to Christchurch Public and Women's Hospitals, Hagley Park and the City. We are licenced for fifty children aged 2-5years and ten children under two, and offer full-time, part-time and morning or afternoon sessions.

We are a strong multi-cultural centre that supports and celebrates the diversity of our families and teaching staff. Our philosophy reflects the shared beliefs, values, visions, practices and identity of our community.

Our well-paced child-centred programme allows children long periods of uninterrupted time to follow their interests, share ideas and develop friendships, as well as meeting the changing needs of individual children by embracing social, emotional, cognitive, intellectual and physical skills.

29 Macaulay Street Addington Christchurch 8024



info@blueberrieschildcare.co.nz  Monday to Friday 7.15am - 5.45pm. Only closed

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| (03) 338 4470  http://www.facebook.com/Blueberries-  Nursery-Preschool-411673106288541/ | for public holidays.  Some charges may apply.  No referral required. |

**Boyle River Outdoor Education Centre**

FSD0023856 Last updated 02/12/2020

We are an exemplary provider of outdoor education opportunities for young people in a unique alpine learning and recreational environment.

We seek to extend the potential of young people to be lifelong learners and contributing citizens, enhancing their wellbeing through engagement in responsive, future focused, outdoor education learning programmes.

To be sustainable, use sustainable practices and be internationally recognised as guardians of our unique alpine environment.

16 Magdalen Valley Road Poplars Range 7392



info@boyle.org.nz  9am - 5pm Daily (03) 315 7082 Some charges may apply. http://www.boyle.org.nz Referral may apply.

**Canterbury Early Learning Centres**

FSD0022423 Last updated 19/06/2020

We provide quality education and care within a Preschool and/or homebased environment for children aged 0-6 years.

We value our strong reciprocal relationships with our families and community, respecting the rich diversities of ethnicities and cultures within our whanau. We offer parents choices between Preschool and homebased with us recognizing that each child and family is an individual. We offer a robust transition to school programme which is acknowledged and accredited by all of our local schools.

Our Avonhead Montessori centre offers a wonderful balance of the Montessori work-cycle time with free play allowing children to learn and develop at their own pace. We can offer parents peace of mind that their child/children will be nurtured, educated and learn from our teachers in a safe environment.

We offer 20 ECE free hours for children over 3 years and support with WINZ subsidies.

Southbrook Early Learning Centre 89 South Belt Rangiora 7400 office@southbrookelc.co.nz  7am - 6.30pm



(03) 313 7489 Some charges may apply. http://www.southbrookelc.co.nz No referral required.

**Canterbury Fiji Social Service Trust**

FSD0000180 Last updated 10/08/2020

We provide quality, age appropriate, culture sensitive activities in a safe and healthy environment to low income families in the community.

40 Hillary Crescent Upper Riccarton Christchurch 8041



fiji.social.services@gmail.com  Normal hrs: Monday to Friday 9am-4pm

(03) 942 9498 Some charges may apply. (021) 440 812 No referral required.

## Classification : OSCAR

**Canterbury Refugee Resettlement and Resource Centre**

FSD0024485 Last updated 07/01/2021

The Canterbury Refugee Resettlement and Resources Centre advocates on behalf of the refugee communities resettled in the Canterbury area. As the first contact point for agencies aiming to liaise with the wider community or individuals of refugee background, we work to disseminate relevant information, community skills, and knowledge through a grassroots approach to consultative communication.

CRRRC aims to bridge the gap between the refugee background people of all ages by creating a more harmonious, more welcoming, inclusive environment through building a shared respect, by connecting our common experiences and celebrating our differences.

39 Nursery Road Phillipstown Christchurch 8011



contact@canterburyrefugeecentre.org.nz  Office Hours: Monday-Friday 9:00am-3:00pm

(03) 377 2538 All services free of charge. https://www.cantyrefugeecentre.org/ No referral required.

**Christchurch Budget Service Inc**

FSD0000217 Last updated 12/10/2020

Christchurch Budget Service (CBS) is a genuinely independent agency that is not aligned to any religious or political organisation. Specialist CBS Advisers work alongside and advocate for people who are in full and part-time work including GiG workers, self-employed, independent contractors, seasonal workers and agency workers and their Whnau/Families to resolve income and expenditure challenges, debt, IRD debt and to access correct social entitlements. CBS Budget Advisers also work with Superannuitants, Tertiary Students, ACC recipients and members of the Culturally and Linguistically Diverse (CALD) Community.

55 Lunns Rd Middleton Christchurch 8024



enquiries@chchbudget.org.nz  Office appointments weekdays.

(03) 366 3422 Visits to client's homes days and evenings. (021) 0827 1472 Some charges may apply. http://www.christchurchbudgetservice.co.n No referral required. z

## Classification : BFC

**Church Corner Nest Early Learning Centre**

FSD0022556 Last updated 05/10/2020

We provide outstanding early childhood care and education.

We are licensed for 30 children aged 0-5 years of age.

Our centre is a converted house and is very homely and family is at the centre of all we do. We are focussed on sustainable practices and ensuring that children learn to love and respect the earth.

Our purpose is to ensure that every child receives an outstanding early childhood education and is well prepared for life long learning. We operate a primary care system where each family has a specific teacher assigned to them. This teacher is responsible for ensuring that all care routines for the child are carried out and for all communication and liaison with parents and whanau. The primary care teacher is also responsible for developing an individual plan of learning for each child. The teacher produces and maintains a detailed record of each child's learning in the form of a portfolio.

We service the Sockburn and Upper Riccarton areas.

67 Main South Road Sockburn Christchurch 8042



churchcorner@nests.co.nz  We are open Monday to Friday 7.30 am to 6.00 (03) 341 3396 pm. We do not close for school holidays but http://www.nests.co.nz are closed on statutory holidays.

Some charges may apply. No referral required.

**CINCH**

FSD0019870 Last updated 26/03/2021

A directory listing clubs / organisations in Christchurch and surrounding districts. CINCH covers a wide range of subject listings. CINCH has Google Maps, Print and Export functions as well as a Mobile version of the website. Users can also add / update their details directly using the update forms

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| cinch@ccc.govt.nz (03) 941 7923 http://cinch.org.nz | Website available 24/7 All services free of charge.  No referral required. |

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

Level 1 29 High Street Rangiora



manager@wellbeingnc.org.nz  Monday - Friday 8.30am-5pm

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| (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Some charges may apply. No referral required. |

**Cornerstone Christian Early Learning Centre Aidanfield**

FSD0022542 Last updated 02/07/2020

* We provide quality Christian childcare in a warm, caring and safe environment.
* We have a strong sense of family and community.
* We have structured morning and afternoon sessions and are now open during most schoolholidays.
* We cater for children from 2.5 years old until they start school.
* Work & Income subsidies are available.
* 20 hours free ECE for over three-year-olds available.

2 Nash Road Halswell Christchurch 8025



cornerstone@aidanfield.school.nz  Term time & school holidays

(03) 338 9948 Monday - Friday 8.30am - 3.30pm (022) 094 9926 Some charges may apply. http://www.cornerstone.school.nz No referral required.

**Craighead Kindergarten**

FSD0022584 Last updated 29/01/2021

We are a small not for profit community based Kindergarten with a long-standing reputation for providing quality early childhood education. Our aim is to work in partnership with families in nurturing and encouraging children to grow a love of learning.

We welcome children from two and a half years of age and offer a programme of learning through play with both structured and free-play components to each session.

We are licenced for 30 children in each session and offer 20 hours Early Childhood Education for three to five year olds who attest their hours to the Kindergarten.

A number of our families are eligible for Work and Income Childcare Subsidies. You can receive the required forms from the Work and Income office.

We welcome you to come and visit our facility, to browse our website and to contact our office with any enquiries.

Craighead Kindergarten is run as an incorporated society with a Board of Governors.

11 Craighead Street Highfield Timaru 7910



office@craigheadkindergarten.org.nz  Morning Sessions

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| --- | --- |
| (03) 688 9654 (021) 024 46379 http://www.craigheadkindergarten.org.nz      **Cultivate Christchurch** | Monday to Friday  8.15am - 12.15pm  Afternoon Sessions  Monday to Friday  12.30pm - 2.30pm  Full day Sessions (for the oldest children)  Monday to Friday  8.15am - 2.15pm  Some charges may apply. No referral required. |
| FSD0023350 | Last updated 28/07/2020 |

Focus

Cultivate Christchurch is building a network of urban farms propagated and powered by our next generation.

Social

With the support of the community we grow skills and provide employment and meaningful work experience while engaging and inspiring young people to live lives they value.

Environmental

Healthy soil equals healthy plants and ultimately health people and communities, Cultivate is creating a future of vitality and abundance.

Ruia Nga Kakano O Te Tumanaako I Roto I Te Maara O Te Hinengaro To cultivate the seeds of hope within the garden of the mind.

Cultivate is a social enterprise where the produce grown by our team is sold at the Riverside Farmers Market and to local restaurants and cafes. We collect food waste from these restaurants and cafes to help build soil that is all collected and delivered by an electric bike.

156 Peterborough Street Christhcurch



hello@cultivate.org.nz  Monday-Thursday 9-4pm. http://www.cultivate.org.nz

Locations are currently temporary and depending on the the season we may be at different farms on different days - so best to email interest.

Some charges may apply. No referral required.

**Early Start Project Ltd.**

FSD0008151 Last updated 15/04/2021

Early Start is offered to Canterbury families/whanau pregnant & with newborn babies, where difficult social and family circumstances may have the potential to negatively impact on the life chances of children in their care. The service is free, long term and home based.

354-356 Armagh Street Christchurch Central Christchurch 8011



reception@earlystart.co.nz  8:00am- 5:00pm (Monday to Friday)

(03) 365 9087 All services free of charge.

(0800) ESTART Referral may apply. http://www.earlystart.co.nz

**English Language Partners Aoraki**

FSD0007848 Last updated 22/03/2021

English Language Partners Aoraki provides English language skills and social support for the effective resettlement of adult refugees and migrants in the South Canterbury region. This is achieved through 1x1 and class assistance covering areas i.e. language, culture and employment.

We are part of New Zealand's largest settlement agency.

3 Sophia Street Timaru 7910



gillian.dowsett@englishlanguage.org.nz  Monday - Thursday, 8.30am - 3.00pm

(03) 688 9030 Some charges may apply. http://www.englishlanguage.org.nz Referral may apply.

**English Language Partners Christchurch**

FSD0007834 Last updated 29/09/2020

To provide English language skills and social support for effective resettlement of adult former refugees and migrants in Aotearoa New Zealand.

Level 1 334 Manchester Street Christchurch Central Christchurch 8013 christchurch@englishlanguage.org.nz  Mon - Thurs 9 am - 4pm.



(03) 377 3141 Fridays by appointment only. http://www.englishlanguage.org.nz All services free of charge. Referral may apply.

**Family Planning Clinic - Timaru**

FSD0007037 Last updated 14/09/2020

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.

14 Butler Street Timaru 7910



(03) 684 3872 http://www.familyplanning.org.nz

Please ring to make an appointment.

Some charges may apply. No referral required.

**Family Works South Canterbury**

FSD0006033 Last updated 11/11/2020

At Family Works we believe that some children, families and individuals need support to reach their full potential regardless of age, culture or gender. We believe that everyone has strengths but now and again need help in order to flourish.

Sometimes families need someone who is prepared to listen, someone who understands and can help them make positive and lasting changes in their lives.

12 Park Lane Highfield Timaru 7910



familyworks@pssc.co.nz  Monday-Friday 8:30am-5.00pm

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| --- | --- |
| (03) 687 7945 http://pssc.org.nz/family-works/      **FUNdamentals Preschools** | Some charges may apply. Referral may apply. |
| FSD0022462 | Last updated 26/09/2020 |

Fundamentals Preschool is available at two locations: Merivale and Marshlands.

We offer a total Mind and Body experience with an on-site gym room, including dance, yoga and active movement sessions. The gym and classroom sessions are balanced with free-choice times where children play alongside their peers both inside and outdoors. We offer sand, woodwork, water play, art, and teacher-guided activities based on science, maths and literacy. We offer a Numeracy & Literacy programme for 3 year olds, that includes phonological based reading extension and games. We incorporate a range of activities from puzzles, shape exploration, small manipulative tasks like threading, to gross motor gym room activities, stories, creative art and music.

Please enquire about session times, costs and availability by calling us, or via e-mail. We invite you to come in and see how the centre works.

 5 Innes Road Merivale Christchurch

merivale@fundamentals.co.nz (03) 355 1522 Merivale (03) 385 5252 Marshland http://fundamentals.co.nz/

**Geraldine Preschool Inc**

FSD0022512

The Centre is open 7.30am - 6.00pm Monday Friday in Merivale.

FUNdamentals Marshlands

435 Marshland Road, Marshlands

FUNdamentals Merivale

1. Innes Road, Merivale

Some charges may apply. No referral required.

Last updated 19/10/2020

Community Owned Childcare Centre for 3months-6 year olds.

1. High Street Geraldine 7930



geraldinepreschool@xtra.co.nz  Monday - Friday 8.00am-5.00pm

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| (03) 693 9133 http://www.geraldinepreschool.co.nz      **Globalkids Preschool** | Some charges may apply. No referral required. |
| FSD0023991 | Last updated 17/08/2020 |

We are a small home like early childhood centre, with qualified passionate teachers. We are a mixed age centre liscensed for 10 children 0-2 years and 20 children 2-5 year olds.

We offer our families work and income subsidies and the 30 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 8am-5pm .

You can read our excellent Education Review Office report online.

70 Hume St Sydenham Christchurch



global.kids@xtra.co.nz  8am to 5pm Monday to Friday

(03) 332 2070 Some charges may apply. http://www.globalkids.co.nz No referral required.

**Hagley College - Diversity Support**

FSD0016192 Last updated 17/08/2020

Diversity Support at Hagley College provide education and support programmes to diverse learners particularly, refugees and migrants. This includes a study centre, social empowerment courses, community bilingual liaison, events and celebrations, at risk women support, training for providers, inter-cultural training.

510 Hagley Avenue Christchurch 8011



info@hagley.school.nz  8.30 am - 4:30 Mon - Fri (whole school)

(03) 379 3090 All services free of charge. http://www.hagley.school.nz No referral required.

**Haven ELC**

FSD0023945 Last updated 12/04/2021

We are a small centre, providing quality childcare and early childhood education for all ages up to 6.

375 Worcester St Linwood Christchurch 8011



info@havenelc.school.nz  7:30-17:30 (03) 389 2483 Some charges may apply.

(027) 3894 284 No referral required. http://havenelc.school.nz

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being).

There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**Injury Prevention Waimakariri**

FSD0002673 Last updated 01/02/2021

Injury Prevention Waimakariri develops and delivers community based projects and programmes around Community Safety. E.g. poisoning, drowning, falls prevention, injury and alcohol, and Suicide Prevention etc.

Waimakariri District Council Community Team Office 215 High Street Rangiora



office@wmk.govt.nz  Opening hours: Monday to Friday 8.30 am to 5

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| (0800) 965 468 (03) 313 4432 https://www.waimakariri.govt.nz/      **Kaiapoi Community Support** | pm  All services free of charge. No referral required. |
| FSD0002675 | Last updated 16/11/2020 |

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

 24 Sewell Street Kaiapoi 7630

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| kcs.coord@wellbeingnc.org.nz  (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Kaiapoi Preschool** | Coordinator available Mon- Fri 9am – 4pm. Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0022405 | Last updated 06/12/2020 |

A small Early Childhood Centre licensed for a maximum of 23 children aged 2 to 6 years.

8 Tunas Street Kaiapoi 7630



info@kaiapoipreschool.com  Monday to Friday 8am to 4pm

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| (03) 327 5566 http://www.kaiapoipreschool.com | Some charges may apply. No referral required. |

**Kimihia Adventure Programme**

FSD0000439 Last updated 18/01/2021

A collaborative approach between community, families, care agencies and school providing a safety net and alternative education pathway for youth at risk, assisting them to reach their potential.

Beside 227 Linwood Avenue Linwood Christchurch 8011



Abi.kimihia@gmail.com  8.30am - 4.30pm, Monday to Friday.

(03) 389 5688 Some charges may apply.

Referral may apply.

**Kimihia Early Learning Centre**

FSD0005888 Last updated 01/10/2020

Early Learning Centre - a licensed childcare facility operating for the care of children in the community.

521 Ferry Road, Christchurch 8023



ece@klc.school.nz  8.00 am - 4.30 pm (03) 389 1800 Some charges may apply. http://kimihiapreschool.co.nz No referral required.

**Kingdom Resources**

FSD0000442 Last updated 16/07/2020

Kingdom Resources is a not-for-profit Christian organisation in Christchurch and North Canterbury; offering budget advice, budget education courses, and an employment education course for women.

1st Floor 285 Lincoln Road Addington Christchurch 8024 kr@kingdomresources.org.nz  Office hours: 8.30am-4.30pm, Monday to Friday.



(03) 332 1700 Late night by arrangement. http://www.kingdomresources.org.nz 24 hour answerphone.

All services free of charge. No referral required.

## Classification : BFC

**Laura Fergusson Brain Injury Trust**

FSD0019596 Last updated 02/02/2021

Laura Fergusson Brain Injury Trust is a non-profit organisation providing assessment and rehabilitation services, both through ACC contracts, private insurance agencies and privately to clients who have had moderate /severe traumatic brain injuries (TBI), mild traumatic brain injuries (Concussion), general neurological conditions, psychological issues and other general physical injuries. We visit clients in their own homes/school or workplace. Laura Fergusson Brain Injury Trust also provides services for clients returning to the workplace, residential care and supported living options.

177 Montreal Street Christchurch Central Christchurch 8011



hello@lfbit.co.nz  8am to 4.30pm Weekdays

(03) 335 0541 Some charges may apply. http://www.lfbit.co.nz/ Referral may apply.

**Learning for You South Canterbury**

FSD0015612 Last updated 06/11/2020

Our organisation is a non profit charitable trust who provides information, assessment and specialised one-on-one tutoring. We provide, information for clients, parents/whanau and educational providers who have concerns regarding Dyslexia and other related Learning

Disabilities. We provide help and support for people who learn differently by providing strategies to create learning pathways.

Community House 27 Strathallan Street Timaru



l4u@xtra.co.nz  9 - 11 am on Tuesday, Wednesday and

(03) 687 7584 Thursday

(03) 687 7584 Some charges may apply. http://www.learning4usouthcanterbury.wor No referral required. dpress.com

**Literacy Aotearoa - South Canterbury**

FSD0016177 Last updated 27/04/2021

We offer free education courses to adults 16+

Our core activity is delivering free, learning services to adults nationwide, in the community and in workplaces, assisting them to improve their literacy, numeracy and communication skills.

COURSES: Work Readiness, Reading & Spelling, Literacy, Language and Numeracy, Kiwi English, Workplace Training, Healthy Lifestyle, Driver Education and Licencing, Digital Literacy and Computer Skills, Life Skills, Study Support for Tertiary study, Healthy Lifestyle, Communication and much more...

We also offer free tutor training for those who wish to learn how to teach adults.

Our tutors are experienced and qualified.

Literacy Aotearoa is a national charitable trust that has been delivering free literacy, numeracy and communication learning services to adults nationwide for over 20 years .

Feel free to contact us to discuss your learning needs!

34 Arthur Street Timaru 7910



info.c9@literacy.org.nz  Mon - Friday 9 - 4.30pm

|  |  |
| --- | --- |
| (03) 688 0894  (027) 721 2000  http://literacy.org.nz/ | All services free of charge. No referral required. |

**Literacy Aotearoa Aoraki (Canterbury)**

FSD0023963 Last updated 27/04/2021

To develop, promote and deliver accessible, quality literacy, language, numeracy and digital literacy skills designed to ensure the peoples of Aotearoa are critically literacy and able to realise their full social, cultural and economic potential.

Risingholme Homestead 22 Cholmondeley Ave Opawa Christchurch 8023 info.c9@literacy.org.nz  Mon - Fri 8:30am - 5pm



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| (03) 337 5555  (0800) 678 910 http://www.literacy.org.nz/      **Literacy Christchurch** | We deliver courses at Risingholme and also out in the community. Our courses are free, delivered in small supportive groups or 1:1 , by experienced & qualified tutors.  All services free of charge. No referral required. |
| FSD0000093 | Last updated 11/12/2020 |

ARAS provides free basic literacy assistance for self-motivated adults, one-on-one or in groups, with reading, spelling, writing, maths, basic computing, driving licence theory and Kiwi English. Intensive courses 9 hours/week. Tutoring is by volunteer tutors who are given free training in the tutoring of basic literacy and numeracy skills.

81 Buchan Street Sydenham Christchurch 8023



info@literacychristchurch.org.nz  10.00am – 5.00pm - Monday to Thursday

(027) 208 7115 All services free of charge.

(022) 697 0478 No referral required. http://www.aras.org.nz

**Mairehau First Learners**

FSD0022426 Last updated 24/10/2020

First Learners is a homely centre which offers our tamariki, their families/whanau and our teachers/staff a place that empowers them to make choices that suit their individual needs and requirements.

A place that enables each individual to develop at their own pace, to be unique, and have their individuality recognised and celebrated. A place that is rich in wonder, curiosity, excitement and fun. A place where there is no distinction between learning and play.

260-262 Westminster Street Mairehau Christchurch 8013



mairehau@firstlearners.co.nz  7:00 am to 6:00 pm

(03) 385 8311 Monday to Friday

http://firstlearners.co.nz (Only closed for Public Holidays and weekends) Some charges may apply. No referral required.

**Marshlands Nest Early Learning Centre**

FSD0022918 Last updated 31/03/2021

We are a privately owned and operated Early Childhood Centre. We have a mixed age license in a home like environment. We are licensed for 25 children with high teacher child ratios. All the staff are caring and dedicated to the children's needs and to helping them develop into capable confident learners. Our philosophy is that children learn through play in an educational environment that promotes all aspects of Te Whariki.

408 Prestons Road Marshland Christchurch 8083



ros@nests.co.nz  Monday-Friday

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| (03) 383 7720 (021) 146 8708 http://www.nests.co.nz | 7.30am-5.30pm  Some charges may apply.  No referral required. |

**Ministry of Education, Learning Support, Canterbury, Chatham**

**Islands**

FSD0006559 Last updated 31/10/2020

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

48 Hereford St Christchurch 8013 enquiries.christchurch@education.govt.nz  Monday to Friday, 8.30am - 5.00pm.



(03) 378 7300 All services free of charge.

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

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**New Zealand Red Cross - Christchurch Service Centre**

FSD0000530 Last updated 15/01/2021

Everyday, we work to help Kiwis - whether that's providing a hot meal, offering a safe ride to the hospital or helping former refugees into employment. We also help communities affected by disaster and conflict right across the world. As we often say, disasters don't discriminate and neither do we.

85 Picton Ave Riccarton Christchurch 8011



christchurch@redcross.org.nz  Monday to Friday 8.00am to 4.30pm

(03) 339 3750 Some charges may apply. http://www.redcross.org.nz/ Referral may apply.

**New Zealand Red Cross - Loburn/Rangiora Branch**

FSD0000534 Last updated 04/02/2021

The Red Cross mission is "to protect life and dignity and to alleviate suffering"

Loburn Branch, NZ Red Cross 54 South Belt Rangiora 7400



golden.downs@xtra.co.nz  Meetings on 4th Wednesday of the month, 2pm.

(03) 313 8393 Can be flexible.

Some charges may apply. No referral required.

**Order of St John - Burwood/New Brighton Youth Division**

FSD0000601 Last updated 23/03/2021

To train volunteers who provide first aid and patient care services at community and sporting events and also to provide them with a wide range of life skills

St John Hall 100 Shaw Avenue, Rawhite Domain New Brighton Christchurch 8083 youth.southisland@stjohn.org.nz  Mondays during term time



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| (03) 353 7110  (0800) ST JOHN  http://www.stjohn.org.nz/ | Penguins: 6.00-7.10pm  Cadets: 7.00-8.30pm  Some charges may apply.  No referral required. |

**Order of St John - Cashmere Youth Division**

FSD0000615 Last updated 26/03/2021

To train volunteers who provide first aid and patient care services at community and sporting events.

Thorrington School Hall 22a Colombo Street Cashmere Christchurch youth.southisland@stjohn.org.nz  Tuesday nights



(03) 353 7110 18:30 - 19:00 Penguins

http://youth.stjohn.org.nz 19:00 - 20:30 Cadets

Some charges may apply. No referral required.

**Order of St John - Christchurch No. 3 Youth Division**

FSD0000604 Last updated 23/03/2021

To train volunteers who provide first aid and patient care services at community and sports events

St Lukes's Church Hall 2 Daniels Road Redwood Christchurch youth.southisland@stjohn.org.nz  Tuesdays during term time



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| (03) 353 7110  (0800) ST JOHN  http://www.stjohn.org.nz/ | All levels 7:00-8:30pm  (No Penguins)  Some charges may apply.  No referral required. |

**Order of St John - Fendalton Youth Division**

FSD0015245 Last updated 01/09/2020

To provide a safe secure environment where young people learn first aid, health care, leadership, general life skills and have fun

Christchurch Boys' High School 70 Straven Road Fendalton Christchurch 8014 youth.southisland@stjohn.org.nz  Monday nights



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| (03) 353 7110 (0800) STJOHN  http://www.stjohn.org.nz/ | 18:30 - 20:00  Some charges may apply.  No referral required. |

**Order of St John - Halswell Youth Division**

FSD0015246 Last updated 26/03/2021

To train volunteers who provide first aid and patient care services at community and sporting events.

Halswell Primary School 437 Halswell Road Christchurch 8025 youth.southisland@stjohn.org.nz  Mondays during term time



(03) 353 7110 All levels 6:30-8:00pm

http://youth.stjohn.org.nz Some charges may apply.

No referral required.

**Order of St John - Hornby Youth Division**

FSD0000606 Last updated 16/04/2021

To train volunteers who provide first aid and patient care services at community and sporting events

Hornby High School 180 Waterloo Road Hornby Christchurch 8042



info@stjohn.org.nz  Tuesdays during term time

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| --- | --- |
| (03) 353 7110  (0800) ST JOHN  http://www.stjohn.org.nz/ | Penguins: 6:30-7:30pm  Cadets: 6:30-8:00pm  Some charges may apply.  No referral required. |

**Order of St John - Northern Region (SI) Regional Headquarters**

FSD0000610 Last updated 10/06/2020

To train volunteers who provide first aid and patient care services at community and sporting events. Youth Divisions (8-18 years), Adult Divisions (16 years and over) and Penguin Programme

(6-9 years). Other services available are: pre-hospital emergency care, Lifelink Medical Alarms,

Caring Caller Telephone Friendship Service, Events & First Aid Kits

180 Durham Street South Christchurch Central Christchurch 8011



enquiries@stjohn.org.nz  Some charges may apply.

(03) 366 4776 No referral required.

(0800) 785 646 http://www.stjohn.org.nz/

**Order of St John - Opawa Youth Division**

FSD0000611 Last updated 01/09/2020

To provide a safe secure environment where young people learn first aid, health care, leadership, general life skills and have fun.

30 Ford Road Opawa Christchurch 8023



youth.southisland@stjohn.org.nz  Monday nights

(03) 353 7110 18:00 - 19:00 Penguins

http://www.stjohn.org.nz/ 18:30 - 20:00 Cadets

Some charges may apply. No referral required.

**Order of St John - Shirley Youth Division**

FSD0000614 Last updated 03/08/2020

To train volunteers who provide first aid and patient care services at community and sporting events

440 Hills Road Mairehau Christchurch 8052



judy.wright@stjohn.org.nz  Tuesdays 6:00-7pm Penguins ; Cadets 7-

(03) 353 7110 8.30pm

https://youth.stjohn.org.nz/ Term Time only

Mairehau High School, Hills Road, Mairehau,

Christchurch

Some charges may apply. No referral required.

**Order of St John Bishopdale/Cranmer Youth Division**

FSD0000600 Last updated 19/04/2021

To train volunteers who provide first aid and patient care services at community and sporting events.

1 Harewood Road Papanui Christchurch 8053



info@stjohn.org.nz  Wednesday nights

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| (03) 353 7110  (0800) ST JOHN  http://www.stjohn.org.nz/ | 17:30 - 18:30 Penguins  18:30 - 20:00 Cadets  Some charges may apply.  No referral required. |

**Order of St JohnYouth Division - Shirley**

FSD0000613 Last updated 01/09/2020

To provide a safe secure environment where young people learn first aid, health care, leadership, general like skills and have fun.

Mariehau High School 440 Hills Road Christchurch 8052



youth.southisland@stjohn.org.nz  Tuesday nights

(03) 353 7110 18:00 - 19:00 Penguins

http://www.stjohn.org.nz/ 19:00 - 20:30 Cadets

Some charges may apply. No referral required.

**Owls Nest Preschool**

FSD0023214 Last updated 10/07/2020

The Owls Nest is a small, family run preschool in Northwood, Christchurch for 2 to 5 year olds. We have a ratio of one teacher for every seven children which is well below the Ministry of Education requirement. We are locally owned and operated and believe in creating an environment which is homely, safe and stimulating.

 69 Englefield Road Northwood Christchurch 8051

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| --- | --- |
| admin@owlsnestpreschool.co.nz  (03) 323 4144 http://www.owlsnestpreschool.co.nz      **Oxford Community Trust** | 7:30 am - 5:30 pm  Monday - Friday  We have morning, afternoon and all day sessions.  Some charges may apply. No referral required. |
| FSD0002623 | Last updated 27/10/2020 |

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

|  |  |
| --- | --- |
| (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz    **Classification : OSCAR** | public holidays)  Some charges may apply.  No referral required. |

**Papanui Youth Development Trust**

FSD0020988 Last updated 17/02/2021

Papanui Youth Development Trust (PYDT) offers 8 Core Projects which are designed to impact young people, through projects that will engage, challenge and empower them. With an underlying focus of youth development through leadership training, a strengths based approach and a directional leadership development model.

We also provide a community centre (Te Koru) which 51 community groups currently utilise each year.

1a Harewood Rd Papanui Christchurch 8053



office@pydt.org  Refer to website (03) 354 9381 Koha/donation may apply.

(027) 848 4000 No referral required. http://www.pydt.org

## Classification : OSCAR

**Parents Centre New Zealand Inc - Ashburton**

FSD0007361 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.

206 Chalmers Avenue Hampstead Ashburton 7700



ashparentscentre@gmail.com  When courses are on. http://www.parentscentre.org.nz/ashburto Some charges may apply. n No referral required.

**Parents Centre New Zealand Inc - Christchurch**

FSD0007359 Last updated 06/10/2020

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth and new parent education.

2a MacMillan Ave Cashmere Christchurch 8022



chch.parentscentre@xtra.co.nz  Hours vary

(021) 087 26943 Some charges may apply. http://www.parentscentre.org.nz No referral required.

**Parents Centre New Zealand Inc - Timaru**

FSD0007342 Last updated 18/12/2020

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.  38 Stafford Street Timaru

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| --- | --- |
| timaruparentscentre@gmail.com  (03) 684 5348 http://www.parentscentre.org.nz | To find out more, or to register your interest, please contact the Childbirth Education Coordinator on 03 684 5348.  All services free of charge.  No referral required. |

**PEETO - The Multi-Cultural Learning Centre**

FSD0000647 Last updated 12/10/2020

A registered and accredited private training establishment, PEETO is a truly multicultural learning centre providing ESOL training services to learners from more than 60 nationalities since 1991.

20 Twigger Street Addington Christchurch 8024



info@peeto.ac.nz  8:00 am - 4.30 pm Monday to Friday.

(03) 343 2890 All services free of charge. http://www.peeto.ac.nz/ Referral may apply.

**Pleasant Valley Playgroup**

FSD0019562 Last updated 04/09/2020

The Pleasant Valley Playgroup provides a place for parents and young children (including infants) to meet on a regular basis. We aim to provide a range of activities to foster children’s play, learning and development and a chance for parents to get to know each other. The group is run cooperatively and each parent or caregiver is responsible for their child/ren. The playgroup is held in the Old Pleasant Valley School House in a lovely rural setting. With a large playroom with purpose built infant area, art & crafts and play areas. A large secure outdoor area with playground and outdoor toys. Ministry of Education certified.

63 School Road Pleasant Valley Geraldine pleasantvalleyplaygroup@gmail.com  9am till noon every Monday of the school term.



(022) 171 4562 Not open during Summer school holidays or (03) 693 9690 public holidays.

Koha/donation may apply. No referral required.

**Plunket - St Albans / Shirley**

FSD0000755 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

166 North Parade Shirley Christchurch 8013



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Presbyterian Support Mid Canterbury - Trevor Wilson Centre**

FSD0007782 Last updated 12/03/2021

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

215 Tancred Street Ashburton 7700



midcant@psusi.org.nz  8.45am - 5.15pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 2616907 Referral may apply. http://psuppersouth.org.nz/

## Classification : YS

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

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| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS** | Monday - Friday  Some charges may apply.  No referral required. |

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

44 Bealey Avenue Central Christchurch 8013



ps@psusi.org.nz  Monday to Friday 8.30am-5pm.

(0800) 477 874 Some charges may apply.

(03) 366 5472 Referral may apply. http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Project Early**

FSD0000674 Last updated 22/12/2020

Project Early facilitates (under contract) 14 week Incredible Years Parent Programmes and Incredible Years Teacher Programmes.

271 Breezes Road Aranui Christchurch 8061



l.taylorburt@projectearly.org.nz  During School Term (027) 223 4232 All services free of charge. (027) 223 4231 Referral may apply.

**R 13 Youth Development Trust**

FSD0020823 Last updated 09/09/2020

To provide alternative recreational/educational and skill development programmes so that young people not progressing in mainstream school system can improve their opportunities for employment personal outcomes. To provide a supervised Community Service programme for young people under the Youth Justice or Police Alternative action programmes, to enable those who have offended against society or against school regulations to face consequences for their actions by carrying out supervised community service (painting graffiti, planting, track cutting, mulching).

To provide a Community Youth Programme to help participants develop positive social attitudes, values, behavior and life skills such as self discipline, working with others and goal setting.This programme targets young people who are first or second time offenders, also targeting siblings of these young people. The programme will provide during peak at risk periods such as out of school hours, school holidays and weekends.

ljtk@xtra.co.nz  Normal business hours (027) 505 8099 Some charges may apply. (029) 200 7238 Referral may apply.

**Risingholme Community Centre Inc**

FSD0016312 Last updated 23/10/2020

Risingholme's stated constitutional mission is to promote a community spirit with the development of appropriate social, educational and leisure activities.

22 Cholmondeley Avenue Opawa Christchurch 8023



info@risingholme.org.nz  Monday to Friday: 9 am - 4 pm

(03) 332 7359 Some charges may apply.

(03) 332 7357 No referral required. http://www.risingholme.org.nz

**Russian Cultural Centre Trust - Christchurch**

FSD0000775 Last updated 19/11/2020

Centre of Slavonic culture and education. Russian language, literature and culture class for children; music education classes and choir for children; English language classes for adults; Russian language classes for speakers of other languages; performances; events; festivals.

31 Vicki Street Sockburn Christchurch 8042



ruscentrechchnz@gmail.com  Monday-Friday, 8.30am-4pm

(03) 741 2161 Koha/donation may apply.

(021) 026 87922 No referral required.

http://www.ruscentre.wordpress.com

**Seabrook McKenzie Centre for Specific Learning Disabilities**

FSD0002644 Last updated 06/07/2020

We support the education, employment, social development, legal rights and quality of life of people with Specific Learning Disabilities/Dyslexia.

68 London Street Richmond Christchurch 8013



info@seabrookmckenzie.net  Mon - Fri 9am - 5pm

(03) 381 5383 Some charges may apply. http://www.seabrookmckenzie.net No referral required.

**SeniorNet Inc - North Canterbury**

FSD0000819 Last updated 21/07/2020

To give people over the age of 50 the opportunity of catching up with and keeping abreast of computer skills and technology. A group of local enthusiastic people who desire to continue with the original aims and philosophy which is simply to offer peer training and support with members

teaching and helping each other

178 King Street Rangiora 7400



SENIORNET\_NC@OUTLOOK.COM 

(03) 310 7606 (home) http://www.seniornet.co.nz Monthly Meetings on 4th Tuesday at 2.30pm at Kaiapoi Club, 113 Raven Quay, Kaiapoi.

Some charges may apply. No referral required.

**SeniorNet Mac Incorporated - Christchurch**

FSD0000817 Last updated 29/01/2021

Computer education for seniors using Apple computers, iPads, iPhones, Apple Watches etc.:

Assistance/Tuition offered includes: basic introduction to Mac devices; Setting Preferences; Using Pages; Mail; Contacts; iCal; Photos; Internet providers like Safari, Firefox and Google etc. Most learning is one-to-one and is tailored to each individual's needs and can last anything from 15mins to several 1 to 2 hr sessions

41 Essex Street Christchurch



secretary@seniormac.org.nz  Drop in 41 Essex Street any Mon, Wed, Thurs

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| --- | --- |
| (03) 365 1979 http://seniormac.org.nz | and Fri, except public holidays, between 10am and 12pm.  Social last Tuesday of month Cashmere Club 11.45am (for lunch) to 2.30pm. Meeting starts at 1pm.  Some charges may apply.  No referral required. |

**Shakti Ethnic Women's Support Group Inc. (Christchurch)**

FSD0019347 Last updated 31/08/2020

The Shakti Ethnic Women's Support Group (Christchurch) was founded by ethnic women in Christchurch in response to the need for support services for migrant and refugee women (and their children) in South Island struggling to overcome the barriers associated with migration, isolation and domestic violence.

Christchurch Community House 301 Tuam Street Christchurch Central Christchurch 8011 sewsg@shakti.org.nz  Monday to Firday 9 am - 4 pm.



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| (0800) 742 584 (03) 940 9416 http://www.shakti-international.org/ | 24/7 crisis call on 0800 number.  All services free of charge.  No referral required. |

**SHOUT (Speech Language Therapy) LTD**

FSD0020787 Last updated 08/04/2021

We are a private speech language therapy service.

We provide a full range of therapy services to paediatric and adult clients throughout Otago including Dunedin, Central Otago and the Southland area. We also provide Services in Canterbury.

We work as a team to provide efficient and family focused therapy support to those with communication difficulties.

We also provide Communication Assistant services to people involved in the Court system.

We are also able to provide Professional Development to teaching staff.

admin@shout-speech.co.nz  Monday to Friday 8am-5:30pm (027) 777 4688 Some charges may apply.

(027) 254 8331 No referral required. http://www.shout-speech.co.nz

**Southern Health School**

FSD0008164 Last updated 29/09/2020

Provides education to students in year levels 0-13 who are unable to attend their school of enrolement due to extended periods of illness. The SRHS provides this service to the South Island, Stewart Island and the Chathams.

2 Halswell Road Hillmorton Christchurch 8025



secretary@southernhealth.school.nz  Open all School days 8.30am to 4pm. School

(03) 366 6739 holidays apply

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| (0800) 774 700 http://www.srhs.school.nz | All services free of charge. Referral may apply. |

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

FSD0007483 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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| southern@speld.org.nz (0800) 773 536 http://www.speld.org.nz | Office administration open Monday to Friday,  9.00am - 3.00pm.  Some charges may apply.  No referral required. |

**SPELD NZ Inc - South Canterbury Local Liaison Group**

FSD0020503 Last updated 04/09/2020

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

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

**Stainless Steel & Aluminium Welding Academy**

FSD0021052 Last updated 14/01/2021

The Welding Academy is a small private training provider with a lot to offer. Our professional and efficient approach to training is supported by 16 year's experience training and qualifying students to a high standard, for a career in the Welding and Engineering Industry.

Along with our industry Board of Advisors and daily contact with professionals in the Welding and Engineering Industry, we are confident our courses meet current industry demand and provide the correct qualifications and training to meet this demand; whether it be Trade Welding Certificates, ticket renewal, Unit Standards or incompany training.

Work experience is sought for students and job seeking is a major focus as trainees progress through their course. Work and Income, ACC subsidies are available. We are also NZQA accredited to ASSESS and TEACH Unit Standards.

 4a Lismore Street Waltham Christchurch 8011

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| --- | --- |
| enquiries@weldingacademy.co.nz  (03) 377 3911 http://www.weldingacademy.co.nz | Monday 8:30 - 4:30  Tuesday 8:30 - 4:30 and 6:00 - 8:00  Wednesday 8:30 - 4:30 and 6:00 - 8:00  Thursday 8:30 - 4:30  Friday 8:30 - 4:30  Some charges may apply.  Referral may apply. |

**Stand T Mia - Christchurch Region**

FSD0007828 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

23 Glenelg Spur Hillsborough Christchurch 8022



christchurch@standforchildren.org.nz  Office hours 8.00 am to 4.30 pm Monday to

(03) 332 2541 Friday. http://standforchildren.org.nz All services free of charge. Referral may apply.

**Te Aho O Te Kura Pounamu (Te Kura) - Christchurch**

FSD0021110 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.

Level 1, Powell Fenwick House 383 Colombo St Christchurch 8023



info@tekura.school.nz  Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te H o Mtauranga**

FSD0024181 Last updated 12/03/2021

Te H o Mtauranga is a community education hub, working to create, promote and encourage inclusive and varied learning opportunities and environments in Kaikura.

We are a Youth Services Provider, working with YP, YPP clients and NEETs.

We deliver the Mayor's Taskforce for Jobs programme throughout Kaikura, supporting youth, people affected by COVID and those who have finished with the NCTIR project to find sustainable employment, increase skills and gain microcredentials.

We provide after school education groups for tamariki and their whanau. We provide driver's licence learning support. We work with young people, coordinating Kaikura Youth Council and providing positive youth development opportunities. We offer study support, pathways advice and help with job seeking.

We have a venue for available for use and work with external providers to offer educational opportunities to Kaikura residents.

14 Ludstone Road Kaikoura 7300



sarah@kaikoura.link  Available 9am to 5pm Monday to Friday

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| (03) 319 3002 (027) 807 2874 http://www.kaikoura.link    **Classification : YS**    **Te Kupenga o Aranui** | All services free of charge. Referral may apply. |
| FSD0019482 | Last updated 03/12/2020 |

TKA is a collaborative approach between community, families and schools providing a safety net for alienated youth assisting them to reach their potential.

257 Breezes Road Aranui Christchurch 8061



manager@tkachch.co.nz  9.00am-3.00pm Monday to Friday (03) 388 3665 All services free of charge.

Referral may apply.

**Te Ora Hou tautahi Inc**

FSD0005958 Last updated 20/10/2020

Te Ora Hou is committed to forming life changing relationships through programs that are designed to empower and equip young people in the context of their whanau and communities.

77 Windermere Road Papanui Christchurch



christchurch@teorahou.org.nz  Mon - Fri

(03) 352 1057 9am - 5pm

(027) 288 9797 All services free of charge. http://www.toho.org.nz Referral may apply.

## Classification : YS

**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062 info@maatawaka.org.nz  Monday to Friday - 8:00 to 4:30



(03) 382 6628 Some charges may apply. https://maatawaka.org.nz Referral may apply.

## Classification : BFC, FVSS

**Te Whare Roimata Trust**

FSD0000866 Last updated 27/10/2020

Community Centre for the inner city east and surrounding neighbourhoods providing grassroot, self-help responses to the issues and concerns of local people. A range of activities and services has been developed including Maori cultural advice and awhi, neighbourhood support and outreach, a twice weekly play group, budget and benefit advice, information and advocacy, a weekly neighbourhood cafe, a low cost shifting and household services to people on low incomes, the Linwood Community Arts Centre and the Community Gardens project at Surrey and Smith Streets

274 Gloucester Street Christchurch 8011



tewhareroimata@gmail.com  Office hours: Monday-Friday, 9am-4pm

(03) 379 5134 Some charges may apply. https://tewhare.webs.com/ No referral required.

**Tenants Protection Association (Christchurch) Inc**

FSD0015782 Last updated 28/09/2020

One in three people live in a home they do not own. Tenants Protection Association (TPA) provides free and confidential advice, information and advocacy services which includes assisting tenants to understand and prepare for the mediation and tribunal process, and helping Tenants and other make decisions about their current renting situation. TPA also provides education services and resources to assist renters and other agencies understand tenancy rights and responsibilities.

301 Tuam Street Christchurch Central Christchurch



info@tpa.org.nz  You can contact TPA by email or ringing (03) (03) 379 2297 379 2297 during working hours. Please clearly http://www.tpa.org.nz leave your name and phone number. Face to

face advice at city office by appointment.

Some charges may apply. No referral required.

**The Enchanted Garden Early Childhood Centre**

FSD0022437 Last updated 10/07/2020

We are a small home like early childhood centre, with qualified passionate teachers. We have a separate nursery for up to 10 under 2 year olds and a separate preschool for up to 23 for 2-5 year olds.

We offer our families work and income subsidies and the 20 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 7.30-5.30 .

You can read our excellent Education Review Office report online.

255 Greers Road Christchurch 8053



enchantedgardenecc@xtra.co.nz  Monday to Friday

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| --- | --- |
| (03) 359 7944 http://www.theenchantedgarden.co.nz | 7.30am-5.30pm  Some charges may apply.  No referral required. |

**The James St Preschool & Nursery**

FSD0022422 Last updated 07/06/2020

Provider of a quality early childhood education and care based in the suburb of Redcliffs, Christchurch.

Excellent Education Review Office (ERO) report.

5 James St Redcliffs Christchurch 8081



murray@jamesstpreschool.co.nz  Monday - Friday

(021) 886 652 7:30am - 5:30pm (021) 886 653 Some charges may apply. http://www.jamesstpreschool.co.nz No referral required.

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

853 Colombo Street Christchurch Central Christchurch 8013



christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Sydenham**

FSD0000795 Last updated 03/05/2021

Worship, community and welfare services of The Salvation Army

 250 Colombo Street Christchurch 8023

sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.

(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**Toughlove New Zealand Incorporated**

FSD0007573 Last updated 16/04/2021

Toughlove New Zealand Incorporated is a non-profit organisation that supports parents and families to learn new strategies and coping mechanisms when dealing with unacceptable adolescent behaviour.

28 Bealey Avenue Christchurch Central Christchurch 8013



toughloveusi@xtra.co.nz  Office open 11am to 2pm Monday to Friday

(03) 337 9452 Some charges may apply. http://www.toughlove.org.nz No referral required.

**Waimate Childcare Centre**

FSD0019598 Last updated 29/01/2021

Early education from 6 weeks to 5 years. 30 free hours ECE for 3 and 4 year olds. Winz subsidies available

18 John Street Waimate 7924



office@waimatechildcare.co.nz  0745 - 1700 Monday-Friday

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| (03) 689 7336 |  |
| (027) 689 7336  http://www.waimatechildcare.co.nz/ | Closed public holidays and for 3 weeks at Christmas.  Some charges may apply.  No referral required. |

**Waltham Community Cottage**

FSD0008127 Last updated 28/09/2020

The cottage is a place for the community to access support, advocacy, and where sessions and classes focus on well-being. It is a place of empowerment where strength comes from contact, communication and sharing.

201 Hastings Street East Christchurch



tewhare@walthamcottage.com  9am - 3pm Monday to Thursday

(03) 942 2173 All services free of charge. http://www.walthamcottage.com No referral required.

**Wellbeing North Canterbury - School Attendance Service**

FSD0002713 Last updated 15/04/2021

The School Attendance Service provides support to children, young people and their families to improve attendance at school. We work with schools and other community agencies to support students to attend school, and also work with dis-engaged learners to see them return to school or other education.

29 High Street Rangiora



info@wellbeingnc.org.nz  Monday to Friday, 9am - 3pm.

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| (03) 310 6375 (027) 245 0203 http://www.wellbeingnc.org.nz      **Whnau whina Plunket** | All services free of charge. Referral may apply. |
| FSD0024559 | Last updated 30/04/2021 |

Whnau whina Plunket offers free Pregnancy and Parenting Education (Antenatal) classes are shaped to give you the information you want and need for pregnancy, labour and life as a new parent in a supportive, non-judgmental environment. Courses are available in Canterbury, West Coast, South Canterbury (Waimate only) and Southern DHB Areas.

 5 Twigger Street Addington Christchurch 8024

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| ppe@plunket.org.nz  (0800) 291 658 (027) 291 658 https://www.plunket.org.nz/      **YCD Youth Services** | PlunketLine is available 24/7  Pregnancy and Parenting Education is staffed 8am-4pm, Mon- Fri.  Phone/text: 027 275 8477 All services free of charge. No referral required. |
| FSD0016962 | Last updated 09/03/2021 |

YCD provide Youth Work Services to Young People many of whom are at risk of offending, struggling to remain connected to school or training and may need some practical support and encouragement. We try to work with the Young Person while involving whanau/family to be a part of the solution. YCD provides services within Youth Justice and those Young People who are at risk of presenting on the streets or becoming involved in the sex industry. We have a diverse cultural staffing structure to provide appropriate information , guidance and support. YCD works to develop, empower and encourage respect, wellbeing, accountability and independence.

301 Cashel Street Christchurch 8011



ycd@ycd.co.nz  Monday to Friday 8:30am-4:30pm

(03) 366 0866 All services free of charge.

(027) 562 6290 Referral may apply. http://ycd.co.nz

**Yellow Brick Road (formerly Supporting Families Canterbury)**

FSD0007462 Last updated 18/02/2021

Confidential Support

* For family, whanau and friends of those with mental illness (from 5 years). Information, advocacy,training programmes, peer support
* For those bereaved by suicide. Wrap around support and WAVES suicide bereavementprogramme. Suicide pre- and post-vention one on one service
* Qualified Fieldworkers with family experience
* No charge for services, minimal waiting time.

Evidence based programmes offered to family/whanau:

* Family Connections (BPD/ Emotional Dysregulation) Programme
* Children Understanding Mental Illness Programme - (CUMI) for children and young people from 5years
* WAVES (Adults Bereaved by Suicide) Programme
* Stepping Out for women struggling with a child (often adult) with mental illness.

The Hub 275 Hereford Street Christchurch 8011



Helen@yellowbrickroad.org.nz  8.30am - 5pm Monday to Friday.

(03) 366 9284 All services free of charge.

(0800) 876 682 No referral required. http://yellowbrickroad.org.nz

**YMCA Christchurch**

FSD0020286 Last updated 22/06/2020

The YMCA of Christchurch is invested in the next generation. By this we mean that we are always thinking of how we can develop young people today, so that they will be great members of society tomorrow. We do this through a range of programmes, but also by empowering others in our community to be involved with our cause – because ultimately the future is all about making sure we raise our children and young people in the best way we can.

12 Hereford Street Christchurch Central Christchurch 8011



education@ymcachch.org.nz  Reception Desk is open 24hrs

(03) 377 2174 City Office is open Mon-Fri 8am-5pm

https://www.ymcachch.org.nz Bishopdale office is open Mon-Fri 7am-7pm

Wainui Camp office is open Mon-Fri 8am-5pm Education Centre is open Mon-Fri 9am-4pm Some charges may apply. No referral required.

## Classification : OSCAR

# Employment

**AJ Day Options Trust**

FSD0000097 Last updated 26/10/2020

Provide day programmes for people who have an intellectual disability. The programmes involve supporting people to participate in community based activities and also some activities are provided at our two Christchurch facilities. More information is available on our website

426 Tuam Street Phillipstown Christchurch 8011



jims@ajs.org.nz  Some charges may apply.

(03) 374 9830 No referral required.

(027) 223 0935 http://www.ajs.org.nz/

**Alcohol Drug Technology (ADT)**

FSD0020406 Last updated 15/03/2021

Drug and alcohol testing service for Work and Income beneficiaries.

Prices inclusive of GST.

On-ste screening drug test (Includes synthetic marijuana) NZ$155.25

Mobile screening drug test (Includes synthetic marijuana) NZ$155.25

(per kilometre rate of $2.04 for travel outside of Blenheim or Christchurch)

Evidential drug test (Laboratory confirmation) NZ$264.50

Breath Alcohol Test NZ$ 57.50

After hours/emergency call-out charge NZ$109.25

Level 1 75 Main South Road Sockburn Christchurch 8042



sales@adt.net.nz  Monday to Friday 8:30am - 5:00pm

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| (0800) 238 800 (0800) ADT 800 http://www.adt.net.nz/ | (after hours service/emergency available) Some charges may apply.  Referral may apply. |

## Classification : DTS

**Andrew Winchester, Counselling and Supervision**

FSD0021197 Last updated 23/11/2020

Winchester Counselling provides an experienced counsellor, therapist, and supervisor who is passionate about a professional service and best results! Andrew is up to date with best practice having completed a masters in education with first class honours focused on counselling. He works effectively with individuals, couples, and families. He is an experienced supervisor working with people who work with people. He provides work place support through EAP to managers and staff. Andrew has worked in the relationship counselling,mental health, domestic violence, parent and migrant education, and general counselling fields with adults and youth.

Qualifications: CComPsyC BA (Hons) Social Work MEd (First class hons) (Counselling).

Memberships: Member of the New Zealand Association of Counsellors and International Centre of Excellence in Emotionally Focused Therapy.

Masters education in the following Counselling Models: EFT, ACT, SFBT, and MI.

196 Colombo Road Sydenham Christchurch 8023



winchestercounsellinganz@gmail.com  Please phone for a current available day and

(027) 437 6497 time. Winchester counselling and supervision will http://winchestercounselling.co.nz try and see you within 48 hours of first contact.

Some charges may apply. No referral required.

**Angel Fund**

FSD0000112 Last updated 20/01/2021

A savings and loan fund lending up to $500 interest free to women for the purpose of small/home/lobby business or education/training or moving into work expenses. Applications accepted from women on low incomes who live in the Christchurch area who have difficulty accessing credit from traditional sources and who have an ability to repay.

angelfund@gmail.com  If you wish to leave a message for Angel Fund, (022) 412 6435 please use the mobile number provided and

http://www.angelfund.org.nz send a txt or message via our website link or email the Co-ordinator.

Some charges may apply. No referral required.

**Back to Work Employment**

FSD0021011 Last updated 04/09/2020

Back to Work Limited provides individual support and guidance for unemployed job seekers looking for full time work.

196 St Asaph Street Christchurch Central Christchurch 8011 admin@backtowork.co.nz  Mon - Fri



(03) 962 2560 8:30 am - 5:00 pm

http://www.backtowork.co.nz All services free of charge.

Referral may apply.

**Canterbury Fiji Social Service Trust**

FSD0000180 Last updated 10/08/2020

We provide quality, age appropriate, culture sensitive activities in a safe and healthy environment to low income families in the community.

40 Hillary Crescent Upper Riccarton Christchurch 8041



fiji.social.services@gmail.com  Normal hrs: Monday to Friday 9am-4pm

(03) 942 9498 Some charges may apply. (021) 440 812 No referral required.

## Classification : OSCAR

**Canterbury Health Laboratories**

FSD0020297 Last updated 12/04/2021

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

Evidential (confirmation) drug test: $102.93

 524 Hagley Avenue Christchurch 8011

labinfo@cdhb.health.nz  On site collection is available 7:30am to 5pm (0800) 843 522 (THELAB) Monday to Friday. 8am - 11am Saturday.

(03) 364 0300 Closed Sundays and public holidays. http://www.chl.co.nz

CHL is able to receive confirmation testing from approved collectors 24/7.

Some charges may apply. Referral may apply.

## Classification : DTS

**Catapult Employment Services Trust**

FSD0020070 Last updated 13/10/2020

To provide support and assistance to people wanting to find work who face significant barriers, including disability, illness or other condition, in getting and keeping paid work.

478 Barrington Street Addington Christchurch 8014



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

(03) 365 7005 All services free of charge.

(021) 937 895 Referral may apply.

http://www.catapultemployment.org.nz

**Choices NZ - Christchurch**

FSD0024084 Last updated 21/10/2020

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

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

We can assist you to:

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

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

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| --- | --- |
| Laura.Lightfoot@choicesnz.org.nz  (022) 010 3811 (0800) 723 154 http://www.choicesnz.org.nz/      **Comcare Trust** | Weekdays 8:30am - 5pm  All services free of charge. Referral may apply. |
| FSD0000264 | Last updated 17/11/2020 |

JobConnect supports people aged 16-65 who experience mental illness in finding and maintaining paid employment, and with training and educational courses.

334 Lincoln Road Addington Christchurch 8024



enquiries@comcare.org.nz  Office hours: Monday-Friday, 8.30am-5pm.

(03) 377 7020 All services free of charge. http://www.comcare.org.nz No referral required.

**Comcol North Canterbury**

FSD0019368 Last updated 11/03/2021

Comcol North Canterbury, located in Rangiora, operates a free Youth Service for the Waimakariri and Hurunui and Christchurch Districts. Youth Advisors work with young people to give them guidance, advice and practical support to help them into education, training or work-based learning. Please see specific details of the service below.

The College also offers free Youth Courses to 16-19 year olds in a range of exciting industries including hospitality, sport, equestrian and NCEA Level 1 & 2. They also deliver fee-paying Level 3 Equestrian Training courses through their National Equestrian Academy.

We also provide a free Employment Placement Support (EPS) course for those aged 18+. EPS is a bespoke programme of short, skill focused interventions to support clients to gain work and achieve sustainable employment. Offering ongoing support after employment has been achieved. 140 East Belt Rangiora 7400



info.nc@comcol.ac.nz  8:00 am - 4:30 pm Monday to Friday

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| (03) 313 5874 http://www.comcol.ac.nz      **Comcol South Canterbury** | All services free of charge. Referral may apply. |
| FSD0019375 | Last updated 11/03/2021 |

Comcol South Canterbury, located in Timaru, operates a free Youth Service for the Mackenzie, Timaru and Waimate Districts. Youth Advisors work with young people to give them guidance, advice and practical support to help them into education, training or work-based learning. Please see specific details of the service below.

The College also offers free Youth Courses to 16-19 year olds in a range of exciting industries including cookery, front of house/barista, hairdressing and retail. All courses incorporate NCEA Level 1-2 and a New Zealand Certificate.

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

20 Elizabeth Street Timaru 7910 info.sc@comcol.ac.nz  8:00 am - 4:30 pm Monday and Friday.



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| (0800) 267 257 (03) 684 6702 http://www.comcol.ac.nz | All services free of charge. Referral may apply. |

**CreativeWORKS Employment Service**

FSD0000711 Last updated 09/07/2020

To provide support for people with mental health issues to find and maintain employment. This includes supporting clients in their preparation for employment, applying for jobs and providing support whilst in work.

 8 Kennedy Place Hillsborough Christchurch

employmentchch@creativeworks.org.nz  Monday to Friday, 8.30am-5pm

(03) 371 5564 All services free of charge.

Referral may apply.

**Cultivate Christchurch**

FSD0023350 Last updated 28/07/2020

Focus

Cultivate Christchurch is building a network of urban farms propagated and powered by our next generation.

Social

With the support of the community we grow skills and provide employment and meaningful work experience while engaging and inspiring young people to live lives they value.

Environmental

Healthy soil equals healthy plants and ultimately health people and communities, Cultivate is creating a future of vitality and abundance.

Ruia Nga Kakano O Te Tumanaako I Roto I Te Maara O Te Hinengaro To cultivate the seeds of hope within the garden of the mind.

Cultivate is a social enterprise where the produce grown by our team is sold at the Riverside Farmers Market and to local restaurants and cafes. We collect food waste from these restaurants and cafes to help build soil that is all collected and delivered by an electric bike.

156 Peterborough Street Christhcurch



hello@cultivate.org.nz  Monday-Thursday 9-4pm. http://www.cultivate.org.nz

Locations are currently temporary and depending on the the season we may be at different farms on different days - so best to email interest.

Some charges may apply. No referral required.

**Deaf Aoteaora - Christchurch**

FSD0006938 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.

96 Bristol Street St Albans Christchurch 8014



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.

**Dress for Success Christchurch**

FSD0023394 Last updated 08/04/2021

Assisting and supporting women in need as they journey towards employment and financial independence. We help build confidence and self-esteem by providing appropriate clothing and accessories for job searching and interviews, as well as one on one job searching advice and guidance. We also provide ongoing support to help with retaining employment.

317 Madras Street Christchurch 8013 christchurch@dressforsuccess.org  Usual Business Hours:



(03) 343 3241 Monday - Friday 8:30 am - 4:30 pm

https://christchurch.dressforsuccess.org/ Visits by appointment only All services free of charge. Referral may apply.

**Emerge Aotearoa - Christchurch Office**

FSD0000708 Last updated 21/12/2020

EMERGE Aotearoa provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide. We believe that everyone is capable of living full and rich lives in their communities of choice. In every aspect of our work we are committed to helping our service users be the best they can be.

EMERGE Aotearoa was formed on 1 July 2015 from the merger of Recovery Solutions Group and Richmond New Zealand. Taking the best of our historical practices we have created an organisation led by the needs of people who use our services - tangata whaiora - and their families/whanau and communities. We know that listening to and acting on the advice provided by people with lived experience helps us deliver services that are real and relevant. We are committed to understand the needs of Mori – our treaty partners as well as Pasifika people and new settlers.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm

(03) 371 5599 Some charges may apply. http://www.emergeaotearoa.org.nz No referral required.

## Classification : THP

**English Language Partners Aoraki**

FSD0007848 Last updated 22/03/2021

English Language Partners Aoraki provides English language skills and social support for the effective resettlement of adult refugees and migrants in the South Canterbury region. This is achieved through 1x1 and class assistance covering areas i.e. language, culture and employment.

We are part of New Zealand's largest settlement agency.

3 Sophia Street Timaru 7910



gillian.dowsett@englishlanguage.org.nz  Monday - Thursday, 8.30am - 3.00pm

(03) 688 9030 Some charges may apply. http://www.englishlanguage.org.nz Referral may apply.

**Geraldine Community Resource Centre**

FSD0019433 Last updated 18/08/2020

The Geraldine Community Resource Centre's main objective is to meet the diverse and changing social needs of all people living in the Geraldine community by providing access locally to essential information and social services.

5A Peel Street Geraldine 7930



geraldinecentre@xtra.co.nz  9am-4.30pm, Monday to Friday - other times by

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| (03) 693 7001 http://www.geraldine.nz      **Harewood Medical Centre** | prior arrangement.  All services free of charge. No referral required. |
| FSD0020194 | Last updated 22/12/2020 |

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

On-site screening drug test: $70.00 Evidential drug test: $ 120.00

171 Harewood Road Papanui Christchurch 8053



reception@harewood.pegasus.net.nz  Monday to Friday 8am - 5.30pm

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| (03) 352 8647 All services free of charge. http://www.harewoodmc.co.nz Referral may apply.    **Classification : DTS**    **He Waka Tapu - Drug Testing Services** |  |
| FSD0020132 | Last updated 30/10/2020 |

Drug Testing Services for Work and Income beneficiaries.

Prices inclusive of GST. On-site screening drug test: $225.

161 Pages Road Wainoni Christchurch 8060



reception@hewakatapu.org.nz  Week days

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| (0800) 439 252 http://www.hewakatapu.org.nz | 8.30am - 5.00pm  Some charges may apply.  Referral may apply. |
| 256 |  |

## Classification : DTS

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**Hornby Medical Centre**

FSD0020382 Last updated 07/10/2020

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

On-site screening drug test $67.

15 Brynley Street Hornby Christchurch 8042



reception@hornbymc.co.nz  Monday - Friday 8.30am-4.30pm

(03) 349 7348 Some charges may apply.

Referral may apply.

## Classification : DTS

**Ilam Medical Centre**

FSD0020588 Last updated 24/12/2020

Urine Drug Testing service for Work and Income beneficiaries.

Screening Drug Test: $95-00 Prices are inclusive of GST.

106 Memorial Avenue Ilam Christchurch 8053



admin@ilam.co.nz  Monday - Friday 8:30am - 5:00pm (03) 351 6198 Some charges may apply.

Referral may apply.

## Classification : DTS

**Kaiapoi Community Care & Employment Trust**

FSD0000425 Last updated 19/04/2021

Assists elderly and disadvantaged in the community and creates a stepping stone to employment using our skill base and partnerships between community, businesses, funders and other agencies.

63B Hilton Street Kaiapoi 7630



info@aroundtuit.co.nz  Mon - Thu 9:00am - 4:00pm

(03) 327 4005 Fri 9:00am - 2:00pm

Some charges may apply. No referral required.

**Kilmarnock**

FSD0000438 Last updated 06/04/2021

Changing attitudes towards disability through education, employment and opportunity, empowering people with disabilities to lead purposeful and dignified lives. We provide employment through Kilmarnock Manufacturing and training and education opportunities through the Kilmarnock Academy.

21 Lodestar Ave Wigram Christchurch 8042



sales@kilmarnock.co.nz  Monday-Friday, 8.30am-4.30pm

(03) 348 5162 All services free of charge. http://kilmarnock.co.nz No referral required.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

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| --- | --- |
| (03) 325 2007 http://www.lincolncomcare.co.nz | Public Holidays  Some charges may apply.  Referral may apply. |

**Literacy Aotearoa Aoraki (Canterbury)**

FSD0023963 Last updated 27/04/2021

To develop, promote and deliver accessible, quality literacy, language, numeracy and digital literacy skills designed to ensure the peoples of Aotearoa are critically literacy and able to realise their full social, cultural and economic potential.

Risingholme Homestead 22 Cholmondeley Ave Opawa Christchurch 8023 info.c9@literacy.org.nz  Mon - Fri 8:30am - 5pm



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| --- | --- |
| (03) 337 5555  (0800) 678 910 http://www.literacy.org.nz/ | We deliver courses at Risingholme and also out in the community. Our courses are free, delivered in small supportive groups or 1:1 , by experienced & qualified tutors.  All services free of charge.  No referral required. |

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

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| **Moorhouse Medical Centre** |  |
| FSD0020197 | Last updated 07/01/2021 |

Drug Testing Service for Work and Income clients.

On site instant drug test $62

On site Lab Testing at CDHB $85

3 Pilgrim Place Sydenham Christchurch 8011



admin@moorhousemedical.co.nz  Opening Hours for Business Health are 8am -

(03) 365 7900 8pm 7 Days per week

http://www.moorhousemedical.co.nz/ Some charges may apply. Referral may apply.

## Classification : DTS

**People Architects**

FSD0019352 Last updated 05/01/2021

Specialised career counselling and workshops to support you in your career development and decisions. Services include tools to explore your skills, values and interests, career action planning, CV writing, job search and interview skills. Christchurch based, but consultations available by SKYPE.

 19 Harrods Court Ilam Christchurch 8053

|  |  |
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| info@peoplearchitects.co.nz  (021) 043 4829 http://peoplearchitects.co.nz | Weekday and after hours appointments available on evenings/ weekends in Christchurch. Zoom appointments also available.  Some charges may apply.  No referral required. |

**R 13 Youth Development Trust**

FSD0020823 Last updated 09/09/2020

To provide alternative recreational/educational and skill development programmes so that young people not progressing in mainstream school system can improve their opportunities for employment personal outcomes. To provide a supervised Community Service programme for young people under the Youth Justice or Police Alternative action programmes, to enable those who have offended against society or against school regulations to face consequences for their actions by carrying out supervised community service (painting graffiti, planting, track cutting, mulching).

To provide a Community Youth Programme to help participants develop positive social attitudes, values, behavior and life skills such as self discipline, working with others and goal setting.This programme targets young people who are first or second time offenders, also targeting siblings of these young people. The programme will provide during peak at risk periods such as out of school hours, school holidays and weekends.

ljtk@xtra.co.nz  Normal business hours (027) 505 8099 Some charges may apply. (029) 200 7238 Referral may apply.

**SkillWise**

FSD0000776 Last updated 05/12/2020

Through training, new experiences and connecting with people, SkillWise play a role in people living the life they want. We focus on the individual and how they might connect to a wide range of possibilities and the community as a whole. We facilitate options for people in training, the arts, volunteering, employment and recreation. And we encourage anyone with an intellectual disability between the age of 16-64 years to join in.

 344 Manchester Street Christchurch 8013

|  |  |
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| info@skillwise.org.nz (03) 382 0350 http://www.skillwise.org.nz | Monday-Friday, 8.30am - 4.30pm Some charges may apply.  No referral required. |

**Stainless Steel & Aluminium Welding Academy**

FSD0021052 Last updated 14/01/2021

The Welding Academy is a small private training provider with a lot to offer. Our professional and efficient approach to training is supported by 16 year's experience training and qualifying students to a high standard, for a career in the Welding and Engineering Industry.

Along with our industry Board of Advisors and daily contact with professionals in the Welding and Engineering Industry, we are confident our courses meet current industry demand and provide the correct qualifications and training to meet this demand; whether it be Trade Welding Certificates, ticket renewal, Unit Standards or incompany training.

Work experience is sought for students and job seeking is a major focus as trainees progress through their course. Work and Income, ACC subsidies are available. We are also NZQA accredited to ASSESS and TEACH Unit Standards.

4a Lismore Street Waltham Christchurch 8011



enquiries@weldingacademy.co.nz  Monday 8:30 - 4:30

(03) 377 3911 Tuesday 8:30 - 4:30 and 6:00 - 8:00

http://www.weldingacademy.co.nz Wednesday 8:30 - 4:30 and 6:00 - 8:00

Thursday 8:30 - 4:30

Friday 8:30 - 4:30

Some charges may apply. Referral may apply.

**Te H o Mtauranga**

FSD0024181 Last updated 12/03/2021

Te H o Mtauranga is a community education hub, working to create, promote and encourage inclusive and varied learning opportunities and environments in Kaikura.

We are a Youth Services Provider, working with YP, YPP clients and NEETs.

We deliver the Mayor's Taskforce for Jobs programme throughout Kaikura, supporting youth, people affected by COVID and those who have finished with the NCTIR project to find sustainable employment, increase skills and gain microcredentials.

We provide after school education groups for tamariki and their whanau. We provide driver's licence learning support. We work with young people, coordinating Kaikura Youth Council and providing positive youth development opportunities. We offer study support, pathways advice and help with job seeking.

We have a venue for available for use and work with external providers to offer educational opportunities to Kaikura residents.

14 Ludstone Road Kaikoura 7300



sarah@kaikoura.link  Available 9am to 5pm Monday to Friday

|  |  |
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| (03) 319 3002 (027) 807 2874 http://www.kaikoura.link    **Classification : YS** | All services free of charge. Referral may apply. |

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062 info@maatawaka.org.nz  Monday to Friday - 8:00 to 4:30



(03) 382 6628 Some charges may apply. https://maatawaka.org.nz Referral may apply.

## Classification : BFC, FVSS

**The Drug Detection Agency - Canterbury**

FSD0020245 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

Unit 14 114 Sawyers Arms Road Papanui Christchurch 8052



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

(03) 354 5352 Some charges may apply.

(021) 467 042 Referral may apply. http://www.tdda.com

## Classification : DTS

**The Loft**

FSD0024423 Last updated 22/10/2020

The Loft is a pioneering, collaborative partnership, established in 2016 and currently consists of 12 social and community service providers in Christchurch. Based in Eastgate Mall we work in close partnership with Linwood Library, Linwood Medical Centre and Local MP Poto William's. Our purpose is to enhance outcomes for children, young people, families and communities through colocation and collaboration of social, health and community services

Level 1 20 Buckleys Road Linwood Christchurch 8062



manager@theloftchristchurch.org.nz  9am - 5pm Monday to Friday

(0800) 865 638 All services free of charge. https://www.theloftchristchurch.org.nz/ No referral required.

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

853 Colombo Street Christchurch Central Christchurch 8013



christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Sydenham**

FSD0000795 Last updated 03/05/2021

Worship, community and welfare services of The Salvation Army

250 Colombo Street Christchurch 8023 sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.



(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**Timaru Mental Health Support Trust (Victoria House)**

FSD0019398 Last updated 22/04/2021

The Timaru Mental Health Support Trust is a not for profit trust formed on 2nd May 1997 with the purpose of providing support to people with a mental illness and/or addiction in the wider Timaru community.

Timaru Mental Health Support Trust provides wellness programmes in a strengths based recovery

model which focuses on individual abilities and desires as outlined in each person’s individual goal plan.

We provide employment support, community participation, education sessions, weekend service and a wide range of daily activities in a warm, safe environment. Clients are able to socialise with others, attend workshops or come in for nutritious lunches or an evening meal.

Through achieving small but measurable goals, individuals gain confidence, hope, life skills and self esteem which leads to increased self sufficiency and participation in the community. This helps them rise above the long term effects of their illness.

83 King Street Kensington Timaru 7910



Admin@tmhst.org.nz  Monday, Wednesday, Friday 9.00am - 5.00pm

|  |  |
| --- | --- |
| (03) 688 8889 (027) 686 1738  http://www.facebook.com/Timaru-Mental-  Health-Support-Trust-567376909961961/      **Women in Enterprise** | Tuesday 10.00am - 5.00pm  Thursday 9am-8pm  Saturday & Sunday 12.30pm - 4.30pm Some charges may apply. Referral may apply. |
| FSD0000889 | Last updated 11/02/2021 |

Co-ordinates the Angel Fund, a fund that grants interest-free loans (up to $500) to women for training/education, transition to work expenses, pre-commercial business proposals and emergencies that are preventing transition to work or education.

angelfund@gmail.com  If you want to contact the Angel Fund please (022) 412 6432 phone or text to the mobile number above.

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

No referral required.

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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 145 Tancred Street Ashburton 7700

(0800) 559 009 

http://www.workandincome.govt.nz

All services free of charge. No referral required.

**Work and Income - Canterbury Regional Office**

FSD0023977 Last updated 03/07/2020

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

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

Level 4 161 Cashel Street Christchurch CBD 8053



(0800) 559 009  Normal business hours

http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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

25 Shands Road Hornby Christchurch 8042

(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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 26 Beresford Street New Brighton Christchurch 8061

(0800) 559 009 

http://www.workandincome.govt.nz

All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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

4 High Street Rangiora 7400

(0800) 559 009 http://www.workandincome.govt.nz You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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 203-205 Hills Road Shirley Christchurch 8013

(0800) 559 009 

http://www.workandincome.govt.nz

All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides

14 Strathallen Street Timaru 7940

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| (0800) 559 009 http://www.workandincome.govt.nz      **Workbridge Inc - Christchurch** | Mon, Tues, Thurs, Fri 8.30am until 5pm  Weds 9.30am until 5pm All services free of charge. No referral required. |
| FSD0007870 | Last updated 09/04/2021 |

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

337 St Asaph Street Christchurch Central Christchurch 8011



christchurch@workbridge.co.nz  8.30am - 5.00pm Mon - Friday

(03) 962 8369 All services free of charge.

(0508) 858 858 No referral required. http://www.workbridge.co.nz

**Workbridge Inc - Timaru**

FSD0007873 Last updated 09/04/2021

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

29 Strathallan Street Timaru 7910



timaru@workbridge.co.nz  8.30am - 5.00pm Mon- Friday

|  |  |
| --- | --- |
| (03) 684 8119 (0508) 858 858 http://www.workbridge.co.nz | All services free of charge. No referral required. |

**Workplace Support**

FSD0004289 Last updated 22/04/2021

Provides support for people in the workplace.

Level 1 286 Oxford Terrace Christchurch Central Christchurch 8011 office@workplacesupport.co.nz  5 days a week Monday to Friday 8:30 to 5 pm.



(0800) 443 445upper Some charges may apply.

(0800) 333 200southern No referral required. http://www.workplacesupport.co.nz

**YCD Youth Services**

FSD0016962 Last updated 09/03/2021

YCD provide Youth Work Services to Young People many of whom are at risk of offending, struggling to remain connected to school or training and may need some practical support and encouragement. We try to work with the Young Person while involving whanau/family to be a part of the solution. YCD provides services within Youth Justice and those Young People who are at risk of presenting on the streets or becoming involved in the sex industry. We have a diverse cultural staffing structure to provide appropriate information , guidance and support. YCD works to develop, empower and encourage respect, wellbeing, accountability and independence.

301 Cashel Street Christchurch 8011



ycd@ycd.co.nz  Monday to Friday 8:30am-4:30pm

(03) 366 0866 All services free of charge.

(027) 562 6290 Referral may apply. http://ycd.co.nz

**YMCA South and Mid Canterbury**

FSD0019435 Last updated 13/07/2020

YMCA South and Mid Canterbury provides free, second chance education programmes to both youth and adults. Programmes also include recreation and sport for youth, youth holiday programmes for young people, supervision for children under Oranga Tamariki - Ministry for Children care as well as working in collaboration to deliver community events targeted at youth. We deliver or work alongside in excess of 1000 people within our community per year. Throughout the delivery of these programmes and services, we encourage the development of the 'whole' person. Our programmes and services are underpinned by our core values of HONESTY, CARING, RESPECT and RESPONSIBILITY.

23 Butler Street Timaru 7910



keith@ymcasc.org.nz 8.30am to 4.30 pm Monday to Friday

(03) 688 3682 All services free of charge. http://www.ymcasc.org.nz Referral may apply.

## Classification : YS

**Youthtown Inc: Christchurch**

FSD0018757 Last updated 21/10/2020

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

319a Stanmore Road Richmond Christchurch 8013 christchurch@youthtown.org.nz  Monday to Friday



(03) 381 3245 9am to 5pm

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

No referral required.

## Classification : OSCAR

# Ethnic Services

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

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| --- | --- |
| (03) 308 1395 http://www.safermidcanterbury.org.nz | All services free of charge. Referral may apply. |

**Canterbury & New Zealand Business Association**

FSD0023345 Last updated 25/10/2020

The Canterbury & New Zealand Business Association is an incorporated society and non-profit organization. Our mission is to create connections and services for businesses whilst empowering migrants, refugees, youth and women. We provide mentoring - confidence building, coaching, business development, volunteering and employment support.

Christchurch Community House 301 Tuam St Christchurch 8011



taz@cbanewzealand.org.nz  Monday -Thursday 9am-4pm (027) 273 8815 All services free of charge.

(03) 379 4222 No referral required. https://cnzba.org.nz/

**Canterbury Cambodian (Khmer) Association**

FSD0000166 Last updated 05/04/2021

To get to know each other, maintain our own culture and tradition, to facilitate communication between individuals/family and Government departments, to help each other with their translation needs.

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| rasysao7@gmail.com  (03) 339 6511  (021) 449 502 | All services free of charge. No referral required. |

**Canterbury Fiji Social Service Trust**

FSD0000180 Last updated 10/08/2020

We provide quality, age appropriate, culture sensitive activities in a safe and healthy environment to low income families in the community.

40 Hillary Crescent Upper Riccarton Christchurch 8041



fiji.social.services@gmail.com  Normal hrs: Monday to Friday 9am-4pm

(03) 942 9498 Some charges may apply. (021) 440 812 No referral required.

## Classification : OSCAR

**Canterbury Foochow Association**

FSD0000181 Last updated 13/07/2020

To unite and network fellow Foochows in New Zealand.

303 Riccarton Road Riccarton Christchurch



wongssj@xtra.co.nz  Answerphone if not available.

(03) 348 5409 Some charges may apply.

No referral required.

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| **Canterbury Malaysian Society**  FSD0000185 | Last updated 28/10/2020 |
| 276 |  |

To promote Malaysian culture in New Zealand, to be a contact for Malaysian people in

Christchurch, to assist members to retain their Malaysian identity and to adjust to New Zealand society.

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| --- | --- |
| samyau1128@gmail.com  (027) 488 6088 (03) 942 0883 https://www.facebook.com/cmsacanterbur y/ | All services free of charge. No referral required. |

**Canterbury Refugee Resettlement and Resource Centre**

FSD0024485 Last updated 07/01/2021

The Canterbury Refugee Resettlement and Resources Centre advocates on behalf of the refugee communities resettled in the Canterbury area. As the first contact point for agencies aiming to liaise with the wider community or individuals of refugee background, we work to disseminate relevant information, community skills, and knowledge through a grassroots approach to consultative communication.

CRRRC aims to bridge the gap between the refugee background people of all ages by creating a more harmonious, more welcoming, inclusive environment through building a shared respect, by connecting our common experiences and celebrating our differences.

39 Nursery Road Phillipstown Christchurch 8011



contact@canterburyrefugeecentre.org.nz  Office Hours: Monday-Friday 9:00am-3:00pm

(03) 377 2538 All services free of charge. https://www.cantyrefugeecentre.org/ No referral required.

**Canterbury Tamil Society**

FSD0000198 Last updated 31/10/2020

Provides social cohesion among Tamils in Christchurch and addresses the humanitarian needs of

Tamils who need it most. Fosters harmonious links with other New Zealand communities

 80 Rattray Street Riccarton Christchurch

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| --- | --- |
| info@canterburytamilsociety.org  (022) 075 9769 http://www.canterburytamilsociety.org/ | Every Saturday from 4.00pm to 5.30pm (during school term)  Some charges may apply.  No referral required. |

**Christchurch Austrian Society**

FSD0000216 Last updated 11/09/2020

To maintain and foster Austrian culture and traditions, especially folk singing and dancing.

22 Kimberley Street Casebrook Christchurch 8051



jill.mct@xtra.co.nz  Choir Practice; Tuesdays at 1.30pm every 2nd

(03) 359 3081 week.

(03) 384 2024 Some charges may apply.

No referral required.

**Christchurch Multicultural Council**

FSD0000231 Last updated 20/11/2020

The Council consists of representatives of different ethnic groups in the city and provides a forum where issues of common interest can be discussed. Networks with the other nine ethnic councils in the country.

273 Southfield Drive Lincoln 7608



surindertandonz@gmail.com  After 5 pm

(021) 295 1089 Some charges may apply. https://www.facebook.com/Christchurch- No referral required. Multicultural-Council-1571487649744581/

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

(03) 335 0311 All services free of charge. http://www.crs.org.nz/ No referral required.

## Classification : FVSS

**Christchurch Swiss Club**

FSD0000245 Last updated 10/02/2021

To promote friendships among Swiss and non Swiss members, arranging social gatherings which are in the interest of the majority of the club members and the benefit of the club. On Facebook under 'Christchurch Swiss Club'

christchurchswissclub@gmail.com  weekdays in the evening

(03) 317 8130 by email anytime http://www.facebook.com/groups/SwissCl Some charges may apply. ubChchNZ/ No referral required.

**Christchurch Vietnamese Community**

FSD0000879 Last updated 11/01/2021

To support the local Vietnamese on resettlement, family and personal matters. To provide a cultural and linguistic bridge between the community and the host country. To disseminate relevant and important information to community members.

11 Ludecke Place Hornby Christchurch 8042



mlengoc1@gmail.com  Leave a message on answerphone or email.

(021) 128 6812 All services free of charge. http://www.facebook.com/Vietnamese- No referral required.

Society-of-Christchurch-

1510506069184682/

**Christchurch Zhong Hua Chinese Society**

FSD0000248 Last updated 18/01/2021

To promote Chinese culture in New Zealand; to be a contact for Chinese people in Christchurch.

zhonghuasoc@gmail.com  9am-5pm Monday to Friday (021) 280 8666 All services free of charge.

(03) 352 8887 No referral required.

http://www.facebook.com/pages/Christchu rch-Zhonghua-Chinese-

Society/303164846445849

**Citizens Advice Bureau - Christchurch City**

FSD0006912 Last updated 27/11/2020

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.

Ara 18 Williams Street Christchurch 8011



christchurchcity@cab.org.nz  Mon, Tue, Wed & Thurs 9am to 3pm

(03) 366 6490 Fri 9am to 12pm

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

**Citizens Advice Bureau - Christchurch North**

FSD0006913 Last updated 27/11/2020

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.

 Fendalton Library 4 Jeffreys Road Fendalton Christchurch 8053

|  |  |
| --- | --- |
| christchurchnorth@cab.org.nz  (03) 351 7804 (0800) 367 222 http://www.cab.org.nz | Monday, Wednesday, Thursday & Friday – 11am to 5pm  Tuesday – 2pm to 5pm All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - Christchurch West**

FSD0006914 Last updated 27/11/2020

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.

Hornby Community Care Centre 8 Goulding Avenue Hornby Christchurch 8042 christchurchwest@cab.org.nz  Mon - Fri 9am to 5pm (03) 349 5236 All services free of charge.



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

**Citizens Advice Bureau Christchurch Area - The Loft**

FSD0022813 Last updated 27/11/2020

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.

Eastgate Mall 20 Buckleys Road Linwood Christchurch 8062



christchurchcity@cab.org.nz  Tuesday - 11am to 2pm (03) 366 6490 All services free of charge.

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

**Citizens Advice Bureau North Canterbury**

FSD0006920 Last updated 19/03/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. Our trained volunteers will listen and get you the information, assistance or referral you need. You don't need an appointment, just drop in to a CAB near you, pick up the phone, email us, or go online and let's talk.

Trevor Inch Memorial Library 141 Percival Street Rangiora 7440



coordinator.northcanterbury@cab.org.nz  9.00am - 4.30pm, Monday to Friday

(03) 313 8822 All services free of charge.

(03) 310 6205 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau South Canterbury Inc**

FSD0019437 Last updated 09/08/2020

To give free and confidential advice and information to clients to ensure that when they are confronted with challenging situations, they are not disadvantaged through lack of knowledge of their rights and responsibilities.

These situations can include:

Tenancy and Housing

Health and Welfare

Employment and Work Related Issues

Education

Personal and Family Concerns

Legal, Justice and Consumer Law

We also offer a free legal referral service weekly.

Community House 27 Strathallan Street Central Timaru 7910



southcanterbury@cab.org.nz  10am - 4pm Monday to Thursday; 10am - 1 pm

|  |  |
| --- | --- |
| (03) 687 7362 (0800) 367 222 http://www.cab.org.nz | Friday;  Legal service Thursday 7pm All services free of charge.  No referral required. |

**Clan Donald Society of New Zealand**

FSD0000257 Last updated 13/12/2020

Preservation of Scottish interests and traditions. Help with genealogy. Social activities include wine trails, ten pin bowling, mini golf, dinners, socialise with other Clans. Attend Scottish Society or Caledonian Society functions. Member of the Scottish Heritage Council Canterbury Branch.

Flat 2 117A Studholme Street Somerfield Christchurch 8024 margaretdonald@xtra.co.nz  anytime



(03) 331 6102 Some charges may apply. https://www.facebook.com/clandonaldnz/ No referral required.

**Delta Community Support Trust**

FSD0000298 Last updated 29/01/2021

Delta Community Support Trust is a Christian community-based organisation located in Richmond, Christchurch. We engage in community development through a unique range of services, initiatives and activities. In particular these seek to uplift people who are facing personal hardship, experiencing disability, isolation or other disadvantage. Our goal is to encourage involvement in and contribution to community life where people are able to participate in positive relationships, journeying and growing together in all social, mental, physical and spiritual facets of life.

101 North Avon Road Richmond Christchurch 8013



reception@deltatrust.org.nz  Delta Community House is open to the public

(03) 389 0212 9:30am-2pm weekdays, Thursdays open at http://www.deltatrust.org.nz/ 10am.

Community Workers are available by appointment or by phone between 9am-3pm Some charges may apply. Referral may apply.

**English Language Partners Aoraki**

FSD0007848 Last updated 22/03/2021

English Language Partners Aoraki provides English language skills and social support for the effective resettlement of adult refugees and migrants in the South Canterbury region. This is achieved through 1x1 and class assistance covering areas i.e. language, culture and employment.

We are part of New Zealand's largest settlement agency.

3 Sophia Street Timaru 7910



gillian.dowsett@englishlanguage.org.nz  Monday - Thursday, 8.30am - 3.00pm

(03) 688 9030 Some charges may apply. http://www.englishlanguage.org.nz Referral may apply.

**English Language Partners Christchurch**

FSD0007834 Last updated 29/09/2020

To provide English language skills and social support for effective resettlement of adult former refugees and migrants in Aotearoa New Zealand.

Level 1 334 Manchester Street Christchurch Central Christchurch 8013 christchurch@englishlanguage.org.nz  Mon - Thurs 9 am - 4pm.



(03) 377 3141 Fridays by appointment only. http://www.englishlanguage.org.nz All services free of charge. Referral may apply.

**Fale Pasifika O Aoraki Trust Society Incorporated**

FSD0019575 Last updated 05/04/2021

Fale Pasifika O Aoraki (FPOA) is an Organisation that started in 2008 which works with and for Pacific Island people in our region so that they are able to make a difference in their lives. FPOA will help pacific people with dealing with government departments, translation, prevention and intervention of family violence, our pacific island heritage, as well as family and individual support. We have a youth club as well as a mothers coffee club, which give support and help. We hold different workshops which are designed to promote health, enriching our culture and strengthening the future of pacific peoples. Our service is free and confidential.

Community House 27 Strathallan Street Timaru 7910



office@falepasifikaoaoraki.org.nz  weekdays open 9am - 5pm

(03) 687 7585 Some charges may apply.

(021) 057 3508 Referral may apply.

http://falepasifikaoaoraki.org.nz/?page\_id

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## Classification : FVSS, PACIFIC, THP

**Hagley College - Diversity Support**

FSD0016192 Last updated 17/08/2020

Diversity Support at Hagley College provide education and support programmes to diverse learners particularly, refugees and migrants. This includes a study centre, social empowerment courses, community bilingual liaison, events and celebrations, at risk women support, training for providers, inter-cultural training.

510 Hagley Avenue Christchurch 8011



info@hagley.school.nz  8.30 am - 4:30 Mon - Fri (whole school)

(03) 379 3090 All services free of charge. http://www.hagley.school.nz No referral required.

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**Indian Social and Cultural Club**

FSD0000416 Last updated 09/03/2021

To promote Indian culture within the Indian community and to other communities in New Zealand; to organise social functions with music, dance and other cultural activities (quarterly); to support humanitarian cases as appropriate.

73 Main South Road Upper Riccarton Christchurch 8042



isccnz@gmail.com  Evenings and weekends (021) 239 7167 Some charges may apply. https://www.facebook.com/ISCCNZ/ No referral required.

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



(03) 327 8945 Foodbank and reception open Mon- Thurs 10am

(022) 183 1277 – 2pm. http://www.wellbeingnc.org.nz All services free of charge.

No referral required.

**Korean Society of Christchurch**

FSD0017652 Last updated 16/02/2021

We promote and maintain Korean cultural traditions in New Zealand and contribute to the diversity of the New Zealand multi-cultural environment. We help Korean residents in Christchurch and Canterbury integrate with both local community and New Zealand society.

We provide information to Korean immigrants and Korean visitors to New Zealand and to develop mutual relationships between Korea and New Zealand.

We organize, undertake, promote, support and encourage charitable activities within Christchurch and New Zealand and participate in activities beneficial to the Korean community and the New Zealand society.

We encourage communication, interaction and cooperation between Korean community and larger New Zealand communities and to contribute to the economical and social development of New Zealand.

53 Eastling Street Bishopdale Christchurch 8053



ksocietychch.office@gmail.com  from 1 to 5pm weekdays (03) 354 6966 All services free of charge.

(027) 561 5898 No referral required. https://www.korean.org.nz/

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

|  |  |
| --- | --- |
| (03) 325 2007 http://www.lincolncomcare.co.nz | Public Holidays  Some charges may apply.  Referral may apply. |

**Mid Canterbury Newcomers Network**

FSD0020537 Last updated 07/10/2020

The Mid Canterbury Newcomers Network provides information, support, empowerment and social opportunities to new residents to help them settle into their new life in the Ashburton District and help them connect with their new community.

44 Cass Street Ashburton 7700



newcomers@saferashburton.org.nz  Monday, Tuesday, Wednesday and Friday from

(03) 308 1395 ext 239 10am to 3pm

(027) 220 8791 All services free of charge. http://www.newcomers.co.nz/regions/cant No referral required. erbury/ashburton/

**Migrant Centre - Aoraki (Timaru)**

FSD0019568 Last updated 17/07/2020

Promoting goodwill, raising awareness, highlighting the needs of the migrant community, and providing intercultural understanding. We help and support migrants when problems arrise.

Migrants can contact us free of charge by phone, email or visit us at our Aoraki Migrant Centre office in Timaru. We will work as an Advocate often on their behalf in a variety of settings.

3 Sophia Street Timaru



aorakimigrantcentre@xtra.co.nz  Monday - Friday 9am - 2pm

|  |  |
| --- | --- |
| (03) 687 7332 (027) 687 7332 http://www.aorakimigrantcentre.org      **Multicultural Aoraki** | or by appointment  All services free of charge. No referral required. |
| FSD0024562 | Last updated 05/05/2021 |

Connection, Community, Support for migrants, people with English as a second language and newcomers to the area.

 27 Sophia Street Timaru 7910

|  |  |
| --- | --- |
| info@multiculturalaoraki.co.nz  (03) 687 7332 (027) 687 7332 http://www.multiculturalaoraki.org.nz      **Neighbourhood Trust** | Mon - Friday 9am - 2pm All services free of charge. No referral required. |
| FSD0015642 | Last updated 15/04/2021 |

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**Netherlands Society Christchurch**

FSD0000515 Last updated 02/04/2021

To cater for cultural and social activities of the Dutch community and friends. Sponsors of Echo Radio (on Plains FM, 96.9FM) every Sunday 5-6pm

Netherlands Cultural Centre 637 Marshland Road Marshland Christchurch secretary.nsc@gmail.com  See our newsletter (03) 323 8641 All services free of charge. http://www.nsc.org.nz No referral required.



**Oak Development Trust**

FSD0024434 Last updated 23/10/2020

Oak Development Trust is a community development organisation based in Riccarton. Its purpose is to meet the holistic needs of people by providing resources and leadership. The Trusts work focus is on families, migrants and creating community in all that is done. This is achieved by providing activities and opportunities for connection, belonging, learning and participation. Weekly the Trust runs two groups for preschoolers and their Mums/caregivers, one for the Filipino community, and English conversation classes. Fortnightly a Community Cafe is held, and six weekly there is a Nail Care Clinic predominantly for the older person. The Community

Development Worker visits new people to the community to assist with connection. The Social

Worker and Cultural Support Worker provides advocacy support for the migrant community. The Trust runs two community events each year and oversees the monthly Community Newsletter. It is establishing a ethnic foodbank.

80 Rattray Street Riccarton Christchurch 8041



carol@odt.org.nz  The organistaion is open Tuesday, Wednesday, (027) 282 0693 Thursday and Friday 9am -5pm. http://www.odt.org.nz All services free of charge.

Referral may apply.

**PEETO - The Multi-Cultural Learning Centre**

FSD0000647 Last updated 12/10/2020

A registered and accredited private training establishment, PEETO is a truly multicultural learning centre providing ESOL training services to learners from more than 60 nationalities since 1991.

20 Twigger Street Addington Christchurch 8024



info@peeto.ac.nz  8:00 am - 4.30 pm Monday to Friday.

(03) 343 2890 All services free of charge. http://www.peeto.ac.nz/ Referral may apply.

**Petersgate Counselling Centre**

FSD0000654 Last updated 19/10/2020

We offer a professional generic counselling service with a wide range of modalities. Our fees are subsidised for those on low incomes and who are unable to access alternative funding.

29 Yaldhurst Road Christchurch 8042



info@petersgate.org.nz  Monday-Thursday 9:00am-8.30pm, Friday

(03) 343 3391 9:00am-4.30pm. http://www.petersgate.org.nz/ Some charges may apply.

No referral required.

**Purapura Whetu Trust**

FSD0017022 Last updated 31/08/2020

Purapura Whetu Trust is a community based Kaupapa Maori mental health organisation. Purapura

Whetu Trust was initiated in 2002 to address the needs within the local Maori community. The

Kaupapa Maori model of care 'Purapura Whetu Te Kohinga' is our best practice model of care. The Trust provides Kaupapa Maori mental health services to adults, adolescents, children and their whanau who require a counselling or community support programme from a Kaupapa Maori perspective.

Level 1 166 St Asaph Street Christchurch 8011



office@pw.maori.nz  Monday to Friday 8.30 am to 4.30 pm

(03) 379 8001 All services free of charge. http://www.pw.maori.nz Referral may apply.

**Risingholme Community Centre Inc**

FSD0016312 Last updated 23/10/2020

Risingholme's stated constitutional mission is to promote a community spirit with the development of appropriate social, educational and leisure activities.

22 Cholmondeley Avenue Opawa Christchurch 8023



info@risingholme.org.nz  Monday to Friday: 9 am - 4 pm

(03) 332 7359 Some charges may apply.

(03) 332 7357 No referral required. http://www.risingholme.org.nz

**Russian Cultural Centre Trust - Christchurch**

FSD0000775 Last updated 19/11/2020

Centre of Slavonic culture and education. Russian language, literature and culture class for children; music education classes and choir for children; English language classes for adults; Russian language classes for speakers of other languages; performances; events; festivals.

31 Vicki Street Sockburn Christchurch 8042



ruscentrechchnz@gmail.com  Monday-Friday, 8.30am-4pm

(03) 741 2161 Koha/donation may apply.

(021) 026 87922 No referral required.

http://www.ruscentre.wordpress.com

**Scandinavian Club (Christchurch)**

FSD0000798 Last updated 09/10/2020

To promote fellowship amongst people from Scandinavian countries or people with interest in a Scandinavian country, to extend a friendly and helping hand to all Scandinavian newcomers and visitors. We hold four functions a year.

43a Carlsen Burwood Christchurch 8083



bjorkangen@xtra.co.nz  Leave a message and someone will get back to

(03) 318 8109 you.

(03) 383 2524 Some charges may apply.

No referral required.

**Shakti Ethnic Women's Support Group Inc. (Christchurch)**

FSD0019347 Last updated 31/08/2020

The Shakti Ethnic Women's Support Group (Christchurch) was founded by ethnic women in Christchurch in response to the need for support services for migrant and refugee women (and their children) in South Island struggling to overcome the barriers associated with migration, isolation and domestic violence.

Christchurch Community House 301 Tuam Street Christchurch Central Christchurch 8011 sewsg@shakti.org.nz  Monday to Firday 9 am - 4 pm.



|  |  |
| --- | --- |
| (0800) 742 584 (03) 940 9416 http://www.shakti-international.org/ | 24/7 crisis call on 0800 number.  All services free of charge.  No referral required. |

**Silent Communications NZ Ltd**

FSD0000293 Last updated 11/03/2021

Suppliers of quality assistive devices for people who are Deaf, hard of hearing and Deaf-Blind, including amplified telephones and accessories, paging systems, vibrating alarm clocks, telephone and door signaling systems, smoke alarm systems, hearing aid batteries & accessories.

info@deafquip.co.nz  Mon - Fri 9.00am - 5.00pm

(03) 389 0908 Some charges may apply.

(Text only) 028 85000840 No referral required. http://www.deafquip.co.nz/

**Te Aho O Te Kura Pounamu (Te Kura) - Christchurch**

FSD0021110 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.

Level 1, Powell Fenwick House 383 Colombo St Christchurch 8023



info@tekura.school.nz  Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**United Afghan Association of Canterbury**

FSD0000094 Last updated 19/03/2021

To promote Afghanistan culture in New Zealand, to be a contact for Afghan people in Christchurch, to assist members to retain their Afghan identity and to adjust to New Zealand society

|  |  |
| --- | --- |
| uaac.nz@gmail.com (022) 107 9901      **Youth Forever Club** | The organisation is open on Friday lunch time and Tuesday, Thursday and Friday evenings.  Koha/donation may apply. No referral required. |
| FSD0000896 | Last updated 15/09/2020 |

To support and serve Migrants and refugee from Middle Eastern Background to settle in their new home country New Zealand.

60 Farquhars Road Redwood Christchurch 8051



botros@xtra.co.nz  Available during working days from 9-5pm. (021) 189 3886 Saturday and Sunday, 7-9.30pm (03) 352 4939 Some charges may apply.

No referral required.

# Family / Whanau Services

**0800 Hungry Food Ministry**

FSD0024316 Last updated 22/08/2020

To provide food relief to families and individuals in need.

All food parcels are delivered via 140 Churches and agencies into the home.

admin@0800hungry.org  Monday to Friday 8.30am to 4pm and Saturday

(0800) 486 479 9am to 1pm.

(03) 384 7842 Closed public holidays.

Koha/donation may apply. No referral required.

**Addictive Eaters Anonymous**

FSD0023301 Last updated 23/12/2020

Addictive Eaters Anonymous (AEA) is a Twelve-Step programme for food addicts who have struggled with overeating, undereating, anorexia, bulimia or weight control through excessive exercise or dieting. Together, we have found a solution through a programme modelled on the principles of Alcoholic Anonymous. Some members have been practising Twelve-Step recovery for more than 30 years. Everyone is welcome. There are no fees. We are not a weight loss organisation, nor are we associated with any other entity. Our primary purpose is to share with other addictive eaters in the hope they too might find a solution. We have three meetings each week in Christchurch and two meetings in Wellington.

contact@aeanz.org  The telephone number is an answerphone (03) 662 9128 service which is monitored regularly at all hours.

http://AEAnz.org All services free of charge.

No referral required.

**Addington OSCAR**

FSD0022208 Last updated 14/09/2020

Offers OSCAR-approved after school and school holiday programmes in Addington , SpreydonHeathcote Ward (Christchurch).

The Haven 19 Poulson Street Addington Christchurch 8024



addingtonoscar@yahoo.co.nz  Some charges may apply.

(020) 408 64947 No referral required. http://manukacottageaddington.net/index. php/oscar

## Classification : OSCAR

**Adventure Specialties Trust - Christchurch**

FSD0020638 Last updated 21/08/2020

Adventure Specialties Trust aims to assist the holistic development of individuals using the outdoors as its medium. We run many different programmes to achieve this goal including youth development programmes, programmes with youth offenders, strengthening families programmes, camps for teenagers with disabilities and camps and technical programmes with high schools and community groups. We also provide the outdoor resources and equipment so clients are not barred from participation because of a lack of access to the specialist equipment required for the outdoors.

6/28 Acheron Drive Riccarton Christchurch 8014



chch@adventurespecialties.co.nz  9-5pm, Monday to Friday

(03) 348 4547 Some charges may apply. http://www.adventurespecialties.co.nz Referral may apply.

**After Hours Counselling Services**

FSD0023348 Last updated 27/09/2020

Provision of after hours Counselling and Relationship Services (evenings and weekends), for individual clients, couples, families. Home visits in need.

 469 Manchester St St Albans Christchurch 8014

murray@afterhourscounselling.co.nz  Tuesday, day and evening

(027) 694 5275 Friday evening

http://afterhours-counsellingservices.co.nz Sunday, day and evening Some charges may apply. No referral required.

**After School & Holidays @ Kids Alive**

FSD0021843 Last updated 15/01/2021

OSCAR Programme providing After School and Holiday Care for children from aged 5-14. We are accredited under the Social Sector Accreditation Standards and Work and Income Subsidies are available.

lorraine@kidsalive.co.nz  Monday to Friday (term time)

(027) 403 8126 2.45 pm - 5.30 pm (022) 403 8126 Some charges may apply. http://www.kidsalive.co.nz No referral required.

## Classification : OSCAR

**Age Concern Canterbury Inc**

FSD0006654 Last updated 19/10/2020

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

24 Main North Road Papanui Christchurch 8053



team@ageconcerncan.org.nz  9am - 4.30pm Monday to Friday

(03) 366 0903 Some charges may apply.

(0800) 803 344 No referral required. http://www.ageconcerncan.org.nz

## Classification : EARS

**Air Force Museum Oscar**

FSD0022421 Last updated 16/07/2020

The Air Force Museum offers OSCAR approved School Holiday programmes for children.

Air Force Museum of New Zealand is the national museum for the Royal New Zealand Air Force (RNZAF) and one of New Zealand’s premier attractions. Located in Christchurch on the site of the former Air Force Base at Wigram, the Museum offers a unique and memorable visitor experience. With over 30 historic aircraft, hands-on exhibitions and programmes, guided tours and even a flight simulator, all with FREE entry, it is the ideal place to bring the whole family for a great day out.

45 Harvard Avenue Wigram Christchurch 8042 info@airforcemuseum.co.nz  Every day (except Christmas Day) 10am to 5pm.



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| --- | --- |
| (03) 343 9532  (03) 343 9504 http://www.airforcemuseum.co.nz    **Classification : OSCAR**    **AJ Day Options Trust** | Some charges may apply. No referral required. |
| FSD0000097 | Last updated 26/10/2020 |

Provide day programmes for people who have an intellectual disability. The programmes involve supporting people to participate in community based activities and also some activities are provided at our two Christchurch facilities. More information is available on our website

426 Tuam Street Phillipstown Christchurch 8011



jims@ajs.org.nz  Some charges may apply.

(03) 374 9830 No referral required.

(027) 223 0935 http://www.ajs.org.nz/

**Akaroa Toy Library**

FSD0000101 Last updated 08/06/2020

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.

57 Rue Lavaud Akaroa 7520 timandjax@gmail.com (027) 440 9988 http://www.toylibrary.co.nz/



**Amberley Toy Library Inc.**

FSD0000110

Wednesday, 3.30-4.30. Thursday, 12-1.00pm.

Some charges may apply. No referral required.

Last updated 21/01/2021

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.

Plunket Rooms 109 Carters Road Amberley



amberleytoylib@gmail.com  Tuesday 9 - 11am. http://www.toylibrary.co.nz/find-toy- Some charges may apply.

library/central-south-island/north- No referral required. canterbury/amberley-toy-library-inc/

**Andrew Winchester, Counselling and Supervision**

FSD0021197 Last updated 23/11/2020

Winchester Counselling provides an experienced counsellor, therapist, and supervisor who is passionate about a professional service and best results! Andrew is up to date with best practice having completed a masters in education with first class honours focused on counselling. He works effectively with individuals, couples, and families. He is an experienced supervisor working with people who work with people. He provides work place support through EAP to managers and staff. Andrew has worked in the relationship counselling,mental health, domestic violence, parent and migrant education, and general counselling fields with adults and youth.

Qualifications: CComPsyC BA (Hons) Social Work MEd (First class hons) (Counselling).

Memberships: Member of the New Zealand Association of Counsellors and International Centre of Excellence in Emotionally Focused Therapy.

Masters education in the following Counselling Models: EFT, ACT, SFBT, and MI.

 196 Colombo Road Sydenham Christchurch 8023

|  |  |
| --- | --- |
| winchestercounsellinganz@gmail.com  (027) 437 6497 http://winchestercounselling.co.nz      **Angel Fund** | Please phone for a current available day and time. Winchester counselling and supervision will try and see you within 48 hours of first contact.  Some charges may apply. No referral required. |
| FSD0000112 | Last updated 20/01/2021 |

A savings and loan fund lending up to $500 interest free to women for the purpose of small/home/lobby business or education/training or moving into work expenses. Applications accepted from women on low incomes who live in the Christchurch area who have difficulty accessing credit from traditional sources and who have an ability to repay.

angelfund@gmail.com  If you wish to leave a message for Angel Fund, (022) 412 6435 please use the mobile number provided and

http://www.angelfund.org.nz send a txt or message via our website link or email the Co-ordinator.

Some charges may apply. No referral required.

**Anglican Care Community Development**

FSD0000114 Last updated 16/10/2020

The Community Development Division of Anglican Care undertakes community development initiatives in low income areas by means of community cottages and related projects in partnership with Christchurch City Council. The Division also undertakes social outreach initiatives with Anglican parishes.

8 Roxburgh Street Sydenham Christchurch 8023



office@accd.org.nz  Monday-Thursday, 8.30am-5pm

(03) 332 7143 Friday, 8.30am-1pm

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

No referral required.

**Aoraki Plunket Toy Library**

FSD0019595 Last updated 25/03/2021

We have a large variety of toys available (big and small). Toys are hired out for 2 weeks. Each member is allowed a maximum of 6 toys at any time. Our toys are aimed at children aged 05years.

305 Stafford Street Timaru 7910



aorakitoylibrary@yahoo.co.nz  Wednesday 9.15-11.15 & Saturday 2.30 - 4.30

(028) 405 8720 Some charges may apply. https://www.facebook.com/Aoraki- No referral required. Plunket-Toy-Library-119522391425271/

**Aorangi and Harding Memorials**

FSD0023793 Last updated 08/01/2021

We are the only independent Monumental Mason in the South Canterbury area, and have been offering our service to the district since the 1930's.

We offer a full range on memorials - headstones, plaques, rocks etc, and have an extensive range of options.

56 James St Kensington Timaru 7910



aorangi.harding@xtra.co.nz  Monday to Friday - 8am to 5pm

|  |  |
| --- | --- |
| (03) 684 4662 (0800) 68 44 66 http://www.aorangiharding.co.nz      **Arowhenua Whnau Services** | Some charges may apply. No referral required. |
| FSD0019560 | Last updated 10/11/2020 |

Arowhenua Whnau Services is a Maori provider offering health care to all people in the South Canterbury District.

We offer: Primary health nurse lead clinics, a Whanau Ora nurse working with whnau with multiple illness, mental health team who work with people with a mental health diagnosis mild to moderate,

Tamariki Ora nurse who works with whnau and ppe, Te Wnanga hauora for all to attend and Smoke free education to help you succeed at giving this habit away. We also provide Whanau Ora Tinana and Mokopuna Ora Navigators, who work with Mori whnau. The Attendance Advisory works with schools and whnau as to why the child is absent from school.

94 King Street Temuka 7920



admin@aws.health.nz  Opening hours

|  |  |  |
| --- | --- | --- |
| (03) 615 5180 http://aws.health.nz/      **Arrowsmith Counselling** | Monday - Friday 9 - 4.30 All services free of charge.  No referral required. |  |
| FSD0020892 |  | Last updated 17/08/2020 |

Professional Counselling Service, for children, youth and adults.

Community House 44 Cass St Ashburton 7700



annaarrowsmith@hotmail.co.nz  Monday - Friday 9.00am - 7.00pm

(027) 722 3204 (hours flexible).

(03) 308 1395 Some charges may apply.

No referral required.

**Ashburton Borough School OSCAR Programme**

FSD0021249 Last updated 13/01/2021

OSCAR stands for 'Out of School Care and Recreation'. It is a services that provide regular care for school age children (5 – 13 year olds) outside school hours; that is, after school and during the school holidays.

The OSCAR programme provides leisure and recreation activities that not only enrich the child but also enrich family life and enhance learning done at school.

1 Winter Street Ashburton 7700



oscar@ashborough.school.nz  OSCAR runs Monday to Friday 2.55 to 5.30pm

|  |  |
| --- | --- |
| (03) 307 8529 ext 819 (027) 302 3030 http://ashborough.school.nz/ | during the school term. The Holiday Programme runs Monday to Friday 8.30am to 5.30pm.  Some charges may apply.  No referral required. |

## Classification : OSCAR

**Ashburton Local Council Website**

FSD0017577 Last updated 14/09/2020

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

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

No referral required.

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

|  |  |
| --- | --- |
| (03) 308 1395 http://www.safermidcanterbury.org.nz | All services free of charge. Referral may apply. |

**Ashburton Toy Library Incorporated Society**

FSD0019582 Last updated 23/07/2020

The Ashburton Toy Library Inc. has been catering for the families of Mid Canterbury for the last 25 years. The aim of the Ashburton Toy Library Inc is to provide local families with the opportunity to use quality educational and age-relevant toys. We also aim to provide a large range of developmental toys.

We have toys ranging from puzzles and board games, Thomas the train set, ride on toys (John

Deere Tractors), bikes, scooters, role play (i.e. kitchens), doll houses, Duplo, magnet blocks, educational and developmental toys, dress up's, exersaucers, musical toys, water play, cake tins, play dough sets....and much more! Prices range from free to $5.00 for a two week hire.

106 Victoria Street Ashburton 7700



ashburtontoylibrary@gmail.com  Open 9.30am- 12.30pm every Thursday and

(027) 366 5475 Saturday and alternate Tuesday afternoons 3:30 http://www.facebook.com/pages/Ashburto - 5:00pm.

n-Toy-Library-Inc-NZ/146931828658254 Check us out on Facebook.

Some charges may apply. No referral required.

**Aviva**

FSD0007680 Last updated 20/01/2021

Aviva is a Canterbury-based, specialist family and sexual violence agency dedicated to making New Zealand Aotearoa violence-free. We offer an extensive range of integrated, specialist services to support all people, children, youth and adults, to live free from violence and overcome its enduring harms.

Our services include:

* 24-hour phone advocacy, advice and support for Family Violence or Sexual Assault
* Ministry of Justice approved education programmes
* support to access refuge or alternate emergency accommodation through the use of otheragencies
* ReachOut service for those using violence
* Review home security needs
* specialist peer support from those with lived experience
* community development programmes
* No and Low Interest Loans

The Loft, Level 1, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch 8062 enquiries@aviva.org.nz  Support & Information line available 24/7 (0800) 28482 669 (AVIVA NOW) 0800 AVIVA NOW (284 82669)



(03) 378 3847 All services free of charge. https://www.aviva.org.nz No referral required.

## Classification : FVSS, SHSS

**Avonhead Community Trust**

FSD0017677 Last updated 30/07/2020

The Avonhead Community Trust is a charitable trust which serves the Christchurch Community by providing holistic services which empower children, young people and families to lead full and meaningful lives.

102 Avonhead Rd Avonhead Christchurch 8042



weustenfamily@fspnz.com  week day mornings (03) 342 4359 Some charges may apply.

(021) 450 055 No referral required. http://www.actrust.org.nz

## Classification : OSCAR

**Avonside House Trust**

FSD0000130 Last updated 01/02/2021

Avonside House Trust is a Residential Care Facility for people with an Intellectual Disability. We cover Residential Care, Supported Independent Living and Respite Care.

270 Gloucester Street Christchurch Central Christchurch 8011



avonsidehouse@xtra.co.nz  8.30am – 4.30pm, Monday to Friday except

|  |  |
| --- | --- |
| (03) 379 9656  (03) 389 8844 http://www.avonsidehouse.org.nz      **Back to Work Employment** | public holidays  Some charges may apply. Referral may apply. |
| FSD0021011 | Last updated 04/09/2020 |

Back to Work Limited provides individual support and guidance for unemployed job seekers looking for full time work.

196 St Asaph Street Christchurch Central Christchurch 8011 admin@backtowork.co.nz  Mon - Fri



(03) 962 2560 8:30 am - 5:00 pm

http://www.backtowork.co.nz All services free of charge.

Referral may apply.

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

64 Langdons Road Papanui Christchurch 8053



CanterburyAMU@barnardos.org.nz  Office Hours Monday to Friday 8.00am - 4.30pm

(03) 365 3923 Some charges may apply.

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

## Classification : FVSS

**Barnardos - North Canterbury**

FSD0002651 Last updated 12/01/2021

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

Kaiapoi Community Centre 24 Sewell Street Kaiapoi 7630



canterburyamu@barnardos.org.nz  9.00 am - 5.00 pm Monday to Friday with

|  |  |
| --- | --- |
| (0800) 227 627 (03) 378 2734 https://www.barnardos.org.nz/ | appointments available outside of these hours by arrangement.  All services free of charge.  No referral required. |

**Barrier Free NZ Trust**

FSD0001685 Last updated 20/08/2020

To provide technical guidance, education and training and to advocate for spaces and places to be designed and built universally accessible. We provide a technical consultancy service and an suite of training offerings for the design, construction, regulatory sectors as well as many others in health, education and in the disability sector.

executive@barrierfree.org.nz  0830 - 1700 Weekdays (021) 029 16314 Some charges may apply. http://www.barrierfree.org.nz No referral required.

**Barrington Safe House**

FSD0000142 Last updated 16/03/2021

To provide a safe place for children to come if they are lost or feel in danger on their way to and from school. Safe House concept is a partnership involving Westpac Bank, local schools and the police

Westpac Bank, Shop 36 244 Barrington Street Spreydon Christchurch 8024 barrington\_branch@westpac.co.nz  9:00am - 4:30pm Mon-Fri



(03) 337 8543 Some charges may apply.

(03) 337 8556 No referral required.

**Battered Women's Trust**

FSD0007681 Last updated 06/10/2020

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.

 33 Sir William Pickering Drive Burnside Christchurch 8053

office@bwt.org.nz (03) 364 8900 (Crisis) (03) 332 4122 (office) http://www.womensrefuge.org.nz

## Classification : FVSS

**Be The Change NZ**

FSD0020606

Office hours are 9am - 5pm.

Crisis line is operational 24 hours a day. Call 0800 733 843 for Women's Refuge service Some charges may apply. No referral required.

Last updated 22/01/2021

Our kaupapa is to facilitate a movement towards positive culture change and help eliminate bullying, isolation and negativity among Aotearoa’s Young People.

Young people are the most powerful agents of change and we empower them to become upstanders, create leadership groups and run pro-social events to help prevent bullying. We also help youth workers, parents, communities and whnau to help support our tamariki to prevent and stand up to bullying in a safe way. We do this via our website and social media pages which are full of tips and tools for young people (and adults/whnau/youth workers) to use. These tools will help them deal with bullies, being a victim or bystander and prevent bullying.

Our work has been developed using evidenced-based “social and emotional learning” tools based on the Mental Health Foundation's "5 Ways of Wellbeing" - take notice, give, keep learning, be active & connect.

|  |  |
| --- | --- |
| bethechangenz@xtra.co.nz http://www.bethechangenz.org      **Bealey Centre** | Monday-Friday 8am-6pm  All services free of charge. No referral required. |
| FSD0000144 | Last updated 15/06/2020 |

Registered clinical psychologists for psychological consultation and therapy. Individuals, couples, family and child therapy. Trauma specialists, employee assistance and forensic issues. Clinical supervision and consultation for professionals.

 110 Bealey Avenue Christchurch

Belfast Community Network was formed in 2001 by a group of leaders from local schools, churches and medical centres who identified issues within our local community. The organisation began working collaboratively to connect groups within its own community. Seventeen Belfast groups are members of the BCN and the Executive Committee who govern the organisation are elected annually from this group, which gives true community representation. Our prime objective is to 'Support Our Community As It Grows' by providing services, resources and programmes to Belfast residents as identified by our community.

710 Main North Road Belfast Christchurch 8051



support@belfastcommunitynetwork.org.nz  9.00 am to 4.00 pm Mon-Fri

|  |  |
| --- | --- |
| office@bealeycentre.net.nz  (03) 365 6312 http://www.bealeycentre.net.nz      **Belfast Community Network** | Monday - Friday: 8am - 6pm or hours by arrangement Saturday: Closed  Sunday: Closed  Some charges may apply. No referral required. |
| FSD0020443 | Last updated 27/04/2021 |

(03) 323 9731 Some charges may apply. http://belfastcommunitynetwork.org.nz No referral required.

## Classification : OSCAR

**Beneficiaries Advisory Service**

FSD0000145 Last updated 25/08/2020

A non-profit, independent organisation set up to protect and promote the interests of people receiving benefits and others on low incomes, through information, advice, support and advocacy.

We are also part of a national network of similar organisations.

 Christcurch Community House 301 Tuam Street Christchurch

bas.cprc@gmail.com (03) 379 8787

(03) 377 3560 http://www.bas.org.nz

**Best Start Buchanans Rd**

FSD0022574

Monday-Thursday, 9.30am-2.30pm; Friday,

9.30am-2pm.

Recommended to ring and make an appointment first.

All services free of charge. No referral required.

Last updated 06/11/2020

We are a purpose built childcare centre with four rooms which cater for children aged from 4 months to 5 years old.

5 Jarnac Blvd Yaldhurst Christchurch 8042



buchanans@best-start.org  7am to 6 pm

(03) 741 1024 Some charges may apply. https://best-start.org/centres/beststart- No referral required. buchanans-road

**Best Start Rolleston**

FSD0022583 Last updated 13/01/2021

At BestStart Rolleston we are very lucky as we are a purpose built centre and have wonderful established gardens and trees. Our Nursery caters for children aged 6 weeks to 2 years and our Preschool 2-5 years.

14 Cezanne Grove Rolleston 7614



rolleston@best-start.org  Monday - Friday 7:30am-5:45pm

(03) 347 9850 Some charges may apply. http://www.best-start.org No referral required.

**BestStart Beckenham**

FSD0022577 Last updated 23/12/2020

ABC Beckenham is a purpose built Early Childhood Centre for children aged 0-5 years.

We are committed to providing an education that is valued, safe and fun by seeking and establishing reciprocal relationships amongst our children, families and our local community that promote concepts of tuakana teina, ako and establish Mana for learning.

A person's a person, no matter how small! (Dr Suess). Come in and meet us, have a chat and see what we are all about!

112 Colombo Street Sydenham Christchurch 8023



beckenham.manager@best-start.org  7am-6pm

(03) 337 3134 http://www.best-start.org/ We have morning, afternoon or full day sessions.

Some charges may apply. No referral required.

**BestStart Faringdon**

FSD0022582 Last updated 12/01/2021

Edukids Faringdon is a newly purpose built centre that offers quality childcare in the Selwyn area. Your child will be nurtured and cared for in a warm, friendly and caring environment by highly qualified and or skilled teachers.

We are one of the 250 BestStart centres throughout New Zealand and we are one of New

Zealand's largest Early Childhood Education organisations, providing care to over 16,000 children across New Zealand.

53 Chandler Way Rolleston 7678 faringdon@best-start.org  We are open Monday to Friday 7am to 6pm.



|  |  |
| --- | --- |
| (03) 550 2076  http://www.best-start.org/ | Closed on all public holidays.  Some charges may apply.  No referral required. |

**Beststart Kaiapoi**

FSD0022550 Last updated 21/12/2020

ABC Kaiapoi is a gorgeous purpose built centre set against the stunning rural backdrop of Kaiapoi. We are a large centre licensed for 85 children, so we have ample room for your child to play in a safe and nurturing environment where learning is driven by children’s interests.

What makes us different:

We have three large playgrounds for children to explore and discover.

We have five large classrooms – providing more than required space to extend children’s learning.

Which include a separate room for our under ones.

Our under two bedroom has full stand-alone cots with a home away from home feel.

Low teacher to child ratios.

Qualified, passionate and experienced staff.

Bright, clean and well-resourced centre.

Come in for a visit today!

56 Williams Street Kaiapoi 7630



kaiapoi@best-start.org  Monday to Friday

|  |  |  |
| --- | --- | --- |
| (03) 327 0733 http://www.best-start.org/      **BestStart St Martins** | 6.30am -6pm  Only closed for public holidays Some charges may apply.  No referral required. |  |
| FSD0022587 |  | Last updated 15/01/2021 |

St Martins is a high quality centre with a lovely home like feel.

We have two age appropriate rooms to help us better cater to the children’s needs. Our preschool is the main building & caters for children aged 2 to 5 years, the nursery is a separate building catering for infants & toddlers aged 3 months – 2 years.

All staff at ABC St Martins take pride in helping children develop to their full potential, and are passionate in achieving a caring and nurturing environment for all children.

We understand how difficult it can be to choose the right childcare centre for your child, and how emotional the process can be while your child adjusts to a big life change. Our team is here to help you every step of the way. We will support you, acknowledge you and aim for a close partnership with you, so you can rest assured your child will have the very best possible care.

We offer delicious, healthy morning and afternoon teas as well as fantastic lunches provided by our on site cook.

17 St Martins Road St Martins Christchurch 8022



stmartins.manager@best-start.org  Monday to Friday 7.30am-6.00pm

(03) 332 1944 Some charges may apply. https://best-start.org/centres/beststart-st- No referral required. martins

**Big Brothers Big Sisters of North Canterbury**

FSD0007880 Last updated 12/10/2020

Big Brothers Big Sisters of North Canterbury matches children aged 6-11 with mentors in a professionally supported one-to-one relationship.

War Memorial Hall Building 24 High Street Rangiora 7400



northcanterbury@bbbs.nz  Monday - Friday 9.00 am - 4.00 pm

(03) 310 7004 email is best form of contact. (027) 271 3405 All services free of charge. https://bigbrothersbigsisters.org.nz/northc Referral may apply. anterbury.html

**Birth Rite Midwives**

FSD0020832 Last updated 07/12/2020

We are a group of midwives in Christchurch who provide midwifery care with a focus on working with youth.

Unit 2 197 Linwood Ave Linwood Christchurch 8011



birthritemidwives478@gmail.com  We provide all care in the woman's home and

(027) 247 8478 are available 24/7 for pregnancy and childbirth

services. For routine midwifery care we provide visits in normal office hours 7 days a week.

All services free of charge. No referral required.

**Birthright Ashburton Inc**

FSD0006813 Last updated 23/12/2020

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

44 Cass Street Ashburton 7700



birthrightash@gmail.com  Mon, Tues & Wed 10am - 12pm

|  |  |
| --- | --- |
| (03) 366 9456  (0800) 457 146 http://www.birthright.org.nz      **Birthright Canterbury Trust** | Thurs & Fri 1pm - 5pm All services free of charge. Referral may apply. |
| FSD0006815 | Last updated 29/03/2021 |

Birthright is a national organisation which works to support, strengthen and advocate for oneparent families. We support the families by providing home visits, practical assistance, programmes, advocacy, family friendly events and newsletters.

Christchurch Community House 301 Tuam Street Christchurch 8011 manager@birthrightchch.org.nz  Monday - Friday 9:00am - 5pm



(03) 366 9456 All services free of charge. https://www.birthrightcanterbury.org.nz/ No referral required.

**Blueberries Nursery and Preschool**

FSD0022581 Last updated 03/01/2021

Donald Duck Nursery and Preschool is located in the heart of the Addington Business District and is handy to Christchurch Public and Women's Hospitals, Hagley Park and the City. We are licenced for fifty children aged 2-5years and ten children under two, and offer full-time, part-time and morning or afternoon sessions.

We are a strong multi-cultural centre that supports and celebrates the diversity of our families and teaching staff. Our philosophy reflects the shared beliefs, values, visions, practices and identity of our community.

Our well-paced child-centred programme allows children long periods of uninterrupted time to follow their interests, share ideas and develop friendships, as well as meeting the changing needs of individual children by embracing social, emotional, cognitive, intellectual and physical skills.

29 Macaulay Street Addington Christchurch 8024



info@blueberrieschildcare.co.nz  Monday to Friday 7.15am - 5.45pm. Only closed

|  |  |
| --- | --- |
| (03) 338 4470  http://www.facebook.com/Blueberries-  Nursery-Preschool-411673106288541/      **BOSCO Incorporated** | for public holidays.  Some charges may apply. No referral required. |
| FSD0017547 | Last updated 22/04/2021 |

To provide affordable out of school care (OSCAR approved) in a safe, quality environment, meeting the needs of our children and their families.

Beckenham Te Kura o Purtoto School 71 Sandwich Road Beckenham Christchurch 8023



office@bosco.org.nz  Monday-Friday 7.30am - 8.30am then again 3(027) 645 6632 6pm During term times (40 weeks of the year) http://www.bosco.org.nz and Monday-Friday 7.30am-6pm during holiday

periods (10 weeks of the year) Some charges may apply. No referral required.

## Classification : OSCAR

**Breastfeeding Support - La Leche League Timaru**

FSD0019588 Last updated 03/07/2020

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.

 Timaru Parents Centre Rooms 38 Stafford St Timaru

help@lalecheleague.org.nz (03) 684 9851 (Sarah) http://www.lalecheleague.org.nz/

**Busy Bumbles**

FSD0017602

We offer Holiday Programmes in Canterbury.

817 Jones Road Rolleston 7677 office@busybumbles.co.nz 



(03) 347 3031 (021) 155 3341 http://www.busybumbles.co.nz

## Classification : OSCAR

Free monthly meetings held on the 3rd Wednesday of each month (except January) 10am.

Parents Centre, 38 Stafford St, Timaru.

Telephone counselling available anytime.

Koha/donation may apply. No referral required.

Last updated 29/06/2020

7am-9am During Term

3pm-6pm During Term

7am-6pm School Holidays Some charges may apply. No referral required.

**CAFLink Child, Adolescent and Family Mental Health Service**

FSD0002650 Last updated 05/10/2020

CAFLink is the Child, Adolescent and Family Mental Health Service ‘single point of entry function’ which streamlines access to mental health services in Canterbury for children, adolescents and their families.

Ground Floor, Heathcote Building 97-99 Cashmere Road Cashmere Christchurch 8022 caflink@cdhb.health.nz  Monday- Friday 8.30 -5pm (0800) 218 219 All services free of charge.



(03) 337 7758 Referral may apply. https://www.cdhb.health.nz/healthservices/child-adolescent-and-familyinpatient-services/

**Camp Quality (Christchurch)**

FSD0000168 Last updated 14/08/2020

At Camp Quality we are dedicated to bringing fun, hope and happiness to the lives of children aged 5 to 16 living with cancer, their families and communities, through provision of high quality recreational experiences.

|  |  |
| --- | --- |
| admin@campquality.org.nz  (0800) 226 778 http://www.campqualitynz.org.nz/      **CanBreathe** | by email anytime  All services free of charge. No referral required. |
| FSD0006773 | Last updated 03/11/2020 |

Canbreathe is a non-profit organisation which provides education and support to people with asthma, COPD and other respiratory conditions. Services included individual and group education, sale and hire of neblisers and nebuliser consumables, Spirometry (lung function) testing, smoking cessation support and telephone advice.

196 Hills Road Edgeware Christchurch 8013



office@canbreathe.org.nz  Office Hours:

|  |  |
| --- | --- |
| (03) 386 0278  (03) 356 0279 http://canbreathe.org.nz/      **CanTeen - Christchurch** | Monday - Friday 9.00am - 4.00pm All services free of charge. No referral required. |
| FSD0006244 | Last updated 04/12/2020 |

The New Zealand organisation supporting young people living with cancer, aged 13-24 years, either as a patient, sibling or bereaved sibling.

23 Cambridge Terrace Christchurch Central Christchurch 8013



info@canteen.org.nz  Mon-Fri 9am - 5pm (varies according to events / (021) 562 245 activities from week to week)

(0800) 226 8336(CANTEEN) All services free of charge. http://www.canteen.org.nz No referral required.

**Canterbury & New Zealand Business Association**

FSD0023345 Last updated 25/10/2020

The Canterbury & New Zealand Business Association is an incorporated society and non-profit organization. Our mission is to create connections and services for businesses whilst empowering migrants, refugees, youth and women. We provide mentoring - confidence building, coaching, business development, volunteering and employment support.

Christchurch Community House 301 Tuam St Christchurch 8011



taz@cbanewzealand.org.nz  Monday -Thursday 9am-4pm (027) 273 8815 All services free of charge.

(03) 379 4222 No referral required. https://cnzba.org.nz/

**Canterbury Charity Hospital Trust**

FSD0023414 Last updated 11/01/2021

Provides free medical treatments, day surgery, dentistry, oral surgery and counselling to Cantabrians in need.

Our patients have been turned down by the public health system, don't have medical insurance nor can they afford to have their treatment privately. They need to have a referral from their GP or dentist.

Our services are free because we have a wonderful group of 300 volunteer surgeons, dentists, anaesthetists, nurses, counsellors, support staff etc who donate their time.

349-353 Harewood Road Bishopdale Christchurch 8053 reception@charityhospital.org.nz  During office hours



(03) 360 2266 All services free of charge. http://www.charityhospital.org.nz Referral may apply.

**Canterbury Early Learning Centres**

FSD0022423 Last updated 19/06/2020

We provide quality education and care within a Preschool and/or homebased environment for children aged 0-6 years.

We value our strong reciprocal relationships with our families and community, respecting the rich diversities of ethnicities and cultures within our whanau. We offer parents choices between Preschool and homebased with us recognizing that each child and family is an individual. We offer a robust transition to school programme which is acknowledged and accredited by all of our local schools.

Our Avonhead Montessori centre offers a wonderful balance of the Montessori work-cycle time with free play allowing children to learn and develop at their own pace. We can offer parents peace of mind that their child/children will be nurtured, educated and learn from our teachers in a safe environment.

We offer 20 ECE free hours for children over 3 years and support with WINZ subsidies.

Southbrook Early Learning Centre 89 South Belt Rangiora 7400 office@southbrookelc.co.nz  7am - 6.30pm



(03) 313 7489 Some charges may apply. http://www.southbrookelc.co.nz No referral required.

**Canterbury Fiji Social Service Trust**

FSD0000180 Last updated 10/08/2020

We provide quality, age appropriate, culture sensitive activities in a safe and healthy environment to low income families in the community.

40 Hillary Crescent Upper Riccarton Christchurch 8041



fiji.social.services@gmail.com  Normal hrs: Monday to Friday 9am-4pm

(03) 942 9498 Some charges may apply. (021) 440 812 No referral required.

## Classification : OSCAR

**Canterbury Men's Centre**

FSD0000477 Last updated 08/06/2020

Peer support for men who were sexually harmed. To empower male survivors of sexual abuse in their recovery process and to work towards changing the way the community views sexual abuse, the effects, the victims and the perpetrators.

Our support is largely from our Christchurch office.

21 Marshland Rd Shirley Christchurch 8064



survivor@canmen.org.nz  Mon - Fri 9am - 5 pm; (03) 377 6747 All services free of charge. https://canmen.org.nz/survivors/ No referral required.

**Canterbury Neighbourhood Support Inc.**

FSD0019887 Last updated 22/03/2021

Working alongside people to create and maintain safer, stronger, and connected communities. Encouraging residents to know their neighbours, to function together as a group to be effective in crime prevention, and as a group take into account the skills, needs and resources of the members to be more able to deal with and recover from a disaster.

Operating throughout Christchurch City – Otautahi, and Banks Peninsula - Te Ptaka o Rkaihaut

Neighbours helping Neighbours.

c/- Hornby Police Station 9 Tower Street Hornby Christchurch 8042 admin@canterburyns.net  8am - 4pm Mon-Fri (03) 420 9944 All services free of charge.



(027) 230 0272txt only No referral required. http://www.nscanterbury.nz

**Canterbury Refugee Resettlement and Resource Centre**

FSD0024485 Last updated 07/01/2021

The Canterbury Refugee Resettlement and Resources Centre advocates on behalf of the refugee communities resettled in the Canterbury area. As the first contact point for agencies aiming to liaise with the wider community or individuals of refugee background, we work to disseminate relevant information, community skills, and knowledge through a grassroots approach to consultative communication.

CRRRC aims to bridge the gap between the refugee background people of all ages by creating a more harmonious, more welcoming, inclusive environment through building a shared respect, by connecting our common experiences and celebrating our differences.

39 Nursery Road Phillipstown Christchurch 8011



contact@canterburyrefugeecentre.org.nz  Office Hours: Monday-Friday 9:00am-3:00pm

(03) 377 2538 All services free of charge. https://www.cantyrefugeecentre.org/ No referral required.

**Canterbury Youth Services**

FSD0020452 Last updated 18/12/2020

Welcome to Canterbury Youth Services, we are a Christian based, Strengths focused organisation that exists to train and resource youth workers and youth ministries in the Canterbury region. So if you are looking for resources for your youth ministry, information about StrengthsFinder and information about the events we run then you’ve come to the right place.

office@cys.org.nz  Monday - Friday 9am-3pm.

(03) 354 2181 Some charges may apply. http://www.cys.org.nz No referral required.

**Caring for the Carers**

FSD0000203 Last updated 10/11/2020

We seek to support people providing unwaged care for a family member / friend with a long - term mental, intellectual, or physical disability or illness. We provide acknowledgement, support and empowerment.

 100 Moorhouse Ave Addinton Christchurch 8011

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| --- | --- |
| heather@florence2care.co.nz  (03) 366 8630 http://www.florence2care.co.nz | Monday - Friday: 08:00 - 18:00  Saturday - Sunday: Closed Some charges may apply.  No referral required. |

**CASPA After School & Holiday Programmes**

FSD0022427 Last updated 27/10/2020

CASPA provides fun, quality before school, after school and holiday programme childcare for primary school aged children from 5 - 13 years of age in various locations around Christchurch.

"You Expect the Best for Your Child"

At CASPA, so do we! For peace of mind while you work, CASPA is the answer for you.

At CASPA, we provide your children aged five to 13 years old with a before school, after school and holiday programme experience they enjoy. Your children are cared for by our experienced Leaders who are trained, highly motivated and professional and provide a safe, friendly environment.

Our Programmes are designed to be fun and educational. We help your child develop interest and skills in hobbies and activities such as:

* Arts & Crafts
* Music & Sports
* Drama

CASPA is approved by the Ministry of Social Development for the Out of School Care and Recreations subsidy commonly known as the OSCAR Subsidy.

You may be eligible to apply for an OSCAR Subsidy.

132D Victoria Street Christchurch Central Christchurch 8013



info@caspa.org.nz  Monday to Friday 10am - 4pm during the school

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| (03) 349 9260 (027) 352 1638 http://www.caspa.org.nz | term.  Some charges may apply.  No referral required. |

## Classification : OSCAR

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**Centrecare Counselling Wamate**

FSD0015807 Last updated 27/04/2021

Centrecare is a resolution based counselling, support and advocacy service providing accessible, professional mental and emotional health care for those in need in the Waimate community and the South Canterbury area. We hold appointments in Waimate at our own premises, as well as weekly appointments in Oamaru and Timaru.

3 Queen Street Waimate 7924



sam@ccwaimate.co.nz  Monday to Thursday by appointment, in

|  |  |
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| (03) 689 8337 (021) 256 5509 http://ccwaimate.co.nz | Waimate, Oamaru and Timaru All services free of charge.  No referral required. |

**Champion Centre**

FSD0016797 Last updated 12/10/2020

Early intervention centre for young children with developmental delay/disabilities and their families and whanau.

Burwood Hospital 300 Burwood Road Burwood Christchurch 8083 office@championcentre.org.nz  Monday - Friday 8.30am to 3.30pm



(03) 383 6867 All services free of charge. http://www.championcentre.org.nz Referral may apply.

**Chisnallwood Youthtown**

FSD0023794 Last updated 18/12/2020

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

76 Breezes Road Avondale Christchurch 8053



chisnallwood@youthtown.org.nz  After School Programme

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| (027) 522 7187 (0800) 004 566 http://www.youthtown.org.nz    **Classification : OSCAR**    **Choices NZ - Christchurch** | Holiday Programme  Some charges may apply. No referral required. |
| FSD0024084 | Last updated 21/10/2020 |

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

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

We can assist you to:

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

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

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| --- | --- |
| Laura.Lightfoot@choicesnz.org.nz  (022) 010 3811 (0800) 723 154 http://www.choicesnz.org.nz/ | Weekdays 8:30am - 5pm  All services free of charge.  Referral may apply. |

**Cholmondeley Children's Centre**

FSD0000212 Last updated 10/08/2020

Short-term, planned and emergency respite care for children (aged 3-12) whose families are in crisis or experiencing ongoing stress. Our service is primarily community funded and operates outside the statutory care system. Admission through parental or guardian consent. Direct referrals from other community services, GPs and families are welcome.

6 Cholmondeley Lane Governors Bay 8971



info@cholmondeley.org.nz  Cholmondeley operates 24/7 for 48 weeks of

(03) 329 9832 every year. http://www.cholmondeley.org.nz/ All services free of charge.

No referral required.

**Christ the King OSCAR Incorporated**

FSD0021273 Last updated 22/03/2021

We are a MSD funded After School childcare programme which aims to provide a quality and safe recreation programme for 5-13 year olds.

92 Greers Rd Burnside Christchurch 8053



ctkoscar@gmail.com  Monday to Friday from 2.50pm till 5.50pm, on

(027) 285 0003 school days.

Some charges may apply. No referral required.

## Classification : OSCAR

**Christchurch Children's Holiday Camps Trust**

FSD0000218 Last updated 01/09/2020

The Trust provides the liaison between professional workers assisting children and their families, youth organizations providing camping, and donors who wish to help a child experience a change in environment.

1 The Mews Lincoln 7608



brownies3@xtra.co.nz  Business hours

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| (03) 325 6269  (03) 325 6103      **Christchurch City Mission** | Some charges may apply. No referral required. |
| FSD0000221 | Last updated 21/12/2020 |

We provide budget support, emergency food, emergency accommodation for men, women and families, generic social worker services, alcohol and drug counselling, drop in day services to men and women and learning and development programmes for men and women.

276 Hereford Street Christchurch 8140



info@citymission.org.nz  Normal hours Monday to Friday 8.30am -

(03) 365 0635 5.00pm. http://www.chchcitymission.org.nz/ Night shelters open at 5.00pm 7 days a week.

All services free of charge. No referral required.

## Classification : BFC

**Christchurch Crematorium Funerals**

FSD0023739 Last updated 07/12/2020

We offer three funeral care options at our chapel – which allow the flexibility of choice with the certainty of price.

We are a professional and caring FDANZ ( Funeral Directors Assn of NZ ) funeral director providing services and excellent facilities, to enable families to make informed decisions without unnecessary stress.

65 Vickery's Road Wigram Christchurch 8042



office@chchcremations.co.nz  Available to be contacted by phone 24/7 (03) 341 6117 Office hours 8am to 5pm Monday to Friday.

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

No referral required.

**Christchurch Family Foster Care Support Group**

FSD0000232 Last updated 19/03/2021

We support all Caregivers who foster children by supporting them in their vulnerability that goes with looking after children who have come from broken homes or abusive parents etc. We also provide ongoing training.

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| --- | --- |
| jill.hurrell@hotmail.co.nz  (027) 474 1927 | All services free of charge. No referral required. |

**Christchurch Methodist Mission**

FSD0000497 Last updated 16/10/2020

We strengthen families, empower children and young people, provide care for older people, and support people to find pathways to a better life.

We have a vision of a city where justice and compassion guide the way we live and where all people are treated with respect and dignity.

3 Marblewood Drive Papanui Christchurch 8053



intake@mmsi.org.nz  Monday - Friday (03) 375 1470 8.30am - 4.30pm

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

Referral may apply.

## Classification : BFC, THP

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

(03) 335 0311 All services free of charge. http://www.crs.org.nz/ No referral required.

## Classification : FVSS

**Christchurch School of Gymnastics**

FSD0021414 Last updated 12/01/2021

School holiday programme including Gymnastics and Trampolining, arts and crafts, baking, and out-door activities.

38 Mark Treffers Drive QEII Park Christchurch



admin@chchgymnastics.co.nz  Monday to Thursday 9am to 6pm

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| (03) 388 6616 (022) 3947 268 http://www.chchgymnastics.com/ | Friday 9am to 5.30pm  Saturday 8.15am to 12.30pm Sunday 3.30pm to 7.30pm Some charges may apply.  No referral required. |

## Classification : OSCAR

**Christchurch South Toy Library Inc**

FSD0015070 Last updated 23/06/2020

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.

Somerfield Community Centre 47 Studholme Street Somerfield Christchurch 8024 chchsouthtoylibrary@outlook.com  Tuesday 9.30am - 11am



(027) 714 1335 and Saturday 9.30am - 12pm http://www.southtoys.co.nz Some charges may apply.

No referral required.

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| --- | --- |
| **Christine Johannis** |  |
| FSD0019737 | Last updated 11/11/2020 |

To provide professional and confidential counselling and psychotherapy.

Somerfield Centre 181 Selwyn Street Spreydon Christchurch 8024



chris.johannis@gmail.com  Monday, Tuesday and Wednesday 8.30am til

(021) 157 6036 6.30pm. http://www.christinejohannis.co.nz/ Some charges may apply.

No referral required.

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| **Church Corner Nest Early Learning Centre** |  |
| FSD0022556 | Last updated 05/10/2020 |

We provide outstanding early childhood care and education.

We are licensed for 30 children aged 0-5 years of age.

Our centre is a converted house and is very homely and family is at the centre of all we do. We are focussed on sustainable practices and ensuring that children learn to love and respect the earth.

Our purpose is to ensure that every child receives an outstanding early childhood education and is well prepared for life long learning. We operate a primary care system where each family has a specific teacher assigned to them. This teacher is responsible for ensuring that all care routines for the child are carried out and for all communication and liaison with parents and whanau. The primary care teacher is also responsible for developing an individual plan of learning for each child. The teacher produces and maintains a detailed record of each child's learning in the form of a portfolio.

We service the Sockburn and Upper Riccarton areas.

67 Main South Road Sockburn Christchurch 8042



churchcorner@nests.co.nz  We are open Monday to Friday 7.30 am to 6.00 (03) 341 3396 pm. We do not close for school holidays but http://www.nests.co.nz are closed on statutory holidays.

Some charges may apply. No referral required.

**Church Corner Toy Library**

FSD0000092 Last updated 18/03/2021

Toys for hire for all ages and stages up to 8 years: bikes, slides, cars, dressups, doll houses, Duplo, train sets, see-saws, games, puzzles, tents, scooters, rattles, musical toys, and much more.

Sir John McKenzie Memorial Building 393 Riccarton Road Upper Riccarton Christchurch library@cctoylibrary.org.nz  7.00pm - 8.30pm Thursday (027) 358 3259 9.30am - 12 noon Saturday



http://cctoylibrary.org.nz Closed on public holidays and over the Christmas break.

Some charges may apply. No referral required.

**CINCH**

FSD0019870 Last updated 26/03/2021

A directory listing clubs / organisations in Christchurch and surrounding districts. CINCH covers a wide range of subject listings. CINCH has Google Maps, Print and Export functions as well as a Mobile version of the website. Users can also add / update their details directly using the update forms

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| cinch@ccc.govt.nz (03) 941 7923 http://cinch.org.nz | Website available 24/7 All services free of charge.  No referral required. |

**Citizens Advice Bureau - Christchurch City**

FSD0006912 Last updated 27/11/2020

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.

Ara 18 Williams Street Christchurch 8011



christchurchcity@cab.org.nz  Mon, Tue, Wed & Thurs 9am to 3pm

(03) 366 6490 Fri 9am to 12pm

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

**Citizens Advice Bureau - Christchurch North**

FSD0006913 Last updated 27/11/2020

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.

Fendalton Library 4 Jeffreys Road Fendalton Christchurch 8053



christchurchnorth@cab.org.nz  Monday, Wednesday, Thursday & Friday – 11am

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| (03) 351 7804 (0800) 367 222 http://www.cab.org.nz | to 5pm  Tuesday – 2pm to 5pm All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - Christchurch West**

FSD0006914 Last updated 27/11/2020

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.

Hornby Community Care Centre 8 Goulding Avenue Hornby Christchurch 8042 christchurchwest@cab.org.nz  Mon - Fri 9am to 5pm (03) 349 5236 All services free of charge.



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

**Citizens Advice Bureau Christchurch Area - The Loft**

FSD0022813 Last updated 27/11/2020

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.

Eastgate Mall 20 Buckleys Road Linwood Christchurch 8062



christchurchcity@cab.org.nz  Tuesday - 11am to 2pm (03) 366 6490 All services free of charge.

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

**Citizens Advice Bureau North Canterbury**

FSD0006920 Last updated 19/03/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. Our trained volunteers will listen and get you the information, assistance or referral you need. You don't need an appointment, just drop in to a CAB near you, pick up the phone, email us, or go online and let's talk.

Trevor Inch Memorial Library 141 Percival Street Rangiora 7440



coordinator.northcanterbury@cab.org.nz  9.00am - 4.30pm, Monday to Friday

(03) 313 8822 All services free of charge.

(03) 310 6205 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau South Canterbury Inc**

FSD0019437 Last updated 09/08/2020

To give free and confidential advice and information to clients to ensure that when they are confronted with challenging situations, they are not disadvantaged through lack of knowledge of their rights and responsibilities.

These situations can include:

Tenancy and Housing

Health and Welfare

Employment and Work Related Issues

Education

Personal and Family Concerns

Legal, Justice and Consumer Law

We also offer a free legal referral service weekly.

Community House 27 Strathallan Street Central Timaru 7910



southcanterbury@cab.org.nz  10am - 4pm Monday to Thursday; 10am - 1 pm

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| (03) 687 7362 (0800) 367 222 http://www.cab.org.nz | Friday;  Legal service Thursday 7pm All services free of charge.  No referral required. |

**Comcare Trust**

FSD0000263 Last updated 16/04/2021

Mental health and addiction services for the people of Canterbury.

334 Lincoln Road Addington Christchurch 8024



enquiries@comcare.org.nz  Office hours: Monday-Friday, 8.30am-5pm

(03) 377 7020 Some charges may apply. http://www.comcare.org.nz/ Referral may apply.

## Classification : THP

**Community Development Network Trust**

FSD0000267 Last updated 23/07/2020

To assist young people and families in need by offering ongoing support and running various programmes i.e. camps, weekend activities, family fun days, in-depth help with young people.

44 Elizabeth St Christchurch 8041



office@cdntrust.org.nz  Monday to Friday 8a.m. - 4:30p.m.

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| (03) 942 3434 http://cdntrust.org.nz      **Community Focus Trust** | Some charges may apply. No referral required. |
| FSD0024323 | Last updated 24/08/2020 |

Community Focus Trust aim is embracing, equipping and empowering our Community. Our aim is to facilitate practical support and social services to our community based on the needs as we find them

140 Springfield Road St Albans Christchurch 8014



communityfocustrust@gmail.com  Tuesday 10am - 2pm

(027) 915 7789 Wednesday 10am - 2pm

https://www.facebook.com/communityfocu Thursday 10am - 2pm strust Some charges may apply.

No referral required.

**Community House Mid Canterbury**

FSD0006484 Last updated 28/07/2020

We provide office rental accommodation in the Community House Mid Canterbury for non profit organisations which provide social and community services to the people of Mid Canterbury. Fosters, promotes, facilitates and encourages the provision of community services to the people of Mid Canterbury. "One stop shop" for community services, groups and information.

44 Cass Street Ashburton 7700



supervisor@communityhousemc.co.nz  8.30am - 5.00pm Monday to Friday

|  |  |
| --- | --- |
| (03) 308 1237 http://www.communityhousemc.co.nz/      **Community Law Canterbury** | Some charges may apply. No referral required. |
| FSD0000268 | Last updated 02/11/2020 |

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

198 Montreal Street Christchurch Central Christchurch 8011



admin@canlaw.org.nz  Drop in's in our central city Mon, Tues & Thurs

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| --- | --- |
| (03) 366 6870  (Text only) 027 5370 156 http://www.canlaw.org.nz | 5:30pm-7 and Sat 9:30am-12noon.  Appointments during the day in Central city, New Brighton, Hornby, Kaiapoi, Linwood, Ashburton, Timaru & Greymouth.  All services free of charge.  No referral required. |

**Community Toy Library Waimairi**

FSD0000273 Last updated 12/04/2021

We lend toys to families with children aged 0-11 years. The majority of our toys are free to borrow. Toys are available for all ages and stages. They include ride-ons, games, puzzles, construction, role play. From Playmoil sets to our generation sets, we have a huge range over over 1000 toys & games!

 School Hall, Burnside Primary School 96 Memorial Avenue Burnside Christchurch scarlettraeconley@live.com  Thursday 7-8.15pm

(022) 451 7886 Saturday 9.30-11.15am. http://www.waimairitoylibrary.org.nz/ Some charges may apply.

No referral required.

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

Level 1 29 High Street Rangiora



manager@wellbeingnc.org.nz  Monday - Friday 8.30am-5pm

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| (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Some charges may apply. No referral required. |

**Community, Youth and Child Services**

FSD0000883 Last updated 19/10/2020

A social service which provides support and information to adolescents (25 years and under).

349 Woodham Road Wainoni Christchurch



enquiries.waipuna@sjog.org.nz  Monday - Friday 8.30 - 5pm

(03) 386 2159 All services free of charge. http://www.sjog.org.nz No referral required.

**Compassion Trust Financial Mentoring (Budgeting) Service**

FSD0020708 Last updated 25/10/2020

Compassion Trust Financial Mentoring (Budgeting) Service provides free confidential financial mentoring, debt management, advocacy and insolvency for low income families and individuals. We work to provide support and education to address debt and we help bring clarity and understanding around weekly budget planning. We also run MoneyMates peer led support, sharing and learning groups for our communities. All our financial mentors (budgeters) are trained and nationally certified.

Grace Vineyard Church 111 Seaview Road New Brighton Christchurch 8061



office@compassiontrust.org.nz  New Brighton open Monday to Thursday 9 am to

(03) 379 2329 5 pm and Friday 9 am to 3 pm http://www.compassiontrust.org.nz

Phillipstown open Tuesday and Wednesday 9am -5pm.

All services free of charge. No referral required.

## Classification : BFC

**Cornerstone Christian Early Learning Centre Aidanfield**

FSD0022542 Last updated 02/07/2020

* We provide quality Christian childcare in a warm, caring and safe environment.
* We have a strong sense of family and community.
* We have structured morning and afternoon sessions and are now open during most schoolholidays.
* We cater for children from 2.5 years old until they start school.
* Work & Income subsidies are available.
* 20 hours free ECE for over three-year-olds available.

2 Nash Road Halswell Christchurch 8025



cornerstone@aidanfield.school.nz  Term time & school holidays

(03) 338 9948 Monday - Friday 8.30am - 3.30pm (022) 094 9926 Some charges may apply. http://www.cornerstone.school.nz No referral required.

**Craighead Kindergarten**

FSD0022584 Last updated 29/01/2021

We are a small not for profit community based Kindergarten with a long-standing reputation for providing quality early childhood education. Our aim is to work in partnership with families in nurturing and encouraging children to grow a love of learning.

We welcome children from two and a half years of age and offer a programme of learning through play with both structured and free-play components to each session.

We are licenced for 30 children in each session and offer 20 hours Early Childhood Education for three to five year olds who attest their hours to the Kindergarten.

A number of our families are eligible for Work and Income Childcare Subsidies. You can receive the required forms from the Work and Income office.

We welcome you to come and visit our facility, to browse our website and to contact our office with any enquiries.

Craighead Kindergarten is run as an incorporated society with a Board of Governors.

11 Craighead Street Highfield Timaru 7910



office@craigheadkindergarten.org.nz  Morning Sessions

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| --- | --- |
| (03) 688 9654 (021) 024 46379 http://www.craigheadkindergarten.org.nz      **Creative Junk** | Monday to Friday  8.15am - 12.15pm  Afternoon Sessions  Monday to Friday  12.30pm - 2.30pm  Full day Sessions (for the oldest children)  Monday to Friday  8.15am - 2.15pm  Some charges may apply. No referral required. |
| FSD0021660 | Last updated 11/09/2020 |

We provide an affordable and extensive range of recycled and natural materials, collected from industry and the community to promote creative and imaginative play and happenings in the community for children, their families and related services.

 25 Disraeli Street Addington Christchurch 8024

info@creativejunk.org.nz (03) 379 4040 http://creativejunk.org.nz

**Cross Over Trust**

FSD0000282

Vision: Thriving Woven Communities Open Hours; Wednesdays, Thursdays, Fridays 11.00am to 5.00 pm and Saturdays 11.00am to

1.00pm.

Closed Public Holidays and over Christmas. To arrange a visit outside these hours please contact us.

Some charges may apply. No referral required.

Last updated 13/08/2020

Mission: Growing Resilient Children and Youth of Character

Cross Over Trust is a non-profit organisation working with primary-aged children and their families in South West Christchurch and is a community arm of South West Baptist Church.

244 Lyttelton Street Spreydon Christchurch



info@swbc.org.nz  9am - 5pm Monday to Friday

(03) 338 4163 x 227 All services free of charge.

(021) 889 199 No referral required. http://crossovertrust.org.nz

**Crossroads Youth With A Future Trust**

FSD0020654 Last updated 06/07/2020

The purpose of Crossroads Youth with a Future Trust is to instil hope in young people and their whanau, and to help them develop positive attitudes towards themselves and others in the community. We run a Stay Real lifeskills course for young people in Eastern High Schools and Intermediates.

Young people attending Stay Real and /or Depot 49 Drop in Centre know they have a safe place to go to and someone to talk to. Operating since 1999, Crossroads Youth with a Future staff have built unique relationships with local youth and their families.

47 Hampshire St Aranui Christchurch



info@crossroadsyouth.org.nz  We are open from Mon - Fri from 9am to (03) 388 6967 4.30pm. The drop-in centre is open at 49

http://www.facebook.com/stayrealeastside Hampshire Street on Wednesday nights during

49 the school terms.

All services free of charge. Referral may apply.

**Cultivate Christchurch**

FSD0023350 Last updated 28/07/2020

Focus

Cultivate Christchurch is building a network of urban farms propagated and powered by our next generation.

Social

With the support of the community we grow skills and provide employment and meaningful work experience while engaging and inspiring young people to live lives they value.

Environmental

Healthy soil equals healthy plants and ultimately health people and communities, Cultivate is creating a future of vitality and abundance.

Ruia Nga Kakano O Te Tumanaako I Roto I Te Maara O Te Hinengaro To cultivate the seeds of hope within the garden of the mind.

Cultivate is a social enterprise where the produce grown by our team is sold at the Riverside Farmers Market and to local restaurants and cafes. We collect food waste from these restaurants and cafes to help build soil that is all collected and delivered by an electric bike.

156 Peterborough Street Christhcurch



hello@cultivate.org.nz  Monday-Thursday 9-4pm. http://www.cultivate.org.nz

Locations are currently temporary and depending on the the season we may be at different farms on different days - so best to email interest.

Some charges may apply. No referral required.

**Cust Toy Library**

FSD0000285 Last updated 14/12/2020

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.

Next to Cust Community Centre - Mill Road Cust



custtoylibrary@gmail.com  Saturdays: 10.00 - 11.30am (021) 023 59406 Mondays: 9:00 - 10:30am

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

No referral required.

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| **D&J Pettitt Counselling Services** |  |
| FSD0000204 | Last updated 19/08/2020 |

Provides professional counselling.

181 Selwyn Street Spreydon Christchurch 8024



david.pettitt@xtra.co.nz  Available Mon/Tues/Wed/Thurs.

(03) 338 7200 Frid till 12.00pm

Some charges may apply. No referral required.

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| **Dallington Oscar** |  |
| FSD0021375 | Last updated 14/08/2020 |

OSCAR approved Before and After School Care.

2 Bramwell Street Dallington Christchurch 8061



dallingtonoscar@gmail.com  Term Time: 7.30 - 8.30am, 3 - 5.30pm

(03) 386 3555

(027) 386 3555 Holiday Programmes: 7.30am - 5.30pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Deaf Society of Canterbury Inc.**

FSD0020291 Last updated 03/08/2020

The Deaf Society of Canterbury Inc. is the oldest Deaf Club in NZ and has been in existence since 1922 providing a venue for culturally Deaf members of the community to meet and share NZ Sign language, Deaf culture, history, sporting and recreational activities. The “Deaf Club”is the ‘second home’ to the Deaf community. The Deaf Society throughout its history has been run by Deaf people for Deaf people.

80 Fitzgerald Avenue Phillipstown Christchurch 8011



admin@deafsocietyofcanterbury.co.nz  Open Monday to Friday 9.00am - 3.00pm

(03) 379 8251 Some charges may apply.

(021) 148 4609 No referral required.

http://www.deafsocietyofcanterbury.co.nz

**Delta Community Support Trust**

FSD0000298 Last updated 29/01/2021

Delta Community Support Trust is a Christian community-based organisation located in Richmond, Christchurch. We engage in community development through a unique range of services, initiatives and activities. In particular these seek to uplift people who are facing personal hardship, experiencing disability, isolation or other disadvantage. Our goal is to encourage involvement in and contribution to community life where people are able to participate in positive relationships, journeying and growing together in all social, mental, physical and spiritual facets of life.

101 North Avon Road Richmond Christchurch 8013



reception@deltatrust.org.nz  Delta Community House is open to the public

(03) 389 0212 9:30am-2pm weekdays, Thursdays open at http://www.deltatrust.org.nz/ 10am.

Community Workers are available by appointment or by phone between 9am-3pm Some charges may apply. Referral may apply.

**Diamond Harbour Toy Library**

FSD0000302 Last updated 09/06/2020

Our goal is to provide good quality educational toys for children from 0 - 6 years old in the

Diamond Harbour area (Lyttelton to Port Levy)

Diamond Harbour Community Hall 2a Waipapa Avenue Diamond Harbour Christchurch 8972 dhtoylibrary@gmail.com  1st and 3rd Saturday of the month 10-12noon



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| http://www.toylibrary.co.nz/find-toylibrary/central-south-island/christchurchcity/diamond-harbour-toy-library-inc | General Meetings:  Once a month.  Everyone welcome!  Some charges may apply.  No referral required. |

**Dyspraxia Support Group of NZ**

FSD0001867 Last updated 24/03/2021

Our organisation will empower, educate and support all people impacted by Developmental Coordination Disorder (DCD)/Developmental Dyspraxia.

Room 10 & 11 53 Kendel Ave Burnside Christchurch 8052



dyspraxia.centre@xtra.co.nz  By appointment

(03) 358 3249 Some charges may apply. http://www.dyspraxia.org.nz No referral required.

**Early Start Project Ltd.**

FSD0008151 Last updated 15/04/2021

Early Start is offered to Canterbury families/whanau pregnant & with newborn babies, where difficult social and family circumstances may have the potential to negatively impact on the life chances of children in their care. The service is free, long term and home based.

 354-356 Armagh Street Christchurch Central Christchurch 8011

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| reception@earlystart.co.nz  (03) 365 9087  (0800) ESTART  http://www.earlystart.co.nz      **Eastside Toy Library** | 8:00am- 5:00pm (Monday to Friday) All services free of charge. Referral may apply. |
| FSD0000129 | Last updated 12/01/2021 |

We bring good quality, well-designed and appropriate toys and equipment within the reach of children to help them reach their full potential. We aim to provide a well balanced service for children which responds to their physical, social, emotional and intellectual development and respects the cultures of all families.

332 Linwood Avenue Christchurch 8062



office@eastsidetoylibrary.com  10.30am - 12.30pm every Saturday http://eastsidetoylibrary.com/ 4.00pm - 5.30pm every Monday Some charges may apply. No referral required.

**Ellesmere Toy Library**

FSD0000318 Last updated 12/01/2021

We are a non-profit organisation run by local parents that welcome children, their families and caregivers to come and borrow good quality toys, games, puzzles and equipment at a minimal cost.

184 High Street Leeston 7632



ellesmeretoylibrary@hotmail.co.nz  Every Monday 1.30 to 2.30 pm. and Saturday (027) 603 6873 from 10am to 11.30am excluding public holidays http://www.facebook.com/ellesmereleesto Some charges may apply. ntoylibrary No referral required.

**Elmwood OSCAR Programme Inc**

FSD0021429 Last updated 01/03/2021

Elmwood OSCAR Programme provides outside of school child care for 5 to 13 year olds in term time and school Holidays. The programme is used by children from Elmwood Normal School and Heaton Normal Intermediate. The OSCAR room is on Elmwood Normal School grounds. The programme is MSD funded and parents may apply for WINZ funding.

31 Aikmans Road Merivale Christchurch 8014



manager@elmwoodoscar.co.nz  Term time from 3pm to 6pm

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| (027) 733 7209 https://enrolmy.com/elmwood-oscar    **Classification : OSCAR** | Holiday programme from 8.30 until 6pm Some charges may apply.  No referral required. |

**Emerge Aotearoa - Christchurch hub**

FSD0000710 Last updated 05/10/2020

Emerge Aotearoa is a non-government organisation that provides community based mental health and disability support services nationwide. Emerge Aotearoa also provides housing services including transitional housing, housing first and long term social housing.

8 Kennedy Place Hillsborough Christchurch 8140



info@emergeaotearoa.org.nz  Monday - Friday, 8am - 5pm

|  |  |
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| (03) 371 5599 http://www.emergeaotearoa.org.nz    **Classification : THP** | All services free of charge. Referral may apply. |

**Emerge Aotearoa - Christchurch Youth Services**

FSD0000716 Last updated 21/12/2020

Provides a range of innovative and specialist services for children and youth. These services include the following: individual packages of support for youth with high and complex needs; Residential services; Specialist Family Support; Outreach services; Multi Systemic Therapy and

Mobile Community Support. Criteria: these services receive referrals from Youth Specialist Services, Oranga Tamariki - Ministry for Children, and other appropriate social services.

 8 Kennedy Place Hillsborough Christchurch 8022

info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm (03) 371 5599 All services free of charge. https://emergeaotearoa.org.nz/ Referral may apply.

**Endometriosis New Zealand**

FSD0003559 Last updated 02/12/2020

Endometriosis New Zealand is the organisation representing those with endometriosis, adenomyosis and pelvic pain in New Zealand, working with those who treat these conditions and health decision makers to reform care. ENZ provides world-leading education in schools through its me™ programme, community education, information, support services through its ENDOHELP programmes and advocacy to get the job done!

info@nzendo.org.nz  Monday-Friday 9.00am - 4.00pm. Answerphone

(03) 379 7959 outside of these hours. http://www.nzendo.org.nz Koha/donation may apply.

Referral may apply.

**Fale Pasifika O Aoraki Trust Society Incorporated**

FSD0019575 Last updated 05/04/2021

Fale Pasifika O Aoraki (FPOA) is an Organisation that started in 2008 which works with and for Pacific Island people in our region so that they are able to make a difference in their lives. FPOA will help pacific people with dealing with government departments, translation, prevention and intervention of family violence, our pacific island heritage, as well as family and individual support. We have a youth club as well as a mothers coffee club, which give support and help. We hold different workshops which are designed to promote health, enriching our culture and strengthening the future of pacific peoples. Our service is free and confidential.

Community House 27 Strathallan Street Timaru 7910



office@falepasifikaoaoraki.org.nz  weekdays open 9am - 5pm

(03) 687 7585 Some charges may apply.

(021) 057 3508 Referral may apply.

http://falepasifikaoaoraki.org.nz/?page\_id

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## Classification : FVSS, PACIFIC, THP

**Familial Trust**

FSD0020647 Last updated 01/12/2020

The Familial Trust is an agency providing a variety of services for those who have a loved one who suffers from an addiction. Our staff consists of trained and experienced consumers, providing clients support, counselling, advocacy, programmes and information.

It’s a known fact today that one addict will affect approximately 10 people in one way or another. The Familial Trust is able to offer a supportive caring environment where those affected by another’s addiction can explore and learn how they have been affected, and find new productive ways of living with and coping with the addict in their lives whether the addicted person chooses to seek help or not.

6 Wilsons Road South St Martins Christchurch 8022



info@familialtrust.org  Monday - Friday

(03) 981 1093 9am - 5pm

http://www.familialtrust.org \* some late appointments, days vary Some charges may apply. No referral required.

**Family Help Trust - Christchurch**

FSD0000323 Last updated 02/11/2020

An intensive long term home based social work service for parents with multiple difficulties parenting infants and toddlers. Also offers organisational capability mentoring. Please see service detail for more information.

The Loft Eastgate mall 20 Buckleys Road Linwood Christchurch 8062 libby@familyhelptrust.org.nz  8.30am - 4.30pm Monday to Friday.



(03) 365 9912 All services free of charge. http://www.familyhelptrust.org.nz No referral required.

**Family Planning Clinic - Timaru**

FSD0007037 Last updated 14/09/2020

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.

14 Butler Street Timaru 7910



(03) 684 3872  Please ring to make an appointment.

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| http://www.familyplanning.org.nz      **Family Support (SC) Inc** | Some charges may apply. No referral required. |
| FSD0019449 | Last updated 29/09/2020 |

Family Support (SC) Inc is an independent, community based family support agency. We work with families under stress or in crisis to enable them to remain intact and capable of functioning independently, or with a small amount of appropriate ongoing support.

9A Dee Street Timaru 7910



familysupport@fssc.org.nz  Monday - Friday 9.00 - 5.00

|  |  |
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| (03) 688 1152 http://www.fssc.org.nz | Some charges may apply. No referral required. |

**Family Works South Canterbury**

FSD0006033 Last updated 11/11/2020

At Family Works we believe that some children, families and individuals need support to reach their full potential regardless of age, culture or gender. We believe that everyone has strengths but now and again need help in order to flourish.

Sometimes families need someone who is prepared to listen, someone who understands and can help them make positive and lasting changes in their lives.

12 Park Lane Highfield Timaru 7910



familyworks@pssc.co.nz  Monday-Friday 8:30am-5.00pm

|  |  |
| --- | --- |
| (03) 687 7945  http://pssc.org.nz/family-works/ | Some charges may apply. Referral may apply. |

**Fendalton OSCAR (FOSCAR)**

FSD0021446 Last updated 06/07/2020

The FOSCAR team aims to provide quality Afterschool Care and Holiday OSCAR approved Programme care to children aged 5-12 years of age in a fun, safe and caring environment.Our utmost concern is for your children and maintaining the trust you place in us, in allowing us to care for them in your absence. We offer a varied and stimulating programme, incorporating creative & constructive play, sports, games and homework tuition. We endeavour to be fair and consistent at all times.

Fendalton Community Centre 170 Clyde Road Fendalton Christchurch 8053



foscarchch@gmail.com  Afterschool Programme Daily 3-6pm (027) 682 8534 Holiday Programme Daily 8.30am-5.30pm http://www.fendaltonschool.nz Some charges may apply.

No referral required.

## Classification : OSCAR

**Fiddlestyx Toy Library**

FSD0020947 Last updated 26/01/2021

The Fiddlestyx Toy Library is located at the new Spencerville Community Hub, 6A Heyders Rd, Spencerville.

We have an excellent range and number of top quality, well known branded toys, puzzles, bikes, exersaucers, educational toys, LegoDuplo, musical toys...and more! There are four levels of membership to suit your family, starting at just $25 a year then simply pay cash or purchase a loan card and start borrowing.

It's an excellent way to get those popular but pricey toys without splashing out, no need to store those bulky toys, if your child doesn't enjoy the toy, simply bring it back and get something else next time! It's also a great way to meet other families in the area.

Come in, take a look or get in touch.

Spencerville Community Hub 6A Heyders Rd Spencerville 8083



fiddlestyx.toy@gmail.com  Saturdays 11.00 - 12.00pm http://www.facebook.com/FiddlestyxToyLi Some charges may apply. brary No referral required.

**Friends of Children in Hospital, Inc - Christchurch**

FSD0000348 Last updated 17/02/2021

Support for children and their parents in hospital through fund-raising for extras, liaison with hospital staff, Play Supervisor and children's Christmas party

jrandle@xtra.co.nz  We are a small incorporated society which meets (03) 332 4940 monthly in a private home. Home phone can

leave a message/or email.

All services free of charge. No referral required.

**FUNdamentals Preschools**

FSD0022462 Last updated 26/09/2020

Fundamentals Preschool is available at two locations: Merivale and Marshlands.

We offer a total Mind and Body experience with an on-site gym room, including dance, yoga and active movement sessions. The gym and classroom sessions are balanced with free-choice times where children play alongside their peers both inside and outdoors. We offer sand, woodwork, water play, art, and teacher-guided activities based on science, maths and literacy. We offer a Numeracy & Literacy programme for 3 year olds, that includes phonological based reading extension and games. We incorporate a range of activities from puzzles, shape exploration, small manipulative tasks like threading, to gross motor gym room activities, stories, creative art and music.

Please enquire about session times, costs and availability by calling us, or via e-mail. We invite you to come in and see how the centre works.

 5 Innes Road Merivale Christchurch

merivale@fundamentals.co.nz (03) 355 1522 Merivale (03) 385 5252 Marshland http://fundamentals.co.nz/

The Centre is open 7.30am - 6.00pm Monday Friday in Merivale.

FUNdamentals Marshlands

435 Marshland Road, Marshlands

FUNdamentals Merivale

5 Innes Road, Merivale

Some charges may apply. No referral required.

**Gastric Reflux Support Network New Zealand for Parent of Infants &**

**Children Charitable Trust**

FSD0000352 Last updated 12/01/2021

Gastric Reflux Support Network NZ for Parents of Infants and Children Charitable Trust (GRSNNZ) are committed to provide support and information to families caring for infants and children with gastric reflux and associated conditions (e.g. laryngomalacia, eosinophillic oesophagitis) throughout NZ.

We believe that families living with Infant Gastric Reflux have the right to:

Support,

Safe up to date information,

Confidentiality,

Guidance to access community services,

Contact with other parents and staff who understand.

Our services include:

Local Support Network groups which are private to ensure privacy and confidentiality,

Social Media including a Facebook page accessible from our website,

Information which can be viewed from our website,

Phone contact and Email Form contact - please see our website for details.

contact@cryingoverspiltmilk.co.nz  Mon - Fri

(0800) 380 517 All services free of charge.

(022) 585 5935 (phone/text) No referral required. http://www.cryingoverspiltmilk.co.nz

**GenZ OSCAR Programme**

FSD0021828 Last updated 15/02/2021

We provide care for children aged 5-13 after school and during the school holidays.

Families for Life trust 81 Bickerton Street Wainoni Christchurch 8061



genzkids81@gmail.com  8.00am - 6.00pm Monday to Friday for school

(03) 373 8277 holidays

(020) 410 70744

3.00pm - 6.00pm Monday to Friday for after school care

Some charges may apply. No referral required.

## Classification : OSCAR

**Geraldine Community Resource Centre**

FSD0019433 Last updated 18/08/2020

The Geraldine Community Resource Centre's main objective is to meet the diverse and changing social needs of all people living in the Geraldine community by providing access locally to essential information and social services.

5A Peel Street Geraldine 7930



geraldinecentre@xtra.co.nz  9am-4.30pm, Monday to Friday - other times by

(03) 693 7001 prior arrangement. http://www.geraldine.nz All services free of charge.

No referral required.

**Geraldine Preschool Inc**

FSD0022512 Last updated 19/10/2020

Community Owned Childcare Centre for 3months-6 year olds.

6 High Street Geraldine 7930 geraldinepreschool@xtra.co.nz (03) 693 9133 http://www.geraldinepreschool.co.nz



Monday - Friday 8.00am-5.00pm Some charges may apply. No referral required.

**Geraldine Toy Library Incorporated**

FSD0019592 Last updated 22/01/2021

Providing quality toys to hire at a low cost for the Geraldine district.

117 Talbot Street Geraldine 7930



geraldinetoylibrary@gmail.com  Tue 10.30-11.30 https://www.facebook.com/PlayistheWay Sat 9.30-11:30

Some charges may apply. No referral required.

**GirlGuiding New Zealand**

FSD0003797 Last updated 23/11/2020

We enable girls and young women to develop into confident, adventurous and empowered leaders in their local, national and global communities. We do this by supporting girls and young women to take action and change their world, in a non-competitive learning environment which is openminded and values-based.

5 Sir William Pickering Drive Burnside Christchurch 8053



info@girlguidingnz.org.nz  Regular group meetings and activities

(03) 366 8409 throughout the country. Community events in http://www.girlguidingnz.org.nz Auckland, Wellington and Christchurch.

Some charges may apply. No referral required.

**Globalkids Preschool**

FSD0023991 Last updated 17/08/2020

We are a small home like early childhood centre, with qualified passionate teachers. We are a mixed age centre liscensed for 10 children 0-2 years and 20 children 2-5 year olds.

We offer our families work and income subsidies and the 30 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 8am-5pm .

You can read our excellent Education Review Office report online.

70 Hume St Sydenham Christchurch



global.kids@xtra.co.nz  8am to 5pm Monday to Friday

(03) 332 2070 Some charges may apply. http://www.globalkids.co.nz No referral required.

**Graeme Dingle Foundation Canterbury**

FSD0015143 Last updated 03/08/2020

Life skills and mentoring programmes for young people aged 5 to 18.

383 Colombo Street Sydenham Christchurch 8023 chris.davis@dinglefoundation.org.nz  Weekdays 9.00am - 4.00pm.



(022) 487 6641 Some charges may apply.

(021) 430 914 Referral may apply.

http://www.dinglefoundation.org.nz/canter bury

**Hagley College - Diversity Support**

FSD0016192 Last updated 17/08/2020

Diversity Support at Hagley College provide education and support programmes to diverse learners particularly, refugees and migrants. This includes a study centre, social empowerment courses, community bilingual liaison, events and celebrations, at risk women support, training for providers, inter-cultural training.

510 Hagley Avenue Christchurch 8011



info@hagley.school.nz  8.30 am - 4:30 Mon - Fri (whole school)

(03) 379 3090 All services free of charge. http://www.hagley.school.nz No referral required.

**Halswell Toy Library**

FSD0000367 Last updated 08/01/2021

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.

Oaklands School 37 Cunningham Place Halswell Christchurch 8025 info@halswelltoylibrary.org.nz  Wednesday evening: 7 - 8pm



(027) 453 0870 Saturday morning: 9:30-11:30 am http://www.halswelltoylibrary.org.nz/ Some charges may apply.

No referral required.

**Haven ELC**

FSD0023945 Last updated 12/04/2021

We are a small centre, providing quality childcare and early childhood education for all ages up to 6.

375 Worcester St Linwood Christchurch 8011



info@havenelc.school.nz  7:30-17:30 (03) 389 2483 Some charges may apply.

(027) 3894 284 No referral required. http://havenelc.school.nz

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

 161 Pages Road Aranui Christchurch

reception@hewakatapu.org.nz 

(0800) 439 252/HE WAKA (03) 373 8150 http://www.hewakatapu.org.nz

## Classification : FVSS

Normal hours: Monday-Friday, 8:30am-5pm.

All services free of charge. Referral may apply.

**Hearing Support Christchurch Inc**

FSD0007128 Last updated 07/12/2020

To advance the interests and general welfare of all persons with a hearing loss, their family, whanau and all who support them, to improve their quality of life.

30 Lincoln Road Hillmorton Christchurch 8024



julie.hearingchch@xtra.co.nz  9.00am - 12:00pm Wednesday to Friday.

(03) 335 0553 All services free of charge. http://www.hearing.org.nz/branches/christ No referral required. church/

**Heart Kids Canterbury**

FSD0000384 Last updated 28/09/2020

Heart Kids is the only organisation in NZ that provides lifelong support to children living with a heart condition. Every week, 12 babies are born with a heart condition and childhood heart disease takes more lives than all other childhood diseases combined. Children with heart conditions need functional and emotional support throughout their lives. That's what we are here for and that's why we have children, teens, grown up heart kids Kids and families.

Heart Kids Canterbury is one of the biggest branches and covers greater Canterbury, Hurunui and Kaikoura.

We provide heart children and families free access to our services.

We Support Kids, Teens, Adults and Families.

We Provide Functional and Emotional Support.

We Fund Equipment.

We Educate.

We Inform.

We Listen, We Learn, We Act.

We Make a Difference.

info@heartcanterbury.org.nz  Our teams work part time from home. The (03) 940 9430 Services Coordinator generally works Monday to (021) 243 3902 Thursday but Family support team work other http://www.heartkids.org.nz times - so contact and we will do all we can to help.

All services free of charge. No referral required.

**Heartland Services - Akaroa**

FSD0007167 Last updated 24/06/2020

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

Heartland Service Centre 39 Rue Lavaud Akaroa 7520



heartlands.coordinator@gmail.com  Mon to Thurs 10:00am – 4:00pm

(03) 304 8659 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Aranui**

FSD0023548 Last updated 27/07/2020

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

Heartlands Service Centre 37-45 Hampshire Street Aranui Christchurch 8061



sera@actis.org.nz  9.00am to 4.00pm Monday to Friday

(03) 963 7072 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Fairlie**

FSD0007159 Last updated 29/06/2020

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

Heartland Fairlie Resource Centre 67 Main Street Fairlie



fairlie@xtra.co.nz  Monday - Friday 10.00am - 4.00pm

(03) 685 8496 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



(03) 961 9248 Wed 9:30am – 5:00pm

(029) 263 7580 All services free of charge. http://www.heartlandservices.govt.nz Referral may apply.

**Heartland Services - Kaikoura**

FSD0007157 Last updated 30/07/2020

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services. Bookings and appointments for AA Driver Licencing can be made for the 1st Thursday of every month, for Learners and Renewals only.

Te Whare Putea Trust provides a Building Financial Capability service, Community Food Bank, Information and Advice, manages Temporary Housing, and advocacy.

Te Whare Putea has been granted funding via MSD Food Response Fund and will be working with MSD toward making Kaikoura a Food Secure Community.

Te Whare Putea/Heartland Services 3/78 Beach Road Kaikoura 7300 tewhareputea@xtra.co.nz  9am - 4pm daily.



(03) 319 7243 All services free of charge.

(027) 333 4480 No referral required.

http://www.heartlandservices.govt.nz

**Heartland Services - Twizel**

FSD0007158 Last updated 06/07/2020

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

Twizel Community Care Centre - Mount Cook Street Twizel Twizel 7901



twizelcare@xtra.co.nz  Open 9 am - 2.00 pm Monday to Friday

(03) 435 0687 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Waimate**

FSD0007164 Last updated 27/07/2020

Heartland Services - Waimate is based in the Waimate Event Centre and is a one-stop-shop for local people to access a wide range of Government, and other related services.

Here at Heartland Services - Waimate we keep local people connected with advice, information, and access to services in relation to health, welfare, education, employment and advocacy, and a myriad of services for local clubs, groups, and organisations. And in 2017 we have also taken on publication of the local weekly newspaper.

You can pick up forms for many Govt departments here and we scan and email to WINZ on a daily basis (and back that up by posting documents). We also offer an email service to other govt department and service providers.

Whether you need forms, or help and advice, we can point you in the right direction.

Our Heartlands Interview Room is used on a regular basis by Inland Revenue, Probation, Budget Advice, Brief Intervention, Youth Counselling, Public Health Nurse and many more.

1 Glasgow Street Waimate 7924 info@communitylinkwaimate.co.nz (03) 689 6226 http://www.heartlandservices.govt.nz Monday to Friday 8am to 5pm All services free of charge. No referral required.



**Hey Bro Helpline**

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

**Hit Play - Allenton Primary School**

FSD0021690 Last updated 22/01/2021

Hit Play Kids Club is an OSCAR approved programme designed for 5 to 13 year old children. It operates before and after school, as well as during the school holidays. Offering a fun and interactive programme.

Hit Play Kids Club provides a bridge between school and home life in a friendly and safe environment. With a focus on keeping kids active and learning through play, this is where new friends are made. Children are encouraged to engage in fair play and fun learning experiences with adult support. We enjoy positive relationships with both parents and children.

Availability:

OSCAR runs Monday to Friday 3pm to 6pm during the school term. The Holiday Programme runs Monday to Friday 8am to 6pm.

FREE transport from central Ashburton schools to Hit Play Allenton

Please visit our website for pricing http://www.hitplay.co.nz/#!pricing/c10jr

 Allenton Primary School 110 Harrison Street Allenton Ashburton 7700

|  |  |
| --- | --- |
| info@hitplay.co.nz (03) 423 2270 http://www.hitplay.co.nz    **Classification : OSCAR** | Monday to Friday 3pm to 6pm After School Monday to Friday 8am to 6pm School Holidays Some charges may apply.  No referral required. |

**Hit Play Before/After and School Holiday Programmes**

FSD0022814 Last updated 03/05/2021

Hit Play Kids Club is an OSCAR approved programme designed for 5 to 13 year old children. It operates before and after school, as well as during the school holidays. Offering a fun and interactive programme. Hit Play Kids Club provides a bridge between school and home life in a friendly and safe environment. With a focus on keeping kids active and learning through play, this is where new friends are made. Children are encouraged to engage in fair play and fun learning experiences with adult support. We enjoy positive relationships with both parents and children. FREE transport between central Ashburton schools to Hit Play Hampstead for our before/after school programmes.

19 Middle Road Allenton Ashburton 7700



info@hitplay.co.nz  See website or call for details.

(03) 423 2270 Some charges may apply.

(021) 222 7770 No referral required. http://hitplay.co.nz

## Classification : OSCAR

**Home and Family Society, Christchurch**

FSD0000392 Last updated 12/02/2021

Home and Family Society seeks through counselling, education and supported accommodation, to enhance the lives of families from all economic and cultural backgrounds. They do this by offering programmes designed to empower and encourage self esteem and create positive home environments in which children can reach their full potential.

319 St Asaph Street Christchurch Central City Christchurch 8011 contact@homeandfamily.net.nz  Mon-Fri 9-5pm



(03) 944 0635 Some charges may apply. http://www.homeandfamily.net.nz/ No referral required.

**Hope Funerals Christchurch**

FSD0023710 Last updated 23/12/2020

Funeral Directors.

Caring and helping all bereaved people.

27 Amyes Road Hornby Christchurch 8042



info@hopefuneralschristchurch.co.nz  24/7 365 days of the year

(03) 322 7770 Some charges may apply. https://www.hopefuneralschristchurch.co. No referral required. nz/

**Hope Presbyterian**

FSD0000401 Last updated 09/04/2021

A Presbyterian Church in Hornby, Christchurch, West Melton, Halkett and Rolleston which provide both church services and community programmes for the SouthWest Christchurch area and beyond.

27 Amyes Road Hornby Christchurch



info@hopechurch.net.nz  Monday-Friday 8.30am - 5.00pm

(03) 980 2296 Some charges may apply. http://www.hopechurch.net.nz No referral required.

**Horizons OSCAR**

FSD0007270 Last updated 22/07/2020

We offer fun and interactive supervised before school, after school care and school holiday programmes in a safe and secure environment. All our programmes are MSD approved, OSCAR approved and WINZ subsidies can be applied for.

Horizons Oscar is a well established childcare provider in Christchurch.

 Level 2 648 Halswell Junction Road Hornby Christchurch 8042

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| --- | --- |
| admin@horizonsoscar.net.nz  (027) 856 6499 http://www.horizonsoscar.net.nz/    **Classification : OSCAR** | Office Hours: 9.00am - 3pm Monday - Thursday Some charges may apply.  No referral required. |

**Hornby Community Care Centre**

FSD0000399 Last updated 03/09/2020

The Centre offers rooms for hire to various groups and services within the community.

8 Goulding Avenue Hornby Christchurch



admin@hornbycc.org.nz  Centre open: Monday-Friday, 9am - 5pm.

|  |  |  |
| --- | --- | --- |
| (03) 349 9793      **Hurunui Local Council Website** | Community OP shop: Monday-Friday, 9.30am-  3.30pm  Rooms for hire at any time - at very reasonable | |
| rates  Some charges may apply.  No referral required. |  |
| FSD0017630 |  | Last updated 30/04/2021 |

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

66 Carters Road Amberley 7410



info@hurunui.govt.nz  Online

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

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| **Ilam OSCAR**  FSD0024040 | Last updated 21/09/2020 |
| 363 |  |

Ilam OSCAR provides an OSCAR approved, safe, organised and fun out of school programme for children in years 1 to 6 by way of before school, after school and holiday programmes.

66 Ilam Road Ilam Christchurch 8041



oscar@ilam.school.nz  Term time

|  |  |
| --- | --- |
| (022) 469 1663 https://www.ilam.school.nz/our-school/    **Classification : OSCAR**    **Injury Prevention Waimakariri** | 7.15 AM TO 8.30AM  3PM TO 4.30PM  3PM TO 6PM  Holiday Programme  8am to 6pm  Some charges may apply. Referral may apply. |
| FSD0002673 | Last updated 01/02/2021 |

Injury Prevention Waimakariri develops and delivers community based projects and programmes around Community Safety. E.g. poisoning, drowning, falls prevention, injury and alcohol, and Suicide Prevention etc.

Waimakariri District Council Community Team Office 215 High Street Rangiora



office@wmk.govt.nz  Opening hours: Monday to Friday 8.30 am to 5

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| --- | --- |
| (0800) 965 468 (03) 313 4432 https://www.waimakariri.govt.nz/ | pm  All services free of charge.  No referral required. |

**Integrated Therapies (ACC Registered)**

FSD0019442 Last updated 15/12/2020

To provide counselling and life coaching services to individuals, couples and families. Bringing together Tranactional Analysis, counselling and holistic life coaching techniques to assist clients towards making sustained change, to reach their goals and uncover life scripts that are detrimental. I specialise, and am experienced, in issues of grief and loss, relationship dynamics, acute/chronic health management, working through current life events. As a trained social worker and life coach I have the skills, knowledge and personal attributes to support you to realise, and achieve, your dreams! I also encourage positive visualisation and progressive relaxation techniques for clients who are open to these techniques in support of reaching their goals. Check out my website and testimonials! www.integratedtherapies.co.nz

17 Ingrid Street Parklands Christchurch 8083



carol@integratedtherapies.co.nz  By appointment

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| --- | --- |
| (027) 522 7659 (03) 981 1184 http://www.integratedtherapies.co.nz      **Integrity Cremations** | Mon-Fri  Sat  Some charges may apply. No referral required. |
| FSD0023948 | Last updated 10/06/2020 |

In reality, more people in New Zealand are choosing a ‘no fuss’ approach to saying goodbye, and opting to mark the occasion with a simple and dignified service, avoiding the extra expense.

That’s where Integrity Cremations comes in. For over 5 years we have been Canterbury ‘no fuss’ funeral specialists, providing caring, dignified service, and absolute assurance of quality, at a reasonable price.

Our services are many and include everything from transfer of your loved one, the paperwork (death certificate), embalming, advising on storage or scattering of ashes; to making essential arrangements like booking a service venue, a celebrant and the catering.

For more information contact us.

34 Allen Street CBD Christchurch Christchurch



info@integritycremations.kiwi  Avaliable 24hrs 7 days a week

(03) 974 1416 Office Hours 9am- 4.30pm (0800) 000 121 Some charges may apply.

No referral required.

**Integrity Direct**

FSD0023949 Last updated 18/06/2020

When it comes to handling the loss of a loved one, you want to make sure you have compassionate and respectful guidance.

Nestled in the greater Canterbury area, people come from all over to experience our high level of service from our compassionate and caring team. From embracing the traditions and values of each family to reaching out with helpful resources, our Direct Cremation Service is here for you through every step.

Unit 4 18A Taurus Place Bromley Christchurch 8062



info@chchcanterburydirectcremations.co.  24 hours a day, 7 days a week nz Some charges may apply.

(03) 974 1369 No referral required. http://integritydirect.co.nz

**John Rhind Funeral Directors**

FSD0023785 Last updated 21/10/2020

Leading Funeral Directors in Christchurch serving Canterbury families since 1881. We have two branches, Central Christchurch entrance from Whitmore and London streets, Richmond (19 London Street), and 118 Williams Street, Kaiapoi.

We specalise in Pre-arrangements, Funerals, Information, Memorials, Education, Repatriations Nationally and Internationally.

19 London Street Richmond Christchurch 8013



staff@johnrhind.co.nz  office hours 9-5pm 7 days a week

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| (03) 379 9920 http://johnrhind.co.nz | available 24/7 365 days of the year Some charges may apply.  No referral required. |

**Just Dollars Trust**

FSD0005884 Last updated 24/08/2020

Just Dollar$ is an incorporated charitable trust providing a vehicle for funds, donated and lent, to be made available to approved ventures. The trust deed ensures that the trust's funds can only be used for the furtherance of the objects of the trust.

Just Dollar$ is located 442 Tuam Street along with other community groups.

442 Tuam Street Christchurch mail@justdollars.org.nz  Office is staffed 9am - 2.30pm Monday to Friday. (03) 940 9409 A message can be left outside these hours or (027) 210 0676 alternatively txt or email. http://www.justdollars.org.nz Some charges may apply.



No referral required.

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



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| --- | --- |
| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Kaiapoi Preschool** | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0022405 | Last updated 06/12/2020 |

A small Early Childhood Centre licensed for a maximum of 23 children aged 2 to 6 years.

1. Tunas Street Kaiapoi 7630



info@kaiapoipreschool.com  Monday to Friday 8am to 4pm

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| (03) 327 5566  http://www.kaiapoipreschool.com | Some charges may apply. No referral required. |

**Kaiapoi Toy Library Inc.**

FSD0002642 Last updated 24/07/2020

We welcome children, their families and caregivers to come and to borrow educational, welldesigned toys, games, puzzles and equipment, which are made available for borrowing at minimal cost. We also have a Bouncy castle and party packs for hire. More details are available on our Facebook page or via email.

1. Cass Street Kaiapoi 7630



kaiapoi.toy.library@gmail.com  Saturday: 10.30-12.30

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| --- | --- |
| (027) 893 0237 http://www.toylibrary.co.nz/      **Kaikoura District Council** | Some charges may apply. No referral required. |
| FSD0016977 | Last updated 17/12/2020 |

The Kaikoura District Council considers that all of our services, functions and activities fit within the purpose of the Local Government Act (2012) and we can continue to work closely with the community to support Community-Led Development. We will always strive to improve the way these services and activities are managed to balance the quality of service against the cost of providing it.

level 2 96 West End Kaikoura 7300



susi@kaikoura.govt.nz  8am-4.30pm Mon - Fri (03) 319 5026 Closed on Public Holidays

http://www.kaikoura.govt.nz/ Closed between Christmas and New Year

All services free of charge. No referral required.

**Kelly Club Ararira Springs**

FSD0024053 Last updated 20/09/2020

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Ararira Springs Primary School 18 Russ Drive Lincoln Christchurch 7672



ararira@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 029 59281 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Lincoln**

FSD0024394 Last updated 24/11/2020

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

130 North Belt Lincoln 7608



lincoln@kellyclub.co.nz  Monday-Friday 7am-8-30am Before School Care

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| --- | --- |
| (021) 0296 2681 http://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Merrin** | and 3-6pm After School Care. Holiday Programme 7am-6pm.  Some charges may apply. No referral required. |
| FSD0024052 | Last updated 20/09/2020 |

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Merrin Primary School 41 Merrin St Avonhead Christchurch 8042



merrin@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 402 456 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Redcliffs**

FSD0024051 Last updated 21/09/2020

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Redcliffs School 38 Truro St Sumner Christchurch 8081



redcliffs@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 089 01933 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Yaldhurst**

FSD0023116 Last updated 06/01/2021

Kelly Club OSCAR approved programmes are packed with variety to entertain and inspire children.

Our goal is to give children opportunities to do the things they love and enjoy in a supportive and encouraging environment. We use a professional programme model and have local people take control of the programme, this means Kelly Club programmes best meet the needs of the local community.

Programmes are focused around sports, cooking, trips, art and craft activities, as well as relaxation time around a busy life at school.

Children are encouraged, educated and entertained during their time on our programmes.

48 School Road Yaldhurst yaldhurst@kellyclub.co.nz (021) 026 20047 (021) 044 6283 http://www.kellyclub.co.nz/yaldhurst



## Classification : OSCAR

**Kelly Sports Christchurch**

FSD0021237

Monday - Friday 7.15am-8.30am; 2.30pm-6pm

(Term time)

8am-6pm (Holiday's)

Some charges may apply. No referral required.

Last updated 06/01/2021

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.

84 Ascot Ave North New Brighton Christchurch 8083



steve@kellysports.co.nz  Monday - Friday 8.00am-5.30pm (021) 044 6283 Some charges may apply. http://www.kellysports.co.nz No referral required.

## Classification : OSCAR

**Kelly Sports Christchurch - St Patrick’s School**

FSD0023112 Last updated 27/01/2021

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.

108 Jeffreys Road Strowan Christchurch 8052



braedon@kellysports.co.nz  Monday - Friday 8.00am-5.30pm

(027) 273 7773 Some charges may apply. http://www.kellysports.co.nz No referral required.

## Classification : OSCAR

**Kids Club**

FSD0021418 Last updated 14/01/2021

Kids Club Ltd is OSCAR approved and committed to provide children & their families in the community with a quality, safe & affordable Before School, After School & Holiday programme building the children's self-esteem & character values through the programme.

29 Crosby Street Mairehau Christchurch 8013



kidsclub@xtra.co.nz  Before School programme 7.00am to school

(021) 237 8297 drop off.

http://shirleyprimary.school.nz After School Programme 3.00pm to 5.30pm (pick ups are available).

Holiday Programme 7.00am to 5.30pm.

(We are not open on public holidays).

Some charges may apply. No referral required.

## Classification : OSCAR

**Kidsbase Ltd**

FSD0018017 Last updated 14/01/2021

Kidsbase are a well established provider of Before School, After School and School Holiday programmes childcare provider, catering for 5 - 13 year old children throughout Christchurch and North Canterbury.

All Kidsbase programmes are Ministry Approved and offer a Fun, Safe and Interactive environment for all the children that attend.

WINZ Subsidies are available to assist with the attendance fees for all Programmes.

2 Clipper Place Redwood Christchurch 8051



info@kidsbase.co.nz  7:30am - 8:30am Weekdays During Term Time

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| (03) 354 2906 (027) 239 7690 http://www.kidsbase.co.nz | 3:00pm - 6:00pm Weekdays During Term Time  7:30am - 6:00pm Weekdays During School  Holidays  Some charges may apply.  No referral required. |

## Classification : OSCAR

**Kidz Time Papanui**

FSD0022378 Last updated 10/07/2020

We offer Before After and School Holiday care.

120 Paparoa Street Papanui Christchurch 8053



office@kidztime.co.nz  Before School: 7.30-8.30am

(027) 414 3374 After School: 2:45-6.00pm

http://www.kidztime.co.nz School Holidays: 8:00-5:30pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Kilmarnock**

FSD0000438 Last updated 06/04/2021

Changing attitudes towards disability through education, employment and opportunity, empowering people with disabilities to lead purposeful and dignified lives. We provide employment through Kilmarnock Manufacturing and training and education opportunities through the Kilmarnock Academy.

21 Lodestar Ave Wigram Christchurch 8042



sales@kilmarnock.co.nz  Monday-Friday, 8.30am-4.30pm

(03) 348 5162 All services free of charge. http://kilmarnock.co.nz No referral required.

**Kimihia Adventure Programme**

FSD0000439 Last updated 18/01/2021

A collaborative approach between community, families, care agencies and school providing a safety net and alternative education pathway for youth at risk, assisting them to reach their potential.

 Beside 227 Linwood Avenue Linwood Christchurch 8011

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| Abi.kimihia@gmail.com  (03) 389 5688 | 8.30am - 4.30pm, Monday to Friday.  Some charges may apply.  Referral may apply. |

**Kimihia Early Learning Centre**

FSD0005888 Last updated 01/10/2020

Early Learning Centre - a licensed childcare facility operating for the care of children in the community.

521 Ferry Road, Christchurch 8023



ece@klc.school.nz  8.00 am - 4.30 pm (03) 389 1800 Some charges may apply. http://kimihiapreschool.co.nz No referral required.

**Kingdom Resources**

FSD0000442 Last updated 16/07/2020

Kingdom Resources is a not-for-profit Christian organisation in Christchurch and North Canterbury; offering budget advice, budget education courses, and an employment education course for women.

1st Floor 285 Lincoln Road Addington Christchurch 8024 kr@kingdomresources.org.nz  Office hours: 8.30am-4.30pm, Monday to Friday.



(03) 332 1700 Late night by arrangement. http://www.kingdomresources.org.nz 24 hour answerphone.

All services free of charge. No referral required.

## Classification : BFC

**Kiwi Family Trust**

FSD0020524 Last updated 16/06/2020

Tina Kina Tika Whnau O Aotearoa, Helping People to Help Themselves. We aim to develop and maintain services for training and education to promote the health and welfare of children, youths, young adults and family/whnau throughout New Zealand.

Thode Building 420 St Asaph St Phillipstown Christchurch 8011



office@kiwifamilytrust.org  Monday to Friday 9am - 5pm

(03) 963 8040 Some charges may apply.

(0508) 543 375 No referral required. http://www.kiwifamilytrust.org

**Knights Stream Youthtown**

FSD0023799 Last updated 18/12/2020

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

1 Killarney Avenue Knights Stream Christchurch 8053



knightsstream@youthtown.org.nz  Before School Programme

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| (027) 605 2472 (03) 381 3245 http://www.youthtown.org.nz | After School Programme  Holiday Programme  Some charges may apply.  No referral required. |

## Classification : OSCAR

**Korora Club**

FSD0024483 Last updated 23/12/2020

Kids holiday programs for 5-10 year olds in Kaikoura.

Social Services Accredited (Level 3, OSCAR Standards) - OSCAR approved.

Sports, recreation, arts & crafts, cooking & baking, excursions to local attractions and much more.

32 Esplanade Kaikoura 7300



kororaclub@gmail.com  During school holidays only (dates on website)

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| (027) 3917767 http://www.kororaclub.com    **Classification : OSCAR**    **La Vida Youth Trust** | 8.30-3pm Mon-Fri.  Some charges may apply. No referral required. |
| FSD0018002 | Last updated 20/08/2020 |

We are a charitable youth trust working locally in Riccarton with young people and families. We provide 24-7 Youth Workers into two local schools, operate a Breakfast Club and operate an After School Programme.

34a Hansons Lane Upper Riccarton Christchurch 8041



lyt@lyt.org.nz  9 am - 4.30 pm Tues-Fri

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| --- | --- |
| (03) 343 4935 http://www.lyt.org.nz | Koha/donation may apply. Referral may apply. |

**Lamb & Hayward Funeral Directors**

FSD0023734 Last updated 10/11/2020

Professional and caring FDANZ registered funeral directors since 1923.

Lamb & Hayward are an independently Canterbury owned funeral home. We recognise that in the midst of grief you need to make some important decisions, sometimes taking several family members wishes into account, often at short notice and at a time that is highly emotive. We are able to give clear, professional guidance and advice in all circumstances. We pride ourselves on our attention to detail, our quiet care and our friendly nature.

We also believe that every client family deserves price transparency; no surprises, no hidden costs. Therefore we will always provide a price guarantee with a firm quote at the funeral arrangement.

467 Wairakei Road Burnside Christchurch 8545



westpark@lambandhayward.co.nz  You can contact us anytime 24/7

(03) 359 9018 Some charges may apply.

(0800) 992 200 No referral required.

https://www.lambandhayward.co.nz

**Laura Fergusson Brain Injury Trust**

FSD0019596 Last updated 02/02/2021

Laura Fergusson Brain Injury Trust is a non-profit organisation providing assessment and rehabilitation services, both through ACC contracts, private insurance agencies and privately to clients who have had moderate /severe traumatic brain injuries (TBI), mild traumatic brain injuries (Concussion), general neurological conditions, psychological issues and other general physical injuries. We visit clients in their own homes/school or workplace. Laura Fergusson Brain Injury Trust also provides services for clients returning to the workplace, residential care and supported living options.

177 Montreal Street Christchurch Central Christchurch 8011



hello@lfbit.co.nz  8am to 4.30pm Weekdays

(03) 335 0541 Some charges may apply. http://www.lfbit.co.nz/ Referral may apply.

**Life Education Trust Mid South Canterbury**

FSD0019564 Last updated 17/12/2020

Through our Healthy Harold programme we educate and inspire generations to make positive choices for a healthy mind and body. We visit primary and intermediate schools, with our qualified educators we give the kids a unique learning experience in our high tech mobile classroom.

 Community House 27 Strathallan Street Timaru

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| rog@orcon.net.nz (03) 308 3861 http://www.lifeeducation.org.nz      **Lifeline Aotearoa** | Office - Tuesday, Wednesday and Friday school hours  Mobile Classroom - every school day during school hours.  Freephone for Life Education Trust 0800 454  333  Some charges may apply. Referral may apply. |
| FSD0001163 | Last updated 16/12/2020 |

Lifeline provides a free, 24 hour telephone counselling service offering help, support, responsive listening and information. Phone 0800 54 33 54 toll free.

Counsellors can help you work through a range of issues including:

* parenting and relationship difficulties
* stress
* family
* financial and employment problems
* mental health and physical health issues
* loneliness
* grief and depression.

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| christchurch@lifeline.org.nz  (0800) 543 354 https://www.lifeline.org.nz/      **LifeLine New Zealand** | 24 hours a day, 7 days a week. We will accept calls from anyone in New Zealand.  All services free of charge. No referral required. |
| 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.

**Lifeworks Counselling and Psychotherapy**

FSD0000461 Last updated 27/07/2020

Lifeworks counselling provides individual counselling, psychotherapy, supervision, mentoring & group work for people aged 16 years and over.

Also provides group-work supervision and practice reflection. ACC registered for trauma recovery from a physical or mental injury.

41 Essex Street Phillipstown Christchurch 8011



nickeifalconer@hotmail.com  Wednesday - Friday 8.00am - 5.00pm

(03) 365 0483 Some charges may apply. http://www.lifeworkscounselling.co.nz No referral required.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

|  |  |
| --- | --- |
| (03) 325 2007 http://www.lincolncomcare.co.nz      **Linwood Ave Youthtown** | Public Holidays  Some charges may apply. Referral may apply. |
| FSD0023801 | Last updated 18/12/2020 |

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

260 Linwood Avenue Linwood Christchurch 8053



linwood@youthtown.org.nz  After School Programme

(027) 513 2303 Holiday Programme

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

No referral required.

## Classification : OSCAR

**Linwood Avenue Community Corner Trust**

FSD0000466 Last updated 26/03/2021

Services range from support and practical advice, budget referral, Emergency Food Parcels,

Partnership Community Workers. Programmes and activities for all ages, we employ a Coordinator, Family Community Worker and Health Workers.

378 Linwood Avenue Bromley Christchurch 8062



dorothy@lacct.org.nz  Office hours 9am to noon Monday to Friday

(03) 980 9827 Some charges may apply.

(03) 389 5303 No referral required.

http://linwoodavenueunionchurch.org.nz

**Little River Plunket Toy Library**

FSD0000469 Last updated 19/03/2021

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

 Little River Service Centre 4236 Christchurch Akaroa Road Little River Banks Peninsula 7591

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| --- | --- |
| rorianatini@gmail.com  (03) 325 1961 http://www.toylibrary.co.nz      **Living Springs Trust** | Wednesday - 12.30 - 1.00pm Saturday - 10.30 - 11.00am Some charges may apply. No referral required. |
| FSD0020367 | Last updated 22/12/2020 |

Living Springs is a Charitable Trust that provides a wide range of educational, recreational and adventure based programmes, predominantly for children and young people from the wider Christchurch community. The aim of these programmes is to provide the children and young people with positive, safe, fun and challenging experiences that will assist them in their personal and social development.

Our Kids Camps, based on Christian values, run during one week of each of the school holidays and give children from all walks of life, experiences they will never forget. They are packed with fun adventure activities, provide times for friendships and memories to be made, and develop children’s self confidence by giving them a sense of achievement.

218 Bamfords Road RD1 Lyttelton Christchurch 8971



info@livingsprings.co.nz  Kids camps 4 nights/5 days, residential and run

|  |  |
| --- | --- |
| (03) 329 9788  (0800) 462 732 http://livingsprings.co.nz    **Classification : OSCAR**    **Loburn CASPA Programme** | from 9am Monday to 3.30pm on a Friday, during the school holidays. Check our website for dates.  Some charges may apply. No referral required. |
| FSD0017997 | Last updated 01/04/2021 |

OSCAR approved After School Care and School Holiday Programmes: great fun, stimulating and varied programme in North Canterbury. After school service available to children attending Loburn, North Loburn and Ashley schools. Holiday Programmes have open enrollment.

 73 Hodgsons Rd Loburn 7472

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| --- | --- |
| info@caspa.org.nz (03) 349 9260 (021) 137 8267 http://www.caspa.org.nz    **Classification : OSCAR** | Schoolterm: 3-6p.m. Monday to Friday Holidays: 8-6p.m. Monday to Friday Some charges may apply.  No referral required. |

**Lucid Psychotherapy and Counselling**

FSD0021647 Last updated 16/02/2021

The friendly and skilled Registered Psychotherapists at Lucid Psychotherapy and Counselling specialise in mindfulness for stress and anxiety, relationship difficulties/couples therapy, and also run Christchurch's only Dialectical Behaviour Therapy (DBT) program for adults. We'd love to hear from you, please get in touch or book online via our website.

88b Edgeware Road St Albans Christchurch 8013



info@lucidpsychotherapy.co.nz  Monday - Friday, 8:30 - 5:00

(027) 611 9019 Some charges may apply. http://www.lucidpsychotherapy.co.nz/ No referral required.

**Mackenzie District Council**

FSD0017637 Last updated 16/04/2021

"Fostering Our Community". Please visit our website or contact us for information about our services and facilities.

Mackenzie District Council 53 Main Street Fairlie



info@mackenzie.govt.nz  All services free of charge.

(0800) 685 8514 No referral required.

(03) 685 9010 http://www.mackenzie.govt.nz/

**Mairehau First Learners**

FSD0022426 Last updated 24/10/2020

First Learners is a homely centre which offers our tamariki, their families/whanau and our teachers/staff a place that empowers them to make choices that suit their individual needs and requirements.

A place that enables each individual to develop at their own pace, to be unique, and have their individuality recognised and celebrated. A place that is rich in wonder, curiosity, excitement and fun. A place where there is no distinction between learning and play.

260-262 Westminster Street Mairehau Christchurch 8013



mairehau@firstlearners.co.nz  7:00 am to 6:00 pm

(03) 385 8311 Monday to Friday

http://firstlearners.co.nz (Only closed for Public Holidays and weekends) Some charges may apply. No referral required.

**Maori Mental Health Team / Te Whare Tiaki Mahana**

FSD0019603 Last updated 12/01/2021

The Maori Team works with Takata Whai Ora under the Kaupapa Tika Pono Aroha - Right process, Trust, Acceptance. The Team is here to support Iwi Katoa. The Team also uses the Whare Tapa Wha as part of support for Tangata Whaiora. Nau mai, Haere mai.

(03) 687 2150  Monday to Friday, 8.00 - 4.30pm

(0800) 277 997 (in a crisis) All services free of charge. http://www.scdhb.health.nz No referral required.

**Maori Women's Welfare League - Te Waipounamu Region**

FSD0000483 Last updated 17/02/2021

For the betterment of Maori women and their whanau.

twparearep@gmail.com  8.30am To 5pm Monday to Friday (027) 555 6634 Some charges may apply. http://mwwl.org.nz/ No referral required.

**Marshlands Nest Early Learning Centre**

FSD0022918 Last updated 31/03/2021

We are a privately owned and operated Early Childhood Centre. We have a mixed age license in a home like environment. We are licensed for 25 children with high teacher child ratios. All the staff are caring and dedicated to the children's needs and to helping them develop into capable confident learners. Our philosophy is that children learn through play in an educational environment that promotes all aspects of Te Whariki.

408 Prestons Road Marshland Christchurch 8083



ros@nests.co.nz  Monday-Friday

|  |  |
| --- | --- |
| (03) 383 7720 (021) 146 8708 http://www.nests.co.nz      **MASH** | 7.30am-5.30pm  Some charges may apply. No referral required. |
| FSD0021438 | Last updated 26/08/2020 |

MASH is an Out of School Programme provider offering Before School, After School and School Holiday Programmes for 5 - 14 year old children. We have several programmes around the South Island.

At MASH, our aim every day, is to provide children with a fun, stimulating, exciting and safe environment where they are not only well supervised, but are also given the opportunity to enhance their academic, artistic and physical skills.

We acknowledge the difficult decision parents are faced with when enrolling their child or children into an after school programme.

With this in mind, we ensure that all our programmes are professionally run, that all staff are well trained, Police checked, have experience with children in a professional capacity and that you and your children are our absolute priority.

 132 Victoria Street Christchurch Central Christchurch 8013

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| info@mashkids.co.nz  (03) 366 9408 (0800) 3669408 http://www.mashkids.co.nz    **Classification : OSCAR**    **Memory Funerals** | Before School - 7am - 8:30am  After School - 2:45pm - 6:00pm | |
| School Holidays - 7am - 6pm  Office 9am - 5:30pm  Some charges may apply.  No referral required. |  |
| FSD0023707 |  | Last updated 07/12/2020 |

An Ashburton Funeral home catering for the people of Canterbury.

Whether you want a traditional funeral or something more creative and individual at Memory Funerals flexibility is important – it is all about helping you create the perfect tribute to the person who has meant a great deal to you.

We can help you through the entire process, including taking care of the small but important things, like flowers, music and notices in the paper-as it’s easy to forget these in times of grief. We assist you to celebrate a loved one’s life in a way that would reflect their tastes, their interests, their personality, the way they lived their life.

Pre-planning your funeral is a way of recording your own funeral requests and ensuring your arrangements are personal to you, and it is peace of mind for your family knowing they are providing what you would have wanted.

Memory Funerals eases families through the emotional time of saying farewell to a loved one with professional care and dignity.

22 Moore Street Ashburton 7700 jo@memoryfunerals.nz  Office hours 8.30am - 5.00pm.



|  |  |
| --- | --- |
| (0800) 263 6679 (027) 637 1229 http://www.memoryfunerals.nz/ | Funeral Director available 24 hours a day, 7 days a week  Some charges may apply.  No referral required. |

**Mensline Christchurch**

FSD0000493 Last updated 11/11/2020

Support and encouragement for men facing changes and challenges in their lives i.e.

relationships, work, anger, fathering, separation, loneliness, etc.

21 Marshland Road Shirley Christchurch 8061



menslinechristchurch@gmail.com  Men's Support Group: Tuesday Fortnightly ,

(021) 947 032 7.30-9.30pm.

|  |  |
| --- | --- |
| (021) 296 0880 http://www.mensline.net.nz/ | Our meeting place is the Canterbury Men's Centre, 357 Gloucester St.  Some charges may apply.  No referral required. |

**Mid Canterbury Newcomers Network**

FSD0020537 Last updated 07/10/2020

The Mid Canterbury Newcomers Network provides information, support, empowerment and social opportunities to new residents to help them settle into their new life in the Ashburton District and help them connect with their new community.

44 Cass Street Ashburton 7700



newcomers@saferashburton.org.nz  Monday, Tuesday, Wednesday and Friday from

(03) 308 1395 ext 239 10am to 3pm

(027) 220 8791 All services free of charge. http://www.newcomers.co.nz/regions/cant No referral required. erbury/ashburton/

**Mid South Island Women's Refuge and Family Safety Services**

FSD0007682 Last updated 14/12/2020

Support and help for women and children who suffer from or experience family domestic violence.

Education programme for women and children.

Safe emergency accommodation.

24/7 Crisis line: 0800 007 750

Advocacy and support with legal, court, justice, Work and Income, Housing New Zealand.

 12 Sarah Street Timaru 7910

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| --- | --- |
| office@scwr.co.nz (03) 684 8280 (0800) 00 77 50 http://www.womensrefuge.org.nz    **Classification : FVSS, SHSS** | 24 hour crisis line 0800 007750 Some charges may apply.  Referral may apply. |

**Migrant Centre - Aoraki (Timaru)**

FSD0019568 Last updated 17/07/2020

Promoting goodwill, raising awareness, highlighting the needs of the migrant community, and providing intercultural understanding. We help and support migrants when problems arrise.

Migrants can contact us free of charge by phone, email or visit us at our Aoraki Migrant Centre office in Timaru. We will work as an Advocate often on their behalf in a variety of settings.

3 Sophia Street Timaru



aorakimigrantcentre@xtra.co.nz  Monday - Friday 9am - 2pm

|  |  |
| --- | --- |
| (03) 687 7332 (027) 687 7332 http://www.aorakimigrantcentre.org      **Mind Body Wellness** | or by appointment  All services free of charge. No referral required. |
| FSD0023563 | Last updated 07/07/2020 |

Provides Counselling and Natural Health (Naturopathy, diet, herbs etc.) services to support your wellbeing journey. Mind and body wellness are interlinked and services to support holistic wellbeing are provided by Mind Body Wellness.

gabsuggate@hotmail.com  By arrangement (021) 025 40133 Some charges may apply. https://www.facebook.com/mindandbodyg No referral required. abriel/?modal=admin\_todo\_tour

**Ministry of Education, Learning Support, Canterbury, Chatham**

**Islands**

FSD0006559 Last updated 31/10/2020

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

48 Hereford St Christchurch 8013 enquiries.christchurch@education.govt.nz  Monday to Friday, 8.30am - 5.00pm.



(03) 378 7300 All services free of charge.

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

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Mt Pleasant Memorial Community Centre Residents Association**

FSD0020977 Last updated 16/11/2020

Our vision is:“To nurture and facilitate a dynamic, friendly community that is resilient and sustainable.”

3 McCormacks Bay Road McCormacks Bay Christchurch 8081



admin@mpcc.org.nz  Mon - Fridays 9am to 2.30pm (excluding public

(03) 384 1656 holiday)

http://www.mpcc.org.nz Koha/donation may apply.

No referral required.

**Mt Pleasant Oscar**

FSD0021831 Last updated 06/09/2020

We provide quality and varied OSCAR approved programmes for fun, friendship, creativity, physical activity and relaxation in a safe and caring environment out of school hours.

At all times we aim to cater for each individual child where everyone has the right to be safe and happy!

Mt Pleasant School 82 Major Hornbrook Road Mt Pleasant Christchurch 8081 markath@xnet.co.nz  Term time 3pm-6pm (021) 022 20877 Holidays 8.30am-5.30pm



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

No referral required.

## Classification : OSCAR

**Multicultural Aoraki**

FSD0024562 Last updated 05/05/2021

Connection, Community, Support for migrants, people with English as a second language and

newcomers to the area.

27 Sophia Street Timaru 7910 info@multiculturalaoraki.co.nz 



(03) 687 7332 (027) 687 7332 http://www.multiculturalaoraki.org.nz Mon - Friday 9am - 2pm

All services free of charge. No referral required.

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**New Brighton Project Inc**

FSD0022678 Last updated 22/09/2020

The New Brighton Blanket Bank is a New Brighton Project initiative. Throughout the year the Blanket Bank receives donations of warm bedding and redistributes them to people in need.

Helping keep our community warm.

Please text the cellphone or contact us through the New Brighton Blanket Bank facebook page.

Shop 2 105 Brighton Mall New Brighton Christchurch 8061



nbproject@xtra.co.nz  10am - 2pm Tuesday-Friday (022) 156 3683 All services free of charge.

(027) 517 4250 No referral required.

https://www.facebook.com/NewBrightonBl anketBank/

**New Zealand AIDS Foundation**

FSD0006690 Last updated 24/11/2020

We provide service for gay, bisexual and other men who have sex with men (MSM), people living with or affected by HIV and other priority populations in Aotearoa.

Our services include:

* Rapid point of care HIV and syphilis testing.
* Gonorrhoea and chlamydia self-collected screening
* Short term counselling for people living with HIV, their partners, whnau and friends, andsupporting MSM to address the impacts of the social determinant of health.
* Support, advocacy, education and training related to HIV.
* Free condoms and lube.
* “Chat to Us” service allows MSM and the wider community to seek answers from NZAF staffaround sexual health and wellbeing matters.

275 Cashel Street Christchurch Central Christchurch 8011



contacttetoka@nzaf.org.nz  Mon 10.30am - 6.30pm

(0800) 80 24 37 Tues 8.30am - 4.30pm http://www.nzaf.org.nz Weds 10.30am - 6.30pm

Thurs 8.30am - 4.30pm All services free of charge. No referral required.

**New Zealand Association of Counsellors - Canterbury Branch**

FSD0000521 Last updated 25/10/2020

To provide information for the public, support for members and networking locally and nationally, about counselling and counselling training.

nzaccwcb@gmail.com  No physical address. The chair or treasurer (027) 352 8207 (Phone 2) will contact you as quickly as they

(022) 152 2104 can. http://www.nzac.org.nz Some charges may apply.

No referral required.

**New Zealand Red Cross - Christchurch Service Centre**

FSD0000530 Last updated 15/01/2021

Everyday, we work to help Kiwis - whether that's providing a hot meal, offering a safe ride to the hospital or helping former refugees into employment. We also help communities affected by disaster and conflict right across the world. As we often say, disasters don't discriminate and neither do we.

85 Picton Ave Riccarton Christchurch 8011



christchurch@redcross.org.nz  Monday to Friday 8.00am to 4.30pm

(03) 339 3750 Some charges may apply. http://www.redcross.org.nz/ Referral may apply.

**Newell House Trust**

FSD0021862 Last updated 27/04/2021

We are also running a psychology service for children.

chris@otbc.org.nz  All services free of charge. (027) 337 3927 No referral required.

**North Canterbury Rural Support Trust**

FSD0000194 Last updated 12/04/2021

To provide a free, impartial, confidential support service for rural people. Facilitators have the skills to work through and clarify issues for people under stress. The priority of R.S.T. is to help people help themselves.

|  |  |
| --- | --- |
| ncrst.coordinator@gmail.com  (0800) 787 254 http://www.rural-support.org.nz/ | Available 9am - 5pm.  All services free of charge.  No referral required. |

**Nurturing Potential**

FSD0022790 Last updated 04/02/2021

Private Practice offering therapeutic services for children & adolescents with developmental, emotional, social and cognitive difficulties.

Specialize in offering services for Autism Spectrum Disorders (ASD)/Aspergers, ADHD, Anxiety, Attachment Difficulties, trauma, Behavioural Difficulties

128 Riccarton Road Riccarton Christchurch 8041



kaye@nurturingpotential.co.nz  Weekdays 8.30-5pm

(021) 139 7033 Some charges may apply. http://nurturingpotential.co.nz No referral required.

**Odyssey House Trust (Christchurch)**

FSD0000596 Last updated 20/10/2020

The goal is to assist those suffering from the problems associated with substance abuse, addiction and Co-existing problems; to change negative, self-defeating behavioural, emotional and cognitive patterns towards positive, self-enhancing ones resulting in pro-social values, attitudes and conduct.

Adult male AOD (Alcohol and Other Drugs) residential program

Youth AOD Residential and Day Programs

Driving Change – Impaired driving group - for people with three or more EBA convictions

Groups: - AOD Support groups

Older Persons Alcohol and Other Drugs Service – 65 Alive

Community Youth Mental Health and Addiction Service: Intervention for youth aged 13-18 years with moderate MH and/or AOD issues

ADAS - Alcohol and Other Drug Assessment and treatment service

Christchurch Central Service - Canterbury single point entry to AOD services

Drug Treatment programme

Hapori Ora - AOD day programme

Meth Help - Meth phone counselling service

98 Greers Road Burnside Christchurch 8053



admin@odysseychch.org.nz  9.00am - 3.00pm Mon - Fri

(03) 358 2690 All services free of charge.

(027) 234 5602 Referral may apply. http://www.odysseychch.org.nz/

**Open Home Foundation (OHF) - Canterbury**

FSD0007296 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.

410 Colombo Street Sydenham Christchurch 8023



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

(03) 366 5977 Some charges may apply. http://www.ohf.org.nz No referral required.

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

FSD0006982 Last updated 09/07/2020

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

99 Tancred Street Ashburton 7700



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, Christchurch West**

FSD0006978 Last updated 09/07/2020

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

Level 1, Longhurst Health Building 53 Caulfield Avenue Halswell Christchurch 8025



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, Papanui**

FSD0006977 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.

56 Langdons Road Papanui Christchurch 8053



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, Rangiora**

FSD0006979 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.

Rangiora Centre 4-6 High Street Rangiora 7400



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, Sydenham**

FSD0006980 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.

New Zealand Government Centre 39 Durham Street Sydenham Christchurch 8023



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, Timaru**

FSD0006981 Last updated 14/07/2020

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 3, Aoraki House 7 Beswick Street Timaru 7910



contact@ot.govt.nz  If you're overseas:

(0508) 326 459 Call +64 9 912 3820

(0508) FAMILY All services free of charge. https://www.orangatamariki.govt.nz/ No referral required.

**Order of St John - Northern Region (SI) Regional Headquarters**

FSD0000610 Last updated 10/06/2020

To train volunteers who provide first aid and patient care services at community and sporting events. Youth Divisions (8-18 years), Adult Divisions (16 years and over) and Penguin Programme

(6-9 years). Other services available are: pre-hospital emergency care, Lifelink Medical Alarms, Caring Caller Telephone Friendship Service, Events & First Aid Kits

 180 Durham Street South Christchurch Central Christchurch 8011

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| --- | --- |
| enquiries@stjohn.org.nz  (03) 366 4776 (0800) 785 646 http://www.stjohn.org.nz/      **OSCAR at Halswell** | Some charges may apply. No referral required. |
| FSD0007268 | Last updated 30/06/2020 |

Support, resources and training for Out of School Care and Recreation (OSCAR).

437 Halswell Road Halswell Christchurch 8025



halswelloscar@gmail.com  7.30 - 8.30am term time

(027) 418 1786 3.00 - 6.00pm term time

7.30am - 6.00pm holiday programme Some charges may apply. No referral required.

## Classification : OSCAR

**OSCAR at Oaklands Inc**

FSD0007269 Last updated 27/07/2020

Support, resources and training for Out of School Care and Recreation (OSCAR).

Oaklands School - Cunningham Place Halswell Christchurch accounts@oscaroaklands.co.nz  Any time



(027) 366 3472 Some charges may apply. http://enrolmy.com/oscar-at-oaklands Referral may apply.

## Classification : OSCAR

**OSCAR in St Albans Inc**

FSD0007271 Last updated 24/09/2020

Out of school care and recreation fror children ages 5-13. Before school, after school and holiday programmes.

19 Thames Street St Albans Christchurch 8014



oscarinstalbans@gmail.com  Monday - Friday 7.00am - 8.30pm

|  |  |
| --- | --- |
| (03) 355 4918 (027) 355 4919 http://www.oscarstalbans.org.nz    **Classification : OSCAR**    **OSCAR Network** | 1.00pm - 6.00pm  Some charges may apply. No referral required. |
| FSD0007272 | Last updated 11/08/2020 |

The OSCAR Network is an independent, non profit organisation that offers support, resources and training for Out of School Care and Recreation (OSCAR) services in the South Island.

39 Nursery Road Phillipstown Christchurch 8011



pam@oscarnetwork.org.nz  Monday-Friday - variable

(03) 379 3915 Some charges may apply. http://www.oscarnetwork.org.nz No referral required.

**OurKidz NZ OSCAR**

FSD0016417 Last updated 24/01/2021

Providing a safe and secure OSCAR care environment for primary school aged children. Before school, After school and Holiday programmes on offer.

Kaiapoi Borough School Hall 20 Hilton Street Kaiapoi 7603



ourkidz.oscar@outlook.com  Anytime from 8am to 6pm

(03) 327 7470 Some charges may apply.

(021) 027 46031 No referral required. http://ourkidz.co.nz/

## Classification : OSCAR

**Outaskool Papanui**

FSD0023119 Last updated 23/04/2021

Outaskool Papanui is a school-based environment solution to before/after school & school holiday child care, catering for ages 5 to 13 years, OSCAR approved.

Papanui Primary School 40 Winters Road Papanui Christchurch 8051 outaskool@gmail.com  During school term:



(027) 231 6205 7:30am-8:30am

3:00pm-6:00pm

Holiday Program:

7.30am-6.00pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Owls Nest Preschool**

FSD0023214 Last updated 10/07/2020

The Owls Nest is a small, family run preschool in Northwood, Christchurch for 2 to 5 year olds. We have a ratio of one teacher for every seven children which is well below the Ministry of Education requirement. We are locally owned and operated and believe in creating an environment which is homely, safe and stimulating.

69 Englefield Road Northwood Christchurch 8051



admin@owlsnestpreschool.co.nz  7:30 am - 5:30 pm

|  |  |
| --- | --- |
| (03) 323 4144 http://www.owlsnestpreschool.co.nz      **Oxford Community Trust** | Monday - Friday  We have morning, afternoon and all day sessions.  Some charges may apply. No referral required. |
| FSD0002623 | Last updated 27/10/2020 |

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

 37 Main Street Oxford

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| --- | --- |
| admin@oxfordtrust.co.nz  (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz    **Classification : OSCAR** | 9.00am - 3.00 pm Monday to Friday (excluding public holidays)  Some charges may apply.  No referral required. |

**P.A.C.I.F.I.C.A - Christchurch Branch**

FSD0000631 Last updated 08/03/2021

Pacific Island women's organization that works in improving the quality of life for Pacific women and their families

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| chchpacifica@gmail.com  (027) 428 6441 http://www.pacifica.org.nz/    **Classification : PACIFIC** | Once a month, Saturdays 10am.  Some charges may apply.  No referral required. |

**P.A.T.H.S. (Post Abortion Trauma Healing Service)**

FSD0000625 Last updated 07/08/2020

Provides trained healing support for people adversely affected by abortion or any termination of pregnancy. We also provide a newsletter and information about post abortion issues. We are available to speak in the community around needs and issues of healing after pregnancy termination and loss.

admin@postabortionpaths.org.nz  Some charges may apply.

(0800) 728 470 No referral required.

http://www.postabortionpaths.org.nz/

**Papa Jacks**

FSD0022515 Last updated 01/03/2021

Papa Jacks is a fun and engaging OSCAR appproved Before School Care, After School Care and Holiday Programme service for children aged from 5 to 13 years.

We provide an enriching, home away from home environment for children to explore and be creative in during their holidays. We pick up and drop off to and from your local school, support the children with their homework needs and enjoy sports, games, craft and baking together. Our carers have a magnitude of experience including a registered Primary teacher, registered Early childhood teacher and a previous home based educator, all with their current first aid.

We are situated on the outskirts of Christchurch in Rolleston.

Check out our Facebook Page for updates, testimonials and action photos.

571 Springston Rolleston Road Rolleston 7614



info@caspa.org.nz  Before School Care: 7:15am to 9:00am

(03) 349 9260 After School Care: 3:00pm to 6:00pm

https://www.facebook.com/PapaJacksNZ Holiday Programme: 8:00am to 6:00pm Some charges may apply. No referral required.

## Classification : OSCAR

**Papanui Youth Development Trust**

FSD0020988 Last updated 17/02/2021

Papanui Youth Development Trust (PYDT) offers 8 Core Projects which are designed to impact young people, through projects that will engage, challenge and empower them. With an underlying focus of youth development through leadership training, a strengths based approach and a directional leadership development model.

We also provide a community centre (Te Koru) which 51 community groups currently utilise each year.

1a Harewood Rd Papanui Christchurch 8053



office@pydt.org  Refer to website (03) 354 9381 Koha/donation may apply.

(027) 848 4000 No referral required. http://www.pydt.org

## Classification : OSCAR

**Parent to Parent New Zealand Inc - Greater Canterbury Region**

FSD0007305 Last updated 20/10/2020

The purpose of Parent to Parent New Zealand is to empower families of people with disabilities and health impairments through support and information. Parents will feel supported and informed as a result of their contact with Parent to Parent.

gtrcanterbury@parent2parent.org.nz  Monday to Thursday 9am to 2.30pm

(0508) 236 236 All services free of charge. http://www.parent2parent.org.nz No referral required.

**Parenting Place - Christchurch**

FSD0000639 Last updated 26/03/2021

Parenting Place is the charity with a heart for New Zealand Families. We’re here to walk alongside you and your whnau from the moment your little one is born, until the time they raise tamariki of their own. Whether you have a newborn, a teenager, a troupe of grandkids, or nieces and nephews, we have a range of programmes, courses, camps and resources, tailored for you and your whnau. Everything we do is designed to inspire, encourage, and support the strengthening of your relationships. We make sure it’s fun and entertaining along the way too. Our team is also committed to engaging with the story of Aotearoa New Zealand and our unique place in the world – a journey which continues to shape the way we support your whnau to thrive.

Level 2 410 Colombo Street Sydenham Christchurch 8023



support@parentingplace.nz  Monday – Friday, 8am-4pm

(03) 379 6052 Some charges may apply. https://parentingplace.nz No referral required.

**Parents Centre New Zealand Inc - Ashburton**

FSD0007361 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.

206 Chalmers Avenue Hampstead Ashburton 7700



ashparentscentre@gmail.com  When courses are on. http://www.parentscentre.org.nz/ashburto Some charges may apply. n No referral required.

**Parents Centre New Zealand Inc - Christchurch**

FSD0007359 Last updated 06/10/2020

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth and new parent education.

2a MacMillan Ave Cashmere Christchurch 8022



chch.parentscentre@xtra.co.nz  Hours vary

(021) 087 26943 Some charges may apply. http://www.parentscentre.org.nz No referral required.

**Parents Centre New Zealand Inc - Timaru**

FSD0007342 Last updated 18/12/2020

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.

38 Stafford Street Timaru



timaruparentscentre@gmail.com  To find out more, or to register your interest,

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| (03) 684 5348 http://www.parentscentre.org.nz      **Patersons Funeral Services** | please contact the Childbirth Education Coordinator on 03 684 5348.  All services free of charge. No referral required. |
| FSD0023737 | Last updated 07/12/2020 |

Paterson Funeral Services have been providing complete local care since 1982. An Ashburton funeral home, providing a complete funeral service for both burials and cremations.

Our purpose is to take the time to fully understand each families wishes and provide professional and caring support.

We are FDANZ certified (Funeral Directors Assn of NZ).

530 East Street Ashburton 7700



office@patersonsfunerals.co.nz  Available to be contacted anytime - 24/7

(03) 307 7433 Office hours

https://www.patersonsfuneralservices.co.n 8am - 5pm Monday to Friday z Some charges may apply.

No referral required.

**Pegasus Toy Library**

FSD0000649 Last updated 26/02/2021

Provides toys, puzzles, games, sports and music equipment suitable for 0-7 year olds.

Parklands Community Centre 75 Queenspark Drive Parklands Christchurch pegasustoylibrary@hotmail.com  Wed: 10:00 am - 11:30 am



(021) 086 09204 Thurs: 6:00pm - 7:30pm

http://www.pegasustoylibrary.co.nz Sat: 10:00 am - 12:00 pm Some charges may apply. No referral required.

**Petersgate Counselling Centre**

FSD0000654 Last updated 19/10/2020

We offer a professional generic counselling service with a wide range of modalities. Our fees are subsidised for those on low incomes and who are unable to access alternative funding.

29 Yaldhurst Road Christchurch 8042



info@petersgate.org.nz  Monday-Thursday 9:00am-8.30pm, Friday

(03) 343 3391 9:00am-4.30pm. http://www.petersgate.org.nz/ Some charges may apply.

No referral required.

**PGF Services - Christchurch**

FSD0006198 Last updated 29/03/2021

The Problem Gambling Foundation's mission is enhancing the mana of individuals, families and communities:to be free from gambling harm.

The Loft, Level 1, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch 8062 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 - Timaru**

FSD0006213 Last updated 29/03/2021

The Problem Gambling Foundation's mission is building healthy communities together, free from gambling harm.

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| help@pgfnz.org.nz (03) 379 2824 (0800) 664 262 http://www.pgf.nz | 8.30am to 5.00pm phone contact All services free of charge.  No referral required. |

**Phillippi Prison Ministry (Canterbury) Incorporated**

FSD0000656 Last updated 15/07/2020

A locally-based ministry dedicated to reaching prison inmates and their families with both practical and spiritual help.

39 Somerfield Street Somerfield Christchurch 8024 lorna39hotter@gmail.com  Daily



(03) 332 5862 All services free of charge.

(03) 313 0197 No referral required.

**Phillipstown Community Centre**

FSD0020472 Last updated 19/03/2021

The Phillipstown Community Centre is in the Phillipstown Community Hub, we are here to provide a safe caring supportive environment to foster individual and community growth.

Room 2 39 Nursery Rd Phillipstown Christchurch 8011



info@phillipstown.org.nz  9am - 5.30pm Monday to Friday

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| (03) 595 2023 (020) 406 91419 http://www.phillipstown.org.nz    **Classification : OSCAR**    **Pillars Inc. - Christchurch** | Some charges may apply. No referral required. |
| FSD0008080 | Last updated 15/03/2021 |

Pillars provides support services for children of prisoners and their families / whanau during the sentence and up to 12 months after release of their parent from prison.

This provider offers a national helpline service.

Social Sector Accredited.

50 Durham Street South Sydenham Christchurch 8023



enquiries@pillars.org.nz  Availability 9.00am - 5.00pm, Mon-Fri

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| (0508) PILLARS (0508) 745 527 http://www.pillars.org.nz | Koha/donation may apply. No referral required. |

**PIPS Pregnancy Infancy Parenting Support Trust**

FSD0007391 Last updated 24/03/2021

PIPS provides a holistic community social service helping women, family members and other caregivers from pregnancy through the first year of baby's life. We provide free practical help with clothing and equipment support, information and emotional support to clients at a time when they are most vulnerable.

 Old Central New Brighton School 95 Hawke Street New Brighton Christchurch

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| dahlia@pips.co.nz (03) 385 0556 (022) 530 2463 https://www.pips.co.nz      **Pleasant Valley Playgroup** | 9:30am - 2:30pm, Tuesday, Thursday, Friday  9:30am - 5:30pm Wednesday  All services free of charge. No referral required. |
| FSD0019562 | Last updated 04/09/2020 |

The Pleasant Valley Playgroup provides a place for parents and young children (including infants) to meet on a regular basis. We aim to provide a range of activities to foster children’s play, learning and development and a chance for parents to get to know each other. The group is run cooperatively and each parent or caregiver is responsible for their child/ren. The playgroup is held in the Old Pleasant Valley School House in a lovely rural setting. With a large playroom with purpose built infant area, art & crafts and play areas. A large secure outdoor area with playground and outdoor toys. Ministry of Education certified.

63 School Road Pleasant Valley Geraldine pleasantvalleyplaygroup@gmail.com  9am till noon every Monday of the school term.



(022) 171 4562 Not open during Summer school holidays or (03) 693 9690 public holidays.

Koha/donation may apply. No referral required.

**Plunket - Addington**

FSD0000754 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

5 Twigger Street Addington Christchurch 8024



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Amberley**

FSD0016557 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

111 Main Road Amberley 7481



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Aranui** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000725 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

38 Portsmouth Street Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Barrington** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000727 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

120 Conway Street Christchurch southern.region@plunket.org.nz (03) 366 0765 http://www.plunket.org.nz



All appointments are pre-arranged with the Nurse, please phone for information.

All services free of charge. No referral required.

**Plunket - Belfast/Marshlands**

FSD0000728 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

7 Belfast Road Belfast Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Burnham** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0016322 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

Army Camp - Fryberg Road Burnham southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Burwood** | Please phone for information.  All services free of charge.  No referral required. |  |
| FSD0016558 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

149 Burwood Road Burwood Christchurch 8083



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Centaurus Road & Opawa/St Martins**

FSD0000753 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

59 Centaurus Road Huntsbury Christchurch 8022



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Cheviot**

FSD0016559 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Cheviot Medical Centre 1 Robinson Street Cheviot 7310 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



(03) 366 0765 Please phone for more information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Culverden**

FSD0016560 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

7 Montrose Avenue Culverden 7392 southern.region@plunket.org.nz (03) 366 0765 http://www.plunket.org.nz



All appointments are pre-arranged with the Nurse, please phone for information.

All services free of charge. No referral required.

**Plunket - Cust**

FSD0000760 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1685 Cust Road Cust 7471 southern.region@plunket.org.nz  Alternate Tuesdays by arrangement.



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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Darfield** | All services free of charge. No referral required. |  |
| FSD0016561 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

1 Halkett Street Darfield 7510 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Dunsandel** | Please phone for information.  All services free of charge.  No referral required. |  |
| FSD0016562 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

13 Hororata Road Dunsandel 7682



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Fendalton**

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| FSD0000733 | Last updated 08/04/2021 |

183 Fendalton Road Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Halswell** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000734 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

16 Fern Drive Halswell Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Hawarden / Waikari** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0016563 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

68 Princess Street Waikari 7420



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765  http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Hoon Hay**

FSD0000735 Last updated 08/04/2021

19 McCarthy Street Hoon Hay Christchurch 8024



southernregion@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

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| **Plunket - Hornby/Wycola** |  |
| FSD0000736 | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

Tower Street Reserve 29 Tower Street Hornby Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Kaiapoi**

FSD0000737 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

Kaiapoi Community Centre 26 Sewell Street Kaiapoi



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Kendal**

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| FSD0000726 | Last updated 06/07/2020 |

57 Kendal Avenue Christchurch



Southern.Region@plunket.org.nz  Tuesday - Friday by appointment

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Leeston** | Koha/donation may apply. No referral required. |  |
| FSD0016564 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

Leeston Medical Centre 57 High Street Leeston 7632 southern.region@plunket.org.nz  All appointments are pre arranged by the nurse.



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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Lincoln** | Please phone for information.  All services free of charge.  No referral required. |  |
| FSD0000739 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

158 North Belt Lincoln



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Linwood / Avonside / City East**

FSD0000740 Last updated 08/04/2021

The Loft, 1st Floor, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Lyttelton**

FSD0000741 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Lyttelton Community & Recreation Centre 25 Winchester Street Lyttelton



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Mt Pleasant/Redcliffs & Sumner**

FSD0000756 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

2 Augusta Street Redcliffs Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Papanui / Merivale**

FSD0000745 Last updated 04/05/2021

24 Bellvue Avenue Papanui Christchurch southern.region@plunket.org.nz 

(03) 366 0765

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Parklands/New Brighton**

FSD0000746 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Community Centre 77 Queenspark Drive Parklands Christchurch 8083



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Prebbleton**

FSD0016566 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

3 William Street Prebbleton Christchurch 7604



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Rangiora**

FSD0016567 Last updated 06/07/2020

24 High Street Rangiora Christchurch southern.region@plunket.org.nz 

(03) 366 0765

(0800) 933 922 Some charges may apply. http://www.plunket.org.nz No referral required.

**Plunket - Riccarton**

FSD0000749 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

26A Piko Crescent Riccarton Christchurch 8041



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Rolleston**

FSD0000751 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 John Street Rolleston Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Russley / Yaldhurst** | Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0000752 | Last updated 08/04/2021 |

18 Pinehurst Crescent Russley Christchurch southern.region@plunket.org.nz 

(03) 366 0765

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

No referral required.

**Plunket - Southbridge**

FSD0016568 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Gordon Street Southbridge 7602



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - St Albans / Shirley** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000755 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

166 North Parade Shirley Christchurch 8013



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Timaru Family Centre**

FSD0019487 Last updated 11/03/2021

3 Dee Street Timaru 7910 southern.region@plunket.org.nz (03) 684 4967 http://www.plunket.org.nz

**Plunket - Waiau**

FSD0016569

Thursday 1-2.30pm

All services free of charge. No referral required.

Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Lyndon Street Waiau 7332



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Woodend/Waikuku** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0016570 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

- Albert Street Rangiora



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Woolston** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000757 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

 640 Ferry Road Woolston Christchurch 8023

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| southern.region@plunket.org.nz  (03) 366 0765 http://www.plunket.org.nz      **Portia - Christchurch Branch** | All appointments are pre-arranged with the Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0021707 | Last updated 29/12/2020 |

We provide all peoples with access to the Family Justice System, through provision of Legal Aid and the Family Legal Advice Service and alternative methods of legal delivery.

Level 1 111 Cashel Street Christchurch Central Christchurch 8011



support@ebbornlaw.co.nz  Normally from 9 a.m. to 5 p.m. (except between

|  |  |
| --- | --- |
| (0800) 339 223 (03) 339 2233 http://ebbornlaw.co.nz      **Positive Directions Trust** | 1 p.m. and 2 p.m.) weekdays, but we will accommodate clients outside of these hours by AVL appointment.  Some charges may apply. No referral required. |
| FSD0024333 | Last updated 26/08/2020 |

The Positive Directions Trust - He Tohutohu Pai ki Otautahi (PDT) aims to encourage and facilitate community development for disadvantaged sectors of society and others. PDT focuses on the improvement of health, accommodation, employment and education opportunities for rangatahi/youth and others in the community.

The primary focus of the Positive Directions Trust is to assist in the development of communities, in particular: Maori, Pasifika Peoples, and other disadvantaged or disenfranchised community groups. (At-risk or disadvantaged communities can be those with high unemployment, high numbers of beneficiaries, high numbers of early school leavers, poor health statistics, lower academic achievement and high numbers of single parent families)

PDT has developed its community services arm into a fully-fledged whanau-centred, co-designed and collaboratively delivered operation.

18 Collingwood Street New Brighton Christchurch 8061



phil@pdt.org.nz  Monday to Friday - 9am to 4pm (027) 436 7059 All services free of charge. http://pdt.org.nz No referral required.

**Powerzone Methven**

FSD0024133 Last updated 29/11/2020

We run an OSCAR after-school care program in Methven

112 Main Street Methven 7730



powerzone@mthuttelim.nz  Monday - Friday during the school term

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| (022) 169 7239    **Classification : OSCAR**    **Powerzone Oscar** | Some charges may apply. No referral required. |
| FSD0021407 | Last updated 19/06/2020 |

OSCAR approved, fun filled Before School, After School and Holiday programmes where we aim to provide a safe, positive and exciting environment for young children years 1-8. Service includes free school drop off/pick up to some schools.

285 Cashel Street Christchurch 8141



miriam.anderson@chch.elim.org.nz  Before School: 7am-school drop off

(021) 065 1917 After School: School pick up-5.30pm http://www.powerzonechch.org (During school days)

Holiday Care: 8am-3pm + optional afternoon care 3pm-5.30pm.

(During term & Summer holidays) Some charges may apply. No referral required.

## Classification : OSCAR

**Pregnancy Counselling Services - Christchurch**

FSD0006516 Last updated 21/12/2020

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

pregnancycounsellinginfo@gmail.com  Freephone number available 24 hours a day, 7

(03) 338 3057 days a week.

(0800) 773 462 (0800 PREGNANT) All services free of charge. http://www.pregnancycounselling.org.nz No referral required.

**Pregnancy Counselling Services - Timaru**

FSD0006527 Last updated 27/04/2021

Pregnancy Counselling Services is a voluntary organisation with specially trained counsellors in branches throughout New Zealand.

24/7 there is a counsellor to talk to by telephone, or face to face counselling can be arranged if preferred.

PCS provides friendly, confidential, emotional support and practical help. Arrangements be made for medical and legal consultation.

Counsellors help clients find acceptable solutions to problems of accommodation, continuing education, material requirements, and the stress often created by pressure from family and friends. In evaluating alternatives, clients can consider the pros and cons of parenting a child, adoption, and abortion.

For those suffering from a past abortion we can help through the recovery time until clients are strong enough to put aside the past and feel positive about the future.

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pregnancycounsellinginfo@gmail.com  Freephone number available 24 hours a day, 7

(03) 684 8416 days a week

(0800) 773 462 Text at 021 289 8727

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

**Presbyterian Support Mid Canterbury - Trevor Wilson Centre**

FSD0007782 Last updated 12/03/2021

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

215 Tancred Street Ashburton 7700



midcant@psusi.org.nz  8.45am - 5.15pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 2616907 Referral may apply. http://psuppersouth.org.nz/

## Classification : YS

**Presbyterian Support North Canterbury - Ngawi Thompson Centre**

FSD0007783 Last updated 07/04/2021

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

258 High Street Rangiora 7400



NorthCant@psusi.org.nz  8.30am to 5pm Monday - Friday

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| (0800) 477 874 (03) 261 2888 http://psuppersouth.org.nz/ | Some charges may apply. Referral may apply. |

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

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| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS** | Monday - Friday  Some charges may apply.  No referral required. |

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

44 Bealey Avenue Central Christchurch 8013



ps@psusi.org.nz  Monday to Friday 8.30am-5pm.

(0800) 477 874 Some charges may apply.

(03) 366 5472 Referral may apply. http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Prisoners' Aid and Reintegration Society of Canterbury**

FSD0007233 Last updated 19/03/2021

A community organisation that provides support to prisoners, offenders and their families/whnau and New Zealanders who have been deported from Australia.

 301 Tuam Street Christchurch Central Christchurch 8011

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| opmanager@parscanterbury.org.nz  (03) 371 9183 (0800) 727 754 http://www.parscanterbury.org.nz      **Project Early** | Open 5 days per week, 9.30am-4.pm All services free of charge. No referral required. |
| FSD0000674 | Last updated 22/12/2020 |

Project Early facilitates (under contract) 14 week Incredible Years Parent Programmes and Incredible Years Teacher Programmes.

271 Breezes Road Aranui Christchurch 8061



l.taylorburt@projectearly.org.nz  During School Term (027) 223 4232 All services free of charge. (027) 223 4231 Referral may apply.

**Project Esther Trust**

FSD0000675 Last updated 15/12/2020

Project Esther is a multifaceted organisation that provides services to women and their families with a bias to those in need. Programmes include: Preschool Music and Movement, support of women in the community, support for women prisoners and ex-prisoners, subsidised counselling service and temporary/emergency accommodation.

248 Lyttelton Street Spreydon Christchurch 8024



projectesther@swbc.org.nz  9:00am - 3:00pm Monday - Thursday

(03) 338 4163 ext 237 Some charges may apply. http://www.projectesther.co.nz No referral required.

**Purapura Whetu Trust**

FSD0017022 Last updated 31/08/2020

Purapura Whetu Trust is a community based Kaupapa Maori mental health organisation. Purapura

Whetu Trust was initiated in 2002 to address the needs within the local Maori community. The

Kaupapa Maori model of care 'Purapura Whetu Te Kohinga' is our best practice model of care. The Trust provides Kaupapa Maori mental health services to adults, adolescents, children and their whanau who require a counselling or community support programme from a Kaupapa Maori perspective.

Level 1 166 St Asaph Street Christchurch 8011



office@pw.maori.nz  Monday to Friday 8.30 am to 4.30 pm

(03) 379 8001 All services free of charge. http://www.pw.maori.nz Referral may apply.

**Qtopia Inc**

FSD0020457 Last updated 22/01/2021

Qtopia is a social support service for all gay, lesbian, bisexual, gender diverse, transgender, intersex, takataapui, fa’afafine and all queer\* youth (or youth who are questioning their sexual identity) in the Canterbury region.

We host a range of social support groups, and provide education for organisations who are committed to creating inclusive environments for our rainbow community.

Biz Dojo 4 Ash Street Christchurch Central Christchurch 8011



connect@qtopia.org.nz  Office hours: 9am-5pm M-F http://www.qtopia.org.nz/ All services free of charge.

No referral required.

**R 13 Youth Development Trust**

FSD0020823 Last updated 09/09/2020

To provide alternative recreational/educational and skill development programmes so that young people not progressing in mainstream school system can improve their opportunities for employment personal outcomes. To provide a supervised Community Service programme for young people under the Youth Justice or Police Alternative action programmes, to enable those who have offended against society or against school regulations to face consequences for their actions by carrying out supervised community service (painting graffiti, planting, track cutting, mulching).

To provide a Community Youth Programme to help participants develop positive social attitudes, values, behavior and life skills such as self discipline, working with others and goal setting.This programme targets young people who are first or second time offenders, also targeting siblings of these young people. The programme will provide during peak at risk periods such as out of school hours, school holidays and weekends.

ljtk@xtra.co.nz  Normal business hours (027) 505 8099 Some charges may apply. (029) 200 7238 Referral may apply.

**Rachel's House Trust**

FSD0018437 Last updated 24/03/2021

To support young parents to have, keep and parent their children. Rachel's House works holistically with families for as long as it takes to empower parents to live a life of confident hope and create a positive future for their children.

96 High Street Rangiora 7400



manager@rachelshouse.org.nz  Staff hours and group times vary, so initial

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| (022) 043 3298 http://www.rachelstrust.org.nz | contact by email or phone is preferential.  Koha/donation may apply.  No referral required. |

**Rangiora Borough Oscar Programme**

FSD0021892 Last updated 15/02/2021

We provide OSCAR approved before and after school care programmes for students within Rangiora Borough School.

RBS School Hall - Church St Rangiora 7400



office@rangiora.school.nz  Monday to Friday, School times only

(03) 313 7434 Some charges may apply. http://www.rangiora.school.nz/ Referral may apply.

## Classification : OSCAR

**Rangiora Toy Library Inc**

FSD0000691 Last updated 16/03/2021

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

1 Blackett Street Rangiora



rangioratoylibrary@gmail.com  Wednesdays & Friday 9.30am- 11.30am and

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| (027) 264 6924 (03) 424 1008 http://rangiora.mibase.com.au      **Rawhiti Oscar** | Saturdays 9.30-12.30pm.  Please leave a message when calling 03 number Some charges may apply. No referral required. |
| FSD0022614 | Last updated 16/02/2021 |

Rawhiti Community Sport Inc. offer an OSCAR approved after school and holiday programme based at Seaview Road School that is fun and offers a wide variety of activities. The Programme is for all primary school ages children (5-12) for both weeks of the holidays (closed public holidays). 8:30am – 5:30pm daily - after school Monday - Friday 3-6pm.

Rm 4/5 140 Seaview Rd Central New Brighton Christchurch 8041



sandra@rawhiticommunity.co.nz  Monday - Friday 3 pm-6 pm school terms

(027) 464 0005 http://www.easterncommunity.co.nz/progr Monday - Friday 8.30am - 5.30pm school amme/oscar-north-new-brighton/ holidays

Some charges may apply. No referral required.

## Classification : OSCAR

**Restorative Justice North Canterbury**

FSD0002705 Last updated 25/08/2020

Restorative Justice is a process that focuses on the impact, experienced by people, affected by crime through a face-to-face meeting with offenders, who take responsibility for their offending.

This is a safe, supported and voluntary process for all participants.

We are able to facilitate restorative justice meetings before sentencing, after sentencing and for police diversion.

Level one 29 High Street Rangiora 7400



tl.kcs@wellbeingnc.org.nz  Leave a message at any time on the land line or

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| (021) 055 5002 http://www.wellbeingnc.org.nz/what-wedo-/restorative-justice-north-canterbury/ | cell phone.  Meetings can be arranged at a time to suit all parties.  All services free of charge.  No referral required. |

**Restorative Justice Services tautahi Christchurch**

FSD0016687 Last updated 01/10/2020

We facilitate restorative justice processes where people harmed can meet face to face with the people responsible, with whnau support; have their questions answered, and ways forward discussed. Respect and self determination are key values. We consider referrals at any time before and after sentencing, and out of the courts. Two trained restorative justice facilitators work with each referral.

BizDojo 4 Ash Street Christchurch 8011 office@restorativejusticechch.org.nz  Messages can be left on voicemail 24/7.



(03) 940 9497 Restorative meetings occur at times to suit

(027) 775 9856 participants. http://www.restorativejusticechch.org.nz All services free of charge. No referral required.

**Rewi Alley Chinese School Trust**

FSD0022839 Last updated 20/01/2021

The education centre provides a range of courses, workshops and services to the Chinese and wider community. They run Chinese language and cultural courses for students of all ages to share and promote Chinese culture.

Alongside Chinese courses, they also offer classes in Art, Science, Math, Coding and Chess for children as well as English and computer classes for adults. All these classes are available in online, face-to-face, or private tuition options.

OSCAR accredited after school and holiday programmes are also available.

53 Solway Avenue Ilam Christchurch 8041



principal@rewialley.ac.nz  The centre is usually open from 9.30am to (03) 343 0136 4.30pm Monday to Saturday during term time http://www.rewialley.school.nz and 8am to 5pm during the school holidays.

Some charges may apply. No referral required.

## Classification : OSCAR

**Right Service Right Time**

FSD0016132 Last updated 22/02/2021

To ensure that every family/whanau with children and young people have ease of access to services when they are needed.

Right Service Right Time is a collaboration of a large number of agencies that provide service to families, and the Coordinator works with the parent and agencies to ensure a smooth pathway to the appropriate services.

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| info@rightservice.org.nz  (03) 378 2782  (027) 654 7788 http://rightservice.org.nz | Coordinator is available for contact by telephone / email between 8.30am and 4.30pm Monday to Friday.  All services free of charge.  No referral required. |

**Risingholme Community Centre Inc**

FSD0016312 Last updated 23/10/2020

Risingholme's stated constitutional mission is to promote a community spirit with the development of appropriate social, educational and leisure activities.

 22 Cholmondeley Avenue Opawa Christchurch 8023

info@risingholme.org.nz  Monday to Friday: 9 am - 4 pm

(03) 332 7359 Some charges may apply.

(03) 332 7357 No referral required. http://www.risingholme.org.nz

**Salisbury Street Foundation**

FSD0000778 Last updated 31/08/2020

Established 1979. A rehabilitation centre designed to help the re-integration of serious offenders back into the community and the prevention of further criminal activity. A residential programme.

15 St Albans Street Merivale Christchurch



lyn.voice@salisburystreet.co.nz  Some charges may apply.

(03) 355 9189 No referral required.

(027) 434 5160 http://www.salisburystreet.co.nz/

**Sands Canterbury**

FSD0000797 Last updated 22/03/2021

A support group for parents facing the loss of a baby or babies through pregnancy, newborn, or as an infant, also including medical termination or other forms of reproductive loss. We offer monthly support meetings, newsletters, phone support. We aim to increase understanding within the medical profession of the trauma and grief experienced by parents/whanau who lose a baby.

St James Church Hall 750 Harewood Road Christchurch sands.canterbury@xtra.co.nz  Support Meetings:



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| (027) 4491019 (03) 347 4881 http://www.sands.org.nz | First Monday evening of the month. 7:30pm 9.30pm Phone:  Anytime  All services free of charge.  No referral required. |

**Seaside Community Toy Library**

FSD0000830 Last updated 26/10/2020

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.

St Lukes Church 212 Pine Avenue South New Brighton Christchurch 8061 seasidetoylibrary@gmail.com  Saturday 9:30-11:30am



(022) 091 7198 Some charges may apply. https://seasidetoylibrary.mibase.co.nz/ho No referral required. me/index.php

**Selwyn Kids**

FSD0022207 Last updated 24/07/2020

At Selwyn Kids OSCAR we offer before and after school care from Clearview & Rolleston Primary schools and also holiday programmes for children aged 5-13yrs old from the local area. We have 2 centres, Discovery for 5 and 6 year olds, and Explorers for 7 to 13 year olds, where we offer a range of exciting games, crafts and outings.

60-62 Rolleston Drive Rolleston 7614



rebecca.adams@selwynkids.co.nz  Before school 7am-9am

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| (03) 347 9089 http://www.selwynkids.co.nz    **Classification : OSCAR**    **Selwyn Local Council Website** | After school 3pm-6pm Holiday Programme 7am-6pm Some charges may apply.  No referral required. |  |
| FSD0017697 |  | Last updated 04/05/2021 |

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

contactus@selwyn.govt.nz  Online

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| http://www.selwyn.govt.nz/ | All services free of charge. No referral required. |
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**Shakti Ethnic Women's Support Group Inc. (Christchurch)**

FSD0019347 Last updated 31/08/2020

The Shakti Ethnic Women's Support Group (Christchurch) was founded by ethnic women in Christchurch in response to the need for support services for migrant and refugee women (and their children) in South Island struggling to overcome the barriers associated with migration, isolation and domestic violence.

Christchurch Community House 301 Tuam Street Christchurch Central Christchurch 8011 sewsg@shakti.org.nz  Monday to Firday 9 am - 4 pm.



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| (0800) 742 584 (03) 940 9416 http://www.shakti-international.org/      **SHARP Trust** | 24/7 crisis call on 0800 number.  All services free of charge. No referral required. |
| FSD0023264 | Last updated 07/10/2020 |

SHARP Trust is a charitable trust providing quality out-of-school care including After School, Holiday, Sports, Arts and Performing Arts Programmes. Catering for children aged between 5 – 14 years in the Spreydon, Somerfield, Barrington, Cashmere, Hoon Hay, Halswell, Addington and Rowley communities. SHARP aims to build and maintain a strong emphasis on developing relationships between the children and local teenage role-models who are our volunteer leaders in the programme.

244 Lyttleton Street Spreydon Christchurch 8024



sharp@swbc.org.nz  Mon - Fri 9-5.30pm (03) 338 0673 Some charges may apply. http://www.sharp.org.nz No referral required.

## Classification : OSCAR

**Shirley Toy Library Incorporated**

FSD0015215 Last updated 11/01/2021

Provide toys at low cost to families to borrow on fortnightly hire basis.

Hammersley Park School - Amos Place Shirley Christchurch 8061



librarian@shirleytoylibrary.co.nz  Wednesday 9.30am- 11.30am, Saturday 9am -

(03) 420 5455 1pm

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

No referral required.

**Shoreline Youth Trust**

FSD0016892 Last updated 24/08/2020

Our organisation is dedicated to developing and maintaining a healthy, connected and engaged youth community within the Sumner Bays area. We hope to achieve these ends by connecting with youth within their schools and through events, programmes (some OSCAR approved) and activities that we facilitate.

At the heart of our work is our youth centre, Fuse, which serves as a place where we can provide these opportunities for connection, offer a safe haven, provide alternatives to boredom and trouble and also to give opportunities to serve and volunteer.

Ultimately we want to see youth thrive in their developmental years, making good choices, having fun, trying new things and succeeding in their pursuits.

25 Wakefield Avenue Sumner Christchurch 8081 shoreline\_youth\_trust@hotmail.com  Office hours:



(021) 842 214 Monday -Thursday 9am - 3pm http://fuse.org.nz Friday 12pm -9 pm

Our programmes currently run from 3pm 5.30pm most afternoons, with Friday being the exception where we run from 3pm - 9pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**SHOUT (Speech Language Therapy) LTD**

FSD0020787 Last updated 08/04/2021

We are a private speech language therapy service.

We provide a full range of therapy services to paediatric and adult clients throughout Otago including Dunedin, Central Otago and the Southland area. We also provide Services in Canterbury.

We work as a team to provide efficient and family focused therapy support to those with communication difficulties.

We also provide Communication Assistant services to people involved in the Court system.

We are also able to provide Professional Development to teaching staff.

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| admin@shout-speech.co.nz  (027) 777 4688 (027) 254 8331 http://www.shout-speech.co.nz      **Skids Bishopdale** | Monday to Friday 8am-5:30pm Some charges may apply. No referral required. |
| FSD0022129 | Last updated 19/06/2020 |

SKIDS provide on-site OSCAR programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Bishopdale School 465 Greers Road Christchurch 8053



bishopdale@skids.co.nz  Monday to Friday

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| (021) 078 4064 (022) 043 1573 http://www.skids.co.nz    **Classification : OSCAR**    **Skids Clarkville** | Before & After School & Holidays Some charges may apply. No referral required. |
| FSD0023226 | Last updated 20/11/2020 |

SKIDS provide on-site OSCAR programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

 Clarkville School 10 Heywards Road Clarkville 7630

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| clarkville@skids.co.nz (021) 078 4064  (022) 430 8157onsite http://skids.co.nz    **Classification : OSCAR**    **Skids Kaiapoi North** | Monday to Friday  Before & After School & Holiday Programmes Some charges may apply. No referral required. |
| FSD0022783 | Last updated 22/04/2021 |

We supply After School, Before School and Holiday child care. OSCAR approved.

Kaiapoi North School 278 Williams Street RD 2 Kaiapoi 7692 liz@skids.co.nz  Mon - Friday (021) 247 7434 7.00am to 8.30am (022) 692 6580onsite 3.00pm to 6.00pm http://www.skids.co.nz/location/kaiapoi\_no Some charges may apply. rth/ No referral required.



## Classification : OSCAR

**Skids Parkview**

FSD0023227 Last updated 18/09/2020

SKIDS provide on-site OSCAR approved programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Parkview Primary School 10 Chadbury Street Parklands Christchurch 7630 parkview@skids.co.nz  Monday to Friday



(021) 078 4064 Before & After School & Holiday Programmes (022) 468 1793 onsite Some charges may apply. https://www.skids.co.nz/locations/parkvie No referral required. w/

## Classification : OSCAR

**Skids Waimataitai**

FSD0023765 Last updated 11/11/2020

OSCAR approved before and after school care programme offering high quality childcare for children age 5-12 years attending Waimataitai School. We also offer Holiday programme open to community children.

25 Trafalgar Street Waimataitai Timaru 7910



waimataitai@skids.co.nz  7am-8.30am Monday through Friday Breakfast

(021) 289 9229 Club

http://www.skids.co.nz 3-6pm Monday through Friday after school care Some charges may apply. No referral required.

## Classification : OSCAR

**sKids Wairakei**

FSD0023876 Last updated 16/11/2020

Provider of out of school care (OSCAR approved) services.

250 Wairakei Road Bryndwr Christchurch 8053



admin@skids.co.nz  After School - 3.00pm - 6.00pm (0800) 274 172 Holiday Programme - 7.00am - 6.00pm

(09) 576 6602 Some charges may apply. https://www.skids.co.nz/locations/wairakei No referral required. \_chch/

## Classification : OSCAR

**SkillWise**

FSD0000776 Last updated 05/12/2020

Through training, new experiences and connecting with people, SkillWise play a role in people living the life they want. We focus on the individual and how they might connect to a wide range of possibilities and the community as a whole. We facilitate options for people in training, the arts, volunteering, employment and recreation. And we encourage anyone with an intellectual disability between the age of 16-64 years to join in.

344 Manchester Street Christchurch 8013



info@skillwise.org.nz  Monday-Friday, 8.30am - 4.30pm

(03) 382 0350 Some charges may apply. http://www.skillwise.org.nz No referral required.

**South Canterbury Hospice Inc**

FSD0008226 Last updated 28/04/2021

South Canterbury Hospice provides specialist palliative care to people of all ages within the region of South Canterbury from the Waitaki to the Rangitata rivers, and the mountains to the sea.

Quality care is provided for people, their families and whanau who are affected by cancer and noncancer life limiting illnesses. Medical and nursing care is provided to manage complex symptoms and pain. Many patients return home while others receive specialised end-of-life care. The trained team members care for the whole person - the physical, emotional, spiritual, social and psychological needs are supported. Bereavement, grief and loss support is provided for families and whanau.

Our service extends to education, training and advice to residential care facilities in this region.

55 Broadway Avenue Highfield Timaru 7910



seniornurse@hospicesc.org.nz  In-patient unit: all hours

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| (03) 687 7670  (03) 687 7674 http://www.hospicesc.org.nz/ | Administration: Monday to Friday 9am-4pm All services free of charge.  No referral required. |

**South Canterbury Women's Wellness Centre Inc**

FSD0015126 Last updated 04/02/2021

Drop-in centre providing information and referrals for physical, mental and spiritual health. Promoting preventative and positive healthcare and personal growth through individual and group support.

Our emphasis on empowering women to learn about how their body works and what they need to do to support it, highlights that even small adjustments can make a large difference. All age groups benefit for the chance to talk freely in a confidential, relaxed environment where relevant information addresses a request or referral can be made to another community based organisation.

14 Butler Street Timaru 7910



scww@xtra.co.nz  10.00am-3.00pm Tuesday to Thursday.

(03) 688 9363 All services free of charge. https://www.facebook.com/scwwcentre/ No referral required.

**South City Youth Trust**

FSD0021194 Last updated 19/01/2021

South City Youth Trust is a youth organization that has an awesome youth centre on Hampshire Street, and even awesome-er youth workers who would love to hang out with awesome people like you.

South City Youth Centre 29 Crosby Street Shirley Christchurch 8013



southcityyt@gmail.com  Office Hours - 9am - 5pm (03) 366 4904 Programmes on throughout the week

All services free of charge. No referral required.

**Space for you and your baby at Anglican Care Community Development (Sydenham)**

FSD0023674 Last updated 09/10/2020

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

8A Roxburgh Street Sydenham Christchurch 8023



jiyun@accd.org.nz  Wednesday Space Group: 9.30am -11.30am

(03) 332 7143 (During school term)

https://accd.org.nz/ Thursday Space Group: 9.30am -

11.30am(During school term) Some charges may apply. No referral required.

**Sport South Canterbury**

FSD0022449 Last updated 22/01/2021

We provide OSCAR programme for children.

Sport South Canterbury operates under three pillars; Lead, Enable and Deliver. The initiatives, programmes and events we provide under these areas aim to fulfill our vision of making more people, more active, more often across the Canterbury region.

Our South Canterbury Active Kids Holiday Programme gives families a structured, safe and affordable school holiday care option, with opportunities to “have a go” and try new activities in a fun, supportive environment. The Programme are specifically designed to cater for ages five to 13.

70 Morgans Road Glenwood Timaru 7910



lee-anne.lang@sportcanterbury.org.nz  Monday - Friday 8.30am - 5.00pm

(03) 686 0751 Some charges may apply. https://www.sportcanterbury.org.nz/Holida No referral required. y-Programmes-2

## Classification : OSCAR

**St Augustines Anglican Church**

FSD0020531 Last updated 08/09/2020

We are a diverse group of people who share a common faith in Jesus Christ as our Lord and God. Together we seek to deepen our understanding of God's truth, to care for each other, and to minister God's wholeness to a needy world.

5 Cracroft Tce Cashmere Christchurch 8022



office@staugustines.org.nz  Tue, Thu & Fri 9.30am-3.30pm and Sunday

(03) 332 6627 Services: 9:15am, 11am

http://www.staugustines.org.nz Koha/donation may apply.

No referral required.

**St Patricks School Bryndwr After School Care Programme**

FSD0022146 Last updated 27/04/2021

To provide quality non-profit community childcare service during after school hours, where the needs of the children, caregivers and childcare workers are recognised and supported.

To ensure that the environment encompasses the special character of the school and supports the aims of the schools mission statement “to provide a community for the future, where students are passionate learners who are successful, confident, independent thinkers living active lives with an awareness of others."

57 Plynlimon Rd Bryndwr Christchurch 8052



stpatricksasc@gmail.com  Monday - Friday 3-5.30 pm during school term

(03) 351 9190 time.

Some charges may apply. No referral required.

## Classification : OSCAR

**Stainless Steel & Aluminium Welding Academy**

FSD0021052 Last updated 14/01/2021

The Welding Academy is a small private training provider with a lot to offer. Our professional and efficient approach to training is supported by 16 year's experience training and qualifying students to a high standard, for a career in the Welding and Engineering Industry.

Along with our industry Board of Advisors and daily contact with professionals in the Welding and Engineering Industry, we are confident our courses meet current industry demand and provide the correct qualifications and training to meet this demand; whether it be Trade Welding Certificates, ticket renewal, Unit Standards or incompany training.

Work experience is sought for students and job seeking is a major focus as trainees progress through their course. Work and Income, ACC subsidies are available. We are also NZQA accredited to ASSESS and TEACH Unit Standards.

4a Lismore Street Waltham Christchurch 8011



enquiries@weldingacademy.co.nz  Monday 8:30 - 4:30

(03) 377 3911 Tuesday 8:30 - 4:30 and 6:00 - 8:00

http://www.weldingacademy.co.nz Wednesday 8:30 - 4:30 and 6:00 - 8:00

Thursday 8:30 - 4:30

Friday 8:30 - 4:30

Some charges may apply. Referral may apply.

**Stand T Mia - Christchurch Region**

FSD0007828 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

23 Glenelg Spur Hillsborough Christchurch 8022



christchurch@standforchildren.org.nz  Office hours 8.00 am to 4.30 pm Monday to

(03) 332 2541 Friday. http://standforchildren.org.nz All services free of charge. Referral may apply.

**START - Christchurch**

FSD0000809 Last updated 11/11/2020

* Specialist service for children, youth and adults who have experienced sexual abuse
* Counselling for children, youth and adults
* Support for their whanau
* Consultation for wider community
* Prevention / education for wider community

448 Innes Road Christchurch 8052



admin@starthealing.org  9.00am - 5.00pm Tuesday - Friday.

(03) 355 4414 9.00am - 6.00pm Monday (027) 952 5986 Some charges may apply. http://www.starthealing.org Referral may apply.

## Classification : SHSS

**STOP - Child, Adolescent and Adult Services Christchurch**

FSD0000812 Last updated 17/07/2020

STOP works to end sexual abuse by providing treatment for children, adolescents, and adults who have sexually abused or been engaged in harmful sexual behaviour.

Adolescent Services cover Canterbury, West Coast, Marlborough, Otago, Southland districts.

Adult Services cover Canterbury, Dunedin, Marlborough.

info@stop.org.nz  8.30am - 5.00pm Monday to Friday.

(03) 353 0257 All services free of charge. http://www.stop.org.nz Referral may apply.

## Classification : SHSS

**Stopping Violence Services (Christchurch) Inc**

FSD0000841 Last updated 29/07/2020

Stopping Violence Services (SVS) has been a provider of non violence programmes to the wider Christchurch community for over 35 years. SVS provides mandated and non mandated non violence programmes for men and women. In the Christchurch area SVS provides a Pasifika Service for men & women and their families at no cost. Limited funding is available for referrals wishing to engage on an adult programme who can not afford to pay a $90 session fee. Through the Ministry of Justice, SVS provides Strengthening Safety Services for men who are victims of violence. SVS provides free support to males and females who receive a Police Safety Order. Enabling Youth - SVS's youth section provides free programmes for male and female youth from 11 - 24yrs, and their caregivers.

36 Lismore Street Waltham Christchurch 8011



info@svschch.org.nz  Monday to Friday 8.30am-5.00pm

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| (03) 365 6266 (0800) 478 778 http://www.svschch.org.nz    **Classification : FVSS**    **Strategic People Group** | Evening groups from 6pm - 9pm Some charges may apply. No referral required. |
| FSD0020723 | Last updated 05/01/2021 |

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

 17 Painters Road RD1 Christchurch 7671

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| John.eatwell@spgroup.nz  (027) 446 5592  (0508) 787 2847 | Monday to Friday, 8.00am - 5.00pm Some charges may apply.  Referral may apply. |

**Strengthening Families - Timaru (South Canterbury)**

FSD0007543 Last updated 02/11/2020

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

Family Works 26 North Street Timaru 7910



scsf@xtra.co.nz  Monday to Friday

(03) 688 5029 xtn 801 All services free of charge.

(029) 650 0173 Referral may apply.

http://www.strengtheningfamilies.govt.nz

**Stroke Foundation of New Zealand - Southern**

FSD0000845 Last updated 23/03/2021

The Stroke Foundation is the national organisation in New Zealand dedicated to reducing the incidence of stroke, improving treatment outcomes, and supporting those affected by stroke. For information about stroke you can go to the Stroke Foundation New Zealand website www.stroke.org.nz or call 0800 78 76 53

Unit 3 47 Mandeville Street Riccarton Christchurch 8011



southern@stroke.org.nz  9.00am - 2.30pm Monday to Friday

(03) 381 8500 All services free of charge. http://www.stroke.org.nz No referral required.

**Sue Missen Counselling and Supervision Services**

FSD0006103 Last updated 20/08/2020

Counsellor with thirty years experience in agencies and private practice working with adults, adolescents, and children over five years. Couple and family therapy. Family Court approved counsellor. Expertise in working with mental health issues, loss and grief, stress, trauma, relationships, parental separation, FDR, personal issues, mediation, family violence.

Counsellor trainee educator, group facilitator and programme provider. Previously contracted provider of Parenting through Separation programme and programme for Women Protected persons under the DVA for 10 and 15 years respectively.

Professional and clinical supervision available for individuals, group and peer supervision.

Counselling and supervision also available via Skype.

32 Melford Close Rangiora 7400



suemissen@xtra.co.nz  Available by phone and email Monday to

(021) 130 8897 Saturday.

Services are on Monday, Tuesday and Thursday.

Some charges may apply. No referral required.

**Talking Therapy**

FSD0000128 Last updated 18/09/2020

Talking Therapy consist of a group of five registered psychotherapists who provide psychotherapy, counselling, couple counselling and professional supervision and EAP (employer assistance programme).

178 Harewood Road Papanui Christchurch 8053



info@talkingtherapy.co.nz  Monday to Thursday: 10am to 7pm.

(03) 354 8045 Friday: 10am to 2pm

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

No referral required.

**Te Aho O Te Kura Pounamu (Te Kura) - Christchurch**

FSD0021110 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.

Level 1, Powell Fenwick House 383 Colombo St Christchurch 8023



info@tekura.school.nz  Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te H - Waitaha Smokefree Support**

FSD0023109 Last updated 22/04/2021

Te H – Waitaha Smokefree Support is a collaboration of organisations working together to help people in Canterbury become Smokefree.

Community and Public Health 310 Manchester Street City Centre Christchurch 8013 smokefree@cdhb.health.nz  Monday - Friday (0800) 425 700 All services free of charge. http://www.tehawaitaha.nz No referral required.



**Te H o Mtauranga**

FSD0024181 Last updated 12/03/2021

Te H o Mtauranga is a community education hub, working to create, promote and encourage inclusive and varied learning opportunities and environments in Kaikura.

We are a Youth Services Provider, working with YP, YPP clients and NEETs.

We deliver the Mayor's Taskforce for Jobs programme throughout Kaikura, supporting youth, people affected by COVID and those who have finished with the NCTIR project to find sustainable employment, increase skills and gain microcredentials.

We provide after school education groups for tamariki and their whanau. We provide driver's licence learning support. We work with young people, coordinating Kaikura Youth Council and providing positive youth development opportunities. We offer study support, pathways advice and help with job seeking.

We have a venue for available for use and work with external providers to offer educational opportunities to Kaikura residents.

14 Ludstone Road Kaikoura 7300



sarah@kaikoura.link  Available 9am to 5pm Monday to Friday

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| (03) 319 3002 (027) 807 2874 http://www.kaikoura.link    **Classification : YS**    **Te Ora Hou Aotearoa Inc** | All services free of charge. Referral may apply. |
| FSD0005959 | Last updated 23/07/2020 |

Te Ora Hou Aotearoa represents and supports regional Te Ora Hou centres at a National level. Nationally Te Ora Hou provides Strengths based programs and services for Mori young people and their whnau relevant to their communities.

77 Windermere Road Papanui Christchurch



national@teorahou.org.nz  Monday - Friday 8.30am - 4.30pm

(03) 352 1057 All services free of charge. http://www.teorahou.org.nz No referral required.

**Te Ora Hou tautahi Inc**

FSD0005958 Last updated 20/10/2020

Te Ora Hou is committed to forming life changing relationships through programs that are designed to empower and equip young people in the context of their whanau and communities.

77 Windermere Road Papanui Christchurch



christchurch@teorahou.org.nz  Mon - Fri

(03) 352 1057 9am - 5pm

(027) 288 9797 All services free of charge. http://www.toho.org.nz Referral may apply.

## Classification : YS

**Te Poutama Arahi Rangatahi**

FSD0022072 Last updated 24/06/2020

Te Poutama rahi Rangatahi is a specialist residential treatment facility located in Christchurch, contracted to Barnardos by Oranga Tamariki - Ministry for Children, and MoE.

The facility was established in 1999 to provide residential treatment for young men aged between 12-17 years who have engaged in harmful sexual behaviour, and can no longer be safely treated within their own communities.

Te Poutama rahi Rangatahi provides a safe, secure and therapeutic environment to assist them to engage in their individualised treatment programs in a positive and responsive way. Community based treatment providers and clinical staff also work alongside families prior to, during, and throughout the reintegration phase of the young person’s treatment.

The facility also operates a school on-site which all young people attend on a daily basis. External activities and educational and vocational opportunities are also provided to youth based on their individualised education.

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| brent.hastie@barnardos.org.nz  (03) 349 0088 http://www.barnardos.org.nz | Service available 24/7  Reception office hours 8.30am - 4.30pm Monday to Friday.  All services free of charge.  Referral may apply. |

**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**Te Puna Oranga Incorporated**

FSD0000862 Last updated 12/08/2020

We are Kaupapa Maori Community Service Organisation, who are committed to working with Whanau within a holistic approach. Services offered are; Maori sexual abuse healing, abuse prevention education, Maori youth & whanau advocacy services.

687 Worcester Street Linwood Christchurch



info@tepunaoranga.co.nz  9am-5pm Monday to Friday.

(03) 381 8472 All services free of charge.

No referral required.

## Classification : FVSS, SHSS

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

 Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062

info@maatawaka.org.nz (03) 382 6628 https://maatawaka.org.nz

## Classification : BFC, FVSS

**Te Waka Unua Youthtown**

FSD0023795

Monday to Friday - 8:00 to 4:30 Some charges may apply. Referral may apply.

Last updated 11/01/2021

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

Te Waka Unua School 476 Ferry Road Woolston Christchurch 8053



tewakaunua@youthtown.org.nz  After School Programme

(027) 569 1311 Holiday Programme

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

No referral required.

## Classification : OSCAR

**Te Whare Awhero**

FSD0022073 Last updated 11/01/2021

Te Whare Awhero (Hope House) is the Hornby Presbyterian Community Trust and provides

Community Development, Community and Neighbours (CAN) Counselling, Practical Support, Mentoring, Community Based Research, Supervision and Spiritual Direction in the Greater Hornby Area.

413 Main South Road Hornby Christchurch 8042



admin@hpct.org.nz  Office Hours: Monday-Thursday 9am-5pm.

(03) 967 4673 Counselling Service Monday-Thursday 9am-5pm http://www.hpct.org.nz and Friday Counselling by appointment only.

Some charges may apply. No referral required.

**Te Whare Hauora (Otautahi Women's Refuge)**

FSD0007679 Last updated 19/10/2020

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

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| admin@tewharehauora.com  (03) 379 6910  (0800) 11 74 74      **Te Whare Putea Trust** | 24/7 hour Crisisline Support  0800 117474  All services free of charge. No referral required. |
| FSD0008188 | Last updated 30/07/2020 |

Offer information and advice, budget advice, family support, Food Bank and Heartland services.

3/78 Beach Road Kaikoura tewhareputea@xtra.co.nz  Monday to Friday 9am-4pm.



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| (03) 319 7243 (027) 333 4480 http://www.tewhareputea.org.nz | All services free of charge. No referral required. |

## Classification : BFC

**Te Whare Roimata Trust**

FSD0000866 Last updated 27/10/2020

Community Centre for the inner city east and surrounding neighbourhoods providing grassroot, self-help responses to the issues and concerns of local people. A range of activities and services has been developed including Maori cultural advice and awhi, neighbourhood support and outreach, a twice weekly play group, budget and benefit advice, information and advocacy, a weekly neighbourhood cafe, a low cost shifting and household services to people on low incomes, the Linwood Community Arts Centre and the Community Gardens project at Surrey and Smith Streets

274 Gloucester Street Christchurch 8011



tewhareroimata@gmail.com  Office hours: Monday-Friday, 9am-4pm

(03) 379 5134 Some charges may apply. https://tewhare.webs.com/ No referral required.

**Te Whatu Manawa Maoritanga o Rehua Trust**

FSD0000700 Last updated 20/04/2021

Rehua Marae exists to provide a cultural venue for whanau, organisations, schools, tertiary institutes, government and non-government departments, with a kaumatua service that supports kuia and koroua remaining in their own homes for as long as possible with appropriate support.

Rehua Marae 79 Springfield Road St Albans Christchurch 8143



admin@rehuamarae.org.nz  Marae Office and Kaumatua Services open from

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| (03) 355 5615 http://www.rehuamarae.co.nz | 8.30am to 5pm Monday-Friday Koha/donation may apply.  Referral may apply. |

**Temuka Toy Library Plunket Group**

FSD0019593 Last updated 27/04/2021

Temuka Toy Library Plunket Group is run by the librarian and library members who volunteer their time when required to make our toy library run efficiently to meet the needs of the families in the community and the wider community.

 Building 72-74 King Street Temuka 7920

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| temukatoylibrary@yahoo.co.nz  (027) 378 2907 http://www.toylibrary.co.nz | Every Wednesday and Saturday From 10am -  11.30am  Some charges may apply.  No referral required. |

**The Enchanted Garden Early Childhood Centre**

FSD0022437 Last updated 10/07/2020

We are a small home like early childhood centre, with qualified passionate teachers. We have a separate nursery for up to 10 under 2 year olds and a separate preschool for up to 23 for 2-5 year olds.

We offer our families work and income subsidies and the 20 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 7.30-5.30 .

You can read our excellent Education Review Office report online.

255 Greers Road Christchurch 8053



enchantedgardenecc@xtra.co.nz  Monday to Friday

(03) 359 7944 7.30am-5.30pm

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

No referral required.

**The Homework Club**

FSD0021276 Last updated 14/12/2020

The Homework Club was set up by Belinda Slade in 2002. There are now 4 Homework Club After School Care, 2 Before School Care and 2 Holiday Programmes in operation in the Cashmere area. Our vision statement is "to offer a structured, fun and exciting programme in a safe, caring and positive environment".

The Homework Club is grateful to receive funding from the Ministry of Social Development and is approved by MSD Approvals.

info@thehomeworkclub.co.nz (021) 274 1963 http://www.thehomeworkclub.co.nz

## Classification : OSCAR

**The Hope Community Trust**

FSD0018407

Before School Care 7.30am

After School Care 2.30pm - 6.00pm Holiday Programmes 8.00am - 6.00pm Some charges may apply. No referral required.

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| Our Mission is to Restore Hope within individuals and families by providing Emotional, Physical and Spiritual solutions to their needs.  We do this by providing a unique Wrap around Care model of practise and build community and belonging. Counselling Centre, Community Support Workers, Food bank, Community Garden, Op Shop, Men's Breakfast, Women's groups, Community Meal, Restore Drug and Alcohol drop-in service, Kingdom Resources budgeting service.    Refer to Website for hours and times of daily life.  113-115 East Belt Rangiora 7400  support@hopecommunity.co.nz  Tuesdays-Fridays: 9am – 4pm   |  |  | | --- | --- | | (03) 928 3066 http://www.hopecommunity.co.nz | Weekends: Closed  Some charges may apply.  No referral required. |     **The James St Preschool & Nursery**  FSD0022422 Last updated 07/06/2020  Provider of a quality early childhood education and care based in the suburb of Redcliffs, Christchurch.    Excellent Education Review Office (ERO) report.  5 James St Redcliffs Christchurch 8081 |

Last updated 17/12/2020

murray@jamesstpreschool.co.nz

(021) 886 652 (021) 886 653 http://www.jamesstpreschool.co.nz

**The Kid's Activity Club**

FSD0023158

Monday - Friday 7:30am - 5:30pm

Some charges may apply. No referral required.

Last updated 23/03/2021

The Kid’s Activity Club provides OSCAR Approved Before and After School Care. We offer a fun and varied programme in a safe, caring and positive environment.

Children attending the Kid’s Activity Club programme will have opportunities to engage in leisure and play-based activities which are responsive to the needs, interests, and choices of the children attending the service.

C/- Westburn School 257 Waimairi Road Ilam Christchurch



thekidsactivityclub@gmail.com  During school term

(022) 569 8407 Westburn

Before School - 7.15 am - 8.30 am After School 3.00 pm - 5.30 pm Some charges may apply. No referral required.

## Classification : OSCAR

**The Loft**

FSD0024423 Last updated 22/10/2020

The Loft is a pioneering, collaborative partnership, established in 2016 and currently consists of 12 social and community service providers in Christchurch. Based in Eastgate Mall we work in close partnership with Linwood Library, Linwood Medical Centre and Local MP Poto William's. Our purpose is to enhance outcomes for children, young people, families and communities through colocation and collaboration of social, health and community services

Level 1 20 Buckleys Road Linwood Christchurch 8062



manager@theloftchristchurch.org.nz  9am - 5pm Monday to Friday

(0800) 865 638 All services free of charge. https://www.theloftchristchurch.org.nz/ No referral required.

**The Salvation Army - Aranui**

FSD0000787 Last updated 19/04/2021

Worship, community and welfare services of The Salvation Army

34 Portsmouth Street Wainoni Christchurch 8061



aranui.corps@salvationarmy.org.nz  Mon, Tues, Weds, Thurs, Friday 10 am - 2 pm

(03) 388 1072 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/newzealand/canterbury/aranui/aranui-corps

**The Salvation Army - Ashburton**

FSD0023556 Last updated 20/04/2021

Worship, community and welfare services of The Salvation Army

226 Cameron Street Ashburton



ashburton.corps@salvationarmy.org.nz  Family Stores Opening Hours

(03) 308 7610 Mon - Fri: 9.30am - 4.30pm, Sat: 10am - 2pm.

https://www.salvationarmy.org.nz/centres/ Service time(s): Sunday 10am nz/canterbury/ashburton/ashburton-corps Some charges may apply. No referral required.

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

 853 Colombo Street Christchurch Central Christchurch 8013 christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Hornby**

FSD0000786 Last updated 16/04/2021

We are here to support the community and help meet need in whatever way we are able. Through the centre we offer welfare support through Food Parcels, Financial Mentoring, Free Bread on a Tuesday and a listening ear. We offer the Positive Lifestyle Programme which runs for eight sessions, one on one. Craft Group, Community Cuppa, Social events are all opportunities to meet and make new friends. Our Sunday Service is a bright, vibrant time of celebration with something for the whole family and finishing with morning tea.

23 Manurere Street Hei Hei Christchurch 8042



hornby.corps@salvationarmy.org.nz  Centre Office is open Monday - Thursday

(03) 349 6268 (9.30am-12.30pm)

https://www.salvationarmy.org.nz/centres/

nz/canterbury/hornby Foodbank: Monday and Thursday - 9.30am to

12.30pm. (last appointment 12.10pm) Koha/donation may apply. No referral required.

**The Salvation Army - Linwood**

FSD0000791 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

 177 Linwood Avenue Linwood Christchurch

linwood\_corps@nzf.salvationarmy.org  Community & Family Centre: 9am - 12.00pm,

(03) 389 3723 1pm-4pm Monday to Friday. https://www.salvationarmy.org.nz/centres/

nz/canterbury/linwood/linwood-corps Budgeting Service available on (03) 389 3723 Some charges may apply. No referral required.

**The Salvation Army - Rangiora**

FSD0000792 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

12 Ashley Street Rangiora 7400



rangiora\_corps@nzf.salvationarmy.org  Mon to Fri 9am - 4pm

(03) 313 2370 All services free of charge. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/rangiora/rangiora-corps

**The Salvation Army - Sydenham**

FSD0000795 Last updated 03/05/2021

Worship, community and welfare services of The Salvation Army

250 Colombo Street Christchurch 8023 sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.



(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**The Salvation Army - Timaru**

FSD0023562 Last updated 22/03/2021

Worship, community and welfare services of The Salvation Army

206 Wai-iti Road Highfield Timaru 7910



timaru.corps@salvationarmy.org.nz  /

(03) 684 7139 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/timaru/timaru-corps

**Timaru Chipmunks After School & Holiday Programme**

FSD0022983 Last updated 09/11/2020

We offer OSCAR approved After School Care and Holiday Programmes. We have fun filled activities organised each day for your child and we make use of our large indoor playland. All our supervisors are trained and have many years experience. We also serve a healthy afternoon tea.

7 Stafford Street Parkside Timaru 7975



timaru@chipmunks.co.nz  Monday - Friday 2pm - 6 pm

(03) 688 8846 Some charges may apply. https://www.chipmunks.co.nz/timaru/conta No referral required. ct/

## Classification : OSCAR

**TOUGHLOVE New Zealand**

FSD0004147 Last updated 23/10/2020

TOUGHLOVE New Zealand is a non-profit organisation providing support and education, that gives parents confidence to cope with unacceptable adolescent behaviour.

8 Athelstan Street Spreydon Christchurch 8024



toughlovenz.info@gmail.com  Contact by email. Email is checked regularly

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| (0800) 868 445 (03) 337 9452 http://www.toughlove.org.nz | Some charges may apply. No referral required. |

**Toughlove New Zealand Incorporated**

FSD0007573 Last updated 16/04/2021

Toughlove New Zealand Incorporated is a non-profit organisation that supports parents and families to learn new strategies and coping mechanisms when dealing with unacceptable adolescent behaviour.

28 Bealey Avenue Christchurch Central Christchurch 8013



toughloveusi@xtra.co.nz  Office open 11am to 2pm Monday to Friday

(03) 337 9452 Some charges may apply. http://www.toughlove.org.nz No referral required.

**Toy Library - Darfield Plunket**

FSD0000289 Last updated 19/03/2021

To hire toys to members within the Darfield Plunket area.

1 Halkett Street Darfield 7510



darfieldplunkettoylibrary@hotmail.com  Alternate Saturdays - 9 - 11 am

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| (021) 2216810 http://www.toylibrary.co.nz/      **Toy Library Federation of NZ** | Some charges may apply. No referral required. |
| FSD0003129 | Last updated 23/07/2020 |

The Toy Library Federation of New Zealand acts as an adviser to new and existing toy libraries, offering advice on toy selection, toy maintenance, and all aspects of running a toy library. Membership is open to anyone interested in not for profit Toy Libraries. The Toy Library Federation of New Zealand actively promotes play, as being essential to optimal educational, physical, psychological, social and cultural development of the child.

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| office@toylibrary.co.nz  (0800) 148 697 (021) 264 0581 http://www.toylibrary.co.nz | 9.00-2.30 Tuesday - Thursday  NB: Individual toy libraries usually open 1-3 times a week including Saturdays and possibly evenings. Each session is between 1 and 3 hours.  Some charges may apply.  No referral required. |

**Twizel Community Care Centre incorporating Heartland Services**

FSD0023296 Last updated 30/11/2020

The Twizel Community Care Trust is dedicated to ensure access to community based health and welfare agencies for the people of Twizel community. This will be achieved by identifying, coordinating and assisting with the connection between the providers and those seeing the services.

33 Mt Cook Street Twizel 7901



twizelcare@xtra.co.nz  Monday to Friday

|  |  |
| --- | --- |
| (03) 435 0687 http://twizelcommunitycare.co.nz      **Two Rivers Community Trust** | Opening Hours:  9am-12pm & 12.30pm - 2.30pm Some charges may apply. No referral required. |
| FSD0024344 | Last updated 28/08/2020 |

We are a community trust that provides many different things for our rural community. We run 3 free community events each year, we have a community garden, nourish program and 24-7 youth program. We run a craft afternoon every 2nd week for community connection as well as a community Hub and a Foodbank.

We offer welcome packs for new arrivals in our area to help new people settle into their new area.

 15 Greendale Road Darfield 7510

rachael@tworiverscommunitytrust.org.nz  Our admin works one day a week and the hub is

(021) 090 40859 open on Thursdays from 10 until 2. The mobile

http://tworiverscommunitytrust.org.nz/ provided may not always answer but leave a message and your call will be returned.

Koha/donation may apply. Referral may apply.

**Valerie Attrill Counselling**

FSD0000311 Last updated 04/02/2021

Counselling, consultations and clinical supervision. Assists with workplace management and staff relationships, personal identity/and self development, sexual orientation/sexual identity/gender and transgender, relationship issues, intimacy and sexual issues, emotional problems, anger and rage:

understanding & management, grieving support and understanding, loss of motivation through depression, loss of autonomy through anxiousness, spirituality exploration.

88A Pine Avenue New Brighton Christchurch 8061



attrillvalerie@gmail.com  Week daytime and Evening appointments (027) 436 9807 available. No weekend appts.

http://www.valerieattrill.nz New Brighton. Appointment times negotiated

with flexibility.

Some charges may apply. No referral required.

**Vargo + Lewis Ltd, Management Consultants**

FSD0019903 Last updated 02/02/2021

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

Level 2 Bonnington House 225 High Street Central Business District Christchurch 8011 contact@vargolewis.co.nz  Mon - Fri, or as agreed



(029) 981 4930 Some charges may apply.

(021) 999 506 Referral may apply. http://www.vargolewis.co.nz

**Victim Support - Christchurch**

FSD0000247 Last updated 02/02/2021

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

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

**Victim Support - Mid Canterbury**

FSD0005989 Last updated 02/02/2021

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

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

**Victim Support - North Canterbury**

FSD0002652 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, seven days a week.  All services free of charge.  No referral required. |

**Victim Support - South Canterbury**

FSD0015721 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      **Victoria Associates** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0000878 | Last updated 17/12/2020 |

Therapists work collaboratively with clients in the provision of therapy and counselling, and professional supervision. Therapists have skills in working with family relationships, (such as couples, parent/teen, parent/child and blended families). Therapists at Victoria Associates also have skills in working with trauma and mental health concerns.

113 Geraldine Street St Albans Christchurch 8081



brucemcnatty@gmail.com  Monday to Friday, 9am - 5pm, with some

|  |  |
| --- | --- |
| (03) 379 7817 (021) 154 2034 http://www.brucemcnatty.com/      **Volunteering Canterbury** | evening appointments available.  Some charges may apply. No referral required. |
| FSD0005822 | Last updated 25/01/2021 |

Volunteering Canterbury is a registered charity that supports and promotes volunteering. We uphold the integrity of voluntary work and the rights of volunteers. We help to match individual interests with organisations who need volunteers, and offer support and training to organisations which involve volunteers.

 Room 10, Christchurch Community House 301 Tuam Street Christchurch 8011

|  |  |
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| office@volcan.org.nz (03) 366 2442 http://www.volcan.org.nz | Monday to Friday  9.00am to 5.00pm Some charges may apply.  No referral required. |

**Volunteering Mid & South Canterbury Inc**

FSD0019392 Last updated 20/07/2020

Recruitment, placement and promotion of volunteering. Support and advocacy for not for profit organisations and volunteers.

We offer training for volunteers and volunteer organisations on a regular basis.

Room 4 Community House 27 Strathallan Street CBD Timaru



lou@vmsc.org.nz  Monday -Thursday

(03) 687 7364 9am-4.00pm

(0800) 865 268 Other times by arrangement. http://www.volunteering-msc.org.nz Appointments preferred.

All services free of charge. No referral required.

**Waimakariri Local Council Website**

FSD0017717 Last updated 03/07/2020

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

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

No referral required.

**Waimate Childcare Centre**

FSD0019598 Last updated 29/01/2021

Early education from 6 weeks to 5 years. 30 free hours ECE for 3 and 4 year olds. Winz subsidies available

18 John Street Waimate 7924



office@waimatechildcare.co.nz  0745 - 1700 Monday-Friday

|  |  |
| --- | --- |
| (03) 689 7336 (027) 689 7336 http://www.waimatechildcare.co.nz/      **Waimate District Council** | Closed public holidays and for 3 weeks at Christmas.  Some charges may apply. No referral required. |
| FSD0017718 | Last updated 30/11/2020 |

As well as providing services itself, the Council may contract for services to be provided and assist many other organisations through membership, technical services, advice and financial grants.

Please visit our website or contact us for more information about our services and facilities.

125 Queen Street Waimate 7924



council@waimatedc.govt.nz  Office Hours: 8.00am - 4.30pm

(03) 689 0000 (24 hours) All services free of charge.

(03) 689 7771 (Information Centre) No referral required. http://www.waimatedc.govt.nz/

**Waitkiri OSCAR**

FSD0017842 Last updated 06/01/2021

Waitkiri OSCAR: Our programme provide stimulating and varied activities at our Before, After and Holiday Care for children up to Year 9.

Learning Studio 8 170 Burwood Road Burwood Christchurch 8083



amanda.murray@waitakiri.school.nz  Before 7.30am to 8.30am Monday - Friday

|  |  |
| --- | --- |
| (027) 655 8104 (03) 383 2649 http://www.waitakiri.school.nz | After 3.00pm to 6.00pm Monday - Friday  Holiday 7.30am to 3.00pm or 7.30 to 6.00pm  School Holiday Periods Some charges may apply.  No referral required. |

## Classification : OSCAR

**Waltham Community Cottage**

FSD0008127 Last updated 28/09/2020

The cottage is a place for the community to access support, advocacy, and where sessions and classes focus on well-being. It is a place of empowerment where strength comes from contact, communication and sharing.

201 Hastings Street East Christchurch



tewhare@walthamcottage.com  9am - 3pm Monday to Thursday

(03) 942 2173 All services free of charge. http://www.walthamcottage.com No referral required.

**Waltham Out Of School Hours Inc**

FSD0022544 Last updated 24/08/2020

Provision of quality out of school care (before, after, holiday and camps) for children aged between 5 - 14 years.

110 Waltham Road Sydenham Christchurch



woosh.rocks@gmail.com  Before School: 7.20am - 9.00am (027) 346 4981 After School: 2.45 - 5.30pm

Holidays: 7.30am - 5.30pm Some charges may apply. No referral required.

## Classification : OSCAR

**West Christchurch Women's Refuge**

FSD0000886 Last updated 01/10/2020

The objectives of West Christchurch Women's Refuge are to eliminate violence and to protect and promote the rights of women, children, families and whanau to live in environments free from violence and abuse. We meet our objectives through the provision of services and by raising public awareness of domestic violence and related issues.

Our services include a 24 hour crisis line; crisis response services; residential safe house; residential support services; community outreach services; national home safety service Whanau Protect; advocacy & support; education. For support, please ring our Crisis Line : 03-379-0575 or 0800 REFUGE (0800 733 843). In an emergency, please ring 111.

w.w.r@xtra.co.nz  24hour/7 days a week - via the 24 hour crisis line

(03) 379 0575 (Crisis Line) All services free of charge.

(0800) 733 843 (REFUGE) No referral required.

http://www.westchchwomensrefuge.org.nz

**West Melton Before & After School Programme**

FSD0022344 Last updated 17/08/2020

The West Melton Before & After School Programme is situated opposite the West Melton Primary School.

Before School & After School Programme provides a safe fun place for school age children to attend before & after school. Age appropriate activities & resources, large outside area, afternoon tea provided & support with homework. Children will be escorted & collected from the West Melton Primary School.

746 Weedons Ross Road West Melton 7618 info@westmeltonkindergarten.co.nz  Before School Programme opens 7.30 am.



(03) 347 4132 Children escorted to West Melton Primary https://westmeltonkindergarten.co.nz/ School.

After School Programme open 3.00-5.45 pm. Children collected from West Melton Primary School.

Some charges may apply. No referral required.

**Whnau whina Plunket**

FSD0024559 Last updated 30/04/2021

Whnau whina Plunket offers free Pregnancy and Parenting Education (Antenatal) classes are shaped to give you the information you want and need for pregnancy, labour and life as a new parent in a supportive, non-judgmental environment. Courses are available in Canterbury, West Coast, South Canterbury (Waimate only) and Southern DHB Areas.

5 Twigger Street Addington Christchurch 8024



ppe@plunket.org.nz  PlunketLine is available 24/7

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| --- | --- |
| (0800) 291 658 (027) 291 658 https://www.plunket.org.nz/ | Pregnancy and Parenting Education is staffed 8am-4pm, Mon- Fri.  Phone/text: 027 275 8477 All services free of charge.  No referral required. |

**Women's Centre - Christchurch**

FSD0005752 Last updated 20/04/2021

The Women's Centre works with and for the well-being of all women, by assisting, supporting and encouraging them to make informed choices in their lives.

Unit 3 242 Ferry Road Waltham Christchurch 8011 support@womenscentre.co.nz  Drop-in open between 10am - 2pm Mon - Fri.



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| (03) 371 7414 (022) 105 5308 http://www.womenscentre.co.nz | Phone between 9am - 3pm Mon - Fri.  Some charges may apply.  No referral required. |

**Woodend Before & After School Programme**

FSD0022465 Last updated 17/01/2021

We provide OSCAR approved Before School & After school Care programmes for the community of Woodend, Waimakariri.

6 School Road Woodend 7610



woodend.wasp@wasp.org.nz  7am to 8.30pm

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| --- | --- |
| (021) 046 4243  (03) 975 5975 | 3.00 to 5.30pm (term time) Some charges may apply.  No referral required. |

## Classification : OSCAR

**Woolston Development Project**

FSD0018213 Last updated 10/04/2021

We offer opportunities for children, youth, women, and families/whnau to develop to their full potential through the social, recreational and support services we provide:

* A Family Support Service with a dedicated Family Support Worker
* A Women's Social Support Group which meets weekly.
* A Youth Volunteer Programme where secondary school students can support our OSCARprogrammes.
* OSCAR approved programmes for 5-13-year-old children during school term and holidays:
* Depo Programme for 10-13-year-olds two afternoons per week providing age specific recreationand community projects which aim encourage giving bac' to the community.

We empower our local community – all genders, ethnicities, ages and stages - through our community development projects:

* A walking group on Thursday mornings followed by lunch together.
* A weekly craft group on Fridays.

We hope to expand our community development projects greatly over the next few years. Watch this space!

497 Ferry Road Woolston Christchurch 8023 manager@woolstondevelopmentproject.o  10.00 a.m. to 5.30 p.m. rg.nz Some charges may apply.



(03) 389 4448 No referral required.

(027) 781 1348 http://www.woolstondevelopmentproject.o rg.nz

## Classification : OSCAR

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

145 Tancred Street Ashburton 7700



(0800) 559 009  You can contact any of our service centres or

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

25 Shands Road Hornby Christchurch 8042



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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.

26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009  You can contact any of our service centres or

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| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

203-205 Hills Road Shirley Christchurch 8013



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

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

14 Strathallen Street Timaru 7940



(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm http://www.workandincome.govt.nz Weds 9.30am until 5pm

All services free of charge. No referral required.

**YCD Youth Services**

FSD0016962 Last updated 09/03/2021

YCD provide Youth Work Services to Young People many of whom are at risk of offending, struggling to remain connected to school or training and may need some practical support and encouragement. We try to work with the Young Person while involving whanau/family to be a part of the solution. YCD provides services within Youth Justice and those Young People who are at risk of presenting on the streets or becoming involved in the sex industry. We have a diverse cultural staffing structure to provide appropriate information , guidance and support. YCD works to develop, empower and encourage respect, wellbeing, accountability and independence.

301 Cashel Street Christchurch 8011



ycd@ycd.co.nz  Monday to Friday 8:30am-4:30pm

(03) 366 0866 All services free of charge.

(027) 562 6290 Referral may apply. http://ycd.co.nz

**Yellow Brick Road (formerly Supporting Families Canterbury)**

FSD0007462 Last updated 18/02/2021

Confidential Support

* For family, whanau and friends of those with mental illness (from 5 years). Information, advocacy,training programmes, peer support
* For those bereaved by suicide. Wrap around support and WAVES suicide bereavementprogramme. Suicide pre- and post-vention one on one service
* Qualified Fieldworkers with family experience
* No charge for services, minimal waiting time.

Evidence based programmes offered to family/whanau:

* Family Connections (BPD/ Emotional Dysregulation) Programme
* Children Understanding Mental Illness Programme - (CUMI) for children and young people from 5years
* WAVES (Adults Bereaved by Suicide) Programme
* Stepping Out for women struggling with a child (often adult) with mental illness.

 The Hub 275 Hereford Street Christchurch 8011

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| --- | --- |
| Helen@yellowbrickroad.org.nz  (03) 366 9284  (0800) 876 682 http://yellowbrickroad.org.nz      **YMCA Christchurch** | 8.30am - 5pm Monday to Friday.  All services free of charge. No referral required. |
| FSD0020286 | Last updated 22/06/2020 |

The YMCA of Christchurch is invested in the next generation. By this we mean that we are always thinking of how we can develop young people today, so that they will be great members of society tomorrow. We do this through a range of programmes, but also by empowering others in our community to be involved with our cause – because ultimately the future is all about making sure we raise our children and young people in the best way we can.

12 Hereford Street Christchurch Central Christchurch 8011



education@ymcachch.org.nz  Reception Desk is open 24hrs

(03) 377 2174 City Office is open Mon-Fri 8am-5pm

https://www.ymcachch.org.nz Bishopdale office is open Mon-Fri 7am-7pm

Wainui Camp office is open Mon-Fri 8am-5pm Education Centre is open Mon-Fri 9am-4pm Some charges may apply. No referral required.

## Classification : OSCAR

**YMCA South and Mid Canterbury**

FSD0019435 Last updated 13/07/2020

YMCA South and Mid Canterbury provides free, second chance education programmes to both youth and adults. Programmes also include recreation and sport for youth, youth holiday programmes for young people, supervision for children under Oranga Tamariki - Ministry for Children care as well as working in collaboration to deliver community events targeted at youth. We deliver or work alongside in excess of 1000 people within our community per year. Throughout the delivery of these programmes and services, we encourage the development of the 'whole' person. Our programmes and services are underpinned by our core values of HONESTY, CARING, RESPECT and RESPONSIBILITY.

 23 Butler Street Timaru 7910

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| --- | --- |
| keith@ymcasc.org.nz (03) 688 3682 http://www.ymcasc.org.nz    **Classification : YS**    **Youth Alive Trust** | 8.30am to 4.30 pm Monday to Friday All services free of charge. Referral may apply. |
| FSD0016347 | Last updated 15/01/2021 |

Youth Alive Trust was established in 1989 to serve children and young people in New Brighton, Christchurch. Our mission is to Build Brighter Futures with Young People in New Brighton through Practical Christian Service.

We aim to support them holistically; socially, emotionally, mentally and spiritually through our variety of programmes, in a fun and safe environment. To provide dedicated & enthusiastic staff and volunteers that make our programmes an exciting, vibrant and healthy place to be. Building inspiration, hope and values into the lives of our youngsters, which makes New Brighton, and our world a better and brighter place!

111 Seaview Road New Brighton Christchurch 8061



office@yat.org.nz  9am - 5pm Weekdays Office Hours

(03) 388 1001 Some charges may apply. http://www.yat.org.nz No referral required.

## Classification : OSCAR

**Youth Pathways**

FSD0023633 Last updated 01/10/2020

Youth Pathways is a Charitable Organisation focussing on the development of young people and their families. We offer a variety of programmes: Our Mana Programme which is focussed on reducing youth offending; our Mentoring Programme providing intensive and individualised support; our Fee for Service Mentoring available to anyone and popular with schools and NGO's looking for intensive mentoring for young people with a variety of needs; and our Champs Programme which is about getting young people involved in sport in their communities and uses sport and role models as a vehicle for change and development.

 22 Disraeli Street Addington Christchurch 8024

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| info@youthpathways.co.nz  (021) 270 2511 http://www.youthpathways.co.nz | Monday – Friday: 8:30AM – 5PM Some charges may apply.  Referral may apply. |

**Youthline - Central South Island**

FSD0006535 Last updated 13/07/2020

Free confidential 24/7 phone, text, email and web-chat counselling for young people. Online mentoring for 12-16 year olds. Youth Development and leadership training.

|  |  |
| --- | --- |
| admin@youthlinecsi.org.nz  (Free TXT) 234 (0800) 37 66 33 https://www.youthline.co.nz/csi.html      **Youthtown Inc: Christchurch** | Office open Monday to Thursdays  03-3794 795  admin@youthlinecsi.org.nz Central Christchurch  Helpline open 24/7  All services free of charge. No referral required. |
| FSD0018757 | Last updated 21/10/2020 |

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

 319a Stanmore Road Richmond Christchurch 8013

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| christchurch@youthtown.org.nz  (03) 381 3245 http://www.youthtown.org.nz | Monday to Friday  9am to 5pm  Some charges may apply.  No referral required. |

## Classification : OSCAR

# Family Violence

**Age Concern Canterbury Inc**

FSD0006654 Last updated 19/10/2020

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

24 Main North Road Papanui Christchurch 8053



team@ageconcerncan.org.nz  9am - 4.30pm Monday to Friday

(03) 366 0903 Some charges may apply.

(0800) 803 344 No referral required. http://www.ageconcerncan.org.nz

## Classification : EARS

**Andrew Winchester, Counselling and Supervision**

FSD0021197 Last updated 23/11/2020

Winchester Counselling provides an experienced counsellor, therapist, and supervisor who is passionate about a professional service and best results! Andrew is up to date with best practice having completed a masters in education with first class honours focused on counselling. He works effectively with individuals, couples, and families. He is an experienced supervisor working with people who work with people. He provides work place support through EAP to managers and staff. Andrew has worked in the relationship counselling,mental health, domestic violence, parent and migrant education, and general counselling fields with adults and youth.

Qualifications: CComPsyC BA (Hons) Social Work MEd (First class hons) (Counselling).

Memberships: Member of the New Zealand Association of Counsellors and International Centre of Excellence in Emotionally Focused Therapy.

Masters education in the following Counselling Models: EFT, ACT, SFBT, and MI.

 196 Colombo Road Sydenham Christchurch 8023

|  |  |
| --- | --- |
| winchestercounsellinganz@gmail.com  (027) 437 6497 http://winchestercounselling.co.nz | Please phone for a current available day and time. Winchester counselling and supervision will try and see you within 48 hours of first contact.  Some charges may apply.  No referral required. |

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

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| (03) 308 1395 http://www.safermidcanterbury.org.nz      **Aviva** | All services free of charge. Referral may apply. |
| FSD0007680 | Last updated 20/01/2021 |

Aviva is a Canterbury-based, specialist family and sexual violence agency dedicated to making New Zealand Aotearoa violence-free. We offer an extensive range of integrated, specialist services to support all people, children, youth and adults, to live free from violence and overcome its enduring harms.

Our services include:

* 24-hour phone advocacy, advice and support for Family Violence or Sexual Assault
* Ministry of Justice approved education programmes
* support to access refuge or alternate emergency accommodation through the use of otheragencies
* ReachOut service for those using violence
* Review home security needs
* specialist peer support from those with lived experience
* community development programmes
* No and Low Interest Loans

The Loft, Level 1, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch 8062 enquiries@aviva.org.nz  Support & Information line available 24/7 (0800) 28482 669 (AVIVA NOW) 0800 AVIVA NOW (284 82669)



(03) 378 3847 All services free of charge. https://www.aviva.org.nz No referral required.

## Classification : FVSS, SHSS

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

64 Langdons Road Papanui Christchurch 8053



CanterburyAMU@barnardos.org.nz  Office Hours Monday to Friday 8.00am - 4.30pm

(03) 365 3923 Some charges may apply.

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

## Classification : FVSS

**Barnardos - North Canterbury**

FSD0002651 Last updated 12/01/2021

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

Kaiapoi Community Centre 24 Sewell Street Kaiapoi 7630



canterburyamu@barnardos.org.nz  9.00 am - 5.00 pm Monday to Friday with

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| (0800) 227 627 (03) 378 2734 https://www.barnardos.org.nz/      **Battered Women's Trust** | appointments available outside of these hours by arrangement.  All services free of charge. No referral required. |
| FSD0007681 | Last updated 06/10/2020 |

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.

33 Sir William Pickering Drive Burnside Christchurch 8053



office@bwt.org.nz  Office hours are 9am - 5pm.

|  |  |
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| (03) 364 8900 (Crisis) (03) 332 4122 (office) http://www.womensrefuge.org.nz    **Classification : FVSS**    **Canterbury Men's Centre** | Crisis line is operational 24 hours a day. Call 0800 733 843 for Women's Refuge service Some charges may apply. No referral required. |
| FSD0000477 | Last updated 08/06/2020 |

Peer support for men who were sexually harmed. To empower male survivors of sexual abuse in their recovery process and to work towards changing the way the community views sexual abuse, the effects, the victims and the perpetrators.

Our support is largely from our Christchurch office.

21 Marshland Rd Shirley Christchurch 8064



survivor@canmen.org.nz  Mon - Fri 9am - 5 pm; (03) 377 6747 All services free of charge. https://canmen.org.nz/survivors/ No referral required.

**Canterbury Refugee Resettlement and Resource Centre**

FSD0024485 Last updated 07/01/2021

The Canterbury Refugee Resettlement and Resources Centre advocates on behalf of the refugee communities resettled in the Canterbury area. As the first contact point for agencies aiming to liaise with the wider community or individuals of refugee background, we work to disseminate relevant information, community skills, and knowledge through a grassroots approach to consultative communication.

CRRRC aims to bridge the gap between the refugee background people of all ages by creating a more harmonious, more welcoming, inclusive environment through building a shared respect, by connecting our common experiences and celebrating our differences.

39 Nursery Road Phillipstown Christchurch 8011



contact@canterburyrefugeecentre.org.nz  Office Hours: Monday-Friday 9:00am-3:00pm

(03) 377 2538 All services free of charge. https://www.cantyrefugeecentre.org/ No referral required.

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

(03) 335 0311 All services free of charge. http://www.crs.org.nz/ No referral required.

## Classification : FVSS

**Fale Pasifika O Aoraki Trust Society Incorporated**

FSD0019575 Last updated 05/04/2021

Fale Pasifika O Aoraki (FPOA) is an Organisation that started in 2008 which works with and for Pacific Island people in our region so that they are able to make a difference in their lives. FPOA will help pacific people with dealing with government departments, translation, prevention and intervention of family violence, our pacific island heritage, as well as family and individual support. We have a youth club as well as a mothers coffee club, which give support and help. We hold different workshops which are designed to promote health, enriching our culture and strengthening the future of pacific peoples. Our service is free and confidential.

Community House 27 Strathallan Street Timaru 7910



office@falepasifikaoaoraki.org.nz  weekdays open 9am - 5pm

(03) 687 7585 Some charges may apply.

(021) 057 3508 Referral may apply.

http://falepasifikaoaoraki.org.nz/?page\_id

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## Classification : FVSS, PACIFIC, THP

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**Hey Bro Helpline**

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

**Kaikoura District Council**

FSD0016977 Last updated 17/12/2020

The Kaikoura District Council considers that all of our services, functions and activities fit within the purpose of the Local Government Act (2012) and we can continue to work closely with the community to support Community-Led Development. We will always strive to improve the way these services and activities are managed to balance the quality of service against the cost of providing it.

level 2 96 West End Kaikoura 7300



susi@kaikoura.govt.nz  8am-4.30pm Mon - Fri (03) 319 5026 Closed on Public Holidays

http://www.kaikoura.govt.nz/ Closed between Christmas and New Year

All services free of charge. No referral required.

**Kaikoura Violence Free Network**

FSD0005746 Last updated 14/01/2021

The Kaikoura Family Violence Network is a group of community agencies working in a collaborative partnership to raise awareness of family violence and provide support in Kaikoura honouring the articles of Te Tiriti o Waitangi.

Level 2 96 West End Kaikoura 7300



kdc@kaikoura.govt.nz  8.30am to 4.30pm Monday to Friday

(03) 319 5026 All services free of charge. http://www.kaikoura.govt.nz No referral required.

**Mental Health Education and Resource Centre (MHERC)**

FSD0000495 Last updated 28/01/2021

The Mental Health Education and Resource Centre (MHERC) provides information, a free public library, as well as professional development, workplace education and community education about mental health, wellbeing, resilience, mental illness, and addictions. Our services are available to everyone, including those who may be affected by mental illness, seeking wellbeing for themselves or others, and those working in the mental health or social service sectors.

116 Marshland Road Shirley Christchurch 8061



admin@mherc.org.nz  Monday - Friday

|  |  |
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| (03) 365 5344 (0800) 424 399 http://www.mherc.org.nz | 9.00am - 4.30pm  Rural freephone at 0800 424 399 Some charges may apply.  No referral required. |

## Classification : FVSS

**Mid South Island Women's Refuge and Family Safety Services**

FSD0007682 Last updated 14/12/2020

Support and help for women and children who suffer from or experience family domestic violence.

Education programme for women and children.

Safe emergency accommodation.

24/7 Crisis line: 0800 007 750

Advocacy and support with legal, court, justice, Work and Income, Housing New Zealand.

12 Sarah Street Timaru 7910



office@scwr.co.nz  24 hour crisis line 0800 007750

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| (03) 684 8280 (0800) 00 77 50 http://www.womensrefuge.org.nz    **Classification : FVSS, SHSS** | Some charges may apply. Referral may apply. |

**Presbyterian Support North Canterbury - Ngawi Thompson Centre**

FSD0007783 Last updated 07/04/2021

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

258 High Street Rangiora 7400



NorthCant@psusi.org.nz  8.30am to 5pm Monday - Friday

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| (0800) 477 874 (03) 261 2888 http://psuppersouth.org.nz/ | Some charges may apply. Referral may apply. |

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

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| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS** | Monday - Friday  Some charges may apply.  No referral required. |

**Prisoners' Aid and Reintegration Society of Canterbury**

FSD0007233 Last updated 19/03/2021

A community organisation that provides support to prisoners, offenders and their families/whnau and New Zealanders who have been deported from Australia.

301 Tuam Street Christchurch Central Christchurch 8011



opmanager@parscanterbury.org.nz  Open 5 days per week, 9.30am-4.pm

(03) 371 9183 All services free of charge.

(0800) 727 754 No referral required. http://www.parscanterbury.org.nz

**Shakti Ethnic Women's Support Group Inc. (Christchurch)**

FSD0019347 Last updated 31/08/2020

The Shakti Ethnic Women's Support Group (Christchurch) was founded by ethnic women in Christchurch in response to the need for support services for migrant and refugee women (and their children) in South Island struggling to overcome the barriers associated with migration, isolation and domestic violence.

Christchurch Community House 301 Tuam Street Christchurch Central Christchurch 8011 sewsg@shakti.org.nz  Monday to Firday 9 am - 4 pm.



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| --- | --- |
| (0800) 742 584 (03) 940 9416 http://www.shakti-international.org/      **START - Christchurch** | 24/7 crisis call on 0800 number.  All services free of charge. No referral required. |
| FSD0000809 | Last updated 11/11/2020 |

* Specialist service for children, youth and adults who have experienced sexual abuse
* Counselling for children, youth and adults
* Support for their whanau
* Consultation for wider community
* Prevention / education for wider community

448 Innes Road Christchurch 8052



admin@starthealing.org  9.00am - 5.00pm Tuesday - Friday.

(03) 355 4414 9.00am - 6.00pm Monday (027) 952 5986 Some charges may apply. http://www.starthealing.org Referral may apply.

## Classification : SHSS

**STOP - Child, Adolescent and Adult Services Christchurch**

FSD0000812 Last updated 17/07/2020

STOP works to end sexual abuse by providing treatment for children, adolescents, and adults who have sexually abused or been engaged in harmful sexual behaviour.

Adolescent Services cover Canterbury, West Coast, Marlborough, Otago, Southland districts.

Adult Services cover Canterbury, Dunedin, Marlborough.

info@stop.org.nz  8.30am - 5.00pm Monday to Friday.

(03) 353 0257 All services free of charge. http://www.stop.org.nz Referral may apply.

## Classification : SHSS

**Stopping Violence Services (Christchurch) Inc**

FSD0000841 Last updated 29/07/2020

Stopping Violence Services (SVS) has been a provider of non violence programmes to the wider Christchurch community for over 35 years. SVS provides mandated and non mandated non violence programmes for men and women. In the Christchurch area SVS provides a Pasifika Service for men & women and their families at no cost. Limited funding is available for referrals wishing to engage on an adult programme who can not afford to pay a $90 session fee. Through the Ministry of Justice, SVS provides Strengthening Safety Services for men who are victims of violence. SVS provides free support to males and females who receive a Police Safety Order. Enabling Youth - SVS's youth section provides free programmes for male and female youth from 11 - 24yrs, and their caregivers.

36 Lismore Street Waltham Christchurch 8011



info@svschch.org.nz  Monday to Friday 8.30am-5.00pm (03) 365 6266 Evening groups from 6pm - 9pm (0800) 478 778 Some charges may apply. http://www.svschch.org.nz No referral required.

## Classification : FVSS

**Te Puna Oranga Incorporated**

FSD0000862 Last updated 12/08/2020

We are Kaupapa Maori Community Service Organisation, who are committed to working with Whanau within a holistic approach. Services offered are; Maori sexual abuse healing, abuse prevention education, Maori youth & whanau advocacy services.

687 Worcester Street Linwood Christchurch



info@tepunaoranga.co.nz  9am-5pm Monday to Friday.

(03) 381 8472 All services free of charge.

No referral required.

## Classification : FVSS, SHSS

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062 info@maatawaka.org.nz  Monday to Friday - 8:00 to 4:30



(03) 382 6628 Some charges may apply. https://maatawaka.org.nz Referral may apply.

## Classification : BFC, FVSS

**Te Whare Hauora (Otautahi Women's Refuge)**

FSD0007679 Last updated 19/10/2020

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

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| admin@tewharehauora.com  (03) 379 6910  (0800) 11 74 74 | 24/7 hour Crisisline Support  0800 117474  All services free of charge.  No referral required. |

**The Loft**

FSD0024423 Last updated 22/10/2020

The Loft is a pioneering, collaborative partnership, established in 2016 and currently consists of 12 social and community service providers in Christchurch. Based in Eastgate Mall we work in close partnership with Linwood Library, Linwood Medical Centre and Local MP Poto William's. Our purpose is to enhance outcomes for children, young people, families and communities through colocation and collaboration of social, health and community services

Level 1 20 Buckleys Road Linwood Christchurch 8062



manager@theloftchristchurch.org.nz  9am - 5pm Monday to Friday

(0800) 865 638 All services free of charge. https://www.theloftchristchurch.org.nz/ No referral required.

**TOUGHLOVE New Zealand**

FSD0004147 Last updated 23/10/2020

TOUGHLOVE New Zealand is a non-profit organisation providing support and education, that gives parents confidence to cope with unacceptable adolescent behaviour.

8 Athelstan Street Spreydon Christchurch 8024



toughlovenz.info@gmail.com  Contact by email. Email is checked regularly

(0800) 868 445 Some charges may apply.

(03) 337 9452 No referral required. http://www.toughlove.org.nz

**Valerie Attrill Counselling**

FSD0000311 Last updated 04/02/2021

Counselling, consultations and clinical supervision. Assists with workplace management and staff relationships, personal identity/and self development, sexual orientation/sexual identity/gender and transgender, relationship issues, intimacy and sexual issues, emotional problems, anger and rage:

understanding & management, grieving support and understanding, loss of motivation through depression, loss of autonomy through anxiousness, spirituality exploration.

 88A Pine Avenue New Brighton Christchurch 8061

attrillvalerie@gmail.com  Week daytime and Evening appointments (027) 436 9807 available. No weekend appts.

http://www.valerieattrill.nz New Brighton. Appointment times negotiated

with flexibility.

Some charges may apply. No referral required.

**Victim Support - Christchurch**

FSD0000247 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 - Mid Canterbury**

FSD0005989 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 - North Canterbury**

FSD0002652 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, seven days a week.  All services free of charge.  No referral required. |

**Victim Support - South Canterbury**

FSD0015721 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. |

**West Christchurch Women's Refuge**

FSD0000886 Last updated 01/10/2020

The objectives of West Christchurch Women's Refuge are to eliminate violence and to protect and promote the rights of women, children, families and whanau to live in environments free from violence and abuse. We meet our objectives through the provision of services and by raising public awareness of domestic violence and related issues.

Our services include a 24 hour crisis line; crisis response services; residential safe house; residential support services; community outreach services; national home safety service Whanau Protect; advocacy & support; education. For support, please ring our Crisis Line : 03-379-0575 or 0800 REFUGE (0800 733 843). In an emergency, please ring 111.

w.w.r@xtra.co.nz  24hour/7 days a week - via the 24 hour crisis line

(03) 379 0575 (Crisis Line) All services free of charge.

(0800) 733 843 (REFUGE) No referral required.

http://www.westchchwomensrefuge.org.nz

# Health

**Access - Christchurch ( Main regional office )**

FSD0002653 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.

9 Baigent Way Middleton Christchurch 8024



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

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| --- | --- |
| (03) 366 0400 (0800) 284 663 http://www.access.org.nz | After hours 7.00am-10.00pm, call 0800 AT HOME (0800 284 663).  All services free of charge.  Referral may apply. |

**Alzheimers NZ - South Canterbury**

FSD0006737 Last updated 05/02/2021

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

Community House 27 Strathallan Street Timaru 7940



southcanterbury@alzheimers.org.nz  9am to 4pm Monday to Fridays

(03) 687 7583 All services free of charge. http://www.alzheimers.org.nz No referral required.

**Ankylosing Spondylitis Information and Support Group**

FSD0000117 Last updated 01/03/2021

Information, support, sharing and caring.

 Arthritis New Zealand 3/15 Washington Way Sydenham Christchurch 8011

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| --- | --- |
| rochelle.molloy@arthritis.org.nz  (03) 366 8383  (0800) 663 463 http://www.arthritis.org.nz/      **Arowhenua Whnau Services** | Monday- Friday 9am - 3.30pm Some charges may apply. No referral required. |
| FSD0019560 | Last updated 10/11/2020 |

Arowhenua Whnau Services is a Maori provider offering health care to all people in the South Canterbury District.

We offer: Primary health nurse lead clinics, a Whanau Ora nurse working with whnau with multiple illness, mental health team who work with people with a mental health diagnosis mild to moderate, Tamariki Ora nurse who works with whnau and ppe, Te Wnanga hauora for all to attend and

Smoke free education to help you succeed at giving this habit away. We also provide Whanau Ora Tinana and Mokopuna Ora Navigators, who work with Mori whnau. The Attendance Advisory works with schools and whnau as to why the child is absent from school.

94 King Street Temuka 7920



admin@aws.health.nz  Opening hours

|  |  |
| --- | --- |
| (03) 615 5180 http://aws.health.nz/ | Monday - Friday 9 - 4.30 All services free of charge.  No referral required. |

**Arthritis New Zealand - Ashburton**

FSD0006763 Last updated 02/03/2021

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

|  |  |
| --- | --- |
| info@arthritis.org.nz (0800) 663 463 http://www.arthritis.org.nz | Some charges may apply. No referral required. |

**Arthritis New Zealand - Canterbury**

FSD0000632 Last updated 01/03/2021

Information, support, sharing and caring.

3/15 Washington Way Sydenham Christchurch 8011



rochelle.molloy@arthritis.org.nz  A support group/social meeting for people

|  |  |
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| (03) 366 8383  (0800) 663 463 http://www.arthritis.org.nz/ | affected by Arthritis is held on the first  Wednesday of each month at different venues in the city.  Some charges may apply.  No referral required. |

**Arthritis New Zealand - Timaru (South Canterbury)**

FSD0006768 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      **Birth Rite Midwives** | Some charges may apply. No referral required. |
| FSD0020832 | Last updated 07/12/2020 |

We are a group of midwives in Christchurch who provide midwifery care with a focus on working with youth.

Unit 2 197 Linwood Ave Linwood Christchurch 8011



birthritemidwives478@gmail.com  We provide all care in the woman's home and

(027) 247 8478 are available 24/7 for pregnancy and childbirth

services. For routine midwifery care we provide visits in normal office hours 7 days a week.

All services free of charge. No referral required.

**Breastfeeding Support - Breast Start La Leche League Christchurch**

FSD0007208 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.

|  |  |
| --- | --- |
| breaststartchristchurch@gmail.com  (03) 337 0841 Rukmini (03) 348 2231 Sarah http://www.lalecheleague.org.nz | Anytime  Please see our Facebook page or contact us for meeting information Koha/donation may apply.  No referral required. |

**Breastfeeding Support - La Leche League Timaru**

FSD0019588 Last updated 03/07/2020

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.

Timaru Parents Centre Rooms 38 Stafford St Timaru



help@lalecheleague.org.nz  Free monthly meetings held on the 3rd (03) 684 9851 (Sarah) Wednesday of each month (except January) http://www.lalecheleague.org.nz/ 10am.

Parents Centre, 38 Stafford St, Timaru.

Telephone counselling available anytime.

Koha/donation may apply. No referral required.

**Cambridge Clinic Canterbury Ltd**

FSD0000167 Last updated 07/09/2020

To provide medical services for male & female, adults and adolescents aged 13 years and over who have been sexually assaulted whether recently or in the past.

119 Bealey Avenue Christchurch 8013



office@cambridgeclinic.co.nz  Urgent referrals will be seen on the same day for

(03) 366 0067 acute and forensic management, if referred by

http://cambridgeclinic.co.nz the Police. Non urgent referrals will be seen within 1-2 weeks where possible by appointment.

All services free of charge. Referral may apply.

**Camp Quality (Christchurch)**

FSD0000168 Last updated 14/08/2020

At Camp Quality we are dedicated to bringing fun, hope and happiness to the lives of children aged 5 to 16 living with cancer, their families and communities, through provision of high quality recreational experiences.

|  |  |
| --- | --- |
| admin@campquality.org.nz  (0800) 226 778 http://www.campqualitynz.org.nz/      **CanBreathe** | by email anytime  All services free of charge. No referral required. |
| FSD0006773 | Last updated 03/11/2020 |

Canbreathe is a non-profit organisation which provides education and support to people with asthma, COPD and other respiratory conditions. Services included individual and group education, sale and hire of neblisers and nebuliser consumables, Spirometry (lung function) testing, smoking cessation support and telephone advice.

196 Hills Road Edgeware Christchurch 8013



office@canbreathe.org.nz  Office Hours:

|  |  |
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| (03) 386 0278  (03) 356 0279 http://canbreathe.org.nz/ | Monday - Friday 9.00am - 4.00pm All services free of charge.  No referral required. |

**Cancer Society - Kaiapoi Support Group**

FSD0002662 Last updated 29/03/2021

Seeking to minimise the impact of cancer in the community through support, education and research.

50 Isaac Wilson Road Kaiapoi 7630



(03) 327 6195  Anytime.

All services free of charge. No referral required.

**Cancer Society Accomodation Services - Daffodil House & Daffodil**

**Lodge**

FSD0000290 Last updated 17/07/2020

Provides accommodation, companionship and support for cancer patients and caregivers who are facing extended time away from the comfort and surroundings of their own home. Also available for day patients. The Oncology Centre at Christchurch Hospital can arrange accommodation at your request. Referrals from other health professionals, Cancer Society staff, Rural Support Group Co-ordinators and self referrals are also accepted. Patients are not charged for accommodation. If eligible, a claim will be made on your behalf for a government subsidy

Daffodil House 91 Papanui Road Christchurch



accommodation@cancercwc.org.nz  Some charges may apply.

(03) 377 6415 No referral required.

(0800) 226 237 http://www.cancernz.org.nz

**Cancer Society of NZ - Canterbury & West Coast**

FSD0000171 Last updated 02/03/2021

We can help by providing the following: Practical and emotional support at the Centre, at home, our Information and Learning Centre at the Hospital, or by phone; information about cancer; Library - books and audio visual resources ; volunteers for practical help and support; support groups; education; talks; self help support groups; breast cancer support services; this is a free and confidential service.

97 Fitzgerald Avenue Christchurch 8011



contact@cancercwc.org.nz  Monday-Friday 8.30am-5pm

(03) 379 5835 All services free of charge. http://www.cancernz.org.nz No referral required.

**CanTeen - Christchurch**

FSD0006244 Last updated 04/12/2020

The New Zealand organisation supporting young people living with cancer, aged 13-24 years, either as a patient, sibling or bereaved sibling.

23 Cambridge Terrace Christchurch Central Christchurch 8013



info@canteen.org.nz  Mon-Fri 9am - 5pm (varies according to events / (021) 562 245 activities from week to week)

(0800) 226 8336(CANTEEN) All services free of charge. http://www.canteen.org.nz No referral required.

**Canterbury Breastcare**

FSD0000177 Last updated 09/04/2021

Specialist medical services including radiology and surgical, providing integrated management of breast problems. Screening and diagnostic mammography.

L2 Leinster Chambers, St. George's Medical Centre 249 Papanui Road Strowan Christchurch manager@breastcare.co.nz  Monday-Thursday, 8am-8pm; Friday, 8am-5pm



(03) 355 1194 Some charges may apply. http://www.canterburybreastcare.co.nz/ No referral required.

**Canterbury Charity Hospital Trust**

FSD0023414 Last updated 11/01/2021

Provides free medical treatments, day surgery, dentistry, oral surgery and counselling to Cantabrians in need.

Our patients have been turned down by the public health system, don't have medical insurance nor can they afford to have their treatment privately. They need to have a referral from their GP or dentist.

Our services are free because we have a wonderful group of 300 volunteer surgeons, dentists, anaesthetists, nurses, counsellors, support staff etc who donate their time.

349-353 Harewood Road Bishopdale Christchurch 8053 reception@charityhospital.org.nz  During office hours



(03) 360 2266 All services free of charge. http://www.charityhospital.org.nz Referral may apply.

**Canterbury Refugee Resettlement and Resource Centre**

FSD0024485 Last updated 07/01/2021

The Canterbury Refugee Resettlement and Resources Centre advocates on behalf of the refugee communities resettled in the Canterbury area. As the first contact point for agencies aiming to liaise with the wider community or individuals of refugee background, we work to disseminate relevant information, community skills, and knowledge through a grassroots approach to consultative communication.

CRRRC aims to bridge the gap between the refugee background people of all ages by creating a more harmonious, more welcoming, inclusive environment through building a shared respect, by connecting our common experiences and celebrating our differences.

39 Nursery Road Phillipstown Christchurch 8011



contact@canterburyrefugeecentre.org.nz  Office Hours: Monday-Friday 9:00am-3:00pm

(03) 377 2538 All services free of charge. https://www.cantyrefugeecentre.org/ No referral required.

**Cardiac Companions Association Inc.**

FSD0000201 Last updated 25/08/2020

Membership consists mainly of heart patients and their spouses. The aims of the association are to provide rehabilitation and support and to provide exercise programmes to maintain an appropriate level of fitness. Also support hospitals with assistance for cardiac patients.

rudi.brink@gmail.com  Monday 7:30-8:30pm Exercise at Physiotherapy,

(03) 359 5517 Burwood Hospital Gym

Monday & Wednesday 7-9pm Exercise in

Heated Pool Burwood Hospital

Friday 10am-12pm Exercise at Avonhead Baptist

Church, Avonhead Rd Some charges may apply. Referral may apply.

**CHARGE Syndrome Australasia**

FSD0005876 Last updated 26/01/2021

Provides support and information to families who have a child with CHARGE Syndrome.

m.rich@chargesyndrome.org.au  7 days a week. Anytime http://www.chargesyndrome.org.nz All services free of charge.

No referral required.

**Christchurch Kidney Society Incorporated**

FSD0000236 Last updated 01/12/2020

Primary function is one of a patient support group offering assistance, fellowship and social opportunities to any person affected by renal failure, their families, whanau and supporters

Ground Floor 55 Lunns Road Middleton Christchurch 8024



christchurch.kidney.society@gmail.com  Kidney Information Centre open: Monday-Friday,

(03) 341 0906 10am - 1pm - most days open longer, so please

(021) 286 0309 ring first

All services free of charge. No referral required.

**Christchurch Post Polio Support Group**

FSD0000662 Last updated 18/01/2021

Support for post Polio people and their families. As a group we arrange outings, give information to those needing help, have monthly meetings and send out a monthly newsletter. We also hire out the Burwood Hospital Pool for an hour on Sunday mornings from 10:00am - 11:00am for aqua exercise.

146 Pages Road Wainoni Christchurch 8061



alison.walshe48@gmail.com  Anytime

(03) 381 0646

(027) 728 7062 Monthly meetings 4th Wed of the month 10am -

12pm in Sommerset room, South City service centre.

Some charges may apply. No referral required.

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

(03) 335 0311 All services free of charge. http://www.crs.org.nz/ No referral required.

## Classification : FVSS

**Christchurch Sexual Health Centre**

FSD0000242 Last updated 06/07/2020

Free confidential advice, examination and treatment of all sexually transmissible Infections. Because we are a Canterbury District Health Board Outpatient Department clients must meet specific criteria for entry. We have limited appointments so appointments will be prioritised as necessary.

314 Riccarton Road Upper Riccarton Christchurch 8041



shc@cdhb.health.nz  Appointment only.

|  |  |
| --- | --- |
| (03) 364 0485 (027) 212 7335 https://www.cdhb.health.nz/healthservices/christchurch-sexual-healthservice/      **CINCH** | Monday, Tuesday, Thursday, and Friday, 09:10am - 17:00pm.  Wednesday, 11:00am - 19:30pm  Closed weekends  All services free of charge. No referral required. |
| FSD0019870 | Last updated 26/03/2021 |

A directory listing clubs / organisations in Christchurch and surrounding districts. CINCH covers a wide range of subject listings. CINCH has Google Maps, Print and Export functions as well as a Mobile version of the website. Users can also add / update their details directly using the update forms

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| --- | --- |
| cinch@ccc.govt.nz (03) 941 7923 http://cinch.org.nz | Website available 24/7 All services free of charge.  No referral required. |

**Community and Public Health - Timaru Office**

FSD0019589 Last updated 15/04/2021

To deliver public health services in Canterbury and the West Coast. Public health services are population-based health promotion and health protection activities that are concerned with whole populations, or groups such as children or elderly people, rather than individuals. We can provide public health services, advice and corporate services to both the public and private sectors in a wide range of areas.

Also provider of a variety of free health information resources including pamphlets, posters and stickers from the Ministry of Health and other organisations.

Ground Floor, Woollcombe House 18 Woollcombe Street Timaru 7910 firstname.lastname@cdhb.health.nz  8.30am - 5:00pm



(03) 687 2600 Monday - Friday

http://cph.co.nz All services free of charge.

No referral required.

**Community Health Information Centre**

FSD0000270 Last updated 27/08/2020

provides a variety of free health information resources including pamphlets, posters and stickers from the Ministry of Health and other organisations. Also have a range of items available for loan free of charge including videos, DVDs, educational kits, books and Ministry of Health documents.

310 Manchester Street Christchurch



chic@cdhb.health.nz  Mon to Fri 8am - 5pm (03) 364 1777 All services free of charge. http://www.cph.co.nz/ No referral required.

**Community Public Health - Christchurch Office**

FSD0000269 Last updated 24/08/2020

Community and Public Health delivers public health services in Canterbury, the West Coast and the Chatham Islands (as a division of the Canterbury District Health Board).

Public health services are focussed on population groups (such as children or elderly people) or settings (such as schools and workplaces) - rather than individuals. This includes health promotion and health protection activities that are concerned with improving the health of communities. We can provide services and advice to both the public and private sectors in a wide range of areas.

310 Manchester Street Christchurch 8013



(03) 364 1777  Monday to Friday 8am to 5pm. https://www.cph.co.nz All services free of charge.

No referral required.

**Community Youth Worker - Rangiora**

FSD0002710 Last updated 27/07/2020

Working with young person and their family in the community to provide services that support positive youth development.

Level 1 29 High St Rangiora 7400 cywdistrict@wellbeingnc.org.nz  Available by mobile phone as first contact point.



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| (027) 245 0203 (03) 394 9114 https://wellbeingnc.org.nz/ | All services free of charge. Referral may apply. |

**Cystic Fibrosis New Zealand - Canterbury**

FSD0015031 Last updated 24/07/2020

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

canterbury@cfnz.org.nz  Monday - Friday 9am - 5pm.

(03) 323 5383 All services free of charge.

(021) 022 21203 No referral required. http://www.cfnz.org.nz

**Dementia Canterbury**

FSD0000016 Last updated 31/10/2020

Support and Education to people with dementia, their family/whanau and friends. We aim to make life better for all people affected by dementia.

admin@dementiacanterbury.org.nz  Office Hours: Monday to Friday 8.30am -

(0800) 444 776 4.30pm

(03) 379 2590 All services free of charge. http://www.dementiacanterbury.org.nz/ No referral required.

**Diabetes Christchurch Inc**

FSD0007809 Last updated 31/08/2020

We provide diabetes information, support and education for people, family and whanau with diabetes as well as providing speakers for community groups. We have a shop with diabetes medical products, foot products, shoes and socks, a range of diabetes & Gluten Free cookbooks, sugar free sweets and drinks and a large range of jam spreads, sauces, pickles and toppings for people with diabetes. We have a weekly armchair exercise class every Friday morning and monthly support group meeting and/or activities, books, videos and DVD's, as well as a regular local diabetes magazine. For information about us and what we can provide, please visit our website and online shop at www.diabeteschristchurch.co.nz

21 Carlyle Street Sydenham Christchurch 8023



info@diabeteschristchurch.co.nz  Monday to Friday, 9.00am - 4.00pm

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| (03) 925 9972 http://www.diabeteschristchurch.co.nz | Some charges may apply. No referral required. |

**Diabetes Youth Canterbury Inc**

FSD0004323 Last updated 16/07/2020

Provides support, events and products for children and teenagers with diabetes and their families.

123 Patterson Terrace Halswell Christchurch 8025



diabetesyouthcanterbury@gmail.com  Available by phone at most times, within reason

(021) 396 867 and email at any time http://www.diabetesyouthcanterbury.co.nz All services free of charge.

/ Referral may apply.

**Disability Information Service**

FSD0015159 Last updated 14/01/2021

To provide information and advice on all aspect of disability issues and awareness.

 CCS Disability Action 2-4 Victoria Street Timaru 7910 admin.southcanterbury@ccsdisabilityactio  Monday - Friday 9.00 am to 3.30 pm

n.org.nz All services free of charge.

(03) 684 7151 No referral required.

(0800) 227 2255 https://www.ccsdisabilityaction.org.nz/cont act/branch-information/timaru/

**Dyspraxia Support Group of NZ**

FSD0001867 Last updated 24/03/2021

Our organisation will empower, educate and support all people impacted by Developmental Coordination Disorder (DCD)/Developmental Dyspraxia.

Room 10 & 11 53 Kendel Ave Burnside Christchurch 8052



dyspraxia.centre@xtra.co.nz  By appointment

(03) 358 3249 Some charges may apply. http://www.dyspraxia.org.nz No referral required.

**Endometriosis New Zealand**

FSD0003559 Last updated 02/12/2020

Endometriosis New Zealand is the organisation representing those with endometriosis, adenomyosis and pelvic pain in New Zealand, working with those who treat these conditions and health decision makers to reform care. ENZ provides world-leading education in schools through its me™ programme, community education, information, support services through its ENDOHELP programmes and advocacy to get the job done!

info@nzendo.org.nz  Monday-Friday 9.00am - 4.00pm. Answerphone

(03) 379 7959 outside of these hours. http://www.nzendo.org.nz Koha/donation may apply.

Referral may apply.

**Epilepsy Association of New Zealand Canterbury/West Coast**

**Branch**

FSD0007005 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.

6 Vialou Street Hamilton Central Hamilton 3204



judith.wn@epilepsy.org.nz  Please phone 0800 EPILEPSY to arrange an (0800) 37 45 37 (0800 EPILEPSY) appointment with your local Educator.

(027) 270 6689 All services free of charge. http://www.epilepsy.org.nz No referral required.

**Fale Pasifika O Aoraki Trust Society Incorporated**

FSD0019575 Last updated 05/04/2021

Fale Pasifika O Aoraki (FPOA) is an Organisation that started in 2008 which works with and for Pacific Island people in our region so that they are able to make a difference in their lives. FPOA will help pacific people with dealing with government departments, translation, prevention and intervention of family violence, our pacific island heritage, as well as family and individual support. We have a youth club as well as a mothers coffee club, which give support and help. We hold different workshops which are designed to promote health, enriching our culture and strengthening the future of pacific peoples. Our service is free and confidential.

Community House 27 Strathallan Street Timaru 7910



office@falepasifikaoaoraki.org.nz  weekdays open 9am - 5pm

(03) 687 7585 Some charges may apply.

(021) 057 3508 Referral may apply.

http://falepasifikaoaoraki.org.nz/?page\_id

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## Classification : FVSS, PACIFIC, THP

**Family Help Trust - Christchurch**

FSD0000323 Last updated 02/11/2020

An intensive long term home based social work service for parents with multiple difficulties parenting infants and toddlers. Also offers organisational capability mentoring. Please see service detail for more information.

The Loft Eastgate mall 20 Buckleys Road Linwood Christchurch 8062 libby@familyhelptrust.org.nz  8.30am - 4.30pm Monday to Friday.



(03) 365 9912 All services free of charge. http://www.familyhelptrust.org.nz No referral required.

**Family Planning Clinic - Christchurch**

FSD0007043 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.

Ground Floor 9 Washington Way Christchurch 8011



(03) 379 0514  Please call to make an appointment. http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Rangiora**

FSD0007036 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.

15 Durham Street Rangiora 7400



(03) 313 6697  Appointments available:

http://familyplanning.org.nz Thursday 10.30am - 6.45pm

Call us on 8am to 6pm Monday to Friday, and 9am to 1pm on Saturdays for appointment.

Some charges may apply. No referral required.

**Family Planning Clinic - Timaru**

FSD0007037 Last updated 14/09/2020

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.

14 Butler Street Timaru 7910



(03) 684 3872  Please ring to make an appointment.

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| http://www.familyplanning.org.nz      **Fibromyalgia Support Group** | Some charges may apply. No referral required. |
| FSD0000335 | Last updated 01/03/2021 |

Provides information, educational seminars and support to those affected with fibromyalgia.

Arthritis New Zealand 3/15 Washington Way Sydenham Christchurch 8011 rochelle.molloy@arthritis.org.nz  Monday to Friday 9am - 3.30pm



(0800) 663 463 All services free of charge.

(03) 366 8383 No referral required. http://www.arthritis.org.nz/

**Find Your Midwife**

FSD0005683 Last updated 22/12/2020

An online directory of midwives throughout New Zealand designed to help you find maternity care. Find Your Midwife allows you to search by region, due date, language requirements and provides up to date availability of midwives.

376 Manchester Street Christchurch



admin@findyourmidwife.co.nz  24 hours

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| --- | --- |
| (03) 377 2732 http://www.findyourmidwife.co.nz      **Florence Nightingale Agency** | All services free of charge. No referral required. |
| FSD0000341 | Last updated 12/02/2021 |

Home help and housekeeping - ACC registered provider.

100 Moorhouse Ave Christchurch



info@florence2care.co.nz  Monday to Friday: 8:am-6pm

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| (03) 366 8630 http://www.florence2care.co.nz/ | All services free of charge. No referral required. |

**Friends of Children in Hospital, Inc - Christchurch**

FSD0000348 Last updated 17/02/2021

Support for children and their parents in hospital through fund-raising for extras, liaison with hospital staff, Play Supervisor and children's Christmas party

jrandle@xtra.co.nz  We are a small incorporated society which meets (03) 332 4940 monthly in a private home. Home phone can

leave a message/or email.

All services free of charge. No referral required.

**Friends of Rangiora Hospital Society**

FSD0000350 Last updated 29/03/2021

Support for staff and patients in hospital through fund-raising for amenities and to promote the hospital and its functioning

Rangiora Hospital - Ashley Street RD2 Rangiora



woodso@xtra.co.nz  The monthly meeting is the last Monday of each (03) 313 2266 month at 7.30pm at Rangiora Hospital (027) 626 6094 All services free of charge.

No referral required.

**Gastric Reflux Support Network New Zealand for Parent of Infants &**

**Children Charitable Trust**

FSD0000352 Last updated 12/01/2021

Gastric Reflux Support Network NZ for Parents of Infants and Children Charitable Trust (GRSNNZ) are committed to provide support and information to families caring for infants and children with gastric reflux and associated conditions (e.g. laryngomalacia, eosinophillic oesophagitis) throughout NZ.

We believe that families living with Infant Gastric Reflux have the right to:

Support,

Safe up to date information,

Confidentiality,

Guidance to access community services,

Contact with other parents and staff who understand.

Our services include:

Local Support Network groups which are private to ensure privacy and confidentiality,

Social Media including a Facebook page accessible from our website,

Information which can be viewed from our website,

Phone contact and Email Form contact - please see our website for details.

contact@cryingoverspiltmilk.co.nz  Mon - Fri

(0800) 380 517 All services free of charge.

(022) 585 5935 (phone/text) No referral required. http://www.cryingoverspiltmilk.co.nz

**Haemophilia Foundation of NZ**

FSD0002670 Last updated 28/09/2020

HFNZ provides care, education, advocacy and support to people with bleeding disorders in New Zealand and their families /whanau.

|  |  |
| --- | --- |
| info@haemophilia.org.nz  (03) 371 7477 http://www.haemophilia.org.nz | 9.00 am - 3.00 pm Monday to Thursday  9.00 am - 12.00 pm Friday All services free of charge.  No referral required. |

**Harakeke Club-Canterbury**

FSD0000375 Last updated 14/12/2020

A friendly, needs-based day programme for people with Alzheimer's disease or related dementia. Transport is available to and from the club for $10 and a midday meal, morning and afternoon teas provided. The centre is a purpose-built stand alone dementia specific facility and is managed by professionally trained staff who take an holistic approach to healthcare. A maximum of 18 clients attend daily. Secure garden setting. Varied and needs based programme. Subsidies may apply.

7A Harakeke Street Riccarton Christchurch



campbellc@psusi.org.nz  Monday-Friday, 8.30am - 5pm (0800) 477 874 Some charges may apply. https://enlivenuppersouth.org.nz/ Referral may apply.

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**Head and Neck Group**

FSD0000471 Last updated 08/03/2021

A support group for people who have had a Head and Neck Cancer, their whanau, families and friends. Supported by the Clinical Nurse Specialist. This group meets 6-8 weekly on a Thursday

5.30 pm - 7.00 pm.

97 Fitzgerald Avenue Christchurch 8011



contact@cancercwc.org.nz  Every 6-8 weeks on a Thursday at 5.30pm.

(03) 379 5835 Phone for more information http://www.cancernz.org.nz All services free of charge.

No referral required.

**HealthCare NZ - Christchurch**

FSD0006279 Last updated 12/11/2020

We are committed to enabling all New Zealanders to have greater independence and quality of life.

We achieve this by providing a variety of home and community-based services where age, disability, illness or accident make such support necessary.

Our services range from supporting people with domestic tasks and personal care, to providing specialised nursing services which are catered towards more complex health needs. We also provide mental and addiction services to support our clients to lead ordinary lives in the community, whatever their level of need.

Our business is quality: Quality of life for our clients delivered through quality services by quality people

29 Sir William Pickering Drive Burnside Christchurch 8053



christchurch.office@healthcarenz.co.nz  8.00am - 5.00pm Monday to Friday

(03) 377 7527 Some charges may apply.

(0800) 227 348 No referral required. http://www.healthcarenz.co.nz

**HealthCare NZ - Timaru**

FSD0006295 Last updated 24/03/2021

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 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!

37 Hassall Street Parkside Timaru 7910



timaru.office@healthcarenz.co.nz  Normal business hours and after-hours service

(03) 688 5141 (24 hour)

http://www.healthcarenz.co.nz All services free of charge.

No referral required.

**HealthInfo Canterbury**

FSD0021254 Last updated 24/11/2020

HealthInfo is an easy-to-use health information website for the people of Canterbury, South Canterbury, the West Coast and the Southern district.

On it, you'll find up-to-date information about many health conditions and diseases, medications, tests and procedures, local support groups and organisations, as well as tips for keeping healthy.

You can trust the information as it is written or approved by local health professionals.

Health.Info@cdhb.health.nz  24 hours a day, seven days a week

(03) 364 4167 All services free of charge. http://www.healthinfo.org.nz No referral required.

**Heart Foundation - Canterbury**

FSD0006478 Last updated 07/08/2020

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 can create a foundation for keeping hearts healthy into the future.

Unit 5 357 Madras Street Christchurch emmag@heartfoundation.org.nz  All services free of charge.



(03) 366 2112 Referral may apply.

(0800) 863 375 http://www.heartfoundation.org.nz/

**Heart Kids Canterbury**

FSD0000384 Last updated 28/09/2020

Heart Kids is the only organisation in NZ that provides lifelong support to children living with a heart condition. Every week, 12 babies are born with a heart condition and childhood heart disease takes more lives than all other childhood diseases combined. Children with heart conditions need functional and emotional support throughout their lives. That's what we are here for and that's why we have children, teens, grown up heart kids Kids and families.

Heart Kids Canterbury is one of the biggest branches and covers greater Canterbury, Hurunui and Kaikoura.

We provide heart children and families free access to our services.

We Support Kids, Teens, Adults and Families.

We Provide Functional and Emotional Support.

We Fund Equipment.

We Educate.

We Inform.

We Listen, We Learn, We Act.

We Make a Difference.

info@heartcanterbury.org.nz  Our teams work part time from home. The (03) 940 9430 Services Coordinator generally works Monday to (021) 243 3902 Thursday but Family support team work other http://www.heartkids.org.nz times - so contact and we will do all we can to help.

All services free of charge. No referral required.

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



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| (03) 961 9248 (029) 263 7580 http://www.heartlandservices.govt.nz      **Help4U** | Wed 9:30am – 5:00pm  All services free of charge. Referral may apply. |
| FSD0023078 | Last updated 26/03/2021 |

Help4U provides navigation services to those requiring access to health services or to other social services provided by NGOs and other organisations.

We work with patients and other providers to ensure the health and social needs of patients are being met. Predominantly working through General Practice, Help4U also works with individuals who may want to explore other services they may be able to access.

Level 1 69 Corsair Drive Wigram Christchurch 8042



info@help4u.co.nz  Office Hours are 8:30am to 5:30pm

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| (03) 377 4357 (0800) 435 748 http://www.help4u.co.nz | After Hours Phone on 24/7 Some charges may apply.  No referral required. |

**Hepatitis C Community Clinic**

FSD0021207 Last updated 10/12/2020

We are a FREE service for those who may have been at risk of exposure to Hepatitis C or have hepatitis C.

Free access to testing, diagnosis, management and treatment for Hepatitis C.

We provide testing and treatment for Hepatitis C.

We also provide, information, education, and support as required.

We welcome walk in's, self referrals and referrals from AOD Services, GP's and Health and Social Services.

10 Washington Way Sydenham Christchurch 8011



marilyn@hepc.org.nz  Monday to Friday 9am to 3-30pm

(03) 377 8689 All services free of charge. https://www.facebook.com/HepCChch No referral required.

**Home Birth Canterbury**

FSD0000183 Last updated 22/02/2021

Home Birth Canterbury has been in existence since 1976 and is a voluntary organisation that promotes and supports home birth as an alternative to hospital birth. We publish a quarterly newsletter, run a playgroup and coordinate antenatal classes. We aim to be active in providing information so that families can make informed choices regarding childbirth.

info@canterburyhomebirth.org.nz  Some charges may apply. http://www.canterburyhomebirth.org.nz No referral required.

**Home Birth Classes Christchurch Trust**

FSD0019027 Last updated 11/01/2021

Homebirth classes are antenatal and parenting classes based on the exchange of information between women, their partners, support people, midwife and consumer facilitators and tutors.

They are suitable for women and families wanting to birth naturally at home. homebirthfocus@gmail.com  0900 - 2000 seven days per week to contact the (027) 856 3866 Coordinator with regard to classes. http://www.homebirthclasses.org.nz Some charges may apply.

No referral required.

**Huntington's Disease Association (Christchurch)**

FSD0000408 Last updated 23/03/2021

A degenerative, neurological disease, that is genetic and can be passed from generation to generation. A regional Co Ordinator for people living with HD provides emotional and practical support to families and can help assist people to access the appropriate support services. The Association provides a National newsletter which keeps people in touch with support, latest worldwide research and what's happening locally. They also support an HD Youth initiative to help children/teenagers living with HD in the family to access information and support.

8 Fusilier Street Hoon Hay Christchurch 8025



dianne.collins1961@gmail.com  Evenings

(03) 960 5913 Some charges may apply.

(027) 283 8289 No referral required. http://www.huntingtons.org.nz/

**Injury Prevention Waimakariri**

FSD0002673 Last updated 01/02/2021

Injury Prevention Waimakariri develops and delivers community based projects and programmes around Community Safety. E.g. poisoning, drowning, falls prevention, injury and alcohol, and Suicide Prevention etc.

Waimakariri District Council Community Team Office 215 High Street Rangiora



office@wmk.govt.nz  Opening hours: Monday to Friday 8.30 am to 5

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| (0800) 965 468 (03) 313 4432 https://www.waimakariri.govt.nz/ | pm  All services free of charge.  No referral required. |

**Irlen Diagnostic Clinic - Christchurch**

FSD0008088 Last updated 20/07/2020

Irlen Syndrome (a form of dyslexia) is a visual perceptual problem which affects many people who have difficulty reading. Symptoms include slow reading, skipping words or lines, light sensitivity, eye strain and sometimes migraines. Clinics diagnose and treat clients using tinted filters.

10 Clyde Rd Ilam Christchurch 8041



dharshie@anstice.co.nz  9.00am - 5.00pm Monday to Friday.

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| (03) 343 3909 http://www.aaic.org.nz      **Kaiapoi Community Support** | Some charges may apply. No referral required. |
| FSD0002675 | Last updated 16/11/2020 |

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



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| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Kidney Health New Zealand** | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0000527 | Last updated 30/03/2021 |

Kidney Health New Zealand promotes research and education in the areas of kidney disease, and offers support for people affected by kidney disease. We provide educational material and resources and promote the early detection, prevention and management of kidney disease in primary care. Our website is full of information designed to educate, inform and support. We have a 24 hour free phone helpline answered by an experienced registered nurse.

6 Sir William Pickering Drive Burnside Christchurch 8053 info@kidneys.co.nz  24 hours



(0800) 543 639 All services free of charge. http://www.kidneys.co.nz No referral required.

**Laura Fergusson Brain Injury Trust**

FSD0019596 Last updated 02/02/2021

Laura Fergusson Brain Injury Trust is a non-profit organisation providing assessment and rehabilitation services, both through ACC contracts, private insurance agencies and privately to clients who have had moderate /severe traumatic brain injuries (TBI), mild traumatic brain injuries (Concussion), general neurological conditions, psychological issues and other general physical injuries. We visit clients in their own homes/school or workplace. Laura Fergusson Brain Injury Trust also provides services for clients returning to the workplace, residential care and supported living options.

177 Montreal Street Christchurch Central Christchurch 8011



hello@lfbit.co.nz  8am to 4.30pm Weekdays

(03) 335 0541 Some charges may apply. http://www.lfbit.co.nz/ Referral may apply.

**Life Education Trust Mid South Canterbury**

FSD0019564 Last updated 17/12/2020

Through our Healthy Harold programme we educate and inspire generations to make positive choices for a healthy mind and body. We visit primary and intermediate schools, with our qualified educators we give the kids a unique learning experience in our high tech mobile classroom.

Community House 27 Strathallan Street Timaru



rog@orcon.net.nz  Office - Tuesday, Wednesday and Friday school

(03) 308 3861 hours

http://www.lifeeducation.org.nz Mobile Classroom - every school day during school hours.

Freephone for Life Education Trust 0800 454

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Some charges may apply. Referral may apply.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

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| (03) 325 2007 http://www.lincolncomcare.co.nz | Public Holidays  Some charges may apply.  Referral may apply. |

**Literacy Aotearoa Aoraki (Canterbury)**

FSD0023963 Last updated 27/04/2021

To develop, promote and deliver accessible, quality literacy, language, numeracy and digital literacy skills designed to ensure the peoples of Aotearoa are critically literacy and able to realise their full social, cultural and economic potential.

Risingholme Homestead 22 Cholmondeley Ave Opawa Christchurch 8023 info.c9@literacy.org.nz  Mon - Fri 8:30am - 5pm



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| (03) 337 5555  (0800) 678 910 http://www.literacy.org.nz/ | We deliver courses at Risingholme and also out in the community. Our courses are free, delivered in small supportive groups or 1:1 , by experienced & qualified tutors.  All services free of charge.  No referral required. |

**Lupus Information and Resources Service**

FSD0000472 Last updated 01/03/2021

Provides information, educational seminars and support to those affected with lupus, their families and carers.

Arthritis New Zealand 3/15 Washington Way Sydenham Christchurch rochelle.molloy@arthritis.org.nz  9.00am - 3.30pm Monday to Friday.



(03) 366 8383 Some charges may apply.

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

**M.E./CFS Group (Canterbury) Inc.**

FSD0000475 Last updated 16/01/2021

To provide support and information for sufferers of ME-type immune dysfunctions and their carers and to promote a wider understanding of the disorder.

Community House 301 Tuam St Christchurch Christchurch 8011



admin@mecfscanterbury.nz  Weekdays during normal business hours by

(03) 365 5887 phone and email

http://www.mecfscanterbury.nz All services free of charge.

No referral required.

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| **Malvern Health and Community Welfare Trust** |  |
| FSD0000478 | Last updated 05/12/2020 |

District nursing, home nursing and other community services.

Darfield Medical Centre 159 Horndon Steet Darfield 7510



nurses@darfielddn.nz  Monday - Friday 8.30am - 2pm, Weekends &

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| (03) 318 1868  (03) 317 9970 http://www.darfielddn.nz | after hours by arrangement. No emergency care.  All services free of charge.  Referral may apply. |

**Mind Body Wellness**

FSD0023563 Last updated 07/07/2020

Provides Counselling and Natural Health (Naturopathy, diet, herbs etc.) services to support your wellbeing journey. Mind and body wellness are interlinked and services to support holistic wellbeing are provided by Mind Body Wellness.

gabsuggate@hotmail.com  By arrangement (021) 025 40133 Some charges may apply. https://www.facebook.com/mindandbodyg No referral required. abriel/?modal=admin\_todo\_tour

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| **Moorhouse Medical Centre** |  |
| FSD0020197 | Last updated 07/01/2021 |

Drug Testing Service for Work and Income clients.

On site instant drug test $62

On site Lab Testing at CDHB $85

3 Pilgrim Place Sydenham Christchurch 8011



admin@moorhousemedical.co.nz  Opening Hours for Business Health are 8am -

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| (03) 365 7900 http://www.moorhousemedical.co.nz/    **Classification : DTS** | 8pm 7 Days per week Some charges may apply.  Referral may apply. |

**Multiple Sclerosis and Parkinson's Canterbury**

FSD0007226 Last updated 26/03/2021

Multiple Sclerosis and Parkinson's Canterbury provides professional support and information. There are nurses and a physiotherapist for clinical information as well as a specialised gym, exercise programmes, and social and peer support groups.

3/49 Sir William Pickering Drive Burnside Christchurch



support@ms-pd.org.nz  Monday - Friday 9am - 4pm

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| (03) 366 2857 http://www.ms-pd.org.nz/ | Some charges may apply. Referral may apply. |

**Multiple Sclerosis Society of New Zealand**

FSD0004121 Last updated 14/10/2020

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

80 Fitzgerald Avenue Christchurch Central Christchurch 8011



info@msnz.org.nz  8:30am to 4:30pm Monday to Friday (0800) 675 463 MS LINE Some charges may apply.

(03) 366 2581 No referral required. http://www.msnz.org.nz/

**Multiple Sclerosis Society of New Zealand - South Canterbury**

FSD0007227 Last updated 22/09/2020

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

Community House 27 Strathallan Street Timaru 7940



mssouthcant@xtra.co.nz  Monthly social afternoons, swimming group,

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| (03) 687 7375 (027) 211 4497 http://mssouthcanterbury.org.nz | monthly newsletters, Coffee group Some charges may apply.  No referral required. |

**National Cervical Screening Programme - Canterbury & South**

**Canterbury Regions**

FSD0000512 Last updated 14/07/2020

Maintenance and management of participants on the National Cervical Screening Programme Register. Provide assistance to general practice to recall women and improve coverage in the regions. To provide health promotion and education on cervical screening in the Canterbury region and South Canterbury regions.

Level 1 Leinster Chambers 249 Papanui Road Stowan Christchurch 8014 vivienne.steele@screensouth.nz  Monday - Friday



(03) 375 4096 8.00am - 4.30pm

(03) 375 6390 All services free of charge. http://www.nsu.govt.nz/ No referral required.

**New Zealand AIDS Foundation**

FSD0006690 Last updated 24/11/2020

We provide service for gay, bisexual and other men who have sex with men (MSM), people living with or affected by HIV and other priority populations in Aotearoa.

Our services include:

* Rapid point of care HIV and syphilis testing.
* Gonorrhoea and chlamydia self-collected screening
* Short term counselling for people living with HIV, their partners, whnau and friends, andsupporting MSM to address the impacts of the social determinant of health.
* Support, advocacy, education and training related to HIV.
* Free condoms and lube.
* “Chat to Us” service allows MSM and the wider community to seek answers from NZAF staffaround sexual health and wellbeing matters.

275 Cashel Street Christchurch Central Christchurch 8011



contacttetoka@nzaf.org.nz  Mon 10.30am - 6.30pm

(0800) 80 24 37 Tues 8.30am - 4.30pm http://www.nzaf.org.nz Weds 10.30am - 6.30pm

Thurs 8.30am - 4.30pm All services free of charge. No referral required.

**Nurse Maude - Christchurch**

FSD0000572 Last updated 17/11/2020

Nurse Maude provides nursing, homecare, and support so people can stay in their own homes and communities and inpatient care in its hospital and hospice. By working in partnership with other health providers and through significant investment in our people, technology, research and development, Nurse Maude continues to care for the people of Canterbury, as we have done since 1896.

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| info@nursemaude.org.nz  (03) 375 4200 http://www.nursemaude.org.nz/ | 8am - 5pm Weekdays Some charges may apply.  No referral required. |

**Nurse Maude - Lincoln & Ellesmere**

FSD0015873 Last updated 15/09/2020

A provider of Community Health and Hospital Services to the people of Canterbury for over a hundred years.

Lincoln and District Community Centre 16 Lyttelton Street Lincoln



info@nursemaude.org.nz  Some charges may apply.

(03) 375 4200 No referral required. http://www.nursemaude.org.nz/

**Nurse Maude - Rangiora**

FSD0015872 Last updated 21/09/2020

A provider of Community Health and Hospital Services to the people of Canterbury for over a hundred years.

Hospice Shop 73 High St Rangiora



rangiora@nursemaude.org.nz  Some charges may apply.

(03) 375 4200 Referral may apply. http://www.nursemaude.org.nz/

**On the Go Physio Ltd**

FSD0019762 Last updated 11/03/2021

On the Go Physio Ltd recognise that the most meaningful assessment and rehabilitation is often undertaken in a person's own home. We offer private home based Physiotherapy for people with a wide range of conditions including Stroke, Parkinson's Disease, Multiple Sclerosis, Late Effects of Polio (or Post-Polio Syndrome), joint replacements, history of falls, arthritis and other age related conditions. We also offer assessment and advice on the purchase of walking aids, wheelchairs and mobility scooters. We can visit private homes, rest homes or hospital facilities. Our visits are tailored to suit our clients needs and may be a single visit to offer advice or ongoing as frequently as needed.

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| enquiries@onthegophysio.co.nz  (0800) 000 856 (021) 030 9061 http://www.onthegophysio.co.nz | Available at any time to suit client. Extra charges may apply for weekends or evenings.  Some charges may apply.  No referral required. |

**Order of St John - Northern Region (SI) Regional Headquarters**

FSD0000610 Last updated 10/06/2020

To train volunteers who provide first aid and patient care services at community and sporting events. Youth Divisions (8-18 years), Adult Divisions (16 years and over) and Penguin Programme

(6-9 years). Other services available are: pre-hospital emergency care, Lifelink Medical Alarms, Caring Caller Telephone Friendship Service, Events & First Aid Kits

180 Durham Street South Christchurch Central Christchurch 8011



enquiries@stjohn.org.nz  Some charges may apply.

(03) 366 4776 No referral required.

(0800) 785 646 http://www.stjohn.org.nz/

**Ostomy New Zealand**

FSD0005774 Last updated 06/11/2020

Ostomy New Zealand enables our member societies throughout New Zealand to best work together with families, medical professionals and Health Authorities to ensure that, in New Zealand, all Ostomates and persons with related surgeries receive, free of charge, care and equipment that will enable them to lead normal lives of optimal quality.

98 Highcliff Road Andersons Bay Dunedin 9013



secretary@ostomy.org.nz  normal working hours (0508) 678 669 All services free of charge. http://www.ostomy.org.nz No referral required.

**Ostomy Society - Canterbury**

FSD0000189 Last updated 22/01/2021

Rehabilitation, support, education for ostomates (people who have undergone bowel or bladder surgery resulting in a colostomy, ileostomy or urostomy). Guest speakers and product distributors. Newsletters are sent to members regularly

Flat 1 16 Wyndham Street Papanui Christchurch 8053



ostomycanterbury@gmail.com  Contact Secretary most evenings

(03) 313 5744 Some charges may apply. http://www.ostomycanterbury.org.nz/ Referral may apply.

**Overeaters Anonymous - Te Waipounamu - South Island Intergroup**

FSD0007758 Last updated 20/10/2020

Is food a problem for you? 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.

oasouthislandnz@gmail.com  Please contact us for meeting times and

(03) 365 3812 locations. http://www.oachristchurch.org.nz All services free of charge.

No referral required.

**Oxford Cancer Support Group**

FSD0002663 Last updated 12/02/2021

Seeking to minimise the impact of cancer in the community through support, education and research. Support for family ie travel, baking, looking after young ones,visiting at home/hospital.

97 Fitzgerald Avenue Christchurch Central Christchurch 8011



contact@cancercwc.org.nz  All services free of charge.

(03) 379 5835 No referral required. http://www.cancernz.org.nz/

**P.A.T.H.S. (Post Abortion Trauma Healing Service)**

FSD0000625 Last updated 07/08/2020

Provides trained healing support for people adversely affected by abortion or any termination of pregnancy. We also provide a newsletter and information about post abortion issues. We are available to speak in the community around needs and issues of healing after pregnancy termination and loss.

admin@postabortionpaths.org.nz  Some charges may apply.

(0800) 728 470 No referral required.

http://www.postabortionpaths.org.nz/

**Pacific Leprosy Foundation**

FSD0000629 Last updated 27/04/2021

Our principal activities are: the funding of programmes whose purpose is the elimination of leprosy as a public health risk; the continuing care of patients (and their families) with disability or social disadvantage due to past active leprosy.

4 Anderson Street Addington Christchurch



admin@leprosy.org.nz  Monday to Friday 9.00am - 4.00pm.

(03) 343 3685 All services free of charge. http://www.leprosy.org.nz Referral may apply.

**Parkinson's - South Canterbury**

FSD0007378 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. |

**PIPS Pregnancy Infancy Parenting Support Trust**

FSD0007391 Last updated 24/03/2021

PIPS provides a holistic community social service helping women, family members and other caregivers from pregnancy through the first year of baby's life. We provide free practical help with clothing and equipment support, information and emotional support to clients at a time when they are most vulnerable.

Old Central New Brighton School 95 Hawke Street New Brighton Christchurch



dahlia@pips.co.nz  9:30am - 2:30pm, Tuesday, Thursday, Friday

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| (03) 385 0556 (022) 530 2463 https://www.pips.co.nz | 9:30am - 5:30pm Wednesday  All services free of charge.  No referral required. |

**Plunket - Addington**

FSD0000754 Last updated 08/04/2021

5 Twigger Street Addington Christchurch 8024



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Amberley**

FSD0016557 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

111 Main Road Amberley 7481



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Aranui** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000725 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

38 Portsmouth Street Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Barrington**

FSD0000727 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

120 Conway Street Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Belfast/Marshlands** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000728 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

7 Belfast Road Belfast Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Burnham** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0016322 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

Army Camp - Fryberg Road Burnham southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



(03) 366 0765 Please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Burwood**

FSD0016558 Last updated 06/07/2020

149 Burwood Road Burwood Christchurch 8083



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Canterbury Area Office**

FSD0007442 Last updated 08/04/2021

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.

5 Twigger Street Addington Christchurch



Southern.Region@Plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Centaurus Road & Opawa/St Martins**

FSD0000753 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

59 Centaurus Road Huntsbury Christchurch 8022



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765  http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Cheviot**

FSD0016559 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Cheviot Medical Centre 1 Robinson Street Cheviot 7310 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



(03) 366 0765 Please phone for more information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Culverden**

FSD0016560 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

7 Montrose Avenue Culverden 7392



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Cust** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000760 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

1685 Cust Road Cust 7471 southern.region@plunket.org.nz  Alternate Tuesdays by arrangement.



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| (03) 366 0765  http://www.plunket.org.nz | All services free of charge. No referral required. |

**Plunket - Darfield**

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| FSD0016561 | Last updated 08/04/2021 |

1 Halkett Street Darfield 7510 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Dunsandel** | Please phone for information.  All services free of charge.  No referral required. |  |
| FSD0016562 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

13 Hororata Road Dunsandel 7682



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Fendalton** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000733 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

183 Fendalton Road Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765  http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Halswell**

FSD0000734

16 Fern Drive Halswell Christchurch southern.region@plunket.org.nz 



(03) 366 0765 (0800) 933 922 http://www.plunket.org.nz

**Plunket - Hawarden / Waikari**

FSD0016563

Last updated 06/07/2020

All appointments are pre-arranged with the Nurse, please phone for information.

Koha/donation may apply. No referral required.

Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

68 Princess Street Waikari 7420



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Hoon Hay** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000735 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

19 McCarthy Street Hoon Hay Christchurch 8024



southernregion@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Hornby/Wycola**

FSD0000736 Last updated 06/07/2020

Tower Street Reserve 29 Tower Street Hornby Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Kaiapoi** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0000737 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

Kaiapoi Community Centre 26 Sewell Street Kaiapoi



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Kendal** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000726 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

57 Kendal Avenue Christchurch



Southern.Region@plunket.org.nz  Tuesday - Friday by appointment

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| (03) 366 0765  http://www.plunket.org.nz | Koha/donation may apply. No referral required. |

**Plunket - Leeston**

FSD0016564 Last updated 08/04/2021

Leeston Medical Centre 57 High Street Leeston 7632 southern.region@plunket.org.nz  All appointments are pre arranged by the nurse.

(03) 366 0765 Please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Lincoln**

FSD0000739 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

158 North Belt Lincoln



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Linwood / Avonside / City East**

FSD0000740 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

The Loft, 1st Floor, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch southern.region@plunket.org.nz  All appointments are pre-arranged with the



(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Lyttelton**

FSD0000741 Last updated 08/04/2021

Lyttelton Community & Recreation Centre 25 Winchester Street Lyttelton

southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Mt Pleasant/Redcliffs & Sumner**

FSD0000756 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

2 Augusta Street Redcliffs Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Oxford**

FSD0016565 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Main Street Oxford 7430



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Papanui / Merivale** | Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0000745 | Last updated 04/05/2021 |

24 Bellvue Avenue Papanui Christchurch southern.region@plunket.org.nz 

(03) 366 0765

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Parklands/New Brighton**

FSD0000746 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Community Centre 77 Queenspark Drive Parklands Christchurch 8083



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Prebbleton**

FSD0016566 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

3 William Street Prebbleton Christchurch 7604



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Rangiora**

FSD0016567 Last updated 06/07/2020

24 High Street Rangiora Christchurch southern.region@plunket.org.nz 

(03) 366 0765

(0800) 933 922 Some charges may apply. http://www.plunket.org.nz No referral required.

**Plunket - Riccarton**

FSD0000749 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

26A Piko Crescent Riccarton Christchurch 8041



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Rolleston**

FSD0000751 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 John Street Rolleston Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Russley / Yaldhurst** | Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0000752 | Last updated 08/04/2021 |

18 Pinehurst Crescent Russley Christchurch southern.region@plunket.org.nz 

(03) 366 0765

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

No referral required.

**Plunket - Southbridge**

FSD0016568 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Gordon Street Southbridge 7602



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - St Albans / Shirley** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000755 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

166 North Parade Shirley Christchurch 8013



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Timaru Family Centre**

FSD0019487 Last updated 11/03/2021

3 Dee Street Timaru 7910 southern.region@plunket.org.nz (03) 684 4967 http://www.plunket.org.nz

**Plunket - Waiau**

FSD0016569

Thursday 1-2.30pm

All services free of charge. No referral required.

Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Lyndon Street Waiau 7332



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Woodend/Waikuku** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0016570 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

- Albert Street Rangiora



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Woolston** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000757 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

 640 Ferry Road Woolston Christchurch 8023

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| southern.region@plunket.org.nz  (03) 366 0765 http://www.plunket.org.nz | All appointments are pre-arranged with the Nurse, please phone for information.  All services free of charge.  No referral required. |

**Pregnancy Counselling Services - Christchurch**

FSD0006516 Last updated 21/12/2020

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

pregnancycounsellinginfo@gmail.com  Freephone number available 24 hours a day, 7

(03) 338 3057 days a week.

(0800) 773 462 (0800 PREGNANT) All services free of charge. http://www.pregnancycounselling.org.nz No referral required.

**Pregnancy Counselling Services - Timaru**

FSD0006527 Last updated 27/04/2021

Pregnancy Counselling Services is a voluntary organisation with specially trained counsellors in branches throughout New Zealand.

24/7 there is a counsellor to talk to by telephone, or face to face counselling can be arranged if preferred.

PCS provides friendly, confidential, emotional support and practical help. Arrangements be made for medical and legal consultation.

Counsellors help clients find acceptable solutions to problems of accommodation, continuing education, material requirements, and the stress often created by pressure from family and friends. In evaluating alternatives, clients can consider the pros and cons of parenting a child, adoption, and abortion.

For those suffering from a past abortion we can help through the recovery time until clients are strong enough to put aside the past and feel positive about the future.

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| pregnancycounsellinginfo@gmail.com  (03) 684 8416 (0800) 773 462 http://www.pregnancycounselling.org.nz | Freephone number available 24 hours a day, 7 days a week  Text at 021 289 8727  All services free of charge.  No referral required. |

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

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| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS**    **Purapura Whetu Trust** | Monday - Friday  Some charges may apply. No referral required. |
| FSD0017022 | Last updated 31/08/2020 |

Purapura Whetu Trust is a community based Kaupapa Maori mental health organisation. Purapura

Whetu Trust was initiated in 2002 to address the needs within the local Maori community. The

Kaupapa Maori model of care 'Purapura Whetu Te Kohinga' is our best practice model of care. The Trust provides Kaupapa Maori mental health services to adults, adolescents, children and their whanau who require a counselling or community support programme from a Kaupapa Maori perspective.

 Level 1 166 St Asaph Street Christchurch 8011

**Rangiora Cancer Support Group**

FSD0000687 Last updated 12/01/2021

To assist cancer patients and their families in whatever way we can.

143 Percival Street Rangiora 7400 northcanty@cancercwc.org.nz  Anytime.



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| (021) 904 907  (0800) 226 295 | All services free of charge. No referral required. |

**Rangiora Diabetic Support Group**

FSD0002692 Last updated 13/04/2021

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| office@pw.maori.nz (03) 379 8001 http://www.pw.maori.nz | Monday to Friday 8.30 am to 4.30 pm All services free of charge.  Referral may apply. |

The organisation nationally works to increase the general public's awareness of diabetes that the incidence of undiagnosed diabetes is reduced and to support research in the treatment, prevention and cure of diabetes.

Saint John's Anglican Church Hall 355 High Street Rangiora 7400



ltaylor@diabeteschristchurch.co.nz  Meetings: 2nd Tuesday, 1.30pm at Lounge, St

(03) 925 9972 John's Anglican Church

All services free of charge. No referral required.

**Rangiora Stroke Club**

FSD0002700 Last updated 17/07/2020

To help, encourage and support people who have suffered a stroke, and their families to overcome the physical, psychological, social and communication difficulties which stroke people may have. It provides a place where stroke people may come for social, education and rehabilitation, also other interests.

Knox Church Cnr King High Street Rangiora



kebar@xtra.co.nz  The Club meets each Tues day in the month (03) 327 2219 (excluding a 5th Tuesday) from 11.00am http://www.stroke.org.nz 2.00pm

Physio only sessions 4th Tuesday 11am - 12pm.

Some charges may apply. No referral required.

**Ranui House Patient & Family Accommodation**

FSD0000153 Last updated 25/08/2020

Ranui House is situated directly across the road from Christchurch Hospital. We provide accommodation for patients from ALL hospital departments and their families from throughout New Zealand, who are required to be in Christchurch for treatment.

Ranui has 11 fully self contained 2 bedroom family units and 15 with kitchenettes. All units have separate bedrooms, a lounge, own bathroom, laundry and a TV/DVD. Both Houses have a lounge with SKY TV and a communal area with kitchen facilities provided.

Patients' accommodation (if eligible) is claimed through a government subsidy. The patients and 1 support person are not charged however individuals who do not qualify for funding, may pay privately for accommodation if they wish to do so.

Ranui House 1 Cambridge Terrace Central City Christchurch 8013 info@bmct.org.nz  Office Hours:



(03) 377 2515 Monday to Friday

http://www.bmct.org.nz/ 8:30am to 5:00pm

Weekends by arrangement Some charges may apply. No referral required.

**Respiratory Relief Society - Canterbury**

FSD0000706 Last updated 12/11/2020

Exercise group for people with respiratory complaints. held twice weekly: Tuesdays at St Alban's Uniting Church, and Thursdays at Pioneer Recreation Centre; between 1-2 pm. Support, exercise, and education for people with Lung Ailments.

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| dandpatdunee@xtra.co.nz  (03) 332 4471 | Koha/donation may apply. Referral may apply. |

**Respiratory Relief Society - South Branch**

FSD0000705 Last updated 07/04/2021

Support, education and exercise for people with COPD, asthma, bronchiectasis.

Pioneer Recreation Centre 75 Lyttelton Street Christchurch 8024



dandpatdunee@xtra.co.nz  Koha/donation may apply.

(03) 332 4471 No referral required.

(021) 217 3955

**Ronald McDonald House South Island Trust**

FSD0000718 Last updated 08/06/2020

To provide accommodation for the parents and siblings of children being treated for serious illness at Christchurch Hospital. The accommodation at the House allows parents to stay in close proximity to their child in hospital and creates the opportunity for the whole family to be together during this period, that may be a single night or many months. Ronald McDonald House South Island also operates the Family Room in Christchurch and Southland Hospitals, which are places for families to rest and regroup just moments away from their children.

33 Cashel Street Christchurch



admin@rmhsi.org.nz  All services free of charge.

(03) 377 3311 No referral required. http://www.rmhsi.org.nz

**ScreenSouth Ltd**

FSD0000158 Last updated 09/11/2020

ScreenSouth is a non-profit organisation whose function is to administer the BreastScreen

Aotearoa programme (BSA) across the upper and lower South Island (BreastScreen South and

BreastScreen Otago Southland respectively). ScreenSouth is also responsible for the administration of the National Cervical Screening Programme for the Canterbury and South Canterbury regions.

The ScreenSouth Health Promotion team is responsible for encouraging and supporting eligible priority group women to engage with the screening programmes. This is achieved through networking, community education and providing support to women to ensure they attend their screening and assessment appointments. We advocate for community and individual understanding of screening at all levels.

screening@health.govt.nz  8:00am - 6:00pm Monday to Thursday

(0800) 270 200 8.00am - 4.30pm Friday

http://www.timetoscreen.nz/ Some charges may apply.

No referral required.

**South Canterbury District Health Board**

FSD0019565 Last updated 18/09/2020

Our mission: To enhance the health and independence of the people of South Canterbury. South Canterbury District Health Board serves about 55,000 people living in the beautiful region bounded by the grandeur of the Southern Alps to the west, the sparkling Pacific Ocean to the east, and the Rangitata and Waitaki rivers to the north and south. South Canterbury includes the main centre of Timaru, located approximately halfway between Christchurch and Dunedin on the South Island’s east coast, and a number of picturesque towns and smaller rural settlements.

Timaru Hospital - Queen Street Parkside Timaru 7910 ceo@scdhb.health.nz  Anytime



(03) 687 2100 Some charges may apply. http://www.scdhb.health.nz No referral required.

**South Canterbury Hospice Inc**

FSD0008226 Last updated 28/04/2021

South Canterbury Hospice provides specialist palliative care to people of all ages within the region of South Canterbury from the Waitaki to the Rangitata rivers, and the mountains to the sea.

Quality care is provided for people, their families and whanau who are affected by cancer and noncancer life limiting illnesses. Medical and nursing care is provided to manage complex symptoms and pain. Many patients return home while others receive specialised end-of-life care. The trained team members care for the whole person - the physical, emotional, spiritual, social and psychological needs are supported. Bereavement, grief and loss support is provided for families and whanau.

Our service extends to education, training and advice to residential care facilities in this region.

55 Broadway Avenue Highfield Timaru 7910



seniornurse@hospicesc.org.nz  In-patient unit: all hours

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| (03) 687 7670  (03) 687 7674 http://www.hospicesc.org.nz/ | Administration: Monday to Friday 9am-4pm All services free of charge.  No referral required. |

**Stroke Foundation of New Zealand - Southern**

FSD0000845 Last updated 23/03/2021

The Stroke Foundation is the national organisation in New Zealand dedicated to reducing the incidence of stroke, improving treatment outcomes, and supporting those affected by stroke. For information about stroke you can go to the Stroke Foundation New Zealand website www.stroke.org.nz or call 0800 78 76 53

Unit 3 47 Mandeville Street Riccarton Christchurch 8011



southern@stroke.org.nz  9.00am - 2.30pm Monday to Friday

(03) 381 8500 All services free of charge. http://www.stroke.org.nz No referral required.

**Talking Therapy**

FSD0000128 Last updated 18/09/2020

Talking Therapy consist of a group of five registered psychotherapists who provide psychotherapy, counselling, couple counselling and professional supervision and EAP (employer assistance programme).

 178 Harewood Road Papanui Christchurch 8053

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| info@talkingtherapy.co.nz  (03) 354 8045 http://www.talkingtherapy.co.nz | Monday to Thursday: 10am to 7pm.  Friday: 10am to 2pm  Some charges may apply.  No referral required. |

**Te H - Waitaha Smokefree Support**

FSD0023109 Last updated 22/04/2021

Te H – Waitaha Smokefree Support is a collaboration of organisations working together to help people in Canterbury become Smokefree.

Community and Public Health 310 Manchester Street City Centre Christchurch 8013 smokefree@cdhb.health.nz  Monday - Friday (0800) 425 700 All services free of charge. http://www.tehawaitaha.nz No referral required.



**Te Ora Hou tautahi Inc**

FSD0005958 Last updated 20/10/2020

Te Ora Hou is committed to forming life changing relationships through programs that are designed to empower and equip young people in the context of their whanau and communities.

77 Windermere Road Papanui Christchurch



christchurch@teorahou.org.nz  Mon - Fri

(03) 352 1057 9am - 5pm

(027) 288 9797 All services free of charge. http://www.toho.org.nz Referral may apply.

## Classification : YS

**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**Te Whare Putea Trust**

FSD0008188 Last updated 30/07/2020

Offer information and advice, budget advice, family support, Food Bank and Heartland services.

3/78 Beach Road Kaikoura tewhareputea@xtra.co.nz  Monday to Friday 9am-4pm.



|  |  |
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| (03) 319 7243 (027) 333 4480 http://www.tewhareputea.org.nz    **Classification : BFC** | All services free of charge. No referral required. |

**Te Whatu Manawa Maoritanga o Rehua Trust**

FSD0000700 Last updated 20/04/2021

Rehua Marae exists to provide a cultural venue for whanau, organisations, schools, tertiary institutes, government and non-government departments, with a kaumatua service that supports kuia and koroua remaining in their own homes for as long as possible with appropriate support.

Rehua Marae 79 Springfield Road St Albans Christchurch 8143



admin@rehuamarae.org.nz  Marae Office and Kaumatua Services open from

(03) 355 5615 8.30am to 5pm Monday-Friday http://www.rehuamarae.co.nz Koha/donation may apply.

Referral may apply.

**The Cancer Society - Christchurch**

FSD0000155 Last updated 15/04/2021

Information, support and practical assistance for those affected by cancer. Referral by health professional, or self referral.

* Cancer Information helpline 0800 CANCER (0800 226 237)

* Cancer Connect, a telephone service to connect with trained volunteers who have been througha similar experience.

* Support Groups and Programmes

* One on one support

* Volunteer driving service for cancer related hospital appointments

97 Fitzgerald Avenue Christchurch 8011



contact@cancercwc.org.nz  Monday to Friday 8.30 am - 5.00 pm

(03) 379 5835 All services free of charge.

(0800) 226 237 No referral required. http://www.cancernz.org.nz

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

853 Colombo Street Christchurch Central Christchurch 8013



christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**Urgent Adult Mental Health Care - Canterbury DHB**

FSD0022931 Last updated 16/04/2021

If you require urgent or crisis mental health care, freephone 0800 920 092, (24 hours, 7 days a week).

SPOE@cdhb.health.nz  24 hours a day, 7days a week

(0800) 920 092 Phone 2 for children and youth

(0800) 218 219 (press option 2) SPOE@cdhb.health.nz or non-urgent enquiries https://www.cdhb.health.nz/health- All services free of charge. services/urgent-mental-health-adult- No referral required. services/

**Waka Toa Ora**

FSD0020288 Last updated 22/09/2020

Waka Toa Ora is a network of organisations active and interested in the health and wellbeing of the Canterbury region. The network is led by the Canterbury DHB and is based on the World Health Organisation’s Healthy Cities model. The network was established in 2001 as Healthy Christchurch.

The initiative recognises that all sectors and groups contribute to a healthy Canterbury – whatever their focus. The network has over 200 signatory organisations and Waka Toa Ora helps enhance their individual efforts through networking, sharing information and collaboration.

The aims of Waka Toa Ora are to:

•Forge a common vision for a healthy region.

•Foster healthy relationships between diverse agencies and sectors, from ‘grassroots’ groups to government agencies.

•Enable flexible, collaborative and prompt responses to emergent health issues.

•Ensure all policy incorporates a health perspective.

310 Manchester Street Christchurch 8013



healthychristchurch@cdhb.health.nz  Monday - Friday, 8:30am - 5pm

(03) 378 6738 All services free of charge. http://www.healthychristchurch.org.nz No referral required.

**Whnau whina Plunket**

FSD0024559 Last updated 30/04/2021

Whnau whina Plunket offers free Pregnancy and Parenting Education (Antenatal) classes are shaped to give you the information you want and need for pregnancy, labour and life as a new parent in a supportive, non-judgmental environment. Courses are available in Canterbury, West Coast, South Canterbury (Waimate only) and Southern DHB Areas.

5 Twigger Street Addington Christchurch 8024



ppe@plunket.org.nz  PlunketLine is available 24/7

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| (0800) 291 658 (027) 291 658 https://www.plunket.org.nz/      **Young Arthritis People** | Pregnancy and Parenting Education is staffed 8am-4pm, Mon- Fri.  Phone/text: 027 275 8477 All services free of charge. No referral required. |
| FSD0000893 | Last updated 01/03/2021 |

To link families together who need support. Educational seminars and activities for younger and older children, yearly camps and social activities. Survival kit available for teachers and parents: contact Arthritis New Zealand.

Arthritis New Zealand 3/15 Washington Way Sydenham Christchurch 8011 rochelle.molloy@arthritis.org.nz  Monday - Friday 9am-3.30pm



(03) 366 8383 Some charges may apply.

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

# Legal / Civil Services

**Canterbury & New Zealand Business Association**

FSD0023345 Last updated 25/10/2020

The Canterbury & New Zealand Business Association is an incorporated society and non-profit organization. Our mission is to create connections and services for businesses whilst empowering migrants, refugees, youth and women. We provide mentoring - confidence building, coaching, business development, volunteering and employment support.

Christchurch Community House 301 Tuam St Christchurch 8011



taz@cbanewzealand.org.nz  Monday -Thursday 9am-4pm (027) 273 8815 All services free of charge.

(03) 379 4222 No referral required. https://cnzba.org.nz/

**Citizens Advice Bureau - Christchurch City**

FSD0006912 Last updated 27/11/2020

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.

Ara 18 Williams Street Christchurch 8011



christchurchcity@cab.org.nz  Mon, Tue, Wed & Thurs 9am to 3pm

(03) 366 6490 Fri 9am to 12pm

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

**Citizens Advice Bureau - Christchurch North**

FSD0006913 Last updated 27/11/2020

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.

Fendalton Library 4 Jeffreys Road Fendalton Christchurch 8053



christchurchnorth@cab.org.nz  Monday, Wednesday, Thursday & Friday – 11am

|  |  |
| --- | --- |
| (03) 351 7804 (0800) 367 222 http://www.cab.org.nz | to 5pm  Tuesday – 2pm to 5pm All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - Christchurch West**

FSD0006914 Last updated 27/11/2020

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.

Hornby Community Care Centre 8 Goulding Avenue Hornby Christchurch 8042 christchurchwest@cab.org.nz  Mon - Fri 9am to 5pm (03) 349 5236 All services free of charge.



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

**Citizens Advice Bureau Christchurch Area - The Loft**

FSD0022813 Last updated 27/11/2020

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.

 Eastgate Mall 20 Buckleys Road Linwood Christchurch 8062

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| christchurchcity@cab.org.nz  (03) 366 6490 (0800) 367 222 http://www.cab.org.nz | Tuesday - 11am to 2pm All services free of charge.  No referral required. |

**Citizens Advice Bureau North Canterbury**

FSD0006920 Last updated 19/03/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. Our trained volunteers will listen and get you the information, assistance or referral you need. You don't need an appointment, just drop in to a CAB near you, pick up the phone, email us, or go online and let's talk.

Trevor Inch Memorial Library 141 Percival Street Rangiora 7440



coordinator.northcanterbury@cab.org.nz  9.00am - 4.30pm, Monday to Friday

(03) 313 8822 All services free of charge.

(03) 310 6205 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau South Canterbury Inc**

FSD0019437 Last updated 09/08/2020

To give free and confidential advice and information to clients to ensure that when they are confronted with challenging situations, they are not disadvantaged through lack of knowledge of their rights and responsibilities.

These situations can include:

Tenancy and Housing

Health and Welfare

Employment and Work Related Issues

Education

Personal and Family Concerns

Legal, Justice and Consumer Law

We also offer a free legal referral service weekly.

Community House 27 Strathallan Street Central Timaru 7910



southcanterbury@cab.org.nz  10am - 4pm Monday to Thursday; 10am - 1 pm

|  |  |
| --- | --- |
| (03) 687 7362 (0800) 367 222 http://www.cab.org.nz      **Community Law Canterbury** | Friday;  Legal service Thursday 7pm All services free of charge. No referral required. |
| FSD0000268 | Last updated 02/11/2020 |

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

198 Montreal Street Christchurch Central Christchurch 8011



admin@canlaw.org.nz  Drop in's in our central city Mon, Tues & Thurs

(03) 366 6870 5:30pm-7 and Sat 9:30am-12noon.

(Text only) 027 5370 156 Appointments during the day in Central city, New http://www.canlaw.org.nz Brighton, Hornby, Kaiapoi, Linwood, Ashburton, Timaru & Greymouth.

All services free of charge. No referral required.

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



|  |  |
| --- | --- |
| (03) 961 9248 (029) 263 7580 http://www.heartlandservices.govt.nz | Wed 9:30am – 5:00pm  All services free of charge.  Referral may apply. |

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



|  |  |
| --- | --- |
| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Oxford Community Trust** | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0002623 | Last updated 27/10/2020 |

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

(03) 312 3006 public holidays)

(021) 995 972 Some charges may apply. http://www.oxfordtrust.co.nz No referral required.

## Classification : OSCAR

**Portia - Christchurch Branch**

FSD0021707 Last updated 29/12/2020

We provide all peoples with access to the Family Justice System, through provision of Legal Aid and the Family Legal Advice Service and alternative methods of legal delivery.

 Level 1 111 Cashel Street Christchurch Central Christchurch 8011

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| --- | --- |
| support@ebbornlaw.co.nz  (0800) 339 223 (03) 339 2233 http://ebbornlaw.co.nz      **Power To Care** | Normally from 9 a.m. to 5 p.m. (except between 1 p.m. and 2 p.m.) weekdays, but we will accommodate clients outside of these hours by AVL appointment.  Some charges may apply. No referral required. |
| FSD0000828 | Last updated 31/08/2020 |

We provide welfare guardianship and property management services, enduring powers of attorney for property and personal care and welfare, personal orders and social work to those who can not fully manage their affairs because of age, illness or disability.

We specialise in services under the protection of Personal and Property Rights Act 1988.

149 Harewood Road Papanui Christchurch 8053



peter@powertocare.co.nz  Open hours:

(03) 354 2195 Tue-Fri, 9am-4pm

(021) 0286 8061 http://www.powertocare.co.nz/index.html Closed:

Sat-Sun-Mon

Some charges may apply. No referral required.

**Tenancy Services - Christchurch**

FSD0006234 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 2 161 Cashel Street Christchurch Central Christchurch 8011



info@tenancy.govt.nz  Open 8.30 am to 4.30 pm weekdays. It is best to

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| (0800) 836 262 (0800) TENANCY  https://www.tenancy.govt.nz/ | call and make an appointment to see someone.  Some charges may apply.  No referral required. |

**Tenants Protection Association (Christchurch) Inc**

FSD0015782 Last updated 28/09/2020

One in three people live in a home they do not own. Tenants Protection Association (TPA) provides free and confidential advice, information and advocacy services which includes assisting tenants to understand and prepare for the mediation and tribunal process, and helping Tenants and other make decisions about their current renting situation. TPA also provides education services and resources to assist renters and other agencies understand tenancy rights and responsibilities.

301 Tuam Street Christchurch Central Christchurch



info@tpa.org.nz  You can contact TPA by email or ringing (03) (03) 379 2297 379 2297 during working hours. Please clearly http://www.tpa.org.nz leave your name and phone number. Face to

face advice at city office by appointment.

Some charges may apply. No referral required.

**Victim Support - Christchurch**

FSD0000247 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  The Victim Support Service is available 24

(0800) VICTIM hours, 7 days a week.

(0800) 842 846 All services free of charge. http://www.victimsupport.org.nz No referral required.

**Victim Support - Mid Canterbury**

FSD0005989 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 - North Canterbury**

FSD0002652 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, seven days a week.  All services free of charge.  No referral required. |

**Victim Support - South Canterbury**

FSD0015721 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. |

**Women's Centre - Christchurch**

FSD0005752 Last updated 20/04/2021

The Women's Centre works with and for the well-being of all women, by assisting, supporting and encouraging them to make informed choices in their lives.

Unit 3 242 Ferry Road Waltham Christchurch 8011 support@womenscentre.co.nz  Drop-in open between 10am - 2pm Mon - Fri.



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| (03) 371 7414 (022) 105 5308 http://www.womenscentre.co.nz | Phone between 9am - 3pm Mon - Fri.  Some charges may apply.  No referral required. |

# Mental Health

**Addiction Mental Health Peer Support Services 101**

FSD0019497 Last updated 22/03/2021

To help those who have experience of Addition and/or Mental Unwellness by providing a safe and supportive environment for their self-directed recovery using a peer support strengths model.

24a Church Street Timaru Timaru 7940



ampss101@gmail.com  Monday - Friday 10.00am - 4.00pm

(03) 688 9454 All services free of charge.

(027) 365 6039 No referral required. http://www.healthpoint.co.nz

**Addictive Eaters Anonymous**

FSD0023301 Last updated 23/12/2020

Addictive Eaters Anonymous (AEA) is a Twelve-Step programme for food addicts who have struggled with overeating, undereating, anorexia, bulimia or weight control through excessive exercise or dieting. Together, we have found a solution through a programme modelled on the principles of Alcoholic Anonymous. Some members have been practising Twelve-Step recovery for more than 30 years. Everyone is welcome. There are no fees. We are not a weight loss organisation, nor are we associated with any other entity. Our primary purpose is to share with other addictive eaters in the hope they too might find a solution. We have three meetings each week in Christchurch and two meetings in Wellington.

contact@aeanz.org  The telephone number is an answerphone (03) 662 9128 service which is monitored regularly at all hours.

http://AEAnz.org All services free of charge.

No referral required.

**Adventure Development - Timaru**

FSD0022466 Last updated 08/09/2020

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

196 Evans Street Timaru 7910



sthcanty@adlnz.org.nz  Monday to Friday 8.30am - 4.30pm

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| (03) 684 5870 http://www.adlnz.org.nz      **All Right? website** | All services free of charge. Referral may apply. |
| FSD0022260 | Last updated 06/04/2021 |

All Right? works to support and improve Cantabrians' mental health and wellbeing as we recover and rebuild from the earthquakes.

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| --- | --- |
| hello@allright.org.nz http://allright.org.nz/ | All services free of charge. No referral required. |

**Andrew Winchester, Counselling and Supervision**

FSD0021197 Last updated 23/11/2020

Winchester Counselling provides an experienced counsellor, therapist, and supervisor who is passionate about a professional service and best results! Andrew is up to date with best practice having completed a masters in education with first class honours focused on counselling. He works effectively with individuals, couples, and families. He is an experienced supervisor working with people who work with people. He provides work place support through EAP to managers and staff. Andrew has worked in the relationship counselling,mental health, domestic violence, parent and migrant education, and general counselling fields with adults and youth.

Qualifications: CComPsyC BA (Hons) Social Work MEd (First class hons) (Counselling).

Memberships: Member of the New Zealand Association of Counsellors and International Centre of Excellence in Emotionally Focused Therapy.

Masters education in the following Counselling Models: EFT, ACT, SFBT, and MI.

196 Colombo Road Sydenham Christchurch 8023



winchestercounsellinganz@gmail.com  Please phone for a current available day and

(027) 437 6497 time. Winchester counselling and supervision will http://winchestercounselling.co.nz try and see you within 48 hours of first contact.

Some charges may apply. No referral required.

**Arowhenua Whnau Services**

FSD0019560 Last updated 10/11/2020

Arowhenua Whnau Services is a Maori provider offering health care to all people in the South Canterbury District.

We offer: Primary health nurse lead clinics, a Whanau Ora nurse working with whnau with multiple illness, mental health team who work with people with a mental health diagnosis mild to moderate, Tamariki Ora nurse who works with whnau and ppe, Te Wnanga hauora for all to attend and

Smoke free education to help you succeed at giving this habit away. We also provide Whanau Ora Tinana and Mokopuna Ora Navigators, who work with Mori whnau. The Attendance Advisory works with schools and whnau as to why the child is absent from school.

94 King Street Temuka 7920



admin@aws.health.nz  Opening hours

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| (03) 615 5180 http://aws.health.nz/ | Monday - Friday 9 - 4.30 All services free of charge.  No referral required. |

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

 44 Cass Street Ashburton 7700

info@saferashburton.org.nz  8.30am - 5.00pm

(03) 308 1395 All services free of charge. http://www.safermidcanterbury.org.nz Referral may apply.

**Avonside House Trust**

FSD0000130 Last updated 01/02/2021

Avonside House Trust is a Residential Care Facility for people with an Intellectual Disability. We cover Residential Care, Supported Independent Living and Respite Care.

270 Gloucester Street Christchurch Central Christchurch 8011



avonsidehouse@xtra.co.nz  8.30am – 4.30pm, Monday to Friday except

|  |  |
| --- | --- |
| (03) 379 9656  (03) 389 8844 http://www.avonsidehouse.org.nz      **Awareness Canterbury** | public holidays  Some charges may apply. Referral may apply. |
| FSD0000278 | Last updated 15/09/2020 |

Awareness is an independent group of consumers of mental health or addiction services. We share information and provide a forum for discussion (and when necessary, action) on issues affecting all mental health consumers.

Unit 4 357 Madras Street Christchurch Central Christchurch 8013



reception@mhaps.org.nz  12 noon-4pm Fri, Sat, Sun (03) 366 8288 All services free of charge.

(03) 365 9479 No referral required. http://awarenesscanterbury.com

**Bealey Centre**

FSD0000144 Last updated 15/06/2020

Registered clinical psychologists for psychological consultation and therapy. Individuals, couples, family and child therapy. Trauma specialists, employee assistance and forensic issues. Clinical supervision and consultation for professionals.

110 Bealey Avenue Christchurch



office@bealeycentre.net.nz  Monday - Friday: 8am - 6pm or hours by

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| --- | --- |
| (03) 365 6312 http://www.bealeycentre.net.nz      **Birthright Canterbury Trust** | arrangement Saturday: Closed  Sunday: Closed  Some charges may apply. No referral required. |
| FSD0006815 | Last updated 29/03/2021 |

Birthright is a national organisation which works to support, strengthen and advocate for oneparent families. We support the families by providing home visits, practical assistance, programmes, advocacy, family friendly events and newsletters.

Christchurch Community House 301 Tuam Street Christchurch 8011 manager@birthrightchch.org.nz  Monday - Friday 9:00am - 5pm



(03) 366 9456 All services free of charge. https://www.birthrightcanterbury.org.nz/ No referral required.

**CAF Link**

FSD0005863 Last updated 15/06/2020

CAFLink is the Child, Adolescent and Family Mental Health Service 'single point of entry function' which streamlines access to mental health services in Canterbury for children, adolescents and their families.

All outpatient referrals to the service are centrally received at CAFLink. This includes referrals to the CAF North and CAF South Community and Outreach Teams.

 The Princess Margaret Hospital - Cashmere Road Cashmere Christchurch

caflink@cdhb.health.nz 

(0800) 218 219 Option 1 (03) 337 7758 https://www.cdhb.health.nz/healthservices/caflink-single-point-of-entry/

8.30 am - 5 pm Monday to Friday All services free of charge. No referral required.

**CAFLink Child, Adolescent and Family Mental Health Service**

FSD0002650 Last updated 05/10/2020

CAFLink is the Child, Adolescent and Family Mental Health Service ‘single point of entry function’ which streamlines access to mental health services in Canterbury for children, adolescents and their families.

Ground Floor, Heathcote Building 97-99 Cashmere Road Cashmere Christchurch 8022 caflink@cdhb.health.nz  Monday- Friday 8.30 -5pm (0800) 218 219 All services free of charge.



(03) 337 7758 Referral may apply. https://www.cdhb.health.nz/healthservices/child-adolescent-and-familyinpatient-services/

**CanTeen - Christchurch**

FSD0006244 Last updated 04/12/2020

The New Zealand organisation supporting young people living with cancer, aged 13-24 years, either as a patient, sibling or bereaved sibling.

23 Cambridge Terrace Christchurch Central Christchurch 8013



info@canteen.org.nz  Mon-Fri 9am - 5pm (varies according to events / (021) 562 245 activities from week to week)

(0800) 226 8336(CANTEEN) All services free of charge. http://www.canteen.org.nz No referral required.

**Canterbury Men's Centre**

FSD0015104 Last updated 13/04/2021

We support men in a variety of ways. Phone us to make a time to talk to someone. We spend that hour with a man to help him figure out next steps. We also have a counselling service with skilled counsellors, sensitive to men. Pricing is based on your capacity to pay, and that does include free.

* Counselling
* Support for Male Survivors
* Support for Dads in Canterbury

21 Marshland Rd Shirley Christchurch 8064



counsellor@canmen.org.nz  Our counsellors are available 8:30 am to 9:30 (03) 365 9000 PM almost every day of the week.Our intake for http://canmen.org.nz new clients is 9-5 M-F though we can stretch this

if absolutely necessary.

Some charges may apply. No referral required.

## Classification : SHSS

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**Centrecare Counselling Wamate**

FSD0015807 Last updated 27/04/2021

Centrecare is a resolution based counselling, support and advocacy service providing accessible, professional mental and emotional health care for those in need in the Waimate community and the South Canterbury area. We hold appointments in Waimate at our own premises, as well as weekly appointments in Oamaru and Timaru.

3 Queen Street Waimate 7924



sam@ccwaimate.co.nz  Monday to Thursday by appointment, in

|  |  |
| --- | --- |
| (03) 689 8337 (021) 256 5509 http://ccwaimate.co.nz | Waimate, Oamaru and Timaru All services free of charge.  No referral required. |

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

(03) 335 0311 All services free of charge. http://www.crs.org.nz/ No referral required.

## Classification : FVSS

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| --- | --- |
| **Christine Johannis** |  |
| FSD0019737 | Last updated 11/11/2020 |

To provide professional and confidential counselling and psychotherapy.

Somerfield Centre 181 Selwyn Street Spreydon Christchurch 8024



chris.johannis@gmail.com  Monday, Tuesday and Wednesday 8.30am til

(021) 157 6036 6.30pm. http://www.christinejohannis.co.nz/ Some charges may apply.

No referral required.

**Comcare Trust**

FSD0000263 Last updated 16/04/2021

Mental health and addiction services for the people of Canterbury.

334 Lincoln Road Addington Christchurch 8024



enquiries@comcare.org.nz  Office hours: Monday-Friday, 8.30am-5pm

(03) 377 7020 Some charges may apply. http://www.comcare.org.nz/ Referral may apply.

## Classification : THP

**Comcare Trust - Ashburton/Selwyn**

FSD0005751 Last updated 22/06/2020

To work with people who experience mental illness and addiction.

11 Elizabeth Street Ashburton 7700



enquiries@comcare.org.nz  Monday - Friday 8.30am - 5.00pm.

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| --- | --- | --- |
| (03) 307 7020 http://www.comcare.org.nz/      **Comcare Trust - Rangiora** | All services free of charge. Referral may apply. |  |
| FSD0000265 |  | Last updated 27/07/2020 |

Supporting people who experience mental illness and/or addiction.

Level 1 & 2 6 Kingsford Smith Drive Southbrook Rangiora 7400 enquiries@comcare.org.nz  8:30am - 5pm



|  |  |
| --- | --- |
| (03) 0377 7020 (03) 377 7020 http://comcare.org.nz | Monday - Friday  All services free of charge.  Referral may apply. |

**Community Youth Worker - Rangiora**

FSD0002710 Last updated 27/07/2020

Working with young person and their family in the community to provide services that support positive youth development.

Level 1 29 High St Rangiora 7400 cywdistrict@wellbeingnc.org.nz  Available by mobile phone as first contact point.



|  |  |
| --- | --- |
| (027) 245 0203 (03) 394 9114 https://wellbeingnc.org.nz/ | All services free of charge. Referral may apply. |

**CreativeWORKS Employment Service**

FSD0000711 Last updated 09/07/2020

To provide support for people with mental health issues to find and maintain employment. This includes supporting clients in their preparation for employment, applying for jobs and providing support whilst in work.

8 Kennedy Place Hillsborough Christchurch



employmentchch@creativeworks.org.nz  Monday to Friday, 8.30am-5pm

(03) 371 5564 All services free of charge.

Referral may apply.

**Depression Support Network**

FSD0000299 Last updated 10/02/2021

To provide community support for young people and adults whose lives are affected by depression. This includes support for friends and family who are supporting someone who is experiencing depression. Services include: personal and group support, education courses, access to resource information and community networks, speaking presentations.

Community House 301 Tuam Street Christchurch Central Christchurch 8011



admin@dsn.org.nz  Call or text 1737 anytime for support (03) 366 8083 All services free of charge.

No referral required.

**Emerge Aotearoa - Christchurch hub**

FSD0000710 Last updated 05/10/2020

Emerge Aotearoa is a non-government organisation that provides community based mental health and disability support services nationwide. Emerge Aotearoa also provides housing services including transitional housing, housing first and long term social housing.

8 Kennedy Place Hillsborough Christchurch 8140



info@emergeaotearoa.org.nz  Monday - Friday, 8am - 5pm

(03) 371 5599 All services free of charge. http://www.emergeaotearoa.org.nz Referral may apply.

## Classification : THP

**Emerge Aotearoa - Christchurch Office**

FSD0000708 Last updated 21/12/2020

EMERGE Aotearoa provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide. We believe that everyone is capable of living full and rich lives in their communities of choice. In every aspect of our work we are committed to helping our service users be the best they can be.

EMERGE Aotearoa was formed on 1 July 2015 from the merger of Recovery Solutions Group and Richmond New Zealand. Taking the best of our historical practices we have created an organisation led by the needs of people who use our services - tangata whaiora - and their families/whanau and communities. We know that listening to and acting on the advice provided by people with lived experience helps us deliver services that are real and relevant. We are committed to understand the needs of Mori – our treaty partners as well as Pasifika people and new settlers.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm

(03) 371 5599 Some charges may apply. http://www.emergeaotearoa.org.nz No referral required.

## Classification : THP

**Emerge Aotearoa - Christchurch Supported Accommodation**

FSD0000713 Last updated 19/02/2021

A support service for people who experience psychiatric disability. It is a residential service. The goal of the service is to assist people to improve their life skills, achieve their defined goals and progress towards independence

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday to Friday, 8am - 5pm.

(03) 371 5599 Some charges may apply. http://emergeaotearoa.org.nz/ Referral may apply.

**Emerge Aotearoa - Christchurch Youth Services**

FSD0000716 Last updated 21/12/2020

Provides a range of innovative and specialist services for children and youth. These services include the following: individual packages of support for youth with high and complex needs; Residential services; Specialist Family Support; Outreach services; Multi Systemic Therapy and

Mobile Community Support. Criteria: these services receive referrals from Youth Specialist Services, Oranga Tamariki - Ministry for Children, and other appropriate social services.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm (03) 371 5599 All services free of charge. https://emergeaotearoa.org.nz/ Referral may apply.

**Family Mental Health Support Inc.**

FSD0007453 Last updated 05/10/2020

The FAMHS nurses work with you and your family and whanau to help you understand your family member's mental illness and/or addiction and how you can best support them (and you) in recovery. The service covers the South Canterbury region and the nurses can visit you in your home or meet at the office in Timaru. FAMHS works closely with the SCDHB Mental Health & Addiction Services and community agencies. The service is free, confidential and has a recovery focus.

77 Grey Road Timaru 7910



office@famhs.nz  Monday - Friday from 8.30 a.m. Flexible

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| (03) 684 4523  (0800) 732 000      **HealthInfo Canterbury** | appointments are available.  All services free of charge. No referral required. |
| FSD0021254 | Last updated 24/11/2020 |

HealthInfo is an easy-to-use health information website for the people of Canterbury, South Canterbury, the West Coast and the Southern district.

On it, you'll find up-to-date information about many health conditions and diseases, medications, tests and procedures, local support groups and organisations, as well as tips for keeping healthy.

You can trust the information as it is written or approved by local health professionals.

Health.Info@cdhb.health.nz  24 hours a day, seven days a week

(03) 364 4167 All services free of charge. http://www.healthinfo.org.nz No referral required.

**Helen Anderson Trust**

FSD0000714 Last updated 30/07/2020

Supporting people with an intellectual disability to develop their strengths and achieve personal goals through a range of opportunities identified by the person.

Hammersley Park School site, enter via Amos place - Amos Place Shirley Christchurch 8061 debshat@xtra.co.nz  Flexible availability.



(03) 385 9094 Client group: Monday-Friday 9am-3pm (03) 385 9818 Office Hours: 8.30am - 5pm Monday - Friday http://www.helenandersontrust.co.nz All services free of charge. No referral required.

**Hereford Centre**

FSD0000388 Last updated 12/08/2020

This team provides an Assertive Outreach service, which includes a Monday to Friday (including public holidays) service for people with complex support needs who experience's a major mental illness. Individual and group treatment, both on-site and in the community, is provided, in addition to support to caregivers/agencies involved with the client group.

The Hereford Centre is part of the Mental Health Service provided by the Canterbury District Health Board.

Hillmorton Hospital (Building 9) - Annex Road Hillmorton Christchurch 8011



(03) 335 4500  Monday-Friday, 8.30am-4.45pm; http://www.cdhb.govt.nz/ All services free of charge.

Referral may apply.

**Integrated Therapies (ACC Registered)**

FSD0019442 Last updated 15/12/2020

To provide counselling and life coaching services to individuals, couples and families. Bringing together Tranactional Analysis, counselling and holistic life coaching techniques to assist clients towards making sustained change, to reach their goals and uncover life scripts that are detrimental. I specialise, and am experienced, in issues of grief and loss, relationship dynamics, acute/chronic health management, working through current life events. As a trained social worker and life coach I have the skills, knowledge and personal attributes to support you to realise, and achieve, your dreams! I also encourage positive visualisation and progressive relaxation techniques for clients who are open to these techniques in support of reaching their goals. Check out my website and testimonials! www.integratedtherapies.co.nz

17 Ingrid Street Parklands Christchurch 8083



carol@integratedtherapies.co.nz  By appointment

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| (027) 522 7659 (03) 981 1184 http://www.integratedtherapies.co.nz | Mon-Fri  Sat  Some charges may apply.  No referral required. |

**Kensington Centre Inpatient Unit**

FSD0019590 Last updated 19/02/2021

A purpose-built acute inpatient unit which consists of 14 beds. The unit has many single rooms, with kitchen and laundry facilities accessible throughout the day to clients. The service is provided to people with identified moderate to severe psychiatric illness. Following admission, intensive assessment and treatment is offered.

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| (03) 687 2150 (0800) 277 997 http://www.scdhb.health.nz      **Lifeline Aotearoa** | The centre is open 8:00 AM - 5:00 PM, Monday to Friday  If you require an urgent assessment, contact  0800 277 997 at any time All services free of charge. Referral may apply. |
| FSD0001163 | Last updated 16/12/2020 |

Lifeline provides a free, 24 hour telephone counselling service offering help, support, responsive listening and information. Phone 0800 54 33 54 toll free.

Counsellors can help you work through a range of issues including:

* parenting and relationship difficulties
* stress
* family
* financial and employment problems
* mental health and physical health issues
* loneliness
* grief and depression.

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| christchurch@lifeline.org.nz  (0800) 543 354 https://www.lifeline.org.nz/ | 24 hours a day, 7 days a week. We will accept calls from anyone in New Zealand.  All services free of charge.  No referral required. |

**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.

**LifeLinks**

FSD0000520 Last updated 13/07/2020

We are a private company contracted to provide Needs Assessment and Service Co-ordination ( NASC) for people with disabilities (and their families) living in Canterbury, South Canterbury, North Canterbury and the West Coast. There is no cost to the individual for our service.

42 Buchan Street Sydenham Christchurch 8023



office@lifelinks.co.nz  Since the 22 February 2011 earthquake and the (0800) 866 877 loss of our building, we are now able to have our http://www.lifelinks.co.nz/ staff working from 'remote' or mobile locations around the city. Operating Hours 8.30am to 5pm

Mon-Fri

All services free of charge. Referral may apply.

**Lifeworks Counselling and Psychotherapy**

FSD0000461 Last updated 27/07/2020

Lifeworks counselling provides individual counselling, psychotherapy, supervision, mentoring & group work for people aged 16 years and over.

Also provides group-work supervision and practice reflection. ACC registered for trauma recovery from a physical or mental injury.

 41 Essex Street Phillipstown Christchurch 8011

nickeifalconer@hotmail.com  Wednesday - Friday 8.00am - 5.00pm

(03) 365 0483 Some charges may apply. http://www.lifeworkscounselling.co.nz No referral required.

**Lucid Psychotherapy and Counselling**

FSD0021647 Last updated 16/02/2021

The friendly and skilled Registered Psychotherapists at Lucid Psychotherapy and Counselling specialise in mindfulness for stress and anxiety, relationship difficulties/couples therapy, and also run Christchurch's only Dialectical Behaviour Therapy (DBT) program for adults. We'd love to hear from you, please get in touch or book online via our website.

88b Edgeware Road St Albans Christchurch 8013



info@lucidpsychotherapy.co.nz  Monday - Friday, 8:30 - 5:00

(027) 611 9019 Some charges may apply. http://www.lucidpsychotherapy.co.nz/ No referral required.

**Maori Mental Health Team / Te Whare Tiaki Mahana**

FSD0019603 Last updated 12/01/2021

The Maori Team works with Takata Whai Ora under the Kaupapa Tika Pono Aroha - Right process, Trust, Acceptance. The Team is here to support Iwi Katoa. The Team also uses the Whare Tapa Wha as part of support for Tangata Whaiora. Nau mai, Haere mai.

(03) 687 2150  Monday to Friday, 8.00 - 4.30pm

(0800) 277 997 (in a crisis) All services free of charge. http://www.scdhb.health.nz No referral required.

**Mental Health Advocacy and Peer Support Trust**

FSD0000681 Last updated 15/09/2020

We are people who having learned from our own experience of mental illness or addictions now provide services and support to assist others as they seek to improve their quality of life. We provide a wide variety of peer-led and peer-informed services. We offer information, education and referrals to other services. We work collaboratively with mental health and addiction service users. Everyone who works at MHAPS (and many members of our Trust Board) has lived experience of mental distress, mental illness and/or substance addictions and of recovery.

357 Madras Street Christchurch 8013



reception@mhaps.org.nz  Office Hours : 9:00am – 4:30pm

(03) 365 9749 Monday to Friday

(0800) 437 324 All services free of charge. http://www.mhaps.org.nz/ Referral may apply.

**Mental Health Education and Resource Centre (MHERC)**

FSD0000495 Last updated 28/01/2021

The Mental Health Education and Resource Centre (MHERC) provides information, a free public library, as well as professional development, workplace education and community education about mental health, wellbeing, resilience, mental illness, and addictions. Our services are available to everyone, including those who may be affected by mental illness, seeking wellbeing for themselves or others, and those working in the mental health or social service sectors.

116 Marshland Road Shirley Christchurch 8061



admin@mherc.org.nz  Monday - Friday

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| (03) 365 5344 (0800) 424 399 http://www.mherc.org.nz    **Classification : FVSS** | 9.00am - 4.30pm  Rural freephone at 0800 424 399 Some charges may apply.  No referral required. |

**Mind and Body Consultants - Christchurch**

FSD0019864 Last updated 06/11/2020

Our Peer Support Service offers you the opportunity to work with someone who has experienced mental distress first hand.

Our peer support workers are formally trained in peer support and have varied backgrounds, experiences and ethnicities. You can choose whoever you feel most comfortable working with. Mind and Body’s support is tailor-made by you for you. We start with asking what you need and want. We then work alongside you as you identify your strengths and achieve your goals.

8 Kennedy Place Hillsborough Christchurch 8022



carla@mindandbody.co.nz  Mind and Body operates Monday to Saturday

(03) 377 1818 within the hours of 8am-8pm http://www.mindandbody.co.nz All services free of charge.

No referral required.

**Newell House Trust**

FSD0021862 Last updated 27/04/2021

We are also running a psychology service for children.

chris@otbc.org.nz  All services free of charge. (027) 337 3927 No referral required.

**Nurturing Potential**

FSD0022790 Last updated 04/02/2021

Private Practice offering therapeutic services for children & adolescents with developmental, emotional, social and cognitive difficulties.

Specialize in offering services for Autism Spectrum Disorders (ASD)/Aspergers, ADHD, Anxiety, Attachment Difficulties, trauma, Behavioural Difficulties

128 Riccarton Road Riccarton Christchurch 8041



kaye@nurturingpotential.co.nz  Weekdays 8.30-5pm

(021) 139 7033 Some charges may apply. http://nurturingpotential.co.nz No referral required.

**Overeaters Anonymous - Te Waipounamu - South Island Intergroup**

FSD0007758 Last updated 20/10/2020

Is food a problem for you? 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.

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| oasouthislandnz@gmail.com  (03) 365 3812 http://www.oachristchurch.org.nz | Please contact us for meeting times and locations.  All services free of charge.  No referral required. |

**Parents Centre New Zealand Inc - Christchurch**

FSD0007359 Last updated 06/10/2020

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth and new parent education.

2a MacMillan Ave Cashmere Christchurch 8022



chch.parentscentre@xtra.co.nz  Hours vary

(021) 087 26943 Some charges may apply. http://www.parentscentre.org.nz No referral required.

**Pathways Health Christchurch**

FSD0006197 Last updated 29/06/2020

Creating mental health and wellness opportunities that enable individuals to live their dreams.

21 Birmingham Drive Middleton Christchurch



christchurch@pathways.co.nz  Residential enquiries: 03 338 8010

(03) 339 3780 Respite enquiries: 03 339 0574

http://www.pathways.co.nz Mobile enquiries: 03 339 3785

All services free of charge. Referral may apply.

**Petersgate Counselling Centre**

FSD0000654 Last updated 19/10/2020

We offer a professional generic counselling service with a wide range of modalities. Our fees are subsidised for those on low incomes and who are unable to access alternative funding.

29 Yaldhurst Road Christchurch 8042



info@petersgate.org.nz  Monday-Thursday 9:00am-8.30pm, Friday

(03) 343 3391 9:00am-4.30pm. http://www.petersgate.org.nz/ Some charges may apply.

No referral required.

**Power To Care**

FSD0000828 Last updated 31/08/2020

We provide welfare guardianship and property management services, enduring powers of attorney for property and personal care and welfare, personal orders and social work to those who can not fully manage their affairs because of age, illness or disability.

We specialise in services under the protection of Personal and Property Rights Act 1988.

149 Harewood Road Papanui Christchurch 8053



peter@powertocare.co.nz  Open hours:

(03) 354 2195 Tue-Fri, 9am-4pm

(021) 0286 8061 http://www.powertocare.co.nz/index.html Closed:

Sat-Sun-Mon

Some charges may apply. No referral required.

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

 44 Bealey Avenue Central Christchurch 8013

ps@psusi.org.nz (0800) 477 874 (03) 366 5472 http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Purapura Whetu Trust**

FSD0017022

Monday to Friday 8.30am-5pm.

Some charges may apply. Referral may apply.

Last updated 31/08/2020

Purapura Whetu Trust is a community based Kaupapa Maori mental health organisation. Purapura

Whetu Trust was initiated in 2002 to address the needs within the local Maori community. The

Kaupapa Maori model of care 'Purapura Whetu Te Kohinga' is our best practice model of care. The Trust provides Kaupapa Maori mental health services to adults, adolescents, children and their whanau who require a counselling or community support programme from a Kaupapa Maori perspective.

Level 1 166 St Asaph Street Christchurch 8011



office@pw.maori.nz  Monday to Friday 8.30 am to 4.30 pm

(03) 379 8001 All services free of charge. http://www.pw.maori.nz Referral may apply.

**SCDHB Community Mental Health Team**

FSD0019601 Last updated 31/10/2020

This is a mobile community and rural service that, using the 'Strengths' philosophy, provides assessment, support, education and treatment to people who have an identified moderate to severe psychiatric illness which causes distress and/or enduring disability. The service educates and offers assistance and advice to those who are supporting clients of the Community Mental Health Team, and as necessary, arranges emergency respite care as an alternative to inpatient admission.

Kensington Centre - Queen Street Parkside Timaru



(03) 687 2150  Monday to Friday, 8.00am - 5.00pm (0800) 277 997 All services free of charge. http://www.scdhb.health.nz No referral required.

**SCDHB Infant Child and Adolescent Mental Health Team**

FSD0019600 Last updated 31/10/2020

Assessment, treatment and case management of moderate to severe mental health disorders for children and young people 0 - 18 years. Emergency assessments can be accessed through the Triage, Assessment and Crisis Team 0800 277 997.

(03) 687 2150  Monday to Friday, 8am - 5.00pm

(0800) 227 997 (in crisis) All services free of charge. http://www.scdhb.health.nz No referral required.

**Seager Clinic**

FSD0000803 Last updated 21/07/2020

A specialist 24 bed rehabilitation facility providing a range of treatment programme options, including short and long term, intensive rehabilitation and pre-discharge. The emphasis is on individual treatment plans and re-integration with the community.

 Heathcote Building, The Princess Margaret Hospital 95 Cashmere Road Cashmere

Christchurch 8022

(03) 337 7704  10am-8pm Daily

https://www.cdhb.health.nz/health- Some charges may apply. services/seagar-clinic/ No referral required.

**South Canterbury District Health Board**

FSD0019565 Last updated 18/09/2020

Our mission: To enhance the health and independence of the people of South Canterbury. South Canterbury District Health Board serves about 55,000 people living in the beautiful region bounded by the grandeur of the Southern Alps to the west, the sparkling Pacific Ocean to the east, and the Rangitata and Waitaki rivers to the north and south. South Canterbury includes the main centre of Timaru, located approximately halfway between Christchurch and Dunedin on the South Island’s east coast, and a number of picturesque towns and smaller rural settlements.

Timaru Hospital - Queen Street Parkside Timaru 7910 ceo@scdhb.health.nz  Anytime



(03) 687 2100 Some charges may apply. http://www.scdhb.health.nz No referral required.

**Stand T Mia - Christchurch Region**

FSD0007828 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

23 Glenelg Spur Hillsborough Christchurch 8022



christchurch@standforchildren.org.nz  Office hours 8.00 am to 4.30 pm Monday to

(03) 332 2541 Friday. http://standforchildren.org.nz All services free of charge. Referral may apply.

**Step Ahead Trust**

FSD0000810 Last updated 23/06/2020

Step Ahead provides comprehensive and varied activity programmes for people who experience mental illness. Most activities are during the day but some evening activities are also available.

Members and staff work together to plan programmes.

167 Stanmore Road Christchurch



info@stepahead.org.nz  Office hours: Monday-Friday, 9am-5pm; plus

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| (03) 389 4001 (0800) 688 732 http://www.stepahead.org.nz/ | some evening activities.  Some charges may apply.  No referral required. |

**Stepping Stone Trust**

FSD0000422 Last updated 14/12/2020

Canterbury based, mental health provider of residential, respite and community support services. The Trust has been providing services since 1990, employs over 150 staff, has up to 85 persons living with us and we support a further 350 in their own homes across the city each day/week. The Trust functions 24 hours per day and hasnt closed its doors in over 20 years!!

126 Lincoln Road Addington Christchurch 8024



office@stepstone.org.nz  24hr residential/respite, Med/youth mobile teams

(03) 338 6390 operate 7 days, CommunitySupport/Family http://www.stepstone.org.nz Support team 5 days per week

Office open Mon-Friday 8.30am-5.00pm All services free of charge. Referral may apply.

**Sue Missen Counselling and Supervision Services**

FSD0006103 Last updated 20/08/2020

Counsellor with thirty years experience in agencies and private practice working with adults, adolescents, and children over five years. Couple and family therapy. Family Court approved counsellor. Expertise in working with mental health issues, loss and grief, stress, trauma, relationships, parental separation, FDR, personal issues, mediation, family violence.

Counsellor trainee educator, group facilitator and programme provider. Previously contracted provider of Parenting through Separation programme and programme for Women Protected persons under the DVA for 10 and 15 years respectively.

Professional and clinical supervision available for individuals, group and peer supervision.

Counselling and supervision also available via Skype.

 32 Melford Close Rangiora 7400

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| suemissen@xtra.co.nz (021) 130 8897      **Talking Therapy** | Available by phone and email Monday to Saturday.  Services are on Monday, Tuesday and Thursday.  Some charges may apply. No referral required. |
| FSD0000128 | Last updated 18/09/2020 |

Talking Therapy consist of a group of five registered psychotherapists who provide psychotherapy, counselling, couple counselling and professional supervision and EAP (employer assistance programme).

178 Harewood Road Papanui Christchurch 8053



info@talkingtherapy.co.nz  Monday to Thursday: 10am to 7pm.

(03) 354 8045 Friday: 10am to 2pm

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

No referral required.

**Te Korimako**

FSD0000859 Last updated 28/01/2021

Community support workers who work with Maori with psychiatric illness, their case managers and any other significant people to develop and work to a support plan that may include accessing benefits and other resources such as good housing; developing life skills like menu planning, cooking, shopping, personal hygiene, having fun and improving social and cultural activities and networks; support to challenge negative messages and stereotypes; support to get out and about and broaden horizons

90 Fitzgerald Avenue Christchurch Central Christchurch 8011



info@kakakura.org.nz  24/7 for Korimako Services

(03) 351 5837

(03) 379 7200 Head office 8:30 am - 5:00 pm http://www.kakakura.org.nz/contact- All services free of charge. us.html No referral required.

**Te Puna Oranga Incorporated**

FSD0000862 Last updated 12/08/2020

We are Kaupapa Maori Community Service Organisation, who are committed to working with Whanau within a holistic approach. Services offered are; Maori sexual abuse healing, abuse prevention education, Maori youth & whanau advocacy services.

687 Worcester Street Linwood Christchurch



info@tepunaoranga.co.nz  9am-5pm Monday to Friday.

(03) 381 8472 All services free of charge.

No referral required.

## Classification : FVSS, SHSS

**The Independent Psychological Service**

FSD0016592 Last updated 06/07/2020

Provider of psychological assessment and intervention services on behalf of employee assistance programmes, Ministry of Justice, MSD and ACC.

mkelly.tips@gmail.com  On request available at multiple locations in (027) 372 1333 Christchurch & Nelson regions and outside of http://theindependentpsychologicalservice those areas by negotiation.

.co.nz Some charges may apply.

No referral required.

**The Loft**

FSD0024423 Last updated 22/10/2020

The Loft is a pioneering, collaborative partnership, established in 2016 and currently consists of 12 social and community service providers in Christchurch. Based in Eastgate Mall we work in close partnership with Linwood Library, Linwood Medical Centre and Local MP Poto William's. Our purpose is to enhance outcomes for children, young people, families and communities through colocation and collaboration of social, health and community services

Level 1 20 Buckleys Road Linwood Christchurch 8062



manager@theloftchristchurch.org.nz  9am - 5pm Monday to Friday

(0800) 865 638 All services free of charge. https://www.theloftchristchurch.org.nz/ No referral required.

**The Mental Health Brief Intervention Service**

FSD0019412 Last updated 26/01/2021

We provide an adult mental health service in the South Canterbury area, for mild to moderate mental health issues. A referral from a GP or a Practice Nurse is required. The mental health issues may include any issue that affects a person's ability to cope such as anxiety, depression, stress, grief, relationship break-up, work, major physical illness or sexuality. This is a free service to clients, funded by the local DHB.

156 Otipua Road Timaru 7910



(03) 687 7120  Monday to Friday 8.30am-5.00pm

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| **The Salvation Army - Hornby** | All services free of charge. Referral may apply. |
| FSD0000786 | Last updated 16/04/2021 |

We are here to support the community and help meet need in whatever way we are able. Through the centre we offer welfare support through Food Parcels, Financial Mentoring, Free Bread on a Tuesday and a listening ear. We offer the Positive Lifestyle Programme which runs for eight sessions, one on one. Craft Group, Community Cuppa, Social events are all opportunities to meet and make new friends. Our Sunday Service is a bright, vibrant time of celebration with something for the whole family and finishing with morning tea.

 23 Manurere Street Hei Hei Christchurch 8042

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| hornby.corps@salvationarmy.org.nz  (03) 349 6268 https://www.salvationarmy.org.nz/centres/ nz/canterbury/hornby | Centre Office is open Monday - Thursday (9.30am-12.30pm)  Foodbank: Monday and Thursday - 9.30am to 12.30pm. (last appointment 12.10pm) Koha/donation may apply.  No referral required. |

**Timaru Mental Health Support Trust (Victoria House)**

FSD0019398 Last updated 22/04/2021

The Timaru Mental Health Support Trust is a not for profit trust formed on 2nd May 1997 with the purpose of providing support to people with a mental illness and/or addiction in the wider Timaru community.

Timaru Mental Health Support Trust provides wellness programmes in a strengths based recovery model which focuses on individual abilities and desires as outlined in each person’s individual goal plan.

We provide employment support, community participation, education sessions, weekend service and a wide range of daily activities in a warm, safe environment. Clients are able to socialise with others, attend workshops or come in for nutritious lunches or an evening meal.

Through achieving small but measurable goals, individuals gain confidence, hope, life skills and self esteem which leads to increased self sufficiency and participation in the community. This helps them rise above the long term effects of their illness.

83 King Street Kensington Timaru 7910



Admin@tmhst.org.nz  Monday, Wednesday, Friday 9.00am - 5.00pm

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| (03) 688 8889 (027) 686 1738  http://www.facebook.com/Timaru-Mental-  Health-Support-Trust-567376909961961/ | Tuesday 10.00am - 5.00pm  Thursday 9am-8pm  Saturday & Sunday 12.30pm - 4.30pm Some charges may apply.  Referral may apply. |

**Timaru TACT (Triage, Assessment, Crisis and Treatment Team)**

FSD0019591 Last updated 31/10/2020

This is a 24 hour/seven days a week service utilising the 'Strengths' philosophy for people in the acute phase of a psychiatric illness, or at risk of an acute episode, who may require assessment and follow up. The TACT Team is also the first point of contact for any member of the public, and other agencies, who have need for advice and/or assistance of a general nature about the services available for those who may be suffering from a psychiatric illness. Known clients of SCDHB Mental Health & Addiction Services are managed in the first instance by their allocated registered health professional. Free phone 0800 277 977.

(0800) 277 997  24 hours, 7 days a week (03) 687 2196 All services free of charge. http://www.scdhb.health.nz No referral required.

**Totara House - Christchurch**

FSD0000869 Last updated 18/12/2020

A specialist treatment service for young people (aged 18-30) experiencing a first presentation of psychosis. A range of services is offered both on-site and in the community which includes intensive case management; individual and group treatment; education and support for clients and families/whanau

Totara House Early Intervention Psychosis Service 183 Montreal Street Christchurch 8011 totara1@cdhb.health.nz  Monday-Friday, 8.30am-5pm



(03) 335 4525 Some charges may apply. http://www.cdhb.govt.nz/totara/ Referral may apply.

**Urgent Adult Mental Health Care - Canterbury DHB**

FSD0022931 Last updated 16/04/2021

If you require urgent or crisis mental health care, freephone 0800 920 092, (24 hours, 7 days a week).

SPOE@cdhb.health.nz  24 hours a day, 7days a week

(0800) 920 092 Phone 2 for children and youth

(0800) 218 219 (press option 2) SPOE@cdhb.health.nz or non-urgent enquiries https://www.cdhb.health.nz/health- All services free of charge. services/urgent-mental-health-adult- No referral required.

services/

**Valerie Attrill Counselling**

FSD0000311 Last updated 04/02/2021

Counselling, consultations and clinical supervision. Assists with workplace management and staff relationships, personal identity/and self development, sexual orientation/sexual identity/gender and transgender, relationship issues, intimacy and sexual issues, emotional problems, anger and rage:

understanding & management, grieving support and understanding, loss of motivation through depression, loss of autonomy through anxiousness, spirituality exploration.

88A Pine Avenue New Brighton Christchurch 8061



attrillvalerie@gmail.com  Week daytime and Evening appointments (027) 436 9807 available. No weekend appts.

http://www.valerieattrill.nz New Brighton. Appointment times negotiated

with flexibility.

Some charges may apply. No referral required.

**Women's Centre - Christchurch**

FSD0005752 Last updated 20/04/2021

The Women's Centre works with and for the well-being of all women, by assisting, supporting and encouraging them to make informed choices in their lives.

Unit 3 242 Ferry Road Waltham Christchurch 8011 support@womenscentre.co.nz  Drop-in open between 10am - 2pm Mon - Fri.



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| (03) 371 7414 (022) 105 5308 http://www.womenscentre.co.nz | Phone between 9am - 3pm Mon - Fri.  Some charges may apply.  No referral required. |

**Yellow Brick Road (formerly Supporting Families Canterbury)**

FSD0007462 Last updated 18/02/2021

Confidential Support

* For family, whanau and friends of those with mental illness (from 5 years). Information, advocacy,training programmes, peer support
* For those bereaved by suicide. Wrap around support and WAVES suicide bereavementprogramme. Suicide pre- and post-vention one on one service
* Qualified Fieldworkers with family experience
* No charge for services, minimal waiting time.

Evidence based programmes offered to family/whanau:

* Family Connections (BPD/ Emotional Dysregulation) Programme
* Children Understanding Mental Illness Programme - (CUMI) for children and young people from 5years
* WAVES (Adults Bereaved by Suicide) Programme
* Stepping Out for women struggling with a child (often adult) with mental illness.

The Hub 275 Hereford Street Christchurch 8011



Helen@yellowbrickroad.org.nz  8.30am - 5pm Monday to Friday.

(03) 366 9284 All services free of charge.

(0800) 876 682 No referral required. http://yellowbrickroad.org.nz

# Older People

**Access - Christchurch ( Main regional office )**

FSD0002653 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.

9 Baigent Way Middleton Christchurch 8024



info@access.org.nz  Office hours 8:30am - 4:30pm (03) 366 0400 After hours 7.00am-10.00pm, call 0800 AT (0800) 284 663 HOME (0800 284 663). http://www.access.org.nz All services free of charge.

Referral may apply.

**Accredited Visiting Service**

FSD0019572 Last updated 08/12/2020

The overall aim of the AVS is to decrease levels of social isolation and loneliness, to reduce physical and mental health risks, and to increase social participation, health and wellbeing for older people.

Room 9, Community House 27 Strathallen Street Timaru 7910



sking@ageconcerncan.org.nz  Mon-Thu 10am until 3pm (03) 687 7587 All services free of charge. https://www.ageconcern.org.nz No referral required.

**Age Concern Ashburton Inc**

FSD0006653 Last updated 19/10/2020

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

 206 Cameron Street Ashburton

ageconcernashburton@xtra.co.nz  Some charges may apply.

(03) 308 6817 No referral required. http://www.ageconcern.org.nz

**Age Concern Canterbury Inc**

FSD0006654 Last updated 19/10/2020

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

24 Main North Road Papanui Christchurch 8053



team@ageconcerncan.org.nz  9am - 4.30pm Monday to Friday

(03) 366 0903 Some charges may apply.

(0800) 803 344 No referral required. http://www.ageconcerncan.org.nz

## Classification : EARS

**Alzheimers NZ - South Canterbury**

FSD0006737 Last updated 05/02/2021

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

Community House 27 Strathallan Street Timaru 7940



southcanterbury@alzheimers.org.nz  9am to 4pm Monday to Fridays

(03) 687 7583 All services free of charge. http://www.alzheimers.org.nz No referral required.

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury

District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

|  |  |
| --- | --- |
| (03) 308 1395 http://www.safermidcanterbury.org.nz      **Avonhead Community Trust** | All services free of charge. Referral may apply. |
| FSD0017677 | Last updated 30/07/2020 |

The Avonhead Community Trust is a charitable trust which serves the Christchurch Community by providing holistic services which empower children, young people and families to lead full and meaningful lives.

102 Avonhead Rd Avonhead Christchurch 8042



weustenfamily@fspnz.com  week day mornings (03) 342 4359 Some charges may apply.

(021) 450 055 No referral required. http://www.actrust.org.nz

## Classification : OSCAR

**Brackenridge Services Limited**

FSD0021814 Last updated 12/01/2021

We are an NGO providing residential care, respite care and day programmes across Christchurch for people with intellectual disabilities.

We support the Enabling Good Lives vision that: "In the future, disabled children and adults and their families will have greater choice and control over their supports and lives, and make more use of nature and universally available supports."

Funding is received from EGL Flexible Disability Support, Individualised funding and contracts with Oranga Tamariki, Ministry of Health, and ACC.

Getting ready for Sector Transformation is our priority and includes: strengthening person centred supports “being, belonging, becoming”, outcomes framework, practice leadership and financial sustainability.

Increasing complexity in the sector also requires new and emergent responses, exploring opportunities through collaboration, partnerships, networks, relationships and continuous learning.

128 Wrights Road Middleton Christchurch 8025



brackenridge@brackenridge.org.nz  8.30am-5.00pm

(03) 926 1960 Some charges may apply.

(03) 926 1999 No referral required. http://www.brackenridge.org.nz

**Cancer Society - Kaiapoi Support Group**

FSD0002662 Last updated 29/03/2021

Seeking to minimise the impact of cancer in the community through support, education and research.

50 Isaac Wilson Road Kaiapoi 7630



(03) 327 6195  Anytime.

All services free of charge. No referral required.

**CCS Disability Action - Christchurch Office**

FSD0007621 Last updated 22/03/2021

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

224 Lichfield St Christchurch 8011



canterbury@ccsDisabilityAction.org.nz  8.30am to 4.30pm Monday to Friday

(03) 365 5661 Some charges may apply.

(0800) 227 2255 No referral required.

https://www.ccsdisabilityaction.org.nz/

**CCS Disability Action - Kaikoura Office**

FSD0008310 Last updated 26/03/2021

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

(03) 319 3263  By appointment only

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

**CCS Disability Action - Rangiora Office**

FSD0008309 Last updated 15/03/2021

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

78A Eastbelt Rangiora



Canterbury@ccsDisabilityAction.org.nz  Please contact us to make an appointment.

(03) 313 8312 Some charges may apply.

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

**Christchurch Methodist Mission**

FSD0000497 Last updated 16/10/2020

We strengthen families, empower children and young people, provide care for older people, and support people to find pathways to a better life.

We have a vision of a city where justice and compassion guide the way we live and where all people are treated with respect and dignity.

3 Marblewood Drive Papanui Christchurch 8053



intake@mmsi.org.nz  Monday - Friday (03) 375 1470 8.30am - 4.30pm

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

Referral may apply.

## Classification : BFC, THP

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

Level 1 29 High Street Rangiora



manager@wellbeingnc.org.nz  Monday - Friday 8.30am-5pm

|  |  |
| --- | --- |
| (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Some charges may apply. No referral required. |

**Delta Community Support Trust**

FSD0000298 Last updated 29/01/2021

Delta Community Support Trust is a Christian community-based organisation located in Richmond, Christchurch. We engage in community development through a unique range of services, initiatives and activities. In particular these seek to uplift people who are facing personal hardship, experiencing disability, isolation or other disadvantage. Our goal is to encourage involvement in and contribution to community life where people are able to participate in positive relationships, journeying and growing together in all social, mental, physical and spiritual facets of life.

 101 North Avon Road Richmond Christchurch 8013

|  |  |
| --- | --- |
| reception@deltatrust.org.nz  (03) 389 0212 http://www.deltatrust.org.nz/      **Diabetes Christchurch Inc** | Delta Community House is open to the public 9:30am-2pm weekdays, Thursdays open at 10am.  Community Workers are available by appointment or by phone between 9am-3pm Some charges may apply. Referral may apply. |
| FSD0007809 | Last updated 31/08/2020 |

We provide diabetes information, support and education for people, family and whanau with diabetes as well as providing speakers for community groups. We have a shop with diabetes medical products, foot products, shoes and socks, a range of diabetes & Gluten Free cookbooks, sugar free sweets and drinks and a large range of jam spreads, sauces, pickles and toppings for people with diabetes. We have a weekly armchair exercise class every Friday morning and monthly support group meeting and/or activities, books, videos and DVD's, as well as a regular local diabetes magazine. For information about us and what we can provide, please visit our website and online shop at www.diabeteschristchurch.co.nz

21 Carlyle Street Sydenham Christchurch 8023



info@diabeteschristchurch.co.nz  Monday to Friday, 9.00am - 4.00pm

(03) 925 9972 Some charges may apply. http://www.diabeteschristchurch.co.nz No referral required.

**Eldernet**

FSD0000315 Last updated 05/10/2020

Eldernet is an independent, comprehensive, up-to-date, nationwide directory of services for older people. Main sections include: community groups, retirement housing (villages etc), residential care; home support services; other products & services.

 284 Keyes Road New Brighton Christchurch 8083

|  |  |
| --- | --- |
| team@eldernet.co.nz (03) 388 1204 http://www.eldernet.co.nz/      **Heartland Services - Akaroa** | Internet information available 24/7 Office hours:  8:30am - 5pm Monday - Friday All services free of charge. No referral required. |
| FSD0007167 | Last updated 24/06/2020 |

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

Heartland Service Centre 39 Rue Lavaud Akaroa 7520



heartlands.coordinator@gmail.com  Mon to Thurs 10:00am – 4:00pm

(03) 304 8659 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



|  |  |
| --- | --- |
| (03) 961 9248 (029) 263 7580 http://www.heartlandservices.govt.nz      **Home Assistants for Seniors** | Wed 9:30am – 5:00pm  All services free of charge. Referral may apply. |
| FSD0022371 | Last updated 08/09/2020 |

Home Assistants For Seniors supports and cares for elderly members of the community in their own home. We provide services involving outings, shopping, escorting to appointments, live in and overnight sleep overs, and help with daily household tasks.

Home Assistants For Seniors is a very flexible agency in the services it provides to seniors.

Please visit our website www.homeassistantsforseniors.co.nz to learn more.

info@homeassistantsforseniors.co.nz  Service available 24/7

(03) 669 2669 Some charges may apply. http://www.homeassistantsforseniors.co.n No referral required. z

**Hornby Day Care Trust**

FSD0000400 Last updated 22/03/2021

Hornby Day Care Trust provides a community activity programme for older people living in our community. A wide range of stimulating activities are on offer, along with the companionship of other members. We provide a nutritious lunch time meal and morning and afternoon tea. With an experienced team of staff, our members are greeted with warmth and supported through the day to make the most of what's on offer.

93 Carmen Road Hei Hei Christchurch



manager@hornbydaycare.co.nz  Monday-Friday, 10-230pm

(03) 349 3129 Some charges may apply.

Referral may apply.

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

 24 Sewell Street Kaiapoi 7630

kcs.coord@wellbeingnc.org.nz

(03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz

**Kaiapoi Meals on Wheels**

FSD0002681

Coordinator available Mon- Fri 9am – 4pm. Foodbank and reception open Mon- Thurs 10am – 2pm.

All services free of charge. No referral required.

Last updated 07/09/2020

Supplying meals to elderly, disabled and those recuperating at home after hospital visits.

24 Sewell Street Kaiapoi 7630



mealsonwheels@cdhb.health.nz  Monday - Thursday 9 - 4p.m.

|  |  |
| --- | --- |
| (03) 335 4443 https://www.cdhb.health.nz/healthservices/meals-on-wheels/      **LifeLinks** | Friday 9am-3pm  All services free of charge. Referral may apply. |
| FSD0000520 | Last updated 13/07/2020 |

We are a private company contracted to provide Needs Assessment and Service Co-ordination ( NASC) for people with disabilities (and their families) living in Canterbury, South Canterbury, North Canterbury and the West Coast. There is no cost to the individual for our service.

42 Buchan Street Sydenham Christchurch 8023



office@lifelinks.co.nz  Since the 22 February 2011 earthquake and the (0800) 866 877 loss of our building, we are now able to have our http://www.lifelinks.co.nz/ staff working from 'remote' or mobile locations around the city. Operating Hours 8.30am to 5pm

Mon-Fri

All services free of charge. Referral may apply.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

|  |  |
| --- | --- |
| (03) 325 2007 http://www.lincolncomcare.co.nz | Public Holidays  Some charges may apply.  Referral may apply. |

**Linwood Avenue Community Corner Trust**

FSD0000466 Last updated 26/03/2021

Services range from support and practical advice, budget referral, Emergency Food Parcels,

Partnership Community Workers. Programmes and activities for all ages, we employ a Coordinator, Family Community Worker and Health Workers.

378 Linwood Avenue Bromley Christchurch 8062



dorothy@lacct.org.nz  Office hours 9am to noon Monday to Friday

(03) 980 9827 Some charges may apply.

(03) 389 5303 No referral required.

http://linwoodavenueunionchurch.org.nz

**Mary Potter Community Centre**

FSD0016167 Last updated 27/07/2020

Provides social and recreational services to seniors.

 442 Durham Street North St Albans Christchurch 8014

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| --- | --- |
| nzadmin@lcm.org.au (03) 372 9224 http://www.lcmchristchurch.org.nz | Organised activities: Monday & Thursday 9am -  3pm  Office: Monday - Friday 9am -5pm Some charges may apply.  No referral required. |

**Meals on Wheels - Christchurch**

FSD0000488 Last updated 20/01/2021

Meals on wheels are supplied by Canterbury District Health Board and delivered by Red Cross voluntary drivers who are co-ordinated by Lynette Milne, (03) 339 3759.

85 Picton Avenue Riccarton Christchurch 8011



CHCHMOW@redcross.org.nz  Meals are delivered between 11am and 1pm

(03) 339 3759 Monday-Friday.

(027) 405 2646

http://www.redcross.org.nz Office Hours: Monday - Friday 9am - 1.30pm Some charges may apply. Referral may apply.

**Meals on Wheels - Oxford Area**

FSD0000490 Last updated 26/10/2020

To deliver meals to the elderly and sick people in Oxford

Oxford Hospital 45 Park Avenue Oxford 7430



lynette.reed@cdhb.govt.nz  Monday to Friday

(03) 312 1100 8.00am-4.30pm

Some charges may apply. No referral required.

**Meals on Wheels - Rangiora**

FSD0002683 Last updated 12/10/2020

Red Cross manage the delivery of meals on wheels in the local community.

85 Picton Avenue Riccarton Christchurch 8011



jacky.martin@redcross.org.nz  09.00 to 13.30

(03) 339 3759 Some charges may apply.

(03) 339 7970 No referral required. http://redcross.org.nz

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Multiple Sclerosis and Parkinson's Canterbury**

FSD0007226 Last updated 26/03/2021

Multiple Sclerosis and Parkinson's Canterbury provides professional support and information. There are nurses and a physiotherapist for clinical information as well as a specialised gym, exercise programmes, and social and peer support groups.

3/49 Sir William Pickering Drive Burnside Christchurch



support@ms-pd.org.nz  Monday - Friday 9am - 4pm

(03) 366 2857 Some charges may apply. http://www.ms-pd.org.nz/ Referral may apply.

**NASC, South Canterbury DHB**

FSD0019557 Last updated 15/01/2021

The NASC Service completes needs assessments for people aged 65 and older with aged-related disabilities, younger people with long term chronic conditions, and those with ongoing mental health conditions in order to provide them with a range of support services to maximise their independence in the community. NASC also completes assessments for entry into residential care facilities.

156 Otipua Road Watlington Timaru 7910



nascadmin@scdhb.health.nz  Office open Monday - Friday: 8.30am - 5pm

(03) 687 7114 Phone 03 6877114

(03) 687 7120 All services free of charge. https://www.nznasca.co.nz/regions/south- No referral required. canterbury/

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**New Zealand Red Cross - Christchurch Service Centre**

FSD0000530 Last updated 15/01/2021

Everyday, we work to help Kiwis - whether that's providing a hot meal, offering a safe ride to the hospital or helping former refugees into employment. We also help communities affected by disaster and conflict right across the world. As we often say, disasters don't discriminate and neither do we.

85 Picton Ave Riccarton Christchurch 8011



christchurch@redcross.org.nz  Monday to Friday 8.00am to 4.30pm

(03) 339 3750 Some charges may apply. http://www.redcross.org.nz/ Referral may apply.

**New Zealand Red Cross - Loburn/Rangiora Branch**

FSD0000534 Last updated 04/02/2021

The Red Cross mission is "to protect life and dignity and to alleviate suffering"

Loburn Branch, NZ Red Cross 54 South Belt Rangiora 7400



golden.downs@xtra.co.nz  Meetings on 4th Wednesday of the month, 2pm.

(03) 313 8393 Can be flexible.

Some charges may apply. No referral required.

**North Canterbury Mini Bus Trust**

FSD0002685 Last updated 28/07/2020

The buses and organisation is owned by the community and administered for the community by the Presbyterian Social Services. Six buses in total are driven by volunteers for the use of people within the community who are Disabled, Elderly or Disadvantaged. Some of the buses have wheelchair hoists.

|  |  |
| --- | --- |
| ronij@psusi.org.nz  (03) 261 2889 | 8.30am-5.00pm Monday to Friday.  Some charges may apply.  No referral required. |

**Opawa Baptist Church**

FSD0016932 Last updated 06/07/2020

Opawa Baptist Church in the suburb of Waltham strives to make connections with the surround community and beyond.

285 Wilsons Road Waltham Christchurch 8023



office@opawa.org.nz  Church services Sunday 10.30

(03) 379 7680 Office hours vary - phone for updated times http://www.opawabaptist.org Some charges may apply.

No referral required.

**Phillipstown Community Centre**

FSD0020472 Last updated 19/03/2021

The Phillipstown Community Centre is in the Phillipstown Community Hub, we are here to provide a safe caring supportive environment to foster individual and community growth.

Room 2 39 Nursery Rd Phillipstown Christchurch 8011



info@phillipstown.org.nz  9am - 5.30pm Monday to Friday

(03) 595 2023 Some charges may apply.

(020) 406 91419 No referral required. http://www.phillipstown.org.nz

## Classification : OSCAR

**Power To Care**

FSD0000828 Last updated 31/08/2020

We provide welfare guardianship and property management services, enduring powers of attorney for property and personal care and welfare, personal orders and social work to those who can not fully manage their affairs because of age, illness or disability.

We specialise in services under the protection of Personal and Property Rights Act 1988.

149 Harewood Road Papanui Christchurch 8053



peter@powertocare.co.nz  Open hours:

(03) 354 2195 Tue-Fri, 9am-4pm

(021) 0286 8061 http://www.powertocare.co.nz/index.html Closed:

Sat-Sun-Mon

Some charges may apply. No referral required.

**Presbyterian Support Mid Canterbury - Trevor Wilson Centre**

FSD0007782 Last updated 12/03/2021

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

215 Tancred Street Ashburton 7700



midcant@psusi.org.nz  8.45am - 5.15pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 2616907 Referral may apply. http://psuppersouth.org.nz/

## Classification : YS

**Presbyterian Support North Canterbury - Ngawi Thompson Centre**

FSD0007783 Last updated 07/04/2021

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

258 High Street Rangiora 7400



NorthCant@psusi.org.nz  8.30am to 5pm Monday - Friday

|  |  |
| --- | --- |
| (0800) 477 874 (03) 261 2888 http://psuppersouth.org.nz/ | Some charges may apply. Referral may apply. |

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

|  |  |
| --- | --- |
| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS** | Monday - Friday  Some charges may apply.  No referral required. |

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

 44 Bealey Avenue Central Christchurch 8013

ps@psusi.org.nz (0800) 477 874 (03) 366 5472 http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Rangiora Stroke Club**

FSD0002700

Monday to Friday 8.30am-5pm.

Some charges may apply. Referral may apply.

Last updated 17/07/2020

To help, encourage and support people who have suffered a stroke, and their families to overcome the physical, psychological, social and communication difficulties which stroke people may have. It provides a place where stroke people may come for social, education and rehabilitation, also other interests.

Knox Church Cnr King High Street Rangiora



kebar@xtra.co.nz  The Club meets each Tues day in the month (03) 327 2219 (excluding a 5th Tuesday) from 11.00am http://www.stroke.org.nz 2.00pm

Physio only sessions 4th Tuesday 11am - 12pm.

Some charges may apply. No referral required.

**Seniorlink**

FSD0000814 Last updated 22/12/2020

Seniorlink is intended as a web site for senior citizens. Provides information, services and opportunities for seniors. Embraces all aspects from health, disabilities, legal and travel. Information is accessible with no charges to community groups. Provides information about rest homes, hospitals and retirement villages

35 Karanga Road RD 2 Leeston 7682



team@seniorlink.co.nz  All services free of charge.

(03) 318 7676 No referral required. http://www.seniorlink.co.nz/about/

**SeniorNet Mac Incorporated - Christchurch**

FSD0000817 Last updated 29/01/2021

Computer education for seniors using Apple computers, iPads, iPhones, Apple Watches etc.:

Assistance/Tuition offered includes: basic introduction to Mac devices; Setting Preferences; Using Pages; Mail; Contacts; iCal; Photos; Internet providers like Safari, Firefox and Google etc. Most learning is one-to-one and is tailored to each individual's needs and can last anything from 15mins to several 1 to 2 hr sessions

41 Essex Street Christchurch



secretary@seniormac.org.nz  Drop in 41 Essex Street any Mon, Wed, Thurs

|  |  |
| --- | --- |
| (03) 365 1979 http://seniormac.org.nz | and Fri, except public holidays, between 10am and 12pm.  Social last Tuesday of month Cashmere Club 11.45am (for lunch) to 2.30pm. Meeting starts at 1pm.  Some charges may apply.  No referral required. |

**South Canterbury District Health Board**

FSD0019565 Last updated 18/09/2020

Our mission: To enhance the health and independence of the people of South Canterbury. South Canterbury District Health Board serves about 55,000 people living in the beautiful region bounded by the grandeur of the Southern Alps to the west, the sparkling Pacific Ocean to the east, and the Rangitata and Waitaki rivers to the north and south. South Canterbury includes the main centre of Timaru, located approximately halfway between Christchurch and Dunedin on the South Island’s east coast, and a number of picturesque towns and smaller rural settlements.

Timaru Hospital - Queen Street Parkside Timaru 7910 ceo@scdhb.health.nz  Anytime



(03) 687 2100 Some charges may apply. http://www.scdhb.health.nz No referral required.

**St Vincent de Paul - Kaiapoi**

FSD0002695 Last updated 21/10/2020

St Vincent de Paul is an organisation that gives help to individuals and families in the community in need.

mev.brown@hotmail.com  Evenings. Message service provided.

(027) 344 0013 All services free of charge. http://www.svdp.org.nz No referral required.

**St Vincent de Paul - Rangiora**

FSD0002697 Last updated 18/01/2021

St Vincent de Pauls helps families and people in the community in need.

|  |  |
| --- | --- |
| admin@svdpchch.co.nz  (03) 389 7484 (021) 083 25454 http://www.svdp.org.nz | Christchurch office available for initial support and referral  All services free of charge.  No referral required. |

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062 info@maatawaka.org.nz  Monday to Friday - 8:00 to 4:30



(03) 382 6628 Some charges may apply. https://maatawaka.org.nz Referral may apply.

## Classification : BFC, FVSS

**Te Whatu Manawa Maoritanga o Rehua Trust**

FSD0000700 Last updated 20/04/2021

Rehua Marae exists to provide a cultural venue for whanau, organisations, schools, tertiary institutes, government and non-government departments, with a kaumatua service that supports kuia and koroua remaining in their own homes for as long as possible with appropriate support.

Rehua Marae 79 Springfield Road St Albans Christchurch 8143



admin@rehuamarae.org.nz  Marae Office and Kaumatua Services open from

(03) 355 5615 8.30am to 5pm Monday-Friday http://www.rehuamarae.co.nz Koha/donation may apply.

Referral may apply.

**The Salvation Army - Aranui**

FSD0000787 Last updated 19/04/2021

Worship, community and welfare services of The Salvation Army

34 Portsmouth Street Wainoni Christchurch 8061



aranui.corps@salvationarmy.org.nz  Mon, Tues, Weds, Thurs, Friday 10 am - 2 pm

(03) 388 1072 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/newzealand/canterbury/aranui/aranui-corps

**The Salvation Army - Ashburton**

FSD0023556 Last updated 20/04/2021

Worship, community and welfare services of The Salvation Army

226 Cameron Street Ashburton



ashburton.corps@salvationarmy.org.nz  Family Stores Opening Hours

(03) 308 7610 Mon - Fri: 9.30am - 4.30pm, Sat: 10am - 2pm.

https://www.salvationarmy.org.nz/centres/ Service time(s): Sunday 10am nz/canterbury/ashburton/ashburton-corps Some charges may apply. No referral required.

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

853 Colombo Street Christchurch Central Christchurch 8013



christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Hornby**

FSD0000786 Last updated 16/04/2021

We are here to support the community and help meet need in whatever way we are able. Through the centre we offer welfare support through Food Parcels, Financial Mentoring, Free Bread on a Tuesday and a listening ear. We offer the Positive Lifestyle Programme which runs for eight sessions, one on one. Craft Group, Community Cuppa, Social events are all opportunities to meet and make new friends. Our Sunday Service is a bright, vibrant time of celebration with something for the whole family and finishing with morning tea.

 23 Manurere Street Hei Hei Christchurch 8042

hornby.corps@salvationarmy.org.nz 

(03) 349 6268 https://www.salvationarmy.org.nz/centres/ nz/canterbury/hornby

**The Salvation Army - Linwood**

FSD0000791

Centre Office is open Monday - Thursday (9.30am-12.30pm)

Foodbank: Monday and Thursday - 9.30am to 12.30pm. (last appointment 12.10pm) Koha/donation may apply. No referral required.

Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

177 Linwood Avenue Linwood Christchurch



linwood\_corps@nzf.salvationarmy.org  Community & Family Centre: 9am - 12.00pm,

|  |  |  |
| --- | --- | --- |
| (03) 389 3723 https://www.salvationarmy.org.nz/centres/ nz/canterbury/linwood/linwood-corps      **The Salvation Army - Rangiora** | 1pm-4pm Monday to Friday.  Budgeting Service available on (03) 389 3723 | |
| Some charges may apply. No referral required. |  |
| FSD0000792 |  | Last updated 23/04/2021 |

Worship, community and welfare services of The Salvation Army

12 Ashley Street Rangiora 7400



rangiora\_corps@nzf.salvationarmy.org  Mon to Fri 9am - 4pm

(03) 313 2370 All services free of charge. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/rangiora/rangiora-corps

**The Salvation Army - Rolleston**

FSD0023568 Last updated 20/04/2021

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

646 Springston Rolleston Road Rolleston 7678



rolleston.corps@salvationarmy.org.nz  Family Store Opening hours: Weekdays 9am-

(03) 347 0934 4pm, Saturday 9.30am-3pm http://sarolleston.nz/ Some charges may apply.

No referral required.

**The Salvation Army - Sydenham**

FSD0000795 Last updated 03/05/2021

Worship, community and welfare services of The Salvation Army

250 Colombo Street Christchurch 8023 sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.



(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**The Salvation Army - Timaru**

FSD0023562 Last updated 22/03/2021

Worship, community and welfare services of The Salvation Army

206 Wai-iti Road Highfield Timaru 7910



timaru.corps@salvationarmy.org.nz  /

(03) 684 7139 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/timaru/timaru-corps

**Timaru Senior Citizens Assocation**

FSD0019583 Last updated 07/04/2021

We focus on advocacy and support to the elderly in Timaru, Temuka, Geraldine and the greater Aoraki area.

Toe Nail Cutting service , Total Mobility Agent, Grey Power Agent, Handy Man lists, Mature Driving Courses, Home heating enquiries, Protection Concerns and support, Home Visits. Working with Families, Community Link, Net working with other agencies and local Community Police.

Meals every Friday at the Friendship Centre at the Harlequins Building, 34 Church Street, , Meals, housie, outings, and lot more. Phone 03 688 9443.

ACCREDITED VISITING SERVICE: Monday - Thursday, at Community House, 27th Strathallan Street, phone 03 687 7578. Call Sonia if you are needing a visitor for one hours a week, or you would like to become a visitor. This is a very good service for our elderly living on their own.

Sing-a-long on the 2nd Wednesday of each month at 1p.m. at the Red Cross Rooms in Banks Street, gold coin donation to include a cuppa afterwards.

27 Strathallan Street CBD Timaru 7910



office@timaruseniorcitizens.org.nz  Monday to Friday - 9am - 4pm

(03) 687 7581 All services free of charge. (0800) 687 7581 No referral required.

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| **Twizel - Tekapo Community Vehicle Trust Board** |  |
| FSD0019561 | Last updated 18/01/2021 |

To provide transport for elderly and disadvantaged people.

Twizel Community Care Centre - Mt Cook Street Twizel 7901



twizelcare@xtra.co.nz  Booking office (Twizel Community Care Centre) (03) 435 0687 open 9 am till 2.30 pm Monday to Friday.

Transport available Monday to Friday 8am - 5pm Some charges may apply. No referral required.

**Twizel Community Care Centre incorporating Heartland Services**

FSD0023296 Last updated 30/11/2020

The Twizel Community Care Trust is dedicated to ensure access to community based health and welfare agencies for the people of Twizel community. This will be achieved by identifying, coordinating and assisting with the connection between the providers and those seeing the services.

33 Mt Cook Street Twizel 7901



twizelcare@xtra.co.nz  Monday to Friday

|  |  |
| --- | --- |
| (03) 435 0687 http://twizelcommunitycare.co.nz      **Two Rivers Community Trust** | Opening Hours:  9am-12pm & 12.30pm - 2.30pm Some charges may apply. No referral required. |
| FSD0024344 | Last updated 28/08/2020 |

We are a community trust that provides many different things for our rural community. We run 3 free community events each year, we have a community garden, nourish program and 24-7 youth program. We run a craft afternoon every 2nd week for community connection as well as a community Hub and a Foodbank.

We offer welcome packs for new arrivals in our area to help new people settle into their new area.

15 Greendale Road Darfield 7510



rachael@tworiverscommunitytrust.org.nz  Our admin works one day a week and the hub is

(021) 090 40859 open on Thursdays from 10 until 2. The mobile

http://tworiverscommunitytrust.org.nz/ provided may not always answer but leave a message and your call will be returned.

Koha/donation may apply. Referral may apply.

**Waimakariri Access Group**

FSD0002706 Last updated 16/07/2020

Improving access and facilities for people with sensory or physical disabilities.

office@wmk.govt.nz  8.30 am to 5.00 pm Monday to Friday.

(0800) 965 468 Some charges may apply. https://www.facebook.com/WaimakaririAc No referral required. cess

**Wainoni/Avonside Community Services Trust**

FSD0000882 Last updated 12/04/2021

Providing activities targeted at people over 50, without excluding any others.

58 Bassett Street Burwood Christchurch 8083



wainoni.wacst@xtra.co.nz  Office hours: Monday - Friday 9am-4pm

(03) 389 2285 Some charges may apply. (027) 727 8277 No referral required.

**Waltham Community Cottage**

FSD0008127 Last updated 28/09/2020

The cottage is a place for the community to access support, advocacy, and where sessions and classes focus on well-being. It is a place of empowerment where strength comes from contact, communication and sharing.

201 Hastings Street East Christchurch



tewhare@walthamcottage.com  9am - 3pm Monday to Thursday

(03) 942 2173 All services free of charge. http://www.walthamcottage.com No referral required.

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

145 Tancred Street Ashburton 7700



(0800) 559 009  You can contact any of our service centres or

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

25 Shands Road Hornby Christchurch 8042



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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.

26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

203-205 Hills Road Shirley Christchurch 8013



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

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

14 Strathallen Street Timaru 7940



(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm http://www.workandincome.govt.nz Weds 9.30am until 5pm

All services free of charge. No referral required.

**YMCA Christchurch**

FSD0020286 Last updated 22/06/2020

The YMCA of Christchurch is invested in the next generation. By this we mean that we are always thinking of how we can develop young people today, so that they will be great members of society tomorrow. We do this through a range of programmes, but also by empowering others in our community to be involved with our cause – because ultimately the future is all about making sure we raise our children and young people in the best way we can.

12 Hereford Street Christchurch Central Christchurch 8011



education@ymcachch.org.nz  Reception Desk is open 24hrs

(03) 377 2174 City Office is open Mon-Fri 8am-5pm

https://www.ymcachch.org.nz Bishopdale office is open Mon-Fri 7am-7pm

Wainui Camp office is open Mon-Fri 8am-5pm Education Centre is open Mon-Fri 9am-4pm Some charges may apply. No referral required.

## Classification : OSCAR

# Parents and Caregivers

**Addington OSCAR**

FSD0022208 Last updated 14/09/2020

Offers OSCAR-approved after school and school holiday programmes in Addington , SpreydonHeathcote Ward (Christchurch).

The Haven 19 Poulson Street Addington Christchurch 8024



addingtonoscar@yahoo.co.nz  Some charges may apply.

(020) 408 64947 No referral required. http://manukacottageaddington.net/index. php/oscar

## Classification : OSCAR

**Adventure Specialties Trust - Christchurch**

FSD0020638 Last updated 21/08/2020

Adventure Specialties Trust aims to assist the holistic development of individuals using the outdoors as its medium. We run many different programmes to achieve this goal including youth development programmes, programmes with youth offenders, strengthening families programmes, camps for teenagers with disabilities and camps and technical programmes with high schools and community groups. We also provide the outdoor resources and equipment so clients are not barred from participation because of a lack of access to the specialist equipment required for the outdoors.

6/28 Acheron Drive Riccarton Christchurch 8014



chch@adventurespecialties.co.nz  9-5pm, Monday to Friday

(03) 348 4547 Some charges may apply. http://www.adventurespecialties.co.nz Referral may apply.

**After School & Holidays @ Kids Alive**

FSD0021843 Last updated 15/01/2021

OSCAR Programme providing After School and Holiday Care for children from aged 5-14. We are accredited under the Social Sector Accreditation Standards and Work and Income Subsidies are available.

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| --- | --- |
| lorraine@kidsalive.co.nz  (027) 403 8126 (022) 403 8126 http://www.kidsalive.co.nz    **Classification : OSCAR**    **Air Force Museum Oscar** | Monday to Friday (term time)  2.45 pm - 5.30 pm Some charges may apply. No referral required. |
| FSD0022421 | Last updated 16/07/2020 |

The Air Force Museum offers OSCAR approved School Holiday programmes for children.

Air Force Museum of New Zealand is the national museum for the Royal New Zealand Air Force (RNZAF) and one of New Zealand’s premier attractions. Located in Christchurch on the site of the former Air Force Base at Wigram, the Museum offers a unique and memorable visitor experience. With over 30 historic aircraft, hands-on exhibitions and programmes, guided tours and even a flight simulator, all with FREE entry, it is the ideal place to bring the whole family for a great day out.

45 Harvard Avenue Wigram Christchurch 8042 info@airforcemuseum.co.nz  Every day (except Christmas Day) 10am to 5pm.



(03) 343 9532 Some charges may apply.

(03) 343 9504 No referral required. http://www.airforcemuseum.co.nz

## Classification : OSCAR

**Alzheimers NZ - South Canterbury**

FSD0006737 Last updated 05/02/2021

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

 Community House 27 Strathallan Street Timaru 7940

|  |  |
| --- | --- |
| southcanterbury@alzheimers.org.nz  (03) 687 7583 http://www.alzheimers.org.nz      **Arowhenua Whnau Services** | 9am to 4pm Monday to Fridays All services free of charge. No referral required. |
| FSD0019560 | Last updated 10/11/2020 |

Arowhenua Whnau Services is a Maori provider offering health care to all people in the South Canterbury District.

We offer: Primary health nurse lead clinics, a Whanau Ora nurse working with whnau with multiple illness, mental health team who work with people with a mental health diagnosis mild to moderate, Tamariki Ora nurse who works with whnau and ppe, Te Wnanga hauora for all to attend and

Smoke free education to help you succeed at giving this habit away. We also provide Whanau Ora Tinana and Mokopuna Ora Navigators, who work with Mori whnau. The Attendance Advisory works with schools and whnau as to why the child is absent from school.

94 King Street Temuka 7920



admin@aws.health.nz  Opening hours

|  |  |
| --- | --- |
| (03) 615 5180 http://aws.health.nz/ | Monday - Friday 9 - 4.30 All services free of charge.  No referral required. |

**Ashburton Borough School OSCAR Programme**

FSD0021249 Last updated 13/01/2021

OSCAR stands for 'Out of School Care and Recreation'. It is a services that provide regular care for school age children (5 – 13 year olds) outside school hours; that is, after school and during the school holidays.

The OSCAR programme provides leisure and recreation activities that not only enrich the child but also enrich family life and enhance learning done at school.

 1 Winter Street Ashburton 7700

|  |  |
| --- | --- |
| oscar@ashborough.school.nz  (03) 307 8529 ext 819 (027) 302 3030 http://ashborough.school.nz/    **Classification : OSCAR** | OSCAR runs Monday to Friday 2.55 to 5.30pm during the school term. The Holiday Programme runs Monday to Friday 8.30am to 5.30pm.  Some charges may apply.  No referral required. |

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

|  |  |
| --- | --- |
| (03) 308 1395 http://www.safermidcanterbury.org.nz | All services free of charge. Referral may apply. |

**Autism New Zealand Inc - Canterbury/West Coast Branch**

FSD0015188 Last updated 18/08/2020

Our purpose is to provide services and support, resources, information and advice on Autism to allow those on the Autism Spectrum and their family/whanau, caregivers, professionals and other stakeholders, to make informed choices.

Christchurch Park 250 Westminster Street Mairehau Christchurch 8013



canterbury@autismnz.org.nz  Monday - Friday 9.00 - 3.00pm

(03) 343 2225 All services free of charge. http://www.autismnz.org.nz No referral required.

**Avonhead Community Trust**

FSD0017677 Last updated 30/07/2020

The Avonhead Community Trust is a charitable trust which serves the Christchurch Community by providing holistic services which empower children, young people and families to lead full and meaningful lives.

102 Avonhead Rd Avonhead Christchurch 8042



weustenfamily@fspnz.com  week day mornings (03) 342 4359 Some charges may apply.

(021) 450 055 No referral required. http://www.actrust.org.nz

## Classification : OSCAR

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

64 Langdons Road Papanui Christchurch 8053



CanterburyAMU@barnardos.org.nz  Office Hours Monday to Friday 8.00am - 4.30pm

(03) 365 3923 Some charges may apply.

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

## Classification : FVSS

**Belfast Community Network**

FSD0020443 Last updated 27/04/2021

Belfast Community Network was formed in 2001 by a group of leaders from local schools, churches and medical centres who identified issues within our local community. The organisation began working collaboratively to connect groups within its own community. Seventeen Belfast groups are members of the BCN and the Executive Committee who govern the organisation are elected annually from this group, which gives true community representation. Our prime objective is to 'Support Our Community As It Grows' by providing services, resources and programmes to Belfast residents as identified by our community.

710 Main North Road Belfast Christchurch 8051



support@belfastcommunitynetwork.org.nz  9.00 am to 4.00 pm Mon-Fri

(03) 323 9731 Some charges may apply. http://belfastcommunitynetwork.org.nz No referral required.

## Classification : OSCAR

**Best Start Buchanans Rd**

FSD0022574 Last updated 06/11/2020

We are a purpose built childcare centre with four rooms which cater for children aged from 4 months to 5 years old.

5 Jarnac Blvd Yaldhurst Christchurch 8042



buchanans@best-start.org  7am to 6 pm

(03) 741 1024 Some charges may apply. https://best-start.org/centres/beststart- No referral required. buchanans-road

**Best Start Rolleston**

FSD0022583 Last updated 13/01/2021

At BestStart Rolleston we are very lucky as we are a purpose built centre and have wonderful established gardens and trees. Our Nursery caters for children aged 6 weeks to 2 years and our Preschool 2-5 years.

14 Cezanne Grove Rolleston 7614



rolleston@best-start.org  Monday - Friday 7:30am-5:45pm

(03) 347 9850 Some charges may apply. http://www.best-start.org No referral required.

**BestStart Beckenham**

FSD0022577 Last updated 23/12/2020

ABC Beckenham is a purpose built Early Childhood Centre for children aged 0-5 years.

We are committed to providing an education that is valued, safe and fun by seeking and establishing reciprocal relationships amongst our children, families and our local community that promote concepts of tuakana teina, ako and establish Mana for learning.

A person's a person, no matter how small! (Dr Suess). Come in and meet us, have a chat and see what we are all about!

112 Colombo Street Sydenham Christchurch 8023



beckenham.manager@best-start.org  7am-6pm

(03) 337 3134 http://www.best-start.org/ We have morning, afternoon or full day sessions.

Some charges may apply. No referral required.

**BestStart Faringdon**

FSD0022582 Last updated 12/01/2021

Edukids Faringdon is a newly purpose built centre that offers quality childcare in the Selwyn area. Your child will be nurtured and cared for in a warm, friendly and caring environment by highly qualified and or skilled teachers.

We are one of the 250 BestStart centres throughout New Zealand and we are one of New

Zealand's largest Early Childhood Education organisations, providing care to over 16,000 children across New Zealand.

53 Chandler Way Rolleston 7678 faringdon@best-start.org  We are open Monday to Friday 7am to 6pm.



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| (03) 550 2076  http://www.best-start.org/ | Closed on all public holidays.  Some charges may apply.  No referral required. |

**Beststart Kaiapoi**

FSD0022550 Last updated 21/12/2020

ABC Kaiapoi is a gorgeous purpose built centre set against the stunning rural backdrop of Kaiapoi. We are a large centre licensed for 85 children, so we have ample room for your child to play in a safe and nurturing environment where learning is driven by children’s interests.

What makes us different:

We have three large playgrounds for children to explore and discover.

We have five large classrooms – providing more than required space to extend children’s learning.

Which include a separate room for our under ones.

Our under two bedroom has full stand-alone cots with a home away from home feel.

Low teacher to child ratios.

Qualified, passionate and experienced staff.

Bright, clean and well-resourced centre.

Come in for a visit today!

56 Williams Street Kaiapoi 7630



kaiapoi@best-start.org  Monday to Friday

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| (03) 327 0733 http://www.best-start.org/      **BestStart St Martins** | 6.30am -6pm  Only closed for public holidays Some charges may apply.  No referral required. |  |
| FSD0022587 |  | Last updated 15/01/2021 |

St Martins is a high quality centre with a lovely home like feel.

We have two age appropriate rooms to help us better cater to the children’s needs. Our preschool is the main building & caters for children aged 2 to 5 years, the nursery is a separate building catering for infants & toddlers aged 3 months – 2 years.

All staff at ABC St Martins take pride in helping children develop to their full potential, and are passionate in achieving a caring and nurturing environment for all children.

We understand how difficult it can be to choose the right childcare centre for your child, and how emotional the process can be while your child adjusts to a big life change. Our team is here to help you every step of the way. We will support you, acknowledge you and aim for a close partnership with you, so you can rest assured your child will have the very best possible care.

We offer delicious, healthy morning and afternoon teas as well as fantastic lunches provided by our on site cook.

17 St Martins Road St Martins Christchurch 8022



stmartins.manager@best-start.org  Monday to Friday 7.30am-6.00pm

(03) 332 1944 Some charges may apply. https://best-start.org/centres/beststart-st- No referral required. martins

**Birth Rite Midwives**

FSD0020832 Last updated 07/12/2020

We are a group of midwives in Christchurch who provide midwifery care with a focus on working with youth.

Unit 2 197 Linwood Ave Linwood Christchurch 8011



birthritemidwives478@gmail.com  We provide all care in the woman's home and

(027) 247 8478 are available 24/7 for pregnancy and childbirth

services. For routine midwifery care we provide visits in normal office hours 7 days a week.

All services free of charge. No referral required.

**Birthright Ashburton Inc**

FSD0006813 Last updated 23/12/2020

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

44 Cass Street Ashburton 7700 birthrightash@gmail.com (03) 366 9456 (0800) 457 146 http://www.birthright.org.nz



Mon, Tues & Wed 10am - 12pm

Thurs & Fri 1pm - 5pm

All services free of charge. Referral may apply.

**Birthright Canterbury Trust**

FSD0006815 Last updated 29/03/2021

Birthright is a national organisation which works to support, strengthen and advocate for oneparent families. We support the families by providing home visits, practical assistance, programmes, advocacy, family friendly events and newsletters.

Christchurch Community House 301 Tuam Street Christchurch 8011 manager@birthrightchch.org.nz  Monday - Friday 9:00am - 5pm



(03) 366 9456 All services free of charge. https://www.birthrightcanterbury.org.nz/ No referral required.

**Blueberries Nursery and Preschool**

FSD0022581 Last updated 03/01/2021

Donald Duck Nursery and Preschool is located in the heart of the Addington Business District and is handy to Christchurch Public and Women's Hospitals, Hagley Park and the City. We are licenced for fifty children aged 2-5years and ten children under two, and offer full-time, part-time and morning or afternoon sessions.

We are a strong multi-cultural centre that supports and celebrates the diversity of our families and teaching staff. Our philosophy reflects the shared beliefs, values, visions, practices and identity of our community.

Our well-paced child-centred programme allows children long periods of uninterrupted time to follow their interests, share ideas and develop friendships, as well as meeting the changing needs of individual children by embracing social, emotional, cognitive, intellectual and physical skills.

29 Macaulay Street Addington Christchurch 8024



info@blueberrieschildcare.co.nz  Monday to Friday 7.15am - 5.45pm. Only closed

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| (03) 338 4470  http://www.facebook.com/BlueberriesNursery-Preschool-411673106288541/ | for public holidays.  Some charges may apply.  No referral required. |

**BOSCO Incorporated**

FSD0017547 Last updated 22/04/2021

To provide affordable out of school care (OSCAR approved) in a safe, quality environment, meeting the needs of our children and their families.

Beckenham Te Kura o Purtoto School 71 Sandwich Road Beckenham Christchurch 8023



office@bosco.org.nz  Monday-Friday 7.30am - 8.30am then again 3-

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| (027) 645 6632 http://www.bosco.org.nz    **Classification : OSCAR** | 6pm During term times (40 weeks of the year) and Monday-Friday 7.30am-6pm during holiday periods (10 weeks of the year) Some charges may apply.  No referral required. |

**Breastfeeding Support - Breast Start La Leche League Christchurch**

FSD0007208 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.

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| breaststartchristchurch@gmail.com  (03) 337 0841 Rukmini (03) 348 2231 Sarah http://www.lalecheleague.org.nz | Anytime  Please see our Facebook page or contact us for meeting information Koha/donation may apply.  No referral required. |

**Breastfeeding Support - La Leche League Timaru**

FSD0019588 Last updated 03/07/2020

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.

 Timaru Parents Centre Rooms 38 Stafford St Timaru

help@lalecheleague.org.nz (03) 684 9851 (Sarah) http://www.lalecheleague.org.nz/

**Busy Bumbles**

FSD0017602

We offer Holiday Programmes in Canterbury.

817 Jones Road Rolleston 7677 office@busybumbles.co.nz 



(03) 347 3031 (021) 155 3341 http://www.busybumbles.co.nz

## Classification : OSCAR

Free monthly meetings held on the 3rd Wednesday of each month (except January) 10am.

Parents Centre, 38 Stafford St, Timaru.

Telephone counselling available anytime.

Koha/donation may apply. No referral required.

Last updated 29/06/2020

7am-9am During Term

3pm-6pm During Term

7am-6pm School Holidays Some charges may apply. No referral required.

**CAFLink Child, Adolescent and Family Mental Health Service**

FSD0002650 Last updated 05/10/2020

CAFLink is the Child, Adolescent and Family Mental Health Service ‘single point of entry function’ which streamlines access to mental health services in Canterbury for children, adolescents and their families.

Ground Floor, Heathcote Building 97-99 Cashmere Road Cashmere Christchurch 8022 caflink@cdhb.health.nz  Monday- Friday 8.30 -5pm (0800) 218 219 All services free of charge.



(03) 337 7758 Referral may apply. https://www.cdhb.health.nz/healthservices/child-adolescent-and-familyinpatient-services/

**Cambridge Clinic Canterbury Ltd**

FSD0000167 Last updated 07/09/2020

To provide medical services for male & female, adults and adolescents aged 13 years and over who have been sexually assaulted whether recently or in the past.

119 Bealey Avenue Christchurch 8013



office@cambridgeclinic.co.nz  Urgent referrals will be seen on the same day for

(03) 366 0067 acute and forensic management, if referred by

http://cambridgeclinic.co.nz the Police. Non urgent referrals will be seen within 1-2 weeks where possible by appointment.

All services free of charge. Referral may apply.

**Cancer Society - Kaiapoi Support Group**

FSD0002662 Last updated 29/03/2021

Seeking to minimise the impact of cancer in the community through support, education and research.

50 Isaac Wilson Road Kaiapoi 7630



(03) 327 6195  Anytime.

All services free of charge. No referral required.

**Canterbury Early Learning Centres**

FSD0022423 Last updated 19/06/2020

We provide quality education and care within a Preschool and/or homebased environment for children aged 0-6 years.

We value our strong reciprocal relationships with our families and community, respecting the rich diversities of ethnicities and cultures within our whanau. We offer parents choices between Preschool and homebased with us recognizing that each child and family is an individual. We offer a robust transition to school programme which is acknowledged and accredited by all of our local schools.

Our Avonhead Montessori centre offers a wonderful balance of the Montessori work-cycle time with free play allowing children to learn and develop at their own pace. We can offer parents peace of mind that their child/children will be nurtured, educated and learn from our teachers in a safe environment.

We offer 20 ECE free hours for children over 3 years and support with WINZ subsidies.

Southbrook Early Learning Centre 89 South Belt Rangiora 7400 office@southbrookelc.co.nz  7am - 6.30pm



(03) 313 7489 Some charges may apply. http://www.southbrookelc.co.nz No referral required.

**Canterbury Fiji Social Service Trust**

FSD0000180 Last updated 10/08/2020

We provide quality, age appropriate, culture sensitive activities in a safe and healthy environment to low income families in the community.

40 Hillary Crescent Upper Riccarton Christchurch 8041



fiji.social.services@gmail.com  Normal hrs: Monday to Friday 9am-4pm

(03) 942 9498 Some charges may apply. (021) 440 812 No referral required.

## Classification : OSCAR

**Canterbury Men's Centre**

FSD0023973 Last updated 08/06/2020

The Canterbury Men's Centre's goal is Happy Healthy Canterbury Men. The Canterbury Dads Support service is aimed at improving outcomes for Canterbury dads by providing one on one support along with support groups.

21 Marshland Road Shirley Christchurch 8064



cliff@canmen.org.nz  Mon-Thurs 9am-2pm (03) 982 2400 All services free of charge. https://canmen.org.nz/canty-dads/ No referral required.

**Caring for the Carers**

FSD0000203 Last updated 10/11/2020

We seek to support people providing unwaged care for a family member / friend with a long - term mental, intellectual, or physical disability or illness. We provide acknowledgement, support and empowerment.

100 Moorhouse Ave Addinton Christchurch 8011



heather@florence2care.co.nz  Monday - Friday: 08:00 - 18:00

(03) 366 8630

http://www.florence2care.co.nz Saturday - Sunday: Closed Some charges may apply. No referral required.

**CASPA After School & Holiday Programmes**

FSD0022427 Last updated 27/10/2020

CASPA provides fun, quality before school, after school and holiday programme childcare for primary school aged children from 5 - 13 years of age in various locations around Christchurch.

"You Expect the Best for Your Child"

At CASPA, so do we! For peace of mind while you work, CASPA is the answer for you.

At CASPA, we provide your children aged five to 13 years old with a before school, after school and holiday programme experience they enjoy. Your children are cared for by our experienced Leaders who are trained, highly motivated and professional and provide a safe, friendly environment.

Our Programmes are designed to be fun and educational. We help your child develop interest and skills in hobbies and activities such as:

* Arts & Crafts
* Music & Sports
* Drama

CASPA is approved by the Ministry of Social Development for the Out of School Care and Recreations subsidy commonly known as the OSCAR Subsidy.

You may be eligible to apply for an OSCAR Subsidy.

132D Victoria Street Christchurch Central Christchurch 8013



info@caspa.org.nz  Monday to Friday 10am - 4pm during the school

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| (03) 349 9260 (027) 352 1638 http://www.caspa.org.nz    **Classification : OSCAR** | term.  Some charges may apply.  No referral required. |

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**Champion Centre**

FSD0016797 Last updated 12/10/2020

Early intervention centre for young children with developmental delay/disabilities and their families and whanau.

Burwood Hospital 300 Burwood Road Burwood Christchurch 8083 office@championcentre.org.nz  Monday - Friday 8.30am to 3.30pm



(03) 383 6867 All services free of charge. http://www.championcentre.org.nz Referral may apply.

**Change for our Children Ltd**

FSD0006217 Last updated 09/03/2021

Change for our Children is an education consultancy with a particular focus on education for changes that protect the life and well-being of the child.

65 Panorama Road Clifton Christchurch 8081



admin@changeforourchildren.nz  Office Hours - 9.00 am to 5.00 pm

(03) 379 6686 Koha/donation may apply. http://www.changeforourchildren.nz No referral required.

**Chisnallwood Youthtown**

FSD0023794 Last updated 18/12/2020

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

76 Breezes Road Avondale Christchurch 8053



chisnallwood@youthtown.org.nz  After School Programme

(027) 522 7187 Holiday Programme

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| (0800) 004 566  http://www.youthtown.org.nz | Some charges may apply. No referral required. |

## Classification : OSCAR

**Cholmondeley Children's Centre**

FSD0000212 Last updated 10/08/2020

Short-term, planned and emergency respite care for children (aged 3-12) whose families are in crisis or experiencing ongoing stress. Our service is primarily community funded and operates outside the statutory care system. Admission through parental or guardian consent. Direct referrals from other community services, GPs and families are welcome.

6 Cholmondeley Lane Governors Bay 8971



info@cholmondeley.org.nz  Cholmondeley operates 24/7 for 48 weeks of

(03) 329 9832 every year. http://www.cholmondeley.org.nz/ All services free of charge.

No referral required.

**Christ the King OSCAR Incorporated**

FSD0021273 Last updated 22/03/2021

We are a MSD funded After School childcare programme which aims to provide a quality and safe recreation programme for 5-13 year olds.

92 Greers Rd Burnside Christchurch 8053



ctkoscar@gmail.com  Monday to Friday from 2.50pm till 5.50pm, on

(027) 285 0003 school days.

Some charges may apply. No referral required.

## Classification : OSCAR

**Christchurch Chinese Church Children's Ministry**

FSD0017862 Last updated 24/07/2020

We will be back with our holiday programme in October 2020 :)

C3 OWL Holiday Programme is a fun filled school holiday programme for children between the age of 5 - 11 years old. We run it twice a year during the April and July/October school holidays.

We have fun Bible lessons, games, excursions and many different type of activities.

 286 Greers Road Bryndwr Christchurch 8053

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| emma.chin@chinesechurch.org.nz  (03) 359 5986 (021) 040 8998 http://www.chinesechurch.org.nz | To enroll, our office is open between 9am 2.30pm Monday to Friday. Email the emails above to get an enrollment form and more details.  Some charges may apply.  No referral required. |

**Christchurch Family Foster Care Support Group**

FSD0000232 Last updated 19/03/2021

We support all Caregivers who foster children by supporting them in their vulnerability that goes with looking after children who have come from broken homes or abusive parents etc. We also provide ongoing training.

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| jill.hurrell@hotmail.co.nz  (027) 474 1927 | All services free of charge. No referral required. |

**Christchurch Methodist Mission**

FSD0000497 Last updated 16/10/2020

We strengthen families, empower children and young people, provide care for older people, and support people to find pathways to a better life.

We have a vision of a city where justice and compassion guide the way we live and where all people are treated with respect and dignity.

3 Marblewood Drive Papanui Christchurch 8053



intake@mmsi.org.nz  Monday - Friday (03) 375 1470 8.30am - 4.30pm

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

Referral may apply.

## Classification : BFC, THP

**Christchurch School of Gymnastics**

FSD0021414 Last updated 12/01/2021

School holiday programme including Gymnastics and Trampolining, arts and crafts, baking, and out-door activities.

38 Mark Treffers Drive QEII Park Christchurch



admin@chchgymnastics.co.nz  Monday to Thursday 9am to 6pm

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| (03) 388 6616 (022) 3947 268 http://www.chchgymnastics.com/    **Classification : OSCAR** | Friday 9am to 5.30pm  Saturday 8.15am to 12.30pm Sunday 3.30pm to 7.30pm Some charges may apply.  No referral required. |

**Christchurch Sexual Health Centre**

FSD0000242 Last updated 06/07/2020

Free confidential advice, examination and treatment of all sexually transmissible Infections. Because we are a Canterbury District Health Board Outpatient Department clients must meet specific criteria for entry. We have limited appointments so appointments will be prioritised as necessary.

314 Riccarton Road Upper Riccarton Christchurch 8041



shc@cdhb.health.nz  Appointment only.

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| (03) 364 0485 (027) 212 7335 https://www.cdhb.health.nz/healthservices/christchurch-sexual-healthservice/ | Monday, Tuesday, Thursday, and Friday, 09:10am - 17:00pm.  Wednesday, 11:00am - 19:30pm | |
| Closed weekends  All services free of charge.  No referral required. |  |
| **Church Corner Nest Early Learning Centre** | |
| FSD0022556 | | Last updated 05/10/2020 |

We provide outstanding early childhood care and education.

We are licensed for 30 children aged 0-5 years of age.

Our centre is a converted house and is very homely and family is at the centre of all we do. We are focussed on sustainable practices and ensuring that children learn to love and respect the earth.

Our purpose is to ensure that every child receives an outstanding early childhood education and is well prepared for life long learning. We operate a primary care system where each family has a specific teacher assigned to them. This teacher is responsible for ensuring that all care routines for the child are carried out and for all communication and liaison with parents and whanau. The primary care teacher is also responsible for developing an individual plan of learning for each child. The teacher produces and maintains a detailed record of each child's learning in the form of a portfolio.

We service the Sockburn and Upper Riccarton areas.

67 Main South Road Sockburn Christchurch 8042



churchcorner@nests.co.nz  We are open Monday to Friday 7.30 am to 6.00 (03) 341 3396 pm. We do not close for school holidays but http://www.nests.co.nz are closed on statutory holidays.

Some charges may apply. No referral required.

**Community Focus Trust**

FSD0024323 Last updated 24/08/2020

Community Focus Trust aim is embracing, equipping and empowering our Community. Our aim is to facilitate practical support and social services to our community based on the needs as we find them

140 Springfield Road St Albans Christchurch 8014



communityfocustrust@gmail.com  Tuesday 10am - 2pm

(027) 915 7789 Wednesday 10am - 2pm

https://www.facebook.com/communityfocu Thursday 10am - 2pm strust Some charges may apply.

No referral required.

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

Level 1 29 High Street Rangiora



manager@wellbeingnc.org.nz  Monday - Friday 8.30am-5pm

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| (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Some charges may apply. No referral required. |

**Community, Youth and Child Services**

FSD0000883 Last updated 19/10/2020

A social service which provides support and information to adolescents (25 years and under).

349 Woodham Road Wainoni Christchurch



enquiries.waipuna@sjog.org.nz  Monday - Friday 8.30 - 5pm

(03) 386 2159 All services free of charge. http://www.sjog.org.nz No referral required.

**Cornerstone Christian Early Learning Centre Aidanfield**

FSD0022542 Last updated 02/07/2020

* We provide quality Christian childcare in a warm, caring and safe environment.
* We have a strong sense of family and community.
* We have structured morning and afternoon sessions and are now open during most schoolholidays.
* We cater for children from 2.5 years old until they start school.
* Work & Income subsidies are available.
* 20 hours free ECE for over three-year-olds available.

2 Nash Road Halswell Christchurch 8025



cornerstone@aidanfield.school.nz  Term time & school holidays

(03) 338 9948 Monday - Friday 8.30am - 3.30pm (022) 094 9926 Some charges may apply. http://www.cornerstone.school.nz No referral required.

**Craighead Kindergarten**

FSD0022584 Last updated 29/01/2021

We are a small not for profit community based Kindergarten with a long-standing reputation for providing quality early childhood education. Our aim is to work in partnership with families in nurturing and encouraging children to grow a love of learning.

We welcome children from two and a half years of age and offer a programme of learning through play with both structured and free-play components to each session.

We are licenced for 30 children in each session and offer 20 hours Early Childhood Education for three to five year olds who attest their hours to the Kindergarten.

A number of our families are eligible for Work and Income Childcare Subsidies. You can receive the required forms from the Work and Income office.

We welcome you to come and visit our facility, to browse our website and to contact our office with any enquiries.

Craighead Kindergarten is run as an incorporated society with a Board of Governors.

11 Craighead Street Highfield Timaru 7910 office@craigheadkindergarten.org.nz 



(03) 688 9654 (021) 024 46379 http://www.craigheadkindergarten.org.nz Morning Sessions

Monday to Friday

8.15am - 12.15pm

Afternoon Sessions

Monday to Friday

12.30pm - 2.30pm

Full day Sessions (for the oldest children)

Monday to Friday

8.15am - 2.15pm

Some charges may apply. No referral required.

**Cross Over Trust**

FSD0000282 Last updated 13/08/2020

Vision: Thriving Woven Communities

Mission: Growing Resilient Children and Youth of Character

Cross Over Trust is a non-profit organisation working with primary-aged children and their families in South West Christchurch and is a community arm of South West Baptist Church.

244 Lyttelton Street Spreydon Christchurch



info@swbc.org.nz  9am - 5pm Monday to Friday

(03) 338 4163 x 227 All services free of charge.

(021) 889 199 No referral required. http://crossovertrust.org.nz

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| **Dallington Oscar** |  |
| FSD0021375 | Last updated 14/08/2020 |

OSCAR approved Before and After School Care.

2 Bramwell Street Dallington Christchurch 8061



dallingtonoscar@gmail.com  Term Time: 7.30 - 8.30am, 3 - 5.30pm

(03) 386 3555

(027) 386 3555 Holiday Programmes: 7.30am - 5.30pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Dyspraxia Support Group of NZ**

FSD0001867 Last updated 24/03/2021

Our organisation will empower, educate and support all people impacted by Developmental Coordination Disorder (DCD)/Developmental Dyspraxia.

Room 10 & 11 53 Kendel Ave Burnside Christchurch 8052



dyspraxia.centre@xtra.co.nz  By appointment

(03) 358 3249 Some charges may apply. http://www.dyspraxia.org.nz No referral required.

**Early Start Project Ltd.**

FSD0008151 Last updated 15/04/2021

Early Start is offered to Canterbury families/whanau pregnant & with newborn babies, where difficult social and family circumstances may have the potential to negatively impact on the life chances of children in their care. The service is free, long term and home based.

354-356 Armagh Street Christchurch Central Christchurch 8011



reception@earlystart.co.nz  8:00am- 5:00pm (Monday to Friday)

(03) 365 9087 All services free of charge.

(0800) ESTART Referral may apply. http://www.earlystart.co.nz

**Elmwood OSCAR Programme Inc**

FSD0021429 Last updated 01/03/2021

Elmwood OSCAR Programme provides outside of school child care for 5 to 13 year olds in term time and school Holidays. The programme is used by children from Elmwood Normal School and Heaton Normal Intermediate. The OSCAR room is on Elmwood Normal School grounds. The programme is MSD funded and parents may apply for WINZ funding.

31 Aikmans Road Merivale Christchurch 8014



manager@elmwoodoscar.co.nz  Term time from 3pm to 6pm

(027) 733 7209 Holiday programme from 8.30 until 6pm https://enrolmy.com/elmwood-oscar Some charges may apply.

No referral required.

## Classification : OSCAR

**Endometriosis New Zealand**

FSD0003559 Last updated 02/12/2020

Endometriosis New Zealand is the organisation representing those with endometriosis, adenomyosis and pelvic pain in New Zealand, working with those who treat these conditions and health decision makers to reform care. ENZ provides world-leading education in schools through its me™ programme, community education, information, support services through its ENDOHELP programmes and advocacy to get the job done!

info@nzendo.org.nz  Monday-Friday 9.00am - 4.00pm. Answerphone

(03) 379 7959 outside of these hours. http://www.nzendo.org.nz Koha/donation may apply.

Referral may apply.

**Familial Trust**

FSD0020647 Last updated 01/12/2020

The Familial Trust is an agency providing a variety of services for those who have a loved one who suffers from an addiction. Our staff consists of trained and experienced consumers, providing clients support, counselling, advocacy, programmes and information.

It’s a known fact today that one addict will affect approximately 10 people in one way or another. The Familial Trust is able to offer a supportive caring environment where those affected by another’s addiction can explore and learn how they have been affected, and find new productive ways of living with and coping with the addict in their lives whether the addicted person chooses to seek help or not.

6 Wilsons Road South St Martins Christchurch 8022



info@familialtrust.org  Monday - Friday

(03) 981 1093 9am - 5pm

http://www.familialtrust.org \* some late appointments, days vary Some charges may apply. No referral required.

**Family Help Trust - Christchurch**

FSD0000323 Last updated 02/11/2020

An intensive long term home based social work service for parents with multiple difficulties parenting infants and toddlers. Also offers organisational capability mentoring. Please see service detail for more information.

The Loft Eastgate mall 20 Buckleys Road Linwood Christchurch 8062 libby@familyhelptrust.org.nz  8.30am - 4.30pm Monday to Friday.



(03) 365 9912 All services free of charge. http://www.familyhelptrust.org.nz No referral required.

**Family Planning Clinic - Christchurch**

FSD0007043 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.

Ground Floor 9 Washington Way Christchurch 8011



(03) 379 0514  Please call to make an appointment. http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Rangiora**

FSD0007036 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.

15 Durham Street Rangiora 7400



(03) 313 6697 http://familyplanning.org.nz

Appointments available:

Thursday 10.30am - 6.45pm Call us on 8am to 6pm Monday to Friday, and 9am to 1pm on Saturdays for appointment.

Some charges may apply. No referral required.

**Family Planning Clinic - Timaru**

FSD0007037 Last updated 14/09/2020

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.

14 Butler Street Timaru 7910



(03) 684 3872  Please ring to make an appointment.

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| http://www.familyplanning.org.nz      **Family Support (SC) Inc** | Some charges may apply. No referral required. |
| FSD0019449 | Last updated 29/09/2020 |

Family Support (SC) Inc is an independent, community based family support agency. We work with families under stress or in crisis to enable them to remain intact and capable of functioning independently, or with a small amount of appropriate ongoing support.

9A Dee Street Timaru 7910



familysupport@fssc.org.nz  Monday - Friday 9.00 - 5.00

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| (03) 688 1152 http://www.fssc.org.nz | Some charges may apply. No referral required. |

**Family Works South Canterbury**

FSD0006033 Last updated 11/11/2020

At Family Works we believe that some children, families and individuals need support to reach their full potential regardless of age, culture or gender. We believe that everyone has strengths but now and again need help in order to flourish.

Sometimes families need someone who is prepared to listen, someone who understands and can help them make positive and lasting changes in their lives.

12 Park Lane Highfield Timaru 7910



familyworks@pssc.co.nz  Monday-Friday 8:30am-5.00pm

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| (03) 687 7945  http://pssc.org.nz/family-works/ | Some charges may apply. Referral may apply. |

**Fendalton OSCAR (FOSCAR)**

FSD0021446 Last updated 06/07/2020

The FOSCAR team aims to provide quality Afterschool Care and Holiday OSCAR approved Programme care to children aged 5-12 years of age in a fun, safe and caring environment.Our utmost concern is for your children and maintaining the trust you place in us, in allowing us to care for them in your absence. We offer a varied and stimulating programme, incorporating creative & constructive play, sports, games and homework tuition. We endeavour to be fair and consistent at all times.

Fendalton Community Centre 170 Clyde Road Fendalton Christchurch 8053



foscarchch@gmail.com  Afterschool Programme Daily 3-6pm (027) 682 8534 Holiday Programme Daily 8.30am-5.30pm http://www.fendaltonschool.nz Some charges may apply.

No referral required.

## Classification : OSCAR

**Find Your Midwife**

FSD0005683 Last updated 22/12/2020

An online directory of midwives throughout New Zealand designed to help you find maternity care. Find Your Midwife allows you to search by region, due date, language requirements and provides up to date availability of midwives.

376 Manchester Street Christchurch



admin@findyourmidwife.co.nz  24 hours

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| (03) 377 2732  http://www.findyourmidwife.co.nz | All services free of charge. No referral required. |

**FUNdamentals Preschools**

FSD0022462 Last updated 26/09/2020

Fundamentals Preschool is available at two locations: Merivale and Marshlands.

We offer a total Mind and Body experience with an on-site gym room, including dance, yoga and active movement sessions. The gym and classroom sessions are balanced with free-choice times where children play alongside their peers both inside and outdoors. We offer sand, woodwork, water play, art, and teacher-guided activities based on science, maths and literacy. We offer a Numeracy & Literacy programme for 3 year olds, that includes phonological based reading extension and games. We incorporate a range of activities from puzzles, shape exploration, small manipulative tasks like threading, to gross motor gym room activities, stories, creative art and music.

Please enquire about session times, costs and availability by calling us, or via e-mail. We invite you to come in and see how the centre works.

5 Innes Road Merivale Christchurch



merivale@fundamentals.co.nz  The Centre is open 7.30am - 6.00pm Monday -

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| (03) 355 1522 Merivale (03) 385 5252 Marshland http://fundamentals.co.nz/ | Friday in Merivale.  FUNdamentals Marshlands  435 Marshland Road, Marshlands  FUNdamentals Merivale  5 Innes Road, Merivale Some charges may apply.  No referral required. |

**Gastric Reflux Support Network New Zealand for Parent of Infants &**

**Children Charitable Trust**

FSD0000352 Last updated 12/01/2021

Gastric Reflux Support Network NZ for Parents of Infants and Children Charitable Trust (GRSNNZ) are committed to provide support and information to families caring for infants and children with gastric reflux and associated conditions (e.g. laryngomalacia, eosinophillic oesophagitis) throughout NZ.

We believe that families living with Infant Gastric Reflux have the right to:

Support,

Safe up to date information,

Confidentiality,

Guidance to access community services,

Contact with other parents and staff who understand.

Our services include:

Local Support Network groups which are private to ensure privacy and confidentiality,

Social Media including a Facebook page accessible from our website,

Information which can be viewed from our website,

Phone contact and Email Form contact - please see our website for details.

contact@cryingoverspiltmilk.co.nz  Mon - Fri

(0800) 380 517 All services free of charge.

(022) 585 5935 (phone/text) No referral required. http://www.cryingoverspiltmilk.co.nz

**GenZ OSCAR Programme**

FSD0021828 Last updated 15/02/2021

We provide care for children aged 5-13 after school and during the school holidays.

Families for Life trust 81 Bickerton Street Wainoni Christchurch 8061



genzkids81@gmail.com  8.00am - 6.00pm Monday to Friday for school

(03) 373 8277 holidays

(020) 410 70744

3.00pm - 6.00pm Monday to Friday for after school care

Some charges may apply. No referral required.

## Classification : OSCAR

**Geraldine Preschool Inc**

FSD0022512 Last updated 19/10/2020

Community Owned Childcare Centre for 3months-6 year olds.

 6 High Street Geraldine 7930

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| geraldinepreschool@xtra.co.nz  (03) 693 9133 http://www.geraldinepreschool.co.nz      **Globalkids Preschool** | Monday - Friday 8.00am-5.00pm Some charges may apply. No referral required. |
| FSD0023991 | Last updated 17/08/2020 |

We are a small home like early childhood centre, with qualified passionate teachers. We are a mixed age centre liscensed for 10 children 0-2 years and 20 children 2-5 year olds.

We offer our families work and income subsidies and the 30 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 8am-5pm .

You can read our excellent Education Review Office report online.

70 Hume St Sydenham Christchurch



global.kids@xtra.co.nz  8am to 5pm Monday to Friday

(03) 332 2070 Some charges may apply. http://www.globalkids.co.nz No referral required.

**Grandparents Raising Grandchildren - East Christchurch**

FSD0007072 Last updated 24/08/2020

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

eastchristchurch@grg.org.nz  National Support Office

(021) 058 77404 9:00am - 2:00pm http://www.grg.org.nz Monday - Friday

All services free of charge. No referral required.

**Haven ELC**

FSD0023945 Last updated 12/04/2021

We are a small centre, providing quality childcare and early childhood education for all ages up to 6.

375 Worcester St Linwood Christchurch 8011



info@havenelc.school.nz  7:30-17:30

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| (03) 389 2483 (027) 3894 284 http://havenelc.school.nz      **He Waka Tapu Limited** | Some charges may apply. No referral required. |
| FSD0000377 | Last updated 11/01/2021 |

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**HealthInfo Canterbury**

FSD0021254 Last updated 24/11/2020

HealthInfo is an easy-to-use health information website for the people of Canterbury, South Canterbury, the West Coast and the Southern district.

On it, you'll find up-to-date information about many health conditions and diseases, medications, tests and procedures, local support groups and organisations, as well as tips for keeping healthy.

You can trust the information as it is written or approved by local health professionals.

Health.Info@cdhb.health.nz  24 hours a day, seven days a week

(03) 364 4167 All services free of charge. http://www.healthinfo.org.nz No referral required.

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



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| (03) 961 9248 (029) 263 7580 http://www.heartlandservices.govt.nz | Wed 9:30am – 5:00pm  All services free of charge.  Referral may apply. |

**Hit Play - Allenton Primary School**

FSD0021690 Last updated 22/01/2021

Hit Play Kids Club is an OSCAR approved programme designed for 5 to 13 year old children. It operates before and after school, as well as during the school holidays. Offering a fun and interactive programme.

Hit Play Kids Club provides a bridge between school and home life in a friendly and safe environment. With a focus on keeping kids active and learning through play, this is where new friends are made. Children are encouraged to engage in fair play and fun learning experiences with adult support. We enjoy positive relationships with both parents and children.

Availability:

OSCAR runs Monday to Friday 3pm to 6pm during the school term. The Holiday Programme runs Monday to Friday 8am to 6pm.

FREE transport from central Ashburton schools to Hit Play Allenton

Please visit our website for pricing http://www.hitplay.co.nz/#!pricing/c10jr

 Allenton Primary School 110 Harrison Street Allenton Ashburton 7700

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| info@hitplay.co.nz (03) 423 2270 http://www.hitplay.co.nz    **Classification : OSCAR** | Monday to Friday 3pm to 6pm After School Monday to Friday 8am to 6pm School Holidays Some charges may apply.  No referral required. |

**Hit Play Before/After and School Holiday Programmes**

FSD0022814 Last updated 03/05/2021

Hit Play Kids Club is an OSCAR approved programme designed for 5 to 13 year old children. It operates before and after school, as well as during the school holidays. Offering a fun and interactive programme. Hit Play Kids Club provides a bridge between school and home life in a friendly and safe environment. With a focus on keeping kids active and learning through play, this is where new friends are made. Children are encouraged to engage in fair play and fun learning experiences with adult support. We enjoy positive relationships with both parents and children. FREE transport between central Ashburton schools to Hit Play Hampstead for our before/after school programmes.

19 Middle Road Allenton Ashburton 7700



info@hitplay.co.nz  See website or call for details.

(03) 423 2270 Some charges may apply.

(021) 222 7770 No referral required. http://hitplay.co.nz

## Classification : OSCAR

**Home and Family Society, Christchurch**

FSD0000392 Last updated 12/02/2021

Home and Family Society seeks through counselling, education and supported accommodation, to enhance the lives of families from all economic and cultural backgrounds. They do this by offering programmes designed to empower and encourage self esteem and create positive home environments in which children can reach their full potential.

319 St Asaph Street Christchurch Central City Christchurch 8011 contact@homeandfamily.net.nz  Mon-Fri 9-5pm



(03) 944 0635 Some charges may apply. http://www.homeandfamily.net.nz/ No referral required.

**Home Birth Canterbury**

FSD0000183 Last updated 22/02/2021

Home Birth Canterbury has been in existence since 1976 and is a voluntary organisation that promotes and supports home birth as an alternative to hospital birth. We publish a quarterly newsletter, run a playgroup and coordinate antenatal classes. We aim to be active in providing information so that families can make informed choices regarding childbirth.

info@canterburyhomebirth.org.nz  Some charges may apply. http://www.canterburyhomebirth.org.nz No referral required.

**Home Birth Classes Christchurch Trust**

FSD0019027 Last updated 11/01/2021

Homebirth classes are antenatal and parenting classes based on the exchange of information between women, their partners, support people, midwife and consumer facilitators and tutors.

They are suitable for women and families wanting to birth naturally at home.

homebirthfocus@gmail.com  0900 - 2000 seven days per week to contact the (027) 856 3866 Coordinator with regard to classes. http://www.homebirthclasses.org.nz Some charges may apply.

No referral required.

**Horizons OSCAR**

FSD0007270 Last updated 22/07/2020

We offer fun and interactive supervised before school, after school care and school holiday programmes in a safe and secure environment. All our programmes are MSD approved, OSCAR approved and WINZ subsidies can be applied for.

Horizons Oscar is a well established childcare provider in Christchurch.

 Level 2 648 Halswell Junction Road Hornby Christchurch 8042

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| admin@horizonsoscar.net.nz  (027) 856 6499 http://www.horizonsoscar.net.nz/    **Classification : OSCAR** | Office Hours: 9.00am - 3pm Monday - Thursday Some charges may apply.  No referral required. |

**Hornby Community Care Centre**

FSD0000399 Last updated 03/09/2020

The Centre offers rooms for hire to various groups and services within the community.

8 Goulding Avenue Hornby Christchurch



admin@hornbycc.org.nz  Centre open: Monday-Friday, 9am - 5pm.

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| (03) 349 9793      **Hornby Day Care Trust** | Community OP shop: Monday-Friday, 9.30am-  3.30pm  Rooms for hire at any time - at very reasonable rates  Some charges may apply. No referral required. |
| FSD0000400 | Last updated 22/03/2021 |

Hornby Day Care Trust provides a community activity programme for older people living in our community. A wide range of stimulating activities are on offer, along with the companionship of other members. We provide a nutritious lunch time meal and morning and afternoon tea. With an experienced team of staff, our members are greeted with warmth and supported through the day to make the most of what's on offer.

93 Carmen Road Hei Hei Christchurch



manager@hornbydaycare.co.nz  Monday-Friday, 10-230pm

(03) 349 3129 Some charges may apply.

Referral may apply.

**IHC Family-Whnau Liaison - Christchurch**

FSD0023559 Last updated 06/04/2021

IHC Family-Whnau Liaisons provide knowledge, experience and direction to families about the range of services and supports available in their community.

Level 1 14 Birmingham Drive Middleton Christchurch 8640



sheridanmyall@ihc.org.nz  Monday - Friday, 8:30am - 5pm (027) 248 1561 All services free of charge. https://ihc.org.nz/ihc-family- No referral required. wh%C4%81nau-liaisons

**Ilam OSCAR**

FSD0024040 Last updated 21/09/2020

Ilam OSCAR provides an OSCAR approved, safe, organised and fun out of school programme for children in years 1 to 6 by way of before school, after school and holiday programmes.

66 Ilam Road Ilam Christchurch 8041



oscar@ilam.school.nz  Term time

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| (022) 469 1663 https://www.ilam.school.nz/our-school/    **Classification : OSCAR**    **Kaiapoi Community Support** | 7.15 AM TO 8.30AM  3PM TO 4.30PM  3PM TO 6PM  Holiday Programme  8am to 6pm  Some charges may apply. Referral may apply. |
| FSD0002675 | Last updated 16/11/2020 |

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



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| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz      **Kaiapoi Preschool** | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge. No referral required. |
| FSD0022405 | Last updated 06/12/2020 |

A small Early Childhood Centre licensed for a maximum of 23 children aged 2 to 6 years.

8 Tunas Street Kaiapoi 7630



info@kaiapoipreschool.com  Monday to Friday 8am to 4pm

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| (03) 327 5566 http://www.kaiapoipreschool.com      **Kelly Club Ararira Springs** | Some charges may apply. No referral required. |
| FSD0024053 | Last updated 20/09/2020 |

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Ararira Springs Primary School 18 Russ Drive Lincoln Christchurch 7672



ararira@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 029 59281 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Lincoln**

FSD0024394 Last updated 24/11/2020

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

130 North Belt Lincoln 7608



lincoln@kellyclub.co.nz  Monday-Friday 7am-8-30am Before School Care

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| (021) 0296 2681 http://www.kellyclub.co.nz    **Classification : OSCAR**    **Kelly Club Merrin** | and 3-6pm After School Care. Holiday Programme 7am-6pm.  Some charges may apply. No referral required. |
| FSD0024052 | Last updated 20/09/2020 |

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Merrin Primary School 41 Merrin St Avonhead Christchurch 8042



merrin@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 402 456 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Redcliffs**

FSD0024051 Last updated 21/09/2020

Kelly Club childcare OSCAR approved programmes focus 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. Programmes are full of exciting activities and trips that will guarantee your children have a great time!

Redcliffs School 38 Truro St Sumner Christchurch 8081



redcliffs@kellyclub.co.nz  Monday-Friday 7am-8-30am Before school care (021) 089 01933 and 3-6pm after school care. http://www.kellyclub.co.nz Holiday programme 7am-6pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Club Yaldhurst**

FSD0023116 Last updated 06/01/2021

Kelly Club OSCAR approved programmes are packed with variety to entertain and inspire children.

Our goal is to give children opportunities to do the things they love and enjoy in a supportive and encouraging environment. We use a professional programme model and have local people take control of the programme, this means Kelly Club programmes best meet the needs of the local community.

Programmes are focused around sports, cooking, trips, art and craft activities, as well as relaxation time around a busy life at school.

Children are encouraged, educated and entertained during their time on our programmes.

48 School Road Yaldhurst



yaldhurst@kellyclub.co.nz  Monday - Friday 7.15am-8.30am; 2.30pm-6pm

(021) 026 20047 (Term time)

(021) 044 6283

http://www.kellyclub.co.nz/yaldhurst 8am-6pm (Holiday's) Some charges may apply. No referral required.

## Classification : OSCAR

**Kelly Sports Christchurch**

FSD0021237 Last updated 06/01/2021

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.

84 Ascot Ave North New Brighton Christchurch 8083



steve@kellysports.co.nz  Monday - Friday 8.00am-5.30pm

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| (021) 044 6283 http://www.kellysports.co.nz    **Classification : OSCAR** | Some charges may apply. No referral required. |

**Kelly Sports Christchurch - St Patrick’s School**

FSD0023112 Last updated 27/01/2021

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.

108 Jeffreys Road Strowan Christchurch 8052



braedon@kellysports.co.nz  Monday - Friday 8.00am-5.30pm

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| (027) 273 7773 http://www.kellysports.co.nz    **Classification : OSCAR**    **Kids Club** | Some charges may apply. No referral required. |
| FSD0021418 | Last updated 14/01/2021 |

Kids Club Ltd is OSCAR approved and committed to provide children & their families in the community with a quality, safe & affordable Before School, After School & Holiday programme building the children's self-esteem & character values through the programme.

 29 Crosby Street Mairehau Christchurch 8013

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| kidsclub@xtra.co.nz (021) 237 8297 http://shirleyprimary.school.nz    **Classification : OSCAR**    **Kidsbase Ltd** | Before School programme 7.00am to school drop off.  After School Programme 3.00pm to 5.30pm (pick ups are available).  Holiday Programme 7.00am to 5.30pm.  (We are not open on public holidays).  Some charges may apply. No referral required. |
| FSD0018017 | Last updated 14/01/2021 |

Kidsbase are a well established provider of Before School, After School and School Holiday programmes childcare provider, catering for 5 - 13 year old children throughout Christchurch and North Canterbury.

All Kidsbase programmes are Ministry Approved and offer a Fun, Safe and Interactive environment for all the children that attend.

WINZ Subsidies are available to assist with the attendance fees for all Programmes.

2 Clipper Place Redwood Christchurch 8051



info@kidsbase.co.nz  7:30am - 8:30am Weekdays During Term Time

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| (03) 354 2906 (027) 239 7690 http://www.kidsbase.co.nz    **Classification : OSCAR**    **Kidz Time Papanui** | 3:00pm - 6:00pm Weekdays During Term Time  7:30am - 6:00pm Weekdays During School | |
| Holidays  Some charges may apply.  No referral required. |  |
| FSD0022378 |  | Last updated 10/07/2020 |

We offer Before After and School Holiday care.

 120 Paparoa Street Papanui Christchurch 8053

office@kidztime.co.nz Before School: 7.30-8.30am

(027) 414 3374 After School: 2:45-6.00pm

http://www.kidztime.co.nz School Holidays: 8:00-5:30pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Kimihia Early Learning Centre**

FSD0005888 Last updated 01/10/2020

Early Learning Centre - a licensed childcare facility operating for the care of children in the community.

521 Ferry Road, Christchurch 8023



ece@klc.school.nz  8.00 am - 4.30 pm

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| (03) 389 1800 http://kimihiapreschool.co.nz      **Knights Stream Youthtown** | Some charges may apply. No referral required. |
| FSD0023799 | Last updated 18/12/2020 |

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

 1 Killarney Avenue Knights Stream Christchurch 8053

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| knightsstream@youthtown.org.nz  (027) 605 2472 (03) 381 3245 http://www.youthtown.org.nz    **Classification : OSCAR**    **Korora Club** | Before School Programme  After School Programme  Holiday Programme  Some charges may apply.  No referral required. |  |
| FSD0024483 |  | Last updated 23/12/2020 |

Kids holiday programs for 5-10 year olds in Kaikoura.

Social Services Accredited (Level 3, OSCAR Standards) - OSCAR approved.

Sports, recreation, arts & crafts, cooking & baking, excursions to local attractions and much more.

32 Esplanade Kaikoura 7300



kororaclub@gmail.com  During school holidays only (dates on website)

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| (027) 3917767 http://www.kororaclub.com    **Classification : OSCAR**    **La Vida Youth Trust** | 8.30-3pm Mon-Fri.  Some charges may apply. No referral required. |
| FSD0018002 | Last updated 20/08/2020 |

We are a charitable youth trust working locally in Riccarton with young people and families. We provide 24-7 Youth Workers into two local schools, operate a Breakfast Club and operate an After School Programme.

34a Hansons Lane Upper Riccarton Christchurch 8041



lyt@lyt.org.nz  9 am - 4.30 pm Tues-Fri (03) 343 4935 Koha/donation may apply. http://www.lyt.org.nz Referral may apply.

**Lifeworks Counselling and Psychotherapy**

FSD0000461 Last updated 27/07/2020

Lifeworks counselling provides individual counselling, psychotherapy, supervision, mentoring & group work for people aged 16 years and over.

Also provides group-work supervision and practice reflection. ACC registered for trauma recovery from a physical or mental injury.

41 Essex Street Phillipstown Christchurch 8011



nickeifalconer@hotmail.com  Wednesday - Friday 8.00am - 5.00pm

(03) 365 0483 Some charges may apply. http://www.lifeworkscounselling.co.nz No referral required.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

|  |  |
| --- | --- |
| (03) 325 2007 http://www.lincolncomcare.co.nz      **Linwood Ave Youthtown** | Public Holidays  Some charges may apply. Referral may apply. |
| FSD0023801 | Last updated 18/12/2020 |

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

260 Linwood Avenue Linwood Christchurch 8053



linwood@youthtown.org.nz  After School Programme

(027) 513 2303 Holiday Programme

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

No referral required.

## Classification : OSCAR

**Linwood Avenue Community Corner Trust**

FSD0000466 Last updated 26/03/2021

Services range from support and practical advice, budget referral, Emergency Food Parcels,

Partnership Community Workers. Programmes and activities for all ages, we employ a Coordinator, Family Community Worker and Health Workers.

378 Linwood Avenue Bromley Christchurch 8062



dorothy@lacct.org.nz  Office hours 9am to noon Monday to Friday

(03) 980 9827 Some charges may apply.

(03) 389 5303 No referral required.

http://linwoodavenueunionchurch.org.nz

**Living Springs Trust**

FSD0020367 Last updated 22/12/2020

Living Springs is a Charitable Trust that provides a wide range of educational, recreational and adventure based programmes, predominantly for children and young people from the wider Christchurch community. The aim of these programmes is to provide the children and young people with positive, safe, fun and challenging experiences that will assist them in their personal and social development.

Our Kids Camps, based on Christian values, run during one week of each of the school holidays and give children from all walks of life, experiences they will never forget. They are packed with fun adventure activities, provide times for friendships and memories to be made, and develop children’s self confidence by giving them a sense of achievement.

218 Bamfords Road RD1 Lyttelton Christchurch 8971



info@livingsprings.co.nz  Kids camps 4 nights/5 days, residential and run

|  |  |
| --- | --- |
| (03) 329 9788  (0800) 462 732 http://livingsprings.co.nz    **Classification : OSCAR**    **Loburn CASPA Programme** | from 9am Monday to 3.30pm on a Friday, during the school holidays. Check our website for dates.  Some charges may apply. No referral required. |
| FSD0017997 | Last updated 01/04/2021 |

OSCAR approved After School Care and School Holiday Programmes: great fun, stimulating and varied programme in North Canterbury. After school service available to children attending Loburn, North Loburn and Ashley schools. Holiday Programmes have open enrollment.

73 Hodgsons Rd Loburn 7472



info@caspa.org.nz  Schoolterm: 3-6p.m. Monday to Friday

|  |  |
| --- | --- |
| (03) 349 9260 (021) 137 8267 http://www.caspa.org.nz    **Classification : OSCAR**    **Mairehau First Learners** | Holidays: 8-6p.m. Monday to Friday Some charges may apply. No referral required. |
| FSD0022426 | Last updated 24/10/2020 |

First Learners is a homely centre which offers our tamariki, their families/whanau and our teachers/staff a place that empowers them to make choices that suit their individual needs and requirements.

A place that enables each individual to develop at their own pace, to be unique, and have their individuality recognised and celebrated. A place that is rich in wonder, curiosity, excitement and fun. A place where there is no distinction between learning and play.

260-262 Westminster Street Mairehau Christchurch 8013



mairehau@firstlearners.co.nz  7:00 am to 6:00 pm

(03) 385 8311 Monday to Friday

http://firstlearners.co.nz (Only closed for Public Holidays and weekends) Some charges may apply. No referral required.

**Maori Women's Welfare League - Te Waipounamu Region**

FSD0000483 Last updated 17/02/2021

For the betterment of Maori women and their whanau.

twparearep@gmail.com  8.30am To 5pm Monday to Friday (027) 555 6634 Some charges may apply. http://mwwl.org.nz/ No referral required.

**Marshlands Nest Early Learning Centre**

FSD0022918 Last updated 31/03/2021

We are a privately owned and operated Early Childhood Centre. We have a mixed age license in a home like environment. We are licensed for 25 children with high teacher child ratios. All the staff are caring and dedicated to the children's needs and to helping them develop into capable confident learners. Our philosophy is that children learn through play in an educational environment that promotes all aspects of Te Whariki.

408 Prestons Road Marshland Christchurch 8083



ros@nests.co.nz  Monday-Friday

|  |  |
| --- | --- |
| (03) 383 7720 (021) 146 8708 http://www.nests.co.nz | 7.30am-5.30pm  Some charges may apply.  No referral required. |

**MASH**

FSD0021438 Last updated 26/08/2020

MASH is an Out of School Programme provider offering Before School, After School and School Holiday Programmes for 5 - 14 year old children. We have several programmes around the South Island.

At MASH, our aim every day, is to provide children with a fun, stimulating, exciting and safe environment where they are not only well supervised, but are also given the opportunity to enhance their academic, artistic and physical skills.

We acknowledge the difficult decision parents are faced with when enrolling their child or children into an after school programme.

With this in mind, we ensure that all our programmes are professionally run, that all staff are well trained, Police checked, have experience with children in a professional capacity and that you and your children are our absolute priority.

132 Victoria Street Christchurch Central Christchurch 8013



info@mashkids.co.nz  Before School - 7am - 8:30am

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| --- | --- |
| (03) 366 9408 (0800) 3669408 http://www.mashkids.co.nz    **Classification : OSCAR** | After School - 2:45pm - 6:00pm  School Holidays - 7am - 6pm  Office 9am - 5:30pm  Some charges may apply.  No referral required. |

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

 Unit 3, Heartlands Centre 78 Beach Road Kaikoura

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| --- | --- |
| kaikoura@heartlandservices.govt.nz  (0800) 559 009 http://www.workandincome.govt.nz      **Mt Pleasant Oscar** | Open 9am - 4pm  (9.30am - 4pm on Wednesdays) All services free of charge. No referral required. |
| FSD0021831 | Last updated 06/09/2020 |

We provide quality and varied OSCAR approved programmes for fun, friendship, creativity, physical activity and relaxation in a safe and caring environment out of school hours.

At all times we aim to cater for each individual child where everyone has the right to be safe and happy!

Mt Pleasant School 82 Major Hornbrook Road Mt Pleasant Christchurch 8081 markath@xnet.co.nz  Term time 3pm-6pm (021) 022 20877 Holidays 8.30am-5.30pm



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

No referral required.

## Classification : OSCAR

**Multiples Canterbury**

FSD0007692 Last updated 08/01/2021

To address the special and unique needs of families experiencing a multiple birth by providing information and support to Multiple Birth Clubs and members.

info@multiplescanterbury.org.nz  any time within reason

(0800) 489 467 Some charges may apply.

(0800) 4 TWINS ETC No referral required.

http://www.multiplescanterbury.org.nz

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**Open Home Foundation (OHF) - Canterbury**

FSD0007296 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.

410 Colombo Street Sydenham Christchurch 8023



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

(03) 366 5977 Some charges may apply. http://www.ohf.org.nz No referral required.

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

FSD0006982 Last updated 09/07/2020

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

 99 Tancred Street Ashburton 7700

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, Christchurch West**

FSD0006978 Last updated 09/07/2020

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

Level 1, Longhurst Health Building 53 Caulfield Avenue Halswell Christchurch 8025



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, Papanui**

FSD0006977 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.

56 Langdons Road Papanui Christchurch 8053



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, Rangiora**

FSD0006979 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.

Rangiora Centre 4-6 High Street Rangiora 7400



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, Sydenham**

FSD0006980 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.

New Zealand Government Centre 39 Durham Street Sydenham Christchurch 8023



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, Timaru**

FSD0006981 Last updated 14/07/2020

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 3, Aoraki House 7 Beswick Street Timaru 7910



contact@ot.govt.nz  If you're overseas:

(0508) 326 459 Call +64 9 912 3820

(0508) FAMILY All services free of charge. https://www.orangatamariki.govt.nz/ No referral required.

**OSCAR at Oaklands Inc**

FSD0007269 Last updated 27/07/2020

Support, resources and training for Out of School Care and Recreation (OSCAR).

Oaklands School - Cunningham Place Halswell Christchurch accounts@oscaroaklands.co.nz  Any time



(027) 366 3472 Some charges may apply. http://enrolmy.com/oscar-at-oaklands Referral may apply.

## Classification : OSCAR

**OSCAR in St Albans Inc**

FSD0007271 Last updated 24/09/2020

Out of school care and recreation fror children ages 5-13. Before school, after school and holiday programmes.

19 Thames Street St Albans Christchurch 8014



oscarinstalbans@gmail.com  Monday - Friday 7.00am - 8.30pm

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| (03) 355 4918 (027) 355 4919 http://www.oscarstalbans.org.nz    **Classification : OSCAR**    **OurKidz NZ OSCAR** | 1.00pm - 6.00pm  Some charges may apply. No referral required. |
| FSD0016417 | Last updated 24/01/2021 |

Providing a safe and secure OSCAR care environment for primary school aged children. Before school, After school and Holiday programmes on offer.

 Kaiapoi Borough School Hall 20 Hilton Street Kaiapoi 7603

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| ourkidz.oscar@outlook.com  (03) 327 7470  (021) 027 46031 http://ourkidz.co.nz/    **Classification : OSCAR**    **Outaskool Papanui** | Anytime from 8am to 6pm Some charges may apply. No referral required. |
| FSD0023119 | Last updated 23/04/2021 |

Outaskool Papanui is a school-based environment solution to before/after school & school holiday child care, catering for ages 5 to 13 years, OSCAR approved.

Papanui Primary School 40 Winters Road Papanui Christchurch 8051 outaskool@gmail.com  During school term:



(027) 231 6205 7:30am-8:30am

3:00pm-6:00pm

Holiday Program:

7.30am-6.00pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Owls Nest Preschool**

FSD0023214 Last updated 10/07/2020

The Owls Nest is a small, family run preschool in Northwood, Christchurch for 2 to 5 year olds. We have a ratio of one teacher for every seven children which is well below the Ministry of Education requirement. We are locally owned and operated and believe in creating an environment which is homely, safe and stimulating.

69 Englefield Road Northwood Christchurch 8051



admin@owlsnestpreschool.co.nz  7:30 am - 5:30 pm

(03) 323 4144 Monday - Friday

http://www.owlsnestpreschool.co.nz We have morning, afternoon and all day sessions.

Some charges may apply. No referral required.

**Oxford Community Trust**

FSD0002623 Last updated 27/10/2020

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

|  |  |
| --- | --- |
| (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz    **Classification : OSCAR** | public holidays)  Some charges may apply.  No referral required. |

**P.A.T.H.S. (Post Abortion Trauma Healing Service)**

FSD0000625 Last updated 07/08/2020

Provides trained healing support for people adversely affected by abortion or any termination of pregnancy. We also provide a newsletter and information about post abortion issues. We are available to speak in the community around needs and issues of healing after pregnancy termination and loss.

admin@postabortionpaths.org.nz  Some charges may apply.

(0800) 728 470 No referral required.

http://www.postabortionpaths.org.nz/

**Papa Jacks**

FSD0022515 Last updated 01/03/2021

Papa Jacks is a fun and engaging OSCAR appproved Before School Care, After School Care and Holiday Programme service for children aged from 5 to 13 years.

We provide an enriching, home away from home environment for children to explore and be creative in during their holidays. We pick up and drop off to and from your local school, support the children with their homework needs and enjoy sports, games, craft and baking together. Our carers have a magnitude of experience including a registered Primary teacher, registered Early childhood teacher and a previous home based educator, all with their current first aid.

We are situated on the outskirts of Christchurch in Rolleston.

Check out our Facebook Page for updates, testimonials and action photos.

571 Springston Rolleston Road Rolleston 7614



info@caspa.org.nz  Before School Care: 7:15am to 9:00am

(03) 349 9260 After School Care: 3:00pm to 6:00pm

https://www.facebook.com/PapaJacksNZ Holiday Programme: 8:00am to 6:00pm Some charges may apply. No referral required.

## Classification : OSCAR

**Papanui Youth Development Trust**

FSD0020988 Last updated 17/02/2021

Papanui Youth Development Trust (PYDT) offers 8 Core Projects which are designed to impact young people, through projects that will engage, challenge and empower them. With an underlying focus of youth development through leadership training, a strengths based approach and a directional leadership development model.

We also provide a community centre (Te Koru) which 51 community groups currently utilise each year.

1a Harewood Rd Papanui Christchurch 8053



office@pydt.org  Refer to website (03) 354 9381 Koha/donation may apply.

(027) 848 4000 No referral required. http://www.pydt.org

## Classification : OSCAR

**Parent to Parent New Zealand Inc - Greater Canterbury Region**

FSD0007305 Last updated 20/10/2020

The purpose of Parent to Parent New Zealand is to empower families of people with disabilities and health impairments through support and information. Parents will feel supported and informed as a result of their contact with Parent to Parent.

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| --- | --- |
| gtrcanterbury@parent2parent.org.nz  (0508) 236 236 http://www.parent2parent.org.nz | Monday to Thursday 9am to 2.30pm All services free of charge.  No referral required. |

**Parenting Place - Christchurch**

FSD0000639 Last updated 26/03/2021

Parenting Place is the charity with a heart for New Zealand Families. We’re here to walk alongside you and your whnau from the moment your little one is born, until the time they raise tamariki of their own. Whether you have a newborn, a teenager, a troupe of grandkids, or nieces and nephews, we have a range of programmes, courses, camps and resources, tailored for you and your whnau. Everything we do is designed to inspire, encourage, and support the strengthening of your relationships. We make sure it’s fun and entertaining along the way too. Our team is also committed to engaging with the story of Aotearoa New Zealand and our unique place in the world – a journey which continues to shape the way we support your whnau to thrive.

Level 2 410 Colombo Street Sydenham Christchurch 8023



support@parentingplace.nz  Monday – Friday, 8am-4pm

(03) 379 6052 Some charges may apply. https://parentingplace.nz No referral required.

**Parents Centre New Zealand Inc - Ashburton**

FSD0007361 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.

206 Chalmers Avenue Hampstead Ashburton 7700



ashparentscentre@gmail.com  When courses are on. http://www.parentscentre.org.nz/ashburto Some charges may apply. n No referral required.

**Parents Centre New Zealand Inc - Christchurch**

FSD0007359 Last updated 06/10/2020

Parents Centre NZ offers a wide range of support networks for parenting with the prime service being childbirth and new parent education.

2a MacMillan Ave Cashmere Christchurch 8022



chch.parentscentre@xtra.co.nz  Hours vary

(021) 087 26943 Some charges may apply. http://www.parentscentre.org.nz No referral required.

**Parents Centre New Zealand Inc - Timaru**

FSD0007342 Last updated 18/12/2020

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.

38 Stafford Street Timaru



timaruparentscentre@gmail.com  To find out more, or to register your interest,

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| --- | --- |
| (03) 684 5348 http://www.parentscentre.org.nz | please contact the Childbirth Education Coordinator on 03 684 5348.  All services free of charge.  No referral required. |

**Phillipstown Community Centre**

FSD0020472 Last updated 19/03/2021

The Phillipstown Community Centre is in the Phillipstown Community Hub, we are here to provide a safe caring supportive environment to foster individual and community growth.

Room 2 39 Nursery Rd Phillipstown Christchurch 8011



info@phillipstown.org.nz  9am - 5.30pm Monday to Friday

(03) 595 2023 Some charges may apply.

(020) 406 91419 No referral required. http://www.phillipstown.org.nz

## Classification : OSCAR

**PIPS Pregnancy Infancy Parenting Support Trust**

FSD0007391 Last updated 24/03/2021

PIPS provides a holistic community social service helping women, family members and other caregivers from pregnancy through the first year of baby's life. We provide free practical help with clothing and equipment support, information and emotional support to clients at a time when they are most vulnerable.

Old Central New Brighton School 95 Hawke Street New Brighton Christchurch



dahlia@pips.co.nz  9:30am - 2:30pm, Tuesday, Thursday, Friday

|  |  |
| --- | --- |
| (03) 385 0556 (022) 530 2463 https://www.pips.co.nz      **Pleasant Valley Playgroup** | 9:30am - 5:30pm Wednesday  All services free of charge. No referral required. |
| FSD0019562 | Last updated 04/09/2020 |

The Pleasant Valley Playgroup provides a place for parents and young children (including infants) to meet on a regular basis. We aim to provide a range of activities to foster children’s play, learning and development and a chance for parents to get to know each other. The group is run cooperatively and each parent or caregiver is responsible for their child/ren. The playgroup is held in the Old Pleasant Valley School House in a lovely rural setting. With a large playroom with purpose built infant area, art & crafts and play areas. A large secure outdoor area with playground and outdoor toys. Ministry of Education certified.

63 School Road Pleasant Valley Geraldine pleasantvalleyplaygroup@gmail.com  9am till noon every Monday of the school term.



(022) 171 4562 Not open during Summer school holidays or (03) 693 9690 public holidays.

Koha/donation may apply. No referral required.

**Plunket - Addington**

FSD0000754 Last updated 08/04/2021

5 Twigger Street Addington Christchurch 8024 southern.region@plunket.org.nz 



(03) 366 0765

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

No referral required.

**Plunket - Amberley**

FSD0016557 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

111 Main Road Amberley 7481



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Aranui** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000725 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

38 Portsmouth Street Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Barrington**

FSD0000727 Last updated 08/04/2021

120 Conway Street Christchurch southern.region@plunket.org.nz 



(03) 366 0765

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

No referral required.

**Plunket - Belfast/Marshlands**

FSD0000728 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

7 Belfast Road Belfast Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Burnham** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0016322 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

Army Camp - Fryberg Road Burnham southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



(03) 366 0765 Please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Burwood**

FSD0016558 Last updated 06/07/2020

149 Burwood Road Burwood Christchurch 8083 southern.region@plunket.org.nz 



(03) 366 0765

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

No referral required.

**Plunket - Canterbury Area Office**

FSD0007442 Last updated 08/04/2021

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.

5 Twigger Street Addington Christchurch



Southern.Region@Plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Centaurus Road & Opawa/St Martins**

FSD0000753 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

59 Centaurus Road Huntsbury Christchurch 8022



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Cheviot**

FSD0016559 Last updated 08/04/2021

Cheviot Medical Centre 1 Robinson Street Cheviot 7310 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



(03) 366 0765 Please phone for more information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Culverden**

FSD0016560 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

7 Montrose Avenue Culverden 7392



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Cust** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000760 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

1685 Cust Road Cust 7471 southern.region@plunket.org.nz  Alternate Tuesdays by arrangement.



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| (03) 366 0765  http://www.plunket.org.nz | All services free of charge. No referral required. |

**Plunket - Darfield**

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| FSD0016561 | Last updated 08/04/2021 |

1 Halkett Street Darfield 7510 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Dunsandel** | Please phone for information.  All services free of charge.  No referral required. |  |
| FSD0016562 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

13 Hororata Road Dunsandel 7682



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Fendalton** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000733 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

183 Fendalton Road Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765  http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Halswell**

FSD0000734

16 Fern Drive Halswell Christchurch southern.region@plunket.org.nz 



(03) 366 0765 (0800) 933 922 http://www.plunket.org.nz

**Plunket - Hawarden / Waikari**

FSD0016563

Last updated 06/07/2020

All appointments are pre-arranged with the Nurse, please phone for information.

Koha/donation may apply. No referral required.

Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

68 Princess Street Waikari 7420



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Hoon Hay** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000735 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

19 McCarthy Street Hoon Hay Christchurch 8024



southernregion@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Hornby/Wycola**

FSD0000736 Last updated 06/07/2020

Tower Street Reserve 29 Tower Street Hornby Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Kaiapoi** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0000737 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

Kaiapoi Community Centre 26 Sewell Street Kaiapoi



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Kendal** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000726 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

57 Kendal Avenue Christchurch



Southern.Region@plunket.org.nz  Tuesday - Friday by appointment

|  |  |
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| (03) 366 0765  http://www.plunket.org.nz | Koha/donation may apply. No referral required. |

**Plunket - Leeston**

FSD0016564 Last updated 08/04/2021

Leeston Medical Centre 57 High Street Leeston 7632 southern.region@plunket.org.nz  All appointments are pre arranged by the nurse.

(03) 366 0765 Please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Lincoln**

FSD0000739 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

158 North Belt Lincoln



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Linwood / Avonside / City East**

FSD0000740 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

The Loft, 1st Floor, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch southern.region@plunket.org.nz  All appointments are pre-arranged with the



(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Lyttelton**

FSD0000741 Last updated 08/04/2021

Lyttelton Community & Recreation Centre 25 Winchester Street Lyttelton

southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Mt Pleasant/Redcliffs & Sumner**

FSD0000756 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

2 Augusta Street Redcliffs Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Oxford**

FSD0016565 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Main Street Oxford 7430



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Papanui / Merivale** | Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0000745 | Last updated 04/05/2021 |

24 Bellvue Avenue Papanui Christchurch southern.region@plunket.org.nz 

(03) 366 0765

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Parklands/New Brighton**

FSD0000746 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Community Centre 77 Queenspark Drive Parklands Christchurch 8083



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Prebbleton**

FSD0016566 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

3 William Street Prebbleton Christchurch 7604



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Rangiora**

FSD0016567 Last updated 06/07/2020

24 High Street Rangiora Christchurch southern.region@plunket.org.nz 

(03) 366 0765

(0800) 933 922 Some charges may apply. http://www.plunket.org.nz No referral required.

**Plunket - Riccarton**

FSD0000749 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

26A Piko Crescent Riccarton Christchurch 8041



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Rolleston**

FSD0000751 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 John Street Rolleston Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Russley / Yaldhurst** | Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0000752 | Last updated 08/04/2021 |

18 Pinehurst Crescent Russley Christchurch southern.region@plunket.org.nz 

(03) 366 0765

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

No referral required.

**Plunket - Southbridge**

FSD0016568 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Gordon Street Southbridge 7602



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - St Albans / Shirley** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000755 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

166 North Parade Shirley Christchurch 8013



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Timaru Family Centre**

FSD0019487 Last updated 11/03/2021

3 Dee Street Timaru 7910 southern.region@plunket.org.nz (03) 684 4967 http://www.plunket.org.nz

**Plunket - Waiau**

FSD0016569

Thursday 1-2.30pm

All services free of charge. No referral required.

Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Lyndon Street Waiau 7332



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Woodend/Waikuku** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0016570 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

- Albert Street Rangiora



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Woolston** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000757 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

 640 Ferry Road Woolston Christchurch 8023

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| southern.region@plunket.org.nz  (03) 366 0765 http://www.plunket.org.nz      **Powerzone Methven** | All appointments are pre-arranged with the Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0024133 |  | Last updated 29/11/2020 |

We run an OSCAR after-school care program in Methven

112 Main Street Methven 7730



powerzone@mthuttelim.nz  Monday - Friday during the school term

|  |  |
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| (022) 169 7239    **Classification : OSCAR**    **Powerzone Oscar** | Some charges may apply. No referral required. |
| FSD0021407 | Last updated 19/06/2020 |

OSCAR approved, fun filled Before School, After School and Holiday programmes where we aim to provide a safe, positive and exciting environment for young children years 1-8. Service includes free school drop off/pick up to some schools.

285 Cashel Street Christchurch 8141



miriam.anderson@chch.elim.org.nz  Before School: 7am-school drop off

(021) 065 1917 After School: School pick up-5.30pm http://www.powerzonechch.org (During school days)

Holiday Care: 8am-3pm + optional afternoon care 3pm-5.30pm.

(During term & Summer holidays) Some charges may apply. No referral required.

## Classification : OSCAR

**Pregnancy Counselling Services - Christchurch**

FSD0006516 Last updated 21/12/2020

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

pregnancycounsellinginfo@gmail.com  Freephone number available 24 hours a day, 7

(03) 338 3057 days a week.

(0800) 773 462 (0800 PREGNANT) All services free of charge. http://www.pregnancycounselling.org.nz No referral required.

**Pregnancy Counselling Services - Timaru**

FSD0006527 Last updated 27/04/2021

Pregnancy Counselling Services is a voluntary organisation with specially trained counsellors in branches throughout New Zealand.

24/7 there is a counsellor to talk to by telephone, or face to face counselling can be arranged if preferred.

PCS provides friendly, confidential, emotional support and practical help. Arrangements be made for medical and legal consultation.

Counsellors help clients find acceptable solutions to problems of accommodation, continuing education, material requirements, and the stress often created by pressure from family and friends. In evaluating alternatives, clients can consider the pros and cons of parenting a child, adoption, and abortion.

For those suffering from a past abortion we can help through the recovery time until clients are strong enough to put aside the past and feel positive about the future.

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pregnancycounsellinginfo@gmail.com  Freephone number available 24 hours a day, 7

(03) 684 8416 days a week

(0800) 773 462 Text at 021 289 8727

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

**Presbyterian Support Mid Canterbury - Trevor Wilson Centre**

FSD0007782 Last updated 12/03/2021

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

215 Tancred Street Ashburton 7700



midcant@psusi.org.nz  8.45am - 5.15pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 2616907 Referral may apply. http://psuppersouth.org.nz/

## Classification : YS

**Presbyterian Support North Canterbury - Ngawi Thompson Centre**

FSD0007783 Last updated 07/04/2021

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

258 High Street Rangiora 7400



NorthCant@psusi.org.nz  8.30am to 5pm Monday - Friday

|  |  |
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| (0800) 477 874 (03) 261 2888 http://psuppersouth.org.nz/ | Some charges may apply. Referral may apply. |

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

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| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS** | Monday - Friday  Some charges may apply.  No referral required. |

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

44 Bealey Avenue Central Christchurch 8013



ps@psusi.org.nz  Monday to Friday 8.30am-5pm.

(0800) 477 874 Some charges may apply.

(03) 366 5472 Referral may apply. http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Project Early**

FSD0000674 Last updated 22/12/2020

Project Early facilitates (under contract) 14 week Incredible Years Parent Programmes and Incredible Years Teacher Programmes.

 271 Breezes Road Aranui Christchurch 8061

|  |  |
| --- | --- |
| l.taylorburt@projectearly.org.nz  (027) 223 4232  (027) 223 4231      **Project Esther Trust** | During School Term  All services free of charge. Referral may apply. |
| FSD0000675 | Last updated 15/12/2020 |

Project Esther is a multifaceted organisation that provides services to women and their families with a bias to those in need. Programmes include: Preschool Music and Movement, support of women in the community, support for women prisoners and ex-prisoners, subsidised counselling service and temporary/emergency accommodation.

248 Lyttelton Street Spreydon Christchurch 8024



projectesther@swbc.org.nz  9:00am - 3:00pm Monday - Thursday

(03) 338 4163 ext 237 Some charges may apply. http://www.projectesther.co.nz No referral required.

**Rachel's House Trust**

FSD0018437 Last updated 24/03/2021

To support young parents to have, keep and parent their children. Rachel's House works holistically with families for as long as it takes to empower parents to live a life of confident hope and create a positive future for their children.

96 High Street Rangiora 7400



manager@rachelshouse.org.nz  Staff hours and group times vary, so initial

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| (022) 043 3298 http://www.rachelstrust.org.nz | contact by email or phone is preferential.  Koha/donation may apply.  No referral required. |

**Rangiora Borough Oscar Programme**

FSD0021892 Last updated 15/02/2021

We provide OSCAR approved before and after school care programmes for students within Rangiora Borough School.

RBS School Hall - Church St Rangiora 7400



office@rangiora.school.nz  Monday to Friday, School times only

(03) 313 7434 Some charges may apply. http://www.rangiora.school.nz/ Referral may apply.

## Classification : OSCAR

**Rangiora Youth Community Trust**

FSD0021291 Last updated 29/03/2021

We are a charitable Trust set up to employ Youth Workers in Rangiora High School and Rangiora New Life School as part of the 24-7 YouthWork network.

111 East Belt Rangiora 7400



info@ryct.net.nz  Monday-Thursday. 9am-3pm

|  |  |
| --- | --- |
| (027) 465 9951  http://ryct.net.nz      **Rawhiti Oscar** | All services free of charge. No referral required. |
| FSD0022614 | Last updated 16/02/2021 |

Rawhiti Community Sport Inc. offer an OSCAR approved after school and holiday programme based at Seaview Road School that is fun and offers a wide variety of activities. The Programme is for all primary school ages children (5-12) for both weeks of the holidays (closed public holidays). 8:30am – 5:30pm daily - after school Monday - Friday 3-6pm.

Rm 4/5 140 Seaview Rd Central New Brighton Christchurch 8041



sandra@rawhiticommunity.co.nz  Monday - Friday 3 pm-6 pm school terms

(027) 464 0005 http://www.easterncommunity.co.nz/progr Monday - Friday 8.30am - 5.30pm school amme/oscar-north-new-brighton/ holidays

Some charges may apply. No referral required.

## Classification : OSCAR

**Rewi Alley Chinese School Trust**

FSD0022839 Last updated 20/01/2021

The education centre provides a range of courses, workshops and services to the Chinese and wider community. They run Chinese language and cultural courses for students of all ages to share and promote Chinese culture.

Alongside Chinese courses, they also offer classes in Art, Science, Math, Coding and Chess for children as well as English and computer classes for adults. All these classes are available in online, face-to-face, or private tuition options.

OSCAR accredited after school and holiday programmes are also available.

53 Solway Avenue Ilam Christchurch 8041



principal@rewialley.ac.nz  The centre is usually open from 9.30am to (03) 343 0136 4.30pm Monday to Saturday during term time http://www.rewialley.school.nz and 8am to 5pm during the school holidays.

Some charges may apply. No referral required.

## Classification : OSCAR

**Right Service Right Time**

FSD0016132 Last updated 22/02/2021

To ensure that every family/whanau with children and young people have ease of access to services when they are needed.

Right Service Right Time is a collaboration of a large number of agencies that provide service to families, and the Coordinator works with the parent and agencies to ensure a smooth pathway to the appropriate services.

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| --- | --- |
| info@rightservice.org.nz  (03) 378 2782  (027) 654 7788 http://rightservice.org.nz | Coordinator is available for contact by telephone / email between 8.30am and 4.30pm Monday to Friday.  All services free of charge.  No referral required. |

**Russian Cultural Centre Trust - Christchurch**

FSD0000775 Last updated 19/11/2020

Centre of Slavonic culture and education. Russian language, literature and culture class for children; music education classes and choir for children; English language classes for adults; Russian language classes for speakers of other languages; performances; events; festivals.

31 Vicki Street Sockburn Christchurch 8042



ruscentrechchnz@gmail.com  Monday-Friday, 8.30am-4pm

(03) 741 2161 Koha/donation may apply.

(021) 026 87922 No referral required.

http://www.ruscentre.wordpress.com

**Sands Canterbury**

FSD0000797 Last updated 22/03/2021

A support group for parents facing the loss of a baby or babies through pregnancy, newborn, or as an infant, also including medical termination or other forms of reproductive loss. We offer monthly support meetings, newsletters, phone support. We aim to increase understanding within the medical profession of the trauma and grief experienced by parents/whanau who lose a baby.

St James Church Hall 750 Harewood Road Christchurch sands.canterbury@xtra.co.nz  Support Meetings:



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| --- | --- |
| (027) 4491019 (03) 347 4881 http://www.sands.org.nz | First Monday evening of the month. 7:30pm 9.30pm Phone:  Anytime  All services free of charge.  No referral required. |

**Selwyn Kids**

FSD0022207 Last updated 24/07/2020

At Selwyn Kids OSCAR we offer before and after school care from Clearview & Rolleston Primary schools and also holiday programmes for children aged 5-13yrs old from the local area. We have 2 centres, Discovery for 5 and 6 year olds, and Explorers for 7 to 13 year olds, where we offer a range of exciting games, crafts and outings.

60-62 Rolleston Drive Rolleston 7614



rebecca.adams@selwynkids.co.nz  Before school 7am-9am

(03) 347 9089 After school 3pm-6pm

http://www.selwynkids.co.nz Holiday Programme 7am-6pm

Some charges may apply. No referral required.

## Classification : OSCAR

**SHARP Trust**

FSD0023264 Last updated 07/10/2020

SHARP Trust is a charitable trust providing quality out-of-school care including After School, Holiday, Sports, Arts and Performing Arts Programmes. Catering for children aged between 5 – 14 years in the Spreydon, Somerfield, Barrington, Cashmere, Hoon Hay, Halswell, Addington and Rowley communities. SHARP aims to build and maintain a strong emphasis on developing relationships between the children and local teenage role-models who are our volunteer leaders in the programme.

244 Lyttleton Street Spreydon Christchurch 8024



sharp@swbc.org.nz  Mon - Fri 9-5.30pm (03) 338 0673 Some charges may apply. http://www.sharp.org.nz No referral required.

## Classification : OSCAR

**Shoreline Youth Trust**

FSD0016892 Last updated 24/08/2020

Our organisation is dedicated to developing and maintaining a healthy, connected and engaged youth community within the Sumner Bays area. We hope to achieve these ends by connecting with youth within their schools and through events, programmes (some OSCAR approved) and activities that we facilitate.

At the heart of our work is our youth centre, Fuse, which serves as a place where we can provide these opportunities for connection, offer a safe haven, provide alternatives to boredom and trouble and also to give opportunities to serve and volunteer.

Ultimately we want to see youth thrive in their developmental years, making good choices, having fun, trying new things and succeeding in their pursuits.

25 Wakefield Avenue Sumner Christchurch 8081 shoreline\_youth\_trust@hotmail.com  Office hours:



(021) 842 214 Monday -Thursday 9am - 3pm http://fuse.org.nz Friday 12pm -9 pm

Our programmes currently run from 3pm 5.30pm most afternoons, with Friday being the exception where we run from 3pm - 9pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**SHOUT (Speech Language Therapy) LTD**

FSD0020787 Last updated 08/04/2021

We are a private speech language therapy service.

We provide a full range of therapy services to paediatric and adult clients throughout Otago including Dunedin, Central Otago and the Southland area. We also provide Services in Canterbury.

We work as a team to provide efficient and family focused therapy support to those with communication difficulties.

We also provide Communication Assistant services to people involved in the Court system.

We are also able to provide Professional Development to teaching staff.

admin@shout-speech.co.nz  Monday to Friday 8am-5:30pm (027) 777 4688 Some charges may apply.

(027) 254 8331 No referral required. http://www.shout-speech.co.nz

**Skids Bishopdale**

FSD0022129 Last updated 19/06/2020

SKIDS provide on-site OSCAR programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Bishopdale School 465 Greers Road Christchurch 8053



bishopdale@skids.co.nz  Monday to Friday

|  |  |
| --- | --- |
| (021) 078 4064 (022) 043 1573 http://www.skids.co.nz    **Classification : OSCAR**    **Skids Clarkville** | Before & After School & Holidays Some charges may apply. No referral required. |
| FSD0023226 | Last updated 20/11/2020 |

SKIDS provide on-site OSCAR programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Clarkville School 10 Heywards Road Clarkville 7630



clarkville@skids.co.nz  Monday to Friday

|  |  |
| --- | --- |
| (021) 078 4064  (022) 430 8157onsite http://skids.co.nz    **Classification : OSCAR**    **Skids Kaiapoi North** | Before & After School & Holiday Programmes Some charges may apply. No referral required. |
| FSD0022783 | Last updated 22/04/2021 |

We supply After School, Before School and Holiday child care. OSCAR approved.

Kaiapoi North School 278 Williams Street RD 2 Kaiapoi 7692 liz@skids.co.nz  Mon - Friday (021) 247 7434 7.00am to 8.30am (022) 692 6580onsite 3.00pm to 6.00pm http://www.skids.co.nz/location/kaiapoi\_no Some charges may apply. rth/ No referral required.



## Classification : OSCAR

**Skids Parkview**

FSD0023227 Last updated 18/09/2020

SKIDS provide on-site OSCAR approved programmes at 64 schools nationwide and 53 schools throughout Auckland. We are accredited under the Social Sector Accreditation Standards and our families can access Work and Income OSCAR subsidies when using our services.

Parkview Primary School 10 Chadbury Street Parklands Christchurch 7630 parkview@skids.co.nz  Monday to Friday



(021) 078 4064 Before & After School & Holiday Programmes (022) 468 1793 onsite Some charges may apply. https://www.skids.co.nz/locations/parkvie No referral required. w/

## Classification : OSCAR

**Skids Waimataitai**

FSD0023765 Last updated 11/11/2020

OSCAR approved before and after school care programme offering high quality childcare for children age 5-12 years attending Waimataitai School. We also offer Holiday programme open to community children.

25 Trafalgar Street Waimataitai Timaru 7910



waimataitai@skids.co.nz  7am-8.30am Monday through Friday Breakfast

(021) 289 9229 Club

http://www.skids.co.nz 3-6pm Monday through Friday after school care Some charges may apply. No referral required.

## Classification : OSCAR

**sKids Wairakei**

FSD0023876 Last updated 16/11/2020

Provider of out of school care (OSCAR approved) services.

250 Wairakei Road Bryndwr Christchurch 8053



admin@skids.co.nz  After School - 3.00pm - 6.00pm (0800) 274 172 Holiday Programme - 7.00am - 6.00pm

(09) 576 6602 Some charges may apply. https://www.skids.co.nz/locations/wairakei No referral required. \_chch/

## Classification : OSCAR

**South Canterbury District Health Board**

FSD0019565 Last updated 18/09/2020

Our mission: To enhance the health and independence of the people of South Canterbury. South Canterbury District Health Board serves about 55,000 people living in the beautiful region bounded by the grandeur of the Southern Alps to the west, the sparkling Pacific Ocean to the east, and the Rangitata and Waitaki rivers to the north and south. South Canterbury includes the main centre of Timaru, located approximately halfway between Christchurch and Dunedin on the South Island’s east coast, and a number of picturesque towns and smaller rural settlements.

Timaru Hospital - Queen Street Parkside Timaru 7910 ceo@scdhb.health.nz  Anytime



(03) 687 2100 Some charges may apply. http://www.scdhb.health.nz No referral required.

**Space for you and your baby at Anglican Care Community Development (Sydenham)**

FSD0023674 Last updated 09/10/2020

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

 8A Roxburgh Street Sydenham Christchurch 8023

jiyun@accd.org.nz  Wednesday Space Group: 9.30am -11.30am

(03) 332 7143 (During school term)

https://accd.org.nz/ Thursday Space Group: 9.30am -

11.30am(During school term) Some charges may apply. No referral required.

**Sport South Canterbury**

FSD0022449 Last updated 22/01/2021

We provide OSCAR programme for children.

Sport South Canterbury operates under three pillars; Lead, Enable and Deliver. The initiatives, programmes and events we provide under these areas aim to fulfill our vision of making more people, more active, more often across the Canterbury region.

Our South Canterbury Active Kids Holiday Programme gives families a structured, safe and affordable school holiday care option, with opportunities to “have a go” and try new activities in a fun, supportive environment. The Programme are specifically designed to cater for ages five to 13.

70 Morgans Road Glenwood Timaru 7910



lee-anne.lang@sportcanterbury.org.nz  Monday - Friday 8.30am - 5.00pm

(03) 686 0751 Some charges may apply. https://www.sportcanterbury.org.nz/Holida No referral required. y-Programmes-2

## Classification : OSCAR

**St Patricks School Bryndwr After School Care Programme**

FSD0022146 Last updated 27/04/2021

To provide quality non-profit community childcare service during after school hours, where the needs of the children, caregivers and childcare workers are recognised and supported.

To ensure that the environment encompasses the special character of the school and supports the aims of the schools mission statement “to provide a community for the future, where students are passionate learners who are successful, confident, independent thinkers living active lives with an awareness of others."

57 Plynlimon Rd Bryndwr Christchurch 8052



stpatricksasc@gmail.com  Monday - Friday 3-5.30 pm during school term

(03) 351 9190 time.

Some charges may apply. No referral required.

## Classification : OSCAR

**Sue Missen Counselling and Supervision Services**

FSD0006103 Last updated 20/08/2020

Counsellor with thirty years experience in agencies and private practice working with adults, adolescents, and children over five years. Couple and family therapy. Family Court approved counsellor. Expertise in working with mental health issues, loss and grief, stress, trauma, relationships, parental separation, FDR, personal issues, mediation, family violence.

Counsellor trainee educator, group facilitator and programme provider. Previously contracted provider of Parenting through Separation programme and programme for Women Protected persons under the DVA for 10 and 15 years respectively.

Professional and clinical supervision available for individuals, group and peer supervision.

Counselling and supervision also available via Skype.

32 Melford Close Rangiora 7400



suemissen@xtra.co.nz  Available by phone and email Monday to

(021) 130 8897 Saturday.

Services are on Monday, Tuesday and Thursday.

Some charges may apply. No referral required.

**Talking Therapy**

FSD0000128 Last updated 18/09/2020

Talking Therapy consist of a group of five registered psychotherapists who provide psychotherapy, counselling, couple counselling and professional supervision and EAP (employer assistance programme).

178 Harewood Road Papanui Christchurch 8053



info@talkingtherapy.co.nz  Monday to Thursday: 10am to 7pm.

(03) 354 8045 Friday: 10am to 2pm

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

No referral required.

**Te Aho O Te Kura Pounamu (Te Kura) - Christchurch**

FSD0021110 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.

Level 1, Powell Fenwick House 383 Colombo St Christchurch 8023



info@tekura.school.nz  Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te H - Waitaha Smokefree Support**

FSD0023109 Last updated 22/04/2021

Te H – Waitaha Smokefree Support is a collaboration of organisations working together to help people in Canterbury become Smokefree.

Community and Public Health 310 Manchester Street City Centre Christchurch 8013 smokefree@cdhb.health.nz  Monday - Friday (0800) 425 700 All services free of charge. http://www.tehawaitaha.nz No referral required.



**Te H o Mtauranga**

FSD0024181 Last updated 12/03/2021

Te H o Mtauranga is a community education hub, working to create, promote and encourage inclusive and varied learning opportunities and environments in Kaikura.

We are a Youth Services Provider, working with YP, YPP clients and NEETs.

We deliver the Mayor's Taskforce for Jobs programme throughout Kaikura, supporting youth, people affected by COVID and those who have finished with the NCTIR project to find sustainable employment, increase skills and gain microcredentials.

We provide after school education groups for tamariki and their whanau. We provide driver's licence learning support. We work with young people, coordinating Kaikura Youth Council and providing positive youth development opportunities. We offer study support, pathways advice and help with job seeking.

We have a venue for available for use and work with external providers to offer educational opportunities to Kaikura residents.

14 Ludstone Road Kaikoura 7300



sarah@kaikoura.link  Available 9am to 5pm Monday to Friday

|  |  |
| --- | --- |
| (03) 319 3002 (027) 807 2874 http://www.kaikoura.link    **Classification : YS**    **Te Ora Hou tautahi Inc** | All services free of charge. Referral may apply. |
| FSD0005958 | Last updated 20/10/2020 |

Te Ora Hou is committed to forming life changing relationships through programs that are designed to empower and equip young people in the context of their whanau and communities.

77 Windermere Road Papanui Christchurch



christchurch@teorahou.org.nz  Mon - Fri

(03) 352 1057 9am - 5pm

(027) 288 9797 All services free of charge. http://www.toho.org.nz Referral may apply.

## Classification : YS

**Te Puawaitanga Ki tautahi Trust**

FSD0015672 Last updated 18/12/2020

Te Puawaitanga Ki tautahi Trust is a leading Kaupapa Mori provider within the greater Canterbury area, delivering health, education, social services and training programmes, to Mori/Women and their Whnau.

153 Gilberthorpes Road Hei Hei Christchurch 8042



reception@omwwl.maori.nz  Monday to Friday 8.00 to 5.00

(03) 344 5062 All services free of charge.

(0800) 66 99 57 Referral may apply.

http://www.whanauoraservices.co.nz

## Classification : PACIFIC

**Te Puna Oranga Incorporated**

FSD0000862 Last updated 12/08/2020

We are Kaupapa Maori Community Service Organisation, who are committed to working with Whanau within a holistic approach. Services offered are; Maori sexual abuse healing, abuse prevention education, Maori youth & whanau advocacy services.

687 Worcester Street Linwood Christchurch



info@tepunaoranga.co.nz  9am-5pm Monday to Friday.

(03) 381 8472 All services free of charge.

No referral required.

## Classification : FVSS, SHSS

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062 info@maatawaka.org.nz  Monday to Friday - 8:00 to 4:30



(03) 382 6628 Some charges may apply. https://maatawaka.org.nz Referral may apply.

## Classification : BFC, FVSS

**Te Waka Unua Youthtown**

FSD0023795 Last updated 11/01/2021

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

 Te Waka Unua School 476 Ferry Road Woolston Christchurch 8053

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| --- | --- |
| tewakaunua@youthtown.org.nz  (027) 569 1311 http://www.youthtown.org.nz    **Classification : OSCAR**    **Te Whare Awhero** | After School Programme  Holiday Programme  Some charges may apply. No referral required. |
| FSD0022073 | Last updated 11/01/2021 |

Te Whare Awhero (Hope House) is the Hornby Presbyterian Community Trust and provides

Community Development, Community and Neighbours (CAN) Counselling, Practical Support, Mentoring, Community Based Research, Supervision and Spiritual Direction in the Greater Hornby Area.

413 Main South Road Hornby Christchurch 8042



admin@hpct.org.nz  Office Hours: Monday-Thursday 9am-5pm.

(03) 967 4673 Counselling Service Monday-Thursday 9am-5pm http://www.hpct.org.nz and Friday Counselling by appointment only.

Some charges may apply. No referral required.

**Te Whare Roimata Trust**

FSD0000866 Last updated 27/10/2020

Community Centre for the inner city east and surrounding neighbourhoods providing grassroot, self-help responses to the issues and concerns of local people. A range of activities and services has been developed including Maori cultural advice and awhi, neighbourhood support and outreach, a twice weekly play group, budget and benefit advice, information and advocacy, a weekly neighbourhood cafe, a low cost shifting and household services to people on low incomes, the Linwood Community Arts Centre and the Community Gardens project at Surrey and Smith Streets

274 Gloucester Street Christchurch 8011



tewhareroimata@gmail.com  Office hours: Monday-Friday, 9am-4pm

(03) 379 5134 Some charges may apply. https://tewhare.webs.com/ No referral required.

**The Enchanted Garden Early Childhood Centre**

FSD0022437 Last updated 10/07/2020

We are a small home like early childhood centre, with qualified passionate teachers. We have a separate nursery for up to 10 under 2 year olds and a separate preschool for up to 23 for 2-5 year olds.

We offer our families work and income subsidies and the 20 Hours ECE. Bookings are flexible, you can enroll in half days, short days or full days.

We are open all year round from 7.30-5.30 .

You can read our excellent Education Review Office report online.

255 Greers Road Christchurch 8053



enchantedgardenecc@xtra.co.nz  Monday to Friday

|  |  |
| --- | --- |
| (03) 359 7944 http://www.theenchantedgarden.co.nz      **The Homework Club** | 7.30am-5.30pm  Some charges may apply. No referral required. |
| FSD0021276 | Last updated 14/12/2020 |

The Homework Club was set up by Belinda Slade in 2002. There are now 4 Homework Club After School Care, 2 Before School Care and 2 Holiday Programmes in operation in the Cashmere area. Our vision statement is "to offer a structured, fun and exciting programme in a safe, caring and positive environment".

The Homework Club is grateful to receive funding from the Ministry of Social Development and is approved by MSD Approvals.

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| --- | --- |
| info@thehomeworkclub.co.nz  (021) 274 1963 http://www.thehomeworkclub.co.nz | Before School Care 7.30am  After School Care 2.30pm - 6.00pm Holiday Programmes 8.00am - 6.00pm Some charges may apply.  No referral required. |

## Classification : OSCAR

**The Hope Community Trust**

FSD0018407 Last updated 17/12/2020

Our Mission is to Restore Hope within individuals and families by providing Emotional, Physical and Spiritual solutions to their needs.

We do this by providing a unique Wrap around Care model of practise and build community and belonging. Counselling Centre, Community Support Workers, Food bank, Community Garden, Op Shop, Men's Breakfast, Women's groups, Community Meal, Restore Drug and Alcohol drop-in service, Kingdom Resources budgeting service.

Refer to Website for hours and times of daily life.

113-115 East Belt Rangiora 7400



support@hopecommunity.co.nz  Tuesdays-Fridays: 9am – 4pm

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| (03) 928 3066 http://www.hopecommunity.co.nz | Weekends: Closed  Some charges may apply.  No referral required. |

**The James St Preschool & Nursery**

FSD0022422 Last updated 07/06/2020

Provider of a quality early childhood education and care based in the suburb of Redcliffs, Christchurch.

Excellent Education Review Office (ERO) report.

5 James St Redcliffs Christchurch 8081



murray@jamesstpreschool.co.nz  Monday - Friday

(021) 886 652 7:30am - 5:30pm (021) 886 653 Some charges may apply. http://www.jamesstpreschool.co.nz No referral required.

**The Kid's Activity Club**

FSD0023158 Last updated 23/03/2021

The Kid’s Activity Club provides OSCAR Approved Before and After School Care. We offer a fun and varied programme in a safe, caring and positive environment.

Children attending the Kid’s Activity Club programme will have opportunities to engage in leisure and play-based activities which are responsive to the needs, interests, and choices of the children attending the service.

C/- Westburn School 257 Waimairi Road Ilam Christchurch



thekidsactivityclub@gmail.com  During school term

(022) 569 8407 Westburn

Before School - 7.15 am - 8.30 am After School 3.00 pm - 5.30 pm Some charges may apply. No referral required.

## Classification : OSCAR

**Timaru Chipmunks After School & Holiday Programme**

FSD0022983 Last updated 09/11/2020

We offer OSCAR approved After School Care and Holiday Programmes. We have fun filled activities organised each day for your child and we make use of our large indoor playland. All our supervisors are trained and have many years experience. We also serve a healthy afternoon tea.

7 Stafford Street Parkside Timaru 7975



timaru@chipmunks.co.nz  Monday - Friday 2pm - 6 pm

(03) 688 8846 Some charges may apply. https://www.chipmunks.co.nz/timaru/conta No referral required. ct/

## Classification : OSCAR

**TOUGHLOVE New Zealand**

FSD0004147 Last updated 23/10/2020

TOUGHLOVE New Zealand is a non-profit organisation providing support and education, that gives parents confidence to cope with unacceptable adolescent behaviour.

8 Athelstan Street Spreydon Christchurch 8024



toughlovenz.info@gmail.com  Contact by email. Email is checked regularly

(0800) 868 445 Some charges may apply.

(03) 337 9452 No referral required. http://www.toughlove.org.nz

**Toughlove New Zealand Incorporated**

FSD0007573 Last updated 16/04/2021

Toughlove New Zealand Incorporated is a non-profit organisation that supports parents and families to learn new strategies and coping mechanisms when dealing with unacceptable adolescent behaviour.

28 Bealey Avenue Christchurch Central Christchurch 8013



toughloveusi@xtra.co.nz  Office open 11am to 2pm Monday to Friday

(03) 337 9452 Some charges may apply. http://www.toughlove.org.nz No referral required.

**Waimate Childcare Centre**

FSD0019598 Last updated 29/01/2021

Early education from 6 weeks to 5 years. 30 free hours ECE for 3 and 4 year olds. Winz subsidies available

18 John Street Waimate 7924



office@waimatechildcare.co.nz  0745 - 1700 Monday-Friday

|  |  |
| --- | --- |
| (03) 689 7336 |  |
| (027) 689 7336  http://www.waimatechildcare.co.nz/ | Closed public holidays and for 3 weeks at Christmas.  Some charges may apply.  No referral required. |

**Waitkiri OSCAR**

FSD0017842 Last updated 06/01/2021

Waitkiri OSCAR: Our programme provide stimulating and varied activities at our Before, After and Holiday Care for children up to Year 9.

Learning Studio 8 170 Burwood Road Burwood Christchurch 8083



amanda.murray@waitakiri.school.nz  Before 7.30am to 8.30am Monday - Friday

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| (027) 655 8104 (03) 383 2649 http://www.waitakiri.school.nz    **Classification : OSCAR** | After 3.00pm to 6.00pm Monday - Friday  Holiday 7.30am to 3.00pm or 7.30 to 6.00pm  School Holiday Periods Some charges may apply.  No referral required. |

**Waltham Out Of School Hours Inc**

FSD0022544 Last updated 24/08/2020

Provision of quality out of school care (before, after, holiday and camps) for children aged between 5 - 14 years.

110 Waltham Road Sydenham Christchurch



woosh.rocks@gmail.com  Before School: 7.20am - 9.00am (027) 346 4981 After School: 2.45 - 5.30pm

Holidays: 7.30am - 5.30pm Some charges may apply. No referral required.

## Classification : OSCAR

**West Melton Before & After School Programme**

FSD0022344 Last updated 17/08/2020

The West Melton Before & After School Programme is situated opposite the West Melton Primary School.

Before School & After School Programme provides a safe fun place for school age children to attend before & after school. Age appropriate activities & resources, large outside area, afternoon tea provided & support with homework. Children will be escorted & collected from the West Melton Primary School.

746 Weedons Ross Road West Melton 7618 info@westmeltonkindergarten.co.nz  Before School Programme opens 7.30 am.



(03) 347 4132 Children escorted to West Melton Primary https://westmeltonkindergarten.co.nz/ School.

After School Programme open 3.00-5.45 pm. Children collected from West Melton Primary School.

Some charges may apply. No referral required.

**Whnau whina Plunket**

FSD0024559 Last updated 30/04/2021

Whnau whina Plunket offers free Pregnancy and Parenting Education (Antenatal) classes are shaped to give you the information you want and need for pregnancy, labour and life as a new parent in a supportive, non-judgmental environment. Courses are available in Canterbury, West Coast, South Canterbury (Waimate only) and Southern DHB Areas.

5 Twigger Street Addington Christchurch 8024



ppe@plunket.org.nz  PlunketLine is available 24/7

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| (0800) 291 658 (027) 291 658 https://www.plunket.org.nz/ | Pregnancy and Parenting Education is staffed 8am-4pm, Mon- Fri.  Phone/text: 027 275 8477 All services free of charge.  No referral required. |

**Woodend Before & After School Programme**

FSD0022465 Last updated 17/01/2021

We provide OSCAR approved Before School & After school Care programmes for the community of Woodend, Waimakariri.

 6 School Road Woodend 7610

|  |  |
| --- | --- |
| woodend.wasp@wasp.org.nz  (021) 046 4243  (03) 975 5975    **Classification : OSCAR** | 7am to 8.30pm  3.00 to 5.30pm (term time) Some charges may apply.  No referral required. |

**Woolston Development Project**

FSD0018213 Last updated 10/04/2021

We offer opportunities for children, youth, women, and families/whnau to develop to their full potential through the social, recreational and support services we provide:

* A Family Support Service with a dedicated Family Support Worker
* A Women's Social Support Group which meets weekly.
* A Youth Volunteer Programme where secondary school students can support our OSCARprogrammes.
* OSCAR approved programmes for 5-13-year-old children during school term and holidays:
* Depo Programme for 10-13-year-olds two afternoons per week providing age specific recreationand community projects which aim encourage giving bac' to the community.

We empower our local community – all genders, ethnicities, ages and stages - through our community development projects:

* A walking group on Thursday mornings followed by lunch together.
* A weekly craft group on Fridays.

We hope to expand our community development projects greatly over the next few years. Watch this space!

497 Ferry Road Woolston Christchurch 8023 manager@woolstondevelopmentproject.o  10.00 a.m. to 5.30 p.m. rg.nz Some charges may apply.



(03) 389 4448 No referral required.

(027) 781 1348 http://www.woolstondevelopmentproject.o rg.nz

## Classification : OSCAR

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

145 Tancred Street Ashburton 7700



(0800) 559 009  You can contact any of our service centres or

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

25 Shands Road Hornby Christchurch 8042



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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.

26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009 http://www.workandincome.govt.nz

You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

 203-205 Hills Road Shirley Christchurch 8013

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| --- | --- |
| (0800) 559 009 http://www.workandincome.govt.nz | You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

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

 14 Strathallen Street Timaru 7940

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| --- | --- |
| (0800) 559 009 http://www.workandincome.govt.nz      **YMCA Christchurch** | Mon, Tues, Thurs, Fri 8.30am until 5pm  Weds 9.30am until 5pm All services free of charge. No referral required. |
| FSD0020286 | Last updated 22/06/2020 |

The YMCA of Christchurch is invested in the next generation. By this we mean that we are always thinking of how we can develop young people today, so that they will be great members of society tomorrow. We do this through a range of programmes, but also by empowering others in our community to be involved with our cause – because ultimately the future is all about making sure we raise our children and young people in the best way we can.

12 Hereford Street Christchurch Central Christchurch 8011



education@ymcachch.org.nz  Reception Desk is open 24hrs

(03) 377 2174 City Office is open Mon-Fri 8am-5pm

https://www.ymcachch.org.nz Bishopdale office is open Mon-Fri 7am-7pm

Wainui Camp office is open Mon-Fri 8am-5pm Education Centre is open Mon-Fri 9am-4pm Some charges may apply. No referral required.

## Classification : OSCAR

**Youth Alive Trust**

FSD0016347 Last updated 15/01/2021

Youth Alive Trust was established in 1989 to serve children and young people in New Brighton, Christchurch. Our mission is to Build Brighter Futures with Young People in New Brighton through Practical Christian Service.

We aim to support them holistically; socially, emotionally, mentally and spiritually through our variety of programmes, in a fun and safe environment. To provide dedicated & enthusiastic staff and volunteers that make our programmes an exciting, vibrant and healthy place to be. Building inspiration, hope and values into the lives of our youngsters, which makes New Brighton, and our world a better and brighter place!

111 Seaview Road New Brighton Christchurch 8061



office@yat.org.nz  9am - 5pm Weekdays Office Hours

(03) 388 1001 Some charges may apply. http://www.yat.org.nz No referral required.

## Classification : OSCAR

**Youthtown Inc: Christchurch**

FSD0018757 Last updated 21/10/2020

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

319a Stanmore Road Richmond Christchurch 8013 christchurch@youthtown.org.nz  Monday to Friday



(03) 381 3245 9am to 5pm

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

No referral required.

## Classification : OSCAR

# Special Needs / Disability

**Access - Christchurch ( Main regional office )**

FSD0002653 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.

9 Baigent Way Middleton Christchurch 8024



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

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| --- | --- |
| (03) 366 0400 (0800) 284 663 http://www.access.org.nz | After hours 7.00am-10.00pm, call 0800 AT HOME (0800 284 663).  All services free of charge.  Referral may apply. |

**Acoustic Neuroma Association of New Zealand. Canterbury Branch**

FSD0000091 Last updated 27/03/2021

Acoustic neuroma is a benign tumour arising on the 8th cranial nerve. The neuroma's removal results in loss of hearing or a marked hearing deficit on the affected side and balance problems. We are a support organisation who meet twice a year for mutual aid/friendship and sharing of information and coping strategies. We also have speakers of interest

117 Kidson Terrace Cashmere Christchurch 8022



marganderrol46@gmail.com  Some charges may apply.

(03) 942 2527 No referral required.

http://www.acousticneuroma.org.nz

**Adventure Specialties Trust - Christchurch**

FSD0020638 Last updated 21/08/2020

Adventure Specialties Trust aims to assist the holistic development of individuals using the outdoors as its medium. We run many different programmes to achieve this goal including youth development programmes, programmes with youth offenders, strengthening families programmes, camps for teenagers with disabilities and camps and technical programmes with high schools and community groups. We also provide the outdoor resources and equipment so clients are not barred from participation because of a lack of access to the specialist equipment required for the outdoors.

6/28 Acheron Drive Riccarton Christchurch 8014



chch@adventurespecialties.co.nz  9-5pm, Monday to Friday

(03) 348 4547 Some charges may apply. http://www.adventurespecialties.co.nz Referral may apply.

**Age Concern Ashburton Inc**

FSD0006653 Last updated 19/10/2020

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

206 Cameron Street Ashburton ageconcernashburton@xtra.co.nz  Some charges may apply.



(03) 308 6817 No referral required. http://www.ageconcern.org.nz

**AJ Day Options Trust**

FSD0000097 Last updated 26/10/2020

Provide day programmes for people who have an intellectual disability. The programmes involve supporting people to participate in community based activities and also some activities are provided at our two Christchurch facilities. More information is available on our website

426 Tuam Street Phillipstown Christchurch 8011



jims@ajs.org.nz  Some charges may apply.

(03) 374 9830 No referral required.

(027) 223 0935 http://www.ajs.org.nz/

**Amputee Society of Canterbury and Westland Inc.**

FSD0006269 Last updated 01/04/2021

Advice and support for amputees and their families/Whanau.

justinemw@me.com  At all times. (021) 105 5189 Some charges may apply. http://www.amputee.co.nz No referral required.

**Artificial Limb Centre - Christchurch**

FSD0006274 Last updated 27/08/2020

NZALS is an autonomous crown entity, contracted by ACC and DHB's to provide services to New Zealanders who have experienced limb loss and /or are at risk of limb loss.

330 Burwood Road Burwood Christchurch



christchurch@nzals.co.nz  The Christchurch Limb Centre is open between

(0508) 383 383 8.00 am - 4.30 pm Weekdays.

(03) 383 0501 Some charges may apply. http://www.nzals.co.nz Referral may apply.

**Aspiehelp / The Aspire Trust (Inc)**

FSD0018602 Last updated 23/03/2021

A service for people and whanau affected by Asperger Syndrome /Autism. Information,

Advocacy, Counselling, Coaching, Mentoring, Mediation for workplaces etc. All staff have Asperger Syndrome themselves.and have tertiary qualifications. Publications on Autism/Asperger Syndrome life.

This is a unique organisation within New Zealand. We also carry out email counselling and outreach on Facebook.

Church House 2a MacMillan Avenue Cashmere Christchurch 8022



info@aspiehelp.com  Appointments can be made by arrangement, for

(03) 337 6337 Tuesday, Wednesday or Thursday.

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

No referral required.

**Aspire Canterbury**

FSD0000305 Last updated 05/10/2020

Aspire Canterbury has been an integral part of the Canterbury disabled community for over 40 years. A not-for-profit we offer free support, advice and resources throughout Canterbury. We are a Disability Information Centre. We have a mobile service that can bring our products and information to you. We also offer the Total Mobility card which gives eligible people half-price taxi fares. We hire products, including ramps and wheelchairs. We have a shop in Bishopdale Mall in Christchurch that stocks products to help you live independently which you can order from our website or we can bring them out to you.

Bishopdale Mall 17E Bishopdale Court Bishopdale Christchurch 8053 manager@aspirecanterbury.org.nz  Monday - Friday 9 am - 5 pm



(03) 366 6189 All services free of charge.

(0800) 347 242 No referral required. http://www.aspirecanterbury.org.nz

**Association of Blind Citizens of New Zealand - Canterbury Branch**

FSD0006639 Last updated 17/07/2020

Founded in 1945, the Association of Blind Citizens of New Zealand Inc (Blind Citizens NZ) is New Zealand's leading blindness consumer organisation and one of the country's largest organisations of disabled consumers. Our aim is to heighten awareness of the rights of blind and vision impaired people and to remove the barriers that impact upon our ability to live in an accessible, equitable and inclusive society. Blind Citizens NZ ensures that we, blind and vision-impaired citizens, speak for ourselves with Government, service providers, and the community in general. We do this through communication, advocacy, and peer support. We strive to maintain and improve the quality of life for all blind New Zealanders.

marcoshark999@gmail.com  Meetings are held at the RNZFB, 96 Bristol (03) 960 4278 Street. Canterbury Branch is run by blind people http://www.abcnz.org.nz themselves. The national office is open Monday

to Friday, 8.30am - 5pm. 0800-222-694 Some charges may apply. No referral required.

**Association of Blind Citizens of New Zealand - South Canterbury**

FSD0006640 Last updated 20/07/2020

Founded in 1945, the Association of Blind Citizens of New Zealand Inc (Blind Citizens NZ) is New Zealand's leading blindness consumer organisation and one of the country's largest organisations of disabled consumers. Our aim is to heighten awareness of the rights of blind and vision impaired people and to remove the barriers that impact upon our ability to live in an accessible, equitable and inclusive society. Blind Citizens NZ ensures that we, blind and vision-impaired citizens, speak for ourselves with Government, service providers, and the community in general. We do this through communication, advocacy, and peer support. We strive to maintain and improve the quality of life for all blind New Zealanders.

1 Cameron Street Waimate 7924



janicemehrtens@gmail.com  South Canterbury Branch is run by blind people

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| (03) 689 8249 http://www.abcnz.org.nz | themselves. The national office is open Monday to Friday, 8.30am - 5pm. 0800-222-694 Some charges may apply.  No referral required. |

**Autism New Zealand Inc - Canterbury/West Coast Branch**

FSD0015188 Last updated 18/08/2020

Our purpose is to provide services and support, resources, information and advice on Autism to allow those on the Autism Spectrum and their family/whanau, caregivers, professionals and other stakeholders, to make informed choices.

Christchurch Park 250 Westminster Street Mairehau Christchurch 8013



canterbury@autismnz.org.nz  Monday - Friday 9.00 - 3.00pm

(03) 343 2225 All services free of charge. http://www.autismnz.org.nz No referral required.

**Avonside House Trust**

FSD0000130 Last updated 01/02/2021

Avonside House Trust is a Residential Care Facility for people with an Intellectual Disability. We cover Residential Care, Supported Independent Living and Respite Care.

270 Gloucester Street Christchurch Central Christchurch 8011



avonsidehouse@xtra.co.nz  8.30am – 4.30pm, Monday to Friday except

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| (03) 379 9656  (03) 389 8844 http://www.avonsidehouse.org.nz      **Barrier Free NZ Trust** | public holidays  Some charges may apply. Referral may apply. |
| FSD0001685 | Last updated 20/08/2020 |

To provide technical guidance, education and training and to advocate for spaces and places to be designed and built universally accessible. We provide a technical consultancy service and an suite of training offerings for the design, construction, regulatory sectors as well as many others in health, education and in the disability sector.

executive@barrierfree.org.nz  0830 - 1700 Weekdays (021) 029 16314 Some charges may apply. http://www.barrierfree.org.nz No referral required.

**Berrywood - Laura Ferguson Trust**

FSD0000184 Last updated 18/03/2021

The home offers accommodation, care and services to young adults from 20 years of age whose primary disability is physical limitation and who wish to participate in the daily running of the home and would benefit from placement in the home. They must also wish to participate in community activities. Long term placement is offered to suitable applicants after a trial period. Applicants for placement are considered by referral from: self, agency or medical specialist.

177 Montreal Street Christchurch Central Christchurch 8011



hello@lfbit.co.nz  Monday - Friday 8.30 am - 5.00 pm

(03) 335 0541 Some charges may apply. http://www.lftcant.co.nz/ No referral required.

**Blind & Low Vision NZ - Christchurch**

FSD0006440 Last updated 29/06/2020

The Blind Foundation empowers blind and partially sighted members by giving them the training, tools, and tips they need to deal with blindness and achieve their goals.

96 Bristol Street St Albans Christchurch 8014



info@blindlowvision.org.nz  8.30am-5.00pm, Monday Friday (0800) 24 33 33 Some charges may apply. http://blindfoundation.org.nz/ Referral may apply.

**Brackenridge Services Limited**

FSD0021814 Last updated 12/01/2021

We are an NGO providing residential care, respite care and day programmes across Christchurch for people with intellectual disabilities.

We support the Enabling Good Lives vision that: "In the future, disabled children and adults and their families will have greater choice and control over their supports and lives, and make more use of nature and universally available supports."

Funding is received from EGL Flexible Disability Support, Individualised funding and contracts with Oranga Tamariki, Ministry of Health, and ACC.

Getting ready for Sector Transformation is our priority and includes: strengthening person centred supports “being, belonging, becoming”, outcomes framework, practice leadership and financial sustainability.

Increasing complexity in the sector also requires new and emergent responses, exploring opportunities through collaboration, partnerships, networks, relationships and continuous learning.

128 Wrights Road Middleton Christchurch 8025



brackenridge@brackenridge.org.nz  8.30am-5.00pm

(03) 926 1960 Some charges may apply.

(03) 926 1999 No referral required. http://www.brackenridge.org.nz

**Canterbury Down Syndrome Association**

FSD0007770 Last updated 16/11/2020

Aims to inform and support families/whanau; to promote the welfare of people with Down syndrome; to promote the community participation of people with Down syndrome; and to educate the general public, families, organisations, government departments and any other interested parties about issues relating to Down syndrome.

info@cdsa.org.nz  Available as required.

(0800) 693 724 ext 3 To contact your local branch or support group http://www.cdsa.org.nz ring 0800 693 724 and press 3.

All services free of charge. No referral required.

**Canterbury Provincial Patriotic Council**

FSD0000193 Last updated 26/08/2020

To assist those returned servicemen who have war disabilities and who are in receipt of a war disability pension and live in the Canterbury area.

74 Armagh Street Christchurch 8013



office@christchurchrsa.org.nz  Tues-Fri 10am-4pm

(03) 379 9724 Some charges may apply.

No referral required.

**CCS Disability Action - Ashburton Office**

FSD0007636 Last updated 26/03/2021

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

 Community House 44 Cass Street Ashburton 7700

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| Canterbury@ccsDisabilityAction.org.nz  (03) 308 4456  (0800) 227 2255 http://www.ccsdisabilityaction.org.nz | Please contact us to make an appointment.  Monday 8.30am - 5pm / Tuesday 8.00am - 3pm /  Wednesday 8.00am - 5pm / Thursday 8.00am -  5pm / Friday closed  Some charges may apply.  No referral required. |

**CCS Disability Action - Christchurch Office**

FSD0007621 Last updated 22/03/2021

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

224 Lichfield St Christchurch 8011



canterbury@ccsDisabilityAction.org.nz  8.30am to 4.30pm Monday to Friday

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| (03) 365 5661  (0800) 227 2255 https://www.ccsdisabilityaction.org.nz/ | Some charges may apply. No referral required. |

**CCS Disability Action - Kaikoura Office**

FSD0008310 Last updated 26/03/2021

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

(03) 319 3263  By appointment only

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

**CCS Disability Action - Rangiora Office**

FSD0008309 Last updated 15/03/2021

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

78A Eastbelt Rangiora



Canterbury@ccsDisabilityAction.org.nz  Please contact us to make an appointment.

(03) 313 8312 Some charges may apply.

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

**CCS Disability Action - Timaru Branch**

FSD0007622 Last updated 14/01/2021

CCS Disability Action is a not for profit organisation which provides support to people with disabilities to be involved in their communities and the lives of their families.

2-4 Victoria Street Timaru 7910



admin.southcanterbury@ccsdisabilityactio  9am - 3.30pm Mon to Fri

n.org.nz Some charges may apply.

(03) 684 7151 No referral required.

(0800) 227 2255 http://www.ccsdisabilityaction.org.nz

**Choices NZ - Christchurch**

FSD0024084 Last updated 21/10/2020

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

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

We can assist you to:

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

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

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| Laura.Lightfoot@choicesnz.org.nz  (022) 010 3811 (0800) 723 154 http://www.choicesnz.org.nz/ | Weekdays 8:30am - 5pm  All services free of charge.  Referral may apply. |

**Christchurch Group NZ Riding for the Disabled**

FSD0000717 Last updated 15/04/2021

Christchurch RDA is one of 56 groups throughout New Zealand who provide opportunities for children and adults whose disability limits their quality of life. We offer riding as a stimulating therapeutic recreational activity in a safe environment.

Canterbury Agricultural Park 102 Curletts Road Wigram Christchurch 8042



admin@chchrda.org.nz  Office Hours - Mon-Fri 9am - 3pm.

(03) 348 4374 Some charges may apply. https://chchrda.org.nz/ No referral required.

**Christian Fellowship for Disabled - Christchurch**

FSD0000250 Last updated 04/04/2021

Bi monthly meetings: February, April, June, August, October, and December; at various venues. We are a Christian organisation open to disabled and able bodied. Bring and share lunch/afternoon tea.

31 Sneyd Street Kaiapoi 7630



davepalmer@xtra.co.nz  2nd Saturday, Feb., Apr., June, Aug., Oct. &

(027) 216 5743 Dec., 11.30-3.30pm; Special meetings and http://elevatecdt.org.nz/christchurchcffd camps as arranged.

Koha/donation may apply. No referral required.

**Computers for Special Needs Trust**

FSD0000274 Last updated 06/01/2021

We provide two services in Canterbury - Barrier Free Computing, and the CSN Computer Loan Scheme.

info@csntrust.org.nz  Saturdays 10am-noon at New Brighton Public

(03) 550 0091 Library

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

Referral may apply.

**Deaf Aoteaora - Christchurch**

FSD0006938 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.

96 Bristol Street St Albans Christchurch 8014



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.

**Deaf Children New Zealand Inc**

FSD0001868 Last updated 05/01/2021

The NZFDC is a national parent led group who provide information, advocacy, financial support and Awards on behalf of families with Deaf or hard of hearing children and young people.

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| info@deafchildren.org.nz  (0800) 332 324 (027) 214 6901 http://www.deafchildren.org.nz/ | Service available 24/7 Koha/donation may apply.  No referral required. |

**Deaf Society of Canterbury Inc.**

FSD0020291 Last updated 03/08/2020

The Deaf Society of Canterbury Inc. is the oldest Deaf Club in NZ and has been in existence since 1922 providing a venue for culturally Deaf members of the community to meet and share NZ Sign language, Deaf culture, history, sporting and recreational activities. The “Deaf Club”is the ‘second home’ to the Deaf community. The Deaf Society throughout its history has been run by Deaf people for Deaf people.

80 Fitzgerald Avenue Phillipstown Christchurch 8011



admin@deafsocietyofcanterbury.co.nz  Open Monday to Friday 9.00am - 3.00pm

(03) 379 8251 Some charges may apply.

(021) 148 4609 No referral required.

http://www.deafsocietyofcanterbury.co.nz

**Delta Community Support Trust**

FSD0000298 Last updated 29/01/2021

Delta Community Support Trust is a Christian community-based organisation located in Richmond, Christchurch. We engage in community development through a unique range of services, initiatives and activities. In particular these seek to uplift people who are facing personal hardship, experiencing disability, isolation or other disadvantage. Our goal is to encourage involvement in and contribution to community life where people are able to participate in positive relationships, journeying and growing together in all social, mental, physical and spiritual facets of life.

 101 North Avon Road Richmond Christchurch 8013

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| reception@deltatrust.org.nz  (03) 389 0212 http://www.deltatrust.org.nz/      **Disability Information Service** | Delta Community House is open to the public 9:30am-2pm weekdays, Thursdays open at 10am.  Community Workers are available by appointment or by phone between 9am-3pm Some charges may apply. Referral may apply. |
| FSD0015159 | Last updated 14/01/2021 |

To provide information and advice on all aspect of disability issues and awareness.

CCS Disability Action 2-4 Victoria Street Timaru 7910



admin.southcanterbury@ccsdisabilityactio  Monday - Friday 9.00 am to 3.30 pm

n.org.nz All services free of charge.

(03) 684 7151 No referral required.

(0800) 227 2255 https://www.ccsdisabilityaction.org.nz/cont act/branch-information/timaru/

**Disabled Persons' Assembly (N.Z.). Christchurch and Districts**

FSD0000304 Last updated 21/10/2020

DPA is an advocacy and lobby organisation, made up of individuals with disabilities, their families and service-providing agencies.

Community House 141 Hereford Street Christchurch Central Christchurch 8011 dpachch@cyberxpress.co.nz  Monday/Tuesday 10am - 4pm (03) 379 8525 Wednesday - Friday 9am - 2pm (021) 965 355 Some charges may apply. http://canterbury.cyberplace.co.nz/commu No referral required. nity/dpachch/



**Disabled Snowsports Canterbury**

FSD0000306 Last updated 23/03/2021

Disabled Snowsports Canterbury provide practical support to skiers and snowboarders with physical or intellectual disabilities. We are an inclusive organisation and welcome members of any age, gender, sexual orientation, religion or ethnicity. Trained volunteers work one-on-one with members and we provide a qualified instructor and specialised equipment.

webquery@dsc.org.nz  We ski every Wednesday, Saturday and Sunday (027) 423 4020 during the Mt Hutt ski season from June until

(03) 365 8348 early October. http://www.dsc.org.nz/ Some charges may apply.

No referral required.

**Donaldson Residential Trust**

FSD0000309 Last updated 20/07/2020

Residential services for intellectually disabled adults.

drtrust@xtra.co.nz  24 hour residential services.

(03) 351 7289 Some charges may apply. (027) 220 7425 No referral required.

**Dyspraxia Support Group of NZ**

FSD0001867 Last updated 24/03/2021

Our organisation will empower, educate and support all people impacted by Developmental Coordination Disorder (DCD)/Developmental Dyspraxia.

Room 10 & 11 53 Kendel Ave Burnside Christchurch 8052



dyspraxia.centre@xtra.co.nz  By appointment

(03) 358 3249 Some charges may apply. http://www.dyspraxia.org.nz No referral required.

**Emerge Aotearoa - Christchurch Office**

FSD0000708 Last updated 21/12/2020

EMERGE Aotearoa provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide. We believe that everyone is capable of living full and rich lives in their communities of choice. In every aspect of our work we are committed to helping our service users be the best they can be.

EMERGE Aotearoa was formed on 1 July 2015 from the merger of Recovery Solutions Group and Richmond New Zealand. Taking the best of our historical practices we have created an organisation led by the needs of people who use our services - tangata whaiora - and their families/whanau and communities. We know that listening to and acting on the advice provided by people with lived experience helps us deliver services that are real and relevant. We are committed to understand the needs of Mori – our treaty partners as well as Pasifika people and new settlers.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm

(03) 371 5599 Some charges may apply. http://www.emergeaotearoa.org.nz No referral required.

## Classification : THP

**Emerge Aotearoa - Christchurch Youth Services**

FSD0000716 Last updated 21/12/2020

Provides a range of innovative and specialist services for children and youth. These services include the following: individual packages of support for youth with high and complex needs; Residential services; Specialist Family Support; Outreach services; Multi Systemic Therapy and

Mobile Community Support. Criteria: these services receive referrals from Youth Specialist Services, Oranga Tamariki - Ministry for Children, and other appropriate social services.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm (03) 371 5599 All services free of charge. https://emergeaotearoa.org.nz/ Referral may apply.

**Equitas Care Ltd**

FSD0016227 Last updated 09/04/2021

Provider of residential support to people with brain injuries in small community based homes. Equitas Care has a rehabilitation focus and provides services to people and their family/whanau to enable them to live full and active lives.

12 Wiltshire Mews Avonhead Christchurch 8042



vicki.mcclurg@equitas.co.nz  24 hours a day, general enquiries during normal

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| (021) 584 524 (03) 358 7931 http://equitascare.co.nz      **Handmade Studio Trust** | business hours  Some charges may apply. Referral may apply. |
| FSD0000374 | Last updated 23/06/2020 |

Craft studio cooperative for Artisans who have a physical, intellectual disability or work disadvantage. Our aim is to provide a positive inclusive environment which assists members in perfecting their skills in weaving and sewing.

166 St Asaph Street Central City Christchurch 8011



handmadestudio@xtra.co.nz  Monday to Friday, 9am - 3.30pm

(03) 377 7042 Some charges may apply. http://handmadestudio.co.nz No referral required.

**HealthCare NZ - Christchurch**

FSD0006279 Last updated 12/11/2020

We are committed to enabling all New Zealanders to have greater independence and quality of life.

We achieve this by providing a variety of home and community-based services where age, disability, illness or accident make such support necessary.

Our services range from supporting people with domestic tasks and personal care, to providing specialised nursing services which are catered towards more complex health needs. We also provide mental and addiction services to support our clients to lead ordinary lives in the community, whatever their level of need.

Our business is quality: Quality of life for our clients delivered through quality services by quality people

29 Sir William Pickering Drive Burnside Christchurch 8053



christchurch.office@healthcarenz.co.nz  8.00am - 5.00pm Monday to Friday

(03) 377 7527 Some charges may apply.

(0800) 227 348 No referral required. http://www.healthcarenz.co.nz

**HealthCare NZ - Timaru**

FSD0006295 Last updated 24/03/2021

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 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!

37 Hassall Street Parkside Timaru 7910



timaru.office@healthcarenz.co.nz  Normal business hours and after-hours service

(03) 688 5141 (24 hour)

http://www.healthcarenz.co.nz All services free of charge.

No referral required.

**Hearing Association New Zealand - Ashburton**

FSD0007126 Last updated 02/11/2020

To advance the interests and general welfare of all persons with a hearing loss, their family, whanau and all who support them, to improve their quality of life.

206 Cameron Street Ashburton



ashburton@hearing.org.nz  Mon-Fri 10am-4pm

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| (03) 308 3295 http://www.hearing.org.nz | Some charges may apply. No referral required. |

**Hearing Association South Canterbury Inc.**

FSD0007134 Last updated 08/12/2020

Raising the profile of hearing issues. Ensuring the rights, facilities and services are available for all people with a hearing loss. Facilitating the dispersal of information , including advances in technology.

30 Memorial Avenue Parkside Timaru 7910



hearing.timaru@xtra.co.nz  9am - 4pm Monday to Friday

(03) 688 6673 Some charges may apply. http://www.hearing.org.nz No referral required.

**Hearing Support Christchurch Inc**

FSD0007128 Last updated 07/12/2020

To advance the interests and general welfare of all persons with a hearing loss, their family, whanau and all who support them, to improve their quality of life.

30 Lincoln Road Hillmorton Christchurch 8024



julie.hearingchch@xtra.co.nz  9.00am - 12:00pm Wednesday to Friday.

(03) 335 0553 All services free of charge. http://www.hearing.org.nz/branches/christ No referral required. church/

**Heartland Services - Hornby**

FSD0007165 Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



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| (03) 961 9248 (029) 263 7580 http://www.heartlandservices.govt.nz      **Helen Anderson Trust** | Wed 9:30am – 5:00pm  All services free of charge. Referral may apply. |
| FSD0000714 | Last updated 30/07/2020 |

Supporting people with an intellectual disability to develop their strengths and achieve personal goals through a range of opportunities identified by the person.

Hammersley Park School site, enter via Amos place - Amos Place Shirley Christchurch 8061 debshat@xtra.co.nz  Flexible availability.



(03) 385 9094 Client group: Monday-Friday 9am-3pm (03) 385 9818 Office Hours: 8.30am - 5pm Monday - Friday http://www.helenandersontrust.co.nz All services free of charge. No referral required.

**Horizons Day Options Trust - Birmingham Drive, Middleton,**

**Christchurch**

FSD0000397 Last updated 08/06/2020

To provide day activities/community participation programmes for people with an intellectual disability.

Unit 3, 20 Birmingham Drive Middleton Christchurch 8024



horizons10@outlook.com  Monday-Friday, 8am-4pm (03) 377 6294 Some charges may apply.

(027) 662 3755 Referral may apply. http://www.horizons.org.nz

**IDEA Services - Ashburton**

FSD0007171 Last updated 15/06/2020

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.

21 Archibald St Tinwald Ashburton 7700



ashburton@idea.org.nz  After hours service.

(03) 307 6093 Some charges may apply. http://www.ihc.org.nz/ Referral may apply.

**IDEA Services - Christchurch**

FSD0007174 Last updated 13/07/2020

We support people with intellectual disabilities by advocating for their rights, providing a variety of housing and work options and by supporting families.

Level 1 14 Birmingham Drive Middleton Christchurch



christchurch.administration@idea.org.nz  Monday - Friday, 8.30am - 5pm

(03) 341 9200 Some charges may apply. http://www.ihc.org.nz Referral may apply.

**IDEA Services - Christchurch / North Canterbury**

FSD0007203 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.

17 Durham Street Rangiora leeanne.dawe@idea.org.nz (03) 313 5926 http://www.ihc.org.nz/our-services/



all hours Some charges may apply. Referral may apply.

**IDEA Services - South Canterbury**

FSD0007189 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.

38A Church Street Timaru



south.canterbury@idea.org.nz  All hours

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| (03) 684 7182 http://www.idea.org.nz | Some charges may apply. Referral may apply. |

**IDEA Services - Southern Regional Office**

FSD0007191 Last updated 06/04/2021

IDEA Services provides support for people with intellectual disabilities so they can live, learn, work and enjoy life as part of the community. We provide vocational and day services, accommodation services, supported employment and supported living.

Level 1 14 Birmingham Drive Middleton Christchurch 8024



southern@idea.org.nz  Business hours

(03) 341 9299 Some charges may apply. http://www.idea.org.nz Referral may apply.

**IHC Family-Whnau Liaison - Christchurch**

FSD0023559 Last updated 06/04/2021

IHC Family-Whnau Liaisons provide knowledge, experience and direction to families about the range of services and supports available in their community.

 Level 1 14 Birmingham Drive Middleton Christchurch 8640

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| sheridanmyall@ihc.org.nz  (027) 248 1561 https://ihc.org.nz/ihc-familywh%C4%81nau-liaisons | Monday - Friday, 8:30am - 5pm All services free of charge.  No referral required. |

**Irlen Diagnostic Clinic - Christchurch**

FSD0008088 Last updated 20/07/2020

Irlen Syndrome (a form of dyslexia) is a visual perceptual problem which affects many people who have difficulty reading. Symptoms include slow reading, skipping words or lines, light sensitivity, eye strain and sometimes migraines. Clinics diagnose and treat clients using tinted filters.

10 Clyde Rd Ilam Christchurch 8041



dharshie@anstice.co.nz  9.00am - 5.00pm Monday to Friday.

(03) 343 3909 Some charges may apply. http://www.aaic.org.nz No referral required.

**Kilmarnock**

FSD0000438 Last updated 06/04/2021

Changing attitudes towards disability through education, employment and opportunity, empowering people with disabilities to lead purposeful and dignified lives. We provide employment through Kilmarnock Manufacturing and training and education opportunities through the Kilmarnock Academy.

21 Lodestar Ave Wigram Christchurch 8042



sales@kilmarnock.co.nz  Monday-Friday, 8.30am-4.30pm

(03) 348 5162 All services free of charge. http://kilmarnock.co.nz No referral required.

**Laura Fergusson Brain Injury Trust**

FSD0019596 Last updated 02/02/2021

Laura Fergusson Brain Injury Trust is a non-profit organisation providing assessment and rehabilitation services, both through ACC contracts, private insurance agencies and privately to clients who have had moderate /severe traumatic brain injuries (TBI), mild traumatic brain injuries (Concussion), general neurological conditions, psychological issues and other general physical injuries. We visit clients in their own homes/school or workplace. Laura Fergusson Brain Injury Trust also provides services for clients returning to the workplace, residential care and supported living options.

177 Montreal Street Christchurch Central Christchurch 8011



hello@lfbit.co.nz  8am to 4.30pm Weekdays

(03) 335 0541 Some charges may apply. http://www.lfbit.co.nz/ Referral may apply.

**Laura Fergusson Trust - Canterbury**

FSD0000453 Last updated 12/02/2021

Residential and community rehabilitation services

279 Ilam Road Burnside Christchurch



hello@lfbit.co.nz  Monday to Friday, 9am - 5pm.

(03) 351 6047 Some charges may apply.

(03) 335 0541 Referral may apply. http://www.lftcant.co.nz

**Learning for You South Canterbury**

FSD0015612 Last updated 06/11/2020

Our organisation is a non profit charitable trust who provides information, assessment and specialised one-on-one tutoring. We provide, information for clients, parents/whanau and educational providers who have concerns regarding Dyslexia and other related Learning

Disabilities. We provide help and support for people who learn differently by providing strategies to create learning pathways.

 Community House 27 Strathallan Street Timaru

l4u@xtra.co.nz  9 - 11 am on Tuesday, Wednesday and

(03) 687 7584 Thursday

(03) 687 7584 Some charges may apply. http://www.learning4usouthcanterbury.wor No referral required. dpress.com

**LifeLinks**

FSD0000520 Last updated 13/07/2020

We are a private company contracted to provide Needs Assessment and Service Co-ordination ( NASC) for people with disabilities (and their families) living in Canterbury, South Canterbury, North Canterbury and the West Coast. There is no cost to the individual for our service.

42 Buchan Street Sydenham Christchurch 8023



office@lifelinks.co.nz  Since the 22 February 2011 earthquake and the (0800) 866 877 loss of our building, we are now able to have our http://www.lifelinks.co.nz/ staff working from 'remote' or mobile locations around the city. Operating Hours 8.30am to 5pm

Mon-Fri

All services free of charge. Referral may apply.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained

volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608 dairymaidfoods@xtra.co.nz (03) 325 2007 http://www.lincolncomcare.co.nz



8.30am to 4.30pm Monday to Friday, except

Public Holidays

Some charges may apply. Referral may apply.

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Multiple Sclerosis and Parkinson's Canterbury**

FSD0007226 Last updated 26/03/2021

Multiple Sclerosis and Parkinson's Canterbury provides professional support and information. There are nurses and a physiotherapist for clinical information as well as a specialised gym, exercise programmes, and social and peer support groups.

3/49 Sir William Pickering Drive Burnside Christchurch



support@ms-pd.org.nz  Monday - Friday 9am - 4pm

(03) 366 2857 Some charges may apply. http://www.ms-pd.org.nz/ Referral may apply.

**NASC, South Canterbury DHB**

FSD0019557 Last updated 15/01/2021

The NASC Service completes needs assessments for people aged 65 and older with aged-related disabilities, younger people with long term chronic conditions, and those with ongoing mental health conditions in order to provide them with a range of support services to maximise their independence in the community. NASC also completes assessments for entry into residential care facilities.

156 Otipua Road Watlington Timaru 7910



nascadmin@scdhb.health.nz  Office open Monday - Friday: 8.30am - 5pm

(03) 687 7114 Phone 03 6877114

(03) 687 7120 All services free of charge. https://www.nznasca.co.nz/regions/south- No referral required. canterbury/

**New Zealand Red Cross - Christchurch Service Centre**

FSD0000530 Last updated 15/01/2021

Everyday, we work to help Kiwis - whether that's providing a hot meal, offering a safe ride to the hospital or helping former refugees into employment. We also help communities affected by disaster and conflict right across the world. As we often say, disasters don't discriminate and neither do we.

85 Picton Ave Riccarton Christchurch 8011



christchurch@redcross.org.nz  Monday to Friday 8.00am to 4.30pm

(03) 339 3750 Some charges may apply. http://www.redcross.org.nz/ Referral may apply.

**New Zealand Red Cross - Loburn/Rangiora Branch**

FSD0000534 Last updated 04/02/2021

The Red Cross mission is "to protect life and dignity and to alleviate suffering"

Loburn Branch, NZ Red Cross 54 South Belt Rangiora 7400



golden.downs@xtra.co.nz  Meetings on 4th Wednesday of the month, 2pm.

(03) 313 8393 Can be flexible.

Some charges may apply. No referral required.

**New Zealand Speak Easy Association Inc - Canterbury Branch**

FSD0000540 Last updated 06/12/2020

A self-help organisation that assists people who stutter to maintain fluency, before and after treatment. People attend regularly, to increase self-esteem and quality of life while sharing common experiences.

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| bazzah1918@xtra.co.nz  (03) 349 7171      **New Zealand Spinal Trust** | Meet regularly every 1st and 3rd Thursday of the month 7.30pm - 9.00pm. Best time to contact weekday evenings Some charges may apply. No referral required. |
| FSD0000543 | Last updated 14/09/2020 |

To improve the lot of rehabilitation through information, research support and advocacy

Burwood Hospital 300 Burwood Road Christchurch 8083



info@nzspinaltrust.org.nz  Monday - Friday 9am- 5pm

(03) 383 6881 Some charges may apply. http://www.nzspinaltrust.org.nz No referral required.

**North Canterbury Mini Bus Trust**

FSD0002685 Last updated 28/07/2020

The buses and organisation is owned by the community and administered for the community by the Presbyterian Social Services. Six buses in total are driven by volunteers for the use of people within the community who are Disabled, Elderly or Disadvantaged. Some of the buses have wheelchair hoists.

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| ronij@psusi.org.nz  (03) 261 2889 | 8.30am-5.00pm Monday to Friday.  Some charges may apply.  No referral required. |

**Nurse Maude - Christchurch**

FSD0000572 Last updated 17/11/2020

Nurse Maude provides nursing, homecare, and support so people can stay in their own homes and communities and inpatient care in its hospital and hospice. By working in partnership with other health providers and through significant investment in our people, technology, research and development, Nurse Maude continues to care for the people of Canterbury, as we have done since 1896.

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| info@nursemaude.org.nz  (03) 375 4200 http://www.nursemaude.org.nz/ | 8am - 5pm Weekdays Some charges may apply.  No referral required. |

**Nurse Maude - Lincoln & Ellesmere**

FSD0015873 Last updated 15/09/2020

A provider of Community Health and Hospital Services to the people of Canterbury for over a hundred years.

Lincoln and District Community Centre 16 Lyttelton Street Lincoln



info@nursemaude.org.nz  Some charges may apply.

(03) 375 4200 No referral required. http://www.nursemaude.org.nz/

**Nurse Maude - Rangiora**

FSD0015872 Last updated 21/09/2020

A provider of Community Health and Hospital Services to the people of Canterbury for over a hundred years.

Hospice Shop 73 High St Rangiora



rangiora@nursemaude.org.nz  Some charges may apply.

(03) 375 4200 Referral may apply. http://www.nursemaude.org.nz/

**Nurturing Potential**

FSD0022790 Last updated 04/02/2021

Private Practice offering therapeutic services for children & adolescents with developmental, emotional, social and cognitive difficulties.

Specialize in offering services for Autism Spectrum Disorders (ASD)/Aspergers, ADHD, Anxiety, Attachment Difficulties, trauma, Behavioural Difficulties

128 Riccarton Road Riccarton Christchurch 8041



kaye@nurturingpotential.co.nz  Weekdays 8.30-5pm

(021) 139 7033 Some charges may apply. http://nurturingpotential.co.nz No referral required.

**NZCare Group Ltd**

FSD0000149 Last updated 11/09/2020

NZCare Group Ltd are a provider of services for people with disabilities.

NZCare Group offers residential, vocational and respite services for people with an intellectual disability.

NZCare Group provides residential and respite services for people with Huntington's Disease, and other nuero-degenerative brain disorders.

NZCare Group provides specialised services for Youth at Risk, and is able to provide residential and respite care for children and young people.

NZCare provides the "Going Places" transitional service for young people with very high orrs funding who are leaving school.

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| marketing@healthcarenz.co.nz  (0800) 227 348 http://www.healthcarenz.co.nz      **On the Go Physio Ltd** | Monday-Friday, 8.30am-5pm.  Some charges may apply. No referral required. |
| FSD0019762 | Last updated 11/03/2021 |

On the Go Physio Ltd recognise that the most meaningful assessment and rehabilitation is often undertaken in a person's own home. We offer private home based Physiotherapy for people with a wide range of conditions including Stroke, Parkinson's Disease, Multiple Sclerosis, Late Effects of Polio (or Post-Polio Syndrome), joint replacements, history of falls, arthritis and other age related conditions. We also offer assessment and advice on the purchase of walking aids, wheelchairs and mobility scooters. We can visit private homes, rest homes or hospital facilities. Our visits are tailored to suit our clients needs and may be a single visit to offer advice or ongoing as frequently as needed.

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| enquiries@onthegophysio.co.nz  (0800) 000 856 (021) 030 9061 http://www.onthegophysio.co.nz      **Papanui Handiscope Centre** | Available at any time to suit client. Extra charges may apply for weekends or evenings.  Some charges may apply. No referral required. |
| FSD0001162 | Last updated 21/01/2021 |

Weekly programme for those with a disability, held at Chapel Street Centre, Christchurch North Methodist Church, corner Chapel Street and Harewood Road, Christchurch every Wednesday except the third Wednesday of every month.

Chapel Street Centre 18 Chapel Street Papanui Christchurch 8053



pmteague37@gmail.com  Handiscope meets 10am - 11:45am Wednesday

(03) 351 8814 School Term time at Chapel Street Centre. https://www.facebook.com/Handiscope/ Some charges may apply. Referral may apply.

**Parafed Canterbury**

FSD0000636 Last updated 08/12/2020

Parafed Canterbury provides sport and recreation for people with physical disabilities

108 Sawyers Arms Road Northcote Christchurch 8052



ksowden@parafedcanterbury.co.nz  Office hours: 8.30am - 5.00pm, Monday to

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| (03) 385 4449 (021) 057 5992 http://www.parafedcanterbury.co.nz/ | Friday.  Some charges may apply.  No referral required. |

**Parafed Canterbury - Junior Sports Club**

FSD0000637 Last updated 09/03/2021

An after school programme for children aged 5 - 16 years with a physical disability. Participants have the opportunity to try different sports and activities in a friendly, non-threatening and supportive environment.

C/- Melrose Wheelchairs 108 Sawyers Arms Road Northcote Christchurch 8052 info@parafedcanterbury.co.nz  Office hours 8.30am - 5pm



(03) 385 4449 Mon - Friday

http://www.parafedcanterbury.co.nz

Junior sports program

Weekly (term time)

Wednesdays 4.30pm - 5.45pm

Selwyn sports program

Fortnightly (term time) Tuesdays 4.30pm - 5.30pm Some charges may apply. No referral required.

**Paraloan**

FSD0000592 Last updated 24/11/2020

Provision of low interest loans for people with physical disabilities. Applications (to be supported by Doctor's certificate) available from Secretary & or downloaded from our website (paraloan.org.nz- click Apply- download an application,expenses schedule & check list).

Unit 1 48 Lismore Street Waltham Christchurch 8011



paraloan@xtra.co.nz  9.00am - 4.00pm Monday to Thursday.

(03) 379 5983 Answerphone operates. http://paraloan.org.nz Some charges may apply.

Referral may apply.

**Parkinson's - South Canterbury**

FSD0007378 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 with Disabilities in the Arts**

FSD0000652 Last updated 29/10/2020

For people with disabilities who want experience in performing arts.

53 Hereford Street Christchurch



kiwiable@ccc.govt.nz  Mon - Fri 8:30am - 5pm

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| (03) 941 8210 http://www.ccc.govt.nz      **Power To Care** | All services free of charge. Referral may apply. |  |
| FSD0000828 |  | Last updated 31/08/2020 |

We provide welfare guardianship and property management services, enduring powers of attorney for property and personal care and welfare, personal orders and social work to those who can not fully manage their affairs because of age, illness or disability.

We specialise in services under the protection of Personal and Property Rights Act 1988.

149 Harewood Road Papanui Christchurch 8053



peter@powertocare.co.nz  Open hours:

(03) 354 2195 Tue-Fri, 9am-4pm

(021) 0286 8061 http://www.powertocare.co.nz/index.html Closed:

Sat-Sun-Mon

Some charges may apply. No referral required.

**Rosewood**

FSD0000719 Last updated 20/11/2020

Rosewood - Changing Lives - Te Huri Oranga

Our Mission - Foster a harmonious family orientated home for people with an intellectual disability that supports their life choices.

We have 3 residential homes, Queenspark, Ohoka and a Central City apartment.

We support our residents to achieve their goals and aspirations, to access their local and wider community and provide supports in their day to day life where needed.

We are a family run organization who are passionate, committed and successful in achieving our mission.

10 Ferngrove Place Queenspark 8083



info@changinglives.co.nz  We are available 24/7

(03) 383 4003 Some charges may apply.

(03) 383 4703 (Residents' line) No referral required.

http://www.changinglives.co.nz

**Seabrook McKenzie Centre for Specific Learning Disabilities**

FSD0002644 Last updated 06/07/2020

We support the education, employment, social development, legal rights and quality of life of people with Specific Learning Disabilities/Dyslexia.

68 London Street Richmond Christchurch 8013



info@seabrookmckenzie.net  Mon - Fri 9am - 5pm

(03) 381 5383 Some charges may apply. http://www.seabrookmckenzie.net No referral required.

**Shoreline Youth Trust**

FSD0016892 Last updated 24/08/2020

Our organisation is dedicated to developing and maintaining a healthy, connected and engaged youth community within the Sumner Bays area. We hope to achieve these ends by connecting with youth within their schools and through events, programmes (some OSCAR approved) and activities that we facilitate.

At the heart of our work is our youth centre, Fuse, which serves as a place where we can provide these opportunities for connection, offer a safe haven, provide alternatives to boredom and trouble and also to give opportunities to serve and volunteer.

Ultimately we want to see youth thrive in their developmental years, making good choices, having fun, trying new things and succeeding in their pursuits.

25 Wakefield Avenue Sumner Christchurch 8081 shoreline\_youth\_trust@hotmail.com  Office hours:



(021) 842 214 Monday -Thursday 9am - 3pm http://fuse.org.nz Friday 12pm -9 pm

Our programmes currently run from 3pm 5.30pm most afternoons, with Friday being the exception where we run from 3pm - 9pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**SHOUT (Speech Language Therapy) LTD**

FSD0020787 Last updated 08/04/2021

We are a private speech language therapy service.

We provide a full range of therapy services to paediatric and adult clients throughout Otago including Dunedin, Central Otago and the Southland area. We also provide Services in Canterbury.

We work as a team to provide efficient and family focused therapy support to those with communication difficulties.

We also provide Communication Assistant services to people involved in the Court system.

We are also able to provide Professional Development to teaching staff.

admin@shout-speech.co.nz  Monday to Friday 8am-5:30pm (027) 777 4688 Some charges may apply.

(027) 254 8331 No referral required. http://www.shout-speech.co.nz

**Silent Communications NZ Ltd**

FSD0000293 Last updated 11/03/2021

Suppliers of quality assistive devices for people who are Deaf, hard of hearing and Deaf-Blind, including amplified telephones and accessories, paging systems, vibrating alarm clocks, telephone and door signaling systems, smoke alarm systems, hearing aid batteries & accessories.

info@deafquip.co.nz  Mon - Fri 9.00am - 5.00pm

(03) 389 0908 Some charges may apply.

(Text only) 028 85000840 No referral required. http://www.deafquip.co.nz/

**SkillWise**

FSD0000776 Last updated 05/12/2020

Through training, new experiences and connecting with people, SkillWise play a role in people living the life they want. We focus on the individual and how they might connect to a wide range of possibilities and the community as a whole. We facilitate options for people in training, the arts, volunteering, employment and recreation. And we encourage anyone with an intellectual disability between the age of 16-64 years to join in.

 344 Manchester Street Christchurch 8013

info@skillwise.org.nz  Monday-Friday, 8.30am - 4.30pm

(03) 382 0350 Some charges may apply. http://www.skillwise.org.nz No referral required.

**Special Olympics Canterbury**

FSD0000832 Last updated 15/02/2021

Provides sports training and competition in a range of sports for those with intellectual disabilities and special needs.

canterburyspecialo@xtra.co.nz  All services free of charge.

(021) 237 5584 No referral required.

https://specialolympicscanterbury.co.nz/

**Special Olympics North Canterbury**

FSD0000833 Last updated 13/12/2020

To provide weekly sports training and competition opportunities for people with an intellectual disability, aged 5 upwards, in a range of sports.

11 Seddon Street Rangiora 7400



northcanterbury@specialolympics.org.nz  There is training in sport most week days and

(027) 201 2080 Saturday. http://www.specialolympics.org.nz Some charges may apply.

No referral required.

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

FSD0007483 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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| southern@speld.org.nz (0800) 773 536 http://www.speld.org.nz | Office administration open Monday to Friday,  9.00am - 3.00pm.  Some charges may apply.  No referral required. |

**SPELD NZ Inc - South Canterbury Local Liaison Group**

FSD0020503 Last updated 04/09/2020

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

southern@speld.org.nz  Office administration open Monday to Friday,

(0800) 773 536 9.00am-3.00pm. http://www.speld.org.nz Some charges may apply.

No referral required.

**Te Maramatanga ki Otautahi**

FSD0000860 Last updated 02/12/2020

Daytime activities/rehabilitation for Maori people with physical and mental disabilities to achieve enlightenment, dignity and self-worth in an appropriate environment with sensitivity toward their needs. Includes art and craft, recreation, advocacy and whanau support and gardening.

Te Rongo Nihoniho Administration Building 250 Pages Road Aranui Christchurch tmko.sheril@outlook.com  Monday-Friday, 8.45am - 2.45pm (03) 388 4607 All services free of charge.



No referral required.

**The Brain Injury Association (Canterbury/West Coast) Inc**

FSD0007563 Last updated 30/11/2020

The Brain Injury Association New Zealand provides information, advocacy and support to people with brain injury and their families/whanau.

8 Kennedy Place Hillsborough Christchurch 8140



sue.kelly@emergeaotearoa.org.nz  Monday - Thursday 8am - 4.30pm (027) 839 1547 All services free of charge.

(0800) 272 461 No referral required. http://www.brain-injury.org.nz

**The Chris Ruth Centre**

FSD0020313 Last updated 20/10/2020

The Chris Ruth Centre Trust provides a high quality, individualised, community-oriented service for school leavers with Very High Needs Disabilities.

20 Tankerville Road Hoon Hay Christchurch 8025



admin100@chrisruthcentre.co.nz  9am-3pm, Monday-Friday (03) 339 2930 All services free of charge. http://www.chrisruthcentre.co.nz Referral may apply.

**The Personal Advocacy and Safeguarding Adults Trust - Canterbury**

**/West Coast / Timaru**

FSD0006624 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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| canterbury@pasat.org.nz  (022) 088 7510 (03) 390 7728 http://www.PASAT.org.nz | Monday-Friday, 9:00am-4:30pm Some charges may apply.  No referral required. |

**Twizel - Tekapo Community Vehicle Trust Board**

FSD0019561 Last updated 18/01/2021

To provide transport for elderly and disadvantaged people.

Twizel Community Care Centre - Mt Cook Street Twizel 7901



twizelcare@xtra.co.nz  Booking office (Twizel Community Care Centre) (03) 435 0687 open 9 am till 2.30 pm Monday to Friday.

Transport available Monday to Friday 8am - 5pm Some charges may apply. No referral required.

**University of Canterbury - Disability Resource Service**

FSD0000875 Last updated 11/11/2020

Provides support and practical assistance for students with disabilities at the University. Such assistance includes the provision of assistive technology, notetakers, reader/writers and sign language interpreters, as well as making special arrangements for examinations. In addition, assistance with mobility and access problems is provided. If you have a disability and are thinking of coming to study at Canterbury, feel free to contact the Disability Resource Service to discuss your individual support needs.

Level 1 Forestry Building 1 Forestry Road Ilam Christchurch 8041



eds@canterbury.ac.nz  Office hours are Monday to Friday 8:30am to

(03) 369 3334or ext 93334 4pm, including term breaks. https://www.canterbury.ac.nz/disability/ All services free of charge. No referral required.

**Van Asch Deaf Education Centre**

FSD0000876 Last updated 23/03/2021

Residential and resource centre for deaf children for Southern Region of New Zealand (South Island and lower half of North Island, south of Lake Taupo)

 38 Truro Street Sumner Christchurch

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| info@kotakureo.school.nz  (03) 326 6009 http://www.vanasch.school.nz/      **Waimakariri Access Group** | 8am-4:30pm Monday to Friday. | |
| Some charges may apply. No referral required. |  |
| FSD0002706 |  | Last updated 16/07/2020 |

Improving access and facilities for people with sensory or physical disabilities.

office@wmk.govt.nz  8.30 am to 5.00 pm Monday to Friday.

(0800) 965 468 Some charges may apply. https://www.facebook.com/WaimakaririAc No referral required. cess

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

145 Tancred Street Ashburton 7700



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

25 Shands Road Hornby Christchurch 8042



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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.

26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009  You can contact any of our service centres or

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| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

203-205 Hills Road Shirley Christchurch 8013



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

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

14 Strathallen Street Timaru 7940



(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm

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| http://www.workandincome.govt.nz | Weds 9.30am until 5pm All services free of charge.  No referral required. |

**Workbridge Inc - Christchurch**

FSD0007870 Last updated 09/04/2021

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

337 St Asaph Street Christchurch Central Christchurch 8011



christchurch@workbridge.co.nz  8.30am - 5.00pm Mon - Friday

(03) 962 8369 All services free of charge.

(0508) 858 858 No referral required. http://www.workbridge.co.nz

**Workbridge Inc - Timaru**

FSD0007873 Last updated 09/04/2021

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

 29 Strathallan Street Timaru 7910

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| timaru@workbridge.co.nz  (03) 684 8119 (0508) 858 858 http://www.workbridge.co.nz      **YMCA Christchurch** | 8.30am - 5.00pm Mon- Friday All services free of charge. No referral required. |
| FSD0020286 | Last updated 22/06/2020 |

The YMCA of Christchurch is invested in the next generation. By this we mean that we are always thinking of how we can develop young people today, so that they will be great members of society tomorrow. We do this through a range of programmes, but also by empowering others in our community to be involved with our cause – because ultimately the future is all about making sure we raise our children and young people in the best way we can.

12 Hereford Street Christchurch Central Christchurch 8011



education@ymcachch.org.nz  Reception Desk is open 24hrs

(03) 377 2174 City Office is open Mon-Fri 8am-5pm

https://www.ymcachch.org.nz Bishopdale office is open Mon-Fri 7am-7pm

Wainui Camp office is open Mon-Fri 8am-5pm Education Centre is open Mon-Fri 9am-4pm Some charges may apply. No referral required.

## Classification : OSCAR

# Youth Services

**180 Degrees Trust**

FSD0017177 Last updated 28/09/2020

180 Degrees has two divisions offering assistance to young people aged between 13 and 18 years old who self-exclude from education, exhibit anti-social or criminal behaviours and are at risk to themselves and the community.

Our mentoring division offers three programmes providing weekly 1 on 1 mentoring and many therapeutic adventures into the outdoors from 1 to 6 days.

Our Alternative Education School division operates in Sydenham and currently educates up to 19 students providing individualized learning programmes and NCEA credits.

Both divisions utilise the natural environment and the Canterbury high country for camps and adventures which challenge our youth.

Referrals for mentoring are mostly through the MSD Fresh Start initiative, but we also accept “fee for service” applications.

Students attending our school need to be referred through the AE Consortium.

95 Main Road Redcliffs Christchurch 8081



Jeremy@180degrees.org.nz  Available between 8.30am - 5.30pm Mon -

(027) 550 4828 Friday.

(021) 565 733 Koha/donation may apply. http://www.180degrees.org.nz Referral may apply.

**Adventure Development - Timaru**

FSD0022466 Last updated 08/09/2020

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

on location.

196 Evans Street Timaru 7910 sthcanty@adlnz.org.nz (03) 684 5870 http://www.adlnz.org.nz



Monday to Friday 8.30am - 4.30pm All services free of charge. Referral may apply.

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| **Adventure Specialties Trust - Christchurch**  FSD0020638 Last updated 21/08/2020  Adventure Specialties Trust aims to assist the holistic development of individuals using the outdoors as its medium. We run many different programmes to achieve this goal including youth development programmes, programmes with youth offenders, strengthening families programmes, camps for teenagers with disabilities and camps and technical programmes with high schools and community groups. We also provide the outdoor resources and equipment so clients are not barred from participation because of a lack of access to the specialist equipment required for the outdoors.  6/28 Acheron Drive Riccarton Christchurch 8014  chch@adventurespecialties.co.nz  9-5pm, Monday to Friday  (03) 348 4547 Some charges may apply. http://www.adventurespecialties.co.nz Referral may apply.        **Arowhenua Whnau Services**  FSD0019560 Last updated 10/11/2020  Arowhenua Whnau Services is a Maori provider offering health care to all people in the South Canterbury District.  We offer: Primary health nurse lead clinics, a Whanau Ora nurse working with whnau with multiple illness, mental health team who work with people with a mental health diagnosis mild to moderate, Tamariki Ora nurse who works with whnau and ppe, Te Wnanga hauora for all to attend and  Smoke free education to help you succeed at giving this habit away. We also provide Whanau Ora Tinana and Mokopuna Ora Navigators, who work with Mori whnau. The Attendance Advisory works with schools and whnau as to why the child is absent from school. |

94 King Street Temuka 7920 admin@aws.health.nz (03) 615 5180 http://aws.health.nz/



Opening hours

Monday - Friday 9 - 4.30

All services free of charge. No referral required.

**Arrowsmith Counselling**

FSD0020892 Last updated 17/08/2020

Professional Counselling Service, for children, youth and adults.

Community House 44 Cass St Ashburton 7700



annaarrowsmith@hotmail.co.nz  Monday - Friday 9.00am - 7.00pm

(027) 722 3204 (hours flexible).

(03) 308 1395 Some charges may apply.

No referral required.

**Ashburton Budget Advisory Service**

FSD0005899 Last updated 15/03/2021

Ashburton Budget Advisory Service offers free, supportive, confidential and culturally aware budget advisory services with trained and nationally certificated budget advisers. We are available to present Community Education on Budgeting to Community groups, Schools, and Training Groups.

Trevor Wilson Centre 215 Tancred Street Ashburton 7700



ashbudget@psusi.org.nz  9.00am to 4.00pm Monday to Friday weekly

(03) 308 5868 All services free of charge. http://ashbudget.wordpress.com/ No referral required.

**Ashburton Community Alcohol & Drug Service**

FSD0020445 Last updated 19/01/2021

Ashburton Community Alcohol & Drug Service is a community based Assessment & Treatment service for both Adult & Youth we offer the following services;

Screening, Brief Intervention, Assessment,Treatment therapy, Support & Case Management, Information & Advice, Groups.

ACADS accept self referrals and referrals from primary and secondary health care providers, statutory organisations and community social services.

Services are Free & Confidential

Hostel Building, Ashburton Hospital 28 Elizabeth Street Ashburton 7700



acads@xtra.co.nz  8.30am - 5pm Monday - Friday

(03) 308 1270 All services free of charge.

(021) 082 33648 No referral required. http://www.acads.co.nz

**Ashburton District Attendance Service**

FSD0005980 Last updated 25/03/2021

The Ashburton District Attendance Officer works with schools to promote school attendance and decrease the incidence of truancy to improve educational opportunities.

Safer Ashburton District 44 Cass Street Ashburton 7700 attendance@saferashburton.org.nz  All services free of charge.



(03) 308 1395 Referral may apply.

(027) 450 0741 http://www.saferashburton.org.nz

**Ashburton Safer Community Council**

FSD0024526 Last updated 27/03/2021

Safer Mid Canterbury is a non-profit organisation that has been operating as a charitable trust for more than 25 years. It provides free and confidential community services for the Mid Canterbury District. Along with delivering crime prevention projects, we prioritise the delivery of early intervention programmes, to support and strengthen individuals and families. We help people to make good choices, providing positive opportunities and pathways to change.

44 Cass Street Ashburton 7700



info@saferashburton.org.nz  8.30am - 5.00pm

(03) 308 1395 All services free of charge. http://www.safermidcanterbury.org.nz Referral may apply.

**Avonhead Community Trust**

FSD0017677 Last updated 30/07/2020

The Avonhead Community Trust is a charitable trust which serves the Christchurch Community by providing holistic services which empower children, young people and families to lead full and meaningful lives.

102 Avonhead Rd Avonhead Christchurch 8042



weustenfamily@fspnz.com  week day mornings (03) 342 4359 Some charges may apply.

(021) 450 055 No referral required. http://www.actrust.org.nz

## Classification : OSCAR

**Avonside House Trust**

FSD0000130 Last updated 01/02/2021

Avonside House Trust is a Residential Care Facility for people with an Intellectual Disability. We cover Residential Care, Supported Independent Living and Respite Care.

270 Gloucester Street Christchurch Central Christchurch 8011



avonsidehouse@xtra.co.nz  8.30am – 4.30pm, Monday to Friday except

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| (03) 379 9656  (03) 389 8844 http://www.avonsidehouse.org.nz      **Awareness Canterbury** | public holidays  Some charges may apply. Referral may apply. |
| FSD0000278 | Last updated 15/09/2020 |

Awareness is an independent group of consumers of mental health or addiction services. We share information and provide a forum for discussion (and when necessary, action) on issues affecting all mental health consumers.

 Unit 4 357 Madras Street Christchurch Central Christchurch 8013

reception@mhaps.org.nz (03) 366 8288

(03) 365 9479 http://awarenesscanterbury.com

**Back to Work Employment**

FSD0021011

12 noon-4pm Fri, Sat, Sun All services free of charge. No referral required.

Last updated 04/09/2020

Back to Work Limited provides individual support and guidance for unemployed job seekers looking for full time work.

196 St Asaph Street Christchurch Central Christchurch 8011 admin@backtowork.co.nz  Mon - Fri



(03) 962 2560 8:30 am - 5:00 pm

http://www.backtowork.co.nz All services free of charge.

Referral may apply.

**Barnardos - Christchurch**

FSD0006806 Last updated 16/11/2020

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.

64 Langdons Road Papanui Christchurch 8053



CanterburyAMU@barnardos.org.nz  Office Hours Monday to Friday 8.00am - 4.30pm

(03) 365 3923 Some charges may apply.

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

## Classification : FVSS

**Battered Women's Trust**

FSD0007681 Last updated 06/10/2020

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.

33 Sir William Pickering Drive Burnside Christchurch 8053



office@bwt.org.nz  Office hours are 9am - 5pm.

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| (03) 364 8900 (Crisis) (03) 332 4122 (office) http://www.womensrefuge.org.nz    **Classification : FVSS**    **Be The Change NZ** | Crisis line is operational 24 hours a day. Call 0800 733 843 for Women's Refuge service Some charges may apply. No referral required. |
| FSD0020606 | Last updated 22/01/2021 |

Our kaupapa is to facilitate a movement towards positive culture change and help eliminate bullying, isolation and negativity among Aotearoa’s Young People.

Young people are the most powerful agents of change and we empower them to become upstanders, create leadership groups and run pro-social events to help prevent bullying. We also help youth workers, parents, communities and whnau to help support our tamariki to prevent and stand up to bullying in a safe way. We do this via our website and social media pages which are full of tips and tools for young people (and adults/whnau/youth workers) to use. These tools will help them deal with bullies, being a victim or bystander and prevent bullying.

Our work has been developed using evidenced-based “social and emotional learning” tools based on the Mental Health Foundation's "5 Ways of Wellbeing" - take notice, give, keep learning, be active & connect.

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| bethechangenz@xtra.co.nz http://www.bethechangenz.org | Monday-Friday 8am-6pm  All services free of charge.  No referral required. |

**Berrywood - Laura Ferguson Trust**

FSD0000184 Last updated 18/03/2021

The home offers accommodation, care and services to young adults from 20 years of age whose primary disability is physical limitation and who wish to participate in the daily running of the home and would benefit from placement in the home. They must also wish to participate in community activities. Long term placement is offered to suitable applicants after a trial period. Applicants for placement are considered by referral from: self, agency or medical specialist.

177 Montreal Street Christchurch Central Christchurch 8011



hello@lfbit.co.nz  Monday - Friday 8.30 am - 5.00 pm

(03) 335 0541 Some charges may apply. http://www.lftcant.co.nz/ No referral required.

**Big Brothers Big Sisters of Christchurch**

FSD0015230 Last updated 16/03/2021

Providing mentoring to young people in the Christchurch area. BBBS of Christchurch provide excellent support to the dedicated team of volunteers who make a commitment to being a stable positive influence in a young person's life.

52 Kennaway Road Woolston Christchurch 8023



christchurch@bbbs.nz  Monday to Friday 9- 5 p.m.

(03) 358 4019 All services free of charge. http://bigbrothersbigsisters.org.nz/christch Referral may apply. urch-home.html

**Big Brothers Big Sisters of North Canterbury**

FSD0007880 Last updated 12/10/2020

Big Brothers Big Sisters of North Canterbury matches children aged 6-11 with mentors in a professionally supported one-to-one relationship.

 War Memorial Hall Building 24 High Street Rangiora 7400

northcanterbury@bbbs.nz  Monday - Friday 9.00 am - 4.00 pm

(03) 310 7004 email is best form of contact. (027) 271 3405 All services free of charge. https://bigbrothersbigsisters.org.nz/northc Referral may apply. anterbury.html

**Birth Rite Midwives**

FSD0020832 Last updated 07/12/2020

We are a group of midwives in Christchurch who provide midwifery care with a focus on working with youth.

Unit 2 197 Linwood Ave Linwood Christchurch 8011



birthritemidwives478@gmail.com  We provide all care in the woman's home and

(027) 247 8478 are available 24/7 for pregnancy and childbirth

services. For routine midwifery care we provide visits in normal office hours 7 days a week.

All services free of charge. No referral required.

**Birthright Canterbury Trust**

FSD0006815 Last updated 29/03/2021

Birthright is a national organisation which works to support, strengthen and advocate for oneparent families. We support the families by providing home visits, practical assistance, programmes, advocacy, family friendly events and newsletters.

Christchurch Community House 301 Tuam Street Christchurch 8011 manager@birthrightchch.org.nz  Monday - Friday 9:00am - 5pm



(03) 366 9456 All services free of charge. https://www.birthrightcanterbury.org.nz/ No referral required.

**Boyle River Outdoor Education Centre**

FSD0023856 Last updated 02/12/2020

We are an exemplary provider of outdoor education opportunities for young people in a unique alpine learning and recreational environment.

We seek to extend the potential of young people to be lifelong learners and contributing citizens, enhancing their wellbeing through engagement in responsive, future focused, outdoor education learning programmes.

To be sustainable, use sustainable practices and be internationally recognised as guardians of our unique alpine environment.

16 Magdalen Valley Road Poplars Range 7392



info@boyle.org.nz  9am - 5pm Daily (03) 315 7082 Some charges may apply. http://www.boyle.org.nz Referral may apply.

**CAF Link**

FSD0005863 Last updated 15/06/2020

CAFLink is the Child, Adolescent and Family Mental Health Service 'single point of entry function' which streamlines access to mental health services in Canterbury for children, adolescents and their families.

All outpatient referrals to the service are centrally received at CAFLink. This includes referrals to the CAF North and CAF South Community and Outreach Teams.

The Princess Margaret Hospital - Cashmere Road Cashmere Christchurch



caflink@cdhb.health.nz  8.30 am - 5 pm Monday to Friday (0800) 218 219 Option 1 All services free of charge.

(03) 337 7758 No referral required. https://www.cdhb.health.nz/healthservices/caflink-single-point-of-entry/

**CAFLink Child, Adolescent and Family Mental Health Service**

FSD0002650 Last updated 05/10/2020

CAFLink is the Child, Adolescent and Family Mental Health Service ‘single point of entry function’ which streamlines access to mental health services in Canterbury for children, adolescents and their families.

Ground Floor, Heathcote Building 97-99 Cashmere Road Cashmere Christchurch 8022 caflink@cdhb.health.nz  Monday- Friday 8.30 -5pm



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| --- | --- |
| (0800) 218 219 (03) 337 7758 https://www.cdhb.health.nz/healthservices/child-adolescent-and-familyinpatient-services/      **CanTeen - Christchurch** | All services free of charge. Referral may apply. |
| FSD0006244 | Last updated 04/12/2020 |

The New Zealand organisation supporting young people living with cancer, aged 13-24 years, either as a patient, sibling or bereaved sibling.

23 Cambridge Terrace Christchurch Central Christchurch 8013



info@canteen.org.nz  Mon-Fri 9am - 5pm (varies according to events /

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| (021) 562 245  (0800) 226 8336(CANTEEN) http://www.canteen.org.nz | activities from week to week) All services free of charge.  No referral required. |

**Canterbury & New Zealand Business Association**

FSD0023345 Last updated 25/10/2020

The Canterbury & New Zealand Business Association is an incorporated society and non-profit organization. Our mission is to create connections and services for businesses whilst empowering migrants, refugees, youth and women. We provide mentoring - confidence building, coaching, business development, volunteering and employment support.

 Christchurch Community House 301 Tuam St Christchurch 8011

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| taz@cbanewzealand.org.nz  (027) 273 8815 (03) 379 4222 https://cnzba.org.nz/ | Monday -Thursday 9am-4pm  All services free of charge.  No referral required. |

**Canterbury Fiji Social Service Trust**

FSD0000180 Last updated 10/08/2020

We provide quality, age appropriate, culture sensitive activities in a safe and healthy environment to low income families in the community.

40 Hillary Crescent Upper Riccarton Christchurch 8041



fiji.social.services@gmail.com  Normal hrs: Monday to Friday 9am-4pm

(03) 942 9498 Some charges may apply. (021) 440 812 No referral required.

## Classification : OSCAR

**Canterbury Men's Centre**

FSD0015104 Last updated 13/04/2021

We support men in a variety of ways. Phone us to make a time to talk to someone. We spend that hour with a man to help him figure out next steps. We also have a counselling service with skilled counsellors, sensitive to men. Pricing is based on your capacity to pay, and that does include free.

* Counselling
* Support for Male Survivors
* Support for Dads in Canterbury

21 Marshland Rd Shirley Christchurch 8064



counsellor@canmen.org.nz  Our counsellors are available 8:30 am to 9:30 (03) 365 9000 PM almost every day of the week.Our intake for http://canmen.org.nz new clients is 9-5 M-F though we can stretch this

if absolutely necessary.

Some charges may apply. No referral required.

## Classification : SHSS

**Canterbury Refugee Resettlement and Resource Centre**

FSD0024485 Last updated 07/01/2021

The Canterbury Refugee Resettlement and Resources Centre advocates on behalf of the refugee communities resettled in the Canterbury area. As the first contact point for agencies aiming to liaise with the wider community or individuals of refugee background, we work to disseminate relevant information, community skills, and knowledge through a grassroots approach to consultative communication.

CRRRC aims to bridge the gap between the refugee background people of all ages by creating a more harmonious, more welcoming, inclusive environment through building a shared respect, by connecting our common experiences and celebrating our differences.

39 Nursery Road Phillipstown Christchurch 8011



contact@canterburyrefugeecentre.org.nz  Office Hours: Monday-Friday 9:00am-3:00pm

(03) 377 2538 All services free of charge. https://www.cantyrefugeecentre.org/ No referral required.

**Canterbury Youth Services**

FSD0020452 Last updated 18/12/2020

Welcome to Canterbury Youth Services, we are a Christian based, Strengths focused organisation that exists to train and resource youth workers and youth ministries in the Canterbury region. So if you are looking for resources for your youth ministry, information about StrengthsFinder and information about the events we run then you’ve come to the right place.

office@cys.org.nz  Monday - Friday 9am-3pm.

(03) 354 2181 Some charges may apply. http://www.cys.org.nz No referral required.

**Canterbury Youth Workers Collective**

FSD0008095 Last updated 07/01/2021

We support youth workers through professional development, training, networking and other services.

112 Lichfield Street Christchurch Central Christchurch 8011



info@cywc.org.nz  9am - 5pm, Monday to Friday.

(03) 377 8080 Some charges may apply. http://www.cywc.org.nz No referral required.

**Catholic Diocese of Christchurch - Catholic Social Services**

FSD0001703 Last updated 16/04/2021

No cost, quality, professional social work, family and individual counselling, parenting education / support and group courses for children and adults.

Budgeting/advocacy and practical needs assessment/assistance.

Matthew Brodie House 336 Cashel Street Christchurch Central Christchurch 8011 css@chch.catholic.org.nz  (by appointment)



(03) 379 0012 Office hours

http://www.cathsocservs.nzl.org 9.00am - 5.00pm Monday to Friday.

All services free of charge. No referral required.

**CCS Disability Action - Ashburton Office**

FSD0007636 Last updated 26/03/2021

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

Community House 44 Cass Street Ashburton 7700



Canterbury@ccsDisabilityAction.org.nz  Please contact us to make an appointment.

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| (03) 308 4456 |  |
| (0800) 227 2255  http://www.ccsdisabilityaction.org.nz | Monday 8.30am - 5pm / Tuesday 8.00am - 3pm /  Wednesday 8.00am - 5pm / Thursday 8.00am -  5pm / Friday closed  Some charges may apply.  No referral required. |

**CCS Disability Action - Christchurch Office**

FSD0007621 Last updated 22/03/2021

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

224 Lichfield St Christchurch 8011



canterbury@ccsDisabilityAction.org.nz  8.30am to 4.30pm Monday to Friday

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| (03) 365 5661  (0800) 227 2255 https://www.ccsdisabilityaction.org.nz/ | Some charges may apply. No referral required. |

**CCS Disability Action - Kaikoura Office**

FSD0008310 Last updated 26/03/2021

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

(03) 319 3263  By appointment only

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

**CCS Disability Action - Rangiora Office**

FSD0008309 Last updated 15/03/2021

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

78A Eastbelt Rangiora



Canterbury@ccsDisabilityAction.org.nz  Please contact us to make an appointment.

(03) 313 8312 Some charges may apply.

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

**CCS Disability Action - Timaru Branch**

FSD0007622 Last updated 14/01/2021

CCS Disability Action is a not for profit organisation which provides support to people with disabilities to be involved in their communities and the lives of their families.

2-4 Victoria Street Timaru 7910



admin.southcanterbury@ccsdisabilityactio  9am - 3.30pm Mon to Fri

n.org.nz Some charges may apply.

(03) 684 7151 No referral required.

(0800) 227 2255 http://www.ccsdisabilityaction.org.nz

**Choices NZ - Christchurch**

FSD0024084 Last updated 21/10/2020

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

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

We can assist you to:

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

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

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| --- | --- |
| Laura.Lightfoot@choicesnz.org.nz  (022) 010 3811 (0800) 723 154 http://www.choicesnz.org.nz/ | Weekdays 8:30am - 5pm  All services free of charge.  Referral may apply. |

**Christchurch Budget Service Inc**

FSD0000217 Last updated 12/10/2020

Christchurch Budget Service (CBS) is a genuinely independent agency that is not aligned to any religious or political organisation. Specialist CBS Advisers work alongside and advocate for people who are in full and part-time work including GiG workers, self-employed, independent contractors, seasonal workers and agency workers and their Whnau/Families to resolve income and expenditure challenges, debt, IRD debt and to access correct social entitlements. CBS Budget Advisers also work with Superannuitants, Tertiary Students, ACC recipients and members of the Culturally and Linguistically Diverse (CALD) Community.

55 Lunns Rd Middleton Christchurch 8024



enquiries@chchbudget.org.nz  Office appointments weekdays.

(03) 366 3422 Visits to client's homes days and evenings. (021) 0827 1472 Some charges may apply. http://www.christchurchbudgetservice.co.n No referral required. z

## Classification : BFC

**Christchurch City Council**

FSD0017294 Last updated 30/11/2020

Council services and information online for the Christchurch City district.

53 Hereford Street Christchurch



info@ccc.govt.nz  Our Customer Call Centre is available 24/7.

|  |  |
| --- | --- |
| (03) 941 8999 http://www.ccc.govt.nz | Open 8.00am-5pm weekdays, except public holidays.  Online various forms available depending on Council's website issue.  All services free of charge.  No referral required. |

**Christchurch City Mission**

FSD0000221 Last updated 21/12/2020

We provide budget support, emergency food, emergency accommodation for men, women and families, generic social worker services, alcohol and drug counselling, drop in day services to men and women and learning and development programmes for men and women.

276 Hereford Street Christchurch 8140



info@citymission.org.nz  Normal hours Monday to Friday 8.30am -

(03) 365 0635 5.00pm. http://www.chchcitymission.org.nz/ Night shelters open at 5.00pm 7 days a week.

All services free of charge. No referral required.

## Classification : BFC

**Christchurch Methodist Mission**

FSD0000497 Last updated 16/10/2020

We strengthen families, empower children and young people, provide care for older people, and support people to find pathways to a better life.

We have a vision of a city where justice and compassion guide the way we live and where all people are treated with respect and dignity.

3 Marblewood Drive Papanui Christchurch 8053



intake@mmsi.org.nz  Monday - Friday (03) 375 1470 8.30am - 4.30pm

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

Referral may apply.

## Classification : BFC, THP

**Christchurch Resettlement Services Inc.**

FSD0016042 Last updated 13/11/2020

CRS exists to support people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Level 1 283 Lincoln Road Addington Christchurch 8024



admin@crs.org.nz  Monday to Friday, 8.30am to 5pm

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| (03) 335 0311 http://www.crs.org.nz/    **Classification : FVSS** | All services free of charge. No referral required. |

**Christchurch Sexual Health Centre**

FSD0000242 Last updated 06/07/2020

Free confidential advice, examination and treatment of all sexually transmissible Infections. Because we are a Canterbury District Health Board Outpatient Department clients must meet specific criteria for entry. We have limited appointments so appointments will be prioritised as necessary.

314 Riccarton Road Upper Riccarton Christchurch 8041



shc@cdhb.health.nz  Appointment only.

|  |  |
| --- | --- |
| (03) 364 0485 (027) 212 7335 https://www.cdhb.health.nz/healthservices/christchurch-sexual-healthservice/      **CINCH** | Monday, Tuesday, Thursday, and Friday, 09:10am - 17:00pm.  Wednesday, 11:00am - 19:30pm  Closed weekends  All services free of charge. No referral required. |
| FSD0019870 | Last updated 26/03/2021 |

A directory listing clubs / organisations in Christchurch and surrounding districts. CINCH covers a wide range of subject listings. CINCH has Google Maps, Print and Export functions as well as a Mobile version of the website. Users can also add / update their details directly using the update forms

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| cinch@ccc.govt.nz (03) 941 7923 http://cinch.org.nz | Website available 24/7 All services free of charge.  No referral required. |

**Citizens Advice Bureau - Christchurch City**

FSD0006912 Last updated 27/11/2020

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.

Ara 18 Williams Street Christchurch 8011



christchurchcity@cab.org.nz  Mon, Tue, Wed & Thurs 9am to 3pm

(03) 366 6490 Fri 9am to 12pm

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

**Citizens Advice Bureau - Christchurch North**

FSD0006913 Last updated 27/11/2020

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.

Fendalton Library 4 Jeffreys Road Fendalton Christchurch 8053



christchurchnorth@cab.org.nz  Monday, Wednesday, Thursday & Friday – 11am

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| --- | --- |
| (03) 351 7804 (0800) 367 222 http://www.cab.org.nz | to 5pm  Tuesday – 2pm to 5pm All services free of charge.  No referral required. |

**Citizens Advice Bureau Christchurch Area - Christchurch West**

FSD0006914 Last updated 27/11/2020

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.

Hornby Community Care Centre 8 Goulding Avenue Hornby Christchurch 8042 christchurchwest@cab.org.nz  Mon - Fri 9am to 5pm (03) 349 5236 All services free of charge.



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

**Citizens Advice Bureau Christchurch Area - The Loft**

FSD0022813 Last updated 27/11/2020

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.

Eastgate Mall 20 Buckleys Road Linwood Christchurch 8062



christchurchcity@cab.org.nz  Tuesday - 11am to 2pm (03) 366 6490 All services free of charge.

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

**Citizens Advice Bureau North Canterbury**

FSD0006920 Last updated 19/03/2021

Citizens Advice Bureau provides free, confidential information and advice to anyone about any query or problem. Our trained volunteers will listen and get you the information, assistance or referral you need. You don't need an appointment, just drop in to a CAB near you, pick up the phone, email us, or go online and let's talk.

Trevor Inch Memorial Library 141 Percival Street Rangiora 7440



coordinator.northcanterbury@cab.org.nz  9.00am - 4.30pm, Monday to Friday

(03) 313 8822 All services free of charge.

(03) 310 6205 No referral required. http://www.cab.org.nz

**Citizens Advice Bureau South Canterbury Inc**

FSD0019437 Last updated 09/08/2020

To give free and confidential advice and information to clients to ensure that when they are confronted with challenging situations, they are not disadvantaged through lack of knowledge of their rights and responsibilities.

These situations can include:

Tenancy and Housing

Health and Welfare

Employment and Work Related Issues

Education

Personal and Family Concerns

Legal, Justice and Consumer Law

We also offer a free legal referral service weekly.

Community House 27 Strathallan Street Central Timaru 7910



southcanterbury@cab.org.nz  10am - 4pm Monday to Thursday; 10am - 1 pm

|  |  |
| --- | --- |
| (03) 687 7362 (0800) 367 222 http://www.cab.org.nz      **Comcol South Canterbury** | Friday;  Legal service Thursday 7pm All services free of charge. No referral required. |
| FSD0019375 | Last updated 11/03/2021 |

Comcol South Canterbury, located in Timaru, operates a free Youth Service for the Mackenzie, Timaru and Waimate Districts. Youth Advisors work with young people to give them guidance, advice and practical support to help them into education, training or work-based learning. Please see specific details of the service below.

The College also offers free Youth Courses to 16-19 year olds in a range of exciting industries including cookery, front of house/barista, hairdressing and retail. All courses incorporate NCEA Level 1-2 and a New Zealand Certificate.

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

20 Elizabeth Street Timaru 7910 info.sc@comcol.ac.nz  8:00 am - 4:30 pm Monday and Friday.



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| (0800) 267 257 (03) 684 6702 http://www.comcol.ac.nz | All services free of charge. Referral may apply. |

**Community Alcohol and Drug Service - Christchurch**

FSD0016007 Last updated 03/08/2020

Provision of advice, information on all aspects of alcohol and other drug addiction. Provision of assessment, case management, education and treatment, groups for individuals with co-existing substance dependencies and psychiatric disorders. Referral to other treatment providers.

Hillmorton Hospital - Sylvan Street Christchurch 8024



(03) 335 4350  8.30 am - 5 pm

(0800) 211 211 Booked appointments between 8.30 am and 4 https://www.cdhb.health.nz/ pm

All services free of charge. Referral may apply.

**Community Development Network Trust**

FSD0000267 Last updated 23/07/2020

To assist young people and families in need by offering ongoing support and running various programmes i.e. camps, weekend activities, family fun days, in-depth help with young people.

44 Elizabeth St Christchurch 8041



office@cdntrust.org.nz  Monday to Friday 8a.m. - 4:30p.m.

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| (03) 942 3434 http://cdntrust.org.nz      **Community Law Canterbury** | Some charges may apply. No referral required. |
| FSD0000268 | Last updated 02/11/2020 |

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

198 Montreal Street Christchurch Central Christchurch 8011



admin@canlaw.org.nz  Drop in's in our central city Mon, Tues & Thurs

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| --- | --- |
| (03) 366 6870  (Text only) 027 5370 156 http://www.canlaw.org.nz | 5:30pm-7 and Sat 9:30am-12noon.  Appointments during the day in Central city, New Brighton, Hornby, Kaiapoi, Linwood, Ashburton, Timaru & Greymouth.  All services free of charge.  No referral required. |

**Community Wellbeing North Canterbury Trust**

FSD0015053 Last updated 11/12/2020

We are a registered Charitable Trust that provides support services to families & communities across the Waimakariri and Hurunui Districts.

Our Mission : We provide quality services that respond effectively to existing and emerging social and community needs.

We will act with honesty and integrity, showing respect, fairness and equity at all times.

 Level 1 29 High Street Rangiora

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| manager@wellbeingnc.org.nz  (03) 310 6374  (03) 310 6375 http://www.wellbeingnc.org.nz | Monday - Friday 8.30am-5pm Some charges may apply.  No referral required. |

**Community Youth Worker - Rangiora**

FSD0002710 Last updated 27/07/2020

Working with young person and their family in the community to provide services that support positive youth development.

Level 1 29 High St Rangiora 7400 cywdistrict@wellbeingnc.org.nz  Available by mobile phone as first contact point.



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| --- | --- |
| (027) 245 0203 (03) 394 9114 https://wellbeingnc.org.nz/ | All services free of charge. Referral may apply. |

**Community, Youth and Child Services**

FSD0000883 Last updated 19/10/2020

A social service which provides support and information to adolescents (25 years and under).

349 Woodham Road Wainoni Christchurch



enquiries.waipuna@sjog.org.nz  Monday - Friday 8.30 - 5pm

(03) 386 2159 All services free of charge. http://www.sjog.org.nz No referral required.

**Cross Over Trust**

FSD0000282 Last updated 13/08/2020

Vision: Thriving Woven Communities

Mission: Growing Resilient Children and Youth of Character

Cross Over Trust is a non-profit organisation working with primary-aged children and their families in South West Christchurch and is a community arm of South West Baptist Church.

244 Lyttelton Street Spreydon Christchurch



info@swbc.org.nz  9am - 5pm Monday to Friday

(03) 338 4163 x 227 All services free of charge.

(021) 889 199 No referral required. http://crossovertrust.org.nz

**Crossroads Youth With A Future Trust**

FSD0020654 Last updated 06/07/2020

The purpose of Crossroads Youth with a Future Trust is to instil hope in young people and their whanau, and to help them develop positive attitudes towards themselves and others in the community. We run a Stay Real lifeskills course for young people in Eastern High Schools and Intermediates.

Young people attending Stay Real and /or Depot 49 Drop in Centre know they have a safe place to go to and someone to talk to. Operating since 1999, Crossroads Youth with a Future staff have built unique relationships with local youth and their families.

47 Hampshire St Aranui Christchurch



info@crossroadsyouth.org.nz  We are open from Mon - Fri from 9am to (03) 388 6967 4.30pm. The drop-in centre is open at 49

http://www.facebook.com/stayrealeastside Hampshire Street on Wednesday nights during

49 the school terms.

All services free of charge. Referral may apply.

**Cultivate Christchurch**

FSD0023350 Last updated 28/07/2020

Focus

Cultivate Christchurch is building a network of urban farms propagated and powered by our next generation.

Social

With the support of the community we grow skills and provide employment and meaningful work experience while engaging and inspiring young people to live lives they value.

Environmental

Healthy soil equals healthy plants and ultimately health people and communities, Cultivate is creating a future of vitality and abundance.

Ruia Nga Kakano O Te Tumanaako I Roto I Te Maara O Te Hinengaro To cultivate the seeds of hope within the garden of the mind.

Cultivate is a social enterprise where the produce grown by our team is sold at the Riverside Farmers Market and to local restaurants and cafes. We collect food waste from these restaurants and cafes to help build soil that is all collected and delivered by an electric bike.

156 Peterborough Street Christhcurch



hello@cultivate.org.nz  Monday-Thursday 9-4pm. http://www.cultivate.org.nz

Locations are currently temporary and depending on the the season we may be at different farms on different days - so best to email interest.

Some charges may apply. No referral required.

**Dallington Oscar**

FSD0021375 Last updated 14/08/2020

OSCAR approved Before and After School Care.

2 Bramwell Street Dallington Christchurch 8061



dallingtonoscar@gmail.com  Term Time: 7.30 - 8.30am, 3 - 5.30pm

(03) 386 3555

(027) 386 3555 Holiday Programmes: 7.30am - 5.30pm

Some charges may apply. No referral required.

## Classification : OSCAR

**Deaf Aoteaora - Christchurch**

FSD0006938 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.

96 Bristol Street St Albans Christchurch 8014



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.

**Deaf Society of Canterbury Inc.**

FSD0020291 Last updated 03/08/2020

The Deaf Society of Canterbury Inc. is the oldest Deaf Club in NZ and has been in existence since 1922 providing a venue for culturally Deaf members of the community to meet and share NZ Sign language, Deaf culture, history, sporting and recreational activities. The “Deaf Club”is the ‘second home’ to the Deaf community. The Deaf Society throughout its history has been run by Deaf people for Deaf people.

80 Fitzgerald Avenue Phillipstown Christchurch 8011



admin@deafsocietyofcanterbury.co.nz  Open Monday to Friday 9.00am - 3.00pm

(03) 379 8251 Some charges may apply.

(021) 148 4609 No referral required.

http://www.deafsocietyofcanterbury.co.nz

**Depression Support Network**

FSD0000299 Last updated 10/02/2021

To provide community support for young people and adults whose lives are affected by depression. This includes support for friends and family who are supporting someone who is experiencing depression. Services include: personal and group support, education courses, access to resource information and community networks, speaking presentations.

Community House 301 Tuam Street Christchurch Central Christchurch 8011



admin@dsn.org.nz  Call or text 1737 anytime for support (03) 366 8083 All services free of charge.

No referral required.

**Drug Arm Christchurch**

FSD0006115 Last updated 17/12/2020

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

106 Emmett Street Shirley Christchurch 8013



lis@drugarm.co.nz  Mon Fri 9.00am - 5.00pm or by arrangement

|  |  |
| --- | --- |
| (03) 327 8839 (027) 436 9925 http://www.drugarm.co.nz | Street Van 7.30pm - 9.00pm Wed and Sat All services free of charge.  No referral required. |

**Dyspraxia Support Group of NZ**

FSD0001867 Last updated 24/03/2021

Our organisation will empower, educate and support all people impacted by Developmental Coordination Disorder (DCD)/Developmental Dyspraxia.

Room 10 & 11 53 Kendel Ave Burnside Christchurch 8052



dyspraxia.centre@xtra.co.nz  By appointment

(03) 358 3249 Some charges may apply. http://www.dyspraxia.org.nz No referral required.

**Emerge Aotearoa - Christchurch Office**

FSD0000708 Last updated 21/12/2020

EMERGE Aotearoa provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide. We believe that everyone is capable of living full and rich lives in their communities of choice. In every aspect of our work we are committed to helping our service users be the best they can be.

EMERGE Aotearoa was formed on 1 July 2015 from the merger of Recovery Solutions Group and Richmond New Zealand. Taking the best of our historical practices we have created an organisation led by the needs of people who use our services - tangata whaiora - and their families/whanau and communities. We know that listening to and acting on the advice provided by people with lived experience helps us deliver services that are real and relevant. We are committed to understand the needs of Mori – our treaty partners as well as Pasifika people and new settlers.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm

(03) 371 5599 Some charges may apply. http://www.emergeaotearoa.org.nz No referral required.

## Classification : THP

**Emerge Aotearoa - Christchurch Youth Services**

FSD0000716 Last updated 21/12/2020

Provides a range of innovative and specialist services for children and youth. These services include the following: individual packages of support for youth with high and complex needs; Residential services; Specialist Family Support; Outreach services; Multi Systemic Therapy and

Mobile Community Support. Criteria: these services receive referrals from Youth Specialist Services, Oranga Tamariki - Ministry for Children, and other appropriate social services.

8 Kennedy Place Hillsborough Christchurch 8022



info@emergeaotearoa.org.nz  Monday-Friday, 8am-5pm (03) 371 5599 All services free of charge. https://emergeaotearoa.org.nz/ Referral may apply.

**Endometriosis New Zealand**

FSD0003559 Last updated 02/12/2020

Endometriosis New Zealand is the organisation representing those with endometriosis, adenomyosis and pelvic pain in New Zealand, working with those who treat these conditions and health decision makers to reform care. ENZ provides world-leading education in schools through its me™ programme, community education, information, support services through its ENDOHELP programmes and advocacy to get the job done!

info@nzendo.org.nz  Monday-Friday 9.00am - 4.00pm. Answerphone

(03) 379 7959 outside of these hours. http://www.nzendo.org.nz Koha/donation may apply.

Referral may apply.

**Equitas Care Ltd**

FSD0016227 Last updated 09/04/2021

Provider of residential support to people with brain injuries in small community based homes. Equitas Care has a rehabilitation focus and provides services to people and their family/whanau to enable them to live full and active lives.

12 Wiltshire Mews Avonhead Christchurch 8042



vicki.mcclurg@equitas.co.nz  24 hours a day, general enquiries during normal

(021) 584 524 business hours

|  |  |
| --- | --- |
| (03) 358 7931 http://equitascare.co.nz      **Familial Trust** | Some charges may apply. Referral may apply. |
| FSD0020647 | Last updated 01/12/2020 |

The Familial Trust is an agency providing a variety of services for those who have a loved one who suffers from an addiction. Our staff consists of trained and experienced consumers, providing clients support, counselling, advocacy, programmes and information.

It’s a known fact today that one addict will affect approximately 10 people in one way or another. The Familial Trust is able to offer a supportive caring environment where those affected by another’s addiction can explore and learn how they have been affected, and find new productive ways of living with and coping with the addict in their lives whether the addicted person chooses to seek help or not.

6 Wilsons Road South St Martins Christchurch 8022



info@familialtrust.org  Monday - Friday

(03) 981 1093 9am - 5pm

http://www.familialtrust.org \* some late appointments, days vary Some charges may apply. No referral required.

**Family Mental Health Support Inc.**

FSD0007453 Last updated 05/10/2020

The FAMHS nurses work with you and your family and whanau to help you understand your family member's mental illness and/or addiction and how you can best support them (and you) in recovery. The service covers the South Canterbury region and the nurses can visit you in your home or meet at the office in Timaru. FAMHS works closely with the SCDHB Mental Health & Addiction Services and community agencies. The service is free, confidential and has a recovery focus.

77 Grey Road Timaru 7910



office@famhs.nz  Monday - Friday from 8.30 a.m. Flexible

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| (03) 684 4523  (0800) 732 000 | appointments are available.  All services free of charge.  No referral required. |

**Family Planning Clinic - Christchurch**

FSD0007043 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.

Ground Floor 9 Washington Way Christchurch 8011



(03) 379 0514  Please call to make an appointment. http://www.familyplanning.org.nz Some charges may apply.

No referral required.

**Family Planning Clinic - Rangiora**

FSD0007036 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.

15 Durham Street Rangiora 7400



(03) 313 6697  Appointments available:

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| --- | --- |
| http://familyplanning.org.nz | Thursday 10.30am - 6.45pm  Call us on 8am to 6pm Monday to Friday, and 9am to 1pm on Saturdays for appointment.  Some charges may apply.  No referral required. |

**Family Planning Clinic - Timaru**

FSD0007037 Last updated 14/09/2020

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.

14 Butler Street Timaru 7910



(03) 684 3872  Please ring to make an appointment.

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| http://www.familyplanning.org.nz      **Family Support (SC) Inc** | Some charges may apply. No referral required. |
| FSD0019449 | Last updated 29/09/2020 |

Family Support (SC) Inc is an independent, community based family support agency. We work with families under stress or in crisis to enable them to remain intact and capable of functioning independently, or with a small amount of appropriate ongoing support.

 9A Dee Street Timaru 7910

|  |  |
| --- | --- |
| familysupport@fssc.org.nz  (03) 688 1152 http://www.fssc.org.nz | Monday - Friday 9.00 - 5.00 Some charges may apply.  No referral required. |

**Family Works South Canterbury**

FSD0006033 Last updated 11/11/2020

At Family Works we believe that some children, families and individuals need support to reach their full potential regardless of age, culture or gender. We believe that everyone has strengths but now and again need help in order to flourish.

Sometimes families need someone who is prepared to listen, someone who understands and can help them make positive and lasting changes in their lives.

12 Park Lane Highfield Timaru 7910



familyworks@pssc.co.nz  Monday-Friday 8:30am-5.00pm

|  |  |
| --- | --- |
| (03) 687 7945 http://pssc.org.nz/family-works/ | Some charges may apply. Referral may apply. |

**Family Works Youth Service Christchurch**

FSD0022812 Last updated 05/06/2020

A wrap around support service for young people who are receiving Youth Payment or Young Parent Payment. The support will be tailored to the individual needs of the young person and focus on encouraging them to fulfill their potential, meet Work and Income obligations, and achieve a set of relevant skills for the future including on going education, training or employment goals.

Presbyterian Support (Upper South Island) is a community based social service agency with primary focus on “people helping people in the community”. The agency does this through a wide range of social services developed in response to local needs.

44 Bealey Avenue Central Christchurch 8013



suzyw@psusi.org.nz  8:30am 5:00 pm Week days (0800) 477 874 All services free of charge.

(027) 405 9856 Referral may apply.

http://www.familyworksuppersouth.org.nz/

**Friends of Children in Hospital, Inc - Christchurch**

FSD0000348 Last updated 17/02/2021

Support for children and their parents in hospital through fund-raising for extras, liaison with hospital staff, Play Supervisor and children's Christmas party

jrandle@xtra.co.nz  We are a small incorporated society which meets (03) 332 4940 monthly in a private home. Home phone can

leave a message/or email.

All services free of charge. No referral required.

**GirlGuiding New Zealand**

FSD0003797 Last updated 23/11/2020

We enable girls and young women to develop into confident, adventurous and empowered leaders in their local, national and global communities. We do this by supporting girls and young women to take action and change their world, in a non-competitive learning environment which is openminded and values-based.

5 Sir William Pickering Drive Burnside Christchurch 8053



info@girlguidingnz.org.nz  Regular group meetings and activities

(03) 366 8409 throughout the country. Community events in http://www.girlguidingnz.org.nz Auckland, Wellington and Christchurch.

Some charges may apply. No referral required.

**Graeme Dingle Foundation Canterbury**

FSD0015143 Last updated 03/08/2020

Life skills and mentoring programmes for young people aged 5 to 18.

 383 Colombo Street Sydenham Christchurch 8023

chris.davis@dinglefoundation.org.nz Weekdays 9.00am - 4.00pm.

(022) 487 6641 Some charges may apply.

(021) 430 914 Referral may apply.

http://www.dinglefoundation.org.nz/canter bury

**Hagley College - Diversity Support**

FSD0016192 Last updated 17/08/2020

Diversity Support at Hagley College provide education and support programmes to diverse learners particularly, refugees and migrants. This includes a study centre, social empowerment courses, community bilingual liaison, events and celebrations, at risk women support, training for providers, inter-cultural training.

510 Hagley Avenue Christchurch 8011



info@hagley.school.nz  8.30 am - 4:30 Mon - Fri (whole school)

(03) 379 3090 All services free of charge. http://www.hagley.school.nz No referral required.

**He Waka Tapu Limited**

FSD0000377 Last updated 11/01/2021

He Waka Tapu is a Kaupapa Maori organisation. We are funded to work with Maori or those that have Maori partners or children. Services are therefore delivered using a kaupapa Maori framework encompassing tinana (physical well-being), wairua (spiritual well-being), hinengaro (mental well-being), whanau (family well-being) and whanau whanui (community well-being). There is a formal referral process which must be completed before accessing any services. For further information about our referral process or any of our programmes, please contact our office on 373-8150.

161 Pages Road Aranui Christchurch reception@hewakatapu.org.nz  Normal hours: Monday-Friday, 8:30am-5pm.



(0800) 439 252/HE WAKA All services free of charge.

(03) 373 8150 Referral may apply. http://www.hewakatapu.org.nz

## Classification : FVSS

**HealthInfo Canterbury**

FSD0021254 Last updated 24/11/2020

HealthInfo is an easy-to-use health information website for the people of Canterbury, South Canterbury, the West Coast and the Southern district.

On it, you'll find up-to-date information about many health conditions and diseases, medications, tests and procedures, local support groups and organisations, as well as tips for keeping healthy.

You can trust the information as it is written or approved by local health professionals.

Health.Info@cdhb.health.nz  24 hours a day, seven days a week

(03) 364 4167 All services free of charge. http://www.healthinfo.org.nz No referral required.

**Heartland Services - Akaroa**

FSD0007167 Last updated 24/06/2020

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

Heartland Service Centre 39 Rue Lavaud Akaroa 7520



heartlands.coordinator@gmail.com  Mon to Thurs 10:00am – 4:00pm

(03) 304 8659 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Fairlie**

FSD0007159 Last updated 29/06/2020

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

 Heartland Fairlie Resource Centre 67 Main Street Fairlie

fairlie@xtra.co.nz (03) 685 8496 http://www.heartlandservices.govt.nz

**Heartland Services - Hornby**

FSD0007165

Monday - Friday 10.00am - 4.00pm All services free of charge. No referral required.

Last updated 23/06/2020

Heartland Service Centre is a one-stop-shop from which the local population has access to Government / Non Government organisation face to face and information services

Heartland Service Centre, C/- Work & Income 25 Shands Road Hornby Christchurch hornby@heartlandservices.govt.nz  Mon, Tue, Thur, Fri 8:30am – 5:00pm



(03) 961 9248 Wed 9:30am – 5:00pm

(029) 263 7580 All services free of charge. http://www.heartlandservices.govt.nz Referral may apply.

**Heartland Services - Kaikoura**

FSD0007157 Last updated 30/07/2020

Heartland Service Centre is a one-stop-shop from which the local population may access a range of Government, and other related services. Bookings and appointments for AA Driver Licencing can be made for the 1st Thursday of every month, for Learners and Renewals only.

Te Whare Putea Trust provides a Building Financial Capability service, Community Food Bank, Information and Advice, manages Temporary Housing, and advocacy.

Te Whare Putea has been granted funding via MSD Food Response Fund and will be working with MSD toward making Kaikoura a Food Secure Community.

Te Whare Putea/Heartland Services 3/78 Beach Road Kaikoura 7300 tewhareputea@xtra.co.nz  9am - 4pm daily.



(03) 319 7243 All services free of charge.

(027) 333 4480 No referral required.

http://www.heartlandservices.govt.nz

**Heartland Services - Twizel**

FSD0007158 Last updated 06/07/2020

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

Twizel Community Care Centre - Mount Cook Street Twizel Twizel 7901



twizelcare@xtra.co.nz  Open 9 am - 2.00 pm Monday to Friday

(03) 435 0687 All services free of charge. http://www.heartlandservices.govt.nz No referral required.

**Heartland Services - Waimate**

FSD0007164 Last updated 27/07/2020

Heartland Services - Waimate is based in the Waimate Event Centre and is a one-stop-shop for local people to access a wide range of Government, and other related services.

Here at Heartland Services - Waimate we keep local people connected with advice, information, and access to services in relation to health, welfare, education, employment and advocacy, and a myriad of services for local clubs, groups, and organisations. And in 2017 we have also taken on publication of the local weekly newspaper.

You can pick up forms for many Govt departments here and we scan and email to WINZ on a daily basis (and back that up by posting documents). We also offer an email service to other govt department and service providers.

Whether you need forms, or help and advice, we can point you in the right direction.

Our Heartlands Interview Room is used on a regular basis by Inland Revenue, Probation, Budget Advice, Brief Intervention, Youth Counselling, Public Health Nurse and many more.

1 Glasgow Street Waimate 7924



info@communitylinkwaimate.co.nz  Monday to Friday 8am to 5pm

|  |  |
| --- | --- |
| (03) 689 6226  http://www.heartlandservices.govt.nz | All services free of charge. No referral required. |

**Hepatitis C Community Clinic**

FSD0021207 Last updated 10/12/2020

We are a FREE service for those who may have been at risk of exposure to Hepatitis C or have hepatitis C.

Free access to testing, diagnosis, management and treatment for Hepatitis C.

We provide testing and treatment for Hepatitis C.

We also provide, information, education, and support as required.

We welcome walk in's, self referrals and referrals from AOD Services, GP's and Health and Social Services.

10 Washington Way Sydenham Christchurch 8011



marilyn@hepc.org.nz  Monday to Friday 9am to 3-30pm

(03) 377 8689 All services free of charge. https://www.facebook.com/HepCChch No referral required.

**Hope Presbyterian**

FSD0000401 Last updated 09/04/2021

A Presbyterian Church in Hornby, Christchurch, West Melton, Halkett and Rolleston which provide both church services and community programmes for the SouthWest Christchurch area and beyond.

27 Amyes Road Hornby Christchurch



info@hopechurch.net.nz  Monday-Friday 8.30am - 5.00pm

(03) 980 2296 Some charges may apply. http://www.hopechurch.net.nz No referral required.

**IHC Family-Whnau Liaison - Christchurch**

FSD0023559 Last updated 06/04/2021

IHC Family-Whnau Liaisons provide knowledge, experience and direction to families about the range of services and supports available in their community.

 Level 1 14 Birmingham Drive Middleton Christchurch 8640

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| --- | --- |
| sheridanmyall@ihc.org.nz  (027) 248 1561 https://ihc.org.nz/ihc-familywh%C4%81nau-liaisons | Monday - Friday, 8:30am - 5pm All services free of charge.  No referral required. |

**Integrated Therapies (ACC Registered)**

FSD0019442 Last updated 15/12/2020

To provide counselling and life coaching services to individuals, couples and families. Bringing together Tranactional Analysis, counselling and holistic life coaching techniques to assist clients towards making sustained change, to reach their goals and uncover life scripts that are detrimental. I specialise, and am experienced, in issues of grief and loss, relationship dynamics, acute/chronic health management, working through current life events. As a trained social worker and life coach I have the skills, knowledge and personal attributes to support you to realise, and achieve, your dreams! I also encourage positive visualisation and progressive relaxation techniques for clients who are open to these techniques in support of reaching their goals. Check out my website and testimonials! www.integratedtherapies.co.nz

17 Ingrid Street Parklands Christchurch 8083



carol@integratedtherapies.co.nz  By appointment

|  |  |
| --- | --- |
| (027) 522 7659 (03) 981 1184 http://www.integratedtherapies.co.nz | Mon-Fri  Sat  Some charges may apply.  No referral required. |

**Irlen Diagnostic Clinic - Christchurch**

FSD0008088 Last updated 20/07/2020

Irlen Syndrome (a form of dyslexia) is a visual perceptual problem which affects many people who have difficulty reading. Symptoms include slow reading, skipping words or lines, light sensitivity, eye strain and sometimes migraines. Clinics diagnose and treat clients using tinted filters.

10 Clyde Rd Ilam Christchurch 8041



dharshie@anstice.co.nz  9.00am - 5.00pm Monday to Friday.

(03) 343 3909 Some charges may apply. http://www.aaic.org.nz No referral required.

**Kaiapoi Community Support**

FSD0002675 Last updated 16/11/2020

Kaiapoi Community Support is a central place from which people in the Kaiapoi area can access information about a range of government and local services. We provide assistance to the community through our food bank and volunteer drivers, or by linking people to the appropriate helping agency. A co-ordinator, supported by a team of trained volunteers, is based at the Centre to provide information and a link to agencies.

24 Sewell Street Kaiapoi 7630 kcs.coord@wellbeingnc.org.nz  Coordinator available Mon- Fri 9am – 4pm.



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| --- | --- |
| (03) 327 8945 (022) 183 1277 http://www.wellbeingnc.org.nz | Foodbank and reception open Mon- Thurs 10am – 2pm.  All services free of charge.  No referral required. |

**Kaikoura Violence Free Network**

FSD0005746 Last updated 14/01/2021

The Kaikoura Family Violence Network is a group of community agencies working in a collaborative partnership to raise awareness of family violence and provide support in Kaikoura honouring the articles of Te Tiriti o Waitangi.

Level 2 96 West End Kaikoura 7300



kdc@kaikoura.govt.nz  8.30am to 4.30pm Monday to Friday

(03) 319 5026 All services free of charge. http://www.kaikoura.govt.nz No referral required.

**Kensington Centre Inpatient Unit**

FSD0019590 Last updated 19/02/2021

A purpose-built acute inpatient unit which consists of 14 beds. The unit has many single rooms, with kitchen and laundry facilities accessible throughout the day to clients. The service is provided to people with identified moderate to severe psychiatric illness. Following admission, intensive assessment and treatment is offered.

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| (03) 687 2150 (0800) 277 997 http://www.scdhb.health.nz      **Kilmarnock** | The centre is open 8:00 AM - 5:00 PM, Monday to Friday  If you require an urgent assessment, contact  0800 277 997 at any time All services free of charge. Referral may apply. |
| FSD0000438 | Last updated 06/04/2021 |

Changing attitudes towards disability through education, employment and opportunity, empowering people with disabilities to lead purposeful and dignified lives. We provide employment through Kilmarnock Manufacturing and training and education opportunities through the Kilmarnock Academy.

21 Lodestar Ave Wigram Christchurch 8042



sales@kilmarnock.co.nz  Monday-Friday, 8.30am-4.30pm

(03) 348 5162 All services free of charge. http://kilmarnock.co.nz No referral required.

**Kimihia Adventure Programme**

FSD0000439 Last updated 18/01/2021

A collaborative approach between community, families, care agencies and school providing a safety net and alternative education pathway for youth at risk, assisting them to reach their potential.

Beside 227 Linwood Avenue Linwood Christchurch 8011



Abi.kimihia@gmail.com  8.30am - 4.30pm, Monday to Friday.

(03) 389 5688 Some charges may apply.

Referral may apply.

**Kimihia Early Learning Centre**

FSD0005888 Last updated 01/10/2020

Early Learning Centre - a licensed childcare facility operating for the care of children in the community.

521 Ferry Road, Christchurch 8023



ece@klc.school.nz  8.00 am - 4.30 pm (03) 389 1800 Some charges may apply. http://kimihiapreschool.co.nz No referral required.

**Kiwi Family Trust**

FSD0020524 Last updated 16/06/2020

Tina Kina Tika Whnau O Aotearoa, Helping People to Help Themselves. We aim to develop and maintain services for training and education to promote the health and welfare of children, youths, young adults and family/whnau throughout New Zealand.

Thode Building 420 St Asaph St Phillipstown Christchurch 8011



office@kiwifamilytrust.org  Monday to Friday 9am - 5pm

(03) 963 8040 Some charges may apply.

(0508) 543 375 No referral required. http://www.kiwifamilytrust.org

**La Vida Youth Trust**

FSD0018002 Last updated 20/08/2020

We are a charitable youth trust working locally in Riccarton with young people and families. We provide 24-7 Youth Workers into two local schools, operate a Breakfast Club and operate an After School Programme.

34a Hansons Lane Upper Riccarton Christchurch 8041



lyt@lyt.org.nz  9 am - 4.30 pm Tues-Fri (03) 343 4935 Koha/donation may apply. http://www.lyt.org.nz Referral may apply.

**Laura Fergusson Brain Injury Trust**

FSD0019596 Last updated 02/02/2021

Laura Fergusson Brain Injury Trust is a non-profit organisation providing assessment and rehabilitation services, both through ACC contracts, private insurance agencies and privately to clients who have had moderate /severe traumatic brain injuries (TBI), mild traumatic brain injuries (Concussion), general neurological conditions, psychological issues and other general physical injuries. We visit clients in their own homes/school or workplace. Laura Fergusson Brain Injury Trust also provides services for clients returning to the workplace, residential care and supported living options.

177 Montreal Street Christchurch Central Christchurch 8011



hello@lfbit.co.nz  8am to 4.30pm Weekdays

(03) 335 0541 Some charges may apply. http://www.lfbit.co.nz/ Referral may apply.

**Learning for You South Canterbury**

FSD0015612 Last updated 06/11/2020

Our organisation is a non profit charitable trust who provides information, assessment and specialised one-on-one tutoring. We provide, information for clients, parents/whanau and educational providers who have concerns regarding Dyslexia and other related Learning

Disabilities. We provide help and support for people who learn differently by providing strategies to create learning pathways.

Community House 27 Strathallan Street Timaru



l4u@xtra.co.nz  9 - 11 am on Tuesday, Wednesday and

(03) 687 7584 Thursday

(03) 687 7584 Some charges may apply. http://www.learning4usouthcanterbury.wor No referral required. dpress.com

**Life Education Trust Mid South Canterbury**

FSD0019564 Last updated 17/12/2020

Through our Healthy Harold programme we educate and inspire generations to make positive choices for a healthy mind and body. We visit primary and intermediate schools, with our qualified educators we give the kids a unique learning experience in our high tech mobile classroom.

Community House 27 Strathallan Street Timaru



rog@orcon.net.nz  Office - Tuesday, Wednesday and Friday school

|  |  |
| --- | --- |
| (03) 308 3861 http://www.lifeeducation.org.nz      **LifeLine New Zealand** | hours  Mobile Classroom - every school day during school hours.  Freephone for Life Education Trust 0800 454  333  Some charges may apply. Referral may apply. |
| 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.

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| --- | --- |
| (0800) 543 354 (Free TXT) 4357 http://www.lifeline.org.nz      **LifeLinks** | 24 hours a day, seven days a week.  All services free of charge. No referral required. |
| FSD0000520 | Last updated 13/07/2020 |

We are a private company contracted to provide Needs Assessment and Service Co-ordination ( NASC) for people with disabilities (and their families) living in Canterbury, South Canterbury, North Canterbury and the West Coast. There is no cost to the individual for our service.

 42 Buchan Street Sydenham Christchurch 8023

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| --- | --- |
| office@lifelinks.co.nz (0800) 866 877 http://www.lifelinks.co.nz/ | Since the 22 February 2011 earthquake and the loss of our building, we are now able to have our staff working from 'remote' or mobile locations around the city. Operating Hours 8.30am to 5pm  Mon-Fri  All services free of charge.  Referral may apply. |

**Lifeworks Counselling and Psychotherapy**

FSD0000461 Last updated 27/07/2020

Lifeworks counselling provides individual counselling, psychotherapy, supervision, mentoring & group work for people aged 16 years and over.

Also provides group-work supervision and practice reflection. ACC registered for trauma recovery from a physical or mental injury.

41 Essex Street Phillipstown Christchurch 8011



nickeifalconer@hotmail.com  Wednesday - Friday 8.00am - 5.00pm

(03) 365 0483 Some charges may apply. http://www.lifeworkscounselling.co.nz No referral required.

**Lincoln Community Care Association Inc.**

FSD0020549 Last updated 26/01/2021

To promote, initiate and deliver a comprehensive range of community health, social and welfare services to the citizens of Lincoln and surrounding districts

This will be undertaken through a cadre' of permanent staff supported by a network of trained volunteers on a not for profit basis.

16 Lyttelton Street Christchurch 7608



dairymaidfoods@xtra.co.nz  8.30am to 4.30pm Monday to Friday, except

(03) 325 2007 Public Holidays

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

Referral may apply.

**Linwood Avenue Community Corner Trust**

FSD0000466 Last updated 26/03/2021

Services range from support and practical advice, budget referral, Emergency Food Parcels,

Partnership Community Workers. Programmes and activities for all ages, we employ a Coordinator, Family Community Worker and Health Workers.

378 Linwood Avenue Bromley Christchurch 8062



dorothy@lacct.org.nz  Office hours 9am to noon Monday to Friday

(03) 980 9827 Some charges may apply.

(03) 389 5303 No referral required.

http://linwoodavenueunionchurch.org.nz

**Literacy Aotearoa Aoraki (Canterbury)**

FSD0023963 Last updated 27/04/2021

To develop, promote and deliver accessible, quality literacy, language, numeracy and digital literacy skills designed to ensure the peoples of Aotearoa are critically literacy and able to realise their full social, cultural and economic potential.

Risingholme Homestead 22 Cholmondeley Ave Opawa Christchurch 8023 info.c9@literacy.org.nz  Mon - Fri 8:30am - 5pm



|  |  |
| --- | --- |
| (03) 337 5555  (0800) 678 910 http://www.literacy.org.nz/ | We deliver courses at Risingholme and also out in the community. Our courses are free, delivered in small supportive groups or 1:1 , by experienced & qualified tutors.  All services free of charge.  No referral required. |

**Maori Mental Health Team / Te Whare Tiaki Mahana**

FSD0019603 Last updated 12/01/2021

The Maori Team works with Takata Whai Ora under the Kaupapa Tika Pono Aroha - Right process, Trust, Acceptance. The Team is here to support Iwi Katoa. The Team also uses the Whare Tapa Wha as part of support for Tangata Whaiora. Nau mai, Haere mai.

(03) 687 2150  Monday to Friday, 8.00 - 4.30pm

(0800) 277 997 (in a crisis) All services free of charge. http://www.scdhb.health.nz No referral required.

**Mental Health Advocacy and Peer Support Trust**

FSD0000681 Last updated 15/09/2020

We are people who having learned from our own experience of mental illness or addictions now provide services and support to assist others as they seek to improve their quality of life. We provide a wide variety of peer-led and peer-informed services. We offer information, education and referrals to other services. We work collaboratively with mental health and addiction service users. Everyone who works at MHAPS (and many members of our Trust Board) has lived experience of mental distress, mental illness and/or substance addictions and of recovery.

357 Madras Street Christchurch 8013



reception@mhaps.org.nz  Office Hours : 9:00am – 4:30pm

(03) 365 9749 Monday to Friday

(0800) 437 324 All services free of charge. http://www.mhaps.org.nz/ Referral may apply.

**Mid South Island Women's Refuge and Family Safety Services**

FSD0007682 Last updated 14/12/2020

Support and help for women and children who suffer from or experience family domestic violence.

Education programme for women and children.

Safe emergency accommodation.

24/7 Crisis line: 0800 007 750

Advocacy and support with legal, court, justice, Work and Income, Housing New Zealand.

12 Sarah Street Timaru 7910 office@scwr.co.nz (03) 684 8280 (0800) 00 77 50 http://www.womensrefuge.org.nz



24 hour crisis line 0800 007750 Some charges may apply. Referral may apply.

## Classification : FVSS, SHSS

**Mind and Body Consultants - Christchurch**

FSD0019864 Last updated 06/11/2020

Our Peer Support Service offers you the opportunity to work with someone who has experienced mental distress first hand.

Our peer support workers are formally trained in peer support and have varied backgrounds, experiences and ethnicities. You can choose whoever you feel most comfortable working with. Mind and Body’s support is tailor-made by you for you. We start with asking what you need and want. We then work alongside you as you identify your strengths and achieve your goals.

8 Kennedy Place Hillsborough Christchurch 8022



carla@mindandbody.co.nz  Mind and Body operates Monday to Saturday

(03) 377 1818 within the hours of 8am-8pm http://www.mindandbody.co.nz All services free of charge.

No referral required.

**Ministry of Education, Learning Support, Canterbury, Chatham**

**Islands**

FSD0006559 Last updated 31/10/2020

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

48 Hereford St Christchurch 8013 enquiries.christchurch@education.govt.nz  Monday to Friday, 8.30am - 5.00pm.



(03) 378 7300 All services free of charge.

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

**Ministry of Social Development - Kaikoura Heartlands Centre**

FSD0008021 Last updated 29/07/2020

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

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

Unit 3, Heartlands Centre 78 Beach Road Kaikoura kaikoura@heartlandservices.govt.nz  Open 9am - 4pm



(0800) 559 009 (9.30am - 4pm on Wednesdays) http://www.workandincome.govt.nz All services free of charge.

No referral required.

**Motivationz 2008 Ltd**

FSD0023494 Last updated 08/04/2021

Motivationz is a mentoring and sports company working with youth.

"THE MOTIVATIONZ DREAM IS TO HELP YOUTH UNDERSTAND THAT THEY HAVE THE ENORMOUS ABILITY TO BECOME WHAT THEY DREAM"

41 Urunga Avenue Strowan Christchurch 8052



anthony@motivationz.co.nz  Monday to Friday 8am-5pm

|  |  |
| --- | --- |
| (03) 356 2110 (021) 222 6340 http://www.motivationz.co.nz    **Classification : YS** | Saturday 8am-12pm  All services free of charge.  Referral may apply. |

**Multiple Sclerosis Society of New Zealand**

FSD0004121 Last updated 14/10/2020

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

80 Fitzgerald Avenue Christchurch Central Christchurch 8011



info@msnz.org.nz  8:30am to 4:30pm Monday to Friday (0800) 675 463 MS LINE Some charges may apply.

(03) 366 2581 No referral required. http://www.msnz.org.nz/

**Neighbourhood Trust**

FSD0015642 Last updated 15/04/2021

The mission of the Neighbourhood Trust (NHT) is to support families and individuals to achieve tino rangatiratanga – that is to be self-determining over their lives, rather than reacting to whatever comes their way. We see our role as facilitating, supporting and helping whanau, primarily in the North St Albans/Mairehau/Shirley areas of Christchurch, to overcome barriers, set and achieve goals and reach their potential. NHT is a Charitable Trust that has been operating since 1999. It is the community arm of St Albans Baptist Church. It is governed by a minimum of 6 voluntary Trustees and has 2 full-time coordinating staff, 7 part time staff at the home office and 7 part-time staff in the after-school and holiday programmes (OSCAR approved).

64 McFaddens Road St Albans Christchurch 8052



info@nht.org.nz  Monday-Friday, 8.30am - 4pm

(03) 355 6522 Some charges may apply.

(027) 701 9382 Referral may apply. http://www.nht.org.nz

## Classification : OSCAR

**New Zealand AIDS Foundation**

FSD0006690 Last updated 24/11/2020

We provide service for gay, bisexual and other men who have sex with men (MSM), people living with or affected by HIV and other priority populations in Aotearoa.

Our services include:

* Rapid point of care HIV and syphilis testing.
* Gonorrhoea and chlamydia self-collected screening
* Short term counselling for people living with HIV, their partners, whnau and friends, andsupporting MSM to address the impacts of the social determinant of health.
* Support, advocacy, education and training related to HIV.
* Free condoms and lube.
* “Chat to Us” service allows MSM and the wider community to seek answers from NZAF staffaround sexual health and wellbeing matters.

275 Cashel Street Christchurch Central Christchurch 8011



contacttetoka@nzaf.org.nz  Mon 10.30am - 6.30pm

(0800) 80 24 37 Tues 8.30am - 4.30pm http://www.nzaf.org.nz Weds 10.30am - 6.30pm

Thurs 8.30am - 4.30pm All services free of charge. No referral required.

**Nova Trust**

FSD0000571 Last updated 09/02/2021

Nova Lodge is a residential facility providing an activities and work skills programme for people with alcohol and other drug dependency.

43 Newtons Road Templeton Christchurch admissions@novatrust.org.nz  Residential facility. 24 hour supervision.



|  |  |
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| (03) 349 2053 https://www.novatrust.org.nz/      **Nurturing Potential** | Daytime hours 7.30am - 4pm Supervisors on duty 4pm - 8am  Admissions Monday - Thursday. Contact via phone or email for details.  Some charges may apply. No referral required. |
| FSD0022790 | Last updated 04/02/2021 |

Private Practice offering therapeutic services for children & adolescents with developmental, emotional, social and cognitive difficulties.

Specialize in offering services for Autism Spectrum Disorders (ASD)/Aspergers, ADHD, Anxiety,

Attachment Difficulties, trauma, Behavioural Difficulties

128 Riccarton Road Riccarton Christchurch 8041



kaye@nurturingpotential.co.nz  Weekdays 8.30-5pm

(021) 139 7033 Some charges may apply. http://nurturingpotential.co.nz No referral required.

**Odyssey House Trust (Christchurch)**

FSD0000596 Last updated 20/10/2020

The goal is to assist those suffering from the problems associated with substance abuse, addiction and Co-existing problems; to change negative, self-defeating behavioural, emotional and cognitive patterns towards positive, self-enhancing ones resulting in pro-social values, attitudes and conduct.

Adult male AOD (Alcohol and Other Drugs) residential program

Youth AOD Residential and Day Programs

Driving Change – Impaired driving group - for people with three or more EBA convictions

Groups: - AOD Support groups

Older Persons Alcohol and Other Drugs Service – 65 Alive

Community Youth Mental Health and Addiction Service: Intervention for youth aged 13-18 years with moderate MH and/or AOD issues

ADAS - Alcohol and Other Drug Assessment and treatment service

Christchurch Central Service - Canterbury single point entry to AOD services

Drug Treatment programme

Hapori Ora - AOD day programme

Meth Help - Meth phone counselling service

98 Greers Road Burnside Christchurch 8053



admin@odysseychch.org.nz  9.00am - 3.00pm Mon - Fri

(03) 358 2690 All services free of charge.

(027) 234 5602 Referral may apply. http://www.odysseychch.org.nz/

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

FSD0006982 Last updated 09/07/2020

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

99 Tancred Street Ashburton 7700



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, Christchurch West**

FSD0006978 Last updated 09/07/2020

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

Level 1, Longhurst Health Building 53 Caulfield Avenue Halswell Christchurch 8025



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, Papanui**

FSD0006977 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.

56 Langdons Road Papanui Christchurch 8053



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, Rangiora**

FSD0006979 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.

Rangiora Centre 4-6 High Street Rangiora 7400



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, Sydenham**

FSD0006980 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.

New Zealand Government Centre 39 Durham Street Sydenham Christchurch 8023



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, Timaru**

FSD0006981 Last updated 14/07/2020

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 3, Aoraki House 7 Beswick Street Timaru 7910

contact@ot.govt.nz  If you're overseas:

(0508) 326 459 Call +64 9 912 3820

(0508) FAMILY All services free of charge. https://www.orangatamariki.govt.nz/ No referral required.

**Order of St John - Burwood/New Brighton Youth Division**

FSD0000601 Last updated 23/03/2021

To train volunteers who provide first aid and patient care services at community and sporting events and also to provide them with a wide range of life skills

St John Hall 100 Shaw Avenue, Rawhite Domain New Brighton Christchurch 8083 youth.southisland@stjohn.org.nz  Mondays during term time



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| --- | --- |
| (03) 353 7110  (0800) ST JOHN  http://www.stjohn.org.nz/ | Penguins: 6.00-7.10pm  Cadets: 7.00-8.30pm  Some charges may apply.  No referral required. |

**Order of St John - Cashmere Youth Division**

FSD0000615 Last updated 26/03/2021

To train volunteers who provide first aid and patient care services at community and sporting events.

Thorrington School Hall 22a Colombo Street Cashmere Christchurch youth.southisland@stjohn.org.nz  Tuesday nights



(03) 353 7110 18:30 - 19:00 Penguins

http://youth.stjohn.org.nz 19:00 - 20:30 Cadets

Some charges may apply. No referral required.

**Order of St John - Christchurch No. 3 Youth Division**

FSD0000604 Last updated 23/03/2021

To train volunteers who provide first aid and patient care services at community and sports events

St Lukes's Church Hall 2 Daniels Road Redwood Christchurch youth.southisland@stjohn.org.nz  Tuesdays during term time



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| (03) 353 7110  (0800) ST JOHN  http://www.stjohn.org.nz/ | All levels 7:00-8:30pm  (No Penguins)  Some charges may apply.  No referral required. |

**Order of St John - Halswell Youth Division**

FSD0015246 Last updated 26/03/2021

To train volunteers who provide first aid and patient care services at community and sporting events.

Halswell Primary School 437 Halswell Road Christchurch 8025 youth.southisland@stjohn.org.nz  Mondays during term time



(03) 353 7110 All levels 6:30-8:00pm

http://youth.stjohn.org.nz Some charges may apply.

No referral required.

**Order of St John - Hornby Youth Division**

FSD0000606 Last updated 16/04/2021

To train volunteers who provide first aid and patient care services at community and sporting events

Hornby High School 180 Waterloo Road Hornby Christchurch 8042



info@stjohn.org.nz  Tuesdays during term time

|  |  |
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| (03) 353 7110  (0800) ST JOHN  http://www.stjohn.org.nz/ | Penguins: 6:30-7:30pm  Cadets: 6:30-8:00pm  Some charges may apply.  No referral required. |

**Overeaters Anonymous - Te Waipounamu - South Island Intergroup**

FSD0007758 Last updated 20/10/2020

Is food a problem for you? 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.

oasouthislandnz@gmail.com  Please contact us for meeting times and

(03) 365 3812 locations. http://www.oachristchurch.org.nz All services free of charge.

No referral required.

**Oxford Community Trust**

FSD0002623 Last updated 27/10/2020

Contact point for community information, budget advice, income support, counselling, free legal advice, ACC, holiday (OSCAR approved) and youth programmes.

37 Main Street Oxford



admin@oxfordtrust.co.nz  9.00am - 3.00 pm Monday to Friday (excluding

|  |  |
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| (03) 312 3006  (021) 995 972 http://www.oxfordtrust.co.nz    **Classification : OSCAR** | public holidays)  Some charges may apply.  No referral required. |

**Papanui Youth Development Trust**

FSD0020988 Last updated 17/02/2021

Papanui Youth Development Trust (PYDT) offers 8 Core Projects which are designed to impact young people, through projects that will engage, challenge and empower them. With an underlying focus of youth development through leadership training, a strengths based approach and a directional leadership development model.

We also provide a community centre (Te Koru) which 51 community groups currently utilise each year.

 1a Harewood Rd Papanui Christchurch 8053

|  |  |
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| office@pydt.org (03) 354 9381 (027) 848 4000 http://www.pydt.org    **Classification : OSCAR**    **People Architects** | Refer to website  Koha/donation may apply. No referral required. |
| FSD0019352 | Last updated 05/01/2021 |

Specialised career counselling and workshops to support you in your career development and decisions. Services include tools to explore your skills, values and interests, career action planning, CV writing, job search and interview skills. Christchurch based, but consultations available by SKYPE.

19 Harrods Court Ilam Christchurch 8053



info@peoplearchitects.co.nz  Weekday and after hours appointments available (021) 043 4829 on evenings/ weekends in Christchurch. Zoom http://peoplearchitects.co.nz appointments also available.

Some charges may apply. No referral required.

**PGF Services - Christchurch**

FSD0006198 Last updated 29/03/2021

The Problem Gambling Foundation's mission is enhancing the mana of individuals, families and communities:to be free from gambling harm.

The Loft, Level 1, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch 8062 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 - Timaru**

FSD0006213 Last updated 29/03/2021

The Problem Gambling Foundation's mission is building healthy communities together, free from gambling harm.

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| help@pgfnz.org.nz (03) 379 2824 (0800) 664 262 http://www.pgf.nz      **Pillars Inc. - Christchurch** | 8.30am to 5.00pm phone contact All services free of charge. No referral required. |
| FSD0008080 | Last updated 15/03/2021 |

Pillars provides support services for children of prisoners and their families / whanau during the sentence and up to 12 months after release of their parent from prison.

This provider offers a national helpline service.

Social Sector Accredited.

50 Durham Street South Sydenham Christchurch 8023



enquiries@pillars.org.nz  Availability 9.00am - 5.00pm, Mon-Fri

(0508) PILLARS Koha/donation may apply.

(0508) 745 527 No referral required. http://www.pillars.org.nz

**PIPS Pregnancy Infancy Parenting Support Trust**

FSD0007391 Last updated 24/03/2021

PIPS provides a holistic community social service helping women, family members and other caregivers from pregnancy through the first year of baby's life. We provide free practical help with clothing and equipment support, information and emotional support to clients at a time when they are most vulnerable.

Old Central New Brighton School 95 Hawke Street New Brighton Christchurch



dahlia@pips.co.nz  9:30am - 2:30pm, Tuesday, Thursday, Friday

|  |  |
| --- | --- |
| (03) 385 0556 (022) 530 2463 https://www.pips.co.nz | 9:30am - 5:30pm Wednesday  All services free of charge.  No referral required. |

**Plunket - Addington**

FSD0000754 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

5 Twigger Street Addington Christchurch 8024



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Amberley**

FSD0016557 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

111 Main Road Amberley 7481



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Aranui** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000725 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

38 Portsmouth Street Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765  http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Barrington**

FSD0000727 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

120 Conway Street Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Belfast/Marshlands** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000728 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

7 Belfast Road Belfast Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Burnham** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0016322 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

Army Camp - Fryberg Road Burnham southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



(03) 366 0765 Please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Burwood**

FSD0016558 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

149 Burwood Road Burwood Christchurch 8083



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Canterbury Area Office**

FSD0007442 Last updated 08/04/2021

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.

5 Twigger Street Addington Christchurch



Southern.Region@Plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

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| **Plunket - Centaurus Road & Opawa/St Martins** |  |
| FSD0000753 | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

59 Centaurus Road Huntsbury Christchurch 8022



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Cheviot**

FSD0016559 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Cheviot Medical Centre 1 Robinson Street Cheviot 7310 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



(03) 366 0765 Please phone for more information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Culverden**

FSD0016560 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

7 Montrose Avenue Culverden 7392



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Cust** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000760 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

1685 Cust Road Cust 7471 southern.region@plunket.org.nz  Alternate Tuesdays by arrangement.



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| (03) 366 0765  http://www.plunket.org.nz | All services free of charge. No referral required. |

**Plunket - Darfield**

1 Halkett Street Darfield 7510 southern.region@plunket.org.nz  All appointments are pre-arranged by the nurse.



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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Dunsandel** | Please phone for information.  All services free of charge.  No referral required. |  |
| FSD0016562 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

13 Hororata Road Dunsandel 7682



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| FSD0016561 | Last updated 08/04/2021 |

southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Fendalton** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000733 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

183 Fendalton Road Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765  http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Halswell**

FSD0000734

16 Fern Drive Halswell Christchurch southern.region@plunket.org.nz 



(03) 366 0765 (0800) 933 922 http://www.plunket.org.nz

**Plunket - Hawarden / Waikari**

FSD0016563

Last updated 06/07/2020

All appointments are pre-arranged with the Nurse, please phone for information.

Koha/donation may apply. No referral required.

Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

68 Princess Street Waikari 7420



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Hoon Hay** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000735 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

19 McCarthy Street Hoon Hay Christchurch 8024



southernregion@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Hornby/Wycola**

FSD0000736 Last updated 06/07/2020

Tower Street Reserve 29 Tower Street Hornby Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Kaiapoi** | Nurse, please phone for information. | |
| Koha/donation may apply. No referral required. |  |
| FSD0000737 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

Kaiapoi Community Centre 26 Sewell Street Kaiapoi



southern.region@plunket.org.nz  All appointments are pre-arranged with the

|  |  |  |
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| (03) 366 0765 (0800) 933 922 http://www.plunket.org.nz      **Plunket - Kendal** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000726 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

57 Kendal Avenue Christchurch



Southern.Region@plunket.org.nz  Tuesday - Friday by appointment

|  |  |
| --- | --- |
| (03) 366 0765  http://www.plunket.org.nz | Koha/donation may apply. No referral required. |

**Plunket - Leeston**

FSD0016564 Last updated 08/04/2021

Leeston Medical Centre 57 High Street Leeston 7632 southern.region@plunket.org.nz  All appointments are pre arranged by the nurse.

(03) 366 0765 Please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Lincoln**

FSD0000739 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

158 North Belt Lincoln



southern.region@plunket.org.nz  All appointments are pre-arranged with the

|  |  |
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| (03) 366 0765 http://www.plunket.org.nz | Nurse, please phone for information.  All services free of charge.  No referral required. |

**Plunket - Linwood / Avonside / City East**

FSD0000740 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

The Loft, 1st Floor, Eastgate Shopping Centre 20 Buckleys Road Linwood Christchurch southern.region@plunket.org.nz  All appointments are pre-arranged with the



(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Lyttelton**

FSD0000741 Last updated 08/04/2021

Lyttelton Community & Recreation Centre 25 Winchester Street Lyttelton

southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Mt Pleasant/Redcliffs & Sumner**

FSD0000756 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

2 Augusta Street Redcliffs Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Oxford**

FSD0016565 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Main Street Oxford 7430



southern.region@plunket.org.nz  All appointments are pre-arranged with the

|  |  |
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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Papanui / Merivale** | Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0000745 | Last updated 04/05/2021 |

24 Bellvue Avenue Papanui Christchurch southern.region@plunket.org.nz 

(03) 366 0765

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Parklands/New Brighton**

FSD0000746 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

Community Centre 77 Queenspark Drive Parklands Christchurch 8083



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Prebbleton**

FSD0016566 Last updated 06/07/2020

Plunket believes in supporting the development of healthy families.

3 William Street Prebbleton Christchurch 7604



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Rangiora**

FSD0016567 Last updated 06/07/2020

24 High Street Rangiora Christchurch southern.region@plunket.org.nz 

(03) 366 0765

(0800) 933 922 Some charges may apply. http://www.plunket.org.nz No referral required.

**Plunket - Riccarton**

FSD0000749 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

26A Piko Crescent Riccarton Christchurch 8041



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Plunket - Rolleston**

FSD0000751 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 John Street Rolleston Christchurch



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Russley / Yaldhurst** | Nurse, please phone for information.  All services free of charge. No referral required. |
| FSD0000752 | Last updated 08/04/2021 |

18 Pinehurst Crescent Russley Christchurch southern.region@plunket.org.nz 

(03) 366 0765

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

No referral required.

**Plunket - Southbridge**

FSD0016568 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

1 Gordon Street Southbridge 7602



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - St Albans / Shirley** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000755 |  | Last updated 06/07/2020 |

Plunket believes in supporting the development of healthy families.

166 North Parade Shirley Christchurch 8013



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information.

http://www.plunket.org.nz Koha/donation may apply.

No referral required.

**Plunket - Waiau**

FSD0016569 Last updated 08/04/2021

1 Lyndon Street Waiau 7332 southern.region@plunket.org.nz 

(03) 366 0765

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

No referral required.

**Plunket - Woodend/Waikuku**

FSD0016570 Last updated 08/04/2021

Plunket believes in supporting the development of healthy families.

- Albert Street Rangiora



southern.region@plunket.org.nz  All appointments are pre-arranged with the

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| (03) 366 0765 http://www.plunket.org.nz      **Plunket - Woolston** | Nurse, please phone for information. | |
| All services free of charge. No referral required. |  |
| FSD0000757 |  | Last updated 08/04/2021 |

Plunket believes in supporting the development of healthy families.

640 Ferry Road Woolston Christchurch 8023



southern.region@plunket.org.nz  All appointments are pre-arranged with the

(03) 366 0765 Nurse, please phone for information. http://www.plunket.org.nz All services free of charge.

No referral required.

**Presbyterian Support Mid Canterbury - Trevor Wilson Centre**

FSD0007782 Last updated 12/03/2021

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

215 Tancred Street Ashburton 7700



midcant@psusi.org.nz  8.45am - 5.15pm Monday - Friday (0800) 477 874 Some charges may apply.

(03) 2616907 Referral may apply. http://psuppersouth.org.nz/

## Classification : YS

**Presbyterian Support North Canterbury - Ngawi Thompson Centre**

FSD0007783 Last updated 07/04/2021

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

258 High Street Rangiora 7400



NorthCant@psusi.org.nz  8.30am to 5pm Monday - Friday

|  |  |
| --- | --- |
| (0800) 477 874 (03) 261 2888 http://psuppersouth.org.nz/ | Some charges may apply. Referral may apply. |

**Presbyterian Support South Canterbury**

FSD0019573 Last updated 13/10/2020

Presbyterian Support South Canterbury is a community – based registered charitable organisation with a 100 year history of providing services to older people, families, children and young people in the South Canterbury region.

Services include Enliven residential aged care; community home-based care and support; aged care day/activity programmes; aged care associated services such as frozen meals and familyfocused social services through our Family Works division.

The Croft Complex 12 Park Lane Highfield Timaru 7910



Kirsty.Burnett@pssc.co.nz  Administration 8:30am-5:00 pm

|  |  |
| --- | --- |
| (03) 687 7945  (03) 687 1148 http://www.pssc.org.nz    **Classification : FVSS** | Monday - Friday  Some charges may apply.  No referral required. |

**Presbyterian Support Upper South Island**

FSD0000169 Last updated 23/11/2020

Presbyterian Support Upper South Island is a community based social services agency working towards a just and inclusive society. We deliver a wide range of social services developed in response to local need in the Upper south Island. We aim to help children, youth, families and older people to be safe, strong and connected. Presbyterian Support is a charity and has been working in Christchurch, Mid and North Canterbury, Marlborough, Nelson and West Coast communities for over 100 years.

44 Bealey Avenue Central Christchurch 8013



ps@psusi.org.nz  Monday to Friday 8.30am-5pm.

(0800) 477 874 Some charges may apply.

(03) 366 5472 Referral may apply. http://psuppersouth.org.nz/

## Classification : BFC, FVSS, YS

**Purapura Whetu Trust**

FSD0017022 Last updated 31/08/2020

Purapura Whetu Trust is a community based Kaupapa Maori mental health organisation. Purapura

Whetu Trust was initiated in 2002 to address the needs within the local Maori community. The

Kaupapa Maori model of care 'Purapura Whetu Te Kohinga' is our best practice model of care. The Trust provides Kaupapa Maori mental health services to adults, adolescents, children and their whanau who require a counselling or community support programme from a Kaupapa Maori perspective.

Level 1 166 St Asaph Street Christchurch 8011



office@pw.maori.nz  Monday to Friday 8.30 am to 4.30 pm

(03) 379 8001 All services free of charge. http://www.pw.maori.nz Referral may apply.

**Qtopia Inc**

FSD0020457 Last updated 22/01/2021

Qtopia is a social support service for all gay, lesbian, bisexual, gender diverse, transgender, intersex, takataapui, fa’afafine and all queer\* youth (or youth who are questioning their sexual identity) in the Canterbury region.

We host a range of social support groups, and provide education for organisations who are committed to creating inclusive environments for our rainbow community.

Biz Dojo 4 Ash Street Christchurch Central Christchurch 8011



connect@qtopia.org.nz  Office hours: 9am-5pm M-F http://www.qtopia.org.nz/ All services free of charge.

No referral required.

**R 13 Youth Development Trust**

FSD0020823 Last updated 09/09/2020

To provide alternative recreational/educational and skill development programmes so that young people not progressing in mainstream school system can improve their opportunities for employment personal outcomes. To provide a supervised Community Service programme for young people under the Youth Justice or Police Alternative action programmes, to enable those who have offended against society or against school regulations to face consequences for their actions by carrying out supervised community service (painting graffiti, planting, track cutting, mulching).

To provide a Community Youth Programme to help participants develop positive social attitudes, values, behavior and life skills such as self discipline, working with others and goal setting.This programme targets young people who are first or second time offenders, also targeting siblings of these young people. The programme will provide during peak at risk periods such as out of school hours, school holidays and weekends.

|  |  |
| --- | --- |
| ljtk@xtra.co.nz (027) 505 8099  (029) 200 7238      **Rachel's House Trust** | Normal business hours Some charges may apply. Referral may apply. |
| FSD0018437 | Last updated 24/03/2021 |

To support young parents to have, keep and parent their children. Rachel's House works holistically with families for as long as it takes to empower parents to live a life of confident hope and create a positive future for their children.

96 High Street Rangiora 7400



manager@rachelshouse.org.nz  Staff hours and group times vary, so initial

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| (022) 043 3298 http://www.rachelstrust.org.nz | contact by email or phone is preferential.  Koha/donation may apply.  No referral required. |

**Rangiora Youth Community Trust**

FSD0021291 Last updated 29/03/2021

We are a charitable Trust set up to employ Youth Workers in Rangiora High School and Rangiora New Life School as part of the 24-7 YouthWork network.

111 East Belt Rangiora 7400



info@ryct.net.nz  Monday-Thursday. 9am-3pm

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| (027) 465 9951  http://ryct.net.nz | All services free of charge. No referral required. |

**Restorative Justice North Canterbury**

FSD0002705 Last updated 25/08/2020

Restorative Justice is a process that focuses on the impact, experienced by people, affected by crime through a face-to-face meeting with offenders, who take responsibility for their offending.

This is a safe, supported and voluntary process for all participants.

We are able to facilitate restorative justice meetings before sentencing, after sentencing and for police diversion.

Level one 29 High Street Rangiora 7400



tl.kcs@wellbeingnc.org.nz  Leave a message at any time on the land line or

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| --- | --- |
| (021) 055 5002 http://www.wellbeingnc.org.nz/what-wedo-/restorative-justice-north-canterbury/      **Rodger Wright Centre** | cell phone.  Meetings can be arranged at a time to suit all parties.  All services free of charge. No referral required. |
| FSD0000310 | Last updated 22/04/2021 |

Primarily a needle exchange. Harm reduction, peer counselling, blood borne virus prevention, peer outreach programmes and education.

Rodger Wright Centre 10 Washington Way Sydenham Christchurch



manager@rwc.org.nz  Monday-Friday, 9am-10pm, Saturday, 11am(03) 365 2293 10pm, Sunday 12 noon-10pm, Public holidayshttp://www.rwc.org.nz CLOSED

All services free of charge. No referral required.

**SCDHB Alcohol and Other Drug Service**

FSD0019599 Last updated 15/01/2021

The Alcohol and Drug Team is an outpatient service for people affected by the misuse of alcohol and/or other drugs. This includes family members / significant others. Also provided is an opioid substitution treatment programme for those with an opiate addiction.

(03) 687 2150  Monday to Friday, 8.00am - 5.00pm

(0800) 277 997 (in a crisis)

https://www.scdhb.health.nz Or free text or call 1737 24/7 for free advice from

experienced mental health counsellors or nurses.

All services free of charge. No referral required.

**SCDHB Community Mental Health Team**

FSD0019601 Last updated 31/10/2020

This is a mobile community and rural service that, using the 'Strengths' philosophy, provides assessment, support, education and treatment to people who have an identified moderate to severe psychiatric illness which causes distress and/or enduring disability. The service educates and offers assistance and advice to those who are supporting clients of the Community Mental Health Team, and as necessary, arranges emergency respite care as an alternative to inpatient admission.

Kensington Centre - Queen Street Parkside Timaru



(03) 687 2150  Monday to Friday, 8.00am - 5.00pm (0800) 277 997 All services free of charge. http://www.scdhb.health.nz No referral required.

**SCDHB Infant Child and Adolescent Mental Health Team**

FSD0019600 Last updated 31/10/2020

Assessment, treatment and case management of moderate to severe mental health disorders for children and young people 0 - 18 years. Emergency assessments can be accessed through the Triage, Assessment and Crisis Team 0800 277 997.

(03) 687 2150  Monday to Friday, 8am - 5.00pm

(0800) 227 997 (in crisis) All services free of charge. http://www.scdhb.health.nz No referral required.

**SCDHB Youth Alcohol and Drug Team**

FSD0019604 Last updated 14/01/2021

A mobile service for young people 12-24 years affected by the misuse of substances. One-to-one assessment, treatment and support is available.

(03) 687 2150  Monday to Friday, 8.30am - 5.00pm

(0800) 277 997 (in a crisis) All services free of charge. http://www.scdhb.health.nz No referral required.

**Seabrook McKenzie Centre for Specific Learning Disabilities**

FSD0002644 Last updated 06/07/2020

We support the education, employment, social development, legal rights and quality of life of people with Specific Learning Disabilities/Dyslexia.

68 London Street Richmond Christchurch 8013



info@seabrookmckenzie.net  Mon - Fri 9am - 5pm

(03) 381 5383 Some charges may apply. http://www.seabrookmckenzie.net No referral required.

**Selwyn Local Council Website**

FSD0017697 Last updated 04/05/2021

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

contactus@selwyn.govt.nz  Online http://www.selwyn.govt.nz/ All services free of charge.

No referral required.

**Shakti Ethnic Women's Support Group Inc. (Christchurch)**

FSD0019347 Last updated 31/08/2020

The Shakti Ethnic Women's Support Group (Christchurch) was founded by ethnic women in Christchurch in response to the need for support services for migrant and refugee women (and their children) in South Island struggling to overcome the barriers associated with migration, isolation and domestic violence.

 Christchurch Community House 301 Tuam Street Christchurch Central Christchurch 8011

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| sewsg@shakti.org.nz  (0800) 742 584 (03) 940 9416 http://www.shakti-international.org/      **Shoreline Youth Trust** | Monday to Firday 9 am - 4 pm.  24/7 crisis call on 0800 number.  All services free of charge. No referral required. |
| FSD0016892 | Last updated 24/08/2020 |

Our organisation is dedicated to developing and maintaining a healthy, connected and engaged youth community within the Sumner Bays area. We hope to achieve these ends by connecting with youth within their schools and through events, programmes (some OSCAR approved) and activities that we facilitate.

At the heart of our work is our youth centre, Fuse, which serves as a place where we can provide these opportunities for connection, offer a safe haven, provide alternatives to boredom and trouble and also to give opportunities to serve and volunteer.

Ultimately we want to see youth thrive in their developmental years, making good choices, having fun, trying new things and succeeding in their pursuits.

25 Wakefield Avenue Sumner Christchurch 8081 shoreline\_youth\_trust@hotmail.com  Office hours:



(021) 842 214 Monday -Thursday 9am - 3pm http://fuse.org.nz Friday 12pm -9 pm

Our programmes currently run from 3pm 5.30pm most afternoons, with Friday being the exception where we run from 3pm - 9pm.

Some charges may apply. No referral required.

## Classification : OSCAR

**South City Youth Trust**

FSD0021194 Last updated 19/01/2021

South City Youth Trust is a youth organization that has an awesome youth centre on Hampshire Street, and even awesome-er youth workers who would love to hang out with awesome people like you.

South City Youth Centre 29 Crosby Street Shirley Christchurch 8013



southcityyt@gmail.com  Office Hours - 9am - 5pm (03) 366 4904 Programmes on throughout the week

All services free of charge. No referral required.

**Southwest Youth Community (SYC)**

FSD0020446 Last updated 30/11/2020

Our aim is to provide a community that is safe and welcoming where young people can find belonging and can be developed and challenged to reach their potential. The basis of everything we do is relational.

SYC is built on a large volunteer leadership team who work on achieving our vision, and is guided by a core team of paid staff who support, grow and oversee these volunteers and steer the direction of our work with young people. Our leaders and staff are all committed to a lifestyle of leadership among young people.

Our focus is on being authentic role-models, building long-term friendships, listening, advocating, providing safe environments, guidance, positive peer-pressure and FUN! We encourage high levels of participation and leadership development.

Spreydon Youth Community Trust (SYCT) is a local trust that has worked in the South West Christchurch area for over twenty years, with the trust's main operation being the SouthWest Youth Community (SYC).

244 Lyttelton Street Spreydon Christchurch 8024



info@syc.org.nz  Office open 9am - 5pm Monday to Friday. (021) 444 454 Services and programmes run at different times.

http://www.syc.org.nz Check the website for details

All services free of charge. No referral required.

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

FSD0007483 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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| southern@speld.org.nz (0800) 773 536 http://www.speld.org.nz | Office administration open Monday to Friday,  9.00am - 3.00pm.  Some charges may apply.  No referral required. |

**SPELD NZ Inc - South Canterbury Local Liaison Group**

FSD0020503 Last updated 04/09/2020

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

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

**St Augustines Anglican Church**

FSD0020531 Last updated 08/09/2020

We are a diverse group of people who share a common faith in Jesus Christ as our Lord and God. Together we seek to deepen our understanding of God's truth, to care for each other, and to minister God's wholeness to a needy world.

5 Cracroft Tce Cashmere Christchurch 8022



office@staugustines.org.nz  Tue, Thu & Fri 9.30am-3.30pm and Sunday

(03) 332 6627 Services: 9:15am, 11am

http://www.staugustines.org.nz Koha/donation may apply.

No referral required.

**START - Christchurch**

FSD0000809 Last updated 11/11/2020

* Specialist service for children, youth and adults who have experienced sexual abuse
* Counselling for children, youth and adults
* Support for their whanau
* Consultation for wider community
* Prevention / education for wider community

448 Innes Road Christchurch 8052



admin@starthealing.org  9.00am - 5.00pm Tuesday - Friday.

(03) 355 4414 9.00am - 6.00pm Monday (027) 952 5986 Some charges may apply. http://www.starthealing.org Referral may apply.

## Classification : SHSS

**Stepping Stone Trust**

FSD0000422 Last updated 14/12/2020

Canterbury based, mental health provider of residential, respite and community support services. The Trust has been providing services since 1990, employs over 150 staff, has up to 85 persons living with us and we support a further 350 in their own homes across the city each day/week. The Trust functions 24 hours per day and hasnt closed its doors in over 20 years!!

126 Lincoln Road Addington Christchurch 8024



office@stepstone.org.nz  24hr residential/respite, Med/youth mobile teams

(03) 338 6390 operate 7 days, CommunitySupport/Family http://www.stepstone.org.nz Support team 5 days per week

Office open Mon-Friday 8.30am-5.00pm All services free of charge. Referral may apply.

**STOP - Child, Adolescent and Adult Services Christchurch**

FSD0000812 Last updated 17/07/2020

STOP works to end sexual abuse by providing treatment for children, adolescents, and adults who have sexually abused or been engaged in harmful sexual behaviour.

Adolescent Services cover Canterbury, West Coast, Marlborough, Otago, Southland districts.

Adult Services cover Canterbury, Dunedin, Marlborough.

info@stop.org.nz  8.30am - 5.00pm Monday to Friday.

(03) 353 0257 All services free of charge. http://www.stop.org.nz Referral may apply.

## Classification : SHSS

**Stopping Violence Services (Christchurch) Inc**

FSD0000841 Last updated 29/07/2020

Stopping Violence Services (SVS) has been a provider of non violence programmes to the wider Christchurch community for over 35 years. SVS provides mandated and non mandated non violence programmes for men and women. In the Christchurch area SVS provides a Pasifika Service for men & women and their families at no cost. Limited funding is available for referrals wishing to engage on an adult programme who can not afford to pay a $90 session fee. Through the Ministry of Justice, SVS provides Strengthening Safety Services for men who are victims of violence. SVS provides free support to males and females who receive a Police Safety Order. Enabling Youth - SVS's youth section provides free programmes for male and female youth from 11 - 24yrs, and their caregivers.

36 Lismore Street Waltham Christchurch 8011



info@svschch.org.nz  Monday to Friday 8.30am-5.00pm

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| (03) 365 6266 (0800) 478 778 http://www.svschch.org.nz    **Classification : FVSS** | Evening groups from 6pm - 9pm Some charges may apply.  No referral required. |

**Sue Missen Counselling and Supervision Services**

FSD0006103 Last updated 20/08/2020

Counsellor with thirty years experience in agencies and private practice working with adults, adolescents, and children over five years. Couple and family therapy. Family Court approved counsellor. Expertise in working with mental health issues, loss and grief, stress, trauma, relationships, parental separation, FDR, personal issues, mediation, family violence.

Counsellor trainee educator, group facilitator and programme provider. Previously contracted provider of Parenting through Separation programme and programme for Women Protected persons under the DVA for 10 and 15 years respectively.

Professional and clinical supervision available for individuals, group and peer supervision.

Counselling and supervision also available via Skype.

32 Melford Close Rangiora 7400



suemissen@xtra.co.nz  Available by phone and email Monday to

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| (021) 130 8897 | Saturday.  Services are on Monday, Tuesday and Thursday.  Some charges may apply.  No referral required. |

**Te Aho O Te Kura Pounamu (Te Kura) - Christchurch**

FSD0021110 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.

Level 1, Powell Fenwick House 383 Colombo St Christchurch 8023



info@tekura.school.nz  Some charges may apply.

(0800) 65 99 88 Referral may apply. http://www.tekura.school.nz

**Te H - Waitaha Smokefree Support**

FSD0023109 Last updated 22/04/2021

Te H – Waitaha Smokefree Support is a collaboration of organisations working together to help people in Canterbury become Smokefree.

 Community and Public Health 310 Manchester Street City Centre Christchurch 8013

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| smokefree@cdhb.health.nz  (0800) 425 700 http://www.tehawaitaha.nz      **Te H o Mtauranga** | Monday - Friday  All services free of charge. No referral required. |
| FSD0024181 | Last updated 12/03/2021 |

Te H o Mtauranga is a community education hub, working to create, promote and encourage inclusive and varied learning opportunities and environments in Kaikura.

We are a Youth Services Provider, working with YP, YPP clients and NEETs.

We deliver the Mayor's Taskforce for Jobs programme throughout Kaikura, supporting youth, people affected by COVID and those who have finished with the NCTIR project to find sustainable employment, increase skills and gain microcredentials.

We provide after school education groups for tamariki and their whanau. We provide driver's licence learning support. We work with young people, coordinating Kaikura Youth Council and providing positive youth development opportunities. We offer study support, pathways advice and help with job seeking.

We have a venue for available for use and work with external providers to offer educational opportunities to Kaikura residents.

14 Ludstone Road Kaikoura 7300



sarah@kaikoura.link  Available 9am to 5pm Monday to Friday

|  |  |
| --- | --- |
| (03) 319 3002 (027) 807 2874 http://www.kaikoura.link | All services free of charge. Referral may apply. |

## Classification : YS

**Te Kupenga o Aranui**

FSD0019482 Last updated 03/12/2020

TKA is a collaborative approach between community, families and schools providing a safety net for alienated youth assisting them to reach their potential.

257 Breezes Road Aranui Christchurch 8061



manager@tkachch.co.nz  9.00am-3.00pm Monday to Friday (03) 388 3665 All services free of charge.

Referral may apply.

**Te Ora Hou tautahi Inc**

FSD0005958 Last updated 20/10/2020

Te Ora Hou is committed to forming life changing relationships through programs that are designed to empower and equip young people in the context of their whanau and communities.

77 Windermere Road Papanui Christchurch



christchurch@teorahou.org.nz  Mon - Fri

(03) 352 1057 9am - 5pm

(027) 288 9797 All services free of charge. http://www.toho.org.nz Referral may apply.

## Classification : YS

**Te Poutama Arahi Rangatahi**

FSD0022072 Last updated 24/06/2020

Te Poutama rahi Rangatahi is a specialist residential treatment facility located in Christchurch, contracted to Barnardos by Oranga Tamariki - Ministry for Children, and MoE.

The facility was established in 1999 to provide residential treatment for young men aged between 12-17 years who have engaged in harmful sexual behaviour, and can no longer be safely treated within their own communities.

Te Poutama rahi Rangatahi provides a safe, secure and therapeutic environment to assist them to engage in their individualised treatment programs in a positive and responsive way. Community based treatment providers and clinical staff also work alongside families prior to, during, and throughout the reintegration phase of the young person’s treatment.

The facility also operates a school on-site which all young people attend on a daily basis. External activities and educational and vocational opportunities are also provided to youth based on their individualised education.

brent.hastie@barnardos.org.nz  Service available 24/7

(03) 349 0088 http://www.barnardos.org.nz Reception office hours 8.30am - 4.30pm Monday

to Friday.

All services free of charge. Referral may apply.

**Te Puna Oranga Incorporated**

FSD0000862 Last updated 12/08/2020

We are Kaupapa Maori Community Service Organisation, who are committed to working with Whanau within a holistic approach. Services offered are; Maori sexual abuse healing, abuse prevention education, Maori youth & whanau advocacy services.

687 Worcester Street Linwood Christchurch



info@tepunaoranga.co.nz  9am-5pm Monday to Friday.

(03) 381 8472 All services free of charge.

No referral required.

## Classification : FVSS, SHSS

**Te Runanga O Nga Maata Waka Incorporated**

FSD0019360 Last updated 03/12/2020

Our agency is based at Nga Hau E Wha National Marae situated in the eastern suburbs of Christchurch.

We currently deliver a range of services in health, education, justice, social services, youth services, business development, community development, and cultural identity/competence.

We are also an approved community services provider of Ministry of Social Development to provide youth services, are registered and accredited by NZQA under the Education Act as a Private Training Establishment, and have accreditation from Te Wana (AAA-NZ), an international quality standards programme.

Maata Waka means the ‘confederation of all tribes, all nations, all people’. The organisation is inclusive of all and exclusive of none.

For the Runanga our vision is to support the dreams and aspirations of all people and to strive towards independence with integrity. For us this is 'tino rangatiratanga'.

Nga Hau e Wha National Marae 250 Pages Road Wainoni Christchurch 8062 info@maatawaka.org.nz  Monday to Friday - 8:00 to 4:30



(03) 382 6628 Some charges may apply. https://maatawaka.org.nz Referral may apply.

## Classification : BFC, FVSS

**Te Whare Awhero**

FSD0022073 Last updated 11/01/2021

Te Whare Awhero (Hope House) is the Hornby Presbyterian Community Trust and provides

Community Development, Community and Neighbours (CAN) Counselling, Practical Support, Mentoring, Community Based Research, Supervision and Spiritual Direction in the Greater Hornby Area.

413 Main South Road Hornby Christchurch 8042



admin@hpct.org.nz  Office Hours: Monday-Thursday 9am-5pm.

(03) 967 4673 Counselling Service Monday-Thursday 9am-5pm http://www.hpct.org.nz and Friday Counselling by appointment only.

Some charges may apply. No referral required.

**Te Whare Hauora (Otautahi Women's Refuge)**

FSD0007679 Last updated 19/10/2020

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.

admin@tewharehauora.com (03) 379 6910

(0800) 11 74 74

24/7 hour Crisisline Support

0800 117474 All services free of charge. No referral required.

**Te Whare Putea Trust**

FSD0008188 Last updated 30/07/2020

Offer information and advice, budget advice, family support, Food Bank and Heartland services.

3/78 Beach Road Kaikoura tewhareputea@xtra.co.nz  Monday to Friday 9am-4pm.



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| (03) 319 7243 (027) 333 4480 http://www.tewhareputea.org.nz    **Classification : BFC** | All services free of charge. No referral required. |

**Tenancy Services - Christchurch**

FSD0006234 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 2 161 Cashel Street Christchurch Central Christchurch 8011



info@tenancy.govt.nz  Open 8.30 am to 4.30 pm weekdays. It is best to

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| (0800) 836 262 (0800) TENANCY  https://www.tenancy.govt.nz/ | call and make an appointment to see someone.  Some charges may apply.  No referral required. |

**Tenants Protection Association (Christchurch) Inc**

FSD0015782 Last updated 28/09/2020

One in three people live in a home they do not own. Tenants Protection Association (TPA) provides free and confidential advice, information and advocacy services which includes assisting tenants to understand and prepare for the mediation and tribunal process, and helping Tenants and other make decisions about their current renting situation. TPA also provides education services and resources to assist renters and other agencies understand tenancy rights and responsibilities.

301 Tuam Street Christchurch Central Christchurch



info@tpa.org.nz  You can contact TPA by email or ringing (03) (03) 379 2297 379 2297 during working hours. Please clearly http://www.tpa.org.nz leave your name and phone number. Face to

face advice at city office by appointment.

Some charges may apply. No referral required.

**The Chris Ruth Centre**

FSD0020313 Last updated 20/10/2020

The Chris Ruth Centre Trust provides a high quality, individualised, community-oriented service for school leavers with Very High Needs Disabilities.

20 Tankerville Road Hoon Hay Christchurch 8025



admin100@chrisruthcentre.co.nz  9am-3pm, Monday-Friday (03) 339 2930 All services free of charge. http://www.chrisruthcentre.co.nz Referral may apply.

**The Hope Community Trust**

FSD0018407 Last updated 17/12/2020

Our Mission is to Restore Hope within individuals and families by providing Emotional, Physical and Spiritual solutions to their needs.

We do this by providing a unique Wrap around Care model of practise and build community and belonging. Counselling Centre, Community Support Workers, Food bank, Community Garden, Op Shop, Men's Breakfast, Women's groups, Community Meal, Restore Drug and Alcohol drop-in service, Kingdom Resources budgeting service.

Refer to Website for hours and times of daily life.

113-115 East Belt Rangiora 7400 support@hopecommunity.co.nz (03) 928 3066 http://www.hopecommunity.co.nz Tuesdays-Fridays: 9am – 4pm



Weekends: Closed

Some charges may apply. No referral required.

**The Independent Psychological Service**

FSD0016592 Last updated 06/07/2020

Provider of psychological assessment and intervention services on behalf of employee assistance programmes, Ministry of Justice, MSD and ACC.

mkelly.tips@gmail.com  On request available at multiple locations in (027) 372 1333 Christchurch & Nelson regions and outside of http://theindependentpsychologicalservice those areas by negotiation.

.co.nz Some charges may apply.

No referral required.

**The Salvation Army - Aranui**

FSD0000787 Last updated 19/04/2021

Worship, community and welfare services of The Salvation Army

34 Portsmouth Street Wainoni Christchurch 8061



aranui.corps@salvationarmy.org.nz  Mon, Tues, Weds, Thurs, Friday 10 am - 2 pm

(03) 388 1072 Some charges may apply. https://www.salvationarmy.org.nz/find- No referral required.

churchcentre/newzealand/canterbury/aranui/aranui-corps

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| **The Salvation Army - Christchurch City** |  |
| FSD0000785 | Last updated 16/04/2021 |

Worship, community and welfare services of The Salvation Army

 853 Colombo Street Christchurch Central Christchurch 8013 christchurchcity.corps@salvationarmy.org  Office hours: Monday-Friday, 9.30am- 4pm

.nz (closed between 12 - 1pm each day for lunch)

(03) 366 0740 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required.

nz/canterbury/christchurch/christchurchcity-corps

**The Salvation Army - Hornby**

FSD0000786 Last updated 16/04/2021

We are here to support the community and help meet need in whatever way we are able. Through the centre we offer welfare support through Food Parcels, Financial Mentoring, Free Bread on a Tuesday and a listening ear. We offer the Positive Lifestyle Programme which runs for eight sessions, one on one. Craft Group, Community Cuppa, Social events are all opportunities to meet and make new friends. Our Sunday Service is a bright, vibrant time of celebration with something for the whole family and finishing with morning tea.

23 Manurere Street Hei Hei Christchurch 8042



hornby.corps@salvationarmy.org.nz  Centre Office is open Monday - Thursday

(03) 349 6268 (9.30am-12.30pm)

https://www.salvationarmy.org.nz/centres/

nz/canterbury/hornby Foodbank: Monday and Thursday - 9.30am to

12.30pm. (last appointment 12.10pm) Koha/donation may apply. No referral required.

**The Salvation Army - Linwood**

FSD0000791 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

 177 Linwood Avenue Linwood Christchurch

linwood\_corps@nzf.salvationarmy.org  Community & Family Centre: 9am - 12.00pm,

(03) 389 3723 1pm-4pm Monday to Friday. https://www.salvationarmy.org.nz/centres/

nz/canterbury/linwood/linwood-corps Budgeting Service available on (03) 389 3723 Some charges may apply. No referral required.

**The Salvation Army - Rangiora**

FSD0000792 Last updated 23/04/2021

Worship, community and welfare services of The Salvation Army

12 Ashley Street Rangiora 7400



rangiora\_corps@nzf.salvationarmy.org  Mon to Fri 9am - 4pm

(03) 313 2370 All services free of charge. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/rangiora/rangiora-corps

**The Salvation Army - Sydenham**

FSD0000795 Last updated 03/05/2021

Worship, community and welfare services of The Salvation Army

250 Colombo Street Christchurch 8023 sydenham\_corps@nzf.salvationarmy.org  Monday to Friday, services by appointment.



(03) 332 8277 Some charges may apply.

(03) 331 7483 No referral required.

https://www.salvationarmy.org.nz/findchurchcentre/newzealand/canterbury/sydenham/sydenhamcorps

**The Salvation Army - Timaru**

FSD0023562 Last updated 22/03/2021

Worship, community and welfare services of The Salvation Army

206 Wai-iti Road Highfield Timaru 7910



timaru.corps@salvationarmy.org.nz  /

(03) 684 7139 Some charges may apply. https://www.salvationarmy.org.nz/centres/ No referral required. nz/canterbury/timaru/timaru-corps

**Timaru TACT (Triage, Assessment, Crisis and Treatment Team)**

FSD0019591 Last updated 31/10/2020

This is a 24 hour/seven days a week service utilising the 'Strengths' philosophy for people in the acute phase of a psychiatric illness, or at risk of an acute episode, who may require assessment and follow up. The TACT Team is also the first point of contact for any member of the public, and other agencies, who have need for advice and/or assistance of a general nature about the services available for those who may be suffering from a psychiatric illness. Known clients of SCDHB Mental Health & Addiction Services are managed in the first instance by their allocated registered health professional. Free phone 0800 277 977.

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| --- | --- |
| (0800) 277 997 (03) 687 2196 http://www.scdhb.health.nz      **Valerie Attrill Counselling** | 24 hours, 7 days a week All services free of charge. No referral required. |
| FSD0000311 | Last updated 04/02/2021 |

Counselling, consultations and clinical supervision. Assists with workplace management and staff relationships, personal identity/and self development, sexual orientation/sexual identity/gender and transgender, relationship issues, intimacy and sexual issues, emotional problems, anger and rage:

understanding & management, grieving support and understanding, loss of motivation through depression, loss of autonomy through anxiousness, spirituality exploration.

 88A Pine Avenue New Brighton Christchurch 8061

attrillvalerie@gmail.com  Week daytime and Evening appointments (027) 436 9807 available. No weekend appts.

http://www.valerieattrill.nz New Brighton. Appointment times negotiated

with flexibility.

Some charges may apply. No referral required.

**Victim Support - Christchurch**

FSD0000247 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 - Mid Canterbury**

FSD0005989 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 - North Canterbury**

FSD0002652 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, seven days a week.  All services free of charge.  No referral required. |

**Victim Support - South Canterbury**

FSD0015721 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      **Volunteering Canterbury** | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge. No referral required. |
| FSD0005822 | Last updated 25/01/2021 |

Volunteering Canterbury is a registered charity that supports and promotes volunteering. We uphold the integrity of voluntary work and the rights of volunteers. We help to match individual interests with organisations who need volunteers, and offer support and training to organisations which involve volunteers.

Room 10, Christchurch Community House 301 Tuam Street Christchurch 8011 office@volcan.org.nz  Monday to Friday (03) 366 2442 9.00am to 5.00pm



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

No referral required.

**Wellbeing North Canterbury - School Attendance Service**

FSD0002713 Last updated 15/04/2021

The School Attendance Service provides support to children, young people and their families to improve attendance at school. We work with schools and other community agencies to support students to attend school, and also work with dis-engaged learners to see them return to school or other education.

29 High Street Rangiora info@wellbeingnc.org.nz  Monday to Friday, 9am - 3pm.



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| (03) 310 6375 (027) 245 0203 http://www.wellbeingnc.org.nz | All services free of charge. Referral may apply. |

**West Christchurch Women's Refuge**

FSD0000886 Last updated 01/10/2020

The objectives of West Christchurch Women's Refuge are to eliminate violence and to protect and promote the rights of women, children, families and whanau to live in environments free from violence and abuse. We meet our objectives through the provision of services and by raising public awareness of domestic violence and related issues.

Our services include a 24 hour crisis line; crisis response services; residential safe house; residential support services; community outreach services; national home safety service Whanau Protect; advocacy & support; education. For support, please ring our Crisis Line : 03-379-0575 or 0800 REFUGE (0800 733 843). In an emergency, please ring 111.

w.w.r@xtra.co.nz  24hour/7 days a week - via the 24 hour crisis line

(03) 379 0575 (Crisis Line) All services free of charge.

(0800) 733 843 (REFUGE) No referral required.

http://www.westchchwomensrefuge.org.nz

**Women's Centre - Christchurch**

FSD0005752 Last updated 20/04/2021

The Women's Centre works with and for the well-being of all women, by assisting, supporting and encouraging them to make informed choices in their lives.

Unit 3 242 Ferry Road Waltham Christchurch 8011 support@womenscentre.co.nz  Drop-in open between 10am - 2pm Mon - Fri.



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| (03) 371 7414 (022) 105 5308 http://www.womenscentre.co.nz | Phone between 9am - 3pm Mon - Fri.  Some charges may apply.  No referral required. |

**Woolston Development Project**

FSD0018213 Last updated 10/04/2021

We offer opportunities for children, youth, women, and families/whnau to develop to their full potential through the social, recreational and support services we provide:

* A Family Support Service with a dedicated Family Support Worker
* A Women's Social Support Group which meets weekly.
* A Youth Volunteer Programme where secondary school students can support our OSCARprogrammes.
* OSCAR approved programmes for 5-13-year-old children during school term and holidays:
* Depo Programme for 10-13-year-olds two afternoons per week providing age specific recreationand community projects which aim encourage giving bac' to the community.

We empower our local community – all genders, ethnicities, ages and stages - through our community development projects:

* A walking group on Thursday mornings followed by lunch together.
* A weekly craft group on Fridays.

We hope to expand our community development projects greatly over the next few years. Watch this space!

497 Ferry Road Woolston Christchurch 8023 manager@woolstondevelopmentproject.o  10.00 a.m. to 5.30 p.m. rg.nz Some charges may apply.



(03) 389 4448 No referral required.

(027) 781 1348 http://www.woolstondevelopmentproject.o rg.nz

## Classification : OSCAR

**Work and Income - Ashburton Service Centre**

FSD0008025 Last updated 28/08/2020

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.

145 Tancred Street Ashburton 7700



(0800) 559 009  You can contact any of our service centres or

|  |  |
| --- | --- |
| http://www.workandincome.govt.nz | Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Hornby Service Centre**

FSD0008027 Last updated 28/08/2020

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.

 25 Shands Road Hornby Christchurch 8042

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| (0800) 559 009 http://www.workandincome.govt.nz | You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge.  No referral required. |

**Work and Income - Linwood Community Link**

FSD0008029 Last updated 04/08/2020

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.

154 Aldwins Road Linwood Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - New Brighton Service Centre**

FSD0008030 Last updated 28/08/2020

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. 26 Beresford Street New Brighton Christchurch 8061



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Papanui Service Centre**

FSD0008031 Last updated 28/08/2020

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.

56 Langdons Road Papanui Christchurch 8542



(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 - Rangiora Service Centre**

FSD0008032 Last updated 28/08/2020

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 High Street Rangiora 7400



(0800) 559 009 http://www.workandincome.govt.nz

You can contact any of our service centres or Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Riccarton Service Centre**

FSD0008033 Last updated 31/07/2020

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.

76-78 Riccarton Road Riccarton Christchurch 8011



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Shirley Service Centre**

FSD0008034 Last updated 04/08/2020

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.

203-205 Hills Road Shirley Christchurch 8013



(0800) 559 009  You can contact any of our service centres or

http://www.workandincome.govt.nz Community Links on 0800 559 009. Unless listed otherwise, all locations are open on Monday to Friday 8:30am - 5pm, Wednesday 9:30am - 5pm All services free of charge. No referral required.

**Work and Income - Sydenham New Zealand Government Centre**

FSD0008036 Last updated 31/08/2020

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.

39 Durham Street Sydenham Christchurch



(0800) 559 009  Open Monday to Friday 8:30am to 5pm

http://www.workandincome.govt.nz Open Wednesdays 9:30am to 5pm

All services free of charge. No referral required.

**Work and Income - Timaru Community Link**

FSD0008064 Last updated 27/04/2021

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

Work and Income is a service of the Ministry of Social Development (MSD) and delivers support and employment services to more than 1 million New Zealanders. Work and Income provides assistance in a number of ways; see our services to find out how we can help you and your family. 14 Strathallen Street Timaru 7940



(0800) 559 009  Mon, Tues, Thurs, Fri 8.30am until 5pm

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| http://www.workandincome.govt.nz      **YCD Youth Services** | Weds 9.30am until 5pm All services free of charge. No referral required. |
| FSD0016962 | Last updated 09/03/2021 |

YCD provide Youth Work Services to Young People many of whom are at risk of offending, struggling to remain connected to school or training and may need some practical support and encouragement. We try to work with the Young Person while involving whanau/family to be a part of the solution. YCD provides services within Youth Justice and those Young People who are at risk of presenting on the streets or becoming involved in the sex industry. We have a diverse cultural staffing structure to provide appropriate information , guidance and support. YCD works to develop, empower and encourage respect, wellbeing, accountability and independence.

301 Cashel Street Christchurch 8011



ycd@ycd.co.nz  Monday to Friday 8:30am-4:30pm

(03) 366 0866 All services free of charge.

(027) 562 6290 Referral may apply. http://ycd.co.nz

**Yellow Brick Road (formerly Supporting Families Canterbury)**

FSD0007462 Last updated 18/02/2021

Confidential Support

* For family, whanau and friends of those with mental illness (from 5 years). Information, advocacy,training programmes, peer support
* For those bereaved by suicide. Wrap around support and WAVES suicide bereavementprogramme. Suicide pre- and post-vention one on one service
* Qualified Fieldworkers with family experience
* No charge for services, minimal waiting time.

Evidence based programmes offered to family/whanau:

* Family Connections (BPD/ Emotional Dysregulation) Programme
* Children Understanding Mental Illness Programme - (CUMI) for children and young people from 5years
* WAVES (Adults Bereaved by Suicide) Programme
* Stepping Out for women struggling with a child (often adult) with mental illness.

The Hub 275 Hereford Street Christchurch 8011



Helen@yellowbrickroad.org.nz  8.30am - 5pm Monday to Friday.

(03) 366 9284 All services free of charge.

(0800) 876 682 No referral required. http://yellowbrickroad.org.nz

**YMCA Christchurch**

FSD0020286 Last updated 22/06/2020

The YMCA of Christchurch is invested in the next generation. By this we mean that we are always thinking of how we can develop young people today, so that they will be great members of society tomorrow. We do this through a range of programmes, but also by empowering others in our community to be involved with our cause – because ultimately the future is all about making sure we raise our children and young people in the best way we can.

12 Hereford Street Christchurch Central Christchurch 8011



education@ymcachch.org.nz  Reception Desk is open 24hrs

(03) 377 2174 City Office is open Mon-Fri 8am-5pm

https://www.ymcachch.org.nz Bishopdale office is open Mon-Fri 7am-7pm

Wainui Camp office is open Mon-Fri 8am-5pm Education Centre is open Mon-Fri 9am-4pm Some charges may apply. No referral required.

## Classification : OSCAR

**YMCA South and Mid Canterbury**

FSD0019435 Last updated 13/07/2020

YMCA South and Mid Canterbury provides free, second chance education programmes to both youth and adults. Programmes also include recreation and sport for youth, youth holiday programmes for young people, supervision for children under Oranga Tamariki - Ministry for Children care as well as working in collaboration to deliver community events targeted at youth. We deliver or work alongside in excess of 1000 people within our community per year. Throughout the delivery of these programmes and services, we encourage the development of the 'whole' person. Our programmes and services are underpinned by our core values of HONESTY, CARING, RESPECT and RESPONSIBILITY.

23 Butler Street Timaru 7910



keith@ymcasc.org.nz  8.30am to 4.30 pm Monday to Friday

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| --- | --- |
| (03) 688 3682 http://www.ymcasc.org.nz    **Classification : YS**    **Young Arthritis People** | All services free of charge. Referral may apply. |
| FSD0000893 | Last updated 01/03/2021 |

To link families together who need support. Educational seminars and activities for younger and older children, yearly camps and social activities. Survival kit available for teachers and parents: contact Arthritis New Zealand.

Arthritis New Zealand 3/15 Washington Way Sydenham Christchurch 8011 rochelle.molloy@arthritis.org.nz  Monday - Friday 9am-3.30pm



(03) 366 8383 Some charges may apply.

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

**Youth Alive Trust**

FSD0016347 Last updated 15/01/2021

Youth Alive Trust was established in 1989 to serve children and young people in New Brighton, Christchurch. Our mission is to Build Brighter Futures with Young People in New Brighton through Practical Christian Service.

We aim to support them holistically; socially, emotionally, mentally and spiritually through our variety of programmes, in a fun and safe environment. To provide dedicated & enthusiastic staff and volunteers that make our programmes an exciting, vibrant and healthy place to be. Building inspiration, hope and values into the lives of our youngsters, which makes New Brighton, and our world a better and brighter place!

111 Seaview Road New Brighton Christchurch 8061



office@yat.org.nz  9am - 5pm Weekdays Office Hours

(03) 388 1001 Some charges may apply. http://www.yat.org.nz No referral required.

## Classification : OSCAR

**Youth Forever Club**

FSD0000896 Last updated 15/09/2020

To support and serve Migrants and refugee from Middle Eastern Background to settle in their new home country New Zealand.

60 Farquhars Road Redwood Christchurch 8051



botros@xtra.co.nz  Available during working days from 9-5pm. (021) 189 3886 Saturday and Sunday, 7-9.30pm (03) 352 4939 Some charges may apply.

No referral required.

**Youth Pathways**

FSD0023633 Last updated 01/10/2020

Youth Pathways is a Charitable Organisation focussing on the development of young people and their families. We offer a variety of programmes: Our Mana Programme which is focussed on reducing youth offending; our Mentoring Programme providing intensive and individualised support; our Fee for Service Mentoring available to anyone and popular with schools and NGO's looking for intensive mentoring for young people with a variety of needs; and our Champs Programme which is about getting young people involved in sport in their communities and uses sport and role models as a vehicle for change and development.

22 Disraeli Street Addington Christchurch 8024



info@youthpathways.co.nz  Monday – Friday: 8:30AM – 5PM (021) 270 2511 Some charges may apply. http://www.youthpathways.co.nz Referral may apply.

**Youth Service - Canterbury**

FSD0022743 Last updated 11/03/2021

Youth Service is a proven approach to working with young people. It aims to get young people into education, training or work-based learning. This will help young people gain the skills to find a job and have an independent future. Some young people will work with a Youth Service provider as part of getting financial support from Work and Income. This includes young people who are receiving Youth Payment, Young Parent Payment or receive support as a partner of a specified beneficiary.

Offices in Rangiora and Christchurch.

140 East Belt Rangiora 7400



info.nc@comcol.ac.nz  8:30 am - 4:30 pm Monday to Friday

(03) 313 5874 All services free of charge.

(03) 365 1772 No referral required.

https://www.comcol.ac.nz/youth-serviceratonga-taiohi.html

## Classification : YS

**Youthline - Central South Island**

FSD0006535 Last updated 13/07/2020

Free confidential 24/7 phone, text, email and web-chat counselling for young people. Online mentoring for 12-16 year olds. Youth Development and leadership training.

admin@youthlinecsi.org.nz 

(Free TXT) 234 (0800) 37 66 33 https://www.youthline.co.nz/csi.html

**Youthtown Inc: Christchurch**

Office open Monday to Thursdays

03-3794 795 admin@youthlinecsi.org.nz Central Christchurch

Helpline open 24/7

All services free of charge. No referral required.

FSD0018757 Last updated 21/10/2020

Youthtown is a nationally operated, not-for-profit organisation offering a whole ‘township’ of developmental activity in key communities across New Zealand for 5-18 year olds.

Since 1932, we have been empowering young New Zealanders to be the best they can be and we have evolved into one of New Zealand’s leading youth development organisations.

How do we do this? We deliver programmes, that develop skills and knowledge, to as many young people as we can. We also ensure they have tonnes of fun with their peers!

When and where? Before school, during school, after school and in the holidays. We operate from schools, community centres/club rooms as well as our own sites - so we are as accessible to the community as possible.

319a Stanmore Road Richmond Christchurch 8013 christchurch@youthtown.org.nz  Monday to Friday



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| (03) 381 3245  http://www.youthtown.org.nz | 9am to 5pm  Some charges may apply.  No referral required. |

## Classification : OSCAR

# National Helplines

**Alcohol Drug Helpline**

FSD0003840 Last updated 28/08/2020

The Alcohol Drug Helpline offers confidential information, insight and support on any problem, issue or query people may have about their own or someone else's drinking or drug use.

We offer brief interventions which allow someone to anonymously identify their level of use, consider the pros and cons of continuing to use, and the reasons they would like to change. We offer referrals to treatment services. The person making contact is then offered a selection of options in an affirming confidential manner.

We work with concerned others and support families/whanau to stay well when their loved ones are struggling with an alcohol or other drug problem.

info@alcoholdrughelp.org.nz  24 hours/ 7 days/ 365 days a year (0800) 787 797  All services free of charge.

(Free TXT) 8681 No referral required. http://www.alcoholdrughelp.org.nz

**Body Positive Inc.**

FSD0000152 Last updated 04/03/2021

Body Positive Inc. is a group founded by and run for people with HIV/AIDS. We welcome all people living with HIV and AIDS in New Zealand.

Body Positive Inc. breaks down isolation and builds a sense of community while advocating on behalf of HIV+ people on a national level.

Unit 1 3 Poynton Terrace Auckland 1010



office@bodypositive.org.nz  Mon-Fri 10am-5pm (0800) HIV LINE (448 5463)  All services free of charge.

(09) 309 3989 No referral required. http://www.bodypositive.org.nz

**Child Cancer Foundation - National Contact**

FSD0007609 Last updated 11/03/2021

Promoting services of excellence and consistency for children and young people with cancer and their families.

Free phone 0800 4 CHILD (0800 4 24453). We offer family support and coordination services throughout New Zealand

The Family Place 76 Grafton Road Grafton Auckland 1030 akl.familyplace@childcancer.org.nz  8.30am - 5.00pm, Monday to Friday.



(0800) 4 CHILD (0800 424 453)  All services free of charge.

(09) 366 1270 No referral required. http://www.childcancer.org.nz

**Continence New Zealand**

FSD0001723 Last updated 14/10/2020

Continence New Zealand aims and ideals are to work towards the promotion and expansion of continence issues providing information and support for people experiencing continence problems and the professionals working with them.

PO Box 254 Waiuku 2341



info@continence.org.nz  8.30am-5pm (0800) 650 659  All services free of charge. http://www.continence.org.nz No referral required.

**Depression Helpline**

FSD0017387 Last updated 28/08/2020

The Depression Helpline 0800 111 757 and text 1737 - callers can talk through emotional and psychological issues with counsellors and via the national depression initiatives:

* www.depression.org.nz – helping people find a way through depression
* The Lowdown - www.thelowdown.co.nz and text 5626 – support to help young people recogniseand understand depression or anxiety
* The Journal @ depression.org.nz - an online programme to help people learn skills to tackle

depression.

PO Box 105346 Auckland 1010



(0800) 111 757  (Free TXT) 4202 http://www.depression.org.nz

All support is available 24 hours a day, seven days a week, 365 days a year.

All services free of charge. No referral required.

**Elder Abuse Response Service**

FSD0023052 Last updated 30/04/2021

A 24/7 freephone helpline service that connects callers to information and/or support services in relation to elder abuse.

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| support@elderabuse.nz  (0800) 32 668 65(EA NOT OK)    **Classification : EARS, FVSS**    **Ezispeak** | Freephone service available 24/7.  Text 5032 or email support@elderabuse.nz All services free of charge. No referral required. |
| FSD0024013 | Last updated 31/08/2020 |

Ezispeak is a telephone based interpreting service which offers clients of the participating agencies free interpreting in over 180 different languages.

Level 16 157 Lambton Quay Te Aro Wellington 6011



(0800) 453 771   Call us Monday to Friday: 8.00am to 6.00pm http://www.ezispeak.nz/ All services free of charge.

No referral required.

**Family Court**

FSD0022756 Last updated 14/10/2020

The Family Court deals with lots of issues, from making orders for children not yet born right through to older people who are in need of care and protection. Providing families with help doesn't always involve actually going to court. There are many advice and support services that the Court will provide or recommend to you first, depending on the nature of your problem.

(0800) 224 733   Call between 8:30am and 5:00pm Monday to (0800) AGREE Friday. Otherwise, go to the website to find your http://justice.govt.nz/family/contact-us/ local district court.

Some charges may apply. No referral required.

**Family Violence Information Line**

FSD0015122 Last updated 16/04/2021

A Family Violence Information Line that provides information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour. The line provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.

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| areyouok@msd.govt.nz (0800) 456 450 http://www.areyouok.org.nz    **Classification : FVSS**    **Gambling Helpline** | Available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.  All services free of charge. No referral required. |
| FSD0003595 | Last updated 31/08/2020 |

Worried about your gambling? Or somone else's? Call 0800 654 655 or text 8006 for support or information 24 x 7. Calls and texts are free.

info@gamblinghelpline.co.nz  Available 24/7 (0800) 654 655  All services free of charge.

(Free TXT) 8006 No referral required. http://www.gamblinghelpline.co.nz

## Classification : PACIFIC

**Healthline**

FSD0000029 Last updated 28/08/2020

Healthline is a free telephone health information service 24 hours/ 7 days a week. Phone 0800 611 116 to talk to a registered nurse for health advice. Calls are free – including from a mobile phone. Interpreters available.

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| (0800) 611 116 http://www.healthline.govt.nz      **Hey Bro Helpline** | 24 hours a day, seven days a week.  All services free of charge. No referral required. |
| FSD0023413 | Last updated 18/01/2021 |

Providing 24/7 helpline support for men who feel they’re going to harm a loved one or whanau member

161 Pages Road Aranui Christchurch



(0800) 439 276   All services free of charge. https://www.hewakatapu.org.nz/services/0 No referral required. 800-hey-bro

**Immigration New Zealand**

FSD0006147 Last updated 29/01/2021

Immigration New Zealand (INZ) is part of the Ministry of Business, Innovation and Employment.

Immigration New Zealand aims to bring the best people to New Zealand to enhance New Zealand’s social and economic outcomes. We directly support labour market growth by attracting the best people to New Zealand and supporting them into the workforce so they become long-term contributors. We also contribute to key export industries.

The role of Immigration New Zealand includes:

deciding visa applications attracting migrant skills and labour matching migrant skills with employer needs managing border security with regard to the movement of people supporting migrant settlement and retention implementing the Government’s refugee quota programme enforcing compliance with immigration law and policy.

2 Amersham Way Manukau Auckland 2104



(0508) 558 855   To phone from outside of New Zealand +64 9 http://www.immigration.govt.nz 914 4100

You can also send us an online query from the website.

Some charges may apply. No referral required.

**Kidsline**

FSD0003474 Last updated 22/12/2020

Kidsline is a free, nationwide telephone counselling serivce for children up to 18. Our service is free and confidential. Contacting Kidsline is easy. We are available 24/7 - call us on 0800 kidsline.

If you would like to speak with one of our Buddies call the same number between 4pm-9pm weekdays from your home phone or mobile phone.

Remember: It helps to talk.

95 Great South Road Greenlane Auckland City



(0800) 543 754   We are a 24/7 service. Callers can talk to a http://www.kidsline.org.nz trained Kidsline Buddy between 4 - 9pm weekdays.

All services free of charge. Referral may apply.

**LifeLine New Zealand**

FSD0003381 Last updated 12/01/2021

LifeLine is here to listen to the unheard, to empower the caller to retake control of their situation, making callers aware of options rather than offering advice.

(0800) 543 354   24 hours a day, seven days a week.

(Free TXT) 4357 All services free of charge. http://www.lifeline.org.nz No referral required.

**MoneyTalks**

FSD0023449 Last updated 18/01/2021

MoneyTalks is a helpline to provide free financial and budgeting advice to individuals, family and whnau

Level 6 330 Lambton Quay Wellington 6146



help@moneytalks.co.nz  Monday to Friday 8am to 8pm (0800) 345 123  Saturday 9am to 4pm

http://www.moneytalks.co.nz Sunday 10am to 2pm

All services free of charge. No referral required.

**National Collective Of Independent Women's Refuges**

FSD0005514 Last updated 26/01/2021

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

 Ground Floor 275 Cuba Street Wellington 6141

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| info@refuge.org.nz  (0800) 733 843 (04) 802 5078 http://www.womensrefuge.org.nz    **Classification : FVSS** | 9.00 am - 5.00pm Monday - Friday (09) 8025078  National Office  24/7 Crisis line 0800 733 843 All services free of charge.  No referral required. |

**Nationwide Health & Disability Advocacy Service**

FSD0001042 Last updated 01/02/2021

Free support or guidance with resolving your concerns about a Health or Disability Service.

advocacy@advocacy.org.nz  Monday to Friday or 24 hours via website (0800) 555 050  www.advocacy.org.nz for complaint form or https://www.advocacy.org.nz/ LiveChat messages

All services free of charge. No referral required.

**Oranga Tamariki-Ministry for Children**

FSD0004110 Last updated 10/07/2020

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

The Aurora Centre 56 The Terrace Wellington



contact@ot.govt.nz  24/7

(0508) FAMILY  After hours: from 5pm – 8 am Monday to Friday, (0508) 326 459 weekends and public holidays, social workers https://www.orangatamariki.govt.nz/ will only assess emergency situations. But we encourage you to call if you're unsure.

All services free of charge. No referral required.

**OUTLine New Zealand Incorporated**

FSD0003347 Last updated 19/10/2020

OUTLine is a national service that helps LGBTIQ+ New Zealanders (and their friends and whnau) to access support, information and a sense of community. We currently provide a free peer support phone line, a transgender peer support service for trans and non-binary people in Auckland, and specialist face-to-face and video counselling exploring gender and sexuality for LGBTIQ+ people across Aotearoa.

OUTLineNZ (Nationwide), Level 2 31 Hargreaves Street Auckland 1011



info@outline.org.nz  Every Day: 6 pm - 9 pm (messages can be left

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| (0800) 688 5463 / OUTLINE  (09) 281 3409 http://www.outline.org.nz/      **Parent Help Inc.** | outside of these hours) Some charges may apply. Referral may apply. |
| FSD0003082 | Last updated 16/06/2020 |

Supporting parents and families to raise their children in a positive environment in order to prevent child abuse.

We help parents build resilient and positive families/whnau through our free parenting Helpline 0800 568 856, affordable parenting courses and counselling.

Level 4 175 Victoria Street Wellington 6011



info@parenthelp.org.nz  Helpline 0800 568 856 - 9am-9pm, 7 days a

(0800) 568 856  week.

(04) 802 5767

http://www.parenthelp.org.nz For office and counselling service Monday to

Friday, 9am - 5pm

Some charges may apply. No referral required.

**PlunketLine**

FSD0002324 Last updated 19/03/2021

A toll free telephone support service staffed by specially trained Plunket Nurses is available to respond to caregivers' concerns on child health and parenting (0-5 years).

(0800) 933 922   24 hours a day, 7 days a week http://www.plunket.org.nz All services free of charge.

No referral required.

**Problem Gambling Foundation of New Zealand**

FSD0000673 Last updated 01/04/2021

The Problem Gambling Foundation's mission is building healthy communities together, free from gambling harm.

128 Khyber Pass Road Grafton Auckland



help@pgfnz.org.nz  8.30am to 5.00pm phone contact (0800) 664 262  All services free of charge.

(09) 368 1520 No referral required. http://www.pgf.nz

**Rural Support Trust**

FSD0023593 Last updated 13/08/2020

Rural People Helping Rural People

Are times a bit tough? How about talking to someone who really understands the pressures of rural life?

We are local rural people that know from experience that severe weather, finances, relationships, and work pressures can all mount up.

Contact us any time. Call 0800 RURAL HELP - for a confidential chat about you, your business, the weather, your finances; or a neighbour, partner, friend, family member, or worker.

Our support is FREE and private. And if you need more than a chat, we can point you in the right direction.

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| (0800) 787 254 http://rural-support.org.nz      **Safe to talk helpline** | call us anytime.  All services free of charge. No referral required. |
| FSD0023298 | Last updated 20/04/2021 |

A 24/7 freephone helpline service that connects callers to information and/or support services in relation to sexual harm.

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| support@safetotalk.nz  (0800) 044 334 (Free TXT) 4344 http://www.safetotalk.nz    **Classification : SHSS**    **Samaritans** | 24 hours/7 days a week online chats  All services free of charge. No referral required. |
| FSD0004140 | Last updated 07/01/2021 |

A voluntary 24/7 telephone service providing a listening ear to those who need someone to talk to. We offer sympathetic, caring and confidential support to callers who may be experiencing a wide range of mental health issues, including such things as anxiety, loneliness, relationship difficulties, financial problems or suicidal thoughts.

Basement of St Paul's Cathedral 45 Molesworth Street Thorndon Wellington marketing-wellington@samaritans.org.nz  24/7 365 days of the year.



(0800) 726 666  All services free of charge.

(04) 473 9739 No referral required. http://www.samaritans.org.nz

**Seniorline**

FSD0003889 Last updated 05/01/2021

Seniorline is contracted by all NZ DHBs as a telephone information service to assist older people to navigate the health system. Information includes how to get help to stay at home and support services for caregivers. Seniorline also advise on the process for entry to rest home, dementia or hospital care, funding and the services that should be provided.

Ground Floor Building 17 Greenlane Clinical Centre Greenlane Auckland



seniorline@adhb.govt.nz  8.00am - 4.00pm Monday to Friday (0800) 725 463  All services free of charge.

(09) 375 4395 No referral required. http://www.seniorline.org.nz

**Settling into New Zealand - 0508 558 855**

FSD0021008 Last updated 15/02/2021

Are you a new migrant? Do you need help to live, work or settle successfully in New Zealand? Ring the Immigration New Zealand’s contact centre on 0508 558 855 and press ‘2’ or email newmigrantinfo@mbie.govt.nz.

newmigrantinfo@mbie.govt.nz  From overseas or mobile: +64 9 914 4100 (0508) 558 855  All services free of charge. http://www.newzealandnow.govt.nz/ No referral required.

**Shakti Asian Women's Centre**

FSD0007645 Last updated 27/01/2021

This organisation provides a 24-hour national crisis call service (0800 SHAKTI) for ethnic women in domestic violence, drop in centres for women, outreach, case work, advocacy, counselling, legal referral, interpreting, life skills programmes, domestic violence intervention and awareness training for communities and lobbying for legislation change.

3 Cardwell Street Onehunga Auckland



scc@shakti.org.nzDrop In Centre 9am to 4pm

(0800) 742 584 SHAKTI (24 hr crisis) All services free of charge. http://shaktiinternational.org/ No referral required.

**Shine (Safer Homes In New Zealand Everyday)**

FSD0003515 Last updated 18/09/2020

Shine (Safer Homes In New Zealand Everyday) is making homes violence free. Shine offers a free national Helpline, frontline services for adult and child victims of domestic abuse and for men who've used violence, as well as training programmes, the DVFREE workplace programme, and Shine in School programme.

Ground Floor 409 New North Road Kingsland Auckland 1021



enquiries@2shine.org.nz  Helpline (0508 744 633) is answered 9am -

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| (0508) 744 633 (09) 815 4601 http://www.2shine.org.nz | 11pm, 7 days a week . Our office hours are  8.30am - 5.00pm weekdays. Some charges may apply.  Referral may apply. |

**SIDS and Kids New Zealand Incorporated**

FSD0015107 Last updated 30/06/2020

Established to provide services for families and communities who have been affected by SIDS (Cot Death), SIDS New Zealand Incorporated is a national organisation of parents, families and friends of children who have died suddenly and/or unexpectedly of any cause including SIDS.

info@sids.org.nz  24 Hours

(0800) 164 455  All services free of charge. http://www.sidsandkids.org.nz No referral required.

**Skylight Trust**

FSD0003787 Last updated 30/04/2021

Skylight supports children, young people, adults, and families/whnau who are facing any kind of tough life situation. We specialise in providing counselling support services and information around grief, loss and trauma. We aim to provide the right help, at the right time, in the right way.

 Level 3 5-7 Vivian Street Te Aro Wellington 6011

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| info@skylight.org.nz  (0800) 299 100 (04) 939 6767 http://www.skylight.org.nz      **Student Rights Service** | Monday - Friday 8.30am - 5pm. Messages can be left on the answerphone.  Some charges may apply. No referral required. |
| FSD0002323 | Last updated 27/07/2020 |

We provide parents and caregivers with knowledge about their own and their children's legal rights and obligations within the state and integrated school system.

PO Box 24005 Wellington 6142



info@wclc.org.nz  Available Monday to Friday with caller asked to

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| (0800) 499 488 (04) 499 2928 http://www.studentrights.nz | leave a message and they will be contacted.  All services free of charge.  No referral required. |

**Suicide Crisis Helpline, 0508 TAUTOKO**

FSD0021157 Last updated 14/09/2020

0508 TAUTOKO is Lifeline Aotearoa's suicide crisis helpline. Operated by highly trained and experienced telephone counsellors who have undergone advanced suicide prevention training, 0508 TAUTOKO is a free, nationwide service available 12 noon until 12 midnight, 7 days a week for those in distress, or for those who may be concerned about the wellbeing of family, whanau or friends.

info@lifeline.org.nz  Free, nationwide service available 24 hours, 7

(0508) 82 88 65  days a week

(0508) TAUTOKO All services free of charge. https://www.lifeline.org.nz/services/suicide No referral required. -crisis-helpline

**Utilities Disputes Ltd**

FSD0023339 Last updated 22/01/2021

Utilities Disputes offers a free service for resolving complaints about electricity, gas, and water, and disputes about access to shared property for fibre installations.

Freepost 192682 PO Box 5785 Wellington 6140



info@utilitiesdisputes.co.nz  8.30 am - 5.00 pm Weekdays or leave a

(0800) 22 33 40  voicemail

http://www.utilitiesdisputes.co.nz/ All services free of charge. No referral required.

**Victim Support**

FSD0002001 Last updated 02/02/2021

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

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| nationaloffice@victimsupport.org.nz  (0800) 842 846 (04) 474 8862 http://www.victimsupport.org.nz | The Victim Support Service is available 24 hours, 7 days a week.  All services free of charge.  No referral required. |

**Victims of Crime Information Line**

FSD0015207 Last updated 26/01/2021

A national free phone line that provides information for people affected by crime about their rights and what support services are available.

19 Aitken Street Wellington



victimscentre@justice.govt.nz  Call 24/7

(0800) 650 654 

(0800) 842 846 Victims Information Line - 0800 650 654

http://www.victimsinfo.govt.nz Victim support 0800 VICTIM (842 846)

All services free of charge. No referral required.

**Warmlines (select to access regional helpline numbers)**

FSD0023002 Last updated 03/07/2020

National helpline supporting people accessing Mental Health Services that is delivered under regional coverage by three organisations.

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| (0800) Regional numbers https://www.mentalhealth.org.nz/gethelp/in-crisis/helplines/      **What's Up (0800 WHAT'S UP)** | South Island 03 379 8415/0800 899 276 (1pm to midnight, 7 nights)  Wellington 0800 200 207 (7pm–1am, Tuesday to  Sunday)  Auckland Central 0508 927 654 or 0508 WARMLINE (8pm to midnight, 7 nights) All services free of charge. No referral required. |
| FSD0015942 | Last updated 09/07/2020 |

What's Up is a free, national telephone counselling service for New Zealanders aged 5 to 18 years. The service operates seven days a week and is open Monday to Friday 12.00pm-11.00pm Saturday and Sunday 3pm -11pm. Online chat is open 3pm-10pm every day. Paid, fully trained and closely supervised professional counsellors answer the telephones.

Barnardos WhatsUp PO Box 24153 Royal OAk Auckland 1345



info@whatsup.co.nz  The helpline is available between 12pm and

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| (0800) 942 87 87 (0800) WHATSUP  http://www.whatsup.co.nz      **Youthline** | 11pm Mon - Fri, 3pm - 11pm Sat - Sun open everyday of the year. Online chat 3.00pm -  10.00pm  WhatsUp is unable to offer counselling by email.  All services free of charge. No referral required. |
| FSD0006531 | Last updated 18/02/2021 |

Youthline offers access to a wide range of youth development and support services.

Youthline is at the forefront in developing and providing youth and family services and we offer and can link young people to a comprehensive range of clinical services.

Youthline House 13 Maidstone Street Ponsonby Auckland 1021



supportcentre@youthline.co.nz  Office open Monday to Friday 9am-5pm. Youth

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| --- | --- |
| (0800) 37 66 33 (09) 376 6645 http://www.youthline.co.nz | Help Line 24 hours a day, 7 days a week.  Free TXT 234  Some charges may apply.  No referral required. |