

The Otago Youth Directory

2014 - 2015

Information about services available to
Young People in Otago



Introduction:

This document has an extensive range of services and organisations within the Otago District. The aim, to close a recognised gap for young people in the Otago District around having easily accessible information about services and supports relevant to them.

Although this document covers many services and organisations that work with young people in the Otago district, it is recognised this is not a complete list and services listed in this directory are subject to change. This is a working document which will need amendments and additions and will be updated annually.

Thank you to all the individuals and organisations who provided information and feedback into this directory.

Feel free to photocopy or download this document and use it as necessary.

Available for download at: www.futuredirections.org.nz

Collated by: Tara Trounson
Youth Consumer Advisor
Southern DHB – Mental Health, Addictions and Intellectual Disability
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Otago Area Maps:

Central Otago:

Baclutha:

Dunedin:

Lakes District:

Waitaki:

Otago Area

Otago Youth Services:

555 George Street Counselling and Psychotherapy

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 471 9555
Address: 555 George Street
E-mail Address: info@555george.co.nz
Website Address: <http://www.555george.co.nz/>

Service Description:

Individual practitioners, male and female, offer counselling, psychotherapy and supervision. We see individuals, couples, children, teenagers, families and groups. Some practitioners undertake crisis work and offer private consultation work with organisations. While most work is face to face, some practitioners provide distance supervision over phone or internet connection, too.

@Heart - Central Otago

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (021) 410 733
E-mail Address: sue.evans@heartnz.org.nz
Website Address: <http://www.heartnz.org.nz>

Service Description:

Supporting heart kids through life. For children who are born with congenital heart defects.

Access Ability

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: 0800 758 700
Address: Burns House, Level 1
10 George Street, Dunedin
Postal Address: PO Box 699
Dunedin
E-mail Address: otago@accessability.org.nz
Website Address: www.accessability.org.nz

Service Description:

Our role is to complete Needs Assessment and Service Co-ordination. This is commonly known as NASC. We provide these services on behalf of The Ministry of Health (MoH):

- i. Needs Assessment and Service Coordination for people with long term impairment / disability needs that meet the MoH eligibility specifications and are aged between 0 and 65 years.
- ii. Access Ability works with people to:
Identify their needs (Needs Assessment)
 - Look at the services available (funded and unfunded)
 - Arrange the appropriate support (Service Co-ordination)

Any person can contact Access Ability for themselves or on behalf of someone else.

Who can access this service?

Any person with a long term disability that is: Physical, Sensory or Intellectual, will continue for at least six months and result in the need for ongoing support, aged between 0 and 65 years.

Adventure Development (ADL) – Alexandra

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: Malcolm Creagh - 027 254 9323
E-mail Address: malcolm@adventuredevelopment.co.nz
Website Address: www.adventuredevelopment.co.nz

Service Description:

ADL provides alcohol and other drug, (AoD) assessment and interventions to young people under 20 years of age. ADL also provides a 6 month programme for young people under 20 who have significant AoD and/or mental health concerns. This programme includes individual and family therapy, activity based therapy and wilderness group therapy experiences.

Adventure Development (ADL) – Otago Site

Balclutha	✓	Central Otago		Dunedin	✓
Lakes District		Waitaki	✓		

Phone: 03 470 1691,
Address: 226 High Street, Dunedin 9016
Postal Address: P O Box 189, Dunedin 9054
E-mail Address: office@adventuredevelopment.co.nz
Website Address: www.adventuredevelopment.co.nz
Service Description: As Per Page 9

Adventure Development (ADL) – Wanaka

Balclutha		Central Otago		Dunedin	
Lakes District	✓	Waitaki			

Phone: Colin Goldthorpe - 027 227 5166
E-mail Address: colin@adventuredevelopment.co.nz
Website Address: www.adventuredevelopment.co.nz
Service Description: As Per Page 9

Akamarama Advocacy Inc.

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 455 3230
Postal Address: C/- P. J. Neville, PO Box 2492
E-mail Address: peter@visionpacific.org.nz

Service Description:

We advocate for and on behalf of blind and sight impaired Maori and Pacific Island people and their families in a way that is culturally appropriate. Peer support and advocacy is also available.

Alexandra / Central Otago Budgeting Service Inc

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 448 8072
Address: Church House
 20 Centennial Avenue
 Alexandra, 9320
Service Description: Budgeting advise.

Alexandra Communication Works

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: 027 222 8030,
Address: Cromwell Resource Centre,
 16a Brandon Street,
 Alexandra

Service Description:
 Counselling, family therapy for adults and children, family court, Disability Allowance and ACC funded counselling if eligible.

Alexandra & Districts Youth Trust

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 448 6464 (027) 500 5485
Address: 6 Gregg Street, Alexandra
E-mail Address: aadyt@hotmail.com
Website Address: www.alexandrayouth.co.nz

Service Description:
 The Alexandra Youth Workers Work with youth aged from 11 to 25 years of age. We aim to be advocates for youth in the Alexandra district which includes Clyde Omakau and Poolburn. We build mentoring relationships to empower young people to make healthy life descions. We also offer many age-related youth activities and programmes and also work amongst the schools in the Alexandra district.

Allergy Awareness

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: Allergy Info line: (09) 303 2024 or (03) 487 6622
Postal Address: PO Box 876
 Dunedin

Service Description:
 Support group meetings for people who suffer from allergies. Held every two months.

Altogether Autism

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 03 470 1086 or 0800 273 463

Address: 514 George Street, Dunedin

Postal Address: PO Box 6174, Dunedin 9059

E-mail Address: info@altogetherautism.org.nz

Website Address: www.altogetherautism.org.nz

Service Description:

Individualised information on ASD, issues affecting people with ASD, interventions, rights, access to services and support. Altogether Autism can connect you with a Support Parent whose child also has ASD. We provide evidence based information and clinical advice through a clinical psychologist and team of experts.

Anglican Family Care - Central Otago

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 448 8228

Address: Alexandra Community House,
14 - 20 Centennial Ave
Alexandra

Website Address: www.anglicanfamilycare.co.nz

Service Description:

Home based family support service, and counselling/family therapy.

Anglican Family Care – Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 477 0801

Address: 36 Bath Street

Postal Address: PO Box 5219, Dunedin

E-mail Address: familycare@familycare.co.nz

Website Address: www.anglicanfamilycare.co.nz

Service Description:

Anglican Family Care is a child & family support service with a wide range of support services, which include: Home based family support, emergency and respite care for children from birth to 16 years, parenting education courses, budget advice and support, counselling, advocacy, food bank, Social Workers in Schools, Restorative Justice and Family Start. All services are free.

Anglican Family Care - South Otago

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 418 2530
Address: 4 Clyde Street
Postal Address: PO Box 264, Balclutha
Website Address: www.anglicanfamilycare.co.nz

Service Description:
 Home based Family support; Family Outreach and Family Centred Service.

Arahina Community House Trust

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 489 5273
Address: 2 Perth Street, Mosgiel
E-mail Address: sharonl@dmm.org.nz

Service Description:
 We provide support to families within the community by offering skills based course for Adults, Out of School Programs for Children, and one on one support for individuals and their families as required. We work in collaboration with other Social Service Providers

Arai Te Uru Whare Hauora

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 471 9960
Fax: (03) 471 9962
Address: Ground Floor - Trevian House
 60 - 66 Tennyson Street,
 Dunedin
Postal Address: PO Box 5626, Dunedin
E-mail Address: reception@araituru.co.nz
Website Address: www.araituru.co.nz

Service Description:
 Arai Te Uru Whare Hauora is an independent community provider of free, confidential, safe and integrated health, education, and social services that support and encourage the growth and well being of whanau and the wider community. We are available either at our premises, in your home, or at any one of our regular clinic

Artsenta

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 474 9566
Address: 81 Crawford Street, Dunedin
Postal Address: PO Box 5986, Dunedin
E-mail Address: info@artsenta.org
Website Address: www.artsenta.org

Service Description:

Artsenta is a shared art studio for people within the mental health community. You need to be over 17 and interested in being creative. Artsenta provides a wide range of creative activities, including a music room. There are staff here with a wide range of skills. It is best to call if you'd like to come for a look around.

Asthma Society - North Otago

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 3202 / 027 753 5711
Address: Community House,
100 Thames Street,
Oamaru 9400
Postal Address: PO Box 16,
Oamaru, 9444
Email Address: northotagoasthma@xtra.co.nz
Website Address: www.asthmafoundation.org.nz

Service Description:

Social support, information and education for people with asthma or any respiratory condition. Equipment services, weekly Respiratory Exercise Class, home and hospital visits and community awareness.

Asthma Society – Otago

“Supporting people with asthma and respiratory disease”

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki			

Phone: (03) 471 6167 / A/hours 0274 716 162
Fax: (03) 471 6168
Address: Dunedin Community House
1st Floor,
Cnr Moray and Great King Street, Dunedin 9016
Postal Address: PO Box 5494, Moray Place, Dunedin 9058
E-mail Address: otagoasthma@xtra.co.nz
Website Address: www.asthmafoundation.org.nz
Service Description: As Above

Autism New Zealand – Otago Branch

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 487 8811

Address: 2 Playfair Street,
Caversham, Dunedin 9012

Postal Address: PO Box 13102 Green Island Dunedin 9052

E-mail Address: Otago@autismnz.org.nz

Website Address: www.autismnz.org.nz

Service Description:
Providing advise on Autism Spectrum Disorder (ASD) to individuals, families or professionals.

Barnardos - Dunedin

Balclutha	✓	Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 466 3210 or 0800 BARNARDOS

Address: 155 Hillside Road, South Dunedin, 9012

Postal Address: PO Box 2413, Dunedin

E-mail Address: Kelly.clark@barnardos.org.nz

Website Address: www.barnardos.org.nz

Service Description:
Domestic Violence Programmes for children 5 - 13 years
Children's Counselling Services 5 - 17 years
Teen Parent's parenting programme 15 - 19years
Family Support Service 0 - 17years

Barnardos - North Otago

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: Kidstart: 0800 543 782

Early Learning Centre: (03) 434 9440

Childrens' Access Service: (03) 434 6800.

Address: 4 Raglan Street, Oamaru 9400

E-mail Address: waitaki.office@barnardos.org.nz or oamaru.elc@barnardos.org.nz

Website Address: www.barnardos.org.nz

Service Description: As Above

Brain Injury Association (Otago)

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 471 6156 or (027) 303 7727
Address: Ground Floor Community House
 283-301 Moray Place
 Dunedin, 9016
E-mail Address: liaison.dunedin@brain-injury.org.nz
Website Address: <http://www.brain-injury.org.nz/>

Service Description:

The Brain Injury Association of Otago provides advocacy, support, education and information to individuals, families, and the wider community in relation to brain injury through a traumatic or medical event. Service is provided through the Liaison Service with direct client contact, support groups, educational opportunities for families and agencies working alongside someone with an injury.

Budget Advisory Service, Central Otago

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 448 8072
Postal Address: 14 - 20 Centennial Avenue
 Alexandra, 9320
E-mail Address: cobas@ach.org.nz
Website Address: <http://www.familybudgeting.org.nz>

Service Description:

To provide and develop budgeting skills within the community to clients through a free, supportive, confidential, and culturally aware service.

Budget Advisory Service: Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 471 6158
Address: Dunedin Community House
 283-301 Moray Place
 Dunedin
E-mail Address: dbas@xtra.co.nz
Website Address: www.budgetingdunedin.co.nz

Service Description:

The Dunedin Budget Advisory Service operates a free, confidential money management service, providing information, education, support and advice to all people within the greater Dunedin area, seeking to empower them to manage their own finances.

Budget Advisory Service - Waitaki

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 6196, or (03) 436 0837

Address: Community House
100 Thames Street
Oamaru

E-mail Address: nthotagobudgetadvice@extra.co.nz

Service Description:

Budget Advisory Service offers a free, confidential, budgeting service, providing information to empower people to manage their own finances and improve their quality of life.

Cancer Society – Otago / Southland Division: Balclutha

Area	Phone	Fax	Physical Address	Postal Address	Email Address
Alexandra	(03) 440 0754 027580 0640		14-20 Centennial Avenue, Alexandra 9320		glenys@cansoc.org.nz
Balclutha	(03) 418 3916 027 277 7632	03) 477 6669	Arcade 84 35 Clyde St Balclutha 9230		janine@cansoc.org.nz
Dunedin	(03) 477 7447	(03) 477 6669	Cancer Society House, 283 Great King Street, Dunedin	PO Box 6258, Dunedin	admin@cansoc.org.nz
Waitaki	(03) 434 3284 027 674 4200	03) 434 0799	Waitaki District Community House 100 Thames Street Oamaru 9400		audrey@cansoc.org.nz

Website Address: www.cancernz.org.nz

Service Description:

Provide practical support to anyone affected by a cancer diagnosis. If you, a family member or a friend has cancer and you would like to talk, need support or just want information our service is FREE of charge.

Our services aim to help those affected by cancer maintain a positive future outlook and offer support for patients and their families. Living with a cancer diagnosis makes many demands on all members of the family. Support can be provided in your home by Society staff and volunteers who recognise the value of a listening ear and time-out for caregivers and supporters.

CanTeen Otago/Southland

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 477 4933
Fax: 03 477 0069
Address: 28 London St
 Dunedin 9016
Postal Address: PO Box 5064, Dunedin
E-mail Address: otago@canteen.org.nz
Website Address: www.canteen.org.nz

Service Description:

Peer support organisation for young people (13-24) living with cancer.

Catholic Social Services - Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 4184089
Address: 18 James Street, Balclutha
Postal Address: PO Box 172 Balclutha
Website Address: www.cathsocialservices.org.nz

Service Description:

A Family Social Service and Counselling Agency Available to all -free or low cost. Services include: Counselling and Social Work support, Parenting courses across developmental stages, Birth Support Group (an antenatal group for young mothers requiring extra support), Therapeutic and Support groups for mothers, "Game On" (Parenting group run by dads)open: Tuesday, Wednesday and Thursday.

Catholic Social Services - Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 4553838
Fax: (03) 4562902
Address: 42 MacAndrew Road, South Dunedin
Postal Address: PO Box 2047, Dunedin
E-mail Address: office@cathsocialservices.org.nz
Website Address: www.cathsocialservices.org.nz
Service Description: As Above

Catholic Social Services - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 0913
Address: 19 Eden Street
E-mail Address: office@cathsocialservices.org.nz
Website Address: www.cathsocialservices.org.nz
Service Description: Counselling: Monday each week

CCS Disability Action : Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 477 4117 or 0800 227 2255
Fax: (03) 477 4397
Address: 514 Great King Street
Postal Address: PO Box 6174
 Dunedin 9059
E-mail Address: otago@ccsdisabilityaction.org.nz
Website Address: <http://www.ccsdisabilityaction.org.nz/regions/southern>

Service Description:

Services Provided

- CCS Disability Action provides supports to families and young people with disabilities to navigate the health, education and disability systems
- CCS Disability Action provides supports for ORS funded students in their final year at secondary school to look at options for what they will do next.
- Our services focus on a person's goals. CCS Disability Action team members work holistically with people and their family/whanau to create a plan to support them to move towards their goals and dreams.
- Areas for support and planning are often broken into types of support such as
 - o early intervention (Otago only - family based education support service for children with developmental and learning needs from birth until they start school),
 - o transition (from one area of life to another),
 - o vocational (skill building, training, job search support),
 - o independent living (building skills and providing support for movement into adult life), and
 - o social/recreational.
- CCS Disability Action recommends this holistic approach to all people accessing our services.

CCS Disability Action : Waitaki

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 437 9005
Fax: (03) 437 9021
Address: 316 Thames Highway
Postal Address: PO Box 468
 Oamaru 9444
E-mail Address: admin.waitaki@ccsdisabilityaction.org.nz
Website Address: <http://www.ccsdisabilityaction.org.nz/regions/southern>
Service Description: As Per page 19

Central Otago Rural Education Activities Programme Inc (REAP)

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 448 6775, (027) 224 7513
Address: 14 Centennial Ave
 Alexandra, 9320
E-mail Address: admin@coreap.org.nz
Website Address: <http://www.coreap.org.nz>

Service Description:
 Offers organisational capability mentoring as part of the Investing in Services for Outcomes programme. Facilitates educational opportunities throughout the Central Otago REAP area. Covers early childhood, schools and adult and community education (ACE) including parenting and one to one adult literacy. Please see service detail for more information.

Child, Adolescent and Family Mental Health Services (CAFMS) – Dunedin

(for rural CAFMS Clinics, see listing below)

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 474 0999 / 0800 44 33 66
Fax: (03) 474 7611
Address: Level 2, Dunedin House,
 9 Moray Place,
 Dunedin
Website Address: www.southerndhb.govt.nz
Service Description: A specialist mental health service providing assessment and treatment to children & young people aged 0 - 14 years. Services available to children, young people and their families experiencing moderate - severe mental health concerns, suspected psychiatric disorders or severe emotional & behavioural disturbances

Child, Adolescent and Family Mental Health Services (Outreach Services)

Service Area	Contact Number/s	Fax	Address
Balclutha	(03) 4190 400 0800 44 33 66	(03) 419 0061	24 Clyde Street, Balclutha
Dunstan	(03) 449 1011 0800 44 33 66	(03) 449 1013	Hospital Road, Clyde
Waitaki	(03) 433 0002 0800 44 33 66		2 Trent Street, Oamaru

Service Description:

A specialist mental health service providing assessment and treatment to children & young people aged 0 - 18 years, (up to 18 as long as the young person is in school). Services available to children, young people and their families experiencing moderate - severe mental health concerns, suspected psychiatric disorders or severe emotional & behavioural disturbances

Child Cancer Foundation - Dunedin

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 471 7258
Fax: (03) 471 7259
Postal Address: PO Box 579, Dunedin
E-mail Address: cdonovan@childcancer.org.nz
Website Address: www.childcancer.org.nz

Service Description:

Support services and information for children and young people with cancer and their families.

Child Development Services Central Lakes

Balclutha		Central Otago	✓	Dunedin	
Lakes District	✓	Waitaki			

Phone: (03) 449 2878
Fax: (03) 449 1001
Postal Address: PO Box 30 Clyde, Dunstan Hospital, Central Otago

Service Description:

Assessment and intervention provided by an interdisciplinary team of Occupational, Physiotherapists and Family Therapists for children aged 0-16 years with a physical, intellectual or sensory disability. Access to services through a needs assessment process. This is a client centred service covering Queenstown to Millers Flat.

Child, Youth and Family (CYF) - Alexandra

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (0508) 326 459, (0508) FAMILY
Address: William Fraser Building
 Cnr Kelman & Dunorling Street
 Alexandra
Website Address: <http://www.cyf.govt.nz>

Service Description:

CYF social workers work with families to: protect children and young people up to the age of 17 years; manage young offenders up to the age of 17 years; ensure that children in need are cared for; help families maintain and strengthen their child-rearing role.

Child, Youth and Family (CYF) - Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: 0508) 326 459, (0508) FAMILY
Address: 3 George Street, Balclutha
Website Address: <http://www.cyf.govt.nz>
Service Description: As Above

Child, Youth and Family (CYF) - Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: 0508) 326 459, (0508) FAMILY
Address: First Floor, Philip Laing Building
 144 Rattray Street, Dunedin
Website Address: <http://www.cyf.govt.nz>
Service Description: As Above

Child, Youth and Family (CYF) - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: 0508) 326 459 or (0508) FAMILY
Address: Coquet House
 Coquet Street, Oamaru
Website Address: <http://www.cyf.govt.nz>
Service Description: As Above

Children's Issues Centre

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 479 5038
Fax: (03) 479 5039
Address: First floor, Owheo Building
 133 Union Street East
 Dunedin
Postal Address: University of Otago, PO Box 56, Dunedin
E-mail Address: cic@otago.ac.nz
Website Address: www.otago.ac.nz

Service Description:

An interdisciplinary group addressing national issues which affect children/young people, and contribute to improving their well being. Centre aims to give a higher profile to the issues faced by children in New Zealand, and to facilitate their voices being heard and their participation in society.

Citizens Advice Bureau, (CAB) - Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 471 6166 or 0800 367 222
Fax: 03 471 6165
Address: Dunedin Community House
Postal Address: PO Box 5263
 Moray Place
 Dunedin 9016
E-mail Address: cab.dunedin@xtra.co.nz
Website Address: www.cab.org.nz

Service Description: Provides free and confidential information, advice and referral service to the general public about anything. Specialist Consumer Service. Advocacy Service, Justice of the peace available.

Citizens Advice Bureau, (CAB) - Waitaki

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 9743
Fax: (03) 434 1218
Address: Community House
 100 Thames Street
 Oamaru 9400
E-mail Address: cab.northotago@xtra.co.nz
Website Address: www.cab.org.nz
Service Description: As Above

Clutha Budget Advisory Service

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 418 0463
Fax: 19 Clyde St, Balclutha, 9230
E-mail Address: clbudget@ihug.co.nz

Service Description:

Provides free, confidential, non-judgmental budget advice to those people living in the South Otago area. Hours: Open 9:30AM - 10:30AM Tues - Fri.

Clutha Development Trust

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 418 4048
Address: 6 John Street
 Balclutha 9230
E-mail Address: kelsey@cdtrust.org.nz

Service Description:

We provide community access to government services through Heartland Services. We also provide and deliver services covering business support, CV's, primary production and destination marketing.

Community Alcohol and Drug Service (CADS)- Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: 03) 419 0440
Address: 24 Clyde Street, Balclutha
Website Address: <http://www.southernhb.govt.nz>

Service Description:

Counselling for alcohol and drug issues. Community drug and alcohol service. Availability: Mon

Community Alcohol and Drug Service (CADS)- Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 476 9760
Address: Ground Floor, Main Block, Wakari Hospital
 369 Taieri Road, Dunedin
E-mail Address: tony.martin@southerndhb.govt.nz
Website Address: <http://www.southerndhb.govt.nz>

Service Description:
 Outpatient service providing assessment and treatment interventions, including methadone maintenance, for problems arising from the use of alcohol and other drugs. Referrals are accepted from all sources including self referrals.

Community College Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: 0800 887 005, (03) 477 7790
Postal Address: 23 Dowling Street
 Dunedin 9016
E-mail Address: manager@dunedin.comcol.ac.nz
Website Address: <http://www.comcol.ac.nz/colleges/comcol-dunedin/>

Service Description:
 Community College Dunedin, located in Dowling Street, is one of six South Island based colleges that make up Community Colleges New Zealand, an organisation with thirty years of experience providing quality hands-on training. We operate a Youth Service for the Otago region, giving young people guidance and support, to help them into education, training or work-based learning.
 We also offer free Youth Guarantee courses to 16 and 17 year olds in a range of exciting industries including cookery, hospitality/barista and outdoor leadership. Through our free Job Connection programmes we work with Work and Income referred clients to assist them into employment and we deliver a specialist Level 3 Community Support course, for 18+ students who would like to work in the caregiving industry.

Community Mental Health Services – Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 449 1011 / 0800 44 33 66
Fax: (03) 419 0061
Address: 3 - 7 Charlotte Street, Balclutha
Website Address: www.southerndhb.govt.nz

Service Description:
 Providing a range of specialist mental health services to people 18 years and over in Invercargill & surrounding districts who have moderate - severe mental health concerns.

Community Mental Health Services –Dunedin North

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 474 7739 / 0800 44 33 66
Fax: (03) 474 7694
Address: 1st Floor Fraser Building
 154 Hanover Street, Dunedin
Website Address: www.southerndhb.govt.nz
Service Description: As Per Page 25

Community Mental Health Services –Dunedin South

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 471 8475 / 0800 44 33 66
Fax: (03) 471 8473
Address: 599 Princes Street, Dunedin
Website Address: www.southerndhb.govt.nz
Service Description: As Per Page 25

Community Mental Health Services –Waitaki

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 0222 / 0800 44 33 66
Fax: (03) 434 1247
Address: 2 Trent Street, Oamaru
Website Address: www.southerndhb.govt.nz
Service Description: As Per Page 25

Community Networks Wanaka

Balclutha		Central Otago	✓	Dunedin	
Lakes District	✓	Waitaki			

Phone: (03) 443 7799
Postal Address: 73 Brownston Street
 Wanaka 9305
E-mail Address: info@communitynetworks.co.nz
Website Address: http://www.communitynetworks.co.nz/

Service Description:

Unique one-stop centre for Upper Clutha offering: Heartland Services, JP clinics, community social worker, budgeting advice, foodbank, community based school holiday programme, counselling referrals, Wheels to Dunstan Courtesy Coach and free access to Government websites. Regular visits from IRD, Community Law, Senior Services, Cancer Society, Volunteering Central, Uruuruwhenua Health, (Smoking Cessation Programme), Coverstaff, (Employment Agency).

Community Rehabilitation Centre

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 476 6044
Postal Address: The ISIS Centre, Wakari Hospital
 Helensburgh Road , Dunedin

Service Description:

Provide an interdisciplinary community based service that facilitates client's rehabilitation. The client group are those aged from 16 to 65 years of age, and their disability will be primarily a physical one

Continence Service

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 476 6044
Address: The ISIS Centre, Wakari Hospital
 Helensburgh Road , Dunedin

Service Description:

The Continence Service operates throughout Otago by providing expertise in continence management of both urinal and faecal incontinence. All continence supplies, orders and queries. Continence clinics in Balclutha, Clyde, Oamaru, Womens Health and ISIS Centre. Home visiting and family support is also provided.

Connections Education & Development Centre

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 487 8940
Address: 231 Middleton Road
 Dunedin
E-mail Address: connect@earthlight.co.nz

Service Description:

We are a day activity centre for people with intellectual and physical disabilities.

Corstorphine Baptist Community Trust

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 487 8707
Fax: (03) 487 8707
Address: 336 South Road, Caversham,
 Dunedin
Postal Address: PO Box 3059, Dunedin
E-mail Address: info@cbct.org.nz
Website Address: <http://www.cbct.org.nz/>

Service Description:

Providing support and accommodation for people affected by psychiatric illness

DARE Dunedin Support Committee

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		✓

Phone: (03) 471 4861
Postal Address: DX YX10118, DUNEDIN
E-mail Address: daredunedin@hotmail.com

Service Description:

DARE's aim is to give every New Zealander the skills they need to reach their full potential, by asking the hard questions about the real issues affecting us all today. We provide a range of programmes tailored to people of all ages, but in particular, youth. The programmes are designed to challenge children, parents and their communities to develop skills in DARE (Decision-making, Assertiveness, Responsibility and Esteem) and enabling them to make informed choices to live a powerful life.

Deaf Aotearoa Zealand

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 477 1033
Fax: (03) 477 1037
Address: 2nd Floor, Rodgers House,
 151-155 Princes Street
 Dunedin 9016
Website Address: www.deaf.co.nz

Service Description:

Assistance is provided for deaf people who wish to make changes in their lives. Needs are (jointly) identified at an interview between a client and a service co-ordinator. These may include income, accommodation, well-being and personal, educational or vocational aspirations. Priorities are set and a report is written. After the interview the service co-ordinator and client develop a service plan to meet identified needs. This may include advice and intervention to help the client access existing services, or the service coordinator may develop specific services and/or training programmes to meet particular needs.

Deaf Children Association – Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		✓

Phone: (03) 474 1983
Free Ph Fax (03) 474 1983
Postal Address: C/- 55 Arthur Street, Dunedin

Service Description:

The Association supports families with a deaf or hearing impaired child through parent-to-parent support, advise, advocacy, newsletters, information on equipment, subsidies, family activities, camps, seminars, training programmes, etc. Liaison and support of professionals involved with deaf children.

Diabetes Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: 03 418 2091
Fax: (03) 415 2091
Address: 16 Edinburgh Place, Balclutha
Website Address: www.diabetes.org.nz

Service Description:

Providing support, information and education to those living with Diabetes and their families.

Diabetes Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 474 0240
Fax: (03) 474 0240
Address: 97 Frederick St, Dunedin
Postal Address: PO Box 6221, Dunedin 9059
Website Address: www.diabetes.org.nz
Service Description: As Per Page 29

Diabetes Milton

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki		Milton	✓

Phone: (03) 471 8542
Website Address: www.diabetes.org.nz
Service Description: As Per Page 29

Diabetes North Otago

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 2224
Fax: (03) 434 1574
Address: Community House, 100 Thames Street, Oamaru
Website Address: www.diabetes.org.nz
Service Description: As Per Page 29

Diabetes Youth Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03)4740240
Address: 97 Frederick Street
 Dunedin 9095
Postal Address: C/-Diabetes NZ Otago
 97 Frederick Street
 Dunedin 9095
Website Address: www.diabetesyouth.org.nz

Service Description:

Ensuring that every young New Zealander and their family affected by diabetes:

- Does not feel alone - but instead part of a community who understands what they're going through, and can offer support when they need it
- Becomes confident in their ability to manage their condition, at whatever stage they're at
- Is able to get the most out of their medical teams, equipment/treatment, funding and other services
- Has a voice at local, regional and national level in the areas of government and health services where it matters
- Has access to a range of camps and other events that provide support, education and ultimately build confidence and ability to master Diabetes

Disability Information Service

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 471 6152 or 0800 693 342
Fax: (03) 471 6159
Address: 301 Moray Place
 Dunedin 9016
E-mail Address: dis.dn@xtra.co.nz
Website Address: www.disabilityinfo.co.nz

Service Description:

A free information service that provides a broad range of information on disability and health related information for the Otago region. We also sell daily living aids.

District Nursing Service: Alexandra/Cromwell

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 440 4303 or (027) 443 3491

Address: Dunstan Hospital
Hospital Road, Clyde

E-mail Address: carolyn.dobson@cohealth.co.nz

Service Description:

Provides advanced and specialised home based nursing care within the primary health care setting under the DOM 101 Ministry of Health Community Nursing Contract and ACC Community

District Nursing Service: Central Otago

Balclutha		Central Otago		Dunedin	
Lakes District	✓	Waitaki			

Phone: (03) 443 8935 or (03) 440 4303

Address: Flat 2, 107 Tenby Street,
Wanaka

E-mail Address: carolyn.dobson@cohealth.co.nz

Service Description: As Above

Dunedin Community Law Centre

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 474 1922 or 0800 169 333

Address: 52 Filleul Street, Dunedin

E-mail Address: reception@dclc.org.nz

Website Address: www.communitylaw.org.nz/dunedin

Service Description:

Legal areas such as: traffic, employment, tenancy, police, consumer, debt, criminal, ACC, neighbour, government departments, family matters.


We offer free legal advice and information, assistance, representation and education to the people of Otago.

We give legal education talks to school students, trainees, and to other organisations that have young people. Please contact us for us to arrange a time for one of our education workers to come in to give a talk.

Area	Days and time of operation	Contact	Other Information
Dunedin	Monday to Wednesday 5:30 to 7:30pm. Thursdays and Fridays from 12:30pm to 2:00pm	As Above	no appointments necessary
Alexandra	first Tuesday of each month: 11:30 to 1pm	Public Library	
Cromwell	first Tuesday of each month 2:00pm to 3:00pm	03 445 1690	By Appointment

Queenstown	first Wednesday of each month: 9:30am to 11:30am	Happiness House 03 442 6531	By Appointment
Wanaka	first Wednesday of each month: 1pm to 2:30pm	Resource Centre 03 4437799	By Appointment
Oamaru	every three weeks on a Tuesday 11:30 to 1:30pm	CAB 03 434 9743	By Appointment
Balclutha	every third Thursday 10:00am to 12:00pm	03 418 4048	By Appointment
Milton	every third Thursday 1:00pm to 2:00PM	03 474 1922 or 0800 169333	By Appointment

Dunedin Sexual Health Clinic


Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 470 9780
Address: Dunedin Public Hospital - Frederick Street Entrance
Dunedin, 9010
E-mail Address: alison.stewart@phsouth.co.nz
Website Address: <http://www.phsouth.co.nz>

Service Description:

We provide sexual health services, including diagnosis and treatment of sexually transmitted infections (STIs), emergency contraception and advice about choices in pregnancy. This service has no restriction on age and/or gender.

Dunedin Training Centre

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: 03 455 2727
Address: 14 Bridgman Street
South Dunedin
Postal Address: Po Box 665
Dunedin 9054
E-mail Address: admin@dunedintrainingcentre.co.nz
Website Address: www.dunedintrainingcentre.co.nz

Service Description

Trades Training (pre-apprenticeship) Painting, Building, Automotive, Engineering, Panel beating plus driver licences for young people aged 16 - 19.
FREE Training YOUTH GUARANTEE

Ear Health Otago / Southland : Alexandra

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: 0800 550801
Address: Medical Centre, Tarbert Street, Alexandra
Website Address: <http://earhealth.co.nz>

Service Description: Providing safe, professional ear care services at clinics throughout NZ.

Ear Health Otago / Southland : Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: 0800 550801
Address: Outpatients Department of Clutha Health
Website Address: <http://earhealth.co.nz>
Service Description: As Above

Ear Health Otago / Southland : Cromwell

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: 0800 550801
Address: Resource Centre, 5 Murray Terrace, Cromwell
Website Address: <http://earhealth.co.nz>
Service Description: As Above

Ear Health Otago / Southland : Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 455 0801 / 0800 550801
Fax: (03) 455 0809
Address: 557 Hillside Road, Dunedin
Website Address: <http://earhealth.co.nz>
Service Description: As Above

Ear Health Otago / Southland : Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: 0800 550801
Address: Community House, Thames St, Oamaru
Website Address: <http://earhealth.co.nz>
Service Description: As Per Page 34

Ear Health Otago / Southland : Wanaka

Balclutha		Central Otago		Dunedin	
Lakes District	✓	Waitaki			

Phone: 0800 550801
Address: Wanaka Medical Centre
 23 Cardrona Valley Road
Website Address: <http://earhealth.co.nz>
Service Description: As Per Page 34

Early Intervention in Psychosis Service

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: 0800 44 33 66 / 03 470 9950
Fax: 03 470 9957
Address: Ground Floor, Fraser Building,
 154 Hanover St, Dunedin
Postal Address: Early Intervention Service Southern District Health Board
 Private Bag 1921
 Dunedin 9054
E-mail Address: EarlyIntervention@southerndhb.govt.nz
Website Address: www.southern.dhb.govt.nz

Service Description:

The Early Intervention in Psychosis Service provides specialised treatment for young people aged 18-30 years experiencing their first-episode of psychosis, and mothers experiencing peri-natal psychosis for the first time, irrespective of age. We sometimes work with 16 & 17 year olds if we are the most appropriate service to meet the individual's needs

Emergency Psychiatric Services

Balclutha	✓	Central Otago		Dunedin	✓
Lakes District		Waitaki	✓		

Phone: 0800 44 33 66 or 0800 46 78 46
Address: Dunedin Hospital 201 Great King St
 Ground floor, Psychiatric Services Building
Website Address: www.southerndhb.govt.nz

Service Description:

The Emergency Psychiatric Service is a mobile 24-hour, 7-day a week service providing emergency services to people with acute mental health needs. The service covers the greater Dunedin area, including Waitaki and Balclutha and offers advice and support to Community Mental Health Services throughout the region.”.

Enhanced Specialised Youth Care

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 455 0714
Address: 220 Fryatt Street, Dunedin
E-mail Address: info@access.org.nz
Website Address: <http://www.access.org.nz/services/windmill-autisticprogrammes>

Service Description:

Home help and domestic and personal support, including night sitter services and carer support.

Epilepsy Association Otago Branch

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 471 6207 or 0800 20 21 22
Fax: 471 6208
Address: 283 Moray Place, Dunedin
Postal Address: PO Box 5414, Dunedin
E-mail Address: epilepsy.otago@xtra.co.nz

Service Description:

To help breakdown the barriers that go along with epilepsy through community education.

Family Court - Alexandra

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: 0800) 268 787
Address: 4-6 Kelman Street, Alexandra
Website Address: <http://www.justice.govt.nz/family/>

Service Description:

The Family Court aims to help people sort out their own problems as much as possible. The Family Courts Act 1980 places emphasis on counselling, conciliation and mediation and provides for the appointment of specialist Judges and Family Court coordinators.

Family Court - Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: 0800) 268 787
Address: 1 Paisley Street
 Balclutha
Website Address: <http://www.justice.govt.nz/family/>
Service Description: As Above

Family Court - Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			


Phone: (03) 471 5100 or (0800) 268 787
Address: Level 5, John Wickliffe House
 265 Princess Street
 Dunedin, 9054
E-mail Address: dunedin.dc@justice.govt.nz
Website Address: <http://www.justice.govt.nz/family/>
Service Description: As Above

Family Court - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: 0800) 268 787
Address: 88 Thames Street, Oamaru
Website Address: <http://www.justice.govt.nz/family/>
Service Description: As Above

Family Mental Health Service


Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 489 3728
Fax: (03) 489 3599
Address: 3 Wickliffe Street, Mosgiel
E-mail Address: admin@fmhs.co.nz
Website Address: www.fmhs.co.nz

Service Description:

The service provides a strengths based approach to mental health treatment and therapy for infants, children, adolescents, youth and their families in a community setting. Staff provide specialised assessment and develop an individualised treatment plan for those persons suspected to be suffering from moderate to severe mental health issues.

Family Planning – Dunedin


Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 477 5850
Fax: (03) 477 5836
Address: 95 Hanover Street, Dunedin 9058
Postal Address: PO Box 5298, Dunedin
Website Address: www.familyplanning.org.nz

Service Description:

Services include: contraceptive advice and supplies, pregnancy testing, emergency contraception, cervical smears, breast examinations, vasectomies, STD checks, HIV tests, sexual counselling, fertility counselling, menopause assistance, and a wide range of community education workshops. Fee payable. Telephone or call in for an appointment.

Family Start - Dunedin (Otepoti)

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 477-0801
Address: 36 Bath Street
 Dunedin, 9035
E-mail Address: familycare@familycare.co.nz
Website Address: <http://www.anglicanfamilycare.co.nz>

Service Description:

Family Start is a voluntary, intensive home visiting programme that focuses on improving children’s health, learning, relationships, family circumstances, environment and safety. Family Start will begin to support babies and their parents/caregivers early - before the baby’s birth or in their first year.

Contact Details: Refer to Anglican Family care on Page 12.

Family Works

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District		Waitaki	✓		

Phone: (03) 477 7116
Fax: 03 479 2020
Address: 407 Moray Place, Dunedin
Postal Address: Po Box 374, Dunedin
Website Address: www.otago.familyworks.org.nz

Service Description:

Family Works Otago is a service of Presbyterian Support Otago for children, young people, and family and community service. Family Works Otago services include counselling services, community welfare and support, YouthGrow, and The Buddy Programme.

Family Works - Wanaka

Balclutha		Central Otago		Dunedin	
Lakes District	✓	Waitaki			

Phone: (027) 631 2919
E-mail Address: jacquih@psotago.org.nz
Website Address: <http://otago.ps.org.nz>

Service Description:

Presbyterian Support Otago provides a wide range of services to people right throughout the province. For families, children and young people, our Family Works services including advocacy, social work, counselling and group education provide lasting help with issues they face.

Health and Disability Advocates / IHC Advocates

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 479 0265 / 0800 555 050
Fax: (03) 479 0275 / 0800 2 SUPPORT
Address: 286 George Street, Dunedin
Postal Address: PO Box 5998, Dunedin
E-mail Address: advocacy@hdc.org.nz
Website Address: <http://advocacy.hdc.org.nz>

Service Description:

A free service, independent of public and private health and disability systems. Providing information and support to consumers of health and disability services who are unhappy with the quality of service they have received. Available to speak to groups or give training on the code of rights and advocacy.

Hearing Association New Zealand - Dunedin

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 487 7641
Address: 2 Playfair Street,
 Caversham, Dunedin
E-mail Address: dunedin@hearing.org.nz
Website Address: http://www.hearing.org.nz

Service Description:

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.

Heart Children Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: 0800 KIDZ HEARTS / 0800 543 943
Postal Address: P O Box 2542, SOUTH DUNEDIN 9044
E-mail Address: heartchildrenotago@hotmail.com
Website Address: www.heartnz.org.nz

Service Description:

The heart group is a group of parents who support friends and families of children with a cardiac condition. We are an affiliated branch of Heart Children NZ Inc.

Heart Foundation - North Otago

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 2143
Address: 48 Ribble Street, Oamaru
E-mail Address: jank@nhf.org.nz
Website Address: http://www.heartfoundation.org.nz/

Service Description:

Works to promote good health and to reduce suffering and death from heart and blood vessel disease through health services and by funding research.

Heart Foundation - Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki			

Phone: (03) 477 3999
Address: 206, Hanover St, Dunedin
E-mail Address: Janettew@heartfoundation.org.nz
Website Address: <http://www.heartfoundation.org.nz/>
Service Description: As Per Page 39

Heartland Services - Balclutha

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 418 4048, or (027) 327 5370
Address: Enterprise Clutha, Development House
 6 John Street
 Balclutha, 9230
Website Address: <http://www.heartlandservices.govt.nz>

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

Heartland Services - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 904 2988
Address: Work & Income Offices
 23 Coquet Street, Oamaru
Website Address: <http://www.heartlandservices.govt.nz>
Service Description: As Above

Heartland Services - Wanaka

Balclutha		Central Otago		Dunedin	
Lakes District	✓	Waitaki			

Phone: (03) 443 7799
Address: 73 Brownston Street
 Wanaka 9305
Website Address: <http://www.heartlandservices.govt.nz>
Service Description: As Above

Hearing Therapy Services (Life Unlimited)

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 456 4350
Address: 8 Baker Street
 Dunedin 9012
E-mail Address: kelveng@lifeunlimited.net.nz
Website Address: www.life.nzl.org

Service Description:

Hearing Therapy Services, is a free service for those 16 and over, offering

- Hearing screening
- Aural rehabilitation
- Communication needs assessment
- Tinnitus information counselling
- Hearing loss education
- Hearing aid management
- Community education around hearing loss
- Music induced hearing loss for school aged people years 12 & 13

Idea Services - Dunedin

Balclutha	✓	Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 466 3850
Fax: (03) 466 3851
Address: 42 King Edward Street
 South Dunedin 9012
Postal Address: PO Box 2369, Dunedin 9012
E-mail Address: otago@idea.org.nz
Website Address: www.ihc.co.nz

Service Description:

IHC works for all people with an intellectual disability. We provide services, advocacy, support and information. IHC will advocate for the rights, inclusion and welfare of all people with an intellectual disability and support them to live satisfying lives in the community.

Idea Services - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 433 1016
Fax: (03) 434 5846
Address: 18 Severn Street, Oamaru
Postal Address: PO Box 80, Oamaru 9444
E-mail Address: north.otago@idea.org.nz
Website Address: <http://www.ihc.co.nz/>
Service Description: As Above

ISIS Rehabilitation Centre

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 476 6044
Address: Wakari Hospital,
 369 Taieri Rd
 Dunedin
Postal Address: Private Bag 1940,
 Dunedin 9054
Website Address: www.southerndhb.govt.nz

Service Description:

Community Rehabilitation Centre is part of the Rehabilitation Ward Centre. The multidisciplinary team of therapists provide goal focused and time-framed community based rehabilitation to clients with physical disability aged 16 - 65. Assessment and rehabilitation may be based in the home, in the community, or at the Rehabilitation centre. Includes: Physiotherapists, Occupational Therapists, Speech and Language Therapists, Social Workers, and Psychologists.

Literacy North Otago Inc

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 2236
Address: Open Learning Centre
 34 Ribble Street
 Oamaru 9400
E-mail Address: literacynorthotago@xtra.co.nz
Website Address: <http://www.literacy.org.nz>

Service Description:

We provide any type of literacy support to any individual or family, at no cost to the learner. eg. Assistance gaining Learners Licence, Reading, Writing and Spelling, Conversational English, numeracy, computing, speaking and listening skills.

MARC (Mosgiel Abilities Resource Centre)

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 489 0740 or 0800 240 500
Fax: (03) 489 6867
Address: 16 Green Street, Mosgiel
Postal Address: PO Box 372, Mosgiel 9053
Website Address: www.marc.org.nz

Service Description:

MARC gives the opportunity for students (16 and above) who are still at school to attend/participate in activities for half or one day per week. Students can also choose whatever programmes they would like to be involved with at MARC. MARC offers a drop off service both AM and PM into Dunedin, (a charge applies for this service).

Milton Community Health Trust

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki		Milton	✓

Phone: (03) 417 4399
Address: 7 Eden Street
Milton 9220
E-mail Address: milcomhealth@xtra.co.nz

Service Description:

Milton Community Health Trust provides the following services: District Nursing, Physiotherapy, Occupational Therapy, Meals on Wheels (cost subsidised), , Volunteer Driving Service (donation required).

Ministry of Education - Special Education

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 471 5200
Fax: (03) 479 0541
Postal Address: PO Box 5147, Dunedin
E-mail Address: patrick.crowley@minedu.govt.nz
Website Address: www.minedu.govt.nz

Service Description:

Early Intervention (0-5years): specialist support for young children with significant developmental/communication delay or challenging behaviour.
Communication (0-7years): for children with significant speech communication delay.
Severe Behaviour Initiative: for students Year 1-10 with severe challenging behaviours.

Ongoing Reviewable Resourcing Scheme (ORRS): For students in school who have been 'verified' as having high and ongoing needs. They are then eligible for specialist teacher support, teacher aide and other specialist supports such as education psychologist, advisor on deaf children, speech-language therapists, occupational therapists and physiotherapists.

Technology support SLS: (Supplementary Learning Support) For students in school with high and ongoing needs who are ORRS 'verified'.

Technology support MPC: (Moderate Physical Contract) For students with physical needs who do not meet ORRS criteria.
We welcome parent enquiries.

Ministry of Justice – Victim Advisors

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 471 5135
Address: 41 Stuart Street, Dunedin
Postal Address: Private Bag 1925, Dunedin
E-mail Address: jackie.muir@justice.govt.nz

Service Description:

Confidential, free service offering information regarding matters before the court, advising victims progress.

Mirror Counselling Service

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 479 2970
Fax: (03) 474 5679
Address: 7th & 8th Floor
 Evan Parry House
 43 Princess St
Postal Address: PO Box 276, Dunedin
E-mail Address: reception@mirrorservices.org.nz
Website Address: <http://mirrorservices.org.nz/>

Service Description:

Mirror Counselling *Whakaata Tohu Tohu* supports children and young people of any age up to 19 years who are suffering the effects of:

- Emotional, behavioural or mental health issues
- drug and alcohol use
- personal, relationship and family challenges, abuse and violence

Mirror Counselling offers:

- Individual counselling in a confidential and safe environment
- Involvement of the family/whanau wherever possible
- Educational and therapeutic groups as required
- Referral and support to access other services when necessary
- Help children and young people have a voice
- Education and training for other community groups and agencies.

Mirror Youth Day Programme

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 479 2970 or (03) 482 1366 or Cell: 0274 821 368
Fax: (03) 482 1367
Postal Address: PO Box 76, Waitati
E-mail Address: mydp@mirrorservices.org.nz
Website Address: <http://mirrorservices.org.nz/>

Service Description:

Te Whakaata Tohu Tohu Mirror Youth Day Programme is a therapeutic day programme for young people between the ages of 13 and 17 years old who have significant drug and alcohol issues. It runs for the length of the school term, and is based in Waititi just north of Dunedin.

Mount Cargill Trust

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 455 9200
Address: 314 King Edward Street
 Dunedin, 9044
Postal Address: PO Box 2462, South Dunedin 9044
E-mail Address: reception@mtcargilltrust.org.nz
Website: www.mtcargilltrust.org.nz

Service Description:

The Mount Cargill Trust provides specialised residential care to children, youth and young adults with an intellectual disability and/or autism, with associated high and complex support needs.

Ngai Tahu Maori Law Centre

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		✓

Phone: (03) 477 0855 / 0800 626 745
Fax: (03) 474 2766
Address: Level 1, 258 Stuart St
 Dunedin
Postal Address: PO Box 633, Dunedin 9016
E-mail Address: info@ngaitahulaw.org.nz
Website Address: www.ngaitahulaw.org.nz

Service Description:

The purpose of the Ngai Tahu Maori Law Centre's mission is to provide an excellent free legal service, specific to Articles 1 and 2 of Te Tiriti o Waitangi. Through advocacy we aim to meet the needs of our people and increase the awareness of legal issues pertaining to Maori Land and other taoka. We recognise Ngai Tahu values and align ourselves with the Ngai Tahu 2025 vision.

NZ SpeakEasy Association Inc - Otago/Southland

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 489 2442
E-mail Address: rentonnn@ihug.co.nz
Website Address: <http://www.speakeasynz.org.nz>

Service Description:

We are a support group for people who stutter before, during and after a recognised Speech therapy course, although this is not a pre-requisite. We are a Nationwide organisation, friendly and supportive.'

Oamaru Mental Health Support Centre

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 747 4101
Address: 17 France Street, Oamaru
E-mail Address: mhsupport@netspeed.net.nz

Service Description:

To support people with psychiatric illness and people experiencing emotional stress, isolation and loneliness. Different activities are held 9.3am - 3pm each day Monday to Friday.

Otago Association for Deaf Children

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 474 1983
Address: 55 Arthur Street, Dunedin
E-mail Address: oneill_family@clear.net.nz

Service Description:

Our organisation is to support Otago families with a child who has been diagnosed with hearing loss

OtagoAtHeart

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 455 0802 or (021) 848 743
E-mail Address: heartchildrenotago@hotmail.com
Website Address: <http://www.heartnz.org.nz>

Service Description:
 We provide support for children and their families who have Congenital or Acquired Heart Disease.'

Otago Brain Injury Association

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (04) 471 6156
Fax: (04) 471 6174
Postal Address: PO Box 5222, Dunedin
Email Address: liaison.dunedin@brain-injury.org.nz
Website Address: www.brain-injury.org.nz

Service Description:
 Each Association offers support via a Liaison Officer along with a variety of Support Groups and Social Activities.

Otago mental Health Support Trust

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 477 2598 or Free Phone 0800 364 462
Fax: (03) 477 6657
Address: 3rd Floor, Queens Building, 109 Princes Street, Dunedin
Postal Address: PO Box 5021, Dunedin
E-mail Address: otagomd@ihug.co.nz
Website Address: www.bipolarotago.co.nz

Service Description:
 Provide Advocacy, Peer Support, Information and Education for people with experience of mental illness, their friends, family and whanau. Free service. People can either self refer or be referred by a service (with the person's consent). This service is available to people 18 years old and over.

Otago Youth Wellness Trust

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 474 9547
Address: 20 Parry Street West
 Dunedin
E-mail Address: administrator@oywt.org.nz

Service Description:

We are a free community based support service for young people aged 11-18 who have multiple needs. Our tertiary qualified staff practice a wraparound model of service delivery which aims to address those needs in an integrated way.

Out There Pursuits Trust

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 487 6454 / 027 461 8822
Address: 81 Riselaw Road
 Dunedin 9012
E-mail Address: ruthiannz@yahoo.com

Service Description:

Out There Pursuits Trust is a recreational based opportunity for teenagers/ young adults to get together once a month for "Social Sunday". On this day outdoor/active type activities such as sand boarding, tramping and swimming are engaged in. This provides an opportunity for young people to socialise with their peer group. They also provide a week long camp in the school holidays, which focuses on physical activity, friendship, teamwork and self development. It is advised that the individual join in on a "Social Sunday" to gain understanding of what they do and if it suits their expectation. This allows a young person to be assessed in regards to their suitability before committing to the camp.

Pact

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 477 4312
Fax: (03) 477 6641
Address: 80 Filleul Street, Dunedin 9016
E-mail Address: pact@pactgroup.co.nz
Website Address: www.pactgroup.co.nz

Service Description:

Today we provide a range of support for child and youth and adult clients. We provide the support in a range of settings including houses with staffing to meet client needs (eg we have supported landlord houses with no staff on site through to houses with 24-hour staffing); day programmes and centres which include social enterprises and vocational support, community support in people's own homes, respite care and carer support, peer support, consumer leadership, specialist Maori services, holiday programmes for youth and help into employment

Pacific Islands Centre - University of Otago

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 479 8278
Address: 1 Leithbank St, Dunedin
E-mail Address: pacific@otago.ac.nz
Website Address: <http://www.otago.ac.nz/pacific>

Service Description:

We provide academic support, pastoral support and advocacy services for Pacific students. We also provide the above services for international students from the Pacific. We aim to establish strong links and network with the community and promote Otago to the Pacific Islands community.

Pacific Trust Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 455 1722
Fax: (03) 455 1725
Address: 220 King Edward Street, Dunedin
Postal Address: PO Box 2274, South Dunedin, Dunedin 9044
E-mail Address: office@oppht.co.nz

Service Description:

Pacific Trust Otago, formally known as Otago Pacific People's Health Trust, provides a health promotion service, Well Child services, and a voluntary community support service.

Parent to Parent

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: 03 470 1086
Address: 514 George Street, Dunedin
Postal Address: PO Box 6174, Dunedin 9059
E-mail Address: Otago@parent2parent.org.nz
Website Address: www.parent2parent.org.nz

Service Description:

Parent to Parent connects parents with trained volunteer Support Parents who have a child or family member with the same or similar disability, health impairment, or are experiencing a similar issue.

Support Parents:

- Are parents of a child who has a disability or health impairment who offer a listening ear.
- Have been trained to offer support to other parents, family, whanau or carers.
- Understand the challenges and unique joy of caring for a child with a disability or health impairment.
- Can share experiences and offer practical solutions.

Personal Advocacy Trust - Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 455 3779
Address: 39 Tedder Street
 Saint Kilda, Dunedin

Service Description:
 To provide advocacy and friendship for people with an intellectual disability after their parents die or become unable to advocate for their best interests.

Playcentre Association Inc, Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 488 3932
Fax: (03) 488 3982
Address: 114 Main Road, Fairfield, Dunedin
Postal Address: PO Box 13145, Green Island, Dunedin
E-mail Address: admin@otagoplaycentre.org.nz
Website Address: www.otagoplaycentre.org.nz/

Service Description:
 Details available on 36 play centres throughout Otago. Co-operative, supportive, family-based, early childhood, parent education and leadership courses. A special needs team operates at the Play centre Association to support centres to meet the needs of children/family/whanau with special needs.

Plunket Society Otago

There are four districts and one city in the Plunket Otago area being Central Otago District, Waitaki District, Clutha District, the Wanaka ward of the Queenstown Lakes District and Dunedin city. There are a number of playgroups and coffee groups throughout the Otago area, and new groups are always being established to meet the needs of our communities.

Main Office

Phone: 03 474 0490 **Fax:** 03 477 9535

Email: otago@plunket.org.nz

Address: 109 Princes Street, Dunedin, Otago, New Zealand

Area	Phone Number	Address	Details
Alexandra & Clyde	027 3228 999	Skird Street, Alexandra	Monday, Tuesday and Wednesday 9.00am - 12.00pm
Andersons Bay	03 474 0490	12 Silverton Street, Andersons Bay	Monday 9.00am - 3.30pm
Balclutha	03 418 0525	Clyde Street, Balclutha	
Broad Bay	03 474 0490		Every second Thursday 9.00am - 12.00pm
Brockville	03 474 0490	Community Hall, 274 Brockville Road	Wednesday 9.00am - 12.00pm
Clinton	03 417 8412		Please call for more information
Cromwell	021 864 636	Plunket Rooms, 5 Murray Street, Cromwell	Monday & Tuesday 9am - 12pm
Green Island	03 474 0490	189 Main South Road	Wednesday 9am - 2pm & Friday 9am - 12pm
Kurow	03 434 8437	Bledisloe Street	Once Monthly
Lawerence	03 417 8412	Whitehaven Street	By appointment only
Milton	03 417 8412	Shakespeare Street	By appointment only
Mornington	03 474 0490	50 Mailer Street	Whitehaven Street
Mosgiel	03 474 0490	Church Street	Well Child checks by appointment only
North East Valley	03 474 0490	Gardens Plunket Clinic, St David Street Medical Centre	by appointment only
Oamari	03 434 8437	Severn Street	Monday - Friday
Omakau	03 448 8205	Skird Street	Please call for more information
Outram	03 474 0490	Skerries Street	Every 2nd Wednesday 9am - 12pm
Portobello	03 474 0490	Cnr Sherwood & Allens Beach	by appointment only
South Dunedin	03 474 0490	South City Mall,	Please call for more information
Wakari	03 474 0490	168 Shetland Street	by appointment only

Website Address: www.plunket.org.nz

Service Description:

New Zealand's largest provider of support services for the development, health and wellbeing of children under 5 years. Plunket works together with families and communities, to ensure the best start for every child. Whānau āwhina - caring for families. Plunket offers a wide range of services in different areas.

To find out what's available in your area and when clinics are open contact the Invercargill Kelvin Street Plunket Clinic or check out the website.

Pregnancy Counselling Services – Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 479 0407 / 0800 PREGNANT
E-mail Address: pregnancycounsellinginfo@gmail.com
Website Address: <http://www.pregnancycounselling.org.nz>

Service Description:

We are an independent, charitable trust whose caring, well trained volunteers offer a 24/7 telephone counselling service for anyone with a pregnancy or abortion related issue:

- a woman who is pregnant or thinks she may be
- a woman who has been pregnant in the past and suffered a loss through a termination, miscarriage or stillbirth
- her partner, parent or friend
- a doctor, social worker or pastor trying to support her.

We are here to listen, discuss your concerns, offer possible avenues of help, meet in person (if you wish) and make referrals as needed.

Pregnancy Help Inc

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: 03 455 5892
Address: Ground Floor South City Mall, South Dunedin.
Postal Address: PO Box 5406, Dunedin
E-mail Address: otago@pregnancyhelp.org.nz
Website Address: <http://www.pregnancyhelp.org.nz/dunedin/>

Service Description:

Pregnancy Help offers:

- Non-judgemental information, advice & support
- Information about & referrals to other agencies & services
- Practical support such as bassinets, baby & children's clothing, bedding & nappies.

All of our services (including the provision of practical support) are provided at no cost to the service user.

People can contact us themselves or be referred to us by another agency or services. You are also welcome to bring a support person along with you when you have contact with us.

Opening hours: Monday – Thursday 9.30am – 2.30pm (we also try to be flexible with appointment times being made outside of these hours)

Public Health Nurses - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 433 1162 or (027) 220 6846
Address: 78 Ribble Street, Oamaru, 9444
Postal Address: Private bag 50059, Oamaru Hospital, Oamaru 9444
E-mail Address: lindsay.oakes@southerndhb.govt.nz

Service Description:

Provides health care to children and their families through Early Childcare Centres, Primary and Secondary Schools. This includes Vision and Hearing testing.

Public Health Nurses Youth Health Rural Clinics

Balclutha	✓	Central Otago	✓	Dunedin	
Lakes District		Waitaki	✓		

<u>Area</u>	<u>Phone</u>	<u>Fax</u>	<u>Address</u>
Balclutha	03 419 0059	03 419 0057	24 Clyde St, Balclutha
Clyde	03 440 4309	03 440 4319	Dunstan Hospital, Clyde
Oamaru	03 433 0260	03 433 0273	8 Steward St, Oamaru
Ranfurly	03 444 9424	03 444 9093	Tyrone St, Ranfurly, Maniototo

Website Address: <http://www.southerndhb.govt.nz/index.php?pageLoad=2595>

Service Description:

The clinic provides a free sexual health service for students, low waged and unemployed people under 25, and self referral clinics at secondary schools. Mondays only from 3.30pm-5pm.

Public Health South

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 476 9800
Fax: (03) 476 9858
Address: Main Block, Level 2 Wakari Hospital Taieri Road Dunedin .
Postal Address: Private Bag 1921, Dunedin 9054
Website Address: www.southerndhb.govt.nz

Service Description:

Public Health South offers a wide range of programmes to promote and protect the health of the public. Services include: Te Wakahauora, Environmental Health, Communicable Diseases, Food and Nutrition, Major Public Health Issues, Sexual Health Clinic, Resource Centre, Public Health Nursing, School Dental Services.

Health Promotion Advisors work in the following areas: Alcohol & other drugs Tobacco control (Smoke free), Injury prevention, Breast Screen Aotearoa & the National Cervical Screening Programme, Nutrition & physical activity, Social environments, Mental health, Health promoting schools, Sexual health, PHO, Health Promotion advice, Research.

Rape Crisis Dunedin Inc

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 474 1592
Fax: (03) 474 0347
Address: 1st Floor, Corso Building
 111 Moray Place, Dunedin
Postal Address: PO Box 5424, Dunedin
E-mail Address: rcrisis@xtra.co.nz
Website Address: www.rapecrisisdunedin.org.nz

Service Description:

Free and confidential counselling, advocacy and information for survivors of recent and past rape, incest, and sexual violence and their family and whanau. 24hour crisis line and call out service

Relationships Aotearoa – Dunedin

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki			

Phone: (03) 477 6766 or (0800) 735 283
Fax: (03) 477 6156
Address: Level 2, 30 London Street, Dunedin
Postal Address: PO Box 5855, Dunedin
E-mail Address: dunedin@relationshipsotearoa.org.nz
Website Address: www.relationshipsaotearoa.org.nz

Service Description:

Relationships Aotearoa is New Zealand’s largest provider of professional counselling and relationship education, and assisted around 25,000 people during the year. We are a not-for-profit organisation with expertise in couple counselling, provision of individual and family therapy, assisting those affected by violence and abuse, working with Maori, youth at risk, and workplace issues.

Relationships Aotearoa – Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (0800) 735 283
Address: Level 2, Central Chambers
 19 Eden Street, Oamaru
Postal Address: PO Box 203, Oamaru
E-mail Address: oamaru@relationshipsotearoa.org.nz
Website Address: www.relationshipsaotearoa.org.nz
Service Description: As Above

Riding for the Disabled

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Area	Phone Number	Address	Postal Address	Email Address
Oamaru	(03) 434 9484	38a Hayle Street, Oamaru -	C/- Judy Clements, 29 Charles Street, Weston, North Otago 9401	clementselect@xtra.co.nz
Dunedin	(03) 488 5403	98 Flower Street, Fairfield	PO Box 196, Mosgiel, Dunedin	info@dunedinrda.co.nz
Alexandra	(027) 277 8961	SH8, Alexandra/Clyde Road, Alexandra	PO Box 398, Alexandra 9340	centralotago@rda.org.nz
Wanaka	(03) 443 5911	196 Maxwell Road, RD2, Wanaka		vanashda@snap.net.nz

Website Address: <http://www.rda.org.nz/>

Service Description:

New Zealand Riding for the Disabled Association (NZRDA) is a charitable organisation which provides opportunities for anyone with a disability to enjoy safe, healthy, stimulating, therapeutic horse riding and horse-related activities in New Zealand

Rock Solid Youth Programmes

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 487 9889 or (022) 075 3286

Address: 118 Middleton Road
Corstorphine, Dunedin

E-mail Address: manager@rocksoliddunedin.co.nz

Website Address: <http://rocksoliddunedin.co.nz>

Service Description:

We work with young people in the southern suburbs of Dunedin, from year 7 through to year 13, running a number of ABL (Activity Based Learning) evening clubs, camps and in-schools leadership development programmes. These programmes are all aimed at promoting positive youth development and building greater resilience and pro-social skills. Our Youth Workers offer on-going mentoring services to the teens involved in these activities. In terms of its values, Rock Solid is Christian based, but non-discriminatory, non-judgemental, and open to all young people of any background."

Royal New Zealand Foundation of the Blind - Dunedin

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 466 4255 or (03) 433 4230 or 0800 24 33 33

Fax: (03) 455 4319

Address: Corner Hillside Road and Law Street

Postal Address: PO Box 2237

South Dunedin 9044

Website Address: www.rnzfb.org.nz

Service Description:

The Foundation provides a wide range of services aimed at maximising independence by teaching skills and providing on-going support for people with visual impairment and blindness.

Royal New Zealand Foundation of the Blind - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 433 1140

Address: 6 Steward Street, Oamaru

Postal Address: P O Box 359, Oamaru 9444

Website Address: www.rnzfb.org.nz

Service Description: As Above

Roxburgh Bed Wetting Charitable Trust

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 446 8450

Address: Coal Creek R D 1, Roxburgh

Service Description:

Providing quality help for bedwetters aged 5 1/2 and upwards

SADD - Students Against Driving Drunk

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 470 1973
Address: Level 2, Cargill House
 333 Princes Street
 Dunedin, 9054
E-mail Address: team@sadd.co.nz
Website Address: <http://www.sadd.co.nz>

Service Description:

SADD is a peer education program that aims to reduce the harm caused on our roads by drunk drivers.

Sara Cohen School

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 455 8347
Fax: (03) 456 1538
Address: 44 Rutherford Street, Caversham
E-mail Address: principle@saracohen.co.nz or school@saracohen.co.nz
Website Address: <http://home.xtra.co.nz/hosts/saracohen/>

Service Description:

As a Specialist School Sara Cohen School enrolls students from 5 to 21 years of age. The Rutherford Street site caters for secondary aged students and in this context the years leading up to transition from school are recognized as an important time in the life of our young people. Younger students enrolled at Sara Cohen School attend one of two satellite classes. The Concord School hosts a class for primary aged students and Bathgate Park School hosts a class for intermediate aged students

Sherwood Centre Charitable Trust

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 488 4926
Address: 28 Boomer Street
 Green Island
 Dunedin, 9018
E-mail Address: manager@sherwood.org.nz
Website Address: <http://www.sherwood.org.nz>

Service Description:

Support Services for people with disabilities with an emphasis on social inclusion and community development. Services include Supported Employment, Transition from School, Community Participation, Vocational Training, Voluntary Work and Work Experience. We work within a strengths based model of practice and believe that communities are enriched by the participation and inclusion of all people.

SPELD NZ Inc - Dunedin Local Liaison Group

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (0800) 773 536
E-mail Address: southern@speld.org.nz
Website Address: <http://www.speld.org.nz>

Service Description:

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

Sport Otago

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		✓

Phone: (03) 474 6350
Address: 40 Logan Park Drive, North Dunedin
Postal Address: PO Box 969, Dunedin
E-mail Address: sporto@sportotago.co.nz
Website Address: www.sportotago.co.nz

Service Description:

Sport Otago is a charitable trust which provides a wide range of sport and recreation services to the Otago community including supporting pathways for youth to access sporting opportunities through sport development, education and training. Sporting Chance: funding for year 5-13 students from financially disadvantaged homes to take part in organised sport. Active Families (Dunedin only): a family centred initiative to support children aged 5 - 18 years. Green Prescription: physical activity kick start programme for anyone aged 18 years and over

Southern Audiology Ltd

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 464 0551, (0800) 505 535
Address: Marinoto Clinic Suite 17
 72 Newington Avenue
 Maori Hill, Dunedin
E-mail Address: saudio@extra.co.nz
Website Address: <http://www.southernaudiology.co.nz>

Service Description:

Southern Audiology provides a full range of audiological services including hearing tests for adults and children (3 years and older), Hearing Aid assessments and fitting, tinnitus counselling, noise and other ear protection and in-service training. Accredited assessors for ACC, WP & AccessAble funding.

Southern Behaviour Support

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 341-8823
Postal Address: P.O. Box 33 035
 Barrington, Christchurch
Website Address: <http://www.southernbehavioursupport.com/>

Service Description:

Southern Behaviour Support provides behavioural assessments and intervention plans. Our work is based on a non-aversive method of behaviour change strategies.

Southern Support Eating Disorder Service

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: 0800 328 744 or 027 209 7928
Postal Address: Private Bag 1916, Dunedin 9054

Service Description:

The SSED Service in the community and primary health sector is a free service that provides early identification, assessment, treatment and referral for people with symptoms and / or behaviours consistent with an eating disorder. The service also provides advice for families/whanau to access support networks. Education, training and information for a range of professionals, about eating disorders is a key focus.

Stand Children's Services – Tu Maia Whanau

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 446 8119
Fax: (03) 446 8064
Address: 13 Teviot Street, Roxburgh, Central Otago, 9500
Postal Address: PO Box 73, Roxburgh, 9441
E-mail Address: southern@standforchildren.org.nz
Website Address: www.standforchildren.org.nz

Service Description:

National organisation, for 5- 12 year olds, providing a comprehensive social work support service for children & whanau with emotional, behavioural, social, health and or educational needs via our integrated care and education therapeutic children's villages and our intensive family supports in the community. Our service operates as a trauma informed service working collaboratively with other agencies in the health, welfare and education sectors.

STOP

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: 03 374 5010
Address: 126 Waimairi Road,
 Christchurch, 8041
Postal Address: PO Box 6236
 Upper Riccarton, Christchurch 8442
E-mail Address: info@stop.org.nz
Website Address: www.stop.org.nz

Service Description:

STOP provides community-based assessment and intervention services for adolescents who have engaged in harmful sexual behaviour and for children who have engaged in concerning sexual behaviour.

Children's Programme is for both boys and girls between 5 and 12 years of age

Adolescent Programme is for boys between 13 and 18 years of age - *dependant on certain factors allowance may be made for clients who fall outside this range to attend the programme*

Girls Programme is for girls between 12 and 18 years of age who have engaged in concerning or harmful sexual behaviour.

Stopping Violence Dunedin Inc

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: 03) 474 1121 or 0800 474 1121
Fax: 03) 474 1132
Address: 30 Portsmouth Drive
 Dunedin 9054
Postal Address: PO Box 1401, Dunedin
E-mail Address: stopviolencedunedin@xtra.co.nz
Website Address: www.stoppingviolencedunedin.org.nz

Service Description:

Stopping Violence Dunedin run an education programme to help men change their beliefs and behaviour within the context of their communities and their culture. The safety of women and children is of primary and paramount concern in all work and interactions we have.

Strengthening Families - Central Otago/Upper Clutha

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (0800) 267 327 or (027) 259 2935
Address: 14-20 Centennial Avenue
 Alexandra
Website Address: <http://www.strengtheningfamilies.govt.nz>

Service Description:

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

Strengthening Families - Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 470 0839
Address: Family Works
 407 Moray Place
 Dunedin
E-mail Address: strengtheningfamilies@psotago.org.nz
Website Address: <http://www.strengtheningfamilies.govt.nz>
Service Description: As Above

Strengthening Families - Maniototo/Ranfurly

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 444 9427 or (027) 341 5558
Address: Maniototo Hospital
 1 Tyrone Street
 Ranfurly, 9332
E-mail Address: sf.maniototo@coreap.org.nz
Website Address: <http://www.strengtheningfamilies.govt.nz>
Service Description: As Above

Strengthening Families - South Otago

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 418 2530 or (027) 603 1146
Address: Anglican Family Care, C/- Information Centre
 4 Clyde Street
 Balclutha
E-mail Address: carolyn@familycare.co.nz
Website Address: www.strengtheningfamilies.govt.nz
Service Description: As Per Page 63

Strengthening Families - Waitaki

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 904 2959 or (027) 209 2360
Address: C/- Work and Income
 23 Coquet Street
 Oamaru
E-mail Address: kristen.brown042@msd.govt.nz
Website Address: http://www.strengtheningfamilies.govt.nz
Service Description: As Per Page 63

Supporting Families Central Otago

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 4489 303
Address: 28 Ashworth Street,
 Alexandra
Postal Address: PO Box 356, Alexandra
E-mail Address: admin@sfcentral.org.nz

Service Description:
 Our primary role is to support families affected by someone else's Mental Illness, addiction or suicide. We provide Support , Advocacy, Information and Education We are a free, mobile service contracted by the SDHB and our fieldworkers travel to all communities within the Central Otago region i.e. except Q-town

Supporting families in Mental Illness – Dunedin

Balclutha	✓	Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 455 5973 / (03) 418 4191 (Balclutha only)

Fax: (03) 455-0035

Address: 34 Prince Albert Road
St Kilda, Dunedin

Postal Address: PO Box 4003

St Kilda, Dunedin

E-mail Address: fieldworker@sfotago.org.nz

Website Address: www.supportingfamiliesotago.org.nz

Service Description:

This is a free service where we have qualified Fieldworkers to provide Family Support, Information, Advocacy and Education around Mental Illnesses.

This is done in a variety of ways from one to one support, to support groups and Children Understanding Mental Illness (CUMI) programme.

Supporting Families in Mental Wellness - Waitaki Inc

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 4341130. or 0212301071.

Address: c/- Oamaru Hospital,
Private Bag 50059,
Oamaru 9444

Email Address: sfwaitakiinc@extra.co.nz

Website Address: www.supportingfamiliesotago.org.nz

Service Description: As Above

Te Hou Ora Otepoti

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 474-0266

Fax: (03) 487 7731

Address: 8 Carroll Street, Dunedin

Postal Address: PO Box 3028, Dunedin

E-mail Address: info@thows.co.nz

Website Address: www.thows.co.nz/

Service Description:

We offer programmes and activities for taiohinga to encourage, strengthen, and support. We co-ordinate access to appropriate support agencies. We have a learning and wellness centre catering for students 13-18 years of age offering core school subjects, life skills and tikanga Maori. All support by social intervention. Whanau support maintain a positive home environment.

Te Oranga Tonu Tanga - Mental Health

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 474 7007 or 0800 44 33 66
Address: Wakari Hospital, 369 Taieri Rd, Dunedin
Website Address: www.southerndhb.govt.nz/

Service Description:

Te Oranga Tonu Tanga (a pathway to healing) is a Kaupapa Maori service available to address the needs of Tangata Whaiora with a mental health disorder or diagnosis. We can assess referrals from self/whanau, psychiatric services, family doctor, or community organisations.

Te Roopu Tautoko Ki Te Tonga (Inc)

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 477 4670 or (03) 477 4681
Address: 6 Wolseley Street, Dunedin
E-mail Address: chris@tautoko.maori.nz

Service Description:

Stopping Violence program for maori men. Smoking Cessation program for whanau. Problem gambling (Health Promotion only). Rongoa contract offering massage/mirimiri. Mau Rakau program for boys + men (maori only). Offer individual counselling for boys, girls and whanau.

Te Whare Koa Marae

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 5699
Address: 19 France Street, Oamaru
E-mail Address: oamarumaoricommittee@gmail.com

Service Description:

Te Whare Koa Marae offers a variety of educational resources for Maori and non Maori including the opportunity to experience Maori protocol at the Marae, Treaty of Waitangi courses and Unit Standards in Maori Studies.

The Family Network Incorporated

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 474 5579 or (027) 454 2389
Address: 514 Great King Street
 Dunedin, 9016
E-mail Address: coordinator@familynetwork.org.nz
Website Address: <http://familynetwork.org.nz/>

Service Description:

The Family Network provides support, information and advocacy for families with a child with disabilities or special needs. We welcome all families, regardless of the child's disability or special need.'

We also offer the following support groups.

- ADHD Support Group
- Cerebral Palsy Support Group
- Dyspraxia Support Group
- Foetal Alcohol Syndrome Disorder Support Group

Tokomairiro Waiora Incorporated

Balclutha	✓	Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 417 7430 or 0800 769 648
Fax: (03) 417 7431
Address: 80 Union Street, Milton
 PO Box 117, Milton 9241
E-mail Address: tokowaiora@xtra.co.nz
Website Address: www.tokowaiora.co.nz

Service Description:

Tokomairiro Waiora Incorporated is a kaupapa Māori Health Service providing Whānau Ora services in the South Otago rohe.

The key objective of our service is to ensure existing health professionals and providers are co-ordinates and that Māori are assisted to better utilise the services that are available.

Tuapeka Community Health Company Ltd

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 485 9056
Address: 43 Whitehaven Street
 Lawrence 9532
E-mail Address: tuapeka.health@xtra.co.nz
Website Address: <http://www.healthlink.co.nz>
Service Description: Medical and Nursing Services

Tumai Ora Whanau Services

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 465 7651 or 027 296 6955 or 0800 636 8240

Fax: (03) 465 7631

Address: 203 Main Road, Waikouaiti

Postal Address: P O Box 18, Waikouaiti

E-mail Address: info@tumaioara.co.nz

Website Address: www.puketeraki.co.nz

Service Description:

Tumai Ora Whanau Services provides whanau ora services across East and North Otago. The key objectives of the service are to ensure existing health professionals and providers are co-ordinated and that Maori are assisted to better utilise the services that are available. Tumai Ora Whanau Services is available to all of the community. Development of whanau health plans are for specific conditions and age groups, and are targeted for improvement in health for each whanau.

Upper Clutha Children's Medical Trust

Balclutha		Central Otago		Dunedin	
Lakes District	✓	Waitaki			

Phone: (03) 443 4483

Address: PO Box 678
Wanaka, 9305

E-mail Address: neville.h@xtra.co.nz

Website Address: <http://www.uccmedtrust.co.nz>

Service Description:

To support upper Clutha families who are in financial difficulty because of their children's health and medical issues

Uruuruwhenua Health Inc

Balclutha		Central Otago	✓	Dunedin	
Lakes District	✓	Waitaki			

Phone: (03) 448 8634 or (0800) 878 087

Address: 90B Centennial Ave
Alexandra, 9320

E-mail Address: uruuruwhenuahealth@xtra.co.nz

Service Description:

Uruuruwhenua Health works closely with existing health providers and whanau in the rohe to ensure that all parties are facilitated towards effectively growing whanau ora through collaborative and co-operative efforts. The service has an office based in Alexandra. Our whanau worker/s operate a mobile service from this central location. This allows for services to be delivered in shearing quarters, fruit industry accommodations, whanau, community homes and facilitated through premises including doctors' surgeries, hospital and clinics.

Victim Support - Central Otago

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 440 2524 or (027) 451 0276

Address: C/- Alexandra Police Station
2 Kelman Street
Alexandra, Central Otago 9320

Postal Address: PO Box 15, Alexandra

Website Address: www.victimsupport.org.nz

Service Description:

To provide support to victims of crime, accident and/or personal trauma. Providing referrals to welfare, health, counselling, medical and legal help. To protect from unlawful intimidation and the opportunity to provide a victim impact statement.

Victim Support - Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 471 4926 or 0800 842 846 (24 hours)

Address: C/- Central Police Station
25 Great King Street
Dunedin

Postal Address: Private Bag 1924, Dunedin

Website Address: www.victimsupport.org.nz

Service Description: As Above

Victim Support - Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (0800) VICTIM, (0800) 842 846

E-mail Address: nationaloffice@victimsupport.org.nz

Website Address: <http://www.victimsupport.org.nz>

Service Description: As Above

Victim Support - South Otago

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 418 4717 or 025 222 7803 or 0800 842 846 (24 hours)
Address: C/- Balclutha Police Station
 7 - 9 Renfrew Street
 Balclutha
Website Address: www.victimsupport.org.nz
Service Description: As Per Page 69

Waitaki District Truancy Service

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 437 0529 x 887, (027) 504 9770
E-mail Address: lizp@waitakibhs.schoolzone.net.nz

Service Description: A comprehensive service aimed at reducing truancy.

Waitaki Training

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (03) 437 9005, (03) 437 9029
Address: 316 Thames Highway
 Oamaru
E-mail Address: rperkins@waitakittraining.co.nz

Service Description: Waitaki Training is a registered private training establishment (NZQA accredited) offering individualised training programmes, aimed at assisting people into employment.

Windmill Specialised Care
(a division of Access Homehealth)

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: 03 457 520
Address: Carisbrook Heights School Campus,
 38 Riselaw Road,
 Corstophine, Dunedin 9012
Website: www.access.org.nz

Service description

Through our Windmill Specialised Care programme, we are now providing specialised care in Otago and Southland for those on the autistic spectrum (ASD) or those who have intellectual or physical disabilities.

We provide Specialised Home Support as well as Windmill Programmes which have a combination of educational, physical and social activities for people of different ages. All programmes are facilitated by trained caregivers and operate over the school term holidays, after school and at the weekend.

Workbridge - Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 477 0877
Fax: 03 479 2736
Address: John Wickliffe House, Level 6
 265 Princes Street, Dunedin, 9016
E-mail Address: dunedin@workbridge.co.nz
Website Address: www.workbridge.co.nz

Service Description:

Workbridge aims to enable people with disabilities to participate and experience equal opportunities in the labour market. Workbridge is a professional employment service for people with all types of disability, including people who have lived with the long-term effects of injury and illness. To qualify a Workbridge client will have been living with the effects of their disability, injury or illness for more than six months.

Workbridge - Oamaru

Balcluthav		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 4348713
Fax: (03) 434 5027
Address: Level 1 Coquet House
 23 Coquet Street, Oamaru 9400
E-mail Address: annat@workbridge.co.nz
Website Address: www.workbridge.co.nz
Service Description: As Above

Work and Income

Area	Phone	Fax	Address	Postal Address
Alexandra	0800 559 099	03 448 5438	57 Tarbert Street	PO Box 266 Alexandra
Balclutha	0800 559 099	03 418 4279	Corner George Street and Charlotte Street	PO Box 92 Balclutha
Dunedin Central Community Link	0800 559 099	03 955 0038	Corner Cumberland, Castle Street and St Andrews Street	PO Box 5646 Dunedin
Dunedin South	0800 559 099	03 455 0463	Corner Rankeillor Street and Hillside Road	PO Box 2346 Dunedin
Farlie	0800 559 099	03 956 0016	Resource Centre Main Street	Private Bag 901 Timaru
Geraldine	0800 559 099	03 956 0016	Peel Street (Next to Super Value)	Private Bag 901 Timaru
Mosgiel	0800 559 099	03 489 1319	22 Factory Road	PO Box 350 Mosgiel
Oamaru Community Link	0800 559 099	03 434 2009	23 Coquet Street	Private Bag 50 056 Oamaru
Queenstown Community Link	0800 559 099	03 441 2476	Ground Floor, Building 11, Remarkables Park Town Centre Frankton	PO Box 2454 Wakatipu Queenstown

Work and Income provides financial assistance and employment services throughout New Zealand. Work and Income provides a single point of contact for New Zealanders needing job search support and financial assistance.

Helping people into work

We hold seminars and offer practical advice to build confidence and skills to assist job seekers to find work. We provide income support to help job seekers get into, and stay in work.

Supporting employers

One of the ways we help people find work is to support employers who provide work for our clients. Our work broker team can help you find the right person for the job. Wage subsidies may be available to help with the costs of training and providing work.

Providing income support

We provide financial assistance for people unable to support themselves and some allowances for people on low-to-middle incomes.

For more information visit our website www.workandincome.govt.nz or phone 0800 559 009.


Youth Consumer Advisor , (YCA) – Southern DHB Mental Health , Addictions & Intellectual Services

Phone: (03) 2145786 or 027 6 444778
Address: Southern DHB - Invercargill Site
Mental Health & Addictions Services
Gate 2, Elles Road
Elm Court Building
PO Box 828, Invercargill
Postal Address:
E-mail Address: [tara.trounson@southerndhb.govt.nz](mailto: tara.trounson@southerndhb.govt.nz)

Service Description:

Covering the Southern DHB Geographical District the YCA is someone who has experience mental health and / or addictions concerns and is now representing the interests of children and young people through advice and feedback, education and training, networking, promotion and resources. Coming from the point of view of a young person the YCA ensures the youth voice is heard and acted upon.

Youth Health Clinic

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki			

Phone: (027) 491 7574 or (027) 229 0063
E-mail Address: karen.mccabe@southerndhb.govt.nz

Service Description: A free confidential sexual health service.

Alexandra - Tuesdays (except Public Holidays) 3 - 5 pm and Cromwell on Wednesdays 2 - 4 pm

Youth Specialty Service (YSS)

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: 03 474 5601 / 0800 44 33 66

Address: 3rd floor, Savoy Building,
8 Moray Place, Dunedin

Website Address: www.southerndhb.govt.nz

Service Description:

Youth Specialty Service (YSS) provides comprehensive assessment and treatment for young persons aged between 14 to 19 years with moderate to severe mental health issues. Treatment programmes may include: cognitive behavioural therapy, behavioural management techniques, family therapy, parenting skills, medication, individual therapy and group work. There is a day programme facility that provides assessment and treatment for those who are unable to attend school.

YouthGrow Nursery

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: 03 477 7116

Fax: 03 479 2020

Address: 407 Moray Place, Dunedin 9016

Postal Address: PO Box 374, Dunedin 9054

Website Address: <https://otago.familyworks.org.nz/node/458>

Service Description:

It's free, but unpaid, on-the-job work where the knowledge and experience you gain will set you up for the path ahead of you.

So, if you...

- Are 16 - 25 years old
- Are not already enrolled in a training programme
- Want unpaid work-place experience
- Are serious about studying for a qualification
- Want help with budgeting, writing, maths and life skills
- Can get yourself to our centre every work day...

then join YouthGrow Garden Centre's programme of work experience. Although unpaid, you will receive all the help you want - specifically tailored to your individual needs - to set you on the path to future employment.

YouthGrow is nursery and garden centre based in North East Valley, Dunedin. Our qualified staff work alongside you every step of the way and you leave with a nationally-recognised NZQA qualification in horticulture.

While with us you will be able to make choices and decisions about your direction in life knowing you have a supportive team around you. The centre's youth culture is quite unique - your colleagues will be facing similar challenges as you and know the value of sharing encouragement and hope.

Youth Law, at Community Law Centre.

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki			

Phone: (03) 474 1922 or 0800 169 333
Address: 52 Filleul Street, Dunedin 9016
E-mail Address: reception@dclc.org.nz
Website Address: www.communitylaw.org.nz

Service Description:

YouthLaw is a national community law centre for children and young people under 25 providing free legal information, advice, law related education, law reform service and, where capacity permits, representation services.

Youthline Otago Inc

Balclutha	✓	Central Otago	✓	Dunedin	✓
Lakes District	✓	Waitaki	✓		

Phone: (03) 477 2461 or Ph: 0800 376 633 or Free Text 234
Postal Address: PO Box 713, Dunedin 9054
E-mail Address: talk@youthline.co.nz or youthlineotago@xtra.co.nz
Website Address: www.youthline.co.nz

Service Description:

FREE 24 hour, 7 day a week helpline counselling service.
 While youthline has a youth focus anyone is welcome to call or txt.

Youth Service - Dunedin

Balclutha	✓	Central Otago		Dunedin	✓
Lakes District		Waitaki	✓		

Phone: 0800 887005
Address: 23 Dowling Street, Dunedin, 9016
Postal Address: PO Box 715, Dunedin, 9054
E-mail Address: manager@dunedin.comcol.ac.nz

Service Description:

Youth Service has two main areas of work:

- 1) Helps people to find further education, training or employment for young people who have left school and be between the ages of 16 and 17 (inclusive).
- 2) Works with any person under 18 receiving Youth Payment and under 19 receiving Young Parent Payment as a mentor. Support with housing, education, budgeting, parenting providing a wrap around service to support the young person.

Youth Service - Timaru

Balclutha		Central Otago		Dunedin	
Lakes District		Oamaru	✓		

Phone: 0800 887 003 or (03)6846940
Address: Strathallan House, 20 Elizabeth Street, Timaru 7910
E-mail Address: info@southcanterbury.comcol.ac.nz
Service Description: As Above

Youthtown Inc: Oamaru

Balclutha		Central Otago		Dunedin	
Lakes District		Waitaki	✓		

Phone: (03) 434 6473
Address: 87 Thames Street, Oamaru
E-mail Address: oamaru@youthtown.org.nz
Website Address: http://www.youthtown.org.nz

Service Description:
 Community Youth Facility for all youth aged under 18 years. Aims to build self-esteem by offering youth a safe place to express themselves physically, creatively and socially.

Youth Worker (Alexandra & Districts Youth Trust)

Balclutha		Central Otago	✓	Dunedin	
Lakes District		Waitaki			

Phone: (03) 448 6464
Address: 6 Gregg Street, Alexandra
E-mail Address: alexccyt@xtra.co.nz

Service Description:
 Working with youth from 11 to 25 years of age. Advocate for youth in any area.

YWCA of Dunedin

Balclutha		Central Otago		Dunedin	✓
Lakes District		Waitaki			

Phone: (03) 479 0600, (021) 566 298
Address: Level One, Pioneer Women's Building
 362 Moray Place
 Dunedin Central, 9016
E-mail Address: dunedin@ywca.org.nz
Website Address: http://www.dunedin.ywca.org.nz

Service Description:
 The YWCA is a leading voice for women in New Zealand providing advocacy as well as successful programmes that improve the lives of women

National Services:

Alcohol, Drug Association of New Zealand, (ADANZ).

Alcohol Helpline

Phone: 0800 787 797 or text adh to 234

Fax: (03) 377 5600

Postal Address: PO Box 13 496, Christchurch

E-mail Address: ada@adanz.org.nz

Website Address: www.adanz.org.nz

Service Description:

ADANZ manages the Alcohol Drug Helpline, compiles the national Addictions Treatment Directory and delivers a range of services led and developed by people who have previously used addiction treatment services.

Ara Taiohi – For people working with young people

Phone: (04) 802 5000

Postal Address: PO Box 11420, Manners Street, Wellington 6142

E-mail Address: admin@arataiohi.org.nz

Website Address: www.arataiohi.org.nz

Service Description:

Ara Taiohi is a new national youth sector organisation created by NZ Aotearoa Adolescent Health and Development (NZAHD) and the National Youth Workers Network Aotearoa (NYWNA). It has been set up to support people who work with young people so that they are more connected, effective and accountable.

Young people are at the heart of Ara Taiohi. 'Ara' means 'pathway to/for' and 'taiohi' means 'young person' in Aotearoa/New Zealand.

Depression Helpline

Phone: 0800 111 757

Website Address: www.depression.org.nz

Service Description:

Funded by the Ministry of Health the depression helpline is a Free, 24/7 telephone service which you can contact trained counsellors for concerns surrounding your own or others depression and mental health.

Health Promotion Agency

Phone: (04) 917 0060

Fax: (04) 473 0890

Address: Level 4, ASB House
101 The Terrace, Wellington

Postal Address: PO Box 2142
Wellington 6140

E-mail Address: enquiries@hpa.org.nz

Website Address: www.hpa.org.nz

Service Description:

HPA is an evidence-based health promotion organisation, influencing all sectors that contribute to good health and wellbeing. Our work is divided into three main areas:

- **promoting** health and wellbeing
- **enabling** health promoting initiatives and environments
- **informing** health promoting policy and practice

In Ya Face - Youth Gambling Helpline

Phone: 0800 654 659
Website Address: www.inyaface.co.nz

Service Description:

We're the Youth Gambling Helpline which is part of the national Gambling Helpline. We are trained telephone counsellors here to provide support and information about gambling and gambling problems in New Zealand. We believe in youth supporting youth, so we have young counsellors and we've developed this website with a youth focus.

Kidney Kids of NZ

Phone: 0800 215 437
Postal Address: PO Box 13732, Onehunga, Auckland
E-mail Address: support@kidneykids.org.nz
Website Address: www.kidneykids.org.nz

Service Description:

Kidney Kids of NZ is a parent driven organisation set up to meet the needs of children, and the families of children, who have kidney disorders.

We Aim:

- To give Kidney Kids the best life possible.
- To offer their families the best support and information available.
- To educate all New Zealanders on the early warning signs of Kidney and Urinary Tract disease.

We are a place where parents can:

- Receive emotional support from other parents who have "been there".
- Get information on their child's condition.
- Share social occasions.
- Read our regular newsletter.
- Come to education evenings where they can meet a specialist to talk to about their child's condition

We also help parents to find an advocate to help them work effectively with agencies providing services for their children.

Kidsline

Phone: 0800 54 37 54 (0800 kidsline)
Website Address: www.kidsline.org.nz

Service Description:

Feelings. What are they? Sometimes the toughest thing about feelings is sharing them with others. Sharing your feelings helps when they are good, or not so good. Sharing also helps you become closer and more connected to people you care about and who care about you. It can be really hard when you don't tell anyone you're feeling sad, lost, lonely or angry. Then it's just you and those bad feelings.

If you want to talk about how you're feeling, call Kidsline! We're here to talk.

Available: Mon - Fri: 4pm - 6pm

Maori Education Trust

Phone: (04) 586 7971
Address: IT Building, Te Whiti Park, 170a Whites Line East, Lower Hutt 5010
Postal Address: PO Box 31213, Lower Hutt 5040
E-mail Address: info@maorieducation.org.nz
Website Address: www.maorieducation.org.nz

Service Description:

The Māori Education Trust provides scholarships for Māori students in Secondary School and Tertiary education.

Mental Health Foundation – National Office and Library

Phone: (09) 300 7010
Fax: (09) 300 7020
Address: 81 New North Road, Eden Terrace, Auckland
Postal Address: PO Box 10051, Dominion Road, Auckland 1446
Website Address: www.mentalhealth.org.nz

Service Description:

The Mental Health Foundation is creating a society free from discrimination, where all people enjoy positive mental health and wellbeing. We work to influence individuals, whanau, organisations and communities to improve and sustain their mental health and reach their full potential.

We're not a counselling or advice service, but our Resource & Information Service is happy to point you in the right direction to find help.

Ministry of Education

Phone: (03) 211 8000
Address: 190 Forth Street, Invercargill
Postal Address: PO Box 887, Invercargill, 9840
E-mail Address: enquiries.invercargill@minedu.govt.nz / info@minedu.govt.nz

Service Description:

Information about early childhood Education, Primary and Secondary schooling.

Ministry of Health

Phone: 0800 855 066
Postal Address: PO Box 5013, Wellington, 6011
E-mail Address: info@health.govt.nz
Website Address: www.health.govt.nz

Service Description:

The Government's principal advisor on health and disability: improving, promoting and protecting the health of all New Zealanders.

Quitline

Phone: 0800 778 778
Postal Address: Po Box 12 605, Wellington
Website Address: www.quit.org.nz

Service Description:

A Telephone, e-mail or txt quit smoking support service, offering reduced price patches and gum, quit smoking support, advice, information & more. The quit smoking txt service is aimed at 16 - 24 year olds & runs for 26 weeks while you quit smoking. To signup checkout the quit line website.

Skylight

Phone: 0800 299 100 or 04 939 6767
Fax: (+64) 4 939 4759
Address: 2A Green Street, Newtown,
Wellington 6021,
Postal Address: PO Box 7309, Newtown,
Wellington 6242,
E-mail Address: reception@skylight-trust.org.nz
Website Address: www.skylight.org.nz

Service Description:

A national organisation working to support children, young people and their families who have been affected by change loss, grief and trauma. Helping to find ways to live with life's losses, to build on ones natural resilience, and to move forward. Provides a national resource and information service on issues of loss and grief, depression, family issues and more...

SPINZ (Youth Suicide Prevention Information NZ)

Phone: 09 300 7035
Fax: 09 300 7020
Address: 81 New North Road
Eden Terrace, Auckland
Postal Address: PO Box 10051
Dominion Road, Auckland 1446
E-mail Address: info@spinz.org.nz
Website Address: www.spinz.org.nz

Service Description:

Assisting communities and services to prevent youth suicide by providing them with high quality information. SPINZ is a joint project with the Centre for Youth Health, South Auckland Health and The Mental Health Foundation of New Zealand, funded by the Ministry of Youth Affairs.

The Kids Foundation - Immune Deficiencies Foundation of New Zealand

Phone: 0508 300 600
Fax: (09) 523 5551
Postal Address: PO Box 75-076, Manurewa, Auckland
E-mail Address: info@idfnz.org.nz
Website Address: www.idfnz.org.nz

Service Description:

IDFNZ is a not-for-profit organisation dedicated to providing New Zealand families with support, advocacy and education on Primary Immune Deficiency Disorders.

The Lowdown

Txt: 5652
E-mail Address: team@thelowdown.co.nz
Website Address: www.thelowdown.co.nz

Service Description:

A Website aimed at helping young people learn about and deal with depression, offering an online & txt service.

What's up Helpline

Phone: 0800 9428787 (0800whatsup)

Website Address: www.whatsup.co.nz

Service Description:

Free and confidential phone counselling service for kids and young people aged 5-18. We'll listen and help you solve your problems you can even just call us for a chat. The person you talk to isn't allowed to tell anyone what you say and you don't have to tell them anything you don't want to, not even your name.

Available Mon – Sun 1pm – 11pm

Women's Self Defence Network – Wahine Toa

Phone: (03) 615 5889 to talk to a local instructor

Website Address: www.wsdn.org.nz

Service Description:

The Girls' Self Defence Project Aotearoa New Zealand provides:

- A completely free eight hour self defence course for Year 7-8 girls
- A completely free five hour self defence course for Year 3-4 girls and Year 10-11-12 girls

These courses are to equip girls with the skills and strategies to keep safe. The courses have been especially designed for each age group. Project courses are usually run in a school context in school hours.

Directory Breakdown

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