

CONNECTED EASTERN SOUTHLAND

SERVICE DIRECTORY



Community Networking Trust

'A Healthy, Resilient and Connected Community'

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SOCIAL SERVICES

ABLE MINDS - TIMEOUT CARERS

Address: 36 Kelvin St, Invercargill
Phone: 03 218 1834 – 0800 494 262
Email: admin@able.org.nz
Website: www.able.org.nz

Phone: 028 850 03155

Email: manager@timeoutcarers.org.nz



Service description: Family / Whānau Support Supports families / whānau affected by a loved one's mental distress and/or addiction. Provides resources and information, listens, and assists with problem solving and coping strategies for whānau who have a loved one experiencing mental distress or addiction. Also offers advocacy in contact with other services. Delivers signature programmes: CUMIA (Children Understanding Mental Illness and Addiction) and a bereavement course for those who have lost a loved one by suicide.

Timeout Contact Provides supervised contact service for children who are exposed to challenges associated with separation from a significant family member. Can provide, for a fee, a changeover transportation service facilitating the movement of children between homes. Services are Court Ordered or can be privately arranged.

Area covered: Southland, West Otago, Clutha District

ADVENTURE DEVELOPMENT LTD - ADL SOUTHLAND

Address: 62 Yarrow St, PO Box 1255, Invercargill
Phone: 03 218 8833
Email: southland@adlnz.org.nz
Website: www.adventuredevelopment.co.nz



Service description: Provide a service for young people (under 20) who are thinking about making changes to the way they use alcohol and or other drugs as well as addressing co-existing mental health problems. Services include assessment, family support, consultation, intervention, counselling, post intervention support. Services range from brief interventions to a 6-month program involving an adventure/wilderness group therapy component.

Adventure Development Counselling (age 13-19) is a longer-term program that can offer support to young people wanting more intensive support with mental health or alcohol or drug concerns. It is only internally referred – please speak to an ADL (Adventure Development Ltd) staff member if this interests you or you want to know more. ADC has a focus in using activity and outdoor experiences to help develop new skills to better manage challenging times. Young people on ADC will attend counselling sessions, day activities and may be offered a 4–9-day journey. We also offer a marae-based journey. No charge for services.

Area covered: Southland - West Otago

ALTOGETHER AUTISM

Address: Southland Community House, Level 1, 46 Kelvin St, Invercargill
Phone: 03 214 31 79 / 027 808 3951 / 0800 273 463
Email: southland@parent2parent.org.nz
Website: www.altogetherautism.org.nz



Service description: Provided by Parent to Parent, Altogether Autism offers information and support for families and the community. It is psychologists and team of advisors include the lived experience of adults with autism or Asperger's, and the Parent to Parent – trained support parents of children with autism.

Area Covered: Southland

AWARUA WHANAU SERVICES

Address: 190 Forth St, PO Box 293, Invercargill
Phone: 03 218 6668 / 0800 292 782
Email: admin@awarua.nz
Website: www.awarua.nz



Service description: A comprehensive range of educational support, counselling and social services including a health initiative to support families/whanau. Services provided: Well child checks, health promotion and education to entire whanau. Delivering Te Kakano Nurse-Led Clinics for free health care at Hokonui Runanga, and Maitaia Community Centre.

Area Covered: Southland

BARNARDOS

Address: 120B Leet St, Invercargill
Phone: 03 214 7751 / 0800 227 970
Email: invercargill@barnardos.org.nz
Website: www.barnardos.org.nz



Service description: Offering a range of child and family services and early childhood care and education throughout services and early childhood care and education throughout New Zealand.

Family support: free in-home service providing confidential, child-focused support, working alongside families to build on their strengths and make positive changes for the benefit of their children.

Area covered: Southland

BUDDY PROGRAM (SOUTHLAND) FAMILY WORKS

Address: 181-183 Spey St, Invercargill
Phone: 03 211 8200
Email: BPI@familyworkssld.nz
Website: www.pss.org.nz



Service description: Mentoring program for children aged 4-12 years. Children are matched with carefully selected and trained adult volunteers. The aim is to gain friendship, provide support, guidance, encouragement. Increase the child's self-esteem, develop social skills, and help children make positive choices. Providing opportunities for new social experiences and different activities. Referrals can be from parents, social service agencies, schools, and others.

Area covered: Southland

COMMUNITY CORRECTIONS DEPARTMENT

Address: 21 Ordsal St, Po Box 325, Gore 9710
Phone: 03 203 9400 / National office: 04 460 3000
Email: info@corrections.govt.nz
Website: www.corrections.govt.nz



Service description: Manage community-based sentences as set by the courts and parole board. Administer and monitor home detention, community detention and sentence management.

Area covered: Eastern Southland

COMMUNITY NETWORKING TRUST

Address: 1 Charlton Lane, Gore 9710
Phone: 03 208 8480
Email: reception@cnt.org.nz
Website: www.cnt.org.nz



Service description: To lead and enable effective provision of social services and promote networking within the local community. Available services: Heartland Services, Strengthening Families, Youth Workers and Neighbourhood Support. Private office space for hire available.

Area covered: Eastern Southland

CONNECTED EASTERN SOUTHLAND AND HEARTLANDS SERVICES CENTRE

Address: 39A Medway Street, Gore 9710
Phone: 03 208 8480
Email: reception@cnt.org.nz
Website: www.cnt.org.nz



Service description: At the heart of your community, providing access to government and community services for rural communities, information, resources and computer access.

Our Centre provides a convenient meeting place for local people to discuss their needs directly with government agencies and community organisations.

Area covered: Eastern Southland

EMERGE

Phone (03) 371 5599
Email: info@emergeaotearoa.org.nz



Service description: We provide quality social housing to people on a low income, short term transitional housing and sustaining tenancy program.

Area Covered: Southland

FAMILY WORKS

Address: Hokonui Community House, Cnr Crombie & Main St, Gore
Or 181/183 Spey St, Invercargill.
Phone: 03 208 0877 (Gore) or 03 211 8200 (Invercargill)
Website: familyworks@org.nz



Service description: A free, confidential service available to all children and their families. Buddy program based in Gore. Services based in Invercargill include foster care, counselling, social work, psychological services, family assessments, parenting programs.

Buddy program: Mentoring program for children aged 4-12 years. Referrals can be from parents, social service agencies, schools, and others. Available for Gore area: Buddy program and social work referrals for Gore through the Invercargill office include: -family assessments, social work support, Family Start Family Whanau Worker.

Area covered: Eastern Southland

GORE & CLUTHA WHANAU REFUGE INC.

Address: 75 Main St, PO Box 357, Gore 9710
Phone: 03 208 8384 or 0800 004 343 = 24h crisis line
Email: admin@gorerefuge.org.nz
Website: www.womensrefuge.org.nz



Service description: Support all women and their children to develop strategies for living fulfilled lives free from violence. Provides 24-hour crisis help, safe emergency accommodation, community support, transitional housing, information and education programs and outreach services. A Male Advocate is available.

Area Covered: Eastern Southland - West Otago

GORE COUNSELLING CENTRE

Address: 13 Traford St, PO Box 157, Gore 9740
Phone: 03 208 5366
Email: office@gorecounsellingcentre.com
Website: www.gorecounsellingcentre.com



Service description: We offer therapy, counselling and education for families and individuals across a range of issues including trauma, dealing with violence, loss, and grief, stopping violence, alcohol and other drug counselling, abuse, breakdowns in family relationships, couples counselling, personal growth, and supervision. We accept referrals from individuals and families, other community organizations and individuals, government agencies, the courts, GPs, and anyone else who wants to engage in counselling. There is no charge for alcohol and drug counselling or counselling for families.

Area covered: Gore district

GRAEME DINGLE FOUNDATION

Address: Fernworth Primary School, 288 Pomona St, Invercargill 9812
PO Box 224, Invercargill 9840
Phone: 022 639 0191
Email: office.southland@dinglefoundation.org.nz
Website: www.dinglefoundation.org.nz



Service description: The Graeme Dingle Foundation is a child and youth charity. Graeme Dingle Foundation is a leader in the fields of child and youth development, running several successful proven programs – Kiwi Can, Stars, Career Navigator, Project K and MYND.

Area covered: Southland

HOKONUI RUNANGA

Address: 140 Charlton Rd, PO Box 114, Gore
Phone: 03 208 7954
Email: hokonui.office@ngaitahu.iwi.nz
Website: www.hokonuirunanga.org.nz



Service description: Provide a supportive environment to ensure young women and their partners have the necessary skills and knowledge to provide the best possible care for their children and whanau. Including breast feeding promotion, smoking cessation, family violence screening, drugs, and alcohol, antenatal, parenting advise, nutrition and mental health education.

Youth advocacy services: offering counselling, advocacy support & referrals, also holiday programs.

Whanau Ora: Supporting individuals and families to improve their health status, independence, and quality of life for people living with illness or disabilities, by developing and implementing individual health plans which include mental health, education and support, health and fitness activities, smoking cessation, advocacy, referrals and transport and mobility services.

Area covered: Eastern Southland & West Otago

JUBILEE BUDGET ADVISORY

Address: 23a Forth St, Invercargill
Phone: 03 214 0942 / 0800 Jubilee or Text 027 jubilee
Email: jubilee@jubileebudget.co.nz
Website: www.jubilee.co.nz



Service description: Our aim is to empower the client. We offer the following services:

Budgeting advice: ranging from crises budgeting to one off and ongoing budgeting advice

Money Mates: free peer led, confidential group sessions on money, needs vs wants, goal setting, saving and more

SuperGrans: Our whanau mentors share their knowledge and skills with people in our community through the concept of kaitiaki mentoring, the sharing of generational knowledge.

Pregnancy support: Te Ao Puawai, here to support, encourage and assist. Access items for baby, rent 2 buy car seats and cots, post-natal classes, and more

Area covered: Southland

NATIONWIDE HEALTH AND DISABILITY ADVOCACY

Address: PO Box 1682, Invercargill
Phone: 03 214 0415
Email: advocacy@advocacy.org.nz
Website: www.hdc.org.nz



Service description: Promote and protect the rights of health and disability consumers through empowering advocacy. Listen to complaints, give information on rights, identify, and clarify issues and support you to resolve your concerns.

Area covered: Southland

NEW ZEALAND POLICE YOUTH AID OFFICER

Address: Main Street Gore PO Box 29, Gore
Phone: 03 203 9300
Email: Stephen.heyrick@police.govt.nz
Website: www.police.govt.nz



Service description: Youth aid for under 17-year-olds who are offending or have domestic or schooling issues

Area covered: Eastern Southland & West Otago

NGA KETE MATAURANGA POUNAMU CHARITABLE TRUST

Address: 92 Spey Street, PO Box 1749, Invercargill 9840
Phone: 0800 925 242 or 03 214 5260
Email: admin@kaitahu.maori.nz
Website: www.kaitahu.maori.nz



Service description: Provide a range of health and lifestyle services that support independent health and wellbeing of the community. Includes Mobile Nurse clinic, Health Checks, breastfeeding support, smoke free support, disability support, addiction services and more.

Mon – Tue 9am – 7pm

Wed – Fri 9am – 5pm

Area covered: Southland

OPEN HOME FOUNDATION

Address: 13 Esk St, ground floor, PO Box 1703, Invercargill 9840
Phone: 03 213 555
Email: otagosouthland@ohf.org.nz
Website: www.ohf.org.nz



Service description: Child and Family support service providing free home-based Social Work support, advocacy or parenting to any family in our region. Contact the Practice Manager on 03 213 5555 for enquiries. We also recruit, train, and equip our own pool of Foster Parents.

Area Covered: Southland and Otago

ORANGA TAMARIKI

Address: 24 Traford St, PO Box 44, Gore
Phone: 0508 326 459
Website: www.ot.govt.nz



Service description: The Ministry dedicated to supporting any child in New Zealand whose wellbeing is at significant risk of harm now, or in the future. We also work with young people who may have offended, or are likely to offend

Area Covered: All New Zealand

PACIFIC ISLAND ADVISORY AND CULTURAL TRUST

Address: 135 Bowmont St, Invercargill
Phone: 03 214 6089
Email: reception@piact.org.nz



Service description: Provide a range of health and social services, including information, resources and advice for the Pacific Island Community including preschool education coordinators. Free health clinic is held every Tuesday and Thursday from 9.30am – 1.30pm, offers a range of health checks, information, and advice on a variety of health issues.

Area Covered: Southland

PACT

Address: PO Box 289, Gore
15 The Crescent, Invercargill, PO Box 280, Invercargill 9840
Phone: 03 211 2850 (Invercargill)
Website: www.pactgroup.co.nz



Service Description: A non-clinical role to provide community and residential support services for people with intellectual and or psychiatric illness. Assist clients to develop life skills, improve social networks and have a bit of fun. Also, can refer to Pact Youth South.

Youth Services: Strength based and recovery focused community mental health services for young people 0-19 years with a personal plan focus.

Area covered: Eastern Southland & West Otago

PARENT TO PARENT

Address: Southland Community House, 46 Kelvin St, PO Box 327, Invercargill
Mon – Wed: 9am – 3.30pm & Thu: 9am – 4.30pm
Phone: 03 214 3179 or 0508 236 236
MaryAnn Hughes: 027 808 3951
Email: Southland@parent2parent.org.nz



Service Description: Free support to enable families of children/youth with any disability/health impairment to determine, advocate and self-direct their chosen path, Workshops for parents new to the world of disability can connect them with similar families, information, training, and activities for siblings of youth with disabilities.

Area Covered: Southland

PRESBYTERIAN SUPPORT SOUTHLAND – SUPPORTLINK

Address: 208 Main Street, Gore
Phone: 03 208 0864
Address: 181/183 Spey St, Invercargill
Phone: 03 211 8200
Email: enquiry@pss.org.nz
Website: www.southland.ps.org.nz



Service description: Volunteer program coordinated by Presbyterian Support to assist older people, or those with disabilities that choose to live in the community. The service helps in a variety of ways, including helping with shopping, providing transport, “sitting” to relieve spouses or caregivers and general befriending/companionship.

Area covered: Gore & Maitaia

PUBLIC HEALTH SOUTH

Address: 23 Forth St, PO Box 1601, Invercargill
Phone: 03 211 8500
Email: peter.whalley@southerndhb.govt.nz
Website: www.southernhealth.govt.nz



Service description: Promotes health and wellbeing for all, aiming to prevent ill health and disease through early intervention. Services provided include Primary Health Services: Cervical Screening Register, Childhood Immunization, Promotion of Breast & Cervical Screening, Public Health Nursing, School Dental Service, Sexual Health Clinic and Vision Hearing Screening.
Public Health Services: Alcohol Harm Reduction, Building Healthy Public Policy, Communicable Disease, Food Safety, Hazardous Substances, Health Promoting Schools and Workplace, Mental Health Promotion, Nutrition & Physical Activity and Smoke Free.

Area Covered: South of the Waitaki River, Including Stewart Island

ROYAL NEW ZEALAND PLUNKET SOCIETY

Address: 12a Eccles St, Gore, 4 McQueen Ave, Maitaia
Phone: 03 218 2275 or 0800 933 922 – 24H
Email: southern.region@plunket.org.nz
Website: www.plunket.org.nz



Service Description: Plunket clinic by appointment, Car Seat support person – 1st Wednesday of each month 11am – 1pm, rooms always open for changing and feeding babies on Mondays – Fridays
Maitaia: Wednesday appointment only

Area Covered: Eastern Southland

RURAL SUPPORT TRUST SOUTHLAND

Phone: 0800 787 254
Email: southland.rst@gmail.com
Website: www.rural.support.org.nz



Service Description: Aid rural individuals and their families to get back on their feet following challenging circumstances such as financial, personal, or climatic adverse events. The Trust is part of a national network, the Trust members are local people who have themselves faced the challenges rural life brings. Free and confidential help is available through the Trust's coordinator, contact is one on one at a place that suits you.

Area covered: Southland

SOUTHLAND HELP (formally Southland Rape and Abuse Support Centre)

Address: 225 Tweed St, PO Box 7040, Invercargill
Phone: 03 218 4357 or 027 4680 007 or 0800 004 334
Email: contact@southlandhelp.co.nz
Website: www.southlandhelp.co.nz



Service description: Provides education advocacy, information and counselling around the issues associated with sexual harm.

Area covered: Southland

STAND CHILDREN'S SERVICES

Address: 90 Centennial Ave, Alexandra 9320
Phone: 03 446 8119
Email: nationaloffice@standforchildren.org.nz
Website: www.standforchildren.org.nz



Service description: STAND is a charity providing an intensive wraparound social service response through its Stand for Children service for children aged 5 to 12 and their families. Our social workers complete a full family assessment that ensures the needs of the child can be met within the context of their family/whānau. We provide service brokerage and coordination for the child and family, as well as providing specific family development programs such as a parenting program and Theraplay. These can be delivered in home, one-on-one or in groups.

Area covered: Throughout New Zealand

STRENGTHENING FAMILIES

Address: 1 Charlton Road, Gore 9710
Phone: 03 208 8480 or 027 600 1800
Email: sfgore@cnt.org.nz
Website: www.strengtheningfamilies.govt.nz



Service description: The Strengthening Families process connects a whānau or family who require assistance from more than one agency or community service. Together, you discuss the support your whānau or family needs and agree on the steps everyone will take to help you achieve their goals.

Area covered: Eastern Southland

TE IHO AWHI RITO HEALTH & SOCIAL SERVICES

Address: 11 Hyde St, PO Box 61, Gore
Phone: 03 208 0224
Email: awhirito@xtra.co.nz

Service description: Awhi Whanau Service: Working with Whanau to set goals to improve outcome in parenting, housing, and health, financial, social, and personal areas. One-on-one social work support and advocacy.

Whanau Programs: Group work based on the needs of the participants (e.g., financial literacy, health literacy, legal rights, parenting, family violence, alcohol and drugs, nutrition, and tenancy education)

ACC: Integrated Services for Sensitive Claims

Tamariki and Rangatahi Service: One-on-one mentoring with tamariki and rangatahi to build confidence, self-esteem, sense of belonging and identity. Youth work support and advocacy with education and youth justice.

Group programs: (after-school and holidays) focused on recreational and cultural activities

Area covered: Eastern Southland, Clutha

TE KAKANO NURSE LED CLINICS

Address: 140 Charlton Road, PO Box 114, Gore 9740
Phone: 03 208 7954
Email: Hokonui.office@ngaitahu.iwi.nz
Website: www.hokonuirunanga.org.nz



Service description: Te Kakano nurses are available for any health advice, education, or support. They will work with other health providers (e.g., GPs) to enable the best care for you.

Area covered: Eastern Southland

THRIVE! TE PAE ORA

Address: 62 Yarrow St, PO Box 1255, Invercargill
Phone: 03 218 8833 or 0800 292 988
Email: admin@thriveservices.org.nz
Website: www.thriveservices.org.nz



Service description: Thrive! Te Pae Ora is a service for young people aged 12 to 19. Our team of registered health professionals including counsellors, psychologists, social workers, nurses, and occupational therapists work to help young people manage the difficulties of life, particularly challenges with mental health and/or alcohol and other drug use. The service provides: 1 to 6 sessions for mild to moderate mental health support, or substance use and co-existing problems in Invercargill City, Southland District and Gore.

Area covered: Southland/Rural & Central Otago (also Otago Service which would cover West Otago)

WORK AND INCOME

Address: 24 Trafford St, PO Box 271, Gore
Phone: 0800 559 009
Website: www.workandincome.govt.nz



Service description: Delivers income and employment services to the community including courses, also government benefits.

Area covered: Southland

WORKBRIDGE

Address: 48 Kelvin St, PO Box 22, Invercargill
Phone: 03 214 0227 or 0508 858 858
Email: southland@workbridge.co.nz
Website: www.workbridge.co.nz



Service description: Workbridge is a specialist nationwide employment service that works with people with all types of disability, injury, or illness. There is no cost to match the client with the right job.

Area covered: Southland

YOUTH SERVICE

Address: 99 Spey St, Invercargill
Phone: 0800 887 007
Email: youthservice@comcol.ac.nz
Website: www.comcol.ac.nz



Service description: Youth Service is an innovative approach to working with young people. It aims to get young people into education, training, or work-based learning. This will help young people gain the skills to find a job and have an independent future. Young people work with community-based providers who give guidance, support, and encouragement to help them find the education, training or work-based learning that works.

Area covered: Southland

YOUTH WORKERS (COMMUNITY NETWORKING TRUST & HOKONUI HUANUI/ HPR)

Address: 39A Medway Street, Gore
Phone: 03 208 8480
Email: referrals@cnt.org.nz
Website: www.cnt.org.nz



Service description: Provides programs and one on one work for youth in our community. Covers areas such as confidence building, dealing with conflict, managing different situations, communication and coping with issues that affect their lives. Ages 5 – 24 years.

Area Covered: Eastern Southland

HEALTH SERVICES

ACTIVE SOUTHLAND

Address: Gore Multi Sports Complex, 20 Wayland St (West), PO Box 8, Gore

Phone: 03 208 3846

Email: eastern@activesouthland.co.nz

Website: www.activesouthland.co.nz



Service description: Promote healthy lifestyles for people in Southland, through Southland wide events and working with groups in partnership to get people active in the community. Working in an advisory capacity to help, groups set up and organise events and clubs to grow and plan through strategic planning.

Green prescription: Our trained Green Prescription staff provide free personalized support for you to begin your journey to a healthier, more active you. The program is designed to enhance physical, mental, and social wellbeing through free physical activity and healthy eating support. We will work with you to find the best solution for your circumstances, whether you are new or returning to physical activity.

Tū Manawa Active Aotearoa: This is a fund administered as seed funding for groups to get programs started that work towards getting participants from 5-18 active.

Area covered: Eastern Southland

ALCOHOLIC ANONYMOUS - EDENDALE Wednesday EVENING GROUP

Address: Edendale Plunket Room, 7 Brydone St, Edendale

Phone: 0800 AA WORKS, 021 231 3740

Website: www.aa.org.nz



ALCOHOLICS ANONYMOUS
AOTEAROA / NEW ZEALAND

Service description: Services include weekly meetings, phone support, resource material and education. Meetings are held every Wednesday of the year at the Edendale Plunket Rooms, starting at 7.30pm.

Area covered: Lower Maitāwhiri Valley

ALCOHOLIC ANONYMOUS – GORE SUNDAY EVENING GROUP

Address: Anglican Church Hall, Hokonui Drive, Gore

Phone: 0800 AA Works

Website: www.aa.org.nz



ALCOHOLICS ANONYMOUS
AOTEAROA / NEW ZEALAND

Service description: Services include weekly meetings, phone support, resource material and education. Meetings are held every Sunday of the year at the Anglican Church Hall starting at 7pm.

Area covered: Gore district

ALZHEIMERS SOCIETY SOUTHLAND INC

Address: 135 Yarrow St, PO Box 980, Invercargill 9840

Phone: 03 214 0984

Email: alzheimer.southlandcsw@xtra.co.nz

Website: www.alzheimers.org.nz



Alzheimers New Zealand

Service description: Support and advocacy organization for people with dementia, their carers, family, whānau, and community. They give people a chance to meet others going through similar situations, run support and friendship groups for people affected by the disease, memory management courses. Also give information and access to local support services.

Area covered: Southland

AUDIOLOGY SOUTH

Address: 17 Mercy Street, Gore 9710
Phone: 03 280 2676 OR 0800 547 836
Email: gore@audiologysouth.co.nz
Website: www.audiologysouth.co.nz



Service description: we are here for all your hearing needs from testing to supplying and fitting of hearing aids, maintenance of aids.

Area Covered: Gore

BAY AUDIOLOGY

Address: 149 Main Street, Gore 9710
Phone: 03 554 5119 OR 0800 700 851
Website: www.bayaudiology.co.nz



Service description: Our team will work with you to find a personalized hearing solution that fits your needs, lifestyle and budget while providing exceptional client care.

Area Covered: Gore

BIRCH LANE DENTAL CLINIC

Address: 9 Birch Lane, Gore 9710
Phone: 03 203 9041
Email: birchlanedental@gorehealth.co.nz
Website: www.birchlanedental.co.nz



Service description: 3 chair purpose built dental facility found next to the hospital building at Birch Lane. Birch Lane Dental is open Mon – Fri 8.30am to 5pm and we are also currently holding Saturday clinics.

Area covered: Southland & Central Lakes

BLIND LOW VISION NEW ZEALAND

Address: 172 Queens Drive, Richmond, Invercargill 9810
Phone: 0800 24 33 33
Email: info@blindlowvision.org.nz
Website: www.blindlowvision.org.nz



Service description: New Zealand's leading provider of vision rehabilitation, providing practical and emotional support for people with vision loss. Our vision rehabilitation services are personalized to meet your individual needs and goals.

Area covered: Southland

CCS DISABILITY ACTION SOUTHLAND

Address: 142 Don St, PO Box 9840, Invercargill
Phone: 03 218 9696
Email: admin.southland@ccsdisabilityaction.org.nz
Website: www.ccsdisabilityaction.org.nz



Service description: Helping people with disabilities and their family with all aspects of lifestyle, advocacy, and information services (on disability issues). Support for community involvement in vocational and recreational areas and accommodation, access to 'Total Mobility Scheme' and holiday home (Queenstown).

Area Covered: Southland & Central Lakes

DISABILITIES RESOURCE CENTRE SOUTHLAND (DRC)

Address: 60 Winsor St, Invercargill
Phone: 03 214 5000 or 0800 100 531
Email: Info@drcsouth.co.nz
Website: www.drcsouth.co.nz



Service description: Independent living products and aids to buy and hire, registered Total Mobility (Ridewise) agency, free disability-related research, and information. The centre can host "Show N Tell" sessions at your premises, which includes displaying a range of our products.

Area covered: Southland / Queenstown

EASTERN SOUTHLAND DIABETIC SOCIETY SUPPORT GROUP

Address: 14B Eccles St, Gore
Phone: 03 208 6769
Contact person: Maureen O'Connell or Stella Greenfield
Website: www.diabetes.org.nz



Service description: Support Group suffers for anyone by diabetes type 1 or 2 or with pre-diabetes. Meetings are held every third Wednesday of each month at the St Johns Ambulance room on Charlton Rd.

Area covered: Eastern Southland

EPILEPSY ASSOCIATION OF NEW ZEALAND

Address: Southland Community House, 46 Kelvin St, Invercargill 9840
Phone: 03 218 3089 / 0800 374 537 / 027 221 618
Email: southland@epilepsy.org.nz
Website: www.epilepsy.org.nz



Service description: Provide people with epilepsy, their family/whanau with up-to-date information about epilepsy, medication and living with epilepsy. We offer support and advocacy if needed and referrals to other agencies. We offer home visits throughout the week and early evening appointments can be arranged if needed. We also offer free Epilepsy Awareness/Education sessions to families, community groups, agencies, all workplaces, and staff training. Once again early evening appointments can be arranged for all Epilepsy/Awareness Education sessions.

Area covered: Southland

GORE COUNSELLING CENTRE

Address: 13 Trafford St, PO Box 157, Gore 9740
Phone: 03 208 3664
Email: inquiry@gorecounsellingcentre.com
Website: www.gorecounsellingcentre.com



Service description: We offer therapy, counselling and education for families and individuals across a range of issues including trauma, dealing with violence, loss, and grief, stopping violence, alcohol and other drug counselling, abuse, breakdowns in family relationships, couples counselling, personal growth, and supervision. We accept referrals from individuals and families, other community organisations and individuals, government agencies, the courts, GPs, and anyone else who wants to engage in counselling. There is no charge for alcohol and drug counselling or counselling for families.

Area covered: Gore district

GORE FOOT CLINIC (PODIATRY)

Address: 53 Irk St, Gore
Phone: 03 208 3664
Email: gorefoorclinic@hotmail.com

Service description: Provide all foot care including orthotics. Gore Clinics Tuesday – Thursday

Area covered: Southland & West Otago

GORE HEALTH LTD – GP SERVICE

Address: 9 Birch Lane, PO Box 274, Gore
Phone: 03 209 3030
Email: ghc@gorehealth.co.nz
Website: www.gorehealth.co.nz



Service description: Gore Health Centre is the GP Practice within Gore Health Ltd. Gore Health is open Monday to Friday 8am to 5pm with evening clinics on Monday and Thursday from 5pm to 8pm.

Area covered: Gore District

GORE HEALTH LIMITED - HOSPITAL

Address: 9 Birch Lane, PO Box 274, Gore
Phone: 03 209 3022
Email: ghc@gorehealth.co.nz
Website: www.gorehealth.co.nz



Service description: Gore Health is committed to provide quality healthcare services to the community.

Community Primary Care Team: CPCT@gorehealth.co.nz or 03 209 3030

District Nursing: 03 209 3011

Meals on Wheels: 03 209 3011

Occupational Therapy: 03 209 3014

Physiotherapy: 03 209 3013

Needs Assessment: 03 209 3030

Social Workers: 03 209 3030

Dietician: 09 3030 0405

Speech Language Therapy: 03 209 3030

Maternity Services: more info on gorehealth.co.nz/maternity or ring the health centre.

Laboratory: 03 203 9188

X-Ray Services: 03 209 3015

Mole Map: 0800 665 3627

Area covered: Gore District

GORE MEDICAL CENTRE

Address: 12 Eccles St, PO Box 39, Gore 9740
Phone: 03 208 9222
Email: email@goremmedical.co.nz
Website: www.goremmedical.co.nz



Service description: at the Gore Medical Centre we have an 'Acute Doctor' which means if you have an urgent medical issue, you will be seen on the day. Appointment available form 9am – 11:45am and 1:30pm – 4:45pm with a doctor, or from 8:30am – 4:45pm with a nurse. Night clinics – Monday & Wednesday 6pm – 7:30pm

Appointment required

- Brief Intervention Service
- Optometrist
- Orthopedic Specialist
- Ear, Nose and Throat Specialist
- Laboratory Services
- Nursing Services
- Childhood Immunizations – all schedule childhood vaccinations are available free of charge to all children under the age of 16 years.
- Other Immunizations – Chickenpox vaccine and shingles vaccine are all available at an additional cost. These need to be pre ordered so please talk with a nurse about your vaccine requirements.
- Travel vaccinations
- Other adult vaccinations, including annual flu vaccination
- Cervical screening
- Contraception/Sexual Health
- Smoking Cessation
- Intravenous Therapy Clinic
- Immigration Medicals

ManageMyHealth Services:

- Access and maintain your local medical records
- Book appointments with your doctor or nurse
- Request repeat prescriptions
- View Lab results
- Communicate with your health professional securely
- Receive recall and appointment reminders – managed in health calendar
- Access and maintain your Medic Alert Profile

Area covered: Gore District

HEAD INJURY SOCIETY SOUTHLAND

Address: Community House, 46 Kelvin St, Invercargill 9810

Phone: 03 214 4154 / 027 424 8813

Email: his-sth@xtra.co.nz or fo.his.sth@gmail.com



Service description: to assist persons with head injuries, their families, and carers, and to promote and maintain the optimum of rehabilitation services available in the Southland Community.

Area covered: Southland

HEALTHCARE NZ

Address: 82 Broughton St, Gore 9740

Phone: 0800 002 722

Email: gore.office@healthcarenz.co.nz

Website: www.healthcarenz.co.nz



Service description: Home support and nursing services including, post op care, wound care, palliative, and personal care, also home help. Requires doctor's referral or can self-refer.

- Community & Rehabilitation
- Nursing Services
- Disability Services
- Mental Health & Wellbeing
- Social Services
- Autism Services
- Medical Alarms
- Gains Psychology & Wellbeing
- NZCare Disability

Area covered: Gore District

HIP - HEALTH IMPROVEMENT PRACTITIONERS

To access a HIP, contact your medical/health centre. They are available at:

Gore Medical Centre: 03 208 9222,

Gore Health Centre: 03 209 3022,

Mataura Medical Centre: 03 203 8152.

This service is free of charge. If you are not registered at any medical centre, please ring the Gore Health Centre, and book in for Hokonui Runanga HIP clinic – HIP attends fortnightly. Current HIP service is available between practices Monday – Thursday.

Service description: Health Improvement Practitioners (HIP's) are qualified and registered health professionals with mental health experience. We work with people around behavior change who need support on the day. We support people to identify what is standing in their way of progress and offer support with steps to move forward. HIP's work as generalists, often supporting with tools, though will refer on for specialist mental health support if needed.

Area covered: Eastern Southland



HOSPICE SOUTHLAND

Address: 55 Kew Rd (Gate 4) or Gate 1, Elles Rd, Southland Hospital Grounds, Invercargill 9812

Phone: 03 211 3081 or 0800 211 3081

Email: office@hospicesouthland.org.nz

Website: www.hospicesouthland.org.nz



Service description: Hospice Southland provide support for patients and family living with a life limiting illness. Palliative care embraces the physical, social, emotional, and spiritual elements of wellbeing and enhances a person's quality of life. Providing first class long term and respite palliative care in Southland.

Area Covered: Southland

IDEA SERVICES

Address: PO Box 254, Gore

Phone: 03 203 9170

Email: gore@idea.org.nz

Website: www.idea.org.nz



Service description: Formally IHC. Assist people with an intellectual disability to represent their interests and establish themselves in the community. Provides residential and vocational services for people with intellectual disabilities, also providing home support.

Area covered: Eastern Southland

MATAURA MEN'S SHED

Address: 109 Main Street, Mataura 9712

Phone: 021 231 3740

Email: orcas@xtra.co.nz

Website: www.menzshed.org.nz



Service description: A shed that brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the shed or community).

Area covered: Eastern Southland

MATAURA MEDICAL CENTRE - Te Hau O Te Ora

Address: 11 Bridge St, Mataura

Phone: 03 203 8152 / 022 010 2015

Email: mataura@tehauoteora.nz



Service description: Primary health care provider. Appointment available Monday – Friday 8am - 5pm. For after-hours, please contact Gore Urgent Doctors.

Area covered: Gore & Districts

MEALS ON WHEELS – AT PARATA

Address: 39 Kitchener St, Gore
Phone: 03 208 6303
Email: Parataresidence@xtra.co.nz
Website: www.parataresthome.co.nz

Service description: Provides wholesome cooked 2 course meals delivered to your door, by private arrangement and paid weekly. Telephone the number listed to speak directly to the kitchen, or leave a message on the answer machine to order your meal/s.

Area Covered: Gore

MIRROR COUNSELLING SERVICE

Address: 7th & 8th floor, Evan Parry House, 43 Princes St, Po Box 276, Dunedin
Phone: 03 479 2970
Email: reception@mirrorservices.org.nz
Website: www.mirrorservices.org.nz



WHAKAATA TOHU TOHU
MIRROR SERVICES

Service description: To help children feel better about themselves, take responsibility for their own actions, learn diverse ways of handling problems.

Area Covered: Southland

NEW ZEALAND RED CROSS

Address: 242 Dee St, Invercargill 9810
Phone: 0800 733 276
Email: invercargill@redcross.org.nz
Website: www.redcross.org.nz



Service description: Programs are provided by members, volunteers, and staff across Southland.

People savers: a free First Aid course for year 4 – 8 students delivered by our Community Trainer in schools or community settings.

Disaster Welfare Support Teams: Based in Gore and Invercargill, these train regularly to be prepared to respond in a community emergency.

Curtain Bank: A free service for curtains, through referrals, if you have a community services card or are eligible to have one. Information on this can be obtained through the service centre.

Branches: Gore has a branch of Red Cross that assists on local Blood Bank days. It also provides support to Red Cross programs, helps with fundraising and with other community needs that come to its attention. There are also Branches in Invercargill and Waikaia.

First aid: Red Cross delivers a range of commercial First Aid courses to suit your group, workplace, or personal requirements.

Area covered: Southland

PUBLIC HEALTH NURSE

Address: 37 Hokonui Drive, PO Box 105
Phone: 03 208 7015
Email: Publichealthnursing@southerndhb.govt.nz

Health New Zealand
Te Whatu Ora

Service description: Work with 0-18 years. Provide child service including vaccinations, self-referral clinic at secondary schools and Longford Primary School. Advice, assessment and referrals, glue ear, vision and hearing screening and sexual health for under 25's.

Area covered: Eastern Southland

PUBLIC HEALTH SOUTH

Address: 23 Forth St, Invercargill 9810
PO Box 1601, Invercargill 9840
Phone: 03 211 8500
Website: www.southernhealth.govt.nz



Service description: Services provided include Primary Health services: Cervical Screening Register, Childhood Immunization, Promotion for Breast & Cervical Screening, Public Health Nurse, School Dental Service, Sexual Health Clinic and Vision Hearing Screening. Public Health Services: Alcohol Harm Reduction, Building Health Promotion Schools and workplace, Mental Health Promotion, Nutrition & Physical Activity and Smoke free.

Area Covered: South of the Waitaki River, Including Stewart Island.

ROYAL DISTRICT NURSING SERVICES

Phone: 0800 736 769
Address: 98B Yarrow Street, Invercargill 9810
Website: www.rdns.org.nz



Service description: We provide basic to complex nursing care in the comfort of your own home. From dementia care and continence management to medicines management and post-injury support.

Area covered: Eastern Southland

SOUTHLAND MENTAL HEALTH EMERGENCY TEAM (SMHET)

Address: Southland Hospital, Elles Rd, PO Box 828, Invercargill 9840
Phone: 0800 467 846
Email: contactus@southerndhb.govt.nz
Website: www.southernhealth.govt.nz



Service description: Provides 24 hours a day, 7 days a week service for those people who need crisis mental health (emergency) treatment, assistance, and information about The Mental Health (Compulsory Assessment and Treatment) Act. The service aims to respond quickly and, wherever possible, assessment, treatment and support will take place in the community, e.g., the client's home, or at Southland Hospital.

Area Covered: Southland

SOUTHERN RIVERS COMMUNITY MENTAL HEALTH GORE OFFICE

Address: 6 Irwell St, PO Box 105, Gore 9740

Phone: 03 208 0299

Email: contactus@southernhb.govt.nz

Website: www.southernhealth.govt.nz



Health New Zealand
Te Whatu Ora

Child, Adolescent, and Family Services (CAFS)

Service description: provide mental health services to young people aged 0-18 who are experiencing moderate to severe mental health problems. Initial assessment, treatment and therapy will be developed in consultation with youth and family.

Area covered: Gore & Rural including Tapanui

Southland Addiction Service (SAS)

Service description: Aims to decrease the use of drugs, alcohol, and gambling; assist through education and counselling individuals and families affected by alcohol, drug misuse and gambling.

Area Covered: Southland

Adult Community Mental Health

Service description: Provides free mental health services to the Eastern Southland area. Mental health services are community based, providing treatment and care to adults aged 18 and upwards.

Area covered: Gore & Rural Including Tapanui

SOUTHLAND MULTIPLE SCLEROSIS SOCIETY INC – RURAL OFFICE

Address: 151 Gala St, Invercargill 9810

Phone: 03 218 3975

Email: Info@mssouthland.org.nz

Website: www.msnz.org.nz



Service description: Provides optimum care with support services and education, including community awareness.

Area covered: Southland

ST JOHNS and HEALTH SHUTTLE

Address: 34 Charlton Rd, PO Box 41, Gore

Phone: 03 208 6617 Health shuttle: 0800 103 046

Email: hokonuiac@stjohn.org.nz

Website: www.stjohns.org.nz



Service description: Ambulance service, first aid courses, provides first aid at community events, youth programs and first aid kits for purchase. Health Shuttle is available to transport people to appointments in Dunedin and Invercargill. Volunteers help each night at Gore Hospital.

Area covered: Southland

STOPPING VIOLENCE DUNEDIN

Address: 31 Stafford Street, Dunedin 9016, PO Box 1401, Dunedin 9054

Phone: 0800 474 1121

Email: admin@stoppingviolencedunedin.org.nz

Website: www.stoppingviolencedunedin.com



Service description: We offer support for whanau to improve their relationships with each other and their tamariki, helping develop skills to communicate in healthy and respectful ways and to resolve conflict.

Area covered: Eastern Southland

STROKE FOUNDATION NZ – STROKE CLUB SOUTHLAND

Address: Community House, 46 Kelvin St, Invercargill

Phone: 03 214 0308

Email: stroke@southlandcommunityhouse.org.nz

Website: www.stroke.org.nz



Service description: Provide information, support and education to stroke survivors, family/whanau, and caregivers. Provides community education around stroke recognition and prevention. Available for presentations to community groups, brochures and home visits are available.

Area covered: Southland

TE KAKANO NURSE LED CLINICS

Address: 140 Charlton Road, PO Box 114, Gore 9740

Phone: 03 208 7954

Email: Hokonui.office@ngaitahu.iwi.nz

Website: www.hokonuirunagna.org.nz



Service description: Te Kakano nurses are happy to see any on for any health advice, education, or support. They will work with other health providers (e.g., GPs) to enable the best care for you.

Area Covered: Southland

WELCOME IN – MENTAL HEALTH DAY ACTIVITY CENTRE

Address: 37 Hokonui Drive, Gore

Phone: 03 208 0940

Website: www.southernhealth.co.nz



Service description: Community based day activity service to provide purposeful activities for people with mental health disabilities. Provide support and promote opportunities for self-determination and wellbeing. The service is based on participation, partnership and promoting the positive.

Area Covered: Eastern Southland

***National helplines, apps and websites for wellness can be found on our website:**
www.cnt.org.nz

EDUCATION SERVICES

AKORANGA PRESCHOOL

Address: 106 Broughton Street, Gore
Phone: 03 208 5757
Email: akorangapreschool@gmail.com
Website: www.akorangapreschool.co.nz



Service description: Preschool for all ages.

Area Covered: Eastern Southland

BLUE MOUNTAIN COLLEGE

Address: State Highway90, Tapanui 9522
Phone: 03 204 8358
Email: admin@bmc.school.nz
Website: www.bmc.school.nz



Service description: co-educational school catering for students aged between 11 to 20 years old.

Area covered: Eastern Southland

EAST GORE SCHOOL

Address: 3 Wentworth Street, Gore
Phone: 03 208 5331
Email: office@eastgore.school.nz
Website: www.eastgore.school.nz



Service description: Contributing co-ed school years 1-6

Area covered: Eastern Southland

ELSIE STREET KINDERGARTEN

Address: 6 Elsie St, Gore
Phone: 03 208 6575
Email: elsiestreet@ska.co.nz
Website: www.ska.co.nz/kindergartens



Service description: Kindergarten for 2–5-year old's

Area covered: Eastern Southland

ENGLISH LANGUAGE PARTNERS (SOUTHLAND)

Address: 184 Esk St, Invercargill
Phone: 03 218 2736/029 771 0950
Email: southland@englishlanguage.org.nz
Website: www.englishlanguage.org.nz



Service description: A community-based organization helping refugees and migrants to learn English and to start their life in New Zealand. Trained volunteers take the tutor service into client's homes, including homes in the Gore area. One on one, and group classes are available.

Area covered: Southland

GORE & DISTRICTS LIBRARY INCLUDING MATAURA LIBRARY

Address: 10c Ardwick St, Gore/ Bridge St, Mataura
Phone: 03 203 9129 / 03 203 8114
Email: gorelibraries@goredc.govt.nz
Website: www.gorelibraries.govt.nz



Service description: The Gore District Council operates two libraries, the main library in Gore and a smaller library in Mataura that is combined with the town's service centre. At the Gore Library you can choose from over 55,000 books to read. There are also free public internet computers at Gore and Mataura, as well as free Wi-Fi 24/7 at both libraries.

Gore: Mon-Tue-Thurs-Fri: 9.30am-6pm, Wed: 9.30am-8pm, Sat: 10am-1pm, Sun (May-Aug): 1pm-4pm

Mataura: Mon-Fri: 10am-5pm

GORE MAIN SCHOOL

Address: 39 Ardwick St, Gore
Phone: 03 208 7615
Email: office@goremain.school.nz
Website: www.goremain.school.nz



Service description: Co-ed Contributing school years 1-6.

Area covered: Eastern Southland

GORE PARENTS CENTRE - GORE KIDS HUB

Address: 13 Wayland St, Gore
Phone: 027 458 4026
Email: gore@parentcentre.org.nz
Website: www.gorekidshub.org.nz/parent-center



Service description: Positive birth experiences and informed parenting in the community where parents are supported and highly involved in their roles. Childbirth classes, social activities, aqua tots, baby and you, music, and movement, play gym, library, coffee mornings, breast/bottle feeding support, post-natal depression support and equipment hire.

Area covered: Eastern Southland

GORE PLAYCENTRE

Address: 13 Wayland St, Gore
Phone: 027 629 3065
Email: gore@playcentre.org.nz
Website: www.playcentre.org.nz



Service description: Playcentre philosophy is based on the idea of child-initiated play and parents as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following to ensure the quality of early childhood education in each session: Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership. Gore Playcentre opens from 9am-1pm during school terms on Tuesday, Wednesday, Thursday, and Friday.

Area covered: Gore district

GORE PRESCHOOL EARLY LEARNING CENTRE

Address: 15 Pomona St, Gore
Phone: 03 208 4242
Email: email@gorepreschool.co.nz
Website: www.gorepreschool.co.nz



Service description: Preschool for all ages

Area covered: Eastern Southland

GROUP SPECIAL EDUCATION - KIWI FAMILIES

Address: 190 Forth St, PO Box 887, Invercargill
Phone: 03 211 8000
Email: enquires.invercargill@education.govt.nz
Website: www.education.govt.nz



Service description: For children with special education needs, behavioural or communication needs from birth to 21 years.

Area covered: Southland/Otago

HOPE PRESCHOOL

Address: 95 Main Street Mataura 9712
Phone: 03 203 7057
Email: admin@hopepreschool.co.nz
Website: www.hopepreschool.co.nz



Service description: Preschool for under 6-year-olds.

Area covered: Eastern Southland

IN2LEARNING

Address: SIT, 70 Kakapo St, Gore 9710, Room 11
Phone: 03 208 1002 or 027 512 9575
Email: gore@in2learning.co.nz
Website: www.in2learning.co.nz



Service description: Tuition for students from year 2 to year 13, in reading, spelling, English, Math's, NCEA preparation and essay writing skills. An initial assessment of each child is free. We also do Irlen's screening.

Area covered: Eastern Southland and Tapanui area of West Otago.

KNAPDALE SCHOOL

Address: 872 Knapdale Road, RD3, GORE 9773
Phone: 03 208 9473
Email: principal@knapdale.school.nz



Service description: Co-ed full primary school Years 1-8.

Area covered: Eastern Southland

LIFE EDUCATION TRUST HEARTLAND SOUTHLAND OTAGO – Mobile classroom

Address: 24 Perriam Place, RD3 Cromwell 9383
Phone: 027 489 3859
Email: heartland@lifeeducation.org.nz
Website: www.lifeeducation.org.nz



Service description: Teaches the Life Education Program to children throughout the southland area. Every person within the Trust works hard to raise funds to keep their mobile classrooms running, a key component in delivering the Life Education Program. Uses a preventative approach to teach the wonders of life, themselves, and other people; topics ranging from food and nutrition to substance abuse, social relationships, identity, and resilience.

Area covered: Otago Southland

LITERACY AOTEAROA

Address: Community Networking Trust, 1 Charlton Lane, Gore 9710
Phone: 0800 77 88 26
Email: info.c10@literacy.org.nz
Website: www.literacy.org.nz/literacy-aotearoa-invercagill



Service description: Offer one on one and small group help with literacy, learner driver license theory, Digital literacy – computer, tablet and cell phone, Workplace literacy. Contact us if you have queries.

Area covered: Eastern Southland

LONGFORD KINDERGARTEN

Address: 11 Vera Street, Gore
Phone: 03 208 9203
Email: longford@ska.co.nz
Website: www.ska.co.nz



Service description: Kindergarten for 2–5-year old's

Area Covered: Eastern Southland

MARUAWAI COLLEGE

Address: 28 Coutts Road, Gore - Senior Campus, or 5 Wayland St, Gore - Junior Campus
Phone: 03 208 9130



Service description: Māruawai College is a co-educational state school catering for Year 7-13 students.

Area Covered: Eastern Southland

MATAURA COMMUNITY LIBRARY AND SERVICE CENTRE

Address: 1 Bridge St, PO Box 14, Mataura 9712
Phone: 03 203 8114
Email: info@goredc.govt.nz
Website: www.gorelibraries.govt.nz



Service description: Provide quality library services to meet unique leisure, information and culture needs of the people of the wider Mataura community. – see also Gore and Districts Libraries including Mataura Toddler Time – for children 3+ years, Friday 10:30am

Area Covered: Mataura District

MATAURA SCHOOL

Address: 33 Oakland St, Mataura
Phone: 03 203 8507
Email: office@mataura.school.nz
Website: www.mataura.school.nz



Service Description: Co-ed contribution school, year 1-6

Area Covered: Eastern Southland

MATAURA PLAYCENTRE

Address: 8 Dover St, Mataura
Phone: 020 4039 7665
Email: southlandplaycentre@xtra.co.nz
Phone: www.playcentre.org



Service description: Playcentre philosophy is based on the idea of child-initiated play and parent as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following to ensure the quality of early childhood education in each session: Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership. Māruawai playcentre opens 9am till 1pm during school terms on Tuesday and Thursday.

MENZIES COLLEGE – GUIDANCE COUNSELLOR

Address: Alma St, Wyndham 9831
Phone: 03 206 4979
Email: admin@menzies.school.nz
Website: www.menzies.school.nz



Service description: Individual and small group pastoral care for students and others, counselling, and guidance.

Area Covered: School community

NEW ZEALAND POLICE SCHOOL COMMUNITY SERVICES

Address: PO Box 29, Gore
Phone: 03 203 9300
Website: www.police.govt.nz



Service description: Provides educational resources, information and facilitates programs in the school to develop a safer and healthier environment for those participating, the program includes Dare, cycling, cybersafe and bullying.

Area Covered: Eastern Southland & West Otago

OTAMA SCHOOL

Address: 12 McBain Road, RD3, Gore
Phone: 03 208 1829
Email: admin@otama.school.nz
Website: www.otama.school.nz



Service description: Co-ed full primary school year 1-8

Area Covered: Eastern Southland

OXFORD KINDERGARDEN

Address: 16 Oxford St, Gore
Phone: 03 208 4147
Email: oxford.kindy@ska.co.nz
Website: www.ska.co.nz



Service Description: Kindergarten for 2–5-year-olds.

Area covered: Eastern Southland

PUKERAU SCHOOL

Address: 24 Pukerau St, RD2 Gore
Phone: 03 205 3857
Email: office@pukerau.school.nz
Website: www.pukerau.school.nz



Service description: Co-ed contribution school, year 1-6

Area covered: Eastern Southland

RESOURCE TEACHING LEARNING BEHAVIOUR

Address: Aurora College, 234 Regent St, Invercargill
Phone: 03 211 6040
Email: office@auroracollege.school.nz
Website: www.rtlb.tki.co.nz



Service description: Support learning and behaviour; work with youth both in the class and individually. Referrals are through the school system. Intervention to support better learning and behaviour structure that supports each individual need.

Area covered: Eastern southland

SOUTHERN INSTITUTE OF TECHNOLOGY (SIT)

Address: 70 Kakapo St, PO Box 232, Gore 9740
Phone: 03 208 9833
Email: gore@sit.ac.nz
Website: www.sit.co.nz



Service description: Provides vocational education courses including computing, business administration, Te Ara Reo Māori, coffee appreciation, art, food safety, and liquor license, massage.

Star and Gateway – suitable for secondary school students, offering an opportunity for them to align with tertiary programs and gain some vocational credits alongside their school qualifications. Agri level 2

Area covered: Eastern Southland

SOUTHERN REAP

Address: 6 Fairfield St, Gore
Phone: 03 208 0614 or 03 208 8221
Email: enquiries@reap.co.nz
Website: www.reap.co.nz



Service description: Southern REAP fills gaps in mainstream education service provision by providing educational initiatives across Early Childhood, Schools, and Adult & Community Education sectors. We also deliver Attendance Service, Computers in Homes, Drive My Life, and Swim Safe contracts. Southern REAP has two offices, the main office situated at REAP House Winton with satellite offices at REAP Gore.

Area covered: Eastern Southland

SOUTHLAND EDUCATION

Address: 100 Esk Street, Invercargill
Phone: 03 218 8180
Website: www.southlandeducation.org.nz



Service description: The principal objective of the society is the advancement, encouragement and provision of continuing and community education that promotes a just and equitable society, in accordance with Te Tiriti o Waitangi.

Area covered: Southland

ST MARY'S SCHOOL

Address: 14 Ardwick St, Gore
Phone: 03 208 7733
Email: admin@stmarys.school.nz
Website: www.stmarys.school.nz



Service description: Co-ed contribution school year 1-6

Area covered: Eastern Southland

ST PETER'S COLLEGE

Address: 121 Kakapo St, Gore
Phone: 03 208 9060
Email: office@stpetersgore.school.nz
Website: www.stpetersgore.school.nz



Service description: Co-ed secondary school year 7-13

Area covered: Eastern Southland

TE KOHANGA REO KIA NGAWARI

Address: 106 Kana St, PO Box 42, Maitaia
Phone: 03 203 7460
Email: whanau@k10d054.kohanga.ac.nz



Service description: Multi cultural early childhood learning in a Māori immersion pre-school. Teaching under 5s, using the teaching curriculum of Te Whariki.

Area covered: Eastern Southland

TE TIPUA PRIMARY SCHOOL

Address: Te Tipua School Road, Te Tipua 9774
Phone: 03 203 8550
Email: Admin@tetipua.school.nz
Website: www.tetipua.school.nz



Service description: Inspiring confident, caring learners to strive for excellence.

Area covered: Eastern Southland

WAIKAKA SCHOOL

Address: 22 Matheson Road Waikaka
Phone: 03 207 2887
Email: office@waikaka.school.nz
Website: www.waikaka.school.nz



Service description: Co-ed full primary school, year 1-7

Area covered: Eastern Southland

WEST GORE SCHOOL

Address: 120 Kitchener St, Gore
Phone: 03 208 7586
Email: office@westgore.school.nz
Website: www.westgore.school.nz



Service description: Co-ed contributing primary school year 1-6

Area covered: Eastern Southland

Community and Support Services

A+ CAREER SOLUTIONS LTD

Phone: 022 0970 482
Email: sarah@apluscareers.co.nz



Service description: A career consultant. Can help you with your CV (Curriculum Vitae), interview prep, cold calling.

Area covered: Eastern Southland

AGE CONCERN SOUTHLAND INC

Address: 50 Forth St, PO Box, Invercargill
Phone: 03 218 6351
Email: janette@acinv.org.nz
Website: www.ageconcern.org.nz



Service description: A voice for older people as they make their own decisions. Support services, information, advice and personal advocacy, and education. Also, social activities, sale or loan of equipment and food services (meals on wheels). Elder Abuse Resource Team: Elder neglect abuse, awareness, and prevention. No charge for welfare services.

Area covered: Southland

AL-ANON – GORE AL-ANON FAMILY GROUP

Address: Anglican Church Hall, 19 Trafford St, Gore
Phone: 027 448 1179 or 027 244 3850
Website: www.al-anon.org.nz



Service description: Help and support for family members of alcoholics (those with a drinking problem) or those experiencing the problem of alcoholism in a relative or friend. Services include weekly meetings, phone support, resource material and education. Meetings are held every Tuesday of the year at the Anglican Church Hall, 19 Trafford St, Gore starting at 7:30pm.

Area covered: Gore District.

AL-ANON – MATAURA FUTURE HOPE AL-ANON FAMILY GROUP

Address: Mataura Presbyterian Church, 60 Kana St
Phone: 021 0845 7962, 027 379 8442
Website: www.al-anon.org.nz



Service description: Help and support for family members of alcoholics (those with a drinking problems) or those experiencing the problem of alcoholism in a relative or friend. Services include weekly meetings, phone support, resource material and education. Meetings are held every Friday of the year at 1pm.

Area covered: Lower Mataura Valley.

CALVIN COMMUNITY CHURCH

Address: 25 Robertson St, Gore
Phone: 03 208 9973
Email: office@calvin.org.nz
Website: www.calvin.org.nz



Service description: Presbyterian Church which holds programs for all ages.

Youth group: Breakfire meets on Friday afternoons throughout the school term at 3.30-5pm. It is for year 7&8's who usually come straight after school, so a hearty afternoon tea is provided first then we do some games and a bible-based discussion.

Youth group: Momentum is for youth from year 9 to age 19. We meet on Tuesday nights, 7-9pm during school term. There is a mix of games, discussion, and bible study.

Firewood: Firewood can be given to those in need on referral from a social agency.

Happy Hearts: A fun music & movement group for parents/care givers to enjoy together with their young child. Happy Hearts meets on Wednesday mornings during the school term. There are two sessions with a shared morning tea between.

Sunday Services: 9.15am traditional-style service with hymns; 10.30 am contemporary service with programs for children up to year 10 during the school term.

Area covered: Gore

CAMP COLUMBA

Address: 89a Kaiwera Road, Pukerau, RD2 Gore, 9772
Phone: 03 205 3702
Email: info@campcolumba.org.nz
Website: www.campcolumba.org.nz



Service description: Accommodation and adventure programs/outdoor education. We accommodate schools, corporate groups, community groups, sports teams, weddings, birthdays, celebrations, and much more. Camps we run each year open to everyone:

- School holiday camps for children 5-9 years old and 10-13 years old.
 - 'Boost: Life & Leadership' weekend camps for 14+ year olds. (A few each year)
- Please see website for more information.

Area covered: Southland, Otago and further afield.

CANCER SOCIETY – SOUTHLAND

Address: 149 Spey St, PO Box 995, Invercargill 9840, or 39A Medway Street Gore
Phone: 03 218/ 4108
Email: adminsouth@cansoc.org.nz
Website: www.cancernz.org.nz



Service Description: Provision of practical support to anyone affected by a cancer diagnosis. If you need to talk, support, or want information, free Gore based worker is available. Wednesday drop in at 1 Charlton Lane, Gore 9710, or email: Aynsley.Dermody@cansoc.org.nz

Area covered: Southland

COMMUNITY NETWORKING TRUST

Address: 39A Medway Street, Gore 9710
Phone: 03 208 8480
Email: reception@cnt.org.nz
Website: www.cnt.org.nz



Service description: To lead and enable effective provision of social services and promote networking within the local community.

Area covered: Eastern Southland

CONNECTED EASTERN SOUTHLAND AND HEARTLAND SERVICES

Address: 39A Medway Street, Gore 9710
Phone: 03 208 8480
Email: reception@cnt.org.nz
Website: www.cnt.org.nz



Service description: A one stop shop for our community. Providing access to government and community services and information, resources and computer access, regular visits to the center by ACC, Housing New Zealand, and Southland Community Law.

Area covered: Eastern Southland

EASTERN SOUTHLAND ARTHRITIS SUPPORT GROUP

Address: Croydon lodge, Waimea Street, Gore
Phone: 0274 969 149
Email: esarthritis@gmail.com
Website: www.arthritis.org.nz



Service description: We come together the last Tuesday of the month, 10:15am at Croydon Lodge. Anyone affected by arthritis and associated diseases most welcome, whether as a sufferer or support person.

Area covered: Eastern Southland

EASTERN SOUTHLAND RIDING FOR THE DISABLED

Address: Gore A&P Grounds, 29 Bury St, PO Box 72, Gore 9710
Phone: 027 327 0427
Email: esrdainc@gmail.com
Website: www.rda.org.nz



Service description: Therapeutic riding for intellectually and physically disabled people and environmentally challenged people and any child where a need is. Confidence building and enjoyment had by all. Referrals from any agency.

Area covered: Eastern southland

ENLIVEN SUPPORTLINK

Address: Hokonui House, Cnr Crombie & Main Street, Gore
Phone: 03 208 0864 or 027 686 0004
Email: POfficerYoung@enlivensld.nz
Website: www.pss.org.nz



Service description: We are a free service matching trained volunteers with people living in their own home who may need some additional support to remain independent.

Area covered: Eastern Southland

EMERGENCY MANAGEMENT SOUTHLAND

Address: Corner of North Rd & Price St, Private bag 90116, Invercargill 9840
Phone: 03 211 5115
Email: ems@cdsouthland.nz
Website: www.cdsouthland.nz



Service description: We are responsible for the delivery of Civil Defence and Emergency Management responses throughout this region. EMS (Emergency Management Southland) is responsible for the 24/7 operation of the Emergency Coordination Centre which facilitates planning and operational activity during an event.

Area covered: Southland

GORE & DISTRICT SENIOR CITIZENS CLUB INC.

Address: 10B Ardwick St, Gore
Phone: 03 208 7471

Service description: A meeting place for the senior citizens of the Gore District. Thursday dinner; every 1st Thursday of the month with speaker and concert after the meal. Tuesday 1:30 pm Euchre.

Area covered: Gore District

GORE BAPTIST CHURCH

Address: 23 Ardwick St, Gore
Phone: 03 208 4675
Email: office@gorebaptist.org
Website: www.gorebaptist.org



Service description: We are a family church in Gore.

Nail care clinic: every 6 weeks

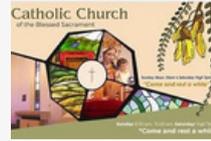
Coffee club: Come along and enjoy a cuppa and a chat while the kids play. For Mums and Dads and kids under 5. Mondays 9:30-11am during term time.

Music & Play: Interactive music and play time with parents and pre-schoolers. \$2 per family per session, during term time. Coffee and morning tea are provided.

Area covered: Gore District

GORE CATHOLIC CHURCH

Address: 16 Ardwick St, Gore
Phone: 03 208 9601
Email: blessed@kinect.net.nz
Website: www.cdd.org.nz



Service description: Provides emergency help for those requiring emotional, physical, spiritual, and housing needs/help.

St Vincent De Paul: Food bank referrals, emergency accommodation and visits families in need.

Woman's League: A community support group, but also supports local IHC, petitions social justice issues and supports local community social activities. Meetings held monthly.

Area covered: Eastern Southland, Tapanui, Balfour, Wyndham and Edendale

GORE DISTRICT COUNCIL

Address: 29 Bowler Avenue Gore
Phone: 03 209 0330
Email: info@goredc.govt.nz
Website: www.goredc.govt.nz



Service Description: Local government for Gore and districts set to lead and represent the local community.

Area covered: Gore District

GORE DISTRICT WALKERS

Phone: Ngaire Evans 03 208 4744

Service description: We meet every week at 9.30am at the Gore Visitor's Centre car park at 16 Hokonui Drive and go for a walk. We have 2 groups to cater to faster and slower walkers. Every 3rd Tuesday we take a bus and go for an out-of-town walk, this comes with a cost.

Area covered: Eastern Southland

GORE KIDS HUB

Address: 13 Wayland Street
Phone: 027 458 4026
Email: admin@gorekidshub.org.nz
Website: www.gorekidshub.org.nz



Service description: home for the Gore Playcentre, Parent's Centre, Toy Library, Kid's Hub Playground, community rooms, midwife clinic and more. Our facilities provide a fun, family friendly environment with inclusive attitude offering support and opportunities for parents/caregivers and their children.

Area covered: Eastern Southland

GORE NEWCOMERS NETWORK

Address: Gore District Council
Phone: 29 Bowler Avenue, Gore 9740
Website: www.newcomers.co.nz



Service description: Provide social events, coffee mornings and activities for those new to the Gore community.

Area covered: Gore District

GORE NEW LIFE CHURCH

Address: 11 Jacob St, Gore
Phone: 03 208 4821
Email: nlcjacob@xtra.co.nz
Website: www.newlifechurches.nz



Service description: Church passionate to see the gospel of the kingdom impact every ethnic group.

Area covered: Gore District

GREY POWER EASTERN SOUTHLAND ASSOCIATION INC.

Address: Po Box 100, Gore 9740
Phone: 03 973 0382
Email: bbsbari.123@gmail.com
Website: www.greypower.co.nz



Service description: Advocate on behalf of older people and petition the government on a vast number of social and health issues.

Area covered: Eastern Southland

GORE VISITOR'S CENTRE

Address: 16 Hokonui Drive, Gore 9710
Phone: 03 203 9288
Email: goreinfo@goredc.govt.nz
Website: www.goredc.govt.nz



Service description: The Gore Visitor Centre provides a central site for anyone wanting local information from locals. Come and book your bus tickets, tickets for local and national events and find out about accommodation.

Area covered: Eastern Southland

GORE WOMEN'S CLUB

Address: 6 Lyne Street, Gore
Phone: Sheree Graves 03 208 7461

Service description: We offer a range of activities. These include an art and garden circle, bridge, and games circle, play reading circle, music circle, summer circle, travel and discussion circle, book club, ukulele group, and movie morning. Cost: \$80 per year / \$5 per time.

Area covered: Eastern Southland

HOKONUI HUANUI-HE POUTAM RANGITAHU

Address: 39A Medway Street Gore
Phone: 03 208 8480
Email: reception@cnt.org.nz
Website: www.cnt.org.nz



Service description: Elevate: Guiding rangatahi towards a successful future. The Elevate programme aims to support and empower 15-24 year olds who are currently not engaged in education, training or employment

Area covered: Gore District

ICONZ

Contact: Matt De-Jung & Doug Irwin
Phone: 021 2833 474 – 021 0250 4996
Email: jlhansen100657@gmail.com
Website: www.iconz.org.nz



Service description: An out of school activity group for children 8–11-year-olds or year 5-6 at primary school. They teach adventure, leadership, life skills through fun activities to develop boys positively (was formerly boys brigade). This unit meets at 'The Bunker,' River St, Maitua on Thursday at 7pm.

Area Covered: Maitua

KAKAPO ORGANIC GARDENS (Bainfield Gardens)

Address: 140 Charlton Road, 9710 Gore
Phone: 03 214 4562 or 027 414 6817
Email: gardens@christiancentre.org.nz
Website: www.christiancentre.org.nz



Service Description: Offers work experience in an environment of recovery for people suffering mental illness. Participants are involved in gardening and horticultural activities that have a Christian culture of love and encouragement. Participants receive supervision support, training, and work experience.

Area covered: Eastern Southland

GORE HOKONUI LIONS

Phone: 027 929 3914
Email: g.jking26@gmail.com
Website: www.lionsclubs.org



Service description: For women, meets every 2nd Wednesday of the month at 6.30pm, Gore RSA.

Area Covered: Eastern Southland

GORE HOST LIONS

Phone: 027 278 9711
Email: suemiller225@gmail.com



Service description: Meet 1st Tuesday of the month, at Gore RSA, mixed gender.

Area covered: Eastern Southland

MATAURA LIONS

Email: president.mataura@lionsclub.org.nz
Secretary: mataura@lionsclub.org.nz



Service description: Meets every 4th Wednesday of the month at 7pm, Mataura RSA, mixed gender.

Area covered: Eastern Southland

PAKEKE LIONS

Address: 117 Hokonui Drive Gore 9710
Phone: 03 208 3771 or 0274 255 844



Service description: Meets 1st Thursday of the month at Gore Senior Citizens Room, mixed gender.

Area covered: Eastern Southland

LOSS AND GRIEF CENTRE

Phone: 027 433 8788 or 03 214 0393
Address: 6 Fairfield St, Gore
Email: lossandgriefcentre@gmail.com
Website: www.lossandgriefcentre.com



Service description: We offer support for people living with loss and grief of any sort – including grief from bereavement, separation, illness, isolation, and life changes. Every Monday in Gore at the REAP Offices. **9.30am-12** - Scheduled Counselling Appointments only, **12-1pm** Open for Drop-In

Area Covered: Southland

MATAURA PRESBYTERIAN CHURCH

Address: 62 Kana St, Mataura 9712
Phone: 03 203 7585
Email: matpreschurch@xtra.co.nz
Website: www.presbyterian.org.nz



Service description: Presbyterian Church
Family Support worker: Works with families and the community.
Youth Group: Various youth programs/groups
Mataura Mainly Music: Music, dancing singing and rhyme for under-fives.

Area covered: Mataura

MATAURA SENIOR CITIZENS CENTRE

Address: 4 McQueen Ave, Mataura 9712
Phone: 03 203 8647
Email: maggie69@kinect.co.nz

Service description: Regular social meetings, speakers, and shared meals.

Area covered: Mataura District

MATAURA YOUTH CENTRE TRUST (THE BUNKER)

Address: Former Mataura Town Hall, River St, Mataura 9712
Phone: 027 210 7825



Service description: Youth drop-in centre with adult supervision. Have pool tables, table tennis, air hockey, Wii and Xbox, computers with internet and music playing. This facility is also available for other agencies to use.

Area Covered: Mataura District

MEALS ON WHEELS – AT PARATA

Address: 39 Kitchener Street, Gore
Phone: 03 208 6303
Email: parataresidence@xtra.co.nz
Website: www.paratareathome.co.nz

Service description: Provides wholesome cooked 2 course meals delivered to your door, by private arrangement and paid weekly. Telephone the number listed to speak directly to the kitchen, or leave a message on the answer machine to order your meal/s.

Area covered: Gore

METHODIST MISSION-SUSTAINING TENANCIES

Email: Tammylee - tammyleer@mmsouth.org.nz
Phone: 0508 123 457 – 027 267 9425
Website: www.mmsouth.org.nz



Service description: We provide support to individuals and whanau who need help to sustain their tenancy and address any issues which put their tenancy at risk. The Methodist Mission Southern provides this service in Otago and Southland and this is a government project to reduce these occurrences in our community.

Area covered: Southland, Otago

NEIGHBOURHOOD SUPPORT EASTERN SOUTHLAND

Address: 39A Medway Street, Gore 9710

Phone: 03 208 8480

Email: ns@cnt.org.nz

Website: www.cnt.org.nz/services/neighbourhoodsupport



Service description: Neighbourhood Support is a national network of member organizations who support households across Aotearoa. We work closely with New Zealand Police and like-minded partners to achieve our common purpose: to create safe and caring neighbourhoods, prevent crime in our communities, build resilience and strengthen community connectedness to improve the quality of life and well-being for all.

Area Covered: Southland

PARATA DAY CENTRE

Address: 39 Kitchener St, Gore 9710

Phone: 03 208 3810

Email: parataresidence@xtra.co.nz

Website: www.paratareathome.co.nz

Service description: Provides a warm and friendly day care 'drop in' environment for people living alone, in need of socializing, or whose caregivers need time out. Transport to and from day care is provided, morning and afternoon tea and activities – arts, crafts, music, games, exercise, entertainment, outings and more – Tuesday, Wednesday, and Friday, 10am to 3.30pm

Area covered: Gore & Maitaia

READY FOR LIVING

Address: 29 Bowler Avenue, PO Box 8, Gore 9740

Phone: 03 209 0330 – 0800 467 332

Email: readyforliving@goredc.govt.nz

Website: www.readyforliving.co.nz



Service description: Ready For Living supports the Gore District's population to age in a safe, secure, and healthy environment while living a full life.

Area covered: Gore District

SALVATION ARMY

Address: 21 Irwell Street, Gore

Phone: 03 208 4443

Email: gore.corps@salvationarmy.org.nz

Website: www.salvationarmy.org.nz



Service description: Every Wednesday we provide a 2-course meal for anyone in the community that wants to come join us. We open at 10am and have all the coffee you can drink.

Area covered: Eastern Southland

SOROPTOMISTS INTERNATIONAL OF GORE

Phone: 027 272 1898
Email: sigore@siswp.org
Website: www.siswp.org



Service description: We inspire action and create opportunities to transform the lives of women and girls. We meet every 2nd Tuesday of the month for a dinner meeting, visitors are welcome.

Area covered: Eastern Southland

SOUTHLAND ELECTORATE

Address: 15 Main Street, Gore 9710; Po Box 266, Gore 9740
Phone: 03 203 300
Email: goreeo@parliament.govt.nz
Website: www.parliament.nz

Service description: Provides advanced facilitation for the relationship between a constituent or group and agencies or organisations. Support constituents in their interactions with agencies or organisations as appropriate.

Area Covered: Eastern Southland

TOTAL MOBILITY

Address: 39A Medway Street, Gore 9710
Phone: 03 208 8480
Email: reception@cnt.org.nz



Service description: Free to join scheme that provides eligible people a Ridewise card, giving half-price fares for transport up to a maximum subsidy of \$25 per one way ride. Assessment is free.

Area Covered: Southland

VICTIM SUPPORT

Phone: 03 203 9320 or 0800 victim
Email: gore@victimsupport.org.nz
Website: www.victimsupport.org.nz



Service description: Provides 24 hour emotional and practical support, personal advocacy and information to all people affected by crime and trauma.

Area Covered: Eastern Southland & West Otago

YOUTHLINE SOUTHLAND

Address: 46 Kelvin St, Invercargill
Phone: 03 211 0031
Email: southland@youthline.co.nz
Website: www.youthline.co.nz



Service description: FREE 24-hour, 7 day a week counselling service. Even though Youthline has a youth focus anyone is welcome to call or txt.

Phone: 0800 37 66 33 **Txt:** 234 **Email:** talk@youthline.co.nz

Area Covered: Southland