

# CONNECTED EASTERN SOUTHLAND

## SERVICE DIRECTORY



**Community Networking Trust**

*'A Healthy, Resilient and Connected Community'*

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- Youthline Southland

# 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](mailto:admin@awarua.nz)  
**Website:** [www.awarua.nz](http://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](mailto:invercargill@barnardos.org.nz)  
**Website:** [www.barnardos.org.nz](http://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](mailto:BPI@familyworkssld.nz)  
**Website:** [www.pss.org.nz](http://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](mailto:info@corrections.govt.nz)  
**Website:** [www.corrections.govt.nz](http://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](mailto:reception@cnt.org.nz)  
**Website:** [www.cnt.org.nz](http://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](mailto:reception@cnt.org.nz)  
**Website:** [www.cnt.org.nz](http://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](mailto: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](http://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](mailto:hokonui.office@ngaitahu.iwi.nz)  
**Website:** [www.hokonuirunanga.org.nz](http://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](mailto:jubilee@jubileebudget.co.nz)  
**Website:** [www.jubilee.co.nz](http://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](mailto:advocacy@advocacy.org.nz)  
**Website:** [www.hdc.org.nz](http://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](mailto:nationaloffice@standforchildren.org.nz)  
**Website:** [www.standforchildren.org.nz](http://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](mailto:sfgore@cnt.org.nz)  
**Website:** [www.strengtheningfamilies.govt.nz](http://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:** [awhrito@xtra.co.nz](mailto:awhrito@xtra.co.nz)

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

Whānau 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](mailto:Hokonui.office@ngaitahu.iwi.nz)  
**Website:** [www.hokonuirunanga.org.nz](http://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](mailto:admin@thriveservices.org.nz)  
**Website:** [www.thriveservices.org.nz](http://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](http://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](mailto:southland@workbridge.co.nz)  
**Website:** [www.workbridge.co.nz](http://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](mailto:youthservice@comcol.ac.nz)  
**Website:** [www.comcol.ac.nz](http://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](mailto:referrals@cnt.org.nz)  
**Website:** [www.cnt.org.nz](http://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](mailto:eastern@activesouthland.co.nz)

**Website:** [www.activesouthland.co.nz](http://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](http://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](http://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](mailto:alzheimer.southlandcsw@xtra.co.nz)

**Website:** [www.alzheimers.org.nz](http://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](mailto:gore@audiologysouth.co.nz)  
**Website:** [www.audiologysouth.co.nz](http://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](http://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](mailto:birchlanedental@gorehealth.co.nz)  
**Website:** [www.birchlanedental.co.nz](http://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](mailto:info@blindlowvision.org.nz)  
**Website:** [www.blindlowvision.org.nz](http://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](mailto:admin.southland@ccsdisabilityaction.org.nz)  
**Website:** [www.ccsdisabilityaction.org.nz](http://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](mailto:Info@drcsouth.co.nz)  
**Website:** [www.drcsouth.co.nz](http://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](http://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](mailto:southland@epilepsy.org.nz)  
**Website:** [www.epilepsy.org.nz](http://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](mailto:inquiry@gorecounsellingcentre.com)  
**Website:** [www.gorecounsellingcentre.com](http://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](mailto: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](mailto:ghc@gorehealth.co.nz)  
**Website:** [www.gorehealth.co.nz](http://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](mailto:ghc@gorehealth.co.nz)  
**Website:** [www.gorehealth.co.nz](http://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](mailto: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](http://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](mailto:email@goremmedical.co.nz)  
**Website:** [www.goremmedical.co.nz](http://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](mailto:office@hospicesouthland.org.nz)

**Website:** [www.hospicesouthland.org.nz](http://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](mailto:gore@idea.org.nz)

**Website:** [www.idea.org.nz](http://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](mailto:orcas@xtra.co.nz)

**Website:** [www.menzshed.org.nz](http://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](mailto: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.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

## 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



NEW ZEALAND  
**RED CROSS**  
RIPEKA WHERO AOTEAROA

**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](mailto: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](http://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](http://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](mailto:contactus@southerndhb.govt.nz)  
**Website:** [www.southernhealth.govt.nz](http://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](mailto:contactus@southernhb.govt.nz)

**Website:** [www.southernhealth.govt.nz](http://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](mailto:Info@mssouthland.org.nz)

**Website:** [www.msnz.org.nz](http://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](mailto:hokonuiac@stjohn.org.nz)

**Website:** [www.stjohns.org.nz](http://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](mailto:admin@stoppingviolencedunedin.org.nz)

**Website:** [www.stoppingviolencedunedin.com](http://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](mailto:stroke@southlandcommunityhouse.org.nz)

**Website:** [www.stroke.org.nz](http://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](mailto:Hokonui.office@ngaitahu.iwi.nz)

**Website:** [www.hokonuirunagna.org.nz](http://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](http://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](http://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](mailto:gore@playcentre.org.nz)  
**Website:** [www.playcentre.org.nz](http://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](mailto:email@gorepreschool.co.nz)  
**Website:** [www.gorepreschool.co.nz](http://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](mailto:enquires.invercargill@education.govt.nz)  
**Website:** [www.education.govt.nz](http://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](mailto:admin@hopepreschool.co.nz)  
**Website:** [www.hopepreschool.co.nz](http://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](mailto:gore@in2learning.co.nz)  
**Website:** [www.in2learning.co.nz](http://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](mailto: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](mailto:heartland@lifeeducation.org.nz)  
**Website:** [www.lifeeducation.org.nz](http://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](mailto:info.c10@literacy.org.nz)  
**Website:** [www.literacy.org.nz/literacy-aotearoa-invercagill](http://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 is each session: Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership. Mātaura 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](mailto:office@auroracollege.school.nz)  
**Website:** [www.rtlb.tki.co.nz](http://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](mailto:gore@sit.ac.nz)  
**Website:** [www.sit.co.nz](http://www.sit.co.nz)



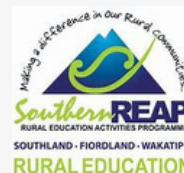
**Service description:** Provides vocational education courses including computing, business administration, Te Ara Reo Māori, coffee appreciation, art, food safety, and liquor license, massage.

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](mailto:enquiries@reap.co.nz)  
**Website:** [www.reap.co.nz](http://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](http://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, Mataura  
**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](mailto:blessed@kinect.net.nz)  
**Website:** [www.cdd.org.nz](http://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](mailto:info@goredc.govt.nz)  
**Website:** [www.goredc.govt.nz](http://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](mailto:admin@gorekidshub.org.nz)  
**Website:** [www.gorekidshub.org.nz](http://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](http://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](mailto:nlcjacob@xtra.co.nz)  
**Website:** [www.newlifechurches.nz](http://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](mailto:bbsbari.123@gmail.com)  
**Website:** [www.greypower.co.nz](http://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](mailto:goreinfo@goredc.govt.nz)  
**Website:** [www.goredc.govt.nz](http://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:** jl Hansen100657@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](mailto: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](mailto:president.mataura@lionsclub.org.nz)  
Secretary: [mataura@lionsclub.org.nz](mailto: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](mailto:lossandgriefcentre@gmail.com)  
Website: [www.lossandgriefcentre.com](http://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](mailto:matpreschurch@xtra.co.nz)  
Website: [www.presbyterian.org.nz](http://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](mailto: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](mailto:parataresidence@xtra.co.nz)

**Website:** [www.paratareathome.co.nz](http://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](mailto:tammyleer@mmsouth.org.nz)

**Phone:** 0508 123 457 – 027 267 9425

**Website:** [www.mmsouth.org.nz](http://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](http://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](mailto:parataresidence@xtra.co.nz)**

**Website: [www.paratareathome.co.nz](http://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 & Maitai

## READY FOR LIVING

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

**Phone: 03 209 0330 – 0800 467 332**

**Email: [readyforliving@goredc.govt.nz](mailto:readyforliving@goredc.govt.nz)**

**Website: [www.readyforliving.co.nz](http://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](mailto:gore.corps@salvationarmy.org.nz)**

**Website: [www.salvationarmy.org.nz](http://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