



Social & Community Services Directory

www.cnt.org.nz



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- LIFE EDUCATION TRUST HEARTLAND OTAGO SOUTHLAND
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- NEW ZEALAND POLICE YOUTH EDUCATION SERVICES
- OTAMA SCHOOL
- OXFORD KINDERGARTEN
- PUKERAU SCHOOL
- RESOURCE TEACHING LEARNING AND BEHAVIOUR (RTLb)
- SOUTHERN INSTITUTE OF TECHNOLOGY
- SOUTHERNREAP
- SOUTHLAND YMCA EDUCATION LTD
- ST MARY'S SCHOOL
- ST PETER'S COLLEGE
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- GORE DISTRICT COUNCIL
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- GREY POWER EASTERN SOUTHLAND ASSOCIATION INC
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- PARATA DAY CARE
- ST VINCENT DE PAUL SOCIETY - GORE
- VICTIM SUPPORT
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SOCIAL SERVICES

ABLE SOUTHERN SUPPORT

Address: Community House 46 Kelvin St, Invercargill
Phone: 03 218 2100 or 0800 494 262 **Fax:** 03 218 2104
Email: adminsld@able.org.nz **Website:** www.able.org.nz

Service Description: Supports families/whanau and carers affected by mental health and/or drug and alcohol issues, with a specific service supporting children and young people. Offers advocacy; education, information and resources for families and community.

Area Covered: Southland & West Otago

ADVENTURE DEVELOPMENT

Address: 62 Yarrow St, PO Box 1255, Invercargill
Phone: 03 218 8833 **Fax:** 03 218 8834
Email: southland@adlnz.org.nz **Website:** 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 programme involving an adventure/wilderness group therapy component.

ADC (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 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 difficult 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/ Rural & Central Otago (also Otago Service which would cover West Otago)

ALTOGETHER AUTISM

Address: Southland Community House, 46 Kelvin St, PO Box 327, Invercargill
Phone: 03 214 3179 / 027 808 3951 / 0508 236 236
Email: southland@parent2parent.org.nz **Website:** altogetherautism.org.nz

Service Description: Provided by Parent to Parent, Altogether Autism offers information and support for families and the community. Its 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 SOCIAL AND HEALTH SERVICES

Address: 190 Forth St, PO Box 293, Invercargill
Phone: 03 218 6668
Email: jroberts@awaruashs.maori.nz

Fax: 03 218 9353
Website: awaruashs.maori.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 Matura Community Centre.

Area Covered: Southland

BARNARDOS

Address: 13 Wayland Street, 9710 Gore
Phone: 03 2147751 0800 BARNARDOS
Email: southland.amu@barnardos.org.nz

Website: barnardos.org.nz

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

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

Area Covered: Southland

BARNARDOS – SOCIAL WORKER IN SCHOOLS (SWiS)

Address: 13 Wayland Street PO Box 217, Gore 9740
Phone: 027 563 7659 / 03 2147751
Email: Michelle.McElhinney@Barnardos.org.nz

Fax: 03 2147750
Website: barnados.org.nz

Service Description: free service providing social work support and early assistance to children and families to help overcome barriers to academic success, can be on an individual or group basis at school.

Area Covered: Matura School, East Gore School, Edendale School, Wyndham Primary School, Glenham School, Tuturau School and Menzies College

BUDDY PROGRAMME (SOUTHLAND) FAMILY WORKS

Address: Hokonui Community House, Cnr Crombie & Main St, Gore **and** 183 Spey St, Invercargill
Phone: 03 208 0877 (Gore)
Email: ARooijackers@familyworkssld.nz

Fax: 03 218611003 211 8200 (Invercargill)
Website: southland.familyworks.org.nz

Service Description: Mentoring programme 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 CONNECTIONS CENTRE AND HEARTLANDS SERVICES

Address: 1 Charlton Lane, Gore

Phone: 03 208 8480

Fax: 03 208 8481

Email: cccgore@cnt.org.nz or gore@heartlands.govt.nz

Website: 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 centre by ACC, Housing New Zealand and Southland Community Law.

Area Covered: Eastern Southland

COMMUNITY CONNECTOR

Address: 1 Charlton Lane, Gore

Phone: 027 6000 575

Fax:

Email: connector@cnt.org.nz

Website: cnt.org.nz

Service Description: Support available to **connect** individuals and whānau to services from multiple community and government agencies and service providers. This is a free service available for anyone.

Area Covered: Eastern Southland

COMMUNITY CORRECTIONS DEPARTMENT

Address: 21 Ordsal St, PO Box 325, Gore

Phone: 03 203 9290

Fax: 03 203 9401

Email: kim.hannah@corrections.govt.nz

Website: 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

Phone: 03 208 8480

Fax: 03 208 8481

Email: cccgore@cnt.org.nz

Website: 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

EMERGE AOTEAROA

Vanessa Spooner – Navigator

Phone: 027 700 6764

Email:vanessa.spooner@emergeaotearoa.org.nz **Website:** www.emergeaotearoa.org.nz

Service Description: Emergency housing services.

Area covered: Invercargill, Southland

FAMILY/WHANAU NAVIGATORS (HOKONUI HUANUI)

Address: 1 Charlton Lane Gore

Phone: 03 2088480

Email: referrals@cnt.org.nz

Website: www.cnt.org.nz

Service Description: The Navigators are available to work 1:1 with families and whanau who have children aged 0-18, and are living in the Eastern Southland District.

Area Covered: Eastern Southland

FAMILY WORKS

Address: Hokonui Community House, Cnr Crombie & Main St, Gore 183 Spey St, Invercargill

Phone: 03 208 0877 (Gore)

Fax: 03 2186110

03 211 8200 (Invercargill)

Website: familyworks.org.nz

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

Buddy Programme: Mentoring programme 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.

Available for Gore area: Buddy Programme and social work referrals for Gore through Invercargill office include: -family assessments, social work support, Family Start Family Whanau Worker

Available in Invercargill: Family assessments, Social work, Counselling, Parenting Programme, Incredible Years, Cool Families, Family Start, Young Parents Service. (There are also Buddy Programmes in Invercargill and Queenstown).

Area Covered: Eastern Southland and the greater Southland District.

GORE & CLUTHA WOMEN'S REFUGE INC.

Address: 75 Main St, PO Box 357, Gore

Phone: 03 208 8384 or 03 208 9333 crisis

Email: admin@gorerefuge.org.nz

Website: womensrefuge.org.nz

Service Description: Supports 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, information and education programmes and outreach services.

Area Covered: Eastern, Northern & Western Southland; South, West & Eastern Otago

GORE & DISTRICTS BUDGET ADVICE

Address: 13 Trafford Street, PO Box 157, Gore

Phone: 03 208 4644 / 027 750 7067

Email: gbudget@xtra.co.nz

Fax: 03 208 4644

Website: familybudgeting.org.nz

Service Description: Service Description: Providing free, confidential, non-judgmental, culturally aware budget advice for the people of Gore and District and developing budgeting skills through education and inquiries. Tuesday to Thursday 10.00am – 4.00pm

Area Covered: Gore and District

GORE COMMUNITY LINK

Address: 24 Trafford St, PO Box 271, Gore

Phone: 0800 559 009

Service Description: Community Link focuses on working in partnership with individuals, their families and the community. Community Link provides premises where partner organisations including Government agencies and non-government organisations can work from, at agreed times to offer their services to clients.

Area Covered: Eastern Southland

GORE COUNSELLING CENTRE

Address: Trafford St, PO Box 157, Gore 9740

Phone: 03 208 5366

Email: inquiry@gorecounsellingcentre.com

Fax:

Website: 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 MIGRANT SERVICES

Address: 16 Hokonui Drive, Gore (Gore Visitors Centre)

Phone: 03 2039022 / 027 652 6690

Email: easternsouthland@newcomers.co.nz

Website: newcomers.co.nz

Service Description: Provide information and referrals to the right services for those immigrants moving to the community. Introduces them to the services they will need for their new life in the Gore community.

Area Covered: Gore District

GRAEME DINGLE FOUNDATION

Address: Invercargill Athletics Club Building 37–39 Surrey Park Road, Invercargill 9840
Phone: 03 217 4547 0800 435 775
Email: office.Southland@dinglefoundation.org.nz **Website:** dinglefoundation.org.nz

Service Description: The Graeme Dingle Foundation is a child and youth charity as the Project K Trust. Graeme Dingle Foundation is a leader in the field of child and youth development, running several successful proven programmes – Kiwi Can, Stars, Career Navigator, Project K and MYND.
Area Covered: Southland

HOKONUI RUNANGA

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

Service Description:

Young Mums & Bubs: for mums less than 25 years old & their whanau, early intervention programme aiming to assist families increase their health status. Provide a supportive environment in order 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 programmes.

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 SERVICE

Address: 74 Don St, Invercargill
Phone: 03 2140942 0800 JUBILEE **TEXT:** 027 JUBILEE
Email: jubilee@jubileebudget.co.nz **Website:** jubilee.co.nz

Service Description: Our aim is to empower the client – not take over and control their finances. It is important that we share our knowledge and resources to better equip them. This not only encourages the clients but provides a positive impact to both their families and their communities.

Area Covered: Southland

MEGAN LINDSAY – COUNSELLOR

Address: 23 Ardwick Street (Gore Baptist Church Rooms)
Phone: 022 097 9863
Email: mrsmegalind@gmail.com

Service Description: Individual counselling, and can include Relationship Counselling

Area Covered: Eastern Southland

NATIONWIDE HEALTH AND DISABILITY ADVOCACY SERVICE

Address: PO Box 1682, Invercargill

Phone: 03 214 0415

Email: advocacy@advocacy.org.nz

Fax:

Website: 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: Cnr Hokonui Drive & Medway St, PO Box 29, Gore

Phone: 03 203 9300

Email: stephen.heyrick@police.govt.nz

Fax: 03 203 9301

Website: 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 (on behalf of Oraka-Aparima Health and Social Services)

Address: 92 Spey Street, PO Box 1749, Invercargill 9840

Phone: 0800 925 242 or 03 214 5260

Email: admin@kaitahu.maori.nz

Fax: 03 214 5125

Website: kaitahu.maori.nz

Service Description: Provide a range of health and lifestyle services that support independence, health and wellbeing of the community. Includes; Mobile nurse clinic, health checks, breastfeeding support, smoke free support, disability support, addiction services and more. Services provided in Gore when needed.

Area Covered: Southland

OPEN HOME FOUNDATION

Address: 13 Esk Street West, P.O Box 1706, Invercargill 9840

Phone: 03 213 5555

Email: otagosouthland@ohf.org.nz

Fax: 03 218 3430

Website: ohf.org.nz

Service Description: We are a Child and Family support service providing free home based Social work support, advocacy or parenting to any family in our region. If you or any family you know may be in need of Social Work support for whatever reason, please, feel free to give our Practice Manager a call on (03) 213 5555. We also recruit, train and equip our own pool of Foster Parents.

Area Covered: Southland and Otago.

ORANGA TAMARIKI

Address: 24 Trafford St, PO Box 44, Gore
Phone: 0508 326 459

Website: ot.govt.nz

Service Description: We are 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: Any

PACIFIC ISLAND ADVISORY AND CULTURAL TRUST

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

Service Description: Provides 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: 1 Charlton Lane, PO Box 289, Gore
Phone: 027 434 6557
Email: judithann.erickson@pactgroup.co.nz
Fax: 03 208 0770
Website: 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: Strengths 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
Phone: 03 214 3179 or 0508 236 236
Email: southland@parent2parent.org.nz
Fax:
Website: 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: Greater Southland, Queenstown Lakes & Central Otago areas

PREGNANCY HELP INC

Address: 34 Forth St, PO Box 5116, Invercargill

Phone: 03 215 6720

Fax: 03 215 6729

Email: southland@pregnancyhelp.org.nz

Website: pregnancyhelp.org.nz

Service Description: Confidential support for pregnant women and families. Offering home visits, advice and information, baby clothing and equipment, nappies, maternity packs & a friendly ear.

Area Covered: Southland

PRESBYTERIAN SUPPORT SOUTHLAND – SUPPORTLINK

Address: 208 Main Street, Gore

Phone: 03 208 0864

Email: patricia.officeryoung@supportsouth.co.nz

Website: southland.ps.org.nz

Service Description: Volunteer programme coordinated by Presbyterian Support. The volunteers provide assistance to 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 & Maitai

PUBLIC HEALTH SOUTH

Address: 23 Forth St, PO Box 1601, Invercargill

Phone: 03 211 8500

Fax: 03 214 9070

Email: Peter.Whalley@southernhb.govt.nz

Website: sdhb.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 Immunisation, 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 Work Place, 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

Phone: 03 203 9500 or 0800 933 922 24 hr

Mobile: 027 218 8171

Fax:

Email: easternsouthlandplunket@xtra.co.nz

Website: plunket.org.nz

Service Description: Plunket clinic by appointment, Car Seat support person – 1st Wednesday of each month 11.00am to 1.00pm, rooms always open for changing and feeding babies on Monday - Friday.

Area Covered: Eastern Southland

RURAL SUPPORT SOUTHLAND

Phone: 0800787254

Email: lindsay.wright.icloud.com

Website: rural.support.org.nz

Service Description: Provides assistance to 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 nation 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 COMMUNITY LAW CENTRE

Address: 100 Spey Street, PO Box 552, Invercargill 9840

Phone: 03 214 3180 or 0800 55 0800

Fax: 03 214 3170

Email: enq@comlawsth.co.nz

Website: communitylaw.org.nz

Service Description: Working with all ages to provide FREE legal services to the Southland Community. Access to advice, information, education, representation and law reform. Visit Gore 1st and 3rd Wednesday of the month, at Community Connections Centre.

Area Covered: Southland

SOUTHLAND HELP (RAPE AND ABUSE SUPPORT CENTRE)

Address: 225 Tweed St, PO Box 7040, Invercargill

Phone: 03 218 4357

Email: contact@southlandhelp.co.nz

Website: southlandhelp.co.nz

Service Description: (formerly Southland Rape and Abuse Support Centre) Provides education, advocacy, information and counselling around the issues associated with sexual harm.

Area Covered: Southland

STAND CHILDREN'S SERVICES

Address: 13 Teviot Street, Roxburgh, P O Box 73, Roxburgh

Phone: 03 446 8119

Email: southern@standforchildren.org.nz

Website: 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 success in working with children is based on our deep commitment to being child-centred, family respectful, trauma aware, solution focused, and culturally competent in all that we do.

Our social workers complete a full family assessment that ensures the needs of the child can be met within the context of their family/whanau. We provide service brokerage and coordination for the child and family, as well as providing specific family development programmes such as a parenting programme and Theraplay. These can be delivered in the home, one-on-one or in groups.

STRENGTHENING FAMILIES

Address: 1 Charlton Lane, Gore
Phone: 03 208 8480 027 600 1800
Email: sfgore@cnt.org.nz

Fax: 03 208 8480
Website: www.cnt.org.nz

Service Description: A process to empower families to improve outcomes through agency and community collaboration. For families who are working with 2 or more agencies.

Area Covered: Eastern Southland & West Otago

SALVATION ARMY GORE CORPS

Address: 21 Irwell St, Gore
Phone: 03 208 4443
Email: gore.corps@salvationarmy.org.nz

Fax: 03 208 4443
Website: salvationarmy.org.nz

Service Description: Bring people into relationship with Jesus. Services include; support, budgeting advice, advocacy services and assistance with food. Furniture and clothing is available from their store.

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

Fax:
Website:

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

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

ACC: Integrated Services for Sensitive Claims

Tamariki and Rangatahi Services: One-to-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 programmes (after-school and holidays) focused on recreational and cultural activities

Area Covered: Eastern Southland, Clutha

TIME OUT CARERS SOUTHLAND

Address: 46 Kelvin St, Invercargill
Phone: 03 214 9999 / 028 8500 3155
Email: invercargill@timeoutcarers.org.nz

Fax: 03 214 9990

Service Description: Provide respite care to all who have special needs. They also provide supervised contact with a child via court orders. Individual supervised contact for children who have been exposed to issues around separation from significant people in their lives.

Area Covered: Southland & Central lakes Otago

THRIVE! TE PAE ORA

Address: 62 Yarrow St, PO Box 1255, Invercargill

Phone: 03 218 8833

Email: admin@thriveservices.org.nz

Fax: 03 218 8834

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 ups and downs 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

Fax: 03 208 1396

Website: workandincome.govt.nz

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

Area Covered: Eastern Southland

WORKBRIDGE

Address: 48 Kelvin St, PO Box 22, Invercargill

Phone: 03 214 0227

Email: trudyk@workbridge.co.nz

Fax:

Website: 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: Esk St, Invercargill

Phone: 0800 887 007

Email: youthservice@comcol.ac.nz

Fax:

Website: youthservice.co.nz

Service Description: Youth Service is a new 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)

Address: 1 Charlton Lane, Gore

Phone: 03 208 8480

Email: referrals@cnt.org.nz

Fax: 03 208 8481

Website: www.cnt.org.nz

Service Description: Provides programmes 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. Age's 5-24years

Area Covered: Eastern Southland

HEALTH SERVICES

ALCOHOLIC ANONYMOUS – EDENDALE WEDNESDAY EVENING GROUP

Address: Edendale Plunket Rooms, 9 Brydone Street, Edendale

Phone: 0800 AA WORKS, 021 231 3740

Email:

Website: aa.org.nz

Service Description: Services include weekly meetings, phone support, resource material and education. Meetings are held every Sunday of the year at the Edendale Plunket Rooms, 9 Brydone Street, Edendale starting at 7.30pm.

Area Covered: Lower Maitava Valley

ALCOHOLIC ANONYMOUS – GORE SUNDAY EVENING GROUP

Address: Anglican Church Hall, 19 Trafford Street, Gore

Phone: 0800 AA WORKS,

Email:

Website: aa.org.nz

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, 19 Trafford Street, Gore starting at 7.30pm.

Area Covered: Gore District

ALZHEIMERS SOCIETY SOUTHLAND INC

Address: 135 Yarrow Street, P O Box980 Invercargill 9840

Phone: 03 214 0984

Email: alzheimer.southlandcsw@xtra.co.nz

Fax:

Website: alzheimers.org.nz

Service Description: Support and advocacy organisation for people with dementia, their carers, family, whanau 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

BIRCH LANE DENTAL CLINIC

Address: 9 Birch Lane Gore 9710

Phone: 03 2039041

Email: birchlanedental@gorehealth.co.nz

Fax:

Website: birchlanedental.co.nz

Service Description: Gore Health entered into a joint dental venture with the SDHB in which we share a 3 chair purpose built dental facility located adjacent to the hospital building. Birch Lane

Dental is open Monday to Friday 8.30am to 5.00pm and we are also currently holding Saturday clinics.

Area Covered: Southland

CCS DISABILITY ACTION SOUTHLAND

Address: 142 Don St, PO Box 9840, Invercargill

Phone: 03 218 9696

Fax: 03 218 9689

Email: admin.southland@ccsdisabilityaction.org.nz

Website: 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

Address: 25 Gala Street, Box 1091 Invercargill

Phone: 03 214 5000 / 0800 100 531

Fax:

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 6983

Fax:

Email:

Website: diabetes.org.nz

Service Description: Support Group suffers for anyone affected by diabetes type 1 or 2 or with pre diabetes. Meetings are held every third Wednesday of each month at the St Johns rooms.

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 221618

Fax:

Email: southland@epilepsy.org.nz

Website: 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 required. 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: Trafford St, PO Box 157, Gore 9740

Phone: 03 208 5366

Email: inquiry@gorecounsellingcentre.com

Fax:

Website: 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: gorefootclinic@hotmail.com

Fax: 03 208 3664

Website:

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

Area Covered: Southland & West Otago

GORE HEALTH LTD

Address: 9 Birch Lane, PO Box 274, Gore

Phone: 03 209 3030

Email: karl.metzler@gorehealth.co.nz

Fax: 03 208 0194

Website: gorehealth.co.nz

Service Description Gore Health Ltd is a hospital offering a range of public and private integrated services, including 16 inpatient beds, a 24/7 Emergency Department, maternity services, Gore Health Centre GP practice, dental clinic, specialist outpatient clinics, Allied and Community Health services, Mole Map, lab, radiology, and Mobile Surgical Services.

Area Covered: Gore District

GORE HEALTH LTD – GP SERVICE

Address: 9 Birch Lane, PO Box 274, Gore

Phone: 03 209 3022

Email: rhonda.reid@gorehealth.co.nz

Fax:

Website: gorehealth.co.nz

Service Description: Gore Health Centre - GP Practice

Gore Health Centre is the GP Practice within Gore Health Ltd. We are located in the Hospital building on Birch Lane.

If you enrol as a patient now, your first appointment is free! Our permanent team of Doctors and Nurses are passionate about creating relationships that help to improve the health and wellbeing of people in our community.

Our Practice Team of Dr Susan Kennedy, Dr Claire McAlinden, Dr Patrick O'Meara, Dr Karl Erath, Dr Johann Urschitz and Nurse Practitioner Kate Stark welcome new patients, including casual patients who are visiting the area.

The Gore Health Centre GP practice is open Monday 8.00 am to 8.00 pm and Tuesday to Friday from 8:00 am until 5:00 pm

Area Covered: Gore District

GORE HOSPITAL – ALLIED & COMMUNITY HEALTH SERVICES

Address: 9 Birch Lane, PO Box 274, Gore

Phone: 03 209 3030

Email: ghc@gorehealth.co.nz

Fax: 03 208 0194

Website: gorehealth.co.nz

Service Description: gore health is committed to providing quality healthcare services to the community.

Area Covered: Gore District

DISTRICT NURSING

Our District Nursing service provides holistic support to patients in their own environment, allowing them to maintain their independence with dignity. District Nursing services are available Monday to Friday 8.00am to 5.00pm and reduced hours in the weekend and on public holidays.

For more information, please call: **03 209 3011**

MEALS ON WHEELS

To receive Meals on Wheels, a patient must be referred by a GP or another healthcare professional and an assessment will be made by a District Nurse. If you qualify, the nurse will specify how many meals you receive each week and your dietary needs will be taken into consideration.

Cooked, two-course midday meals are delivered Monday to Friday.

Gore Hospital supplies Meals on Wheels to people in Gore, Wyndham, Mataura and Edendale.

For more information, please call: **03 209 3011**

OCCUPATIONAL THERAPY

When an injury, illness or disability limits a person's ability to function, an Occupational Therapist can help them stay independent.

The Occupational Therapy Department offers daily living retraining, adaptive equipment, housing modifications, cognitive assessments, concussion follow-up and preoperative joint replacement home visits.

For more information or to schedule an appointment please call: **03 209 3014**

PHYSIOTHERAPY

Physiotherapists assess, diagnose and treat movement disorders resulting from injury or disease. Our Physiotherapy team at Gore Hospital provide inpatient and community physiotherapy services.

Physiotherapy services are available to patients in our medical, maternity and rehabilitation wards. We also offer in-home treatment for issues around transfers, mobility, balance, falls and walking aids. Our outpatient clinic supports patients with joint, back, neck and neurological disorders and injuries.

For more information or to schedule an appointment, please call: **03 209 3013**

NEEDS ASSESSMENT

Needs assessments are done in conjunction with the Southern District Health Board to support older people in maintaining their independence. A Needs Assessment requires a referral from a doctor, District Nurse, healthcare provider or by phoning the Needs Assessor.

To speak to one of our Needs Assessor please call: **03 209 3030**

SOCIAL WORK

Social Workers support individuals, *whanau* and communities to achieve quality of life and empower them to manage their own lives. Our Social Workers complement and enhance services provided by other health care professionals.

Please contact our Social Workers on: 03 209 3030

DIETICIAN

Gore Hospital provides dietician services for patients on a part-time basis. Outpatient clinics are usually held weekly, with additional clinics as required.

For more information, please contact our Dietician on: **09 3030 0405**

SPEECH LANGUAGE THERAPY

Speech Language Therapy is provided on a part-time basis. Our Speech Language Therapist works closely with patients who have communication problems due to injury or disease, including the identification, remediation and prevention of issues with swallowing and effective communication.

For more information or to schedule an assessment, please call our Speech Language Therapist on:

03 209 3030

GORE MEDICAL CENTRE

Address: 12 Eccles St, PO Box 39, Gore 9740

Phone: 03 208 9222

Email: info@goremedical.co.nz

Fax: 03 208 1296

Website: goremedical.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. Hours

Appointments are available from 9:00 AM – 11:45 AM and 1:30 PM – 4:45 PM with a doctor, or from 8:30 AM - 4:45 PM with a nurse. Night clinics – Monday & Wednesday 6:00 PM – 7:30 PM.

Appointment required

- Brief Intervention Service – Primary Mental Health Nurse – Faye Hanna
- Optometrist – Stewart, Caithness and Gray
- Orthopaedic Specialist – Mr Russell Fowler
- Ear, Nose and Throat Specialist – Dr Kate Heer
- Laboratory Services
- Nursing Services
- Childhood Immunisations – all schedule childhood vaccinations are available free of charge to all children under the age of 16 years.
- Other Immunisations – 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

ManageMyHealth Services:

- Access and maintain some of your 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 a health calendar
- Access and maintain your Medic Alert profile

Area Covered: Gore District

HEAD INJURY SOCIETY SOUTHLAND INC

Address: Community House, 46 Kelvin St, Invercargill

Phone: 03 214 4154 / 027 424 8813

Email: his-sth@xtra.co.nz

Fax: 03 214 4154

Website:

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 A/B Broughton St, Gore

Phone: 03 208 1953

Email: gore.office@healthcarenz.co.nz

Fax: 03 208 0480

Website: healthcarenz.co.nz

Service Description: Home support and nursing services including; post op care, wound, palliative and personal care, also home help. Requires doctors referral or can self-refer

Area Covered: Gore Districts

HOSPICE SOUTHLAND

Contact Person: Andrew Leys

Phone: 03 2113081

Email: Kara.Glover@hospicesouthland.org.nz
www.hospicesouthland.org.nz

Fax: 03 211 3082

Website:

Service Description: Hospice Southland provides support for patients and families 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 and Wakatipu region.

Area Covered: Southland and Wakatipu Basin

IDEA SERVICES

Address: 15 Bowler Ave, PO Box 254, Gore

Phone: 03 203 9170

Email: gore@idea.org.nz

Fax: 03 203 9172

Website: idea.org.nz

Service Description: Formerly 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 MEDICAL CENTRE

Address: 11 Bridge Street, Mataura

Phone: 03 203 8152

Fax: 03 203 3541

Email: sue@matauramed.co.nz tina@matauramed.co.nz **Website:**

Description: Primary health care provider. Appointments available Monday to Friday 8am-5pm. For after-hours care contact Gore Urgent Doctors

Area: Gore & Districts

MEALS ON WHEELS – AT PARATA

Address: 39 Kitchener St, Gore

Phone: 03 208 6303

Fax:

Email: parataresidence@xtra.co.nz

Website: 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

NEW ZEALAND RED CROSS

Address: 120A Leet St, PO Box 150, Invercargill

Phone: 0800 REDCROSS, 0800 733 276

Fax: 03 218 7595

Email: peter.saba@redcross.org.nz

Website: redcross.org.nz

Service Description: The mission of New Zealand Red Cross is to improve the lives of vulnerable people by mobilizing the power of humanity and enhancing community resilience. Programmes 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 teams 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 programmes, 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. Phone the Invercargill Service Centre for information and prices.

Area Covered: Southland.

PUBLIC HEALTH NURSE

Address: 37 Hokonui Drive, PO Box 105

Phone: 03 208 7015

Fax:

Email: maria.popplewell@southerndhb.govt.nz or stacey.young@southerndhb.govt.nz

Service Description: Work with 0-18 years. Provide well child service including vaccinations, self-referral clinic at secondary schools and Longford. Advice, assessment and referrals, before school check, home visits, child abuse referrals, STAND Children's Services 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, PO Box 1601, Invercargill

Phone: 03 211 8500

Fax: 03 214 9070

Email:

Website: sdhb.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 Immunisation, 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 Work Place, Mental Health Promotion, Nutrition & Physical Activity and Smoke free.

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

RENE FREY JENNINGS

Address: 142 Don Street, Invercargill

Phone: 027 687 8113

Fax:

Email: renetherapy@gmail.com

Website: renefreyjenningstherapy.co.nz

Service Description: Individual counselling and psychotherapy for: anxiety, depression, stress, anger, grief and loss, obsession, compulsion, sexuality, self-esteem, personal psychology, ageing, illness, fear of death and dying, relationship, transgender, gay and lesbian, mental health and wellbeing, mindfulness, guilt and shame, spirituality, body and mind, dream interpretation, life transitions, mid-life, identity. Employee and workplace support for: ethics, boundaries, occupational stress, work-life balance, confidential and sensitive casework, diversity, difficult clients and employees, relational conflict, motivation and productivity, training and professional development, professional supervision, reflective professional development

Area Covered: Invercargill, Gore, Catlins

ROYAL NEW ZEALAND FOUNDTION OF THE BLIND - GORE SUPPORT

Address:

Phone: 0800 24 33 33 or 03 208 5225

Fax:

Email:

Website: rnzfb.org.nz

Service Description: A support and education service for people suffering significant sight impairment. Must be registered to receive services

Area Covered: Eastern Southland

SOUTHLAND MENTAL HEALTH EMERGENCY TEAM (SMHET)

Address: Southland Hospital, Elles Road, P.O.Box 828, Invercargill

Phone: 0800 467 846

Fax: 03 214 7231

Email: contactus@southerndhb.govt.nz

Website: southerndhb.govt.nz

Service Description: Provides a 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

Fax: 03 208 8709

Email: contactus@southerndhb.govt.nz

Website: southerndhb.govt.nz

- **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

Phone: 03 218 3975

Fax:

Email: info@mssouthland.org.nz

Website: msnz.org.nz

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

Area Covered: Southland

SPORT SOUTHLAND

Address: Gore Multi Sports Complex, 20 Wayland St (West), PO Box 8, Gore
Phone: 03 208 3846 **Fax:** 03 208 3846
Email: gemma.oneill@sportsouthland.co.nz **Website:** sportsouthland.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 organize events and clubs to grow and plan for the future through strategic planning.

Green Prescription – A health professional's written advice to a patient to be physically active as part of the patients health management. Sport Southland will take you through this process.

Kiwi Sport fund administrators– This is a fund administered as seed funding for groups to get programs started that works towards getting participants from 5-18 active.

Area Covered: Eastern Southland

ST JOHNS

Address: 35 Charlton Road, PO Box 41, Gore
Phone: 03 208 6617 **Fax:** 208 6615
Email: vicki.kelly@stjohn.org.nz **Website:** stjohns.org.nz

Service Description: Ambulance, first aid courses, provides first aid at community events, youth programmes 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

STROKE FOUNDATION OF NEW ZEALAND INC – STROKE CLUB SOUTHLAND INC

Address: Community House, 46 Kelvin St, Invercargill
Phone: 03 214 5439 / 0800 78 76 53 **Fax:**
Email: southland@stroke.org.nz **Website:** stroke.org.nz

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

Area Covered: Southland

WELCOME IN – MENTAL HEALTH DAY ACTIVITY CENTRE

Address: 37 Hokonui Drive, Gore
Phone: 03 208 0940 **Fax:** 03 208 0940
Email: marie.bonisch@southerndhb.govt.nz **Website:**

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

Fax:
Website:

Service Description: Preschool for all ages

Area Covered: Eastern Southland

BARNARDOS KIDSTART

Address: 13 Wayland Street, 9710 Gore
Phone: 03 2147751 0800 BARNARDOS
Email: southland.amu@barnardos.org.nz

Fax: 03 2147750
Website: barnardos.org.nz

Description: Trained educators providing quality in home care and education for children from birth to 5 years

Area: Eastern Southland

BLUE MOUNTAIN COLLEGE - GUIDANCE COUNSELLOR

Address: State Highway 90, Tapanui 9522
Phone: 03 204 8358
Email: admin@bmc.school.nz

Fax: 03 204 8797
Website: bmc.school.nz

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

Area Covered: School community

EAST GORE SCHOOL

Address: 3 Wentworth Street GORE
Phone: 03 2085331
Email: office@eastgore.school.nz

Fax:
Website: www.eastgore.school.nz

Service Description: Contributing co-ed school years 1-6.

Area Covered: Eastern Southland

ELSIE STREET KINDERGARTEN

Address: 6 Elsie Street GORE
Phone: 03 208 6575
Email: elsiestreet@ska.co.nz

Website: www.ska.co.nz/kindergartens

Service Description: Kindergarten for 2-5year olds

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: englishlanguage.org.nz

Service Description: A community based organisation 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: 9 Norfolk Street Gore & McQueen Ave Mataura
Phone: 03 2039129
Email: gorelibraries@goredc.govt.nz

Fax: 03 2039066

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. Monday & Wednesday 9.30am to 8.00pm, Tuesday, Thursday & Friday 9.30am to 6.00pm, Saturday 10.15am to 1.00pm, Sunday (winter only) 1.00pm to 4.00pm

Area: Eastern Southland

GORE HIGH SCHOOL

Address: Coutts Road GORE
Phone: 03 2089130
Email: ghs@gore-high.school.nz

Fax: 03 2089133

Website: <http://www.gore-high.school.nz>

Service Description: Co-ed secondary school, years 9-13

Area Covered: Eastern Southland

GORE HIGH SCHOOL – GUIDANCE COUNSELLOR

Address: Coutts Rd, Gore
Phone: 03 208 9130 ext. 209
Email: ghs@gore-high.school.nz

Website: gore-high.school.nz

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

Area Covered: School community

GORE MAIN SCHOOL

Address: 39 Ardwick Street GORE

Phone: 03 208 7615

Fax: 03 208 1715

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

Address: 13 Wayland Street, Gore

Phone: 027 458 4026

Fax:

Email: gore@parentscentre.org.nz

Website: gorekidshub.org.nz

Service Description: Positive birth experiences and informed parenting in a community where parents are supported and highly involved in their roles. Child birth 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 Street, Gore

Phone: 027 629 3065

Email: gore@playcentre.org.nz

Website: 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 in order 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

Gore Playcentre opens from 9:00am till 1:00pm during school terms on Tuesday, Wednesday, Thursday and Friday.

Area Covered: Gore District

GORE PRESCHOOL EARLY LEARNING CENTRE

Address: 15 Pomona Street Gore

Phone: 03 208 4242

Website: www.gorepreschool.co.nz

Service Description: Preschool for all ages

Area Covered: Eastern Southland

GORE TOY LIBRARY

Address: 13 Wayland Street, Gore

Phone: 027 9601 523

Email: goretoylibrary@hotmail.com

Website: gorekidshub.org.nz

Service Description: Provides a wide range of good quality educational toys. Operates similar to public libraries where toys are borrowed for fixed length of time.

Area Covered: Eastern Southland

GROUP SPECIAL EDUCATION

Address: 190 Forth St, PO Box 887, Invercargill

Phone: 03 211 8000

Email: enquires.invercargill@education.govt.nz

Fax: 03 211 8001

Website: education.govt.nz

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

Area covered: Southland/Otago

HOPE PRESCHOOL

Address: 93 Main Street Maitua

Phone: 03 203 7057

Email: admin@hopepreschool.co.nz

Service Description: Preschool for 2-5year olds

Area Covered: Eastern Southland

IN2LEARNING

Address: Room 11, SIT, 70 Kakapo St, Gore

Phone: 03 208 1002 / 027 512 9575

Email: gore@in2learning.co.nz

Fax:

Website: in2learning.co.nz

Service Description: Tuition for students from Year 2 to Year 13, in reading, spelling, English, Maths, 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: Knapdale Road RD 3

Phone: 03-2089473

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: PO Box 267 Alexandra 9340

Phone: 0274893859

Email: heartland@lifeed.org.nz

Fax:

Website: lifeeducation.org.nz

Service Description: Teaches the Life Education Programme 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 Programme. 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 AOTEROA

Address: Community Connections Centre, 1 Charlton Lane Gore

Phone: 0800 77 88 26

Email: info.c10@literacy.org.nz

Website: www.literacy.org.nz/literacy-aotearoa-invercargill

Fax:

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

Area Covered: Eastern Southland

LONGFORD INTERMEDIATE

Address: 5 Wayland Street GORE

Phone: 03 2087416

Email: admin@longford.school.nz

Fax: 03 2087416

Website: <http://longford.school.nz>

Service Description: Co-ed intermediate school, Year 7-8

Area Covered: Eastern Southland

LONGFORD KINDERGARTEN

Address: 11 Vera Street Gore

Phone: 03 208 9203

Email: longford@ska.co.nz

Service Description: Kindergarten for 2-5 year olds

Area Covered: Eastern Southland

MATAURA COMMUNITY LIBRARY AND SERVICE CENTRE

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

Fax:
Website: goredc.govt.nz

Service Description: Provide quality library services to meet unique leisure, information and cultural needs of the people of the wider Mataura community. – **see also Gore and Districts Libraries including Mataura**

Toddler Time – for children 3 + years, Friday 10.30 am

Area Covered: Mataura District

MATAURA SCHOOL

Address: 33 Oakland Street Mataura
Phone: 03 203 8507
Email: office@mataura.school.nz

Fax: 03 203 8507
Website: www.mataura.school.nz/

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

Area Covered: Eastern Southland

MATAURA PLAYCENTRE

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

Fax:
Website: 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 in order 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.

Mataura Playcentre opens from 9.00am till 1.00pm during school terms on Tuesday and Thursday.

Area Covered: Mataura District

MENZIES COLLEGE - GUIDANCE COUNSELLOR

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

Fax: 03 206 4470
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 YOUTH EDUCATION SERVICES

Address: Cnr Hokonui Drive & Medway St, PO Box 29, Gore
Phone: 03 203 9300 **Fax:** 03 203 9301
Email: melissa.hinga@police.govt.nz **Website:** police.govt.nz

Service Description: Provides educational resources, information and facilitates programmes in the school to develop a safer and healthier environment for those participating. The programmes include Dare, cycling, cyber safe and bullying.

Area Covered: Eastern Southland & West Otago

OTAMA SCHOOL

Address: 12 McBain Road RD 3 Gore
Phone: 03 208 1829 **Fax:**
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 KINDERGARTEN

Address: 16 Oxford Street Gore
Phone: 03 208 4147 **Fax:**
Email: oxford.kindy@ska.co.nz **Website:**

Service Description: Kindergarten for 2-5year olds

Area Covered: Eastern Southland

PUKERAU SCHOOL

Address: 24 Pukerau Street, RD 2 Gore
Phone: 03 205 3857 **Fax:** 03 205 3857
Email: office@pukerau.school.nz **Website:** www.pukerau.school.nz

Service Description: Co-ed contributing school, Year 1-6

Area Covered: Eastern Southland

RESOURCE TEACHING LEARNING BEHAVIOUR (RTL B)

Address: Longford Intermediate, 5 Wayland Street, Gore
Phone: 027 620 1506 **Fax:**
Email: dturnball@auroacollege.school.nz **Website:** rtlb.tki.org.nz

Service Description: Support learning and behavior; work with youth both in the class and individually. Referrals are through the school system. Predominantly intervention to support better learning and behavior 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

Fax: 03 208 9876

Website: sit.ac.nz

Service Description: Provides vocational education courses including computing, business administration, Te Ara Reo Maori, 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 programmes and gain some vocational credits alongside their school qualifications. Agri level 2

Area Covered: Southland

SOUTHERN REAP

Address: 6 Fairfield Street, Gore

Phone: 03 208 0614 or 03 208 8221

Email: enquiries@reap.co.nz

Fax:

Website: 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 Alternative Education, Attendance Service, Computers in Homes and Swim Safe contracts.

Southern REAP has two offices, the main office situated at REAP House Winton with satellite offices at REAP House Gore, with both having great facilities for hire. Find us on Facebook.

Area Covered: Eastern Southland

SOUTHLAND YMCA EDUCATION LIMITED

Address: 2 Leven St, PO Box 183, Invercargill

Phone: 03 218 9622

Email: diane.brown@ymcasouth.org.nz

Fax: 03 218 9625

Website: ymcasouth.co.nz

Service Description: Invercargill based full time courses for youth who have low or no qualifications.

Y's home base: In home service in rural Southland to help 16 -18 years to complete NCEA qualifications for free.

Area Covered: Southland

ST MARY'S SCHOOL

Address: 14 Ardwick Street Gore

Phone: 03 208 7733

Email: admin@stmarys.school.nz

Fax: 03 208 7733

Website:

Service Description: Co-ed contributing school Year 1-6

Area Covered: Eastern Southland

ST PETER'S COLLEGE

Address: 121 Kakapo Street Gore
Phone: 03-208 9060
Email: office@stpetersgore.school.nz

Fax: 03 208 0000
Website: www.stpetersgore.school.nz

Service Description: Co-ed secondary school Year 7-13

Area Covered: Eastern Southland

ST PETERS COLLEGE - GUIDANCE COUNSELLOR

Address: 121 Kakapo St, Gore
Phone: 03 208 9060
Email: guidance.stpeters@school.nz

Fax: 03 208 0000
Website: stpetersgore.school.nz

Service Description: Individual and small group pastoral care for students and others. Counselling and guidance in the context of catholic moral teaching.

Area Covered: School community

TE KŌHANGA REO KIA NGĀWARI

Address: 106 Kana St, PO Box 42, Maitaura
Phone: 03 203 7460
Email: whanau@k10do54kohanga.ac.nz

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

Area Covered: Eastern Southland

WAIKAKA SCHOOL

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

Fax: 03 207 2887
Website: www.stpetersgore.school.nz

Service Description: Co-ed full primary school, Year 1-7

Area Covered: Eastern Southland

WEST GORE SCHOOL

Address: 120 Kitchener Street GORE
Phone: 03 208 7586
Email: office@westgore.school.nz

Fax: 03 208 7586
Website: www.westgore.school.nz

Service Description: Co-ed contributing primary school Year 1-6

Area Covered: Eastern Southland

COMMUNITY AND SUPPORT SERVICES

AGE CONCERN SOUTHLAND INC

Address: 50 Forth St, PO Box 976, Invercargill

Phone: 03 218 6351

Email: janette@acinv.org.nz

Fax: 03 218 1211

Website: 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 Street, Gore

Phone: 027 448 1179, 027 244 3850

Email: meldarose@windowslive.com

Website: 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 Street, Gore starting at 7.30pm.

Area Covered: Gore District

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

Address: Mataura

Phone: 021 0845 7962, 027 379 8442

Email: ele.ranstead@gmail.com

Website: 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 Friday of the year at The Presbyterian Church Kana Street, Mataura starting 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 programmes 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 from school, so a hearty afternoon tea is provided first then we do some games and a bible based discussion.

Youth Group – Four12 is on Friday nights and is for high school students. We meet from 7-9pm during the school term. There is fun games, and good discussion – we look into all sorts of matters to do with life & faith. Supper provided and a drop off service is offered for Gore youth at the end of the night.

Christmas Dinner – midday on Christmas Day. This is an opportunity for anyone in the community to have some company on Christmas day, and to enjoy a free meal together.

The Table – a free community lunch, 12 noon on Fridays during the school term. Enjoy a light lunch and good company.

Divorce Care - A 13 week programme which offers a safe place and support for people going through the trauma of separation and divorce. The aim is to find healing from a Christian perspective.

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

Mainly Music – mainly music is a fun music group for parents or primary care givers [grandparents, foster parents] to enjoy together with their young child. Throughout the morning, children develop gross and fine motor skills, language, imagination, mathematical and pre-reading skills as well as socialize with others. *Mainly music* meets on Wednesday morning during the school term. Cost \$20 per term. Please contact us for an enrolment form.

Marriage Enrichment Series - Seven weekly 2-hour sessions of marriage enrichment recommended for all married couples. To find out when the next series will be on, please contact us.

Angels & Heroes – fun for families with children up to Year 6. Held on 31st October each year.

Sunday Services: 9.15am traditional-style service with hymns; 10.30am contemporary service with children's programmes – Little Rainbows (crèche), Kidz Church with Bible time, games & crafts, and Fired Up for Years 7-10 youth.

Area Covered: Greater Gore Community

CAMP COLUMBA

Address: 89a Kaiwera Road, Pukerau, RD2 Gore, 9772

Phone: 03 205 3702

Email: info@campcolomba.org.nz

Fax:

Website: campcolumba.org.nz

Service Description: Accommodation and adventure programmes/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

Phone: 03 218 4108

Email: adminsouth@cansoc.org.nz

Fax: 03 218 4602

Website: 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, a free Gore based worker is available. Wednesday drop in at Kakapo Street contact Cathie Cotter on 027 218 4008 or cathy.cotter@cansoc.org.nz

Area Covered: Southland

CLUTHA-SOUTHLAND ELECTORATE OFFICE

Address: 15 Main Street, Gore

Phone: 03 203 3000

Email: goreeo@parliament.govt.nz

Fax: 03 208 1231

Website:

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: Clutha/Southland

COMMUNITY NETWORKING TRUST

Address: 1 Charlton Lane, Gore

Phone: 03 208 8480

Email: cccgore@cnt.org.nz

Fax: 03 208 8481

Website: 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

COMMUNITY CONNECTIONS CENTRE AND HEARTLANDS SERVICES

Address: 1 Charlton Lane, Gore

Phone: 03 208 8480

Email: cccgore@cnt.org.nz gore@heartlands.govt.nz

Fax: 03 208 8481

Website: 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 centre by ACC, Housing New Zealand and Southland Community Law.

Area Covered: Eastern Southland

EASTERN SOUTHLAND RIDING FOR THE DISABLED

Address: Gore A & P Grounds, Bury St, PO Box 72, Gore

Phone: 03 208 7341 / 0273270427

Email: esrdainc@gmail.com

Fax:

Website: rda.org.nz

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

Area Covered: Eastern Southland & West Otago

ELEANOR RANSTEAD – SAFE TALK AND ASIST SUICIDE PREVENTION SUPPORT

Address: 7 Brydone Street, Edendale
Phone: 03 206 6997 / 027 379 8442
Email: ele.ranstead@gmail.com

Service Description: Independent volunteer willing to support mental health wellbeing within the community. Facilitator for SafeTALK, suicideTALK, and Smashed and Stoned youth drug and alcohol intervention workshops. Trained as an ASIST Suicide First Aider for suicide crisis intervention.

Area Covered: Eastern Southland

GORE & DISTRICTS SENIOR CITIZENS CLUB INC.

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

Fax:
Website:

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 1:30pm Euchre

Area Covered: Gore District

GORE BAPTIST CHURCH

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

Fax:
Website: gorebaptist.org

Service Description: We are a family church in the Southland town of Gore, New Zealand. You will find us welcoming, caring and with hearts for giving back to the local community.
Nail care clinic – every 6 weeks

Area Covered: Gore Districts

GORE CATHOLIC CHURCH

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

Fax: 03 208 9601
Website: 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.
Women'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: Eastern Southland

GORE NEWCOMERS NETWORK

Address: 16 Hokonui Drive, Gore (Gore Visitors Centre)

Phone: 03 2039022 / 027 652 6690

Email: easternsouthland@newcomers.co.nz

Fax:

Website: 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

Fax:

Website:

Service Description: Church passionate to see the gospel of the kingdom impacts every ethnic group.

Area Covered: Gore District

GREY POWER EASTERN SOUTHLAND ASSOCIATION INC.

Address: PO Box 100, Gore

Phone: 03 208 8288

Email: bbsbari.123@gmail.com

Fax:

Website: 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

HOKONUI HUANUI

Address: 1 Charlton Lane Gore

Phone: 03 2088480

Email: lisa.mckenzie@cnt.org.nz

Website: www.cnt.org.nz

Service Description: The Hokonui Huanui aims to generate shared community responsibility in ensuring ALL children and young people in the Gore district have the skills and wellbeing to travel seamlessly from birth to adulthood. This is delivered via three work streams – Learning to Earning, Right Service Right Time, and Health, Wellbeing and Resilience.

Area Covered: Gore District

ICONZ

Contact Person: Jorgen Hansen

Phone: 027 2107825

Email:

Fax:

Website: 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 Street, Maitaia on Thursdays at 7.00pm

Area Covered: Maitaia

KAKAPO ORGANIC GARDENS (Bainfield Gardens)

Address: Hokonui Runanga Charlton Road Gore, PO Box 713 Invercargill

Phone: 03 214 4562 or 027 414 6817

Email: gardens@christiancentre.org.nz

Fax:

Website: 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 supervised support, training and work experience.

Area Covered: Eastern Southland

LOSS AND GRIEF CENTRE

Address: Fairfield Street Gore – Southern REAP premises

Phone: 027 443 8788

Email: lossandgriefcentre@gmail.com

Website: 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. Service available in Maitaia on the 2nd Monday of the month 1.00pm to 3.00pm at the old public library

Area Covered: Southland

MATAURA PRESBYTERIAN CHURCH

Address: 62 Kana St, Mataura 9712

Phone: 03 203 8422

Email: matpreschurch@xtra.co.nz

Website: mataurapresbyterianchurch.com

Service Description: Presbyterian Church

Family Support Worker: Works with families and the community

Youth Group: Various youth programmes/groups

Mataura Mainly Music: Music, dancing, singing and rhyme for under fives

Area Covered: Mataura

MATAURA SENIOR CITIZENS CENTRE

Address: 4 McQueen Ave, Mataura

Phone: 203 8501

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

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 St, Gore

Phone: 03 208 6303

Email: parataresidence@xtra.co.nz

Fax:

Website: 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

MIND MATTERS MENTAL AND EMOTIONAL WELLNESS SUPPORT GROUP

Address: The Bunker, River Lane Mataura

Phone: 03 206 6997 027 379 8442

Email: ele.ranstead@gmail.com

Fax:

Website:

Service Description: a self-help group which helps people to gain mental and emotional wellness Support for those struggling with depression, anxiety, grief, and anger, and emotional pain, lack of

enthusiasm or joy of life. Meeting once a week on Friday's at The Bunker 10.30-11.30am, with a community lunch to follow.

Area Covered: Southland

PARATA DAY CENTRE

Address: 39 Kitchener St, Gore

Phone: 03 208 3810

Email: parataresidence@xtra.co.nz

Fax: 03 208 4521

Website: parataresthome.co.nz

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

Area Covered: Gore & Maitua

ST VINCENT DE PAUL SOCIETY - GORE

Email: national@svdp.org.nz

Service Description: Provides food and clothing parcels.

Area Covered: Eastern Southland

VICTIM SUPPORT

Address: Gore Police Station, PO Box 29, Gore

Phone: 03 203 9320 or 0800 victim

Email: gore@victimsupport.org.nz

Website: 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: Southland, Eastern Southland & West Otago

YOUTHLINE SOUTHLAND

Address: 46 Kelvin St, Invercargill

Phone: 03 211 0031

Email: southland@youthline.co.nz

Fax:

Website: 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

The new web-based Service Directory for Eastern Southland is ready to populate

We invite you to input information regarding your organisation and its services. Instruction on how to do this follow:

Instructions for adding your service to Gore Directory

www.goredirectory.co.nz has been created to give the community in the Eastern Southland area an online resource to find *active* services in their area

Overview

www.goredirectory.co.nz has been created to give the community in Gore district an online resource to find active services in their area. It will be created and managed locally, to ensure that only relevant organisations will be able to list their services.

In order to maintain the highest quality information in the directory, we are asking organisations to take responsibility for their own listings. This guide has been written to help you represent your services accurately and give them the best chance of being found by visitors.

Process

Getting listed in the directory involves three main steps;

1. **Create an account on the site to manage your listings**
2. **Create a profile of your organisation (once)**
3. **List each of your services separately**

This last point is very important. People will be searching for services which meet their needs, so having multiple services in one listing will mean they may not consider using yours.

Create an account on the site

NOTE: the details you use for this step should be ones you actively monitor, so that you can receive updates etc

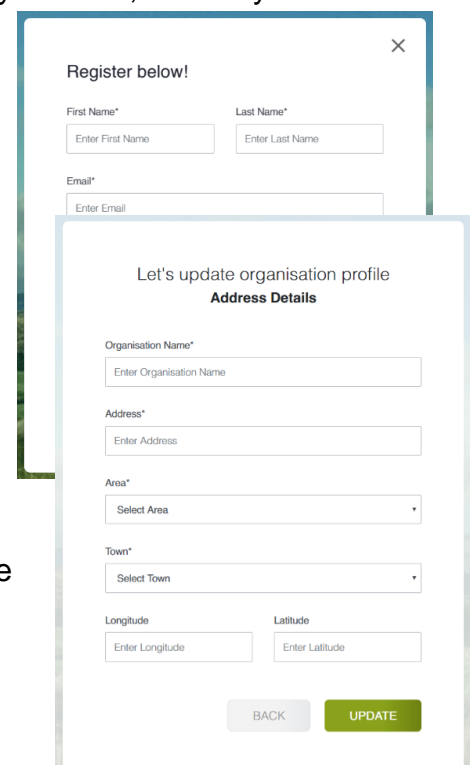
Your password will need to include three kinds of characters:

1. Capital letter
2. Number
3. Special character (e.g. !)

Once you have created an account you will receive an email with an activation link (it may end up in your junk/spam folder). You will not be able to proceed until you click this link

Create a profile of your organisation

You will only need to do this once – every service listing you create will display your organisation details alongside it



The image shows two overlapping screenshots of a web application. The top screenshot is a registration form titled "Register below!". It contains three input fields: "First Name*" with a placeholder "Enter First Name", "Last Name*" with a placeholder "Enter Last Name", and "Email*" with a placeholder "Enter Email". The bottom screenshot is a profile update form titled "Let's update organisation profile" with a sub-heading "Address Details". It contains several input fields: "Organisation Name*" with a placeholder "Enter Organisation Name", "Address*" with a placeholder "Enter Address", "Area*" with a dropdown menu showing "Select Area", "Town*" with a dropdown menu showing "Select Town", "Longitude" with a placeholder "Enter Longitude", and "Latitude" with a placeholder "Enter Latitude". At the bottom of the form are two buttons: "BACK" and "UPDATE".

NOTE: the details you use for this step are the ones the public should use to contact your service with a general inquiry

Your website is your overall organisational presence (usually your homepage) but may also be a Social Media page if that is all you have.

List each service

Your service listing is made up of two main parts;

- 1. The written information that describes your service**
- 2. Categories that help people find your service**

When you categorise your service there are two different types; one where you have to use a common set of choices, and another where you can create your own (but it is important to use an existing category if it exists and only create a new one if absolutely necessary).

The top four fields are to help people learn about your service.

The website link should be to the specific page on your site that gives more detail (the best way to get this is to copy and paste from your browser address bar)

Your description should be short, but enough to help people decide if they should investigate further (by visiting your website or calling). It should be 2-3 paragraphs long.

The screenshot shows a form titled "Service information" with a sub-heading "Basic Information". The form contains the following fields: "Name of Service" (text input), "Website" (text input with a small image icon), "Cost (\$)" (text input), "Description" (text area), "Group" (dropdown menu), "Culture" (dropdown menu), "Topic" (dropdown menu), "National" (dropdown menu), "Charms" (dropdown menu), "Category" (dropdown menu), and "Type" (dropdown menu). At the bottom right, there are "CANCEL" and "CONTINUE TO SETUP TIME" buttons.

All of the drop-down fields below that allow you to categorise your service. The site will match the words people use to look for your listing.

If you are unsure what each one means, you can hover over the ? next to each for an explanation.

The categories called Culture and Topic allow new options to be created. Simply type the word you would like to add and press enter. NOTE: please use an existing tag if it is appropriate

The next step in setting up a service is to let people know what hours the service operates. Please ensure these are the hours relevant to Gore district residents if you represent a service that operates in other areas as well.

If you are not open on a particular day, please tick the Off Day box.

TIP: select AM/PM before entering hours for each day

The screenshot shows a form titled "Service working hours" with a sub-heading "Setup Time of Operation". It features a table with the following columns: "Days of Week", "Off Day" (checkbox), "Start Time" (dropdown), and "End Time" (dropdown). The rows represent the days of the week: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. At the bottom right, there are "BACK" and "UPDATE" buttons.

Maintaining your listings

Once you have created your listing, you can update it from your services menu once you have logged in again.

The screenshot shows the 'YOURGOTO DIRECTORY' interface. At the top right, there is a user profile for 'simon sievert' with an 'Update your details' link. Below this is a 'Services' table with columns: NAME, CATEGORY, TOPIC, GROUP, CULTURE, TYPE, CHANNEL, and COST. Two services are listed: 'Test' (Health and Wellbeing, Inance, Sports, CHIL, Senior, Service, Person, \$10) and 'Hokonui Huarui' (Health and Wellbeing, Education, Training and Employment, Bike, CHIL, Youth, Tool, Online, \$0). Each service has three icons: a clock, a pencil, and a bin. A '+ ADD SERVICE' button is in the top right of the table. At the bottom of the table, there is a 'Show 10' dropdown and 'PREV' and 'NEXT' buttons. Below the table is a green footer with 'CONTACT US' (phone: 03 238 8482, email: info@yourgoto.org.nz), 'OTHER WEBSITE LINKS' (Gore District Council, Community Networking Trust, Hokonui Runanga, Official COVID-19 Site, Ministry of Social Development, Ready for Living, Southland Rural Support Trust, Hokonui Huarui, National Telehealth Service), and the 'YOURGOTO DIRECTORY' logo with the tagline 'Part of the Hokonui Huarui project'. A small note at the bottom left states 'This directory is managed by the Community Networking Trust'.

For each listing, you have several editing options:

- Use the clock icon to change your operating hours
- Use the pencil icon to edit your description or alter categories
- Use the bin icon to delete a single listing – use carefully as there is no undo!

If you need to change your organisation or login details, use the update your details link at the top right of the screen (next to your account name).

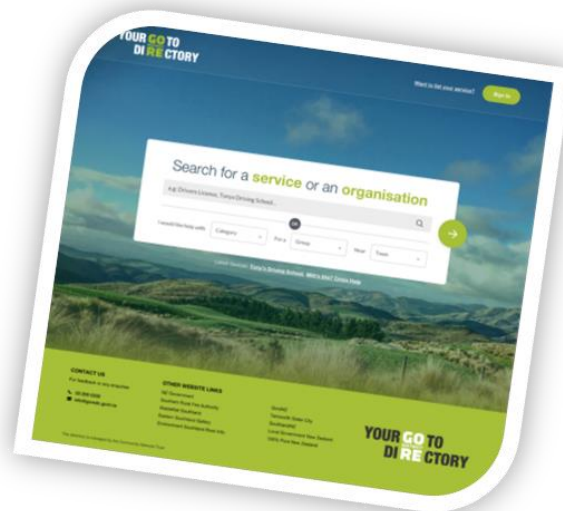
- Use services to go to the listings you have created
- Use address to change your physical and digital addresses
- Use contact to change your organisation’s general contact details

Eastern Southland Online Service Directory

www.goredirectory.co.nz has been created to give the community in the Eastern Southland area an online resource to find *active* services in their area.

It will include organisations covering all age ranges and sectors including

- community groups,
- sports and recreation,
- art,
- cultural and heritage,
- health and wellbeing,
- education,
- Iwi,
- kaupapa Māori
- and the social sector.



We invite you to input information regarding your organisation, community, sport or recreational group, and its services.

The instructions on how to register your organisation and input your information are on pages 47-49 of this directory. If you have any questions please contact either Kelly or Lisa.

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