



# COMMUNITY NETWORKING TRUST

1 Charlton Lane  
Gore 9710  
P. 03 208 8480  
cccgore@cnt.org.nz

*"leading and enabling effective social service provision in Eastern Southland"*



## Gore & Districts Social and Community Service Directory 2018

[www.cnt.org.nz](http://www.cnt.org.nz)

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STAND CHILDREN’S SERVICES  
STRENGTHENING FAMILIES  
TE IHO AWHI RITO SOCIAL SERVICES

THE SALVATION ARMY  
TIME OUT CARERS SOUTHLAND  
THRIVE! TE PAE ORA  
WORK AND INCOME NZ  
WORKBRIDGE  
YOUTH SERVICE  
YOUTH WORKER SERVICE

## **HEALTH SERVICES**

ALCOHOLICS ANONYMOUS – EDENDALE WEDNESDAY EVENING GROUP

ALCOHOLICS ANONYMOUS – GORE SUNDAY EVENING GROUP

ALZHEIMERS SOCIETY SOUTHLAND INC

BIRCH LANE DENTAL CLINIC

CCS DISABILITY ACTION

DISABILITES RESOURCE CENTRE SOUTHLAND

EASTERN SOUTHLAND DIABETIC SOCIETY SUPPORT GROUP

EASTERN SOUTHLAND RED CROSS COMMUNITY TRANSPORT

EPILEPSY ASSOCIATION OF NEW ZEALAND

GORE COUNSELLING CENTRE

GORE FOOT CLINIC

GORE HEALTH LTD

GORE HEALTH LTD – GP SERVICE

GORE HOSPITAL – ALLIED AND COMMUNITY HEALTH SERVICES

GORE MEDICAL CENTRE

HEAD INJURY SOCIETY SOUTHLAND INC

HEALTHCARE NZ

HOSPICE SOUTHLAND

HOSPICE SOUTHLAND SHOP GORE

IDEA SERVICES

MATAURA MEDICAL CENTRE

MEALS ON WHEELS – AT PARATA

NEW ZEALAND RED CROSS

PUBLIC HEALTH NURSE

PUBLIC HEALTH SOUTH

RENE FREY JENNINGS

ROYAL NEW ZEALAND FOUNDATION FOR THE BLIND

SOUTHLAND MENTAL HEALTH EMERGENCY TEAM (SMHET)

SOUTHERN RIVERS COMMUNITY MENTAL HEALTH SERVICES

SOUTHLAND MULTIPLE SCLEROSIS SOCIETY INC

SPORT SOUTHLAND

ST JOHNS

STROKE FOUNDATION OF NEW ZEALAND INC

WELCOME IN – MENTAL HEALTH DAY ACTIVITY CENTRE

# EDUCATION SERVICES

AKORANGA PRESCHOOL  
BARNARDOS KIDSTART  
BLUE MOUNTAIN COLLEGE COUNSELLOR  
COMMUNITY COLLEGE SOUTHLAND  
EAST GORE SCHOOL  
ELSIE STREET KINDERGARTEN  
ENGLISH LANGUAGE PARTNERS  
GORE AND DISTRICTS LIBRARY INCLUDING MATAURA LIBRARY  
GORE HIGH SCHOOL GUIDANCE COUNSELLOR  
GORE MAIN SCHOOL  
GORE PARENT'S CENTRE  
GORE PLAYCENTRE  
GORE PRESCHOOL EARLY LEARNING CENTRE  
GORE TOY LIBRARY  
GROUP SPECIAL EDUCATION  
HOPE PRESCHOOL  
IN2LEARNING  
KNAPDALE SCHOOL  
KIA NGAWARI KOHANGO REO  
LIFE EDUCATION TRUST HEARTLAND OTAGO SOUTHLAND  
LONGFORD INTERMEDIATE  
LONGFORD KINDERGARTEN  
MATAURA COMMUNITY LIBRARY AND SERVICE CENTRE  
MATAURA PRIMARY SCHOOL  
MATAURA PLAYCENTRE  
MENZIES COLLEGE GUIDANCE COUNSELLOR  
NEW ZEALAND POLICE YOUTH EDUCATION SERVICES  
OTAMA SCHOOL  
OXFORD KINDERGARTEN  
PUKERAU SCHOOL  
RESOURCE TEACHING LEARNING AND BEHAVIOUR (RTLb)  
SOUTHERN ADULT LITERACY  
SOUTHERN INSTITUTE OF TECHNOLOGY  
SOUTHERNREAP  
SOUTHLAND YMCA EDUCATION LTD  
ST MARY'S SCHOOL  
ST PETER'S COLLEGE  
ST PETERS COLLEGE COUNSELLOR  
TE ARA TIKA KOHANGO REO  
WAIKAKA SCHOOL  
WEST GORE SCHOOL

# **COMMUNITY AND SUPPORT SERVICES**

AGE CONCERN SOUTHLAND

AL-ANON – GORE AL-ANON FAMILY GROUP

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

CALVIN COMMUNITY CHURCH

CAMP COLUMBA

CANCER SOCIETY SOUTHLAND

CLUTHA-SOUTHLAND ELECTORATE OFFICE

COMMUNITY CONNECTIONS CENTRE AND HEARTLANDS SERVICES

EASTERN SOUTHLAND RIDING FOR THE DISABLED

ELEANOR RANSTEAD – COMMUNITY VOLUNTEER

GORE AND DISTRICTS SENIOR CITIZENS CLUB INC

GORE BAPTIST CHURCH

GORE CATHOLIC CHURCH

GORE DISTRICT COUNCIL

GORE NEWCOMER'S NETWORK

GORE NEW LIFE CHURCH

GREY POWER EASTERN SOUTHLAND ASSOCIATION INC

ICONZ

KAKAPO ORGANIC GARDENS (BAINFIELD GARDENS)

LOSS AND GRIEF CENTRE

MATAURA COMMUNITY DEVELOPMENT COORDINATOR

MATAURA PRESBYTERIAN CHURCH

MATAURA SENIOR CITIZENS CLUB

MATAURA YOUTH CENTRE TRUST (THE BUNKER)

MEALS ON WHEELS – AT PARATA

MIND MATTERS SUPPORT GROUP

PARATA DAY CARE

ST VINCENT DE PAUL SOCIETY - GORE

VICTIM SUPPORT

YOUTHLINE SOUTHLAND

# 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](mailto:adminsld@able.org.nz)

**Website:** [www.able.org.nz](http://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](mailto:southland@adlnz.org.nz)

**Website:** [adventuredevelopment.co.nz](http://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](mailto:southland@parent2parent.org.nz)

**Website:** [altogetherautism.org.nz](http://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

**Fax:** 03 218 9353

**Email:** [jroberts@awaruashs.maori.nz](mailto:jroberts@awaruashs.maori.nz)

**Website:** [awaruashs.maori.nz](http://awaruashs.maori.nz)

**Service Description:** Comprehensive range of educational support, counselling 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 Mataura Community Centre.

**Area Covered:** Southland

## **BARNARDOS**

**Address:** 13 Wayland Street, 9710 Gore

**Phone:** 03 2147751 0800 BARNARDOS

**Email:** [southland.amu@barnardos.org.nz](mailto:southland.amu@barnardos.org.nz)

**Fax:**

**Website:** [barnardos.org.nz](http://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](mailto:Michelle.McElhinney@Barnardos.org.nz)

**Fax:** 03 2147750

**Website:** [barnados.org.nz](http://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:** Mataura School, East Gore School, Edendale School, Wyndham Primary School, Glenham School, Tutarau 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](mailto:ARooijackers@familyworkssld.nz)

**Fax:** 03 218611003 211 8200 (Invercargill)

**Website:** [southland.familyworks.org.nz](http://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 NETWORKING TRUST**

**Address:** 1 Charlton Lane, Gore

**Phone:** 03 208 8480

**Email:** [cccgore@cnt.org.nz](mailto:cccgore@cnt.org.nz)

**Fax:** 03 208 8481

**Website:** [cnt.org.nz](http://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

**Fax:** 03 208 8481

**Email:** [cccgore@cnt.org.nz](mailto:cccgore@cnt.org.nz) [gore@heartlands.govt.nz](mailto:gore@heartlands.govt.nz) **Website:** [cnt.org.nz](http://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 CORRECTIONS

**Address:** 21 Ordsal St, PO Box 325, Gore

**Phone:** 03 203 9290

**Fax:** 03 203 9401

**Email:** [kim.hannah@corrections.govt.nz](mailto:kim.hannah@corrections.govt.nz)

**Website:** [corrections.govt.nz](http://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

## 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)

**Email:**

**Website:** [familyworks.org.nz](http://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:** 77A Main St, PO Box 357, Gore

**Phone:** 03 208 8384 or 03 208 9333 crisis

**Fax:**

**Email:** [admin@gorerefuge.org.nz](mailto:admin@gorerefuge.org.nz)

**Website:** [womensrefuge.org.nz](http://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](mailto:gbudget@xtra.co.nz)

**Fax:** 03 208 4644

**Website:** [familybudgeting.org.nz](http://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

**Email:**

**Fax:**

**Website:**

**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](mailto:inquiry@gorecounsellingcentre.com)

**Fax:**

**Website:** [gorecounsellingcentre.com](http://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](mailto:easternsouthland@newcomers.co.nz)

**Fax:**

**Website:** [newcomers.co.nz](http://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](mailto:office.Southland@dinglefoundation.org.nz)

**Fax:**

**Website:** [dinglefoundation.org.nz](http://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

**Fax:**

**Email:** [hokonui.office@ngaitahu.iwi.nz](mailto:hokonui.office@ngaitahu.iwi.nz) **Website:** [hokonuirunanga.org.nz](http://hokonuirunanga.org.nz)

### Service Description:

**Young Mums & Bubs:** for mums under 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 and education, 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

**Email:** [jubilee@jubileebudget.co.nz](mailto:jubilee@jubileebudget.co.nz)

**TEXT:** 027 JUBILEE

**Website:** [jubilee.co.nz](http://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

**Fax:**

**Email:** [mrsmegalind@gmail.com](mailto:mrsmegalind@gmail.com)

**Website:**

**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

**Fax:**

**Email:** [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)

**Website:** [hdc.org.nz](http://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

**Fax:** 03 203 9301

**Email:** [stephen.heyrick@police.govt.nz](mailto:stephen.heyrick@police.govt.nz)

**Website:** [police.govt.nz](http://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

**Fax:** 03 214 5125

**Email:** [admin@kaitahu.maori.nz](mailto:admin@kaitahu.maori.nz)

**Website:** [kaitahu.maori.nz](http://kaitahu.maori.nz)

**Service Description:** Provide a range of health and lifestyle services that support independence, health and wellbeing of the community. Including 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

**Fax:** 03 218 3430

**Email:** [otagosouthland@ohf.org.nz](mailto:otagosouthland@ohf.org.nz)

**Website:** [ohf.org.nz](http://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:** 03 902 0316

**Fax:**

**Email:**

**Website:** [ot.govt.nz](http://ot.govt.nz)

**Service Description:** We are a new 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

**Fax:**

**Email:** [reception@piact.org.nz](mailto:reception@piact.org.nz)

**Website:**

**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

**Fax:** 03 208 0770

**Email:** [judithann.erickson@pactgroup.co.nz](mailto:judithann.erickson@pactgroup.co.nz)

**Website:** [pactgroup.co.nz](http://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

**Fax:**

**Email:** [southland@parent2parent.org.nz](mailto:southland@parent2parent.org.nz)

**Website:** [parent2parent.org.nz](http://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](mailto:southland@pregnancyhelp.org.nz)

**Website:** [pregnancyhelp.org.nz](http://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

**Fax:**

**Email:** [patricia.officeryoung@supportsouth.co.nz](mailto:patricia.officeryoung@supportsouth.co.nz)

**Website:** [southland.ps.org.nz](http://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 & Maitauro

## **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](mailto:Peter.Whalley@southernhb.govt.nz)

**Website:** [sdhb.govt.nz](http://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

**Email:** [easternsouthlandplunket@xtra.co.nz](mailto:easternsouthlandplunket@xtra.co.nz)

**Fax:**

**Website:** [plunket.org.nz](http://plunket.org.nz)

**Service Description:** Plunket clinic by appointment, Car Seat support person – 1<sup>st</sup> 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

**Address:**

**Phone:** 0800787254 **Fax:**

**Email:** [lindsay.wright.icloud.com](mailto:lindsay.wright.icloud.com)

**Website:** [rural.support.org.nz](http://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:** [eng@comlawsth.co.nz](mailto:eng@comlawsth.co.nz)

**Website:** [communitylaw.org.nz](http://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 1<sup>st</sup> and 3<sup>rd</sup> 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

**Fax:**

**Email:** [contact@southlandhelp.co.nz](mailto:contact@southlandhelp.co.nz)

**Website:** [southlandhelp.co.nz](http://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](mailto:southern@standforchildren.org.nz)

**Website:** [standforchildren.org.nz](http://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](mailto:sfgore@cnt.org.nz)

**Fax:** 03 208 8480

**Website:** [strengtheningfamilies.govt.nz](http://strengtheningfamilies.govt.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](mailto:gore.corps@salvationarmy.org.nz)

**Fax:** 03 208 4443

**Website:** [salvationarmy.org.nz](http://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](mailto: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](mailto:invercargill@timeoutcarers.org.nz)

**Fax:** 03 214 9990

**Website:**

**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

**Fax:** 03 218 8834

**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 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

**Email:**

**Fax:** 03 208 1396

**Website:** [workandincome.govt.nz](http://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](mailto:trudyk@workbridge.co.nz)

**Fax:**

**Website:** [workbridge.co.nz](http://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](mailto:youthservice@comcol.ac.nz)

**Fax:**

**Website:** [youthservice.co.nz](http://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 WORKER SERVICE

**Address:** 1 Charlton Lane, Gore

**Phone:** 03 208 8480

**Email:** [youthworker@cnt.org.nz](mailto:youthworker@cnt.org.nz)

**Fax:** 03 208 8481

**Website:** [www.cnt.org.nz](http://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 5-18years.

**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](http://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 Maitaura Valley

## ALCOHOLIC ANONYMOUS – GORE SUNDAY EVENING GROUP

**Address:** Anglican Church Hall, 19 Trafford Street, Gore

**Phone:** 0800 AA WORKS,

**Email:**

**Website:** [aa.org.nz](http://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

**Fax:**

**Email:** [alzheimer.southlandcsw@xtra.co.nz](mailto:alzheimer.southlandcsw@xtra.co.nz)

**Website:** [alzheimers.org.nz](http://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

**Fax:**

**Email:** [birchlanedental@gorehealth.co.nz](mailto:birchlanedental@gorehealth.co.nz)

**Website:** [birchlanedental.co.nz](http://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](mailto:admin.southland@ccsdisabilityaction.org.nz) **Website:** [ccsdisabilityaction.org.nz](http://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](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 6983

**Fax:**

**Email:**

**Website:** [diabetes.org.nz](http://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

## **EASTERN SOUTHLAND RED CROSS COMMUNITY TRANSPORT**

**Address:**

**Phone:** 0800 REDCROSS (0800 733 276) or Invercargill 03 2184339 after hours 027 562 2974

**Email:** [invercargill@redcross.org.nz](mailto:invercargill@redcross.org.nz)

**Website:** [redcross.org.nz](http://redcross.org.nz)

**Service Description:** Transport to Invercargill, Balclutha and Dunedin for doctors, hospital, specialist and general appointments available for those in the community who have no or limited access to transport. A small donation for services is appreciated.

**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](mailto:southland@epilepsy.org.nz)

**Website:** [epilepsy.org.nz](http://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

**Fax:**

**Email:** [inquiry@gorecounsellingcentre.com](mailto:inquiry@gorecounsellingcentre.com)      **Website:** [gorecounsellingcentre.com](http://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](mailto: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](mailto:karl.metzler@gorehealth.co.nz)

**Fax:** 03 208 0194

**Website:** [gorehealth.co.nz](http://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](mailto:rhonda.reid@gorehealth.co.nz)

**Fax:**

**Website:** [gorehealth.co.nz](http://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](mailto:ghc@gorehealth.co.nz)

**Fax:** 03 208 0194

**Website:** [gorehealth.co.nz](http://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:

**03 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

**Fax:** 03 208 1296

**Email:** [info@goremedical.co.nz](mailto:info@goremedical.co.nz)

**Website:** [goremedical.co.nz](http://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

**Fax:** 03 214 4154

**Email:** [his-sth@xtra.co.nz](mailto:his-sth@xtra.co.nz)

**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](mailto:gore.office@healthcarenz.co.nz)

**Fax:** 03 208 0480

**Website:** [healthcarenz.co.nz](http://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](mailto:Kara.Glover@hospicesouthland.org.nz)

**Fax:** 03 211 3082

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

**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](mailto:gore@idea.org.nz)

**Fax:** 03 203 9172

**Website:** [idea.org.nz](http://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

**Email:** [sue@matauramed.co.nz](mailto:sue@matauramed.co.nz) [tina@matauramed.co.nz](mailto:tina@matauramed.co.nz)

**Fax:** 03 203 3541

**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

**Email:** [parataresidence@xtra.co.nz](mailto:parataresidence@xtra.co.nz)

**Fax:**

**Website:** [parataresthome.co.nz](http://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

**Email:** [peter.saba@redcross.org.nz](mailto:peter.saba@redcross.org.nz)

**Fax:** 03 218 7595

**Website:** [redcross.org.nz](http://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.

**Eastern Southland Community Transport** – A transport service for those in need of transport to attend appointments in Dunedin or Invercargill, or between rural areas and Gore. A donation is welcomed.

**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@southernhb.govt.nz](mailto:maria.popplewell@southernhb.govt.nz) or [stacey.young@southernhb.govt.nz](mailto:stacey.young@southernhb.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](http://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](mailto:renetherapy@gmail.com)

**Website:** [renefreyjenningstherapy.co.nz](http://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 FOUNDATION OF THE BLIND - GORE SUPPORT**

**Address:**

**Phone:** 0800 24 33 33 or 03 208 5225

**Fax:**

**Email:**

**Website:** [rnzfb.org.nz](http://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](mailto:contactus@southerndhb.govt.nz)

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

**Website:** [southerndhb.govt.nz](http://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

**Email:** [info@mssouthland.org.nz](mailto:info@mssouthland.org.nz)

**Fax:**

**Website:** [msnz.org.nz](http://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:** [martin.mackereth@sportsouthland.co.nz](mailto:martin.mackereth@sportsouthland.co.nz) **Website:** [sportsouthland.co.nz](http://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](mailto:vicki.kelly@stjohn.org.nz)

**Website:** [stjohns.org.nz](http://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](mailto:southland@stroke.org.nz)

**Website:** [stroke.org.nz](http://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](mailto: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](http://www.cnt.org.nz)

# EDUCATION SERVICES

## AKORANGA PRESCHOOL

**Address:** 106 Broughton Street Gore

**Phone:** 03 208 5757

**Email:** [akorangapreschool@gmail.com](mailto: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](mailto:southland.amu@barnardos.org.nz)

**Fax:** 03 2147750

**Website:** [barnardos.org.nz](http://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](mailto:admin@bmc.school.nz)

**Fax:** 03 204 8797

**Website:** [bmc.school.nz](http://bmc.school.nz)

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

**Area Covered:** School community

## COMMUNITY COLLEGE SOUTHLAND

**Address:** 4<sup>th</sup> Floor, Menzies Building, 3 Esk Street, PO Box 611, Invercargill

**Phone:** 03 214 3090 / 0800 887 007

**Email:** [admin@comcol.ac.nz](mailto:admin@comcol.ac.nz)

**Fax:**

[southlandofficeinfo.so@comcol.ac.nz](mailto:southlandofficeinfo.so@comcol.ac.nz)

**Website:** [comcol.ac.nz](http://comcol.ac.nz)

**Service Description:** Providing practical, entry level, student focused training towards employment; incorporating NZQA unit standards. Courses include Hairdressing Level 3, Hospitality Level 2, and Sport & Recreation Level 2. Free transport daily from Gore and Maitai.

**Area Covered:** Southland

## EAST GORE SCHOOL

**Address:** 3 Wentworth Street GORE

**Phone:** 03 2085331

**Email:** [office@eastgore.school.nz](mailto:office@eastgore.school.nz)

**Fax:**

**Website:** [www.eastgore.school.nz](http://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](mailto:elsiestreet@ska.co.nz)

**Fax:**

**Website:**

**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

**Fax:**

**Email:** [southland@englishlanguage.org.nz](mailto:southland@englishlanguage.org.nz)

**Website:** [englishlanguage.org.nz](http://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

**Fax:** 03 2039066

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

**Website:** [www.gorelibraries.govt.nz](http://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

**Fax:** 03 2089133

**Email:** [ghs@gore-high.school.nz](mailto:ghs@gore-high.school.nz)

**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

**Fax:**

**Email:** [ghs@gore-high.school.nz](mailto:ghs@gore-high.school.nz)

**Website:** [gore-high.school.nz](http://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](mailto:office@goremain.school.nz)

**Website:** [www.goremain.school.nz](http://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

**Email:** [gore@parentscentre.org.nz](mailto:gore@parentscentre.org.nz)

**Fax:**

**Website:** [gorekidshub.org.nz](http://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](mailto:gore@playcentre.org.nz)

**Fax:**

**Website:** [playcentre.org.nz](http://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

**Email:**

**Fax:**

**Website:** [www.gorepreschool.co.nz](http://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](mailto:goretoylibrary@hotmail.com)

**Fax:**

**Website:** [gorekidshub.org.nz](http://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](mailto:enquires.invercargill@education.govt.nz)

**Fax:** 03 211 8001

**Website:** [education.govt.nz](http://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 Mataura

**Phone:** 03 203 7057

**Email:** [admin@hopepreschool.co.nz](mailto:admin@hopepreschool.co.nz)

**Fax:**

**Website:**

**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](mailto:gore@in2learning.co.nz)

**Fax:**

**Website:** [in2learning.co.nz](http://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](mailto:principal@knapdale.school.nz)

**Fax:**

**Website:**

**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](mailto:heartland@lifeed.org.nz)

**Fax:**

**Website:** [lifeeducation.org.nz](http://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

## LONGFORD INTERMEDIATE

**Address:** 5 Wayland Street GORE

**Phone:** 03 2087416

**Email:** [admin@longford.school.nz](mailto: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](mailto:longford@ska.co.nz)

**Fax:**

**Website:**

**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

**Fax:**

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

**Website:** [goredc.govt.nz](http://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

**Fax:** 03 203 8507

**Email:** [office@mataura.school.nz](mailto:office@mataura.school.nz)

**Website:** <http://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

**Fax:**

**Email:** [southlandplaycentre@xtra.co.nz](mailto:southlandplaycentre@xtra.co.nz)

**Website:** [playcentre.org.nz](http://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

**Fax:** 03 206 4470

**Email:** [admin@menzies.school.nz](mailto:admin@menzies.school.nz)

**Website:** [www.menzies.school.nz](http://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](mailto:melissa.hinga@police.govt.nz)

**Website:** [police.govt.nz](http://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

**Email:** [admin@otama.school.nz](mailto:admin@otama.school.nz)

**Fax:**

**Website:** <http://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

**Email:** [oxford.kindy@ska.co.nz](mailto:oxford.kindy@ska.co.nz)

**Fax:**

**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

**Email:** [office@pukerau.school.nz](mailto:office@pukerau.school.nz)

**Fax:** 03 205 3857

**Website:** <http://www.pukerau.school.nz>

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

**Area Covered:** Eastern Southland

## RESOURCE TEACHING LEARNING BEHAVIOUR (RTLb)

**Address:** Longford Intermediate, 5 Wayland Street, Gore

**Phone:** 027 620 1506

**Email:** [dturnball@auroacollege.school.nz](mailto:dturnball@auroacollege.school.nz)

**Fax:**

**Website:** [rtlb.tki.org.nz](http://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 ADULT LITERACY INC

**Address:** Community Connections Centre, 1 Charlton Lane Gore

**Phone:** 0800 77 88 26

**Email:** [courtyardl.c@xtra.co.nz](mailto:courtyardl.c@xtra.co.nz)

**Fax:**

**Website:** [southernadulteracy.org.nz](http://southernadulteracy.org.nz)

**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

## 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)

**Fax:** 03 208 9876

**Website:** [sit.ac.nz](http://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](mailto:enquiries@reap.co.nz)

**Fax:**

**Website:** [reap.co.nz](http://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](mailto:diane.brown@ymcasouth.org.nz)

**Fax:** 03 218 9625

**Website:** [ymcasouth.co.nz](http://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](mailto: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](mailto:office@stpetersgore.school.nz)

**Fax:** 03 208 0000

**Website:** [www.stpetersgore.school.nz](http://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](mailto:guidance.stpeters@school.nz)

**Fax:** 03 208 0000

**Website:** [stpetersgore.school.nz](http://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, Mataura

**Phone:** 03 203 7460

**Email:** [whanau@k10do54kohanga.ac.nz](mailto:whanau@k10do54kohanga.ac.nz)

**Fax:**

**Website:**

**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](mailto:office@stpetersgore.school.nz)

**Fax:** 03 207 2887

**Website:** [www.stpetersgore.school.nz](http://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](mailto:office@westgore.school.nz)

**Fax:** 03 208 7586

**Website:** [www.westgore.school.nz](http://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

**Fax:** 03 218 1211

**Email:** [janette@acinv.org.nz](mailto:janette@acinv.org.nz)

**Website:** [ageconcern.org.nz](http://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](mailto:meldarose@windowslive.com)

**Website:** [al-anon.org.nz](http://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:** The Bunker, 45 River Street, Mataura

**Phone:** 021 0845 7962, 027 379 8442

**Email:** [ele.ranstead@gmail.com](mailto:ele.ranstead@gmail.com)

**Website:** [al-anon.org.nz](http://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 Bunker, 45 River Street, Mataura starting at 1pm.

**Area Covered:** Lower Mataura Valley

## CALVIN COMMUNITY CHURCH

**Address:** 25 Robertson St, Gore

**Phone:** 03 208 9973

**Fax:**

**Email:** [office@calvin.org.nz](mailto:office@calvin.org.nz)

**Website:** [www.calvin.org.nz](http://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 31<sup>st</sup> 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

**Fax:**

**Email:** [info@campcolomba.org.nz](mailto:info@campcolomba.org.nz)

**Website:** [campcolomba.org.nz](http://campcolomba.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

**Fax:** 03 218 4602

**Email:** [adminsouth@cansoc.org.nz](mailto:adminsouth@cansoc.org.nz)

**Website:** [cancernz.org.nz](http://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](mailto:cathy.cotter@cansoc.org.nz)

**Area Covered:** Southland

## **CLUTHA-SOUTHLAND ELECTORATE OFFICE**

**Address:** 15 Main Street, Gore

**Phone:** 03 203 3000

**Fax:** 03 208 1231

**Email:** [goreeo@parliament.govt.nz](mailto:goreeo@parliament.govt.nz)

**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

**Fax:** 03 208 8481

**Email:** [cccgore@cnt.org.nz](mailto:cccgore@cnt.org.nz)

**Website:** [cnt.org.nz](http://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

**Fax:** 03 208 8481

**Email:** [cccgore@cnt.org.nz](mailto:cccgore@cnt.org.nz) [gore@heartlands.govt.nz](mailto:gore@heartlands.govt.nz) **Website:** [cnt.org.nz](http://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

**Fax:**

**Email:** [esrdainc@gmail.com](mailto:esrdainc@gmail.com)

**Website:** [rda.org.nz](http://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 – COMMUNITY VOLUNTEER**

**Address:** 7 Brydone Street, Edendale

**Phone:** 03 206 6997 / 027 379 8442

**Fax:**

**Email:** [ele.ranstead@gmail.com](mailto:ele.ranstead@gmail.com)

**Website:**

**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

**Fax:**

**Email:**

**Website:**

**Service Description:** A meeting place for the senior citizens of the Gore District. Thursday dinner; every 1<sup>st</sup> 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

**Fax:**

**Email:** [office@gorebaptist.org](mailto:office@gorebaptist.org)

**Website:** [gorebaptist.org](http://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](mailto:blessed@kinect.net.nz)

**Fax:** 03 208 9601

**Website:** [cdd.org.nz](http://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](mailto:info@goredc.govt.nz)

**Fax:**

**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:** Eastern Southland

## **GORE NEWCOMERS NETWORK**

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

**Phone:** 03 2039022 / 027 652 6690

**Email:** [easternsouthland@newcomers.co.nz](mailto:easternsouthland@newcomers.co.nz)

**Fax:**

**Website:** [newcomers.co.nz](http://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)

**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](mailto:bbsbari.123@gmail.com)

**Fax:**

**Website:** [greypower.co.nz](http://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

## ICONZ

**Contact Person:** Jorgen Hansen

**Phone:** 027 210 7825

**Email:**

**Fax:**

**Website:** [iconz.org.nz](http://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, Maitava on Thursdays at 7.00pm

**Area Covered:** Maitava

## 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](mailto:gardens@christiancentre.org.nz)

**Fax:**

**Website:** [christiancentre.org.nz](http://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:** 1 Charlton Lane, Gore (Community Connection Centre)

**Phone:** 03 208 8480 / 027 443 8788

**Email:** [lossandgriefcentre@gmail.com](mailto:lossandgriefcentre@gmail.com)

**Fax:**

**Website:** [lossandgriefcentre.com](http://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 Maitava on the 2<sup>nd</sup> Monday of the month 1.00pm to 3.00pm at the old public library

**Area Covered:** Southland

## MATAURA COMMUNITY DEVELOPMENT COORDINATOR

**Address:** McQueen Ave, Maitava; Postal: c/- C.C.C, 1 Charlton Lane, Gore

**Phone:** 03 203 7083 or 027 774 6588

**Email:** [mcdc@cnt.org.nz](mailto:mcdc@cnt.org.nz)

**Fax:**

**Website:** [cnt.org.nz](http://cnt.org.nz)

**Service Description:** Provide contact and links to Maitava community and external agencies in relation to family led community development.

**Area Covered:** Maitava

## MATAURA PRESBYTERIAN CHURCH

**Address:** 62 Kana St, Maitava 9712

**Phone:** 03 203 8422

**Email:** [matpreschurch@xtra.co.nz](mailto:matpreschurch@xtra.co.nz)

**Fax:**

**Website:** [maitavapresbyterianchurch.com](http://maitavapresbyterianchurch.com)

**Service Description:** Presbyterian Church

**Family Support Worker:** Works with families and the community

**Youth Group:** Various youth programmes/groups

**Maitava Mainly Music:** Music, dancing, singing and rhyme for under fives

**Area Covered:** Maitava

## **MATAURA SENIOR CITIZENS CENTRE**

**Address:** 4 McQueen Ave, Matura

**Phone:** 203 8501

**Email:** [maggie69@kinect.co.nz](mailto:maggie69@kinect.co.nz)

**Fax:**

**Website:**

**Service Description:** Regular social meetings, speakers and shared meals.

**Area Covered:** Matura District

## **MATAURA YOUTH CENTRE TRUST (THE BUNKER)**

**Address:** Former Matura Town Hall, River St, Matura

**Phone:** 027 210 7825

**Email:**

**Fax:**

**Website:**

**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:** Matura District

## **MEALS ON WHEELS – AT PARATA**

**Address:** 39 Kitchener St, Gore

**Phone:** 03 208 6303

**Email:** [parataresidence@xtra.co.nz](mailto:parataresidence@xtra.co.nz)

**Fax:**

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

## **MIND MATTERS MENTAL AND EMOTIONAL WELLNESS SUPPORT GROUP**

**Address:** The Bunker, River Lane Matura

**Phone:** 03 206 6997 027 379 8442

**Email:** [ele.ranstead@gmail.com](mailto: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](mailto:parataresidence@xtra.co.nz)

**Fax:** 03 208 4521

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



## ST VINCENT DE PAUL SOCIETY - GORE

**Address:**

**Phone:**

**Email:** [national@svdp.org.nz](mailto:national@svdp.org.nz)

**Fax:**

**Website:**

**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](mailto:gore@victimsupport.org.nz)

**Fax:**

**Website:** [victimsupport.org.nz](http://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](mailto:southland@youthline.co.nz)

**Fax:**

**Website:** [youthline.co.nz](http://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](mailto:talk@youthline.co.nz)

**Area Covered:** Southland

Thank you to the organisations, groups, and agencies who contributed to the Gore & Districts Social Services Directory. The Community Networking Trust is pleased to provide this resource to our community.

