

COUNTIES
MANUKAU

HEALTH



TE KETE HAUORA WELLNESS SERVICE DIRECTORY



Naaku te rourou, naau te rourou ka ora ai te iwi
With your basket and my basket the people will live

Third Edition - 2022

Welcome

This directory is a navigation tool to many of the available *well being services* which operate within the Counties Manukau District. Our aim is to enable Primary Health Organisations, community services, clients and other health professionals to be aware of how to access Non Government Organisations and community service providers. This will enable them to encourage clients and patients to engage with *well being services* that are catered to their needs. This is aligned with Counties Manukau Health's goals of service integration and health equity.

Ko te whaainga kia whakakahangia i te haapori ki te whakahaere i o raatou ake hauora hinengaro, oranga hoki

"To empower the community to take control of their own mental health and wellbeing"

Criteria for Inclusion of Services

- Services provided in Counties Manukau Health District
- Flexible service provision
 - Minimal to no cost/donation
 - Service provision outside of normal working hours and weekends
 - Ability to extend service provision within Community settings/sites
- Caters to diversity

Use of the double vowel in te reo Maaori at CM Health

CM Health services are located and delivered within the boundary of the Waikato-Tainui Iwi; it is important that the organisation adheres to the language differences of this Iwi area. This is why you will see certain words in the directory written with a double vowel instead of a macron such as whaanau instead of whānau (family), Taamaki instead of Tāmaki (Auckland), ngaa instead of ngā (all).

Location of Services

Services are available across the Counties Manukau Health population although some services may serve a defined location or discreet group within the population. Due to limited capacity to collect information, and an aim not to duplicate information, the services in this edition of the directory include: health, social and aligned general *well being services* available across Counties Manukau Health's four localities however some of the health services are signposted to the national information service on Healthpoint.

A wide range of organisations were approached for inclusion in this directory and some have decided against sharing their information in this third edition of the directory

The directory will be updated yearly by the Community Health Services team. Organisations providing well being services across the Counties Manukau Health region, are very welcome to share their information in the next edition of the directory. Please contact Shona Paterson if you would like your organisations information to be shared in this directory, or if you would like electronic copies of this directory.

Contact Details - Shona Paterson

Integration Relationship Manager, Hauora Taiwhanga aa-iwi, Integrated Care South, Community Health Service - Counties Manukau Health
Email: Shona.Paterson@middlemore.co.nz

Acknowledgements

Counties Manukau Health acknowledges the Health Science students from the University of Auckland School of Population Health, who helped to collect the details of services included in Te Kete Hauora directory.

First edition:

Audrey Po'e-Tofaeono, Ella May, Isla Dunn, Joshua Green, Khemani Chatly, Lubna Azam and Roseanne Hopwood.

Second edition:

Nicole Woodworms, Ruth Chang and Eunice Ahoatu

Third edition:

Alisa Sutthiko, Cheyenne Takitaki, Darlene Das, Talia Maiava and Zishen Ufi

The first and second editions were co-ordinated by Kaye Dennison Project Manager for Manukau Locality and members of the Counties Manukau Primary Care Management Team. These versions were endorsed by Counties Manukau District Health Board's Principal Kaumatua, Teteira Rawiri.

The updated third edition was coordinated by Venera Ukmata & Shona Paterson, Integration Relationship Managers for Community Health Services with support from members of the Community Health Services Management Team. Joanna Katipa, Muru Maipi and Turongo Paki have endorsed this third version of Te Kete Hauora Wellness Directory on behalf of Te Pae Kaakaho (Tikanga Team CMDHB).

Te Kete Hauora embraces the Counties Manukau District Health Boards values of Kind/Manaakitanga (Care for other people's wellbeing), Excellent/Rangatiratanga (Safe, professional, always improving), Valuing Everyone/Whakawhanaungatanga (Make everyone feel welcome and valued) Together/Kotahitanga (Include everyone as part of the team). This is accomplished by ensuring the wellbeing of our whaanau and families living in Counties Manukau, by providing services which focus on achieving equity and are offered in a professional manner which honours whaanau and families.



Disclaimer

Te Kete Hauora highlights the fact that the placement of Healthcare Information or Health Supplier Information (including links to other websites) in this directory does not constitute a recommendation or endorsement by Counties Manukau Health of any course of treatment, health supplier or Health Supplier Services, and as such use of the Healthcare Information or Health Supplier Services featured on this directory is undertaken at the user's own risk, unless specifically stated otherwise.

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<https://www.healthpoint.co.nz>

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- GPs / Accident & Urgent Medical Care
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Affirming Works Limited

Telephone: 0800 023 3476

Email: office@affirmingworks.org.nz

Website: <https://affirmingworks.org.nz>

Physical Address: 9 Moa Street, Otahuhu, Auckland, 1062

Operating Hours: Monday to Friday 9:00am-4:00pm
Selected weekends (Kainga Tu'umalie Family Violence Programme)

Languages: English, Samoan & Tongan

Cost: Yes

Services Offered:

Tupuanga Junior Wellbeing Programme:

- Mentoring programme for Primary and intermediate school aged kids with opportunity in holiday breaks as well.

Power Up Stations connects:

- Provides community support for National Certificate of Educational Achievement (NCEA) and parent engagement for educational success.

Kainga Tu'umalie:

- Faith-based Tongan - Ethnic specific Family Violence Programme, though there are developments with other pacific languages and denominations.

Young Free Pasifika:

- Females-specific, aged between 14-24 years hosted at a one-day conference that empowers Pasifika youth to be future leaders through the performing arts.

Young Free Warriors:

- Male-specific, aged between 14-24 years hosted at a one-day conference that empowers Pasifika youth to be future leaders through the performing arts.

Faith 2 Move Mountains Fono:

- One-day professional development purposed for various stakeholders from practitioners and researchers to church and community leaders that work alongside pacific families and communities. Those will be supported to develop their own faith-based programmes to bring healing to their communities.

A

Pacific Youth Transition:

- Referrals through Oranga Tamariki.

Community Café Tautua:

- Youth training programme that utilises various social enterprises to teach leadership and self worth through practical service in a café setting and complimentary leadership modules.

Age Concern

Telephone: (09) 820 0184

Email: ageconcern@ageconak.org.nz
referrals@ageconak.org.nz

Website: www.ageconcernauckland.org.nz

Physical Address:

Central & West Office: 57 Rosebank Road, Avondale, Auckland

Counties Manukau Office: Cambria Park Homestead, 250 Puhinui Road, Papatoetoe

North Shore Office: 177b Shakespeare Road, Milford

Postal Address: PO Box 19542, Avondale, Auckland, 1026

Operating Hours: Monday to Friday 9:00am-4:00pm
(Cambria Park Homestead is by appointment only. All other offices are open to the public)

Sites of Service: At a variety of venues throughout Auckland, including in any of our offices, client's homes, community centres and spaces

Languages: Our staff speak a range of languages, including Korean, Cantonese, Mandarin; and we also work with translators & interpreters where needed

Cost: All our services are free

Although donations are greatly appreciated
Alexis Sawyers, Fundraising & Communications Manager, alexiss@ageconak.org.nz

Services Offered:

Intervention Services:

Supporting older people to move from a position of vulnerability to one of resilience

- Elder Abuse Response Social Workers
- Elder Abuse education
- Community Social Workers
- Counselling



Ageing Well Services:

Assisting older people to remain independent, health, and active

- Health Promotion Workshops covering a range of topics including nutrition, safe driving, falls prevention, scam prevention, Enduring Power of Attorney, Wills, and many more.
- Community Strength & Balance programmes

Social Connections Services:

Mitigating loneliness and isolation, promoting community involvement and enabling mobility.

- Accredited Visiting Service
- Coffee & Friendship groups
- Total Mobility Cards

Asian Services:

Meeting the needs of the growing older Asian community

- Providing all our services in Cantonese, Mandarin and Korean.
- Dedicated social workers
- Health promotion and community groups
- Facilitating a WeChat group for older Asian people to ask questions and request support.

Information & Advocacy:

- We also distribute regular newsletters, Information Directories and 'Calendar of Activities' across the community.
- Advocate locally, regionally, and nationally on key issues relevant to older people

Referral:

<https://www.ageconcernauckland.org.nz/make-a-referral/>

Anglican Trust for Women and Children

Key Contact: Judy Matai'a - Chief Executive Officer

Telephone: (09) 276 3729

Email: info@atwc.org.nz

Website: <https://atwc.org.nz/>

Physical Address: St Mary's Family Centre - 10 Beatty Street, Otahuhu, Auckland, 1062

Operating Hours: Monday to Friday 8:00am-4:30pm

Site of Services: Services delivered in home settings, schools, pre-schools and community houses

Languages: We have a diverse staff with various languages available

Cost: Cost for counselling services however other services are free

Services Offered:

- Pre-school Education
- Counselling Services
- Mellow Parenting
- Social Work Services
- Parenting Programmes
- Youth Work

Referral:

<https://atwc.org.nz/Familyservicesreferralform>

Anxiety Trust NZ

Telephone: (09) 846 9776

0800 ANXIETY (2694 389)

Email: reception@anxiety.org.nz

Website: <https://www.anxiety.org.nz>

Physical Address: 77 Morningside Drive, St Lukes, Auckland, 1025

Operating Hours: Monday to Saturday

Monday: 10:00am-6:00pm

Tuesday & Wednesday: 9:00am-8:30pm

Thursday: 10:00am-7:00pm

Friday & Saturday: 9:00am-5:00pm

Sites of Service: Organisation and community setting (dependent upon services provided)

Languages: English & Mandarin

Cost: 24/7 helpline and support groups free. Other services are not free however can provide assistance for those who have lower incomes. More information on the website.

Services Offered:

- Education and assistance for anxiety disorders and related issues
- Non-acute specialist mental health community services

Referral:

Self-referral: <https://www.anxiety.org.nz/individuals-request-for-services-fo>

Whanau referral: <https://www.anxiety.org.nz/family-whanau-member-referral-form>

Asian Family Services

Contact: asian.admin@asianfamilyservices.nz

Telephone: 0800 862 342

Email: help@asianfamilyservices.nz

Website: <https://asianfamilyservices.nz>

Physical Address: Level 1, 128 Khyber Pass Road, Grafton, Auckland 1023

Operating Hours: Office hours: Monday - Friday 9:00am - 5:00pm

Helpline: Monday - Friday 9:00am - 8:00pm

Site of Services: We provide comprehensive clinical and prevention services –including social work, counselling, and community education programmes in New Zealand.

Languages: English, Cantonese, Mandarin, Korean, Vietnamese, Thai, Japanese and Hindi

Cost: Free

Services Offered:

Asian Family Services was established in 1998 to provide counselling, public health education and support for all Asians in New Zealand.

- We provide nationwide confidential and comprehensive services
- We offer services in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi
- We are an experienced and qualified team of registered professionals offering a wide range of counselling and social work services
- In Auckland, we have 15 staff members who are from Chinese, Korean, Indian, Vietnamese, Hindi and Thai backgrounds.

Asian Helpline 0800 862 342 provides nationwide free and confidential services from Monday to Friday between 9am-8pm.

Referral:

<https://asianfamilyservices.nz/services/referral-form>

Asthma NZ

Telephone: (09) 623 0236
0800 227 328

Email: reception@asthma.org.nz
anz@asthma.org.nz

Website: <https://www.asthma.org.nz/>

Physical Address: 581 Mt Eden Road, Mt Eden, Auckland, 1024

(Asthma NZ - Auckland Region covers all of Auckland from Warkworth to Pukekohe)

Operating Hours: Able to work with patients to identify a suitable time for them

Sites of Service: Able to travel to where the patient needs us - home, work, marae, community centre, medical facility or sports club

Languages: English however we have the ability to bring in translators for any patient that requires/requests it

Cost: Free

Services Offered:

- Provide education, training and support to anyone with Asthma and/or COPD (Chronic Obstruction Pulmonary Disease)
- Visit patients where they need us, when they need us
- Support schools by providing education for staff, students and Whaanau
- Assist with the development of Asthma Management Policies and are only too happy to participate in school events
- Have a mobile unit that we can bring into the school if a room is not available
- Provide education to health professionals. We deliver face-to-face and online asthma and COPD education workshops throughout the year. Visit <http://www.asthma.org.nz/pages/nursing-courses>
- Work with organisations to assist in the development of Occupational Asthma Management Policies, training, support and spirometry are services we can provide.



Auckland Botanic Gardens

Telephone: (09) 267 1457

Email: botanic.gardens@aucklandcouncil.govt.nz

Website:

<https://www.aucklandbotanicgardens.co.nz/>

Physical Address: 102 Hill Road, Manurewa, Auckland, 2105

Operating Hours: Open 7 days a week

Winter hours (April to September) 8:00am-6:00pm

Summer hours (October to March) 8:00am-8:00pm

Languages: English however there are visitor guides available in Chinese, Japanese and Korean

Cost: Free, although some events may cost

Services Offered:

- Regular events depending on the season; keep an eye on the website
- Wheelchair accessible paving
- Large garden the public is able to walk around for free

Auckland Disability Law

Telephone: (09) 257 5140

027 457 5140 (TEXT ONLY)

Email: info@adl.org.nz

Website: <https://www.aucklanddisabilitylaw.org.nz>

Physical Address: Unit 9, Shop 27, Mangere Town Centre

Operating Hours: Monday to Friday 9:00am-4:00pm

Site of services:

- Legal services will be provided over the phone, email, or via zoom. Face-to-face meetings, by appointment only, at ADL offices in Mangere or other agreed locations.
- Legal education – across Auckland and nationally

Languages: English and NZSL, interpreters can be booked upon request

Cost: Free

Services Offered:

- Auckland Disability Law (ADL) provides free legal services to disabled people associated with their disability-related legal issues. ADL is the only specialist disability law community law centre in Aotearoa New Zealand.

- ADL provides legal education on disability law in the community and within disability and legal organisations. We work with the Disability and Deaf communities through our community engagement and law reform activities.

ACC Sensitive Claims

- We have a dedicated team of ACC approved clinicians who provide guidance, counselling and assistance to victims of sexual abuse and assault.

Note: there is a waitlist of around 2-3 months for this service.

ADL provides legal education on disability law in the community and within disability and legal organisations. We work with the Disability and Deaf communities through our community engagement and law reform activities.

Referral: Self-referral, GP, or agency Referral

Belong Aotearoa

(Formerly known as Auckland Regional Migrant Services)

Telephone: (09) 625 2440

Email: reception@belong.org.nz

Website: www.belong.org.nz

Physical Address: Level 2, 8 Virginia Avenue East, Eden Terrance, Auckland

Operating Hours: Monday to Friday 9:00am-5:00pm

Site of Services: Varied as initiatives delivered across Auckland

Languages: English

Cost: Free

Services Offered:

- We are a specialist settlement agency that focuses on addressing the root systemic causes of disparities and barriers to successful settlement and integration for newcomers.
- WISE Collective - Empowers migrant and refugee background women through building connections, skills and experiences that provide opportunities for enterprise

Safari Multicultural Playgroup - Support migrant and refugee background parents (mainly mothers) and pre-school aged children to gain skills, info, and experiences to support parenting and general settlement

Most of our work is around systemic change, so involves research, convening, innovation, embed, collaboration, advising and influencing policy that support belonging and inclusion

Better Blokes

Contact: Poutoa Papalii

Telephone: 021 481 501

Email: pout.papalii@betterbloked.org.nz

Website: www.betterblokes.co.nz

Physical Address: 9b Lambie Drive Manukau

Operating Hours: 9:00am - 4:00pm

Peer Support services available during day and evenings

Languages: English, Fijian, Maaori & Samoan

Cost: Free

Services Offered:

Better Blokes is provider of peer support services for male survivors of traumatic experiences including physical, verbal, emotional and sexual abuse. These services include one on one support as well as group interaction.

Facilitators are qualified peer support workers and counsellors. Our organisation is Level 2 MSD certified and our client base includes a wide range of ethnic diversity that is supported with particular attention to our Pacific and Maori men.

Referral: Refer to email attention Poutoa Papalli

Boomer Shed

Contact: Stacey Upjohn

Telephone: 021 185 6526

Email: stacey.upjohn@beautification.org.nz

Website: www.beautification.org.nz

Physical Address: 38 Holmes Road, Manurewa, Auckland

Operating hours: The Boomer Shed Members: Tuesday, Wednesday & Friday 9:30am - 12:00pm

Beginner woodwork classes: Wednesday 9:30am - 12:00pm

Mobile, tablet & computer classes: Tuesday & Friday 9:30am - 12:30pm

Languages: English with some resources translated into Maaori, Mandarin & Samoan

Cost: Sewing: \$5 donation per week or \$2 per day
Computer sessions: \$2 donations or \$85 Annual subscription

Community shed: \$85 Annual subscription

Services Offered:

The Boomer Shed has offered a space for older community to get stuck into a range of community projects and their own projects while socialising and meeting new people.

The Boomer Shed is an inclusive community shed for both men and women over 50 in South Auckland. Since 2015

Computer Classes:

- Our group-based, easy to follow lessons are tailored to the needs and skill levels of the participants on the day. Our fantastic tutor Dallas will chat with you one-on-one about your skill level and learning goals, and incorporate these into the class. Topic requests are most welcome!

Sewing:

- Small group of woman gather every Friday to talk to and support each other whilst sewing, crocheting, cross stitching, quilting, and many other crafting activities.

Community woodwork & metalwork shed:

- The Boomer Shed gives people the opportunity to enjoy their hobbies and keep their minds busy by offering a fully equipped space. This space allows communities to come together to work on whatever projects they wish, as if it was their own shed.

Bowel Screening Counties

Manukau

Contact: Hasitha Samarasinha

Telephone: Manukau Super Clinic: (09) 250 8091

National Bowel Screening Programme:
0800 924 432

Email: BowelScreening@middlemore.co.nz

Website:

<https://www.healthpoint.co.nz/public/gastroenterology-hepatology-liver/counties-manukau-health-bowel-screening/>

Physical Address: 10 Manukau Super Clinic Bowel Screening Rooms (upper floor), 901 Great South Road, Wiri, Auckland, 2104

Operating Hours: Manukau Super Clinic:

Monday to Friday 8:30am - 4:30pm

Site of Services: Colonoscopy services offered at Manukau Surgery Centre through the Counties Manukau Gastroenterology Department.

Languages: Bookings can be made in Cantonese, Hindi, Mandarin & Samoan

Cost: Free

Services Offered:

- The National Bowel Screening Programme offers free two-yearly screening to eligible participants
- The test is simple and clean, and you do it at home

Breast Screening Counties

Manukau

Contact: Kathy Pritchard - Service Manager, Cancer Screening

Telephone: National Breast Screening Programme
0800 270 200

Manukau Super Clinic (09) 250 8000

Email: bscm@middlemore.co.nz

Website: www.timetoscreen.nz/breast-screening/
www.healthpoint.co.nz/public/breast/breastscreen-counties-manukau

Physical Address: 7 Manukau Health Park, Breast Screening Rooms (Upper floor)

901 Great South Road, Manurewa, Auckland, 2104

Operating Hours: Monday - Friday 8:00am - 4:30pm

Site of services: Manukau Super Clinic, Mangere Community Health, ARG Pukekohe, ARG

Howick, Mercy Botany, and Mobile Unit at various Counties locations

Languages: English, Cantonese, Te Reo, Samoan, Tongan, Mandarin and Hindi

Cost: Free

Services Offered:

The BreastScreen Aotearoa (BSA) programme offers free, two yearly screening mammograms to eligible women aged 45-69 years. Breast cancer is the most common cancer affecting Kiwi women. Regular mammograms can save lives by finding breast cancer early, before it spreads.

You are more likely to survive breast cancer if it is found early and is still small. Mammograms can show changes inside a breast before they can be felt. We serve people living in the Counties Manukau region.

Referral: Contact us on 0800 270 200

Budgeting and Family Support Services

Telephone: (09) 275 2266

Email: appointments@mbst.org.nz

Website: <http://mangerebudgeting.org.nz/>

Physical Address: 92 Beachcroft Avenue, Onehunga, Auckland, 1061

Operating Hours: Monday to Friday 9:00am-4:00pm

Site of Services: Organisational site

Languages: English and NZSL

Cost: Free

Services Offered:

- One on One Budget Advice Support
- Budget Planning and Financial Plans
- Negotiations with Creditors
- Advocacy with Government and Non-Government agencies
- Financial Literacy / Educational Budgeting Seminars
- Housing Advocacy
- Family and Individual Counselling
- Strengthening Families Programme – (Lead Agency - Mangere)
- Food Parcels for families and individuals in need (strict criteria applies)
- Access to quality second-hand clothing
- Access to Furniture Bank
- Cooking Classes “How to cook on a tight budget”
- Freephone Budgeting helpline: 0508 22 22 83 or 0508 ABC Budget (we on-refer the caller to their nearest Budgeting and Social Service provider anywhere within New Zealand).



CareNZ Manaaki Aotearoa

Contact: Linda Poynton
Telephone: 0800 682 468
Email: auckland@carenz.co.nz
Website: <http://www.carenz.co.nz/>
Physical Address: 521 Great South Road, Manukau, Auckland, 2025
Operating Hours: Monday - Friday 9:00am - 5:00pm
Site of services: Primarily at organisation site
 Available at community settings & mobile outreach
Languages: English, & Samoan (Driving programme)
Cost: Free if you reside within Counties Manukau District

Services Offered:

- WRAP Groups Individual Counselling (including mobile outreach)
- Peer Support (including mobile outreach)
- Impaired Driving Programme
- Braveheart - for families or friends of methamphetamine users
- Addiction, Wellness and Recovery Support

Cervical Screening Counties Manukau

Contact: Janice Miller - Team Leader
 Meena Narang - Cervical Screening Coordinator
Telephone: (09) 250 8023
 0800 729 729
Email: support.screening@middlemore.co.nz

Site of Services offered & Operating Hours:

Manukau Health Park:

First Friday of the month [8:30am - 3:30pm]
 Second Saturday of the month [8:00am - 12:30pm]

Mana Wahine Clinic Only:

Third Friday of the month [8:30am - 7:00pm]

Mangere Community Centre:

Every two weeks - Wednesday [8:00am - 3:30pm]

Otara Hub:

Every two weeks - Tuesday [8:30 - 3:30pm]

Botany SuperClinic:

Once a month - Tuesday [1:00pm - 7:00pm]
 Once a month - Wednesday [8:45am - 4:00pm]

Pukekohe Hospital:

Once a month - Thursday from [8:15am - 11:45am]

Languages: Cantonese, Hindi, Mandarin, Niuean, Punjabi, Te Reo & Samoan

Cost: Free

Services Offered:

Our services are for those living in the Counties Manukau Health Community, who have NZ Residence/Citizenship or have a valid 2 year work visa eligible for free medical services in NZ.

- Free Cervical Screening

Referral: Send an email to

Supportto.screening@middlemore.co.nz with patient details (Full name, DOB, NHI if known and contact details)

Changing Minds

Contact: Ally Fagan - Operations Manager

Telephone: (09) 623 1763

Email: operations@changingminds.org.nz

Website: <https://changingminds.org.nz>

Physical Address: 762 Mount Eden Road, Mt Eden, Auckland

Operating Hours: Monday - Friday 9:00am - 4:30pm

Languages: English

Cost: Free

Services Offered:

- We work in the broad area of hauora services, advocacy, human rights, and health policy for people with personal experience of mental distress and/or addiction, across Aotearoa.
- We collect, articulate, and activate the strategic voice of Lived Experience and are regularly consulting to DHBs and other organisations from a lived experience perspective.
- Hauora services include Whakatau Mai. The Wellbeing Sessions, by Changing Minds, free online wellbeing sessions.
- Speaking Engagements, workshops and presentations to support organisations and their wellbeing

We serve clients nationwide. Our services cover In-person groups across Auckland, Hamilton, Nelson, Christchurch and Dunedin. Online groups cover all of NZ who find In-person groups inconvenient.

Christians Against Poverty NZ

Contact: Client Services

Telephone: (05) 0822 7111

Email: info@capnz.org

Website: www.capnz.org/

Physical Address: Our primary service is debt counselling and we visit our clients in their homes

Operating Hours: Head Office: Monday to Friday 9.00am-5.00pm (Office hours)

Appointments for debt counselling mutually agreed between church providers and clients.

Site of Services: Local Churches or Community Houses

Languages: English

Cost: Free

Services Offered:

- Debt Counselling specifically for those living with high levels of unmanageable debt. Our service is free and available to all.
- CAP Money is a 3 session course to help people learn how to build and maintain a sustainable budget. Also available as a youth course.
- These services are offered through local church partners

Clinical Advisory Services Aotearoa

Telephone: 0800 448 908

Email: contact@casa.org.nz

Website: www.casa.org.nz

Operating Hours: Monday to Friday 8:00am - 5:00pm

Individual days: (Each centre opens once a week)

- Monday: Pukekeohe
- Tuesday: Mangere
- Wednesday: Papatoetoe
- Thursday: Papakura & Manurewa

Site of Services: Community settings

Languages: English (some staff may help with other languages)

Cost: Free

Services Offered:

- Community Postvention Response Services (CPRS) who work directly with representatives from community agencies when there is a suicide cluster occurring



- Typically works with local DHB suicide prevention co-ordinators

- Provide training in suicide prevention and postvention targeted to organisations specific needs

CNSST Foundation

(Formerly known as Chinese New Settlers Services Trust)

Contact: Gloria Gao - Chief Operations Manager

Telephone: (09) 570 1188

Email: info@cnsst.org.n

management@cnsst.org.nz

Website: www.cnsst.org.nz

Physical Address: 15 Clifton Court, Panmure, Auckland, 1072

Operating Hours: General services and Head Office: Monday to Friday 9:00am-5:00pm
Saturday Branches cultural learning programmes, 9am to 5pm.

7 days' response for COVID-19 related welfare support

Site of Services: Head office at 15 Clifton Court, Panmure; home settings; branches across the Auckland region including schools and community halls.

Languages: English, Cantonese, Greek, Hakka, Hokkien, Korean, Malay, Mandarin, Mongolian, and Shanghainese

Cost: Free for general services.

Community rate for educational programmes.

Services Offered:

- Social Work and Counselling services
- Employment and Enterprise support
- Settlement and community engagement programmes
- Education (Children and Youth education and Tertiary Education for language, vocational training and cultural education).
- Immigration, translation and other international exchange projects.
- CNSST Volunteer Centre
- Social housing: affordable rental public housing and tenancy services.



COVID Response Service: COVID welfare support (food parcel delivery, non-food essential items and financial support and social services) for confirmed COVID cases of Asian families and their close contacts in self-isolation in Auckland.

CommuniCare

Contact: Janferie Bryce-Chapman
Telephone: (09) 631 5968
Email: office@communicare.org.nz
Website: www.communicare.org.nz
Physical Address: Head Office: 14 Erson Avenue, Royal Oak, Auckland

Friendship Centres in South Auckland:

Pukekohe: Plunket Building, Corner of Edinburgh & Wesley Streets
Mangere: 1 Court Town Close, Mangere [Mangere/Otahuhu Netball Centre]
Papatoetoe: Kolmar Road [Methodist Church Hall]
Papakura: 44 Clevedon Road [Baptist Church Hall]
Manurewa: 150 Great South Road [St Andrews Presbyterian Church Hall]

Operating Hours: Monday to Thursday 9:30am - 12:30pm

Individual days: (Each centre opens once a week)

- Monday: Pukekohe
- Tuesday: Mangere
- Wednesday: Papatoetoe
- Thursday: Papakura & Manurewa

Site of Services: Friendship centres & Main Office

Languages: English (some centres may help with other languages)

Cost: \$20 Annual membership
 \$6 per session (includes morning tea & light lunch)

Services Offered:

- Social Support for Older People
- 20 Friendship Centres across West, Central, South, and East Auckland
- Field Officers
- Speakers, Entertainment, and Activities
- Exercise programmes
- Total Mobility Assessment
- Education and training (Speakers invited)
- Cultural Support
- Craft therapist

Referrals:

<https://www.communicare.org.nz/referrals/>

Connect The Dots Charitable Trust

Contact: Andrea Gaskin - Director
Telephone: 021 990 370
Email: admin@connectthedots.org.nz
Website: www.connectthedots.org.nz
Physical Address: 8 Kabardin Street, Karaka, 2113
Site of Services: We offer services in your facility and in the community

Locality: We are currently offering our services in the wider Auckland region. We have online resources available nationwide

Languages: We offer our workshops and most resources in English, Samoan, Cantonese, Mandarin and Tongan by arrangement. We will soon be offering them in Maori as well.

Cost: Varies - Please get in touch for a quote or see our website

Services Offered:

Connect the Dots Charitable Trust was established in Auckland, New Zealand in 2014. The purpose of the charity is to build individual and community capacity through creative arts projects.

Make Moments is an Auckland-based programme that works to connect and engage older people, and people living with dementia, with the rich and diverse art and cultural opportunities Auckland has to offer. Connect the Dots' trained and passionate arts educators deliver facilitated art tours and art making workshops at local arts venues. We also offer Make Moments At Home which we run in your facility.

We also have an extensive range of online resources in our online studio. This is a place where you can access creative art resources for yourself, or to use as a tool to engage with art in your role with older people.

We have created a multitude of resources to connect with creativity so you can find a way that suits you or your clients. Enjoy exploring this studio where you can be inspired by Video Workshops, find Art-Making Workshops, listen to Audio Descriptions, try our Art Conversation Workshops, or explore our Connect with Heart project, that encourages social connection through art.



Counselling Service Centre

Telephone: (09) 277 9324

Email: admin@cscnz.org.nz

Website: <http://cscnz.org.nz/>

Physical Address: 22 Alexander Ave, Papatoetoe, Auckland, 2025

Operating Hours: Monday to Thursday 8:00am-5:00pm

Friday 8:00am-4:00pm

Site of Services: Organisation site and accessible through phone

Languages: English

Cost: Each case is assessed to ensure counselling is affordable for everyone

- ACC Sensitive Claims (sexual abuse) is free

Services Offered:

Types of Counselling available:

- Individual
- Couples
- Whanau
- Tamariki and adolescents
- ACC Sensitive Claims (sexual abuse counselling)
- Clinical supervision

The team consists of a diverse group of professionals with a wide range of skills, who provide counselling to those within the Counties Manukau area. Most of our counsellors are ACC registered and provide support for people affected by sexual assault and abuse.

We have contracts with the Ministry of Social Development (MSD) to provide counselling for children, families and adults. Our counsellors also provide general counselling for issues such as grief and loss, relationship difficulties, anxiety and depression.

We also offer EAP services (Employee Assistance Programmes). Within our team we have highly qualified and experienced counsellors with skills in providing specialised counselling to children and adolescents.

Counties Manukau District Health Board

Contact:

Te Kaahui Ora Maaori Health Services

Telephone: 09 276 0138 x 59955

Email: tekaahuioramaaorihealth@middlemore.co.nz

Physical Address: Middlemore Hospital, Building 38b, Western Campus

Operating Hours:

- Monday to Friday: 8:00 am - 4:30 pm
- Saturday and Sunday: (on call) 8:00 am - 4:30 pm

Languages: Maaori & English

Services Offered:

Te Kaakui Ora Team are experienced and dedicated health professionals committed to providing clinical and cultural support for Maaori patients and their whanau who have presented or been admitted into Middlemore Hospital.

- To uphold cultural safety by advising and guiding CM staff on culturally appropriate interventions.
- Provide clinical, social and cultural support.
- Respond to referrals.
- Participate in patient management to ensure the plan is acceptable.
- Provide information on Health Services especially Primary Care Services (PHO), community agencies and the benefits of accessing these services.
- Advocate on behalf of and inform patients of hospital services ensuring that their needs are being met and that they fully understand all aspects of their care.

Referrals:

- Written referrals can be emailed to tekaahuioramaaorihealth@middlemore.co.nz
- Written requests/referrals are preferred, however in some urgent instances you can ring Internal Ext; 59955

Disability Connect

Contact: Robyn Hoffman

Telephone: (09) 636 0351

Email: admin@disabilityconnect.org.nz

Website: <https://disabilityconnect.org.nz/>

Physical Address: 3b Olive Road, Penrose

Operating Hours: Monday to Friday: 8:30am - 4:30pm

Site of Services: Office base, community houses/centres, schools

Languages: English, Mandarin, Cantonese, Singhalese. We have access to NZSL interpreters

Cost: Free except for seminars/workshops there could be a cost

Services Offered:

- Disability Information Advisory Service
- Information and advice to people with family members, people they support.
- We also have a zoom support group for parents.
- We also have an annual transition expo for people leaving school.
- Any Variety of seminars, workshops covering Education Legal, Guardianship, Trusts, Wills, Work and Income, Working with Taikura Trust (Needs Assessment Service) CALD (Culturally and Linguistically Diverse Disability Information and Advisory Service) contract with CMDHB – South East Asian, Indian, Chinese, Middle Eastern, Latin America, African, Other Asian.
- We have 3 support groups for families, specifically for Chinese, and a culturally diverse parent support group.

DRIVE Consumer Direction Counties Manukau

Contact: Edith Moore, Troy Guest & Ruth Cheeseman

Telephone: (09) 263 6508

Email: hello@drivedirection.org.nz

Website: <https://drivedirection.org/drive/>

Physical Address: 28C Lambie Drive, Papatoetoe, Auckland

Operating Hours: Monday to Friday: 8:30am-4:30pm

Site of Services: DRIVE office, Level 1, 28C Lambie Drive, Manukau, Auckland

Languages: English

Cost: Free



Services Offered:

- Mental health and Addictions services promotion
- Support for personal and professional development (offering free professional development courses)
- Recovery college
- Liaison service between other mental health/addiction providers
- Mental Health and addictions promotion (presentations)
- Network meetings with mental health and addiction providers (held every 2 months)
- Mental Health and AOD Forums
- Provision of consumer voice and input into Mental Health and Addictions sector and community

Eastern Refuge Society

Telephone: (09) 576 6551

Email: info@ewr.org.nz

Website: www.easternrefugesociety.org.nz

Physical Address: PO Box 51 326, Pakuranga, Auckland, 2140

Operating Hours: Monday - Friday 9:00am - 3:30pm
Crisis line 24/7

Site of Services: Pakuranga and Papakura offices, community settings.

Languages: English, French, German, Gujarati, Hindi, Italian, Maaori, Samoan, Spanish and Tongan

Cost: Free however programmes are only provided through MOJ referrals

Services Offered:

- Community Support
- Whanau Protect
- Transitional housing – Referrals through MSD
- Counselling
- Stepping Stones programme – A programme for women who are in or have been in physically or emotionally abusive relationships – Referrals through Ministry of Justice (MoJ)
- Mana Tamariki – A programme to support children in healing from their experience of family violence - Referrals through MoJ

Exclusively serve people living in Counties Manukau East. Papakura back corridor to Beachlands, Maraetai. Includes Otara, Pakuranga, Howick, Clevedon, Papakura, Whitford

Referral: Ministry of Justice (MoJ)



Ember Mental Health and Addiction Services

Contact: Toni-Anne Matara

Telephone: (09) 523 2790

Email: reception@ember.org.nz

Website: <https://www.ember.org.nz/>

Physical Address: 21A East Street, Papakura, Auckland

Operating Hours: Monday to Friday 8:00am - 4:30pm. Community living services and community support services until 8.00pm

Site of Services: Community settings

Languages: English

Cost: Free

Services Offered:

Community Support Service:

- Responsible for engaging and supporting clients with mental illness to live independently in the community of their choice

Personal Focus:

- Provides a variety of skill based group programmes that promote life skills, community integration and preparation for employment for people who have experienced mental ill health

Community participation:

- Customised one on one support for people who want to overcome barriers to education, employment and /or participation in the wider community

Community living service:

- Responsible for engaging and supporting clients with a mental illness, who have high and complex needs. The aim is to engagement of clients into their chosen community which will enable them to achieve to their fullest potential (intense homelessness and mental health)

Work focus supported employment:

- Helping people who have experienced mental illness find and maintain a job

Referrals:

<https://ember.org.nz/referral-form/>

Some services require a secondary referral

Ember Services Limited - Puna Whakataa / Mahi Marumaru

Contact: Administration Email -

reception@connectsr.org.nz

Telephone: (09) 443 3700

Email: reception@ember.org.nz

Website: <https://www.ember.org.nz/>

Physical Address: 28D Lambie Drive, Papatoetoe, Auckland

Operating Hours: Residential services staffed 24/7

Site of Services: Residential and/or community setting

Languages: English

Cost: Free

Services Offered:

- Ember Services Limited, offers a wide range of mobile and residential services to people experiencing mental health and addiction issues across Auckland

Referrals:

<https://ember.org.nz/referral-form/>

Emerge Aotearoa

Contact: Raj Sodhi

Telephone: (09) 265 0255

Email: info@emergeaotearoa.org.nz

Website: www.emergeaotearoa.org.nz

Physical Address: Unit 5, 17 Lambie Drive, Papatoetoe

Operating Hours: Monday to Friday 9.00am-5.00pm Some services operate 24/7

Site of Services: Community or residential settings

Languages: Some staff members are bilingual for the commonly spoken languages in CM

Services Offered:

- Mental wellness and AOD services
- Multiple programmes offered including adult mobile service

Referrals: Secondary referral only

Empowerment Trust

Contact: Fiona Bryan
Telephone: 0800 543 769
Email: admin@empowermenttrust.nz
Website: <https://www.empowermenttrust.nz>
Physical Address: 206 George Harvey Road, Upper Moutere 7173, Tasman
Operating Hours: Head Office: Monday to Thursday 8:00am-3:00pm
Facilitation: Varied
Site of Services: Community settings
Languages: English
Cost: On application

Services Offered:

We teach skills people need to be emotionally and physically safe with people they know and people they don't know including effective boundary setting, being alert and aware, solving conflict without aggression and more.

Kidpower, Teenpower, Fullpower, Fullpower Healthy Relationships & ACC Mates & Dates.

F'INE Pasifika Aotearoa Trust

Contact: Phylesha Brown-Acton
Telephone: 020 4163 7370
Email: phylesha@finepasifika.org.nz
Website: www.finepasifika.org.nz
Physical Address: Unit 3/19c Ronwood Avenue Manukau, Auckland
Operating Hours: Monday to Friday: 9:00am - 5:00pm
Languages: English and Pasifika
Cost: Free

Services Offered:

- Counselling / Mediation
- Community Services
- Crisis Interventions
- Legal Support
- Immigration Support
- Elder Abuse Awareness
- Outreach Services beyond NZ
- Awareness Campaign
- Educational Workshop
- Children's program

Referrals: Received from providers (Referral form requested by email: info@finepasifika.org.nz)
 Self-referral by completing the contact page on <https://finepasifika.org.nz/contact/>



Family Planning

Telephone:

- Papakura - 09 298 4608
- Manukau - 09 263 7600

Email: national@familyplanning.org.nz

Website: www.familyplanning.org.nz

Physical Address:

Papakura - Trust Arcade, 169 Great South Road, Papakura, Auckland

Manukau - Level 3, Westfield Shopping Centre, 2 Manukau Station Road, Manukau City, Auckland

Operating Hours:

Papakura: Monday - Thursday 8:30am - 5:00pm

Manukau:

Monday - Wednesday, Friday 8:30am - 5:00pm

Thursday 8:30am - 6:30pm

Saturday 9:00am - 1:00pm

Site of Services: Family planning clinics nationwide

Languages: Access to interpreters

Cost: Free for those under 22 years old

Services Offered:

- Contraception, condoms, emergency contraception, emergency contraceptive pill (ECP), copper intrauterine device (IUD)
- STI testing and treatment, cervical screening, pregnancy testing
- Gynaecological problems, sexual dysfunction or issues
- Abortion, menopause, fertility services, Pre Menstrual Syndrome (PMS), HPV Vaccination, Endometrial biopsy

Referral:

Abortion:

<https://www.familyplanning.org.nz/clinics/services/abortion>

Family Success Matters

Telephone: (09) 252 0197
0800 3267 8278

Email: receptionist@fsm.org
info@fsm.org.nz

Website: www.fsm.org.nz

Physical Address: 11 Dalgety Drive, Wiri, Auckland

Operating hours: Monday to Friday 8:30am-5:00 pm
Some Fathers for Families courses are offered in the evening

Languages: English, Chinese, Hindi, Indian, Mandarin Chinese, Maaori, Samoan, Tongan, Niuean, Afrikaans, Cantonese Chinese, Farsi, Fijian, Gujarati, Punjabi.

Cost: Free

Services Offered:

Family Start Programme:

- An intensive, home-based support service for families with high needs with a child under 12 months of age or the Mother is pregnant.

Fathers For Families:

- Strengthening men to become better fathers, grandfathers, and husbands/partners.

Incredible Years:

- An internationally acclaimed programme that helps parents identify and manage children's behaviours.

Abuse and violence:

- Education programmes
- Family violence intervention
- Information & support
- Referral to specialist services
- Basic needs/Social work
- Crisis assessment

Cultural support

- Asian services
- Kaupapa Māori
- Pacific Island people

Education and training - Life skills

Employment

- Support parents to prepare for work and build confidence with the working world.
- Parenting, parent education, parent wellbeing
- Whānau support

Referrals: referrals@fsm.org.nz

Family Works Te Hononga

Contact: Dependant on Service Required

Telephone: (09) 269 1006

Email: admin.TeHononga@fwn.org.nz

Website: www.familyworksnorthern.org.nz/

Physical Address: 10 Mahia Road, Manurewa

Operating Hours: Monday to Friday 8.30am-5:00pm

Site of Services: Organisation and Community Setting

Languages: Number of languages

Services Offered:

- Counselling
- Social work support
- Support in schools
- Budgeting Services
- Family harm assistance
- Parenting in Prisons

Referral:

<https://www.familyworksnorthern.org.nz/contact-us>

Fertility New Zealand

Contact: Kate Barby

Telephone: 0800 333 306

Email: support@fertility.org.nz

Website: www.fertilitynz.org.nz

Physical Address: PO Box 28262, Remuera, Auckland 1541

Operating Hours: Monday - Friday 9:30am-3:30pm.

After hours and weekend phone support is available by arrangement

Site of Services:

Nationwide. Our in-person support services cover across North Shore, Auckland Central, Pukekohe, Waikato, Tauranga, Taranaki, Wellington, Christchurch, Dunedin, Queenstown, and Invercargill.

Languages: English

Cost: Free

Services Offered:

Fertility NZ provides assistance for anyone experiencing with fertility issues through the following channels:



Support - A network of regular support gatherings, workshops and contact groups throughout the country; an 0800 line and email address for enquiries, and infertility forums on our website where Members can provide support to one another. All of our support offerings, event details and contacts are available on our website – [FNZ Support](#).

Information - Fertility NZ's website fertilitynz.org.nz is the focal point of information; informative fact sheet brochures are available for Members and through Clinics or these can be posted out to any health care provider for their practice; a series of information videos; regular publication of *The Dandelion* newsletter and email updates to Members; conferences and information events. Host an annual campaign to raise awareness of infertility and fertility-related issues.

Advocacy - Representing the voice of people affected by infertility on medical, ethical and policy issues

We also offer in-person support for dedicated Topic groups such as – Single mothers by choice – Auckland and Christchurch and Pregnant after fertility treatment – Auckland only.

Fonua Ola

Contact: Sharon Akaiti - Administrator Assistant

Telephone: (09) 270 2089

Email: info@fonuaola.org.nz

Website: www.fonuaola.org.nz

Physical Address: Head Office: 32 Station Road, Otahuhu, Auckland

2nd Office: 8 Hendon Office, Mt Albert, Auckland

Operating Hours: Monday - Friday 8:30am-5:00pm

Languages: English, Cook Island, Tongan & Samoan

Cost: Free

Services Offered:

- Counselling; 'Weaving a Lei for your Children' Group Parenting Program Social Work
- Youth Support
- Hala Ora – Pacific Primary Mental Health, and Addiction Financial Mentoring
- Building Financial Capability Plus
- Community Connection

Whanau Ora:

- Pacific families are supported to achieve their aspirations in education, training, economic development, health, participation in the community, developing cultural capital, strengthening identity and family development.

We offer services to South Auckland - excluding Franklin, Central, West and East Auckland only

Referral: Website or email to infor@fonuaola.nz for a referral form

Franklin Family Support Services

Contact: Nicola Mapletoft

Telephone: (09) 238 6233

Email: nmapletoft@familysupport.org.nz

Website: www.familysupport.org.nz/

Physical Address: 205 King Street, Pukekohe

Operating Hours: Monday - Friday 9:00am,- 4:00pm

Cost: Most services are free (please get in touch for more information)

Services Offered:

- Counselling – adult and children
- Social Work
- Strengthening Families
- Financial Mentoring
- Parenting Programs
- Transport for medical appointments
- JP and Legal Clinics
- Heartland Services

Serves the Franklin locality

Referral: Please contact the team to be referred to the services

Friendship House

Telephone: (09) 262 2322

Email: Info@friendshiphouse.org.nz

Website: <https://www.friendshiphouse.org.nz>

Physical Address: 20 Putney Way, Manukau, Auckland

Operating Hours:

Monday 8:30 am - 4:00 pm

Tuesday 9:00 am - 4:00 pm

Wednesday to Friday 8:30 am - 4:00 pm

Closed public holidays.

Site of services: Organisation and community settings

Languages: English, Hindi, Indian, Indonesian, Italian, Maaori, Malay, Punjabi, Samoan & Tongan

Cost:

- Service charges based on affordable sliding scale and patient personal circumstances
- Some services funded if criteria met.

Services Offered:

- Counselling
- Family Support
- Educational programmes
- Family Violence Programmes
- Anger management
- Support groups
- Legal/civil information and support
- JP Services (Mondays, Wednesdays and Fridays 10am - 2pm)
- Advocacy/Social Justice services
- Mindfulness Colouring & Befriending (every Tuesday 10am - 2pm)
- Friendship House Social Group (last Thursday of the month)
- Couples Improving Relationship
- Services for the Rainbow community experiencing family harm
- Bi-monthly City Centre Network Meetings

Referral:

To make a referral please email: socialpractice@friendshiphouse.org.nz



Geneva Employment Services

Telephone: 0508 353 828

Email: supportservices@genevahealth.com

Website: www.genevahealth.com

Physical Address: Head Office - 9 Druces Road, Wiri, Auckland

Operating hours: Monday to Friday 8.30am – 4:30pm (One-off exemptions may be considered)

Site of Services:

We have community spaces across Auckland

- Geneva offices - 13 Coyle Street Sandringham or at 59 Druces Road, Wiri
- Clients can be met at Work and Income sites, local libraries or Cafés or other Community shared spaces
- Our teams are mobile and are provided with company cars
- We do not visit clients in their homes

Languages: English and NZSL (New Zealand Sign Language)

Cost: Free, our service is funded by Ministry Social Development (MSD)

Services Offered:

- Between 16 and 64 living in the greater Auckland area (Pokeno to Warkworth)
- Living with a disability or health condition likely to affect him/her for a minimum of 6 months. Any disability and health condition considered including, mental health, physical, sensory and intellectual. Should clients present with barriers that we feel would be better supported by another provider specialist provider we will refer on
- Criminal convictions discussed on case by case basis
- Clients must be able to pass alcohol and drug test
- Need to have a phone or reliable means of contact
- Client should want employment as the next step. Clients are committed to seeking employment of 5 or more hours of work per week



Grandparents Raising Grandchildren Trust NZ

- A client's interaction with our service will include one on one job search and/or group activity, support to attend interviews and navigating employment. Once employed has commenced support will be based on an individualised plan meeting their needs and that of the employer if appropriate
- Can support clients for up to 12 months with their job search and once employed will support them for a minimum of 12 months

Referral:

- Clients or their families can refer clients directly to us
- Referrals are also made by Work and Income or other service providers

Gianna's Choice Pregnancy Options and Support & St Gianna's home for mothers and babies

Telephone: 0800 367 5433

Email: nzgiannaschoice@gmail.com

Website: <https://pregnancyoptions.org.nz>

Physical Address: 569A Richardson Road, Mt Roskill, Auckland

Operating Hours: Helpline: 24/7 by appointment

Site of services: Organisation and community

Languages: English, Cantonese, Samoan, Mandarin, Hindi and Spanish

Cost: Free

Services Offered:

- Helpline 24/7
- Advocacy, support and practical support in pregnancy.
- Free, quality pregnancy tests
- A home for expectant mothers without support and their babies .
- Natural Fertility Regulation Referrals

Referral: Self-referrals acceptable

Key Contact: National Support Office

Telephone: 0800 GRANDS / 0800 472 637

Email: office@grg.org.nz

Website: <https://www.grg.org.nz/>

Physical Address: Unit C, 162 Mokoia Road, Birkenhead, Auckland

Operating Hours: Monday to Friday 9:00am-2:00pm

Site of services: Multiple support groups meetings across Auckland

Languages: English

Cost: Free

Services Offered:

Providing support for grandparents/kin as primary caregivers to grandchildren/whaanau children. Have a specialist advocates who provide advice, as well as local support group coordinators who arrange meetings, training and member support nationwide

Referral: People must join as a member to access services

Growth Mental Community

Contact: Sandy Carter-Hunt

Telephone: (09) 846 6869

Email: auckland@grow.org.nz

Website: <https://grow.org.nz>

Physical Address: 97 St Lukes Road, Sandringham

Operating Hours: Tuesday - Friday 10:00am - 4:30pm

Languages: English

Cost: Free

Services Offered:

Grow provides community support for anyone needing help with any sort of mental or emotional problem. It offers weekly group meetings in various community venues. The Grow program offers a popular booklet featuring wisdoms and a know how guide for achieving and maintaining good mental health.

There is opportunity to develop leadership and volunteering skills within the organisation.

Friendship among members is encouraged and regular gatherings are held to encourage socialisation.

Membership is for 18 years and over. If In-Person groups are not convenient, so we offer Zoom groups nationwide.

We serve clients nationwide. Our services cover In-person groups across Auckland, Hamilton, Nelson, Christchurch and Dunedin. Online groups cover all of NZ who find In-person groups inconvenient.

Hāpai Te Hauora Tapui

Contact: Selah Hart - Chief Executive Officer

Telephone: (09) 520 4796

Email: haoura@hapai.co.nz

Website: www.hapai.co.nz

Physical Address: Level 1, 6-8 Pioneer Street, Henderson, Auckland 0612

Operating Hours: Monday to Friday 8:30am-4:30pm

Cost: Free

Services Offered:

- Auckland Regional Māori Public Health and Health Promotion Leadership
 - Alcohol and Other Drug Harm
 - Tobacco Control
 - Nutrition and Physical Activity
 - Prevention and Minimisation of Gambling Harm
- National Tobacco Control Advocacy Service
- National SUDI Prevention Coordination Service
- National Prevention and Minimisation of Gambling Harm Coordination Service
- National Prevention and Minimisation of Gambling Harm Public Health Workforce Development
- National Māori Mental Health & Addictions Coordination Service
- Māori Research & Evaluation
- Innovation and Information Communication Technology
 - Website Development and Management
 - Digital Application Development

Services are delivered nationwide



Habitat for Humanity

Contact: Dellwyn Rhind

Telephone: 0800 HABITAT (0800 422 4828)

Email: auckland@habitat.org.nz

Website: https://habitat.org.nz

Physical Address: 8 Ormiston Road, Otara, Auckland

Operating Hours: Monday to Friday 9:00am - 5:00pm

Languages: English

Cost: Dependent on the service

- Home Repair & Critical Renovations [Zero interest loan]
- Healthy Home assessment, Maintenance programme & the Curtain Bank [Free]
- Progressive Home Ownership & Social Rentals [Families are responsible for agreed costs]

Services Offered:

Progressive Home Ownership:

- Habitat seeks to support low and moderate income families in to their own homes

Social Rental:

- Offer opportunities for families and individuals into long term, affordable and secure tenancies

Home Repair & Critical Renovations:

- Provides affordable maintenance & renovation solutions for low income homeowners. Affordable re-payment options provided at zero interest, based on household income and ability to pay

Healthy Home assessment & Maintenance:

- Number of programmes to help homeowners and tenants keep their homes healthy and warm. These include minor repairs and advice

Curtain Bank:

- Provide low income families with up to 14 curtains free of charge

ReStore Charity Shops:

- Five ReStores located in Auckland. Preloved items and treasures sold. The Otara store also has a wide range of new and reclaimed building materials.



Heart Foundation - Pacific Heartbeat

Contact: Ashleigh Wong

Telephone: (03) 571 9189

Email: info@pacificheart.org.nz

Website: www.pacificheart.org.nz

Physical Address: 9 Kalmia Street, Ellerslie, Auckland

Operating Hours: Monday to Friday 8:30am - 5:00pm.

Site of Services: Courses can be held at local churches and community houses with prior approval as some facilities are required.

Languages: English, Samoan & Tongan.

Cost: Free

Services Offered:

- Pacific nutrition courses
- Certificate of Proficiency in Pacific Nutrition Workforce Nutrition Course
- Community Nutrition Course

Minimum of 15 participants and a maximum of 25 participants required to run the courses

Heart Kids Inc. NZ

Contact: Dr Ruth Gorinski

Telephone: 021 887 560

Email: ruth@heartkids.org.nz

Website: <https://heartkids.org.nz>

Physical Address: Floor 3, 191 Thordon Quay, Wellington 6011

Operating hours: Monday - Friday 8:00am - 5:30pm. Other hours as required

Sites of Services: Across Aotearoa NZ

In home and Starship/Auckland hospitals

Languages: English, Te Reo Maori & Tongan

Cost: Free

Services Offered:

- Lifelong support for all those affected by a childhood CHD or Rheumatic HD
- Connections with other families with similar conditions

- Access to information and resources
- Practical, emotional and social support from a team of Community and Hospital Family support staff
- Prenatal support for parents facing the birth of a CHD child
- Help to build support networks and resilience
- Access to CPR training
- Access to CoaguChek machines and medic alert bracelets
- Access to camps for heart kids
- Free, life long membership
- Facilitate counselling where needed
- Access to Education Forum to provide knowledge and skills necessary to cope with living with a child with CHD

Referral: Dr/Cardiologist

Hope and Help Charitable Trust

Contact: Kulwant or Indu Bajwa

Telephone: Kulwant: 021 121 7492

Indu Bajwa: 021 100 0192

Email: hopenhelpct@gmail.com

Website: www.hopenhelp.org.nz

Physical Address: 16 Station Road, Papatoetoe, Auckland

Operating Hours: Monday & Tuesday 8:00am - 4:00pm

Wednesday 9:30am - 4:00pm

Thursday & Friday 8:00am - 4:00pm

Cost: Services charges based on affordable sliding scale and patient circumstances
Some services funded if criteria is met

Services Offered:

- Teaching waste management
- Teaching backyard gardening
- Whaanau health and fitness
- Creative minds
- Indoor gardening
- Talent shows
- Fashion with passion
- Linking communities

Referral: socialpractice@friendshiphouse.org.nz



Howick Baptist Senior Living

Contact: Jenny Moore (Social coordinator)

Telephone: (09) 538 0800

Email: jenny.moore@hbh.org.nz

Website: www.hbh.org.nz

Physical Address: 139 Union road, Howick, Auckland

Operating Hours: 8:00am - 4:40pm

Cost: Contact our social coordinator

Services Offered:

HBH Senior Living offers:

- Independent apartments living
- Rest Home level care
- Hospital level care
- Respite care

Our community-based services include:

- Day programme
- Virtual Village East

Our HBH Senior Living site services the Howick and surrounding areas

Kahui Tu Kaha

Email: reception@kahuitukaha.co.nz

Website: http://kahuitukaha.co.nz/

Physical Address: 650 Great South Rd, Ellerslie, Auckland

Operating hours: Monday to Friday 8.30am – 5.00pm

Languages: English, Cantonese, Mandarin, Korean, Hindi, Arabic, Farsi and other South East Asian languages, Māori and Pacific Island languages

Cost: Free

Services Offered:

- For Homeless Housing Help tenants maintain tenancy Support youth 16 to 19 years to find a home Community Mental Health Services
- Community mental health and addiction programmes for cultural groups such as Muslim, Asian, Pacific and Maaori
- Rainbow Services Provide support for Rainbow or LGBTTI communities (Lesbian, Gay, Bisexual, Transgender, Takatapui and Intersex)

Site of Services: Organisation and Community sites

Kenzie's Gift

Contact: Nic Russell

Telephone: 027 245 2514

Email: hello@kenziesgift.com

Website: www.kenziesgift.com

Physical Address: Head Office: 31 Clarence St, Devonport

Operating Hours: Monday - Friday 9:00am - 5:00pm (Therapy hours may be arranged outside of these)

Languages: English

Cost: Free

Services Offered:

Kenzie's Gift is an Aotearoa New Zealand charity dedicated to helping support the mental health of young Kiwis and their whaanau affected by cancer, serious illness or grief.

- Up to 12 free 1-on-1 therapy sessions with registered mental health professionals
- Free grief and cancer kits for tamariki, maataatahi and whaanau
- Free extensive online resources for families experiencing cancer, serious illness or grief

Kidz Need Dadz Auckland

Contact: Brendon Smith

Telephone: (09) 525 169
021 892 980

Email: ceo@kidzneeddadz.org.nz

Website: www.kidzneeddadz.org.nz

Physical Address: Te Pito o te Iwi Whaanui, 83 Church Street, Onehunga, Auckland

Operating Hours: Monday to Friday 10:00am-3:00pm
Wednesday 7:00pm - 9:00pm

Site of Services: At organisational site

Languages: English & Spanish

Cost: Free

Services Offered:

- Support, Education, Resources, and Courses for new dads



Kids First Centre for Youth Health

Telephone: (09) 261 2272

Email: cfyh.cmdhb@middlemore.co.nz

Website:

<https://www.healthpoint.co.nz/public/paediatrics/kidz-first-centre-for-youth-health/>

Physical Address: 95 Wiri Station Road, Manukau, Auckland

Operating Hours: Monday to Friday 7:00am - 3:00pm

Site of Services: Available on website

Languages: English & other languages (interpreters available)

Cost: Free to NZ residents

Services Offered:

Kidz First Centre for Youth Health is a team of health professionals who provide advice and support for young people, along with their whaanau/families

Provides support for young people and whaanau/families around gender exploration and transition related healthcare across the whole Auckland Region

Referral:

<https://www.healthpoint.co.nz/download,252056.do>

Kootuitui Ki Papakura

Contact: Abi Bond

Telephone: 027 201 1477

Email: abi.bond@kootuitui.org.nz

Website: www.kootuitui.org.nz

www.facebook.com/Kootuitui/

Physical Address: Papakura High School, Willis Road, Papakura, Auckland

Operating Hours: Monday to Friday 8:00am - 5:00pm - Occasional evening workshops

Languages: English, Maaori, Samoan, Cook Island Maaori and Tongan

Services Offered:

Three strand programme of Education, Health and Homes in six Papakura schools. (Papakura High, Papakura Central, Kereru Park, Park Estate, Edmund Hillary and Red Hill School).

Our Homes strand offers whaanu-led workshops to local whaanau in:

- Warm, dry, healthy homes - Morning workshop
- Financial literacy - One morning per week for six weeks
- Digital literacy - One morning per week for two weeks andante a 30 hour course with eligibility criteria.

Workshops are scheduled by the Kootuitui whaanau and advertised through the Kootuitui cluster schools on the Kootuitui website and Facebook page.

- The financial literacy course is free and there are no eligibility requirements.
- The Warm, Dry, Healthy Homes programme is free. Participants of the workshop must live in the Papakura locality to receive the house assessment and installation products.
- There are no eligibility requirements to attend the short digital literacy course.

The 30-hour digital literacy course runs face-to-face and has an online/hybrid option.

It costs \$60 and has eligibility requirements related to low academic qualifications. Participants receive a brand new Chromebook to keep and a subsidise or internet at home for a year (if required). Age 16 (must not be attending school) to under 60.

Lalotoa i Aotearoa (L.I.A) Community and Social Service

Contact: Joy Ramsay

Telephone: (09) 270 0380
027 675 4565

Email: joy.ramsay@lia.org.nz

Website: www.lia.org.nz

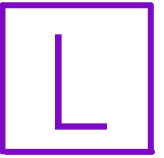
Physical Address: 12-16 High Street Level 1, Otahuhu, Auckland

Operating Hours: Monday to Friday 9:00am-5:00pm

Sites of Services: Otahuhu and Manukau

Languages: English, Samoan and Tongan

Cost: Free



Services Offered:

- Educational programs (men anger management program, etc.)
- Emergency short term accommodation for young children and family
- Budget advice
- Positive Parenting program
- Family violence
- Family mediation (DSF)
- Food parcels family in need
- Social support
- Victim Program (for women)

Le Va

Contact: Sean Tuiloma (Office manager and executive assistant)

Telephone: (09) 261 3487

Email: admin@leva.co.nz

Website: www.leva.co.nz/

Physical Address: Harakeke House, 15 Ronwood Avenue, Manukau City, Auckland

Operating Hours: Monday to Friday 8:30am - 5:00pm

Languages: English, Tongan and Samoan

Services Offered:

Suicide Prevention programme (FLO)

- Pasifika suicide prevention education programme for Pasifika communities

Violence Prevention programme:

- Atu-Mai is a violence prevention programme that strengthens Pasifika communities by developing confident and resilient Pasifika young people.

LifeKeepers:

- National suicide prevention training programme, created especially for New Zealand communities

Engaging Pasifika:

- An evidence-informed programme that equips the workplace to connect culture and care. Participants learn the foundational attitudes, knowledge and skills to safely engage with, and effectively deliver quality services for Pasifika people and their families.

Lifeline

Contact: 0800LIFELINE (543 354)

Telephone: [Reception] (09) 090 8750

Email: General enquires - info@lifeline.org.nz
Counselling - counselling@lifeline.org.nz
Training - training@lifeline.org.nz

Website: www.lifeline.org.nz

Physical Address: 95 Great South Road, Epsom, Auckland

Operating Hours: 24/7 with office hours

Monday to Friday 8:00am - 5:00pm

Counselling available after hours

Sites of Services: Helplines accessible by phone
Counselling at 95 Great South Road, Epsom, Auckland or by Skype

Languages: Can use language line to support community help lines

Cost: Help lines free

Counselling means tested and low cost
Training at competitive rates

Services Offered:

Help Lines

- 0800LIFELINE (543 354)
- 0800 KIDSLINE (543 754)
- 0508TAUTOKO (828 865) Suicide Crisis Line
- Free Text – HELP (4357)

Skype Counselling nationally at a low fee

Training for workplace resilience, suicide prevention and de-escalation

Referral:

<https://www.lifeline.philips.com/content/dam/PL/PLL-B2B/PDFs/Lifeline-Fax-Referral-Form.pdf>



Link People

Telephone: 0800 932 432

Email: auckland.info@linkpeople.co.nz

Website: www.linkpeople.co.nz

Physical Address: Harakeke House, 15 Ronwood Avenue, Manukau City, Auckland, 2104

Operating Hours: Monday to Friday 9:00am - 5:00pm

Languages: English, Maaori and Samoan

Services Offered:

Supportive landlord service:

- Connecting adults using Counties Manukau Health's community mental health services to the appropriate housing, from social housing through to private rentals. This is a service for people who are experiencing mental health and/or addiction issues. We also work alongside people to problem-solve tenancies as they arise

Rapid permanent housing service:

- Working alongside individuals and families who are transitionally (short-term) homeless to find permanent housing

Sustaining tenancies at risk:

- A homelessness prevention programme delivered alongside the Ministry of Housing and Urban Development, the Ministry of Social Development, and Kāinga Ora. We work with individuals and families at risk of losing their tenancies to keep them housed, while also addressing any underlying issues that impact on their tenancy and wellbeing.

Housing First:

- LinkPeople is also a member of the Auckland Housing First Collective, working to house people sleeping rough in South Auckland.

Literacy Aotearoa Charitable Trust

Contact: Diane Avent

Telephone: 022 359 6007

Email: advent.cm@literacy.org.nz

Website: <https://literacy.org.nz>

Physical Address: Glenfield, Glen Innes, Pukekohe and Waiheke Island

Operating Hours: 9:00am - 5:00pm

Cost: No cost to NZ Citizens and Permanent Residents 16 years and over

Services Offered:

- Delivering learning services to adults nationwide, in the community and in workplaces
- Assisting them to improve their literacy, numeracy and communication skills.
- To ensure our work is relevant and effective we deliver training for nationally recognised tutor qualifications and professional development, conduct and publish research, develop new programmes, create resources and produce original materials, working collaboratively with the wider adult literacy sector.

Serves clients nationwide

Sites of services: <https://literacy.org.nz/learn-with-us/our-programmes>

Referrals: Self referrals

Living Smokefree Services CMH

Contact: Michelle Lee

Telephone: (09) 276 0044 [Ext 59723]
021 807 093

Email: Michelle.Lee@middlesmore.co.nz

Website:

<https://www.healthpoint.co.nz/public/other/counties-manukau-health-living-smokefree/>

Physical Address: Building 34 Western Campus, Middlemore Hospital, Otahuhu, Auckland 1640

Operating Hours: Monday to Saturday [Hours Vary]



Physical Address: Building 34 Western Campus, Middlemore Hospital, Otahuhu, Auckland 1640

Operating Hours: Monday to Saturday [Hours

Site of Services: Drop-in clinics & home services

Languages: English, Tongan, and Samoan.
(Courses delivered in English)

Cost: Free

Services Offered:

- Smokefree support either face-to-face or via phone or digital
- Home visits
- Local drop-in clinics or workplace programmes
- Carbon monoxide readings
- Free nicotine replacement products
- Information on stop smoking prescription medicines
- Information on vaping
- Incentives for stopping smoking

Referral:

<https://www.healthpoint.co.nz/download,638119.do>

Mahitahi Trust

Telephone: (09) 262 4533

Email: info@mahitahi.co.nz

Website: www.mahitahi.co.nz/

Physical Address: 5 Ronwood Avenue, Manukau, Auckland

Operating Hours: Monday to Friday 8:30am-5:00pm

Residential services offered 24 hours

Sites of Services: Organization and community setting

Languages: English & Maaori

Cost: Free

Services Offered:

- Support wellness and recovery programmes
- Community based child and adolescent support packages
- Community living services
- Housing and recovery services
- Iwi support services Kaumatua services
- Mobile community support services

Referral: Some services require Secondary Referral

Manurewa Marae Te Manu Aute Whare Oranga

Contact: Gail Wilson

Telephone: (09) 640 0824

Email: gailw@maurewamarae.co.nz

Website: www.manurewamarae.co.nz

Physical Address: 81 Finlayson Avenue, Clendon, Auckland

Operating Hours: Monday to Friday 9:00am-5:00pm

Languages: English and Maaori

Cost: Free for registered patients
Koha for traditional healers

Services Offered:

- Free General Practise and Nurse Clinic for registered patients
- We also work alongside Traditional Holistic Healers on a Koha basis, such as Romiromi, Mirimiri, Matekite, Acupuncture etc.

Mapu Maia

Contact: Ifo Faanana

Telephone: 0800 21 21 22

Email: help@mapumaia.nz

Website: www.mapumaia.nz

Physical Address: 128 khyber pass, Grafton

Operating hours: 8:30am - 5:00pm

Languages: English, Niuean, Samoan & Tongan

Cost: Free

Services Offered:

Counselling services for problem gambling and other addictions.
Mental health and co-existing issues.
Psychosocial programs and education programs on addictions and wellbeing in community and agency settings.

We can offer services in the persons home, or we can schedule appointments in any one of our satellite offices around Auckland, Wellington, Levin and Christchurch.

Referral: Via email or phone (help@mapumaia.nz) or (0800 21 21 22)



McCosh Trust

Contact: Christine Kemp and Michael Kemp

Telephone: (07) 826 7892

Email: mckg@slingshot.co.nz

Website: www.mccoshtrust.com

Physical Address: 28 Mawston Road, Te Kauwhata, RD1, Auckland

Operating Hours: No set hours and can be provided 24/7 depending on need

Languages: English

Services Offered:

Alleviating pain and suffering amongst the general public of NZ educationally, spiritually, physically, and mentally

MoneyTalks

Telephone: 0800 345 123

Email: help@moneytalks.co.nz

Website: <https://www.moneytalks.co.nz>

Operating Hours:

- Monday to Friday 8:00am-8:00pm
- Saturday 9:00am-4:00pm
- Sunday 10:00am-2:00pm

Languages: All languages as interpreters available

Cost: Free

Services Offered:

- Free Financial helpline

Monte Cecilia Housing Trust

Contact: Whanau worker

Telephone: (09) 275 6661

Email: info@montececilia.org.nz

Website: <https://montececilia.org.nz>

Physical Address: 30 Windrush close, Mangere

Operating hours: Monday - Friday: 8:30am - 5:00pm

Languages: English, Samoan & Tongan

Cost: Free

Services Offered:

- Advocacy - Assess and referring to other services
- Transitional housing - supporting families with a social worker while in transitional housing to increase their rating on the Kainga Ora housing register

Community Housing - for families who have been through our transitional housing to be placed in a community house for long term housing solutions.

While families stay in our transitional houses they have access to programmes such as :

- Financial literacy
- Computer classes
- Cooking classes

We serve the East, West, Central and South Auckland locality

Referral: Ask WINZ to refer you or you can walk in, call or email our service and do a self-referral

Multiple Counties Manukau

Contact: Alison Taylor-Wade

Telephone: 027 549 5132

Email: president.multiplescm@gmail.com

Website: www.multiplescm.org.nz

Site of Services: Community settings throughout Counties Manukau

Languages: Predominantly English

Cost: Membership \$32 per year or \$15 once multiples are over 3 years. Complementary memberships may be available upon referral from community midwives

Services Offered:

We are a volunteer-run group and offer the following support to our members:

Free box of Huggies Nappies

Equipment hire: essential baby gear is available to hire for a low, refundable bond, and a maximum hire fee of \$10 per month. Equipment includes capsules, premature clothing, hospital grade breast pumps and feeding pillows.

Support: We've been there. We can help with antenatal classes, breastfeeding support, or a sympathetic ear. NICU, combination feeding, reflux - we have experience in all.



Coffee groups and events: We hold several club events each year and regular coffee groups to let our families get together and share their multiples journey.

Facebook: We have a Multiples Counties Manukau page and a Buy/Sell page providing a great way to connect with those at similar stages.

Muskaan Care Trust

Contact: Vivek Vij

Telephone: (09) 278 8478

Email: muskaancaretrustnz@gmail.com

Website: www.muskaancaretrust.org.nz

Physical Address: Delmont Close, East Tamaki, Auckland 2016

Operating Hours: Monday - Saturday by appointment. Able to work with patients to identify a suitable time.

Site of Services Offered: Travel to where the patient needs us - home, work, marae, community etc.

Languages: English, Hindi, Korean, Mandarin, Punjabi. Sinhalese and Urdu

Have the ability to bring in translators for any patient that requires/requests it

Cost: Free

Services Offered:

- Supporting communities and organisations with Covid -19 response and Vaccination drive and other immunization initiatives.
- Provide awareness, education, training and support to anyone with Thalassaemia and/or Sickle cell anemia and other genetic haemoglobinopathy.
- Advisory, Co-designing of services, researches, articles, thematic analysis for services focused on ethnic communities.
- Sector support, Consumer engagement, Health, Social & education promotions, consultations, Influencer, content writing, Interviews, Focus groups, translations and transcribing, radio presentations for local, regional and national campaigns.

- Support patients & families where they need us, when the need us!
- Support schools and institutions by providing education for staff, students.
- Conduct TASCA (Thalassaemia And Sickle Cell Aotearoa) NZ Programme educative workshops for health professionals, public, at risk populations, peers, teachers etc.
- Connecting the DOTSDigital literacy empowering Wellness
- Ethnic Exercise and wellness; BollyEX – Exercising on Bollywood tunes
- Muskaan Social and wellbeing – Yoga and breathing session.
- Free Nutrition and wellness consultation tailored for ethnic people with LTCs and eating disorders; who need it most but cannot afford private consults/ falls out of DHB/PHO referral criteria.
- Prevention and treatment programmes for eating disorders, body imaging, reducing harm related to alcohol, drugs and gambling.
- Ethnic Family Violence champion Service in South Auckland
- Justice of Peace – Free service
- Free Marriage Celebrant service for people who cannot afford the fees.

Referral: Anyone can refer to us: Patients, Community Support Teams and Health Professionals can call 09-2788478 or email muskaancaretrustnz@gmail.com



Newborn Hearing Screening Programme

Contact: Brenda Barchard
Telephone: (09) 276 0044 ext 59768
Email: brenda.barchard@middlemore.co.nz
Physical Address: Middlemore Hospital, 1 Hospital Road, Otahuhu, Auckland
Operating Hours: 7 days a week 8:00am - 4:30pm
Languages: All languages with interpreters available if required
Cost: Free

Services Offered:

Newborn Hearing Screening if offered to every baby born in New Zealand up to 3 months of age.

We also offer Newborn Hearing Screening to babies who arrive in New Zealand who haven't previously been screened prior to entry, up to 3 month of age.

Referral: Can be made by Midwives, LMC, GP, Plunket Nurses or Parents/Guardians/Whanau if they believe baby hasn't been screened.

NZ Relay

Telephone: 0800 664 262
Email: helpdesk@nzrelay.co.nz
Website: <https://www.nzrelay.co.nz/>
Operating Hours: 24 hours a day, 7 days a week, 365 days a year
Languages: English

Services Offered:

Free telecommunication services for Deaf and Hard of Hearing and people with speech impairments

Odyssey

Telephone: (09) 265 0255
Email: admissioncentre@odyssey.org.nz
Website: www.odyssey.org.nz/
Physical Address: 4/3029 Great North Road, New Lynn, Auckland
Operating Hours: Monday to Friday 8:30am-5:00pm
Sites of Services: Residential and community settings
Languages: Interpreters can be arranged

Services Offered:

- Treatment programmes for alcohol, drugs and gambling
- Many different programmes tailored for adults, youths and children Program for children and families affected by mental health and addiction (run through school holiday periods)

Referral: <http://www.odyssey.org.nz/news-resources/referrals/>

Ohomairangi Trust

Email: admin@ohomairangi.co.nz
Website: www.ohomairangi.co.nz/
Physical Address: Mangere East Community Centre. 372 Massey Road, Mangere East 2024
Operating hours: Monday to Friday: 9:00am - 5:00pm
Site of Services: Mangere East Community Centre
Languages: English with one parenting course offering Samoan as well.

Services Offered:

Early Intervention Service for children 0-6 years with high or very high needs.

Parenting programs: Mellow Bumps

- Antenatal for any expectant parent. 6 week group programme that focuses on ways you can improve your child's development both during pregnancy and after birth.

Hoki Ki te Rito/Mellow parenting

- A 14 week programme that is about learning and thinking about your relationship between you and your child or children.

Incredible Years Autism Parenting Programme

- 14 week programme for parents and families of children aged 2-5 years old on the Autism Spectrum. This programme helps support the key adults in the lives of children on the autism spectrum to develop skills and confidence in promoting their children's emotional regulation, positive social interaction, language development and relationship with others.



Incredible Years Parenting Programme

- 14 week programme that focuses on learning how your parenting can change into account you and your child's needs. For parents with children aged 3-8.

Soalaupule/Samoan Parenting

- 12 week program for parents and family members wishing to address difficult issues relating to the care of children.

More Than Words(Hanen Programme)

- 12 week programme for parents of young children with Autism Spectrum Disorder or social communication difficulties.

Whakatōkia te Rongomau:

- 8 week programme to address issues of violence and build relationship within families and communities.

EarlyBird Parenting Education:

- 8 session course for parents and whanau of children 0-5 years who have a child on the autism spectrum.

Pacific Leprosy Foundation

Contact: Jill Tomlinson - General Manager

Telephone: (09) 343 3685

Email: jill.tomlinson@leprosy.org.nz

Website: www.leprosy.org.nz

Physical Address: 4 Anderson Street, Christchurch

Operating Hours: Monday, Tuesday & Thursday

9:00am - 3:00pm

Languages: English and Samoan

Cost: Free

Services Offered:

- Throughout New Zealand and Pacific island nations
- Assistance for those socially or financially disadvantaged
- Through suffering from leprosy – e.g. help with travel to and from hospital appointments, assistance with power bills etc

Pacific Work Connect

Contact: Ligi Harris

Telephone: 0800 601 301

Email: Pacificworkconnect@tec.govt.nz

Website: <https://www.careers.govt.nz/work-connect/pacific-work-connect/>

<https://www.facebook.com/pacificworkconnect>

Physical Address: Tertiary Education Commission, Eden 1 Building, Level 2, 18 Normanby Rd, Mount Eden, Auckland 1024

Operating Hours: 8:30 am-4:30 pm

Sites of Services: <https://www.careers.govt.nz/work-connect/pacific-work-connect/>

<https://www.facebook.com/pacificworkconnect>

Languages: English (also available in Pacific Languages i.e. Samoan and Tongan)

Cost: Free

Services Offered:

Pacific Work Connect is a free service to eligible Pacific migrants in Auckland. The programme will assist Pacific migrants to become job-ready in the New Zealand job market.

The programme includes 10 hours of workshop and one-to-one career coaching, delivered by Pasifika Career Consultants.

This is one of the governments Work Connect programmes which are designed to enable graduate international students, and skilled resident migrants and their partners, to find work in New Zealand that uses their qualifications and skills.

The Pacific Work Connect programme is also available to holders of a Samoan Quota, Pacific Access Category Visas or New Zealand citizens from the Cook Islands, Niue or Tokelau. For full eligibility check our website <https://www.careers.govt.nz/work-connect/pacific-work-connect/>

The programme covers:

- Identifying your skills and talents that matches Jobs in Aotearoa New Zealand
- Finding available job opportunities
- How to confidently talk to employers about your skills and experience
- Job searching in New Zealand, writing CV's, Cover letters and preparing for interviews



Papakura Family Services Centre (PFSC), Great Potentials and Takanini Family Services Centre (TFSC), Great Potentials

Contact: Deepika Sarmah

Telephone: Great Potentials - (09) 377 5384

PFSC - 09 299 6610

TFSC - 09 974 4719

Email: PFSC – admin.pfsc@greatpotentials.org.nz

TFSC – info.fsc@greatpotentials.org.nz

GP - info@greatpotentials.org.nz

Website: <https://www.greatpotentials.org.nz>

Physical Address:

Family Service Centres:

- Papakura Centre - 14 Maurice Street, Papakura, Auckland
- Takanini Centre - 8 Oakleigh Avenue, Takanini, Auckland

Operating Hours: Monday to Friday 8:30am-5:00pm
(All activities and services take place within this time)

Sites of Services: Organisation and community setting

Languages: Can support with translators

Cost: No cost

Services Offered:

- Family Service Centres - Support, health and education within low income communities
- Includes:
 - Community Social Workers, Counselling Services, SWiS (Social Work in Schools), Parenting Support, HIPPY (Home-based-Home Interaction Programme for Parents and Youngsters), Playgroup, ECE (free), Plunket clinic

Papakura Budgeting Service

Telephone: (09) 299 6881

Email: papakurabudget@xtra.co.nz

Website: www.papakurabudgetingservice.com

Physical Address: 57 Wood street, Papakura, Auckland

Operating Hours: Monday to Friday 9.00am-4.00pm
Wednesday and Thursday until 7.00pm
Saturdays 8.30am-12.30pm

Cost: Free

Services Offered:

- Offer financial literacy in all aspects of budgeting, managing money, banking, setting goals and cash-flow monitoring. Work alongside our clients and support them to develop sound money management skills
- Financial Mentors support and inspire people, their families and whaanau to build Financial Action Plans
- Offer Money Mates peer-led group sessions in our community where people can talk openly about money and finances. Provides an opportunity to talk openly about money, learn from others and learn how to make changes and achieve goals

Papakura Marae

Contact: Hine Joyce-Tahere

Telephone: (09) 297 2036

Email: hinet@papakuramarae.co.nz

Website: www.papakuramarae.co.nz

Physical Address: 29 Hunua Road, Papakura, Auckland

Operating Hours: 8:00am-5:00pm

Languages: English, French, Samoan, Te Reo & Tongan

Cost: Dependent on what service is required

Services Offered:

Papakura Marae Medical Centre

- (Full suite of Health Services)
- Family Start - Parenting programme working with Mums, Dads and their babies from Hapu through to three years of age
- Children's Team Lead Professionals - Supporting Whaanau with high and complex needs
- Teen Parenting - Working with our young Mum's and Dads and their tamariki
- Tamariki Ora - Well-child service
- Oranga Ki Tua - Supporting Whaanau with Long Term Diseases - SME Programmes



- Mana Tu - Focus on Whaanau with Chronic Conditions – SME Programmes
- Family Services - Working with Whaanau with High and Complex Needs Transitional Housing - Partnership with Salvation Army
- Mana Kidz - School Based Nursing programme (8 Papakura Schools) AWHI - Auckland wide Housing Initiative – Warm safe housing
- Te Pae Oranga - Preventing whaanau from going on to more serious crime
- Kaumatua support - Karakia, Spiritual Healing, Blessings, Powhiri and Tikanga advice
- Te Pae Aronui - Focus on young Maaori between the ages of 15 – 24 years that are not in education, employment of Training (NEET) and getting them back on track
- Te Reo, Raranga, Korowai classes, The Southern Initiative (TSI) Papakura Marae Maaori Wardens
- Counselling and Legal services
- Pharmacy on-site; Political advocacy, Focus groups, Policy development
- Men's Group and Women's Group, Kaikawekorero (Co-design initiative)

Papatoetoe Budgeting & Family Services

Contact: Rita Sesameli

Telephone: (09) 279 0415

Email: comm.budgetingservice@gmail.com

Website: Hinduheritage.org.nz

Physical Address: 534a St. George Street, Papatoetoe, Auckland 2025

Operating Hours: 9.00am - 4.30pm

Locality: Manukau and Otara/Mangere

Sites of Services: As per discussion but mostly in our office

Languages: Samoan, Tongan, English, Hindi, and Fijian

Cost: Free

Services Offered:

- Financial advocacy
- Budget advice
- NAP
- DRO
- Insolvency
- Negotiation

Referral: As and when required by a phone call or email

Parent2Parent

Contact: Ramona Dillon - Auckland South and East
Telephone: 020 4011 8710

Email: ramonad@parent2parent.org.nz

Physical Address: 73 London St, Hamilton

Operating Hours: Monday to Thursday 9:00am-11:30am

Languages: English, can access Samoan, Mandarin, Filipino and other languages through translation services

Cost: Free

Services Offered:

- Disability Services across the lifespan for parents, families and individuals
- Education, support, information and connection

Referral: Self or professional referral, by phone or email no form required

Pariwaar New Zealand

Telephone: (09) 250 8000
0800 270 200

Physical Address: 12 Massey Avenue, Pukekohe, Auckland ,

Email: info@pariwaarnewzealand.org.nz

Website: https://pariwaarnewzealand.org.nz

Operating hours: Monday to Friday 9:00am-3:00pm

Languages: English

Cost: Free

Services Offered:

Stay connected with the wider community through a wide range of programs. We aim to offer language classes, cultural dance classes, cooking workshops, talanoa sessions, elderly get-togethers, wellness programs for all, youth support programs, volunteer-led homework support groups, new mums, and bubs connect groups. Our programs are open for everyone to attend and are held in local, easy-to-access venues.

Sites of Services: Community settings

Referral: N/A



Pathways Health

Telephone: (09) 261 3401

Email: contactus@pathways.co.nz

Website: www.pathways.co.nz/

Mailing Address: PO Box 76 436, Manukau City, Auckland

Operating Hours: Monday to Friday 8:30am - 5:00pm.

Support services provided outside of these hours.

Site of Services: Different sites according to services provided on site, at home and in community settings

Languages: English

Services Offered:

- Mobile and community living support services
- Residential services
- Respite services
- Peer led support services
- Housing coordination services
- Day programmes
- Youth services
- Addictions and recovery

Referral: <https://www.pathwayshealth.org/make-a-referral/>

Some services require Secondary Referral

Penina Trust

Telephone: (09) 266 7989

Email: admin@peninahealth.org.nz

Website: <http://www.peninahealth.org.nz/>

Physical Address: 186 Russell Road, Manurewa, Auckland

Operating Hours:

Services generally offered on weekdays only, with occasional youth activities held over the weekend

Site of Services: There are other opportunities for services to be provided in community settings

Languages: English, Samoan, Tongan, Niuean and Cook Islands

Cost: Free

Services Offered:

Mental Health and Addiction

Family Support:

- Supports families of people who experience ongoing mental disorders, through one-on-one support or monthly support group workshops

Youth Community Living Service:

- Support for young people to recover in the community with support, mentoring, group and holiday activities

Adult Community Living Service:

- Support individuals to resident in their community of choice (Independent Supported Living)

Cultural Support Service:

- Cultural and advocacy services to support community and family integration and achievement of recovery goals

Alcohol and Other Drug Learning and Development:

- Support through education and training to non-specialist groups

Housing

- Social Housing
- Transitional Housing

- "Train the Trainer" packages are also offered

Referral: Some services require Secondary Referral

Perinatal Anxiety and Depression Aotearoa (PADA)

Contact: Treena Cooper

Telephone: (04) 461 6318

Email: office@pada.nz

Website: www.pada.nz

Operating hours: Monday, Wednesday & Friday 9:00am - 2:00pm.

Sites of Services: Nationwide

Languages: English with some resources translated into Maaori, Mandarin & Samoan

Cost: Free

Services Offered:

The PADA website provides useful information for families about pregnancy, perinatal conditions and support services for new and expecting mothers and their family/whaanau.



PADA also provides education and training for healthcare providers for those supporting families affected by mental illness related to pregnancy, childbirth and early parenthood. When participants leave each seminar, they will better understand how these topics impact families and have strengthened their knowledge and skills to help improve perinatal outcomes.

PHAB Association Incorporated

Contact: Chewy Wilson - Operations Manager

Telephone: (09) 488 7490

Email: chewy@phab.org.nz

Website: www.phab.org.nz

Site of Services: Social Groups

Cost: Predominantly free

Services Offered:

Social and recreational services for people with disabilities aged 16 and over, Auckland wide.

PHAB is an inclusive organisation that “walks the talk,” promoting self-reliance that enhances the social opportunities for people with disabilities, and supporting our members towards designing meaningful lives for themselves.

Referral: Contact through website

Plunket Before School Checks (B4SC)

Contact: Miriam Rea

Telephone: 0800 104 105 (Press option 3)
027 244 9394

Email: b4s.cm@plunket.org.nz

Website: www.plunket.org.nz

Physical Address: 11 Vogler Drive, Wiri, Auckland (No clinics are based here)

Satellite clinics are available throughout the community

Operating Hours: Manukau Superclinic: Everyday Saturday (Limited over Christmas/New Year period)
Pukekohe Clinic: Saturday (once a month)

Sites of services: Unable to provide transport however can visit families in their home or at the daycare center.

Languages: Afrikaans, English, Cantonese, French, Mandarin and Tongan

Cost: Free

Services Offered:

Comprehensive fun assessment of your child’s language, growth, behaviour, social and emotional development, oral health and any other general enquiries

Discussion of any concerns or issues

Support for children well before they start school

Pregnancy Counselling Services

Contact: PCS Administration Office

Telephone: 0800 PREGNANT (7773462)

Text: 021 289 8727

Email: pregnancy.counselling.info@gmail.com

Website: www.pregnancycounselling.org.nz

Physical Address: PO Box 938 Hamilton

Operating Hours: 24/7

Site of Services: Pakuranga and Papakura offices, community settings.

Languages: English, French, Hindi, Maaori and Spanish

Cost: Free

Services Offered:

- Emotional and practical support
- Individual, couple or family counselling - re the pregnancy
- Help in finding accommodation, medical care, midwives, legal advice
- Information on continuing schooling /education
- Help in exploring and evaluating options such as parenting, adoption and abortion.

If an abortion has taken place we offer support and encouragement to work through feelings and the grieving process.

Referral: MoJ

Problem Gambling Foundation

Telephone: 0800 664 262

Email: help@pgf.nz

Website: https://www.pgf.nz

Operating Hours: Monday to Friday 8.30am-5.00pm

Languages: English

Services Offered:

- Free Counselling and Health promotion



Rainbow Youth

Contact: Stoem Harris-Studdart

Telephone: (09) 376 4155

Email: info@ry.org.nz

Website: <https://ry.org.nz>

Physical Address: 10 Abbey Street, Auckland CBD

Operating Hours: Monday to Friday 9:00am - 5:00pm. Some flexibility for evenings and weekends around groups.

Site of Services: RainbowYOUTH drop in center in central Auckland

Languages: English

Cost: Free

Services Offered:

- Peer support services for rainbow youth and their whanau including small group, 1:1 support with youth workers, homelessness, transgender peer support with youth workers and social peer support groups, which are youth led and youth run with trained facilitators.
- 1:1 and small group peer support is provided on a needed basis, meetings are set between the youth worker and those they are working with.
- The social peer support groups are run at a scheduled time and location every one to two weeks.
- Can self-refer into the service through the website and referrals from other agencies accepted

Referrals:

<https://ry.org.nz/gender-sexuality-support>

Rawiri Community House

Contact: Elizabeth Kiriona

Telephone: (09) 263 8202
027 417 3468

Email: Liz@rawiri.org

Website: <https://www.rawiri.org>

Physical Address: 1 Rata Vine Drive, Rata Vine, Manukau City

Operating Hours: Monday to Friday 10:00 am- 2:30pm

Languages: English

Cost: Rawiri Residents Association aims to run as much free services from the community house as possible.

Some cost for laundromat services

Services Offered:

- Advocacy (Kāinga ora, MSD, CYF) - if you need help in regards to Housing, Family, Money issues etc.
- Probation Agent - community service/work hours can be undertaken at Rawiri Community House
- Foodbank
- Laundromat
- CV's/ Job Search
- Computer facilities
- Supporting the homeless
 - Care packs
 - Winter packs
 - Food and more
- Community garden
- Cooking class
- Sewing class
- Drivers Licence Courses
- Seniors Morning Tea
- Sanitary products/treasures

Sites of Services: Rawiri Community House

Recovery International of New Zealand

Contact: Gary Reay

Telephone: (09) 263 6035

Website: <https://riinternational.com/our-services/new-zealand/>

Physical Address: Level 3, Westfield Tower, Manukau Shopping Centre, Manukau, Auckland

Operating Hours: Monday to Wednesday, Friday 8:30am - 5:00pm

Thursday: 4:30pm - 7:30pm

Saturday: 9:30am - 3:30pm

Sites of Services: Organisation site

Languages: English, Korean, Mandarin and Maaori

Services Offered:

- Wellness Recovery Action Plan – class empowers participants and supports them in their recovery
- Peer Employment Training – class developing to be hired as a Peer Support Specialist (lived experience)
- Recovery In Action - Classes held every two months to celebrate recovery through various activities



Redhill Community Centre

Contact: Linda Grigg - Office administrator
Ashan Rodrigo - Community worker

Telephone: (09) 297 2040

Email: info@redhill.org.nz

Website: www.redhill.org.nz

Physical Address: 163 Dominion Road, Red Hill, Papakura, Auckland, 2110

Operating Hours: Monday to Friday: Hours vary depending on the programmes running. Check with the office. Closed on Saturdays and Sundays.

Sites of Services: At organisational site

Languages: English

Cost: Counselling: first 3 sessions fully-funded and then by negotiation

Mainly music: \$4 per family

Play group: Gold coin donation; parents to bring their children's morning tea

Other programmes/activities: free

Services Offered:

Counselling (fully-funded):

- Fridays only, by appointment. Self-referrals accepted.
-

Free bread distribution:

- Held every Friday evening at the community centre. Open to all. Games and tea/coffee provided for those wanting some social interaction.

Coffee group:

- Held every Thursday morning. Open to all. Morning tea provided. Social interaction.

Play group (Monday mornings) and mainly music (Thursday mornings) for parents and pre-schoolers. Social interaction and child development learning.

Refugees as Survivors New Zealand (RASNZ)

Contact: Sue Petrie

Telephone: (09) 620 2252
021 838 370

Email: admin@rasnz.co.nz

Website: www.rasnz.co.nz

Physical Address: 173 Captain Springs Road, Onehunga, Auckland

Operating Hours: Monday to Friday 9:00am-5:00pm

Sites of Services:

- RASNZ Office - 173 Captain Springs Road, Onehunga
 - Youth Service - 1222 Dominion Road Mt Roskill
- Community bases and home visits - According to need

Languages: Interpreters are provided for all clinical support

Cost: Free

Services Offered:

- Counselling
- Social work
- Body therapy
- Cross cultural support
- Parenting programmes
- Youth programmes
- Psychiatry

Roopa Aur Aap Charitable Trust

Contact: CEO Roopa Suchdev

Telephone: (09) 620 4606
021 665 609

Email: info@roopaauraap.org.nz

Website: roopaauraap.org.nz

Physical Address: 1193B Dominion Road, Mt Roskill, Auckland

Operating Hours: 10:00am-4:00pm

Site of Services: Accepted from FSS and all

Languages: English, Hindi and most Indian languages

Cost: Free



Services Offered:

- Counselling / Mediation
- Community Services
- Crisis Interventions
- Legal Support
- Immigration Support
- Elder Abuse Awareness
- Outreach Services beyond NZ
- Awareness Campaign
- Educational Workshop
- Children's program

Safe Network

Telephone: (09) 377 9898

Email: info@safenetwork.org.nz

Website: www.safenetwork.org.nz

Operating Hours: Monday to Friday 8:30am - 5:00pm

Site of Services: At organisational site

Languages: English, Maaori & Samoan

Cost: Free

Services Offered:

Safe Network works with children, youth and adults, male and female, who have concerning sexual behaviour or have participated in harmful sexual behaviour

Education, consultation and professional development training:

- Specialist training for public and private organisations on sexually problematic behaviours, clinical supervision and case consultations to other professionals

Te Kakano:

- Kaupapa Maaori service for all ages delivered by Maaori practitioners for Maaori

Amanaki Pasifika:

- Pasifika service specially developed to meet the needs of Pasifika people of all ages

Internet:

- Treatment for those who have accessed, traded, or produced child sexual abuse material or who have engaged or communicated with children and young people online in a sexual context.

Referrals:

https://www.safenetwork.org.nz/documents/forms/S_AFE_2016_12_Adult_Services_referral_form_V%202_0.pdf

Safer Aotearoa Family Violence Prevention Network

Contact: Raewyn Bhana

Telephone: 0800 367 942 ext. 6

Email: manager@safvpn.org.nz

Physical Address: 25 Druces Road, Wiri, South Auckland

Operating Hours: Monday to Friday 9:00am- 5:00pm

Site of Services: Services delivered at office and other locations (subject to type of service)

Cost: Free family violence services.

- Cost for on-site Whaanau Ora clinic

Services Offered:

- Trained family violence coordinators
- Domestic violence counselling service
- Social support
- Women's and men's support groups
- Whaanau ora Community Clinics
- Emergency Domestic Violence helpline (0800 367 942)

Salvation Army Manukau

Telephone: (09) 262 2332 - Community services
(09) 261 0887 - Bridge service call

Website:

www.salvationarmy.org.nz/centres/nz/auckland/manukau

Physical Address: 16B Bakerfield Place, Manukau, South Auckland

Operating Hours: Monday to Friday: 9:00am-5:00pm

Services Offered:

- Wahine Toa program: working with single mothers, and any women who seek support.
- Financial Mentoring: Budgeting working closely with whaanau empowered framework



- Kahukura Program: Working with tangata whenua whanau, Maori focused program
- Transitional Housing Program: 12 x week program with RSW attached working extensively with whanau
- Sustaining Tenancies: RSW attached to work with whanau to sustain their homes before eviction, work with whanau and singles.
- Bridge Program: Drug & Alcohol
- Family Harm Team
- Registered Social Workers: working across the board with all social issues
- Strengthening Families
- Oasis: Gambling support services
- NILS & Step up loans
- Counselling
- Awesome Matua program: fathers and children program
- Better Blokes program
- Manukau Support team: frontline team

Shakti Community Council Incorporated

Telephone: 0800 742 584

Email: crisisline@shakti.org.nz

Website: www.shakti-international.org/shakti-nz/

Physical Address: Four drop in centres in Auckland
19c Ronwood Street, Manukau

3 Cardwell Street, Onehunga

5 Mayfield, Glenfield, North Shore

153 Rather Road, Henderson

Operating Hours: 24/7

Languages: Staff and volunteers are from Asian, African and Middle Eastern origin and therefore they will be able to assist the client with interpretation

- Hindi, Tamil, Malayalam, Arabic, Vietnamese, Farsi, Cantonese, Mandarin, Bangla, Panjabi, Burmese, Urdu, Indonesian, and Gujarati

Cost: Predominantly Free

- Legal may be cost charges
- Counselling can be availed on WINZ subsidy and donation/free for those who cannot afford the service

Services Offered:

- Casework
- Advocacy (WINZ, HNZ and Immigration, Legal)
- Safe house accommodation
- Counselling
- Life skills programme
- MOJ safety programme
- Whaanau protect service (Home Safety)

Shanti Niwas Charitable Trust

Contact: Nilima Venkat

Telephone: (09) 622 1010

Email: shantiniwas@xtra.co.nz

Website: <http://shantiniwas.org.nz>

Physical Address:

- Main office - Shanti Niwas Senior Centre, 14 Spring Street, Onehunga
- Manurewa - 202 Great South Road, Manurewa, Auckland

Operating Hours:

- Positive Ageing Programme - Manurewa - 10.30am-2.00pm
- Drop in Centre - Manurewa - 10.30am-2.30pm

Site of Services: At organisational and community sites

Languages: English & Hindi

Cost:

- Positive Aging - \$6 per visit and includes lunch and morning tea
- Drop in Centre - \$2 per visit
- Other Services - No charge

Services Offered:

- Positive Aging Programme - Thursday 10.30am - 1.30pm at Manurewa
- Drop in centre at Manurewa- 10.30am - 2.00pm at Manurewa
- KHUSHI - Elder Abuse and Neglect Prevention Services



- EARS- Elder Abuse response service
- SNEH - Shanti Niwas Emergency Home
- DOSTI volunteer visiting services provided for the lonely and housebound older people
- Providing information on age related issues
- Assist client in accessing home based support services (e.g. home help, personal care, carer support, shopping etc.)
- Home visits for assessment, following the receipt of referrals from health sector, Police, NGO's, self, family and friends
- Translation and interpreting services
- Micro Level Counselling And Advocacy

Shiloh

Telephone: 0800 113 676

Email: help@shiloh.org.nz

Website: www.shiloh.org.nz

Physical Address: 210 Buckland Road, Mangere East, Auckland 2024

Operating hours: Monday - Friday 9:00am - 5:00pm with flexible options available outside of these hours, including weekends with prior discussion

Site of Services: Onsite, available online or by phone

Languages: English

Cost: Koha or funding pathways available

Services Offered:

- Counselling
- Wellbeing support groups

Referral: People are welcome to self-refer to shiloh and contact us directly. We also accept referrals from other organisations, please email amelia@shiloh.org.nz

Solomon Group

Contact: Alisi Dickson - Engagement Advisor

Telephone: 0800 747 687 (0800 SGROUP)

Email: alisi.dickson@solomongroup.ac.nz

Website: <https://www.solomongroup.co.nz>

Physical Address: 236 Great South Road, Manurewa, 2102

Operating hours: 8:30am-5:30pm

Site of Services:

- Manurewa Campus – 236 Great South Road
- Manurewa Wiri Campus – 30b Ash Road, Wiri

Languages: English, Samoan, Tongan and Te Reo

Cost: Free

Services Offered:

Solomon Group is a Māori Private Training Establishment that has been delivering tertiary education, youth services and employment services in the community for over 20 years.

Tertiary Education:

- Solomon Group provide a range of educational and vocational programmes designed to support the journey towards independence through employment – ka mahi, ka ora (to work is to live). Programmes include:
 - Contact Centre Operations Level 3
 - Community Hauora (Health & Wellbeing) Level 2 & 3
 - Roding and Earthworks Level 2
 - Literacy classes
 - Trucking theory classes to gain class 2 learners

Youth Services:

NEET

- The NEET service aims to assist young people aged 16-17 years to find employment, education, or work-based training through tailored individual support.



Youth Beneficiaries

- The Youth Payment and Young Parent Payment is for young people aged 16-17 and young parents aged 16-19 who are receiving government financial assistance. This service aims to support young people to meet their obligations and to achieve education, work-based training, or employment through intensive one on one support.

Employment Services:

Tupu Aotearoa

- The Tupu Aotearoa Service supports Pacific people aged 15 years and over to gain tools and skills that enable them to thrive. We aim to assist participants to prepare for, make the transition to, and stay in permanent employment. We do this by providing intensive one on one mentoring and employment readiness workshops.

Employment Preparation Placement Programme (EPPP)

- This service aims to support beneficiaries or those applying for a benefit to prepare for, make the transition to and stay in permanent employment. We do this by providing intensive one on one mentoring and employment readiness workshops.

Our educational programmes are delivered in Auckland, Waikato, and the Bay of Plenty.

Youth Services is exclusively delivered to residents of Manurewa, Papakura, Franklin, and parts of Northland.

Our employment services are delivered in Auckland, Waikato, and the Bay of Plenty.

Referral: Self-referral and Government Agency referral accepted

SPELD NZ Inc.

Contact: Erin Bradley - Northern Regional Office

Telephone: 0800 733 536

Email: Erin Bradley: northern@spled.org.nz

Website: www.spled.org.nz

Physical Address: 14 Erson Avenue, Royal Oak, Auckland, 1023

Operating Hours: 8:00am - 4:00pm

Languages: English

Cost: Annual Membership Fee \$100 or \$50 with Adult Community Services Card.

Assessment from \$550-\$650+GST and Tuition from \$40-\$90 (plus GST if any and sometimes travel) per one hour lesson.

Financial Assistance available with evidence of financial or other hardship.

Services Offered:

- Detailed diagnostic assessment and one on one tuition for children and adults with dyslexia and other specific learning disabilities (SLD)

Sport Auckland Green Prescription

Contact: Michael McCormack

Telephone: (09) 623 7956

Email: michaelm@sportauckland.co.nz

Website: sportauckland.co.nz/health-wellness/green-prescription-grx

Physical Address: Alexandra Park Function Centre, Level 4, Greenlane, Auckland

Operating Hours: 6 Days a Week: Monday to Saturday (inclusive) 8.30am – 5pm + selected after hours options

Languages: Translation and Interpretation services available free of cost

Cost: Free

Services Offered:

- Ages 18 +, Referral required (from a health professional, or self-referral)
- Community Based - Face to face consultations, health and wellbeing group workshops, exercise sessions, nutrition support
- Online – Health and Wellbeing Webinars, Live Streaming Exercise Classes, Online exercise video library
- Pre and Post Natal Maternity Activity and Nutrition Support



St Mark's St Vincent de Paul Society Foodbank

Contact: Grace Cheah

Email: pecklangrace@hotmail.com

Website: <https://stmarkspakuranga.org.nz/>

Physical Address: 334 Pakuranga Road, Pakuranga Heights, 2010

Locality: Pakuranga and nearby eastern suburbs

Operating hours: 10:00am-3:00pm

Services Offered:

- Foodbank

Referral: All food parcel requests are processed by the Citizen Advice Bureau and St Vincent de Paul Call 09 5768331 first

Stand Children's Services Tu Maia Whanau

Contact: Helena Dean

Telephone: (09) 534 4017

Email: Auckland@standforchildren.org.nz

Website: www.standforchildren.org.nz

Physical Address: 1-9 Pigeon Mountain Road, Half Moon Bay, Auckland

Operating Hours: Monday to Friday: 8:30am-5:00pm

Residence: Sunday - Friday 24hours

Sites of Services: Christchurch, Rotorua, Gisborne, Auckland and Whangarei

Languages: English

Cost: Free

Services Offered:

- The Stand Children's service is committed to treating the symptoms of a child's traumatic experiences. In addition, we work to support the recovery of family members and to improve their ability to support their child (children). Interventions include individual, group and family models. Our team brings transdisciplinary expertise in treating childhood traumatic events including neglect, abuse, assault, home, school and community violence and natural events.

- Our goal is to reduce trauma related symptoms and build family support for children damaged by trauma. We measure our success through reduction of trauma symptoms, decreased parental stress, improved family functioning and positive behavioural indicators.
- Service offered for children between 5-12 years old

Referrals:

Access to the nationwide Stand for Children Service or the Family Therapy Services in three regions is by referral agencies and based on entry criteria and assessed need.

Access for Social Services in Schools is by assessed need and can be self-referrals from children/families or referred from within the school/community or other agencies.

StarJam

Contact: Mary Ansell - CEO

Telephone: (09) 300 6257

Email: info@starjam.org

Website: www.starjam.org

Operating Hours: Workshops held during the evening 6:30pm - 8:00pm in the school term.

Costs: Free to attend (donations gratefully accepted)

Services Offered:

- Music based workshops for young people with disabilities aged between 6 – 25 years (Jammers). The workshops are in either, singing, dancing or rhythm (drums etc).
- Each workshop has up to 12 Jammers and a paid tutor and 2-3 volunteers.
- Once a term discos for Jammers and the disability community.
- Serves nationwide with 60+ workshops across Whangarei, Auckland, Waikato, Tauranga, Rotorua, Hawkes Bay, Wairarapa, Wellington, Christchurch and Ashburton.



Te Oranga Kaumatua Kuia Disability Support Services Trust

Contact: Te Ati Heremaia (General Manager)

Telephone: (09) 255 5470

0800 655 377 - After hours support

Email: teati.heremaia@teorangakk.org.nz

reno.marshall@teorangakk.org.nz

Website: <https://teorangakk.org.nz/>

Physical Address: 64 Mascot Avenue, Mangere,
Auckland

Operating Hours: Monday to Friday: 8:30 am-5:00 pm

Languages: Maaori and English

Cost: Free

Services Offered:

- Community support services (Mauri Ora – 65 years +)
- Kaupapa Maaori
- Injury, illness or disability
 - Aids and equipment
 - Disability support
 - Foot care
 - Needs assessment
 - Nursing
 - Rehabilitation
 - Respite
 - Self management
 - Transport - disability transport
- Elder abuse and neglect prevention service
- Advocacy
- Counselling
- End of life care
- Home support
- Wellness/healthy lifestyle
 - Exercise and activity
 - Healthy eating
 - Mindfulness and mental wellbeing
 - Smoking cessation

Referrals:

<https://teorangakk.org.nz/referral.html>

Te Whanau Rangimarie

Contact: Aneta Rangirangi CEO

Telephone: (09) 275 1230

0508 MANAAKI (0508 626 2254)

Email: admin@twr.org.nz

Website: www.twr.org.nz

Facebook: www.facebook.com/WhanauRangimarie

Physical Address: Main office; 2 Cameo Court Road,
Favona, 2024

Operating Hours: Monday to Friday 9:00am -
5:00pm

Site of Services: Mangere, Manurewa,
Oranga/Onehunga

Languages: Predominantly English

Kaimahi that speak: Fluent Maori, Cook Island,
Hindi, Punjabi, Samoan & Tongan
Intermediate level Niuean

Cost: Housing services, cost varies
Free for all other services

Services offered:

- Children's Safety Programme– Tamariki Programme (5 – 18 years) – Consisting of up to 10 predominantly group or individual sessions with options to provide up to 3 support sessions. MOJ and MCOT funded. (At times run during first week of school holidays over 3 full days)
- Partnered with Digital Inclusion to provide Skinny Jump modems for free with prepaid options for modem top up to allow the community to access the internet.
- Rangatahi Programme– (12+) – Consisting of up to 6 predominantly group sessions. MSD funded.
- Safety and needs assessment –Majority of referrals are referred through Safety Assessment Meetings (SAM) where referrals have come to the notice of the Police via POL notification. Service is also provided to those who self-refer. MSD funded.



- CA Kaiawhina who is seconded to work at Te Taanga Manawa at the family harm hub based in Manukau to support with high-risk safety and needs assessments. NZ Police funded
- Advocacy and support - A specialist worker who provides safety and needs assessment; intervention plan; intervention, coordination, support and advocacy; supporting with aspirations and goals, notes on interactions with whanau and assessment outcome with an analysis on how the intervention made a difference to the life outcomes of the whanau. MSD funded
- Whanau Resilience – Long term whanau resilience work. MSD funded
- E Tu Tane programme where groups of up to 10 men at one time are taken to Rangitoto Island for 3 days to connect with the taiao and create and strengthen sense of self identity, sense of belonging and strengthening their confidence as individuals with a commitment of working towards being violent free and becoming a kahukura (champion) in their whanau to continue role modelling the positive changes they have made. E Tu Whanau funded
- E Tu Whanau relationship wananga where couples come together who have generally completed individual non violence and adult safety programmes with TWR to weave their learnings together supporting them to continue to strengthen their journey together. E Tu Whanau funded
- Ready to rent course to support individuals identified through MSD as being ready and willing to engage in a 10 hour course that can provide some foundation knowledge to support them being ready to rent. MSD funded
- Building Awesome Whanau Parenting Toolbox – Parenting toolbox course. Consisting of 6 sessions. MSD funded
- Te Piringa Women’s Safe House – Providing a safe environment for wahine and tamariki which includes safe accommodation, safety and needs assessment, intervention plan, intervention, coordination, support and advocacy, outcome, internal and external support services, and programmes. A strong focus towards holistic well-being and safety and empowering wahine in making positive changes for them and their whanau. MSD (Ministry of Social Development) funded.
- Whanau Whare–To provide transitional housing accommodation to families with dependent children with a maximum stay of 12 weeks and 12 weeks post community support. Service includes needs assessment, intervention plan, housing education and planning for future aspirations and goals. MSD/MHUD funded
- Houhou te rangimarie Adult Non Violence Programme – For men or women. Consisting of safety and needs assessment and up to 15 predominantly group sessions or 10 predominantly individual sessions with options to provide up to 3 support sessions. MoJ (Ministry of Justice), Corrections and MSD funded
- Pakeke Awhina Adult Safety Programme – For men or women. Consisting of all or a combination of any three of the intervention stages (1) initial safety and needs assessment, (2) safety planning and (3) up to 10 predominantly group or individual safety programme sessions with options to provide up to 3 support sessions. MoJ and MSD funded

Referrals: Referral form to be completed



Te Whare Marama Women's Refuge

Telephone: (09) 276 7922

Email: contact@tewharemarama.org.nz

Operating Hours: 8:30am - 4:00pm

Languages: English

Cost: Free - rent costs associated with Safe house accommodation

Services Offered:

Safe House:

- Temporary accommodation for women & children experiencing Family Violence

Tipu Hau women's program:

- Family harm education & support network.

Little Voices children's program:

- Facilitated in schools.
- Family Harm community support.
- Support with legal orders.
- Referral, advocacy & support for whānau needing to access NGO & Governmental services, e.g. (counselling, WINZ, housing providers, budgeting, immigration, Oranga Tamariki).

Community based services cover the Counties Manukau area. Safe houses welcomes women and children nationwide.

Referral: Contact via phone or email

The Asian Network Inc. (TANI)

Contact: Samuel Cho

Telephone: (09) 815 2338

Email: info@asiannetwork.org.nz

Website: <http://www.asiannetwork.org.nz/>

Physical Address: 101 Church Street, Onehunga, Auckland

Operating Hours: Monday to Friday: 9:00 am-5:00 pm

Evening and weekend services (subject to type of service and availability of speaker)

Site of Services: Community setting or organisation dependent upon services provided

Languages: English and Asian languages, such as Chinese, Hindi, Korean, Japanese, Urdu, Farsi, and Punjabi

Cost: Free

(Organising public consultation meetings and ethnic focus groups for service providers and agencies could be charged for administration fee)

Services Offered:

- Empower Asian communities to increase the level of health literacy by providing health promotion presentation, seminars and workshops
- Provide service information relevant to Asian health and social services for both individuals and service providers
- Provide cultural advice for the services and programmes to be more inclusive for all
- Support the service providers to hear voices of Asian communities for their public consultation and focus groups
- Hold quarterly Regional Network Meetings to update Asian health initiatives and support to build connections
- Run Annual Asian Forum to address Asian health needs and support service providers to work together



The Grief Centre

Contact: Trudie Vos - General Manager

Telephone: 09 418 1457

Email: admin@griefcentre.org.nz

Website: www.griefcentre.org.nz

Operating Hours: 9:00am - 5:00pm, evening sessions are available

Site of services offered:

- Birkenhead, Devonport, Henderson, Remuera, Highland Park, Orewa, Whangarei, Warkworth.
- A variety of other locations are available depending on the service.

Cost: Normal costs are \$70-\$120 per session.

However WINZ-funded sessions and subsidised sessions are available.

Languages: English and Korean. Some clinicians can work with a translator present.

Services Offered:

- Counselling services for all forms of loss and grief either in person or via Zoom or phone.

Individuals

- Loss affects all our lives in its many forms which can include: the loss of a loved one or pet, the ending of a relationship, the loss of a job, an illness or change in our physical or mental functioning, moving to a new country etc. Our loss and grief services are designed to provide support in the journey of finding a 'new normal'.

Couples | Families | Whanau

- Sometimes couples or families struggle after facing a significant loss or change. Communication can be a challenge as each person responds to loss in different ways. Our qualified counsellors can help to assist couples and families to express their concerns, anxiety, or sadness in a safe setting, and share their loss with each other in a meaningful way.

The Mums Clique Charity

Contact: Abbey Fouche

Email: hello@themumsclique.com

Website: www.themumsclique.org.nz

Operating Hours: 24/7

Languages: English & Maaori

Cost: Free or low cost, free to professionals

Services Offered:

An inclusive nationwide community for women with children.

One aspect being our "assistance boxes". Providing a much needed "pick me up" sending a message of love and support to support women across the country during times of hardship, by providing essential items such as nappies, wipes, formula, toiletries etc for mums that are in need with an aim to "ease the burden" and send a remind them that they are doing a great job and we are here for them.

We run "mother centred" events, where mothers can connect, with a purpose of facilitating friendships and leading ultimately to building supportive and authentic relationships, strengthening the support systems for women and their families. We provide an array of educational and social events including... (but definitely not limited to!) Brunch clubs, Coffee Playdates, Infant CPR/First Aid Training, Ladies nights, Parenting education seminars, Playgroups, Womens Self Defence Courses and so much more.

Not up to leaving the house yet? We understand that - Our online community aims to provide a community online, right at your fingertips from the comfort of your couch! Browse through our blogs, head to our resources section or download some of our freebies. We also have a facebook chat group which runs 24/7, a safe space for you to chat with other mums, as well as giveaways, product reviews, discount codes and more.

Referral: Contact through website



The Neonatal Trust

Contact: Auckland Team

Telephone: (09) 367 000 ext 25469

Email: info@neonataltrust.org.nz

Website: www.neonataltrust.org.nz

Physical Address: NICU Auckland City Hospital, Park Road, Grafton, Auckland

Operating Hours: Monday & Friday 10:00am - 2:00pm

Site of services: Organisation and community

Languages: English, Cantonese, Samoan, Mandarin, Hindi and Spanish

Cost: Free

Services Offered:

- Family support for NICU/SCBU whanau
- Care packs
- Kai and korero
- WINZ assistance
- Breastfeeding equipment
- Premature baby clothing and goods
- Post-discharge community playgroup

Referral: Self-referrals acceptable

The Period Place

Contact: Danika Revell - co-founder + CEO

Telephone: 022 151 7640

Email: hello@theperiodplace.co.nz
danika@theperiodplace.co.nz

Website: www.theperiodplace.co.nz

Physical Address: 354 Onehunga Mall, Onehunga Auckland, 1061

Operating Hours: The Period Place Hub: Monday - Friday 9:00am - 5:00pm

24/7 online support through website or social media channels

Sites of Services: The Period Place Hub – 354 Onehunga Mall, Onehunga

The Period Place will also come to your workplace, school, community space etc to provide a period workshop.

Languages: English

The Period Place does have access to many people from different cultures and those who speak different languages and can support those who need help connecting with us.

Cost: Free

Services Offered:

Free period products and period education for individuals and Impact Partners (foodbanks, maraes, iwi, health providers, organisations and charity that have access to others who need period products).

Disposable:

- Pads = Liners, Regular, Super, Overnight
- Tampons = Mini, Regular, Super

Reusable:

- Period Underwear = Youth + Adult
- Period Swimmers = Youth + Adult
- Reusable Pads = Light, Regular + Super
- Menstrual Cups = Standard cervix, Mini, Regular, Large

Education: Menstrual brochures

The Hub:

- From November 2021 (if we move to Level 1) The Period Place Hub will offer The Period Place Workshops (both ticketed and free, with free tickets covered by grants) – general period cycle information and period product information, with the opportunity to choose your free products to take home (disposable or reusable).
- Workshops and events by other period provides and health practitioners will also be held in the space.
- The Period Place is a national charity that supports menstruators and communities that need us all over Aotearoa.
- The Period Place Hub will be open to any member of the public (whether they get a period or not!), though it is based in Onehunga, so most visitors will be from Auckland.

The Period Place is available 24/7 for support on www.theperiodplace.co.nz and on all social media channels @theperiodplace

The Pride Project Charitable Trust

Contact: Melissa Moore - General Manager

Email: melissa.moore@theprideproject.co.nz

Physical Address: CLENDON PRIDE PROJECT - COMMUNITY HOUSE

60 Maplesden Drive, Clendon, Auckland

Operating hours: Tuesday to Friday 9.30am - 1.30pm

Languages: English

Cost: Free (a small cost of a \$5 koha applies to the Tool Library)

Services Offered:

- Whare Tautoko free community op shop
- Manurewa Tool library
- Hope Navigators who connect whanau to essential support services and support with mentoring and goal setting
- Mauri Mahi Mauri Ora a free pre employment programme
- Community events and place making
- Kura Manaaki in school support programme for whanau of local schools in Manurewa based on prevention and intervention
- Mangopare a Rangatahi NEET support programme

Turuki Health Care - Family Start

Contact: Donnie Ngaoire [Executive Operations Manager]

Telephone: (09) 280 2990

Email: familystart@thc.org.nz

Website: <https://turukihealthcare.org.nz>

Physical Address: 37 Andrew Baxter Drive, Airport Oaks, Auckland.

Operating Hours: Monday to Friday 8:30am - 5:00pm

Languages: English, Cook Island, Samoan & Tongan

Cost: Free

Services Offered:

- Provide support around parenting, health, education and welfare
- Work with whaanau from pregnancy to the child turning five years old



Vaiola Pacific Island Budgeting Service

Contact: Tracey Stowers

Telephone: (09) 256 9639

Email: VPIBS@vaiola.org

Website: www.vaiola.org

www.facebook.com/vaiolatrust

Physical Address: Main office: Mangere baptist church, corner of bader drive and Ashgrove Road, 2022

Operating Hours: Monday to Friday 10:00am - 3:00pm

Sites of Services:

Orly avenue, Mangere Town centre Cnr of Bader Drive and Ashgrove Road, Mangere
Mangere Baptist church, Bader drive, Mangere
5/178 Great South Road, Manurewa (above paper power)

Languages: Samoan & Tongan

Cost: Free

Services Offered:

- Budget plans, debt repayment/solution plans, negotiate with creditors, mortgagee sale support and goal setting
- Service or self-referrals are welcomed
- One off and on-going support based on client needs

Vaka Tautua

Telephone: 0800 825 282

Email: administration@vakatautua.co.nz

Website: www.vakatautua.co.nz

Physical Address: 7/586 Great South Road, Manukau, Auckland, 2025

Operating Hours: Monday to Friday 8:30am-5:00pm

Languages: English, Cook islands, Te Reo, Niuean, Samoan, Tongan & Tuvaluan

Cost: Free

Services Offered:

Ola Lelei Pacific Helpline

- Toa – Disability Services
- Matua Ola Manuia – Older Peoples' Services
- Ola Fiafia – Wellbeing Services
- Aiga Fiafia – Social Services
- Tupe Wise – Financial Capability Services

Site of Services: Community site, organisation site and at churches



Victim Support

Contact: Charlie Saunders [Service Directory Co-ordinator]

Telephone: 0800 VICTIM (0800 842 846)

Charlie: 027 666 0082

Email: charlie.saunders@victimsupport.org.nz
contactservice@victimsupport.org.nz

Website: <https://victimsupport.org.nz>

Physical Address: Within all police stations in the Counties

Operating Hours: 24 hours a day, 7 days a week

Site of Services: Direct support to victims on the phone:

In the victim's home, police stations, at the scene, in court & in the community

Languages: English, Samoan, Mandarin, Hindi, Arabic. Dependent on volunteer availability

Cost: Free

Services offered:

Our 24/7 service is provided free of charge in communities throughout New Zealand, to help victims of serious crime and trauma who are dealing with, in some cases, the worst time of their lives.

We are an independent organisation that recruits, trains and supervises front-line volunteers who deliver direct support to victims in the victims' home, at Police Stations, at the scene, in court and in the community

Referral: No referral needed

- Referrals are often through Police involvement, but agency and self-referrals are welcome

Vinnies Auckland

Contact: Delphina Soti

Telephone: 0800 680 090

Onehunga: (09) 815 6122

Otahuhu: (09) 270 4088

Email: foodbank@svdpak.org.nz

Website: www.svdpak.org.nz

www.facebook.com/stvinnies

Physical Address:

6a Henderson Place, Onehunga, Auckland

47 Station Road, Otahuhu, Auckland

Operating Hours:

Foodbank: Monday to Friday 10:00am - 3:30pm

Youth Services: Monday, Wednesday - Friday 4:00pm - 6:30pm

Languages: English, Samoan and Tongan

Services Offered:

- Emergency food support
- Financial literacy
- Volunteer programme
- Education of social awareness
- Advocacy
- Community programmes eg. social awareness in schools.

Serves the Central Auckland, parts of East Auckland and South Auckland for food bank.

All areas of Auckland for Youth programme

Referral: Available on the website (Foodbank) and Facebook page (youth programme).



Waka of Caring

Contact: Debbie Munroe
Telephone: 022 013 9672
Email: whaedebez@yahoo.com
Website:
www.facebook.com/groups/978559512159944/about
Physical Address: 2/14 Mcannalley Street,
 Manurewa East
Operating Hours: 7 days a week: 9:00am - 7:00pm
Languages: English, Maaori & Indian languages

Services Offered:

- Food parcels
- Essential items such as clothing, care packs, blankets
- Emergency housing assistance, advocate homeless

Serves mainly Manurewa however accepts people in need from all areas of Auckland

Walk on Wheels

Contact: Adam Heaps
Telephone: 0800 6666 768
Email: info@walkonwheels.co.nz
Website: www.walkonwheels.co.nz
Operating hours: Monday - Friday 9:00am - 4:00pm.
 By appointment on Saturday
Languages: English
Cost: Varies according to service required

Services Offered:

Sale of all rehabilitation equipment including hospital beds, mobility scooters, power chairs, wheelchairs and bathroom equipment

Rental of all equipment including beds, mobility scooters, power chairs and wheelchairs

Repair of all equipment, we offer a full service workshop at our Penrose showroom. Collection/delivery service is also available.

We can also perform some in home repairs

Well Women Franklin

Contact: Jane Fausett
Telephone: 021 158 8134
Email: info@wellwomenfranklin.org.nz
Website: www.wellwomenfranklin.org.nz
Physical Address: 9 1 Tuakau Road, Pukekohe
 Pukekohe Maternity Resource centre
Operating Hours: Phone services available 24 hours, 7 days a week.
Site of Services: Organisation & community setting
 Leslie Comrie room - Franklin centre
 12 Massey Avenue - Pukekohe centre
 163 Dominion Road - Red Hill Community Centre, Papakura
Languages: English

Services Offered:

- Peer support groups to women and families experiencing ante/postnatal distress and anxiety
- 24 hour telephone support
- Childcare while women attend day groups
- Home visiting
- In home help
- Life coaching
- Counselling

Referral: referral@wellwomenfranklin.org.nz

Werry Workforce Wharaurau

Telephone: (09) 923 4360
Email: coordinator@werryworkforce.org
Website: www.werryworkforce.org/
Physical Address: Ground Floor, Building 534, 89 Grafton Road, Auckland
Operating Hours: Monday to Friday 8:30am - 5:00pm
Sites of Services: Community setting
Languages: English
Cost: Government funded organizations
 Must register to enroll in workshops
Services Offered:

- Werry Workforce Whāraurau provides national training and workforce development within the child and adolescent mental health sector
- We don't provide treatments - Our role is to support the 'workforce' that provide the treatments

Whakatau Mai - The Wellbeing Sessions by Changing Minds

Contact: Adele Chayegan & Macarena Vaughan, Kaipoipoi Whakatau Mai Partners

Telephone: (09) 623 1762

Email: events@changingminds.org.nz

Website: www.wellbeingsessions.nz

Physical Address: 762 Mount Eden Road, Mt Eden, Auckland

Operating Hours: Monday - Friday 8:00am - 7:00pm

Site of services: All our sessions are held online via Zoom

Languages: English

Cost: Free

Services Offered: Whakatau Mai | The Wellbeing Sessions, by Changing Minds offer a wide range of free and online wellbeing sessions in real-time

We have a range of sessions per week including topics such as yoga, art, journaling and meditation to information and support groups, including LGBTQIA+. Visit our website to check out our calendar.

We actively prioritise guest privacy and wellbeing, including offering private support from a Peer Support Worker who is available in every session.

Whakatau Mai offers anyone aged over 18 years old in Aotearoa (New Zealand) a way to safely connect with a supportive community online, in a live setting.

Referral: You don't need a referral from your doctor, counsellor or anyone else to access the sessions – all you need is a device and an internet connection.

To register for sessions, view the Sessions Calendar at www.wellebeingsessions.nz. Once you've registered, you'll be sent a Registration Email, including a private Zoom meeting link. Please note that all our sessions are live and that we don't record our sessions. For more information on what happens in a session and how to join visit <https://www.wellbeingsessions.nz/guest-info>



Whanau Resource Centre o Pukekohe Charitable Trust

Telephone: (09) 238 5285

Email: info@whanauresourcecentre.org.nz

Website: www.whanauresourcecentre.org.nz

Physical Address: 17 McNally Road, Pukekohe, 2120

Operating Hours: Monday - Friday 9:00am - 4:30pm

Cost: Free

Services Offered:

- Transitional Housing
- Support with Housing
- Support for working with government agencies
- Family harm support and prevention
- We refer to other social services, such as budgeting, counselling, parenting programmes and more.
- We are agents for Skinny Modems - Affordable Internet
- We operate a 'Koha Shed' where we take donations and then open to the community for people to help themselves. Open every Tuesday 10.30am to 12.30pm

Site of Services: Pukekohe

Referral:

<https://whanauresourcecentre.org.nz/contact/>
Or call or email

Women Care Trust

Contact: Abha Khanna

Telephone: (09) 929 4869

Abha Khanna - 022 340 4423

Email: womencaretrust@gmail.com

Website: www.womancaretrust.org.nz

Physical Address: 2 Sutton Crescent, Papatoetoe, Auckland.

Aqua exercise classes; Papatoetoe centennial pool and leisure centre

Site of Services: Community setting

Languages: English, Hindi and Punjabi

Cost: Free except Aqua exercise classes (\$2.00)



Services & Operating Hours :

- Indian folk & fusion dance [Sunday 4:00pm - 6:00pm]
- Zumba classes [Monday & Wednesday 6:30pm - 7:30pm]
- Stitching classes [Friday 10:00am - 1:00pm]
- Gym classes [Monday to Friday 11:00am - 3:00pm]
- Punjabi folk dance giddha classes [Monday 11:00pm-12:00pm]
- Children bhangra [Monday 6:00pm-7:00pm] & girls bhangra class [Monday 7:00pm-8:00pm]
- Playgroup [Monday & Friday 10:00am-2:00pm; Tuesday, Wednesday & Thursday 11:00am-3:00pm]
- Yoga [Monday & Friday 12:30pm-1:30p] (ladies only)
- Aqua exercise [Wednesday 12:00pm - 1:00pm]
- English classes [Monday to Thursday 10:00am - 1:00pm]
- Computer classes [Monday to Friday 1:00pm -2:00pm]
- Monthly members meet

Women's Refuge

Contact: Maria

Telephone: (09) 276 88668

Email: mariaP@southauckland.co.nz

Website: <https://womensrefuge.org.nz>

Physical Address: Peppertree house - Mailing PO Box 22036, Otahuhu, Auckland

Operating Hours: Monday to Friday 9:00am - 4:30pm. Crisis line 24/7

Site of Services: Whaanau protection (safe house)
Community settings

Languages: English

Services Offered:

Whaanau protect (safe house)

- Home security and safety service for people affected by domestic violence
- Training for community around domestic violence and also awareness workshops
- Counselling services (refer to organisations that provide counselling services)

- Help refer women to access other organisations according to their need

Parenting courses by referring to organisation who provide this service

Playgroup for children in safe house from 10.00am – 12.00pm while mothers attend sessions outside with other organisations

Crisis line 24/7

Workbridge – Te Arawhiti mō mahi Tāmaki Makaurau

Contact: Katy Hetherington - Regional Services Manager [021 190 1777]

Gary Nelson - Employment Consultant Lead [021 190 1776]

Email: katyh@workbridge.co.nz
garyn@workbridge.co.nz

<https://www.workbridge.co.nz/get-in-touch/make-an-email-enquiry/>

Physical Address: 15 Osterley way – level 2 Manukau – serving the Manukau and East areas of Auckland

Operating Hours: 8:30am - 5:00pm
After hours services to 6:30pm (free phone)
0508 858 858

Languages: English, Gujarati & Tongan

Cost: Free

Services Offered:

- Free service:
- Employment services – recruitment
- Pre employment preparation and Job Search / matching services
- Employer services
- Post placement services

Site of Services: We are mobile in our communities and work from community spaces.

Referral: Register online:

<https://www.workbridge.co.nz/jobseekers/>

Call 0508 858 858

Call Katy or Gary



Yellow Brick Road (Formerly Supporting Families NZ -SFNZ)

Contact: Reception at Yellow Brick Road

Telephone: (09) 378 9134

0800 732 835

Email: admin.auckland@yellowbrickroad.org.nz

Website: www.yellowbrickroad.org.nz

Physical Address: 492 Great South Road, Otahuhu.

Yellow Brick Road Counties Manukau office.

Operating Hours: Monday to Friday 8:30am - 5:00pm. Closed public holidays.

Site of Services: Services offered across the greater Auckland area [Auckland central, Northland, Waitemata and Counties Manukau]

Languages: English

Cost: Free

Services Offered:

- Supports families, whaanau and communities to foster mental wellbeing
- Key role in the journey to wellness for people whose lives are affected by mental distress.

Helping those affected by the impact of mental distress. Provides accessible, high quality and effective services.

Referral: Free call or text 1737 any time for support from a trained counsellor. You can also request Peer Support.

Contact Yellow Brick Road Mind for family/whaanau support on:

Auckland - 09 378 9134 or 0800 732 825

For other offices visit

<https://yellowbrickroad.org.nz/help-in-your-area/our-offices/>