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Work and Income
Work’n it Out
Youthline Southland
ADHD SUPPORT GROUP

Address: 10 Talbot St, Gore 9710
Phone: 03 208 4688  Fax:
Email:  
Service Description: Support for families of those with Attention Deficit Disorder.
Area Covered: Eastern Southland

ADVENTURE DEVELOPMENT

Address: Number 10, 10 Deveron St, PO Box 1255, Invercargill
Phone: 03 218 8833  Fax: 03 218 8834
Email: clive@adventuredevelopment.co.nz  Website: adventuredevelopment.co.nz
Service Description: Provide a service for young people (under 20) who are thinking about making changes to the way they use alcohol and or other drugs as well as addressing co-existing mental health problems. Services include assessment, family support, consultation, intervention, counselling, post intervention support. Services range from brief interventions to a 6-month programme involving an adventure/wilderness group therapy component. No charge for services.
Area Covered: Southland/ Rural & Central Otago (also Otago Service which would cover West Otago)

AGE CONCERN SOUTHLAND INC

Address: 50 Forth St, PO Box 976, Invercargill
Phone: 03 218 6351  Fax: 03 218 1211
Email: janette@acinv.org.nz  Website: ageconcern.org.nz
Service Description: A voice for older people as they make their own decisions. Support services, information, advice and personal advocacy, and education. Also social activities, sale or loan of equipment and food services (meals on wheels).
Elder Abuse Resource Team – elder neglect abuse, awareness and prevention. No charge for welfare services.
Area Covered: Southland

ALCOHOLICS ANONYMOUS

Address: Anglican Church Hall, Cnr Traford St & Hokonui Drive, Gore
Phone: 0800 AA WORKS  Fax:
Email:  Website: aa.org.nz
Service Description: Support services with weekly meetings for people who wish to stop drinking and remain stopped. Services include meetings, phone support, resource material and education.
Area Covered: Gore District
ALTOGETHER AUTISM

Address: Southland Community House, 46 Kelvin St, PO Box 327, Invercargill
Phone: 03 214 3179, 0800 273 463 Fax:
Email: Website: altogetherautism.org.nz
Service Description: Altogether Autism provides information and support for families and the community; psychologists and experts handle all issues in Autism spectrum, maintain databases of related services and have a team of advisors and volunteers to support parents. No charge
Area Covered: Southland

ALZHEIMERS SOCIETY SOUTHLAND INC

Address: 46 Kelvin St, Invercargill 9810
Phone: 03 214 0984 Fax: 03 214 0928
Email: alzheimer.southland@xtra.co.nz Website: alzheimers.org.nz
Service Description: Support and advocacy organisation for people with dementia, their carers, family, whanau and community. They give people a chance to meet others going through similar situations, run support and friendship groups for people affected by the disease, memory management courses. Also give information and access to local support services.
Area Covered: Southland

A – PLUS ASSOCIATES

Address: 58 Yarrow St, PO Box 1338, Invercargill
Phone: 03 214 1282 Fax: 03 214 3460
Email: admin@aplusassociates.co.nz Website:
Service Description: Rehabilitation for the long-term unemployed, placement into work, liaising with client and employer, mediation and assisting with employment coaching, CV’s and work support. Referrals from ACC or Work & Income (no charge); charge applies for self-referrals.
Area Covered: Southland

AWARUA SOCIAL AND HEALTH SERVICES

Address: 190 Forth St, PO Box 293, Invercargill
Phone: 03 218 6668 Fax: 03 218 9353
Email: mtaylor@awaruashs.maori.nz Website: awaruashs.maori.nz
Service Description: Comprehensive range of educational support, counselling social services including a health initiative to support families/whanau. Services provided: Well Child checks, Parents as First Teachers (PAFT), health promotion and education to entire whanau, truancy services supporting students to return to school.
Area Covered: Southland
BALFOUR PLAYCENTRE

Address: 131 Queen Street, P.O. Box 103, Balfour, 9746
Phone: 0272128118
Fax: 
Email: southlandplaycentre@xtra.co.nz
Service Description: Playcentre philosophy is based on the idea of child-initiated play and parents as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following in order to ensure the quality of early childhood education is each session:
Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership
Balfour Playcentre opens from 9am till 12pm during school terms on Tuesday, and Friday.
Area Covered: Balfour

BARNARDOS

Address: 41 Irk Street, PO Box 217, Gore 9740
Phone: As below for specific services
Email: goreoffice@barnardos.org.nz
Service Description: Offering a range of child and family services and early childhood care and education throughout New Zealand.
Family Support: free in home service providing confidential, child-focused support, working along-side families to build on their strengths and make positive changes for the benefit of their children.
Phone: 03 208 7410

BARNARDOS KIDSTART

Address: 47 Irk Street, PO Box 217 Gore 9740
Phone: 03 203 9270
Fax: 
Email: gore.office@barnardos.org.nz
Description: Trained educators providing quality in home care and education for children from birth to 5 years
Area: Eastern Southland

BARNARDOS – SOCIAL WORKER IN SCHOOLS

Address: 41 Irk Street, PO Box 217, Gore 9740
Phone: 027 687 8936 / 09 625 3696
Fax: 
Email: katherine.mcewing@barnados.org.nz
Service Description: free service providing social work support and early assistance to children and families to help overcome barriers to academic success, can be on an individual or group basis at school.
Area Covered: Mataura School and East Gore School
BLUEMOUNTAIN COLLEGE - GUIDANCE COUNSELLOR

Address: State Highway 90, Tapanui 9522
Phone: 03 204 8358  Fax: 03 204 8797
Email:  Website: bluemountaincollege.net
Service Description: Individual and small group pastoral care for students and others, counselling and guidance.
Area Covered: School community

BUDDY PROGRAMME (WEST OTAGO)

Address: 41 Lewin St, Balclutha
Phone: 03 418 1799  Fax:
Email: buddyso@psotago.org.nz  Website: ps.org.nz/otago
Service Description: Mentoring programme for children aged 4-12 years. Children are matched with carefully selected and trained adult volunteers. The aim is to gain friendship, provide support, guidance and encouragement. Increase the child’s self esteem, develop social skills and help children make positive choices. Provide opportunities for new social experiences and different activities. Referrals required from social service agencies.
Area Covered: West Otago
CALVIN COMMUNITY CHURCH

Address: 25 Robertson St, Gore
Phone: 03 208 9973  Fax: 03 208 0891
Email: office@calvin.org.nz  Website: www.calvin.org.nz
Service Description: Presbyterian Church which holds programmes for all ages.

Youth group – Breakfire Meets Wednesday nights during the school term, 7 – 8.30pm. Breakfire introduces young people (years 7-8) to Jesus, and to have a fun time doing it. We have heaps of fun and games, and then have a short God Spot at the end of each night. Gold coin entry.

Youth Group – Four12 Friday night youth is for high school students. They meet from 7-9pm on Friday nights during the school term. We have some fun times and games. We are not afraid to look into all sorts of matters to do with life and faith. Supper provided. Gold coin entry.

Babysitting Service - Leader: Lynda MacDonald 208 4022. We have a team of babysitters available who have been trained in first-aid, play, behavior management, and SKIP (Supporting Kids, Informing Parents). A minimum donation of $10/hour or $45 to midnight is suggested. If you need a babysitter, please phone Irene Roy 208 5833, or Helen Clement 208 4564. A pre-enrolment form must be completed, and may be picked up from the Calvin office or found at www.calvin.org.nz under the Children & Families tab.

Carers - This is a ministry where carers are available to stand alongside people, particularly in times of need. Support may include visiting, practical help, providing meals, and prayer. If there is a need for pastoral care, please contact Ken.

Christmas Dinner - Christmas Day, 12.30pm. This is an opportunity for anyone in the community to have some company on Christmas day, and to enjoy a meal together.

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

Fellowship Group - Meets 1.30 pm on the 2nd and 4th Mondays of the month. A group that provides fellowship and friendship for older people who live on their own. The afternoon usually involves a speaker or activity followed by afternoon tea.

Firewood - Firewood is given to those in need on referral from Budget Advice or WINZ.

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

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

Seasons for Growth - Seasons for Growth is a national educational programme designed to help young people deal with change, loss and grief. This is currently available for children ages 6 - 12, but may become available for all ages. Seasons for Growth is coordinated by Calvin Church, and facilitated by trained staff in a variety of community and church settings. To find out when the next Seasons for Growth programme will be running, please contact us.

Area Covered: Greater Gore community
CAMP COLUMBA

Address: 89a Kaiwera Road, Pukerau, RD2 Gore, 9772  
Phone: 03 205 3702  Fax: 03 205 3704  
Email: info@campcolomba.org.nz  Website: campcolumba.org.nz  
Service Description: Accommodation and adventure programmes to promote physical, emotional and spiritual development. Please see website of camps available at this Presbyterian Church run camp.  
Area Covered: Any

CANCER SOCIETY - SOUTHLAND

Address: 149 Spey St, PO Box 995, Invercargill 9840  
Phone: 03 218 4108  Fax:  
Email: jan@cansoc.org.nz  Website: cancernz.org.nz  
Service Description: Provision of practical support to anyone affected by a cancer diagnosis. If you need to talk, support or want information, a free Gore based worker is available.  
Area Covered: Southland

CCS DISABILITY ACTION

Southland  
Address: 142 Don St, PO Box 9840, Invercargill  
Phone: 03 218 9696  Fax: 03 218 9689  
Email: admin.southland@ccsdisabilityaction.org.nz  Website: ccsdisabilityaction.org.nz  
Otago  
Address: 514 Great King St, PO Box 6174, Dunedin 9059  
Phone: 03 477 4117  Fax: 03 477 4397  
Email: otago@ccsdisabilityaction.org.nz  Website: ccsdisabilityaction.org.nz  
Service Description: Helping people with disabilities and their family with all aspects of lifestyle, advocacy and information services (on disability issues). Support for community involvement in vocational and recreational areas and accommodation, access to ‘Total Mobility Scheme’ and holiday home (Queenstown).  
Area Covered: Southland & Otago (visit West Otago on as needed basis)

CHILD, ADOLESCENT AND FAMILY SERVICES (CAFS)

Address: Gore Community Mental Health, Irwell St, PO Box 105, Gore  
Phone: 03 208 0299  Fax: 03 208 8709  
Email:  Website: southerndhb.govt.nz  
Service Description: Provide mental health services to young people aged 0–18 who are experiencing moderate to severe mental health problems. Initial assessment, treatment and therapy will be developed in consultation with youth and family.  
Area Covered: Gore & rural including Tapanui
CHILD YOUTH AND FAMILY

Address: 24 Traford St, PO Box 44, Gore
Phone: 03 902 0316
Fax:
Email: kaye.dickison001@cyf.govt.nz
Website: cyf.govt.nz
Service Description: Work with families to protect children and young people, manage young offenders up to age 17 and ensure that children in need are cared for.
Area Covered: Any

CITIZENS ADVICE BUREAU

Address: 15 Hokonui Drive, PO Box 372, Gore
Phone: 03 208 4008
Fax: 03 208 1476
Email: cab.gore@xtra.co.nz
Website: cab.org.nz
Service Description: Up-to-date local, regional and national information about your rights, government policies and community services. The bureau provides local and general information for issues including consumer problems, health, budgeting, education, training, legal, health, employment, transport and travel.
Area Covered: Southland

CLUTHA MENTAL HEALTH

Address: Clutha Health First, 3-7 Charlotte St, Po Box 46, Balclutha
Phone: 03 419 0500
Fax: 03 419 0501
Email: ray.anton@chf.co.nz
Website: cluthahealth.co.nz
Service Description: Services include counselling including drug and alcohol, medication, anger management, play therapy, self esteem building, parenting skills; social and communication skills.
Area Covered: West Otago & Clutha District

COMMUNITY COLLEGE SOUTHLAND

Address: 4th Floor, Menzies Building, 3 Esk Street, PO Box 611, Invercargill
Phone: 03 214 3090
Fax: 03 214 0870
Email: admin@southland.comcol.ac.nz
Website: comcol.ac.nz
Service Description: Providing practical, entry level, student focused training towards employment; incorporating NZQA unit standards. Courses include hairdressing, employment skills, hospitality, food & beverage service, business administration & computing L2, NCEA level 1 & 2 credits. Free transport daily from Gore and Mataura.
Area Covered: Southland
COMMUNITY NETWORKING TRUST

Address: 1 Charlton Lane, Gore
Phone: 03 208 8480  Fax: 03 208 8481
Email: cccgore@cnt.org.nz  Website: cnt.org.nz
Service Description: Help support the accessibility and development of social services and promote networking within the local community.
Youth Co-ordinator – Support for youth workers, identifies youth issues, support establishment of more activities and programmes that will raise level of youth participation.
Trials – 2 year pilot for youth initiatives in Gore working on reducing; truancy, offending, levels of alcohol and drug abuse in young people and increasing the number of young people in education, training and employment.
Area Covered: Eastern Southland

COMMUNITY PROBATION

Address: 21 Ordsal St, PO Box 325, Gore
Phone: 03 203 9290  Fax: 03 203 9291
Email:
Service Description: Manage community based sentences as set by the courts and parole board.
Administer and monitor home detention, community detention and sentence management.
Area Covered: Eastern Southland

DISABILITIES RESOURCE CENTRE SOUTHLAND

Address: 192 Spey Street, Box 1091 Invercargill
Phone: 03 214 5000 / 0800 100 531  Fax:
Email: info@drcsouth.co.nz  Website:
Service Description: Disability information, disability products to buy or hire, home services, total mobility agency. DRC Southland holds an equipment day bimonthly at the Gore + Districts Senior Citizens Rooms, Ardwick Street, Gore.

DRUG AND ALCOHOL SPECIALIST SERVICE (DASS)
Accessed through Gore Community Mental Health Services

Address: 6 Irwell St, Gore
Phone: 03 208 0299  Fax: 03 208 8709
Email:
Service Description: Aims to decrease the use of drugs, alcohol and gambling; assist through education and counselling individuals and families affected by alcohol, drug misuse and gambling.
Area Covered: Southland
EAST GORE SCHOOL

Address: 3 Wentworth St, Gore
Phone: 03 208 5331  Fax: 03 208 5331
Email: office@eastgore.school.nz  Website: eastgore.school.nz
Service Description: Primary School hosts a home work club funded by Ministry of Education.
Take 5 group – Parents group, for people with in the school community. Wednesday mornings, including activities such as bone carving and crafts.
Area Covered: Gore

EASTERN SOUTHLAND DIABETIC SOCIETY SUPPORT GROUP

Address: 47A Frank St, Gore
Phone: 03 208 4795  Fax:
Email:  Website:
Service Description: Support Group suffers for anyone affected by diabetes type 1 or 2 or with pre diabetes. Meetings are held every third Wednesday of each month at the St Johns rooms.
Area Covered: Eastern Southland

EASTERN SOUTHLAND ME SUPPORT GROUP (CHRONIC FATIGUE)

Address: 25 Hyde St, Gore 9710
Phone: 03 208 6966  Fax: 03 208 6966
Email: he@clear.net.nz  Website:
Service Description: A caring support service for suffers of ME (chronic fatigue)
Area Covered: Eastern Southland

EASTERN SOUTHLAND RIDING FOR THE DISABLED

Address: Gore A & P Grounds, Bury St, PO Box 72, Gore
Phone: 03 208 7341  Fax:
Email:  Website: rda.org.nz
Service Description: Therapeutic riding for intellectually and physically disabled people. Confidence building and enjoyment had by all. Referrals from any agency.
Area Covered: Eastern Southland & West Otago
EASTERN SOUTHLAND RURAL TRANSPORT SERVICE

Address:  
Phone: (Booking through Citizens Advice Bureau) 03 208 4008, after hours 027 224 8438 or 03 208 0010  
Email:  
Website: 
Service Description: Transport to Invercargill, Balclutha and Dunedin for doctors, hospital, specialist and general appointments available for those in the community who have no or limited access to transport. A small donation for services is appreciated.  
Area Covered: Eastern Southland

ELSIE’S PLAYGROUP FOR YOUNG MUM’S

Address: Gore Playcentre, Devon St, Gore  
Phone: 208 8221  
Fax:  
Email: jonelle@reap.co.nz  
Website: 
Service Description: Playgroup for young mum’s, with different activities that focus on the mums as well as the children. Thursday 1.15 -3.00pm.  
Area Covered: Eastern Southland

ENGLISH LANGUAGE PARTNERS (SOUTHLAND)

Address: 184 Esk St, Invercargill  
Phone: 03 218 2736  
Fax: 03 218 2736  
Email: southland@englishlanguage.org.nz  
Website: englishlanguage.org.nz  
Service Description: A community based organisation helping refugees and migrants to learn English and to start their life in New Zealand. Trained volunteers take the tutor service into clients homes, including homes in the Gore area. One on one and group classes are available.  
Area Covered: Southland

ENTERPRISE CLUTHA

Address: Development House, 6 John St, Balclutha  
Phone: 03 418 4048  
Fax: 03 418 1399  
Email: team@eclutha.org.nz  
Website: 
Service Description: Economic, business and tourism development; business support; careers, employment and youth development; training and education; not for profit training for community groups.  
MAD youth Programme: for those (ages 14 -24) - develops and enhances values and self esteem; building positive attitudes; recognize young people’s abilities. Aims to enhance work based skills and career opportunities and to contribute these to successful employment opportunities and generate pride and community ownership in Clutha District.  
Area Covered: West Otago & Clutha District
EPILEPSY ASSOCIATION OF NEW ZEALAND

Address: 46 Kelvin St, PO Box 68, Invercargill 9840  
Phone: 03 218 3089/ 0800 20 21 22  Fax: 03 218 3089  
Email: southland@epilepsy.org.nz  Website: epilepsy.org.nz

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

Area Covered: Southland

FAMILY WORKS

Address: Hokonui Community House, Cnr Crombie & Main St, Gore  
183 Spey St, Invercargill  
Phone: 03 208 0877  Fax: 03 211 6110  
Email: lorraine.marston@southland.familyworks.org.nz  Website: southland.familyworks.org.nz

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

Buddy Programme: Mentoring programme for children aged 4-12 years. Children are matched with carefully selected and trained adult volunteers. The aim is to gain friendship, provide support, guidance, encouragement. Increase the child’s self esteem, develop social skills and help children make positive choices. Providing opportunities for new social experiences and different activities. Referrals required from social service agencies.

Available for Gore area: Family assessments, social work, counselling, foster care.
Area Covered: Eastern Southland

FOOTSTEPS- Learning Journeys at Home

Address:  
Phone: 0800 footsteps or 021 866 632  Fax: 07 579 2763  
Email: becky@footsteps.co.nz  Website: footsteps.co.nz

Service Description: In home early childhood discovery and learning service from qualified teachers. Supports and empowers caregivers to provide an individual strengths based learning environment. Provide educational toys and resources or individual child’s needs. Free service provided by Ministry of Education.

Area Covered: Southland
GORE BAPTIST CHURCH

Address: 22 Ardwick St, Gore
Phone: 03 208 4675
Fax: 03 208 4675
Email: office@gorebaptist.org
Website: gorebaptist.org

Service Description:
Nail care clinic – every 6 weeks
Hoopah - Mataura after school programme.
Area Covered: Gore Districts

GORE BUDGET ADVISORY SERVICES

Address: c/o CAB, 15 Hokonui Drive, PO Box 372, Gore
Phone: 03 208 4644
Fax: 03 208 1476
Email: gbudget@xtra.co.nz
Website:

Service Description: Free confidential advice service on budgeting, available to all members of the community. Advocacy for Work and Income and summary installment order supervision.
Area Covered: Gore, Tapanui, Lumsden, Kingston, Wyndham & Edendale.

GORE CANCER SUPPORT GROUP

Address: 7 Dunns Road, Mataura
Phone: 03 203 8202
Fax:
Email:
Website:

Service Description: Offer support for people affected by cancer and their families. Provide companion visiting, equipment lending, transportation, health promotion and when necessary food.
Meetings held at Calvin Church
Area Covered: Eastern Southland

GORE CATHOLIC CHURCH

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

Service Description: Provides emergency help for those requiring emotional, physical, spiritual, financial and housing needs/help.
St Vincent De Paul – Runs a food bank out of the church foyer, emergency accommodation and visits families in need.
Womens League- A community support group, but also supports local IHC, petitions social justice issues and supports local community social activities. Meetings held monthly.
Area Covered: Eastern Southland
GORE CHIROPRACTIC CLINIC

**Address:** 12 Irwell St, Gore  
**Phone:** 03 208 9520  
**Fax:** 03 218 6236  
**Email:**  
**Service Description:** Provider of quality chiropractic services, lower back/leg pain, neck pain/headaches. ACC provider  
**Area Covered:** Southland

GORE COMMUNITY DEVELOPMENT OFFICER

**Address:** Gore District Council, Civic Ave, PO Box 8, Gore  
**Phone:** 03 209 0388  
**Fax:** 03 209 0357  
**Email:** msmith@goredc.govt.nz  
**Website:** goredc.govt.nz  
**Service Description:** Plans, investigates and implements initiatives in the Gore District which positively address social wellbeing needs and issues in the interest of building and strengthening community capacity and cohesiveness.  
**Area Covered:** Gore District

GORE COMMUNITY LINK

**Address:** 24 Traford St, PO Box 271, Gore  
**Phone:** 0800 559 009  
**Fax:**  
**Email:**  
**Service Description:** Community Link focuses on working in partnership with individuals, their families and the community. Community Link provides premises where partner organisations including Government agencies and non-government organisations can work from, at agreed times to offer their services to clients.  
**Area Covered:** Eastern Southland

GORE COMMUNITY MENTAL HEALTH

**Address:** 6 Irwell St, Gore, PO Box 105  
**Phone:** 03 208 0299  
**Fax:** 03 208 8709  
**Email:**  
**Website:** southerndhb.govt.nz  
**Service Description:** Provides free mental health services to the Eastern Southland area. Mental health services are community based, providing treatment and care across all age ranges.  
**Area Covered:** Eastern Southland
GOUSE COUNSELLING CENTRE

Address: 17 Trafford St, PO Box 157, Gore  
Phone: 03 208 5366  
Fax:  
Email: inquiry@gorecounsellingcentre.com  
Website: gorecounsellingcentre.com  
Service Description: Provide a centre that embraces all walks of life, ages, cultures and beliefs within the community. Counselling for therapy, youth, adolescent and family. ACC, drug /alcohol assessment. 
Women’s Education Programme Assists in learning about the nature and effects of violence, identifying and understanding problems, self care and value, looking forward and moving towards eliminating violence and its effects. 
Men’s Stopping Violence and Anger Management Education Programme For any male with violence and anger management issues; working on valuing relationships and oneself; changing attitudes and accepting change; eliminating violence and dealing with anger.  
Area Covered: Eastern Southland

GOUSE & DISTRICT MENTAL HEALTH CARERS SUPPORT GROUP

Address:  
Phone: 03 208 4359  
Fax:  
Email:  
Website:  
Service Description: Supporting parents and families of those affected by mental health issues. Provide information and resources, friendship and support; monthly meetings and informal discussion groups for carers and families of those affected by mental illness. 
Area Covered: Gore Districts

GOUSE & DISTRICTS SENIOR CITIZENS CLUB INC.

Address: 106 Ardwick St, Gore  
Phone: 03 208 7471  
Fax:  
Email:  
Website:  
Service Description: A meeting place for the senior citizens of the Gore District. Thursday dinner; every 1st Thursday of the month with speaker and concert after the meal. Tuesday 1:30pm Euchre. 
Area Covered: Gore District

GOUSE & DISTRICTS YOUTH WORKER TRUST

Address: 1 Charlton Lane, Gore  
Phone: 03 208 8480  
Fax: 03 208 8481  
Email: gdcywt@gmail.com  
Website:  
Service Description: Provides programmes and one on one work for youth in our community. Covers areas such as; confidence building, dealing with conflict, managing different situations, communication and coping with issues that affect their lives. Ages 8-16. 
Area Covered: Eastern Southland & West Otago
GORE FOOT CLINIC (PODIATRY)

Address: 31 Main St, Gore
Phone: 03 208 3664       Fax: 03 208 3664
Email:  
Service Description: Provide all foot care including orthotics.
Area Covered: Southland & West Otago

GORE HEALTH LTD

Address: 9 Birch Lane, PO Box 274, Gore
Phone: 03 209 3030       Fax: 03 208 0194
Email:  
Service Description: Maternity, inpatient and emergency service are provided in the hospital. On site services; x-rays, physiotherapy, occupational therapy, speech and language therapy, laboratory, urgent Dr, visiting consultants and sometimes mobile surgical service. Off site district nurses, meals on wheels, social workers, mole mapping. As well as elderly needs assessment for home support.
Area Covered: Gore District

GORE HIGH SCHOOL – GUIDANCE COUNSELOR

Address: Coutts Rd, Gore
Phone: 03 208 9130 ext 825
Email: mmurrell@gore-high.school.nz
Service Description: Individual and small group pastoral care for students and others, counselling and guidance.
Area Covered: School community

GORE MIGRANT SERVICES CO-ORDINATOR

Address: 1 Charlton Lane, Gore
Phone: 03 208 8480       Fax: 03 208 8481
Email: easternsouthland@newcomers.co.nz       Website: newcomers.co.nz
Service Description: Provide information and referrals to the right services for those immigrants moving to the community. Introduces them to the services they will need for their new life in the Gore community.
Area Covered: Gore District
GORE NEWCOMERS NETWORK

Address: 1 Charlton Lane, Gore  
Phone: 03 208 8480  
Fax: 03 208 8481  
Email: easternsouthland@newcomers.co.nz  
Website: newcomers.co.nz  
Service Description: Provide social events, coffee mornings and activities for those new to the Gore community.  
Area Covered: Gore District

GORE NEW LIFE CHURCH

Address: 11 Jacob St, Gore  
Phone: 03 208 4821  
Fax: 03 208 4823  
Email: nlcjacob@xtra.co.nz  
Website: newlife.org.nz  
Service Description: Church passionate to see the gospel of the kingdom impacts every ethnic group.  
MarriageAlpha: Programme run when needed to help couples strengthen their marriages.  
GriefShare: Support group about coping with loss using a 13 week rolling cycle programme that you can join at any point during the cycle and catch up on missed sessions in the next cycle.  
Area Covered: Gore District

GORE PARENTS CENTRE

Address: Mersey St, PO Box 241, Gore  
Phone: 03 208 7309  
Fax:  
Email: gore@parentscentre.org.nz  
Website: parentscentre.org.nz  
Service Description: Positive birth experiences and informed parenting in a community where parents are supported and highly involved in their roles. Child birth classes, social activities, aqua tots, baby and you, music and movement, play gym, library, coffee mornings, breast/ bottle feeding support, post natal depression support and equipment hire.  
Area Covered: Eastern Southland

GORE PLAYCENTRE

Address: 6 Devon St, Gore  
Phone: 0276293065  
Fax:  
Email: southlandplaycentre@xtra.co.nz  
Website: playcentre.org.nz  
Service Description: Playcentre philosophy is based on the idea of child-initiated play and parents as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following in order to ensure the quality of early childhood education is each session:  
Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership  
Gore Playcentre opens from 8:45am till 11:45am during school terms on Tuesday, Wednesday, Thursday and Friday.  
Area Covered: Gore District
**GORE TOY LIBRARY**

**Address:** 18 Tamworth Lane, Gore  
**Phone:**  
**Email:** goretoylibrary@hotmail.com  
**Website:** toylibrary.co.nz  
**Service Description:** Provides a wide range of good quality educational toys and CD’s. Operates similar to public libraries where toys are borrowed for fixed length of time.  
**Area Covered:** Gore District

**GORE WOMEN’S REFUGE INC.**

**Address:** 77A Main St, PO Box 357, Gore  
**Phone:** 03 208 8384 or 03 208 9333 crisis  
**Fax:** 03 208 8384  
**Email:** refuge@ispnz.co.nz  
**Website:** womensrefuge.org.nz  
**Service Description:** Supports all women and their children to develop strategies for living fulfilled lives free from violence. Provides 24 hour crisis help, safe emergency accommodation, community support, information and education programmes and out reach services.  
**Area Covered:** Eastern, Northern & Western Southland; South, West & Eastern Otago

**GREY POWER EASTERN SOUTHLAND ASSOCIATION INC.**

**Address:** PO Box 100, Gore  
**Phone:** 03 203 7860  
**Fax:**  
**Email:** dixeyland@xtra.co.nz  
**Website:**  
**Service Description:** Advocate on behalf of older people and petition the government on a vast number of social and health issues.  
**Area Covered:** Eastern Southland

**GROUP SPECIAL EDUCATION**

**Address:** 190 Forth St, PO Box 887, Invercargill  
**Phone:** 03 218 2442  
**Fax:** 03 218 2171  
**Otago (for West Otago)**  
**Address:** 414 Moray Place, PO Box 5147, Dunedin  
**Phone:** 03 471 5200  
**Fax:** 03 479 0541  
**Website:** minedu.govt.nz  
**Service Description:** For children with special education needs, behavioral or communication needs from birth to 21 years.  
**Area covered:** Southland/Otago
GROW

Address: 22 Manse St, Dunedin
Phone: 03 477 2871 Fax: 03 477 2871
Email: growdunedin@yahoo.com Website: grow.org.nz
Service Description: Community mental health movement offering 12 step, group mutual help in recovering from and the prevention of mental breakdown.
Area Covered: Otago & Southland

HEAD INJURY SOCIETY SOUTHLAND INC

Address: Community House, 46 Kelvin St, Invercargill
Phone: 03 214 4154 Fax: 03 214 4154
Email: his-sth@xtra.co.nz Website: head-injury.org.nz
Service Description: To assist persons with head injuries, their families and carers; and to promote and maintain the optimum of rehabilitation services available in the Southland Community.
Area Covered: Southland

HEALTHCARE NZ

Address: 82 A/B Broughton St, Gore
Phone: 03 208 1953 Fax: 03 208 0480
Email: gore.office@healthcarenz.co.nz Website: healthcarenz.co.nz
Service Description: Home support and nursing services including; post op care, wound, palliative and personal care. Also home help.
Area Covered: Gore Districts

HEARTLAND SERVICES GORE

Address: 1 Charlton Lane, Gore
Phone: 03 208 8480 Fax: 03 208 8481
Email: cccgore@cnt.org.nz Website: heartlandservices.govt.nz
Service Description: A one stop shop where the local community may access many Government and other related services. Information, resources and computer access, regular visits to the centre by ACC, Housing New Zealand and Southland Community Law.
Area Covered: Gore Districts
HERIOT PLUNKET

Address: 
Phone: 03 218 2275 / 027 2263824
Fax: 
Email: 
Website: plunket.org.nz

Service Description: Sub branch of West Otago Plunket - help provide care and support to young baby's, children and their families. Plunket nurses available monthly, coffee mornings and family support evenings. Karitane nurse available for support, advice and home visits. A Lactation Consultant is available for home visits.

Area Covered: West Otago

HOKONUI RUNANGA - HEALTH AND SOCIAL SERVICES TRUST

Address: 140 Charlton Road, PO Box 46, Gore
Phone: 03 208 7954
Fax: 03 208 7964
Email: hokonui@xtra.co.nz
Website: 

Service Description:

Young Mums & Bubs: for mums under 25 years old & their whanau, early intervention programme aiming to assist families increase their health status. Provide a supportive environment in order to ensure young women and their partners have the necessary skills and knowledge to provide the best possible care for their children and whanau. Including; breast feeding promotion, smoking cessation, family violence screening, drugs and alcohol, antenatal, parenting advise, nutrition and mental health education.

Youth Advocacy Services: offering counselling, advocacy, support & referrals; also holiday programmes.

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

Area Covered: Eastern Southland & West Otago

HOKONUI TIMEBANK

Contact person: Rosemary Smith
Phone: 03 208 5092
Fax: 
Email: coordinator@hokonuitimebank.org.nz
Website: hokonuitimebank.org.nz

Service Description: A community system in which a person who volunteers one hour of their time helping someone, is rewarded with a one-hour time credit. They can then use that time credit or their accrued time credits to receive help from someone else.

Area Covered: Eastern Southland
ICONZ

Contact Person: Jorgen Hansen  
Phone: 027 210 7825  
Fax:  
Email:  
Website: iconz.org.nz  
Service Description: An out of school activity group for children 8-11 year olds or year 5-6 at primary school. They teach adventure, leadership, life skills through fun activities to develop boys positively (was formerly boys brigade). This unit meets at “The Bunker”, Bridge Street, Mataura on Thursdays at 6.30pm.  
Area Covered: Mataura

IDEA SERVICES

Address: 15 Civic Ave, PO Box 254, Gore  
Phone: 03 203 9170  
Fax: 03 203 9172  
Email: gore@idea.org.nz  
Website: idea.org.nz  
Service Description: Formerly IHC. Assist people with an intellectual disability to represent their interests and establish themselves in the community. Provides residential and vocational services for people with intellectual disabilities, also providing home support.  
Area Covered: Eastern Southland

INVERCARGILL CHILD AND FAMILY CENTRE

Address: 13 Esk Street, PO Box 116, Invercargill 9840  
Phone: 03 218 2929 or 027 2289 747  
Fax:  
Email: info@icfc.co.nz  
Website: icfc.org.nz  
Service Description: Invercargill Child & Family Centre caters to infants, children, teenagers, adults, couples and families. Dr Kay McKenzie and colleagues specialise in child and family therapy, including help with parent-child attachment problems. They are skilled in a range of therapies, including play therapy, parent-child therapy and individual counseling. They also provide therapy for adults, couples, adolescents and EAP clients. Weekly clinics in Gore  
Area Covered: Therapy rooms is Invercargill and Gore

KAKAPO ORGANIC GARDENS (Bainfield Gardens)

Address: Located Oxford St, Gore or PO Box 713 Invercargill  
Phone: 03 214 4562 or 021 918 674  
Fax: 03 218 4408  
Email: garth@christiancentre.org.nz  
Website: christiancentre.org.nz  
Service Description: Offers work experience in an environment of recovery for people suffering mental illness. Participants are involved in gardening and horticultural activities that have a Christian culture of love and encouragement. Participants receive supervised support, training and work experience.  
Area Covered: Eastern Southland
KIA NGAWARI KOHANGA REO

Address: 106 Kana St, PO Box 42, Mataura
Phone: 03 203 7460
Email: 
Service Description: Multi cultural early childhood learning in a Maori immersion pre-school. Teaching under 5s, using the teaching curriculum of Te Whariki.
Area Covered: Eastern Southland

KIP McGrath

Address: Room 11, SIT, 70 Kakapo St, Gore
Phone: 03 208 1002
Email: kipgore@xtra.co.nz
Service Description: Extra tutoring for youth up to year 13; covers assessment and tuition; Reading, Spelling, English, Math’s, Science; Auditory and visual memory
Area Covered: Eastern Southland

LIFE EDUCATION TRUST HEARTLAND SOUTHLAND OTAGO - Mobile classroom

Address: PO Box 286, Invercargill
Phone: 0274893859
Email: heartland@lifeed.org.nz
Service Description: Teaches the Life Education Programme to children throughout the Southland area. Every person within the Trust works hard to raise funds to keep their mobile classrooms running, a key component in delivering the Life Education Programme. Uses a preventative approach to teach the wonders of life, themselves and other people; topics ranging from food and nutrition to substance abuse.
Area Covered: Otago Southland

LIFELINE SOUTHLAND

Address: 103 Esk St, Invercargill
Phone: 0800 454 355 or 03 214 4889
Email: 
Service Description: free 24/7 phone counselling support service, working with people of all ages, who want to discuss their concerns.
Area Covered: Southland
LUMSDEN PLAYCENTRE

Address: 33 Pluto Road, Lumsden, 9730
Phone: 03 248 7259
Fax:
Email: southlandplaycentre@xtra.co.nz
Website: playcentre.org.nz

Service Description: Playcentre philosophy is based on the idea of child-initiated play and parents as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following in order to ensure the quality of early childhood education is each session:
Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership
Lumsden Playcentre opens from 9.15am till 12.15pm during school terms on Monday, Tuesday and Thursday.
Area Covered: Lumsden/ Mossburn/Five Rivers/ Dipton

MATAURA COMMUNITY DEVELOPMENT COODINATOR

Address: McQueen Ave, Mataura; Postal: c/- C.C.C, 1 Charlton Lane, Gore
Phone: 03 203 7083 or 021 193 7720
Fax:
Email: mcdc@cnt.org.nz
Website:

Service Description: Provide contact and links to Mataura community and external agencies in relation to family led community development.
Area Covered: Mataura

MATAURA COMMUNITY LIBRARY AND SERVICE CENTRE

Address: Bridge St, PO Box 14, Mataura
Phone: 03 203 8114
Fax: 03 203 8115
Email:
Website:

Service Description: Provide quality library services to meet unique leisure, information and cultural needs of the people of the wider Mataura community.
Toddler Time – for children 3 + years, Friday 10.30 am
Wriggle and Rhyme - for children 0-5 years, Wednesday 11am.
Area Covered: Mataura District
MATAURA PLAYCENTRE

Address: 8 Dover St, Mataura
Phone: 022 324 0260
Fax:
Email: southlandplaycentre@xtra.co.nz
Website: playcentre.org.nz

Service Description: Playcentre philosophy is based on the idea of child-initiated play and parents as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following in order to ensure the quality of early childhood education is each session:
Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership.
Mataura Playcentre opens from 9.30am till 12.30pm during school terms on Tuesday and Thursday.
Area Covered: Mataura District

MATAURA PRESBYTERIAN CHURCH

Address: 62 Kana St, Mataura 9712
Phone: 03 203 8422
Fax:
Email:
Website:

Service Description: Presbyterian Church
Family Support Worker: Works with families and the community
Youth Group: Various youth programmes/groups
Mataura Mainly Music: Music, dancing, singing and rhyme for under fives
Area Covered: Mataura

MATAURA SCOUT GROUP

Address: 28 River St, Mataura
Phone: 03 203 3303
Fax:
Email: clearwater.family@xtra.co.nz
Website:

Service Description: A fun activity based learning group teaching life skills to the children and teenagers in the community. Tramping, camping, cooking, knot tying and general life skills.
Area Covered: Mataura District

MATAURA SENIOR CITIZENS CENTRE

Address: 4 McQueen Ave, Mataura
Phone: 2083969
Fax:
Email:
Website:

Service Description: Regular social meetings, speakers and shared meals.
Area Covered: Mataura District
MATAURA YOUTH CENTRE TRUST (THE BUNKER)

Address: Mataura Town Hall, River St, Mataura
Phone: 027 210 7825  Fax:
Email:  Website:
Service Description: Youth drop in centre with adult supervision. Have pool tables, table tennis, air hockey, wii and xbox, computers with internet and music playing. This facility is also available for other agencies to use.
Area Covered: Mataura District

MENZIES COLLEGE - GUIDANCE COUNSELLOR

Address: Alma St, Wyndham 9831
Phone: 03 206 4979  Fax:
Email: admin@menzies.school.nz  Website:
Service Description: Individual and small group pastoral care for students and others, counselling and guidance.
Area Covered: School community

NATIONWIDE HEALTH AND DISABILITY ADVOCACY SERVICE

Address: PO Box 1682, Invercargill
Phone: 03 214 0415  Fax:
Email: advocacy@hdc.org.nz  Website: hdc.org.nz
Service Description: Promote and protect the rights of health and disability consumers through empowering advocacy. Listen to complaints, give information on rights, identify and clarify issues and support you to resolve your concerns.
Area Covered: Southland

NATURAL HEALTH 2000

Address: 57 Main St, Gore
Phone: 03 208 4561  Fax: 03 208 4561
Email: h2k@woosh.co.nz  Website: health2000.co.nz
Service Description: Retails natural health products and uses natural/ alternative healing practitioners such as massage, Bowen therapy, naturopathy, homeopathy and reflexology.
Area Covered: Eastern Southland
NEW ZEALAND POLICE YOUTH AID OFFICER

Address: Cnr Hokonui Drive & Medway St, PO Box 29, Gore
Phone: 03 203 9300 Fax: 03 203 9301
Email: stephen.heyrick@police.govt.nz Website:
Service Description: Youth aid for under 17 year olds who are offending or have domestic or schooling issues.
Area Covered: Eastern Southland & West Otago

NEW ZEALAND POLICE YOUTH EDUCATION SERVICES

Address: Cnr Hokonui Drive & Medway St, PO Box 29, Gore
Phone: 03 203 9300 Fax: 03 203 9301
Email: linda.graham@police.govt.nz Website:
Service Description: Provides educational resources, information and facilitates programmes in the school to develop a safer and healthier environment for those participating. The programmes include Dare, cycling, cyber safe and bullying.
Area Covered: Eastern Southland & West Otago

NGA KETE MATAURANGA POUNAMU (on behalf of Oraka-Aparima Health and Social Services)

Address: 86 Victoria Ave, PO Box 1749, Invercargill
Phone: 0800 925 242 or 03 214 2079 Fax: 03 214 5125
Email: admin@kaitahu.maori.nz Website: kaitahu.maori.nz
Service Description: Provide a range of health and lifestyle services that support independence, health and well being of the community. Including mobile nurse clinic, health checks, breastfeeding support, smoke free support, disability support, addiction services and more. Services provided in Gore when needed.
Area Covered: Southland

OPEN HOME FOUNDATION

Address: 3 Esk Street West, P.O Box 1706, Invercargill 9840
1 Charlton Lane, Gore
Phone: 03 213 5555 Fax: 03 218 3430
Email: Nathan.J@ohf.org.nz or Karen.Cook@ohf.org.nz Website: ohf.org.nz
Service Description: We are a Child and Family support service providing free home based Social work support, advocacy or parenting to any family in our region. If you, or any family you know may be in need of Social Work support for whatever reason, please feel free to give our Practice Manager, Nathan a call on (03) 213 5555. We also recruit, train and equip our own pool of Foster Parents.
Area Covered: Southland and Otago.
PACIFIC ISLAND ADVISORY AND CULTURAL TRUST

Address: 135 Bowmont St, Invercargill
Phone: 03 214 6089 Fax: 03 214 6089
Email: piactinv@xtra.co.nz
Service Description: Provides a range of health and social services, including information, resources and advice for the Pacific Island community including pre school education coordinators. Free health clinic is held every Tuesday from 10am-2pm - offers a range of health checks, information and advice on a variety of health issues.
Area Covered: Southland

PARATA DAY CENTRE

Address: 39 Kitchener St, Gore
Phone: 03 208 3810 Fax: 03 208 4521
Email: 
Service Description: Provides a warm friendly day-care “drop in” environment for people living alone, in need of socializing, or whose care-givers need time out. Transport to and from Day-Care is provided, morning and afternoon tea and activities.
Area Covered: Gore & Mataura

PACT

Address: 1 Charlton Lane, PO Box 289, Gore
Phone: 03 208 5436 Fax: 03 208 0770
Email: judithann.erickson@pactgroup.co.nz
Service Description: a non-clinical role to provide community and residential support services for people with intellectual and or psychiatric illness. Assist clients to develop life skills, improve social networks and have a bit of fun. Also can refer to Pact Youth South.
Youth Services: Strengths based and recovery focused community mental health services for young people 0 – 19 years with a personal plan focus.
Area Covered: Eastern Southland & West Otago

PARENT TO PARENT

Address: 46 Kelvin St, Invercargill
Phone: 03 214 3179 or 0508 236 236 Fax:
Email: southland@parent2parent.org.nz
Service Description: Support for families who have a child with disabilities, health impairments or special needs. Parent to Parent: can match with a similar family, provide information, run Support Parent Training. Activities for families and siblings of youth affected by disabilities are held regularly. Coffee mornings held in Gore few times a year.
Area Covered: Greater Southland, Queenstown Lakes & Central Otago areas
PLUNKET SOCIETY

Address: 12a Eccles St, Gore
Phone: 03 203 9500 or 0800 933 922 24 hr  Fax: 03 203 9501
Email: easternsouthlandplunket@xtra.co.nz  Website: plunket.org.nz
Service Description: Plunket clinic by appointment, car seat hire 10am till 2pm Friday or contact 027 676 8664, rooms always open for changing and feeding babies on Tuesday, Wednesday and Thursday.
Area Covered: Eastern Southland

PREGNANCY HELP INC

Address: 34 Forth St, PO Box 5116, Invercargill
Phone: 03 215 6720  Fax: 03 215 6729
Email: southland@pregnancyhelp.org.nz  Website: pregnancyhelp.org.nz
Service Description: Confidential support for girls, women and families. Offering home visits, advice and information, baby clothing and equipment, nappies, maternity packs & a friendly ear.
Area Covered: Southland

PRESBYTERIAN SUPPORT SOUTHLAND - SUPPORTLINK

Address: Hokonui House, Cnr Crombie & Main Streets, Gore
Phone: 03 208 0864  Fax:
Email: patricia.officeryoung@supportsouth.co.nz  Website: southland.ps.org.nz
Service Description: Volunteer programme co-ordinated by Presbyterian Support. The volunteers provide assistance to older people or those with disabilities that choose to live in the community. The service helps in a variety of ways, including helping with shopping, providing transport, "sitting" to relieve spouses or caregivers and general befriending/companionship.
Area Covered: Gore & Mataura

PROJECT K

Address: Invercargill Athletics club, Surrey Park, PO Box 224, Invercargill
Phone: 03 217 4547 or 027 475 9235  Fax:
Email: nicole@fydsouthland.org.nz  Website: fyd.org.nz
Service Description: 14 month programme for 13-15 year olds (identified from a survey that all year 10 students participate). Project K involves wilderness adventure, community challenge and mentoring to help young people reach their potential through building self-confidence, promoting good health & education, teaching life skills including goal setting and teamwork.
Area Covered: Southland (by selection)
PUBLIC HEALTH NURSE

Address: 37 Hokonui Drive, PO Box 105
Phone: 03 208 7015  Fax: 03 208 7015
Email: maria.popplewell@southerndhb.govt.nz or stacey.young@southerndhb.govt.nz
Service Description: Work with 0-18 years. Provide well child service including vaccinations, self referral clinic at secondary schools and Longford. Advice, assessment and referrals, before school check, home visits, child abuse referrals, health camp referrals, glue ear, vision and hearing screening.
Area Covered: Eastern Southland

PUBLIC HEALTH SOUTH

Address: 92 Spey St, PO Box 1601, Invercargill
Phone: 03 211 0900  Fax: 03 211 0899
Email: Website: phsouth.co.nz
Service Description: Promotes health and well being for all, aiming to prevent ill health and disease through early intervention. Services provided include; Primary Health Services: Cervical Screening Register, Childhood Immunisation, Promotion of Breast & Cervical Screening, Public Health Nursing, School Dental Service, Sexual Health Clinic and Vision Hearing Screening.
Public Health Services: Alcohol Harm Reduction, Building Healthy Public Policy, Communicable Disease, Food Safety, Fruit in Schools, Hazardous Substances , Health Promoting Schools, Mental Health Promotion, Nutrition & Physical Activity and Smokefree.
Area Covered: South of the Waitaki River, including Stewart Island

RAPE AND ABUSE SUPPORT CENTRE SOUTHLAND INC, (R.A.A.S.C)

Address: 26 Nelson St, PO Box 7040, Invercargill
Phone: 03 216 2079  Fax: 03 216 2080
Email: raasc@xtra.co.nz  Website: rapeandabuse.co.nz
Service Description: Provides education, advocacy, information and counselling around the issues associated with sexual violence, rape and abuse.
Area Covered: Southland

RELATIONSHIP AOTEAROA

Address: 1 Charlton Lane, Gore
Phone: 0800 735 283  Fax:
Email: dunedin@relationships.org.nz  Website: relate.org.nz
Service Description: Offer private confidential counselling where clients can explore and develop their strengths to deal with issues.
Area Covered: Otago/ Southland
RESOURCE TEACHING LEARNING BEHAVIOUR (RTLB)

Address: West Gore School, Kitchener St, Gore
Phone: 03 208 7586          Fax: 03 208 9038
Email: rtlb@westgore.school.nz         Website:
Service Description: Support learning and behavior; work with youth both in the class and individually. Referrals are through the school system. Predominantly intervention to support better learning and behavior structure that supports each individual need.
Area Covered: Eastern Southland

RIVERSDALE PLAYCENTRE

Address: Newcastle Street, PO Box 165, Riversdale, 9744
Phone: 027 2170664          Fax:
Email: southlandplaycentre@xtra.co.nz          Website: playcentre.org.nz
Service Description: Playcentre philosophy is based on the idea of child-initiated play and parents as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following in order to ensure the quality of early childhood education is each session:
Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership
Riversdale Playcentre opens from 9am till 12pm during school terms on Monday, Wednesday and Thursday.
Area Covered: Riversdale

ROXBURGH CHILDREN’S HEALTH CAMP

Address: 13 Teviot St, PO Box 73, Roxburgh
Phone: 03 446 8119          Fax: 03 446 8064
Email: admin.rx@healthcamps.org.nz          Website: healthcamp.org.nz
Service Description: A residential facility running programmes for parents and children. Children’s programmes include skills for adolescence, being the boss of your bladder, DARE to be you, skills for growing, working it out, seasons for growth, good food- ka pa te kai, daily living skills and diabetes. Parents programmes include parenting skills, living with children and feeling ok.
Area Covered: Southland & Otago

ROYAL NEW ZEALAND FOUNDATION OF THE BLIND - GORE SUPPORT

Address:
Phone: 0800 24 33 33 or 03 208 5225          Fax:
Email:          Website: rnzfb.org.nz
Service Description: A support and education service for people suffering significant sight impairment. Must be registered to receive services
Area Covered: Eastern Southland
RURAL SUPPORT SOUTHLAND

Address:  
Phone: 03 2087883 /0272224005 /0800787254  Fax:  
Email: janet.gregory@landcare.org.nz  Website: southland.rural-support.org.nz  
Service Description: Provides assistance to rural individuals and their families to get back on their feet following challenging circumstances such as financial, personal or climatic adverse events. The Trust is part of a nation network, the Trust members are local people who have themselves faced the challenges rural life brings. Free and confidential help is available through the Trust’s coordinator, contact is one on one at a place that suits you.

SETTLEMENT SUPPORT SOUTHLAND

Address: 143 Spey Street, Invercargill  
Phone: 03 211 1803  Fax: 03 211 1401  
Email: ssnzgingill@venturesouthland.co.nz  Website: www.southlandnz.com  
Service Description: Provides new migrants with information and details of services available in their new community. Works with local service providers to find practical solutions to the challenges of settling into a new community. Works with employers to assist them with the development of their support systems with the aim of retaining new migrant employees  
Area Covered: Southland

ST JOHNS

Address: 241 Main St, PO Box 41, Gore  
Phone: 03 208 6617  Fax:  
Email:  Website: stjohns.org.nz  
Service Description: Ambulance, first aid courses, provides first aid at community events, youth programmes and first aid kits for purchase.  
Area Covered: Southland

ST PETERS COLLEGE - GUIDANCE COUNSELLOR

Address: 121 Kakapo St, Gore  
Phone: 03 208 9060  Fax: 03 208 0000  
Email: katieoconner@stpetersgore.school.nz  Website: stpetersgore.school.nz  
Service Description: Individual and small group pastoral care for students and others. Counselling and guidance in the context of catholic moral teaching.  
Area Covered: School community
SOUTHERN ADULT LITERACY INC

Address: Community Connections Centre, 1 Charlton Lane Gore  
Phone: 03 208 3752  
Email: goreadultlearning@xtra.co.nz  
Website: literacy.org.nz

Service Description: Offer one on one help with literacy, learning driver license theory, computer classes, mobile phone texting training and other courses from time to time.

Area Covered: Eastern Southland

SOUTHERN DISTRICT HEALTH BOARD

Address: Kew Road, PO Box 828, Invercargill  
Phone: 03 214 5719  
Fax: 03 218 1194  
Email: southerndhb.govt.nz

Pregnancy Options Counselling - professional counsellors supporting women with their options in regards to their pregnancy  
Q-Ten Sexual Health Clinic - The clinic provides advice, information, examination, diagnosis and effective and appropriate treatment for sexually transmitted infections (STIs). The service is free, confidential, non-judgmental and available to any person of any age. Appointments are not required. Invercargill base 03 214 5768

- GORE HOSPITAL CLINIC - Clinics held on the second and fourth Tuesday each month - 11.15am-1.15pm. Phone 03 209 3030
- WYNDHAM MEDICAL CENTRE CLINIC - Clinics held on the second and fourth Tuesday each month - 2.00pm-3.00pm  

SOUTHERN INSTITUTE OF TECHNOLOGY (SIT)

Address: 70 Kakapo St, PO Box 232, Gore  
Phone: 03 208 9833  
Fax: 03 208 9876  
Email: gore@sit.ac.nz  
Website: sit.ac.nz

Service Description: Provides vocational education courses including computing, business administration, teacher aide, Te Ara Reo Maori, coffee appreciation, scrapbooking, art, food safety and liquor license.

Star and Gateway - suitable for secondary school students, offering an opportunity for them to align with tertiary programmes and gain some vocational credits alongside their school qualifications.

Area Covered: Southland
SOUTHERN REAP

Address: 40 Hokonui Drive, Gore  
Phone: 03 208 0614/ 03 208 8221/ 0800 111 117  
Fax: 03 208 0614  
Email: jonelle@reap.co.nz  
Website: reap.co.nz

Service Description:
Alternative Education Programme- Provides education for students who are excluded from mainstream schooling.
Community Education- Education for all ages in rural communities, including art, computing, parenting, health and well being.
Truancy Officer- Work with schools and other agencies to help solve truancy issues; for youth that are persistently late or absent from school without permission for a number of days, or not enrolled.
Area Covered: Eastern Southland

SOUTHLAND ALIVE PROGRAMME

Address: 810 North Rd, PO Box 5134, Invercargill  
Phone: 03 215 4221 or 027 469 8600  
Fax:
Email: administration@adventuresouthland.com  
Website: adventuresouthland.com

Service Description: 16-24 year olds are offered a week long outdoor adventure, while learning new skills and self confidence. Also offering support to find employment, further training and mentoring for 3 months.
Area Covered: Southland

SOUTHLAND COMMUNITY LAW CENTRE

Address: 5 Tay St, PO Box 552, Invercargill 9840  
Phone: 03 214 3140 or 0800 55 0800  
Fax:
Email: enq@comlawsth.co.nz  
Website: communitylaw.org.nz

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

SOUTHLAND COT DEATH SOCIETY TRUST

Address: 50 Catherine Street, PO Box 1792, Invercargill 9840  
Phone: 03 217 4803  
Fax: 03 217 4022  
Email: ecs.ltd@xtra.co.nz  
Website: sids.org.nz

Service Description: Provides a full service to families and whanau for the Southland area only. This includes infant CPR Instruction, monitor hire and support.
Area Covered: Southland
SOUTHLAND HOME BIRTH ASSOCIATION
Address: PO Box 7063, Invercargill
Phone: 03 215 9295  Fax:  
Email: naturalbirth@mail.com  Website: homebirth.org.nz
Service Description: A voluntary organisation that promotes, protects and supports homebirth. Encourages homebirth, water birth and hypnobirth; coffee mornings and birth pool hire.
Area Covered: Southland

SOUTHLAND MENTAL HEALTH EMERGENCY TEAM (Southern DHB Mental Health Services)
Address: Southland Hospital, Elles Road, P.O.Box 828, Invercargill
Phone: 0800 467 846  Fax: 03 214 5795
Email:  Website: southerndhb.govt.nz
Service Description: Provides a 24 hours a day, 7 days a week service for those people who need crisis mental health (emergency) treatment, assistance and information about The Mental Health (Compulsory Assessment and Treatment) Act. The Service aims to respond quickly and, wherever possible, assessment, treatment and support will take place in the community, e.g. the client's home, or at Southland Hospital.
Area Covered: Southland

SOUTHLAND MULTIPLE SCLEROSIS SOCIETY INC – RURAL OFFICE
Address: 20 Ardwick St, Gore
Phone: 03 208 3275  Fax: 03 208 3275
Email: info@mssouthland.org.nz  Website: msnz.org.nz
Service Description: Provides optimum care with support services and education, including community awareness.
Area Covered: Southland

SOUTHLAND MULTI- NATIONS COUNCIL INC
Address: Community House, 46 Kelvin St, Invercargill
Phone: 03 214 9296  Fax:  
Email: multinations@woosh.co.nz  Website: multinations.co.nz
Service Description: Assists immigrants fitting into the community, including social events, help with immigration process and advocate for all ethnic groups.
Area Covered: Southland
SOUTHLAND PLAYCENTRE ASSOCIATION

Address: 74 Don St, Invercargill  
Phone: 03 214 2033  
Fax: 03 214 2030  
Email: southlandplaycentre@xtra.co.nz  
Website: playcentre.org.nz

Service Description: The Southland Playcentre Association has 19 Playcentres operating throughout Southland. The Association office is based in Invercargill. The Parent Council governs the Association with the day to day governance and management delegated to the Board of Governance. Staff are currently employed on a part time basis to oversee administration, property, adult education, finance, promotions and liaison officers. Each Playcentre has its own parent committee to manage and provide quality educational sessions and maintain standards according to all Ministry of Education regulatory requirements council bylaws support by the Association.

Area Covered: Southland

SOUTHLAND PRISONER’S AID AND REHABILITATION SOCIETY INC.

Address: 258 Mersey St, Invercargill  
Phone: 03 218 9889  
Fax: 03 218 9889

Service Description: Work with offenders and their families to bring about positive lifestyle changes, therefore contributing towards reducing re-offending.

Area Covered: Southland

SOUTHLAND YMCA EDUCATION LIMITED

Address: 2 Leven St, PO Box 183, Invercargill  
Phone: 03 218 9622  
Fax: 03 218 9625

Email: jenni@ymcaedco.co.nz  
Website: ymcasouth.co.nz

Service Description: Invercargill based full time courses for youth who have low or no qualifications. Y’s home base: In home service in rural Southland to help 16 -18 years to complete NCEA qualifications for free.

Area Covered: Southland
SPORT SOUTHLAND

Address: Gore Multi Sports Complex, 20 Wayland St (West), PO Box 8, Gore
Phone: 03 208 3846          Fax: 03 208 3846
Email: harley.ware@sportsouthland.co.nz          Website: sportsouthland.co.nz
Service Description: Promote healthy lifestyles for people in Southland, through programmes and events.
Kiwi Seniors – walking group for over 50s
Oscar Eastern Southland Holiday Programmes – One week of each school holidays activities for 7-12 years
Active Movement/ Minimovers – Play gym and some structured activities for 0-5 years
Active for Life – A group physical activity programme in the gym mainly to increase cardiovascular fitness, muscle strength, balance, confidence and well-being.
Green Prescription – A health professional’s written advice to a patient to be physically active as part of the patients health management. Sport Southland will take you through this process.
Kiwi Sport – Eastern Southland Primary School year 5 and 6 pupils get a different sport each term for the year.
Area Covered: Eastern Southland

STOPPING VIOLENCE SOUTHLAND

Address: 100 Esk St, Invercargill
Phone: 03 218 4468          Fax: 03 218 4460
Email: stopviolencesthlnd@xtra.co.nz          Website:
Service Description: Facilitates programmes designed to empower people to make change which improve their and their family’s lives.
Area Covered: Southland

STRENGTHENING FAMILIES

Address: 1 Charlton Lane, Gore
Phone: 03 208 8480          Fax: 03 208 8480
Email: maura.sfgore@cnt.org.nz          Website: strengtheningfamilies.govt.nz
Service Description: A process to empower families to improve outcomes through agency and community collaboration. For families who are (or should be) working with 2 or more agencies.
Area Covered: Eastern Southland & West Otago
STROKE FOUNDATION OF NEW ZEALAND INC – STROKE CLUB SOUTHLAND INC

Address: Community House, 46 Kelvin St, Invercargill
Phone: 03 214 5439
Fax:
Email: southland.strokefo@woosh.co.nz
Website: stroke.org.nz

Service Description: Field officer – Provides support and advocacy to stroke survivors, their families and caregivers. Also provides education around stroke prevention i.e healthy eating. Presentations and brochures are available.

Gore Support Group: 3rd Thursday of the month 1.30-3.30 Parata Day Centre, Gore; Cheryl Graeve, email: ivanche@woosh.co.nz, 03 931 7873
Area Covered: Southland

SUPPORTING FAMILIES SOUTHLAND

Address: Level 1, 5 Tay St, Invercargill
Phone: 03 218 2104 or 0800 494 262
Fax: 03 218 2100
Email: office@sfsouthland.org.nz
Website: sfsouthland.org.nz

Service Description: Supports families/whanau and carers affected by mental health and/or drug and alcohol issues, with a specific service supporting children and young people. Offers advocacy, education, information and resources for families and community. Hold evening education sessions for families/community.
Area Covered: Southland & West Otago

TE ARA TIKA KOHANGA REO

Address: 2 Oreti St, Gore
Phone: 03 208 0343
Fax:
Email:
Website:

Service Description: Total immersion Maori, whanau based learning early childhood centre.
Area Covered: Eastern Southland
TE IHO AWHI RITO HEALTH & SOCIAL SERVICES

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

Service Description:
Homework Club – after school for primary school students; assistance with homework and developing good study habits.
Family Support Worker – works with families, mainly young mums to help them with problems.
Te Rito – healthy family’s initiative, weekly coffee mornings to discuss parenting ideas.
Holiday Programmes – Tamariki – few days of the holidays for kohuna and primary children
  Rangatahi – few days of the holidays for intermediate and high school students
  Whanau – recreational based programme for the whole whanau, Christmas holidays 3-5 days

Area Covered: Eastern Southland

TE KOROWAI HOU ORA (accessed through Gore Community Mental Health)

Address: 6 Irwell St, Gore
Phone: 03 208 0299 Fax: 03 208 8709
Email: Website: southerndhb.govt.nz

Service Description: Provide a high level of care and service for Maori and non-Maori experiencing mental illness. Kaumatua, Maori Health workers, Kai Awhina, cultural assessment as well as clinical assessment available.
Area Covered: Southland

THE PARENTING PLACE

Address: 39 Black Road, Otatara, RD 9, Invercargill
Phone: 03 213 1333 / 027 467 6234 / 0800 52 5659
Email: southland@theparentplace.com Website: theparentingplace.com

Service Description:
Toolbox Parenting - These courses run for two hours per week over six weeks. There are three age groups covered.
  0-6 years - these are the most important years in your child’s development. Learn how to lay the building blocks for a great future.
  6-12 years - make the most of these years while your children still want to be part of your team!
  12+ years (Tweens and Teens) - we will show you that, although these years may be challenging, they can actually be some of the best years of your life - and theirs!
Grandparents Raising Grandchildren Toolbox - This is a six session Toolbox course that consists of three DVD’s and a comprehensive manual. Hear from grandparents who have "been there" as well as experts who lend their support and offer advice. Work at home at your own pace or with friends. This resource is offered free.

Area Covered: Southland
THE SALVATION ARMY

Address: 21 Irwell St, Gore
Phone: 03 208 4443          Fax: 03 208 4443
Email: gore.corps@nzf.salvationarmy.org       Website: salvationarmy.org.nz
Service Description: Bring people into relationship with Jesus. Services include; support, budgeting advice, advocacy services and assistance with food. Furniture and clothing is available from their store.
Area Covered: Eastern Southland

TIME OUT CARERS SOUTHLAND

Address: 46 Kelvin St, Invercargill
Phone: 03 214 9999          Fax: 03 214 9990
Email: timeoutsouth@xtra.co.nz       Website:
Service Description: Provide respite care to all who have special needs. They also provide supervised contact with a child via court orders etc.
Area Covered: Southland & Central lakes Otago

VENTURE SOUTHLAND SETTLEMENT SUPPORT

Address: 143 Spey St, PO Box 1306, Invercargill
Phone: 03 211 1803          Fax: 03 211 1401
Email: eirlys@venturesouthland.co.nz       Website: venturesouthland.co.nz
Service Description: Settlement support offer a range of support for new migrants wishing to better integrate into their new community. Provide help with – business opportunities, citizens advice, housing and employment, information, education, services and activities.
Area Covered: Southland

VICTIM SUPPORT

Address: Gore Police Station, PO Box 29, Gore
Phone: 03 203 9300 or 0800 victim          Fax:
Email: gore@victimsupport.org.nz       Website: victimsupport.org.nz
Service Description: Provides 24 hour emotional and practical support, personal advocacy and information to all people affected by crime and trauma.
Area Covered: Southland, Eastern Southland & West Otago
WELCOME IN – MENTAL HEALTH DAY ACTIVITY CENTRE

Address: 37 Hokonui Drive, Gore
Phone: 03 208 0940 Fax: 03 208 0940
Email: marie.bonisich@southerndhb.govt.nz Website:
Service Description: Community based day activity service to provide purposeful activities for people with mental health disabilities. Provide support and promote opportunities for self determination and well being. The service is based on participation, partnership and promoting the positive.
Area Covered: Eastern Southland

WEST OTAGO HEALTH LIMITED

Address: 3 Norfolk St, PO Box 50, Tapanui
Phone: 03 204 8668 Fax: 03 204 8668
Email: wohealth@wohealth.co.nz Website: wohealth.co.nz
Service Description: Comprehensive integrated rural health care including GP, nurse, and at times occupational therapy/ physiotherapy/ speech therapy/ district nursing/ home help/ midwife clinics/ specialists from Dunedin.
Area Covered: West Otago

WEST OTAGO PLUNKET - TAPANUI

Address: Cnr Northumberland & Essex St
Phone: 03 474 0490 Fax:
Email: Website:
Service Description: For 0 to school age children and families. Clinic every 2 weeks, monthly coffee morning, pre school swimming group and tumbling tots (active movement).
Area Covered: West Otago

WORK AND INCOME

Address: 24 Traford St, PO Box 271, Gore
Phone: 0800 559 009 Fax: 03 208 1396
Email: Website: workandincome.govt.nz
Service Description: Delivers income and employment services to the community including courses, also government benefits.
Area Covered: Eastern Southland
WORKBRIDGE

Address: 48 Kelvin St, PO Box 22, Invercargill
Phone: 03 214 0227 Fax: 03 214 0250
Email: stephend@workbridge.co.nz Website: workbridge.co.nz
Service Description: Employment agency for people with disabilities and injuries.
Area Covered: Southland

WYNDHAM PLAYCENTRE

Address: 15 Raglan Street, Wyndham, 9831
Phone: 022 1940810 Fax:
Email: southlandplaycentre@xtra.co.nz Website: playcentre.org.nz
Service Description: Playcentre philosophy is based on the idea of child-initiated play and parents as first educators. Playcentre is an early childhood education service, run as a parent co-operative, which commits to the following in order to ensure the quality of early childhood education is each session:
Learning through play, birth to school age, mixed age sessions, family involvement and emergent leadership
Wyndham Playcentre opens from 9am till 12pm during school terms on Tuesday and Thursday.
Area Covered: Wyndham & the Lower Mataura Valley District

YOUTHLINE SOUTHLAND

Address: 46 Kelvin St, Invercargill
Phone: 03 211 0031 Fax:
Email: southland@youthline.co.nz Website: youthline.co.nz
Service Description: FREE 24 hour, 7 day a week counselling service. Even though Youthline has a youth focus anyone is welcome to call or txt.
Phone- 0800 37 66 33 Ttxt- 234 Email: talk@youthline.co.nz
Area Covered: Southland

YOUTH SERVICE

Address: Esk St, Invercargill
Phone: 0800 887 007 Fax:
Email: Website: youthservice.co.nz
Service Description: Youth Service is a new approach to working with young people. It aims to get young people into education, training or work-based learning. This will help young people gain the skills to find a job and have an independent future. Young people work with community-based providers who give guidance, support and encouragement to help them find the education, training or work-based learning that works.
Area Covered: Southland