



KAIKOURA

Health, education & social services directory

Canterbury

District Health Board

Te Poari Hauora o Waitaha

ALL KAIKOURA RESIDENTS

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
Kaikoura Health Te Ha O Te Ora	<p>Your general practice team should be your first point of contact for health advice or care, unless it is an emergency.</p> <p>General practice services include district nursing service, acute and after-hours service, minor surgery, Brief Intervention Counselling, social work, and community mental health support.</p> <p>Kaikoura Health also provides inpatient, long stay, aged residential care, and maternity.</p>	<p>For GP services -referral by self or others. Inpatient services- admitted by GP or transferred from Christchurch hospitals.</p> <p>You can phone your GP team any time of day or night – after-hours your call will be answered by a nurse.</p>	03 3193500
Recovery Wellbeing Team	Support for people with earthquake related anxiety or stress.	Referral by GP, school, social service or other health provider	Simon Gordon 03 319 3535
Te Whare Putea Resource Centre / Heartland Services	<p>Access to government services and information in your community, and the opportunity to meet face-to-face with government agency representatives.</p> <p>Includes building financial capability (budget advice) and foodbank.</p>	Self referral or referral by other agencies.	Barbara Timms 03 909 9292 kaikoura@heartlandservices.govt.nz
Te Hā o Mātauranga, Learning in Kaikōura	Our vision is to enable, promote and create learning opportunities in Kaikoura. We support people to find and access what they want to learn.	Drop in to 14 Ludstone Road (the old Kaikoura Museum) between 9am-3pm.	Sarah Beardmore 02 7807 2874 Sarah@kaikoura.link www.facebook.com/kaikoura.link
MHERC	Community education and information on mental health support.	Organised by local authority and health services. Includes seminars for the community.	Adele Wilkinson 03 365 5344 www.mherc.org.nz
All Right?	All Right? is a wellbeing campaign focusing on promoting mental health and wellbeing post-quake.	www.facebook.com/allrightnz	www.allright.org.nz
Canterbury Support line	<p>Our call centre team can help connect you with the services you need. These include queries related:</p> <ul style="list-style-type: none"> • General Health • Mental health and Addictions • Social support services • Earthquake related services • Help for family members 	Phone	0800 777 846
Navigators	Navigators support and facilitate access to a range of services for people who have been affected by the November 2016 earthquake sequence and who require assistance accessing required services and/or support with earthquake related and consequential issues.	Self-referral and through other providers	Linda Ngata 027 249 1981

North Canterbury Rural Support Trust	Works with rural and farming communities	0800 787 254 www.rural-support.org.nz	Bridget Frame 027 6592364 bridget.buzz@xtra.co.nz
Victim Support	Supporting people who have experienced a crime or sudden trauma	Self referral - Phone	Victim Support 0800 842 846

ADULT FOCUSED

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
Rural Mental Health Team	Specialist outpatient psychiatric service for people living in rural Canterbury.	Referral by GPs, other community mental health services, other mental health services.	Call your local GP team
Access	Home based support: Skilled team of nurses and support workers providing a range of services to help people to live independently in the community, including nursing, personal care, or even some help around the house.	Referral for assessment by GPs, District Nurses, and Whānau Ora Nurse	www.access.org.nz
Whānau Ora Nurse	Contribute to the wellbeing of clients and their whānau through assessment, advice, follow-up, co-ordination and health education and promotion. Supports older people and people with chronic health conditions.	Te Tai O Marokura.	Sue Parsons 03 3195801

PARENTS, YOUNG CHILDREN AND WHĀNAU

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
Well Child Services Plunket	Te Tai O Marokura Health & Social Service.	Self referral or referral from GP or other providers..	Olivia Chambers 03 3195801
	CDHB Public Health/Well Child Nurse.	Self referral or referral from GP or other providers.	Megan Fissenden 027 284 3391
B4 School Checks Plunket	Plunket and Public Health Nursing Service.	Self-referral or GP.	Megan Fissenden 027 284 3391
	Family Support Coordination.	Through midwife, GP or Well Child Nurse.	See your midwife, GP or Well Child Nurse
Plunket	Pregnancy and Parenting Education- Antenatal classes. These courses are designed to help you make the best choices for you and your family in a friendly fun and non-judgmental environment. Assisting you to gain confidence, skills and understanding of your pregnancy, childbirth and parenting role. We encourage enrolment into these courses as soon as your pregnancy has been confirmed.	To enrol in Pregnancy and Parenting Classes visit www.plunketppe.org.nz	0800 291 658 (phone) 027 275 8477 (text or phone) PPE@plunket.org.nz (email)
Plunket	Coffee and support groups for parents with young children.	See Bumps and Babies page on Facebook for details.	www.facebook.com/PlunketKaikoura
Mothers + Pepe	Support for families with young babies and children.	Te Tai O Marokura.	Lisa Kahu 03 3195801
Barnardos	Support for children and families (0-17).	Self-referral and other providers	0336503923 canterburyamu@barnardos.org.nz
Methodist Mission	Primary school aged children (5-12 years). Pre-schoolers. Parenting support.	Self referral, GP, School or other provider. Not currently active in Kaikoura but happy to provide services in Kaikoura if a need is identified. Please speak to Jill Hawkey for more information about what support can be offered.	Jill Hawkey 021 1574692 jillh@mmsi.org.nz
Whānau Ora navigation	Te Runanga O Nga Maata Waka	Self-referral and other providers	Linda Ngata 027 249 1981

CHILDREN AND YOUNG PEOPLE

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
School Based Mental Health Team, CDHB	School staff and leadership team support and education in class activities and resource provision. Includes school specific handouts and support materials.	Referrals via schools.	Craig Scott, Manager Craig.Scott@cdhb.health.nz
Child Adolescent and Family Services	CAF North Community and Outreach Team: psychiatric assessment and therapeutic intervention for children and adolescents.	Referral by GP, school, social service or other health provider.	Call your local GP practice
Health Promoting Schools, Community & Public Health, CDHB	Primary, secondary and alternative education, primarily decile 1-4 support schools. Use the Health Promoting School framework to identify, take and evaluate action that enhances the wellbeing of their whole school community.	In school.	Tim Weir Tim.weir@cdhb.health.nz 027 2408413
RTLB / Specialist Support Service	ECE, primary and secondary - to June 2017 Two 14 week "Incredible Years - Parents Programme", psychosocial support for children, young people and staff, wellbeing @ school survey, building teachers capacity.	Referral via schools..	Rachel Patrick Ministry of Education 027 2897562 / 03 35791874

KAUPAPA MĀORI

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
Te Tai O Marokura Health & Social Service	Te Tai O Marokura Health & Social Service cover the whole spectrum of age from babies to Kaumatua, working in a kaupapa Māori way with Maori and non-Maori. Services include social work, individual and whānau counselling services, child and adult alcohol and drug counselling and assessment, Tamariki Ora, Mothers and Pepe support, Whānau Ora, disease state management, advocacy, anti-bullying and family violence support. Also provides specialist service for children and young people (EC, primary, secondary) with severe/complex communication, developmental, behaviour and learning needs.	Self referral or referral by whānau, schools, doctors, Ministry of Education and other providers.	Lisa Moffat, Te Tai O Marokura Riria Allan (Te Tai Manager) Jaana Kahu trustees@tetaiomarokura.co.nz Social Services: 03 3196443 Clinical Services: 03 3195801

DIABLED PERSONS

SERVICE NAME

ABOUT THIS SERVICE

ACCESSING THE SERVICE

CONTACT DETAILS

CCS Disability Action

Child, youth and family/whānau support and opportunities:

- Leaving school support.
- Youth & adult information, support and advocacy to make choices about where to live, work and leisure time and ongoing support to make it happen.
- Disability information and support networks.
- Information on disability benefits/financial assistance.
- Support for independent living.
- Car parking.
- Subsidised taxi vouchers.
- Accessible holiday homes.
- Disability awareness training, education and auditing.
- Raising community awareness.

Self-referral or referral from GP or other providers

Ma-rea Clayton
(03) 319 3263 or (027) 499 4087