



HURUNUI

Health, education & social services directory

Canterbury

District Health Board

Te Poari Hauora o Waitaha

ALL HURUNUI RESIDENTS

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
General Practice	Your general practice team should be your first point of contact for health advice or care, unless it is an emergency. General practice can refer to many support services including Brief Intervention Counselling, Primary Mental Health Liaison Nurses, physiotherapy, District Nursing Services, and mental health services.	Make an appointment with your GP or nursing staff – they can refer up to a wide range of support services where necessary. You can phone your GP team any time of day or night – after-hours your call will be answered by a nurse.	Amberley Medical Centre 03 314 8504 Amuri Community Health Centre 03 315 6328 Cheviot Community Health Centre 03 319 8630 Hanmer Springs Health Centre 03 315 7503 Waikari Health Centre 03 319 4506
Wellbeing and Recovery team	Support for people with earthquake related anxiety or stress.	Referral by GP, school, social service or other health provider.	Contact any of the following: Your local GP team Wellbeing North Canterbury Team Lead t.l.clinical@wellbeingnz.org.nz, Presbyterian Support Team Lead vickil@psusi.org.nz
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
AVIVA (formally Christchurch Women's Refuge)	Helping individuals and families to become, and stay, free of violence.	Self-referral or other providers.	24 hour support line 0800 2848 2669
Amberley Foodbank	Feeding the family.	Self-referral and other providers.	redpenningfam@xtra.co.nz 03 314 7464
North Canterbury Budget Service	Building Financial Capability (budget advice)..	Self-referral and referral from Work and Income and other providers.	Sharon Grant servicemanager@bsnc.org.nz 03 313 3505
Waikari Hospital	Care of the elderly, general medical and surgical rehabilitation, carer support, respite care.	CDHB Service- referral by GP/nurse or tertiary hospital services.	Call your local GP team
Canterbury Support line	Our call centre team can help connect you with the services you need. These include queries related: <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
Comcare Trust	Assistance for people who experience mental illness and addictions to live well.	Peer Support/Job Connect/Activelinks: referral by self, Specialist Mental health teams, GPs and other NGO mental health or addiction services. All other services: referral by Specialist Mental Health Teams, GPs and other NGO mental health or addiction services.	03 377 7020 enquiries@comcare.org.nz www.comcare.org.nz
Step Ahead Trust	Social, educational, recreational and pre-vocational activities for adults diagnosed with a mental illness.	Self-referral or referral by GPs and community mental health services.	0800 688 732 or txt 022 173 1673
Presbyterian Support (Enliven)	Offer services for adults and older people in particular Social Work , Enliven day programmes and Kai awhina for whanau support.	Self-referral and referral from GPs and other providers.	Vicki Lucas 03 3138588 vickil@psusi.org.nz

PARENTS, YOUNG CHILDREN AND WHĀNAU

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
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 291658
Plunket	Well Child Services (including Community Karitane).	Self-refer or referral by midwife or General Practice.	Well Child Nurse Clare Hewett 027 206 5879 Community Karitane 027 295 6735 Marie Black www.plunket.org.nz
Plunket	Coffee and support groups for parents with young children.		Lynda Parker 021 813 857 Lynda.Parker@plunket.org.nz
Plunket	Support line for parents of young children.	Call anytime.	0800 933 922 0336503923 canterburyamu@barnados.org.nz
B4 School Checks	Plunket Public Health Nursing Service	Self-referral or GP.	027 266 5879 03 311 8665
Barnados	Feeding the family. Support for children and families (0-17).	Self-referral and other providers	03 3650 3923 canterburyamu@barnados.org.nz
Christchurch Methodist Mission	Parenting support: Primary school aged children (5-12 years) and pre-schoolers. Not currently active in Hurunui but happy to provide services in Hurunui if a need is identified. Please speak to Jill Hawkey for more information about what support can be offered.	Self-referral or GP, school or other provider.	Jill Hawkey : 021 157 4692 jillh@mmsi.org.nz
Presbyterian Support (Family Works)	Rangiora office – families with children: mobile Social Workers, counselling, child and family psychologist and group programmes including Incredible Years and Parenting Through Separation.	Self-referral or GP, school or other provider.	Michelle Ramsay micheller@psusi.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
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.	CAFLINK 03 337 7758
Connecting Hurunui youth	Hurunui Youth Connector.	In school and self-referral.	youthconnector@hurunui.govt.nz 027 808 4478
Hurunui District Council Hurunui Youth Programme / Hurunui Youth Council	Years 7-13 youth. Recreation, education, cultural & leadership.	Self-referral	hyp@hurunui.govt.nz
Community Wellbeing North Canterbury Trust	Hurunui based Youth worker, social worker, and brief counselling service. Other services include school attendance, youth drug and alcohol workers, family counselling, and community youth work.	Self-referral or referral by school, other provider or GP.	Alison Jagger 033949115 tl.clinical@wellbeingnc.org.nz
Canterbury Children's Team (Vulnerable Children's Hub)	The Vulnerable Children's Hub is the contact point for children's workers to call if they have concerns about a child.	To refer a child to the Canterbury Children's Team, contact the Vulnerable Children's Hub.	Canterbury.childrensteam@mvcot.govt.nz
Ministry of Education	Early Intervention: Ministry of Education Learning Support.	By request for support from local office.	Fiona Cook, Service manager Fiona.Cook@education.govt.nz
North Canterbury RTLB Service	Behaviour and learning support to all schools in North Canterbury.	School referral.	Kelly McGowan www.ncrtlb.school.nz
School Based Mental Health Team, CDHB	Primary and secondary schools in Hurunui, Waimakariri and Kaikoura (ECE where requested): 1) Staff team and support and education 2) In class activities including tummy breathing and relaxation 3) Resource provision and creation, school specific hand outs and support materials	School based service referrals via schools.	Craig Scott, Manager Craig.Scott@cdhb.health.nz
Public Health Nursing, CHDB - Hurunui	School Based Nursing Services: primary and secondary schools including Omihi, Greta valley, Cheviot, Amuri Area School, Hanmer Springs, Rotherham, Waiau, Hurunui College, Waikari, Waipara, Amberley, Leithfield Youth health HPV school based program B4 School Checks Pastoral care meetings Referral service for individuals with health related issues	Schools, GPs, parents, GPs via eRMS and schools and parents via paper form available in schools and on the Public Health Nursing section of CDHB website www.cdhb.govt.nz/phns	Catherine Dowle Catherine.dowle@cdhb.health.nz 03 311 8665 027 246 9060

BUSINESS

SERVICE NAME

ABOUT THIS SERVICE

ACCESSING THE SERVICE

CONTACT DETAILS

**Enterprise North
Canterbury**

Work broker and business recovery coordinator

Self-referral and other providers.

03 327 3135