



# 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
<b>General Practice</b>	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.	<b>Amberley Medical Centre</b> 03 314 8504 <b>Amuri Community Health Centre</b> 03 315 6328 <b>Cheviot Community Health Centre</b> 03 319 8630 <b>Hanmer Springs Health Centre</b> 03 315 7503 <b>Waikari Health Centre</b> 03 319 4506
<b>Wellbeing and Recovery team</b>	Support for people with earthquake related anxiety or stress.	Referral by GP, school, social service or other health provider.	Contact any of the following: <b>Your local GP team</b> <b>Wellbeing North Canterbury Team Lead</b> t.l.clinical@wellbeingnz.org.nz, <b>Presbyterian Support Team Lead</b> vickil@psusi.org.nz
<b>MHERC</b>	Community education and information on mental health support.	Organised by local authority and health services. Includes seminars for the community.	<b>Adele Wilkinson</b> 03 365 5344 <b>www.mherc.org.nz</b>
<b>All Right?</b>	All Right? is a wellbeing campaign focusing on promoting mental health and wellbeing post-quake.	<a href="http://www.facebook.com/allrightnz">www.facebook.com/allrightnz</a>	<b>www.allright.org.nz</b>
<b>AVIVA (formally Christchurch Women's Refuge)</b>	Helping individuals and families to become, and stay, free of violence.	Self-referral or other providers.	<b>24 hour support line</b> 0800 2848 2669
<b>Amberley Foodbank</b>	Feeding the family.	Self-referral and other providers.	<b>redpenningfam@xtra.co.nz</b> 03 314 7464
<b>North Canterbury Budget Service</b>	Building Financial Capability (budget advice)..	Self-referral and referral from Work and Income and other providers.	<b>Sharon Grant</b> servicemanager@bsnc.org.nz 03 313 3505
<b>Waikari Hospital</b>	Care of the elderly, general medical and surgical rehabilitation, carer support, respite care.	CDHB Service- referral by GP/nurse or tertiary hospital services.	<b>Call your local GP team</b>
<b>Canterbury Support line</b>	Our call centre team can help connect you with the services you need. These include queries related: <ul style="list-style-type: none"> <li>• General Health</li> <li>• Mental health and Addictions</li> <li>• Social support services</li> <li>• Earthquake related services</li> <li>• Help for family members</li> </ul>	Phone	<b>0800 777 846</b>

<b>Navigators</b>	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	<b>Linda Ngata</b> 027 249 1981
<b>North Canterbury Rural Support Trust</b>	Works with rural and farming communities	0800 787 254 <a href="http://www.rural-support.org.nz">www.rural-support.org.nz</a>	<b>Bridget Frame</b> 027 6592364 bridget.buzz@xtra.co.nz
<b>Victim Support</b>	Supporting people who have experienced a crime or sudden trauma	Self referral - Phone	<b>Victim Support</b> 0800 842 846

## ADULT FOCUSED

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
<b>Rural Mental Health Team</b>	Specialist outpatient psychiatric service for people living in rural Canterbury.	Referral by GPs, other community mental health services, other mental health services.	<b>Call your local GP team</b>
<b>Comcare Trust</b>	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 <b>www.comcare.org.nz</b>
<b>Step Ahead Trust</b>	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
<b>Presbyterian Support (Enliven)</b>	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.	<b>Vicki Lucas</b> 03 3138588 vickil@psusi.org.nz

# PARENTS, YOUNG CHILDREN AND WHĀNAU

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
<b>Plunket</b>	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 <a href="http://www.plunketppe.org.nz">www.plunketppe.org.nz</a>	0800 291658
<b>Plunket</b>	Well Child Services (including Community Karitane).	Self-refer or referral by midwife or General Practice.	<b>Well Child Nurse Clare Hewett</b> 027 206 5879 <b>Community Karitane</b> 027 295 6735 <b>Marie Black</b> <a href="http://www.plunket.org.nz">www.plunket.org.nz</a>
<b>Plunket</b>	Coffee and support groups for parents with young children.		<b>Lynda Parker</b> 021 813 857 <a href="mailto:Lynda.Parker@plunket.org.nz">Lynda.Parker@plunket.org.nz</a>
<b>Plunket</b>	Support line for parents of young children.	Call anytime.	0800 933 922 0336503923 <a href="mailto:canterburyamu@barnados.org.nz">canterburyamu@barnados.org.nz</a>
<b>B4 School Checks</b>	Plunket Public Health Nursing Service	Self-referral or GP.	027 266 5879 03 311 8665
<b>Barnados</b>	Feeding the family. Support for children and families (0-17).	Self-referral and other providers	03 3650 3923 <a href="mailto:canterburyamu@barnados.org.nz">canterburyamu@barnados.org.nz</a>
<b>Christchurch Methodist Mission</b>	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.	<b>Jill Hawkey</b> : 021 157 4692 <a href="mailto:jillh@mmsi.org.nz">jillh@mmsi.org.nz</a>
<b>Presbyterian Support (Family Works)</b>	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.	<b>Michelle Ramsay</b> <a href="mailto:micheller@psusi.org.nz">micheller@psusi.org.nz</a>
<b>Whānau Ora navigation</b>	Te Runanga O Nga Maata Waka	Self-referral and other providers	<b>Linda Ngata</b> 027 249 1981

# CHILDREN AND YOUNG PEOPLE

SERVICE NAME	ABOUT THIS SERVICE	ACCESSING THE SERVICE	CONTACT DETAILS
<b>Child Adolescent and Family Services</b>	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.	<b>CAFLINK</b> 03 337 7758
<b>Connecting Hurunui youth</b>	Hurunui Youth Connector.	In school and self-referral.	<b>youthconnector@hurunui.govt.nz</b> 027 808 4478
<b>Hurunui District Council Hurunui Youth Programme / Hurunui Youth Council</b>	Years 7-13 youth. Recreation, education, cultural & leadership.	Self-referral	hyp@hurunui.govt.nz
<b>Community Wellbeing North Canterbury Trust</b>	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.	<b>Alison Jagger</b> 033949115 tl.clinical@wellbeingnc.org.nz
<b>Canterbury Children's Team (Vulnerable Children's Hub)</b>	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
<b>Ministry of Education</b>	Early Intervention: Ministry of Education Learning Support.	By request for support from local office.	<b>Fiona Cook, Service manager</b> Fiona.Cook@education.govt.nz
<b>North Canterbury RTLB Service</b>	Behaviour and learning support to all schools in North Canterbury.	School referral.	<b>Kelly McGowan</b> www.ncrtlb.school.nz
<b>School Based Mental Health Team, CDHB</b>	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.	<b>Craig Scott, Manager</b> Craig.Scott@cdhb.health.nz
<b>Public Health Nursing, CHDB - Hurunui</b>	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	<b>Catherine Dowle</b> 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