

Waitaki Health & Disability / Social Services Directory

Directory compiled in July 2018 by Christiana Skinner, Social Worker – Waitaki District Health Services Ltd, in collaboration with Safer Waitaki. This project contributes to the implementation of the new Model of Care, to enable the Waitaki population and health professionals to access Health & Disability related services available to the local community.

Although every care was taken to ensure accuracy and comprehensiveness of services listed, please contact providers for the most up-to-date information, as this may change over time. Please also check your telephone directory and online, as other options or service providers may be available.

The Directory is available online at <https://sites.google.com/saferwaitaki.co.nz/saferwaitaki/directory>

To update details in the Directory, please email Shirley Bee at sbee@waitaki.govt.nz

Directory last updated on: 10/10/18

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WAITAKI HEALTH & DISABILITY / SOCIAL SERVICES DIRECTORY

Health Services (36)

Allergy NZ (information, education, support to manage children's allergies)

P: (09) 623 3912 / 0800 34 0800

E: allergy@allergy.org.nz

W: www.allergy.org.nz

Asthma – North Otago (information, advice, resources, support, weekly respiratory classes)

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 3202

E: northotagoasthma@extra.co.nz

W: www.asthmafoundation.org.nz

Arthritis NZ – North Otago (information, advice, advocacy, support)

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 8289 / 0800 66 34 63

E: info@arthritis.org.nz

W: www.arthritis.org.nz

Brain Injury NZ – Otago Brain Injury Association (support, advocacy, education)

Liaison Officer

Community House, 283 Moray Place, Dunedin 9016

P: (03) 471 6156

E: liaison.dunedin@brain-injury.org.nz

W: www.braininjuryotago.org.nz

W: www.brain-injury.nz

Cancer Society – North Otago (information, education, support)

North Otago Coordinator

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 3284

W: www.otago-southland.cancernz.org.nz

Cerebral Palsy Society NZ (information, education, resources, support)

P: 0800 503 603

E: cpsociety@cpsociety.org.nz

W: www.cerebralpalsy.org.nz

Diabetes NZ – North Otago (information, resources)

P: (03) 434 2224

E: diabetesnorthotago@xtra.co.nz

E: diabetesotago@vodafone.co.nz

W: www.diabetes.org.nz

Dunedin Hospital – SDHB (providing health care in Otago and Southland; planning and funding of health services)

201 Great King St, Dunedin 9054

P: (03) 474 0999

E: contactus@southerndhb.govt.nz

W: www.southerndhb.govt.nz

Epilepsy NZ – Otago (seizure first aid; information, education, support)

Field Officer

283 Moray Place, Dunedin 9016

P: (03) 471 6207 / 0800 37 45 37

E: otago@epilepsy.org.nz

E: national@epilepsy.org.nz

W: www.epilepsy.org.nz

Green Prescription – Sport Otago (promoting healthy activities via referral by health professional)

Area Manager

Sargood Centre, 40 Logan Park Drive, Dunedin 9016

P: (03) 474 6364

E: grx@sportotago.co.nz

W: www.sportotago.co.nz

See also link below:

<http://www.sportotago.co.nz/green-prescription>

Heart Foundation – North Otago (information, education, resources)

North Otago Fieldworker

48 Ribble St, Oamaru 9400

P: (03) 434 2143 / 0800 86 33 75

E: northotagooffice@heartfoundation.org.nz

W: www.heartfoundation.org.nz

HealthEd – Health Promotion Agency & Ministry of Health (catalogue of free health resources)

Otago / Southland Contact Person

Public Health South, Wakari Hospital, Taieri Rd, Halfway Bush, Dunedin 9010

P: (03) 476 9870

W: www.healthed.govt.nz

Healthline (phone service for information, advice, assessment provided by registered nurses)

P: 0800 611 116

W: www.health.govt.nz/your-health/services-and-support/health-care-services/healthline

Health Navigator (information on medications, health care and health issues, including men's health)

E: admin@healthnavigator.org.nz

W: www.healthnavigator.org.nz

Health Quality & Safety Commission NZ (working with clinicians, providers and consumers to improve health and disability support services)

P: (04) 901 6040

E: info@hqsc.govt.nz

W: www.hqsc.govt.nz

Hospice (support, counselling, specialist care for dying people and their families; referral via GP, hospital doctor or district nurse)

North Otago Coordinator

P: (03) 434 2179 / 0800 473 6005

W: www.otagohospice.co.nz

Kid's Health (information about children's health for parents, caregivers, family and whānau)

W: www.kidshealth.org.nz

Men's Health Trust (health talk / topics and healthy living for men)

P: (09) 973 4161 ext 1 (general enquiries and men's health talk enquiries)

E: info@menshealthnz.org.nz

W link: <http://menshealthnz.org.nz/living-healthy/>

Ministry of Health (health information, resources, eligibility for services)

P: 0800 855 066

E: info@health.govt.nz

W: www.health.govt.nz

See also links below:

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/eligibility-questions-and-answers-service-providers>

<https://www.health.govt.nz/our-work/life-stages/health-older-people?mega=Our%20work&title=Health%20of%20older%20people>

<https://www.health.govt.nz/your-health/services-and-support/health-care-services/services-older-people>

<https://www.health.govt.nz/our-work/populations/maori-health>

<https://www.health.govt.nz/our-work/life-stages/child-health>

Motor Neuron Disease Association (information, practical and emotional support)

SDHB Area Coordinator

M: 029 777 99 44

P: (09) 624 2148 (national office)

E: southisfieldwork@mnda.org.nz

W: www.mnd.org.nz

Multiple Sclerosis Society Otago (information, education, support)

Field Officer

8 Baker St, Caversham, Dunedin 9012

P: (03) 455 5894

P: (03) 777 3352

E: info@msotago.org.nz

W: www.msotago.org.nz

Muscular Dystrophy NZ (information, education, advice, advocacy, support)

Southern Region Fieldworker

Cargill's Enterprises, 199 Hillside Rd, Dunedin 9012

P: 0800 800 337

E: info@mda.org.nz

W: www.mda.org.nz

W: www.mda.org.nz/Members-Area/Be-Connected/Support-Groups

Oamaru Hospital – Waitaki District Health Services (emergency department, acute inpatient care, maternity, radiology, SDHB visiting specialist outpatient clinics; community health services, including district nursing services, social work services, needs assessment and service coordination, occupational therapy, physiotherapy, dietetics, speech language therapy, AT&R, and meals on wheels)

8 Steward St, Oamaru 9400

P: (03) 433 0290

W: www.oamaruhospital.co.nz

Oamaru Physiotherapy Clinic (ACC provider, assessment, treatment, rehabilitation, acupuncture, workplace assessments, training and programmes)

19 Eden St, Oamaru 9400

P: (03) 434 6750

E: oamaruphysio@callsouth.net.nz

W: www.oamaruphysio.co.nz

Parkinson's NZ – Otago (information, education, support)

Community Educator

Community House, 14/20 Centennial Ave, Alexandra 9320

P: (03) 262 7040

E: educator.otago@parkinsons.org.nz

Plunket Clinic (providing free health services to children up to 5 and their family / whanau; information, advice, parent support, baby nurse, developmental assessments)

Severn St, Oamaru 9400

P: (03) 434 8437 / 0800 933 922

E: otago@plunket.org.nz

W link: <https://www.plunket.org.nz/plunket/show/oamaru-plunket-clinic>

W link: <https://www.plunket.org.nz/what-we-do/who-we-are/>

Polio North Otago (support, information)

P: (03) 434 5644

W: www.postpolio.org.nz

Public Health Nurses and Youth Health Clinic – North Otago (health information, advice and services for 3-25 year olds and their parents)

Public Health Nurses

78 Ribble St, Oamaru 9400

P: (03) 433 1161

P: (03) 433 1162

Public Health South – SDHB (health promotion, environmental and public health issues)

Private Bag 1921, Dunedin 9054

P: (03) 476 9800

W: www.southerndhb.govt.nz/pages/phsouth

Quitline (phone line for smoking cessation)

P: 0800 778 778

W: www.quit.org.nz

St John (ambulance subscriptions, medical alarms, first aid supplies and training, caring caller, and charity shop)

48 Thames St, Oamaru 9400

P: (03) 434 6975 (shop)

P: (03) 434 8100 / 0800 785 646

P: 111 (emergency / ambulance)

Caring Caller Coordinator

P: 0800 780 780 ext 3632

W: www.stjohn.org.nz

Stroke Foundation NZ – North Otago (information, resources, support)

Community Stroke Advisor

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 0247

E: north.otago@stroke.org.nz

W: www.stroke.org.nz

Southern Stop Smoking Service – North Otago (support to stop smoking, nicotine replacement products)

North Otago Coach

P: (03) 214 5260 / 0800 925 242

W: www.kaitahu.maori.nz/southern-stop-smoking-service

Waitaki District Council (environmental health issues)

Environmental Health Officer

20 Thames St, Oamaru 9400

P: (03) 433 0300

W: www.waitaki.govt.nz

WellSouth Primary Health Network (offering a range of different health and mental health information and programmes, including *Falls / Fracture Prevention for Older People* and *Books on Prescription* – quality health resources recommended by health professionals; books available at the Library; videos, podcasts and smartphone applications available via website)

The Health Promotion Team

P: (03) 477 1168 / 0800 477 116

E: health.promotion@wellsouth.org.nz

E: bwellfallsandfractureteam@wellsouth.org.nz

W: www.booksonprescription.co.nz

W: www.wellsouth.org.nz

W: www.healthnavigator.co.nz

Radio: 105.4FM, Radio Southland 96.4FM

Women's Health Action Trust (information and advice on gynaecology, obstetrics and maternity)

P: (09) 520 5295

E: info@womens-health.org.nz

W: www.womens-health.org.nz

Medical Practices (9)

Central Medical

19 Eden St, Oamaru 9400

P: (03) 434 8181

P: (03) 434 9444 (after hours)

E: info@centralmedicaloamaru.co.nz

W: www.centralmedicaloamaru.co.nz

East Otago Health & Waikouaiti Clinic

117 District Rd, Palmerston 9430

P: (03) 465 1444

P: (03) 465 1444 (after hours on call nurse)

201 Main Rd, Waikouaiti 9510

P: (03) 465 7599

E: admin.eoh@southlinkgp.co.nz

W link: <http://eastotagohealth.co.nz/>

Kurow Medical Centre

8 Wynyard St, Kurow 9435

P: (03) 436 0760 (24 hours)

E: info@kurowmedicalcentre.org.nz

W: www.kurowmedicalcentre.org.nz

North End Health Centre & Junction Doctors

4 Frome St, Oamaru North 9400

P: (03) 437 0347

Cnr Wansbeck St & Towey St

P: (03) 434 2112

P: (03) 434 9444 (after hours)

E: info@northendhealthcentre.co.nz

E: northendreception@xtra.co.nz

W: www.northendhealthcentre.co.nz

Oamaru Doctors

8 Coquet St, Oamaru 9400

P: (03) 434 1000

P: (03) 434 9444 (after hours)

E: admin@oamarudocors.co.nz

W link: <http://oamarudocors.co.nz/>

South Hill Family Practice

11 Arun St, Oamaru 9400

P: (03) 434 8499

P: (03) 434 9444 (after hours)

E: southhillmedical@gmail.com

W link: <https://wellsouth.nz/community/find-a-general-practice/waitaki-north-otago/south-hill-family-practice/>

Twizel Medical Centre

15 MacKenzie Dr, Twizel 7901

P: (03) 435 0777

M: 027 438 2777 (after hours)

W: www.twizelmed.co.nz

Waimate Medical Centre

1 Glasgow St, Waimate 7924

P: (03) 689 8016 (24-hours)

W: www.waimatemedical.nz

Whitestone Family Practice

32 Ribble St, Oamaru 9400

P: (03) 434 7697

P: (03) 434 9444 (after hours)

E: whitestonefamilypractice@gmail.com

W link: <https://wellsouth.nz/community/find-a-general-practice/waitaki-north-otago/whitestone-family-practice/>

Pharmacies (5)

Oamaru Pharmacy (open 7 days p.w. – limited weekend hours)

171 Thames St, Oamaru 9400

P: (03) 434 8315

E: info@oamarupharmacy.com

W link: <http://oamarupharmacy.com/>

North Otago Dispensary

213 Thames Hwy, Oamaru 9400

P: (03) 434 8246

E: nodispensary@xtra.co.nz

W link: <https://www.healthpoint.co.nz/pharmacy/pharmacy/north-otago-pharmacy/>

Unichem North End Pharmacy

411 Thames Hwy, Oamaru North 9400

P: (03) 437 0584

E: northendpharmacyoamaru@gmail.com

W link: <https://www.healthpoint.co.nz/pharmacy/pharmacy/unichem-north-end-pharmacy/>

Waihemo Pharmacy

132 Ronaldsay St, Palmerston, 9430

P: (03) 465 1120

E: waihemopharmacy@xtra.co.nz

W link: <https://www.healthpoint.co.nz/pharmacy/pharmacy/waihemo-pharmacy/>

Waimate Pharmacy

58 Queen St, Waimate 7924

P: (03) 689 8247

E: waimatepharmacy@xtra.co.nz

W link: <https://www.healthpoint.co.nz/pharmacy/pharmacy/waimate-pharmacy/>

Vision / Optometrists (3)

Blind Foundation (information, emotional and practical support)

Foundation of the Blind Hall, 9 Steward St, Oamaru 9400

P: (03) 466 4230 / 0800 24 33 33

E: oamarucc@blindfoundation.org.nz

E: generalenquiries@blindfoundation.org.nz

W: www.blindfoundation.org.nz

See also link below:

<https://www.health.govt.nz/publication/living-low-vision>

Brian Denny (Optometrist)

4 Coquet St, Oamaru 9400

P: (03) 434 8940

Oamaru Eye Care (Optometrist)

413 Thames Hwy, Oamaru 9400

P: (03) 437 0707

E: droberts@visique.co.nz

Hearing / Audiology (3)

National Foundation for the Deaf (information, education, resources, advocacy)

P: (09) 307 2922 / 0800 867 446

E: enquiries@nfd.org.nz

W: www.nfd.org.nz

Bay Audiology (hearing tests, aids, wax removal)

374 Thames Highway, Oamaru North 9400

P: (03) 327 9007

Triton Hearing (hearing tests, aids, wax removal)

Outpatient Clinic, Oamaru Hospital, 8 Steward St, Oamaru 9400

P: 0800 45 45 44

Foot Care / Podiatrists (2)

Simply Feet

Michelle Hansen (Podiatrist)

316 Thames Hwy, Oamaru 9400

P: (03) 437 9025

W: www.simplyfeet.co.nz

Ruth Tasker (Podiatrist)

Oamaru Pharmacy

P: (03) 434 8741 (enquiries / bookings)

Mental Health Services (4)

(for a comprehensive list of services, including counselling, see Mental Health & Addictions Directory below)

Mental Health & Addictions Directory – Waitaki (comprehensive directory of mental health & addiction services)

W: <https://docs.google.com/document/d/11qfk0sjxvl3vcXbHUDJnFHgMcZBgB5SuvYnYJ7I9UI4/edit>

Ministry of Justice – Family Court (information on family issues, court processes and applications, including compulsory assessment and treatment, powers to make decisions for others)

Oamaru Family Court Hearing Centre, 24 Humber St, Oamaru 9400 (limited services)

P: 0800 224 733 (general enquiries)

P: 0800 268 787 (for Oamaru enquiries)

W: www.justice.govt.nz

For further details and other family court matters follow links below:

<https://www.justice.govt.nz/family/>

<https://www.justice.govt.nz/family/about/>

<https://www.justice.govt.nz/family/contact-us/>

<https://www.justice.govt.nz/contact-us/find-us/?Types=607&Locations=384>

<https://www.justice.govt.nz/about/lawyers-and-service-providers/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/welfare-guardians/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/personal-orders/>

<https://www.justice.govt.nz/family/court-ordered-treatment/>

<https://www.justice.govt.nz/family/court-ordered-treatment/mental-health-treatment/>

<https://www.justice.govt.nz/family/court-ordered-treatment/substance-addiction/>

Miramare (needs assessment and service coordination for access to funded mental health support services)

Needs Assessor & Service Coordinator

27 Coquet St, Oamaru 9400

P: (03) 434 1125

E: oamaru@miramare.co.nz

W: www.miramare.com

Waitaki Community Mental Health Team – SDHB (adult mental health services; referral via GP or other health professional preferred)

2 Trent St, Oamaru 9400

P: (03) 433 0002 (general enquiries)

P: (03) 474 0999 / 0800 44 33 66 (24-hour consultation)

P: 0800 46 78 46 (emergency psychiatric service)

W: www.southerndhb.govt.nz

Disability Services (18)

AccessAbility (needs assessment and service coordination for access to funded support services for people under 65 with disabilities)

Burns House, 10 George Street, Dunedin 9016

P: 03 929 1436 / 0800 758 700

E: otago@accessability.org.nz

W: www.accessability.org.nz

Brain Injury NZ – Otago Brain Injury Association (support, advocacy, education)

Liaison Officer

Community House, 283 Moray Place, Dunedin 9016

P: (03 471 6156

E: liaison.dunedin@brain-injury.org.nz

W: www.braininjuryotago.org.nz

W: www.brain-injury.nz

CCS Disability Action – Waitaki (support, advocacy, information, Total Mobility Scheme parking and taxi vouchers – taxi vouchers for subsidised taxi transport approved by Otago Regional Council)

316 Thames Highway, Oamaru 9400

P: (03) 437 9005 / 0800 227 22 55

E: admin.waitaki@ccsdisabilityaction.org.nz

W: www.ccsdisabilityaction.org.nz

W: www.orc.govt.nz/public-transport/total-mobility

See also links below:

<https://www.ccsdisabilityaction.org.nz/contact/branch-information/oamaru/>

Disability Information Service (information, advice, resources – display of items and representative at Oamaru Hospital on last Wednesday of every month)

Community House

283-301 Moray Place (Cnr Moray Place & Great King St)

Dunedin 9016

P: (03) 471 6152 / 0800 69 33 42

E: info@disabilityinfo.co.nz

W: www.disabilityinfo.co.nz

IDEA Services (support for people with intellectual disabilities and their families; day services and supported living)

18 Severn St, Oamaru 9444

P: (03) 433 1016

P: (03) 433 1018

E: north.otago@idea.org.nz

W: www.idea.org.nz

Manawanui Individualised Funding Support (offering choice, control and flexibility through individualised funding for services for people under 65 with disabilities)

P: (09) 444 8439 / 0508 432 622

E: info@incharge.org.nz

W: www.incharge.org.nz

McGlynn Homes (long-term residential care for people under 65 with physical disabilities, short-term respite, rehabilitation and private accommodation service)

P: (03) 434 0397

P: (03) 477 1496

E: mcglynnhomes@xtra.co.nz

W: www.mcglynnhomes.co.nz

Ministry of Health (health information and eligibility for services)

P: 0800 855 066

E: info@health.govt.nz

W: www.health.govt.nz

See also links below:

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/eligibility-questions-and-answers-service-providers>

Ministry of Justice – Family Court (information on family issues, court processes and applications, including powers to make decisions for others, enduring power of attorney; compulsory assessment and treatment; care of children; family / domestic violence)

Oamaru Family Court Hearing Centre, 24 Humber St, Oamaru 9400 (limited services)

P: 0800 224 733 (general enquiries)

P: 0800 268 787 (for Oamaru enquiries)

W: www.justice.govt.nz

For further details and other family court matters follow links below:

<https://www.justice.govt.nz/family/>
<https://www.justice.govt.nz/family/about/>
<https://www.justice.govt.nz/family/contact-us/>
<https://www.justice.govt.nz/contact-us/find-us/?Types=607&Locations=384>
<https://www.justice.govt.nz/about/lawyers-and-service-providers/>
<https://www.justice.govt.nz/family/powers-to-make-decisions/>
<https://www.justice.govt.nz/family/powers-to-make-decisions/welfare-guardians/>
<https://www.justice.govt.nz/family/powers-to-make-decisions/personal-orders/>

Ministry of Social Development (see website / links below for full range of disability-related social services)

23 Coquet St, Oamaru 9400

W: www.msd.govt.nz

P: 0800 559 009

See also links below:

<https://www.workandincome.govt.nz/eligibility/>
<https://www.msd.govt.nz/what-we-can-do/community/carers/index.html>
<https://www.msd.govt.nz/what-we-can-do/disability-services/index.html>
<http://www.msd.govt.nz/what-we-can-do/disability-services/mainstream/index.html>
<https://www.msd.govt.nz/what-we-can-do/providers/pay-equity-for-vocational-and-disability-care-and-support-workers.html>

Otago Regional Council (Total Mobility Scheme taxi vouchers for subsidised taxi transport – available through CCS Disability Action Waitaki – see website below for more information)

P: 0800 474 082

W: www.orc.govt.nz/public-transport/total-mobility

PACT (support for people with a range of disabilities or support needs)

80 Filleul St, Dunedin 9016

P: (03) 477 4312

E: pact@pactgroup.co.nz

W: www.pactgroup.co.nz

Parafed (wheelchair support group)

P: (03) 434 7900

P: (03) 434 8943

Salvation Army Flats (rental units in Oamaru; must be on Housing NZ list to qualify)

255 Thames Hwy, Oamaru 9400

P: (03) 434 9151

Waitaki Community Housing – WDC (units in Oamaru, Hampden and Palmerston for people on low incomes with specific needs)

Property Administrator

20Thames St, Oamaru 9400

P: (03) 433 0300

W: www.waitaki.govt.nz

See also link below for application form:

https://www.waitaki.govt.nz/our-council/forms-and-applications/Documents/Others/Community_housing/Community%20Housing%20Application.pdf

Waitaki District Libraries (general and specific information, health and disability related literature, “Books on Prescription”, talking books, large print, DVDs, “Stepping Up” assistance for elderly people with digital devices / media, mental agility, service for vision-impaired people, home service for housebound people – criteria apply for specific services)

82 Thames St, Oamaru 9400 (see weblink below for other Waitaki locations and opening hours)

P: (03) 433 0850

E: library@waitaki.govt.nz

See also links below:

<https://culturewaitaki.org.nz/waitaki-district-libraries>

<https://www.waitaki.govt.nz/our-facilities/libraries/Pages/default.aspx>

Work & Income (disability services information)

Cnr Castle & St Andrew Sts, Dunedin 9016

P: (03) 955 6657 / 0800 559 009

W: www.workandincome.govt.nz

Workbridge – Oamaru (access to employment for people with disabilities)

Employment Consultants

23 Coquet St, Oamaru 9400

P: (03) 434 8713 / 0508 858 858

E: oamaru@workbridge.co.nz

W: www.workbridge.co.nz

Mobility / Transport Services (13)

(please also check national bus companies for alternative public transport options)

Age Concern Waitaki (information, wheelchair hire by arrangement)

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 7008

E: acwaitaki@xtra.co.nz

W: www.ageconcern.org.nz/council/waitaki-oamaru

W: www.ageconcern.org.nz

Battery Auto Electric (mobility scooters sold on behalf; scooter / electric wheel chair batteries)

204 Thames St, Oamaru 9400

P: (03) 434 6145

CCS Disability Action – Waitaki (Total Mobility Scheme parking and taxi vouchers – taxi vouchers for subsidised taxi transport approved by Otago Regional Council)

316 Thames Highway, Oamaru 9400

P: (03) 437 9005 / 0800 227 22 55

E: admin.waitaki@ccsdisabilityaction.org.nz

W: www.ccsdisabilityaction.org.nz

W: www.orc.govt.nz/public-transport/total-mobility

See also link below:

<https://www.ccsdisabilityaction.org.nz/contact/branch-information/oamaru/>

Freedom Mobility (nationwide disability vehicle rental service – Christchurch and Dunedin outlets)

P: (09) 869 3976 / 0800 864 2529

E: info@freedommobility.co.nz

W: www.freedommobility.co.nz

Kurow Community Vehicle – Kurow Community Trust (for transport needs – Waitaki Valley)

Manager

Kurow Information Centre, 57 Bledisloe St, Kurow 9435

P: (03) 436 0950

Masonic Lodge Mobility Scooter Hire – Oamaru (low cost weekly hire)

M: 021 288 9720

Miss Daisy – Driving Miss Daisy (companion driving; transport to shops and appointments; specific needs / requests by arrangement with Miss Daisy – local / Otago region)

P: (03) 434 8421

E: oamaru@drivingmissdaisy.co.nz

W: www.drivingmissdaisy.co.nz

W link: <https://drivingmissdaisy.co.nz/franchise/oamaru/>

Mobility Scooters (sales, service, community grant supplies)

Cnr Church St & Grey Rd, Timaru 7910

P: (03) 684 8423 / 0800 002 884

211 King Edward St, South Dunedin 9012

P: (03) 455 2875 / 0800 56 68 00

E: info@mobilityscooters.co.nz

W: www.mobilityscooters.co.nz

Mobility Solutions (equipment hire and maintenance)

42 Theodosia St, Timaru 7910

P: (03) 688 4121 / 0800 688 41 21

245 King Edward St, South Dunedin 9012

P: (03) 477 7195 / 0800 92 42 47

E: admin@mobilitysolutionscentre.co.nz

E: info@mobilitysolutionscentre.co.nz

W: www.mobilitysolutionscentre.co.nz

Mobility Taxi – Whitestone Taxis (24-hour wheelchair access)

P: (03) 434 1234 / 0800 434 1234

Otago Regional Council (Total Mobility Scheme taxi vouchers for subsidised taxi transport – available through CCS Disability Action Waitaki – see website below for more information)

P: 0800 474 082

W: www.orc.govt.nz/public-transport/total-mobility

Shuttle – Oamaru to Dunedin (door to door to Dunedin Hospital, shops or airport)

La Gonda Tea Rooms, 191 Thames St, Oamaru 9400 (enquiries / bookings)

P: (03) 434 8716

P: (03) 434 7744

Town Bus Service (runs Mon – Fri, 3 x daily, between Oamaru Hospital and Oamaru North)

Whitestone Taxis (enquiries)

P: (03) 434 1234 / 0800 434 1234

Physical Wellbeing / Activities (5)

Aquatic Centre – Waitaki District Council (aqua fitness and jogging for adults and people over 65; parent and child programmes)

Steward St, Oamaru 9400

Ph: (03) 433 0410

W link: <https://www.waitaki.govt.nz/our-facilities/aquatic-centre/Pages/default.aspx>

Gentle Exercise Programme – Age Concern Waitaki (gentle seated exercise social group for older people)

Program Coordinator

P: (03) 434 7008

E: acwaitaki@xtra.co.nz

Green Prescription – Sport Otago (promoting healthy activities via referral by health professional)

Area Manager

Sargood Centre, 40 Logan Park Drive, Dunedin 9016

P: (03) 474 6364

E: grx@sportotago.co.nz

W: www.sportotago.co.nz

See also link below:

<http://www.sportotago.co.nz/green-prescription>

Waitaki Community Recreation Centre (gym activities / classes, training; nutrition, massage and wellbeing; body vive, body balance and circuit classes for people over 65 – referral via Oamaru Hospital Physiotherapist)

43 Orwell St, Oamaru 9400

P: (03) 434 6932

W link: <http://www.sporty.co.nz/waitakicrc>

Steady As You Go – Age Concern Waitaki (falls prevention exercise group for strength and balance for older people)

Program Coordinator

P: (03) 434 7008

E: acwaitaki@xtra.co.nz

W: www.ageconcern.org.nz/council/waitaki-oamaru

Needs Assessment & Service Coordination / Funders of Home Support Services (6)

AccessAbility (needs assessment and service coordination for access to funded support services for people under 65 with disabilities)

Burns House, 10 George Street, Dunedin 9016

P: 03 929 1436 / 0800 758 700

E: otago@accessability.org.nz

W: www.accessability.org.nz

Care Coordination Centre – SDHB (needs assessment and service coordination for access to funded support services for older persons' health, long-term chronic health, and personal health; residential and palliative care)

201 Great King St, Dunedin 9054

P: 0800 627 236

E: southerndhbccc@southerndhb.govt.nz

W: www.southerndhb.govt.nz

Enliven Individualised Funding – Positive Ageing Services Presbyterian Support Otago

(offering choice, control and flexibility with individualised funding for support services for people over 65; referral via Care Coordination Centre)

Coordinator

407 Moray Place, Dunedin 9054

P: (03) 470 0816

E: if@psotago.org.nz

W link: <https://psotago.org.nz/services/in-your-community/individualised-funding/>

Manawanui Individualised Funding Support (offering choice, control and flexibility with individualised funding for support services for people under 65 with disabilities)

P: (09) 444 8439 / 0508 432 622

E: info@incharge.org.nz

W: www.incharge.org.nz

Miramare (needs assessment and services coordination for access to funded mental health support services)

Needs Assessor & Service Coordinator

27 Coquet St, Oamaru 9400

P: (03) 434 1125

E: oamaru@miramare.co.nz

W: www.miramare.com

Needs Assessment and Service Coordination – SCDHB (needs assessment and service coordination for support services for older persons' health in Timaru and Waimate region)

Private Bag 911, Timaru 7940

P: (03) 687 7114

E: nascadmin@scdhb.health.nz

Home Care Support / Nursing Services (7)

AccessAbility (needs assessment and service coordination for access to funded support services for people under 65 with disabilities)

Burns House, 10 George Street, Dunedin 9016

P: 03 929 1436 / 0800 758 700

E: otago@accessability.org.nz

W: www.accessability.org.nz

Access Home Health (home based health care and support services; needs assessment required to access funded services, unless private paying)

North Otago Community Nurse

138 Thames St (cnr Thames St & Eden St), Oamaru 9400

P: (03) 434 7568 / 0800 284 663

W: www.access.org.nz

Care Coordination Centre – SDHB (needs assessment and service coordination for access to funded support services for older persons' health, long-term chronic health, and personal health)

201 Great King St, Dunedin 9054

P: 0800 627 236

E: southerndhbccc@southerndhb.govt.nz

W: www.southerndhb.govt.nz

Good Partners (homecare and nursing services; overnight carers; private paying only)

Manager

413 Tay St, Invercargill 9810

P: (03) 216 2301 / 0800 262 301

E: info@goodpartners.co.nz

W: www.goodpartners.co.nz

Health Care NZ (home care support and nursing services; needs assessment required to access funded services, unless private paying)

North Otago Coordinators

27 Coquet St, Oamaru 9400

P: (03) 433 1313

E: oamaru.office@healthcarenz.co.nz

W: www.healthcarenz.co.nz

Miramare (needs assessment and service coordination for access to funded mental health support services)

Needs Assessor / Coordinator

27 Coquet St, Oamaru 9400

P: (03) 434 1125

E: oamaru@miramare.co.nz

W: www.miramare.com

Royal District Nursing Service (health care and home support services; needs assessment required to access funded services, unless private paying)

Coordinator – North Otago

70 McAndrew Rd, South Dunedin 9012

P: 0800 736 769

E: getinfo@rdns.org.nz

W: www.rdns.org.nz

Medical Alarms – MSD Subsidised (5)

BUPA (range of alarm/sensor alert options)

P: 0800 60 80 99

W: www.bupa.co.nz

Chubb (necklace/wristband)

P: 0800 188 000

W: www.chubb.co.nz

NevaAlone – ADT Security (necklace/wristband; language and deaf support)

P: 0800 111 238

W Link: <http://adtsecurity.co.nz/home-security/neva-alone>

Red Wolf High Level Monitoring (portable alarm; works across 2G cellular network coverage area)

P: 0800 673 252

W link: <https://www.redwolf.net.nz/monitoring/medical-alarms/>

St John (necklace/wristband; language and deaf support)

St John Charity Shop, 48 Thames St, Oamaru 9400

P: (03) 434 6975

P: 0800 50 23 23

W: www.stjohn.org.nz

Medical Alert Services (1)

MedicAlert Foundation (bracelets, life-saving information services, supported with internationally recognised medical ID)

P: 0800 840 111

W: www.medicalert.co.nz

Meals on Wheels / Meal Delivery Options (4)

(please also check local Hotels / Motels for alternative meal options)

BBQ Quick Meals (phone, email or online orders for frozen meals; delivery 2-3 days – rural delivery available)

P: (03) 453 1000

W: www.bbquick.co.nz

Eat (phone, email or online orders for overnight delivery – rural delivery not available)

P: 0800 328 333

E: orders@eat.co.nz

W: www.eat.co.nz

Hangi Catering Meal Delivery (fresh meals delivered in Oamaru area Monday, Wednesday, Friday)

M: 027 721 8922

E: hangicatering@xtra.co.nz

Oamaru Hospital Meals on Wheels (assessment for subsidy and provision of meals via District Nurses – town deliveries only)

8 Steward St, Oamaru 9400

Whalan Lodge, 5 Diggers Gully Rd, Kurow 9435

P: (03) 433 0670 (Oamaru)

P: (03) 436 0578 (Kurow)

W: www.oamaruhospital.co.nz

Older Persons' Services (26)

Age Concern Otago (information, advice, advocacy, support, Elder Abuse and Neglect Prevention Social Worker – available in Waitaki)

9 The Octagon, Dunedin 9016

P: (03) 477 1040

M: 027 231 4880 (Elder Abuse & Neglect Prevention Social Worker)

E: agecon@ageconcernotago.co.nz

E: peggy@ageconcernotago.co.nz (Elder Abuse & Neglect Prevention Social Worker)

W: www.ageconcern.org.nz

Age Concern Waitaki (information, advice, advocacy, support, wheelchair hire by arrangement, referral to Elder Abuse & Neglect Prevention Social Worker)

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 7008

E: acwaitaki@xtra.co.nz

W: www.ageconcern.org.nz/council/waitaki-oamaru

W: www.ageconcern.org.nz

Alzheimer's Society – North Otago (information, advocacy, support)

North Otago Fieldworker

27 Coquet St, Oamaru 9400

P: (03) 434 9090 / 0800 004 001

E: north@alzheimersotago.org.nz

Care Coordination Centre – SDHB Health of Older People (needs assessment and service coordination for access to funded support services for older persons' health, long-term chronic health, and personal health; residential and palliative care)

201 Great King St, Dunedin 9054

P: 0800 627 236

E: southerndhbccc@southerndhb.govt.nz

W: www.southerndhb.govt.nz

Columba Flats – Presbyterian Support Otago (low cost units in Oamaru for people over 65; private purchase with service fee / right to occupy)

Iona Home & Hospital Reception (general enquiries / to put name on list)

549 Thames Hwy, Oamaru North 9400

P: (03) 437 1870

E: enquiries@psotago.org.nz

Enliven Individualised Funding – Positive Ageing Services Presbyterian Support Otago

(offering choice, control and flexibility through individualised funding for services for people over 65; referral via Care Coordination Centre)

Coordinator

407 Moray Place, Dunedin 9054

P: (03) 470 0816

E: if@psotago.org.nz

W link: <https://psotago.org.nz/services/in-your-community/individualised-funding/>

Gentle Exercise Programme – Age Concern Waitaki (gentle seated exercise social group for older people)

Program Coordinator

P: (03) 434 7008

E: acwaitaki@xtra.co.nz

Grey Power (advocacy, support, promotion of welfare and wellbeing of 50+ age group)

North Otago Advocate

Community House, 100 Thames St, Oamaru 9400

P: (03) 437 2220

E: nogreypower@yahoo.co.nz

W: www.greypower.co.nz

Health Quality & Safety Commission NZ – Advance Care Planning (working with clinicians, providers and consumers to improve health and disability support services)

P: (04) 901 6040

E: info@hqsc.govt.nz

W: www.hqsc.govt.nz

See also link below for Advance Care Planning:

<https://www.hqsc.govt.nz/our-programmes/advancecareplanning/>

Housing NZ (access to quality, affordable housing; applications via WINZ – MSD)

P: (04) 439 3052 / 0800 801 601 (general enquiries)

P: 0800 559 009 (MSD – WINZ applications)

P: 0800 552 002 (people over 65)

E: enquiries1@hnzc.co.nz

W: www.housing.msd.govt.nz (emergency housing)

W: www.hnzc.co.nz

Iona Cottages – Presbyterian Support Otago (rental cottages for independently mobile people over 65; rental includes lunch, laundry, power, maintenance, gardening)

Iona Home & Hospital Reception (general enquiries / to put name on list)

549 Thames Hwy, Oamaru North 9400

P: (03) 437 1870

E: enquiries@psotago.org.nz

Ministry of Health (health information and eligibility for services)

P: 0800 855 066

E: info@health.govt.nz

W: www.health.govt.nz

See also links below:

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/eligibility-questions-and-answers-service-providers>

<https://www.health.govt.nz/our-work/life-stages/health-older-people?mega=Our%20work&title=Health%20of%20older%20people>

<https://www.health.govt.nz/your-health/services-and-support/health-care-services/services-older-people>

<https://www.health.govt.nz/our-work/populations/maori-health>

Ministry of Justice – Family Court (information on family issues, court processes and applications, including powers to make decisions for others, enduring power of attorney)

Oamaru Family Court Hearing Centre, 24 Humber St, Oamaru 9400 (limited services)

P: 0800 224 733 (general enquiries)

P: 0800 268 787 (for Oamaru enquiries)

W: www.justice.govt.nz

For further details and other family court matters follow links below:

<https://www.justice.govt.nz/family/>

<https://www.justice.govt.nz/family/about/>

<https://www.justice.govt.nz/family/contact-us/>

<https://www.justice.govt.nz/contact-us/find-us/?Types=607&Locations=384>

<https://www.justice.govt.nz/about/lawyers-and-service-providers/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/the-court-and-enduring-power-of-attorney-epa/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/welfare-guardians/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/personal-orders/>

RSA – Dunedin Welfare Trust (advocacy, support, advice, financial and other assistance, eg WINZ, rates rebates, taxi vouchers, etc; welfare officer available to all service and ex-service people, police, their spouses and dependents to provide guidance and assistance with welfare issues)

RSA Administrator

63 Bay View Rd (access through Montecillo Veterans Home and Hospital), South Dunedin 9012

P: (03) 466 4886 / 0800 664 888

E: welfare@dn-rsa.org.nz

W: www.dn-rsa.org.nz

Salvation Army Flats (rental units in Oamaru; must be on Housing NZ list to qualify)

255 Thames Hwy, Oamaru 9400

P: (03) 434 9151

Senior Services – MSD (social services for people over 65)

23 Coquet St, Oamaru 9400

P: 0800 552 002 (general enquiries)

P: 0800 254 565 (Super Gold Card)

P: 0800 650 656 (Veteran's Pension)

E: seniors@msd.govt.nz

E: information@supergold.govt.nz

E: veteranspension@msd.govt.nz

W: www.superseniors.msd.govt.nz

See also links below:

<http://www.msd.govt.nz/what-we-can-do/seniorcitizens/>

<https://www.workandincome.govt.nz/eligibility/seniors/>

<http://superseniors.msd.govt.nz/finance-planning/enduring-power-of-attorney/index.html>

St Luke's & St Mary's Flats (rental units in Oamaru for people over 65)

Coordinator – Anglican Church

P: (03) 434 5514

Steady As You Go – Age Concern Waitaki (falls prevention exercise group for strength and balance for older people)

Program Coordinator

P: (03) 434 7008

E: acwaitaki@xtra.co.nz

W: www.ageconcern.org.nz/council/waitaki-oamaru

Seniorline (information, concerns and decisions regarding residential care facilities)

P: (09) 375 4395 / 0800 725 463

E: seniorline@adhb.govt.nz

W: www.seniorline.org.nz

Veteran's Affairs (support for current and past service personnel and their family / whānau)

P: 0800 483 8372

E: veterans@nzdf.mil.nz

W: www.veteransaffairs.mil.nz

Violence Intervention – SDHB (partner violence, elder abuse & neglect)

Violence Intervention Coordinator

Dunedin Hospital, 201 Great King St, Dunedin 9016

P: (03) 474 0999

W link: <https://www.southerndhb.govt.nz/index.php?page=2721>

Waitaki Community Housing – WDC (units in Oamaru, Hampden and Palmerston for people on low incomes – preference given to those over 60 or those with specific needs)

Property Administrator

20Thames St, Oamaru 9400

P: (03) 433 0300

W: www.waitaki.govt.nz

See also link below for application form:

https://www.waitaki.govt.nz/our-council/forms-and-applications/Documents/Others/Community_housing/Community%20Housing%20Application.pdf

Waitaki Community Recreation Centre (body vive, body balance and circuit classes for people over 65 – referral via Oamaru Hospital Physiotherapist)

43 Orwell St, Oamaru 9400

P: (03) 434 6932

W link: <http://www.sporty.co.nz/waitakirc>

Waitaki District Libraries (general and specific information, health and disability related literature, “Books on Prescription”, talking books, large print, DVDs, “Stepping Up” assistance for elderly people with digital devices / media, mental agility, service for vision-impaired people, home service for housebound people – criteria apply for specific services)

82 Thames St, Oamaru 9400 (see weblink below for other Waitaki locations and opening hours)

P: (03) 433 0850

E: library@waitaki.govt.nz

See also links below:

<https://culturewaitaki.org.nz/waitaki-district-libraries>

<https://www.waitaki.govt.nz/our-facilities/libraries/Pages/default.aspx>

WellSouth Primary Health Network (offering a range of different health and mental health information and programmes, including falls / fracture prevention for older people)

P: (03) 477 1168 / 0800 477 116

E: bwellfallsandfractureteam@wellsouth.org.nz

W: www.wellsouth.org.nz

Work & Income – MSD (age-related disability services information)

Cnr Castle & St Andrew Sts, Dunedin 9016

P: (03) 955 6657 / 0800 559 009

W: www.workandincome.govt.nz

Residential Care (11)

Care Coordination Centre – SDHB Health of Older People (needs assessment and service coordination for access to residential and palliative care)

201 Great King St, Dunedin 9054

P: 0800 627 236

E: southerndhbccc@southerndhb.govt.nz

W: www.southerndhb.govt.nz

Iona Home & Hospital – Presbyterian Support (rest home and hospital care)

Manager

549 Thames Hwy, Oamaru North 9400

P: (03) 437 1870

W: www.psotago.org.nz/services/residential-aged-care/iona

Eldernet (information and directory of services for older people)

P: (03) 388 1204

E: team@eldernet.co.nz

W: www.eldernet.co.nz

Harbour View Rest Home (rest home and dementia care; day care)

Manager

Waterfront Rd, Oamaru 9400

P: (03) 434 5001

E: denise@harbourviewoamaru.nz

Kimberley Rest Home (rest home and dementia care)

Manager

53 Ronaldsay St, Palmerston 9430

P: (03) 465 1515/96

E: Kimberley@kimberley.nz

W: www.kimberley.nz

Northanjer Rest Home (rest home care)

Manager

318 Thames Hwy, Oamaru 9400

P: (03) 437 2180

E: belinda@northanjer.co.nz

Observatory Village Lifecare (rest home and hospital care; private apartments and villas)

Manager

21 Stoke St, Oamaru 9400

P: (03) 434 5450

E: gm@observatoryvillage.nz

W: www.observatoryvillage.nz

Sandringham House (rest home care)

Manager

12 Sandringham St, Oamaru North 9400

P: (03) 437 0344

E: sandringham.resthome@xtra.co.nz

Seniorline (information, concerns and decisions regarding residential care facilities)

P: (09) 375 4395 / 0800 725 463

E: seniorline@adhb.govt.nz

W: www.seniorline.org.nz

Southanjer Rest Home (dementia care; day care)

Manager

101 Thousand Acre Rd, Awamoa, Oamaru 9492

P: (03) 434 8841

E: belinda@southanjer.co.nz

Whalan Lodge (rest home care; meals on wheels)

Manager

5 Diggers Gully Rd, Kurow 9435

P: (03) 436 0578

E: whalanlodgetrust@xtra.co.nz

Children's / Women's / Family / Whānau Services (20)

Family Start – Anglican Family Care (home based social work services for children and their families from pregnancy up to age 2)

Family / Whānau Worker

23 Coquet Street, Oamaru 9400

P: (03) 395 8112 / 0800 326 2273

E: enquiries@familycare.org.nz

W: www.anglicanfamilycare.org.nz

Family Works – Presbyterian Support (health and welfare services for children, youths, and their families)

Social Worker

P: 0508 3962 6278

E: jodir@psotago.org.nz

W: <https://familyworks.org.nz/>

Kid's Health (information about children's health for parents, caregivers, family and whānau)

W: www.kidshealth.org.nz

Methodist Mission (community, social services, parenting through separation)

P: (03) 466 4600

E: admin@dmn.org.nz

W: www.dmn.org.nz

Mid-South Island Womens Refuge and Family Safety Services – Timaru (protecting women and children from domestic and family violence)

Community Office, 12 Sarah St. Timaru

P: (03) 684 8280 (general and crisis)

P: 0800 00 7750 (crisis)

P: 0800 733 843 (general enquiries)

E: scwr@farmside.co.nz

W: www.mherc.org.nz/directory/all-listings-alphabetical/south-canterbury-womens-refuge

Ministry of Health (health information and eligibility for services)

P: 0800 855 066

E: info@health.govt.nz

W: www.health.govt.nz

See also links below:

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/eligibility-questions-and-answers-service-providers>

<https://www.health.govt.nz/our-work/populations/maori-health>

<https://www.health.govt.nz/our-work/life-stages/child-health>

Ministry of Justice – Family Court (information on family issues, court processes and applications, including powers to make decisions for others, enduring power of attorney; compulsory assessment and treatment; care of children; family / domestic violence)

Oamaru Family Court Hearing Centre, 24 Humber St, Oamaru 9400 (limited services)

P: 0800 224 733 (general enquiries)

P: 0800 268 787 (for Oamaru enquiries)

W: www.justice.govt.nz

For further details and other family court matters follow links below:

<https://www.justice.govt.nz/family/>

<https://www.justice.govt.nz/family/about/>

<https://www.justice.govt.nz/family/contact-us/>

<https://www.justice.govt.nz/contact-us/find-us/?Types=607&Locations=384>

<https://www.justice.govt.nz/about/lawyers-and-service-providers/>

<https://www.justice.govt.nz/family/care-of-children/>

<https://www.justice.govt.nz/family/care-of-children/care-and-protection/>

<https://www.justice.govt.nz/family/care-of-children/guardians-and-guardianship/>

<https://www.justice.govt.nz/family/domestic-violence/>

<https://www.justice.govt.nz/family/domestic-violence/legal-protection-you-can-get/>

<https://www.justice.govt.nz/family/domestic-violence/safety-help-and-non-violence-courses/>

<https://www.justice.govt.nz/family/domestic-violence/apply-for-a-protection-order/>

<https://www.justice.govt.nz/family/domestic-violence/conditions-of-a-protection-order/>

Ministry of Social Development (see website / links below for full range of social services)

23 Coquet St, Oamaru 9400

P: 0800 559 009

W: www.msd.govt.nz

See also links below:

<https://www.workandincome.govt.nz/eligibility/>

<http://www.youthservice.govt.nz/>

<http://housing.msd.govt.nz/>

<https://www.familyservices.govt.nz/directory/>

<https://www.msd.govt.nz/what-we-can-do/community/carers/index.html>

<https://www.workingforfamilies.govt.nz/>

Oamaru Homebased Family Support Service (advice, advocacy, education, budgeting, links to community resources and specialist services, practical support provided in the home to help families with children)

9A Dee St, Timaru 7910

P: (03) 688 1152

Oranga Tamariki - Ministry for Children (support for vulnerable children and their families)

23 Coquet St, Oamaru 9400

P: 0508 326 459 (general and urgent enquiries)

P: 111 (Police / to report urgent concerns)

E: enquiry@ot.govt.nz (general enquiries) or contact@ot.govt.nz (to report concerns)

W: www.orangatamariki.govt.nz

Parents Centre NZ – Oamaru (childbirth education, support networks)

255 Thames St, Oamaru 9400

P: (03) 434 6161

E: oamaru@parentscentre.org.nz

W: www.parentscentre.org.nz

Plunket Clinic (providing free health services to children up to 5 and their family / whanau; information, advice, parent support, baby nurse, developmental assessments)

Severn St, Oamaru 9400

P: (03) 434 8437 / 0800 933 922

E: otago@plunket.org.nz

W link: <https://www.plunket.org.nz/plunket/show/oamaru-plunket-clinic>

W link: <https://www.plunket.org.nz/what-we-do/who-we-are/>

Pregnancy Help (information, support, practical assistance for women and their families)

Ground Floor, South City Mall, South Dunedin 9012

P: (03) 455 5892

E: otago@pregnancyhelp.org.nz

E: national@pregnancyhelp.org.nz

W: www.preganancyhelp.org.nz

See also link below:

W link: <http://www.pregnancyhelp.org.nz/dunedin/19/>

Public Health Nurses and Youth Health Clinic – North Otago (health information, advice and services for 3-25 year olds and their parents)

Public Health Nurses

78 Ribble St, Oamaru 9400

P: (03) 433 1161 / (03) 433 1162

RSA – Dunedin Welfare Trust (advocacy, support, advice, financial and other assistance, eg WINZ, rates rebates, taxi vouchers, etc; welfare officer available to all service and ex-service people, police, their spouses and dependents to provide guidance and assistance with welfare issues)

RSA Administrator

63 Bay View Rd (access through Montecillo Veterans Home and Hospital), South Dunedin 9012

P: (03) 466 4886 / 0800 664 888

E: welfare@dn-rsa.org.nz

W: www.dn-rsa.org.nz

Strengthening Families – Waitaki (coordinating services to help families achieve better outcomes for their children)

North Otago Coordinator

Barnardos Kidstart, 4 Raglan St, Oamaru 9400

E: kristen.brown@barnardos.org.nz

W: www.strengtheningfamilies.govt.nz

Veteran's Affairs (support for current and past service personnel and their family / whānau)

P: 0800 483 8372

E: veterans@nzdf.mil.nz

W: www.veteransaffairs.mil.nz

Violence Intervention – SDHB (partner violence and child protection)

(Violence Intervention Coordinator)

Dunedin Hospital, 201 Great King St, Dunedin 9016

P: (03) 474 0999

W link: <https://www.southerndhb.govt.nz/index.php?page=2721>

Women's Health Action Trust (information and advice on gynaecology, obstetrics and maternity)

P: (09) 520 5295

E: info@womens-health.org.nz

W: www.womens-health.org.nz

Work & Income (child-related disability services information)

Cnr Castle & St Andrew Sts, Dunedin 9016

P: (03) 955 6657 / 0800 559 009

W: www.workandincome.govt.nz

Pasifika / Māori / Whānau Ora Services (6)

Fale Pasifika O Aoraki (assisting with access to health services for Pacific Island people) vouchers)

Coordinator

316 Thames St, Oamaru 9400

P: (03) 437 9023

E: oamaru@falepasifikaoaoraki.org.nz

W: www.falepasifikaoaoraki.org.nz

Ministry of Health (health information and eligibility for services)

P: 0800 855 066

E: info@health.govt.nz

W: www.health.govt.nz

See also links below:

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/eligibility-questions-and-answers-service-providers>

<https://www.health.govt.nz/our-work/populations/maori-health>

Te Runanga O Moeraki (looking after Ngai Tahu iwi interests in Waitaki)

Coordinator

43 Tenby St, Moeraki, RD 2 Palmerston 9482

P: (03) 439 4816

E: moeraki.runanga@ngaitahu.iwi.nz

E: moeraki.runanga@xtra.co.nz

Te Whare Koa – Oamaru (community marae open to members of all iwi)

19 France St, Oamaru 9400

P: (03) 434 5699

Tu Kaha Whānau Trust – Oamaru (covering a range of community services)

20 Torridge St, Oamaru 9400

(03) 433 1040

Tumai Ora – Waikouaiti (information, resources, whānau ora services, access to health and social services)

Kaiwhakahaere Hauora

203 Main Rd, Waikouaiti 9510

P: (03) 465 7651 / 0800 636 8240

E: info@tumaioara.co.nz

W link: <http://www.puketeraki.nz/Wellbeing/Tumai+Ora+Whanau+Services.html>

Government Services (12)

ACC (accident compensation claims)

Aoraki House, 7-15 Beswick St, Timaru 7910

P: (03) 687 1000 / 0800 101 996

E: information@acc.co.nz

W: www.acc.co.nz

Heartland Services – Oamaru (accessing Government and other related services, meetings with government agency representatives by appointment, eg Inland Revenue, Immigration, ACC, Housing NZ, Employment Relationship Services / Dept of Labour)

23 Coquet St, Oamaru 9400

P: (03) 904 2988

E: oamaru@heartlandservices.govt.nz

W: www.heartlandservices.govt.nz

Housing NZ (access to quality, affordable housing; applications via MSD - WINZ)

P: (04) 439 3052 / 0800 801 601 (general enquiries)

P: 0800 559 009 (MSD – WINZ applications)

P: 0800 552 002 (people over 65 years)

E: enquiries1@hnzc.co.nz

W: www.housing.msd.govt.nz (emergency housing)

W: www.hnzc.co.nz

Ministry of Health (health information and eligibility for services)

P: 0800 855 066

E: info@health.govt.nz

W: www.health.govt.nz

See also links below:

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/eligibility-questions-and-answers-service-providers>

<https://www.health.govt.nz/new-zealand-health-system/claims-provider-payments-and-entitlements/national-travel-assistance>

<https://www.health.govt.nz/our-work/life-stages/health-older-people?mega=Our%20work&title=Health%20of%20older%20people>

<https://www.health.govt.nz/your-health/services-and-support/health-care-services/services-older-people>

<https://www.health.govt.nz/our-work/populations/maori-health>

<https://www.health.govt.nz/our-work/life-stages/child-health>

Ministry of Justice – Family Court (information on family issues, court processes and applications, including powers to make decisions for others, enduring power of attorney; compulsory assessment and treatment; care of children; family / domestic violence)

Oamaru Family Court Hearing Centre, 24 Humber St, Oamaru 9400 (limited services)

P: 0800 224 733 (general enquiries)

P: 0800 268 787 (for Oamaru enquiries)

W: www.justice.govt.nz

For further details and other family court matters follow links below:

<https://www.justice.govt.nz/family/>

<https://www.justice.govt.nz/family/about/>

<https://www.justice.govt.nz/family/contact-us/>

<https://www.justice.govt.nz/contact-us/find-us/?Types=607&Locations=384>

<https://www.justice.govt.nz/about/lawyers-and-service-providers/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/the-court-and-enduring-power-of-attorney-epa/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/welfare-guardians/>

<https://www.justice.govt.nz/family/powers-to-make-decisions/personal-orders/>

<https://www.justice.govt.nz/family/court-ordered-treatment/>

<https://www.justice.govt.nz/family/court-ordered-treatment/mental-health-treatment/>

<https://www.justice.govt.nz/family/court-ordered-treatment/substance-addiction/>

<https://www.justice.govt.nz/family/care-of-children/>

<https://www.justice.govt.nz/family/care-of-children/care-and-protection/>

<https://www.justice.govt.nz/family/care-of-children/guardians-and-guardianship/>

<https://www.justice.govt.nz/family/domestic-violence/>

<https://www.justice.govt.nz/family/domestic-violence/legal-protection-you-can-get/>

<https://www.justice.govt.nz/family/domestic-violence/safety-help-and-non-violence-courses/>

<https://www.justice.govt.nz/family/domestic-violence/apply-for-a-protection-order/>

<https://www.justice.govt.nz/family/domestic-violence/conditions-of-a-protection-order/>

Ministry of Social Development (see website / links below for full range of social services)

23 Coquet St, Oamaru 9400

P: 0800 559 009

W: www.msd.govt.nz

See also links below:

<https://www.workandincome.govt.nz/eligibility/>
<https://www.studylink.govt.nz/>
<http://www.myd.govt.nz/>
<http://www.youthservice.govt.nz/>
<https://www.msd.govt.nz/what-we-can-do/young-adults/index.html>
<http://housing.msd.govt.nz/>
<https://www.familyservices.govt.nz/directory/>
<http://www.heartlandservices.govt.nz/>
<http://www.areyouok.org.nz/>
<https://www.msd.govt.nz/what-we-can-do/community/carers/index.html>
<https://www.workingforfamilies.govt.nz/>
<http://www.strengtheningfamilies.govt.nz/>
<https://www.msd.govt.nz/what-we-can-do/young-adults/lsv/index.html>
<https://www.msd.govt.nz/what-we-can-do/disability-services/index.html>
<http://www.msd.govt.nz/what-we-can-do/disability-services/mainstream/index.html>
<http://www.ssc.govt.nz/lead>
<https://www.msd.govt.nz/what-we-can-do/community/index.html>
<http://www.contractmapping.govt.nz/>
<https://www.msd.govt.nz/about-msd-and-our-work/work-programmes/community-investment-strategy/>
<https://www.msd.govt.nz/what-we-can-do/providers/results-based-accountability/index.html>
<https://www.msd.govt.nz/what-we-can-do/providers/social-services-accreditation/index.html>
<https://www.msd.govt.nz/what-we-can-do/business/index.html>
<https://www.msd.govt.nz/what-we-can-do/providers/index.html>
<https://www.msd.govt.nz/what-we-can-do/providers/building-financial-capability/index.html>
<https://www.msd.govt.nz/what-we-can-do/providers/pay-equity-for-vocational-and-disability-care-and-support-workers.html>

Office for Disability Issues (advice, support, complaints regarding a range of issues)

P: (04) 916 3300

E: odi@msd.govt.nz

W: www.odi.govt.nz

See also links below:

<http://www.odi.govt.nz/about-us/>

<http://www.odi.govt.nz/about-us/contact-us/>

<http://www.odi.govt.nz/guidance-and-resources/?start=0>

<http://www.odi.govt.nz/nz-disability-strategy/>

<http://www.odi.govt.nz/nz-disability-strategy/other-initiatives/enabling-good-lives/>

Senior Services (social services for people over 65)

23 Coquet St, Oamaru 9400

P: 0800 552 002 (general enquiries)

P: 0800 254 565 (Super Gold Card)

P: 0800 650 656 (Veteran's Pension)

E: seniors@msd.govt.nz

E: information@supergold.govt.nz

E: veteranspension@msd.govt.nz

W: www.superseniors.msd.govt.nz

See also links below:

<http://www.msd.govt.nz/what-we-can-do/seniorcitizens/>

<https://www.workandincome.govt.nz/eligibility/seniors/>

<http://superseniors.msd.govt.nz/finance-planning/enduring-power-of-attorney/index.html>

Work & Income (employment services, benefits / financial assistance)

23 Coquet St, Oamaru 9400

P: 0800 559 009

W: www.workandincome.govt.nz

E: OnlineSupport@WorkandIncome.govt.nz

W: www.workandincome.govt.nz

See also links below:

<https://www.workandincome.govt.nz/about-work-and-income/contact-us/index.html#null>

<https://www.workandincome.govt.nz/about-work-and-income/contact-us/phone-numbers.html>

<https://www.workandincome.govt.nz/about-work-and-income/contact-us/find-a-service-centre/index.html>

<https://www.workandincome.govt.nz/about-work-and-income/contact-us/deaf-hearing-impaired-and-speech-impaired-clients.html>

<https://www.workandincome.govt.nz/providers/>

<https://www.workandincome.govt.nz/employers/>

Work & Income (disability services information)

Cnr Castle & St Andrew Sts, Dunedin 9016

P: (03) 955 6657 / 0800 559 009

W: www.workandincome.govt.nz

Oranga Tamariki – Ministry for Children (support for vulnerable children and their families)

23 Coquet St, Oamaru 9400

P: 0508 326 459 (general and urgent enquiries)

P: 111 (Police / to report urgent concerns)

E: enquiry@ot.govt.nz (general enquiries) or contact@ot.govt.nz (to report concerns)

W: www.orangatamariki.govt.nz

Veteran's Affairs (support for current and past service personnel and their family / whānau)

P: 0800 483 8372

E: veterans@nzdf.mil.nz

W: www.veteransaffairs.mil.nz

Advice / Advocacy / Complaints / Information Services (17)

Citizens Advice Bureau (advice, information)

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 9743

E: northotago@cab.org.nz

W: www.cab.org.nz

Disability Information Service (information, advice, resources)

Community House, 283-301 Moray Place (Cnr Moray Place & Great King St), Dunedin 9016

P: (03) 471 6152 / 0800 69 33 42

E: info@disabilityinfo.co.nz

W: www.disabilityinfo.co.nz

Eldernet (information and directory of services for older people)

P: (03) 388 1204

E: team@eldernet.co.nz

W: www.eldernet.co.nz

Health and Disability Advocacy (advocacy, complaint resolution, education)

Regional Advocate

P: (03) 687 2291 / 0800 555 050

W: www.hdc.org.nz

Health & Disability Commissioner (rights, complaints, advocacy, disability rights, mental health and addition information, resources and publications)

P: 0800 11 22 33

E: hdc@hdc.org.nz

W: www.hdc.org.nz

See also links below:

<https://www.hdc.org.nz/your-rights/about-the-code/code-of-health-and-disability-services-consumers-rights/>

<https://www.hdc.org.nz/your-rights/the-code-and-your-rights/>

HealthEd – Health Promotion Agency & Ministry of Health (catalogue of free health resources)

Otago / Southland Contact Person

Public Health South, Wakari Hospital, Taieri Rd, Halfway Bush, Dunedin 9010

P: (03) 476 9870

W: www.healthed.govt.nz

Health Information – Privacy Commissioner (privacy rights regarding health information)

P: (04) 474 7590

P: (09) 302 8655 / 0800 803 909 (enquiries)

W: www.privacy.org.nz

See also link below:

<https://www.privacy.org.nz/your-rights/privacy-introduction/>

Healthline (phone service for information, advice, assessment provided by registered nurses)

P: 0800 611 116

W: www.health.govt.nz/your-health/services-and-support/health-care-services/healthline

Health Navigator (information on medications, health care and health issues)

E: admin@healthnavigator.org.nz

W: www.healthnavigator.org.nz

HealthOne (information on how health information is shared between health professionals)

P: 0508 837 872 (for privacy enquiries or to opt out)

W: <https://healthone.org.nz/>

Health Quality & Safety Commission NZ (working with clinicians, providers and consumers to improve health and disability support services)

P: (04) 901 6040

E: info@hqsc.govt.nz

W: www.hqsc.govt.nz

Ministry of Health (health information and eligibility for services)

P: 0800 855 066

E: info@health.govt.nz

W: www.health.govt.nz

See also links below:

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>

<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/eligibility-questions-and-answers-service-providers>

<https://www.health.govt.nz/new-zealand-health-system/claims-provider-payments-and-entitlements/national-travel-assistance>

<https://www.health.govt.nz/our-work/life-stages/health-older-people?mega=Our%20work&title=Health%20of%20older%20people>

<https://www.health.govt.nz/your-health/services-and-support/health-care-services/services-older-people>

<https://www.health.govt.nz/our-work/populations/maori-health>

North Otago Budget Service – Family Works (one-on-one mentoring, seminar group sessions, advice, information)

Budget Advice Coordinator

Community House, 100 Thames St, Oamaru 9400

P: (03) 434 6196

E: nthotagobudgetadvice@xtra.co.nz

Office for Disability Issues – MSD (advice, support, complaints regarding a range of issues)

P: (04) 916 3300

E: odi@msd.govt.nz

W: www.odi.govt.nz

See also links below:

<http://www.odi.govt.nz/about-us/>

<http://www.odi.govt.nz/about-us/contact-us/>

<http://www.odi.govt.nz/guidance-and-resources/?start=0>

<http://www.odi.govt.nz/nz-disability-strategy/>

<http://www.odi.govt.nz/nz-disability-strategy/other-initiatives/enabling-good-lives/>

Patient Affairs – Dunedin Hospital / SDHB (information, interpreting services, privacy officers, complaint & compliment administration, coordination of process following hospital death)

Dunedin Hospital, 201 Great King St, Dunedin 9054

P: (03) 470 9531 (enquiries desk)

P: (03) 470 9534 (patient affairs office)

W link: <https://www.southerndhb.govt.nz/index.php?page=2708>

Seniorline (information, concerns and decisions regarding residential care facilities)

P: (09) 375 4395 / 0800 725 463

E: seniorline@adhb.govt.nz

W: www.seniorline.org.nz

Work & Income (disability services information)

Cnr Castle & St Andrew Sts, Dunedin 9016

P: (03) 955 6657 / 0800 559 009

W: www.workandincome.govt.nz

Housing (7)

Columba Flats – Presbyterian Support Otago (low cost units in Oamaru for people over 65; private purchase with service fee / right to occupy)

Iona Home & Hospital Reception (general enquiries / to put name on list)

549 Thames Hwy, Oamaru North 9400

P: (03) 437 1870

E: enquiries@psotago.org.nz

Fale Pasifika O Aoraki (assisting with access to housing via WINZ – MSD for Pacific Island people)

Coordinator

316 Thames St, Oamaru 9400

P: (03) 437 9023

E: oamaru@falepasifikaoaoraki.org.nz

W: www.falepasifikaoaoraki.org.nz

Housing NZ (access to quality, affordable housing; applications via WINZ – MSD)

P: (04) 439 3052 / 0800 801 601 (general enquiries)

P: 0800 559 009 (MSD – WINZ applications)

P: 0800 552 002 (people over 65)

E: enquiries1@hnzc.co.nz

W: www.housing.msd.govt.nz (emergency housing)

W: www.hnzc.co.nz

Iona Cottages – Presbyterian Support Otago (rental cottages for independently mobile people over 65; rental includes lunch, laundry, power, maintenance, gardening)

Iona Home & Hospital Reception (general enquiries / to put name on list)

549 Thames Hwy, Oamaru North 9400

P: (03) 437 1870

E: enquiries@psotago.org.nz

Salvation Army Flats (rental units in Oamaru; must be on Housing NZ list to qualify)

255 Thames Hwy, Oamaru 9400

P: (03) 434 9151

St Luke's & St Mary's Flats (rental units in Oamaru for people over 65)

Coordinator – Anglican Church

P: (03) 434 5514

Waitaki Community Housing (units in Oamaru, Hampden and Palmerston for people on low incomes – preference given to those over 60 or those with specific needs)

Property Administrator

20Thames St, Oamaru 9400

P: (03) 433 0300

W: www.waitaki.govt.nz

See also link below for application form:

https://www.waitaki.govt.nz/our-council/forms-and-applications/Documents/Others/Community_housing/Community%20Housing%20Application.pdf

Miscellaneous Crisis / Social Services (9)

Food Bank – Oamaru Churches (food assistance)

Food Bank Coordinator

4 France St, Oamaru 9400

P: (03) 434 5514

National Travel Assistance – Ministry of Health (assistance with travel costs and accommodation for people referred to specialist services – criteria needs to be met)

Dunedin Hospital, 201 Great King St, Dunedin 9054

P: (03) 470 9438 / 0800 600020 (SDHB area)

P: 0800 855 066 option 2 (national enquiry line)

E: NTA_Otago@southerndhb.govt.nz

W link: <https://www.health.govt.nz/new-zealand-health-system/claims-provider-payments-and-entitlements/national-travel-assistance>

Oamaru House – Oamaru House Charitable Trust (affordable accommodation for patients, families / whanau, including facilities for people with disability-related needs)

96 Hanover St, Dunedin 9054

P: (03) 471 8533

Patient Affairs – Dunedin Hospital / SDHB (for list of other accommodation options for patients, families / whanau)

201 Great King St, Dunedin 9054

P: (03) 470 9531 (enquiries desk)

P: (03) 470 9534 (patient affairs office)

W link: <https://www.southerndhb.govt.nz/index.php?page=2708>

RSA – Dunedin Welfare Trust (advocacy, support, advice, financial and other assistance, eg WINZ, rates rebates, taxi vouchers, etc; welfare officer available to all service and ex-service people, police, their spouses and dependents to provide guidance and assistance with welfare issues)

RSA Administrator

63 Bay View Rd (access through Montecillo Veterans Home and Hospital), South Dunedin 9012

P: (03) 466 4886 / 0800 664 888

E: welfare@dn-rsa.org.nz

W: www.dn-rsa.org.nz

Salvation Army (support with welfare, housing, education, employment, addictions, social issues, youth and senior services, family store)

255 & 358 Thames Hwy, Oamaru 9400

P: (03) 434 9151

P: (03) 434 8413

P: (03) 437 1510

P: (03) 437 0555

St Vincent de Paul (clothing, variety of household essentials, food vouchers, wood)

7 Tees St, Oamaru 9400

P: (03) 434 5565

W: <https://www.svdp.org.nz/>

W: <https://www.opshopdirectory.co.nz/op-shop/st-vincent-de-paul-oamaru/>

Veteran's Affairs (support for current and past service personnel and their family / whānau)

P: 0800 483 8372

E: veterans@nzdf.mil.nz

W: www.veteransaffairs.mil.nz

Victim Support (information, support, assistance for victims, families, friends and witnesses)

P: 0800 842 846

E: nationaloffice@victimsupport.org.nz

W: www.victimsupport.org.nz