

## LOCAL SUPPORT SERVICES QUICK REFERENCE

*The Hōkai Tahi team are here to support you and walk with you as you make decisions for the future. We believe that everyone needs a network of support, a village. As such, we have provided you with a number of contacts in our community that may also be able to help you.*

*Some of the practical supports that our service can provide (additional to our counselling/emotional support services) are: baby clothing, maternity clothing, nursery equipment and set up, car seats, limited food and petrol vouchers, and referral to food parcels/meal distribution agencies. If there is something you are looking for and cannot find it on this page, please ask your Support Coordinator.*

NAME OF SERVICE PROVIDER	CONTACT NUMBER/S	SPECIALISING IN
<b>Adult Mental Health Service</b>	0508 432 432	Mental health information, assessment, treatment and support options for people 18+ y/o.
<b>ChangeAbility</b>	06 377 5716	Counselling and Family Violence Services.
<b>CAP (Christians Against Poverty) Wairarapa</b>	0508 227 111	A 3 session, free, interactive money course that encourages people to budget, save and spend wisely. (Run in all townships across the Wairarapa).
<b>Community Budgeting Trust</b>	06 370 9002	Budgeting advice and Total Money Management options.
<b>Child Adolescent Mental Health Service (CAMHS)</b>	06 946 9808 0508 432-432 (after hours MH)	Mental health information, assessment, treatment and support options for children/tamariki and young people /rangitahi aged 0 – 19 yrs and their whanau/ families.
<b>Family Works Presbyterian Support Service</b>	06 370 0659	<ul style="list-style-type: none"> <li>- Social work and advocacy</li> <li>- Counselling and therapy, including counselling for individuals and couples, family therapy, specialist children’s counselling and play therapy</li> <li>- Mediation and dispute resolution</li> <li>- Parenting advice and education</li> <li>- Family violence prevention and safety</li> <li>- Mentoring and support for children and young people</li> <li>- Community re/integration</li> </ul>

		- Clinical supervision and professional development for the social service sector.
<b>First Health &amp; Wellness Centre</b>	06 777 9070	Drop-in clinic for urgent care medical services.
<b>General Practices</b>	Masterton Medical 06 370 0011 -Youth Kinex -Te Rangimarie Clinic Whaiora Medical Centre 06 370 0818 Kuripuni Medical Centre 06 377 4093 Carterton Medical Centre 06 379 8105 Greytown Medical Centre 06 304 9012 Pai tu Mokai Featherston Medical Ltd 06 308 9220 Martinborough Health Centre 06 306 9501	<b>Youth Kinex</b> - Medical Service for young people between 13-23 y/o  <b>Te Rangimarie Marae Health Clinic</b> – Medical Service based on Tikanga Maori principles.  <b>Whaiora Community Services TAMARIKI SERVICES</b> -Well Child Tamariki Ora -Family Start -Outreach immunization <b>WHANAU SERVICES</b> -Rangatahi Physical Activity Programme -Pae Ora Healthy Futures -Wairarapa Stop Smoking Service -Kaiārahi Services
<b>Kidz Need Dadz: Wairarapa contact:</b> Luke Tiller	0508 CALL DAD 0800 KND 123 (crisis helpline)	One on one meetings or support groups for fathers who require support with the challenges of parenting.
<b>Lactation Consultant/Lactation Services</b> <b>Wairarapa Contact:</b> Julie Foley	021 515 990	Breastfeeding Support.
<b>La Leche League</b> <b>Wairarapa Contact:</b> Isa	021 0842 4782	Breastfeeding Support.
<b>Maternal Green Prescription (Sport Wellington)</b> <b>Wairarapa Contact:</b> Cleo Jay	027 286 9373	Healthy Lifestyle Support for pregnant women or those who have given birth within the last 12 months.
<b>Midwives</b>	<a href="https://www.findyourmidwife.co.nz">https://www.findyourmidwife.co.nz</a> & <a href="https://www.wairarapamaternity.nz">https://www.wairarapamaternity.nz</a>	Support and care for women during pregnancy, labour, birth and in the first few weeks following birth.
<b>Motuoru Development Services Ltd</b>	0800 080 171	Professional development, education, supervision and mentoring within the workplace and for individuals.

<b>Open Home Foundation</b>	06 378 2195	Social work, care, Oasis respite care, intensive wraparound support, Teen Parent Home.
<b>Oranga Tamariki Ministry for Children</b>	Intake Team 06 946 5838	Support for families, care and protection, caregiving, youth justice, adoption.
<b>Parenting with Heart Programme Coordinator:</b> Kelsey McGarry	027 329 9466	10 week small group 'Parent Infant Classes' with a follow up 'Toddler Class' to support you in learning more skills with which to partner with your child.
<b>Pathways</b>	06 370 6100	Addiction and Recovery Mental Health Service.
<b>Plunket</b>	Masterton 06 377 4592 Carterton 04 460 4660 Greytown 04 304 9798 Featherston 06 308 9767 Martinborough 04 306 9107	Parent support, child development education & support, caring for your child (immunization, hygiene, feeding, sleep, safety).
<b>REAP House Wairarapa</b>	0800 924 7327	Mediation services.
<b>SANDS Wairarapa Coordinator:</b> Linda Penlington	021 297 4801	Pregnancy, Baby & Infant Loss Support.
<b>Specialist Maternal Mental Health Team. Wairarapa DHB consult/liaison:</b> Cleo Jay	027 286 9373	Maternal Mental Health.
<b>Connecting Communities / Strengthening Families</b>	06 78 8900	<ul style="list-style-type: none"> <li>- Strengthening Families</li> <li>- Community Dev. for MDC</li> <li>- Budgeting Services</li> <li>- Neighbourhood support</li> <li>- Youth Development</li> <li>- Wairarapa Youth Council</li> <li>- Holiday Programmes</li> <li>- Building Financial Capability</li> <li>- Little Libraries</li> <li>- 'We Connect' (supporting culturally and linguistically diverse residents – part of Red Cross Support).</li> </ul>
<b>Supporting Families Wairarapa</b>	06 377 3081	Support, advocacy, information and education for whānau and individuals who experience mental illness and addiction.

<p><b>Te Hauora Runanga o Wairarapa</b></p> <p><b>Te Hauora Runanga o Wairarapa</b></p>	<p>06 378 0140</p> <p>0800 666 744</p>	<p>Kaupapa Māori support for adults and youth:</p> <ul style="list-style-type: none"> <li>- Whānau Ora care plans</li> <li>- Court reports</li> <li>- Hiki te reo</li> <li>- Hiki te mana</li> <li>- Counselling</li> <li>- Whanau support &amp; advocacy</li> <li>- Psychology</li> <li>- AOD training, education and support.</li> </ul>
<p><b>The Ruth Project</b></p>	<p>027 778 8022</p>	<p>Supporting families in their perinatal mental health journey.</p>
<p><b>The Women's Clinic</b></p>	<p>0800 226 784</p>	<p>Abortion services.</p>
<p><b>Trust House</b></p>	<p><b>Masterton</b>, 370 0522  <b>South Wairarapa</b>, 304 9548  (Martinborough and Featherston)</p>	<p>Community Housing Aotearoa.</p>
<p><b>Tu Ora Compass Health</b></p>	<p>06 370 8055</p>	<p>Community-based mental health support for people between 10-24 y/o and Māori or Pacific people aged 12+</p>
<p><b>Victim Support</b></p>	<p>0800 842 846</p>	<p>Supporting individuals and families through trauma (abuse and violence).</p>
<p><b>Wairarapa Community Law Centre</b></p>	<p>06 377 4143</p>	<p>Generalist law centre offering free legal information and assistance.</p>
<p><b>Wairarapa Parents Centre</b></p>	<p>021 585 668</p>	<p>Developing parenting skills. Offering interactive parent/child activities.</p>
<p><b>Wairarapa Safer Community Trust</b></p>	<p><b>Proactive Parenting Contact Person:</b>  Sam Williams  06 379 5407 extn: 701  021 509 626  <b>Youth Services Coaching Programmes Contact:</b>  06 79 5407</p>	<ul style="list-style-type: none"> <li>- Proactive Parenting Programme (PPP)</li> <li>- Youth Services (youth payment, youth parent payment).</li> </ul>
<p><b>Wairarapa Teen Parent Unit</b></p>	<p>06 377 3491</p>	<p>A school and early childhood centre for teen parents or expectant mothers 19 years or younger to continue their education.</p>
<p><b>Wairarapa Women's Centre</b></p>	<p>06 378 2453</p>	<p>Helping women establish connections to alleviate loneliness and empower them to help their families and community.</p>
<p><b>Wairarapa Women's Refuge</b></p>	<p>06 378 2241</p>	<ul style="list-style-type: none"> <li>- Obtaining court orders</li> <li>- Court appearances</li> </ul>

		<ul style="list-style-type: none"> <li>- Seeking legal aid</li> <li>- Lawyer appointments</li> <li>- Help dealing with the Police, OT, WINZ, Housing NZ</li> <li>- Finding domestic violence education programmes and counselling</li> </ul>
<b>Work and Income NZ (WINZ)</b>	0800 559 009	<ul style="list-style-type: none"> <li>- Financial support</li> <li>- Support into work</li> <li>- Housing support</li> </ul>

For more local supports, visit us on Facebook@hokaitahi and browse our 'liked' and 'followed' pages.

Additionally, Citizens Advice Bureau (CAB) are a fantastic resource to find other support services. Visit [www.cab.org.nz](http://www.cab.org.nz)