

Right Service Right Time



Mapping Support Services for Children, Young People and their Families/Whānau across Christchurch Neighbourhoods

A report prepared by the University of
Canterbury Internship Programme in
partnership with Right Service Right Time

2017



Disclaimer

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The Mapping Support Services for Children, Young People and their Families/Whānau across Christchurch Neighbourhoods report has been prepared as a collaborative initiative by students enrolled in the University of Canterbury Internship Programme during 2017 and Right Service Right Time. The methodology used to collect and collate the neighbourhood support service information is described in Section 1, the Introduction. The information contained herein is intended to provide a resource about help and support within Christchurch's neighbourhoods for Right Service Right Time's stakeholders.

Right Service Right Time and the University of Canterbury Internship Programme recognize that due to the defined timeframe for this project, this report does not include all services and supports for families/whānau. The parties apologise for any omissions picked up by those using the information in this report.

The parties have made every effort to ensure the accuracy and reliability of the information provided in the report. However, the information is provided 'as is' without warranty of any kind. For example, Right Service Right Time and the University of Canterbury Internship Programme cannot assume any responsibility for errors in the content and acknowledge that the information is likely to be subject to change over time.

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TABLE OF CONTENTS

1. Introduction	05
2. Support Services in Christchurch Neighbourhoods	10
2.1 Fendalton/Waimari/Harewood Wards	10
Demographic Data about Fendalton/Waimari/Harewood	10
Supports and Services in Fendalton/Waimari/Harewood	16
2.2 Papanui/Innes Wards	31
Demographic Data about Papanui/Innes	31
Supports and Services in Papanui/Innes	35
2.3 Burwood/Coastal Wards	73
Demographic Data about Burwood/Coastal	73
Supports and Services in Burwood/Coastal	77
2.4 Spreydon/Cashmere Wards	94
Demographic Data about Spreydon/Cashmere	94
Supports and Services in Spreydon/Cashmere	98
2.5 Central/Heathcote/Linwood Wards	127
Demographic Data about Central/Heathcote/Linwood	127
Supports and Services in Central/Heathcote/Linwood	133
2.6 Halswell/Hornby/Riccarton Wards	206
Demographic Data about Halswell/Hornby/Riccarton	206

Supports and Services in Halswell/Hornby/Riccarton	212
References	228
Appendices	229
Appendix 1: AA Meetings Canterbury	229
Appendix 2: Overeaters Anonymous Meetings Canterbury	238
Appendix 3: NA Meetings Canterbury	239
List of Tables	
Table 1: Fendalton Ward Demographic Data	11
Table 2: Waimari Ward Demographic Data	13
Table 3: Harewood Ward Demographic Data	15
Table 4: Papanui Ward Demographic Data	32
Table 5: Innes Ward Demographic Data	34
Table 6: Burwood Ward Demographic Data	74
Table 7: Coastal Ward Demographic Data	76
Table 8: Spreydon Ward Demographic Data	95
Table 9: Cashmere Ward Demographic Data	97
Table 10: Linwood Ward Demographic Data	128
Table 11: Central Ward Demographic Data	130
Table 12: Heathcote Ward Demographic Data	132
Table 13: Halswell Ward Demographic Data	207
Table 14: Hornby Ward Demographic Data	209
Table 15: Riccarton Ward Demographic Data	211
List of Figures	
Figure 1: Christchurch City Council Community Board Boundaries 2016	07
Figure 2: Fendalton Ward Map	10
Figure 3: Waimari Ward Map	12

Figure 4: Harewood Ward Map	14
Figure 5: Papanui Ward Map	31
Figure 6: Innes Ward Map	33
Figure 7: Burwood Ward Map	73
Figure 8: Coastal Ward Map	75
Figure 9: Spreydon Ward Map	94
Figure 10: Cashmere Ward Map	96
Figure 11: Linwood Ward Map	127
Figure 12: Central Ward Map	129
Figure 13: Heathcote Ward Map	131
Figure 14: Halswell Ward Map	206
Figure 15: Hornby Ward Map	208
Figure 16: Riccarton Ward Map	210

Mapping Neighbourhood Support Services for Christchurch Children, Young People and their Families/Whānau

1. Introduction

During a three-month period in 2017 Right Service Right Time (RSRT) partnered with the University of Canterbury Internship Programme to undertake a project that mapped the community-based supports available in the various Christchurch neighbourhoods in which families/whānau reside.

There was a three-fold purpose to this project:

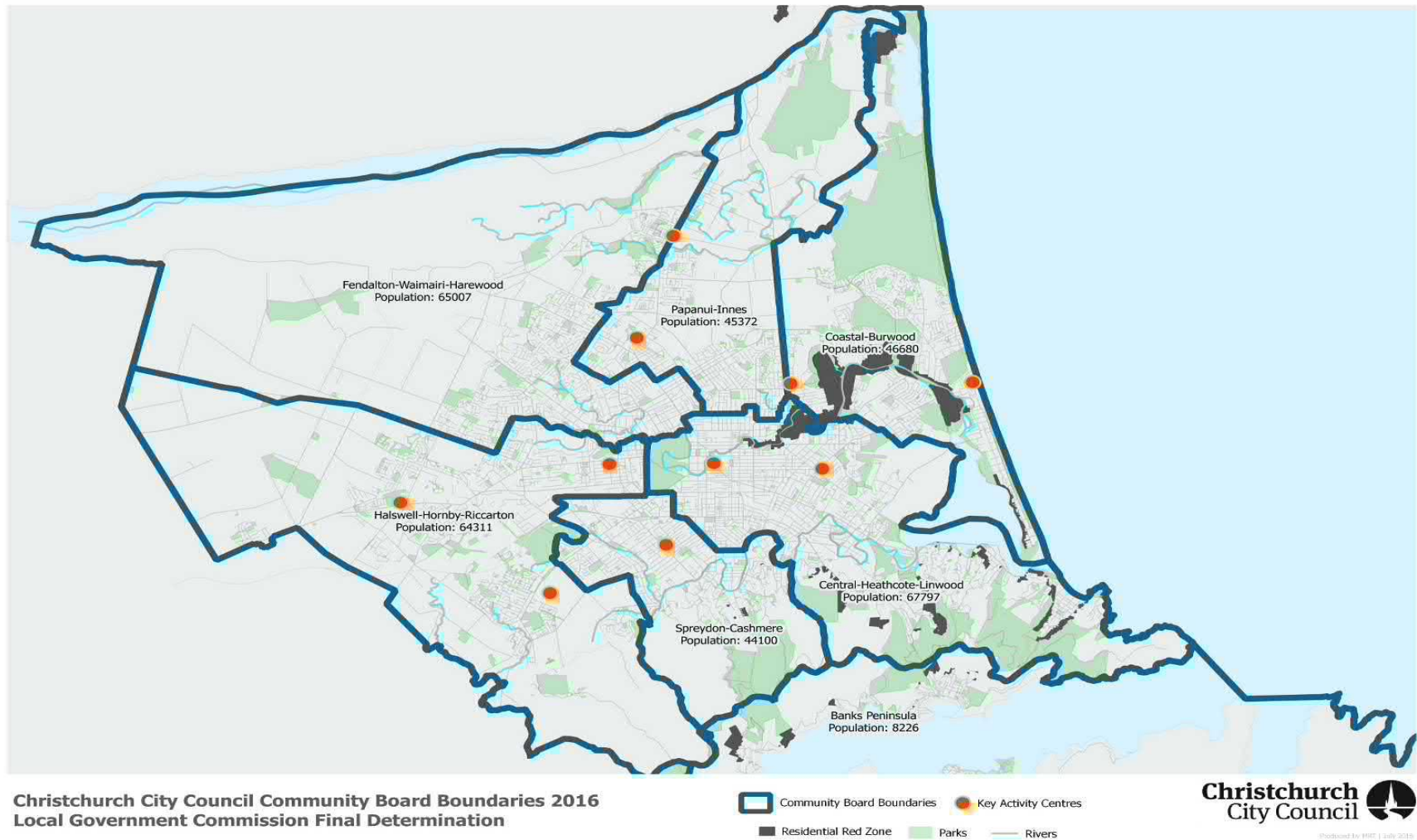
- Increase the profile of Christchurch's wellbeing services and supports by creating a representation of helping resources (from the community/voluntary and informal sectors) available for families/whānau across defined neighbourhoods within Christchurch
- Enhance RSRT's ability to mobilise and improve the accessibility of the more informal community-based helping resources (that together with the clinical services) required to meet identified needs of local children, young people and their families/whānau
- Establish connections between families/whānau and the helping resources within their own neighbourhoods that meet their identified goals and needs.

Data for this project was sourced from a range of sources including: websites, reports and social service brochures. This data has been presented in geographically-defined areas and by categories of need.

The geographically-defined areas selected for this project were 6 of the 7 Christchurch City Council Community Board boundaries confirmed by the Local Government Commission in 2016. These areas are illustrated in the following graphic and listed below:

- Fendalton / Waimari / Harewood
- Papanui / Innes
- Burwood / Coastal
- Halswell / Hornby / Riccarton
- Spreydon / Cashmere
- Central / Heathcote / Linwood

Figure 1: Christchurch City Council Community Board Boundaries 2016



Source: <https://www.ccc.govt.nz/assets/Documents/The-Council/How-the-Council-works/2016CommunityBoardsMap.pdf>

Within each of these 6 geographical areas, services and supports available to meet families/whānau every-day needs were catalogued by type of need including:

- Accommodation
- Addictions
- Child Care
- Child Wellbeing
- Child & Youth Behavioural and Emotional Needs
- Culturally and Linguistically Diverse (CALD) Groups: Migrant and Refugee Assistance
- Disability
- Elderly
- Emotional and Behavioural Issues
- Food/Clothing/Furniture/Time Banks
- Health Support Groups
- Help Lines
- Housing
- Information/Advice (e.g. legal; consumer rights; etc.)
- Kaupapa Māori
- Life/Social Skills
- Men's Services
- Mental Health
- Money/Debt Management
- Parenting/Care Giving
- Physical Health
- Recreation and Sport
- Social Isolation/Enhanced Social Connection
- Vocational/Educational/Employment Support
- Women's Services
- Youth Services

Services and supports to meet every need listed are not available in every geographical area. However, while this report describes services and supports that are located within the boundaries of six Community Board areas, most of these services are available to all Christchurch residents.

Due to the defined timeframe for undertaking this project and the restricted number of methods used to collect the data, this report does not include an exhaustive and complete list of all the practical services and supports available within Christchurch neighbourhoods. Therefore, we welcome your feedback on corrections, amendments and additions to the information contained in this report.

2. Support Services in Christchurch Neighbourhoods

2.1 Fendalton/Waimari/Harewood Wards

Demographic Data about Fendalton/Waimari/Harewood

Figure 2: Fendalton Ward Map

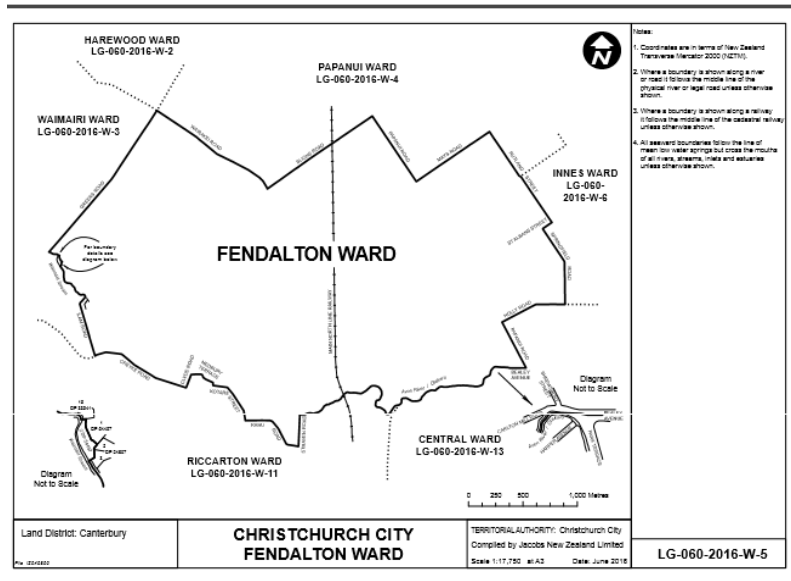


Table 1: Fendalton Ward Demographic Data

Demographic Categories	About the Fendalton Ward (2013 Census Data)
Population	Usually resident population: 22,548
Age	<ul style="list-style-type: none"> • Median age: 42.2 years • 18% under 15 years; 31% aged 15-39 years; 36% aged 40-64 years; 11% 65-79 years; 4.6% 80 years and over
Cultural Diversity	86% European; 9.6% Asian; 5.3% Maori; 1.6% Other; 1.6% Pacific Peoples; 1.1% MELAA
Languages Spoken	After English, French, Korean, Japanese and German are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 4.1% • Most common occupation group: 34% professional
Deprivation	<ul style="list-style-type: none"> • 53% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 8% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 43% couples with children • 41% couples without children • 16% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 66% households owned the dwelling they lived in • 34% of households that occupied a private dwelling did not own that dwelling and of these 83% rented from a private landlord; 12% rented houses owned by the state; & 3.4% rented houses owned by Christchurch City Council.

Source: <https://ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/fendalton-waimairi-innes/fendalton-ward>

Figure 3: Waimari Ward Map

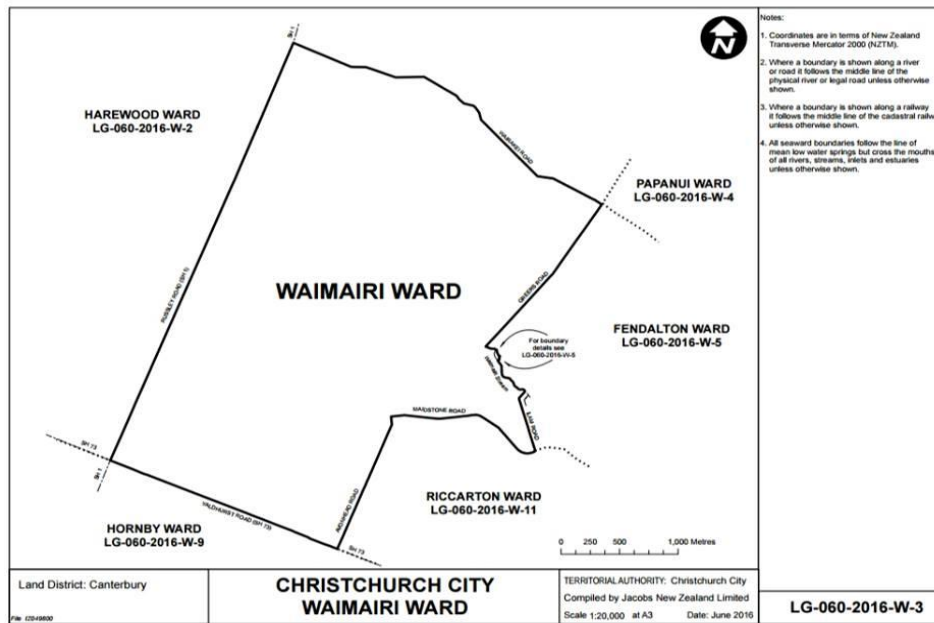


Table 2: Waimari Ward Demographic Data

Demographic Categories	About the Waimari Ward (2013 Census Data)
Population	Usually resident population: 21,546
Age	<ul style="list-style-type: none"> • Median age: 40.6 years • 17% under 15 years; 33% aged 15-39 years; 34% aged 40-64 years; 12% 65-79 years; 5% 80 years and over
Cultural Diversity	77% European; 19% Asian; 4.8% Maori; 1.8% Other; 1.6% Pacific Peoples; 1.2% MELAA
Languages Spoken	After English, Sinitic, Northern Chinese, Korean, and Yue are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 4.7% • Most common occupation group: 28% professional
Deprivation	<ul style="list-style-type: none"> • 33% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 1% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 44% couples with children • 42% couples without children • 14% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 74% households owned the dwelling they lived in • 26% of households that occupied a private dwelling did not own that dwelling and of these 92% rented from a private landlord; 6.9% rented houses owned by the state; & 1.1% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/fendalton-waimairi-innes/waimairi-ward>

Figure 4: Harewood Ward Map

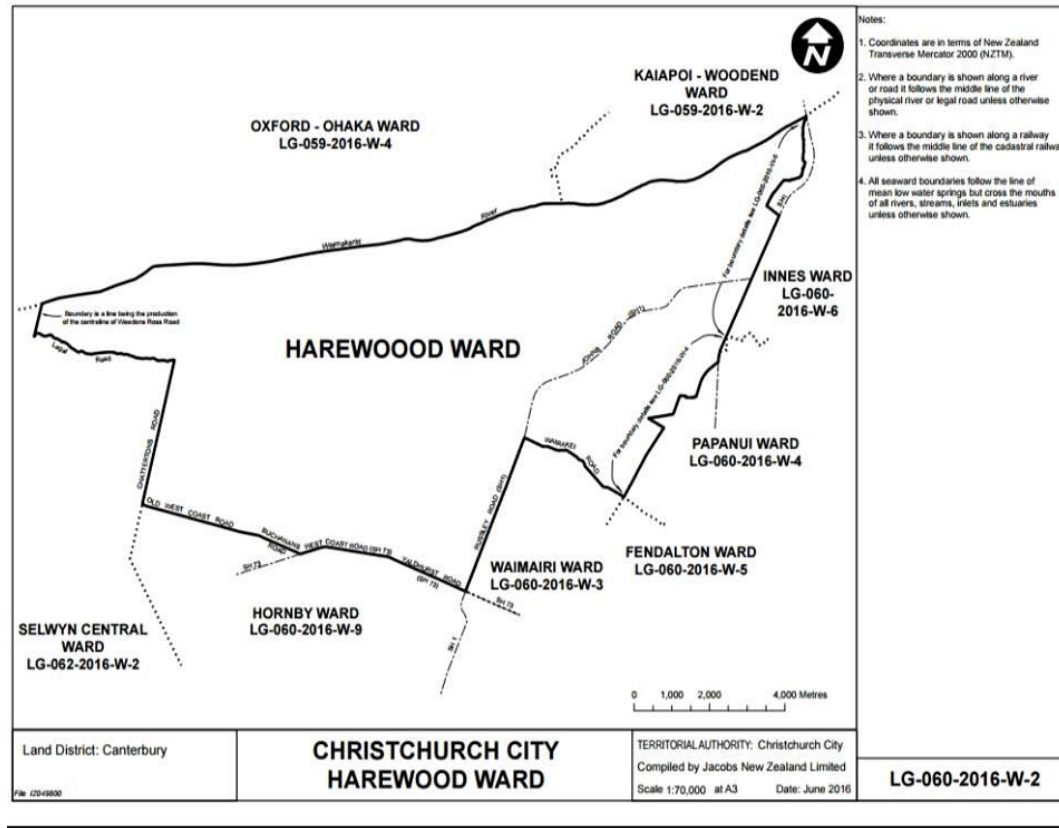


Table 3: Harewood Ward Demographic Data

Demographic Categories	About the Harewood Ward (2013 Census Data)
Population	Usually resident population: 20,898
Age	<ul style="list-style-type: none"> • Median age: 42.4 years • 19% under 15 years; 30% aged 15-39 years; 34% aged 40-64 years; 13% 65-79 years; 4.1% 80 years and over
Cultural Diversity	87% European; 8.99% Asian; 6.3% Maori; 1.9% Other; 1.8% Pacific Peoples; 0.9% MELAA
Languages Spoken	After English, Northern Chinese, Sinitic, te reo Maori, Yue and Korean are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 3.9% • Most common occupation group: 21% professional
Deprivation	<ul style="list-style-type: none"> • 42% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 3% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 42% couples with children • 46% couples without children • 12% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 77% households owned the dwelling they lived in • 23% of households that occupied a private dwelling did not own that dwelling and of these 89% rented from a private landlord; 12% rented houses owned by the state; & 4.8% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/fendalton-waimairi-innes/harewood-ward>

Supports & Services in Fendalton/Waimari/Harewood

Addictions



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Narcotics Addiction	<p>Refer to Appendix 3 for details about:</p> <ul style="list-style-type: none"> Narcotics Anonymous Canterbury meetings <p>List of meetings: http://www.nzna.org/meetings-lists/</p>	<p>National Free Phone: 0800 NA TODAY (0800 628 632)</p> <p>Email (Southern Area): sasc@nzna.org</p> <p>Postal Address (Southern Area): PO Box 26-002, North Avon, Christchurch 8148</p> <p>Literature Information Contact: To obtain a literature order form, go to the Literature Orders page. Send the completed literature order form (together with payment) to Fellowship Service Office, PO Box 6826,</p>	<p>Open Meetings may be attended by anyone (e.g. judges, probation officers, professionals, family members) interested in how participants have found recovery from the disease of addiction. Verbal participation, however, is limited to NA members only.</p> <p>Closed Meetings are for those individuals who identify themselves as addicts or for those who are uncertain and think they may have a drug problem.</p>

		Wellesley Street, Auckland.	
Alcohol Addiction	<p>Refer to Appendix 1 for details about:</p> <ul style="list-style-type: none"> Alcoholics Anonymous Canterbury meetings 	<p>New Zealand General Service Office</p> <p>Telephone: 04 4724250 or by Email: nzgso@aa.org.nz.</p> <p>To contact an A.A. member in your area, phone 0800-AA-WORKS 0800-229-6757.</p>	<p>All meetings are assumed to be open unless otherwise stated. Closed meetings are for alcoholics only.</p>
Compulsive eating (bulimia, anorexia, obesity, overeating)	<p>Refer to Appendix 2 for details about:</p> <p>Overeaters Anonymous meetings</p>	<p>Telephone: (03) 385 3812</p> <p>Email: oacanterbury@yahoo.co.nz</p> <p>Address: PO Box 2451 Christchurch</p>	<p>Overeaters Anonymous is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.</p>
Drug and Alcohol Addictions	<p>Odyssey House Trust</p> <p>Therapeutic support and education services include:</p> <ul style="list-style-type: none"> Residential males 17+ Residential male/female youths 14-18 Day programme for both male and female 12-18 	<p>Ph: (03) 358 2690</p> <p>Email: odyssey@odysseychch.org.nz</p> <p>Address: 98 Greers Road, Burnside</p> <p>Website: http://www.odysseychch.org.nz</p>	<p>People with alcohol and drug addictions</p> <p>Agency referral required. http://www.odysseychch.org.nz/index.php/referral-forms</p>

	<ul style="list-style-type: none"> • Outreach pre and post programme support for youth and adults who have been through or are waiting to attend an Odyssey House programme • Prison alcohol and drug assessments • Community and alcohol drug assessment services • Community Youth Mental Health and Alcohol & Drug Services • Support Groups, 24/7 • Te Puna Wai Youth Alcohol & Drug groups • Driving Change Group – for repeat drink drivers 		
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Childcare



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for access
Before school, after school and holiday programmes for children and young people	<p>OSCAR Network</p> <p>OSCAR Network is the term used for out of school care and recreation services. These programmes may operate before school, after school or during school holidays.</p> <p>The OSCAR Network provides support to programmes but is not a programme provider.</p> <ul style="list-style-type: none"> Refer to map to locate programmes online: http://www.oscarnetwork.org.nz/Find+a+Programme/map.html 	<p>Ph: (03) 379 3915</p> <p>Email: admin@oscarnetwork.org.nz </p> <p>Address: 25 Disraeli Street</p> <p>Website: http://www.oscarnetwork.org.nz/ </p>	<p>School aged children aged 5 –14 years.</p> <p>Because each OSCAR programme is run individually by different groups, they have different hours, costs and may or may not have a waiting list.</p>
Early Childhood Education	<p>YMCA Bishopdale Recreation Centre</p>	<p>Ph: (03) 359 8320</p> <p>Address: 13a Bishopdale</p>	2.5 year olds subject to

(20 hours ECE free under certain conditions)	<ul style="list-style-type: none"> Preschool and Nursery open Mon-Fri 7:30am – 5:30pm. 	Court, Bishopdale Mall Email: Hannah Brand for more information: hannah.childcare@mycachch.org.nz	certain terms and conditions
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Community and Linguistically Diverse (CALD) Groups: Migrant and Refugee Assistance



Agency/Provider Name	Description of service/support	Contact Details	Criteria for access
New Migrant and Refugee Assistance	Christchurch Chinese Church	Phone: (03) 359 5986 Email: admin@chineschurch.org.nz Address: 286 Greers Road Website: http://chinesechurch.org.nz/en/home/	Chinese people, but aiming to become multicultural

Food /Clothing/Furniture



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Clothing, Household Goods & Furniture	Salvation Army Family Store <ul style="list-style-type: none"> Op shop 	Phone: (03) 341 8539 Address: 355B Riccarton Road, Church Corner	Open to all demographics
Furniture, clothing, toys, kitchenware, books, appliances at reduced prices	Habitat for Humanity Restore (Burnside) <ul style="list-style-type: none"> Hours: Mon – Fri 10 – 5, Saturdays 10 – 4pm. 	Phone : (03) 420 4342 Email: restore@habitat.org.nz Address: 567 Wairakei Road Website: http://www.habitat.org.nz/restore/christchurch.html	Open to Canterbury residents

Information/Advice (e.g. legal, consumer rights, etc.)



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for access
Citizens Advice Bureau (CAB)	Free advice relating to: <ul style="list-style-type: none">• Complaints/disputes• Consumer advice• Education and learning• Employment and business• Family and personal• Government and law• Health and wellbeing• Housing, land, and environment• Money• Recreation, culture, and community	Ph: (03) 359 8090 OR 0800 367 222 Email: christchurchnorth@cab.org.nz Address: Fendalton Library – Cnr Clyde and Jeffreys Roads Website: www.cab.org.nz	Open to all demographics in the community

	<ul style="list-style-type: none"> • Travel and transport 		
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Parenting / Care Giving



Description of Need	Agency/Provider Name & Description of service/support	Contact Details	Criteria for access
Parenting Support	Online tools https://allright.org.nz/articles/lets-talk-about-parenting/ www.theparentingplace.com www.kiwifamilies.co.nz		

Physical Health



Description of Need	Agency/Provider Name & Description of service/support	Contact Details	Criteria for access
Support for people with kidney conditions	<i>Kidney Health NZ</i> <ul style="list-style-type: none">• Information about prevention and kidney disease• Client Support• Research	Phone: 0800 543 639 Email: info@kidneys.co.nz Address: Unit 7/337 Harewood Road Website: http://www.kidneys.co.nz/	General guidance and support for people affected by kidney problems. Information for researchers and general information to help prevent kidney diseases.

Recreation and Sport





Description of Need	Agency/Provider Names & Services and Supports	Contact Details	Criteria for Access
Recreation & Sport for school-aged children	<p>Oscar Network</p> <p>The Oscar Network provides An updated list of sport and recreation activities in Christchurch. The link to this list is:</p> <p>http://www.oscarnetwork.org.nz/site/oscarnetwork/files/Outings&Activities%20for%20OSCAR%20Programmes.pdf</p>	<p>Ph: (03) 379 3915</p> <p>Email: admin@oscarnetwork.org.nz</p> <p>Address: 25 Disraeli Street</p> <p>Website: http://www.oscarnetwork.org.nz/</p>	School aged children aged 5 –14 years.
Music and Playgroup	<p>St Mark's Church</p> <p>Held @ St Mark's every Friday from 9:30 – 11:30am.</p> <p>Pre-schoolers and parents/caregivers meet for half an hour of music then</p>	<p>Email: stmakrsplaygroup@yahoo.co.nz</p> <p>Address: 150 Withells Road</p> <p>Website: http://stmarks.net.nz/community-activities/music-playgroup/</p>	Pre-schoolers and their parents/caregivers


	play \$30 per term per family, covers morning tea		
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Social Isolation/Enhanced Social Connection



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for access
Social Isolation/Reduced Social Contact	<p>Christchurch Chinese Church</p> <ul style="list-style-type: none"> • A multi-cultural church community offering: • Youth Group • Seniors Group 	<p>Phone: (03) 359 5986</p> <p>Email: admin@chineschurch.org.nz</p> <p>Address: 286 Greers Road</p>	Chinese people at present, but aiming to become multicultural.

	<ul style="list-style-type: none"> • Children's Choir • Badminton • Table Tennis 	<p>Website: http://chinesechurch.org.nz/en/home/</p>	
<p>Neighbourhood support and safety</p>	<p>Neighbourhood Support</p> <p>Seeks to connect people and enhance community safety</p>	<p>Phone: (03) 420 9944</p> <p>Mobile: 021 398 199</p> <p>Email: canterburys@paradise.net.nz</p> <p>Website: http://www.nscanterbury.nz/neighbourhood_support/contact_neighbourhood_support</p>	
<p>Social Isolation</p> 	<p>Big Brothers/Big Sisters</p> <p>Mentoring service for children who are matched with suitable adult mentors. The two meet once a week so that each child has "someone to take an interest in them, to listen to what they have to say and to help them come to terms with life's challenges."</p>	<p>Phone: (03) 358 4019</p> <p>Email: christchurch@bigbrothersbigsisters.org.nz</p> <p>Website: http://christchurchbigbrothersbigsisters.org.nz/aboutbigbrothersbigsisterschristchurch.html#sthash.9g28ll5A.dpuf</p>	<p>Children aged between aged between 6-12 years who may receive little attention from anyone and who may lack self-esteem and confidence.</p>
	<p>Bishopdale Community Trust</p>	<p>Phone: (03) 359 1741</p>	<p>Open to all demographics.</p>

<p>Social Connection Enhanced</p>	<ul style="list-style-type: none"> • Coffee/friendships • Community lunch • Library • Card playing: Wednesdays @ 1-3pm. \$2 per session, includes light afternoon tea • Card making: Mondays @ 1-2:30pm during school terms. \$4 per week • Explorers monthly outings: \$15 transport fee to confirm seat • Gardening • Tai Chi • Walking groups • Wishing wardrobe 	<p>Address: Sundbye House, 100 Farrington Ave, Bishopdale</p> <p>Website: http://bishopdalecommunity.webs.com/ </p>	<p>Mon-Thurs 10am – 3pm</p>
<p>Social Connection Enhanced via Community Gardens</p> 	<p><i>Bryndwr Community Gardens</i></p> <p>The community garden seeks to assist people:</p> <ul style="list-style-type: none"> • To get to know neighbours • To grow healthy, organic food • To create an inclusive, friendly environment 	<p>Email: bryndwr.community.garden@gmail.com </p> <p>Address: Cnr Clyde and Morley Streets</p> <p>Website: http://www.bryndwrgarden.org.nz </p>	<p>Open to all demographics</p>

	<ul style="list-style-type: none"> • To share gardening knowledge • To promote sustainable living <p>The community garden meets every Saturday, 10a.m. in spring, summer and autumn – and every second Saturday in winter.</p>		
Social Connection Enhanced via Community Gardens	<p><i>Okeover Community Gardens @ University of Canterbury</i></p> <ul style="list-style-type: none"> • A community garden for students, staff and local residents. • Winter hours: Tuesdays 2 – 4pm, Fridays 1 – 4pm <p>Summer hours: Tuesdays 2 – 4pm, Fridays 1 – 5pm</p>	<p>Phone: (03) 369 5503</p> <p>Email: matt.morris@canterbury.ac.nz</p> <p>Address: Engineering Road, Ilam</p> <p>Website: http://www.ccgga.org.nz/garden-directory/okeover/</p>	Open to all demographics

Vocational, Educational, Employment Support



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for access
Language proficiency	<p>Christchurch Chinese Church Language School</p> <ul style="list-style-type: none">• English classes• Mandarin classes• Chinese classes for children (Tuesday, Wednesday, Friday 3.30pm to 5.20pm)	<p>Phone: (03) 359 5986</p> <p>Email: admin@chineschurch.org.nz</p> <p>Address: 286 Greers Road</p> <p>Website: http://chinesechurch.org.nz/en/home/</p>	<p>Chinese people, but aiming to become multicultural</p>

2.2 Papanui/Innes Wards

Demographic Data about Papanui/Innes

Figure 5: Papanui Ward Map

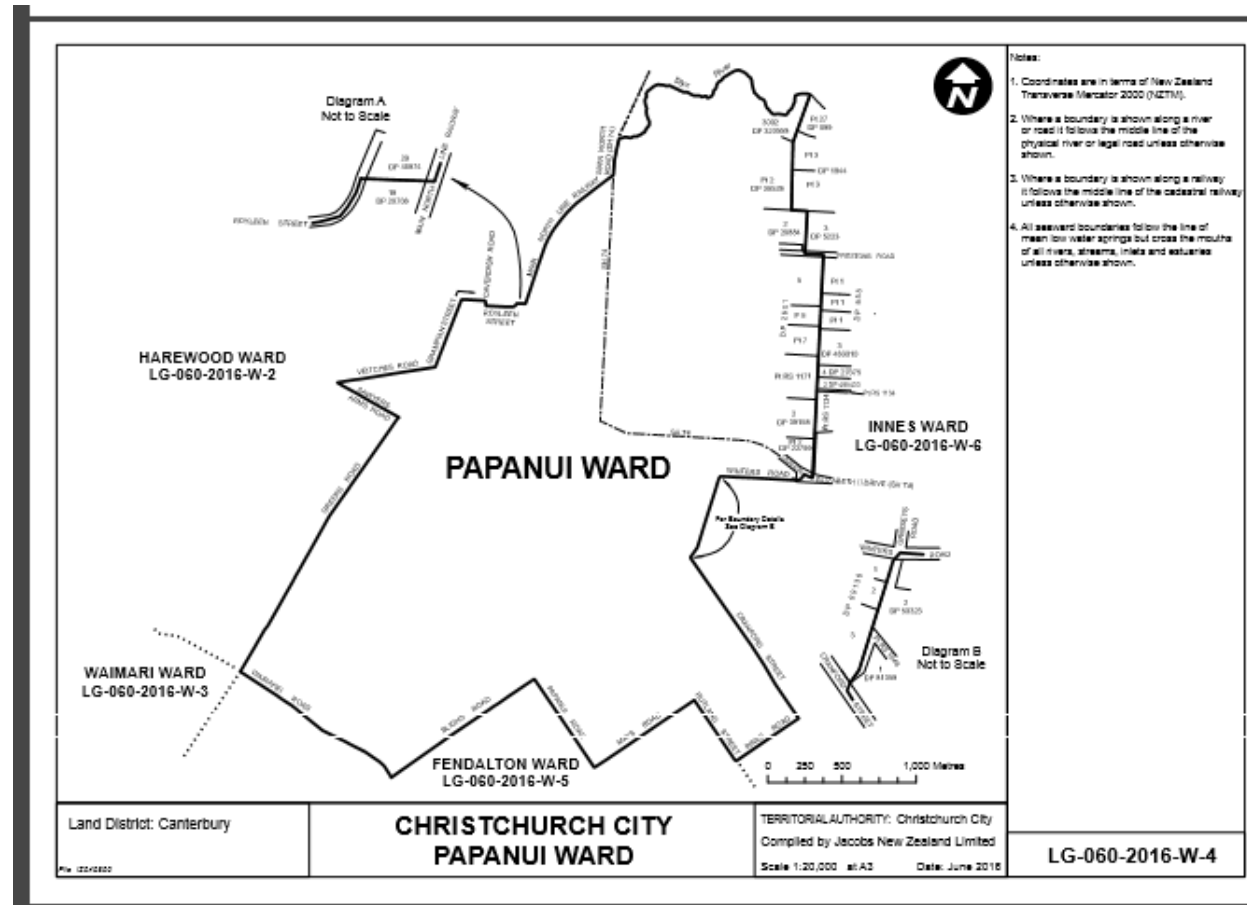


Table 4: Papanui Ward Demographic Data

Demographic Categories	About the Papanui Ward (2013 Census Data)
Population	Usually resident population: 23,118
Age	<ul style="list-style-type: none"> • Median age: 39.7 years • 19% under 15 years; 31% aged 15-39 years; 32% aged 40-64 years; 11% 65-79 years; 6.3% 80 years and over
Cultural Diversity	85% European; 8.5% Asian; 8.3% Māori; 3% Pacific Peoples; 1.8% Other; 1.1% MELAA
Languages Spoken	After English, te reo Māori, Tagalog, French and Japanese are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 5% • Most common occupation group: 22% professional
Deprivation	<ul style="list-style-type: none"> • 22% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 10% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 42% couples with children • 39% couples without children • 19% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 68% households owned the dwelling they lived in • 32% of households that occupied a private dwelling did not own that dwelling and of these 75% rented from a private landlord; 21% rented houses owned by the state; & 4.2% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/papanui-innes/coastal-2>

Figure 6: Innes Ward Map

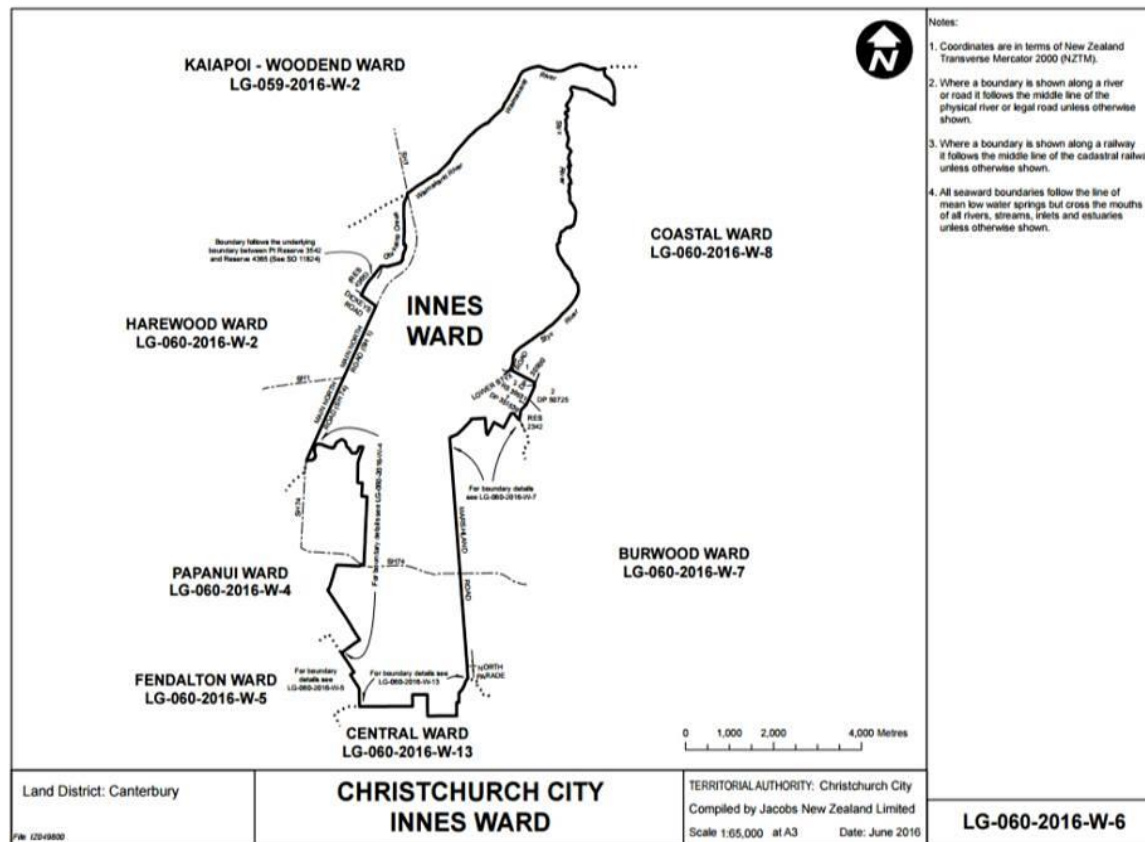


Table 5: Innes Ward Demographic Data

Demographic Categories	About the Innes Ward (2013 Census Data)
Population	Usually resident population: 22,284
Age	<ul style="list-style-type: none"> • Median age: 36.3 years • 19% under 15 years; 36% aged 15-39 years; 31% aged 40-64 years; 9% 65-79 years; 4.6% 80 years and over
Cultural Diversity	87% European; 9.7% Māori; 6.8% Asian; 3% Pacific Peoples; 2.1% Other; 1.1% MELAA
Languages Spoken	After English, te reo Māori, French, German and Japanese are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 5.1% • Most common occupation group: 22% professional
Deprivation	<ul style="list-style-type: none"> • 12% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 9% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 42% couples with children • 39% couples without children • 20% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 63% households owned the dwelling they lived in • 37% of households that occupied a private dwelling did not own that dwelling and of these 79% rented from a private landlord; 16% rented houses owned by the state; & 4.8% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/papanui-innes/innes-ward>

Supports & Services in Papanui/Innes

Addictions



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Narcotics Addiction	<p>Refer to Appendix 3 for details about:</p> <ul style="list-style-type: none"> Narcotics Anonymous Canterbury meetings <p>List of meetings: http://www.nzna.org/meetings-lists/</p>	<p>National Free Phone: 0800 NA TODAY (0800 628 632)</p> <p>Email (Southern Area): sasc@nzna.org</p> <p>Postal Address (Southern Area): PO Box 26-002, North Avon, Christchurch 8148</p> <p>Literature Information Contact: To obtain a literature order form, go to the Literature Orders page. Send the completed literature order form (together with payment) to Fellowship Service Office, PO Box 6826,</p>	<p>Open Meetings may be attended by anyone (e.g. judges, probation officers, professionals, family members) interested in how participants have found recovery from the disease of addiction. Verbal participation, however, is limited to NA members only.</p> <p>Closed Meetings are for those individuals who identify themselves as addicts or for those who are uncertain and think they may have a drug problem.</p>

		Wellesley Street, Auckland.	
Alcohol Addiction	<p>Refer to Appendix 1 for details about:</p> <ul style="list-style-type: none"> Alcoholics Anonymous Canterbury meetings 	<p>New Zealand General Service Office</p> <p>Telephone: 04 4724250 or by Email: nzgso@aa.org.nz.</p> <p>To contact an A.A. member in your area, phone 0800-AA-WORKS 0800-229-6757.</p>	<p>All meetings are assumed to be open unless otherwise stated. Closed meetings are for alcoholics only.</p>
Compulsive eating (bulimia, anorexia, obesity, overeating)	<p>Refer to Appendix 2 for details about:</p> <p>Overeaters Anonymous meetings</p>	<p>Telephone: (03) 385 3812</p> <p>Email: oacanterbury@yahoo.co.nz</p> <p>Address: PO Box 2451 Christchurch</p>	<p>Overeaters Anonymous is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.</p>
Drug and Alcohol Addictions	<p>Odyssey House Trust</p> <p>Therapeutic support and education services include:</p> <ul style="list-style-type: none"> Residential males 17+ Residential male/female youths 14-18 Day programme for both male and female 12-18 	<p>Ph: (03) 358 2690</p> <p>Email: odyssey@odysseychch.org.nz</p> <p>Address: 98 Greers Road, Burnside</p> <p>Website: http://www.odysseychch.org.nz</p>	<p>People with alcohol and drug addictions</p> <p>Agency referral required. http://www.odysseychch.org.nz/index.php/referral-forms</p>

	<ul style="list-style-type: none"> • Outreach pre and post programme support for youth and adults who have been through or are waiting to attend an Odyssey House programme • Prison alcohol and drug assessments • Community and alcohol drug assessment services • Community Youth Mental Health and Alcohol & Drug Services • Support Groups, 24/7 • Te Puna Wai Youth Alcohol & Drug groups • Driving Change Group – for repeat drink drivers 		
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Childcare



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for access
Early Childhood Education	<p>Aratupu Preschool and Nursery (run by Christchurch Methodist Mission)</p> <p>Early Childhood Education</p> <ul style="list-style-type: none"> • Hours: 8.30 – 2.30 • Free 20 hours ECE • On site Whānau Support and Community Health Worker • Whānau Room • Parenting courses 	<p>Phone: (03) 352 6816</p> <p>Email: aratupu@mmsi.org.nz</p> <p>Address: 97 Harewood Road, Papanui</p> <p>Website: www.mmsi.org.nz</p>	Children aged 0-6 years
After school and holiday	<p>Belfast OSCAR Programme</p> <ul style="list-style-type: none"> • After school care from Monday – Friday from 3- 	Phone: (03) 323 9731	

programmes	5.30pm <ul style="list-style-type: none"> Holiday programme – first week of school holidays 	Address: BCN Centre, Sheldon Park, 710 Main North Road Email: info@belfastcommunitynetwork.org.nz Website: http://belfastcommunitynetwork.org.nz/	Children aged 5-12 years
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Child and Youth Behavioural and Emotional Needs



Description of Needs	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Emotional regulation Managing transitions Challenging behaviours Social skills	Christchurch Methodist Mission <ul style="list-style-type: none"> Home-based services with children and families delivered by social workers and child and family psychologists Community Response Team: mobile team working with children and their 	Phone: (03) 375 1470 Address: PO Box 5416 Papanui Email: intake@mmsi.org.nz Website: https://www.mmsi.org.nz/ Website:	

	<p>families in primary and intermediate schools</p> <ul style="list-style-type: none"> • Wise-Up: 10 session life skills programme • Aces: 7 week group programme supporting 8-10 year olds to share experiences and explore new ways to cope with the separation of their parents 	https://mmsi.org.nz/children-and-adults/community-response	<p>Aged between 8 and 10 years & able to manage in a group environment</p>
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Culturally and Linguistically Diverse (CALD) Groups: Migrant and Refugee Assistance



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
English as a second language	<p><i>The Merivale Corner</i></p> <ul style="list-style-type: none"> • English Conversation: for those who are learning English as a second language. Thursday 	<p>Phone: (03) 355 4197</p> <p>Email: themerevalecorner@gmail.com</p> <p>Address: Elmwood Bowling Club,</p>	<p>People who are learning English as a second language</p>

	1.30pm to 3.00pm (Term time)	Heaton Street Website: http://ageconcerncan.org.nz/infocentre/organisation/1146/	
Social contact for mother and preschoolers with refugee and migrant background	<p><i>Te Puna Oraka – Shirley Hub</i></p> <ul style="list-style-type: none"> • Migrant Playgroup: Group run on Fridays between 9.30-11.30am providing the opportunity for refugee and migrant mothers and their preschoolers to socialise while informally learning about Kiwi culture and language. 	Phone: (03) 385 5691 Address: 69b Briggs Road, Mairehau	

Disability



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Support for people with autism and their caregivers	<p>Autism NZ Canterbury/West Coast</p> <p>Support Group for Families: Informal group for families that are experiencing ASD to share knowledge, experience and expertise and to gain support.</p> <p>Meets on the last Friday of every month from 10-11.30am. Tea and coffee supplied Plenty of on-site parking</p>	<p>Phone: 03 343 2225</p> <p>Address: 250 Westminister Street, Mairehau</p> <p>Postal Address: PO Box 21273, Edgware, Christchurch 8143.</p> <p>Email: canterbury@autismnz.org.nz</p> <p>Website: www.autismnz.org.nz</p>	Parents/caregivers living with or with experience of ASD

	<p>Adults with Aspergers Monday night social group for young adults with Aspergers. The group plans their own programme. Autism NZ employs a co-ordinator to work alongside this group.</p> <p>Shared contact lists for Parents of University Students and Parents/Carers who are homeschooling children with ASD.</p> <p>Ten-Pin Bowling Group: Every Tuesday evening at Garden City Bowl to 'socialise' and partake in ten-pin bowling. Each session costs \$10 and runs for approximately an hour from 7pm.</p>		<p>Young adults with Aspergers</p> <p>Parents / Caregivers of child/young person with ASD</p> <p>Young people with ASD and their siblings and/or friends</p>
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	Badminton Canterbury and Special Olympics. These sessions are fun based and allow for skill development.		family members All ability levels
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Elderly



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Social isolation Health and support	Age Concern Canterbury <ul style="list-style-type: none"> Community Health Accredited Visiting Services (AVS) – for people over 65 who feel isolated in the community 	Phone: (03) 366 0903 OR 0800 803 344 Email: team@ageconcern.org.nz Address: 24 Main North Road Website:	Services available to anyone over the age of 60. Some costs may apply.

	<ul style="list-style-type: none"> • Social Network Service • Café Groups • Social Outings • Home Support and Maintenance Services • Information Directory • Talks 	www.ageconcerncan.org.nz	
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Food /Clothing/Furniture



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Clothing	Northgate Community Services Trust <ul style="list-style-type: none"> • Make Me New Opshop: 	Phone: (03) 375 0850 Address: Northgate Community Services Trust, 95a Sawyers Arms	This trust aims to provide an avenue for practical Christian services to families in need

Food	<p>located at 356 Main North Road, this op shop offers quality clothes, shoes, and accessories at affordable prices. Staff also offer styling advice, particularly for job interviews.</p> <ul style="list-style-type: none"> • Fruit & Vege Coop: Access produce at a fraction of supermarket prices. Register and pay \$14 by Thursday night, then pick up fruit and vege bags from Northcity after 9am the following Wednesday. To register for the Fruit & Vege Co-Op, send contact details using the form at http://northgatetrust.co.nz/vege-coop, or call the office on (+64 3) 375-0850. 	<p>Road</p> <p>Website: http://northgatetrust.co.nz/</p> <p>Facebook page: www.facebook.com/northgatetrust</p>	
Food	<p><i>The Salvation Army – CHCH North Community Ministries</i></p> <ul style="list-style-type: none"> • Foodbank: Every Tuesday & Thursday 9.30am- 12.30pm 	<p>Phone: (03) 323 8257</p> <p>Email: Christchurch_North_Corps@nzf.salvationarmy.org</p>	Open to all demographics.

	<ul style="list-style-type: none"> • Vege Co-op Weds 11.30am - 1.30pm. Pay by Monday 10am, pickup between 11.30-1.30pm • Advocacy and support • Budgeting • Hospital visitation • Visiting elderly • Women's Groups 	Address: 794 Main North Road Website: www.salvationarmy.org.nz	
Veg Co-op	<p><i>Te Puna Oraka – Shirley Hub</i></p> <ul style="list-style-type: none"> • Vege Co-op: Every week you can order a bag of fruit and veges for \$15. 	Phone: (03) 385 5691 Address: 69 Briggs Road, Mairehau	
Food	<p><i>Papanui Baptist Church Freedom Trust</i></p> <ul style="list-style-type: none"> ▪ Food Bank deliveries (phone 0800 Hungry i.e. 0800 486 479 to request a parcel). • 	Phone: (03) 352 4227 Email: papbapfreedom@gmail.com Address: 144 Sawyers Arms Road Website: http://www.papbap.org.nz/	

Housing



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Affordable housing	<p>Christchurch Methodist Mission</p> <ul style="list-style-type: none"> • Social housing provider with 26 bedsits and 12 one bedroom units for older people plus 8 townhouses for families • Partnering with the Christchurch City Council and Youth & Cultural Development (YCD) to provide rental housing and on-going social support for homeless young people and families • Provides on-going social 	<p>Phone: 03 375 1185 or 027 504 6760</p> <p>Email: andreag@mmsi.org.nz</p> <p>Website: https://mmsi.org.nz/housing</p>	

	support to tenants		
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Kaupapa Māori



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Kaupapa Māori	<p>Rehua Marae</p> <p>Kaupapa Māori Kaumātua Service: The kaupapa Iwi/Māori service is a two-day per week programme run on a Tuesday and Thursday from 10am – 2.30pm. The activities include waiata, raranga and te reo Māori.</p>	<p>Ph: (03) 355 5615</p> <p>Address: 79 Springfield Road</p> <p>Website: http://rehuamarae.co.nz/</p>	

Men's Services



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
<p>Social isolation</p> <p>Life skills</p>	<p><i>Christchurch Methodist Mission and Salvation Army Hope Centre</i></p> <p>Men on a Mission: A 7-week interactive programme to develop strengths and skills, discuss life issues and overcome isolation. The programme helps to:</p> <ul style="list-style-type: none"> • Re-engage men within a range of services, activities, work or training opportunities • Includes basic cooking instruction, communication, life-skills and self-care 	<p>John Coyle johnc@mmsi.org.nz 027 821 1026</p>	<p>The programme is run during the second and fourth terms of the school year</p>

	information, guest speaker and outdoor activity		
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Money/Debt Management



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for access
Financial capability	Christchurch Methodist Mission Home-Budgeting Service <ul style="list-style-type: none"> Budgeting and advocacy Building financial capability Home-based budgeting work with individuals / families Groups and workshops 	Ph: (03) 375 1470 Email: info@mmsi.org.nz Address: PO Box 5416 Papanui Website: https://www.mmsi.org.nz/ For more information following the link: https://www.mmsi.org.nz/children-and-adults/social-services/budgeting-advocacy	Individuals and Families Services available city wide and in surrounding areas of Selwyn and Waimakariri
budgeting	Papanui Baptist Church Freedom	Phone: (+64) 3 352 4227	

	<p>Trust</p> <p>Budgeting advice</p>	<p>Address: 144 Sawyers Arms Road Papanui 8052 Christchurch New Zealand</p>	
<p>Budgeting advice</p> <p>No interest and low interest loans</p>	<p>The Salvation Army – Christchurch North Community Ministries</p> <p>Budget advice: Includes assistance to stay out of debt; liaise with debtors on your behalf; and manage bank accounts until finances are under control.</p> <p>Community Finance low-interest loans: NILS and StepUp. More information at http://www.salvationarmy.org.nz/need-assistance/welfare/community-finance-low-income-loans</p>	<p>Phone: (03) 323 8257</p> <p>Email: Christchurch_North_Corps@nzf.salvationarmy.org</p> <p>Address: 794 Main North Road</p> <p>Website: www.salvationarmy.org.nz</p>	

Parenting/Care Giving



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Parenting	Online tools https://allright.org.nz/articles/lets-talk-about-parenting/ www.theparentingplace.com www.kiwifamilies.co.nz		
Respite	Nurse Maude Complex Children's Respite Care Connection Service <ul style="list-style-type: none"> • Volunteer support (e.g. help children get to recreational activities; baby sitting; etc) for 2-4 hours weekly • Delivered by volunteers who are trained, have a clear police record and have been referee 	Volunteer Administrator Phone: (03) 375 4238 Address: 35 Mansfield Ave., Merivale PO Box 36 126, Christchurch Website: www.nursemaude.org.nz	For families with a child with very complex health needs

	checked)		
Parenting groups & information	<p>CEAT (Canterbury Earthquake Appeal Trust) & Allright? Project</p> <p>Parent Hub: Website including courses, workshops groups and seminars in Greater Christchurch for parents.</p>	<p>Mobile: 021 71 21 73</p> <p>Email: annamowat@xtra.co.nz</p> <p>Website: www.allright.org.nz</p> <p>The link to the Parent Hub http://allright.org.nz/tools/courses-tools-busy-parents/</p> <p>And the password is: allrightparenting</p>	Launch 01 June 2017
Parenting / Caregiving	<p>Christchurch Methodist Mission</p> <ul style="list-style-type: none"> • Fostering changes – for carers of children and young people who are not their own birth children <p>A 12 session programme designed for family and non-family carers with children in short or long term cared aged 12 and under (run through the CHCH Methodist Mission)</p> <p>Programmes start February and August and usually run on a Friday morning</p> <ul style="list-style-type: none"> • ParentWorks – a 2-staged group and home based 	<p>Phone: (03) 375 1470</p> <p>Email: intake@mmsi.org.nz</p> <p>Address: PO Box 5416 Papanui</p> <p>Website: https://www.mmsi.org.nz/</p>	<p>Open to all demographics</p> <p>Home-based services are city wide and also delivered in Selwyn and Waimakariri.</p>

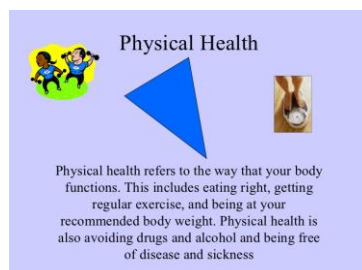
	<p>programme for parents with children aged between 0 and 13 years and in care or at risk of going into care</p> <p>Programmes start in February and August and run for 18 sessions.</p> <ul style="list-style-type: none"> • Home-based services with children and families delivered by social workers and child and family psychologists. These services focus on parenting skills, building family relationships and family communication. 		
Parenting	<p><i>The Salvation Army – Christchurch North Community Ministries</i></p> <p>Parenting Programmes: Teach skills and strategies to help caregivers raise children with confidence.</p>	<p>Phone: (03) 323 8257</p> <p>Email: Christchurch_North_Corps@nzf.salvationarmy.org</p> <p>Address: 794 Main North Road</p> <p>Website: www.salvationarmy.org.nz</p>	Contact Salvation Army centre in locality
Parenting	<p><i>Te Puna Oraka – Shirley Hub</i></p> <ul style="list-style-type: none"> • A place for families/whānau in the wider Shirley area to access services, information and support, provided by the Early Start and Barnardos 	<p>Phone: (03) 385 5691</p> <p>Mobile: 027 6551 996</p> <p>Address: 69 Briggs Road, Mairehau</p>	Families/whānau with children aged 0-6 years.

	<p>organisations.</p> <ul style="list-style-type: none"> • Parenting activities and groups, and connect parents with all the health, education and support services for children aged 0-6 years. <p>Music Bugs – 10.30am Mondays</p> <p>Migrant Play Group – 9.30 to 11.30am Fridays</p>		
Parenting	<p>Early Start Project Canterbury: An intensive home visiting service for families/whānau with new-born babies.</p> <p>Programmes include:</p> <ul style="list-style-type: none"> • Home Visits • Listen, Love, Play Parenting Programme is for parents/caregivers and their children, from birth to 3 years, and is focused on the interactions between parents and children • Triple P Positive Parenting Programme focuses on positive parenting practices and addresses childhood behaviour problems • Getting Ready For School 	<p>Phone: (03) 365 9087</p> <p>Email: admin@earlystart.co.nz</p> <p>Address:</p> <p>56 Shirley Road, Christchurch PO Box 21013, Christchurch 8143</p> <p>Website: www.earlystart.co.nz</p> <p>Hours: Monday to Friday 8am-5pm</p>	

	<p>Programme is a home based programme designed to help parents/caregivers/whanau/families prepare children for starting school.</p> <ul style="list-style-type: none"> • Te Māhuri Breastfeeding Group: Group open to young parents up to 24 years and their babies and toddlers; pregnant women up to 24 years and their partners; and family/whānau. This group is held on Monday 10.30 to noon at the Woolston Plunket Rooms, 640 Ferry Road Facilitator (Contact Jenny on 0278-984-802); and on Friday 10.30am to noon at the Barrington Plunket Rooms, 120 Conway Street (Contact Azalia on 0278-984-803) 		
Parents of multiples seeking support and	<p>CHCH Multiple Birth Club</p> <ul style="list-style-type: none"> • Run by parents of multiples of all ages, newborn babies through to teenagers. 	<p>Phone: 0800 4 TWINS</p> <p>Email: info@cmbc.co.nz</p>	Open to parents/caregivers of multiples

information	<ul style="list-style-type: none"> • Offer support, encouragement and up to date information to parents of multiples, parents expecting multiples and anyone else who is the main caregiver of multiples. • Hold social nights in February, March, April, September, and October. These gatherings include guest speakers or a demonstration of some kind and provide supper and an opportunity to mix together. There is a small door charge of \$2. • Hold fortnightly coffee mornings for expectant and new parents • Hold weekly playgroups for parents & caregivers of children aged 0-5. 	<p>Address: CMBC PO Box 8341, Riccarton</p> <p>Website www.cmbc.co.nz</p>	
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Physical Health




Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Whānau health	<p>Rehua Marae</p> <p>Whānau Ora Community Health Service: Service offers a range of general health education/promotion, advisory, liaison and co-ordination activities. These services are delivered through hauora wānanga, the development of a whānau health plan, face-to-face sessions with individuals and face-to-face sessions with whānau.</p> <p>Any Māori client/whanau may refer themselves to the</p>	<p>Phone: (03) 355 5615</p> <p>Address: 79 Springfield Road</p> <p>Website: http://rehuamarae.co.nz/</p> <p>More information is available from the Marae Manager –</p> <p>Mobile: 021 714655</p>	Māori client/whānau

	registered nurse for an assessment and development of an individual health plan.		
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Recreation and Sport



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Recreation & Sport	<p>Christian Korean Community Church</p> <p>Programmes / Events:</p> <p>Aresco Community Centre: painting, music, cooking, tennis</p>	<p>Phone: (03) 379-9135</p> <p>Email: chchkpc@gmail.com</p> <p>Location: 75 Packe Street, St Albans, Christchurch 8013</p>	<p>Korean families</p> <p>Office Hours: Monday-Friday, 9.30am-5pm Sunday, 11.30am</p>

	<p>Fee: \$15 term for courses</p>		
<p>Preschool music</p> <p>Tai chi</p> <p>Handcrafts</p> <p>Zumba</p>	<p>The Merivale Corner</p> <ul style="list-style-type: none"> • Mainly Music: Monday 9.30am and 10.30am during school terms. Held at the Foundation for the Blind in Bristol Street. • Beginners Tai Chi for arthritis: Tuesdays from 1.30pm - 2.30pm and Thursdays from 10-11am • Embroidery and Handcrafts: 1st and 3rd Wednesdays from 10.00am to 12noon • Zumba: Thursday 12.00 - 1.00pm 	<p>Phone: (03) 355 4197</p> <p>Email: themerevalecorner@gmail.com</p> <p>Address: Elmwood Bowling Club, Heaton Street</p> <p>Website: http://ageconcerncan.org.nz/infocentre/organisation/1146/</p>	<p>Preschoolers and their caregivers</p> <p>All demographics</p> <p>All demographics</p> <p>All demographics</p>
<p>Walking group</p>	<p>Te Puna Oraka – Shirley Hub WEDNESDAY</p> <ul style="list-style-type: none"> • Walking Group: Held on Wednesdays from 11am for parents who would like to get 	<p>Phone: (03) 385 5691</p> <p>Address: 69b Briggs Road, Mairehau</p>	<p>Parents</p>

	a bit of exercise, get out in their community and meet other parents.		
Preschool music	<p>Papanui Baptist Church Freedom Trust</p> <p>Mainly Music: Interactive music session followed by morning tea and play for children. Meet every Tuesday during school terms at 10am for a 40 minutes</p> <p>Creative Sewing: Sewing & Patchwork Quilting. Sewing machines and some materials available. Free tuition for beginners to advanced. Held on Wednesday mornings between 9.30am to 12 noon (school terms only). Cost \$3.00 per session.</p>	<p>Phone: (03) 352 4227</p> <p>Address: 144 Sawyers Arms Road Papanui 8052 Christchurch, New Zealand</p>	<p>Children 0-5 years and their parents</p> <p>All demographics</p>
Preschool music group	<p>Te Puna Oraka – Shirley Hub</p> <ul style="list-style-type: none"> • Music Bugs: A free preschool music session on Mondays from 10am to 12 	<p>Phone: (03) 385 5691</p> <p>Mobile: 027 6551 996</p> <p>Address: 69 Briggs Road, Mairehau</p>	

	noon for mothers and babies of any age		
<p>Building healthy whanau lifestyles</p> <p>Seniors exercise class</p> <p>Art classes</p> <p>Preschool music group</p>	<p>Northgate Community Services Trust</p> <ul style="list-style-type: none"> • Box 4 Life: high impact cardio boxing classes on Mon and Thurs @ 5:45pm. \$3 per person and concession cards available. Includes input from health professionals • Feel Good Fridays including: <p>Seniors' Exercise Class: A weekly class focusing on low impact exercise and flexibility for seniors. Cost: Gold coin</p> <p>Get Creative Class: Creative class on the 1st Friday of the month that involves using watercolours, pastels and mixed-media. Cost: Gold coin</p> <p>Mainly Music: Music and</p>	<p>Phone: (03) 375 0850</p> <p>Address: Northgate Community Services Trust, 95a Sawyers Arms Road</p> <p>Website: http://northgatetrust.co.nz/</p> <p>Facebook page: www.facebook.com/northgatetrust</p>	<p>This trust aims to provide an avenue for practical Christian services to families in need</p>

	<p>movement group for parents/ primary care givers and their preschoolers. Assists children develop fine motor skills, language, imagination, mathematical and pre-reading skills as well as socialize with others. Sessions run every Friday during term time from 10:30-11am, and are followed by morning tea for all to share. Cost is \$3 per family per session.</p>		
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Social Isolation/Enhanced Social Connection



Description of Need	Agency/Provider Name @ Description of Services/Supports	Contact Details	Criteria for Access
Social isolation/social	<p><i>Belfast Community Network</i></p> <ul style="list-style-type: none"> • Tai chi classes • Community events 	<p>Phone: (03) 323 9731</p> <p>Address: BCN Centre, Sheldon Park, 710 Main North Road</p>	Open to all demographic with priority given to local residents and

connection	<ul style="list-style-type: none"> • Older adults shopping • Youth Groups • Community lunches • Youth Development 	Email: info@belfastcommunitynetwork.org.nz Website: http://belfastcommunitynetwork.org.nz/	organisations
Social connection	<i>Parish of St Mary and St Matthew</i> <ul style="list-style-type: none"> • Men's Fellowship • Craft Group • Book Group: held monthly on 3rd Thursday 	Phone: (03) 355 3287 Email: info@allsouls.org.nz Address: Portacom, 30 Church Lane, Merivale. Open 10-12 Mon-Fri. Website: https://www.allsouls.org.nz/	Open to all demographics
Neighbourhood support and safety	Neighbourhood Support Seeks to connect people and enhance community safety	Phone: (03) 420 9944 Mobile: 021 398 199 Email: canterburys@paradise.net.nz Website: http://www.nscanterbury.nz/neighbourhood_support/contact_neighbourhood_support	
Social connection	<i>Papanui Baptist Church Freedom Trust</i> Friendly Friday Community Lunch: Held at Papanui Baptist on the third Friday from 12 noon. Cost \$5 and free transport is	Phone: (03) 352 4227 Address: 144 Sawyers Arms Road Papanui 8052 Christchurch, New Zealand	

	<p>available for those living in the area if required</p> <p>Card and Board Games: Held fortnightly on Thursdays from 1.15pm. Cost \$3.00 per session.</p>		
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Vocational/Educational/Employment Support



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
	Northgate Community Services Trust <ul style="list-style-type: none"> Hagley Community College 	Phone: (03) 375 0850 Address: Northgate Community Services Trust, 95a Sawyers	For those for whom English is

Adult literacy	<p>runs classes at Northcity on Tuesdays, Wednesdays and Thursdays from 9.30am to 2.30pm for conversational English. There is also a free class series on everyday Kiwi culture and living in New Zealand</p> <ul style="list-style-type: none"> • Computer Tuition: Class covering basic introductory skills to computing and aimed at a beginner level. 	<p>Arms Road</p> <p>Website: http://northgatetrust.co.nz/</p> <p>Facebook page: www.facebook.com/northgatetrust</p>	<p>not their first language</p> <p>For those wanting an introduction to basic computing</p>
Numeracy, literacy, etc	<p><i>Te Ora Hou Ōtautahi Inc</i></p> <p>Te Kaupapa Whakaora (TKW): Alternative education programme of “second chance” learning for young people. Focus on achieving educational goals for <u>numeracy and literacy</u> and development of key competencies (in areas such as <u>outdoor/physical education</u>)</p>	<p>Phone: (03) 352 1057</p> <p>Email: christchurch@tearhou.org.nz</p> <p>Address: 77 Windermere Road</p> <p>CHCH website: www.toho.org.nz</p>	<p>Students 13 to 16 years of age who have been excluded from mainstream education</p>

	so they are ready to transition well, either back to mainstream school, or onwards to higher education or employment.		
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Youth



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Self esteem, confidence	Big Brothers Big Sisters Christchurch Children aged 6-12 years matched with suitable adult mentor to meet once a week for an hour	Phone: (03) 358 4019 Email: Christchurch@bibbrotherbigsister.org.nz Website: http://christchurchbigbrothersbigsisters.org.nz/contactBBBSChristchurch.html	
	PYD (Papanui Youth Development Trust) • Leadership training for school	Phone: (03) 354 9381 Address: Te Koru, the Papanui Youth Centre 1a Harewood Road, Papanui,	Youth

Youth development	<p>students</p> <ul style="list-style-type: none"> • Art room • Recording studio for recording CDs • Holiday programmes • Paystation 3 • Computer suite <p>Activities organised by 5 employed staff plus volunteers.</p>	<p>Christchurch 8052</p> <p>Email: office@pyd.org.nz youth@pyd.org.nz</p> <p>Website: www.pyd.org.nz and www.tekoru.org.nz</p> <p>Open: Monday-Friday 8.30am to 5pm</p> <div style="background-color: black; height: 15px; width: 100%;"></div>	
Youth mental health / alcohol and drugs	<p>Community Youth Mental Health Service (CYMHS)</p> <ul style="list-style-type: none"> • The service is a short-term intervention that includes assessment, treatment and support. It also provides support to access longer-term treatment • Self referral or from others (e.g. GP; parent; etc) 	<p>Phone: (03) 281 7616</p> <p>Email: cymhs@odysseychch.org.nz</p> <p>Address: 98 Greers Road, Burnside, Christchurch 8440</p> <p>PO Box 34009</p> <p>Website: www.stepstone.org.nz</p> <p>Hours: 8.30am – 5pm</p>	Youth aged 13-18 years facing mental health and/or alcohol and drug issues
Youth development	<p>Te Ora Hou Outautahi Inc</p> <ul style="list-style-type: none"> • Monday Night Clubs – after-school programme for Year 9 	<p>Phone: (03) 352 1057</p> <p>Email: christchurch@tearhou.org.nz</p> <p>Address: 77 Windermere Road,</p>	Maori and Pacific youth

	<p><u>– 13's</u></p> <ul style="list-style-type: none"> • <u>Te Pihi Ora – after-school programme for Year 7 & 8's</u> • <u>Mana Wahine – in school group mentoring for females</u> • <u>Tama Tū Tama Ora – in school group mentoring for males</u> • <u>Ngā Toa – discipleship programme</u> • <u>Soulfit/Taiohi Tū – fitness-based programme</u> • <u>Ori Ori Tinana – fitness-based boxing programme</u> • <u>Ngaru Ora – surf-based programme *NEW*</u> • <u>Acoustix Music Development Programme *NEW*</u> • <u>Whakapakari – leadership programme</u> • <u>Holiday Programmes</u> 	<p>Papanui</p> <p>CHCH website: www.toho.org.nz</p>	
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2.3 Burwood / Coastal Wards

Demographic Data about Burwood/Coastal

Figure 7: Burwood Ward Map

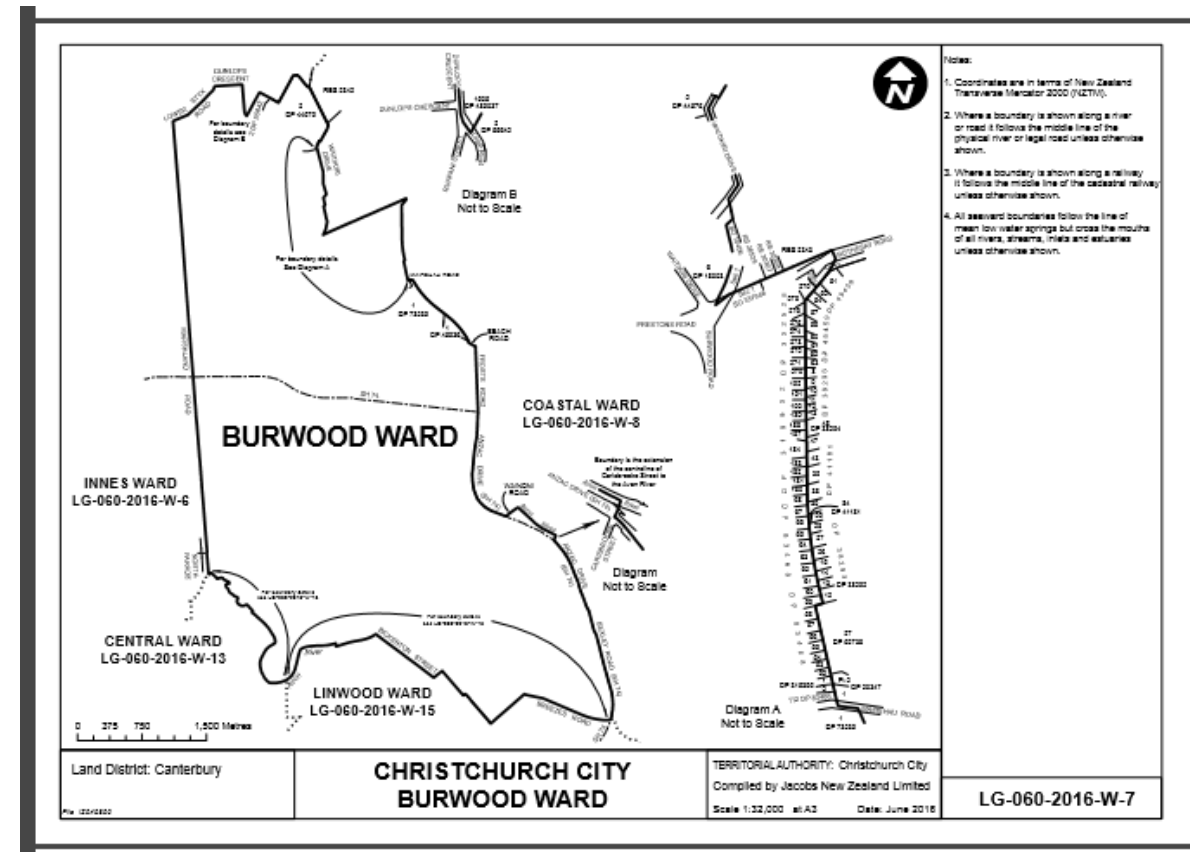


Table 6: Burwood Ward Demographic Data

Demographic Categories	About the Burwood Ward (2013 Census Data)
Population	Usually resident population: 24,400
Age	<ul style="list-style-type: none"> • Median age: 38.6 years • 21% under 15 years; 31% aged 15-39 years; 35% aged 40-64 years; 10% 65-79 years; 3.6% 80 years and over
Cultural Diversity	85% European; 12% Māori; 5.3% Pacific Peoples; 4.8% Asian; 2.1% Other; 0.5% MELAA
Languages Spoken	After English, Samoan, te reo Māori, Dutch and Korean are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 5% • Most common occupation group: 17% professional
Deprivation	<ul style="list-style-type: none"> • 27% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 23% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 42% couples with children • 38% couples without children • 20% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 70% households owned the dwelling they lived in • 30% of households that occupied a private dwelling did not own that dwelling and of these 71% rented from a private landlord; 25% rented houses owned by the state; & 3.6% rented houses owned by Christchurch City Council.

Source: <https://ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/coastal-burwood/burwood-ward>

Figure 8: Coastal Ward Map

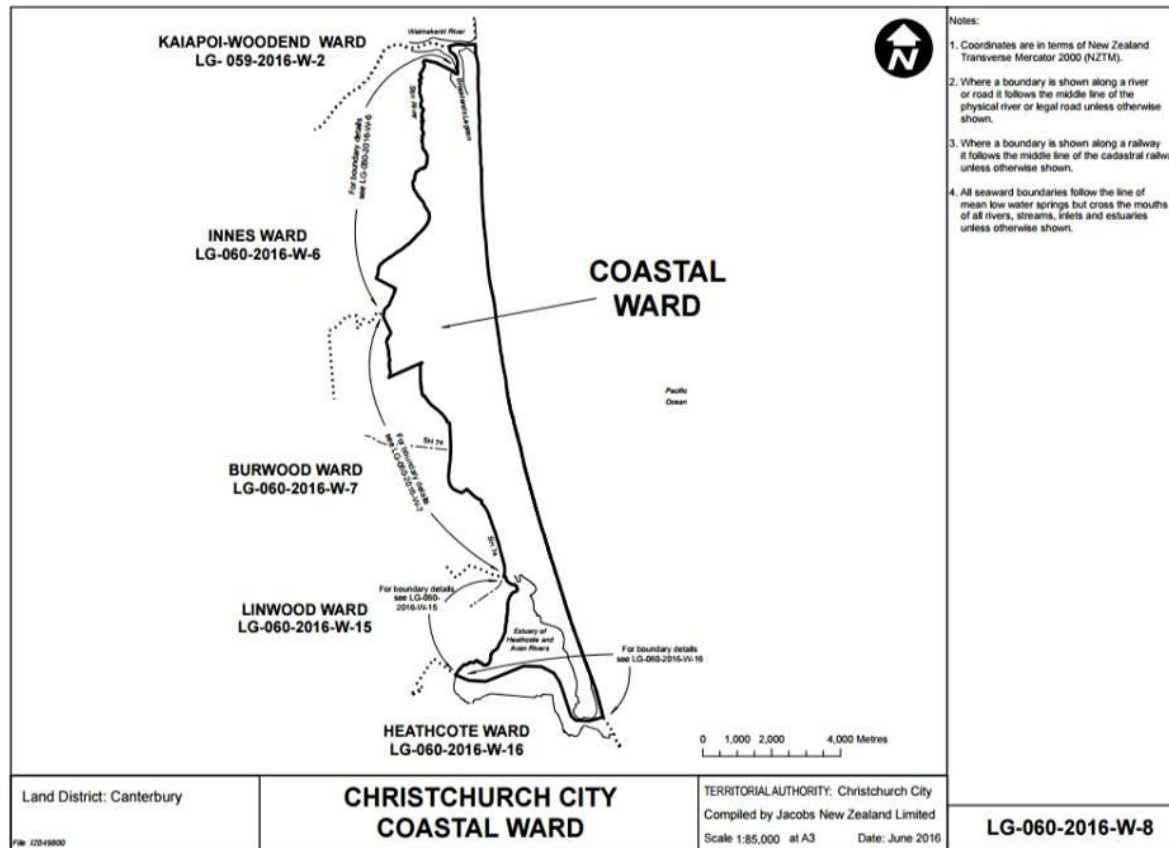


Table 7: Coastal Ward Demographic Data

Demographic Categories	About the Coastal Ward (2013 Census Data)
Population	Usually resident population: 24,700
Age	<ul style="list-style-type: none"> • Median age: 39.3 years • 20.5% under 15 years; 31% aged 15-39 years; 35.5% aged 40-64 years; 9.9% 65-79 years; 3% 80 years and over
Cultural Diversity	91% European; 11% Māori; 2.8% Asian; 2.4% Pacific Peoples; 2.4% Other; 0.6% MELAA
Languages Spoken	After English, te reo Māori, French, German and Dutch are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 4.9% • Most common occupation group: 19% professional
Deprivation	<ul style="list-style-type: none"> • 14% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 8% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 41% couples with children • 39% couples without children • 20% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 70% households owned the dwelling they lived in • 30% of households that occupied a private dwelling did not own that dwelling and of these 87% rented from a private landlord; 9.6% rented houses owned by the state; & 3.2% rented houses owned by Christchurch City Council.

Source: <https://ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/coastal-burwood/coastal-ward>

Supports & Services in Coastal/Burwood

Addictions



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Narcotics Addiction	<p>Refer to Appendix 3 for details about:</p> <ul style="list-style-type: none"> Narcotics Anonymous Canterbury meetings <p>List of meetings: http://www.nzna.org/meetings-lists/</p>	<p>National Free Phone: 0800 NA TODAY (0800 628 632)</p> <p>Email (Southern Area): sasc@nzna.org</p> <p>Postal Address (Southern Area): PO Box 26-002, North Avon, Christchurch 8148</p> <p>Literature Information Contact: To obtain a literature order form, go to the Literature Orders page. Send the completed literature order form (together with payment) to Fellowship Service Office, PO Box 6826,</p>	<p>Open Meetings may be attended by anyone (e.g. judges, probation officers, professionals, family members) interested in how participants have found recovery from the disease of addiction. Verbal participation, however, is limited to NA members only.</p> <p>Closed Meetings are for those individuals who identify themselves as addicts or for those who are uncertain and think they may have a drug problem.</p>

		Wellesley Street, Auckland.	
Alcohol Addiction	<p>Refer to Appendix 1 for details about:</p> <ul style="list-style-type: none"> Alcoholics Anonymous Canterbury meetings 	<p>New Zealand General Service Office</p> <p>Telephone: 04 4724250 or by Email: nzgso@aa.org.nz.</p> <p>To contact an A.A. member in your area, phone 0800-AA-WORKS 0800-229-6757.</p>	<p>All meetings are assumed to be open unless otherwise stated. Closed meetings are for alcoholics only.</p>
Compulsive eating (bulimia, anorexia, obesity, overeating)	<p>Refer to Appendix 2 for details about:</p> <p>Overeaters Anonymous meetings</p>	<p>Telephone: (03) 385 3812</p> <p>Email: oacanterbury@yahoo.co.nz</p> <p>Address: PO Box 2451 Christchurch</p>	<p>Overeaters Anonymous is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.</p>

Child Care



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
<p>Before and after school care</p> <p>Holiday programme</p>	<p>Dallington OSCAR</p> <ul style="list-style-type: none"> • Breakfast Programme (\$6) • After school programme (\$12) • Holiday programme (\$34.50 per day) 	<p>Phone: (03) 386-3555</p> <p>Mobile: 027 438 2604</p> <p>Email: dallingtonoscar@xtra.co.nz</p> <p>Location: 2 Bramwell Street, Dallington, Christchurch 8061</p>	<p>Opening Hours:</p> <p>Monday-Friday, 7:30-8:30am and 3-5.30pm</p> <p>Holiday programmes:</p> <p>Monday-Friday, 8.30am-5.30pm</p>

Culturally and Linguistically Diverse (CALD) Groups: Migrant and Refugee Assistance



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Establishment support	Delta Community Support Trust <ul style="list-style-type: none"> • Cultural support for migrants and refugees: This service is delivered by a cultural worker who works with those new to Aotearoa New Zealand to assist them access the support they need to get established. • Social English Language Classes: Led by a trained tutor this class provides the opportunity for people to improve their English language skills in a small group setting. Wednesdays 10am - 12pm, \$2 per student, morning tea included. Crèche provided for 	Phone: (03) 389 0212 Email: admin@deltatrust.org.nz Address: 105 North Avon Road, Richmond, Christchurch 8148 Website: www.deltatrust.org.nz	
Enhance English language proficiency			

Social connection	<p>preschool-aged children: North Avon Baptist Church Lounge, 103 North Avon Rd, Richmond, Christchurch.</p> <ul style="list-style-type: none"> • International Playgroup: This play group for refugee and migrant mothers and their pre-schoolers runs on Fridays from 9:30am – 11:30am at 69b Briggs Road, Shirley. The cost is \$10 for each term. The group provides mothers with refugee and migrant backgrounds to socialise while informally learning about kiwi culture and language. 		
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Disability



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
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Early intervention for infants and young children with complex disability needs	Champion Centre <ul style="list-style-type: none"> • Developmental Programmes • Family Support • Relating and Communicating Programmes • Prematurity 	Ph: (03) 383 6867 Email: office@championcentre.org.nz Address: C/- Burwood Hospital, Private Bag 4708, Christchurch 8140 Physical Address: Burwood Hospital Campus, Main entrance, 300 Burwood Road, Burwood, Christchurch 8083 Website: www.championcentre.org.nz Facebook page: www.facebook.com/TheChampionCentre	All referrals are received through a paediatrician to the Early Intervention Coordination Service If a child is not currently under the care of a paediatrician, they should first see their GP who will refer them on to a paediatrician if appropriate. EICS provides a single point of entry to the range of early intervention services in the Christchurch area and is comprised of CCS Disability Action, The Champion Centre, Conductive Education, Ministry of Education and Ministry of Health.
Information & support for those on the autism spectrum	Autism NZ <ul style="list-style-type: none"> • Education programmes • Support/Coffee Groups (last Friday of each month from 10 - 11:30am) 	Phone: (03) 343 2225 Email: Canterbury@autismnz.org.nz Address: 250 Westminister Street, CHCH Park, Mairehau Website: www.autismnz.org.nz Facebook page: www.facebook.com/AustimNewZealand	Open to people on the autism spectrum/people in need of support or information close to those who are on the spectrum
People with spinal cord injury	NZ Spinal Trust Provides information,	Phone: (03) 383 6881 Email: info@spinaltrust.org.nz Address: Burwood Hospital, Entrance 2	https://nzspinaltrust.org.nz/support/ A support page for people with SCI or information for people close to

	education, research and support for people who have spinal cord impairment (SCI).	– 255 Mairehau Road, Burwood Website: http://nzspinaltrust.org.nz	them.
Deaf community	<p>Deaf Aotearoa</p> <ul style="list-style-type: none"> • Think.Deaf.Discover Workshops: deaf awareness for agencies. Contact the office to book a course • Think.Sign.Connect Course: sign language classes • Magnet Deaf Youth Group: group to foster positive Deaf identity and leadership for young people • Deaf-friendly Equipment: Assessment service and access to equipment options • Service Coordination: Work with deaf clients to identify needs and coordinate services to meet the needs • First Signs: provides families with deaf and 	<p>Phone: 0800 332 322 Mobile: 021 677 403 (text only)</p> <p>Email: jared.flitcroft@deaf.org.nz</p> <p>Address: 96 Bristol Street, St Albans Website: http://deaf.org.nz/contact</p>	<p>Support for Deaf people Education for communities</p>

	hard of hearing children with opportunities to include NZ Sign Language as an additional language in their homes		
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Food/Clothing/Furniture



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Gardens	Just Dirt Trust: A multi-faceted organisation that seeks to bring people together in various projects such as gardening to build strong vibrant caring communities. E.g. encourage the establishment of community	Phone: (03) 385 6894 Mobile: 027 604 6816 Free phone: 0800 895 168 Email: Selwyn@thejustdirttrust.org.nz Address: 62 Birchfield Avenue,	

	gardens, in schools and churches etc.	Dallington, Christchurch 8061 Website: www.thejustdirttrust.org.nz	
Food	<p>Delta Community Support Trust</p> <ul style="list-style-type: none"> • Delta Inn Community Meal: Open 10am-1pm Fridays (except public holidays) with meal served at 12 noon. \$3 gold coin donation for hot meal and dessert • Delta Food Store: A food bank where people select their own food within the quota. This is an emergency support only and only food for a day is provided. People must live in the area to qualify for a food parcel. Open 10am to 2pm Mondays, Wednesdays and Fridays. 	<p>Phone: (03) 389 0212</p> <p>Email: admin@deltatrust.org.nz</p> <p>Address: 105 North Avon Road, Richmond, Christchurch 8148</p> <p>Website: www.deltatrust.org.nz</p>	

Life/Social Skills



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Life and social skills	Delta Community Support Trust Empowerment Courses include: <ul style="list-style-type: none"> • Explore: Beginner Social Skills • Live To the Max: personal goal setting around themes such as identity, personality, communication and self-esteem • Grow Your Own Free Lunch: Learn introductory garden skills. Participants also harvest and cook their 	Phone: (03) 389 0212 Email: admin@deltatrust.org.nz Address: 105 North Avon Road, Richmond, Christchurch 8148 Website: www.deltatrust.org.nz	

	<p>own lunch.</p> <ul style="list-style-type: none"> • Bread Making and Gardening: Learn how to make your own bread as well as introductory gardening skills while the bread rises. 		
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Mental Health



mental health services

Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Information, education and support	<p><i>Mental Health Education and Resource Centre (MHERC)</i></p> <ul style="list-style-type: none"> • Community information service on mental health, addiction issues and availability of support groups 	<p>Phone: (03) 365 5344</p> <p>Rural freephone: 0800 424 399</p> <p>Address: 116 Marshland Road, Shirley, Christchurch 8147</p> <p>Website: www.mherc.org.nz</p>	<p>People with mental health and addiction issues</p> <p>Families/whānau, caregivers, and associates of mental health consumers</p> <p>NGO mental health, addiction and social service agencies</p>

	<ul style="list-style-type: none"> • Free mental health library • Website information service including on-line library • Publish Canterbury Mental Health Dictionary • Education sessions on mental health and addiction issues 		Community
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Money/Debt Management



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
No-interest loans	Angel Fund A savings and loan fund lending up to \$500 interest free to women for the purpose	Phone: 022 412 6435 Email: angelfund@gmail.com Website:	Applications accepted from women on low incomes who live in the CHCH area who have difficulty accessing credit

	of small/home/lobby business or education/training or moving into work expenses.	www.angelfund.org.nz	from traditional series. Send a text with the mobile number provided.
Budgeting	Delta Community Support Trust <ul style="list-style-type: none"> • Budget Advice and Personal Advocacy: Service provided by community workers 	Phone: (03) 389 0212 Email: admin@deltatrust.org.nz Address: 105 North Avon Road, Richmond, Christchurch 8148 Website: www.deltatrust.org.nz	

Parenting / Care Giving



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Parenting information	Online tools https://allright.org.nz/articles/lets-talk-about-parenting/		

	www.theparentingplace.com www.kiwifamilies.co.nz		
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Physical Health



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
<p>Healthy living</p> <p>Stop smoking</p>	<p>Delta Community Support Trust</p> <ul style="list-style-type: none"> • Healthy Living Course: Covers nutrition, physical activity, shopping on a budget, healthy cooking for one etc. for those wanting to lead a healthier life. • Stop Smoking Course: Holistically addresses the 	<p>Phone: (03) 389 0212</p> <p>Email: admin@deltatrust.org.nz</p> <p>Address: 105 North Avon Road, Richmond, Christchurch 8148</p> <p>Website: www.deltatrust.org.nz</p>	

	reasons people smoke and provides the peer support, nicotine replacement patches and accountability to those wanting to take the first step towards quitting.		
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Social Isolation/Enhanced Social Connection



Description of Need	Agency/Provider Name & Description of Services/Supports	Contact Details	Criteria for Access
Social isolation	<i>Dallington Community Cottage and Resource Centre</i> <ul style="list-style-type: none"> • Friendship Group • Walking Group • Jigsaw and book swap 	Phone: (03) 980 9181 Email: DCCT@mail.com Address: 46 McBratneys Road, Dallington, Christchurch 8061	Open to all demographics Centre open Monday to Friday from 10.30am to 4pm
Neighbourhood support	Neighbourhood Support Seeks to connect people and	Phone: (03) 420 9944 Mobile: 021 398 199	

and safety	enhance community safety	Email: canterburys@paradise.net.nz Website: http://www.nscanterbury.nz/neighbourhood_support/contact_neighbourhood_support	
Social isolation	<i>Avebury House Community Trust</i> <ul style="list-style-type: none"> • Chit Chat club: Monday 10-11am • Hugs All Round Quilt Group: Wednesday 1.30-3.30pm • Gentle exercise class: Monday, 11am-12noon • Yoga (morning): Tuesday 8.45am and yoga (evening) Tuesday 6-7pm • Art Classes: Tuesday, 10.30am – 12.30pm • Community Garden: Wednesday 9.30am – 12.30pm 	Phone: (03) 381 6615 Email: admin@avery.co.nz Address: 9 Evelyn Couzins Ave, Richmond 8013 Facebook page: www.facebook.com/AveburyHouseTrust/	Open to all demographics
Social connection	<i>Delta Community Support Trust</i> <ul style="list-style-type: none"> • Footprints Cafe: Open 10am-2pm Mondays and Wednesdays as a welcoming place for people to meet others 	Phone: (03) 389 0212 Email: admin@deltatrust.org.nz Address: 105 North Avon Road, Richmond, Christchurch 8148	

	<ul style="list-style-type: none"> • Community Garden: Gardening on Fridays 9.30am to 5pm 	Website: www.deltatrust.org.nz	
Social connection	<p>Burwood Christian Centre</p> <p>Offer a range of opportunities for families to make social connections including:</p> <ul style="list-style-type: none"> • LiVE Community Centre drop-in to connect local people. Operates Tuesday, Wednesday and Thursday from 10-12 noon during the term time • Youth Group: every Friday night • S.W.A.T. Playgroup for whānau and preschool children. Runs each Friday from 10.30am to 12 noon during the term time. No charge. 	<p>Ph: (03) 383 4895</p> <p>Email: office@bcc.net.nz</p> <p>Address: 52-54 Bassett Street, Burwood</p> <p>Website: www.bcc.net.nz</p>	

2.4 Spreydon/Cashmere Wards

Demographic Data about Spreydon/Cashmere

Figure 9: Spreydon Ward Map

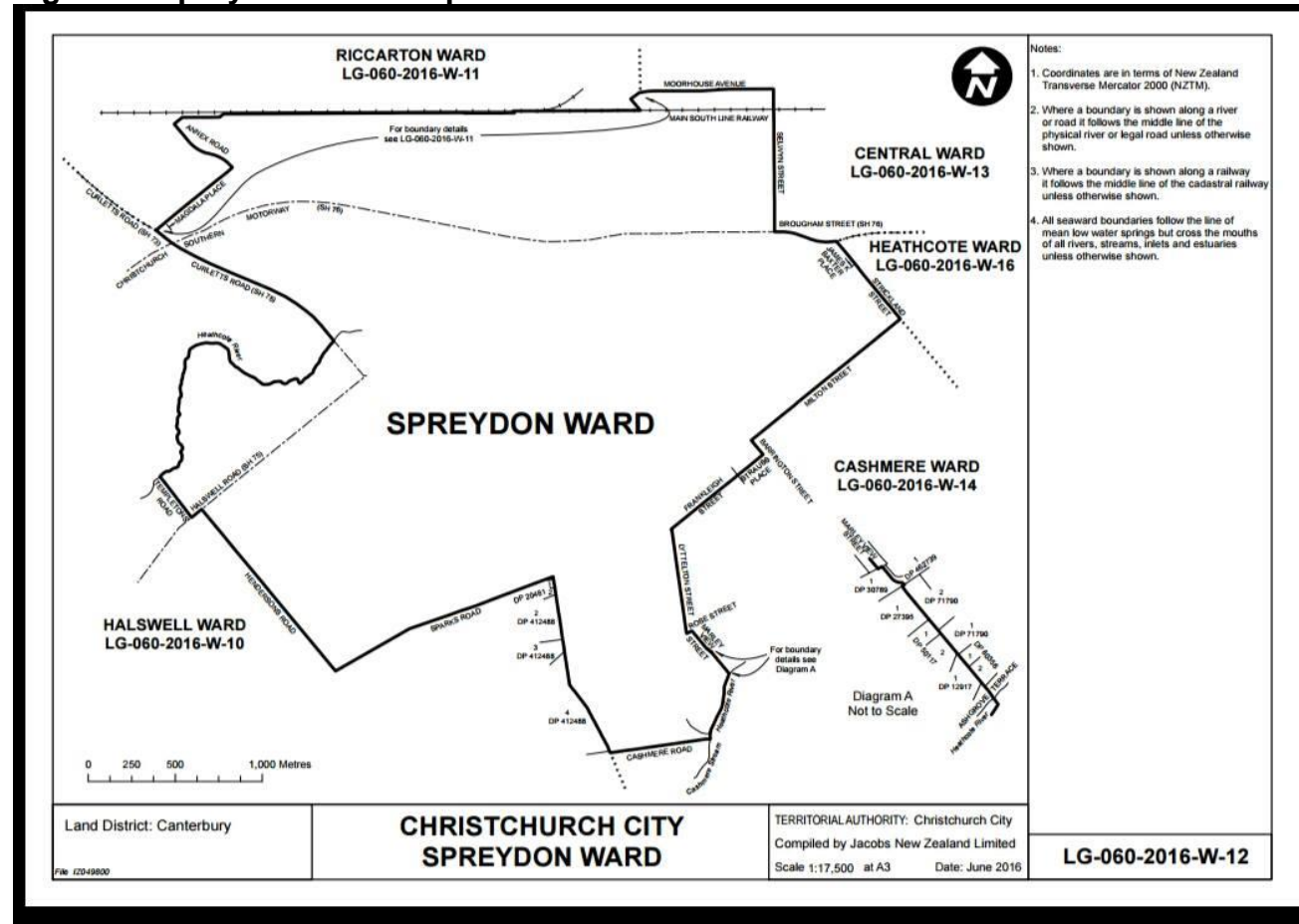


Table 8: Spreydon Ward Demographic Data

Demographic Categories	About the Spreydon Ward (2013 Census Data)
Population	Usually resident population: 23,097
Age	<ul style="list-style-type: none"> • Median age: 36.8 years • 19% under 15 years; 37% aged 15-39 years; 30% aged 40-64 years; 9.5% 65-79 years; 4.5% 80 years and over
Cultural Diversity	82% European; 9.8% Maori; 9.5% Asian; 5% Pacific Peoples; 1.9% Other; 1.1% MELAA
Languages Spoken	After English, te reo Maori, Samoan, Tagalog and French are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 5.5% • Most common occupation group: 22% professional
Deprivation	<ul style="list-style-type: none"> • 10% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 17% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 39% couples with children • 42% couples without children • 19% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 61% households owned the dwelling they lived in • 39% of households that occupied a private dwelling did not own that dwelling and of these 73% rented from a private landlord; 17% rented houses owned by the state; & 10% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/spreydon-cashmere/spreydon-ward>

Figure 10: Cashmere Ward Map

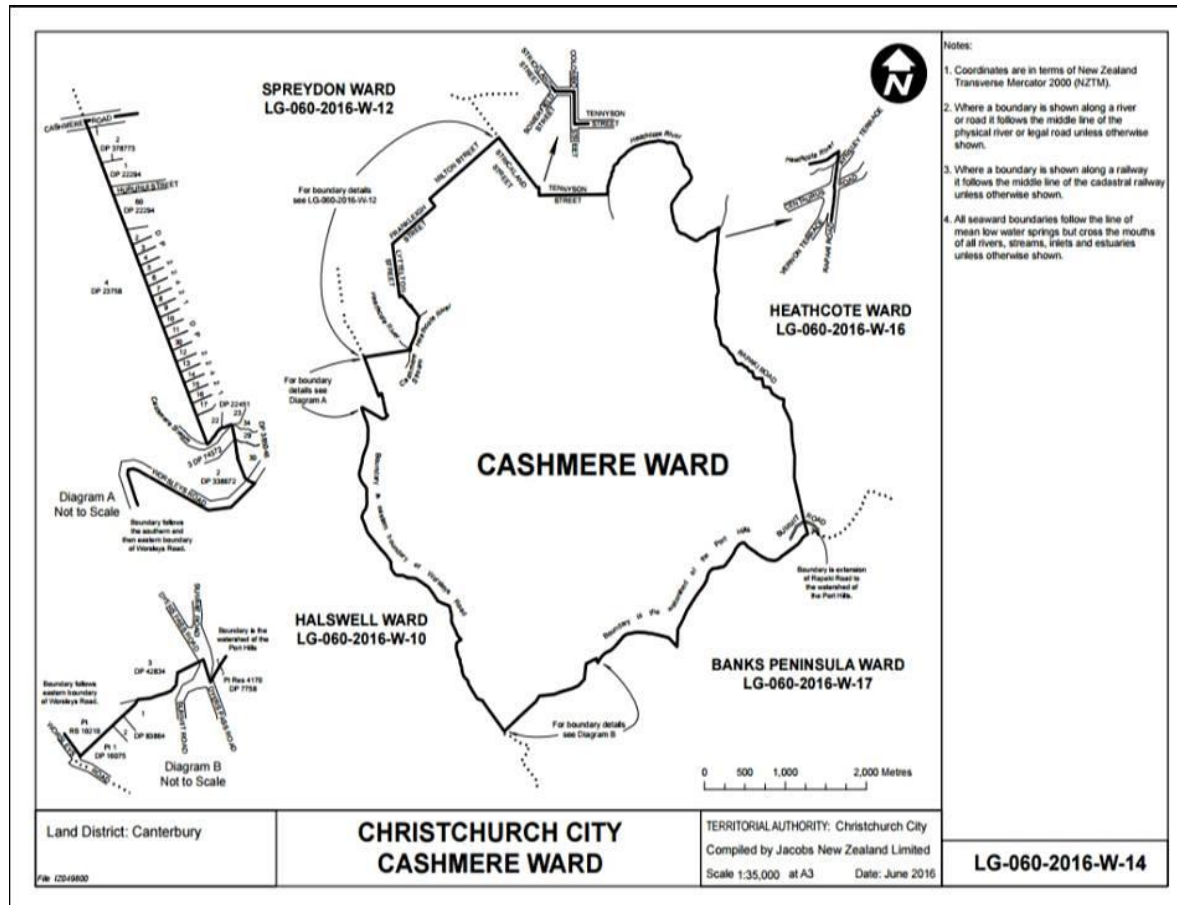


Table 9: Cashmere Ward Demographic Data

Demographic Categories	About the Cashmere Ward (2013 Census Data)
Population	Usually resident population: 20,970
Age	<ul style="list-style-type: none"> • Median age: 42.5 years • 20% under 15 years; 27% aged 15-39 years; 37% aged 40-64 years; 11% 65-79 years; 5.1% 80 years and over
Cultural Diversity	93% European; 5.3% Maori; 3.8% Asian; 1.9% Other; 0.8% Pacific Peoples; 0.5% MELAA
Languages Spoken	After English, French, German, Spanish and te reo Maori and are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 3.7% • Most common occupation group: 34% professional
Deprivation	<ul style="list-style-type: none"> • 37% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 1% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 45% couples with children • 43% couples without children • 12% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 78% households owned the dwelling they lived in • 22% of households that occupied a private dwelling did not own that dwelling and of these 91% rented from a private landlord; 6.6% rented houses owned by the state; & 2.6% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/spreydon-cashmere/cashmere-ward>

Supports & Services in Spreydon/Cashmere

Accommodation



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Supportive accommodation	Salvation Army Addington Centre Supportive accommodation services	Phone: (03) 338 5154 Address: 62 Poulson Street, Addington, Christchurch Email: Addington Centre	

Addictions



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Narcotics Addiction	<p>Refer to Appendix for details about:</p> <ul style="list-style-type: none"> Narcotics Anonymous Canterbury meetings <p>List of meetings: http://www.nzna.org/meetings-lists/</p>	<p>National Free Phone: 0800 NA TODAY (0800 628 632)</p> <p>Email (Southern Area): sasc@nzna.org</p> <p>Postal Address (Southern Area): PO Box 26-002, North Avon, Christchurch 8148</p> <p>Literature Information Contact: To obtain a literature order form, go to the Literature Orders page. Send the completed literature order form (together with payment) to Fellowship Service Office, PO Box 6826, Wellesley Street, Auckland.</p>	<p>Open Meetings may be attended by anyone (e.g. judges, probation officers, professionals, family members) interested in how participants have found recovery from the disease of addiction. Verbal participation, however, is limited to NA members only.</p> <p>Closed Meetings are for those individuals who identify themselves as addicts or for those who are uncertain and think they may have a drug problem.</p>

Alcohol Addiction	<p>Refer to Appendix for details about:</p> <ul style="list-style-type: none"> Alcoholics Anonymous Canterbury meetings 	<p>New Zealand General Service Office</p> <p>Telephone: 04 4724250 or by Email: nzqso@aa.org.nz</p> <p>To contact an A.A. member in your area, phone 0800-AA-WORKS 0800-229-6757.</p>	<p>All meetings are assumed to be open unless otherwise stated. Closed meetings are for alcoholics only.</p>
Compulsive eating (bulimia, anorexia, obesity, overeating)	<p>Refer to Appendix for details about:</p> <p>Overeaters Anonymous meetings</p>	<p>Telephone: (03) 385 3812</p> <p>Email: oacanterbury@yahoo.co.nz</p> <p>Address: PO Box 2451 Christchurch</p>	<p>Overeaters Anonymous is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.</p>
Harmful use or dependency on alcohol or drugs	<p>Salvation Army</p> <p>Bridge Programme</p>	<p>Phone: (03) 338 4436</p> <p>Address: 35 Collins Street, Addington, Christchurch</p> <p>Email: christchurch_bridge@nzf.salvationarmy.org</p>	

Childcare



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
After school and holiday programmes	<p>Anglican Care Community Development Community cottage</p> <ul style="list-style-type: none"> Addington OSCAR after school and holiday programmes: After-school programme runs from Monday – Friday 3-5.30pm during term time. Holiday programme: 7.45am-5.30pm or short day 9am-3pm (Mobile: 020 408 64947) 	<p>Phone: (03) 338 1613</p> <p>Address: St Mary's Church, 21 Church Square, Addington, Christchurch</p> <p>Email: manukacottage@clear.net.nz</p> <p>Facebook: www.facebook.com/manukacottagenz</p>	
After school and holiday programmes	<p>Addington After School and Holiday Programme:</p> <p>Contributing Schools include Addington Primary, Sacred Heart, Christchurch South Intermediate</p>	<p>Phone: 0204 0864 947</p> <p>Address: St John Church Hall, 42 Somerset Cres, Addington, Christchurch</p>	

	<p>Pickups: Addington and Sacred Heart Primary</p> <ul style="list-style-type: none"> • Before School 7.30-8.30am After School: 3-5.30pm • Holidays: 8.30am-5.30pm Mon to Friday <p>NOTE: Due to Addington School Hall being refurbished the location of these programmes varies.</p> <p>Holiday Week 1 Monday 11th - Friday 15th July – Addington School Hall.</p> <p>Holiday Week 2 Monday 18th - Friday 22nd July - St James' Church which is on the corner of Bewdley Street and Barrington Street. It is a big grey building opposite Mo Tiles.</p> <p>Term 3 After School Programme 25th July - 23rd September - Addington Haven, a red brick building in Church Square on the corner of Grove Road and Poulsons Street (in between Hazeldean and Brougham Street).</p>	Email: addingtonoscar@yahoo.co.nz	
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<p>After school care</p> <p>School holiday care</p>	<p>South West Baptist Church Sharp Trust</p> <p>After school programmes locations:</p> <p>Spreydon South West Baptist Church, Spreydon site, 244 Lyttleton Street</p> <ul style="list-style-type: none"> • Cobham Street Programme: Years 1-3 • Junior Recreation Programme: Years 4-9 <p>Halswell – South West Baptist Church, 6 Balcairn Street Halswell</p> <ul style="list-style-type: none"> • Halswell Programme: Years 1-9 <p>School Pick Up:</p> <p>Halswell Site: Oaklands School and Aidanfield Christian School</p> <p>Spreydon Site: Hoon Hay Primary School, Somerfield Primary School, West Spreydon Primary School, Te Kura Kaupapa Maori o te Whanau Tahī, Our Lady of the Assumption.</p>	<p>Holiday Programme Coordinator</p> <p>Phone: (03) 338 0673</p> <p>Email: asmit@swbc.org.nz</p> <p>Address: 244 Lyttleton Street, Spreydon, Christchurch 8024</p> <p>Open: 9am-5pm</p>	<p>For children aged 5-14 years</p>
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	<p>All programmes run from the school pick up 3.00pm to 5.30pm and cost \$16.50 per afternoon which includes afternoon tea (WINZ subsidies available).</p> <p>Enrol on-line</p> <p>Holiday Programmes: 8.30-3pm</p> <ul style="list-style-type: none"> • Littlies (Years 1 – 2) \$150 • Fraggles (Years 3 – 5) \$150 • Epic (Years 6 – 9) \$160 <p>4 times each year for 2 weeks:</p> <p>April 2018 Holiday Programme (16 – 20 April and 23 – 27 April)</p> <p>July 2018 Holiday Programme (9 – 13 July and 16 – 20 July)</p> <p>October 2018 Holiday Programme (1 – 5 October and 8 – 12 October)</p> <p>January 2018 Holiday Programme (15 – 19 January, 22 – 26 January and 29-30 January 2018)</p>		
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Food/Clothing/Furniture/Time Banks



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
<p>Food</p> <p>Time Bank</p>	<p>Anglican Care Community Development Community cottage</p> <ul style="list-style-type: none"> • Manuka Fruit & Veggie Co-Op: Wednesday 11am-2.30pm for picking up \$15 pre-ordered packs • Community Lunch: Wednesday 12 noon. Gold coin. • Cafe: Thursday 10am-12.30pm • Addington Time Bank Manuka Trading Post: Wednesday 11am-1pm 	<p>Phone: (03) 338 1613</p> <p>Address: St Mary's Church, 21 Church Square, Addington, Christchurch</p> <p>Email: manukacottage@clear.net.nz</p> <p>Facebook: www.facebook.com/manukacottagen</p>	

Food, clothing, furniture	Salvation Army <ul style="list-style-type: none"> Short-term assistance with food, clothing, and furniture: Visit the Christchurch Centre and undergo an assessment with a member of staff 	Phone: (03) 366 0740 Address: 853 Colombo Street (crn Colombo and Salisbury) Email: christchurchcity_corps@nzf.salvationarmy.org	
Food	Christchurch South Community Gardens <ul style="list-style-type: none"> Programmes for school groups Fresh produce at low/no cost Grow food together in community Hours: 10am – 3pm Tuesday, Thursday, Saturday.	Phone: (03) 942 6630 Address: 188 Strickland Street, Spreydon, Christchurch 8024 Email: info@cscommunitygardens.net.nz Website: cscommunitygardens.net.nz	Open to all demographics
Food	Rowley Resource Centre <ul style="list-style-type: none"> Vegetable Coop 	Phone: (03) 960 1776 Address: 59 Rowley Ave, Hoon Hay Email: rrc@paradise.net.nz Hours: Monday – Thursday 9am – 2pm	

Life and Social Skills



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Gardening for children	<p>Kids Edible Gardens (child youth services)</p> <ul style="list-style-type: none"> Teaches organic gardening in 6 schools in Christchurch. This includes school demonstration on worm bins, composting and Bokashi method, as well as offering practical experience with gardening organically 	<p>Phone: 021 155 0330</p> <p>Address: 265 Selwyn Street, Spreydon</p> <p>Email: kegs@organics.org.nz</p>	
Life skills	<p>Anglican Care Community Development (Sydenham)</p> <p>Healthy Lifestyles Course</p>	<p>Cell: 022 016 9178</p> <p>Address: 9 Wilsons Road South</p> <p>Email: karen@accd.org.nz</p>	

		Website: https://accd.org.nz/about/sydenham/	
Life skills	Salvation Army <ul style="list-style-type: none"> • Positive Lifestyle Programme: 7 session programme includes stress management, building self-esteem, assertiveness, grief, conflict resolution and goal setting. • Cooking classes: cost, gold coin donation. • Stretching the Dollar: A 6 week course that covers cooking, sewing, gardening, budgeting and smart shopping. 	Phone: (03) 366 0740 Address: 853 Colombo Street (crn Colombo and Salisbury) Email: christchurchcity_corps@nzf.salvationarmy.org	
Cooking			
Household management			

Men's Services



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
<p>Social isolation</p> <p>Life Skills</p>	<p>Salvation Army Hope Centre and Christchurch Methodist Mission</p> <p>Men on a Mission: A 7-week interactive programme to develop strengths and skills, discuss life issues and overcome isolation. The programme helps to:</p> <ul style="list-style-type: none"> • Re-engage men within a range of services, activities, work or training opportunities <p>Includes basic cooking instruction, communication, life-skills and self-care information, guest speakers and outdoor activity.</p> <p>No cost</p>	<p>Phone: (03) 366 0740</p> <p>Address: 853 Colombo Street (crn Colombo and Salisbury)</p> <p>Email: christchurchcity_corps@nzf.salvationarmy.org</p>	<p>The programme is run during the second and fourth terms of the school year</p>

Mental Health



mental health services

Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Mood disorders, anxiety, grief and transitions	<p>Arahura Health Centre</p> <ul style="list-style-type: none"> Therapeutic Services for those experiencing a range of mental health issues (e.g. depression and mood disorders; anxiety and anxiety disorders; grief and loss, life transitions; etc. <p>Service fees may be covered by a range of subsidies including: ACC funding for sensitive claims; WINZ disability allowance; Arahura Trust Fund</p>	<p>Phone: (03) 338 1080</p> <p>Address: 406 Barrington Street, Spreydon</p> <p>Website: www.thearahuracentre.co.nz</p>	<p>Client groups include:</p> <ul style="list-style-type: none"> Individual adults (men and women) Children Youth Couples Elderly

Money/Debt Management



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
<p>Budget advice</p> <p>Debt management</p>	<p>Kingdom Resources</p> <ul style="list-style-type: none"> • Money Help available on a 'one to one' or group basis • Budgeting courses (free): Include developing spending plans; learning to cut costs; increasing income; managing debts; etc. • Interest –Free Loans 	<p>Phone: (03) 332 1700</p> <p>Address: Addington, 300-304 Lincoln Road, Addington, Christchurch 8024</p> <p>Email: kr@kingdomresources.org.nz</p>	<p>For those who have financial problems.</p>

Budget Advice	<p>Salvation Army</p> <p>Budget Advice: Includes liaising with debtors on behalf of clients, helping to manage clients' bank accounts until finances are under control, and connecting them with other areas of the Salvation Army that can help.</p>	<p>Phone: (03) 366 0740</p> <p>Address: 853 Colombo Street (crn Colombo and Salisbury)</p> <p>Email: christchurchcity_corps@nzf.salvationarmy.org</p>	
Energy saving	<p>Energy saving tips for your home</p> <p>Rules for the skilful shopper</p>		
Shopping	<p>Community Finance Low-Income Loans:</p> <ul style="list-style-type: none"> - No Interest Loans: up to \$1,000 for maximum of 18 months - StepUp Loans: low interest loans from \$1,000 to \$5,000 @ 6.99% for maximum of 36 months 		<p>Eligibility criteria for low-income loans:</p> <ul style="list-style-type: none"> - have the ability to repay a loan - be on a low income (from work or benefits) - hold a Community Services Card - have lived at your current address

	<p>Loans can be used for essential household goods and services such as white goods, medical and health expenses, or higher cost assets such as motor vehicles. They can also be used for funeral costs. The loans cannot be used to fund fines, bills or non-essential items such as holidays. The loans cannot be used for debt consolidation. The loans will not duplicate or replace existing assistance available from Work and Income.</p>		<p>continuously for at least the past three months.</p> <ul style="list-style-type: none"> - be able to prove a willingness to repay.
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Parenting/Care Giving



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Parenting skills	Rowley Resource Centre <ul style="list-style-type: none"> • Tough Love (Monday 7-9pm) 	Phone: (03) 960 1776 Address: 59 Rowley Ave, Hoon Hay Email: rrc@paradise.net.nz Hours: Monday – Thursday 9am – 2pm	
Parenting skills	Toughlove <ul style="list-style-type: none"> • Offers parents the tools and support to make positive changes in their young person's behaviour. • Parent Support Group: Meets weekly following a planned structure with parents able to join anytime. No pre-enrolment required. Currently meeting in Hoon 	Phone: (03) 337 9452 Address: 8 Athelstan Street, Spreydon Email: toughloveusi@extra.co.nz Website: www.toughlove.org.nz	For parents who are raising teenagers with challenging behaviours.

	Hay, Monday evenings.		
Parenting support	Online tools https://allright.org.nz/articles/lets-talk-about-parenting/ www.theparentingplace.com www.kiwifamilies.co.nz		
Parent support	Anglican Care Community Development (Sydenham) <ul style="list-style-type: none"> • SPACE (Supporting Parents Alongside Children's Education): Thursdays 10am – midday. Held at the Sydenham Salvation Army Community House, 17 Southampton Street. \$2 per session 	Cell: 022 016 9178 Address: 9 Wilsons Road South Email: karen@accd.org.nz Website: https://accd.org.nz/about/sydenham/	
Parenting skills	Salvation Army Triple P (Positive Parenting Programme) Group: includes topics such as dealing with disobedience, managing fighting and aggression, developing good bedtime routines and hassle-free shopping	Phone: (03) 366 0740 Address: 853 Colombo Street (crn Colombo and Salisbury) Email: christchurchcity_corps@nzf.salvationarmy.org	
	Plunket Plunket offers parenting	Phone: (03) 366 0765 Address: 5 Twigger Street,	Families/whānau and children

<p>Support child development, health and wellbeing</p> <p>Support for parents concerning breastfeeding, nutrition, child development and behaviour, sleep, feeding, play, etc.</p>	<p>information and support as well as developmental assessments for children.</p> <p>Parenting support and Information is provided by nurses, kaiawhina, karitane and Asian health workers through:</p> <ul style="list-style-type: none"> • Well Child Tamariki Ora programme: child growth & development; family health and wellbeing; immunisation information; oral health checks; early childhood education; vision and hearing; health and development checks for learning well at school • Home visits and/or clinic visits (Monday-Saturday) to meet family/whānau needs • Mobile clinics • PlunketLine: free telephone advice service for parents available 24/7 at 0800 933 922 • Parent Groups organised: Including Plunket in Neighbourhood Groups (PIN); whānau groups; young mums groups; coffee groups; dance and movement groups; play groups. To 	<p>Addington</p> <p>Email: canterbury.plunket.org.nz</p> <p>Website:</p> <p>canterburyplunket@plunket.org.nz</p> <p>www.plunket.org.nz</p> <p>plunked services are available at the following Christchurch City locations:</p> <p>Addington</p> <p>Aranui</p> <p>Avonhead</p> <p>Barrington</p> <p>Belfast</p> <p>Burnside</p> <p>Burwood</p> <p>Fendalton</p> <p>Halswell</p> <p>Hoon Hay</p> <p>Hornby</p> <p>Linwood</p> <p>Marshlands</p> <p>Opawa</p> <p>Papau</p>	<p>under five years.</p>
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	<p>access groups in particular neighbourhoods: https://www.plunket.org.nz/plunket-near-you/?region=Canterbury&district=Christchurch+City&suburb=&service=Plunket+clinics and click on region (Canterbury), district (Christchurch city), Suburb and Service</p> <ul style="list-style-type: none"> • Parenting Education: Facilitated in local communities and self-register by texting 022 1927598 Education programmes include: <ul style="list-style-type: none"> - Post-natal adjustment group and 1:1 programmes (Supports families experiencing difficulties adjusting to parenting and/or mild to moderate mental health issues in the perinatal period). Ph: (03) 365 1646 - PEPE parenting education - food and nutrition - feeding and settling - Chinese parenting class 	Parklands Redcliffs Russley Shirley St Martins Sumner Woolston	
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	<ul style="list-style-type: none"> • Toy libraries: Located at St Martins, Sumner and Redcliffs https://www.plunket.org.nz/plunket-near-you/?region=Canterbury&district=Christchurch+City&suburb=&service=Toy+libraries • Car Seat Services: Child restraints available for sale or hire and installation checks and advice on car restraint needs. Available Monday 9am to 2pm, Tuesday – Friday 9am – 4pm. More information: cantycarseats@plunket.org.nz 		
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Social Isolation/Enhanced Social Connection



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Social connection	<p>Anglican Care Community Development (Sydenham)</p> <ul style="list-style-type: none"> • Individual and family support and advocacy • Support for community run events • Sew & Chat: Wednesday 9:30 – 11:30 (term time). Participants supply material and patterns. Some machines available. Koha appreciated • Healthy Lifestyles: Tuesday 10-11.30am. Variety of exercises and other activities promoting healthy lifestyles. A Koha of \$2 per session. 	<p>Cell: 022 016 9178</p> <p>Address: 9 Wilsons Road South</p> <p>Email: karen@accd.org.nz</p> <p>Website: https://accd.org.nz/about/sydenham/</p>	All people in the community are welcome.

Neighbourhood support and safety	Neighbourhood Support Seeks to connect people and enhance community safety	Phone: (03) 420 9944 Mobile: 021 398 199 Email: canterburys@paradise.net.nz Website: http://www.nscanterbury.nz/neighbourhood_support/contact_neighbourhood_support	
Social connection	Anglican Care Community Development: Manuka Cottage, Addington <ul style="list-style-type: none"> • Pop In for a Cuppa: Monday 10am-1pm, Tuesday (women only) 10am-3pm, Wednesday 10-11.30am • Walking Groups: Monday 10am Walkie Talkies and Thursday Addy-ventures. No charge • Women only on Tuesdays: Bits n Bobs Group 10am-3pm for crafts, coffee, chitchat, support • Manuka Scribes Writing Group: Thursday 10.30am-12pm • Mothers at Home Programme: Thursday 12.30-2.30pm (children looked after by qualified 	Phone: (03) 338 1613 Address: St Mary's Church, 21 Church Square, Addington, Christchurch Email: manukacottage@clear.net.nz Facebook: www.facebook.com/manukacottagenz	Everyone welcome \$2 membership/year

	<p>Early Educator at no cost)</p> <ul style="list-style-type: none"> • Addington Times – monthly newsletter delivered to every house in Addington • Addington Well-being – a monthly network meeting of community organisations, local & central government, Spreydon /Heathcote Community Board and others to discuss Addington issues 		
Social connection & building social capital	<p>Rowley Resource Centre</p> <ul style="list-style-type: none"> •Community Development worker on site •Community information and services, community programmes, courses and classes. <p>Men's Shed Sessions (learning maintenance tips and building small projects) – Thursday 10am-12 noon</p> <p>Adult literacy – Tuesday & Thursday 9am – 1pm</p> <p>Computer and Internet use</p> <p>Stone Carving – Wednesday</p>	<p>Phone: (03) 960 1776</p> <p>Address: 59 Rowley Ave, Hoon Hay</p> <p>Email: rrc@paradise.net.nz</p> <p>Hours: Monday – Thursday 9am – 2pm</p>	For individuals in the local community.

	<p>10am -12 noon</p> <p>Gardening, including Project Grow (growing food resilience within communities)</p> <p>Te Reo Māori and art</p> <p>Community Bikes (free use for small bond)</p> <ul style="list-style-type: none"> • Services include community advocacy, community office computer, community telephone, fax, photocopier, laminator, daily newspaper, small meeting rooms available. 		
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Vocational/Educational/Employment Support



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Supported job search Work-focused anxiety	Catapult <ul style="list-style-type: none"> • Employment services for jobseekers: Free supported employment service for jobseekers wanting suitable long-term paid work. • Counselling programme for work-focused anxiety: 10 weeks of 1:1 sessions available for 18-65 year olds. Sessions funded by Work and Income Disability Allowance or self-funded if not eligible for Disability Allowance. 	Phone: (03) 365 7005 Address: 478 Barrington Street. Barrington, Christchurch 8024 Email: admin@ces.org.nz Website: www.catapultemployment.org.nz Open: 9am-4.30pm	For jobseekers and employers looking for employees. Clients who have health issues or barriers to obtaining employment or who have significant difficulty obtaining employment.

	<ul style="list-style-type: none"> • Services for employers: Recruitment services including short-listing candidates, checking referees, obtaining police checks, access to employment subsidies, and on-the-job coaching for new staff to assist with a smooth transition into the job. 		
Pre-employment knowledge and skills	<p><i>Kingdom Resources</i></p> <ul style="list-style-type: none"> • Career Help: A free confidence building pre-employment course. The course content includes: <ul style="list-style-type: none"> - Identifying talents and skills - Juggling home and work - Confidence building - CV preparation and cover letters - Interview skills - Job search skills <p>The course runs for 2 days per</p>	<p>Phone: (03) 332 1700</p> <p>Address: 300-304 Lincoln Road, Addington</p> <p>Email: kr@kingdomresources.org.nz</p>	For women who are taking the first steps to seeking employment

	week, over a period of 4 weeks, from 9:15am – 2:30pm.		
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Women's Services



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
<p>Support for women whilst in prison and on release</p> <p>Women's emergency housing</p>	<p><i>Project Esther Trust (part of community ministry of South West Baptist Church)</i></p> <ul style="list-style-type: none"> • Assist inmates at the Christchurch Women's Prison through the chaplains by providing small financial gifts for study, clothing and craft materials TVs and radios. • Supports women reintegrating into the community post-prison • Te Whare Atawhai Emergency support accommodation: Offers short term 	<p>Ph: (03) 338 4163</p> <p>Email: project.esther@swbc.org.nz</p> <p>Address: 248 Lyttleton Street, Spreydon</p> <p>Website: http://www.projectesther.co.nz/</p>	<p>For women and their children</p>

Parenting for women	<p>accommodation from six weeks to six months.</p> <ul style="list-style-type: none"> • Single mothers support service: Offers a variety of options including visits, support groups (Mondays at 10am for women and their pre-school children; Thursdays at 9.30am for women of school-aged children), parenting course, internet access and use of computer and printer. 		
Preschool music for women and their children	<ul style="list-style-type: none"> • Preschool music and movement class each Wednesday from 9.30am-10.15am) for parents/ caregivers and their children in the community. \$3 donation per family. 		

2.5 Central/Heathcote/Linwood Wards

Demographic Data about Central/Heathcote/Linwood

Figure 11: Linwood Ward Map

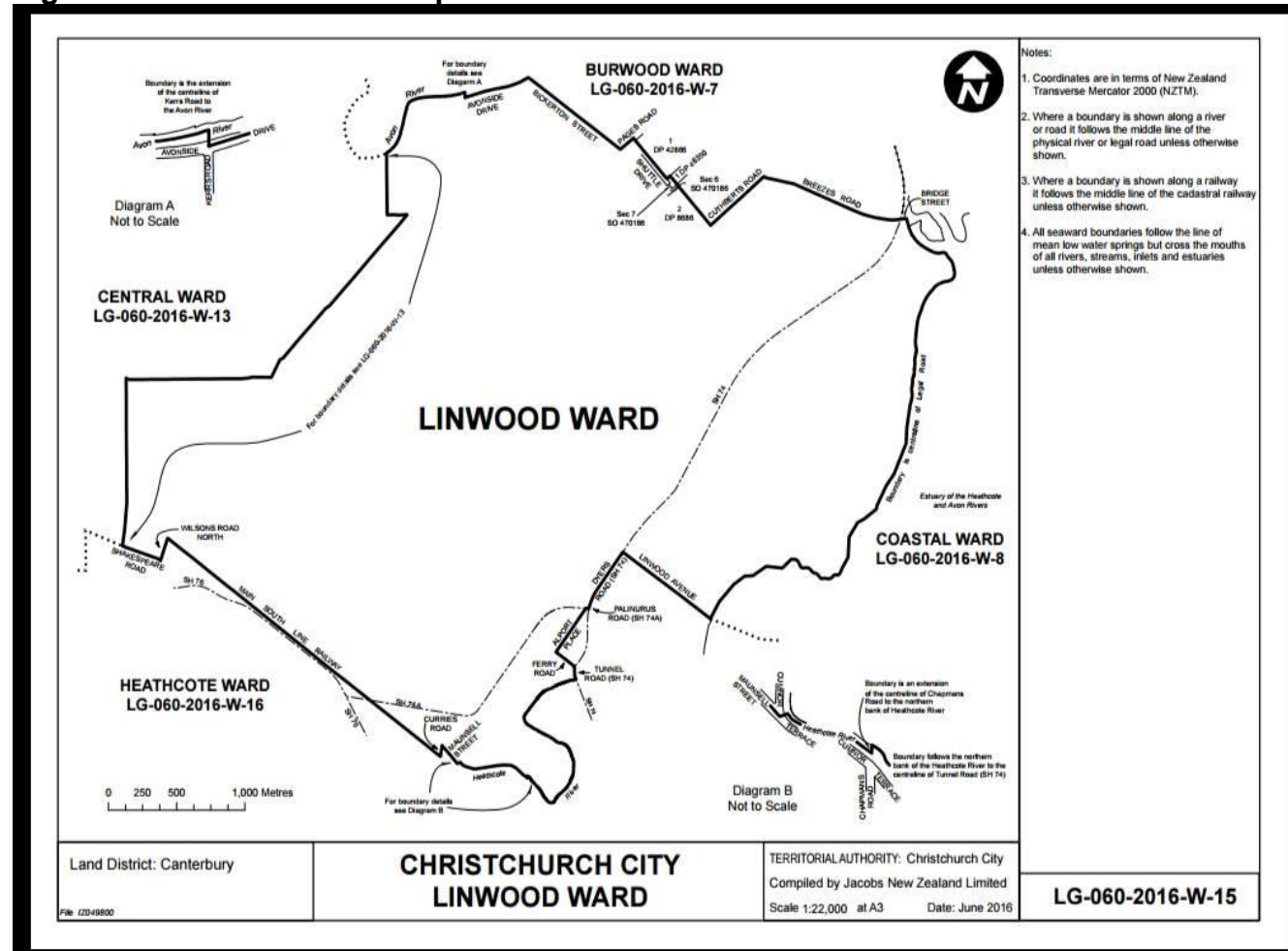


Table 10: Linwood Ward Demographic Data

Demographic Categories	About the Linwood Ward (2013 Census Data)
Population	Usually resident population: 23,328
Age	<ul style="list-style-type: none"> • Median age: 35.8 years • 19% under 15 years; 37% aged 15-39 years; 31% aged 40-64 years; 9% 65-79 years; 3.1% 80 years and over
Cultural Diversity	81% European; 15% Māori; 7.3% Pacific Peoples; 6.5% Asian; 2.1% Other; 1% MELAA
Languages Spoken	After English, te reo Māori, Samoan, NZ Sign Language, Hindi and Tagalog are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 7.7% • Most common occupation group: 18% technicians and trade workers
Deprivation	<ul style="list-style-type: none"> • 0% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 48% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 35% couples with children • 37% couples without children • 28% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 55% households owned the dwelling they lived in • 45% of households that occupied a private dwelling did not own that dwelling and of these 76% rented from a private landlord; 17% rented houses owned by the state; & 7.2% rented houses owned by Christchurch City Council.

Source: <https://ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/linwood-central-heathcote/linwood-ward>

Right Service Right Time in partnership with University of Canterbury Internship Programme (2017)



Table 11: Central Ward Demographic Data

Demographic Categories	About the Central Ward (2013 Census Data)
Population	Usually resident population: 21,363
Age	<ul style="list-style-type: none"> • Median age: 33.2years • 13% under 15 years; 46% aged 15-39 years; 30% aged 40-64 years; 8% 65-79 years; 3.3% 80 years and over
Cultural Diversity	77% European; 14% Asian; 10% Maori; 3.7% Pacific Peoples; 2.2% MELAA; 2% Other
Languages Spoken	After English, te reo Maori, Hindi, French, Samoan and German are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 6.8% • Most common occupation group: 24% professional
Deprivation	<ul style="list-style-type: none"> • 0% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 28% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 25% couples with children • 53% couples without children • 22% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 32% households owned the dwelling they lived in • 68% of households that occupied a private dwelling did not own that dwelling and of these 91% rented from a private landlord; 5.4% rented houses owned by the state; & 3.4% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/linwood-central-heathcote/central-ward>

Figure 13: Heathcote Ward Map

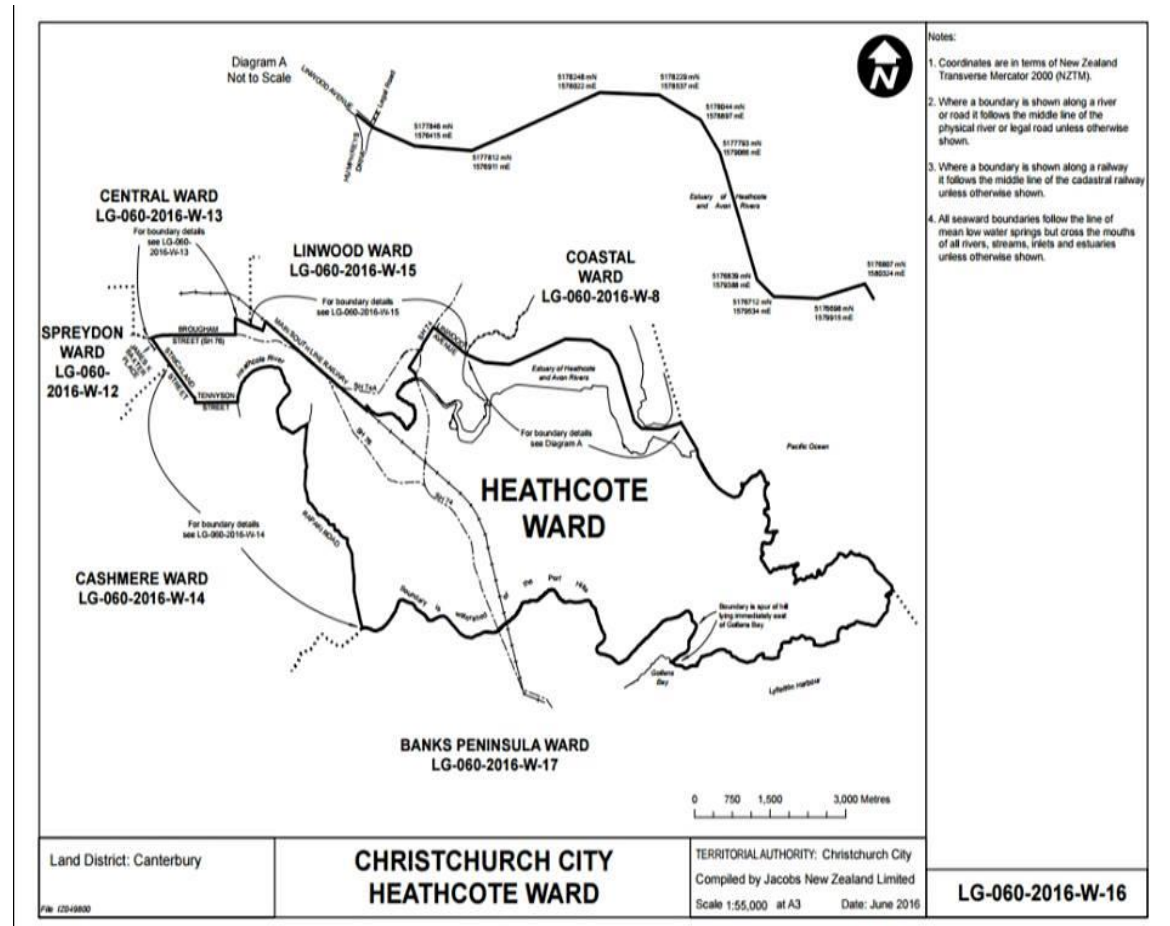


Table 12: Heathcote Ward Demographic Data

Demographic Categories	About the Heathcote Ward (2013 Census Data)
Population	Usually resident population: 23,157
Age	<ul style="list-style-type: none"> • Median age: 42.1 years • 18% under 15 years; 30% aged 15-39 years; 36% aged 40-64 years; 7.12% 65-79 years; 4.3% 80 years and over
Cultural Diversity	90% European; 6.5% Māori; 4.9% Asian; 0.3% Pacific Peoples; 2% Other ; 0.9% MELAA
Languages Spoken	After English, French, German, te reo Māori, Spanish and Dutch are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 4.2% • Most common occupation group: 29% professional
Deprivation	<ul style="list-style-type: none"> • 40% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 9% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 38% couples with children • 46% couples without children • 16% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 64% households owned the dwelling they lived in • 36% of households that occupied a private dwelling did not own that dwelling and of these 87% rented from a private landlord; 5.3% rented houses owned by the state; & 8.2% rented houses owned by Christchurch City Council.

Source: <https://ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/linwood-central-heathcote/heathcote-ward>

Supports & Services in Central/Heathcote/Linwood

Addictions



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Narcotics Addiction	<p>Refer to Appendix 3 for details about:</p> <ul style="list-style-type: none"> Narcotics Anonymous Canterbury meetings <p>List of meetings: http://www.nzna.org/meetings-lists/</p>	<p>National Free Phone: 0800 NA TODAY (0800 628 632)</p> <p>Email (Southern Area): sasc@nzna.org</p> <p>Postal Address (Southern Area): PO Box 26-002, North Avon, Christchurch 8148</p> <p>Literature Information Contact: To obtain a literature order form, go to the Literature Orders page. Send the completed</p>	<p>Open Meetings may be attended by anyone (e.g. judges, probation officers, professionals, family members) interested in how participants have found recovery from the disease of addiction. Verbal participation, however, is limited to NA members only.</p> <p>Closed Meetings are for those individuals who identify themselves as addicts or for</p>

		literature order form (together with payment) to Fellowship Service Office, PO Box 6826, Wellesley Street, Auckland.	those who are uncertain and think they may have a drug problem.
Alcohol Addiction	<p>Refer to Appendix 1 for details about:</p> <ul style="list-style-type: none"> Alcoholics Anonymous Canterbury meetings 	<p>New Zealand General Service Office</p> <p>Telephone: 04 4724250 or by Email: nzqso@aa.org.nz</p> <p>To contact an A.A. member in your area, phone 0800-AA-WORKS 0800-229-6757.</p>	All meetings are assumed to be open unless otherwise stated. Closed meetings are for alcoholics only.
Compulsive eating (bulimia, anorexia, obesity, overeating)	<p>Refer to Appendix 2 for details about:</p> <p>Overeaters Anonymous meetings</p>	<p>Telephone: (03) 385 3812</p> <p>Email: oacanterbury@yahoo.co.nz</p> <p>Address: PO Box 2451 Christchurch</p>	Overeaters Anonymous is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.
Detoxification	<p>Christchurch City Mission Alcohol and Other Drugs Services</p> <ul style="list-style-type: none"> Community Withdrawal Management Service (Detoxification): This service offers people the opportunity 	<p>Phone: (03) 365 0635</p> <p>Address: 276-284 Hereford Street, Christchurch Central 81440</p> <p>Email: info@citymission.org.nz</p> <p>Website:</p>	

	<p>to remain at home and have their withdrawals managed by a specialist detoxification nurse and their own general practitioner. For more information contact raewyn@citymission.org.nz phone 03-3712162 or phone 03-3712169</p> <ul style="list-style-type: none"> • Thorpe House: A residential service, which provides a safe environment where people with alcohol and other drug dependence can withdraw from their substances of choice without the aid of medication. There are 10 beds for men and women over the age of 17 years who meet criteria for social detoxification. For more information contact simon@citymission.org.nz or phone 03-3791682 or Fax 03-3712165 • Elm Tree Lodge: Supported accommodation for people recovering from Alcohol and Other Drug misuse. The City Mission supervisors the residence and works with clients as they reintegrate into the Community. Contact peter@citymission.org 	www.chchcitymission.org.nz	
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	<p><u>.nz</u> or phone: 03-3796033</p> <ul style="list-style-type: none"> Youth and Adult Alcohol and Other Drugs Service: People over the age of 13 years are offered counselling and case management in order to reduce the harm caused by their own, or others, alcohol or other substance misuse. Referral to residential or outpatient alcohol and drug services are provided if required. For more information contact fiona@citymission.org.nz phone 03-3710602 or brianj@citymission.org.nz phone 03-3712161 Wahine Whai Ora Women's Alcohol and Drug Service and Day Programme: Wahine Whai Ora is a women's day service for those who want to make changes to their alcohol and drug use. Women work in groups using the model of recovery that most suits their individual needs. The women also participate in other life skill development programmes. For more information contact judy@citymission.org.nz or 		
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	phone 03-3710613		
Problem gambling	<p>Salvation Army</p> <p>Christchurch Oasis Centre: Offers free consultation and rehabilitation programmes for problem gamblers, partners of gamblers and affected family members.</p>	<p>Phone: (03) 365 9659</p> <p>Email: oasis_christchurch@nzf.salvationarmy.org</p> <p>Address: 126 Bealey Avenue, Christchurch</p>	
<p>Alcohol and drug issues</p> <p>Smoking</p>	<p>Etu Pasifika (improving and strengthening the health and wellbeing of Pasifika families through health, education, economic and social services</p> <ul style="list-style-type: none"> • Alcohol and addiction support • Quit smoking plan of action and on-going support 	<p>Phone : 027 468 8573 or 027 396 0634</p> <p>Address: 173 Montreal Street, Christchurch Central</p> <p>Email: info@etupasifika.co.nz</p>	For Pacific families.

Childcare



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Child care for children of young parents	St John of God, Waipuna <ul style="list-style-type: none"> Little Owls Preschool: A licensed childcare centre on site while parents attend groups. Te Whāriki is used to ensure children are engaged in learning 	Ph: (03) 373 8136 Address: 349 Woodham Road, Wainoni, Linwood, Christchurch 8061 Email: Waipuna@sjog.org.nz Website: http://www.sjog.org.nz/our-services/community-youth-and-child-services/little-owls-preschool Opening Hours: 8.30am – 5pm	For children residing in Avonside, Wainoni, Linwood, Bexley, Dallington, Philipstown The nursery caters for children birth to two years of age and accommodates up to 17 children per day The preschool caters for children two to five years of age, with up to 38 children onsite each day.

Before and after school care Holiday child care	Phillipstown Community Hub OSCAR Programmes: (Phone: 022 476 7227) <ul style="list-style-type: none"> • Afterschool: 3-5.30pm • Breakfast Club: 7.30am-8.40am • Holiday Programme: 7.30am-5pm 	Phone: (03) 379 3256 Mobile: 020 4069 1419 Address: 39 Nursery Road, Phillipstown Website: www.phillipstown.org.nz	
Holiday programme	Te Runanga O Nga Maata Waka <ul style="list-style-type: none"> • Breakaway Holiday Programme: Free for 11-17 year olds and includes art, crafts, kapahaka, sports, games etc. Drop off at 8.30am and pick up at 3.45pm. 	Phone: (03) 382 6628 Address: Nga Hau E Wha National Marae, 250 Pages Road, Aranui Website: www.maatawaka.org.nz http://maatawaka.org.nz/about-nga-maata-waka/	

Child Wellbeing



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Pacific child development, health and wellbeing	Etu Pasifika <ul style="list-style-type: none">Support service for child development, health and wellbeing of children under 5 years of age	Phone : 027 468 8573 or 027 396 0634 Address: 173 Montreal Street, Christchurch Central Email: info@etupasifika.co.nz	For Pacific children under 5 years and their families.

Culturally and Linguistically Diverse (CALD) Groups: Migrant and Refugee Assistance

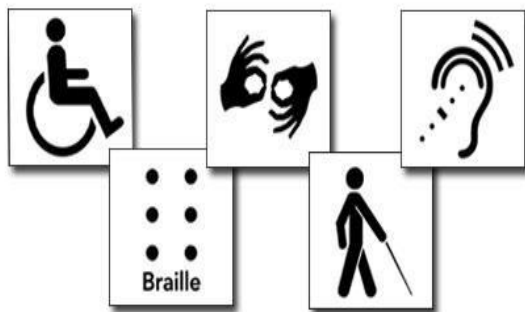


Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
People with English as a second language and in need of an interpreter	<p>Interpreting Canterbury</p> <ul style="list-style-type: none"> Professional interpreting service: Interpreters work in person and by telephone and video depending on need and location. Services can be delivered in a variety of settings including hospitals, health centres, housing, social services, schools, Police and courts, and community service organisations ranging from early childhood to care of the aged. <p>Interpreters are available to interpret in some <u>70</u></p>	<p>Phone: (03) 372 9311</p> <p>Booking Phone: 0508 0508 INTERPRET (468 377)</p> <p>Address: 301 Tuam Street, Christchurch 8011</p> <p>Email: canterbury@interpret.org.nz</p> <p>Website: www.interpret.org.nz</p>	

	<p><u>languages</u>, including NZ Sign Language.</p> <p>The <u>service</u> is available 24 hours a day, 7 days a week.</p>		
English as a second language	<p>English Language Partners NZ. Christchurch Centre</p> <ul style="list-style-type: none"> • Provides English language lessons and social support for effective resettlement of refugees and migrants. • Programmes include: <ul style="list-style-type: none"> - English language Groups in a class - ESOL home tutoring - English for employees – workplace English (small classes). - Work talk – four-week course - ESOL -Literacy – for people who cannot read or write. - Police recruit literacy – for people who want a career with the police. - New Zealand Certificate in English Language – full time study for those 	<p>Ph: (03) 377 3141</p> <p>Address: 473 Brougham Street, Waltham</p> <p>Email: christchurch@englishlanguage.org.nz</p> <p>Website: www.englishlanguage.org.nz</p>	People with refugee or migrant backgrounds where English is a second language

	who want to achieve NZQA Unit standard - ESOL Intensive		
Support for those with English as a second language Social connection	Te Whare Roimata Trust Support and outreach service and courses (parenting skills, self-esteem). <ul style="list-style-type: none"> • ESOL evening for refugees and migrants with homework class for their children. • Sewing group for refugees and migrants. 	Phone: (03) 981 2881 Address: 274 Gloucester Street, Christchurch Central Email: TeWhareRoimata@clear.net.nz Website: www.tewhare.webs.com	For residents of the inner- city East area: Linwood Ave to Madras St to Cashel St to Kilmore St. Community centre

Disability



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
	Care Matters: Carer learning and		

<p>Carers of disabled people</p>	<p>wellbeing resource service, designed in New Zealand by carers specifically for carers in the disability community. Services include:</p> <ul style="list-style-type: none"> • On-line Resources: examples include Looking After Myself; The Early Years 0-6; Getting What I Need; Government Funding; Employing a Support Worker etc. Access to these resources via the following link http://www.carematters.org.nz/ • Face-to-Face Workshops: Examples of these free workshops include Care Matters Workshops; Care Matters Sibshops for 8-18 year olds. These workshops are run from time to time throughout the year with details on http://www.carematters.org.nz/ • Think Differently: Agency 	<p>Free Phone: 0508 236 236</p> <p>Website: www.carematters.org.nz</p> <p>Office Hours: Monday, Wednesday and Friday, 9.30am to 4pm Tuesday and Thursday 8am to 2.30pm</p>	<p>Carers and disabled people eligible for Ministry of Health disability support services</p>
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	<p>creates opportunities that support people with disabilities into roles valued by the community.</p> <p>Includes a 'DIY Family Resource Kit.' See</p> <p>http://www.carematters.org.nz/think-differently-old/</p>		
Support for children, young people and adults with disabilities	<p>CCS Disability Action – Canterbury West Coast Branch</p> <ul style="list-style-type: none"> • Services for Children: Early intervention; and Supported lifestyles (families and youth) • Services for Young People and Adults: Leaving school (transition); job seekers; supported living; supported lifestyles (adults); home to home support • Transport: Mobility Parking; and Total Mobility (taxi vouchers) 	<p>Phone: (03) 365 5661</p> <p>Warmline: 0800 899276 or (03) 379 8415</p> <p>Address: 224 Lichfield Street, Christchurch Central</p> <p>Email: canterbury@ccsdisabilityaction.org.nz</p> <p>Website: http://www.ccsdisabilityaction.org.nz/</p>	For disabled people and their families/whānau.
Support for parents and siblings of children with a	<p>Parent to Parent</p> <ul style="list-style-type: none"> • Connecting Parents: Links parents with a trained volunteer Support Parent who has a child or family member with the same or similar disability, health 	<p>Phone: (03) 365 3239</p> <p>Address: 224 Lichfield Street, Christchurch Central</p>	Parents/families caring for a disabled child.

disability	<p>impairment, or who are experiencing a similar issue.</p> <ul style="list-style-type: none"> • Seminars and Training Workshops: Developed for families and the various stages they go through with a family member with a disability, and delivered nationwide by trained facilitators. • Christchurch Coffee Support Groups: Examples include, 0-5 (pre-schooler) coffee support group with other parents of pre-schoolers with disabilities and health impairments. • SibsupportNZ: Programmes to support siblings who have a brother or sister with a disability or health impairment. 	<p>Email:</p> <p>gtrcanterbury@parent2parent.org.nz</p> <p>Website:</p> <p>www.parent2parent.org.nz/greater-canterbury-region/</p>	
<p>Disability information</p> <p>Mobility and assistive equipment</p> <p>Travel subsidies</p>	<p>Aspire Canterbury</p> <ul style="list-style-type: none"> • Disability Information Service: Includes information about work and employment; housing modifications; financial support; leisure and recreation • Mobility and Assistive Products and Equipment: For sale and hire • Total Mobility: Transport, travel and parking (e.g. 50% 	<p>Phone: (03) 366 6189</p> <p>Hotline: 0800 347 242</p> <p>Address: 314 Worcester Street, Linwood</p> <p>Email: disinfo@aspirecanterbury.org.nz</p> <p>Website: www.aspirecanterbury.org.nz</p> <p>Hours: Monday to Friday 8.30am to 4.30pm</p>	<p>For people with a disability, their families, whānau and carers.</p>

	discount taxi fares for eligible people up to a maximum subsidy of \$35 per 1-way trip in Canterbury area.		
Inclusive recreation	YMCA Christchurch Provides opportunities for people with disabilities to participate in recreational activities at the inclusive facilities	Phone: (03) 366 0689 Address: 12 Hereford Street, Christchurch Central Email: mailto@ymcachch.org.nz Website: www.ymcachch.org.nz	
Information and advice for people on autism spectrum	Altogether Autism A national information and advisory service for people living with autism spectrum disorder (ASD), their families, whanau and professional working with people on the autism spectrum. <ul style="list-style-type: none"> • On-Line Information: For example, What is ASD?; New Diagnostic Techniques and Tools for Teens and Adults; Top Tips for NCEA Special Assessments Conditions • Guidance for Selecting Providers 	Free Phone: 0800 273 463 Altogether Autism – Greater Christchurch Phone: (03) 365 3239 Website: http://www.altogetherautism.org.nz/personalised-information/resources/	

	<ul style="list-style-type: none"> • NZ Disorder Spectrum Guidelines 		
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Emotional and Behavioural Issues



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Emotional and behavioural issues for adults and children	Catholic Social Services <ul style="list-style-type: none"> • Counselling for families, children, couples and individuals. • Family work/social work support, practical needs assistance/assessment, 	Phone: (03) 379 00127 Address: 336 Cashel Street, Christchurch Central Email: c.s.s@clear.net.nz Website: http://www.cathsocservs.nzl.org/	No cost professional services for families and individuals

	<p>budgeting/advocacy.</p> <ul style="list-style-type: none"> • Group programmes for children and adults: <ul style="list-style-type: none"> - Facing Your Fears: 6-week anxiety management programme for children 8-10 years - Seasons of Growth: 4-week programme focused on dealing with grief - Self-Esteem: 6-week programme for adults - CREAM (Conflict Resolution, Emotional Awareness and Anger Management) • No-cost professional services for the community. 	<p>Open:</p> <p>Monday, Wednesday and Friday, 9am – 5pm</p> <p>Tuesday and Thursday 9am-6.30pm</p>	
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Food/Clothing/Furniture



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Clothing, furniture	Te Whare Roimata Trust Tin Roof Op Shop: 468 Worchester Street. Phone (03 3811 665)	Phone: (03) 981 2881 Address: 274 Gloucester Street, Christchurch Central 8011 Email: TeWhareRoimata@clear.net.nz Website: www.tewhare.webs.com Open: Monday – Friday 10am-4pm	
Food Curtains Form filling	Linwood Avenue Community Corner Trust <ul style="list-style-type: none"> • Practical advice and support 	Phone: (03) 980 9827 (Trust) (03) 389 5303 (Linwood Avenue Union Church) Email: linunion@xtra.co.nz (church) Jennie.linunion@xtra.co.nz (Trust)	

	<ul style="list-style-type: none"> • Reading/filling out forms • Emergency help through food parcels and curtain bank • Community lunch 	<p>Address: 378 Linwood Avenue, Corner Tilford Street, Bromley, Christchurch 8062</p> <p>Website: www.linwoodavenueunionchurch.org.nz</p> <p>The Trust employs a Community Family Worker, a Community Youth Worker and a Community Health Worker.</p> <p>Office Hours: 9am – 12 noon Monday to Thursday</p> <p>Health Worker Hours: Monday – Thursday 8.30am – 5pm</p>	
Food	<p>Te Whare Roimata Trust</p> <p>Community Garden: 180 Smith Street. Open Monday to Friday 9am to 3pm (ring first)</p>	<p>Phone: (03) 981 2881</p> <p>Address: 274 Gloucester Street, Christchurch Central</p> <p>Email: TeWhareRoimata@clear.net.nz</p> <p>Website: www.tewhare.webs.com</p>	For residents of the inner-city East area: Linwood Ave to Madras St to Cashel St to Kilmore St.
Food	<p>Catholic Social Services</p> <p>Food bank open Monday-Friday, 10.30am-12.30pm (need ID and letter from WINZ)</p>	<p>Phone: (03) 379 00127</p> <p>Address: 336 Cashel Street, Christchurch Central</p> <p>Email: c.s.s@clear.net.nz</p> <p>Website:</p>	Families and individuals

		http://www.cathsocservs.nzl.org/	
Food	Heathcote Community Garden <ul style="list-style-type: none"> A social centre that produces food and promotes self-sufficiency: Wednesdays 1-3pm 	Contact: Sara Templeton Phone: (03) 384 7889 Address: 2 Trustcotts Rd, Heathcote Email: saratempleton@clear.net.nz Website: http://www.ccgga.org.nz/garden-directory/heathcote/	Open to all demographics.
Bedding	New Brighton Blanket Project <ul style="list-style-type: none"> Bedding Packs (duvet and cover (or similar) pillow case(s), sheets and one blanket. Each client receives a pack per bed (single, double, queen, king -if required and depending on availability) and if available pillows, towels, wheat bags, hot water bottles, sleeping bags, etc. 	Ph: (03) 388 9920 Address: 105 Brighton Mall, New Brighton Email: Committee or Events Co-ordinator - nbproject@xtra.co.nz Website: www.newbrightonproject.org.nz	For members of the New Brighton community

Vegetarian food	<p>Christchurch Vegetarian Centre: Information for Christchurch vegetarians and vegans.</p> <ul style="list-style-type: none"> • Pot lucks, talks, dining group, youth group, families group, under 5's group, lesbian and gay dining group, Team Vegan, book group, raw food group, kirtan, etc • Annual vegetarian expo, biennial vegan camp and other community events. 	<p>Ph: (03) 940 9483</p> <p>Address: 293 – 311 Tuam Street</p> <p>Email: info@vegetarianchristchurch.org.nz</p> <p>Website: www.vegetarianchristchurch.org.nz</p>	Christchurch vegetarians and vegans.
Food	<p>Christchurch City Mission</p> <ul style="list-style-type: none"> • Foodbank: open Monday – Friday from 9am-12.30pm 	<p>Phone: (03) 365 0635</p> <p>Address: 276-284 Hereford Street, Christchurch Central</p> <p>Email: info@citymission.org.nz</p> <p>Website: www.chchcitymission.org.nz</p>	
Food	<p>Te Whare Taonga O Nga Iwi Katoa, Linwood Resource Centre and Community Gardens</p> <ul style="list-style-type: none"> • Free garden plots for people to grow their own produce (Monday, Thursday and Friday 9am-12 noon; Tuesday and Wednesday 9am- 	<p>Phone: (03) 981 5594</p> <p>Community Development Worker cell: 022 062 0733</p> <p>Email: mona.linwoodresource@accd.org.nz</p> <p>Address: 332 Linwood Avenue, Linwood</p>	

	3pm) <ul style="list-style-type: none"> • Fruit and Veggie group • Garden Group: Tuesdays 10-11.30am (fortnightly) 		
Food Curtain bank	Linwood Avenue Community Corner Trust (LACCT) <ul style="list-style-type: none"> • Emergency help through food parcels and curtain bank 	Phone: (03) 389 5303 Address: 378 Linwood Avenue, Corner Tilford Street, Bromley Website: www.linwoodavenueunionchurch.org.nz	
Food	Phillipstown Community Hub Affordable Fruit and Vegetable Group: Fruit and vegetable coop at room 2 Hub where people can order and collect produce. \$12 buys a bag of fruit and a bag of vegetables. Wednesdays from 12 noon to 5pm Community Garden: Seeks to grow organic produce, increase gardening knowledge and skills, foster friendships and share produce.	Phone: (03) 379 3256 Text: 02040691419 Address: 39 Nursery Road, Christchurch 8011 Email: MaryAnn@phillipstown.org.nz Website: https://phillipstown.org.nz/community/	

	Wednesdays 1-4pm Saturdays 10.30am-1pm 		
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Health Support Groups

THE POWER OF SHARING!



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Support	Dementia Canterbury Provides information, education and specialised social work support.	Ph: (03) 379 2590 Hotline: 0800 004 001 Address: 314 Worcester Street, Linwood Email: admin@alzcanty.co.nz	For those with dementia and their friends, families and carers.
	Muscular Dystrophy Association of New Zealand Canterbury Branch	Ph: (03) 377 8010 Hotline: 0800 463 222 Address: 314 Worcester Street,	For those with neuromuscular conditions and their families.

Support	<ul style="list-style-type: none"> • Provides advice, support and information mainly by home visits. • Fieldworkers can provide support letters and advocacy on behalf of members. • Networking opportunities and a range of social events. • Adult and Young Persons Camp • Support Group in Christchurch is open to MDA members and is held once a month 	Linwood Email: mdacanty@xtra.co.nz Website: www.mda.org.nz	
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Help Lines



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Crisis and counselling helplines	<p>LifeLine Aotearoa</p> <p>Lifeline NZ provides the following helplines:</p> <ul style="list-style-type: none"> • Lifeline 24/7: 0800 543 354. Free confidential and anonymous telephone counselling. • Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO). Provides support, information and resources to people at risk of suicide, family whanau friends affected by suicide and people supporting someone with suicidal thoughts and/or behaviours <p>How to Start the Conversation Resources: http://www.lifeline.org.nz/Suicide-Intervention_2022.aspx</p> <ul style="list-style-type: none"> • Kidsline: 0800 54 3754 (0800 KIDSLINE). A free national child helpline for individuals between 5 to 18 years of age. The service is delivered by secondary school student counsellors. The service is 24/7 but between 4-9pm Monday to Friday people calling speak to a Kidsline Buddy – a specially trained teenage telephone counsellor. • It's Not OK Family Violence 	<p>Phone – Christchurch Branch: (03) 366 6742</p> <p>Address: 293-311 Tuam Street, Christchurch 8011</p> <p>Email: christchurch@lifeline.org.nz</p> <p>Website: www.lifelinechch.org.nz</p>	

	<p>Helpline: 0800 456 450. A 7 day a week service operating between 9am and 11pm providing self-help information and connects people to services.</p> <ul style="list-style-type: none"> • Most counsellors are fully qualified professionals. • Suicide prevention education • Suicide Intervention http://www.lifeline.org.nz/Suicide-Intervention_2022.aspx <p>Family violence helpline</p>		
	<p>Depression Helpline: (open 24/7) – 0800 111 757 – Depression.org.nz</p> <p>Online tools www.depression.org.nz www.thelowdown.co.nz (youth) </p>		
	<p>Rural Support Trust: 0800 787 254 (0800 RURAL HELP)</p>		
	<p>Pregnancy Counselling Service Christchurch: free confidential 24 hour service</p>	<p>Phone: 0800 773 462</p> <p>Email: pregnancycounsellinginfo@gmail.com </p> <p>Website: www.pregnancycounselling.org.nz </p>	

	Smokefree Canterbury Support for people who wish to stop smoking	Phone: (03) 364 1777 Email: info@smokefreecanterbury.org.nz Website: www.smokefreecanterbury.org.nz	
	Alcohol Drug Helpline: (open 24/7) – 0800 787 797. You can also text 8691 for free.	Email: info@alcoholdrughelpline.org.nz Website: www.aa.org.nz	
	Youthline: (open 24/7) – 0800 376 633. Free confidential text, email (talk@youthline.co.nz) and webchat counselling	Phone: 0800 376 633 or TXT 234 Email: manager@youthlinecsi.org.nz Website: www.youthline.co.nz	Open to youth between 12 and 24 years, free of charge and no referral required
	0800 WHATSUP children's helpline: phone 0800 9428 787 Monday to Friday between 12 noon – 11pm and on Saturday and Sunday from 3pm to 11pm. Online chat is available from 7pm to 10pm every day at www.whatsup.co.nz .		
	Healthline: (open 24/7) – 0800 611 116		

	<p>Samaritans: (open 24/7) – 0800 726 666</p>		
	<p>Victim Support: 24 / 7 free service is available throughout New Zealand to help victims of serious crime and trauma.</p> <p>Victim Support is an independent organisation that recruits, trains and supervises front-line volunteers who deliver direct support to victims in the victims' home, at police stations, at the scene, in court and in the community.</p>	<p>Helpline: 0800 victim (0800 842 846)</p> <p>Website: http://www.victimsupport.org.nz/get-help/how-we-can-help/</p> <p>Information about trauma and dealing with stress: The Crisis and Trauma Factsheet Helping with stress after a disaster.</p>	

Housing



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Hostel accommodation	YMCA Christchurch Affordable accommodation in hostels	Phone: (03) 366 0689 Address: 12 Hereford Street, Christchurch Central Email: mailto@ymcachch.org.nz Website: www.ymcachch.org.nz	
Home insulation, heating etc	Community Energy Action Charitable Trust <ul style="list-style-type: none"> Free or subsidised insulation, efficient heating, recycled curtains, independent energy advice 	Ph: (03) 374 7222 Hotline: 0800 GET WARM Address: 293 Tuam Street, Christchurch Central Email: info@cea.co.nz Website: www.cea.co.nz Facebook Page: http://Community Energy Action	

		Charitable Trust	
Housing services for people with experience of mental illness	ComCare Charitable Trust <ul style="list-style-type: none"> Housing Support Services including: Housing Facilitation Service: Help to locate, set up and maintain independent rental tenancy for people with mental health conditions Group Living: flatting with others in semi-supported environment Urgent services: Emergency housing for up to 8 weeks tenancy while more permanent housing is sourced Home Rescue: Service for clients whose housing is at risk due to their deteriorating mental health 	Phone: (03) 377 70 20 Address: 251 Lichfield, Christchurch Central Email: enquiries@comcare.org.nz Website: www.comcare.org.nz Office Hours Monday – Friday, 8:30am – 5pm	People with mental health conditions
Home ownership, maintenance and rental accommodation	Habitat for Humanity Restore Builds new homes and repairs others. <ul style="list-style-type: none"> Assisted home ownership: Families have to invest 500 hours of their time to build their own home. Once the home is completed the family can make affordable 	Phone: (03) 420 4342 Address: 189 Waltham Road, Sydenham Email: restore@habitchch.org.nz	

	<p>regular payments to Habitat at a no profit basis.</p> <ul style="list-style-type: none"> • Home Maintenance: Urgent home repair service for low income families. Repairs might include fixing a leaky roof, painting the outside, or renovating a bathroom or kitchen. Affordable repayments are negotiated. • Home Renovations: Projects involve creating a more suitable place for the occupants when life situations have changed, such as building a wheelchair ramp or installing bathroom aids for less mobile people. Affordable repayments are negotiated. • Social Rental: Rental accommodation for low income individuals and families. The rent is based on a tenant's income and subsidised by Habitat for humanity. Tenants receive ongoing support from Habitat for Humanity to help them improve their situation. This may include budgeting courses, but also assistance when there is a social need. 	<p>Website: www.habitat.org.nz</p>	
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Information and Advice (e.g. legal, consumer rights, etc)



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Information on legal, employment, consumer rights, income support, etc	<p>Citizens Advice Bureau</p> <ul style="list-style-type: none"> Free confidential and impartial information to enable people to make informed decisions. Information sought can concern: <ul style="list-style-type: none"> - Flattening problems - Employment problems - Budgeting - Work and Income benefits - Neighbour disputes - Family problems – custody disputes, paternity issues, making a will - Consumer problems Free legal advice: Thursday, 	<p>Phone: (03) 366 6490</p> <p>Hotline: 0800 367 222</p> <p>Address: Ara, 15 Williams Street, Christchurch 8011</p> <p>Email: christchurchcity@cab.org.nz</p> <p>Website: www.cab.org.nz</p> <p>Five locations in Christchurch:</p> <ul style="list-style-type: none"> CAB Christchurch West (Hornby) CAB Christchurch North (Fendalton) CAB Christchurch City (Ara) South Library Satellite/Agency: Thursdays: 11am to 2pm The Loft (Eastgate Mall) 	

	<p>1-2pm</p> <p>Ring first to confirm that the lawyer will be present to help with your inquiry 03 366 6490</p> <ul style="list-style-type: none"> • Justice of Peace (JP) clinic: Wednesday, 12noon to 3pm <p>Please ring first to confirm that the JP will be present - 03 366 6490.</p> <ul style="list-style-type: none"> • Migrant Connect service: Service for people who have recently moved to New Zealand. Provides information or issues associated with settling in New Zealand. <p><u>Migrant Information Sessions</u> are also held on various topics for all who are new to New Zealand. The following link provides more information about the <u>Migrant Connect</u> service.</p>	<p>Satellite/Agency: Tuesdays: 11am to 2pm</p> <p>Hours of Operation</p> <p>Monday & Friday, 9am to 12 noon Tuesday, Wednesday & Thursday, 9am to 3pm</p>	
Legal information and advice	<p>Community Law Canterbury</p> <ul style="list-style-type: none"> • Free legal information and advice including: employment law, disability law, youth law, resource 	<p>Phone: (03) 366 6870</p> <p>Hotline: 0508 CANLAW (0508226529)</p> <p>Address: 206 Montreal Street,</p>	Those on low incomes and others facing difficulties accessing legal help.

	<p>management, law concerning the voluntary sector and law reform</p> <p>Legal advice is usually accessed via appointment but there are drop-in times: Monday, Tuesday and Thursday 5.30-7pm and Saturday 9.30am to 12 noon</p> <ul style="list-style-type: none"> • Family Court Advice Clinic: Drop-in service each Tuesday between 4-6.30pm at the Christchurch Court Building, 282 Durham Street • Outreach Services: <p>New Brighton: Tuesdays and Thursdays at 186 Shaw Avenue</p> <p>Aranui: Tuesday at ACTIS by appointment on (03) 963 7070</p> <p>Christchurch City Mission: every second Tuesday at 276 Hereford Street</p> <p>Hornby: Thursday by appointment at Heartland Service centre, 25 Shands Road</p> <p>Linwood: Tuesday morning by appointment at The Loft Eastgate Mall</p> 	<p>Christchurch Central</p> <p>Email: admin@canlaw.org.nz</p> <p>Website: www.canlaw.org.nz</p>	
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Life and Social Skills



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Sewing	Birthright Canterbury Sewing Group: A volunteer runs the group. Parents learn basic sewing skills during a two-hour class. Beanies, scarves, pillowcase dresses and aprons are among the items made so far.	Phone: (03) 366 9456 or 0800 457 146 Address: 301 Tuam Street, Christchurch 8011 Website: http://www.birthrightchch.org.nz/index.php/programmes	Single parents
Nutrition knowledge and cooking skills	St John of God Waipuna <ul style="list-style-type: none"> • Appetite for Life: Gives cooking skills as well as nutrition information to make healthy choices for families. 	Phone: (03) 386 2159 Address: 349 Woodham Road, Wainoni, Linwood Email: Waipuna@sjog.org.nz Website: www.waipunatrust.org.nz	For young parents.

Men's Services



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Male victims of childhood sexual abuse	Male Survivors of Sexual Abuse Trust <ul style="list-style-type: none"> • Access to ACC counsellors with confidentiality assured. • One to one, peer and group support. • Weekend retreats • Workshops 	Phone: (03) 377 6747 Address: 301 Tuam Street, Christchurch 8011 Email: mssat@survivor.org.nz Website: www.survivor.org.nz contact Ken on 027 353 3854 or Paul on 027 789 8304	
Access to information, support and help by men for men	Canterbury Men's Centre: Men's Support Hub with focus on improving the lives of men. Services available at the Hub include: <ul style="list-style-type: none"> • Life Coaching: http://counsellingformen.org.nz/life-coaching/ 	Phone: (03) 365 9000 Text: 022 302 4966 Address: 357 Gloucester Street, Linwood	

	<ul style="list-style-type: none"> • Fun for Men: A printed and on line resource telling men about local projects and how they can get involved. • http://canmen.org.nz/support-for-men/ffm/ • Men's Sheds: (a place for men to meet, share skills and work on individual or group projects in the community). http://menzshed.org.nz/canterbury-region/ • Blokes Book: A collection of Canterbury agencies and services relevant to men's health and well-being. http://canmen.org.nz/support-for-men/blokes-book/ • Counselling for Men: Hours: 8:30am to 9:30pm Monday to Friday. Weekend times also available. Clients normally seen within the first week or so of contact. Email: counsellor@canmen.org.nz 	Website: www.canmen.org.nz	
	Mana Tane Ora O Waitaha: (A group of men making a difference for Māori Men)	Phone: (03) 365 9000	

Māori men's health	<ul style="list-style-type: none"> • Tane Ora: Monthly meeting for those interested in improving Māori men's health. Meetings held on 3rd Wednesday of each month at 3pm 	Text: 022 302 4966 Address: 357 Gloucester Street, Linwood Website: http://canmen.org.nz/services/taneora/	
Social connection	Te Whare Taonga O Nga Iwi Katoa Linwood Resource Centre <ul style="list-style-type: none"> • Linwood Men's Shed: Monday 10am-2pm; Tuesday-Wednesday 9am-12 noon 	Phone: (03) 379 3256 Mobile: 022 062 0744 Address: 39 Nursery Road, Christchurch 8011 Email: John.linwoodresource@accd.org.nz	
Social support	Phillipstown Community Hub <ul style="list-style-type: none"> • Man-Up: Free support group for men on Wednesdays from 6.30-8.30pm. Contact Nicky Sofai on 022 038 5507 or pasifikahope@outlook.com 	Phone: (03) 379 3256 020 4069 1419 Address: 39 Nursery Road, Phillipstown Website: www.phillipstown.org.nz https://phillipstown.org.nz/event/man-up/2016-12-21/	

Mental Health



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Community, residential and respite services for people with psychiatric diagnosis	Kakakura Health Services Provides kaupapa Māori mental health services for people who experience mental illness including: <ul style="list-style-type: none"> • Kaiāwhina Ā Rohe/Whānau Ora/ Community Mental Health Support Worker Service • Kaika Whaiora Community-Based residential: Kaupapa Māori 24/7 residential rehabilitation and respite facility for adults with mental illness 	Phone: (03) 379 7200 Address: 90 Fitzgerald Ave, Christchurch Email: info@kakakura.org.nz Website: http://kakakura.org.nz/index.html	Available to all people who have a psychiatric diagnosis and wish to be supported in a Kaupapa Māori environment.

Mental Health Support	<p>Mental Health Advocacy and Peer Support (MHAPS)</p> <ul style="list-style-type: none"> • Individual support and advocacy: delivered by a peer support worker • Programmes <ul style="list-style-type: none"> - Themes: programme of 12 topics including confidence and self-efficacy; body image and mental health; all about anxiety; dealing with depression and low mood; etc. - Recovery Works: programme for people who experience medium to high levels of anxiety - Works for Me: programme for people who have anxiety associated with job search and workplace experiences - Wellness Recovery Action Plan - Community Programmes: including mindfulness; breathing and relaxation; workshops for wellbeing; mood 	<p>Ph: (03) 365 9479 Text: 022 370 8055 Rural Phone: 0800 437 324 Address: 826 Colombo Street, Christchurch Central 8013 Website: http://mentalhealthadvocacypeersupport.org/ Office Hours: Monday to Friday 9am-4.30pm</p>	<p>People who experience mental illness, alcohol and addiction issues.</p>
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	<p>swings</p> <ul style="list-style-type: none"> • Recovery Group Support: including Bipolar Recovery Support; Depression recovery Support; Online Chat; Open Group; Anxiety recovery Support; the Friday Group; Hillmorton Shared Support Group • Latnam 826: activity and social centre for people who experience mental illness and/or addictions • Resources: quarterly newsletter; link to websites <p>Free services</p>		
Peer support for people with mental illness	<p>Comcare Charitable Trust</p> <ul style="list-style-type: none"> • Community Support Work: Includes financial management, relationship building with friends and family, taking first steps back to an active life and work, managing the demands of children and a home, developing workable routines around living and health care needs. • Percival house: Peer support service that provides group and/or individual support for people 	<p>Phone: (03) 377 70 20</p> <p>Address: 251 Lichfield, Christchurch 8011</p> <p>Email: enquiries@comcare.org.nz</p> <p>Website: www.comcare.org.nz</p> <p>Office Hours</p> <p>Monday – Friday, 8:30am – 5pm</p>	People who experience mental illness and addictions.

	<p>experiencing mental health issues.</p> <ul style="list-style-type: none"> • Warmline: Peer support service for people experiencing psychological distress. Operates from 1pm to 12am, 7 days a week, 365 days a year. • Training in Intentional Peer Support (IPS) for individuals and organisations. • Peer Health Coaching: Short term coaching and support to help clients identify ways to improve their own health and well-being • Job Connect Service • Housing Support Services including house facilitation service; group living; urgent services; and home rescue. 		
	<p>Depression Support Network</p> <ul style="list-style-type: none"> • Free and confidential personal and group support. • Awareness and education in the community. 	<p>Ph: (03) 366 8083</p> <p>Address: Christchurch Community House, 301 Tuam Street, Christchurch Central</p> <p>Email: admin@dsn.org.nz</p> <p>Website: www.depressionsupportnetwork.org.nz</p>	<p>Those affected by depression – adults, youth (aged 15 – 24) and their parents, friends and family.</p>

		(website is currently being rebuilt) Visit Depression Support Network here on Facebook	
Information on mental health matters	<p>Mental Health Foundation</p> <p>Information on mental health conditions, where to get help and how to support people to get help.</p> <p>Resources include:</p> <ul style="list-style-type: none"> • Working Well: Help for agencies to obtain optimal mental health for their employees • All Right? Campaign • How to be More Mindful • A to Z Mental Health Conditions 	<p>free Resource</p> <p>Information officers: (09) 623 4812 Phone Reception: (09) 623 4810</p> <p>Email: info@mentalhealth.org.nz</p> <p>Website: https://www.mentalhealth.org.nz/</p>	
Information, advice, support	<p>Supporting Families in Mental Illness Canterbury: Free support, education and information for family/ whānau delivered via a fieldwork service including:</p> <ul style="list-style-type: none"> • Support – individual and group • Home Visits 	<p>Ph: (03) 366 9284 Hotline: 0800 87 66 82 Address: 276 Hereford Street, Christchurch Central Email: sfpb@xtra.co.nz Website: www.supportingfamiliesnz.org.nz Office Hours: 8.30am-4.30pm</p>	Families and friends of those experiencing mental illness

	<ul style="list-style-type: none"> • Education • Information • Advocacy • Children Understanding Mental Illness Programme • WAVES (adults bereaved by suicide) programme • Family Peer Support i.e. Mutual support the sharing of experiences and gaining strength and skills to cope better through participation in support groups. 		
Mental health conditions	<p><i>Etu Pasifika</i></p> <ul style="list-style-type: none"> • Mental health services: confidential support service including cultural connectedness 	<p>Phone : 027 468 8573 or 027 396 0634</p> <p>Address: 173 Montreal Street, Christchurch Central</p> <p>Email: info@etupasifika.co.nz</p>	For Pacific families.
	<p>Step Ahead Trust: Service seeks to enhance the wellbeing of people who experience serious mental illness by providing community based services that support them in their own recovery. A diverse range of activities are available including:</p>	<p>Phone: (03) 389 4001</p> <p>Address: 167 Stanmore Road, Linwood</p> <p>Email: info@stepahead.org.nz</p> <p>Website: stepahead.org.nz</p>	For people aged 18 – 65 years with a diagnosed mental illness

	<ul style="list-style-type: none"> • Art and crafts • Health and fitness • Social and life skills • Men's and women's groups • Outings • Peer support 		
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Money/ Debt Management



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Budgeting	Te Runanga O Nga Maata Waka <ul style="list-style-type: none"> • Budget Advice Service: free service. To register contact (03) 382 6627 ext 202 	Phone: (03) 382 6628 Address: Nga Hau E Wha National Marae, 250 Pages Road, Aranui Website: www.maatawaka.org.nz http://maatawaka.org.nz/about-nga-maata-	

		waka/	
Budgeting	Christchurch City Mission <ul style="list-style-type: none"> • Budget service: Assistance with debt management and bill payments via advocacy and financial education. For more information email budget@citymission.org.nz 	Phone: (03) 365 0635 Address: 276-284 Hereford Street, Christchurch Central Email: info@citymission.org.nz Website: www.chchcitymission.org.nz	People who are facing financial difficulties.
Financial support and advocacy	Birthright Canterbury <ul style="list-style-type: none"> • Financial help: Budgeting; child support; generating income; grants scholarships and ethical loans; sole parent support; subsidy for under 15s with poor vision; working for families; etc • Advocacy: Support during meetings with organisations and agencies such as Work and Income 	Phone: (03) 366 9456 or 0800 457 146 Address: 301 Tuam Street, Christchurch 8011 Website: http://www.birthrightchch.org.nz/index.php/services	Single parents

Parenting / Care Giving



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Parent/child relationships	<p>Birthright Canterbury</p> <ul style="list-style-type: none"> • Family Friendly Events and Camps: family events and camps are organized throughout the year (e.g. boating trips, swimming, nature trips and playground adventures). These events strengthen the bond between parents/caregivers and children. There is an emphasis on positive relationships within families and with other families. • Parent Library: Broad range of books on parenting, child development, children's story books, etc. The library is in the Christchurch Community House, 	<p>Phone: (03) 366 9456 or 0800 457 146</p> <p>Address: 301 Tuam Street, Christchurch 8011</p> <p>Website: http://www.birthrightchch.org.nz/index.php/services </p>	Single parents and their children

	<p>301 Tuam Street.</p> <ul style="list-style-type: none"> • Free parenting advice and information as well as a helpline. 		
Parenting	<p>Catholic Social Services</p> <ul style="list-style-type: none"> • Parenting Spirited Young People: 6 week programme for parents of children of any age. Includes reflection on how a range of factors impact on parenting e.g. personality styles, attachment, birth order, family tree; interaction and communication; etc 	<p>Phone: (03) 379 0012</p> <p>Address: 336 Cashel Street, Christchurch Central</p> <p>Email: c.s.s@clear.net.nz</p> <p>Website: http://www.cathsocservs.nzl.org/</p> <p>Open:</p> <p>Monday, Wednesday and Friday, 9am – 5pm</p> <p>Tuesday and Thursday 9am-6.30pm</p>	
Parenting support	<p>Online tools</p> <p>https://allright.org.nz/articles/lets-talk-about-parenting/</p> <p>www.theparentingplace.com</p> <p>www.kiwifamilies.co.nz</p>		
Parenting children with anxiety	<p>Women's Centre</p> <p>Parenting Children with Worries Group: Children develop “worries” for a range of reasons and these worries can have a significant impact on that child as well as other</p>	<p>Phone: (03) 371 7414</p> <p>Mobile: 022 105 5308</p> <p>Email: support@womenscentre.com</p> <p>Address: Unit 3, 242 Ferry Road, Waltham, Christchurch 8141</p>	<p>This group is for women interested in developing their understanding of childhood anxiety, along with strategies that can help</p>

	<p>members of the family. The course focuses on: Helping to understand the effects of anxiety on children and parents; learning how anxiety affects family dynamics; getting skills needed to parent children who are being impacted by anxiety; learning techniques to help reduce anxiety in families</p> <p>5 sessions for a maximum of 8 participants and costing \$40 waged (\$35 waged member), \$25 low/unwaged (\$20 low/unwaged member)</p>		<p>them to parent a child who is struggling with “the worries”.</p>
Parenting	<p>Family Works</p> <ul style="list-style-type: none"> • Parenting Through Separation: one 4 hour session or two 2 hour sessions • Counselling for Families • Grandparents as Parents • The incredible Years: Programme to identify and confidently manage potentially problem behaviours • KINECT: Service for 14-24 year old parents of children under 2 years 	<p>Ph: (03) 363 8214</p> <p>Address: 44 Bealey Avenue, Christchurch Central</p> <p>Website: www.familyworks.org.nz</p> <p>Website parenting services page: http://www.familyworksuppersouth.org.nz/what-we-do/parenting-programmes</p> <p>Hours: Monday, Wednesday, Thursday, Friday 8.30am-5pm</p> <p>Tuesdays 8.30am-8pm</p>	<p>Open to all parents.</p>

	Te Puna Oranga <ul style="list-style-type: none"> Parenting mothers group and father's groups 	Ph (03) 381 8472 Address: 687 Worcester Street, Linwood Email: tepunaoranga@extra.co.nz	
Parenting	St John of God, Waipuna <ul style="list-style-type: none"> YP2B (Young parents to be): Preparation for birth and life with new baby First Steps: A parenting group looking at experiences surrounding becoming a parent and developing relationships/attachment with their children Messy: Learn how to manage your emotions safely. 	Phone: (03) 386 2159 Address: 349 Woodham Road, Wainoni, Linwood Email: Waipuna@sjog.org.nz Website: http://www.sjog.org.nz/our-services/community-youth-and-child-services/little-owls-preschool	For young parents.
Pre- and post-natal support for parents	Etu Pasifika <ul style="list-style-type: none"> Support for new mothers through pregnancy and up until the baby is 2 years old 	Phone : 027 468 8573 or 027 396 0634 Address: 173 Montreal Street, Christchurch Central Email: info@etupasifika.co.nz	For Pacific families.

Physical Health



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Health and wellbeing	Te Whare Roimata Trust <ul style="list-style-type: none"> Maori Health Programme: Regular meetings by appointment 	Phone: (03) 981 2881 Address: 274 Gloucester Street, Christchurch Central 8011 Email: TeWhareRoimata@clear.net.nz Website: www.tewhare.webs.com Open: Monday – Friday 10am-4pm	For residents of the inner-city East area: Linwood Ave to Madras St to Cashel St to Kilmore St.
Support for people affected by hepatitis C	Hepatitis C Resource Centre Te Waipounamu <ul style="list-style-type: none"> Information and educational resources/seminars regarding hepatitis C for those affected, social service agencies, and 	Ph: (03) 366 3608 National helpline: 0800 224 372 Address: 301 Tuam Street, Christchurch Central Email: christchurch@hepcnz.org Website: www.hepcnz.org	Those affected by Hepatitis C.

	<p>health professionals.</p> <ul style="list-style-type: none"> • Counselling pre and post-test. • Providing support and advocacy for people affected by Hepatitis C. • Support for people on treatment <p>Counselling by appointment.</p>		
<p>dental care, hearing and vision support, nutrition and physical activity</p> <p>general health needs</p>	<p><i>Etu Pasifika</i></p> <ul style="list-style-type: none"> • Health promotion for families with children aged 0-14 years which may include dental care, hearing and vision support, nutrition and physical activity • Pacific Health Clinic: caters for health needs of Pasifika families in a culturally appropriate model of care 	<p>Phone : 027 468 8573 or 027 396 0634</p> <p>Address: 173 Montreal Street, Christchurch Central</p> <p>Email: info@etupasifika.co.nz</p>	For Pacific families.
Health issues	<p><i>Linwood Avenue Community Corner Trust</i></p> <ul style="list-style-type: none"> • Podiatrist services • Assistance with health issues through referrals from local medical practices. 	<p>Phone: (03) 980 9827 (Trust) (03) 389 5303 (Linwood Avenue Union Church)</p> <p>Email: linunion@xtra.co.nz (church)</p> <p>Jennie.linunion@xtra.co.nz (Trust)</p> <p>Address: 378 Linwood Avenue, Corner Tilford Street, Bromley, Christchurch 8062</p> <p>Website:</p>	

		www.linwoodavenueunionchurch.org.nz The Trust employs a Community Family Worker, a Community Youth Worker and a Community Health Worker. Office Hours: 9am – 12 noon Monday to Thursday Health Worker Hours: Monday – Thursday 8.30am – 5pm	
	Heart Foundation Canterbury <ul style="list-style-type: none"> • Provides support and advice for people with heart conditions • Education and prevention programmes 	Phone: (03) 366 2112 Address: 357 Madras Street, Christchurch Central Email: info@heartfoundation.org.nz Website: www.heartfoundation.org.nz	
Activity and health matters	Phillipstown Community Hub <ul style="list-style-type: none"> • Healthy Hearts Healthy Homes: Room 4 Tuesday, Thursday Saturday 9.30-11.30am • Sit and be Fit: seated balance and fitness class Thursdays 10-11.30am. \$4 a session. 	Phone: (03) 379 3256 Mobile: 020406 91419 Email: phillipstownhub@gmail.com Website: www.phillipstown.org.nz	

	<ul style="list-style-type: none"> • Support for health care: Room 2. Partnership Community Worker links people on low incomes to health care (021 906 922 phillipstownpcw@gmail.com) 		
	<p>Multiple Sclerosis and Parkinson's Canterbury</p> <ul style="list-style-type: none"> • Professional support, information and education. Free home visits • Liaison with medical clinicians and general practitioners • Referrals to appropriate counselling agencies • Up -to-date evidence based information about MS and Parkinson's • Social Activity Programmes: An opportunity to meet others • Gym Facility Programmes for individual and group exercises and assessment • Referrals to health professionals for assessment and assistance with daily living • Access to subsidised 	<p>Phone: (03) 366 2857</p> <p>Address: 314-324 Worcester Street, Linwood</p> <p>Email: support@ms-pd.org.nz</p> <p>Website: www.ms-pd.org.nz</p>	<p>Those with multiple sclerosis and parkinson's and those who care for them.</p>

	<p>Podiatrist</p> <ul style="list-style-type: none"> • Assessment for total mobility/taxi vouchers • Quarterly newsletter posted to members and available on-line. 		
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Social Isolation/Enhanced Social Connection



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Social connections	<p>The New Brighton Project organises and links community events and activities in New Brighton.</p> <ul style="list-style-type: none"> • Events include an autumn 	<p>Phone: (03) 388 9920</p> <p>Market inquiries: 027 517 4250</p> <p>Address: 105 Brighton Mall, New Brighton</p>	For members of the New Brighton community.

	<p>market, summer market, winter market, Easter market and a seaside market, which is held weekly.</p> <ul style="list-style-type: none"> • Annual events including New Brighton's Community Concert in February, biennial Undy 5 Hundy Beach Fun Run in June and the Christmas Parade and Concert plus Carols in the Community in December. • A monthly newsletter called the Wave, which is also available online via http://joom.ag/mklp 	<p>Email: Committee or Events Co-ordinator - nbproject@xtra.co.nz</p> <p>Contributions to the eNewsletter and the Wave - nbpnews@mail.com</p> <p>Seaside Market - seasidemarket@mail.com</p> <p>Website: www.newbrightonproject.org.nz</p>	
Social connection	<p>Te Whare Roimata Trust: Support and outreach service</p> <ul style="list-style-type: none"> • Linwood Community Arts Centre (corner Stanmore Road and Worcester Street) low cost art related activities including workshops, classes, concerts, performances and gallery space to rent. • Educational workshops: 3 or 4 times a year. • Maori health programme: 	<p>Phone: (03) 981 2881</p> <p>Address: 274 Gloucester Street, Christchurch Central 8011</p> <p>Email: TeWhareRoimata@clear.net.nz</p> <p>Website: www.tewhare.webs.com</p> <p>Open: Monday – Friday 10am-4pm</p>	<p>For residents of the inner-city East area: Linwood Ave to Madras St to Cashel St to Kilmore St. Community centre</p>

	regularly by appointment.		
Social connection and support	<p>Te Runanga O Nga Maata Waka</p> <ul style="list-style-type: none"> • Mother and Pepi Service: Offers telephone support, home visits as well as a range of educational programmes for small groups and individuals. Also links clients to information and resources within the community. • Kaitoko Whānau: Workers link and coordinate services for whānau 	<p>Phone: (03) 382 6628</p> <p>Address: Nga Hau E Wha National Marae, 250 Pages Road, Aranui</p> <p>Website: www.maatawaka.org.nz http://maatawaka.org.nz/about-nga-maata-waka/</p>	<p>Targets those mothers who have no support network of their own (such as partner, family, etc), particularly Māori women with babies aged between zero and two years old and their whānau.</p>
Social connection	<p>Linwood Community House: Provides a drop-in, resource service and referral. Run by volunteers in the community for the local community and employs a trained, skilled co-ordinator on a daily basis from 9.30am to 1pm. Runs craft and low-cost educational courses (\$2 per session) and holds market days.</p> <ul style="list-style-type: none"> • Education programmes and support groups to benefit the local community • Undertakes project work to benefit the community • Daily Drop in between 10am and 12pm 	<p>Phone: (03) 389 0009</p> <p>Email: linwoodcomhouse@hotmail.com</p> <p>Address: 223A Linwood Ave, Linwood</p> <p>Office Hours: Monday to Friday 10am-2pm</p>	<p>Individuals and families, especially in Linwood, who need support.</p>

	<ul style="list-style-type: none"> • Craft Group – Tuesdays, 1pm – 3pm • Coffee Group fortnightly – Wednesdays, 10am – 12pm • Garage Sale – 10am – 1pm 		
<p>Social connection for seniors</p> <p>Social connection for mothers and babies</p>	<p>Phillipstown Community Hub</p> <ul style="list-style-type: none"> • Older Adults Leisure Group: Tuesdays 1-3pm at Room 6 the Hub. \$3 per session. Phone: 379 3256 for more information • Mums and Bubs Playgroup: Free group meeting for mothers and children under 5 years at Room 1 on Wednesdays 10.30am-12 noon (during term time) 	<p>Ph: (03) 379 3256 020 4069 1419</p> <p>Address: 39 Nursery Road, Phillipstown</p> <p>Website: www.phillipstown.org.nz</p>	For all individuals who are in the community.
Social connection	<p>Imagination Station</p> <ul style="list-style-type: none"> • Free lego and duplo pits • Learning workshops (reasonably priced) 	<p>Phone: 03 260 1430</p> <p>Address: Inside Cathedral Junction 3/113 Worchester Street</p> <p>Website: https://imagination-station.org.nz/creative-education/</p> <p>Hours: 10am-6pm September to April 9.30am-5.30pm May to August</p>	

Social connection	<p>Te Whare Taonga O Nga Iwi Katoa Linwood Resource Centre (Anglican Care Community Development)</p> <p>Workshops include:</p> <ul style="list-style-type: none"> • Share and Sew: Tuesdays 1-2.30pm (fortnightly) • Art Group: Fridays 12.30-2pm (fortnightly) 	<p>Phone: (03) 379 3256</p> <p>Address: 39 Nursery Road, Christchurch 8011</p> <p>Website: https://accd.org.nz/about/linwood-resource-centre-community-gardens-te-whare-taonga-o-nga-iwi-katoa/</p>	
Social connection for parents of preschool children, elderly, etc	<p>Linwood Avenue Community Corner Trust</p> <p>Activities include:</p> <ul style="list-style-type: none"> • Craft group • Friendship Club for elderly • Music and Movement for pre-school children and parents • Walking Group • Tai Chi • Gentle exercise for arthritis and Zumba 	<p>Phone: (03) 980 9827 (Trust) (03) 389 5303 (Linwood Avenue Union Church)</p> <p>Email: linunion@xtra.co.nz (church) Jennie.linunion@xtra.co.nz (Trust)</p> <p>Address: 378 Linwood Avenue, Corner Tilford Street, Bromley, Christchurch 8062</p> <p>Website: www.linwoodavenueunionchurch.org.nz</p> <p>The Trust employs a Community Family Worker, a Community Youth Worker and a Community health Worker.</p> <p>Office Hours: 9am – 12 noon Monday to Thursday</p> <p>Health Worker Hours: Monday – Thursday 8.30am – 5pm</p>	

Social connection	Etu Pasifika <ul style="list-style-type: none"> Matua Support: weekly outings/activities for the elderly 	Phone : 027 468 8573 or 027 396 0634 Address: 173 Montreal Street, Christchurch Central Email: info@etupasifika.co.nz	For Pacific elderly
Neighbourhood support and safety	Neighbourhood Support Seeks to connect people and enhance community safety	Phone: (03) 420 9944 Mobile: 021 398 199 Email: canterburyns@paradise.net.nz Website: http://www.nscanterbury.nz/neighbourhood_support/contact_neighbourhood_support	
Social connection	Birthright Canterbury Parents Group - offers an opportunity to learn about a range of parenting related topics, while having fun with other parents/caregivers. People who have attended in the past have said the group is a fantastic way of making new friends and learning practical skills. Previous topics have included basic first aid; fire safety training; and how to make Christmas cards and decorations. DIY workshops have also been held on subjects such as lawn mower maintenance.	Phone: (03) 366 9456 or 0800 457 146 Address: 301 Tuam Street, Christchurch 8011 Website: http://www.birthrightchch.org.nz/index.php/contact-us	Single parents and their children

<p>Social connection for prisoners and their families</p>	<p>Prisoners Aid and Rehabilitation</p> <ul style="list-style-type: none"> • Support and information services about prison visiting etc for family members of people completing custodial sentences • Volunteer programme providing prison visits to socially isolated prisoners and transporting children to see their parent in prison to maintain parent/child relationships. • Supporting Deportees coming from Australia with income support, etc 	<p>Phone: (03) 371 9183</p> <p>Hotline: 0800 727 754</p> <p>Address: 293-311 Tuam Street, Christchurch Central</p> <p>Email: officeadmin@prisonersaidnz.org.nz</p>	
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Vocational/Educational/Employment Support



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
	<p>Volunteering Canterbury: Services include</p> <ul style="list-style-type: none">• Recruiting and supporting volunteers to assist organisations and people in need• Providing information and resources• Training and supporting organisations which involve volunteers• Promoting the value of voluntary work	<p>Ph: (03) 366 2442 Hotline: 0800 865 268 Address: 293-311 Tuam Street, Christchurch Central Email: vc@volcan.org.nz Website: www.volcan.org.nz</p>	<p>Those individuals that wish to do volunteer work</p>

	<ul style="list-style-type: none"> Supporting and training Volunteer Managers/Coordinators Advocating for volunteers and voluntary organisations 		
Youth vocational support	Te Runanga O Nga Maata Waka <ul style="list-style-type: none"> Youth Service NEET: Free service for 16 and 17 year olds designed to get them back into education, training, or work-based learning 	Phone: (03) 382 6628 Address: Nga Hau E Wha National Marae, 250 Pages Road, Aranui Website: www.maatawaka.org.nz http://maatawaka.org.nz/about-nga-maata-waka/	
Seeking employment	ComCare Charitable Trust Job Connect: Service includes: <ul style="list-style-type: none"> Pre-employment (vocational) support Supported employment On-going peer support 	Phone: (03) 377 70 20 Address: 251 Lichfield, Christchurch Central Email: enquiries@comcare.org.nz Website: www.comcare.org.nz Office Hours Monday – Friday, 8:30am – 5pm	People with experience of mental illness
Literacy for young parents	St John of God Waipuna <ul style="list-style-type: none"> Correspondence and Literacy Collective: A supported study group for young parents wanting to improve literacy, gain NCEA credits or complete their 	Phone: (03) 386 2159 Address: 349 Woodham Road, Wainoni, Linwood Email: Waipuna@sjog.org.nz Website: http://www.sjog.org.nz/our-services/community-youth-and-	For young parents.

	school education.	child-services	
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Women's Services



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Services for women	Women's Centre <ul style="list-style-type: none"> • Counselling: Up to 20 free, one-hour counselling sessions covering a range of issues such as family violence, trauma, relationships, grief etc. • Drop-in centre: Women can come for a coffee, chat or just time out. Support workers are available. • Free legal advice with a lawyer. Appointments required and of 15 minutes duration. Japanese lawyer available. • Information: Range of community 	Phone: (03) 371 7414 Mobile: 022 105 5308 Email: support@womenscentre.com Address: Unit 3, 242 Ferry Road, Waltham, Christchurch 8141	Women

	<p>services</p> <ul style="list-style-type: none"> • Advocacy: Support regarding contact with agencies such as Ministry for Vulnerable Children, Work and Income or the Employment Relations Service <p>Low-cost courses throughout the year: Examples include Living with Loss; I Like me – Building Healthy Self Esteem and Confidence; Looking After You – Learning Mindfulness and Practicing Relaxation; Parenting Children with Worries; Introduction to Feminism – Lunchtime Discussion Group. Details of times, cost etc via link http://womenscentre.co.nz/courses</p> <ul style="list-style-type: none"> • Lesbian support • On-line Library: Collection viewed at the link https://www.librarything.com/profile/WCChristchurch. Books are available on the following topics: <u>Relationships</u>; <u>Self Awareness</u>; <u>Health</u>; <u>Food Health</u>; <u>Alternative Health</u>; <u>Gynaecology</u>; <u>Sexuality</u>; <u>Spirituality</u>; <u>Eating Disorders</u>; <u>Drugs and Alcohol</u>; <u>Death and</u> 		
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	<p><u>Dying</u>; <u>Abuse</u>; <u>Sexual Abuse</u>; <u>Parenting</u>; <u>Adolescence</u>; <u>Feminist</u> <u>Politics</u>; <u>Herstory</u>; <u>Lesbian Novel</u>; <u>Lesbian Issues</u></p> <ul style="list-style-type: none"> • Rooms for rent at reasonable rates. 		
	<p>The YWCA Christchurch: Services to empower young women including:</p> <ul style="list-style-type: none"> • Young women's leadership: Focuses on developing the skills and capacity of young women to shape their own lives. • Young women's safe spaces: Focuses on supporting young women to develop the confidence to secure and sustain their emotional, spiritual, physical, mental, cultural wellbeing in physical and virtual spaces. • Young women's sexuality and health: Supporting young women to make positive choices in relation to sexuality and health. • Young women's economic independence: Helping women establish economic self-reliance; and helping women build financial, economical and legal literacy. 	<p>Phone: 03 3660689 Address: 275-285 Hereford Street, Christchurch Central Email: ywca@cyberxpress.co.nz Website: www.ywca.org.nz/christchurch</p>	.

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Youth Services



Agency/Provider Name	Description of service/support	Contact Details	Criteria of access
<p>Social connection</p> <p>Life skills</p> <p>Mentoring</p>	<p>Linwood Avenue Community Corner Trust</p> <p>Youth activities include:</p> <ul style="list-style-type: none"> • Youth Group for high school age and above • Girls Group • Individual mentoring • 'Chattabox Club' (a Christian based mid-week club for 5 – 12 year olds) • Girls Brigade Company which 	<p>Phone: (03) 980 9827 (Trust) (03) 389 5303 (Linwood Avenue Union Church)</p> <p>Email: linunion@extra.co.nz (church)</p> <p>Jennie.linunion@extra.co.nz (Trust)</p> <p>Address: 378 Linwood Avenue, Corner Tilford Street, Bromley, Christchurch 8062</p> <p>Website: www.linwoodavenueunionchurch.org.nz</p> <p>The Trust employs a Community</p>	<p>All youth needing assistance</p>

	meets each Tuesday evening during school terms. This is open to all girls from 5 to 18 years of age	Family Worker, a Community Youth Worker and a Community health Worker. Office Hours: 9am – 12 noon Monday to Thursday Health Worker Hours: Monday – Thursday 8.30am – 5pm	
	YMCA Christchurch <ul style="list-style-type: none"> • Provide opportunities for developing young people through volunteering, leadership training and youth development programmes; outdoor education; training and education; climbing; and fitness memberships and classes. • Also provides opportunities for people who have disabilities by having a range of recreational opportunities and inclusive facilities and policies. • Offers affordable accommodation in their hostels 	Phone: (03) 366 0689 Address: 12 Hereford Street, Christchurch Central Email: mailto@ymcachch.org.nz Website: www.ymcachch.org.nz	For young people dealing with personal challenges
	Phillipstown Community Hub Youth Group: Room 1 on Fridays 6-10pm	Phone: (03) 379 3256 Mobile: 0224767227 Email: phillipstownhub@gmail.com Website: www.phillipstown.org.nz	Youth aged 13-16 years
	Birthright Canterbury	Phone: (03) 3669456 or 0800 457 146 Address: 301 Tuam Street,	

	<p>Girls Group - is designed for teenage girls and aims to teach, inspire and support emerging young women through, what can be a challenging time. Through learning new skills, sharing experiences and reflecting, teenagers are provided with tools to help them choose their best path in life.</p>	<p>Christchurch 8011</p> <p>Website: http://www.birtrightchch.org.nz/index.php/programmes</p>	
Support for young people with experience of cancer and their siblings	<p>CanTeen Canterbury/West Coast Branch</p> <ul style="list-style-type: none"> • One to one support • Sharing support: A team of older members who have walked the journey help out new members • Workshops to help members get to grips with grief, emotions and relationships. • Skills for the future • CanGrow Grants: Grants are given out twice a year, in July and December for up to a maximum of \$1,500 for each member. 	<p>Phone: (03) 379 7703</p> <p>Hotline: 0800 226 8336 (National office)</p> <p>Address: 212 Antigua Street, Christchurch Central</p> <p>Email: info@canteen.org.nz</p> <p>Website: https://www.canteen.org.nz/</p>	<p>13 – 24 year olds living with cancer</p> <p>Membership is open to those who have/had cancer, as well as their brothers or sisters.</p>
	<p>White Elephant Trust</p> <p>Creates opportunities for the rangatahi to express their unique wairua. It facilitates programmes</p>	<p>Ph: (03) 374 9285</p> <p>Address: 442 Tuam Street,</p>	Open to youth of all ages in Canterbury.

Recreation	<p>and events.</p> <ul style="list-style-type: none"> • Programmes offered include: yoga, a DJ school, free running and a poetry night. • Annual festival: Event hosted by the youth who choose what performances, food stalls, information, demonstrations and activities are available on the day. An opportunity to learn event management skills • Hip Hop Open Mic: dance sing, rap or play an instrument • LGBTI Latin and Ballroom dance class: dance group for any level. • Capoeira angola: a Brazilian martial art that combines elements of dance, acrobatics and music. • No lights no lycra: free form dance event 	<p>Phillipstown</p> <p>Email: info@we.org.nz</p> <p>Website: www.whiteelephanttrust.org.nz</p>	
	298 Youth Health Centre	Phone: (03) 943 9298	Open to all youth in

Medical care & counselling	Free medical care and counselling services for those aged 10- 24 years	Text: 022 081 2991 Address: Amuri Park, 5/25 Churchill Street, central City. Email: admin@298.org.nz Website: www.298.org.nz	Canterbury.
Young people who are at risk of or who are getting involved in offending	Youth and Cultural Development Services include: <ul style="list-style-type: none"> • Supported Bail: Working 1:1 with young people who are bailed on serious/several charges and who would otherwise be in custody. Focus on addressing issues that lead to the offending and find ways of supporting change in the young person's decision making. This intense intervention also involves the young person following conditions such as curfew, reside at home and not reoffend. • Supervision with activity: An order of the Youth Court requiring up to 26- week intense supervision for the young person with a clear plan • Community Service Coordination 	Phone: (03) 3660 866 Cellphone: 027 5626 290 Address: 301 Cashel Street, Christchurch City Email: ycd@ycd.co.nz Website: www.ycd.co.nz Hours of operation: Monday to Friday 12:00 – 4:00 Tuesday & Thursday Workshops 5:00 – 7:00pm	Young people who are at risk of or who are getting involved in offending

	<ul style="list-style-type: none"> • Street youth work project: Works with young people who are at risk of, or are, sex working and are under the age of 18 years. Staff work on the street 3 nights per week and run a drop-in service, home visits, and promote sexual health checks with a sexual health specialist nurse on site at arranged times. • Enhanced Whānau Home Youth Work: Youth case management one on one with the young person to support the development of a longer term plan for example settling in school, training, sports and other positive activities. • Whanaketanga: Work in schools and community to encourage youth participation in culture, school, education, sport, arts through learning and leadership development. Includes supporting young people in planning and running events for other young people or for whānau, such as Dragon Boating. • Whakatu-tia Nga Wero: A course for young people aged between the age of 12 and 16 years with a history of offending. 		
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	<ul style="list-style-type: none"> • Whānau support social work project: Opportunity for whānau to address issues that affect siblings. • Case management including needs assessment and referrals to agencies for services to address drug and alcohol issues, violent behaviour, abuse and grief etc 		
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2.6 Halswell/Hornby/Riccarton Wards

Demographic Data about Halswell/Hornby/Riccarton

Figure 14: Halswell Ward Map

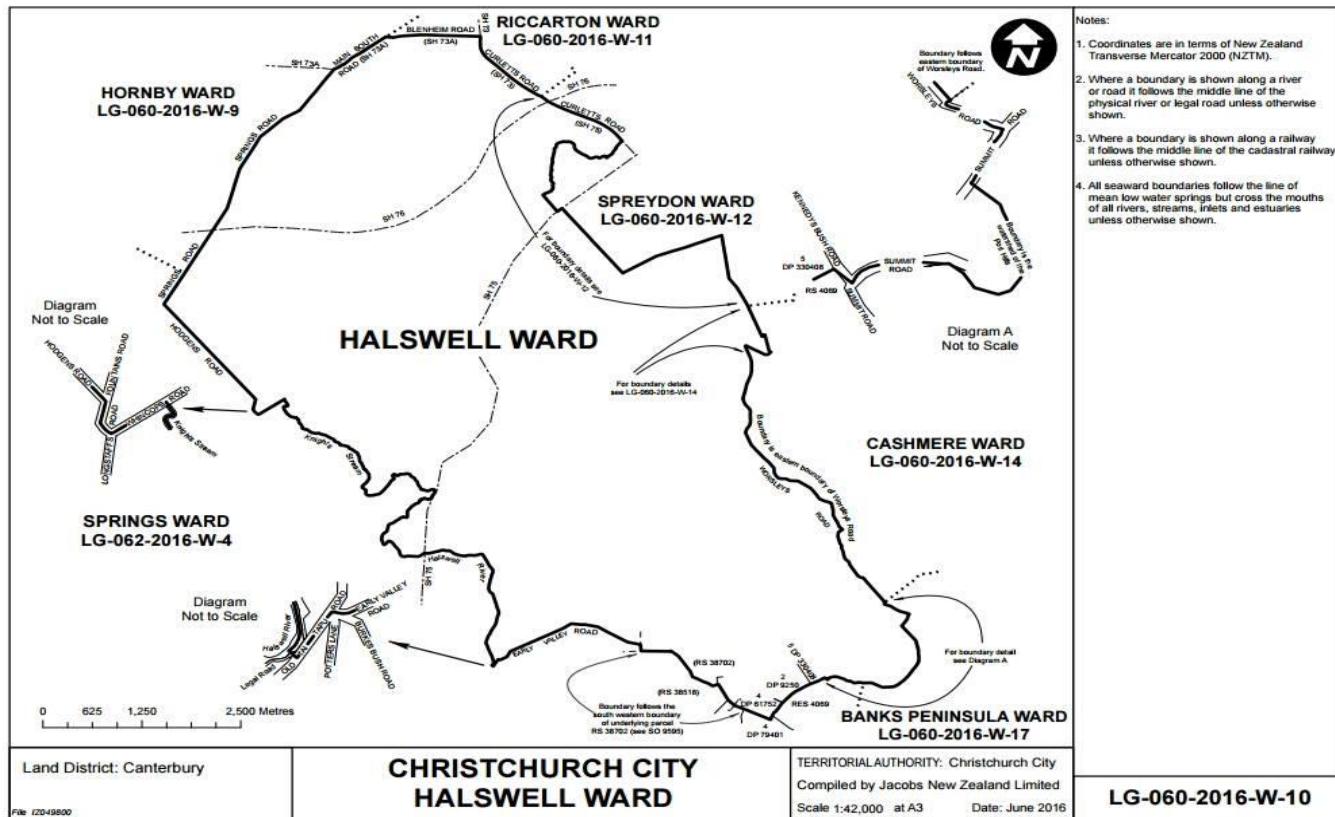


Table 13: Halswell Ward Demographic Data

Demographic Categories	About the Halswell Ward (2013 Census Data)
Population	Usually resident population: 19,446
Age	<ul style="list-style-type: none"> • Median age: 40.7 years • 20% under 15 years; 30% aged 15-39 years; 35% aged 40-64 years; 11% 65-79 years; 3.7% 80 years and over
Cultural Diversity	85% European; 11% Asian; 5.9% Maori; 1.9% Other; 1.4% Pacific Peoples; 0.6% MELAA
Languages Spoken	After English, Northern Chinese, Sinitic, Yue and te reo Maori are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 3.4% • Most common occupation group: 23% professional
Deprivation	<ul style="list-style-type: none"> • 60% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 1% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 43% couples with children • 47% couples without children • 17% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 82% households owned the dwelling they lived in • 18% of households that occupied a private dwelling did not own that dwelling and of these 96% rented from a private landlord; 2.2% rented houses owned by the state; & 1.9% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/halswell-hornby-riccarton/halswell-ward/>

Figure 15: Hornby Ward Map

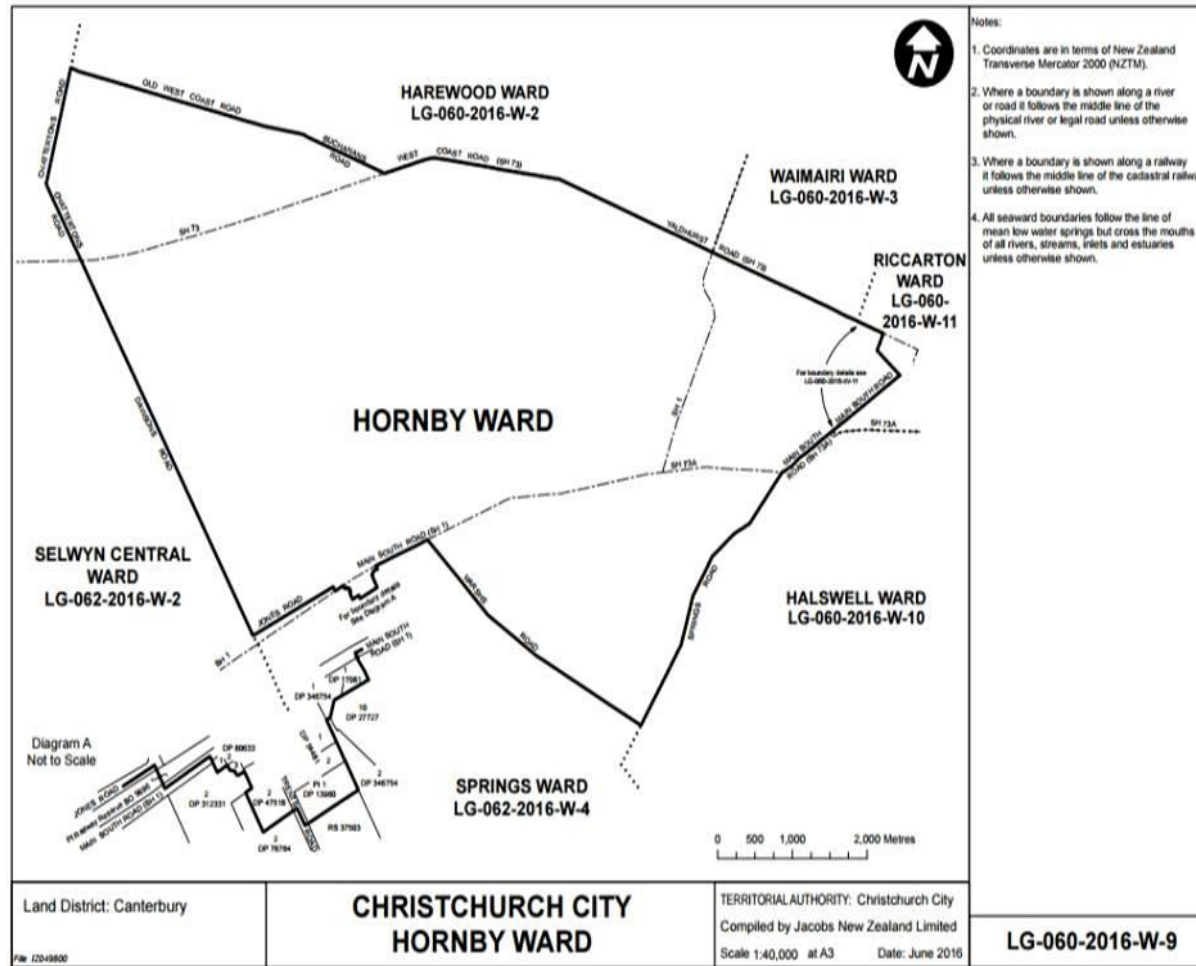


Table 14: Hornby Ward Demographic Data

Demographic Categories	About the Hornby Ward (2013 Census Data)
Population	Usually resident population: 21,615
Age	<ul style="list-style-type: none"> • Median age: 37 years • 18% under 15 years; 37% aged 15-39 years; 30% aged 40-64 years; 11% 65-79 years; 3.9% 80 years and over
Cultural Diversity	79% European; 12% Maori; 11% Asian; 4.6% Pacific Peoples; 2% Other; 0.9% MELAA
Languages Spoken	After English, te reo Maori, Sinitic, Samoan and Northern Chinese and are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 4.7% • Most common occupation group: 15% labourers
Deprivation	<ul style="list-style-type: none"> • 10% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 6% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 37% couples with children • 43% couples without children • 19% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 67% households owned the dwelling they lived in • 33% of households that occupied a private dwelling did not own that dwelling and of these 79% rented from a private landlord; 17% rented houses owned by the state; & 4.4% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/halswell-hornby-riccarton/hornby-ward>

Figure 16: Riccarton Ward Map

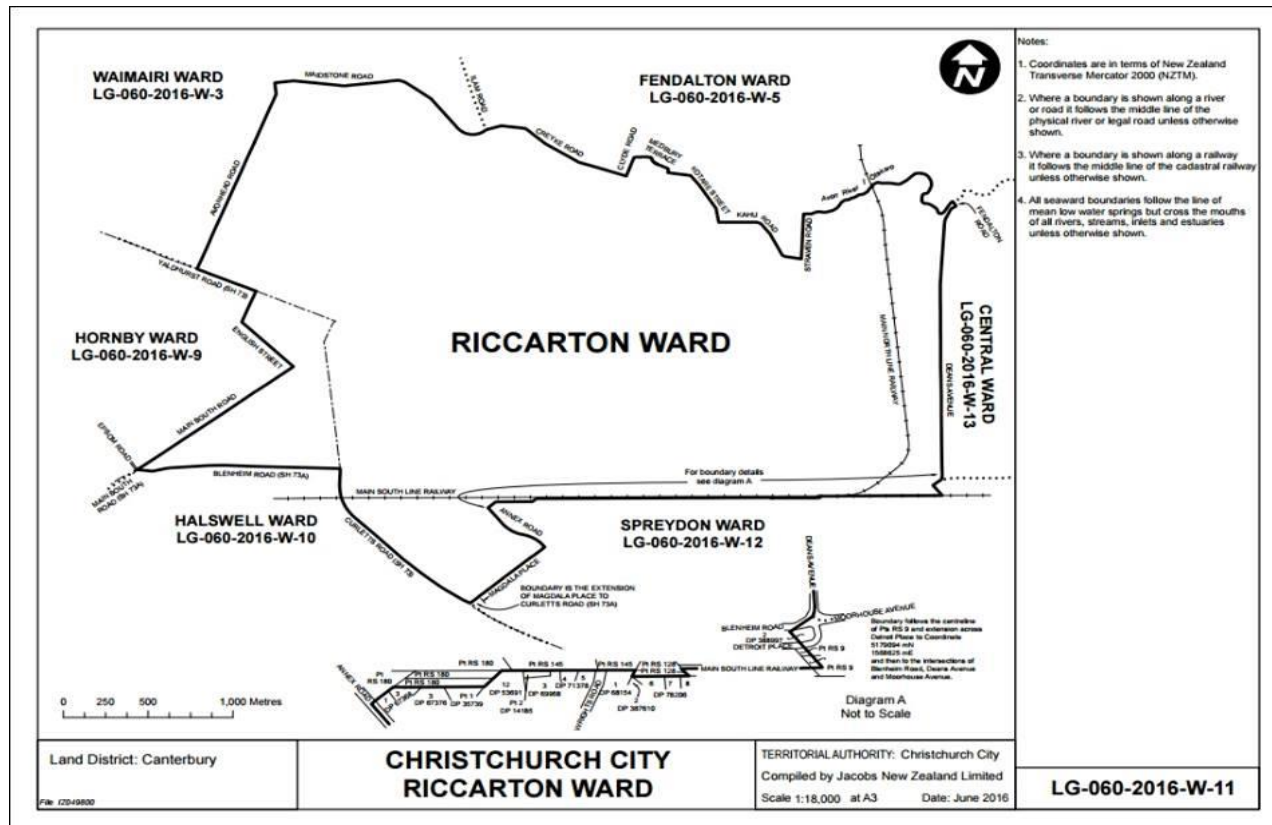


Table 15: Riccarton Ward Demographic Data

Demographic Categories	About the Riccarton Ward (2013 Census Data)
Population	Usually resident population: 23,199
Age	<ul style="list-style-type: none"> • Median age: 26.9 years • 11% under 15 years; 53% aged 15-39 years; 23% aged 40-64 years; 7.9% 65-79 years; 4.9% 80 years and over
Cultural Diversity	70% European; 24% Asian; 5.8% Maori; 3.1% Pacific Peoples; 2.1% MELAA; 1.5% Other
Languages Spoken	After English, Sinitic, Northern Chinese, Yue and Korean are the most common languages spoken
Work	<ul style="list-style-type: none"> • Unemployment rate: 8.2% • Most common occupation group: 24% professional
Deprivation	<ul style="list-style-type: none"> • 11% of the ward's population live in the least deprived areas (decile 1 and 2) compared to 26% of all of Christchurch City population • 12% of the ward's population live in the most deprived areas (decile 9 and 10) compared to 12% of all of Christchurch City population
Family Type	<ul style="list-style-type: none"> • 37% couples with children • 47% couples without children • 17% single parent with child(ren)
Housing	<ul style="list-style-type: none"> • 44% households owned the dwelling they lived in • 56% of households that occupied a private dwelling did not own that dwelling and of these 85% rented from a private landlord; 12% rented houses owned by the state; & 2.6% rented houses owned by Christchurch City Council.

Source: <https://www.ccc.govt.nz/culture-and-community/statistics-and-facts/community-profiles/halswell-hornby-riccarton/riccarton-ward/>

Supports & Services in Halswell/Hornby/Riccarton

Addictions



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Narcotics Addiction	<p>Refer to Appendix for details about:</p> <ul style="list-style-type: none"> Narcotics Anonymous Canterbury meetings <p>List of meetings: http://www.nzna.org/meetings-lists/</p>	<p>National Free Phone: 0800 NA TODAY (0800 628 632)</p> <p>Email (Southern Area): sasc@nzna.org</p> <p>Postal Address (Southern Area): PO Box 26-002, North Avon, Christchurch 8148</p> <p>Literature Information Contact: To obtain a literature order form, go to the Literature Orders page. Send the completed literature order form (together with payment) to Fellowship Service Office, PO Box 6826,</p>	<p>Open Meetings may be attended by anyone (e.g. judges, probation officers, professionals, family members) interested in how participants have found recovery from the disease of addiction. Verbal participation, however, is limited to NA members only.</p> <p>Closed Meetings are for those individuals who identify themselves as addicts or for those who are uncertain and think they may have a drug problem.</p>

		Wellesley Street, Auckland.	
Alcohol Addiction	<p>Refer to Appendix for details about:</p> <ul style="list-style-type: none"> Alcoholics Anonymous Canterbury meetings 	<p>New Zealand General Service Office</p> <p>Telephone: 04 4724250 or by Email: nzgso@aa.org.nz.</p> <p>To contact an A.A. member in your area, phone 0800-AA-WORKS 0800-229-6757.</p>	<p>All meetings are assumed to be open unless otherwise stated. Closed meetings are for alcoholics only.</p>
Compulsive eating (bulimia, anorexia, obesity, overeating)	<p>Refer to Appendix for details about:</p> <p>Overeaters Anonymous meetings</p>	<p>Telephone: (03) 385 3812</p> <p>Email: oacanterbury@yahoo.co.nz</p> <p>Address: PO Box 2451 Christchurch</p>	<p>Overeaters Anonymous is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.</p>

Childcare



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Before and after school care Holiday programmes	Oscar at Halswell <ul style="list-style-type: none"> Before school, after school and holiday programmes 	Phone: (03) 322 5127 Address: Halswell School Hall, Halswell Road Email: halswelloscar@gmail.com Website: www.oscarnetwork.org.nz	
Before and after school care Holiday programmes	CASPA	Phone: (03) 349 9260 Address: PO Box 16673 Hornby Email: info@caspa.org.nz Website: www.caspa.org.nz Locations: http://www.caspa.org.nz/pages/18/Locations.htm	Children aged 5-13 years

Muslim-based child care centre	<p>An-Nur Childcare centre: Non profit early childhood education and care involving:</p> <ul style="list-style-type: none"> • Programmes, activities and experiences that promote all areas of child development • Door to door pick-up and drop-off service. • One-to-one weekly pre-writing, pre-reading, math, Arabic and Qura'n lessons. 	<p>Phone: (03) 349 3223</p> <p>Address: 48 Springs Road, Hornby</p> <p>Email: an_nur_childcare@hotmail.com</p>	Caters for Muslim and non Muslim children
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Culturally and Linguistically Diverse (CALD) Groups: Migrant and Refugee Assistance



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
	<p>Shakti Ethnic Women's Support Group Inc. (CHCH): Specialist provider of domestic/ family violence</p>	<p>Ph: 0800 742 584 (crisis call) OR (03) 389 2028</p> <p>Email: sewsg@shakti.org.nz</p>	Women, children and families from CALD communities

	<p>intervention, prevention and awareness services.</p> <p>Also provides other services for people from CALD communities including:</p> <ul style="list-style-type: none"> • English language classes • Road safety programmes and other life skills programmes • Drop-in service centre 	<p>Website: www.shakti.org.nz</p> <p>Mon – Fri 9am – 4pm</p> <p>24/7 crisis call 0800 number</p>	<p>All services free of charge, no referral required.</p>
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Food/Clothing/Furniture



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Food	Riccarton West Community Garden	Contact: Loretta Te Paa Phone: 022 313 4801	Open to all demographics.

	Social centre that produces food and promotes self-sufficiency.	Address: 151 – 153 Peverel Street, Riccarton Email: madtepaa@hotmail.com	
Food	Salvation Army Community Ministries Hornby Foodbank: Monday, Wednesday, Friday from 9.30am-12 noon Free bread: Tuesday 9.30am	Phone: (03) 349 6268 Address: 23 Manurere Street, Hei Hei Hours Monday, Wednesday, Friday 9am-3.30pm Tuesday 9am-3pm Thursday by appointment	
Clothing	Salvation Army Family Store	Phone: (03) 344 2530 Address: 44 Wycla Avenue, Hornby Hours Monday-Friday 9am to 4pm Saturday 9am-1pm	

Men's Services



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Support and skill sharing for men	Anglican Care Community Development Hei Hei Broomfield <ul style="list-style-type: none"> • Men's group activities • Men's shed 	Phone: (03) 342 5864 Address: 126 Hei Hei Road, Hornby Email: tracey.heihei@accd.org.nz	

Money/Debt Management



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Budget management	Salvation Army Community Ministries Hornby Budget advice by appointment	Phone: (03) 349 6268 Address: 23 Manurere Street, Hei Hei Hours Monday, Wednesday, Friday 9am-3.30pm Tuesday 9am-3pm Thursday by appointment	

Parenting/Care Giving



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Parenting support	Online tools https://allright.org.nz/articles/lets-talk-about-parenting/ www.theparentingplace.com www.kiwifamilies.co.nz		
Feeding, sleeping, dental care, behaviour, immunisation, auahi kore – smoke free / environment, home safety, community links / networking	Te Puawaitanga Ki Otautahi Trust <ul style="list-style-type: none"> • Tamariki Ora/Well Child Service: Free health service for parents and tamariki from birth to 5 years. • Outreach Immunisation Service: Immunisations for children aged 0 to 6 years whose childhood immunisations are not up to 	Phone: (03) 344 5062 Free Phone: 0800 66 99 57 Address: 153 Gilberthopes Road, Hornby Email: reception@omwwl.maori.nz Website: https://whanauoraservices.co.nz/	<ul style="list-style-type: none"> • Whānau who have or are at risk of heart disease, respiratory disorders, diabetes

	<p>date</p> <ul style="list-style-type: none"> • Triple P (Positive Parenting) Programme – Healthy LifeStyles Group: A programme for whānau that teaches strategies to promote healthier family eating and encourage kids to be more active. It includes 10 x 1,5 hour group sessions and 4 support phone calls over 17 weeks • Incredible Years Parenting Programme: A 14 session programme with meetings each week for 2.5 hours. Focuses on developing strategies to build positive relationships with children; and learning strategies to manage challenging behaviours (e.g. connecting with children through play; using praise to build each child's self-esteem; how to use praise and small rewards to motivate children; setting limits; helping children to develop life-long skills through positive discipline • Whanau Planning: Whanau Ora navigator meets with families to help them work out 		<p>For whānau with tamariki aged 4 or 5 years old.</p>
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	<p>a plan to achieve their goals</p> <ul style="list-style-type: none"> • Whānua Mai – Antenatal Education Programme: 12 week programme on pregnancy, child birth and early weeks of parenting that incorporate Māori world views and traditional Māori birthing. • Breast Feeding Peer Counsellor Training Programme: A 10 session training programme that results in people having the skills to deliver a breast feeding support and information service • Early Childhood Education and/or School Support Service: Support for parents of children aged between 3 and 5.5 years to access ECE / school • Ahuru Mowai (Parents as first teachers): Support to parents as their children's first and most important teachers, offering free, practical, effective help to whānau to support their tamariki growth and 		
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	development		
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Physical Health



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Podiatry	Anglican Care Community Development Hei Hei Broomfield <ul style="list-style-type: none"> Podiatry service 	Phone: (03) 342 5864 Address: 126 Hei Hei Road, Hornby Email: tracey.heihei@accd.org.nz	
Whanau with significant health risks	Te Puawaitanga Ki Otautahi Trust <ul style="list-style-type: none"> Rapuora Mobile Nurses: Kaiwhakapuwai and nurses support and educate whānau to self-manage their health issues. This service 	Phone: (03) 344 5062 Free Phone: 0800 66 99 57 Address: 153 Gilberthopes Road, Hornby Email: reception@omwwwl.maori.nz	

Stop smoking	<p>is for those who have or are at risk of heart disease, diabetes or respiratory disease and are 18 years and over</p> <ul style="list-style-type: none"> • Stop Smoking Programme: Free service 	<p>Website: www.whanauoraervices.co.nz</p>	
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Social Isolation/Enhanced Social Connection



Description of Need	Agency/Provider Name and Services/Supports	Contact Details	Criteria for Access
Neighbourhood support and safety	<p>Neighbourhood Support</p> <p>Seeks to connect people and enhance community safety</p>	<p>Phone: (03) 420 9944</p> <p>Mobile: 021 398 199</p> <p>Email: canterburys@paradise.net.nz</p> <p>Website: http://www.nscanterbury.nz/neigh</p>	

		bourhood support/contact_neigh_bourhood_support	
Social connection	Anglican Care Community Development Hei Hei Broomfield <ul style="list-style-type: none"> • Walking group • Variety group • Tai Kwon Do • Tai Chi • Community lunch • Cooking group • Craft group • Community events 	Phone: (03) 342 5864 Address: 126 Hei Hei Road, Hornby Email: tracey.heihei@accd.org.nz	All community members

Vocational/Educational/Employment Support



Description of Need	Agency/Provider Name and	Contact Details	Criteria for Access
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	Services/Supports		
<p>ESOL</p> <p>Vocational/employment support for people with refugee or migrant backgrounds, Pasifika peoples and international students</p>	<p>PEETO The Multi-Cultural Learning Centre : Education and employment training paid for by the New Zealand Government including:</p> <ul style="list-style-type: none"> • ESOL for non-English speakers and introduction to computing • Free courses for migrants, refugees and Pasifika peoples registered with Work and Income • Free internet • Travel allowance paid • Free intensive literacy and numeracy (ILN) courses. Designed for ESOL learners at low levels who may also be pre-literate in their first language. Part time (10 hours per week) offered at various times. Computer, employment and further training • Employment placements and support for refugees and migrants: Goal setting, CV writing, pathway planning, interview coaching • Computers in homes for 	<p>Ph: (03) 343 2890</p> <p>Address: 80 Rattray Street, Riccarton</p> <p>Email: info@peeto.ac.nz</p> <p>Website: www.peeto.ac.nz</p>	<p>For refugees, migrants, Pasifika peoples and international students.</p>

	<p>refugee families</p> <ul style="list-style-type: none"> • Social Empowerment for Refugee Women and Men: Collaborative programme with Hagley Community College • Inter-Cultural Communication Training • Taxi Driver Education Courses • Drivers Licence Courses 		
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References

Bidwell, S.R. 2009. *Food security: A review and synthesis of themes from the literature*. Christchurch: Community and Public Health, CDHB. Retrieved from: http://www.ana.org.nz/documents/FoodSecurityReview_090827.pdf

Carlton, S. & Vallance, S. (2013). *An inventory of community-led and non-governmental organisations and initiatives in post-earthquake Canterbury*. Lincoln University: Faculty of Environment, Society and Design.

Christchurch City Council (2016). *Christchurch City Council 2016 Ward Plans with Boundary Details*. Christchurch: Christchurch City Council.

Families Commission/Superu (2014). *Services and Supports for Families and Whānau in Christchurch*. Wellington: Families Commission/Superu.

Wylie, S. & Davies, A. (2015). *A snapshot of the Social Services Sector in the Canterbury Community Trust's Funding Regions*. Christchurch: Canterbury Community Trust.

Websites

Right Service Right Time website: www.rightservice.org.nz/links.html

Christchurch Community and NGO Updater: <http://ngoupdater.org.nz/>

Ministry of Social Development Family Services Directory: <https://www.familyservices.govt.nz/directory/>

Community Information Christchurch (CINCH) website: <http://www.cinch.org.nz/>

Mental Health Education and Resource Centre website: <http://mherc.org.nz/directory/all-listings-alphabetical>

Appendices

Appendix 1: AA Meetings Canterbury

Alcoholics Anonymous Meeting List as at 06 March 2018. All meetings are held weekly and are assumed to be OPEN unless otherwise stated. CLOSED MEETINGS are for alcoholics only

For further information contact the New Zealand General Service Office on Ph 04 4724250 or by email nzgso@aa.org.nz.
To contact an A.A. member in your area, phone 0800-AA-WORKS 0800-229-6757

Day	Time	Where	Open	Name	Address	Extra Information
Thursday	12:30 PM	Linwood, Saint Chad's Church	No	Totara Tree	1 Caranavon Street, Linwood,	Entrance is off Carnarvon St - in the Jenkins Room. Open to visitors. Wheelchair access
Thursday	02:15 PM	Templeton Nova Lodge	Yes	Christchurch Nova Lodge meeting	43 Newtons Road, Templeton	Wheelchair access
Thursday	06:00 PM	Christchurch Knox Church Committee Room	Yes	Beginners 2000	28 Bealey Ave, Christchurch,	Open to visitors. Wheelchair access.
Thursday	07:00 PM	The Well Church	Yes	Sydenham Sobriety	364 Colombo Street, Christchurch	Wheelchair access.
Thursday	07:30 PM	Ashburton Plunket Rooms	No	Ashburton Thursday Big Book	222 Cameron Street, Ashburton,	

Thursday	07:30 PM	Geraldine Saint Mary's Anglican Church	Yes	Geraldine Steps and Traditions	69 Talbot Street, Geraldine,	Wheelchair access
Thursday	07:30 PM	Sacred Heart Parish Centre	Yes	Timaru Thursday Night AA	9 Napier Street, Timaru,	Open to visitors. Wheelchair access.
Thursday	07:30 PM	Bishopdale, St Gregory's Church	Yes	City Steps	30 Cotswold Avenue, Bishopdale,	Cotswold Avenue is off Harewood Road
Thursday	07:30 PM	Kaikoura Anglican Church Hall	Yes	Kaikoura Thursday Night	29 Torquay St, Kaikoura,	Wheelchair access.
Thursday	07:30 PM	Amberley St Andrews Presbyterian Church	Yes	Amberley AA Group	Pound Street, Amberley,	Open meeting. No wheelchair access.
Thursday	08:00 PM	Harewood Saint James Anglican Church	Yes	Redwood Thursday	750 Harewood Road, Harewood,	No wheelchair access.
Thursday	08:00 PM	Hornby Saint Columba's Church	No	Hornby Group	452 Main South Road, Hornby,	Open Mtg on last Thurs of month. Wheelchair access.
Friday	12:00 PM	Saint Andrews Hall, Tinwald	Yes	Ashburton Friday Lunchtime	Cnr Jane and Thompson Streets, Ashburton,	Open to visitors. Wheelchair access.
Friday	12:00 PM	Aranui Library	Yes	Eastside Big Book Study	109 Aldershot Street, Christchurch,	

Friday	12:00 PM	Fendalton Saint Barnabas Church Hall	Yes	Christchurch Big Book Study	8 Tui Street, Fendalton,	Open to visitors, Wheelchair access. Please BYO Big Book.
Friday	06:00 PM	Fendalton Saint Barnabas Church Hall	Yes	Christchurch TGIF	8 Tui Street, Fendalton,	Wheelchair access.
Friday	07:00 PM	Rolleston Church of the Resurrection	Yes	Rolleston New Beginnings Group	40 Brookside Road, Rolleston,	Open to visitors. Wheelchair access.
Friday	07:30 PM	Ashburton Plunket Rooms	No	Ashburton Friday Night	222 Cameron Street, Ashburton,	Wheelchair access. Closed to non AA visitors.
Friday	07:30 PM	Saint David's Church	Yes	Bill's Belfast Buddies	831 Main North Road, Belfast,	Open to visitors. Wheelchair access.
Friday	07:30 PM	St Martins, Saint Anne's Church	Yes	Friday St Martins	7 Wilsons Road, St Martins,	Wheelchair access.
Saturday	09:00 AM	Papanui Methodist Church	Yes	11th Step Meditation	10 Chapel Street, Papanui,	Open to visitors. Wheelchair access. Meeting is in the Reese Room Pavilion off the car park.
Saturday	10:30 AM	Christchurch Knox Church Committee Room	Yes	Christchurch Serendipity	28 Bealey Ave, Christchurch,	Wheelchair access. Committee Room is behind Knox Church cnr Victoria St and Bealey Avenue Entrance off Knox Lane Large carpark available with entrance from Bealey Ave
Saturday	01:00 PM	Methodist Church	Yes	Upper Riccarton Recovery	3 Brake Street, Upper Riccarton, Christchurch	

Saturday	04:00 PM	Sacred Heart Parish Centre	Yes	Timaru Saturday	9 Napier Street, Timaru,	Open to visitors. Wheelchair access.
Saturday	06:00 PM	Methven Primary School Hall	No	Methven Saturday Night Meeting	1 McDonald Street, Methven,	Wheelchair access.
Saturday	06:30 PM	Fendalton Saint Barnabas Church Hall	Yes	Fendalton Just For Today	8 Tui Street, Fendalton,	
Saturday	08:00 PM	New Brighton, Saint Faith's Church	Yes	New Brighton	46 Hawke Street, New Brighton,	Open to visitors
Sunday	09:00 AM	Addington Salvation Army Centre	Yes	Mahu Sunday	35 Collins Street, Addington,	Wheelchair access
Sunday	10:30 AM	Christchurch YMCA	Yes	Christchurch Sunday Fellowship	cnr Rolleston Avenue and Hereford Street, Christchurch,	Wheelchair access.
Sunday	05:30 PM	Fendalton Saint Barnabas Church Hall	Yes	Christchurch Sunday Steps Group	8 Tui Street, Fendalton,	
Sunday	06:00 PM	Rangiora Methodist Church	Yes	Rangiora Hope and Faith	176 King Street, Rangiora,	Wheelchair access.
Sunday	06:30 PM	Sydenham Salvation Army House	Yes	Christchurch As Bill Sees It Sunday	17 Southampton St, Sydenham,	Open to visitors. Steps and Traditions alternate weeks.

Sunday	07:00 PM	Mt Pleasant, Community Centre	No	Sunday Seaside Steps	McCormacks Bay Rd, Mt Pleasant,	Wheelchair access.
Sunday	07:00 PM	Rotherham Church Hall	Yes	Hanmer Sunday Night	57 Wilkin Street, Rotherham,	Open to visitors.
Sunday	07:00 PM	Harewood Saint James Anglican Church	Yes	Waikiki South	750 Harewood Road, Harewood,	Wheelchair access.
Sunday	07:00 PM	Christchurch Knox Church Committee Room	Yes	Altered Attitudes	28 Bealey Ave, Christchurch,	Open to visitors. No wheelchair access.
Sunday	07:30 PM	Temuka Saint John Ambulance Hall	No	Temuka Sunday	47 King Street, Temuka,	Open to visitors on the last Sunday of each month. No wheelchair access.
Monday	11:00 AM	Health Centre University of Canterbury	Yes	Ilam Campus Restart	90 Ilam Road, Christchurch,	Wheelchair access. Park in Ilam Road car park and pay fee. Ask at surgery counter for directions once inside the building.
Monday	12:30 PM	Rangiora Methodist Church	Yes	Serenity Lunch Meeting	176 King Street, Rangiora,	Open to visitors. Wheelchair access.
Monday	01:00 PM	St Martins, Saint Anne's Church	Yes	AA Rocks	7 Wilsons Road, St Martins,	Open to visitors. Wheelchair access.
Monday	01:00 PM	St Johns Anglican Church Hall	Yes	Country Steps	Selwyn Street, Leeston,	Open to visitors. Wheelchair access. Opposite Leeston Primary School

Monday	06:30 PM	St Martins, Saint Anne's Church	No	Keep It Simple	7 Wilsons Road, St Martins,	
Monday	07:00 PM	City Church	Yes	Christchurch Faith on Manchester	344 Manchester Street, Christchurch,	Open to visitors. Wheelchair access. Rear Building UPSTAIRS
Monday	07:00 PM	Lincoln Events Centre	Yes	Lincoln AA	15 Meijer Drive, Christchurch,	
Monday	07:30 PM	Kaiapoi North School	No	Kaiapoi Monday	278 Williams St, Kaiapoi,	Wheelchair access.
Monday	07:30 PM	Saint Andrews Hall, Tinwald	Yes	Ashburton Monday Night Steps Group	Cnr Jane and Thompson Streets, Ashburton,	Open to visitors. Wheelchair access. Hall entrance is off Thompson Street
Monday	07:30 PM	Sydenham Salvation Army House	Yes	Christchurch Primary Purpose Group of Alcoholics Anonymous	17 Southampton St, Sydenham,	
Monday	08:00 PM	Papanui Methodist Church	Yes	Christchurch Living Sober	10 Chapel Street, Papanui,	Wheelchair access
Tuesday	07:00 AM	Aranui Salvation Army Hall	Yes	Christchurch How it Works	32 Portsmouth Street, Aranui	Wheelchair access
Tuesday	12:30 PM	Linwood, Saint Chad's Church	Yes	Christchurch Lunchtime Meetings	1 Caranavon Street, Linwood,	Entrance is off Carnarvon St - in the Jenkins Room. Wheelchair access
Tuesday	07:30 PM	Rotherham Church Hall	Yes	Rotherham Tuesday	57 Wilkin Street, Rotherham,	

Tuesday	07:30 PM	Oxford Plunket Rooms	Yes	Oxford AA	30 Main Road, Oxford,	Wheelchair Access.
Tuesday	07:30 PM	Sacred Heart Parish Centre	No	Timaru Tuesday	9 Napier Street, Timaru,	Wheelchair access.
Tuesday	07:30 PM	Bishopdale, Christ the King Parish	Yes	Big Book Study Tuesday	90 Greers Road, Bishopdale,	Open to visitors. Wheelchair access.
Tuesday	07:30 PM	Hei Hei Salvation Army Hall	Yes	Hei Hei Its Good	23 Manurere Street, Hei Hei,	Open to Visitors.
Tuesday	08:00 PM	New Brighton, Saint Faith's Church	Yes	The Pier Group	46 Hawke Street, New Brighton,	Open to visitors.
Tuesday	08:00 PM	Christchurch Yacht Club	Yes	Sumner Tuesday Night	239 Main Road, Monks Bay, Christchurch,	Go up outside stairs to clubhouse. No wheelchair access.
Wednesday	09:00 AM	Kaikoura Anglican Church Hall	Yes	Kaikoura Wednesday Steps and Traditions	29 Torquay St, Kaikoura,	Wheelchair access.
Wednesday	11:45 AM	Christchurch, St Ninians Church	Yes	Christchurch Courage on Puriri	Puriri Street, Christchurch,	This meeting is closed on public and University Holidays
Wednesday	12:00 PM	Christchurch City Mission	Yes	Christchurch Wednesday Women's	276 Hereford Street, Christchurch,	Open to visitors. Wheelchair access. Meeting closed on public holidays.

Wednesday	12:30 PM	St Martins, Saint Anne's Church	Yes	Christchurch Wednesday Steps and Traditions	7 Wilsons Road, St Martins,	Open to visitors. Wheelchair access.
Wednesday	06:00 PM	Canterbury, Lyttleton Union Church	No	Men's Steps Meeting	40 Winchester Street, Lyttleton,	This meeting is listed as a Men's meeting and generally men attend. However, the meeting is open to every person: we will never turn away anyone and that includes if their gender is not in the "men" category.
Wednesday	07:30 PM	Waimate Senior Citizens Hall	No	Waimate	Sherman Street, Waimate,	Open meeting every 1st Wednesday of the month. Wheelchair access.
Wednesday	07:30 PM	Sacred Heart Parish Centre	Yes	Timaru Wednesday Steps	9 Napier Street, Timaru,	Open to visitors. Wheelchair access.
Wednesday	7:30 PM	Canterbury Lyttleton Union Church	Yes	Lyttleton Men's meeting	40 Winchester Street, Lyttleton	Open to non-AA visitors. Wheelchair access. No smoking in the church grounds.
Wednesday	07:30 PM	Rangiora, John Knox Hall	Yes	Rangiora Wednesday Night	Cnr King and High Streets, Rangiora,	Open to visitors. Wheelchair access.
Wednesday	07:30 PM	Fendalton Saint Barnabas Church Hall	Yes	Wednesday Night Fendalton	8 Tui Street, Fendalton	Open to visitors. Wheelchair access.
Wednesday	07:30 PM	Church of Saint John the Evangelist	No	Christchurch Women's Steps and Traditions	2 Kingrove Street, Bishopdale,	Meeting is in First building on left. Limited parking on site Closed meeting. Wheelchair access.

Wednesday	07:30 PM	Spreydon Whareora Community House	Yes	Christchurch Came to Believe	14 Athelston Street, Spreydon,	Open to Visitors. Wheelchair Access.
Wednesday	08:00 PM	Ashburton Catholic Parish Rooms	Yes	Ashburton Wednesday Group	cnr Winter and Burnett Streets, Ashburton,	Entrance is opposite 65 Winters St, in the Catholic Church property hall

Source: http://www.aa.org.nz/index.php?option=com_jumi&view=application&fileid=5&Itemid=165

Appendix 2: Overeaters Anonymous Meetings Canterbury

To access the most recent information about the locality of the overeaters anonymous meetings follow the link:

<http://www.oachristchurch.org.nz/>

February – April 2018 Meetings

Monday 7.30pm – 8.30pm “Spiritual Experience” Big Book Meeting. 94 Farrington Avenue Bishopdale Contact/email Sacha 022 678 9298; 344 5616; sachasunter@gmail.com

Tuesday 12pm – 1pm “Keep it Simple” St Barnabas Cnr Tui St & Fendalton Rd Fendalton Contact: Sonia 021 226 6427

Tuesday 7.30pm – 8.30pm OA Steps and Traditions Philipstown Hub (Formerly Phillipstown Primary School), Room 10/39 Nursery Rd, Phillipstown.(w*). Enter at the driveway just across from the intersection of Nursery Road and Cross St. Off street parking available. Enter building 10 through the timber framed glass doorway. Contact: Peg 021 0292 7073

Thursday 7.30pm - 8.30pm Plunket Rooms 24 Bellvue Ave, Papanui. (w*) Child friendly Contact: Letitia 0274 657 910; Chrissy 0274 550 889

Saturday 4pm – 5pm Linwood Resource Centre 332 Linwood Avenue Linwood (w*) Contact: Larissa 021 240 0077

Appendix 3: NA Canterbury Meetings

Mon	1:00pm	<i>Freedom:</i> Oasis Centre, 126 Bealey Avenue
Mon	11:00am	<i>Everyone Welcome:</i> Room 4, Philipstown Hub (Old school), Nursery Road
Mon	6:30pm	<i>The Little Town:</i> The Lyttelton Community House (next door to Stark's Engineering), , 7 Dublin Street , Lyttelton
Mon	7:30pm	<i>We Do Recover:</i> Bridge Aftercare, 27 Collins Street , Addington [WA]
Tue	1:00pm	<i>Just For Today:</i> Oasis Centre, 126 Bealey Avenue
Tue	7:00pm	<i>Mana Wahine (Women):</i> Waltham Community Cottage, 201 Hastings Street East , Waltham [WA]
Tue	7:30pm	<i>Southern Men's:</i> Linwood Resource Centre, 332 Linwood Ave , Woolston [WA]
Wed	1:00pm	<i>Living Clean:</i> Oasis Centre, 126 Bealey Avenue
Wed	7:00pm	<i>Phoenix:</i> 217 Ferry Road , (Corner Ferry Rd and Nursery Rd), Waltham
Thu	1:00pm	<i>Literature and Topic:</i> Oasis Centre, 126 Bealey Avenue
Thu	5:30pm	<i>Old School:</i> Waltham Community Cottage, 201 Hastings St East , Waltham [WA]
Thu	6:45pm	<i>LGBTI:</i> Waltham Community Cottage, 201 Hastings Street East, Waltham [WA]
Thu	7:00pm	<i>Hope:</i> Avebury house, 9 Eveleyn Couzins Avenue, Richmond, Christchurch
Fri	1:00pm	<i>Keep Coming Back:</i> Oasis Centre, 126 Bealey Avenue

Fri	6:00pm	<i>Work The Programme:</i> Linwood Resource Centre, 332 Linwood Ave , Woolston [WA]
Fri	7:30pm	<i>Inspiration:</i> Abberley Park Cottage, Abberley Crescent
Sat	11:00am	<i>Beginners & Newcomers:</i> Oasis Centre, 126 Bealey Avenue
Sat	6:30pm	<i>Steps and Traditions:</i> St Albans Tennis Club, 37 Dover Street, Edgeware
Sun	10:45am	<i>Wairua:</i> Waltham Community Cottage, 201 Hastings St East , Waltham [WA] (75 minutes)
Sun	7:00pm	<i>Spiritual Recovery:</i> Waltham Community Cottage, 201 Hastings St East , Waltham [WA]

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