

Youth Directory



This directory summarises the training courses, programmes and help and support services available to young people aged 16 to 24 years, including job seekers, in Dunedin. While all attempts are made to keep it up to date, it is best to contact specific providers or check their websites for the most recent information.

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Section 1: Training and Education

Training Courses

PROGRAMMES FOR JOB SEEKERS

Limited Service Volunteers

The LSV programme is a free, fun, hands on and challenging 6 week training course. It gives you new skills, increases your confidence, and improves your chances of getting a job. LSV is for 17 - 25 year olds receiving a benefit from Work and Income, which will continue to be paid while on the LSV course.

The range of exciting outdoor and indoor activities are huge.

- Tramping and river crossing
- Rock climbing and abseiling
- High ropes course
- Regular fitness training
- First Aid training
- Basic financial and budgeting skills
- Interview skills and an updated CV
- Make connections with employers and employment opportunities.

BASE Camp

BASE Camp is a fitness and wellbeing training program for Job Seekers aged 18 -24 years old. It is for individuals who want to improve their fitness, motivation, and confidence, in order to gain employment or move into education or training. BASE Camp has 4 sessions per week for 6 weeks. BASE students can choose to study and sit their Learners drivers licence or upgrade to their Restricted or Full licence over the 6 weeks.

Tree House

Tree House provide 13 week Work and Income funded training and job search programmes.

Our primary focus is to prepare each candidate for their first steps toward employment through covering training elements, in:

- Job search skills
- Curriculum Vitae and Cover letters
- Personal presentation and interview skills
- Confidence, motivation and self-esteem building
- Interpersonal and communication skills
- and more

We also provide training with NZQA unit standards in:

- Hospitality
- Retail & Customer Service
- Food Safety certificate
- Barista certificate
- License Controller Qualification (experience in licensed premises work preferred)

Our programmes focus on our learners gaining the key skills, confidence and attitude they need, to secure and retain sustainable employment and core knowledge as a basis for life-long careers to satisfy industry demand and prosper communities.

*NOTE: You may also be eligible for the 'Course participation allowance'. This is a 12 week Non-recoverable grant to pay for course and travel. Speak to your case manager to find out your level of eligibility.

Skills for Industry Programmes

Skills for Industry programmes are training courses tailored to the needs of industry and employers. They aim to provide employers with trained employees and enable people to move towards sustainable employment. The programmes can be offered in one of two ways.

Training provider programmes

Work and Income contracts with a Training Provider to deliver a pre-employment training programme tailored to meet the needs of employers within a particular sector.

Employer programmes

Work and Income contracts directly with an employer to ensure suitable people are recruited, employed and trained

Phone: 0800 778 008

<http://www.workandincome.govt.nz/business>

TRAINING & YOUTH GUARANTEE SCHEME

This section outlines providers offering the Training for Work scheme for Work and Income clients, Youth Guarantee scheme, or free/ low cost training programmes. Speak to your case manager to find out your level of eligibility.

Training for Work Scheme

All Skills for Industry Training for Work programmes have a maximum duration of 13 weeks.

Generally most programmes are full-time and 20 hours or more per week (including study time).

To qualify for employment and work readiness assistance a client:

- must be a young person or of working-age
- must meet the residence requirements
- must not have received the maximum amount payable for any particular kind of employment and work readiness assistance, unless, for that assistance (where applicable), exceptional circumstances exist
- and be a client receiving a main benefit or their partner
- or have applied for and been assessed as eligible for a main benefit
- or have been receiving a main benefit that has been cancelled because they have moved into employment
- or have applied for a main benefit but need to complete pre-benefit activities or

Clients may also need to meet other eligibility criteria

Youth Guarantee Scheme

The Youth Guarantee scheme is designed to provide 16-19 year olds with an opportunity to study towards NCEA Level 2 aligned with the Vocational Pathways. Once signed up for the Youth Guarantee Scheme, you can to study towards NCEA Level 2 until 24 years of age. Vocational Pathways, Fees-Free Tertiary Courses, Trades Academy, Star and Gateway are all tools for the Youth Guarantee Scheme.

To find out more about the Youth Guarantee scheme, access your level of eligibility, or to find out which tertiary providers offer Fees-Free places.

<http://youthguarantee.net.nz>

Dunedin Training Centre

Fees-Free for 16-19 year olds or training for work for 18+ registered with Work and Income.

We offer training in trades such as:

- NCEA
- Driving
- Painting
- Building
- Automotive
- Engineering, or
- Panel beating

Plus driver licences for young people aged 16 – 19.

Phone: 03 455 2727

Address: 14 Bridgman St, Dunedin

www.dunedintrainingcentre.co.nz

Tokomairiro

Fees-Free for 16-19 year olds or training for work for 18+ registered with Work and Income. Training over a 13 week course to gain unit standards in:

- Carpentry skills
- Forestry skills, or
- Hospitality/Retail skills

Phone: 03 417 7299 or 0800 223 328

Address: 126 Union St, Milton

Harrington Vaughan- Academy of Hairdressing

Fees-Free for 16-19 year olds or training for work for 18+ registered with Work and Income.

Delivery, practice and assessment in the National Certificate in Hairdressing (Salon Support Level 3 and Professional Stylist Level 4). Delivery and assessment for the National Certificate in Employment skills Level 1 (Youth Guarantee)

Content includes:

- Work focused training for a salon environment
- Work placement opportunities
- Personal presentation and design
- Employment skills for and entry level position

Must be 16 years and older.

Must be physical and Mental able to cope with the demands of full time study and the commercial salon environment.

Phone: 03 456 2921

Address: 24 Filleul St, Dunedin

www.harringtonvaughan.co.nz

Education & Employment

Fees-Free for 16-19 year olds or training for work for 18+ registered with Work and Income.

Delivering education that helps people achieve qualifications, and matching people to jobs.

The Salvation Army Education and Employment (E&E) is passionate about transforming lives. We've helped thousands of people into brighter futures with credits toward nationally recognised qualifications, job training, job placement, and life skills and work ethics that help people get ahead.

In the Otago region E&E has two campuses – Dunedin and Oamaru, which both provide Youth Guarantee programmes.

These zero-fees, NCEA level 1 and 2 programmes, are 40 week vocational training programmes for 16-19 year olds.

Dunedin: Youth Guarantee Service Sector, Auto Trades and Early Childhood Education programmes.

Phone: 0800 437 587 or 03 474 8522

www.educationandemployment.org.nz

Youth Grow

Fees Free. Youth Grow is a 'Life Ready – Work Ready' programme for 16-25 year-olds; based around horticulture training and designed to equip you with the skills needed to enter the workforce or return to mainstream study.

Programmes are individually tailored and cover: independent living skills (cooking, shopping, flatting etc), literacy skills, math and budgeting, time management and employer expectations.

Participants learn these skills through practical application as they help to maintain YouthGrow's Garden Centre.

Young people at Youthgrow:

- Experience being a valued part of a group
- Learn to make informed decisions
- Grow in self-confidence
- Learn to share their skills and abilities with others
- Experience community work and service
- Develop skills in working in a team and with a diverse range of people
- Leave the programme with a national qualification in horticulture

Phone: 03 473 1334

Address: 146 Norwood Street, North East Valley, Dunedin

www.otago.ps.org.nz

FarmHand

Fees-Free offered through Otago Polytechnic for 16-19 year olds.

This Free 13-week training and mentorship programme provides young people (16-25yrs old) with work-readiness and entry level skills to staircase into training and work opportunities in the environmental and agriculture sectors. We provide an outdoor learning environment which facilitates a sense of belonging, a place to succeed, and positive role models to prepare you to be an active, independent, and valued member of your community. FarmHand offers NZQA and NCEA credits.

Phone: 03 477 4175

<https://www.facebook.com/FarmhandDunedin>

He Toki Ki te Rika

Fees-Free for 16-19 year olds or training for work for 18+ registered with Work and Income.

He Toki ki te Rika is a **Christchurch** based course that prepares and supports Māori to gain valuable skills and experience for employment in the construction industry. Māori tikanga values are a key part of the programme as well as helping out with our Māori community projects.

You will receive a Hawkins work readiness passport, which is a checklist of practical skills you can show employers to give you the edge when it comes to applying for jobs.

Trade training areas available though He Toki:

- Carpentry
- Civil construction
- Electrical
- Engineering
- Fabrication
- Furniture & joinery
- Plaster board
- Plumbing & Gas fitting

Phone: 0800 24 24 76

www.hetoki.co.nz

*NOTE: \$3k to Christchurch is an 'Incentive Payment' to assist applicants, who have secured sustainable, full-time employment, to move to the Christchurch area.

4Trades Apprenticeship Scheme

Over 40 apprentices are employed or mentored by 4Trades under the modern apprentice scheme. We work with over 50 businesses across the province with on average 25 apprentice completions annually.

We pay for first aid and health and safety training prior to placement. We provide apprentices with the correct personal protective equipment.

www.otagochamber.co.nz

Next Step Training

Fees-Free for 16-19 year olds or training for work for 18+ registered with Work and Income.

Courses start in February and finish in December. Zero fees and student allowances and travel assistance available. As well as the National Certificate in Employment Skills (Level 1) you can choose from the following industry recognised qualifications:

- NCEA Level 2 specialising in Early Childhood Education, or
- National Certificate in Business Administration and Computing (Level 2).

Topics covered include:

- Producing a plan for your future
- Customer service
- Creating a CV and how to be interviewed for a job
- Budgeting
- Health and safety
- Working in a group

Phone: 0800 NEXT STEP (0800 6398 7837)

www.nextsteptraining.co.nz

Community College

Fees-Free for 16-19 year olds.

We offer education programmes to 16 to 19 year old's in a range areas including cookery, hospitality, NCEA Level one and two and outdoor leadership. In 2015 92% of young people enrolled gained a qualification with us. Programmes are free of charge and range from Level 1 to Level 3 on the NZQA framework. Learners gain NZQA recognised qualifications and then move on into employment or further training.

Phone: (03) 477 7790

www.comcol.ac.nz

The Learning Place

We deliver quality training for STAR/Gateway Programmes and Vocational Pathways into secondary schools.

As well as:

- Barista
- Food safety
- Train the trainer
- Customer service
- National Certificate in First Line Management (Levels 3 and 4)
- National Certificate in Retail and Distribution (Level 2),
- National Certificate in Security (Level 2).

Phone: 0800 800 415

www.thelearningplace.co.nz

Workbridge

Workbridge aims to enable people with disabilities to participate and experience equal opportunities in the labour market.

Workbridge is a professional employment service for people with all types of disability, including people who have lived with the long-term effects of injury and illness. To qualify, a Workbridge client will have been living with the effects of their disability, injury or illness for more than six months.

Phone: (03) 477 0877

Address: John Wickliffe House, Level 6, 265 Princes St, Dunedin

www.workbridge.co.nz

TRAINING FOR SCHOOL STUDENTS

Otago Secondary Tertiary College

The new Otago Secondary Tertiary College provides day release opportunities to school students in Dunedin. Year 11 – 13 students at local secondary schools are able to access Level 2 NCEA Sector Related Standards in a number of Vocational Pathways on a Friday at Otago Polytechnic.

Phone: 0800 765 9276

www.op.ac.nz

Red Shirts in Schools

The Warehouse Red Shirts in Schools is a Gateway programme based on the Customer Service Award. The programme provides secondary school students with a 10 day in store experience at The Warehouse. Credits gained by students participating on the programme can be used towards the National Certificate in Retail (Level 2).

Students participating in the programme are supported by a coordinator who works with store management to ensure they get a good understanding of the rewards and challenges of a retail career. Coordinators set clear development plans, provide instructions for students, assess students' work and keep in touch with schools in their region.

Phone: Tui-Susan Hill 027 517 4080

www.serviceiq.org.nz

McDonald's OASIS

Offering Assistance to Students in Schools (OASIS) is aimed at students wanting a career in the hospitality/food industry. It is linked to nationally recognised unit standards and can lead to national qualifications in hospitality. An initiative of ServiceIQ and McDonald's, OASIS supports hospitality training in schools. Work experience takes place in a local McDonald's restaurant. This will be a block period of 5-10 weeks, totalling 30 hours, with one to two shifts worked in each week. Scheduled times for student placement is during school term only. A schedule will be worked out for students, schools and McDonald's.

During this work experience students will be trained on four different McDonald's stations and assessed in unit standards.

www.serviceiq.org.nz

CAREERS

Defence Careers

We're New Zealand's Navy, Air Force and Army. Together we protect New Zealand's interests at sea, safeguard peace and stability within our neighbouring regions and further afield, and help others in times of need with agile air operations across the world.

This could mean fighting alongside our allies in a combat zone, helping safeguard peace and stability in a war-torn country, or going in after a natural disaster and helping save lives and rebuild communities. Or it could see us doing search and rescue, or boarding a suspected pirate vessel. It's impossible to detail everything we do because it's so varied. That's why it's so rewarding.

Whether you want to be in the thick of the action, at the helm of a vehicle, or running things from behind the scenes, a Defence career means you'll get world class training to become a specialist in your chosen field – and best of all, we'll not only train you on the job from scratch, but we'll pay you to do it.

Phone: 0800 1 FORCE

www.defencecareers.mil.nz

Tertiary Education

Otago Polytechnic

Get the skills for a job you'll love!

Are you the kind of person who learns best through doing? At Otago Polytechnic we provide practical, hands-on education and training that will help you move into an apprenticeship, employment or further study.

Our foundation learning programmes will give you a taste of what Polytechnic study is all about and will help you to improve your writing, numeracy and computing skills. Our Trades Taster option will allow you to try out several of our trades areas – carpentry, engineering, cookery and horticulture - so you can see what suits you best!

We also offer a range of pathway programmes which will let you build the specific skills you need for further study in areas such as health and wellness, beauty therapy, massage, hairdressing, sport, art & design, construction and engineering, veterinary nursing, hospitality and business.

In addition, several of our certificate programmes are available to 16-19 year olds through the Youth Guarantee Scheme (conditions apply) which means that you will pay no fees. And we also work in partnership with the Malcam Charitable Trust to deliver Farmhand, a Dunedin-based training programme which connects young, urban people with rural communities and permanent work or further education.

Phone: 0800 762 786

Address: F Block, Forth St, Dunedin

www.op.ac.nz

University of Otago

If you are looking for a leading centre for scholarship and learning and an exciting place to be a student, then you are in the right place.

Otago's flexible degree structure means it is possible to combine most subjects, majors and degrees.

An Otago schools' liaison officer can help you plan the course you would like to take.

Phone: 03-479 7000

Address: 362 Leith St, North Dunedin, Dunedin

www.otago.ac.nz

TOURISM/ DIVING

NZ School of Tourism

Our tutoring team have extensive industry experience and will happily provide free, no obligation career advice and answer all of your questions. You can hear what the jobs in the Airline, Travel & Tourism industry are really like, and what skills and attributes the industry are looking for in new staff.

We have courses starting throughout the year and can provide you with all of the relevant information on loans and allowances and even help you get started with this application process.

Phone: 0800 10 20 20 or 03-477 6825

Address: 9 Moray Pl, Dunedin

www.nzschooloftourism.co.nz

Dive Otago

Dive Otago is New Zealand's largest dive centre delivering tertiary level diver training. Specialising in Professional Level Training, Dive Otago has reputation in the industry for producing top quality industry ready Instructors. Their flagship programme is The Diploma in Professional Scuba Instruction. Designed by industry experts, it prepares students to enter the industry with the highest level of training and qualifications needed to be employed anywhere in the world.

Phone: 466 4370

Address: 2 Wharf St, Dunedin

www.diveotago.co.nz

LITERACY AND NUMERACY

English Advantage

Work Talk is a four week (48 hour) intensive programme which prepares migrants for entering the New Zealand workforce.

There are three strands:

1. Learning about expectations of the NZ workplace, basic legislation and employment information, ways of applying for work
2. Understanding and practising interview skills
3. Understanding and using appropriate Kiwi English in the workplace

Learners must be actively seeking work, and be confident users of English (intermediate level or above).

At the end of the class hours, each learner is referred to a job mentoring programme if one is available, or is offered a mentor for 6 weeks.

Three months after the course learners will be contacted to give feedback on employment outcomes (e.g. interviewed for a job, gained part time employment)

Phone: 03-477 3345

Address: 95 Hanover St, Dunedin

www.englishadvantage.co.nz

Literacy Aotearoa

We provide free assistance to adults wishing to improve their literacy in reading, writing, maths and a range of other areas.

Phone: 03-477 2055

Address: Carnegie Centre, 110 Moray Place, Dunedin

DRIVING

Master Drive School

Driving instructor and driver assessor education and training in: Heavy and light fleet vehicles, buses, forklifts and specialist machines. Registered with NZQA and a NZTA approved training provider.

Phone: 0800 637 000

www.masterdrive.co.nz

Pro Driver Training Ltd.

ProDriver Training Ltd is an NZQA category one commercial driver training education facility; offering NZTA approved driver training and licencing programs for Heavy motor vehicle classes 2, 3, 4, and 5. We offer assistance with road code tuition for the learner to gain the required heavy motor vehicle learner licence.

- Earth moving machinery endorsements for wheels, rollers, tracks.
- Dangerous goods endorsement.
- Forklift training and F endorsement.
- Vehicle recovery and passenger service Endorsements.

We can tailor make training programs to suit the needs of the individual.

Class 2 - 5 workplace training programme for under and over 25 years old; fast track licencing programmes. (Strict conditions apply).

Phone: 0508 776 374

Address: 30 McBride St, Dunedin

www.prodriver.co.nz

DISTANCE LEARNING

Te Wananga o Aotearoa

Te Wananga o Aotearoa provides fully resourced classroom based and home based distance learning courses. The courses range from Level 2 to Level 4, and run from 18-36 weeks in duration.

Phone: 0800 355 553

Address: 65A Bridgman St, Kensington, Dunedin

www.twoa.ac.nz

Citilab Holdings Ltd.

Our participants learn the background using our interactive video distance lessons. Then they get practical training in actual testing and research laboratories. Over 18 weeks of full-time study you will gain a New Zealand Certificate in Applied Science (Level 4).

Phone: 03 975 JOBS (03 975 5627)

www.real.ac.nz

Te Kura – Correspondence School

We offer a wide range of distance learning programmes up to NCEA Level 3. You can study full-time or part-time. Students aged 16 to 19 years can enrol for free. A small administration fee applies for older students.

Phone: 0800 65 99 88

<http://www.tekura.school.nz/>

Te Rito Maioha Early Childhood New Zealand

A three-year, full-time Bachelor of Teaching (ECE) Programme which leads to teacher registration.

The Bachelor of Teaching (ECE) is a Level 7 qualification that equips early childhood teachers with the knowledge, skills and dispositions to make a real difference to the lives of infants, toddlers and young children in Aotearoa/New Zealand. Our Flexi-learn programme provides the best in online and face-to-face learning and allows students to be based anywhere in Otago. New Zealand Certificate In Early Childhood Education and Care (Level 4)

New Zealand Certificate In Study and Career Preparation (Level 4)

Phone: 04-473 4672

www.ecnz.ac.nz

Service IQ

Can learn at school (gateway) or at work. Distance learning in:

- Aviation
- Hospitality
- Retail
- Travel
- Tourism
- Wholesale

Check out the career maps on our website to see where your study can take you!

Phone: 0800 863 693

www.serviceiq.org.nz

Wellcare Training NZ

Wellcare Training NZ is passionate about creating innovative and flexible learning and development solutions for health and community services. Wellcare Training offers a wide variety of NZQA-accredited programmes, including:

- Foundation Skills (Level 2)
- Core Competencies (Level 3)
- Intellectual Disability (Level 3)
- Residential (Level 3)
- Diversional Therapy (Level 4)

Phone: 0800 293 552

Email: admin@wellcare.co.nz

www.wellcare.co.nz

FIRST AID

Red Cross

Red Cross offers comprehensive First Aid courses. There are many jobs that require First Aid/ CPR training, such as:

- Child care
- Aged care
- Logging Operations Workers FED
- Electric Power Generation, Transmission, and Distribution Workers, and
- Diving Instructors

Phone: 03-477-1527

www.redcross.org.nz

St John

St John is registered with the New Zealand Qualifications Authority (NZQA). We are also a member of the NZ Resuscitation Council (NZRC) and the Association of Emergency Care Training Providers (AECTP). The training we offer helps you to meet the requirements of the Health and Safety in Employment Act.

Our courses range from basic first aid training and industry-specific modules through to advanced resuscitation for hospital employees.

Phone: 0800 785 646

www.stjohn.org.nz

ONLINE RESOURCES

Careers NZ

The Careers NZ website has a great range of resources to help you make informed choices about learning and work:

- Plan your career – choose, improve or change careers
- Job hunting – get tips on finding work
- Jobs database – explore 400+ jobs
- Courses – browse study and training options
- Tools – get career ideas and write your CV
- Practitioners – information for educators and employers

Phone: 0800 222 733 or FREE text CAREER to 434 to get a career planning workbook.

www.careers.govt.nz

NZQA

The NZQA website has links to Accredited Industry Training Organisations. Through these training organisations you can earn NZQA qualifications towards your chosen vocational pathway.

www.nzqa.govt.nz

Service IQ

Want to map out your career? Not sure if your chosen career pathway will lead to a job? Check out the resources on our webpage to find out if you're on track.

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

Count Me In

Count Me In is a project to help Māori and Pasifika aged 16 to 18 that have left school without NCEA Level 2 or equivalent qualifications, the best chance at gaining a Level 2 qualification. Count Me In assigns a case manager, provided through a local organisation, to the young person, who will then work with them to find out what their career destination is, and how to work towards it.

Phone: 0800 COUNT ME IN

www.education.govt.nz

Industry Training Organisations

Modern Apprenticeship Scheme - on the job training for 16 to 21 year olds, ready to take NCEA Level 3 or 4 (will continue to run for existing apprentices for 4 years).

On the job training for age 16+, ready to take minimum NCEA Level 4. See website for a list of approved organisations.

www.nzqa.govt.nz

STUDENT LOAN/ SCHOLARSHIPS

StudyLink

If you have recently left school, or you are on a benefit or working, and you are thinking about starting study, StudyLink can help you work out if study is right for you and how you'll support yourself.

Phone: 0800 889 900

Address: 192 Castle Street, Dunedin

www.studylink.govt.nz

Maori Education Trust

The Māori Education Trust provides scholarships for Māori students in Secondary School and Tertiary education.

Phone: (04) 586 7971

Address: IT Building, Te Whiti Park, 170a Whites Line East,
Lower Hutt

www.maorieducation.org.nz

University of Otago

The University offers a number of entrance scholarships for prospective students considering study at Otago.

www.otago.ac.nz

Otago Polytechnic

Otago Polytechnic offers a variety of scholarships to students in many study areas.

Phone: 0800 762 786

www.op.ac.nz

Section 2: Youth Programmes

Youth Service

This wrap around service provides young people guidance and support to help them into education, training or employment. Youth advisors are like life coaches - supporting young people to achieve their goals.

Phone: 0800 887005

Address: 23 Dowling Street, Dunedin, 9016

www.youthservice.govt.nz

Malcam Charitable Trust

Our team of qualified youth workers provide a range of personal development and learning experiences for young people to assist them to discover who they are and where they fit in. We work with training providers, schools and tertiary institutions, and community groups.

Some programmes we offer are:

- Success for Self
- Active Education
- Youth Community Groups
- Empowering Visions (working with staff teams to build their Youth Development Capacity)

Phone: 03-477 4175

Address: Jubilee Park, Maori Road, Mornington, Dunedin

www.malcam.org.nz

Otago Youth Wellness Trust

A free community based support service for young people aged 11-18 who have multiple needs. The tertiary qualified staff practice a wraparound model of service delivery which aims to address those needs in an integrated way.

Phone: (03) 474 9547

Address: 20 Parry Street West, Dunedin

www.oywt.org.nz

Rock Solid - Youth Programmes

We work with young people in the southern suburbs of Dunedin, from year 7 through to year 13, running a number of ABL (Activity Based Learning) evening clubs, camps and in-schools leadership development programmes. These programmes are all aimed at promoting positive youth development and building greater resilience and pro-social skills. Our Youth Workers offer on-going mentoring services to the teens involved in these activities. In terms of its values, Rock Solid is Christian based, but non-discriminatory, non-judgemental, and open to all young people of any background.

Phone: (03) 487 9889 or (022) 075 3286

Address: 118 Middleton Road, Corstorphine, Dunedin

www.rocksoliddunedin.co.nz

DARE Dunedin Support Committee

DARE's aim is to give every New Zealander the skills they need to reach their full potential, by asking the hard questions about the real issues affecting us all today. We provide a range of programmes tailored to people of all ages, but in particular, youth. The programmes are designed to challenge children, parents and their communities to develop skills in DARE (Decision-making, Assertiveness, Responsibility and Esteem) and enabling them to make informed choices to live a powerful life.

Phone: (03) 471 4861

E-mail: daredunedin@hotmail.com

St John

The development programmes we run for young people, aged 6 to 18 years, have the right balance of education and fun. We focus on teaching first aid, health care, leadership and life skills, but we also make sure that our youth members look forward to their time at St John. There's a lot of laughing, as well as a lot of learning.

Meet once per week, \$10 per term, \$50 for uniform

www.stjohn.org.nz

Sea Cadet Corps

Challenge for young people aged between 12 to 18 years, boating, camping, firearm safety, First Aid, seamanship and naval discipline.

Address: 211 St Andrews Street, Dunedin

www.cadetforces.mil.nz

Scouts New Zealand

Rover (Aged 18 - 26)

The aim of the Rover Programme is to encourage the self-development of young adults between the ages of 18 and 26.

Leader (Aged 18+)

A vetted and trained volunteer who generously gives up their time to develop your young person.

Phone: (03) 477 6644

Address: 50 Filluel Street, Dunedin

www.scouts.org.nz

Youth Fund

Youth Fund Dunedin is a by-youth-for-youth voluntary funding body, granting up to \$3000 towards projects driven by people between the ages of 13 to 24 years; encouraging innovation, empowering, and creating inclusive opportunities for young people in their community

www.youthfunddunedin.co.nz

Volunteering Otago

We seek to celebrate, support and promote volunteering in the Otago Community and to help make volunteering a positive and rewarding experience for all involved!

Volunteering helps you to gain important CV skills, network with potential employers, and become involved in your community.

www.volunteeringotago.org.nz

Otago Access Radio – Youth Zone

Otago Access Radio's Youth Zone Programme is giving young people the opportunity to produce their own radio shows. These shows allow participants to develop a range of skills, including hosting and interviewing technique, technical broadcasting skills, and audio engineering.

www.oar.org.nz

SADD - Students Against Dangerous Driving

SADD is a student led road safety education programme whose key messages are positive, centered on preparedness, and follow a harm minimization approach. We empower young Kiwis to stand up and speak out on issues that are crucial to navigating safely their teen years.

Phone: (03) 470 1973

Address: Level 3, Cargill House, 333 Princes Street, Dunedin

www.sadd.org.nz

Rotary Youth Leadership Awards

Rotary Youth Leadership Award is a programme for young people between the ages of 8 to 24. It offers young people in the community an opportunity to take part in a one week seminar to develop qualities of leadership and good citizenship.

Phone: 021 663 022

www.ryla.co.nz

Blue Light Trust

Works in the community with children and young people, creating programmes for those at risk.

Phone: (03) 471 4800

Address: Dunedin Police, 25 Great King Street, Dunedin

www.bluelight.co.nz

Section 3: Health and Wellbeing

GENERAL PRACTICES (GPs)

Mornington Health Centre

Mornington Health Centre is a modern facility with professional, welcoming staff, offering a wide range of health services including sexual health, diabetes care, minor surgery and mental health services.

Maintaining your health is important, at MHC we offer a finance option of paying small weekly payments into your health account, meaning you can access care whenever you need it. See our website for fees.

Phone: (03) 466 5011

www.mhc.co.nz

Servants Health Centre

Servants Health Centre is an established FREE clinic for those unable to afford medical care in Dunedin. Its services are provided through volunteer health professionals inspired by the Christian calling to serve those in need.

Presently there is a team of 10 members including part time doctors, counsellors and nurses, as well as several others with supporting roles. To ensure continuity there are three part time paid staff including the clinical nurse leader and reception.

Phone: (03) 477 7040

Address: 100 Princes St, Dunedin

www.shc.org.nz

Student Health Services – University of Otago

Student Health Services provide student-centred, holistic health care including GP, nursing, psychiatry & short-course counselling to all students who attend the University of Otago and have paid the University of Otago Student Services Fee.

Please refer to our website for a full list of services and costs.

Phone: 0800 479 821 or 03 479 8212

Address: Corner of Walsh and Albany Streets, Dunedin

www.otago.ac.nz

Student Health Services – Otago Polytechnic

The Student Health Centre provides the same services offered by your family doctor. It also promotes health education, and offers health screening tests, nutrition advice, vaccinations and some minor surgery options. The cost is \$15 or free if you have a current Community Services card.

Phone: 03-479 6082

Address: Harbour Terrace, M Block, Dunedin campus

www.op.ac.nz

After Hours and Urgent Doctors

Offering care around the clock. 24hours, 7 days.

Phone: (03) 479 2900

Address: 95 Hanover Street, Dunedin

www.dunedinurgentdoctors.com

*NOTE: You are entitled to two free sexual health consultations each year, up to the age of 25 years, with your GP.

SPECIALTY HEALTH PROVIDERS

Dunedin Sexual Health Clinic

We provide sexual health services, including diagnosis and treatment of sexually transmitted infections (STIs), emergency contraception and advice about choices in pregnancy. This service has no restriction on age and/or gender.

Phone: (03) 470 9780

Address: Dunedin Public Hospital - Frederick Street Entrance, Dunedin

E-mail: alison.stewart@phsouth.co.nz

Family Planning

Services include: contraceptive advice and supplies, pregnancy testing, emergency contraception, cervical smears, breast examinations, vasectomy referrals, STI testing and treatment, HIV tests, sexual counselling, fertility counselling, menopause assistance, and a wide range of community education workshops. Fee payable. Under 22 year olds FREE.

Phone: (03) 477 5850

Address: 95 Hanover St, Dunedin

www.familyplanning.org.nz

Pregnancy Counselling Services

We are an independent, charitable trust whose caring, well trained volunteers offer a 24/7 telephone counselling service for anyone with a pregnancy or abortion related issue:

- A woman who is pregnant or thinks she may be

- A woman who has been pregnant in the past and suffered a loss through a termination, miscarriage or stillbirth
- Her partner, parent or friend
- A doctor, social worker or pastor trying to support her.

We are here to listen, discuss your concerns, offer possible avenues of help, meet in person and make referrals as needed.

Phone: (03) 479 0407 / 0800 PREGNANT

www.pregnancycounselling.org.nz

Rape Crisis Dunedin Inc.

Our services are available to women survivors of rape and sexual abuse (this includes sexual harassment), and this abuse could be current or historic. We also support others supporting female survivors, which includes male/female/non-binary individuals who may be the survivor's friend, colleague, partner, whanau member, etc. Note that we are unable to support people under 17 years of age. We have a 24/7 confidential phone support and call-out service. We can be called out to accompany/support survivors who may be going to the police, hospital or lawyer (note: we do not go to personal addresses). We also offer free, confidential counselling or face-to-face support if that is preferred. We are also happy to answer general questions and we can refer clients on to specialist agencies if we cannot offer adequate support

Phone: (03) 474 1592

Address: 1st Floor, Corso Building, 111 Moray Place, Dunedin

www.rapecrisisdunedin.org.nz

Male Survivors of Sexual Abuse Trust

All MSSAT organisations offer one to one, peer and group support for survivors and their significant others. Group support and the validation from other men is very empowering for recovering survivors. As abuse usually takes place in isolation healing works well with others.

Phone: (03) 377 6747

www.survivor.org.nz

Pacific Trust Otago

We work with and for our Pacific people to increase participation, responsibility and a greater sense of belonging through Health Promotion Activities that encourage regular physical activity and healthy nutrition, community sessions, Well Child Tamariki Ora and community support.

Phone: (03) 455 1722

Address: 220 King Edward St, Dunedin

office@oppht.co.nz

Southern Support Eating Disorder Service

The SSED Service in the community and primary health sector is a free service that provides early identification, assessment, treatment and referral for people with symptoms and / or behaviours consistent with an eating disorder. The service also provides advice for families/whanau to access support networks. Education, training and information for a range of professionals, about eating disorders is a key focus.

Phone: 0800 328 744 or 027 209 7928

Brain Injury Association

We provide advocacy, support, education and information to individuals, families, and the wider community in relation to brain injury through a traumatic or medical event. Service is provided through the Liaison Service with direct client contact, support groups, educational opportunities for families and agencies working alongside someone with an injury.

Phone: (03) 471 6156 or (027) 303 7727

Address: Ground Floor Community House, 283-301 Moray Place, Dunedin

www.brain-injury.org.nz

Epilepsy Association

To help break down the barriers that go along with epilepsy through community education.

Phone: (03) 471 6207 or 0800 20 21 22

Address: 283 Moray Place, Dunedin

Email: epilepsy.otago@xtra.co.nz

Heart Foundation

The Heart Foundation Work to promote good health and to reduce suffering and death from heart and blood vessel disease through health services and by funding research.

Phone: (03) 477 3999

Address: 206, Hanover St, Dunedin

www.heartfoundation.org.nz

Diabetes Youth Otago

Ensuring that every young New Zealander and their family affected by diabetes:

- Does not feel alone – but instead part of a community
- Becomes confident in their ability to manage their condition, at whatever stage they're at
- Is able to get the most out of their medical teams, equipment/treatment, funding and other services
- Has a voice at local, regional and national level in the areas of government and health services where it matters
- Has access to a range of camps and other events that provide support, education and ultimately build confidence and ability to master Diabetes

www.diabetesyouth.org.nz

Diabetes New Zealand

Diabetes New Zealand is a charity that represents and supports people with diabetes. We offer support and information to help people take charge of their health and live well with diabetes. We do not provide medical information or advice – we complement the services of other healthcare providers. We represent people with diabetes and advocate for greater awareness and better services. We raise awareness about the challenges faced by people with diabetes and the action people need to take to avoid diabetes complications or to avoid developing type 2 diabetes.

Phone: (03) 474 0240

Address: 97 Frederick St, Dunedin

www.diabetes.org.nz

Asthma Society

Social support, information and education for people with asthma or any respiratory condition. Equipment services, weekly Respiratory Exercise Class, home and hospital visits and community awareness.

Phone: (03) 471 6167 or After hours 0274 716 162

Address: Dunedin Community House, 1st Floor, Cnr Moray and Great King St, Dunedin

www.asthmafoundation.org.nz

Cancer Society

If you, a family member or a friend has cancer and you would like to talk, need support or just want information our service is FREE of charge. Our services aim to help those affected by cancer maintain a positive future outlook and offer support for patients and their families. Support can be provided in your home by Society staff and volunteers who recognise the value of a listening ear and time-out for caregivers and supporters.

Phone: (03) 4777447

Address: Cancer Society House, 283 Great King St or 283-301 Moray Place, Dunedin

www.cancernz.org.nz

CanTeen

Peer support organisation for young people (13-24) living with cancer.

Address: 28 London St, Dunedin, 9016

www.canteen.org.nz

Allergy Awareness

Support group meetings for people who suffer from allergies.
Held every two months.

Phone: 0800 340 800

www.allergy.org.nz

Continence Service

The Continence Service operates throughout Otago by providing expertise in continence management of both urinal and faecal incontinence. Home visiting and family support is also provided.

Phone: (03) 476 6044

Address: The ISIS Centre, Wakari Hospital, Helensburgh Road,
Dunedin

Quitline

A Telephone, e-mail or txt quit smoking support service; offering reduced price patches and gum, quit smoking support, advice, information & more. The quit smoking txt service is aimed at 16 to 24 year olds & runs for 26 weeks while you quit smoking. To signup checkout the quit line website.

Phone: 0800 778 778

www.quit.org.nz

New Zealand AIDS Foundation

Provides information, practical care and support for all people with HIV/ AIDS.

Phone: 0800 802 437

DENTISTS

Free Dental Care for 13 to 17 year olds

All teens aged 13 to 17 years old are eligible to receive free basic dental treatments, whether you are at high school, training course, work or unemployed.

Phone: 03 476 9834 or 0800 TALK TEETH

Email: Sharleen.szavay@southerndhb.govt.nz

School of Dentistry –University of Otago

The school serves as a teaching hospital for the people of Dunedin and the surrounding community. This keeps the costs of dental treatment low. Work and Income may provide assistance with emergence dental treatment. Call 0800 559 009 to find out your eligibility.

Address: 310 Great King St Dunedin, Dunedin

Phone: 03-479 8889

dentistry.otago.ac.nz

Lumino the Dentists

Payment options available. We sometimes offer FREE dental care for adults on a low income on a specified day of the year, more information available on our website.

Phone: 0508 586 466

www.lumino.co.nz

MENTAL HEALTH AND COUNSELLING SERVICES

Mirror Counselling Service

The Mirror Counselling Service offers children and young people a range of counselling services tailored specifically to their needs when dealing with emotional, behavioral and/or mental health problems.

The Mirror Primary Care Team is a child and family focused team that provides counselling services to children and their whanau/caregivers who are referred through a Gateway Assessment in Otago and Southland.

Phone: (03) 479 2970

Address: 7th & 8th Floor, Evan Parry House, 43 Princess St, Dunedin

www.mirror.services.org.nz

Youth Specialty Service (YSS)

We provide comprehensive assessment and treatment for young persons aged between 14 to 19 years with moderate to severe mental health issues. Treatment programmes may include: cognitive behavioural therapy, behavioural management techniques, family therapy, parenting skills, medication, individual therapy and group work. There is a day programme facility that provides assessment and treatment for those who are unable to attend school.

Phone: 03 474 5601 or 0800 44 33 66

Address: 3rd floor, Savoy Building, 8 Moray Place, Dunedin

www.southerndhb.govt.nz

Community Mental Health Services

Providing a range of specialist mental health services to people 18 years and over in Dunedin who have moderate – severe mental health concerns.

Dunedin North

Phone: (03) 474 7739 / 0800 44 33 66

Address: 1st Floor Fraser Building, 154 Hanover St, Dunedin,
Dunedin south

Phone: (03) 476 9660 / 0800 44 33 66

Address: Helensburgh House, Wakari Hospital, Dunedin

www.southerndhb.govt.nz

Early Intervention in Psychosis Service

The Early Intervention in Psychosis Service provides specialised treatment for young people aged 18–30 years experiencing their first-episode of psychosis, and mothers experiencing peri-natal psychosis for the first time, irrespective of age. We sometimes work with 16 and 17 year olds if we are the most appropriate service to meet the individual's needs

Phone: 0800 44 33 66 or 03 470 9950

Address: Ground Floor, Fraser Building, 154 Hanover St, Dunedin

www.southern.dhb.govt.nz

Emergency Psychiatric Service

The Emergency Psychiatric Service is a mobile 24-hour, 7-day a week service providing emergency services to people with acute mental health needs. The service covers the greater Dunedin area, including Waitaki and Balclutha and offers advice and support to Community Mental Health Services throughout the region.

Phone: 0800 44 33 66 or 0800 46 78 46

Address: Dunedin Hospital 201 Great King St, Ground floor,
Psychiatric Services Building

www.southerndhb.govt.nz

Family Mental Health Service

The service provides a strengths based approach to mental health treatment and therapy for infants, children, adolescents, youth and their families in a community setting. Staff provide specialised assessment and develop an individualised treatment plan for those persons suspected to be suffering from moderate to severe mental health issues.

Phone: (03) 489 3728

Address: 3 Wickliffe St, Mosgiel, Dunedin

www.fmhs.co.nz

Te Oranga Tonu Tanga - Mental Health

Te Oranga Tonu Tanga (a pathway to healing) is a Kaupapa Maori service available to address the needs of Tangata Whaiora with a mental health disorder or diagnosis. We can assess referrals from self/whanau, psychiatric services, family doctor, or community organisations.

Phone: (03) 474 7007 or 0800 44 33 66

Address: Wakari Hospital, 369 Taieri Rd, Dunedin

www.southerndhb.govt.nz

Otago Mental Health Support Trust

Our free service provides: advocacy, peer support, information and education for people with experience of mental illness, their friends, family and whanau. People can either self-refer or be referred by a service (with the person's consent). This service is available to people 18 years old and over.

Phone: (03) 477 2598 or 0800 364 462

Address: 3rd Floor, Queens Building, 109 Princes St, Dunedin

www.bipolarotago.co.nz

Kowhai Centre Counselling

A free counselling service, available to young people children and adults. At the Kowhai Centre, our Bachelor of Social Service Services (counselling) students are supported by lecturers and experienced, counsellors to provide you with a free service which is professional, respectful and accessible. No waiting list and we accept self-referrals. We are open on Campus Wednesdays 5-8pm, Thursdays 9-2.30pm and Fridays 9-5pm. Outreach services available to East Otago on Monday mornings

Phone: 03 4796198

www.op.ac.nz

555 George St

Individual practitioners, male and female, offer counselling, psychotherapy and supervision. We see individuals, couples, children, teenagers, families and groups. Some practitioners undertake crisis work and offer private consultation work with organisations. While most work is face to face, some practitioners provide distance supervision over phone or internet connection, too.

Phone: (03) 471 9555

Address: 555 George St, Dunedin

www.555george.co.nz

SPINZ (Youth Suicide Prevention Information NZ)

Assisting communities and services to prevent youth suicide by providing them with high quality information. SPINZ is a joint project with the Centre for Youth Health, South Auckland Health and The Mental Health Foundation of New Zealand, funded by the Ministry of Youth Affairs.

Phone: 09 300 7035

www.spinz.org.nz

Youthline

FREE 24 hour, 7 day a week helpline counselling service. Youthline have introduced a range of web-based services designed for youth support and development. They include: talk@youthline.co.nz or webchat www.youthline.co.nz/go-chat Affordable and accessible face to face counselling or psychotherapy services for 18 years and over. Although we charge a fee, we ensure no one is turned away due to cost.

While youthline has a youth focus anyone is welcome to call or text.

Phone: (03) 477 2461 or 0800 376 633 633 or Free Text 234

www.youthline.co.nz

In Ya Face

We are trained telephone counsellors here to provide support and information about gambling and gambling problems in New Zealand. We believe in youth supporting youth, so we have young counsellors and we've developed this website with a youth focus.

Phone: 0800 654 659

www.inyaface.co.nz

Depression Helpline

Funded by the Ministry of Health the depression helpline is a Free, 24/7 telephone service which you can contact trained counsellors for concerns surrounding your own or others depression and mental health.

Phone: 0800 111 757

www.depression.org.nz

The Lowdown

A Website aimed at helping young people learn about and deal with depression, offering an online & txt service.

Txt: 5652

www.thelowdown.co.nz

What's up

Opening hours for phone counselling are Monday to Friday 1pm to 10pm and Saturdays and Sundays 3pm to 10pm.

0800WHATSUP were the first helpline to offer an online chat/counselling service for young people up to the age of 18 in New Zealand. This is open 7 days a week from 7pm to 10pm.

0800WHATSUP is a free nationwide phone/ web counselling service for 5 to 18 year olds.

No problem is too big or too small for our counsellors. All calls are treated with respect and confidentiality unless the caller is at risk of hurting themselves or others.

Phone: 0800 9428787

www.whatsup.co.nz

LifeLine

Free telephone counselling.

Phone: 0800 543 354

Cyber bullying

Information and advice for young people, parents, and teachers and principals who want help to understand and deal with bullying that takes place in cyberspace.

www.cyberbullying.org.nz

DRUG AND ALCOHOL COUNSELLING

Adventure Development Ltd.

ADL provides a 6 month counselling programme for young people aged 13 to 20 + years who have significant Alcohol or other Drug and/or mental health concerns. This programme includes individual and family therapy, activity based therapy and adventure group therapy experiences.

Address: 226 High St, Dunedin

www.adventuredevelopment.co.nz

Mirror Counselling Service

Whakaata Tohu Tohu O Tai Tama Wahine Me Tai Tama Tane / Mirror Youth Day Programme is a day programme that assists young people aged 13 to 17 to become in charge of their lives and address alcohol and drug issues.

Mirror HQ is a multidisciplinary team committed to providing alcohol and other drug services for young people aged 12 to 22 years of age. As young people are often coping with a range of issues this team works from a co-existing problem enhanced approach.

Phone: (03) 479 2970

Address: 7th & 8th Floor, Evan Parry House, 43 Princess St, Dunedin

www.mirror.services.org.nz

Youth Specialty Service (YSS)

We provide comprehensive assessment and treatment for young persons aged between 14 to 19 years with moderate to severe mental health issues. Treatment programmes may include: cognitive behavioural therapy, behavioural management techniques, family therapy, parenting skills, medication, individual therapy and group work. There is a day programme facility that provides assessment and treatment for those who are unable to attend school.

Phone: 03 474 5601 / 0800 44 33 66

Address: 3rd floor, Savoy Building, 8 Moray Place, Dunedin
www.southerndhb.govt.nz

Community Alcohol and Drug Service (CADS)

Outpatient service providing assessment and treatment interventions, including methadone maintenance, for problems arising from the use of alcohol and other drugs. Referrals are accepted from all sources including self-referrals.

Phone: (03) 476 9760

Address: Ground Floor, Main Block, Wakari Hospital, 369 Taieri Road, Dunedin
www.southerndhb.govt.nz

DIVO

DIVO is a dedicated needle exchange service. We offer peer based support and a comprehensive range of clean injecting equipment. We promote harm reduction via educational materials targeting anyone who may want to inject.

Phone: (03) 479 2300

Address: 405 Princes Street, Dunedin

Alcohol Drug Helpline

If you are concerned about your own or someone else's drinking or other drug use, the Alcohol Drug Helpline offers friendly, confidential, non-judgmental advice and support.

Phone: 0800 787 984

Alcoholics Anonymous

If you are concerned about your drinking, the Alcoholics Anonymous Helpline offers friendly, confidential, non-judgmental advice and support.

Phone: 0800 229 6757

Alateen

Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. We help each other by sharing our experience, strength, and hope.

www.al-anon.org/for-alateen

HEALTH AND FITNESS

Sport Otago

Sport Otago is a charitable trust which provides a wide range of sport and recreation services to the Otago community including supporting pathways for youth to access sporting opportunities through sport development, education and training.

Sporting Chance: Funding for year 5-13 students from financially disadvantaged homes to take part in organised sport.

Active Families (Dunedin only): A family centred initiative to support children aged 5 – 18 years.

Green Prescription: A free physical activity kick start programme for anyone aged 18 years and over

Phone: (03) 474 6350

Address: 40 Logan Park Drive, North Dunedin, Dunedin

www.sportotago.co.nz

Dunedin Sustainable Living

Practical information and short courses to show how you can reduce carbon emissions, save money as a consumer and create a healthier lifestyle.

Phone: (03) 477 1922

Address: 153 High Street, Dunedin

www.sustainableliving.org.nz

Section 4: Childcare and Family Wellbeing / Social Support Services

Childcare and Family Wellbeing

Family Start

Family Start focuses on improving children's growth and health, learning and relationships, family circumstances, environment and safety. It helps families/whānau who are struggling with challenges or problems that make it harder for them to care for their baby or young child. A qualified Family Start worker visits you in your home, working collaboratively with you and your family to agree and achieve goals to enhance your family's wellbeing.

The Family Start programme is available from as early as three months into a pregnancy and (if required) up until a child is 5 years old. Your family can generally enter the programme up until a child is one year old and in some circumstances up until two years. You can refer yourself to this programme, or with your consent, a support worker/professional working with your family may refer you.

Phone: (03) 477-0801

Address: 266 Hanover Street, Dunedin

www.anglicanfamilycare.co.nz

Otago Playcentre Association Inc.

Details available on 36 play centres throughout Otago. Co-operative, supportive, family based, early childhood, parent education and leadership courses. A special needs team operates

at the Play centre Association to support centres to meet the needs of children/family/whanau with special needs.

Phone: (03) 488 3932

Address: 114 Main Road, Fairfield, Dunedin

www.playcentre.org.nz

Plunket Society

New Zealand's largest provider of support services for the development, health and wellbeing of children under 5 years. Plunket works together with families and communities, to ensure the best start for every child. Whānau āwhina - caring for families. Plunket offers a wide range of services in different areas. There are a number of playgroups and coffee groups throughout the Otago area, and new groups are always being established to meet the needs of our communities.

Phone: 03 474 0490 Fax: 03 477 9535

Address: 18 Lome St, Dunedin

www.plunket.org.nz

Strengthening Families

Strengthening Families is a way of providing better co-ordinated support for families/whanau by using an interagency case management approach. It aims to improve family health, educational attainments and reduce the incidence of persistent offending or abuse and neglect.

Phone: (03) 470 0839

Address: Family Works, 407 Moray Place, Dunedin

www.strengtheningfamilies.govt.nz

Child, Youth and Family (CYF)

CYF social workers work with families to: protect children and young people up to the age of 17 years; manage young offenders up to the age of 17 years; ensure that children in need are cared for; help families maintain and strengthen their child-rearing role.

Phone: 0508 FAMILY

Address: First Floor, Philip Laing Building, 144 Rattray St, Dunedin

www.cyf.govt.nz

Pregnancy Help Inc.

Pregnancy Help offers:

- Non-judgemental information, advice & support
- Information about & referrals to other agencies & services
- Practical support such as bassinets, baby & children's clothing, bedding & nappies.

All of our services (including the provision of practical support) are provided at no cost to the service user.

People can contact us themselves or be referred to us by another agency or services. You are also welcome to bring a support person along with you when you have contact with us.

Hours: Monday – Thursday 9.30am – 2.30pm (we also try to be flexible with appointment times being made outside of these hours).

Phone: 03 455 5892

Address: Ground Floor South City Mall, South Dunedin, Dunedin

www.pregnancyhelp.org.nz

Early Years Hub

The Mission's Early Years Hub is a friendly place where families / whānau can access a wide range of free services, programmes and support, including;

- Ante-natal classes
- B4 School checks
- Beautiful Births Midwives
- Breastfeeding support
- Conscious Parents
- Cooking classes
- Dunedin Korean Playgroup
- Family Planning
- Free toy library
- Home Birth Association
- Music and Movement
- Parenting information
- Post Natal Depression Support
- Support and advocacy assistance
- Supported referrals to off-site services such as GPs

Phone: 03 466 3407

Address: 158 Oxford Street, South Dunedin, Dunedin

E-mail: hub@dmm.org.nz

Social Support Services

Catholic Social Services

A Family Social Service and Counselling Agency available to all – free or low cost. Services include: counselling and social Work support, parenting courses across developmental stages, Birth Support Group (an antenatal group for young mothers requiring extra support).

Open: Tuesday, Wednesday and Thursday.

- ABC Club (for young mothers)
- Game On (for dads)
- Cool parents Practical Solutions
- Being There
- Toolbox course (teens & Tweens)

Phone: (03) 4553838

Address: 42 MacAndrew Road, South Dunedin

www.cathsocialservices.org.nz

The Methodist Mission

Our client support services are designed to help people with issues of any size. Clients have a wide range of reasons for using our services, including; sorting through a worry, accessing information, checking benefit and housing entitlements, working through a difficult decision, finding out how get help from other agencies, or dealing with an emergency or a family crisis. Client support services are FREE TO ANYBODY

Phone: 03 466 4600 or 03 487 7284

www.dmm.org.nz

Anglican Family Care

Anglican Family Care is a child & family support service with a wide range of free support services, which include: Home based family support, emergency and respite care for children from birth to 16 years, parenting education courses, budget advice and support, counselling, advocacy, food bank, Social Workers in Schools, Restorative Justice and Family Start.

Phone: (03) 477 0801

Address: 266 Hanover St, Dunedin, 9016

www.anglicanfamilycare.co.nz

St Vincent de Paul Society

Assisting those in need with a range of services, such as a food bank and volunteer visiting.

Phone: (03) 477 0555

Address: 452 George Street

www.svdp.org.nz

The Salvation Army

The Salvation Army offers a wide range of free support services, which include: food bank, crisis support, budget advice, advocacy, spiritual support, community development projects. Home visits by a social worker, addiction services and life skills programmes.

Phone: (03) 477 8180

Address: 575 Princes Street, Dunedin

www.salvationarmy.org.nz

Arai Te Uru Whare Hauora

Arai Te Uru Whare Hauora is an independent community provider of free, confidential, safe and integrated health, education, and social services that support and encourage the growth and wellbeing of whanau and the wider community. We are available either at our premises, in your home, or at any one of our regular clinics.

- Well child/Tamariki Ora
- Parents as first teachers
- Strengthening Families
- The Incredible Years programme

Phone: (03) 471 9960

Address: Ground Floor, Trevian House, 60 – 66 Tennyson St, Dunedin

www.araituru.co.nz

Family Works

Family Works Otago is a service of Presbyterian Support Otago for children, young people, and family and community service.

Family Works Otago services include counselling services, community welfare and support, YouthGrow, and The Buddy Programme.

Phone: (03) 477 7116

Address: 407 Moray Place, Dunedin

www.otago.familyworks.org.nz

Arahina Community House Trust

We provide support to families within the community by offering skills based course for adults, out of school programs for children, and one on one support for individuals and their families as required. We work in collaboration with other social service providers.

Phone: (03) 489 5273

Address: 2 Perth Street, Mosgiel

E-mail: sharonl@dmm.org.nz

Te Hou Ora Otepoti

We offer programmes and activities for taiohinga to encourage, strengthen, and support. We co-ordinate access to appropriate support agencies. We have a learning and wellness centre catering for students 13 to 18 years of age offering core school subjects, life skills and tikanga Maori. All support by social intervention. Whanau support to maintain a positive home environment.

Phone: (03) 474-0266

Address: 8 Carroll St, Dunedin

www.thows.co.nz

Address: 20 Parry St West, Dunedin

E-mail: administrator@oywt.org.nz

Moana House

Moana House is a well-established residential therapeutic community for adult male offenders who want to change their lives. Many of our residents may also have a history of alcohol and/or drug abuse. We wish to provide a supportive family environment and a safe place to change.

A long term residential programme which offers:

- Professional group therapy
- Recreational experiences
- Work skills & training
- Life style skills
- Organisation & motivation skills
- A strong cultural commitment

Phone: (03) 477-0842

Address: 402 High Street, Dunedin

www.moanahouse.org.nz

Super Grans

Volunteers offer one on one life and home skills, mentoring to families and individuals in need of assistance. We come to your home once a week to pass on skills such as:

- Budget shopping/ budget cooking
- Household routines/ housekeeping
- Cooking
- Sewing
- Gardening
- Help for mums to gain NCEA levels
- Help to get people back into employment

We can also lend out tools such as sewing machines and gardening tools. You also get a copy of our fantastic cookbook with all our favourite recipes.

Phone: 474 0582

Address: 365 Princes St, Dunedin

[hwww.facebook.com/supergransdunedin](https://www.facebook.com/supergransdunedin)

YWCA

We support individual and community change by empowering women, especially young women, to develop and exercise their individual and collective leadership through enhancing their spiritual, physical, mental and cultural well-being. We are committed to addressing all forms of oppression, so that women may together attain social and economic justice.

Phone: (03) 479 0600

Address: 12-20 St Andrew Street, Dunedin

www.dunedin.ywca.org.nz

Section 5: Financial, Legal and Relationship Advice

ADVICE/ ADVOCACY

Dunedin Budget Advisory Service (DBAS)

The Dunedin Budget Advisory Service operates a free, confidential money management service, providing information, education, support and advice to all people within the greater Dunedin area, seeking to empower them to manage their own finances.

Phone: (03) 471 6158

Address: Dunedin Community House, 283-301 Moray Place, Dunedin

www.budgetingdunedin.co.nz

Citizens Advice Bureau (CAB)

We provide a free and confidential information, advice and referral service to the general public about anything. We also provide a Specialist Consumer Service. An Advocacy Service and Justice of the peace are available.

Phone: (03) 471 6166 or 0800 367 222

Address: Dunedin Community House

www.cab.org.nz

Tenancy Services

Information on tenancy and unit title matters.

www.tenancy.govt.nz

LEGAL ADVICE

Ngai Tahu Maori Law Centre

The purpose of the Ngai Tahu Maori Law Centre's mission is to provide an excellent free legal service, specific to Articles 1 and 2 of Te Tiriti o Waitangi. Through advocacy we aim to meet the needs of our people and increase the awareness of legal issues pertaining to Maori Land and other taoka. We recognise Ngai Tahu values and align ourselves with the Ngai Tahu 2025 vision.

Phone: (03) 477 0855 or 0800 626 745

Address: Level 1, 258 Stuart St, Dunedin

www.ngaitahulaw.org.nz

Dunedin Community Law Centre

We offer free legal advice and information, assistance, representation and education to the people of Otago. Legal areas such as: traffic, employment, tenancy, police, consumer, debt, criminal, ACC, neighbour, government departments, and family matters.

YouthLaw is a national community law centre for children and young people under 25 providing free legal information, advice, law related education, law reform service and, where capacity permits, representation services.

Phone: (03) 474 1922 or 0800 169 333

Address: 52 Filleul St, Dunedin

www.communitylaw.org.nz

Family Court

The Family Court aims to help people sort out their own problems as much as possible. The Family Courts Act 1980 places emphasis on counselling, conciliation and mediation and provides for the appointment of specialist Judges and Family Court coordinators.

Phone: 0800 268 787

Address: 41 Lower Stuart St, Dunedin

www.justice.govt.nz

Ministry of Justice – Victim Advisors

Confidential, free service offering information regarding matters before the court, advising victims progress.

There are 3 Victim Advisors:

- Jackie Muir 4715135
- Moya McConnell 4715170
- Heather Rei (sexual violence Victim Advisor) 4715107

Phone: 0800 650 654

Address: 184 High St, Dunedin

E-mail: jackie.muir@justice.govt.nz

Victim Support

To provide support to victims of crime, accident and/or personal trauma. Providing referrals to welfare, health, counselling, medical and legal help. To protect from unlawful intimidation and the opportunity to provide a victim impact statement.

Phone: (03) 471 4926 or 0800 842 846

Address: Central Police Station, 25 Great King St, Dunedin

www.victimsupport.org.nz

Victims Information

To provide support to help you or your family/ whanau to deal with the practical and emotional effects of the crime and information to help you understand the legal process.

Phone: 0800 650 654

www.victimsinfo.govt.nz

RELATIONSHIP ADVICE

Women's Refuge

Women's Refuge is New Zealand's most significant domestic violence organisation.

If you are living in fear in your relationship or in your family, or know someone who is, there are so many ways we can help you right now.

We warmly welcome all women of New Zealand and their children to our free advice, emergency accommodation and confidential advocacy services provided by women.

So when you're ready, phone us any time of the day or night, and we can show you how to create a better, safer future. We are always here for you.

Phone: 0800 733 843

www.womensrefuge.org.nz

Stopping Violence Dunedin Inc.

Stopping Violence Dunedin run an education programme to help men change their beliefs and behaviour within the context of their communities and their culture. The safety of women and children is of primary and paramount concern in all work and interactions we have.

Phone: (03) 474 1121 or 0800 474 1121

Address: 30 Portsmouth Drive, Dunedin

www.stoppingviolencedunedin.org.nz

Te Roopu Tautoko Ki Te Tonga Inc.

Stopping Violence program for Maori men. Smoking Cessation program for whanau. Problem gambling (Health Promotion only). Rongoa contract offering massage, mirimiri and massage. Offer individual counselling to both men, women and whanau.

Phone: (03) 477 4670 or (03) 477 4681

Address: 6 Wolseley St, Dunedin

E-mail: chris@tautoko.maori.nz

New Zealand Prostitutes Collective (NZPC)

NZPC supports the work of female, male, and transgender sex workers. We offer free information for people who are working, or thinking about working, in any part of the sex industry, condoms and water based lubricants, Information on HIV/AIDS and other STIs, and more.

Phone: 03 477 2517

Address: 411 Princes Street, Dunedin

www.nzpc.org.nz

Sophie Elliot Foundation

The aims of the Sophie Elliot Foundation are to prevent violence against women by raising awareness about the signs of abuse in dating relationships. The website provides information about unhealthy relationships, how to recognise if you are in a unhealthy relationship, and how you can get help.

www.sophieelliottfoundation.co.nz

Section 6: Disability Support

INFORMATION/ ADVOCACY SERVICES

Parent to Parent

Empowering families of people with disabilities and health impairments through support and information.

Parent to Parent connects parents with trained volunteer Support Parents. Support Parents: are parents of a child who has a disability or health impairment who offer a listening ear, have been trained to offer support to other parents, family, whanau or carers, can share experiences and offer practical solutions. We also have a variety of support groups so that parents can gain support and understanding in a group situation. It is also a great place to come and meet other people that understand what you may be going through.

Phone: 03 4701 086 or 0508 236 236 or 027 808 3949

Address: 514 George St, Dunedin

www.parent2parent.org.nz

Disability Information Service

A free information service that provides a broad range of information on disability and health related information for the Otago region. We also sell daily living aids and the Conni and Attends range of Continence products.

Phone: (03) 471 6152 or 0800 693 342

Address: 301 Moray Place, Dunedin

www.disabilityinfo.co.nz

The Family Network Inc.

The Family Network provides support, information and advocacy for families with a child with disabilities or special needs. We welcome all families, regardless of the child's disability or special need.

We also offer the following support groups.

- ADHD Support Group
- Cerebral Palsy Support Group
- Dyspraxia Support Group
- Foetal Alcohol Syndrome Disorder Support Group

Phone: (03) 474 5579 or (027) 454 2389

Address: 514 Great King St, Dunedin

<http://familynetwork.org.nz/>

Health and Disability Advocates / IHC Advocates

We provide information and support to consumers of health and disability services who are unhappy with the quality of service they have received.

Phone: (03) 479 0265 or 0800 555 050

Address: 286 George St, Dunedin

www.advocacy.hdc.org.nz

Personal Advocacy Trust

To provide advocacy and friendship for people with an intellectual disability after their parents die or become unable to advocate for their best interests.

Phone: (03) 455 3779

Address: 39 Tedder St, Saint Kilda, Dunedin

SUPPORT PROGRAMMES/ TRANSITION SUPPORT

Mosgiel Abilities Resource Centre (MARC)

We provide Day Programs/Services for people 18yrs – 65yrs, who have a disability and are eligible for funding by MSD.

Phone: (03) 489 0030

Address: 16 Green St, Mosgiel, Dunedin

www.marc.org.nz

IDEA Services

We provide support for all people with an intellectual disability. We provide support for ORS funded students transitioning from school and assist with students move from school to enter the wider community. We take a person centred approach, focusing on peoples goals and aspirations.

IDEA Services offers a Youth Space in Dunedin for young people 17 to 25 years with the emphasis on employment, voluntary work, work experience, self –esteem, social inclusion and independence.

IDEA Services will advocate for the rights, inclusion and welfare of all people with an intellectual disability and support them to live satisfying lives in the community.

Phone: (03) 466 3850

Address: 42 King Edward St, South Dunedin

www.ihc.co.nz

Supporting Families in Mental Illness – Able Charitable Trust

This is a free service where we have qualified field workers to provide family support, information, advocacy and education around mental illness, addiction and suicide.

We are a contracted service by the SDHB and our fieldworkers are mobile and will travel.

This is done in a variety of ways from one on one support, to support groups and Children Understanding Mental Illness (CUMI) programme.

Address: 34 Prince Albert Rd, St Kilda, Dunedin

www.able.org.nz

Pact

Today we provide a range of support for child and youth and adult clients. We provide the support in a range of settings including houses with staffing to meet client needs (eg we have supported landlord houses with no staff on site through to houses with 24-hour staffing); day programmes and centres which include social enterprises and vocational support, community support in people's own homes, respite care and carer support, peer support, consumer leadership, specialist Maori services, holiday programmes for youth and help into employment

Phone: (03) 477 4312

Address: 80 Filleul St, Dunedin

www.pactgroup.co.nz

Access Ability

Our role is to complete a Needs Assessment and Service Co-ordination (NASC) for people with long term impairment /disability needs that meet the MoH eligibility specifications and are aged between 0 to 65 years.

Access Ability works with people to:

- Identify their needs (Needs Assessment)
- Look at the services available (funded and unfunded)
- Arrange the appropriate support (Service Co-ordination)
- Any person can contact Access Ability for themselves or on behalf of someone else.

Services:

- After school care – van picks up from 7 schools
- Home support for people with disabilities from 5 to 20 years of age
- Weekend and school holiday programme
- The Salvation Army runs a programme with those who don't manage in mainstream schools to support them into employment.

Address: Burns House, Level 1, 10 George St, Dunedin
www.accessability.org.nz

Corstorphine Baptist Community Trust (CBCT)

CBCT offers a range of community-based and residential support services for adults, youth and children affected by mental health issues, intellectual disability and head injury.

Phone: (03) 487 8707
Address: 336 South Rd, Caversham, Dunedin
www.cbct.org.nz

Mount Cargill Trust

The Mount Cargill Trust provides specialised residential care to children, youth and young adults with an intellectual disability and/or autism, with associated high and complex support needs.

Phone: (03) 455 9200
Address: 314 King Edward St, Dunedin
www.mtcargilltrust.org.nz

CCS Disability Action

Our services focus on a person's goals. CCS Disability Action team members work holistically with people and their family/whanau to create a plan to support them to move towards their goals and dreams.

Services provided include:

- Support to families and young people with disabilities to navigate the health, education and disability systems
- Support for ORS funded students in their final year at secondary school to look at future options.

Phone: (03) 477 4117 or 0800 227 2255
Address: 514 Great King St, Dunedin
www.ccsdisabilityaction.org.nz

Enhanced Specialised Youth Care

Home help and domestic and personal support, including night sitter services and carer support.

Phone: (03) 455 0714
Address: 220 Fryatt St, Dunedin
www.access.org.nz

Sherwood Centre Charitable Trust

Support Services for people with disabilities with an emphasis on social inclusion and community development. Services include: supported employment, transition from school, community participation, vocational training, voluntary work and work experience. We work within a strengths based model of practice and believe that communities are enriched by the participation and inclusion of all people.

Phone: (03) 488 4926

Address: 28 Boomer St, Green Island, Dunedin

www.sherwood.org.nz

Sara Cohen School

As a Specialist School Sara Cohen School enrolls students from 5 to 21 years of age. The Rutherford Street site caters for secondary aged students and in this context the years leading up to transition from school are recognized as an important time in the life of our young people. Younger students enrolled at Sara Cohen School attend one of two satellite classes. The Concord School hosts a class for primary aged students and Bathgate Park School hosts a class for intermediate aged students

Phone: (03) 455 8347

Address: 44 Rutherford St, Caversham, Dunedin

www.saracohen.school.nz

Connections Education & Development Centre

We are a day activity centre for people with intellectual and physical disability.

Phone: (03) 487 8940

Address: 231 Middleton Road, Dunedin

E-mail: connect@earthlight.co.nz

Artsenta

Artsenta is a shared art studio for people within the mental health community. You need to be over 17 years and over and interested in being creative. Artsenta provides a wide range of creative activities, including a music room.

Address: 462 Princes St, Dunedin

www.artsenta.org

Riding for the Disabled

New Zealand Riding for the Disabled Association (NZRDA) is a charitable organisation which provides opportunities for anyone with a disability to enjoy safe, healthy, stimulating, therapeutic horse riding and horse-related activities in New Zealand

Phone: 021 029 48717

Address: 98 Flower Street, Dunedin

rdavolunteers@gmail.com

SPECIALISED DISABILITY PROVIDERS

Blind Foundation

The Foundation provides a wide range of services aimed at maximising independence by teaching skills and providing on-going support for people with visual impairment and blindness.

Phone: (03) 466 4255 or (03) 433 4230 or 0800 24 33 33

Address: Corner Hillside Road and Law St, Dunedin

www.rnzfb.org.nz

Akamarama Advocacy Inc.

We advocate for and on behalf of blind and sight impaired Maori and Pacific Island people and their families in a way that is culturally appropriate. Peer support and advocacy is also available.

Phone: (03) 455 3230

E-mail: peter@visionpacific.org.nz

NZ SpeakEasy Association Inc.

We are a support group for people who stutter before, during and after a recognised speech therapy course, although this is not a pre-requisite. We are a nationwide organisation, friendly and supportive.

Phone: (03) 489 2442

www.speakeasynz.org.nz

SPELD NZ Inc.

SPELD NZ Inc. Dunedin Local Liaison Group offers one-on-one assessment and tuition for people with specific learning disabilities, including dyslexia. It also offers information, support, advice and training.

Phone: 0800 773 536

www.speld.org.nz

Southern Audiology Ltd.

We provide a full range of audiological services including hearing tests for adults and children (3 years and older), Hearing Aid assessments and fitting, tinnitus counselling, noise and other ear protection and in-service training. Accredited assessors for ACC, WP & AccessAble funding.

Phone: (03) 464 0551 or 0800 505 535

Address: Marinoto Clinic Suite 17, 72 Newington Avenue, Maori Hill, Dunedin

www.southernaudiology.co.nz

Hearing Association New Zealand

To advance the interests and general welfare of all persons with a hearing loss, their family, whanau and all who support them, to improve their quality of life.

Phone: (03) 487 7641

Address: 2 Playfair St, Caversham, Dunedin

www.hearing.org.nz

Hearing Therapy Services (Life Unlimited)

Hearing Therapy Services, is a free service for those 16 and over, offering:

- Hearing screening
- Aural rehabilitation
- Communication needs assessment
- Tinnitus information counselling
- Hearing loss education
- Hearing aid management
- Community education around hearing loss
- Music induced hearing loss for school aged people years 12 and 13 students

Phone: (03) 456 4350

Address: 8 Baker St, Dunedin

www.life.nzl.org

Ear Health

Providing safe, professional ear care services at clinics throughout NZ.

Phone: (03) 455 0801 / 0800 550801

Address: 557 Hillside Road, Dunedin

www.earhealth.co.nz

Deaf Aotearoa

Assistance is provided for deaf people who wish to make changes in their lives. Needs are (jointly) identified at an interview between a client and a service co-ordinator. These may include income, accommodation, well-being and personal, educational or vocational aspirations. After the interview the service coordinator

and client develop a service plan to meet identified needs. This may include advice and intervention to help the client access existing services, or the service coordinator may develop specific services and/or training programmes to meet particular needs.

Phone: (03) 477 1033

Address: 2nd Floor, Rodgers House, 151-155 Princes St, Dunedin

www.deaf.co.nz

Altogether Autism

A national information and advisory service for people with an Autism Spectrum Disorder (ASD), their families, whanau and the wider community. Individualised information on ASD, issues affecting people with ASD, interventions, rights, access to services and support, Evidence based information and clinical advice through a clinical psychologist and a national professional expert group, Contact with a Support Parent whose child also has ASD, Community network meetings and seminars throughout the country, Website, newsletter and database of service providers.

Phone: 03 4701 086 or 0508 236 236 or 027 808 3949

Address: 514 George St, Dunedin

www.altogetherautism.org.nz

Autism New Zealand

Providing advice on Autism Spectrum Disorder (ASD) to individuals, families or professionals.

Phone: (03) 487 8811

Address: 2 Playfair St, Caversham, Dunedin

www.autismnz.org.nz

Community Rehabilitation Centre

Community Rehabilitation Centre is part of the Rehabilitation Ward Centre. The multidisciplinary team of therapists provide goal focused and time-framed community based rehabilitation to clients with physical disability aged 16 to 65, and their disability will be primarily a physical one. Assessment and rehabilitation may be based in the home, in the community, or at the Rehabilitation Centre. Includes: Physiotherapists, Occupational Therapists, Speech and Language Therapists, Social Workers, and Psychologists.

Phone: (03) 476 6044

Address: Wakari Hospital, 369 Taieri Rd, Dunedin

www.southerndhb.govt.nz