






Upper Clutha and Central Otago Older Persons Support Services

Name	Description	Contact	Website	Logo
Community Services				
Able Minds	Supporting families around the mental distress of a loved one	03 448 9303	www.able.org.nz	
Age Concern Otago	Elder abuse and Neglect prevention services Support services Information Resources Visiting service	0800 652 105 03 477 1040 agecon@ageconotago.co.nz	https://ageconcernotago.com/contact-us	
Alexandra Community Advice Network	Provide free confidential information and support Volunteer driver service	14-20 Centennial Avenue Alexandra 03 448 7771 alexcan@ash.org.nz	https://acan.co.nz/	
Alexandra Community House	Advocacy and information Community connectors	14-20 Centennial Avenue Alexandra 03 440 0740 admin@ach.org.nz	https://www.facebook.com/AlexandraCommunityHouse/	
Alzheimers Otago Upper Clutha and Central Otago	Support, programmes, and information for those with dementia and their families Cognitive Behaviour Therapy groups	0274414077 03 448 9056 Alexandra central@alzheimersotago.org.nz	https://alzheimersotago.org.nz/	







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CCS Disability Action	Support, advice, and information relating to a disability	14-20 Centennial Avenue Alexandra 03 218 9696 or 0800 227 2255 Admin.Southland@ccsDisabilityAction.org.nz	https://ccsdisabilityaction.org.nz/contact/branch-information/alexandra/	 ccs disability action Including all people
Central Otago Friendship Network	Friendship Coordinator	14-20 Centennial Avenue 022 411 9140 cofriendshipnetwork@gmail.com	https://www.facebook.com/CentralOtagoFriendshipNetwork/	
Community Networks Wanaka	Assistance with cost of counselling and household costs. Social worker and food parcels	34 McDougall Street, Wanaka 03-443 7799 info@communitynetworks.co.nz	https://communitynetworks.co.nz/	 Community Networks Wānaka
Cromwell Community House	Older peoples services and clinics	5 Murray Terrace Cromwell 03 445 1690 cch@xtra.co.nz	https://www.eldernet.co.nz/Facilities/Formal_groups_organisations/Cromwell_Community_House/Service/DisplayService/FaStID/9168	making life easier. <small>powered by THE eldernet GROUP</small>
Enliven	Day activity programme – Club Enliven Social workers	03 477 7115 enliven@psotago.org.nz	https://enliven.org.nz/contact-us	 Positive Ageing Services





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Food assistance	Food for Love Free homecooked meals Wanaka	contact@foodforlovewanaka.com	https://www.foodforlovewanaka.com/ https://www.facebook.com/pg/Foodforlove1/posts/	
RSA Alexandra/Clyde	Welfare field worker	35 Centennial Avenue Alexandra 03 448 8090	www.rsa.org.nz	
Senior Citizens Alexandra	Regular meetings and activities	Skird Street Alexandra 03 448 7007	https://centralotagonz.com/alexandra-clyde/alexandra/community-support/x,1,4691/alexandra-senior-citizens.html	
The Salvation Army Alexandra/Cromwell/Wanaka	Family Store, Counselling Budget assistance Food assistance	Alexandra 03 448 9436 Cromwell 03 445 3353 Wanaka 03 443 5068	https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra/alexandra-corps https://www.facebook.com/pages/category/Local-Business/The-Salvation-Army-NZ-200663823443236/ https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown/queenstown-corps	
Upper Clutha Senior Citizens-Prime Timers	Bi-monthly meetings, afternoon tea, regular outings and speakers	Tenby Street Wanaka 021 043 1054 ucsc.club@gmail.com	http://ucscclub.weebly.com/contact-us.html	

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Medical Centres				
Alexandra Family Medical	Health Improvement Practitioner (HIP) and Health Coach	18 Limerick Street Alexandra 03 901 6277	http://alexfamilymed.co.nz/	
Aspiring Medical Centre	Health Improvement Practitioner and Health Coach	23 Cardrona Valley Road 03 443 0725 office@aspiringmedical.co.nz	https://www.aspiringmedical.co.nz/	
Cromwell Family Practice		Unit 3 Cromtrade 2 McNulty Road Cromwell 03 445 4666	https://www.cromwellfamilypractice.co.nz	
Cromwell Medical Centre		192 Waenga Drive Cromwell 03 445 1119	https://www.crommed.co.nz/	
Health Central Ltd	Health Improvement Practitioner (HIP) and Health Coach	93 Tarbert Street, Alexandra 03 440 0295	https://www.healthcentralnz.com/	
Junction Health	Health Improvement Practitioner (HIP) And Health Coach	1A Traders Lane Cromwell 03 445 4688	https://www.junctionhealth.co.nz/	

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Ranfurly Medical Centre		51 Tyrone Street Ranfurly 03 444 1073 admin@ranfurlymed.co.nz	https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurly-medical-centre/	
Roxburgh Medical Centre		65 Scotland Street Roxburgh 03 446 8200 admin@rocmed.health.nz	https://roxburghmedical.com/	 R O X B U R G H Medical Services Trust
Wanaka Medical Centre	Health Improvement Practitioner and Health Coach - Free support regarding any wellbeing or lifestyle concerns	23 Cardrona Valley Road 03 443 0710	https://wanakamedical.co.nz/	
Mental Health Support				
1737	Talk to a trained counsellor	Free call or text Anytime 24/7 Or call 0800 1737 1737	https://1737.org.nz/	NEED TO TALK? 
Brief Intervention Service	Free assistance & support to people experiencing mild to moderate mental distress	GP or practice nurse referral 0800 477 1155 info@wellsouth.org.nz	https://wellsouth.nz/community/mh-concerns/brief-intervention-services/	

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Central Lakes Community Mental Health Service	Moderate to severe maternal mental health distress	19 Douglas Street Queenstown 03 441 0010 Hospital Street Clyde 03 440 4308	www.southernhealth.nz	
Emergency Mental Health Support		Emergency 0800 467 846 Press 2 for Wanaka (OTAGO)		
Wanaka Mental Health Peer Support Group	Peer support every Tuesday of the month 6pm-7pm Monthly walk last Saturday of month 10am meet at Edgewater Hotel Cafe	Wanaka Plunket Rooms 51 Ardmore St, Wanaka	peersupport@mentalhealthwanaka.org	

Te Hau Toka

S O U T H E R N L A K E S W E L L B E I N G G R O U P

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