









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@ach.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 Stimulation Therapy groups	0274414077 03 448 9056 central@alzheimersotago.org.nz	https://alzheimersotago.org.nz/	

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<p>CCS Disability Action</p>	<p>Support, advice, and information relating to a disability</p>	<p>14-20 Centennial Avenue Alexandra</p> <p>03 218 9696 or 0800 227 2255</p> <p>Admin.Southland@ccsDisabilityAction.org.nz</p>	<p>https://ccsdisabilityaction.org.nz/contact/branch-information/alexandra/</p>	
<p>Central Otago Friendship Network</p>	<p>Opportunities for all ages to participate in social activities and make new friends through groups, home visits and one to one meetings</p>	<p>14-20 Centennial Avenue 022 411 9140</p> <p>cofriendshipnetwork@gmail.com</p>	<p>https://www.facebook.com/CentralOtagoFriendshipNetwork/</p>	
<p>Community Networks/LINK Wanaka</p>	<p>Connection to social support services, information and advice; subsidised counselling and financial assistance; social worker appointments; food parcels; support programme for local families with pre-school age children; training opportunities; community group consultation and funding.</p>	<p>34 McDougall Street, Wanaka 03-443 7799 info@communitynetworks.co.nz</p>	<p>https://communitynetworks.co.nz/</p>	






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Cromwell Community House	Older peoples services and clinics	5 Murray Terrace Cromwell 03 445 1690 cromwellcommunityhouse@gmail.com	https://www.cromwellcommunityhouse.org/ https://www.facebook.com/CromwellCommunityHouse	
Enliven	Day activity programme Alexandra – Club Enliven Social workers	03 477 7115 enliven@psotago.org.nz	https://enliven.org.nz/contact-us	
Food assistance	Food for Love Free homecooked meals Wanaka	food@foodforlovanaka.com	https://www.foodforlovanaka.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	





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The Compassionate Friends Central Otago	Support group for bereaved parents and grandparents and siblings	0273960611 centralotagocf@gmail.com	http://compassionatefriends.org.nz	
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	
Medical Centres				
Alexandra Family Medical	Health Improvement Practitioner (HIP) and Health Coach	18 Limerick Street Alexandra 03 901 6277 reception@alexfamilymed.co.nz	http://alexfamilymed.co.nz/	


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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 info@cromwellfamilypractice.co.nz	https://www.cromwellfamilypractice.co.nz	
Cromwell Medical Centre		192 Waenga Drive Cromwell 03 445 1119 cmc.reception@southlinkgp.co.nz	https://www.crommed.co.nz/	
Health Central Ltd	Health Improvement Practitioner (HIP) and Health Coach	93 Tarbert Street, Alexandra 03 440 0295 reception@healthcentralnz.com	https://www.healthcentralnz.com/	
Junction Health	Health Improvement Practitioner (HIP) And Health Coach	1A Traders Lane Cromwell 03 445 4688 reception@junctionhealth.co.nz	https://www.junctionhealth.co.nz/	 <p style="text-align: center;">Junction Health is a fully RNZCGP accredited training practice</p>

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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@roxmed.health.nz	https://roxburghmedical.com/	
Wanaka Medical Centre	Health Improvement Practitioner and Health Coach - Free support regarding any wellbeing or lifestyle concerns	23 Cardrona Valley Road 03 443 0710 admin@wanakamedical.co.nz	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/	<p style="text-align: center; color: #0070c0;">NEED TO TALK?</p> 
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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<p>Central Lakes Community Mental Health Service</p>	<p>Moderate to severe maternal mental health distress</p>	<p>19 Douglas Street Queenstown 03 441 0010</p> <p>Hospital Street Clyde 03 440 4308</p>	<p>www.southernhealth.nz</p>	<p>Te Whatu Ora Health New Zealand Southern</p>
<p>Emergency Mental Health Support</p>		<p>Emergency 0800 467 846 Press 2 for Wanaka (OTAGO)</p>		
<p>Wanaka Mental Health Peer Support Group</p>	<p>Peer support every Tuesday of the month 6pm-7pm Monthly walk last Saturday of month 10am meet at Edgewater Hotel Cafe</p>	<p>Wanaka Plunket Rooms 51 Ardmore St, Wanaka</p>	<p>peersupport@mentalhealthwanaka.org</p>	

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

Updated January 2023