

# FIORDLAND COMMUNITY CONNECTIONS DIRECTORY (2023)



Fiordland is a great place to live and there are plenty of ways to get active and involved. This 2023 directory covers community clubs, service and support groups, and activities with a wellbeing or social connection component.

## Creative, Interest and Hobby



Name



Phone



Email/Online

Art Classes	Catriona Cunningham		cmecunningham@gmail.com
Creative Fibres Te Anau	Gwen Challoner	027 414 7513	gwen.challoner@gmail.com
Fiordland Art Society/Hub	Katherine Morrow-Shefford	027 714 5315	fiordlandartshub@gmail.com
Fiordland Camera Club	Chris Watson	027 847 8044	fiordlandcamera@gmail.com
Fiordland Community Gardens	Katherine Mitchell	027 262 7472	fiordlandcommgarden@gmail.com
Fiordland Dance School	Jessica Henwood	021 0293 9926	fiordlanddance@yahoo.co.nz
Fiordland Embroiderers Guild	Ann Campbell	027 249 7224	campbellsonthelake@gmail.com
Fiordland Patchwork & Quilters Group	Anne Buchanan	021 045 3707	
Fiordland Performing Arts Trust (previously Fiordland Players)	Angela James	027 331 8030	fiordlandplayers@gmail.com
Hollyford Conservation Trust			info@hollyfordconservationtrust.org.nz
Lower Upukerora Restoration Group	George Ledgard		upukrestoration@gmail.com
Manapouri Art Group	Ann Whatley	021 186 7732	awhatleynz@gmail.com
Sewing Classes	Jane Gilder	027 534 6163	info@janegilder.com
Southland Ecological Restoration Network (SERN)			www.sern.org.nz
Southland Stamp Club	David Fortune	(03) 249 7259	david.fortune@xtra.co.nz
Stitch In Time	Judi Manning	027 200 0268	
Te Anau Bridge Club	Marg Hughes	027 222 7833	teanaubridgeclub@gmail.com
Te Anau Crafting Community	Sarah Veitch	027 345 2023	
Te Anau Flower Shows	Judy Matthews	027 233 5955	apcjd@xtra.co.nz
Te Anau Library Book Club	Te Anau Library	(03) 249 7379	
Te Anau Pottery Club	Katherine Morrow-Shefford	027 714 5315	fiordlandartshub@gmail.com
Te Kōawa Mahinga Kai Restoration Project	Vanessa Horwell	021 0255 6918	info@tewaiaumahikakaitrust.co.nz
Vintage Machinery Museum	Bob Anderson	021 224 0409	bobteanau@gmail.com
Waiiau Fisheries and Wildlife Habitat Enhancement Trust (Waiiau Trust)			www.waiiaustrust.org.nz
Waitangi Trust	Jamie Dale		info@teanauwaitangiday.co.nz
Weedbusters Manapouri	Alister Burgess	022 692 7757	julieburgess63@yahoo.co.nz

If you are part of a group and would like to be added, or would like to update information already listed, contact Te Hau Toka's Fiordland Wellbeing Coordinator:

Anna Star | 021 055 3535 | [anna.star@greatsouth.nz](mailto:anna.star@greatsouth.nz)

# FIORDLAND COMMUNITY CONNECTIONS DIRECTORY (2023)

## Sports and Exercise



Name



Phone



Email/Online

	Name	Phone	Email/Online
Active Southland Walking Group	Tilley		tilley@activesouthland.co.nz
Aero Club (Fiordland)	Michael Blomfield	027 225 7442	www.fiordlandaeroclub.nz
Aerobics	Sarah Spargo		taaerobics@gmail.com
Badminton Club	Mike Scandrett	023 601 7634	mike.scandrett@gmail.com
Basketball (social)		(03) 2497404	www.fiordlandcommunitycentre.co.nz
Clay Target Club (Te Anau)	Craig Horrell	027 280 0092	craigrachael@xtra.co.nz
Fast and High movement class	Casey Brown	021 0226 9892	casey.groundedmovementco@gmail.com
Fiordland Athletics Club	Shaun Cantwell	027 249 8687	s.cantwell@fiordland.school.nz
Fiordland Climbing Wall	Andy Magness	021 550 053	fiordlandwall@gmail.com
Fiordland Community Swimming Pool	Peter Dolamore	(03) 249 9215	pjdola@gmail.com
Fiordland Endurance & Adventure Racing Society (FEAR) (orienteering; rogaining & adventure/endurance events)	Andy Magness	021 550 053	ultramentalbook@gmail.com
Fiordland Firearms Club & Rifle Range	Steve Reed	(03) 249 7704	
Fiordland Hockey Club	Colin Keyse	027 240 7688	fiordlandhockey@gmail.com
Fiordland Netball	Karyn Gamble	021 335 3828	netballfiordland@gmail.com
Fiordland Squash Club	Warren Pearson	027 499 4656	fiordlandsquash@gmail.com
Fiordland Swimming Club			fiordswim@gmail.com
Fiordland Waka Ama Club	Fiona Lee		fiordland.waka@gmail.com
Firearms Club (Fiordland)	www.ffc.org.nz		secretary@ffc.org.nz
Flourish: Functional Movement, Yoga and Mindfulness	Kerri-Anne Edge	027 249 7172	www.flourishkiwi.com
	Tammy Magness		tammy.magness@gmail.com
Over 60's Exercise Group	Casey Brown	021 0226 9892	casey.groundedmovementco@gmail.com
Kepler Challenge Mountain Run			info@keplerchallenge.co.nz
Kung Fu Te Anau	Tony Wairiri	027 321 5323	sootahil@hotmail.com
Manapouri Boat Club	Jo Wilson	021 149 2465	manapouriboatclub@gmail.com
Parkrun			www.parkrun.co.nz/lake2laketrail
Perenuka Mountain Bike Park			www.facebook.com/perenukamtbpark
Power Hooping with Mandy	Mandy Stevens	027 490 9218	tmstevens@farmside.co.nz
Roller Skating	Marcia van Bezooijen	021 0262 7477	marciamanapouri@gmail.com
Seniors Aqua Fit Group	Cathy Lewsley	(03) 249 9114	fiordphysio@gmail.com
Stand Up Paddleboarding	Courtney Quintrell	www.facebook.com/groups/4324888170911713	
Te Anau Boating Club	Iain Campbell	(03) 249 7620	www.teanauboaclub.org.nz
Te Anau Bowling Club	Mike Dodd	(03) 249 9444	f.s.elder@hotmail.com
Te Anau Clay Target Club	Craig Horrell	027 280 0092	teanaugunclub@gmail.com
Te Anau Community Yoga	Mariana Alvarino		teanauyoga@gmail.com
Te Anau Cricket Club	Greg Taylor	027 383 6464	
Te Anau Croquet Club	Suzanne Ballinger	03 249 8969	
Te Anau Cycling Inc	Vaughn Filmer	021 203 6096	teanau.cycling.inc@gmail.com
Te Anau Darts Club	Greg Ineson	027 253 6035	greginesonnz@gmail.com

# FIORDLAND COMMUNITY CONNECTIONS DIRECTORY (2023)

## Sports and Exercise

	 Name	 Phone	 Email/Online
Te Anau Football Club	Andres Saavedra	027 896 6729	teanaufc@gmail.com
Te Anau Golf Club	Catherine Wakelin	022 6206 819	teanau golf@xtra.co.nz
Te Anau Open Water Swimmers		www.facebook.com/groups/1672368246156586	
Te Anau Pilates	Marianne Carroll	021 0871 7823	teanau pilates@gmail.com
Te Anau Rodeo Club	Peter Dolamore	027 6884 626	pjdola@gmail.com
Fiordland Rowing Club	Lindsey Pearce	027 491 3240	
Te Anau Rugby Club	Leeann Porteous	021 466 623	teanaurugby@gmail.com
Te Anau Smallbore Rifle Club	Shayne Mercer	027 2046 580	shayne13@xtra.co.nz
Te Anau Tennis	Murray Willans	027 366 5727	teanautennis@gmail.com
Te Anau Trampoline Club	Sylvia Bell	021 621 501	flite.incorp@gmail.com
Te Anau Tumbletime (for under 5's)	Tracey Buchanan	027 855 2620	tumbletimeteanau@gmail.com
Te Anau Walk Group	Adrienne Stewart	027 229 7250	stewart.dipton@xtra.co.nz
Tramping & Outdoor recreation club	Liz Scott		lizscott66@xtra.co.nz
Weekend Women Warriors Te Anau		www.facebook.com/groups/443419549327220	
Zumba	Avril Clark	027 249 4050	actcteanau@xtra.co.nz

## Childcare & Education

	 Name	 Phone	 Email/Online
Blue Duck Early Learning Centre		(03) 249 7177	www.blueduckchildcare.co.nz
Fiordland College		(03) 249 7819	www.fiordland.school.nz
Fiordland Kindergarten		(03) 214 0237	www.ska.co.nz/kindergartens
Fiordland Outdoor Play Group	Abi James		fiordlandoutdoorplaygroup@gmail.com
Just 4 Kids Homebased Care / Early Learning		027 567 5990	www.justfourkids.co.nz
Mainly Music	Heidi Berkelaar	022 315 3326	(look for us on Facebook)
Mararoa School		(03) 249 5816	www.mararoa.school.nz
Serenity Care - Home Based Holiday Programme	Nita Cole	021 058 8988	serenitycareholidaycare@gmail.com
Southern Stars Early Learning Centre		(03) 249 7858	www.southernstars.co.nz
Te Anau After School Club	Katrina van der Gulik	021 362 820	taafterschoolclub@gmail.com
Te Anau Primary School		(03) 249 7131	www.teanau.school.nz
The Key Playcentre	Ashleigh Still	027 917 8044	thekey@playcentre.org.nz

*Many thanks to the community groups, active volunteers, and dedicated staff who enable these activities or services to run in our community year after year. You make a huge contribution towards our wellbeing.*

*Thanks also to Kathy Singleton and Friends of The Library for their time towards compiling the original lists from which this directory was generated.*

# FIORDLAND COMMUNITY CONNECTIONS DIRECTORY (2023)

## Social, Support / Service



Name



Phone



Email/Online

Alcoholics Anonymous	Jan	027 4314 076	
Antenatal Coffee Group	Anna Star	021 055 3535	fiordlandfamilies@gmail.com
Autism NZ Support Group	Wendy Jenkins	022 020 0106	southland@autismnz.org.nz
Breastfeeding Peer Support	Anna Star	021 055 3535	
Building Better Blokes	Sam McBride	027 478 4699	sam@livemewell.com
Community House	Vicki Shayler	(03) 249 7754	office@fiordlandcommunityhouse.co.nz
Digital and Technology Support	Te Anau Library	(03) 249 7379	amy.johnstone@southlanddc.govt.nz
			Sherree.Simpson@southlanddc.govt.nz
Fiordland Community Kai Group	Angela Crawford	021 0276 0894	angecrawford2004@gmail.com
Fiordland Community Kai volunteers	Angela Crawford	021 0276 0894	
Fiordland Events Website (listings of local upcoming events/activities)			www.teanauevents.co.nz
Fiordland Families Network	Jo Marsh	027 323 1545	fiordlandfamilies@gmail.com
Fiordland Grief Support Network	Hannah Rae		hello@hannahrae.co.nz
Fiordland Multicultural Community	Laura Johnstone	027 265 8049	laura@fiordlandcommunityhouse.co.nz
	Sagar Khamani	027 555 0069	sagar.khemani@kaitahu.maori.nz
Fiordland Outdoor Play Group	Abi James		fiordlandoutdoorplaygroup@gmail.com
Fiordland Sunday Market	Merle Buchanan	021 158 6686	houseofwood@xtra.co.nz
Fiordland Women's Club	Lyn Lawrence	027 454 5723	rosenreel@xtra.co.nz
Frenz Fiordland	Miriam Dudfield	021 054 2027	frenzfiordland@gmail.com
Friends Of The Library	Marilyn Hunter	027 229 0753	huntermm@xtra.co.nz
Golden Age Group	Norma McKay	(03) 249 7859	mckaybrewl@gmail.com
Hospice & Family Bereavement Support	Cheryl Chittock	027 422 5182	teanau@hospiceshop.org.nz
Manapouri Community Library	Jenny Tapsell	027 492 8118	
Manapouri Volunteer Fire Brigade	Ray Hannan	027 221 4503	www.portal.fireandemergency.nz
Marakura Yacht Club	Steff Braaksma	021 178 4423	secretary@marakura.org
Parent Support Coffee Group (Te Anau Plunket)	Johanna Krueckeberg	021 0882 2687	
Pick-me-up, free local transport service for residents	Local Volunteers	021 0874 1044	
Plunket Group (Te Anau)	Anna Thomas	(03) 249 8399	teanau.plunketgroup@plunket.org.nz
Pomona Island Charitable Trust	John Whitehead	027 249 8525	pomona.rona@gmail.com
RealNZ Fiordland Community Events Centre	Jude Cantwell	(03) 249 7404	www.fiordlandcommunitycentre.co.nz
Returned Service Association (RSA)	President	(03) 2498224	fiordland.rsa@gmail.com
Rotary Club Of Fiordland	Kendra Young	027 681 5257	fiordlandrotary@gmail.com
Santa's Little Helpers	Anna Thomas	(03) 249 8399	santashelpersteanau@gmail.com
St John Te Anau Volunteer Ambulance	Yau Kho		yau.kho@stjohn.org.nz
Steady as you go, Falls Prevention Programme	Fiordland Community House	(03) 249 7754	office@fiordlandcommunityhouse.co.nz

## Social, Support / Service

	 Name	 Phone	 Email/Online
Te Anau Community Market	Alana McLeod	027 2023 294	teanaumarket@gmail.com
Te Anau Kepler Lions Club	Jo Wilson	021 1492 465	teanaukeplerlions@gmail.com
Te Anau Library		(03) 249 7379	amy.johnstone@southlanddc.govt.nz Sherree.Simpson@southlanddc.govt.nz
Te Anau Lions Club	Trevor Lyall	021 0810 1906	trev.marg.lyall@gmail.com
Te Anau Neuro Group	Cathy Lewsley	(03) 249 9114	fiordphysio@gmail.com
Te Anau Scout Group	Noel Walker	027 434 3954	suenoelwalker@xtra.co.nz
Te Anau Toy Library			teanautoylibrary@gmail.com
Te Anau volunteer Fire Brigade	Graeme Moffat	027 333 4127	
Te Anau Waitangi Charitable Trust	Jamie Dale		info@teanauwaitangiday.co.nz
Te Anau Young Farmers			teanau@youngfarmers.co.nz
The Grace Place (pre loved goods)	Joy Excell	027 288 6473	nevillejoyxl@gmail.com

## Religious

	 Name	 Phone	 Email/Online
Anglican Association of People	Miriam Dudfield	021 0542 027	miriamdudfield@hotmail.com
Anglican Church	Miriam Dudfield	021 0542 027	miriamdudfield@hotmail.com
Catholic Church		(03) 249 7584	stbernard.teanau@gmail.com
Lakeside Presbyterian Church	Sandra Harry	(03) 249 7174	lakesidechurch@xtra.co.nz
Te Anau Life Church	Wayne Watson	027 281 8340	wayne@leestonnewlife.co.nz
Youth Group, School Years 7-13 (Te Anau Life Church)	Hunter & Melody Pearce	020 4085 4934	hunter.mel@hotmail.com

The information in this directory has been provided by the Fiordland Community groups or activities themselves, and compiled by the Fiordland Wellbeing Coordinator. It is correct to the best of our knowledge at the time of printing. Every active local group in the community has the opportunity to be listed, but have not been vetted and are not necessarily endorsed by Te Hau Toka/the wellbeing coordinator. Please ensure you background check any groups or services for suitability before joining.



# Te Hau Toka

SOUTHERN LAKES WELLBEING GROUP



# Five Ways to Wellbeing

You can introduce any of these simple, evidence-based actions into your life, any time, and you will begin to feel the wellbeing benefits. Whakatōkia ngā rautaki māmā nei ki tō ao kia rongo ai koe i ngā painga.



Your time,  
your words,  
your presence

**Giving** is more than just the sharing of material things with others. It is about cultivating a spirit of generosity and promoting active participation in social and community life.

Volunteering and community involvement has been strongly linked with positive feelings and functioning. Helping others, sharing one's skills and resources, and behaviours that promote a sense of purpose and team orientation have been found to help increase self-worth and produce a positive emotional effect.

Giving is important for all age groups. It helps develop strong social cognition in children, a sense of purpose and self-worth in adults and particularly older people who have left the workforce and have time to offer.



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

Research shows a strong correlation between **physical activity** and increased wellbeing, as well as lower rates of depression and anxiety. It is now viewed as essential for people of all ages and has been shown to slow age related cognitive decline.

Evidence suggests that physical activity can increase self-belief, the ability to cope with difficult situations and provide a sense of mastery. It can also have the benefit of encouraging social interactions.

Physical activity does not need to be particularly energetic to be of benefit. Moderate exertion three to five times a week can significantly reduce symptoms of depression, but improvements can also be seen from single bouts of exercise of less than 10 minutes.



EMBRACE NEW EXPERIENCES.  
SEE OPPORTUNITIES. SURPRISE YOURSELF

**Learning**, remaining curious and setting goals is important for all ages. For children, it leads to positive cognitive and social development, while for adults it can lead to improvements in self-esteem, social interaction and a more active and involved life. It has also been shown to be effective in preventing depression in later years.

Adult learning in particular includes elements of goal-setting, which is strongly associated with higher levels of wellbeing. This is particularly true when goals are self generated, positively focused and align with personal values.

Learning is more than just an activity for formal education. It can include any approaches to maintaining curiosity and an enquiring mind.



REMEMBER THE SIMPLE THINGS  
THAT GIVE YOU JOY

Developing skills that increase **awareness** of what is immediately happening – both physically and mentally, within and around us – can improve wellbeing. Even short courses teaching simple techniques can enhance wellbeing for several years.

Much research has been done on mindfulness, which has been shown to have positive effects that include heightened self knowledge. It suggests that an open awareness is particularly valuable for choosing behaviours that are consistent with one's needs, values and interests. Alignment to one's values is also an effective way to ensure that behaviour change becomes embedded over time.

Specific approaches that have been shown to enhance wellbeing include gratitude, forgiveness, reflection and the development of meaning.



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

**Feeling close** to other people and valued by them is a fundamental human need. Across all ages, relationships and participation in a social life are critical for mental wellbeing and effective buffers against mental disorder.

Strong social relationships are supportive, encouraging, and meaningful, and a wider social network is also important for feelings of connectedness and self worth. The key message of Connect is that giving time and space to both strengthen and broaden social networks is important for wellbeing.

The wellbeing of individuals is bound up in the wellbeing of their communities, so actions that focus solely on individual, inward-looking benefits will not be as effective as those that stress the importance of fostering relationships with others.