

Auckland

COVID-19 Support and Resources

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COVID-19 Support and Resources

Food Bank

West Auckland

Organisation	Contact	Details	Suburb
Foodbank NZ	<p>If you are in need of a food parcel please get in touch with Work and Income first on 0800559 009. They have a range of assistance options available. You can find more information on their website at www.workandincome.govt.nz</p>	<p>Help finding a foodbank for you by contacting them</p>	
Vision West	<p>Phone: 09 818 0716</p> <p>Email: kai@visionwest.org.nz</p> <p>Address: 97 Glendale Road at the Glen Eden</p> <p>FB: https://www.facebook.com/VisionWestCommunityTrust</p> <p>www.visionwest.org.nz/patakakai_covid19</p>	<p>For households/whanau: Opening hours are 12pm -3pm, Wednesdays and Fridays</p> <ul style="list-style-type: none"> - Enter through the Ambler Ave entrance. - ONE key shopper/driver per car - Park in the car park and WAIT in your car - Please wear a mask and use the contact tracing app. - Someone will come to your car to collect the necessary information. - Your food will then be placed in the boot of your car; please ensure you have space in your car. - one parcel per car unless you are collecting for your whanau and others. - We have plenty of food supplies so, please be patient and do NOT exit your car." 	GLEN EDEN

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Salvation Army - welfare centres	<p>Waitakere Central - Henderson 7-9 View Road, Henderson Phone: (09) 837 4471 waitakerecentral.corps@salvationarmy.org.nz</p> <p>New Lynn 32 Delta Avenue, New Lynn Phone: (09) 827 3128 newlynn.corps@salvationarmy.org.nz</p>	Call or email your local centre and the team will let you know how they can help you in the safest way possible.	Henderson, New Lynn
Hope Worldwide	<p>Facebook: Hope Worldwide-Pakistan - Home Facebook 0210 254 4023 hopeworldwide@xtra.co.nz</p>	<p>HOPE FOOD BANK is open Wednesday-Thursday, 12-3 PM.</p> <ul style="list-style-type: none"> - No referral required. - Need to fill out this form here to ask for a food parcel. Please visit their Facebook page to register. 	
Seed 2 Harvest	<p>Email: seedtoharvest15@gmail.com: 021 091 89324 FOOD PARCEL DISTRIBUTION Seed2Harvest</p> <p>FB: https://www.facebook.com/S2Harvest/</p>	<p>S2H SEED Food Parcels was established to support our vulnerable families within the Auckland Region. Since March 2020 when COVID 19 hit our Nation, S2H became an essential service and continues the service today.</p> <p>Please visit or contact them for details: https://www.seed2harvest.co.nz/food-parcel-distribution</p>	

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<p>Hope Centre Foodbank</p>	<p>Address: 4109 Great, North Road, Kelston 0210 804 8436 hopecentrefoodbank@gmail.com</p> <p>FB: https://www.facebook.com/encounterhopefoundation/</p>	<p>The Hope Foundation provides fortnightly food parcels, and a drop in centre for companionship, encouragement and relaxation in a safe environment</p> <p>Open Wednesday Thursday and Friday's from 10am to 2:45pm</p> <ul style="list-style-type: none"> - No referral required. <p>Pickup food parcels (family parcels not available)</p> <ul style="list-style-type: none"> - If someone is at the door, stay in your car until it's your turn - Details will be taken (please 2m away from door), parcel placed outside and door shut before parcel is collected 	<p>New Lynn, Blockhouse Bay</p>
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<p>Norwest Foodbank</p>	<p>www.norwestcaretrust.org.nz 022 568 6337 norwestfoodbank@gmail.com 021 0863 3785 foodbank@norwestcaretrust.org.nz</p>	<p>Delivering food parcels Wednesdays & Fridays Contact by email or phone and one of the Care Crew volunteers will contact you on the nearest Wednesday or Friday</p>	<p>Huapai Branch: Servicing Huapai, Kumeu, Taupaki, Riverhead, Waimauku, Muriwai, Coatesville & Whenuapai</p>
<p>Care Waitākere</p>	<p>https://www.carewaitakere.org.nz/admin@carewaitakere.org.nz (09) 834 6480</p>	<p>Available for those in need (in Te Atatū) who are ineligible for WINZ food grants please contact reception 09- 834 6480</p>	<p>Te Atatū</p>
<p>Village Community Trust</p>	<p>http://villagetrust.co.nz/ 09-826 5427 https://www.facebook.com/thevillagecommunityservicetrust/</p>	<p>Contactless pick up service, every Tuesday, Thursday & Friday. NO deliveries will be available. Pick up is from our hub on Rosebank Rd, Avondale.</p> <ul style="list-style-type: none"> - Please click here to apply for a food parcel. - Choose a date and time and you will receive a text to confirm your time and location 	<p>Avondale</p>
<p>Ranui Baptist Community Care</p>	<p>464 Swanson Road 027 261 4330 https://careranui.org.nz/</p>	<p>Open Tuesday and Friday 9.30am – 11.30am</p> <ul style="list-style-type: none"> - Please bring some form of identification and proof of address. - Must live in or near Ranui. - limited food stock 	<p>Ranui, Swanson</p>

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<p>Laingholm Community Support</p>	<p>Email: support@laingholm.net Freephone: 0800 007 008 www.laingholm.net</p>	<p>Locals can phone/email to arrange a food parcel delivered free to the gate. Can also arrange shopping and delivery of food for people who are unable to get to the supermarket. Area supported: From Titirangi Roundabout Woodlands Park – Waima - Laingholm – Parau</p>	<p>West Auckland: please visit their website for details: https://laingholm.net/wp-content/uploads/2021/08/AreasCovered.jpg</p>
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		Cornwallis – Huia – Whatipu	
The Fono (Pasifika only)	https://thefono.org/		

South Auckland

Organisation	Contact	Details	Suburb
Foodbank NZ	If you are in need of a food parcel please get in touch with Work and Income first on 0800 559 009. They have a range of assistance options available. You can find more information on their website at www.workandincome.govt.nz	Help finding a foodbank for you by contacting them	
Kai Collective	https://www.facebook.com/KaiCollectiveProject/	East and South Auckland food support	
Manukau Urban Māori Authority (MUMA)	https://www.muma.co.nz/ Open Mon-Fri 9am - 2.00pm 0800 686232	Located at Nga Whare Waatea Marae – must have photo ID	
Supreme Sikh Society	70 Takanini School Rd, Takanini	The food parcels are said to last 3-4 days for a family. Check Facebook page for availability.	
Salvation Army Manukau Central Corps	16D Bakerfield Place, Manukau, South Auckland (09) 263 7328 Call centre open Mon - Fri: 10:00-12:00, 1:00-3:00pm	Assistance & Foodbank operating by appointment only, call centre between hours to the left, leave name and number and we will call you back to assist.	
St Marks Church	stmarks@xtra.co.nz 09 576 5296	Food bank and general assistance	Pakuranga

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Papakura Marae	Open Mon-Fri 10am - 2.30pm 09 297 2036	No walk-ins. Call and leave msg and you will be called back for a screening.	Papakura, Manurewa
Manurewa Marae	09 6400821 Facebook page	No walk-ins. Due to high demand please fill out this support form if you are whānau living in Manurewa.	Papakura, Manurewa
United We Stand – Rewa waka of caring	2 McCannelly St – Old Auto one shop next to Dominos. Open everyday from 8.30am.	Food parcels, clothing, blankets and kitchenware. Must wear a mask when entering the drop in. Food parcels will be handed at the door. One person at a time.	Papakura, Manurewa
The Otara Kai Village	In front of Jetts Gym Otara Town Centre	require proof of ID	Otara, Papatoetoe
Otara Food Bank	Shop 3, 46 Fair Mall Place Check Facebook page for more details	Register on Otara Health Charitable Trust on https://tinyurl.com/y5ny7vdx . This link is only open on Wednesdays from 9am. This link will stay activated until the maximum allocation is reached (then the link will be deactivated again until the next Wednesday). Each request is for the FRIDAY of that week. If you try the link and it is unavailable, that means it is CLOSED. Same day delivery of food parcels.	Otara, Papatoetoe
South Auckland Christian Foodbank	Contact Ian on 0508 242643 or 0274771092 or ian@sacfb.org.nz		

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St Vincent de Paul Society	47 Station Rd 09 2704088 or 0800680090 auckland@vinnies.co.nz	Monday, Wednesday, Friday mornings 9:30 am-12:30 pm. Pick up only. Delivery reserved only for urgent and most vulnerable families - these are assessed case by case.	Otahuhu
Otahuhu Salvation Army	09 2765793 or 09 3797615 or 0800530000 Otahuhu.corps@salvationarmy.org.nz		Otahuhu
Rawiri Community House	Check FB page for updates 09 2638202 liz@rawiri.org 1 Rata Vine Drive Wiri	Pick up at community house. First in, first served. Bring own bags.	Wiri
The Fono (Pasifika only)	https://thefono.org/		
St Marks Church	stmarks@xtra.co.nz 09 576 5296	Food bank, general support (for senior)	Pakuranga

Central Auckland

Organisation	Contact	Details	Suburb
Foodbank NZ	If you are in need of a food parcel please get in touch with Work and Income first on 0800 559 009. They have a range of assistance options available. You can find more information on their website at www.workandincome.govt.nz	Help finding a foodbank for you by contacting them	
Hills Church	office@hillschurch.nz Hillsborough Rd	Delivery of food parcels - Adhering to Ministry of Health guidelines	Hillsborough

COVID-19 Support and Resources

		<p>Supermarket runs for those who are housebound due to:</p> <ul style="list-style-type: none"> - Age - Lowered immunity - Self-isolation 	
St Vincent de Paul (Vinnies)	<p>09 815 6122 auckland@stvinnies.co.nz</p> <p>1201 Great North Road</p>	<p>Food parcels available</p> <ul style="list-style-type: none"> - Contact between 10am – 3pm Monday - Friday - delivery only 	Point Chevalier
Merge Café Merge Community, Street Reach and Navigators	453 Karangahape Road, Auckland Central	Food parcels, shelter, and more Available between 10:30 and 11:30, Monday to Friday, for peer support relating to housing and benefits.	

Auckland-wide

Organisation	Contact	Details	Suburb
Foodbank NZ	If you are in need of a food parcel please get in touch with Work and Income first on 0800 559 009 They have a range of assistance options available. You can find more information on their website at www.workandincome.govt.nz	Help finding a foodbank for you by contacting them	
Salvation Army	0800 53 00 00 to find your local ministry	<p>Food parcel pickup (not accepting walk-ins)</p> <ul style="list-style-type: none"> - Client needs to call in advance - They will be given a time to collect - Adhering to Ministry of Health guidelines 	

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Presbyterian Support Northern	09 309 2054 8 Madeira Lane, Grafton Collections between 11am – 12pm Monday to Friday	Food parcel pickup - Completed form needs to be emailed before 10am. No walk ins - Collections are one person in, one out	
Foodbank NZ	P: 022 045 8184 E: info@foodbank.co.nz W: www.foodbank.org.nz	Food parcel delivery - Online only	
Auckland City Mission Help needed	09 303 9266 Monday – Friday 9.00am – 3.00pm	- ACM 09 303 9266 and speak to the Crisis Care team. - You will then be given a time to collect from ACM distribution centre at 15 Auburn Street, off Boston road in Grafton. - Everyone must take ID with them.	
Auckland Council	Auckland Emergency Management 0800 22 22 00	Call the emergency management free number to discuss options on how to access food and essential goods	
The Fono (Pasifika only)	https://thefono.org/		
Takanini Sikh Gurudwara		Collections only. Mon–Fri, 4pm–6pm. Drive in entry gate and open your boot. Do not leave your car. Drive out through exit gate once boot has been loaded	

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Support for delivery

Organisation	Contact	Support	Suburb
Sikh Aware	Central Auckland: ph 021 529 437	provides a free grocery delivery - they shop for you and strive to provide free next day delivery. The recipient must pay for their groceries. They won't deliver on alcohol or tobacco.	
Student Volunteer Army	call 09 801 2122	The SVA Foundation run three major programmes: SVA Kids, SVA Service Award and SVA Clubs. They put together a grocery service in response to COVID-19	

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Accommodation

Auckland-wide

Organisation	Contact	Support	Suburb
Tenancy Services	0800 836 262 (Tenancy Services) www.tenancy.govt.nz	For renting and tenancy advice	
Work and Income	www.workandincome.govt.nz/housing 0800 559 009 (General Line)	For help finding or paying for accommodation	
Whānau Ora	0800 929 282 if you are in the North Island 0800 187 689 if you are in the South Island	Whānau Ora helps whānau access health and welfare services, and meet basic needs for food, accommodation, heating, internet connectivity, water and sewerage.	
Civil Defence and Emergency Management (CDEM) Group	https://www.civildefence.govt.nz/find-your-civil-defence-group/	If you are not eligible for Work and Income assistance If you are stranded because you could not get home before the domestic travel window ended, and do not have anywhere to stay, contact your local Civil Defence and Emergency Management (CDEM) Group	
the COVID Healthline	0800 358 5453	Where self-isolation at home is not appropriate, or you are a health worker living with people at high risk of COVID-19 infection call the COVID Healthline: 0800 358 5453.	
Kāhui Tū Kaha	0800 855 755	Shelter and mental health support We provide a variety of services including Maori, Pacifica, Awhi Ora (primary support), Asian service, Muslim, and rainbow support.	

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West Auckland

Organisation	Contact	Support	Suburb
Waitākere Salvation Army	Jason Dilger Jason_Dilger@nzf.salvationarmy.org 09-8374471	Supporting rough sleepers with: - Food parcels - Emergency accommodation	Waitākere
Vision West	Phone: 09 818 0706 housingfirst@visionwest.org.nz	Supporting with emergency accommodation	
Housing First	09 531 4040	Emergency accommodation	

Central Auckland

Organisation	Contact	Support	Suburb
Merge Café Merge Community, Street Reach and Navigators	453 Karangahape Road, Auckland Central	Food parcels, shelter, and more Available between 10:30 and 11:30, Monday to Friday, for peer support relating to housing and benefits.	

South Auckland

Organisation	Contact	Support	Suburb
Link People	0800 932 432	Emergency accommodation and service navigation	

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Budget and Financial Support

Auckland-wide

Organisation	Contact	Support	Suburb
Work and income	0800 559 009 (General Line) 0800 552 002 (Seniors 65+) 0800 88 99 00 (Students) www.Covid19.govt.nz/business-andmoney/financial-support/covid-19-financial-support-tool/	<ul style="list-style-type: none"> - would like assistance - aren't sure if you can get assistance - are struggling to support yourself, or your family 	
The Fono (Pasifika only)	https://thefono.org/		
IRD information about Covid leave and wage subsidies	https://www.ird.govt.nz/covid-19/business-and-organisations/employing-staff/leave-subsidies/wage-subsidy---issues-for-employers	Information support	
Information on financial support schemes	https://covid19.govt.nz/business-and-money/financial-support/financial-support-for-individuals-and-whanau/	Information support	

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West Auckland

Organisation	Contact	Support	Suburb
Henderson Budget Service	https://www.budgeting.org.nz/ Phone: 09 836 4141 , Email: referrals@budgeting.org.nz Address: Level 1/20 Alderman Drive, Henderson	We provide free, confidential, non-judgmental budgeting advice and support to individuals and families in the West Auckland community. Now conducting free budget advice over the phone.	Henderson
Vision West Budgeting service	https://visionwest.org.nz/money-mentors/ Phone: 09 8180714 Email: budgeting@visionwest.org.nz Address: 97 Glendale Rd, Glen Eden, West Auckland.	We provide financial guidance for people who are facing money difficulties, struggling with overspending or debt repayments, experiencing changes in financial circumstances, or just wanting to understand financial literacy so they can manage their money better. Our service is free and 100% confidential.	
IRD information about Covid leave and wage subsidies	http://www.communitywaitakere.org.nz/communitywaitakere/assets/File/noticeboard/2021/IRD%20wage%20subsidy.pdf	Information support http://www.communitywaitakere.org.nz/communitywaitakere/assets/File/noticeboard/2021/IRD%20wage%20subsidy.pdf This is a brief document on wage subsidy schemes offered by IRD.	

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Family Violence

Organisation	Contact	Support	Suburb
Safe to talk	Call to talk on 0800044334 or text 4334, or Call us to talk 0800 044 334 Or text 4334	Trained specialists 24/7 Free, Confidential, Non-judgemental sexual violence helpline connect you to support services in your community.	
Family violence information line	0800 456 450	provides self-help information and connects people to services where appropriate. It is available seven days a week, from 9am to 11pm, with an after-hours message redirecting callers in the case of an emergency.	
Shakti	0800 742 584 - 24 hours	for migrant, ethnic and refugee women	
Shine domestic abuse services	0508 744 633 (9am and 11pm)	Shine directly helps adults and children who experience domestic violence to become free from fear, violence and control:	
Hey Bro helpline	0800 HeyBro (439 276)	supporting men to stop their violence	
Elder Abuse Helpline	0800 32 668 65 - 24 hours Text: 5032 Email: support@elderabuse.nz	When you call the helpline, you'll be put in touch with a coordinator who works in your region. The coordinator will: ask for consent to assess your situation work with you to make sure you are safe and help you manage the risk of abuse or neglect identify and work with other organisations who can help and support you, including police, health providers, lawyers, banks and government agencies.	

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Police help for rape or sexual assault	calling 111	If the rape or sexual assault has just happened then you should contact Police as soon as possible by calling 111.	
Oranga Tamariki line	0508 326 459, email: contact@ot.govt.nz for concerns about children and young people		
Women's Refuge The Shielded Site	https://shielded.co.nz/	Now any website can be a place of refuge. If you need help but are worried about repercussions from a controlling or abusive partner, this is a safe way to find it. With The Women's Refuge Shielded Site, victims of domestic violence access a shielded portal through which they can contact us, find out how to make a plan to safely get out of a dangerous situation, learn how to stay safe online and get answers to questions about what comes next – all without fear of it showing up in their browser history for anyone else to find.	
Women's Refuge	info@refuge.org.nz Crisis line 0800REFUGE Send confidential messages through the Shielded Site feature on major websites	Is an essential service and will be minimising face to face contact (telephone and online guidance will be used whenever possible) in order to keep everyone safe. To find your nearest refuge: https://womensrefuge.org.nz/contact-us/find-your-local-refuge/	
Help needed		To support women you are concerned about: - Help them to feel less isolated by setting up regular times to talk to you and to others. - Agree on a 'code word' in advance. If they message you that word, you can call the police and ask them to check on them. - Ask them if they have the essential	

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		things they need (such as food, medication, and sanitary items) and help them to get them. Some abusive people will withhold these items. - Encourage them to get in touch with Women's Refuge if they feel unsafe - If there is an emergency, and someone is being hurt or threatened, ring Police on 111 Financial donation https://womensrefuge.org.nz/make-a-donation/	
Family Action	office@familyaction.org.nz	Offering crisis support and counselling by telephone	
Better Blokes	09 378 8812 email manager@betterblokes.org.nz	free peer support for male survivors of sexual abuse	
Male Survivors Aotearoa New Zealand	0800 044 344 https://malesurvivor.nz/	Offers one-to-one, peer and support groups for male survivors of sexual abuse and their significant others	
Tu Wahine Trust	09 838 8700 https://www.healthpoint.co.nz/social-services/sexual-harm/tu-wahine-trust/	call 09 838 8700 for kaupapa Māori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau	
ACC Sensitive Claims Unit	0800 735 566 https://www.findsupport.co.nz/	call 0800 735 566 for access to services related to sexual abuse or sexual assault	
Korowai Tumanako	022 474 7044 https://www.korowaitumanako.org/	text or call 022 474 7044 for a kaupapa Māori service for those with concerning or harmful sexual behaviour	
Stop	https://www.stop.org.nz/	support for concerning or harmful sexual behaviour	

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<p>Te Ohaakii a Hine National Network Ending Sexual Violence Together</p>	<p>http://toah-nnest.org.nz/index.php/get-help/find-help</p>		
<p>The House Of Gabriel Family Refuge</p>	<p>https://www.thehouseofgabriel.org.nz/ 09-835 2990, info@thehouseofgabriel.org.nz, Facebook page: https://www.facebook.com/THoG2021</p>	<p>The House of Gabriel Family Refuge provides practical and emotional support to men, women, and children as a family, through its diverse range of intervention and prevention social work services currently located in Henderson, West Auckland</p>	<p>Henderson, West Auckland.</p>

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Suicide Crisis

Organisation	Contact	Support	Suburb
Lifeline - 0800	0800 543 354 or (09) 5222 999 within Auckland		
Suicide Crisis Helpline	0508 828 865 (0508 TAUTOKO)		
Depression Helpline	0800 111 757		
Samaritans	0800 726 666	Suicide prevention	

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Wellbeing

Talk

Organisation	Contact	Support	Suburb
Need to talk? 1737	Free call or text 1737	for mental health support from a trained counsellor	
Depression Helpline	0800 111 757 (Depression Helpline)		
What's Up?	0800 942 8787	a safe place for tamariki and rangatahi to talk	
Skylight	0800 299 100	helping children, young people and their families and whānau through tough times of change, loss, trauma and grief	
Lifeline	0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)		
Suicide Crisis Helpline	0508 828 865 (0508 TAUTOKO)		
Depression and Anxiety Helpline	0800 111 757 or free text 4202 to talk to a trained counsellor about how you are feeling or to ask any questions.		
Anxiety phone line	0800 269 4389 (0800 ANXIETY)		
Family Services 211 Helpline	0800 211 211	for help finding, and direct transfer to, community-based health and social support services in your area	
Supporting Families NZ	Free phone: 0800 732 825 Phone: 09 378 9134 Mon-Fri 8.30 am - 5.00 pm Email: admin.auckland@sfnz.org.nz Web:	We support families and whānau to provide the best possible quality of life and recovery to their loved one who has a mental illness and to their	

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	supportingfamilies.org.nz	own self care. We are open to any self referral by email or telephone. It can be hard looking after families and whānau experiencing mental illness, especially at times like these, so let's pull together and help each other. Our Support Workers are still available and ready to provide free support, information and advocacy for you via phone, zoom or email. They are working from home each day, so don't hesitate to reach out to us. If you call us and the phone is engaged, please leave a message for us and we will get back to you as soon as we can.	
Clearhead	https://www.clearhead.org.nz/	Clearhead is a virtual wellbeing assistant who will help you with learning about COVID-19 and your mental health. Available for free, 24/7.	
Auckland City Mission	Street: 23 Union Street, Auckland Central Postal: PO Box 5352, Victoria St West, Auckland 1142 Free phone: 0800 864 357 Phone: 09 303 9200 Fax: 09 379 5657 Administration Fax: 09 303 9305 Email: info@aucklandcitymission.org.nz	Ongoing checks on health and wellbeing, alongside providing essential supplies including: - Food - Clothing Conducted over the phone and in person - Adhering to Ministry of Health Guidelines	
Heart and Minds	09 441 8989 info@heartsandminds.org.nz https://www.heartsandminds.org.nz/ We provide a range of FREE Wellbeing & Resilience Groups in Waitemata DHB, please contact learning@heartsandminds.org.nz	Hearts & Minds NZ is a community development agency with an integrated focus on wellbeing Our purpose: To inspire stronger, healthier communities by connecting people to resources and support that transform lives	North Shore, Rodney and Waitakere (Waitemata DHB)

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Fonuaola	https://www.fonuaola.org.nz/	counselling service for Pacific people by Pacific people	
Tamaki Langafonua Tongan Community Centre	https://www.healthpoint.co.nz/social-services/social/tongan-tamaki-langafonua-community-centre/	counselling service for Pacific people in Glen Innes	
GROW	Phone: (09) 846 6869	This is a volunteer association of people who know they need a stabilising influence to correct a mental, social or spiritual condition in their life and who earnestly desire to change.	
Te Ata	Phone: (09) 837 0671	a peer-led community support centre based in West Auckland for the West Auckland community. offer educational, recreational and social support services to people with a diagnosed mental health disorder	
The Lowdown	Phone: 0800 111 757 or Text 5626	Some days life really sucks. No reason. No explanation. Don't freak out: it's OK to feel down sometimes. Everyone has times when they feel tired or low. Tomorrow is a new day and you might feel brighter and more on top of things. But if your bad days are dragging into bad weeks, you could be getting stuck because of something more serious. We can help you get unstuck if you are worried about Covid 19, school, relationship, depression, anxiety, self or grief and loss.	
Just a Thought	Email: hello@justathought.co.nz	This free online course introduces easy-to-use, practical strategies to cope with stress during difficult times. You'll learn how to support your mental and emotional health, and practise skills to	

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		help you and your whānau stay on track.	
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Physical exercise and activities

Organisation	Contact	Support	Suburb
the Green Prescription (information can be found at https://www.sportauckland.co.nz/Green-Prescription/Online-Options)	Click on ZOOM link https://zoom.us/j/2679558208 Or, enter ZOOM meeting ID: 267 955 8208	Live Streaming 30-minute exercise classes online (Zoom account not required). Mondays & Wednesday 10am and Friday's at 9.30am	
	Click on ZOOM link https://us02web.zoom.us/j/81228209077 or, enter ZOOM meeting ID: 812 2820 9077	Women's Only Live Streaming Exercise Class Wednesday's at 5pm	
	Click on the Zoom link here to join the webinar https://us02web.zoom.us/j/2679558208 ...or by using the following Zoom meeting ID: 267 955 8208	Nutrition & Wellbeing Webinars Wednesday's at 10.30am	
	Click on ZOOM link https://us02web.zoom.us/j/81228209077 or, enter ZOOM meeting ID: 812 2820 9077	Ante Natal (Pregnancy) Exercise Class Online - Free to Join Saturday's at 10.30am.	
	You don't need your own Zoom account to join, simply click on the link below to join: https://us02web.zoom.us/j/81121801865 or, use the following Zoom meeting ID: 811	Active Families Kids Bake Along & Activities - Online Weekly Series! - Free to Join each Friday afternoon at 2pm.	

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	2180 1865		
	<p>Join our live, informal conversation on Zoom (you don't need a Zoom account to join, just click the link): https://us02web.zoom.us/j/84264398505</p> <p>Or, enter the Zoom meeting ID: 842 6439 8505 Passcode: GRXLIVE</p>	<p>Eating Well Q & A with Dietitian on Zoom</p> <p>Tuesday the 21st of September at 7.30pm</p>	
The Really Happy Hour	https://reallyhappyhour.co.nz	This online tool helps us put down the rosé, step away from the beer and enjoy summer in new ways. Let's do a little less of the stuff that makes us feel average later, and a little more of the things that generate long-term happiness for real. Share your really happy hour on social media	
Melon	You can access Melon via Apple App Store or Google Play Store	You can access Melon via Apple App Store or Google Play Store	
The Raukauri Music Therapy Centre	Phone: (09) 360 0889	§ We are the only not-for-profit music therapy centre in New Zealand. Our team of nine music therapists provide individual, pair and group music therapy. We provide life-changing music therapy for children experiencing long-term hospitalisations, adults with dementia, special needs children impacted by trauma, those with developmental disabilities and many others.	
Dance & Arts Therapy NZ (DTNZ)	Phone: (09) 636 3029 https://dancetherapy.co.nz/	§ provides mental health and disability services. Our kaupapa is to support and empower	

COVID-19 Support and Resources

		vulnerable individuals and groups in Aotearoa New Zealand through the use of Dance Movement Therapy and Arts Therapy. We have a particular focus on those with disabilities and special needs but also work with at-risk tamariki from low income backgrounds and people of all ages struggling with trauma.	
Toi Ora Live Art Trust	Toi Ora Live Art Trust	His service promotes social, intellectual, artistic and creative pursuits that enrich people's lives and improve capacity. Our members are able to explore their creative ideas and potential and develop their strengths and potential in the arts in a safe, non-institutional environment. Toi Ora Live Art Trust provides an array of visual arts, writing, music and recording classes and workshops that are tutored by professional practitioners with experience and/or an understanding of the issues surrounding mental health. Studio space is available for members wishing to work on individual or collaborative projects.	

Sport Capability Resources

Organisation	Contact	Support	Suburb
Aktive's COVID-19 Hub	https://harboursport.co.nz/project/aktives-covid-19-hub/	running weekly Sector Resilience Meetings led by Aktive and including the latest information from Sport New Zealand, Auckland Council, the Gaming Machine Association of New Zealand and others.	not for covid
ActivAsian	https://www.sportauckland.org.nz/ActivAsian-1/ActivAsian	As the Asian population has grown, Harbour Sport and Aktive enabled the expansion of the ActivAsian	not for covid

COVID-19 Support and Resources

		<p>project so it can now be carried forward through Sport Auckland, Sport Waitakere and CLM Community Sport. ActivAsian aims to engage the Asian community in sport and recreation</p>
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Healthy Lifestyle Resources

Organisation	Contact	Support	Suburb
Sportauckland	https://harboursport.co.nz/healthy-lifestyle-resources/	Active Families Online Sessions	
	https://harboursport.co.nz/project/youtube-videos/	Exercise and Nutrition YouTube Channels	
	https://harboursport.co.nz/project/online-exercise-providers/	Online Exercise Providers	
	https://harboursport.co.nz/project/how-to-effectively-achieve-your-goals/	How to Effectively Achieve Your Goals	
	https://harboursport.co.nz/project/managing-stress/	Managing Stress	
	https://harboursport.co.nz/project/motivation/	Motivation	
	https://harboursport.co.nz/project/eating-healthy-on-a-budget/	Eating Healthy on a Budget	
	https://harboursport.co.nz/project/exercise-what-to-do-how-much/	Exercise. What to do, how much.	
	https://harboursport.co.nz/project/sleep/	Sleep	

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	https://harboursport.co.nz/project/smart-comfort-eating/	Smart Comfort Eating	
	https://harboursport.co.nz/project/stretching-2/	Stretching	
	https://harboursport.co.nz/project/winter-mental-wellbeing/	WINTER MENTAL WELLBEING	

COVID-19 Support and Resources

LGBTQI Support

Organisation	Contact	Support	Suburb
OUTline NZ	0800 688 5463	LGBTQIA+ support for confidential telephone support for sexuality or gender identity issues	
RainbowYouth (RY)	https://ry.org.nz/tpss	Transgender support accessible support services around gender and sexuality can be challenging.	
InsideOUT	Phone: 027 331 4507	a national charity providing resources, information, workshops, consulting, and support for anything concerning rainbow or LGBTQIA+ issues and education for schools, workplaces, and community organisations	
Gender Minorities Aotearoa	Phone: (09)3764155	a nationwide transgender organisation. It is run by and for transgender people, including binary and non-binary, intersex, and irawhiti takatāpui.	
Aotearoa New Zealand Sex Workers' Collective (NZPC)	Phone 09-366 6106	this service is run by sex workers, for sex workers, and advocates for the rights, safety, health, and well-being of all sex workers	
Lesbian Aotearoa New Zealand	Website: http://www.lesbian.net.nz/	this site is a resource for both social and support for people who identify as Lesbian	
Genderbridge	www.facebook.com/groups/genderbridge/	www.facebook.com/groups/genderbridge/	

COVID-19 Support and Resources

Alcohol and drug

Organisation	Contact	Support	Suburb
Alcohol Drug Helpline	0800 787 797 Text 8681		
Alcoholics Anonymous Aotearoa/ New Zealand (A.A New Zealand)	www.aa.org.nz or call the contact centre Phone: 0800 229 6757	This is a peer-based organisation made up of people recovering from alcohol addiction.	
Community Alcohol and Drug Services (CAD'S)	Phone: 0800 787 797 (10am-10pm)	This service runs several free educational and therapeutic groups for people who may have issues with alcohol and drugs or have family and friends who are affected, this also includes dual diagnoses funded through the Waitemata District Health Board to anybody in the Auckland region.	
Higher Ground Drug Rehabilitation Trust	Provides rehabilitation programmes that are based on 12 Step recovery principles	Provides rehabilitation programmes that are based on 12 Step recovery principles	
Oasis Centre (The Salvation Army Gambling Support)	Phone: 0800 53 00 00	The Salvation Army Oasis provides a range of free and confidential services to anyone experiencing harm caused by alcohol or other drug use, or gambling.	

COVID-19 Support and Resources

Support for disabilities

Organisation	Contact	Support	Suburb
New Zealand Delay	https://www.nzrelay.co.nz/videolibrary	If you are deaf, hearing impaired, Deafblind or speech impaired you can use the New Zealand Relay Service to call.	
Deaf Aotearoa video resources	https://www.deaf.org.nz/resources/	Deaf Aotearoa website has a rich collection of videos that can support deaf people through these challenging and changing times.	
Healthline COVID-19	advice can be accessed by e-mail on ops@homecaremedical.co.nz fax on 09 377 6247 (e-mail and fax are monitored round the clock, but you may not get an immediate response) use Facebook Messenger to reach Healthline through its Facebook page (monitored 7am – 11pm every day).		
Feeling down? Anxious? Overwhelmed?	You can text to 1737 if you are experiencing distress or anxiety. It's available 24/7 and a webchat option is also available.		
Countdown	https://shop.countdown.co.nz/shop/content/priority-assistance	Countdown has a priority online shopping service for older people, people with disabilities, people with chronic health conditions, and people who are self-isolating.	
New World and PAK'nSave	For New World and PAK'nSave, customers can call 0800 363 977 between 9am-5pm, Monday to Friday only, to book a priority slot at selected stores. If you call outside the		

COVID-19 Support and Resources

	<p>priority operation times, you will not be able to access the priority services. Note that this service is not available in all areas. New World can do deliveries and PAK'nSave only provides Click and Collect. If the priority slots are fully booked, people will be referred to SVA.</p>		
Parent to Parent	<p>https://parent2parent.org.nz/ Freephone: 0508 236 236</p>	<p>This Non for profit organisation that empowers families and whanau of people with disabilities and health impairments through support and information. Parent to Parent also delivers SibSupport NZ and Altogether Autism programmes</p>	National wide

COVID-19 Support and Resources

Dental support

If you or your child in pain, or you have immediate concerns about their teeth, please phone one of the following clinics:

Auckland-wide

Organisation	Contact	Support	Suburb
Glenfield Intermediate	09 444 6160	Emergency dental work.	
Point England	09 570 4309	Emergency dental work.	
Brown's Road	09 264 0047	Emergency dental work.	
Pukekohe Intermediate	09 237 1070	Emergency dental work.	

West Auckland

Organisation	Contact	Support	Suburb
McIntosh Dental	43 Lincoln Road, Henderson 09 837 2598 open provisionally 8-1pm 7 days	Emergency dental work.	
Henderson Intermediate	09 838 9751	Emergency dental work.	

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Senior Support

Auckland-wide

Organisation	Contact	Support	Suburb
Age Concern	Central & West Auckland – 820 0184 Counties Manukau – 279 4331 North Shore – 489 4975	<ul style="list-style-type: none"> - Elder Abuse & Neglect Response Service - Practical Assistance to get groceries & collect prescriptions - Welfare Phone Calls for lonely & isolated older people - Dedicated Asian (Chinese) Services providing support in Mandarin & Cantonese <p>Age Concern Auckland is providing additional Emergency Response Service for older people. This includes support for:</p> <ul style="list-style-type: none"> - Shopping and delivering essential groceries, including pet food - Delivery of face masks - Collection and delivery of essential prescriptions - Welfare calls for those who need a friendly chat - Asian services 	
Red Cross		Meals on wheels. Need a referral from GP.	
Help needed		Meals on wheels drivers - apply here	
St Johns Caring Caller	0800 000 606	Phone call support for those in isolation	
Office for Seniors	Call or text 1737	Available for a chat during self-isolation	
Grey Power	0800 473 979		

COVID-19 Support and Resources

Moa Lunches		<p>Covid-19 Care Packages for elderly</p> <p>South, West and Central deliveries - Essential meals</p> <ul style="list-style-type: none"> - Personal hygiene supplies - Delivered to your doorstep <p>Please register senior citizens in need: admin@moalunches.co.nz</p>	
Elder Abuse Helpline	<p>0800 32 668 65 - 24 hours Text: 5032</p> <p>Email: support@elderabuse.nz</p>	<p>When you call the helpline, you'll be put in touch with a coordinator who works in your region. The coordinator will:</p> <ul style="list-style-type: none"> ask for consent to assess your situation work with you to make sure you are safe and help you manage the risk of abuse or neglect identify and work with other organisations who can help and support you, including police, health providers, lawyers, banks and government agencies. 	

South Auckland

Organisation	Contact	Support	Suburb
St Marks Church	stmarks@xtra.co.nz 09 576 5296	Food bank, general support	Pakuranga

COVID-19 Support and Resources

Childcare for essential workers

Requirements: Copy of your confirmation letter or other ID ready to be emailed through at the time of enquiry.

Auckland-wide

Organisation	Contact	Support	Suburb
Home Grown Kids	admin@edubase.co.nz or info@hgk.co.nz	Home-based providers	
Barnados	covid19enquiries@barnardos.org.nz	Home-based providers	
PORSE	0800 023 456	Home-based providers	

COVID-19 Support and Resources

Support for young people

Organisation	Contact	Support	Suburb
Youthline	Free call 0800 376 633 Free text 234 Webchat: https://www.youthline.co.nz/	Youthline supports all young people, including those who are struggling. Youthline offers a free 24/7 Helpline service.	
Oranga Tamariki	0508 326 459, email: contact@ot.govt.nz for concerns about children and young people	for concerns about children and young people	
Skylight	0800 299 100	helping children, young people and their families and whānau through tough times of change, loss, trauma and grief	
What's Up?	0800 942 8787	a safe place for tamariki and rangatahi to talk	
RainbowYouth (RY)	https://ry.org.nz/tpss	Transgender support accessible support services around gender and sexuality can be challenging.	
The Lowdown	0800 111 757, text 5626 or webchat		
Aroha Chatbot for Teens	https://www.auckland.ac.nz/en/news/2020/04/09/aroha-chatbot-help-teens-lockdown.html		
Kari Centre	Phone: (09) 623 4646	This service provides support for young people under the age of 18 and their families. Our Community Teams provide assessment and treatment for children and adolescents who are experiencing significant behavioural concerns, psychological concerns and emotional distress,	

COVID-19 Support and Resources

		which can no longer be managed by the services within their community. The Kari Centre has also developed services for infants and families/whanau (Koanga Tupu) and a service for children of parents with a mental illness (Tu Tangata Tonu).	
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COVID-19 Support and Resources

Women's Support

NZ domestic violence and sexual violence crisis response services, are essential services so are continuing to operate during the COVID-19 lockdown at Alert Level 4.

Auckland-wide

Organisation	Contact	Support	Suburb
Women's Refuge	<p>info@refuge.org.nz Crisis line 0800REFUGE</p> <p>Send confidential messages through the Shielded Site feature on major websites</p>	<p>Is an essential service and will be minimising face to face contact (telephone and online guidance will be used whenever possible) in order to keep everyone safe. To find your nearest refuge: https://womensrefuge.org.nz/contact-us/find-your-local-refuge/</p>	
Help needed		<p>To support women you are concerned about: - Help them to feel less isolated by setting up regular times to talk to you and to others. - Agree on a 'code word' in advance. If they message you that word, you can call the police and ask them to check on them. - Ask them if they have the essential things they need (such as food, medication, and sanitary items) and help them to get them. Some abusive people will withhold these items. - Encourage them to get in touch with Women's Refuge if they feel unsafe - If there is an emergency, and someone is being hurt or threatened, ring Police on 111 Financial donation https://womensrefuge.org.nz/make-a-donation/</p>	
Family Action	<p>office@familyaction.org.nz</p> <p>Call 0800 326 327 or 09 836 1987</p> <p>Monday to Friday 8.30 to 5.00</p>	<p>Family Action offers a range of services for those who have experienced abuse, trauma, family and sexual violence. These services include counselling, outreach, women's refuge and youth programmes.</p>	

COVID-19 Support and Resources

		Offering crisis support and counselling by telephone	
Shakti (for migrant and refugee women)	<p>Call 24/7 Crisis Line 0800 SHAKTI (0800 742 584)</p> <p>https://shaktiinternational.org/</p> <p><i>Shakti Community Council is a non-profit organisation serving migrant and refugee women, children and youth of Asian, African and Middle Eastern origin. We protect the rights of women and children and help them overcome the barriers that come with migration and inter-generational bonds of cultural oppression. Led by ethnic women, Shakti provides a range of support services to survivors of sexual and domestic violence and other social services.</i></p>	<p>Sexual Harm services include:</p> <ul style="list-style-type: none"> • 24-hour national crisis line for immediate assistance, support and information • Emergency pick-up service for victims of sexual abuse • Safehouse - Refuges in Auckland, Wellington, Tauranga and Christchurch for survivors of sexual harm in need of emergency accomodation • Counselling, information and support for those who have experienced sexual harm recently or in the past • Advocacy and assistance with Police and court procedures • Support with specialist medical examinations • Culturally appropriate support <p>All sexual harm services provided by Shakti are FREE. Safehouses and external support services are free if you meet certain criteria.</p>	

COVID-19 Support and Resources

West Auckland

Organisation	Contact	Support	Suburb
Vision West (counselling services)	818 0760 or email counselling@visionwest.org.nz	<p>Counselling services being offered via online or phone.</p> <p>If you are not currently a client and would like to receive counselling:</p> <ul style="list-style-type: none"> - Contact the Counselling Team by phone or email (left) - Supply your name, phone number and email (if possible) and indicate how you would prefer to engage in your counselling session: phone, Skype, Microsoft Teams, Facebook Messenger etc.) <p>The Counselling Team's preferred platform is Microsoft Teams as it is more secure. Please ensure that you have downloaded the relevant app to your phone or computer so that you are ready to go.</p> <ul style="list-style-type: none"> - The administrator will be in touch to discuss more details. - You will be allocated to the first available and most suitable counsellor. <p>Note: there is a cost involved.</p>	
Women's Centre Waitākere	09-838 6381 info@womenscentre.org.nz	Counselling support to women with dependent children and women who are in or have been in family violence situations.	
The House Of Gabriel Family Refuge	https://www.thehouseofgabriel.org.nz/ 09-835 2990, info@thehouseofgabriel.org.nz , Facebook page: https://www.facebook.com/THoG2021	The House of Gabriel Family Refuge provides practical and emotional support to men, women, and children as a family, through its diverse range of intervention and prevention social work services currently located in Henderson, West Auckland	Henderson, West Auckland.

COVID-19 Support and Resources

Men's Support

NZ domestic violence and sexual violence crisis response services, are essential services so are continuing to operate during the COVID-19 lockdown at Alert Level 4.

Auckland-wide

Organisation	Contact	Support	Suburb
He Waka Tapu	0800 HeyBro	This number is setup for men who feel they're going to harm a loved one or whanau member.	
Hey Bro helpline	0800 HeyBro (439 276)	supporting men to stop their violence	
Menstalk	Email any specific questions or call now on 0508 636 782 http://talkcounselling.co.nz/menstalk/	MensTalk is a men's counselling service specifically for men, and boys.	
Better Blokes	0800 448 484 Email referral@betterblokes.org.nz https://betterblokes.org.nz/	Better Blokes provides support to men recovering from the consequences of sexual abuse at any time of their lives. Peer groups are open to men after an initial meeting with a peer support facilitator. Services offered: <ul style="list-style-type: none"> • One-on-one support • Support to help men decide on how to move forward • Referral to ACC counsellors and other appropriate agencies • Weekly group meetings in Auckland and Whangārei • Weekend Workshops Services are FREE	

COVID-19 Support and Resources

Maori Support

Supporting Māori communities and businesses during COVID-19.

Auckland-wide

Organisation	Contact	Support	Suburb
Te Pou Whakarae	AKGEOCpouwhakarae@aucklandcouncil.govt.nz	Pouwhakarae sits within Auckland Emergency Management's Coordinated Incident Management System. Pou Whakarae will support the distribution of health related information to Māori and coordinate non health related activity for Māori communities.	
St Johns Caring Caller	0800 000 606	Phone call support for those in isolation	
Kāhui Tū Kaha	0800 855 755	Shelter and mental health support	
Tu Wahine Trust	09 838 8700 https://www.healthpoint.co.nz/social-services/sexual-harm/tu-wahine-trust/	call 09 838 8700 for kaupapa Māori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau	
Korowai Tumanako	022 474 7044 https://www.korowaitumanako.org/	text or call 022 474 7044 for a kaupapa Māori service for those with concerning or harmful sexual behaviour	

West Auckland

Organisation	Contact	Support	Suburb
Waipareira	0800 924 942	Working under the Whānau Ora Te Pae Herenga o	

COVID-19 Support and Resources

	https://www.facebook.com/TePaeHerengao Tamaki/	Tāmaki collective including kai parcels, hygiene packages and PPE.	
Hoani Waititi Marae	shane.white@hoaniwaititi.co.nz 0272212010		

South Auckland

Organisation	Contact	Support	Suburb
Papakura Marae	Open Mon-Fri 10am - 2.30pm 09 297 2036	Food parcel delivery - Adhering to Ministry of Health guidelines	
Manukau Urban Māori Authority (MUMA)	Open Mon-Fri 10am - 2.30pm 09 297 2036		
Te Whare Ruruhou o Meri Trust	19 Lambie Drive Contact: 2702631	Supporting whanau impacted by violence – Teleconference or Video Conference Chaplain Services Provided- Teleconference or Video conference (Karakia, Tangi and Care calls) Kai Packages – for whanau who are struggling as a once off supply Supports for whanau for loss of income as result of lockdown.	

COVID-19 Support and Resources

Pasifika support

Supporting Pasifika communities and businesses during COVID-19.

Auckland-wide

Organisation	Contact	Support	Suburb
The Fono	Ana ana.aitcheson@thefono.org 021956633	<p>Relief packages are available and will be calculated on a per family basis to enable the purchase of:</p> <ul style="list-style-type: none"> • 'preparedness packages' (for vulnerable families), and/or • 'hardship packages' (where families are affected directly by infection (including self-isolation), or from the economic impact of COVID-19) for a period of 14 days <p>The funding support can be for household items, food and other supplies to sustain a family for 14 days, and can include items such as:</p> <ul style="list-style-type: none"> • Pre-made food parcels and food vouchers. • Payment for essential utilities because of income reduction. • Support to work and study from home. • Medical costs. 	
St Johns Caring Caller	0800 000 606	Phone call support for those in isolation	
Pasifika Futures (national and regional)	https://www.facebook.com/PasifikaFuturesLtd/		
Great list of resources from the Ministry for Pacific Peoples	Information support	<p>information support</p> <p>https://www.mpp.govt.nz/?fbclid=IwAR3gDPaLHfDaxwBXydOli7H2E6UUqQahhy2MgnV_hWJMEWXlot</p>	

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0800 Ola Lelei	0800 652 535	For Pacific communities, there is targeted mental health support available via a dedicated 0800 number.	
Fonuaola	https://www.fonuaola.org.nz/	counselling service for Pacific people by Pacific people	
Tamaki Langafonua Tongan Community Centre	https://www.healthpoint.co.nz/social-services/social/tongan-tamaki-langafonua-community-centre/	counselling service for Pacific people in Glen Innes	

COVID-19 Support and Resources

Asian Support

Auckland-wide

Organisation	Contact	Support	Suburb
The Asian Network Incorporated (TANI)	<p>101, Church Street, Onehunga (Entry from Waller Street) Auckland</p> <p>Phone: +64 9 815 2338 +64 21 274 7448</p> <p>Website https://www.asiannetwork.org.nz/</p>	<p>Supporting and working with all Asian communities for their better health and well-being. Also supports both Asian communities and healthcare and social service providers to connect and share information.</p> <p>Programmes: Stay Well, Stay Connected Health seminar Migrant Women Wellbeing Programme Healthy Babies Healthy Futures</p> <p>During lockdown, the programmes continue through the online to support the community and promote health & wellbeing messages.</p>	
Asian Health Services (Waitemata DHB)	<p>http://www.asianhealthservices.co.nz/</p> <p>AHS iCare Health Information Line</p> <p>0800 88 88 30 Monday – Friday 9am – 4:30pm Languages offered: Asian, Middle Eastern, Latin American and African Languages. Interpreter support available.</p>	<p>Free COVID-19 vaccination support is available for ethnic communities.</p> <p>Language support</p> <ul style="list-style-type: none"> • Help with individual or group bookings • Guidance on local vaccination centres • Information on getting your COVID-19 vaccination • people can contact Asian Health Services 0800 88 88 30 if people need "MyVaccinePass" 	

COVID-19 Support and Resources

Asian Family Services	https://www.asianfamilyservices.nz/ 0800 862 342 The helpline is available from Monday to Friday 9am - 8pm.	Free, professional and confidential support for people who speak Cantonese, Mandarin, Korean, Vietnamese, Japanese, Thai and Hindi languages. If you wish to speak to a counsellor or if you are feeling distressed or anxious due to COVID-19 please call the Asian Helpline	
Age Concern	Central & West Auckland – 820 0184 Counties Manukau – 279 4331 North Shore – 489 4975	Dedicated Asian Services providing support in Mandarin, Cantonese, Korean languages	
ActivAsian	https://www.sportauckland.org.nz/ActivAsian-1/ActivAsian	As the Asian population has grown, Harbour Sport and Aktive enabled the expansion of the ActivAsian project so it can now be carried forward through Sport Auckland, Sport Waitakere and CLM	not for covid

COVID-19 Support and Resources

		Community Sport. ActivAsian aims to engage the Asian community in sport and recreation	
Chinese New Settlers Services Trust	Phone: +64 9 570 1188 Asian Service Line: +64 9 570 9099 Email: info@cnsst.org.nz Fax: +64 9 570 1866 Wechat ID: CNSST-NZ-2014 Address: 20 Clifton Court, Panmure, Auckland, New Zealand	Food parcel, financial support, wellbeing support, online training and seminar	
Wellbeing Charitable Trust	022 632 1053	offering information about where to get food parcel and vaccination centers	
Korean Education Centre in New Zealand	09 303 2625	online class about the Korean language teaching during lockdown	
Japan Society of Auckland	https://nzjapan.net/	Founded in 1960, the New Zealand Japan Society of Auckland Incorporated is managed by volunteers, and has as its primary goal "the promotion of good will and understanding between the people of New Zealand and Japan.	
The Indian Weekender	09 217 3623	New Zealand's largest Indian Community's media house (Print, web, social media)	
Belong Aotearoa	Level 2, 8 Virginia Ave East Eden Terrace, Auckland 1020 Phone: 096252440	(Formerly known as Auckland Regional Migrant Services Charitable Trust - ARMS) has in over 15 years supported thousands of newcomers, migrants and refugees who have settled in Auckland. It has been a place in which these communities can learn skills, gain experience and opportunities that help them in each of these	

COVID-19 Support and Resources

		systems through the various projects, workshops and programmes run.	
Shakti (for migrant and refugee women)	0800 742 584	provide legal help and advice to vulnerable people from culturally and linguistically diverse backgrounds	
Refugees as Survivors New Zealand	251 Massey Road Auckland 2024 Phone (09) 270 0870	mental health and well-being support for Refugees & Asylum Seekers	
UMMA Trust	Phone: 09 815 0153 http://www.ummatrust.co.nz/contact-us/	UMMA Trust provides a place to gain support and resources for Refugee, migrant and Muslim families.	
Afghan Association of New Zealand	https://afghanistan.org.nz/	The Afghan Association of New Zealand is the oldest and largest established Afghan organisation that represents the Afghan Diaspora of New Zealand. They help Afghan communities adapt, integrate and become active members of the wider New Zealand society and economy.	
Community Alcohol and Drug Services (CAD'S)	Phone: 0800 787 797	This service runs several free educational and therapeutic groups for people who may have issues with alcohol and drugs or have family and friends who are affected. CAD's has dedicated Asian, Rainbow community, Pasifika and Kaupapa Māori programmes as well as other ethnically based approaches.	
NZ Ethnic Women's Trust (NZEWT)	Phone: 09 8157373 or 0212146247	§ a range of services and activities to encourage the development of skills and confidence to assist in their settlement in New Zealand. NZEWT	

COVID-19 Support and Resources

		supports women of all ethnicities (predominantly from countries in Africa, South Asia and the Middle East), a high proportion of whom are from refugee backgrounds.	
The Migrant Action Trust (MAT)	Phone: 09 629 3500	help migrants and refugees to settle in New Zealand. We offer support from the moment migrants arrive and continue to help them become fully integrated into New Zealand society	
Asylum Seeker Support Trust (ASST)	Phone: (09) 828 6067	create a safe and supportive environment for asylum seekers and convention refugees in New Zealand.	
Ethnic Legal Services:	Phone: 0800 357 000	provide legal help and advice to vulnerable people from culturally and linguistically diverse backgrounds	
Asian Wellbeing Support (Kahui Tu Kaha)	<p>Phone: 09 531 4040</p> <p>Email: asianservices@kahuitukaha.co.nz</p> <p>Address: 650 Great South Road, Ellerslie(In the Unisys building)</p>	<p>Who we are</p> <p>The Asian Service at Kahui Tu Kaha works as the connector that brings people and community resources together. We strive to provide goal orientated support in multicultural community settings to enhance individuals' wellbeing.</p> <p>What we offer</p> <p>We offer person-centred and strength-based support and draw on community resources to work alongside individuals to achieve their goals by delivering culturally appropriate service and linguistic support that works for them. We work collaboratively with individuals and other stakeholders to maintain and maximise independence and rangatiratanga.</p> <p>We work closely with individuals' whanau</p>	

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		towards family relationship achievement. We also provide support with accessing social services and building on individuals' social and life skills .	
Sahaayta	http://www.sahaayta.org.nz/ (09) 280 4064 info@sahaayta.org.nz 15A Norman Spencer Drive Papatoetoe, Auckland 2104	Sahaayta's vision is to enhance the status, health and wellbeing of South Asians through holistic and culturally appropriate services. Please visit our website for more details: http://www.sahaayta.org.nz/	
Awahi Ora Primary mental health support by Kahui Tu Kaha	awhiorateam@kahuitukaha.co.nz 09 531 4040 Referral through your GP or other health professionals	Awahi Ora - Supporting Wellbeing is a community-based support service to help people manage challenges that impact their wellbeing. Types of challenges or problems that the Awahi Ora team can help with include: feeling stressed, worried about your budget, feeling anxious about work, social situations or relationship problems. They can also help with WINZ or housing issues. The types of challenges that Awahi Ora - Supporting Wellbeing can help with is wide and varied. If there is something that is impacting your wellbeing and you live in Auckland, Waitemata or the Counties District Health Board (DHB) area, Awahi Ora may be for you. If your preference is for a cultural service or if you wish a gender-specific support worker or want to speak to someone in Mandarin, Cantonese or some other language please let the support worker know.	Auckland wide

COVID-19 Support and Resources

For information

Organisation	Contact	Support	Suburb
Citizens Advice Bureau	https://www.cab.org.nz/ to find your local branch by calling on 0800 367 222 live chat at Citizens Advice Bureau (cab.org.nz)	We provide free, confidential, independent information and advice to anyone. We help people know what their rights are and how to access services they need. We use insights from our clients' experiences to show when policies and laws and/or their implementation are having a negative impact on people. We work for positive social change.	National wide
InfoNow	0800 4636 669 https://www.infonow.nz/	A free service providing information to migrants settling in New Zealand, in their preferred language	
Foodbank NZ	If you are in need of a food parcel please get in touch with Work and Income first on 0800 559 009 They have a range of assistance options available. You can find more information on their website at www.workandincome.govt.nz	Help finding a foodbank for you by contacting them	
Resources for different types of support	Information support	Information support http://www.communitywaitakere.org.nz/communitywaitakere/assets/File/noticeboard/2021/5581_Covid%2019%20Welfare%20contact%20card%20A4_v0_7.pdf	
Rural Support Trust	0800 787 254 For rural and farming support	Contact your local Rural Support Trust. They can point you in the right direction for the support you need.	

COVID-19 Support and Resources

Ministry for Primary Industries	0800 00 83 33 (MPI) https://www.sPCA.nz/report-animal-cruelty Call Ministry for Primary Industries for	For animal welfare matters	
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COVID-19 Support and Resources

	<p>animal welfare concerns and enquiries and to report cruelty.</p> <p>For animal welfare emergencies, you can also call your local SPCA Centre.</p>		
For employment advice and support	<p>0800 779 009 (Work and Income's Job Search line) www.workandincome.govt.nz</p> <p>0800 20 90 20 (Employment New Zealand) www.employment.govt.nz</p> <p>0800 030 040 (Worksafe) www.worksafe.govt.nz</p>	<p>Contact Work and Income if you're looking for work or have a vacancy that needs to be filled. Contact Employment NZ or visit their website for information on your rights as an employee. Contact Worksafe for information on working safely</p>	
Find your NHI number	<p>If you do not know your NHI number, you can call 0800 855 066 to find out. It's helpful to have your NHI number when making a booking for our COVID-19 vaccine.</p>		
MIQ	<p>Call 0800 ISOMIQ (0800 476 647) from within New Zealand.</p> <p>Call +64 4 931 5720 from outside New Zealand or if you are in New Zealand with an international SIM. Rates will apply.</p> <p>Email enquiries@miq.govt.nz</p>	<p>If you have questions about managed isolation and quarantine (MIQ), including charges and exemptions:</p>	
If you need help with travel from Australia	<p>64 4 931 5720 if you are in Australia</p> <p>0800 476 647 if you are in New Zealand</p>		
Victim Support	<p>0800 842 846.</p> <p>https://victimsupport.org.nz/</p>	<p>call 0800 842 846. 24-hour service for all victims of serious crime</p>	
Victim Information Line/Victim Centre	<p>0800 650 654 or email victimscentre@justice.govt.nz</p>		
Employment NZ	<p>0800 20 90 20</p>	<p>Employee rights</p>	

COVID-19 Support and Resources

	https://www.employment.govt.nz/	Contact Employment NZ or visit their website for information on your rights as an employee.	
WorkSafe	0800 030 040	Contact WorkSafe for information on working safely.	
Guidance for managing shared parenting during COVID-19 Alert Levels	https://www.justice.govt.nz/about/news-and-media/covid-19-news/guidance-for-managing-shared-custody/		
Support during lockdown	https://www.taikura.org.nz/our-clients/#c		
If you have COVID-19 symptoms, call the dedicated COVID-19 Healthline	for free on 0800 358 5453		
Information related to covid	https://covid19.govt.nz/about-this-site/contact-and-support/		
For any other health concerns	call the general Healthline number on 0800 611 116. You can call 24 hours a day, 7 days a week.		
Tenancy Services	Phone: 0800 836 262	This service provides information on the rights and responsibilities of Tenants and landlords.	

COVID-19 Support and Resources

Organisations for donation

Organisation	Contact	Support	Suburb
The Foodbank Project		gave people across New Zealand a way to donate much needed food and grocery items to The Salvation Army's foodbanks.	
Student Volunteer Army	Call 09 801 2122	The SVA Foundation run three major programmes: SVA Kids, SVA Service Award and SVA Clubs. They put together a grocery service in response to COVID-19	

COVID-19 Support and Resources

Hamilton

COVID-19 Support and Resources

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14. Support for Asian

COVID-19 Support and Resources

Food bank

Hamilton

Organisation	Contact	Details	Suburb
Salvation Army - Hamilton City Corps	99 London Street, Hamilton Central, Hamilton, Phone: (07) 834 7000 , hamiltoncity.corps@salvationarmy.org.nz, www.hcsa.co.nz	Call or email your local centre and the team will let you know how they can help you in the safest way possible.	Hamilton Central
Salvation Army - Grandview Corps	180 Grandview Road, Grandview, Hamilton, Phone: (07) 846 3336, grandview.corps@salvationarmy.org.nz, https://www.facebook.com/SalvationArmyGrandviewWestHamilton/	Call or email your local centre and the team will let you know how they can help you in the safest way possible.	Grandview, West Hamilton
The serve Trust	4 Harwood Street, Hamilton Central, Hamilton , Phone: (022) 177 2210, info@theserve.org.nz, https://www.theserve.org.nz/, https://www.facebook.com/theservecommunity/	Meal distribution at 11 King St every night at 5pm Take away meals To avoid gathering please take your meal away and eat. Trustees will update what will happen at level 1.	Hamilton Central
Kaivolution	200 commerce Street, Hamilton Central, Hamilton , Phone: (07) 839 4452, kaivolution@goeco.org.nz, http://www.goeco.org.nz, https://www.facebook.com/kaivolution	Waimarie: Hamilton East Community House 53 Wellington Street, Hamilton East Monday to Friday 11am-2pm Te Whare Kokonga - Melville Community Centre 58 Bader Street, Bader Monday – Friday 1.30-2.30pm The Western Community Centre 46 Hyde Avenue, Nawton Monday – Friday from 3.30pm	Hamilton

COVID-19 Support and Resources

		<p>Glenview Community Centre 12 Tomin Road, Glenview Tuesday – Friday 1-2pm</p> <p>Pukete Neighbourhood House 43 Church Road, Te Rapa Sportsdrome, Pukete Monday – Friday from 11am</p> <p>Anglican Parish of St George and St David Hamilton West 158-160 Rifle Range Road, Frankton TBC</p> <p>Good News Community Centre 78 Breckons Avenue, Nawton Monday-Friday 11.30am-1pm</p> <p>Te Papanui Enderley Community Trust 66 Tennyson Road Closed until two weeks after NZ moves into Alert Level One. Until this time, whaanau can contact the centre directly for food assistance on Joe 0211134534 or enderleytrust@gmail.com or through Here to Help U on 0800 568 273</p> <p>Te Whānau Pūtahi Community Centre 37 Oxford Street, Fairfield, Hamilton Monday and Friday 11.30-12.15pm</p> <p>Please wear a mask and ensure 2 metre distancing. All care is taken for posted opening hours to be accurate, but can be subject to change.</p>	
<p>Vinnies Hamilton NZ (The food bank, St Vincent de Paul Hamilton)</p>	<p>220-224 Commerce Street, Frankton, Hamilton, Phone: (07) 847 4044, contact@svdpham.org.nz, https://www.facebook.com/VinniesHamilton/?ref=page_internal</p>	<p>Food boxes delivery. Level 3 and 4 Only. Call or email the store and the team will let you know how they can help you in the safest way possible.</p> <p>Level 2. Take away lunches between 12 am-1 pm</p>	<p>Frankton</p>

COVID-19 Support and Resources

		Wednesday - Friday.	
Here to help U NZ	https://www.heretohelpu.nz/	To fill out the form to access to social service support during Covid-19, such as free assistance with food parcels, prepared meals, collection of items, mental health support, and safe social connection.	Hamilton
CATHOLIC FAMILY SUPPORT	Te Ara Hou Village, 100 Morrinsville Rd, Silverdale, Hamilton. Phone: 07 856 3760, http://www.cfss.org.nz https://www.facebook.com/Catholic-Family-Support-Services-204015016442873/	Food parcel delivery. Level 3 and 4 Only. Call 07 856 3760	Silverdale
Desert Spring Community Centre	408 Peachgrove Road, Fairfield, Hamilton, Phone: (07) 855 2728, E-mail: dsmt.tpw@gmail.com	Foodbank 10am - 12:30pm (criteria applies) Food parcel delivery. Level 3 and 4 Only. Call 07 855 2728	Fairfield
Pukete Neighbourhood House	43 Church Road, Pukete, Hamilton, New Zealand ContactUs@pukete.org.nz (07) 849 1115	Mon, Tue, Thurs & Fri *Conditions Apply* We are able to arrange an emergency Food Parcel for you and your family on four days of the week! These MUST be submitted before 12pm on the day of collection. Collection is at the Pukete Neighbourhood House from 3pm. (07) 849 1115	Pukete
Te Papanui Enderley Community Trust	37 Oxford Street, Fairfield, Hamilton 3214 07 855 0990 Community Centre & Church	Food parcel delivery. Level 3 and 4 Only. Call 07 855 0419	Fairfield
ANGLICAN ACTION	100 Morrinsville Rd, Silverdale, Hamilton. Phone: 07 856 5820 http://www.anglicanaction.org.nz	Advocates for social justice. Access to Foodbank, budget advice. Social work and one to one counselling.	Silverdale

COVID-19 Support and Resources

		Supported accommodation for men, women & children.	
Shama Ethnic Women's Trust (Supporting Ethnic Women)	27 Beatty Street, Melville, Hamilton / 56 Massey Street, Frankton, Hamilton 3204, Phone: (07) 843 3810, E-mail: info@shama.org.nz, www.shama.org.nz/	9:00am — 4:30pm Monday to Friday, You can get in touch online via webchat, call, email or simply drop by the office. Phone: (07) 843 3810, E-mail: info@shama.org.nz, www.shama.org.nz/	Frankton / Melville

Support for delivery

Organisation	Contact	Details	Suburb
Sikh Aware	Hamilton: ph 022 177 2535	Provides a free grocery delivery - they shop for you and strive to provide free next day delivery. The recipient must pay for their groceries. They won't deliver on alcohol or tobacco.	Hamilton
Student Volunteer Army	Customers visit www.sva.org.nz (or call 0800 005 902)	<p>How the SVA Covid-19 shopping service works Partnering with New World, the SVA helps customers who can't just 'pop to the shop' to get their essentials.</p> <ul style="list-style-type: none"> • Customers visit www.sva.org.nz (or call 0800 005 902), and order their shopping, paying via credit card. • The next day, a volunteer picks up the customer's order from New World. • The order is then (contactlessly) delivered to the customer's doorstep. <p>They put together a grocery service in response to</p>	Hamilton

COVID-19 Support and Resources

		COVID-19	
Pukete Neighbourhood House	43 Church Road, Pukete, Hamilton, New Zealand 021 0862 3177 or email shopanddrop@pukete.org.nz	Shop and Drop service. Shop and Drop New Zealand is provided in partnership with the Pukete Neighbourhood House and Community Waikato - Grocery Shopping and Delivery for all New Zealanders. Requesting an order is easy! Simply phone us on 021 0862 3177 or email shopanddrop@pukete.org.nz We will then book a delivery date for you, and one of our team will be in contact to confirm your ""shopping list"".	Pukete
Shama Ethnic Women's Trust (Supporting Ethnic Women)	27 Beatty Street, Melville, Hamilton / 56 Massey Street, Frankton, Hamilton 3204, Phone: (07) 843 3810, E-mail: info@shama.org.nz, www.shama.org.nz/	9:00am — 4:30pm Monday to Friday, You can get in touch online via webchat, call, email or simply drop by the office. Phone: (07) 843 3810, E-mail: info@shama.org.nz, www.shama.org.nz/	Frankton / Melville

COVID-19 Support and Resources

Accommodation

Hamilton

Organisation	Contact	Details	Suburb
Housing first - The People's Project	<p>https://www.thepeoplesproject.org.nz/</p> <p>Contact the Hamilton team 0800 437 348 info@thepeoplesproject.org.nz 1 Princes St (cnr of Princes and Victoria Sts), Hamilton</p> <p>Contact the Tauranga team 0800 198 010 tauranga@thepeoplesproject.org.nz 63 Second Ave, Tauranga</p>	The offices are closed to walk-ins (Level, 2, 3, and 4). People experiencing homelessness can still phone us in HAMILTON on 0800 437 348 or TAURANGA on 0800 198 010 for advice and support.	Hamilton & Tauranga
Hamilton Christian Nightshelter Trust	474 Anglesea Street, Hamilton Central, Hamilton (24/07), Phone (07) 839 7480 or (021) 2433640, manager@hcnt.org.nz, https://www.facebook.com/HamiltonChristianNightshelter/	A simple phone call to get enough information to help someone in need.	Hamilton Central
ANGLICAN ACTION	100 Morrinsville Rd, Silverdale, Hamilton. Phone: 07 856 5820 http://www.anglicanaction.org.nz	Advocates for social justice. Access to Foodbank, budget advice. Social work and one to one counselling. Supported accommodation for men, women & children.	Silverdale
Link People Hamilton	Kākāriki House, 293 Grey Street,	Emergency Housing If you have nowhere to stay tonight or in the next	Hamilton East

COVID-19 Support and Resources

	Hamilton East 3216 call 0800 932 432 between 8.30am and 5pm, Monday – Friday.	seven days, please contact Work and Income to access emergency housing.	
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COVID-19 Support and Resources

Budget and Financial Support

Hamilton

Organisation	Contact	Details	Suburb
Hamilton Budgeting Advisory Trust	87 Clarence St (opposite Placemakers) 07 838 1339 0800 211 211 (Ask to be put through to Hamilton Budgeting Advisory Trust) reception@budgeting.co.nz http://www.budgeting.co.nz/	Hamilton Budgeting Advisory Trust offers a FREE one-to-one financial mentoring and budgeting service to people in the community. It is funded by MSD and grants. Workshops and seminars are also available. See website. Mon - Fri: 9am - 4pm at 87 Clarence St, Hamilton West. Tues: 9am-4pm at Waimairie Hamilton East Community House, 53 Wellington St, Hamilton East.	Hamilton East
CITIZENS ADVICE BUREAU	55 Victoria Street, Hamilton Central, Hamilton. Phone: 0800 367 222 http://www.cab.org.nz/acabnearyou/hamiltonvictoriastreetbranch https://www.facebook.com/Citizens-Advice-Bureau-Hamilton-369884899801142/	Free impartial advice. Assistance in connecting with other appropriate agencies. Consumer, legal, personal and family, budgeting and financial, health and welfare, housing, employment, educational and training, transport and travel.	Hamilton Central
CATHOLIC FAMILY SUPPORT	Te Ara Hou Village, 100 Morrinsville Rd, Silverdale, Hamilton. Phone: 07 856 3760, http://www.cfss.org.nz https://www.facebook.com/Catholic-Family-Support-Services-204015016442873/	Social work counselling, budgeting, support workers, assistance during times of crisis.	Silverdale
ANGLICAN ACTION	100 Morrinsville Rd, Silverdale, Hamilton.	Advocates for social justice. Access to Foodbank,	Silverdale

COVID-19 Support and Resources

	<p>Phone: 07 856 5820 http://www.anglicanaction.org.nz</p>	<p>budget advice. Social work and one to one counselling.</p> <p>Supported accommodation for men, women & children.</p>	
<p>Budgeting Service - Desert Spring Community Centre</p>	<p>408 Peachgrove Road, Fairfield, Hamilton, Phone: (07) 855 2728, E-mail: dsmt.tpw@gmail.com</p>	<p>LIDS - Part-time employment gaining skills and work history Family and Parenting support Budgeting Advice (available by appointment) One on one support and future planning Advocacy and referrals Foodbank 10am - 12:30pm (criteria applies)</p>	<p>Fairfield</p>
<p>HAMILTON EAST COMMUNITY HOUSE – WAIMARIE.</p>	<p>53 Wellington Street, Hamilton East, Hamilton , Phone: 07-858 3453, manager@waimarie.org, https://www.theserve.org.nz/, https://www.facebook.com/Waimarie.Hamilton.East.Community.House</p>	<p>Free budgeting and legal advice, access to benefit advocacy, holiday programmes, vege co-op, room hire and similar. Working with and on behalf of the local community and provide information and referrals.</p>	<p>Hamilton East</p>
<p>Pukete Neighbourhood House</p>	<p>43 Church Road, Pukete, Hamilton, New Zealand</p> <p>ContactUs@pukete.org.nz (07) 849 1115</p>	<p>Financial Mentors: We can arrange for you a confidential Financial Mentor appointment. Financial Mentors can help get your finances back in order, and you back to living life! These are private, fully confidential appointments - with you and a trained mentor. / Affordable Energy: Initiated and Funded by WEL Energy Trust, the Affordable Energy For All Programme aims to reduce energy hardship in our community. Come and meet with one of our trained Energy Navigators to see how much you could save!</p>	<p>Pukete</p>

COVID-19 Support and Resources

Family Violence

Hamilton

Organisation	Contact	Details	Suburb
<p>Tuu Oho Mai Services</p> <p>Hamilton Abuse Intervention Project: Family & Domestic violence</p>	<p>135 London Street, Hamilton Central, Hamilton</p> <p>Phone: (07) 834 - 3148</p> <p>Emergency House Phone: (07) 834 - 3148</p> <p>Email: admin@tuuohomai.org.nz</p> <p>https://www.tuuohomai.org.nz/</p>	<p>Tuu Oho Mai Services...</p> <ul style="list-style-type: none"> • is a not-for-profit agency that specialises in providing a range of services within the community. • Provides non-violence education programmes for women and men of all cultures. • is committed to the safety and protection of women and children who constitute the primary victims of family violence <p>Tuu Oho Mai provides support outside of the Hamilton area. To have access to these programmes you'll need to be referred through mandated or self referral.</p> <p>Opening Hours</p> <ul style="list-style-type: none"> • Monday to Thursday from 9:00am - 5:30pm • Friday from 9:00am - 4:30pm 	<p>Support is available in the following areas:</p> <p>Hamilton Huntly Matamata Te Awamutu Ngaruawahia Raglan Morrinsville.</p>
<p>Shama Ethnic Women's Trust (Supportng Ethnic Women)</p>	<p>27 Beatty Street, Melville, Hamilton / 56 Massey Street, Frankton, Hamilton 3204,</p> <p>Phone: (07) 843 3810, E-mail: info@shama.org.nz, www.shama.org.nz/</p>	<p>9:00am — 4:30pm Monday to Friday,</p> <p>You can get in touch online via webchat, call, email or simply drop by the office. Phone: (07) 843 3810, E-mail: info@shama.org.nz, www.shama.org.nz/</p>	<p>Frankton / Melville</p>

COVID-19 Support and Resources

Suicide Crisis

Hamilton

Organisation	Contact	Support	Suburb
Crisis Assessment and Home Treatment	0800 50 50 50	For urgent mental health support/advice. This is available for individuals of all ages and situations.	Hamilton

COVID-19 Support and Resources

Wellbeing

Hamilton

Organisation	Contact	Support	Suburb
Women's Wellness	Kākāriki House, 293 Grey Street, Hamilton East, Hamilton, Phone: (07) 857 1203, E-mail: womenswellness@pathways.co.nz	Women's Wellness is a free Hamilton based support service for women 18 years and over who are experiencing a difficult time in life because of trauma, anxiety, depression or other mental illness. Women's Wellness provides holistic, strengths-based, goal-focused support for up to six months. Referrals to Women's Wellness can be made by a GP or community-based service, or for a self-referral form, email womenswellness@pathways.co.nz .	In some areas we also have specialist mobile support services. Hamilton East
Pathways	Kākāriki House, 293 Grey Street, Hamilton East, Hamilton, Phone: (07) 857 1203, E-mail: waikato@pathways.co.nz , https://www.pathways.co.nz/contact/	Pathways provides a range of community-based services to support people to shape their own future and achieve their goals and dreams. Most of our services are accessed via a referral from a community mental health team at your local District Health Board.	In some areas we also have specialist mobile support services. Hamilton East
Shama Ethnic Women's Trust (Supporting Ethnic Women)	27 Beatty Street, Melville, Hamilton / 56 Massey Street, Frankton, Hamilton 3204, Phone: (07) 843 3810, E-mail: info@shama.org.nz , www.shama.org.nz/	9:00am — 4:30pm Monday to Friday, You can get in touch online via webchat, call, email or simply drop by the office. Phone: (07) 843 3810, E-mail: info@shama.org.nz , www.shama.org.nz/	Frankton / Melville
Diversity Counselling New Zealand	113 Alexandra Street, Hamilton Central, Hamilton, Phone: 021 0262 558, E-mail: contact@dcnz.net , www.dcnz.net	We provide Waikato-based confidential online and face to face counselling service. We offer services in English, Tamil, Hindi, Sinhalese, German, Bemba, Japanese, Bengali, Punjabi, Korean, Hungarian, Afrikaans and Nyanja.	Hamilton Central

COVID-19 Support and Resources

		We are an experienced and qualified team of registered professionals offering a diverse range of need-based counselling services and workshops	
Evolve Peer Support Trust	211 Peachgrove Road, Claudelands, Hamilton, Phone: 444 5053 or 022 105 5659, E-mail: admin@evolvepeertrust.com, www.evolvepeertrust.com	Evolve Peer Support Trust is a mindfulness-based peer run Charitable Trust with a focus on people with anxiety and/or depression to improve their quality of life and mental well being.	Claudelands
Progress to Health	18 Rostrevor Street, Hamilton Central, Hamilton 3204 PO Box 19082, Hamilton 3244 Phone: 07 838 0302 Email: admin@progresstohealth.org.nz	Progress to Health is a non-government organisation that's supported people with their mental health or disability for almost 25 years. Phone 0800 77 57 57 for more information or go to the website (https://www.progresstohealth.org.nz/how-we-work/) for a referral form Contact	Hamilton Central
Hauora Waikato	195 Collingwood Street, Hamilton Lake, Hamilton 3204 Phone: (07) 839 9916 Email: myteam@hauorawaikato.org.nz	Hauora Waikato is a kaupapa Maori organisation which provides a range of secondary level community mental health services. Self referral, GP, DHB clinical services, Corrections	Hamilton Lake
Centre 401 Trust	306 Tristram Street, Hamilton Central, Hamilton Phone: 07 838 0199 Email: admin@centre401.co.nz, www.centre401.co.nz	Monday – Thursday 9.00am – 4.00pm Fridays 9.00am – 3.00pm No referral required. Just make an appointment to become a member of Centre 401 Trust.	Hamilton Central
Yellow Brick Road Waikato (formerly Supporting Families Waikato)	(YWCA building) 28 Pembroke St, Hamilton Lake, Hamilton Phone: 0800 555 434 www.yellowbrickroad.org.nz	Self-referral via website (https://yellowbrickroad.org.nz/contact-us/)	Hamilton Lake

COVID-19 Support and Resources

CATHOLIC FAMILY SUPPORT	Te Ara Hou Village, 100 Morrinsville Rd, Silverdale, Hamilton. Phone: 07 856 3760, http://www.cfss.org.nz https://www.facebook.com/Catholic-Family-Support-Services-204015016442873/	Social work counselling, budgeting, support workers, assistance during times of crisis.	Silverdale
FAMILY CENTRE	4 Radnor Street, Hamilton Central, Hamilton Phone: (07) 834 2036, Email: wfct@xtra.co.nz http://www.waikatofamilycentre.co.nz/	Helping mothers with Postnatal distress. Free for mothers with children under 12 months old. Help with varying issues, advice and practical management. Post-natal depression groups for both partners.	Hamilton Central
FAMILY COURT HAMILTON	Anglesea Street and Bridge Street, Hamilton Central, Hamilton, Phone: 07 957 7700 http://2cu.co.nz/waikato/listings/101614-family-court-hamilton	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. Offering free counselling (limited to six sessions).	Hamilton Central
FAMILY START	27 Riflerange Road, Dinsdale, Hamilton. Phone: (07) 848 0008 Email: admin@family-start.org.nz http://family-start.org.nz/	Early intervention for families with new-borns who need extra support. Home based, long term service (up to 5 years) working in the area of health, welfare and education.	Dinsdale
METHODIST CITY ACTION	62 London Street, Hamilton Central, Hamilton. Phone: 07 839 3917 Email: info@hmss.org.nz http://www.mca.net.nz/	Strengthening families and individuals to make choices for a better tomorrow. Advocacy and support. Adult community education.	Hamilton Central
PARENT TO PARENT	8 Liverpool Street, Hamilton Central,	Helps strengthen the family unit by empowering	Hamilton

COVID-19 Support and Resources

	<p>Hamilton. https://www.facebook.com/ParentToParentWaikato Phone: 0508 236 236</p>	and supporting parents.	Central
Hamilton Multicultural Services Trust (Waikato Settlement Centre)	<p>46G Boundary Road, Claudelands, Hamilton, Phone: (07) 853 2192 E-mail: info@scw.org.nz, www.hmstrust.org.nz</p>	Support Refugee families with resettlement in Hamilton.	Claudelands
Infant, Child and Adolescent Mental Health (ICAMHS)	<p>105 Rostrevor Street, Hamilton Central, Hamilton, Phone: 0800 99 99 03, Email: inward.referrals.NRA@ngaaringaawhina.org.nz</p>	The Infant Child and Adolescent Mental Health Service (ICAMHS) is a free, community service for children and adolescents up to 18 years old and their whaanau.	Hamilton Central
Desert Spring Community Centre	<p>408 Peachgrove Road, Fairfield, Hamilton, Phone: (07) 855 2728, E-mail: dsmt.tpw@gmail.com</p>	<p>LIDS - Part-time employment gaining skills and work history Family and Parenting support Budgeting Advice (available by appointment) One on one support and future planning Advocacy and referrals Foodbank 10am - 12:30pm (criteria applies)</p>	Fairfield
Pukete Neighbourhood House	<p>43 Church Road, Pukete, Hamilton, New Zealand ContactUs@pukete.org.nz (07) 849 1115</p>	Pukete Neighbourhood House - Te Whare Takiwa o Pukete. We are a centre for a large variety of local community events and services. We are a non-profit organisation whose only aim is to aid our local community.	Pukete
CITIZENS ADVICE BUREAU	<p>55 Victoria Street, Hamilton Central, Hamilton. Phone: 0800 367 222 http://www.cab.org.nz/acabnearyou/hamilt</p>	Free impartial advice. Assistance in connecting with other appropriate agencies. Consumer, legal, personal and family, budgeting and financial, health and welfare, housing, employment,	Hamilton Central

COVID-19 Support and Resources

	<p>onvictoriastreetbranch</p> <p>https://www.facebook.com/Citizens-Advice-Bureau-Hamilton-369884899801142/</p>	<p>educational and training, transport and travel.</p>	
<p>Mental Health and Addictions</p>	<p>193 London Street, Hamilton Central, Hamilton, Phone: (07) 834 6902, https://www.waikatodhb.health.nz/about-us/a-z-of-services/mental-health-and-addictions/</p>	<p>Mental Health & Addictions provides mental health and addictions services to the population of the Waikato District Health Board and regional forensic services to the Waikato, Lakes, Taranaki and Bay of Plenty district health boards.</p>	<p>Hamilton Central</p>

COVID-19 Support and Resources

LGBTQI Support

Hamilton

Organisation	Contact	Support	Suburb
Waikato Queer Youth	9 Ward Lane Hamilton Central Hamilton info@waikatoqueeryouth.org Phone: (07) 839 9039, https://waikatoqueeryouth.com/	Waikato Queer Youth (WaQuY) is a non-profit organisation started in 2005. We run from a space that is equipped with a growing resource library and offer a safe and inclusive environment for youth drop-in.	Hamilton Central
Hamilton Pride Incorporated	Link House, 2 Dawson St, Hamilton East, Hamilton.	We meet on the fourth Wednesday of every month at Link House, 2 Dawson St, Hamilton East, Hamilton.	Hamilton East
Rainbow Hub Waikato	E- mail: info@rhw.org.nz, https://www.facebook.com/RainbowHubWaikato/	We are Rainbow Hub Waikato - a non-profit organisation that creates spaces and works alongside communities to embrace, celebrate, and support diversity and identity, where all people thrive and feel empowered to be themselves	Hamilton
RAINBOW WARRIORS – Hamilton Women’s Softball Team	https://www.facebook.com/HamiltonRainbowSoftball/	Softball team for lesbian, takatāpui, trans, and queer women in Hamilton, New Zealand	Hamilton
True Colours Charitable Trust	16 Joffre Street Hamilton. Phone: 07 839 4800	Supporting children and teens – birth to 18yrs with: Chronic, serious or life threatening illness. Parent, sibling or partner seriously ill. Experience the death of a family member or partner through illness and require professional help with grief or loss issues.	Hamilton

COVID-19 Support and Resources

Alcohol and drug

Hamilton

Organisation	Contact	Support	Suburb
ALCOHOL & DRUG COMMUNITY SUPPORT	28 Manning Street, Hamilton Central, Hamilton	Provider of supportive accommodation for alcohol and drug clients.	Hamilton Central
CARE NZ	298 Tristram Street, Hamilton Central, Hamilton Phone: 07 839 0389 or 0800 499 469 Email: waikato@carenz.co.nz http://www.carenz.co.nz	Care and treatment for those affected by alcohol, drugs and associated problems. Counselling is free.	Hamilton Central

COVID-19 Support and Resources

Support for disabilities

Hamilton

Organisation	Contact	Support	Suburb
ARTS FOR HEALTH	2 Seddon Road, Hamilton Lake, Hamilton office@artsforhealth.co.nz 07 838 2271 https://www.artsforhealth.co.nz/	If you are deaf, hearing impaired, Deafblind or speech impaired you can use the New Zealand Relay Service to call.	Hamilton Lake
ROSTREVOR HOUSE	113 Rostrevor Street, Hamilton, & 103 Tawa Street, Melville, Hamilton. Phone: 07 834 1939	Provides specialist support services to children, young people, and families having a range of diagnosed/undiagnosed conditions incl. disruptive behaviours disorders, attention deficit hyperactivity disorder (ADHD), Oppositional deficit disorder (ODD)	Melville
Disability Support Link	CBD Waiora, Level 1, KPMG building 87 Alexandra Street, Hamilton Central, Hamilton, Phone: 07-839 1441, E-mail: dsloffice@waikatodhb.health.nz	Disability Support Services (DSS) is part of Disability Support Link (DSL), a Needs Assessment and Service Coordination (NASC) service for persons from birth to 65 years.	Hamilton Central
Community living	180 Collingwood Street, Hamilton Lake, Hamilton, Phone: (07) 834 3700, E-mail: enquiries@communityliving.org.nz	Since 1989, Community Living has supported disabled people to thrive as part of the community.	Hamilton Lake
Life unlimited	20 Palmerston Street, Hamilton Central, Hamilton, Phone: (07) 839 0183, E-mail: communications@lifeunlimited.net.nz, https://www.lifeunlimited.net.nz/	The organisation began in 1979 as the Disabled Living Centre (Waikato) Trust Inc, and changed its operating name in 1997 to Life Unlimited to reflect the wider scope of services provided	Hamilton Central

COVID-19 Support and Resources

Aspire - Community Support	103 Tawa Street, Melville, Hamilton, Phone: (07) 839 5506, E-mail: communications@lifeunlimited.net.nz , https://www.lifeunlimited.net.nz/	We provide residential homes with 24/7 staffing support for adults with disability.	Melville
NZ Care group, Hamilton	531 Grey Street, Hamilton East, Hamilton, Phone: 0800 002 722 or (07) 850 1430, E-mail: info@healthcarenz.co.nz , https://www.lifeunlimited.net.nz/	We provide the highest quality of disability services to support Kiwis to live their best lives and achieve the outcomes they choose.	Hamilton East

COVID-19 Support and Resources

Dental support

If you or your child in pain, or you have immediate concerns about their teeth, please phone one of the following clinics:

Hamilton

Organisation	Contact	Support	Suburb
Crawshaw Primary School Community Dental Clinic	49 Crawshaw Dr, Nawton, Hamilton, Phone: 07 849 7308	Emergency dental work.	Nawton
Fairfield Community Dental Clinic	33 Kensington Place, Fairfield, Hamilton, Phone: 0800 825 583	Emergency dental work.	Fairfield
Frankton Community Dental Clinic	194 Massey Street, Frankton, Hamilton, Phone: 07 859 9160	Emergency dental work.	Frankton
Peachgrove Community Dental Clinic	80a Peachgrove Road, Hamilton East, Hamilton, Phone: 0800 825 583	Emergency dental work.	Hamilton East

COVID-19 Support and Resources

Senior Support

Hamilton

Organisation	Contact	Support	Suburb
Age Concern, Hamilton	30 Victoria Street, Hamilton Central, Hamilton, Phone: 07 838 2266 or freephone 0800 65 2 105, E-mail: ienquiries@ageconcern.gen.nz , ageconcern.gen.nz	Accredited Visiting Service Elder Abuse and Neglect Prevention Services Information Resources Total Mobility Scheme Social Activities Transport In-home Support Sale or loan of equipment	Hamilton Central
Selwyn Centre - Hamilton	St Luke's Selwyn Centre, 8 St Luke's Place, Melville, Hamilton, Phone: 07 981 1022 or freephone 0800 430 101, info@haumaruhousing.co.nz , www.selwynfoundation.org.nz	The Selwyn Foundation is one of New Zealand's largest not-for-profit providers of care and services for older people and their families. For over 60 years, the Foundation has served older people with integrity, warmth and respect.	Melville
Senior Services (Department of social services in Hamilton)	317 Victoria Street, Hamilton Central, Hamilton 37 Whatawhata Road, Shop 14, Dinsdale Shopping Centre, Dinsdale, Hamilton, Phone: 0800 552 002	They provide services for older people, including: NZ Super and Veteran's Pension. financial help if you're on a lower income. taking a pension overseas or getting an overseas pension.	Hamilton Central / Dinsdale
Rauawaawa Kaumatua Charitable Trust	50 Colombo Street, Frankton, Hamilton, Phone: 07-847 6980, reception@rauawaawa.co.nz , www.rauawaawa.co.nz	Rauawaawa Kaumātua Charitable Trust provides a range of culturally focused, appropriate and accessible health, social and community-based activities and services for our Kaumātua (55 years and over), with the purpose to enhance their wellbeing and quality of life.	Frankton
Red Cross Hamilton	Phone: 07 839 8899 ext 98121 Email: MOW@waikatodhb.health.nz	Meals on wheels. Need a referral from GP. Each meals costs \$9.80 (GST inclusive).	Hamilton

COVID-19 Support and Resources

		You DO NOT need a referral. The minimum number of meals is two per week.	
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COVID-19 Support and Resources

Support for young people

Hamilton

Organisation	Contact	Support	Suburb
BARNADOS	52 Lake road, Frankton, Hamilton Phone: 07 847 1088 Email: Waikato.amu@barnados.org.nz https://www.facebook.com/BarnardosNZ	Support family with children. Child and family counselling. Children's domestic violence programmes. Family support and kid start home based care and learning. Teen parent support service	Frankton
PLUNKET	12 Richmond Street, Whitiara, Hamilton. Phone: 07 839 3982 or 0800 933 822 Helpline.	Plunket is the largest provider of services supporting the health and well-being of children from birth to age five	Whitiara
FAMILY PLANNING	240 Tristram Street, Hamilton Central, Hamilton. Phone: (07) 839 4061 http://www.familyplanning.org.nz/clinics/hamilton https://www.facebook.com/familyplanningnz	Family Planning is a New Zealand organization promoting Positive Sexual Health	Hamilton Central
True Colours Charitable Trust	16 Joffre Street, Frankton, Hamilton. Phone: 07 839 4800	Supporting children and teens – birth to 18yrs with: Chronic, serious or life threatening illness. Parent, sibling or partner seriously ill. Experience the death of a family member or partner through illness and require professional help with grief or loss issues.	Frankton
RainbowYouth (RY)	https://ry.org.nz/tpss	Transgender support accessible support services around gender and	Hamilton

COVID-19 Support and Resources

		sexuality can be challenging.	
FAMILY WORKS	<p>Te Ara Hou Village, 100 Morrinsville Road, Hillcrest, Hamilton. Phone: 07 858 4413</p> <p>Email: admin.waikato@fwn.org.nz</p> <p>http://www.northern.familyworks.org.nz</p>	<p>Work with children and young people up to 17yrs and their families. Day programmes, counselling, social work toward positive and lasting differences. Parenting strategies, abuse, family relationship issues, communication skills, confidence and self-esteem, problematic behaviours, support in dealing with govt. and other organizations.</p>	Hillcrest
Infant, Child and Adolescent Mental Health (ICAMHS)	<p>105 Rostrevor Street, Hamilton Central, Hamilton, Phone: 0800 99 99 03, Email: inward.referrals.NRA@ngaaringaawhina.org.nz</p>	<p>The Infant Child and Adolescent Mental Health Service (ICAMHS) is a free, community service for children and adolescents up to 18 years old and their whaanau.</p>	Hamilton Central

COVID-19 Support and Resources

Maori Support

Supporting Māori communities and businesses during COVID-19.

Hamilton

Organisation	Contact	Support	Suburb
Hauora Waikato	195 Collingwood Street, Hamilton Lake, Hamilton 3204 Phone: (07) 839 9916 Email: myteam@hauorawaikato.org.nz	Hauora Waikato is a kaupapa Maori organisation which provides a range of secondary level community mental health services. Self referral, GP, DHB clinical services, Corrections	Hamilton Lake
Te Kohao Health Ltd	Kirikiroa Marae, 951 Wairere Drive, Hamilton East, Hamilton Lake, Hamilton Phone: 07 856 5479 or 0800 483 564 Fax: 07 856 5938 admin@tekohaohealth.co.nz, tekohaohealth.co.nz	Te Kōhao Health is a Marae based Provider of health, social, employment, Whānau ora, education and justice services to a predominantly Māori (80%) client base. There has been extensive research over the years (which has coincided with our experience over 25 years) that Te Reo me ona tikanga are key components of building strong, health and prosperous whānau.	Hamilton East
Rauawaawa Kaumatua Charitable Trust	50 Colombo Street, Frankton, Hamilton, Phone: 07-847 6980, reception@rauawaawa.co.nz, www.rauawaawa.co.nz	Rauawaawa Kaumātua Charitable Trust provides a range of culturally focused, appropriate and accessible health, social and community-based activities and services for our Kaumātua (55 years and over), with the purpose to enhance their wellbeing and quality of life.	Frankton
Te Rūnanga Ō Kirikiriroa - Mental Health & Addiction Services	59 Higgins Road, Dinsdale, Hamilton, Phone: 07-846 1042, reception@terunanga.org.nz, www.terunanga.org.nz	Our founding vision was to increase the holistic wellbeing of Māori and Pasifika Peoples domiciled within the environs of Hamilton City and surrounding areas. Today we aim to empower people and their whanau throughout Kirikiriroa	Dinsdale

COVID-19 Support and Resources

		with housing, health and wellbeing assistance and support. While the Rūnanga has a specific focus on Māori and Pasifika peoples, it is an inclusive organisation, rooted firmly in a kaupapa Māori approach.	
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COVID-19 Support and Resources

Pasifika support

Supporting Pasifika communities and businesses during COVID-19.

Hamilton

Organisation	Contact	Support	Suburb
K'aute Pasifika Trust	960 Victoria Street, Whitiara, Hamilton, Phone: (07) 834 1482, E-mail: info@kautepasifika.co.nz, https://www.kautepasifika.co.nz/	We exist to create healthier, stronger prosperous individuals, families, and the kind of connected community we all want to be part of. To do this we offer a wide range of health, education, employment and social services, but the key is that we help you weave all of these together to achieve the best outcome for you and your family.	Whitiara
Te Rūnanga Ō Kirikiriroa - Mental Health & Addiction Services	59 Higgins Road, Dinsdale, Hamilton, Phone: 07-846 1042, reception@terunanga.org.nz, www.terunanga.org.nz	Our founding vision was to increase the holistic wellbeing of Māori and Pasifika Peoples domiciled within the environs of Hamilton City and surrounding areas. Today we aim to empower people and their whanau throughout Kirikiriroa with housing, health and wellbeing assistance and support. While the Rūnanga has a specific focus on Māori and Pasifika peoples, it is an inclusive organisation, rooted firmly in a kaupapa Māori approach.	Dinsdale

COVID-19 Support and Resources

Asian Support

Hamilton

Organisation	Contact	Support	Suburb
The Asian Network Incorporated (TANI)	113 Alexandra Street, Hamilton Central, Hamilton, Phone: 021 338 579, E-mail: Seunghee.Pak@asiannetwork.org.nz, www.asiannetwork.org.nz	Supporting and working with all Asian communities for their better health and well-being. Also supports both Asian communities and healthcare and social service providers to connect and share information. Programmes: Stay Well, Stay Connected Health seminar Migrant Women Wellbeing Programme Healthy Babies Healthy Futures During lockdown, the programmes continue through the online to support the community and promote health & wellbeing messages.	Hamilton Central
Shama Ethnic Women's Trust (Supporting Ethnic Women)	27 Beatty Street, Melville, Hamilton / 56 Massey Street, Frankton, Hamilton 3204, You can get in touch online via webchat, call, email. Phone: (07) 843 3810, E-mail: or simply drop by the office. www.shama.org.nz/ 9:00am — 4:30pm Monday to Friday,	A source of strength and empowerment to all ethnic women. The primary objective of Shama is to be a vibrant, sustainable social service organisation that provides culturally-appropriate support, advocacy, and programmes to ethnic women, their children and families, and to be a source of strength and empowerment for ethnic women of all ages. While Shama provides specialist support for those experiencing violence, it takes a holistic approach to the needs of women, their children and families. Shama is a community hub for hundreds of ethnic families in the Hamilton area, as we provide peer-to-peer support for ethnic women through the running of regular classes in crafts, cooking, as well	Frankton / Melville

COVID-19 Support and Resources

		<p>as the parent support.</p> <p>The programmes currently provided by Shama fall into three categories:</p> <p>Skills based programmes: English language and conversation, computer support, gardening, cooking, and sewing classes.</p> <p>Support programmes: parent support, school holiday programmes, legal and domestic violence workshops.</p> <p>Individual support: one-on-one support is provided to ethnic women, children and their families by trained social workers.</p>	
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