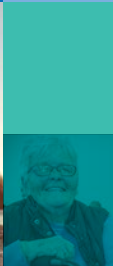




LIVING WELL IN LATER YEARS



A GUIDE TO LOCAL
SERVICES AND
CONNECTIONS FOR
OLDER PEOPLE



**GORE New Zealand
Reprinted 2023**





This booklet has been produced by Ready for Living with funding from Community Trust South.

Gore District Council (August 2023)

This booklet is for information purposes only. The Gore District Council does not endorse or recommend any service or services.

Ready for Living has checked the information to the best of its ability before printing and accept no liability for any incorrect or out of date information.

If you would like to provide feedback on the booklet, please contact: kylireadyforliving@goredc.govt.nz or 021 198 0480.

INTRODUCTION

Ready for Living (Te Ara Tiketike) is a Gore District Council community-led project, generously supported by the PH Vickery Trust.

Following the success of our first edition, the second edition of *Living Well in Later Years* is a handy guide for older people living in the Gore District, kindly supported by Community Trust South.

This booklet contains helpful information to support older people in their daily lives.

We want the Gore District to be the best place for people of all ages, including older people, to live and thrive. We're building our knowledge and understanding of the needs of older people now so we can put the best things in place for their future.

To enhance the quality of life for older people, we need a well-coordinated approach that supports health, well-being, safety, mobility, accessibility, recreation, housing, and work opportunities.

We hope you find this booklet useful.

A handwritten signature in black ink that reads 'Kylie Aitken'.

Kylie Aitken
Ready for Living Coordinator



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ABOUT READY FOR LIVING (TE ARA TIKETIKE)

Ready for Living's role is to support the Gore District's population to age in a safe, secure and healthy environment while living a full life.

Gore has achieved the World Health Organisation's Age Friendly City and Community Status. As well as producing this booklet, Living Well in Later Years, Ready for Living contributes to the wellbeing of the Gore District's older population in the following ways:

Advocacy

Our Ready for Living coordinator advocates for equal access to services for older people living in the Gore District. We liaise with community groups, agencies, and establish projects to support older people.

Information

Ready for Living develops and shares information for older people at community groups, in local media and on its website www.readyforliving.co.nz.

Free Parking and Swimming for Over 80s

The Gore District Council has a free parking scheme and free swimming for persons 80 years or older. For more information visit www.goredc.govt.nz.

Age Friendly Business

The Age Friendly Business initiative recognises businesses and organisations that aspire to be age friendly. The aim is to create an accessible, inclusive and respectful customer experience, and to offer products meeting the needs of all customers.

Events

Ready for Living organises and assists with planning events for older people in the community. Including morning teas, information sessions and learning opportunities.

MEDICAL SERVICES

GP Services

Gore Health Centre GP Clinic

Gore Health Centre is the GP Practice that's part of Gore Health Ltd, located in the Gore Hospital building on Birch Lane.

Where: 9 Birch Lane, Gore

Email: ghc@gorehealth.co.nz

Web: www.gorehealth.co.nz/gp-services

Phone: 03 209 3022

Gore Medical Centre

Our experienced team of doctors, nurses and administrative staff is committed to providing the best possible primary health care to you and your family.

Where: 12 Eccles St, Gore

Email: email@goremedical.co.nz

Web: www.goremedical.co.nz

Phone: 03 208 9222

Mataura Medical Centre

We are a family-centred surgery offering a full range of general practice services to you and your family.

Where: 11 Bridge Street, Mataura

Email: mataura@tehauoteora.nz

Phone: 03 203 8152

Low-Cost Health Services

Health care or services related to disability and age can be costly. Many people are eligible for financial assistance from WINZ to help pay for costs. This may be through a Community Services Card and, or a Disability Allowance. This can help towards costs including medical fees, foot care, transport, personal alarms, lawn mowing and gardening services.

Health Improvement Practitioner (HIP)

HIP are qualified professionals that help you work to improve your well-being across the whole range of physical and mental health presentations. HIPs help you to develop skills to make positive behavioural changes, like managing stress, thoughts, feelings and behaviours, helping with sleep, alcohol and drug problems. Free 20-30 minute appointments, no limit to number of appointments. Bookings are made via reception with the respective practice.

Where: Gore Health Centre

When: Mon and Tues

Phone: 03 209 0322

Where: Gore Medical Centre

When: Wed - Fri

Phone: 03 208 9222

Web: <https://wellsouth.nz/community/mh-concerns/toku-oranga/>

Health Coach

Provide additional support for those looking to take control and make improvements to their health and wellbeing. Areas of assistance include nutrition and weight management, diabetes education and support, cholesterol management, blood pressure, smoking cessation along with a range of other long term conditions. You can self refer or may be recommended by their GP.

Free 30-45 min appointments, no limit to number of appointments. Bookings are made via reception with the respective practice:

Where: Gore Medical Centre
When: Mon and Tues
Phone: 03 208 9222

Where: Gore Health Centre
When: Thurs and Fri
Phone: 03 209 0322

Te Kakano Nurse-led Clinics

Te Kakano nurses are happy to see any one for any health advice, education, or support. They work with other health providers (eg GPs) to enable the best care for you. This is a free service, no appointments are required, available every second Monday.

Services include weight monitoring, blood sugar and blood pressure checks, cervical smears, heart, diabetes and breathing checks. Access to a podiatrist and a dietician. Call to check dates and times.

Where: Hokonui Rūnanga,
140 Charlton Road, Gore
Where: Mataura Community Centre,
1 Bridge St, Mataura

Email: hokonui.office@ngaitahu.iwi.nz
Web: www.hokonuirunanga.org.nz/
health/te-kakano-nurse-led-clinics
Phone: 03 208 7954

Hearing Services

Audiology South

Where: 17 Mersey Street, Gore
Email: gore@audiologysouth.co.nz
Web: www.audiologysouth.co.nz
Phone: 03 280 2676 or 0800 547 836

Bay Audiology

Where: 149 Main Street, Gore
Email: gore@bayaudiology.co.nz
Web: www.bayaudiology.co.nz
Phone: 03 554 5119 or 0800 700 851

Triton Hearing

Where: 45 Irk Street, Gore
Email: gore@tritonhearing.co.nz
Web: www.clinics.tritonhearing.
co.nz/gore/45-irk-street
Phone: 03 208 6686

Dental Services

Gore Health - Birch Lane Dental

We operate a two chair private dental practice. As well as provide public oral healthcare for children and adolescents.

Where: 9 Birch Lane, Gore
Web: www.gorehealth.co.nz/dental
Phone: 03 203 9041

Hokonui Dental Care

We provide a full range of dental treatments including preventative, cosmetic, restorative, hygiene and basic oral surgery treatment.

Where: Fairfield Building,
2 Medway Street, Gore
Email: hokonui.dentalcare@xtra.co.nz
Web: www.hokonuidentalcare.co.nz
Phone: 03 208 4422

Lumino the Dentists

We provide pain free and gentle dental care, and offer flexible payment options.

Where: 5 Irk Street, Gore
Web: www.lumino.co.nz/dentists/
gore-dental
Phone: 03 208 7413

Foot Services

Gore Foot Clinic

Home visits are available if needed.

Where: 53 Irk Street, Gore
Phone: 03 208 3664

Baptist Nail Clinic

Provides a free, regular service taking care of people's feet. Includes a foot spa and foot massage. A registered nurse is available. Referrals through a doctor, limited numbers.

Where: 25 Ardwick St, Gore
Email: office@gorebaptist.org
Phone: 03 208 4675



Falls Prevention/Strength and Balance Programmes

There are several options to suit everyone who would like to improve their strength and balance. These include joining a class, online or an individual assessment at home.

Basic Strength and Balance Exercise and Tai Chi Class

Mix of seated and standing exercises, walking exercise incorporating basic Tai Chi movements.

Where: Gore RSA

When: Tuesdays 10:15 - 11:15 am

Cost: \$3 per session

Home-based Falls and Fracture Prevention Services

Email: Bwellfallsandfractureteam@wellsouth.org.nz

Phone: 0800 477 115

NymbL

NymbL is an easy, personalised balance training app you can do in the privacy and comfort of your home. It only takes 10 minutes a day, all you need is a smartphone or tablet.

Cost: FREE and fully covered by ACC

Web: www.fallsfree.com

Fit 4 Function

(ACC Live Stronger for Longer Approved) For 55+ is a low intensity functional fitness class perfect for people who want to get fitter.

Where: NRG Gym, 25 Mersey St, Gore

When: Mon/Thurs 10:30am

Cost: Free trial session, \$5 per session, \$45 for 10 sessions

Phone: 03 208 6165

Taurite Tū

Taurite Tū is a strength and balance exercise programme specially designed for Maori aged 50+ and their whānau. The exercises and activities will improve the strength of your legs and improve your balance, whilst having some fun as well.

Where: Hokonui Rūnanga

Phone: 03 208 7954 for more info

Adaptive Equipment

Adaptive items can help with everyday living. Stores in Invercargill and online suppliers sell adaptive equipment.

DRC Disabilities Resource Centre Southland

We sell and hire daily living aids, specialist continence products and mobility equipment and also conduct assessments for total mobility cards. Our DRC mobile service is also available to come to Gore.

Where: 60 Windsor Street, Invercargill

Email: info@drccsouth.co.nz

Web: www.drccsouth.co.nz

Phone: 0800 100 531

Southern Mobility

Sells, hires and services equipment (including mobility scooters and electric beds) for people with limited physical abilities. Southern Mobility is an Enable and ACC subcontractor.

Ring to see when we are in Gore next.

Where: 200 Spey Street, Invercargill

Email: info@southernmobility.co.nz

Web: https://southernmobility.co.nz/

Phone: 03 218 1161

SUPPORT FOR LIVING AT HOME

Companionship Services

These services support people that are living alone, lonely or to give carers a rest.

Age Concern Accredited Visiting Service (AVS)

AVS provides a regular visiting service for older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation, share interests and activities.

Phone: Chris Cunningham

03 218 6351

Parata Day Activities Programme

3 days a week 10am-3.30pm. Providing company and fun for those living alone or support for carers. Activities, outings, crafts, entertainment, transport, and meals provided.

Funding arranged via GP or can attend privately paying.

Where: 39 Kitchener Street, Gore

Phone: 03 208 6303

St John Caring Callers

St John Caring Callers is a service for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is OK.

Web: www.stjohn.org.nz

Phone: 0800 000 606

Enliven SupportLink

SupportLink is a free service that matches trained volunteers with older people living in their own home. We offer different types of assistance including transport to appointments, help with shopping, companionship, and support for older people when spouses or carers take time out.

Email: POfficerYoung@enlivenld.nz

Web: www.pss.org.nz/enliven/services/in-the-community/supportlink

Phone: Patricia Officer-Young

03 208 0864

Home Support Services

Private and funded options exist for help at home including household chores, showering and dressing, skin care, managing medications, shopping, and to support safety and security.

Health Care NZ

Web: www.healthcarenz.co.nz

Phone: 0800 002 722

Royal District Nursing Service

Web: www.rdns.org.nz

Phone: 0800 736 769

Meal Services

There are options for help with meals. A hot meal can be delivered to your door or frozen meals are available.

Parata Meals on Wheels

Available to be delivered hot five days a week and frozen meals are available for weekends. Meals are \$12 for a main and dessert. There are no restrictions on who can receive meals. Parata is also an approved provider for ACC.

Where: 39 Kitchener Street, Gore
Email: parataresidence@xtra.co.nz
Phone: 03 208 6303

Southern District Health Board Meals on Wheels

Phone: 0800 627 236 or 03 470 9300

Local Chilled/Frozen Meals

Capri Restaurant

Where: 71 Main St, Gore
Can pick up, order online
Web: www.capricafe.co.nz/order-meal-combos
Phone: 03 208 6368

One Chef Kitchen

Where: 7 Main Street, Gore
Phone: 03 208 9068

Salvation Army Foodbank

Phone: 03 208 4443

Shopping Services

Countdown Delivery

We aim to make your online shopping experience as enjoyable and effortless as possible. Our team of personal shoppers are ready to do your shop for you, your way.

Spend \$200 or more - \$9 Delivery fee.
Spend under \$200 - \$14 Delivery fee.
Subscriptions available.

Web: www.countdown.co.nz/shop/content/new-to-online-shopping
Phone: 0800 40 40 40

New World Delivery

With New World online, we pick the freshest and finest food and deliver to you.

Spend \$200 or more - \$10 service fee.
Spend under \$200 - \$15 service fee.

Web: www.newworld.co.nz/shop
Phone: 0800 463 996

Home Safety Services

Options to support safety at home include alarms to press in case of an accident or illness, alarms that trigger if a person falls, and alarms to help people caring for others.

The MSD-accredited medical alarm suppliers are:

ADT Security Neva Alone

Phone: 0800 111 238
Web: www.adtsecurity.co.nz/nevaalone

Freedom Medical Alarms

Phone: 0800 380 280
Web: www.freedomalarms.co.nz

Guardian Support Services

Phone: 027 7181061
Web: www.guardiansupportservices.co.nz

St Johns Medical Alarms

Phone: 0800 502 323
Web: www.stjohn.org.nz/medical-alarms

Securely

Phone: 0800 865 865
Web: www.securely.nz

Vital Call (Chubb New Zealand)

Phone: 0800 10 20 30
Web: www.vitalcall.co.nz

Tracecare

Phone: 0800 559 720
Web: www.nzmedicalalarms.co.nz

Local Fire Brigade

The local fire brigade can install smoke alarms and change smoke alarm batteries.

Contact: Contact our Ready for Living Coordinator on 021 198 0480 to access this service.

Transport Services

People may be able to access discounted taxi fares if they are no longer able to drive. In addition to taxi services there are transport services for health appointments and other benefits available for older people.

MT Taxis

Phone: 03 208 1243

80 Plus Parking

There's free parking in Gore for those aged 80 years and over. To be eligible for a free parking permit, applicants must produce a current driver licence and drive their own vehicle. Apply for a permit using the online form or at Gore District Council office.

Web: www.goredc.govt.nz/services/roading-parking/free-parking-for-seniors?ed-step=1

St John Health Shuttle

A community service transporting people to and from medical and health-related appointments. Travels around Gore and to Tapanui, Riversdale, Mataura, Balclutha, Invercargill, and Dunedin.

A donation is suggested per trip:

\$10 around Gore
\$20 to Invercargill
\$40 to Dunedin

Phone: 0800 103 046

Mobility Parking Scheme

If you have limited mobility, you may be able to apply for a permit (cost \$50) which allows you to park in accessible reserved parking spaces and, in Gore, park in a metered space for free up to the allotted time.

See your GP to get an application form.

Total Mobility

MT Taxis is the only Total Mobility service in Gore.

Phone: 03 208 1243

It offers a half price taxi fare (up to \$25) for people unable to drive or use public transport. The scheme is available to people who have a physical, sensory, intellectual, neurological or psychological impairment, and are unable to drive or ride a bus.

Connected Eastern Southland can assess to issue permits.

Where: 1 Charlton Lane, Gore

Phone: 03 208 8480

Staying Safe

Staying Safe is a refresher workshop for senior road users run by Age Concern Southland.

Web: www.nzta.govt.nz/safety/what-waka-kotahi-is-doing/education-initiatives/senior-drivers/

Phone: 03 218 6351

Gore Visitors Centre

Book Intercity and Catch-A-Bus by visiting or calling Gore Visitors Centre. No additional charge for booking this way.

Where: 16 Hokonui Drive, Gore

Email: goreinfo@goredc.govt.nz

Phone: 03 203 9288

Healthy Homes

Insulating your home, keeping it dry, airing it out and warming it up are all important. There's advice, support, and financial assistance available to help you make your home more healthy.

For subsidies on ceiling and underfloor insulation:

Awarua Synergy

Email: synergy@awarua.org.nz

Web: www.awaruasynergy.co.nz

Phone: 03 214 2927

Information about warmer, drier homes:

Web: www.health.govt.nz/your-health/healthy-living/warmer-drier-homes

NZ Red Cross Invercargill Curtain Bank and Bedding Pack

Can organise delivery to Gore.

Where: 102 Yarrow Street, Invercargill

Phone: 03 218 4339

Financial Assistance

Work and Income

Disability Allowance

A weekly payment for people who have regular, ongoing costs because of a disability. These could be visits to the doctor or hospital, medicines, extra clothing or travel.

Web: www.workandincome.govt.nz/products/a-z-benefits/disability-allowance

Phone: 0800 559 009

Community Services Card

Can help you with the costs of health care. This means you could pay less on some health services.

Web: www.workandincome.govt.nz/products/a-z-benefits/community-services-card

Phone: 0800 999 999

Rates Rebate Scheme

The rates rebate scheme offers a discount to low-income earners who pay rates on their own home. Ratepayers apply to their local council for a rebate.

You can apply at the Gore District Council office or Mataura Service Centre.

Jubilee Budget Advisory Service Ltd

Jubilee Budget Advisory Service is a free and confidential service, providing budget advice, information, and education.

Email: info@jubileebudget.co.nz

Phone: 03 214 0942 or 0800 582 453



SOCIAL OPPORTUNITIES

There are plenty of social opportunities for people who want to connect with others and engage in social or recreational activities.

Group Lunches

Senior Citizens' Lunch

When: Weekly on a Thursday
Cost: \$12

RSA Lunch

When: Weekly on a Friday
Cost: \$15

Kaumātua Health Day and lunch

When: Fortnightly on Wednesday
Cost: Free

Salvation Army Lunch

When: Wednesdays
Cost: Free

Mataura Senior Citizens Lunch

Where: 4 McQueen Ave
When: Fridays 12:00pm
Email: maggie69@kinect.co.nz
Phone: 03 203 8501

Social and Service Groups

Connect

Connecting with others, devotions, thought-provoking ideas and chat, visiting speakers, yummy afternoon teas and visits to places of interest. Gold coin donation.

Where: Calvin Community Church, 25 Robertson St, Gore
When: 1st Wednesday 1:30pm-3:00pm
Email: office@calvin.org.nz
Phone: 03 208 9973

Gore and District Senior Citizens

Enjoy fun with others, entertainment, and the opportunity to join a choir.

Cards afternoon on Tuesdays, lunches with activities afterwards on Thursdays.

Where: 10b Ardwick St, Gore
Email: goreseniorcitz@gmail.com
Phone: Elaine Kelly 03 208 7624, Frances Scammell 03 208 6503

Gore Rotary Club

Meets Monday 6pm at Croydon Lodge.

Gore RSA

Gore RSA has sections including Snooker, Pool, Travel, Flag 500-cards, Womens, Golf, Bowls, and the Tin hat.

Where: 12 Bowler Avenue, Gore
Email: manager@gorsrsa.co.nz
Web: www.gorsrsa.co.nz
Phone: 03 208 6218

Gore Soroptimists

Provides opportunities for members to improve the lives of women and girls worldwide.

Where: Meet 2nd Tuesday 6:30pm, at Gore Racecourse
Email: sigore@siswp.org
Phone: 027 311 0625

Gore Town and Country Club

The Gore Town and Country Club organises sports and activities including car trials, fishing, golf, clay bird, indoor bowls, housie, pool, snooker, squash, and table tennis.

Where: 2 Bury Street, Gore
Phone: 03 208 4623
Email: david@goretclub.co.nz

Grey Power

Grey Power is an advocacy organisation promoting the welfare and well-being of all citizens 50+.

Phone: Murray Newton 03 973 0382

Hokonui Focus

A friendship group for retired men and women.

Where: Croydon Lodge Hotel
When: Meet 2nd Wednesday of the month (except January) at 10:00 am
Email: hokonuifocus@gmail.com

Kaumātua Health Day

Fortnightly Wednesday at Hokonui Rūnanga we hold a Kaumātua Health Day. Free pick-up service for all local kaumātua. We provide speakers and lunch.

Web: www.hokonuirunanga.org.nz/health/kaumatua-health-day
Where: 140 Charlton Road, Gore
Email: hokonui.office@ngaitahu.iwi.nz
Phone: 03 208 7954

Lions

Gore Host Lions

Meet 1st Wed of the month, at Gore RSA, mixed gender.

Phone: David Pope 027 497 5610

Pakeke Lions

Meets 1st Thursday of the month at Gore Senior Citizens Room, mixed gender.

Where: 117 Hokonui Drive, Gore
Email: pitch1@xtra.co.nz
Phone: 027 436 9055

River Valley Lions

Meets 2nd Monday of the month, at Croydon Lodge, mixed gender.

Email: Gore.rv@lionsclub.org.nz
Phone: Virginia Carter 03 208 7176, Janet Humphries 03 203 3166

Gore Hokonui Lions

For women, meets every 2nd Wednesday of the month at 6.30pm, Gore RSA.

Email: ducknoff2@gmail.com
Phone: 027 929 3914

Mataura Lions

Meets every 4th Wednesday of the month at 7pm, Mataura RSA, mixed gender.

Email: president.mataura@lionsclubs.org.nz, OR secretary.mataura@lionsclubs.org.nz
Phone: Diane Callahan 027 250 1087 Mike Whale 027 229 7218

Mataura Menz Shed

A Menz Shed brings men together to share their skills, have a laugh, and work on practical tasks individually or as a group (for the community).

Where: 109 Main Street, Mataura
When: Wednesdays 9:00am- 11:00am
Email: orcas@xtra.co.nz
Phone: Mike Whale 027 299 7218, John Ranstead 021 231 3740

SupportLink (Enliven) Coffee Group

Held monthly on the third Wednesday of the month. Coffee groups are a great opportunity to meet like-minded people and the venues tend to vary each month, making for interesting outings.

Email: POfficerYoung@enlivensld.nz
Phone: Patricia Officer-Young
03 208 0864

Gore Women's Club

The Gore Women's Club offers a range of activities you can join in. These include an art and garden circle, Bridge and games circle, Play Reading circle, music circle, summer circle, travel and discussion circle, book club, ukulele group, and a movie morning.

Where: 6 Lyne Street, Gore

Opportunities to Volunteer

Some local opportunities to volunteer are listed below.

Age Concern Accredited Visiting Service

Phone: 03 218 6351

Big Buddy Programme

Phone: 03 208 0877

Gore Hospice Shop

Phone: 03 208 0880

Gore - Red Cross

Phone: 027 233 4748

Mataura Meals on Wheels

Phone: 03 203 8501

Mataura Museum

Phone: 027 379 3685

Mataura Community Gardens

Phone: 027 229 7218

Meals on Wheels

Phone: 03 207 2780

Pakeke Lions Recycling Centre

Phone: 03 208 5054

Plunket

Playgroups, events or local fundraisers

Phone: 0800 184 803

Salvation Army Shop

Phone: 03 208 4440

St Johns

Health Shuttle Drivers, Hospital Friends and Therapy Pet people

Phone: 03 208 6617

St. Vincent de Paul

Phone: 03 208 7624

SupportLink – Buddy support for Elderly

Phone: 03 208 0864

Sports clubs also have opportunities for volunteers to assist with coaching, management, and administration.



OTHER SUPPORT AND COMMUNITY ORGANISATIONS

Active Southland

Whether it's playing, participating, competing, coaching, volunteering, celebrating or administering, Active Southland wants every Southlander to be involved with play, sport and active recreation. If you are interested in joining a club or volunteering to help others Active Southland can help you find the right fit.

Where: Gore Multisport Centre, 20 Wayland St West, Gore

Email: eastern@activesouthland.co.nz

Phone: 03 211 2150

Age Concern New Zealand

Age Concern supports older New Zealanders to live a great later life, to make choices that suit them best and to have access to the services and help they need. It stands up for the rights of older people and against ageism and discrimination.

Age Concern Southland offers Gore district residents elder abuse and neglect prevention services, and an accredited visitor service.

Email: janette@acin.org.nz

Phone: 03 2186351

Blind Low Vision NZ

BLVNZ support people in the community that are blind or have low vision to live their best lives as independent as possible. BLVNZ provide help with adaptive daily living equipment and skills, orientation and mobility, magnifying devices, technology and social interaction with sport & leisure and community groups.

Web: www.blindlowvision.org.nz/

Phone: 0800 243 333 or

Invercargill office 03 218 9189

Cancer Society - Community Cancer Care

Providing supportive care for people and families affected by a cancer diagnoses.

Email:

AynsleyDermody@cansoc.org.nz

Where: Connected Eastern Southland, 1 Charlton Lane, Gore

When: Wednesdays 9.00am-4.00pm

Phone: 027 218 4008

Connected Eastern Southland

A community house where members of the public can get support, advice, information, or connect to the best service for their needs. The Centre also offers printing, scanning, and copying services, and print resources about community and social support groups and organisations in Gore District.

Email: cccgore@cnt.org.nz

Community Connector

This free service provides support to connect individuals and whānau to services from multiple community and government agencies and service providers. This is available to anyone.

Email: connector@cnt.org.nz

Heartlands Services Coordinator

Heartlands are at the heart of your community, providing access to government and community services for rural communities.

Email: Kelly.young@cnt.org.nz

Neighbourhood Support Eastern Southland

Neighbourhood Support is a nationwide community-led organisation that brings people and neighbourhoods together to create safe, resilient, and connected communities.

Email:
info@neighbourhoodsupport.co.nz

Where: 1 Charlton Lane, Gore

Web: www.cnt.org.nz

Phone: 03 208 8480

Gore & Clutha Women's Refuge

Gore & Clutha Women's Refuge is a women-based organisation committed to the support and empowerment of women as victims of family violence and abuse.

Phone: Free Crisisline on 0800 REFUGE or 0800 733 843 for information, advice, and support about domestic violence as well as help in a crisis.

Transitional Housing

Transitional housing is short-term accommodation for individuals and families who need accommodation urgently because they have nowhere else to stay or are unable to stay in their usual place of residence.

Email: admin@gorerefuge.org.nz

Phone: 03 208 8384

Gore & Districts Community Counselling Centre

The Gore & Districts Counselling Centre provides counselling, therapeutic and educational services including general counselling, family counselling, alcohol and other drug counselling, group programmes, and relationship counselling.

Email: office@gorecounsellingcentre.com
Phone: 03 208 5366

Head Injury Society of Southland

Meet the needs of Southlanders affected by Head Injuries and their families/whanau. We provide support, education, information and advocacy.

Email: fo.his.sth@gmail.com
Phone: 027 424 8813

Hokonui Rūnanga

Hokonui Rūnanga supports members' well-being by guiding and managing a member's health, spiritual, cultural, educational, moral, social, and economic needs.

Email: hokonui.office@ngaitahu.iwi.nz

Phone: 03 208 7954

Gore and Maitāura District Libraries

Gore and Maitāura Library offer books, DVDs, audiobooks, puzzles, newspapers, magazines, and information. Free Wi-Fi, computer time and scanning, a basic digital device help service, low-cost photocopying and printing is available.

A walking frame, lift, mobility scooter and wheelchair charging, Ancestry and Find My Past are also available for use in Gore Library. There is generous seating and ask staff for help with anything you need.

Digital Library - if you need help learning to use this, library staff can help.

Web: www.gorelibraries.govt.nz/digital-library

A Justice of the Peace is available on Wednesdays at 6:30pm.

Books to You - A free service for readers who find it hard to visit the library. Our volunteer will deliver books tailored to your reading interests.

Gore Library

Where: 10C Ardwick Street, Gore

Phone: 03 203 9129

Email: gorelibraries@goredc.govt.nz

Maitāura Library

Where: 1 Bridge St, Maitāura

Phone: 03 203 8114

Email: gorelibraries@goredc.govt.nz

Loss and Grief Support Drop-In Service

We offer support for people living with loss and grief of any sort, including grief from a bereavement, separation, illness, isolation, and other life changes.

Email: lossandgriefcentre@gmail.com

Phone: 027 443 8788

Nationwide Health and Disability Advocacy Service

The Nationwide Health and Disability Advocacy Service offers free, independent, and confidential advice and support to help you resolve issues with health and disability services.

Email: advocacy@advocacy.org.nz

Web: www.advocacy.org.nz

Phone: 0800 555 050

Welcoming Communities

Welcoming Communities works with residents that are new to Gore District. We will connect you with people who share similar interests, with local services and organisations.

For more information contact the Community Development Co-ordinator.

Phone: 03 209 0330

Online Gore Directory

The Gore Directory has been created to give the community in Gore district an online resource to find active services in their area. It is created and managed locally, to ensure that only relevant organisations will be able to list their services.

Web: www.goredirectory.co.nz

PACT Community Support Workers

We provide help for adults living in the community who have a mental illness or intellectual disability.

We support people to reach their goals, whether that is learning a new daily living skill, tapping into social networks in the community, assisting with housing, or exploring work or study options.

Email: reception@pactgroup.co.nz
Phone: 03 211 2850

Southland Rural Support Trust

Rural Support Trust have local, rural people who know from experience that pressures can mount up. Our networks and training can help with all kinds of situations, and help you get through your current challenges.

Where: Travel rurally
Email: southland@ruralsupport.org.nz
Web: www.rural-support.org.nz
Phone: 0800 787 254

Stroke Foundation - Community Stroke Advisor Service

Provide support and has free information about stroke and managing life after stroke. We work with stroke survivors, their family and carers to assess their situation and develop a plan to meet their needs.

Email: southland@stroke.org.nz
Web: www.stroke.org.nz
Phone: 027 896 5696

Southland Community Law Centre

We provide free legal information and services for a huge range of legal issues for all of Southland and travel to Gore at least twice a month. If we can't help with any legal issue, we will on-refer people to other places.

Call the Law Centre to arrange a free appointment

Email: enq@comlawsth.co.nz
Phone: 0800 55 0800

Support Telephone Lines

Elder Abuse Helpline Southland

Phone: 0800 652 105

Seniorline

Phone: 0800 725 463

Southland Emergency Mental Health Team

Phone: 0800 467 846

Lifeline

Phone: 0800 543 354

Suicide Crisis Helpline

Phone: 0508 828 865

Healthline

Phone: 0800 611 116

1737 - Need to Talk

Phone: Call 1737 or Text 1737

Depression Helpline

Phone: 0800 111 757

Alcohol and Drug Helpline

Phone: 0800 787 797

Support Groups

Alzheimers Support Group

Where: Gore Library
When: Meeting first Tuesday of the month 11.00am
Email: office@alzheimerssocietysouthland.org.nz
Phone: 03 214 0984

Cancer Support Group

Phone: 027 214 4008 for details

Gore Aphasia Support Group

Where: St John's Ambulance rooms, Charlton Road
When: Fortnightly, Thursday 10:30am- 12:00pm
Email: alison.zani@gorehealth.co.nz
Phone: 021 0254 5837

Diabetes Gore Support Group

Where: St John Ambulance rooms, Charlton Road
When: Meetings 3rd Wednesday every month 2.00pm
Phone: Stella Greenfield 027 435 7656

Eastern Southland Arthritis Support Group

Where: Heartland Hotel
When: Meeting last Tuesday of each month, 10.00am
Phone: Robyn Young 027 496 9149

Head Injury Society Support Group

Phone: 027 424 8813 for details

Blind Low Vision Support Group

Where: The Stables Cafe
When: 2nd Thursday of the month
Phone: 027 808 3748

MS/ Parkinson's Support Group

For people with any neurological condition.

Email: info@mssouthland.org.nz
Phone: 03 218 3975 or 027 905 5372 for details



For detailed information please visit our website: www.readyforliving.co.nz

READY FOR LIVING

P: 03 209 0330

E: kylireadyforliving@goredc.govt.nz

Gore District Council, 29 Bowler Avenue, Gore
PO Box 8, Gore 9740

www.readyforliving.co.nz

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