

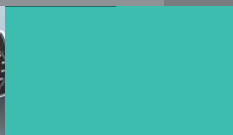


# LIVING WELL IN LATER YEARS



A GUIDE TO LOCAL  
SERVICES AND  
CONNECTIONS FOR  
OLDER PEOPLE

GORE New Zealand





This booklet has been produced by Ready for Living.

### **Gore District Council (2021)**

The information supplied in this document is provided as a resource and for information purposes only. The Gore District Council does not endorse or recommend any service or services. Nor does it accept responsibility for any loss or injury that may arise through use of any of the services or for any inaccuracy in the content in any service provider's information. Consumers should contact the service providers directly for the most up to date information about the provision of services from that supplier.

The Ready for Living Coordinator has checked the information to the best of our ability before printing. If you see anything we have missed or any errors, please contact us on [kyliereadyforliving@goredc.govt.nz](mailto:kyliereadyforliving@goredc.govt.nz) or 021 198 0480.

Updated February 2022.

## INTRODUCTION

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*Living Well in Later Years* is designed as a handy guide for older people living in the Gore District.

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

This booklet has been produced by Ready for Living (Te Ara Tiketike), a community-led project facilitated by the Gore District Council, and jointly funded by the PH Vickery Trust.

We want 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.

We need a coordinated approach to support older people's health and wellbeing, mobility and accessibility, housing and work opportunities, and to build wider community awareness of the issues older people face in daily life.

We hope you find this booklet useful. Please feel free to send any feedback to [kyliereadyforliving@goredc.govt.nz](mailto:kyliereadyforliving@goredc.govt.nz).

**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.

In February 2021 we became the second community in New Zealand to achieve the World Health Organisation's (WHO) 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 Gore District and helps with their welfare as needed. We liaise with community groups and agencies, and establish specific projects to support older people.

## Information

Ready for Living shares information for older people at community groups, in local media and on its website (**visit [www.readyforliving.co.nz](http://www.readyforliving.co.nz)**). The website has information about the local services available for older people.

## Free Parking for Drivers Aged Over 80

The Gore District Council has a free parking scheme for drivers 80 years or older. They can park free in a metered parking space for the maximum time permitted. For more information see our website.

## Exercise

Ready for Living holds weekly strengthening exercise classes in Gore on a Monday, 1:30-2:30pm at the Windsor Community Centre.

## Total Mobility

Ready For Living supported the establishment of the first Gore-based Total Mobility-Ridewise approved issuing agency, the Community Network Trust. This agency assesses applications for half-price taxi services from people with impairments who are unable to drive. Our Ready for Living Coordinator is an assessor.

## Supporting Groups and Clubs

Ready for Living can support clubs and groups with older members with their needs. This can include supporting funding, promotion, member recruitment, health and safety, and support relating to COVID regulations.

## Age Friendly Business

The Age Friendly Business initiative recognises Gore District businesses and organisations that aspire to be age friendly. The aim of this Ready For Living initiative is to support businesses to create an accessible business environment, an inclusive and respectful customer service experience, and to offer products meeting the needs of all customers and clients whatever their age, life stage and ability.

## Events

Ready for Living organises and assists others who are planning events for older people in the community. This can include expos, 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. We take new enrolments.

**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:** admin@matauramed.co.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 doctors' visits, prescriptions, foot care, personal alarms, electricity, telephone, lawn mowing and gardening services.

### 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, available every second Monday.

Services include cervical smears, weight monitoring, blood sugar and blood pressure checks, 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, Plunket Rooms, 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/hearing-test-clinics/clinic/72/gore-clinic  
**Phone:** 03 554 5119

### Deaf Aotearoa Southland

A disability services and support organisation based in Invercargill.

**Where:** 172 Queens Drive, Queens Park, Invercargill  
**Phone:** 0800 332 322

### 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

New enrolments are welcome.

**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. An orthodontist visits each week.

**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

Two dentists, two oral health therapists, two dental assistants and a practice manager/receptionist make up our team.

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

### Smile Denture Clinic

**Where:** 12 Irk Street, Gore  
**Email:** smilesdc@gmx.com  
**Phone:** 03 454 5118

## 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

We have options to suit everyone who would like to improve their strength and balance. These include joining a class or an individual assessment at home. Please note COVID-19 levels may affect service availability.

### Basic Strength and Balance Exercise and Tai Chi Class

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

**When:** Tuesdays 10:15 - 11:15 am

**Cost:** \$3 per session

**Where:** Gore RSA

### Home-based Falls and Fracture Prevention Services

**Email:** Bwellfallsandfractureteam@wellsouth.org.nz

**Phone:** 0800 477 115

### Ready for Strengthening - Seniors Falls Prevention Exercise Class

(ACC Live Stronger for Longer Approved)

Simple exercise classes with a mixture of seated and standing exercises, suits all levels. All welcome.

**When:** Mondays 1:30 pm.

**Cost:** \$2 per session

**Where:** Windsor Park Retirement Village Community Centre, 9 Reaby Road, Gore

**Phone:** Kylie 021 198 0480

### Silver Sneakers

(ACC Live Stronger for Longer Approved)

Silver Sneakers 55+ is a low intensity functional fitness class perfect for people who want to get fitter without sweating.

**When:** Mon/Thur 10.30am and 11am.

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

**Where:** NRG Gym, 25 Mersey St, Gore

**Email:** gore@nrggym.co.nz

**Phone:** 03 208 6165

### Adaptive Equipment

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

### Blind Foundation

Help for people who are blind or experiencing sight loss.

**Web:** [www.blindfoundation.org.nz](http://www.blindfoundation.org.nz)

**Phone:** 03 218 9189

### DRC Disabilities Resource Centre Southland

Provides information and advice on matters associated with disability, post operation, accident or illness, and hires and sells equipment. You can make an appointment for DRC to visit you in your home.

**Where:** 25 Gala Street, Invercargill

**Email:** [info@drcsouth.co.nz](mailto:info@drcsouth.co.nz)

**Web:** [www.drcsouth.co.nz](http://www.drcsouth.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.

**Where:** 200 Spey Street, Invercargill

**Email:** [info@southernmobility.co.nz](mailto:info@southernmobility.co.nz)

**Web:** <https://southernmobility.co.nz/>

**Phone:** 03 218 1161

# SUPPORT FOR LIVING AT HOME

## Companionship Services

Through these services volunteer visitors support people living alone or unable to drive. Volunteers visit people in their homes for a chat, to play games, help with shopping, or share an outing.

### 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

### 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@enlivensld.nz](mailto:POfficerYoung@enlivensld.nz)

**Web:** [www.pss.org.nz/enliven/services/in-the-community/supportlink](http://www.pss.org.nz/enliven/services/in-the-community/supportlink)

**Phone:** Patricia Officer-Young  
03 208 0864

## Parata Day Care

Wednesday to Friday 10am-3.30pm. Transport available for housebound or lonely elderly. Activities, outings, crafts, transport, and meals provided.

**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](http://www.stjohn.org.nz)

**Phone:** 0800 780 780

## 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

**Email:** [info@healthcarenz.co.nz](mailto:info@healthcarenz.co.nz)

**Web:** [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)

**Phone:** 0800 002 722

## Royal District Nursing Service

**Web:** [www.rdns.org.nz](http://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. Please note COVID-19 levels may affect the availability of some services.

### 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

### Churchys Quality Meats

(Frozen or hot at lunch)  
**Where:** 84 Broughton Street, Gore  
**Phone:** 03 208 5650

### One Chef Kitchen

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

## Online Frozen Meals

### BBQuick

**Web:** www.bbquick.co.nz  
**Phone:** 03 453 1000

### EAT Unlimited

**Web:** www.eat.co.nz

### Salvation Army Foodbank

**Phone:** 03 208 4443

## Shopping Services

### Countdown Delivery

Grocery delivery services are available. Charges vary from \$8.75 to \$15.75 depending on the cost of your groceries. Longer-term discounted plans are available.

**Email:** Onlineshop@countdown.co.nz  
**Web:** www.shop.countdown.co.nz  
**Phone:** 0800 404 040

## 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

**Email:** adt.nevalone.nz@tycoint.com  
**Web:** www.adtsecurity.co.nz/health-and-wellness/nevaalone  
**Phone:** 0800 111 238

## Chubb VitalCALL

**Email:** medical@chubb.co.nz  
**Web:** www.vitalcall.co.nz  
**Phone:** 0800 203 040

### St John Medical Alarm

**Email:** info@stjohn.org.nz  
**Web:** www.stjohn.org.nz/medical-alarms  
**Phone:** 0800 502 323

### Securely

**Email:** info@securely.nz  
**Web:** www.securely.nz/medical-alarms  
**Phone:** 0800 865 865

### Tracecare

**Email:** info@nzmedicalalarms.co.nz  
**Web:** www.tracecare.co.nz/products  
**Phone:** 0800 559 720

### 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

## Gore Taxi

**Phone:** 03 208 9444

## 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 New Zealand driver licence, drive their own vehicle, and be aged 80 years or over. You can apply for a permit using the online form or come into the Gore District Council office or library

**Web:** www.goredc.govt.nz/services/roading-parking/free-parking-for-seniors

### St John Health Shuttle

A community service transporting people to and from medical and health-related appointments (mostly eyes, dental, hospital and physiotherapy). Travels to Maitua, Balclutha, Invercargill, and Dunedin.

A donation is suggested per trip:  
\$20 to Invercargill  
\$40 to Dunedin

**Phone:** 03 208 6617, if there is no answer, please leave a message on 027 226 2298.

### 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. You'll need to fill it in before your doctor approves it for you.

## 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 is the only permanent Gore-based assessing agency that can issue these 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.

A self-assessment quiz is available online.

**Web:** [www.nzta.govt.nz/safety/what-waka-kotahi-is-doing/education-initiatives/senior-drivers/](http://www.nzta.govt.nz/safety/what-waka-kotahi-is-doing/education-initiatives/senior-drivers/)

**Phone:** 03 218 6351

## 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

**Web:** [synergy@awarua.org.nz](mailto:synergy@awarua.org.nz)

**Phone:** 03 214 2927

### Information about warmer, drier homes:

**Web:** [www.health.govt.nz/your-health/healthy-living/warmer-drier-homes](http://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

**Web:** [www.cognitoforms.com/NewZealandRedCross/CurtainBankReferralForm](http://www.cognitoforms.com/NewZealandRedCross/CurtainBankReferralForm)

**Web:** [www.cognitoforms.com/NewZealandRedCross/BeddingPackReferralForm](http://www.cognitoforms.com/NewZealandRedCross/BeddingPackReferralForm)

**Where:** 102 Yarrow Street, Invercargill

**Phone:** 03 218 4339

## Financial Assistance

### Work and Income

#### Disability Allowance

**Web:** [www.workandincome.govt.nz/products/a-z-benefits/disability-allowance](http://www.workandincome.govt.nz/products/a-z-benefits/disability-allowance)

## Community Services Card

**Web:** [www.workandincome.govt.nz/products/a-z-benefits/community-services-card](http://www.workandincome.govt.nz/products/a-z-benefits/community-services-card)

### 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 or online at

**Web:** [www.govt.nz/browse/housing-and-property/getting-help-with-housing/getting-a-rates-rebate/rates-rebate-application-form](http://www.govt.nz/browse/housing-and-property/getting-help-with-housing/getting-a-rates-rebate/rates-rebate-application-form)

## Jubilee Budget Advisory Service Ltd

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

**Email:** [sharon@jubileebudget.co.nz](mailto:sharon@jubileebudget.co.nz)

**Phone:** 03 214 0942





# SOCIAL OPPORTUNITIES

There are plenty of social opportunities for people who want to connect with others and engage in social or recreational activities. Please note COVID-19 levels may affect availability.

## Group Lunches

### Senior Citizens' Lunch

**When:** Weekly on a Thursday  
**Cost:** \$10

### RSA Lunch

**When:** Weekly on a Friday  
**Cost:** \$12

### Kaumatua Health Day and lunch

**When:** Every three weeks on a Wednesday  
**Cost:** Free

### Salvation Army Lunch

**When:** Monthly on a Wednesday  
**Cost:** Free

### Calvin Church 'The Table'

**When:** Weekly community lunch on Fridays  
**Cost:** Free

## Social and Service Groups

### 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 a Snooker Section, Pool Section, Travel Section, Flag 500 - cards, Women's Section, Indoor Bowls, and the Tin Hat.

**Where:** 12 Bowler Avenue, Gore  
**Email:** manager@gorsa.co.nz  
**Phone:** 03 208 6218

### Gore Soroptomists

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:** Club 03 208 4623  
**Email:** david@goretclub.co.nz  
**Phone:** Restaurant 03 208 9039

### Grey Power

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

**Address:** PO Box 100, Gore 9740  
**Phone:** Murray Newton 03 973 0382

### Focus Friendship (Probus)

**Where:** 4 Arawa Street, Gore  
**Phone:** 03 208 6774 or Ngaira Evans 03 2084744

### Kaumatua Health Day

Every third Wednesday at Hokonui Rūnanga we hold a Kaumatua Health Day.

Free pick-up service for all local kaumatua. We provide speakers and lunch.

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

## LIONS

### Pakeke Lions

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

**Where:** 117 Hokonui Drive, Gore  
**Email:** [dixeyland@xtra.co.nz](mailto:dixeyland@xtra.co.nz)  
**Phone:** 03 208 3771

### Gore Host Lions

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

**Email:** [peter@jonescooperbuilders.co.nz](mailto:peter@jonescooperbuilders.co.nz)  
**Phone:** Peter Copper 027 435 8577

### River Valley Lions

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

**Email:** [janet.rvlions@gmail.com](mailto:janet.rvlions@gmail.com)  
**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:** [g.jking26@gmail.com](mailto:g.jking26@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](mailto:president.mataura@lionsclubs.org.nz), OR [secretary.mataura@lionsclubs.org.nz](mailto:secretary.mataura@lionsclubs.org.nz)  
**Phone:** Mike Whale 027 229 7218, Diane Callahan 027 250 1087

### 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  
**Email:** [orcas@xtra.co.nz](mailto:orcas@xtra.co.nz)  
**Phone:** Mike Whale 027 299 7218, John Ranstead 021 231 3740

## Mataura Senior Citizens

**Where:** 4 McQueen Ave

**Email:** maggie69@kinect.co.nz

**Phone:** 03 203 8501

## 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.

**Cost:** \$80 per year / \$5 per time

**Where:** 6 Lyne Street, Gore

**Phone:** Sheree Graves 03 208 7461

## Opportunities to Volunteer

Some local opportunities to volunteer are listed below.

### Pakeke Lions Recycling Centre

**Phone:** 03 208 3771

### Gore Hospice Shop

**Phone:** 03 208 0880

### Salvation Army Shop

**Phone:** 03 208 4440

### St Johns Health Shuttle

**Phone:** 03 208 6617

## Big Buddy Programme

**Phone:** 03 208 0877

## SupportLink – Buddy support for Elderly

**Phone:** 03 208 0864

## Meals on Wheels

**Phone:** 03 207 2780

## Mataura Meals on Wheels

**Phone:** 03 203 8501

## Age Concern Accredited Visiting Service

**Phone:** 03 218 6351

## St.Vincent de Paul

**Phone:** 03 208 7624

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, Gore

**Email:**

gemma.oneill@sportsouthland.co.nz

**Phone:** 021 0453760

## 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@acinv.org.nz

**Phone:** 03 2186351

## Community Connections Centre

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.

**Where:** 1 Charlton Lane, Gore

**Email:** referrals@cnt.org.nz

**Phone:** 03 208 8480

## 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:** referrals@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 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:** manager@gorecounsellingcentre.com  
**Phone:** 03 208 5366

## 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 Maitara District Libraries

Gore and Maitara Libraries are open to everyone and offers books, DVDs, audiobooks, puzzles, newspapers, magazines, and information. You can also use the free Wi-Fi, free computer time, free scanning, a basic digital device help service, low-cost photocopying and printing, community information and research resources. Ancestry and Find My Past are also available for use in Gore Library.

**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.

**Call and Collect** - Call our friendly library staff and we will create a selection based on your personal reading preferences. You can request a book selection of up to five books per adult and 10 books per child. This will be set aside for you to collect at a date and time, at either Gore or Maitara Library.

**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:** 11 Jacob St, Gore  
**Phone:** 03 203 9129  
**Email:** gorelibraries@goredc.govt.nz

## Maitara Library

**Where:** 1 Bridge St, Maitara  
**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

## 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:** ns@cnt.org.nz  
**Phone:** 03 208 8480

## Newcomers Network

We welcome anyone from overseas or New Zealand who is new to our region. If you are new to our region, we can help with settlement support information, let you know about local activities and workshops, and help you to connect with other services in the area. We organize events where you can meet and greet other newcomers.

**Email:** mmccann@goredc.govt.nz  
**Phone:** 021 327 611

## 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

## 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

### National Support Lifeline

**Phone:** 0800 543 354

### Suicide Crisis Helpline

**Phone:** 0508 828 865

### Healthline

**Phone:** 0800 611 116

### 1737 - Need to Talk

**Phone:** Text 1737 or 0800 1737 1737

### Depression Helpline

**Phone:** 0800 111 757

### Alcohol and Drug Helpline

**Phone:** 0800 787 797



## Support Groups

### Alzheimers Society Southland INC

**Where:** 135 Yarrow St, Invercargill

**Email:** [alzheimer.southlandcsw@xtra.co.nz](mailto:alzheimer.southlandcsw@xtra.co.nz)

**Phone:** 03 214 0984

### Diabetes Gore Support Group

**Where:** St John Ambulance rooms,  
Charlton Road

**When:** Meetings 3rd Wednesday  
every month 2pm

**Phone:** Stella Greenfield 03 208 6769  
or Maureen O'Connell 03 208 6983

### Eastern Southland Arthritis Support Group

**Where:** Heartland Hotel

**When:** Meeting last Tuesday of each  
month, 10am

**Phone:** Robyn Young 027 496 9149

### M E Support

**Phone:** 03 208 0111

### Royal New Zealand Foundation for the Blind

**Phone:** 0800 243 333

### Southland Multiple Sclerosis/ Parkinson's Combined Support Group

**Where:** 151 Gala St, Invercargill

**Email:** [info@mssouthland.org.nz](mailto:info@mssouthland.org.nz)

**Phone:** 03 218 3975 or 027 905 5372

### Stroke Club Southland Inc.

**Where:** Community House,  
46 Kelvin St, Invercargill

**Email:** [southland@stroke.org.nz](mailto:southland@stroke.org.nz)

**Phone:** 03 214 0308 or 0800 787 653



**For detailed information please visit our  
website: [www.readyforliving.co.nz](http://www.readyforliving.co.nz)**

# READY FOR LIVING

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P: 03 209 0330, 0800 467 332 or 021 198 0480

E: [kyliereadyforliving@goredc.govt.nz](mailto:kyliereadyforliving@goredc.govt.nz)

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

[www.readyforliving.co.nz](http://www.readyforliving.co.nz)

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