

Introduction

This directory was first printed in 1995 and later updated in 1998 and 2009 by the Social Issues Network Council of Social Services Manawatu Inc. or popularly known as SINCOSS.

The directory was created to assist residents to find assistance and support in times of need. It can also be used to identify a service to which you would like to volunteer your talents and time.

This printed version of the Directory is current to the end of 2012. An updated version of The Directory can be found on the SINCOSS website www.sincoss.org.nz.

We have tried to make this Directory as complete as possible. If you would like to add a service or make amendments to entries you can do so by completing the form found on the last page of the Directory or on the SINCOSS website.

Who is SINCOSS?

The **Social Issues Network Council of Social Services Manawatu** (SINCOSS) was established during the latter part of 1992 as a result of submissions made by a number of local social services groups concerned with the growing social problems facing local people.

The central objectives of the SINCOSS are:

1. To encourage and facilitate coordination and extension of Social Service agencies to promote effective social services and to act as a liaison body between member organisations and local and central government.
2. To study and encourage the social development of the Manawatu District.
3. To encourage the interchange and dissemination of ideas, arouse interest and develop an informed community.
4. To make new information and advice available to community agencies.
5. To inform the public of the aims and purposes of agencies associated with the social service network and to provide access to appropriate agencies for those seeking assistance.

SINCOSS meets on the first Wednesday of every month at the Community House, 131 Manchester Street, Feilding, from 12 noon to 1:30 pm. These meetings provide a valuable opportunity to network with other community organisations operating in the Manawatu District

Sincoss Directory

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Name:	Abuse and Rape Crisis Support Manawatu (ARCS Manawatu)
Service Type	Support, counselling and group programs for survivors of sexual violation and their whanau. Also children's program for children who have witnessed family violence.
Contacts	(06) 356-5868 admin@arcsmanawatu.org.nz www.arcsmanawatu.org.nz
Address	10 Linton Street PO Box 673 Palmerston North
Hours	
Referral / Cost	No charge. Referral not required.
Comments	Our purpose is to empower victims of sexual violence and to reduce the levels of sexual violence in our community.

Name:	Across Te Kotahitanga O Te Wairua
Service Type	Early Intervention, family support: counselling, support programmes.
Contacts	(060 356 7486 across@inspire.net.nz www.across.org.nz
Address	294a Church St, Palmerston North or PO Box 1140, Palmerston North
Hours	8:30 am – 5:00 pm Monday to Friday
Referral / Cost	Referral not required. No cost for services (some people choose to make a donation for counselling).
Comments	Social work Counselling Group programmes (parenting – TripleP/Incredible Years), post natal depression Strengthening families

Name:	Advocacy Service – Nationwide Health and Disability
Service Type	Supporting people in resolving their concerns about health or disability services they receive under the Health and Disability Commissioner Act 1994, regarding the Code of Rights.
Contacts	(06) 353 7236 or free phone 0800 555 050 tauckram@hdc.org.nz hmolyneux@hdc.org.nz www.hdc.org.nz
Address	Room 202 Square Edge Building Church Street Palmerston North
Hours	Phone number provides an answer service 24 hours a day. Advocates work Monday – Friday
Cost/Referral	No charge. Referral not required.
Comments	Provide empowerment advocacy to people with a complaint against a health or disability service provider. Advocates available nationwide

Name:	Age Concern New Zealand Manawatu Branch
Service Type	Provides an accredited visitor service. Education and elder abuse and neglect prevention service.
Contacts	(06) 355-2832 robyn.baker@ageconcernorg.nz
Address	51 Waldegrove Street Palmerston North
Hours	40 hour cover - social worker Appointment only - by phone or email, or leave contact details under office door.
Referral/Cost	No charge. No referral needed
Comments	<p>Support Services, Information, Advice and Personal Advocacy: Responding in person/phone to a range of queries from older people and their carers eg. Advising where to obtain a service, what is available. Providing confidential support and empowerment to older people.</p> <p>Information Resources: Providing written materials eg. pamphlets and resources eg. videos and books.</p> <p>Visiting Services: Providing visitors who make regular visits to socially isolated older people in their homes via Age Concern Accredited Visiting Service and non-accredited programmes.</p> <p>Education: Holding education seminars for the public eg. positive ageing, Enduring Power of Attorney, etc.</p> <p>Elder Abuse and Neglect Prevention Service: Providing confidential support, advocacy and information for people facing elder abuse and neglect.</p>

Name:	Al-Anon
Service Type	Support groups for family and friends who have been affected by someone else's drinking. It is an anonymous programme, a spiritual programme, not religious and is supported by member's voluntary contributions.
Contacts	355 2693
Referral / Cost	No charge, no referral required.
Comments	Support for those dealing with alcohol related issues. Phone for information regarding support meetings.

Name:	Alcohol and Drug Services
Service Type	1 to 1 counselling, courses, assessment.
Contacts	350 9130 Free phone 0800 787 797 Alcohol and drug helpline
Hours	8:30 am - 4:30 pm
Referral / Cost	No charge. No referral required
Comments	Information on different alcohol and drug issues; services for those aged 19 and over.

Name:	Alcoholics Anonymous
Service Type	A fellowship of those who share their experience and hope with each other in effort to solve a common problem
Contacts	323 1073 or 0800 AA WORKS, 0800 number operates 24 hours. www.alcoholics-anonymous.org.nz
Hours	Feilding meetings are held every Wednesday @ 7:30 pm at Manchester House (rear entrance) Aorangi St, Feilding.
Referral / Cost	No charge. No referral required.
Comments	The only requirement for membership is a desire to stop drinking. Primary purpose is to stay sober and help others to achieve sobriety.

Name:	Alzheimer's Society Manawatu
Service Type	Supporting people and families affected by dementia.
Contacts	(06) 357 9539 manawatu@alzheimers.org.nz www.alzheimers.org.nz
Address	PO Box 527, Palmerston North
Referral / Cost	No charge. No referral required.
Comments	Services include support meetings and groups, Field Officer and Community Support Workers, Care and Education Programmes, Advocacy.

Name:	Amputee Society of Manawatu
Service Type	Supporting and promoting the welfare of all amputees. Information service and amputee education, advocacy and support
Contacts	(06) 354-7023
Address	27a Alfred Street Roslyn, Palmerston North
Referral / Cost	Membership fee \$5 per year. Referral not required.
Comments	The Amputee Federation of New Zealand Incorporated is a nation wide, non-government voluntary organisation.

Name:	Arthritis New Zealand – Feilding Support Group
Service Type	Personal support, educational advice, encouragement and friendship available.
Contacts	06 323 1425
Hours	Exercise classes every Thursday 9.30am at St Pauls Lounge, Grey Street, Feilding
Referral / Cost	\$3.00 a week - plus morning tea
Comments	Exercise Classes only

Name:	Barnardos New Zealand
Service Type	Practical advice and help for families. Services available include Family Support Services, Kid Start Children's contact and Early Learning Centre at Roslyn School.
Contacts	(06) 358 9429, same phone number for Feilding area.
Address	160 Grey Street, Palmerston North PO Box 9022, Palmerston North
Hours	Office hours 8:30 am - 4:30 pm weekdays
Referral / Cost	Charge for some services. No charge for Family Support Services
Comments	The Family Support Service is a social work service staffed by professionally qualified social workers.

Name:	Brain Injury Association
Service Type	The Brain Injury Association can help with support to you and your family; Information or assistance with helping you to find the appropriate professional help or services and assistance with advocacy.
Contacts	(06) 354 3540 liaison.cd@brain-injury.org.nz www.brain-injury-nz.org
Address	Community House 77-85 King Street Palmerston North
Hours	9:00 am – 5:00 pm weekdays
Referral / Cost	No charge. Referral not required.
Comments	Support information, education and advocacy for people with brain injuries, their families and caregivers

Name:	Blind – Royal NZ Foundation
Service Type	Member Support Group
Contacts	323 5069 Palmerston North Office 350 2540; General Enquiries call free 0800 243 333
Address	49 Walding Street, Palmerston North
Hours	9:00 am - 1:00 pm Monday to Friday
Referral / Cost	No charge. Referral not required.
Comments	Local committees for member support and Social Activities. Rehabilitation staff based in Palmerston North. Rehabilitation services and support for people with visual impairment

Name:	Cancer Society Manawatu Centre
Service Type	Improving community well-being by reducing the incidence and impact of cancer. We are committed to working with our communities by providing leadership and advocacy in cancer control with core services in: Health Promotion, Support, Information and Research.
Contacts	356 5355, 0800 226 237 Cancer information helpline www.cancernz.org.nz
Address	Addis House, 135 Ruahine St, Palmerston North
Hours	
Referral / Cost	No charge. Referral not required.
Comments	The Can Support Programme offers workshops and support groups, throughout Manawatu, Horowhenua and Taranaki for people in or after treatment including family members and friends.

Name:	CCS Disability Action Manawatu / Horowhenua
Service Type	Support for people who have a disability. Community support, advocacy, early childhood, disability and accessibility information, mobility parking permits and total mobility assessments.
Contacts	(06) 357-2119 or 0800 227 2255 Fax: (06) 357-2118 www.ccsdisabilityaction.org.nz
Address	248 Broadway Avenue PO Box 143 Palmerston North 4440
Referral / Cost	No charge for all services except total mobility assessments (\$20). No referral required.

Name:	Citizens Advice Bureau - PN
Service Type	Provides free, confidential information and advice to anyone about any query or problem .
Contacts	(06) 357 0647, fax (06) 357-9273 cab.palmn@xtra.co.nz www.cab.org.nz
Address	Community House 77 King Street Palmerston North 4410

Name:	Child, Youth and Family
Service Type	Government organisation supporting children and young people
Contacts	(06) 952-0264 or free phone 0508 FAMILY (0508 326 459) www.cyf.govt.nz
Address	313 Church St, PO Box 4163 Palmerston North
Hours	8:00 am - 5:00 pm Monday to Friday. 24 hour emergency services
Referral / Cost	No charge. No referral required.
Comments	Social workers, coordinators, community networking, emergency services, crisis intervention.

Hours	9:00 am - 4:30 pm Monday to Friday
Referral / Cost	No charge. No referral required.
Comments	Provides information on consumer queries, education and training, employment, housing, budgeting and finances, legal inquiries, personal and family matters, transport, travel, and immigration. No appointment necessary. May refer to other organisations as necessary. Free legal service on Thursday evenings starting a 7:30 pm. A JP Service is available on Tuesdays from 12:30 to 3:00pm.

Name:	Clevely Health Centre
Service Type	Medical Care
Contacts	323 7953
Address	Duke St, Feilding
Hours	8:30 am – 4.30 pm, Monday to Friday
Referral / Cost	
Comments	Mental Health Services, Podiatry Clinic; Nutrition Clinic; Diabetics Clinic; Alcohol and Drug Services; Public Health Nurses and District Health Nurses (see below). Adolescent Clinics; Elderly aerobics twice a week, Vision/Hearing Clinic.

Name:	District Nurses (Feilding)
Service Type	Comprehensive nursing care in the home.
Contacts	350-8100
Address	At Clevely Health Centre, Duke Street, Feilding
Hours	24 hour / 7 day service.
Referral / Cost	No charge. Referrals are required.
Comments	Registered and enrolled nurses providing nursing care to all ages. Aims to provide a customer focused service.

Name:	Community Birth Services
Service Type	We are a Charitable Trust providing Pregnancy and Parenting support and education to empower family and whanau during pregnancy and the early stages of parenting
Contacts	354 6455 info@communitybirthservices.org.nz www.communitybirthservices.org.nz
Address	Level 2, Westside Chambers, 151 The Square, Palmerston North
Hours	Monday 1-3pm (for Breastfeeding Café only) Tuesday 9am-2pm Wednesday 9am-2pm Thursday 9am-2pm Friday Closed
Referral / Cost	No referral required.
Comments	Free Pregnancy testing, free evening and weekend antenatal classes, Pregnancy Yoga classes, New Parents Coffee group.

Name:	Disabled Persons Assembly
Service Type	An autonomous political body; lobbying, monitoring, networking. Includes membership
Contacts	(06) 357 9877 dpapn@xtra.co.nz www.dpapn.org.nz
Address	Community House 77 King Street Palmerston North 4410
Referral / Cost	No cost. No referral required.
Comments	DPA is the collective voice of people with disability in New Zealand based on principles of human rights and equal value of life. Provides advocacy and support. Free REES (Registry of Emergency Evacuation Situations) database for people with disabilities in the event of a crisis. Membership also available

Name:	Enable NZ
Service Type	National disability information and referral service aiming to improve the quality of life for people with disabilities.
Contacts	3535800 or 0800 171 981 info@enable.co.nz www.enable.co.nz
Address	69 Malden Street PO Box 4547 Palmerston North.
Referral / Cost	No charge. No referral required for information.
Comments	Enable New Zealand (a division of MidCentral District Health Board) is a multi service organisation, assisting people with disabilities, families, employers, health professionals, and disability support organisations.

Name:	English Language Group Feilding - Branch of English Language Partners (formerly ESOL Home Tutors)
Service Type	English for speakers of other Languages (ESOL). An informal group promoting friendship, information about New Zealand and English language practice to migrants for whom English is their second language.
Contacts	palmerstonnorth@englishlanguage.org.nz www.englishlanguage.org.nz
Address	PO Box 12073, Palmerston North Meetings in Feilding at Community House, 131 Manchester Street.
Hours	Feilding group meets on Tuesday 10:00 am – 11:30 am during school terms
Referral / Cost	\$30 for PR, \$45 for non PR per school term
Comments	We discuss a variety of topics relevant to learners in the community, have visiting speakers and go on field trips.

Name:	Family Planning Health Promotion
Service Type	We provide advice and support resources and education services for school age children, parents, caregivers, health professionals and young people in mainstream education. Specific programmes for people with disabilities. Menopause workshops.
Contacts	359 2395
Address	CCS Building, 248 Broadway Avenue, Palmerston North www.family.planning.org.nz
Hours	8:30 am – 4:30 pm, Monday o Friday
Referral / Cost	Costs for some programmes, but most are free.
Comments	We work to promote a positive view of sexuality and to enable people to make informed choices about their sexual and reproductive health and well-being.

Name:	FDCA – Feilding and Districts Community Archive
Service Type	FDCA opened 6.2.2010. It houses the community records of Feilding and the surrounding districts of the Manawatu. Records include early Feilding & districts photographs; early business photographs; early residents photographs; local WI records; personal diaries and reports; early business records; local published history and family trees.
Contacts	(06) 323-4233 www.feildingarchive.org Marilyn Wightman at archives@feildingarchive.org
Address	121 South Street, Feilding
Hours	1:30 pm – 3:30 pm, Thursdays
Referral / Cost	Hourly research fee applies.
Comments	Contact the manager if you have any questions about the system or becoming a contributor.

Name:	Feilding and Districts Youth Board (Inc)
Service Type	Restorative Justice Programme for youth offenders aged up to 17 years.
Contacts	(06) 323-6002 youth.board@vodafone.co.nz
Address	Salvation Army Education and Employment Centre 148 Manchester Street, Feilding PO Box 404, Feilding 4740
Hours	9:00 am – 4:00 pm or as arranged.
Referral / Cost	No charge. Referrals from Police Youth Aid, Child, Youth and Family and parents.
Comments	Panels of trained community volunteers meet with offender and family/whanau and victim to put in place a plan, which looks for long term positive outcomes for the young person.

Name:	Feilding Ethnic Committee
Service Type	Feilding Ethnic Group
Contacts	323 6014 or 027-444-4686 ellen@witt.co.nz
Referral / Cost	No referral needed.
Comments	Supporting migrants and refugees in Feilding and the surrounding districts. Regular meetings and social activities, which assist new comers to make connections within the Community.

Name:	Feilding Toy Library
Service Type	Toys, games, puzzles and books available.
Contacts	(06) 323-9749 calebsmum@msn.com
Address	65 Stafford Street Feilding
Hours	Wednesday and Saturday 10:30 am – 11:30 am.
Referral / Cost	Varies from \$35 to \$80.
Comments	All families welcome.

Name:	Feilding Truancy Service
Service Type	Providing support for schools and students (families) with regards to attendance issues.
Contacts	(06) 323-4740 or 027 623 4740 feilding.truancyservice@xtra.co.nz
Address	C/o Lytton Street School, Feilding Salvation Army Education and Employment Centre 148 Manchester Street, Feilding
Hours	9:00 am – 3:00 pm
Referral / Cost	No charge. Referrals through schools or Police.
Comments	Under the Education Act 1989, we support schools and students (Families) with school attendance. Students picked up during normal patrols will be taken to their school or home.

Name:	Housing New Zealand
Service Type	Dedicated to raising the profile of hearing issues. Ensuring the rights, facilities and services are available for all with a hearing loss. Facilitating the dispersal of information, including advances in technology including telephones & assistive listening devices.
Contacts	0800 801 601 (24 hours) Email through website, www.hnzc.co.nz
Address	(06) 357 8708 Office in Palmerston North palmerstonnorth@hearing.org.nz www.manawatu.hearing.org.nz
Hours	By appointment only.
Address	435 Church Street, Palmerston North 4410
Hours	Monday – Thursday 9:00 am – 3:00 pm Friday 9:00 am – 12 noon
Referral / Cost	No charge. Referral not required.
Comments	To advance the interests and general welfare of all persons with a hearing loss, their family, whanau and all who support them, to improve their quality of life.

Referral / Cost	Variable rentals. Applications are done through Work and Income.
Comments	One, two, three and four bedroom homes for people including those in paid employment.

Name:	Idea Services – Manawatu / Rangitikei (Formally IHC)
Service Type	Residential and vocational facilities for people with intellectual disabilities.
Contacts	323 7471
Address	128 South St, Feilding
Referral / Cost	Funding from the Ministry of Health or Child, Youth and Family. Referrals accepted through Needs Assessment Services or self referrals.
Comments	Supporting people with intellectual disabilities by: advocating for their rights, providing a variety of housing and work options and by supporting families.

Name:	Information Centre – Feilding and Districts
Service Type	Up to date listings and contact numbers for all community and service groups.
Contacts	(06) 323 3318 info@feilding.co.nz www.feilding.co.nz
Address	10 Manchester Square Feilding

Hours	9:00 am – 5.00 pm weekdays, 9:00 am - 1:00 pm Saturdays
Referral / Cost	Costs for photocopying, maps and some brochures may be incurred.
Comments	We are agents for Train, Bus and Ferry tickets. Also Ticket Direct.

Name:	La Leche League
Service Type	Breastfeeding Information and support
Contacts	356-7990 or 323 2359 http://www.lalecheleague.org.nz
Hours	24 hour telephone help available.
Referral / Cost	No charge. Referral not required.
Comments	<ul style="list-style-type: none"> • Telephone help at any time • Free lending library • Mother-to-mother support • Monthly series meetings and coffee/play groups • Membership in the world's leading breastfeeding support group <p>Pregnant women, mothers, babies and older children are all welcome</p>

Name:	Literacy Feilding
Service Type	Literacy support for adults, including reading, writing, spelling, maths, basic computer knowledge, learner driver licence. CV preparation and life skills.
Contacts	(06) 323-1256 literacy.feilding@extra.co.nz
Address	Community House 131 Manchester Street Feilding
Hours	9:00 am – 4:30 pm, Monday to Friday.
Referral / Cost	No charge to learner. No referral required.
Comments	Tutoring one to one or small groups to encourage learning, enabling adults to gain literacy knowledge, life skills and the self esteem to put this learning to positive use.

Name:	Manawatu Community Law Centre
Service Type	Free and accessible legal information, advice and assistance. Call collect outside the Palmerston North toll free area. Provision of educational resources and training on law related topics. Will visit a wide range of individuals and/or organisations to tutor on various topics to do with law, i.e. employment law, etc.
Contacts	(06) 356-7974 Freephone 0508 FOR LAW mancomlaw@xtra.co.nz
Address	Commercial Building – Level 2 No 12 The Square Palmerston North or PO Box 2088, Palmerston North 4440
Hours	9:30 am – 4:30 pm Monday-Thursday, 9:30 am – 3:30 pm on Fridays
Referral / Cost	No charge. Referral not required.
Comments	The Manawatu Community Law Centre is a non profit charitable trust set up to provide for the unmet legal needs of the Manawatu, Tararua and Horowhenua districts.

Name:	Manawatu Community Trust
Service Type	Affordable accommodation for pensioners and the disabled.
Contacts	(06) 324-0491 mctoffice@xtra.co.nz www.feildinghousing.org.nz
Address	Flat 1, 100 Awahuri Road Feilding
Hours	9:00 am – 2:00 pm, Monday to Friday (Office)
Referral / Cost	Self referrals. Rentals vary. Please contact the office for specific details.
Comments	The Trust owns 205 one-bedroom units in various locations in Feilding, and also in Sanson and Rongotea. Tenants need to meet specified criteria.

Name:	Manawatu District Council
Service Type	Information, recreation facilities and community services
Contacts	(06) 323 0000 public@mdc.govt.nz www.mdc.govt.nz
Address	135 Manchester Street Feilding
Hours	8:00 am – 5.00 pm Monday to Friday
Referral / Cost	Some facilities and services are free, others are charged. Consult office to confirm.
Comments	Library, Makino Aquatic Centre, parks, reserves, recreational grounds, facilities, and Public Halls through the district, camp grounds at Himatangi and Totara Reserve (Pohangina). Provides information and services on roading, engineering, planning, building, property, environment, animal control, water, sewage, refuse, Community Development and Civil Defence.

Name:	Manawatu District Neighbourhood Support
Service Type	Community / Neighbourhood Support, safety and emergency planning initiatives. Building caring, safe, communities.
Contacts	Ph (06)323 7386 (027)323 7387 email mdscc@xtra.co.nz www.manawatuneighbourhood.org Find us on facebook
Address	C/O Feilding Police Station 93 Kimbolton Road PO Box 341 Feilding
Hours	Variable – Monday to Friday (mornings mostly) or call landline anytime
Referral / Cost	No charge. All enquiries welcome
Comments	Neighbourhood Support works with the Police, Manawatu District Council and community support groups, developing initiatives and engaging individuals. 'The Key to Community Growth Lies with the People.'

Name:	Mamaternity Charitable Trust
Service Type	Information, advice and support for pregnancy and early parenting. Free antenatal classes.
Contacts - phone Email and website	(06) 323-7770 (Feilding), (06) 355-5230 (PN) manager@mamaternity.org.nz www.mamaternity.org.nz
Address	111 Derby Street, Feilding 568 Ferguson Street, Palmerston North
Hours	9:00 am – 3:00 pm, Monday - Friday
Referral / Cost	Free Service, no referral required.
Comments	Free pregnancy testing Help finding a midwife New parent coffee groups Free antenatal classes Good quality second hand baby clothes available Breast pump hire and sales.

Name:	Manawatu Foster Care Association
Service Type	A support and social group.
Contacts	(06) 323-5013 judithwilliamsnz@gmail.com www.fosteringkids.org.nz
Address	c/- 28 Shelton Place, Feilding 4702
Hours	9:00 am – 9:00 pm
Referral / Cost	No charge. No referral required.
Comments	A social and supportive group for people interested or active in Foster Care.

Name:	Manawatu Multicultural Centre
Service Type	To celebrate, support and connect the multicultural communities of the Manawatu.
Contacts	(06) 358-1572 info@mmcnz.org.nz www.mmcnz.org.nz
Address	Community House, (1 st floor) 77-85 King Street PO Box 2031 Palmerston North
Hours	
Referral / Cost	No charge. No referral required.
Comments	The Centre has three main areas of work; to facilitate the expression of ethnic cultures in our community, to provide information, advice and support to ethnic groups and newcomers to the area. Help migrant groups and individuals connect with each other and the wider community. A number of English language classes and social activities are provided.

Name:	Manawatu Multiple Birth Club
Service Type	Support for multiple birth parents and their families.
Contacts	email manawatu.multiples@gmail.com http://www.manawatutwins.org.nz/ Find us on Facebook.
Hours	Check out website or email for activity times.
Referral / Cost	Subscription is \$20.00 for each year. This covers newsletters, hall hire for the fortnightly coffee mornings, updating the library, providing new toys, the annual Christmas party and various activities during the year.
Comments	Manawatu Multiple Birth Club is for Parents who volunteer to help other families of multiples. Supporting Families with Twins, Triplets & More. MMBC provides information, a confidential helpline, and mutual support networks.

Name:	Manawatu Rural Support Service Inc.
Service Type	Support for rural families/individuals.
Contacts	06 323 7191 refer Manchester House. P O Box 84. Feilding 4702 mrssinc@gmail.com
Address	Manchester House, 68 Aorangi Street, Feilding
Referral / Cost	No Charge. Referrals not required.
Comments	Support workers available for referrals and home visits.

Name:	Manchester House Social Services
Service Type	Providing non-discriminatory, non-judgmental, compassionate, caring support to people in Feilding and surrounding Manawatu communities who are in need.
Contacts	06 323 7191 Fax 06 323 0546 mhss@inspire.net.nz
Address	68 Aorangi Street, Feilding
Hours	9:00 am – 4:30 pm, Monday to Friday
Referral / Cost	Free services. Koha / Donation for Counselling. Referral not required.
Comments	We offer: Budget Advice. After School Activity Programme (ASAP) Counselling including Youth Alcohol and Drug Social Work Elderly Support & seniors programmes. Opportunity Shop & Trading Post Information Helpdesk SKIP early parenting programmes Ezee Meals Foodbank Grandparents as caregivers support group

Name:	Manchester House Senior Learning & Leisure Centre
Service Type	Services, activities, socializing, courses, entertainment and exercise programmes for Seniors.
Contacts	06 323 2410 heathercorbett@mhss.org.nz
Address	68 Aorangi Street, Feilding
Hours	Please phone for a timetable.
Referral / Cost	Minimal cost depending on programme. Price listed on timetable.
Comments	Aiming to build a one-stop shop for Seniors.

Name:	Meals on Wheels Spotless
Service Type	Meals for elderly, disabled or those recovering from operations.
Contacts	Spotless – 350 8895
Hours	9:00 am – 4: 30 pm, Monday to Friday only.
Referral / Cost	Cost involved. Hospital, doctor or self-referrals taken.
Comments	Hot meal and dessert delivered by volunteer. Special diabetic meals available. Can note dislikes.

Name:	MidCentral Community Medical Health Centre - Feilding
Service Type	Providing community mental health services for adults in the Manawatu
Contacts	323 3631 Fax 06 3238388 Emergency Team 0800 653357 www.midcentral.co.nz
Address	Clevely Health Centre, Duke Street, Feilding
Hours	8:30 am – 4:30 pm, Monday to Friday
Referral / Cost	No charge. No referral required.
Comments	Provides assessment and treatment for people with moderate to severe mental illness.

Name:	Multiple Sclerosis Central Districts
Service Type	<p>Multiple Sclerosis Central Districts is a non-profit organisation that provides on-going support, education and advocacy for people with MS and their support networks. It also aims to educate the general public, employers and health professionals about multiple sclerosis.</p> <p>Services include Field Worker service Physiotherapy service (part-time) Maintenance therapy programmes (exercise groups, support groups, art and social groups)</p>
Contacts	Office: 357 3188; Field Worker Mob: 027 655 8573 Or 0800 675 463 mmss@inspire.net.nz www.mscentral.org.nz
Address	Carnation House, 51 Waldegrave St, PO Box 194, Palmerston North 4440
Hours	Office hours 9:00 am - 2:30 pm weekdays. Message service available after hours.
Referral / Cost	Free Field Worker and Physiotherapy Services; others gold coin donation / Hospital, GP or self-referral
Comments	Programmes open to people with other neurological conditions (Membership of the Society is encouraged - \$15 annually)

Name:	Narcotics Anonymous
Service Type	A 12-step programme for people with a desire to stop using drugs. 100 groups throughout New Zealand. Call the NA phonenumber for meeting details.
Contacts	0800 628 632 www.nzna.org.nz
Referral / Cost	No charge. Referral not required.

Name:	Open Home Foundation
Service Type	Christian child and family support service
Contacts	(06) 358 4024 Barbara.allen@ohf.org.nz www.ohf.org.nz
Address	Level 5. BNZ Building, PO Box 1710 The Square, Palmerston North 4440
Hours	Office hours 8.30am- 5:00pm. weekdays After hours number for emergencies.
Referral / Cost	No charge. Referral not required.
Comments	Provides quality child centred family focused support services and foster care.

Name:	Palmerston North Street Van Inc
Service Type	Helping people, whatever they need, where ever possible.
Contacts	(06) 356 3337 pnsv@ pnsev.org.nz www.pnsw.org.nz 021 615245
Address	40 Ferguson St Palmerston North
Referral / Cost	Variable cost. No referral required, but here may be a criteria. Please apply to the coordinator.
Comments	Street van helps by providing phone counseling, speakers for community groups and assistance with drug awareness programmes. Help is provided in many other ways in our community.

Name:	Parentline - Manawatu
Service Type	We offer counselling, parenting programmes, and a parenting support phone line to parents and caregivers.
Contacts	Parent Support Phone 0800 4 FAMILY (0800 432 6459). 24 hours per day
Address	PN Community House 77-85 King Street Palmerston North
Hours	06 355 1655
Referral / Cost	Self-referral.
Comments	Parentline Manawatu is committed to promoting healthy family relationships. We believe that parenting can be the toughest job in the world, but also the most fulfilling and rewarding. We learn to bring about change by changing ourselves. Changes parents make can effect powerful change within a family.

Name:	Parent to Parent
Service Type	Parents helping parents by providing information and support.
Contacts	(06) 355 0787 manawatu@parent2parent.org.nz www.parent2parent.org.nz
Address	248 Broadway Avenue, Palmerston North.
Hours	9.00am to 3.30pm Monday to Friday Answer phone available outside these hours.
Referral / Cost	No Charge. Referral not required.
Comments	Empowering parents, caregivers and whanau who have children and family members with disabilities, health impairments or special needs, through support and the provision of information..

Name:	Plunket Society – Royal New Zealand
Service Type	Well child health service for children 0 - 5 years
Contacts	3234518 Feilding Plunket rooms Plunketline 0800 933 922 24hours. http://www.plunket.org.nz
Address	Feilding Plunket Rooms, 32 Stafford St, Feilding
Hours	Car seat rental schemes operate in Feilding Thursdays 9:30 am – midday. Rooms open daily 9:00 am - 4:00 pm
Referral / Cost	No charge, donations are welcome. Referral not required.
Comments	Two Plunket nurses and one community Karitane nurse are available. Clinics are held every Wednesday and Thursday. Clinics also in Rongotea, and Kimbolton. There is a playgroup on Friday mornings.

Name:	Police - Feilding
Contacts	323 6363 or in emergency 111
Address	Feilding Police Station, Kimbolton Road.
Hours	Station open 8.00am to 4.00pm, however someone will be available 24 hours a day via phone at front of station.
Comments	<p>24 hour response for emergency assistance</p> <p>Criminal Investigation Branch provides investigation of serious crime</p> <p>Law Related Education Program which provides law related education to all local schools</p> <p>Youth Aid Branch deals with offending by youth up to 17 years of age</p> <p>Traffic Branch deals with the administration of the Transport Act and licensing</p> <p>Arms Officer who deals with Arms Act regulations and licensing</p> <p>Day Watchhouse keeper who works from 8:00 am - 4:00 pm weekdays and takes enquiries at the Station counter</p> <p>Victim Support Services which work out of the Palmerston North station and can be contacted through the Feilding Police Station</p> <p>Feilding Community Patrol operates from the Feilding Police Station</p> <p>Neighbourhood Support Services work out of the station contact 323 7386 or through Feilding Police.</p>

Name:	Pregnancy Centre
Service Type	Services include: support on all issues relating to pregnancy; antenatal group for pregnant teenagers, coffee support group for teenage mums. Educational speakers occasionally at both antenatal and coffee mornings.
Contacts	354 2273 pregnancy.centrepn@inspire.net.nz www.pregnancycentre.net.nz
Address	3 Amesbury Street, Palmerston North
Hours	Monday /Tuesday 9.00 am - 1.00 pm, Wednesday, Thursday, Friday 1.00 pm - 5.00 pm and message service available outside of these hours.
Referral / Cost	No charge. Referral not required.
Comments	We offer our community a service that provides full information, appropriate support and professional counselling for issues relating to pregnancy in a way that fully respects the woman.

Name:	Prisoners Aid and Rehabilitation Society (PARS)
Service Type	Manawatu PARS' services are provided to those affected by the criminal justice system - both before, during and after sentence. We provide information and support to the offender, and to their family/whanau. Service delivery includes these areas: accommodation, finance, relationships, community support, employment, victim issues and healthcare.
Contacts	(06) 357 9218 manawatupars@xtra.co.nz
Address	Rear Extension, Community House, 77-85 King Street, Palmerston North
Referral / Cost	Free service. Referrals can be made by self, family, prisons, probation, or any other community or government agency.

Name:	Prostate Cancer Foundation of NZ – Manawatu Branch
Service Type	Health - Mens
Contacts - phone Email and website	Chris Bland 323 5313 chrisbland@xtra.co.nz www.prostate.org.nz
Address	4 Willowbank Crescent Feilding
Hours	8:00 am – 8 pm
Referral / Cost	No cost. Referral not required.
Comments	Support for men, and their families who have been diagnosed with prostate cancer.

Name:	Public Health Nurses (Feilding and Districts)
Service Type	School health, adolescent health, early childhood centre
Contacts	323 6658
Address	Clevely Health Centre, 7 Duke St, Feilding
Hours	8:30 am to 4.30 pm, Monday to Friday only.
Referral / Cost	No charge. No referral required.
Comments	Public Health Nurses, provide support for children and families. Liaise and network with other agencies. Emphasis on working with families.

Name:	Red Cross Society - NZ
Service Type	First Aid training, People Savers Programme for 10-12 year olds, Save-A-Mate drug and alcohol education programme for 13-19 year olds. Volunteering opportunities. Red Cross shop – low priced, quality clothing. Meals on Wheels.
Contacts	06 356 8152 manawatu@redcross.org.nz www.redcross.org.nz
Address	Red Cross House, 245 Main Street Palmerston North
Hours	8:30 am - 5:00 pm Monday to Friday
Referral / Cost	No referral required. Costs dependent on programme
Comments	New Zealand Red Cross' mission is to protect human life and dignity by the alleviation of suffering.

Name:	Riding for the Disabled
Service Type	Confidence, independence and well being for people with disabilities through therapeutic horse riding and horse care.
Contacts	323 4622 http://www.rda.org.nz
Address	Awahuri Road, Feilding
Hours	Call for information
Referral / Cost	No charge, donations welcome.
Comments	Riding develops, improves and promotes: balance and co-ordination, posture and muscle tone; Concentration, self-discipline and self-esteem; perception and spatial awareness; communication and social skills; independence and encourages decision making; each rider has their own individualised programme

Name:	Road Safety – Horizons Regional Council
Service Type	Road Safety Concerns and issues
Contacts	Alane Nilsen Road Safety Co-ordinator 0508 800800 or 021 2277 184 rsc@horizons.govt.nz alane.nilsen@horizons.govt.nz www.horizonsrsc.govt.nz
Address	Private Bag 11025 Manawatu Mail Centre Palmerston North 4442
Hours	8.00am to 4.30pm Mon to Fri
Referral / Cost	No Charge. Referral not required
Comments	Education and promotion as well as funding available for community projects promoting road safety. Any queries please phone.

Name:	Road Safety at Literacy Feilding
Service Type	Learner driver licence and general road safety advice.
Contacts	(06) 323 1256 literacy.feilding@xtra.co.nz
Address	Community House 131 Manchester Street Feilding 4702
Hours	9:00 am – 4:30 pm, Monday to Friday
Referral / Cost	No charge. No referral required.
Comments	Study to achieve good road safety skills at learner licence level.

Name:	RNZAF Ohakea
Service Type	We provide support and assistance to Base Ohakea personnel and their families.
Contacts	Chaplain Stu Hight (06) 351-5788 or 027 441 7872 Stuart.hight@nzdf.mil.nz
Address	RNZAF Base Ohakea, Private Bag 11033, Palmerston North
Hours	7:45 am - 4:30 pm but we have a 24 on call service via the Chaplaincy.
Referral / Cost	Nil to service users.
Comments	Welfare Facilitator and Chaplains available to work with service and civilian personnel and their families to provide support for wellbeing. We provide referral to external agencies, advocacy service, information on local community services and family support networks.

Name:	Rural Women New Zealand
Service Type	We offer support and networking for women who are often living in isolated communities as well as those living in towns and cities who retain an interest in rural affairs
Contacts	04 473 5524 (National Office) enquiries@ruralwomen.org.nz www.ruralwomen.org.nz
Comments	Rural Women New Zealand is an organisation with an impressive history of making a difference in rural communities. We are constantly moving forward with new initiatives to suit women of all ages. Please check our website for further information.

Name:	Salvation Army
Service Type	Community and Family Services
Contacts	323 4718 feilding_Corps@nzf.salvationarmy.org 323 8625 Family Store 323 9017 Employment Plus Centre
Address	124 Manchester Street. Feilding. 136 Manchester Street – Store 148 Manchester Street – Employment Plus Centre
Hours	Office hours Monday to Friday 9.00am to 12.00 noon.
Referral / Cost	Most services free or by donation.
Comments	Gambling treatment, Accommodation for men, services for Older People (residential and home based), Training and Employment. Foodbanks. Budgeting Services. The Family store, and emergency food bank, a drop in centre and counselling available.

Name:	Samaritans
Service Type	Listening Service. 24 hour telephone contact for a) suicide intervention, b) support for the distressed, c) emergency referral.
Contacts	358 2442 (24 hours), or 0800 726 666
Address	Community House 77 King Street, Palmerston North
Hours	Normal office hours. 24 hour phone.
Referral / Cost	No cost. Referral not required.
Comments	A wide pool of trained and caring personnel. Data files for referral purposes if required. Phone or visit. Your story is confidential. No identification required. Direct contact at all times: no answerphones. Open and free to all.

Name:	Senior Net Feilding Inc
Service Type	Computing for over 50's.
Contacts	323 5069, 323 2555 (in class) d.m.collins@inspire.net.nz johndiana@inspire.net.nz
Address	Classroom at back of Tattons Pharmacy 45 Kimbolton Road Feilding
Hours	Voluntary hours available for tutoring.
Referral / Cost	Subscription and course fees apply.
Comments	Senior net hold monthly meetings on 3 rd Wednesday during school terms from 1:00 – 3:30 pm. Contact us for workshop schedules.

Name:	SPELADD NZ Inc.
Service Type	Services include teaching, assessing and mentoring for those with learning and dyslexia disabilities and attention deficit disorders. We also offer information and advocacy and train teachers in remediation
Contacts	(06) 359 0495 speladd@maxnet.nz www.spelladd.org.nz
Address	117 College St, Palmerston North P O Box 1707 Palmerston North
Hours	9:30 am - 4:00 pm weekdays, closed on Mondays. Visitors are advised to phone first.
Referral / Cost	No cost for ADHD services, some costs for learning tuition and assessment
Comments	Helping children and adults with learning difficulties - assessments, teaching, counselling. Also ADHD advocacy, information and support.

Name:	St John – Order of
Service Type	Health Shuttle and First Aid Courses
Contacts	323 5655
Address	Bowen Street, Feilding P O Box 355 Feilding
Hours	Office open 8.30 to 1.30 weekdays
Referral / Cost	<p>Transport for disabled people.</p> <ul style="list-style-type: none"> - Wheelchair accessible. - Book one day in advance of journey. - Donation from users encouraged. - Operates on demand.
Comments	Hall hire by arrangement.

Name:	St Vincent de Paul
Service Type	Support and practical assistance
Contacts	3238078 Pat Sheridan 3235699 Graham Sherrard 3233980 St Brigids Parish Office
Address	4 Monmouth Street Feilding
Hours	9.00am to 2.00pm Tuesday - Friday
Referral / Cost	No cost. No referral needed
Comments	Offer clothing, furniture, food parcels and other help available. Anyone in need of assistance is welcome.

Name:	Stillborn and Newborn Death Association
Service Type	Support mostly one on one but there is work done with the hospital with photographing babies and discussion prior to birth in case of still born babies, etc
Contacts	Allan or Donna Davey 323 8818
Address	142 Winchester St, Ashhurst
Hours	142 Winchester St, Ashhurst
Referral / Cost	No charge. Referral not required.
Comments	Stillborn and Newborn Death Assn is available as support for groups of parents and families.

Name:	Stroke Foundation
Service Type	Community Field Officer Support and Group activities.
Contacts	Field Officer Judy McIntyre 06 355 2438 Mob: 021 962 376 or 04 298 8585 central@stroke.org.nz www.strokecentral.org.nz
Address	PO Box 639 Coastlands, Paraparaumu, Kapiti Coast
Hours	SWIMMING: Monday & Wednesday 11-1pm. Palmerston North Hospital. Milson Community Centre activities Activities Day: Fridays 1.30pm-4pm. Speech: Tuesday Fortnightly by invitation. Carer's Group: Tuesday Monthly 2.15pm. Social Group: RSA, Monthly Monday 2.30-4pm.
Referral / Cost	Anyone can make a referral. Annual Subscription \$15.00
Comments	The Stroke Foundation Central Region encourages, enables and empowers all stroke survivors and their Carers to gain the best possible quality of Life After Stroke.

Name:	Super Grans –Manawatu
Service Type	We provide mentoring and courses in all aspects of low impact budget living.
Contacts	06 354 3804 admin@sgmanawatu.org.nz
Address	Level 2, 74 The Square. Palmerston North
Hours	9.00am to 2pm Mon to Fri
Referral / Cost	Free in home mentoring. Sometimes a gold coin donation required for workshops. Self referrals or through agencies.
Comments	<p>WE WORK WITH YOU IN YOUR OWN HOME OR GARDEN</p> <p>SuperGrans is an organisation that works with people at a level they can manage and encourages new ways of working. SuperGrans volunteers are mature people who when working with our clients are able to draw on a lifetime of experience. They pass on their homemaking and gardening skills and knowledge with empathy, kindness and integrity.</p> <p>SuperGrans will not do it for you, they will help you to do it yourself. SuperGrans strives to empower clients and volunteers through respectful relationships (te Whakakoha rangatiratanga). SuperGrans is a service open to all to brush up on the basic skills needed to provide for oneself or for the family.</p> <p>Our Vision is skills and knowledge flowing between generations.</p>

Name:	Supporting Families in Mental Illness - Manawatu Branch
Service Type	Offering support, education, advocacy and information to family and whanau of those affected by mental illness. Some branches provide services to individuals such as: peer support, consumer activities, day programmes, and drop-in centres
Contacts	(06) 355 8561 manawatu.s.f@xtra.co.nz www.manawatusf.org.nz
Address	PO Box 5010, Palmerston North
Hours	8.30am - 4.30pm Monday to Friday. Drop in centre 9.00am - 4.00pm Monday to Friday
Referral / Cost	No charge. Referral not required.
Comments	Promoting the best quality of life for persons with a mental illness and their family / whanau and caregivers.

Name:	Support Links
Service Type	Contracted by Ministry of Health & Mid Central Health to provide needs assessment, service co-ordination for the support needs of people over 65 who have age or disability related needs.
Contacts	06 350-6671 0800 221 411 or supportlinks@supportlinks.org.nz www.supportlinks.org.nz
Address	575 Main Street, PO Box 2056, Palmerston North
Hours	Monday to Friday 8.30 am - 5.00 pm
Referral / Cost	A free service which will accept referrals from community agencies, etc
Comments	Provides needs assessment and service co- ordination to meet support needs and funded by the Ministry of Health.

Name:	Te Manawa Services
Service Type	Adult Anger management and stopping violence programmes, Family & Whanau Support Service, youth programmes, parenting programmes, child advocacy services, information and support.
Contacts	323 8330 Fax:323 9330 office@temanawa.org.nz
Address	We are located on the cnr of Stafford and Fergusson Streets, PO Box 368, Feilding
Hours	9:00 am – 5.00 pm Monday to Thursday.
Referral / Cost	Donation / referrals from all sources including self and family
Comments	Te Manawa Services is accredited as a provider of programmes with the Ministry of Justice and Child Youth and Family. All programme facilitators are also trained and accredited to provide the programmes.

Name:	Te Runanga O Raukawa Inc
Service Type	Toiora Whanau Social Service
Contacts	063236446 Fax 06 3236243 hinekahug@raukawa.iwi.nz
Hours	8:00 am to 5:00 pm
Referral / Cost	No cost. Self referrals.
Comments	Iwi driven service available to other ethnicities. Counseling Service Other Services available: Maori Mental Health – Whakapiki Hauora. Alcohol and drug support. Smoking cessation – Aukati Kaipaipa Whanau Tamariki Ora – Well Child Mother & Pepe – Support Service. Te Ara Whanau Ora – Pathway to Whanau Wellbeing.

Name:	Victim Support
Service Type	Victim Support is a community organisation with a network of caring and skilled volunteers across New Zealand.
Contacts	0800 victim (0800 842 846) 06 351 3873 palmerston_nth@victimsupport.org.nz www.victimsupport.org.nz
Address	C/- Palmerston North Police Station. Church Street, Palmerston North.
Hours	We offer 24-hour support
Referral / Cost	Our service is free, personal and confidential.
Comments	If you're the victim of a crime or trauma we're here to help you get through

Name:	Whanau Ataahua Beautiful Families Trust
Service Type	Provides a range of programmes and services that work to strengthen whanau education and wellbeing.
Contacts	(06) 324 0414 wabft@hotmail.com
Address	42 Fergusson Street Feilding
Hours	Monday – Thursday 9:30 am – 2:30 pm
Referral / Cost	Can make appointments by phone or drop-in. Charge for some services. No charge for Wahine Ataahua and Maori Education in linguistics.
Comments	Wahine Ataahua (women’s programmes), Maori Education in linguistics (for beginner learners of Tikanga and Te Reo Maori), Counselling, Whanau Mediation and Facilitation.

Name:	Volunteer Resource Centre Manawatu & Districts
Service Type	Across all Services – Volunteer referrals
Contacts	0800 865 2687 or 06 354 6027 info@vrcmanawatu.org.nz www.vrcmanawatu.org.nz
Address	Community House Ground Floor, 77-85 King Street PO Box 12199, Palmerston North 4444
Hours	Various – refer to website
Referral / Cost	Free to individuals – Yearly membership fee for organisations.
Comments	We help match volunteers to roles across the not for profit sectors, and support volunteering in all its forms.

Name:	Women's Health Collective – Palmerston North
Service Type	Women's Health
Contacts	(06) 357 0314
Address	53 Waldegrave St, Palmerston North
Hours	9:00 am - 5:00 pm Monday to Friday
Referral / Cost	Alternative therapies low cost, counselling is subsidised and can be free when needed, rest of services free or by donation
Comments	Provides information, support, referral, advocacy, pregnancy testing, cervical smears (limited access), condoms, subsidised counselling service, a range of alternative therapies

Name:	Women's Refuge - Palmerston North
Service Type	Accommodation, advocacy and support for abused women. Crisis intervention. Residential and community clients.
Contacts	(06) 356 5585 – 24 hour service (06) 354 5355 Public Office pnwr@inspire.net.nz www.refuge.org.nz
Address	Women's Centre 10 Linton Street, Palmerston North
Hours	Available 24 hours
Referral / Cost	Free service. NO referral required.
Comments	Provides a safe house, public office, information and pamphlets about other services. Education programmes for women and children.

Name:	Work and Income
Service Type	Work and Income is a government agency that offers a single point of contact for New Zealanders needing work-search support, income support and in-work support
Contacts	323 2498 or 0800559 009 for general enquiries. www.workandincome.govt.nz
Address	Te Ara Atawhai Building, 110-114 Manchester St, Feilding
Hours	
Referral / Cost	
Comments	Assists job seekers and pays income support this includes superannuation payments to retired people along with the administration of war pensions and residential care and support subsidies.

Name:	Youth One Stop Shop
Service Type	Services include: - Information - support - counselling - alcohol and drug support education - health services - education and recreation programmes
Contacts	(06) 355 5906 info@yoss.org.nz www.yoss.org.nz
Address	7 Edgeware Road, Palmerston North
Hours	9.00 am to 5.00 pm Monday to Friday.
Referral / Cost	A free service and referrals are accepted from parents, schools, G.P., community agency - as well as self referrals.
Comments	A free and confidential service for youth from 10 years old to 24 years old who live within the Palmerston North city boundary.

We have tried to make this Directory as complete as possible. If you would like to add your service or make amendments to this or the internet version of the Directory, please complete the following form and either email a copy to

sincossman@gmail.com

or post a copy to:

SINCOSS
C/- Community House
131 Manchester Street
Feilding 4702

Name:	
Service Type	
Contacts	
Address	
Hours	
Referral / Cost	
Comments	