

Seniors Discounts and Services in Wellington

This booklet has been published by Age Concern Wellington in partnership with Wellington City Council in recognition of the contribution that Senior Citizens have made in the Wellington community.

It is based around the goals of the Positive Ageing Strategy, the vision of which is: "For a society where people can age positively, where older people are highly valued and where they are recognised as an integral part of families and communities. New Zealand will be a positive place in which to age when older people can say that they live in a society that values them, acknowledges their contributions and encourages their participation."

To the best of our knowledge, the organisations' information, addresses and telephone numbers listed in this directory were correct at the time of printing, but information sometimes changes with time. We would be grateful to be advised of any changes.

If your business or group provide services or discounts to seniors and would like to be included in this booklet please contact Age Concern on ph 499 6646 with your details for our next publication.

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CULTURAL AND ETHNIC SUPPORT

Wellington City Council is committed to making the most of Wellington's ethnic diversity. The Council has a number of programmes and projects designed to support and develop ethnic communities.

Listed below are some of the ethnic support groups currently operating in Wellington. If your ethnic or cultural group of interest is not listed please call 499 4444 to enquire about contact details, or visit the Wellington City Council website for further details.

Cultural Support Groups

[Assyrian Women's Group – ph 388 9169](#)

Address: Trinity Church Hall, Hall Street, Newtown

Email: sandradodi@xtra.co.nz

Information: This women's group meets for social interaction and enjoys outdoor activities, including picnics. Guest speakers on a variety of subjects also attend meetings. We meet on the first and third Saturdays of the month at 7pm. For more information call Flora on the number above.

[Capital Seniors – ph 586 5810](#)

Fax: 586 5818

Email: capitalseniors@xtra.co.nz

Address: Office 19/41, Barber Grove, Moera, Lower Hutt, 5010.

Information: We are a multi-cultural, multi-ethnic, senior migrant citizens' society with 116 members from 13 countries. The society is based in Lower Hutt, and our members are resident all over Greater Wellington. Our fortnightly meetings are on the first and third Sundays of every month, usually from 4.30pm to 6.30pm (wintertime 3.30pm), at the Waiwhetu Uniting Church Community Hall, No. 2 Trafalgar Street, Waiwhetu, Lower Hutt.

Services: Activities include indoor games, English classes, cookery demonstrations, craft workshops, cultural workshops and day trips/tours to historic, heritage and scenic sites. We arrange visits to rest homes and hospitals to provide companionship and attend to the small needs of ailing migrant patients.

[Changemakers Refugee Forum – ph 801 5812](#)

Or Telephone 801 5816

Email: changemakersforum@crf.org.nz

Website: www.crf.org.nz

Information: A refugee based NGO that is managed and governed by refugees. Our vision: A city in which New Zealanders from refugee backgrounds are able to live their lives like every other New Zealand citizen, able to enjoy the same rights, perform the same duties, access the same services and make the most of the opportunities and challenges they encounter in order to live happy, independent lives. Please contact us for further enquiries.

[Chinese Senior Community Incorporated – ph 970-7568](#)

Contact: Juping Zhou

Information: Our aim is to help Chinese seniors to settle and assimilate into NZ society. We encourage Chinese seniors to share cultural experiences with other ethnic groups and to educate local Kiwis about Asia. We help to educate using local knowledge about Kiwi values, such as strong community networks and voluntary activities.

Cook Islands NZ Society Wellington Branch Inc – ph 389 2127

Contact: Bridget Kauraka
Phone: 389 2127
Mobile: 027 416 4269
Physical Address: 200 Hanson St Wellington
Postal Address: P O Box 7348
Wellington South

Information: Our groups name is Ekalesia Kuki Airani and we hold general church activities.

Cook Island -Te Mato Taokotaianga Ote Au Metua

Call Tere Aporo ph 237 4498

Address: Te Aka Puanga O Te Kuki Airani, 14 Mentor Lane, Cannons Creek, Porirua.
Information: Our seniors group meets 10am fortnightly on a Thursday. Sessions start with devotion and activities include exercise classes, storytelling, quizzes, indoor bowls, cards, singing, social interaction and guest speakers. Lunch is provided. We also collect and drop off anyone needing a lift. Koha

Council of Maori Elders – ph 939 6662

Address: Koraunui Marae, 146 Stokes Valley Road, Stokes Valley
Information: This advisory council of Maori elders meet on the second Thursday of every month, to nurture and support each other. They do a variety of crafts (e.g. harakeke/flax weaving) and discuss Maori rongoa (natural remedies) and health initiatives. They also discuss political and other key issues relevant to Maori living and working in the wider Wellington region.

Maori Women's Welfare League – ph 473 6451

Fax: 499 6802
Physical Address: 24 Burnell Avenue, Thorndon, Wellington
Postal Address: P O Box 12 072 Wellington
Email: jacqui@mwwl.org.nz

Information: The league's prime objective may be summed up as follows: "To promote fellowship and understanding between Maori and European women and to cooperate with other women's organisations, Departments of State, and local bodies for the furtherance of these objects". The league is also pledged to preserve, revive, and maintain the teaching of Maori arts and crafts and to perpetuate Maori culture. Its welfare work extends to giving aid to members and others in need. A conference is held annually at which Maori women are gaining confidence in expressing their views on all topics which affect their people, especially with regard to health and education.

New Zealand Charitable Association Inc – ph 977 5873

Address: Telephone for venue information.
Email: nzca@nzca.net
Website: www.nzca.net

Contact: Alice Hang – Mob: 021 299 7318

Information: We work with organisations and groups in the wider community to improve the quality of life of seniors. We plan, develop and implement quality services for those who require care and support services. The goal of the association is to enable the elderly to remain independent in the community and improve their quality of life.

Case management: For those with social health and elderly concerns we provide counselling and information/referral to appropriate government agencies. We also have private resources.

- Caregiver/respite care: The NZ Charitable Association can help caregivers and grandparents find the resources they need. We can also arrange respite care so that caregivers can take a break.
- Outreach services: Through our volunteer services we arrange for nursing home visits. We reach out to seniors living alone by visiting them, and providing telephone companionship.
- Recreational and social activities: We offer free tai chi and English classes weekly. We also organise social events such as field trips, holiday celebrations and ballroom dancing.

Niuean Speaking Group – Moka Sipeli – ph 386 1989

Address: St James Presbyterian Church, 235 Adelaide Road, Newtown

Information: Operated by the St James Presbyterian Church, this group helps with teaching, interpreting and translating of Niuean.

Refugee Services Aotearoa (RMS) – ph 384 6295

Fax: 384 6595

Address: 61-63 Taranaki Street, Wellington

Postal Address: P O Box 6828 Marion Sq, Wellington

Email: wellington@refugeeservices.org.nz

Website: www.rms.org.nz

Information: RMS provides practical support for refugees once they arrive in New Zealand. Our professional staff includes social workers, cross-cultural workers and trainers of community volunteers. They provide a wide range of services to assist refugees with the many challenges of adjusting to a new culture and society. Services include:

- advice, information and advocacy
- crisis intervention and home-based family support programmes
- community orientation
- community linkages and referral services
- volunteer training, development and support.

Samoan Mafutaga Tagata Matutua Group – ph 388 9898

Address: Pacific Island Presbyterian Church Hall, corner Daniell Street, Newtown

Contact: Mua'ausa Avia Uili

Information: We promote healthy living (i.e. exercises and healthy eating) and hold joint group activities with seniors from the Cook Islands associated with the church.

Seszek – Hungarian Nest – ph 383 5395

Address: Newtown Community Centre, corner Rintoul and Colombo Streets.

Information: The Seszek group (meaning nest) is part of the Hungarian Society. This group meets on the second Wednesday (10am–1pm) and the fourth Sunday (2pm–5pm) of every month. The main aim of the group is to meet to socialise and converse in Hungarian to “keep the language alive”.

Settlement Support – ph 803 8330

Address: Settlement Support, City Service Centre, 101 Wakefield St. Wellington

Email: settlementsupport@wcc.govt.nz

Website: www.wellington.govt.nz/move

Wellington City Council is the lead agency for the Department of Labour Settlement Support Initiative in Wellington city. Settlement Support New Zealand provides a national network of 19 local agencies that offer a clear point of contact for new settlers, providing information and maintaining a network of organisations that plan for local settlement needs. There are two settlement support persons at the Council.

The Settlement Information Officer - ph 803 8330 is the point of contact person for new migrants and refugees to access settlement information about Wellington City. The services helps clients identify their needs, provides information and/or referral to appropriate agencies.

The Settlement Coordinator - ph 803 8706 works with agencies to identify existing services that meet the needs of new settlers and also initiates and facilitates the participation of stakeholders and the settlement support network group.

Settlement Support’s opening hours are 10am – 4pm, Monday to Friday.

Te Kapahaka O Pukeahu – ph 976 9797

Contact: Kia Houpapa

Postal: 3 Havelock Street, Wadestown, Wellington

Email: houpapa@paradise.net.nz

Information: Wellington Maori culture group. Venue at the above address or Te Papa or Whitireia Polytechnic, Porirua

Tongan ‘Langafonua A Fefine Tonga’ – ph 972 3816

Address: 49 Owen Street, Newtown

Contacts: Lolohea Makini and Taka Ha’apai

Information: We teach cultural activities such as tapa making, weaving, knitting and traditional dances.

Tonga Support Services Trust – ph 972 8230

Contact: Tae Tuinukuafe

Postal: 346 Karori Rd, Karori, Wellington

Email: tunaula@gmail.com

Information: We support Pacific families in the Wellington region, specifically Tongan families.

United Sri Lanka Association – ph 589 3100

Address: Johnsonville Community Hall, Johnsonville
Postal: PO Box 4179, Wellington
Email: Lyn.perera@yahoo.com
Website: www.usla.org.nz
Information: We foster closer Sri Lanka-New Zealand relationships by maintaining family links and helping newly arrived immigrants to settle.

Wellington Ethnic Council – ph 389 9422 / 025 628 1927

Contact: Ken Patel
Postal: 19 Caribou Place, Kingston, Wellington
Venue: Committee Room 1, Ground Floor, Wellington City Council, 101 Wakefield Street
Email: KPJP2000@hotmail.com
Information: Acts as a lobby group for ethnic communities in their dealings with government (not a political party). Acts as an umbrella group to bring different ethnic groups together and represent their common interests. The council is made up from various members of ethnic groups of Wellington.
Hours: Meets monthly

Wellington Fijian Community Inc – ph 463 6623

Fax: 463 6642
Contact: Savenaca Daugunu
Postal: P O Box 17 027, Karori, Wellington.
Email: save.daugunu@vuw.ac.nz or saved@paradise.net.nz
Information: We organise family Fijian gatherings and fundraising. We also encourage employment, education and training, development of business and management skills and community health.

Wellington Jewish Care of the Aged Society – ph 384 7293

Address: 80 Webb Street, Wellington
Email: wjca@paradise.net.nz
Information: We provide care and support to Jewish seniors in the greater Wellington area.
Services: We arrange home visiting, transport, lunches, afternoon teas, films, lectures and museum visits. We also provide advice, advocacy and referral to other agencies.

Wellington New Chinese Friendship Association – ph 381 7721

Contact: Darren Li
Address: Telephone for venue information
Postal: PO Box 24417, Manners Street, Wellington
Information: Established in 1993, the 400 members of WNCFA are mainly new immigrants from China. We hold activities to strengthen the friendship among members. We particularly pay close attention to our senior members who do not have sufficient English language skills and organise special activities for them each month.
Services: We provide settlement support to help new Chinese settlers from China, as well as from other parts of the world, to live and work in Wellington region. We also hold

seminars to help new settlers to understand the law and to provide information about the services needed to make Wellington their home.

Wellington Russian Club – ph 938 6762 or 934 8702

Website: www.wellingtonrussianclub.co.nz

Information: The Russian Club is open to everyone who has an interest in Russia. We look into all aspects of Russian life such as entertainment, culture, traditions, and the arts. Our bi-weekly meetings have programmes targeting specific sections of the Russian-speaking community, such as elderly, people with disabilities, children, adopted children and new immigrants.

Wellington Somali Council – ph 380 2450

Address Riddiford Hse
94 Riddiford St
Newtown

Open Hours 9.00 4.00

Social Worker 380 2452 Appointments necessary

Email: Wellingtonsomali@xtra.co.nz

Information: We provide a supported environment in which refugees and their families are empowered to explore and experience life in New Zealand to the full. We work with all members of our community who approach us for help and assistance and we are especially active in identifying the needs of women, youth and older people.

Ethnic Forums

Ethnic forums are a good opportunity for ethnic communities and Wellington City Council to share ideas and information. Discussion groups focus on a relevant theme and work to make recommendations that improve the lives of ethnic communities in Wellington. The forums are held several times a year.

The Wellington City Councils' Advisors contacts are listed below:

Ethnic Communities Advisor ph 803 8326

Maori Communities Advisor ph 803 8237

Pacific Communities Advisor ph 803 8361

Government Departments

Ministry of Pacific Island Affairs – ph 473 4493

Fax: 473 4301

Address: Level 2, ASB House, 101-103 The Terrace, Wellington

Postal: PO Box 833, Wellington 6140

Email: contact@minpac.govt.nz

Website: www.minpac.govt.nz

Information: This ministry exists to promote the development of Pacific people in New Zealand.

Office Of Ethnic Affairs – ph 495 7200

Fax: 495 7231

Address: 46 Waring Taylor Street, Department of Internal Affairs, PO Box 805, Wellington

Email: ethnic.affairs@dia.govt.nz

Website: www.ethnicaffairs.govt.nz

Information: Focuses on issues and concerns of people belonging to ethnic communities and provides an information and referral service.

Marae

Pipitea Marae, 55-59 Thorndon Quay

ph 472 1626

Tapu Te Ranga Marae, 44 Rhine St Island Bay

ph 970 6235

Te Herenga Waka Marae, 46 Kelburn Parade

ph 463 5473

DISABILITY EQUIPMENT AND SUPPORT PROVIDERS

Disability Equipment Providers

Disability equipment may be hired from hospitals or community health centres, pharmacies or the following outlets. (Equipment may also be purchased from other pharmacies or outlets – see the Yellow pages for details.)

Amcal Cuba Mall Pharmacy – ph 384 6856

Address: 122 Cuba Mall

Fax: 382 9180

Information: Disability equipment may be hired or purchased, depending on your individual needs. Catalogue available. Please call for further information.

City Mobility Scooters – ph 499 4444

Fax: 04 801 3138

Email: info@wcc.govt.nz

Website: www.wellington.govt.nz/services/disserv/scooters/scooters

Information: Enjoy Wellington's spectacular waterfront, vibrant city and beautiful Botanic Garden on a City Mobility scooter. The scooters are free and available to anyone who has limited mobility, from wheelchair users to the elderly. You're even eligible with a broken leg. Book a FREE mobility scooter for up to four hours. You need to leave a security item such as a credit card or drivers licence. The scooters are safe and easy to use. Our trained staff will show you how. Bookings are recommended. Scooters can be collected from the following locations:

Freyberg Pool, 139 Oriental Parade ph 801 4530

Wellington City Council, 101 Wakefield St ph 499 4444

Fergs Kayaks, Shed 6, Queens Wharf ph 499 8898

Wellington Botanic Garden, Glenmore Street ph 473 5747

Te Papa Museum, Cable Street ph 381 7000

Karori Wildlife Sanctuary, Waiapu Road ph 920 9213

Karori Community Centre 7 Beauchamp St ph 476 4968

City Mobility is a Wellington City Council and TSB Bank project designed to get people with limited mobility active.

Disability Information Service Centre (DISC) – ph 586 9788

Fax: 586 9789

Address: Unit 6, 5 Britannia Street, Petone

Postal: PO Box 33390, Petone, 5046.

Email: discwgtn@xtra.co.nz

Information: Opening hours 10am–4.30pm, Monday to Friday. DISC provides information on a wide range of topics including: disabilities /disorders, community organisations, support groups, building access and design, education, employment, legislation, finance and benefits, recreation and leisure, mobility services and accommodation. Can also supply or help you source equipment, new or second hand. Shower stools, walkers, wheelchairs etc are available for hire.

Emech Medical – ph 238 4318

Fax: 238 4316

Address: 8 Sunlight Grove, Porirua

E-mail: sales@emech.co.nz

Information: Sales, service and hire of wheelchairs, electric wheelchairs, mobility scooters and daily living aids. Hours: 8am–5pm, Monday to Friday.

Enable New Zealand – ph 0800 17 19 81

Fax: 06 353 5876

Address: 13 Aglionby Street, Lower Hutt (wheelchair services)

Email: enable@enable.co.nz

Website: www.enable.co.nz

Information: Enable New Zealand is a multi-service organisation working to assist disabled people and their families /whanau/ hapu, employers, health professionals and disability support organisations. Enable New Zealand also provides access to information and research as well as access to funding of equipment, housing alterations, vehicle purchase and modifications, needs assessment and service coordination.

Karori Community Centre – ph 476 4968

Fax: 476 9092

Address: 7 Beauchamp Street, Karori

Email: klcc@clear.net.nz

Information: Wheelchairs, commodes, crutches and walkers Hours: 10am–2pm, Monday to Friday.

Medic Alert Foundation NZ Inc – ph 528 8218

Fax: 527 9540

Address: 1st Floor, CBDI Towers 88-90 Main Street, Upper Hutt

Email: medicalert@clear.net.nz

Website: www.home.clear.net.nz

Information: Information service and emergency identification in the event of injury or collapse. Hours: 8am–4pm, Monday to Friday.

Mobility and Beyond - Phone: 04 589 2014 or 027 207 4780

Fax: 04 589 2074

Address: 44 Cedar St. Maungarakei, Lower Hutt

Email: sandholt@xtra.co.nz

Information: Providers of Disability Equipment to give back your independence. Assorted Mobility Equipment for sale or hire. These include Mobility scooters, wheelchairs, walkers, reclining chairs, disability aids and much more. Show room located at 44 Cedar Street, Maungaraki, LOWER HUTT.

Wellington Wheelchair Services – ph 383 8099

Email: nodelman@clear.net.nz

Address: 28 Reef Street, Island Bay, Wellington

Information: We hire and sell new and second-hand lightweight wheelchairs. Maintenance service available on chairs purchased through us.

Disability Support Groups and Services

Association of Blind Citizens of NZ Inc – ph 0800 222 694

Phone: 389 0033
Fax: 389 0030
Address: 113 Adelaide Road, Newtown
Website: www.abcnz.org.nz

Information: Our philosophy: "blind people speaking for ourselves". Our role is to advocate on behalf of our members to Government. We are providers of blindness and disability-specific services and services where blind people have particular requirements that should be taken into account. Hours: 8.30am–5.30pm.

Brain Injury Association Wellington Inc – ph 473 5004

Fax: 473 5047
Address: 95 Molesworth Street, Wellington
Email: wellington@brain-injury.org.nz
Website: www.brain-injury-nz.org

Information: Raises awareness and provides support to those who have sustained a brain injury, their families and caregivers.

Deaf Association of NZ – ph 801 8965

Fax: 801 8964
TTY NZ Relay: 801 8965
Email: karen.pointon@deaf.co.nz
Website: www.deaf.co.nz
Address: 32 Marion Street, Wellington

Information: Offers practical assistance, general information and contacts for the deaf. Referral services, equipment assessment, interpreting bookings and services coordination. Employment information and services Open 9.00am–5pm.

Disabled Persons Assembly (NZ) Inc – ph 801 9100

Fax: 801 9565
Address: Level 4, 173-175 Victoria Street, Wellington
Postal P O Box 27 526
Wellington 6141
Website: www.dpa.org.nz

Information: DPA (New Zealand) represents people with all types of disabilities – physical, sensory, intellectual, psychiatric, neurological and age-related – and is involved in advocacy on their behalf.

Disability Reference Group – ph 803 8209

The Disability Reference Group (DRG) advises and responds to the Wellington City Council and the community on issues that concern people with disabilities in Wellington. The DRG is the first line of contact between the Council and people with disabilities. The DRG provides advice and assists with consultation with people with disabilities.

The purpose of the group is also to build:

- people with disabilities' knowledge of Council processes to enable them to participate in Council decision-making processes

- the Council's knowledge of the needs of people with disabilities, and how these can best be resolved.

Generally, the role of the DRG is to provide:

- feedback and advice on the Council's service delivery, policy development, draft policies, design and planning
- an information conduit to and from the Council
- new initiatives to be considered for inclusion in the Council's Long Term Council Community Plan and Annual Plan
- submissions on the Council's plans and policies
- representation of the broad spectrum of issues for people with disabilities in relation to the Council's activities.

[Hearing Association \(Wellington\) – ph 384 7017](#)

Fax: 384 7065

Address: 16 Kent Terrace, Wellington

Email: hearwell@xtra.co.nz

Website: www.hearwell.co.nz

Information: Shop sales, information, counselling, hearing tests, information about hearing aids, speech/reading classes. Removal of ear wax by suction procedure, community visiting. Hours: 10am–4pm.

[IDEA Services \(IHC\) NZ Inc – ph 568 2929](#)

Fax: 568 4828

Address: Wellington/Hutt region Unit 11, 5 Bouverie Street, Petone

Email: wellington.hutt@idea.org.nz

Website: www.ihc.org.nz

Information: Supports citizens of all ages with an intellectual disability, along with their families.

[Intellectually Handicapped NZ Inc \(IHC\) – ph 472 2247](#)

Fax: 472 0429

Address: Willbank House, 57 Willis Street

Email: national.office@ihc.org.nz

Website: www.ihc.org.nz

Information: Supports citizens of all ages with an intellectual disability, along with their families. Monday to Friday, 9am–4.30pm.

[Life Unlimited Hearing Therapy Services – ph 499 5825](#)

Fax: 499 5853

Address: Level 5 Central House, 26 Brandon Street, Wellington

Email: htsinfo@life.nzl.org

Website: www.life.nzl.org

Information: Free independent service provided by hearing therapists: hearing tests, information, support and advice for adults experiencing difficulties because of hearing loss.

Clinics: Monday – Thursday; Wellington, Porirua and Hutt Valley. Appointments necessary

EDUCATION

Adult Education and Learning

ACE Aotearoa Inc – ph 473 6622

Fax: 499 4947

Address: 192 Tinakori Road, Thorndon.

Email: nrc@nrc.org.nz

Website: www.acesector.org.nz

Information: ACE Aotearoa Inc is the umbrella organisation representing the interests of adult and community education providers in Aotearoa New Zealand. ACE operates the National Resource Centre for Adult Education and Community Learning.

Newlands College Community Learning Centre – ph 474 1330

Address: 68 Bracken Road, Newlands

Email: comed@newlands.school.nz

Information: Courses are available in business, management, reception, administration, computers, and more. There is a 10 per cent discount for those who register for a follow-on course.

Rongotai College Community Education – ph 939 3056

Address: 170 Coutts Street, Kilbirnie, Wellington

Email: comed@rongotai.school.nz

Information: A relaxed, friendly environment for adult learning in the eastern suburbs. Courses cover a wide range of subjects, from computing and job skills to health and wellbeing, and are held on Tuesdays - Thursdays during school term.

Senior Net Wellington Inc – ph 473 1510

Address: Level 1, Anvil House, 138 Wakefield Street, Wellington.

Postal address: PO Box 10 364, Wellington

Website: www.seniornet.actrix.co.nz

E-mail: seniornet.wgtn@xtra.co.nz

Information: A voluntary organisation which is run by seniors for seniors, to teach computer skills to older adults in an enjoyable and friendly way.

University of the Third Age – U3A – ph 499 6646

Website: <http://www3.griffith.edu.au/03/u3a/>

Information: Generally known as U3A, the University of the Third Age is a fast growing, informal learning environment for older adults. Each U3A group offers a range of small classes, discussion groups and larger meetings with visiting speakers. Classes are often held in private homes and are held in the daytime to suit retired people. Costs are kept to a minimum. This is a university in the original sense of the word, open to all with no admission requirements, no examinations and no awards.

Eastern Suburbs U3A – ph 970 5566

Email: clev@paradise.net.nz
Address: PO Box 14-303, Kilbirnie 6003

Ohariu U3A

Email: jilwad@paradise.net.nz
Address: PO Box 24529, Manners Street, Wellington
Website: www.u3aohariu.org.nz

Southern Suburbs U3A –

Email: mcm@paradise.net.nz
Address: c/- Island Bay Community Resource Centre, 137 The Parade, Island Bay, Wellington

Tawa Linden U3A – ph 232 6469

Email: brian.marie@paradise.net.nz
Address: 16 Oxford Street, Tawa, Wellington 6006

Mana U3A –

Email: ragarden@xtra.co.nz
Address: PO Box 57042, Mana 6006

WEA – ph 472 5259

Address: PO Box 6241, Wellington 6141
Email: wellington@wea.org.nz
Website: www.wellington.wea.org.nz
Information: WEA offers low-cost informal learning through courses, seminars, forums, workshops, discussion groups and other projects.

Wellington High School – ph 385 8919

Address: Adult Community Education (ACE) Centre, Taranaki St.
Email: cec@whs.school.nz
Website: www.cecwellington.ac.nz
Information: Wellington High School provides a wide range of courses that are affordable, accessible and meet the continuing learning needs of the Wellington community. Community Services Cardholders and those over 60 are entitled to a discount on administration fees for any government-funded course.

Whitireia Community Polytechnic – ph 237 3103 ext 3978

Fax: 238 6213
Address: Level 1, 107 Cuba St, Wellington
Information: Free courses are provided in computers and business management. There are over 130 full and part time programmes available, and programmes can be credited to a bachelors' degree. Whitireia Community Polytechnic provides a place for adults who want to continue their education without the stigma of feeling like it's too late.

Computer Training

Senior Net Wellington Inc – ph 473 1510

Address: Level 1, Anvil House, 138 Wakefield Street, Wellington.

Email: seniornet.wgtn@xtra.co.nz

Website: www.seniornet.actrix.co.nz

Information: This is a volunteer group run by seniors for seniors offering computer training to people aged 55 and over in an enjoyable and friendly way.

Driver Refresher Courses

Land Transport NZ – ph 931 8900

Fax: 931-8929

Address: Level 5, Master Builders House, 234 Wakefield Street, Wellington Postal:
PO Box 27 249, Wellington

Information: Provides education, information, research and statistics about signage, speed limits and general driver licensing information.

Motor Vehicle Registration ph 0800 108 809

Driver Licensing ph 0800 822 422

Safe With Age (contact Age Concern Wellington) – ph 499 6646

Address: Anvil House, Level 1, 138 Wakefield Street, Wellington

Website: www.acwellington.org.nz

Email: comed@acwellington.org.nz

Information: We offer Safe with Age driving courses. We also provide group and one-on-one preparation for the 80+ Drivers License Test.

GOVERNMENT DEPARTMENTS AND AGENCIES

ACC

[Accident Compensation Corporation – ph 918 4000](#)

Claims: 0800 101 996
Fax: 918 4001
Address: cnr Taranaki St and Wakefield St Wellington; PO Box 2521, Wellington
Email: claims@acc.co.nz
Website: www.acc.co.nz

Inland Revenue

[Inland Revenue Department – ph 0800 257 777](#)

(24-hour automated service)

Tax enquiries: 0800 227 774

Address: PO Box 39010, Wellington

Website: www.ird.govt.nz

Information: Phone between 8am and 8pm Monday to Friday and 9am to 1pm Saturday. Please have your IRD number ready when you call. Forms can be accessed online.

Office for Senior Citizens

[Office for Senior Citizens – ph 916 3758](#)

Fax: 916 3778

Address: Office for Senior Citizens, Ministry of Social Development
Ground Floor, West Block, Charles Ferguson Building

Postal: PO Box 1556, Bowen Street, Wellington.

Email: osc@msd.govt.nz

Website: www.osc.govt.nz

Information: The Office for Senior Citizens is part of the Ministry of Social Development, and its key role is to advise the Minister for Senior Citizens on policy and issues affecting, or of particular relevance to, older people. Our role is to:

- promote the rights and interests of older people
- lead, monitor and promote the New Zealand Positive Ageing Strategy
- provide policy advice on issues that affect older people
- lead strategic and cross-sectoral policy
- support the Minister for Senior Citizens.

The website has more information, including online publications. These include the New Zealand Positive Ageing Strategy and associated Action Plans and Annual Reports, the 2001 Status of Older People Report. The website also has links to a range of relevant sites and information sources.

Police

[Police – Emergency - 111](#)

Emergency Calls (including mobile phones)

Refer to Emergency Services and calling instructions at the front of the White Pages.
Facsimile calls for the deaf – Facsimile Call Free ph 0800 161 610

Police Stations

Johnsonville

Phone: 439 0900

Address: Community Policing Centre, 8 -10 Moorefield Rd

Karori Community Constable

Phone: 494 3810

Address: 154 Karori Road, Karori

Kilbirnie Community Policing Centre

Phone: 439 0940

Address: Evans Bay Parade

Miramar Community Constable

Phone: 380 8825

Address: Park Road, Miramar

Newtown Community Policing Centre

Phone: 4943820

Address: 114-118 Riddiford Street, Newtown

Tawa Community Police Office

Phone: 232 3160

Address: 182-184 Main Road, Tawa

Wellington Central Police Station

Phone: 381 2000

Address: Corner Victoria and Harris streets, Wellington

Lost and Found Property – Enquire at the police station closest to where the item was lost.

Neighbourhood Support Groups

Neighbourhood Support is also known as Neighbourhood Watch and Community Support. The groups are essentially for crime prevention but also provide a network of neighbourhood support. Enquire at the community police in your area.

Other Police Services

Wellington Central Headquarters

Phone: 381 2000

Address: Corner Victoria and Harris streets, Wellington

Wellington Police Dog Section

Phone: 477 5500 or 381 2000

Address: 31 Centennial Highway, Ngauranga, Wellington

Retirement Commission

Retirement Commission – ph 499 7396 or 0800 767 866(Sorted)

Fax: 499 7397

Address: PO Box 12 148 Wellington

Email: office@retirement.org.nz (for financial advice)

Website: www.retirement.org.nz

www.sorted.org.nz

Information: The Retirement Commission is an autonomous crown entity that helps New Zealanders prepare financially for their retirement. The commission's responsibilities include:

- raising awareness of the need to plan for retirement
- providing education on financial management and planning tools
- collecting research on retirement planning behaviour and attitudes
- providing information that aids development of national policies that affect retirement.

Who's behind Sorted financial planning?

Sorted is run by the New Zealand Retirement Commission. Its job is to give New Zealanders information to get their money sorted, and to help them manage their money matters throughout their lives. More information is available on www.sorted.org.nz

Veterans Affairs New Zealand

Veterans Affairs New Zealand (VANZ) – ph 0800 483 8372

Address: 11th Floor, Prime Finance Tower, 142 Lambton Quay, Wellington

Email: veterans@xtra.co.nz

Website: www.veteransaffairs.mil.nz

Information: Veterans' Affairs New Zealand (VANZ) delivers services to New Zealand war veterans and provides advice to the Government. VANZ administers and advises on:

- veterans' entitlements and benefits
- the Rehabilitation Loan Scheme
- provision of case management of the health needs of NZ war veterans
- coordinating commemorations and war memorial services
- memorial plaques and headstones
- ensuring our Services cemeteries are well maintained

Work and Income (Income Support / Superannuation)

Work and Income – ph 0800 552 002

Address: Superannuitants Office, 235 Willis Street, Wellington

Website: www.workandincome.govt.nz

Information: Call 0800 552 002 to arrange an appointment with a Work and Income staff member.

Work and Income Telephone Contacts

Benefit Control – ph 0800 556 006

Community Services Card – ph 0800 999 999

Community Wage – ph 0800 554 004

Deaf-Link – Facsimile – 0800 621 621

Debt Enquiries – ph 0800 558 008

Dental Care for Older People – ph 0800 552 002

Food Parcels -0800 486 479

General Enquiries – ph 0800 559 009

Residential Care Subsidy – ph 0800 999 727

Residential Support Subsidy – ph 0800 999 779 fax: 0800 999 199

NZ Superannuation – ph 0800 552 002

Service Express – ph 0800 333 030

War Pensions Processing Unit – ph 0800 553 003

Retirement Income and Employment Services for Older People

Work and Income provide a range of retirement income services for older people, including New Zealand Superannuation, the Widows Benefit, International Services, War Pensions Services, the Community Services Card, and extra help in the form of various income support payments. Work and Income also provides employment services to all New Zealanders needing work-search and in-work support.

<http://www.msd.govt.nz/work-areas/older-people/retirement-income-services-older-people.html>

Can I get New Zealand Superannuation?

To get New Zealand Superannuation (Super) you must be:

- 65 years of age or over, and
- a New Zealand citizen or permanent resident that normally lives here when you apply.

You must also have lived in New Zealand for a total of 10 years since you turned 20 (and five of those years must be since you turned 50), unless when you were overseas you were:

- having special medical or surgical treatment
- doing vocational training
- working as a missionary
- working with Volunteer Service Abroad
- serving in one of the Commonwealth's armed forces
- working overseas and paid tax in New Zealand on the earnings from that work
- working on a New Zealand-owned or registered ship trading to and from here.

If you spent time overseas, you must usually have been living here before and after you were overseas, unless you spent time in Australia, Britain, Jersey, Guernsey, Canada,

Denmark, the Republic of Ireland, Greece or the Netherlands. That may also count as time lived here in terms of getting your Super.

Applications and payments

The date you apply for your Super is important because it will directly affect when your payments start. It's important to apply at least two weeks before you reach the qualifying age. Work and Income cannot backdate your payments. Payments are made directly to your bank account every two weeks (this can be a joint account).

To apply, call us first on 0800 552 002 to arrange a meeting.

Other Help

If you live alone you may qualify for a Living Alone Payment in addition to your Super. You can get the payment from the date you started living alone or the date Work and Income receive your application, whichever is later. If your partner has died recently and you apply within 28 days, the payment can be started from the day after your partner died.

If your partner is in long-term residential care you may qualify for the Living Alone Payment. Please talk to Work and Income about this.

If you don't qualify for Super, you may be eligible for another type of income support, for example if you are a woman alone who is over 50, you may be eligible for a Domestic Purposes Benefit.

If you are an ex-service person and you're disabled, you may be able to get a War Disablement Pension or Veteran's Pension. Call War Pension Services free on 0800 553 003 for more information.

The Community Services Card can help reduce the costs of going to the doctor and getting prescriptions. To apply, call our Community Services Card Centre free on 0800 999 999.

If you have a disability, the Disability Allowance can help with the extra costs you have, such as ongoing visits to the doctor or hospital, medicines, extra clothes or travel or gardening services.

HEALTH SERVICES

After Hours Medical Centres / Pharmacies

In the event of urgent sickness, phone your regular doctor first. He or she may have an after-hours number, or an answering/switching service that will direct you to an alternative service if your doctor is not available.

To assist emergency after hours medical personnel in the event that you are unable to communicate clearly, consider purchasing a **Life Tube** from Age Concern Wellington (ph 499 6646). This is a recognised means of recording and storing your important/essential personal and medical details in a place they can be retrieved in the event of an emergency.

Newtown Union Health – ph 380 2020

Fax: 389 2477
Address: 14 Hall Ave, Newtown
Postal: PO Box 7267, Newtown, Wellington
Information: Newtown Union Health offers on-call after hours care for its registered patients (up to 11pm).

Wellington Accident and Urgent Medical Centre – ph 384 4944

Fax: 384 4840
Address: 17 Adelaide Road, Newtown
Email: lyng@wanc.co.nz
Information: This facility offers after hours care to all who require assistance. They are open 8am–11pm every day of the year.

After Hours Pharmacy – ph 385 8810

Fax: 385 8425
Address: 17 Adelaide Rd, Wellington
Information: Monday-Friday 5pm–11pm. Weekends and public holidays 8am–11pm

Ambulance Services

St John Ambulance – Emergency calls ONLY – ph 111

Office: Administration and enquiries about other services – ph 0800 785 646
Email: enquiries@stjohn.org.nz
Website: www.stjohn.org.nz

Wellington Free Ambulance – Emergency calls ONLY – ph 111

Communications Centre: 0800 426 285
Fax: 498 0988
Fax: office 499 3777
Email: admin@freedomalarms.co.nz
Website: www.wellingtonfreeambulance.org.nz

Hospices

Mary Potter Hospice – ph 389 5017

Fax: 04 389 5035

Address: 48 – 52 Mein Street, Newtown

Website: www.marypotter.org.nz

Information: Mary Potter Hospice belongs to the people of Wellington, Porirua and the Kapiti Coast. It is an integrated programme to support people and their families in their own homes. There is an inpatient unit in Wellington, a day facility in Paraparaumu and a palliative care base in Porirua. Thanks to the generosity of the people in the community who make donations and bequests to help meet costs, services are free to all patients and their caregivers,

Hospice New Zealand – ph 381 0266

Fax: 381 0264

Address: 57 – 59 Courtenay Place, Wellington; PO Box 6660, Wellington

Email: coms@hospice.org.nz

Website: www.hospice.org.nz

Information: Our overarching aim is to work alongside our member Hospices to ensure people living with a terminal illness have access to palliative care free of charge, regardless of ethnicity, religion or age. Our focus is national – we work to improve national policies and resourcing that affect care. We are actively involved in education and workforce development, establishing standards of care, providing information and advice to hospices and the public and supporting palliative care providers through cooperative activities.

Hospital Services

C&CDHB – Wellington Hospital – ph 385 5999

Website: <http://www.ccdhb.org.nz>

Aged Care and Disability

The Aged Care and Disability team manage the planning and funding of home and community services for older people and people with chronic illness in the Capital and Coast district.

These home and community care services include aged residential care, home support, palliative care, equipment, orthotics and prosthetics, information, home (district) nursing, community allied health and therapies, rehabilitation, mental health for older people, assessment, coordination, care management and other services. These services are provided to adults (aged 16 and up) on both a short- and long-term basis. They are particularly important services for older people, people who have recently been discharged from hospital and people who have chronic illness, especially those in their last year of life.

Transport

A number of bus services (including bus routes 1, 3, 10, 11, 18, 22, 23, 29, 43, 44) pass by the main entrance of Wellington Hospital in Riddiford Street, Newtown. Details of times are available by calling 0800 801 700 or online at www.metlink.org.nz. Taxis are also available from the front of the hospital on Riddiford Street. A free shuttle for patients also runs between Wellington and Kenepuru hospitals from 7am to 6pm. To book, please call Kenepuru Orderlies on 385 5999 ext 7088.

C&CDHB Dental and Oral Health Department – ph 385 5967

Fax: 385 5426

Address: Wellington Hospital, Riddiford Street, Newtown

Information: Criteria for treatment are very strict and you must have a Community Services Card or a referral letter from your doctor to be eligible to apply for emergency pain relief treatment. Hospital patients have first priority, often resulting in a long waiting list. Hours are Monday to Friday, 8.00am–5.00pm.

C&CDHB Eye Department – ph 385 5452

Fax: 385 5457

Address: Wellington Hospital, Riddiford Street, Newtown

Information: A referral letter from a doctor is required. Urgent cases are seen on a priority basis within three months, but non-urgent cases can take longer. For acute cases, ask to speak with one of the Eye Department nurses who will be able to advise you or make an appointment. Eye tests are free, but not the glasses. Enquire with Work and Income to see if they can assist with payment.

C&CDHB – Pacific Health Unit – ph 0800 999 442

Information: Supports all Pacific patients (and their families) during their stay at our hospitals. They can:

- act as a patient advocate
- help patients understand their care and treatment
- provide health information
- provide information on community and social support services
- link patients with community providers.

This service can be contacted 8am–4.30pm, Monday to Friday.

C&CDHB – Whanau Care Services – ph 385 5956

Fax: 385 5858

Address: Level 2, Community Health Building, Wellington Hospital. Information:

Open 8am–4.30pm. Whanau Care Services helps Maori patients and whanau navigate the healthcare system to achieve the best outcome. We provide support with tikanga protocols, bereavement care, accommodation, communications and hui facilitation. Advice and practical assistance is provided through social workers, Kaiawhina, community liaison, cardiac care nurses, aged care nurses and Kaitakawaenga. Te Pehi Parata Whanau Whare provides temporary accommodation for families visiting patients from outside the Wellington region.

Medical Alarms

As at 2 July 2007, the following medical alarm companies have been accredited as approved suppliers of medical alarms for clients seeking Disability Allowance assistance for the cost of their medical alarms. A full list of accredited suppliers is available by contacting Ministry of Social Development on ph 0800 552 002.

Address: Superannuitants Office, 235 Willis Street, Wellington

Website: www.workandincome.govt.nz or

Consult the Yellow Pages under Medical Alarms for other personal alarm suppliers.

Guardian Healthcare – ph 0800 60 80 99

Website: www.guardianhealthcare.co.nz

Information: Guardian Healthcare is one of New Zealand's leading providers of medical alarms and has a dedicated nationwide health field officer team. Guardian Healthcare is ISO 9001:2000 accredited and DMA approved. A Guardian Healthcare personal alarm gives you access to help when you need it, providing extra freedom, independence and security in and around your home.

Help Phone Wellington Ltd – ph 0800 11 44 33

Email: help.phone.wgtn@paradise.net.nz

Information: Help Phone is a family company, locally owned and operated. We are small enough to offer you great personal service, but big enough to keep pace with industry trends. That means we can offer you the best alarms available with friendly, personal service.

St John Ambulance – ph 0800 50 23 23

Office phone: Administration and enquiries about other services – ph 0800 785 646

Email: enquiries@stjohn.org.nz

Website: www.stjohn.org.nz

Services: Life Link Medical Alarms – By the touch of a button, these pendants and wristbands are designed to alert emergency services 24 hours a day, seven days a week, 365 days a year.

Freedom Medical Alarms owned by Wellington Free Ambulance – 0800 373 3263

Office phone: 802 0944 Communications Centre: 0800 426 285

Fax: 0800 373 3263

Email: admin@freedomalarms.co.nz

Website: www.freedomalarms.co.nz

Information: Wellington Free Ambulance offers Freedom Medical Alarm service which gives the holders security of knowing that in the event of an emergency help will be on the way. The Freedom Medical Alarm service has a direct connection to an ambulance emergency 24-hour communications and despatch centre. Help is just a touch of a button away.

Medical Health Providers and Services

Breastscreen Central – ph 570 9120

Fax: 04 570 9279

Email: fiona.walker@huttvalleydhb.org.nz

Information: Provides free two-yearly mammograms to eligible women aged 45-69 years at Hutt Hospital, Wakefield Hospital and a mobile unit which visits Kapiti, Porirua and Wairarapa. Also provides education and health promotion to women and health care providers. Maori and Pacific educators are available for women and families.

General Practitioners (GPs)

See “Registered Medical Practitioners” in Medical Section (“Green Pages”) of Telecom’s White Pages.

Healthline – ph 0800 611 116

Information: A free telephone health information service that assesses a caller’s health needs and gives information and advice to help a caller decide on the type of health care they need.

National Poisons Centre – ph 0800 764 766

For 24 hour advice on poisons and hazardous chemicals.

Newtown Union Health Service – ph 380 2020

Fax: 389 2477

Address: 14 Hall Ave

Information: Reduced medical fees for community service card holders and union members from the eastern suburbs. Monday to Thursday 8am–7pm, Friday 8am–5pm, Saturday 9am–1pm and 2pm–5.00pm, Sunday 2pm–5pm.

Nurse Maud Co-ordination Centre – ph 238 2020 or

0800 282 200

Fax: 238 2022

Address: 10 Wineera Drive, Porirua

Postal: PO Box 50544, Porirua

Email: wellington@nursemaud.org.nz

Information: This service provides needs assessment and service coordination for people with physical, intellectual, sensory or age-related disabilities. Support services coordinated through Capital Support includes home support, care relief and residential care.

Pacific Health Services – ph 388 7071

After Hours: 384 4944

Fax: 388 7081

Address: Wellington Medical Centre, 412 Broadway, Miramar.

Information: Reduced medical fees for beneficiaries and low-income people who hold a Community Services Card and live in the southern suburbs.

Regional Public Health – ph 570 9002

Fax: 570 9211

Email: RPH@huttvalleydhb.org.nz

Website: www.huttvalleydhb.org.nz

Information: Regional Public Health delivers a range of population and personal health services aimed at improving the health of communities in the Greater Wellington region. We promote positive health outcomes by supporting healthy public policy, community action, healthy environments, and the development of individual’s skills to enable people to make the best choices about their health and wellbeing.

Strathmore Community Health Centre – ph 388 5086

Fax: 388 5086
Address: 108 Strathmore Avenue, Strathmore, Wellington
Information: The clinic meets Monday 9.30am–11.30am and Wednesday 9am–12pm.
People need to be members of Newtown Union Health Service.

Te Aro Health Centre – ph 385 0255

Fax: 385 0935
Address: 331 Willis Street, Te Aro; PO Box 27 506, Marion Square, Wellington
Email: reception@[tearohealth.org.nz](mailto:reception@tearohealth.org.nz)
Information: Doctor available Monday to Friday 9am–4.30pm for inner-city residents with community services cards.

Te Ngawari Hauora Charitable Trust – Ph 389 1155

Fax: 383 9695
Address: 16 Donald McLean St Newtown
Email: ngawari@paradise.net.nz
Information: Maori health services, providing a range of outreach health services by registered nurses and health workers. Services include Well Child, women's health, elderly care, youth health, education and promotion. Not exclusively for Maori – serves the community irrespective of race. Open Monday to Friday 8.30am–4.30pm.

Ngawari Medical Centre – ph 389 1155

Fax: 389 1100
Address: 16 Donald McLean Street, Newtown
Information: Provides low-income general family practitioner services.

Wellington People's Centre – ph 385 8596

Fax: 385 2520
Address: No 2 Lukes Lane, Te Aro, Wellington (off lower Taranaki Street)
Website: www.wellingtonpeoplescentre.wellington.net.nz
Email: people@wpc.net.nz
Information: Offers health services, including medical, dental, massage, counselling, and acupuncture. Also offers advocacy service for benefit rights and workers rights. Low-cost health services for members.

Wellington Women's Health Collective – ph 499 7709

Fax: 499 9968
Address: Level 4, Community House, 84 Willis Street, Wellington
Email: wwhc54@xtra.co.nz
Information: Free support, counselling, and health information for women. Also women's comments file on doctors, counsellors and other health professionals. Open Monday, Thursday, Friday, 10.30am–3pm, Tuesday, Wednesday 10am–4pm

General: There are many other health-related services, e.g. audiology, podiatry physiotherapy etc. Enquire through:

- your doctor

- local hospital
- check the health services in Telecom Yellow Pages.

Mental Health Care Providers

In the first instance, enquiries should be made through your GP.

Crisis Assessment and Treatment Team (CATT) – ph 494 9169

Fax: 918 2281
 Postal: Te Whare O Rangatuhi, PO Box 50-215, Porirua
 Information: The CAT Team operates 24 hours a day, seven days a week, providing emergency mental health assessments.

Elizabeth Memorial Hospital – ph 389 6485

Fax: 389-6384
 Address: 130-134 Britomart Street, Berhampore, Wellington
 Information: Provides long- and short-term care, focusing on caring for those with mental health disorders and dementias.

South Community Mental Health Service- Phone: 04 387 1270

Fax: 04 387 1299
 Address: 36 Tacy St Kilbirnie
 Email: julie.horn@ccdhb.org.nz
 Website: www.ccdhb.org
 Information: Adult community mental health service providing assessment and treatment for 18+ . Also referred to as the Tacy St Clinic.

Wellington Community Mental Health – ph 801 4830

Fax: 801 4859
 Address: Level 2 Laughton House, 100 Tory Street, Wellington
 Information: Provides acute, short- and long-term community-based assessment and treatment for clients with psychiatric problems. Operates on a referral basis only from either other agencies or a general practitioner.

Private Nursing Services

(Medical and non-medical)

For details on other private nursing options refer to Telecom Yellow Pages under “Home Help” and “Nurses and Nursing Bureaux”, or the front of the White Pages under “Hospitals and other health service providers”.

Capital Nursing and Home Care Ltd

Wellington area: ph 939 8888
 Tawa/Linden: ph 939 8886
 Fax: 04 939 8899
 Address: PO Box 39 209, Wellington Mail Centre, Petone

Website: www.capitalnursing.co.nz

Information: A community nursing agency providing nursing and home support services in the Wellington region. A quality service to meet the needs of each Individual is provided. This service aims to enhance daily living at home, support and develop personal independence and promote and assist rehabilitation and personal health.

Duty Calls Nursing Agency – ph 381 8666

Fax: 04 478 0152

Address: Level 1 West Block, 19-21 Broderick Rd., Johnsonville

Email: dutycalls.wgtn@healthcarenz.co.nz

Website: www.dutycalls.co.nz

Information: Shifts for nursing and health assistance in resthomes and hospitals

Elder Family matters Limited - 385 8505

Email: efm@elderfamilymatters.co.nz

Website: www.elderfamilymatters.co.nz

Information: Maybe you're a son or daughter who lives away from Wellington or overseas, or aren't able to 'be there' for your parents as much as you'd like. Or maybe you're a husband or wife whose partner's health is declining. Elder Family Matters is a private company that assists older people in their own homes with the tasks of daily living, and enables them to keep socially active as well. They are "The Next Best Thing to Family". For more information please contact us.

Healthcare – NZ (Wellington/Porirua) – ph 381 8660

Fax: 04 478 0152

Address: 19-21 Broderick Road, Johnsonville, Wellington

Address: PO Box 13 340, Wellington

Website: www.healthcarenz.co.nz

Information: Provides nursing care, rehabilitation, professional personal care, household management. Subsidised or privately funded care.

Home Comfort Ltd – ph 06 364 6574 or 0274 736 975

Fax: 06 364 7497

Address: Waitohu Valley Road, Otaki

Email: homecomfort@paradise.net.nz

Website: www.homecomfort.net.nz

Information: Non-medical in-home care. Transport services, companionship, meal preparations, housekeeping, and errands service provided, and 24-hour care is available. Available to ACC referrals and private clients.

Home Instead Senior Care - Phone: 890 3798

Fax: 890 3915

Address: Level 1, 250 Cuba Street, Wellington.

Email: wellington@homeinstead.co.nz

Information: Home Instead Senior Care is a non-medical provider of companionship, meal preparation, light housekeeping, medication reminders, errands and incidental transportation. With as little as 2 hours a week, ranging to 24 hours a day, Home Instead

Senior Care Caregivers stimulate, encourage and assist clients in a variety of daily activities that help our clients maintain their independence and improve their quality of life.

Miranda Smith Homecare - Phone: 475 8875

Fax: 04 233 9982

Address: PO Box 1635, Wellington

Website: www.mshomecare.co.nz

Information: Providing a continued quality of life. Wellington, Kapiti, Hutt Valley. Quality in-home care tailored to clients specific needs, day or night from 2-24 hours, short and long term. Convalescent, palliative and personal care support, housekeeping and cooking with a 24 hour Emergency and Afterhours Service for all clients.

NZ Home Health Association – ph 472 3196

Fax: 04 472 3176

Address: 2 Woodward St. Wellington

Website: www.nzhha.org.nz

Information: Check the website for a detailed list of home health providers.

HOME DELIVERIES

Enquire locally – some supermarkets, retailers and pharmacies do online shopping and/or home deliveries. Contact customer care.

Foodtown	ph 0800 40 40 40
Woolworths	www.woolworths.co.nz
Foodtown	www.foodtown.co.nz

Ezee Meals (Mission Foods Ltd) – ph 236 6564 or 389 2033

Fax: 04 236 6532

Address: Kura Street, Titahi Bay, Wellington

Email: enquiries@wgtncitymission.org.nz

Website: www.wgtncitymission.org.nz

Information: Ezee Meals are produced and distributed by a wholly owned subsidiary of the City Mission. They are wholesome, home-style meals that have plenty of taste and variety. They are individually packaged, blast-frozen and then simply ready for you to heat and eat. Ezee Meals can be heated in the oven or microwave.

Fresh is Best – ph 560 1960

Fax: 04 560 1961

Address: 67 Pilmiur Street, Pilmiur House, Lower Hutt

E-mail: orders@eatunlimited.co.nz

Information: Fresh, not frozen, meals. Deliveries are made to the whole Wellington region, including Kapiti. There is a five-week menu offering six options each week. Costs: \$8.00/meal, \$5 delivery.

Meals on Wheels – ph 385 5999

Enquire from Wellington Hospital

Information: Fresh hot meals delivered to your door. Must be referred by a medical or associated professional, e.g. a doctor, district nurse or social worker.

Puff’N’Billy Foods – ph 07 8882711

Fax: 07 8882848

Address: 113 Tauranga Road, S H 24 Matamata, Waikato

Postal: PO Box 343 Matamata, Waikato

Email: pnb@clear.net.nz

Website: www.pnbfoods.co.nz

Information: Healthy Polynesian hangi meals that are low fat, low salt and made with lean meats. Meals are made in a special slow cook oven that replicates traditional hangi cooking. Available at New World supermarkets in the Wellington City area and Porirua and in Pak ‘n Save stores in and Lower Hutt and Upper Hutt.

HOUSING AND RELATED SERVICES

[Backdoor Refuse Collection – ph 499 4444](#)

Wellington City Council offers backdoor refuse collection service to residents who either qualify for a free backdoor refuse collection service or to residents who are able and willing to pay for this service.

Backdoor collections can be provided free for some people. To qualify for a free collection the applicant must show ALL THREE OF THE FOLLOWING CONDITIONS are met:

1. They are either disabled or impaired or they are frail elderly. Applicants, including frail elderly, must supply a written statement from a health professional such as a district nurse, doctor or Foundation for the Blind confirming the disability/impairment/frail elderly status of household member/s. (PLEASE NOTE: Senior citizens do not automatically qualify for free backdoor collection because of age – they need to support the application with a medical certificate).

2. There is no one in the household that is able to carry the refuse bags to the kerbside.

3. They are experiencing financial hardship, such as low household income. Applicants must supply proof of household income (after tax) such as a certificate of earnings, Work and Income benefit details or income tax return.

Paying for backdoor refuse collection: For \$125.00 a year (approx \$2.50 per week) the Council will collect refuse from the resident's back door. A form must be completed and WCC bags must still be used. There is no backdoor collection for recycling.

Emergency Accommodation

[Nightshelter – ph 385 9546](#)

Fax: 384 7814

Address: 304 Taranaki Street.

Email: WellingtonNightShelter@xtra.co.nz

Information: Emergency accommodation for men only. Open 5.30pm–9pm only. Women will have accommodation organised for them. Guests must leave by 7.30am. There is a small charge per night.

[Salvation Army Community and Family Services – ph 389 0594](#)

Fax: 389 1130

Address: Hope Centre, 26 Riddiford Street, Newtown

Email: wellingtoncfs@nzf.salvationarmy.org.nz

Website: www.salvationarmy.org.nz

Information: Emergency accommodation for families in need. Temporary accommodation can be arranged subject to availability of flats. Tenures last for approximately three months.

[Te Whare Roki Roki Maori Women's Refuge – ph 380 0917 \(24hrs\)](#)

Fax: 380 0918

Address: PO Box 7245, Wellington South

Information: Te Whare Roki Roke provides advocacy and support for Maori women and their children seeking protection from family violence. We provide support in applying for benefits, housing and budgeting advice, transport, childcare, phone support and information.

Wellington Women's Refuge – ph 473 6280 (24hrs)

Fax: 939 0458

Address: PO Box 11985, Wellington.

Email: wwr@paradise.net.nz

Website: www.womensrefuge.org.nz

Information: Women's refuge work with woman in the community and provide a safe house for women and children escaping domestic violence. Women's refuge also provides referral and/or support to sympathetic lawyers, court, police and doctors. Women's refuge gives support in applying for benefits, housing and budgeting advice. Phone support and information provided.

Home Equity Loans

Home Equity Release Research

As part of the development of a Code of Practice for Home Equity Release products, the Office for Senior Citizens, in conjunction with the Retirement Commissioner, is supporting an investigation into attitudes to the use of equity release products.

Below is an overview taken from the Office for Senior Citizens website: www.osc.govt.nz/hec/hec-part-one.html

What are "Home Equity Conversion" schemes?

"Home Equity Conversion" schemes are marketed as a way to make available to older people some of the equity in their homes. They are generally loans or advances made against the capital value of people's homes and drawn down in the form of one or more lump sums or periodic payments or annuities. The capital advances, together with accumulated interest on these advances, usually do not have to be repaid until the owner sells the property or dies. Repayment is generally secured by a mortgage over the home.

The growing interest in HEC schemes reflects the fact that owning a freehold home is the preferred way of saving for most New Zealanders. In the New Zealand environment, there is a greater focus on investment in real estate than in private annuities and pension schemes. New Zealanders, on average, have only 22 percent of their net wealth in liquid assets such as shares, bonds or bank deposits. In the United States the comparable figure is 65 percent.

The Minister for Senior Citizens wants to protect the interests and provide peace of mind for borrowers by ensuring that HEC schemes meet certain standards.

To draw up the standards the Office for Senior Citizens seeks the views of:

- older people
- HEC providers
- people and organisations interested in retirement financial planning
- people interested in inheritance matters affected by HEC schemes
- people interested in social policy and related issues.

How do Home Equity Conversion schemes work?

For many older people, the money invested in their homes, the equity, is the major part of their net wealth. This wealth helps to reduce costs, but the money tied up in a home is not available to help with house maintenance or other living costs. HEC schemes, sometimes called home equity release loans, enable some of the financial equity in the home to be made available to the home owner, either as a lump sum, a periodic payment, or an annuity.

Under HEC schemes, the home owner, the "borrower", applies to the HEC scheme, the "lender", to be paid an amount, the "loan", and the "lender" in return, is empowered to secure the "loan" against the property. The eligibility of HEC borrowers is largely dependent on their home having a significant value. The funds advanced and the accumulated interest does not have to be repaid until the owner sells the property or dies.

Typically, a HEC scheme will make a loan available to people over 60 years of age who own a property over a certain value. Most loans have similar features.

- The loan will be limited to a percentage of the value of the house.
- The percentage increases with the age of the borrower.

- Interest is accumulated on the loan at a variable interest rate.
- The interest rate is generally a given percentage, for example 1.5 percent to 2 percent, above the major banks' variable mortgage rates.
- Home owners are given guaranteed residency in the property.
- The loan and accumulated interest is not repayable until the owner sells their property or dies.
- A no-negative equity guarantee ensures that the value of the loan will never exceed the net sale proceeds of the property.

There are three main types of legal structure for HEC schemes: reverse mortgages, home reversions and shared appreciation schemes.

Home Reversions

These types of schemes involve the sale of the property in return for a capital sum or supplementary income. The sale is generally for a reduced price with the borrower having continued rights of occupancy.

Reversion schemes have only recently been available in New Zealand, but overseas they take a variety of forms around the sale of all, or part of the property.

Reverse Mortgages

Reverse mortgages enable older home owners to borrow against the equity in their property. Home owners are able to draw capital sums or periodic payments, annuities or lines-of-credit. The total amount of the loan together with interest charges and any other charges, are secured by a mortgage over the property. The maximum amount that can be drawn against the equity of the property is determined by the provider according to market conditions, taking into account the property's value and the age of the applicants.

The reverse mortgage is repayable on the owner's sale of the property or death. Research shows that reverse mortgages make up nearly 97percent of the home equity market in New Zealand. This paper primarily focuses on these schemes. It is also useful to be aware of the other types of HEC schemes that are available.

Shared Appreciation Schemes

These are a form of home reversion under which borrowers draw on some of the property's equity and lenders rely on the appreciation of the property's equity on its eventual sale.

For more information please refer to the website

<http://www.osc.govt.nz/hec/hec-part-one.html>

Older people are well advised to identify the cost of the contract they enter into and ask for a financial table giving the annual effect of the compounding interest against the value of their home and to obtain expert and legal advice before entering into any contract.

Home Maintenance

Grey Skills – ph 387 2816

Website: www.greyskills.co.nz

We have four branches covering the Greater Wellington area. Although we are called Grey Skills our service is not restricted to seniors, it is for all home owners, and because of the quality of our service we charge market rates. We are experienced experts for your property maintenance, repairs, renovations, painting, gardening and we offer the public a "one call for all services". This means you don't have to ring dozens of different tradesmen

for dozens of different jobs. We pride ourselves on being able to handle any job. "Nothing beats experience".

Mitre 10 Home Crew

Many of the stores operate a home handyman service called Home Crew. Applications forms to record your details and the work you require are available from these stores. Check with your local store to see if they are part of this scheme or ask for a copy of the application form from Age Concern Wellington, ph 499 6646

Senior Skills Home Maintenance – ph 386 1955 or 586 7500

Email: snrskills@xtra.co.nz

Website: www.seniorskills.co.nz

Information: Senior Skills has been operating since 1999. Our main purpose is to take a load off your mind in getting any jobs done in and around your home. Nothing is too big or too small, nor too easy or too difficult for the team of tradesman. All tradesmen are over 40 years old

Mental Health Consumer Accommodation

Easy Access Housing – ph 499 1064

Fax: 499 1063

Address: Level 1 174 Taranaki St Wellington.

Email: housing@easyaccess.org.nz

Information: For people who have mental health issues and are currently experiencing difficulty in accessing suitable accommodation in inner-city Wellington. Easy Access is not a respite service. Tenancy will be no longer than six months, and each tenant will be supported to identify long-term, sustainable housing within that time.

Mahora House – ph 387 9676 (office) or 387 7797

Fax: 387 9679

Address: 31 Mahora Street, Kilbirnie

Information: A supportive community house with flatting style accommodation for people with psychiatric disabilities. Contact the manager, Miriam McCann.

Te Roopu Whakapakari Ora Trust– ph 478 6243

Fax: 478 6943

Information: Provides supported accommodation for mental health consumers as well as support for consumers living in the community. Priority is given to Maori.

Well-Link Trust – ph 801 8500

Postal Address: P O Box 6516 Wellington 6141

Website: www.wellink.org.nz

Address: Main Office at Level 2, 203-209 Willis Street

Information: Provides supported accommodation for mental health consumers. (Referrals from DHB Service coordinators only).

Rates

Rates Rebate – ph 499 4444

The rates rebate scheme is a “refund” administered by Wellington City Council to low-income ratepayers. The rebate is credited against the rate account. This is a Government-organised scheme controlled by the Department of Internal Affairs and administered by the Council.

It is designed to assist low-income ratepayers with paying their rates. The scheme has been in place since 1973. However, last year the Government announced some proposed changes to the scheme to allow more people to become eligible.

Major changes came into effect from 1 July 2006, the beginning of the 2006-2007 rating year.

- But from 1 July 2008 the maximum rebate amount payable has increased to \$530.
- And the income threshold has increased to \$21,180 a year and is increased by \$500 for each dependent in the household (if you earn over \$21,180 and without dependents you could still be eligible so you should contact the rates team).
- Applicants can only qualify for a rebate for the current year – previously they have been able to apply for past years, but this is no longer the case.
- The rebate amount will show as a lump sum payment against the account and will credit the instalment 2 amount (in the past the amount has been divided across all remaining instalments). You need to ensure your first instalment is paid.
- The rates rebate is available to residential ratepayers only.
- The owner/ratepayer must have ownership of the house since 1 July 2006 (e.g. if they bought the house on 10 July they will not be eligible as it covers the entire rating year).
- The application needs to be approved by the Department of Internal Affairs – this can take up to four weeks.

Contact us here at WCC (ph 499 4444) and we will send an application form to you, or you can download one from the Department of Internal Affairs website, www.ratesrebates.govt.nz. This website will also give you access to additional rates information.

Short and Long Term Accommodation

If you have a housing need and are on a low income or Work and Income benefit, some of the agencies listed below offer low-cost housing and may be able to assist.

Capital City Lodge – ph 939 7992

Fax: 939 7992

Address: 82-88 Hanson Street, Newtown

Email: nick@capitalcity.co.nz

Information: This is a boarding house/lodge charging weekly rent. People staying for less than four weeks pay more. Phone Linen Power, breakfast and dinner are included in the cost.

Housing New Zealand Corporation – ph 439 3026 or 0800 801 601

Fax: 387 1612

Address: Wellington Neighbourhood Unit, Shop 27, Baycourt Shopping Mall Bay Road, Kilbirnie.

Information: Housing is allocated according to a person's housing need. There is a formal application process which includes an interview. Rent is based on the household's income.

Lodge in the City – ph 385 8560

Fax: 385 8531

Address: 152 Taranaki Street

Website: www.lodgeinthecity.co.nz

Email: themanager@lodgeinthecity.co.nz

Information: There are four-, six- and eight-bed dormitories as well as single and twin rooms. Lodge in the City is close to amenities.

Mount Victoria Boarding House – ph 934 8308

Address: 30 Hawker Street, Mt Victoria, Wellington

Information: Long-term accommodation.

Newtown Heights (formerly St Helen's) – ph 389 8623

Fax: 389 8323

Address: 113 Coromandel Street, Newtown. Office enquiries 3 Paeroa Street

Email: nhl@xnet.co.nz

Information: A hostel with weekly and daily rates. There are 66 rooms with shared facilities. In some cases references will be required. Guests can park their cars for free.

Riddiford Street Hostel – ph 385 5362

Fax: 385 5801

Address: Wellington Hospital Grounds, Newtown

Information: Single rooms with shared facilities. Rent is paid weekly but nightly rates are also available. Priority is given to families and friends of patients in Wellington Hospital. References are required for long-term stays.

Rintoul Lodge – ph 389 6410

Address: 30 Rintoul Street, Newtown

Email: pathol@paradise.net.nz

Information: Boarding house for long-term stays. References required.

Wellington City Council – ph 499 4444

Fax: 801 3031

Address: City Housing, City Council Buildings, 101 Wakefield Street
Information: Provides stable low-rent housing for low-income earners. Application form and interview required. There is a waiting list.

Wellington Housing Trust – ph 384-4854

Fax: 384 4692
Address: Office is located on level 9, 173–175 Victoria Street
Website: www.wht.org.nz
Email: info@wht.org.nz
Information: Long-term rentals for people on a low income. Properties have two to five bedrooms.

Wellington Women’s Boarding House – ph 977-0453

Address: 33 Brougham Street, Mount Victoria
Email: wwwbh@paradise.net.nz
Information: Women-only boarding house with single rooms and shared facilities. This boarding house provides safe, secure and reasonably priced accommodation for women on low incomes or in periods of transition.

Wesleycare Centre Newtown – ph 389-3433

Fax: 04 389 3423
Address: 17 Constable Street, Newtown.
E-mail: twhite@wesleyca.org.nz
Website: www.wesleyca.org.nz
Information: Six self-contained, independent living units available at our Newtown site.
Hours: Monday to Friday, 8.30am–5pm.

Tenancy Issues

Bond Centre – ph 0800 737 666

Information on all matters relating to bond payments and requirements.

Tenancy Services – ph 0800 836 262

The Department of Building and Housing provides tenancy advice on tenants’ and landlords’ rights and obligations. Advice and information is free of charge.

WHAT – Wellington Housing Association of Tenants – ph 384 1419

Fax: 842 5054
Address: 312 Taranaki Street, Te Aro
Information: We act as a mediator between Wellington City Council housing tenants and City Housing to deal with unresolved issues AFTER the issues have been taken to the tenancy manager for discussion. The office is open Monday to Friday, 10am–12pm.

LEGAL ENQUIRIES AND ADVICE

See also

- Citizens Advice Bureaux - Listed under Opportunity and Information
- Telecom Yellow Pages – lawyers, barristers and solicitors, trustees, executors and attorneys
- wills, powers of attorney (assistance with)

[Public Trust – Wellington Customer Centre – ph 0800 371 471](#)

Address: 117-125 Lambton Quay, Wellington

Postal: PO Box 5024, Wellington

Fax: 978 4640

Email: info@publictrust.co.nz

Website: www.publictrust.co.nz

Information: Public Trust is a trustee organisation with a unique mandate to protect the future of New Zealanders. We offer a wide range of legal and financial services to help you. But our role is different from others, like banks and lawyers, who may offer similar services. In fact we even have our own Act of Parliament to protect your interests.

Whatever stage of life you are at we can help you get things in order.

We can help you:

- make a will and enduring powers of attorney
- buy your own home
- get your finances and taxes sorted
- grow your wealth and protect it for the future
- provide for your family and their education
- provide for people with special needs
- plan for a comfortable retirement
- plan ahead for your funeral and final costs
- manage your affairs if you can't manage alone
- carry out your last wishes
- look after your estate and beneficiaries.

[Te Ratonga Ture – Maori Legal Services – ph 473 1249](#)

Fax: 473 1781

Address: Level 5, 139 Featherston Street, Wellington

Email: reception@ture.org.nz

Information: Free legal services to Maori, whanau and their communities in the wider Wellington region. Services include advocacy and assistance, legal advice and information, law-related education and preparing submissions to government or other decision-making organisations. The centre can offer clinics on marae and at other appropriate venues for people or groups unable to come into the office. Open 9am–5pm Monday to Friday.

[Wellington Community Law Centre – ph 499 2928](#)

Fax: 472 2320

Address: 2nd floor, 84 Willis Street, Wellington 6142

Email: info@wclc.org.nz

Information: Free Legal Advice, phone to find session times. Suitcase clinics at local community venues during the day each Wednesday, phone to find out the rota. Alternatively, there is a "Legal Advice for Older People" service on Thursdays from 1.15pm to 2.15pm, mezzanine floor, Wellington City Library

LEISURE AND FITNESS ACTIVITIES

Art

[Inverlochy Art School – ph 939 2177](#)

Address: Inverlochy House, 3 Inverlochy Place, Te Aro, Wellington

Email: manager@inverlochy.org.nz

Website: www.inverlochy.org.nz

Information: Offers a range of part time art classes taught by practicing artists and artisans. The emphasis is on learning technique and mastering skills in each medium and is very hands-on and experiential. Our courses are designed for all levels of ability and are taught in a friendly and informal environment. We have a maximum of 12 students per class, giving you the best possible tutor/student ratio.

Opening Hours: The school office is open Monday to Friday, 9am–5pm and closed on public holidays and weekends. Some workshops are run on weekends

Course Fees: Donor members receive a 5 percent discount on all course fees. Students are encouraged to bring any appropriate equipment they may have, and for most classes, materials are supplied. Help support our non-profit organisation by becoming a donor member – \$50 for an individual, or \$25 for senior citizens, students and unwaged.

[Vincent's Art Workshop – ph 499 1030](#)

Address: Community House, Level 4, 84 Willis Street, Wellington.

Email: vincentsartworkshop@xtra.co.nz

Website: www.vincents.co.nz

Information: A community arts workshop, providing tuition, workspace, materials and equipment for a wide variety of art and craft activities. A free community workshop for everyone.

Athletics

[Wellington Masters Athletics Inc – ph 479 2130](#)

Address: Scottish Harrier Clubrooms, Prince of Wales Park, Salisbury Terrace, Mt Cook

Information: Catering for athletes aged 35 upwards who can choose to participate in competitive and non-competitive road races and track and field events. These events are held at different venues throughout New Zealand. Masters athletes also regularly compete overseas at World Masters events.

Bowls and Petanque Clubs

To find more information about bowling clubs in Wellington, log on to www.bowls.co.nz

[Berhampore Bowling Club – ph 389 6322](#)

Address: Corner Duppa and Stanley streets, Berhampore

[Hataitai Bowling and Petanque Club – ph 971 2101](#)

Address: 159 Hataitai Road, Hataitai, Wellington

Island Bay Bowling Club – ph 973 8571

Address: 278 The Parade, Island Bay
Email: ibbc@paradise.net.nz

Johnsonville Bowling Club – ph 478 5269

Address: 34 Frankmoore Avenue, Johnsonville

Karori Bowling Club – ph 476 7369

Address: 10 Lower Street, Karori

Khandallah Bowling Club – ph 479 6562

Address: 24 Woodmancote Road, Khandallah

Lyll Bay Bowling Club Inc – ph 977 6339

Address: 53 Apu Crescent, Lyall Bay
PO Box 14-129, Kilbirnie, Wellington
Email: bowlslyallbay@paradise.net.nz

Miramar Bowling Club – ph 388 8574

Address: 33A Puriri Street, Miramar
Email: miramarbowling@paradise.net.nz

Newtown Bowling Club – ph 389 8746

Address: 303 Mansfield Street, Newtown

Seatoun Bowling Club – ph 388 9520

Address: Dundas Street, Seatoun

Tawa Bowling Club – ph 232 5404

Address: Grasslees Reserve, Davies Street, Tawa

Terawhiti Bowling Club Inc – ph 476 6613

Address: 424 Karori Road, Karori

Vogelmorn Bowling Club – ph 389 6557

Address: 93 Mornington Road, Brooklyn
Email: vogelmorn@xtra.co.nz

Wellington Bowling Club – ph 385 8313

Address: Tanera Park, 8 Tanera Crescent, Brooklyn

Wilton Bowling Club – ph 473 5158

Address: 122 Wilton Road, Wilton

Card and Board Game Clubs

Kairangi Bridge Club – ph 388 2527

Address: 138 Hobart Street, Miramar, Wellington

Information: Club nights held Monday, Tuesday and Thursday. Play commences 7.30pm. Friday afternoons play commences 1pm. During winter period Wednesday games commence 11am. Beginners' lessons are available. Please telephone for further information.

Karori Bridge Club Inc – ph 476 6179

Address: 274 Karori Rd, Karori, Wellington.

Email: karoribridge@paradise.net.nz

Website: www.contractbridge.net/karori

Information: Twice-yearly lessons for beginners. Please contact clubrooms for more information. Bridge play starts 1pm Monday and Friday afternoons and from 7.30pm on Tuesday, Wednesday and Thursday evenings. There is a lift on site.

Kapi Mana Bridge Club – ph 232 4824

Address: 8 Linden Avenue, Tawa.

Email: kapimanabridgeclub@xtra.co.nz

Information: Club nights Tuesday, Wednesday and Thursday evenings. Play starts at 7.30pm. Monday morning play begins at 10.30am. This is a friendly suburban club.

Victoria Bridge Club – ph 473 5099

Address: 112 Tinakori Road, Thorndon, Wellington

Email: victoriabc@xtra.co.nz

Information: Games begin 7.30pm Monday, Tuesday, Wednesday and 1pm Thursdays. The club provides duplicate bridge sessions for members and visitors, in evenings and afternoons. Learner/beginner lessons are offered to those who want to learn to play, and also continuing lessons for all grade players. We also have a bridge library. Downstairs is available for hire, kitchen facilities included.

Wellington Bridge Club – ph 972 4311

Address: 17 Tinakori Road, Thorndon, Wellington

Email: wnbridge@paradise.net.nz

Information: Bridge on Tuesday, Wednesday, Thursday evenings at 7.30pm. and on Friday afternoons at 1pm. Classes for beginners and improvers are available.

Wellington Chess Club – ph PRM 04 902 1707

Address: Turnbull House, Bowen Street.

Email: rosslin@paradise.net.nz

Website: www.chess.wellington.net.nz

Information: Wellington Chess Club meets on Tuesday evenings. Club play starts after 7.30pm. New members welcome.

Croquet

Kelburn Municipal Croquet Club (Inc) – ph 472 9885 (club) or 385 6258

Address: Kelburn Park, Salamanca Road, Kelburn, Wellington (between Cable Car and University)

Email: kelburn_croquet@hotmail.com

Information: Our club has 55 members of all ages who play croquet both as a serious sport and for social recreation. Beginner's courses available. The season is September-April, and there are also indoor activities in winter. New members are welcome. Free "Have a Go" Days" are held at the beginning of the season and also during, depending on demand. New members can use club mallets for the first couple of seasons. Club days are during the week and on Saturdays. Indoor activities during the winter include mah-jong.

Dance

Beehive Squares – Square and Round Dance Club – ph 475 9637

Address: Telephone for venue information

Email: alynpren@xtra.co.nz

Information: Club nights held on Wednesdays. Modern Western American square dancing is a great way to keep reasonably fit mentally and physically, and to make friends.

Eastern Suburbs Community Dance – ph 387 7667

Ticket Sales: Phyllis Tingey 977 2276

Address: Upper Bourke St Kilbirnie

Information: Community dance includes ballroom, old time, sequence, rock and roll dances at St Catherine's College. These also raise funds for sponsored organisations such as scouts, school committees, theatre groups and play centres.

Feet With Heat 4 Dance Studio – ph 388 4559 or 021 884 559

Address: 2 – 6 Hania St Mt Victoria

Information: New Zealand's only qualified rock n'roll and Lindy Hop swing dance professionals under Federal Assoc. of Teachers of Dance Inc ISTD. Also teachers of ballroom and Latin dance studio. The tutors have 45 years of combined dance experience and are accredited members of the New Zealand Association of Dance Teachers (NZADT). Open Monday 7pm–9pm for intermediate/advanced classes; Tuesday 6.15pm–9.15pm for beginners–intermediate level; Friday 6pm–10pm for private lessons.

Fernleaf Dance Club –

Contact: Jan Tenberg 568 5517

Address: Wilford School Hall William St Petone

Email: jt.ten@xtra.co.nz

Information: Ballroom, Latin, modern sequence and new vogue, dancing alternate Saturdays. Practice at 7.30pm, dancing 8pm–11pm.

Harbour City Rock and Roll Club Inc – ph 499 0557

Contact: Sandy Jacobson

Address: Northland Memorial Community Centre, 5 Woburn Road, Northland

Website: <http://www.harbourcity.org.nz>

Information: Harbour City Rock and Roll club meets every Monday night (except public holidays) Intermediate lessons 7.30pm–8pm followed by general dancing through to 10pm. We also hold a “Hop” on the fourth Friday of the month. We promote rock ‘n’ roll music and dancing as well as providing a six-week beginners course and regular weekly intermediate lessons as well as practice nights, workshops and more.

Monday Dance Club – ph 568 5517

Address: The Loaves and Fishes, St Paul’s Cathedral, Hill St., Wellington

Information: Social non-competitive mixture of sequence, old time and ballroom dancing. Beginners welcome, some tuition available. Especially suitable for the over 40s age group, but all ages welcome. Club night every Monday at 7.30pm – \$4 entry with a light supper provided.

Royal Scottish Country Dance Society – ph 0800 693 2623

Email: info@rscds.wellington.net.nz

Information: We assist in providing special education or instruction in Scottish country dancing. There are nine clubs in Wellington City meeting at different times. Beginners most welcome. Please telephone for further information.

Southern Cross Dine and Dance – ph 384 9085

Address: 35 Abel Smith Street, Te Aro, Wellington

Email: cu@thecross.co.nz

Website: www.thecross.co.nz

Information: Free dance lessons with professional dance instructor, live band. Different styles of dance each week.

Wednesday Line Dancing Group – ph 476 8342

Address: St. Giles Church Hall, 42 Kilbirnie Crescent

Information: We meet each Wednesday at 10.30am – 11.45am \$4.00 per class, beginners most welcome.

Galleries

City Gallery Wellington – ph 801 3021

Fax: 801 3950

Address: Civic Square, Wellington

Website: www.city-gallery.org.nz

Email: citygallery@wmt.org.nz

Information: Open daily 10am–5pm. City Gallery Wellington creates a focus for contemporary visual arts, architecture and design in Wellington through local, national and international exhibitions as well as international exchanges and joint ventures with other art museums.

National Library Gallery – ph 474 3024

Address: cnr. Molesworth and Aitkin streets, Thorndon, Wellington

Postal: National Library Gallery, National Library of New Zealand, PO Box 1467, Wellington 6140

Email: gallery@natlib.govt.nz

Information: Showcases the rich collections of the National Library, particularly those of the Alexander Turnbull Library. We also organise and tour exhibitions to museums, libraries and galleries throughout New Zealand and internationally.

Hours: Monday to Friday 9am–5pm, Saturday 9am–1pm.

NZ Academy of Fine Arts – ph 499 8807

Address: 1 Queens Wharf, Lambton, Wellington

Email: info@nzafa.com

Website: www.nzafa.com

Information: Academy Galleries is the public face of the New Zealand Academy of Fine Arts, supporting New Zealand's emerging and established artists through the sale of New Zealand Art as well as fostering a national appreciation and pride of fine art produced by artists in this country.

Hours: 10am–5pm every day. When exhibitions are on.

Gardening

Cactus and Succulent Society of NZ – ph 475 9421

Address: Alternates between St Michaels Church Hall, Upland Road, Kelburn and St Johns Ambulance Hall, Waterloo, Lower Hutt

Email: cressey@actrix.co.nz

Information: Meets on first Saturday of the month (except January) from 1.30pm onwards, with illustrated talks or workshops on some aspect of our hobby. Plant sales, information sheets and raffles are also available.

Capital City Orchid Society – ph 972 7519

Address: Johnsonville Uniting Church, 18 Dr Taylor Terrace, Johnsonville

Email: lenairew@paradise.net.nz

Information: The Capital City Orchid Society is made up of people of all ages who grow orchids for a hobby. We meet at 8pm on the third Monday of each month, except December. A show is held each year, usually in September.

Miramar Garden Group – ph 388 6733

Address: Miramar Uniting Church, 56 Hobart Street, Miramar

Information: The group meets at 10.00am on the fourth Tuesday of the month to further our interests in gardening by inviting a speaker to address the meeting or visiting a garden of special interest.

Operation Green Thumb – Community Gardens for Wellington – ph 934 2629

Email: greenthumb@paradise.net.nz

Information: We help set up community gardens in the Wellington area and provide training and support to enable people to grow their own food organically. Our aim is to encourage a better quality of life for those disadvantaged, on benefits or low incomes.

Sites include a number of council flats. Public gardens are available at Kilbirnie and Brooklyn.

Golf

Berhampore Golf Course – ph 389 6816 (golf course) or

ph 389 6685 (greenkeeper)

Address: 570 Adelaide Rd, Newtown, Wellington (mailing only)

Information: This 18-hole tree-lined golf course on the edge of the Town Belt is Wellington's only mid-city golf course. It is one of the few public courses in the Wellington region. Open from dawn till dusk.

During the weekends, green fees can be paid at the shop near the clubhouse, before playing. During the week, pay the green keeper on the course, or in the shop.

adult weekdays – \$13

adult weekends – \$19

adult annual pass – \$335

Passport to Leisure annual pass – \$170.

Miramar Golf Club – ph 801-7649

Fax: 388 5550

Address: Office, 1 Stewart Duff Drive, Miramar

Website: www.miramargolfclub.co.nz

Email: miramar@golf.co.nz

Information: Miramar Golf Club offers professional coaching every day except Wednesday and Saturday

Movie Theatres

Wheelchair Access (as indicated)

Venues are accessible by wheelchair. Please advise the ticket seller when purchasing your tickets if you have any special requirements.

Technology for people with hearing loss (as indicated)

Audio (induction/hearing) loops. Patrons can tune to the signal by activating the 'T' position/programme in their hearing aids.

Amplified infra-red headphones are used without hearing aids. The headphones can be obtained from the ticket box at the theatres. You may be required to leave a deposit while using the headphones at some theatres.

Embassy Theatre – ph 384 7657

Address: 10 Kent Terrace

Session prices: Platinum seats (leather armchairs) nights and weekends – no concessions available \$18.

Platinum seats: weekday Monday to Friday (excl. public holidays) – no concession available \$15.

Gold seat prices


Adult \$15

Student / beneficiaries / and YHA \$12

Seniors and children 15 and under \$9

Weekday – adult \$12 all sessions starting before 5pm (except public holidays)


Weekday concessions – \$9 all sessions starting before 5pm (except public holidays)

 Accessible facilities: Wheelchair access and hearing loop available in cinema.
Accessible toilets

Empire Cinema – ph 939 7557

Address: 214 The Parade, Island Bay, Wellington

Session Prices: Adult \$16. Seniors \$10 weekdays before 5.00pm and \$13 at all other times. Wednesdays a free tea or coffee for senior for every ticket purchased.

 Accessible facilities: Wheelchair access and hearing loop available in all theatres.
Accessible toilet.

Paramount – ph 384 4080

Address: 25 Courtenay Place


Session prices:

For sessions prior to 5pm Seniors \$9

For sessions after 5pm Concessions \$12.50

Seniors \$10.50

Concession prices apply to: Students, film society members, Aro Street Video members, and community service cardholders. Current identification must be presented for every concession ticket purchased. Senior citizens are aged 65 years or over or bearers of a 'Super Gold Card' or bearers of a stagecoach bus pass.

 Accessible facilities: Wheelchair access and infra red headphones available for all cinemas. Accessible toilets.

Penthouse Cinema – ph 384 3157

Address: 205 Ohiro Road, Brooklyn, Wellington


Session prices:

Monday (all day, excl. Public Hols) Adult \$11, Seniors \$9

Tuesday to Friday before 5pm \$8

Tuesday to Friday after 5pm \$10

Saturday/Sunday (all day) \$10


 Accessible facilities: Wheelchair access to cinemas 2 and 3. Accessible toilets. Hearing loop available in Cinema 2 and infrared headphones in Cinema 3.

Regent On Manners – ph 472 5182

Address: 73 Manners Street, Wellington

Session prices: Adult \$12, Seniors \$8. Hot Tuesday – Adults and Seniors \$9.

Parking paid parking is available at the Lombard parking building and James Smiths parking building. Limited street parking is also available. Most bus routes stop at either end of Manners Mall.

 Accessible facilities: Wheelchair access and hearing loop available in all cinemas.
Accessible toilets


Reading Cinema – ph 801 4600

Address: Courtenay Central Shopping centre

Session prices:

Monday, Wednesday all day	\$9.00
Thursday and Friday before 5.00pm	\$9.00
Thursday and Friday after 5.00pm	\$9.50
Saturday, Sunday and Public Holidays	\$9.50,
Tuesday Seniors	\$7.50

There are no concessions available for the Regency Cine Lounge

 Accessible facilities: Mobility car parks are available. The cinema has six accessible toilets and easy access from the car park to the foyer, cinemas and candy bar. Infra red headphones available for all cinemas.

Music

New Zealand Symphony Orchestra – ph 0800 479 674

Offer cheaper tickets for senior citizens / community services card holders.

Senior Rush tickets (for people aged 65 and over) and Community Services Card Holder Rush tickets can only be purchased on the day of the concert up to 30 minutes before concert start (subject to availability) for \$15

Groups of 20 or more get a 10 percent discount plus one free ticket. Call NZSO Client Services on: 0800 479 674 or e-mail clientservices@nzso.co.nz for more information.

Accessible facilities: Most NZSO venues have seating arrangements for patrons with disabilities. Please state your requirements when booking tickets to ensure you obtain seats in the appropriate area. Upon arrival at the venue, please see staff for assistance.

Rifle Clubs

Aotea Miniature Rifle Club – ph 973 1309

Address: Royal Tiger Rifle Range, Mt Albert Park, Russell Terrace
Newtown

Website www.aotea-mrc.wellington.net.nz

Information: Promotion and training smallbore rifle shooters of all ages. Coaching as well as all necessary equipment is supplied by the club. Club night is on Tuesday evenings.

Self Defence

Streetwise Seniors – ph 475-8893

Fax: 475-8863

Address: Yan's Building, 28-30 Hopper St Te Aro

Email: shihanone@xtra.co.nz

Website www.kyokushin.org.nz

Hours: Classes are held 10am –11am Thursdays

Information: Non-strenuous self defence classes for older people.

Sightseeing and Heritage Tours

Wellington contains many buildings, houses, sites and gardens that have survived from the early days of its settlement by Europeans. Many of the oldest houses can be found in Thorndon, especially along Tinakori Road and Ascot Street.

Ascot Street – ph 802 4860

Address: Tinakori Road, Thorndon, Wellington

Information: Full of historic buildings, Ascot Street is rich in local heritage and features numerous 19th-century attractions. Located in Thorndon, Ascot Street is well worth a visit. Open 24 hours and admission is free.

Cable Car – ph 472-2199

Fax: 472 2200

Address: Cable Car Lane, Lambton Quay

Website: www.wellingtoncablecar.co.nz

Information: The Cable Car is one of Wellington's oldest and most popular tourist attractions. The cable car journeys up under the motorway, through three tunnels, past Kelburn Park and Victoria University to the top entrance of the city's Botanic Garden where various walks begin and where the Carter Observatory and Planetarium are located.

Hours: Monday to Friday 7am–10pm, Saturday 8.30am–10pm, Sundays and public holidays 9am–10pm. Runs every 10 minutes.

Fares: Upon presentation of Super Gold Card – free during off peak (9.00am to 3.00pm and after 6.30pm Monday to Friday and all day weekends and Public Holidays). During peak times Senior Fares apply to Super Gold Card Holders.

	Standard	Senior Fare
Single:	\$ 3.00	\$ 1.60
Return:	\$ 5.00	\$ 3.00
10 trip:	\$20.00	\$12.00
20 trip:	\$34.00	\$21.50
30 trip:	\$47.00	\$31.50

Cable Car Museum – ph 475 3578

The museum, which houses an original cable car and trailer and the old winding equipment, is beside the current Upland Road Station. It is open every day 9am–5.30 pm 1st Nov to 1st May and the rest of the year 9.00am to 5.00pm and shows the role the cable car has had on the development of this part of the City. Entry is free.

Carter Observatory

Address: 40 Salamanca Road, Kelburn

Information: Home to powerful telescopes, detailed astronomy exhibitions and a large planetarium, with regular, entertaining shows about the universe. This popular family attraction hosts regular evening and night time star-gazing events. Open Monday to Friday 10am–5pm, Saturday and Sunday 12–5pm. The planetarium show costs \$10 for seniors (60 years and over).

Colonial Cottage Museum – ph 384 9122

Address: 68 Nairn Street, Brooklyn, Wellington

Hours: Boxing Day to 6th Feb 10.00-4.00

7th February to Christmas Day 12.00-4.00pm weekends (closed public holidays)

Information: A pioneer cottage built in 1858, one of the city's oldest buildings. Open weekdays 10am-4pm, weekends 1pm-4.30pm. Adults \$5, children free with adults. Take No. 8 bus to Aro Street or No. 7 to Brooklyn, and get off at the corner of Webb Street and Nairn Street.

[Cruises around the Wellington Harbour and coastline](#)– ph 802 4860 or 0800 933 536

Address: Civic Square, Wakefield Street, Wellington

Website: www.wellingtonnz.com

Information: Wellington operates a number of popular cruises around the city's coastline and harbour. Other cruises include day trips and longer excursions to nearby islands (including the South Island and Matiu/Somes Island) with a number of historic attractions. The Wellington I-Site Visitor Centre has information about opportunities for cruises or chartering boats. Ask them if senior discounts apply.

[Guided Walking Tours – Wellington](#) – ph 801 3459

Fax: 801 3635

Website: www.feelinggreat.co.nz

Email: feelinggreat@wcc.govt.nz

[Katherine Mansfield Birthplace](#) – ph 473 7268

Address: 25 Tinakori Road, Thorndon, Wellington

Information: The family home of one of New Zealand's most distinguished authors. There are exhibitions, educational resources, and tourist facilities. Open 10am-4pm Tuesday to Sunday and public holidays. Adults \$5.50, seniors \$4, and children \$1.

[Mount Kaukau](#) – ph 802 4860

Address: Simla Crescent, Khandallah

Information: Standing in northern Wellington, Mount Kaukau is favoured by locals and contains a number of challenging walking trails, rewarding visitors with magnificent views of Wellington and beyond. On a clear day, it is even possible to see the coastline of New Zealand's South Island from the top of Mount Kaukau. Open 24 hours and admission is free.

[Mount Victoria](#) – ph 802 4860

Address: Alexandra Lookout Road, Mount Victoria

Information: Mount Victoria offers spectacular panoramic views across the city and harbour. With walking and driving trails, Mount Victoria is the perfect spot in Wellington for the ultimate scenic picnic. Open 24 hours and admission is free.

[National Archives](#) – ph 495 5595

Fax: 495 6210

Address: 10 Mulgrave Street, Thorndon, Wellington

Email: reference@archives.govt.nz

Website: www.archives.govt.nz

Information: Contains a huge collection of photographs, art works, videos, historical documents, maps, films etc. The Treaty of Waitangi and other founding documents are

held in the Constitution room. Entry is free and it is open Monday-Friday, 9am–5pm. Exhibitions Galleries and the Constitution Room are open Saturday 9am–1pm.

Old Saint Pauls – ph 473 6722

Address: 34 Mulgrave Street, Thorndon, Wellington

Website: www.oldsaintpauls.co.nz

Information: Built in 1886. The gothic structure has impressive windows and woodwork made from native timbers. Open 10am–5pm every day. Entry is free but donations are appreciated.

Opera House and St James Theatre– ph 802 4060

Phone: 384 3840 for ticketing and performance information

Address: Opera House, 111-113 Manners Street, Wellington.

St James Theatre, 77 – 87 Courtenay Place, Wellington.

Website: www.stjames.co.nz (both venues)

Information: Situated in the city centre, the Opera House and St James Theatre date back to the early 1900s, when they were two of the most impressive buildings in the area. Home to regular theatrical performances, including plays, ballets, comedy events, concerts and of course, operas, they are popular attractions for tourists visiting the city. St James is also the home of the Royal NZ Ballet.

Wellington Rover Tours – ph 021 426 211 (no landline)

Fax: 973 3998

Website: www.wellingtonrover.co.nz

Information: The Wellington Explorer Tour takes through some of Wellington's breathtaking views, sets and locations of Lord of the Rings, war memorials and history locations.

Theatre

Wellington has many theatres and entertainment venues which regularly host popular musical performances, theatrical events, comedy events, family shows, rock and classical concerts, ballets and operas.

Wheelchair Access (as indicated)

Venues are accessible by wheelchair. Please advise the ticket seller when purchasing your tickets if you have any special requirements.

Technology for people with hearing loss (as indicated)

Audio (induction/hearing) loops. Patrons can tune to the signal by activating the 'T' position/programme in their hearing aids.


Amplified infra-red headphones are used without hearing aids. The headphones can be obtained from the ticket box at the theatres. You may be required to leave a deposit while using the headphones at some theatres.

Bats Theatre – ph 802 4175

Fax: 802 4010

Address: 1 Kent Terrace, Mount Victoria

Information: Ticket prices average around \$15 to \$20 for waged persons, and \$13 to \$15 for unwaged persons (concession tickets). Concession tickets: Radio Active card holders, students, seniors, Community Services Card holders, YHA and Backpackers Association members and those organisations that exist for members of the performing arts industry (such as Actors' Equity, Writers Guild, NZATT etc)

 Disability facilities: Wheelchair access – please contact Bats ahead of time to arrange access.

[Circa Theatre – ph 801 7992](#)

Address: 1 Taranaki Street, on the waterfront next to Te Papa


Information: Box office open from 10am Monday to Saturday and from 1pm on Sundays. Circa have two theatres, Circa One and Circa Two and a licensed restaurant and bar. Circa One will bring you professional theatre and Circa Two will bring you novel and challenging work

Session prices:

Senior citizens, beneficiaries \$30

Senior groups of 20+ \$25

Previews \$20 and \$20 first Sundays

 Disability facilities: Wheelchair access to both theatres. Accessible toilets. Hearing Loop available in the first three rows of Circa One only and best sound is in centre of these rows. Please advise when booking tickets.

[Downstage Theatre – Ph 801 6946](#)

Address: Corner Cambridge Terrace and Courtenay Place


Session prices:

The following prices are for all Downstage shows. For prices of other productions please contact the box office.

Reserve A seats \$35

Seniors \$30

Reserve B \$25

 Disability facilities: Wheelchair access to all theatres. Accessible toilets. Wheelchair patrons, please contact the booking office to discuss your booking with the operator. Hearing loop available.

Walking Groups

[Brooklyn Walkers – ph 389 7260 or 384 9765](#)

Meet: Every Monday at 9.30 am at the Brooklyn Community Centre, 18 Harrison Street, Brooklyn.

Information: The walks are chosen by group members, change each week and are usually of a low to medium intensity. A newsletter is also available.

[Heart Foundation Walking Group – ph 801 7192 \(x713\)](#)

Meet: Wednesday 10am–11am at the Freyberg Pool and Fitness Centre carpark, 139 Oriental Parade, Oriental Bay

Information: The Wellington branch of the Heart Foundation invites you to come along to their weekly walks. Walks are about 40 minutes duration. Gold coin donation appreciated.

Island Bay Walking Group – ph 934 7633

Meet: Every Tuesday at 9.30am at the Island Bay Community Centre, 137 The Parade, Island Bay.

Information: The walks take about two hours and are non-strenuous, low-intensity walks, designed to make walking a fun, social experience. Cost \$1

Karori Arts and Craft Walking Group – ph 934 8630

Meet: Every second Tuesday of the month no later than 9.25am at Plymouth Street, Karori.

Information: Members are generally in the older age bracket. Walks are easy to moderate.

Khandallah Cornerstone Walking Group – ph 479 5420

Address: 2 Ganges Road, Khandallah, Wellington

Email: cornerstone@paradise.net.nz

Information: We walk every Monday all year, including public holidays. We meet at the Cornerstone in Khandallah at 10am. We walk for approximately for one hour. For more information contact the coordinator weekdays 10am–2pm.

OPPORTUNITY AND INFORMATION

Citizens Advice Bureaux

Citizens Advice Bureaux (CAB) – ph 0800 367 222

Website: www.cab.org.nz

Information: The Citizens Advice Bureaux is a voluntary organisation providing free, confidential information and advice to anyone about any query or problem. CABs are staffed by trained volunteers who can access information by computer or from their extensive range of resources.

If they cannot help with a particular query they will find someone who can. No problem is too big or too small. Whether you are about to be thrown out of your flat, or want advice on how to deal with a neighbour, a trained CAB volunteer can help you. They will discuss your options with you and give you contact numbers for any services or organisations that will be able to help you further.

Aro Valley CAB – ph 384 2133

Fax: 384 2092

Address: 48 Aro Street

Email: cab.arovalley@xtra.co.nz

Central City CAB – ph 472 2466

Fax: 472 2462

Address: 65 Victoria St, Inside Wellington Public Library Building

Email: cab.wncen@xtra.co.nz

Information: Open weekdays and evenings and Saturdays

Central Region Administrative Office – ph 477 1107

Address: PO Box 13-101, Wellington

Eastern Suburbs CAB – ph 387 3573

Fax: 387 9329
Address: Community Centre, 56-58 Bay Road, Kilbirnie
Email: cab.easts@xtra.co.nz

Johnsonville CAB – ph 478 5698

Fax: 478 5690
Address: 1 Frankmoore Avenue
Email: cab.johnsonville@xtra.co.nz

National Administrative Office – ph 382 8759

Fax: 382 8647
Address: PO Box 9777 Wellington
Website: www.cab.org.nz

Newtown CAB – ph 389 3813

Fax: 389 8329
Address: Corner Rintoul/Colombo streets
Email: cab.newtown@xtra.co.nz

Wellington West CAB Karori – ph 476 4595

Fax: 476 4595
Address: 251 Karori Road
Email: cab.karori@xtra.co.nz

Community Law Centre

Community Law Centre – ph 499 2928

(also listed under legal advice)

Fax: 499 2320
Email: delwyn@wclc.org.nz
Website: www.communitylaw.org.nz
Address: Level 2, 84 Willis Street, Wellington
Address: PO Box 24005 Wellington
Hours: Monday to Thursday 5.30pm–7pm, Wednesday 12–2pm, Friday 12–2pm.
Information: Offers free legal rights advice, help and referrals for people with legal problems. The centre does not take appointments.

- Advice for older people, every Thursday 1.15pm–2.15pm at Wellington Senior Centre, Mezzanine Floor, Wellington City Library, Victoria Street, Wellington.
- Community based suitcase clinics on Wednesdays at a variety of locations. Phone for details of the rota.

Discount Cards

[New Zealand Seniors Card – ph 0800 550 001](#)

Email: info@seniorscard.co.nz

Information: New Zealand Seniors Card is a travel and shopping card available to baby boomers and seniors aged 55 years and over. Card members receive discounts and benefits from a wide range of participating New Zealand businesses, from accommodation and tourist attractions to shopping and dining out. You can save money on insurance, accommodation, tourist attractions, cafes, car rental, taxis, the inter-island ferries, dental services, shoe repairs, professional services and more. Keen travelers will also enjoy Seniors Card benefits at more than 700 selected accommodation outlets and attractions in Australia and across the South Pacific.

A New Zealand Seniors Card costs \$29 for a two-year membership or \$59 for five years. It will allow you to maintain an active and enjoyable lifestyle, while saving you money at the same time. Members receive a personalised card, an annual member discount guide and quarterly e-newsletters.

There are currently 2613 business outlets providing discounts and benefits to Seniors Card members, and a large number of businesses join every month. By visiting our website regularly you can keep up to date on the growing number of businesses involved in Seniors Card.

To become a New Zealand Seniors Card member phone or email the above addresses or contact your nearest Age Concern branch (04 499 6646) for an application form.

[Leisure Card– Sport and Exercise](#)

Leisure Card is a recreation discount scheme for people who have a Super Gold Card. See listing under Wellington City Council Services and Facilities in the index for details.

[Community Services Card](#)

The community services card is an income-based card, available from the Department of Work and Income. To find out if you are eligible call the Department of Work and Income on 0800 999 999 or visit your local Work and Income Centre.

[Super Gold Card](#)

This offers a range of tangible discounts to over 65-year-olds across a range of products and services. Ph 0800 25 45 65

Government Superannuation Association

[Government Superannuitants' Association, Wellington Branch – ph 472 7006](#)

Fax: 04 472 7431

Address: Level 1, Anvil House, 138 Wakefield Street, Wellington. Postal: PO Box 5618, Wellington

Information: The Government Superannuitants' Association of New Zealand looks after the interests of those who are paying or have paid into the Government Superannuation Fund (GSF) during their working lives. The association safeguards the current provisions

of the Government Superannuation Scheme, to secure the removal of any deficiencies and anomalies and to seek improvements to the scheme for its members. The association is recognised by the Government as the voice for Government Superannuitants.

Grey Power

Grey Power – ph 0800 473 979

Website: www.greypower.co.nz

Grey Power is a lobby organisation committed to getting a fair deal for senior citizens from central and local government. Nationally it is influential, with about 80,000 members; locally it keeps its members informed and makes sure that the interests of elderly are well known.

Grey Power – Wellington Central – ph 382 9144

Address: Senior Centre, Mezzanine Floor, Central Library, Victoria Street, Wellington

Postal: PO Box 8065, The Terrace, Wellington

Email: dunval@paradise.net.nz

Information: Meets last Wednesday of every month at 1.30pm

Grey Power – Wellington South East – ph 387 7867

Address: Kilbirnie/Lyall Bay Community Centre, 56 Bay Road, Kilbirnie

Email: pebhr@paradise.net.nz

jandgbarnard@xtra.co.nz

Information: Meets 11.30am at the Community Centre

Grey Power – Mana / Tawa – ph 235 5365

Postal: PO Box 50 034, Porirua

Address: Pataka Community Room, Norrie Street, Porirua

Email: Twidle.bj@xtra.co.nz

New Zealand Institute for Research on Ageing

NZIRA : – ph 463 6746

Fax: 463 5454

Address: Railway West Wing, 5th Floor (Room 531)

Postal: P O Box 600, Wellington

Email: NZiRA@vuw.ac.nz

Website: www.vuw.ac.nz/nzira

Information: NZIRA is an initiative from Victoria University of Wellington. Its mission is to foster understanding of individual and societal ageing and its implications, through promoting multidisciplinary research, in partnership with other interested organisations and individuals.

Services

Advocacy Network Services – ph 389 2502 or 0800 423 638

Fax: 389 3502

Address: Lychgate Centre, 100 Riddiford Street, Newtown

Email: adnet@xtra.co.nz

Website: www.hdc.org.nz

Information: Information on your rights when receiving a health or disability service. Support and assistance for anyone who is not happy with the health or disability service they are receiving.

Agape Budgeting Service – ph 477 3000

Fax: 477 3008

Address: PO Box 13 107 Johnsonville

Website: www.cbnz.org.nz

Email: agape.budgeting@paradise.net.nz

Information: Agape has 60 budgeters working throughout the Wellington region. The service is free and aims to teach clients how to control their own budgets.

Age Concern Wellington – ph 499 6646

Address: Anvil House, Level 1, 138 Wakefield Street

Website: www.ageconcern.org.nz

Email: acwellington@xtra.co.nz

Information: Age Concern Wellington provides an elder abuse and neglect service, elder abuse and neglect education, a home handyman referral service and an accredited visiting service in Porirua, Wellington, Lower Hutt and Upper Hutt. There are field officers who can give advice and advocacy. Safe With Age driving courses, enduring power of attorney workshops, wellness seminars and health promotion for seniors are also offered.

Living on the Sunny Side is a radio programme for Senior Citizens brought to you by Age Concern Wellington. Programmes are especially for older people and offer information, life stories, music and more. Broadcasts are on Wellington Access Radio 783 AM every two weeks on Saturdays at 4pm.

Association of Gerontology – ph 477 9988

Email: nzagwellington@paradise.net.nz

Website: www.gerontology.org.nz

Information: The Association of Gerontology aims to stimulate interest and action in all matters concerning the welfare of older people. It also gives advice on all aspects of ageing. If you are interested in becoming a member, please contact the number above.

RETIREMENT, RESIDENTIAL AND REST HOMES

The village lifestyle: A retirement village is not an old folk's home! A village offers a fresh lifestyle to those who want to live independently in their own home, whether they are 60 or 90. The term "retirement village" covers an ever-increasing variety of services. Villages range from groups of villas or townhouses, to serviced apartments, to full service communities. Some complexes have villas or apartments only, while others have a full continuum of provision: independent housing, rest home, and hospital. Some retirement villages are beginning to bring in to the person's own dwelling "rest home level" and even "hospital level" care, rather than have them move out to a care facility. Village units or apartments are being built with such future space requirements in mind.

Rest homes: Religious and welfare organisations, charitable trusts, private organisations and individuals operate rest, or residential, homes. Enquiries can be made through your doctor.

Age Concern (ph 499 6646) have a current directory of retirement, residential and rest homes.

[Enliven - Aotea Home - 04 478 9051](#)

Fax: 04 477 3051

Address: 16 Helston Road Johnsonville

Email: aotea@psc.org.nz

Website: www.psc.org.nz

Information: Aotea provides hospital level care for older people in a caring, family friendly environment. We have provided compassionate care to older people in Wellington for over 20 years. We have 40 beds and top quality facilities and our tranquil courtyards are perfect for enjoying regular visits from your family and friends. We provide:

- Day activity Programme
- Respite care
- Hospital level care
- Convalescent care

[Enliven - Cashmere Home - 04 478 8889](#)

Fax: 04 477 3143

Address: 51 Helston Road Johnsonville

Email: cashmere@psc.org.nz

Website: www.psc.org.nz

Information: Cashmere Home in Johnsonville, Wellington, provides hospital level care for older people. We offer a comfortable environment where modern facilities are complemented by relaxing outdoor areas. We provide:

- Day activity Programme
- Respite care
- Hospital level care
- Convalescent care

Enliven - Kapiti Cottage - 04 298 8060

Fax: 04 298 8060
Address: 27 Kapiti Road Paraparaumu
Email: kapiti@psc.org.nz
Website: www.psc.org.nz

Information: Kapiti Cottage has been providing a fun and stimulating day activity programme for older people in Paraparaumu for over a decade. Our day activity programme offers interesting and refreshing activities for guests, while their caregivers and family members have a break. As well as activities and events, Kapiti Cottage provides light refreshments, lunch and transportation to and from the cottage.

Enliven - Kilmarnock Heights Home - 04 380 2034

Fax: 04 389 3205
Address: 20 Merton Street Berhampore
Email: kilmarnockheights@psc.org.nz
Website: www.psc.org.nz

Information: Kilmarnock Heights is located near the centre of Wellington, with wonderful views across Berhampore golf course and down to Island Bay. We support residents in maintaining their preferred lifestyle and independence in a warm, home-like environment. Family and friends - even pets - are always welcome to visit. Kilmarnock Heights is an Eden Alternative(TM) Registered Home. We provide:

- Community Café
- Day Activity Programme
- Respite care
- Convalescent care
- Rest Home

Enliven - Longview Home - 04 232 6199

Fax: 04 232 6197
Address: 14 Sunrise Boulevard Tawa
Email: longview@psc.org.nz
Website: www.psc.org.nz

Information: Longview Home provides residential care for older people in Wellington, in a warm and comforting environment. Wide corridors, spacious rooms and intimate courtyards give Longview a very homely feel. The home is set amongst large, pleasant grounds with panoramic views across Tawa. We provide:

- Community Café
- Day Activity Programme
- Respite care
- Convalescent care
- Rest Home
- Hospital Level Care

Enliven - Woburn Home - 04 569 6400

Fax: 04 569 6451
Address: 57 Wai-iti Crescent Lower Hutt
Email: woburn@psc.org.nz
Website: www.psc.org.nz

Information: Woburn Home is set among beautiful grounds only minutes from the centre of Lower Hutt. We are extremely proud of our 40 year history of providing wonderful care for the elderly in Wellington. We have 42 single rooms providing care and support in a comfortable, homely environment. We provide:

- Rental Units
- Day Activity Programme
- Community Café
- Respite Care
- Convalescent care
- Rest Home
- Hospital Level Care
- Dementia Care

[Healthcare Providers NZ– ph 473 3159 or 499 4156](#)

Fax: 473 3554

Address: 101-03 Molesworth Street

Email: office@hcpnz.org.nz

Website: www.healthcareproviders.org.nz

Information: Healthcare Providers NZ is the largest representative of aged care providers and the private hospital sector. Our members provide the full spectrum of care services to 10,000 New Zealanders on a daily basis.

A selection of retirements homes in Wellington is listed below.

[Huntleigh Lifestyle Boutique Retirement Apartments – ph 04 475 5050](#)

Fax: 237 3741

Address: 219 Karori Road, Karori, Wellington

Email: sbaker@huntgroup.co.nz

Website: www.huntleigh.net.nz

Information: Offers an activities programme to promote friendship, mental stimulation and learning. Activities include the Melbourne Cup, carols by candlelight, old-time movies, crafts, exercise and a vast array of entertainers. Visitors are encouraged to participate and linger well after the activity with refreshments.

[Malvina Major Retirement Village – ph 478 3754](#)

Address: 134 Burma Road, Khandallah

Fax: 478 3753

Email: malvina@malvinamajor.co.nz

Website: www.malvinamajor.co.nz

Information: Facilities include independent apartments with backup assistance, serviced studio units with care provided to suit the needs of the resident, a rest home with all rooms containing an ensuite shower, and a hospital. There is also a wide range of additional facilities, including a community centre, outdoor "all weather" bowling green, chapel, gymnasium, a bar and lounge, a pool table, a hairdressing salon, and petanque.

[Presbyterian Support Central: Enliven Positive Ageing Services - 04 439 4900](#)

Fax: 04 472 5396

Physical Address: 3-5 George Street Thorndon

Postal Address: PO Box 12706 Wellington 6144

Email: info@psc.org.nz

Website: www.psc.org.nz

Information: Enliven positive aging services offers subsidised residential and community care for older people. We have 6 rest homes in the Greater Wellington region offering personalised residential care and a range of services to help older people maintain their independence in their own homes. Homes in the Wellington region:

- Aotea Home (Johnsonville)
- Cashmere Home (Johnsonville)
- Kapiti Cottage (Kapiti Coast)
- Kilmarnock Heights Home (Berhampore)
- Longview Home (Tawa)
- Woburn Home (Lower Hutt)

[Rita Angus Retirement Village – ph 387 7626](#)

Address: 66 Coutts Street, Kilbirnie

Email: rita@ritaangus.co.nz

Website: www.ritaangus.co.nz

Information: The site is located in Coutts Street, close to the main shopping area of Kilbirnie. The facilities being developed include: independent apartments with backup assistance, serviced studio units with care provided to suit the needs of the resident, a rest home and a hospital, There is also a wide range of additional facilities including: community centre, outdoor "all weather " bowling green, indoor heated swimming pool, gymnasium, a bar and lounge, a pool table, a hairdressing salon, a chapel and a petanque piste.

[Spratt House Trust – ph 476 8759](#)

Address: 29 Messines Road, Karori

Fax: 476 6856

Email: spratt.house@xtra.co.nz

Information: Spratt House offers a range of residential and aged care. These include serviced villas and studios, a rest home, hospital and a secure unit for people with dementia. Spratt House is just a few minutes from Marsden Village and the Karori Mall, and 10 minutes from the centre of the city. As well as residential facilities, Spratt House offers a wide range of activities and outings for residents including shopping and trips. There are also many in-house activities (such as exercise classes) run by activities coordinators, a library, chapel services, bowling, and lectures.

[Village at the Park – ph 380 1361](#)

Fax: 380 1381

Address: 130 Rintoul Street, Newtown

Email: gm@villageatthepark.co.nz

Website: www.villageatthepark.co.nz

Information: Village in the Park is Wellington's newest and most centrally located retirement village. Built on the historic Athletic Park site, it is close to the supermarkets, local shops, library, Wellington and Wakefield hospitals and bus routes. Currently, we are able to offer independent villa accommodation, long-stay hospital level care and there is also a specialised dementia unit. The first block of apartments is due for completion in 2007. There will be additional accommodation, facilities and community services built as the village is further developed over the next few years.

SENIORS CLUBS AND SOCIAL GROUPS

Drop-in Centres

Some community centres have drop-in facilities.
(See Community Centres)

Lighthouse – ph 476 4968

Address: Karori Community Centre, 7 Beauchamp Street, Karori
Web: www.karorilight.wellington.net.nz
Hours: Monday 12pm–12.45pm lunch, all welcome, \$3.50.
Drop in Thursday and Friday 11am–2pm.

Salvation Army – ph 389 0594

Address: Hope Centre, 26 Riddiford Street, Newtown
Hours: Mon - Fri 10am–3pm.
Information: Drop in centre. Tea/coffee

St Thomas Drop-in Centre – ph 389 2033

Address: Wellington City Mission, 200 Riddiford Street, Newtown
Information: Morning and afternoon tea/coffee Hours 10am–2pm.

Friendship Clubs

Aro Valley Golden Oldies – ph 384 2133

Venue: Aro Valley Community Hall, 48 Aro Street Wellington
Information: An informal social group who meet on the second Monday of the month 10.30am. Morning tea, usually followed by guest speaker or entertainment, occasional outings.

Golden Gate Club – ph 389 3433

Fax: 389 3423
Contact: Raye Boyle
Venue: Wesley Care Centre, 17 Constable Street, Newtown, Wellington
Information: A social group for over 60s, which meets monthly for lunch (at reasonable cost) and speaker, entertainment or a bus outing. Meets third Thursday of the month.

Karori Good Companions – ph 476 9129

Venue: St Ninian's Church Hall, Newcombe Crescent, Karori.
Address: 54 Donald Street, Karori, Wellington
Information: Lunch and entertainment for older members of community. Transport to and from meetings can be arranged. Meets fourth Tuesday of month, 10.45am–1pm.

The Gathering – ph 385 9299

Venue: Suzanne Aubert Compassion Centre 132 Tory Street.

Information: A monthly get together for seniors. We meet on the first Wednesday of the month 1.30pm to 3pm for entertainment, afternoon tea and good company. For enquiries and transport please telephone.

Men's Sheds

The Men's Shed movement was instigated to promote the health and well being of older men in the community. The Sheds offer a place for men to gather, to network, to discuss health issues, to learn new skills and to make friends. Sheds offers fully equipped and supervised workshops with tools and materials for the men to tackle diverse projects.

Location of Wellington city sheds are:-

Newlands/Northland Shed

- o Meets at Newlands Community House, 23 Batchelor Street on Wednesdays from 10 am until 12 noon.

Wellington City

- o Meets at 6-8 Haining Street, Te Aro, on Thursdays 10.30 am until 12 noon.

Seniors Clubs

Island Bay – ph 383 7469

Contact: Eileen Imlach

Venue: Presbyterian Church Hall, The Parade, Island Bay

Address: 1 The Parade, Island Bay, Wellington

Hours: Meets fourth Tuesday of the month at 10.30am.

Johnsonville – ph 934 3613

Contact: Eddie Clarke

Email: janetandeddie@paradise.net.nz

Address: 22 Omar Street, Khandallah, Wellington

Venue: Johnsonville Community Centre, 3 Frankmoore Avenue

Hours: Meets fourth Tuesday of every month, 10.45am–1pm.

Bus trips second Thursday of the month, 10am–4pm.

Kilbirnie/Lyall Bay – ph 387 2284 or 387 2235

Contact: Mrs C Fahey ph 387 2284

Mrs J Banister ph 387 2235

Address: 22 Apu Crescent, Lyall Bay, Wellington

Venue: St Patrick's Parish Hall, 15-19 Rongotai Road, Kilbirnie

Hours: Meets first Thursday of month, 1.30pm (March to December).

Newlands – ph 478 6505

Fax: 232 1059

Contact: Mr J.P. Croudin

Address: PO Box 13 524, Johnsonville, Wellington

Venue: The Inn Keeper, 1 Batchelor Street, Newlands
Hours: Meets second Tuesday of the month, 10.30am

Tawa – ph 232 7093

Contact: L Fair
Address: PO Box 56 056, Tawa, Wellington
Venue: Tawa Union Parish, Elena Place, Tawa
Hours: Meets second Thursday of the month, 1.30pm (February – December)

Social Clubs

Probus Clubs – ph 0800 14 776 283

Probus clubs provide regular meetings for retired people where they socialise, hear topical speakers, make visits and meet other groups. Groups are located throughout the city. To find a group near you call the above number

SOCIAL AND WELLBEING SUPPORT GROUPS AND AGENCIES

[Age Concern Wellington – ph 499 6646](#)

Administration and Field Officer Service

Fax: 499 6645
Address: Anvil House, Level 1, 138 Wakefield Street
Postal: P O Box 11-108, Manners Street, Wellington
Email: admin@acwellington.org.nz
Website: www.acwellington.org.nz

Information: The aims of Age Concern are to:

- promote and advance the wellbeing and interests of older people in appropriate ways
- provide information of services and assistance available to older people and their families.
- organise seminars and other educational programmes which promote opportunities in retirement
- initiate and develop programmes and projects which will enhance the lives of older people socially and emotionally
- promote and advance the wellbeing and interests of older people in appropriate ways.

Membership:

- There are two kinds of membership:
 - associate membership is for individuals or couples
 - agency membership for organisations and commercial enterprises such as rest homes, retirement homes etc that wish to support the work done by Age Concern Wellington.
- Benefits of membership include:
 - rights to representation on the executive committee
 - discounted rate to staff training and professional development for agency members
 - invitations to free seminars and community education programmes for associate members
 - free copies of our newsletter "Seniority" and our news paper "Positive Living"
- For membership rates please call 499 6646.

Some of the other services provided by Age Concern Wellington include:

- fortnightly broadcast on Saturdays at 4pm on ACCESS Radio 783 AM
- health promotion and community education (for details please see below)
- helpline service by phoning 499 6646
- home handyman referral service
- accredited visiting service (for details please see below)
- elder abuse and neglect education service and field service (for details please see below).

We are continually developing new services in response to your needs

Age Concern Accredited Visiting Service Hutt Valley **ph 528 3366**

Address: PO Box 47 170, Trentham, Upper Hutt 5143

Email: avshutt@acwellington.org.nz

Information: A free service linking volunteer visitors with isolated elderly living in the community for weekly visits.

Age Concern Accredited Visiting Service Porirua – ph 233 9402

Address: PO Box 14 313, Kilbirnie, Wellington 6241

Email: avswgtn@acwellington.org.nz

Information: As above

Age Concern Accredited Visiting Service Wellington City **ph 387 7525**

Address: PO Box 14 313, Kilbirnie, Wellington 6241

Email: avswgtn@acwellington.org.nz

Information: As above

Age Concern Community Education and Health Promotion **ph 499 6647**

Address: Anvil House, Level 1, 138 Wakefield Street

Postal: PO Box 11-108, Manners St, Wellington 6142

Email: comed@acwellington.org.nz

Information: We provide free seminars, workshops and talks on a range of topics such as wellness, men's health, enduring power of attorney, Safe With Age driver education, you and the law and living confidently in your community. The aim is to promote the rights and wellbeing of older people and to support them to negotiate changes and the new roles as they age.

Age Concern Elder Abuse and Neglect Education **ph 233 9402**

Address: PO Box 11-108, Manners St, Wellington 6142

Information: We provide awareness and educational sessions on a range of topics that deal with elder abuse and neglect to the general public, residential care facilities, teaching institutions and other service providers who deal with older adults.

Age Concern Elder Abuse and Neglect Service Wellington **ph 567 4998**

Address: PO Box 35 187, Naenae, Lower Hutt 5011

Email: eanwgtn@acwellington.org.nz

Information: Promotes the rights and wellbeing of older people and those who care for them. Also promotes an awareness and understanding of the nature of elder abuse and neglect. Using a coordinated, multi-disciplinary approach this service provides a structure that enables effective assessment and support for education and awareness around elder abuse and neglect. "You're never too old to be hurt."

Alcoholism, Drug and Gambling Dependence

Alcohol and Drug Helpline – ph 0800 787-797

Fax: 03 377 5600

Email: ada@adanz.org.nz

Website: www.adanz.org.nz

Information: Provides confidential, accurate and impartial information on alcohol and drug issues. Our hours are 2pm–10pm.

[Alcoholics Anonymous – ph 472 4250 or 0800 229 675](#)

Fax: 472 4251
Address: Anvil House, Level 3, 138 Wakefield Street
Postal: PO Box 11229, Wellington
Email: nzgso@xtra.co.nz
Website: www.alcoholics-anonymous.org.nz
Information: An organisation that helps people who have a desire to stop drinking.

[Alcohol and Drug Service – C&CDHB Wellington – ph 494 9170](#)

Address: Pipitea House 61-63, Thorndon Quay, Wellington

[Al-Anon Family Groups – ph 389 2103](#)

Address: PO Box 11922, Wellington
Information: Share experiences, strength and hope, in order to solve alcoholic problems. Provides support to families who have difficulties with someone with an alcohol problem or who knows of someone with the problem but is not sure how to address that person.

[Care NZ – ph 384 2058 \(head office\) or 385 1517 \(alcohol and drug treatment clinic\)](#)

Address: 88 Dixon Street, Wellington
Email: headoffice@carenz.co.nz
Information: Treatment and support/rehabilitation centre

[Gambling Helpline – ph 0800 654 655](#)

Fax: 09 524 3659
Email: info@gamblingproblem.co.nz
Website: www.gamblingproblem.co.nz
Information: A national freephone service providing ongoing motivational support, referral and information for gambling problems. The first point of contact for people wanting to talk about gambling problems, also provides a number of specialist supported or self-help programmes. Hours: Monday to Friday 8am–10pm, Saturday and Sunday 9am–10pm.

[Problem Gambling Foundation – ph 473 4360 or 0800 664 262](#)

Address: Community House, 84 Willis Street, Wellington
Website: www.pgfnz.org.nz
Information: Problem Gambling Foundation seeks to eliminate the harm caused by gambling by providing counselling and support for individuals and families through the development of regulations and standards.

[Oasis Centre for Problem Gambling – ph 389 6566](#)

Fax: 04 389 7110
Address: 22 Riddiford Street, Newtown (opposite Wellington Hospital)

Website: www.oasiscentre.org.nz

Email: froukje_spaak@nzf.salvationarmy.org

Information: With clinics in Wellington and the Hutt, the Oasis Centre provides free counselling, consultation and rehabilitation programmes for problem gamblers and others affected by problem gambling.

[The Salvation Army Alcohol and Drug Services – ph 389 6566](#)

Address: The Hope Centre, 24 Riddiford Street, Newtown.

Information: Counselling for people with alcohol and drug problems. Free to the community.

[Woodlands Trust – ph 0800 333 1223](#)

Fax: 03 384 1075

Address: PO Box 2111, Christchurch.

Email: enquiries@woodlandstrust.co.nz

Website: www.woodlandstrust.co.nz

Information: A national treatment provider for those with alcohol/gambling problems

Befriending and Visiting Services

As well as the Accredited visiting service operated by Age Concern Wellington, the following services are available to elderly who may be seeking companionship. Full contact details are in the alphabetical listing

[St John Ambulance – ph 0800 780 780](#)

Office phone: Administration and enquiries about other services – ph 0800 785 646

Email: enquiries@stjohn.org.nz

Website: www.stjohn.org.nz

Services: St John Caring Caller – This is a free long-term friendship service that offers those who are housebound, or live on their own, the opportunity to stay in daily contact by phone with someone who cares about them.

[SPCA – ph 389 8044](#)

Fax: 389 5577

Address: 305 Mansfield St, Newtown, Wellington

Postal: PO Box 7069, Wellington South

Email: info@wellingtonspca.org.nz

Website: www.wellingtonspca.org.nz

Information: Advice on the most appropriate pets for the particular needs of older people is provided along with general information about pet care. Volunteers for fostering pets available. Hours 8am-5pm

[Wellington City Mission – Mission for Seniors – ph 477 5960](#)

Information: Home visiting service covering Wellington City, Hutt Valley and Porirua. The team of nurses, social workers and elder support workers offer support, advocacy and monitoring for older people who have health/social needs.

We help older people to remain safely/confidently at home or through a change in lifestyle

Wesley Care – ph 389 3433

Information: A volunteer will ring you each day at a time chosen by you. Hours: 8.30am–5pm, Monday to Friday.

Counselling Services

In addition to the services listed below, counselling services are also offered by Presbyterian services and WesleyCare. Contact details for these agencies are in the alphabetical listing

Catholic Social Services – ph 385 8642

Fax: 385 8640

Address: 150 Brougham Street, Mt Victoria, Wellington

Postal: PO Box 9408, Wellington 6031

Email: catholic.social@clear.net.nz

Website: www.wn.catholic.org.nz

Information: Counselling for couples, individuals and families of all ages. Grief and loss, support related, death and relationship issues

Pacific Island Women's Project – ph 380 1595

Fax: Ph 380 1595

Address: Newtown Community Centre, Corner Colombo Street and Rintoul Street, Newtown, Wellington.

Postal: PO Box 6094, Te Aro, Wellington

Information: Offers counselling.

Refugee Lifeline

Website: www.refugeelifeline.org.nz

Ph Burmese: 0800 88 66 45 Farsi/Dari: 0800 88 66 46

Arabic: 0800 88 66 47

Information: Refugee Lifeline is a free, professional and confidential telephone counselling service that provides emotional support to people living in New Zealand who have arrived as refugees. The service is offered in Burmese, Farsi and Arabic languages. In addition, Dinka and Dari speaking counsellors are also sometimes available.

Relationship Services – ph 385 1729 or 0800 735 283

Fax: 384-8635

Address: Level 5, 61-63 Taranaki Street, Wellington

Postal: PO Box 6288, Wellington

E-mail: wellington@relate.org.nz

Website: www.relate.org.nz

Information: Offers professional counselling. Specialty is working with relationships. Counselling is available for older persons. Hours: Monday and Friday 9.00am–5pm, Tuesday 9.00am–7pm, Wednesday 9.00am–6.30pm, Thursday 9.00am–6pm.

Samaritans – ph 473 9739 or 0800 726 666

Address: Cnr Hill Street and Molesworth Street, Thorndon, Wellington

Postal: PO Box 12-100, Wellington North 6144
Website: www.samaritans.org.nz
Information: A 24-hour listening and befriending service

Victim Support – ph 800 842 846

Fax: 4701609
Address: Victim Support officers are located at every police station
Postal: PO Box 693, Wellington
Email: wellington@victimsupport.org.nz
Website: www.victimsupport.org.nz
Information: Supports victims and families of victims of crimes, trauma, accidents and emergencies. Covers Wellington city to Tawa.

WEAV Wellington Ending Abuse and Violence – ph 384 8275

Fax: 384 8279
Address: Level 6, 61-63 Taranaki Street, Wellington
Postal: PO Box 6576, Wellington
Email: reception@weav.org.nz
Website: www.weav.org.nz
Information: WEAV is a community agency that works to eliminate domestic violence in the Wellington area. We have a coordinated community response to stopping family violence. Offers programmes for men and women
Hours: Monday to Friday, 8.30am–5pm.

WellElder Community Counselling Service – ph 380 2440

Fax: 04 380 2449
Address: Riddiford House, 94 Riddiford Street, Newtown.
Information: WellElder provides counselling for people 55 and over at Riddiford House, the Johnsonville Community Centre or, if clients are not mobile, their homes or rest homes. Counselling is available for any issue. Clients may have six sessions.

People can contact WellElder directly for an appointment or be referred by a doctor or other agency such as Mission for Seniors or the Care Coordination Centre. A referral is preferred for home visits.

WellElder requests a client contribution of \$10 or more per session. If clients are unable or unwilling to make a contribution, the service is still available.

During 2009 WellElder will also run groups around particular interests and issues.

Day Care

Chelsea Club – ph 387 7207

Fax: 387 7206
Address: 7 Toru Street, Lyall Bay
Information: Day centre for older people in the southern and eastern suburbs of Wellington. Suitable for those who suffer from Alzheimers and/or memory loss.

Kilmarnock Heights Elderly Care – ph 389 3247

Fax: 389 3205
Address: 20 Morton Street, Berhampore, Wellington
Email: kilmarnockheights@psc.org.nz
Website: www.psc.org.nz
Information: Day centre for older people in the southern suburbs of Wellington. We provide a stimulating and relaxing environment.

Longview Home – ph 232 6199

Fax: 232 6197
Address: 14 Sunrise Boulevard, Tawa, Wellington
Email: longview@psc.org.nz
Website: www.psc.org.nz
Information: Provides a day centre for older persons. Suitable for those who need stimulation.

Marsden Club – ph 476 6719

Fax: 476 6719
Address: 11 Newcombe Crescent, Karori.
Email: marsden.club@xtra.co.nz
Information: A day care centre for people in the southern and eastern suburbs of Wellington. Suitable for Alzheimer's and dementia sufferers and those who need stimulation and supervision. Meets daily.

Redwood Club – ph 232 5521

Fax: 232 5521
Address: 83 Redwood Avenue, Tawa.
Email: redwoodclub@kol.co.nz
Website: www.tawaunionparish.co.nz
Information: For sufferers of Alzheimers and related disorders. Meets daily.

Sprott House – ph 476 8759

Fax: 476 6856
Address: 29 Messines Road, Karori, Wellington
Email: sprott.house@xtra.co.nz
Website: www.sprott-house.co.nz
Information: Day care can be arranged, depending on requirements.

Mental Health Support Groups

Early Intervention Services – ph 494 9161

Fax: 494 9163
Address: 2nd Floor, Pipitea House, 61-63 Thorndon Quay, Wellington
Address: PO Box 1729, Wellington
Information: Service available where there are the first signs of mental health concerns. Self-referrals accepted.

Inner City Project – ph 389-3788 or 0800 150 303

Mobile: 027 242 7843 or 027 481 2244
Address: 7 Hall Street, Newtown, Wellington
Postal: PO Box 7200, Wellington South, Wellington
Email: icmhg@xtra.co.nz
Information: Free health and social services for people with mental health issues. Support offered in areas of accommodation, mental health, alcohol and drug issues, access to medical services and advocacy.

Magnolia Club – ph 389-6820

Address: 46 Brougham Street, Mount Victoria, Wellington
Information: A mental health support group that meets for lunch weekly.

Mental Health Consumers Union Inc Wellington – ph 473 4433

Fax: 473 4434
Address: Community House, Level 2, 84 Willis Street, Wellington
Postal: PO Box 11262, Wellington
Email: mail@wmhcu.org.nz
Drop In Centres:
Clubhouse: 9.00am – 3.30pm
168 Riddiford St, Newtown
Courtenay's: 11.00am – 4.00pm
Community Hse, 84 Willis St., Wellington
Information: Offers advocacy and support for people who have or who have had a mental illness. Hours 9.30am–3.30pm.

Mental Health Foundation – ph 384 4002

Postal: PO Box 6563, Marion Square, Wellington
Website: www.mentalhealth.org.nz
Information: We support individuals and communities through providing access to quality information and resources on mental health and wellbeing. We have a range of toolkits and educational resources focusing on enhancing mental wellbeing, community awareness and de-stigmatisation, for use in schools and community settings.

Wellington Refugees as Survivors – ph 384 7279

Fax: 384 7278
Address: Level 3, 39 Webb St, Wellington
Email: wncras@xtra.co.nz
Information: Our aims are to provide specialised mental health services to survivors of torture and trauma. We develop centres of expertise in refugee mental health issues and provide education and training. Referrals may come from any source, including self-referral. All interpreters are trained professionals; confidentiality is assured.

Wellink Trust – ph 801 8500

Kilbirnie Heights branch: ph 386-4715
Fax: 801 8509
Address: Level 2, 203 Willis Street, Wellington
Postal: PO Box 6516 Te Aro, Wellington

Information: Wellink Trust provides support for consumers of mental health services in community settings upon referral from their GP.

WesleyCare – ph 389 3433

Fax: 389 3423

Address: 17 Constable Street, Newtown, Wellington

Email: wnewtown@wesleyca.org.nz

Information: WesleyCare provides services and programmes for older Wellingtonians. We have contacts with C&CDHB to address the social isolation of over 65s with complex social and medical needs and over 45s with mental health needs. As well as providing podiatry care, we have a drop-in centre on Tuesday mornings, a monthly men's group, a 40/50 club for women in that age group with mental health issues, and an ESOL Group for older refugees and migrants.

Support Groups and Services

Alzheimers Society Wellington Inc (Dementia) – ph 939 0133 or 0800 004 001

Address: 55 Hutt Road, Petone

Website: www.alzheimers.org.nz

Email: wellington@alzheimers.org.nz

Information: Our service aims to provide support for people with Alzheimers disease and related disorders and for those who care for them. Our three community workers cover the Wellington, Hutt and Kapiti Coast areas providing home visits, telephone support, and support groups for people with dementia and carers, education sessions for the public and health professionals and liaison with other service providers. We strive to raise community and government awareness of issues related to dementia.

Arthritis New Zealand – ph 569 1125

Fax: 569 4239

Address: Wellington Service Centre, 174 Hutt Road, Petone.

Email: greaterwellingtonsc@arthritis.org.nz

Website: www.arthritis.org.nz

Information: Provides information, advice and support and techniques to self –manage arthritis. Open Monday to Friday, 9am–1pm.

Tu Kotahi Maori Asthma Society – ph 939 4640

Fax: 939 4629

Address: 7-9 Barnes Street. Seaview, Lower Hutt

Information: Affiliated asthma societies can help you with information and resources to help you manage your health. Societies also often provide specialist services such as spirometry (lung function testing), nebuliser hire, and CORD/COPD support groups. Their friendly staff focus only on respiratory matters so have excellent specialised knowledge and experience.

Wellington Regional Asthma Society – ph 237 4520

Fax: 237 4254

Address: 4th Floor, Pember House, 16 Hagley Street, Porirua

Email: wras@paradise.net.nz

Information: For information and support on asthma and respiratory disease. Office hours are 8am–1pm, Monday to Friday.

Auto Charitable Trust – ph 384 2428

Address: Trinity Church, Hall Street, Newtown (parking available)

Information: We meet every Wednesday 11am–2.30pm. This group is for all elderly people, who are lonely, bored, inactive or unwell. Come to us for physical activities, friendship and mental stimulation. Light lunch provided. No charge for service. We welcome all people. "Keep Fit and Be Happy".

Cancer Information Helpline – ph 0800 226 237 or 0800 cancer

Information: The Cancer Information Helpline is available to all patients, families and carers. This service remains anonymous and confidential. The helpline is available Monday to Friday, 9am–3pm (excluding public holidays).

Cancer Society – ph 389 8421 or 0800 800 426

Fax: 389 5994

Address: Richard Evans House, 52 Riddiford Street, Newtown

Email: info@cancersoc.org.nz

Information: We offer a wide range of information and support for people with cancer, their families and friends. Talk to our cancer information nurse.

Margaret Stewart House – ph 380 0300

Address: 16 Hospital Road, Newtown

Information: Out-of-town cancer patients who are undergoing treatment at the Wellington Cancer Centre can get accommodation at Margaret Stewart House. This is in the grounds of Wellington Hospital, Newtown, close to the treatment centre. The Cancer Society operates Margaret Stewart House. Bookings taken during office hours: Mon – Fri 8.00am – 4.30pm.

Catholic Social Services – ph 385 8642

Fax: 385 8640

Address: 52 Brougham Street, Mount Victoria, Wellington.

Postal: PO Box 9408, Marion Square

Information: A community-based social service agency which provides a donation-based counselling and social work service. Services include seniors family support workers, parenting programmes and violence prevention/self-development programmes in schools. Our services are available to anyone, irrespective of their background.

C.O.R.D – ph 476 5302

Address: Trinity Union Church Hall, Hall Avenue, Newtown.

Information: The Newtown group meets on the 3rd Tuesday of each month 1.30pm - 3.30pm we generally have a guest speaker followed by a cup of tea. If you suffer from Asthma, Bronchitis or any respiratory condition there is a CORD (Chronic Obstructive

Respiratory Disease) support group near you. Below is a list of CORD support groups in your area:

Wellington

Fay
Ph: 476 5302
Before 9am or after 4pm

Johnsonville

Genevieve Young
Ph: 479 5036 or
Grace Campbell
Ph: 477 6490

Porirua

Evelyn Martin
Ph: 237 8113

Kia Kaha

Simon Saena
Ph: 235 8000

Ora Toa

Emily Toimata-Holthan
Ph: 237 0878

Kapiti

Jill Bansfield
Ph: 04 297 0573

Wainuiomata

Genevieve Young
Ph: 479 5036 or
Ken
Ph: 564 8892

Lower Hutt – Informal Group

Pauline
Ph: 567 2755

Te Ha Oranga

Tracy
Ph: 920 1496

[Diabetes Wellington Inc – ph 499 5085](#)

Fax: 499 8595
Address: Level 1, Anvil House, 138 Wakefield Street, Wellington.
Email: diab.wgton@xtra.co.nz
Website: www.diabetes.org.nz

Information: We offer education, research and support. Drop-in and enquiry centre, quarterly meetings for diabetics, quarterly magazine for members. Cook books and a wide range of diabetic products available. Monday to Friday, 10am–4pm.

[Epilepsy Association of NZ – ph 479 1917 or 0800 202 122](#)

Address: PO Box 2806, Wellington
Email: helenwn@epilepsy.org.nz
Website: www.epilepsy.org.nz

Information: The association raises public awareness and supports to those living with epilepsy.

[Huntington's Disease Association – ph 569 3252](#)

Social Worker: Monday, Wednesday – Friday. Ph 021 344 445
Address: 1 Rodney Street, Waiwhetu
Email: lfarrow.wellingtonhda@xtra.co.nz
Website: www.huntingtons.org.nz

Information: Provides information, education and support.

National Heart Foundation (Wellington Branch) – ph 472 2780

Fax: 472 2790

Address: 28 The Terrace, Wellington

Physical Address: P O Box 5357, Wellington 6145

Email: jenny@nhf.org.nz

Website: www.heartfoundation.org.nz

Information: Provides resource material, information on local community support groups and speakers on healthy lifestyles. Office hours 9.30am–3.30pm

NZ Federation of Women’s Institute Inc – ph 801 5553

Fax: 801 5554

Postal Address: P O Box 11 066, Manners St., Wellington 6142

Email: exec@wi.org.nz

Website: www.wi.org.nz

Information: Some institutes have volunteers who provide home support services, transport etc. Enquire for contact numbers from headquarters.

Nurse Maud Coordination Centre– ph 238 2020 or 0800 282 200

Address: PO Box 50544, Porirua 5240

Information: This service provides needs assessment and service coordination for people with a disability. This includes those with a physical, intellectual, sensory or age-related disability or a combination of these. Support services include home support, carer relief and residential care.

Parkinsonism Society of NZ Inc. National Office – ph 472 2796

Fax: 472 2162

Address: Level 3, James Smiths Building, 55 Cuba Street.

Postal: PO Box 11 067 Manners Mall Wellington

Email: trica@parkinsons.org.nz

Website: www.parkinsons.org.nz

Parkinsonism Society Wellington Division – ph 569 3702

Fax: 569 3704

Postal: PO Box 30-082 Lower Hutt

Information: Support information and education group that also provides field officer services to people with Parkinsons and their families in the Hutt Valley and Wellington area. Hours: Monday – Thursday.

Presbyterian Support Central – Social Services – ph 528 4164

Fax: 527 3326

Address: PO Box 40330, Upper Hutt

Website: www.psc.org.nz

Email: upperhuttss@psc.org.nz

Information: We offer counselling for relationship issues, grief, depression, parenting issues, parent and child relationships, adolescent behaviour management, self-esteem, phobias and stress.

Presbyterian Support Central – Home Support – ph 380 2023 or 0800 100 277

Fax: 389 6291

Address: 3 – 5 George St., Thorndon 6144

Website: www.psc.org.nz

Information: Presbyterian Support Central Home Support provides a range of services to people who live in their own homes. It is our philosophy to offer people a home care service that enhances daily living and promotes independence, choice and health and empowers people to continue living in their own home.

Prostate Problems Support Line – ph 0800 627 277

Information: Prostate awareness and support information 24 hours a day.

Red Cross Central Region – ph 499 5827

Fax: 471 8256

Address: 69 Molesworth Street, Wellington 6144

Email: central@redcross.org.nz

Website: www.redcross.org.nz

Information: Welfare aid in emergencies, Meals on Wheels, transport for medical appointments, medical equipment for loan, first aid classes and emergency preparedness training. Hours: 8.30am–5pm.

Stroke Foundation Central Region – ph/fax (04) 298 8585

Address: Community Centre, 15 Ngahina Street, Kapiti

Address: PO Box 639, Coastlands, Paraparaumu

Email: central@stroke.org.nz

Website: www.stroke.org.nz

Information: Conducts local stroke clubs, spouse support, volunteer training and provides field officer services.

Well Heart Club – ph Mike 232 4033

Information: Affiliated to the Heart Foundation. We hold three types of exercise groups, plus outings, walks and social events throughout the year.

Lite Pace:: Bruce ph 475 3281

Meets: Wednesday, 5pm

Venue: L 2, Sport Wellington, 113 Adelaide Rd.

Terrace Walking Group: John ph 976 5934

Meets: Tuesday, 12.15pm

Venue: Heart Foundation, 28 The Terrace.

Cardiac Exercise Class: Paul ph 918 6386

Meets: Thursday, 1.30pm,

Venue: Fitness Centre Gym, Freyberg Pool.

Wellington RSA – ph 385 1191

Fax: 914 6353

Email: wellingtonrsa@wrsa.org.nz

Address: Level 4 Willbank House, 57 Willis Street, Wellington.

Postal address: PO Box 27052, Wellington.

Information: RSA welfare and support exists to assist veterans, ex-service people and their spouses or partners to obtain benefits, pensions, allowances and welfare assistance for those who have served in New Zealand, Commonwealth or Allied forces, the New Zealand Police or the Merchant Navy. Although you do not have to be an RSA member to enjoy this assistance, membership gives additional benefits. WRSA welcomes enquires. Office opening hours: Monday to Friday, 10am–2pm.

Wellington City Mission – Mission for Seniors – ph 477 5985

Fax: 477 4920

Address: 125-137 Johnsonville Road, Johnsonville

Email: vicki@wgtncitymission.org.nz

Website: www.wgtncitymission.org.nz

Information: The Mission for Seniors (Community) Programme is a free service for seniors living in Wellington. The overall aim of the programme is to support seniors in the community by:

Providing support to the older person to help meet their social, health and safety needs whilst living at home

WesleyCare – ph 389 3433

Fax: 389 3423

Address: WesleyCare, 17 Constable Street, Newtown, Wellington

Email: wnewtown@wesleycare.org.nz

Website: www.wesleyca.org.nz

Information: WesleyCare provides services and programmes for older Wellingtonians. We have contacts with C&CDHB to address the social isolation of over 65s with complex social and medical needs and over 45s with mental health needs. As well as providing podiatry care, we have a drop-in centre on Tuesday mornings, a monthly men's group, a 40/50 club for women in that age group with mental health issues, Care-ring service in which a volunteer rings each day at a time chosen by you, and an ESOL Group for older refugees and migrants. Hours 8.30am – 5pm Monday to Friday.

Wesley Community Action – ph 384 7695

Wesley Inner City Counselling Service

Address: 75 Taranaki Street – Wesleycare Parish office

Information: For low-cost counselling service phone during office hours Monday to Friday, 9am–5pm.

TRANSPORT

Public Transport

Cable Car – ph 472 2199

Address: Cable Car Lane

Website: www.wellingtoncablecar.co.nz

Information: Connects Lambton Quay with Kelburn.

Hours: Monday to Friday 7am–10pm, Saturday 8.30am–10pm, Sundays and public holidays 9am–10pm. Runs every 10 minutes.

Fares: SuperGold card holders for travel between 3.00pm and 6.30pm otherwise free

Single: \$ 1.60

Return: \$ 3.00

10 Trip: \$12.00

20 Trip: \$21.50

30 Trip: \$31.50

Metlink – Regional Transport Centre Office – ph 0800 801 700

(Formerly Ridewell)

For Timetables

Email: info@metlink.org.nz

Website: www.metlink.org.nz

Information: For Information on all fares and timetables.

Stagecoach Wellington – ph 0800 801 700

Email: info@stagecoach.co.nz

Website: www.stagecoach.co.nz

Information: Senior citizen fares are available 9am–4pm and after 6pm weekdays, and all weekend and public holidays. Senior citizen fares are only available to passengers with a valid permit.

If you are a Wellington City resident and qualify for beneficiary fares you must go to a Wellington City Council Service Centre and prove your age or situation (invalid, widow, domestic purposes beneficiary). If eligible, you will be issued with a yellow card (permit). The card must be shown to the driver in order to get the cheaper fare.

Example: A person over 60 years old who is a Wellington City resident is eligible for a beneficiary fare but must take along proof of their age (passport or birth certificate, etc) and proof they live in the Wellington City (a telephone or power bill, bank statement, etc). They will then be issued with a card.

The following Wellington City Council Service Centres issue beneficiary ID:

- City Service Centre, WCC Wakefield Street
- Newtown Library Service Centre
- Kilbirnie Library Service Centre
- Johnsonville Library Service Centre.

Take advantage of unlimited travel for one day for \$10 on the following services: Stagecoach Wellington, After Midnight, Stadium Shuttle, City Circular and Cityline Hutt Valley, including the Flyer service.

[Cityline Hutt Valley – ph 569 2933](#)

Fax: 04 569-2176

Email: info@cityline.co.nz

Website: www.cityline.co.nz

Information: A GoRider card gives you a 20 percent discount off cash fares. It will cost you \$7.50 to purchase the card and a minimum of \$10 worth of prepaid travel to store on the card. GoRider cards can be purchased from your driver or from the Cityline Office at the Waterloo Railway Station.

You must inform the driver when using your GoRider card that you wish to pay a senior citizen fare. Proof of age may be required.

The senior citizen GoRider fares are available from 9am weekdays until midnight and all day Saturday, Sunday and public holidays on all Cityline services including the Eastbourne Connector.

[Mana-Newlands Coach Service – ph 235 8819](#)

Timetables: 0800 801 700

Website: www.manacoach.co.nz

Travel is free for Supergold cardholders during offpeak hours. These are weekdays 9.00am to 3.00pm and after 6.30pm and all day weekends and public holidays. All passengers can benefit from a 20 percent discount when using a SmartCard, which can be purchased for \$10 from the bus driver. There is a refund on the return of the card in good condition.

[Interislander – ph 0800 802 802](#)

Website: www.interislander.co.nz

Information: Offers senior fares for passengers over 60 years of age. These are available on every sailing and include discounts on vehicles. Discounted fares are also available to all Seniors Card members.

Groups of 20 or more may be eligible for a group discount. Enquiries should be made to our group desk, phone 0800 878 898.

Ferry bookings, today's arrival and departure times, phone 0800 802 802, 8am–8pm Monday to Friday and 8am–6pm weekends

Transport for Seniors with Disabilities

[City Mobility Scooters – ph 499 4444](#)

Fax: 04 801 3138

Email: info@wcc.govt.nz

Information: Enjoy Wellington's spectacular waterfront, vibrant city and beautiful Botanic Garden on a City Mobility scooter. The scooters are free and available to anyone who has

limited mobility, from wheelchair users to the elderly. You're even eligible with a broken leg. Book a FREE mobility scooter for up to four hours. You need to leave a security item such as a credit card or drivers licence. The scooters are safe and easy to use. Our trained staff will show you how.

Bookings are recommended.

Scooters can be collected from the following locations:

Freyberg Pool, 139 Oriental Parade ph 801 4530

Wellington City Council, 101 Wakefield St ph 499 4444

Fergs Kayaks, Shed 6, Queens Wharf ph 499 8898

Wellington Botanic Garden Glenmore Street ph 499 1400

Te Papa Museum Cable Street ph 381 7000

Karori Wildlife Sanctuary Waiapu Road ph 920 9213

Karori Community Centre 7 Beauchamp St ph 476 4968

City Mobility is a Wellington City Council and TSB Bank project designed to get people with limited mobility active.

Total Mobility – ph 384 5708

Address: Enquiries at 142–146 Wakefield Street, Wellington.

Email: total.mobility@gw.govt.nz

Information: Greater Wellington Regional Council (GWRC) provides a region-wide subsidised taxi service for people who, because of a permanent disability, cannot use regular bus or train services. Your eligibility for Total Mobility assistance is dependent upon an assessment carried out by a registered assessor.

Transport to medical appointments

Volunteer drivers are available to take patients to medical appointments. Enquiries can be made at:

- Cancer Society of NZ Wellington Division (must be referred by a medical practitioner. Contact Anne Hodgson ph 389 8421 or 389 0050)
- Wellington City Mission, Mission for Seniors ph 477 5960
- NZ Red Cross Wellington region ph 499 5827.

Wheelchair accessible buses

Many routes now operate super-low-floor buses that can be accessed by wheelchairs:

Routes 21, 43 and 44 operated by Stagecoach Wellington

Routes 81, 83, 84 and 85 to Eastbourne,

Routes 80, 90 and 110 operated by Cityline Hutt Valley

Services operated by Mana Coach Services and Newlands Coach Services specify which routes on their timetable have super-low-floor buses.

Most Kapiti Coast bus routes use super-low-floor wheelchair accessible buses.

Tranz Metro Trains – mobility impaired access guide **ph 498 3013**

Information prior to travel: Customers with mobility impairments who require further information or assistance may contact us in advance to discuss their requirements and find out what help and facilities we can provide. We strongly recommend that if you are

uncertain how you will manage don't pick a busy rush hour service for your first journey. Travelling in the middle of the day on an off-peak service and allowing yourself extra time at the station will give you more space and time to build up confidence. Customers can obtain information on facilities, including the accessibility of stations, prior to travel by telephoning Tranz Metro.

Parking – Operation Mobility – ph 568 9000

Address: Wellington Regional Office CCS, Level 2, 191 High Street, Lower Hutt

Fax: 568 9002

Website: <http://www.ccsdisabilityaction.org.nz/>

Information: Cards are issued for reserved parking. Medical practitioners must certify applications.

WEBSITES – AT A GLANCE

Age Concern - Wgtn	www.ageconcern.org.nz/?/local/central
email:	acwellington@xtra.co.nz
Agewell Together	www.agewell.co.nz
Association of Gerontology	www.gerontology.org.nz
Carers NZ	www.carers.net.nz
Civil Defence	www.civildefence.govt.nz
Community Learning Aotearoa	www.tec.govt.nz
Downtown Community Ministry	www.dcm.org.nz
Eldernet	www.eldernet.co.nz
Electoral Roll	www.elections.org.nz
Enable New Zealand	www.enable.co.nz
Guardian Gazette	www.guardianhealthcare.co.nz
Health Promotion Forum	www.hpforum.org.nz
Internal Affairs	www.community.dia.govt.nz
Keeping it legal	www.keepingitlegal.net.nz
Land Transport NZ	www.landtransport.govt.nz
Community Law	www.communitylaw.org.nz
Legal Services Agency	www.lawaccess.lsa.govt.nz
Lottery Grants Board	www.dia.govt.nz
Ministry of Justice	www.justice.govt.nz
Ministry of Social Development	www.msd.govt.nz
Office for the Community and Voluntary Sector	www.ocvs.govt.nz
Office for Disability Issues	www.odi.govt.nz
Office of Privacy Commissioner	www.privacy.org.nz
Office for Senior Citizens	www.osc.govt.nz
Older People and Falls	www.acc.co.nz
Past Fifty	www.pastfifty.net
Pelorus Trust	www.pelorustrust.net.nz
Rates Rebate	www.ratesrebates.govt.nz
Salvation Army	www.salvationarmy.org.nz
SeniorNet	www.seniornet.org.nz/clublocation.asp
Statistics New Zealand	www.stats.govt.nz
Volunteer Wellington	www.volunteerwellington.org.nz
Wellington City Council	www.wellington.govt.nz

Wellington City Libraries www.wcl.govt.nz/
Wellington City Mission www.wgtncitymission.org.nz
Wellington Council of Social Services
www.nzcoss.org.nz/index.php?page=39&member=29
Women's Health www.womens-health.org.nz

WELLINGTON CITY COUNCIL SERVICES AND FACILITIES

Accessibility

[Accessible Wellington Map – ph 499- 4444](#)

www.wellington.govt.nz/services/disserv/pdfs/disabilitymap

A guide to accessible facilities and services, including buildings, facilities, transport, car parks, parking permits, entertainment and recreation. The map is available from Libraries, Service Centres, CAB's or check out the website.

[City Mobility Scooters – ph 499 4444](#)

Fax: 04 801 3138

Email: info@wcc.govt.nz

Website: www.wellington.govt.nz/services/disserv/scooters

Information: Enjoy Wellington's spectacular waterfront, vibrant city and beautiful Botanic Garden on a City Mobility scooter. The scooters are free and available to anyone who has limited mobility, from wheelchair users to the elderly. You're even eligible with a broken leg. Book a FREE mobility scooter for up to four hours. You need to leave a security item such as a credit card or drivers licence. The scooters are safe and easy to use. Our trained staff will show you how.

Bookings are recommended.

Scooters can be collected from the following locations:

Freyberg Pool, 139 Oriental Parade ph 801 4530

Wellington City Council, 101 Wakefield St ph 499 4444

Fergs Kayaks, Shed 6, Queens Wharf ph 499 8898

Wellington Botanic Garden Glenmore Street ph 499 1400

Te Papa Museum Cable Street ph 381 7000

Karori Wildlife Sanctuary Waiapu Road ph 920 9213

Karori Community Centre 7 Beauchamp St ph 476 4968

City Mobility is a Wellington City Council and TSB Bank project designed to get people with limited mobility active.

Backdoor Rubbish Collection

[Backdoor Refuse Collection – ph 499 4444](#)

Wellington City Council offers backdoor refuse collection service to residents who either qualify for a free backdoor refuse collection service or to residents who are able and willing to pay for this service.

Backdoor collections can be provided free for some people. To qualify for a free collection the applicant must show ALL THREE OF THE FOLLOWING CONDITIONS are met:

1. They are either disabled or impaired or they are frail elderly. Applicants, including frail elderly, must supply a written statement from a health professional such as a district nurse, doctor or Foundation for the Blind confirming the disability/impairment/frail elderly status of household member/s. (PLEASE NOTE: Senior citizens do not automatically qualify for free backdoor collection because of age – they need to support the application with a medical certificate).
2. There is no one in the household that is able to carry the refuse bags to the kerbside.

3. They are experiencing financial hardship, such as low household income. Applicants must supply proof of household income (after tax) such as a certificate of earnings. Work and Income New Zealand (WINZ) benefit details or income tax return.

Paying for backdoor refuse collection: For \$125.00 a year (approx \$2.50 per week) the Council will collect refuse from the resident's back door. A form must be completed and WCC bags must still be used. There is no backdoor collection for recycling.

Community Centres

Wellington's Community Centres offer resources, support services and activities to improve the quality of life in communities in the city. Every community centre offers its own mix of programmes, largely driven by the residents and groups who use them. New groups and ideas are always welcome.

[Aro Valley Community Centre – ph 384 8499](#)

Fax: 384 2092
Address: 48 Aro Street
Email: avcc@xtra.co.nz
Website: www.avcc.org.nz

[Brooklyn Community Centre – ph 384 6799](#)

Address: 12-18 Harrison Street.
Email: brooklynca@paradise.net.nz

[Brooklyn Resource Centre – ph 384 4299](#)

Fax: 389 8347
Address: 36 Jefferson Street, Brooklyn

[Crossways Community Centre – ph 384 4770](#)

Fax: 385 6373
Address: 46 Brougham St
Email: crossways@woosh.net.nz

[Hataitai Community House – ph 386 2821](#)

Fax: 386 2831
Address: 112 Waipapa Road, Hataitai
Email: hchcoordinator@xtra.co.nz

[Island Bay Community Centre – ph 973 3229](#)

Fax: 383 7465
Address: 137 The Parade
Email: ibcc@clear.net.nz
Website: www.islandbay.net.nz

[Johnsonville Community Centre – ph 478 8628](#)

Fax: 477 3085

Address: 3 Frankmoore Avenue
Email: jcc@paradise.net.nz
Website: www.johnsonville.wellington.net.nz

[Karori Community Centre – ph 476 4968](#)

Fax: 476 9092
Address: 7 Beauchamp Street, Karori
Email: klcc@clear.net.nz
Website: www.karorilight.com.nz

[Khandallah Community Centre – ph 479 5420](#)

Fax: 479 4387
Address: Cornerstone Resource Centre, 2 Ganges Road
Email: cornerstone@paradise.net.nz
Website: www.cornerstone.wellington.net.nz

[Kilbirnie/Lyall Bay Community Centre – ph 387 7867](#)

Fax: 387 2257
Address: 56-58 Bay Road
Email: klbcc@paradise.net.nz

[Miramar Community Centre – ph 388 1944](#)

Fax: 388 1944
Address: 27 Chelsea Street
Email: miramarcc@xtra.co.nz

[Newlands Community House – ph 478 8799](#)

Fax: 04 478 8799
Address: 23 Batchelor Street, Newlands
Email: trayc@paradise.net.nz

[Newtown Community and Cultural Centre – ph 389 4786](#)

Address: Corner Rintoul and Colombo streets
Email: newtown.community.centre@paradise.net.nz
Website: www.nccc.wellington.net.nz

[Northland Memorial Community Centre – ph 475 8511](#)

Fax: 475 8509
Address: 5 Woburn Road
Email: northlandmemorialcc@paradise.net.nz
Website: www.nmcc.wellington.net.nz

[Strathmore Community Base – ph 388 2776](#)

Fax: 388 5086
Address: 108 Strathmore Avenue
Email: spcb@xtra.co.nz

Thistle Hall Community Centre – ph 384 3088

Address: Corner Cuba and Arthur Streets, Te Aro
Email: office@thistlehall.org.nz
Website: www.thistlehall.org.nz

Wadestown Community Centre – ph 499 1825

Fax: 499 1825
Address: 46 Pitt Street
Email: wadestowncentre@xtra.co.nz

Wellington Senior Centre – ph 803 3491

Address: Wellington Central Library, Mezzanine Floor, Victoria Street
Email: seniorcentre@xtra.co.nz

Information: For people in their 'second half century'. A place in the city for seniors to enjoy a cup of tea, a scone and good company. We also provide subsidised meals, tai chi classes, line dancing classes, free legal advice and sing-alongs, and computer tutoring is available. For more information on any of these activities or if there is something YOU would like to see happen, please telephone.

Disability Advisor

Accessibility / disability information and advice is available through the Wellington City Council's Disability Advisor, phone 801 3134. Or look on our website www.wcc.govt.nz for further information.

Driving Lessons

WCC Driving Refresher Course – ph 499 4444

The Wellington City Council provides a free refresher course for seniors who want to renew their drivers licence. The course covers:

- road code
- lane markings and
- early hazard detection.

Those wanting to take this course need to book a time with the Transport Safety Education Officer on ph 499 4444. Morning tea and lunch is also provided free. The course runs from 9am to 3pm.

Libraries

Web Access

Wellington City Libraries have computers available that can be used to access the Internet. People can surf selected government and educational sites for free (EVOLVE medical centre also has a computer which people can use to surf the net and check their emails. See section on drop-in centres for contact information).

Branches

Branch: Central
Phone: 04 801 4040

Fax: 04 801 4047
Address: 65 Victoria Street
Email: feedback@wcl.govt.nz

Branch: Brooklyn
Phone: 04 384 6814
Fax: 04 384 2857
Address: Corner Harrison and Cleveland Streets
Email: Brooklyn@wcl.govt.nz

Branch: Cummings Park
Phone: 04 479 2344
Fax: 04 479 4186
Address: 1a Ottawa Road, Ngaio
Email: CummingsPark@wcl.govt.nz

Branch: Island Bay
Phone: 04 383 7216
Fax: 04 383 7215
Address: 167 The Parade, Island Bay
Email: IslandBay@wcl.govt.nz

Branch: Johnsonville
Phone: 04 477 6151
Fax: 04 477 6153
Address: 5 Broderick Road
Email: Johnsonville@wcl.govt.nz

Branch: Karori
Phone: 04 476 8413
Fax: 04 476 7805
Address: 247 Karori Road
Email: Karori@wcl.govt.nz

Branch: Khandallah
Phone: 04 479 7535
Fax: 04 479 2573
Address: 8 Ganges Road
Email: khandallah@wcl.govt.nz

Branch: Mervyn Kemp
Phone: 04 232 1690
Fax: 04 232 1699
Address: Corner Cambridge Street and Main Road, Tawa
Email: MervynKemp@wcl.govt.nz

Branch: Miramar
Phone: 04 388 8005

Fax: 04 380 6137
Address: 68 Miramar Avenue
Email: Miramar@wcl.govt.nz

Branch: Newtown
Phone: 04 389 2830
Fax: 04 389 2827
Address: 13 Constable Street
Email: Newtown@wcl.govt.nz

Branch: Ruth Gotlieb
Phone: 04 387 1480
Fax: 04 387 1490
Address: 101 Kilbirnie Crescent
Email: RuthGotlieb@wcl.govt.nz

Branch: Wadestown
Phone: 04 473 5211
Fax: 04 472 5389
Address: Corner Moorhouse Street and Lennel Road
Email: Wadestown@wcl.govt.nz

Library Accessible Facilities and Services

The Central Library ground floor is now home to a great new magnifying device which greatly magnifies any text. This is ideal to

- read magazines or newspaper articles
- access “discrete” bits of information which may be inaccessible in ordinary print books e.g. recipes, telephone directories, Council plans
- read family letters, or bills.

Accessible information

- There are large print book collections at all sites. This collection is growing all the time because of demand. Magnifying glasses are available at Johnsonville and Central libraries.
- ZoomText is available to use on a housebound computer (2nd floor, Central Library). ZoomText enlarges font size and can be set to read aloud.
- Thousands of magazines, newspapers and computer e-books are available online through our mygateway.info databases. You can access these from home, work or any place with an internet PC.

Assistive listening systems

- A hearing loop is available at Kilbirnie library.
- An Oticon assisted hearing system is available at Central, Newtown and Tawa libraries.

- There are team members at many branches with a basic knowledge of sign language.

Housebound Service – ph 801 4044 or 801 4121

Email: housebound@wcc.govt.nz

Information: The Wellington City Library Housebound Service is available to Wellington residents who are permanently unable to get to the library. The Library arranges free delivery of library items based on your personal interests. Charges will apply for some library items e.g. CDs, DVDs.

Physical accessibility

- All Wellington City Library branches are wheelchair accessible.
- A wheelchair is available at the Central Library; just ask at the information desk by the ground floor entrance.
- There are accessible toilets at Tawa, Newtown, Kilbirnie and Central Libraries. The Central Library toilet is on the mezzanine floor.

Talking Books

Talking books are ordinary books recorded on cassette tapes. People with a disability that prevents them from reading or using printed material may be eligible for this service. Members or their carers may come and choose talking books from the Housebound Office on the second floor of the Central Library.

Talking books can also be delivered by the Housebound Service. A limited number of cassette machines are available for short-term loan.

Leisure Card

Leisure Card gives discounts of up to 50 percent to people who have Gold cards.

Passport to Leisure Cards can be used at Wellington City Council Facilities Including:

- Wellington's pools
- Wellington's recreation centres
- Wellington Arts Centre
- Berhampore Golf Course
- Wellington's libraries.

Other Leisure Card discounters include:

- community centres
- education providers
- exhibitions
- garden centres
- kids programmes
- live theatre
- movies
- museums
- performing arts
- sports.

A list of discount outlets is available in the Leisure Card brochure and the Council website, where you can track changes as they are made to the PTL Scheme:

www.wellington.govt.nz/services/recsupport/discounts/discounts.html

Recreation Centres

The Council runs five recreation centres that provide a broad range of sport and leisure activities for Wellingtonians of all ages. Call the recreation centre closest to you, or visit www.feelinggreat.co.nz to find out about activities and programmes in your area.

Karori Recreation Centre – ph 476 8090

Address: 251 Karori Road, Karori

Kilbirnie Recreation Centre – ph 387 1491

Address: Kilbirnie Crescent, Kilbirnie

Nairnville Recreation Centre – ph 479 2022

Address: Corner Cockayne and Lucknow Terrace

Newlands Recreation Centre – ph 478 6524

Address: Newlands College Bracken Road

Tawa Recreation Centre – ph 232 2260

Address: Tawa College, 38 Duncan Street, Tawa.

Senior's Advisor

Senior's information and advice is available through the Wellington City Council's Seniors Advisor, phone 801 3532. Or look on our website www.wcc.govt.nz for further information.

Swimming Pools

All Wellington City Council indoor swimming pools (with the exception of Freyberg Pool) offer swimming programmes and classes, the Ezymovers class offered at the pools is particularly suitable for frail elderly, while Aquajogging, which you can do in your own time and at your own pace, is suitable for all levels of fitness. All learn-to-swim classes can be adapted to accommodate the needs of anyone frail – please ask your instructor. Ring our friendly Contact Centre staff on 499 4444 or check out the Feeling Great website for more information and timetables, <http://www.feelinggreat.co.nz>

Indoor pools

Freyberg Pool, Oriental Bay ph 801 4530

Karori Pool, 22 Donald St, Karori ph 476 5400

Keith Spry Pool, 15 Frankmoore Avenue, Johnsonville ph 478 9237

Tawa Pool, Davies Street, Tawa ph 232 7041

Aquatic Centre, Kilbirnie Crescent, Kilbirnie ph 387 8029

Summer pools (outdoor)

Thorndon Pool, Murphy Street, Thorndon
Khandallah Pool, Woodmancote Road,

ph 472 8055
ph 479 6644

WHEN THINGS GO WRONG

Budgeting and Financial Matters

[Agape Budgeting Service – ph 477 3000](#)

Fax: 477 3008
Address: PO Box 13 107, Johnsonville, Wellington
Email: agape.budgeting@paradise.net.nz
Information: A free Christian-based budgeting service with fully trained budgeters. Open all hours.

[Johnsonville CAB Budget Service – ph 478 5698](#)

Fax: 478 5690
Address: 1 Frankmore Avenue, Johnsonville, Wellington
Email: cab.johnsonville@xtra.co.nz
Website: www.cab.org.nz
Information: A member of the NZ Federation of Family Budgeting Services. Hours: by appointment.

[NZ Federation of Family Budgeting Services \(Inc\) – ph 471 1420](#)

Fax: 471 1490
Address: Anvil House, Level 1, 138 Wakefield Street
Email: reception@familybudgeting.org.nz
Website: www.familybudgeting.org.nz
Information: Dedicated to the development of budgeting skills through free, supportive, confidential and culturally aware services. Service operated by a number of affiliated groups. See website for contact details or contact office above.
Hours: Monday to Friday 8am – 5pm

Health Matters

[Advocacy Network Services – ph 389 2502 or 0800 423 638](#)

Fax: 389 3502
Address: Lychgate Centre, 100 Riddiford Street, Newtown
Email: adnet@xtra.co.nz
Website: www.hdc.org.nz
Information: Information on your rights when receiving a health or disability service. Support and assistance for anyone who is not happy with the health or disability service they are receiving.

[Health and Disability Advocacy Service – ph 0800 423 638](#)

Website: www.hdc.org.nz
Information: To inform consumers about their rights when using health and disability services, and to assist consumers who have concerns and want to make a complaint.

They also offer education and training about consumer rights and provider duties to the providers of health and disability services.

[Health and Disability Commissioner's Office – ph 0800 11 22 33](#)

Address: PO Box 1791, Auckland

Website: www.hdc.org.nz

Information: You can lodge a complaint about a health or disability service you have received using the commission's complaint form. It asks for all the details the Commissioner and his staff will need in order to assess your complaint and enable them to decide quickly what action to take. If you need a form or any help filling out the form, please call the above number

To the best of our knowledge, the organisations' information, addresses and telephone numbers were correct at the time of printing, but contact information sometimes changes with time. We would be grateful to be advised of any changes.

If your business or group provide services or discounts to seniors and would like to be included in this booklet please contact Age Concern on ph 499 6646 with your details.