



community house
MID CANTERBURY

ASHBURTON DISTRICT *Community Directory*





community house
MID CANTERBURY

Ashburton and Mid Canterbury's Community Directory

Welcome Community House Mid Canterbury's Community Directory.

The directory lists a wide range of community groups and organisations throughout the area.

Please help us to keep this directory as up to date as possible by letting us know of any changes to your group or organisation's contact details by contacting Community House on 308 1237 or email reception@communityhousemc.co.nz.

A continually updated version of the Community Directory is available on the Community House Mid Canterbury website

www.communityhousemc.co.nz.

This directory has been developed with assistance from a range of community groups and organisations. In particular we would like to thank:

- The Mid and South Canterbury Charitable Trust Inc. for their grant funding to Community House Mid Canterbury for this project.
- Presbyterian Support – Ashburton for providing their 2005 Community Directory to be used as the base document for this Directory.

The Community Directory relies on input from the community. While every effort has been made to ensure the listings are accurate, we accept no responsibility for consequences arising from any errors.

ADDICTIONS:

Alcohol Helpline

Ph. 0800 787 797

Alcohol Drug Helpline

Ph: 0800 787 797

Alcoholics Anonymous

Ph: 0800 229 6757

ACADS

Asburton Community

Alcohol & Drug Service Inc.

PO Box 596

Ashburton 7740

Ph. 308 1270

Alcohol Drug Association

New Zealand

PO Box 13496

Christchurch 8141

Ph. 0800 787 797 or Ph. 03 379 8626

E: ada@adnz.org.nz

www.adnz.org.nz

Christchurch Oasis Centre

Tony Foster

Coordinator

PO Box 21375

Edgware, Christchurch

126 Bealey Ave

Ph. 03 365 9659 or Ph. 027 451 0343

E: tony.foster@nzf.salvationarmy.org

Gambling Counselling – Salvation Army

Oasis Program

Ritchie Stewart

C/- ACADS

PO Box 596

Ashburton 7740

Ph. 308 1270

Gambling Helpline

Ph. 0800 654 655

E: info@gamblinghelpline.co.nz

www.gamblingproblem.co.nz

Needle Exchange

Parris Heath

Manager

44 Cass Street

Ashburton 7700

Ph. 308 1237 or Ph. 03 688 8158

nextimaru@xtra.co.nz

Quitline

PO Box 12605

Wellington

Ph. 0800 778 778

E: quit@quit.org.nz

www.quit.org.nz

ASHBURTON HOSPITAL SERVICES

Access Home Health

Lee Wilson

Community Nurse

PO Box 594

Ashburton 7740

18 Kermode Street Street

Ph. 307 5817

E: lee-wilson@access.org.nz

www.access.org.nz

Ashburton Hospital Community Services

Jane Harnett

Charge Nurse Manager

Ashburton Hospital

Elizabeth Street

Ashburton 7700

Ph. 308 4149 ext: 28836

Ashburton Hospital

Private Bag 801

Ashburton 7740

Elizabeth Street

Ph. 307 8450

Canterbury Public Health

Pam Eaden

Public Health Nurse

Private Bag 801

Ashburton 7740

Ph. 307 8378 or Ph. 027 687 2298

E: pam.eaden@cdhb.govt.nz

Canterbury Public Health

Jacky Winterbourn
Public Health Nurse – Schools
Private Bag 801
Ashburton 7740
Ph. 307 8378
E: jackiw2@cdhb.govt.nz

CDHB Ashburton Hospital

Jo Arbuckle
Child Social Worker
Private Bag 801
Ashburton 7740
Elizabeth Street
Ph. 307 8450 ext. 28747
E: joanne.arbuckle@cdhb.govt.nz

Children's Development Service

Pauline Houston
Occupational Therapy
Private Bag 801
Ashburton 7740
Elizabeth Street
Ph. 307 8450 ext: 28747
E: Pauline.houston@cdhb.govt.nz

Community & Public Health

Carly McDowell
Health Promoter
PO Box 110
Ashburton 7740
Ph. 307 6903 or Ph. 027 432 1920
E: carly.mcdowell@cdhb.health.nz
www.cph.co.nz

Friends of Ashburton Hospital and Tuarangi Home

Dorothea Webb
Coordinator
894 Ashburton Staveley Road
RD 1
Ashburton 7771
Ph. 302 4745 or Ph. 027 631 9424

Rural Canterbury PHO

Mr Bill Eschenbach
Chief Executive Officer
PO Box 14021
CHRISTCHURCH 8544
Ph: 03 357 4970 or
Ph: 0800 800 743
E: bill_eschenbach@rcpho.org.nz
www.rcpho.org.nz

CHIROPRACTORS**Ashburton Chiropractic**

Debra Curtin
Chiropractor
Office 3 First Floor, Smith and Church
Building
Moore Street
Ashburton 7700
Ph. 308 9516
E: curtin.chiropractic2@yahoo.co.nz

COUNSELLING**Anna Arrowsmith Counselling**

Community House
44 Cass Street
Ashburton 7700
Ph. 027 722 3204
E: annaarrowsmith@hotmail.co.nz

Clearview Counselling

Struan Duthie and Mary-Jo Wilson
Counsellors
Community House
44 Cass Street
Struan
Ph. 03 261 6072 or Ph. 021 212 0672
Mary-Jo
Ph. 03 308 1249 or Ph. 021 212 0672
www.clearviewcounselling.co.nz

Presbyterian Support

PO Box 581
215 Tancred Street
Ashburton 7700
Ph. 03 308 5668
E: midcant@psusi.org.nz
www.psuppersouth.org.nz

DENTISTS

Ashburton Dental Centre

Justin Wall and Leenke Heynis
PO Box 234
Ashburton 7740
72 Cass Street
Ph. 308 1953
E: justin.wall@delectus.com

Dentistry on Parkside

Michael Holdaway
Luciano Dantas-Mink
Amanda Buxcey
PO Box 643
Ashburton 7740
80 Park Street
Ph. 308 7472
E: dentalcareashburton@xtra.co.nz
E: office@parksidenz.co.nz

Burnett Street Dental Surgery

Minu Abraham
85 Burnett Street
Ph. 308 5248
E: reception@burnettstreetdental.co.nz
www.burnettstreet.co.nz

DERMATOLOGISTS

Moore Street Medical

Shan Edwards
254 Moore Street
Ashburton 7700
Ph: 308 3066 or Ph: 03 366 9873

Molemap by Dermatologist

Alison Norton
Melanographer
Ph. 0800 665 362
E: enquiries@molemap.co.nz
www.molemap.co.nz

DISABILITY ORGANISATIONS SUPPORT GROUPS

Ashburton MacKenzie Group

Di Trewavas
Secretary
31 Havelock Street
Ashburton 7700
Ph. 308 1214
E: m.g.t@xtra.co.nz

CCS Disability Action

Trish Davis
Serive Coordinator
PO Box 128
Ashburton 7740
44 Cass Street
Ph. 308 4456
E: trish.davis@ccsdisabilityaction.org.nz
www.ccsdisabilityaction.org.nz

Disabled Persons Assembly Inc

Maxine Hooper
Manager
44 Cass Street
Ashburton 7700
Ph. 308 1237
E: DPAashburton@xtra.co.nz

IDEA Service

Joan
Area Manager
PO Box 241
Ashburton 7740
21 Archibald Street
Ph. 307 6093
E: ashburton@idea.org.nz
www.ihc.org.nz

IHC

Belinda Brand
Volunteer Coordinator
PO Box 241
Ashburton 7740
21 Main South Road
Ph. 307 6096 or Ph 021 244 3674
E: belinda.brand@ihc.org.nz
www.ihc.org.nz/volunteer

Lifelinks

PO Box 2379
Christchurch 8140
Ph. 0800 866 877 or Ph. 03 365 9593

Mid Canterbury Group**Riding for the Disabled Inc.**

Rachael Edmonstone
Secretary
92 Creek Road
Ashburton 7700
Ph. 027 200 1538
E: mcriding@xtra.co.nz

Mobility Scooter and Wheel Chairs

Fred Reddecliffe
189 Company Road
Fairton
Ashburton 7772
Ph. 308 3602

National Health & Disability**Advocacy Service**

Rachel Flurey
PO Box 1307
Christchurch 8140
Ph. 0800 555 050
E: rachelf@hdc.org.nz

Special Education

Athlea Shanks
Acting Service Manager
PO Box 155
Timaru 7940
24 George Street
Ph. 03 687 2823 or Ph. 021 242 3550
E: Athlea.Shanks@minedu.govt.nz

**Standards & Monitoring Services
(SAMS)**

Trish Hunter
182 Barrington Street
Christchurch 8024
Ph. 03 981 3641

GENERAL HEALTH SERVICES

Canterbury District Health Board

David Meates
CEO
PO Box 1600
Christchurch 8140
Level 2 Princess Margaret Hospital
Cashmere Road
Ph. 03 364 4110
E: cheifexecutive@cdhb.govt.nz

Canterbury Men's Centre

277 Barbadoes Street
Christchurch 8011
Ph. 03 940 9487
E: info@canmen.org.nz
www.canmen.org.nz

Carmen Tindall Occupational Therapist

Carmen Tindell
99 Creek Street
Ashburton 7700
Ph. 308 2099
E: carmen.tindell@clear.net.nz

Community and Public Health (CDHB)

Carly McDowell
Health Promoter
PO Box 110
Ashburton Hospital
Elizabeth Street
Ph. 307 6903 or Ph. 027 432 1920
E: carly.mcdowell@cdhb.health.nz
www.cph.co.nz

HYPE Youth Centre

Janet Hadley
Coordinator
193 Burnett Street,
Ashburton
Ph. 027 296 1305
E: youth.health@saferashburton.org.nz
www.saferashburton.org.nz

St John Ashburton

Paul Thomas
Area Chair
9a Nixon Street
Ashburton 7700
Ph. 308 6569 or Ph. 021 023 95474
E: palmaur@kinect.co.nz

St John Lifelink Medical Alarms

Ph. 0800 502 323

Te Puna Whaihua

PO Box 707
Timaru 7940
Ph. 03 687 9400 or Ph. 03 687 9411
E: tepunag9@callsouth.net.nz

Women's Health Information Centre

PO Box 326
Christchurch 8140
Ph. 0800 379 6970
E: whic@womenshealthinfo.co.nz

HEARING SERVICES

Deaf Blind Association NZ

Mr David Wilson
Chairman
114 Allens Road
Ashburton 7700
Ph. 308 6991 or Ph. 021 619 889
E: Djwwilson1@gmail.com

Hearing Excellence Limited

Dr Janine Doherty and Sanrda Knight
89 Ferry Road
Christchurch 8011
Ph. 0800 500 433 or Ph. 03 379 3366
E: hearingexcellence@xtra.co.nz
www.hearingexcellence.co.nz

Hearing Association

Mrs Muriel Lay
PO Box 200
Ashburton 7740
E: ashburtonhearing@xtra.co.nz

Hearing Technology

John Robertson
PO Box 27062
Christchurch 8640
Ph. 0508 120 120 or Ph. 03 386 0389
E: bryan@hearingtech.co.nz

Triton Hearing Clinics

PO Box 13126
CHRISTCHURCH 8141
Allenton Mall,
Harrison Street,
Ashburton 7700
Ph. 0800 454 544 or
Ph. 03 354 2413
E: info@tritonhearing.co.nz
www.tritonhearing.co.nz

MEDICAL SUPPORT GROUPS**Dementia Canterbury**

Justine Necklen
Social Worker
Community House
44 Cass Street
PO Box 32074
Christchurch 8147
Ph. 0800 004 001 or Ph. 03 379 7286
E: justine@dementiacanterbury.org.nz

Arthritis Foundation

Paul Barclay
Regional Manager
PO Box 10382
Christchurch 8145

Ph. 0800663463 or Ph. 308 2211
E: paul.barclay@arthritis.org.nz
www.arthritis.org.nz

Ashburton Branch Kidney Foundation

Russell Keating
67 Smithfield Road
RD 2 Ashburton 7772

Ph. 308 8475

Ashburton Breast Cancer Support

Faye Ruddlucliffe
C-/ Cancer Society Mid Canterbury
PO Box 296
Ashburton 7740

Ph. 307 7691

E: carl.faye@xtra.co.nz

Ashburton Cancer Support Group

Mrs Gwenda Ireland
Secretary
18 Patching Street
Ashburton 7700

Ph. 308 9262

Ashburton Cardiac Companions

Bill Corbet
Heart Support Group
PO Box 486
Ashburton 7740

Ph. 308 8398

Ashburton Hospital Support Group

Marion Harrison
RD 2 Chertsey
Ashburton 7772

Ph. 302 2733

Ashburton Ostomy Group

Jill Newton
Executive

Ph. 308 4149 ext. 28734

E: newtj@actrix.gen.nz

Ashburton Palliative Care Charitable Trust

Christine Dean
Secretary
PO Box 582
Ashburton 7740

Ph. 308 8353 or Ph. 021 514 932

Ashburton Stroke Club

George Samuel
C-/ P O Box 26024,
Richmond, Christchurch 8148

Ph. Ph: 308 7001 or Ph. 03 381 8500
Fax. 03 381 8507
E: southern@stroke.org.nz

Ashburton twin Support Group

Helen Whiting
Plunket Victoria Street
Ashburton 7700

Ph. 308 5272
E: helen.joe@xtra.co.nz

Asthma Society Canterbury

PO Box 13091
Christchurch

Ph. 03 366 5235
E:office@asthmacanty.org.nz

Brain Injury Group

Sue Wilson
Senior Liaison Officer
141 Hereford Street
Christchurch 8011

Ph. 03 365 3262 or Ph. 03 365 3269
E:liaisoncanterbury@biacant.org.nz

Brain Injury Association

Noel Haslett
Ph. 307 0222

Burn Support Group

Heather Esker
54 Cameron Street
Ashburton 7700

Ph. 308 8506

Cancer Society Mid Canterbury

Many Casey
Mackenzie Centre
PO Box 296
122 Kermode Street
Ashburton 7740

Ph: 03 307 7691
E: midcanty@cancercwc.org.nz
E: mandy.casey@cancercwc.org.nz

Child Cancer Mid Canterbury

J M Molloy
RD 7
Ashburton 7777

Ph. 307 2222
E: reception@childcancer.org.nz

Coeliac & Gluten Free Support Group

Heather Stewart
Ph. 307 6228
E: heather.rakaia@gmail.com

Diabetes NZ Ashburton

Denise Wells
President
PO Box 63
Ashburton 7740

Ph. 308 7499 or Ph. 027 6158645

Dyslexia

Alison Syme
Ph. 03 318 8480

Epilepsy NZ

Field Office
141 Hereford Street
Christchurch 8011

Ph. 03 379 8175 or Ph. 0800 202 122
www.epilepsy.org.nz

Healthcare NZ

Jackie Burrows
PO Box 2953
Christchurch 8140
Ph. 03 363 2812

Heart Children NZ

Tania Green
Liaison Worker
Ashburton

Ph. 308 8393

Heart Foundation

Margaret Malzard
Secretary
PO Box 45
Ashburton 7740

Ph. 308 3883
www.heartfoundation.org.nz

Hospice Mid Canterbury

Alison MacGregor
Manager of Volunteer Services
44 Cass Street
ASHBURTON 7700
Ph. 307 8387 or Ph. 027 227 8387
E: alison@hospicemc.nz [www.
Facebook.com /hospicemidcanterbury](http://www.facebook.com/hospicemidcanterbury)

Lifelinks Compensation Advisory Services

Paulette Jose
Administration Manager
PO Box 2379
CHRISTCHURCH 8140
42 Buchan Street, Sydenham

Ph. 03 365 9593 or Ph. 0800 866 877
E: office@lifelinks.co.nz
www.lifelinks.co.nz

Multiple Sclerosis & Parkinsons Society of Canterbury Inc

Jenny Boyer
Manager
PO Box 32135
Christchurch 8147

Ph. 03 366 2857 or Fax. 03 379 5939
E: support@ms-pd.org.nz
www.ms-pd.org.nz

Muscular Dystrophy Association of New Zealand Inc.

Eris Le Compte
Manager
PO Box 800025
Christchurch

Ph. 0800 463 222
E: info@mda.org.nz
www.mda.org.nz

Neuromuscular Alliance (Multiple Sclerosis)

Ph. 0800 800 337

Osteoporosis New Zealand Inc
PO Box 688
Wellington

Ph. 04 499 4862 or Fax. 03 499 4863
E: info@bones.org.nz
www.bones.org.nz

**Royal NZ Foundation of the Blind
Ashburton Community Committee**

Eleanor Weir
Secretary
14 Whitney Lane
Ashburton 7700
Ph. 302 6914

Stroke Foundation of New Zealand Inc.

Elaine Cottam
Community Stroke Advisor
PO Box 26024
Christchurch 8148

Ph. 03 381 8500 or Ph. 027 455 8299
Fax. 03 381 8507
E: elaine.cottam@stroke.org.nz
E: southern@stroke.org.nz
www.stroke.org.nz

**MENTAL HEALTH ORGANISATIONS AND
SUPPORT GROUPS**

Comcare Trust

Trish Venmore
Community Mental Health Support
Worker
PO Box 409
Ashburton 7740

Ph. 307 7137 or Ph. 021 055 0289
E: T.Venmore@comcare.org.nz
E: enquiries@comcare.org.nz
www.comcare.org.nz

Community Psychiatric Service

Stephanie Butchard
PO Box 409
Ashburton 7700

Ph. 307 6923

Counselling Takes Courage

Anna Arrowsmith
Qualified Counsellor
44 Cass Street
Ashburton 7700

Ph. 027 722 3204
E: annaarrowsmith@hotmail.com

Clearview Counselling

Stuan Duthie and Mary Jo Wilson
44 Cass Street

Ph. Stuan 021 212 0672 or
Ph. Mary 027 715 1806
E: stuanjamesduthie@gmail.com
www.clearviewcounselling.co.nz

Depression Support Network

Nina Fairburn
Facilitator
PO Box 13167
Christchurch 8083

Ph. 027 487 6267
E: nina@dsn.org.nz

Family Mental Health Services

Social Worker
PO Box 409
Ashburton 7704
Ph. 308 7447

Hillmorton Hospital – Forensic Service

Mereanna Crossen
Private Bag 4733
Health Link South
Christchurch 8140

Laugh Out Loud Group

Yvette
Ph. 307 2872

Mental Health Education and Resource Centre (MHERC)

Office Coordinator
PO Box 32035
Linwood
116 Marshland Road
Shirley, Chch 8061"
Ph.03 365 5344 or Ph.0800 424 399
E: admin@mherc.org.nz
www.mherc.org.nz

Mental Health Needs Assessor

PO Box 731
Christchurch 8140
Princess Margaret Hospital

Metamorphosis Counselling

Linda Waitokia
Counsellor
220 Walnut Ave
Ashburton 7700

Ph. 308 2642
E: lin.waitokia@xtra.co.nz

Neuronliguistics

Richard Bruce
Programmer

Ph. 303 0718
E: royrbruce@gmail.com

Plunket Postnatal Adjustment Programme

Jacquie Taleni
PO Box 13403
Christchurch 8141

Ph. 03 365 1646 or Ph. 308 5272

Psychotherapist & Counselling

Vicki Grieve
Manchester Unity Building
Havelock Street
Ashburton 7700
Ph. 308 1970

Psychological Disorder Group

Ph. 308 2356

Rural Canterbury Primary Health Organisation

Brief Intervention Counsellors
44 Cass Street
Ashburton 7700

Ph. 308 1237 or Ph. 027 599 1008

Schizophrenic Fellowship Canterbury Inc.

Clare Mouat
Secretary
PO Box 80050
Christchurch 8440

Ph. 03 348 7139
E: sfcanterbury@paradise.net.nz
www.sfnat.org.nz

School Based Mental Health Team CDHB

Megan McMahon
Registered Social Worker
Private Bag 4733
Christchurch

Ph. 03 355 4611 Ph. 021 703 598
E: megan.mcmahon@cdhb.health.nz

Step Ahead Trust

Marilyn Jayet
PO Box 32025
Christchurch 8147

Ph. 03 389 4001 or Ph. 0800 688 732
E: info@stepahead.org.nz
www.stepahead.org.nz

Supporting Families in Mental Illness

Canterbury

Diane Gooch
Branch Manager
PO Box 22098
High Street, Christchurch 8142

Ph. 03 366 9284
E: sfpb@xtra.co.nz

Warmline – Non Crisis Mental Health

Ph. 0800 899 276

MIDWIVES

Ashburton Birthcare Midwives

Anna Campbell
Ph. 027 329 4416

Hannah Bowden
Ph. 027 406 5001

Sandra Scott
Ph. 027 477 4954

Sandy Sigel
Ph. 027 868 3815

Ashburton Maternity Centre

Jo King
Private Bag 801
Ashburton 7740

Ph. 307 8483 or Ph. 307 8478

Hakatere Midwives

Biddy Sheehan
Ph. 027 4 131 298
E: b.sheehan@xtra.co.nz

Tash Hawtin
Ph. 021 0 871 3532

Michelle Dolan-Scott
Ph. 027 282 2748
E: dolanscott@outlook.com

NATURAL THERAPY

Acu Centre Chinese Healthcare

Quing Wang
77 Archibald Street
Ashburton 7700

Ph. 308 2788

Acupressure Clinic

Janet Hayes
5 Reid Street
Ashburton 7700

Ph. 308 6951
E: kakabeak@xtra.co.nz

Acupuncture Massage

Jun-ko Yoshida
11 Carr Street
Methven 7730

Ph. 302 888
E: junkoyo@clear.net.nz

Adagio Massage

Rebecca Perkins
52 Bridge Street
Ashburton 7700

Ph. 307 6678

Ashburton Clinical Massage Therapy

Laureen Smith
Remedial Massage Therapist
58 Thomson Street
Tinwald, Ashburton 7700

Ph. 307 6587 or Ph. 027 436 4515
E: laureen1@xtra.co.nz

Healing Journey

Jenny Kennedy
RD 7
Ashburton 7777

Ph. 308 6076 or Ph. 021 179 9441

E: healingjourney@xtra.co.nz

www.healingjourney.co.nz

Jane Logie Massage Therapy

Jane Logie
Forest Drive
Methven 7730

Ph. 302 8773

Massage Therapy

Christine Widdowson
41 Davis Crescent
Ashburton 7700

Ph. 307 2753 or Ph. 027 464 7023

Muscle Works Massage Therapy

Anna Pickford
14 Nicolson Street
Allenton, Ashburton 7700

Ph. 307 6266 or Ph. 027 665 2785

Physio Plus

Eveline Jasper
Physiotherapist
Bowen Practitioner
Reiki Master
6 Cameron Street
Allenton, Ashburton 7700

Ph. 308 2082 or Ph. 027 688 9339

E: eveline.jasper@xtra.co.nz

Reiki Healing

Kevin
Ph. 308 1957 or ph. 021 119 3447

The Matariki Practice

Alison Donely
Structural Naturopath
Community House
44 Cass Street
Ashburton 7700

Ph. 021 123 5865

E: info@matarikipractice.co.nz

www.matarikipractice.co.nz

OPTOMETRISTS**Ashburton Eyecare**

Evan Faulkner
177 Burnett Street
Ashburton 7700

Ph. 308 9779

Truscott, Hamilton & Thompson
Optometrists
Alastair Thompson
234 Havelock Street
Ashburton 7700

Ph. 308 8936

www.thtoptometrist.co.nz

PHYSIOTHERAPISTS**Contact Physiotherapy The Gym Co.**

Krissy Gunn
Director/Physiotherapist
PO Box 86
Ashburton 7740

Ph. 308 3004

E: kristin@contactphysio.co.nz

www.contactphysio.co.nz

**Contact Physiotherapy Methven
Medical Centre**

Krissy Gunn
Director/Physiotherapist
2 Methven Chertsey Road
Methven 7730
Ph. 302 8205
E: kristin@contactphysio.co.nz
www.contactphysio.co.nz

Gillian Dunn Physiotherapist

541 Jamiesons Road
RD 2 Ashburton 7772
Ph. 302 2609

Massage Therapy

Kathy O'Brien
54 Cass Street
Ashburton 7700
Ph. 308 5900

Paul Annear Physiotherapist

Paul Annear
256 Moore Street
Ashburton 7700
Ph. 307 0560

Physio Plus

Eveline Jasper
6 Cameron Street
Ashburton 7700
Ph. 308 2082 or Ph. 027 688 9339
E: Eveline.jasper@xtra.co.nz

ProActive Physiotherapy

Audra Cuellar
Allenton Mall
Harrison Street
Ashburton 7700
Ph. 308 0072

PODIATRISTS

Feet In Motion

Cath Ryan
68 Harrison Street
Ashburton 7700
Ph. 0800 668 498
E: info@feetinmotion.co.nz
www.feetinmotion.co.nz

Mid Canterbury Foot Clinic

Marcel Morton
PO Box 51
Ashburton 7740
Moore Street Medical Centre
Ph. 308 3066
www.mcfc.co.nz

PLUNKET

Mid Canterbury Plunket

Sue-Ann Carr
Community Support Worker
222 Cameron Street
Ashburton 7700
Ph. 308 5272 or Ph. 021 679 348
E: Sue-ann.Carr@plunket.org.nz
www.plunket.org.nz

Plunket Car Seat Service

Shirley Falloon
Area Manager
PO Box 550
Ashburton 7740
Ph. 308 2024
E: Shirley.falloon@plunket.org.nz
www.plunket.org.nz

**Plunket postnatal Adjustment
Programme**

Jacque Taleni
Clinical Leader
PO Box 13 403
Christchurch 8141
Ph. 03 365 1646 or Ph. 027 687 8341
E: ppnap.canterbury@plunket.org.nz
www.plunket.org.nz

Royal NZ Plunket

Raelene Todd
Clinical Leader
PO Box 230
Timaru 7910
14 Butler Street
Ph. 03 688 3520
E: jill.milward@plunket.org.nz
www.plunket.org.nz

WELLBEING ADVICE**Family Planning**

Community House
44 Cass Street
Ashburton 7700
Ph. 308 1221 or Ph. 0800 4636 5463
www.familyplanning.org.nz

Jigsaw Child Abuse

Ph. 0800 288 737

Kidsline (for children under 14yrs)

Ph. 0800 KIDSLINE (0800 543 754)

Lifeline

Ph. 0800 543 354
www.lifeline.co.nz

Overeaters Anonymous

PO Box 2451
Christchurch
Ph. 03 365 3812
E: Canterbury@OARegion10.org
www.oaregion10.org

Poisons Centre

Ph. 0800 764 766

Youthline

Ph. 0800 376 633