



community house
MID CANTERBURY

And



Presbyterian Support

Addictions:

Alcohol Drug Helpline

Ph: 0800 787 797

Christchurch Oasis centre

Graham Payne

Coordinator

P O Box 21375

Edgware, Christchurch 8143

126 Bealey Ave

Christchurch 8013

Ph: 03 365 9659

Oasis_christchurch@nzf.salvationarmy.org

Gambling Helpline

Ph: 0800 654 655

E: info@gamblinghelpline.co.nz

www.gamblinghelpline.co.nz

Victim Support

Kelly Katene

Service Coordinator

C/-Timaru Police Station

P O Box 507

Timaru 7940

Ph: 03 687 9870 or ph: 027 540 0074

kellykatene@victimsupport.org.nz

www.victimsupport.org.nz

Ashburton Hospital Services:

Access Home Health

Lee Wilson

Community Nurse

P O Box 594

Ashburton 7740

18 Kermode Street

Ph: 03 307 5817

E: lee-wilson@access.org.nz

www.access.org.nz

ACADS

Ashburton Community

Alcohol & Drug Services Inc.

P O Box 596

Ashburton 7740

Ph: 03 308 1270

Gambling Counselling – Salvation Army

Oasis Program

Ritchie Stewart

C/-ACADS

P O Box 596

Ashburton 7740

Ph: 03 308 1270

Needle Exchange

Parris Heath

Manager

44 Cass Street

Ashburton 7700

Ph: 03 308 1237 or ph: 03 688 8158

nextimaru@xtra.co.nz

Ashburton Hospital

Private Bag 801

Ashburton 7740

Elizabeth Street

Ph: 03 307 8450

Community & Public Health

Carly McDowell & Paul Chamberlain

Health Promoter

P O Box 110

Ashburton 7740

Carly

Ph: 307 6903 or ph: 027 432 1920

Paul

Ph: 03 307 6902

E: carly.mcdowell@cdhb.health.nz

E: paul.chamberlain@cdhb.health.nz

www.cph.co.nz



And



Presbyterian Support

Friends of Ashburton Hospital and Tuarangi Home

Dorothea Webb
Coordinator
894 Ashburton Stavely Road
RD 1
Ashburton 7771
Ph: 03 302 4745 or ph: 027 631 9424

Public Health Nurses

Pam Eaden & Angela Harris
Private Bag 801
Ashburton 7740
Ph: 03 307 8378 or ph: 027 687 2298
E: pam.eaden@cdhb.health.nz
E: angela.harris@cdhb.health.nz

Pegasus PHO

Vince Barry
Chief Executive Officer
401 Madras Street
Christchurch 8013
P O Box 741
Christchurch 8140
Ph: 03 379 1739

Chiropractors

Ashburton Chiropractic

Debra Curtin
Chiropractor
Office 3 First Floor,
Smith and Church Building
Moore Street
Ashburton 7700
Ph: 03 308 9516
E: ashburtonchiro@gmail.com

Counsellors Psychologists

Anna Arrowsmith Counselling

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

Children's Development Service

Pauline Houston
Occupational Therapy
Jo Arbuckle
Social Worker
Private Bag 801
Ashburton 7740
Elizabeth Street
Ph: 03 307 8450 ext: 28747
E: Pauline.houston@cdhb.health.nz
E: joanne.arbuckle@cdhb.health.nz

Clearview Counselling

Struan Duthie
Counsellor
Ph: 021 212 0672 anytime

Ian Crossen Counselling

Ph: 027 454 8398
E: iancrossen@maxnet.co.nz
www.ashburtoncounselling.co.nz

Linda Waitokia Counselling

220 Walnut Avenue,
Ashburton 7700
Ph: 027 670 0695
E: growin.lw@gmail.com

Mid Canterbury Psychology

Natalie Blackmore-ACC approved
44 Cass Street
Ph. 027 2929 042
E: midcanterburypsych@gmail.com



And



Presbyterian Support

Paula Cannan

Clinical Psychologist – ACC approved
44 Cass Street
Ph. 027 380 7392
E. paula.cannan.psy@gmail.com

Presbyterian Support

P O Box 581
215 Tancred Street
Ashburton 7700
Ph: 03 308 5868
E: midcant@psusi.org.nz
www.psuppersouth.org.nz

Rural Canterbury PHO

Bill Eschenbach
Chief Executive Officer
P O box 14021
Christchurch 8544
Ph: 03 357 4970 or ph: 0800 800 743
E: bill_eschenbach@rcpho.org.nz
www.rcpho.org.nz

Vicki Grieve Counselling

P O Box 230
306 Havelock Street
Ashburton 7700
Ph: 03 308 1970

Zahra Gilson

Counsellor
44 Cass Street
Ph. 027 4 888 256
E. Zahra.gilson@gmail.com

Dentists

Ashburton Dental Centre

Justin Wall & Katherine Coop
P O Box 234
Ashburton 7740
72 Cass Street
Ph: 03 308 1953
E: justin.wall@server.delectus.com

Dentistry on Parkside

Michael Holdaway & Kevan Wong &
Arun Prabu Velusamy & Phodiso Tuwane
P O Box 643
Ashburton 7740
80 Park Street
Ashburton 7700
Ph: 03 308 7472
E: office@parksidenz.co.nz

Burnett Street Dental

Minu Abraham
85 Burnett Street
Ashburton 7700
Ph: 03 308 5248
E: reception@burnettstreetdental.co.nz

G & E Dental (Ashburton)

131 Walnut Avenue
Ashburton 7700
Ph: 0800 433 368
E: ashburton@gedental.co.nz

G & E Dental (Methven)

Methven Medical Centre
Methven 7730
Ph: 0800 433 368
E: methven@gedental.co.nz



And



Dermatologists

Molemap by Dermatologist

Alison Norton

Melanographer

Ph: 0800 665 362

E: enquires@molemap.co.nz

www.molemap.co.nz

Moore Street Medical/Ashburton Hospital

Shan Edwards

Ph: 03 366 9873