

# Health and Wellbeing

GENERAL HEALTH SERVICES	
<p>Community &amp; Public Health            Contact: Paul Chamberlain – Health Promoter            Address: PO Box 110, Ashburton 7740            Phone: 03 307 6902            Email: <a href="mailto:paulchamberlain@cdhb.health.nz">paulchamberlain@cdhb.health.nz</a>            Website: <a href="http://www.cph.co.nz">www.cph.co.nz</a></p>	<p>Community &amp; Public Health            Contact: Carly McDowell – Health Promoter            Address: PO Box 110, Ashburton 7740            Phone: 03 307 6903 or 027 432 1920            Email: <a href="mailto:carly.mcdowell@cdhb.health.nz">carly.mcdowell@cdhb.health.nz</a>            Website: <a href="http://www.cph.co.nz">www.cph.co.nz</a></p>
<p>HYPE Youth Health Centre            Contact: Sheree Kershaw - Coordinator            Address: 193 Burnett Street, Ashburton 7700            Phone: 027 296 1305            Email: <a href="mailto:youthhealth@saferashburton.org.nz">youthhealth@saferashburton.org.nz</a>            Website: <a href="http://www.saferashburton.org.nz/services/hype-youth-health-centre">www.saferashburton.org.nz/services/hype-youth-health-centre</a></p>	<p>Public Health Nurse Service CDHB (PHN Service)            Pam Eaden 03 307 8454 or 027 687 2298            Email: <a href="mailto:pam.eaden@cdhb.health.nz">pam.eaden@cdhb.health.nz</a>            Angela Harris 03 307 8378 or 027 290 0845            Email: <a href="mailto:angela.harris@cdhb.health.nz">angela.harris@cdhb.health.nz</a>            Address: C/- Ashburton Hospital, Elizabeth Street. Private Bag 801, Ashburton 7700            Website: <a href="http://www.cdhb.health.nz/phns">www.cdhb.health.nz/phns</a></p>
<p>The Chris Ruth Centre Trust            Contact: Sapphire Stanley – Centre Manager            Address: PO Box 9027, Christchurch 8149.            Mania-O-Roto Scout Den, Chalmers Avenue, Ashburton            Phone: 03 308 8903 or 022 036 6501            Email: <a href="mailto:ashburton100@chrisruthcentre.co.nz">ashburton100@chrisruthcentre.co.nz</a>            Website: <a href="http://www.chrisruthcentre.co.nz">www.chrisruthcentre.co.nz</a></p>	<p>The Couch (Individual/Relationship/Family Therapist)            Contact: Sara Scott – Counsellor            Address: Community House, 44 Cass Street, Ashburton            Phone: 03 302 8872 or 021 503 640            Email: <a href="mailto:Sara@thecouch.net">Sara@thecouch.net</a>            Website: <a href="http://www.Thecouch.net">www.Thecouch.net</a></p>
<p>Victim Support            Contact: Kelly Katene – Service Coordinator            Address: Ashburton Police Station, Cnr Cass and Havelock Streets, Ashburton 7700            Phone: 027 540 0074            Email: <a href="mailto:kellykatene@victimsupport.org.nz">kellykatene@victimsupport.org.nz</a>            Website: <a href="http://www.victimsupport.org.nz">www.victimsupport.org.nz</a></p>	<p>Waitaha Primary Health            Contact: Julie McDonald – Practice Support Navigator            Address: PO Box 14021, Christchurch 8544. Level 1, 567 Wairaki Road, Burnside, Christchurch            Phone: 03 357 4970 or 027 808 6661            Email: <a href="mailto:enquiries@waitaha.health.nz">enquiries@waitaha.health.nz</a>            Website: <a href="http://www.waitaha.health.nz">www.waitaha.health.nz</a></p>
ADDICTION SERVICES AND SUPPORT	
<p>Needle Exchange            Contact: Parris Heath - Manager            Address: C/- Community House 44 Cass Street, Ashburton 7700            Phone: 03 308 1237 ext 216 or 03 688 8158            Email: <a href="mailto:nextimaru@xtra.co.nz">nextimaru@xtra.co.nz</a></p>	<p>Ashburton Community Alcohol &amp; Drug Service            Contact: Chris Clark – CEO            Address: Ashburton Hospital Site PO Box 596, Ashburton            Phone: 03 308 1270 or 021 082 33648            Email: <a href="mailto:acads@xtra.co.nz">acads@xtra.co.nz</a>            Website: <a href="http://www.acads.co.nz">www.acads.co.nz</a></p>

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CHIROPRACTORS	
COUNSELLING SERVICES	
Anna Arrowsmith Counselling Address: C/- Community House, 44 Cass Street, Ashburton 7700 Phone: 027 722 3204 Email: <a href="mailto:annaarrowsmith@hotmail.co.nz">annaarrowsmith@hotmail.co.nz</a>	Struan Duthie Counselling Address: 5 Falcon Drive, Ashburton 7700 Phone: 021 212 0672 Email: <a href="mailto:struanjamesduthie@gmail.com">struanjamesduthie@gmail.com</a>
Family Works Ashburton Contact: Mark Sleek – Counsellor Address: PO Box 581, Ashburton 215 Tancred Street, Ashburton Phone: 03 308 5868 Email: <a href="mailto:marks@psusi.org.nz">marks@psusi.org.nz</a> Website: <a href="http://www.psuppersouth.org.nz">www.psuppersouth.org.nz</a>	
DENTISTRY SERVICES	
DERMATOLOGISTS	
Molemap Contact: Alison Norton - Melanographer Address: C/- Community House 44 Cass Street, Ashburton 7700 Phone: 0800 665 362 Email: <a href="mailto:enquiries@molemap.co.nz">enquiries@molemap.co.nz</a> Website: <a href="http://www.molemap.co.nz">www.molemap.co.nz</a>	
If you are part of a Health and Wellbeing Group or Service that would like to be listed here, please contact Community House Mid Canterbury by emailing <a href="mailto:reception@communityhousemc.co.nz">reception@communityhousemc.co.nz</a>	

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DISABILITY ORGANISATIONS AND SUPPORT GROUPS	
<p>CCS Disability Action Christchurch: 03 365 5661 or 0800 227 2255 Ashburton Service Coordinators: Trish Davis: 03 308 4456 or 027 220 6789 <a href="mailto:trish.davis@ccsdisabilityaction.org.nz">trish.davis@ccsdisabilityaction.org.nz</a> Christine Muff: 03 308 4456 or 021 998 540 <a href="mailto:Christine.muff@ccsdisabilityaction.org.nz">Christine.muff@ccsdisabilityaction.org.nz</a> Address: C/- Community House, 44 Cass Street, Ashburton 7700 Website: <a href="http://www.ccsdisabilityaction.org.nz">www.ccsdisabilityaction.org.nz</a></p>	<p>Mid Canterbury Group, Riding for the Disabled Inc Contact: Maxine Hooper- Head Coach Liz Quaid - Secretary Address: C/- Community House 44 Cass Street, Ashburton 7700 Phone: 03 3085142 or 03 3080392 Email: <a href="mailto:mcriding@xtra.co.nz">mcriding@xtra.co.nz</a></p>
<p>Disabled Persons Assembly Inc. Contact: Maxine Hooper - Manager Address: C/- Community House 44 Cass Street, Ashburton 7700 Phone: 03 308 1237 or 027 473 3196 Email: <a href="mailto:dpaashburton@xtra.co.nz">dpaashburton@xtra.co.nz</a></p>	<p>IDEA Services Contact: Kim Martin – Area Manager Address: PO Box 241, Ashburton 7740 21 Archibald Street, Ashburton 7700 Phone: 03 307 6093 Email: <a href="mailto:ashburton@idea.org.nz">ashburton@idea.org.nz</a> Website: <a href="http://www.ihc.org.nz">www.ihc.org.nz</a></p>
<p>Lifelinks/Compensation Advisory Services Ltd. Contact: Paulette Jose – Administration Manager Address: PO Box 279 Christchurch, 8140 42 Buchan Street, Sydenham, Christchurch 8023 Phone: 0800 866 877 or 027 432 7121 Email: <a href="mailto:josep@lifelinks.co.nz">josep@lifelinks.co.nz</a> Website: <a href="http://www.lifelinks.co.nz">www.lifelinks.co.nz</a></p>	<p>Parent to Parent – Greater Canterbury Contact: Jo Hannah – Regional Coordinator Address: PO Box 6166 Riccarton, Christchurch 8442 Phone: 0508 236 236 or 022 088 0327 Email: <a href="mailto:joannah@parent2parent.org.nz">joannah@parent2parent.org.nz</a> Website: <a href="http://www.parent2parent.org.nz">www.parent2parent.org.nz</a></p>
SENIORS SERVICES	
<p>Eldercare Canterbury (Enliven Team at PSUSI) Contact: Kirsten Dingwall - Okoye - Coordinator Address: PO Box 13-171 City East, Christchurch 44 Bealy Avenue, Christchurch Central 8011 Phone: 03 363 8225 or 027 557 7372 Email: <a href="mailto:kirstend@psusi.org.nz">kirstend@psusi.org.nz</a></p>	
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MEDICAL SUPPORT GROUPS	
<p>Dementia Canterbury            Contact: Rachel Limbe            Address: PO Box 20567, Christchurch 8543.            3/49 Sir William Pickering Drive, Burnside,            Christchurch or C/- Community House            44 Cass Street, Ashburton 7700            Phone: 0800 444 776            Email: <a href="mailto:admin@dementiacanterbury.org.nz">admin@dementiacanterbury.org.nz</a>            Website: <a href="http://www.dementiacanterbury.org.nz">www.dementiacanterbury.org.nz</a></p>	<p>Epilepsy NZ            Contact: Anna Baker – Support Educator            Address: PO Box 7104, Sydenham,            Christchurch            306 Port Hills Road, Christchurch 8022            Phone: 0800 202 122 or 027 270 6689            Email: <a href="mailto:canterbury.westcoast@epilepsy.org.nz">canterbury.westcoast@epilepsy.org.nz</a>            Website: <a href="http://www.epilepsy.org.nz">www.epilepsy.org.nz</a></p>
<p>Epilepsy NZ            Contact: Anna - Lee Odell – Support Educator            Address: PO Box 7104, Sydenham,            Christchurch            306 Port Hills Road, Christchurch 8022            Phone: 0800 202 122 or 022 367 7895            Email: <a href="mailto:ann-lee@epilepsy.org.nz">ann-lee@epilepsy.org.nz</a>            Website: <a href="http://www.epilepsy.org.nz">www.epilepsy.org.nz</a></p>	<p>Hospice Mid Canterbury            Contact: Christine Wilson - Manager            Address: C/- Community House            44 Cass Street, Ashburton 7700            Phone: 03 307 8387 or 027 227 8387            Email: <a href="mailto:manager@hospicemc.nz">manager@hospicemc.nz</a>            Website: <a href="http://www.hospicemc.nz">www.hospicemc.nz</a></p>
<p>Stroke Foundation of New Zealand            Contact: Amy Church – Return to Work            Advisor            Address: Unit 3, 47 Mandeville Street,            Riccarton            PO Box 8148 Riccarton, Christchurch 8011            Phone: 03 381 8500 or 027 535 8393            Email: <a href="mailto:amy.church@stroke.org.nz">amy.church@stroke.org.nz</a>            Website: <a href="http://www.stroke.org.nz">www.stroke.org.nz</a></p>	<p>Stroke Foundation of New Zealand            Contact: Christine Holling – Community            Advisor            Address: PO Box 983, Timaru 7901            27-29 Strathallan Street, Timaru            Phone: 03 687 7582 or 027 455 8303            Email: <a href="mailto:south.canterbury@stroke.org.nz">south.canterbury@stroke.org.nz</a>            Website: <a href="http://www.stroke.org.nz">www.stroke.org.nz</a></p>
MENTAL HEALTH ORGANISATIONS AND SUPPORT GROUPS	
<p>Comcare Trust            Contact: Trish Venmore – Team Leader            Address: 11 Elizabeth Street, Ashburton 7700            Phone: 03 3077137 Ext 754 or 021 055 0289            Email: <a href="mailto:t.venmore@comcare.org.nz">t.venmore@comcare.org.nz</a></p>	
MIDWIFERY SERVICES	
POSTNATAL SUPPORT	
<p>If you are part of a Health and Wellbeing Group or Service that would like to be listed here,            please contact Community House Mid Canterbury by emailing  <a href="mailto:reception@communityhousemc.co.nz">reception@communityhousemc.co.nz</a></p>	

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NATURAL THERAPIES	
<p>Creative Acupuncture            Contact: Kate Davidson – Acupuncturist            Address: Office 2, Upstairs Smith and Church Building, 42 Moore Street, Ashburton 7700            Phone: 027 222 2996            Email: <a href="mailto:info@creativeacupuncture.com">info@creativeacupuncture.com</a>            Website: <a href="http://www.creativeacupuncture.com">www.creativeacupuncture.com</a></p>	<p>The Matariki Practice            Contact: Alison Donley – Structural Natural            Address: C/- Community House, 44 Cass Street, Ashburton, OR 1257 Leeston Dunsandel Road, RD2 Leeston 7682            Phone: 03 325 4163 or 021 123 5865            Email: <a href="mailto:info@matarikipractice.co.nz">info@matarikipractice.co.nz</a>            Website: <a href="http://www.matarikipractice.co.nz">www.matarikipractice.co.nz</a></p>
OPTOMETRIST SERVICES	
PHYSIOTHERAPY SERVICES	
<p>Clare Kiamtia: Hand Therapy            Contact: Clare Kiamtia – Hand Therapist            Address: C/- Community House, 44 Cass Street, Ashburton 7700            Phone: 022 310 7947            Email: <a href="mailto:clarekiamtia9@gmail.com">clarekiamtia9@gmail.com</a></p>	
PODIATRISTS	
PHYSIOTHERAPY SERVICES	
WELLBEING ADVICE	
<p>Safe Communities Ashburton District            Contact: Lesley Symington – Coordinator            Address: C/- Safer Ashburton 44 Cass Street, Ashburton 7700            Phone: 03 308 1395 ext 236 or 027 586 6556            Email: <a href="mailto:lesley@saferashburton.org.nz">lesley@saferashburton.org.nz</a>            Website: <a href="http://www.safecommunitiesashburton.org.nz">www.safecommunitiesashburton.org.nz</a></p>	<p>Workplace Support            Contact: Diana Shakespeare – Client Coordinator            Address: PO Box 2208, Christchurch 8140 Level 1/286 Oxford Terrace, Christchurch 8011            Phone: 0800 443 445            Email: <a href="mailto:office@workplacesupport.co.nz">office@workplacesupport.co.nz</a>            Website: <a href="http://www.workplacesupport.co.nz">www.workplacesupport.co.nz</a></p>
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