

Health and Wellbeing

GENERAL HEALTH SERVICES	
<p>Community & Public Health Contact: Paul Chamberlain – Health Promoter Address: PO Box 110, Ashburton 7740 Phone: 03 307 6902 Email: paulchamberlain@cdhb.health.nz Website: www.cph.co.nz</p>	<p>Community & Public Health Contact: Carly McDowell – Health Promoter Address: PO Box 110, Ashburton 7740 Phone: 03 307 6903 or 027 432 1920 Email: carly.mcdowell@cdhb.health.nz Website: www.cph.co.nz</p>
<p>HYPE Youth Health Centre Contact: Sheree Kershaw - Coordinator Address: 193 Burnett Street, Ashburton 7700 Phone: 027 296 1305 Email: youthhealth@saferashburton.org.nz Website: www.saferashburton.org.nz/services/hype-youth-health-centre</p>	<p>Public Health Nurse Service CDHB (PHN Service) Pam Eaden 03 307 8454 or 027 687 2298 Email: pam.eaden@cdhb.health.nz Angela Harris 03 307 8378 or 027 290 0845 Email: angela.harris@cdhb.health.nz Address: C/- Ashburton Hospital, Elizabeth Street. Private Bag 801, Ashburton 7700 Website: www.cdhb.health.nz/phns</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: ashburton100@chrisruthcentre.co.nz Website: www.chrisruthcentre.co.nz</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: Sara@thecouch.net Website: www.Thecouch.net</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: kellykatene@victimsupport.org.nz Website: www.victimsupport.org.nz</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: enquiries@waitaha.health.nz Website: www.waitaha.health.nz</p>
ADDICTION SERVICES AND SUPPORT	
<p>Ashburton Community Alcohol & Drug Service Contact: Chris Clark – CEO Address: Ashburton Hospital Site PO Box 596, Ashburton Phone: 03 308 1270 or 021 082 33648 Email: acads@xtra.co.nz Website: www.acads.co.nz</p>	<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: nextimaru@xtra.co.nz</p>

<p>Oasis Centre for Problem Gambling Address: c/- ACADS, 28 Elizabeth St, Ashburton 7700 Phone: 03 308 1270 or 03 365 9659 Email: oasis.christchurch@salvationarmy.org.nz</p>	<p>PGF Services Phone:0800 664 262 Email: help@pgf.nz Website: www.pgf.nz Counselling advice support for problem gambling. Ring for an appointment.</p>
AUDIOLOGY (HEARING) SERVICES	
<p>Ashburton Hearing Association Address: Ashburton Seniors Centre, 206 Cameron St, Ashburton 7700 Postal Address: P. O. Box 200, Ashburton 7740 Phone: 03 308 3295 Email: ashburton@hearing.org.nz Website: www.ashburton.hearing.org.nz</p>	<p>Ashburton Hearing Clinic Address: 306 Havelock St, Ashburton 7700 (opposite the Police Station) Phone: 0800 727 366 Email: hearingexcellence@xtra.co.nz Christchurch based, but has a clinic in Ashburton</p>
<p>Audika Venue: Seniors Centre, 206 Cameron St, Ashburton 7700 Phone: 03 688 8934 Timaru based, but have clinics in Ashburton for 2 days, every second week</p>	<p>Bay Audiology Address: Unit 2, Countdown Complex, 151 Wills St, Ashburton 7700 Phone: 03 550 7099 or 0800 800 854 Website: www.bayaudiology.co.nz</p>
<p>Bloom Hearing Specialists Address: 326 East St, Ashburton 7700 Phone: 03 307 8949 Website: www.bloomhearing.co.nz</p>	<p>Hearing Excellence Venue: Sinclair Centre, cnr Park and Havelock Sts. Ashburton 7700 Phone: 0800 500 433</p>
<p>Life Unlimited Hearing Venue: Seniors Centre, 206 Cameron St, Ashburton 7700 Phone: 0800 008 011 or 021 857 113 Website: www.lifeunlimited.net.nz</p>	<p>Triton Hearing Address: 62 Cass St, Ashburton 7700 Phone: 03 307 4444 Website: www.tritonhearing.co.nz</p>
CHIROPRACTORS	
COUNSELLING SERVICES	
<p>Anna Arrowsmith Counselling Address: C/- Community House, 44 Cass Street, Ashburton 7700 Phone: 027 722 3204 Email: annaarrowsmith@hotmail.co.nz</p>	<p>Struan Duthie Counselling Address: 5 Falcon Drive, Ashburton 7700 Phone: 021 212 0672 Email: struanjamesduthie@gmail.com</p>
<p>Family Works Ashburton Contact: Mark Sleek – Counsellor Address: PO Box 581, Ashburton 215 Tancred Street, Ashburton Phone: 03 308 5868 Email: marks@psusi.org.nz Website: www.psuppersouth.org.nz</p>	

DENTISTRY SERVICES	
Ashburton Dental Centre Address: 72 Cass Street, Ashburton 7700 Phone: 308 1953	Burnett Street Dental Address: Burnett Street, Ashburton 7700 Phone 03 308 5248
Dentistry on Parkside Address: 80 Park Street, Ashburton 7700 Phone: 03 308 7472 Email: office@parksidenz.co.nz	G & E Dental - Ashburton Address: 131 Walnut Avenue, Ashburton 7700 Phone: 0800 433 368 Email: ashburton@gedental.co.nz
G & E Dental – Methven Address: Methven Medical Centre, Cnr Methven Chertsey Road and Methven Highway, Methven 7730	
DERMATOLOGISTS	
Dr Shan Edwards Phone: 03 333 9873 Email: info@dermatologyclinic.co.nz Christchurch based dermatologist who has a weekly clinic in Ashburton – varied locations.	Molemap Contact: Alison Norton - Melanographer Address: C/- Community House 44 Cass Street, Ashburton 7700 Phone: 0800 665 362 Email: enquiries@molemap.co.nz Website: www.molemap.co.nz
DISABILITY ORGANISATIONS AND SUPPORT GROUPS	
Arthritis New Zealand Contact: Susan Dargue Phone: 03 379 6719 or 027 293 6709 Email: Susan.dargue@arthritis.org.nz	Aspire Canterbury Address: 314 Worcester St, Linwood, Christchurch Postal Address: P. O. Box 32 074, Linwood, Christchurch 8147 Phone: 0800 347 242 or 03 366 6189 Email: julie@aspirecanterbury.org.nz Website: www.aspirecanterbury.org.nz
CCS Disability Action Christchurch: 03 365 5661 or 0800 227 2255 Ashburton Service Coordinators: Trish Davis: 03 308 4456 or 027 220 6789 trish.davis@ccsdisabilityaction.org.nz Christine Muff: 03 308 4456 or 021 998 540 Christine.muff@ccsdisabilityaction.org.nz Address: C/- Community House, 44 Cass Street, Ashburton 7700 Website: www.ccsdisabilityaction.org.nz	The Chris Ruth Centre – Ashburton Contact: Sapphire Stanley – Centre Manager Address: PO Box 9027, Christchurch 8149 8 Chalmers Avenue, Ashburton 7700 (Mania-o-roto Scout Den) Phone: 03 308 8930 or 022 036 6501 Email: ashburton100@chrisruthcentre.co.nz Website: www.chrisruthcentre.weebly.com
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: mcriding@xtra.co.nz	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: dpaashburton@xtra.co.nz

<p>IDEA Services Contact: Kim Martin – Area Manager Address: PO Box 241, Ashburton 7740 21 Archibald Street, Ashburton 7700 Phone: 03 307 6093 Email: ashburton@idea.org.nz Website: www.ihc.org.nz</p>	<p>IHC Volunteer Programme Contact: Belinda Brand – Volunteer Co-ordinator Address: 21 Archibald St, Ashburton 7700 Phone: 03 307 6093 or 021 244 3674 Email: belinda.brand@ihc.org.nz Website: www.ihc.org.nz/volunteer</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: josep@lifelinks.co.nz Website: www.lifelinks.co.nz</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: joannah@parent2parent.org.nz Website: www.parent2parent.org.nz</p>
<p>Mobility Solutions Centre Address: 202 Chalmers Ave, Ashburton 7700 Phone: 03 307 7455 Email: marty@mobilitysolutionscentre.co.nz Website: www.mobilitysolutionscentre.co.nz Offers products, support and advice for the disabled and elderly community. Mobile van services Mid Canterbury</p>	<p>Electric Mobility Ashburton Contact: Fred Reddecliffe Address: 247 Havelock St, Ashburton 7700 Phone: 03 308 3602 Electric scooters and wheelchairs</p>
<p>SENIORS SERVICES</p>	
<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: kirstend@psusi.org.nz</p>	<p>Mobility Solutions Centre Address: 202 Chalmers Ave, Ashburton 7700 Phone: 03 307 7455 Email: marty@mobilitysolutionscentre.co.nz Website: www.mobilitysolutionscentre.co.nz Offers products, support and advice for the disabled and elderly community. Mobile van services Mid Canterbury</p>
<p>MEDICAL SUPPORT GROUPS</p>	
<p>Ashburton Eyecare Address: 139 Walnut Ave, Ashburton 7700 (cnr West St and Walnut Ave) Phone: 03 308 9779</p>	<p>Canterbury Asthma Society (CANBREATHE) Phone: 03 386 0278 Email: office@canbreathe.org.nz Website: www.canbreathe.org.nz</p>
<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: admin@dementiacanterbury.org.nz Website: www.dementiacanterbury.org.nz</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: canterbury.westcoast@epilepsy.org.nz Website: www.epilepsy.org.nz</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: ann-lee@epilepsy.org.nz Website: www.epilepsy.org.nz</p>	<p>Focus Optometry Address: 65 Tancred St, Ashburton 7700 Phone: 03 307 8988 or 027 201 8911 Email: nzfocusopotometry@gmail.com Website: https://nzfocusopotometry.co.nz/</p>
<p>Hospice Mid Canterbury Contact: Belinda Brand - Manager Address: 70 Havelock Street, Ashburton 7700 Phone: 03 307 8387 or 027 227 8387 Email: manager@hospicemc.nz Website: www.hospicemc.nz</p>	<p>Specsavers Ashburton Address: 58 Cass St, Ashburton 7700 Phone: 03 307 6071 Website: www.specsavers.co.nz/stores/ashburton</p>
<p>Stroke Foundation of New Zealand Contact: Amy Church – Return to Work Address: Unit 3, 47 Mandeville Street, Riccarton PO Box 8148 Riccarton, Christchurch 8011 Phone: 03 381 8500 or 027 535 8393 Email: amy.church@stroke.org.nz Website: www.stroke.org.nz</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: south.canterbury@stroke.org.nz Website: www.stroke.org.nz</p>
<p>Truscott, Hamilton & Thompson Optometrists Address: 234 Havelock St, Ashburton 7700 Phone: 03 308 8936 Website: www.thtoptometrists.co.nz</p>	
<p>MENTAL HEALTH ORGANISATIONS AND SUPPORT GROUPS</p>	
<p>Comcare Trust Contact: Trish Venmore – Team Leader Address: 11 Elizabeth Street, Ashburton 7700 Phone: 03 3077137 Ext 754 or 021 055 0289 Email: t.venmore@comcare.org.nz</p>	
<p>NATURAL THERAPIES</p>	
<p>Acu Centre – Traditional Chinese Healthcare Address: 77 Archibald St, Tinwald, Ashburton 7700 Phone: 03 308 2788 Website: www.acucentre.co.nz</p>	<p>Acupressure Clinic Contact: Janet Hayes Address: 5 Reid Cres, Allenton, Ashburton 7700 Phone: 03 308 6951 or 027 464 7004 Registered Jin Shin Jyutsu Practitioner</p>
<p>Adagio Massage Contact: Rebecca Perkins Address: 12 South Park Rd, Ashburton 7772 Phone: 027 327 9690</p>	<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: info@creativeacupuncture.com Website: www.creativeacupuncture.com</p>

<p>Rose Matthews - Reflexologist Address: 3 Grove St, Tinwald, Ashburton 7700 Phone: 021 111 9768 Email: rose.matthews2017@outlook.com</p>	
<p>The Salt House Contact: Cherie or Jennifer Address: Suite 3, Methven Mall, Methven 7730 Phone: 027 302 8556 Email: info@bodysync.nz Website: www.thesalthouse.co.nz Services provided: Halotherapy (Dry Salt Therapy), Foot Spa Detox and Energy Programme, Gentle Lymphatic Drainage, Body Balance and Relaxation, Swedish Massage, Remedial Therapy and Pain Relief Treatment</p>	
<p>PHYSIOTHERAPY SERVICES</p>	
<p>Clare Kiamtia Hand Therapy Contact: Clare Kiamtia – Hand Therapist Address: C/- Community House, 44 Cass Street, Ashburton 7700 Phone: 022 310 7947 Email: clarekiamtia9@gmail.com</p>	<p>Contact Physio Methven Address: Methven Medical Centre, The Square, Methven Phone: 03 3028 205 Website: www.contactphysio.co.nz</p>
<p>Essential Physiotherapy Contact Name: Lesley Coffey Address: 86 East Street, Ashburton Phone: 021 911 973 Email: lesley@essentialphysiotherapy.com Website: www.essentialphysiotherapy.com</p>	<p>Motus Ashburton Address: 431 West Street, Ashford Village, Ashburton Phone: 03 308 3838 Email: ashburton@motushealth.co.nz Website: www.motushealth.co.nz/physio-clinics/motus-ashburton/</p>
<p>Paul Annear Physiotherapists Address: 256 Moore Street, Ashburton Phone 03 307 0560 or 027 220 4416 Email: pannear@xtra.co.nz Website: https://www.annearpaulphysiotherapist.co.nz</p>	<p>Physio Plus Ltd Contact Eveline Jasper Address: 6 Cameron Street, Ashburton 7700 Phone: 03 08 2082 Email: eveline.jasper@xtra.co.nz Facebook: www.facebook.com/Physioplusashburtoneveline</p>
<p>PhysioSteps Address: 43 Alford Forest Road, Ashburton 7700 Phone: 03 308 5188 Email: admin@physiosteps.co.nz Website: www.physiosteps.co.nz</p>	<p>Pro-Active Physiotherapy Contact: Audra Cuellar Address: Three Rivers Health, 7-11 Allens Road, Ashburton Phone: 03 308 0072</p>
	<p>Prostate Cancer Support Group Contact: John Waugh Phone: 03 308 3384 Email: ashburton@prostate.org.nz</p>

<p>Multiple Sclerosis & Parkinson's Canterbury Contact: Anna Fraser Phone: 03 366 2857 – ext 4 or 022 474 2918 Email: pnurse@ms-pd.org.nz Support meetings every 2 months</p>	<p>Rakaia Physiotherapy Contact: Rob Wightman Address: Rakaia Medical Centre, 30 Elizabeth Avenue, Rakaia 7110 Phone: 03 303 5002 Email: rob@rakaiaphysio.co.nz Website: www.rakaiaphysio.co.nz</p>
<p>PODIATRISTS</p>	
<p>Feet n Motion Address: Three Rivers Health, 7-11 Allens Rd, Allenton, Ashburton 7700 Phone: 0800 668 498 Email: info@feetinmotion.co.nz Website: www.feetinmotion.co.nz</p>	<p>Mid Canterbury Foot Clinic Address: Moore St Medical Centre, 254 Moore St, Ashburton 7700 Phone: 03 308 3066 Website: www.mcfc.co.nz</p>
<p>Pro Podiatry Address: c/- Motus Physiotherapy, Ashford Village, 431 West St, Ashburton 7700 Phone: 03 308 3838 Email: Kirsten@propodiatry.co.nz Website: www.propodiatry.co.nz</p>	
<p>WELLBEING ADVICE</p>	
<p>Safe Communities Ashburton District Contact: Lesley Symington – Coordinator Address: C/- Safer Mid Canterbury 44 Cass Street, Ashburton 7700 Phone: 03 308 1395 ext 236 or 027 586 6556 Email: lesley@saferashburton.org.nz Website: www.safecommunitiesashburton.org.nz</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: office@workplacesupport.co.nz Website: www.workplacesupport.co.nz</p>