

# WELLBEING NEWSLETTER

Happy Holidays from all of us here at Te Whatu Ora South  
Canterbury Wellbeing Committee.

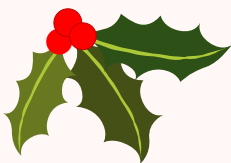
DEC. 2022

"It's not what's under  
the tree that matters,  
it's who's around it."

CHARLIE BROWN



This newsletter has been created by Te Whatu Ora South Canterbury on behalf of the Wellbeing Committee. It is a resource for distribution around South Canterbury, to support mental and emotional wellbeing (taha hinengaro).



WARM GREETINGS



Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.

**-Rene Templeton**  
(Author unknown)



DISCLAIMER:

The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst we endeavor to ensure the reliability and accuracy for all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.

## GoodYarn Workshops for the Mackenzie Region



Te Whatu Ora South Canterbury is partnering with the Good Programmes Trust to bring free GoodYarn mental health literacy workshops to the farming and tourism communities of Fairlie, Twizel and Tekapo.

Mental health literacy programmes provide practical information of how to seek help for mental health concerns and how to help others who may have mental health symptoms. The workshops are practical, interactive and enjoyable.

The workshops will cover:

- What mental health is and how to look after it.
- How to talk to someone you are concerned about.
- Signs and symptoms of mental stress and distress; and
- How and where to go for support.



The facilitators are all experienced people, who are passionate about mental wellbeing, and who understand the unique challenges small rural communities face.

For more information or to register your interest contact please email:

Annette - [abeautrais@scdhb.health.nz](mailto:abeautrais@scdhb.health.nz)



**Christmas is a time for celebrating with family and friends – but it can be stressful too. By being prepared for what the festive season brings, we can maintain a good balance in every aspect of our lives.**



Article by: Heart Foundation

Let's work together to be less-stressed. The time we spend together at Christmas is valuable. Follow these tips to get ready for the festive season, so you can spend your time with family and friends stress-free, happy and healthy.

**1**

### **Plan ahead as much as possible**

First up, let's talk food. We know it's around a lot at Christmas at all the celebrations, gatherings and on Christmas day itself. If you're hosting an event – make sure you're ready by writing a shopping list of all the food, you need to buy. Take the list with you when you go shopping, so you remember to buy everything you need. You'll be able to enjoy your time with your guests more if you're not worrying about that forgotten cheese board!

**3**

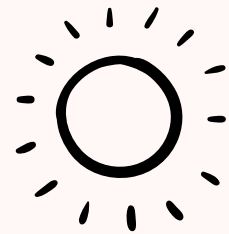
### **Maintain the balance**

With the kids off school, social obligations and Christmas celebrations, there's lots happening. With so many things to do, we can often feel overwhelmed, tired and even moody. Maintaining a good balance in your life is important. It'll help you have a stress-free body, happy spirit and calm mind. To help you take a step back from the busyness – reconnect with nature. Being outdoors is good for your mind and body. So, spend some time alone outside or go for a walk to clear your head. Your family will thank you for it when you return back your happy self.

**2**

### **Get the kids out and about**

When the kids are bored and running around the house it's easy to feel stressed. Plan some days out and activities to keep them busy. Connect with other families with children, so the kids can play together while you catch up with family and friends.



**4**

### **Reach out to others**

Even if you're coping well with the busy season, your friends or family may not be. Sometimes it can be hard to tell how others are feeling. Take the time to look out for each other, you never know who might be in need of a little help. Many of us are lucky to have people to spend the holiday season with. Christmas can be a hard time for people that are alone. Pay your good luck forward by reaching out to others and inviting them to your celebrations so they feel less alone. The more the merrier!



# How to Survive a New Zealand Christmas

Article by: Just a Thought



Ah, Christmas: if the movies are anything to go by, it 'tis the season of Christmas miracles, a light dusting of snow, and maybe even a ghost from your past sent to deter you from your evil ways. However, for many of us, the silly season can be anything but magical – you're more likely to burn the chicken, wrangle screaming children, and go in to overdraft than have a surprise midnight encounter with Santa.

For lots of kiwis, Christmas is the most stressful time of the year, with increased financial pressure, end-of-year workplace deadlines, and a full social calendar adding to holiday stress and anxiety. These pressures may be even harder to deal with for those already experiencing low mood and anxiety. While we may not be able to help you find the perfect Secret Santa gift for your work party, we do have some helpful tips and tricks to help you survive Christmas!

## 1

### Think Positive

This is probably one of those pieces of advice you'd roll your eyes at, but in Cognitive Behavioral Therapy (CBT), thinking positively is a powerful technique we call 'reframing.'

***One of the basic ideas of CBT is that your thoughts influence your feelings, which then influence your actions.***

Let's look at an example of this: say you're worried about cooking Christmas dinner and thinking through everything that may go wrong. Because you're worrying so much about burning the bird or scorching the salad, you start to feel anxious, stressed, tense. Your heart rate may increase. Because you're feeling anxious, you aren't thinking straight, and end up accidentally putting beef in the trifle. Humbug!

But what would go differently if you held these positive thoughts: 'I will nail this Christmas lunch,' 'even if things go wrong, it's still nice to spend time with family,' and 'I will not accidentally put beef in this trifle.' This way, even if things do go wrong, you'll feel much less negative about them.

Sometimes a simple reframe is all you need to shift the outcome of your day. If you're thinking positive and still feeling overwhelmed, keep trying – retraining your brain may take a while, but it's worth it!



## 2

### Let go of your own expectations

Often, we can hold an ideal in our minds of what Christmas day 'should' look like, and then feel disappointed when some things inevitably go sideways. And as we all know, in life, things are bound to go wrong sometimes.

Murphy's Law states that 'if anything can go wrong, it will.' This may sound negative on face value but knowing that you can't control the outcome of every situation is actually incredibly freeing! Thanks to the element of random chance in our universe, no matter how much you prepare, plan, fret and ruminate, things will come up that you aren't expecting – and that's okay. So, don't put so much pressure on yourself!

***Things will happen how they happen, and the best thing you can do is ride the waves, and accept everything this season brings – the good, and the not-so-good.***



## 3

### Spend time, not money

Research shows that just over **60% of kiwis feel stressed** about the extra costs of Christmas, and **one in four of us** will feel social pressure to spend more at Christmas time. Advertising spend goes way up in the summer, with big retailers all competing for our (not-so) disposable income. But, you know, just because the TV is telling us that our partner would LOVE a new diamond bracelet, doesn't mean that you actually have to buy one. I'd probably be happier with a candy bracelet.

Think about the classic Christmas film **Jingle All The Way** – Arnie spends Christmas Eve running around, trying to find a sold-out toy for his son, but in the end (spoilers) all the young boy wanted was to spend some quality time with his Dad.

***Your loved ones may forget what you got them for Christmas, but they'll never forget the holiday memories you've made together.***

Presents don't have to be expensive, either – try your local opshop, bake your friends some cookies, gift them a plant you've grown from seed. A gift made with love is always more well received than one with a hefty price tag!



## 4

### Remember (your) reason for the season

The Kirihimete season is significant to many different people, for many different reasons. You may be putting up your Christmas tree, hiding an elf around the house, heading along to an Advent service, lighting your Hanukkah menorah, heading to some local Christmas events, or even just setting up a game of bat-down in the backyard! In Aotearoa New Zealand, we are lucky enough to share our country with people from many different cultures and walks of life, that all have their own traditions around the holiday season.

With the added pressures to buy more, spend more, and consume more in the lead up to Christmas, it's easy to become a Grinch, and forget your reason for the season.

***But, no matter your beliefs, the spirit of Christmas can be boiled down to a few things: spending time with friends and whānau, and celebrating life.***

Try to hold on to your own reason for the season!



## 5

### Reach out for support

We know that things can become overwhelming, financially stressful, and isolating – especially during the holidays, and especially at the end of a year that has been difficult for so many. And although it may not feel like it sometimes, there is help and support for you out there if you are suffering from symptoms from depression and anxiety.

Reach out to your friends, your whānau, your partner, those that you trust. You don't have to suffer alone, and you may find that people in your life have also navigated times of low mental health. There's support for you out there, and your hard times don't last forever.

So, from all of the team at Just a Thought – Meri Kirihimete, ngā mihi o te tau hou!



# Things to do...

for when you need ideas

## At home

- Sit down with a journal and get writing
- Draw, paint or simply colour in
- Take a bath and pamper yourself
- Experiment with a new recipe
- Get crafty and upcycle a piece of furniture
- Make, bake or buy a gift for someone
- Take an online class
- Sit down with a nice cuppa and a book

## Social stuff

- Spend time with your family
- Phone or message a friend
- Ask a friend to the movies with you
- Join a meet-up group
- Host a BBQ
- Join a book club
- Invite a friend over for a cuppa
- Visit someone who needs some company
- Cook for someone

- Look through old photo albums
- Watch that film that's on your list
- Get out in the garden
- Clean out the clutter
- Research a new hobby
- Put a puzzle together

## Away from home

- Go to the beach
- Go for a long drive
- Go shopping and buy yourself a present
- Visit the zoo or aquarium
- Go the library
- Get a massage, facial or your hair cut
- Become a tourist and visit the local attractions
- Pack a picnic and go to the park

## Get active

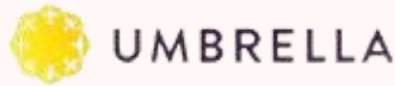
- Go on a local bushwalk or hike
- Try an exercise class at the gym
- Swim at the local pools or beach
- Go for a bike ride
- Go to the local driving range
- Learn to surf
- Join a local sports club
- Try pilates or yoga
- Go ten pin bowling
- Join a community dance class

- Go to a museum or art gallery
- Check out a new café or restaurant
- Go to the movies
- Fruit picking from a local orchard
- Watch the sun set
- Treat yourself to an ice cream
- Visit the local farmers market
- Go for a weekend away
- Enrol in a community course
- Go to an exhibition
- See a live stagshow

# Loneliness during the Holiday Season

Article by: Umbrella

Supporting Organisations and their people to thrive.



We know that loneliness is a real issue in our modern world. Social isolation and low levels of social support have been linked to shorter life expectancy just as much as the effects of obesity, cigarette smoking and hypertension. Our health services hear stories of people experiencing high levels of interpersonal conflict, feeling detached, isolated and alone. Feeling connected and supported is important at this time of year, especially after the last three years of Covid, and the current Covid resurgence.

Providing social support helps to stimulate good coping strategies in response to stressful times. Feeling connected and having social support is essential for good health and wellbeing.

## ***What can we do to connect this Christmas?***

- Be mindful and inclusive of those around you who may have fewer social supports and connection this Christmas. Reach out to them, include them and invite them to social events.
- Be aware that Christmas is not a happy time for all, especially for those for whom experiences of loss or trauma are especially “raw” at this time.
- Video chat with faraway friends and family both in the lead-up to Christmas and on the day.
- Spend time with people who you feel good around and well supported by.
- Have a plan in place around how you best navigate any tricky people who may “push your buttons” at Christmas time. For some, going for a walk after the Christmas meal is a great way to get some “headspace” and reset.
- At work, in the lead-up to Christmas, plan fun team activities that enable time to connect and get into the holiday spirit. Remember that some of your colleagues may live alone or have family in another country, or have little cultural link to Christmas. Workplace relationships also play a key role in good health and wellbeing. Take the time to truly connect.
- Practise acts of kindness, for yourself and others. Take time to reflect on your small wins from the year. Take time to thoughtfully thank others for their contributions to you and your family/team during the year – be specific and think of your words as a gift that may be treasured beyond the initial moments of reading them.
- Consider taking some time away from all the busyness and the preparatory rush – perhaps a morning of walking in the bush or beach will recharge your batteries. Doing this with a friend may make it all the sweeter, even if it is just via a phone chat whilst you walk.

Thanks to the Umbrella Team for these suggestions.





**NEED TO TALK?**

**1737**

**For support  
right here,  
right now**

**We're here. Free call or text 1737 any time  
to talk to a trained counsellor.**

**Are you feeling overwhelmed? Anxious?  
Whatever it is, you can call or text anytime.**

**It's free. It's confidential.**

# IN A CRISIS OR EMERGENCY

If someone has attempted suicide or you're worried about their immediate safety, do the following:

Kia mau ki te  
tūmanako, te  
whakapono me  
te aroha

Hold fast to hope,  
faith and love



**Call your local mental health crisis assessment team** (numbers are on page 10 of this booklet) or go with them to the emergency department (ED) of your nearest hospital



If they are in immediate physical danger to themselves or others, **call 111**



**Stay with them** until support arrives



**Remove any obvious means** of suicide they might use (e.g. ropes, pills, guns, car keys, knives.)



**Try to stay calm, take some deep breaths.** Let them know you care



**Keep them talking:** listen and ask questions without judging



**Make sure you are safe**



# More information and support

For more information and support, talk to your local doctor, medical centre, hauora, community mental health team, school counsellor or counselling service.

If you don't get the help you need the first time, keep trying.

Below is a list of some services available which offer support, information and help.

## For counselling and support

- **Lifeline**  
0800 543 354  
(0800 LIFELINE)  
or free text 4357 (HELP)  
- here to help
- **Samaritans**  
0800 726 666  
- for confidential support for anyone who is lonely or in emotional distress
- **Depression Helpline**  
0800 111 757 or free text 4202  
- to talk to a trained counsellor about how you are feeling or to ask any questions  
[www.depression.org.nz](http://www.depression.org.nz)
- **Healthline**  
0800 611 116  
- for advice from trained registered nurses

**Need to talk?**  
**Free call or text 1737**  
Talk with a trained counsellor, anytime.

All services are free, and are available 24 hours a day, seven days a week unless otherwise stated.



## For children and young people

- **Youthline**  
0800 376 633,  
free text 234,  
email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)  
or online chat at [www.youthline.co.nz](http://www.youthline.co.nz) (4.30pm - 10pm)  
- for young people and their parents, whānau and friends
- **What's Up**  
0800 942 8787  
(0800 WHATSUP)  
call (11am - 11pm) or online chat at [www.whatsup.co.nz](http://www.whatsup.co.nz) (11am - 10.30pm) every day.  
- for 5-19 year olds
- **[www.auntydee.co.nz](http://www.auntydee.co.nz)**  
- a free online tool for anyone who needs help working through problems
- **[www.thelowdown.co.nz](http://www.thelowdown.co.nz)**  
Visit the website or free text 5626  
- support for young people experiencing depression or anxiety
- **[www.sparx.org.nz](http://www.sparx.org.nz)**  
- a self-help tool that teaches young people the key skills to help combat depression and anxiety
- **Aroha chatbot**  
**[www.headstrong.org.nz](http://www.headstrong.org.nz)**  
- a free app for young people that connects you to a virtual guide to help build resilience



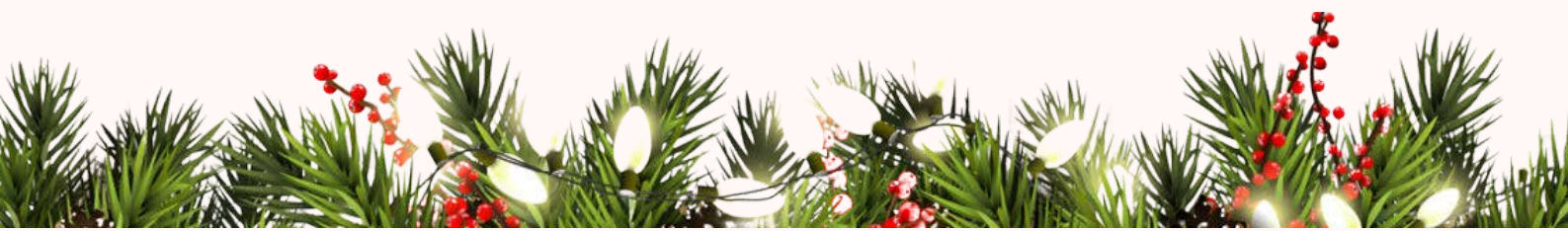
## Help for Deaf and hard-of-hearing people

- **NZ Relay**  
**[www.nzrelay.co.nz](http://www.nzrelay.co.nz)**  
- helps users to connect with services over the phone
- **NZ Police 111TXT**  
**[www.police.govt.nz](http://www.police.govt.nz)**  
- Register with the New Zealand Police for the 111TXT service.
- **TXT, messenger, online chat**  
- many services in this brochure offer txt, messenger or online chat services.
- **[depression.org.nz/get-better/your-identity/deaf](http://depression.org.nz/get-better/your-identity/deaf)**  
- more help and information for the Deaf community



## For help with specific issues

- 0508 TAUTOKO Suicide Crisis Helpline**  
**0508 828 865**  
 - if you, or someone you know, may be thinking about suicide, call for support from a trained counsellor
- OUTLine**  
**0800 688 5463**  
 (0800 OUTLINE)  
 - for sexuality or gender identity issues 6pm - 9pm
- Alcohol Drug Helpline**  
**0800 787 797,**  
**free text 8681**  
 or online chat at [alcoholdrughelp.org.nz](http://alcoholdrughelp.org.nz)  
 - for people dealing with alcohol or other drug problems
- Gambling Helpline**  
**0800 654 655**  
**free text 8006**  
 or online chat at [www.gamblinghelpline.co.nz](http://www.gamblinghelpline.co.nz)  
 - for help if you are gambling or are concerned about someone else's gambling
- He Waka Tapu**  
**0800 439 276**  
 (0800 HEYBRO)  
 - for men who feel they are going to harm a loved one or whānau member
- Vaka Tautua**  
**0800 652 535**  
 (0800 OLA LELEI)  
 - free national Pacific helpline. Mon-Fri 8.30am - 5pm. The team speaks Samoan, Tongan, Cook Islands Māori and English
- Anxiety Helpline**  
**0800 269 4389**  
 (0800 ANXIETY)  
 - for people with all forms of anxiety and families and friends
- Rural Support**  
**0800 787 254**  
 - for people in rural communities dealing with challenges
- PlunketLine**  
**0800 933 922**  
 - support for parents, including mothers experiencing post-natal depression



- **Sexual Harm Helpline**  
**0800 044 334** or text **4334**  
 or webchat at [www.safetotalk.nz](http://www.safetotalk.nz)  
 - to talk about sexual harm and find help for yourself or others
- **Women's Refuge Crisis Line**  
**0800 733 843**  
 (0800 REFUGE)  
 - for women living with violence, or in fear, in their relationship or family
- **Rape Crisis**  
**0800 883 300**  
 - for support after rape or sexual assault
- **24/7 HELPLINE**  
**0800 623 1700**  
[www.helppauckland.org.nz](http://www.helppauckland.org.nz)  
 - support for sexual abuse survivors
- **Shakti Crisis Line**  
**0800 742 584**  
 (0800 SHAKTI)  
 - multi lingual helpline for migrant or refugee women living with family violence
- **Family violence info line**  
**0800 456 450**  
 or chat at [www.areyouok.org.nz](http://www.areyouok.org.nz)  
 - to talk about family violence and find help for yourself or others
- **EDANZ**  
**0800 233 269**  
[www.ed.org.nz](http://www.ed.org.nz)  
 - for information, support and resources about supporting someone with an eating disorder
- **Asian Family Services**  
**0800 862 342**  
[help@asianfamilyservices.nz](mailto:help@asianfamilyservices.nz)  
 - provides professional, confidential support in multiple languages to Asians living in New Zealand, Monday to Friday 9am - 8pm
- **[www.smallsteps.org.nz](http://www.smallsteps.org.nz)**  
 - a collection of **online tools** to help you calm your mind, manage your stress and lift your mood



## For families, whānau and friends

- Skylight**  
[www.skylight.org.nz](http://www.skylight.org.nz)  
 0800 299 100  
 - for support through trauma, loss and grief (8.30am - 4.30pm weekdays)
- Aoake te Rā**  
 0800 000 053  
[www.aoaketera.org.nz](http://www.aoaketera.org.nz)  
 - free counselling for people bereaved by suicide.
- Yellow Brick Road**  
 0800 732 825  
 (Northern Region)  
 0800 555 434  
 (Central North Island)  
 0800 876 682  
 (South Island)  
 - for families and whānau supporting a loved one who has a mental illness
- The Grief Centre**  
 0800 331 333  
[www.griefcentre.org.nz](http://www.griefcentre.org.nz)  
 - for support for all forms of loss, grief, trauma or difficult change
- Victim Support**  
 0800 842 846  
 - 24 hour support for people affected by crime, trauma and suicide
- Le Va**  
[www.leva.co.nz](http://www.leva.co.nz)  
[www.facebook.com/LeVaPasifika](https://www.facebook.com/LeVaPasifika)  
 - information and support for Pasifika families on mental health, addiction and suicide prevention
- After a Suicide**  
[www.aftersuicide.co.nz](http://www.aftersuicide.co.nz)  
 - a website offering practical information and guidance to people who have lost someone to suicide
- Mental Health Foundation**  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)  
 - for more information about supporting someone in distress, looking after your own mental health and working toward recovery



**South  
Canterbury**

Timaru, Mt Cook, Tekapo, Temuka, Waimate  
**Timaru 0800 277 997**

## For more local and national services

- **Need to talk?**  
**Free call or text 1737**  
Talk with a trained counsellor, anytime
- **Healthline**  
**0800 611 116**  
For advice from trained registered nurses, including information about local health services throughout New Zealand
- **Family and Community Services National Directory**  
**0800 211 211**  
**[www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory)**  
For information about community services that can help with issues relating to parenting, special needs, family support, family violence, custody and access, child behaviour, life skills, counselling, addiction, sexual abuse, grief and loss
- **Māori Health Provider Directory**  
**[www.health.govt.nz/your-health/services-and-support/health-care-services/Māori-health-provider-directory](http://www.health.govt.nz/your-health/services-and-support/health-care-services/Māori-health-provider-directory)**  
There are a number of Māori health providers contracted to District Health Boards, or iwi and kaupapa Māori organisations that work independently throughout Aotearoa. Contact a provider in your area to find out more about what is available locally
- **Healthpoint**  
**[www.healthpoint.co.nz](http://www.healthpoint.co.nz)**  
Up-to-date information about healthcare providers, referral expectations, services offered and common treatments

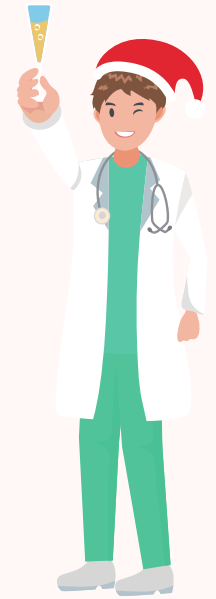
**For more information about support and services in your area, contact the Mental Health Foundation Resource and Information Service:**

**[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)**  
**[info@mentalhealth.org.nz](mailto:info@mentalhealth.org.nz)**





# HOLIDAY HOURS



## Stop Smoking Service (Kick Ash) Smoke Free

Closing on Friday 23rd December 2022, re-opening on Monday 9th January 2023

## Primary Health Office (PHO) – GP Support

Closed from noon Friday, 23rd December 2022 returning Monday 9th January 2023

For Duty Doctor, please telephone front desk.

## Pharmacy - Community

Closed stat days only, normal weekend service, otherwise business as usual.

## Primary Care Practices

Closed on Statutory days and weekends with Afterhours services in place as normal. Patients to call their practice and a nurse will provide virtual care and referral to best point of care.

Most Practices open as normal on 28-30th December 2022 and re-open Wed 4th January 2023 onwards.

### Emergency Pharmacy -

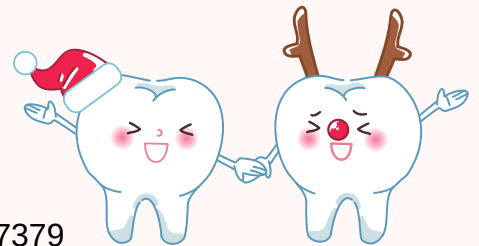
Sat	24	Dec		Ashbury Pharmacy	9am – 6pm
Sun	25	Dec	Christmas Day	Unichem, 278 Stafford St	10am – 2pm
Mon	26	Dec	Boxing Day	Ashbury Pharmacy	1pm – 6pm
Tue	27	Dec		Ashbury Pharmacy	1pm – 6pm
Wed	28	Dec		Ashbury Pharmacy	9am – 6pm
Thu	29	Dec		Ashbury Pharmacy	9am – 6pm
Fri	30	Dec		Ashbury Pharmacy	9am – 6pm
Sat	31	Dec		Ashbury Pharmacy	9am – 6pm
Sun	1	Jan	New Years Day	Ashbury Pharmacy	1pm – 6pm
Mon	2	Jan	Day After New Years	Ashbury Pharmacy	1pm – 6pm
Tue	3	Jan		Ashbury Pharmacy	1pm – 6pm
Wed	4	Jan		Ashbury Pharmacy	9am – 6pm
Thu	5	Jan		Ashbury Pharmacy	9am – 6pm
Fri	6	Jan		Ashbury Pharmacy	9am – 6pm
Sat	7	Jan		Ashbury Pharmacy	9am – 6pm
Sun	8	Jan		Ashbury Pharmacy	9am – 6pm
Weekends				Ashbury Pharmacy	9am – 6pm



**Duty Doctor & After Hours for Timaru:** *(subject to change)*

			Duty Dr for casual visitors	Timaru After Hours Service Ph 03 684 8209 Sat/Sun/Stat days @ Timaru Medical Centre Hours: 9-11:45am, 4-5:45pm
Wed	21	Dec	Dee St Primary Care	
Thur	22	Dec	Birchwood Surgery	
Fri	23	Dec	Dr Werkmeister	
Sat	24	Dec		Dr Werkmeister
Sun	25	Dec		Dee St Primary Care
Mon	26	Dec		Harper St Health
Tue	27	Dec		Elizabeth St- Dr Griffiths
Wed	28	Dec	Timaru Medical Centre	
Thu	29	Dec	Dee St Primary Care	
Fri	30	Jan	Timaru Medical Centre	
Sat	31	Jan		Timaru Medical Centre
Sun	1	Jan		Timaru Medical Centre
Mon	2	Jan		Medi Clinic
Tue	3	Jan		Dee St Primary Care
Wed	4	Jan	Dee St Primary Care	
Thu	5	Jan	Timaru Medical Centre	
Fri	6	Jan	Dr Werkmeister	
Sat	7	Jan		Dr Werkmeister
Sun	8	Jan		Birchwood Surgery
Mon	9	Jan	Medi Clinic	

**South Canterbury Dentists On-Call Roster  
December 2022 and January 2023**



- 24 December: Stafford Dental Centre - 9-12pm, 027 261 7379
- 25 December: Emily Goodhew - 9-12pm, 027 637 5164
- 26-27 December: Marissa Low - 9-12pm, 027 726 3968
- 28-30 December: Tony Page - 9-12pm. 027 333 6611
- 31 December-1 January: Four Peaks - 11am-2pm, 021 022 63175
- 2-3 January: Dave Hutton - 10-12pm, 027 289 4569
- 7-8 January: Fraser Dunbar - 10am-1pm, 027 965 4778
- 14-15 January: Four Peaks - 11am-2pm, 021 022 63175
- 21-22 January: Stafford Dental Centre - 9-12pm, 027 261 7379
- 28-29 January: Mark Goodhew - 10am-1pm, 027 434 3629



# COMMUNITY CONTACT LIST

AA / Alcoholics Anonymous	0800 229 675
Acromegaly Society	<a href="mailto:info@acromegaly.org.nz">info@acromegaly.org.nz</a>
Advocacy Service - Anglican Care SC	021 134 0307
Aged Concern	0800 803 344
AIDS Hotline / 24 hr	0800 802 437
Al Anon Family Groups	0508 425 266
Alcohol Drug Help Line (10 am – 10 pm)	0800 787 797
Allergy NZ	0800 34 0800
Altogether Autism	0800 273 463
Alzheimer's SC	03 687 75 83
Amputees Federation	<a href="mailto:info@amputee.co.nz">info@amputee.co.nz</a>
Anglican Care SC – Advocacy Service	021 134 0307
Anglican Care SC – Oceans Grief & Loss Programme	027 462 3267
Multicultural Aoraki	03 687 73 32
Arowhenua Whānau Services – Free health clinics, Well Child services, advocacy and support	03 615 5180
Arthritis NZ	0800 663 463
Artificial Limb Service	0508 630 630
Asian Network Inc. (TANI) – assisting Asian NZers to enjoy optimal quality of life and wellbeing	09 815 23 38
Asthma and Repertory Foundation	04 499 45 92
Asthma NZ – also COPD	09 623 02 36
Autism NZ	0800 288 476
Bamados – “What’s Up” – safe place to talk about children 5-18 years	0800 942 878
Blind Low Vision NZ – formally Blind Foundation	0800 24 33 33
Breast Cancer Support	0800 273 222
BreastScreen Aotearoa – Free mammograms for women 45-69	0800 270 200
Cancer Society	03 688 01 24



CanTeen Aotearoa – for those 13 -24 living with cancer	0800 101 996
Carers NZ	0800 777 797
Cerebral Palsy Society	0800 503 603
Charge Syndrome Ass	04 80 121 345
Citizens Advice	03 687 73 62
Cleft NZ – cleft lip / palate support	0800 425 338
Coeliac NZ	09 414 74 67
Community House Services	03 687 73 60
Community Mental health and addiction services, including TACT Team - Kensington Centre	03 687 2150 or 0800 277 997
Community Postvention Response Service – to support those affected by suicide	0800 448 908
Crohn's and Colitis NZ	0800 275 489
Cystic Fibrosis	0800 651222
DEBRA NZ – Supporting people with Epidermolysis Bullosa	04 389 73 16
Depression Help Line	0800 111 757
DiabetesLive – for diabetic teens transitioning to adults with diabetes	<a href="http://www.diabeteslive.co.nz">www.diabeteslive.co.nz</a>
Disability Information Service	03 471 61 52 / 0800 693 342
Disabled Persons Assembly	04 801 91 00
Domestic Violence Help Line - Shine	0508 744 633
Down Syndrome Association	0800 693 724 and press 3
Dyspraxia Support Group	03 358 32 49
Dystonia Patient Network Inc.	0508 397 866
ENABLE – national disability info and referral service	0800 171 981
English Language Partners Aoraki Inc.	03 688 90 30
Epilepsy Association	0800 37 45 37
Fale Pasifika O Aoraki	03 687 75 85
Family Planning	03 684 38 72
Family Support South Canterbury	03 688 11 52
Family Works SC - Helping people work through challenges and become stronger	03-688 5029



Fertility NZ	0800 333 306
Firstport - information, advice, support or equipment relating to disability in NZ	0800 171 981
Fragile X Support Group	021 044 62 99
Gambling Crisis Helpline	0800 654 655
Gender Bridge Inc. – transgender support	0800 844 357
Geraldine Community Resource Centre	03 683 7001
Guillaine-Barre Syndrome Support Group	027 687 19 53
Health and Disability Advocates	0800 55 50 50
Health and Disability Commissioner	0800 11 22 33
Healthline – 24 hrs	0800 611 116
Heart Foundation	0800 863 375
Heart Foundation NZ South Canterbury	03 688 8089
Heart Kids NZ	0800 54 39 43
Hepatitis Foundation	0800 33 20 10
Hospice South Canterbury	03 687 7670
Hospital Social Worker – Paediatric / Maternity	03 687 2234
Hospital Social Worker – Palliative care	03 687 2314
Hospital Social Worker- Admin	03 687 2233
Housing NZ / Kainga Ora Homes & Communities	03 688 3189
IHC	0800 442 442
Immunisation Outreach Co-ordinator	03 687 2435
Jean Todd – Maternity & New-born – Timaru Hospital	03 687 2140
Kensington Centre – Community Mental Health and Addiction Services, including TACT Team	03 687 2150 or 0800 277 997
Kidney Health NZ	0800 543 639
Kidslife – for children up to 14 years	0800 543 754
Kidz Need Dadz – separation advice and support	0508 225 532
Koru Care (NZ) - several overseas trips for groups of ill and disabled children and caregivers.	09 523 2456 09 523 0054
Kupe – A decision tool to help men tackle the decision of whether to get a prostate check or not	kupe.net.nz
La Leche League SC – education and support for breast-feeding - Sarah or Amy	03 684 9851 03 684 6475
LAM Charitable Trust (Lymphangioliomyomatosis )	(09) 376 4936



Lifeline NZ – 24 hrs	0800 543 354
Macular Degeneration NZ	0800 622 852
Maternity Services Consumer Council	022 421 6008
ME Society	03 471 62 03
Meals on Wheels	Contact your GP
Money Talks – financial mentor and budgeting assistance	0800 345 123
Motor Neuron Disease Association	09 624 21 48
Muscular Dystrophy Association	0800 800 337
Narcotics Anonymous	0800 628 632
National Bowel Screening Programme	0800 924 432
National Cervical Screening Programme	0800 933 933
National Foundation of the Deaf and Hard of Hearing	0800 867 446
National Immunisation Register information	03 687 23 17
National Poisons Centre	0800 764 766
Nationwide Health and Disability Advocacy Service	0800 555 050
Natural Fertility New Zealand	0800 101 637
Neighbourhood Support SC	03 687 98 02
Net Safe	0508 638 723
Oceans Grief & Loss Programme - Anglican Care SC	027 462 3267
Oranga Tamariki – SC Office	03 956 44 51
Ostomy NZ	03 454 53 30
Paediatric Ward – Timaru Hospital	03 687 21 47
Paralympics NZ	09 526 07 60
Parent Help – 24 hrs	0800 568 856
Parent to Parent – supports families with children with disabilities and health issues.	022 088 03 27
Parents Centre	03 684 53 48
Personal Advocacy Trust - safeguarding service and supports for people with care and support needs.	0800 728 7878
Plunket - support services for the development, health and wellbeing of children and families.	southern.region@plunket.org.nz
PlunketLine – for parents with babies and children up to 5 years – 24 hr service	0800 933 922
Police - EMERGENCY	111



Police Fairlie – general / non-urgent matters only	03 685 8400
Police Pleasant Point – general/non-urgent matters only	03 614 7614
Police Tekapo – general / non-urgent matters only	03 680 6855
Police Temuka– general / non-urgent matters only	03 615 0060
Police Timaru – general / non-urgent matters only	03 687 9808
Police Twizel – general / non-urgent matters only	03 435 0719
Police Waimate – general / non-urgent matters only	03 689 7272
Polio NZ Inc. – post-polio support	0800 476 546
Pregnancy Counselling Services	0800 773 462
Presbyterian Support - Too Easy Meals (Frozen Meals)	03 687 7945 (select option 1)
Presbyterian Support South Canterbury - Enliven	03 687 7945
Prostate Problem Support Line	0800 477 678
Public Health Nursing – B4 School Co-ordinator	03 687 2319
Public Health Nursing – Gateway Co-ordinator / Youth Health & Sexual Health Clinics	03 687 2322
Public Health Nursing – General	03 687 2320
Public Health Nursing – Vision Hearing Technician	03 687 2317
Quitline- advice and support to stop smoking	0800 778 778
Rare Disorders NZ	04 385 1119
Riding for the Disabled Association	04 234 6090
Rural Support South Canterbury	0800 787 254
Salvation Army	03 684 7139
SANDS (Christchurch) – Jackie or Karlana	03 347 4881 027 4491 019
SC Free Kindergarten Assn	03 688 3098
Second Chance Enterprise – provides employment opportunities for people with a psychiatric disability	0800 289 966
SeniorLine – to help older people navigate the health system	0800 725 463
Sexual Abuse Assessment and Treatment Services (SAATS)	03 687 2100
Shine – Domestic Violence Help Line	0508 744 633
SIDS and Kids – 24 hr support for sudden infant death	0800 164 455



Sjogren's Society	03 308 8902 021 293 8862
Sleep Apnoea Association	021 344 253
Speech Language Therapy	03 687 21 00 (Ext. 8707)
Spina Bifida Association	<a href="http://www.spinabifida.org.nz">www.spinabifida.org.nz</a>
Stopping Violence Services	03 687 7376 0800 478 778
Strengthening Families	03 688 5029
Stroke Foundation	0800 787 653
Stuttering Treatment and Research Trust	09 579 67 75
Sweet Louise - supporting people living with advanced breast cancer	0800 11 22 77
Talking Trouble Aotearoa NZ – language and communication needs of children, youth and adults	09 889 87 38
TalkLink Trust- works with people of all ages who, due to a disability, have difficulties with speaking, writing, and learning and/or with controlling their environment.	(03) 374 9222
Telefriend Sight Loss Peer Support	0800 100 051
The Hearing House	(09) 579 2333
Too Easy Meals (Frozen Meals)	03 687 7945 (select option 1)
Tourette's Association	03 940 94 20
Victim Support	0800 842 846 03 664 23 70
Volunteering Mid and South Canterbury	03 687 73 64
Waimate Service Centre - Heartlands	03 689 62 26
Wegener's Granulomatosis Support Group	<a href="mailto:wq.info@nzord.org.nz">wq.info@nzord.org.nz</a>
Women's Health Action Trust	09 520 5295
Women's Wellness South Canterbury	03 688 9363
Workbridge - linking the right people to the right jobs.	0508 858 858
Youthline	0800 376 633







# UPCOMING EVENTS



## Twilight Christmas Market

**Wednesday 21 December 2022**

**4:00pm – 7:00pm**

**Heritage Square, 3 George Street, Timaru**

Come celebrate Christmas with our great variety of Artisan Craft Stalls for that last minute Christmas Shopping or a treat for yourself, seasonal fruit and vegetables for you Christmas Day celebrations, yummy Food for dinner and great Entertainment from Boru.

There will be around 90 stalls!



## Zed at the Caroline Bay Carnival

**Wednesday 4 January 2023**

**7:00pm – 8:00pm**

**Caroline Bay Soundshell, Caroline Bay**

Venture Timaru and Timaru District Council are partnering with the Caroline Bay Carnival to bring you Zed live in concert!

With hit songs Renegade Fighter, Glorafilia, and more, this is a performance you won't want to miss! This is a free concert however we will be collecting gold coin donations for Women's refuge for those who wish to donate.

The concert will be held at Caroline Bay in the Soundshell as a part of the Caroline Bay Carnival.



## PrimePort Timaru Open Water Swim

**Sunday 8 January 2023**

**9:00am – 1:00pm**

**Caroline Bay**

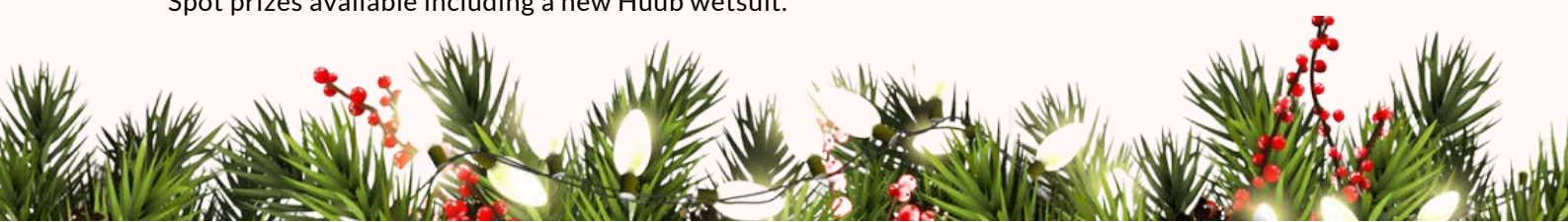
This event caters for swimmers of all abilities offering four swim distances from 500m, for those new to open water swimming who just want to give it a go, right through to a 5km event for the serious open water swimmers who enjoy the challenge of these longer more technical events.

Swim distances are 500m, 1.5km, 2.5km & 5.0km  
Spot prizes available including a new Huub wetsuit.



**Register:**

**Timaru Open Water Swim Group - Event Entry Form ([sporty.co.nz](https://www.sporty.co.nz))**





# EXERCISE FOR A BUSY LIFE

Kate Ivey is teaming up with Te Whatu Ora South Canterbury to bring Wellness Talks to your community



## ***Fairlie***

February 8th, 2023  
10 - 11am

## ***Tekapo***

February 22nd, 2023  
10 - 11am

## ***Twizel***

March 1st, 2023  
10 - 11am

### **COME AND JOIN US!**

Te Whatu Ora South Canterbury will give away five fitness packages for free at each of the three presentations, in a random draw to lucky people.

### **MORE DETAILS TO COME.**

To register interest and secure your spot please email:  
Natasha - [nhammond@scdhub.health.nz](mailto:nhammond@scdhub.health.nz)

KIERAN READ



**Te Whatu Ora**  
Health New Zealand  
South Canterbury

# Kieran Read

*LEADERSHIP  
PRESENTATION*

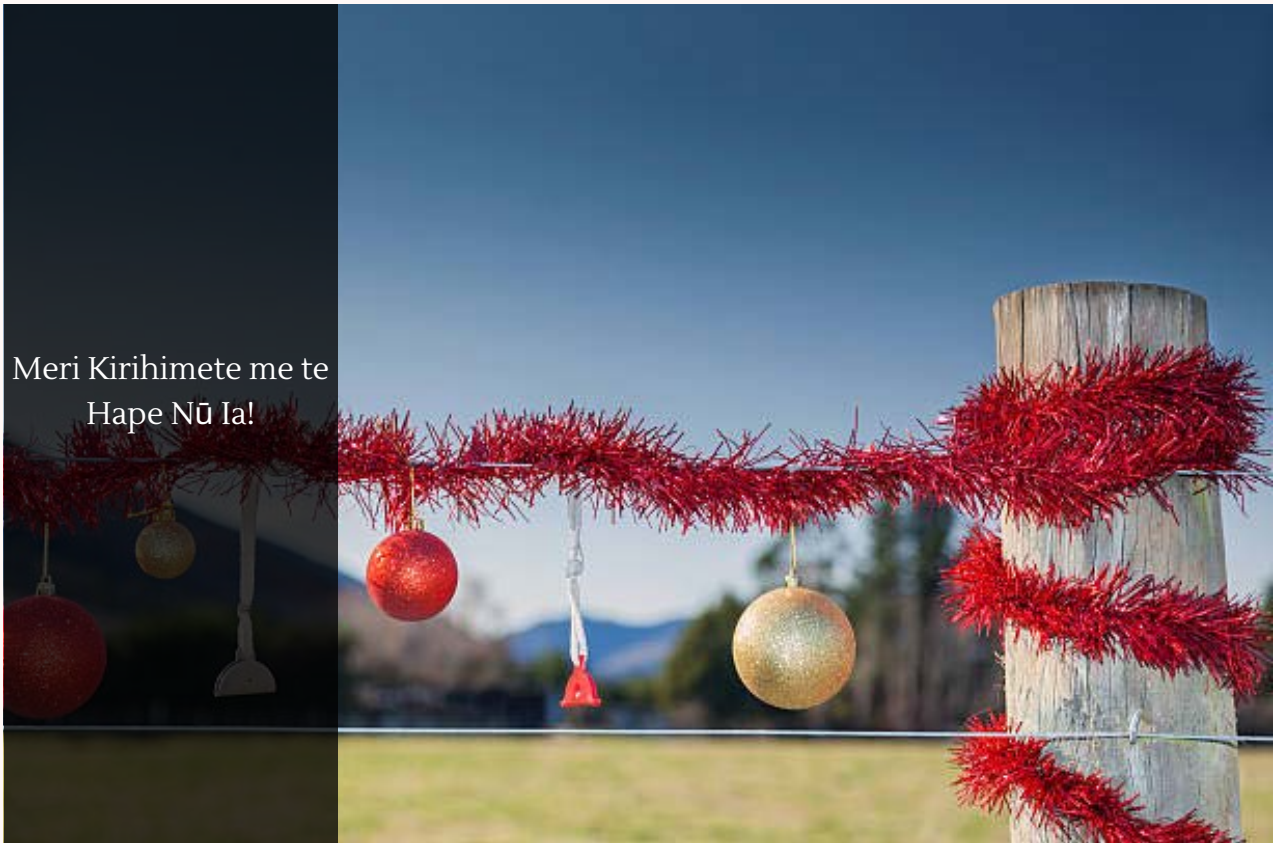
**ARE YOU WANTING TO GROW AND INSPIRE?**

**COME AND JOIN US!**

Wednesday 1st March 2023  
7pm - The Top Hut Bar & Bistro, Twizel

MORE DETAILS TO COME.

To register interest and secure your spot please email:  
Natasha - [nhammond@scdhub.health.nz](mailto:nhammond@scdhub.health.nz)



Meri Kirihimete me te  
Hape Nū Ia!

**We wish to thank all members of the  
Wellbeing Committee for  
your continued work and commitment  
to making the people of South  
Canterbury feel more supported and  
connected.**

**Have a safe and wonderful holiday period.**

For any questions or further information about the committee or this  
newsletter, please contact  
Natasha - [nhammond@scdhb.health.nz](mailto:nhammond@scdhb.health.nz)

