Hokonui Takiwā Health and Wellbeing
Village of Support

Tinana and Hinengaro
Mental and Physical Health

Gore Hospital
Emergency Care and Hospital Support

Emergency Services
St John Ambulance | Fire and Emergency

GP and Nurse Service
Gore Medical Center | Gore Health | Wellsouth |
Te Hau o Te Ora | Mataura Medical Centre | Tapanui

Counselling
Gore Counselling | Southern Rivers |
AOD counselling| Social Work

Specialist Services
Dentist | Optomitry | Ear Health |
Occupational Therapy | Midwifery | District
Nursing | Holistic Health and Medicine

Healthy Living
Active Southland |
Southern Stop Smoking

Health and Disability Advocacy
Hokonui Rūnanga Health and Social Services

Community Health
Hokonui Rūnanga Health and Social Services
Community Health Worker | Health Coach |
Health Improvement Practitioner

Connection and Navigation Services
Connected Eastern Southland |
Whānau Ora Navigator | Mataura Marae
Health and Social Services

Awhina
Safety and Advocacy

Community Support
Local Police | Youth Police Liaison |
Community Police Liaison

Legal Support
Community Court |
Court Officer

Safety and Refuge
Gore and Clutha Women's Refuge |
Male and Tamariki Advocate

Whānau and Community

Hokonui Rūnanga Health and Social Services
Whānau ora | Social Service | Kaumātua Day |
Anamata Mia | School Holiday Programme

Education Support
MOE Education Advocate | Attendence Officer |
Anamata Mia | RTLB | Kids Hub | Maruawai College |
Menzies College | St Peters College |
School transport | Alt Ed

Kaumātua Support
Hokonui Rūnanga Health and Social
Services Kaumātua Day | Age Concern |
Grey Power

Whānau and Tamariki
Family Works | Oranga Tamariki | STAND |
Barnados | Big Buddy Programme

Pregnancy and Pepi Support
Plunket | Wellchild Awarua |
Breast Feeding Support

COMMUNITY EVENTS

Tohu tohu
Advisory and Necessities Support

Housing
Kāinga Ora | Transitional Housing

Kai and Essentials Support
The Salvation Army

Work and Financial Support
Work and Income | Budget Advisory

Tinana and Hinengaro
Mental and Physical Health

GP Clinics

Gore Medical Centre	03 208 9222 email@goremedical.co.nz
Gore Health Centre	03 209 3022 ghc@gorehealth.co.nz
Te Hau O Te Ora	03 214 0040 invercargill@tehauoteora.nz
Te Hau o Te Ora - Mataura	03 203 8152 mataura@tehauoteora.nz
West Otago Health Medical Centre	03 204 8668 wohealth@wohealth.co.nz

Counselling

Gore Counselling Centre	03 208 5366 office@gorecounsellingcentre.com
Southern Rivers Community Mental Health Team	0800 443366 03 208 0299
Hokonui Rūnunga Health and Social Services	03 208 7954 hokonui.office@ngaitahu.iwi.nz
Loss and Grief Centre	03 214 0393 027 443 8888 Drop in service on Monday's 9:30am to 1pm, 6 Fairfield Street Gore

Specialist Services

Dentist Birch Lane Dental Lumino the Dentists Hokonui Dental Care	03 203 9041 03 208 7413 03 208 4422
Optometry Stewart Caithness Gray Optometrists	03 477 3440
Eyes on Main	03 448 9256
Ear Health Ear Health Gore based at Gore Hospital	0800 550 80 or book online
Bay Audiology	03 554 5119
Occupational Therapy Gore Health	03 209 3014
District Nurse Gore Health	03 209 3014
Podiatry Gore foot clinic	03 208 3664
Physiotherapy Eastern Physiotherapy	03 208 8012 admin@easternphysio.co.nz
Gore Physiotherapy	03 208 5500

Awhina
Safety and Advocacy

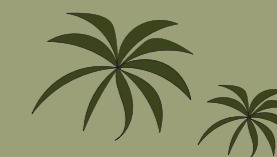|	
Hokonui Rūnunga Health and Social Services	03 208 7954 hokonui.office@ngaitahu.iwi.nz
Connected Eastern Southland	03 208 8480 reception@cnt.org.nz
Gore and Clutha Women's Refuge	03 208 8384 admin@gorerefuge.org.nz Crisis line - 0800 004 343

Whānau and Community

Plunket	0800 184 803 southern.region@plunket.org.nz
Age Concern	03 218 6351 janette@acinv.org.nz
Grey power Southland	03 214 5008 Southland office 9.30am to 1pm
Family Works	03 211 8200 enquiry@familyworkssld.nz online referral on website
Oranga Tamariki	05 08 326 459 contact@ot.govt.nz
HRHSST Kaumātua day	03 208 7954 hokonui.office@ngaitahu.iwi.nz

Tohu tohu
Advisory and Necessities Support

Kāinga Ora	0800 801 601
The Salvation Army	03 208 4443
Work and Income	0800 55 9009
Jubilee Budget Advisory	03 214 0942 or 0800 582 4533 info@jubileebudget.co.nz
Southland Community Law Centre	03 214 3180 0800 550 800 enq@comlawsth.co.nz

Nau mai haere mai

Welcome to

Hokonui Takiwā Health and Wellbeing Village of Support

At HRHSST, we provide a wide range of health and whānau education services throughout the Hokonui takiwā. We believe that by collaborating with other services, we can achieve greater outcomes with our whānau.

Together with our like-minded community partners we have developed this map identifying the Health and Wellbeing services available in our village.

We hope this map will help staff and clients of our services more easily find and access the best health or social service organisation to tautoko you and your whānau on your journey to reach your goals.

Hokonui Rūnanga
Health and Social Services Trust
Specialising in warm homes and whānau wellbeing