

Youth Services

Education and Training Providers

Education and training is the backbone of your skills base which allows you to be employable. Experience and up-skilling are a large part of personal development, not just your work history.

If you feel that you would benefit from taking part in up-skilling yourself, or if your particular work interests require specific qualifications or experience then one of the listed providers are a good place to start.

Each provider will have their own unique environment and format where you learn and gain experience. Some will be classroom based, others give you hands-on experience in workplace simulated situations.

Other services are brokerage services which can put you in the right direction if you are having trouble with your next step in your working life. These providers can make contact and advocate on your behalf to access places you want to go to and join.

Orongomai Marae Training Opportunities Programmes

Hospitality operations 8:30 – 3:00pm

☎ 04 528 9639

✉ Orongomai.marae@paradise.net.nz

Vibe Youth Transition Service

Professional development programme, health/education/support services for youth aged 10-25

☎ 04 566 0525

💻 www.vibe.org.nz

Unitec

Graduate Diploma in not for profit management.

☎ 0800 10 95 10

✉ mmalcolm@unitec.ac.nz

Lifeworks

Foundation level education for students with little qualifications, personal development and work skills

☎ 04 913 6014

💻 www.lifeworks.ac.nz

Xact Services

Community education and employment brokerage service for mixed abilities

☎ 04 570 2320

Putanga O Te Ra

Work skills, minor maintenance

☎ 04 528 3341

✉ priston@paradise.net.nz

Work and Income

Income assistance and employment opportunities

☎ 0800 559 009

💻 www.workandincome.govt.nz

WelTec

Tertiary education in many subject areas

☎ 04 0800 WELTEC

✉ information@weltec.ac.nz

💻 www.cit.ac.nz

Tradestart

Brokerage and support into skilled jobs through apprenticeships, cadets or interns.

☎ 04 566 0014

💻 tradestart@huttcity.govt.nz

Hutt Valley Teen Parent Programme

Classes in parenting/life skills and school subjects, Childcare provided on site.

☎ 04 528 8977

✉ admin@hvtp.school.nz

💻 www.hvtp.school.nz

Weltec

Tertiary education provider covering a wide range of subjects.

☎ 0800 935 832

✉ information@weltec.ac.nz

💻 www.cit.ac.nz

Open Polytechnic

Distance learning at a tertiary level.

Provides a wide range of subjects

☎ 0508 650 200

💻 www.openpolytechnic.ac.nz

Unitec

Tertiary education provider covering a wide range of subjects

💻 www.unitec.ac.nz

Upper Hutt Parents' Centre

Childbirth education, parent support/education

☎ 04 939 8990

✉ upper.hutt@parentscentre.org.nz

💻 www.parentscentre.org.nz

VUW English Learning Course

Tertiary education provider covering a wide range of subjects

☎ 04 463 5607

✉ angela.joe@vuw.ac.nz

Massey University

Tertiary education provider covering a wide range of subjects.

☎ 0800 627 739

✉ contact@massey.ac.nz

💻 www.massey.ac.nz

Youth Services

Social Services

Social Services covers a range of service providers that focus on issues relating to all aspects of your life. These can be part of your work life or completely separate. These services are there to provide a foundation for you and your family so that the life you lead is healthy, safe and supported.

A social service is a service aimed at helping somebody so that they can participate fully and positively within a community. There are also brokerage services to help you identify your needs and point you in the right direction, or just offer you information and advice.

Abbat Trust

Emergency housing, alcohol/drug & family counseling, work skills and conflict resolution

☎ 04 528-3341

✉ priston@paradise.net.nz

Citizens Advice Bureau

Information and guidance given on consumer rights, tenancy, employment, education, support, hobbies, social activities

☎ 0800 367 222

✉ cabuppht@globe.net.nz

🌐 www.cab.org.nz/upperhutt

Connections & Upper Hutt Budgeting

Advisory

Public budgeting service

☎ 04 528 6998

✉ connections@paradise.net.nz

Hutt Valley Benefit Education Service

Provide support to WINZ beneficiaries and low income earners

☎ 04 529 8108

✉ hvbest@xtra.co.nz

John Gwilliam & Co.

Free legal advice

☎ 04 527 9727

✉ john@jgwilliam.co.nz

Orongomai Marae

Maori and community service

☎ 04 528 9639

✉ uppervalleymarae@xtra.co.nz

Orongomai Marae Social Services

Free counselors, whanau/youth support and advocacy

☎ 04 528 4461

✉ orongo.ss@xtra.co.nz

Team Xtreme Hutt Valley

In school programmes, leadership training, personal mentoring

☎ 04 528 5615

✉ huttvalley@teamxtreme.org.nz

🌐 www.teamxtreme.org.nz

Timberlea Residents Association

After school care, youth programmes, community outreach, health and legal services.

☎ 04 526 8152

Upper Hutt Women's Centre

Education, fitness, legal advice, drop-in-centre, low-cost counselling, workshops

☎ 04 527 0017

✉ uhwomen@xtra.co.nz

Upper Hutt Youth Support Network

Co-ordination between people who work with and support youth in Upper Hutt

☎ 04 527 2798

Hutt Valley Community Law

Free legal advice and information, practical help with legal documents, law related education

☎ 04 568 8964

✉ centre@huttlaw.org.nz

New Settlers Centre Hutt Valley

Centre of communication where new settlers can find out what is going on

☎ 04 589 3700

✉ newsettlers@xtra.co.nz

New Zealand Police Youth Aids

Youth justice advice, care and protection

☎ 04 527 2300

🌐 www.police.govt.nz

Child, Youth and Family

Protecting children by nurturing family units

☎ 0508 FAMILY

🌐 www.cyf.govt.nz

Project K

Youth development programme

☎ 04 577 2070

✉ director@ydtw.org.nz

🌐 www.projectk.org.nz

The Exchange

Connecting Upper Hutt people to social services, including parenting education and support programmes for children and young people

☎ 04 528 4164

✉ 4 Exchange St, Upper Hutt

🌐 www.ps.org.nz

Youth Services

Health Services

There are a huge variety of health services available. Some are specialized in a specific area and others are generic health providers. A large proportion of the health services available are free or subsidized for young people. Remember you can always go to your family General Practitioner for any health issues. General Practitioners are listed in the Medical Section in the front of the white pages telephone book.

Alcoholics Anonymous

Recovery from alcoholism

☎ 04 528 7412

✉ nzgso@xtra.co.nz

🌐 www.alcoholics-anonymous.org.nz

DARE Programme

Drug education programme

☎ 04 527 2300

🌐 www.dare.org.nz

Eating Disorder Services

Support and treatment for people with eating disorders, their families and friends and information and education to prevent the onset of eating disorders

☎ 04 461 6528

✉ eatingdisorderservices@yahoo.co.nz

🌐 www.eatingdisorders.org.nz

MASH (Modern Approach to Social Health)

Drop in centre and mental health services

☎ 04 528 7342

✉ mashinc@xtra.co.nz

Pathways

Supporting people with psychiatric illness

☎ 04 528 8237

Salvation Army Bridge Programme

Alcohol & Drug Service

☎ 04 527 3373

✉ addictions@nzf.salvationarmy.org

🌐 www.salvationarmy.org.nz

Sexual Health Services

Testing and treatment for all STI's, counseling and special medical care

☎ 0800 188 881

✉ sexualhealth@wipa.org.nz

🌐 www.wipa.org.nz

Sir Charles Burns Trust

Safe, supportive residential environment for men (pre and post alcohol/drug treatment)

☎ 04 527 9006

✉ charlesburnstrust@paradisenet.nz

Vibe Upper Hutt/Hutt Valley

Free confidential health, education and support services

☎ 04 528 6261

🌐 www.vibe.org.nz

Narcotics Anonymous

Network for people recovering from drug addiction

☎ 04 801 9933

✉ casc@nzna.org

Counselling

Counselling is essentially having someone listen to you and help you through a particular issue such as relationships, work or feeling stressed or confused. This can take many forms, chats over coffee to help from trained professionals. The services outlined below are all qualified counselors however this is not the only option to undertake.

Counsellors let you do the talking and listen to what you are really saying without interrupting and trying to solve your issues. Their aim is to help you work out your own problem and find a solution that works for you. If you are feeling stressed or finding it difficult to cope with the situations in your life, you may find that counseling helps. It works best if you want to be there. Costs can vary, some community groups offer discounted rates or can offer you information about free groups and resources.

Community Counselling

Mediation, dispute resolution, counseling for youth/families/individuals

☎ 04 526 5035

✉ one.kcv@e3.net.nz

Kidslines

Telephone support for youth aged 9 - 13

☎ 0800 543 754

✉ info@kidslines.org.nz

🌐 www.kidslines.org.nz

Orongomai Marae Counselling Services

☎ 04 528 9639

✉ Orongomai.health@paradise.net.nz

Parents in Touch

Counselling for parents, teens and families

☎ 04 526 2234

Presbyterian Social Services

Providing counseling, parent education and support, community support page

☎ 04 528 4164

✉ upperhuttss@psc.org.nz

🌐 www.psc.org.nz

Relationship services

Whakawhangaugatanga

Counselling for individuals, couples and families

☎ 04 385 1729

✉ huttvalley@relate.org.nz

🌐 www.relate.org.nz

Samaritans Telephone Service

anonymous crisis those in emotional or psychological distress

☎ 04 586 1048

Upper Hutt Women's Centre

Women's education, health and wellbeing

☎ 04 527 0017

✉ uhwomen@xtra.co.nz

Youthline

Free confidential phone counseling support

☎ 0800 376 633

✉ youthline1@xtra.co.nz

🌐 www.youthline.co.nz

Project K Hutt Valley

Youth development

☎ 04 577 2070

✉ director@ydtw.org.nz

🌐 www.projectk.org.nz