
INFORMATION SHEET

Support for Upper Hutt Families/ Whanau

If you feel that you need help with your children –tamariki or young adults –rangitahi; here are some organisations that you may wish to contact:

BARNARDOS EARLY CHILDHOOD AND FAMILY SERVICES

Based at: level 1, 330 High Street, Lower Hutt
Contacts: Anna Auty, 027 470 8981
Sheryl Anicich, 021 377 226
Fax: 04 569 1165
Websites: www.barnardos.org.nz; & www.kidstart.co.nz
Service: Early childhood centres, Counselling, Childrens supervised contact, Family support based in the home, Kidstart family day care, domestic violence programmes

BIRTHRIGHT HUTT VALLEY

Based at: 517 High Street, Lower Hutt
Contact: Manager Christine Prince
Phone: 04 566 7123
Fax: 04 569 3527
Email: birthrighthutt@xtra.co.nz;
Service: Provide home based support, budgeting and practical assistance to one parent families

CENTRAL REGION EATING DISORDER SERVICES (CREDS)

Based at: Hutt Valley District Health Board
Private Bag 31 907, High Street, Lower Hutt
Phone: 04 461 6528
Fax: 04 477 4160
Email: creds@huttvalleydhb.org.nz,

CHILD, YOUTH AND FAMILY

Contact: 0508 326 459 (0508 Family)
Comment: Child, Youth and Family wants to work with you to help protect, support and care for your children. We want to ensure that children are safe from harm, well cared for and help families maintain and strengthen their child-rearing role. If you have needs or concerns for your children or children you know about then please feel free to contact Child, Youth and Family.

DARE programmes

Contact: Adela Jones Programme Coordinator
Phone: 04 589 0926
Fax: 04 589 4000
Email: dare002@dare.org.nz
Website: www.dare.org.nz
Service: provide programmes for children, young people and their parents or caregivers.

FAMILY WORKS

Counselling, Social Work, Therapy and Parent Education

Based at: 4 Exchange Street, PO Box 40 330, Upper Hutt 5140
Phone: 04 528 4164
Email: familyworks-upperhutt@psc.org.nz
Web: www.psc.org.nz
Service: These services are available for children, adolescents, adults, groups and families. This may be one-to-one and/or group interventions. Sessions are charged at an hourly rate of \$60.00 per hour. Financial assistance is sometimes available. Talk to us to find out more.

HUTT VALLEY HEALTH COUNSELLING

Based at: Upper Hutt Health Centre, Sinclair Street, Upper Hutt
Phone: 04 527 3055
Service: Health-related counselling for adolescents to over 65's (mild to moderate stress, depression, anxiety, grief etc). Free Service. Referral through GP or other heal professions and self-referral.

INFANT CHILD ADOLESCENT AND FAMILY SERVICE (ICAFS)

Based at: Nikau Centre Hutt Hospital, Lower Hutt
Phone: 04 570 9600
Fax: 04 570 9278
Website: www.huttvalleydhb.org.nz
Hours: Monday to Friday 8.30am to 5.00pm
Service: Assessment and therapy for children, youth and families with moderate to severe mental health issues

NAKU ENEI TAMARIKI (NET)

Contact: Jeannine Stairmand (Maori Service), Lesley McSharry (Pakeha Service), Lucia Kasiano (Pacific Service)
Phone: 04 939 9257 Pacific & Pakeha Service
04 939 2232 Maori Service
Web: www.net-inc.org.nz
Service: A home visiting service for families with new babies which provides information & education about parenting & child development. Programmes offered include Nurture, Enjoy, Teach; Parents As First Teachers; Haakuitanga, Haakorotanga Parenting Programme and Toolbox Early Years Parenting Programme.

OPEN HOME FOUNDATION

Phone: 04 566 3990

Service: Respite care (time out for carers). Weekends / longer foster care. Parenting skills. Youth advocacy, crisis intervention, care and protection, social work support.

PARENTS INC

Phone: 04 934 8483

Email: HuttTBX@ParentsInc.org.nz

Service: Toolbox Parenting Groups. Small group parenting courses that encourage, equip and inspire parents. Delivered in three age groups; Early Years (0-6yrs), Middle Years (6-12yrs), Tween & Teen (12+).

PLUNKET**South Upper Hutt**

Based at: 21 Tawai St, Trentham

Ph: 04 528 6406

Hours: Tuesday to Friday

Upper Hutt North

Based at: 33 Logan St, Upper Hutt

Ph: 04 528 9530

Web: www.plunket.org.nz

Service: Well Child Health 0 to 5 years

SALVATION ARMY BRIDGE PROGRAMME

Based at: CBD Tower, 84 Main Street, Upper Hutt

Phone: 04 389 6566

Service: Alcohol & drug information, education, counselling for children and families. Problem gambling service. 24 hour phone service. Support group contacts e.g Al Anon.

SUPERGRANS CHARITABLE TRUST

Contact: L2 Crest House, 92 Queens Drive, P.O. Box 31-112, Lower Hutt 5040

Phone/Fax: 04 566-9778

Contact: Erin McMenamin, Manager

Email: erin@supergran.org.nz

Web: www.supergran.org.nz

Service: Offers one on one mentoring in the home and a budget service. We work with the clients teaching them home making skills that will help them improve their lifestyles.

TIMBERLEA COMMUNITY CENTRE

Based at: 72 Norana Rd, Upper Hutt.

Ph: 04 526 8668

Service: Playgroup. Adult Education Classes. After School & Holiday programmes for children.

UPPER HUTT WOMEN'S CENTRE

Based at: 6 Sinclair St Upper Hutt

Ph: 04 527 0017

Web: www.upperhuttwomenscentre.org.nz

Purpose: Women's education, health and wellbeing

VICTIM SUPPORT UPPER HUTT

Based at: Upper Hutt Police Station 863 Fergusson Drive, Upper Hutt

Contact: Service Coordinator Leanne Collins

Phone: 04 526 2371 (office hours)

Email: upper_hutt@victimsupport.org.nz

Service: Provide support to victims of crime or crisis. 24 / 7 crisis callout line

WELLINGTON CITY MISSION 'Mission for Families' programme

Based at: 200 Riddiford Street, Newtown, Wellington South 6242

Phone: 04 389 2033

Contact: Olivia Lange, Manager Mission for Families

Email: olivia@wgtncitymission.org.nz

Web: www.wellingtoncitymission.org.nz

Service: Offering mentoring, advocacy, counselling and education for families at a turning point in their lives
