

Vibe	
Address: 3/222 Main Street Phone: 0800 24 28 28 Email: info@vibe.org.nz	Mon, Wed-Fri 9am - 5pm Tues 11am - 5pm
<p>Free, confidential health and support services for Hutt Valley young people aged 10-24. Vibe is a Youth One Stop Shop (YOSS), providing a range of primary health and social support services for young people aged 10-24 years in Te Awakairangi (the Hutt Valley).</p> <p>We aim for our services to be accessible to young people. This means that our services are youth friendly, in accessible locations, free and confidential. These are delivered 'under one roof' or 'through one door' to reduce barriers for young people.</p> <p>Services include: Health appointments. Counselling services, alcohol and other drug support, social and youth workers, support for education, training & employment, youth and young parent payments, programmes and workshops, school-based services and health education & promotion.</p>	

Youth Employment Programme (Council-led)	
Address: 836 Fergusson Drive (Whirinaki Whare Taonga) Phone: 027 803 4035 Email: paulette.pavelich@uhcc.govt.nz https://www.upperhuttcity.com/Community/People-and-programmes/Youth-Employment-Programme	Times vary but usually: 9:30am-2:30pm
<p>The Youth Employment Programme enables young job seekers, aged between 18 and 24, to gain meaningful employment or further study opportunities. The course offers group and individualized instruction in a positive, caring and inclusive environment that focuses on teamwork and transferrable employment skills. Targeted CVs and cover letters, interviewing, networking and techniques for coping with stress and anxiety while job searching are covered. Students explore educational options such as Weltec, Whitireia and ITO Apprenticeships and learn Budgeting Skills and Employee Rights. Learners Drivers License, First Aid certificate, Site Safe Passport, Barista certificate, Wheels/Tracks/Rollers are a few of the certifications that are offered, based on student interest and need.</p>	

Kickstart Youth Centre	
Address: Heretaunga College – Netball Courts PO Box 40992, Upper Hutt 5140 Phone: 027 496 6350 Email: paul@kickstart.org.nz	Mon-Fri Hours Vary Friday Hangs – 3pm til 5:30pm
<ul style="list-style-type: none"> • Belle is a programme designed for young women in years 9 - 11 at college. It is delivered in a few different formats and takes a holistic look at young womens wellbeing, and covers topics such as relationships, physical exercise and nutrition, courage and self worth. • Shift is a programme delivered by Kickstart in Upper Hutt in partnership with the Shift Foundation. Shift is about giving opportunities for young women to be active and develop leadership in their community. There are a few different arms to Shift in Upper Hutt. Just Shift it Events, Shift junior and senior leaders, and a new intermediates Shift pilot programme. • Kickstart Coffee involves two things we are passionate about - young people and coffee! We now have a coffee cart and run the Upper Hutt Train Station Coffee Kiosk which is providing much welcomed work experience to young people as well as income to help support our organisation. We have a coffee machine at our youth centre which provides Barista training for young people with NCEA credits (in association with Capital Training). Look for our Coffee Cart at events around the Hutt Valley and when you grab a coffee from kickstart you are helping kickstart a young persons career. • Spearhead leaders is a collaborative initiative between Upper Hutt City Council and Kickstart, funded by the Ministry of Youth Development and Upper Hutt City Council. It's an exciting leadership development opportunity, free for young people aged between 15 and 18, and includes an outdoor pursuits weekend (white water rafting, high ropes course, etc.), some great leadership training, new friends, and facilitation of projects to benefit young people in Upper Hutt. 	

Youthtown		
Elderslea Address: Maidstone Intermediate, Redwood Street Phone: 027 522 7186 Email: Maidstone@youthtown.org.nz	Tōtara Park Address: Tōtara Park School Phone: 027 522 6417 Email: totarapark@youthtown.org.nz	Times may vary dependent upon service
<p>Youthtown is a place where you feel like you can be the very best version of yourself, for yourself, on your terms. Every programme we run works towards the aim of seeing empowered young people engaged in their communities.</p> <p>We run programmes and programme spaces across the country for 5-18 year-olds that aim to inspire and promote the learning of life skills, working collaboratively, understanding and building resilience and unlocking potential.</p> <p>The kinds of activities you can expect from us are (but not limited to):</p> <p>Life Skills: From cooking up a storm to and self-management skills to getting your learner's licence Science and Technology: From experiments to robots to engineering - STEAM is the dream! Outdoors and Environment: Camps, tramps, EOTC, water sports, Adventure-Based Learning Creative Arts: Dance, drama, arts and crafts, music, textiles, performance, film and media Sport: Anything and everything that involves being active and staying active! Wellbeing: Space to chill out, workshops, mindfulness and self-care education</p> <p>We run bespoke programmes in many communities, check out what's happening in your area for more details.</p>		

The Shift Foundation	
Address: Location Varies <i>PO Box 11395, Manners Street, Wellington, 6142</i> Phone: N/A Email: Chloe@shiftnz.org	Times vary dependent upon programmes
<p>The Shift Foundation is a Charitable Trust that works in partnership with other awesome organisations (see below) to improve the wellbeing of young women aged 12 – 20 years.</p> <p>Whanake o te kōpara - The rise of the female bellbird, a new leadership development programme that will amplify your strengths and enable you to uplift others. This programme is being led by The Shift Foundation (Shift) and Women in Sport Aotearoa (WISPA). Both organisations advocate for equity in the physical activity space (sport, exercise, recreation, fitness, play) for women and girls, but also for other groups who may be missing out on the benefits of movement!</p>	

YMCA – Raise Up programme	
Address: Somme Road, Trentham Phone: 0800 YMCA 4U – 022 473 2298 Email: stephen.palmer@ycentral.nz	Times vary dependent upon programme
<p>Raise Up is YMCA's youth development programme run by youth for youth and operates from locations across New Zealand. Established at YMCA Massey, West Auckland in 2002, Raise Up has been built on the long and successful history YMCA has had working with youth in local communities. Raise Up activities include a mixture of regular weekly activities, events, workshops and personal development options. These are tailored to the interests of youth in each region and could include sports, music, dance, fashion, leadership training, art and much more.</p> <p>Raise Up has been designed to offer youth a safe and positive environment in which to relax, socialise and achieve their goals.</p> <p>The programme is run by Raise Up crews who are a group of selected young people representing youth in the community. They are the organising committee and driving force behind many of the events and activities operated for youth throughout YMCA.</p>	

The Raise Up crew consists of 15-20 members selected from local high schools. Young people can apply to join the crew and go through an easy selection process. Volunteering their time for approximately two hours per week, they meet, plan and implement events, weekly activities, outdoor days and educational workshops for their peers. They learn skills such as leadership and event management.

Spearhead Leaders Programme	
Address: Heretaunga College Phone: 027 4966350 Email: Paul Thompson paul@kickstart.org.nz	THURSDAY AFTERNOONS 4pm - 6pm During Term 2, 3 & 4
<p>The Spearhead Leaders programme is an initiative designed by youth and led by Kickstart Youth Centre and Upper Hutt City Council. The programme is for young people who live or go to school in Upper Hutt. The programme kicks off with a camp to set the culture of the group and then meets each Thursday during the school term.</p> <p>We seek to inspire and empower young people through nurturing belonging and a sense of purpose, supporting skill and knowledge development, offering supported leadership experiences and opportunities all while having fun!</p> <p>During the last 2 terms of the school year, we will deliver 20 youth-led events for the community to focus on engaging the community with active recreation and physical activity.</p> <p>For more information, check out the website here: https://www.spearheadleaders.org.nz/</p>	

Salvation Army: Upper Hutt corps	
Address: 695 Fergusson Drive Upper Hutt Phone: 04 528 6745 Email: upperhutt_corps@nzf.salvationarmy.org	Mon-Fri: 9:30am-4:30pm Service Sunday 10:30am
<p>At The Salvation Army Upper Hutt you can expect to experience vibrant worship in a friendly and caring, multi-cultural and multi-generational setting. A significant focus for us this year and next is the development of a Recovery Ministry based on the Beatitudes, where people are spiritually equipped to overcome the hurts, hang-ups and habits that are negatively influencing their lives. Our work is fuelled by our worship - church services that feed the soul and cultivate compassion. And there's a place for you!</p> <p>We run many regular events in and around Upper Hutt centre and we run various programmes for youth and children. Please contact us to ask for more details.</p>	

Te Awakairangi Youth Development Network (TAYDN)	
Email: TAYDNsteeringgroup@gmail.com	N/A
<p>Te Awakairangi Youth Development Network (TAYDN) is a collective network of youth and community work organisations from across Lower Hutt and Upper Hutt. We currently have 26 member organisations across the Hutt Valley. We are a charitable trust serving Lower Hutt and Upper Hutt and are supported by our councils: Hutt City Council and Upper Hutt City Council. TAYDN provides five annual events that provide training, professional development and networking opportunities for the youth and community work sector.</p> <p>TAYDN's mission is connect, support, change. We connect the sector by strengthening community bonds and providing networking opportunities. We support the sector by providing training to upskill our members. Through the support and connection we provide the sector, we hope to positively change our communities, and young people's lives.</p>	

Lane Park Church	
Address: 22 Lane Street, Upper Hutt Phone: 04 528 6515 Email: info@laneparkchurch.nz	Mon-Thurs: 10am-1pm Service Sunday 10:30am
<p>We are a multi-generational church that has a passion to see people encounter the transforming life of Jesus! We believe that God loves you and wants to have a personal relationship with you. We are a multi-</p>	

generational church with a passion to see people encounter the transforming life of Jesus! We would love to meet you and welcome you to join us at our Sunday morning service at 10.30am

Lane Park Church have a youth group each Friday night from 7pm-9pm – for more information about other services, get in touch using the contact details provided.

Awaken City Church	
Address: 1048 Fergusson Drive, Upper Hutt Phone: 04 526 9677 Email: office@awakencity.nz	Mon-Thurs: 10am-3pm Service Sunday 10am
We believe the role of church is simply to add value to the city in which it exists. Adding value to others is not something we do, it is why we are alive! We would love you to join our story Saturating the Hutt Valley in the love and hope of Jesus, one transformed life at a time... Want to know more?	
Awaken City Church offer a range of multi-generational services and have a youth group that meet regularly. For more information, get in touch!	

Ignite Sport	
Phone: 04 920 2204 Email: info@ignitesport.org.nz	24 / 7
Ignite Sport is a volunteer-based youth development organisation offering a unique delivery style. Using sport and recreation to engage, Ignite Sport encourages young people to consider character, values, balance and heart.	
Our programmes are designed to give input at each year level and community group. They are graduated and look to support and enhance previous year's learning. Connection with students on an ongoing basis increases our ability to impact and reinforce a message that will stay with them beyond their school years. To read more about these programmes please click here .	
We also run other programmes supporting young people with specific needs, see below:	
<ul style="list-style-type: none">• Oho Ake is our programme for youth at risk• Supporting Young People with a Disability• Fusion is our programme for youth from a refugee background• Shift is our programme specifically tailored for young women	
Oho Ake and Supporting Young People with a Disability are programmes that can be provided within school hours. Fusion and Shift are wider programmes run outside school time.	

Activation	
Address: 836 Fergusson Drive, Upper Hutt Phone: 04 527 2113 Email: brent.hayward@uhcc.govt.nz	Mon – Fri 9am-5pm
The Activation Team works with clubs, active recreation providers, community groups and individuals to develop and support physical activity in the city and implement the active recreation plan. Some of the awesome initiatives Activation provide are:	
<ul style="list-style-type: none">- The Gas Hub's Parks & Places campaign - <i>a whole range of recreation and entertainment activities in Upper Hutt's beautiful parks and recreation areas throughout summer</i>- Upper Hutt Floorball - <i>A fast and exciting game similar to hockey that promotes end-to-end plays with quick transitions and fluid game play. The rules stress the importance of safety and sportsmanship and are designed to limit the chance of injury without decreasing the speed or skill of</i>	

the game. Games are played on Mondays from 4-6pm at Professionals Recreation Hall, entry to the hall is via the Upper Hutt iSite on Fergusson Drive.

- *PLAY - Play is essential to healthy brain development and enables children to interact in the world around them. Play allows children to experience fun, joy and laughter in a way that is important to them. It's also where they can practice life skills while developing imagination, dexterity, and physical, cognitive, and emotional strength.*
- *UH Sports Club Directory – Activation have extensive networks across all sports, clubs and active recreation initiatives across the city. They also hold the UH Sports Club Directory which ensures that the most appropriate contacts for all sporting needs are provided.*

For more information, visit www.upperhuttcity.com/Sport-and-recreation/Activation

Whirinaki Whare Tāonga (formerly Expressions Whirinaki)		
Address: 836 Fergusson Drive, Upper Hutt Phone: 04 527 2168 Email: info@whirinakiarts.org.nz	Mon-Sun	9am-4pm
<p>Whirinaki Whare Tāonga is a vibrant arts centre where you can to enjoy art, culture, history and entertainment. Five galleries have a constantly changing programme of exhibitions ranging from the very best New Zealand and international art, to local arts and craft and historical exhibitions, with a special focus on interactive experiences and family friendly activities. It's the hub for audience engagement and participation in the arts for Upper Hutt with a varied programme of special events, workshops for children, artist talks, and education classes for schools and community activities which vary throughout year.</p> <p>For more information around programmes, exhibitions or activities – get in touch or see the website: http://www.whirinakiarts.org.nz/about-whirinaki-whare-taonga</p>		

Mesa Youth Ambassadors Exchange (Postponed until further notice)	
Address: 834 – 842 Fergusson Drive, Upper Hutt Phone: 04 527 2792 Email: Sue.Colville@uhcc.govt.nz	N/A
<p>The Mesa Youth Ambassadors Exchange programme is an opportunity to grow the world-view of our young people, allowing them to make better-informed decisions about their future. Two young people and their families are selected to host two young people from Mesa in Arizona, USA and in exchange the two Upper Hutt young people spend time learning about life in Arizona.</p> <p>This collaborative exchange programme between Upper Hutt City Council and the Mesa Sister Cities Association promotes international friendships and an increased sense of identity through exploring culture and diversity on an international scale.</p> <p>Unfortunately, the global pandemic has meant that Council postponed its 2020 and 2021 exchanges.</p>	

Upper Hutt City Libraries							
Address: 844 Fergusson Drive, Upper Hutt Phone: 04 527 2117 Email: Louisa.Wilkinson@uhcc.govt.nz	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Mon, Wed, Fri</td> <td style="padding: 2px;">9:30am-6pm</td> </tr> <tr> <td style="padding: 2px;">Thu</td> <td style="padding: 2px;">9:30am-7pm</td> </tr> <tr> <td style="padding: 2px;">Sat & Sun</td> <td style="padding: 2px;">9:30am-4pm</td> </tr> </table>	Mon, Wed, Fri	9:30am-6pm	Thu	9:30am-7pm	Sat & Sun	9:30am-4pm
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Thu	9:30am-7pm						
Sat & Sun	9:30am-4pm						
<p>The Library works with schools, community groups and individuals to develop and implement programme and events promoting literacy, the library and recreational reading. Some of the awesome initiatives the Library provide includes:</p> <ul style="list-style-type: none"> - Teen Volunteers – getting library loving teens into the library to help volunteer. Giving teens the chance to assist in creating, facilitating, and participating in programmes. - Scribble and Scribes- a literacy-based programme for ages 8-12 encouraging attendees to feel safe to be creative and imaginative. - Story Writing Competition- Encouraging all ages to let their imagination run wild and submit a story in our Story Writing Competition. 							

- A welcome to the Flesh and Blood card trading game in term 1 in association with a local gaming shop, with free decks and mentors to teach the game to teens.
- School holidays- running a variety of clubs for teens to attend to be creative and have fun during their school holidays.
- Summer reading challenge- encouraging teens to read with a summer reading challenge, read to the prompts and go in the draw to win a prize.
- Library expos at intermediate and colleges- promoting library services and engaging with teens in a fun and interactive way.
- Youth workshops- reaching out into the community to find out what teens are really wanting from the library and starting to co-design updating the Teenspace.

For more information, visit <https://www.upperhuttlibrary.co.nz/Programmes>

Capital Training		
Address: 9 King Street, Unit B, Upper Hutt Phone: 04 528 4911 Email: UpperHutt@capitaltraining.co.nz	Mon, Tue 8:30am-4:30pm Wed 8am-4:30pm Thu, Fri 8:30am-4:30pm	
Capital Training is a New Zealand lower North Island-based, NZQA accredited, private training establishment (PTE) offering a wide spectrum of free courses and qualifications to prepare people for the modern workplace.		
At Capital Training we believe that::		
<ul style="list-style-type: none"> - Everybody who wants to build their skills and autonomy deserves a second chance at learning and education. - Everybody can learn and achieve with the right support. - Literacy and numeracy are fundamental to learning. - Training is best delivered by tailoring it to the individual through an individual learning - Plan and regular plan and review occurring between tutor and learner. - Our role is to progressively teach our learners how to independently manage learning, planning and goal setting. - Good learning material draws on the lived experience of our learners wherever possible. 		
Some of the courses that Capital Training provide are:		
<ul style="list-style-type: none"> - Computing - Business Administration - Employment Preparation - Life Skills - Literacy and Numeracy - Retail 		
And many more. They also have accessible support options so travel is provided.		

H2O Xtream		
Address: 830-834 Fergusson Drive, Upper Hutt Phone: 04 527 2113 Email: h20xtream@uhcc.govt.nz	Mon-Thurs 5:30am-9pm Fri 5:30am-10pm Sat 8am-7pm Sun 8am-6:30pm Public Holidays 8am-7pm	
H2O Xtream is Upper Hutts Aquatic Centre complete with wave pool, slides, lane pool, toddler pool, H2O Xtream café and Swim Shop! We regularly host programmes for the community, and our young people get to enjoy:		
<ul style="list-style-type: none"> - Aquabeatz x4 times a year – A teen pool party for the youth of Upper Hutt 		

- Teen Time – Friday night’s all inflatables out in the lane pool and free slides from 7pm-10pm

H2O Xtream also offers children and young people exciting and educational activities to keep them happy and active during the school holidays. We run 2 separate programmes:

- Surf’s Up for 5-8 year olds
- Hang 10 for 9-13 year olds

For more information on the H2O School Holiday programmes, contact us on:
04 527 2113 OR h2oholidays@uhcc.govt.nz

For more information about H2O Xtream, follow us on Facebook or please check out the website here:
<https://www.h2oxtream.com/>

Parks / Reserves

Upper Hutt is home to over 50 beautiful parks, gardens, reserves, recreation areas, sports fields, and playgrounds. There's always a new place to discover, each with its own unique quality. On our website, we have a directory which is the centre-point for all information regarding any of the areas that Council maintain. See here:

<https://www.upperhuttcity.com/Sport-and-recreation/Parks-and-reserves-directory>

Upper Hutt Young Achievers Awards

Address: 834 – 842 Fergusson Drive, Upper Hutt
Phone: 04 527 2794
Email: Tania.Wilkinson@uhcc.govt.nz

Yearly – See website for more information.

Bi-annually, Upper Hutt City Council hosts the Young Achievers Awards. The awards are dedicated to celebrating and acknowledging the achievements and successes of young people aged 13–18 years in Upper Hutt.

The awards are proudly aimed at inclusiveness of all young people in the city and are celebrated across the following categories:

SPORTS AWARD

Celebrating a sportsperson with outstanding talent in their chosen sport who upholds a positive and respectful attitude

LEADERSHIP AWARD

Celebrating a local leader who has made a significant contribution to the community

EXPRESSIONS ARTS AWARD

Celebrating a person who demonstrates excellence and passion in the arts

RESILIENCE AWARD

Celebrating an inspiring young person who has overcome personal challenges

KAITIAKI AWARD

Celebrating a local leader in environmental protection

MANAAKITANGA AWARD

Celebrating an outstanding person who demonstrates kindness, caring and compassion towards others

MAYORAL AWARD

Celebrating an outstanding person chosen by the Mayor, all finalists are considered for this award

For more information on when nominations are open, or to view the most recent award recipients, please see here: <https://www.upperhuttcity.com/Community/Awards/Young-Achievers-Awards>

HELPLINES:

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

LIFELINE For counselling and support	0800 543 354 (0800 LIFELINE) Free Text 4357 (HELP)
Samaritans For confidential support for anyone who is lonely or in emotional distress	0800 726 666
LIFELINE For counselling and support	0800 543 354 (0800 LIFELINE) Free Text 4357 (HELP)
1737 '1737, need to talk?' is New Zealand's new national mental health & addictions helpline number.	1737 (free call and text)
Depression Helpline To talk to a trained counsellor about how you are feeling or to ask any questions.	0800 111 757 4202 (free text) www.depression.org.nz
Healthline For advice from trained registered nurses	0800 611 116
Covid-19 Healthline For Covid-19 health advice and information	0800 358 5453
Youthline For young people and their parents, whānau and friends	0800 376 633 234 (free text) Email: talk@youthline.co.nz Webchat: www.youthline.co.nz (Available 7pm-10pm)
What's Up For 5-18 year olds, a safe place for them to talk about anything.	0800 942 8787 (Mon-Fri 12pm-11PM, Sat-Sun 3pm-10pm) Webchat: https://whatsup.co.nz/getting-in-touch/ (Chat open Mon-Fri 1pm-10pm, Sat-Sun 3pm-10pm)
Kidsline For young people up to 18 years of age	0800 543 754 (0800 KIDSLINE)
0508 Tautoko Suicide Crisis Helpline For support if you're in distress, or worried that someone may be at risk of suicide or for those who are grieving a loss	0508 828 865
OUTLine For sexuality or gender identity issues	0800 688 5463 (6pm-9pm)
Alcohol Drug Helpline For people dealing with alcohol or other drug problems	0800 787 797 8681 (free text) Webchat: www.alcoholdrughelp.org.nz