



## [Hawea Volunteer Fire Brigade](#)

This is a volunteer station. That means all members of our brigade dedicate their own time in order to serve this ... [read more](#)

[03 443 1632](tel:034431632) or [021 334482](tel:021334482) / [brent.arthur@fireandemergency.nz](mailto:brent.arthur@fireandemergency.nz)



## [Glenorchy Rural Fire Force](#)

This is a rural volunteer station, meaning all of our members dedicate their own time in order to serve this commun... [read more](#)

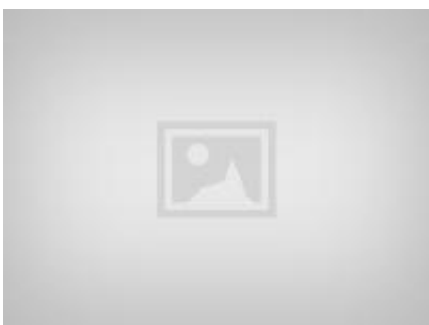
[027 4411 618](tel:0274411618) / [songreenstone@gmail.com](mailto:songreenstone@gmail.com) /  
[www.facebook.com/Glenorchy-Volunteer-Rural-Fire-Force-1636296079961525/](https://www.facebook.com/Glenorchy-Volunteer-Rural-Fire-Force-1636296079961525/)



## [Meals on Wheels](#)

MOW are reasonably priced meals delivered to your door by a wonderful team of volunteer drivers on weekdays. This s... [read more](#)

[03 443 7899](tel:034437899)



## [Arrowtown Plunket](#)

Hours: Mon, Wed, Thurs, Friday 10am-12pm under 5's. Wed 1pm - 3pm Babies group [read more](#)

[027 636 1112](tel:0276361112) / [arrowtown.plunket@plunket.org.nz](mailto:arrowtown.plunket@plunket.org.nz) /  
[www.plunket.org.nz](http://www.plunket.org.nz)



## [Wakatipu Medical Centre](#)

Wakatipu Medical Centre is a community based general medical practice situated in Frankton. It serves patients from... [read more](#)

[03 442 2288](tel:034422288) / [admin@wakatipumedical.co.nz](mailto:admin@wakatipumedical.co.nz)



## [Queenstown Plunket Centre](#)

Little Wrigglers PEPE Parenting Education (5-12 mths) Opening hours: Phone for start dates and information Phone:... [read more](#)

[03 442 7380](tel:034427380) / [southland@plunket.org.nz](mailto:southland@plunket.org.nz) / [www.plunket.org.nz/plunket/show/little-wrigglers-free-pepe-parenting-education-courses-5-12-mths--1](http://www.plunket.org.nz/plunket/show/little-wrigglers-free-pepe-parenting-education-courses-5-12-mths--1)



## [Wanaka Volunteer Fire Brigade](#)

Established 1953. Currently 33 Volunteer Firefighters, Attending approximately 175 calls a year. Two appliances, 85... [read more](#)

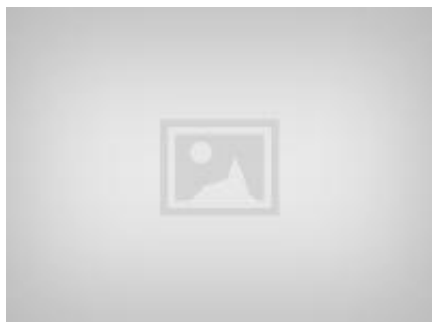
[03-443 7602](tel:034437602)



## [Queenstown DARE Support Committee](#)

Locally operated and funded drug resistance education programmes - school based. [read more](#)

[+64 3 441 1600](tel:+6434411600)

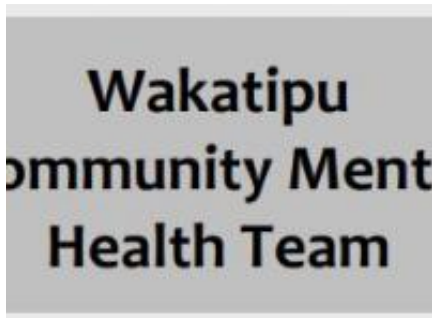


## [Queenstown Plunket Mothers](#)

Plunket offers a range of FREE courses, aimed at supporting parents in their parenting role through the different s... [read more](#)

[03 442 7380](tel:034427380) / [southland@plunket.org.nz](mailto:southland@plunket.org.nz) / [www.plunket.org.nz/plunket/show/queenstown-parenting-education-classes](http://www.plunket.org.nz/plunket/show/queenstown-parenting-education-classes)

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## [Wakatipu Community Mental Health Team](#)

Wakatipu Community Mental Health, Addiction & Intellectual Disability Services: Monday to Friday 8.30am - 5.00pm T... [read more](#)

[\(03\) 441 0010](tel:034410010)

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## [Pact](#)

Pact provides support to anyone with a need so they can lead fulfilling lives in the community. We don't care why y... [read more](#)

[03 211 2850](tel:032112850) / [www.pactgroup.co.nz/](http://www.pactgroup.co.nz/)

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## [Wakatipu Search and Rescue](#)

Starting in the early 1980s, our Group has now been operational for some 30+ years. Initially, the group comprised... [read more](#)

[03 442 6398](tel:034426398) / [webmaster@wakatipusar.co.nz](mailto:webmaster@wakatipusar.co.nz) / [www.wakatipusar.co.nz](http://www.wakatipusar.co.nz)

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## [Alzheimerers Southland](#)

Alzheimerers Southland offers support, education and information to anyone wanting to know more about dementia. We pr... [read more](#)

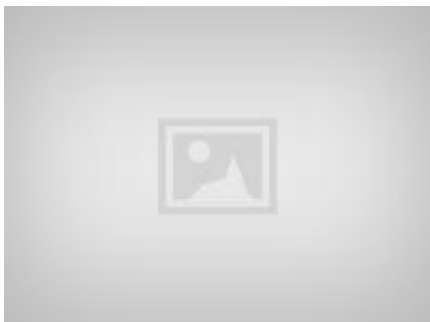
[\(03\) 214-0984](tel:03-214-0984) / [alzheimerers.southlandcsw@xtra.co.nz](mailto:alzheimerers.southlandcsw@xtra.co.nz) / [www.alzheimerers.org.nz/southland](http://www.alzheimerers.org.nz/southland)



## [Blind Foundation](#)

The Blind Foundation is here to help. If you, a family member or friend, is blind or experiencing sight loss, we c... [read more](#)

[0800 24 33 33](tel:0800-24-33-33) / [GeneralEnquiries@blindfoundation.org.nz](mailto:GeneralEnquiries@blindfoundation.org.nz) / [blindfoundation.org.nz/](http://blindfoundation.org.nz/)



## [Department of Conservation - Wakatipu](#)

Mission and visionThe Department of Conservation's challenge is to manage natural and historic heritage assets for ... [read more](#)

[+64 3 442 7933](tel:+64-3-442-7933) / [wakatipuareaoffice@doc.govt.nz](mailto:wakatipuareaoffice@doc.govt.nz) / [www.doc.govt.nz/](http://www.doc.govt.nz/)



## [St John Youth Division Queenstown](#)

Kia Ora and welcome to our awesome St John Youth online presence. If you've got this far you may be considering a S... [read more](#)

[0800 785 646](tel:0800-785-646) / [Youth.Southisland@stjohn.org.nz](mailto:Youth.Southisland@stjohn.org.nz) / [youth.stjohn.org.nz/](http://youth.stjohn.org.nz/)



## [Wanaka Search and Rescue Group](#)

Providing Search and Rescue support for the lost, missing and injured. If you're lost, missing or injured, day or night... [read more](#)

[wanaka.sar@gmail.com](mailto:wanaka.sar@gmail.com) / [wanakasar.org.nz/](http://wanakasar.org.nz/)



CCS  
**disability action**  
Including all people

## [CCS Disability Action Southland](#)

We offer a range of services for disabled people and their family and whānau including access to our modern well-equipped... [read more](#)

[03 218 9696](tel:032189696) / [Admin.Southland@ccsDisabilityAction.org.nz](mailto:Admin.Southland@ccsDisabilityAction.org.nz) / [www.ccsdisabilityaction.org.nz](http://www.ccsdisabilityaction.org.nz)



## [Counsellor and Gestalt Therapist, Elizabeth Denton](#)

I work as a counsellor and gestalt therapist with individuals and couples. Most people benefit from therapy at cer... [read more](#)

[0212 882 797](tel:0212882797) / [e.denton@vodafone.co.nz](mailto:e.denton@vodafone.co.nz) / [queenstowntherapy.wordpress.com](http://queenstowntherapy.wordpress.com)

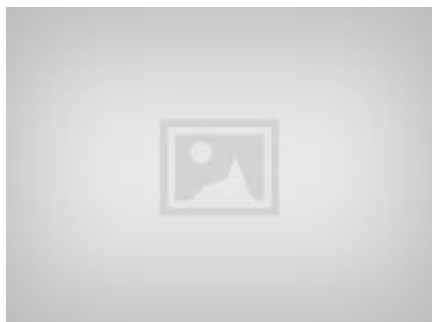


**St John**  
first to care

## [St John 1st Aid Training](#)

First aid is at the heart of St John. In addition to our ambulance services, we provide training courses, kits and ... [read more](#)

[0800 785 646](tel:0800785646) / [enquiries@stjohn.org.nz](mailto:enquiries@stjohn.org.nz) / [www.stjohn.org.nz/](http://www.stjohn.org.nz/)



## [National Heart Foundation](#)

Our mission: to STOP New Zealanders dying prematurely of heart disease and HELP people with heart disease to live f... [read more](#)

[+64 3 4773999](#) / [dunedinoffice@heartfoundation.org.nz](mailto:dunedinoffice@heartfoundation.org.nz) / [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)



## [Oral Health Services](#)

The Community Oral Health service has a strong emphasis on prevention of tooth decay and providing parents with adv... [read more](#)

[03 476 9835](tel:034769835) / [oralhealth@southerndhb.govt.nz](mailto:oralhealth@southerndhb.govt.nz) / [www.southerndhb.govt.nz/pages/community-oral-health-service/](http://www.southerndhb.govt.nz/pages/community-oral-health-service/)



## [Arrowtown Medical Centre](#)

Right care delivered by the right person in the right place at the right time. Queenstown Medical Centre (QMC) ope... [read more](#)

[03 442 1215](tel:034421215) / [info@qmc.co.nz](mailto:info@qmc.co.nz) / [www.qmc.co.nz](http://www.qmc.co.nz)



## [Diabetes Support](#)

Diabetes New Zealand is a charity that represents and supports people with diabetes. We've been supporting Kiwis wi... [read more](#)

[\(03\) 218 3422](tel:032183422) / [diabetes.southlandfo@xtra.co.nz](mailto:diabetes.southlandfo@xtra.co.nz) / [www.diabetes.org.nz](http://www.diabetes.org.nz)



## [Head Injury Society of Southland](#)

Cell: 027 424 8813 Hours: Monday - Thursday 9.30am - 3pm. Friday by appointment only. Please phone first. [read more](#)

[03 214 4154](tel:032144154) / [his-sth@xtra.co.nz](mailto:his-sth@xtra.co.nz)



## [AccessAbility](#)

The work of AccessAbility is based on a defined set of principles and beliefs. These are what guide our efforts. ... [read more](#)

[0800 758 700](tel:0800758700) / [otago@accessability.org.nz](mailto:otago@accessability.org.nz) / [www.accessability.org.nz/](http://www.accessability.org.nz/)



## [Arthritis Educator Southland](#)

If you have arthritis, or know someone with arthritis, we are here for you! We provide information, advice and supp... [read more](#)

[03 218 3639](tel:032183639) / [southlandae@arthritis.org.nz](mailto:southlandae@arthritis.org.nz) / [www.arthritis.org.nz](http://www.arthritis.org.nz)



## [Wanaka Al-anon](#)

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing The Twelve Steps, by welcomin... [read more](#)

[0508425266](tel:0508425266) / [www.al-anon.org.nz/otago](http://www.al-anon.org.nz/otago)





## [Alcoholics Anonymous Queenstown](#)

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together... [read more](#)

[03 442 3181](tel:034423181) / [nzgso@aa.org.nz](mailto:nzgso@aa.org.nz) / [www.aa.org.nz/](http://www.aa.org.nz/)



## [Mountain Safety Council](#)

The Wakatipu branch of the Mountain Safety Council run a variety of public courses in the following disciplines - F... [read more](#)

[+64 4 385 7162](tel:+6443857162) / [info@mountainsafety.org.nz](mailto:info@mountainsafety.org.nz) / [www.mountainsafety.org.nz](http://www.mountainsafety.org.nz)



## [Queenstown Volunteer Fire Brigade](#)

In an Emergency dial 111 This is a volunteer station. That means all members of our brigade dedicate their own tim... [read more](#)

[03 442 7666](tel:034427666) / [katherine.lamont@fire.org.nz](mailto:katherine.lamont@fire.org.nz) / [www.fireandemergency.nz](http://www.fireandemergency.nz)



## [Nga Kete Maturanga Pounamu Charitable Trust](#)

Nga Kete Maturanga Pounamu Charitable Trust is a not-for-profit health and social service provider with 16 years o... [read more](#)

[\(03\) 214 5260](tel:032145260) / [admin@kaitahu.maori.nz](mailto:admin@kaitahu.maori.nz) / [www.kaitahu.maori.nz](http://www.kaitahu.maori.nz)





## [St John Ambulance Service](#)

St John operates 24 hours a day, seven days a week. We use ambulances, four-wheel drive vehicles, rapid response un... [read more](#)

[0800 785 646](tel:0800785646) / [enquiries@stjohn.org.nz](mailto:enquiries@stjohn.org.nz) / [www.stjohn.org.nz/](http://www.stjohn.org.nz/)



## [Upper Clutha Plunket](#)

The rooms are open with a friendly hostess to provide a warm and welcoming environment for parents and caregivers o... [read more](#)

[03 443 8799](tel:034438799) / [upperclutha@plunket.org.nz](mailto:upperclutha@plunket.org.nz)



## [Queenstown Police](#)

Open hours: 8.00am - 5.00pm Mon - Fri; 9.00am - 5.00pm Sat - Sun  
[read more](#)

[03 441 1600](tel:034411600) / [www.police.govt.nz/contact-us/station/queenstown-police-station](http://www.police.govt.nz/contact-us/station/queenstown-police-station)



## [Cancer Society - Central Otago & Queenstown Lakes District](#)

Supportive Care Services: We are committed to providing the very best practical support for people and their famili... [read more](#)

Office: [03 442 4281](tel:034424281) Mob [027 536 0066](tel:0275360066) / [marie@cansoc.org.nz](mailto:marie@cansoc.org.nz) / [www.cancernz.org.nz/](http://www.cancernz.org.nz/)



## [Te Korowai Hou Ora - Maori Mental Health](#)

Te Korowai Hou Ora is situated at the Southland Hospital. Open: 8.00am to 5.00pm, Monday to Friday. [read more](#)

[\(03\) 214 5786](tel:(03) 214 5786) or [0800 443366](tel:0800 443366) / [Pania.Coote@southerndhb.govt.nz](mailto:Pania.Coote@southerndhb.govt.nz)



## [NZ Police Search and Rescue](#)

Queenstown Police Station Open hours: 8.00am - 5.00pm Mon - Fri; 9.00am - 5.00pm Sat - Sun [read more](#)

[+64 3 441 1600](tel:+64 3 441 1600)



## [Arrowtown Volunteer Fire Brigade](#)

Phone number at the Station is: 03 442 1740 (unmanned station)  
Gary Mobile: 0274 333 982 [read more](#)

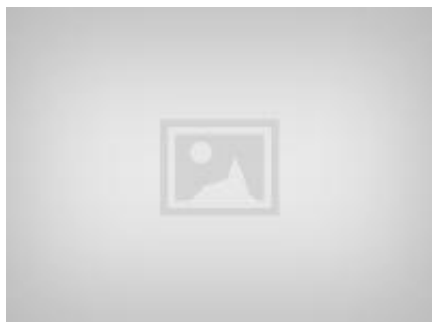
[03 442 1294](tel:03 442 1294) / [0274 333 982](tel:0274 333 982) / [www.facebook.com/Arrowtownfire/](http://www.facebook.com/Arrowtownfire/)



## [Public Health Nurse](#)

A public health nurse or a public nurse is a trained nurse whose work and focus is on community health. The Otago ... [read more](#)

[03 450 9156](tel:03 450 9156) / [publichealthnursing@southerndhb.govt.nz](mailto:publichealthnursing@southerndhb.govt.nz)



## [Wakatipu Victim Support](#)

You can also contact Victim Support through the Police - Phone: 03 441 1600 Office Landline: 03 441 1608. [read more](#)

[nationaloffice@victimsupport.org.nz](mailto:nationaloffice@victimsupport.org.nz) / [www.victimsupport.org.nz](http://www.victimsupport.org.nz)



## [Queenstown Medical Centre](#)

Queenstown Medical Centre (QMC) was established by the late Dr Pat Farry in 1970 who had a vision of a practice bas... [read more](#)

[64 3 441 0500](tel:6434410500) / [info@qmc.co.nz](mailto:info@qmc.co.nz) / [www.qmc.co.nz](http://www.qmc.co.nz)



## [Remarkables Park Medical Centre](#)

Queenstown Medical Centre (QMC) was established by the late Dr Pat Farry in 1970 who had a vision of a practice bas... [read more](#)

[03 450 9199](tel:034509199) / [info@qmc.co.nz](mailto:info@qmc.co.nz) / [www.qmc.co.nz](http://www.qmc.co.nz)



## [Department of Conservation - Wanaka](#)

Mission and visionThe Department of Conservation's challenge is to manage natural and historic heritage assets for ... [read more](#)

[+64 3 443 7660](tel:+6434437660) / [mtaspiringvc@doc.govt.nz](mailto:mtaspiringvc@doc.govt.nz) / [www.doc.govt.nz](http://www.doc.govt.nz)



## [Child Cancer Foundation Otago/Southland](#)

Child Cancer Foundation provides strength and comfort to families, parents and children impacted by child cancer. ... [read more](#)

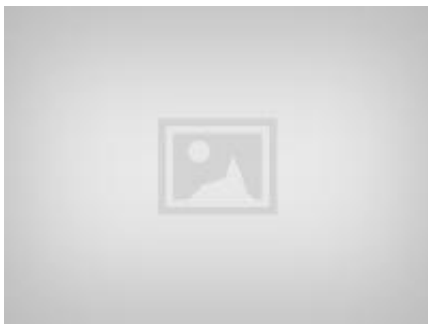
[03 951 3080](tel:039513080) / [cdonovan@childcancer.org.nz](mailto:cdonovan@childcancer.org.nz) / [www.childcancer.org.nz/](http://www.childcancer.org.nz/)



## [Luggate Volunteer Fire Brigade](#)

This is a volunteer station. That means all members of our brigade dedicate their own time in order to serve this c... [read more](#)

[03 443 8555](tel:034438555) / [fireandemergency.nz/stations/show/luggate-volunteer-fire-brigade](http://fireandemergency.nz/stations/show/luggate-volunteer-fire-brigade)



## [Counselling - Re-Create](#)

Kathryn provides counselling and training in both general mental health issues and addiction or substance abuse [read more](#)

[021 0289 7288](tel:02102897288) / [kathryn@re-create.co.nz](mailto:kathryn@re-create.co.nz) / [www.re-create.co.nz](http://www.re-create.co.nz)



## [Adventure Development](#)

Adventure Development Ltd (ADL) is a not for profit organisation that aims to help young people & whanau who are de... [read more](#)

[027 254 9323](tel:0272549323) / [malcolm@adlnz.org.nz](mailto:malcolm@adlnz.org.nz) / [adventuredevelopment.co.nz/](http://adventuredevelopment.co.nz/)



## [Jigsaw Central Lakes](#)

Jigsaw Central Lakes provides free services to individuals and families that are affected by Family Violence. Servi... [read more](#)

[03 441 0009](tel:034410009) or [24 hour crisis line 0508 440 255](tel:0508440255) /  
[info@jigsawcentrallakes.co.nz](mailto:info@jigsawcentrallakes.co.nz) /  
[www.jigsawcentrallakes.co.nz/index.html](http://www.jigsawcentrallakes.co.nz/index.html)



## [Alcohol Drug Helpline](#)

Our alcohol drug telephone helpline is only a call away. Call 0800 787 797 or text 8681, 24 hours a day, 7 days a ... [read more](#)

[0800 787 797](tel:0800787797) / [www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)



## [Royal NZ Foundation for the Blind](#)

The Blind Foundation is here to help. If you, a family member or friend, is blind or experiencing sight loss, we c... [read more](#)

[0800 24 33 33](tel:0800243333) / [GeneralEnquiries@blindfoundation.org.nz](mailto:GeneralEnquiries@blindfoundation.org.nz) /  
[blindfoundation.org.nz](http://blindfoundation.org.nz)



## [Alcoholics Anonymous Arrowtown](#)

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together... [read more](#)

[0800 229 6757](tel:08002296757) / [03 442 3138](tel:034423138) / [nzgso@aa.org.nz](mailto:nzgso@aa.org.nz) / [www.aa.org.nz/](http://www.aa.org.nz/)



## [Supporting Families Wakatipu](#)

Queenstown Lakes Family Centre is a primary mental health and social service provider. We are a team of Registered ... [read more](#)

[\(03\) 441 4331](tel:034414331) / [info@qlfc.co.nz](mailto:info@qlfc.co.nz) / [qlfc.co.nz/](http://qlfc.co.nz)



## [Alcohol and Drug / Community Mental Health Nurses](#)

The Southern DHB Alcohol and Drug Services are delivered by the Specialist Addiction Services team (formerly Commun... [read more](#)

[\(03\) 441 0010](tel:034410010) or [0800 44 33 66](tel:0800443366) / [cads.intake@southerndhb.govt.nz](mailto:cads.intake@southerndhb.govt.nz) / [www.southerndhb.govt.nz](http://www.southerndhb.govt.nz)



## [Health and Disability Advocacy Service](#)

The Nationwide Health and Disability Advocacy Service is a free service that operates independently from all health... [read more](#)

[0800 555 050](tel:0800555050) / [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz) / [www.advocacy.org.nz/](http://www.advocacy.org.nz)



## [Queenstown Lakes Family Centre](#)

The Queenstown Lakes Family Centre was established in 2004 in response to an identified service gap in the Wakatipu... [read more](#)

[03 441 4331](tel:034414331) / [info@qlfc.co.nz](mailto:info@qlfc.co.nz) / [www.qlfc.co.nz](http://www.qlfc.co.nz)





## [Kingston Voluntary Rural Fire Force](#)

This is a rural volunteer station, meaning all of our members dedicate their own time in order to serve this commun... [read more](#)

[03 248 8844](tel:032488844) or [027 237 9497](tel:0272379497) /  
[fireandemergency.nz/stations/show/kingston-voluntary-rural-fire-force](http://fireandemergency.nz/stations/show/kingston-voluntary-rural-fire-force)



## [Wanaka Wastebusters](#)

Wanaka's recycling centre and biggest reuse shop. Open 8am - 5.30pm, 7 days a week (closed Christmas Day, Good Frid... [read more](#)

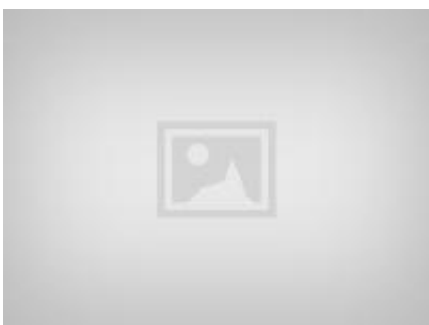
[03 443 8606](tel:034438606) / [admin@wastebusters.co.nz](mailto:admin@wastebusters.co.nz) /  
[www.wanakawastebusters.co.nz](http://www.wanakawastebusters.co.nz)



## [Salvation Army](#)

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its messag... [read more](#)

[03 442 5103](tel:034425103) / [queenstown\\_corps@nzf.salvationarmy.org](mailto:queenstown_corps@nzf.salvationarmy.org) /  
[www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)



## [Rehabilitation and Disabilities Services](#)

Disability Support Services (DSS) is responsible for the planning and funding of disability support services, and a... [read more](#)

[0800 373 664](tel:0800373664) / [info@health.govt.nz](mailto:info@health.govt.nz)





### [Alcoholics Anonymous Wanaka](#)

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together... [read more](#)

[03 443 9080](tel:034439080) / [nzgso@aa.org.nz](mailto:nzgso@aa.org.nz) / [www.aa.org.nz](http://www.aa.org.nz)



### [Alcoholics Anonymous Frankton](#)

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when... [read more](#)

[03 442 9264](tel:034429264) / [nzgso@aa.org.nz](mailto:nzgso@aa.org.nz) / [www.aa.org.nz](http://www.aa.org.nz)



### [Bruce Telford - Mental Health](#)

Bruce Telford - Mental Health is a group which provides a free online mental health programme called survival strat... [read more](#)

[0276307512](tel:0276307512) / [bruce@brucetelford.com](mailto:bruce@brucetelford.com) / [brucetelford.com](http://brucetelford.com)