



[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 / www.stjohn.org.nz/



[Age Concern Southland, Queenstown Branch](#)

Age Concern provides advice, support, education and advocacy for older people. Age Concern provides support for thos... [read more](#)

[03 441 3490](tel:034413490) / qtnageconcern@extra.co.nz / www.ageconcern.org.nz/



[Bridge Programme - Alcohol & Drug Support](#)

Whether you're considering getting some help for yourself or a friend or relative, The Salvation Army Bridge offers... [read more](#)

[0800 530 000](tel:0800530000) or [03\) 477 9852](tel:034779852) / dunedin_bridge@nzf.salvationarmy.org / www.salvationarmy.org.nz/need-assistance/addictions/alcohol-and-drug-support



[Ashburn Psychiatric Health Care](#)

Ashburn Clinic is a not-for-profit rehabilitation clinic and therapeutic community in Dunedin, offering a professio... [read more](#)

[03 476 2092](tel:034762092) / ashburn@ashburn.co.nz / www.ashburn.co.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](#)

[0800 229 6757](tel:08002296757) / nzgso@aa.org.nz / www.aa.org.nz



[Shukokai Karate - Wanaka](#)

Karate NZ is a voluntary, non profit organization committed to fostering and developing opportunities for all New Z... [read more](#)

[027 2233 176](tel:0272233176) / gabriela_schmidt@hotmail.com / www.karatenz.co.nz



[AccessAbility - Needs Assessment and Co-ordination](#)

AccessAbility works with disabled people and whānau in three key ways. Needs Assessment We can meet with you to learn... [read more](#)

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



[Queenstown Womxn's Group](#)

Q.W.G connects womxn in the QLD community to inspire, empower & create. We are inclusive of rainbow communities and... [read more](#)

[02108603160](tel:02108603160) / gemmarosepeacock@gmail.com / gemmarosepeacock.com



[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 ni... [read more](#)

[111](#) / wanaka.sar@gmail.com / wanakasar.org.nz/



[Autism New Zealand](#)

Autism New Zealand Inc. provides support, training, advocacy, resources and information on Autism Spectrum disorder... [read more](#)

[\(03\) 218 2420](tel:(03)2182420) or [022 0200 106](tel:0220200106) / southland@autismnz.org.nz / www.autismnz.org.nz/



[ACC](#)

We help prevent injuries and get New Zealanders and visitors back to everyday life if they've had an accident. We to... [read more](#)

[04 816 7400](tel:048167400) / information@acc.co.nz / www.acc.co.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 / www.stjohn.org.nz/



[Wanaka Psychology](#)

I provide psychological assessment and treatment for a wide spectrum of mental wellbeing issues. Adults, children, ... [read more](#)

[020 4070 8126](tel:02040708126) / info@wanakapsychology.nz / www.wanakapsychology.nz/



[Lakes District Hospital](#)

For all emergencies dial 111 from any New Zealand landline or mobile phone. [read more](#)

[\(03\) 441 0015](tel:034410015) / contactus@southerndhb.govt.nz / www.southerndhb.govt.nz



[Baskets of Blessing](#)

Baskets of Blessings is a community group that provides gift baskets and frozen meals, made with love for when word... [read more](#)

[0273299433](tel:0273299433) / info@basketsofblessing.co.nz / www.basketsofblessing.co.nz/



[Advantage South](#)

Advantage South aims to provide the very best help to Southerners looking to get back on their feet after an accide... [read more](#)

[64 3 477 9865](tel:6434779865) / beth.harman@advantagesouth.co.nz / advantagesouth.co.nz/



[Child Cancer Foundation Otago/Southland](#)

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

[03 951 3080](tel:039513080) or [021 556 356](tel:021556356) / cdonovan@childcancer.org.nz / www.childcancer.org.nz/



[Disabilities Resource Centre](#)

We came from small beginnings in 1992. Over the following years we provided needs assessment and service co-ordinat... [read more](#)

[03 214 5000](tel:032145000) or [0800 100 531](tel:0800100531) / info@drcsouth.co.nz / www.drcsouth.co.nz



[CCS Disability Action Southland](#)

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

[03 218 9696](tel:032189696) or [0800 227 2255](tel:08002272255) / Admin.Southland@ccsDisabilityAction.org.nz / www.ccsdisabilityaction.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



[Arrowtown Medical Centre](#)

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

[03 450 1355](tel:034501355) / info@qmc.co.nz / www.qmc.co.nz



[Southern Support Eating Disorders \(SSED\) Service](#)

The SSED Service in the community and primary health sector is a free service that provides early identification, a... [read more](#)

[03 476 2092](tel:034762092) / southernsupport@ashburn.co.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:0800785646) / Youth.Southisland@stjohn.org.nz / youth.stjohn.org.nz



[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) / secretary@wakatipusar.co.nz / www.wakatipusar.co.nz



[Asthma Society](#)

The Asthma and Respiratory Foundation NZ is New Zealand's not-for-profit sector authority on all respiratory conditions... [read more](#)

[03 471 6167](tel:034716167) or [027 471 6162 \(after hours\)](tel:0274716162) /
otagoasthma@xtra.co.nz / www.asthmafoundation.org.nz/



[Epilepsy NZ - Southland Branch](#)

What Do We Do? Educational services for professionals who work with people with epilepsy such as ambulance service s... [read more](#)

[03 218 3089](tel:032183089) or [0800 EPILEPSY](tel:0800EPILEPSY) / southland@epilepsy.org.nz / www.epilepsy.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 / [qlfc.co.nz/](http://qlfc.co.nz)



[Family Works Otago](#)

Family Works supports children, young people and their families to be safe, strong and connected. Our services include... [read more](#)

[03 477 7116](tel:034777116) / enquiries@psotago.org.nz /
psotago.org.nz/family-works/



[Arrowtown Swimming Club](#)

The Arrowtown Swimming Club is run by volunteers from the community for the community. The club is steeped in histo... [read more](#)

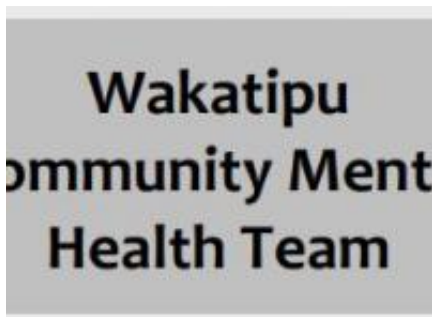
[0212971422](tel:0212971422) / arrowtownswimclub@gmail.com



[Aspiring Athletes](#)

The Aspiring Athletes Club is an umbrella organization designed to meet the needs of a wide range of athletes – com... [read more](#)

[034 436 766](tel:034436766) / www.aspiringathletes.nz/



[Wakatipu Community Mental Health Team](#)

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

[\(03\) 441 0010](tel:034410010) - [afterhours number 0800 467 846](#)



[Zumba Queenstown](#)

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted ... [read more](#)

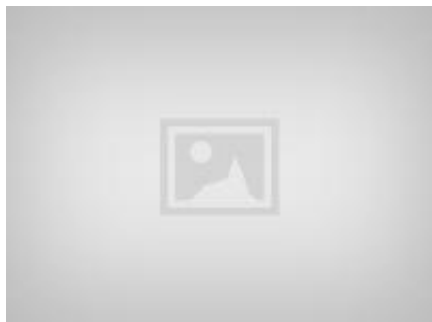
[021 082 981 40](tel:02108298140) / tapiadunque.anamaria@gmail.com / www.zumba.com/en-US



[Snow Sports NZ](#)

We are about competitive snow sports, from grassroots, to winning on the world stage. Snow Sports New Zealand is th... [read more](#)

[+64 3 443 4085](tel:+6434434085) / info@snowsports.co.nz / www.snowsports.co.nz/



[Lake Wakatipu Care Home](#)

Bupa is proud to offer rest home, hospital and respite/ carer support at Lake Wakatipu Home and Hospital in Frankto... [read more](#)

[\(03\) 927 4317](tel:039274317) /
reception@wakatipucare.co.nz; angela.cole@wakatipucare.co.nz;
maurice.david@queenstowncountryclub.co.nz /
www.bupa.co.nz/care-homes/find-a-care-home-near-you/queenstown/lake-wakatipu-care-home/



[Wanaka Lake Swimmers](#)

We, as a committee, are passionate about open water swimming. We love just getting in there, exploring, floating ab... [read more](#)

wanakalakeswimmers@gmail.com /
wanakalakeswimmers.wordpress.com/



[Wakatipu Garden Club](#)

The Wakatipu Garden Club is a local community group with a focus on gardening and related activities. It has been a... [read more](#)

[027 306 0415](tel:0273060415) / jennieburt@hotmail.com



[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 w... [read more](#)

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



[Baby Sleep Consultant](#)

I am Oanita and I am lucky enough to be based here in the wonderful Queenstown Otago. I have a varied background in ... [read more](#)

[021 884 291](tel:021884291) / [oanita@babysleepconsultant.co.nz](mailto: oanita@babysleepconsultant.co.nz) / babysleepconsultant.co.nz/about-us/sleep-consultants/oanita-queenstown/



[CanShop](#)

100% volunteer run Opportunity Shop, raising funds to provide practical psychosocial support to individuals affected... [read more](#)

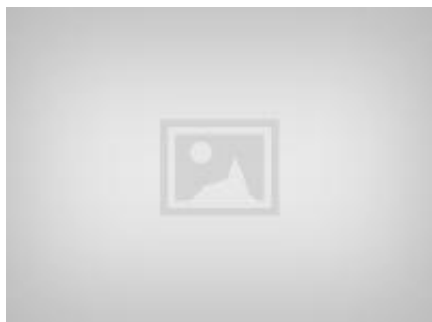
[0275360066](tel:0275360066) / Marie.Wales@cansoc.org.nz / www.facebook.com/canshopqueenstown/



[Brain Injury Association](#)

Every day, 90 New Zealanders sustain a brain injury. Brain injuries are more common than you think, and can happen ... [read more](#)

[\(03\) 471 6156](tel:034716156) / liaison.dunedin@brain-injury.org.nz / www.brain-injury.nz/



[Queenstown Plunket Centre](#)

Little Wrigglers PEPE Parenting Education (5-12 mths) Opening hours:
Phone for start dates and information Phone: 03... [read more](#)

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



[Upper Clutha Palliative Care Trust](#)

The Upper Clutha Palliative Care Trust (formerly the Upper Clutha Hospice Trust) was formed by a group of Wanaka re... [read more](#)

info@ucpct.co.nz / ucpct.co.nz



[Southern District Health Board](#)

Southern District Health Board (Southern DHB) exists to support everyone across our district to live well, and acce... [read more](#)

[03 474 0999](tel:034740999) / contactus@southerndhb.govt.nz /
www.southernhealth.nz



[Diabetes Support](#)

Diabetes New Zealand is a Charitable Trust that represents and supports people with diabetes. We've been around f... [read more](#)

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



[Kahu Youth Trust](#)

Kāhu Youth's vision is to empower ALL youth in the Upper Clutha to live their best lives. We achieve our vision by ... [read more](#)

[027 570 99268](tel:02757099268) / manager@kahuyouthtrust.org / kahuyouth.org



[Yoga in the Community - Gentle yoga for good health & calmness](#)

Yoga in the Community is a tool to support the people of our communities with: mental, physical and spiritual heal... [read more](#)

[0223265019](tel:0223265019) / takeuhigher@gmx.com / abundant.earth



[Queenstown Toastmasters](#)

Welcome to Queenstown Toastmasters !Queenstown Toastmasters is your local branch of an international organisation t... [read more](#)

[03 441 1253](tel:034411253) / queenstown@toastmasters.org.nz / www.queenstowntoastmasters.org.nz/



[ArrowYoga](#)

ArrowYoga brings affordable yoga lessons to all people of Arrowtown and surrounding. All levels are welcome. We tea... [read more](#)

[021 265 8266](tel:0212658266) / arrowyoga@gmail.com



[Stroke Foundation](#)

We're here to help and support people and their families/whanau affected by stroke. It can be challenging when it h... [read more](#)

[03 471 6175](tel:034716175) / otago@stroke.org.nz / www.stroke.org.nz/home/ / www.stroke.org.nz/community-stroke-advisors



[Central Otago Living Options](#)

The New Zealand Disability Support Network (NZDSN) is an incorporated society of members, represented by a Board of... [read more](#)

[03 4487748](tel:034487748) / alison@livingoptions.org.nz / www.nzdsn.org.nz/member/central-otago-living-options/



[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 / www.southerndhb.govt.nz/pages/community-oral-health-service/



[Carlson Gracie Jiu Jitsu NZ](#)

Based in Queenstown New Zealand, Carlson Gracie Jiu-Jitsu New Zealand is the sole New Zealand arm of Carlson Gracie... [read more](#)

[02102304516](tel:02102304516) / contact@carlsongraciebjj.co.nz / www.carlsongraciebjj.co.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) / nzgso@aa.org.nz / www.aa.org.nz/



[Wanaka Medical Centre](#)

Wanaka Medical is a rural general practice providing high quality medical care including accident and emergency ser... [read more](#)

[\(03\) 443 0710](tel:034430710) / admin@wanakamedical.co.nz / www.wanakamedical.co.nz/



[Uruuruwhenua - Health service](#)

Uruuruwhenua Health is focused on Māori health but is open to all members of the Central Otago community. Our key o... [read more](#)

[0272021515](tel:0272021515) / info@uruuruwhenuahealth.co.nz / www.healthpoint.co.nz/community-health-services/community-health/uruuruwhenua-health-community-health-services/



[Meals on Wheels Upper Clutha \(Wanaka, Albert Town, Hawea, Luggate, Cardrona\)](#)

To be assessed for eligibility for Meals on Wheels, clients need to contact their GP or a nurse at the medical cent... [read more](#)

[03 555 3010](tel:035553010) / info@communitynetworks.co.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 ca... [read more](#)

[0800 24 33 33](tel:0800243333) / info@blindlowvision.org.nz / blindfoundation.org.nz



[Pregnancy Help](#)

Services: Information, advice, and practical support (limited services provided in Central Otago - please contact u... [read more](#)

[03 455 5892](tel:034555892) / otago@pregnancyhelp.org.nz / pregnancyhelp.org.nz/



[Central Lakes Community Mental Health](#)

The Community Mental Health Teams are made up of health professionals who provide a range of specialist mental heal... [read more](#)

[\(03\) 441 0010](tel:034410010) / contactus@southerndhb.govt.nz / www.southernhealth.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](#)

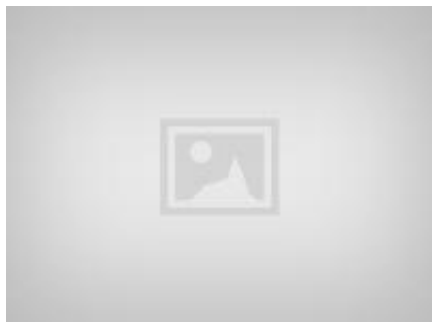
[04-385 7162](tel:043857162) / info@mountainsafety.org.nz / www.mountainsafety.org.nz/



[Wakatipu Pony Club](#)

The Wakatipu Pony Club was formed in 1951, and is a Branch of the Central Otago Pony Club, which is part of the Ota... [read more](#)

wakatipusecretary@gmail.com / www.sporty.co.nz/wakatipupc/Home



[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:021-0289-7288) / kathryn@re-create.co.nz / www.re-create.co.nz



[Queenstown Qigong](#)

Online classes / in-person workshops in Qigong, heart consciousness meditation, mindfulness and other personal deve... [read more](#)

www.taohealthqigong.com



[Healthpoint](#)

Healthpoint provides up-to-date information about healthcare providers, referral expectations, services offered and... [read more](#)

www.healthpoint.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 9661](tel:034429661) / queenstown.corps@salvationarmy.org.nz / www.salvationarmy.org.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 / www.advocacy.org.nz/



[Food For Love](#)

Food For Love is a charitable trust that delivers home-cooked meals to individuals and families in the Upper Clutha... [read more](#)

[027 365 3350](tel:0273653350) / contact@foodforlovewanaka.com / www.foodforlovewanaka.com/



[Brief Intervention Service](#)

WellSouth Brief Intervention Primary Mental Health Service provides support and assistance to people experiencing c... [read more](#)

[03 477 1163](tel:034771163) OR [0800 477 115 \(free\)](tel:0800477115) / info@wellsouth.org.nz / wellsouth.nz/community/clinical-service/brief-intervention-services/



[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 or 0800 443366](#) / www.southernhealth.nz/services/southern-dhb-maori-mental-health



[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 / www.qmc.co.nz



[Health Shuttles - St. John](#)

The St John Health Shuttle is a free community service that transports people to essential medical and health-relat... [read more](#)

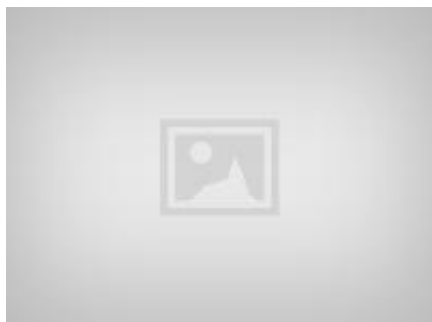
[0800 103 046](tel:0800103046) / enquiries@stjohn.org.nz / www.stjohn.org.nz/What-we-do/Community-programmes/Health-Shuttles/



[Central Lakes Family Services](#)

Central Lakes Family Services was brought to life in 2018 with a merger of Queenstown Lakes Family Centre and Jigsa... [read more](#)

[0508440255](tel:0508440255) / info@clfs.co.nz / www.clfs.co.nz/



[Wakatipu Victim Support](#)

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

[+64 4 474 8862](#) / nationaloffice@victimsupport.org.nz / www.victimsupport.org.nz



[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 Mob 027 536 0066](#) / marie.wales@cansoc.org.nz / www.cancernz.org.nz/



[Wanaka Ukeleles](#)

Wanaka Ukuleles started out as a bunch of enthusiastic learners attending workshops held by Rachel Pearson-Irvin. A... [read more](#)

[03 443 9297](#) / info@wanaka-ukuleles.nz / wanaka-ukuleles.nz/



[Lakes District Air Rescue Trust](#)

Lakes District Air Rescue Trust operates emergency rescue helicopters from bases in Queenstown and Te Anau, coverin... [read more](#)

[027 220 5936](#) / youngqt@xtra.co.nz / ldart.co.nz/



[Otago Community Hospice](#)

We provide a wide range of services for people who are approaching the end of their life and whose palliative care ... [read more](#)

[03 473 6005](tel:034736005) or [0800 473 6005](tel:08004736005) / contact@otagohospice.co.nz / otagohospice.co.nz/



[Breastfeeding Support Group](#)

Breastfeeding Peer Supporters are trained to provide breastfeeding support and basic breastfeeding information to m... [read more](#)

[021942445](tel:021942445) or [0800560650](tel:0800560650) / emma.weinert@gmail.com / www.breastfeedingsos.co.nz/Consultant/Territory



[Wakatipu Netball Centre](#)

The Wakatipu Netball Centre is located in Queenstown, NZ, providing netball for all ages/levels in the Wakatipu bas... [read more](#)

[027 309 2998](tel:0273092998) / info@wakatipunetball.co.nz / www.wakatipunetball.co.nz/



[Elder Net](#)

Eldernet was established in 1997 as a direct result of the founders seeing the need for a comprehensive information... [read more](#)

[\(03\) 388 1204](tel:033881204) or [0800 162 706](tel:0800162706) / team@eldernet.co.nz / www.eldernet.co.nz/Home



[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) / pact@pactgroup.co.nz / www.pactgroup.co.nz/



[Dynamic Development Occupational Therapy Service](#)

Dynamic development offers and in home assessment and therapy program which is developed to meet a child's individu... [read more](#)

[022 100 3994](tel:0221003994) / dynamicdevelopmentots@yahoo.co.nz / www.dynamicdevelopmentots.com/



[Upper Clutha Sports Community](#)

We are a voluntary group set up to encourage greater participation in and the more effective and efficient delivery... [read more](#)

[03 443 8824](tel:034438824) / uppercluthasportscommunity@gmail.com / www.sporty.co.nz/ucsportscommunity



[Barre Yoga](#)

This is a unique blend of pilates, yoga and dance training techniques. Technique is broken down into steps that any... [read more](#)

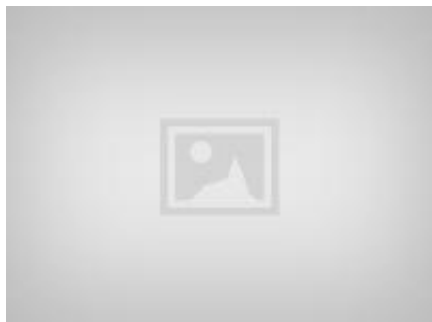
[027 227 7338](tel:0272277338) / amber@barrewarrior.com / www.barrewarrior.com/



[Blind Low Vision NZ](#)

Blind Low Vision NZ (Formerly Blind Foundation) believes everyone who is blind, deafblind, or has low vision shoul... [read more](#)

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



[Strengthening Families - Upper Clutha](#)

Strengthening families can be used by any family/whanau in New Zealand with a child, children or young person(s) wh... [read more](#)

[03 444 9427](tel:034449427) or [027 341 5558](tel:0273415558) / sf.maniototo@coreap.org.nz / www.strengtheningfamilies.govt.nz/get-started/lower-south-island.html#QueenstownWakatipu6



[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 / www.kaitahu.maori.nz



[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:034509156) / publichealthnursing@southerndhb.govt.nz



[Wanaka Counselling](#)

I provide counselling or therapy for individuals, children, adolescents, couples, families and parents around issue... [read more](#)

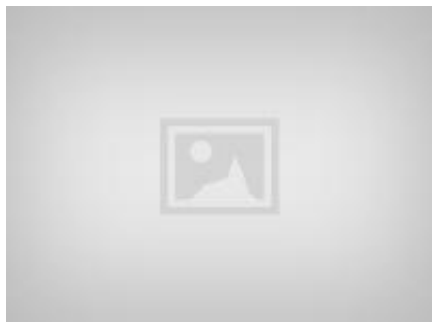
[027 810 2671](tel:0278102671) / meg@wanakacounselling.co.nz / www.wanakacounselling.co.nz/



[Upper Clutha Children's Medical Trust](#)

The Upper Clutha Children's Medical Trust supports families who are finding it difficult to meet the costs associat... [read more](#)

[\(03\) 4434483](tel:034434483) / neville.h@xtra.co.nz / www.uccmedtrust.co.nz/



[Harriet Wilson - Birth Trauma and Parenting Support](#)

I aim to provide a safe space, free from judgement where you can truly be heard. I offer Healing Birth sessions, w... [read more](#)

harriet.postnatal@outlook.com / www.harrietw.com



[Counsellor - Sarah Deering](#)

Providing counselling services to individuals, couples, and families. Counselling can assist you in moving forward ... [read more](#)

[0212527620](tel:0212527620) / counsellingprovider@gmail.com: sarah@counsellingprovider.co.nz / www.counsellingprovider.co.nz



[Well South Primary Health Organisation](#)

PHOs are organisations that plan, coordinate and fund primary health care. They are responsible for the health need... [read more](#)

[03 477 1163](tel:034771163) / info@wellsouth.org.nz / wellsouth.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 cert... [read more](#)

[0212 882 797](tel:0212882797) / elizabethdentonnz@gmail.com / queenstowntherapy.wordpress.com



[Mary Ferguson](#)

Psychotherapist/CounsellorI am a Registered Psychotherapist with both an adult and a specialised child, adolescent ... [read more](#)

[0275 044 730](tel:0275044730) / maryferguson3@gmail.com / mary-ferguson.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



[Hawea Playgroup](#)

Hawea Playgroup is a supportive environment for parents and children (new born to 5yrs) and provides plenty of play... [read more](#)

[221591030](tel:221591030) / haweaplaygroup@gmail.com / www.facebook.com/haweaplaygroup/

SY NEW ZEA
IAL EPILEPSY ASSOCIA
tangata - see the person

[Epilepsy NZ - Otago Branch](#)

What Do We Do? Educational services for professionals who work with people with epilepsy such as ambulance service s... [read more](#)

[0800 37 45 37](tel:0800374537) / national@epilepsy.org.nz / epilepsy.org.nz/



[Access Community Health](#)

Access Community Health is a leading provider of home based healthcare and support. Our nationwide teams of over 4,000... [read more](#)

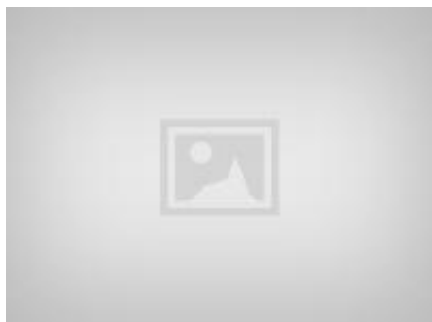
[0800 284 663](tel:0800284663) / www.access.org.nz/



[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 / www.qmc.co.nz



[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) / Belinda.ricketts@plunket.org.nz /
www.plunket.org.nz/plunket-near-me/queenstown-plunket-clinic/queenstown-plunket-mums-4-mums-group/



[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:(03)4410010) or [0800 44 33 66](tel:0800443366) / cads.intake@southerndhb.govt.nz /
www.southernhealth.nz/services/southern-dhb-alcohol-and-drug-services



[Alcoholics Anonymous Queenstown](#)

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

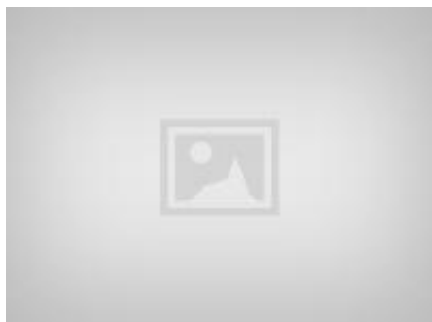
[0800 229 6757](tel:08002296757) / nzgso@aa.org.nz / www.aa.org.nz/



[Queenstown Police](#)

In an emergency, always call 111Call 111 and ask for Police when: Someone is breaking into your house right now The... [read more](#)

www.police.govt.nz/contact-us/station/queenstown-police-station



[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](tel:+6434773999) / dunedinoffice@heartfoundation.org.nz / www.heartfoundation.org.nz



[MS Otago](#)

Welcome to the home of the Otago Multiple Sclerosis Society. We are glad you found us! This website is intended to ... [read more](#)

[027 88 99 035](tel:0278899035) / admin@msotago.org.nz / www.msotago.org.nz



[Queenstown Gymnastics Club Inc](#)

The Queenstown Gymnastic Club is the Wakatipu's only fully equipped gym & includes a sprung floor and the apparatus... [read more](#)

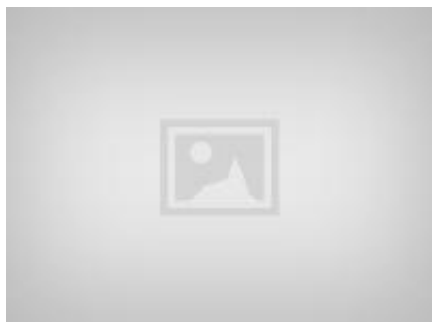
qtgymnastics@hotmail.co.nz / www.qtgymnastics.co.nz



[Problem Gambling Foundation](#)

At the Problem Gambling Foundation of New Zealand (PGF) we are trained to help. Our qualified counsellors provide f... [read more](#)

[0800 664 262](tel:0800664262) or [\(03\) 742 1022](tel:037421022) / help@pgfnz.org.nz / www.pgfnz.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:03-4438799) / upperclutha@plunket.org.nz / www.plunket.org.nz/plunket/upper-clutha-plunket-room



[Aspiring Trampolining](#)

Aspiring Trampolining provides opportunities for those wishing to further their skills in trampolining and associat... [read more](#)

[021 203 8798](tel:0212038798) / aspiring-trampolining@outlook.com / www.sporty.co.nz/aspiringtrampolining



[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 / adventuredevelopment.co.nz/



[Ngā hau e whā ki Tāhuna](#)

We are a small but passionate group with members located from Wilson Bay to Alexandra. Through the teaching and pra... [read more](#)

[0274502955](tel:0274502955) / tahunataiaha@gmail.com



[Disability Information Service](#)

DIS has been serving the Otago community since 1997. We provide disability and health information. We also sell equ... [read more](#)

[\(03\) 471 6152](tel:(03)4716152) / info@livingwellcentre.nz / www.disabilityinfo.co.nz/



[Hospice Southland](#)

Hospice Southland provides specialist palliative care for people with life-limiting illnesses in Southland and the ... [read more](#)

[027 301 7324](tel:0273017324) / gchospicesouthland@hospicesouthland.org.nz / hospicesouthland.org.nz



[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:03-4437602)



[Queenstown Meditation](#)

Come along to The Sherwood (the yoga studio above the bar), Frankton Road, Queenstown, on Thursday evenings for a c... [read more](#)

[021 184 3944](tel:0211843944) / queenstownmeditation@gmail.com



[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 / www.wanakawastebusters.co.nz



[Southland ACC Advocacy Trust](#)

Our purpose is to provide free and independent advocacy services for ACC claimants who cannot afford the hire the s... [read more](#)

[03-2188194](tel:03-2188194) / southaccadv@gmail.com / accadvocacy.info/index.html



[Heart Kids](#)

Heart Kids Southland is one of the affiliated branches of Heart Kids NZ. We are a group of parents and caregivers o... [read more](#)

[027 214 4149](tel:0272144149) / heartkids.org.nz/



[Te Manawa Jiu Jitsu](#)

Jiu Jitsu for health, self defence, weight loss, competition training. Coming next year also to include Pilates, yo... [read more](#)

[0274416318](tel:0274416318) / btkawa1970@gmail.com / www.temanawajiujiitsu.co.nz



[Alcoholics Anonymous Frankton](#)

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) / nzgso@aa.org.nz / www.aa.org.nz



[Arrowtown Menzshed](#)

The Arrowtown Menzshed has established a new building in Prestons Drive, Arrowtown and will be equipped with tools,... [read more](#)

[03 442 0484](tel:034420484) OR [027 442 0484](tel:0274420484) / bob.farrell@xtra.co.nz / menzshed.org.nz/arrowtown/



[The Found](#)

We love people wholeheartedly, we desire for people to get to know Jesus personally and to find community through g... [read more](#)

[0275232351](tel:0275232351) / hello@thefound.nz / www.thefound.nz



[Cre8ing Balance](#)

Cre8ing Balance provides on-site Workplace Wellbeing Support. We are a provider to the Regional Business Partner Ne... [read more](#)

[0212880270](tel:0212880270) / chenin@cre8ingbalance.com / cre8ingbalance.com/



[Wanaka Community Hub](#)

The Wanaka Community House Charitable Trust was formed to build a Community House for Wanaka. A Community House is ... [read more](#)

[034432071](tel:034432071) / manager@wanakacommunityhub.org.nz / wanakacommunityhub.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) / office@al-anon.org.nz / al-anon.org.nz/al-anon-meetings/



[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 / brucetelford.com



[Stop Smoking NZ](#)

There are Stop Smoking Service providers located throughout New Zealand, and they can help you on your quit journey... [read more](#)

[0800 925 242](tel:0800925242) / admin@stopsmoking.nz / www.smokefree.org.nz/



[Baby Box Queenstown Lakes Charitable Trust](#)

Baby Box Queenstown Lakes is a simple concept; it's a starter kit, a box of treasures and necessities for every new... [read more](#)

babyboxtrust@gmail.com / babyboxnz.com/



[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



[Lake Hayes A&P Society](#)

The Lake Hayes A&P Show is an annual celebration of the achievements and rural lifestyle of the people of the Waka... [read more](#)

[03 442 1539](tel:034421539) / secretary@lakehayesshow.com / www.lakehayesshow.com/



[Arrowtown Bowling Club](#)

8 rink artificial green. Open all year for playing outdoor bowls. [read more](#)

[03 442 1905](tel:034421905) / arrowtownbowls@gmail.com



[Southern Health A-Z](#)

A directory of health care providers in the Southern district (including the Queenstown Lakes and Central Otago). [read more](#)

www.southernhealth.nz/services-a-z



[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:032140984) / alzheimers.southlandcsw@xtra.co.nz / www.alzheimers.org.nz/southland



[Able Southern Family Support in Mental Illness](#)

We are here to support families/whanau that care for someone with a mental illness or addiction. Our aim is to give... [read more](#)

[03 448 9303](tel:034489303) / adminco@able.org.nz / www.able.org.nz



[Central Otago Health Services](#)

Central Otago Health Services Ltd (COHSL) is the community owned, not-for-profit company which is responsible for p... [read more](#)

[03 440 4300](tel:034404300) / www.cohsl.co.nz/



[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 co... [read more](#)

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



[Aspiring Medical Centre](#)

We are a friendly Lake Wanaka medical centre offering a range of health services, from general medical care to spec... [read more](#)

[03 443 0725 \(24 hours\)](tel:034430725) / office@aspiringmedical.co.nz / www.aspiringmedical.co.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



[Dance Social NZ](#)

At Dance Social NZ we teach Modern Jive: an easy to learn, partner dance which is as it says Dancing and its Social... [read more](#)

[021566013](tel:021566013) / dancesocialnz@gmail.com



[Deaf Aotearoa](#)

Deaf Aotearoa is a national organisation representing the voice of Deaf people, and the national service provider f... [read more](#)

[0800 33 23 22](tel:0800332322) / national@deaf.org.nz / deaf.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 / www.healthpoint.co.nz/community-health-services/community-health/head-injury-society-of-southland/



[Sexual harm victims/survivors](#)

Central Counselling & Psychotherapy - Queenstown [read more](#)

[03 442 5153](tel:034425153) / pamela.wilson@xtra.co.nz / www.healthpoint.co.nz/social-services/social/central-counselling-psychotherapy-queenstown/



[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:6434411600)