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



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 or 021 556 356 / cdonovan@childcancer.org.nz / www.childcancer.org.nz/



Queenstown Qigong

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

www.taohealthqigong.com

Lakes District Hospital

For all emergencies dial 111 from any New Zealand landline or mobile phone. read more

(03) 441 0015 / contactus@southerndhb.govt.nz / www.southerndhb.govt.nz

Hospice Southland

Hospice Southland provides specialist palliative care for people with life-limiting illnesses in Southland and the ... read more

027 301 7324 / qchospicesouthland@hospicesouthland.org.nz / hospicesouthland.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/

Lake Hayes A&P Society

The Lake Hayes A&P Show ia an annual celebration of the achievements and rural lifestyle of the people of the Waka... read more

03 442 1539 / secretary@lakehayesshow.com / www.lakehayesshow.com/

Salvation Army

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

03 442 9661 / queenstown.corps@salvationarmy.org.nz / www.salvationarmy.org.nz

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 / heartkids.org.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 / dancesocialnz@gmail.com



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

Strengthening Families - Upper Clutha

Strenghtening 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 or 027 341 5558 / sf.maniototo@coreap.org.nz / www.strengtheningfamilies.govt.nz/get-started/lower-south-island.html#QueenstownWakatipu6

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 / www.heartfoundation.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

Access Community Health

Access Community Health is a leading provider of home based healthcare and supportOur nationwide teams of over 4,00... read more

0800 284 663 / www.access.org.nz/

Healthpoint

Healthpoint provides up-to-date information about healthcare providers, referral expectations, services offered and... read more

www.healthpoint.co.nz/



Hawea Playgroup

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

221591030 / haweaplaygroup@gmail.com / www.facebook.com/haweaplaygroup/

Nga Kete Matauranga Pounamu Charitable Trust

Nga Kete Matauranga Pounamu Charitable Trust is a not-for-profit health and social service provider with 16 years o... read more

(03) 214 5260 / admin@kaitahu.maori.nz / www.kaitahu.maori.nz

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 / otago@stroke.org.nz / www.stroke.org.nz/home / www.stroke.org.nz/community-stroke-advisors

Pregnancy Help

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

03 455 5892 / otago@pregnancyhelp.org.nz / pregnancyhelp.org.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 / 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/

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 / southernsupport@ashburn.co.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 / his-sth@xtra.co.nz / www.healthpoint.co.nz/community-health-services/community-health/head-injury-society-of-southland/

Brain Injury Assoiation

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 / liaison.dunedin@brain-injury.org.nz / www.brain-injury.nz/

Zumba Queenstown

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

021 082 981 40 / tapiaduque.anamaria@gmail.com / www.zumba.com/en-US

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 / gabriela_schmidt@hotmail.com / www.karatenz.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 or 0800 473 6005 / contact@otagohospice.co.nz / otagohospice.co.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 / diabetes.southlandfo@xtra.co.nz / www.diabetes.org.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 / Youth.Southisland@stjohn.org.nz / youth.stjohn.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 / advocacy@advocacy.org.nz / www.advocacy.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 / admin@wanakamedical.co.nz / www.wanakamedical.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 / dynamicdevelopmentots@yahoo.co.nz / www.dynamicdevelopmentots.com/

Alzheimers Southland

Alzheimers Southland offers support, education and information to anyone wanting to know more about dementia. We pr... read more

(03) 214-0984 / alzheimers.southlandcsw@xtra.co.nz / www.alzheimers.org.nz/southland

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 / admin@wastebusters.co.nz / www.wanakawastebusters.co.nz



Aspiring Trampolining

Aspiring Trampolining provides opportunities for those wishing to further their skills in trampolining and associat... read more

021 203 8798 / aspiring-trampolining@outlook.com / www.sporty.co.nz/aspiringtrampolining

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 / beth.harman@advantagesouth.co.nz / advantagesouth.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



ArrowYoga

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

021 265 8266 / arrowyoga@gmail.com



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 / takeuhigher@gmx.com / abundant.earth



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 or 027 237 9497 / fireandemergency.nz/stations/show/kingston-voluntary-rural-fire-force

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 / alison@livingoptions.org.nz / www.nzdsn.org.nz/member/central-otago-living-options/



Wanaka Volunteer Fire Brigade

Established 1953. Currently 33 Volunteer Firefighters, Attending approximately 175 calls a year. Two appliances, 85... read more

03-443 7602



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

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 / southaccadv@gmail.com / accadvocacy.info/index.html

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 - afterhours number 0800 467 846

Cre8ing Balance

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

0212880270 / chenin@cre8ingbalance.com / cre8ingbalance.com/



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/



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 / hello@thefound.nz / www.thefound.nz



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

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 / info@wakatipunetball.co.nz / www.wakatipunetball.co.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 or 0800 443366 / www.southernhealth.nz/services/southern-dhb-maori-mental-health



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 / btkawa1970@gmail.com / www.temanawajiujitsu.co.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 OR 027 442 0484 / bob.farrell@xtra.co.nz / menzshed.org.nz/arrowtown/

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/

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 / queenstownmeditation@gmail.com

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 / enquiries@stjohn.org.nz / www.stjohn.org.nz/

Brief Intervention Service

WellSouth Brief Intervention Primary Mental Health Service provides support and assistance to people experiencing c... read more

03 477 1163 OR 0800 477 115 (free) / info@wellsouth.org.nz / wellsouth.nz/community/clinical-service/brief-intervention-services/

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 / neville.h@xtra.co.nz / www.uccmedtrust.co.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 / info@qmc.co.nz / www.qmc.co.nz

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

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



Arrowtown Bowling Club

8 rink artificial green. Open all year for playing outdoor bowls. read more

03 442 1905 / arrowtownbowls@gmail.com

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 or 0800 100 531 / info@drcsouth.co.nz / www.drcsouth.co.nz

Wanaka Psychology

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

020 4070 8126 / info@wanakapsychology.nz / www.wanakapsychology.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/

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 / enquiries@stjohn.org.nz / www.stjohn.org.nz/What-we-do/Community-programmes/Health-Shuttles/

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 / adminco@able.org.nz / www.able.org.nz

Sexual harm victims/survivors

Central Counselling & Psychotherapy - Queenstown read more

03 442 5153 / pamela.wilson@xtra.co.nz / www.healthpoint.co.nz/social-services/social/central-counselling-psychotherapy-queenstown/

AccessAbility - Needs Assessment and Co-ordination

AccessAbility works with disabled people and whānau in three key ways.Needs AssessmentWe can meet with you to learn... read more

0800 758 700 / otago@accessability.org.nz / www.accessability.org.nz/

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 / www.aspiringathletes.nz/



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 / arrowtownswimclub@gmail.com

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 / info@qmc.co.nz / www.qmc.co.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 / information@acc.co.nz / www.acc.co.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 / office@al-anon.org.nz / al-anon.org.nz/al-anon-meetings/

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



Asthma Society

The Asthma and Respiratory Foundation NZ is New Zealand's not-for-profit sector authority on all respiratory condit... read more

03 471 6167 or 027 471 6162 (after hours) / otagoasthma@xtra.co.nz / www.asthmafoundation.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 / secretary@wakatipusar.co.nz / www.wakatipusar.co.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 / bruce@brucetelford.com / brucetelford.com



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

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 / info@wellsouth.org.nz / wellsouth.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/

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) / office@aspiringmedical.co.nz / www.aspiringmedical.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 or (03) 742 1022 / help@pgfnz.org.nz / www.pgf.nz/

Wanaka Counselling



I provide counselling or therapy for individuals, children, adolescents, couples, families and parents around issue... read more

027 810 2671 / meg@wanakacounselling.co.nz / www.wanakacounselling.co.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 / gemmarosepeacock@gmail.com / gemmarosepeacock.com

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 / contact@carlsongraciebjj.co.nz / www.carlsongraciebjj.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 or 021 334482 / brent.arthur@fireandemergency.nz

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

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 / ashburn@ashburn.co.nz / www.ashburn.co.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 / contact@foodforlovewanaka.com / www.foodforlovewanaka.com/

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 / info@qmc.co.nz / www.qmc.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 / enquiries@stjohn.org.nz / www.stjohn.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 / info@health.govt.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 / nzgso@aa.org.nz / www.aa.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 / admin@msotago.org.nz / www.msotago.org.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 / info@basketsofblessing.co.nz / www.basketsofblessing.co.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/



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 or 0800 44 33 66 / cads.intake@southerndhb.govt.nz / www.southernhealth.nz/services/southern-dhb-alcohol-and-drug-services

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 / _info@livingwellcentre.nz / www.disabilityinfo.co.nz/

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 / admin@stopsmoking.nz / www.smokefree.org.nz/

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 / jennieburt@hotmail.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 / GeneralEnquiries@blindlowvision.org.nz / blindlowvision.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 / upperclutha@plunket.org.nz / www.plunket.org.nz/plunket/upper-clutha-plunket-room

Queenstown Toastmasters

Welcome to Queenstown Toastmasters !Queenstown Toastmasters is your local branch of an international organisation t... read more

03 441 1253 / queenstown@toastmasters.org.nz / www.queenstowntoastmasters.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 / info@qlfc.co.nz / qlfc.co.nz/

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 / manager@wanakacommunityhub.org.nz / wanakacommunityhub.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 / qtnageconcern@xtra.co.nz / www.ageconcern.org.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 / contactus@southerndhb.govt.nz / www.southernhealth.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 or (03) 477 9852 / dunedin_bridge@nzf.salvationarmy.org / www.salvationarmy.org.nz/need-assistance/addictions/alcohol-and-drug-support

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

Autism New Zealand

Autism New Zealand Inc. provides support, training, advocacy, resources and information on Autism Spectrum disorder... read more

(03) 218 2420 or 022 0200 106 / southland@autismnz.org.nz / www.autismnz.org.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 or 0800 227 2255 / Admin.Southland@ccsDisabilityAction.org.nz / www.ccsdisabilityaction.org.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 / publichealthnursing@southerndhb.govt.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 / admin@wakatipumedical.co.nz

Breastfeeding Support Group

Breastfeeding Peer Supporters are trained to provide breastfeeding support and basic breastfeeding information to m... read more

021942445 or 0800560650 / emma.weinert@gmail.com / www.breastfeedingsos.co.nz/Consultant/Territory



Mary Ferguson

Psychotherapist/CounsellorI am a Registered Psychotherapist with both an adult and a specialised child, adolescent ... read more

0275 044 730 / maryferguson3@gmail.com / mary-ferguson.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 / malcolm@adlnz.org.nz / adventuredevelopment.co.nz/



Counsellor - Sarah Deering

Providing counselling services to individuals, couples, and families. Counselling can assist you in moving forward ... read more

0212527620 / counsellingprovider@gmail.com; sarah@counsellingprovider.co.nz / www.counsellingprovider.co.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 / info@mountainsafety.org.nz / www.mountainsafety.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 / oanita@babysleepconsultant.co.nz / babysleepconsultant.co.nz/about-us/sleep-consultants/oanita-queenstown/

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 / info@blindlowvision.org.nz / blindfoundation.org.nz

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 / info@clfs.co.nz / www.clfs.co.nz/

CanShop

100% volunteer run Opportunity Shop, raising funds to provide practical psychosocial support to individuals affecte... read more

0275360066 / Marie.Wales@cansoc.org.nz / www.facebook.com/canshopqueenstown/

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 / national@deaf.org.nz / deaf.org.nz/

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 / national@epilepsy.org.nz / epilepsy.org.nz/

Family Works Otago

Family Works supports children, young people and their families to be safe, strong and connected.Our services inclu... read more

03 477 7116 / enquiries@psotago.org.nz / psotago.org.nz/family-works/

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 / info@snowsports.co.nz / www.snowsports.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 / tahunataiaha@gmail.com

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 or 0800 162 706 / team@eldernet.co.nz / www.eldernet.co.nz/Home



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

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 or 0800 EPILEPSY / southland@epilepsy.org.nz / www.epilepsy.org.nz

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 / uppercluthasportscommunity@gmail.com / www.sporty.co.nz/ucsportscommunity



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 / elizabethdentonnz@gmail.com / queenstowntherapy.wordpress.com

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 / amber@barrewarrior.com / www.barrewarrior.com/



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 / manager@kahuyouthtrust.org / kahuyouth.org

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 / southern.region@plunket.org.nz / www.plunket.org.nz/plunket/show/little-wrigglers-free-pepe-parenting-education-courses-5-12-mths--1

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 / info@uruuruwhenuahealth.co.nz / www.healthpoint.co.nz/community-health-services/community-health/uruuruwhenua-health-community-health-services/

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 / contactus@southerndhb.govt.nz / www.southernhealth.nz/

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 / www.alcoholdrughelp.org.nz



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 / info@communitynetworks.co.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 / www.cohsl.co.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 / fireandemergency.nz/stations/show/luggate-volunteer-fire-brigade



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

Counselling - Re-Create

Kathryn provides counselling and training in both general mental health issues and addiction or substance abuse read more

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