

Community Group	Contact Details:	Services being offered
Age Concern	Jacqui Eyley - (04) 499 6648	Assisting with shopping, prescription pick ups
Aromai	Paula Lloyd: 022 304 9925 DCM: 0800 119 689	Contactable via phone/email, referrals will be taken, essential items will be delivered to taumai as required, welfare checks will be done via phone
Animal Services	(04) 570 6666	Animals - roaming, any concerns
Atareira	(04) 499 10 49	Mental Health support for Whanau and families
Birthright	04 5677123 and 0800 457 146 option 2 then 5	Only phone advice
Brittania House	Henare Parker: 027 226 5881 Wgtn City Mission: (04) 245 0900	Essential staff only, still taking referrals, if referrals have symptoms they will not be accepted, have rooms for isolation if necessary, will support other service providers
City Mission	0800 2450900	Kai parcels
Community Law: Wellington & Hutt Valley	(04) 568 8964	Providing legal and immigration advice
Dementia Wellington	(04) 972 2595	Support over the phone from a Dementia Advisor
Dignity First	0800 4344 6489	Support for any day to day task that older people and whanau need, can help families organise their elderly loved ones, whether that being picking up groceries, prescriptions or whatever the family needs. Can check in on elderly
English Language Partners	Christine Cook - 04 5701335	Providing online content
Essential Household Supplies	0800 141967	If you don't have essentials 1) Try Neighbour 2) Family member who lives nearby 3) Friend who lives by If none of these options are available then please call
Heart Foundation	Cath Lyders - (04) 472 2780 ext 2	Phone calls and a newsletter to check in. People with heart conditions have a higher risk of developing complications if infected with Covid-19. Also asking for volunteers in community to do grocery drops off, pharmacy drop offs etc for clients too
HUCHs	(04) 567 6414	Currently offering drop in clinic for their patients for flu injection. Doing outreach call to their patients and doing phonecall appointments
Hutt TimeBank	Kirsten Gendell at huttimebank@gmail.com 021 02434953.	swapping support instead of payment for support
Hutt Valley DHB: Homelessness & General Enquiries	corinne.thompson@huttvalleydhb.org.nz	
Hutt Valley DHB Care Coordination	UH and LH 04 566 2226 and for wellington, porirua and kapiti 04 238 2020	If you have concerns of the wellbeing or mental health of your elderly. Susan will be able to assess or direct to the correct agency.
Kokiri Marae Whanau Support	0508kokiri	Working from home in regular contact with whanau via phone and online. Will be receiving about 300- 400 sanitation packs through whanau ora and will be giving to priority of elderly, at risk etc. Still running food parcels. Mobile service of flu injections to priority a group
work and Income financial assistance	0800 559 009 workandincome.govt.nz	For financial assistance please have a look online first if you have access otherwise call the 0800# they have language line and interpreters and also access online for deaf, hearing or speech impaired
Mental Health and Wellbeing	Txt 1737 - (this is free)	This txt puts you in touch with trained counsellors - Anxiety; Distress; Mental Health or Wellbeing; Grief. Available 7 days a week 24 hours free anytime

Nga Anahera o Te Awakairangi	Princess & Sandy: 027 346 6709	Food for the homeless, collection and delivery of food and essential items, welfare checks for homeless. Have 8 homes who will take in homeless persons for the lockdown period
Oasis Church	Darryl Green - 0273255329	Food Parcels and touching base with people over the phone
Samaritans	0800 726666	Samaritans offer confidential, non-religious and non-judgemental support to anyone who may be feeling depressed, lonely, or even be contemplating suicide. We are available 24 hours a day, 365 days a year and you don't have to be suicidal to call us. If Samaritans helpline is busy, please try one of the other NZ helplines, or in the case of an emergency dial 111.
Salvation Army	04 389 0594 Wellington.foodbank@salvationarmy.org.nz.	Delivering food parcels needs assessment can be done over the phone by calling the general number or email
St Matthew's Anglican Church Taita	Rev Robyn McLay: 0273487730	Food parcels - Taita Area
Student Army	Alice Soper: 027 5519796	Assistance with pick up of groceries and prescriptions and phone calls to check in
Suicide Crisis Helplin	0508 828865	BAU
Supergrans Charitable Trust	(04) 566 9778	Phone and email consultations
Taita Pomare Community Trust	(04) 939 8345	Operating food bank currently
Te Whare Tane	Greg Finnigan: 022 365 9394	Emergency Housing for Men
Tuatahi Emergency Housing	whina: 027 581040 Office: (04) 650 3388	Emergency Housing, Assistance finding accomodation for homeless, Foodbank
Temporary Accomodation	0508 754163	If you don't have anywhere to live during lockdown
Vibe	(04) 5660525	Primary Health Services available only must make an appointment over the phone and ring on arrival and you will be let in. Youth Payments still being processed, counselling, social work are contacting rangatahi by phone doing check ins
Wainuiomata Marae	27,439,341	Business as usual with 1 staff member working from the Centre Building
Wesley Haven	Kena Duignan (04) 385 3727 M: 021 190 3818	Foodbank, calls to kaumatua to check on wellbeing and see if assistance is required
Womens Refugee: Lower Hutt	(04) 569 10 40	BAU
Womens Refugee: Maori	(04) 939 7906	BAU, isolation room at the safe house, online/phone intervention/referrals will continue

**Lower Hutt Afterhours Medical Centre - COVID-19 testing** (04) 567 53 45 **Open to the public for covid-19 testing**  
**Weekends - 8am - 10pm** 729 High Street, Lower Hutt **Monday - Friday 8.30am-10pm**

**Wremo - online updates updated** [wremo.nz](http://wremo.nz) **Online information for assistance frequently updated**