



Marlborough Primary Health
KIMI HAUORA WAIRAU | SEEKING WELLBEING IN MARLBOROUGH

Child Services Booklet



An Initiative of
Nelson Marlborough District Health Board

Marlborough 2016

Effective: November 2015

Young Parents Group

Held at St Andrews Church hall (crèche room at the back of the hall).
Meets on Wednesdays 10am – 12noon.

Other Activities

Marlborough District Library

Contact: 33 Arthur St, Blenheim.
Phone: 5207491

Picton Service Centre and Library

Contact: 67 High St Picton
Phone: 5207493

Stadium 2000 Leisure Centre

Contact: Kinross St Blenheim
Phone: 5778300

Websites of Interest

marlboroughpho.org.nz Marlborough Primary Health

www.kidshealth.org.nz Providing information on your child's health

www.immune.org.nz Immunisation advisory centre

www.moh.govt.nz Ministry of Health

www.teamup.co.nz Tips, ideas and information to help you get more involved with your kids learning

www.sporttasman.org.nz Sport and recreation

www.kiwifamilies.co.nz The essential guide to raising children in New Zealand covering, pregnancy, babies and toddlers to teens

Guide to Child Services in Marlborough

This directory has been compiled to assist parents of preschoolers in the community as a reference guide to services available.

This parenting directory lists a number of services, available to support and strengthen parents in their key role of nurturing, valuing and caring for young children.

It is for parents/caregivers, teachers, community groups and any other organisations and people who wish to extend their services and support for parents/caregivers in their role of parenting.

At the time of printing all effort has been made to ensure the information is as complete and accurate as possible.

CONTENTS

- ❖ Quick Reference Phone Numbers.....
- ❖ Midwife or Maternity Services.....
- ❖ Well Child Services
- ❖ Community Breastfeeding Support.....
- ❖ Family Support Services.....
- ❖ Early Childhood Education.....
- ❖ Play & Activity Groups for Preschoolers
- ❖ Other Activities
- ❖ Websites of Interest.....

Quick reference phone numbers:

[General Practitioners and Medical Centre's](#)

Check the Medical Practitioner and Medical Centre section at the front of the phone book.

[CAMHS Crisis Service](#)

Afterhours crisis service can be accessed via the hospital operator on 520 9999 (Ask for the CAMHS crisis pager).

[Healthline](#)

0800 611 116 24 hours 7 days a week

[Plunket Line](#)

0800 933 922 24 hours 7 days a week

[Parent Line](#)

0800 568 856

[Poison Centre](#)

0800 Poison (0800 764 766)

[Urgent GP After Hours](#)

(03) 520 6377

6pm–10pm Monday to Friday

8am – 10pm Weekends and Public Holidays

Located on Hospital Rd, Blenheim

[Wairau Hospital](#)

(03) 520 9999 Hospital Road



Seddon Toy Library

Seddon Plunket Rooms 1st and 3rd Wed of month 9am – 11am. \$10 per family for year's membership. Items range from 50c – \$4 to hire for fortnight. Huge range of indoor and outdoor toys plus dvds, videos, cd roms, puzzles, batteries are supplied. Suits newborns to 6 years old.

Contact: Jo Jones

Phone: 5757606

Step 2 Growth

Contact: Jordan Nickerson

Phone: 022 0842299

Tunes for Tots

Held at St Luke's Church Hall, Ferry Rd Spring Creek 9.50–10.30am
Wednesday (term time only).

Phone: 5705728

Tongan Playgroup

Foundry Hall, Monday, Wednesday & Friday 9am – 12noon

Contact: marlboroughpacifctrust@gmail.com

Wairau Playgroup

Wairau Valley Community Hall, Wednesday & Friday 9.30 am – 12 noon

Contact: Heidi Lovatt

Phone: 5722833

Woodbourne Playgroup

Woodbourne Community Centre, Caldwell Road, Woodbourne (behind the big red gym). Open Mon & Wed 9.30–11.30am (school terms only).

Contact: Claudia Ayling

Phone: 577 1177

Plunket Preschoolers Playgroup

Tuesday 9.30–11.30 a.m \$2. Redwoodtown Plunket rooms Bythell St Blenheim.

Phone: 5793085

Rai Valley Playgroup

Contact: Haley Kiddey luke.and.haley@hotmail.com

Phone: 5716255

Renwick Plunket Play Group

Renwick Playcentre Tuesday 9.30–12 noon, 26 Havelock St Renwick

Contact: Shelley

Phone: 5725422

Riversdale Playgroup

Play group Monday from 10am–12noon. Gold coin donation.

Contact: Riversdale Community House, 131 Budge St Blenheim

Phone: 578 0469

Salvation Army Toy Library

Toys lending service to families. Open Tuesday & Friday 10am–11.30am, Wednesday and Friday 3.15pm–4.30pm. Subs \$10 per family for a year.

Contact: Salvation Army, Cr George and Henry Sts Blenheim

Phone: 5780862

Sport Tasman Active Movement

Contact: Sport Tasman (Marlborough)

Phone: 5778855 ext 1

Midwife Services

Midwives of Marlborough

A list of midwives offering Lead Maternity Carer services to Marlborough women is available. A free service during pregnancy and within 6 weeks after the birth of their baby.

Contact: Wairau Maternity Services or the yellow pages under Midwives

Phone: 5209959

Well Child Services

WHO PROVIDES WELL CHILD / TAMARIKI ORA SERVICES?

From birth to four-to-six weeks

You and your child will receive your Well Child / Tamariki Ora service from your LMC (lead maternity carer). Your LMC is your midwife or your GP (general practitioner), or in the case of a shared care arrangement, both.

From four-to-six weeks to four years

You and your child will receive your Well Child / Tamariki Ora service from a Well Child provider. Your LMC will give you a list of Well Child providers in your area.

You can choose who will carry out Well Child / Tamariki Ora care.

Well Child providers will include some of the following:

- A general practice team (doctor and practice nurse)
- Plunket
- Maori health provider

WELL CHILD HEALTH CHECKS

From birth to four-to-six weeks, there are four Well Child health checks provided by your midwife or GP.

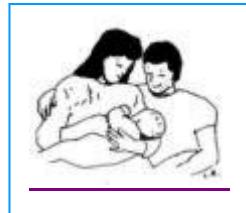
- Birth
- 24 hours
- 5 days
- 2-4 weeks

From four-to-six weeks to three years, there are a further seven core Well Child health checks available from your Well Child Provider at important stages in your child's life.

- 4-6 weeks
- 3 months
- 5 months
- 8-10 months
- 15 months
- 21-24 months
- 3 years

At 4 Years

You and your child will receive a B4 School Check from a general practice team (doctor and practice nurse), health provider and / or Public Health Service. You will be contacted by the B4 Schools Coordinator with an appointment time.



Mainly Music

Preschoolers 0-5 years music and movement, rhyme, rhythm and dance \$2 per family includes morning tea. Term time only.

St Christopher's Church Lounge

Tuesdays 9.30am - 10.30am

Contact: Leigh Asiamah Phone: 579 5148

Renwick Church Hall Wednesdays 9.30am - 10.30am

(For people living in the Renwick/Woodbourne/Wairau Valley area.)

St Andrew's Church Wednesdays 10.30am - 11.30am

Cnr Duncan & Richmond Streets, Seddon.

Contact: Bridget Ennals Phone: 5756864

St Peter's Church Hall Havelock

Phone: 5742421

Picton Toy Library and Baby Equipment

Open Wednesday 3.15-4.00pm Market St & Dublin St corner Picton

Contact: Susan O'Rourke

Phone: 573 6696

Can also be contacted through the Picton Resource Centre

Phone: 5737790

Play Gym

Children under 5 are all welcome to tumble and roll with the Blenheim Gymnastics Club 1.30 - 2.30pm Wednesday, 10.45 - 12.00am

Thursday, at the clubrooms, Opawa St extension. Cost \$2.

Contact: Maureen Elliott

Phone: 5786434 or 5785126 (gym)

Plunket Playgroups

All parents/caregivers with preschoolers welcome.

Kindergartens

| | |
|--------------------------|---------|
| Mayfield Kindergarten | 5783758 |
| Picton Kindergarten | 5738889 |
| Redwoodtown Kindergarten | 5784756 |
| Renwick Kindergarten | 5729888 |
| Seymour Kindergarten | 5784669 |
| Springlands Kindergarten | 5793362 |
| Witherlea Kindergarten | 5793383 |

Marlborough Kindergarten Association

We provide an environment where trained teachers support children's learning and development. The Marlborough Kindergarten Association operates seven kindergartens

Contact: 50A Redwood St Blenheim

Phone: 5784800

Marlborough Playcentre Association

Playcentre has two functions, to provide sessions for children to play and learn, and to provide learning opportunities for parents.

Contact: Marlborough Playcentre Coordinator.

Playcentres

| | |
|---------------------------|---------------|
| Blenheim Playcentre | 5775216 |
| Linkwater | 5741386 |
| Picton Playcentre | 5735665 |
| Renwick | 5728106 |
| Awater Playcentre, Seddon | 027 5757301 |
| Spring Creek | 5705514 ext 4 |

SERVICES FOR NEW BABIES

Blenheim Community Oral Health Clinic

Children receive free dental care from the age of 2 ½ years of age (or earlier if necessary). Free dental care is available from birth to 18 years.

Contact: 60-62 Nelson Street, Blenheim

Phone: 5209922

Blenheim Plunket Rooms & Car Seat Hire

Open for breastfeeding, rest and tea making facilities. Toddler safe.

Open 9am -3.30pm Mon - Fri.

Contact: 16 Henry Street, Blenheim

Phone: 5785633

Phone: 5794215

Family Doctor

All children need a general practice team (doctor and practice nurse). The team can support you, your family and your child with information, advice, treatment, immunisation and general reassurance.

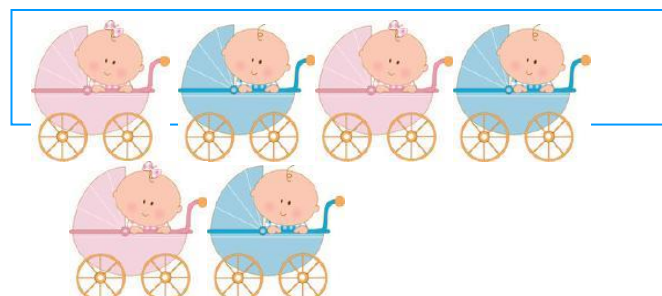
Contact: Marlborough Primary Health 520 6200 or look in the phone book under Medical Practitioners and Medical Centres.

Immunisation Advisory Centre (IMAC)

The Centre provides the public and professionals with quality, factual evidence based information to help people make an informed choice about their health and the health of their children.

Phone: 0800 IMMUNE

0800 466 863



Marlborough Parents Centre

Parents Centre is a national organisation set up by parents, for parents, and children. Courses offered: Antenatal, Baby and You, Parenting, Talks and coffee groups.

Contact: Marlborough Parents Centre, PO Box 52, Blenheim

Phone: 027 522 3002 (can text)

Plunket Clinics

Blenheim Central (03) 5785633

Redwoodtown (03) 5784635

Renwick (03) 5728106

Seddon (03) 5757194

Plunket Line

0800 933 922 available 24 hours.

Provides support to families with young children.

Plunket Society

Plunket provides free community-based support, health care and education to young families. Plunket Nurses are trained in child and family health/care and offer Well Child/Tamariki Ora visits, health education, promotion, health protection, clinical assessments and whanau (family) care and support.

Plunket Community Karitane and Plunket Kaiawhina (Maori health workers) are educated in a wide range of parenting and health issues and visit families in their homes to give extra support.

PORSE In-Home Childcare, Training, Work

Expanding the hearts, minds and wellbeing of a nation through nurturing childcare in-home. Choose your own PORSE nanny or home educator to give your child the best start in life. WINZ, multi-birth and 20 hours ECE subsidies apply.

Contact: 1 Market St Blenheim www.porse.co.nz

Phone: 5789333

Te Kohanga Reo

Nga Puawai Kohanga Reo 5781536

Waikawa Kohanga Reo 5737446

Te Kahurangi Kohanga Reo 5779574

Play and Activity Groups for Preschoolers

Babies & Pre-school Swim Lessons

Programmes for babies and pre-schoolers.

Contact: Stadium 2000

Phone: 5778300

Bizzy Beez Every Wednesday

10 - 11.30 a.m. (during term).

Caregivers and pre-schoolers friendly fun times of songs, dance, stories and art at the Cave Youth Centre \$2 per child or \$4 per family includes morning tea.

Contact: 8 Beaver Rd Blenheim

Dillons Point Community Playcentre

Open Monday and Wednesday 9.00a.m.-noon. \$2 per child or \$3 per family. Morning tea provided.

Contact: 2A Dillons Point Road, Blenheim (no postal address)

Phone: 5792089

Glow Bugs

Rhythm, music and play group for preschoolers 0–5 years accompanied by a parent or caregiver. Morning tea provided. Thursday morning 10am–11.30am, \$1 per child at the Salvation Army lounge.

Contact: Salvation Army cnr George & Henry Sts Blenheim

Phone: 5780862

Library Under 5's

Stories and activities to promote early reading skills. It's fun and free.

Last Tuesday of the month 10.30–11.15a.m.

Contact: Cnr Arthur & Seymour Sts Blenheim

Phone: 5782784

M & M's – Music and Movement

For preschoolers and their caregiver. Two sessions every Thursday during school term at the Elim Centre Hall, Burleigh Road – 9.00am 10.00am and 10.30am–11.30am Both sessions include ½ hour music and ½ hour morning tea and play. \$2 per family. Phone: 578 9053.

M4M Music for Minors

Preschoolers music programme on Tuesday mornings at The Foundry, Wesley Centre, Johns Road Blenheim 9.30am–10.30am. ½ hour music and ½ hour play. Gold coin donation.

Contact: Oasis Family Church Office

Phone: 5780407



Community

Breastfeeding Support

On discharge from Wairau Maternity Unit, support with breastfeeding is available within your community.

Bookstart for Babies

A health promotion programme to promote early learning with a focus on literacy. Free book packs for new babies, home visits and group sessions for parents available.

Contact: REAP Marlborough

Phone: 5787848

Contact: Marlborough District Library

Phone: 5782784

Lactation Consultants

Contact: Wairau Hospital 5209959

Contact: Plunket 5785633

Lead Maternity Carer: (Midwife, GP, etc)

In most situations this should be the first person you contact with breastfeeding issues. Ensure that you have their contact details.

The Breastfeeding Clinic

A free service providing individual consultations during pregnancy and any stage of breastfeeding. Aims to assist women to breastfeed successfully and help overcome any problems. Breast pumps for hire.

Contact: Ward One Wairau Hospital

Phone: 5209959 for appointments

Public Health Nurses

In rural areas of Marlborough a Public Health Nurse provides Well Child Tamariki Ora services for children aged 0–5yrs and their whanau (family).

Contact: Public Health Services NMDHB, 22 Queen Street Blenheim

Phone: 5209914

Seddon Plunket Rooms

Phone: 5757194

1st and 3rd Wednesday 9am –11.00am

Te Piki Oranga

Maori community based Health and Social Service, Tamariki Ora / Well Child services, Outreach Immunisation, Social service support for whanau with tamariki. Enquiries from all people of the community welcome.

Phone: 5785750

Well Child Tamariki Ora Programme

Well Child / Tamariki Ora services are about keeping your child, from birth to five years safe and well and growing and developing to their fullest potential.

Well Child / Tamariki Ora services provide:

- Support
- Information
- Advice
- Free checks including dental, vision and hearing checks
- Free immunisation

Independent Preschool Services

ABC Blenheim Central 5784212

abc.blenheim@beststarteducare.co.nz

ABC Mayfield 5788225

abc.mayfield@beststarteducare.co.nz

ABC Springlands 5796060

abc.springlands@beststarteducare.co.nz

Awatere Early Learning Centre Inc 5757420

awatereearlylearning@gmail.com

Beavertown Early Learning Centre 5794543

Beavertown Preschool 5788984

Blenheim Early Childhood Centres Inc.

John Street Preschool 5781365

Uptown Preschool 5788709

uptown@blenheimearlychildhood.co.nz

www.blenheimearlychildhood.co.nz

Te Kupenga Preschool 5788571

tekupenga@blenheimearlychildhood.co.nz

www.blenheimearlychildhood.co.nz

Leaps and Bounds Early Learning Centre 5785842

Little Footsteps 5781416

Little Footsteps John Street 5776008

Montessori House of Children Preschool 5778443

Moreporks Preschool 0508 667 376

Pelorus Community Preschool 5742096

Picton Community Early Learning Centre 5737289

Picton Preschool 5735530

Renwick Preschool & Childcare 5729868/5729848

St Marys Preschool 5780678

office@stmaryspreschool.co.nz

www.stmaryspreschool.co.nz

Vision Hearing Technician

All tamariki (children) are entitled to free national screening checks for hearing and vision. This is now done at the B4 School Check for all 4 year olds. B4 School Checks are completed by a variety of health professionals. You will be contacted via letter when your child is due for their check by the B4 School Coordinator.

Contact: Public Health Unit, NMDHB, 22 Queen Street, Blenheim

Phone: 5209914

Early Childhood Education

Au Pair Link New Zealand

Au Pair Link Limited is a safe and internationally recognised Au Pair agency that provides you with personal service and ongoing support and committed to linking loving families with quality Au Pairs.

Contact: www.aupairlink.co.nz or info@aupairlink.co.nz

Phone: 0800 AU PAIR

Barnardos Kidstart Childcare

At Kidstart we understand your child needs a safe and nurturing environment to learn, play and grow. Our trained Educators provide a home away from home feel, for children from birth to 5 years, with a wide range of play and learning experiences available. WINZ and ECE subsidies.

Contact: 22 Queen Street, Blenheim

Phone: 578 6491 or 027 517 6537 or www.kidstart.co.nz

Early Childhood Service of The Correspondence School

For children living in remote areas. Can be enrolled fulltime or have dual enrolment with mobile kindergarten or other preschool.

Phone for information and enrolment.

Phone: 0800 659 988

Family Support Services

Annies Nannies

A service licensed by the ministry of education, providing quality care and education to families who value the importance of being part of an educational programme structured to their child's individual interests and needs. This may be in your own home or a home based educators place.

Contact: 19 Henry Street, Blenheim

Phone: 5784417

Asthma Marlborough

We offer asthma / respiratory advice, support and education for children, adults and families / whanau. One to one or group sessions and home visits available. No charges for services provided.

Contact: 54 Scott St Blenheim

Phone: 5791609

Barnardos Family Support Service

In home social work support, parenting education, counselling, childrens supervised access, Parenting Through Separation, Domestic Violence programmes and safety planning for both women and children.

Contact: 22 Queen Street, Blenheim 7240

Phone: 5786491

Bread

Available from the Wesley Centre Tues and Wed after 9am (if available).

Available from Crossroads Mon-Fri from 7.30am.

Bread of Life Centre

Supportive roles for families in stressful situations.

Strengthening Families Coordinator (a coordinated community approach that helps families reach their full potential), OSCAR, Sheets and Things, Post Natal Depression Support Service.

Contact: 14B Stephenson St Blenheim.

Phone: 5781355

Email: breadoflife@xtra.co.nz

Child & Adolescent Mental Health Service (CAMHS)

CAMHS is a dedicated team of health professionals working with severe mental health problems experienced by children and youth (up to 18 years). The CAMHS team work closely with community organisations and agencies to support children, youth and families. GP's and health professionals can refer.

Hours are 8.30am – 5.00pm Monday to Friday excluding public holidays. Afterhours crisis service can be accessed via the hospital operator on 520 9999 (Ask for the CAMHS crisis pager).

Contact: 520 9905 Fax: 520 9968

Address: 22 Queen Street, PO Box 46 Blenheim 7240

CCS Disability Action

Support and advocacy for families living with disabilities from 0–65 years. We work with families and children to assist with early diagnosis, education support within the pre-, primary and secondary schools, information and resources for informed family decisions, benefit information, community participation support to include all people, equipment funding and grant application assistance.

Contact: 9 Sinclair St Blenheim (Opposite Blenheim Railway Station)

Phone: 5781170

Te Hauora O Ngati Rarua

A by Māori for Māori whanau focused mobile community health and social service, based on Te Whare Tapa Whā Māori model of wellness.

Providing the following services: Aukati Kaipapa, Rongoā Māori, Palliative Care Support, Te Ara Tautoko – Alcohol Harm Minimisation, Te Ara Mahan – Like Minds Like Mine, Maaraa Oranga – Healthy Gardens, Kaumātua Care.

Contact: 2C North St Blenheim 7201.

Phone: 5778404

Wairau Children's Programme

A programme for children 6–12 years who have been affected by Family Violence. This is a 10 week programme provided by Women's Refuge.

Phone: 5779939

Womens Refuge

Supporting women, children and families who are victims of family violence and/or sexual assault. Providing 24/7 crisis line, safe emergency accommodation, confidential listening, support, advocacy and information. Education groups for women and children. Training on family violence awareness.

Phone: 5209939

Crisis Line: 5209999 (ask for women's refuge)



Respite Care, Home to Home

Offers respite care for children assessed by Support Works. This provides quality breaks and positive life experiences for children 0–17 years or still at school.

Contact: CSS Disability Action 9 Sinclair St (opposite railway station)

Phone: 5781170

Salvation Army Community Ministries

Open 9am–12noon, afternoons by appointment. Ezee meals available, (these are frozen meals ready to heat and eat). Nutritious wholesome food for all ages. No eftpos.

Contact: Salvation Army Community Ministries

Cnr George and Henry Sts Blenheim

Phone: 5780862

Support Works, Te Roopu Tautoko

Support Works provides assessments for people with health and disability needs in order to maximise their independence and full participation in the community. The assessment/service coordination process identifies plans and review packages of support that meet the prioritised needs and goals of the person. Any person with a physical sensory, intellectual disability or a combination of these may be eligible for this service if their loss of function or disability will last six months or longer. Needs based services include: personal care, carer support/respite, shared care, residential care, individualised funding and referrals to other agencies.

Contact: 22 Scott St, Blenheim

Phone: 5208765 or 0800 244 300

Children, Youth and Family

CYF's works with families to protect children, manage young offenders, ensure that children in need are secure and cared for and help families maintain and strengthen their childrearing role.

Contact: Blenheim Office

Phone: 9844260 Freephone: 0508 326 459

Citizens Advice Centre

Provides confidential free information and referral service.

Contact: 25 Alfred St Blenheim

Phone: 5784272

Crossroads

Drop-in centre open weekdays from 7.30am–1.30pm for companionships, games, toys, newspapers and referrals to community agencies. Breastfeeding mums welcome. Food available at Koha Cafe. No charge for community groups (but we rely on donations).

Contact: 2 Redwood St Blenheim

Phone: 5785395

Educarents Marlborough

A home based childcare and nanny service specialising in training children's own family, friends and whanau as caregivers. We assist with planning, recording and assessing children's development in keeping with national standards and subsidise costs. We are a licensed service with 20 hours free ECE.

Contact: Educarents Marlborough or www.educarents.com

Phone: 021455408

Foodbank

Foodbank services can be accessed through the following organisations:

- Barnardos 921 5000
- Birthright Marlborough 5779488
- Blenheim Baptist 5786352
- Bread of Life 5781355
- Crossroads, 2 Redwood Street 5785395
- Maataa Waka Ki Te Tau Ihu 5779256
- Maori Women's Welfare Blenheim 5788847
- Maori Women's Welfare Omaka 5783731
- Maori Women's Welfare Waitohi 5738993
- Marlborough Family Budgeting 5782006
- Methodist (Wesley) office 5785796
- Nativity Church 5783909
- Te Hauora O Ngati Rarua 5778404
- Oasis Family Church 5780407
- PAR Services 5776215
- Picton 5737785
- Salvation Army 5780862
- Seventh Day Adventist 5782869
- St Andrews office 5787119
- St Vincent de Paul 5778378
- Women's Refuge 5779939

Family Planning Association (FPA)

Education in women's and men's health, discussion about and supply of contraceptives and emergency contraceptive pill, sterilisation unplanned pregnancy counselling and sexuality education.

Contact: 68 Seymour St Blenheim

Phone: 5783047

Parents Inc. (Parenting with Confidence)

Contact: PO Box 37708, Parnell, Auckland

Phone: (09) 5240025 Fax: (09) 5240029

(Phone to have a seminar in your area)

Postnatal Depression Marlborough Charitable Trust

Provides support, counselling and education to women and their families who experience difficulties in relation to pregnancy, pregnancy loss and the postpartum period.

Contact: Tatiana Ceban

Phone: 5795443 or 0279019807

Email: pndmarlborough@gmail.com

Public Health Nurses

Support children from 5–18yrs in the community with health assessments, advice and referrals to appropriate services. Works with schools and early childhood centres providing health advice, seeing child with health needs, B4 school checks and providing the school based immunisation programme for Yr7 and 8 students as per the National Immunisation Schedule. Public Health Nurses work closely with the Hearing and Vision Technicians who provide the hearing and vision screening component of the B4 school checks.

Contact: Public Health Services NMDHB, 22 Queen Street Blenheim

Phone: 5209914

REAP Marlborough

Offers early childhood education.

“Dance With Me In The Heart” parent, infant & toddler classes. For more information contact REAP Marlborough.

Contact: REAP Marlborough

Phone: 5787848

Maataa Waka Ki Te Tau Ihu Trust

Provides services for whanau with Tamariki under the age of 5; and social service support for whanau with Tamariki under the age of 17. The key focus areas are parenting education, budgeting, addressing family violence and counselling.

Contact: 56 Main St Blenheim
Phone: 5779256

Maori Women's Welfare League

Promotes and encourages the adoption of healthier lifestyles using a variety of resources and community promotion.

Phone: 5788847 Blenheim / 5783731 Omaka

Marlborough Family Budgeting Service

Trained voluntary advisors offer free, confidential help to individuals and families in learning to manage their personal household accounts. 10am–3pm weekdays but can offer late appointments Thursday by arrangement.

Contact: 25 Alfred St Blenheim
Phone: 5782006 or budget@mfbs.org.nz

Marlborough Parent Centre

Parents Centre is affiliated with Parents Centre New Zealand and set up by parents, for parents and children.

Phone: 0800 1 4 BABY (0800 142229)

Natural Fertility NZ

To teach women / couples to recognise and understand times of fertility.

Phone: 0800 178 637

Marlborough Migrant Centre

Support, events and social functions for migrants, both national and international, and newcomers to Marlborough. This is a free service. Also run the Marlborough Newcomers Network.

Contact: Marlborough House, 21 Henry St Blenheim
Phone: 5796410
Email: mmc@marlboroughonline.co.nz
Website: www.marlboroughonline.co.nz/mmc

Family Works (Presbyterian Support)

Offers primary school aged children mentoring through the Synergy Youth Mentoring Programme. Social Worker in Schools: Presbyterian Support provides a Family Worker at Mayfield School, Blenheim School and Picton Primary School. This service provides support to children and their families to help family's access community support and networks; work one-to-one with children and families; and provides group programmes which help children and their families to succeed.

Contact: 12a Muller Road
Phone: 5779005

Health and Disability Commissioner's Office

Local Health and Disability Consumer Advocacy Service

Phone: (03) 5444116 Nelson

Provide advocacy and advice about your rights when receiving a health or disability service and options for resolving complaints.

Phone: 0800 112 233

Johns Kitchen

Free bread for school lunches from 7.30am onwards, weekdays.
Koha Cafe open Mon–Fri 8am–1.30pm for free soup and rolls, plus light meals and snacks for a koha/donation. Community dinner Wed 5.30pm, free to all (donations encouraged)
Contact: 2 Redwood St Blenheim Phone: 5785395

Life Line

Provides a crisis and support telephone counselling service, manned 24 hours by trained counsellors. A home line service where we can ring daily for people living alone or having other issues that need support.
Phone: 5787503 Hotline: 5778668 – counselling

Marlborough Children’s Team – Nga Pukenga Tamariki

Children’s Teams are made up of a panel of skilled frontline professionals from across government agencies, NGOs, Iwi and the community. Appointed by the community, the team is trans-disciplinary and made up of people with diverse perspectives and experiences. They respond to the needs of at risk children and their families / whānau within the unique context of each area. The Children’s Team assigns a Lead Professional to each vulnerable child who has been identified as needing further support. The Lead Professional acts as the main contact for a child who is likely to already have a number of relationships with different services. For further information on how to refer to this service phone the Coordinator.
Phone: 5791072

Marlborough Pacific Trust

Located at the Wesley Centre, Room 3D, 3 Henry Street.
Hours: 9am – 12noon Monday, Wednesday, Thursday, Friday.
Contact: Sela Manoa marlboroughpacifictrust@gmail.com

Marlborough Primary Health

Active Families: Free for children 5–18 years who are inactive and/or overweight and children referred through from the B4 School Checks and physical activity options for the family. Community Dietitian: Available to provide free nutritional advice for toddlers, young children, families and group education sessions.
Contact: 22 Queen Street, Blenheim
Phone: 5206200

Open Home Foundation

Registered as a child and family support social work service. Provide christian based homes for foster care where appropriate, after exploring other options such as providing family support. Counselling is available. Provide youth and family mentoring.
Contact: 57 Litchfield St Blenheim
Phone: 5780807

Paediatricians

Wairau based Paediatricians: Dr David Bond and Dr Stefan Schulze.
Referrals are received via GP and other health care providers for children from birth to 15 years.

Parents as First Teachers (PAFT)

Free service for parents and babies from birth to three years. Regular home visits to support and share information, practical ideas and give guidance as the child grows and develops. Informal group meetings to meet and share experiences with other parents.
Contact: 16 Henry St Blenheim
Phone: 5779604