



Women's Refuge

Private and confidential support
Contact 03 319 5999

Churches

New Life Church, 203 Beach Road.
Contact Pastor O'Connor 03 319 7297

St Peter's Anglican Church,
29 Torquay Street.
Contact Marion 022 013 6705

St Paul's Presbyterian,
11 Deal Street.
Contact Rev McNaughton 03 319 5552

Star of the Sea Catholic Parish,
30 Ludstone Road 03 319 5385

Vineyard Christian Fellowship.
Contact Eric or Joy 03 319 6281

Kaikoura Christadelphians.
Contact Steph 03 319 6267

Kaikoura Gospel Assembly.
Contact Ken 03 319 5264

Jehovah's Witnesses,
171 Beach Road.
Contact 03 319 7136



Community Kitchen

Free meal every Monday.
All welcome for great fresh
hot food and a chat.
5pm-6.30pm, Scout Hall,
Beach Road,
(next to the Op Shop).



Community Shed

Get together and create
stuff with other people.
Contact Peter,
021 078 1578

Help getting around

The Community Vehicle is used for the elderly, less mobile or hospital patients for outings or travel to medical appointments. The van is fitted with a wheel chair lift. Drivers can take you as far as Christchurch, help you get to your appointment and will be waiting when you are finished. Contact, 027 346 3751



Support for elderly

Anglican Elder Care Worker
Contact Nicky, 021 166 3520

Road Updates

www.nzta.govt.nz/traffice-and-travel-information/
or phone 0800 44 44 49

NCTIR Queries Get information about the roadworks in your area. Raise any complaints or concerns.
Contact 0800 628 4737

We have a passion for looking out for people in our community so please feel free to contact us at the number below for assistance and details of what we have to offer. There is a large variety of activities that you could take part in so please check us out.

We are a diverse community and we hope there is something to suit all ages and genders.



**KAIKOURA
DISTRICT COUNCIL**

News, information, assistance with rates remission, updates on the rebuild and general enquiries are on Facebook @Kaikoura District Council. Sign up to our newsletter by emailing libby@kaikoura.govt.nz. Visit us online at www.kaikoura.govt.nz or call on 03 319 5026

Call us
021 236 1890

**R you
OK?
Kaikōura**





Kaikoura Social Recovery Team

We're here to help

The Kaikoura Social Recovery Team and volunteers are door knocking in your area to check on your wellbeing and see if there is anything we can do for you.

Our job is to look out for the people of our Community - whether you're new to the area or you've lived here all your life. We work with all the major agencies including NZ Red Cross, Kaikoura District Council, EQC and ICNZ to coordinate health, wellbeing and financial support services across our District.

Our Community is a diverse and busy one with plenty going on and something for everyone. This booklet lists some of the help available to residents.

We've also got a 24/7 message service. If you've got a question, need some help or know someone who does, call us, leave a message and someone will check it and get back to you within 24 hours. The number is 021 236 1890

Help with financial worries?

Te Whare Putea can help you sort your bills and debts and make long term financial plans. They have a food bank and can advocate for you with government departments.
Heartlands Centre,
3/78 Beach Road
Contact Lyn, 03 909 9292



The Mayoral Relief Fund

One off hardship grants of up to \$500 to help with the essentials.
Apply via www.kaikoura.govt.nz or pick up an application form from the Council.

Te Hā o Mātauranga – Learning in Kaikoura

Drop in and have a conversation, find out what's going on, take advantage of learning opportunities and connect with likeminded people. 14 Ludstone Rd, Kaikoura (the old Museum).
Contact Sarah, 027 807 2874



Whanau health and wellbeing for all ages

Tamariki Ora, Whanau Ora Nurse and Mama & Pepe support.
Contact Olivia, Sue or Lisa from Te Tai o Marokura on 319 5801



Free legal advice and information Canterbury Community Law

For any earthquake related issues.
Contact 0800 EQLEGAL (0800 375 3425)

Marlborough Community Law

In Kaikoura fortnightly. Contact 0800 266 529 or via skype at Heartlands

EQC claims and insurance help

Support and encouragement through the process.

An EQC Advisor is available at Shop 2, 6 West End, Tuesdays 12-5pm, Wednesdays 9am-1pm.

Contact Linda for Whanau Ora Navigators on 027 249 1981



Canterbury Employers' Chamber of Commerce

www.cecc.org.nz Contact 0800 50 50 96

Feeling stressed or angry?

Generally out of sorts or not coping? Dealing with children traumatised by the recent events?

Hospital based Social Worker/Counsellor contact Simon, 03 319 3535

Stress/anger management contact Victor, Stopping Violence Services, 027 510 9842



Te Hā o Te Ora - Kaikoura Healthcare.

Open weekdays 8am to 6pm. Weekends drop in emergency clinic 10.30am – 12pm.
Contact 03 319 3500.

Plunket Kaikoura

Bumps and babies support group, drop in centre.
On facebook as @PlunketKaikoura
Contact Marz, 021 532 476



If we missed you when we called and you would like some assistance, please contact us on the phone number on the back of this brochure.