



Support Group Directory

2015/16

Support for people with ongoing health conditions and their carers.

Palmerston North, Manawatu,
Horowhenua, Tararua, Otaki



Support Group Directory

2015/16

This first edition MidCentral DHB Support Group Directory provides a listing of support groups operating in Palmerston North, Manawatu, Horowhenua, Taranua and Otaki.

The support group directory was developed by the MidCentral DHB Clinical Networks with support from MidCentral Health's Public Health Service.



What is a support group?

Members of health-based support groups usually have similar health conditions. They meet to share knowledge, experiences, strengths, and hopes and to gain a sense of community. People join support groups to learn “self-help” techniques and also to offer support to others thereby increasing their own well-being. Groups may be peer led or led by a health professional.

Benefits of belonging to a support group

There are a number of benefits of belonging to a support group including:

- Meeting others who have the same health condition.
- Receiving good practical advice about treatment options.
- Learning more about your health condition.
- Developing a clearer picture of what life is like with the condition.
- Hearing tips that others have used to manage a health condition.
- Gaining information of where good resources are available.
- Sharing experiences.
- Feeling less isolated and alone.
- Receiving support in putting ‘self-help’ strategies in place.
- Reducing anxiety, depression and distress.

Setting up your own support group

If you would like to be a part of a support group but none of the groups listed in this directory meet your needs, you may like to consider setting up a Support Group of your own. See the MidCentral Health’s ‘Starting a Support Group Information Booklet’ available on line <http://bit.ly/1e4yVXD>. This booklet is also available from the Support Group Coordinator. You can also see the online resource <http://bit.ly/1KyMfh8> for more information. In addition, the Support Group Coordinator may be available to guide you as you set up a support group.

The Support Group Coordinator's details are as follows:

Dr Sara Joice
Senior Health Psychologist
Health and Cancer Psychology Services
Massey University

Phone: (06) 3505180

Direct Dial: (06) 3505799 ext84969

Mobile: (021704861)

Email: S.A.Joice@massey.ac.nz

How to update your listing or add a new listing to the next edition of the directory

If you would like to include a new listing or update an existing listing, please send your information via e-mail to S.A.Joice@massey.ac.nz. Do include your contact details and the following information where relevant:

- Name of organisation
- Description of service
- Type of support offered
- Venue
- Regular meetings held
- Times of meetings
- Wheelchair access
- Referral
- Cost
- Contact person
- Phone
- Mobile
- Fax
- Email

The Support Group Directory is available online at: <http://bit.ly/1e4yVXD>

Members of the Support Group Working Party who kindly gave their time to put this guide together include: Pauline Brown, Maria Berrett, Gillian Treloar, Jean Budd, Angela Verhoeven and Sharon Barnette.

Disclaimer: Listings have not been checked for quality of service provided.

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Alcoholics Anonymous supports people who have problems with drinking, binge drinking, blackouts or other alcohol problems that affects their lives and that of their friends and family.

Location: **Ashhurst**
Venue: St Mary Magdalene's Church Hall
67 Cambridge Ave, Ashhurst.
Meetings: Friday 7.30pm, weekly – Open to visitors.
Referral(s): Self or others.

Location: **Dannevirke**
Venue: Dannevirke The HUB, 23 Gordon St, Dannevirke.
The Hub is situated on Gordon St, just off SH2 in the main street of Dannevirke. Turn off at the BNZ building. Parking is available off Allardice Street.
Meetings: Thursday 12pm, Weekly.
(*Closed meeting for alcoholics only.*)
Referral(s): Self or others.



AA member in
your area



0800 AA WORKS
(0800 229 675)



nzgso@aa.org.nz



www.aa.org.nz

Support Group Directory

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Name of support group(s): **Feilding One Day @ a Time**
Location: **Feilding**
Venue: Feilding Community House, 131 Manchester St, Feilding. Walk down drive to room at back.
Meetings: Sunday 9am, weekly – Open to visitors.
Referral(s): Self or others.

Name of support group(s): **Feilding – Wednesday**
Location: **Feilding**
Venue: St. John's Church Complex, 16 Camden St, Feilding.
Meetings: Wednesday 7.30pm, weekly.
Wheelchair access: Yes.
Referral(s): Self or others.



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(0800 229 675)



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Name of support group(s): **Foxton Beach Sunday**
Location: **Foxton**
Venue: Foxton Beach Community Centre,
Seabury Ave, Foxton.
Meetings: Sunday 7.30pm, weekly. (*Closed meeting for alcoholics only but open meeting for non AA visitors on the last Sunday of every month.*)
Wheelchair access: Yes.
Referral(s): Self or others.

Name of support group(s): **Levin Wednesday**
Location: **Levin**
Venue: Levin Uniting Church Hall, 87 Oxford St, Levin
Meeting is in the hall off the rear car park – go down the driveway on the right hand side of the church.
Meetings: Wednesday 7.30 pm, weekly.
Wheelchair access: Yes.
Referral(s): Self or others.



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(0800 229 675)



nzgso@aa.org.nz



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Location: **Levin**
Venue: Levin Red Cross, 524 Queen St, Levin.
Meetings: Friday 7.30pm, weekly.
Referral(s): Self or others.

Location: **Levin**
Venue: Levin Uniting Church Hall,
87 Oxford Street, Levin.
Meeting is in the hall off the rear car park – go down
the driveway on the right hand side of the church.
Meetings: Friday 7.30pm, weekly – Open to visitors.
Referral(s): Self or others.

Name of support group(s): **Pahiatua Meeting**
Location: **Pahiatua**
Venue: Saint Peter's Church, Albert St, Pahiatua.
Meetings: Saturday 10am, weekly – Open to visitors.
Wheelchair access: Yes.
Referral(s): Self or others.



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(0800 229 675)



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Name of support group(s): **Tuesday Lunchtime Meeting**
Location: **Palmerston North**
Venue: Palmerston North Community House, 77 King St, Palmerston North.
Meetings: Tuesday 12pm, weekly.
(Closed meeting for alcoholics only.)
Wheelchair access: Yes.
Referral(s): Self or others.

Name of support group(s): **Palmerston North Monday**
Location: **Palmerston North**
Venue: Palmerston North Community Leisure Centre, 569 Ferguson St, Palmerston North.
Meetings: Monday 7.30pm, weekly – Open to visitors.
Referral(s): Self or others.



AA member in
your area



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(0800 229 675)



nzgsa@aa.org.nz



www.aa.org.nz

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Name of organisation:	Alzheimers New Zealand PO Box 57, Palmerston North
Name of support Group(s):	Carers Support Group
Type of support offered:	Carers offered support and education.
Venues:	Milson Combined Church, Purdie Place, Palmerston North. Manawatu Community Trust, 1/100 Awahuri Rd, Feilding. Jack Allen House, 21 Durham St, Levin. Otaki Presbyterian Church 249 Mill Road, Otaki.
Meetings:	Palmerston North – First Monday of each month, 1pm–2.30pm Feilding – First Monday of each month, 10.30am–12noon Levin – first Friday of each month. 1pm–2.30pm Otaki – First Friday of each month, 10.30am–12noon
Wheelchair access:	Yes, in all venues.
Referral(s):	Self, General Practice (GP), or any health professional or family member.
Cost:	No cost.



Donna Hedley,
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Anne Lowry
RN – Fieldworker



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www.alzheimers.org.nz/manawatu

Support Group Directory

2015/16



Name of organisation:	Alzheimers Society Manawatu PO Box 57, Palmerston North
Name of support Group(s):	MKC Club (Marion Kennedy Centre Clubs)
Type of support offered:	Supports members in early stages of dementia and are led by qualified divisional therapists.
Venues:	642 Featherston St., Palmerston North. Baptist Church Hall, Rugby St, Levin. Brass Band Hall Service Lane, Allardice St, Dannevirke. 14 Bowen St, Feilding.
Meetings:	Palmerston North – Monday to Friday. Levin – Tuesday and Friday. Dannevirke – Thursday. Feilding – Monday and Friday. 10am–3pm on all days.
Wheelchair access:	Yes, in all areas.
Referral(s):	Self, GP, any health professional or family member.
Cost:	Day care funded by Support links or privately funded.



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www.alzheimers.org.nz/manawatu

Support Group Directory

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Name of organisation:	Amputee Society of the Manawatu
Type of support offered:	Individual support, advice, advocacy and education on request. There is a newsletter three–four times a year, covering Otaki, Manawatu Tararua and Wanganui.
Venue(s):	Volunteers will visit people in their homes or in hospital.
Access:	Members meetings are always arranged at location with parking, wheelchair access and mobility issues in mind.
Referral(s):	Self referral.
Cost:	\$5 annually for subscription and that includes a newsletter.



John Maher



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www.af.org.nz

Support Group Directory

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Name of organisation: Palmerston North Arthritis Support

Type of support offered: Water-based exercise

Venue(s): Palmerston North Hospital Star Centre Pool.

Meetings: Tuesday afternoons and Saturday morning.
Times are available from Anne – see contact details below.

Referral(s): Self referral.

Cost: \$2 for Tuesday, gold coin for Saturday.

Name of organisation: Palmerston North Arthritis Support

Type of support offered: Qigong, Tai Chi – gentle exercise
fully qualified instructors.

Venue(s): Community Leisure Centre, Ferguson Street,
Palmerston North.

Meetings: Thursday 2pm.

Referral(s): Self referral.

Cost: \$2 which includes afternoon tea.



Anne Odogwu
Bernard Mullins



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odo.anne@gmail.com



www.arthritis.org.nz

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Name of organisation:	Blind Foundation
Type of support offered:	Counseling services travel to Feilding, Tararua and Levin. Telephone Tree Group – volunteers run social events.
Venue(s):	For social events: St. Peter's Church, Palmerston North.
Meetings:	3rd Wednesday of the month, between 1pm–1.30pm (can provide transport if necessary).
Referral(s):	Self referral, GP or other health professionals.



0800 243 333



www.blindfoundation.org.nz

Support Group Directory

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Name of organisation:	Brain Injury Central Districts
Name of support group(s):	Palmerston North Support Group
Type of support offered:	Support for clients/carers/family members workplaces/schools.
Venue(s):	Hancock Community House, 77-85 King St, Palmerston North.
Meetings:	10am- 12noon, monthly (contact Liaison Officer for more information).
Wheelchair access:	Yes.
Referral(s):	Self referral.

Name of support group(s):	Levin Support Group
Type of support offered:	Support for clients/carers/family members workplaces/schools.
Venue(s):	Jack Allen House, Levin or at a cafe (venue alternates).
Meetings:	Usually Wednesday 10am-12noon, monthly (contact Liaison Officer for details).
Cost:	Participants are asked for a gold coin to cover tea/ coffee/venue (if at Jack Allen House.) Or participate to pay for own café refreshments.
Wheelchair access:	Yes.
Referral(s):	Self referral.



Lou Angus
(Liaison Officer)



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liaison.cd@brain-injury.org.nz



www.brain-injury.org.nz

Support Group Directory

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Name of support group: **Cancer Connect NZ**
Type of support offered: **This free service arranges peer support phone calls for people living with cancer and their caregivers. It provides a listening ear, practical information and the opportunity to talk to someone else whose life has been affected by cancer.**
Phone: 0800 800 426
Referral(s): Self-referral.

Name of organisation: **Cancer Society of New Zealand**
Name of support group: **Cancer Information Service**
Type of support offered: **Your call will be answered by a specialist cancer nurse who is there to provide information to people with cancer and their families. Any cancer, any question.**
Phone: 0800 226 237



Pauline Wharerau



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cancercd.org.nz



www.cancernz.org.nz

Support Group Directory

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Name of organisation:	Cancer Psychology Service
Type of support offered:	A short-to-medium psychology service funded by the DHB. This team is made up of Psychologists who have a wide range of skills and expertise not only to help those with a cancer diagnosis but also available to work with family/whanau members requiring support at all stages of the cancer journey from diagnosis to treatment and beyond.
Venue(s):	Massey University Psychology Clinic, Palmerston North Hospital, Addis House, Clinics in Dannevirke, Pahiatua, Otaki, Levin and Foxton and home visits when the person is too unwell to travel.
Meetings:	As required and by appointment.
Wheelchair access:	Yes.
Referral(s):	Health Professional, Cancer Society Support Worker, Maori Cancer Co-ordinator.
Cost:	No cost.



(06) 350 5180
(06) 350 2264



cancer.psychology@massey.ac.nz



Support Group Directory

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Name of organisation: **Cancer Society of New Zealand**
Name of support group: **Cancer Support Group Lunch**
Type of support offered: **Informal peer support gathering.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: Last Wednesday of each month.
Wheelchair access: Yes.
Referral(s): Self-referral required.
Phone: Pauline Wharerau (06) 356 5355

Name of organisation: **In The Pink**
Type of support offered: **Support group for women who are experiencing, or have experienced breast cancer.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: A six to eight week programme guided by participants needs. Held first Tuesday of every month, 7pm–9pm.
Wheelchair access: Yes.
Referral(s): Self-referral, health professional or health provider.
Cost: No cost.



Kath
Kristy



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www.cancernz.org.nz

Support Group Directory

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Name of organisation: **Cancer Society of New Zealand**
Name of support group: **Living Well Programme**
Type of support offered: **This free service arranges peer support phone calls for people living with cancer and their caregivers. It provides a listening ear, practical information and the opportunity to talk to someone else whose life has been affected by cancer.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: As is needs basis. Meet weekly over a 6 week period.
Wheelchair access: Yes.
Referral(s): Self-referral.

Name of support group: **Look Good Feel Better**
Type of support offered: **Is a free service offered to women undergoing treatment for cancer. The aim is to help restore and enhance ones appearance both during and after treatment.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: Every six weeks, 10.30am–1pm.
Wheelchair access: Yes.
Referral(s): Health professional.



Pauline Wharerau



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www.cancernz.org.nz

Support Group Directory

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Name of organisation:	Manawatu Lymphoedema Services
Name of support group:	Lymphoedema Support Group
Type of support offered:	Assessment and advice by a lymphoedema therapist, information sessions and a support group are held on a regular basis.
Venue(s):	Addis House, 135 Ruahine St, Palmerston North.
Meetings:	Second Wednesday of the month, 5.30pm–7pm.
Wheelchair access:	Yes.
Referral(s):	Self-referral.



Jenny Collett



(06) 357 0987
027 284 7907



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www.cancernz.org.nz

Support Group Directory

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Name of organisation: Cancer Society of New Zealand
Name of support group: Massage/Natural Therapy
Type of support offered: Massage therapies and reflexology.
Therapist – Jill Faulkner.

Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: Every second Thursday of the month. Between 10am–4pm. Ring Addis House for a 30 minute appointment.

Wheelchair access: Yes.
Referral(s): Self-referral.
Cost: Gold coin donation.

Name of organisation: Cancer Society of New Zealand
Name of support group: Meditation: with Buddhist Nun Kelsang Demo
Type of support offered: Learn to meditate to achieve peace of mind – an important part of healing.

Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: Last Thursday of each month, 10.30am–11.30am.
Wheelchair access: Yes.
Referral(s): Self-referral.



Pauline Wharerau



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www.cancernz.org.nz

Support Group Directory

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Name of support group: **Men's Support Group**
Type of support offered: **Peer support with guest speakers covering topical issues.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: First Wednesday of the month, 7pm–9pm.
Wheelchair access: Yes.
Referral(s): Self-referral.
Cost: No cost.
Phone: Pauline Wharerau (06) 356 5355

Name of organisation: **Prostate Cancer Foundation NZ**
Type of support offered: **Support and education.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: Third Wednesday of the month, 7pm–9pm.
Referral(s): Self referral or health professional.
Cost: No cost.



Chris Bland



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www.prostate.org.nz

Support Group Directory

2015/16



Name of support group: **Regional Cancer Treatment Service**
Type of support offered: **For patients undergoing radiation treatment. Family/whanau also welcome.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: Every third Thursday of the month, 2pm–3pm.
Wheelchair access: Yes.
Referral(s): Self-referral.

Name of support group: **Tai Chi**
Type of support offered: **Light exercise to increase holistic well-being.**
Venue(s): Addis House, 135 Ruahine St, Palmerston North.
Meetings: Every second Thursday of the month, 5.30pm.
Wheelchair access: Yes.
Referral(s): Self-referral.



Pauline Wharerau



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www.cancernz.org.nz

Support Group Directory

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Name of organisation:	Cancer Society of New Zealand
Name of support group:	Women's Support Group
Type of support offered:	All round holistic support.
Venue(s):	Addis House, 135 Ruahine St, Palmerston North.
Meetings:	Last Wednesday of the month 12noon-1.30pm.
Wheelchair access:	Yes.
Referral(s):	Self-referral.
Cost:	No Cost.



Pauline Wharerau



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www.cancernz.org.nz

Support Group Directory

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Name of organisation:	Central PHO
Name of support group:	Cardiac Rehabilitation Group
Type of support offered:	Pre and post cardiac events.
Venue(s):	Health on Main, 575 Main St, Palmerston North.
Meetings:	Every Tuesday, 3pm.
Wheelchair access:	Yes.
Referral(s):	Self-referral, GP or DHB.
Cost:	No Cost.



Adrienne Kennedy
N.Z.R.N.



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Karen Ututaonga

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Support Group Directory

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Name of organisation:	Direction – Where, How, Why Limited
Name of support group:	Direction Cardiac Club
Type of support offered:	Exercise, emotional, information and community support for people living with, or at risk of heart disease.
Venue(s):	92 Taonui Street, Palmerston North.
Meetings:	Monday and Wednesday: 9am–10am and 12noon–1pm. Tuesday and Thursday: 9am–10am and 10am–11am.
Wheelchair access:	Single storey access.
Referral(s):	Heart Foundation, self-referral with clearance from GP, specialist or heart health provider. Medical clearances are only required for those who have recently had a heart event or procedure.
Cost:	\$7.50 per session.



Mark Te Whaiti



(06) 358 8743
027 425 6652



direction.where.how.why@gmail.com



Support Group Directory

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Name of organisation:	Heart Foundation of New Zealand (Manawatu Branch)
Type of support offered:	Information support only.
Venue(s):	Federated Farmers Building, 107 Queen St, Palmerston North.
Meetings:	Hours open.
Wheelchair access:	Single storey access.
Referral(s):	Self-referral required.
Cost:	No cost.



Sally Daragh



(06) 358 7745



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www.heartfoundation.org.nz

Support Group Directory

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Name of organisation:	Heart Kids NZ
Name of support group:	Heart Kids Manawatu – Toddler Group
Type of support offered:	Work with children with heart conditions – starts prenatally.
Venue(s):	Vogel Street Plunket Rooms, Vogel St, Palmerston North.
Meetings:	First Tuesday of the month 10am–11.30am.
Wheelchair access:	Yes.
Referral(s):	Parents, self-referral, GP or DHB.
Cost:	Must be a national body member but there is no cost.



Joanne Baird –
Family Support
Worker



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www.heartnz.org.nz

Support Group Directory

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Name of organisation:	NZ Heart Foundation
Name of support group:	Cardiac Rehab
Type of support offered:	7 sessions – Nutrition, Exercise and Stress Management, Time Management, CPR Emergency at Home, Understanding Heart Disease, Understanding Medication and Understanding Mixed Emotions. (People may join the group at any stage.)
Venue(s):	Health on Main, 575 Main St, Palmerston North.
Meetings:	Every Tuesday, 3pm.
Wheelchair access:	Yes.
Referral(s):	Self-referral, GP or DHB.
Cost:	No cost.



Adrienne Kennedy
N.Z.R.N.



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Support Group Directory

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Name of organisation:

Cerebral Palsy Society of New Zealand

Type of support offered:

No branch of cerebral palsy is based in Palmerston North. For more information ring the 0800 number listed below.



Harvey Brunt –
Manager



0800 503 603



www.cerebralpalsy.org.nz

Support Group Directory

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Name of organisation:	ME Manawatu
Name of support group(s):	A Support Group for those with ME/CFS
Type of support offered:	An opportunity to share information and experiences to improve our journeys with ME/CFS.
Venue(s):	Palmerston North Library.
Meetings:	1.30pm on the third Saturday of the month.
Wheelchair access:	Yes.
Referral(s):	Anybody can attend.
Cost:	No cost.



Don Baken



(06) 3267305



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Support Group Directory

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Name of organisation:	Horowhenua Breathe Easy Support Group Incorporated
Venue(s):	Levin Cosmopolitan Club, 49–51 Oxford Street, Levin.
Meetings:	Every fourth Thursday of the month, 10.15am–12pm.
Wheelchair access:	Yes.
Cost:	\$10 for one year, raffles on the day.



Wally
Daphne Barrett



(06) 368 8981
(06) 368 8189



Support Group Directory

2015/16



Name of organisation:	Manawatu Breathe Easy Support Group Incorporated
Name of support group(s):	Breathe Easy Support Group
Type of support offered:	Monthly meetings/newsletters/outings for people with COPD. Also support for carers/family.
Venue(s):	Eileen Philp Room, Leisure Centre, Ferguson St, Palmerston North.
Meetings:	Every third Thursday of the month, February to November.
Referral(s):	Self referral.
Cost:	No cost.



(Manawatu)
Shona Jorgensen



(06) 356 2374
(027) 9184 931



sjorgi@orcon.net.nz



Support Group Directory

2015/16



Name of organisation: **New Zealand Continence Association**
Name of support group: **Information Service**
Type of support offered: **Send out free information and will refer to continence nurse in the area.**



Zoe Gillett



(09) 238 3172
0800 650 659



Support Group Directory

2015/16



Name of organisation:	Cystic Fibrosis Association of New Zealand
Name of support group:	Individual Support or Contact via Facebook
Type of support offered:	Advocacy, education and financial assistance as referred by the fieldworker. Areas covered include: Bulls, Feilding, Wanganui, Palmerston North, Woodville, Pahiatua, Otaki, Foxton, Marton, Levin and Dannevirke.
Venue(s):	One to one at a café/or home visit.
Meetings:	Committee meets once a month. Members do not meet collectively but individually.
Referral(s):	New members are referred via the fieldworker. Contact is usually made through email or phone.
Cost:	No cost.



Susan Lovelock –
Fieldworker



(03) 341 8029
021 0222 1203



susan@cfnz.org.nz



www.cfnz.org.nz

Support Group Directory

2015/16



Name of organisation:	Diabetes Manawatu Incorporated
Name of support group(s):	Afternoon Support Group
Type of support offered:	Information about diabetes management and other related issues. Speakers and member discussions and support for those attending.
Venue(s):	Conference Room Level 2, Grand Hotel Building, 41-44 The Square, Palmerston North (entrance on Church St).
Meetings:	Second Monday of the month, February to December, 1.30pm-3.30pm.
Wheelchair access:	Lift access but two steps to meeting room.
Referral(s):	Self-referral.
Cost:	No cost. Membership of the society is encouraged.

Name of support group(s):	Evening Support Group
Venue(s):	Hearing Hall, 435 Church St, Palmerston North.
Meetings:	Fourth Tuesday of the month, February to November 7pm-9pm.
Wheelchair access:	Disabled access at rear of the building.
Referral(s):	Self-referral.
Cost:	No cost. Membership of the society is encouraged.



Diabetes
Manawatu



(06) 355 3233



diabetesmana@inspire.net.nz



www.diabetesmanawatu
.org.nz

Support Group Directory

2015/16



Name of organisation:	Manawatu Horowhenua Tararua Diabetes Trust (MHT Diabetes Trust)
Name of support group(s):	Diabetes Education Sessions for People Living with Diabetes or Pre-Diabetes
Type of support offered:	Diabetes healthy living courses, diabetes cooking demonstrations, supermarket tours, food label reading, carbohydrate awareness classes, diabetes and kidney health, Type 1 specific classes, iwi based diabetes education, Pasifika specific diabetes education, Refugee specific diabetes education, pre-diabetes education, family/whanau and Support People also welcome to attend.
Venue(s):	Various throughout Palmerston North, Feilding, Levin, Foxton, Otaki, Dannevirke, Pahiatua and other locations on request.
Meetings:	Various days and times throughout the year.
Wheelchair access:	Yes, at most venues.
Referral(s):	Self-referral, health professional.
Cost:	No cost, except gold coin donation to cooking classes.



Diabetes
Administrator



(06) 357 5992



admin@diabetestrust.org.nz



www.diabetestrust.org.nz

Support Group Directory

2015/16



Name of organisation:	Parent Support Group for Parents of Children/Youth who have Diabetes
Type of support offered:	Casual meetings for parents/whanau to network and support each other facilitated by Youth Coordinator.
Venue(s):	Various cafés in the MidCentral DHB District as well as Youthspace in Palmerston North and MidCentral DHB district.
Meetings:	Various days and times throughout the year.
Wheelchair access:	Yes.
Referral(s):	Self-referral, Diabetes and Endocrinology Centre, GP.
Cost:	No cost.

Name of organisation:	Youth group Year 9 to young adult for young people with diabetes
Type of support offered:	Youth activities/and social events. Family/whanau and support people welcome.
Venue(s):	Various cafés in the MidCentral DHB District as well as Youthspace in Palmerston North and MidCentral DHB district.
Meetings:	Various days and times throughout the year.
Wheelchair access:	Yes.
Referral(s):	Self-referral, Diabetes and Endocrinology Centre, GP.
Cost:	No cost.



Diabetes
Administrator



(06) 357 5992



admin@diabetestrust.org.nz



www.diabetestrust.org.nz

Support Group Directory

2015/16



Name of organisation:	Guillian-Barre Syndrome Support Group NZ Trust
Type of support offered:	Provides information and hospital visits to individuals.
Referral(s):	Self-referral, health professionals.
Cost:	Membership to GBS NZ costs \$15 a year includes a quarterly magazine and a vote at the AGM.



Peter Scott



(06) 357 8463



peterscott@clear.net.nz



www.gbsnz.org.nz

Support Group Directory

2015/16



Name of organisation:	Haemophilia Foundation of New Zealand (HFNZ)
Type of support offered:	Education, advocacy and support are provided through the Regional Outreach Worker by way of home visiting, attendance at clinics and camps, phone and email. National workshops and camps are offered for each age cohort (eg Children's Workshops, Teen and Youth Camp, Women's Weekends to support those who carry the gene for Haemophilia etc.) Beneficial schemes such as subsidised footwear, swimming lessons and gym membership are available to those with moderate and severe haemophilia.
Venue(s):	A social committee of volunteers holds quarterly meetings and runs a social programme during the year. This programme offers further opportunity to build knowledge and provide peer support.
Meetings:	Determined by the committee.
Referral(s):	Through the Haematology Multidisciplinary Team or HFNZ website.
Cost:	Financial membership to HFNZ is \$35 per family or \$25 for an individual membership.



Lynne Campbell



0508 322 867
027 273 3443



lynne@haemophilia.org.nz



www.haemophilia.org.nz

Support Group Directory

2015/16



Name of organisation:	Hearing Association Manawatu Branch
Type of support offered:	Individual support.
Venue(s):	435 Church Street, Palmerston North.
Wheelchair access:	Yes, at rear of building.
Referral(s):	Self-referral or by GP.
Cost:	No cost.



Helen Maxwell



0800 23 34 45
(06) 357 8708



manawatuhearing@xtra.co.nz



www.hearing.org.nz

Support Group Directory

2015/16



Name of organisation:	Palmerston North Kidney Support Group
Type of support offered:	Information and camaraderie. Have guest speakers available and also other activities. Available to give information to the general public.
Venue(s):	Café Soski.
Meetings:	Second Tuesday of every month. 10.15am–12noon.
Wheelchair access:	Yes.
Referral(s):	Pre-dialysis nurse refers.
Cost:	Membership is \$10 single or \$15 family annually.



Anita Milcich



(06) 353 2957
027 440 4004



501A Church St
(For post mail)



Support Group Directory

2015/16



Name of organisation:	Whanganui Kidney Support Group
Name of support group(s)?:	Kidney Support
Type of support offered:	General Support. Available to give information to the general public.
Venue(s):	Gonville Health Centre, 44-46 Abbott Street, Whanganui.
Meetings:	Fourth Tuesday of each month, 9.30am.
Wheelchair access:	Yes.
Referral(s):	Self-referral.
Cost:	No cost.



Sue Flintoff



(06) 344 7593
027 453 2625



Support Group Directory

2015/16



Name of organisation:	Manawatu Supporting Families in Mental Illness (Dannevirke Branch)
Name of support group(s):	Support Group.
Type of support offered:	Any issues and concerns around mental illness, whanau family relationships, strengthen and support one another in a non-judgemental environment.
Venue(s):	Tararua area: Dannevirke, Woodville, Pahiatua and Eketahuna (Contact Cherie for details).
Meetings:	Monthly, 11.30am–12.30pm.
Referral(s):	Self-referral or other health agency.
Cost:	No cost – buy your own coffee if going to a café.



Cherie Risetto



(06) 374 8797



cherie@manawatusf.org.nz



Support Group Directory

2015/16



Name of support group(s): **Family Group**

Type of support offered: **An online support group enabling mutual support, information and happenings sharing to families/whanau who have family experience of Severe Mental Illness (principally schizophrenia/bipolar disorder).**

Referral(s): Self-referral or introduction.

Cost: No cost.



familygroup@inspire.net.nz

Support Group Directory

2015/16



Name of organisation:	Manawatu Supporting Families in Mental Illness
Name of support group(s):	Family/Whanau Support
Type of support offered:	Education, information and support for families affected by mental health and addiction issues.
Venue(s):	Contact SF office in Palmerston North
Meetings:	Once a month, 1pm–3pm.
Wheelchair access:	Yes.
Referral(s):	Self-referral, GP, community agencies.
Cost:	No cost.



Christine
Zander-Campbell



(06) 355 8561



christine@manawatusf.org.nz



www.manawatusf.org.nz

Support Group Directory

2015/16



Name of organisation:	Journeys To Wellbeing
Name of support group(s):	Post Ward 21 Support Group, Peer Support
Type of support offered:	Peer support from someone who has been there and has a lived experience in mental distress and/or addictions. Future support groups under investigation: Anxiety and Hearing Voices.
Venue(s):	Palmerston North.
Meetings:	Post ward support every Wednesday 10am. Individual peer support by appointment 10am.
Wheelchair access:	Yes.
Referral(s):	Self-referral.
Cost:	No cost.



Reception



(06) 355 3387
027 355 3387



admin@
journeystowellbeing.org.nz



www.journeystowellbeing
.org.nz

Support Group Directory

2015/16



Name of organisation:	Manawatu Supporting Families in Mental Illness (Levin Branch)
Name of support group(s):	Levin SF Support Group
Type of support offered:	Social group with discussions around mental health issues. Sometimes with a guest speaker.
Venue(s):	Te Takere: Horowhenua Library Culture and Community Centre, 10 Bath St, Levin.
Meetings:	Fortnightly, 10.30am–12noon.
Wheelchair access:	Yes and parking facilities.
Referral(s):	Self-referral or contact Luciana.
Cost:	Just bring money to cover a hot drink.



Luciana Maru-Hill



(06) 368 6116



luciana@manawatusf.org.nz



Support Group Directory

2015/16



Name of organisation:	Motor Neuron Disease Association of New Zealand
Name of support group(s):	Social Group
Type of support offered:	Group support and individual visits. Provides professional linkage, knowledge of entitlements and information. Contact covers Manawatu, Wanganui, Horowhenua and the Tararua region.
Venue(s):	St. Andrew's Church, Colyton.
Meetings:	Third Wednesday of the month, 1.30pm.
Wheelchair access:	Yes.
Referral(s):	Self-referral and other health professionals.
Cost:	No cost.



Reima Casey



(06) 328 7807
029 777 3331



casboe@xtra.co.nz



www.mnda.org.nz

Support Group Directory

2015/16



Name of organisation:	Multiple Sclerosis Central Districts
Type of support offered:	Individual and group. Have a social worker service. Support groups that offer exercise, art, yoga and pilates.
Venue(s):	51 Waldegrave Street, Palmerston North.
Meetings:	Yoga – Tuesdays 10am–11am Art – Thursdays 10.30am–12noon Coffee – Fridays from 10.30am onwards.
Wheelchair access:	Yes.
Referral(s):	GP, health professionals or self-referral.
Cost:	Membership fee \$15 individual or \$25 family per annum.



Philippa Russell –
Fieldworker



(06) 357 3188
027 655 8573



mmss@inspire.net.nz



www.mscentral.org.nz

Support Group Directory

2015/16



Name of organisation: **Neurological Foundation**
Type of support offered: **No support group available but information is provided.**



Anne Cousins



(06) 357 7469
027 323 3716
Freephone
0508 BRAINS
(272 467)



lanandanne@xtra.co.nz



www.neurological.org.nz

Support Group Directory

2015/16



Name of organisation:	Manawatu Ostomy Society
Name of support group(s):	Social Support
Type of support offered:	Good support from Stoma Nurses. Committee organises activities with coffee groups held monthly.
Venue(s):	Soski Café, Main Street Palmerston North.
Meetings:	Second Tuesday of the month, 10am–12noon.
Wheelchair access:	Yes.
Referral(s):	Via Stoma Nurse.
Cost:	\$15 a year per family.



Judith Collett –
Secretary
Marj Whiting –
President



(06) 325 8885
(06) 358 7945



judithcollett@hotmail.co.nz



Support Group Directory

2015/16



Name of organisation:	Manawatu Parkinson Society
Name of support group(s):	Manawatu Group
Type of support offered:	Visits, care plans, advocacy, exercise classes.
Venue(s):	Exercise classes: One for mobile people and one for less mobile. Held at Zenith Fitness Centre, Tremaine Ave, Palmerston North.
Meetings:	Tuesday and Fridays, 11am–12noon.
Wheelchair access:	Yes.
Referral(s):	MidCentral DHB, GP, Star Ward, Neurology Department, pre-dialysis nurse refers.
Cost:	Each exercise session costs \$5.



Diane Ackerman
Parkinson's
Community
Educator



((06) 359 2772
027 511 2773



dackerman@inspire.net.nz



Support Group Directory

2015/16



Name of organisation: **Manawatu Parkinson Society**
Name of support group(s): **Feilding Group**
Type of support offered: **Social.**
Venue(s): Café of choice or at someones home.
Meetings: Bi-monthly, 11am–12 noon.
Referral(s): MidCentral DHB, GP, Star Ward, Neurology Department, pre-dialysis nurse refers.

Name of support group(s): **Palmerston North Social Group**
Type of support offered: **Education with guest speaker and social gathering (includes afternoon tea).**
Venue(s): Seventh Day Adventist Church, 257 Ferguson Street, Palmerston North.
Meetings: Third Wednesday of the month, 2pm–3.30pm.
Referral(s): MidCentral DHB, GP, Star Ward, Neurology Department, pre-dialysis nurse refers.
Cost: No cost.



Diane Ackerman
Parkinson's
Community
Educator



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027 511 2773



dackerman@inspire.net.nz



Support Group Directory

2015/16



Name of organisation:	Central PHO
Name of support group(s):	Pasifika Service – Palmerston North, Levin
Venue(s):	Held at place of preference, at home or in a clinic.
Meetings:	LTC Maternal Child Health Clinic runs every Tuesday at Pasifika Centre, Bill Brown Park, Highbury, 10am–4pm. LTC Maternal Child Health Clinic run every Friday at the Horowhenua Health Centre, 10am–4pm.
Wheelchair access:	Yes.
Referral(s):	Self-referred or by any other health service provider.
Cost:	No cost.



Folole M Fai
– Community
Clinical Nurse –
LTC: Pacific

(06) 354 9107
Ext 218 or
027 4523 615



alisi.vudiniabola@centralpho.org.nz



www.centralpho.org.nz

Dr Alisi T.
Vudiniabola –
Pasifika Maternal
Child Health
Services
Co-ordinator

06 354 9107
Ext 309 or
027 2748 109

folole.fai@centralpho.org.nz

Support Group Directory

2015/16



Name of organisation:	Health Conditions Psychology Service (Massey University)
Type of support offered:	A short-to-medium psychology service funded by the DHB. This team is made up of Psychologists who have a wide range of skills and expertise to assist people with diabetes, renal, cardiovascular, or respiratory disease and also with their family/whanau members. There is also a service for children with a life limiting health condition of any kind.
Venue(s):	Massey University Psychology Clinic, Palmerston North Hospital, Clinics in Dannevirke, Pahiatua, Otaki, Levin, Foxton, and Feilding and home visits when the person is too unwell to travel.
Meetings:	As required and by appointment. Service hours are 9am–4.30pm.
Wheelchair access:	Yes.
Referral(s):	Health professionals involved in care.
Cost:	No cost.



(06) 350 5180
(06) 350 2264

Support Group Directory

2015/16



Name of organisation: **Stroke Central Region**
Name of support group(s): **Home Visit**
Type of support offered: **In home visit support.**
Referral(s): GP, health professionals or self-referral.
Cost: \$15 membership fee for a year.



Kay Maher – Field
Co-ordinator



0800 001 993
(06) 358 6118



234kay@gmail.com



Support Group Directory

2015/16



Name of organisation:	Stroke Central Region
Name of support group(s):	Stroke Club
Type of support offered:	Boccia/activities.
Venue(s):	Milson Community Hall.
Meetings:	Tuesday and Friday, 2pm–4pm.
Wheelchair access:	Yes.
Referral(s):	Stroke Foundation, Field Coordinator.
Cost:	No cost.



Margaret Morris
– Co-ordinator,
Stroke Club



(06) 323 6026
021 162 7432



mpmorris@infogen.net.nz



