

2021-22

Activities and Services Guide for Older Adults

Living in the Spreydon
and Cashmere wards



Places to go,
things to do,
people to meet
every day of the week

Message

From the Spreydon-Cashmere Community Board

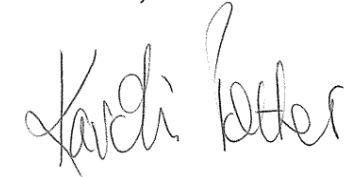
Kia ora koutou katoa

We thank the Age Friendly Spreydon-Cashmere Committee for their mahi in initiating this guide. As older people, we all want to be perceived and treated as individuals, as younger people are. None of us wants to be stereotyped any more than any other section of the community.

Sometimes though, just as many of us are baby boomers, we have many likes and dislikes, memories and interests in common with each other. And on another occasion we will look for the new and the rare. Here in this booklet we hope that there are some of the organisations and groups that promote and develop activities that we have been interested in all our lives and others that will introduce us to the new and different. We hope too that you will find something here that will give you some ideas as to where you might go next, either as a participant and/or a volunteer, or a learner and/or a teacher.

We hope this guide supports kaumātua, friends and whānau to know and use the services, opportunities and support available in our community. We think the book is comprehensive but it may not be. Let our hard working staff know if there is something artistic, esoteric, scary (I did the Adventure Park's zip line a couple of years ago) or marvellous that you think should be included. And, do let us know the organisations and experiences that have been worthwhile.

Nō reira, tēnā koutou katoa



Karolin Potter

Chairperson Waihoru Spreydon-Cashmere
Community Board

Copies of this directory can be picked up at your nearest Council service centre or library in the community board area, and it is available online at ccc.govt.nz/rec-and-sport/activities-for-older-adults

Staff have checked the information to the best of our ability before printing. If you see anything we have missed or any errors, please contact us on spreydoncashmere.olderadults@ccc.govt.nz or 03 941 8999.

Acknowledgements

Waihoru Spreydon-Cashmere Community Governance Team

Waihoru Spreydon-Cashmere Community Board

Age Friendly Spreydon-Cashmere Committee

Updated July 2021

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Recreation and Leisure Activities

Arts and Crafts

Crafty Crafters

Where: St Martins Presbyterian Church
43 St Martins Road, St Martins

Phone: 03 332 6192

Email: smartpresch@xtra.co.nz

Web: smartins.org.nz

Meets every Thursday 10am–12pm.

Knit 'n' Yarn

Where: Christchurch South Library
66 Colombo Street

Phone: 03 941 7923

Web: christchurchcitylibraries.com

Popular gathering for knitting enthusiasts at the South Library (all ages). Thursdays 1.30pm–3.30pm.

Quilts & Craft

Where: Cashmere Presbyterian Church
Dyers Pass Road, Cashmere

Phone: 03 332 7129

Email: office@cashmerechurch.org.nz

Web: cashmerechurch.org.nz

Any handwork, e.g. knitting, stitching, crochet, etc. Any portable craft is welcome.

Whareora Community House – Craft Group

Where: 8 Athelstan Street, Barrington

Phone: 03 337 2731

Email: rosemary.whareora@gmail.com

Wednesday at 10am.

Book Clubs

Speak to your local librarians to find out about groups near you.

Book Discussion Scheme

Where: 425 Colombo Street, Sydenham

Phone: 03 365 6210

Email: bds@bds.org.nz

BDS supports book clubs by providing books and discussion notes to groups throughout New Zealand. Visit bds.org.nz to find a group near you or learn how to start your own. Office hours: 9am–5pm Monday–Friday.



Book Discussion Scheme

Libraries

my.christchurchcitylibraries.com/book-clubs-and-reading-groups

Workers Educational Associations NZ

bds.org.nz

Did you know

You can start a Book Club!

Cards and Games

Cashmere Bridge Group

Where: Cashmere Club
50 Colombo Street, Cashmere
Phone: Bindi 03 328 7367 or Ruth 03 332 0716
Email: ruthdolan54@hotmail.com

Group plays Duplicate Bridge. We are a friendly group and all Bridge players are welcome. Wednesday, 1–4pm. Please arrive 10 minutes before play starts. We do not hold Bridge lessons. Please phone Bindi or Ruth for further information.

Not Just Cards

Where: Christchurch South Library
66 Colombo Street
Phone: 03 941 7923

A social games club meeting every Monday afternoon at South Library 2–4pm.

Old Stone House Scrabble Group

Where: 30 Shalamar Drive, Cracroft
Phone: 021 066 015
Email: annesingw@gmail.com

Meet every Monday 2pm at Old Stone House. At present we are senior women but all are welcome. Gold coin for hire or bring afternoon tea.



Theatre, Dance, Music

Canterbury Repertory Theatre

Where: 24 Clarence Street, Addington
Phone: 03 338 7660
Email: admin@repertory.nz
Web: repertory.nz/volunteer

Community theatre with opportunities to volunteer and be involved. Stages plays of literary and artistic merit for the general public. Also play readings and social functions for society members.

Cashmere Ukulele Group

Where: The Cashmere Lounge
50 Colombo Street, Cashmere
Phone: 021 067 6771
Email: ukulyn@gmail.com
Web: cracroftuku.wordpress.com

Everyone is welcome, preferably with ukulele. Meet every Tuesday nights at 7–9pm, with a break at 8pm for refreshments and a chat, entry fee is \$3.

Christchurch Folk Music Club

Where: 29 Domain Terrace, Spreydon
Phone: 027 454 3885
Email: secretary@folkmusic.org.nz
Web: folkmusic.org.nz

We vary our concerts and encourage local performers along, as well as regularly hosting international visiting artists and groups. This level of diversity brings to our audiences a broad range of musical experience, in addition to the myriad educational opportunities inherent in cultural exchange. We are a listening club. We encourage all those that want to hear the artists perform, if this is you then we are your venue.

Did you know

You may be eligible for a rates rebate? If you are a ratepayer in Christchurch, contact the Christchurch City Council on 03 941 8999 to find out more.

Court Theatre

Where: Bernard Street, Addington
Web: courttheatre.org.nz/support/court-supporters/

Professional live theatre, offering a wide variety of works from the classics to contemporary pieces. Opportunity to volunteer through the Court Supporters group.

Farandol Folk Dancers

Where: Somerfield Community Centre
47 Studholme Street, Somerfield
Phone: 03 357 9322
Email: info@farandol.folkdance.nz
Web: farandol.folkdance.nz

International folk-dancing, particularly Balkan. Beginners always welcome, no partners necessary. Friday 7.30–9.30pm.

Hoon Hay Scottish Country Dance Club

Where: Presbyterian Church Hall
Downing Street, Hoon Hay
Phone: 027 479 2894
Email: hoonhay@dancescottish.org.nz
Web: hoonhayscd.weebly.com

Fun, fitness and enjoyment with Scottish country social dancing. Meet every Wednesday, 7.30–9.30pm. Dancing tuition for beginners and experienced dancers.

Riccarton Players

Where: 2/30 Carlyle Street, Sydenham
Christchurch
Email: secretary@riccartonplayers.co.nz
Web: riccartonplayers.co.nz

Acting, actors, arts, crafts and hobbies, clothing and dress, cultural groups, drama, halls, meeting rooms, etc. Theatre - production and direction, creative writing, charity, volunteering, education.

Did you know

You can protect yourself from door-to-door scams?

Always ask for identification. Make sure you are happy with the quality of the ID. If not, don't allow them into your home.

Don't agree to deals straight away. Tell the person you're not interested, or that you want to get some independent advice. Legitimate companies won't mind arranging to come back later while you check out the offer.

If you're not interested, just say 'no' - don't feel that you're being impolite. Once you've said 'no', don't accept a return visit.

By law, door-to-door traders must leave when you tell them to. 'Please leave' is all you should ever have to say. If you say that and they refuse to comply, call the police. They are breaking the law. Do not accept late-night visits from sales people. Tell them to 'please leave' and close the door.

Social Groups

Aotea Club

Where: Cashmere Club
50 Colombo Street, Cashmere
Phone: 03 323 9353
Email: deavoll@xtra.co.nz

A club for retired or semi-retired people. To stimulate friendship and interests through monthly meetings with entertainment, speakers, activities such as bus trips and outings. Special interest groups for gardening, craft, Mahjong and social functions. Opportunities for extended holidays. Meeting times: 3rd Tuesday of month, 2pm, February to December.

Beckenham Methodist Conversation Group

Where: 83 Malcolm Avenue, Beckenham
Phone: 03 331 6449
Email: beckenham.methodist@gmail.com
Web: bmc.nz

Meet every first and third Wednesday, Thursday of the month from 11am–12.30pm. Hot drinks and some nibbles are supplied to share. Everyone is welcome.

CAMEO (Come And Meet Each Other)

Where: Hill View Christian School
150 Wilsons Road, St Martins
Phone: 027 469 2599
Email: jimjudysuds@gmail.com

This is a programme for senior citizens in St Martins. The group meets fortnightly at 10am on Thursday mornings in Hillview Christian School cafeteria. Morning tea is provided at no cost and is followed by a variety of activities including table games, exercise and guest speakers. Anyone who would like some friendship and company is welcome.

Cracroft Friendship Club

Where: Cashmere Club
50 Colombo Street, Cashmere
Phone: 03 942 4086
Email: dmshep@xtra.co.nz

For fellowship and friendship, interesting speakers, social functions and pleasant outings. Meet 2nd Monday, 10am.

South West Baptist Church – New Horizons

Where: 244 Lyttelton Street, Spreydon
Phone: 03 338 4163
Email: lclarke@swbc.org.nz
Web: swbc.org.nz

We are a group of seniors (and younger) who enjoy meeting regularly for gatherings, coffees, outings and educational opportunities.

Presbyterian Support – Enliven HomeShare

Where: Various locations
Phone: 0800 477 874
Email: enliven@psusi.org.nz
Web: enlivenuppersouth.org.nz

HomeShare brings a small group of older people with shared interests together in the comfort of a host's private home to share a home-cooked meal enjoy conversation and activities.

St. Martins/Opawa Friendship Club

Where: 16 Clouston Street, St Martins
Phone: 03 389 0192

A non-political, non-sectarian, non-profit making organisation, where we meet new friends. Interesting speakers and day trips.

Thorington Ladies Friendship Club

Where: Cashmere Club
50 Colombo Street, Cashmere
Phone: 03 332 2747
Email: averil@sharps.co.nz

To advance intellectual and cultural interests of women who are retired or semi-retired and who value opportunities for social contact with others in similar circumstances. Meet first Monday of the month at 2pm. Contact us for more details.

Whareora Community House – Community Lunch

Where: 8 Athelstan Street, Barrington
Phone: 03 337 2731
Email: rosemary.whareora@gmail.com
Movie afternoons, card & cribb, bus trips, craft groups.
Last Friday of the month, commencing 12pm.

Toastmasters and Service Clubs

Centaurus Combined Probus Club

Where: Cashmere Club
50 Colombo Street, Cashmere
Phone: 03 960 3770
Email: murraytrishd38@gmail.com

To advance intellectual and cultural interests of professional and business people who have held positions of responsibility and who have recently retired or are semi-retired and who value opportunities for social contact with others in similar circumstances. Probus club for men and women. We are a social club. Motto being Friendship, Fellowship and Fun. Meets the 1st Tuesday of each month at 2pm.

Kiwanis Club of Christchurch

Where: Armadillos, 155 Colombo Street
Beckenham
Email: sturgejsnz@gmail.com

Kiwanis is a global organisation of volunteers dedicated to changing the world, one child and one community at a time. Meets 1st and 3rd Thursdays at 6pm.

Lions Club of South Christchurch

Where: 5 Cracroft Terrace, Cracroft
Phone: 027 964 7967
Email: barbarajanemurray18@gmail.com

Lions are ordinary people from all walks of life who enjoy getting together and doing good things. We are kind and generous people who want to help. That's why we work on projects to improve our communities and protect the environment.

Did you know

NZ Post will give you free redirection when you move house? Present your Gold Card when you go to your local NZ Post Shop.

Rotary Club of Cashmere

Where: The Old Stone House
30 Shalamar Drive, Cracroft
Email: info@rotaryinfo.org.nz
Web: rotaryinfo.org.nz

Community service club which is a part of an international organisation. Friendship and service in the local community. Providing assistance and support including local schools. Meetings weekly on Wednesdays 5.30pm–7.30pm with guest speakers.

Rotary Club of Christchurch South

Where: Cashmere Club
50 Colombo Street, Cashmere
Phone: 03 354 3243
Email: mrs.chris@xtra.co.nz

Voluntary charitable organisation providing local and international assistance to people and communities in need.

Did you know | Seed Swap

Christchurch City Libraries runs annual seed and plant swaps so you can bring surplus items to share with others or find some gems for yourself: my.christchurchcitylibraries.com

Garden Clubs and Community Gardens

Canterbury Horticultural Society

Where: The Kiosk, Christchurch Botanic Gardens
Phone: 03 366 6937
Email: office@chsgardens.co.nz
Web: chsgardens.co.nz

Free daily walks. Programmes for members and non-members. Talks, workshops, demonstrations, events, and monthly newsletter. New members welcome. Open daily 10am–4pm.

Cashmere Garden Club

Where: 2 MacMillan Avenue, Cashmere

Phone: 03 332 8319 or 03 337 9642

Email: cashmeregardenclub@gmail.com

Everyone welcome to join us for talks on all topics of gardening. Social - afternoon tea, exchange of ideas and plants, \$20 fee. Meeting every 1st Monday 1.45pm.

Christchurch South Community Gardens Trust

Where: 188 Strickland Street, Spreydon

Phone: 03 942 6630

Email: info@csccommunitygardens.net.nz

Web: csccommunitygardens.net.nz

Established in 1999, we love to welcome new volunteers to the team. It's a great way to contribute to your community and meet people. While good gardeners are always welcome, no prior experience is necessary as more experienced volunteers can teach you gardening skills. Learn about gardening practices, composting, recycling and provide food for the community. Workers lunch Thursday and Saturday, BYO lunch Wednesday.

Cobham Street Community Garden

Where: 235 Lyttelton Street, Spreydon

Email: cobham.communitygarden@gmail.com

Web: Search Cobham St Community Gardens on Facebook

Gardening and sharing knowledge about gardening. There isn't a schedule of when to meet just come along whenever you want. We are a mix of all ages. Best way to contact us is on Facebook. We discuss regularly and share time to visit the garden and share pictures of what is growing at the time.

Rowley Resource Centre

Where: 89 Rowley Avenue, Hoon Hay

Phone: 03 960 1776

Email: manager@rowleyresourcecentre.org.nz

Gardening Group, Monday 10.30am–12.30pm.

Did you know | Garden Awards

The Spreydon-Cashmere Community Board acknowledges garden work by residents, groups and businesses with Edible and Sustainable Garden Awards and Community Pride Garden Awards: ccc.govt.nz/culture-and-community/community-awards

Somerfield Garden Club

Where: Cashmere Club
50 Colombo Street, Cashmere

Phone: 03 338 7117 or 021 078 7401

Email: brucol065@xtra.co.nz

Club members' flowers on display, floral decorations, speakers. Meets every second Monday of the month at 1.15pm.

St Martins - Opawa Garden Club

Where: Beckenham Methodist Church Hall
83 Malcolm Ave, Beckenham

Email: lynzi52@hotmail.com

Phone: Lyndsey 021 048 2084

Fun and very friendly, a great way to learn about gardening and plants from enthusiastic locals in the community. Welcoming new members now.



Menz and Community Sheds

St Martins Community Menzshed

Where: St Martins Presbyterian Church
43 St Martins Road, St Martins

Phone: 021 266 0753

Email: stmartinsmenzshed@gmail.com

The Menzshed offers opportunities to foster new friendships.

The shed brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the shed or community).

The shed is a great place for blokes to learn new skills. We see builders teaching engineers some of their skills and vice versa, we see accountants being shown a plethora of skills they never had the opportunity to learn in their working life. Open on Wednesday and Saturday mornings 9am–2pm.

Rowley Shed

Where: 89 Rowley Avenue, Hoon Hay

Phone: 03 960 1776

Email: manager@rowleyresourcecentre.org.nz

Men's Shed: Tuesday, 10am–12pm.

Did you know

The Fire Service install and test alarms? This service is free of charge. Contact 0800 6937 4636 (0800 NZFS INFO) to find out more.

Exercise and Fitness

Blue Sky Qigong Studio

Where: 2 Templetons Way, Hillmorton

Phone: 03 260 1256

Email: sandyjsky@gmail.com

Web: nztaichi.org.nz

To promote Qigong and Tai Chi which are gentle, flowing and meditative stretches with energy healing in order to improve our body, mind and spirit. Wednesday and Thursday 10–11.45am.

Christchurch Southern Community Classes

Where: Cashmere Club
50 Colombo Street, Cashmere

Phone: 03 332 5116

Email: pilatesroger@gmail.com

Web: naturaltherapypages.co.nz/therapist/3420

Classes in Tai Chi to improve balance and coordination. Chiball to help release and relax tension. Specialist classes available for senior and older adults. Monday and Thursday 10am.

Frocks on Bikes

Phone: 027 848 6927

Email: meg.christie@cdhb.health.nz

Frocks on Bikes is a social group - mainly for women, but we do welcome men too - who meet for a bike ride at least once a month. We believe people do not need special sporty clothing and don't need to be athletes to ride bikes. Rides range from gentle 5km loops to a 45km return ride along the Little River Trail. We have themed rides, and rides to special destinations.

Keep Active Spreydon

Where: South West Baptist Church
244 Lyttelton Street, Spreydon

Phone: 03 338 4163

Email: ioxley@xtra.co.nz

Web: swbc.org.nz

A fun social setting for anyone to help maintain or improve their fitness. Join others from the community who find attending these sessions very helpful/beneficial - balance improved, able to lift things more easily, stamina increased, more flexible, sleep improved and feel more alive. You will also meet some friendly people.

Qigong Christchurch

Where: Hohepa Hall, 23 Barrington Street
Somerfield

Phone: 027 342 0957

Email: vanessalukes@gmail.com

Web: qigongchristchurch.org.

Classes and group practices of Yuan Qigong, an exercise to improve health, wellbeing and mind power. Saturday morning 9–10.30am. Contact Vanessa for more details.

Sit and Keep Fit

Where: St Martins Presbyterian Church
43 St Martins Road, St Martins

Phone: 03 332 6192

Email: smartpresch@xtra.co.nz

Web: smartins.org.nz

Thursday, 1.30pm.

Tai Chi for Health and Your Best Self

Where: St Mark's Church
cnr Somerfield and Barrington Streets

Phone: 03 335 74930

Web: nztaichi.org.nz

Classes for Tai Chi with modified forms especially for 50 years and onwards or people returning to exercise. Tuesday 10am beginners, 11am beginners/intermediate, Thursday 11am beginners.

Your Space Pilates

Where: The Old Stone House
13 Shalamar Drive, Cracroft

Phone: 022 0150 743

Email: yourspacepilates@gmail.com

Web: yourspacepilates.co.nz

Mat Pilates Class on Wednesdays at 10am and a Seated Pilated Class on Wednesdays at 11.15am during school terms.



Lawn Bowls

Barrington United Bowls Club

Where: Barrington Park, Barrington Street
Spreydon

Phone: 03 332 3611

Email: barringtonunitedbowls@outlook.com

We provide outdoor bowls for women and men of all ages throughout the summer season, September to April. We also provide social activities in our pavilion throughout the year.

Cashmere Bowling Club

Where: 11A Crichton Terrace, Cashmere

Phone: 03 332 7310

Email: cashmerebowls@xtra.co.nz

To promote bowling play, friendship and fellowship for the local and extended community and for visiting players.

Croquet

Cashmere Croquet Club

Where: 3a Valley Road, Cashmere

Phone: Nicky 021 023 26212

Email: sarson@xtra.co.nz

An opportunity to enjoy an outdoor activity in a social or competitive environment and learn the skills of the various forms of croquet.

St Martins Croquet Club

Where: 11 Gamblins Road, St Martins

Email: adriennepav@gmail.com

Club days: Tuesday, Thursday and Saturday 1–4pm.

New members and corporate visits welcome.

Coaching is available for new players on request.

Swimming and Leisure Centres

Pioneer Recreation and Sport Centre

Where: 75 Lyttelton Street, Sommerfield

Phone: 03 941 6888

The fitness centre is equipped with a wide range of cardio and weight gear, a group fitness studio, spin studio and mind/body room.

Te Hāpua: Halswell Centre Outdoor Pool

Where: 339 Halswell Road, Halswell

Phone: 03 941 8999

Summer only.

Waltham Pool

Where: 30 Waltham Road, Sydenham

Phone: 03 941 8999

Summer only.

Wharenui Pool

Where: 80 Elizabeth Street, Riccarton

Phone: 03 348 6488

Email: reception@wharenui.co.nz

Aerobics in the pool for fun, fitness and friendship. Tuesdays, 9.15am (general class); Tuesdays and Fridays, 10.15am, 50+



Racquet Sports

Beckenham Tennis Club

Where: 20 Norwood Street, Beckenham

Phone: 029 776 6818

Email: perry_kama@hotmail.com

Offers competitive and social play to both adult and junior players. There is a comprehensive coaching system for juniors.

Cashmere Tennis Club

Where: 3 Valley Road, Cashmere

Email: info@cashmeretennisclub.org.nz

Web: cashmeretennisclub.org.nz

12 courts – 8 plexipave and 4 astro. Please refer to our website for further information or make contact/enquiries via email and we will be in touch with you very promptly.

Did you know

What to do to renew your driving license? You have to get a medical certificate from your doctor if you are 75-80 years and every two years thereafter.

Somerfield Ladies Table Tennis Club

Where: Somerfield Community Centre
47 Studholme Street, Somerfield

Phone: 021 179 0540

Email: wendy@wethey.nz

Social table tennis for women, Tuesdays 9.30–11.30 am. For women of all abilities. Bats to borrow to get you started. \$2 per session, plus \$20 annual sub. Cup of tea and a biscuit provided.

St Martins Valley Tennis Club

Where: 14 Hillsborough Terrace
Hillsborough, St Martins

Phone: 03 337 0949

Email: g.c.culling@xtra.co.nz

Tennis club for social and competitive players. We cater for seniors social competition and mid week ladies. Courts available for hire by arrangement.



Regional Sports Organisations

Canterbury Hockey

Where: Various locations

Phone: 03 360 3010

Email: admin@canterburyhockey.org.nz

Runs master comps for men's and women's hockey, October-December and January-March each year. Mid-week comps Monday nights for men, Tuesday nights for women during the winter, with most members 35–65 years of age.

Canterbury Tennis Seniors

Where: Various locations

Phone: 021 045 6014

Email: canty10seniors@gmail.com

Seniors tennis in Canterbury. Social, representative and competitive tennis available.

Kereru Sports and Cultural Club

Where: 71 Domain Terrace, Spreydon

Phone: 027 434 1771

Email: gailwerahiko@live.com

Sports club: netball, softball, rugby league, darts.

Mainland Football

Where: Various locations

Email: josh@mff.nz

Runs four Masters leagues: one 35+, one 45+ and two 50+ leagues. Please contact your local clubs for registrations.

Did you know

There are walks for all ages in parks across Christchurch, from a 10 minute stroll to a full day hike ccc.govt.nz/walking-track-map.



Walking Groups

Beckenham Walk 'n' Talk

Where: Christchurch South Library
66 Colombo Street

Phone: 03 941 8999

Email: info@ccc.govt.nz

Web: ccc.govt.nz/rec-and-sport/activities-for-older-adults/walk-n-talk

Meets 1pm every Thursday, various locations.

Free Sunday Walks

Where: Christchurch City Council – various locations

Phone: 03 941 8999

Email: warren_cain@hotmail.com

Web: ccc.govt.nz/rec-and-sport/activities-for-older-adults/sunday-walks

Meets on Sundays at 10.30am, at various locations around Christchurch. All walks are about 60 minutes on the flat. A BYO picnic follows each walk for those interested.

Pioneer Trampers

Where: Pioneer Stadium, Lyttleton Street

Phone: 027 571 3699

Email: pioneertrampers@gmail.com

Meets Thursday at 9am. Walks around Canterbury, mainly 50–70 age group. Moderate fitness level (2 groups). Cost varies for transport.

Wayfarers

Where: Various Locations

Phone: 021 399 546

Email: lillianchamberlain17@gmail.com

Thursday 9.30am or 10am in winter. Walks around Christchurch for men and women in the 50+ age group. Meet at various locations. Optional monthly joint luncheon.

Wednesday Walkers

Where: Various Locations

Phone: 03 332 6192

Email: smartpresch@xtra.co.nz

Web: stmartins.org.nz

Weekend Wanderers

Where: Various Locations

Phone: Marilyn 03 338 3826

or Stephanie 03 382 0297

We are a group of walkers who explore all the walking tracks, parks and reserves throughout the greater Christchurch area. Flat and hill walks.

Other types of groups

Meditation

Where: St Martins Presbyterian Church
43 St Martins Road, St Martins

Phone: 03 332 6192

Email: smartpresch@xtra.co.nz

Web: stmartins.org.nz

Meditation every Tuesday evening at 7.15pm.

Health

Health information

healthinfo.org.nz

Up-to-date information on health topics, medication and health services in Canterbury

Counselling

Arahura Centre

Where: 406 Barrington Street, Spreydon

Phone: 03 338 1080

Email: info@thearahuracentre.co.nz

Offers counselling and psychotherapy for individuals and couples, children and families. We have ACC counsellors available.

Familial Trust

Where: 6 Wilsons Road South, St Martins

Phone: 03 981 1093

Email: info@familialtrust.org

One-on-one counselling, education and support for those affected by another's addiction.

Vagus Line

Phone: 0800 567 666

Chinese mental health consultation and counselling services.

Helplines

Alcohol Drug Helpline

Phone: 0800 787 797

A 24-hour helpline for friendly, confidential, nonjudgemental advice and support about your own or someone's drinking or other drug use.

Alcoholics Anonymous

Phone: 0800 229 6757

A 24-hour helpline for those worried about problem drinking, drinking blackouts or other alcohol problems affecting your life and that of your friends and family. Assists people to find their nearest AA meeting.

Alzheimer's New Zealand

Phone: 0800 004 001

Providing support, education, information and related services to members of communities who are affected by dementia.

Canterbury District Health Board Mental Health Services

Phone: 0800 920 092

For urgent or crisis mental health care.

Chinese Lifeline

Phone: 0800 888 880

A helpline for speakers of Mandarin and/or Cantonese.

Continence New Zealand

Phone: 0800 650 659

Free helpline and referral information for people with bladder and bowel control problems.

Depression Helpline

Phone: 0800 11 1757

Talk to a trained counsellor about how you are feeling or to ask any questions. Available 24 hours a day, 7 days a week. Can also put you in touch with face-to-face support groups around Christchurch that you can attend.

Elder Abuse

Phone: 0800 326 6865

24-hour confidential helpline for people experiencing elder abuse or who know someone who is. Registered nurses will listen and advise anyone who needs information or support. Age Concern Canterbury provides an Elder Abuse Response Service.

Gambling Helpline

Phone: 0800 654 655

A 24-hour helpline for those worried about gambling or the gambling of others.

Grandparents Raising Grandchildren Trust

Phone: 0800 472 637

Providing support services to grandparents who are raising their grandchildren fulltime.

Healthline

Phone: 0800 611 116

Free Advice from trained registered nurses. The service operates Monday to Friday 8am-4pm. Call Healthline if you're: feeling unwell but not sure if you need to see a doctor, needing some urgent advice about a family member or friend who's sick, on holiday and want to know where the nearest doctor or pharmacy is.



Lifeline

Phone: 0800 543 354

Telephone counselling service provides 24-hours-a-day, 7-days-a-week counselling and support.

Quitline

Phone: 0800 778 778

Quitline is dedicated to helping New Zealanders beat smoking addiction. Call to get help quitting.

Seniorline

Phone: 0800 725 463

Helping older people navigate the health system. Information for older people to make decisions about staying at home, retirement villages, home care, day care and rest homes.

Medical and Health Centres

After Hours

Totally online bookings: www.afterhoursgp.co.nz
After hours.

Barrington Medical Centre

Where: 14-18 Athelstan Street, Spreydon

Phone: 03 332 3069

Email: secretary@barringtonmc.co.nz
8am-5.15pm Monday to Friday (phones are answered from 8am to 5pm weekdays).

Cashmere Health

Where: 91 Centaurus Road, Huntsbury

Phone: 03 332 1351

Email: reception@cashmere.pegasus.net.nz
Monday to Friday 8.30am-5pm (patient numbers limited to geographic boundary).



Cashmere Medical Practice

Where: 215 Ashgrove Terrace, Somerfield
Phone: 03 337 0220
 9am–5pm Monday to Friday.

Selwyn Village Healthcare

Where: 314 Selwyn Street, Spreydon
Phone: 03 366 8970
 8.30am–5pm Weekdays.

St Martins Medical Practice

Where: 79 Wilsons Road, St Martins
Phone: 03 337 0991
Email: pm@stmartinsmc.co.nz
 Monday, Tuesday, Thursday, Friday 8am–5.30pm;
 Wednesday 8am–6.30pm (phone answered
 between 8.30am–5pm).

The Doctors Christchurch South

Where: 163 Colombo Street, Sydenham
Phone: 03 332 0108
Email: enquiries@cs.thedoctors.co.nz
 8am–5.30pm Monday–Friday.

Village Health Medical Centre

Where: 30 Lincoln Road, Spreydon
Phone: 03 338 8595
 Monday and Thursday 8am to 5pm, Tuesday and
 Wednesday 8am to 6pm, Friday 8am to 4pm.

Support Groups

Blind Low Vision NZ

Phone: 03 375 4300
Email: info@blindlowvision.org.nz
 Provider of practical and emotional support for
 people who are blind or have low vision.

Cancer Society

Phone: 0800 226 237
Email: contact@cancercwc.org.nz
 Provides help and support to anyone with a cancer
 diagnosis. Any cancer, any question. Information
 service and help line.

Cardiac Companions

Phone: 03 359 5517
Email: rudi.brink@gmail.com
 Rehabilitation for all people who have had any type
 of heart condition. Eligibility: must have completed
 Stage 1 and 2 of rehab programme through hospital
 or referral from doctor or Green Prescription. \$3 per
 session.

Dementia Canterbury

Phone: 0800 444 776 or 03 379 2590
 We operate a number of support groups: Carer
 support group, post placement support group,
 memory groups, café group, Alzheimers group.
 Phone for more details.

Diabetes Christchurch Inc

Phone: 03 925 9972
Email: info@diabeteschristchurch.co.nz
 Support group for over 55s who wish to meet a fun
 group of other people with diabetes. Get togethers
 are held on the last Friday afternoon of the month.
 Armchair exercises group every Friday at 10.15am,
 21 Carlisle St, Sydenham.

Epilepsy Association of NZ. Canterbury-West Coast Branch

Phone: 0800 37 45 37
Email: canterbury.westcoast@epilepsy.org.nz
 Provides support and promotes the welfare of
 people living with epilepsy, along with their
 families/whānau, including support groups,
 seminars and social events.

Hearing Support Christchurch

Where: 30 Lincoln Road, Spreydon
Phone: 03 335 0553
Email: christchurch@hearing.org.nz
Web: hearinginfo.co.nz
 Wednesday to Friday 9am–12pm. Provision of
 information regarding hearing loss; demonstration
 and information of assistive listening devices for
 phones, TV, personal listening; hearing aid battery
 and accessories sales; hearing aid maintenance.
 Rest Home Service: assist residents with hearing aid
 maintenance. Tinnitus Workshops/Seminars.

Multiple Sclerosis and Parkinsons Canterbury

Phone: 03 366 2857
Email: support@ms-pd.org.nz
Web: ms-pd.org.nz
 Multiple Sclerosis and Parkinson's Canterbury
 provides professional support and information.
 There are nurses and a physiotherapist for clinical
 information as well as a specialised gym, exercise
 programmes, and social and peer support groups

Osteoporosis Society

Phone: 04 449 4862
Email: info@osteoporosis.org.nz
 A support network and information source for those
 affected by osteoporosis.

Presbyterian Support - Harakeke Club Linwood

Where: 601 Gloucester Street, Linwood
Phone: 0800 477 874
Email: enliven@psusi.org.nz
Web: enlivenupperrsouth.org.nz
 Harakeke Club provides older people with memory
 loss a safe, warm and friendly place to socialise,
 enjoy activities, meals and good company.

Presbyterian Support - Harakeke Club Riccarton

Where: 7A Harakeke Street, Riccarton
Phone: 0800 477 874
Email: enliven@psusi.org.nz
Web: enlivenuppersouth.org.nz

Day activity programmes for people with Alzheimer's disease or related dementia. Providing socialisation and participation in a personalised activity programme. Provides respite for carers.

Presbyterian Support - Harakeke Club Riccarton

Where: 7 Harakeke Street, Riccarton
Phone: 0800 477 874
Email: enliven@psusi.org.nz
Web: enlivenuppersouth.org.nz

Day activity programmes for people with Alzheimer's disease or related dementia. Providing socialisation and participation in a personalised activity programme. Provides respite for carers.

Prostate Cancer Foundation of New Zealand Inc

Phone: 0800 477 678

A support group for sufferers. To increase public awareness of prostate problems and prostate cancer in particular.

Stroke Foundation - Southern Region

Where: 3/47 Mandeville St, Riccarton
Phone: 03 381 8500
Email: southern@stroke.org.nz

The Stroke Foundation is a charitable organisation providing information and support to stroke survivors, their friends, families and carers.

Te Hā - Waitaha Stop Smoking Canterbury

Phone: 0800 425 700
Email: smokefree@cdhb.health.nz

Offers free stop-smoking support to anyone in Canterbury. We work with you and your whānau to find ways that can make quitting easier. Stop Smoking practitioners are based across Canterbury and our support is tailored to you.

Other Health Services

65 Alive

Where: 98 Greers Road, Burnside
Phone: 03 358 2690
Email: 65alive@odysseychch.org.nz
Web: odysseychch.org.nz

Programme designed to enhance the quality of life for people aged 65 years and over, who are concerned about their use of alcohol and other drugs, including prescribed medication and co-existing mental health and medical problems.

Advance Care Planning

Phone: 03 364 4188
Email: acp@cdhb.health.nz
Web: Search 'Advance Care Planning' on healthinfo.org.nz.

Advance Care Planning helps you, the important people in your life and your health care team plan for your end-of-life care. For more information please speak to your GP or practice nurse.

Arthritis New Zealand

Where: Unit 3, 15 Washington Way, Sydenham
Phone: 03 366 8383
Email: info@arthritis.org.nz
Web: arthritis.org.nz

We provide a range of services to assist people to manage their arthritis through information and advice, along with support groups and self-management courses.

Aspiehelp/Aspire

Where: 2a Macmillan Avenue, Cashmere
Phone: 03 337 6337
Email: info@aspiehelp.com
Web: aspiehelp.com

Social work-based pre and post-diagnosis, counselling, advocacy, advice about benefits, employment, education, living skills.

Aspire Canterbury

Where: 17E Bishopdate Courts, Bishopdale
Phone: 021 308 877
Email: manager@aspirecanterbury.org.nz
Web: aspirecanterbury.org.nz

Operating for over 40 years, we offer information, helpful products, activities and administer the half-price taxi scheme for those with disabilities, impairments and the elderly.

South West Baptist Church - Cobham Hall Foot Clinic

Where: Cobham Hall, 53 Cobham Street Spreydon
Phone: 03 338 4163
Email: lclarke@swbc.org.nz
Web: swbc.org.nz

Foot clinic provides a foot spa, toe nail clipping service, foot massage and a cuppa. Appointments are necessary. Call ahead of time.

Did you know

Did you know there is a health and disability service? It is your right to have a supporter with you when receiving any health or disability service. If you don't have a family member or friend who can accompany you, the Health and Disability Advocacy Service can provide one for you. These services are free and confidential and can be accessed by calling **0800 555 050**.



Foot Care Clinic

Where: St Martins Presbyterian Church
43 St Martins Road, St Martins
Phone: 03 332 6192
Email: smartpresch@xtra.co.nz
Web: stmartins.org.nz

By appointment on a Monday, every 6 weeks.

Live Stronger for Longer

Web: livestronger.org.nz
Practical information and advice on how to stay active, well and independent for over 65s and those caring for over 65s.

Meals on Wheels

Phone: 03 332 6192
Email: smartpresch@xtra.co.nz
Web: stmartins.org.nz

By appointment on a Monday, every 6 weeks.

Medication Management Service

Where: 401 Madras St, Central City

Phone: 03 353 9926 Op 1

Email: mms@ccpg.org.nz

Web: ccpg.org.nz

This is a funded service to eligible patients that allows you to sit with a pharmacist (either your local pharmacist or with a mobile pharmacist) and talk about your medicines. The discussion can include the reasons you are taking them, any problems you are having with your medicines, and any other concerns. For more information visit the website.

National Foundation for Deaf and Hard of Hearing

Phone: 0800 867 446

Email: enquires@nfd.org.nz

Web: nfd.org.nz

Support and advice on all things to do with hearing. Advocating for hearing wellbeing and supporting the deaf or hard of hearing and raising awareness of the risks of preventable hearing loss.

Presbyterian Support - Enliven Partnership Community Workers

Where: Christchurch, Selwyn, and North Canterbury

Phone: 0800 477 874

Email: enliven@psusi.org.nz

Web: enlivenuppersouth.org.nz

Connecting Pegasus GP clients to health and wellbeing services.

Presbyterian Support - Kaiawhina Community Support

Where: Waimakariri and Christchurch

Phone: 0800 477 874

Email: enliven@psusi.org.nz

Web: enlivenuppersouth.org.nz

Liaison and access to community and services for kaumātua/elders in situations where a Māori support worker is preferred.

Rapuora Mobile Nurses

Where: Te Puawaitanga Ki Otautahi Trust, 153 Gilberthorpes Road, Hornby

Phone: 0800 669 957 or 03 344 506

Email: admin@omwwl.maori.nz

Web: whanauoraservices.co.nz

Team of nurses providing a home-based service to people who are at risk or have a chronic health disorder, e.g. diabetes, heart disease or respiratory illness. The team works to support whānau to remain healthy and out of hospital.

Sensory Connect

Phone: 03 366 6189 or 022 676 5851

Email: kylie@aspirecanterbury.org.nz

Web: aspirecanterbury.org.nz

The Sensory Connect Program is a relaxed group featuring structured sensory and movement experiences designed to facilitate physical, emotional, and cognitive capacities so that individuals who require support can relax, enjoy success, socialise with peers. There is no cost for the sensory connect program.

South Elder Care at St Martins Presbyterian Church

Where: St Martins Presbyterian Church, 43 St Martins Road, St Martins

Phone: 027 323 0256

Email: southeldercare@gmail.com

Provides a programme in a supportive environment outside the home for older people living in the south of Christchurch who may have: dementia, a disability or health related issues, loneliness, a need for social support and activities that may help maintain their current functional status for as long as possible and provides short respite for the client's carer. Point of entry - referrals from Social Workers, Elder Care Burwood Hospital, Individual Referrals. Meets every Tuesday 10am–2.30pm.



St John Caring Caller

Phone: 0800 780 780

Email: CHSADMIN@stjohn.org.nz

Web: stjohn.org.nz

Free telephone checking service for people who live alone or feel a bit lonely.

St John of God Halswell & The Granada Centre

Where: 26 Nash Road, Halswell

Phone: 03 338 2009

Email: enquiries.halswell@sjog.org.nz

Web: sjog.org.nz

St John of God Halswell provides residential care supporting people living with physical and neurological disability. Our unique model of care supports people to live an enriching and fulfilling life.

The Granada Centre is a centre of excellence for Transitional Rehabilitation for adults with physical and neurological disabilities. The service supports people recovering from brain injury and other neurological conditions both in residential care and in the community.

Stepping Stone Trust

Where: 126 Lincoln Road, Addington

Phone: 03 338 6390

Email: reception@stepstone.org.nz

Web: stepstone.org.nz

Provides services to support recovery for people experiencing mental illness.

Te Whatumanawa Māoritanga O Rehua Trust - Kaumatua Day Service

Where: Rehua Marae, 79 Springfield Road, St Albans

Phone: 03 355 5615

Email: admin@rehuamarae.org.nz

Web: rehuamarae.co.nz

Supports kuia and koroua to remain in their own homes for as long as possible with appropriate help. Provides a variety of marae-based day activities, including te reo classes. Nurse available at the marae. GP or other health professional referral, and new enrolments can register on the website.

Did you know

Did you know about mobility permits? This is a parking scheme that enables those with a physical impairment to park conveniently close to their destination. For more information on the scheme, contact CCS Disability Action on **0800 227 2255**



Advocacy and social support

Age Concern Canterbury

Support Services, Information, Advice and Personal Advocacy:

- Responding in person or by phone to a range of queries from older people and their carers, e.g. advising where to obtain a service, what is available.
- Providing confidential support and empowerment to older people.

Information Resources:

- Providing written materials, e.g. pamphlets and resources. Material also available from a comprehensive database containing information on services, clubs, social contact groups and recreational activities. You can view the Information database at www.ageconcerncan.org.nz or on info.ageconcerncan.org.nz
- Keeping On, quarterly publication available by subscription (\$15 per year).

In-home Support:

- Referring recommended people for trades, handymen, home help and gardening services. All providers are vetted and approved by Age Concern Canterbury and charge reasonable rates for their services.

Visiting Services:

- Providing visitors who make regular visits to socially isolated older people in their homes via the Age Concern Accredited Visiting Service.

Outings Service:

- Providing a door-to-door service, social contact and an outing for those who are lonely.

Elder Abuse Response Service:

- Providing confidential support, advocacy and information for people facing elder abuse and neglect.

Education:

- Holding training seminars on elder abuse and neglect and other related topics.

Courses:

- A Staying Safe course for mature drivers – This is held in a safe and enjoyable environment, provides workbooks for future reference, involves no tests or exams and provides an opportunity to share experiences and concerns. We ask for a \$10.00 contribution towards lunch and morning tea, and the course runs between 9.30am–2.30pm.
- Steady As You Go – falls prevention classes. \$2 per class, runs every week of the year in a facility near you.

Venues for all courses are in and around the community or at Age Concern Canterbury. Phone to make a booking.

Representation:

- Providing representation and advice on older peoples' issues to local influential groups, e.g. District Councils.

Contact Information

Postal address:

24 Main North Road, Papanui, Christchurch 8053

Physical address:

24 Main North Road, Papanui, Christchurch 8053

Phone: 03 366 0903

Facsimile: 03 365 0639

Email: team@ageconcerncan.org.nz

Web: ageconcerncan.org.nz

Legal advice

Citizens Advice Bureau Legal Service

Where: Ara, Corner Williams Street and Ferry Road, Christchurch

Phone: 0800 367 222 or 03 366 6490

Email: christchurchwest@cab.org.nz

Web: cab.org.nz

We offer professional and confidential information to enable people to make informed decisions. Free Legal Advice Clinic: Thursday afternoon 1–2pm (15min per person). Please ring to confirm free legal advice clinic.

Community Law Canterbury

Where: 198 Montreal Street

Phone: Reception 03 366 6870
Legal information line
0508 canlaw (226529)
option 1

Email: canlaw.org.nz

Offers a general legal advice service as well as specialist advice and information services. Also provides an advice service for older people by appointment at Age Concern Canterbury. Appointments can be made by phoning 03 366 0903.

Public Trust

Where: Level 4, BNZ Centre, 120 Hereford Street

Phone: 0800 371 471

Email: publictrust.co.nz

Public Trust is New Zealand's largest provider of wills and estate administration services. Products and services they provide include legal, financial, investment, Trusts, estate administration and estate protection.



Advocacy and Housing Services

Beneficiary Advisory Service

Where: Christchurch Community House, 301 Tuam Street, Christchurch Central

Phone: 03 379 8787 or 028 415 5942

Email: bas.cprc@gmail.com

Web: bas.org.nz

BAS provides information, support, advice and advocacy to those on a benefit or a low income. Support where issues arise with Work and Income, and limited support for other organisations, such as Studylink and ACC. Our assistance can include dealing with benefit reviews, appeals and fraud investigations.

Canterbury Fiji Social Service Trust

Where: 40 Hillary Crescent, Upper Riccarton

Phone: 03 942 9498

Provides assistance for Fijian and Pacific Island people and other ethnic groups in Christchurch. Provides help with education, courts, housing, interpreting, health and finding employment.

Christchurch Resettlement Services

Where: Level 1, 283 Lincoln Road, Addington

Phone: 03 335 0311

Email: admin@crs.org.nz

Web: crs.org.nz

Supports people from refugee and migrant backgrounds living in Christchurch to settle successfully in New Zealand by providing a range of professional services that build on strengths to promote wellbeing and resilience.

Comcare Trust

Where: 334 Lincoln Road, Addington

Phone: 03 377 7020

Email: enquiries@comcare.org.nz

Web: comcare.org.nz

Comcare provides community services and social housing for people who experience mental illness.

Greypower Christchurch Superannuitants Association

Where: Cashmere Club
50 Colombo Street, Cashmere

Phone: 03 942 8816 or 027 201 9920

Email: nanachooksboyz@gmail.com

Web: greypower.co.nz

Offers advice and information for landlords and tenants. Receives and holds bonds until the end of a tenancy and provides dispute resolution services.

National Health and Disability Advocacy Service

Phone: 03 377 7501 or 0800 555 050

Web: advocacy.org.nz

The National Health and Disability Advocacy Service is a free service that operates independently from all health and disability service providers and agencies. If you want to know more about your rights when using health or disability services, get questions answered, or talk through your options for making a complaint, we can help.

Pacific Island Evaluation Inc.

Where: 369 Wilsons Road North, Waltham

Phone: 03 365 1458

Email: info@pievaluation.org.nz

Empowering Pacific people through education and the promotion of healthy and positive lifestyle choices.

Presbyterian Support – Enliven Elder Care Canterbury

Where: Various locations

Phone: 0800 477 874

Email: enliven@psusi.org.nz

Web: enlivenuppersouth.org.nz

A group where the community works together to integrate and improve health services for the wellbeing of older people.

Presbyterian Support – Enliven Social Work

Where: Various locations

Phone: 0800 477 874

Email: enliven@psusi.org.nz

Web: enlivenuppersouth.org.nz

Advocating with clients for reviews of different services, including benefits and housing.

Residential Advisory Service (RAS)

Phone: 03 379 7027 or 0800 777 299

Web: advisory.org.nz

RAS is a free, independent and easy to use service for residential property owners who are facing challenges in getting their home repaired or rebuilt after it has been damaged in a natural disaster. RAS gives you access to a skilled broker, legal and technical expertise, and helps you work with your private insurers and EQC on your claim.



Tenancy Services

Phone: 0800 836 262

Web: tenancy.govt.nz

Offers advice and information for landlords and tenants who rent their homes. Receives and hold bonds until the end of a tenancy and provides dispute resolution services.

Tenants Protection Association

Phone: 03 379 2297

Email: info@tpa.org.nz

Web: tpa.org.nz

Free and confidential advice, information and advocacy services, including assisting tenants through mediation and tribunal processes.

Vaka Tautua

Where: Unit 18, 105 Bamford Street, Woolston

Phone: 0800 825 282

Email: administration@vakatautua.co.nz

Vaka Tautua is a national “by Pacific for Pacific” health and social service provider. We deliver information and advice to Pacific people with any form of disability, mental health or for older peoples. Also deliver financial capability and social services in the Canterbury region. Provides advocacy for those with cultural and language barriers.

Did you know

You may be able to get help to insulate your home? If you are a homeowner and your house was built before the year 2000, you may be able to get help to insulate your home.

For more information visit energywise.govt.nz or phone **0800 749 782**.

Community Information

Community Information Christchurch (CINCH)

cinch.org.nz

CINCH is an online community directory of clubs, community organisations and continuing education course providers in the greater Christchurch area.

New Zealand Superannuation and Veteran's Pension

New Zealand Superannuation (NZ Super) is a payment you can get when you reach 65 years of age. You need to meet a few conditions, such as being a New Zealand citizen/permanent resident and living in New Zealand for a certain amount of time. The Veteran's Pension is paid at the same rate and has most of the same rules as NZ Super, with some added benefits for the veteran.

If you live alone, you may qualify for an extra amount that recognises the costs of running a household on your own.

How to apply

The easiest way to apply is online at workandincome.co.nz, or you can call us on 0800 552 002 and ask for a paper application form. It's best to apply 3–4 weeks before you turn 65.



For more information about NZ Super or Veteran's Pension, you can:

- visit the Seniors website: workandincome.co.nz/seniors
- get a copy of the Services for Seniors brochure – available online, or by calling Senior Services
- call the Seniors Line on 0800 552 002 from 8am–5pm Monday–Friday
- visit your local service centre at Hornby or Riccarton. It is best to make an appointment before you go. You can request an appointment online through my.msd.govt.nz or phone 0800 552 002.

If you're deaf or find it hard to communicate by phone, you can send a message to our Deaf Link free-fax on 0800 621 621 or email MSD_Deaf_Services@msd.govt.nz

SuperGold Card and App

The SuperGold Card and app give you access to a wide range of discounts from businesses around the country and government/local council services. This includes the free off-peak public transport operating in many regions around the country.

The card is sent to you automatically soon after your NZ Super/Veteran's Pension is granted. You can also download the app from the App Store or Google Play onto your smartphone or tablet.

For more information about SuperGold and the discounts available, visit supergold.govt.nz or phone 0800 25 45 65.

Did you know

What to do if your wheelie bins go missing? Contact the Council within 24 hours of your collection day to ensure it is replaced without charge. Phone **03 941 8999**.

Community Services Card

The Community Services Card gives you and your family discounts on doctors' visits and prescriptions. It can also help towards the costs of services such as home insulation. You may be able to get a card if you are on a low-to-middle income, even if you work.

For more information about the Community Services Card or to get an application form, visit: workandincome.govt.nz/csc or phone 0800 999 999.

Disability Allowance

The Disability Allowance can help towards covering the extra costs you have because of a disability or health condition. It can help pay for a range of things like regular visits to the doctor, medicines, special foods, lawn mowing or a medical alarm.

You don't have to be on a benefit to get this payment. It mostly depends on your income situation and a health condition or disability lasting more than six months.

To apply, you'll need to fill in a form and provide proof of your costs, such as receipts or invoices.

You'll also need to ask your doctor or nurse practitioner to complete a medical certificate. They'll be able to confirm your costs with us.

For more information about the Disability Allowance, or to get an application form, visit: workandincome.govt.nz/seniors or phone 0800 552 002.

Accommodation Supplement

This is a weekly payment that can help with the costs of renting, boarding or owning your own home.

How much you get depends on your income and assets, where you live, your family situation (single/married/children) and your accommodation costs.

To find out what you might be able to get, visit workandincome.govt.nz and search 'Accommodation Supplement' or phone 0800 552 002.

Residential Care Subsidy

If you need long-term residential care in a rest home or hospital, you may be able to get a Residential Care Subsidy from the Ministry of Health. This subsidy helps with the cost of your care and is paid directly to the rest home or hospital.

To qualify, your assets need to be under a certain level. If they are under this level, Senior Services will look at your income to help them work out the amount you'll need to pay towards the cost of your care.

For more information about Residential Care Subsidy, visit: workandincome.govt.nz/seniors or phone 0800 999 727.

Eldernet

Eldernet

Phone: 0800 162 706

Email: team@eldernet.co.nz

Web: eldernet.co.nz

Eldernet is an information provider about services relating to older people.

On Eldernet (eldernet.co.nz) older people, and those supporting them, can access free, unbiased and comprehensive information about home support services, retirement villages, aged residential care (rest homes etc.) and other products and services.

On Eldernet you can also view a report, updated daily, that identifies current rest home, dementia, hospital, and psychogeriatric bed vacancies.



Where From Here booklet

Phone: 0800 162 706
Email: team@carepublications.co.nz
Web: carepublications.co.nz

Where From Here is a regional handbook to help seniors, and those supporting them, to navigate the ageing journey. The book covers important information about staying well and at home, as well as providing detailed indexes on home support services, day programmes, retirement villages, and aged residential care options (like rest homes, etc.).

The book is available free of charge from many agencies (your DHB, Age Concern, Alzheimers/ Dementia organisations, etc.), or directly from the publisher.

retirementvillages.co.nz

Phone: 0800 162 706
Email: team@eldernet.co.nz
Web: retirementvillages.co.nz

Retirementvillages.co.nz is a comprehensive guide to New Zealand retirement villages. The website includes checklists, coming open days, and listings for village units which are currently on the market.

Libraries

Safe and welcoming community spaces for you to connect with others, use free internet, access magazines, large print items, audio and e-books. Come in and enjoy a community programme, games, speaker, book club or craft activity. We look forward to seeing you there. For more information, please refer to our website christchurchcitylibraries.com or call **03 941 7923**.

St Martins Volunteer Library

Where: Corner Wilsons Road and Wades Avenue St Martins
When: Monday, Tuesday, Thursday, Friday 2–4.30pm
Friday and Saturday 10am–12pm

Opawa Volunteer Public Library

Where: 192 Richardson Terrace, Opawa
Phone: Monday–Saturday 2– 4pm
Monday, Wednesday, Friday 6.30–8pm
Thursday and Saturday 10am–12pm

South Library

Where: 66 Colombo St, Beckenham
When: Monday–Friday 9am–7pm
Saturday and Sunday 10am–4pm

Spreydon Library

Where: 266 Barrington St, Spreydon
When: Monday–Friday 10am–6pm
Saturday and Sunday 10am–1pm

Council Service Centres

One-stop shop for any Council business: rates, rates rebates, dog registration, property files, wheelie bins, etc. For more information phone Council on **03 941 8999** or visit ccc.govt.nz

Beckenham

Where: South Library, 66 Colombo Street, Beckenham
When: Monday–Friday 9am–5pm.
Includes Metrocard services.

Civic Offices

Where: 53 Hereford Street, Christchurch Central
When: Monday–Friday 8am–5pm.

Halswell

Where: Te Hāpua: Halswell Centre, 341 Halswell Road, Halswell
When: Monday–Friday 9am–5pm. In summer, opening hours are the same as the outdoor pool extended hours.

Riccarton

Where: Rārakau: Riccarton Centre, 199 Clarence Street, Riccarton
When: Monday–Friday 9am–5pm.
Includes NZ Post services.



Community Resource Centres

Manuka Cottage Addington Community House Incorporated

Where: 70 Harman Street, Addington
Phone: 03 338 1613
Email: manukacottage@accd.org.nz
Web: manukacottageaddington.net

A Community House that promotes connection and meaningful relationships through a variety of activities and adjusts those activities to the current needs.

Rowley Resource Centre

Where: 89 Rowley Avenue, Hoon Hay
Phone: 03 960 1776
Email: manager@rowleyresourcecentre.org.nz

It operate as a part-time community-based centre that focuses on enabling growth through the provision of services, facilities, courses and groups for the improvement of lives in the community. It is also a place where you can just drop in. Read the paper, have a tea or coffee and meet others.

Did you know

The Christchurch City Council has a dedicated Graffiti Programme that takes a city wide approach to graffiti vandalism. Working alongside volunteers, residents, community groups, graffiti artists and commercial property owners, the Graffiti Programme also provides advice, support and resources in the quest to keep Christchurch graffiti free.

If you see graffiti on a structure or if your property has been tagged please report it via:

- 03 941 8999**
- info@ccc.govt.nz**
- Snap Send Solve App**

For further assistance please contact us on graffitiprogramme@ccc.govt.nz

Facilities for Hire

For more details on the venue, go to ccc.govt.nz/venuesforhire. To hire the venue, phone the Council on **03 941 8999**. For other options, search under halls/meetings rooms in CINCH (cinch.org.nz)

Council Community facilities for hire

Beckenham Board Room and Meeting rooms

66 Colombo Street, Beckenham

Pioneer Recreation and Sports Centre

75 Lyttelton Street, Spreydon

Rārakau: Riccarton Centre

199 Clarence Street, Riccarton

St Martins Community Centre

122 Wilsons Road South, St Martins

Te Hāpua: Halswell Centre

341 Halswell Road, Halswell

Local facilities for hire

Cashmere Club

Where: 50 Colombo Street, Cashmere

Phone: 03 332 0092

Email: donna@cashmereclub.co.nz

Web: cashmereclub.co.nz

Christchurch Irish Society

Where: 29 Domain Terrace, Spreydon

Phone: 03 338 8020

Email: hallhire@christchurchirishsociety.co.nz

Web: christchurchirishsociety.co.nz

Hoon Hay Community Centre

Where: 90 Hoon Hay Road, Hoon Hay

Email: hoonhaycommunitycentre@gmail.com

Web: hhcc.org.nz

Horncastle Arena

Where: 55 Jack Hinton Drive, Addington

Phone: 03 339 3599

Email: info@vbase.co.nz

Web: vbase.co.nz

Huntsbury Community Centre

Where: 30h Huntsbury Avenue, Huntsbury

Phone: 03 379 4174

Email: enquiries@huntsburycommunitycentre.nz

Web: huntsburycommunitycentre.nz

Landsdowne Community Centre

Where: 4 Landsdowne Terrace, Cashmere

Phone: 03 332 2140

Email: clogfamily@slingshot.co.nz

Somerfield Community Centre

Where: 47 Studholme Street, Somerfield

Email: somerfieldcc@gmail.com

The Old Stone House

Where: 30 Shalamar Drive, Cracroft

Phone: 03 332 5549 or 027 622 1745

Email: bookings@theoldstonehouse.co.nz

Web: theoldstonehouse.co.nz

Did you know

You can represent your group at Spreydon-Cashmere Older Adults Network meeting.

Please contact Wendy Gunther by email at wendy.gunther@ccc.govt.nz or phone **03 941 5113**, for dates and times.

Residents' Associations

For contact details search CINCH or phone the council on **03 941 8999** to ask the local Spreydon-Cashmere Community Development Advisor for details.

Addington Neighbourhood Association

Beckenham Neighbourhood Association

Cracroft Residents' Association

Hoon Hay Community Association Inc.

Lower Cashmere Residents' Association

Somerfield Residents' Association

Spreydon Neighbourhood Network

Community information

Community Energy Action Charitable Trust

Phone: 0800 438 9276 (0800 GETWARM)

Email: info@cea.co.nz

Web: cea.co.nz

Subsidised or free insulation, subsidised heating, free in-home energy advice and free recycled curtains for eligible households. Subject to terms and conditions and until funding runs out.

CREST (Cashmere Residents Emergency Support Team)

Where: Cashmere Presbyterian Church
Cnr MacMillan Ave and Dyers Pass Rd

Email: cashmereemergencyhub@gmail.com

CREST offers a safe place for people to come together in Cashmere to support one another at the time of a disaster. Simply come down to the church for assistance and information, during an emergency.

Justice of the Peace Clinic at Libraries

Where: Christchurch South Library,
66 Colombo Street
Spreydon Library, 266 Barrington St.

Phone: 03 941 7923

Web: christchurchcitylibraries.com

Justice of the Peace available at South Library every Tuesday between 10am–1pm. Spreydon Library on Thursdays 10.30am–1.30pm. No appointment necessary.

Whareora Community House – Monthly Bus Trips

Where: 8 Athelstan Street, Barrington

Phone: 03 337 2731

Email: rosemary.whareora@gmail.com

Third Wednesday of the month. Bus trips leave Whareora at 10am, return approximately 3pm. Cost \$25.

Christchurch Resettlement Services

Where: Level 1, 283 Lincoln Road, Addington

Phone: 03 335 0311

Email: admin@crs.org.nz

Web: crs.org.nz

Christchurch Resettlement Services provides social work, including mental health and family violence services, health promotion, bilingual community workers, health information providers, partnership community workers, counsellors, psychosocial support for those people impacted by the Mosque attacks, and a range of activities for people from refugee and migrant backgrounds. Interpreters are provided, and all services are free of charge.

Volunteering

Volunteering is a great opportunity to make connections within your community by sharing your skills, polishing up some that you thought you had forgotten, or learning something totally new! You will also meet new people and have some fun at the same time!

Many of the groups or organisations mentioned in this book are looking for new volunteers. If you have a particular interest in an organisation or activity, try contacting them directly to ask how you can help them.

Here are some ways you can make a difference either on your own, or with your family, workmates, neighbours, and other people like you.

Find out more ccc.govt.nz/volunteer

Volunteering Canterbury

Where: 301 Tuam Street
Phone: 03 366 2442 or 0800 865 268
Web: volcan.org.nz

Stay active in your community by sharing your skills and experience – or try something new! Join the volunteer team of a community organisation and meet new people while making a difference in your city. Have questions or looking for a role? Call us or visit us in the central city (phone us first to make an appointment).

Did you know

There are many ways you can make a difference either on your own, or with your family, workmates, neighbours, and other people like you.

ccc.govt.nz/culture-and-community/volunteer

Faith-based Organisations

Addington Samoan Seventh Day Adventists Church

Where: 61 Brougham St, Addington
Phone: 03 961 3090
Email: snzconf@adventist.org.nz
Service Times: Saturdays 9.30am Bible Study, 11am Church Service.

Anchor Charismatic Church

Where: 147 Lyttelton School
(West Spreydon School site)
Phone: 027 560 0599
Email: andrewallanjohns@gmail.co.nz
Service Times: Sundays 10.30am.

Anglican Parish of Cashmere - St Augustines

Where: 5 Cracroft Terrace, Cashmere
Phone: 03 332 6627
Email: office@staugustines.org.nz
Service Times: Sundays 9.15am Holy Communion, 11am Informal Worship.

Bahai Centre

Where: 31 Domain Terrace, Spreydon
Phone: 027 268 5499 or (03) 348 8501
Email: lisa-christchurch@bahai.org.nz
Service Times: Sundays 10am Devotions.

Beckenham Methodist Church

Where: 83 Malcolm Avenue, Beckenham
Phone: 03 331 6449
Email: beckenham@methodist.gmail.com
Service Times: Sundays 10am Worship Service.

Carmelite Monastery

Where: 52 Halswell Road, Hillmorton
Phone: 03 338 8395
Email: secretary@christchurchsouth.org.nz
Service Times: Mass 8.30am daily.

Cashmere Presbyterian Church

Where: 2 MacMillan Avenue, Cashmere
Phone: 03 332 7129
Email: cashmere.church@xtra.co.nz
Service Times: Sundays 10am Morning Worship. Family Service second Sunday each month. Communion held quarterly. Healing Service 11.30am third Sunday of the month.

Christchurch South Methodist Parish – St Marks

Where: 5 Somerfield St, Somerfield
Phone: 03 980 5002
Email: revandrewdonaldson@gmail.com
Service Times: Sundays 10am worship service.

Ekalesia Kelisiano Tuvalu o Otautahi – Congregational Christian Church of Tuvalu in Christchurch

Where: 5 Somerfield St, Somerfield
Phone: 020 905 1360
Email: keyone0@gmail.com
Service Times: 2pm Tuvaluan Service.

Hoon Hay Presbyterian Church

Where: 5 Downing St, Hoon Hay
Phone: 03 338 8901
Email: office@hoonhaychurch.co.nz
Service Times: Sundays 10am church service with children's programme. Morning tea follows.

Our Lady of Assumption Church – Hoon Hay

Where: 170 Hoon Hay Road, Hoon Hay
Phone: 03 338 8395
Email: secretary@christchurchsouth.org.nz
Service Times: Mass, Friday 9.15am school terms only, Sundays 9.00am.

Rowley Avenue Bible Church

Where: 26 Rowley Avenue, Hillmorton
Phone: 03 354 0908
Email: murray.mcewan@canterbury.ac.nz
Service Times: Sundays 10–11.30am. Worship and bible teaching.

Sacred Heart Church – Addington

Where: 70 Spencer St, Addington
Phone: 03 338 8395
Email: secretary@christchurchsouth.org.nz
Service Times: Mass Monday 5.30pm (School term only), Wednesday 9am, Friday 9am, Saturday 9am, (Vigil) 5pm, Sunday 10.30am, Sunday 5pm.

Southwest Baptist Church

Where: 244 Lyttelton St, Spreydon
Phone: 03 338 4163
Email: info@swbc.org.nz
Service Times: Meetings Sunday, 10am & 7pm (Spreydon site); Tuesday Christian Fellowship 7.30pm (Spreydon site).

St Martins Presbyterian Church

Where: 43 St Martins Road, St Martins
Phone: 03 332 6192
Email: stmartpresch@xtra.co.nz
Service Times: Sundays 10am Worship Service.

St Martins/St James Anglican Church – Riccarton/Spreydon

Where: 50 Lincoln Road, Spreydon

Phone: 03 338 4062

Email: adm1_sprang@xtra.co.nz

Service Times: Sundays 8.30am Traditional Service with Communion, 10.30am Family Service and Kids Church.

St Mary's Anglican Church

Where: 21 Church Square, Addington

Phone: 03 338 3598

Email: anglicanstmary@gmail.com

Service Times: Sundays 10.30am Eucharist, First Sunday each month contemplative and Taize services 7pm

St Peters Catholic Church

Where: 11 Fisher Avenue, Beckenham

Phone: 03 338 8395

Email: secretary@christchurchsouth.org.nz

Service Times: Mass Tuesdays 9.15am (School term only), Sundays 9am.



Continuing Learning

It's never too late to learn something new, extend your knowledge and contribute to your community. There are many organisations here in Christchurch which offer learning services, no matter what your age or ability.

See also English Language classes and conversation groups.

Canterbury Workers' Educational Association

Where: 59 Gloucester Street, Central City

Phone: 03 366 0285

Email: admin@cwea.org.nz

A range of educational classes each week, from dance to philosophy, drawing to science.

Hagley Adult Literacy Centre

Where: Edgware Campus -102 Champion St; and various locations throughout Christchurch

Phone: 03 364 5212 or 027 899 5220

Email: halcadmin@hagley.school.nz

Web: hagleyadultliteracy.org

We offer free classes to all NZ residents and citizens who would like to improve their reading, writing, numeracy and computing, in a range of Christchurch locations. Everyday English classes, from beginners to intermediate level, are available for refugees and migrants to improve their speaking, listening, reading and writing.

Hillmorton High School

Where: Tankerville Road, Hillmorton

Phone: 03 338 5119

Email: ace@hillmorton.school.nz

We offer evening and weekend classes covering a range of topics: Art, cooking, craft, fitness and health, languages, personal development, special interests and workshop.

Literacy Aotearoa

Where: 22 Cholmondeley Avenue, Opawa

Phone: 03 337 5555 or 0800 678 910

Email: info.c9@literacy.org.nz

Courses and classes on: learner licence theory, work readiness, computer basics, literacy and numeracy, and kiwi English. Learn digital literacy and get in control of your device. Free courses available.

Risingholme Community Centre

Where: 22 Cholmondeley Avenue, Opawa.

Other locations are: Christchurch Girls' High, 10 Matai

Street; Hornby High, 180 Waterloo Road; Riccarton High, Vicki Street off Curletts

Road.

Phone: 03 332 7359

Email: info@risingholme.org.nz

Web: risingholme.org.nz

Risingholme has over 75 years' experience at delivering adult and community education courses to learn, upskill, to be creative or to simply get fit or relax. Courses are delivered at Risingholme's facilities as well as four other locations throughout the city.

Senior Chef

Where: Various locations throughout Christchurch

Phone: 0800 333 405

Email: senior.chef@pegasus.org.nz

Web: seniorchef.co.nz

A free 8-week cooking course for older people who want to improve their skills, confidence or motivation around cooking for one or two people. Classes are held in various locations around Canterbury.

Did you know

You can learn about running a local event! Get Set Go courses: ccc.govt.nz/news-and-events/running-an-event/courses-for-event-organisers

Tauhere - UC Connect

Where: University of Canterbury, Ilam

Email: events@canterbury.ac.nz

Web: canterbury.ac.nz/public-lectures/subscribe-to-uc-connect-email-list-form

UC's popular free public lecture series, Tauhere | UC Connect offers topical, educational public lectures by experts in their fields and leading thinkers from Christchurch, Canterbury and beyond. Offered both online and in person throughout the year, we've got a free talk for you – ranging from arts, politics and culture to science, business and law.

Te Hāpua: Halswell Centre Programmes

Where: Te Hāpua: Halswell Centre
341 Halswell Road, Halswell

Programmes providing both individuals and groups with hands-on skills in using information and communication technologies.

Techmate

Where: 44 Braddon St, Addington

Phone: 03 962 7244

Email: info@techmate.org.nz

Web: techmate.org.nz

Low cost one-on-one digital learning sessions Monday to Friday 10–12pm and 1–3pm (bookings recommended). Drop-in computer and internet use, printing, scanning and laminating services. Also available to help community groups with information and communication technology.

Technology Help Drop In Sessions

Where: Christchurch South Library
66 Colombo Street

Phone: 03 941 7923

Help with simple technology questions and advice with phones and tablets, (e.g. adding an attachment to an email, uploading a photo, setting up an app etc.) Thursdays between 2–3pm at Christchurch South Library.

U3A Port Hills

Where: St Martins Presbyterian Church
43 St Martins Road, St Martins

Email: info@u3aporthills.org.nz

Web: u3aporthills.org.nz

University of the Third Age, monthly meetings with guest speakers, and a range of interest/study groups. Members are encouraged to share their interests and knowledge.

U3A South West

Where: Te Hāpua: Halswell Centre
341 Halswell Road, Halswelln

Email: u3a.southwestchch@gmail.com

Meets on the second Wednesday of the month at 1pm. The club meets monthly with a guest speaker who has unique experience in their field. Interest (study) groups meet at other times and it is encouraged that members belong to at least one study group.

Did you know

Community Programmes for Adults

A range of classes and learning programmes are available for adults at Christchurch City Libraries: my.christchurchcitylibraries.com/community-connections-for-adults

English Language Classes and Conversations

English Language Partners Christchurch

Where: Level 1, 334 Manchester Street, Central City

Phone: 03 377 3141

Email: christchurch@englishlanguage.org.nz

English classes to help improve skills for everyday life in NZ or volunteer as an ESOL Home Tutor. Contact us for more details.

Did you know

The Waihoru Spreydon-Cashmere Community Board generally meets on the first Tuesday at 5pm and third Wednesday at 8am of each month at the Beckenham Service Centre on Colombo Street. These meetings are open to the public. Agendas and minutes for each meeting can be found on the Council's website at ccc.govt.nz.

You are welcome to come along to speak to the board about your issues. Please contact the Community Board Advisor at **03 941 6633** for more information.

PEETO - the Multi Cultural Learning Centre

Where: 20 Twigger Street, Addington

Phone: 021 083 93810

Email: info@peeto.ac.nz

Web: peeto.ac.nz

Peeto is a category one registered and accredited private training establishment, PEETO is a truly multicultural learning centre providing free English and computer courses for NZ immigrants and refugees from more than 60 nationalities since 1991.

Wilkinson's English Language School

Where: 20 Twigger Street, Addington

Phone: 021 083 93810

Email: info@wels.ac.nz

Web: wels.ac.nz

WELS is well known as a high-quality school. Our experienced, qualified teachers and small class sizes enable students to improve their skills and achieve their goals. We offer free English and computer courses for workers, to upskill them. Two hours per week at a times to suit.

Environmental

Mount Vernon Park - Port Hills Park Trust

Where: Main entrance is at the end of Hillsborough Terrace car park

Web: mtvernonpark.org.nz/about

Park gates are open 7am-7pm year round. Mount Vernon Park is owned and administered by the trust to conserve and enhance the natural environment and provide opportunity for public recreation. The management committee welcomes volunteers to projects like Predator Free Mt Vernon, Thursday work group, and annual planting days.

Ōpāwaho Heathcote River Network

Email: opawahoheathcote@gmail.com

Web: ohrn.nz

A collaborative network that promotes and advocates for the regeneration of the whole of the Ōpāwaho Heathcote River catchment. It supports community groups working in reserves along the river and promotes activities such as the annual Mother of all Clean-ups in May, World Rivers Day, Estuary Fest and other events.

Summit Road Society

Email: secretary@summitroadsociety.org.nz

Web: summitroadsociety.org.nz
facebook.com/summitroadsociety

Preservation and enhancement of the Port Hills and the promotion of voluntary work on its walking tracks and reserves. Working groups for track maintenance, weeding, planting.

Did you know

You can find out about volunteer events in parks, updates, how to volunteer and how to organise a volunteer event: ccc.govt.nz/parks-and-gardens/volunteer-in-parks



About the Waihoru Spreydon-Cashmere Community Board

Community boards were created under local government reforms in 1989. Approximately 110 community boards now operate in both urban and rural areas within local authorities throughout New Zealand. They carry out functions and exercise powers delegated to them by their councils.

There are seven community boards within the Christchurch City Council area. Local body elections for community board members and councillors are held every three years.

The community board's main role is to:

- Represent and advocate for the interests of its community.
- Consider and report on all matters referred to it by the council, or any matter of interest to the board.
- Maintain an overview of council services in the community.
- Prepare an annual submission to the council for expenditure within the community.
- Communicate with community organisations and special interest groups within the community.

