

# Information Directory for Older Adults

Living in Riccarton/Wigram



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

## Message from the Riccarton/Wigram Community Board

Older members of the Riccarton/Wigram ward are a respected and valued part of our community. The Community Board wishes to support you by providing as much up-to-date information as we can about all the services and activities in the area. Having information available to you means you can make informed choices. In 2013 an Older Adults Forum was held in the ward and this directory was one of the visions from that day's discussions.

Despite the stereotypes of retirement and old age, this period of life can be one of achievement, satisfaction and fulfilment.

Throughout the book you'll see the line 'Places to go, things to do, people to meet every day of the week'. That's certainly the case in our local community.

The services and activities listed in this book are very comprehensive. Please keep this book handy so you can use it as a reference. If you see anything we have missed or any errors please contact us on [rwolderadults@ccc.govt.nz](mailto:rwolderadults@ccc.govt.nz) or 941 6705.



**Mike Mora**

*Chairperson, Riccarton/Wigram Community Board*

*Copies of the directory can be picked up from your local Council Service Centre or Library.*

### Acknowledgements

Riccarton/Wigram Community Board,  
Riccarton/Wigram Community Governance Team,  
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go, do, meet



# Recreation and Leisure Activities

## Arts and Crafts

### Christchurch Quilters Inc

**Where:** Philatelic Society Rooms, 6 Mandeville Street, Riccarton

**Phone:** 383 2471

**Email:** enquiries@christchurchquilters.nz

Share the enthusiasm for quilting. Meet 1st Tuesday of month, 7.30pm. Speakers, demonstrations, use of extensive library. Workshops held during the year.

### Christchurch Woodturners Assn Inc

**Where:** Harvard Lounge, Corsair Drive, Wigram

**Phone:** 366 9795

**Email:** yvonneray@xtra.co.nz

Woodturning instruction. Meets 1st Tuesday of the month at 7.30pm. Men and women. Great camaraderie amongst members, mixed ages.

### Church Corner Creative Leisure Group

**Where:** Upper Riccarton Methodist Church, Cnr Yaldhurst Road and Brake Street, Upper Riccarton

**Phone:** 348 9260

**Email:** family.hulston@gmail.com

Variety of groups to choose from. Crafts and leather work group meets Tuesdays 10am-12 noon. Painting group Tuesdays 10am-3pm.

### Halswell Pottery Group

**Where:** 9 Candys Road, Halswell

**Phone:** 027 3421149

**Email:** halswellpotters@gmail.com

A supportive venue for potters at all skill levels. Evening classes available during term times. Gallery open weekends 10am-4pm.

### Hei Hei Variety Group

**Where:** 126 On The Corner, 126 Hei Hei Road, Hei Hei

**Phone:** 342 5864

**Email:** heiheibcd@xtra.co.nz

A weekly group that meets on a Tuesday from 1pm-3pm. Offers a variety of crafts and activities.

### Hornby Handiscope

**Where:** Hornby Community Centre, 2 Goulding Avenue, Hornby

**Phone:** 349 5411

**Email:** owengal@xtra.co.nz

Craft and social group meets Thursdays 10am-1.30pm school terms only.

### Halswell Community Craft Group

**Where:** Halswell Scout Den, Halswell Domain, Halswell

**Phone:** 322 8178

Meetings are each Wednesday morning during school term time, 9.45am-12 noon. Card making, knitting, crochet, etc. Bring along own work or something to share with others.

### Knitting For Plunket

**Phone:** 963 8040 or 021 1901 661

**Email:** barbara@kiwifamilytrust.org

The Kiwi Family Trust organises knitting to be done in people's individual home. Always looking for volunteer knitters. Wool can be provided, if needed.

### Knit and Stitch

**Where:** 27 Amyes Road, Hornby

**Phone:** 974 1174

**Email:** info@hopechurch.net.nz

Fortnightly on Wednesdays at 7pm.

### My Time @ 10 Craft Group

**Where:** Riccarton Community Church, 48 Elizabeth Street, Riccarton

**Phone:** 942 8118

**Email:** araitken@paradise.net.nz

Craft Group meets Wednesday mornings during school term, 10am-11.30am. Connecting women with each other and learning new skills together.

### St James Church Craft Group

**Where:** Riccarton St James Church, 69 Riccarton Road, Riccarton

**Phone:** 348 4368

**Email:** stjamesricc@orcon.net.nz

Craft group monthly on 2nd and 4th Thursdays at 1pm. Bring own craft or join with group project. Some tuition available from other members.

### St Peter's Upper Riccarton Card Making Group

**Where:** St Peter's Anglican Church, 22 Main South Road

**Phone:** 348 5653

**Email:** stpeter@world-net.co.nz

Card making group that gets together several Saturdays throughout the year, 10am-4pm.

## Lawn Bowls

### Elmwood Bowling Club

**Where:** 83 Heaton Street, Strowan

**Phone:** 355 7122

Ring to find out about different programmes.

### Halswell Bowling Club

**Where:** Halswell Domain, 301 Halswell Road, Halswell

**Phone:** 322 6047

**Email:** filop47@vodafone.co.nz

All year round bowls, winter times Saturday and Tuesday from 1pm, summer Wednesday and Saturday from 1pm. Both competitive and social bowls available.

### Hornby Bowling Club

**Where:** Hornby Domain, Main South Road, Islington

**Phone:** 349 8680

Ring the club for more details.

### Hornby Working Men's Bowling Club

**Where:** 17 Carmen Road, Hornby

**Phone:** 349 9026

**Email:** hornbywmc@xtra.co.nz

Has indoor and outdoor bowls. Ring the club for more details.

### Riccarton Racecourse Bowling Club

**Where:** 171 Racecourse Road, Sockburn

**Phone:** 341 6862

**Email:** rrbc@xtra.co.nz

Season runs from September to April, winter club also available. Visiting bowlers welcome.

*Did you know...*

## There is a health and disability advocacy 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 free calling 0800 555 050.

## Indoor Bowls

### Avonhead Indoor Bowls Club

**Where:** 55 Avonhead Road, Avonhead

**Phone:** 342 8406

**Email:** bill.linley@fowlie.co.nz

Season starts mid-March and finishes early September. Monday night from 7.30pm.

### Church Corner Leisure Group

**Where:** Upper Riccarton Methodist Church, Cnr Yaldhurst Road and Brake Street, Upper Riccarton

**Phone:** 348 9260

**Email:** family.hulston@gmail.com

Bowls played Friday 1pm-3pm.

### Hope Presbyterian Indoor Bowls

**Where:** 27 Amyes Road, Hornby

**Phone:** 974 1174

**Email:** info@hopechurch.net.nz

Bowls played fortnightly on Mondays at 10.30am.

## Choirs and Drama Groups

### Paua Cantata (Halswell Choir)

**Where:** South West Baptist Church, 6 Balcairn Street, Halswell

**Phone:** 322 4124

The community choir, "Paua Cantata", meets each Thursday at 7.30pm. No audition required. All ages welcome.

### Halswell Drama Group

**Where:** Halswell Hall, 450 Halswell Road, Halswell

**Phone:** 322 4460

A drama and musical group that does an annual performance.

### Halswell Community Choir

**Where:** Aidanfield Christian School, Room G

**Email:** halswellcommunitychoir@gmail.com

Meets on Monday nights during term time from 7.15pm-9.30pm. All ages and abilities welcome.

## Croquet

### Elmwood Croquet Club

**Where:** 46 Heaton Street, Merivale

**Phone:** 355 7689

**Email:** erin@elmwoodclub.co.nz

Promoting and playing the game of croquet. Outdoor in the summer months, indoor in the winter months.

### Hornby Croquet Club

**Where:** Hornby Domain, Main South Road, Hornby

**Phone:** 349 7226

**Email:** cheryl.morrall@xtra.co.nz

Meet at Hornby Domain on Tuesday and Thursday from 1pm-4pm, additional session Saturday from 1pm-4pm in the summertime.

### United Croquet Club

**Where:** North Hagley Park, Riccarton Avenue

**Phone:** 366 5854

Ring to find out about different programmes.

## Dance

### Apollo Dance

**Where:** Paparua Smallbore Rifle Club, Waterloo Road, Hornby

**Phone:** 349 6929

Wednesday 7pm-9.30pm, 1st and 2nd Saturday each month 7.30pm-10pm.

### Cathedral City Line Dancers

**Where:** RSA Templeton, Kirk Road, Templeton

**Phone:** 389 8809

**Email:** danzlines@xtra.co.nz

Line Dance classes for beginners and intermediates. Meet 6.15pm every Tuesday. Classes also in other areas.

### Christchurch Rock 'n' Roll Club

**Where:** Hei Hei Community Centre, Wycola Avenue, Hei Hei

**Phone:** 349 8565

**Email:** kethomson@xtra.co.nz

Tuesday, Wednesday and Friday 6pm-9pm and Sunday 2pm-6pm.



### Linedance Christchurch

**Where:** Various locations

**Phone:** 329 4857

**Ilam:** Monday 6pm-9pm, Westburn School, 257 Waimairi Road

**Redwood:** Tuesday 1pm-3pm, St Silas, Redwood 237 Main North Road, Redwood

**Merivale:** Thursday 6pm-9pm, Heaton Normal Intermediate School, 125 Heaton Street

### Riccarton Dance Club

**Where:** St Silas Redwood, 237 Main North Road, Redwood

**Phone:** 349 6929

Thursday 8pm-11pm.

### Templeton Country

**Where:** Templeton Community Hall, Kirk Road, Templeton

**Phone:** 942 7385

**Email:** Dwanhalla@paradise.net.nz

Intermediate group. Meets Monday 7.15pm-9.15pm.

### Rewi Alley Chinese School

**Where:** 32a Matipo Street, Riccarton

**Phone:** 343 0136

**Email:** principal@rewialley.ac.nz

Chinese and folk dancing Saturday 3.30pm-5pm, ballroom dancing Saturday 7pm-9pm.

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

### Exercise and Fitness

#### Canterbury Swim School

**Where:** Waitaha Aquatic Centre, 25 Charente Way, Yaldhurst

**Phone:** 260 2220

Mellow Monday Class on Mondays 9am-10am followed by morning tea. Casual swims also available.

#### Christchurch Southern Community Classes

**Where:** Cashmere Club, 50 Colombo Street, Cashmere

**Phone:** 332 5116

Monday 7pm Tai Chi for all levels. Monday and Thursdays 10am – Senior fitness group.

#### Fendalton Gentle Fitness

**Where:** Various locations throughout Christchurch

**Phone:** 351 3236

Tuesday mornings 10.30am-11.30am. Location changed due to earthquake damage. Ring for more details.

#### Green Prescription Clubs

**Where:** Various locations throughout Christchurch

**Phone:** 0800 228 483

Social sessions for people to experience various exercise options and learn healthy lifestyle tips.

#### Halswell Sit and Be Fit

**Where:** St Mary's Church, 329 Halswell Road, Halswell

**Phone:** 351 3236

Thursday 11am-12 noon, during school terms.

#### Hornby Working Men's Club

**Where:** 17 Carmen Road, Hornby

**Phone:** 349 9026

**Email:** hornbywmc@xtra.co.nz

Has a variety of sports clubs – billiards, cards, cribbage, cricket, darts, fishing, golf, indoor bowls, mid-week indoor bowls, amalgamated outdoor bowls, pool and table tennis. Phone reception for more information.

#### Jellie Park Recreation and Sport Centre

**Where:** 295 Ilam Road, Burnside

**Phone:** 941 6888

A wide range of programmes for all age groups, levels and abilities. Has a group fitness studio.



#### PEPSA Exercise

**Where:** St Ninian's Church Hall, 9 Puriri Street, Riccarton

**Phone:** 027 437 6417

**Email:** pepsa@xtra.co.nz

Wednesday morning at 9am, as well as an easier class at 10am. An exercise programme with functional exercises both to music and mat work.

#### Pioneer Recreation and Sport Centre

**Where:** 75 Lyttelton Street, Somerfield

**Phone:** 941 6888

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

#### Rewi Alley Chinese School – Tai Chi Classes

**Where:** 32 Matipo Street, Riccarton

**Phone:** 343 0136

**Email:** principal@rewialley.ac.nz

Tai Chi classes Saturday and Sunday 9am-11am.

#### Table Tennis Canterbury

**Where:** 294 Blenheim Road, Upper Riccarton

**Phone:** 341 5561

**Email:** ttc@ttcanterbury.org.nz

Meets every Tuesday and Thursday from 9.30am-12noon for mid-week social club. Morning tea mid-session. Games are organised to make sure people of any skill level will be able to enjoy some exercise and socialise with other retirees.

*Did you know...*

### What to do to renew your driving licence?

You have to get a medical certificate from your doctor if you are 75–80 years and every two years thereafter.



### Tangata Atumotu Trust Exercise Group

**Where:** Samoan Seventh Day Adventist Church, 37-61 Brougham Street, Sydenham

**Phone:** 940 5692

**Email:** Tatorg189@gmail.com

An exercise class for Older Pacific Adults. Meets each Tuesday from 11am-12noon. Transport can be provided. Fellowship and games. Refreshments provided.

### Tao Motion

**Where:** Fendalton Community Centre, 170 Clyde Road, Fendalton

**Phone:** 942 9310

**Email:** info@taomotion.co.nz

**Web:** www.taomotion.co.nz

Tai Chi classes and Qi gong. Suitable for beginners.

### Te Hāpua: Halswell Centre Outdoor Pool

**Where:** 341 Halswell Road, Halswell

**Phone:** 941 8999

Summer only.

### Templeton Outdoor Pool

**Where:** 62 Kirk Road, Templeton

**Phone:** 941 8999

Summer only.

### Wharenui Super Group 50+

**Where:** 80 Elizabeth Street, Riccarton

**Phone:** 348 6488

Aerobics class Monday at 10am, Aquacise Tuesday at 10.15am and Friday 9.15am.

### YMCA Over Fifties Programme

**Where:** Various locations

**Phone:** 359 8320

**Email:** recreation@ymcachch.org.nz

A variety of classes available throughout the week.

## Golf

### Hagley Golf Club

**Where:** Harper Avenue, Christchurch Central

**Phone:** 379 8279

**Email:** hagley@golf.co.nz

Contact the club for more details.

### Riccarton Park Golf Complex

**Where:** Steadman Road, Broomfield

**Phone:** 342 1066

**Email:** info@riccartonparkgolf.co.nz

Has a driving range and mini-golf course and coaching available.

### Russley Golf Club

**Where:** 428 Memorial Avenue, Russley

**Phone:** 358 4748

**Email:** info@russleygc.co.nz

Contact the club for more details.

### Templeton Golf Club

**Where:** Pound Road, Templeton

**Phone:** 349 7493

**Email:** office@templetongc.co.nz

Contact the club for more details.

## MenzSheds and Community Gardens

### Halswell Community Garden

**Where:** St Mary's Church, Halswell Road (garden behind The Old Vicarage)

**Phone:** 741 2229

**Email:** loadersande@xtra.co.nz

Come and garden with others. Saturdays 10.30am-12noon.

### Halswell Menz Shed

**Where:** 26 Nash Road, Aidanfield

**Phone:** 027 229 1928

**Email:** Roger.s@xtra.co.nz

9am-12noon each Tues, Wed, Thurs and Saturday. Woodwork, metal work, community projects, own projects. Open for various sessions. Morning tea and friendship.

### Riccarton Community Garden

**Where:** 153-155 Peverel Street, Riccarton

**Phone:** 980 5562

A community-based garden. Regular gardening sessions.

### Riccarton Menz Shed @ Rannerdale

**Where:** Rannerdale Veterans' Village, 59 Hansons Lane, Riccarton

**Phone:** 029 7708759

**Email:** robdawnferg@gmail.com

Tuesdays 1-3pm.

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

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### Service Clubs and Toastmasters

#### Everest Toastmasters Club

**Where:** Upper Riccarton Library,  
71 Main South Road, Sockburn

**Phone:** 0800 736753

**Email:** everest@toastmasters.org.nz

An advanced group to help men and women develop self-confidence and leadership ability by the practice of public speaking. Meets the 4th Monday of each month at 7.30pm.

#### Girl Guiding NZ–Trefoil Guild

**Phone:** 0800 449 663

The Trefoil Guild is open to anyone who is no longer in active Guiding, but wishes to remain in contact. Guild members have a choice of undertaking the Dark Horse Venture, a scheme for people aged 50 and over which aims to discover the hidden talents and abilities of older people and put them to creative and practical use.

#### Halswell and District Lions Club

**Where:** St John of God, 26 Nash Road, Halswell

**Phone:** 332 1846

**Email:** mechaelis@paradise.net.nz

Service-minded men and women are very welcome to join. Meet at the Halswell Bowling Club and St John of God on the first and third Wednesday of the month. Please contact Membership Chairman for detailed information.

#### Hornby Rotary

**Where:** Equestrian Hotel, 6 Tower Street, Hornby

**Email:** jerome@thompsonmcneill.co.nz

Meets every Wednesday from 5.30pm for 6pm start.

#### Hornby Toastmasters

**Where:** Hornby Community Care Centre,  
8 Goulding Avenue, Hornby

**Phone:** 322 7830 or 021 107 1063

**Email:** hornby@toastmasters.org.nz

Meets on the 2nd, 4th and 5th Wednesday nights of the month at 7.30pm. Improve your speaking, listening and thinking skills and gain self-confidence.

#### Hornby Women's Institute

**Where:** Hornby Rugby Clubrooms, Denton Park, Hornby

**Phone:** 349 8521

Meets 4th Thursday of the month at 1.30pm. A friendly group which helps others where possible. Craft groups also available.

#### Kiwanis Club of Christchurch

**Where:** 1 Normans Road, Strowan

**Email:** sturge@paradise.net.nz

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

#### Kiwanis Club of North West Christchurch

**Where:** After Hours Hangar, 3 Orchard Road,  
Christchurch Airport

**Email:** grahamandlois@xtra.co.nz

Meets 2nd and 4th Mondays at 7.30pm at the After Hours Hangar, Airport Co social rooms.

#### Oaklands Toastmasters

**Where:** Halswell Bowling Club, 301 Halswell Road,  
Halswell

**Email:** info@oaklands.org.nz

Meets every Monday evening at 7.30pm. Become a better speaker.

#### Oaklands Women's Institute

**Where:** St Mary's Church Hall, 329 Halswell Road,  
Halswell

**Phone:** 322 9962

**Email:** rosemaryed@xtra.co.nz

Meets 1st Tuesday of the month at 7.30pm. Arts and crafts, speakers, demonstrations.

#### Probus

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. Monthly meetings with wide range of guest speakers.

#### Hagley Ladies' Probus

**Where:** Crockfords Bridge Club, 218 Riccarton Road,  
Riccarton

**Phone:** 352 1338

#### Halswell Probus

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

**Phone:** 322 9540

#### Hornby Combined Probus

**Where:** Hornby Working Men's Club, 17 Carmen Road,  
Hornby

**Phone:** 349 5977

#### Merrin Ladies' Probus

**Where:** St Christopher's Church, 244 Avonhead Road,  
Avonhead

**Phone:** 352 7862

### Riccarton Men's Probus

**Where:** 173 Memorial Avenue, Burnside  
**Phone:** 357 9105  
**Email:** alwynaustin@xtra.co.nz

### Riccarton Toastmasters Club

**Where:** Upper Riccarton Library, 71 Main South Road, Sockburn

**Phone:** 351 3236

**Email:** riccarton@toastmasters.org.nz

Gain speaking and leadership skills with a friendly and fun club. Meets weekly on Thursdays at 6.15pm, guests always welcome.

### Riccarton Rotary

**Where:** Chateau on the Park, 189 Deans Avenue, Riccarton

**Phone:** 354 5447

**Email:** Valda.cordes@xtra.co.nz

Rotarians meet weekly for fellowship and interesting and informative programmes dealing with topics of local and global importance. Meet weekly on Mondays at lunchtime

### Wigram Lions

**Where:** Showgate Lounge, Riccarton Racecourse

**Phone:** 386 1581

**Email:** wigramlions@lionsclubs.org.nz

Meets on 1st and 3rd Tuesday of the month at 6pm. A service club organisation of local people doing projects in their community.

## Social Groups

### Association of Anglican Woman

**Where:** Riccarton St James Church, 69 Riccarton Road

**Phone:** 348 6626

**Email:** stjamesricc@orcon.net.nz

Meets 1st Thursday of month. Begin with short devotional service followed by guest speaker or activity. Provides refreshments and fellowship.

### Christchurch Citadel Companions' Club

**Where:** 166 Moorhouse Avenue, Christchurch Central

**Phone:** 366 0740 or 322 9527

**Email:** Christchurchcity\_corps@nzfsalvationarmy.org

Monthly meeting of over 50-year olds with outings and guest speakers. Afternoon tea included.

### Coffee & Chat @ St Peter's

**Where:** St Peter's Anglican Church, 22 Main South Road

**Phone:** 348 5653

**Email:** stpeter@world-net.co.nz

Thursdays 10am-12noon.

### Common Ground Cafe

**Where:** 80 Rattray Street, Riccarton

**Phone:** 960 6878

**Email:** carol@odt.org.nz

Held on the 1st and 3rd Fridays 1pm-3pm. Tea, coffee and home-made food. Men and women all ages welcome. Some activities available.

### Hornby Good Companions

**Where:** Hornby Working Men's Club, 17 Carmen Road, Hornby

**Phone:** 342 7275

**Email:** mary.haugh@xtra.co.nz

Meets every Monday at 1pm, upstairs at Hornby Working Men's Club. Play bowls or euchre. Entertainment once a month as well as bus trips.

### Halswell Friends and Neighbours

**Where:** St Mary's Church Hall, 329 Halswell Road, Halswell

**Phone:** 322 7328

Fun and fellowship for seniors. Housie, cards, scrabble, pot luck lunches and outings, quiz afternoons.

### Halswell/Prebbleton Association of Anglican Women – Daytime Group

**Where:** St Mary's Church Hall, 329 Halswell Road, Halswell

**Phone:** 420 0923

The daytime group meet on the 4th Wednesday of the month at 11am after the 10am mid-week service, with interesting speakers.



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

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Social Groups continued

### Halswell/Prebbleton Association of Anglican Women – Evening Group

**Where:** St Mary's Church Hall, 329 Halswell Road, Halswell

**Phone:** 322 9962

**Email:** rosemaryed@xtra.co.nz

Meets on the 2nd Thursday of each month at 7.45pm. Does a range of fun activities from dinners, to having visiting speakers.

### Healthy Day at the Pa

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

**Phone:** 0800 669957 or 344 5062

**Web:** www.whanauoraservices.co.nz

Social group that meets the last Friday of the month to enjoy a meal and educational talk at Tuahiwi Marae.

### Hei Hei Broomfield Community Development Trust

**Where:** 126 On The Corner, 126 Hei Hei Road, Hei Hei

**Phone:** 342 5864 or 022 0176278

**Email:** heiheibcd@xtra.co.nz

Cooking, crafts, outings, walking group, Tai Chi, Men's group, Grandparents Raising Grandchildren meetings, monthly community lunch. Ring for more information.

### Hei Hei Broomfield Men's Group

**Where:** 126 On The Corner, 126 Hei Hei Road, Hei Hei

**Phone:** 342 5864

**Email:** heiheibcd@xtra.co.nz

Men's group meets 2nd Friday of the month for outings and socialising.

### Hei Hei Leisure Club

**Where:** Salvation Army Hall, 23 Manurere Street, Hei Hei

**Phone:** 967 4673

**Email:** admin@hopecentre.net.nz

The Leisure Club meets weekly during term and participates in a variety of activities and outings. Meets on Thursdays 1pm-3pm.

### Hornby Working Men's Club & MSA Inc

**Where:** 17 Carmen Road, Hornby

**Phone:** 349 9026

**Email:** reception@hornbywmc.co.nz

Food and beverage, weekly entertainment, variety of sporting pursuits, gaming machines and TAB.

### Manchester Unity Social Groups

**Where:** Methodist Church Hall, Brake Street, Upper Riccarton

**Phone:** 313 0246

Meetings of the Lodge are on alternate Thursdays. Also has social groups that meet in the local area.

### Mary Potter Community Centre Social Group

**Where:** 442 Durham Street North, St Albans

**Phone:** 372 9224

**Email:** nzadmin@icm.org.au

Social and recreational services to seniors – Mondays 9am-3pm, Thursdays 10am-3pm. Free parking on site.

### Muffins & Conversation @ St Ninian's

**Where:** St Ninian's Church Hall, 9 Puriri Street, Riccarton

**Phone:** 348 6418

**Email:** stninians@xtra.co.nz

The group meets on Thursdays at 10am for muffins and chats.

### Oak Development Trust

**Where:** 80 Rattray Street, Riccarton

**Phone:** 960 6878

**Email:** carol@odt.org.nz

Various older persons gatherings: bi-monthly, Wednesday afternoons. Free variety entertainment for men and women. Afternoon tea with discussion relating to topic.

### Our Lady of Victories Leisure Group

**Where:** Our Lady of Victories Church, 106 Main South Road, Sockburn

**Phone:** 348 6100

**Email:** olv@xtra.co.nz

Leisure group meets on the first Friday of the month for outings or entertainment. Contact the church office for further details.

### Slow Down Trips

**Where:** St Ninian's Church Hall, 9 Puriri Street, Riccarton

**Phone:** 348 6418

**Email:** stninians@xtra.co.nz

Four days away from Christchurch with a small group throughout the year.

### St Bernadette's Church, Hornby

**Where:** St Bernadette's Church, 76 Hei Hei Road, Hei Hei

**Phone:** 342 9763

**Email:** hornbyparish@xtra.co.nz

Samoan, Tongan & Zimbabwean Community/Friendship Groups. Contact the church office for further details.

### St Timothy's Senior Citizens Group

**Where:** St Timothy's Church Hall, 46 Kendal Avenue, Burnside

**Phone:** 358 4984

Social group providing entertainment and friendship to all who would like to come along.

### Time for You

**Where:** 452 Main South Road, Hornby

**Phone:** 349 7311

**Email:** hornby.anglican@xtra.co.nz

Meets 3rd Tuesday of every month 1.30pm-3pm, with speakers, entertainers, outings, and afternoon tea provided.

### Women's Leisure Club, City-Wide

**Where:** Various locations

**Phone:** 332 8108

Social activities for woman aged 65+. Cinemas, meals out, pot luck dinners and shows. Monthly programmes available to members.

### Youth for Life (for Seniors)

**Where:** Living Waters Christian Centre, 13 Meeking Place, Halswell

**Phone:** 322 1243

**Email:** office@lwcc.org.nz

Afternoons of fun and fellowship once a month. Some-off site outings as well.

## Walking Groups

### Broomfield Wanderers

**Where:** 23 Manurewa Street, Hei Hei

**Phone:** 349 3644

The walking group meets every Wednesday at 9.30am, wet or fine. The last Wednesday of the month is a trip outside of Hornby, ending in a lunch out.

### Fendalton Walk 'n' Talk

**Where:** Fendalton Library, 4 Jeffreys Road, Fendalton

**Phone:** 941 8999

Meets at Fendalton Library, Thursday 10am.

### Halswell Walking Group

**Where:** Halswell Aquatic Centre, 341 Halswell Road, Halswell

**Phone:** 322 8057

Meets Saturday 1pm. Walks around various areas for upwards of one hour, sometimes whole day.

### Halswell Walk 'n' Talk

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

**Phone:** 941 8999

Meets on Mondays at 10am. Sociable 30-minute guided walks, discovering the hidden gems in the community.

### Hei Hei Broomfield Walking Group

**Where:** 126 On The Corner, 126 Hei Hei Road, Hei Hei

**Phone:** 342 5864

**Email:** heiheibcd@xtra.co.nz

Meets weekly on a Wednesday from 9.30am-11.30am. Outing on last Wednesday of the month.



*Did you know...*

## Falls are the leading cause of injury for older people?

If you have had a fall or have concerns about your balance please speak to your health professional as they can advise you which falls prevention programme is best for you.

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

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Walking Groups continued

### Hope Presbyterian Walking Group

**Where:** 27 Amyes Road, Hornby

**Phone:** 974 1174

**Email:** info@hopechurch.net.nz

Meets 9am Thursdays for a variety of walks in the area.

### Monday Movers

**Where:** South West Baptist Church, 6 Balcairn Street, Halswell

**Phone:** 322 7244

Meets on Mondays at 1.15pm. Suitable for all fitness levels.

### St Peter's Upper Riccarton Walking Group

**Where:** St Peter's Anglican Church, 22 Main South Road, Upper Riccarton

**Phone:** 348 5653

**Email:** stpeter@world-net.co.nz

Different walks arranged two days per week. Mondays 1.30pm. Thursdays 9.30am.

### Sunday Walks

**Where:** Meets at various locations.

**Phone:** 941 8999

Meet on Sundays at 10.30am, at various locations around Christchurch. Ring to find out more details.

### Wayfarers

**Where:** Meets at various locations

**Phone:** 383 0064

Walks around Christchurch for men and women in the 50+ age group.

### Westfield Walking Club

**Where:** Westfield Mall, near Pak 'n' Save, Riccarton

**Phone:** 983 4500

The club meets every Tuesday and Thursday from 8am-9am. A professional trainer from Configure Express leads the walk around the centre.

## Other Types of Groups

### Avon Bonsai Society

**Where:** Isleworth School, Farrington Avenue, Bishopdale

**Phone:** 3582591

**Email:** vansai@xtra.co.nz

Meets at 7.30pm on 1st Wednesday of month (except January).

### Avonhead Garden Club

**Where:** Upper Riccarton Methodist Church Hall, 3 Brake Street, Upper Riccarton

**Phone:** 348 2610

**Email:** rex.elaine@xtra.co.nz

Meets 1st Tuesday of month at 7.30pm for those with an interest in home gardens. Speakers on gardening, floral art, horticulture, practical demonstrations.

### Canterbury Horticultural Garden Society

**Phone:** 366 6937

**Email:** office@chsgardens.co.nz

**Web:** www.chsgardens.co.nz or ring up to find out more.

### Christchurch Photographic Society

**Where:** 44 Elizabeth Street, Riccarton

**Email:** secretary@cpsnz.com

Photographic club with weekly meetings, competitions, tutorials, guest speakers and field trips.

### Christchurch Scrabble Club

**Where:** 28 Hutcheson Street, Sydenham

**Phone:** 332 7263

**Email:** secretary@cpsnz.com

All welcome, though preferably with some scrabble experience. Meets Friday at 6.45pm or Wednesday 12.30pm-4pm.

### Crockfords Bridge Club

**Where:** 218 Riccarton Road, Riccarton

**Phone:** 348 7478

**Email:** crockfords@xtra.co.nz

**Web:** www.crockfordsbridge.co.nz

Six graded evening sessions per week starting 7pm. Thursday afternoons at 1pm, and 1st Friday of month is a themed social night at 7pm.

### Friday Afternoon Euchre

**Where:** Halswell Bowls Rooms, Halswell Domain, 301 Halswell Road

**Phone:** 322 8636

Meets each Friday afternoon starting at 1.15pm sharp. Finishes with refreshments around 3.30pm. Only runs in the winter.

### Halswell Garden Club

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

**Phone:** 322 9240

**Email:** diana\_irie@hotmail.com

Meets 2nd Tuesday of month at 1pm (except January). Speakers, demonstrations, workshops, day trips.

**New Zealand Society of Genealogists  
Riccarton Branch**

**Where:** Upper Riccarton Library, 71 Main South Road, Sockburn

**Email:** riccartongenealogy@hotmail.com

Promotion of researching and recording of genealogy and family histories.

**Riccarton Floral Design**

**Where:** Upper Riccarton Library, 71 Main South Road, Sockburn

**Phone:** 389 8091

Last Monday every month, 7pm-9pm.

**Riccarton House and Bush**

**Where:** 16 Kahu Road, Fendalton

**Phone:** 341 1018

**Email:** info@riccartonhouse.co.nz

Guided tours of the House or visit Deans Cottage. Take a stroll through the bush and grounds before taking refreshments in the Drawing Room.



*Did you know...*

**How to 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.

*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 on 0800 227 2255.

*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.

# Health

## Health info

[www.healthinfo.org.nz](http://www.healthinfo.org.nz)

For up-to-date information on Health topics medication and Health services in Canterbury.

## Counselling

### Petersgate Counselling Centre

**Where:** 29 Yaldhurst Road, Upper Riccarton

**Phone:** 343 3391

**Email:** [manager@petersgate.org.nz](mailto:manager@petersgate.org.nz)

Petersgate provides affordable, professional counselling to anyone who needs support to cope with challenging events or to feel better about themselves or about life.

### Te Whare Awhero Counselling

**Where:** 36 Amyes Road, Hornby

**Phone:** 967 4673

**Email:** [counselling@hopecentre.net.nz](mailto:counselling@hopecentre.net.nz)

**Web:** [www.hopecentre.net.nz](http://www.hopecentre.net.nz)

A professional counselling service providing hope, compassion and confidentiality. Our clients are listened to and helped to explore difficulties and concerns that they have.

## Helplines

### Alcoholics Anonymous Helpline

**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 find their nearest AA meeting.

### Alcohol Drug Helpline

**Phone:** 0800 787 797

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

### Canterbury District Health Board Mental Health Services

**Phone:** 0800 920 092

If you require urgent or crisis mental health care.

### Chinese Lifeline

**Phone:** 0800 888 880

A helpline for speakers of Mandarin and/or Cantonese.

### 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.

### Gambling Helpline

**Phone:** 0800 654 655

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

### 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 the smoking addiction. Call to get help on 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.

## Other Health Services

### Advance Care Planning

**Phone:** 364 0217

Advance Care Planning (ACP) is a process of thinking about, talking about and writing down wishes about the type of medical care people would like to receive in the future, in particular, towards the end of life or when individuals are



not able to make their own decisions. For more information speak to your GP, search 'Advance Care Planning' on Healthinfo.org.nz, or contact the ACP facilitator.

### 65 Alive

**Where:** 98 Greers Road, Burnside

**Phone:** 358 2690

**Email:** [www.odysseychch.org.nz](http://www.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.

### Aspire Canterbury

**Where:** 314 Worcester Street, Linwood

**Phone:** 366 6189 or 0800 347 242

Aspire Canterbury is the Christchurch home for the Disability Information Service. Provides a range of information for people with disabilities, their families, whānau and carers. Also has a shop, and a wheelchair and ramp hire service.

### Arthritis New Zealand

**Where:** 15 Washington Way, Sydenham

**Phone:** 366 8383

**Web:** [www.arthritis.org.nz](http://www.arthritis.org.nz)

We provide a range of services to assist people to manage their arthritis through information and advice, exercise classes (both water-and land-based), along with support groups and self-management courses.

### Medication Management Service

**Phone:** 353 9926

**Email:** [mms@ccpg.org.nz](mailto:mms@ccpg.org.nz)

This is a free service to eligible patients that allows you to sit with a pharmacist (either your local pharmacist or a member of the service's mobile pharmacy team) and talk about your medicines.

The discussion can include the reasons you are taking them, any problems you are having with your medicines, any concerns or questions you have etc.

### Nurse Maude

**Where:** 24 McDougall Avenue, St Albans

**Phone:** 375 4200

**Web:** [www.nursemaude.org.nz](http://www.nursemaude.org.nz)

Provides nursing, personal care and domestic assistance so people can stay in their own homes and communities. Also has in-patient care in its hospital and hospice. They have a range of community health services including hiring out mobility aids and meals delivered.

### Oak Development Trust – Nail Care Clinic

**Where:** 80 Rattray Street, Riccarton

**Phone:** 960 6878

**Email:** [carol@odt.org.nz](mailto:carol@odt.org.nz)

Foot spas. Nails trimmed by Registered Nurses. Foot massages and foot spas. Six-weekly. Clinic appointment, for people with health, mobility and eyesight issues.

### St John of God Hauora Trust, Health and Ability Services

**Where:** 26 Nash Road, Halswell

**Phone:** 338 2009

**Email:** [enquiries.halswell@sjog.org.nz](mailto:enquiries.halswell@sjog.org.nz)

Specialist neurological rehabilitation and therapy centre, including stroke. Short-and long-term residential care options for people living with a physical impairment or neurological condition.

## Respite

For more respite options contact Eldernet on 388 1204.

### Harakeke Club

**Where:** Presbyterian Support, 7 Harakeke Street, Riccarton

**Phone:** 366 5472

Day activity programmes for people with Alzheimer's disease or related dementia.

### Hornby Day Care Centre for the Elderly

**Where:** 93 Carmen Road, Hornby

**Phone:** 349 3129

**Email:** [hornbydaycare@xtra.co.nz](mailto:hornbydaycare@xtra.co.nz)

Relief to carers and socially isolated elderly. Exercises, cards, floor games, quizzes, board games, entertainment, hot drinks and meals, company for the day. Nurse available for any questions.

### Totara Club

**Where:** Presbyterian Support, 7 Harakeke Street, Riccarton

**Phone:** 366 5472

A day programme for older people providing opportunities for socialisation and participation in a personalised activity programme. Provides respite for carers.

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

### Medical Centres in Riccarton/Wigram

#### Amyes Road Surgery

**Where:** 7 Amyes Road, Hornby

**Phone:** 349 8263

#### Doctors on Riccarton

**Where:** 183 Riccarton Road, Riccarton

**Phone:** 348 8989

#### Halswell Health

**Where:** 36 Ensign Street and 53 Caulfield Avenue, Halswell

**Phone:** 322 8121

#### Hei Hei Health Centre

**Where:** 18 Wycola Avenue, Hei Hei

**Phone:** 344 3274

#### High Street Health Centre

**Where:** 62 Riccarton Road, Riccarton

**Phone:** 341 8780

#### Hornby Medical Centre

**Where:** 15 Brynley Street, Hornby

**Phone:** 349 7348

#### Hornby Surgery

**Where:** 371 Main South Road, Hornby

**Phone:** 349 8613

#### Longhurst Health

**Where:** 53 Caulfield Avenue, Halswell

**Phone:** 322 8121

#### Riccarton Clinic and After Hours

**Where:** 4 Yaldhurst Road, Church Corner, Upper Riccarton

**Phone:** 343 3661

Open 8am–8pm every day

#### Riccarton Medical Practice

**Where:** 59 Division Street, Riccarton

**Phone:** 348 8711

#### Straven Medical Rooms

**Where:** 12 Straven Road, Riccarton

**Phone:** 348 5749

#### Templeton Medical Centre

**Where:** 5 Kirk Road, Templeton

**Phone:** 349 6716

#### University of Canterbury Health Centre

**Where:** University of Canterbury, 90 Ilam Road, Ilam

**Phone:** 364 2402

#### Upper Riccarton Medical Centre

**Where:** 318 Riccarton Road, Upper Riccarton

**Phone:** 348 3074 or 348 7598

#### Waimairi Road Medical Centre

**Where:** 203a Waimairi Road, Ilam

**Phone:** 358 5535

#### Yaldhurst Family Doctors

**Where:** 129 Yaldhurst Road, Sockburn

**Phone:** 343 4034

### Māori/Pacific Services

#### Matua Pacific

**Where:** St Paul's Trinity Church, Cnr Madras & Cashel Street, Christchurch Central

**Phone:** 388 4964

**Email:** johnahdar@xtra.co.nz

Day Care Centre for Pacific Island Older Adults. Mondays, Wednesdays and Thursdays 9am-4pm.

#### Pacific Trust Canterbury

**Where:** 177 & 189 Montreal Street, Christchurch Central

**Phone:** 366 3900

**Email:** info@pacifictrust.co.nz

The largest provider of Pacific health and social services in the South island. Delivers a range of social, whānau ora, community primary health, mental health and addiction services, and a Pacific health clinic with full GP medical services.

#### Presbyterian Support – Kaiāwhina Community Support

**Phone:** 348 2666

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 669957 or 344 5062

**Web:** www.whanauoraservices.co.nz

Team of nurses that provide 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 work to support whānau to remain healthy and out of hospital.

### **Tangata Atumotu Trust**

**Where:** 189 Montreal Street, Christchurch Central

**Phone:** 940 5692

**Email:** Tatorg189@gmail.com

Works in partnership with Primary Care and the CDHB to provide health literacy and competency by ensuring patients understand their conditions and the treatments prescribed. Transport and interpreters can be provided.

### **Te Whatumanawa Maoritanga O Rehua Trust**

**Where:** Rehua Marae, 79 Springfield Road

**Phone:** 355 5615

**Email:** rprice@rehuamarae.org.nz

Kaumātua service supporting kuia and koroua remaining in their own homes for as long as possible with appropriate support. Provides a variety of day activities that are Marae based, including Te Reo classes. Nurse available at the Marae.

### **Vaka Tautua**

**Where:** Unit 18/105 Bamford Street, Woolston

**Phone:** 903 5265

**Email:** Kaiongo.t@vakatautua.co.nz

Information and advice to Pacific people with any form of physical impairment in Canterbury. Provides advocacy for those with cultural and language barriers.

## **Support Groups**

There are numerous support groups for different health conditions. Contact your G.P or go on to: [www.healthinfo.org.nz](http://www.healthinfo.org.nz) for support groups in Canterbury if it is not mentioned here.

### **Alzheimer's Support Groups**

**Phone:** 0800 004 001

We operate a number of support groups – Carer Support Group, Post Placement Support Group, Memory Groups, Café Group, and Alzheimers Group. Ring for more details.

### **Blind Foundation**

**Phone:** 375 4300

The blind foundation is the main provider of practical and emotional support for people who are blind or have low vision.

### **Breast Cancer Support Group**

**Phone:** 379 5835

Information, support and practical assistance for women with breast cancer. Referral by health professional, or self-referral.

### **Cancer Society**

**Phone:** 0800 226 237

Provides help and support to anyone with a cancer diagnosis. Any cancer, any question.

### **Christchurch Stroke Club**

**Phone:** 385 9856

The Christchurch Stroke clubs offer support and friendship amongst stroke people who have similar difficulties, e.g. speech, mobility, doing everyday things, frustration and possibly depression.

### **Depression Support Network**

**Where:** 133 Tuam Street, Christchurch Central

**Phone:** 366 8083

Provides community support for adults whose lives are affected by depression. This includes support for friends and family who are supporting someone who is experiencing depression. Services include personal and group support, education courses, access to resource information and community networks, speaking presentations.

### **Diabetes Christchurch**

**Phone:** 378 6266

Provides information, encouragement and support for a person with diabetes as well as family and close associates of a person with diabetes.

### **Heart Foundation**

**Phone:** 366 2112

Support and information for those affected by Heart Disease.

### **Osteoporosis Society**

**Phone:** 960 5143

A support network and information source for those affected by osteoporosis.

### **Stroke Foundation**

**Phone:** 381 8500

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

# Advocacy and Social Support

## Age Concern Canterbury

Age Concern Canterbury works to achieve well-being, rights, respect and dignity for older people.

Contact Age Concern Canterbury on 0800 803 344 for more details on the services below.

### Support Services, Information, Advice and Personal Advocacy:

- Responding in person/phone to a range of queries from older people and their carers, e.g advising where to obtain a service, what is available.
- Provides a list of meal providers for those who are no longer cooking for themselves.
- 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](http://www.ageconcerncan.org.nz) or on [www.info.ageconcerncan.org.nz](http://www.info.ageconcerncan.org.nz).
- Keeping On quarterly publication available by subscription (\$15 per year).

### In-home Support:

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

### Elder Abuse and Neglect Prevention 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 and forums:

- A Confident Driving course for Mature Drivers
- Home and Personal Safety
- Life Without a Car
- Other courses including Financial Security and Mobility Scooter Safety may be available.
- Positive Aging Forum—held first Monday of School holidays in September/October at Papanui High School, over 130 agencies share information and resources for older adults.

*Courses are held in the community or at Age Concern Canterbury. Ring to make a booking.*

### Contact Information:

**Where:** 24 Main Road, Papanui

**Phone:** 366 0903 or 0800 803 344

**Email:** [team@ageconcerncan.org.nz](mailto:team@ageconcerncan.org.nz)

**Web:** [www.ageconcerncan.org.nz](http://www.ageconcerncan.org.nz)

## Eldernet

Eldernet is New Zealand's leading information service provider for older people and those who support them.

The website is a database directory where people can search for information about home support, retirement villages and rest homes. Also has a daily vacancy report that gives current availability of residential care (rest home) beds.

Eldernet publishes the booklet "Where From Here 2016-2018". An essential information book for older people. Contact Eldernet to get a copy.

**Phone:** 388 1204

**Email:** [team@eldernet.co.nz](mailto:team@eldernet.co.nz)

**Web:** [www.eldernet.co.nz](http://www.eldernet.co.nz)

## Legal Advice

### Community Law Canterbury

**Where:** 198 Montreal Street, Christchurch Central

**Phone:** Reception 366 6870, Legal information line 371 3819  
Freephone 0508 226 529

Community Law Canterbury offers a general legal advice service as well as specialist advice and information services.

### Public Trust

**Where:** 70-72 Riccarton Road, Riccarton

**Phone:** 0800 371 471

**Email:** [www.publictrust.co.nz](http://www.publictrust.co.nz)

Provides wills and estate administration services. Also has a range of products and services including legal advice.

## Advocacy Services

### Canterbury Fiji Social Service Trust

**Where:** 40 Hillary Crescent, Upper Riccarton

**Phone:** 942 9498

Provide support and advocacy for older adults, especially Pasifika Programmes.

### Communities and Neighbours (C.A.N)

**Where:** 36 Amyes Road, Hornby

**Phone:** 967 4673

**Email:** canfacilitator@hopecentre.net.nz

Community facilitators help you to plan your social connections, so you never feel alone or isolated.

### Comcare Trust

**Where:** 251 Lichfield Street, Christchurch Central

**Phone:** 377 7020

**Email:** enquiries@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, Somerfield

**Phone:** 942 6905

**Email:** fayian@paradise.net.nz

Meets 3rd Wednesday of each month. An advocacy organisation promoting the welfare and well-being of all those citizens in the 50+ age group.

### Hornby Heartlands

**Where:** 25 Shands Road, Hornby

**Phone:** 961 9248

**Email:** hornby@heartlandsservices.govt.nz

Connects local communities to the right services. Has a range of face-to-face service providers available: Age Concern, Budgeting, Community Law, NZ Red Cross, Workbridge, a JP and a range of Health providers.

### Pacific Island Evaluation Inc.

**Where:** 369 Wilsons Road, Waltham

**Phone:** 365 4197

Empowering through educating and promoting healthy and positive lifestyle choices amongst Pacific people.

## The Salvation Army Hornby

**Where:** 23 Manurewa Street, Hei Hei

**Phone:** 349 6268

**Email:** hornby\_cm@nzf.salvationarmy

Support, advocacy, budgeting, food assistance for those in need. Mentoring and goal setting/support. Social and spiritual activities (craft, prayer, study, coffee, community services).

## Housing Services

### Christchurch Building and Housing Information

**Phone:** 0800 836 262

**Web:** www.building.govt.nz

Offer advice and information for landlords and tenants who rent their homes. Receive and hold bonds until the end of a tenancy and provide dispute resolution services.

### Kaitoko Whanau Earthquake Support

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

**Phone:** 0800 669957 or 344 5062

**Web:** www.whanauoraservices.co.nz

Provides housing support to whanau who are still having difficulties arising from the earthquake.

### Residential Advisory Service (RAS)

**Phone:** 0800 777299

**Web:** www.advisory.org.nz

Providing independent advice to assist residential property owners to make progress on their repair/rebuild.

### Tenants Protection Association

**Phone:** 379 2297

**Email:** info@tpa.org.nz

Free and confidential advice, information and advocacy services which includes assisting tenants through mediation and tribunal processes. Also runs the supporting Vulnerable Tenancies Programme.

*Did you know...*

## You may be able to get help to insulate your home?

If you're 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 [www.energywise.govt.nz](http://www.energywise.govt.nz) or phone 0800 749 782.

# Community Information and Service Organisations

## Superannuation and Other MSD Information

New Zealand Superannuation (NZ Super) is a payment you can get when you reach 65 years of age. If you live alone, you may qualify for an extra amount that recognises the costs of running a household on your own.

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

- Visit the Seniors website: [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz)
- Get a copy of the Services for Seniors brochure – available online, or by calling Senior Services. Call Senior Services on 0800 552 002 from 8am to 5pm Monday to Friday
- Send an email to [seniors@msd.govt.nz](mailto:seniors@msd.govt.nz)
- You can visit your local service centre at Hornby (25 Shands Road) or Riccarton (76-78 Riccarton Road, Riccarton). It is best to make an appointment before you go. You can request an appointment by phoning 0800 552 002
- If you are 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](mailto:MSD_Deaf_Services@msd.govt.nz)
- You can also write to Senior Services at:  
Senior Services  
PO Box 5054  
Wellington 6145

## SuperGold Card

The SuperGold Card gives 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.

For more information on the SuperGold Card and the range of discounts available, visit: [www.supergold.govt.nz](http://www.supergold.govt.nz) or phone 0800 25 45 65.

## 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: [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz) or phone 0800 999 999.

## Disability Allowance

The Disability Allowance can help towards the extra costs you have due to a disability or medical condition.

To qualify, you need to have a doctor certify that your disability is likely to last at least six months and your income must be under a certain limit.

For more information about Disability Allowance or to get an application form, visit: [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz) or phone 0800 552 002.

## Accommodation Supplement

If your income and cash assets are lower than a certain amount, you may be able to get an Accommodation Supplement. This is to help with the costs of renting, boarding or owning your own home.

To find out what you might be able to get visit: [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz) 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.

If you can't get a Residential Care Subsidy to pay for the cost of your care, you may be able to get a Residential Care Loan.

For more information about Residential Care Subsidy or Residential Care Loan, visit: [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz) or phone 0800 999 727.

**There may be other avenues of assistance for you. Talk to your Senior Service Advisor at Work and Income NZ.**

## Libraries

Fiction, large print and talking books, computing classes, CINCH ([www.cinch.org.nz](http://www.cinch.org.nz)), free internet, history databases, newspapers, magazines, downloadable audio and e-books, assisted support service.

### Hornby Library

**Where:** 8 Goulding Avenue, Hornby  
**When:** Monday to Friday 9am-6pm, Saturday 10am-1pm.

### Mobile Library

**Where:** Stops at multiple Christchurch locations  
**Phone:** 941 7923 for more details.

### Te Hāpua: Halswell Centre

**Where:** 341 Halswell Road, Halswell  
**When:** Monday to Friday 9am-7pm, Saturday 10am-4pm.

### Upper Riccarton Library

**Where:** 71 Main South Road, Sockburn  
**When:** Monday to Friday 9am-8pm, Saturday and Sunday 10am-4pm.

## Volunteer Libraries

### Upper Riccarton War Memorial Library

**Where:** 372 Riccarton Road, Upper Riccarton  
**When:** Tuesday and Thursday 1pm-3.30pm, Saturday 10am-11.30am.



## Service Centres

One-stop shop for any Council issues – rates, rates rebates, dog registration, property files, wheelie bins, etc

### Beckenham – South Library

**Where:** 66 Colombo Street, Beckenham  
**When:** Monday to Friday 9am-5pm.

### Fendalton – Fendalton Library

**Where:** 4 Jeffreys Road, Fendalton  
**When:** Monday to Friday 9am-5pm.  
NZ Post services also available.

### Halswell – Te Hāpua: Halswell Centre

**Where:** 341 Halswell Road, Halswell  
**When:** Monday to Friday 9am-5pm. Summer hours are Monday to Friday 9am-7pm, Saturday and Sunday 11am-7pm.

### Hornby – Hornby Library

**Where:** Goulding Avenue, Hornby  
**When:** Monday to Friday 10am-2pm

### Riccarton Service Centre – Riccarton Community Centre

**Where:** 199 Clarence Street, Riccarton  
**When:** Monday to Friday 9am-5pm

## Council Community Facilities for hire

Phone the Council on 941 8999 to book or for other options in the Riccarton/Wigram ward search under halls/meetings rooms in CINCH ([www.cinch.org.nz](http://www.cinch.org.nz))

### Harvard Community Lounge

**Where:** 31 Corsair Drive, Wigram

### Hei Hei Community Centre

**Where:** 12 Wycola Avenue, Hei Hei

### Riccarton Community Centre

**Where:** 199 Clarence Street, Riccarton

### Te Hāpua: Halswell Centre

**Where:** 341 Halswell Road, Halswell

### Templeton Community Centre

**Where:** 62 Kirk Road, Templeton

### Waimairi Road Community Centre

**Where:** 166 Waimairi Road, Ilam

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

### Residents' Associations in Riccarton/Wigram

For contact details search CINCH or phone the local Riccarton/Wigram Community Development Adviser on 941 8999 or [www.cinch.org.nz](http://www.cinch.org.nz)

Awatea Residents' Association  
Central Riccarton Residents' Association  
Deans Avenue Precinct Society  
Gilberthorpes Estate Residents' Association  
Halswell Residents' Association  
Ilam and Upper Riccarton Residents' Association  
Kennedy's Bush Road Neighbourhood Association  
Middleton-Matipo Community Association  
Riccarton Bush/Kilmarnock Residents' Association  
Riccarton Park Residents' Association  
Steadman Road Area Residents' Group  
Templeton Residents' Association  
Westmorland Residents' Association  
Wigram Residents' Association  
Yaldhurst Rural Residents' Association

### Continuing Learning

It's never too late to do 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 age or ability.

### Adult and Community Education

A wide range of classes suitable for all ages. Classes are held in the late afternoon, evenings or weekends. Contact the school for more details.

#### Cashmere High School

**Where:** 172 Rose Street, Somerfield

**Phone:** 332 9129

#### Hagley Community College

**Where:** 510 Hagley Avenue, Addington

**Phone:** 379 3090

#### Hillmorton High School

**Where:** Tankerville Road, Hillmorton

**Phone:** 338 5119

#### Riccarton High School

**Where:** 31 Vicki Street, Riccarton

**Phone:** 348 5073

### Ara – Institute of Canterbury (formerly CPIT)

**Where:** Clock Tower Centre, 1 Brynley Street, Hornby

**Phone:** 0800 24 24 76

A wide variety of part-time and flexible courses on the Madras Street and Hornby Campuses. Computing for Free courses available at Hornby.

### Canterbury Workers' Educational Assn

**Where:** 59 Gloucester Street, Christchurch Central

**Phone:** 366 0285

**Email:** [admin@cwea.org.nz](mailto:admin@cwea.org.nz)

Morning, afternoon and evening courses are offered most days and at weekends. Clubs and interest groups operate as spin-offs from lecture courses and field trips.

### PEETO – Multi-Cultural Learning Centre

**Where:** 80 Rattray Street, Riccarton

**Phone:** 343 2890

**Email:** [info@peeto.ac.nz](mailto:info@peeto.ac.nz)

Provides English Language Classes. Also provides education and training services to new migrant, refugee and Pacific peoples with the aim of enhancing resettlement in New Zealand.

### Power-up – Computer classes for Pacific Islanders

**Where:** Rowley Primary School, 48 Rowley Avenue, Hoon Hay

**Phone:** 940 5692

**Email:** [Tatorg189@gmail.com](mailto:Tatorg189@gmail.com)

Meets 10am-12 noon on Thursdays to assist older Pacific Islanders learn new skills on the computer.

### Rewi Alley Chinese School

**Where:** 32a Matipo Street, Riccarton

**Phone:** 343 0136

**Email:** [principal@rewialley.ac.nz](mailto:principal@rewialley.ac.nz)

Library service. Classes on Computing, English (ESOL), Chinese (Mandarin).

### Senior Chef

**Where:** Various locations throughout Christchurch

**Phone:** 337 7781

**Email:** [info@seniorchef.co.nz](mailto:info@seniorchef.co.nz)

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





### SeniorNet Garden City

**Where:** 3 Brake Street, Church Corner

**Phone:** 348 4499

**Email:** [seniornet.gardencity@xtra.co.nz](mailto:seniornet.gardencity@xtra.co.nz)

Keep up with technology for your laptop, smart phone, tablet or home computer. Meet and greet every 3rd Thursday 12.15pm-1pm, February to November.

### Te Hāpua: Halswell Learning Centre

**Where:** 341 Halswell Road, Halswell

Programmes providing both individuals and groups with hands-on skills in using Information and Communication Technologies.

### Upper Riccarton Library Learning Centre

**Where:** 71 Main South Road, Sockburn

**Phone:** 941 3723

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

### University of the Third Age (U3A)

**Where:** 11 groups around Christchurch

**Email:** Search U3A in [cinch.org.nz](http://cinch.org.nz) to locate your nearest group.

Informal learning opportunities for older people. Hour-long lectures in five weekly series on topics of interest to stimulate mature minds.

### What If Wednesdays

**Where:** University of Canterbury, Ilam

**Email:** [events@canterbury.ac.nz](mailto:events@canterbury.ac.nz)

**Web:** [www.canterbury.ac.nz/wi16w](http://www.canterbury.ac.nz/wi16w)

The University of Canterbury holds free public lectures on campus, twice a month on Wednesdays from 7pm.

## Other Community Information

### Canterbury Neighbourhood Support Inc.

**Where:** 170 Waterloo Road, Hornby

**Phone:** 420 9944

**Email:** [canterburyns@paradise.net.nz](mailto:canterburyns@paradise.net.nz)

Organises Neighbourhood Support groups. Also speaks to groups about crime prevention and avoiding becoming a victim.

### Community Energy Action

**Where:** 299 Tuam Street, Christchurch Central

**Phone:** 374 7222

**Email:** [info@cea.co.nz](mailto:info@cea.co.nz)

Free or subsidised insulation, free recycled curtains from the curtain bank, practical independent energy advice and more keep-warm projects.

### Community Watch Riccarton Inc

**Where:** 24 Ayr Street, Riccarton

**Email:** [riccomwatch@netaccess.co.nz](mailto:riccomwatch@netaccess.co.nz)

Mobile Patrol is another set of eyes and ears to keep our community a safer place to live and work in.

### Christchurch Migrant Centre

**Where:** 166 St Asaph Street, Christchurch Central

**Phone:** 366 1315

**Email:** [kevin@cmctrust.org.nz](mailto:kevin@cmctrust.org.nz)

Provides settlement advice, service co-ordination and cultural support. Free community engagement and English language classes (for 3 levels). Runs programmes for socially isolated migrants.

### Citizens Advice Bureau

**Where:** Hornby Community Centre, 8 Goulding Avenue, Hornby

**Phone:** 0800 367 222 or 349 5236

**Email:** [christchurchwest@cab.org.nz](mailto:christchurchwest@cab.org.nz)

We offer clients information to enable them to make informed decisions on anything from consumer rights, work conditions, neighbour disputes to relationship issues.

### English Language Partners Christchurch

**Phone:** 377 3141

**Email:** [cab.christchurcharea.west@xtra.co.nz](mailto:cab.christchurcharea.west@xtra.co.nz)

Provides conversational community English classes in Riccarton and the city. Call for more details.

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

### Grandparents as Parents

**Where:** Hornby Community Care Centre, 8 Goulding Avenue, Hornby

**Phone:** 363 8214

A group for grandparents who have the care of and responsibility for their grandchildren. Meets 2nd Friday of the month at 10am-12pm.

### Hornby Community Patrol

**Where:** Hornby Police Station, Tower Street, Hornby

**Email:** hornbycommunitypatrol@gmail.com

Mobile Patrol is another set of eyes and ears to keep our community a safer place to live and work in.

### Hornby Community Care Centre

**Where:** 8 Goulding Avenue, Hornby

**Phone:** 349 9793

**Email:** hornbycommunitycentre@xtra.co.nz

Community rooms available for hire, secondhand shop, site of Hornby Citizens Advice Bureau.

### Neighbourly

**Web:** [www.neighbourly.co.nz](http://www.neighbourly.co.nz)

Join and connect with your neighbours on this website to stay informed and share important local information. It has a verification process to only connect you with your neighbourhood.

## Volunteering

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

### Volunteering Canterbury

**Where:** 301 Tuam Street, Christchurch Central

**Phone:** 366 2442

**Web:** [www.volcan.org.nz](http://www.volcan.org.nz)

Contact them if you're interested in volunteering or have questions about running a volunteer organisation or project.

*Did you know...*

### You may be eligible for a rates rebate?

If you are a ratepayer in Christchurch, contact the Christchurch City Council on 941 8999 to find out more.

*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. Contact Council on 941 8999.

*Did you know...*

### There is support to help you quit smoking?

You can call Quitline's free helpline on 0800 778 778.





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## Christchurch City Council

53 Hereford Street, Christchurch 8011  
PO Box 73014, Christchurch 8154  
**Telephone** 941 8999. **Email:** [info@ccc.govt.nz](mailto:info@ccc.govt.nz)  
Or visit our website: [www.ccc.govt.nz](http://www.ccc.govt.nz)

