



Directory of Cancer Support Services



Contents

Introduction	5
Acknowledgments	5
Accommodation	6
Advocacy Services	10
Blood & Bone Marrow Services	13
Cancer Society	15
Cancer Society Wellington Division	15
National Office	16
Caring for the Carers	17
Child and Adolescent Cancer Services	18
Paediatric Community Nurses	20
Community Cancer Nurses	21
Hutt Valley	21
Wairarapa	22
Wellington City	22
Complementary Therapies	24
Counselling Services	26
Disease / Symptom Specific Information / Support Groups	30
Amputee	30
Bowel Cancer	30
Breast Cancer	30
Child Cancer	33
Gynaecology	34
Leukaemia / Lymphoma	34
Lymphoedema	35
Melanoma	36
Menopause	36
Myeloma	36
Ostomy	37
Pancreas	37
Prostate	38
Volunteer Visitors	39
Emotional Well-being	40
General Practices / Primary Health Care	42
Fertility Advice / Services	43
Government and other agencies	44
Employment Services	44
Financial Assistance	44
Housing Advice	47
Insurances	48
Hospital Details	49
Capital & Coast Health DHB (C&C DHB)	49

Hutt Valley District Health Board (HV DHB).....	53
Wairarapa District Health Board (W DHB)	57
Private medical & surgical services / hospitals in Hutt & Wellington area	60
Private Oncology Services	60
Maori Health Providers	62
Hutt Valley.....	62
Wairarapa.....	64
Wellington / Porirua / Kapiti.....	65
Mental Health Services	67
Pacific Health Providers.....	68
Hutt Valley.....	68
Wellington / Porirua / Kapiti.....	69
Palliative Care Services	72
Hospices/Specialist Palliative Care in the Community.....	72
Hospital Specialist Palliative Care.....	74
Research.....	75
Screening / Early Detection / Prevention Programmes	76
Breast Screening	76
Cervical Screening.....	76
Colorectal Screening.....	77
Cancer Society, Wellington Division	Error! Bookmark not defined.
Early detection of hepatitis related liver cancer.....	77
Genetic Services	78
Clinical Genetics Services	78
Familial Bowel Cancer Registries	78
Familial Gastrointestinal Cancer Registry.....	78
Green Prescriptions.....	79
Mana Wahine.....	79
Prostate Screening	80
Vaccinations	80
Sexual Health.....	82
Smoking Cessation	84
Can Quit Support Programme	84
Hutt Hospital	84
Kokiri Marae Hauora - Aukati Kaipapa	85
Pacific Health Services Porirua (Covers Wellington Region)	85
Quitline.....	85
Wairarapa.....	86
Wellington Hospital	86
Specialist Products / Equipment.....	87
Artificial Limbs	87
Breast Prosthesis.....	87
Compression devices.....	89
Equipment Hire	90
Laryngectomy Stoma Covers	91
Meals and Food Services	91
Medical Alarms	92
Mole Mapping.....	93

Ostomy Products.....	93
Pharmacies / Chemists.....	94
Wigs and Hairdressing Services.....	94
Specialist Community Services	97
Adult.....	97
Infant, Child & Young Person.....	100
Telephone Advice	103
Transportation	104
Public Transport.....	104
Parking.....	108
Wellington Blood & Cancer Centre (WBCC)	109
Feedback.....	112
Index.....	113

Introduction

The Capital & Coast District Health Board (C&C DHB), Hutt Valley District Health Board (HV DHB) and the Wairarapa District Health Board (W DHB) has produced this Directory of Cancer Support Services to assist patients and their families, staff and other health professionals so that they can easily find the resources, services and personnel available to patients with cancer within the Wellington, Kapiti Coast, Hutt Valley and Wairarapa regions.

Our aim is to provide contact details and service particulars of professional services, voluntary groups and other agencies, which provide help and support for people with cancer.

Many of the agencies and services in this directory will send / give you further information about their services upon request. If a particular service is not right for you that provider may be able to direct you to a service or provider more appropriate for you.

It is not intended that this directory replace advice and support that can be obtained through the Cancer Society, Support Groups or Health Professionals – all of whom provide patients with ongoing personalised expert advice and support. It is a directory that we hope provides patients with useful information and service / provider options that can assist in managing their experience with cancer.

An alphabetical approach has been used in the contents page and throughout the Directory, to assist the user to find information easily. There is an index at the end of the directory to assist with finding services by name. We will review and update the Directory annually.

Acknowledgments

We wish to express our appreciation to those many people who have so readily given us information for the Directory. Their assistance enables us to bring together information on the services and support resources that contribute towards improved patient care.

In particular we would like to thank the Central Cancer Network for funding this project and the Wellington Division of the Cancer Society for sharing their knowledge and information so readily.

2011 update completed with assistance from HVDHB Maori Health Unit Student Programme.



Accommodation

The following are low cost or no cost accommodation options. Should these not suit or have no vacancies, there are a number of motels within walking distance of the main hospitals. These can be found in the local telephone book. Wellington hospital is in the suburb of Newtown and Hutt hospital is in the suburb of Boulcott.

<p>Home of Compassion 2 Rhine St Island Bay Conference Centre Group Bookings are given priority. Individual bookings can be made in advance- limited availability.</p>	<p>Manager: Marina Referral – Self Breakfast included other meals available if required. All linen supplied. Refurbished rooms.</p>	<p>Ph: 04 383 7769 E: islandbay@compassion.org.nz W: www.compassion.org.nz Cost – bed and breakfast Single room \$50+GST Double room \$80 +GST</p>
<p>Kowhai House Family Accommodation 65 Pilmuir Street Lower Hutt Type - This facility is provided by Hutt Valley District Health Board for use by family living outside the area who are supporting relatives having treatment in Hutt Hospital and who need somewhere to stay.</p>	<p>Office times - 9am to 5pm For bookings – phone or email Sited on the Hutt hospital campus. Sheets, towels and blankets supplied. Check-in at Orderlies Station, next to Accident and Emergency at Hutt Hospital</p>	<p>Ph: 027 683 9380 E: moira.tamihere@huttvalleydhb.org.nz</p>
<p>Margaret Stewart House 16 Hospital Road Newtown Wellington Aim - To provide residential accommodation for out-of-town oncology patients undergoing treatment. Relatives accommodated if room available.</p>	<p>8am - 5pm Monday - Friday Supervisor: Edwina Tyree Referral - by Wellington Blood & Cancer Centre. Areas serviced - Wellington, Nelson,</p>	<p>Ph: 04 380 0300 Fax: 04 380 0389 Cost - \$100 a day/night To claim for allowance a registration number from the Ministry of Health is required Accommodation costs for the person receiving treatment will generally be met by District Health Board funding. Where this</p>

<p>Type - 16 twin rooms, 2 family units, all with ensuite facilities. Shared kitchen, living and dining areas.</p>	<p>Marlborough, Wairarapa and on occasions, further afield.</p>	<p>is not the case, Margaret Stewart House Room Rate Policy applies. One support person may stay with the patient. This cost is included in the room rate and generally met by the District Health Board. For cost details contact the supervisor.</p>
<p>Riddiford Street Hostel Wellington Hospital (next to Chapel) 39 Riddiford Street Newtown Wellington South</p> <p>Referral – self (if fully mobile) or Social Worker or via DHB’s Patient Travel Administrators</p> <p>Type - Single room, family rooms, shared bathroom facilities. Shared kitchens on each floor with refrigerator microwave and stove. Bed linen and towels provided. Laundry facilities on site. Meals not available.</p>	<p>Manager: Anne Woodhouse</p> <p><u>Residence office times -</u> 8am - 6pm Monday - Friday 9am -12 noon Saturday 4pm - 7pm Sunday and public holidays</p>	<p>Ph: 04 385 5362 Fax: 04 385 5801</p> <p><u>Cost - Single: \$30 per night. \$85-135 per week. Share double room \$25pp per night (only one double room available).</u></p>
<p>Ronald McDonald House 38 Riddiford Street Newtown Wellington South</p> <p>Type - A home-away-from-home for the immediate family of children undergoing treatment for a serious illness.</p> <p>Referral – Health Professionals at Wellington Hospital or through a local Hospital</p>	<p><u>Office times -</u> 8am – 5pm Monday – Friday. Outside office hours contact the Duty Supervisor</p> <p><u>Areas Serviced -</u> Kaikoura, Nelson, Marlborough - Central North Island, Pacific Islands, etc</p>	<p>Ph: 04 389 5505 Fax: 04 389 3884 E: brentt@rmhw.org.nz W: www.rmhc.co.nz</p> <p><u>Cost - Free</u></p>

Paediatrician or Social Worker.		
<p>Taku Wahi Contact Main Reception Wairarapa Hospital</p> <p>Type – Fully furnished with kitchen, bathroom and laundry facilities. Open 24 hours/day, 7days per week</p>	<p>Accommodation available to family/whanau supporting those who are:</p> <ul style="list-style-type: none"> - terminally ill - in the high dependency unit - admitted to hospital with a serious illness - visitors from out of town currently supporting an inpatient 	<p>Ph: 06 946 9800</p> <p><u>Cost</u> - \$10.00 per night per person</p>
<p>Te Pehi Parata Whanau Whare Whānau Care Services Wellington Hospital</p> <p>Type - Available to any family/whanau outside the Wellington Region whose family/whanau member is a patient at Wellington Hospital. Numbers of family members to be discussed when making the booking. Children under 14 are to be supervised.</p> <p>Four separate sleeping rooms with all linen provided: Rooms 1 & 2 contain: 2 single + 1 mattress Room 3 & 4 contain: 3 single + 1 mattress</p> <p>One room only per whānau with maximum of three or four whānau members, depending on which room is allocated/available.</p> <p>Laundry and cooking facilities on site.</p>	<p>8am – 4.30pm Monday - Friday</p> <p><u>Coordinator</u>: Ann Natoli</p> <p><u>Personal Asst</u>: Gaylene Te Rauna</p> <p>Requests for accommodation should be made as soon as a need is identified and may come from referring hospitals, inpatient areas, patients or their whānau. Due to the demand for accommodation and limited capacity, pre-booking is encouraged.</p>	<p>Ph: 04 806 0948</p> <p><u>Cost</u> - A charge of \$30 per night per room is made. Casual users can give a koha directly to Whānau Care Services staff. A \$20 refundable bond is also required before the room key is given out.</p> <p>The Whānau Care Services staff member on duty collects payment from the whānau staying in the whare at the time of registration.</p>

<p>YMCA Pilmuir Accomadation 67 Pilmuir Street Boulcott Lower Hutt</p>	<p><u>Type</u> - Hostel accommodation situated on the Hutt Hospital campus (part of the old Nurses Home). Single rooms comprising bed, linen, desk, chair, wardrobe. Access to kitchen, bathroom and TV lounge.</p>	<p>Ph: 04 568 3853 Fax: 04 568 9528 Cost - Daily rate \$65.00, weekly rate \$185.00. Coin operated laundry \$2</p>
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Advocacy Services

<p>Breast Cancer Advocacy Coalition BCAC PO Box 90224 Auckland Mail Centre Auckland</p> <p>The Breast Cancer Advocacy Coalition (BCAC) is an umbrella group representing twelve of New Zealand's breast cancer organisations. It provide a united consumer voice, advocating for improved detection and treatment of breast cancer in New Zealand.</p>	<p>Spokesperson - Libby Burgess</p> <p>Groups represented are:</p> <ul style="list-style-type: none"> - Age Concern North Shore - BooBops Dragon Boat team - Breast Cancer Action Trust - Breast Cancer Network (NZ) - The Breast Cancer Research Trust - Breast Cancer Support - Breast Cancer Support Service Tauranga - Breast Health NZ - Busting with Life - Herceptin Heroes - Kenzies Gift - Look Good Feel Better - Lymphoedema Support Network - Mamazon Club Reconstructables - Pink Dragons - Pink Pilates - Skip for Life - Sweet Louise - Te Ha ote Oranga o Ngati Whatua - Waikato Breast Cancer Trust - Waikato Treasure Chests - YWCA Encore 	<p>E: BCAC@xtra.co.nz W: www.bcac.org.nz</p>
<p>Cancer Society – Wellington Division 52 Riddiford Street Newtown Wellington 6021</p>	<p>Advocacy services at a local and national level.</p> <p>For support and assistance throughout the individual's cancer journey</p>	<p>Ph: 04 298 8514 Kapiti</p> <p>Ph: 06 378 8039 Wairarapa</p> <p>Ph: 04 389 8421 Wellington</p>

<p>CancerVoices New Zealand PO Box 312 Wellington 6140</p> <p>CancerVoices NZ is a network of people affected by cancer. Provides training to people who have experience of cancer, to enable them to undertake work as Cancer Consumer Representatives within in the health sector to review and improve the delivery of services available to anyone effected by cancer.</p>	<p><u>Contact</u> – David Binning (Chairperson)</p> <p><u>Aims</u> -</p> <ul style="list-style-type: none"> - To empower and give a voice to all affected by cancer - To influence the process to ensure excellence and equality in the provision and access to treatment of all cancer patients - To be a bridge between cancer patients, policy makers and cancer service providers 	<p>Ph: 0800 655 355 M: 021 896 762</p> <p>E: cancervoices.org.nz W: www.cancervoices.org.nz</p>
<p>Health and Disability Advocacy Service</p>	<p>Independent advocates assist consumers to make sure that their rights are respected. This service is free to everyone. Advocacy services operate independently of government agencies, the Commissioner and providers and funders of health and disability services. A primary goal of advocates is to assist consumers to resolve complaints about the quality of a health or disability service directly with the service provider.</p> <p>Masterton</p> <p>Porirua</p> <p>Lower Hutt</p> <p>Wellington</p>	<p>Ph: 0800 555 050 Fax: 0800 2787 7678 E: advocacy@hdc.org.nz W: http://advocacy.hdc.org.nz</p> <p>Ph: 06 370 8870</p> <p>Ph: 04 237 0418</p> <p>Ph: 04 570 0850</p> <p>Ph: 04 389 2502</p>
<p>Wellington People’s Centre 2 Lukes Lane Te Aro P.O. Box 9491 Wellington</p>	<p><u>Hours</u> - Monday – Friday 9am – 5pm</p> <p>Members of the People's Centre also have access to low-cost or free services:</p>	<p>Ph: 04 385 8596 Fax: 04 385 2520 E: people@wpc.net.nz W: www.wellingtonpeoplescentre.wellington.net.nz</p> <p>Cost - membership fee \$3 per</p>

	<ul style="list-style-type: none"> - Dental - Counselling - Massage Therapy - Social English Classes - acupuncture <p>The Wellington People's Centre provides free advocacy services to everyone experiencing difficulties with employers or benefits.</p> <p>With specialised advocacy for:</p> <ul style="list-style-type: none"> - Refugees & Migrants - Mental Health Consumers 	<p>week</p>
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Blood & Bone Marrow Services

<p>Leukaemia & Blood Foundation National Office 6 Claude Road Epsom PO Box 99182 Newmarket Auckland</p>	<p><u>Support Service</u> <u>Coordinator for Central & Southern North Island</u> – Yvonne Anderson</p>	<p>Ph: 09 638 3556 0800 15 10 15 Fax: 09 638 3557 E: bf@leukaemia.org.nz W: www.leukaemia.org.nz</p> <p>Ph: 021 523 174</p>
<p>The Bone Marrow Donor Registry PO Box 74336 Auckland</p> <p>Searches for all NZ patients requiring an unrelated bone marrow transplant. Building up a register of volunteer bone marrow for unrelated transplants.</p> <p>European donors will be assessed from the 8million donors on international registries.</p>	<p><u>Contact</u> - Executive Officer Raewyn Fisher</p> <p>People currently being recruited to the NZ register are:</p> <ul style="list-style-type: none"> - People with Maori or Pacific Islander ancestry - People from other NZ ethnic minority groups - People between 18 and 40 years of age and in good health - People willing to fill in the blood donor declaration form at the NZ Blood Service, and to answer some questions about their medical history - People willing to give a unit of blood, and to have a blood test to determine their tissue type 	<p>Ph: 09 523 5756 0800 800 256 Fax: 09 523 5757 E: NZBMDR@NZBlood.co.nz W: www.leukaemia.org.nz</p>

<p>Wellington Bone Marrow Transplant Coordination for Capital and Coast DHB</p>	<p><u>Contact</u> - Nurse – Catherine Wood</p> <p><u>Area</u> - whole Central region for some procedures</p>	<p>Ph: 04 806 2091 Fax: 04 385 5843 Pager: 5143</p>
<p>NZ Blood Service Hospital Road Newtown Wellington Private Bag 7904 Wellington South</p>	<p><u>Contact</u> - Area Manager – Alastair Neill</p>	<p>Ph: 04 380 2243 0800 GIVEBLOOD 0800 448 325 Fax: 04 389 5608 E: donors.wn@nzblood.co.nz W: www.nzblood.co.nz</p>
<p>Cordbank PO Box 68-757 Newton Auckland</p> <p>Cordbank is a private facility for storing cord blood. New uses for stem cells are being discovered every year</p>	<p>Cord blood is the blood that remains in your baby’s umbilical cord after delivery. It is extremely high in life-giving stem cells that can be used in later life, as part of the treatment for a number of cancers and diseases.</p>	<p>Ph: 09 302 9511 0800CORDBANK 0800 267 322 E: info@cordbank.co.nz W: www.cordbank.co.nz</p> <p>Costs – this is a private service - charges apply – see website for more details</p>

Cancer Society

The Cancer Society offers information and support to those diagnosed with cancer and also to those supporting someone with cancer.

Information available includes:

- Cancer Helpline – 0800 CANCER (22 62 37)
- Information nurses who can help direct you to the most useful resources for your needs.
- Information Packs
- Booklets
- Fact Sheets on topics related to coping with cancer
- Free lending library
- Online support – CancerChatNZ or info@cancersoc.org.nz

Cancer may bring about many changes in your life, and can present difficult and sometimes distressing challenges. It is common to experience all sorts of different emotions such as fear, anger, sadness or even depression.

Many people receive support from their spouse, partner or family member, but sometimes it can be beneficial to seek additional help.

Cancer Society Support Services include:

- Counselling
- Exercise / Stress reduction programmes e.g Tai Chi, Healthy – Steps Exercises, Yoga
- Living Well Education programme
- CanTalk Newsletter – free every 4 months
- Art therapy, writing and other supportive workshops
- Massage for relaxation
- Look Good Feel Better
- Patient & Family / Whanau support visitors
- Transport to treatment and volunteer driving service

The Cancer Society encourages patients / families to visit them. They have a free car park available for patients to use (a permit can be obtained from reception) and a friendly tea-room.

Cancer Society Wellington Division

52 Riddiford Street Newtown Wellington 6021	<u>Contact</u> –Janet Stephens (Receptionist/Secretary) Includes services for the Hutt Valley	Ph: 04 389 8421 0800 800 426 Fax: 04 389 5994 E: info@cancersoc.org.nz E: Yvonnev@cancersoc.org.nz
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<p>Kapiti Branch C/- Kapiti Community Centre 15A Ngahina Street, Paraparaumu 5032</p> <p>PO Box 23 Paraparaumu 5254</p> <p>Wairarapa Centre 140 Dixon St Masterton 5810</p> <p>PO Box 121 Masterton 5840</p>	<p><u>Contact</u> - Judy Dickie (Branch Coordinator)</p> <p><u>Contacts</u> – Jenny Marfell (Administrator)</p> <p>Anna Cardno (Centre Manager)</p>	<p>W: www.cancersoc.org.nz E: enquiry@cancersoc.org.nz</p> <p>Ph: 04 298 8514 Fax: 04 298 5014 E: csnzkapiti@xtra.co.nz</p> <p>Ph: 06 378 8039 Fax: 06 378 8042</p> <p>Ph: 06 378 8040 E: annac@cancersoc.co.nz</p>
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National Office

<p>Red Cross House Level 2 69 Molesworth Street Wellington 6011</p> <p>PO Box 12700 Wellington 6144</p>	<p><u>Contact</u> – Pam Hunter (Office Manager)</p>	<p>Ph: 04 494 7270 Fax: 04 494 7271 E: pam@cancer.org.nz W: www.cancernz.org.nz</p>
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Caring for the Carers

A Guide for Carers	<p>The Online Resource for Carers. A one stop information resource for New Zealand carers featuring carer services and community information.</p> <p>Government supports and services available to carers listed.</p> <p>Produced every three months. Can be delivered free to your home.</p>	W: www.carers.net.nz
Cancer Information Helpline	An anonymous service which provides advice and support to anyone coping with cancer.	Ph: 0800 CANCER 0800 22 62 37
CanSupport programme	See Emotional well-being section	
Family Care magazine	Published quarterly. Available free from non profits, doctors' surgeries, hospital waiting rooms, and many other places ... or you can have it delivered to your home at no cost by phoning, emailing or <u>signing up online</u> .	Ph: 0800 777 797 E: sara@carers.net.nz W: www.carers.net.nz/resources/family_care_magazine
Family Care Radio	<ul style="list-style-type: none"> - The Family Care Radio show and website provides an integrated, entertaining information channel for carers. Each show includes: - Interviews with carers, experts and decision-makers - Listen & Learn Five Minute Features to help carers improve their health, wellbeing and knowledge - Helpful tips and hints to make life easier 	W: www.familycareradio.net.nz/

Child and Adolescent Cancer Services

Hutt Valley and Wairarapa

Capital & Coast DHB provides secondary level care to Hutt Valley and Wairarapa DHBs in relation to Child Cancer Services.

Wellington

<p>Women's & Children's Health Level D Clinical Services Block Capital & Coast Health DHB</p> <p>Private Bag 7902 Riddiford Street Newtown Wellington</p>	<p>Administrator Child Health Service</p>	<p>Ph: 04 385 5999 ext 5198</p>
<p>Adolescent and Young Adult Programme (AYA Programme) Provides coordinated age-appropriate care and psychosocial support, both emotional and practical, for adolescents and young adults between the ages of 12 and 24 who have been diagnosed with cancer and are receiving treatment.</p>	<p><u>Contact</u> - Liz Sommer (Liaison Nurse)</p> <p><u>Referral</u> - by staff member or self.</p> <p><u>Appointments</u> – made thru Liaison Nurse. Usually at Wellington Hospital but can also occur at Vibe Youth Health Centre Lower Hutt.</p> <p><u>Hours</u> – part time / hours vary</p>	<p>Ph: 04 385 5999 ext 5193 (leave a message your call will be returned)</p>
<p>Clinical Psychologist</p> <p>Part of Ward 18 speciality team. Offers supportive psychotherapy, teaches cognitive and behaviour strategies to manage mood, thoughts and feelings. Can treat the individual or the whole family.</p>	<p><u>Contact</u> – Consultant Clinical Psychologist</p> <p><u>Referral</u> – can be via Medical Staff, Nurses, Social Worker, Canteen, Child Cancer Foundation, or self / parents</p> <p><u>Hours</u> – Monday & Thursdays 8am – 6pm</p>	<p>Ph: 04 385 5999 ext 4628 (leave a message your call will be returned)</p>
<p>Late Effects Assessment Program (LEAP)</p> <p>LEAP is a Long Term Follow-</p>	<p><u>Contact</u> – Rosie Simpson (Specialist Nurse)</p> <p><u>Referral</u> – by staff member or</p>	<p>Ph: 04 918 5091 M: 027 267 7577 (leave a message your call will be returned)</p>

<p>up Clinic for children, adolescents and young adults who have survived a childhood cancer. The clinic provides an opportunity to review a child's, adolescent's or young adult's physical, educational, emotional and behavioural progress. Some of the treatments for childhood cancers may result in physical or educational difficulties so it is important that this is monitored. Also the experience of being treated for (or having someone in the family treated for) a childhood cancer is an extremely stressful event and sometimes the emotional impact of this event can be longstanding.</p>	<p>self.</p> <p><u>Appointments</u> – made thru Specialist Nurse.</p> <p><u>Hours</u> – Wednesday – Friday 8.30 – 4.30hrs</p>	<p>E: LEAP@ccdhb.org.nz</p>
<p>Outpatients</p> <p>LEAP clinics held fortnightly</p>	<p>Wellington hospital - Reception desk</p>	<p>Ph: 04 806 2130 Fax: 04 385 5841</p>
<p>Paediatric Pharmacist</p>	<p><u>Contact</u> - Dhrita Khatri</p> <p><u>Hours</u> – Monday - Friday 8am- 4:30pm</p>	<p>Ph: 04 385 5999</p>
<p>Ronald McDonald House Family Room Off Ward 18 Wellington Hospital</p> <p>An area available to any parents or caregivers (4 people only per patient) with ill children who are in hospital. Laundry and bathroom facilities available. Provides a space for time out for parents of children in hospital. Tea, coffee, snack food and microwave available.</p>	<p><u>Supervisor</u> - Georgie Aspros</p> <p><u>Open times</u> - 10am – 10pm 7 days per week</p>	<p>Ph & Fax: 04 389 4523</p> <p><u>Cost - Free</u></p>

<p>Ward 18</p> <p>All Paediatric Oncology queries can be directed through Ward 18.</p>	<p>Reception desk:</p> <ul style="list-style-type: none"> - Medical staff - Day Stay Nurse - Shared Care Liaison Nurse - School Teacher - Play Specialist <p>Speciality Clinical Nurse – Paediatric Oncology</p> <p>Therapies</p> <ul style="list-style-type: none"> - Dietitian - Occupational Therapist - Physiotherapist - Social - Speech Language Therapist <p>Referral to therapies for in-patients is via the Medical Team, nursing staff , General Practitioner, other health professionals, or patient / family request</p>	<p>Ph: 04 385 5518 Fax: 04 385 5378</p> <p>Paediatric Oncology Office Ph: 04 918 5604 (leave a message your call will be returned)</p> <p>Therapies Main Reception Ph: 04 806 2373</p>
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Paediatric Community Nurses

There are Paediatric Community Nurses available to see Paediatric Oncology patients in the Kapiti, Hutt Valley and Wellington regions. Referral to them is through C&C DHB Ward 18 Paediatric Oncology team. Once referred a key community nurse will be identified and contact details will be supplied.

Community Cancer Nurses

Community Cancer Nurses are Registered Nurses based in the community who are experienced in cancer treatment and supportive care. They work together with the local District Nurses, health care teams at the WBCC (and wider C&C DHB services) HV DHB, Wairarapa DHB and General Practitioners.

Community Cancer Nurses can provide;

- Expert advice, support and monitoring during cancer treatment
- Clinical assessment and referral to other services as required
- Education and liaison
- Availability for family meetings
- Advocacy within the health system

Referral can be through General Practitioners, local cancer care team or other health professionals. Hours of work are generally 8am – 4.30pm Monday to Friday (your local nurse will tell you if his/her hours differ).

Hutt Valley

Lower Hutt

Area serviced includes; Petone, Eastbourne, Wainuiomata, Lower Hutt, Naenae, Hills: Korokoro, Belmont, Maungaraki etc

Sharon Jackson-van de Weyer	8.30am – 5.00pm Monday - Thursday	Ph: 04 570 9148 Fax: 04 570-9210 <small>(All faxes regardless of day/time, and marked: "Attention: Oncology Nurses")</small>
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Upper Hutt

Area serviced includes; Upper Hutt, Stokes Valley and Taita.

Peter Godden		Ph: 04 570 9148 Fax: 04 570-9210 <small>(All faxes regardless of day/time, and marked: "Attention: Oncology Nurses")</small>
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Wairarapa

Area serviced includes; Masterton, South Wairarapa, & coast regions

Louise Cartmell Sandra Greenlees Ruth Neilson		Ph: 06 946 9827 Fax: 06 946 9837 Page: 06 984 9800 (via Masterton hospital telephone operator)
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Wellington City

After hours urgent advice service available (4.30pm – 8.00am Monday to Thursday and 4.30pm Friday to 8.00am Monday) - ask the hospital operator to page the nurse on call. Ph 04 385 5999.

Eastern & Central City

Area serviced includes; Seatoun, Miramar, Strathmore, Lyall Bay, Kilbirnie, Melrose, Houghton Bay, Island Bay, Owhiro Bay, Happy Valley, Hataitai, Oriental Bay, Mt Victoria, Roseneath, Berhampore and Newtown.

Rae Elliott Charlotte Ferrick		Ph: 04 385 5821 Fax: 04 385 5868
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Western & Central City

Area serviced includes; Central City, Te Aro, Mt Cook, Brooklyn, Vogelstown, Kingston, Mornington, Wadestown, Thorndon, Kelburn, Wilton, Karori, Makara and Northland.

Lynn Harwood		Ph: 04 385 5821 Fax: 04 385 5868
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Northern City

Area serviced includes; Linden, Grenada, Churton Park, Johnsonville, Ohariu Valley, Khandallah, Newlands, Ngaio, Chartwell, Broadmeadows and Crofton Downs.

Bernie Maher		Ph: 04 918 2011 Fax: 04 918 2373
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Kenepuru

Area serviced includes; Tawa, Porirua, Titahi Bay, Papakowhai, Cambourne, Paremata, Pukerua Bay, Pauatahanui, Plimmerton, Elsdon, Whitby

Helen Oliver		Ph: 04 918 2011 Fax: 04 918 2373
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Kapiti

Area serviced includes; Paekakariki, Raumati, Waikanae, Paraparaumu, Otaihanga, Reikorangi, Peka Peka

Debbie Farmer		Ph: 04 903 0224 or 04 385 5821 Fax: 04 385 5868
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Complementary Therapies

Important note:

The DHBs acknowledge that some cancer patients may choose to try different forms of complementary therapy. The DHBs strongly recommend that this is discussed with the individual's lead Cancer Specialist and that complementary therapies are used in combination with the treatment prescribed by the Cancer Specialist.

The Cancer Society book '**Complementary and Alternative Medicine**' gives information on the difference between complementary and alternative medicines, a brief overview of the types of complementary medicines there are and where to get further information. Available through your local branch of the Cancer Society.

<p>Bobbie Joe Wilson (Private practice)</p>	<p><u>Services</u> – Massage, Relaxation and Hakomi therapy</p> <p><u>Hours</u> – Mon, Wed, Thurs by appointment</p>	<p>Ph: 04 3895352</p> <p>Cost – from \$80 per session</p>
<p>Cancer Society Wairarapa Koru-iti Room Therapies 140 Dixon Street Masterton</p>	<p>For people with cancer and their carers, Cancer Society Wairarapa offers a raft of complementary therapies including: Counselling, Massage, Meditation, Art therapy, Life Coaching, Lymphoedema therapy, prosthesis fittings</p>	<p>Bookings arranged through Cancer Society Wairarapa Support Nurse, Jacinta Buchanan Ph: 06 378 8039</p> <p>Cost – Free of charge therapy provided by the contracted services of professionals</p>
<p>Massage and Relaxation Therapy</p> <p>Therapist - Bobbie Joe Wilson</p> <p>Cancer Society Rooms Cancer Society, Wellington Division 52 Riddiford Street Newtown Wellington 6021</p> <p>For people with cancer and their caregivers</p>	<p><u>Bookings</u> – via Reception, Cancer Society</p> <p><u>Services</u> - Massage and relaxation therapy</p> <p><u>Hours</u> – Tuesday 9am – 4pm</p>	<p>Ph: 04 389 8421</p> <p>Cost - Sliding scale of \$40 to \$15</p>

<p>Medical Hypnosis 9th Floor CMC Building 89 Courtenay Place Wellington</p>	<p><u>Contact</u> -Dr Patrick McCarthy - Dr. Rose Walker</p> <p><u>Service</u> - Includes teaching self-hypnosis for relaxation, symptom management, needle phobia, panic attacks, pain control, sleeping problems, anxiety.</p>	<p>Ph: 04 385 6998 Fax: 04 382 9311 E: cmc89@xtra.co.nz</p> <p>W: www.medicalhypnosis.co.nz</p>
<p>Natural Health Centre 2nd Floor 53 Courtenay Place Wellington</p> <p>PO Box 11689 Wellington 6142</p>	<p><u>Contact</u> - Reception</p> <p><u>Available</u> - 9am - 5pm Monday – Friday (flexible) 9.00am -12pm Saturday (evening massage)</p> <p><u>Services</u> -</p> <ul style="list-style-type: none"> - Natural Health Consultancy - Counselling - Massage - Chinese Acupuncture - Physiotherapy - Bowen Technique - Pregnancy body work - Shiatsu massage - Allergy elimination - Rolfing - Alexander Technique - Energy Healing 	<p>Ph: 04 385 4342 F: 04 385 4362 E: info@nhc.co.nz W: www.nhc.co.nz</p>
<p>Well-Care Chinese Medical Clinic and Herbal Shop 215 Left Bank Cuba Mall Te Aro Wellington</p>	<p>Jun Wu- Registered Herbalist and acupuncturist</p> <p><u>Services</u> – Acupuncture Acupressure Health products & herbal remedies. ACC Provider</p>	<p>Ph: 04 382 9451 E: welcaremedicine@gmail.com W: wellcarechinesemedicine.co.nz</p> <p>Cost – please enquire</p>

The Wellington ‘Yellow Pages’ telephone directory lists complementary therapies.

Counselling Services

Counselling can also be accessed via; PHOs, GPs, Cancer Society, Hospices, and DHB social work services; please ask these providers for details.

The local telephone directory has further contact details for private Counsellors.

<p>Barnardos</p> <p>National Resource Centre 85-87 Ghuznee Street PO Box 6434 Wellington</p> <p>Porirua Office Wrightson House Level 11 14 Hartham Place PO Box 50-358</p> <p>Lower Hutt Office Level One 330 High Street PO Box 30-354</p> <p>Kapiti Service Centre Kapiti Community Centre</p>	<p><u>Services –</u></p> <p>Wellington</p> <ul style="list-style-type: none"> - KidStart - Number One Nannies Counselling - Adoption Counselling - Foster Care - Specialist Group Home <p>Porirua</p> <ul style="list-style-type: none"> - Barnardos Early Learning Centre, Porirua - Barnardos Early Learning Centre, Cannons Creek - Barnardos Early Learning Centre, Petone - KidStart - Promoting Participation in Early Childhood Education Project - Domestic Violence Programme (Footsteps to Feeling Safe) <p>Lower Hutt</p> <ul style="list-style-type: none"> - Barnardos Early Learning Centre, Lower Hutt - Barnardos Early Learning Centre, Dyer St - KidStart - Family Support - Counselling - Children’s Supervised Contact - Social Workers in Schools (SwiS) <p>Paraparaumu</p> <ul style="list-style-type: none"> - KidStart 	<p>Ph: 04 385 7560 Fax: 04 382 6700</p> <p>Ph: 04 237 6149 Fax: 04 237 8106</p> <p>Ph: 04 569-1204</p> <p>Ph: 04 298 3163</p>
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<p>15a Ngahina Street PO Box 291 Paraparaumu</p> <p>Masterton Office 31 Queen Street</p>	<p>- Family Support</p>	<p>Fax: 04 298 3146</p>
<p>Cancer Society – Wairarapa Grief Recovery Workshops</p> <p>Grief Recovery educational workshops and/or one-on-one Grief Counselling</p>	<p><u>Contact</u> – Cancer Society Wairarapa Support & Information Nurse, Jacinta Buchanan</p>	<p>Ph: 06 378 8039 E: enquiry@cancersoc.org.nz</p>
<p>Catholic Social Services 152 Brougham Street Mt Victoria Wellington</p> <p>Based in Wellington City. Also provide services in Porirua, Lower Hutt and Upper Hutt.</p>	<p><u>Hours</u> – Monday – Friday 8.30am-5pm <u>Contact</u> – Reception <u>Director</u>: Barbara Gilray</p> <p><u>Services</u> – counselling with professional counsellors who deal with a wide range of counselling issues. Available to anyone irrespective of their background. Social work also available.</p>	<p>Ph: 04 385 8642 Fax: 04 3858640 E: reception@wn-catholicsocialservices.org.nz</p> <p>Cost – no set fee – donation. Minimum \$20</p>
<p>Family Matters Foundation Cnr 9a Hinemoa Sreet & Kapiti Road East Paraparaumu</p>	<p><u>Area</u> – Levin <u>Contact</u>: Warwick Beauchamp</p> <p><u>Services</u> –</p> <ul style="list-style-type: none"> - 8 Counsellors - Grief and Loss Counselling and Management - Anger management - Counselling for youth and children 	<p>Ph: 04 905 9533 06 210 0368 E: familymatters@paradise.net.nz W: www.familymatters.org.nz</p>
<p>Family Works Centre – Upper Hutt Presbyterian Support Centre 4 Exchange Street P.O. Box 40330 Upper Hutt 6007</p> <p>Counselling and social work</p>	<p><u>Contact</u> – Receptionist</p> <p><u>Hours</u> – Monday –Friday 8.30am – 4.30pm</p> <p>Available Hutt Valley and Wellington</p>	<p>Ph: 04 5284164 Fax: 04 527 3326</p> <p>Cost - \$62 per session.</p>

<p>Grief Relief</p> <p>Support and education. Specialty is with parents, family and whanau who experience the loss of a child, of any age, from any cause, and at any time in their loss.</p>	<p><u>Contact</u> – Claire Laurenson</p> <p><u>Hours</u> by arrangement Face-to face, telephone or Skype.</p>	<p>Ph: 04 970 1222 E: claire@griefrelief.co.nz W: griefrelief.co.nz</p> <p>Cost – on enquiry. Special rate for community card holders.</p>
<p>Salvation Army 26 Riddiford Street Newtown</p> <p>125-1347 Johnsonville Road</p>	<p><u>Hours</u> – Monday – Friday 10am-5pm</p> <p><u>Contacts</u> – Janette Roberts – Wellington Wendy Dawson – Johnsonville</p> <p><u>Services</u> - General counselling</p>	<p>Ph: 04 389 0594 Fax: 04 389 1130</p> <p>Cost - \$20 per session</p> <p>Ph: 04 477 4853</p> <p>Cost - \$35 per session with Community Services Card</p> <p>E: wellingtoncfs@nzf.salvationarmy.org W: www.salvationarmy.org</p>
<p>Skylight 2A Green Street and/or 2nd Floor 143-145 Riddiford Street Newtown Wellington</p>	<p><u>Contacts</u> - Tracey Clode (Counselling Support Person)</p> <p><u>Aim</u> - A national non-profit organisation to help children, young people and their families who have been impacted significantly by change, loss and grief. Services include counselling, children’s grief support group, a library and publications for sale.</p> <p><u>Areas</u> - Wellington, Hutt Valley, Porirua, Kapiti</p>	<p>Ph: 04 939 6767 / 0800 299 100 Fax: 04 939 4759 E: info@skylight-trust.org.nz W: www.skylight.org.nz</p>

<p>The Wellington City Mission 200 Riddiford St Newtown P.O Box 7477 Wellington South 6242</p> <p>Services available Wellington, Porirua , Hutt Valley</p> <p>Operates 4 community service programmes – Mission for Families, Mission for Youth, Mission for Independence and Mission for Seniors.</p>	<p>Aims to help people in the greater Wellington community who:</p> <ul style="list-style-type: none"> - Need help in coping with difficult personal or family circumstances - Are unable to care for themselves - Require emergency assistance - Can not cope in mainstream education - Are unemployed - Are alone and seek social interaction with their peers - Seek spiritual guidance <p><u>Referrals</u> – through WINZ, hospitals, GPs</p>	<p>Ph: 04 389 2033 Fax 04 389 2109 W: www.wellingtoncitymission.org.nz</p> <p>Cost - Nil</p>
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Disease / Symptom Specific Information / Support Groups

Also refer to Emotional Well-being section

Amputee

<p>Amputee Society (Inc) of Wellington/Wairarapa Flat 19 15 Kapanui Road Waikanae</p>	<p><u>Contact</u> - Karen Michalanney Field Officer</p> <p><u>Services</u> –</p> <ul style="list-style-type: none"> - Support - Friendship - Counselling to amputees and families - Advocacy - Hospital visiting if requested - Bi-monthly Meetings - Taxi vouchers- Total mobility vouchers - Field officer services 	<p>Ph: 04 293 3741 M: 027 4542 651 E: karen.michalanney@xtra.co.nz</p> <p>Cost - Annual sub \$10.00</p>
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Bowel Cancer

<p>Beat Bowel Cancer Aotearoa PO Box 6405 Dunedin North</p> <p>A nationwide, patient led organisation committed to reducing the impact of bowel cancer on the New Zealand community through awareness, education and support.</p>		<p>E: info@beatbowelcancer.org.nz</p> <p>W: www.beatbowelcancer.org.nz</p>
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Breast Cancer

<p>The New Zealand Breast Cancer Foundation PO Box 99650 Newmarket</p>	<p><u>Contacts</u> - Receptionist</p> <p>A non-government funded</p>	<p>Ph: 09 523 4397 or 0800 902 732 Fax: 09 523 4396 E: info@nzbcf.org.nz</p>
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Auckland	charitable trust that aims to reduce the number of New Zealanders who die from breast cancer and improve outcomes and quality of life for those affected by breast cancer.	W: www.nzbcfrf.org.nz
Breast Cancer Network (NZ) Inc PO Box 46018 Herne Bay Auckland 1147	<u>Contact</u> - Jennifer Woodroofe (Administrator) BCN - New Zealand-wide survivor group for women with breast cancer and supporters. Sharing information, focusing on prevention, lending a helping hand, welcoming you. Taking risk reduction information to younger women. Bimonthly magazine "Upfront U Kaio" which is available by subscription.	Ph: 09 360 0090 Fax: 09 360 2180 E: admin@bcn.org.nz W: www.bcn.org.nz
CanNow – Moving Forward	Cancer Society Nurse-led clinic to promote wellbeing for women after treatment for early breast cancer. Tuesday or Wednesday morning by appointment	Ph: 04 389 8421
Hutt Valley Breast Friends St Mark's Church 58 Woburn Road Hutt Valley	<u>Contact</u> - Hazel 1 st Tuesday evening each month	Ph: 04 389 8421 E: hazeln@cancersoc.org.nz
Pink Pilates Bodyright Pilates 16 Union St Petone A programme specifically designed to help women diagnosed with breast cancer regain their physical strength, improve their body confidence and incorporate exercise into their lifestyle.	<u>Contacts</u> – Wellington Sue Hamilton / Kate Graham / Rosanna von Keisenberg Masterton Jane Johnston Masterton Physiotherapy Masterton Medical Ltd Lincoln Road	Ph: 04 568 9944 E: bodyrightpilates@ihug.co.nz W: www.bodyright.co.nz Ph: 06 370 0593 W: www.mastertonmedical.co.nz

<p>Spirited Women 52 Riddiford Street Newtown Wellington 6021</p> <p>Kapiti Branch C/- Kapiti Community Centre 15A Ngahina Street Paraparaumu 5032</p>	<p><u>Contact</u> - Elva Philips or Catherine McCarthy</p> <p>1st Wednesday each month Cancer Society Rooms</p> <p><u>Contact</u> - Judy Dickie</p> <p>3rd Wednesday each month Kapiti Community Centre Paraparaumu</p>	<p>Ph: 04 475 7124 - Elva Ph: 04 384 5154 – Catherine</p> <p>Ph: 04 298 8514 - Judy</p>
<p>Sweet Louise</p> <p>A charitable trust which supports women with secondary breast cancer. Provides information, practical help and therapeutic services to assist in living a positive life with secondary breast cancer.</p>		<p>Ph: 0800 11 22 77 W: www.sweetlouise.co.nz</p>
<p>Wairarapa Breast Cancer Support Group Red Cross Rooms Church Street Masterton</p>	<p><u>Contacts</u> – Doff Simmonds (Facilitator)</p>	<p>Ph: 06 304 9748</p>
<p>YWCA Encore After Breast Cancer Recovery</p> <p>An exercise program designed specifically for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery at any time in their lives. Based around floor and pool exercises and relaxation techniques. Encore can help strengthen and tone arms, shoulders and chest, regain mobility, and improve general fitness.</p>	<p><u>Contact</u> – Claire Laurenson Wellington, Hutt Valley</p> <p>Cathy Tia Porirua</p> <p>Attendance is by enrolment only and GP or specialist approval is required.</p>	<p>Ph: 04 970 1222 0800 36 26 73</p> <p>Ph: 04 234 6074</p> <p>W: www.wgtnywca.org.nz www.akwyca.org.nz</p>

Child Cancer

<p>CanTeen National Office 11 Grafton Road Grafton Auckland</p> <p>P.O. Box 56072 Dominion Road Auckland</p> <p><u>Aim</u> – To support, develop and empower young people living with cancer by providing a national peer support network offering educational and recreational programmes.</p> <p><u>Services</u> –</p> <ul style="list-style-type: none"> - Memberships range between ages 13-24 - Monthly recreational activities - Hospital visiting 	<p><u>Hours</u> – Monday - Friday 9.00am–5.00pm</p> <p><u>Contacts</u> –</p> <p>Wellington Anita Young (Member Support Manager) Hanna Pickersgill (Patient Support Coordinator)</p> <p>Postal address: PO Box 6846 Marion Square Wellington</p> <p>Street Address: 27 Riddiford Street Newtown Wellington</p>	<p>Ph: 09 303 4444 0800 CANTEEN Fax: 09 303 4433 W: www.canteen.org.nz</p> <p>Ph: 04 934 3479 M: 021 568 498 Fax: 04 389 2690</p>
<p>Child Cancer Foundation (Central NZ Division) 27 Riddiford Street P.O. Box 7062 Newtown Wellington</p> <p><u>Aim</u> – “ Every child and their family walking the childhood cancer journey need never feel alone”</p> <p><u>Services</u> - To provide emotional, practical and financial support.</p>	<p><u>Hours</u> – Monday - Friday 8.30am - 5pm</p> <p><u>Contacts</u> –</p> <p>Wellington Central Sue Bannister (Family Support Co-ordinator) Wednesday – Friday</p> <p>Margaret Alve (Family Support Manager) Monday – Friday</p> <p>Wellington Wairarapa Sally Davis (Family Support Co-ordinator) Tuesday, Wednesday</p>	<p>Ph: 04 389 2620 Ph: 0800 424 453 0800 4 CHILD Fax: 04 389 2690 W: www.childcancer.org.nz</p> <p>Ph: 021 856 451</p> <p>M 027 489 2620 Ph: 04 389 2620 E: malve@childcancer.org.nz</p> <p>M 027 353 8028 Ph: 04 389 2620 E: sdavis@childcancer.org.nz</p>

Gynaecology

<p>New Zealand Gynaecological Foundation P.O. Box 37 020 Parnell Auckland</p>	<p><u>Contact</u> – Sarah Hutchings- General Manager.</p> <p>Our mission is to educate our community to raise awareness about all gynaecological cancers and support those affected.</p>	<p>Ph: 0800 Ovarian 0800 682 7426 Fax: 09 379 9634 E: info@nzgf.org.nz W: www.nzgf.org.nz</p>
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Leukaemia / Lymphoma

<p>Leukaemia & Blood Foundation of New Zealand 6 Claude Road Epsom PO Box 99-182 Newmarket Auckland</p> <p>15 Riddiford St Newtown Wellington 6021 PO Box 16154 Wellington 6242</p> <p>The leading organisation in New Zealand dedicated to supporting patients and their families living with leukaemia, lymphoma, myeloma and related blood conditions.</p>	<p><u>Contacts</u> – Reception (Head office) or</p> <p>Yvonne Anderson (Support Services Coordinator - Central Region)</p> <p>The Leukaemia & Blood Foundation are committed to improving the quality of life for patients and their families living with leukaemia, lymphoma, myeloma and related blood disorders. This is achieved through:</p> <p>Patient support: Personalised and practical programmes for people diagnosed with these diseases, assessed on an individual needs basis, including support groups, financial assistance, counselling, and disease-specific information.</p> <p>Information/education: Information for patients, families, health professionals and the community to aid understanding about these diseases.</p> <p>Research: Funding scientific and clinical investigation into</p>	<p>Head Office: Ph: 09 638 3556 Free: 0800 15 10 15 Fax: 09 638 3557</p> <p>E: info@leukaemia.org.nz</p> <p>W: www.leukaemia.org.nz</p> <p>Central Region Office: Freephone: 0800 15 10 15 Opt 4 Ph: 04 389 3774 M: 021 523 174 Fax: 04 389 3776</p>
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	<p>leukaemia, lymphoma, myeloma and related blood disorders.</p> <p>Advocacy: Representing the needs of patients and their families to the Government, related agencies and other relevant bodies.</p>	
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Lymphoedema

<p>Lymphoedema Assessment and Management (LOAM) Clinic Cancer Society – Wellington Division 52 Riddiford Street Wellington 6021</p>	<p><u>Contacts</u> – Hilary Bartle (Newtown) Di Graham (Lower Hutt) Marion Sherley (Kapiti)</p> <p><u>Clinics</u> – held in locations. Newtown, Kapiti and Hutt Valley</p> <p><u>Referral</u> - Health professional referral required.</p> <p>Maximum 6 sessions per person.</p>	<p>Ph: 04 3898421 E: info@cancersoc.org.nz</p> <p>Cost - \$15.00 per session, payable at time of appointment</p>
<p>Lymphoedema Massage (Private Practice) 65 Clyde Street Island Bay Wellington</p>	<p>Di Graham</p> <p>Mondays in Wellington(Newtown) Alternate Tuesdays in Hutt Valley and alternate Fridays in Kapiti.</p>	<p>Ph: 04 934 3083. M: 027 460 1313 E: di.g@paradise.net.nz</p> <p>Cost - \$60 per session, extra for transport if home visiting.</p>
<p>Lymphoedema Massage (Private Practice) 62 Duncan Terrace Kilbirnie 6022</p>	<p>Hilary Bartle</p> <p>Times are negotiable</p>	<p>Ph: 04 387 3336 M: 021 067 8003 E: hilary.message@slingshot.co.nz</p> <p>Cost - \$70 per session, also any material costs are extra to this.</p>
<p>Lymphoedema Massage (Private Practice) 69 Southgate Road Island Bay Wellington</p>	<p>Naena Chhima</p> <p>Times are negotiable</p>	<p>Ph: 04 383 6388 Ph: 04 389 8421 W: naenac@cancersoc.org.nz</p> <p>Cost - \$50 per session(1hour)</p>

<p>Lymphoedema Massage (Private Practice) 90 Queens Drive Lower Hutt</p> <p>Lymphoedema drainage massage for lymphoedema management.</p>	<p><u>Contact</u> - Helen O'Connell (Registered Nurse)</p> <p><u>Hours</u> - Fridays 9am – 5pm by appointment only</p>	<p>Ph: 04 569 5136</p> <p><u>Cost</u> - \$55.00 per hour</p>
<p>Lymphoedema Support and Education Workshops Cancer Society – Wellington Division 52 Riddiford Street Newtown Wellington 6021</p>	<p><u>Contacts</u> - Sue Corkill</p> <p>Di Graham</p> <p>Sessions held regularly throughout the year</p>	<p>Ph: 04 3898421 Ph: 04 934 3083</p>

Melanoma

<p>Melanoma Foundation of New Zealand PO Box 91094 Auckland 1142</p>	<p>An organisation dedicated to prevention and treatment of melanoma.</p>	<p>Ph: 09 486 5322 W: www.melanoma.org.nz E: info@melanoma.org.nz</p>
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Menopause

<p>Wellington Menopause Clinic Glenmore Surgeons 153 Glenmore Street Kelburn 6012</p>	<p><u>Clinics</u> - held on Thursday only 8.30am-5.30pm</p> <p>Ring for an appointment</p>	<p>Ph: 04 920 1737 Fax: 04 475 7672 W: www.wellingtonmenopausecli nic.co.nz</p>
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Myeloma

<p>Multiple Myeloma Support Group</p>	<p><u>Contact</u> - Sue Corkill</p> <ul style="list-style-type: none"> - Information and support - Monthly speakers - 4-6 weekly lunches usually Saturday from 12pm – 3pm 	<p>Ph: 04 389 8421 E: suec@cancersoc.org.nz</p>
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	<ul style="list-style-type: none"> - Newsletters - Phone and email contact - Mutual support and friendship - Access to international groups and newsletters - Library shelf at Cancer Society rooms 	
Myeloma Matters	<u>Contacts</u> – Judi McBride-Wilson <ul style="list-style-type: none"> - Information and support - Work within the broader Myeloma community both locally and internationally to access current news and developments. 	Ph: 04 233 1305 E: judi.mcbride-wilson@xtra.co.nz W: www.myelomamatters.org.nz

*Also see the Leukaemia & Blood Foundation

Ostomy

Ostomy Association Wellington PO Box 1142 Wellington 6015 <u>Aim</u> - To provide assistance to all ostomates and their families	<u>Contacts</u> - Derek Smith Aileen Broughton (Treasurer) Leigh Hunter (Secretary) <u>Area</u> - Greater Wellington <u>Services:</u> <ul style="list-style-type: none"> - Home and Hospital visiting (trained visitors are chosen to suit) - Meetings held in Wellington, Hutt Valley and Kapiti Coast regularly - Regular newsletter sent 	Ph: 04 479 7731 E: wellington.ostomy@gmail.com Cost - Annual Subscription: \$8.00 single, associate members \$2
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Pancreas

Pancreatic Cancer Support Network – Whipples Warriors (NZ)	<u>Contacts</u> - Eddie Welsh A group of friends willing to support other people who have experience of the “Whipple Procedure” otherwise known as a pancreaticoduodenectomy.	Ph: 06 358 2904 (leave message) E: Starter.plants@xtra.co.nz
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Prostate

<p>PALS ‘Prostate Awareness is a Life Saver’ Cancer Society Rooms 52 Riddiford Street Newtown Wellington</p>	<p><u>Contact</u> - Hazel Nesor or Paul Kane</p> <p>The PALS Group is a facilitated group for men diagnosed with prostate cancer.</p> <p><u>Available</u> - meet 4th Tuesday of the month 7.30 pm – 9.00 pm</p>	<p>Ph: 04 389 8421 M: 021 029 88258</p>
<p>Prostate Cancer Foundation of NZ Keith Beck (CEO) P O Box 11006 Musselburgh Dunedin 9049</p>	<p><u>Contact</u> - Supports men and the families of men who have prostate problems.</p>	<p>Ph: 0800 477678 0800 4 PROSTATE M: 022 434 6811 Fax: 09 524 4536 E: info@prostate.org.nz W: www.prostate.org.nz</p>
<p>Wairarapa Prostate Cancer Support Group Landsdowne Community Church Masterton</p>	<p><u>Contact</u> – Robert Brader (Facilitator)</p>	<p>Ph: 06 370 8699</p>

Volunteer Visitors

<p>Volunteer Patient/Family/Whanau Support Visitors Cancer Society</p> <p>Wellington Division 52 Riddiford Street Newtown</p> <p>Cancer Society Wairarapa 140 Dixon St Masterton</p>	<p><u>Aim</u> – To provide support to cancer patients and their families/whanau</p> <p><u>Services</u> – Volunteer visitors are trained volunteers who can offer caring support for cancer patients and their families/whanau</p> <p><u>Area</u> – Wellington suburbs, Upper Hutt and Kapiti Coast <u>Contact</u> – Ann Hodson</p> <p><u>Area</u> - Wairarapa <u>Contact</u> – Jacinta Buchanan</p>	<p>Ph: 04 389 8421</p> <p>Ph: 06 378 8039</p>
<p>Okiwi Trust PO Box 41057 Eastbourne Lower Hutt</p>	<p>Older residents - Eastbourne and bays. 20 minutes small jobs around the home.</p>	<p>Freephone: 0800 654 942</p>

Emotional Well-being

Also refer to Disease / Symptom Specific Information / Support Groups

<p>Art therapy Cancer Society, Wellington Division 52 Riddiford Street Newtown Wellington</p> <p>Uses colour, paint and clay as tools for expression, relaxation and accessing inner resources. For individuals, couples or families affected by cancer.</p>	<p><u>Contact</u> – Virginia Lee</p>	<p>Ph: 04 389 8421 for bookings</p> <p><u>Cost</u> - \$25.00 waged or financially able \$10.00 unwaged</p>
<p>Cancer Society Wairarapa 140 Dixon Street Masterton</p>	<p>Cancer support including Art Therapy (as above), Massage, Meditation, Group workshops, Support Groups, Counselling and advocacy services</p>	<p>Ph: 06 378 8039 E: enquiry@cancersoc.org.nz</p> <p><u>Cost</u> - Free</p>
<p>CanSupport Programme Cancer Society, Wellington Division 52 Riddiford Street Newtown Wellington</p> <p><u>Aims</u> - to improve the quality of life and to assist people while adjusting to the changes in their lives that a diagnosis of cancer brings. This is achieved by providing a variety of supportive and educative workshops and support groups throughout different areas of Wellington, Hutt Valley and the Kapiti Coast.</p>	<p><u>Contact</u> – Virginia Lee</p> <p>The Programme changes regularly and information on groups is available on the Cancer Society (Wellington) webpage and in the CanTalk newsletter which is printed 4 times a year</p> <p>The programme is open to anyone who has, or has had cancer in the last 3 years, and also to their partners and family.</p>	<p>Ph: 04 389 8421 W: www.cancernz.org.nz/divisions/wellington/Our-Services</p>

<p>CancerChat NZ A forum for people with cancer, those who have had cancer, their relatives and friends to express their concerns and feelings and to ask questions about all things related to cancer.</p>	<p><u>Contacts</u> - Julie Holt Naena Chhima</p>	<p>Ph: 04 389 8421 E: julieh@cancersoc.org.nz E: naenac@cancersoc.org.nz W: www.cancerchatnz.org.nz</p>
<p>Cancer Connect NZ A telephone support service that puts people in touch with others who have had similar cancer experience</p>	<p><u>Contacts</u> - Julie Holt Naena Chhima</p>	<p>Ph: 04 389 8421 E: julieh@cancersoc.org.nz E: naenac@cancersoc.org.nz</p>
<p>Living Well An educative and support programme</p> <p>Courses run periodically through the year with weekly meeting for six to eight weeks in Kapiti, Hutt Valley, Wairarapa & Wellington. Education programme offering all people with cancer and family members the opportunity to learn more about cancer Eight to twenty participants.</p>	<p><u>Times Available</u> 8.30am-4.30pm Mon-Fri</p> <p>Wellington <u>Contacts</u> - Fiona Pearson or Hazel Nesor</p> <p>Wairarapa <u>Contact</u> - Jacinta Buchanan</p>	<p>Ph: 04 389 8421 or 04 389 0053 Fax: 04 389 5994</p> <p>Ph: 06 378 8039</p> <p><u>Costs</u> – Nil</p>
<p>Look Good ... Feel Better Workshops offering personal grooming advice for women diagnosed with cancer. Monthly workshops by arrangement with Cancer Society Wellington. Registration required.</p>	<p><u>Contacts</u> –</p> <p>Reception Cancer Society - Wellington</p> <p>Coordinator - Leigh Renai</p> <p>(Women with recurrence of their cancer or new primary cancer can come to a second workshop. However it can only be once in a twelve-month period.)</p> <p>Cancer Society - Wairarapa</p>	<p>Ph: 04 389 8421</p> <p>Ph: 04 475 8185 or 027 244 1538 E: leigh.renai@xtra.co.nz</p> <p>Ph: 06 378 8039</p>

General Practices / Primary Health Care

General Practices are part of a Primary Health Organisation (PHO). A PHO may be a single practice, but is more usually a group of practices. PHOs receive specific funding for services to improve access to health care. The aim of these services is to reduce barriers for the groups that do not have equal access to health services, in particular Maori, Pacific people and those on a low income.

Each General Practice will be able to advise what services are available to a person.

Services may include:

- Outreach nursing – has the aim of improving access to health care for high need groups
Outreach nurses advise, co-ordinate care and provide advocacy and support.
- Community Health Workers – assist in overcoming barriers to care through advocacy and support
- Packages of Care – assistance with health care related costs
- Interpreting services
- Counselling
- No cost transport services

Care Plus is a programme available to people with a high health need due to chronic conditions, acute medical or mental health needs, or terminal illness. A person is eligible for Care Plus if they are enrolled in a PHO and they are assessed by a doctor / nurse at their General Practice as being able to benefit from intensive clinical management in the community.

A full list of General Practitioners is available at the front of the local Telephone book. The DHB websites also list practices and costs.

Fertility Advice / Services

<p>Family Planning Association National Office Level 6&7 203-209 Willis Street Wellington</p>	<p>National Office Wellington Level 6 35 Victoria Street Lower Hutt 29 Waterloo Road Porirua Level 4 Suite 411 North City Shopping Centre</p>	<p>Ph: 04 484 4349 Ph: 04 499 1992 Ph: 04 569 5025 Ph: 04 237 8895 After hours emergencies Ph: 04 499 1992 W: www.familyplanning.org.nz</p>
<p>Fertility Associates 205-207 Victoria Street Te Aro 6021 Wellington</p>	<p><u>Services provided</u> –</p> <ul style="list-style-type: none"> - Egg collection and storage - Fertility advice for both men & women - Sperm Aspiration / Sperm Storage (Men requiring sperm storage due to cancer will be publicly funded for 18months – then costs will apply). 	<p>Ph: 04 384 8401 W: www.fertilityassociates.co.nz Costs – yes, please enquire</p>
<p>Natural Fertility NZ</p>	<p>Palmerston North to Kapiti Hawkes Bay to Nelson</p>	<p>Ph: 04 472 6436 0800 178 637 Fax: 04 472 6437 E: info@naturalfertility.co.nz W: www.naturalfertility.co.nz</p>

Government and other agencies

Employment Services

<p>Workbridge</p> <p><u>Hutt</u> Level 2 Levin House 330 High St Lower Hutt</p> <p><u>Porirua</u> Porirua Employment Hub 6 Hagley Street PO Box 31687 Porirua 5022</p> <p><u>Wellington</u> Ground Floor Gen-i Tower Customhouse Quay and Waring Taylor Street (no street number)</p>	<p><u>Contacts –</u></p> <p>Hutt Matthew Ruscoe (Manager)</p> <p>Porirua Matthew Ruscoe (Manager)</p> <p>Wellington Grant Cleland (Chief Executive)</p> <p>A professional employment placement service for people with all types of disabilities and injuries. Administers Support Funds on behalf of the Ministry of Social Development. This funding is available to help with any additional costs directly relating to a person's disability when entering or retaining a job, entering training, or commencing self employment.</p>	<p>Ph: 04 913 6400 Fax: 04 913 6409 E: matthewr@workbridge.co.nz</p> <p>Ph: 04 890 7960 Fax: 04 890 7961 E: matthewr@workbridge.co.nz</p> <p>Ph: 04 913 6400 Fax: 04 913 6409 E: grantc@workbridge.co.nz</p> <p>W: www.workbridge.co.nz</p> <p>Cost - free</p>
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Financial Assistance

<p>Accident Compensation Corporation (ACC)</p> <p>Important information - For asbestos related enquiries</p>	<p><u>Hours</u> - Monday - Friday 8am - 5pm</p> <p>Hutt Colonial House 270 High Street Lower Hutt</p> <p>Postal address</p>	<p>Ph: 0800 101 996 W: www.acc.co.nz</p> <p>Fax: 04 918 4301</p>
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<p>including compensation claims for exposure to asbestos. Ph 0800 222 993</p> <p>Lawyer for legal advice relating to asbestos exposure John Miller Ph: 0800 474 797 www.jmlaw.co.nz</p>	<p>P O Box 30-141 Lower Hutt 5040</p> <p>Masterton 61 Chapel Street</p> <p>Postal address P O Box 232 Masterton 5840</p> <p>Porirua Shop LO2 Lydney Place South Porirua</p> <p>Postal address P O Box 50-541 Porirua 5240</p> <p>Wellington Corner Taranaki & Wakefield Streets Wellington</p> <p>Postal address P O Box 2521 Wellington 6140</p>	<p>Fax: 06 370 0101</p> <p>Fax: 04 918 4101</p> <p>Fax: 04 918 4001</p>
<p>Sector Services (formerly known as HealthPAC)</p> <p>79 Taranaki Street P O Box 1026 Wellington</p>	<p>Subsidies for a Prosthesis/Artificial Aids / Wigs</p> <p><u>Contact Centre:</u> Claimant Enquiries (non-pharmacy): Ph 0800 HLTH4U (0800 458 448) Claimant Services Fax (non pharmacy): Ph 04 381 5344</p>	<p>Ph: 04 381 5300 Fax: 04 381 5301</p>
<p>Enable New Zealand - Head Office 69 Malden Street PO Box 4547 Palmerston North 4442 New Zealand</p>	<p>Enable New Zealand delivers a range of contracted services for the Ministry of Health and for some other District Health Boards. These services include but are not limited to;</p> <ul style="list-style-type: none"> - Spectacle Subsidy - Hearing Aid Subsidy - Children's Hearing Aid Fund 	<p>Ph: 06 353 5800 0800 36 22 53 Fax: 06 353 5876 E: enable@enable.co.nz W: enable.co.nz</p>

<p>Work and Income Benefits</p> <p>Level 1 Freemason House 195-201 Willis Street</p> <p>PO Box 27504 Wellington 6141</p> <p>A number of Work and Income Benefits are available to individuals and their families coping with cancer. These benefits are provided to assist with the obvious financial strains incurred through an illness and to provide a means of future support as a steady source of income upon which individuals and family can rely.</p>	<p>Wellington 235 Willis Street</p> <p>Postal address: PO Box 11511 Wellington</p> <p>Johnsonville 33-39 Johnsonville Road</p> <p>Postal address: PO Box 13459 Wellington</p> <p>Kapiti Coastlands Coastlands Shopping Complex Rimu Road Paraparaumu</p> <p>Postal address: Private Bag 60602 Paraparaumu</p> <p>Kilbirnie 32-34 Bay Road</p> <p>Postal address: PO Box 14437 Wellington</p> <p>Lower Hutt / Lower Hutt Super 317-327 High Street</p> <p>Postal address: Private Bag 30480 Lower Hutt</p> <p>Naenae Community Link 2 Vogel Street</p> <p>Postal address: PO Box 35148 Naenae</p>	<p>Free phone: 0800 559 009</p> <p>Fax: 04 918 0170</p> <p>Fax: 04 477 9161</p> <p>Fax: 04 298 3135</p> <p>Fax: 04 387 2471</p> <p>Fax: 04 918 0116</p> <p>Fax: 04 567 0524</p>
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	<p>Newtown 94-96 Riddiford Street</p> <p>Postal address: PO Box 16010 Newtown</p>	Fax: 04 389 5806
	<p>Porirua Community Link 4 Lydney Place</p> <p>Postal address: PO Box 50282 Porirua</p>	Fax: 04 918 0024
	<p>Upper Hutt / Upper Hutt Super 162-164 Main Street</p> <p>Postal address: PO Box 40267 Upper Hutt</p>	Fax: 04 529 8169
	<p>Wainuiomata Shop 6, The Mall</p> <p>Postal address: PO Box 43004 Wainuiomata</p>	Fax: 04 564 3259
	<p>Wairarapa 49-51 Lincoln Road Masterton</p> <p>Postal address: Private Bag 421 Masterton</p>	Fax: 06 946 0088

Housing Advice

Housing New Zealand Advisory Service	An advisory service for New Zealanders with housing problems. Available 24 hours a day including public holidays.	Ph: 0800 801 601 W: www.hnzc.co.nz
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Insurances

<p>Institute of Financial Advisors PO Box 5513 Wellington</p>	<p>The professional body for financial planners, insurance advisers and investment advisers.</p>	<p>Ph: 04 499 8062 Fax: 04 499 8064 W: www.ifa.org.nz</p>
<p>Pinkinsurance Level 2 703A Manakau Rd Royal Oak Auckland</p> <p>P.O. Box 56671 Dominion Road Auckland</p>	<p><u>Contact</u> – Stuart Britton</p> <p>Health insurance cover specifically designed for women. Also the founders of the Women for Women Charitable Trust that aims to:</p> <ul style="list-style-type: none"> - Support women who are under insured and need help with their medical bills - Subsidise insurance premiums for women who are stretched financially - Educate and inform women about illness prevention 	<p>Ph: 09 639 1004 0800 30 40 40 E: stuart@lifeminded.co.nz W: www.pinkinsurance.net.nz</p>
<p>Special Risk Insurance Co PO Box 39-125 Wellington Mail Centre</p>	<p><u>Contact</u> - Brian Klee</p> <p>Offers comprehensive coverage for clients who have not obtained representation through customary services</p>	<p>Ph: 0800 774 757 Fax: 04 939 6748 E: expert@srisks.co.nz W: www.srisks.co.nz</p>
<p>The Office of the Insurance and Savings Ombudsman PO Box 10-845 Level 7 BDO House 99-105 Customhouse Quay Wellington</p>	<p>An independent service for resolving insurance and savings disputes which is free to consumers. Deals with complaints about vehicle, travel, health, income protection, house, contents, life insurance and personal superannuation.</p>	<p>Ph: 04 499 7612 0800 888 202 Fax: 04 499 7614 E: info@iombudsman.org.nz W: www.iombudsman.org.nz</p>

Hospital Details

Capital & Coast Health DHB (C&C DHB)

Wellington Regional Hospital	Private Bag 7902 Riddiford Street Newtown Wellington	Ph: 04 385 5999
Kenepuru Hospital	Raiha Street Porirua PO Box 50 215 Porirua	Ph: 04 237 0179
Kapiti Health Centre	Warrimoo Street Paraparaumu	Ph: 04 298 6069 Fax: 04 298 3213
Porirua Mental Health	Porirua Mental Health P O Box 50 215 Raiha Street Porirua	Ph: 04 385 5999 Fax: 04 237 4269

Specialist Services

See also Wellington Blood and Cancer Centre Section

Breast Care Nurse	<u>Contact</u> - Sandy Lyster	Ph: 04 385 5999 ext 6383
<p>Care Coordination Centre 10 Wineera Drive PO Box 50-544 Porirua</p> <p>The Care Coordination Centre provides a single point of entry for referrals for access to community based health services in Kapiti, Porirua and Wellington.</p> <p>The Centre does not provide services directly; it will undertake assessment of the client, establish a care plan and arrange the most appropriate services to meet the care plan.</p>	<p>The Care Coordination Centre is staffed seven days a week.</p> <p><u>Hours</u> - 8am-6pm Monday / Friday 8am-4pm Weekends / holidays</p> <p><u>Services available</u></p> <ul style="list-style-type: none"> - Community allied health services - Community rehab services - District nursing services - Home based services, including home help and personal care assistance - Residential care - Respite care 	<p>Ph: 04 238 2020 or 0800 282 200 Fax: 0800 282 202 or 04238 2022 E: wellington@coordination.org.nz</p>

Community Health Service District Nurses	Wellington	Ph: 04 385 5821
	Kenepuru	Ph: 04 918 2011
	Kapiti	Ph: 04 903 0224
Continence Service	<u>Contact</u> - Heather Elias	Ph: 04 903 0224 ext: 4232- Kapiti Ph: 04 918 2011 ext: 7374- Kenepuru
Domiciliary oxygen	<u>Contact</u> - Janis Warburton	Ph: 04 385 5821 ext: 6384
Equipment loan	Short term equipment loan - through Occupational Therapy Department <u>Referral</u> by health professional via Care Coordination Centre	Ph: 04 385 5821 (Therapies Main Reception) Fax: 04 238 2022 (all referrals)
Health Pasifika A specialist Pacific community mental health team providing services for adults, children and young people who have moderate to severe mental illness.	<u>Services</u> - - Clinical and cultural assessment and treatment planning services for Pacific Adults and Children and young people with moderate to severe mental illness. - Mobile care co-ordination and management. - Consultation liaison and key working specific tasks with community, inpatient and speciality mental health services/teams. - Education and training. - Medication planning is vital and is an ongoing task. - Cultural advocacy/interpretation where needed. - Ethnic specific focus and delivery. Also provides: - Mental Health Information Information is available about mental illnesses. - Community Services	Contact with Health Pasifika staff can be at the service base, in your home or at another arranged meeting place. Ph: 04 237 4589 ext 7855

	<p>Information Information about services that provide social, educational, work related training and support.</p> <ul style="list-style-type: none"> - Parenting and alcohol/drugs. <p><u>Referral</u> - self, GP, family member, or friend, parents, teachers, CYFS and other professional social and psychiatric services in the community.</p>	
Home Support	<p>Wellington</p> <p>Kenepuru</p> <p>Kapiti</p>	<p>Ph: 04 385 5821</p> <p>Ph: 04 918 2011</p> <p>Ph: 04 903 0224</p>
Meals on Wheels	<p>Wellington</p> <p>Kenepuru</p> <p>Kapiti</p>	<p>Ph: 04 385 5999 ext: 6014</p> <p>Ph: 04 385 5999 ext: 7535</p> <p>Ph: 04 298 1639</p> <p>Cost – on enquiry</p>
Pacific Support Service Supports all Pacific patients and their families during their stay in hospital.	<p>Provides:</p> <ul style="list-style-type: none"> - Advocacy / cultural support - Ward visits daily - Assist Pacific people to understand their individual care and treatment. - Assistance with social support issues - Link with other Community and Pacific providers for ongoing support when returning home after an illness - Provides health and social information - Work with clinical staff to ensure Pacific people receive coordinated care. 	<p>Ph: 04 385 5999</p> <p>Fax: 04 9855421</p>

Palliative Care Services	Refer to Palliative Care Services section	
Stoma therapy Provides services to; - Patients with stomas, or potential stomas (pre-operative patients) - Inpatients and outpatients - Wellington region up to Pekaeka	<u>Contacts</u> - Sue Wolyncewicz (Clinical Nurse Specialist - Stomal Therapy) Sarah Kelcher (Stoma District Nurse)	Ph: 04 385 5821 ext 6394/6375 Ph: 04 385 5821 ext 6394 / 6375
Te Whare Marie ki Puketiro PO Box 50-233 C/- Kenepuru Hospital Campus Capital and Coast DHB Rauta Crescent Puketiro Centre Porirua	Te Whare Marie is a specialist Kaupapa Maori mental health service. Utilizes Maori models in a therapeutic environment.	Ph: 04 918 2901 Fax: 04 918 2900
Therapies Community based Therapy services are available for people to be seen in the community or at home. Include; - Dietitian - Occupational Therapist - Physiotherapist - Social Worker - Speech Language Therapist	<u>Contact</u> – Main Therapies Reception to be connected to the appropriate person. <u>Referral</u> – via Care Co-ordination Centre only	Ph: 04 385 5821 (Therapies Main Reception) Fax: 04238 2022 (all referrals)
Travel Assistance Scheme Co-ordinator	<u>Contact</u> - Naomi Springthorpe <u>Hours</u> - 8am – 4.30pm Monday -Friday	Ph: 04 806 0058 E: naomi.springthorpe@ccdhb.org.nz
Whanau Care Services To ask for assistance or to request a visit: - Speak to your nurse,	Tikanga support e.g.: - Karakia - Return of your body parts - Issues of tapu	Ph: 04 806 0948 Fax: 04 385 5421 E: wcs@ccdhb.org.nz

<p>doctor or midwife or</p> <ul style="list-style-type: none"> - Phone or email the nurse who is the Whanau Care Services Nurse Coordinator 	<p>Communication Support</p> <ul style="list-style-type: none"> - Understanding information - Understanding treatment - Whanau Hui <p>Tangihanga/Bereavement Support</p> <ul style="list-style-type: none"> - Death or impending death - Support during terminal illness - Kaiawhina Support - Social Worker advice or help - Aged Care Nurse - Cardiac Nurse Liaison - Community Liaison - Patient / Whanau Accommodation <p><u>Hours</u> - 8:00am - 4:30pm</p>	
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Hutt Valley District Health Board (HV DHB)

Hutt Hospital	High Street Lower Hutt Private Bag 31907	Ph: 04 566 6999
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Specialist Services

A full range of diagnostic services is available in the Hutt Valley. These are accessed via a General Practitioner referral.

<p>Breast Centre – Breast Screening (BSA -Breast Screen Aotearoa) and Symptomatic Breast Outpatient Clinics Specialty Clinical Nurses – Breast Care</p>	<p><u>Contact</u> – Denise Brown – Clinical Nurse Manager</p> <p><u>Services</u> - Information, advice, support and monitoring from assessment, through diagnosis and treatment of breast conditions, including breast cancer</p>	<p>Ph: 04 570 9324 E: denise.brown@huttvalleydhb.org.nz</p>
<p>Colo-rectal clinic nurse</p>	<p><u>Services</u> – Colo-rectal clinic follow-up</p>	<p>Ph: 04 570 9647</p>

Community Oncology Specialist Nurses	Refer to Community Cancer Nurses section	
Community Radiology - Free radiology services	<u>Eligibility</u> – <ul style="list-style-type: none"> - Hutt Valley Resident with Community Services or High User Health Card - Or under 6 yrs old - Or breast screening for high risk women 	Access through GP
Continance Specialist Nurse	<u>Services</u> - Management of cancer or cancer treatment related continence issues <u>Referral</u> - by health professional	Ph: 04 570 9148
Dieticians	<u>Services</u> - Management of cancer or cancer-treatment related dietetic issues <u>Referral</u> - by health professional	Community Dieticians Ph: 04 570 9533 Clinical Dieticians Ph: 04 5666999 ext 8254
Equipment Loan	Short term equipment loan - through Occupational Therapy Department <u>Referral</u> by health professional	Ph: 04 570 9384
General Surgical Service	<u>Services</u> - Cancer related surgery e.g. Abdominal and Breast <u>Referral</u> – by GP or Specialist	
Maori Health Development Unit (Hutt Valley DHB)	In-patient service providing support and; <ul style="list-style-type: none"> - advice to understand hospital processes and procedures - assistance to ensure access to health and social services e.g. WINZ, housing - Link to community services - Administer Te Hauone – see accommodation 	Ph: 04 570 9155

Meals on Wheels	To provide meals as a support service for those who are experiencing difficulty caring for themselves due to an illness, chronic medical condition or as a result of hospitalisation. Delivery of mid-day dinner meal Monday -Friday Referral by health professional	Ph: 04 570 9711 <u>Cost: \$3.50 per meal</u>
Medical Day Unit	<u>Services</u> - Blood transfusions and non-cytotoxic intravenous infusions <u>Referral</u> - by health professional	Ph: 04 570 9560 or 04 566 6999 ext 8053
Occupational Therapist	<u>Services</u> - Assessment & Treatment to assist patients who are experiencing difficulty completing activities of daily living <u>Referral</u> - by health professional	Ph: 04 570 9384 Fax: 04 570 9361
Oncology outpatient clinic	<u>Services</u> – Nurse co-ordinated Wellington Blood and Cancer Centre consultant outreach clinics <u>Referral</u> - by GP or Specialist	Ph: 04 570 9746
Ostomy Specialist Nurse	<u>Services</u> - Education and support for management of stomal therapy	Ph: 04 570 9148
Pacific Health Unit The aim of the PHU service is to reduce the amount of time Pacific people spend in hospital and reduce the rate of re-admissions	In-patient service to - Provide support and advice to understand hospital processes and procedures - Assist to ensure access to health and social services e.g. WINZ, housing - Link to community Pacific Health services	Ph: 04 570 9770
Palliative Care Consultant and Specialist Nurse	Refer to Palliative Care Services section	

<p>Plastic Surgery Services (Regional Service based at Hutt Hospital)</p>	<p><u>Services</u> - Cancer related plastic surgery eg. head and neck surgery, breast reconstruction</p> <p><u>Referral</u> – by GP or Specialist should be faxed directly to the service.</p>	<p>Fax: 04 570 9539</p>
<p>Physiotherapist</p>	<p><u>Services</u> - Assessment, treatment and rehabilitation to maintain maximum movement and physical function</p> <p><u>Referral</u> - by health professional</p>	<p>Ph: 04 570 9384</p>
<p>Service Coordination Centre - Hutt Valley Corridor 8 Pilmuir House Pilmuir Street PO Box 30658 Lower Hutt 5040</p> <p>The Service Coordination Centre is contracted by HVDHB to assess clients for community based supports</p> <p>The Centre does not provide services directly; it will undertake assessment of the client, establish a care plan and arrange the most appropriate services to meet the care plan.</p>	<p><u>Services</u> –</p> <p>Services covered by Hutt Valley Service Coordination Centre include:</p> <ul style="list-style-type: none"> - home based services, including personal care assistance and home help - carer support services, including respite care and day care - access and entry to residential care <p><u>Referral</u> - by health professional or self-referral</p>	<p>Ph: 04 566 2226 or 0800 662 225 Fax: 04 566 2227 or 0800 329 0662 E: hutt@coordination.org.nz</p>
<p>Skin Lesion Programme in Primary Care Free removal of suspicious skin lesions (criteria apply) by approved GPs</p>	<p><u>Eligibility</u> -</p> <ul style="list-style-type: none"> - Community Services or High Use Health Card AND - Reside in Hutt Valley or enrolled in a Hutt Valley PHO 	<p>Available from approved GPs. Enquire at your GP practice.</p>
<p>Social Workers</p>	<p><u>Services</u> - Assessment and social work support/counselling for health related issues. Covers Hutt Hospital in-patients and Hutt Valley community outpatients.</p>	<p>Ph: 04 570 9620</p>

	Undertake referrals to appropriate community agencies. <u>Referral</u> - by health professional or self referral	
Speech Language Therapist	<u>Services</u> - Management of cancer or cancer treatment related communication and swallowing disorders <u>Referral</u> - by health professional	Ph: 04 570 9384
Travel Assistance Scheme Co-ordinator For criteria see National Travel Assistance Scheme in Transportation section	<u>Contact</u> - Heather Harrison	Ph: 04 570 9432 E: heather.harrison@huttvalleydhb.org.nz

Wairarapa District Health Board (W DHB)

Wairarapa Hospital	Te Ore Ore Road Masterton	Ph: 06 946 9800 Fax: 06 946 9801
Wairarapa District Health Board	Blair Street Masterton PO Box 96	Ph: 06 946 9800

Specialist Services

Community Oncology Specialist Nurses	Refer to Community Cancer Nurses section Access through FOCUS (refer below)	
Community Health Service District Nurses	<u>Services</u> Community nursing and short term support <u>Referral</u> by health professional	
Community Radiology	<u>Free radiology services.</u> Eligibility – Wairarapa resident with Community Services or High User Health Card - Or under 6 years old - Or breast screening for high risk women	Access through GP
Continance Specialist Nurse	Management of cancer or cancer treatment related continence	Ph: 06 946 9827

	issues <u>Referral</u> by health professional	
Dietitian	Management of cancer or cancer treatment related dietetic issues <u>Referral</u> by health professional	Ph: 06 946 9800
Domiciliary Oxygen	Specialist Respiratory Nurse <u>Referral</u> by health professional	Ph: 06 946 9827
Equipment loan	Short term equipment loan through Occupational Therapy Department or Community Nursing <u>Referral</u> by health professional or self referral	Ph: 06 946 9800
FOCUS – Needs Assessment for support and Service Coordination Blair Street Masterton	This DHB agency does not provide services directly: it will undertake assessment of client's support needs, establish a care plan and arrange the most appropriate services. These may include <ul style="list-style-type: none"> - home based services including personal care assistance and home help - carer support, including respite care and day care - access and entry to residential care <u>Referral</u> by health professional or self referral	Ph: 06 946 9813 0800 900 001 Fax: 06 946 9826
General Surgical Services	<u>Services</u> Cancer related surgery eg. Abdominal and Breast <u>Referral</u> by GP or specialist	
Maori Health Directorate	<u>Contact</u> Janeen Cross In-patient service providing <ul style="list-style-type: none"> - support for whanau - Tikanga support - Advice to understand hospital processes and procedures - Link to community services 	Ph: 06 946 9800 ext.4430
Meals on Wheels	Provide meals as a support service for those who are	Ph: 06 946 9800

Delivery of mid-day dinner Monday-Friday	experiencing difficulty caring for themselves because of illness, a chronic medical condition or as a result of hospitalisation.	Cost \$6.00 per meal (main course and dessert)
Occupational Therapist	<u>Services</u> Assessment and treatment to assist people who are experiencing difficulty completing activities of daily living <u>Referral</u> by health professional	Ph: 06 946 9800
Oncology outpatient clinic	Nurse co-ordinated clinic <u>Referral</u> by health professional	Ph: 06 946 9827
Ostomy Specialist Nurse	Education and support for management of stomal therapy	Ph: 06 946 9827
Palliative Care consultant and Specialist Nurse	Refer to Palliative Care Services section	
Physiotherapist	<u>Services</u> Assessment, treatment and rehabilitation to maintain maximum movement and physical function <u>Referral</u> by health professional	Ph: 06 946 9800
Social Workers	<u>Services</u> Assessment and social work support/counselling for health related issues. Covers Wairarapa Hospital in-patients and Wairarapa community out-patients Undertake referrals to appropriate community agencies <u>Referral</u> by health professional	Ph: 06 946 9800
Speech language therapist	<u>Services</u> Management of cancer or cancer treatment related communication and swallowing disorders <u>Referral</u> by health professional	Ph: 06 946 9800
Taku Wahi Accommodation	See accommodation section	
Travel Assistance Scheme Co-ordinator	<u>Contact</u> – Julie Calkin	Ph: 06 946 9800 extn 4012 E: nta@wairarapa.dhb.org.nz

Private medical & surgical services / hospitals in Hutt & Wellington area

<p>Boulcott Private Surgical Hospital</p> <p>Boulcott Specialist Centre – Breast Care</p> <p>Boulcott Endoscopy Unit</p>	<p>666 High Street Lower Hutt</p>	<p>Ph: 04 569 7555 0800 BOULCOTT Freephone: 0800 268 526</p> <p>Ph: 04 570 1421</p> <p>Ph: 04 569 7555 ext 786</p>
<p>Bowen Hospital</p>	<p>Churchill Drive Crofton Downs</p>	<p>Ph: 04 479 2069</p>
<p>Southern Cross Hospital</p>	<p>90 Hanson Street Newtown Wellington South</p>	<p>Ph: 04 910 2160</p>
<p>Wakefield Hospital</p> <p>Gastroenterology Centre Wakefield Hospital</p>	<p>Rintoul Street Newtown Wellington South</p> <p><u>Contact</u> - Mr Richard Stubbs (Hepatobiliary Surgeon)</p> <p><u>Referral</u> – via General Practitioner or Specialist Consultant</p> <p><u>Services provided</u> - Diagnostic and treatment facilities for patients with disease of the stomach, liver, large bowel and gall bladder. Liver resection Cryotherapy Hepatic artery chemotherapy Selective internal radiation therapy (SIRT)</p>	<p>Ph: 04 381 8100</p> <p>Ph: 04 381 8100 Fax: 04 381 8111</p>

Private Oncology Services

<p>Auckland Radiation Oncology 98 Mountain Road Epsom Auckland</p>	<p><u>Consultants:</u> Dr Christine Elder Dr Susan Brooks Dr Maria Pearse Dr John Matthews Professor Cheltera Benjamin</p>	<p>Ph: 09 623 6046 Fax: 09 623 6586 W: www.aro.co.nz</p> <p>Cost on enquiry</p>
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Radiation therapy consultation and treatment facility	Dr Anthony Falkov Referral from GP or medical specialist	
Medical Oncologist Mercy Specialist Centre 100 Mountain Rd Epsom Auckland Consultation and systemic therapy	<u>Consultant:</u> Dr Barrie Evans	Ph: 09 630 4011 Cost on enquiry
Medical Oncologist Aorangi Consulting Rooms, Aorangi Hospital 175 Grey Street Palmerston North Consultation and systemic therapy	<u>Consultant:</u> Dr Richard Isaacs	Ph: 06 355 1052 Cost on enquiry
Oncology 161 161 Gillies Ave Epsom Auckland PO Box 26498 Epsom Medical oncologists	<u>Consultants:</u> Dr Vernon Harvey Dr Paul Thompson Dr Dragan Damianovic	Ph: 09 623 2161 Fax: 09 623 4161 Cost on enquiry
Radiation Oncologist Southern Cross Specialist Centre 90 Hansen Street Newtown Wellington	<u>Contact:</u> Bettina Lamb – case manager <u>Consultant:</u> Dr Carol Johnson Specialising in breast, melanoma, lymphoma and gynaecological cancers <u>Referral:</u> via GP or Specialist	M: 021 0825 2091 Strictly for appointments only Cost on enquiry
Radiation Oncologist 56 Majoribanks Street Mt. Victoria Wellington	<u>Contact:</u> Bettina Lamb – case manager <u>Consultant:</u> Professor David Lamb Specialising in prostate and □enitor-urinary and skin cancers other than melanoma <u>Referral:</u> via GP or Specialist	M: 027 222 0101 Strictly for appointments only Cost on enquiry

Maori Health Providers

Hutt Valley

<p>Koraunui Marae 152N Stokes Valley Road Stokes Valley</p>	<p><u>Services –</u></p> <ul style="list-style-type: none"> - Te Turuma Koraunui Health Clinic - Hauora-a-iwi - Whanau ora social services - Emergency housing - To Tohunga Reo - Youth training - Alternative training 	<p>Ph: 04 939 6662 Fax: 04 939 6660 E: teturuma@paradise.net.nz</p>
<p>Kokiri Marae 7-9 Barnes Street Seaview</p>	<p><u>Services –</u></p> <ul style="list-style-type: none"> - Aukati KaiPaipa Kaumatua Support - Mana Wahine - Nga Tane - Whanau Ora - Whanau Support - Social services - Budgeting - Tukotahi Maori Asthma Trust - Naka Eni Tamariki - Womens Refuge - Kaitoko Whanau Services - Outreach immunisation - Well Women - Sexual Health and Education - Mental Health - Rangatahi tu Rangatira 	<p>Ph: 04 939 4630 Fax: 04 939 4640 E: teresea@kokiri-hauora.org.nz</p>
<p>Kokiri Pukeatua Fraser Street Wainuiomata</p>	<p><u>Services –</u></p> <ul style="list-style-type: none"> - Whanau Ora - Hauora a Iwi - Gymnasium - Tamariki Ora - Midwife services 	<p>Ph: 04 564 6814 E: storeym@xtra.co.nz</p>
<p>Mana Wahine</p>	<p>Refer to Screening/Early Detection/Prevention Programmes section</p>	

<p>Muturangi Hauora Marae Randwick Road Moera</p>	<p><u>Services -</u></p> <ul style="list-style-type: none"> - Health and Social Services - Transport to GP/hospital (low income) 	<p>Ph: 04 568 3981 04 939 7858</p>
<p>Orongomai Marae 5-7 Railway Avenue PO Box 40752 Upper Hutt</p>	<p><u>Services -</u></p> <ul style="list-style-type: none"> - Health Clinic - Health and Social services - Whanau ora - Hauora a iwi - Mirimiri - Activities - GP/Practise Nurse Clinic - Tai Chi - Pilates - 55+ Seniors Group - Tamariki Ora Well Child Clinic - Podiatry Clinic 	<p>Ph: 04 528 9409 Fax: 04 528 9415 E: orongomai.health@paradise.net.nz or orongomai.whanau.ora@paradise.net.nz</p>
<p>Te Runanganui o Taranaki Whanui ki te Upoko o te Ika a Maui Cnr Riverside Dr/Guthrie St-Lower Hutt</p> <ul style="list-style-type: none"> - Orongomai Marae - Koraunui Marae - Waiwhetu Marae - Maraeroa Marae - Kokiri Pukeatua 	<p><u>Services -</u></p> <ul style="list-style-type: none"> - Whanau ora - Hauora a Iwi - Tamaiti Whangai - Tamariki Ora - Mirimiri/rongoa - Car seat 	<p>Ph: 04 566 8214 Fax: 04 566 03278 E: wluke@atiawa.co.nz W: www.atiawa.com</p>
<p>Wainuiomata Marae Corner Wellington Road and Fitzherbert Road/Parkway extension Wainuiomata</p>	<p><u>Services -</u></p> <ul style="list-style-type: none"> - Health Clinic Checks asthma, diabetes etc - Health and Social Services Whanau ora Programme - Kaumatua Support Roopu - Mirimiri /rongoa Maori - Tai chi - Health Education - Kapa haka, Te Reo, Kai Karanga, Kai Korero, Raranga 	<p>Ph: 04 564 8395 Fax: 04 564 8179 M: 027 439 3413 E: info@wainuiomatamarae.org.nz</p>

	<ul style="list-style-type: none"> - Arts & Crafts - Budget Advice - Zumba - Outreach - Referrals & other services 	
Waiwhetu Marae Puketapu Grove Lower Hutt	Manager: Peggy Luke-Ngaheke <u>Services -</u> <ul style="list-style-type: none"> - Health Clinic - Whanau Ora - Activities: - Kaumatua Group, Cultural Orientation, Hui – Wananga-conference venue - Marae visits, Pastoral support/Care, Blessings, Taonga, Christenings, Marriage, Tangihanga Women’s Groups - Gymnasium, Culture Group, Youth Group, Sporting Groups, Kapa haka Group, Mirimiri/rongoa 	Ph: 04 566 1847 Ph: 04 569 6063 M: 022 569 6063 E: waimre@xtra.co.nz W: www.atiawa.com

Wairarapa

Te Hauora Rununga o Wairarapa 15 Victoria Street Masterton	Kaupapa Maori Community Health Services Traditional Maori therapies – rongoa and mirimiri	Ph: 06 378 0140 0800 666 744 Cost – free of charge therapy provided by the contracted services of professionals
Whaiora 5 Park Street P O Box 497 Masterton Whaiora offers a wide range of programmes and services to bring about wellness in families and whanau. All services are free, and can be offered from the centre or brought to you at home.	<u>Hours -</u> Monday – Friday 8:30am – 5:00pm <u>Services provided -</u> <ul style="list-style-type: none"> - Aukati Kai Paipa (Quit smoking programme) - Mana Wahine (refer to Screening/Early Detection/Prevention Programmes section) - Outreach Immunisation 	Ph: 06 370 0818 Freephone: 0800 494 246 E: tpp@whaiora.org.nz W: www.whaiora.org.nz

	<ul style="list-style-type: none"> - Health promotion - Whanau Ora - Tamariki Ora - Family Start Programme 	
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Wellington / Porirua / Kapiti

<p>Hora te Pai health Services Te Runanga o Ati Awa ki Whakarongotai Incorporated)</p> <p>Kapiti</p>	<p><u>Services</u> -</p> <ul style="list-style-type: none"> - Whānau Ora - Tamariki Ora/ Well-child checks - Health promotion - Women’s health - Diabetes and education and management - Asthma - Nutrition and physical activity <p><u>Group activities include</u> - Mothers, Kaumatua, Diabetes, Asthma, Cancer support</p>	<p>Ph: 04 902 7095 E: horatepai@paradise.net.nz</p>
<p>Awhina Wahine Wellington Inc</p>	<p><u>Services</u> -</p> <ul style="list-style-type: none"> - Counselling services for woman children and their whanau who have/are suffering from domestic abuse. - Hours: 9:30-2:30 Monday-Friday 	<p>Ph: 04 232 9817 E: awhina-wahine@xtra.co.nz</p>
<p>Maraeroa Marae Health Clinic</p> <p>Porirua</p>	<p><u>Services</u> -</p> <ul style="list-style-type: none"> - Whānau Ora - Tamariki Ora/ Well-child checks - Health promotion - Facilitation - Women’s health - Breast and cervical screening and education - Asthma - Outreach immunization <p><u>Group activities include</u> - Diabetes, Asthma</p>	<p>Ph: 04 235 8000 Fax: 04 235 9500 E: mmhc@maraeroa.maori.nz</p>

Ngā Whakatauki Trust	<u>Services</u> - - Education - Healthy lifestyles programmes	Ph: 04 801 8155 E: nwki@xtra.co.nz
Ora Toa – Te Runanga o Toa Rangatira 20 Ngatitua Street Porirua	<u>Services</u> - - Tamariki ora/Well child health checks - Health promotion - Facilitation - Whānau ora - Women’s health - Breast and cervical screening and education - Diabetes - Podiatry - Cardiac - Asthma - Nutrition and physical activity - Immunisations - Injury prevention - Transport - Car seat to buy scheme - Alcohol & drug services <u>Group activities include</u> - Mothers, Kaumatua, Diabetes, Asthma, Weight loss, Aqua aerobics, Gym grannies, exercise, Cancer support	Ph: 04 237 0110 Fax: 04 237 0111 E: oratoa@ngatitua.iwi.nz Health Unit Administration oratoa@ngatitua.iwi.nz GP Cannons Creek cannonscreek.medicalcentre@oratoa.co.nz GP Takapuwahia takapuwahia.medicalcentre@oratoa.co.nz GP Mungavin mungavin.medicalcentre@oratoa.co.nz GP Poneke poneke.medicalcentre@oratoa.co.nz W: www.oratoa.co.nz
Te Roopu Pookai Taaniwhaniwha Inc Te Whare o Matahauriki 213 – 215 Bedford Street Cannons Creek PO Box 50 577 Porirua	A kaupapa Maori Tangata Whaiora community based mental health service <u>Services</u> - - Mauriora Tinana (this is a healthy lifestyle program for tangata whaiora or mental health consumers who want to improve their physical wellbeing) - Mental health rehabilitation services	Ph: 04 237 9608 Fax: 04 238 9350 E: info@taaniwhaniwha.org.nz
Te Roopu Whakapakari Ora Trust	<u>Services</u> - - Mental health community support - Residential rehabilitation	E: www.tearanga@trwko.org.nz Ph: 04 237 7466 ext 7089

Mental Health Services

<p>Community Assessment and Treatment Team (CATT) – Te Whare O Rangatuhi P.O. Box 50-215 Porirua</p>	<p>Located in Porirua and serves Wellington area for acute / emergency mental health problems. (Operates under the umbrella of Capital & Coast DHB)</p>	<p>Ph: 04 385 5999-CCDHB 04 494 9169 Fax: 04 918 2284 0800 795477</p>
<p>Hutt Valley DHB Mental Health Services Private Bag 31-907</p>	<p>Intensive Clinical Services Adult Community Mental Health Services Mental Health Needs Assessment Service Coordination Services Infant Child Adolescent & Family Services</p>	<p>Ph: 04 566 6999 Ph: 04 566 6999 Ph: 04 566 6999 Ph: 04 566 6999</p>
<p>Pathways Level 2 2 Centennial Highway Ngauranga Gorge P.O. Box 7443 Wellington South 6035</p>	<p>Pathways is a community provider of mental health services support. <u>Contact</u> - Diana Ford (Mobile Team Leader)</p>	<p>Ph: 04 385 1684 Fax: 04 385 1683 W: www.pathways.co.nz Ph: 027 293 9621</p>
<p>To Be Heard Wairarapa Hospital Te Ore Ore Road PO Box 96 Masterton</p>	<p>Located in Masterton and serves Wairarapa area for acute / emergency mental health problems. (Operates under the umbrella of Wairarapa DHB) Primary Mental health Counselling or support services.</p>	<p>Ph: 06 946 9800</p>
<p>Wellink Trust – Te Hononga Ora Level 2 203 – 209 Willis St P.O. Box 6516 Wellington</p>	<p><u>Contact</u> – Virginia MacEwan Mental Health Residential and Community Support Service for Adults & Youth (Deliver Service to the Hutt Valley and Capital Coast population).</p>	<p>Ph: 04 801 8500 Fax: 04 801 8509 E: reception@wellink.org.nz W: www.wellink.org.nz</p>

* There are many non-governmental providers of Mental Health Services, your General Practitioner / Primary Health Organisation (PHOs) or marae whanau ora service or Pacific provider will be able to assist you to find the service best suited to your needs.

Pacific Health Providers

In addition to listed providers local Pacific community networks/groups are often an avenue of support.

Hutt Valley

Mapusaga O Aiga mo Tagata PasefiK a (MOA) Trust	<ul style="list-style-type: none"> - Day services for Pacific elders in the Hutt Valley 	Ph: 04 939 4649 Fax: 04 939 4651
Pacific Health Service	Naenae Nurse-led primary health services <ul style="list-style-type: none"> - WellChild services - Community based primary nursing - Healthy lifestyles programme - Needs assessment and disability support - Cervical smear taking 	Ph: 04 577 0394 04 577 0458
Vakaola Pacific Community Health Corner Kings Cres and Cornwall Street	A community mental health support provider which operates two offices - Lower Hutt and Porirua. It is contracted by Capital & Coast DHB and Hutt Valley DHB to deliver community mental health support to service users primarily Pacific people and others. Co-ordinator, Mike Perez, Cicilia Fotu (Samoan) Sokopeti Sina (Tongan) Maria Peteru (Co-ord LMLM project) <u>Hours</u> - Monday - Friday 8:30am - 5:00pm	Ph: 04 577 0777 Fax: as above W: www.vakaola.org.nz

Wellington / Porirua / Kapiti

<p>Pacific Health Service Wellington (PHSW)</p> <p>412 Broadway Miramar Wellington</p>	<ul style="list-style-type: none"> - GPs, community health workers and nursing services - Smoking cessation - Lifestyle program – healthy eating and exercise - Transportation - A mobile Nursing and Community Service providing primary care services to the Pacific community 	<p>Ph: 04 388 7071 Fax: 04 388 7081</p> <p>Mobile Nursing Services after hours weekends: Ph 04 388 2157</p>
<p>Pacific Health Service Porirua (PHSP)</p> <p>Fanau Centre Cannons Creek P.O Box 53026 Porirua</p>	<ul style="list-style-type: none"> - Fanau Primary Care - Outreach Immunisation Services (OIS) - Facilitation Services (0-5yrs) - Healthy Lifestyle Pasifika Programmes (HLPP) - Pacific Youth Programmes - Promotion & Health Education - Home Visits - Transport to and from hospital, doctors, WINZ, Housing appointments - Advocacy, Translation & Interpretation (Pacific Languages) - Health Screening, Monitoring - BSL, BP, Weight on base or at community venues - Pacific Smoking Cessation Programme (Nicotine Replacement Therapy - Patches and Gums provided free of charge to all Pacific clients wishing to quit smoking) - Art & Craft Workshops <p>On site free clinics;</p>	<p>Ph: 04 237 9824 Fax: 04 238 4076 E: masone@phsporirua.co.nz</p>

	<ul style="list-style-type: none"> - Cervical Screening - Arthritis - Cardiovascular 	
<p>Taeomanino Trust</p> <p>A Pacific social service and health provider based in Porirua</p> <p>Referral Sources</p> <ul style="list-style-type: none"> - Schools and Colleges - Community Probation - Local Lawyers - Dept for Courts - CYPS - Family members - Mainstream providers 	<p>Welfare Support Services</p> <ul style="list-style-type: none"> - Talatalaga a Aiga (Family Therapy and Counselling) - Malu O Aiga - Abuse Prevention - Post Crisis counselling - Home Management and Parenting Skills - Social Work Support - Family Violence - Programmes and individualised counselling for victims and perpetrator <p>Home Based Social Work Support</p> <ul style="list-style-type: none"> - Foundation to Opportunities - Counselling <p>Youth Services</p> <ul style="list-style-type: none"> - Life Skills - Self Esteem Building - Anger Management - Generic Counselling - School Holiday Programme - Cultural Exchange - Social Workers in Schools - Family Start - Alcohol and Drug Services - PAFT - Parents as First Teachers - Child and Adolescent Mental Health Services 	<p>Ph: 04 237 4213 Fax: 04 237 6063</p> <p>Ifopo: 04 237 4216 Sandy: 027 296 1355</p>
<p>Maninoa Trust</p> <p>Community Based Non Govt</p>	<ul style="list-style-type: none"> - Supported residential care for people with mental health problems - Pacific Planned & Crisis 	<p>Fax: 04 237 4011</p> <p>Service Manager Tuiavi'i Simi Tuiavi'i</p>

<p>Organisation [NGO] based in Porirua</p> <p>Caters for mental health service users around the wider Wellington area, referred to us by the MH Service Coordination Team - Capital & Coast DHB</p>	<p>Respite Care Services - Peer Support & Advocacy Service</p>	<p>Ph: 04 237 4015</p> <p>Clinical Co-ordinator Salevao Manase Ph: 04 235 5985</p> <p>Pacific Community Liaison Officer Vitolina Thomas Ph: 04 237 4005</p> <p>Team Leader Logoitaeao Kitiona Ph: 04 235 5985</p>
<p>John Fiso New Zealand Institute of Sport (NZIS)</p> <p>Institute of Sport PO Box 1260 Wellington</p> <p>105 Waterloo Quay Wespac Trust Stadium</p>	<p>The NZIS is actively involved in promoting health and fitness initiatives specifically developed for Pacific and Maori communities</p> <p>Health Programme Coordinator takes weekly fitness and aerobic sessions to involve community members in effective, and fun exercise activities</p>	<p>Ph: 04 495 8390 Fax: 04 4958391 Freephone: 0800 NZI SPORT Website: www.nzis.ac.nz</p>
<p>Vakaola Pacific Community Health</p> <p>13a Wall Place Kenepuru Porirua 5022</p> <p>PO Box 56-036 Tawa</p>	<p>A community mental health support provider which operates two offices Lower Hutt and Porirua. It is contracted by Capital & Coast DHB and Hutt Valley DHB to deliver community mental health support service to service users primarily Pacific people and others.</p> <p><u>Hours</u> - Monday - Friday 8:30am - 5:00pm</p>	<p>Ph: 04 232 7759 Fax: 04 232 7783 Web: www.vakaola.org.nz Service Manager: Kupa Kupa</p>
<p>Vaka Tautua</p> <p>6 Hagley Street Porirua PO Box 50389 Porirua 5240</p>	<p>A provider of disability information, advice and support for Pacific People.</p>	<p>Ph: 04 237 1096 Fax: 04 237 6356 W: www.vakatautua.co.nz</p>

* Note: these services can be viewed at <http://www.pacificfootprints.co.nz>

Palliative Care Services

The goal of palliative care is to provide support to enable people to make the most of their lives. General Practitioners and District Nurses all have knowledge of, and ability to provide, palliative care. They often work in conjunction with the Specialist Services. Hospices are the main providers of specialist palliative care services for people living in the community.

Hospices/Specialist Palliative Care in the Community

Hutt Valley

Te Omanga Hospice provides services according to the person's needs via a two-tier system;

- A comprehensive programme for those with needs requiring intensive specialist support. Services include inpatient care, care in the community, bereavement counselling, art therapy and family support. 24 hour seven days a week nursing and medical cover is available.
- A partnership programme for those who, although living with a life limiting illness, are stable. A specialist hospice nurse liaises with the patients and their GPs to help co-ordinate their care. This service also offers bereavement counselling, art therapy and family support but NOT 24 hour nursing and medical cover to the patients. The specialist hospice team is available 24hours a day / 7 days a week for advice to the patients' GP.

A whanau support worker is available for advice and guidance for Maori and Pacific people. All hospice services are free to patients and family/whanau.

<p>Te Omanga Hospice <i>Te Whare Manaaki Tangata</i></p>	<p>136 Woburn Road PO Box 30814 Lower Hutt 5040</p> <p>Whanau support - Linda Olsen</p>	<p>Ph: 04 566 4535 Fax: 04 566 1548 E: admin@teomanga.org.nz W: www.teomanga.org.nz</p>
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Wairarapa

<p>Kahukura – Wairarapa Palliative Care Service</p> <p>59 Renall Street Masterton</p>	<p>The DHB Specialist Palliative Care Nursing Service which works in conjunction with Te Omanga Hospice to provide specialist nursing and medical palliative care <u>Referral</u> GP or self referral via FOCUS</p>	<p>Ph: 06 370 8436 Freephone: 0800 946 981 (South Wairarapa only)</p> <p>FOCUS Fax: 06 946 9898 (for referral forms)</p>
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Wairarapa Community Hospice Trust 59 Renall St Masterton	Offers day services to support the terminally ill and their families.	Ph: 06 378 8888 E: hospicewairarapa@xtra.co.nz
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Wellington

Mary Potter Hospice belongs to the people of Wellington, Porirua and the Kapiti Coast. It is an integrated programme to support people and their families in their own homes. There is an inpatient unit in Wellington, a day facility in Paraparaumu and a Palliative Care base in Porirua. Services are free to patients and caregivers.

Mary Potter Hospices	Mary Potter Hospice 48-52 Mein Street PO Box 7442 Newtown Wellington 6242	Ph: 04 389 5017 Fax: 04 389 5035 E: mph@marypotter.org.nz W: www.marypotter.org.nz
	Mary Potter Hospice – Kapiti Warrimoo Street PO Box 460 Paraparaumu 5254	Ph: 04 298 3975 Fax: 04 298 3970 E: Kapiti@marypotter.org.nz W: www.marypotter.org.nz
	Mary Potter Hospice – Porirua Community Health Service Ambulance Drive Porirua	Ph: 04 237 7563 Fax: 04 237 0864 E: Porirua@marypotter.org.nz W: www.marypotter.org.nz

Hospital Specialist Palliative Care

Wellington Hospital

A team of specialist doctors and nurses based at Wellington Hospital who have experience, know-how, and expertise in helping people with problems that are due to life limiting illness. The team is able to provide care to all C&C DHB **in-patients** requiring specialist palliative care and advice.

Eligibility: Patients in hospital

Process for referral:

- A. Patients can ask their medical / surgical team to be referred.
- B. With the patient's permission, a family can ask to see the Palliative Care Team.
- C. With the agreement of the patient's lead Consultant hospital doctors and nurses can refer patients whom they believe would like help and support.

C&C DHB Palliative Care Service Level K Wellington Hospital Riddiford Street Newtown Private Bag 7902 Wellington South	Monday to Friday from 8.30am to 4.00pm	Ph: 04 385 5999 ext 82602
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Hutt Hospital

HV DHB Hospital Palliative Care Service	A palliative care specialist doctor and nurse are available to inpatients and their family/whanau Monday – Friday 9am to 4pm	Ph: 04 587 2543 E: Deborah.wise@huttvalleydhb.org.nz
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Research

<p>The Breast Cancer Research Trust PO Box 91 127 Auckland Mail Centre Auckland 1142</p>	<p><u>Contact</u> - Alison Taylor (Chairperson) Jo Ramsey (Administrator)</p> <p>BCRT is a Charitable Trust which aims to:</p> <ul style="list-style-type: none"> - Reduce the death rate from breast cancer of NZ women by providing funding for breast cancer research. - Work together with the University of Auckland to establish a Chair in Breast Research - Fund research projects that are specific to our national conditions 	<p>Ph: 0800 BCRT CURE (0800 227 828) E: admin@crt.co.nz W: www.bcrct.co.nz</p>
<p>Malaghan Institute of Medical Research Central Services Building Victoria University Entrance 7 Kelburn Parade Wellington 6005</p>	<p><u>Contact</u> - Graham LeGros - Manager Catherine Wood - Research Nurse</p>	<p>Ph: 04 499 6914 Fax: 04 499 6915 E: mimr@malaghan.org.nz W: www.malaghan.org.nz</p>
<p>Clinical Trials Unit Wellington Blood & Cancer Centre Level 3 Wellington Hospital</p>	<p><u>Contact</u> – Maureen Bakemore</p>	<p>Ph: 04 385 5999 Fax: 04 385 5843 E: maureen.blakemore@ccdhb.org.nz W: www.cancersoc.org.nz/cru/index.html</p>

Screening / Early Detection / Prevention Programmes

General Practitioners / Primary Health Organisations (PHOs) and other community health services are the important first line prevention and cancer detection services. Your local General Practitioner or Health Care Worker is the first person you should seek advice from.

Breast Screening

Free mammograms every two years for NZ women without breast symptoms aged 45-69 years is provided by the national breast screening programme BreastScreen Aotearoa.

Breast Screen Aotearoa is the breast screening service for the greater Wellington region is provided by BreastScreen Central. The fixed site is based at Hutt Hospital where screening and assessment are carried out. A mobile unit travels around the greater Wellington region from Kapiti Coast to Masterton.

BreastScreen Central	Pilmuir Street Hutt Hospital	Ph: 04 570 9302 Fax: 04 570 9279
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For registration and information contact the National Screening Unit; phone 0800 270 200 or www.nsu.govt.nz

Assistance with accessing breast screening is available through PHO and whanau ora services.

Cancer Society, Wellington Division

Programmes and resources on cancer prevention and early detection are available by contacting:

Manager Cancer Prevention & Early Detection	Cancer Society – Wellington Division 52 Riddiford Street Wellington 6021	Ph: 04 389 8421 Fax: 04 389 5994
Health Promotion Co-ordinator	Cancer Society – Wellington Division 52 Riddiford Street Wellington 6021	Ph: 04 389 8421 Fax: 04 389 5994

Cervical Screening

The National Cervical Screening Programme is available to all women in New Zealand between 20 and 70 years old. Women between 20 and 70 years of age are recommended to have a cervical smear test every 3 years, providing all test results are normal.

It is important for a woman to feel comfortable with the person who takes the smear. There is a choice of where to go to have smears:

- your local doctor or practice nurse
- the Family Planning Association (FPA)
- the sexual health service
- Marae-based or other Māori health centres
- Community Health Services, e.g. Pacific or Women's Health Centres.

National Cervical Screening Programme –Wellington Regional Screening Services	Private Bag 31-907 Lower Hutt	Ph: 04 570 9223 Fax: 04 570 9012 Freephone: 0800 729 729 Web: www.nsu.govt.nz
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Colorectal Screening

This national programme is currently in the early stages of development

Early detection of hepatitis related liver cancer

Long-term carriers of hepatitis B or C should receive regular blood tests to monitor their hepatitis status and liver function. Regular blood testing enables the early detection of complications such as liver inflammation and liver cancer.

The Hepatitis Foundation will put you on its follow-up register, if you request it, and send reminders for these tests and tell you if they are showing any problem.

The Hepatitis Foundation of New Zealand PO Box 647 Whakatane	Contracted to the Ministry of Health as the national provider for long-term follow-up.	Ph: 07 307 1266 Fax: 07 307 1266 Freephone: 0800 33 20 10 E: hepteam@hepfoundation.org.nz W: www.hepfoundation.org.nz
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Genetic Services

The Central and Southern Regional Genetic Services are based at Wellington Hospital, with an outreach office in Christchurch Women's Hospital. They provide genetic services to C&CDHB patients, with clinics held regularly at Wellington, Kenepuru and Hutt Hospitals plus at other major centres in central and southern New Zealand.

The Familial Cancer Programme is a service providing familial cancer risk assessment, genetic counselling, surveillance guidelines and, if indicated, genetic testing. The Familial Cancer Programme aims to identify those families at increased risk of cancer based on family history. For some families it is possible to offer genetic testing in an effort to identify the genetic cause of these cancers. If a mutation is identified in a cancer-predisposition gene, at-risk relatives can be offered predictive testing. Surveillance can be targeted to those identified as having an increased risk of cancer.

Clinical Genetics Services

Central Regional Genetic Services	Wellington Hospital Riddiford Street Newtown Private Bag 7902 Wellington South	Ph: 04 385 5310 Fax: 04 385 5822 Freephone: 0508 364 436
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Familial Bowel Cancer Registries

Northern Region	Lower Ground Floor Building 30 Auckland City Hospital Private Bag 92024 Auckland 1001	Ph: 09 307 4949 Fax: 09 307 4978 Freephone: 0800 476 123
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Familial Gastrointestinal Cancer Registry

Clinical, demographic and genealogical information provides the basis for a diagnosis and assessment of gastrointestinal cancer risk for family members. An important role of the registry is a surveillance reminder service provided for enrolled participants.

North Island Registry	National Office Building 30 Auckland City Hospital Private Bag 92024 Auckland 1142	Freephone: 0800 554 555 E: NZFamilialGIRegistry@ADHB.govt.nz
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Green Prescriptions

<p>Green Prescription (GRx) A health professional's (GP or Practice Nurse) written advice to a patient to be physically active, as part of the patient's health management.</p> <p>A script is either written or issued electronically and is forwarded through to the nearest GRx Patient Support Person.</p> <p>Each patients progress is reported back to the referring health professional. Repeat GRx can be obtained from health professional if patient finds it beneficial.</p>	<p>Sport Wellington PO Box 24-148 Manners St Wellington</p> <p><u>Contact</u> – Kathy McConville</p> <p><u>Areas covered</u> - Wellington, Lower / Upper Hutt / Wairarapa / Kapiti Coast</p> <p>The Patient Support Person encourages the patient to become more active through:</p> <ul style="list-style-type: none"> - monthly telephone calls or - group support in a community setting. <p>Initial contact is for 3 months support. However people can stay on the programme for a maximum of twelve months.</p>	<p>Ph: 04 380 2070 F: 04 801 8976 M: 027 242 2417 E: kathym@sportwellington.org.nz</p> <p>W: http://www.moh.govt.nz/moh.nsf/indexmh/greenprescription</p>
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Mana Wahine

Breast and Cervical Screening Health Promotion and Support Services

Members of Mana Wahine have trained kaimahi (community health workers) who work with the community to offer information and support about cervical and breast screening and assistance in accessing these services (including transport).

Mana Wahine Manager

<p>Mana Wahine Breast and Cervical Screening Health Promotion and Support Services</p>	<p>Manager Tira Albert</p>	<p>Ph: 920 1472</p>
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Mana Wahine Members

Hora Te Pai Health Service*	Warrimoo Street Paraparaumu	Jeannine Stairmand Ph: 902 7095 www.whakarongotai.com
Ora Toa Health Service	20 Ngati Toa Street Takapuwahia	Marcia Williams Ph: 237 0110 www.oratoa.co.nz
Maraeroa Health Clinic	216 Warspite Ave Waitangirua	Adele Cameron Ph: 235 8000
Kokiri Marae Health and Social Services*	Barnes St Seaview, Lower Hutt	Iranui Ranga Ph: 939 4630
Koraunui – Te Turumu Hauora	Stokes Valley Road Stokes Valley	Rau Sparrow, Ellen Matoe Ph: 939 6662
Whaiora Whanui*	5 Park St Masterton	Wai Quayle, Ph: (06) 370 0818

* Free cervical smears by nurse smear-takers.

Prostate Screening

Although a national screening programme for prostate cancer is not appropriate given current information, every man has the right to decide for himself whether or not to be tested to check for prostate cancer (New Zealand Guidelines Group 2008).

Discuss prostate screening with your General Practitioner.

GP Consultation fee will apply.

Website: for further information see www.moh.govt.nz/moh.nsf/indexmh/cancercontrol-publications-prostate

Vaccinations

Hepatitis B	Virus common in New Zealand. In long term carriers can lead to liver cancer. Vaccination is on the immunisation schedule for infants and children up to 16 years. Also recommended for adults at risk because of occupation and other factors. For more information see web site.	W: www.hepfoundation.org.nz/hepatitis-b-virus Cost: Immunisation schedule- free. Adult - fee incurred
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<p>HPV Immunisation</p> <p>A vaccine that can protect against the cause of most cervical cancers.</p> <p>Available to girls and young women (born from 1 January 1990) attending school year 8 and upwards (approximately 12 to 18 years of age).</p>	<p><u>Availability</u> –</p> <p>Through most schools for girls and young women</p> <p>For girls and young women in the age range who are no longer at school, or who are not able to get the vaccine through their school, an appointment can be made with a local doctor, health clinic or other health provider.</p>	<p>W:</p> <p>http://www.cervicalcancervaccine.govt.nz/questions_and_answers.php</p> <p><u>Cost</u> - Nil</p>
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Sexual Health

Individuals who experience cancer and their partners - either male or female - can have fears and anxieties about sexual health and intimacy. This is **normal**. Discuss any issues with specialist nurses or doctors; who are able to provide advice, information and support.

Other professionals that can assist with sexual health advice, counselling and support are General Practitioners' (GPs), or counsellors available through the Cancer Society; please ask these providers for details.

The Cancer Society produces the following books that can be taken home to read and which may help address any questions or concerns. These books are available free of charge from the Cancer Society rooms and the patient library at the Wellington Blood and Cancer Centre – in the Radiation Treatment Centre and in the patient information display in the Day Ward.

- Sexuality and Cancer – Hokakatanga me te Mate Pukupuku
- Radiation Treatment – Haumanu Iraruke

The following are community services which can provide help and assistance to cancer patients and their partners.

<p>Sex Therapy New Zealand Ltd PO Box 340051 Northcote Auckland</p> <p>A national referral network for anyone seeking help with a wide range of sexuality related concerns e.g. erectile problems, loss of interest in sex.</p>	<p><u>Contact</u> – Mary Hodson (Administrator)</p> <p><u>Office Hours</u> – 8:30am – 5:30pm Monday-Friday Closed public holidays.</p> <p>Wellington Counsellor – Mary Hodson</p>	<p>Ph: 0800 739 843 (0800SEXOTHERAPY) E: admin@sextherapy.co.nz W: www.sextherapy.co.nz</p> <p><u>Costs</u> – please enquire</p>
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<p>Relationship Services</p> <p>Level 5, 61-63 Taranaki Street PO Box 6288 Marion Square Wellington 6141</p> <p>Offices in Wellington, Kapiti Coast, Porirua, Lower Hutt, Upper Hutt, Featherston and Masterton</p>	<p>Personal or couple counselling can help address issues where cancer is affecting a relationship.</p> <p>Wellington /Wairarapa Area Management: Roger Boulcott Jayne O'Neill</p>	<p>W: http://www.relate.org.nz</p> <p>Ph: 04 385 1729 Wellington</p> <p>E: wellington@relationships.org.nz</p> <p>Ph: 04 566 7164 Hutt Valley</p> <p>E: huttvalley@relationships.org.nz</p> <p>Ph: 06 377 0920 Masterton</p> <p>E: wairarapa@relationships.org.nz</p> <p>Cost: Standard rate \$85 -\$95 per appointment. Community services card holder \$45-\$55. Lower rates negotiable if financial circumstances a barrier.</p>
<p>Wellington Sexual Health Service</p> <p>Cuba Street Clinic 275 Cuba Street Te Aro Wellington</p>	<p>Health service specialising in sexual health. Counselling for sexual health concerns available,</p>	<p>Ph: 04 385 9879 0800 188 881</p> <p>E: sexualhealth@compasshealth.org.nz</p> <p>Cost: free</p>

* The local telephone directory 'Yellow pages' can direct you to other counselling services which may be of assistance.

Smoking Cessation

Can Quit Support Programme

A smoking cessation programme providing people who want to stop smoking with information, techniques and support; in a positive and friendly group environment.

The programme includes one 90-minute session a week for 6 weeks. Designed and evaluated by the Cancer Society, the programme is presented in a semi-structured format in an interactive style. Each participant is encouraged to approach their quitting effort in their own individual way.

Subsidised nicotine patches and gum are available to those who qualify through this programme.

Area Covered: Kapiti Coast and Wellington City

Eligibility: Open to all over 18 years

Process for referral: Self referral

Co-ordinator: Corrianne Simpson	Sessions held at: Cancer Society Rooms 52 Riddiford Street Newtown Wellington	Ph: 04 389 0054
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Hutt Hospital

Inpatient wards at Hutt Hospital will provide patients who smoke with free patches, gum or lozenges for the duration of their stay in hospital. The Mental Health Unit additionally provides nicotine inhalers and Zyban.

Outpatient clinic and community nurses provide Quit Cards and prescriptions for heavily subsidised patches, gum and lozenges. Patients who are interested in receiving quitting support are referred to the other services mentioned here e.g. Aukati Kai Paipa, Quitline.

Quit Cards and prescriptions are also available to patient's families and to the staff of the DHB.

Co-ordinator: Stephen Vega	Hutt Valley DHB High St Lower Hutt	Ph: 04 570 9936
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Kokiri Marae Hauora - Aukati Kaipaipa

This is a comprehensive free smoking cessation programme to help and support Whanau to quit smoking. Programmes specifically targeting Wahine Maori and their whanau, Wahine hapu, Rangatahi, and Whanau with mental health issues. Staff can come to you, provide you with free patches and/or gum, maintain contact by phone, facilitate sessions in workplaces and refer to other services where required.

Area Covered: Wellington, Porirua, Hutt Valley and Wainuiomata

Eligibility: Open to all

Process for referral: Self referral

Co-ordinator: Sharon Reid	7-9 Barnes Street Seaview Lower Hutt	Ph: 04 939 4631
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Pacific Health Services Porirua (Covers Wellington Region)

The Pacific Health Services' quitting programme runs over the course of one year and follows a programme of Reduction, Intensive Support and Follow-up. First clients reduce their smoking with the support of their quit coach, and they are then given an intensive programme of eight face-to-face meetings (one meeting per week) to help them quit. Once clients have quit they are followed up by their quit coach with home visits and telephone calls.

Area Covered: Wellington, Hutt Valley, Porirua and Kapiti Coast

Eligibility: Focus on Pacific Peoples, but can support others.

Process for referral: Self referral

Co-ordinator: Tovile Fomai	Fanau Center 16 Bedford Court Cannons Creek	Ph: 04 237 8422 or 04 388 2157
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Quitline

A free quit smoking telephone help line. You can speak to a Quitline Advisor who can provide you with support and advice to help you quit smoking.

Ph: 0800 778 778 and / or www.quit.org.nz

What do you get? Callers to the Quitline can: • Request a quit pack which has practical	What happens when I call? • When you call the 0800 778 778 Quitline you'll be given several	When is the Quitline open? Monday to Friday 8.00am - 9.30pm
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quit smoking advice and information. <ul style="list-style-type: none"> • Register on the Quitline programme for advice and support. • Get exchange cards for subsidised nicotine patches or gum where suitable (\$5.00 for the first four weeks supply of patches or gum). 	choices. <ul style="list-style-type: none"> • As a first-time caller press '1' and you'll be put through to a Quitline Advisor. • To give you the best assistance possible the Quitline advisor will want to know more about you. 	Saturday - Closed Sunday 10.00am - 7.30pm
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Wairarapa

Inpatient wards at Wairarapa Hospital will provide patients who smoke with free patches, gum or lozenges for their duration in hospital.

Outpatient clinics and community specialist provide quit cards. Patients who are interested in receiving quitting support are referred to other services - Aukati Kai Paipa, Quitline or to their Medical Practise

Quit cards are also available to patient's families and to the staff of the DHB.

Smokefree Coordinator: Linda Spence	Wairarapa DHB Blair St Masterton	Ph: 06 9469800 ext 5727
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Wellington Hospital

Smoking Cessation Coordinator for clients, families and staff of Capital and Coast District Health Board.

Area Covered: Wellington

Eligibility: Open to clients, families and staff of C&C DHB

Process for referral: Self referral

Clinical Measurement Unit Respiratory Medicine Private Bag 7902 Riddiford Street Newtown Wellington	Co-ordinator: Nancy Allen Smoking Cessation Advisor: Tama Tua	Ph: 04 806 0134 M: 027 512 5113 (#6138 internal) Fax: 04 806 0124 E: Nancy.Allen@ccdhb.org.nz
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Specialist Products / Equipment

Artificial Limbs

<p>Artificial Limb Centre 42 Mein Street Newtown Wellington</p>	<p>The New Zealand Artificial Limb Board helps meet the rehabilitation needs of New Zealand amputees.</p> <p>Its services in prosthetics and rehabilitation assist amputees and other clients to achieve their maximum: quality of living, independence, and participation in the life of their community.</p>	<p>Ph: 04 389 2045 Fax: 04 389 8552 Freephone: 0508 389 389 E: ray.binet@nzalb.govt.nz W: www.nzalb.govt.nz</p> <p>Costs - For New Zealand citizens and legal residents, the service is generally free of charge.</p>
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Breast Prosthesis

A subsidy for breast prosthesis is available through the Ministry Of Health. Ask your health professional or the supplier you choose about this. Criteria apply. More information on www.moh.govt.nz/moh.nsf/indexmh/sectorservices-claims-breast

<p>Breast Care Centre 1 Silverdale Street Silverdale Auckland 0932</p>	<p><u>Contact</u> – Nicola Mayos Distributor for Anita prosthesis bras and swimwear</p>	<p>Ph: 0800 264 822 M: 027 2425 174 E: nicola@lanka.co.nz W: www.anita.com</p>
<p>Image 22A Hathaway Ave Lower Hutt</p>	<p><u>Contact</u> - Marlene Solomon Home visit is available if necessary. Fits for lymphoedema sleeves.</p>	<p>Ph: 04 567 3888-569 3888 (leave message) M: 021 2688 999 F: 04 567 1119-589 6955 E: marlene22@xtra.co.nz</p>
<p>Kirkcaldie & Stains Lambton Quay Wellington</p>	<p><u>Contacts</u> – Karen Russell Denyse Woodhouse Angela McCree</p>	<p>Ph: 04 472 5899 ext 644</p>
<p>Lyn's Lingerie 45 Treadwell Street Naenae</p>	<p><u>Contacts</u> - Carol Bennett or Michelle Fraser</p> <p>Home visit is available if necessary. Alterations to underwear to fit prosthesis available.</p>	<p>Ph: 04 567 1578</p>

<p>Milady Lingerie 4 Perry Street Masterton</p>	<p><u>Contact</u> - Deb Graham (Manager) All staff can help</p>	<p>Ph: 06 378 8065</p>
<p>Naturalwear 5 Riddiford Street Newtown Wellington</p>	<p><u>Contacts</u> - Chris or Heather Mon-Fri 9am-5pm Thurs 9am-7.30pm Sat appointment only</p> <p>Tuesdays by appointment at Aubert House (formerly Home of Compassion) 5 Perry St, Silverstream</p> <p>Home visits by appointment</p> <p>Wairarapa visits</p>	<p>Ph: 04 389 1611</p> <p>For appointments ring 06 378 8039</p>
<p>Temporary Breast Prosthesis (Softee) and Silky Pillow</p>	<ul style="list-style-type: none"> - The softee consists of a cotton stretch pocket with a soft dacron filling that can be sized to your cup measurement. This is used until woman is ready to be fitted for a purchased prosthesis. Two pockets and dacron are provided by the Cancer Society Wellington - The silky pillow is designed for comfort after breast surgery or during radiation treatment. The pillows are made and donated by the Inner Wheel Clubs, Wellington. Obtained thru the Cancer Society Wellington. 	<p>Cancer Society Wellington Ph: 04 389 8421</p> <p>Cancer Society Wairarapa Ph: 06 378 8039</p>

<p>Undercover Secrets 20 Seaview Road Paraparaumu Beach</p> <p>Shop 135 North City Shopping Centre Porirua</p>	<p><u>Contact</u> - Christine Vendt</p>	<p>Ph: 0800 27 27 48 0800 BRAS4U</p> <p>Ph: 04 237 7371</p> <p>E: info@undercover-secrets.co.nz W: www.undercoversecretslingerie.co.nz</p>
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Compression devices

<p>Orthotic Centre (Wellington) Ltd 3/5 George Street Thorndon Wellington 6001</p>	<p>Opening hours: 8.30am – 5pm Monday – Friday</p> <p>Orthotic Centre (NZ) Ltd is. It delivers clinical services to private and ACC clients, and is a contracted provider to the local district health boards (DHBs).</p> <p><u>Services available</u> –</p> <ul style="list-style-type: none"> - Fitting and provision of compression garments - Foot wear e.g. insoles - Bracing for head and body - Crutches and callipers - Corsets 	<p>Ph: 04 815 8058 Fax: 04 499 6054 E: angelab@orthotics.co.nz W: www.orthotics.co.nz</p>
<p>Naturalwear 5 Riddiford Street Newtown Wellington</p>	<p><u>Contact</u> – Chris or Heather</p>	<p>Ph: 04 389 1611</p>
<p>Protec Solutions 151 Park Rd Miramar Wellington 6022</p>	<p><u>Contact</u> – Robyn Herbison</p> <p><u>Product</u> - Mediven armsleeves and compression hosiery</p>	<p>Ph: 04 387 7231 Fax: 04 387 7232 E: orders@protecsolutions.co.nz</p>

Equipment Hire

<p>Disability Information and Equipment Centre - Wellington Anvill House Level 1 138-140 Wakefield St Wellington</p>	<p><u>Contacts</u> – Margaret Stoddart Joanna Maling</p> <p>A "first stop shop" enabling people with disabilities and older people to maximise their access to support services. In addition to services the centre has a full range of stock available for purchase and items available for hire.</p>	<p>Freephone: 0800 693 342</p> <p>E: joanna@diec.co.nz</p> <p>Cost - on enquiry</p>
<p>Emech Medical 8 Sunlight Grove Porirua</p>	<p><u>Contact</u> – Rodney, Neville and Phillip Lewis Hire - wheelchairs, electric beds, electric Lazy-boys, scooters, commodes, mattresses, and Oxygen concentrators</p>	<p>Ph: 04 238 4318 Fax: 04 238 4316 E: sales@emech.co.nz</p>
<p>Enable NZ Delivers a range of services for older people and disabled people. These services are contracted by the Ministry of Health, ACC and for some District Health Boards.</p>	<p>Funding may be available for the provision of permanent issue equipment and housing modifications.</p> <p>An assessment by an Enable accredited assessor is required to access Enable funding - please contact a DHB community physiotherapist or occupational therapist for further details.</p>	<p>Ph: 0800 17 19 81 E: enable@enable.co.nz W: www.enable.co.nz</p>
<p>Greater Mobility Unit 15 2 North Point Street Plimmerton</p>	<p><u>Contacts</u> - Judi & Verena</p> <p>Free assessment of needs at showroom or person's home. Supply of products.</p>	<p>Ph: 04 233 6116 W: www.greatermobility.co.nz E: info@greatermobility.co.nz</p> <p>Cost - on enquiry</p>
<p>Invacare 4 Westfield Place Mt Wellington Auckland</p>	<p>Hire - or buy wheelchairs, adjustable beds – respiratory, walkers, lift-out chairs</p>	<p>Ph: 0508 468 222 W: www.invacare.co.nz</p>

	Respiratory O2 concentrators & beds	Cost - on enquiry
Mobility Centre Ltd 103 Copeland Street Epuni Rail Lower Hutt	<u>Hours</u> - Mon-Fri 10am-4pm Saturday 10am-2pm Hire - wheelchairs, walkers, bathroom and toilet accessories.	Ph: 04 577 1188 W: www.mobilitycentre.co.nz Cost on enquiry
Wellington Wheelchair Services 28 Reef Street Island Bay	<u>Contact</u> – Leon Nodelam Hire - wheelchairs After 3pm	Ph: 04 383 8099 Fax: 04 383 5647 E: nodelam@clear.net.nz Cost on enquiry
Total Mobility 262 Queen Street Masterton	Wheelchairs, scooters and assistive equipment	Ph: 06 370 1023 Cost on enquiry

Laryngectomy Stoma Covers

Cancer Society – Wellington Division 52 Riddiford Street Wellington 6021	Available in a range of colours, and in either fine or open weave fabric.	Ph: 04 3898421 E: info@cancersoc.org.nz Cost - \$25 each
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Meals and Food Services

Eat Unlimited Pilmuir House (YMCA Building – Ground Floor) 67 Pilmuir Street Lower Hutt Produce good, wholesome food that tastes exactly like it was cooked in your own kitchen.	Fresh meals are delivered nation-wide by priority courier service in refrigerated boxes. Minimum of 24 hours working day notice is required for delivery to Metropolitan areas and main towns.	Ph: 04 560 1960 Fax: 04 560 1961 Freephone: 0800 328 333 E: orders@eat.co.nz Cost - Enquire
Ezee Meals Mission Foods Ltd Kura Street Titahi Bay Wellington	A service of the Wellington City Mission. Heat and eat, main meals, light meals and desserts.	Ph: 04 236 7410 0800 439 336 Fax: 04 236 6532 Cost - Enquire
Food by Design 315 Ngamutawa Road Masterton	Home delivery of frozen home-made roast meals.	Ph: 06 370 9148 021 240 5813 Cost - Enquire

Glenwood Masonic Edith Street Masterton	Hot lunch time meals delivered 7 days a week. Evening meals as arranged.	Ph: 06 377 0221 ext 5 Cost - Enquire
Meals on Wheels	Refer to your local DHB specialist services in 'Hospital Details' section.	
Spotless Services c/o Wairarapa Hospital Kitchen Te Ore Ore Road Masterton	Hot lunch time meals delivered daily (Monday to Friday).	Ph: 06 370 3521 06 946 9800 0800 946 9800 ext 4041 (for South Wairarapa) Cost - Enquire
The Salvation Army 210 High Street South Carterton	Hot lunch time meals delivered daily (Monday to Friday). Or Ezee Meals – home delivery of frozen meals.	Ph: 06 379 6782 Cost - Enquire

Medical Alarms

The following companies provide 24 hour monitoring. **Cost - user pays.** Income tested and health status related Government subsidy available.

Bupa Personal Medical Alarms	Regional Manager: Christine Brenton.	Ph: 0800 60 80 99 M: 027 275 6467 W: www.bupa.co.nz/medicalAlarms.aspx
CSL Medical Alarms		Ph: 0800 266 782 W: www.medical-alarms.co.nz
Help Phone Medical Alarm System		Ph: 0800 11 44 33 W: www.helpphone.co.nz
Freedom Medical Alarm Wellington Free Ambulance		Ph: 0800 37 33 263 W: www.freedomalarms.co.nz
Masterton South Rotary Club	David Howden	Ph: 06 377 7323
NevaAlone Medical Alert		Ph: 0800 111 238 W: www.adtsecurity.co.nz/home_security/nevaalone

Safe Link Personal Medical Alarms		Ph: 0800 11 12 31 W: www.safelink.co.nz
Signature Security & Safe and Secure Wairarapa	Jean Williams Safe and Secure alarms are monitored by Signature.	Ph: 0508 723 723 06 378 9948
St John Lifelink Medical Alarms		Ph: 0800 50 23 23 W: www.stjohn.org.nz/products/lifelink.aspx

Mole Mapping

DermatologyPlus Level 2 Panama House 22 Panama Street Central Wellington Specialist dermatology services / dermoscopy	Wellington Upper Hutt Masterton	Ph: 04 472 1705 Ph: 06 377 0277 W: www.dermatologyplus.co.nz E: info@dermatologyplus.co.nz Cost - on enquiry
MoleMap Level 2 Panama House 22 Panama Street Central Wellington	Melanoma detection programme that combines imaging technology with the expertise of skin specialists. Patient education and follow-up. Wellington Clinic	Freephone: 0800 665 3627 W: www.molemap.co.nz Cost - on website

Ostomy Products

Wellington Ostomy Association	<u>Contact</u> - Aileen - room sprays & drop bags to prevent odour	Ph: 04 479 7731
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Pharmacies / Chemists

There are many chemist shops and pharmacies located throughout the district.	When starting on new cancer treatment medications people are advised to ring and ask their local chemist if they can supply the medication or not. Some cancer drugs are not supplied by all chemists and therefore need to be obtained from the hospital pharmacy.	See Yellow Pages
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Wigs and Hairdressing Services

A subsidy is available for wigs and hairpieces through the Ministry of Health. Ask your health professional or the supplier you choose about this. Criteria apply. More information on www.moh.govt.nz/moh.nsf/indexmh/sectorservices-claims-wigs

Head Coverings

Image Works 8 Puketiro Avenue Northland Wellington	<u>Contact</u> - Leigh Renai	Ph: 04 475 8185 M: 027 244 1538 Fax: 04 475 8187 E: leigh.renai@xtra.co.nz
J Beanies Contact- Julie Clarke	Bright, light and colourful chemotherapy beanies.	Ph: 04 904 0042 M: 027 740 0936 E: Julia.jayne.clarke@gmail.com W: www.jbeanies.webs.com
Kirkcaldie & Stains Lambton Quay Wellington	<u>Contact</u> - Women's Accessories Department	Ph: 04 472 5899

Wigs and Hairpieces

Bronwyn's Wig & Beauty Boutique 4 Greenpark Lane Korokoro Petone	<u>Services</u> – - Home Visits - Cuts and styles wig - Claims benefit on clients behalf - A range of beauty treatments.	Ph: 021 453 743
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	Does hair extensions in Australia so not always available.	
Images Hair Clinics 1 Jackson Street Petone	<u>Services</u> – - Cuts & styles wigs - Claims benefit on client’s behalf. - Custom wig making - Full grooming and alteration service. - Washing and recolouring service, scalp treatment. - Laser treatment for post chemotherapy alopecia	Ph: 04 570 2960 Fax: 04 570 2962 E: john@imageshairclinics.co.nz
Image Works 8 Puketiro Avenue Northland Wellington	<u>Contact</u> - Leigh Renai <u>Services</u> - - Home Visits - Cuts and styles wigs - Will fit and alter if nessary - Stocklist for turbans, hats & scarves for ladies,gents and children styles - Wig liners and care products - Claims benefit on client’s behalf.	Ph: 04 475 8185 M: 027 244 1538 Fax: 04 475 8187 E: leigh.renai@xtra.co.nz
John Castle Chemists 139 Riddiford Street Newtown Wellington	<u>Services</u> – - Supplies wigs - Claims benefit on client’s behalf - Turbans, wig care products, - Wig/cap liners	Ph: 04 389 4600 Fax: 04 389 4655
Omega Wigs 214 Knights Road Lower Hutt (Opposite The Waterloo Train Station on City Side) Private Parking Available	<u>Contact</u> – Jacky Lau <u>Services</u> - Home and hospital visits - Cuts and styles wig - Claims benefit on client’s behalf - Wigs and hairpieces to client’s requirements alterations and full back-	Ph: 04 569 3693 Fax: 04 569 3693

	up; turbans and hats - Own fabric can be used; hair can be added to turbans and hats	
STYLE 98 Rimu Street Paraparaumu	Ann styles and cuts wigs. Does not stock wigs	Ph: 04 902 9852

Hairdressing Services in the Home

Contact your local Cancer Society to find out if there is anyone available in your area.

Specialist Community Services

Adult

<p>Age Concern New Zealand</p> <p>National Office 4th floor Education House 178 Willis Street Wellington.</p> <p>PO Box 10-688 Wellington</p> <p>A not-for-profit, charitable organisation dedicated to promoting the quality of life and well-being of older people, advocating positive healthy aging for people of all ages.</p> <p>* for Wairarapa residents see WOOPS</p>	<p>National Office</p> <p>Wellington PO Box 11-108 Manners Street Wellington</p> <p>Level 1 Anvil House 138-140 Wakefield Street Wellington</p> <p>Kapiti PO Box 217 Paraparaumu</p> <p>First floor Coastlands Shopping Centre Paraparaumu.</p> <p>Office hours –8am - 5 pm</p>	<p>Ph: 04 801 9338 Fax: 04 801 9336 E: national.office@ageconcern.org.nz</p> <p>Ph: 04 499 6646 Fax: 04 499 6645 E: ed@acwellington.org.nz</p> <p>Ph: 04 298 8879 or 04 298 8338 Fax: 04 298 6033 E: admin@ageconcernkapiti.co.nz</p>
<p>Adolescent and Young Adult Programme (AYA Programme) Refer to Child Cancer Services Section</p>	<p>Contact - Liz Sommer (Liaison Nurse)</p>	<p>Ph: 04 385 5999 ext 5193</p>
<p>Cannons Creek – Fanau Centre 16 Bedford Court PO Box 53009 Cannons Creek Porirua</p>	<p><u>Three core services:</u></p> <ul style="list-style-type: none"> - Family Support (includes counselling) - Early childhood education (Home Interaction Programme for Parents & Youngsters) - Early Childcare Centre <p>Free services provided by</p>	<p>Ph: 04 237 7749 Fax: 04 237 7173 E: fanau@xtra.co.nz</p>

	<p>other agencies i.e.;</p> <ul style="list-style-type: none"> - Child Care Centre - Children's Ear Van Wed - Inland Revenue Thurs- am - Work & Income Thurs-pm - Advocates for children and young people witnessing family violence - Porirua family violence network co-ordinator 	
<p>CCS Disability Action Wellington (Inc) Level 2 191 High Street Lower Hutt</p> <p>PO Box 30759 Lower Hutt</p>	<p><u>Aims</u> – To work with, and support, all disabled people to have the same right to relationships, learning, recreation, work and community as everyone else.</p> <p>Can provide permanent or temporary 'Mobility Stickers' for parking if certain individual criteria met.</p>	<p>Ph: 04 568 9000 E: admin.wellington@disabilityaction.org.nz W: www.ccsdisabilityaction.org.nz</p>
<p>CCS Disability Action 371 Queen Street Masterton</p>	<p>Can provide permanent or temporary 'Mobility Stickers' for parking if certain individual criteria are met.</p> <p>Assessment for Total Mobility Scheme (mobility vouchers).</p>	<p>Ph: 06 378 24 26 E: admin@wairarapa.ccs.org.nz</p>
<p>Citizens Advice Bureau Inc</p> <p>Hutt Valley</p> <ul style="list-style-type: none"> - Lower Hutt - Petone - Upper Hutt <p>Kapiti Coast</p> <ul style="list-style-type: none"> - Kapiti (located in Paraparaumu) - Porirua <p>Wairarapa</p>	<p>An independent community organisation providing information, advice, advocacy and support to individuals. The services are free, impartial and confidential.</p> <p>The main branch, web site or your local telephone directory can provide contact details for suburban branches.</p> <p><u>Aims</u> -</p> <ul style="list-style-type: none"> - Ensure that individuals do not suffer through ignorance of their rights and responsibilities, or of the services available; or 	<p>Ph: 0800 367 222 W: www.cab.org.nz</p>

<p>Wellington</p> <ul style="list-style-type: none"> - Aro Valley - Central City - Eastern Suburbs - Johnsonville - Newtown - Wellington West 	<p>through an inability to express their needs effectively.</p> <ul style="list-style-type: none"> - Exert a responsible influence on the development of social policies and services, both locally and nationally. 	
<p>Disability Information and Equipment Centre PO Box 33 390</p> <p>An information service supporting people with disabilities to maximise their quality of life.</p>	<p><u>Aim</u> - A “first stop shop” enabling people with disabilities and older people to maximise their access to support services. In addition to services the centre now has a full range of stock available for purchase and items available for hire.</p> <p>* See also Equipment</p>	<p>Freephone: 0800 693 342 E: info@diec.co.nz</p>
<p>Elder Family Matters Wellington Porirua Kapiti Hutt Valley Wairarapa</p>	<p>Provides advice for people living with cancer and their families considering home based and/or residential care support options</p>	<p>Ph: 0800 321 789 W: www.elderfamilymatters.co.nz</p> <p>Cost – on enquiry</p>
<p>Legal Services Agency Level 3 Vogel Centre 19 Aitken Street</p>	<p>Administers legal aid</p>	<p>Ph: 04 495 5910 04 495 5912 Fax: 04 471 0001 E: info@lsa.govt.nz W: www.lsa.govt.nz</p>
<p>Maori Women's Welfare League 24 Burnell Ave Thorndon Wellington</p> <p>PO Box 12 072 Wellington</p>	<p>Open Weekdays 8:30am-5pm</p>	<p>Ph: 04 473 6451 Fax: 499 6802 E: jacqui@mwwl.org.nz</p>
<p>Talklink- Wahanga Tu Korero</p> <p>A charitable trust who provide specialist communication aids and assistive technology services for adults and</p>	<p><u>Contact</u>- Elizabeth Messina (Manager, Lower North Island) And speech, language therapist.</p> <ul style="list-style-type: none"> - Provides assessment and applications for funding for assistive technology 	<p>Ph: 04 381 4956 ext 1 E: liz.messina@talklink.org.nz W: www.talklink.org.nz</p>

children.	equipment which may be particularly relevant to oral cancer patients who are no longer able to verbally communicate and those who have difficulty writing.	
Wairarapa Community Law Centre Departmental building 33 Chapel Street Masterton	Free legal advice and information. Administers legal aid.	Ph: 06 377 4134
Wairarapa Organisation for Older People “WOOPS” PO Box 865, Masterton Solway showground’s, Corner Fleet Street and York Street Entrance	Woops is an organisation associated with Age Concern NZ. Its services include volunteer visitors, assessment for total Mobility scheme, advocacy with government agencies.	Ph: 06 377 0066 F: 06 377 3559 E: admin@woops.org.nz

Infant, Child & Young Person

Adolescent and Young Adult Programme (AYA Programme) Refer to Child and Adolescent Cancer Services Section	Contact - Liz Sommer (Liaison Nurse)	Ph: 04 385 5999 ext 5193
Child, Adolescent and Family Service 21 Hania Street Mt Victoria Wellington <u>Aim</u> – The Child Adolescent and Family Service help children and young people who are having serious behaviour, emotional or mental health problems including anxiety and depression. We see young people from birth to their 19 th birthday.	<u>Hours</u> – Monday – Friday 8.30am-5.00pm <u>Contact</u> - Angela Ambler (Administrative Team Leader) <u>Area</u> - Wellington to Johnsonville <u>Services available</u> - - Mental Health Service - Youth Speciality - Maternal Speciality	Ph: 04 801 2960 Fax: 04 801 2969

<p>Child & Adolescent Family Service and Youth Speciality Group 5th Floor Pember House Hagley Street, Porirua</p>		<p>Ph: 04 237 2860 04 801 2960 Fax: 04 237 2861</p>
<p>Infant, Child, Youth, Adolescent and Family Mental Health Service (ICAFS) Nikau Centre Hutt Hospital Private Bag 31 907 Lower Hutt</p>	<p><u>Hours</u> – Monday - Friday 8.30am - 5pm <u>Contact</u> - Receptionist Seonaigh Stevens (Intake Coordinator 0-12 year olds) Jo Witlo (Intake Coordinator 13-19 year olds) <u>Area</u> - Hutt Valley – only clients up to age 20. Wellington, Porirua and Wairarapa clients receive specialised intensive clinical service under the Child & Youth Health Service.</p>	<p>Ph: 04 570 9600 Fax: 04 570 9278</p>
<p>Evolve 5 Eva Street (off Dixon) Central Wellington</p>	<p>Services are confidential. Offers primary health care including a GP, nurses, sexual health, counselling and social support. Other services include peer support, information, referrals, and a hang out space where young people can drop in and use the computer, grab a cup of tea or coffee, or join in with our programmes and activities. Service is for young people aged 10-25</p>	<p>Ph: 04 801 9150 Fax: 04 801 9157 E: evolve@evolveyouth.org.nz W: www.evolveyouth.org.nz Cost - free</p>

<p>Vibe Youth Health Service 2 Sinclair St Upper Hutt</p> <p>4 Daly St Lower Hutt</p>	<p><u>Contact</u> - ring for appointment or drop-in</p> <p>Upper Hutt – Monday - Friday 1-5pm Tuesday: 5-8pm</p> <p>Lower Hutt – Monday - Friday 9-6pm Thursday:1-8pm</p> <p><u>Services available</u> – Health service – medical and nursing, and social support. Youth transition - support 15-19 yr olds with transition to work or study.</p>	<p>Upper Hutt Ph: 04 528 6261</p> <p>Lower Hutt Ph: 04 566 0525</p>
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Telephone Advice

Cancer Information Helpline	An anonymous service which provides advice and support to anyone coping with cancer.	Ph: 0800 CANCER 0800 22 62 37
Chinese Lifeline	Mandarin or Cantonese speaking counsellors provide free anonymous and confidential support for new immigrants.	Ph: 0800 888 880 W: www.chineselifeline.org.nz
Depression Helpline	Telephone resource support for adults who experience depression or know someone with depression.	Ph: 0800 111 757 W: www.depression.org.nz
0800Kidsline	Free, confidential telephone counselling service for kids (8-14yrs) to talk about challenging life issues with a Kidsline Buddy. A Kidsline Buddy is a trained telephone counsellor between 17-19 years old.	Ph: 0800 54 37 54 W: www.kidsline.org.nz
Healthline	Talk to a registered nurse for referral to your nearest health service or other services	Ph: 0800 611 116 W: www.healthline.govt.nz
Lifeline	24hr / 365 days per year	Ph: 0800 543354 W: www.lifeline.co.nz
Parent Help Line	A Barnados Support Service - available for parents, caregivers, friends and extended family 9 – 5 weekdays	Ph: 0800 4727368 W: www.barnados.org.nz/SupportServices
The Low Down	Text and e-mail support for youth who experience depression or know of someone with depression.	Text free on 5626 E: team@thelowdown.co.nz W: www.thelowdown.co.nz
What's up	For 5 to 18 year olds Noon to midnight 7 days a week	Ph: 0800 942 8787 W: www.whatsup.co.nz
Youthline	Youthline is a New Zealand youth development organisation. Youthline is not just for young people at risk. On-line youth services directory.	Ph: 0800 376 633 Text free on 234 E: talk@youthline.co.nz W: www.youthline.co.nz

Transportation

Public Transport

For information about all bus and train services, including wheelchair access, in the region, call Metlink on 04 801 7000 or <http://www.metlink.org.nz/section10.php>. Note that the Wairarapa – Wellington train service has wheelchair hoist for disabled access. (It is advisable to notify Metlink of travel plans prior to travel by wheelchair).

Also see the Capital & Coast DHB website for public transport information <http://www.ccdhb.org.nz/patient/Travel.htm>

Other transportation providers

<p>Alverno Retreat Trust</p> <p>From Kapiti area</p>	<p>Provides a van with a wheelchair hoist for family to use. Van can transport 3 passengers.</p>	<p>Ph: 04 293 3203</p> <p>Cost – donation required</p>
<p>Cancer Society Volunteer Driving Service</p> <p>Cancer Society – Wellington Division 52 Riddiford Street Newtown Wellington 6021</p> <p>Cancer Society - Wairarapa 140 Dixon Street Masterton</p>	<p><u>Aim</u> - To provide practical support for cancer patients who experience difficulties attending treatment because of problems with transport. It is a service offered by volunteer drivers and is intended as a practical backup to transport provided by family and friends. Tell the staff at the Wellington Blood and Cancer Centre if you need help either regularly or from time to time, and they will contact the volunteer driving coordinator from your area. Or call Cancer Society directly.</p> <p><u>Areas</u> - Wellington, Hutt Valley, Kapiti Mana, Kapiti Coast, Wairarapa</p>	<p>Wellington Ph: 04 389 8421</p> <p>Wairarapa Ph: 06 378 8039</p> <p>Cost – donation appreciated</p>
<p>C&C DHB Shuttle Service</p> <p>Between Kenepuru Community Hospital and Wellington Regional Hospital, service runs simultaneously from both venues every hour on the hour 7am-6pm for patients,</p>	<p><u>Contact</u> - Kenepuru Orderlies</p> <p><u>Bookings</u> – required up to one hour before travel. Seats are limited. Shuttle vans are not wheelchair accessible – if one is required ring 24hours in advance to discuss booking.</p>	<p>Ph: 04 385 5999</p> <p>W: www.ccdhb.org.nz/patient/shuttle.htm.</p> <p>Cost – free</p>

caregivers and visitors.		
<p>Citizens Advice Bureau – Porirua</p> <p>The Porirua Transport Cluster are organisations concerned with the DNAs (Do Not Attend) and lack of information relating to possible options for people in the community requiring transport to hospital appointments. This group has obtained information from multiple transport providers including Health Providers and other such groups who can assist people in the community to travel to these appointments.</p>	<p>When a patient from the Porirua area has been given their appointment and transport has been identified as an issue, they contact Citizens Advice Bureau to see what transport options are available for them. A Citizens Advice Bureau volunteer will assist them to arrange the most appropriate transport when available.</p>	<p>Ph: 04 237 8846</p>
<p>Driving Miss Daisy</p>	<p>A companion driving service. Special needs are catered for including assisting with a walker or wheelchair.</p>	<p>Ph: 0800 948 432 W: www.drivingmissdaisy.co.nz Cost: User pays service, accepts total mobility card.</p>
<p>Elder Family Matters</p>	<p>A companion driving service in Wellington, Porirua, Kapiti, Hutt Valley and the Wairarapa</p>	<p>Ph: 0800 321 789 W: www.elderfamilymatters.co.nz Cost: User pays service</p>
<p>HomeInstead Senior Care</p>	<p>Escort to appointments - any age, not restricted to seniors</p>	<p>Ph: 04 566 4476 Ph: 0800 664422 Cost: User pays service</p>
<p>Kapiti Carers</p>	<p>Volunteer drivers who provide transport for older people that need support and assistance when attending appointments.</p>	<p>Ph: 04 902 2839 – Philimena 04 905 1736 - Rene (Paraparaumu) Ph: 04 293 6349 – Anna 04 293 6058 - Beth (Waikanae) Cost – A donation of \$10 (Kapiti local area) \$20.00 (to Kenepuru) and \$40.00 (to Wellington) is appreciated.</p>

<p>Kapiti Community & Health Transport to Hospitals Kapiti Health Centre</p> <p>The Red Cross operates a Monday to Friday, Door to Door Kapiti Community & Health Transport Service to provide transport for Kapiti people to attend appointments at Kenepuru Community Hospital and Wellington Regional Hospital.</p>	<p><u>Contact</u> - The Transport Coordinator</p> <p><u>Bookings</u> - must be made hours in advance if possible.</p> <p><u>Hours</u> - Monday to Friday 9am-1pm</p> <p><u>Area</u> – between Pekapeka and Paekakariki</p> <p>For people of all ages. The shuttle seats 7 people and has storage room for one folding wheelchair.</p>	<p>Ph: 04 298 4316</p> <p><u>Cost</u> – donation or koha is appreciated</p>
<p>Metlink</p> <p>A website that has all you need to know about getting around the Greater Wellington area. Look up your timetable, plan your trip using journey planner, find out how much your trip will cost or read the service update.</p>	<p>Includes information about wheelchair accessible buses in the greater Wellington region.</p> <p>The Wairarapa-Wellington train service has wheelchair hoist for disabled access. (It is advisable to notify Metlink of travel plans prior to travelling by wheelchair.)</p>	<p>Ph: 04 801 7000 0800 801 700</p> <p>Text: BUS (287) TRN (876)</p> <p>W: www.metlink.org.nz</p>
<p>National Travel & Accommodation Assistance Scheme Ministry of Health National Travel Assistance P.O. Box 1026 Wellington</p> <p>Provides financial assistance to people who are referred by their specialist to see another specialist, and need to travel long distances, or travel frequently.</p>	<p><u>Contact</u> – To find out if you are eligible contact the Ministry of Health, National Travel Assistance. Or your hospital social worker or hospital travel scheme coordinator – see Hospital Details</p> <p>To be eligible for Travel Assistance you must be referred for treatment by your publically funded specialist to another publically funded specialist.</p>	<p>Ph: 0800 281 222 (press 2)</p> <p>W: www.moh.govt.nz/transport/assistance</p>

<p>Okiwi Trust Volunteer Driver Service PO Box 41057 Eastbourne Lower Hutt</p>	<p><u>Aim</u> – To drive older residents to appointments in the Greater Wellington Area, to go shopping or to visit a friend.</p> <p><u>Area</u> – Eastbourne and Bays</p>	<p>Ph: 0800 654 942</p>
<p>Rideshop Cabs Wairarapa</p>	<p>Transport service with wheelchair hoist if needed. For appointments within and outside of Wairarapa.</p>	<p>Ph: 06 377 4231</p> <p><u>Cost</u> – user pays</p>
<p>Wairarapa Community Transport Service Red Cross 30 Church Street, Masterton</p>	<p>Transport service with wheelchair hoist if needed. For appointments within and outside Wairarapa. Phone Red Cross to book in advance.</p>	<p>Ph: 06 377 3586</p> <p><u>Cost</u> – no charge, but koha appreciated.</p>
<p>Returned Servicemen’s Association (RSA)</p> <p>Transport to appointments if other options not available.</p>	<p><u>Contacts</u> - Joe Cochrane (Upper Hutt)</p> <p>Sylvia Stevenson (Taita)</p> <p><u>Criteria</u> - membership of the RSA providing the service</p>	<p>Ph: 04 528 9121 - Joe</p> <p>Ph: 04 939 9863 - Sylvia (leave a message and your call will be returned)</p>
<p>Total Mobility Scheme</p> <p>Transport for people with disabilities</p> <p>Taxi Travel Subsidy</p>	<p>Greater Wellington Regional Council (GWRC) provides a region-wide subsidised taxi service for people who, because of a disability, cannot use regular bus or train services. Your eligibility for Total Mobility assistance is dependent upon an assessment carried out by a registered assessor.</p> <p>To find out about a registered assessor for you to contact - Total Mobility Co-ordinator</p>	<p>Ph: Metlink 0800 801 700 (during business hours)</p> <p><u>Cost</u> - If you are eligible for Total Mobility, you pay half the taxi fare and the taxi company claims the other half from GWRC, subject to some conditions.</p> <p>Ph: 04 830 4256</p> <p>E: total.mobility@gw.govt.nz</p>

* If none of the above suit your requirement please contact you local Cancer Society, as they may be able to assist you with other transport options.

Parking

<p>Mobility Parking CCS Disability Action Wellington Inc</p>	<p>A Mobility Parking Permit enables the permit holder to park conveniently close to their destination in accessible reserved parking spaces or park longer than the stated time in some standard car parks and metered spaces. To qualify for a mobility permit, you must meet some set criteria e.g.</p> <ul style="list-style-type: none">- Be unable to walk and be reliant on a wheelchair for mobility, or- Rely on mobility devices (eg. crutches, walking sticks, walking frames), or- Be unable to walk more than 200 metres unassisted because of the nature / severity of your condition	<p>Ph: 0800 227 2255 E: admin.wellington@ccsdisabilityaction.org.nz</p> <p>All applications have to be certified by a doctor – contact your GP</p> <p>W: www.ccsdisabilityaction.co.nz</p>
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Wellington Blood & Cancer Centre (WBCC)

Administration Day Ward	Wellington Blood & Cancer Centre Wellington Hospital Private Bag 7902 Riddiford Street Newtown Wellington South	Ph: 04 3855 999 Fax: 04 385 5382
Clinical Research Unit	Clinical Trials Unit Wellington Blood & Cancer Centre Level 3 Wellington Hospital	Ph: 04 385 5999 ext 6103 Fax: 04 385 5843 E: MonitoringAL@ccdhb.org.nz
Day Ward	Opening hours: 8am – 4.30pm Monday – Friday Day Ward Reception	Ph: 04 385 5999 (all calls via hospital operator) Fax: 04 385 5382 Ph: ext 82044
Outpatients	Wellington Blood & Cancer Centre Level 3 Wellington hospital <u>Contacts -</u> Reception (for enquires related to clinic or doctor appointments) Booking Clerk / Scheduler	Ph: 04 385 5999 (all calls via hospital operator) Fax: 04 385 5984 Ph: ext 82100 Ph: ext 82040
Pharmacist	Hours – Monday – Friday 8am - 4.30pm	Ph: 04 385 5999 (all calls via hospital operator)
Radiation Treatment - for patients on radiation treatment or have seen a Radiation Oncology specialist	Opening hours: 8am – 4.30pm Monday – Friday Reception: Booking Clerk / Scheduler Team Leader – Radiation Treatment	Fax: 04 385 5414 Ph: 04 806 2000 Ph: 04 806 2000 Ph: 04 806 2023

Specialist Nurses	<p>Nurses available 8am – 4.30pm Monday – Friday</p> <p>Clinical Nurse Specialist – Medical Oncology</p> <p>Clinical Nurse Specialist – Radiation Therapy</p> <p>Clinical Nurse Specialist - Haematology</p> <p>Bone Marrow Transplant Coordinator</p>	<p>Ph: 04 806 2046 / 04 3855 999 (ask to be put thru to mobile number)</p> <p>Ph: 04 806 0177</p> <p>Ph: 04 385 5999 ext 82043 (leave message)</p> <p>Ph: 04 806 2091</p>
Therapies	<ul style="list-style-type: none"> - Dietitian (referral via Medical Team, nursing staff or General Practitioner) - Occupational therapy (referral via Medical Team, nursing staff or patient / family request) - Physiotherapist (referral via Medical Team, nursing staff or patient / family request) - Social Workers (referral via Medical Team, nursing staff or patient / family request) - Speech Language Therapist (referral via Medical Team, nursing staff or patient / family request) 	Therapies Reception Ph: 04 806 2373
<p>Ward 5 North</p> <p>Calls relating to patient currently in hospital or patient who have been discharged with in the last month.</p>	<p>Open 24hrs day 7 days a week</p> <p><u>Contact</u> – ask to speak to Nurse Co-ordinator</p>	<p>Ph: 04 806 0500</p> <p>Fax: 04 806 0501</p>

NOTE: WBCC Provides Specialist Services for the Hutt Valley DHB and Wairarapa DHB populations.

Disclaimer: While every care has been taken in the preparation of this directory from publicly available resources at the time, no warranty is given that the directory or information on web sites is correct, complete or up-to-date. Persons associated with the establishment or maintenance of the directory are not responsible for, and expressly disclaim liability for any loss or damage of any nature, however caused, as a result of reliance on any part of this directory.

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The information and web links contained in this directory are provided for general information purposes only and are not intended to serve as advice. In all cases any information on such web sites is not a substitute for professional medical or nursing advice and care. You should always seek the advice of your General Practitioner or other health professional for further information and to discuss any concerns you may have regarding a medical condition or treatment.

Availability of Cancer Support Services Directory

Free download: In PDF version from DHB websites

Printing of this directory: Can be arranged through Monica O'Reilly (Cancer Pathway Facilitator) HV DHB. Telephone: 04 570 9584. **Costs: please enquire.**

Cover photo attribution: Waingawa River; Pete Nikalaison

Feedback

We are always interested to hear about services that benefit our patients and their family / whauna / fono. Should you be using a service that you think we ought to include in this directory please let us know by returning this form to;

Monica O'Reilly
Cancer Pathway Facilitator
Hutt Valley District Health Board
Private Bag 31 907
LOWER HUTT
Ph: 04 570 9584
Fax: 04 570 9543

Service / Product recommended is:

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Contact person:

Address (if known):

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Telephone Number:

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Index

A

A Guide for Carers, 17
Accident Compensation Corporation (ACC), 44
Accommodation, 6
Adolescent and Young Adult Programme (AYA Programme), 18, 97, 100
Advocacy Services, 10
Age Concern New Zealand, 97
Alverno Retreat Trust, 104
Amputee Society (Inc) of Wellington/Wairarapa, 30
Art therapy, 40
Artificial Limb Centre, 87
Aukati Kaipapa, 85
Awhina Wahine Wellington Inc, 65

B

Barnardos, 26
Beanies, 94
Beat Bowel Cancer Aotearoa, 30
Bobbie Joe Wilson, 24
Bone Marrow Donor Registry, 13
Boulcott Endoscopy Unit, 60
Boulcott Private Surgical Hospital, 60
Boulcott Specialist Centre – Breast Care, 60
Bowel Cancer, 30
Bowen Hospital, 60
Breast and Cervical Screening Health Promotion and Support Services, 79
Breast Cancer Advocacy Coalition, 10
Breast Cancer Network (NZ) Inc, 31
Breast Care Centre, 87
Breast Prosthesis, 87
BreastScreen Central, 76
Bupa Personal Medical Alarms, 92

C

C&C DHB Palliative Care Service, 74
C&C DHB Shuttle Service, 104
Can Quit Support Programme, 84
Cancer Connect NZ, 41
Cancer Helpline, 17, 103
Cancer Society Volunteer Driving Service, 104
Cancer Society Wairarapa, 40
Cancer Society Wellington Division, 15
CancerChat NZ, 41
CancerVoices New Zealand, 11
Cannons Creek – Fanau Centre, 97
CanNow – Moving Forward, 31
CanSupport Programme, 40
CanTeen, 33
Capital & Coast DHB, 49
Care Coordination Centre, 49
Care Plus, 42
Catholic Social Services, 27
CCS Disability Action Masterton, 98
CCS Disability Action Wellington (Inc), 98
Cervical Screening, 77
Child & Adolescent Family Service and Youth Speciality Group, 101
Child and Adolescent Cancer Services, 18

Child Cancer, 33
Child Cancer Foundation, 33
Child, Adolescent and Family Service, 100
Chinese Lifeline, 103
Chinese Medical Clinic and Herbal Shop, 25
Citizens Advice Bureau, 98
Clinical Trials Unit, 75
Community Assessment and Treatment Team (CATT) – Te Whare O Rangatuhi, 67
Community Cancer Nurses, 21
Complementary Therapies, 24
Compression devices, 89
Cordbank, 14
Counselling Services, 26
CSL Medical Alarms, 92

D

Depression Helpline, 103
DermatologyPlus, 93
Disability Information and Equipment Centre - Wellington, 90
Disability Information Service Centre, 99
Driving Miss Daisy, 105

E

Early Detection, 76
Eat unlimited, 91
Elder Family Matters, 99, 105
Emech Medical, 90
Emotional Well-being, 40
Employment Services, 44
Enable New Zealand - Head Office", 45
Enable NZ, 90
Equipment
 Hire, 90
 Loan CCDHB, 50
 Loan HVDHB, 54
 Loan WDHB, 58
 Permanent issue, 90
Evolve, 101
Ezee Meals, 91

F

Familial Bowel Cancer Registries, 78
Familial Gastrointestinal Cancer Registry, 78
Family Care Magazine, 17
Family Care Radio, 17
Family Matters Foundation, 27
Family Planning Association, 43
Family Works Centre – Upper Hutt, 27
Fertility Associates, 43
Financial Assistance, 44
Freedom Medical Alarm, 92

G

Gastroenterology Specialist Centre, 60
General Practices, 42
Genetics Services, 78
Greater Mobility, 90
Green Prescription, 79

Grief Recovery Workshops, 27
Grief Relief, 28
Gynaecological Foundation, 34

H

Head Coverings, 94
Health and Disability Advocacy Service, 11
Healthline, 103
Help Phone Medical Alarm System, 92
Hepatitis B, 80
Hepatitis Foundation of New Zealand, 77
Home Help
 CCDHB, 49
 HVDHB, 56
 WDHB, 58
Home of Compassion, 6
HomeInstead, 105
Hora te Pai health Services, 65
Hospices, 72
Housing New Zealand Advisory Service, 47
HPV Immunisation, 81
Hutt Valley Breast Friends, 31
Hutt Valley DHB, 67
Hutt Valley District Health Board (HV DHB), 53
HV DHB Hospital Palliative Care Service, 74

I

Image, 87
Image Works, 95
Images Hair Clinics, 95
Infant, Child, Youth, Adolescent and Family Mental Health Service (ICAFS), 101
Institute of Financial Advisors Association, 48
Insurance and Savings Ombudsman, 48
Insurances, 48
Invacare, 90

J

John Castle Chemists, 94, 95
John Fiso, 71

K

Kahukura – Wairarapa Palliative Care Service, 72
Kapiti Carers, 105
Kapiti Community & Health Transport to Hospitals, 106
Kidslines, 103
Kirkcaldie & Stains, 87, 94
Kokiri Marae, 62
Kokiri Pukeatua, 62
Koraunui Marae, 62
Kowhai House, 6

L

Laryngectomy Stoma Covers, 91
Late Effects Assessment Program (LEAP), 18
Legal Services Agency, 99
Leukaemia & Blood Foundation, 13
Leukaemia & Blood Foundation of New Zealand, 34
Lifeline, 103
Living Well, 41
Look Good ... Feel Better, 41

Lymphoedema Assessment and Management (LOAM) Clinic, 35
Lymphoedema Massage, 35
Lymphoedema Support and Education Workshops, 36
Lyn's Lingerie, 87

M

Malaghan Institute of Medical Research, 75
Mana Wahine, 79
Maninoa Trust, 70
Maori Health Development Unit (Hutt Valley DHB), 54
Maori Health Providers, 62
Maori Women's Welfare League, 99
Mapusaga O Aiga mo Tagata Pasefika (MOA) Trust, 68
Maraeroa Marae Health Clinic, 65
Margaret Stewart House, 6
Mary Potter Hospices, 73
Massage and Relaxation Therapy, 24
Meals and Food Services, 91
Meals on Wheels, 51, 55
Medical Alarms, 92
Medical Hypnosis, 25
Melanoma Foundation of New Zealand, 36
Menopause Clinic, 36
Mental Health Services, 67
Metlink, 106
Milady Lingerie, 88
Mobility Centre Ltd, 91
Mobility Parking, 108
Mole Mapping, 93
MoleMap, 93
Multiple Myeloma Support Group, 36
Mukurangi Hauora Marae, 63
Myeloma Matters, 37

N

National Travel & Accommodation Assistance Scheme, 106
Natural Fertility NZ, 43
Natural Health Centre, 25
Naturalwear, 88
NevaAlone Medical Alert, 92
New Zealand Breast Cancer Foundation, 30
Ngā Whakatauki Trust, 66
NZ Blood Service, 14

O

Okiwi Trust, 39
Okiwi Trust Volunteer Driver Service, 107
Omega Wigs, 95
Ora Toa – Te Runanga o Toa Rangatira, 66
Orongomai Marae, 63
Orthotic Centre, 89
Ostomy Association Wellington, 37
Ostomy Products, 93

P

Pacific Health Providers, 68
Pacific Health Service, 68
Pacific Health Service Porirua (PHSP), 69
Pacific Health Service Wellington (PHSW), 69
Pacific Health Services

Quit Programme, 85
 Pacific Health Unit, 55
 Pacific Support Service, 51
 Paediatric Community Nurses, 20
 Palliative Care, 72
 PALS 'Prostate Awareness is a Life Saver', 38
 Pancreatic Cancer Support Network – Whipples
 Warriors (NZ), 37
 Parent Help Line, 103
 Parking, 108
 Pathways, 67
 Pharmacies / Chemists, 94
 Pink Pilates, 31
 Pinkinsurance, 48
 Porirua Transport Cluster, 105
 Prevention Programmes, 76
 Private Oncology Services, 60
 Prostate Cancer Foundation of NZ, 38
 Prostate Screening, 80
 Protec Solutions, 89
 Public Transport, 104

Q

Quitline, 85

R

Relationship Services, 83
 Research, 75
 Returned Servicemen's Association (RSA), 107
 Riddiford Street Hostel, 7
 Rideshop Cabs, 107
 Ronald McDonald House, 7
 Ronald McDonald House Family Room, 19

S

Safe Link Personal Medical Alarms, 93
 Salvation Army, 28
 Screening, 76
 Sector Services (formerly known as HealthPAC), 45
 Service Coordination Centre - Hutt Valley, 56
 Sex Therapy New Zealand Ltd, 82
 Sexual Health, 82
 Signature Security & Safe and Secure, 93
 Skylight, 28
 Smoking Cessation, 84
 Social Worker
 CCDHB, 52
 HVDHB, 56
 WDHB, 59
 Southern Cross Hospital, 60
 Special Risk Insurance Co, 48
 Spirited Women, 32
 St John Lifelink Medical Alarms, 93
 STYLE, 96
 Support Groups. *See* Emotional Wellbeing, *See* Disease
 etc section
 Sweet Louise, 32

T

Taeaomanino Trust, 70
 Talklink- Wahanga Tu Korero, 99
 Te Hauone, 6
 Te Hauora Rununga o Wairarapa, 64
 Te Omanga Hospice, 72
 Te Pehi Parata Whanau Whare, 8
 Te Roopu Pookai, 66
 Te Roopu Whakapakari Ora Trust, 66
 Te Runanganui o Taranaki Whanui ki te Upoko o te
 Ika a Maui, 63
 Telephone Advice, 103
 Temporary Breast Prosthesis (Softee) and Silky Pillow,
 88
 The Breast Cancer Research Trust, 75
 The Low Down, 103
 To Be Heard, 67
 Total Mobility Scheme, 107
 Transport, 104

U

Undercover Secrets, 89

V

Vaka Tautua, 71
 Vakaola Pacific Community Health, 68, 71
 Vibe Youth Health Service, 102
 Volunteer Patient/Family/Whanau Support Visitors, 39

W

Wainuiomata Marae, 63
 Wairarapa Breast Cancer, 32
 Wairarapa Community Law Centre, 100
 Wairarapa Community Transport Service, 107
 Wairarapa District Health Board (W DHB), 57
 Wairarapa Organisation for Older People "WOOPS",
 100
 Wairarapa Prostate Cancer Support Group, 38
 Waiwhetu Marae, 64
 Wakefield Hospital, 60
 Ward 18, 20
 Wellington Blood & Cancer Centre, 109
 Wellington Bone Marrow Transplant Coordination for
 Capital and Coast DHB, 14
 Wellington City Mission, 29
 Wellington People's Centre, 11
 Wellington Sexual Health Service, 83
 Wellington Wheelchair Services, 91
 Wellink Trust – Te Hononga Ora, 67
 Whaiora, 64
 Whanau Care Services, 52
 What's up, 103
 Wigs and Hairpieces, 94
 Work and Income Benefits, 46
 Workbridge, 44

Y

YMCA Pilmuir House, 9
 Youthline, 103
 YWCA Encore, 32