

UPPER HUTT CITY

Health Contacts

2015 – 2016



Your guide to health and social support services for the Upper Hutt community



UPPERHUTTCITY.COM

Upper Hutt Health Contacts

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After Hours Medical Help

In an emergency dial 111

Poison Line 0800 POISON (0800 764 766)

After Hours Medical Centre

ADDRESS Off the Queen St Car Park,
Upper Hutt

PHONE 04 920 1800

FAX 04 920 1808

Extra fee charged for 'casual' patients.

Hutt Hospital - Accident & Emergency

(See listing under Hospitals for more information on services and contacts for Hutt Hospital.)

ADDRESS High St, Lower Hutt 5011

PHONE 04 566 6999 - general enquiries

WEB www.huttvalleydhb.org.nz

Unichem Pharmacy Maidstone

ADDRESS 53 Main St, Upper Hutt 5018

PHONE 04 528 4808

FAX 04 528 1440

HOURS Mon to Fri 8am-7pm

Weekends 9am-4pm

Public holidays 9am-4pm

Closed - Xmas & New Years Day

Alarms / Alerts

Freedom Medical Alarms

ADDRESS L2, 13/27 Manner Street
Wellington

POSTAL PO Box 24443, Wellington 6011

PHONE 04 802 0949

FREE PH 0800 373 3263

WEB www.freedomalarms.co.nz

MedicAlert Foundation - NZ (Inc)

ADDRESS CBD Towers, Main St, Upper Hutt

POSTAL PO Box 40028, Upper Hutt 5140

PHONE 04 528 8219

FREE PH 0800 840 111

WEB www.medicalert.co.nz

St John's Medical Alarms

FREE PH 0800 ST JOHN (0800 785 646)

WEB www.stjohn.org.nz

Counselling

Family Court Counselling

The Family Court arranges free confidential counselling for couples who are having problems with their relationship, or who are separating and need help reaching agreement on issues such as arrangements for the care of children.

ADDRESS 49 Ballance St, Wellington 6011

PHONE 04 802 3930 - callers nationwide

FREE PH 0800 268 787

WEB www.justice.govt.nz/courts/
family-court/what-family-court-
does/ counselling

Family Works

Parenting education and support programmes for children and young people. Refugee and migrant, individual and family counselling; parent education and support; community support groups.

ADDRESS 4 Exchange St, Upper Hutt

POSTAL PO Box 40330, Upper Hutt 5140

PHONE 04 528 4164

EMAIL familyworks-upperhutt@psc.org.nz

WEB www.pcs.org.nz

New Zealand Association of Counsellors

Search for registered counsellors in Upper Hutt.

WEB www.nzac.org.nz

Silverstream Counselling

ADDRESS 5 Silverstream Village,

Whitemans Rd, Upper Hutt 5019

PHONE 027 663 9160

Te Waipuna Counselling

ADDRESS 16-22 Lane St, Upper Hutt 5018

PHONE 04 528 4542

Upper Hutt Women's Centre

ADDRESS 6 Sinclair St, Upper Hutt
POSTAL PO Box 40614, Upper Hutt 5140
PHONE 04 527 0017
FAX 04 527 0103
HOURS Mon to Fri 9am-2pm
EMAIL uhwomen@xtra.co.nz
WEB www.uhwc.co.nz

Dental

Art of Dentistry

ADDRESS 10 Royal St, Upper Hutt 5018
PHONE 04 527 9437

Ashwin Magan Dental Surgeon

ADDRESS L3, CBD Towers,
84-90 Main St, Upper Hutt 5018
PHONE 04 527 7914

Dental Effects Ltd

ADDRESS 57 Main St, Upper Hutt 5018
PHONE 04 528 0804

Silverstream Dental

ADDRESS Shop 14, Silverstream Village,
Whitemans Rd, Upper Hutt 5019
PHONE 04 528 3984

Szeto W. P.

ADDRESS Cnr Main & Royal Sts,
Upper Hutt 5018
PHONE 04 528 2458

Upper Hutt Dental Centre

ADDRESS 31 Main Street, Upper Hutt 5018
PHONE 04 920 0882

Dental (Orthodontist)

Patel Bhavik - Orthodontist

ADDRESS L3, 14 Laings Rd,
Lower Hutt 5010
PHONE 04 586 5707

Dental (Denture)

Denture Services Ltd

ADDRESS 797 Fergusson Dr,
Upper Hutt 5018
PHONE 04 528 3349

Perfect Denture Services

ADDRESS 797 Fergusson Dr,
Upper Hutt 5018
PHONE 04 527 9128

Drug, Alcohol & Gambling Support

Alcohol & Drug Helpline

ADDRESS PO Box 13496, Christchurch 8141
PHONE 03 379 8626 National Office
FAX 03 377 5600
HELPLINE 0800 787 797 (10am-10pm)
WEB www.alcoholdrughelp.org.nz

Alcoholics Anonymous

ADDRESS PO Box 40106, Upper Hutt 5140
FREE PH 0800 229 6757
PHONE 04 472 4250
EMAIL nzgso@xtra.co.nz
WEB www.aa.org.nz

Community Mental Health & Addiction

Four teams, one based in Upper Hutt.

ADDRESS Public Trust House,
40-42 Queens Dr,
Lower Hutt 5010
PHONE 04 570 9801
WEB www.huttvalleydhub.org.nz

Narcotics Anonymous

ADDRESS PO Box 9051, Wellington
POSTAL PO Box 6506, Wellington 6141
FREE PH 0800 628 632
PHONE 04 801 9933 - Info line
EMAIL casc@nzna.org
WEB www.nzna.org

Problem Gambling Foundation of New Zealand

ADDRESS L5,148 Cuba St, Wellington
POSTAL PO Box 11179, Manners St,
Wellington 6142
PHONE 04 473 4360
FREE PH 0800 664 262
EMAIL help@pgfnz.org.nz
WEB www.pgfnz.org.nz

Salvation Army Bridge Programme for Alcohol & Drug Counselling

ADDRESS Unit 5, Ground Fl, CBD Towers,
84 - 90 Main St, Upper Hutt
POSTAL PO Box 40328, Upper Hutt 5140
PHONE 04 527 3373
WEB www.salvationarmy.org.nz

The Salvation Army Oasis Centre for Problem Gambling

ADDRESS Ground Floor, CBD Towers,
84-90 Main St, Upper Hutt
POSTAL PO Box 40328, Upper Hutt 5140
PHONE 04 389 6566
FAX 04 389 7110

WellTrust - Youth Alcohol or Drug Service

ADDRESS Cnr Cornwall St & Kings Cres,
Lower Hutt
POSTAL PO Box 30933, Lower Hutt 5040
PHONE 04 568 0370
WEB www.welltrust.org.nz

Hearing

Bay Audiology

ADDRESS 723 Fergusson Dr,
Upper Hutt 5018
FREE PH 0800 700 854
WEB www.bayaudiology.co.nz

Hearing Consultants Ltd

ADDRESS 17 Geange St, Upper Hutt 5018
PHONE 04 528 5145
WEB www.hearingconsultants.co.nz

Hearing Therapy Services (Life Unlimited)

Unbiased information and advice to manage the impact of hearing loss.
PHONE 04 499 5851 - appointments
FAX 04 499 5853
HOURS Clinics open Wednesday
twice monthly
EMAIL susanl@lifeunlimited.net.nz
WEB www.lifeunlimited.net.nz

Oracle Hearing Clinic

ADDRESS Upper Hutt Health Clinic,
Sinclair St Carpark, Upper Hutt
PHONE 04 977 9086

Triton Hearing

ADDRESS 214 Main St, Upper Hutt 5018
PHONE 04 527 3370
WEB www.tritonhearing.co.nz

Help Lines

These phone numbers are all free.

ACC Sensitive Claims

Access support for the mental health effects of sexual abuse or assault. Fully confidential.
FREE PH 0800 735 566
WEB www.acc.co.nz/contact.php

Al-Anon Freephone

Al-Anon offers hope and recovery to all people affected by the alcoholism of a loved one or friend.
FREE PH 0508 425 266
WEB www.al-anon.org.nz

Alcohol and Drug Helpline

FREE PH 0800 787 797
WEB www.adanz.org.nz /helpline home

Are You OK

Campaign for action on family violence.

FREE PH 0800 456 450
WEB www.areyouok.org.nz

Barnardos Parent Helpline

FREE PH 0800 227 627
HOURS Open 7 days 9am - 11pm
WEB www.barnardos.org.nz

Birthright

Providing practical and emotional support to single parents.

FREE PH 0800 457 146
WEB www.birthright.org.nz

Chinese Helpline

FREE PH 0800 888 880

Depression

FREE PH 0800 111 757
WEB www.sparx.org.nz
SPARX.or.nz-online tool for help with depression and stress

Freedom Medical Alarms

FREE PH 0800 380 280
EMAIL info@freedomalarms.co.nz
WEB www.freedomalarms.co.nz

Gambling Helpline

FREE PH 0800 654 655
HOURS Open 24 hours a day
WEB www.gamblingproblem.co.nz

Healthline

Healthline is staffed by experienced registered nurses who provide health information and recommend appropriate care for callers with symptoms.

FREE PH 0800 611 116
WEB www.health.govt.nz/your-health/services-and-support/health-care-services/healthline

Language Line

Interpreting, translating and localisation.

FREE PH 0800 656 656
HOURS Mon to Fri 9am - 6pm
Saturday 9am - 2pm
WEB www.ethnicaffairs.govt.nz

Lifeline

FREE PH 0800 543 354
PHONE 09 522 2999
WEB www.lifeline.co.nz

MedicAlert Foundation - NZ (Inc)

FREE PH 0800 840 111
WEB www.medicalert.co.nz

Ministry of Social Development Family Services 211 Helpline

Access community help services that can help with issues relating to parenting, special needs, family support, family violence, custody and access, child behaviour, life skills, counselling, addiction, sexual abuse, grief and loss.

FREE PH 0800 211 211

Narcotics Anonymous

FREE PH 0800 628 632
WEB www.nznz.org

OUTline

Also offer face-to-face counselling.

FREE PH 0800 688 5463
WEB www.outline.org.nz

Plunket Line

FREE PH 0800 933 922
WEB www.plunket.org.nz/what-we-do/what-we-offer/plunketline/

Poison Line

FREE PH 0800 POISON (0800 764 766)
WEB www.poisons.co.nz

Pregnancy Counselling Services

FREE PH 0800 PREGNANT (0800 733 462)
WEB www.pregnancy-cs.org.nz

Quit Line (smoking)

FREE PH 0800 778 778
WEB www.quit.org.nz

Relationship Aotearoa

Counselling and education on relationships.
FREE PH 0800 735 283
WEB www.relationshipsaotearoa.org.nz

Samaritans

FREE PH 0800 726 666 - Lower North Island
WEB www.samaritans.org.nz

Shine

Domestic abuse helpline

FREE PH 0508 744 633 - confidential
HOURS Open 7 days 9am - 11pm
WEB www.2shine.org.nz

Skylight

Supporting people facing any kind of tough life situation - whatever the cause and whatever their age. They also assist those wanting to help them.

FREE PH 0800 299 100
WEB www.skylight.org.nz

Suicide Crisis Helpline

FREE PH 0508 828 865 (0508 TAUTOKO)
WEB www.lifeline.org.nz/safeTALK_344.aspx

Vagus Line (Chinese)

To promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence.

FREE PH 0800 567 6666
HOURS Mon, Wed, Fri 12noon - 2pm.

Victim Support

FREE PH 0800 842 846
WEB www.victimsupport.org.nz

What's Up

Free national phone counselling service for five to 18 year olds from 1pm to 11pm, seven days a week.

FREE PH 0800 942 8787
WEB www.whatsup.co.nz

Youthline

Free confidential service - health and support for 10 to 24 year olds.

FREE PH 0800 376 633
WEB www.youthline.co.nz
HOURS Mon & Wed 11am-5pm
Thursday 9am-1pm
Friday 9am-5pm

Holistic / Alternative Health

Atlas Chiropractic Centre

ADDRESS Level 3, CBD Towers,
94 Main St, Upper Hutt 5018
PHONE 04 528 9537

Body Balance Osteopathic Clinic

ADDRESS 17 Princes St, Upper Hutt 5018
PHONE 04 528 5011

Chiropractic Works Upper Hutt Ltd

ADDRESS 241 Main St, Upper Hutt 5018
PHONE 04 528 3082

Upper Hutt Acupuncture Clinic

ADDRESS 17 Geange St, Upper Hutt 5018
PHONE 04 528 2875

Hospitals

Boulcott Hospital

ADDRESS High St, Lower Hutt
POSTAL PO Box 31459, Lower Hutt 5040
PHONE 04 569 7555
FAX 04 567 0041
EMAIL info@boulcotthospital.co.nz
WEB www.boulcotthospital.co.nz

Hutt Hospital

Visiting hours at Hutt Hospital are between 2.30pm - 8.00pm daily. Rest periods are in place on most wards from 12.30pm to 2.30pm daily and visiting is not allowed during this time.

ADDRESS High St, Lower Hutt
POSTAL Private Bag 31907, Lower Hutt 5040
PHONE 04 566 6999 general enquiries
04 570 9555 outpatient appts
EMAIL feedback@huttvalleyDHB.org.nz
WEB www.huttvalleydhb.org.nz

Te Omanga Hospice

ADDRESS 136 Woburn Rd, Lower Hutt
POSTAL PO Box 30814, Lower Hutt 5040
PHONE 04 566 4535
EMAIL admin@teomanga.org.nz
WEB www.teomanga.org.nz

Hutt Valley Public Health

Activation

Team Activation are Upper Hutt City Council's recreation team. Their role is to work alongside and support Upper Hutt residents to be more active. Activation offer a range of activities and community initiatives to promote health and wellbeing for people of all ages. They also work closely with other local and regional health, sport and active recreation groups..

ADDRESS Cnr Brown & Blenheim Sts,
Upper Hutt
POSTAL PO Box 907, Upper Hutt 5140
PHONE 04 527 2857
FAX 04 528 8938
EMAIL activation@uhcc.govt.nz
WEB www.activation.org.nz

Regional Public Health - Hutt Valley District Health Board

ADDRESS Community Bld, Hutt Hospital,
High St, Lower Hutt
POSTAL Private Bag 31907,
Lower Hutt 5040
PHONE 04 570 9002
FAX 04 570 9211
EMAIL RPH@huttvalleydhb.org.nz
WEB www.huttvalleydhb.org.nz

Te Awakairangi Health Network

Supports practices and health professionals in the community to improve the health needs of the enrolled population.

ADDRESS Levin House,
330 High St, Lower Hutt
POSTAL PO Box 44125, Lower Hutt 5040
PHONE 04 566 5320
EMAIL info@teawakairangihealth.org.nz
WEB www.teawakairangihealth.org.nz

Medical Centres / Doctors

Fergusson Drive Surgery

ADDRESS 786 Fergusson Drive,
Upper Hutt 5018
PHONE 04 528 3048

Gain Health Centre

ADDRESS 723A Fergusson Dr,
Upper Hutt 5018
PHONE 04 528 5353

Main St Surgery

ADDRESS 49-51 Main St, Upper Hutt 5018
PHONE 04 527 7401

Orongomai Marae Health Clinic

ADDRESS 1 Railway Ave, Upper Hutt 5018
PHONE 04 528 9409

Queen St Surgery

ADDRESS 5 Queen St, Upper Hutt 5018
PHONE 04 528 9099

Silverstream Health Centre

ADDRESS 7 Kiln St, Silverstream,
Upper Hutt 5018
PHONE 04 527 7376

Trentham Medical Centre

ADDRESS 12 Criterion Lane,
Upper Hutt 5018
PHONE 04 528 2776

Upper Hutt Health Centre

ADDRESS Queen St Carpark, Upper Hutt
POSTAL PO Box 40044, Upper Hutt 5140
PHONE 04 920 1800
WEB www.uhhc.co.nz

Vibe (Youth Health)

Free confidential service - health and support for 10 to 24 year olds.

ADDRESS 2 Sinclair St, Upper Hutt 5018
PHONE 04 528 6261
WEB www.vibe.org.nz

Mental Health Providers

Atareira

A Wellington based mental health organisation providing services throughout Wellington (incl the Hutt Valley, Porirua and the Kapiti Coast) for people who experience mental illness and their family and whanau.

ADDRESS L1, 274 Taranaki St, Wellington
POSTAL PO Box 355, Wellington 6140
PHONE Main Office: 04 499 1049
WEB www.atareira.org.nz
Family Whanau Support Service:
PHONE 04 499 1049, ext 1

Easy Access Housing:

PHONE 04 499 1049, ext 2
Whai Kahurangi Learning Centre:
PHONE 04 499 1049

Child, Adolescent & Family Mental Health Service

Assessment and therapy for infant, child, youth and families with moderate to severe mental health issues.

ADDRESS Nikau Centre, Hutt Hospital
POSTAL Private Bag 31907,
Lower Hutt 5040
PHONE 04 570 9600
WEB www.huttvalleydhb.org.nz

Community Mental Health & Addiction Team

Community mental health services for adults who have major mental health disorders, living in the Upper Hutt area.

PHONE 04 528 5595
WEB www.huttvalleydhb.org.nz

Crisis Assessment & Treatment Team (CATT)

The CATT responds to urgent/crisis calls 24/7. They provide assessment and short-term follow-up for people experiencing a mental health crisis. The Crisis Assessment and Treatment (CATT) Team are mobile and contact may occur at the CATT Team base or in a person's home, or another arranged meeting place.

ADDRESS Hutt Hospital, Main St, Lower Hutt
PHONE 04 566 6999 ask for CAT Team
WEB www.huttvalleydhb.org.nz

Mental Health Line

This is an after hours contact for the CATT team, accessed via Hutt Hospital. Calls are triaged and then forwarded on to CATT if required.

PHONE 04 566 6999

Mental Health Commission

ADDRESS L4, 142 Lambton Quay,
Wellington
POSTAL PO Box 12479, Wellington 6144
PHONE 04 474 8900
EMAIL info@mhc.govt.nz
WEB www.mhc.govt.nz

MIX - Connecting, Creating, Living (Inc)

Mix is a not for profit organisation that supports those who live with the experience of mental illness, through a variety of creative and life skill opportunities.

ADDRESS 4 Sinclair St, Upper Hutt 5018
PHONE 04 528 7342
HOURS Open Mon-Fri 9.30am-3pm
EMAIL upperhutt@mix.org.nz

Tautoko Services

Support people with intellectual disability and challenging behaviour.

ADDRESS 2/99 Mana Esplanade,
Paremata, Wellington 5026
PHONE 04 233 0164
EMAIL regional@tautoko.org.nz

Optometrists (Eyes)

Bentley & Sue Optometrists

ADDRESS 11 Geange St, Upper Hutt 5018
PHONE 04 528 8868
HOURS Mon to Fri 9am-5pm
Saturdays 9.30am-12.30pm

OPSM

ADDRESS The Mall, 185 Main St,
Upper Hutt 5018
PHONE 04 528 1001

Visique on Main St

ADDRESS 204 Main St, Upper Hutt 5018
PHONE 04 527 7770

Other Health Providers

Pacific Health Service Hutt Valley (Inc)

Primary healthcare provider focus on the health and wellbeing of Pacific people. Pacific Health Services work collaboratively with GPs, PHO and the HVDHB. They offer a range of community based services such as, disease prevention/intervention, nursing care services and long term conditions care. Pacific Health also work closely with Pacific community groups to promote and implement community development programmes.

ADDRESS 1 Hewer Cr, Naenae, Lower Hutt
POSTAL PO Box 35027, Naenae,
Lower Hutt 5041
PHONE 04 577 0394
EMAIL koeni@xtra.co.nz

Pathology (Blood Tests)

Aotea Pathology

ADDRESS Level 6, CBD Towers,
84-90 Main St, Upper Hutt 5018
PHONE 04 528 9723
FAX 04 528 9758
WEB www.apath.co.nz
HOURS Mon to Fri 8am - 4.15pm
Saturday 8.30am - 12 midday

Pharmacies / Chemists

AMCAL Queen St Pharmacy

ADDRESS 35 Queen St, Upper Hutt 5018
PHONE 04 528 5858

Lagan's Pharmacy

ADDRESS 10 Main St, Upper Hutt 5018
PHONE 04 528 2540

Radius Pharmacy Upper Hutt

ADDRESS 53 Main St, Upper Hutt 5018
PHONE 04 528 4808

Silverstream Pharmacy Ltd

ADDRESS Silverstream Village,
Upper Hutt 5019
PHONE 04 528 3320

Unichem Upper Hutt Pharmacy

ADDRESS 723 Fergusson Dr,
Upper Hutt 5018
PHONE 04 528 4405

Physiotherapists

Inform Physio

ADDRESS 2 Whitemans Rd, Silverstream,
Upper Hutt 5019
PHONE 04 527 4155

Lane Park Physiotherapy

ADDRESS 16-22 Lane St, Upper Hutt 5018
PHONE 04 971 6586

Upper Hutt Health Centre

ADDRESS PO Box 40044, Upper Hutt 5140
PHONE 04 920 1800

Upper Hutt Physiotherapy

ADDRESS 24 Lane St, Upper Hutt 5018
PHONE 04 527 7872

Podiatrists (Feet)

Access Podiatry Ltd

ADDRESS 12 Criterion Lane,
Upper Hutt 5018
PHONE 04 527 8931

Silverstream Podiatry Clinic

ADDRESS 2 Whitemans Rd, Silverstream,
Upper Hutt 5019
PHONE 04 528 7650

Upper Hutt Foot Clinic

ADDRESS Upper Hutt Health Centre,
Sinclair St, Upper Hutt 5018
PHONE 04 528 8805

Upper Hutt Podiatry

ADDRESS 12 Criterion Lane,
Upper Hutt 5018
PHONE 04 527 3052

Radiology (X-Ray, Scans)

BreastScreen Central

ADDRESS Hutt Valley District Health Board
FREE PH 0800 270 200
Breast Centre: 04 570 9302
Breast Clinic: 04 570 9665
FAX 04 570 9279
WEB www.healthywomen.org.nz

Pacific Radiology Ltd - Upper Hutt

X-Ray and Scan services.

ADDRESS Queen St Carpark, Upper Hutt
PHONE 04 978 5500 Call Centre 24/7

Rest Homes / Retirement Villages

Benhaven Rest Home

ADDRESS 29 Golders Rd, Upper Hutt 5018
PHONE 04 527 8727

Elderslea Lodge Rest Home & Hospital

ADDRESS 29 Redwood St, Upper Hutt 5018
PHONE 04 528 0670

Fergusson Resthome & Hospital

ADDRESS 654 Fergusson Dr,
Upper Hutt 5018
PHONE 04 528 7689

Heretaunga Rest Home & Village

ADDRESS 2 Field St, Silverstream,
Upper Hutt 5019
PHONE 04 527 8181

Hutt Gables Retirement Village

ADDRESS 1094 Fergusson Dr,
Upper Hutt 5018
PHONE 04 526 9292

Lyndswood Rest Home

ADDRESS 10 Whitley Ave, Upper Hutt 5018
PHONE 04 528 5997

Mercy Rest Home

ADDRESS 1-17 Gibbons St,
Upper Hutt 5018
PHONE 04 528 4318

St Joseph's Home of Compassion Resthome & Hospital

ADDRESS 237 Fergusson Dr, Heretaunga,
Upper Hutt 5018
PHONE 04 528 5089

Summerset - Trentham, Retirement Village, Rest Home & Private Hospital

ADDRESS Racecourse Rd, Trentham,
Upper Hutt 5018
PHONE 04 527 2980

Support Groups

Altogether Autism

ADDRESS Unit 3, 28 Bridge St, Lower Hutt
POSTAL PO Box 36035, Wellington Mail
Centre, Lower Hutt 5045
PHONE 04 569 9398
EMAIL wellington@altogetherautism.org.nz
WEB www.altogetherautism.org.nz

Alzheimers Society Wellington Inc.

ADDRESS 55 Hutt Rd, Lower Hutt 5010
PHONE 04 939 0133
EMAIL wellington@alzheimers.org.nz
WEB www.alzheimers.org.nz

Arthritis New Zealand Wellington / Hutt Valley

ADDRESS L2, 166 Featherston St,
Wellington
POSTAL PO Box 10020, The Terrace,
Wellington 6143
FREE PH 0800 663 463
EMAIL greaterwellingtonsc@arthritis.
org.nz
WEB www.arthritis.org.nz

Association of Blind Citizens NZ

ADDRESS 113 Adelaide Rd, Newtown,
Wellington
POSTAL PO Box 7144, Newtown 6242
PHONE 04 389 0033
EMAIL enquiries@abcnz.org.nz
WEB www.abcnz.org.nz

Autism New Zealand Inc

ADDRESS L1, Master Builders Building,
271-277 Willis St, Wellington 6011
FREE PH 0800 AUTISM / 0800 288 476
(National Office)
EMAIL info@autismnz.org.nz
WEB www.autismnz.org.nz

Cancer Society of NZ, Cancer Support Upper Hutt

ADDRESS 52 Riddiford St, Newtown,
Wellington 6021
PHONE 04 389 8421
HELPLINE 0800 226 237
EMAIL info@cancersoc.org.nz
WEB www.cancersoc.org.nz

Central Region Eating Disorder Service

ADDRESS C/- Hutt Valley District
Health Board, Lower Hutt
POSTAL Private Bag 31907,
Lower Hutt 5040
PHONE 04 461 6528
FAX 04 477 4160
EMAIL creds@huttvalleydhd.org.nz
WEB www.eatingdisorders.org.nz

Dementia Support

FREE PH 0800 004 001

Diabetes NZ Wellington Inc.

ADDRESS Anvil Hse, 138-140 Wakefield St
POSTAL PO Box 3304, Wellington 6140
PHONE 04 499 5085
EMAIL fieldofficer@diabeteswellington.
org.nz
WEB www.diabeteswellington.org.nz

Elder Abuse & Neglect Service - Age Concern Wellington

ADDRESS PO Box 11108, Wellington 6142
PHONE 04 499 6646
EMAIL eo@acwellington.org.nz
WEB www.ageconcern.org.nz

Epilepsy Association of NZ - Wellington Branch

ADDRESS PO Box 2806, Wellington 6140
PHONE 04 586 2420
FREE PH 0800 EPILEPSY / 0800 202 122
WEB www.epilepsy.org.nz

Family Planning

ADDRESS L2, 29 Waterloo Road,
Lower Hutt 5010
PHONE 04 569 5025
FAX 04 566 1388
EMAIL national@familyplanning.org.nz
WEB www.epilepsy.org.nz

Hutt Rape Counselling Network

POSTAL PO Box 31468, Lower Hutt 5040
PHONE 04 566 5517 (pager 026 363 9421)
WEB www.upperhuttcommunity.
net/hrcn

Hutt Valley Disabled Resources Trust

ADDRESS 60 Woburn Rd, Lower Hutt
POSTAL PO Box 31102, Lower Hutt 5040
PHONE 04 569 3091
EMAIL info@hvdrt.org.nz

Motor Neurone Disease Association of NZ Inc Wellington

ADDRESS PO Box 2176, Wellington 6140
PHONE 09 624 2148
EMAIL wgnfieldwork@mndanz.org.nz

Multiple Sclerosis Society of NZ Inc.

POSTAL PO Box 15024, Wellington 6243
PHONE 04 388 8127
EMAIL info@msnz.org.nz
WEB www.msnz.org.nz

Muscular Dystrophy Assn Wellington

FREE PH 0800 886 626

Nationwide Health & Disability Advocacy Service

POSTAL PO Box 14506, Kilbirnie,
Wellington 6241
PHONE 04 570 0850
FREE PH 0800 555 050
EMAIL jcampbell@hdc.org.nz
WEB www.hdc.org.nz

Parkinsonism Society Wellington Inc.

POSTAL PO Box 30082, Lower Hutt 5040
PHONE 04 562 7952
EMAIL parkoffice@extra.co.nz
WEB www.parkinsons.org.nz

Plunket - South Upper Hutt

ADDRESS 21 Tawai St, Trentham,
Upper Hutt 5018
PHONE 04 528 6406
WEB www.plunket.org.nz

Plunket Car Seat Rental

ADDRESS Plunket House,
33 Logan St, Upper Hutt 5018
PHONE 04 528 6060
WEB www.plunket.org.nz

Post & Ante Natal Distress Group

ADDRESS PO Box 57198, Mana,
Porirua 5247
PHONE 04 472 3135
EMAIL pnd.wellington@gmail.com
WEB www.pnd.org.nz

Presbyterian Support Central

ADDRESS 4 Exchange St, Upper Hutt 5018
PHONE 04 528 4164

Social Workers Hutt Hospital

ADDRESS Community Health Building,
Hutt Hospital, High St, Lower Hutt
POSTAL Private Bag 31907,
Lower Hutt 5040
PHONE 04 570 9620

Upper Hutt Plunket

ADDRESS Pak'N Save Plunket House,
33 Logan St, Upper Hutt
POSTAL PO Box 40794, Upper Hutt 5140
PHONE 04 527 9173
HOURS Mon to Fri 10am-11.30am
EMAIL upperhutt.plunket@xtra.co.nz
WEB www.plunket.org.nz

Upper Hutt Stroke Support Group

ADDRESS Masonic Hall, Islington St,
Trentham, Upper Hutt 5018
PHONE 04 527 0357
WEB www.stroke.org.nz

Wellington Down Syndrome Assn

POSTAL PO Box 40 993, Upper Hutt 5140
FREE PH 0800 693 724 - press 3
EMAIL info@wdsa.co.nz
WEB www.wdsa.co.nz

Wellington Early Intervention Trust

Early intervention therapy services for preschool children with special needs and development delays.
ADDRESS 79A Copeland St,
Lower Hutt 5011
PHONE 04 567 4082
FAX 04 567 4089
EMAIL weit@xtra.co.nz
WEB www.weit.org.nz

Wellington Free Ambulance

ADDRESS 19 Davis St, Wellington
POSTAL PO Box 601, Wellington 6140
PHONE 04 499 9909
FAX 04 499 3777
FREE PH 0800 4 AMBULANCE
0800 426 285
WEB www.wfa.org.nz

Whanau Hauroa

Orongomai Marae Health Clinic.
ADDRESS 5-7 Railway Ave, Upper Hutt
POSTAL PO Box 40752, Upper Hutt 5140
PHONE 04 528 9409
EMAIL orongomai.health@paradise.net.nz

Women's Refuge / Support

Hutt Rape Counselling Network

POSTAL PO Box 31468, Lower Hutt 5040
PHONE 04 566 5517 (pager 026 363 9421)
WEB www.upperhuttcommunity.net/hrcn

Hutt Valley Women's Refuge

PHONE 04 569 1040
FAX 04 570 0832
EMAIL refuge.inc@xtra.co.nz

Kokiri Marae Maori Women's Refuge

Maori Women's Refuge, including 24hr crisis line and safe house.
PHONE 04 566 5025
FAX 04 560 4676
EMAIL awhi-mai@xtra.co.nz

Shakti Ethnic Women's Support Group

24/7 domestic violence crisis call centre for Asian, Middle Eastern or African migrant women.
ADDRESS Suite 13, L1 Anvil House,
138-140 Wakefield St, Wellington
POSTAL PO Box 11925, Manners St
Wellington 6142
PHONE 04 499 8603
FREE PH 0800 742 584
EMAIL wlg@shakti.org.nz
WEB www.shakti.org.nz

Upper Hutt Women's Centre

ADDRESS 6 Sinclair St, Upper Hutt
POSTAL PO Box 40614, Upper Hutt 5140
PHONE 04 527 0017
FAX 04 527 0103
EMAIL uhwomen@xtra.co.nz
WEB www.uhwc.co.nz

Victim Support - Upper Hutt

Support victims of crime, accident and emergency.
PHONE 04 527 2367
FREE PH In an emergency call
0800 842846 / 0800 VICTIM
POSTAL PO Box 40013, Upper Hutt 5140
EMAIL upper_hutt@victimsupport.org.nz
WEB www.victimsupport.org.nz



For a copy of the 2015 Upper Hutt Health Contacts Booklet, visit the Upper Hutt City Council website www.upperhuttcity.com/healthcontacts

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w www.upperhuttcity.com/healthcontacts



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