

# Kōwhai Programme

## Support for whānau & carers

### Navigating the system: North Otago Community and Financial Resources

#### Supportive and Financial Resources Oamaru Contacts

##### Otago Community Hospice – North Otago Hub 343 Thames Highway

Community Care Coordinators (03) 434 2179  
24/7 phone advice service 0800 473 6005

##### Community Health Services

District Nursing and MOW (03) 433 0670  
Social Work (Medical) (03) 433 0290  
ext 9063

##### Needs Assessment & Service Coordination (NASC)

People with age-related disability  
North Otago (in same office as SW) 0800 627 236

Disability Support (under 65)  
Your Way/Kia Roha (03) 477 6211

Long Term support for chronic health  
Michelle Downey 0800 223 225

Mental Health (under 65)  
Alcohol and Drug Service Miramare (03) 434 1125  
[oamaru@miramare.co.nz](mailto:oamaru@miramare.co.nz)

##### Ministry of Health

Healthpac – Carer Support 0800 458 448  
National Travel Assistance 0800 281 222

##### GP and PHO

HighUser Card  
GP Palliative Funding  
Care Plus (PHO only)

##### Medical Alarms

St Johns 0800 785 646  
Also have a falls alarm  
[stjohn.org.nz/medical-alarms](http://stjohn.org.nz/medical-alarms)

NevaAlone 0800 111 238  
[adtsecurity.co.nz/health-and-wellness/nevaalone/](http://adtsecurity.co.nz/health-and-wellness/nevaalone/)

Livingwell Disability Resource Centre 0800 115 891  
[livingwellcentre.nz](http://livingwellcentre.nz)

Assistive equipment for sale and hire  
Continence products at cost  
Total Mobility Scheme Provider

Age Concern 0800 652 105  
[ageconcernotago.com](http://ageconcernotago.com)

Accredited visitor service, Total Mobility Assessment,  
Elder Abuse Falls Prevention

Sweet Louise 027 328 8003  
Support for people with breast cancer

Cancer Society (03) 434 3284  
Leanne Kennard 027 674 4200  
Support groups 0800 226 237  
[cancernz.org.nz](http://cancernz.org.nz)

Volunteer drivers

Counselling for clients and/or family members

Coffee group

Accommodation for clients requiring  
treatment in Dunedin (03) 477 7447

##### Leukaemia and Blood Cancer

Deb Tomlim 027 609 4107  
Support Groups and Information

##### Heart Foundation NZ

Otago Branch 477 3999  
[heartfoundation.org.nz](http://heartfoundation.org.nz)

Citizens Advice Bureau (03) 434 9743  
[cab.northotago@xtra.co.nz](mailto:cab.northotago@xtra.co.nz)

Confidential free information, advice, referrals. Have  
specialty services that assist with consumer matters,  
advocacy and JP availability.

Hato Hone St John 0800 785 646  
[stjohn.org.nz](http://stjohn.org.nz)

Caring caller 0800 780 780

Supporter scheme:

\$55 Individual, \$75 Joint, \$90 Household

##### Mobility Assistance

##### Oamaru Community Shuttle

Connects to Orbus at Palmerston for travel to  
and from Dunedin.

Tues, Thur, Sat - bookings essential

[orc.govt.nz/oamarushuttle](http://orc.govt.nz/oamarushuttle) 027 2144 131

##### Mobility Parking Permit

- CCS Disability Action 0800 785 646  
[mobility.parking.org.nz](http://mobility.parking.org.nz)

- Sommerville Disability 0508 787 7678  
Support Services (Children and young adults)  
[sommerville.org.nz](http://sommerville.org.nz)

- Total Mobility – Reduced price taxis through the  
Otago Regional Council  
Enquiries: [www.orc.govt.nz/  
public-transport/total-mobility](http://www.orc.govt.nz/public-transport/total-mobility)

Assessment done by:

CCS North Otago 03 437 9005  
Idea Services 03 433 1006

- Driving Miss Daisy (03) 434 8421  
[oamaru@drivingmissdaisy.co.nz](mailto:oamaru@drivingmissdaisy.co.nz) 021 503 8421

- **Whitestone Taxis** (03) 434 1234  
Have two wheelchair taxis
- **Door2Door Taxis** (03) 434 6323  
027 8966 323

### Meals – Home Delivery

Most supermarkets have a small range of fresh or frozen ready meals.

- **Meals on wheels** (03) 470 9113  
Need a referral from GP or hospital, \$5.00
- **Eat.co.nz** 0800 328 333  
Meal packs of 5-6 meals with soup or dessert. Fresh and frozen options. Varied menu – check prices
- **Couplands** (03) 434 2250  
Ready meals
- **The Hangi Pie Food Delivery Service**  
Andrea and Bruce 027 721 8922
- **Whalan Lodge Rest Home, Kurow** (03) 436 0578  
Meals on Wheels through Oamaru District Nurses Oamaru
- **Four Square, Kurow** (03) 436 0720  
Some ready meals
- **Meals on District** 027 6155 452  
[mealsondistrict.com](http://mealsondistrict.com)
- **BB Quick Meals** 03 453 1000  
<https://bbquick.co.nz/>  
Frozen meals bulk delivered

**Age Concern Waitaki** (03) 434 7008  
Information  
Wheelchair hire  
Accredited visiting service

**North Otago Budget Advice** (03) 434 6196  
Free confidential budgeting service.

### Pet Care

Four Paws Home Sitting Service 021 109 1344  
Ritz on Reservoir 027 368 0478  
Paws Awhile Cattery (03) 434 1296  
Kritter Sitter 027 434 2044

### Waitaki Council

Rates Rebate – you are eligible if:

- you own the property and your name is on the rates invoice, and
- the total income of the owners of the property is within the range given.

The calculation use to determine your rates rebate takes into account your income, number of dependents, and the amount of rates you pay.

- The maximum rebate for the current rating year (1 July 2022 to 30 June 2023) is \$700.

### Justice of the Peace (JP)

This is a free service. JP's are able to:

- Witness your signature on documents
- Certify copies of documents
- Administer an affidavit
- Complete a declaration

You can find a JP that is close to you via the Yellow Pages in the phone book (under: Justices of the Peace) or [justiceofthepeace.org.nz](http://justiceofthepeace.org.nz) or ask at Oamaru Library.

### Kiwi Saver

You are eligible to withdraw your savings when you turn 65. You may be able to access your savings earlier if you have a serious illness. Contact your kiwi saver provider for more information.

### Life Insurance

Depending on your insurance provider and your policy agreement, you may be able to access your insurance funds on your diagnosis/prognosis. Contact your provider for more information.

### Funeral Homes

#### Oamaru Funeral Services

Paul Searle (03) 434 8266  
[wallsfuneralservices.oamaru.net.nz](http://wallsfuneralservices.oamaru.net.nz)

#### Whitestone Funerals

(03) 434 8266  
[whitestonefuneralsoamaru.co.nz](http://whitestonefuneralsoamaru.co.nz)

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