HUTT COMMUNITY SERVICES

Kai Support Providers

Stokes Valley Foodbank
162 Stokes Valley Road, Stokes Valley
Mondays: 1pm–1:30pm
For other days, contact before 12pm for same-day support
Phone: 027 557 0248
www.foodbank.co.nz/stokes-valley-foodbank

Lower Hutt Foodbank
134 High Street, Lower Hutt
Open Monday, Tuesday, Wednesday & Friday
Hours: 9am–11:30am
Phone: (04) 568 7392
Facebook: Lower Hutt Foodbank

Upper Hutt Foodbank
64 Martin Street, Upper Hutt
Open Monday, Wednesday & Friday
Hours: 9am–11:45am
Phone: 04 528 9057
www.upperhuttfoodbank.co.nz

He Puawai Trust
Helping whānau grow kai, access resources, and attend workshops.
https://hepuawaitrust.org/

Kai to the Community
Tuesday from 2pm
St Matthews Church
53 Reynolds Street, Taitā,
Lower Hutt
Thursday from 2pm
Walter Nash 22/26 Taine Street,
Taitā, Lower Hutt

Salvation Army Community Supermarket
Corner of Kings Crescent & Cornwall Street, Lower Hutt
Open Monday, Wednesday & Friday
Hours: 9:30am–11:30am
Phone: 04 570 0273

Stokes Valley Kai
Whānau community feeding initiative.
Thursdays at Koraunui Library Hub
Cooking from 10am
Kai share from 11am

HUTT COMMUNITY SERVICES

Housing & Healthy Homes Support

Well Homes

This free service may be able to support whānau with beds and bedding, insulation, curtains, carpets and heating, mould cleaning kits and minor home repairs, social housing relocation, and health or social service referrals.

Phone: 0800 675 675

Email: wellhomes@huttvalleydhb.org.nz

Housing Advocacy and Support Sustanibilty Trust

They offer in-home support for households living with low-income

Phone 04 830 7650 or email Email: wellhomes@sustaintrust.org.nz

https://sustaintrust.org.nz/housing-advocacy-and-support

Hutt Valley Community Housing

Provides warm, dry short-term accommodation for individuals and families.

Phone: 04 527 4001

Transitional Housing

Supportive accommodation for families.

Phone: 04 570 0273

www.salvationarmy.org.nz/get-help/housing/transitional-housing

Curtain Bank

Earthlink Hutt Valley: 04 567 7111

https://www.earthlink.org.nz/curtain-bank

Sustainability Trust: 04 385 0500

https://www.earthlink.org.nz/curtain-bank

Housing New Zealand

Phone: 0800 801 601

Council Rental Properties

Hutt City: 04 570 6660

Upper Hutt: 04 527 2169

HUTT COMMUNITY SERVICES

Health and Wellbeing Support

Minor Ailments Scheme

Support to help people with minor illnesses access healthcare through participating pharmacies.

Available for:

- Children under 14 years old
- Community Services Card holders
- Māori and Pacific people

Participating Pharmacies in Lower Hutt:

- Taita Pharmacy
- Naenae Pharmacy
- Owles Pharmacy
- Wainuiomata Pharmacy

Participating Pharmacies in Upper Hutt:

- Lagan's Pharmacy
- Queen Street Pharmacy
- Unichem Pharmacy

Talk Teeth

Free oral health and dental care information.

Phone: 0800 TALK TEETH (0800 825 583)

Koraunui Dental Hub Clinic, Montgomery Street, Stokes Valley

Koraunui Marae Trust

Koraunui Health and Social Services.

Services include:

- Tamariki Ora (Well Child)
- Hapū Mama (Midwife Clinics)

Phone: 04 939 6662

Address: 146 Stokes Valley Road

Takiri Mai te Ata – Whānau Ora Collective

- Kokiri Marae Health and Social Services Ph: 04 939 4630
- Kokiri Marae Māori Women's Refuge Ph: 04 566 5025
- Tū Kotahi Māori Asthma Trust Ph: 04 939 4629
- Whai Oranga o te Iwi Health Centre Ph: 04 564 6966

Te Awakairangi Health

This service provides free health and wellbeing support, mental health and addiction support, access to social workers and community health workers, as well as outreach nursing services

Phone: 04 566 5320

HUTT COMMUNITY SERVICES

Youth Support

<u>Vibe Youth Health Service</u>
A free and confidential support service for young people aged 10–24 in the Hutt Valley
Phone: (04) 566 0525
Freephone: 0800 24 28 28
Address: Level 1, 119 Queens Drive, Lower Hutt
222/222–228 Main Street, Upper Hutt Central
Website: www.vibe.org.nz

<u>Atareira</u>
Free community mental health and addiction support service supporting individuals, rangatahi, and whānau.
Phone: (04) 499 1049
Address: 3rd Floor, 105 High Street, Lower Hutt
Website: www.atareira.org.nz

<u>Te Paepae Arahi Trust</u>
A kaupapa Māori mental health and addiction service in the Hutt Valley providing free support for rangatahi, adults, and whānau.
Phone: (04) 920 0696
Address: Level 5, 330 High Street, Lower Hutt
Website: www.tepaepae.co.nz

<u>Youth Inspire</u>
A Lower Hutt-based youth support service helping rangatahi aged 15–24 into employment, education, training, and driver licensing.
Phone: 04 972 8766
Freephone: 0800 759 037
Address: 1199 High Street, Taitā, Lower Hutt
Website: www.youthinspire.co.nz

<u>Youth Helplines</u>

What's Up (5–19 years)
📞 0800 942 8787
💬 Webchat
🕑 11am–11pm daily
🌐 whatsup.co.nz

1737 Need to Talk?
📞 / 💬 1737 anytime
Talk to a counsellor for free

Lifeline
📞 0800 543 354
💬 Text HELP (4357)
🌐 lifeline.org.nz