




Equally Well

Canterbury resources available to improve physical health outcomes for New Zealanders who experience mental health and/or addiction problems

Valid as at July 2017
Next Update - December 2017



Physical Activity

Nutrition

Personal Healthcare

Smoking Cessation

Psychological Supports

Online Directories



Physical Activity

		ACCESS	CONTACT
Comcare	Activelinks – full range of individualised physical health programmes and groups	Self-referral/clinical referral	www.comcare.org.nz Tel: (03) 3777020 x 401 (Tracey Lynch)
	Activelife – Specialist healthy lifestyles group		
Community & Public Health (CDHB)	Hot Hula fitness class at Addington Primary School	Self-referral	www.cph.co.nz Tel: (03) 378 86867 (Vaea Hutchen)
	Be Active – Elderly exercise programme Tuesday, Wednesday and Friday 1pm-2pm at West Baptist Spreydon Church	Open	
Christchurch Central Services (AOD Coordination)	Weekend Boost! 27th August 2017 Mt Thomas trip, free transport and BBQ	Self	Warner or Marc — 03 9741686 or 027 7054134
Inner City East Cycles	Helping people on low incomes biking by fixing up their old bikes for free and giving away restored bikes.	Open	http://cyclingchristchurch.co.nz/2012/07/24/icecycles-free-bike-workshop-a-success/ Tel: 022 387 6445
MHAPS	Breathing & Relaxation	Open	http://www.mhaps.org.nz/ Tel: 03 365 9479
	T'ai Chi		
	Laughter Yoga		
	Sunday Funday with touch rugby and bbq		
Mind & Body Consultants	Aqua jogging, physical domain strengths profile	Self-referral MBC Clients	http://mindandbody.co.nz/ Tel: (03) 377 1818 (Carla Manson)
Pathways	Active Lifestyle Coordinator	By registration, open criteria for current clients	http://www.pathways.co.nz/ Tel: 03 339 3780
	Touch Rugby		
	Referring residents out to community activities, fitness programmes and sports clubs		
Problem Gambling Foundation	Assessment questionnaire includes questions about exercise and can offer suggestions for support	Via problem gambling affected assessments	http://pgfnz.org.nz/ Tel: 0800 664 262
Pegasus Health	Green Prescription	Via GP/BIC/Practice	http://www.pegasus.health.nz/ Tel: 03 379 1739
Purapura Whetu	Walking groups	Agency or Self-referral	www.pw.maori.nz Tel: 03 3798001
Emerge Aotearoa Ltd	Activity Based Experience Service	Referral, including self-referral	http://www.emergeaotearoa.org.nz/ Tel: 03 371 5599 (Gemma Bateman)
Sarona Community	On-site gym equipment	Residents only	http://www.swbc.org.nz/ministry/associated_trusts/sarona_trust Tel: 03 3384163
	Regular exercise programmes (walking, swimming)		
St Luke's Centre	Outdoor Bowling	Members only	http://mherc.org.nz/directory/community-support-groups/st-lukes-centre-inc Tel: (03) 379 5218
Step Ahead	Gyms, swimming, tennis, walking, tramping, cycling, badminton, table tennis	Members/prospective members Self-referral or referred by clinician or other support	http://stepahead.org.nz/ Tel: 03 389 4001
	Tai Chi etc		
Te Ora Hou Otautahi	Taiohi Tu Programme - fitness-based programme that is currently being run in and out of schools.	Open	http://www.toho.org.nz/clubs/taiohi-tu/ Tel: (03) 352 1057 (Vickie Campbell)

Nutrition

		ACCESS	CONTACT
Community & Public Health	Fruit & Veggie Co-op	Independent membership or membership of Group (such as Jobconnect co-op group)	http://www.cph.co.nz/About-Us/Fruit-and-Vege-Cooperative/
Comcare	Activelife – healthy lifestyles programme including nutritional guidelines	Self-referral	www.comcare.org.nz
Delta Community Trust	Healthy Living course covers nutrition, physical activity, shopping on a budget, healthy cooking for one and other relevant topics for those wanting to make the first steps towards a healthier life.	Self-referral	www.deltatrust.org.nz Tel: 03 3890212
	Grow Your Own Free Lunch – On this course you will learn introductory garden skills. The participants also harvest and cook their own lunch.		
	Bread Making and Gardening – On this course you learn how to make your own bread as well as introductory gardening skills while the bread rises.		
Emerge Aotearoa	Activity Based Experience (ABE) Service offers advice and support on nutrition alongside activity based goals	Referral, including self-referral	http://emergeaotearoa.org.nz/ Tel: 03 371 5599 (Gemma Bateman)
MHAPS	Healthy soup lunch at the drop-in	Open	http://www.mhaps.org.nz/
MHERC	Library resources about how to eat well	Members and MH workers	http://mherc.org.nz/
Mind & Body Consultants	Physical Domain	Self-referral	http://mindandbody.co.nz/
Pegasus Health	Appetite for Life	Can be clinical referral (GP and/or Practice Nurse)/ self-referral	http://www.pegasus.health.nz/
Purapura Whetu	Healthy Lifestyle Programmes	Agency or Self-referral	www.pw.maori.nz
Sarona Community	Offer trim milk, wholemeal bread and healthy snacks	Residents	http://www.swbc.org.nz/ministry/associated_trusts/sarona_trust
	All meals prepared from scratch with fresh ingredients		
	Dietician visits 6 weekly		
St Luke's Centre	50 cents with healthy lunch	Members	http://mherc.org.nz/directory/community-support-groups/st-lukes-centre-inc
	Education about food		
	Sharing fruit/veggies		
Step Ahead	Dietician	Members	http://stepahead.org.nz/
	Healthy lifestyle including cooking		
	Veggie growing		
	Role modelling – food and drink		
Supporting Families	Healthy choices at lunch	Self-referrals	http://www.supportingfamilies.org.nz/
	Health food choices offered at the last family function alongside the usual foods provided by participants		
White Wings Trust	Healthy soup lunch	Residents only	Tel: 03 3791 369
	Serve only wholemeal bread		

Personal Healthcare

		ACCESS	CONTACT
Comcare	Health diary to support clients going to their GP. Peer Health Coaching	Comcare clients Agency or self-referral	www.comcare.org.nz Tel: (03) 3777020
Emergency Dental Care Scheme	Community Service Card holders can get subsidised emergency treatment through a number of private dentists.	Self-referral	http://www.healthinfo.org.nz/patientinfo/Emergency%20dental%20care.pdf
He Waka Tapu	Development of Individual Health Plans	Agency or Self-referral	www.hewakatapu.org.nz Tel: 03 3738150
	Cervical Smears and Breast Screening		
MHERC	Education re medications	By enrolment	http://mherc.org.nz/ Tel: 03 365 5344
	Education re psychotropic meds		
General Practice teams (Doctor, GP, Nurse, Medical Practice teams)	<p>General Practice teams offer a wide range of personal health care services and linkages to Canterbury wide programmes that include</p> <ul style="list-style-type: none"> Diagnostic services Cardiovascular risk assessment Management, services, including long term condition management planning (that can include planning around mental health issues, medication management) Palliative care services BIC (Brief intervention counselling) services - for people with mild to moderate mental health issues <p>Navigation services.</p> <p>Some general practice teams offer services with a focus on improving access to health care and in addressing the barriers experienced by Maori, Pacific Peoples, and lower income populations i.e. Partnership Community Workers (PCW's)</p> <p>Funding</p> <p>General practice teams also have funding to reduce costs for those most in need, for longer consultations etc. These additional needs should be discussed with the general practice team.</p> <p>There may be other supports available to assist access available through your PHO. Please discuss with your general practitioner, practice nurse or PHO support worker.</p>		<p>There are three PHO's:</p> <p>Pegasus Health www.pegasus.health.nz 03 3791 739</p> <p>Rural Canterbury PHO www.rcpho.org.nz 0800 800 739 or 03 357 4970</p> <p>Christchurch PHO www.chchpho.org.nz 03 3746 288</p>
Sarona Community	Supported flu jabs	Residents only	http://www.swbc.org.nz/ministry/associated_trusts/sarona_trust Tel: 03 3384163
	Foot care nurse visits 6 weekly Dietitian visits 6 weekly		

Smoking Cessation

		ACCESS	CONTACT
Canterbury Community Pharmacy Group (CCPG)	Community pharmacists and pharmacy technicians who have completed the ABC e-learning programme are able to provide Quit Card services.	Self	http://www.ccp.org.nz/Services/Quitcard.aspx Tel: 03 353 9926
Canterbury Stop Smoking Service	Individual & Group smoking cessation support, Free nicotine patches/gum/lozenges	Agency or self-referral	0800 4 257 00
Comcare	Activelinks – offer individual smoking cessation support	Comcare clients	www.comcare.org.nz Tel: (03) 3777020
Delta Community Trust	Stop Smoking course provides the peer support, nicotine replacement patches and accountability to those wanting to take the first step towards quitting.	Self-referral	www.deltatrust.org.nz Tel: 03 3890212
He Waka Tapu	Smoking cessation support	Agency or Self-referral	www.hewakatapu.org.nz Tel: 03 3738150
MHAPS	Peer Smoking Cessation	Open	http://www.mhaps.org.nz/ Tel: 03 365 9479
MHERC	Nicotine Addiction and Mental Health course	Self-referral	http://mherc.org.nz/ Tel: 03 365 5344
	Library resources and workshops on BI and MI	Members	
Mind & Body	Four staff trained as Smoking Cessation practitioners (Quit Card Providers)	Self-referral	http://mindandbody.co.nz/ Tel: (03) 377 1818 x 851 (Carla Manson)
General Practice Teams	General practice teams provide brief advice and options to stop smoking. Cessation support may be provided by the practice team or by referral to another appropriate service.	Discuss options with General Practice team	http://www.pegasus.health.nz/ Tel: 03 379 1739
Problem Gambling Foundation	Counsellors able to support smoking cessation and NRT	Via problem gambling affected, assessment	http://pgfnz.org.nz/ Tel: 0800 664 262
Odyssey House	Smoke free site from 6 th August 2015	Residents	http://www.odysseychch.org.nz/ Tel: 03 358 2690
	Staff trained in NRT		
Emerge Aotearoa Ltd	Smoking Cessation – large pool of Quit Coaches	For clients of Emerge Aotearoa	http://www.emergeaotearoa.org.nz/ Tel: 03 371 5599 (Caroline Blackmore)
Step Ahead	Offer quit smoking support to members	Members	http://stepahead.org.nz/ Tel: 03 389 4001
	Smoking Cessation programme with support person from CPH		

Psychological Supports

		ACCESS	CONTACT
MHAPS	Mindfulness	Open	http://www.mhaps.org.nz/ Tel: 03 365 9479
	Expressive Arts		
	Mood Swingers		
MHERC	Workshops on using Mindfulness with clients	MH workers	http://mherc.org.nz/ Tel: 03 365 5344
	Multiple other workshops re: mental health support	MH workers	
	Library resources and reading lists	Members	
Mind & Body Consultants	Peer Zone Workshops	MBC clients	http://mindandbody.co.nz/ Tel: (03) 377 1818 x 851 (Carla Manson)
Problem Gambling Foundation	Assessment questionnaire includes questions about stress and anxiety and can offer suggestions for support	Self-referral	http://pgfnz.org.nz/ Tel: 0800 664 262
Emerge Aotearoa Ltd	Wellbeing Group	For clients of Emerge Aotearoa	http://www.emergeaotearoa.org.nz/ Tel: 03 371 5599 (Gina Nonumalo)
Step Ahead	Culture Change	Members	http://stepahead.org.nz/ Tel: 03 389 4001

Online Directories

		ACCESS	CONTACT
Linkage Webhealth Directory	Online information and support for your wellbeing	Open	www.linkage.co.nz
Healthinfo Canterbury	HealthInfo is a health information website, funded by the Canterbury DHB. The website has a mix of health information, including factsheets on different topics and descriptions of local health services and supports. It also has links to recommended websites for further reading and research.	Open	http://www.healthinfo.org.nz/

If you would like to add, remove or update a programme or activity on this list, please contact Ruth Kenny: email r.kenny@comcare.org.nz or telephone (03) 3777020.

Equally
Well 

