

# Living Well in Later Years

A Guide to local services  
and connections for  
older people.



**GO**  
DISTRICT  
**READY**  
FOR **LIVING**



This booklet has been produced by Ready for Living with funding from Community Trust South.

**Gore District Council (December 2024/2025)**

This booklet is for information purposes only. The Gore District Council does not endorse or recommend any services.

Ready for Living has checked the information to the best of its ability before printing and accepts no liability for any incorrect or out-of-date information.

If you would like to provide feedback on the booklet, please contact: [sbruce@goredc.govt.nz](mailto:sbruce@goredc.govt.nz) or 021 198 0480.

# Introduction

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Welcome to our *Living Well in Later Years Guide 2025*.

*Ready for Living (Te Ara Tiketike)* is a Gore District Council community-led project generously supported by the PH Vickery Trust.

Following the success of the first and second editions, we are proud to produce the third edition of the guide. This booklet contains helpful information to support older people in their daily lives.

Our goal is to empower older people with the knowledge and connections needed to live a happy, healthy and fulfilling life in the Gore community.

To enhance the quality of life for older people, we need a well-coordinated approach that supports health, well-being, safety, mobility, accessibility, recreation, housing, and work opportunities.

We hope you find this guide informative, helpful and inspiring. Let's stay connected and thrive together.



**Suzie Bruce**

Ready for Living Project Lead

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# About Ready For Living (Te Ara Tiketike)

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Ready for Living's role is to support the Gore District's population to age in a safe, secure and healthy environment while living a full life. Ready for Living contributes to the well-being of the Gore District's older population in the following ways:

## **Advocacy**

We advocate for equal access to services for older people living in the Gore District.

## **Information**

We develop and share information for older people in community groups, local media and on our website.

## **Age Friendly Business**

The Age Friendly Business initiative recognises businesses and organisations to create an accessible, inclusive and respectful customer experience and to offer products meeting the needs of all customers.

## **Free Parking and Swimming for Over 80s**

The Gore District Council offers free parking and free swimming for people 80 years of age or older.

## **Events**

We organise and assist with planning events for older people in the community, including morning teas, information sessions and learning opportunities.



# Medical Services

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## GP Services

### Gore Health Centre GP Clinic

Gore Health Centre is the GP Practice that's part of Gore Health Ltd, located in the Gore Hospital building on Birch Lane.

📍 9 Birch Lane, Gore

☎ 03 209 3022

✉ [ghc@gorehealth.co.nz](mailto:ghc@gorehealth.co.nz)

[www.gorehealth.co.nz/gp-services](http://www.gorehealth.co.nz/gp-services)

### Gore Medical Centre

Gore Medical Centre has an experienced team of doctors, nurses, and administrative staff who are committed to providing the best possible primary health care to you and your family.

📍 12 Eccles St, Gore

☎ 03 208 9222

✉ [email@goremedical.co.nz](mailto:email@goremedical.co.nz)

[www.goremedical.co.nz](http://www.goremedical.co.nz)

### Mataura Medical Centre

Mataura Medical Centre is a family-centred surgery offering you and your family a full range of general practice services.

📍 11 Bridge Street, Mataura

☎ 03 203 8152

✉ [mataura@tehauoteora.nz](mailto:mataura@tehauoteora.nz)

## Low-Cost Health Services

Health care or services related to disability and age can be costly. Many people are eligible for financial assistance from WINZ to help pay for costs.

This may be through a Community Services Card and, or a Disability Allowance. This can help with costs, including medical fees, foot care, transport, personal alarms, lawn mowing, and gardening services.

## Health Improvement Practitioner (HIP)

HIP are qualified professionals who help you improve your well-being across a range of physical and mental health presentations. Free Bookings are made via reception at the relevant practice.

🕒 Monday and Friday

📍 Gore Health Centre

☎ 03 209 3022

🕒 Monday, Thursday & Friday

📍 Gore Medical Centre

☎ 03 208 9222

[www.wellsouth.nz](http://www.wellsouth.nz)

## Health Coach

A free service to help people navigate their health journey with knowledge and confidence and gain support to make health and well-being improvements.

Bookings are made at reception with the relevant practice:

🕒 Monday and Tuesday

📍 Gore Medical Centre

☎ 03 208 9222

🕒 Thursday and Friday

📍 Gore Health Centre

☎ 03 209 3022

## Te Kakano Nurse-Led Clinics

Te Kakano nurses see anyone for health advice, education, or support. They work with other health providers to ensure the best care for you. This is a free service; no appointments are required, and it is available every second Monday.

Services include weight monitoring, blood sugar and blood pressure checks, heart, diabetes and respiratory checks, and access to a podiatrist and dietician.

📍 Hokonui Rūnanga,  
140 Charlton Road, Gore

📍 Mataura Community Centre,  
1 Bridge St, Mataura

☎ 03 208 7954

✉ [hokonui.office@ngaitahu.iwi.nz](mailto:hokonui.office@ngaitahu.iwi.nz)

[www.hokonuirunanga.org.nz](http://www.hokonuirunanga.org.nz)

## Audiology Services

### Audiology South

📍 17 Mersey Street, Gore

☎ 03 280 2676 or 0800 498 498

✉ [gore@audiologysouth.co.nz](mailto:gore@audiologysouth.co.nz)

[www.audiologysouth.co.nz](http://www.audiologysouth.co.nz)



## Bay Audiology

📍 149 Main Street, Gore  
📞 03 554 5119 or 0800 800 854  
✉ [gore@bayaudiology.co.nz](mailto:gore@bayaudiology.co.nz)  
[www.bayaudiology.co.nz](http://www.bayaudiology.co.nz)

## Triton Hearing

📍 45 Irk Street, Gore  
📞 03 208 6686  
✉ [gore@tritonhearing.co.nz](mailto:gore@tritonhearing.co.nz)  
[www.clinics.tritonhearing.co.nz](http://www.clinics.tritonhearing.co.nz)

## Dental Services

### Gore Health - Birch Lane Dental

Gore Health operates two chairs as Birch Lane Dental with Te Whatu Ora utilising the other two chairs for public oral health for children.

📍 9 Birch Lane, Gore  
📞 03 203 9041  
[www.gorehealth.co.nz/dental](http://www.gorehealth.co.nz/dental)

## Hokonui Dental Care

Hokonui Dental provides a full range of dental treatments, including preventative, cosmetic, restorative, hygiene, and basic oral surgery.

📍 Fairfield Building,  
2 Medway Street, Gore  
📞 03 208 4422  
✉ [hokonui.dentalcare@xtra.co.nz](mailto:hokonui.dentalcare@xtra.co.nz)  
[www.hokonuidentalcare.co.nz](http://www.hokonuidentalcare.co.nz)

## Lumino the Dentists

Lumino provides pain-free and gentle dental care and offers flexible payment options.

📍 5 Irk Street, Gore  
📞 03 208 7413  
[www.lumino.co.nz/dentists/gore-dental](http://www.lumino.co.nz/dentists/gore-dental)



## Foot Care Services

### Gore Foot Clinic

📍 53 Irk Street, Gore  
☎ 03 208 3664

### Baptist Nail Clinic

Baptist Nail Clinic provides a free, regular service for caring for people's feet. This includes a foot spa and foot massage. A Registered Nurse is available. Referrals are required through a GP.

📍 25 Ardwick St, Gore  
☎ 03 208 4675  
✉ office@gorebaptist.org

## Optometrist Services

### Eyes on Main

📍 84 Main Street, Gore  
☎ 03 448 9256  
✉ gore.reception@centraloptical.co.nz  
[www.centraloptical.co.nz](http://www.centraloptical.co.nz)

### Stewart Caithness and Gray

🕒 Every Wednesday and every second Thursday with an appointment  
📍 Gore Medical Centre

☎ 03 477 3440  
✉ reception@scgeyes.nz  
[www.scgeyes.nz](http://www.scgeyes.nz)

## Physiotherapist Services

### Eastern Physiotherapy

📍 9 Main Street, Gore  
☎ 03 208 8012  
✉ admin@easternphysio.co.nz  
[www.easternphysio.co.nz](http://www.easternphysio.co.nz)

### Gore Physiotherapy

☎ 03 208 55000  
📍 2A Crombie Street, Gore  
✉ admin@gorephysio.co.nz  
[www.gorephysio.co.nz](http://www.gorephysio.co.nz)

### Pelvic Health Physiotherapy

For help with bowel and bladder issues that hinder you from experiencing life to the full, including incontinence, constipation, prolapse, pelvic pain, pelvic support and more.

📍 The Base, 14 Waiiau Street, Gore  
☎ 021 400 473  
✉ admin@healthdownsouth.co.nz  
[www.healthdownsouth.co.nz](http://www.healthdownsouth.co.nz)

## Falls Prevention/Strength and Balance Programmes

There are several options to suit everyone who would like to improve their strength and balance. These include joining a class, online or an individual assessment at home.

### Basic Strength and Balance Exercise and Tai Chi Class

A mix of seated and standing exercises and walking exercises incorporating basic Tai Chi movements.

- 🕒 Tuesdays 10:15am - 11:15 am
- 📍 Gore RSA
- 💰 \$3 per session

### Fit 4 Function

ACC Live Stronger for Longer approved. For 55+, it is a low-intensity fitness class that is perfect for people who want to get fitter.

- 🕒 Monday and Thursday, 10:30am
- 📍 NRG Gym, 25 Mersey St, Gore
- 💰 Free trial session, \$5 per session, \$45 for 10 sessions
- 📞 03 208 6165

## Home-Based Falls and Fracture Prevention Services

The Well South Falls and Fracture Prevention team work to keep you independent and on your feet. They can support you to improve your strength, balance and bone health through one of our falls and fractures prevention services.

- 📞 0800 477 115
- ✉ [Bwellfallsandfractureteam@wellsouth.org.nz](mailto:Bwellfallsandfractureteam@wellsouth.org.nz)

### Nymbbl

Nymbbl is an easy, personalised balance training app that you can use in the privacy and comfort of your home. It only takes 10 minutes a day, and all you need is a smartphone or tablet.

- 💰 Free and fully covered by ACC  
[www.fallsfree.com](http://www.fallsfree.com)



## Taurite Tū

Taurite Tū is a strength and balance exercise programme designed for Māori aged 50+ and their whānau. The exercises and activities will improve the strength of your legs and improve your balance.

- 📍 Hokonui Rūnanga
- 📅 Every Wednesday
- 📞 03 208 7954 for more information

## Adaptive Equipment

Adaptive items can help with everyday living. Stores in Invercargill and online suppliers sell adaptive equipment.

## DRC Disabilities Resource Centre Southland

DRC sell and hire daily living aids, specialist continence products and mobility equipment and conduct assessments for total mobility cards. A mobile service is also available to come to Gore.

- 📍 60 Windsor Street, Invercargill
- 📞 0800 100 531
- ✉ [info@drcsouth.co.nz](mailto:info@drcsouth.co.nz)
- [www.drcsouth.co.nz](http://www.drcsouth.co.nz)

## Southern Mobility

Sells, hires and services equipment (including mobility scooters and electric beds) for people with limited physical abilities. Southern Mobility is an Enable and ACC subcontractor.

Ring to see when they are in Gore next.

- 📍 200 Spey Street, Invercargill
- 📞 03 218 1161
- ✉ [info@southernmobility.co.nz](mailto:info@southernmobility.co.nz)
- [southernmobility.co.nz](http://southernmobility.co.nz)



# Support for Living at Home

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## Companionship Services

These services support people who are living alone, experience loneliness or provide respite for carers.

### Age Concern Accredited Visiting Service (AVS)

AVS provides regular visiting services for older people who would like company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and share interests and activities.

📞 Chris Cunningham  
03 218 6351

### Parata Day Activities Programme

Providing company and fun for those living alone or support for carers. Activities, outings, crafts, entertainment, transport, and meals provided.

Funding is arranged via GP or can be attended by paying privately.

- 🕒 Wednesday and Friday  
10:00am- 3:30pm
- 📍 39 Kitchener Street, Gore
- 📞 03 208 6303

### St John Caring Callers

St John Caring Callers is a service for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is OK.

📞 0800 000 606  
[www.stjohn.org.nz](http://www.stjohn.org.nz)

## Home Support Services

Private and funded options exist for help at home, including household chores, showering and dressing, skin care, managing medications, shopping, and supporting safety and security.

## Health Care NZ

📞 0800 002 722

✉️ [info@healthcarenz.co.nz](mailto:info@healthcarenz.co.nz)

[www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)

## Royal District Nursing Service

📞 0800 736 769

[www.rdns.org.nz](http://www.rdns.org.nz)

## Meal Services

There are options for help with meals. A hot meal can be delivered to your door or frozen meals are available.

## Parata Meals on Wheels

Available to be delivered hot five days a week and frozen meals are available for weekends. Meals are \$12 for a main and dessert. ACC approved provider.

📍 39 Kitchener Street, Gore

📞 03 208 6303

✉️ [parataresidence@xtra.co.nz](mailto:parataresidence@xtra.co.nz)

## Southern District Health Board Meals on Wheels

📞 0800 627 236

or 03 470 9300

## Local Chilled/Frozen Meals

### Capri Restaurant

📍 71 Main St, Gore

Can pick up, order online

📞 03 208 6368

[www.capricafe.co.nz/order-meal-combos](http://www.capricafe.co.nz/order-meal-combos)

### Salvation Army Foodbank

🕒 Monday and Friday

10:00am - 3:00pm

📍 21 Irwell Street, Gore

📞 03 208 4443

## Shopping Services

### New World Delivery

New World picks the freshest and finest food and delivers it to you. Spend \$200 or more - \$10 delivery fee. Spend under \$200 - \$15 delivery fee.

📞 0800 463 996

[www.newworld.co.nz/shop](http://www.newworld.co.nz/shop)

### Woolworths Delivery

A team of personal shoppers do your shop for you. Spend \$200 or more - \$9 Delivery fee. Spend under \$200 - \$14 Delivery fee. Subscriptions available.

📞 0800 40 40 40

[www.woolworths.co.nz](http://www.woolworths.co.nz)



## Home Safety Services

Options to support safety at home include alarms that can be pressed in case of an accident or illness, alarms that trigger if a person falls, and alarms that help people care for others.

**MSD-accredited South Island medical alarm suppliers are:**

### ADT Security Neva Alone

📞 0800 111 238

[www.adtsecurity.co.nz/nevaalone](http://www.adtsecurity.co.nz/nevaalone)

### St Johns Medical Alarms

📞 0800 502 323

[www.stjohn.org.nz/medical-alarms](http://www.stjohn.org.nz/medical-alarms)

### Vital Call (Chubb New Zealand)

📞 0800 10 20 30

[www.vitalcall.co.nz](http://www.vitalcall.co.nz)

### Local Fire Brigade

The local fire brigade can install smoke alarms and change smoke alarm batteries.

📞 Contact Ready for Living on 021 198 0480 to access this service.

## Transport Services

If you are no longer able to drive, you may be able to access discounted taxi fares. In addition to taxi services, there are transport services for health appointments and other benefits available for older people.

### MT Taxis

☎ 03 208 1243

### CABI Taxi

🕒 9:00am – 5:00pm

☎ 03 208 9444 or 021 136 4960

### St John Health Shuttle

A community service transporting people to and from medical and health-related appointments. Travels around Gore and to Tapanui, Riversdale, Mataura, Balclutha, Invercargill, and Dunedin.

A donation is suggested per trip:

💰 \$10 around Gore

💰 \$20 to Invercargill

💰 \$40 to Dunedin

☎ 0800 103 046

## 80 Plus Parking

There's free parking in Gore for those 80 years and over. To be eligible for a free parking permit, applicants must produce a current driver's licence and drive their own vehicle. Apply for a permit using the online form or at the Gore District Council office.

[goredc.govt.nz/seniorparking](http://goredc.govt.nz/seniorparking)

### Gore Visitors Centre

Book Intercity and Catch-A-Bus by visiting or calling Gore Visitors Centre. No additional charge for booking this way.

📍 16 Hokonui Drive, Gore

☎ 03 203 9288

✉ [goreinfo@goredc.govt.nz](mailto:goreinfo@goredc.govt.nz)

### Mobility Parking Scheme

If you have limited mobility, you may be able to apply for a permit (\$50), which allows you to park in accessible reserved parking spaces in Gore.

See your GP to get an application form.



## Staying Safe

Staying Safe is a refresher workshop for senior road users run by Age Concern Southland.

☎ 03 218 6351

## Total Mobility Scheme

Subsidised public transport for those who have a physical, intellectual, psychological, sensory or neurological disability using a Total Mobility Card.

☎ Connected Eastern Southland on 03 208 8480 to book a free assessment.

## Healthy Homes

Insulating your home, keeping it dry, airing it out, and warming it up are all important. Advice, support, and financial assistance are available to help you make your home healthier.

## For subsidies on ceiling and underfloor insulation:

### Awarua Synergy

☎ 03 214 2927

✉ synergy@awarua.org.nz

[www.awaruasynergy.co.nz](http://www.awaruasynergy.co.nz)

### NZ Red Cross Invercargill Curtain Bank and Bedding Pack

Can organise delivery to Gore.

📍 102 Yarrow Street, Invercargill

☎ 03 218 4339

✉ invercargill@redcross.org.nz



## Financial Assistance

### Community Services Card

A community services card can help you with the costs of health care.

☎ 0800 999 999

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

### Jubilee Budget Advisory Service Ltd

Free and confidential service providing budget advice, information, and education.

☎ 03 214 0942 or 0800 582 4533

☎ Text: 027 582 4533

✉ [info@jubileebudget.co.nz](mailto:info@jubileebudget.co.nz)

## Rates Rebate Scheme

The rates rebate scheme offers a discount to low-income earners who pay rates on their own homes. You can apply at the Gore District Council office or Matura Service Centre.

[goredc.govt.nz/rates-rebate](http://goredc.govt.nz/rates-rebate)

## Work and Income Disability Allowance

A weekly payment for people who have regular, ongoing costs because of a disability. These could be visits to the doctor or hospital, medicines, extra clothing or travel.

☎ 0800 559 009

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)



# Social Opportunities

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There are plenty of social opportunities for people who want to connect with others and engage in social or recreational activities.

## Group Lunches

### Kaumātua Health Day and Lunch

- 🕒 Fortnightly on Wednesday
- 📍 Hokonui Rūnanga, 140 Charlton Road, Gore
- 💰 Free

### Mataura Senior Citizens Lunch

- 🕒 Fridays 12:00 noon
- 📍 4 McQueen Ave, Mataura
- 📞 03 203 8501
- ✉️ maggie69@kinect.co.nz

### RSA Lunch

- 🕒 Fridays 11:30am
- 📍 Gore RSA, 12 Bowler Ave, Gore
- 💰 \$15

### Salvation Army Lunch

- 🕒 Wednesdays from 11:00am
- 📍 21 Irwell Street, Gore
- 💰 Free

### Senior Citizens Lunch

- 🕒 Weekly on a Thursday 12 noon
- 📍 Gore & Districts Senior Citizens Club, 10b Ardwick Street, Gore
- 💰 \$12

## Social and Service Groups

### Connect

Connecting with others, devotions, visiting speakers, afternoon teas, and visiting places of interest. Gold coin donation.

- 🕒 First Wednesday of the month, 1:30pm - 3:00pm
- 📍 Calvin Community Church, 25 Robertson St, Gore
- 📞 03 208 9973
- ✉️ office@calvin.org.nz

### Device Dilemmas

Free digital help.

- 🕒 Every Monday 2:00pm - 3:00pm
- 📍 Mataura Library

## Gen Connect

Free digital help. Students will be available to help with your technical queries. Excludes school holidays.

- 🕒 Monday 3:30pm – 5:00pm
- 📍 Gore library

## Gore and District Senior Citizens

Enjoy fun with others, entertainment, and the opportunity to join a choir. Cards on Tuesdays, lunches on Thursdays.

- 📍 10b Ardwick St, Gore
- 📞 Elaine Kelly 03 208 7624 or Frances Scammell 03 208 6503
- ✉️ goreseniorcitz@gmail.com

## Gore and District Walking Group

A town walk followed by coffee and chat at a local café. Monthly bus trips.

- 🕒 Every Tuesday (except third Tuesday of the month) at 9:30am
- 📍 Gore clock tower
- 📞 Jenni 027 778 3332

## Gore Ladies Dinner Club

- 📞 Denise Millard 027 537 7416

## Gore Rotary Club

- 🕒 Mondays 6:00pm
- 📍 Croydon Lodge, Gore

## Gore RSA

Gore RSA has sections for Snooker, Pool, Travel, Flag 500-cards, Womens, Golf, Bowls, and the Tin Hat.

- 📍 12 Bowler Avenue, Gore
- 📞 03 208 6218
- ✉️ manager@gorersa.co.nz
- [www.gorersa.co.nz](http://www.gorersa.co.nz)

## Gore Soroptimists

Provides opportunities for members to improve the lives of women and girls worldwide.

- 🕒 Second Tuesday of the month, 6:30pm
- 📍 Gore Racecourse
- 📞 027 311 0625
- ✉️ sigore@siseap.org



## Gore Town and Country Club

The Gore Town and Country Club organises sports and activities including car trials, fishing, golf, clay bird, housie, pool, snooker, squash, and table tennis.

📍 2 Bury Street, Gore

📞 03 208 4623

✉️ david@goretclub.co.nz

## Gore Ukulele Group

🕒 Tuesdays at 1:30pm

📍 Stables Kitchen

## Gore Women's Club

The Gore Women's Club offers a range of activities you can join in. These include an art and garden circle, bridge and games circle, play Reading circle, music circle, summer circle, travel and discussion circle, book club, ukulele group, and a movie morning.

📍 6 Lyne Street, Gore

✉️ gorewomensclub@gmail.com

## Grey Power

Grey Power is an advocacy organisation promoting the welfare and well-being of all citizens.

📞 Murray Newton 03 973 0382

## Hokonui Focus

A friendship group for retired men and women.

🕒 Second Wednesday of the month (except January), 10:00 am

📍 Croydon Lodge, Gore

✉️ hokonuifocus@gmail.com

## Kaumātua Health Day

Free pick-up service for all local kaumātua. Speakers and lunch provided.

🕒 Every second Wednesday

📍 Hokonui Rūnanga

140 Charlton Road, Gore

📞 03 208 7954

✉️ hokonui.office@ngaitahu.iwi.nz

[www.hokonuirunanga.org.nz](http://www.hokonuirunanga.org.nz)

## Mataura Menz Shed

A Menz Shed brings men together to share their skills, have a laugh, and work on practical tasks individually or as a group (for the community).

📍 109 Main Street, Mataura

🕒 Wednesdays 9:00am - 12 noon

📞 Mike Whale 027 299 7218 or John Ranstead 021 231 3740

✉️ orcas@xtra.co.nz

## Mataura Walking Group

- 🕒 Every Thursday at 9:30am
- 📍 Meet at The Bunker on River Street, Mataura
- 📞 Jenni 027 778 3332

## Reading Revolution

Books, banter and biscuits.

- 🕒 Fortnightly on a Thursday 10:00am
- 📍 Gore Library

## Salvation Army

Open every day for coffee, chat and activities.

- 🕒 10:00am – 4:00pm
- 📍 21 Irwell Street, Gore

## SupportLink (Enliven) Coffee Club

Enjoy morning tea, coffee and a chat.

- 🕒 3rd Wednesday of the month from 10:00am
- 📞 Patricia Officer-Young 03 208 0864
- ✉️ POfficerYoung@enlivensld.nz

## Lions

### Gore Hokonui Lions

A group for women.

- 🕒 2nd Wednesday of the month 6:30pm
- 📍 Gore RSA
- 📞 027 929 3914
- ✉️ ducknoff2@gmail.com

### Gore Host Lions

- 🕒 1st Wednesday of the month
- 📍 Gore RSA
- 📞 Phil Mowat (027) 206 2112

### Mataura Lions

- 🕒 4th Wednesday of the month at 7:00pm
- 📍 Mataura RSA
- 📞 Diane Callahan 027 250 1087
- ✉️ president.mataura@lionsclubs.org.nz **or** secretary.mataura@lionsclubs.org.nz

### Pakeke Lions

- 🕒 1st Thursday of the month 6:00pm
- 📍 Gore Senior Citizens Rooms
- 📞 027 436 9055
- ✉️ pitch1@xtra.co.nz

## River Valley Lions

- 📅 2nd Monday of the month
- 📍 Croydon Lodge, Gore
- 📞 Robyn Ross 027 251 9760 or Janet Humphries 03 203 3166
- ✉️ Gore.rv@lionsclub.org.nz

## Opportunities to Volunteer

Some local opportunities to volunteer are listed below.

### Age Concern Accredited Visiting Service

- 📞 03 218 6351

### Eastern Southland Riding for the Disabled

- 📞 Carol 027 327 0427
- ✉️ esrdainc@gmail.com

### Gore Hospice Shop

- 📞 03 208 0880

### Gore Red Cross

- 📞 027 233 4748

### Hokonui Pioneer Village and Museum

- 📞 Nancy Stronach 027 310 9105
- ✉️ nancy.stronach@xtra.co.nz

### Mataura Meals on Wheels

- 📞 03 203 8501



### Mataura Museum

- 📞 027 379 3685 or 03 203 3335

### Mataura Community Gardens

- 📞 027 229 7218

### Meals on Wheels

- 📞 Margaret Hughes 03 208 7053

### Pakeke Lions Recycling Centre

- 📞 03 208 5054

### Plunket

Playgroups, events or local fundraisers

- 📞 0800 184 803

## Salvation Army Shop

☎ 03 208 4440

## St Johns

Health shuttle drivers, hospital friends and therapy pet people

☎ 03 208 6617

## SuperGrans - Back to Basics

Free service that facilitates the sharing of intergenerational life skills and knowledge through mentors and workshops.

☎ 021 170 5066

✉ [b3bgore@gmail.com](mailto:b3bgore@gmail.com)





# Other Support and Community Organisations

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## Active Southland

Whether it's playing, participating, competing, coaching, volunteering, celebrating or administering, Active Southland wants every Southlander to be involved with play, active recreation or sport.

- 📍 Gore Multisport Centre, 20 Wayland St West, Gore
- 📞 03 211 2150
- ✉️ [eastern@activesouthland.co.nz](mailto:eastern@activesouthland.co.nz)

## Age Concern New Zealand

Age Concern supports older New Zealanders to live a great later life, to make choices that suit them best and to have access to the services and help they need. It stands up for the rights of older people and against ageism and discrimination.

Age Concern Southland offers elder abuse and neglect prevention services, and an accredited visitor service.

- 📞 03 2186351
- ✉️ [janette@acinv.org.nz](mailto:janette@acinv.org.nz)

## Blind Low Vision NZ

BLVNZ support people in the community who are blind or have low vision to live their best lives as independently as possible. They provide help with adaptive daily living equipment and skills, orientation and mobility, magnifying devices, technology and social interaction with sport & leisure and community groups.

- 📞 0800 243 333 or Invercargill office 03 218 9189
- [www.blindlowvision.org.nz](http://www.blindlowvision.org.nz)

## Cancer Society - Community Cancer Care

Providing supportive care for people and families affected by a cancer diagnosis.

- 🕒 Wednesdays 9:00am - 4:00pm
- 📍 Connected Eastern Southland, 1 Charlton Lane, Gore
- 📞 027 218 4008
- ✉️ [Aynsley.Dermody@southernccancer.org.nz](mailto:Aynsley.Dermody@southernccancer.org.nz)

## Connected Eastern Southland

A community house where members of the public can get support, advice, information, or connect to the best service for their needs. The Centre also offers printing, scanning, and copying services, and print resources about community and social support groups and organisations in Gore District.

🕒 Monday to Friday  
9:00am - 4:00pm

📞 03 208 8480

✉️ reception@cnt.org.nz

[www.cnt.org.nz](http://www.cnt.org.nz)

## Heartlands Services Coordinator

Heartlands are at the heart of your community, providing access to government and community services for rural communities.

📞 027 345 3503

✉️ Kelly.young@cnt.org.nz

## Neighbourhood Support Eastern Southland

Neighbourhood Support is a nationwide community-led organisation that brings people

and neighbourhoods together to create safe, resilient, and connected communities.

📍 1 Charlton Lane, Gore

📞 027 279 4367

✉️ ns@cnt.org.nz

[www.neighbourhoodsupport.co.nz](http://www.neighbourhoodsupport.co.nz)

## Gore and Districts Community Counselling Centre

The Gore & Districts Counselling Centre provides counselling, therapeutic and educational services including general counselling, family counselling, alcohol and other drug counselling, group programmes, and relationship counselling.

📍 13 Trafford Street, Gore

📞 03 208 5366

✉️ office@

[gorecounsellingcentre.com](http://gorecounsellingcentre.com)

## Gore and Maitara District Libraries

Gore and Maitara Library offer books, DVDs, audiobooks, puzzles, newspapers, magazines, and events for social connection. A Justice of the Peace is available on Wednesdays at 6:30pm.

They also offer a Books to you service for those who are housebound, or unable to make it into the Library easily.

### **Gore Library**

📍 10C Ardwick Street, Gore  
📞 03 203 9129  
✉ [gorelibraries@goredc.govt.nz](mailto:gorelibraries@goredc.govt.nz)

### **Mataura Library**

📍 1 Bridge St, Mataura  
📞 03 203 8114  
✉ [gorelibraries@goredc.govt.nz](mailto:gorelibraries@goredc.govt.nz)

### **Green Prescription**

Active Southland's trained Green Prescription staff provide free personalised support for you to begin your journey to a healthier, more active you. The programme is designed to enhance physical, mental and social wellbeing through free physical activity and healthy eating support.

📞 0800 228 483 or 03 211 2253  
✉ [grx@activesouthland.co.nz](mailto:grx@activesouthland.co.nz)

### **Head Injury Southland Charitable Trust**

Meets the needs of Southlanders affected by head injuries and their families/whānau. They provide support, education, information and advocacy.

📍 39 Gala Street, Invercargill  
📞 027 424 8813  
✉ [fo.his.sth@gmail.com](mailto:fo.his.sth@gmail.com)

### **Hokonui Rūnanga**

Hokonui Rūnanga supports members' well-being by guiding and managing a member's health, spiritual, cultural, educational, moral, social, and economic needs.

📞 03 208 7954  
✉ [hokonui.office@ngaitahu.iwi.nz](mailto:hokonui.office@ngaitahu.iwi.nz)

### **Loss and Grief Support**

Loss and Grief Support offers support for people living with loss and grief of any sort, including grief from bereavement, separation, illness, isolation, and other life changes.

📞 027 443 8788  
✉ [lossandgriefcentre@gmail.com](mailto:lossandgriefcentre@gmail.com)

## **Nationwide Health and Disability Advocacy Service**

The Nationwide Health and Disability Advocacy Service offers free, independent, and confidential advice and support to help you resolve issues with health and disability services.

☎ 0800 555 050

✉ [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)  
[www.advocacy.org.nz](http://www.advocacy.org.nz)

## **Southland Community Law Centre**

Provides free legal information and services for a wide range of legal issues throughout Southland and travels to Gore at least twice a month.

Call the Law Centre to arrange a free appointment

☎ 0800 55 0800

✉ [enq@comlawsth.co.nz](mailto:enq@comlawsth.co.nz)

## **Southland Rural Support Trust**

Rural Support Trust has local, rural people who know from experience that pressures can mount up. Our networks and training can help with all kinds of situations, and help you get through your current challenges.

☎ 0800 787 254

✉ [southland@ruralsupport.org.nz](mailto:southland@ruralsupport.org.nz)

[www.rural-support.org.nz](http://www.rural-support.org.nz)

## **Southern Rural Chaplaincy**

A free service offering support in whatever season of life you are experiencing.

☎ Barb Walker 027 2448782

✉ [revbjwalker@outlook.co.nz](mailto:revbjwalker@outlook.co.nz)



## **Stroke Foundation - Community Stroke Navigators Service**

Provides support and free information about strokes and managing life after a stroke. They work with stroke survivors, their families and carers to assess their situation and develop a plan to meet their needs.

📞 0800 787653

✉ help@stroke.org.nz

[www.stroke.org.nz](http://www.stroke.org.nz)

## **Welcoming Communities**

Welcoming Communities works with residents who are new to Gore District. They will connect you with newcomers who share similar interests, with local services and organisations.

[goredc.govt.nz/](http://goredc.govt.nz/)

[welcomingcommunities](http://welcomingcommunities)

## **Support Telephone Lines**

### **1737 - Need to Talk**

📞 Call 1737 or Text 1737

### **Alcohol and Drug Helpline**

📞 0800 787 797

## **Citizens Advice Bureau**

📞 0800 367 222

## **Depression Helpline**

📞 0800 111 757

## **Elder Abuse Helpline Southland**

📞 0800 652 105

## **Elder Abuse Response Services (EARS)**

Free, 24 hours service

📞 0800 326 6865 or text: 5032

✉ support@elderabuse.nz

## **Healthline**

📞 0800 611 116

## **Lifeline**

📞 0800 543 354

## **New Zealand Superannuation and Veteran's Pension**

📞 0800 552 002

## **Seniorline**

📞 0800 725 463

## **Southland Emergency Mental Health Team**

📞 0800 467 846

## **Suicide Crisis Helpline**

📞 0508 828 865

## **SuperGold Card**

📞 0800 25 45 65

## Support Groups

### Alzheimer's Support Group

- 🕒 First Tuesday of the month  
11:00am
- 📍 Gore Library
- 📞 03 214 0984
- ✉ office@alzheimerssocietysouthland.org.nz

### Blind Low Vision Support Group

- 📞 Nolene on 027 6038056

### Diabetes Gore Support Group

- 🕒 Third Wednesday of the month,  
2:00pm
- 📍 St John Ambulance rooms,  
Charlton Road
- 📞 Robyn Ross 027 251 9760

### Eastern Southland Arthritis Support Group

- 🕒 Last Wednesday of the month,  
10:00am
- 📍 Croydon Lodge
- 📞 Robyn Young 027 496 9149

### Gore Aphasia Support Group

- 🕒 Fortnightly, Thursday  
10:30am - 12:00 noon
- 📍 St John's Ambulance rooms,  
Charlton Road
- 📞 021 0254 5837
- ✉ alison.zani@gorehealth.co.nz

### Head Injury Society Support Group

- 📞 027 424 8813 for details

### MS/Parkinson's Support Group

For people with any neurological condition.

- 📞 027 905 5372
- ✉ info@mssouthland.org.nz

### Parkinsons Physical and Speech Exercise Support Group

- 🕒 Tuesdays at 10:00am
- 📍 Calvin Community Church,  
25 Robertson Street, Gore
- 📞 Elspeth Gardyne  
027 406 2325



# Enduring Power of Attorney (EAP)

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An Enduring Power of Attorney (EPA) is a formal document that protects you and allows you to choose someone to make decisions for you if you become unable to make them yourself. This person is called an attorney. It gives you peace of mind for the future - you've decided ahead of time who you trust to make decisions for you. A good time to arrange your EPA is when you're making or updating your will or engaging with a legal professional on another issue.

## You can choose one or both kinds of EPA:

- One that covers your personal care and welfare
- One that covers your property

**For detailed information please visit our website:**  
[www.readyforliving.co.nz](http://www.readyforliving.co.nz)

## When choosing your attorney choose someone that:

- Knows you well
- You trust that person to make decisions for you
- Is willing and able to take on the responsibility for being your attorney
- Clearly understands what the role requires

## For more information contact:

- Community Law Centre
- Age Concern
- Citizens Advice Bureau
- Your local legal professional





# Ready For Living

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**P:** 03 209 0330

**E:** [sbruce@goredc.govt.nz](mailto:sbruce@goredc.govt.nz)

Gore District Council, 29 Bowler Avenue,  
Gore PO Box 8, Gore 9740

[www.readyforliving.co.nz](http://www.readyforliving.co.nz) | [www.goredc.govt.nz](http://www.goredc.govt.nz)

**GO** RURAL  
DISTRICT COUNCIL CITY  
**RE** LIVING

Community  
Trust South



TE POU ARATAKI POUNAMU O MURIHIKU



# Living Well in Later Years

A Guide to local services  
and connections for  
older people.



**GO**  
DISTRICT  
**READY**  
FOR **LIVING**