



AUCKLAND REGIONAL MIGRANT SERVICES  
CHARITABLE TRUST (ARMS)

## Manukau Directory of Services for Migrants and Refugees



**SETTLEMENT SUPPORT**  
NEW ZEALAND

*Connecting newcomers locally*



**SKYCITY**  
AUCKLAND COMMUNITY TRUST



*Te Kaunihera o*  
**MANUKAU**  
*City Council*



*This Directory has been compiled by*



## **Auckland Regional Migrant Services (ARMS)**

The information in this Directory has been compiled from the data provided to ARMS via a service information sheet sent out to organisations and community groups.

The Directory does not necessarily include all services available to migrants and refugees in Manukau City. If your organisation, group or service is not listed and wishes to be included in future editions, please feel free to contact us. If you find any information in this Directory to be out of date, we would appreciate hearing about it so we can update the entries, which will be done on an on-going basis.

You may access this updated information with a phone call or email to Auckland Regional Migrant Services, or by visiting the online directory, **[www.arms-mrc.org.nz](http://www.arms-mrc.org.nz)**

### **Contact one of our Resorce Centres:**

#### **Manukau**

**P: (09) 263 5490**

**F: (09) 263 5491**

**E: [manukau@arms-mrc.org.nz](mailto:manukau@arms-mrc.org.nz)**

6 Osterley Way  
Manukau City  
(next to Work and Income)

PO Box 276035  
Manukau City  
Manukau 2241

#### **North Shore**

**P: (09) 419 7340**

**F: (09) 480 7824**

**E: [northshore@arms-mrc.org.nz](mailto:northshore@arms-mrc.org.nz)**

Level 1, Norman King Building  
(opposite the Northcote Library)  
Norman King Square  
Ernie Mays Street, Northcote

PO Box 3603  
Northcote  
North Shore City 0627

#### **Three Kings**

**P: (09) 625 2440**

**F: (09) 625 2445**

**E: [reception@arms-mrc.org.nz](mailto:reception@arms-mrc.org.nz) or  
[info@arms-mrc.org.nz](mailto:info@arms-mrc.org.nz)**

Three Kings Plaza  
532 Mt Albert Rd  
Three Kings

PO Box 27367  
Mt. Roskill  
Auckland 1440

Inclusion of any organisation/group does not imply endorsement of the service or its practices. When contacting any organisations or groups in this Directory, users are advised to enquiry carefully about costs, ethics, competence, admission criteria and the people providing the service.

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## Foreword

Warm greetings and welcome to all refugees and migrants who have made Manukau city your new home.

Manukau is a truly proud, progressive and prosperous city. People from more than 165 different ethnic groups call Manukau home. Having so many diverse cultures gives our city a real energy and zest.

Our population has grown rapidly to 335,000 and that growth looks set to continue into the future. Many of our future population will come from overseas.

I know that settling in a new country isn't always easy. English is a second or third language for many of our new residents. Everyday activities like driving, insurance, taxation, health care and the like can present extra difficulties.

Our council works with groups like Auckland Regional Migrant Services (ARMS) to help new settlers. The Trust offers a variety of free services to help migrants and refugees settle successfully in the Auckland region.

These services include information, advice and document assistance in 25 different languages, employment workshops, informative workshops and advice about English language courses.

The council's New Settlers Policy and Action Plan respond to the aspirations, priorities and needs of our new settler communities. We want to build strong and healthy communities.

Assistance is available through our Citizen's Advice Bureaux and at our Community Houses. Community Advisors in every ward work with local communities and groups, helping them access information, build networks and strengthen neighbourhoods.

I'm proud the council has been part of a collaborative effort in producing the 'Manukau Directory of Services for Migrants and Refugees'.

I trust all who access this publication will discover much useful information to assist them with living in Manukau.

**Len Brown**  
*Mayor of Manukau*

**Manukau City Council**  
**Ph: (09) 262 5104**  
**Fax: (09) 262 5151**  
**Website: [www.manukau.govt.nz](http://www.manukau.govt.nz)**  
**Kotuku House, 2 Osterley Way, Manukau City**

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## Section One

In this section of the directory, you will find details provided by some of the organisations that provide services to migrants and refugees living in Manukau City. Some organisations are located in the City but can assist residents of Manukau City. Please note that this directory is not a complete listing of relevant organisations.

## 01 Registrar of Electors



**(09) 261 1087**

**Work Phone:** (09) 261 1087  
**After Hours:** 0800 36 76 56

**Fax:** (09) 261 1089  
**Email:** pakuranga@elections.org.nz  
**Website:** www.elections.org.nz

**Contact Person:**  
Maureen Hansen

**Physical Address:**  
5 Freeman Way  
Manukau

**Postal Address:**  
Private Bag 999025  
Manukau City 2241

We compile and maintain the Parliamentary Electoral Roll. We have a legal responsibility to encourage eligible permanent residents and New Zealand citizens to enrol on the parliamentary electoral roll through liaison with organisations, contractors and individuals primarily on a face to face basis

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, legal

**Sub:** community centres, requirement of law to enrol, secondary, tertiary

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## 02 Relationship Services



**(09) 419 4105**

**Work Phone:** (09) 419 4105  
**Mobile:** (027) 646 4888

**Fax:** (09) 419 4108  
**Email:** patb@relate.org.nz  
**Website:** www.relate.org.nz

**Contact Person:**  
Pat Binnie

**Physical Address:**  
Suite: 2/1A  
218 Lake Road, Northcote  
North Shore

**Postal Address:**  
PO Box 36365 Northcote  
North Shore

We offer free educational programmes for migrants designed to give support in developing knowledge and skills related to settlement issues. Migrants gain insight into the challenges of settling in New Zealand, an understanding of New Zealand culture, opportunities for networking and support, tips on where to find help, and strategies to manage stress and motivate themselves. A good understanding of English is essential

**Services Categories:**

**Main:** education-adult, general, health services, immigration advice

**Sub:** other

**Client Categories:** migrants, refugees

**Type of Organisation:** non government organisation

## Friendship House

03



**(09) 262 2322**

**Work Phone:** (09) 262 2322

**Fax:** (09) 263 7129

**Email:** [administration@friendshiphouse.org.nz](mailto:administration@friendshiphouse.org.nz)

**Contact Person:**  
Vicki Sykes

**Physical Address:**  
20 Putney Way  
Manukau City

**Postal Address:**  
PO Box 76140  
Manukau City

Friendship House is a community centre and social service agency located in the city centre of Manukau. We provide room hire and tenancies for a variety of community and church groups. We welcome all people into a safe environment to find rest, relaxation, peace and assistance. Friendship House is dedicated to empowering people to take charge of their own lives in the context of their own culture, values and aspirations. At Friendship House, we provide a café, social work support, counselling, advocacy, living-without-violence programmes for men, information, referral, supervision, community development and social justice support.

**Services Categories:**

**Main:** education-adult, general, health services, immigration advice, community services, education-adult, housing, legal

**Sub:** budgeting advice, community centres, other, religious communities, social welfare benefits advice

**Client Categories:** elderly/older people, men, migrants, refugees, women

**Type of Organisation:** non government organisation

## Centre for Refugee Education

04



**(09) 921 9367**

**Work Phone:** (09) 921 9367  
**Mobile:** (021) 744 022

**Fax:** (09) 276 1146

**Email:** [mhayward@aut.ac.nz](mailto:mhayward@aut.ac.nz)

**Website:** [www.aut.ac.nz](http://www.aut.ac.nz)

**Contact Person:**  
Maria Hayward

**Physical Address:**  
251 Massey Road  
Mangere  
Auckland

**Postal Address:**  
Private Bag 92006  
Auckland 1142

The Centre of Refugee Education (CRE) provides a 5-week on arrival education programme for all quota refugee residing at the Mangere Refugee Resettlement Centre. The programme provides English language tuition, orientation to life in New Zealand and an introduction to, and experience of, the education system in this country.

**Services Categories:**

**Main:** education-child and youth, financial, health services, learning English, legal

**Sub:** consumer rights, disability and special needs, ESOL Classes, ESOL Home tutor, general English, preschool, primary, secondary, social welfare benefits advice, tertiary

**Client Categories:** refugees

**Type of Organisation:** central government

## 05 English Language Partners Auckland South



**(09) 278 9099**

**Work Phone:** (09) 278 9099

**Fax:** (09) 278 9098

**Email:** aucklandsouth@englishlanguage.org.nz

**Website:** www.esolht.org.nz

**Contact Person:**

Julia Castles

**Physical Address:**

89 Great South Road  
Papatoetoe, Manukau

**Postal Address:**

PO Box 23370 Hunters Corner  
Manukau

We are a community-based organisation helping refugees and migrants to learn English and to start their new life in NZ Aotearoa. We meet the English language and social needs of adults from non-English speaking backgrounds with trained volunteer ESOL home tutors who provide a weekly lesson in the learner's home. We run homogeneously grouped classes in the community. These are led by trained ESOL teachers. Each home tutor is matched with a learner to provide English language support. We also train volunteers to work with a learner- the sessions include sessions on cultural awareness, different learning styles and needs, and teaching English in the context of everyday life. The training is a NZQA approved course and a certificate in ESOL Home Tutoring is awarded on completion of the course and assessment activities.

**Services Categories:**

**Main:** education-adult, learning English

**Sub:** ESOL Classes, ESOL Home tutor, general English

**Client Categories:** migrants, refugees

**Type of Organisation:** voluntary group

## 06 Ministry of Education



**(09) 632 9508**

**Work Phone:** (09) 632 9508

**After Hours:** (09) 483 3985

**Mobile:** (021) 870 246

**Fax:** (09) 632 9435

**Email:** olga.pascan@minedu.govt.nz

**Website:** www.minedu.govt.nz

**Contact Person:**

Olga Pascan

**Physical Address:**

Level 4 Eden 5 Building, Cnr  
Edwin St.and Normanby Rd  
Mt Eden, Auckland

**Postal Address:**

Private Bag 92644 Symonds Street  
Auckland 1150

Provision of support to migrant and refugee background students in school through promoting partnership between school, families and communities, assistance to schools for working with migrant and refugee background students, helping families and communities to respond to education related issues, providing information about schooling in New Zealand and ensuring schooling related settlement support to migrant and refugee background students.

**Services Categories:**

**Main:** education-child and youth

**Sub:** homework centres, preschool, primary, secondary

**Client Categories:** children(including those under 5 years), migrants, refugees, youth

**Type of Organisation:** central government

## Somali Concern Refugee and Migrant Organisation

07



**(09) 626 0916**

**Work Phone:** (09) 625 3182  
**After Hours:** (09) 626 0916  
**Mobile:** (021) 856 990

**Email:** aminatf@xtra.co.nz

**Contact Person:**  
 Amina Daud

**Physical Address:**  
 C/o Auckland Regional Migrant  
 Services, Regional Centre  
 532 Mt Albert Road, Mt Roskill

Provides community and social services, advocacy, translation, interpreting, housing and other issues concerning refugees and migrants.

**Services Categories:**

**Main:** community services, education-adult, employment, financial, health services, housing, immigration advice, information centres, legal, transport

**Sub:** addictions, budgeting advice, community law, employment assistance and advice, family reunification, interpreters/translators, legal assistance and advice, mental health, nutritional issues, NZ police rules & responsibility, parenting education, recreational facilities, road codes, safety advice, social welfare benefits advice, state housing

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society, ethnic community group

## New Zealand Muslim League

08



**(09) 279 5925**

**Work Phone:** (09) 279 5925  
**After Hours:** (09) 2795925  
**Mobile:** (021) 479 365

**Fax:** (09) 279 0925  
**Email:** sheikh@xtra.co.nz

**Contact Person:**  
 Mushtaq Sheikh

**Physical Address:**  
 99 Tui Road  
 Papatoetoe  
 Manukau 2025

**Postal Address:**  
 PO Box 23536  
 Papatoetoe  
 Auckland 2155

NZ Muslim League is an Islamic religious organisation which provides welfare, religious classes, youth activities, women's programmes and adult programmes

**Services Categories:**

**Main:** community services

**Sub:** religious communities

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## 09 Active Institute



**(09) 278 0849**

**Work Phone:** (09) 278 0849  
**After Hours:** (09) 278 0849  
**Mobile:** (021) 480 165

**Fax:** (09) 278 0890  
**Email:** activeinstitute@ihug.co.nz  
**Website:** www.activeinstitute.co.nz

**Contact Person:**  
 Rob Moattar

**Physical Address:**  
 23 Norman Spencer Drive  
 Manukau City 1730

**Postal Address:**  
 PO Box 76518  
 Manukau City 1730

We provide a caring learning environment in which students can learn, achieve, and succeed. Our goal is to enhance the capabilities of students by ensuring that their skills and qualifications are relevant and respected. Our free general English courses, starting at the beginner's level, use everyday situations in which to learn literacy/numeracy and communication skills. At the completion of the course students can go on to further training at MIT or other local providers, or they can seek employment. Active Institute also offers national certificates in business administration and computing courses. All courses are free to the TOPs eligible students.

**Services Categories:**

**Main:** education-adult, employment, learning English

**Sub:** academic English, employment assistance and advice, English for business, ESOL Classes, general English, job interview skills, other, training opportunities

**Client Categories:** elderly/older people, migrants, refugees, women

**Type of Organisation:** community language school, private organisation

## 10 Netherlands Community



**(09) 299 6996**

**Work Phone:** (09) 299 6996  
**After Hours:** (09) 299 6996  
**Mobile:** (021) 869 002

**Fax:** (09) 299 6950  
**Email:** jleith@iconnz.co.nz

**Contact Person:**  
 John Leith

**Physical Address:**  
 9 Polandson Place  
 Papakura 2013

**Postal Address:**

We provide a range of services for members of the Dutch community.

**Services Categories:**

**Main:** community services, employment, financial, information centre

**Sub:** business assistance and advice, employment assistance and advice, interpreters/translators, religious communities, social welfare benefits advice

**Client Categories:** elderly/older people

**Type of Organisation:** ethnic community group, faith group

## New Zealand Milad Communities

11



(09) 279 5925

**Work Phone:** (09) 279 5925  
**After Hours:** (09) 2795925  
**Mobile:** (021) 479 365

**Fax:** (09) 2790925  
**Email:** sheikh@xtra.co.nz

**Contact Person:**  
 Mushtaq Sheikh

**Physical Address:**  
 99 Tui Road  
 Papatoetoe  
 Manukau 2025

**Postal Address:**  
 PO Box 23536 Papatoetoe  
 Manukau 2155

We organise religious programmes, celebrations, catering for Sunni Muslims of NZ.

**Services Categories:**

**Main:** community services

**Sub:** religious communities

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## Counties Manukau Ethnic Council

12



(09) 271 3347

**Work Phone:** (09) 271 3347  
**After Hours:** (09) 271 3347  
**Mobile:** (021) 180 9468

**Fax:** (09) 271 4347  
**Email:** zaman@orcon.net.nz

**Contact Person:**  
 Gul Zaman

**Physical Address:**  
 11 Owenbeg Rise  
 Howick  
 Manukau 2016

**Postal Address:**  
 PO Box 76822 Manukau  
 Manukau 2241

We provide services to assist better settlement of ethnic communities in NZ, negotiating and lobbying central government, local councils and NGOs as necessary.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, employment, financial, health services, housing, immigration advice, information centres

**Sub:** ACE providers, employment assistance and advice, other, primary, secondary

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## 13 SmoothStream



**(021) 124 6507**

**After Hours:** (021) 124 6507  
**Mobile:** (021) 124 6507

**Email:** smoothstream@gmail.com  
**Website:** www.smoothstream.co.nz

**Contact Person:**  
Ronald Ma

**Physical Address:**  
138 Kilkenny Drive  
Dannemora  
Auckland 2016

**Postal Address:**

Musically-driven mental health promotion to enable immigrants and refugees to increase control over their own wellbeing.

**Services Categories:**

**Main:** community services

**Sub:** recreational facilities

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** charitable trust

## 14 Refugee Quota Branch - Immigration NZ



**(09) 276 6502**

**Work Phone:** (09) 276 6502

**Fax:** (09) 276 4532  
**Email:** antoinette.tanguay@dol.govt.nz

**Contact Person:**  
Antoinette Tanguay

**Physical Address:**  
251 Massey Road  
Mangere  
Auckland

**Postal Address:**  
PO Box 22315 Otahuhu Mail Centre  
Auckland

The Refugee Quota Branch (RQB) of New Zealand Immigration is responsible for managing New Zealand's annual refugee quota programme. RQB works in partnership with the United Nations High Commissioner for Refugees (UNHCR) to select 750 refugees (+/-10%). The composition of the annual refugee quota reflects a balance between International protection priorities identified by the UNHCR, the needs of refugee communities in New Zealand; and New Zealand's capabilities as a host country. After selection and travel to New Zealand, quota refugees undergo a six week orientation course at the Mangere Refugee Resettlement centre coordinated by RQB. During this time, the refugees receive cross agency support from education, physical and mental health, and social work service providers in preparation for life in their new community.

**Services Categories:**

**Main:** immigration advice

**Sub:** refugee quota programme

**Client Categories:** refugees

**Type of Organisation:** central government

## Counties Manukau Royal NZ Plunket Society

15



(09) 274 6802

Work Phone: (09) 274 6802  
After Hours: (09) 274 5614

Fax: (09) 274 4153  
Email: rhonda.moa@plunket.org.nz  
Website: www.plunket.org.nz

Contact Person:  
Rhonda Moa

Physical Address:  
33 Springs Road  
East Tamaki  
Auckland

Postal Address:  
PO Box 259-205 Greenmount  
Auckland

Plunket aims to provide a caring, professional well child and family whanau service. Plunket provides information support for the development of babies/children at varying stages between birth and 5 years, Plunket services are available free to New Zealand families with children from birth to age 5 years. Plunket nurses are registered nurses with a specialist qualification in new child/Tamariki nursing. Plunket nurses are also trained to help parents and children who come from different ethnicities.

**Services Categories:**

**Main:** health services

**Sub:** well child health

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## Manukau Institute of Technology

16



(09) 968 8000

Work Phone: (09) 968 8000

Fax: (09) 968 8747  
Email: silvia.lung@manukau.ac.nz  
Website: www.manukau.ac.nz

Contact Person:  
Silvia Lung

Physical Address:  
Newbury Street  
Otara  
Manukau 2240

Postal Address:  
Private Bag 94006 SAMC  
Manukau 2240

Manukau Institute of Technology is a tertiary education provider that delivers high quality programmes of benefit to migrants and refugees wanting to develop skills for working, studying and living in New Zealand. Qualifications are from certificate to degree level. For information on programmes, including school of English, IELTS and employment programmes for migrants, visit our website, www.manukau.ac.nz.

**Services Categories:**

**Main:** education-adult, employment, learning English

**Sub:** academic English, English for business, ESOL Classes, general English, tertiary, employment assistance and advice, job interview skills, training opportunities

**Client Categories:** all New Zealanders, migrants and refugees, all categories of international students

**Type of Organisation:** public institution

## 17 Ministry of Consumer Affairs



**(09) 262 3315**

**Work Phone:** (09) 262 3316

**Fax:** (09) 262 3511

**Email:** [mcainfo@mca.govt.nz](mailto:mcainfo@mca.govt.nz)

**Website:** [www.consumeraffairs.govt.nz](http://www.consumeraffairs.govt.nz)

**Contact Person:**  
Josepine Bartley

**Physical Address:**  
15 Osterley Way  
Manukau City  
Manukau

**Postal Address:**  
PO Box 76635 Manukau City  
Manukau

The Ministry of Consumer Affairs work covers the:

- ▶ development of consumer policy including consumer protection, product safety and weights and measures
- ▶ provision of appropriate, accurate and accessible information, education and advice for consumers and businesses on consumer laws and issues
- ▶ investigation of unsafe consumer products
- ▶ provision of advice on consumer representation, including a consumer representation nomination service to government departments and agencies
- ▶ administration of a range of consumer legislation
- ▶ enforcement of the Weights and Measures Act 1987

**Services Categories:**

**Main:** legal

**Sub:** consumer rights

**Client Categories:** migrants

**Type of Organisation:** central government

## 18 Family Start Manukau



**(09) 252 0197**

**Work Phone:** (09) 252 0197

**Fax:** (09) 269 4671

**Website:** [www.fsm.org.nz](http://www.fsm.org.nz)

**Contact Person:**  
Colleen Sakalogotoa

**Physical Address:**  
11 Dalgety Drive  
Wiri, Manukau City 2104

**Postal Address:**  
PO Box 76185 Manukau City  
Manukau 2241

Family Start Manukau is a non government organisation (NGO) whose aim is to help families with young children overcome barriers which prevent them from a successful future. Family Start Manukau was founded by Te Kupenga o Hoturoa PHO, Ta Pasefika PHO and Plunket in 2005 and provides the Family Start programme to families in the Manukau area. The Family Start Programme offers parents and whanau/families support in accessing education, health and social wellbeing services. Whanau advocates make home visits to provide support and encouragement, working together with families to provide guidance and advice on housing, budgeting, parenting skills and accessing support within the local community. The programme is free and participation is voluntary with no self referrals. The Family Start programme is for any family with a child under 12 months experiencing challenges, or for pregnant mothers who are experiencing challenges. The focus is to achieve outcomes for children through strengthening their families to become more knowledgeable, skilled and self sufficient.

**Services Categories:**

**Main:** education-adult, education-child and youth, housing, immigration advice, learning English, legal

**Sub:** other, parenting education

**Client Categories:** women with children under 5 years

**Type of Organisation:** charitable trust



**(09) 262 2332  
x 748**

**Work Ph:** (09) 262 2332 x 748  
**After Hours:** (09) 636 5313  
**Mobile:** (021) 137 6591

**Email:** rocesdelsvr@xtra.co.nz  
**Website:** www.casalatina.org.nz

**Contact Person:**  
Esteban Espinoza

**Physical Address:**  
37 Selwyn Street  
Onehunga  
Auckland

**Postal Address:**  
PO Box 13741, Onehunga  
Auckland

The main services are: social services to migrants and refugees from anywhere in the world. It also runs ESOL classes, cultural programmes, language nests, Salsa classes, music group development and advisory services to prospective migrants. We run a community art centre offering hire of room with 200 people capacity, and a super large screen. The organisation promotes understanding between New Zealanders and Latin Americans. Languages offered are Spanish, Quechua and Rapa Nui. Other languages include Arabic and Persian.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, employment, financial, health services, housing, immigration advice, information centres, learning English, legal

**Sub:** addictions, budgeting advice, community centre, emergency services, employment assistance and advice, ESOL Classes, homework centres, interpreters/translators, legal assistance and advice, mental health, parenting education, preschool, rental/temporary accomodation, social welfare benefits advice, visa information

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women

**Type of Organisation:** association or incorporated society

## 20 Refugees As Survivors



**(09) 270 0870**

**Work Phone:** (09) 270 0870

**Fax:** (09) 270 0056

**Email:** admin@rasnz.co.nz

**Website:** www.rasnz.co.nz

**Contact Person:**  
Diana Swarbrick

**Physical Address:**  
251 Massey Road  
Mangere  
Auckland 1640

**Postal Address:**  
PO Box 22315 Otahuhu  
Auckland

Refugees as Survivors is the health provider for refugees entering New Zealand, mental health, injury prevention, road safety. RAS NZ provides clinical services, research, publications, capacity building and training to health practitioners.

RAS New Zealand is responsible for the mental health assessment of all refugees entering New Zealand. It also undertakes initial treatment and mental health support through the provision of psychotherapy, counselling and body therapy. RAS also supports refugees resettled in the wider community through its expansive range of community facilitators, interpreter services and research activities.

RAS also has a mobile team of psychiatrists, psychologists and community link workers available to see clients on referral.. See entry 95.

**Services Categories:**

**Main:** community services, health services

**Sub:** addictions, community centres, disability and special needs, health screening, mental health, nutritional issues, recreational facilities

**Client Categories:** all, refugees

**Type of Organisation:** charitable trust

## Howick & Pakuranga Community Houses Inc

21



**(09) 534 5584**

**Work Phone:** (09) 534 5584

**Fax:** (09) 534 5581

**Email:** sandy.ryan@manukau.govt.nz

**Website:** www.manukau.govt.nz

**Contact Person:**

Sandy Ryan

**Physical Address:**

47 Aviemore Drive  
Highland Park  
Manukau 2010

**Postal Address:**

47 Aviemore Drive Highland Park  
Manukau 2010

This is a venue for hire to community groups at reduced rates. Courses are available to provide information on health, education, active leisure, social services, leisure. There is a particular emphasis on health social service, education. We provide a safe and welcoming place to undertake your first tertiary qualification, learn a new skill, or join a drop in group to meet new people. A community creche is held five mornings and two afternoons a week. There is also a room available for hire. withwhiteboards, video/DVD, projector, kitchen, tables and chairs.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, employment, health services, housing, learning English, legal, transport

**Sub:** buying/selling properties, community centres, employment assistance and advice, English for business, ESOL Classes, general English, health clinic, health screening, homework centres, job interview skills, nutritional issues, NZ police rules & responsibility, parenting education, preschool, real estate advice, road codes, tertiary

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** local government

## New Zealand Physical Training College

22



**(09) 570 9228**

**Work Phone:** (09) 570 9228

**After Hours:** (09) 524 2694

**Mobile:** (027) 589 9825

**Fax:** (09) 570 4311

**Email:** intake@nzptc.ac.nz

**Contact Person:**

Elizabeth Sutherland

**Physical Address:**

18 Pilkington Road  
Panmure  
Auckland 1741

**Postal Address:**

PO Box 14540 Panmure  
Auckland 1741

Provider of courses for English as a second language - for academic business, and every day general English. 12 week, 18 week, 36 week courses are available. Located close to bus stops.

**Services Categories:**

**Main:** learning English

**Sub:** other

**Client Categories:** all

**Type of Organisation:** private organisation

## 23 Manurewa High School



**(09) 268 3892**

**Work Phone:** (09) 268 3892

**Fax:** (09) 268 3890

**Email:** ced@manurewa.school.nz

**Website:** www.manurewa.school.nz/ced

**Contact Person:**  
David Harvey

**Physical Address:**

67 Browns Road  
Manurewa  
Manukau

**Postal Address:**

PO Box 75247 Manurewa  
Manukau

We provide adult night classes 7-9pm during school terms.including:

- ▶ Computer classes for beginners, including Word, Excel, Publisher, pPowerpoint and accounting using MYOB.
- ▶ Recreation-badminton,yoga, Tai Ci Qi Gong,
- ▶ Business management, property investment, financial management.
- ▶ English as a Second Language

**Services Categories:**

**Main:** community services, education-adult, learning English, transport

**Sub:** ACE providers, defensive driving, ESOL Classes, general English, recreational facilities

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:**

## 24 Quality Education Services Trust



**(09) 948 1945**

**Work Phone:** (09) 948 1945  
**After Hours:** (021) 290 0198

**Email:** esthert@ques.org.nz

**Website:** www.qualityed.co.nz

**Contact Person:**  
Esther Tait

**Physical Address:**

5B 9/11 Laidlaw Way  
East Tamaki  
Manukau 2016

**Postal Address:**

PO Box 230032  
Botany 2163

Quality Education Services Trust offers free training for youth and adult students, fromthree sites:

- ▶ Mangere: computer and business skills; working in early childhood;pre-literacy for adults; a foundation programme called "Choices" and allied trades.
- ▶ Highland Park: computer and business skills courses for youth, and ESOL.
- ▶ East Tamaki: automative engineering and allied trades

QES is NZQA registered and accredited and TEC funded. QES is a private training establishment and has been providing training and education for over twenty years. Our emphasis is on equipping students with skills and qualifications and pathwaying them into higher education or employment. We have a childcare facility at our Mangere site. QES also provides a travel allowance and free drivers licence training is available to students as part of their preparation for employment.

**Services Categories:**

**Main:** education-adult, employment, learning English, transport

**Sub:** driving/licensing, employment assistance and advice, ESOL Classes, job interview skills, other, road codes, safety advice, training opportunities

**Client Categories:** migrants, refugees, women, youth

**Type of Organisation:** private organisation



**(09) 263 8666**

**Work Phone:** (09) 263 8666  
**After Hours:** (021) 871 004  
**Mobile:** (021) 871 004

**Fax:** (09) 263 7577  
**Email:** aec@aec.ac.nz  
**Website:** www.aec.ac.nz

**Contact Person:**  
 Gideon Im

**Physical Address:**  
 Level 7, 20 Amersham Way  
 Manukau City  
 Manukau 2241

**Postal Address:**  
 PO Box 76209  
 Manukau City 2241

We provide students with a high quality English language education. Our teachers are qualified and experienced. Our English courses are from Beginner to Upper Intermediate levels covering speaking, listening, reading, writing and grammar skills. Personal attention is given to every student to ensure that their goals and good outcomes are achieved. We also specialize in running IELTS exam preparation classes. In addition, we run community education classes for two mornings a week as well as private tuition for those who are unable to attend classes.

We encourage students to be disciplined in their study and to uphold Christian values in our school. We also organize social activities to enable students to enjoy life in New Zealand. We provide a multi-cultural environment where students can socialize and to date. We have students from the Middle East, Europe, Africa and South America. Our school is also popular with Koreans, Chinese, Thais and Cambodians, Chinese, Thais and Cambodians. Interested students are welcome to visit our school.

**Services Categories:**

**Main:** education-adult, learning English

**Sub:** academic English, ACE providers, ESOL Classes, general English, IELTS

**Client Categories:** elderly/older people, migrants, refugees, women

**Type of Organisation:** community language school, non government organisation



**(09) 917 8427**

**Work Phone:** (09) 917 8427  
**After Hours:** (029) 275 2924

**Fax:** (09) 918 3299  
**Email:** moana.chansee001@msd.govt.nz  
**Website:** www.workandincome.govt.nz

**Contact Person:**  
 Kelly Young

**Physical Address:**  
 2 Osterley Way  
 Manukau  
 Auckland 2104

**Postal Address:**  
 PO Box 76095 Manukau City  
 Manukau 2241

Work and Income is a service of Ministry of Social Development and helps job seekers and pays income support on behalf of the Government. Some of the support provided by Work and Income includes:

- ▶ **Work search support.** Help for job seekers to secure employment by providing assistance with job searching and curriculum vitae. We also offer work-related training, activities and seminars, and help find suitable work or work experience opportunities for our clients.
- ▶ **In-Work support.** in-work support to help people stay in work. We achieve this by identifying barriers to employment and finding ways to overcome or minimise those barriers. This may include helping clients with childcare arrangements, liaising with their employer or providing help with transport to and from work.
- ▶ **Income support:** Work and Income administers the payments of benefits and the New Zealand superannuation on behalf of the Government. Income support is provided to people who require temporary assistance, or additional income to supplement their earnings.

**Services Categories:**

**Main:** employment, financial, health services

**Sub:** business assistance and advice, disability and special needs, emergency services, employment agencies, employment assistance and advice, family assistance, job interview skills, social welfare benefits advice, training opportunities

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## 27 Auckland Regional Public Health Service (ARPHS)



**(09) 623 4600**

**Work Phone:** (09) 623 4600

**Fax:** (09) 263 4633

**Email:** AilsaW@adhb.govt.nz

**Website:** www.arphs.govt.nz

**Contact Person:**  
Ailsa Wilson

**Physical Address:**  
Building 15, Cornwall Complex  
Greenlane Clinical Centre  
Auckland

**Postal Address:**  
Private Bag 92605 Symonds Street  
Auckland

The Auckland Regional Public Health Service for Refugee Health aims to support and strengthen healthy refugee and new migrant communities. The Refugee Health Service provides information, education, communicable diseases control, health prevention and health promotion. The Refugee Health Service works in partnership with many health providers and communities to provide culturally appropriate and acceptable care and health promotion programmes. Additional services include medical screening for quota refugees, detained asylum seekers and community asylum seekers. For screening service contact Mangere Refugee Medical Clinic, Mangere Refugee Centre on 09 276 6719

**Services Categories:**

**Main:** health services

**Sub:** dental, health clinic, health screening, medical practitioner, nutritional issues

**Client Categories:** children(including those under 5 years), elderly/older people, refugees, women, youth

**Type of Organisation:** public institution

## 28 Migrant Action Trust



**(09) 629 3500**

**Work Ph:** (09) 629 3500  
**Mobile:** (027) 532 6281

**Fax:** (09) 629 3504

**Email:** info@migrantactiontrust.org.nz

**Website:** www.migrantactiontrust.org.nz

**Contact Person:**  
Agnes Granada

**Physical Address:**  
161 Stoddard Road  
Mt Roskill  
Auckland 1041

**Postal Address:**  
c/- Tear Fund  
PO Box 8315  
Auckland

The Trust runs employment support groups, micro-enterprise development support, information/education groups forums, a mentoring service, courses in workplace English, voluntary work experience, and job interview assistance, other services, secretariate and office services to community groups.

**Services Categories:**

**Main:** employment, financial, immigration advice, information centres, learning English

**Sub:** business assistance and advice, employment assistance and advice, English for business, job interview skills, other, training opportunities

**Client Categories:** migrants

**Type of Organisation:** charitable trust

**(09) 846 9761****Work Phone:** (09) 846 9761  
**After Hours:** (09) 846 9761  
**Mobile:** (021) 774 430**Fax:** (09) 846 9763  
**Email:** info@rc.org.nz  
**Website:** www.rcnz.org.nz**Contact Person:**  
Roger Brookes**Physical Address:**  
1224a Dominion Road  
Mt Roskill  
Auckland 1041**Postal Address:**  
PO Box 68704 Newton  
Auckland 1145

The Refugee Council of New Zealand (RCNZ) is a national organisation whose purpose is: to provide advice, information and assistance to asylum-seekers and refugees in New Zealand, to promote a strategic response to the needs of refugees and asylum seekers, to campaign to ensure that New Zealand meets its legal and humanitarian obligations under the 1951 United Nations Convention on Refugees.

The RCNZ is committed to facilitating the participation of refugees and asylum-seekers at all levels in the community. It aims in particular to ensure that all aspects of New Zealand's asylum and refugee policy and practice (legal, social, economic, health, and cultural) fully respect international law and the human rights of asylum-seekers and refugees, promote public awareness and understanding of refugee and asylum issues, serve the networking, information exchange and advocacy needs of asylum-seeking/ refugee communities, the RCNZ membership and other organisations with similar aims. The RCNZ works closely with the United Nations High Commission for Refugees, the New Zealand Government and other statutory and voluntary agencies to meet its objectives.

**Services Categories:****Main:** Information Centre**Sub:** Other**Client Categories:** refugees**Type of Organisation:** association or incorporated society**(09) 267 1786****Work Phone:** (09) 267 1786  
**Mobile:** (021) 258 7887**Fax:** (09) 270 3636  
**Email:** nzmsa@xtra.co.nz**Contact Person:**  
I A Shekh**Physical Address:**  
55 Rosella Road  
Mangere  
Auckland**Postal Address:**  
PO Box 22396  
Otahuhu  
Auckland

We provide Muslim youth with a range of sports activities.

**Services Categories:****Main:** community services, education-adult**Sub:** other, religious communities**Client Categories:** youth**Type of Organisation:** association or incorporated society, charitable trust



(09) 355 0008

**Work Phone:** (09) 355 0008  
**Mobile:** (021) 760 582

**Fax:** (09) 355 0003  
**Email:** info@cnsst.org.nz  
**Website:** www.chineseservice.org.nz

**Contact Person:**  
 Magdalene Tan

**Physical Address:**  
 2nd Floor, 128 Khyber Pass rd  
 Auckland 1150

**Postal Address:**  
 PO Box 8822  
 Symonds Street  
 Auckland City

CNSST is a charitable trust which offers culturally and linguistically appropriate services to both Chinese new settlers & the community. Our mission is to enhance the quality of life of Chinese New Zealanders, to work towards meeting the needs of Chinese seniors. Children, youth and all other new settlers, and to facilitate the successful integration of Chinese new settlers into the wider New Zealand society.

Our purpose to enable Chinese new settlers to participate in and contribute to NZ multicultural society through learning NZ culture and promoting chinese culture.

CNSST is a community based multi-services organisation with four services: social services, employment services & CNSST cultural learning institute

1. Social services case management: primary service delivery, social work and advocacy, family and community support, free Chinese legal advice, etc
2. Community programme: which includes seniors mutual support network, bullying and cultural identity, parenting through separation, child witness domestic violence, family violence prevention programme and SKIP parenting programmes, etc.
3. Employment services: employment information & advice, job placements & workshops, employment relations services, educational programmes
4. CNSST cultural learning Institute: weekend cultural programmes at six branches in the greater Auckland region. These include:
  - ▮ Settlement support: information, referrals, resources, interpretation and educational workshops on New Zealand legislation
  - ▮ Road safety: Implementation of the "Yi Lu Ping An" Road safety campaign including learner and restricted license's course, road safety workshops and publication of road user guide
  - ▮ Senior courses: English and NZ cultural classes, cultural entertainment activities, eg. Tai Chi, dancing, Chinese chess, English, etc.
  - ▮ Youth courses: Chinese language, art, music courses, children's programmes and outdoor activities.
  - ▮ Cultural projects: Chinese arts exhibition, Chinese speech contests, cultural performance, festival and events etc.

**Services Categories:**

**Main:** community services, education-child and youth, employment, transport

**Sub:** driving/licensing, employment assistance and advice, job interview skills, other, road codes

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, women, youth

**Type of Organisation:** charitable trust

## New Zealand Chinese Youth Trust

32



**(09) 479 9736**

**Work Phone:** (09) 479 9736  
**Mobile:** (021) 258 5418

**Email:** mtang@xtra.co.nz  
**Website:** www.nzcyt.org.nz

**Contact Person:**  
Mario Tang

**Physical Address:**  
24 Craig Road  
Milford  
North Shore City 0620

**Postal Address:**  
PO Box 65312 Mairangi Bay  
Auckland

The New Zealand Chinese Youth Trust is a non-profit organisation established in 1999. It aims to equip youth of Chinese origin, residing in New Zealand, with the necessary social, leadership and life skills to become fully integrated and contributing members of New Zealand society. It organises various outdoor activities and training courses to encourage the development of positive interests from a young age, and to provide youth with positive social and support networks to build self-esteem and a sense of belonging.

**Services Categories:**

**Main:** education-adult, education-child and youth, transport

**Sub:** driving/licensing, other, parenting education

**Client Categories:** children(including those under 5 years), youth

**Type of Organisation:** charitable trust

## Huadu Chinese Association Inc

33



**(09) 250 1828**

**Work Phone:** (09) 250 1828  
**After Hours:** (09) 250 1828  
**Mobile:** (021) 130 7965

**Email:** yyq67951@hotmail.com

**Contact Person:**  
Wilson Yu

**Physical Address:**  
8 Fintona Place  
Howick  
Manukau 2016

**Postal Address:**

Organising activities such as Chinese New Year Day and other traditional festivals.

**Services Categories:**

**Main:** community services

**Sub:** recreational facilities

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## 34 Pasifika Education Centre



**(09) 270 0684**

**Work Phone:** (09) 270 0684

**Fax:** (09) 276 3656

**Email:** info@pec.ac.nz

**Website:** www.pec.ac.nz

**Contact Person:**

Jocelyn Walker

**Physical Address:**

733 Great South Road  
Papatoetoe/Otahuhu  
Auckland

**Postal Address:**

PO Box 22654 Otahuhu  
Auckland 1061

The Pasifika Education Centre (PEC) formerly known as PIERC Education has been advocating for education success and the preservation of Pacific cultural heritages since 1975. It is a national organisation, crown entity, charitable trust and training provider.

PEC promotes life long learning to Pacific people through community advisors. We network and work with other ACE providers to ensure initiatives are in place to meet the needs of our adult Pacific learners.

PEC also facilitates the provision of initiatives and programmes to retain Pacific culture and promote the use of Pacific languages. PEC runs free Pacific language courses, publishes Pacific resources and operates the Learning Resource Centre which houses numerous Pacific books and resources available for all members of the public to purchase and view.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, employment, information centres, learning English

**Sub:** ACE providers, community centres, general English, other, public libraries, training opportunities

**Client Categories:** elderly/older people, migrants, women, youth

**Type of Organisation:** charitable trust, community language school, ethnic community group

## 35 Auckland Chamber of Commerce



**(09) 309 6100**

**Work Phone:** (09) 309 6100

**Fax:** (09) 306 6136

**Email:** sachmat@chamber.co.nz

**Website:** www.newkiwis.co.nz

**Contact Person:**

Sheaam Achmat

**Physical Address:**

Level 3  
100 Mayoral Drive  
Auckland

**Postal Address:**

PO Box 47  
Auckland 1015

The Auckland Chamber of Commerce is committed to facilitating paid employment for migrants and refugees and to assisting solo parents back into the workforce.

It does this through four separate initiatives and also, specifically for migrants, through its participation in Job Search workshops at the ARMS Three Kings (usually every Tuesday) and at the Manukau Resource Centre (every second Wednesday). The Chamber offers the following:

- ▶ Skilled Migrant Work Experience Programme
- ▶ Employment Choices for DPB clients
- ▶ Kiwi Career success
- ▶ New Kiwis website

**Services Categories:**

**Main:** employment

**Sub:** business assistance and advice, employment assistance and advice, job interview skills, training opportunities

**Client Categories:** migrants, refugees

**Type of Organisation:** non government organisation



**(09) 534 2889**

**Work Phone:** (09) 534 2889  
**After Hours:** (09) 534 2889

**Fax:** (09) 534 1889

**Contact Person:**  
Denise Drummond-Hills

**Physical Address:**

**Postal Address:**  
PO Box 39454 Howick  
Manukau 2145

Provider of cash management (plus manual), bookkeeping, and accounting, proof-reading and secretarial services.

**Services Categories:**

**Main:** employment

**Sub:** business assistance and advice, employment assistance and advice, training opportunities

**Client Categories:** elderly/older people, migrants, refugees, youth

**Type of Organisation:** charitable trust



**(09) 368 5736**

**Work Phone:** (09) 368 5736

**Fax:** (09) 368 5739

**Email:** [orientaltimes@xtra.co.nz](mailto:orientaltimes@xtra.co.nz)

**Website:** [www.otimes.co.nz](http://www.otimes.co.nz)

**Contact Person:**  
Vivienne Lary

**Physical Address:**  
Level 10, 115 Queen St  
CBD  
Auckland 1040

**Postal Address:**  
PO Box 76822 Manukau  
Manukau 2241

Oriental Times is a comprehensive Chinese newspaper distributed in Auckland and Christchurch.

Oriental Times aims to bridge the gap between Chinese and local societies by promoting the tradition of Chinese people and providing them with more information to help them better understand the local society.

Oriental Times also provides a strong platform for existing and potential advertisers wanting to target the local Asian consumer community by offering competitive marketing and advertising rates for products and services.

**Services Categories:**

**Main:** community services

**Sub:** community centres

**Client Categories:** migrants

**Type of Organisation:** business

## 38 Problem Gambling Foundation



**0800 664 262**

**Work Phone:** 0800 664 262  
**Asian Hotline:** (09) 262 3586

**Fax:** (09) 369 0690  
**Email:** angela.mccannn@pgfnz.org.nz  
**Website:** www.pgfnz.org.nz

**Contact Person:**  
Jenny Curry

**Physical Address:**  
18 Wiri Station road  
Manukau Medical Centre  
Manukau 1150

**Postal Address:**  
PO Box 8021  
Symonds Street  
Auckland

The Problem Gambling Foundation is committed to eliminating the harm that can be caused by gambling. To achieve this, we provide services that:

- ▶ encourage change through research, development and training
- ▶ change lives through the provision of clinical services, cultural programmes, and support for those who have been harmed by gambling
- ▶ change communities by informing and empowering groups to determine their gambling environments
- ▶ change environments through the advocacy of meeting public policy-informed debate

**Services Categories:**

**Main:** health services

**Sub:** addictions

**Client Categories:** all

**Type of Organisation:** non government organisation

## 39 Khmer Krom Association



**(09) 276 5752**

**Work Phone:** (09) 276 5752  
**After Hours:** (09) 276 5752  
**Mobile:** (021) 458 3655

**Fax:** (09) 276 5754  
**Email:** khmerkrom64@hotmail.com  
**Website:** www.khmerkrom.org.nz

**Contact Person:**  
Thanh Nhan

**Physical Address:**  
36 Hain Avenue  
Mangere East  
Manukau 1701

**Postal Address:**

Khmer Krom Buddhist temple provides: mediation, Dhamma Talk.

**Services Categories:**

**Main:** education-adult, education-child and youth, financial advice, health services, housing, information centres, learning English, transport

**Sub:** ESOL Home tutor, general English

**Client Categories:** elderly/older people

**Type of Organisation:** association or incorporated society



(09) 627 0377

Work Phone: (09) 624 2177  
Mobile: (021) 062 2528

Email: ravirao88@hotmail.com  
Website: www.newzealandkannadakoota.co.nz

Contact Person:  
Ravi Rao

Physical Address:  
6 Doug Goodwin Place  
Mount Roskill  
Auckland 1041

Postal Address:  
PO Box 56548  
Mt Eden  
Auckland 1025

The following are the main services that NZKK provides:

1. Three regular culture programmes a year: UGADI: New Year's celebration, Ganesha Festival and Deepawali celebration and Kannada Rajyotsava celebration. 2) Regular sports programmes such as indoor sports competitions, inter-Indian organisations, cricket tournament, weekly badminton, other indoor games and outdoors picnics.
2. Regular cultural programmes a year. These are UGADI New Year's Day celebration (usually in April); Ganesha Festival and Deepawali celebration (usually in September and October); Kannada Rajyotsava Day Celebration (usually in November)
4. Kannada library service
5. Kannada school for children up to 14yrs
6. Kannada vani radio programme at 104.6 FM
7. Migrant settlement services for people coming from Karnataka State or its neighbouring states in India and relatives of Kannadigas in any part of the world. Visit our website for information.

**Services Categories:**

**Main:** community services, education-adult, information centres

**Sub:** language teaching, library service to the community, recreational facilities

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, women, youth

**Type of Organisation:** association or incorporated society, ethnic community group

## 41 Business Management Education and Training Service



**(09) 262 0458**

**Work Phone:** (09) 262 0458  
**Mobile:** (027) 475 8509

**Fax:** (09) 262 4290  
**Email:** education@bmets.co.nz  
**Website:** www.bmets.co.nz

**Contact Person:**  
Kathy Phillips

**Physical Address:**  
Level 1  
6 Osterley Way  
Manukau

**Postal Address:**  
PO Box 76 394  
Manukau City

We provide education and training including work experience placements which often lead to employment as a youthworker, or as a caregiver of the older person, and eventual qualification. Usually on-going support is offered for those in employment. We are registered and accredited by the New Zealand Qualifications Authority.

**Services Categories:**

**Main:** education-adult, employment

**Sub:** employment assistance and advice, in work support, job interview skills, training opportunities

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** private organisation

## 42 Ethnic Voice New Zealand Inc.



**(09) 376 0565**

**Work Phone:** (09) 376 0565  
**After Hours:** (09) 528 8257  
**Mobile:** (027) 293 6623

**Fax:** (09) 376 0565  
**Email:** contact@ethnicvoice.co.nz  
**Website:** www.ethnicvoice.co.nz

**Contact Person:**  
Dr N Rasalingam

**Physical Address:**  
147 Great North Road  
Grey Lynn  
Auckland

**Postal Address:**  
PO Box 56-483  
Dominion Road  
Auckland

Ethnic Voice NZ is committed to improving the physical and mental well-being of members of the ethnic communities and enhancing the quality of their lives. We are committed to ensuring all ethnic communities have a voice and are heard. Ethnic Voice NZ lobbies and speaks on behalf of the ethnic communities on policy and through identifying community issues. It addresses these through seminars, forums and dissemination of information. It aims to promote better understanding between ethnic communities, government and NZ communities.

**Services Categories:**

**Main:** education-child and youth, information centres

**Sub:** dissemination of information, education through seminars

**Client Categories:** migrants, refugees

**Type of Organisation:** association or incorporated society



(09) 537 0560

Work Phone: (09) 537 0560  
 After Hours: (09) 535 6044  
 Mobile: (021) 713 603

Email: auckland.east@parentscentre.org.nz  
 Website: www.parentscentre.org.nz

**Contact Person:**  
 Centre Co-ordinator

**Physical Address:**

**Postal Address:**  
 PO Box 82039  
 Highland Park  
 Manukau

Parents Centre New Zealand is a nationwide voluntary organisation established by parents for parents. We use the skills of a range of experienced professionals for our various courses and programmes. Our centre is run by parents who volunteer their time and share their knowledge and experience.

**MISSION STATEMENT:** positive birth experiences and informed parenting in a community where parents are supported and highly valued in their role.

We seek to fulfil our mission by providing prospective parents, parents and families with:

- ▶ children education and coffee group
- ▶ parent education
- ▶ toy library
- ▶ playgroup
- ▶ advocacy for parenting, birthing and families

Dates and times are subject to change and all courses are dependent on demand.

Please enrol early to avoid disappointment.

All enquiries to (09) 537 0560 - please leave a message and your call will be returned by one of our volunteers.

**Services Categories:**

**Main:** education-adult, education-child and youth, health services

**Sub:** other, parenting education, preschool

**Client Categories:** emigrants, refugees, women

**Type of Organisation:** association or incorporated society, voluntary group

## 44 Ethiopian Sports and Cultural Club



**(09) 828 9942**

**Work Phone:** (09) 828 9942  
**Mobile:** (021) 239 9338

**Fax:** (09) 828 9942  
**Email:** mbitul2002@yahoo.co.nz  
**Website:** www.ethiokiwi.org.com

**Contact Person:**  
Mesganaw Bitul

**Physical Address:**  
1197 New North Road  
Mt Albert  
Auckland

**Postal Address:**  
PO Box 19773  
Avondale  
Auckland 10003

This group is mainly designed for new immigrants and refugees, mainly Ethiopian. Our organisation holds many cultural, sporting and social activities and events. Everyone is welcome.

**Services Categories:**

**Main:** community services

**Sub:** community centres

**Client Categories:**

**Type of Organisation:** association or incorporated society

## 45 Shanti Niwas Charitable Trust



**(09) 622 1010**

**Work Phone:** (09) 622 1010  
**Mobile:** (021) 202 8406

**Fax:** (09) 622 1013  
**Email:** shantiniwas@xtra.co.nz  
**Website:** www.shantiniwas.org.nz

**Contact Person:**  
Indu Bajaj

**Physical Address:**  
83 Church Street  
Onehunga  
Auckland 1345

**Postal Address:**  
PO Box 24386  
Royal Oak  
Auckland 1345

Shanti Niwas Charitable Trust provides culturally appropriate social support services to senior citizens of Indian and South Asian origin. It runs a positive aging day programmes once a week for lonely and isolated people in Manukau City. We also provide counselling, advocacy, translation services, as well as help in accessing any age-related services like home care, career support etc.. We help to integrate seniors and their families into New Zealand society to improve their quality of life.

The day programmes are run from: Wiri Community Centre, 11 Inverell Road, Wiri Manukau City

Timing: 10:00am - 2.30pm

No joining fees.

Subsidised transport and Indian vegetarian meals provided

**Services Categories:**

**Main:** community services

**Sub:** community centres

**Client Categories:** elderly/older people

**Type of Organisation:**

## East Auckland Home and Budget Services

46



(09) 570 9023

Work Phone: (09) 570 9023  
After Hours: (09) 570 9023

Fax: (09) 570 9623  
Email: admin@homebudget.org.nz

Contact Person:  
Emma Marshall

Physical Address:  
4A Court Crescent  
Panmure  
Auckland

Postal Address:  
PO Box 18 253  
Glen Innes  
Auckland

We provide free confidential budget advice and support for families and individuals. We work alongside our clients, helping them to work out how to improve their financial situation. We can show people how to set up automatic payments and understand the way the bank works. We give advice on prioritising essential needs and starting to pay off debts.

**Services Categories:**

**Main:** education-adult, financial

**Sub:** banking advice, budgeting advice, family assistance, financial advice, financial issues, social welfare benefits advice

**Client Categories:** elderly/older people, migrants, refugees, women

**Type of Organisation:** charitable trust

## Pakuranga Children's Health Camp

47



(09) 534 4017

Work Phone: (09) 534 4017  
After Hours: (09) 534 4017

Fax: (09) 537 4885  
Email: pene.frost@healthcamps.org.nz  
Website: www.healthcamps.org.nz

Contact Person:  
Pene Frost

Physical Address:  
9 Pigeon Mountain Road  
Bucklands Beach  
Manukau City 2012

Postal Address:  
9 Pigeon Mountain Road  
Bucklands Beach  
Manukau City

Pakuranga Children's Health Camp is committed to a vision of building resilience in the lives of children and families.

In partnership with families, we provide an individualised, innovative, strength based service that supports the development of positive life skills and outcomes for both the child and family.

The foundation provides targeted, solution focused residential and non-residential programmes and mentoring for children aged 5-12 years.

We also provide assessments of the strengths and requirements of children and their families, one-on-one support parents and group parent education programmes

**Services Categories:**

**Main:** education-adult, education-child and youth, health services

**Sub:** other, parenting education, primary

**Client Categories:** children (including those under 5 years)

**Type of Organisation:** non government organisation

## 48 Vietnamese Friendship Association in Auckland



**(09) 275 8382**

**Work Phone:** (09) 275 8382  
**Mobile:** (021) 298 1931

**Fax:** (09) 275 8382  
**Email:** [nguyen.hang@xtra.co.nz](mailto:nguyen.hang@xtra.co.nz)

**Contact Person:**  
Nguyen Phu Dang

**Physical Address:**  
2 Paine Place  
Mangere  
Manukau

**Postal Address:**

To promote Vietnamese culture, custom and habits, to unite all Vietnamese in Auckland, and to help new migrants become involved in social activities.

**Services Categories:**

**Main:** learning English

**Sub:** ESOL Classes

**Client Categories:** children (including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** ethnic community group

## 49 Age Concern Counties Manukau



**(09) 279 4331**  
**x 800**

**Work Phone:**  
(09) 279 4331 x 800

**Fax:** (09) 279 4334  
**Email:** [sandya@accm.org.nz](mailto:sandya@accm.org.nz)  
**Website:** [www.ageconcern.org.nz](http://www.ageconcern.org.nz)

**Contact Person:**  
Health Promotion Co-ordinator

**Physical Address:**  
Cambria Park Homestead  
250 Puhinui Road  
Papatoetoe Manukau

**Postal Address:**  
PO Box 200185  
Papatoetoe  
Manukau 2156

Age Concern Counties Manukau is a not for profit organisation that provides services and information to all people over 60, their families, whanau and carers in the Counties Manukau region. We offer the following services:

- ▶ elder abuse and neglect prevention service
- ▶ accredited visiting service
- ▶ community development service
- ▶ mobile community offices
- ▶ health promotion programmes
- ▶ a comprehensive information service

**Services Categories:**

**Main:** community services, health services, information centres

**Sub:** community centres, health clinic, other

**Client Categories:** elderly/older people

**Type of Organisation:** non government organisation

## Manukau Community Law Centre

50



**(09) 262 2007**

**Work Phone:** (09) 262 2007

**Fax:** (09) 262 2005

**Email:** [emosi.koloto@ntklaw.org.nz](mailto:emosi.koloto@ntklaw.org.nz)

**Contact Person:**  
Emosi Koloto

**Physical Address:**  
Level 1, Osterley Chambers  
6 Osterley Way  
Manukau City 2241

**Postal Address:**  
PO Box 76 551  
Manukau City

Nga Ture Kaitiaki Waikato Community Law Centre is run by a Charitable Trust and provides free and subsidised legal services. Our lawyers provide services in criminal and family court work, the establishment of charitable trusts and incorporated societies, consumer, civil, employment and Maori land matters.

**Services Categories:**

**Main:** legal

**Sub:** consumer rights, legal assistance and advice

**Client Categories:** elderly/older people, migrants, youth

**Type of Organisation:** charitable trust

## English Language Partners South Auckland

51



**(09) 278 9099**

**Work Phone:** (09) 278 9099

**Fax:** (09) 278 9098

**Email:** [sthakesol@xtra.co.nz](mailto:sthakesol@xtra.co.nz)

**Website:** [www.esolth.org.nz](http://www.esolth.org.nz)

**Contact Person:**  
Julia Castles

**Physical Address:**  
89 Great South Road  
Papatoetoe  
Manukau

**Postal Address:**  
PO Box 23370  
Hunters Corner  
Manukau

We provide one-to-one tuition to assist adult migrants and refugees with English for resettlement in NZ, classes for adult migrant and refugees to learn English in the communities where they live, training for volunteer tutors to assist migrants and refugees to learn English for settlement. Tutors support learners in their homes for a minimum of one hour a week.

We also provide English support to migrants who have paid an English migrant levy. This provision takes place in the learner's homes.

**Services Categories:**

**Main:** employment, learning English

**Sub:** ESOL Classes, general English, job interview skills

**Client Categories:** elderly/older people, migrants, refugees, women

**Type of Organisation:** association or incorporated society, ethnic community group, voluntary group

## 52 The Department of Internal Affairs



0800 22 5050  
0800 22 5151  
0800 22 5252

0800 22 5050 (*Passport*)  
0800 22 5151 (*Citizenship*)  
0800 22 5252 (*Births, Deaths  
& Marriages*)

Fax: (09) 262 2404  
Website: [www.dia.govt.nz](http://www.dia.govt.nz)

**Contact Person:**  
Johannes Grambo

**Physical Address:**  
20-24 Lambie Drive  
Manukau City 2104

**Postal Address:**  
PO Box 76 222  
Manukau City

The Department is New Zealand's oldest, tracing its origins back to the first Colonial Secretary's Office established in 1840. It is fondly known as 'the Mother of all Departments', because of its involvement in nurturing a wide range of government organisations. Diversity has been a consistent characteristic throughout its history.

Today, the Department reports to six Ministers, works with a range of Crown entities and other statutory bodies in delivering its services and administers around 100 Acts and sets of Regulations, plus around 1500 'local' Acts.

Among its main services to the public is processing issues with Births, Deaths and marriages, passports and citizenship.

**Services Categories:**

**Main:** other

**Sub:** birth, deaths and marriages, citizenship, passports

**Client Categories:** children(including under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## 53 NZ Fire Service



(09) 263 4976

**Work Phone:** (09) 263 4976  
**After Hours:** (09) 263 4976  
**Mobile:** (027) 458 3206

**Fax:** (09) 262 0759  
**Email:** [george.stephens@fire.org.nz](mailto:george.stephens@fire.org.nz)  
**Website:** [www.fire.org.nz](http://www.fire.org.nz)

**Contact Person:**  
George Stephens

**Physical Address:**  
15A Lambie Drive  
Papatoetoe  
Manukau 2241

**Postal Address:**  
Private Bag 97945  
SAMC Manukau

Our services and education cover:

- ▶ Emergency response, fire appliances. Fire prevention and awareness. Building compliance.
- ▶ Evacuation of buildings. Prevention of fire. Community partnerships, Emergency preparedness

**Services Categories:**

**Main:** education-adult, education-child and youth, health services, information centres

**Sub:** ACE providers, disability and special needs, emergency services, parenting education, preschool, primary, secondary, tertiary, other

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## NZ Punjabi Cultural Association

54



**(09) 279 9888**

**Work Phone:** (09) 279 9888  
**After Hours:** (09) 238 9954  
**Mobile:** 021 781 902

**Fax:** (09) 265 2592  
**Email:** nimibedi@yahoo.co.nz  
**Website:** baskshi@xtra.co.nz

**Contact Person:**  
 Manjit Singh

**Physical Address:**  
 158 Kolmar Road  
 Papatoetoe  
 Manukau

**Postal Address:**

Language and culture preservation, moral education, sport, parenting, women's welfare.

**Services Categories:**

**Main:** community services

**Sub:** community centres

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## Crossroads Clubhouse

55



**(09) 376 4267**

**Work Phone:** (09) 376 4267

**Fax:** (09) 376 1833  
**Email:** clubhouse@xtra.co.nz  
**Website:** www.crossroadsclubhouse.org.nz

**Contact Person:**  
 Patrick Harris

**Physical Address:**  
 393 Great North Road  
 Grey Lynn  
 Auckland 2005

**Postal Address:**  
 PO Box 78110  
 Grey Lynn  
 Auckland 1

Crossroad Clubhouse is a community rehabilitation centre. People who attend clubhouse are members not patients or clients. Members and staff work side by side on all tasks needed to run a club, everything from answering the phone and cooking lunch, to community promotion and fundraising.

Visitors are always welcome. We run tours on Wednesdays at 11am. Places can be booked by calling the clubhouse.

**Services Categories:**

**Main:** employment, health services

**Sub:** employment assistance and advice, mental health

**Client Categories:** women

**Type of Organisation:** association or incorporated society

## Kidney Kids of New Zealand

**(09) 574 2382**  
**0800 215 437****Work Phone:** (09) 574 2382  
**Free Phone:** 0800 215 437  
**Mobile:** 027 271 8723**Fax:** (09) 574 2378  
**Email:** support@kidneykids.org.nz  
**Website:** www.kidneykids.org.nz**Contact Person:**  
Elaine Simons**Physical Address:**  
C/o Baxter Healthcare Ltd  
33 Vesty Drive  
Mt Wellington Auckland**Postal Address:**  
PO Box 13 732  
Onehunga  
Auckland

We provide support to families who have children with kidney disease or abnormalities of the urinary tract system.

- ▶ We cover any thing from bedwetting to renal failure transplplantation.
- ▶ We offer information, support, education to the community and other professionals.
- ▶ We give 24/7 care on 0800 215 437
- ▶ We aim to give children with kidney disease the best life possible.

**Services Categories:****Main:** education-adult, education-child and youth, health services**Sub:** ACE providers, disability and special needs, preschool, primary, secondary, tertiary**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth**Type of Organisation:** association or incorporated society, voluntary group

## ABC English

**(09) 536 4050****Work Phone:** (09) 536 4050**Fax:** (09) 576 4050  
**Email:** shelleysmith@clear.net.nz**Contact Person:**  
Shelley Smith**Physical Address:**  
55 Beachlands Road  
Beachlands  
Manukau City 2018**Postal Address:**

We offer rivate, individual or small group tuition in relaxed, friendly home environment for speakers of other languages wanting to learn or improve English skills, including: speaking, listening, reading, writing, comprehension, vocabulary, grammar, spelling, life skills.

**Services Categories:****Main:** learning English**Sub:** ESOL Home tutor**Client Categories:** children(including those under 5 years), women, youth**Type of Organisation:** business

## Singapore Club (Auckland)

58



**(027) 220 1663**

**Mobile:** (027) 220 1663

**Email:** yee.family@clear.net.nz  
**Website:** singaporeclub.co.nz

**Contact Person:**  
Allan Yee

**Physical Address:**

**Postal Address:**  
PO Box 51-238  
Pakuranga  
Manukau City

The purpose of the club is to promote social, cultural and recreational activities for Singapore migrants and to offer assistance to Singaporese to find employment.

**Services Categories:**

**Main:** community services, employment, financial, immigration advice, information centress

**Sub:** business assistance and advice, employment assistance and advice, other, recreational facilities

**Client Categories:** all

**Type of Organisation:** association or incorporated society

## NZ Oromo Community Inc.

59



**(09) 828 7812**

**Work Phone:** (09) 828 7812  
**After Hours:** (09) 828 7812  
**Mobile:** (021) 106 5567

**Email:** batu206@yahoo.com

**Contact Person:**  
Batu Gonol

**Physical Address:**  
28 Water Bank Crescent  
Waterview  
Auckland 1026

**Postal Address:**  
PO Box 15983  
New Lynn  
Waitakere 0640

Translating and Interpreting, culturally appropriate counselling, social, sports and culture events .  
Visitors are always welcome. We run tours on Wednesdays at 11am. Places can be booked by calling the clubhouse.

**Services Categories:**

**Main:** immigration advice, information centres, transport

**Sub:** driving/licensing, family reunification, interpreters/translators

**Client Categories:** refugees, youth

**Type of Organisation:** association or incorporated society

## Alzheimers Counties Manukau Inc.



**(09) 576 7776**

**Work Phone:** (09) 576 7776  
**After Hours:** (09) 576 7776

**Fax:** (09) 576 5891  
**Email:** info@alzcm.org.nz

**Contact Person:**  
Pat Durey

**Physical Address:**  
Alzheimers Centre  
William Roberts Road  
Pakuranga, Manukau 2010

**Postal Address:**  
PO Box 51 291  
Pakuranga  
Manukau 2140

Services provided to people who have been diagnosed with dementia in the Counties Manukau region:

- ▶ Home visiting services
- ▶ Assessment
- ▶ Family/Whanau case conferences - family counselling
- ▶ Carer education - four times per year
- ▶ Advice/counselling one-to-one
- ▶ Younger person with Dementia Support Group & activities programme
- ▶ Carers' support groups
- ▶ Adult children's information evenings
- ▶ Social lunch group
- ▶ Carers' lunch twice a year
- ▶ Pukekohe outreach service, Pukekohe Netball Centre
- ▶ Papakura outreach service at Papakura Arts Centre
- ▶ Presentations

**Services Categories:**

**Main:** health services

**Sub:** other

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society, non government organisation

## South Auckland Family Violence Prevention Network

61



**(09) 278 9266**

Work Phone: (09) 278 9266

Fax: (09) 278 9304

Email: [info@safvpn.org.nz](mailto:info@safvpn.org.nz)

Website: [www.bviolencefree.org.nz](http://www.bviolencefree.org.nz)

**Contact Person:**  
Fola Henry

**Physical Address:**

Dental World Building  
1st Floor, Kolmar Road  
Papatoetoe, Manukau 2025

**Postal Address:**

PO Box 76 176  
Manukau City

We are a network of agencies working with family violence. We have a database of agencies and programmes and people can phone in for information and support. We also provide training and educational workshops on family violence. We have a monthly network meeting which is open to anyone interested to attend.

**Services Categories:**

**Main:** education-adult

**Sub:** family violence

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## CADS Asian Service

62



**(09) 442 3232**

Work Phone: (09) 442 3232

English Line: (09) 845 1818

Fax: (09) 845 1839

Email: [rebecca.zhang@waitematadhb.govt.nz](mailto:rebecca.zhang@waitematadhb.govt.nz)

Website: [www.cads.org.nz](http://www.cads.org.nz)

**Contact Person:**  
Rebecca Zhang

**Physical Address:**

1st Floor  
409 New North Road  
Kingsland, Auckland 1021

**Postal Address:**

1st Floor  
409 New North Road  
Kingsland, Auckland 1021

CADS Asian Service is an alcohol and drug service that provides education and treatment options for Asians/Chinese who suffer from alcohol and drug issues.

Our service is an Auckland Regional Service funded by the government and therefore is free to the public. Interpretation service is available if needed.

**Services Categories:**

**Main:** health servicest

**Sub:** addictions

**Client Categories:** elderly/older people, migrants, women, youth

**Type of Organisation:** local government

## 63 Communicare CMA



**(09) 631 5968**

**Work Phone:** (09) 631 5968  
**Mobile:** (027) 252 5711

**Fax:** (09) 631 5968  
**Email:** [communicare@paradise.net.nz](mailto:communicare@paradise.net.nz)  
**Website:** [www.communicare.co.nz](http://www.communicare.co.nz)

**Contact Person:**  
Margaret Oldfield

**Physical Address:**  
371 Mt Eden Road  
Mt Eden  
Auckland 1024

**Postal Address:**  
PO Box 67-037  
Mt Eden  
Auckland 1024

We are a non-profit multi-cultural organisation which has Friendship Centres throughout South, East, West and Central Auckland for older, lonely or disabled people.

Our 22 Friendship Centres are friendly and welcoming.

Communicare CMA has been helping people since 1959, with the aid of our volunteer helpers.

We provide companionship, friendship, stimulation and support in a caring atmosphere.

**Services Categories:**

**Main:** community services

**Sub:** community centres

**Client Categories:** elderly/older people

**Type of Organisation:** association or incorporated society

## 64 Refugee Services Aotearoa



**(09) 621 0014**

**Work Phone:** (09) 621 0014

**Fax:** (09) 629 6417  
**Email:** [Auckland@refugeeservices.org.nz](mailto:Auckland@refugeeservices.org.nz)  
**Website:** [www.refugeeservices.org.nz](http://www.refugeeservices.org.nz)

**Contact Person:**  
Chandra Yogeswaran

**Physical Address:**  
1A - 165 Stoddard Road  
Mt Roskill  
Auckland 1041

**Postal Address:**  
PO Box 57-137  
Owairaka  
Auckland 1340

Refugee Services Aotearoa is the national refugee resettlement agency working solely with UNHCR quota refugees resettling in Aotearoa New Zealand. RS provides professional social work support, cross cultural support, and trains and supports community volunteers. Our other areas of business include: educating the public concerning the refugee experience, and inputting into refugee policy at a local and central government level.

RS also engages in advocacy work for quota refugees where appropriate.

**Services Categories:**

**Main:** community services

**Sub:** community centres

**Client Categories:** refugees

**Type of Organisation:** non government organisation



(09) 296 1164

**Work Phone:** (09) 296 1164  
**After Hours:** (021) 103 5455

**Email:** sewa@slingshot.co.nz

**Contact Person:**  
 Abbas Ahmed

**Physical Address:**  
 94A Manuroa Road  
 Takanini 2112

**Postal Address:**  
 PO Box 75 108  
 Manurewa  
 Manukau

Our purpose is to support and educate the Kurdish community about living in New Zealand society, especially new arrivals. We provide opportunities for younger people in the Kurdish community to learn about their culture and language.

**Services Categories:****Main:** education-adult, education-child and youth, employment, financial**Sub:** employment assistance and advice, parenting education, primary, social welfare benefits advice**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth**Type of Organisation:** ethnic community group

(09) 378 9134

**Work Phone:** (09) 378 9134  
**Mobile:** (021) 510 058

**Fax:** (09) 378 6783  
**Email:** anite.wong@yanoisei.org.nz  
**Website:** www.yanoisei.org.nz

**Contact Person:**  
 Wendy Siu

**Physical Address:**  
 423 Great North Road  
 Grey Lynn  
 Auckland

**Postal Address:**  
 PO Box 83255  
 Edmonton  
 Auckland 0652

Yan Oi Sei is a charitable trust that aims to promote positive mental health for the Asian community in New Zealand. Our group members are from a variety of backgrounds, including mental health service users and their family friends, mental health clinicians and interested people. We regularly provide free psycho education sessions to the local community. We run sessions on a wide range of topics including stress, relaxation skills, specific mental health issues, methods of recovery.

**Services Categories:****Main:** education-adult, health services, legal**Sub:** consumer rights, mental health, other**Client Categories:** elderly/older people, migrants, refugees, women, youth**Type of Organisation:** charitable trust

## St George's Counselling Service



**(09) 278 3412**

**Work Phone:** (09) 278 3412  
**After Hours:** (09) 277 6145

**Fax:** (09) 278 2336  
**Email:** teandhmc@middleearth.net.nz  
**Website:** www.stgap.org.nz

**Contact Person:**  
Hilary Cheeseman

**Physical Address:**  
5 Landscape Road  
Papatoetoe  
Auckland

**Postal Address:**

St George's Counselling Service offers professional counselling at an affordable cost to the community. At present there are two counsellors who are members of the parish. Both are members of the New Zealand Association of Counsellors. We offer help with all kinds of personal issues, including:

- ▶ Low self esteem
- ▶ Stress
- ▶ Relationship difficulties
- ▶ Abuse
- ▶ Depression
- ▶ Parenting skills
- ▶ Spiritual
- ▶ Grief

We listen to your concerns, help you to isolate the problems, work out what options you have and assist you to find a way forward. We offer this service as Christians, but do not force our own values or beliefs onto others.

Our service is available to anyone who would like to come, irrespective of race, religion, sexual orientation or ability to pay.

We are able to offer times to suit you, including some evenings.

**Services Categories:**

**Main:** health services

**Sub:** counselling

**Client Categories:** elderly/older people, migrants, refugees, women

**Type of Organisation:** association or incorporated society

## Otara Community Law Centre

68



(09) 274 4966

Work Phone: (09) 274 4966

Fax: (09) 274 4967

Email: robyn.martin@otaralaw.org.nz

**Contact Person:**  
Robyn Martin

**Physical Address:**

121 Bairds Road  
Otara  
Manukau City

**Postal Address:**

PO Box 61-112  
Otara  
Auckland

We provide free and subsidised legal services to Otara Ward residents. However exceptions can be made in regards to people who have need of immigration help if they are unable to access services elsewhere due to monetary restrictions. Each case will be assessed for its merit in regards to being an unmet legal need.

**Services Categories:**

**Main:** immigration advice, legal

**Sub:** community law, family reunification, permanent residence, visa information

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** charitable trust

## Pakuranga College Community Education

69



(09) 537 1814

Work Phone: (09) 537 1814

Fax: (09) 537 1814

Email: comed@pakuranga.school.nz

Website: www.pakuranga.school.nz

**Contact Person:**  
Helen Pastor

**Physical Address:**

Pigeon Mountain Road  
Bucklands Beach  
Manukau 2012

**Postal Address:**

Pakuranga College Community Education provides a comprehensive ESOL language programme starting at the basic beginners and working through to level 5. Classes are small with a family atmosphere students are encouraged to sit unit standards as they progress.

Special courses are offered for listening, writing and reading. Training is provided for entering the workforce and becoming a New Zealand citizen.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, employment, financial, information centres, learning English, transport

**Sub:** ACE providers, budgeting advice, business assistance and advice, driving/licensing, employment assistance and advice, English for business, ESOL Classes, ESOL Home tutor, general English, job interview skills, parenting education, recreational facilities, road codes, schools, tertiary, training opportunities

**Client Categories:** elderly/older people, migrants, refugees, women

**Type of Organisation:** community language school

## Barnardos Manukau Child and Family Services



**(09) 275 4481**

**Work Phone:** (09) 275 4481

**Fax:** (09) 275 4484

**Email:** nancy.mccartney@barnardos.org.nz

**Website:** www.barnardos.org.nz

**Contact Person:**  
Nancy McCartney

**Physical Address:**  
33 Cape Road  
Mangere

**Postal Address:**  
PO Box 43230  
Mangere  
Manukau 2022

Barnardos is an experienced provider of a wide range of child and family services. These services focus on family strengths and support families to identify changes necessary to develop and improve outcomes for children.

**Services Categories:**

**Main:** education-adult, education-child and youth

**Sub:** parenting education, preschool

**Client Categories:** children(including those under 5 years), migrants, refugees, women

**Type of Organisation:** charitable trust

## ECPAT NZ Inc.



**(09) 376 5252**

**Work Phone:** (09) 376 5252

**Fax:** (09) 376 5253

**Email:** office@ecpat.org.nz

**Website:** www.ecpat.org.nz

**Contact Person:**  
Allan Bell

**Physical Address:**  
63 Great North Road  
Grey Lynn  
Auckland

**Postal Address:**  
PO Box 41264  
St Lukes  
Auckland

ECPAT NZ Inc. is a global network of organisations and individuals working together for the elimination of child prostitution, child pornography and the trafficking of children for sexual purposes. ECPAT aims to protect children from sexual exploitation and abuse through research, advocacy and education of the New Zealand public.

RS also engages in advocacy work for quota refugees where appropriate.

**Services Categories:**

**Main:** education-adult, education-child and youth, information centres

**Sub:** other

**Client Categories:** children (including those under 5 years), migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## Howick Information Service

72



**(09) 534 4796**

**Work Phone:** (09) 534 4796  
**After Hours:** (09) 533 5280

**Fax:** (09) 534 1084  
**Email:** howickinfo@manukau.govt.nz  
**Website:** www.manukau.govt.nz

**Contact Person:**  
Manager

**Physical Address:**  
91 Picton Street  
Howick  
Manukau 2014

**Postal Address:**

The Howick Information Service provides local community based information about community groups, local businesses, sports, leisure facilities, ACE programmes, ESOL, migrant support, social services, community courses and activities, tourism, walk ways, gardens, free legal advice, JP sessions.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, employment, financial, health services, immigration advice, information centres, learning English, legal, transport

**Sub:** ACC advice, addictions, community centres, community law, dental, disability and special needs, driving/licensing, emergency services, ESOL Home tutor, family assistance, health clinic, health screening, Howick information centre, legal assistance and advice, medical practitioner, mental health, nutritional issues, NZ police rules and responsibility, optician/optometrist, other, permanent residence, PHO, public transport, recreational facilities, religious communities, social welfare benefits advice, training opportunities, visa information

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** local government

## Mangere Community Law Centre

73



**(09) 275 4310**

**Work Phone:** (09) 275 4310

**Fax:** (09) 275 4693  
**Email:** mclc@xtra.co.nz

**Contact Person:**  
Bill Alden

**Physical Address:**  
Unit 9  
Mangere Town Centre  
Manukau 2022

**Postal Address:**  
PO Box 43201  
Mangere Town Centre  
Manukau 2024

Our Law Centre provides legal advice, legal representation, legal assistance and legal information across a range of legal areas, specialising in family law. Our community workers can assist, liaise and advocate on your behalf when dealing with government agencies or community organisations. We provide legal education sessions, a 8 week community course (LIOCEP) or one off sessions to community groups. We are a government funded, non-profit community organisation. Our service is mainly for Mangere residents. Much of the work we do is free or low cost.

**Services Categories:**

**Main:** education-adult, financial, housing, immigration advice, information centres, legal, transport

**Sub:** ACE providers, buying/selling properties, community law, consumer rights, family reunification, legal assistance and advice, liquor licensing, NZ police rules & responsibility, other, parenting education, permanent residence, social welfare benefits advice, tenancy disputes, visa information

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** charitable trust



(09) 576 8331

Work Phone: (09) 576 8331

Fax: (09) 576 7408

Email: cab.pakuranga@xtra.co.nz

**Contact Person:**  
Dorothy Gaunt

**Physical Address:**  
Library Building  
Aylesbury Street  
Pakuranga, Manukau 2140

**Postal Address:**  
PO Box 51291  
Pakuranga  
Manukau 2140

We provide free, confidential, impartial advice and information on every aspect of life in New Zealand including referrals to other agencies where appropriate.

Our service, provided by trained volunteers, is available to anyone. There are five CAB's in Manukau City at:

- ▶ Pakuranga
- ▶ Mangere
- ▶ Otara
- ▶ Papatoetoe
- ▶ Manurewa

Some of these have clinics specialising in immigration concerns, counselling, taxation, career counselling, age concern. Most CABs offer a JP service and a free legal advice service.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, employment, financial, health services, housing, immigration advice, information centres, learning English, legal, transport

**Sub:** preschool, primary, homework centres, secondary, tertiary, employment assistance and advice, business assistance and advice, employment disputes, social welfare benefits, Inland Revenue, family assistance, tenancy disputes, customs procedures, family reunification, permanent residence, visa information, information where to go for learning English and health services,, legal assistance and advice, NZ police rules and responsibilities, community law, consumer rights, details on all community services, driving, licensing, public transport, road codes, parking regulations, safety advice

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## Accident Compensation Corporation (ACC)

75



**0800 101 996**

**Work Phone:** (09) 277 8804

**Fax:** (09) 250 6550  
**Website:** www.acc.co.nz

**Contact Person:**  
Customer Service

**Physical Address:**  
70 Plunket Avenue  
Manukau 2104

**Postal Address:**  
PO Box 76-084  
Manukau City

ACC is a Crown entity responsible for:

- ▶ Preventing injury
- ▶ Collecting personal injury cover levies
- ▶ Determining whether claims for injury are covered by the scheme and providing entitlements to those who are eligible
- ▶ Paying compensation
- ▶ Buying health and disability support services to treat, care
- ▶ Advising the government.

We provide accident cover, injury prevention services, case management, medical and other care and rehabilitation services.

**Services Categories:**

**Main:** health services, information centres

**Sub:** ACC advice, other

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## Manukau Family Doctors, Accident+Medical

76



**(09) 277 5777**

**Work Phone:** (09) 277 5777

**Fax:** (09) 277 5775  
**Email:** siva.vasanthan@xtra.co.nz

**Contact Person:**  
Dr.Siva Vasanthan

**Physical Address:**  
597 Great South Road  
Manukau 2104

**Postal Address:**  
PO Box 76866  
Manukau City

This Centre offers:

- ▶ Family doctors
- ▶ Accident and injury service
- ▶ Immigration medical services
- ▶ Travel vaccines
- ▶ Occupational health advice

**Services Categories:**

**Main:** health services

**Sub:** ACC advice, emergency services, health, health clinic, medical practitioner, mental health, nutritional issues

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** business

## 77 Aorere College Adult & Community Education



**(09) 279 0671**

**Work Phone:** (09) 279 0671

**Fax:** (09) 279 0640

**Email:** ppeters@aorere.ac.nz

**Website:** www.aorere.ac.nz

**Contact Person:**  
Pam Peters

**Physical Address:**

Portage Road  
Papatoetoe  
Manukau 2155

**Postal Address:**

PO Box 23084  
Hunters Corner  
Manukau 2155

Aorere College Adult and Community Education provides a range of night classes during the evenings for adults. These include community courses and activities in Mangere and Papatoetoe.

Night classes range from skills- based basic computer courses to personal interest classes in cooking, languages, parenting, MYOB, small business, accounting, computer hardware.

We offer 5 levels of English language on Monday and Tuesday evenings 6.30-8.30pm.

These courses are designed for adults whose first language is not English.

All tutors are trained teachers.

**Services Categories:**

**Main:** community services, education-adult, education-child and youth, learning English, transport

**Sub:** ACE providers, community centres, driving/licensing, ESOL Classes, ESOL Home tutor, other, parenting education, road codes, secondary, tertiary

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:**

## 78 Sports Recreation and Outdoor Trust



**(09) 250 4509**

**Work Phone:** (09) 271 1161

**Mobile:** (021) 231 9231

**Fax:** (09) 263 2011

**Email:** info@sprout.net.nz

**Contact Person:**  
Kavitha Raj

**Physical Address:**

8 Rustic Avenue  
Mount Roskill  
Auckland 1041

**Postal Address:**

PO Box 76145 Manukau 2241

Sports Recreation and Outdoor Trust (SPROUT) is a charitable, voluntary and non-profitable trust meant to educate, encourage, promote, and provide opportunities in sports recreation and outdoor Pursuits to achieve greater wellbeing for people of Indian origin in New Zealand. Our mission is to provide a platform for "Every Indian in New Zealand to achieve greater well being through sports Recreation and outdoor pursuits.

**Services Categories:** Sports, Recreation and Outdoor physical activities for Indian community

**Client Categories:** Youth male, female, elderly, from Indian communities

**Type of Organisation:** Charitable trust

## Equal Employment Opportunities Trust

79



**(09) 525 3023**

**Work Phone:** (09) 525 3023

**Fax:** (09) 525 7076

**Email:** admin@eeotrust.org.nz

**Website:** www.eeotrust.org.nz

**Contact Person:**  
Dr Philippa Reed

**Physical Address:**  
level 5, 56 Cawley Street  
Ellerslie  
Auckland

**Postal Address:**  
PO Box 12929  
Penrose  
Auckland 1642

The Equal Employment Opportunities (EEO) Trust provides information and tools to employers and raises awareness of diversity issues in the workplace. We assist employers to introduce and apply proven EEO thinking and practices, encourage business success by promoting the recruitment and development of people on the basis of merit, and generate awareness of the business benefits and rewards of a versatile and inclusive workplace.

**Services Categories:**

**Main:** employment

**Sub:** business assistance and advice

**Client Categories:** children (including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** charitable trust

## Future Skills Academy Ltd

80



**(09) 263 0302**

**Work Phone:** (09) 263 0302

0800 888 001

**Mobile:** (021) 808 070

**Fax:** (09) 263 0304

**Email:** info@futureskills.co.nz

**Website:** www.futureskills.co.nz

**Contact Person:**  
Sam Alavi

**Physical Address:**  
5A Earl Richardson Avenue  
Manukau City  
Manukau 2104

**Postal Address:**  
PO Box 76 549  
Manukau City  
Manukau 2241

Our courses include information technology, printing and production support, refrigeration and air condition, multi-media, business administration, bridging and foundation skills. We also run 10-week Intensive Literacy Courses (10 hours) for residents and citizens. If necessary, we also run one-to-one Intensive Literacy sessions.

**Services Categories:**

**Main:** learning English

**Sub:** general English

**Client Categories:** youth

**Type of Organisation:** private organisation



(09) 534 6864

Work Phone: (09) 534 6864

Fax: (09) 534 1072

Email: [allsaints@xtra.co.nz](mailto:allsaints@xtra.co.nz)Website: [www.allsaintshowick.org.nz](http://www.allsaintshowick.org.nz)

**Contact Person:**  
Joanne Rutherford

**Physical Address:**

17 Selwyn Road  
Howick  
Auckland 2014

**Postal Address:**

PO Box 38 008  
Howick  
Manukau 2145

All Saints Church offers partnership and support to people both within and outside the church. We provide exciting and informative programmes for all ages. We try to be adventurous, challenging, creative and articulate as we educate and develop our community life. We provide comfortable surroundings and have the help of caring people who really show their understanding, consideration and love. We see the care of all creation and people as inseparable and central to our way of life. Through the realisation of this vision, we hope the parish and community will regard All Saints as a church ready to listen, remember and understand, who are caring for one another and for others, and who are not afraid to be adventurous and take risks by tackling challenging programmes.

We operate a food bank that is open on weekdays between 10:00am and 11:00am.

Selwyn Seniors is a group for retired people and its activities include keep fit groups, craft, discussions, guest speakers, movies, board games, music etc. There is a cost of \$2 per day, plus lunch and transport if needed, every Monday, Wednesday and Friday.

Seasons Growing Through Grief provides peer support groups for children, teens and their parents who meet once a week for nine weeks with a trained facilitator (usually over a school term).

We are also an Anglican Church which has services at 7:30am and 9:30am on Sundays and at 10:00am on Wednesday.

From time to time we run Conversation Classes for non-English speakers. These classes meet on Thursdays to practise spoken English. (Please ring Joanne Rutherford (09) 534 6864 to enquire about the availability of these classes.

**Services Categories:**

**Main:** community services, financial, learning English

**Sub:** conversation classes, foodbank, religious communities, seasons growing, selwyn seniors for the elderly

**Client Categories:** children (including those under 5 years), elderly/older people, migrants, refugees, youth

**Type of Organisation:** faith group

## Ministry of Pacific Island Affairs

82



**(04) 473 4493**

**Work Phone:** (04) 473 4493

**Fax:** (04) 473 4301

**Email:** [contact@minpac.govt.nz](mailto:contact@minpac.govt.nz)

**Website:** [www.minpac.govt.nz](http://www.minpac.govt.nz)

**Contact Person:**  
Magila Annandale

**Physical Address:**  
101-103 The Terrace  
Wellington 6011

**Postal Address:**  
PO Box 833  
Wellington Central  
Wellington 6140

The Ministry of Pacific Island Affairs promotes the development of Pacific peoples in New Zealand, in a way that recognises and reflects Pacific cultural values and aspirations, so that Pacific peoples can participate and contribute fully to New Zealand's social cultural and economic life.

The Ministry provides advice in two key areas: policy and communications

It works to address current issues but also has a firm strategic focus on the future and developing pathways for Pacific peoples to achieve social and economic self-sufficiency.

The Ministry's regional offices play a crucial role in the design and implementation of innovative projects.

The MIPA provides analysis and advice on possible new policies, programmes, initiatives and communication strategies on information provided by the regional offices.

**Services Categories:**

**Main:** information centres

**Sub:** local government departments

**Client Categories:** children (including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## Housing New Zealand Corporation

83



**(09) 261 5304**

**Work Phone:** (09) 261 5304

**Fax:** (09) 296 3209

**Email:** [denise.wiki@hnzc.co.nz](mailto:denise.wiki@hnzc.co.nz)

**Website:** [www.hnzc.co.nz](http://www.hnzc.co.nz)

**Contact Person:**  
Denis Wiki or Lizz Venkins

**Physical Address:**  
15 Railway Street West  
Papakura 2110

**Postal Address:**  
PO Box 72557  
PapaKura 2244

Housing New Zealand provides New Zealanders with access to good quality, affordable homes. It is the main advisor on housing and services related to housing to the New Zealand Government., which includes those on low incomes or with special housing needs.

We also work in many ways to improve access to affordable homes for New Zealanders:

- ▶ home ownership loans and advice for people on low to medium incomes
- ▶ support for councils and community groups wanting to increase their involvement in providing social housing
- ▶ research on the New Zealand housing market
- ▶ locally based programmes to strengthen communities
- ▶ partnerships with Maori, iwi, local government and community organisations to address housing issues in their areas

**Services Categories:**

**Main:** housing

**Sub:** rental/temporary accommodation, state housing

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## 84 Ministry of Women's Affairs



**(04) 915 7112**

**Work Phone:** (04) 915 7112

**Fax:** (04) 916 1604  
**Email:** [mwa@mwa.govt.nz](mailto:mwa@mwa.govt.nz)  
**Website:** [www.mwa.govt.nz](http://www.mwa.govt.nz)

**Contact Person:**  
Pat Duncan

**Physical Address:**  
48 Mulgrave Street  
Thorndon  
Wellington 6143

**Postal Address:**  
PO Box 10049  
Thorndon  
Wellington 6143

The Ministry of Women's Affairs is the New Zealand government's source of advice on ways to improve the lives of women.

The job of the Ministry is to:

- ▶ provide advice on policy solutions to improve the status of women
- ▶ recommend suitable women nominees for state sector boards
- ▶ manage New Zealand's international obligations in relation to the status of women, in particular under the United Nations Convention for the Elimination of Discrimination Against Women.

The work of the Ministry is guided by The Action Plan for New Zealand Women, a five year whole-of-government plan launched in 2004.

**Services Categories:**

**Main:** information centres

**Sub:** policy agency

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government

## 85 CADS Community Alcohol and Drug Service



**(09) 263 2000**

**Work Phone:** (09) 263 2000

**Fax:** (09) 263 2011  
**Email:** [duncanpoole@waitemata.dhb.govt.nz](mailto:duncanpoole@waitemata.dhb.govt.nz)  
**Website:** [www.cads.org.nz](http://www.cads.org.nz)

**Contact Person:**  
Duncan Poole

**Physical Address:**  
Building No: 4,  
17 Lambie Drive  
Manukau 2104

**Postal Address:**  
PO Box 23360  
Hunters Corner  
Manukau 2155

CADS offers a free service, funded through the Waitemata District Health Board to anybody in the Auckland region wanting to solve an alcohol or drug related question, issue or problem.

Our confidential counselling service aims to reduce the harm caused by drinking or drug taking.

Our services range from a single appointment through to an intensive outpatient programme and from individual to group counselling.

If you are looking for information or help for an alcohol or drug issue, for yourself or anybody else, then take that first step and give us a confidential call on 845-1818 or just drop into one of our units which are located in

North, West, East, Central and South Auckland

**Services Categories:**

**Main:** health services

**Sub:** addictions, medical practitioner, mental health

**Client Categories:** all

**Type of Organisation:** public institution



**(04) 471 0852**

**Work Phone:** (04) 471 0852  
**After Hours:** (04) 471 0854

**Fax:** (04) 471 0870  
**Email:** [inquiries@teacherscouncil.govt.nz](mailto:inquiries@teacherscouncil.govt.nz)  
**Website:** [www.teacherscouncil.govt.nz](http://www.teacherscouncil.govt.nz)

**Contact Person:**  
Alastair McLean

**Physical Address:**  
Level 7, 93 The Terrace  
Wellington City  
Wellington

**Postal Address:**  
PO Box 5326  
Wellington  
Wellington

The Teachers Council is the professional body for all registered teachers working in early childhood, primary, secondary, tertiary and other teaching situations.

As such, it maintains the register of qualified teachers and issues practising certificates to teachers employed within New Zealand. It also manages disciplinary processes and determines policy relating to the professional standards and practice of teachers in New Zealand

The Teachers Council was established under the Education Standards Act 2001 and replaced the Teacher Registration Board on the 1st February 2002.

**Services Categories:**

**Main:** education-child and youth, learning English

**Sub:** ESOL Classes, homework centres, preschool, primary, secondary, tertiary

**Client Categories:** all

**Type of Organisation:** central government



**0800 222 733**

**Work Phone:** 0800 222 733

**Fax:** (09) 262 4251  
**Email:** [Dale.Bailey@careers.govt.nz](mailto:Dale.Bailey@careers.govt.nz)  
**Website:** [www.careers.govt.nz](http://www.careers.govt.nz)

**Contact Person:**  
Dale Bailey

**Physical Address:**  
Level 1, ANZ Building  
3 Osterley Way

**Postal Address:**  
PO Box 76 306  
Manukau City 2241

Career Services is New Zealand's leading provider of independent career information, advice and guidance. Career Services is a government organisation that aims to provide all people living in New Zealand with access to the best careers information, advice and guidance to achieve their life goals. This means promoting the importance of career planning at every stage of a person's life. Career Services offers a range of help and services to people who have moved to New Zealand. These include:

- ▶ face-to-face help exploring work and study options
- ▶ information and advice over the phone or by online chat
- ▶ Online information targeted at migrants and refugees.

**Services Categories:**

**Main:** career information, advice and guidance

**Sub:** promoting the importance of career planning at every stage of a person's life

**Client Categories:** people new to New Zealand

**Type of Organisation:** Central government



(09) 302 8680

**Work Phone:** (09) 302 8680  
**Enquiries:** 0800 803 909

**Fax:** (09) 302 2305  
**Email:** enquiries@privacy.org.nz  
**Website:** www.privacy.org.nz

**Contact Person:**  
 Annabel Fordham

**Physical Address:**

**Postal Address:**  
 PO Box 466  
 Shortland Street  
 Auckland 1140

The Office of the Privacy Commissioner, Te Mana Matapono Matatapu, has functions that are set out in the Privacy Act 1993. The Office is an independent Crown Entity. One of the main purposes of the Office is to promote and protect individual privacy.

The Privacy Commissioner performs a general watchdog role over privacy, making public statements and reporting on a range of issues affecting the way personal information is handled. The Commissioner examines new legislation and appears before parliamentary select committees considering bills.

The Privacy Commissioner has the power to issue codes of practice which may modify privacy principles by setting different standards. Two major industry codes issued by the Commissioner are the Health Information Privacy Code 1994 and the Credit Reporting Privacy code 2004

The Commissioner oversees the operation of information-matching programmes in the public sector. Information-matching is the process by which government agencies compare databases of personal records to establish, for example, entitlement to services, or instances of benefit fraud. The Act requires that an affected individual be given notice before adverse action is taken as a result of a match.

The Office of the Privacy Commissioner investigates complaints about breaches of privacy.

The investigation process emphasises low-level dispute resolution and conciliation between parties. If a complaint cannot be settled, the Commissioner may refer it to the Director of Human Rights Proceedings, who may bring proceedings before the Human Rights Review Tribunal. Alternatively, aggrieved people may bring proceedings on their own behalf before the Tribunal. The Tribunal has the power to award remedies, including declarations, orders, damages and costs.

**Services Categories:**

**Main:** legal

**Sub:** consumer rights, legal assistance and advice, other

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** central government



(09) 263 5490

Work Phone: (09) 263 5490

Fax: (09) 263 5491

Email: manukau@arms-mrc.org.nz

Website: www.arms-mrc.org.nz

**Contact Person:**  
Sharon Xue

**Physical Address:**

6 Osterley Way  
Manukau City  
Manukau 2241

**Postal Address:**

PO Box 276 035  
Manukau City  
Manukau 2241

The Auckland Regional Migrant Services Charitable Trust (ARMS) your One-Stop-Shop-Centre for settlement related information. ARMS is a non-profit organisation which supports migrants, refugees and returning Kiwis settle successfully in the Auckland Region.

Our services are free. We work very closely with a wide range of service providers and have programmes to assist new settlers in Auckland.

**HOW CAN WE HELP YOU?**

- ▶ **Settlement Support New Zealand** - Auckland City and Manukau City provides support and advice in conjunction with ARMS. We are here to help you and your family settle in Auckland and Manukau.
- ▶ **Newcomer Orientation Activities** - we offer workshops in buying your first home, relating well in New Zealand, Women's Health, Business Set up, IRD and Taxation system, and on Tangata Tiriti. We also organise visits to the Orakei Marae and offer bus tours.
- ▶ **Regional English Advisory Service** - provides one on one consultation and advice for all migrants and refugees. We will advise you about your level of English and on the resources available that you can use to improve your English for employment and settlement.
- ▶ **Migrant Employment Assistance Programme** - These services include: workshops on how to find employment in NZ (First Steps), specialised workshops for professional migrants, appointments with other agencies on-site i.e. appointments with a Work Broker from Work and Income (Tuesdays), appointments with Career Services, Job Board for 'entry-level' employment and advice on employment-related English courses.
- ▶ **Refugee Employment Assistance Programmes** - we offer tailor-made workshops for different groups of refugee job seekers. In addition, we also offer personalised support for workshop participants.
- ▶ **Refugee Community Services** - we are currently Umbrella-ing the Somali Concern Organisation, which offers programmes for isolated refugee women needing support with settlement related issues. In addition to the above, they also have a holiday programme for school children and provide Client Crisis Support.

All our services are free.

**Services Categories:**

**Main:** community services, employment, immigration advice, information centres, learning English

**Sub:** employment assistance and advice, information, job interview skills, training opportunities

**Client Categories:** migrants, refugees

**Type of Organisation:** charitable trust

All other branch listings for Auckland Regional Migrant Services can be found on page 1 of this directory.

## Planet FM 104.6



(09) 815 8600

Work Phone: (09) 815 8600

Fax: (09) 815 8620

Email: christine@planetaudio.org.nz

Website: www.planetaudio.org.nz

**Contact Person:**  
Christine McKechnie

**Physical Address:**  
79 Carrington Road  
Pt Chevalier  
Auckland 1025

**Postal Address:**  
PO Box 44-215 Pt.Chevalier  
Auckland 1246

Community access radio services. Make your own radio in your own language, from your own point-of-view. Listen to 140 programmes in 52 languages from communities throughout the Auckland region covering community news and information, settlement services, health, beliefs, special needs and interests, music and entertainment.

[Audio website in development TBA 2008]

**Services Categories:**

**Main:** community services

**Sub:** community centres

**Client Categories:** all, children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## Refugees As Survivors Mobile Team



(09) 620 2542

Work Phone: (09) 620 2542  
After Hours: (021) 838 350

Fax: (09) 270 0056

Email: will@rasnz.co.nz

Website: www.rasnz.co.nz

**Contact Person:**  
Duncan Poole

**Physical Address:**  
1224A Dominion Road  
Mount Roskill  
Auckland

**Postal Address:**  
PO Box 22-315 Otahuhu  
Auckland

The Auckland Regional Refugee Mobile Community Clinical Team (Refugee Mobile Team) aims to improve refugee access to health and support services, and to facilitate better and more equitable integration of refugees into New Zealand society. The service is available to all quota and convention refugees accepted under the United Nations Global System (GQS) and for people with related backgrounds who have been settled in the greater Auckland region

The Refugee Mobile Team delivers confidential clinical mental health support for traumatised refugees living in the community. A further key goal is capacity building with mainstream health providers to increase specialist skills becoming more accessible in working with former refugees who have settled in the Auckland area.

The Refugee Mobile Team consists of a multi-disciplinary group of specialist professionals, including psychiatrists, psychologists, social worker, nurse and Refugee Community Link workers.

**Services Categories:**

**Main:** health services

**Sub:** mental health

**Client Categories:** refugees

**Type of Organisation:** charitable trust



(09) 623 2508

**Work Phone:** (09) 623 2508  
**After Hours:** (09) 623 2508

**Fax:** (09) 623 2567  
**Email:** [service@diabetesauckland.org.nz](mailto:service@diabetesauckland.org.nz)  
**Website:** [www.diabetesauckland.org.nz](http://www.diabetesauckland.org.nz)

**Contact Person:**  
 Teresa Creary

**Physical Address:**  
 62-64 Valley Road  
 Mt Eden  
 Auckland 1024

**Postal Address:**  
 PO Box 67 041  
 Mt Eden  
 Auckland 1349

Diabetes Auckland offers support and education for all people with diabetes.

A small retail shop and drop in information centre are available at the main office in Mt Eden. Support groups operate in a number of areas across the Auckland Region.

Membership (by subscription) entitles you to receive a high quality quarterly magazine and members discount in the shop

**Services Categories:**

**Main:** health services

**Sub:** education for people with diabetes

**Client Categories:** children (including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society



(09) 271 4914

**Work Phone:** (09) 272 8174  
**After Hours:** (09) 272 8194

**Fax:** (09) 272 8174  
**Email:** [awhetu\\_trust@awhetu.com](mailto:awhetu_trust@awhetu.com)  
**Website:** [www.awhetu.com](http://www.awhetu.com)

**Contact Person:**  
 Fuimaono Joana

**Physical Address:**  
 57 Cooper Crescent  
 Otara  
 Manukau

**Postal Address:**  
 PO Box 61036  
 Otara  
 Auckland

We are a social development organisation in Aotearoa. Our mission statement is to eliminate social problems such as unemployment, crime, substance and family abuse and discrimination by empowering citizens to act morally, ethically, responsibly and to discern wisely as participating community members.

Our work is amongst the disenfranchised, dislocated and the marginal communities of Aotearoa, to relocate and empower these community members to participate in establishing and strengthening their community.

Community work is primarily among the Pacific Island communities of Aotearoa, especially in South Auckland.

**Services Categories:**

**Main:** employment, financial, housing, immigration advice

**Sub:** employment assistance and advice, social welfare benefits advice, Inland Revenue and tax advice, family assistance, customs procedures, family reunification, permanent residence, visa information

**Client Categories:** elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** ethnic community group

## 94 Allergy New Zealand



**(09) 623 3912**

**Work Phone:** (09) 623 3912  
**After Hours:** (09) 623 3912

**Fax:** (09) 623 0091  
**Email:** allergy@allergy.org.nz  
**Website:** www.allergy.org.nz

**Contact Person:**  
Michelle Rodgers

**Physical Address:**  
441A Mt Eden Road  
Mount Eden  
Auckland 1024

**Postal Address:**  
PO Box 56 117  
Dominion Road  
Auckland

Allergy New Zealand is a national membership-based, not-for-profit society whose primary role is to provide information, education and support to the many thousands of New Zealanders living with allergies, including those at risk of anaphylaxis.

We also represent their interests particularly in the media and to policy makers and government, provide information and guidance to the health, education and food sectors and support research wherever possible.

**Services Categories:**

**Main:** health services, information centres

**Sub:** nutritional issues, disability and special needs, ACC advice, other

**Client Categories:** children (including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** association or incorporated society

## 95 The New Zealand Nanaksar Thath Isher Darbar



**(09) 268 9539**

**Work Phone:** (09) 266 3590  
**After Hours:** (09) 268 9539  
**Mobile:** (021) 471 713

**Fax:** (09) 267 2666  
**Email:** nanakdarbar@yahoo.co.nz  
**Website:** www.nanaksar.org

**Contact Person:**  
Raj Singh

**Physical Address:**  
102-104 Great South Road  
Manurewa  
Manukau 2102

**Postal Address:**  
102-104 Great South Road  
Manurewa  
Manukau 2102

The Nanaksar Trust offers religious, educational, cultural and social services to the migrants and new settlers of Indian origin.

**Services Categories:**

**Main:** education-child and youth, education-adult, learning English, community services, information centres, transport

**Sub:** ESOL classes, religious communities, interpreters/translators, safety advice, other

**Client Categories:** children(including those under 5 years), elderly/older people, migrants, refugees, women, youth

**Type of Organisation:** charitable trust



## Section Two

This section of the directory provides information about the services provided by Manukau City Council and further information about employment programmes, general internet resources, health facilities and services.

# Manukau City Council

Ph: (09) 262 5104

Fax: (09) 262 5151

Website: [www.manukau.govt.nz](http://www.manukau.govt.nz)

Kotuku House, 2 Osterley Way, Manukau City

Manukau City Council helps build stronger and healthier communities where people feel a sense of belonging and wellbeing.

New settlers to Manukau can receive support, advice, information, meeting spaces and other practical help from the Council.

## Community Advisors

Each ward in Manukau has its own community advisor who can help you with:

- ▶ networking and linking resources
- ▶ sourcing funding
- ▶ managing your community group
- ▶ conflict resolution and mediation
- ▶ local community project development
- ▶ group facilitation

For general enquiries,

Email: [communityadvisor@manukau.govt.nz](mailto:communityadvisor@manukau.govt.nz)

For enquiries relating to your area, contact your local community advisor:

### Botany

Ph: (09) 262 8900 ext 8496

Email: [sjimmy.fransen@manukau.govt.nz](mailto:sjimmy.fransen@manukau.govt.nz)

### Clevedon

Ph: (09) 262 5437

Email: [carol.mckenzie-rex@manukau.govt.nz](mailto:carol.mckenzie-rex@manukau.govt.nz)

### Howick

Ph: (09) 262 5442

Email: [bernadette.pereira@manukau.govt.nz](mailto:bernadette.pereira@manukau.govt.nz)

### Mangere

Ph: (09) 275 7498

Email: [ayr.jones@manukau.govt.nz](mailto:ayr.jones@manukau.govt.nz)

### Manurewa

Ph: (09) 266 5195

Email: [rouruina.brown@manukau.govt.nz](mailto:rouruina.brown@manukau.govt.nz)

### Otara

Ph: (09) 274 5430

Email: [tipi.arthur@manukau.govt.nz](mailto:tipi.arthur@manukau.govt.nz)

### Pakuranga

Ph: (090) 572 0034

Email: [yongjie.li@manukau.govt.nz](mailto:yongjie.li@manukau.govt.nz)

### Papatoetoe

Ph: (09) 278 9025

Email: [nimi.bedi@manukau.govt.nz](mailto:nimi.bedi@manukau.govt.nz)

## Community Houses

Manukau City owns seven community houses, which provide:

- ▶ A venue for individuals or groups to hire for their functions or meetings
- ▶ A variety of programmes and services for the community: courses, recreation programmes, art and craft classes, before and after school care programmes, holiday programmes
- ▶ Support services and referrals to support agencies

Feel free to contact the friendly co-ordinator at one of the following community houses:

### **Anchorage Park Community House**

16 Swan Cres, Pakuranga  
Ph: (09) 576 5381 Fax (09) 576 5381

### **Clendon Park Community House**

60 Finlayson Ave, Manurewa  
Ph: (09) 267 2860 Fax (09) 267 2334

### **Clover Park Community House**

16a Israel Ave, Clover Park, Otara  
Ph: (09) 263 8261 Fax (09) 263 4893

### **Highland Park Community House**

47 Aviemore Dr, Highland Park, Pakuranga  
Ph: (09) 534 5584 Fax (09) 534 5584

### **Mangere Community House**

141 Robertson Rd, Mangere  
Ph: (09) 275 4920 Fax (09) 275 0139

### **Randwick Park Community House**

137 Shifnal Dr, Manurewa  
Ph: (09) 267 5941 Fax (09) 267 5946

### **Te Whare Awhina Community Services Centre**

4 Tamworth Close, Manurewa  
Ph: (09) 267 2860 Fax (09) 267 2334

## Citizens Advice Bureaux (CAB)

Manukau's five Citizens Advice Bureaux offer free information and advice to anyone needing help or assistance on personal, family, financial or legal matters, housing, transport, education, employment, tourism, consumer rights, JP services and more

### **Manurewa CAB**

Ph: (090) 266 5729  
Email: [cab.manurewa@xtra.co.nz](mailto:cab.manurewa@xtra.co.nz)

### **Mangere CAB**

Ph: (09) 275 6885  
Email: [cab.mangere@xtra.co.nz](mailto:cab.mangere@xtra.co.nz)

### **Otara CAB**

Ph: (09) 274 6577  
Email: [cab.otara@xtra.co.nz](mailto:cab.otara@xtra.co.nz)

### **Pakuranga-Eastern Manukau CAB**

Ph: (09) 576 8331  
Email: [cab.pakuranga@xtra.co.nz](mailto:cab.pakuranga@xtra.co.nz)

### **Papatoetoe CAB**

Ph: (09) 278 5191  
Email: [cab.papatoetoe@xtra.co.nz](mailto:cab.papatoetoe@xtra.co.nz)

### **Howick Information Centre:**

The Howick Information Service offers a world of information for any visitor to Manukau.

Located in the heart of Howick Village, Howick Information Service is your one stop shop for free information and advice on a range of issues and services, as well as what is happening in Howick.

Ph: (09) 534 4796  
Email: [howickinfo@manukau.govt.nz](mailto:howickinfo@manukau.govt.nz)

Manukau Council's website has plenty of information about parks, free swimming pools, free libraries, and arts centres. Further information on funding, graffiti, dogs laws, water, recycling, and also buying a property is also on the website.

Visit: [www.manukau.govt.nz](http://www.manukau.govt.nz) or call 09 262 5104

## Employment Programmes: General Internet Resources

<http://www.asenz.org.nz/>

The Association of Supported Employment in New Zealand aims to promote, establish and develop supported employment services to people in New Zealand. Website includes details of supported employment providers throughout New Zealand. Access to online newsletter.

<http://www.businessnz.org.nz/>

This website represents the interests of New Zealand's business and employment sectors. In addition to information about Business NZ, the site provides the following documents in full text: media releases, submissions, commentaries, views on education and economic development, and papers from the Changing Gear Conference.

<http://www.careers.govt.nz/>

Provides career information, advice and guidance.

<http://career.co.nz/>

This is a generic employment website covering a multitude of industries and occupations. The company is a division of Adcorp New Zealand. The site can be searched by keywords, industry, consultant and employer.

<http://www.dol.govt.nz/>

Site of the Department responsible for employment related issues in New Zealand. The site provides a brief outline of the structure, mission and goals of the Department, including organisational chart. It includes publications, contacts, latest news, plus numerous links to other employment and industrial relations related sites including OSH, New Zealand Immigration Service, trade-unions, legislation and accident insurance.

[http://www.dressforsuccess.org/dfs\\_affiliates.aspx](http://www.dressforsuccess.org/dfs_affiliates.aspx)

Links to the New Zealand branches of the not-for-profit organization that helps low-income women make transitions into the workforce by providing clothing and ongoing career development advice.

<http://www.ers.dol.govt.nz/>

A Department of Labour site, aimed at employers, employees and unions, provides information on laws relating to the workplace. Includes online publications.

<http://www.workandincome.govt.nz/publications/enterprising-communities.html>

Enterprising Communities, published by Work and Income, covers people and projects supported by Enterprising Communities grants. These grants help community organisations to develop projects that will create skills and job opportunities for people who are finding it hard to get work. All issues are available in full-text.

<http://www.eeotrust.org.nz/>

The EEO Trust helps employers adapt to and embrace the diversity of the workforce through the use of EEO principles and best practice. The site provides information about the Trust, the EEO Employers' Group, EEO diversity and research. Recruitment consultants are listed. Hints for job seekers, and copies of the Work and Family File magazine are available.

The EEO Trust Newsletter (<http://www.eeotrust.org.nz/news/newsletter.cfm>) includes information about developments and trends, upcoming events, and profiles of members of the Trust. All issues are available in full-text.

<http://www.futureintech.org.nz/>

Information about study and careers in technology, engineering and science.

<http://www.in-transit.govt.nz/>

An official government site, providing information and resources for school leaver and young career, job, study and skill seekers on choices and the variety of career and study options available

<http://job-bank.winz.govt.nz/>

Enables users to search for jobs throughout New Zealand by position and region.

<http://jobs.search4.co.nz/>

New Zealand focused job web site that lists job vacancies in all industries. Includes tools such as resume and cover letter templates.

**<http://www.edgazette.govt.nz/>**

The New Zealand Education Gazette is the official circular of the Ministry of Education. This site offers an Internet alternative for readers. As well as holding the information from current and past issues of the Gazette, including information on vacancies and notices, the online Gazette offers a variety of new features and is continuously updated, providing faster access to new notices and vacancies. Vacancies are available on the site within two working days of their submission.

**<http://www.jobs.govt.nz/>**

Provides information about job vacancies and careers in the state sector.

**<http://www.picknz.co.nz/>**

Information about seasonal horticultural work in New Zealand. Includes information about local accommodation and guidelines for employers who are seeking seasonal workers.

**<http://www.seasonalwork.co.nz/index.jsp>**

Aimed at overseas travellers as well as local people, the site provides search facilities on any part of the map of New Zealand to find seasonal jobs and information on work permits, travel and accommodation, as well as adventure tourism and English courses.

**<http://www.seek.co.nz/>**

This web site includes job search, IT job search and career resources. It also includes company profiles of some of New Zealand's leading companies.

**<http://www.skillnz.org.nz/>**

Site hosted by the Tertiary Education Commission. Information for employers, employees and young people about workplace learning options, what the benefits are, and how to get involved. Includes online brochures.

**<http://www.sjs.co.nz/index.aspx>**

Student Job Search is run by college of education, polytechnic and university students associations to help find summer vacation work and temporary or part-time work in-term.

**<http://www.workandincome.govt.nz/>**

This website provides information for people who use, or may use, Work and Income's services. There is information about finding work, getting income support or employing a job seeker - along with links to the online vacancy and job seeker listings. There is also general information about Work and Income's role and activities.

**<http://www.worksite.govt.nz/>**

Government portal that provides access to a wide range of labour market information. Resource for anyone who needs up-to-date and reliable information about work, skills and employment opportunities in New Zealand.

## Health Facilities and Services

The contact details of all Counties Manukau District Health Board (CMDHB) facilities, hospitals and specialist services can be searched for and found on [www.healthpoint.co.nz](http://www.healthpoint.co.nz)

See [www.healthpoint.co.nz](http://www.healthpoint.co.nz) for an extended list of services.

### Hospitals and Clinics

#### Middlemore Hospital

Hospital Road  
Otahuhu  
Auckland

Private Bag 93311  
Otahuhu  
Auckland 1640

Ph: (09) 276 0000 All Departments  
Ph: (09) 276 5004 Patient Enquiries  
Ph: (09) 270 4799 Information/Visiting Hours  
Ph: (09) 276 0292 Text Telephone for the Deaf (TTY)  
Ph: (09) 270 4742 Tiaho Hahi

#### Kidz First Children's Hospital

Hospital Road  
Otahuhu  
Auckland

Ph: (09) 276 0000

#### Botany SuperClinic TM

266 Botany Road  
Howick, Manukau 2010  
Private Bag 98743  
South Auckland Mail centre, Manukau 2240

Ph: (09) 277 1660 Outpatient Services

#### Manukau SuperClinic

901 Great South Road  
Manukau 2025  
Private Bag 98743  
South Auckland Mail Centre  
Manukau 2240

Ph: (09) 277 1660 Outpatient Services

#### Manukau Surgery Centre

901 Great South Road  
Manukau 2025  
Private Bag 98743  
South Auckland Mail centre  
Manukau 2240

Ph: (09) 277 1608 Theatre Unit  
Ph: (09) 277 1655 Ward Enquiries

#### Franklin Memorial Hospital

Kitchener Road  
Waiuku  
Pukekohe, Auckland

Ph: (09) 235 9284

#### Pukekohe Hospital

Tuakau Road  
Pukekohe  
Auckland

Ph: (09) 237 0600 Aged Care Unit  
Ph: (09) 237 0650 Home Health Care

#### Auckland Spinal Unit

30 Baurds Road (Gate A)  
Otara, Auckland

Private Bag 93319  
Otahuhu, Auckland 1640

Ph: (09) 270 9000

#### Tamaki Oranga Recovery Centre

30 bairds Road  
Otara  
Auckland

PO Box 61 120  
Otara  
Auckland

Ph: (09) 270 9040  
Ph: (09) 270 9051 (Patient Line)



## Section Three

This section of the directory provides information about media links, radio and communities of interest on the web, news and information sources, special interests and access community radio.

## Media links

### **Aotearoa Independent Media Centre**

Website covers current events by political activists.

**<http://www.asiapac.org.fj/cafepacific/>**

"News media, independent information sources, progressive movements, environmental groups and Pacific research sites in the region." Includes some New Zealand sites.

**<http://findnzarticles.natlib.govt.nz/>**

Searchable indexes to a range of New Zealand newspapers and journals. Collaborative project by New Zealand libraries.

**<http://www.indiannewslink.co.nz/>**

Indian Newslink is published by Indiana Publications (NZ). It is a community newspaper carrying news, reports, analyses, features, coverage of issues that affect our world, country, society and community. Issues are available in full text.

**<http://www.nzherald.co.nz/>**

Web site features news, sport, weather, traffic information, travel, business, and entertainment from the New Zealand Herald. Index only available for articles more than 7 days old and published from December 1998 onwards. Some content only available with a subscription.

**<http://www.nzpa.co.nz/>**

The New Zealand Press Association (NZPA) is a co-operative news agency owned by New Zealand's daily newspaper industry. NZPA operates a 24 hour, seven-days-a-week service disseminating national and international news to the country's daily and Sunday newspapers. Site offers industry information and member services.

**[http://tvnz.co.nz/view/news\\_index\\_skin/](http://tvnz.co.nz/view/news_index_skin/)**

Television One News. Local and international news, sports and weather.

**<http://www.odt.co.nz/>**

The online edition of the Otago Daily Times, New Zealand's first daily newspaper, established in 1861 and serving the province of Otago. The site has access to back issues and a search facility. Information for advertisers is available.

**<http://www.scoop.co.nz/>**

Scoop is an online news service, which can be personally tailored for the reader's interests, with email options.

### **Stuff.co.nz**

Online news providing national, regional and world news from newspapers belonging to Fairfax New Zealand. Includes the following sections: sport, business, Infotech, rural affairs, weather, travel, cartoons, TV guide, entertainment, photo gallery, motoring, and features.

**<http://maorinews.com/karere/>**

Includes news, articles, links to M?ori websites and email lists. Also some Pacific and indigenous websites and lists.

**<http://tvnz.co.nz>**

Maori television news programme Te Karere. Provides the current week's programmes and information about the show.

**<http://times-age.co.nz/>**

Online newspaper, published Monday - Saturday. The site provides links to other online newspapers.

## Radio and Communities of Interest on the www

### Media - Languages & Cultures

Bangladesh NZ Friendship Society  
[www.bnzfs.org](http://www.bnzfs.org)

Echo Dutch Radio  
[echo@xtra.co.nz](mailto:echo@xtra.co.nz)

Domo I Viti (Fijian)  
[www.aucklandfiji.org.nz](http://www.aucklandfiji.org.nz)

The Anglo Files  
[Anglo.foles@xtra.co.nz](mailto:Anglo.foles@xtra.co.nz)

Images of Ireland  
[patrickflynn@iname.com](mailto:patrickflynn@iname.com)

Radio Pekapeka (Niuean)  
<http://blake.prohosting.com>

Samleng Khmer  
<http://nzkhmertrust.tripod.com>

Thaemadura Thamil Osai  
<http://www.tamilmedianz.com>

Satu Indonesia  
<http://www.satuindonesia.co.nz>

### News and information sources

United Nations (news and other services)  
[www.un.org](http://www.un.org)

Arabic news  
[www.un.org/arabic/news/index.asp](http://www.un.org/arabic/news/index.asp)

English news  
[www.un.org/News/](http://www.un.org/News/)

Chinese news  
[www.un.org/chinese/News/](http://www.un.org/chinese/News/)

French news  
[www.un.org/french/newscentre/index.shtml](http://www.un.org/french/newscentre/index.shtml)

Russian news  
[www.un.org/russian/news/](http://www.un.org/russian/news/)

Spanish news  
[www.un.org/spanish/News/](http://www.un.org/spanish/News/)

African news and info (multi-lingual)  
<http://www.channelafrica.org>

Afghanistan On Line  
<http://www.afghan-web.com>

Agence France Presse - multi-lingual  
<http://www.afp.com>

Zmag - multi-cultural magazine  
<http://www.zmag.org./ZNET.htm>

Salon magazine (U.S. alt)  
<http://www.salon.com>

The Guardian (U.K.)  
<http://www.guardian.co.uk>

The Mirror  
[www.mirror.co.uk/news](http://www.mirror.co.uk/news)

The Economist  
[www.economist.co.uk](http://www.economist.co.uk)

The Independent (U.K.)  
<http://www.independent.co.uk>

The Irish Times (newspaper)  
[www.ireland.com](http://www.ireland.com)

RTE (Irish National Radio/TV)  
[www.rte.ie](http://www.rte.ie)

John Pilger - films, print interviews  
<http://pilger.carlton.com>

Scott London - US public radio journalist  
[www.scottlondon.com](http://www.scottlondon.com)

AlterNet - alternative viewpoints  
<http://www.alternet.org>

U.S. alternate news/views  
[www.democracynow.org](http://www.democracynow.org)

## Special Interests

House of Noizz - heavy metal music show

<http://www.powermetal.chat.ru>

Worldwide Socialists

<http://www.come.to/socialism>

Bookends

[regginton@hotmail.com](mailto:regginton@hotmail.com)

Mental Health

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

Sahaja Yoga

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

Information on Ireland

[saoirse@pl.net](mailto:saoirse@pl.net)

Amnesty International

[www.amnesty.org/](http://www.amnesty.org/)

Radio logs/stories of the Pacific radio

[www.radioheritage.net](http://www.radioheritage.net)

## Advice and Support

Department Internal Affairs

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

NZ Immigration Service

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

New Kiwis job-link sites

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

Auckland Regional Migrant Services (ARMS)

<http://www.arms-mrc.org.nz/>

Migrant resource database

[www.intonz.com](http://www.intonz.com)

Migrant Centre - forum and services

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

Human Rights Commission

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

The Translation Service

[Translate@parliament.govt.nz](mailto:Translate@parliament.govt.nz)

Ministry of Pacific Island Affairs

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

Settlement programme

[www.kiwi-ora.com](http://www.kiwi-ora.com)

Refugee Services

<http://www.refugeeservices.org.nz/>

Refugee lawyers

[www.refugee.org.nz/rlp.htm](http://www.refugee.org.nz/rlp.htm)

Refugees as Survivors

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

Law Access

[www.lawaccess.lsa.govt.nz](http://www.lawaccess.lsa.govt.nz)

Broadcasting Standards Authority

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





AUCKLAND REGIONAL MIGRANT SERVICES  
CHARITABLE TRUST (ARMS)

## Leading the way in facilitating successful settlement for migrants and refugees across the Auckland Region

### Manukau

**P:** (09) 263 5490  
**F:** (09) 263 5491  
**E:** [manukau@arms-mrc.org.nz](mailto:manukau@arms-mrc.org.nz)

6 Osterley Way  
Manukau City  
(next to *Work and Income*)

PO Box 276035  
Manukau City  
Manukau 2241

### North Shore

**P:** (09) 419 7340  
**F:** (09) 480 7824  
**E:** [northshore@arms-mrc.org.nz](mailto:northshore@arms-mrc.org.nz)

Level 1, Norman King Building  
(opposite the *Northcote Library*)  
Norman King Square  
Ernie Mays Street, Northcote

PO Box 36003  
Northcote  
North Shore City 0748

### Three Kings

**P:** (09) 625 2440  
**F:** (09) 625 2445  
**E:** [reception@arms-mrc.org.nz](mailto:reception@arms-mrc.org.nz) or  
[info@arms-mrc.org.nz](mailto:info@arms-mrc.org.nz)

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532 Mt Albert Rd  
Three Kings

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Auckland 1440

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