

Health

Alzheimers Waikato

Physical Address	25 Rifle Range Rd, Dinsdale , HAMILTON
Postal Address	PO Box 5720, Frankton, HAMILTON
Telephone	07 929 4042
Freephone	0800 004 001 from mobile only
Email	waikato@alzheimers.org.nz
Website	www.alzwaikato.org.nz
Services Offered	Home visits, and ongoing monitoring Telephone/email support, carer support groups, advice and assistance with accessing other community services

Asthma Waikato

Physical Address	18 Claudelands Rd, Hamilton East, HAMILTON
Postal Address	PO Box 7013, Hamilton East, HAMILTON
Telephone	07 838 0851
Email	info@asthmawaikato.org.nz
Website	www.asthmawaikato.co.nz
Services Offered	Asthma Management and Education in the home and Telephone consultations.

AURAL (EARS) HEALTH

Bay Audiology - Tokoroa

Physical Address	37 Mannering St, TOKOROA
Freephone	0800 800 854 – For appointment
Services Offered	Basic free hearing tests for 18+

AURAL (EARS) HEALTH continued

Deaf Aotearoa NZ

Physical Address	Level 4, 169 London Street, HAMILTON
Postal Address	PO Box 19330, HAMILTON
Telephone	0800 33 23 22
Email	duty@deaf.org.nz or national@deaf.org.nz
Website	www.deaf.org.nz
Services Offered	Service coordination, Employment consultancy. We are the only agency that has been established and operational for profoundly Deaf

Ear Health

Physical Address	Tokoroa Medical Centre, Gate 3, Tokoroa Hospital, Maraetai Road, TOKOROA
Freephone	0800 327 435
Email	admin@earhealth.co.nz
Services Offered	Hearing screenings 30 minutes, full hearing

Ear Nurse – Waikato District Health Board

Physical Address	Outpatients Department Tokoroa Hospital
Postal Address	Private Bag 1002, TAUMARUNUI
Telephone	07 886 7239
Services Offered	Free Children's Ear Clinic at Outpatients Department Tokoroa Hospital. For children zero through school-age

Hearing Aid Batteries – TCOSS

Physical Address	Tulloch House, Gate 1, Tokoroa Hospital Campus
Telephone	07 886 8277
Services Offered	Batteries for sale. Supplied by Gayle Beattie

Vision/Hearing Technician – Waikato District Health Board

Angela Treadaway

Physical Address	Tokoroa Hospital Community Services, Ward 2, TOKOROA
Postal Address	Private Bag, TOKOROA
Telephone	07 885 0673
Mobile	021 920 706
Email	angela.treadaway@waikatodhb.health.nz

Autism New Zealand

Shelley Walker, Area Manager

Physical Address	c/- Central Hub, 57 Sunshine Ave, HAMILTON
Postal Address	PO Box 406, Waikato Mail Centre, HAMILTON
Telephone	07 849 2896
Freephone	0800 288 476
Email	centralhub@autismnz.org.nz
Web	www.autismnz.org.nz
Services Offered	Outreach Coordinator and Educational Courses

Brain Injury Waikato

Physical Address	8 Keddell, Frankton, HAMILTON
Postal Address	PO Box 1168, HAMILTON
Telephone	07 9744592
Mobile	022 128 4154
Email	marion@braininjurywaikato.org.nz
Website	www.braininjurywaikato.org.nz
Services Offered	Provide support and information to those affected by a brain injury, provide advocacy, support groups, expo's, events and presentations, Group session at TCOSS

CANCER GROUPS

Cancer Society Waikato/Bay of Plenty Division

Physical Address	511 Grey St, HAMILTON
Postal Address	PO Box 134, HAMILTON
Telephone	07 838 2027
Freephone	0800 22 77 44
Email	admin@cancersociety.org.nz

Tokoroa Community Hospice Trust

Vicki Ray, Service Coordinator

Physical Address	Tokoroa Community Centre, Tulloch House, Gate One, Hospital Campus, Maraetai Road, TOKOROA
Postal Address	PO Box 143, TOKOROA
Telephone/Facsimile	07 886 5014
Mobile	027 242 8338
Email	tokhosp@xtra.co.nz
Services Offered	If invited, Hospice can provide equipment and care for patients and their family supporting them through illness, death, and bereavement

Community Oral Health Waikato DHB

Physical Address	Level 2, 193 London St, HAMILTON
Postal Address	Private Bag 3200, HAMILTON
Telephone	0800 Talk Teeth - 07 859 9160
Email	admin@waikatodhb.health.nz
Services Offered	Deliver educations from 0 – 18 years of age. Do promotional activities within schools 0-18 years of age. Do promotion activities within community surroundings.

DENTISTS

Absolute Dental

Physical Address	53 Bridge Street, TOKOROA
Postal Address	PO Box 350, TOKOROA
Telephone	07 886 5020
Email	tok@absolutedental.co.nz
Services Offered	Free dental care for under 18 years. Emergencies restorative work, toothaches, hygienist/dental therapist. Community Service Card facility, Gold Card Subsidies, WINZ quotes

Busfield Dental Care

Physical Address	59 Swanston Street, TOKOROA
Postal Address	PO Box 65, TOKOROA
Telephone/Facsimile	07 886 6767
Email	dental_care@xtra.co.nz
Services Offered	Under 18 years free, Super Gold Card holders 10% discount, Emergency treatment, WINZ quotes provided

South Waikato Dental Surgery

Physical Address	42 Tirau Street, PUTARURU
Telephone	07 883 8727
Freephone	0800 466 9307
Emergency Only	027 523 9414
Website	www.ruraldental.co.nz
Services Offered	Convenient location, extended opening hours, advanced technologies, competitive prices

Diabetes Nurse

Contact Waikato Hospital on 0800 459 918

DISABILITY & MOBILITY SERVICE**CCS Disability Action**

Physical Address	17 Claudelands Road, HAMILTON
Postal Address	PO Box 272, HAMILTON
Telephone	07 853 9761
Facsimile	07 853 9765
Freephone	0800 227 2255
Email	waikato.admin@ccsdisabilityaction.org.nz
Services Offered	Support, Service coordination, advocacy, information, future planning, and community connection

Disability Support Link

Physical Address	87 Alexander St, HAMILTON
Postal Address	PO Box 9201, HAMILTON
Telephone	07 839 8883 or 07 839 1441
Freephone	0800 55 33 99 (24 hrs)
Services Offered	Disability Support Link is available 24 hours a day, 7 days a week. Needs Assessment and Service Coordination Agency that assists in obtaining home support services for people with disabilities, Self-referrals acceptable

Motor Neurone Disease – Waikato Branch**Megan Teboekhorst**

Mobile 029 773 6662

DISABILITY & MOBILITY SERVICE continued

MS Waikato Trust

Janet, Office Admin

Physical Address LIFE Unlimited Building, 20 Palmerston Street,
HAMILTON

Postal Address PO Box 146, HAMILTON

Telephone 07 834 4740

Email janet@mswaikato.org.nz

Website www.mswaikato.org.nz

Services Offered Information, education and support for people affected by neurological disorders in the Waikato region. Support groups, home visits, seminars, exercise, and yoga classes for people with MS, Huntington's Disease and ME/Chronic Fatigue

Supported Employment Agency

Address 1199 Amohia Street, ROTORUA

Telephone 07 347 2675

Email sea.bop@xtra.co.nz

Services Offered Employment support. Services for youth and adults with disabilities in the Bay of Plenty

DISABILITY & MOBILITY SERVICE continued

The Mobility Man

Evan and Kathryn Marelich

Physical Address	360 Te Rapa Road, HAMILTON
Postal Address	PO Box 27021, HAMILTON
Telephone	07 850 9394 / 0800 00 38 38
Mobile	027 4945 784
Email	mobilityman@extra.co.nz
Website	www.mobilityman.co.nz
Services Offered	Wheelchair and mobility scooters, walkers, shower stools, electric lift chairs – sales, service, repairs and rentals. Lottery grants available for scooters. We cover the greater Waikato area in our three vans

Waikato Mobility Scooters

Telephone	07 858 2246
Mobile	027 45 22 447
Freephone	0800 004 884
Email	scooters@waikatomobilityscooters.co.nz
Website	www.mobilityscootersnz.co.nz
Services Offered	Supply and maintenance of mobility scooters

DISTRICT & PUBLIC HEALTH NURSES

District Nurses - Tokoroa

Physical Address	Tokoroa Hospital, Gate 1, Maraetai Road, TOKOROA
Telephone	07 885 0600 or Ext: 24613

DISTRICT & PUBLIC HEALTH NURSES continued

Public Health Nurses

Physical Address	Community Health Services, Tokoroa Hospital, Gate One, Maraetai Road, TOKOROA
Telephone	07 885 0600 Extn 24656
Services Offered	Free health service for school aged children up to 18 years.

DOCTORS

After Hours Medical Care

Telephone	07 886 6111
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Mangakino Health Services

Physical Address	The Surgery, 60 Rangatira Drive, MANGAKINO
Postal Address	PO Box 11, MANGAKINO
Telephone	07 882 8299
Email	manager@mangakinohealth.com
Website	mangakino.health@xtra.co.nz

Putaruru / Tirau Family Doctors

Physical Address	8 Duke Street, PUTARURU
Postal Address	PO Box 189, PUTARURU
Telephone	07 883 3965
Email	duke.putaruru@xtra.co.nz
Services Offered	General practice medical services, ear nurse specialist, audiologist, podiatrist, diabetes nurse educator, pathlab

DOCTORS continued

Tokoroa Family Health

Physical Address	Gate 3, Maraetai Road, Tokoroa Hospital, TOKOROA
Postal Address	PO Box 51, TOKOROA
Telephone	07 886 5431
Email	admin@tokhealth.co.nz
Services Offered	We offer traditional family based general practice in a relaxed child friendly environment

Tokoroa Medical Centre

Physical Address	Gate 3, 57 - 75 Maraetai Road, Tokoroa Hospital, TOKOROA
Postal Address	PO Box 48, TOKOROA
Telephone	07 886 8777
Email	tokoroa@phcl.health.nz
Website	www.phcl.health.nz/tokoroa

DRUG & ALCOHOL COUNSELLING

Care NZ Waikato Community Services - Putaruru

Physical Address	Overdale Community Centre, 12-16 Overdale Street, PUTARURU
Postal Address	PO Box 9173, HAMILTON
Freephone	0800 499 469 or 07 883 8771
Email	hamilton@carenz.co.nz
Website	www.carenz.co.nz
Services Offered	18+ Free alcohol and other drug counselling services, including counselling support for significant others, assessment, screening, brief interventions, one on one counselling. Additional services - aftercare or NZTA clinical assessments can be accessed through our Care NZ community services in Hamilton.

CareNZ Waikato Community Services – Tokoroa

Physical Address	Tokoroa Community Centre, Tulloch House, Gate 1, Tokoroa Hospital, Maraetai Road, TOKOROA
Postal Address	PO Box 9173, HAMILTON
Freephone	0800 499 469 or 07 886 8277
Email	waikato@carenz.co.nz
Website	www.carenz.co.nz
Services Offered	18+ Free alcohol and other drug counselling services, including counselling support for significant others, assessment, screening, brief interventions, one on one counselling.

DRUG & ALCOHOL COUNSELLING continued

CareNZ Youth Intact

Postal Address	PO Box 9173, HAMILTON
Physical Address	46/48 Bridge St , Tokoroa (YMCA Building)
Freephone	0800 468 228
Website	www.youthintact.org.nz
Services Offered	12 – 19 years old. Drug and alcohol service for rangatahi and their whanau.

EPILEPSY

Epilepsy Association of NZ

Physical Address	6 Vialou Street, Frankton, HAMILTON
Postal Address	PO Box 1074, WMC, HAMILTON
Telephone	027 408 1201
Freephone	0800 37 45 37
Email	national@epilepsy.org.nz
Email	lakes.eBOP@epilepsy.org.nz
Website	www.epilepsy.org.nz
Services Offered	Self-referral or by whanau/family, GP or specialists. Core services, meeting one on one with people, providing information, education and support to anyone in the community affected by epilepsy

EPILEPSY continued

Epilepsy Waikato Charitable Trust

Postal Address	PO Box 633, HAMILTON
Mobile	Maria - 021 888 293 or Margaret – 027 739 6753
Email	maria@ewct.org.nz or info@ewct.org.nz
Website	www.ewct.org.nz
Services Offered	Self-referral or by whanau/family, GP or specialists. Core services, meeting one on one with people. Education to the public about epilepsy. Social get together in Tokoroa, Te Awamutu, Hamilton

Healthline

Freephone	0800 611 116 – 24/7
Services Offered	Health Advice and information can also engage with NZ Relay Services if you are Deaf, hearing impaired, Deafblind or speech impaired, can connect to translation services for other languages.

HOSPITAL SERVICES

Emergency Department

Telephone	07 885 0635
Services Offered	The Emergency Department is unable to provide medical advice over the Telephone. If you are concerned, please either call an ambulance 111 or contact your General Practitioner

HOSPITAL SERVICES continued

Hospital Kitchen Meals on Wheels

Physical Address	Tokoroa Hospital Cafeteria, Gate One, Tokoroa Hospital, Maraetai Road, TOKOROA
Telephone	021 0499 482 - Nicole
Telephone	07 886 1810
Facsimile	07 886 4701
Services Offered	Convenience meals ready for reheating. Ideal for the elderly, sick or those living alone. Available Monday to Friday

Hospital Social Worker Service

Physical Address	Community Health Services, Tokoroa Hospital Services, Maraetai Road, TOKOROA
Telephone	07 885 0614 – Hospital Reception
Services Offered	Working from a social justice model in providing support and advocacy in situations characterised by Health-related issues primarily involving: Complex social and environmental risk factors, violence, children and adults, complex social and medical issues, loss and grief, trauma through injury, diagnosis or death, pregnancy decision support, high personal risk requiring legislative response.

Midwifery Services

Telephone	07 886 7239
After Hours	07 885 0659

HOSPITAL SERVICES continued

Tokoroa Hospital

Physical Address	Maraetai Road, TOKOROA
Postal Address	Private Bag, TOKOROA
Telephone	07 885 0600
Website	www.waikatodhb.govt.nz

Immunisation Advisory Centre

Telephone	0800 466 863
Website	www.immune.org.nz
Services Offered	The Immunisation Advisory provides independent, information *including benefits and risks, not only to parents and caregivers but also to Doctors and Nurses

La Leche League – South Waikato

Stephanie

Mobile	027 286 3881
Email	stephanie@gudgeonfarms.co.nz
Services Offered	Breastfeeding support and information

MEDICAL LABORATORY

Pathlab – Putaruru

Physical Address	Putaruru – Tirau Family Doctors, 8 Duke Street, PUTARURU
Telephone	07 883 3922

MEDICAL LABORATORY continued

Pathlab Medical Laboratory – Tokoroa

Physical Address Tokoroa Family Health, Gate 3, Tokoroa Hospital,
Maraetai Road, TOKOROA

Telephone 07 885 0618

MENTAL HEALTH SERVICES

Ballymena Home

Physical Address 60 Taupo Street, PUTARURU

Postal Address PO Box 37, PUTARURU

Telephone 07 883 7394

Email nicole@ballymenahome.co.nz

Services Offered Ballymena Home is a mental health rehabilitation home and provides respite and long term residential care through community mental health services.

Perinatal Mental Health Service

Telephone 07 839 8899 Ext 97914

Mental Health Emergencies 0800 50 50 50

Services Offered Women who are pregnant and have babies up to 1 year, Termination, Birth Trauma, Still Born Loss

Progress to Health

Freephone 0800 77 57 57

Website www.progresstohealth.org.nz

Services Offered Support and Education. Group activities, advocacy, resources, anyone between 18 - 65 years with a Mental Health Diagnosis. Free service

MENTAL HEALTH SERVICES continued

Rural Mental Health and Addictions Service Tokoroa

Physical Address	Tokoroa Hospital, Maraetai Road, TOKOROA
Postal Address	Mental Health and Addictions Service, Tokoroa Hospital, Private Bag, TOKOROA
Telephone	0800 154 973 or 07 885 0650
Email	ruralsouthsector@waikatodhb.health.nz
Services Offered	Adult Mental Health Service, Drug & Alcohol Service, Child & Adolescent Mental Health Service

Yellow Brick Road

Telephone	07 839 7069
Freephone	0800 555 434
Email	cheryl@yellowbrickroad.org.nz
Website	www.yellowbrickroad.org.nz
Services Offered	We provide information, support, education and advocacy to whanau whose loved ones suffer from mental illness

Nationwide Health and Disability Advocacy Service

Telephone	07 349 0182 – Rotorua
Freephone	0800 555 050
Email	advocacy@advocacy.org.nz
Website	www.advocacy.org.nz
Services Offered	Works alongside users of health and disability service to ensure their voices are heard, where rights have been infringed. Supports consumers with complaints and ensures the Code of Rights is carried out

Parkinson's Waikato

Physical Address	11 Somerset Street, Frankton, HAMILTON
Postal Address	PO Box 1235, WMC, HAMILTON
Freephone	0800 473 4636
Services Offered	To provide support, education & information for those with Parkinson conditions. This includes families, carers, & health professionals. This can be achieved with the right support for their needs. We offer exercise groups, support groups, young onset groups, educational, seminars to the public and health professionals

PHARMACY**Mangakino Pharmacy**

Physical Address	Civic Centre, 69 Rangatira Drive, MANGAKINO
Telephone/Facsimile	07 882 8019
Email	specmango@gmail.com

Putaruru Unichem

Physical Address	3 Duke Street, PUTARURU
Postal Address	PO Box 208, PUTARURU
Telephone	07 883 7599
Facsimile	07 883 7548
Email	putdispensary@gmail.com

PHARMACY continued

Unichem Health Centre Pharmacy

Physical and Postal Address

Gate 3, Tokoroa Hospital, Maraetai Road,
TOKOROA

Telephone 07 886 7584

Facsimile 07 886 0112

Email shop@tokoroapharmacy.nz

Prescription Email rxhosp@tokoroapharmacy.nz

Website www.tokoroapharmacy.nz

Services Offered Emergency contraceptive pill, smoking cessation,
mobility scooters, wheelchairs, walkers.

Unichem Tokoroa Pharmacy

Physical Address 221 Leith Place, TOKOROA

Telephone 07 886 7582

Facsimile 07 886 1517

Email shop@tokoroapharmacy.nz

Prescription Email rxleith@tokoroapharmacy.nz

PHYSIO/OCCUPATIONAL THERAPY/CHIROPRACTIC

Community Physiotherapist

Physical Address Tokoroa Hospital, Maraetai Rd, TOKOROA

Postal Address Private Bag, TOKOROA

Telephone 07 885 0600

PHYSIO/OCCUPATIONAL THERAPY/CHIROPRACTIC

continued

Occupational Therapy

Physical Address	Tokoroa Hospital, Maraetai Rd, TOKOROA
Postal Address	Private Bag TOKOROA
Telephone	07 885 0600
Services Offered	Assisting a person to achieve/maintain maximum level of independence, through assessment, intervention and treatment

Packard Chiropractic Clinic

Physical Address	Gate 3, Ward 4, Tokoroa Hospital, Maraetai Road, TOKOROA
Telephone	027 4312 544

Tokoroa Chiropractic Clinic

Telephone	07 886 7613
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PLUNKET

Plunketline

Freephone	0800 933 922 – 24 hours
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Putaruru/Tirau

Physical and Postal Address	7 Overdale Street, PUTARURU
Telephone	07 883 7256
Facsimile	07 883 7261
Website	www.plunket.org.nz
Services Offered	Well Child Assessments and Advice

PLUNKET continued

Tokoroa/Mangakino

Physical and Postal Address

Gate 3, Maraetai Rd, Tokoroa Hospital

Telephone 07 839 5709

Email waikato.admin@plunket.org.nz

Services Offered Well Child Assessments and Advice

Podiatry - Cambridge Foot Clinic

Physical Address Gate Three, Tokoroa Hospital, Maraetai Road,
TOKOROA

Postal Address PO Box 1000, CAMBRIDGE

Telephone 07 823 4042

Email admin@cambridgefootclinic.co.nz

Website www.cambridgefootclinic.co.nz

Services Offered Clinics every Friday 9am – 4pm. Next to Pathlab

RESTHOMES

Cardrona Rest Home

Physical Address 16 MacKenzie Street, PUTARURU

Telephone 07 883 3708

Email office@cardronahome.co.nz

Services Offered Good Care, Respite Care, and Residential Day
Care

RESTHOMES continued

Rangiura Home

Physical Address	17 Matai Crescent, PUTARURU
Postal Address	PO Box 207, PUTARURU
Telephone	07 885 1040
Email	home@rangiura.co.nz
Website	www.rangiura.co.nz
Services Offered	Day Stay, Respite Care, Permanent Residence, Dementia Care Unit

Victoria Place

Physical Address	9 Victoria Place, TOKOROA
Telephone	07 886 1572
Email	victoriaplacecare@oceaniahealthcare.co.nz
Website	www.oceaniahealthcare.co.nz
Services Offered	Rest Home level care, Hospital care, Dementia, Palliative, Respite care and Day respite.

Standards and Monitoring Services (SAMS)

Telephone	04 569 8301
Mobile	027 414 5267
Email	samsno@actrix.co.nz
Website	www.sams.org.nz
Services Offered	In partnership with disabled Persons / Family / Whanau to improve community services for people with disabilities or mental health issues. Carers Courses, Disability Service Development, Family Development

Stillborn and Newborn Death Support (SANDS)

Postal Address PO Box 136, HAMILTON 3240
Freephone 0800 57 00 33
Email janet@sands.org.nz

ST JOHN

St John Caring Caller

Freephone 0800 000 606
Services Offered Caring Caller provides the opportunity of
 friendship and regular contact over the
 Telephone

St John - Mangakino

Postal Address 25 Commerce Street, MANGAKINO
Telephone 07 882 8400

St John Medical Alarm

Freephone 0800 50 23 23

St John - Putaruru

Address 19 Overdale Street, PUTARURU
Postal Address PO Box 39, PUTARURU
Telephone 07 883 8663 or 0800 78 56 46
Email put.station@stjohn.org.nz

ST JOHN continued

St John – Tokoroa

Physical Address 62 Logan Street, TOKOROA

Telephone 07 886 8365

Email station.tok@stjohn.org.nz

Website www.stjohns.org.nz

Health Shuttle Service Monday, Wednesday, Friday. Tokoroa – Hamilton – Tokoroa

STROKE

Stroke Foundation NZ

Physical Address 17 Marguerita Street, Rotorua.

Postal Address PO Box 429, TOKOROA

Telephone 07 886 9992

Mobile 021 962 364

Email south.midland@stroke.org.nz

Website www.stroke.org.nz

Services Offered In home visiting, education, support presentations to community groups. In-service to support staff/rest homes, a cost for in service. Involved with other services

South Waikato Stroke Support Group

Irene Caie

Physical Address Elim Church, 276–286 Balmoral Drive, TOKOROA

Postal Address PO Box 439, TOKOROA

Telephone 07 886 9331 - Irene

Services Offered Meetings held every second and fourth Tuesday of the month for support, friendship and activities