

Kai

The Veggie Guy

The Veggie Guy provides beautiful veggies at great prices and can even deliver them directly to your door. They deliver to Atawhai, Nelson, Tahunanui, Stoke, Richmond, Brightwater, Wakefield, Mapua, Motueka, Riwaka, **Golden Bay**, Murchison, Renwick, Picton, Blenheim and **all rural areas in Nelson, Tasman and Marlborough**. Check out the website for full delivery details.

520 Main Rd Stoke
Stoke

P: 03 922 9813

E: theveggieguyltd@gmail.com

W: <https://theveggieguy.co.nz/>

Open hours

Monday to Friday 8am to 6pm

Saturday 9am to 3pm

Tautoko Hauora

Te Whatu Ora

Health New Zealand

Nelson Marlborough

Te Whatu Ora offers a range of health services throughout the top of the South, with various clinics here in Golden Bay including GPs, emergency medicine, Māori wellness and after hours services. See their website below for a full list of services and clinic information.

W: <https://www.nmdhb.govt.nz/>

Equine Inspired

Equine Inspired Charitable Trust delivers its Horses Helping Humans™ programme for people living in the Nelson-Tasman region.

Address

303 Sandy Bay Marahau Rd
Marahau

E: hhhequineinspired@gmail.com

W: hhhequineinspired.co.nz/

Abbeyfield

Abbeyfield provides supported, shared housing for older people. Abbeyfield homes are situated in quiet neighbourhoods close to main shopping areas in several locations throughout New Zealand.

TAKAKA

162 Commercial St
Tākaka

PO Box 55
Tākaka 7172

P: (03) 525 9589 Residents/Housekeeper
(03) 525 9576 Helen Kingston - Enquiries

W www.abbeyfield.co.nz/house/abbeyfield-golden-bay/

Cancer Society – Te Kāhui Matepukupuku o Aotearoa

Survivors and Thrivers Groups Nelson, Motueka, Golden Bay & Tapawera

If you have or have had cancer or are supporting someone with cancer; and would like to meet others in a similar situation to yourself, come along to share and connect with others. This group is run bi-monthly by the Cancer Society Nelson, meeting at local cafes. Alongside this meeting, there is further support available for a range of cancers. Check out the website for full details.

Address

Nelson Cancer Society
102 Hardy St
Nelson 7010

Postal Address:

PO Box 335
Nelson 7040

P: (027) 258 0075
(03) 539 1137

Contact

Cyndy Smith
Support Coordinator Cancer Society Nelson Tasman
cyndy@cancernelson.org.nz

W: <https://tinyurl.com/cancersupportnelson>

Office hours:

Monday to Friday – 9am to 4pm

Tautoko Whānau

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Walk With Us

Walk With Us is a registered charitable trust which provides free school or sports shoes to primary school children across Nelson and Tasman. Contact them via their website.

W: <http://www.walkwithus.co.nz/>