

## *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

### **Kai with Love**

[www.facebook.com/groups/302068373863750](http://www.facebook.com/groups/302068373863750)

## *Tautoko Hauora*

### **Te Whatu Ora Health New Zealand Nelson Marlborough**

Services provided by the Motueka Community Health Centre include:

- district nursing
- physiotherapy
- occupational therapy
- new-born hearing screening
- public health services
- oncology services
- palliative care services
- visiting clinicians: social worker, continence nurse, diabetes nurse, dietitian, gerontologist

Locations:

- Motueka Community Health Services – 15 Courtney St, Motueka
- Motueka Mental Health & Addictions Services – 18 Tudor St, Motueka
- Motueka Oral Health Hub – Located behind Parklands School on Talbot St

**P:** (03) 528 1160

**W:** <https://tinyurl.com/tewhatuoramotueka>

### **Rise Motueka**

For more than 35 years, RISE (formerly SVS - Living Safe) has helped men, women, youth, and children in Te Taihū live free from violence. As leaders in the field of family violence, RISE are uniquely able to guide those who commit violence toward achieving lifelong change.

15B Courtney St  
(site of Jack Inglis Care Home)  
Motueka  
**P:**(03) 528 8976

(027) 548 3850 Txt

**E:** [admin@rise.net.nz](mailto:admin@rise.net.nz)

**W:** [www.rise.net.nz/](http://www.rise.net.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](mailto:hhhequineinspired@gmail.com)

**W:** [hhhequineinspired.co.nz/](http://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.

#### **MOTUEKA**

9 Anzac Way

Motueka 7120

**P:** (03) 528 4041 Residents/Housekeeper

(03) 528 9695 Judith Lucre Applications

**W:** [www.abbeyfield.co.nz/house/abbeyfield-motueka/](http://www.abbeyfield.co.nz/house/abbeyfield-motueka/)

### **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

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

**Contact**

Cyndy Smith  
Support Coordinator Cancer Society Nelson Tasman  
[cyndy@cancernelson.org.nz](mailto:cyndy@cancernelson.org.nz)

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

**Office hours:**

Monday to Friday - 9am to 4pm

## *Tautoko Whānau*

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Nelson 7010

Postal Address:

PO Box 335  
Nelson 7040

**P:** (027) 258 0075

(03) 539 1137

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Cyndy Smith  
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[cyndy@cancernelson.org.nz](mailto:cyndy@cancernelson.org.nz)

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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/>