

## *Kai*

### **Tahunanui Community Hub**

55 Muritai St  
Tāhunanui  
Nelson 7011

**P:** (03) 548 6036

**E:** [Office@tch.org.nz](mailto:Office@tch.org.nz)

**W:** [www.tahunanuicommunityhub.org.nz/community-services/kai-support](http://www.tahunanuicommunityhub.org.nz/community-services/kai-support)

### **Open hours:**

Monday, Wednesday and Friday, 12.30pm

### **Hapori Fruit and Vegetable box**

**P:** (03) 546 8389

**E:** [hapori@victory.school.nz](mailto:hapori@victory.school.nz)

**W:** <https://www.hapori.org.nz/>

### **Helping Families**

452 Lower Queen St  
Richmond 7020

**P:** (021) 876 901

**E:** [info@helpingfamilies.org.nz](mailto:info@helpingfamilies.org.nz)

**W:** [www.helpingfamiliesnelson.org.nz/](http://www.helpingfamiliesnelson.org.nz/)

### **Open hours**

Tuesday - 10am to 1pm

Friday - 1pm to 3pm

### **Nelson Community Food Bank Trust**

Food Parcels are available to families and individuals experiencing hardship in Nelson. Food parcels are accessed through one of our participating agencies:

- The Salvation Army
- Saint Vincent de Paul Nelson
- Saint Vincent de Paul Stoke
- Te Piki Oranga
- Whakatū Marae
- BUWT (Beneficiaries and Unwaged Workers Trust)

PO Box 1117

NELSON 7040

**P:** (027) 265 0655 Donations

**E:** [info@nelsoncommunityfoodbank.org.nz](mailto:info@nelsoncommunityfoodbank.org.nz)

**W:** [www.nelsoncommunityfoodbank.org.nz](http://www.nelsoncommunityfoodbank.org.nz)

### **Kai with Love**

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

### **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](mailto: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 Nelson 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/>

### **Magenta creative space**

Magenta is Nelson's only free, walk-in fully resourced arts studio, it is open to people living with mental illnesses, no referrals are required.

320 Hardy St  
Nelson

**P:** (03) 545 8498

**E:** [magentatrustnlsn@gmail.com](mailto:magentatrustnlsn@gmail.com)

**W:** [www.magentacreativespace.co.nz/](http://www.magentacreativespace.co.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.

## **TĀHUNANUI**

13 Mata Close

Tāhunanui 7011

**P:** (03) 546 5599 Residents/Housekeeper

(03) 547 1265 Ann Armstrong - Enquiries

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

## **STOKE**

### **Address**

2 St Francis Way

Stoke 7011

**P:** (03) 547 9203 Residents/Housekeeper

**W:** [www.abbeyfield.co.nz/house/abbeyfield-nelson-st-francis-way-stoke/](http://www.abbeyfield.co.nz/house/abbeyfield-nelson-st-francis-way-stoke/)

## **Cancer Society – Te Kāhui Matepukupuku o Aotearoa**

### **Cancer support yoga**

For people who have or have had cancer, we offer therapeutic yoga with Naomi Dakin.

### **Address**

Nelson Cancer Society

102 Hardy St

Nelson 7010

**P:** (03) 539 1137

**E:** [info@cancernelson.org.nz](mailto:info@cancernelson.org.nz)

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

### **Office hours:**

Monday to Friday - 9am to 4pm

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.

**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](mailto:cyndy@cancernelson.org.nz)

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

**Office hours:**

Monday to Friday - 9am to 4pm

**Stroke Foundation New Zealand**

Stroke Clubs unite people who have had a stroke, for mutual support and friendship. As well as enabling people to share experiences and help each other, the clubs hold social activities and organise outings.

**P:** (03) 338 2095

**Contact**

Shona Andrell  
[andrell@xtra.co.nz](mailto:andrell@xtra.co.nz)

**W:** [www.stroke.org.nz/stroke-clubs](http://www.stroke.org.nz/stroke-clubs)

## *Tautoko Whānau*

### **Abbeyfield**

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Tāhunanui 7011

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(03) 547 1265 Ann Armstrong - Enquiries

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

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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)

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**P:** (03) 338 2095

**Contact**

Shona Andrell  
[andrell@xtra.co.nz](mailto:andrell@xtra.co.nz)

**W:** [www.stroke.org.nz/stroke-clubs](http://www.stroke.org.nz/stroke-clubs)

### **Beneficiaries and Unwaged Workers Trust**

BUWT is a non-government community organisation providing support for people on low incomes to navigate problems with or visit government agencies including WINZ, ACC or IRD.

31 Selwyn Place  
Nelson

**P:** (03) 548-8171

**E:** [buwtcs@xtra.co.nz](mailto:buwtcs@xtra.co.nz)

**W:** <https://buwt.wordpress.com/>

### **Open hours**

Monday to Thursday 9.30am to 3.30pm

### **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/>