

Manurewa Age Friendly Services Directory

Manurewa 2023



Table of Contents

Manurewa Age Friendly Services Directory.....	1
Table of Contents	2
Foreword.....	8
Manurewa Local Board.....	9
Contact a local board member	10
Manurewa Local Board – How to Give Feedback.....	12
Give us your feedback.....	12
Take our online surveys - join the People's Panel	12
How the People's Panel works.....	12
Results of People's Panel surveys	12
People's Panel prize draw	12
Council Services:.....	13
Find your rubbish and recycling collection day	13
Public holiday collections.....	13
Late or missed collections.....	13
Community Centres	14
Manutukutuku (Randwick Park).....	14
Clendon Park Community House	14
Randwick Park Community House.....	14
Rawiri Community House.....	15
Libraries.....	16
Manurewa Library.....	16
Te Matariki Clendon Library - Te Pātaka Kōrero ō Waimāhia	16
Pools.....	16
Manurewa Pool and Leisure Centre.....	16
Totara Park - Pool	16
Art and Leisure Centres	17
Nathan Homestead	17
Manurewa Leisure Centre	17
Botanic Gardens and Parks.....	18

Auckland Botanic Gardens.....	18
Totara Park - Pool and Walks	18
Manurewa Shuttle Link Services	19
Lifelong Learning Fund	20
Manurewa Seniors Network	20
Age Friendly Support Services.....	21
Free Manurewa Clendon Shuttle Bus Service	21
Age Concern Auckland	21
Auckland City Mission	22
Care On Call – Auckland++	22
Citizens Advice Bureau	22
Citizens Advice Bureau Manurewa.....	23
Citizens Advice Bureau Manurewa - Settlement Information.....	23
Citizens Advice Bureau Manurewa - Tax Advisory Clinic.....	23
Citizens Advice Bureau - Papakura.....	24
Community Law South Auckland.....	24
Driving Miss Daisy	24
Elder Abuse Response Service (EARS)	25
Elderly Assist Ltd	25
Eldernet	26
Enliven.....	26
Independent Living Charitable Trust	27
Justices Of The Peace clinic (Manurewa Citizens Advice Bureau)	27
NutriFare Ltd.....	27
Pop in Care	28
Salvation Army Manukau Community Ministries	28
Salvation Army Family Store Manurewa.....	28
Salvation Army - Senior Services Programme	29
Seniorline.....	29
Skinny Jump (Spark).....	29
St John Caring Caller – Auckland.....	30
Vaiola Pacific Island Budgeting Service Trust – Manurewa	30
Age Friendly Groups	31
60s Up Movement Of New Zealand Inc - South Auckland	31

Manurewa Crime Watch Patrols.....	31
Manurewa Marae	31
Manurewa Neighbourhood Support.....	32
Manurewa Senior Citizens	32
Manurewa Seniors Network	33
Pohutukawa Coast Friendship Club.....	33
Probus South Pacific Inc.....	33
Randwick Park Community House.....	33
Rawiri Community House.....	34
Age Friendly Adult Learning	35
AA Advanced Driver assessment	35
Aorere College – Adult Education and Learning Courses	35
AUT Auckland University of Technology	35
Driver Education – Aged Concern	36
Driver Education – Online Skills Test Waka Kotahi.....	36
Driver Education – Renewing your licence over 75s Waka Kotahi.....	37
English Language Partners Auckland South	37
Falelalaga Cultural and Education Centre.....	37
Manukau Institute of Technology	37
Manurewa U3A.....	38
New Zealand Sign Language – Free Courses from NZSL4U.....	38
South Auckland Spinners and Weavers	39
Spin Poi – Poi for fitness, strength and fund.....	39
Stepping UP – Digital Literacy Programme	39
U3A Papakura (University of the Third Age)	40
Other.....	40
Age Friendly Activities	41
Auckland Society of Model Engineers - Public Miniature Railway.....	41
Auckland Transport - Senior and SuperGold concession	41
Boomer Shed (Manurewa) Member: MENZSHED NZ.....	41
Forever Young- Manurewa	42
Goldz Club Manurewa.....	42
HOP Bus Pass for Disabled People - Auckland Transport.....	42
Kiwi Coaches	43
Live Stronger for Longer	43

Manurewa Cosmopolitan Club – line Dancing.....	43
Manurewa Country Music Club.....	44
Manurewa Knitting Group	44
Murphy Buses - Coach & Tour Operators (Takanini)	44
Senior Citizens Fullers 360 Cruises	44
Seniors Dance - Dance for Older Adults.....	45
Tai Chi – Kia Ora Tai Chi – Manurewa	45
Tennis Seniors South Auckland	45
Te Puke o Tara Community Centre Fitness for seniors.....	46
Other.....	46
Age Friendly Government Support	47
Auckland Transport - Senior and SuperGold concession	47
Consumer rights and complaints.....	47
Disability Allowance	47
Ministry of Social Development - Senior Services.....	48
NZ Transport Agency (Waka Kotahi) - National Office	48
Office For Disability Issues	48
Refugee Council of New Zealand Incorporated	49
Senior Services	49
Tenancy Services - Walk In Tenancy Advice	50
Whaikaha - Ministry for Disabled People.....	50
Winter Energy Payment.....	50
Work and Income - Senior Services International	50
Work and Income – Work support.....	51
Other.....	51
Age Friendly Churches and Temples.....	52
Begampura Sikh Temple	52
Fo Guang Shan Buddhist Temple.....	52
Good News Family Church	52
Manukau City Baptist Church – Seniors Group – Papatoetoe.....	53
Shree Swaminarayan Temple Auckland	53
St Lukes Anglican Church – Manurewa	53
St Pauls Presbyterian Church – Manurewa.....	54
Takanini Gurdwara Sri Kalgidhar Sahib	54
Thiru Subrahmaniyar Aalayam.....	54

Age Friendly Cultural Support Groups	55
Chinese New Settlers Services Trust (CNSST) - Manukau Centre	55
Cook Islands Cultural Family Support Services.....	55
Hindu Council Of New Zealand Inc	56
Manurewa Marae	56
Pacific Homecare – Auckland South.....	56
Selwyn Centre Papatoetoe.....	56
Shanti Niwas Emergency Housing (SNEH)	57
The New Zealand Sikh Women’s Association Inc.....	57
Vaka Tautua - Manukau Head Office	57
Age Friendly Housing Support	59
Kolmar Lodge Rest Home – Auckland South	59
Counties Manukau Homecare Trust.....	59
Age Friendly Medical Services	60
Manurewa Diabetes Support Group	60
Ministry Of Health (Manatū Hauora) – Healthline.....	60
Counties Manukau Health – Complaints.....	60
St John Health Shuttle Service – Auckland.....	61
Clevedon Road Medical Centre – Papakura.....	61
Conifer Gardens Medical Centre – Takanini	61
Penina Health Trust - Pacific Island- Manurewa.....	62
Fono Health Services – Manurewa	62
Manukau City Medical Centre.....	62
Leabank Medical Centre – Manurewa.....	63
Clendon Family Health Centre- Clendon	63
Hillpark Medical Centre – Manurewa.....	63
Te Manu Atute Whare Oranga – Manurewa.....	64
Counties Manukau Mental Health and Addictions Services.....	64
Age Friendly Work support	65
Seniors at Work.....	65
Immigration Support Services.....	66
Immigration (onshore) Contact Centre.....	66
Immigration New Zealand website: Visa assistance.....	66
Immigration New Zealand – Employ Migrants	66

Foreword

Manurewa Age Friendly Services Directory

This directory aims to provide a resource to support access to services and groups that provide age friendly assistance for our seniors.

This resource is supported by the Manurewa Local Board.

Manurewa Local Board Plan 2020

Outcome #1: Our communities are inclusive, vibrant, healthy and connected.

This outcome identifies that “we take pride in Manurewa, enjoying quality of life and a sense of safety and connection. Caring communities lead from the grassroots and people from diverse cultures feel their contribution is valued.

A goal within the Manurewa Local Board Plan 2020 is to provide opportunities for older people to connect socially through age-friendly activities.

In the 2018 Census there were 95,670 people living in Manurewa. **12.4% of the Manurewa population is aged 60 and over.**

We have a diverse population. 36.3% Pacific peoples, 29.2% European, 26.0% Māori, 25.4% Asian, 2.1% Middle Eastern/Latin American/African.

Manurewa Local Board is committed to supporting older people by providing resources to support the following activities.

- Older people are connected socially through age-friendly activities.
- Funding and support for activities that include older people and foster their community participation.
- Resourcing for the free Manurewa Link Shuttle services.
- Providing accessible community facilities -Libraries, Art Centres, Community Houses and facilities, recreation facilities and reserves.
- Encouraging accessible community events.
- Resourcing Lifelong Learning – Digital Literacy Programme.
- Resourcing Lifelong Learning – Education grants for seniors learning needs.
- Supporting Manurewa Seniors Networks and Manurewa Senior Citizens.

Manurewa Local Board



Address: Manurewa Library Complex, Shop 3-5, 7 Hill Road,
Manurewa, Auckland, New Zealand

Phone: 09-262 5402

Facebook: [Manurewa Local Board | Auckland | Facebook](#)

Email: ManurewaLocalBoard@aucklandcouncil.govt.nz

Website: <http://www.aucklandcouncil.govt.nz/manurewa>

Contact a local board member

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Manurewa Local Board – How to Give Feedback

Give us your feedback

There are a number of ways you can have your say on council plans, activities and services:

- contact a Manurewa Local Board member
- attend and speak at a [local board meeting](#)
- contact a [Manurewa-Papakura Ward councillor](#)
- make a submission on [council consultations](#)
- join the online [People's Panel](#) and have your say on a range of issues.

Take our online surveys - join the People's Panel

The People's Panel is a quick and easy way to give your feedback and ideas to help make Auckland a great place to live. When you join, we will send you short surveys by email. You can opt out of these at any time.

[Click to join the People's Panel now](#)

How the People's Panel works

Find out how you can give your feedback and ideas through our People's Panel surveys.

Results of People's Panel surveys

Find out what Aucklanders had to say on a variety of topics.

People's Panel prize draw

Join the People's Panel and complete monthly surveys to go in the draw to win a \$100 voucher.

Council Services:

Find your rubbish and recycling collection day

Search for household and commercial rubbish collection and recycling collection dates.

Online link: [Find your rubbish and recycling collection day \(aucklandcouncil.govt.nz\)](https://aucklandcouncil.govt.nz)

Public holiday collections

Public holiday collections are one day later than usual except for these exceptions.

Online Link: [Public Holiday collections](#)

Late or missed collections

Find out what to do if your household rubbish, recycling or inorganic material was not collected.

Online Link: [Late or Missed collections](#)

Or Phone: 09 301 0101 Auckland Council for all council enquiries and support.

Community Centres

Manutukutuku (Randwick Park)

- Website: <http://www.manurewacommunity.co.nz>
- Location: 32 Riverton Drive Manurewa
- Phone: 09-972 1401

Manutukutuku is a new event centre facility for community gatherings, corporate events and celebrations.

Surrounded by a range of sports facilities and training grounds the events centre is set in the grounds of beautiful Randwick Park in the heart of Manurewa.

Manutukutuku is available for community meetings, corporate events, weddings and celebrations. Parking, full kitchen facilities, seating and two large meeting areas are available.

Clendon Park Community House

- Website: [Clendon Park Community House - Auckland Council](#)
- 60 Findlayson Avenue Manurewa
- 09 267 2860

This community house offers individuals, community groups and other organisations the use of meeting spaces. This house is one of three that are managed by Te Whare Awhina o Tamworth (Inc).

Rooms available for hire. Monday to Sunday, 9am-9pm.

Activities and programmes.

Programmes offered are based on community need and demand and are run in conjunction with Te Whare Awhina Community Services Centre. These may vary from school term to school term. Programmes include church and youth groups, cooking classes, computing, drivers licensing, drug and alcohol course, HIPPY and playgroup, office services - photocopying, faxing, laminating, Tai Chi.

Randwick Park Community House

- Website: www.aucklandcouncil.govt.nz
- Phone: 09 267 5941
- Location: 137 Shifnal Drive, Randwick Park

Provides facilities, programmes and services for the benefit of individuals, families and groups in Manurewa community.

Three rooms available for hire. Holds 45,15,10 people.

Also offers free beginners computer courses, cooking classes, sewing, after school care, driving license, gardening, Zumba, mainly music.

Rawiri Community House

- Facebook: <https://www.facebook.com/rawiri.org/>
- Phone: 09 263 8202
- Email: liz@rawiri.org
- Location: 1 Rata Vine Drive, Wiri, Auckland

Provides community services and facilities from the Rata Vine Community House that are beneficial for the residents of Rata Vine and Wiri and the wider Community.

Monthly morning tea with our elderly, this is held the last Friday of every month. Driver licence programmes, mini laundry, computers are available for online services CV and job search, community garden and food bank. Advocacy services for residents engaging with MSD, Kainga Ora and Oranga Tamariki. Agents for probation services.

Libraries

Manurewa Library

- Location: 7 Hill Rd Manurewa
- Phone: 09-377 0209

Manurewa Library Community Room – available for community use and booking. Printing, photocopying, scanning, computer use, free Wi-Fi, Justice of the Peace. Book a librarian – for assistance with IT or information.

Learn how to use a smartphone programmes.

[Auckland Libraries](#) | [Auckland](#) | [Facebook](#)

Te Matariki Clendon Library - Te Pātaka Kōrero ō Waimāhia

- Location: 17 Palmers Rd Manukau
- Phone: 09-377 0209

Printing, photocopying, scanning, computer use, free Wi-Fi, Justice of the Peace, Makerspace, Samoan and Cook Island newspapers.

Pools

Manurewa Pool and Leisure Centre

- Location; Sykes Road, Manurewa
- Phone: 09 269 0930
- Email: manurewapools@aucklandcouncil.govt.nz
- Facebook: [Manurewa Pools & Leisure Centre - Home | Facebook](#)

Situated in Mountfort Park. fitness centre, café, and spaces available for hire for your next event.

- 25-metre six lane lap pool, 25-metre graduated leisure pool, teaching pool, toddlers' pool, fitness centre, café.
- Spaces available for hire for your next event
- There is even a spa and sauna, ideal for relaxing tired muscles.

Totara Park - Pool

- Location: 90R Wairere Road, The Gardens
- Phone: 09 267 7497

Pools are within the park. Pools are only open during the summer season.

A playground, toilets, car park (with mobility parking), basketball and tennis courts, barbecues, picnic tables and seating are inside the park.

Art and Leisure Centres

Nathan Homestead

- Location: 70 Hill Road, Manurewa Auckland 2102
- Phone: 09-267 0180
- Website: [Nathan Homestead centre \(aucklandcouncil.govt.nz\)](http://aucklandcouncil.govt.nz)

Nathan Homestead is an iconic Manurewa community venue where people create, celebrate and connect while surrounded by nature and history.

Built in 1925, the historic homestead hosts a range of events and courses, including;

- exhibitions by local, national and international artists
- creative classes for adults and youth
- ceramics and pottery classes
- art classes
- school holiday programmes.

It also offers a range of hire options for corporate and community groups.

Nathan Homestead is an Auckland Council arts facility, supported by the Manurewa Local Board.

Manurewa Leisure Centre

- Location: Frances Street, Manurewa
- Phone: 09 2618302
- Email: manurewaleisure@aucklandcouncil.govt.nz

Open Monday – Friday, 7am–6pm (reception is staffed between 9am and 6pm)

Weekends, available for bookings.

Manurewa Leisure Centre is your friendly, community-focused centre for getting active and having fun. We have casual sports, karate and there's loads of basketball (and netball and badminton) and activities for older members of our community, too.

Dance and culture groups love our mirrored recreation hall, and we host many significant celebrations like birthdays and weddings — each of our halls has its own kitchen along with tables and chairs. Bonus: there is plenty of parking.

Botanic Gardens and Parks

Auckland Botanic Gardens

- Location: 102 Hill Rd Auckland 2105
- Phone: 09-267 1457

Auckland Botanic Gardens is a botanical garden in the New Zealand city of Auckland. It is located in the suburb of Manurewa, in the Manurewa Local Board Area. The gardens cover 64 hectares (160 acres) and holds more than 10,000 plants.

There is always something new to see and do at the Gardens!

Keep an eye on our calendar for all events, including displays, gardening workshops, holiday programmes and family events.

Open for weddings, visitor centre, functions, meeting rooms, café, walks, dog walking.

Free entry. Open every day.

Opening hours

- Gardens 8.00am - 8.00pm (summer hours)
- Visitor Centre 8.00am - 4.30pm

Totara Park - Pool and Walks

- Location: 90R Wairere Road, The Gardens
- Phone: 09 267 7497

This 216 hectare open space has natural areas, bridle trails, bush walking, and is suitable for mountain biking.

The Auckland Botanic Gardens are next to this park. It is home to the Tōtara Park Pools which are within the park. Pools are only open during the summer season.

Facilities include a playground, toilets, car park (with mobility parking), basketball and tennis courts, barbecues, picnic tables and seating all inside the park.

Follow the Tōtara Puhinui Creek Path through the park and along the fringe of a tōtara forest, or the scenic Tōtara Bridle Path for a country experience.

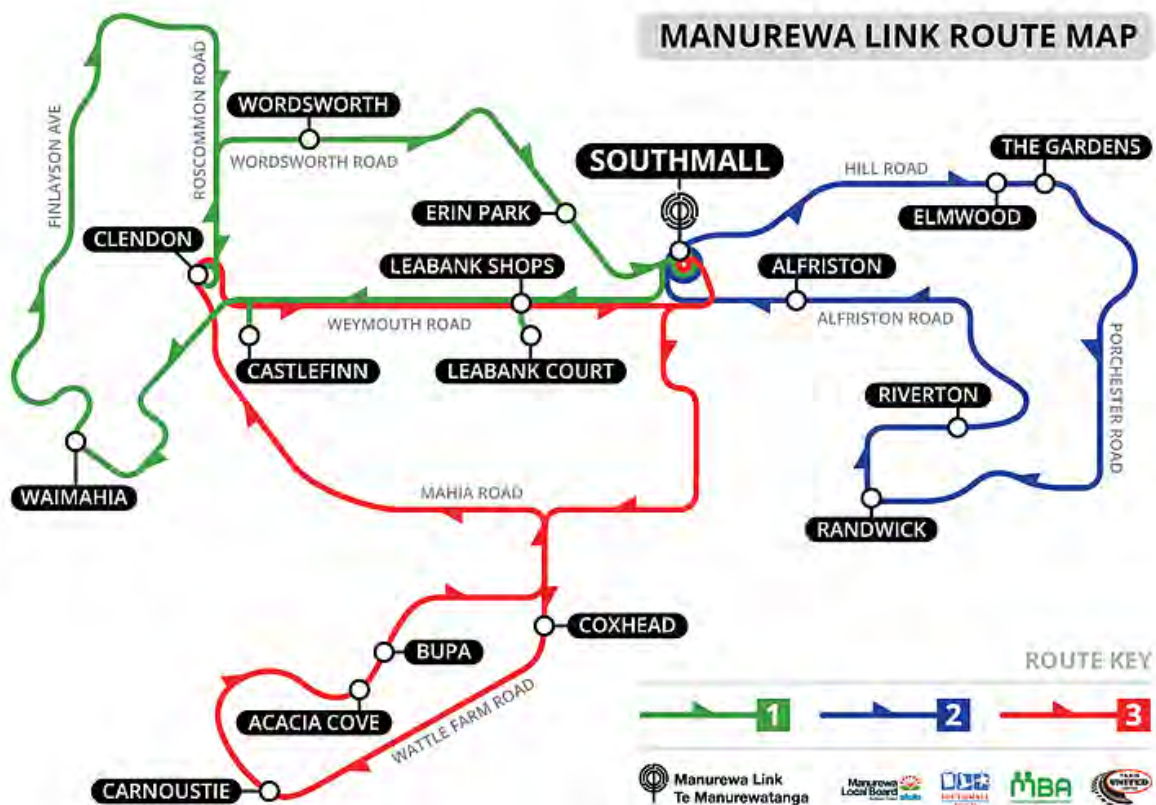
Manurewa Shuttle Link Services

Manurewa Local Board, in partnership with the Manurewa Business Association delivers this service.

It's aimed at providing better commuting options for Manurewa locals to travel around the local board area. The purpose of the shuttle bus is to link residents to the area's two town centres - Manurewa and Clendon.

The 10-seater shuttle is free for the community and runs from Wednesday to Friday along three routes.

The service will connect the suburbs of Randwick, Clendon, Leabank, Weymouth, Wattle Downs, Wordsworth and Alfriston to the town centres providing everyone with better access across the local board area. Routes are designed to include our aged care housing units around Manurewa.



Lifelong Learning Fund

The board's Lifelong Learning Fund supports residents aged 55 and over to participate in learning opportunities and continue to contribute to the community. These grants enable study in areas as diverse as computers and information technology, religious studies, conversational te reo, korowai-making and pastoral counselling.

Manurewa Seniors Network

The Manurewa Local Board also supports senior network get togethers. Anyone can participate in senior network get-togethers, which are always posted on the [Manurewa Local Board Facebook](#) page. For more information about the network contact Jai Chand: jai.chand57@outlook.com

Age Friendly Support Services

If you are getting older, you may be finding it harder to cope on your own. There are support services available to support you.

Free Manurewa Clendon Shuttle Bus Service

- Website: <http://www.manurewalink.co.nz/>
- Phone: 0800 660 044
- Email: admin@manurewabusiness.co.nz
- Facebook: [Manurewa Link - Home | Facebook](#)

Te Manurewatanga - Manurewa Link is a free bus service running on Wednesday, Thursday and Friday around Manurewa and Clendon.

Manurewa Link is a free transportation system that connects the Manurewa community with local businesses.

To see the route map and timetable click here - <http://www.manurewalink.co.nz/>

Age Concern Auckland

- Website: www.ageconcernauckland.org.nz
- Phone: 09 820 0184 Regional
- Phone: 09-279-4331 Manukau
- Email: ageconcern@ageconak.org.nz
- Location: Friendship House, 20 Putney Way, Manukau
- [Find Out More](#)

Age Concern Auckland is a charity providing specialised services and support for over 65's. (55 for Māori and Pacifica). Age Concern has information resources available in many languages. Click [link](#) to access.

Our vital work includes; social work support, elder abuse response, social connections, health promotions, counselling, total mobility assessments, and confidential information and advice for seniors.

Age Concern runs strength and balance classes and fitness for seniors.

Age Concern in partnership with the NZ Transport agency offers free Staying Safe Driving Courses for seniors. You need to contact the Age Concern office nearest you to find out when a course is being scheduled and to register. Target populations: over 65 years Licenses or accreditations.

Auckland City Mission

- Website: www.aucklandcitymission.org.nz
- Phone: 09 303 9200 (Reception)
- Email: info@aucklandcitymission.org.nz
- Location: 140 Hobson Street, Auckland Central
- [Find Out More](#)

The Mission provides unique and specialised health and social services to marginalised Aucklanders.

These services include Calder Health Centre Crisis Care & Community Services, distribution services, elder persons service, homeless services, social detoxification service. On arrival at the mission, an assessment professional will talk through a person's situation in-depth, in an effort to really understand the issues that have led them to us.

Care On Call – Auckland++

- Website: www.careoncall.co.nz
- Phone: 0800 664 422
- Email: auckland@careoncall.co.nz
- Location: 55 Anzac Ave, Newmarket, Auckland 1010
- [Find Out More](#)

Care On Call provides in-home care Auckland-wide for seniors, the young and every age in between. Offers any time frame of care that suits you – from 2 hours to 24 hour care. ACC accredited.

The care offered includes:- Home help, family care, elderly care, child care, aged care, serious injury support, dementia care, palliative care. Fee structure: Fees apply.

Citizens Advice Bureau

- Website: www.cab.org.nz
- Phone: 0800 367 222
- [Find Out More](#)

CAB offers an online searchable directory of services for the entire country.

To access the information directory, click here - www.cab.org.nz

We provide free, confidential, independent information and advice to anyone. We help people know what their rights are and how to access services they need.

Citizens Advice Bureau Manurewa

- Website: www.cab.org.nz
- Phone: 09 266 5729
- Email: manurewa@cab.org.nz
- Location: 7J Hill Road, Manurewa, Auckland 2102
- [Find Out More](#)

Citizens Advice Bureau offers free and confidential information, advice and support to everyone. We take the time to listen to you and equip you with the information, options and support that fit your needs.

We are available via email, or phone with our face to face services. Operating hours vary.

Citizens Advice Bureau Manurewa - Settlement Information

- Website: www.cab.org.nz
- Phone: 09 266 5729
- Email: manurewa@cab.org.nz
- Location: 7J Hill Road, Manurewa, Auckland 2102
- [Find Out More](#)

An information and referral service for newcomers to NZ. Provides referrals, information seminars and general information about health, education, housing, employment and other general information for new migrants. Language support is available if necessary.

Citizens Advice Bureau Manurewa - Tax Advisory Clinic

- Website: www.cab.org.nz
- Phone: 09 266 5729
- Email: manurewa@cab.org.nz
- Location: 7J Hill Road, Manurewa, Auckland 2102
- [Find Out More](#)

Tax Clinic runs fortnightly on Saturday only for clients that need advice in regard to tax matters. Free advice by qualified accountants and tax professionals.

Please contact CAB Manurewa to find out more about when the next clinic day is as this depends on the availability of the consultant, and you need to book an appointment beforehand. By appointment only.

Citizens Advice Bureau - Papakura

- Website: www.cab.org.nz
- Phone: 09 299 6411 (or 09 299 6412)
- Email: papakura@cab.org.nz
- Location: 4A Opaheke Road, Papakura, Auckland 2110, NZ
- [Find Out More](#)

Citizens Advice Bureau Papakura is open to all the public for advice and for local, regional and national information.

It offers a JP services on Monday, Wednesday and Friday - please phone first to check availability of JP. There is also a legal clinic staffed by local volunteer lawyers on Saturdays, occasionally Thursdays.

Community Law South Auckland

- Website: www.clsstlaw.com
- Phone: 09 274 4966 (South Auckland Community Law)
- Location: 120 Bairds Road Otara
- Email: admin@clsstlaw.com
- Location: 299 Great South Road, Cnr of Wood Street Papakura
- Outreach Clinic: Citizens Advice Bureau Papakura, 4a Opaheke Road, Papakura,
- [Find Out More](#)

Free clinics where you can get legal information.

We aim to meet the unmet legal needs of people in Counties Manukau, the Franklin district and Ōtāhuhu whose needs are not met by another scheme provider.

Community Legal Services South holds a free legal clinic at the Citizens Advice Bureau Papakura. There are eligibility criteria for this clinic, and it does not provide legal services for the following: wills, trusts, estate matters, property relationship issues and commercial matters. Appointments to be made through the Otara Clinic.

Eligibility: Caters to people on low income, or who are unable to obtain legal aid.

Driving Miss Daisy

- Phone: 0800 948 432
- Website: <https://drivingmissdaisy.co.nz>
- [Find Out More](#)

Home help and personal care/assistance nationwide. Our safe, friendly and reliable companion driving service offers independence and peace of mind.

Our nationwide companion driving service offers much more than just transportation. We will drive you to and from your destination and provide further assistance as needed.

At Driving Miss Daisy, we tailor our service to meet your needs.

Driving Miss Daisy hold the ACC contract for companion driving services throughout New Zealand. Total Mobility Scheme cards accepted, offering discounts in most regions across New Zealand.

Elder Abuse Response Service (EARS)

- Phone: 0800 32 668 65
- Text: 5032
- Email: support@elderabuse.nz
- Website: <https://officeforseniors.govt.nz/>
- [Find Out More](#)

If you are in immediate danger, call 111 and ask for the Police.

The Elder Abuse Response Service is a free, confidential 24 hour helpline.

If you have concerns about how you are being treated or feel frightened or at risk, help is available. It is free, and available 24 hours a day.

When you call the helpline, you will be put in touch with a trained coordinator who works in your region.

The coordinator will:

- ask for consent to assess your situation
- work with you to make sure you are safe and help you manage the risk of abuse or neglect
- identify and work with other organisations who can help and support you, including police, health providers, lawyers, banks and government agencies.

If you are concerned about elder abuse, whether you are an older person yourself, a family member, friend, neighbour or professional, you can contact our Elder Abuse Response Service for free and confidential advice.

Elderly Assist Ltd

- Website: www.elderlyassist.co.nz
- Phone: 0800 839 874 or 09 537 3771
- Mobile: 021 839 874
- Email: <https://elderlyassist.co.nz/contact-us/>

- [Find Out More](#)

Specialist organisers and managers for older people who need assistance with packing and moving house, clearing or selling furniture and belongings, and other assistance not covered by clinical or medical professionals.

We work with clients and their families in all instances, for a fixed cost (do not take commissions or percentages of sales etc).

Eldernet

- Website: www.eldernet.co.nz
- Phone: 0800 725 463 Senior Line
- Phone: 0800 611 116 Healthline
- Email: team@eldernet.co.nz
- Location: 175 Shaw Avenue, New Brighton, Christchurch 8083, NZ
- [Find Out More](#)

The Eldernet Group provides information for older people and their whānau, to help older kiwis make decisions that are right for them.

They provide information on the following topics: Making life easier, care and support options, community and advocacy groups, access to service providers, supporting older people, residential care - for example information about; rest homes, private hospitals, dementia care and public hospitals.

Enliven

- Website: <https://enliven.org.nz>
- Email: 0800 365 4836
- Email: info@psn.org.nz
- Location: 217 Weymouth Road, Manurewa
- [Find Out More](#)

Home base support for anyone that has disability needs.

Contracted by ACC to provide home and community support to those with injuries. Contracted by the Counties Manukau District Health Board to support older people with low to high needs and provide long term support for those with chronic conditions.

Independent Living Charitable Trust

- Website: <https://ilsnz.org/>
- Phone: 0800 625 100
- Phone: 09 281 5027 (Botany store)
- Email: info@ilsnz.org.nz
- Email: botany@ilsnz.org (Botany store)
- Location: Botany South 308 Te Irirangi Drive, Botany South, Auckland
- [Find Out More](#)

At Independent Living we have a wide range of assistive products and mobility solutions to help you with everyday tasks. View products online [HERE](#).

Independent Living is a not-for-profit organisation. We are committed to making daily living easier for people with impairments, as well as their families, whānau, and support networks.

We are your friendly community experts on all things related to disability and maintaining independence.

From generic information through to walking stick testing, we can help you navigate the health and disability sector and access funding options. We offer brochures and information in a wide variety of languages, and we sell a huge tried-and-tested range of daily living aids.

Justices Of The Peace clinic (Manurewa Citizens Advice Bureau)

- Website: www.cab.org.nz
- Phone: 09 266 5729
- Email: manurewa@cab.org.nz
- Location: Library Complex, 7J Hill Road, Manurewa, Auckland 2102
- [Find Out More](#)

A regular clinic where you can receive Justice of the Peace services e.g., witnessing signatures on documents; certifying copies of documents, completing declarations (including statutory declarations), affidavits or affirmations.

NutriFare Ltd

- Website: www.nutrifare.co.nz
- Phone: 0800 303 232
- Email: accounts@nutrifare.co.nz
- Location: 5 Marjorie Jayne Crescent, Otahuhu, Auckland 1062
- [Find Out More](#)

Great for the elderly, people with disabilities or injuries, or busy corporates.

Meals for children delivered to kindergartens and Kidscare Centres.

Delivered via refrigerated truck throughout the North Island.

Method of payment accepted: Cash, cheque, Visa Debit Card or credit card.

Pop in Care

- Website: <https://popincare.co.nz>
- Phone: 021 755 528
- Email: janelle@popincare.co.nz
- [Find Out More](#)

Pop in Care provides in-home care service designed to enhance the wellbeing of the elderly and their families and maintain the elderly in their own homes.

They provide tailored care to the clients in the Auckland area.

The services that they provided includes companionship personal care, post-operative care, home help, advanced care, palliative Care.

Pricing will be discussed with clients on an individual basis as it depends on what services the clients are looking for.

Salvation Army Manukau Community Ministries

- Website: www.salvationarmy.org.nz
- Phone: 09 262 2332
- Email: manukacentral.corps@salvationarmy.org.nz
- Location: 16B Bakerfield Place, Manukau, Auckland 2104
- [Find Out More](#)

Salvation Army – Manukau Community Ministries.

South Auckland Hub offers a variety of services.

Emergency assistance, social work support, Strengthening Families, financial capability, Budgeting Service, Step Up Loans, NILS Loans, Manukau Community Church, life skills, Building Awesome Matua, Manukau Salvation Army Family Store, Bridge Programme, Oasis – Problem Gambling.

Salvation Army Family Store Manurewa

- Website: <https://www.salvationarmy.org.nz/help-us/family-stores>
- Phone: 09 264 0981
- Location: Shop 42, Unit U, 187 - 201 Great South Road, Manurewa
- [Find Out More](#)

Salvation Army operates a family store and opportunity shop in Manurewa which sells recycled clothing, furniture, household goods, books and toys to provide funds for the church's community work.

Salvation Army - Senior Services Programme

- Website: www.salvationarmy.org.nz
- Email: public.relations@salvationarmy.org.nz
- Location: Territorial Headquarters, 202-204 Cuba Street, Wellington 6011
- [Find Out More](#)

The Senior Services programme provides the opportunity for a regular visitor to an elderly person. Volunteers are recruited and matched to elderly people in their communities. This is a free service that specifically aims to reduce the social isolation of older people.

Seniorline

- Website: www.seniorline.org.nz
- Phone: 0800 725 463
- Email: seniorline@adhb.govt.nz
- Email: communityservices@adhb.govt.nz (Needs Assessment and Service Coordination)
- Location: Building 17, Greenlane Clinical Centre, 214 Greenlane West, One Tree Hill, Auckland 1051
- [Find Out More](#)

A free service to help older people (aged 65 or over) and their carers to navigate the health system, e.g., decisions about staying at home, retirement villages, home care, day care and rest homes.

Seniorline deals with needs assessment & service coordination.

Some information is valid nationwide, some covers only Auckland (or Northland).

Skinny Jump (Spark)

- Website: <https://www.skinny.co.nz/jump/about/>
- [Find Out More](#)

Skinny Jump (Spark) is flexible prepaid broadband to specifically support those most at risk of digital exclusion, as identified in the government's digital inclusion blueprint:

families with children, job seekers, seniors, people with disabilities, refugees and migrant communities, those in social housing.

Skinny Jump is a low-cost prepaid broadband service for eligible kiwi homes. Get 35GB of NZ's finest broadband for just \$5.

There may be other circumstances that make you eligible.

St John Caring Caller – Auckland

- Website: www.stjohn.org.nz
- Phone: 0800 785 646
- Email: info@stjohn.org.nz
- [Find Out More](#)

Volunteers make a regular daily phone call (5-10 mins to check that the person is okay) to anyone who is elderly, lonely, immobile or in ill-health.

St John provides a range of services to the community including emergency ambulance services, caring caller, friends of the emergency department, youth, first aid training, and medical alarms. See their website for further details.

Vaiola Pacific Island Budgeting Service Trust – Manurewa

- Website: <http://www.vaiola.org/>
- Phone: 09 280 4190
- Phone; (Mangere Office 09 256 9639)
- Location: Shop 5/178 Great South Road (office is on top of Paper Power store), Manurewa, Auckland 2102
- [Find Out More](#)

Provides free and confidential budgeting advice to families and individuals. Vaiola operate with budget advisers who are annually trained and certified by National Building Financial Capability Charitable Trust.

Age Friendly Groups

Social connection for seniors is critical, playing an essential role in their mental, emotional and physical health. Seniors with a strong social network have a better quality of life and experience superior overall health and wellness.

60s Up Movement Of New Zealand Inc - South Auckland

- Website: https://60supmovement.org.nz/south_auckland.htm
- Phone: 09 972 4492
- Location: St Andrews Presbyterian Church, 150 Great South Road, Manurewa, Auckland 2102
- [Find Out More](#)

Promotes enjoyment of life for the older person. Helps older people to remain active, lively and contributing members of their local community. Bus trips every second month, scrabble, dining out, speakers/entertainers.

Manurewa Crime Watch Patrols

- Website: <http://www.crimewatchpatrols.co.nz>
- Phone: 09 266 5344
- Email: manurewa.crimewatch@xtra.co.nz
- Location: c/o Manurewa Police Station 14 Halver Rd Manurewa
- [Find Out More](#)

An affiliated member of Manukau Crime Watch Patrols. This means that all their members have had Police clearances and learn appropriate ways of dealing with criminal and antisocial behaviours. A voluntary group made up of local residents.

They patrol in business and residential areas of Manurewa Ward of Manukau City, including schools, churches, parks and commercial properties.

Manurewa Crimewatch Patrol Inc patrols the Manurewa Ward to look for criminal and antisocial behaviours. They act as the eyes and ears for the NZ Police to assist in the reduction of crime in our local community.

Manurewa Marae

- Website: www.manurewamarae.co.nz
- Phone: 09 267 8768
- Email: admin@manurewamarae.co.nz
- Location: 81 Finlayson Avenue, Manurewa, Auckland 2103

- [Find Out More](#)

The Manurewa Marae was originally initiated by the vision and passion of a handful of whanau living in Manurewa, who wanted a marae to support tangihanga and ensure that Māori tikanga, kawa and heritage were maintained.

The marae has now grown with the community into a beautiful safe haven, where whanau, organisations and people of all cultures can come and learn in a culturally vibrant and sacred setting.

Marae in Manurewa. Activities include; Te Tai Tongoa Kapahaka Roopu (Kawahaka group), Venue for hire, holds 250-300 people seated. General use. Te Ara Reo Māori, Tai Chi, line dancing, Zumba, gardening classes. No alcohol allowed on the premises. Runs Life soup Kitchen on Tuesday evening.

Manurewa Neighbourhood Support

- Email: nsmanurewa@gmail.com
- Facebook: [Manurewa Neighbourhood Support | Auckland | Facebook](#)
- [Find Out More](#)

Manurewa Neighbourhood Support was formed in 1988 by a group of residents who were concerned about recent rise in crime in the area. It is a totally voluntary organisation run by residents in the Manurewa area and is supported by the Manurewa Police, particularly the Clendon, Homai and Wiri Community Constables.

Neighbourhood watch scheme encourages neighbours to keep an eye on each other's property and report any suspicious strangers or activity to the police.

Always call 111 for emergency.

Manurewa Senior Citizens

- Phone: 027 531 7752
- Location: Tadmor Hall, 238 Great South Road, Manurewa, Auckland 2102
- [Find Out More](#)

Manurewa Senior Citizens is a social group for older people (65+) who meet for friendship, or looking for something to do for the day. Also cater for people with disability.

Activities include craft and painting as well as indoor games for all to enjoy. Board games, quiz, cards and sometimes they play housie.

Door prizes (people buy ticket and they will draw the price or winning numbers). Morning tea and lunch provided on every club day which is every 2nd Wednesday of the month.

Manurewa Seniors Network

- Contact: Jai Chand
- Phone: 021 244 5598
- Email: jai.chand57@outlook.com
- Location: Manutukutuku Community Facility

Supported by the Manurewa Local Board. Anyone can participate in senior network get-togethers, which are always posted on the Manurewa Local Board Facebook page. The group meets every six weeks with guest speakers, entertainment and refreshments.

Pohutukawa Coast Friendship Club

- Email: rhondampike@gmail.com
- Location: Presbyterian Church 5 Jacobs Way, Maraetai

Social club for retired and semi-retired people within the Clevedon, Maraetai, Beachlands and Whitford areas.

Not a service club, more for fun. Guest speakers, trips etc.

Probus South Pacific Inc

- Website: www.probussouthpacific.org
- Phone: 0800 1477 6288
- Email: admin@probussouthpacific.org
- [Find Out More](#)

Probus is an Association of retired and semi-retired people who join together in clubs. The group purpose is to provide regular opportunities for them to keep their minds active, expand their interests and to enjoy the fellowship of new friends.

There are men's clubs, ladies' clubs and combined clubs.

Phone or visit the website to find a Probus club near you.

Randwick Park Community House

- Website: www.aucklandcouncil.govt.nz
- Phone: 09 267 5941
- Location: 137 Shifnal Drive, Randwick Park, Auckland 2105

Provides facilities, programmes and services for the benefit of individuals, families and groups in Manurewa community.

Three rooms available for hire. Holds 45,15,10 people.

Also offers free beginners computer courses, cooking classes, sewing, after school care, driving license, gardening, Zumba, mainly music.

Rawiri Community House

- Facebook: <https://www.facebook.com/rawiri.org/>
- Phone: 09 263 8202
- Email: liz@rawiri.org
- Location: 1 Rata Vine Drive, Wiri, Auckland, New Zealand, 2104

Provides community services and facilities from the Rata Vine Community House that are beneficial for the residents of Rata Vine and Wiri and the wider Community.

Monthly morning tea with our elderly, this is held the last Friday of every month.

Driver licence programmes, mini laundry, computers are available for online services CV and job search, community garden and food bank.

Advocacy services are available for residents engaging with MSD, Kainga Ora and Oranga Tamariki. Agents for probation services.

Age Friendly Adult Learning

Learning is an essential part of life and is something we should all seek to continue as we get older. Learning new things becomes especially important in the senior years. It is a great way to keep the mind and body active and can play a big part in keeping seniors happy and healthy.

AA Advanced Driver assessment

- Website: <https://www.aa.co.nz/>
- Phone: 0800 723 338
- Click here to [Download factsheet](#)
- [Find Out More](#)

Assess, coach and improve your driving skills.

This course is designed to help you identify the specific training needs of drivers.
\$175.00 per person.

Aorere College – Adult Education and Learning Courses

- Website: <https://aorerecommed.co.nz/courses.php>
- Phone: 0800 723 338
- Phone: 09 279 0671
- Email: acecoordinator@aorere.ac.nz
- Location: 6 Sels Road off Portage Road, Papatoetoe, Auckland 2025
- [Find Out More](#)

Courses range from between \$29 to \$60 for adult education courses.

Courses are varied covering; Dance, music, St Johns, art and craft, making korowai (Māori cloaks), sewing, Cook Island language, Indian classical music, adult literacy and numeracy, languages, English, Yoga, running a small business, sign language for beginners and more.

AUT Auckland University of Technology

- Website: <https://www.aut.ac.nz/>
- Phone: 0800 288 864
- Email: South Campus - Campuses & Locations - AUT
- Location: 640 Great South Road Manukau Auckland 2025 640 Great South
- [Find Out More](#)

AUT is the second largest university in Aotearoa New Zealand. We have been a university since 2000, but a place of learning for 120 years and operate in accordance with the Education Act (1989).

Our South Campus is located in the heart of Manukau.

Driver Education – Aged Concern

- Website: www.ageconcernauckland.org.nz
- Phone: 09 279 4331 Ext 800
- Freephone: 0800 65 2 105
- Email: ageconcern@ageconak.org.nz

To register for a Staying Safe Refresher course for older drivers, contact your nearest Age Concern. This course is free.

Staying Safe: A Refresher Course for Older Drivers is just one of our driver education programmes. We also have our Life Without a Car course. Contact your local Age Concern to find out more about these programmes.

The theory-based refresher course is an opportunity for people to re-familiarise themselves with traffic rules and safe driving practices in a friendly and relaxed environment with other older drivers.

The course includes information on other transport options available to help keep you mobile for as long as possible, whether behind the wheel or when you stop driving.

Driver Education – Online Skills Test Waka Kotahi

[Click here](#) to complete a self-rating driving assessment online now.

Check your driving skills online with the Waka Kotahi (NZTA) self-rating driving assessment. This quick assessment is free online.

You can complete a self-rating driving assessment online that will help you look at your driving ability and compare it against the requirements for safe driving. All you need to do is answer 15 questions as honestly as possible based on your driving over the last few years. At the end you will get some helpful suggestions to improve any driving skills that are identified as an area you could focus on.

The self-assessment is for your own information only. The only details that Waka Kotahi (NZTA) collect are age and gender details for the purposes of monitoring usage of this tool. They do not collect your answers or final score.

Driver Education – Renewing your licence over 75s Waka Kotahi

- Website: <https://www.nzta.govt.nz/>
- Phone: 0800 65 2105
- [Find Out More](#)

Understand the process for renewing your licence once you turn 75.

Once you turn 75 there are a few changes to the process for renewing your driver licence:

- your new licence will be valid for only two to five years
- you need to present a medical certificate each time you apply
- if recommended by your doctor, you will have to sit a 30-minute on-road safety test
- the renewal fees are lower – because you are renewing your licence more often.

English Language Partners Auckland South

- Website: <https://www.englishlanguage.org.nz/>
- Phone; 09 278 9099
- Email: aucklandsouth@englishlanguage.org.nz
- Location: Level 1, 141 Kolmar Road, Papatoetoe, Auckland 2025
- [Find Out More](#)

The group runs regular classes in Manurewa. For details of classes and home tutoring, phone the main office in Papatoetoe. Training is also provided for volunteers wanting to become home tutors.

Falelalaga Cultural and Education Centre

- Website: www.falelalagavillage.org.nz
- Phone; 022 687 9402
- Email: falelalagavillage@gmail.com
- Location: Manurewa
- [Find Out More](#)

The group runs regular classes in Manurewa. Encourages active participation in weaving workshops and language classes. Therapeutic weaving retreat to connect to the body, mind and soul. Traditional weaving courses open to all over 10 weeks utilising traditional materials imported from the Pacific.

Manukau Institute of Technology

- Website: <https://www.manukau.ac.nz/>
- Phone: 0800 62 62 52

- Email: [Enquiry form | Manukau Institute of Technology](#)
- Location: MIT Ōtara campus, Dilworth Building, NA Block, Gate 12, North campus, Ōtara Road, Ōtara 7am-8pm Monday to Friday.
- Location: MIT Manukau campus, The Atrium, MIT Manukau 7am-8pm Monday to Friday, 8.30am-4.30pm Saturday.
- [Find Out More](#)

Manukau Institute of Technology has been transforming lives through education for more than fifty years as one of the largest providers of technical, vocational and professional training in New Zealand.

Every year, 14,000 students choose to study with us. We deliver academic qualifications from certificate to degree level, and our students graduate with the real-world practical experience they need.

Courses and part time courses are available.

Manurewa U3A

- Website: www.u3a.net.nz
- Phone: 09 267 1839
- Email: manurewau3a@outlook.com
- Location: Acacia Cove Village, Wattle Farm Rd, Wattle Downs, Auckland
- [Find Out More](#)

U3A (University of the Third Age) is a group for retired or semi-retired people who enjoy sharing intellectual, cultural and creative interests and being involved in discussions and special interest groups. Holds monthly group meetings with a guest speaker.

New Zealand Sign Language – Free Courses from NZSL4U

- Website: www.nzsl4u.co.nz
- Email: nzsl4u@gmail.com
- [Find Out More](#)

Thanks to increased funding from Capital Training and Training For You, we are able to offer free Community NZSL Courses for the rest of 2022.

To secure your place, email us with your preferred course from the upcoming courses on the website.

We have two online classes available free, and as well as all our face-to-face classes.

NZSL4U is here to empower kiwis to embrace one of our two official languages, Te Reo Rotarota (New Zealand Sign Language). There are 23,000 NZ Sign Language users in NZ (Census 2018).

We have created interactive, engaging, and customized NZSL courses, available both online and in-person, to give New Zealanders better access to learning this beautiful language.

Why?

We want our Deaf and hard of hearing community to feel more included in society and be able to communicate fully with their peers.

South Auckland Spinners and Weavers

- Website: <https://creativefibreauckland.wordpress.com/>
- Email: auckland@creativefibre.org.nz
- Location: Nathan Homestead, Hill Road, Manurewa, Auckland 2102
- [Find Out More](#)

A group of ladies who meet every Tuesday throughout the year except for the month of January at the Nathan Homestead Hill Road in Manurewa. Within the group, they have people who are competent in spinning, weaving, felting, dyeing, knitting, crochet, tating and all are willing to teach and help other members.

Spin Poi – Poi for fitness, strength and fund

- Website: <https://Spinpoi.com>
- Website: [Poi for Seniors, Start Your Program Today! - SpinPoi](#)
- [Find Out More](#)

SpinPoi is fun and scientifically proven to keep your mind & body happy.

A clinical trial conducted at the University of Auckland on poi and older adults proved benefits in grip strength, balance, and attention after just one month of poi practice.

Online Zoom class for seniors every Wednesday.

Groove to the beat with a range of poi movements set to music, which can be done from a seated or standing position. Contact Spin Poi for a Certified SpinPoi Instructor.

Stepping UP – Digital Literacy Programme

- Website: <https://steppingup.nz/contact-us/>
- Phone: 0800 GoDIAA (0800 463 422)
- Email: steppingup@diaa.nz
- [Find Out More](#)

Stepping UP is a digital literacy programme to help people gain confidence in using computers, computer software and the Internet. IT is provided by Digital Inclusion Alliance Aotearoa, in partnership with local providers.

Digital Steps - is free, community-based, and aimed at adults wanting to develop their computer, smartphone, tablet or general online skills.

Skinny Jump is a pre-paid broadband Internet service offering 35GB of data for \$5, for eligible people.

U3A Papakura (University of the Third Age)

- Website: <https://papakurau3a.wixsite.com/papakurau3a>
- Phone: 09 298 4249
- Email: papakurau3a@gmail.com
- Location: St John Ambulance Hall, 17 Ray Small Drive, Papakura, Auckland 2110
- [Find Out More](#)

Papakura U3A (University of the Third Age) is a group for retired or semi-retired people who enjoy sharing intellectual, cultural and creative interests and being involved in discussions and special interest groups.

Other

Age Friendly Activities

Staying active is important when you are getting older (including if you have health conditions). Regular physical activity can improve your health and wellbeing, and make it easier to perform daily tasks.

Auckland Society of Model Engineers - Public Miniature Railway

- Website: <https://asme.org.nz>
- Phone: 09 570 5286 (Club house, only answered on meeting days)
- Email: info@asme.org.nz
- Location: Peterson Road Reserve, Panmure, Auckland 1072, New Zealand
- [Find Out More](#)

Society for retired, practicing and aspiring engineers. Public miniature railway runs on Sunday afternoons (weather permitting). See website for further details and train timetables.

Auckland Transport - Senior and SuperGold concession

- Website: www.at.govt.nz
- Phone: 0800 10 30 80
- Location: Britomart Transport centre, 8-10 Queen Street, Auckland CBD, Auckland
- [Find out More](#)

Senior citizens can travel for free on selected bus, train and ferry services in Auckland after 9am weekdays and all day weekends and public holidays with a SuperGold card or AT senior citizen ID card. Exclusions apply (see website). Eligibility: To be eligible for a Senior Citizen ID Card you must be both an Auckland resident and aged 65 years or over.

Boomer Shed (Manurewa) Member: MENZSHED NZ.

- Phone: 09 269 4080
- Phone: 021 185 6526
- Email: stacey.upjohn@mbct.org.nz
- Open: Monday to Friday 9.00am – 12.00pm
- Location: Manukau Beautification Charitable Trust depot, 38 Holmes Road, Manurewa.

Manukau Beautification Charitable Trust Men's Shed concept.

With around 80 members, the Boomer Shed is booming! Retirees, both women and men, aged 50+ can meet new people, teach and learn new skills.

We offer a space for baby boomers to work on individual or community projects up to four days a week at the Trust's HQ. This space includes a fully equipped craft room, semi commercial kitchen, impressive Men's Shed, a technology lab, sewing equipment, vegetable garden, plenty of parking and lots more.

Forever Young- Manurewa

- Phone: 09 266 5266
- Location: St Lukes Anglican Church , 3 Russel Road, Manurewa, Auckland 2102
- [Find Out More](#)

Based in Manurewa and Clendon for over 60's who may be lonely or isolated and in need of help, support and friendship. Social games, gentle exercise and morning tea. Fee structure: \$5.00.

Goldz Club Manurewa

- Website: www.aucklandleisure.co.nz
- Phone: 09 261 8302
- Location: Manurewa Recreation Centre, 33 Francis Street, Manurewa, Auckland
- [Find Out More](#)

A one hour structured activity for people 65 plus, followed by morning tea and free time activities such as badminton, table tennis, indoor bowls, indoor cricket in Manurewa. Special outings e.g.: bush walks, line dancing, dinners, outdoor recreational camps.

HOP Bus Pass for Disabled People - Auckland Transport

- Website: www.Total Mobility HOP Card
- Phone: 09 366 6400 (Auckland Transport call centre)
- [Find Out More](#)

Concessions preloaded for customers with disabilities and for customers with limited mobility - If you hold a current Total Mobility ID (existing Total Mobility AT HOP card) or Blind Foundation ID you are eligible for an accessible concession.

Kiwi Coaches

- Website: www.kiwicoaches.com
- Phone: 09 636 5232
- Email: info@kiwicoaches.co.nz
- Location: 23A Mahunga Drive, Mangere Bridge, Auckland
- [Find Out More](#)

Coaches range from 25 - 45 Seaters and are available for senior citizens, contract and charter trips, mainly for schools.

Live Stronger for Longer

- Website: www.ageconcernauckland.org.nz/.
- Phone: 0800 262 368
- Email: community.central@middlemore.co.nz
- [Find Out More](#)
- Lead Agency for Counties Manukau: Age Concern Auckland

Regular strength and balance exercise is an excellent way to increase your movement and confidence which will help to keep you living the life you want to live.

Community strength and balance classes are a great opportunity to complete regular exercise whilst socialising and having fun with like-minded people in your community.

[Click here to Find a class near you.](#)

Manurewa Cosmopolitan Club - line Dancing

- Website: <https://manurewacossieclub.co.nz/>
- Phone: 09 267 4241
- Location: 6-10 Alfriston Road Manurewa. Auckland 2102
- [Find Out More](#)

Line dancing held at the Manurewa Cosmopolitan Club.

Members and affiliates only.

Membership of the Manurewa Cossie Club is open to those aged 18 years and older.

Application Forms are available at the Front desk. Our bright modern club rooms include an extensive dance floor, and an outdoor paved patio with a lovely water feature – a delight in the warmer weather. Facilities include snooker, darts, indoor bowls, 8-Ball. The club has regular events and entertainment. Cornerstone Café is open from breakfast to dinner.

Manurewa Country Music Club

- Phone: 09 2664908
- Email: junior@in2net.co.nz
- Location: Weymouth Hall, Beilhers Road, Manurewa
- [Find Out More](#)

A Country music club based in Weymouth Manurewa area. New members are welcome to join and to find out more. Please contact the club on their contact phone numbers below.

Manurewa Knitting Group

- Phone: 09 266 7699 Coordinator
- Location: St Annes Catholic Church 126 Russell Rd Manurewa Auckland 2012
- [Find Out More](#)

Social group for people interested in knitting. Feel free to bring your own knitting kit or use theirs. A place that you can learn how to knit and socialise with others in the group. Light refreshment of tea, coffee and biscuits provided. Everybody welcome to join.

Murphy Buses - Coach & Tour Operators (Takanini)

- Website: <https://murphybuses.co.nz>
- Phone: 09 268 6620
- Email: quote@murphybuses.co.nz
- Location: 11 Heb Place, Takanini, Auckland 2112, NZ
- [Find Out More](#)

Murphy's Buses in Takanini has buses and coaches available for charter by schools, sports groups, service organisations, senior citizen groups for day and longer outings. The company can also organise trips and tours throughout New Zealand.

Senior Citizens Fullers 360 Cruises

- Website: www.fullers.co.nz
- Phone: 0800 385 5377
- Email: enquiries@fullers.co.nz
- Location: Pier 4, 117 Quay Street, Downtown, Auckland 1010
- [Find Out More](#)

Travel for free after 9am weekdays and all weekend and public holidays on the Fullers 360 Auckland to Gulf Harbour Service. For the 65+ age group who must have an AT HOP Card loaded with their SuperGold transport concession.

Seniors Dance - Dance for Older Adults

- Phone: 09 266 7699 Coordinator
- Phone: 09 849 5042 (Susan Jordan)
- Email: susan@seniorsdance.nz
- Location: St Lukes Church Hall, 704 New North Road, Mt Albert, Auckland
- [Find Out More](#)

Dance classes to keep seniors active and enjoying life. An enjoyable way to stay active using easy to learn movement based on contemporary dance. Builds balance and co-ordination, keeps joints mobile and strengthens muscles. Taught by a professional dance teacher. \$100 a term with ten lessons at Grey Lynn/Mt Albert classes. Classes held all over Auckland please call to get a location nearest you.

Tai Chi – Kia Ora Tai Chi – Manurewa

- Website: www.kiaorataichi.nz
- Phone: 09 266 7473
- Location: Manurewa South School hall, 18 Totara Road Manurewa
- [Find Out More](#)

Classes in Tai Chi has been proven to increase strength and balance and improve co-ordination and reaction times, which are key risk factors for falls in older people. It is recommended to check with GP before participating.

Kia Ora Tai Chi run beginner classes, Spin Poi, Age Concern Strength and Balance programmes for 65+.

Tennis Seniors South Auckland

- Website: www.tenniseniors.kiwi
- Phone: 09 298 8501 (Glen Smith - Secretary)
- Location: Papatoetoe Tennis Club, Sutton Crescent, Papatoetoe, Auckland 2155
- [Find Out More](#)

Tennis Seniors South Auckland, formerly South Auckland Veterans Tennis Club, is a club for players from 35 years upwards. Club matches and competitions are played at the Papatoetoe Tennis Club and the club also takes part in other veteran tennis tournaments.

Te Puke o Tara Community Centre Fitness for seniors

- Website: [Bookings and Information](#)
- Phone: 379 2030 (Zonder)
- Location: 20 Newbury St, Otara, Auckland 2023
- Facebook: [Te Puke O Tara Community Centre - Home | Facebook](#)

Centre also offers gentle exercises for the overweight and elderly people and Zumba as well as other classes. Church services are also held at the hall on Sundays from 8.00am onwards.

Other

Age Friendly Government Support

Housing with support aims to enable older people to age with dignity and independence by providing accessible housing and by connecting them with services that meet their social and healthcare needs. Housing with support may have the potential to reduce hospitalisation and institutionalisation among older people

Auckland Transport - Senior and SuperGold concession

- Website: www.at.govt.nz
- Phone: 0800 10 30 80
- Location: Britomart Transport centre, 8-10 Queen Street, Auckland CBD, Auckland
- [Find Out More](#)

Senior citizens can travel for free on selected bus, train and ferry services in Auckland after 9am weekdays and all day weekends and public holidays with a SuperGold card or AT senior citizen ID card. Exclusions apply (see website). Eligibility: To be eligible for a Senior Citizen ID Card you must be both an Auckland resident and aged 65 years or over.

Consumer rights and complaints

- [Complain about something you bought | New Zealand Government \(www.govt.nz\)](#)

If you buy products that do not work like they are meant to, are faulty, or have not arrived in time or in acceptable condition, the Consumer Guarantees Act gives you the right to claim a refund, repair or replacement.

Disability Allowance

- Website: <https://workFind Out Moreandincome.govt.nz>
- Phone: 0800552002
- [Find Out More](#)

Disability Allowance is a weekly payment for people who have regular, ongoing costs because of a disability. These could be visits to the doctor or hospital, medicines, extra clothing or travel. You do not have to be on a benefit to qualify for a disability allowance.

You may get a Disability Allowance if you:

- have a disability that is likely to last at least 6 months
- have regular, ongoing costs because of your disability that are not fully covered by another agency
- are a New Zealand citizen or permanent resident
- normally live in New Zealand and intend to stay here.

It also depends on how much you and your partner earn.

Ministry of Social Development - Senior Services

- Website: www.seniors.msd.govt.nz
- Phone: 0800 552 002
- Email: seniors@msd.govt.nz
- Location: The Aurora Centre, 56 The Terrace, Wellington 6011
- [Find Out More](#)

Administers the New Zealand Superannuation and Veteran's Pension, and provides information about rights and entitlements for people aged 65 years or over e.g., about support services, retirement income, discounts and concessions. See the Contact Us page for the appropriate 0800 number to call according to your query (e.g., applying for NZ Super or Veteran's Pension).

NZ Transport Agency (Waka Kotahi) - National Office

- Website: www.nzta.govt.nz
- Phone: 04 894 5400
- Email: info@nzta.govt.nz
- Location; Victoria Arcade, 50 Victoria St, Wellington 6141
- [Find Out More](#)

Information about the ten local offices open to the public and a number of freephone numbers for different services, can be found on their contact us page and should be used rather than calling the national office numbers to the left. Follow these links to find out more about staying safe driver driving courses for seniors, agents for driver licensing, road user charges or motor vehicle licensing and registration (rego) enquiries.

Office For Disability Issues

- Website: www.odi.govt.nz
- Phone: 04 916 3300
- Email: odi@msd.govt.nz

- Location: Whaikaha – Ministry of Disabled People, The Aurora Centre, 56 The Terrace, Central Wellington, Wellington 6011
- [Find Out More](#)

The Office for Disability Issues is responsible for promoting the participation and inclusion of disabled people in society. Main roles: To promote and monitor implementation of the New Zealand Disability Strategy and the UN Convention on the Rights of Persons with Disabilities and support the Ministerial Committee on Disability Issues.

Refugee Council of New Zealand Incorporated

- Website: www.rc.org.nz
- Location: 1224A Dominion Road, Mount Roskill, Auckland 1021
- [Find Out More](#)

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; promote a strategic response to the needs of refugees and asylum seekers; and to campaign to ensure that New Zealand meets its legal and humanitarian obligations under the 1951 United Nations Convention on Refugees.

See their website for contact people and a link to their email.

Senior Services

- Website: [Senior Services | New Zealand Government \(www.govt.nz\)](http://www.govt.nz)
- Phone: 0800 552 002
- Phone: +64 9 583 9909
- Email: seniors@msd.govt.nz
- [Find out More](#)

Senior Services provide services for older people, including assistance with;

- NZ Super and Veteran's Pension
- financial help if you are on a lower income
- taking a pension overseas or getting an overseas pension
- residential care services
- Community Services Card
- SuperGold Card.

Tenancy Services - Walk In Tenancy Advice

- Website: www.tenancy.govt.nz
- Phone: 0800 83 62 62
- Email: bonds@tenancy.govt.nz
- [Find out More](#)

If you need help with a form or if you have a specific tenancy inquiry you can see a tenancy officer by appointment at the Wellington, Auckland, Manukau, Hamilton and Christchurch offices, or one of the regional locations - Tauranga, Gisborne, Napier, New Plymouth, Dunedin or Invercargill.

Whaikaha - Ministry for Disabled People

- Website: www.whaikaha.govt.nz
- Phone: 0800 566 601
- Email: contact@whaikaha.govt.nz
- Location: Whaikaha - Ministry of Disabled People, Aurora Centre, 56 The Terrace, Wellington 6011
- [Find Out More](#)

The Ministry for Disabled People was established on 1 July 2022. The Ministry will lead and coordinate disability policy across government, including improving outcomes for disabled people in areas such as employment, education, health and wellbeing. All government agencies will continue to have responsibility to disabled people.

Winter Energy Payment

- Website: <http://www.workandincome.govt.nz>
- Phone: 0800 552 002
- [Find Out More](#)

Work and Income supply this service for those receiving benefits and Superannuation. The Winter Energy Payment is an extra payment to help with the cost of heating your home over the winter months.

You don't need to apply – if you're eligible, you'll get the Winter Energy Payment automatically, along with your other regular payments from Work and Income.

Work and Income - Senior Services International

- Website: www.workandincome.govt.nz
- Email: international.services@msd.govt.nz
- [Find Out More](#)

See website www.workandincome.govt.nz and search for Senior Services International for more information and for the telephone numbers to call from outside New Zealand. 0800 777 227 (Number for international services for callers in NZ. Translators are available.)

Work and Income – Work support

- Website: <http://www.workandincome.govt.nz>
- [Find Out More](#)

Employment support available through MSD.

We can help you (or a family member) get the skills you need to get into work. Find a job, Job Connect, Training and Work experience, CV and cover letter support. Health and Disability support and assistance with work costs. Includes a start you own business support section. Translators are available.

Other

Age Friendly Churches and Temples

Religion and spirituality can play an important role in promoting mental well-being for older adults. They can provide a sense of purpose and meaning in life, as well as a source of social support. Additionally, religious and spiritual beliefs can provide a sense of hope and help people to cope with difficult life circumstances.

Begampura Sikh Temple

- Phone: 09-298 2811
- Location: 1/9 Vernon Street, Papakura Auckland 2110

Fo Guang Shan Buddhist Temple

- Website: fgs.org.nz
- Phone: 09-274 4880
- Location: 16 Stancombe Road Flat Bush Manukau 2016
- [Find Out More](#)

The Fo Guang Shan Temple of Auckland is a temple and community centre of the Fo Guang Shan Chinese Buddhist movement in the East Tamaki/Flat Bush suburb of Auckland, New Zealand.

The temple and complex were built over seven years. It was designed in the architectural style of the Tang Dynasty. The temple grounds are open six days a week (closed Monday) and are open on most public holidays. Hours are normally 9 am until 5 pm but some parts of the temple (notably the exhibition hall and the external shrine) may open later and close earlier.

During festivals, the temple may be open later in the evening and occasionally will be open past midnight such as on the Lunar New Year.

Water Drop Teahouse

On site is a tea house providing vegetarian food and a variety of teas.

Good News Family Church

- Website: www.agnz.org
- Phone: 09 269 2658
- Location: 97 Rowandale Road, Manurewa, Auckland 2243
- [Find Out More](#)

Assemblies of God Church in Manurewa holds Sunday service in Samoan Language. Everyone welcome, also children/youth holds fun game for all.

Manukau City Baptist Church – Seniors Group – Papatoetoe

- Website: citybaptist.org.nz
- Phone: 09 278 8998
- Email: admin@citybaptist.org.nz
- Location: 9 Lambie Drive, Papatoetoe, Auckland 2104
- [Find Out More](#)

Seniors are an essential part of the Church Community, and they love seeing their Senior Community thriving. Seniors Club is for those aged 55 years and older. The church is a great place to meet others and to be encouraged in life and faith. Lunch available for a small cost.

Shree Swaminarayan Temple Auckland

- Website: isso.org.nz
- Phone: 09-277 5756
- Location: 10-12 Wentworth Ave, Papatoetoe, Manukau Papatoetoe 2025
- [Find Out more](#)

International Swaminarayan Satsang Organisation (ISSO) is a national charitable organisation that builds, looks after and advances the Nar Narayan Dev satsang outside of India. Its prime objective is “to advance the Sanatan Dharma, in accordance with the principles and teachings of the Swaminarayan Sampraday, founded and ordained by Lord Shree Sahajanand Swami.

St Lukes Anglican Church – Manurewa

- Phone: 09 266 5266
- Email: manurewa.anglicans@gmail.com
- Location: 3 Russell Rd, Manurewa, Auckland 2102
- [Find Out More](#)

Sunday service in English at 9am and Te Reo Māori service at 9:30 at one of their chapel. Group of seniors meet on Fridays 10-12pm.

St Pauls Presbyterian Church – Manurewa

- Website: www.presbyterian.org.nz
- Phone: 09 267 7075
- Email: tjfaliu@gmail.com (For booking enquiry)
- Location: 217 Weymouth Rd, Weymouth, Auckland 2103
- [Find Out More](#)

St Paul's Manurewa is a multicultural church which is made up of four groups: Cook Islands, European, Niuean and Samoan, people from other ethnic backgrounds are all welcome. Combined communion service at 9:30am on first Sunday of the month. Hall is also available for hire, please phone to find out more.

Takanini Gurdwara Sri Kalgidhar Sahib

- Website: www.supremesikhsociety.co.nz
- Phone: 09 296 2376
- Email:
- Location: 70 Takanini School Rd Auckland 2112
- [Find Out More](#)

The Takanini Gurdwara also referred to as Gurdwara Sri Kalgidhar Sahib, is the largest Sikh gurdwara in New Zealand. Gurdwara Sri Kalgidhar Sahib is New Zealand's largest gurdwara in 10+ acre land, including a childcare centre, community kitchen, library, playground, solar power system, vegetable garden and seven world-class sports fields.

Thiru Subrahmaniyar Aalayam

- Website: www.aalayam.co.nz
- Phone: 021 739 879
- Email:
- Location: 69 Tidal Road Auckland 2022
- [Find Out more](#)

Thiru Subramaniam Temple, Auckland was established by New Zealand Hindu Temple Society. The temple is situated at 69 Tidal Road, Mangere, Auckland. The temple is open from 10.00am to 1.00pm and 6pm to 9pm every day.

Age Friendly Cultural Support Groups

The Ministry of Culture and Heritage defines cultural well-being as:

- **The vitality that communities and individuals enjoy through participation in recreation, creative and cultural activities; and**
- **the freedom to retain, interpret and express their arts, history, heritage and traditions.**
- **There are groups who specialize in providing culturally appropriate support.**

Chinese New Settlers Services Trust (CNSST) - Manukau Centre

- Website: www.chineseservice.org.nz
- Phone: 09 570 1188
- Email: info@cnsst.org.nz
- Location: 15-19 Clifton Court, Panmure, Auckland
- [Find Out More](#)

Weekend programmes for Chinese elderly, children and new arrivals. English, Mandarin and Cantonese spoken. Also manages Angel's Party Service which is a free counselling service for Chinese children who have witnessed family violence and are suffering problems as a result. Celebration and events on local and traditional Chinese festivals.

Cook Islands Cultural Family Support Services

- Phone: 021 0819 1327
- Email: mareta.glassie@gmail.com
- Location: 54 Harania Avenue, Favona, Auckland 2022

The service offers support to Cook Island People and other ethnic groups in the following areas: Home based family support, counselling, drugs and alcohol, anger management, parenting programmes, legal advice, budgeting, advocacy across most government and other departments, general information, elderly assistance.

Target populations: Cook Island and other ethnic groups. Languages: Vital to bring a support person as a translator.

Hindu Council Of New Zealand Inc

- Facebook: [Hindu Council of New Zealand - Home | Facebook](#)

The Hindu Council of NZ aims to deliver services of education, self-development, cultural development, sports development, and care for the elderly, youth and children; and to bring all like-minded organisations and institutions in NZ together to promote universal human values and co-existence. National body based in Auckland.

Manurewa Marae

- Website: www.manurewamarae.co.nz
- Phone: 09 267 8768
- Email: admin@manurewamarae.co.nz
- Location: 81 Finlayson Avenue, Manurewa, Auckland 2103
- [Find Out More](#)

Marae in Manurewa. Te Tai Tongoa Kapahaka Roopu (Kawahaka group) venue for hire, holds 250-300 people seated, general use. Te Ara Reo Māori, Tai Chi, line dancing, Zumba, gardening classes. No alcohol allowed on the premises. Runs Life Soup Kitchen on Tuesday evening.

Pacific Homecare – Auckland South

- Website: www.pacifichomecare.org.nz
- Phone: 09 274 9153
- Email: info@pacifichomecare.org.nz
- Location: Level 1, 230 Great South Road, Papatoetoe, Auckland 2025
- [Find Out More](#)

Charitable Trust that provides home-based health care services throughout South Auckland to the disabled and elderly Pacific communities.

Services offered: Personal care household management, social support complex long-term care This service is based in the Papatoetoe area. Target populations: From the Pacific Islands and living in the South Auckland area. Intake process: You can become a client by any of the following means: direct; referral via NASC, assessment, placement & reviews.

Selwyn Centre Papatoetoe

- Website: www.selwynfoundation.org.nz
- Phone: 09 278 3412
- Location: 5 Landscape Road, Papatoetoe, Auckland 2025

- [Find Out More](#)

Centre offering friendship, regular weekly activities, social activities, gentle exercise, personal support and help and support for older people living in the Papatoetoe area. Family involvement welcome. Centres are hosted in association with the 'Anglican Churches'. A cooked lunch is available for a small fee and transport is available and a small donation is appreciated. Centre assistants/centre hostesses & drivers training & support is provided. Volunteers needed.

Shanti Niwas Emergency Housing (SNEH)

- Website: www.shantiniwas.org.nz
- Phone: 09 622 1010
- Email: shantiniwas@xtra.co.nz
- Location: 14 Spring St, Onehunga, Auckland 1061
- [Find Out More](#)

SNEH provides emergency shelter for the senior citizens, from the Indian and South Asian community who are in an abusive environment, at risk of being abused, or in direct need of emergency housing.

The New Zealand Sikh Women's Association Inc

- Website: nzswa.com
- Phone: 09 270 0798
- Email: office@nzswa.org
- Location: 214 Great South Road, Otahuhu, Auckland 1062
- [Find Out More](#)

Services include extra training and education to enable women to obtain NZQA-recognised course certificates Road safety and licensing programmes, Domestic Violence Intervention Service, cross-cultural workshops, orientation and training programmes and cultural events, interpreting CV writing, senior citizen support counselling.

Vaka Tautua - Manukau Head Office

- Website: www.vakatautua.co.nz
- Phone: 0800 825 282
- Email: administration@vakatautua.co.nz
- Location: Unit 7, 586 Great South Road, Manukau, Auckland 2025
- [Find Out More](#)

Vaka Tautua is jointly owned by Pacific Information Advocacy Support Services Trust (PIASS) and Malologa Trusts, and is a provider of disability, mental health, older peoples, public health, and other support services for Pacific peoples. Vaka Tautua also offers shared management services to a number of smaller groups and trusts and have a history of strong Pacific community and health sector engagement.

Age Friendly Housing Support

An Age Friendly Home is a home that is suitable for use across the life course for people of all ages. It is particularly suitable for older people whose needs often change as they age. Age Friendly Homes incorporate key features such as level access and connection to the outdoors.

Kolmar Lodge Rest Home – Auckland South

- Website:
- Phone: 09 278 0076
- Email: kolmarlodge@yahoo.co.nz
- Location: 136 Kolmar Road, Papatoetoe, Auckland 2025

Rest home for the elderly. Offers both short and long term rooms. This service is based in the Papatoetoe, Manukau area. Fee structure: Cost involved. Intake process: entry assessment applies.

Counties Manukau Homecare Trust

- Website: www.cmht.co.nz
- Phone: 0800 500 238
- Professional House, Level1, 12 Seddon Street, Pukekohe, Auckland 2120, NZ
- [Find Out More](#)

Counties Manukau Homecare Trust provides a range of home care services to support older and disabled people who wish to continue living at home in their own communities. Coverage extends from part of Manurewa in the north to Mercer in the south and across both coasts. The Trust also has an office in Papakura at 21 Broadway, which is only open on a Friday afternoon.

Age Friendly Medical Services

Access to health care is crucial to staying healthy year-round.

Manurewa Diabetes Support Group

- Phone: 09 267 3540
- Email: longmuir60@gmail.com
- Location: Manurewa Cosmopolitan Club 6 Alfriston Rd Manurewa Auckland 2102
- Coordinator: Anne Longmuir Co-ordinator
- [Find Out More](#)

Education and support for people with diabetes.

Ministry Of Health (Manatū Hauora) – Healthline

- Website: www.healthline.govt.nz
- Phone: 0800 611 116 (General Advice and Information)
- [Find Out More](#)

Healthline is a free, 24-hour, seven-day-a-week telephone advice line supported by the Ministry of Health. It provides general health information and advice. Healthline registered nurses assess a person's condition and health needs, advise the best course of action and a timeframe in which to take action. They can also provide information on general health issues and the location of services.

Counties Manukau Health – Complaints

- Website: www.countiesmanukau.health.nz
- Phone: 09 277 1660
- Phone: 09 277 1667
- Email: feedbackcentral@middlemore.co.nz
- Location: Manukau Super Clinic Customer Service phone number
- [Give Feedback online](#)

For feedback or complaints about Counties Manukau Health you can do so by logging feedback or a complaint on their on-line form, or by phoning or writing to them on the contacts given. They will acknowledge your written complaint within five working days

and will endeavour to investigate any complaints within twenty working days from date of acknowledgment.

St John Health Shuttle Service – Auckland

- Website: www.stjohn.org.nz
- Phone: 0800 785 646
- Email: info@stjohn.org.nz
- [Find Out More](#)

The St John Health Shuttle is a free community service that transports people to essential medical and health-related appointments, and then brings them home again. St John provides a range of services to the community including emergency ambulance services; caring caller, friends of the emergency department, youth, first aid training, and medical alarms. This is a free service however donations are accepted to cover costs.

Clevedon Road Medical Centre – Papakura

- Website: [Clevedon Road Medical Centre • Healthpoint](#)
- Phone: 09 298 3110
- Email: clevenurses@hotmail.co.nz
- Location: 1 Clevedon Road, Papakura, Auckland 2110, NZ
- [Find Out More](#)

Clevedon Road Medical Centre is a general medical practice with two doctors in Papakura.

Conifer Gardens Medical Centre – Takanini

- Website: www.cgmc.co.nz
- Phone: 09 298 0238
- Email: cgmc@cgmc.co.nz
- Location: 138 Great South Road, Takanini, Auckland 2112, NZ
- [Find Out More](#)

Conifer Gardens Medical Centre is a general medical practice in Takanini with three doctors and a registered nurse.

Penina Health Trust - Pacific Island- Manurewa

- Website: www.peninahealth.org.nz
- Phone: 09 269 7989
- Email: penina@healthtrust.org.nz
- Location: 186 Russell Rd, Manurewa, Auckland 2102
- [Find Out More](#)

Provides mental health services to Pacific Island people of all ages. Family support, residential rehabilitation, child and youth, community living support, alcohol and other drug training and education. Language spoken - Cook Islands Māori, English, Niuean, Samoan, Tongan, Tuvaluan, Hindi.

Fono Health Services – Manurewa

- Website: <https://thefono.org/>
- Phone: 09 267 6331
- Email:
- Location: 7 Halver Rd, Manurewa, Auckland 2102
- [Find Out More](#)

The Fono provides affordable services including medical, dental, pharmacy, health promotion, social services, education and Whanau Ora spread across six locations in Auckland and Northland. Medical and dental services by appt. Pharmacy. Speaks English, Arabic, Punjabi, Hindi, Tongan (Was Peoples Centre Trust).

Manukau City Medical Centre

- Website: manukaucitymedicalcentre.co.nz
- Phone: 09 262 2011
- Email:
- Location: 18 Manukau Station Road, Manukau, Auckland 2104
- [Find Out More](#)

A Multidisciplinary Practice with pharmacy, physiotherapist, radiology, dentist, audiology, optometrist, GP and Labtest. Also available for x-rays and ultrasounds.

Leabank Medical Centre – Manurewa

- Website: <https://www.localdoctors.co.nz/clinics/leabank-health-centre>
- Phone: 09 267 1580
- Email:
- Location: 100 Weymouth Road, Manurewa, Auckland 2102
- [Find Out More](#)

Medical centre and doctors in Clendon, Weymouth, Manurewa areas. Consultations are by appointment only. Their standard consultation time is 15 minutes, time to deal with one maybe two issues only. Language Spoken: English, Cantonese Chinese, Hindi, Sinhala, Mandarin Chinese and Russian. Wheelchair Access : Yes.

Clendon Family Health Centre- Clendon

- Website: [Clendon Family Health Centre - Home](#)
- Phone: 09 267 2636
- Email:
- Location: 9-11 Robert Ross Place, Clendon, Auckland
- [Find Out More](#)

Medical centre and doctors in Clendon Manurewa. A Cornerstone accredited practice committed to quality and high professional standards, and it belongs to Alliance Health Plus PHO. A team of doctors, nurses, and administration staff available to help you with all your healthcare needs.

Hillpark Medical Centre – Manurewa

- Website: www.healthpoint.co.nz
- Phone: 09 267 8066
- Email:
- Location: 32 Dennis Avenue, Manurewa, Auckland 2102
- [Find Out More](#)

Hillpark Family Medical Centre is a Cornerstone accredited family centred surgery offering a full range of general practice and accident & medical services to you and your family. Consultations are by appointment only. Standard consultation time is 10- 15 minutes. Team is made up of GPs and nursing Staff. Different charges apply to casual and non-enrolled patients and for other services. Wheelchair Access : Yes. Languages Spoken: English, Fijian and Hindi.

Te Manu Atute Whare Oranga – Manurewa

- Website: www.manurewamarae.co.nz
- Phone: 09 640 0824
- Email: whareoranga@manurewamarae.co.nz
- Address: Manurewa Marae, 81 Findlayson Ave, Clendon Park, Auckland 2103
- [Find Out More](#)

Māori health and social services through Whare Oranga which is an integrated whanau community health centre. GP's, nursing, cervical smears, stop smoking, podiatry, sexual health, acupuncture, Māori rongoa, mirimiri, traditional healing.

Counties Manukau Mental Health and Addictions Services

- Website: www.countiesmanukau.health.nz
- Phone: 0800 775 222 (After Hours Freephone)
- [Find Out More](#)

Counties Manukau Mental Health and Addictions Services is a specialist service for people with mental health concerns that can no longer be managed by supports in the community. They work with your family/whānau, doctor and community to provide high quality support, when you need it, where you need it.

Age Friendly Work support

Support for seniors seeking work.

Seniors at Work

- Website: seniorsatwork.nz
- Phone: 09 6200957
- Email:
- [Find Out More](#)

Seniors@work is a job site exclusively for seniors and those in their 50's and over who are looking for work opportunities.

Employers can post a job on the website or find potential workers via their profile.

Job seekers can also search for full/part time job which match their profile.

There is no cost involved for job seekers. Email contact form is available on the website.

Immigration Support Services

Immigration (onshore) Contact Centre

- [Immigration New Zealand](#)
- <https://www.immigration.govt.nz/>

Immigration New Zealand website: Visa assistance

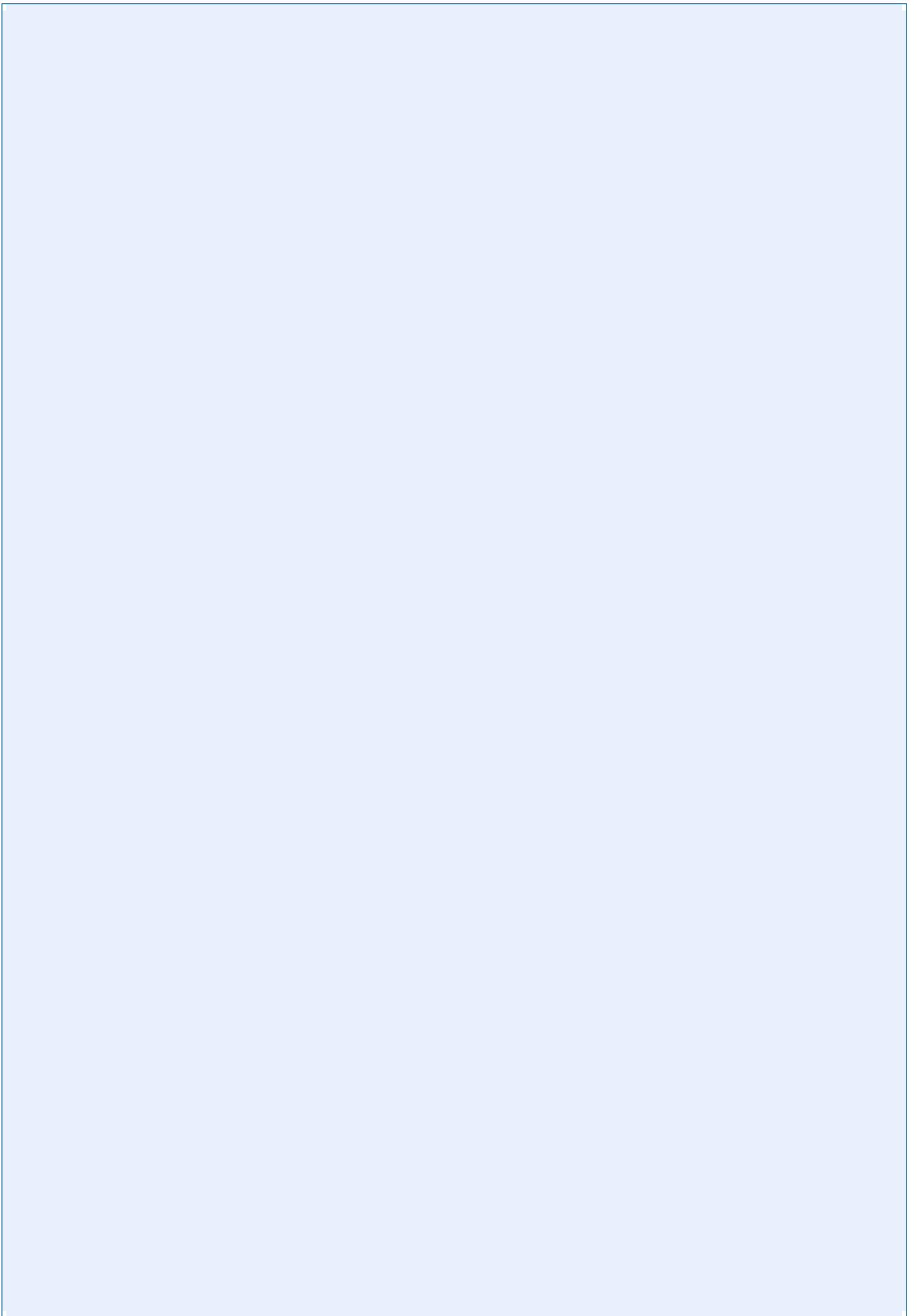
- [New Zealand visas | Immigration New Zealand](#)
- <https://www.immigration.govt.nz/new-zealand-visas>

Immigration New Zealand – Employ Migrants

- [Employ migrants | Immigration New Zealand](#)
- <https://www.immigration.govt.nz/employ-migrants>

Immigration New Zealand – Assist Migrants and Students

- [Assist migrants and students | Immigration New Zealand](#)
- <https://www.immigration.govt.nz/assist-migrants-and-students>



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Find out more: **phone 09 301 0101**
or visit **aucklandcouncil.govt.nz/**