

MENS / WOMENS ORGANISATIONS



Women's Organisations



Business & Professional Women's Club

PO Box 40 552, Upper Hutt

Email:..... upper.hutt@bpwnz.org.nz

Web: www.bpwnz.org.nz

Contact Person: Sally Kean 04 526 3008

Alternative Contact:.... Lindy Jackson 04 970 4148

Available: 6.30 pm 2nd Tuesday of month at The Fig Tree, Fergusson Drive, Heretaunga

Purpose: We help women achieve professional and personal goals through programs, workshops, networking, and friendships. All is achieved through monthly meetings and other sponsored activities.

Our focus:

- Advocacy.
- Leadership.
- Personal Development.
- Networking.

Catholic Women's League, Upper Hutt Branch

Contact Person: Val Hanning

Available: 7.30 pm 2nd Tuesday of month

Purpose: for members - religious, social, educational activities. Meetings held in the St Joseph's School Hall, Royal Street, Upper Hutt.

Service: Charitable activities in church & local community.

Hutt Rape Counselling Network

PO Box 31 468, Lower Hutt

Bus Phone: 04 566 5517 (pager 026 363 9421)

Fax: 04 566 55 80

Email:..... kathy@hrcn.co.nz

Web: www.upperhuttcommunity.net/hrcn

Contact Person: Irene, Crisis Co-ordinator

Alternative Contact:.... Julie Marriner, Manager

Available: Office: 9.00 am to 3.00 pm Monday to Friday

Purpose: 24-Hr crisis support, counselling, advocacy, forensic medical examinations, education and crisis support counselling for rape and sexual abuse for men woman and adolescents.

Service:

- Crisis 24hr.
- Awareness/education.
- Sexual abuse/rape support.

Naku Enei Tamariki (Maori Section)

7 - 9 Barnes St, Seaview, Lower Hutt

Bus Phone:04 939 2232

Fax:04 939 4640

Email:.....netmaori@kokiri-hauora.org.nz

Web:www.kokiri.org.nz

Available: 9.00 am to 4.00 pm Monday to Friday

Purpose: Nāku Enei Tamariki Inc. is a pro active intensive early intervention home visiting support service for young parents and their pepe in stressful circumstances. Established in 1993, NET operates three cultural units Māori, Pacific Island and Pākehā. All services are confidential and free to the client.

Service:

- Parenting education, home visits, support groups, crafts, health promotion and education.
- Early Intervention (nurture, enjoy, teach)
- Parents as First Teachers (PAFT)
- Family Start
- Haakuitanga Haakorotanga Parenting Programme

Rural Women (Upper Hutt) Inc.

Cellphone:027 555 5162

Email:.....louiseclaghorn@cleare.net.nz

Contact Person:Louise Cleghorn 04 527 3177

Alternative Contact:Phyllis McPherson 04 567 1283

Available: Meetings usually 4th Thursday of month

Soroptimist International of Upper Hutt

Bus Phone:04 528 5254

Email:.....jim.barbara@xtra.co.nz

Web:upperhuttcommunity.net/siuh

Alternative Contact:Barbara Milburn, Publicity Officer
04 528 5254

Available: 6.00 pm to 9.00 pm 2nd Thursday of month

Purpose: To advance human rights and the status of women.

Service:

- Financial support to individuals and organisations.
- support local and national projects.
- advocacy roles.
- foster and support members needs.
- Meetings held at: Boiler Room, Mayfair Café, Upper Hutt.

Remember our heritage is our power; we can know ourselves and our capacities by seeing that other women have been strong.

JUDY CHICAGO

SWINGS (Supporting Women in New Growth Skills)

Email:..... swingslowerhutt@gmail.com

Contact Person: Emma 04 938 1050

Alternative Contact:.... Sarah 04 569 9229

Available: 10.00 am to 12.00 noon Tuesday during primary school term

Purpose: A place for women to meet others, practice English, learn new skills, share and exchange cultural experiences and learn about New Zealand way of life.

Service:

SWINGS is an autonomous organisation under the umbrella of Hutt City Uniting Congregations.

SWINGS is a social and learning group for refugee and migrant women and their preschool children in the Hutt Valley.

Meet Avalon Baptist Church Hall, Corner Lincoln Ave and High St, Avalon, Lower Hutt.

A FREE bus service is offered every Tuesday morning from Upper Hutt at approx 9.15 am traveling through the hutt making regular set stops. Return bus leaves at 12.00 noon returning to Upper Hutt.

Play Group: a play group is provided for your preschool children with an experience supervisor in early childhood education. It offers a safe, free, good quality preschool experience.

Upper Hutt Club (Rotary Wives)

Email:..... mparsons@paradise.net.nz

Contact Person: Marie Parson, 04 9700207

Available: 4th Tuesday of the month

Purpose: Promoting friendship, encouraging ideals of personal service fostering international understanding.

Service: Financial and practical assistance nationally.

Upper Hutt Women's Centre

6 Sinclair St, Upper Hutt
PO Box 40 614, Upper Hutt

Bus Phone: 04 527 0017

Fax: 04 527 0103

Email:..... uhwomen@xtra.co.nz

Web: www.upperhuttwomenscentre.org.nz

Contact Person: Tracy Harker

Available: 9.00 am to 2.00 pm Monday to Friday

Purpose: Women's education, health and wellbeing.

Service:

- All women's issues addressed.
- Education, personal development, fitness, health and wellbeing courses and workshops available.
- Low cost counselling.
- Free legal advice.
- Drop-in advocacy.

"What exactly is success? For me it is to be found not in applause, but in the satisfaction of feeling that one is realizing one's ideal."

ANNA PAVLOVA (1881-1931)

Wellington Sexual Abuse Help Foundation

Lvl 2 James Smith Building, 55 Cuba Street, Wellington
PO Box 11-160, Manners Street, Wellington, 6011

Bus Phone: Office – 04 499 7530.
Crisis Support Line – 04 499 7532

Fax: 04 499 7533

Email: info@wellingtonhelp.org.nz or
support@wellingtonhelp.org.nz

Contact Person: Melanie Calvesbert, Service
Coordinator 04 499 7530

Alternative Contact: Helen Sullivan, 04 499 7530

Available:

- Office: 9.00 am to 5.00 pm Monday to Friday
- Crisis support line 24/7

Purpose: HELP offers a holistic and confidential service to support all survivors of rape and sexual abuse, their family, whanau and friends.

Service:

- **Counselling:** Counselling for men, women and children dealing with the impact of sexual abuse, rape or sexual assault. Counselling for women dealing with the impact of family violence.
- **Crisis Support:** Crisis service providing 24/7 crisis support and information for victims of sexual assault through the forensic medical, Police statement taking and subsequent legal processes.
- 24/7 telephone support, counselling and information for survivors of sexual violence, their family and friends.
- We also offer email support - responses can be expected within 48 hours on the support email.

Men's Organisations



ABBAT Trust

1/18 Logan St, Upper Hutt

Bus Phone:04 528 3341

Fax:04 527 6808

Cellphone:021 663 182

Email:.....priston@paradise.net.nz

Contact Person:Bernie Priston JP 04 526 9828

Available: Monday to Wednesday 9.30 am to 12.00 noon
Friday 9.30 am to 4.30 pm

Purpose: Charitable trust.

Service: Emergency housing, alcohol/drug counselling, family counselling, work skills, conflict resolution.

Mensline

PO Box 74 010 Market Road, Auckland

Cellphone:0800 63 67 54

Web:www.mensline.org.nz

Contact Person:Denis Bunbury

Available: 6.30 pm to 10.30 pm Monday to Friday

Purpose: A certified telephone counselling service for men, by men.

Essentially Men Network

13 Maidstone St, Ponsonby, Auckland

Bus Phone: 09 376 2386
Email: essentiallymen@clear.net.nz
Web: essentiallymen.net

Purpose: Essentially Men events support men to break isolation and connect more fully to their identity as men. In doing so they become more available to their families, loved ones and communities, and more in touch with their purpose

Service: Essential Men Workshops held in Auckland, Wellington & Christchurch.

Essentially Men is a personal development workshop highly relevant to New Zealand men wanting to learn more about themselves and make changes in their lives.

- There are some issues that repeatedly emerge through men's groups that you may recognise.
- Isolation, competitiveness, loneliness and lack of friendship with other men.
- Numbness to your own feelings and difficulty in developing intimacy.
- Emotional over-dependence on women.
- Lack of positive masculine identity.
- An un-nameable sense of loss due to the absence of fathering.
- Cycles of control, depression, frustration and inappropriate expressions of anger.
- Challenges in relationship and family life.
- Questions of who am I and where am I going with my life? - especially in relation to midlife transitions.

Men are bought up to cope by themselves and experiencing safety and support with other men is a powerful catalyst to breaking isolation and creating positive change in life.

It works for men of all ages - from young men making their place in the world, midlife men who are facing the deeper questions about who they are in the world, and older men moving to the next stage in life.

Sir Charles Burns Trust

66 Main St, Upper Hutt
PO Box 40 475, Upper Hutt

Bus Phone: 04 527 9006
Fax: 04 528 1437
Cellphone: 027 486 3633
Email: charlesburnstrust@xtra.co.nz
Contact Person: Alan MacDonald
Alternative Contact:.... Mrs Mary Richardson, QSM, JP
04 570 9062

Purpose: Safe and supportive residential environment for men, pre and post alcohol and drug treatment.

Service: A network of alcohol and drug service providers for males.

Recovery houses/accommodation service for people giving up alcohol and drugs

Self referral or referral from detox centres.

Gay & Lesbian Organisations



Gay.co.nz

Web:www.gay.co.nz

Gay Line Wellington

94 Majoribanks St, Wellington
PO Box 19137, Courtney Pl, Wellington

Web:www.gayline.gen.nz

Purpose: Information for gay guys, coming out guys, guys who are wondering what's happening to them, lesbians, counsellors, teachers and anyone else who is interested in information about being gay or lesbian in Wellington - and beyond. A safe place to find out more about services and organisations and matters of general interest through informative articles.

Gay Wellington Helpline

PO Box 11 372, Manners St, Wellington

Bus Phone:04 473 7878
Email:helpline@gaywellington.org
Web:www.gaywellington.org

Available: 7.30 pm to 9.30 pm 7 days

Purpose: Provides advice and help to both males and females who think they may be gay, lesbian or bisexual.

Service: Answer phone outside of staffed hours.

**Respect your fellow human being,
treat them fairly, disagree with them
honestly, enjoy their friendship,
explore your thoughts about one
another candidly, work together for
a common goal and help one another
achieve it. No destructive lies. No
ridiculous fears. No debilitating
anger.**

BILL BRADLEY