

# 0800 HELPLINES

NEED TO TALK 1737

Barnados Parent Helpline 0800 472 736

Citizens Advise Bureau 0800 367 222

Lifeline 0800 543 354

Quitline (smoking) 0800 778 778

Depression Line 0800 111 757

Healthline 0800 611 116

Gambling Problem Helpline Service 0800 654 655

Alcohol Drug Association 0800 787 797

Alcoholics Anonymous 0800 229 6757

Alcohol Hotline 0800 787 797

Rape Survivor Helpline 0800 88 33 00

Youthline 0800 376 633

Samartians 0800 726 666 (free call number for lower North Island)

Gay Line / Lesbian Line 0800 802 437 (HIV line staffed by Gay Line / Lesbian Line counsellors)

No Bully Helpline—0800 NO BULLY (66 28 55)

Phobic Trust anxiety help line—0800 14 ANXIETY (14 269 4389)

Parent Helpline 0800 568 856

Family Violence Info line 0800 456 450

Cancer Helpline 0800 CANCER (226 237)

Suicide prevention Helpline 0508 828 865 (0508 TAUTOKO)

Safe to talk—sexual harm helpline 0800 044334 txt 4334

or online chat [www.safetotalk.nz](http://www.safetotalk.nz)



## DIRECTORY

# CHEAP & FREE Health Clinics



Please contact [donna@centre401.co.nz](mailto:donna@centre401.co.nz) if any of the following information needs to be updated or added.

## OCTOBER 2020

# LOW COST GP PRACTICES

Your GP practice can assist you with contraception and sexual health, smoking cessation, weight management, cervical smears, prostate health, general health checks, diabetes screening, and more.

Enrolling with a GP practice gets you the best fees and may allow you to use extra services such as counselling, chronic care management (for heart problems, asthma, diabetes etc), transport assistance and more. Each GP is part of a Primary Health Organisation (PHO).

Here is a list of affordable GPs in the Hamilton area. All costs listed are for *enrolled patients only*. Your first visit might cost ~~more~~.

<https://doctorpricer.co.nz/#/> Go to this webpage to get the price of GPS in your area

## Dinsdale Medical Centre

Open	8am-5pm (Mon-Fri)
Cost	<ul style="list-style-type: none"><li>• First visit—\$85.00</li><li>• 0 to under 13 years - Free</li><li>• 14 to 17 years - \$13.00</li><li>• 18 years plus - \$19.50</li></ul>
Address	21 Whatawhata Rd, Dinsdale, Hamilton
Phone	(07) 847 8425



## ABOUT CENTRE 401

Centre 401 Trust is a Peer & Self Help Centre for people with mental illness. We operate on a membership basis; you need to become a member to use our services. We assist people on their recovery journey with information, support and help to move forward with their plans. We offer one to one help, workshops, events, initiatives and an informal peer support hub. To become a member of Centre 401 just make an appointment via reception.

Peer Support means that we offer a range of ways to benefit from the unique wisdom which we all bring to the Centre from our own experiences of recovery.

People can learn and share this wisdom at some of our weekly workshops or by making an appointment with a Quest worker to have regular catch ups to move forward in recovery and work through challenges you are experiencing.

You can use your creative skills to help with our initiatives such as our Mad Pride Gig, Matariki celebration or Planet 401 Magazine which are creative ways of sharing our stories of recovery.

Or you may just want to enjoy an informal cup of coffee with another person who has come into the Centre for that very same thing in one of our conversation areas.

To join Centre 401 Trust just make an appointment to become a member by calling 838 0199.

[WWW.centre401.co.nz](http://WWW.centre401.co.nz)  
We also have a facebook page

What they do	<p>Family Planning is a specialist sexual and reproductive health provider. Anyone can attend one of our clinics for help with:</p> <ul style="list-style-type: none"> <li>• Contraception</li> <li>• Sexually transmissible infections</li> <li>• Pregnancy testing and advice</li> <li>• Cervical screening</li> <li>• Menopause, PMS</li> <li>• Abortion referrals</li> </ul>
Cost	<p>Clinic Consultation Fees:</p> <ul style="list-style-type: none"> <li>• Under 22 yrs – Free</li> <li>• With Community Services Card (over 22yrs) - \$5</li> </ul> <p>No Community Services Card (over 22 yrs) - \$23</p> <p>Pregnancy test—Free if positive, \$5 if negative</p> <p>Prescription charges and additional services extra.</p>
Address	<p>Opposite Founders Theatre 240 Tristram St, Hamilton</p>
Phone	(07) 839 4061

## LOW COST GP PRACTICES

### Te Kohao Health

Cost	<ul style="list-style-type: none"> <li>• 0 to 18 years – Free</li> <li>• 19 to 59 years - \$10 with CSC or \$15 without</li> <li>• 60 years + – Free</li> </ul>
Clinics	<p>Miro O Te Ora 951 Wairere Drive, Hamilton (07) 856 1211 8.30am - 5pm (Mon-Fri) 9.30am - 12pm (Sat) Satellite clinic at Te Whare Kokonga, Melville (07) 8438811 Weds, Thurs 8:30pm—5pm Satellite clinic at Enderly 60 Tennyson rd, (07) 8530065 Mon, Tues, Thurs 8:30am—5pm</p>
Phone	0800 TEKHAO (8356426)

### Beerescourt Medical Centre

Open	8.30am - 5pm (Mon - Fri)
Cost	<ul style="list-style-type: none"> <li>• Must have family member enrolled to join or New to Hamilton and do not have a G.P.</li> <li>• 0 to 13 years – Free</li> <li>• 14 to 18 years - \$3.00</li> <li>• 18 years plus - \$19.50 Doctor— Nurse \$11.00</li> </ul>
Address	31 Vercoe Rd, Hamilton
Phone	(07) 849 7200

# LOW COST GP PRACTICES

## Tui Medical

Address	Davies Corner, 31 Hukanui Rd, Davies Corner, Chartwell
Open	8am - 8pm everyday 8am-8pm weekends
Phone	(07) 855 5370

Address	Rototuna Shopping Centre, Cnr Horsham Downs and Thomas Rd
Open	8am - 8pm everyday
Phone	(07) 852 5377

Address	26 Bryant Rd, <b>Te Rapa</b>
Open	8am - 8pm (Mon-Fri)
Phone	(07) 849 4181
Cost	Normal Hours 8:30am - 5pm weekdays <ul style="list-style-type: none"> <li>0 to 14 years - Free</li> <li>14 to 17 years - \$13.00</li> <li>18 years plus - \$19.50</li> </ul> After 5pm and weekends <ul style="list-style-type: none"> <li>0 to 14 years - Free</li> <li>14 to 17 years - \$30 (registered patients only)</li> <li>18 years+ - \$50(registered patients only)</li> <li>First visit is cost of double appointment, 18+ card to enrol</li> </ul>
Address	Parkwood, 6 Gordonton Rd, Hamilton 0-14 free 15-17 \$25 18+ \$40
Open	8am—5pm
Phone	(07) 903 0055

# Needle Exchange Waikato

What they Do	The needle exchange was established to prevent the widespread transmission of HIV amongst injecting drug users. Offer a confidential, non judgmental peer based service. Practical advice on prevention of blood-borne infections. Drug information. Needle exchange, drug injection equipment. Returns containers, drop box Electronic dispenser 24/7. Safe sex products 1-4-1 exchange (3ml and needle) free exchange
Cost	Various
Address	16 Vialou Street
Phone	(07) 834 4309
Hours	8.30am-5.30pm Mon-Fri, 10am-2pm Sat



## Sport Waikato

What they do	Active & Well Coordinators are here to help you get connected to low or no cost community exercise groups in your area. They can help with health and nutrition information, motivation and support to help you get on the road to a new you! Access an Active and Well Coordinator by signing up for a Green Prescription.
Cost	Free
Address	Brian Perry Sports House, Akoranga Road Hamilton
Phone	(07) 858 5388



What they do	Pharmacy 547 is a community pharmacy offering: <ul style="list-style-type: none"><li>• FREE weight monitoring &amp; smoking cessation</li><li>• Blood pressure &amp; Diabetes screening</li><li>• Emergency contraception</li><li>• Medication Management Service</li><li>• Appointments available to talk to a pharmacist about your medications—ask for Helen</li><li>• Full pharmacy services</li></ul>
Cost	Varies
Address	531 Grey St, Hamilton East
Phone	(07) 839 0795



## Sexual Health Service

What they do	Free and confidential service. Our services include: <ul style="list-style-type: none"><li>• free condoms</li><li>• sexual health information and advice</li><li>• pregnancy tests,</li><li>• STI (Sexually Transmitted Infections) tests and treatment</li><li>• HIV screening and treatment</li></ul>
Cost	Free
Address	3 Ohaupo Rd, Hamilton
Phone	(07) 839 8732

## LOW COST GP PRACTICES

### Tui Medical Centre - Central

Open	9am-12pm drop in (no appointment necessary) 1pm-4pm (appointments only)
Cost	Registered with CSC free—without CSC \$19.50
Address	960 Victoria Street, Hamilton Next to Neville Cane Pharmacy
Phone	(07) 849 2767

### NorthCare Grandview

Open	8.30am - 5pm (Mon, Wed, Thur, Fri) 9am (Tue)
Cost	<ul style="list-style-type: none"><li>• 0 to 13 years - Free</li><li>• 14 to 17 years - \$13</li><li>• 18 years plus - \$19.50 (registered enrolled)</li></ul>
Address	107 Grandview Rd, Nawton
Phone	(07) 847 2168

### Enderley Park Medical Centre

Open	8.30am-5pm (Mon, Tues, Wed, Fri)
Cost	<ul style="list-style-type: none"><li>• 0 to 13 - Free</li><li>• 14 to 17—\$5 (CSC) or \$13 (no CSC)</li><li>• Adult \$15 (CSC) or \$19 (no CSC)</li><li>• 65 plus \$5</li></ul>
Address	66 Tennyson Rd, Enderley Park, Fairfield Raukura Hauora O Tainui
Phone	(07) 853 3370

# LOW COST GP PRACTICES

## Te Rengarenga Medical Clinic

Open	8.30am - 5pm Weekdays
Cost	<ul style="list-style-type: none"> <li>First time registration fee - None</li> <li>0 to 13 – Free, 14 to 17—\$5.00</li> <li>18-64 - with CSC \$15.00, without CSC \$19.00</li> <li>65 years + - \$5.00</li> </ul>
Address	41 Whatawhata Road, Dinsdale
Phone	(07) 847 2383

## Redicare Family Centre

Open	8:30am - 8pm (Mon-Fri)
Cost	<ul style="list-style-type: none"> <li>0 to 13 years - Free</li> <li>14-17years \$13.00</li> <li>18 years plus - \$19.50</li> </ul>
Address	Cnr Rostrevor and Tristram Sts, Hamilton CBD
Phone	(07) 838 0300

## Avalon Medical

Open	9:15am - 4.45pm (Mon-Fri)
Cost	<ul style="list-style-type: none"> <li>0 to 13 years - Free</li> <li>14 to 17 years - \$13</li> <li>18 years plus - \$19.50</li> </ul>
Address	6 Avalon Drive, Nawton
Phone	(07) 846 0082



# BreastScreen

What they do	<p>You can have a free screening mammogram every two years through Breast Screen Aotearoa if you meet the following criteria:</p> <ul style="list-style-type: none"> <li>you are aged 45-69 years</li> <li>you have no symptoms of breast cancer</li> <li>you have not had a mammogram in the last 12 months</li> <li>you are not pregnant or breastfeeding</li> <li>You are eligible for public health services in New Zealand</li> </ul> <p>Mammograms are provided at the Breast Care Centre, Waikato Hospital, or on one of three mobile breast screening units.</p>
Cost	No Cost
Address	Breastcare Centre, Waikato Hospital, Hamilton
Phone	(0800) 270 200 to enrol

# Healthline

What they do	<p>A national free health advice telephone service which can be accessed from a landline or cell phone/mobile anytime, day or night.</p>	<p>Free health advice when you need it</p> <p><b>Healthline</b> 0800 611 116 <a href="http://www.healthline.govt.nz">www.healthline.govt.nz</a></p>
Cost	No Cost	
Phone	(0800) 611 116	



# Once and for all

What they Do	<ul style="list-style-type: none"><li>Quit smoke</li></ul> <p>Sign up and receive support from a support person and/or group support sessions. Once you have been smokefree for 4 weeks you get a \$50 voucher. For pregnant quitters—receive up to \$300 vouchers!</p>
Cost	Free
Address	Pinnacle Midlands Health Network
Phone	0800 6623 4255

# Diabetes Waikato

What they Do	One on One Support—We know there are times you need to talk through things, ask questions or need a little extra time to for things to be explained. We offer confidential and private one on one consultations with our Field Officer either via phone or face to face.
Hours	Mon—Thurs 9am –12noon
Cost	Free
Address	25 Palmerston Street, life Unlimited Building
Phone	07 853 9854

## LOW COST GP PRACTICES

### Hamilton Lake Clinic

Open	8am - 5pm (Mon-Fri) Also open late nights and Saturdays but after hours fees apply.
Cost	<ul style="list-style-type: none"><li>0 to 13 years - Free</li><li>13 to 17 years—\$20</li><li>18 years plus - \$25 without CSC \$20 CSC</li><li>No show appts are charged \$10</li></ul>
Address	31 Pembroke Street, Hamilton 226 Grey Street
Phone	(07) 839 0092—Pembroke (07) 856 8042 - Grey

### Westend Health Centre

Open	8:30am - 5.30pm (Mon-Fri)
Cost	<ul style="list-style-type: none"><li>0 to 13 years - Free</li><li>14 to 17 years - \$13</li><li>18 years plus - \$19.50</li></ul>
Address	38 Tuhikaramea Rd, Dinsdale
Phone	(07) 847 4500

# K'aute Pasifika Trust



Services for	Pacific people and other disadvantaged groups
What they Do	<p>K'aute Pasifika provides a range of health promotion services to improve nutrition and increase physical activity within our communities.</p> <p>Primary Community Health / Outreach            Child adolescent mental health            Chronic disease management            Home-based support            Health promotion programmes – adults            Health visits / advocacy / interpreting            Mobile nursing service            Outreach immunisation            Sexual &amp; reproductive health            Smoking cessation            Well child            Mobility Action Program (MAP)</p>
Costs	Most services are free or low cost
Address	Level 1 Citisite House, 960 Victoria Street
Hours	Mon—Fri 8:30am –5pm
Phone	07 834 1482



## Asthma Waikato

What they do	Providing FREE information and education to individuals who have asthma, COPD or other respiratory conditions and their families/whanau.
Cost	No Cost
Address	67 Claude St, Hamilton
Phone	(07) 838 0851 Open 8.30am-4pm Mon to Thur

## Waikato Dental

What	Dentistry for Maori and those on low income
Cost	<ul style="list-style-type: none"> <li>Examination \$50</li> <li>Discounts for low income with CSC</li> <li>Costs vary depending on required action</li> <li>WINZ Quotes Free</li> </ul>
Address	1000 Victoria St, Hamilton (across from KFC, beside Lugtons)
Phone	(07) 839 5298

## Age Concern



What they do	<p>We deliver a range of courses on health and well-being directly to older people. These are fun, sociable and usually interactive courses where you learn to take control of you own health and well-being needs.</p> <p>Men's Health - Each year in June Age Concern run a men's health WOF (Warrant of Fitness) check-up event. Free screening tests include:</p> <ul style="list-style-type: none"> <li>Hearing screening</li> <li>Cholesterol levels</li> <li>Blood sugar levels</li> <li>Lung peak flow</li> <li>Blood pressure</li> </ul>
Cost	\$20 annual membership
Address	Celebrating Age Centre 30 Victoria St, Hamilton
Phone	(07) 838 2266
Hours	Mon-Fri 8.30am-4pm