





# Support Works




Te Roopu Tautoko [www.nmdhb.govt.nz/SupportWorks.aspx](http://www.nmdhb.govt.nz/SupportWorks.aspx) Email [Support.Works@nmdhb.govt.nz](mailto:Support.Works@nmdhb.govt.nz)  
 1 Harley Street, Nelson (03) 539-3976 Free phone 0800 244 300, Fax (03) 546-3983 or 0800 244 900.

**Meal Delivery and Transportation options for older people and people with disabilities.**

As from 23rd January 2012

Transportation Options in Nelson and Richmond		Page one of two of this table.
		Telephone
	<p><b>Name of Agency</b>  <b>Driving Miss Daisy</b>  <a href="http://www.drivingmissdaisy.co.nz">www.drivingmissdaisy.co.nz</a>  <a href="mailto:nelson@drivingmissdaisy.co.nz">nelson@drivingmissdaisy.co.nz</a></p> <p>We provide a caring, safe and reliable driving service. The point of difference over other transport providers is the physical accompaniment assistance offered. For example, if required, we will attend doctor's appointments with the client and transmit relevant information back to family members, assist with shopping or ensure children safely attend sports practices or music lessons. Special needs are catered for including assisting with a walker or wheelchair.</p>	<p><b>547 2133</b></p> <p><b>Mobile:</b></p> <p><b>021 319 397</b></p>
	<p>You could use Driving Miss Daisy for:</p> <ul style="list-style-type: none"> <li>• Medical appointments   Personal grooming appointments</li> <li>• Social engagements   Grocery shopping</li> <li>• Other types of shopping   Scenic drives</li> <li>• After school activities - sports, music or dance lessons   Airport drop offs and pick ups</li> </ul> <p>Frances, the lead driver, is a former nurse and she will 'go the extra mile'. You will get her as your driver most times so you know just who will be taking you to your destination and can form a trusting rapport. Total Mobility Vouchers Accepted</p>	

	Name of Agency	Telephone
	<p>St John Health Shuttle  <a href="http://www.stjohn.org.nz/products/shuttles.aspx">www.stjohn.org.nz/products/shuttles.aspx</a></p> <p>Transports people to or from any health appointment or hospital. Patients collected from home and escorted to Nurse and the Receptionist. Oxygen, resuscitation and first aid equipment carried.</p> <p>Wheelchair hoist fitted / wheelchair available.                      Hours: 8am to 5pm Monday to Friday, but flexibility for early or late appointments. Recommend bookings be phoned 3-4 days in advance.</p>	<p><b>546 9445</b>  <b>Ext 2 for general enquiries</b></p> <p><b>0800 000 606</b>  <b>for bookings</b></p>
	<p><b>Red Cross Community Transport Services</b></p> <p><a href="http://www.RedCross.org.nz">www.RedCross.org.nz</a></p> <p><a href="mailto:nelson@redcross.org.nz">nelson@redcross.org.nz</a></p> <p>Providing door-to-door services to assist those in need to attend health related appointments. A service for people who do not have access to personal or public forms of transport.</p> <p>This service will return people to their home from Richmond, Stoke, Tahunanui, Nelson City and Atawhai once the appointment is completed and will allow people being discharged from medical care transport to their homes.</p>	<p><b>546 5012</b></p> <p><b>0800</b>  <b>RED CROSS</b></p> <p><b>0800</b>  <b>733 276</b></p>

	Name of Agency	Telephone
	<p><b>Golden Bay Community Service Vehicle Trust</b></p> <p>Locally known as "Wrinklies Express".                      Transport for people over 50 years or the disabled to appointments e.g. doctor, hospital. Or to Motueka and Nelson. Compulsory membership of \$15 p.a to be posted to Hank Visker 1 RD Takaka. A donation is expected for transport to Nelson.</p>	<p><b>03 525 9775</b></p>
	<p><b>Motueka Regional Ambulance</b></p> <p>For people requiring a wheelchair hoist vehicle</p>	<p><b>03 528 7645</b></p> <p><b>0800 111 025</b></p> <p><b>027 221 2122</b></p>
	<p><b>St John Health Shuttle Service Motueka</b>  <a href="http://www.stjohn.org.nz/products/shuttles.aspx">http://www.stjohn.org.nz/products/shuttles.aspx</a>  <a href="mailto:enquiries@stjohn.org.nz">enquiries@stjohn.org.nz</a></p> <p>FREE to our local community, for all ages. This service covers Motueka township, Mariri to Edwards Road Lower Moutere, Pa Point Riwaka to the bottom of Takaka Hill.</p> <p>We have dedicated drivers wanting to have busy days assisting you. Book us for travel to and from your next dentist, physiotherapist, osteopath, chiropractor or doctor's appointment. Just ask the person making your appointment to book the service on your behalf. All bookings accepted must be 24 hours or greater in advance of your appointment.</p>	<p><b>0800 000 606</b></p> <p><b>or</b></p> <p><b>027 363 1924</b></p>

### Transportation between Wairau Hospital and Nelson Hospital



A six month trial of a **St John Hospital Appointments Shuttle** will started in September 2011 **between Wairau Hospital and Nelson Hospital.**

The Monday to Friday service will leave Wairau Hospital in Blenheim at 8am and Nelson Hospital at 3.30pm, to return to Blenheim at 5.30pm. It will pick up passengers at 8.40am in Havelock, 9am in Rai Valley and 9.35am in Hira.

The Hospital Shuttle is free for patients with a community services card and their caregivers. It is also free for patients under 18 years of age and their caregivers. The co payment for other patients is \$30 cash for the return trip.

To book phone St John on **0800 426 285** at least 12 hours before departure. The staff of St John's answer this phone 24 hours a day 7 days a week.

Don't forget to bring your hospital appointment card. Please also bring your community services card or the co payment of \$30 cash for adults and \$15 cash for children.

### Total Mobility Scheme Passenger Transport

Total Mobility is a door-to-door passenger transport scheme designed to use regular taxi vehicles and modified taxis for wheelchair access. Its purpose is to increase the mobility of people with disabilities, so that they may access passenger transport in a similar fashion to others in the community. In the Nelson and Tasman regions, the Nelson City Council administers the Total Mobility Scheme, with Tasman District Council making a contribution towards the budget. The local authorities fund the local share of the budget via rates, with the remainder coming from New Zealand Transport Agency funding. The scheme entitles eligible people to receive a discount on their taxi fare by way of Total Mobility vouchers subject to local conditions. The vouchers can be used in other regions of New Zealand where a local authority operates the scheme subject to that authority's conditions. The current discount rate is 50% to a maximum discount of \$10 per trip.

#### How to join Total Mobility [www.nelsoncitycouncil.co.nz/total-mobility](http://www.nelsoncitycouncil.co.nz/total-mobility)

The agencies listed below are responsible for assessing people's eligibility to join the Total Mobility Scheme and issuing the Total Mobility vouchers. These agencies are permitted to charge an assessment fee. Those people who are approved to use the vouchers must also pay their agency's annual subscription. We suggest you join an agency that provides services for people with a similar disability to your own. Please note that being a member of a Total Mobility agency, having a disability and the fact that your area of Nelson City/Tasman District is not covered by a public bus service, does not automatically make you eligible for Total Mobility vouchers. For more information or assistance contact William Miles, Total Mobility Administrator

[William.Miles@ncc.govt.nz](mailto:William.Miles@ncc.govt.nz) Nelson City Council PO Box 645 Nelson 7040 Phone 548 6603

Approved Total Mobility Agencies contact details		
Agency		Phone
Arthritis Foundation	<a href="http://www.arthritis.org.nz">www.arthritis.org.nz</a>	546 7689
Royal NZ Foundation of the Blind	<a href="http://www.mnzb.org.nz">www.mnzb.org.nz</a>	547 6616 or 0800 243 333
Idea Services Nelson (IHC)	<a href="http://www.ihc.org.nz">www.ihc.org.nz</a>	538 0046
Multiple Sclerosis Society	<a href="http://www.msnz.org.nz">www.msnz.org.nz</a>	544 0138 or 544 6386
CCS Disability Action Nelson Marlborough	<a href="http://www.ccsdisabilityaction.org.nz">www.ccsdisabilityaction.org.nz</a>	548 4479
Stroke Foundation	<a href="http://www.stroke.org.nz">www.stroke.org.nz</a>	545 8177 or 025 216 0675
SF Nelson (Mental health)	<a href="http://www.sfnelson.org.nz">www.sfnelson.org.nz</a>	546 6090
Age Concern Richmond	<a href="http://www.ageconcern.org.nz/council/nelson">www.ageconcern.org.nz/council/nelson</a>	544 7624
Post-Polio Group Nelson	<a href="http://www.weka.co.nz">www.weka.co.nz</a> & <a href="http://www.found.org.nz">www.found.org.nz</a>	545 1030
Epilepsy NZ (Nelson)	<a href="http://www.epilepsy.org.nz">www.epilepsy.org.nz</a>	546 6398 or 0800 202 122
M.E. Support Group Nelson	<a href="http://cfsme.aliquent.com/">http://cfsme.aliquent.com/</a>	544 4486
Presbyterian Support	<a href="http://www.ps.org.nz">www.ps.org.nz</a>	547 9350
Motueka Total Mobility (Tasman District Council offices)	<a href="http://www.tasman.govt.nz/transport/walking-mobility/total-mobility-2/">http://www.tasman.govt.nz/transport/walking-mobility/total-mobility-2/</a>	528 2022

**The Total Mobility scheme** operates wherever the following participating transport companies operate including Nelson city, Richmond, Brightwater, Wakefield, Mapua, Motueka and Takaka. Please remember to book ahead when requiring a wheelchair hoist van.

**Nelson City Taxis** 03 548 8225 [www.nelsontaxi.co.nz](http://www.nelsontaxi.co.nz) Covering Nelson city and Richmond, including northeast of city and southwest of Richmond and Mapua. Fleet of 5 total mobility vehicles, all fitted with certified wheelchair hoist facilities operate a dedicated service 7 days a week.

**Sun City Taxis** 03 548 2666 Covering Nelson city and Richmond, including northeast of city and southwest of Richmond and Mapua.

**Nelson Bays Cabs** 03 541 8294 [www.nelsonbaycabs.com](http://www.nelsonbaycabs.com) Covering Nelson city and Richmond, including northeast of city and southwest of Richmond and Mapua

**Tasman Taxis (Motueka)** 03 528 1031

**Motueka regional ambulance** (Motueka) 03 528 7645 Hoist service only

**Takaka Taxi Services** (Golden Bay) 0800 825 252

## **MAPS**

### **Accessible Nelson Map**

A guide to mobility car parks and accessible facilities around Nelson:

Free copies of this map can be posted to you by the Nelson City Council 546 0200


[www.nelsoncitycouncil.co.nz/assets/Services/Downloads/access-nelson-brochure.pdf](http://www.nelsoncitycouncil.co.nz/assets/Services/Downloads/access-nelson-brochure.pdf)



### **Marlborough Mobility Map:**



A guide to wheelchair accessible car parks, toilets, facilities and firms offering courtesy wheelchairs.


Free copies of this map can be posted to you by the Marlborough District Council 520 7400

<http://www.marlborough.govt.nz/Services/~media/Files/MDC/Home/Recreation/Marlborough%20Mobility%20Map.ashx>

Meal Delivery Options		Page one of four of this table.
Name of Agency	Contact Details	
<p><b>Eat Easy Ready Meals.</b></p> <p><b>Delivered by Chef Stu to homes throughout Richmond, Stoke, Nelson, Motueka and Takaka.</b></p> 	<p>Chef Stu and Lyn Hopkins will personally deliver wholesome meals they cook in their professional Motueka kitchen directly to your home.</p> <p>Our menu of comfort food can be adapted to your tastes and dietary requirements. It includes favorites such as Corned Beef, Crumbed Fish, Steak &amp; Kidney, Lamb Chops, Irish Stew, Tripe &amp; Onion and everyone's favorite roasts. Stuffed Potatoes, Fresh Salads, Hot Meat Sandwiches, Filled Rolls and Sushi are also available at Stu's Kitchen.</p> <p>You can order seven regular meals for \$55. Or one regular sized meal for \$9.00 or a large sized meal for \$10.50.</p> <p>We charge just \$2 to deliver your order to your home no matter how many meals you order at once. Please ask about our weekly specials!</p> <p>All meals are snap frozen in self seal hygienic microwaveable containers and have a freezer life of three months.</p>	<p><b>Phone Stu anytime on 03 528 5081 to order or to chat about what you would like to eat.</b></p> <p><b>Meals are also available from:</b></p> <p><b>Stu's Kitchen at 94 High Street Motueka. and Top of the Town Top Shop Takaka.</b></p> <p><b>Delivered throughout Richmond, Stoke, Nelson, Motueka and Takaka to your home.</b></p>

<p style="text-align: center;"><b>Cook 4 You</b></p> 	<p style="text-align: center;"><b>Cook 4 You</b></p> <p><i>Unable to cook for yourself at the moment?</i> Tami Newman will stock your fridge with a week of home cooked meals. All you have to do is <b>heat and eat</b>.</p> <p>Meals cooked to your individual taste, dietary needs and budget. The meals are cooked in your kitchen, packaged, labeled and refrigerated or frozen in individual portions. So you just take out what you want, heat and eat. Secure in the knowledge that there will be no wastage.</p> <p>All meals have a main dish with a complementary side dish. Cook4you's fees include: Menu planning, Recipe research, Grocery Shopping if required, Meal Preparation, Labeling and Storage, Cleaning up afterwards.</p> <p>Tami has many tasty recipes for those needing gluten, sugar, dairy and salt free diets. Desserts and Baking also available.</p>	<p><b>Contact Tami Newman</b></p> <p><b>Phone:</b> <b>03 541 9533</b></p> <p><b>022-6381808</b></p> <p><a href="mailto:taminew@paradise.net.nz">taminew@paradise.net.nz</a></p>
<p style="text-align: center;"><b>Dial a Dinner in the Wakefield Area</b></p> 	<p style="text-align: center;"><b>Dial a Dinner in the Wakefield Area</b></p> <p><i>New to the Wakefield, Brightwater and Belgrove Area. Home-Made, Country Food Delivered to your Door.</i></p> <p>\$7 Small \$8.50 Large includes a yummy desert. Can be cooked to cater for your special needs e.g. diabetics, soft food etc. Meals are made fresh daily and are both microwavable and freezable.</p> <p>You can text or phone for the weekly menu and then let Carleen know what you want. If you text Carleen with your meal choice be sure to include your name and address!</p>	<p><b>Contact Carleen</b></p> <p><b>Phone 541 8567</b></p> <p><b>or 027 673 5497</b></p>

<p><b>Step Out - Home Cooked Meals</b></p> 	<p><b>Step Out - Home Cooked Meals</b></p> <p>Meals at Home: Step out provides well-cooked delicious home cooked meals that are cooked from the heart. You will taste the difference with Step Out Meals. We will come to your home to tailor a menu that suites your individual needs.</p> <p>Delivery is free! Times set that suit your time table. All meals are frozen when delivered.</p> <p>Orders Costs: 10 meals \$75.00 this includes a \$25.00 cooking fee. Puddings \$2.00 each.</p>	<p><b>Hilary Langford</b></p> <p><b>Home phone: 546 8285</b></p> <p><b>Mobile phone: 0274 409 083</b></p> <p><a href="mailto:Step.Out@xtra.co.nz">Step.Out@xtra.co.nz</a></p> <p><b>25 Wellington Street Nelson.</b></p>
<p><b>Motueka Bakery and Café</b></p> 	<p><b>Motueka Bakery and Café Freshly Cooked Roast and Chinese Dinners delivered to your home.</b></p> <p>A variety of Roast Meals are prepared on site. \$15 for a large meal. \$12.50 for a smaller size \$9 half size meal options. Also Savory and Sweet Bakery items and Chinese Meals.</p> <p>Delivered around the Motueka Region starting from just \$2. Please talk to us so we can work out how we can serve you.</p>	<p><b>528 4998</b></p> <p><b>241 High St Motueka 7120. Open seven days a week 7am - 5pm</b></p>

<p><i>Milk &amp; More</i>  74 Eighty Eight Valley Road,  Wakefield, Nelson  Tel 5419607 Trevor 0274 503299</p>	<p>Trevor Nicholls delivers milk &amp; more to the Nelson Region.  If a person's mobility is impaired Trevor can put the milk their fridge. Trevor can also deliver \$26 boxes of organic vegetables and \$6.20 for a half dozen free range eggs.  Accounts can be posted to other family members.</p>	<p><b>Trevor Nicholls</b>   <b>Phone</b>  <b>03 541 9607</b>  <b>0274 503 299</b></p>
<p><b>FRESH2U</b>  ORGANIC FOOD DELIVERY</p> 	<p>We deliver freshly harvested organic produce to the door on Wednesday's to the Nelson Tasman region and overnight delivery to Marlborough.  <a href="http://www.fresh2u.co.nz">www.fresh2u.co.nz</a></p> <p>Boxes start from \$30 for a pre-made box or customers can select their own produce for a minimum order of \$40 plus delivery \$3.00 (Nelson, Richmond), \$4.50 (Motueka, Blenheim).</p>	<p><b>The Fresh2U Team,</b>  <b>ph: (03) 548 8737</b>  <b>fax: (03) 544 2712</b>  <b>Mail: Fresh2U</b>  <b>121 Cotterell Road</b>  <b>RD1, Richmond, Nelson</b>  <a href="mailto:eat@fresh2u.co.nz">eat@fresh2u.co.nz</a></p>

# eat

## **Eat Unlimited**

Eat produce 7 different fresh meals every week on a 5 week rotating menu.

Mains are priced from \$8.50 to \$9.90. Meals are in excess of 400gms and can be upsized to 500gms for those with a big appetite or those wanting to share a meal. Desserts and fresh soups are priced at \$4.50. Eat have weekly specials and frozen deal boxes for more savings. Delivery to the south island is \$20.00 and you can fit up to 14 items to maximise your delivery. Delivery is by courier in polystyrene box packed with ice packs.

## **Eat Unlimited**

**For a current menu or to place an order**

**Call 0800 328 333 or email [orders@eat.co.nz](mailto:orders@eat.co.nz) [www.eat.co.nz](http://www.eat.co.nz).**

# homecater.

Ready to Heat & Eat Meals



\$5.20 per meal. Seven 250gm meals \$36.40.

Chilled & Frozen deliveries daily to all main cities / towns nationwide next day delivery to South Island - Polybin & Dry Ice Packed- \$24.50.

Out of town Products are packed in special dry-ice temperature controlled protective packaging.

**Phone :  
0800 30 32 32**

[www.homecater.co.nz](http://www.homecater.co.nz)

## SUPERMARKET DELIVERY AND SHOPPING ASSISTANCE OPTIONS

**Please visit or contact your preferred supermarket to confirm your delivery options.**

**The Supermarket staff are able to provide more assistance to people who shop during off peak times.**

### NELSON CITY

Supermarket	Service
Countdown 5 Paru Paru Road The Wood, Nelson (03) 546 6466	Shop online at <a href="http://www.countdown.co.nz">www.countdown.co.nz</a> Please call countdown Customer Care Centre on 0800 40 40 40. Monday to Friday 8am to 7pm and Saturday to Sunday 8am to 5pm. Or Email: <a href="mailto:customerinfo@progressive.co.nz">customerinfo@progressive.co.nz</a>
New World Corner Vanguard & Gloucester Streets, Nelson City (03) 548 9111 Fax: (03) 548 9112	Will make up orders at no cost. Customer to arrange own pick up or courier delivery. Can start up an interest free account they can pay through internet banking.
Fresh Choice 69 Collingwood Street Nelson Telephone (03) 548 0191 Fax (03) 546 8101 Food@freshchoicenelson.co.nz	Will make up orders Tues, deliver Wed am pay by cash or cheque to courier. Delivery - \$2.50 per carton.

<b>Supermarket</b>	<b>Service</b>
Stoke New World Corner Neal Ave and Songer St Stoke Phone Julie McDowell (03)547 7788	Will take orders after 2pm Tuesday for delivery Wednesday. Charge of \$5.00 for making up order and \$5.00 if they deliver.
Countdown Stoke, 12-24 Putaitai Street, Nelson (03) 547 9298 <a href="http://www.woolworths.co.nz">www.woolworths.co.nz</a>	Shop online at <a href="http://www.countdown.co.nz">www.countdown.co.nz</a> Please call countdown Customer Care Centre on 0800 40 40 40. Monday to Friday 8am to 7pm and Saturday to Sunday 8am to 5pm. Or Email: <a href="mailto:customerinfo@progressive.co.nz">customerinfo@progressive.co.nz</a>

Brightwater Four Square Phone (03)542 3608	Will make up and deliver at no charge for locals only. Daily service depending on shop circumstances at the time.
Wakefield Supermarket ph 541 8470	Will make up and deliver at no charge – local areas only.
Murchison Supermarket 41 Fairfax St, Murchison Phone Mark (03) 523 9007	Will work in with the client’s home-help. Can pack and deliver the groceries free of charge for disabled or older people with disabilities.
Murchison On The Spot Express 67 Fairfax Street, Murchison Phone Dawn (03) 523 9078	We will help select groceries, carry and put them in their car. It is expected that the client will have home help that will transport the client and their groceries
Atawhai Four Square Ltd 664 Atawhai Crescent ph 545 0912	Will make up and deliver daily if order in early a.m. No charge if order over \$25.00.
Mapua Four Square. 64 Aranui Road Mapua (03) 540 2890	Can pick and pack the groceries with the person with a disability during off peak hours.
Motueka Countdown 108 High Street Motueka. Telephone (03) 528 0500 Fax:(03) 528 0508	\$5 delivery charge if out of Central Business District.
Motueka New World Hours: 7:30am-9pm, 7 days a week. Phone: (03) 528-6245	Tony from New World will phone up customers for their orders on Tuesday morning. Delivery Wednesday \$15 charge.
Takaka Supermarket Fresh Choice in Collingwood 03) 525 9383	Will make up orders for no charge. No delivery. Groceries can be delivered for \$3 a box. Can pick and pack the groceries with the person with a disability.
Collingwood Store 12 Tasman Street phone (03) 524 8221	Will make up orders for no charge. Delivery by mail van, \$20. Call or visit store to set up an account.