



Need a hand?



Wellington city services



Food



Health



Accommodation



Help and support



Shower

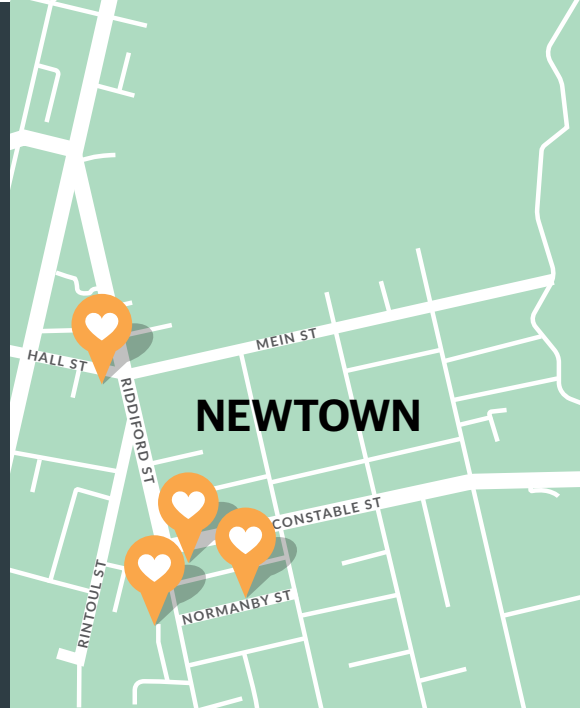
Information



Wellington City Council



Citizens Advice Bureau



Need a hand?



Wellington city services



Food

Soup Kitchen

132 Tory Street | 04 385 9299

Monday-Saturday, breakfast 7.45am, dinner 4.45pm

Internet hub Monday, Wednesday and Friday 12.30pm-4pm

Meals, internet hub, meaningful activities and access to support workers.



Accommodation

Wellington Night Shelter

304 Taranaki Street | 04 385 9546

5.30pm-7.30am

Crisis accommodation for homeless men 18+
Short-term crisis accommodation-direct access/
self-referral check-in from 5.30pm-9pm only.
Guests must vacate the building by 7.30am.
Vacancies allocated on a first come first served basis.

Wellington Homeless Women's Trust

www.whwt.kiwi | 04 384 7871

Transitional housing and social worker support for women. Referrals can be taken from a variety of social care agencies.



Showers

Wesley Methodist Church

75 Taranaki Street | 04 384 7695

Tuesday 11am-3.30pm,

Wednesday-Friday 10am-3.30pm

Showers available.

Grey Street Public Toilets & Showers

ANZ Centre, Corner Grey Street and Featherston Street. Hours vary. For more information please contact Wellington City Council.



Health

Evolve, Wellington Youth Service

Level 2, James Smith Building, Corner Cuba Street and Manners Street | 04 473 6204

Monday-Thursday 10am-6pm, Friday 9am-5pm

Free healthcare and social support for people aged 18-25 years. Includes medical service, counselling, and social support.

Te Aro Health Centre

331 Willis Street | 04 385 0255

Monday-Friday 9am-12pm and 1pm-4.30pm

Very low cost access to primary health care services for those with a Community Services Card. Free access for homeless individuals. Clinical support provided for both physical and mental health needs.

Information



Wellington City Council

wellington.govt.nz

12 Manners Street | 04 499 4444

Monday-Friday, 8am-5.30pm

General information and housing enquiries.



Citizens Advice Bureau

Ground Floor, James Smith Building, Corner Cuba and Manners Streets | 04 472 2466

Free, confidential, independent information and advice.



Help and Support

St Vincent De Paul Society

Level 1, 207 Riddiford Street, Newtown | 04 389 7122

Monday-Friday 9am-4pm

Free and confidential advocacy and support, food parcels, budgeting, and assistance with furniture and clothing.

Wellington City Mission

19 Gordon Place, Newtown | 04 245 0900

Monday-Thursday 9am-3.30pm,

Friday 10.30am-3.30pm

Please note that hours are subject to change and will vary for some services.

Shower, budgeting, advocacy support, food bank, family services.

DCM

2 Lukes Lane | 04 384 7699

Monday and Friday 9am-12.30pm,

Tuesday-Thursday 9am-1pm

Foodbank Monday & Friday 1.30pm-4pm

Please note that hours will vary for some services.

Help out of homelessness, accessing benefits, money management, connecting with health services, hospitality, activities and a safe space for rough sleepers.

The Salvation Army

4 Normanby Street, Newtown | 04 389 0594

Monday-Friday 9am-4.30pm

Please note that hours will vary for some services.

Advocacy, foodbank, clothing and furniture assistance, emergency accommodation for families, social workers, low-cost counselling, senior services, loans. Drop-in centre offers shower, toilets, 20c hot drinks, newspaper and phone.

Catholic Social Services

Level 1, 132 Tory Street | 04 385 8642

Monday-Friday 9am-5pm

Advocacy, refugee resettlement support, social work and counselling.

Kahungunu Whānau Services

LG Building, Level 5, 35 Victoria Street | 04 384 6252

9am-4.30pm

Emergency and transitional housing support, counselling, social work and advocacy, family violence programmes, whānau support.

Work and Income

195 Willis Street & 96 Riddiford Street | 0800 559 009

Monday-Friday 8.30am-5pm

Work and Income provide financial help to those on a low income or not currently working, support people into work and help with finding housing.

Absolutely Positively
Wellington City Council

Me Heke Ki Pōneke