

Vibe	
Address: 3/222 Main Street Phone: (04) 528 6261 Email: info@vibe.org.nz	Mon, Wed-Fri 9am - 5pm Tues 11am - 5pm
<p>Vibe is a Youth One Stop Shop, providing a range of primary health and social support services for young people aged 10-24 years in Te Awakairangi (the Hutt Valley).</p> <p>There services is Free, confidential health</p> <p>We aim for our services to be accessible to young people. This means that our services are youth friendly, in accessible locations, free and confidential. These are delivered 'under one roof' or 'through one door' to reduce barriers for young people.</p> <p>Services include: Health appointments. Counselling services, alcohol and other drug support, social and youth workers, support for education, training & employment, youth and young parent payments, programmes and workshops, school-based services and health education & promotion.</p>	

Kickstart Youth Centre	
Address: Heretaunga College – Netball Courts PO Box 40992, Upper Hutt 5140 Phone: 027 496 6350 Email: paul@kickstart.org.nz	Mon-Fri Hours Vary Friday Hangs – 3pm til 5:30pm
<p>Kickstart have had a passion for working with young people in Upper Hutt, particularly those who would otherwise be overlooked or forgotten. Kickstart was established to enable the continuation of the programmes and initiatives begun in the community, helping to provide young people with opportunities to realise hope for a better future through our youth centre.</p> <p>Kickstarts mission: "To connect and journey with young people through creating healthy spaces and experiences that enable them to discover their worth, see new possibilities for their future, and contribute positively to our community".</p>	

Youthtown		
Elderslea Address: Maidstone Intermediate, Redwood Street Phone: 027 522 7186 Email: Maidstone@youthtown.org.nz	Tōtara Park Address: Tōtara Park School Phone: 027 522 6417 Email: totarapark@youthtown.org.nz	Times may vary dependent upon service – Please contact them to know more
<p>Youthtown is a place where you feel like you can be the very best version of yourself, for yourself, on your terms. Every programme we run works towards the aim of seeing empowered young people engaged in their communities.</p> <p>They run programmes and programme spaces across the country for 5-18 year-olds that aim to inspire and promote the learning of life skills, working collaboratively, understanding and building resilience and unlocking potential.</p> <p>The kinds of activities you can expect from us are (but not limited to):</p> <p>Life Skills: From cooking up a storm to and self-management skills to getting your learner's licence Science and Technology: From experiments to robots to engineering - STEAM is the dream! Outdoors and Environment: Camps, tramps, EOTC, water sports, Adventure-Based Learning Creative Arts: Dance, drama, arts and crafts, music, textiles, performance, film and media Sport: Anything and everything that involves being active and staying active!</p> <p>Wellbeing: Space to chill out, workshops, mindfulness and self-care education We run bespoke programmes in many communities, check out what's happening in your area for more details.</p>		

Upper Hutt Air Cadets	
Address: Building CA88, Gaba Tepe Way, Trentham Military Camp, Messines Avenue, Upper Hutt Phone: 04 527 5220 Email: cucdr.22sqn@cadetforces.org.nz For more information, visit Web: https://22sqn.cadetforces.org.nz/	Tues 6.50pm – 9.10pm Plus, weekend and other activities
<p>Aside from all the great experiences you'll have as a cadet, you will also take away training, leadership and discipline skills that will set you apart from the crowd when you head to further education or begin your chosen career.</p> <p>22 (City of Upper Hutt) Squadron, Air Training Corps is part of the New Zealand Cadet Forces (NZCF) and is a disciplined, uniformed organisation which provides military-based leadership, personal development and operational training to persons aged between 13 and 20 years old. Any person between the ages of 13 and 15 years may join the NZCF, but can also join if they are 12 years old and presently attending Year 9 in High School.</p>	

The Shift Foundation	
Address: Location Varies <i>PO Box 11395, Manners Street, Wellington, 6142</i> Phone: N/A Email: Chloe@shiftnz.org	Times vary dependent upon programmes - Please contact them to know more
<p>The Shift Foundation is a Charitable Trust that works in partnership with other awesome organisations to improve the wellbeing of young women aged 12 – 20 years.</p> <p>They help young women feel more connected, confident, and empowered so they can create the change they want to see in the world.</p> <p>They support people who influence young women's lives to better meet their needs and include young women in their decision making processes.</p> <p>They have school programmes, Weekend and holiday activities, Leadership courses, events and scholarships, sector capability building, consulting and advising</p>	

YMCA – Raise Up programme	
Address: Somme Road, Trentham Phone: 0800 YMCA 4U – 022 473 2298 Email: stephen.palmer@ycentral.nz	Wednesday Afternoons – 4pm
<p>The Upper Hutt Raise Up crew meet every Wednesday afternoon at 4:00pm, at the YMCA Gym on Somme Road. The crew consists of 10 active members who attend local colleges around Upper Hutt. The Crew are exploring leadership skills, marketing skills, promotional skills, and working together as a diverse crew. In alignment with the YMCA values, they promote health and well being, to build strong kids, strong families and strong communities.</p>	

Spearhead Leaders Programme	
Address: Heretaunga College Phone: 027 4966350 Email: Paul.Thompson@kickstart.org.nz	THURSDAY AFTERNOONS 4pm - 6pm During Term 2, 3 & 4
<p>The Spearhead Leaders programme is an initiative designed by youth and led by Kickstart Youth Centre and Upper Hutt City Council. The programme is for young people who live or go to school in Upper Hutt. The</p>	

programme kicks off with a camp to set the culture of the group and then meets each Thursday during the school term.

We seek to inspire and empower young people through nurturing belonging and a sense of purpose, supporting skill and knowledge development, offering supported leadership experiences and opportunities all while having fun!

During the last 2 terms of the school year, we will deliver 20 youth-led events for the community to focus on engaging the community with active recreation and physical activity.

For more information, check out the website here: <https://www.spearheadleaders.org.nz/>

Salvation Army: Upper Hutt corps

Address: 695 Fergusson Drive Upper Hutt

Phone: 04 528 6745

Email: upperhutt_corps@nzf.salvationarmy.org

Mon-Fri: 9:30am-4:30pm

Service Sunday 10:30am

At The Salvation Army Upper Hutt you can expect to experience vibrant worship in a friendly and caring, multi-cultural and multi-generational setting. A significant focus for us this year and next is the development of a Recovery Ministry based on the Beatitudes, where people are spiritually equipped to overcome the hurts, hang-ups and habits that are negatively influencing their lives. Our work is fuelled by our worship - church services that feed the soul and cultivate compassion. And there's a place for you!

We run many regular events in and around Upper Hutt centre and we run various programmes for youth and children. Please contact us to ask for more details.

Te Awakairangi Youth Development Network (TAYDN)

Email: TAYDNsteeringgroup@gmail.com

N/A

Te Awakairangi Youth Development Network (TAYDN) is a collective network of youth and community work organisations from across Lower Hutt and Upper Hutt. We currently have 26 member organisations across the Hutt Valley. We are a charitable trust serving Lower Hutt and Upper Hutt and are supported by our councils: Hutt City Council and Upper Hutt City Council. TAYDN provides five annual events that provide training, professional development and networking opportunities for the youth and community work sector.

TAYDN's mission is connect, support, change. We connect the sector by strengthening community bonds and providing networking opportunities. We support the sector by providing training to upskill our members. Through the support and connection we provide the sector, we hope to positively change our communities, and young people's lives.

Lane Park Church

Address: 22 Lane Street, Upper Hutt

Phone: 04 528 6515

Email: info@laneparkchurch.nz

Mon-Thurs: 10am-1pm

Service Sunday 10:30am

Lane Park Church are a multi-generational church that has a passion to see people encounter the transforming life of Jesus! They believe that God loves you and wants to have a personal relationship with you. They are a multi-generational church with a passion to see people encounter the transforming life of Jesus! They would love to meet you and welcome you to join them at their Sunday morning service at 10.30am

Lane Park Church have a youth group each Friday night from 7pm-9pm – for more information about other services, get in touch using the contact details provided.

Awaken City Church

Address: 1048 Fergusson Drive, Upper Hutt

Phone: 04 526 9677

Email: office@awakencity.nz

Mon-Thurs: 10am-3pm

Service Sunday 10am

They believe the role of church is simply to add value to the city in which it exists. Adding value to others is not something we do, it is why we are alive! They would love you to join our story. Saturating the Hutt Valley in the love and hope of Jesus, one transformed life at a time... Want to know more?

Awaken City Church offer a range of multi-generational services and have a youth group that meet regularly. For more information, get in touch!

Ignite Sport	
Phone: 0273635094 Email: info@ignitesport.org.nz	24 / 7
<p>Ignite Sport is a volunteer-based youth development organisation offering a unique delivery style. Using sport and recreation to engage, Ignite Sport encourages young people to consider character, values, balance and heart.</p> <p>Our programmes are designed to give input at each year level and community group. They are graduated and look to support and enhance previous year's learning. Connection with students on an ongoing basis increases our ability to impact and reinforce a message that will stay with them beyond their school years. To read more about these programmes please click here.</p> <p>We also run other programmes supporting young people with specific needs, see below:</p> <ul style="list-style-type: none"> • Oho Ake is our programme for youth at risk • Supporting Young People with a Disability • Fusion is our programme for youth from a refugee background • Shift is our programme specifically tailored for young women <p>Oho Ake and Supporting Young People with a Disability are programmes that can be provided within school hours. Fusion and Shift are wider programmes run outside school time.</p>	

Activation	
Address: 836 Fergusson Drive, Upper Hutt Phone: 04 527 2113 Email: brent.hayward@uhcc.govt.nz	Mon – Fri 9am-5pm
<p>The Activation Team works with clubs, active recreation providers, community groups and individuals to develop and support physical activity in the city and implement the active recreation plan. Some of the awesome initiatives Activation provide are:</p> <p>PLAY - Play is essential to healthy brain development and enables children to interact in the world around them. Play allows children to experience fun, joy and laughter in a way that is important to them. It's also where they can practice life skills while developing imagination, dexterity, and physical, cognitive, and emotional strength.</p> <p>UH Sports Club Directory – Activation has extensive networks across all sports, clubs and active recreation initiatives across the city. They also hold the UH Sports Club Directory which ensures that the most appropriate contacts for all sporting needs are provided.</p> <p>For more information, visit www.upperhuttcity.com/Sport-and-recreation/Activation</p>	

Whirinaki Whare Tāonga (formerly Expressions Whirinaki)	
Address: 836 Fergusson Drive, Upper Hutt Phone: 04 527 2168 Email: info@whirinakiarts.org.nz	Mon-Sun 9am-4pm

Whirinaki Whare Tāonga is a vibrant arts centre where you can go to enjoy art, culture, history and entertainment. Five galleries have a constantly changing programme of exhibitions ranging from the very best New Zealand and international art, to local arts and craft and historical exhibitions, with a special focus on interactive experiences and family friendly activities. It's the hub for audience engagement and participation in the arts for Upper Hutt with a varied programme of special events, workshops for children, artist talks, and education classes for schools and community activities which vary throughout year.

For more information around programmes, exhibitions or activities – get in touch or see the website:
<http://www.whirinakiarts.org.nz/about-whirinaki-whare-taonga>

Mesa Youth Ambassadors Exchange	
Address: 834 – 842 Fergusson Drive, Upper Hutt Phone: 021 670 577 Email: Whero.West@uhcc.govt.nz	
<p>The Mesa Youth Ambassadors Exchange programme is an opportunity to grow the world-view of our young people, allowing them to make better-informed decisions about their future. Two young people and their families are selected to host two young people from Mesa in Arizona, USA and in exchange the two Upper Hutt young people spend time learning about life in Arizona.</p> <p>This collaborative exchange programme between Upper Hutt City Council and the Mesa Sister Cities Association promotes international friendships and an increased sense of identity through exploring culture and diversity on an international scale.</p> <p>For more information about the 2024 intake contact Whero West via email: Whero.West@uhcc.govt.nz</p>	

Upper Hutt City Libraries	
Address: 844 Fergusson Drive, Upper Hutt Phone: 04 527 2117 Email: Louisa.Wilkinson@uhcc.govt.nz	Mon, Wed, Fri 9:30am-6pm Thu 9:30am-7pm Sat & Sun 9:30am-4pm
<p>The Library works with schools, community groups and individuals to develop and implement programme and events promoting literacy, the library and recreational reading.</p> <p>For more information, visit https://www.upperhuttlibrary.co.nz/Programmes</p>	

Capital Training	
Address: 9 King Street, Unit B, Upper Hutt Phone: 04 528 4911 Email: UpperHutt@capitaltraining.co.nz	Mon, Tue 8:30am-4:30pm Wed 8am-4:30pm Thu, Fri 8:30am-4:30pm
<p>Capital Training is a New Zealand lower North Island-based, NZQA accredited, private training establishment (PTE) offering a wide spectrum of free courses and qualifications to prepare people for the modern workplace.</p> <p>At Capital Training we believe that:</p> <ul style="list-style-type: none"> - Everybody who wants to build their skills and autonomy deserves a second chance at learning and education. - Everybody can learn and achieve with the right support. - Literacy and numeracy are fundamental to learning. - Training is best delivered by tailoring it to the individual through an individual learning plan and regular plan and review occurring between tutor and learner. - Our role is to progressively teach our learners how to independently manage learning, planning and goal setting. - Good learning material draws on the lived experience of our learners wherever possible. <p>Some of the courses that Capital Training provide are:</p>	

- Schools Programme (STAR)
- He Ako Poutama – Life Skills (Level 1)
- He Poutama Ako – Foundation Skills (Level 2)
- Building and Construction (Level 2)
- Retail & Hospitality (Level 2)

And many more. They also have accessible support options so travel is provided.

H2O Xtream	
Address: 830-834 Fergusson Drive, Upper Hutt Phone: 04 527 2113 Email: h20xtream@uhcc.govt.nz	CLOSED DUE TO UPGRADE To find out more about the upgrade click here
<p>H2O Xtream is Upper Hutts Aquatic Centre complete with wave pool, slides, lane pool, toddler pool, H2O Xtream café and Swim Shop! We regularly host programmes for the community, and our young people get to enjoy:</p> <p>For more information on the H2O School Holiday programmes, contact us on: 04 527 2113 OR h20holidays@uhcc.govt.nz</p> <p>For more information about H2O Xtream, follow us on Facebook or please check out the website here: https://www.h20xtream.com/</p>	

Upper Hutt Young Achievers Awards	
Address: 834 – 842 Fergusson Drive, Upper Hutt Phone: 021 670 577 Email: Whero.West@uhcc.govt.nz	Bi-Annually (Starting November 23)
<p>Bi-annually, Upper Hutt City Council hosts the Young Achievers Awards. The awards are dedicated to celebrating and acknowledging the achievements and successes of young people aged 13–18 years in Upper Hutt.</p> <p>The awards are proudly aimed at inclusiveness of all young people in the city and are celebrated across the following categories:</p> <p style="text-align: center;">ENVIROMENT AWARD</p> <p style="text-align: center;">Outstanding contribution towards the protection or enhancement of the environment.</p> <p style="text-align: center;">COMMUNITY SERVICE (VOLUNTARY) AWARD</p> <p style="text-align: center;">Offering care and assistance to the community through invaluable voluntary contribution</p> <p style="text-align: center;">WHIRINAKI WHARE TAONGA ARTS & CULTURE AWARD</p> <p style="text-align: center;">Outstanding achievement in the cultural field including any aspects of visual art, performing arts and/or cultural expression.</p> <p style="text-align: center;">LEADERSHIP AWARD</p> <p style="text-align: center;">Outstanding leadership – this may include sports, academic, community, cultural, environmental and/or social enterprise</p> <p>For more information on when nominations are open, or to view the most recent award recipients, please see here: https://www.upperhuttcity.com/Community/Awards/Young-Achievers-Awards</p>	

HELPLINES:

NB: All services are free and are available 24 hours a day, seven days a week unless otherwise stated.

LIFELINE For counselling and support	0800 543 354 (0800 LIFELINE) Free Text 4357 (HELP)
Samaritans For confidential support for anyone who is lonely or in emotional distress	0800 726 666
1737 '1737, need to talk?' is New Zealand's new national mental health & addictions helpline number.	1737 (free call and text)
Depression Helpline To talk to a trained counsellor about how you are feeling or to ask any questions.	0800 111 757 4202 (free text) www.depression.org.nz
Healthline For advice from trained registered nurses	0800 611 116
Covid-19 Healthline For Covid-19 health advice and information	0800 358 5453
Youthline For young people and their parents, whānau and friends	0800 376 633 234 (free text) Email: talk@youthline.co.nz Webchat: www.youthline.co.nz (Available 7pm-10pm)
What's Up For 5-18 year olds, a safe place for them to talk about anything.	0800 942 8787 (Mon-Fri 12pm-11PM, Sat-Sun 3pm-10pm) Webchat: https://whatsup.co.nz/getting-in-touch/ (Chat open Mon-Fri 1pm-10pm, Sat-Sun 3pm-10pm)
Kidsline For young people up to 18 years of age	0800 543 754 (0800 KIDSLINE)
0508 Tautoko Suicide Crisis Helpline For support if you're in distress, or worried that someone may be at risk of suicide or for those who are grieving a loss	0508 828 865
OUTLine For sexuality or gender identity issues	0800 688 5463 (6pm-9pm)
Alcohol Drug Helpline For people dealing with alcohol or other drug problems	0800 787 797 8681 (free text) Webchat: www.alcoholdrughelp.org.nz
LSV	Dee O'Connor –