










FEELING THE PINCH?

Times are tough, but you're not alone

Organisation	Confidential Assistance	Contact
Central Otago District Council 	To set up a direct debit or speak to someone about a payment plan.	p: 03 440 0056 e: rates@codc.govt.nz
Family Works Central Otago 	Provides a wide range of programmes and support for individuals and whānau, including financial mentoring.	p: 0508 396 678 e: Familyworkscentral@psotago.org.nz
Central Otago Budget Advice Service	This service can help relieve your financial stress and help make a budget tailored to your needs and income.	p: 03 448 8072 e: cobas@ach.org.nz
Age Concern 	Provides information and social support services to seniors.	p: 03 448 7075 e: central@ageconcernotago.co.nz
Uruuruwhenua Health 	Offers a wide variety of support to whānau.	p: 0800 485 111 e: admin@uruuruwhenuahealth.co.nz
The Salvation Army 	Distributes Combined Churches Foodbank parcels.	Open 11am–2pm Mon–Thurs Call 03 448 9436 for more info.
Cromwell Community House 	Cromwell's Hub for social services and food parcels.	p: 03 445 1690 e: reception@cromwellcommunityhouse.org
Need to talk? 	Provides brief counselling support, identifying key issues and helps you plan some next steps to take.	txt: 1737 w: 1727.org.nz