



Resources for Whānau / Families

General Services & Resources

This is a reference link to websites that may be useful either now or in the future. Websites and brochures are ever changing but these ones capture a comprehensive range of information about services / resources / recreational activities / equipment and funding grants for children of all ages from both the government sector and community groups and trusts.

Care Matters has lots of information and advice about parenting a child with a disability in the preschool years and transitioning to school. <https://carematters.org.nz/early-years/>
<https://carematters.org.nz/7-18-years/>

Parent to Parent have a monthly e-magazine with great articles in their resource library and they regularly organize a variety of local family events, including activities for siblings. <https://parent2parent.org.nz/>

CCS Disability Action - have accessible holiday homes you can apply to use at any time. Once you leave The Champion Centre, you can contact their family support team for advocacy support at any stage of your child's schooling (if/when needed). They support children with disabilities of all ages and into adulthood. Families can self-refer at any time.
<https://ccsdisabilityaction.org.nz/index.php/contact/branch-information/christchurch/>

First Port Disability services – is a comprehensive national information portal <https://firstport.co.nz/>

Hand in Hand – is a 112- page book providing information on all the health and education services available for children 0 -18 years in New Zealand.
<https://www.orangatamariki.govt.nz/assets/Uploads/Documents/Caring-for-someone/Hand-in-handbook-May-2018.pdf>

In addition to this list are all the groups set up to support the children/ adults with a specific condition or disability. All the above sites have multiple links to other services.

Libraries – Free to use (Books suitable for children and adults)

The public libraries have a good range of books on disability, parenting etc

IHC library has a large catalogue of books on all aspects of intellectual disability, autism and developmental delay <https://ihc.org.nz/library>

MHERC (Mental Health Education and Resource Centre) <https://mherc.org.nz/>

Has a good range of books on general mental health and well-being for adults and children, a range of disabilities, parenting for various age groups, grief and loss.

Skylight has a broad range of resources including books, articles etc designed to help people through times of family and individual change and /or loss.
<https://www.skylight.org.nz>