

**A BRIEF GUIDE TO FINDING  
COMMUNITY GROUPS  
FOR  
SUPPORT, SOCIALISING, EXERCISE, OR RECREATION  
IN  
TE UPOKO O TE IKA A MĀUI | GREATER WELLINGTON**

**Including for . . .**

- ❖ Health conditions
  - ❖ Mental health
  - ❖ Parenthood
  - ❖ Bereavement
- ❖ Exercise/sport
- ❖ Senior citizens
  - ❖ Migrants
  - ❖ Socialising
- ❖ Ethnic minorities
- ❖ LGBT+ community
  - ❖ Youth
  - ❖ Volunteering
  - ❖ Hobbies

- **Neurodivergence**
  - OCD
  - People who experience unusual sensory perceptions (including hearing voices, seeing visions)
  - Bipolar
  - ADHD
- **Eating disorders**
  - Compulsive over-eating
  - Recovery
- **Mental health**
  - Depression
  - Youth affected by serious illness/bereavement
  - Art and wellbeing programmes
  - Supporting families towards mental wellbeing
- **Maternity/parenthood**
  - Mums under stress
  - Supporting parents raising children with disabilities
- **Employment support**
  - Returning to/staying in work when facing health challenges
  - Connecting people with disabilities or health conditions with employers
- **Health conditions**
  - Fetal Alcohol Spectrum Disorder
- **Bereavement/grief**
  - Support for those bereaved by suicide
  - Support for adults bereaved by suicide
  - Support for families who have lost a child to suicide

Visit [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) > click "Find Support" > click "Community Support Groups" > filter by region and/or category

**For senior citizens:**

- **Community centres**
- **Companion walking services**
- **Group fitness classes**
- **Group strength and balance classes**
- **Volunteer programmes**

Visit [www.wellington.govt.nz/community-support-and-resources/our-communities/seniors](http://www.wellington.govt.nz/community-support-and-resources/our-communities/seniors)  
OR

Visit [www.wellington.govt.nz](http://www.wellington.govt.nz) > click on “Community support and resources” > click on “Our communities” > click on “Senior citizen communities”

**For sports teams:**

- **Basketball**
- **Futsal**
- **Pickleball**
- **Ultimate frisbee**
- **Floorball**
- **Netball**
- **Turbo touch**
- **Volleyball**
- **Athletics**
- **Baseball**
- **Cricket**
- **Croquet**
- **Cycling**
- **Golf**
- **Lacrosse**
- **Softball**
- **Tennis**
- **Football**
- **Touch rugby**

Visit [www.wellington.govt.nz/recreation/sports/sportsgrounds/sports-clubs](http://www.wellington.govt.nz/recreation/sports/sportsgrounds/sports-clubs)

AND

[www.wellington.govt.nz/recreation/facilities-and-centres/akau-tangi-sports-centre/programmes-and-activities/sports-leagues/adult-leagues](http://www.wellington.govt.nz/recreation/facilities-and-centres/akau-tangi-sports-centre/programmes-and-activities/sports-leagues/adult-leagues)

## CITIZENS ADVICE BUREAU | NGĀ POU WHAKAWHIRINAKI O AOTEAROA

Visit [www.cab.org.nz](http://www.cab.org.nz) > click on “Community Directory” > search any keyword\* > change region to Wellington/your local region

\*For example, you could search by a particular ethnic group, by a particular type of sport or exercise, by a particular community, by a particular activity or hobby, a particular health condition, etc.

## HUTT CITY | TE AWA KAIRANGI

### For senior citizens:

- **Rotary club (Probus)**
- **Migrant citizens’ society (Capital Seniors Inc)**
- **Community centres**

Visit [www.huttcity.govt.nz/people-and-communities/community-support/older-people](http://www.huttcity.govt.nz/people-and-communities/community-support/older-people)  
OR

Visit [www.huttcity.govt.nz](http://www.huttcity.govt.nz) > click on “Pae hapori / People and communities” > click on “Community support” > click on “Older people”

- **Neighbourhood Hubs**

Visit [www.huttcity.govt.nz](http://www.huttcity.govt.nz) > click on “Pae hapori / People and communities” > click on “Neighbourhood Hubs (inc Libraries)”

## ACTIVE IN THE HUTT

- **Community exercise**
  - Yoga
  - Low impact exercises
  - Under 5 years early movement sessions
  - Fitness classes for adults with disabilities
  - Strength and balance classes
  - Women’s swim nights
  - Play for kids
  - Social walking

Visit [www.activeinthehutt.org.nz](http://www.activeinthehutt.org.nz)

## PASEFIKA PROUD

### For Pasifika communities:

- **Women's community support/health promotion**
- **Family support**
- **Violence prevention**

Visit [www.pasefikaproud.co.nz](http://www.pasefikaproud.co.nz)

## GREATER WELLINGTON | TE PANE MATUA TAIAO

- **For people with disabilities:**
  - Riding for the disabled
- **Lions Clubs**
- **Recreation**
  - Mountain-biking
  - Surf lifeguards
- **Volunteer groups for environmental restoration**

Visit [www.gw.govt.nz](http://www.gw.govt.nz) > click on "Tō Rohe | Your region" > click on "Get involved" > click on "Restoration and recreation volunteering"

## RAINBOW TEAM WELLINGTON

### For members of the LGBT+ community:

- **Exercise/fitness/recreation**
  - Dancing
  - Swimming
  - Tramping
  - Walking
  - Roller derby
  - Badminton
  - Running
  - Bowling
  - Climbing
  - Cycling
  - Golf
  - Kendo
  - Snowsports
  - Tennis
- **Board games**
- **Public speaking**
- **Reading groups**

Visit [www.rainbowteamwellington.wordpress.com](http://www.rainbowteamwellington.wordpress.com)

## RAINBOW WELLINGTON

### For members of the LGBT+ community:

- **Rainbow-friendly churches**
- **Drug and alcohol support**
- **Support groups for people living with HIV**
- **Exercise/fitness/recreation**
  - See Rainbow Team Wellington
  - Cricket
  - Fencing
- **Kapa haka**
- **Singing**
- **Social groups**
- **Retired pensioners group**
- **Survivors of sexual harm support**

Visit [www.rainbowwellington.org.nz](http://www.rainbowwellington.org.nz)

### **You may also want to try . . .**

- Your local community centre/community hub
- Your local marae
- Your local library
- Your local recreation centre
- Your local church
- Local volunteer opportunities, e.g. Māori Wardens, emergency response teams, fire service, “Friends of . . .” or other park restoration groups, DOC, etc.