

# PĀNUI

July 2021

Newsletter for the Northern Coromandel



2311 Colville Rd, Colville, 3584

PHONE: 07 866 6920      [cssc@colville.org.nz](mailto:cssc@colville.org.nz)

HOURS: 10am - 3pm TUES, WED, FRI

Closed MON, THURS

[panui@colville.org.nz](mailto:panui@colville.org.nz)      [www.cssc.net.nz](http://www.cssc.net.nz)

Hi everyone,

Hope you are all warm and dry this winter. This is my last panui edition. I'll be handing over to Marine who will now be the new Panui editor.

Kind regards, Nathan McCauley

Disclaimer: *The opinions expressed in this publication are not necessarily those of CSSC*

## Guidelines for contributions

Contributions are welcome but may not always be used. We may also edit them. Email us your news, notices, advertisements, jokes, recipes, dreams & handy hints.

Please send in Word or Open Office (not PDFs). Or post, or drop contributions into CSSC.

**Deadline for the August Issue**  
**Tues 20th July**

Subscriptions if you live outside delivery area

For an electronic copy (which comes in colour): email **panui@colville.org.nz** with 'subscription' in the subject line. For a mail copy: email/phone us. Subscription cost for printed copies is \$25 per annum. Contact us on **07 8666 920** or email us at **panui@colville.org.nz**

If you would like to support CSSC you can donate online with a bank deposit to:

CSSC 38 9009 0798558 00  
(and put donation in the reference field)  
or contact Larisa  
**cssccordinator@colville.org.nz**

## Contact Information

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Closed for lunch 12.30 - 1pm

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021 258 8037

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**Colville Harbour Care Nursery -**  
**Beth Pearsall**  
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021 237 8678

### Youth Group

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**youthgroup@colville.org.nz**  
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**panui@colville.org.nz**

### Youth Community Development Worker

**Maria Dove**  
**colvilleyouthcdw@gmail.com**  
**CSSC Grant Writer**  
**Cassidy Connor**  
**csscgrants@colville.org.nz**



*A pair of Pateke (Brown Teal) roosting in Colville Bay*

**Colville Social Service Collective (CSSC)** would like to thank our funders and supporters :-

**CSSC Main Funders**



**CSSC Funders**



**CSSC Supporters**



*CSSC would like to express our immense gratitude to our funders and supporters*

**VACANCY: Manager's Assistant**

Colville Social Service Collective has a vacancy for a new role – a Manager's Assistant. This role will be focused on supporting delivery of services and programmes in the Northern Coromandel.

This is a part-time position. For more information and a copy of the Job Description please contact Larisa on [cssccordinator@colville.org.nz](mailto:cssccordinator@colville.org.nz) or phone 8666 920. Applications close 5pm, Friday 20 August 2021.

**CSSC is happy to welcome 3 new staff members joining the crew.**



**New Pānui Editor**

We are delighted to introduce Marine Baillard as the new Pānui editor. Marine has a background in marketing and communication, and community newspaper experience. Marine will begin working on the Pānui in July.

**Moehau ki te Moana Project Co-ordinators**

We are very fortunate to have Cassidy Connor and Vanessa Edelsten starting with CSSC as coordinators for the Moehau ki te Moana project. They bring a wonderful range of skills and knowledge to this new initiative.

# COLVILLE YOUTH GAMES NIGHTS



*Come and have some fun at Colville Hall  
Friday 23<sup>rd</sup> and Friday 30<sup>th</sup> July  
6.30 – 8.30 pm  
Age: 13 – 18 years.*

Contact Maria - [colvilleyouthcdw@gmail.com](mailto:colvilleyouthcdw@gmail.com) Ph: [0210634828](tel:0210634828)  
Community Youth Development Co-ordinator, CSSC



Are you interested in learning to...

## **create games, apps, music, animation and websites on your computer?**

Are you aged between 13 and 26? Come and learn the basics of computer coding through the Ruby language system.

We are looking for young people who would like to gain digital tools to design and create digital content, to attend a coding workshop. Please register your interest before 6 July.

Date will be arranged to suit applicants for a July/August workshop.

Contact Maria Dove at CSSC by emailing [colvilleyouthcdw@gmail.com](mailto:colvilleyouthcdw@gmail.com)  
**Ph: 0210634828**

## **Music Club Closure**

It is with regret that the Whareroa Shareholders have decided to close the Friday night sessions at the Music Club for the winter.

This sad step has been taken as a result of unlawful and antisocial behaviours on our property by people attending the Music Club.

We will not condone these behaviours and are very sorry that this action will impact all of you rather than the few offenders.

Whareroa Shareholders

# AGM



Colville Community Health Trust

1pm, 8 September,  
Colville Hall

All welcome  
Light refreshments provided



*Mahamudra Centre for  
Universal Unity*

## July Events

**28th June-15th July** Nyung Nay Retreat ~ Fasting Compassion Retreat

**15th July - 15th August** Mahamudra Centre will be closed for our annual winter break.

Morning Guided Meditations Resume Monday 16th August 8:30am-9am daily.

***“Let go of what has passed. Let go of what may come. Let go of what is happening now. Don’t try to figure anything out. Don’t try to make anything happen. Relax, right now, and rest.” ~ Tilopa***

Find out more [www.mahamudra.org.nz](http://www.mahamudra.org.nz)

**2183 Colville Road 07 866 6851 [retreat@mahamudra.org.nz](mailto:retreat@mahamudra.org.nz)**

*Mahamudra Center is affiliated with the foundation for the  
Preservation of the Mahayana Tradition (FPMT)*



## Aikido for Kids

Traditional Japanese Budo

Sensei: Mark (Black belt ni dan)

Colville Hall Tues Children's classes 3.15 - 4.15





# COLVILLE

COMMUNITY HEALTH TRUST

Kia ora,

Our Re-Fashion Show fundraiser plans are coming along nicely! We will include information about ticket sales and a registration form for both fashion show and cake competition entries on our website ([www.colvillecommunityhealthtrust.com](http://www.colvillecommunityhealthtrust.com)) and in the August Panui. The plan has been met with great enthusiasm, but we can't make it happen without participation, so please get involved? You don't need fantastic sewing skills, but you do need a bit of imagination and be willing to have a bit of fun. (This sounds like you, doesn't it?) For inspiration and to see how easy it could be, search for Upcycling ideas on Youtube or Pinterest. You could also check out what's on offer at the CSSC Op-Shop and show off how creatively you can put a fab outfit together. No sewing needed. And if you feel that taking a turn on that catwalk just isn't for you, get a friend to be a model.

We need cake entries too, so if this is really more your thing that's fine, let your inner baker shine!

In other news, our 2021 AGM will take place on 8 September at 1pm, at the Colville Hall. All are welcome. We are looking for new trustees so if you are interested, please contact [colvilletrustmanager@gmail.com](mailto:colvilletrustmanager@gmail.com) for a nomination form.

The application deadline is 8 July.

Ngā mihi nui

Emily

## Interested in the clay arts?

This is a call to all people interested in working with clay.

There have been some suggestions as to having some organised times for people to get together to work with clay either as self directed or as semi formal classes.

Karuna Falls, Moehau Community, CSSC, and Driving Creek Pottery have been offered as suggested venues. Driving Creek is offering to bring a passenger van through to transport people to and from Coromandel.

If anyone is interested and any suggestions as to day/time venue etc please contact Frederick by email.

[frederick@drivingcreek.nz](mailto:frederick@drivingcreek.nz)





## COLVILLE COMMUNITY HEALTH CENTRE

2299 Colville Rd, RD 4, Coromandel 3584

Phone 07 8666618. Fax 07 866 6619 Our txt number for the clinic is 4448  
Mon, Tues, & Thurs 9am-5pm /Wed 10am-5pm and Fri 9am-4pm  
For the after hours service phone the clinic number 07 866-6618.

Please listen to the message carefully.

The On Call person will be paged by the after hours service.  
There is no answerphone service during the hours we are open



Please remember - If it's an emergency, dial 111

Happy July from the Clinic,

- **Exciting news! New GP!** Dr Annette Steele will be starting in July once all her paperwork is finalized. She is a very experienced UK Doctor who is keen to get to work in Colville. Her days will be Monday, Tuesday and Thursday. We are thrilled to have 2 permanent Drs now! Dr Kate will work the alternative week. Dr Kates days will change to Monday, Tuesday and Thursday starting at the end of July.
- We have a **new medical student** Matt who is with us until 16<sup>th</sup> July then we do have another student later on. Please make yourself known to him. As we are a teaching practice, feel free to let us know if you don't wish to have any of our students attend you or sit in on your appointments.
- **Blood tests** – just a reminder that the GP must order these and if you have been asked to have tests before your appointment, make sure you have the forms and if not, remind the staff. Blood tests are only to be requested by the Dr or nurses. If you want specific tests, then these must go through our Doctors or a recall system by the nurses.
- **Update** on Covid vaccination. Our clinic won't be administering them because of the logistics of doing so but we will update those wanting vaccination with our latest information from our Primary Health Organisation. All other vaccinations are unchanged.
- **Clinicians** regular and upcoming :
  - o Christina Wu – acupuncture ( Mondays) 0211134768
  - o Rachel Benmayor – counselling ( Thursday afternoons) 0224107227
  - o Lisa Gruythuisen – Contact care monthly Thursday 0274038026
  - o Dan Judd- acupuncture ( tba – Thurs/Frid) 0220705081
  - o Di Hayes – homeopath (weds monthly) 0226727938
- **Cervical smears** – we have RN Diane doing smears once a month on a Monday. Please book in if you are overdue.
- **ManageMyHealth** – have you signed up for this? If not, go onto the website [managemyhealth.co.nz](http://managemyhealth.co.nz). You can message the clinic and also look at your health information. There has been a few phishing scams so please if you do get a message asking for log in details, this is a scam. ManageMyHealth will never ask for this information. Please report this to the website on the support section.
- **After-hours calls** – recently some calls to after hours service did not contact the on call clinician and instead they were transferred to St John. We are working on this and if this happens, please let us know. Our staff cover the after hours calls 24/7.
- **Big Thank you** to Terry Whitehouse for the donation of the firewood. We are toasty and warm  
**Nga Mihi from the team .**

# Whakanui

Colville School Celebration



2021 Colville School

Whānaungatanga ~ Manaakitanga ~ Ka hikitia  
Effort ~ Service ~ Manners

## Term 2 Highlights



It was such a privilege to welcome the McAllister fono to help us celebrate Samoan Language Week. They shared 3 Siva, traditional Samoan dances with our school. **Faafetai** for helping us to learn more about Samoan language and culture.

### Sleepover and stars

At the beginning of June, Colville School had a sleepover at the Hamilton Zoo. All the students from Year 0-8 enjoyed 2 days of learning together visiting the Galileo exhibition at the Waikato museum, spending the night learning about the Matariki constellation in the observatory then getting a behind the scenes tour at the Zoo. We can really feel proud when strangers in a mall compliment our students on their behaviour. We would like to say **faafetai, thank you** to all of our parents, staff and whānau for supporting our trip. We had an amazing couple of days learning, building relationships and having fun!



### Colville Kai

Each week in Garden to table our students are learning new skills in the kitchen, garden and local environment. We have amazing support from our school whānau and local community who donate their valuable skills, knowledge and excess produce. We would like to thank you for your generosity and ongoing support. there will be a working bee in term3 to build some new areas for planting utilising the grants from CILT. If you would like to find out more about the programme please contact us at [principal@colville.school.nz](mailto:principal@colville.school.nz) .

**Mānawātia a Matariki!**



**Faafetai Colville Community**



## Advice on choking

If a person's total airway is blocked or they are unresponsive, call 111 and ask for an ambulance. Back blows and chest thrusts are essential interventions in the event of airway obstruction. The aim of performing back blows and chest thrusts is to dislodge the airway obstruction and allow for the airway to be clear. Chest thrusts have replaced the well-known abdominal thrusts, known as the Heimlich manoeuvre. Abdominal thrusts are no longer recommended.

If the patient is able to breathe, they should be able to cough and move the object themselves. It is important not to use back blows for a partial obstruction, as this may cause a foreign body to move and become a total obstruction.

**Back blows:** The person is standing or seated, and leaning forward, ideally with their head below the shoulders, if possible. Using the heel of one hand, apply back blows between the person's shoulder blades by firmly striking the area. Do this for five back blows, checking after each one to see if the obstruction has been relieved. If the obstruction has not cleared then perform chest thrusts.

**Chest thrusts:** Lean the person back and wrap both of your arms around the person at chest level. Place one fist with the thumb side against the middle of the sternum. Grasp that fist with your other hand and apply up to five inwards thrusts. Check each time to see if obstruction has cleared. If not alternate between cycles of back blows and chest thrusts.

If the obstruction has not been relieved, continue by alternating back blows and chest thrusts until the ambulance arrives.

## Ferret Menace

Over recent months, we have detected ferrets in our trapping network north of Coromandel town near Waikawau and had sightings near Colville for the first time in MEG's history (previously we have detected them occasionally around Coromandel but no further north). This is alarming because ferrets are able to kill adult kiwi and we are working with DOC, Kiwis for kiwi, and others to develop a plan to tackle this threat.

Ferrets were introduced to Aotearoa in the 1880s along with the other mustelids (stoats and weasels) to try and control introduced rabbit numbers. Ferrets are the largest mustelid here. Mustelids soon turned to eating our native birds and were responsible for the extinction of kākāpō from the mainland and decline of kiwi, weka and whio.

If you see a ferret, let us know. Ferrets are about the size of a small cat, 32 – 46 cm long in body with a fluffy tail of 11-18 cm. They are variable in colour, some white or cream or may have longer dark hairs and a dark tail. Mainly active at night, they can have a home range as large as 70ha depending on food availability. They breed in September, have litters in October/November and may live 4-5 years in the wild.

Our native species are not adapted to this predator and as with many introduced species that have no natural predators, we humans have to take responsibility to control their numbers. We're taking the threat seriously and will let you know how you can help along the way.

*Continued on page 9*

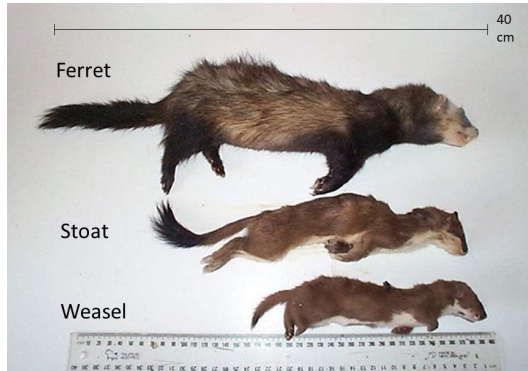
Continued from page 8



DOC are collecting any ferrets we catch for genetic analysis, so if you catch one in your own trap and need a hand with correct procedures, please get in touch.

Anyone who has caught a ferret or taken a photo please let DOC know. They will positively identify that it is indeed a ferret and keep a record of where they are turning up.

If you see a ferret, email [community.coromandel@doc.govt.nz](mailto:community.coromandel@doc.govt.nz) or [info@meg.org.nz](mailto:info@meg.org.nz)



## Stoat Trapping Network

Our stoat trapping network surrounds Coromandel town and stretches north through coastal and bush areas to Port Charles covering an area of 15 000 ha. Each line has stoat traps spaced at 200m intervals and the lines are serviced monthly by volunteers or paid trappers. Huge thanks to the dedicated people who clear rats and mustelids from the 1370 traps each month!

### Mega Rat Attack

We are almost finished extending our intensive rat trapping sanctuary near Tangiaro in Port Charles. In the last year we have installed 850 new traps over 200 ha area spaced at 25m intervals and are almost ready to begin setting traps. To eradicate rats from an area without a predator proof fence takes a massive, sustained trapping effort. Our field team climbs this difficult area each month and we are grateful for their stamina! Recent monitoring in our existing sanctuary has shown we have kept rats at 3.3% SMI compared to control monitoring outside of the trapped area at 37% SMI. This is an excellent result and we were thrilled to find Hochstetter frogs in our sanctuary. More on the Mega Rat Attack and our celebrations next month!

Total catch data over our entire operations to date.

Species	Total 2021	Total to Date
Hedgehog	47	443
Rat	1079	20,657
Stoat	113	2,753
Weasel	23	1001
Ferret	3	8*

\*Five ferrets have previously been caught around Coromandel town.

Have a great Matariki everyone

Follow us on facebook @moehauenvironmentgroup, contact us at [info@meg.org.nz](mailto:info@meg.org.nz) or make a donation by visiting our website [www.meg.org.nz](http://www.meg.org.nz)

# David Wright

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Email: dewwrightnz@gmail.com



## *Looking for a Midwife?*

I'm an experienced midwife who loves living in the beautiful northern Coromandel. I provide community primary midwifery care and cover the upper and western side of the peninsula from Port Jackson to Manaia, including Colville & Coromandel Town.

**Sheryl Wright**

**Moehau Midwives**

**Phone (022) 500 1310**

**[www.birth.net.nz](http://www.birth.net.nz)**

**[moehau.midwives@gmail.com](mailto:moehau.midwives@gmail.com)**



**Coromandel**

**Community Acupuncture**



Winter is coming with all the aches and pains. We have positive results of acupuncture for pain relieve. I will continue to strive to make acupuncture accessible and affordable for you in our community.

Slots are still available in Tiki House, Coromandel on Wednesday/Thursday and Colville Community Health Centre on Monday.

Please contact Christina on **021 1134768**

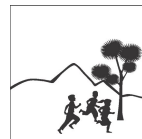
or email **[christinawu121@gmail.com](mailto:christinawu121@gmail.com)**

and visit **[www.corocommunityacupuncture.co.nz](http://www.corocommunityacupuncture.co.nz)** for specials in June and extended hours.



## **Colville Bay Pre - School**

**Haere Mai! Welcome!**



Tamariki and whānau, join us for fun & learning!

Tuesday to Friday 9am to 3pm during School terms.  
20 Free ECE hours for 3 years and over. WINZ subsidies available.

**Term 2: 4<sup>th</sup> May to 9<sup>th</sup> July 2021**

On Wednesday mornings we have a Parents & Toddlers group while our 4 & 5 year olds visit the Ngahere for 'Bush Kura'.

We welcome new enrolments. Come and meet us!

VACANCY: We are looking for a qualified Early Childhood Teacher to join our team. Please enquire within or see: <https://gazette.education.govt.nz/vacancies/1HALko-qualified-early-childhood-educator/>

Phone – 07 8668319

Email – [cbpreschool@xtra.co.nz](mailto:cbpreschool@xtra.co.nz)

## **Notice of road closure to repair the dropout on Colville Road, north of Coromandel Town**

To complete the repairs in a safe and timely manner. Starting 12th July the road will be closed through out the day to allow contractors to complete the repairs. The road will be open to let traffic through during set times below.

Set times:

- 7am to 8am - road closed
- 8am to 8.30 am - road open
- 8.30 - 12.30 road closed
- 12.30 to 1 pm - road open
- 1pm - 3.15 - road closed
- 3.15pm to 3.45pm - road open
- 3.45pm - 5pm - road closed
- After 5pm through to 7am the next morning - road open

The road closures will only be in place during weekdays. (Monday - Friday)

## COLVILLE STORE



Ph 07 866 6805

colvillegeneralstore@gmail.co



Open Monday - Sunday  
8.30 - 5 pm

We still have lots of locally grown produce for sale in the store.

Pumpkins, Mandarins, Elephant garlic, Limes, Macadamia nuts

Organic & Non- Organic fruit and veg.

A new order of crystals have arrived as well as incense and candles.

Many thanks for your ongoing support  
The Colville Store Team.

## FARM SHOP COLVILLE



### Wow... July already

We'll be open each day from 9am to 4pm-ish this month, for you to pop in for coffee and cake, lunch, or to pick up some Hereford beef for dinner.

Closed Wednesdays

Lots of great options to warm you up on these colder days.

A heater too to keep you warmer in our little room.

And Delicious Sacred Grounds Coffee ....mmm

**100% HEREFORD BEEF BURGERS \* HOT CHIPS \* COFFEE \* BAKING \*  
PICKES 'N' JAMS \* LOCAL ART \* REAL FRUIT ICECREAM \* MEAT**

2318 Colville Road, RD4 COROMANDEL 3584

[herefordnapickle@gmail.com](mailto:herefordnapickle@gmail.com) Cathy Ward 07 866 6937

[www.kairaumati polled herefords.com](http://www.kairaumati polled herefords.com)



Like us on  
Facebook



Cafe open 10am to 5pm Wednesday to Sunday. Closed Mondays & Tuesdays

### NO DARTS THIS MONTH

Restaurant is open for Bookings only. If we have no dinner bookings we close at 5pm.

From 20th July to 20th August we will be offering our Cafe Menu only for Dinner as our Chefs will be on Annual Leave.

ph 07 866 6614 or [info@kiwiretreat.co.nz](mailto:info@kiwiretreat.co.nz)

**David's Handyman & House Painting Services**



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Free Quotes

**Contact David Porter**

**Ph: 027 224 8925**

**email: davidkim@colville.org.nz**



*Northern Coro Rubbish  
Collections for  
**July***

Tue 6



Tue 13



Tue 20



Tue 27



**Coro Refuse & Recycling  
Centre.**

**Goldmine shop open**

Wednesday & Friday  
9.30am - 3pm  
Saturdays & Sundays  
9.30am - 4pm

525 Hauraki Rd, Coromandel.  
**07 866 7616**

Handling rubbish, including recyclable items, illegally dumped at the gates of our Refuse Transfer Stations (RTS) outside of hours, incurs a cost for all our district ratepayers that contributes to driving up the annual rates bill.



**ALCOHOLIC DRUG HELPLINE**

FREE and CONFIDENTIAL 9am to 10pm everyday **0800 787 797**  
Open friendly meeting. Anonymity assured. Please phone 021 314 467

# Relax & Revive Coromandel

[www.relaxcoro.co.nz](http://www.relaxcoro.co.nz)

Certified Massage Therapist

Relaxation Massage

**Jan is working from the tranquil surrounds  
of the Tangiaro Kiwi Retreat, Port Charles**

By appointment

Email: [info@relaxcoro.co.nz](mailto:info@relaxcoro.co.nz)

Ph 021 268 6198



Bryan: 021 799 056

[www.gardentools.nz](http://www.gardentools.nz)



Joanna: 021 739 398

**LIFETIME GUARANTEES**

## White Star Honey

Producing Local Delectable Honey

Available from Colville General Store or direct at White Star Station / Colville Farm Holidays.

Contact Tellic 021770382 or email [wshoneynz@gmail.com](mailto:wshoneynz@gmail.com)



**Self Service Coin Operated  
Washing Machine and Dryer**

**OPEN 7 days**

Available at White Star Station / Colville Farm Holidays 2140 Colville Road, Colville Coromandel  
( 2 minute's drive, 1.7km South of the Colville General Store towards Coromandel Town)

Follow the signs at the front Gate.

\$4 per wash \$4 for 45 minutes approx drying time.

Takes \$1 and \$2 coins.



## WHATS ON IN THE NORTHERN COROMANDEL

### Regular events

Tai Chi classes	Every Monday @ Colville Hall 4:10pm
Yoga	Every Tuesday Colville Hall 10am
Aikido for kids	Every Tuesday @ Colville Hall 3.15pm - 4.15pm
Qi Gong	Every Wednesday @ Mahamudra Centre 8am
Enliven	Every Thursday 10am
Sunset Yoga	Every Thursday in term times with Vanessa @ Colville School Hall. 5 - 6.15pm

From 15 July to 15 August Mahamudra Centre will be closed for our annual winter break.

### July dates

Sun 4	MEG Winter Lecture @ Pepper Tree Restaurant 7pm
Thurs 8	Matariki celebration @ Coromandel Area School Hall Day time activities 10am -2pm, Evening Junior performance 6pm More information go to <a href="http://www.coroarea.school.nz">www.coroarea.school.nz</a>
Mon 28 June-Thurs 15 July	Nyung Nay Retreat ~ Fasting Compassion Retreat @ Mahamudra Centre

### August dates

Sun 8	MEG Winter Lecture @ Pepper Tree Restaurant 7pm
Mon 16	Daily Meditation resumes Free @Mahamudra Centre 8:30am - 9am (guided)
Tue 17	Guru Puja with Tsog @ Mahamudra Centre 4pm
Sun 22	Medicine Buddha Puja @ Mahamudra Centre 4pm

### Important numbers

111	Fire, ambulance, police emergencies needing immediate assistance
105	Police - for reporting incidents not requiring an immediate response
0800 CRIMESTOPPER	For reporting crime (anonymous)
0800 611 116	For medical advice or information 24/7
0800 787 797	Alcohol Drug Line 24/7
0508 828 865	Suicide Crisis Helpline
0800 543 354	Lifeline
0800 111 757	Depression Helpline: free text 4202
0800 688 5463	Outline
0800 376 633	Youthline
0800 764 766	National Poison Centre
07 8666 920	Colville Social Service Collective
07 8666 618	Colville Community Health Centre
07 8666 615	Colville School
07 8666 805	Colville General Store
07 8668 319	Colville Bay pre school
07 866 8702	Coromandel Pharmacy M-F 8.30am-5pm; Sat 9am-1pm