

PĀNUI

DECEMBER 2019

Newsletter of the Northern Coromandel



2311 Colville Rd, Colville, 3584

PHONE: 07 866 6920

cssc@colville.org.nz

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

Closed THURS

panui@colville.org.nz

www.cssc.net.nz



A note from the editor

Kia ora, wishing everyone a very happy and peaceful Christmas and New Year.



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 Offices (not PDFs). Or post, or drop contributions into CSSC.

Deadline for the next issue:

Sun 8 DEC.

This will cover Jan & Feb.

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

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

Contact Information

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Email: cssc.net.nz

2311 Colville Road, Colville, 3584

Hours:

Mon-Weds 10am -3pm

Thurs Closed

Fri 10am-3pm

Closed for lunch 12.30-1pm

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csscordinator@colville.org.nz

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community.worker@colville.org.nz

021 057 2176

Phone/email/drop in to make an appointment (available Tues & Fri)

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cdw@colville.org.nz

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chccordinator@colville.org.nz

021 237 8678

Youth Group - Elizabeth Mitchell &

Nathan McCauley

youthgroup@colville.org.nz

Pānui editor- Kate Shelley

panui@colville.org.nz

The Colville Project Spring raffle was won by Mark from Colville
Thank you to Hereford 'n' a Pickle for displaying and selling tickets.

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

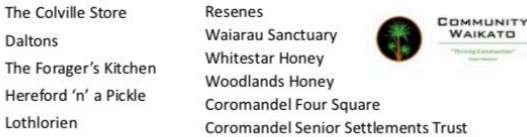
CSSC Main Funders



CSSC Funders



CSSC Supporters



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

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
csscordinator@colville.org.nz

CSSC's Community Worker

Many of you will know our Community Worker, Peter Selwyn. Peter's normal days of work are Tuesday and Friday 10am to 3pm. Peter can provide assistance with advocacy, advice and guidance, including:

- Advocacy with agencies, such as MSD (WINZ)
- Obtaining advice through networks and research
- Referral to other support services.

If you would like Community Worker assistance, we encourage you to make an appointment to ensure he is available to help when you come in – just call 8666 920, email communityworker@colville.org.nz or drop in to make an appointment.

Please don't visit Peter in his home for Community Worker support.

If you are needing urgent support, please refer to the numbers on the back page of the Panui.

Youth Group update

YG finishes Dec 9.

starts again - term 1, 2020.



Thanks to all the parents/whanau who have volunteered their time. A big thank you to Debbie Dixon & Peter Selwyn for helping with the tennis coaching.

OP SHOP NEWS

A reminder to please, please, please NOT leave items outside CSSC. We can only accept items in good condition - clean, folded and without damage. We also don't have space to accept furniture. Leaving other items costs us time and money to dispose of them. Thank you.



COLVILLE HARBOUR CARE
Te Umangawhā o Ngā Waka

Growing more trees at the nursery



We are filling up the nursery again with seedlings that will be ready for planting next winter. Keep an eye out for ways you can help and follow us on Facebook for more regular updates @colvilleharbourcare

Want to plant trees at your place?

We are looking for planting sites for next winter. Planting season is May - September. If you have areas of headwaters, river margin, wetlands or steep erosion prone land that you would like to plant, please get in touch.

Contact Beth at CSSC (Wed-Fri):

p- 07 866 6920

e- chccoordinator@colville.org.nz

Rodent Trapping Results

Check out the 2019 Trapping tally from our 357 traps around Colville Bay. We have noticed

Rats	177
Mice	716

2/3 of the rats we are catching are ship rats which are good at climbing trees and mostly live in the bush. The other 1/3 are Norwegian Rats, which are larger and live in burrows in the ground.

Pōhutukawa



Pōhutukawa is a member of the large myrtle family, with 3000 species including eucalyptus, guavas, feijoa, manuka, kanuka and swamp maire. The natural range of pōhutukawa is from the Three Kings Islands to latitude 39°S (Tokomaru Bay in the east and just north of Taranaki in the west). **Propagation:** Collect seeds from dry flowers in March/April. Sow as soon as possible. Scatter thin layer of seeds onto seed raising mix, cover with a thin layer of fine soil and water lightly. Keep humid by covering tray with damp newspaper until germination. Transplant when seedlings are 5-10cm high.

CONGRATULATIONS !

to Miro and Zana Edwards on the birth of beautiful baby girl

Esmé Miriana Edwards

born on October 9 2019 in Whangarei



The Colville Project

www.thecolvilleproject.nz

We held four Community Consultations over the weekend of 16th17th November at Papa Aroha Fire Station, Colville Hall, Waikawau Woolshed and Tangiaro Kiwi Retreat. Thank you to the venues for the use of the space. Thanks to all who attended the sessions, your input and energy throughout the weekend was much appreciated. We will collate all the feedback and provide a summary in due course. We greatly appreciate all the work and support that our communities do for the project and recognize that we can't do it without you. A heartfelt thank you to everyone, you are truly awesome.

Here are a couple of photographs from the weekend for those who missed it.



Heatstroke and dehydration

As we are all out and about this summer with the scorching temperatures, we are at risk of dehydration and heat stroke. It is important to watch out for signs of paleness, thirstiness, dry mouth, dizziness and headaches. The easiest way to prevent dehydration is by drinking plenty of water, at least 8 glasses of liquid a day ideally! It may also help to take breaks in the shade, wear lightweight clothing and trying to keep sun exposure times to the morning and late afternoon if possible.

Heat stroke can happen when you are exposed to high temperatures for a period of time, this also includes when children are left in hot cars during the summer!

If you do find yourself or a loved one with signs and symptoms of dehydration or heatstroke, the most important thing is to cool down. This can be by going into the shade, drinking more water, immersing in cold water or applying icepacks to the neck, back and armpits. All of this is to try and lower the body temperature. If you find that the heat stroke is severe or not improving, the best thing to do is to get medical advice so that we can avoid complications and trial more methods of cooling down.

Finally, thank you all for welcoming me into your community I had a wonderful time here.

Shivon (Training Intern at Colville Community Health Centre)

Coromandel Town Information Centre

Sandra Wilson Manager

I must start this month's article with a huge thank you to everyone who supported our White Elephant Sale fundraiser for the Centre: The team of staff and volunteers who arranged it, set up on Friday and volunteered their time again to man the sale; those within the community that also offered their time in setting up and manning the stall; Driving Creek Railway, The Waterworks, Four Square, Tara's Beads, Admiral's Arms Hotel, Wharf Road cafe, and Briar van Dort for their vouchers and goods for our raffles; and Jean Ashby and the crew for helping with setup and takedown. All unsold goods were donated to the Goldmine and the Bizarre. We made an astounding \$1900, which will enable us to purchase new equipment for our centre as well as helping with advertising costs. I hope you were able to find some great bargains and special treasures!

Keep an eye out for our Town Crier; you may see and hear him in town during the summer months announcing all sorts of activities and events.

If you have friends or family staying let them know about us. We can book their activities, accommodation, advise them on our walks and everything there is to do whilst they are here. All that and free maps, too. We are open every day 10.00am – 4.00pm (closed Christmas Day) time will change. Your overseas visitors can also pay by crypto pay when booking here at the Centre, thereby avoiding credit card fees.

Our Boom, Bust and Beyond guided walking heritage tours are going strong. Over the summer months morning and afternoon tours will be available. Don't miss out; book early. The tour takes 90 minutes. Great as Christmas gifts for your family and friends. Vouchers are available at the Centre.

Don't miss the pantomime, Robin Hood, on **6, 7 and 8 December**. We have tickets available here at the Centre.

Christmas in the Park will be on **Saturday 7 December**, starting at 3.00pm with the Santa Parade through town and then music, stalls, games, and craft making at Coromandel Area School field until 7.00pm. Come along, bring your picnic and chair/rug or buy food at the stalls. A great family-friendly, fun event to be enjoyed by all.

Also planting for the produce fair February 17th 2020 another fundraiser for the Information Centre. Check out the Chronicle for further details.

I would like to, on behalf of our team at the Information Centre wish everyone a safe and peaceful festive season.

Open 10am - 4pm. Ph: 07 866 8598 or 027 521 5560 Email: coroinfo@xtra.co.nz

Website: www.coromandeltown.co.nz Follow us on Facebook:

Coromandel Town Information Centre.



COLVILLE
COMMUNITY HEALTH TRUST

Hello everyone!

There is lots of Health Trust news this month. I'll start with a tiny piece of bad news - our **Cake Competition will be postponed until mid-summer**...but this is also good news, as now you have more time to practice! Our Quiz Night at The Forager's Kitchen was great fun, with the entry fee and proceeds from a raffle going towards the Building Fund. Congratulations to the winning team and to the winner of the trailer load of firewood kindly donated by Tommy Herbert. A huge thank you to the team at The Forager's for welcoming in organisations such as ours to do their fundraising events.

Good news on the funding front as well...with the JL Campbell Residuary Trust giving us a grant to use toward Health Centre supplies, and the Coromandel Independent Living Trust giving us a generous donation from the funds remaining in the Coromandel Bizarre Trust on its closure. A heartfelt thank you to both organisations, and to all funders and community supporters who keep us going.

A final thought - our wonderful Brenda Carson has laid down her Trustee role, and we are looking for one or more new trustees. If you have skills and experience with community organisations, and particularly if you have financial management and oversight experience, we would like to hear from you!



COLVILLE COMMUNITY HEALTH CENTRE

2299 Colville Rd, RD 4, Coromandel 3584

Phone 07 8666618. Fax 07 8666619 Our txt number for the clinic is 4335

Mon Tues & Thurs 9.00am – 5.00pm / Wed 10.00am - 5pm Fri 9.00 am – 4.00 pm

4th & 18th December 10.00am - 1pm - GP Clinic at Port Charles

For 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

Remember - If it's an emergency, dial 111



Kia ora koutou

We had a trip to Thames today and the pohutukawa were starting to flower – bringing a sense of summer holidays and warmer weather. Doesn't our coastline look wonderful when these trees are out in full boom?

Remember to be "sun-smart" as you enjoy the warm holiday weather. Keep out of the sun during the hours of 10 to 4 and cover up well if you can't avoid it. Enjoy the sun during the earlier and later parts of the day – remember some sun is vital to replenish our Vitamin D. It's a good idea to keep sunscreen and a hat with you at all times as a 'glum' day can quickly become a burning day. Keep some water handy too as it is important to keep your fluid levels up.

As Christmas fast approaches we ask people to seek renewal of prescriptions early - we prefer script requests to be 48 hours in advance. Appointments need to be made in advance as well. Remember we have no students currently, so it is harder to get appointments on the same day as you call. If you can't get in to Dr Kate, it's a good strategy to book

With the nurse on a day that Dr Kate is in the clinic so she can be consulted if need be.

If you are going away for the holiday period, double check you have got ample supplies of your meds, and remember to take your inhalers and insulin. We find they are often forgotten when people are racing to get away on that holiday!

A reminder that we **will be closed Christmas eve, Christmas day, Boxing day, and the 27th of December.** We will also **close for the 1st, 2nd and 3rd of January.** If you require medical care during that time, call the clinic 866 6618, and follow the instructions from the voice message.

Remember in an emergency call 111

Hoping you enjoy some special moments with those you love this holiday season.

Meri Kirihimete - Merry Christmas

The team at Colville Community Health Centre.



Mahamudra Centre for Universal Unity



DECEMBER NEWS ph 07 866 6851

www.mahamudra.org.nz

With the end of the Vajrasattva Retreat we are reminded that change is the only constant, as we say farewell to those that have travelled far to participate in the retreat as well as to the many volunteers that help to make it all possible. We hope that they are all touched by the beauty of Mahamudra and the surrounding Coromandel and that the benefits will remain for a while and ripple out as they return to their ordinary lives.

The centre will open to the public on the 5th December. Please visit and stay a while. The guided meditations will start on Monday **9th December** in the Gompa, please check website for times – all welcome.

The **21st December** is the Lama Tsongkhapa Day, this year is the 600th year celebration of Lama Tsongkhapa's parinirvana. We will be celebrating by holding our "Community Lunch" at 12pm followed at 3pm by prayers in the Gompa.

Reflecting on Christmas I came across these words from Lama Yeshe;

"When we see each other again on Christmas Eve for the celebration of Holy Jesus' birth, let us do so in peace and with a good vibration and a happy mind. I think it would be wonderful. To attend the celebration with an angry disposition would be so sad. Come instead with a beautiful motivation and much love. Have no discrimination, but see everything as a golden flower, even your worst enemy. Then Christmas, which so often produces an agitated mind, will become so beautiful.

The Summer Program retreats offer a variety of topics and levels for those with "an open heart and a desire for a happy life".

For information and to register please visit our website.

- ✚ "Green Tara Lam Rim Retreat" - **12 - 17 December 2019**
- ✚ "Cultivating Shamatha and Bodhichitta" - **10 – 15 January 2020**
- ✚ "Transforming problems into happiness" **24 - 26 January 2020**
- ✚ "The essence of Buddhism" - **31 January to 9 February 2020**
- ✚ "The 16 guidelines for a happy life" - **14 - 16 February 2020**
- ✚ "Cultivating Shamatha and Emptiness" - **21 – 26 February 2020**

His Excellency Kyabje Ling Rinpoche will be visiting Mahamudra in **March 04th to 10th 2020**; it is a great honor to have him visit our centre. The schedule yet to be confirmed, we are hoping that it will provide an excellent opportunity for the local community to join us.

- We are still on the hunt for someone to help with leading simple guided breath awareness meditations (@7am and/or 7pm) or supportive stretching classes, Saturday to Wednesday 11 – 15 January or 22 – 26 February 2020. Any queries for these and other opportunities to spend time at Mahamudra and serve please contact us via <https://mahamudra.org.nz/or/retreat@mahamudra.org.nz> or (07) 866 6851.

In between the retreats we welcome visitors to circumambulate the Stupa; enjoy the grounds; visit the Gompa; shop ; library and join us for a meditation or a cup of tea. Accommodation bookings can be made through our website.

Thank you ; Jaki Chalmers and Jan van der Vliet



Colville General Store

December Opening hours

8.30am - 5.00pm

CLOSED CHRISTMAS DAY

8.00am - 7.00pm from Boxing Day



It's almost here.....Summer. Deliveries are flowing in the back door, the tourists seem to be arriving early and we are in the middle of renovations!! The store staff are busy preparing for the new Zero Waste room. Bring your bags, jars and containers from home to avoid any new packaging. Paper bags are available for a small cost. If you are bringing a jar or container, don't forget to give it to counter staff to weigh first.

Don't forget we have refills of shampoo, conditioner, dishwash and laundry detergent (ask staff) and if you are completely packaging free, we have shampoo bars for humans and dogs!

A little late in its arrival; our coffee machine has finally arrived. On days the two cafes are closed, the store will be selling fresh coffee. It's mainly for winter but we may be able to offer it at other times depending on how busy we are. It's simply black or white and not too many frills but hey, it's coffee!

A new shipment of Mongolian wool socks and slippers has arrived so if you missed out on your size, we have them back in stock now. And yes, the are still proving to be the warmest socks EVER! Get yours now to avoid the summer rush.

Wishing you an enjoyable quiet time for a few weeks at least.

The Colville Store staff.

Colville Bay Pre-School



Wishing you all a safe and happy holiday!

We look forward to seeing you next year!

Our start date for Term One 2019 is Tuesday 4th of February.

Best wishes from the team.

Phone - 07 8668319 Email - colvillebay.elc@xtra.co.nz



Colville Bay Pre-School wishes to thank everyone who supported our recent raffle. Congratulations to Bryce and Carolyn on winning the Patu which was beautifully hand-carved by Jamol Bodger.

Back Room Gallery Season 2019 Opening

The Back Room Gallery is now forging ahead for their 2019/2020 season. Currently the gallery is undertaking a makeover, with a fresh lick of paint courtesy of Steve Carson! This concept in itself is exciting. The gallery will be celebrating their season opening on Friday the 13th December, from 5.30pm to 8.00pm, with drinks and nibbles and a chance to meet the artists, and early bird purchases will be available. Forager's Kitchen will also be open, so you can make a night of it! With Christmas around the corner, the Back Room Gallery offers many unique gift ideas with vouchers also available, so Xmas shopping in Colville has never been easier! For further information, including current opening hours, follow their Facebook page @backroomgallery or contact: Steve Carson stevecarson29@gmail.com 021 711489 or Hannah White hann.white@gmail.com 021 028 66011.



Colville Toilets

Sometime between 6th - 8th November our toilets were vandalised again. Some sad muppet came prepared with bolt cutters and stole 6 half used toilet rolls and rendered the holders useless for now.

If anyone has seen or sees anyone behaving oddly around the toilet area, please contact me on 07 8666 808.

Thank you, Meryl Johnson.

Colville Hall Electrical Upgrade Completed.

Great news for the community - the electrical upgrade for the Colville Hall has been completed. We now have an upgraded and 'certified' new system that has everything clearly marked on the power box. We have installed a 'quiet' pump so the toilets fill quickly and the water pressure stays good for the fire hose and for the kitchen. We have improved the lighting and separated the lights into 5 different banks easily identifiable and easy to use.

The kitchen has new lighting over the sink and over the preparation table along with a set of new plugs. The 3 phase power has been divided amongst the sections so that we don't get any buzzing cross over noise or blown fuses. There are inputs installed for the sound and lighting desks and also inputs on the western wall for the stage gear.

And best of all for patrons we now have some excellent air conditioning units for cooling you down in a packed summer hall, or for heating you up in the cold winter days.

Colville School News

Wow, so far this term has been one to remember! It started with the culmination of Tuia 250. After months of preparation, and a few dramas along the way, we took part in an incredible powhiri at Wharekaho. Tamariki from across the Coromandel Peninsula preformed haka and waiata; it was awesome to be part of this historic occasion. A HUGE thanks must go to Ngati Hei, Tamati Bryers and all those who endeavoured to focus positive attention on Maori and Pakeha having a 'shared future'. You have been inspiration to us all.

Next came our school adventure, which included staying at a thermal pools resort, op-shopping, bush trekking, space exploration, an inside-and-out tour of Karapiro Dam as well as competing in this years edition of the Amazing Race. Unfortunately, due to a spell of rough weather, just hours before it was due to commence, the Amazing Race was postponed. This meant we had to make the hard call on whether or not to extend our school adventure an extra day. Luckily students, parents and teachers banded together and found a way to make it possible. The kids were "amazing" and competed in the race with true grit, determination and outstanding teamwork. We're super proud to report that team Colville Canons, comprising of Riley, Isla, Levi, Wyatt, Meadow, James, Zoe and Piri WON the Year 7 & 8 category, beating entries from 35 other schools from around the Waikato! This win is a credit to not only the students, but parents and teachers who continually provide lessons and challenges that explore and encourage the positive potential when working together for a common goal. Ka Mau Te Wehi kids!

Lastly, a big thanks to Kelvin and the team at Coromandel Area School for hosting athletics day. Well done to Meadow, Levi, Leila and Kiahui who will be competing in Paeroa at the Thames Valley Athletics Competition. They will be up against the very best athletes of our region.

Ra Edleson



Class in full dab following a thrilling tour through the Karapiro Dam.

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

**Coro Refuse & Recycling Centre,
& Goldmine shop.**

Hours:

Mon, Wed, Fri, closed

Tues & Thurs: 11am - 4.30pm

Sat & Sun: 11am - 5.30pm

Public hols: 11am - 5.30pm

*Northern Coro Rubbish
Collections for
December*

Tues 3



Tues 10



Tues 17



Tues 24



Please leave blue rubbish bags on the ground, do not overfill green bins of glass, swap your broken/cracked bins at the Coro Council Office. Thank you.

COLVILLE DOGS BIRTHDAY BASH

Otautu Beach Wednesday 4pm

27 November (high tide 8.35)

Family fun, BYO picnic and refreshment.

Spot prizes, shared dog's birthday cake.

Sponsor Might Mix dog food.

Supporter Four square
Coromandel

Hauraki House Gallery

**Exhibition
'IN TRANSIT'**

Daily 10 am - 4 pm

until Sunday 11 March

Kapanga Rd, Coromandel

**COLVILLE MUSIC CLUB
Xmas Fundraiser**



**Saturday
December
21st**



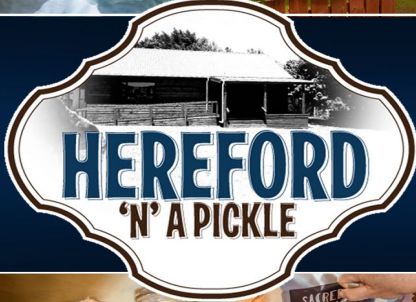
**6 pm
kick off
at the club**



COLVILLE LAWNNS

For your lawn care

Seamus Ebbs colvillelawns@gmail.com



With the festive season fast approaching we have something for everyone from Christmas cakes, gift packs & vouchers, and local arts and crafts. Or just pop in to treat yourself.

We will be open every day over summer



Relax & Revive Coromandel

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
Ph 021 268 6198



HIMALAYA SHOP

Hi everyone,

We'll be open every day from 10 - 4pm. 'till Xmas, after then from 10 - 5pm.

Have an awesome Christmas and an even better New Year. RobNet

07 8666 865 or 021 139 7838 robnet@yahoo.com

Looking for a midwife?



Carey Aburn and Sheryl Wright are experienced midwives living in the beautiful Northern Coromandel. We cover the upper and western side of the Coromandel peninsula from Port Jackson to Waiomu Bay, including Colville & Coromandel Town.

Moehau Midwives

Phone (022) 500 1310 www.birth.net.nz moehau.midwives@gmail.com



Do you love Honey?

Pre Order your Bucket of Bush Blend Honey now for the upcoming season.

14kg buckets of Raw Unpasteurized Bush Blend Honey \$90 each.

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OPEN 7 days

Available at White Star Station / Colville Farm
Holidays 2140 Colville Road, Colville Coromandel
(2 minutes 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.





J.K.L Contracting Ltd.

LBP Registered – Licensed Builder

Contact: Jamie Butler

022 6728 298 or 021 1602 295

Jklbutler7@gmail.com

Maintenance Decks

New builds Renovations (small or large)



D & K HOME IMPROVEMENT HANDYMAN

Ph. David Porter 027 224 8925

email: davidkim@colville.org.nz



Bryan: 021 799 056

www.gardentools.nz



Joanna: 021 739 398

LIFETIME GUARANTEES



The Forager's Kitchen

2314 Colville Road, Colville

07 8666 697

theforegekitchen@gmail.com



Hi All, we are back on deck and have wonderful new menu items for this season.

We look forward to seeing you all again.

Mon -	Closed
Tues to Sun -	9am to 4pm
Friday -	9am to 9pm

BYO Licensed

Community Law Waikato

TE TAU TONGA - A HANGURI O WAIKATO

Part of the National Community Law Network



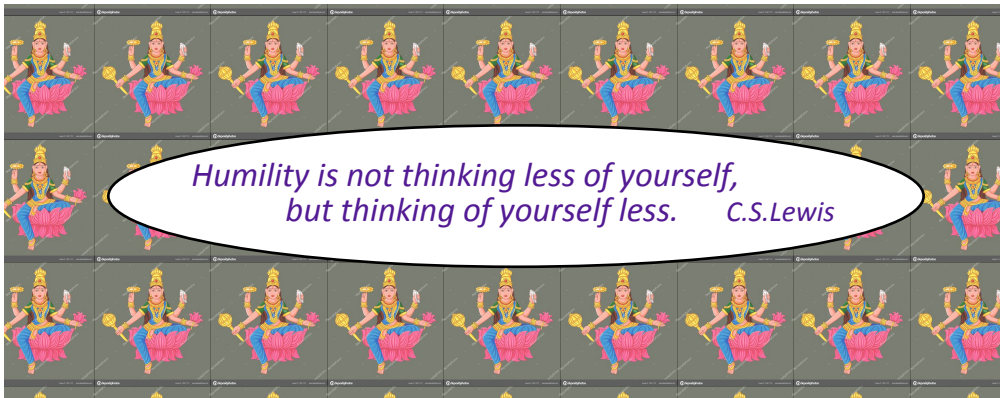
Free Legal Services*

(*Eligibility Criteria applies)

ph: 0800 529 482

visiting Thames
fortnightly

12.30 - 2



*Humility is not thinking less of yourself,
but thinking of yourself less. C.S.Lewis*

WHATS ON IN THE NORTHERN COROMANDEL

Regular Events

- Tuesdays Yoga, Colville Hall 10am.
- Thursdays Enliven, CSSC.

December Events

- Fri 6 - Robin Hood Pantomime. Hauraki House 7pm.
- Sat 7 - Robin Hood Pantomime. Hauraki House 6.30pm.
- Sun 8 - Robin Hood Pantomime. Hauraki House 1.30pm.
- Sat 7 - Santa parade followed by Christmas in the park. 3pm.
- Thurs - 12 - 17 Green Tara Lam Rim retreat . Mahamudra Centre.
- Fri 13 - Back Room Gallery, Colville opening 5.30 - 8 pm.
- Sat 21 - Free community lunch, Mahamudra Centre, Midday.

IMPORTANT NUMBERS

- 111 Fire, ambulance, police emergencies needing immediate assistance
- 105 Police - for reporting incidents not requiring an immediate response
- 0800 CRIMESTOPPERS 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