

# My Community — Bupa NZ



## Immigration New Zealand — Information for New Migrants

Immigration New Zealand offers free information service for all new migrants, available throughout the country.

You can call the Immigration New Zealand Contact Centre on:

Freephone: 0508 558 855 (NZ fixed landline only)

From overseas or a mobile phone: +64 9 914 4100

Email: [newmigrantinfo@mbie.govt.nz](mailto:newmigrantinfo@mbie.govt.nz)

## Information in YOUR language

Language Assistance Service is a free government service available in over 300 languages, that you can use for talking to any participating government.

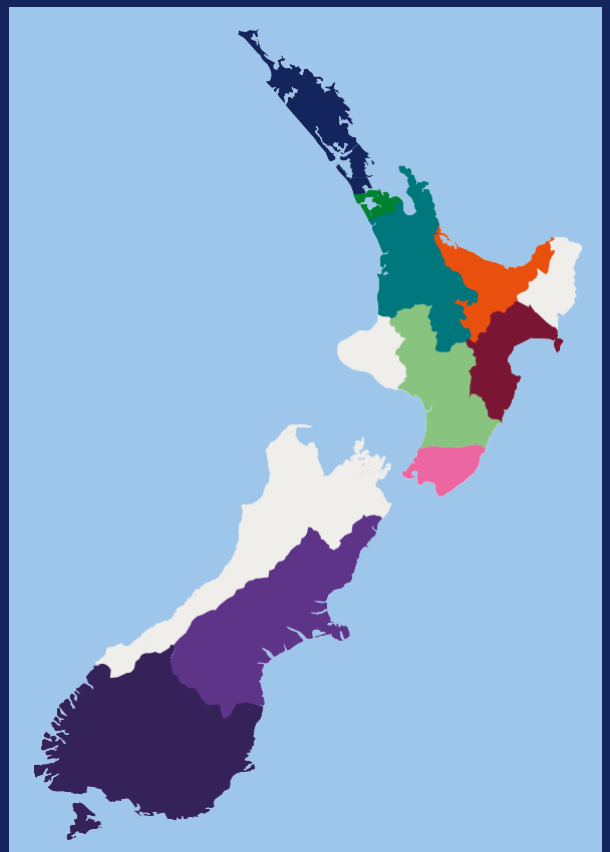
If it's helpful to have something repeated in your first language, please contact Language Assistance Services (LAS).

[Help in your language](#)

## Settling in

Moving to a new country is a big life change that involves a lot of adjustments. With a lot of new adjustments there can be some culture shock that happens with arriving in a new country.

This [link](#) explains the different emotional stages of emigrating to a new country.



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# Northland Region

The Winterless North

# Northland Region

Northland is often referred to as “The Winterless North” due to its subtropical climate and beautiful beaches. The Northland Region of New Zealand stretches from Auckland to the very top of New Zealand.

Read more about what Northland has to offer here: [Northland Region](#)

## Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB Far North](#)

[CAB Whangarei](#)

[CAB Dargaville & Districts](#)







## Northland Community Support Organisations

Organisation	What they offer
<a href="#"><u>The Whangarei District Council</u></a> >	<ul style="list-style-type: none"><li>• Support networks</li><li>• Cultural groups</li><li>• Key services</li><li>• Seminars</li></ul>
<a href="#"><u>Multicultural Whangarei</u></a> >	<ul style="list-style-type: none"><li>• Workshops</li></ul>
<a href="#"><u>ECALD</u></a> >	<ul style="list-style-type: none"><li>• Cultural appropriate health &amp; social services</li></ul>
<a href="#"><u>Northland Community Services</u></a> >	<ul style="list-style-type: none"><li>• Tax department</li><li>• Post shops &amp; locations</li><li>• Family services</li><li>• Safety &amp; Police</li></ul>
<a href="#"><u>Immigration Northland Education</u></a> >	<ul style="list-style-type: none"><li>• Educational opportunities</li><li>• Playgroups, early childhood, primary, secondary &amp; tertiary education</li></ul>



## Interesting Websites and Blogs

Website	What they offer
<a href="#"><u>Good Ground</u></a> >	A blog to explore various options for Northland schools
<a href="#"><u>Wiki</u></a> >	List of schools in the Northland Region
<a href="#"><u>Northland NZ</u></a> >	Tourism page for Northland — Fun things to do!



## Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#">Merrivale</a>	>	Whangarei	CH/RV
<a href="#">Totara Gardens</a>	>	Whangarei	CH/RV

CH - Care Home   RV - Retirement Village





# Auckland Region



The city of opportunity

# Auckland Region

Auckland is the most ethnically diverse region in the country having over than 200 different ethnic identities and more than 120 languages.

Auckland is known as a city of opportunity.

Read more about what the Auckland region has to offer here:

[Discover the Auckland Region](#)

## Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB [here](#). Central locations include,

[CAB Central Auckland](#)

[CAB Takapuna](#)







## Auckland Community Support Organisations

Organisation	What they offer
<a href="#">Auckland Regional Migrant Services (ARMS) – Belong</a> >	<ul style="list-style-type: none"><li>• Support networks</li><li>• Key services</li></ul>
<a href="#">Community Groups</a> >	<ul style="list-style-type: none"><li>• Local groups</li><li>• Community programs</li><li>• Family programs</li></ul>
<a href="#">Auckland Council</a> >	<ul style="list-style-type: none"><li>• Community support</li><li>• Development activities</li></ul>
<a href="#">Healthy Auckland Together</a> >	<ul style="list-style-type: none"><li>• Local government</li><li>• Health Agencies</li><li>• NGOs</li><li>• University information</li><li>• Community interest groups</li></ul>
<a href="#">Hearts &amp; Mind NZ</a> >	<ul style="list-style-type: none"><li>• Community development</li><li>• Wellbeing Support</li><li>• Support services</li></ul>
<a href="#">Auckland Community Services</a> >	<ul style="list-style-type: none"><li>• Transport options</li><li>• Public transport</li></ul>



## Interesting Websites and Blogs

Website	What they offer
<a href="#">Wiki</a> >	List of schools in the Auckland Region
<a href="#">Auckland Guide</a> >	Guide on living and working in Auckland
<a href="#">Auckland   100% Pure New Zealand</a> >	Tourism page for Auckland — Fun things to do!

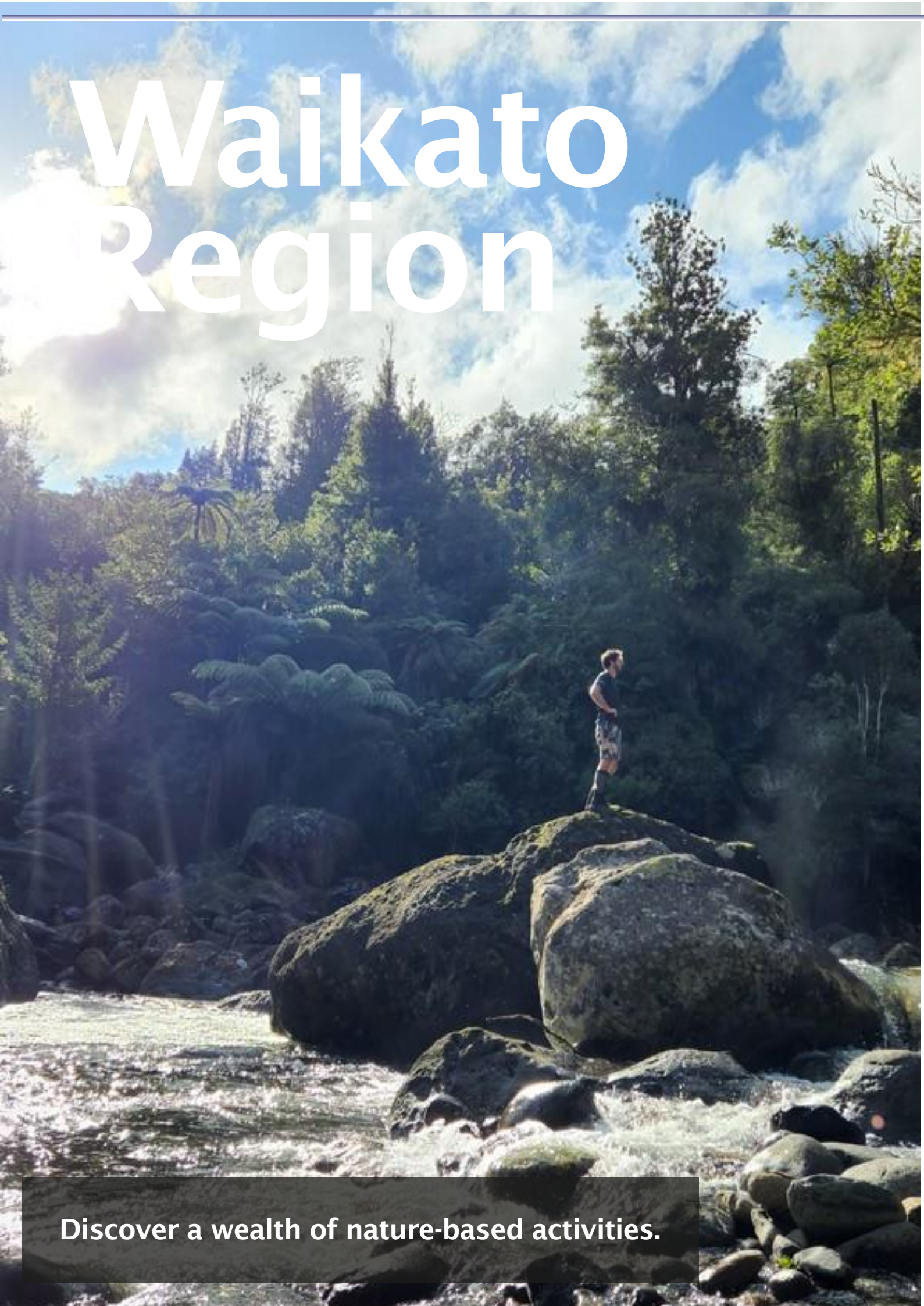


## Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#">Hugh Green</a>	>	Albany	CH/RV
<a href="#">Northhaven</a>	>	Red Beach	CH/RV
<a href="#">Remuera</a>	>	Saint Johns	CH/RV
<a href="#">Sunset</a>	>	Blockhouse Bay	CH/RV
Sunset	>	Blockhouse Bay	West Auckland Laundry
<a href="#">Erin Park</a>	>	Manurewa	CH/RV
<a href="#">Glenburn</a>	>	New Lynn	CH/RV
<a href="#">Wattle Downs</a>	>	Wiri	CH/RV

CH - Care Home   RV - Retirement Village





# Waikato Region

Discover a wealth of nature-based activities.



# Waikato Region

The Waikato region is known for its wealth of nature-based activities and attractions, as well as a vibrant city hub.

Read more about what the Waikato region has to offer here:

[Discover the Waikato Region](#)

## Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB Hamilton](#)

[CAB Cambridge](#)

[CAB Taupo](#)

[CAB Thames](#)





## Waikato Community Support Organisations

Organisation		What they offer
<a href="#"><u>Hamilton Multicultural Services (HMS) Trust</u></a>	>	<ul style="list-style-type: none"> <li>• Support networks</li> <li>• Key services</li> <li>• Advocacy for migrant communities</li> </ul>
<a href="#"><u>Settlement Centre Waikato</u></a>	>	<ul style="list-style-type: none"> <li>• Community groups and programs</li> <li>• Family programs</li> </ul>
<a href="#"><u>Information Services for Migrants</u></a>	>	<ul style="list-style-type: none"> <li>• Legal services</li> <li>• Medical providers</li> <li>• Translation / Interpreting services</li> </ul>
<a href="#"><u>Waikato Ethnic Family Services Trust (WEFST)</u></a>	>	<ul style="list-style-type: none"> <li>• Community development</li> <li>• Cultural gatherings</li> <li>• Social services</li> <li>• Family activities</li> </ul>
<a href="#"><u>Waikato Multicultural Council</u></a>	>	<ul style="list-style-type: none"> <li>• Ethnic support groups</li> <li>• Resettlement assistance</li> </ul>
<a href="#"><u>Here to help u</u></a>	>	<ul style="list-style-type: none"> <li>• Advocacy</li> <li>• Linking to government</li> <li>• Community programs</li> </ul>
<a href="#"><u>Eastern Coromandel Community Services Trust</u></a>	>	<ul style="list-style-type: none"> <li>• Support networks</li> <li>• Key services</li> <li>• Medical transport and foodbank</li> <li>• Advocacy for migrant communities</li> <li>• Budgeting services</li> </ul>
<a href="#"><u>Thames Coromandel District Council</u></a>	>	<ul style="list-style-type: none"> <li>• Community services</li> </ul>



## Interesting Websites and Blogs

Website		What they offer
<a href="#"><u>Wiki</u></a>	>	List of schools in the Waikato Region
<a href="#"><u>Waikato I 100% Pure New Zealand</u></a>	>	Tourism page for Waikato – Fun things to do!
<a href="#"><u>Schools in Thames-Coromandel District</u></a>	>	List of schools in the Coromandel!
<a href="#"><u>The Coromandel</u></a>	>	Tourism page for Coromandel — Fun things to do!



## Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#">Liston Heights</a>	>	Taupo	CH/RV
<a href="#">Foxbridge</a>	>	Hamilton (Te Rapa)	CH/RV
<a href="#">St Andrews</a>	>	Hamilton	CH/RV
<a href="#">Eventhorpe</a>	>	Hamilton	CH
<a href="#">Rossendale</a>	>	Hamilton (Enderley)	CH
<a href="#">St Kilda</a>	>	Cambridge	CH/RV
<a href="#">Tararu</a> & <a href="#">The Booms</a>	>	Thames	CH/RV

CH - Care Home   RV - Retirement Village





# Bay of Plenty Region

The image is a full-page photograph of a coastal scene in the Bay of Plenty. In the foreground, the water is a vibrant turquoise color. A person is swimming in the water, their head and arms visible. To the left, a large, dark rock sculpture of a crocodile or eel lies on the shore. In the background, a steep, rocky cliff rises from the water's edge. On the cliff face, there is a large, intricate Māori rock carving (hau) depicting a face with large eyes and a wide mouth. The cliff is covered in green vegetation. The sky is a clear, bright blue.

Beauty and lifestyle



# Bay of Plenty Region

The Bay of Plenty is a place of beautiful harbours, long white surf beaches and an easy-going lifestyle.

Read more about what the Bay of Plenty Region has to offer here:  
[Discover Bay of Plenty Region](#)

## Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB Tauranga](#)

[CAB Whakatane](#)

[CAB Rotorua](#)





## Bay of Plenty Community Support Organisations

Organisation		What they offer
<a href="#"><u>Bay of Plenty Regional Council</u></a>	>	<ul style="list-style-type: none"><li>• Support networks</li><li>• Budgeting Services</li><li>• Advocacy for migrant communities</li><li>• Key services</li><li>• Medical transport and foodbank</li></ul>
<a href="#"><u>Newcomer's Network</u></a>	>	<ul style="list-style-type: none"><li>• Migrant information</li><li>• Support services</li></ul>
<a href="#"><u>Multicultural Tauranga</u></a>	>	<ul style="list-style-type: none"><li>• Community interest groups</li><li>• Development activities</li></ul>
<a href="#"><u>Tauranga Library</u></a>	>	<ul style="list-style-type: none"><li>• Local government</li><li>• Health Agencies</li><li>• NGOs</li><li>• University information</li><li>• Community interest groups</li></ul>
<a href="#"><u>Bay of Plenty Community Law</u></a>	>	<ul style="list-style-type: none"><li>• Legal help</li><li>• Community law centres</li></ul>
<a href="#"><u>Taupo District Council</u></a>	>	<ul style="list-style-type: none"><li>• Community support</li><li>• Development activities</li></ul>
<a href="#"><u>Settlement Support Rotorua</u></a>	>	<ul style="list-style-type: none"><li>• Support networks</li><li>• Key services</li><li>• Advocacy for migrant communities</li></ul>
<a href="#"><u>Multicultural Rotorua</u></a>	>	<ul style="list-style-type: none"><li>• Community interest groups</li><li>• Social services</li><li>• Support services</li><li>• English conversation groups</li><li>• Coffee morning – networking groups</li></ul>



## Interesting Websites and Blogs

Website		What they offer
<a href="#"><u>Wiki</u></a>	>	List of schools in the Bay of Plenty Region
<a href="#"><u>Bay of Plenty   100% Pure New Zealand</u></a>	>	Tourism page for Bay of Plenty — Fun things to do!
<a href="#"><u>Rotorua   100% Pure New Zealand</u></a>	>	Tourism page for Rotorua — Fun things to do!





## Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#">Accadia Manor</a>	>	Tauranga	CH/RV
<a href="#">Mary Shapley</a>	>	Whakatane	CH/RV
<a href="#">Cedar Manor</a>	>	Tauranga	CH/RV
<a href="#">Redwood</a>	>	Rotorua	CH/RV
<a href="#">The Gardens</a>	>	Rotorua	CH/RV
<a href="#">Te Puke</a>	>	Te Puke	CH/RV

CH - Care Home   RV - Retirement Village



# Hawke's Bay Region

A wide waterfall cascading over a rocky ledge into a pool of water, surrounded by lush green grass and trees under a clear blue sky.

New Zealand's fruit bowl



# Hawke's Bay Region

Hawke's Bay is located on the East Coast of the North Island and is known for its bountiful orchards and vineyards.

Read more about what Hawke's Bay region has to offer here:

[Discover Hawke's Bay](#)

## Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB Gisborne](#)

[CAB Napier](#)

[CAB Hawera](#)

[CAB Hastings](#)







## Hawke's Bay Community Support Organisations

Organisation	What they offer
<a href="#">Hawke's Bay Regional Council</a> >	<ul style="list-style-type: none"><li>• Support networks</li><li>• Advocacy for migrant communities</li><li>• Key services</li></ul>
<a href="#">Parent Centres</a> >	<ul style="list-style-type: none"><li>• Parent services</li><li>• Support services</li></ul>
<a href="#">Family Services</a> >	<ul style="list-style-type: none"><li>• Community interest groups</li><li>• Social services</li><li>• Support services</li><li>• Civil services</li><li>• Ethnic services</li></ul>
<a href="#">Central Hawke's Bay Libraries</a> >	<ul style="list-style-type: none"><li>• Local government</li><li>• University information</li></ul>
<a href="#">Support Service Database</a> >	<ul style="list-style-type: none"><li>• Ethnic services</li></ul>



## Interesting Websites and Blogs

Website	What they offer
<a href="#">Wiki</a> >	List of schools in Hawke's Bay Region
<a href="#">Hawke's Bay - Things to see and do</a> >	Tourism page for Hawke's Bay – Fun things to do!



# Bupa Retirement Village and Care Home Locations

Name	Location	Type
<a href="#">Willowbank</a> >	Hawke's Bay	CH/RV

CH - Care Home   RV - Retirement Village



# Wellington Region



New Zealand's vibrant capital



# Wellington Region

Wellington is the capital city of New Zealand. The Wellington Region occupies the Southernmost part of the North Island and offers both rural and urban living.

Read more about what the Wellington Region has to offer here:  
[Discover Wellington](#)

## Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB Lower Hutt](#)

[CAB Upper Hutt](#)

[CAB Wellington Central](#)

[CAB Poirura](#)

[CAB Petone](#)





## Wellington Community Support Organisations

Organisation		What they offer
<a href="#">Greater Wellington Council</a>	>	<ul style="list-style-type: none"><li>• Support networks</li><li>• Advocacy for migrant communities</li><li>• Key services</li></ul>
<a href="#">Health Pages</a>	>	<ul style="list-style-type: none"><li>• Parenting support</li><li>• Elderly &amp; child welfare services</li><li>• Family support</li></ul>
<a href="#">Outreach Service – Volunteer Wellington</a>	>	<ul style="list-style-type: none"><li>• Community interest groups</li><li>• Social services</li><li>• Support services</li><li>• Civil services</li><li>• Ethnic services</li></ul>
<a href="#">Wellington City Libraries</a>	>	<ul style="list-style-type: none"><li>• Local information</li><li>• Local activities</li></ul>
<a href="#">Wellington Visitor Information</a>	>	<ul style="list-style-type: none"><li>• Activities to do in Wellington</li></ul>
<a href="#">Kiwi Class</a>	>	<ul style="list-style-type: none"><li>• Ethnic services</li><li>• Not for profit</li></ul>
<a href="#">Multicultural Groups</a>	>	<ul style="list-style-type: none"><li>• Multi-cultural services</li></ul>



## Interesting Websites and Blogs

Website		What they offer
<a href="#">Wiki</a>	>	List of schools in Wellington
<a href="#">Wellington   100% Pure New Zealand</a>	>	Tourism page for Wellington – Fun things to do!



## Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#"><u>Crofton Downs</u></a>	>	Wellington	CH/RV
<a href="#"><u>Stokeswood</u></a>	>	Lower Hutt	CH
<a href="#"><u>Fergusson</u></a>	>	Upper Hutt	CH/RV
<a href="#"><u>Whitby</u></a>	>	Porirua	CH
<a href="#"><u>Winara</u></a>	>	Waikanae	CH/RV

CH - Care Home   RV - Retirement Village





# Whanganui – Manawātū Region



Rich farmland, spectacular scenery and beautiful coasts

# Whanganui – Manawatū Region

Whanganui - Manawatū is located on the lower West Coast of North Island. Whanganui - Manawatū is part of the Welcoming Communities Te Waharoa ki ngā Hapori programme which aims to welcome all newcomers: recent migrants, former refugees, and international students.

Read more about what the Whanganui - Manawatū Region has to offer here: [Discover the Whanganui - Manawatū Region](#)

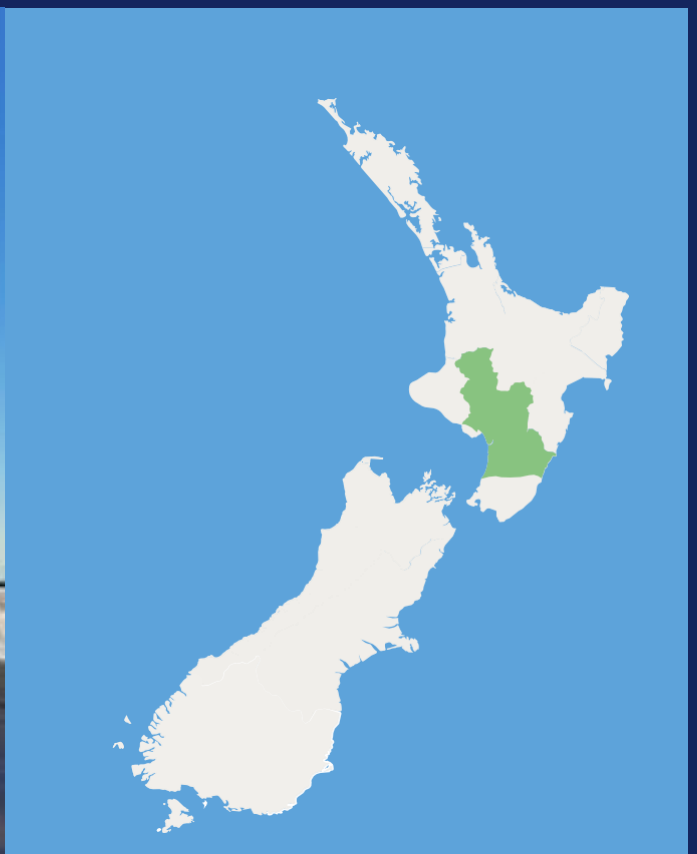
## Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB Whanganui](#)

[CAB Palmerston North](#)

[CAB Levin](#)





## Manawatū - Whanganui Community Support Organisations

Organisation	What they offer
<a href="#">The Whanganui District Council</a> >	<ul style="list-style-type: none"><li>• Support networks</li><li>• Advocacy for migrant communities</li><li>• Key services</li></ul>
<a href="#">Health Pages</a> >	<ul style="list-style-type: none"><li>• Parenting support</li><li>• Elderly &amp; child welfare services</li><li>• Family support</li></ul>
<a href="#">Manawatū Multicultural Centre</a> >	<ul style="list-style-type: none"><li>• Community interest groups</li><li>• Social services</li><li>• Support services</li><li>• Civil services</li><li>• Ethnic services</li></ul>
<a href="#">Whanganui Library</a> <a href="#">Palmerston North Library</a> >	<ul style="list-style-type: none"><li>• Local information</li><li>• Local activities</li></ul>
<a href="#">Community Law Centre</a> >	<ul style="list-style-type: none"><li>• Ethnic services</li><li>• Not for profit</li></ul>
<a href="#">Multicultural Council of Manawatū</a> >	<ul style="list-style-type: none"><li>• Multi-cultural services</li></ul>



## Interesting Websites and Blogs

Website	What they offer
<a href="#">Wiki</a> >	List of schools in Manawatū – Whanganui
<a href="#">Tourism New Zealand - Manawatū</a> >	Tourism page for Whanganui – Fun things to do!
<a href="#">Tourism New Zealand - Whanganui</a> >	Tourism page for Manawatū – Fun things to do!





## Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#">Te Whanau</a>	>	Levin	CH
<a href="#">Winara</a>	>	Waikanae	CH/RV
<a href="#">Riverstone</a>	>	Palmerston North	CH/RV

CH - Care Home   RV - Retirement Village



# Canterbury Region



**Spectacular mountains and lively city life**

## Canterbury Region

Canterbury is a region on New Zealand's South Island marked by grassy plains, clear lakes, and snow-capped mountains. Its largest city, Christchurch, is famed for its art scene and green spaces.

Read more about what the Canterbury Region has to offer here:  
[Discover Canterbury Region](#)

### Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB North Canterbury](#)

[CAB North Otago](#)

[CAB South Canterbury](#)

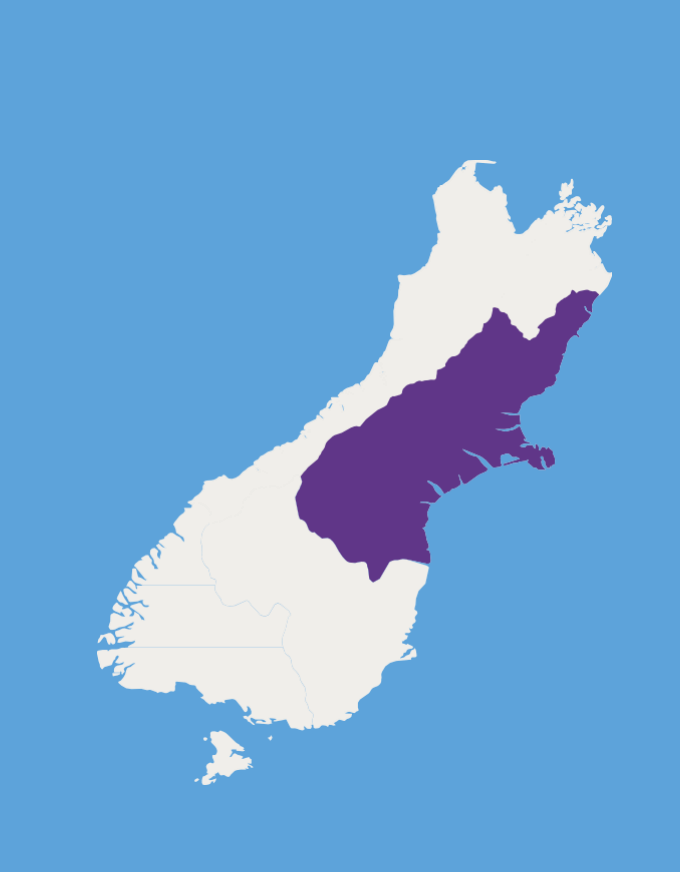
[CAB Queenstown](#)

[CAB Mid Canterbury](#)

[CAB Dunedin](#)

[CAB Christchurch](#)







## Canterbury Community Support Organisations

Organisation	What they offer
<a href="#"><u>Community &amp; Public Health</u></a> >	<ul style="list-style-type: none"><li>• Parenting support</li><li>• Family support</li><li>• Elderly &amp; Child welfare services</li></ul>
<a href="#"><u>Christchurch Multicultural Council</u></a> >	<ul style="list-style-type: none"><li>• Community interest groups</li><li>• Social services</li><li>• Support services</li><li>• Civil services</li><li>• Ethnic services</li></ul>
<a href="#"><u>Christchurch Resettlement Services (CRS)</u></a> >	<ul style="list-style-type: none"><li>• Professional services</li><li>• Wellbeing services</li></ul>
<a href="#"><u>Yellow Brick Road</u></a> >	<ul style="list-style-type: none"><li>• Mental well-being</li><li>• Multi-language assistance</li></ul>
<a href="#"><u>Information Advice</u></a> >	<ul style="list-style-type: none"><li>• Community Law centres</li><li>• Local libraries</li><li>• Parent centres</li></ul>



## Interesting Websites and Blogs

Website	What they offer
<a href="#"><u>Wiki</u></a> >	List of schools in the Canterbury Region
<a href="#"><u>Canterbury New Zealand Regional Guide</u></a> >	Tourism guide for Canterbury
<a href="#"><u>Christchurch - Canterbury 100% Pure New Zealand</u></a> >	Tourism page for Canterbury — Fun things to do!



# Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#">Bethesda</a>	>	Christchurch	CH
<a href="#">Parklands</a>	>	Christchurch	CH/RV
<a href="#">Ballarat</a>	>	Rangiora	CH/RV
<a href="#">Cashmere View</a>	>	Christchurch	CH/RV
<a href="#">Parkstone</a>	>	Christchurch	CH/RV
<a href="#">Ashford</a>	>	Christchurch	CH/RV

CH - Care Home   RV - Retirement Village





# Southland Region



Unmatched beauty in a natural playground

## Southland Region

Southland is the country's southernmost region. It's known for Fiordland National Park, home to snow-capped mountains and fjords like the famed Milford Sound. Southland is renowned for its unmatched beauty which provides a natural playground.

Read more about what Southland has to offer here: [Discover Southland](#)

### Citizens Advice Bureau locations

The Citizens Advice Bureau is a helpful external organisation that can help you understand your rights in New Zealand, find your local CAB here:

[CAB Invercargill](#)





## Southland Community Support Organisations

Organisation	What they offer
<a href="#"><u>Welcoming Communities Programme</u></a> >	<ul style="list-style-type: none"><li>• Support networks</li><li>• Key services</li></ul>
<a href="#"><u>Southland District Council</u></a> >	<ul style="list-style-type: none"><li>• Support networks</li><li>• Advocacy for migrant communities</li><li>• Key services</li></ul>
<a href="#"><u>Southland Multicultural Council</u></a> >	<ul style="list-style-type: none"><li>• Community interest groups</li><li>• English conversation groups</li><li>• Social services</li><li>• Support services</li><li>• Coffee morning - networking</li></ul>
<a href="#"><u>Information Services</u></a> >	<ul style="list-style-type: none"><li>• Local information</li><li>• Immigration advice</li><li>• Justice of Peace</li><li>• Budgeting &amp; financial services</li></ul>
<a href="#"><u>Community Law Centre</u></a> >	<ul style="list-style-type: none"><li>• Legal help</li><li>• Community law centre</li></ul>



## Interesting Websites and Blogs

Website	What they offer
<a href="#"><u>Wiki</u></a> >	List of schools in Southland
<a href="#"><u>Southland, New Zealand - Invercargill &amp; Queenstown Tourism</u></a> >	Tourism page for Southland — Fun things to do!





## Bupa Retirement Village and Care Home Locations

Name		Location	Type
<a href="#">Windsor Park</a>	>	Gore	CH/RV
<a href="#">Ascot</a>	>	Invercargill	CH/RV
<a href="#">Longwood</a>	>	Riverton/Aparima	CH/RV

CH - Care Home   RV - Retirement Village

