
Our Services

Partnership Community worker (PCW):

Clients are referred by GPs, mental health service, or self
Especially for Maori, Pacific and low income peoples
PCW identifies barriers clients have to accessing healthcare, e.g. language, transport, isolation, mental health, financial
Clients are assisted to access health services, e.g. benefits, GP and specialist appointments, transport, housing and cultural support
Clients will be referred on to other providers as needed

Meals on Wheels:

Clients are referred by their GP
Clients must be unable to prepare their own meals, e.g. physical, mental health or aged disability
Canterbury District Health Board subsidises the cost if clients meet their criteria
Meals can be delivered hot or frozen
Special dietary needs can be catered for
Meals are delivered Monday to Friday except on public holidays
Anyone may purchase frozen meals from Community Care Lincoln, no GP referral needed.

Nurse Maude continence supplies:

Clients order their own supplies from NMA supply shop in Christchurch
Delivered to Nurse Maude at Lincoln on the first Tuesday of the month
Pick up from Community Care Lincoln reception from Wednesday onwards.

Brolly (Continence) Sheets:

Sizes suitable for children and adults, a variety of colours
12- month guarantee
Purchase at wholesale rates
Hire for short-term purposes
Other items such as mattress and pillow protectors, chair pads

Mobility Equipment Hire

Wheelchairs, crutches, shower stools, commodes, walking sticks, raised toilet seats, walking frames, reacher/pick up tools, nursery equipment (porta cot, high chair)
Modest hire rates
Short-term hire only, e.g. immediately after discharge from hospital until professional services commence; holiday visitors to Selwyn

Lincoln Share and Care (Home Share) – Day Care Programme:

Weekly on Tuesdays, from 10 am to 3 pm
Held at Community Care Lincoln, 16 Lyttelton Street, Lincoln
For elderly persons experiencing loneliness, needing companionship, social interaction
Clients are referred by GP or other health professionals, and assessed for suitability by the funders, Presbyterian Support Services
Service is free to the client
Regular activities, outings, two-course meal provided

SAYGo Falls Prevention Exercise classes

Weekly on Wednesdays, from 1:30 pm to 2:30 pm at Community Care Lincoln

Visitor Service

For anyone experiencing loneliness, needing companionship or social interaction
Trained volunteers are available to visit clients in their home to share a cuppa and friendly conversation.

Appointment Driver

Volunteer drivers are available to take clients to a doctor or hospital appointment. Clients can be collected at their home returned back home after their appointment.

Driver Mentoring

A trained instructor will help drivers gain confidence and skills and assist them to reach the level required for them to pass their restricted drivers test. Clients will need their Learners Licence and a vehicle with a current Registration, Warrant of Fitness and Insurance.

Educational Seminars for International Peoples/New Residents

Topics such as 'How to get an IRD number'; 'How to access health services'; 'Motor Vehicle regulations'; 'Budgeting'; 'Tenancy obligations'

Free Educational Health Seminars:

Information delivered by professionals on health-related topics.

Mainly during specific 'focus' weeks, e.g. Alzheimer's, diabetes, stroke, muscular dystrophy

Lead the Way: (Sharing experiences: Developing Skills)

A free service for those wanting to become more self-sufficient by learning new skills

Clients can self-refer or are referred by GPs, health providers, churches, education facilities, family

A coordinator oversees the programme, discussing client needs and matching with appropriate

volunteer mentor. Mentors are Police checked and receive training.

Mentoring is available one on one or in workshop settings

Mentors help clients with life skills such as cooking on a budget, vegetable growing, preserving,

handcrafts, general handyman tasks, driver confidence, whatever the need

Senior Exercise Group

For anyone over the age of 60

Held at Lincoln University Rec Centre every Monday and Thursday 10am to 11am, except for public holidays

Run by a qualified personal trainer

Very modest annual cost for LCC members

Lincoln Walking Groups

Two Groups open to LCC members (participants are required to join LCC for a small annual fee)

Walks are held Tuesday and Wednesday mornings, they alternate between Lincoln and further afield.

International Support Groups

We have a number of other groups aimed at helping International Students and their families to gain new skills and meet new people.

Walking group – every Wednesday at 1 pm from the Recreation Centre (University Gym)

Instructor Penelope will take participants for a 45 minute walk around the campus. Wear comfortable footwear and bring a drink bottle, friends and family also welcome.

New Skills - we have mentors who can teach new skills such as sewing, baking, knitting, gardening.

Conversational English

Every Thursday from 4:30 pm to 5.30 pm at Lincoln Community Care, 16 Lyttelton Street, Lincoln.

We welcome international people of all ages and cultures, no matter where they reside.

Join our friendly Volunteer facilitators who will select a different topic to discuss each week to generate social conversation.

A gold coin donation to Community Care Lincoln is requested for some services.

*For any of these services or more information please contact
Community Care Lincoln phone 03 325 2007*