

What are some useful contacts in Blenheim?

New Zealand Police

In an emergency, please phone 111

Phone: (03) 578 5279 (non-emergency)

Address: Blenheim Police Station, 8 Main Street, Blenheim

www.police.govt.nz

New Zealand Post

New Zealand Post is the main operator of postal services in New Zealand. Its website provides information on postal rates within New Zealand and overseas.

Phone: 0800 501 501

Address: Main Street, Blenheim

www.nzpost.co.nz

Community Law Service

Community Law Service provides FREE legal services to residents of Blenheim.

Phone: (03) 577 9919 or 0800 266 529

Address: Community Law Marlborough, 16 Market Street, Blenheim

www.commlawmarlb.org.nz

New Zealand Family Planning

Family Planning are available to help with your sexual and reproductive health. They can offer you health information, clinical services, education, training and research. They work with people of any gender, age, ethnicity or sexual orientation.

Phone: (03) 578 3047

Address: Renown Building, 68 Seymour Street, Blenheim 7201

www.familyplanning.org.nz

Medical Centres

- Doctors are seen on a casual basis until you are registered. For an appointment, phone the duty clinic on the days mentioned below.

- Ask the price and keep all your receipts. It costs about \$72 (this price may vary) for a visit, plus medicines. Some medical centres also have a dental clinic.
- Once you have visited a doctor, you can ask if you can register with them. You may have to wait for a period of time before becoming a registered patient.

Springlands Health
Phone: (03) 578 0979
 139 Middle Renwick Road
 Springlands, Blenheim

MONDAY

Lister Court Medical
Phone: (03) 578 5599
 16 Francis Street, Blenheim

TUESDAY

Scott Street Health
Phone: (03) 578 0199
 47 Scott Street, Blenheim

WEDNESDAY

Francis Street Medical
Phone: (03) 578 5252
 16 Francis Street, Blenheim
(Same address as Lister Court Medical)

THURSDAY

Redwoodtown Doctors
Phone: (03) 578 0470
 72 Cleghorn Street, Redwoodtown, Blenheim
www.gponline.co.nz

FRIDAY

Marlborough After Hours Doctors Clinic
Phone: (03) 520 6377
 Wairau Hospital, Gate 2, Hospital Road, Blenheim
Dentist available Saturday & Sunday

SATURDAY & SUNDAY

OCP

NMIT students have access to a counselling service provided by OCP, a professional company that offers the services of a team of independent counsellors and psychologists throughout New Zealand. First language support is available for international students.

Freephone: 0800 377 990

www.ocp.co.nz

NMIT Counselling Support Service

NMIT Counselling Support Service provides free, on-site, confidential counselling for students in Blenheim.

Text your name, contact details and request for counselling to: 027 246 2152

This counselling service provides up to 10 free sessions by senior NMIT counselling students and is in addition to the OCP counselling services already provided by NMIT.

Real Estate Companies

Summit Real Estate - Blenheim

Address: 30 Alfred Street, Blenheim

Phone: (03) 578 3366

Hours: 9.00am - 5.00pm

Mark Stevenson First National Real Estate Ltd

Address: 62 Market Street, Blenheim

Phone: (03) 578 3537

Hours: 8.30am - 5.00pm

www.firstnational.co.nz

Harcourts Marlborough

Address: 1 Scott Street, Blenheim

Phone: (03) 578 0888

Hours: 9.00am - 5.00pm

www.marlborough.harcourts.co.nz

Speakout

A racist incident is when someone is treated badly due to the way they look, how they speak or where they are from. If you wish to report a racist incident and receive help, please contact as follows:

Emergency: dial 111

Phone: 0508 773 256 (0508 SPEAKOUT)

Website: www.speakout.org.nz (you can report online)

You can also visit the **Human Rights Commission** website to learn your rights in New Zealand to a just and fair society.

Website: www.hrc.co.nz

The Marlborough Migrant Centre

The Marlborough Migrant Centre is a not-for-profit organisations supporting migrants and newcomers and the wider local community.

Phone: (03) 579 6410

Address: Marlborough House, 21 Henry Street, Blenheim

Office hours: Monday to Thursday, 10.00am to 3.00pm

www.migrantcentre.org.nz

Supermarkets

Countdown supermarkets

51 Seymour Street, Blenheim

93 Weld Street, Redwood town

133 Middle Renwick Road, Springlands

www.countdown.co.nz

New World

4 Freswick Street, Blenheim

www.newworld.co.nz

PAK n SAVE

1 Westwood Avenue, Springlands

www.paknsave.co.nz

Local Grocers

Real Foods Grocer

Address: 25 Redwood Street, Blenheim

Phone: (03) 578 3300

Hours: Mon to Fri: 8.30am to 5.30pm, Sat 9am - 3.00pm

Car parking in front of store

Anita's Asian Food and Organic Shop

Address: 39 Queen Street, Blenheim

Phone: (03) 579 5684

Hours: Mon to Fri 9.00am - 8.00pm, Sat & Sun 10.00am - 8.00pm

Mr Asian and Noodle Corner

Address: 21 Alfred Street, Blenheim

Phone: (03) 577 9918

Hours: Mon to Sat 11.00am - 8.00pm

Rogers Kitchen

Indian restaurant with small shop

Address: 57 Seymour Street, Blenheim

Phone: (03) 579 4060

Hours: Mon to Sun 4.00pm - 10.00pm

Markets

Marlborough Farmers Market

Address: 24 Maxwell Road, Blenheim

Hours: Sundays, 9.00am - 12.00pm

Car Boot Market

Address: Railway Station Carpark, Blenheim

Hours: Saturdays, 8.00am - 12.00pm

Marlborough Artisan Market

Address: 32 Wynen Street, Blenheim

Hours: Saturdays, 9.00am - 1.00pm

Redwood Market

Address: Tavern car park, Redwood town

Hours: Saturdays, 8.00am - 12.00pm

Marlborough District Library

Address: 33 Arthur Street, Blenheim

Phone: (03) 520 7491

www.marlboroughlibraries.co.nz

Movie Theatres

Top Town Cinemas

Address: 4 Kinross Street, Blenheim

Phone: Movie Information Hotline: (03) 577 5559

www.toptowncinemas.co.nz

Newspapers

The Marlborough Express

Daily broadsheet newspaper that comes out from Monday to Friday. Wednesday and Friday are the best days for finding rentals.

The Saturday Express

A free weekly tabloid newspaper that comes out on a Saturday and has rentals.

The Marlborough Mid-Week

A free weekly tabloid that comes out on Wednesdays. It sometimes has ads for rental property.

The Blenheim Sun

A free weekly tabloid that comes out on Fridays. It sometimes has ads for rental property.

Buy Sell & Exchange

A free weekly tabloid newspaper full of classified ads that comes out on Thursdays.

Secondhand Furniture Stores

The Blue Door Shop

Address: 53 Charles Street, Blenheim (*near Countdown in town*)

Phone: (03) 579 4353

The Salvation Army Family Store

Address: 16 Scott Street, Blenheim

Phone: (03)578 3238

Blenheim Postcode

The postcode for Blenheim is **7201**

Blenheim Phone Area Code

The phone area code for Blenheim is **03**

Tourist Information

iSITE is a travel service and provides itinerary planning and information. It provides:

- Bookings nationwide - accommodation, transport, activities, attractions
- Free maps, weather and mountain safety information
- Local information - events, attractions, restaurants and more

Address: Blenheim i-SITE Visitor Information Centre, 8 Sinclair Street, Blenheim

Phone: (03) 577 8080

www.marlboroughnz.com

Things to do in Blenheim

- Visit [Millennium Art Gallery](#), [Marlborough Gallery](#) and [Brayshaw Heritage Park](#)
- Art and craft trail and winery tours
- Visit the markets
- Explore [Wither Hills Farm Park](#) by foot or by bike
- Visit [Omaka Aviation Heritage Centre](#)
- Walk around [Pollard Park](#) and [Seymour Square](#)

Things to do in the Marlborough Region

- Swim with the dolphins and sea kayaking tours in Picton and Waikawa

- Whale watching at Kaikoura with Whale Watch
- Have a picnic and swim at the beautiful Pelorus Bridge Scenic Reserve
- Drive around Queen Charlotte Sound from Picton
- Visit rocky Rarangi beach and the sandy shores of White's Bay

For more information about these activities and more, see www.marlboroughnz.com

Driving Times from Blenheim

From	km	Time
Blenheim to Nelson	116	1hr 45 min
Blenheim to Woodbourne	10	10 mins
Blenheim to Picton	29	30 mins
Blenheim to Kaikoura	128	1hr 50 mins
Blenheim to Christchurch	308	4hrs
Picton to Nelson	144	2hrs

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