

Support Groups

Local support groups in the Rodney District

Waiho i te toipoto, kua i te toiroa

Let us keep close together, not wide apart

- **[SingUp Rodney](#)**
Sing Up Rodney is a community music therapy group in Ōrewa and Warkworth (Auckland, NZ) for adults living with a neurological condition, such as (but not limited to) stroke, Parkinson's or dementia, or other people who feel the group is a good fit for them. For more info, PH: 0274 642 465 or email: singuprodney@gmail.com
- **[PHAB](#)**
A social group for young adults with disabilities. Wednesday evenings, 6 - 8pm. The new Warkworth PHAB group meets regularly on Wednesday evenings at the Shoemith Hall, Warkworth. For more information contact Ursula: 021-1382878
- **[Mahurangi Special Needs Support Group](#)**
A local Facebook group for families to connect and support each other. The group meets for coffee every first Friday of the month at Bramble Cafe, at Matakana Country Park in Matakana. Contact via link to FB/messenger.
- **Fun Club**
A social group for adults with disabilities who meet weekly on Tuesday Mornings, 10am - 12pm at Mahurangi Presbyterian church hall, 5 Pulham Road, Warkworth.
- **Autism Support Group**
Parents/caregivers meet at Mahurangi Presbyterian church, 5 Pulham Road, Warkworth, NZ Warkworth (downstairs room). For more information email: warkworthasd@gmail.com

- **Stroke Group**
Not currently active. Meet at Totara Park Village, Mellwood Drive, Warkworth. 1st & 3rd Wednesdays of the month. Contact - Lorna Crawford (Community Stroke Advisor , Stroke Foundation) - 027 896 5666 Rodney@stroke.org.nz
 - **[Parkinsons Support Group](#)**
Totara Park Retirement Village, Warkworth - 1st Tuesday/month 10am. Click on link for more information.
 - **[Creative Living For Health & Well-Being - Orewa](#)**
Venue: Estuary Art Centre, Orewa. Run by art therapists from Mapura Studios, this art class has been designed for participants who have experienced stress, trauma, brain injury, stroke, aphasia or loss. Click on link for more information and to register.
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Support Groups in the wider Auckland region

1. **[SibSupportNZ](#)**
Living with a brother or sister who has a disability can be challenging. We are here to support siblings to thrive in their own unique family environment. Click on link for more information.
2. **[Recreate Mothers Retreat Weekends](#)**
Held at Long Bay, North Shore. Click on link and scroll to bottom of website page for more information.
3. **[Recreate NZ](#)**
Recreate NZ provides programmes across Auckland, Waikato, Bay of Plenty & Christchurch for young people with disabilities. From cycling the Otago Rail Trail - to a night out for dinner and a movie. We have something for everyone.