

A GUIDE TO
 SOCIAL SERVICES, COSMETIC SERVICES, HEALTH SERVICES, AND CLUBS
 RUN BY AND/OR FRIENDLY TO
THE LGBTQI+ COMMUNITY OF TE WHANGANUI-A-TARA | WELLINGTON
 AND THEIR WHĀNAU & FRIENDS
 (See back page for index)

SOCIAL, COSMETIC, AND/OR HEALTH SERVICES	
AGENDER NZ	<p><i>“Agender NZ is a support and lobby organisation for Transgender people including their families, friends and co-workers.”</i></p> <ul style="list-style-type: none"> • Social/community support • Whanau support • Information/resources <p>W: agender.org.nz E: alisonbronwyn@gmail.com (Alison MacDiarmid = Wellington branch contact) PH: 027 403 3468</p>
AUNTY DANA’S OPSHOP	<ul style="list-style-type: none"> • Shop raises funds for Gender Minorities Aotearoa (for transgender support and advocacy) • Social/community support <p>W: auntydanas.com PH: 020 4049 2568 (shop coordinator) A: 130 Riddiford Street, Newtown, Wellington</p>
AVANA	<ul style="list-style-type: none"> • Laser hair removal <p>W: avana.co.nz PH: (04) 473 4232 A: Ground Floor, 44 The Terrace, Wellington</p>
BODY POSITIVE	<p><i>“Body Positive Inc. breaks down isolation and builds a sense of community while advocating on behalf of HIV+ people on a national level.”</i></p> <ul style="list-style-type: none"> • “Positive Health” financial support for HIV+ people • “Wellness Fund” financial support for HIV+ people • WINZ support for HIV+ people • Living with HIV information/resources <ul style="list-style-type: none"> ○ Incl. HIV and medication, travel, immigration, sex, aging, alcohol, drugs, etc. information • “Peer Navigators” peer support for HIV+ people

	<p>W: bodypositive.org.nz PH: 0800 448 5463 E: office@bodypositive.org.nz</p>
CLINICAL PSYCHOLOGISTS FOR HRT READINESS ASSESSMENT	<ul style="list-style-type: none"> • Jessica McIvor (mcivormassey@gmail.com; 022 089 9020) • Kennedy McLachlan (kennedyconsulting.weebly.com) • Gerry Dowse (welpa.co.nz) <ul style="list-style-type: none"> ○ Currently not taking on new clients (Apr 2021) • Julia Sawyer (juliasawyer.co.nz) • Jemima Bullock (bullock.psychology@gmail.com) • Roni Alder (ronialderpsychology@gmail.com; 020 4180 5942) • Zoe Deverick (zoedeverickpsychologist@gmail.com; (02) 2402 8139)
COUNSELLORS	<p>Transgender/Intersex Specialist Area</p> <ul style="list-style-type: none"> • Bill Logan (bl.co.nz) • Jayne O'Neill (talkingworks.co.nz/dir/Jayne+ONeill.html) • Lyn Hamilton (The Counselling Group) • Mani Mitchell (Mitchell Consulting) • Patricia Ford (talkingworks.co.nz/dir/Patricia+Ford.html) • Russell Vant (talkinc.kiwi) • Sally Green (eapservices.co.nz) <p>Sexuality Specialist Area</p> <ul style="list-style-type: none"> • Ally Andersun • Anny Da Silva Freitas (Victoria University Wellington Student Health) • Bill Logan (bl.co.nz) • Gay Puketapu-Andrews Ingrid Hindmarsh • Ingrid Hindmarsh • Jarrel Felderhof • Jayne O'Neill (talkingworks.co.nz/dir/Jayne+ONeill.html) • Lyn Hamilton (The Counselling Group) • Mani Mitchell (Mitchell Consulting) • Patricia Ford (talkingworks.co.nz/dir/Patricia+Ford.html) • Ruta Tanielu-Etuale • Sally Green (eapservices.co.nz) • Shar Cullinane • Stephanie Drake-Brockman <p>Search Sites</p> <ul style="list-style-type: none"> • Talkingworks.co.nz/dir/wellington.html • Nzac.org.nz
DIVERSE CHURCH	<ul style="list-style-type: none"> • Connects the LGBT+ Christian community with Affirming Churches <p>W: diversechurch.co.nz FB: @diversechurch See diversechurch.co.nz/community for information on private FB group</p>
ENDING HIV	<ul style="list-style-type: none"> • Free HIV testing • Free condoms • Free counselling • PrEP information • HIV information

	<p>W: endinghiv.org.nz E: hello@endinghiv.org.nz</p>
EVOLVE YOUTH SERVICE	<p><i>"A Youth One Stop Shop (YOSS) delivering integrated primary health care and social support services to young people aged 10-24 years old in the Wellington region."</i></p> <ul style="list-style-type: none"> • Free U18 sexual health services • Free social support through groups & programmes • Counselling • Exercise classes • Parents social group • Learner licence workshops <p>E: reception@evolveyouth.org.nz PH: (04) 473 6204/0800 380 583 A: Level 2 James Smith Building, Corner Cuba & Manners Streets, Wellington</p>
FERTILITY ASSOCIATES	<p><i>"Fertility Associates offers support and treatment options for LGBTIQ+ couples and individuals hoping to start a family."</i></p> <ul style="list-style-type: none"> • Fertility preservation of gametes • Sperm donors • Egg donors • Surrogacy • Insemination • IVF • Fertility and transitioning • Egg/sperm freezing <p>W: fertilityassociates.co.nz PH: (04) 384 8401 E: faw@fa.co.nz A: Level 11, 155 The Terrace, Radio NZ House, Wellington</p>
FREE AND QUEER NARCOTICS ANONYMOUS	<p><i>"This meeting is focused on the needs of gay, lesbian and transgender members of NA...NA members are [people] from all walks of life for whom drugs had become a major problem, who meet regularly to help each other stay clean, and recover from the effects of addiction in their lives."</i></p> <ul style="list-style-type: none"> • Free drug addiction support (meetings Thurs 6-7PM) • Free alcohol dependence support (meetings Thurs 6-7PM) • Drug/alcohol dependence resources <p>W: https://nzna.org/ PH: 0800 628 632 Contact via online web form: https://nzna.org/cp-fm02 A*: Trinity Union Church, 11 Hall Avenue, Newtown, Wellington</p> <p>*Various other NA meeting groups available throughout Wgtn region that aren't LGBT+-focused: https://nzna.org/meetings/meetings-in-wellington-region</p>

FREEDHEARTS AOTEAROA	<p><i>“Facebook group for parents of LGBT+ or questioning children, providing information/support to affirm and support their children”</i></p> <ul style="list-style-type: none"> • Whānau support <p>FB: Access via “Portal Group – FreedHearts Aotearoa New Zealand – Parents of LGBT Children” on Facebook</p>
GENDER MINORITIES AOTEAROA	<p><i>“GMA is the nationwide transgender organisation in Aotearoa New Zealand. It is run by and for transgender people, including non-binary, intersex, and irawhiti takatāpui people.”</i></p> <ul style="list-style-type: none"> • National database of information/resources for transgender people <ul style="list-style-type: none"> ○ Healthcare ○ Identity documents ○ Community support ○ General information • Advocacy for transgender people <p>W: genderminorities.com E: genderminorities@gmail.com PH: (04) 385 0611; 020 4049 2568 A: 130 Riddiford Street, Newtown, Wellington</p>
HUTT VALLEY RAINBOWS	<ul style="list-style-type: none"> • Social/community support • Monthly meet-ups on Saturday nights (location varies) <p>FB: “Hutt Valley Rainbows” on Facebook</p>
INTERSEX AWARENESS NEW ZEALAND	<ul style="list-style-type: none"> • Intersex information/resources • Support for intersex people <p>W: ianz.org.nz E: info@itanz.net.nz</p>
INTERSEX YOUTH AOTEAROA	<ul style="list-style-type: none"> • Support for intersex people and their whanau <p>W: intersexyouthaotearoa.com E: info@itanz.net.nz FB: Intersex Youth Aotearoa</p>
iSPACE	<ul style="list-style-type: none"> • Online peer support for intersex people under 30yrs <p>FB: iSpace</p>
KEYSONG THAI SPA MASSAGE	<ul style="list-style-type: none"> • Rainbow owned and operated massage service • Allows choice in preference between male or female masseuses • 10% discount for Super Gold and student card holders <p>W: keysongthaispamassage.com PH: 027 385 0978 E: kingkeysongthaispamassage@gmail.com A: 288B Cuba Street, Wellington</p>
LUNA THERAPEUTIC	<ul style="list-style-type: none"> • Rainbow-friendly massage service <p>W: https://www.lunatherapeuticnz.com/ E: lunamassagenz@gmail.com</p>

	<p>FB: @lunatherapeuticnz A: Level 1, 85 Victoria St, Wellington (Sun PM & Thurs PM only)</p>
NAMING NEW ZEALAND	<ul style="list-style-type: none"> Information/support in changing identity documents <p>W: naming.nz E: support@naming.nz FB: Naming NZ</p>
NEW LEAF SKIN CARE	<ul style="list-style-type: none"> Electrolysis hair removal <p>W: https://cp-wc27.syd02.ds.network/~newleafc/ PH: (04) 527 8375 E: new-leaf@xtra.co.nz A: 2 Geange Street, Upper Hutt</p>
NZ AIDS FOUNDATION	<p><i>"Together, we are working towards on Aotearoa with zero HIV transmissions where people living with or affected by HIV flourish."</i></p> <ul style="list-style-type: none"> Social/community support Free HIV and STI testing Free counselling HIV awareness and prevention Living with HIV information/resources/support <p>W: nzaf.org.nz PH: (04) 381 6640 E: contact@nzaf.org.nz A: Level 1, 187 Willis Street, Wellington</p>
NZ PARENTS OF TRANSGENDER AND GENDER DIVERSE CHILDREN	<p><i>"A support group for parents and guardians of transgender or gender diverse children in NZ."</i></p> <ul style="list-style-type: none"> Whānau support <p>FB: Access via "Portal Support for NZ Parents of Transgender and Gender Diverse Children" on Facebook</p>
NZ PROSTITUTES' COLLECTIVE	<p><i>"The NZ Prostitutes' Collective...is run by sex workers, for sex workers, and advocates for the rights, health, safety and wellbeing of all sex workers."</i></p> <ul style="list-style-type: none"> Provide safer sex supplies Free sexual health clinics at community bases Provide expert advice on law/policy surrounding NZ sex work HIV & STI prevention/education Workers' rights <p>W: https://www.nzpc.org.nz/ PH: (04) 382 8791 E: info@nzpc.org.nz A: 204 Willis St, Te Aro, Wellington (office hours: Mon-Thurs 10AM-6PM)</p>
OFF AND ON	<ul style="list-style-type: none"> Laser hair removal Dermaplaning hair removal <p>W: offandon.co.nz PH: (04) 499 1540</p>

	<p>E: wellington@offandon.co.nz A: 22 Panama Street, Wellington CBD</p>
OUTER SPACES	<ul style="list-style-type: none"> • LGBTQI+ information/resources <p>W: outerspaces.org.nz PH: 021 0887 6153 (general enquiries) E: hello@outerspaces.org.nz A: Level 3 Anvil House, 138 Wakefield Street, Wellington</p>
OUTLINE	<p><i>“OutLine is an all-ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning.”</i></p> <ul style="list-style-type: none"> • Free confidential helpline 6pm-9pm for queries re: sexual orientation, gender identity, diverse sex characteristics, LGBT+ life experiences, etc. • Face-to-face counselling <ul style="list-style-type: none"> ○ Self-refer via online referral form • Whānau support <p>W: outline.org.nz PH: 0800 688 5463 (helpline); (09) 972 0054 (counselling)</p>
OUTSPOKEN TOASTMASTERS	<p><i>“A Wellington Toastmasters club that meets one Sunday a month to grow LGBTI+ leaders and talented communicators within New Zealand’s Rainbow Community.”</i></p> <ul style="list-style-type: none"> • Social/community support • Monthly Sunday meet-ups • Develop speaking skills & confidence <p>FB: @OUTSpokenWellington E: outspokenwgtn@gmail.com</p>
POSITIVE WOMEN	<p><i>“Positive Women Inc. is a support organisation for women and families living with and affected by HIV.”</i></p> <ul style="list-style-type: none"> • Living with HIV information/resources <ul style="list-style-type: none"> ○ Incl. HIV and medications, sex, pregnancy, insurance, travel, etc. information • Social worker support for women with HIV • Annual retreat for women living with HIV • Advice and referral service • Biennial whānau hui • Teen camp • Peer support groups • Workshops • HIV awareness and prevention <p>W: positivewomen.co.nz PH: (09) 303 0094/0800 769 848 E: info@positivewomen.nz A: Level 1, 35 Hargreaves Street, St Mary’s Bay, Auckland</p>

RAINBOWYOUTH	<p><i>“Our services, groups, events and organisation are made for youth, and are led by youth.”</i></p> <ul style="list-style-type: none"> • Gender support • Sexuality support • Whānau support • Housing support • Financial support through WINZ • School/work support • Information/resources <p>W: ry.org.nz Contact via online form: ry.org.nz/get-in-touch IG: @rainbowyouth FB: @rainbowyouth</p>
REPROMED	<p><i>“At Repromed, we provide highly personalised fertility care for everyone... We understand, value and welcome sexual and gender diversity for our clients and staff.”</i></p> <p>NB: Auckland-based, but has clinics outside of Auckland and phone consultations available</p> <ul style="list-style-type: none"> • Fertility services <ul style="list-style-type: none"> ○ Fertility testing ○ Ovulation induction ○ Intrauterine insemination ○ In vitro fertilisation ○ Genetic screening ○ Sperm/egg/embryo freezing ○ Lipiodol treatment ○ Surrogacy ○ Donor services • HIV+ fertility support <ul style="list-style-type: none"> ○ Pregnancy ○ Sperm donation <p>W: repromed.co.nz PH: 0800 483 105/(09) 524 1232 E: info@repromed.co.nz A: x4 clinics in Auckland; Hamilton; Tauranga; Whangarei</p>
RY ONLINE	<p><i>“RY Online is a digital space for you to hang out with other young people, talk about all things LGBTQIA+ in a safe space alongside the RY support staff.”</i></p> <ul style="list-style-type: none"> • Online peer support for LGBT+ people aged 13-27yrs <p>W: ryonline.org.nz PH: (09) 376 4155 (RainbowYOUTH) E: info@ry.org.nz Sign up online ryonline.org.nz/community/signin</p>

RY VID	<p><i>“RY Vid is an online peer support group dedicated to connecting LGBTQIA+ people across Aotearoa for whom physical groups aren’t an option.”</i></p> <ul style="list-style-type: none"> • Online peer support for LGBT+ people aged 13-18yrs every Friday 5pm <p>Sign up via online form: form.jotform.com/rainbowyouth/qtechsignup Info on RainbowYOUTH page: ry.org.nz/social-groups</p>
SCHOOL’S OUT	<p><i>“School’s Out is a Wellington and Lower Hutt support and social group for LGBTQI+ young people, aged 12 to 18.”</i></p> <ul style="list-style-type: none"> • School support • Weekly social and support group for youth aged 12-18yrs <ul style="list-style-type: none"> ○ Wellington: Tuesdays 4pm-5.30pm @ Evolve Youth Service ○ Lower Hutt: Wednesdays 4pm-6pm @ Vibe • Field trips <p>E: info@schoolsout.org.nz PH: 021 0887 6153 FB: @schoolsoutwellington IG: @schoolsoutaotearoa A: Evolve Youth Service (Wellington); Vibe (Lower Hutt)</p>
SHANNONS BEAUTY THERAPY & ELECTROLYSIS	<ul style="list-style-type: none"> • Electrolysis hair removal <p>FB: @shannons.electrolysis PH: (04) 471 1220 E: uniquebeautique.co.nz A: Level 4, 39 Johnston Street, Wellington</p>
SILENT GAYS	<ul style="list-style-type: none"> • Support for those who have been engaged in conversion therapy <ul style="list-style-type: none"> ○ Downloadable workbook ○ Half/full day workshops (online and in person) ○ Seminars/lectures ○ Support groups <p>W: silentgays.com E: info@silentgays.com Online contact form on website FB: @SilentGays</p>
ST. ANDREWS ON THE TERRACE	<ul style="list-style-type: none"> • LGBT+ inclusive church <p>W: standrews.org.nz PH: (04) 472 9211 E: office@standrews.org.nz A: 30 The Terrace, Wellington</p>
ST. PETERS ON WILLIS	<ul style="list-style-type: none"> • LGBT+ inclusive church • The Free Store free food service • Free Middle Eastern and Indian groceries <p>W: stpeteronwillis.org.nz PH: (04) 382 8486</p>

	<p>E: office@stpetersonwillis.org.nz FB: @stpetersonwilliswellington</p>
STILLWATERS COMMUNITY	<p><i>"Stillwaters is a Christian inner city community group with a focus on providing a place of belonging, transformation, and expression of faith for a diverse range of people."</i></p> <ul style="list-style-type: none"> • LGBT+ inclusive Christian community group <p>A: 327 Willis Street, Wellington PH: (04) 385 7445 FB: @stillwaterswgtn</p>
TAKATĀPUI.NZ	<p><i>"Takatāpui.NZ is a resource hub for takatāpui and their whānau."</i></p> <ul style="list-style-type: none"> • Takatāpui information/support • Information for whānau <p>W: takatapui.nz</p>
THE GLAMAPHONES	<p><i>"SATB choir...our emphasis is on participation, inclusiveness and building our GLBTIQ community."</i></p> <ul style="list-style-type: none"> • Social/community support <ul style="list-style-type: none"> ○ No audition required ○ Ability to read music not compulsory ○ Weekly rehearsals Thursdays 6.30pm-8.30pm at St Andrews on The Terrace <p>W: glamaphones.org.nz FB: @glamaphones Online contact form on website</p>
THE PHYSIO SPOT	<p><i>"The Physio Spot is fully integrated within our main Willis Street Physiotherapy business, with WSP donating resources to TPS to enable it to operate half price appointments to both students and community service card holders."</i></p> <ul style="list-style-type: none"> • Inclusive ½ price physiotherapy for students and community service card holders <p>W: thephysiospot.co.nz PH: (04) 384 8313/0800 842 749 E: hello@thephysiospot.co.nz A: Level 9, 57 Willis Street (Main Clinic); Room 203, 14 Waiteata Rd (Vic Uni Kelburn Campus); GP Practice, 1 Upland Road, Kelburn (Kelburn/Northland); Level 5, 65 Dixon St, Te Aro (Te Auaha Campus)</p>
THIS IS THE BACK	<ul style="list-style-type: none"> • Wellington-based providers of binders for \$40 + postage <p>FB: @thisistheback Order through GMA: genderminorities.com/buy-a-binder</p>
TIWHANAWHANA	<p><i>"Tiwhanawhana exists for the takatāpui community and gives meaning to its kaupapa through different threads; kapa haka, advice, advocacy, support of LGBTI community."</i></p>

	<ul style="list-style-type: none"> • Social/community support • Kapa haka <p>W: tiwhanawhana.com E: tiwhanawhana.com@gmail.com FB: @tiwhanawhanakapa</p>
TOP SURGERY SURGEONS (FTM)	<ul style="list-style-type: none"> • Alex Brown – confirmed (mybreastsurgeon.net) <ul style="list-style-type: none"> ○ The Breast Centre, Bowen (Wellington) ○ Wakefield Specialist Medical Centre (Wellington) • Chris Adams – possibly <ul style="list-style-type: none"> ○ Wellington Plastic Surgery Institute ○ Wakefield Hospital (Wellington) • Chris Porter – confirmed, recommended (search on healthpoint.co.nz) <ul style="list-style-type: none"> ○ Face, Breast & Body (Christchurch) • Julian Lofts – possibly (plasticsurgeon.co.nz) <ul style="list-style-type: none"> ○ Mercy Ascot Plastic Surgery (Auckland) • Marcus Bisson – confirmed (bissonplasticsurgery.co.nz) <ul style="list-style-type: none"> ○ Bowen Specialist Centre • Rita Yang – confirmed, recommended (search on healthpoint.co.nz) <ul style="list-style-type: none"> ○ Wakefield Hospital (Wellington) ○ NZ Institute of Plastic & Cosmetic Surgery ○ Southern Cross Auckland Surgical Centre ○ Southern Cross Brightside Hospital • Wayne Jones – possibly (drwaynejones.co.nz) <ul style="list-style-type: none"> ○ One Health (Auckland) <p>NB: David Glasson retired from surgery end of 2020</p>
TRANZFORM	<p><i>“Tranzform is a support group for youth who identify as transgender, fa’afafine, whakawahine, tangata ira tane, intersex, two-spirit, genderqueer, non-gendered, questioning and their allies.”</i></p> <ul style="list-style-type: none"> • Social/community support <ul style="list-style-type: none"> ○ Fortnightly central Wellington meetings for discussion/information/food/fun ○ Monthly coffees ○ Youth events ○ Movie nights ○ Group outings • Workshops • Information/resources <p>W: transform.org.nz E: transform.wgtn@gmail.com FB: @tranzformwellington</p>

URBAN SANCTUARY	<ul style="list-style-type: none"> • Electrolysis hair removal • Laser hair removal <p>W: urban-sanctuary.com PH: (04) 471 1144 A: Ground Floor, 3 Plimmer Steps, Wellington</p>
WAXNLASER	<ul style="list-style-type: none"> • Electrolysis hair removal • Laser hair removal <p>W: waxnlaser.co.nz PH: (04) 499 5859 (Wellington); (04) 566 2222 (Lower Hutt); (04) 237 8577 (Porirua) E: midland@waxnlaser.co.nz (Wellington); queensgate@waxnlaser.co.nz (Lower Hutt); north_city@waxnlaser.co.nz (Porirua) A: Level 1, 39 Johnston St, Wellington; Ground Floor, Queensgate, Lower Hutt; Level 4, North City Centre, 2 Titahi Bay Road, Porirua</p>
WELLINGTON BINDER EXCHANGE	<p><i>“The Wellington Binder Exchange provides chest binders free of charge for youth aged 18 and under who do not have the ability to access binders themselves.”</i></p> <ul style="list-style-type: none"> • Free binders for transmasculine youth aged 18yrs and younger <p>FB: @wellingtonbinderexchange E: wellingtonbinderexchange@gmail.com</p>
WILLIS STREET PHYSIOTHERAPY	<p><i>“We welcome clients of all genders, for all injury and pain conditions. We also offer specific gender diversity services.”</i></p> <ul style="list-style-type: none"> • Gender Diversity Service for physiotherapy <ul style="list-style-type: none"> ○ Fully subsidised if referred by a GP (or can self-refer and self-fund) ○ Can provide physiotherapy specific to, e.g., binder-use, corset-use, hunching to minimise shoulders or chest, changes in walking style, pre- and post-surgery, or general physio services • See also The Physio Spot <p>W: willisstreetphysiotherapy.co.nz E: info@willisstreetphysiotherapy.co.nz PH: (04) 384 8313/0800 842 749 A: Level 9, 57 Willis Street (Main Clinic); Room 203, 14 Waiteata Rd (Vic Uni Kelburn Campus); GP Practice, 1 Upland Road, Kelburn (Kelburn/Northland); Level 5, 65 Dixon St, Te Aro (Te Auaha Campus)</p>
SPORT/EXERCISE CLUBS	
DANSS (BALLROOM & LATIN DANCING)	<p><i>“DANSS runs fun, social classes on Sunday evenings...for beginner and intermediate-level dancers who want to do same-sex ballroom and Latin American dancing.”</i></p> <ul style="list-style-type: none"> • Beginner’s classes 7pm Sundays • Intermediate classes 8pm Sundays

	<p>W: danss.org.nz E: danssnz@outlook.com A: Thistle Hall (corner of Cuba & Arthur Streets), Wellington Online contact form on website</p>
DIFFERENT STROKES WELLINGTON (SWIMMING)	<p><i>"We are Wellington's LGBTI swimming club, and we welcome everyone (LGBTI or otherwise), no matter what your speed or level of experience."</i></p> <ul style="list-style-type: none"> • Coached swim sessions • Occasional social swims • Occasional ocean swims • Swim at Kilbirnie Pool Mondays 7.30-8.30pm • Swim at the Aquadome (Wellington East Girl's College) Thursdays 7pm-8pm <p>W: dsw.org.nz E: admin@dsw.org.nz FB: "Different Strokes Wellington Swimming" on Facebook</p>
EASTERN SUBURBS WOMEN'S CRICKET	<ul style="list-style-type: none"> • Inclusive women's cricket • Social 8-aside cricket <p>FB: "Eastern Suburbs Women's Cricket" on Facebook E: emmie.ella@gmail.com</p>
ROW (RAINBOW OUTDOORS WELLINGTON)	<p><i>"A group for queer and/or trans people – including takatāpui, intersex, bisexual, and non-binary folk – to get involved in outdoors trips such as tramping, day-hikes and camping"</i></p> <ul style="list-style-type: none"> • All experience and fitness levels welcome • Join planned trips or invite others on your own trips <p>FB: "ROW (Rainbow Outdoors Wellington)" on Facebook</p>
RACQUETEERS (BADMINTON)	<p><i>"Wellington's LGBT Badminton club...a diverse LGBTQI inclusive sports club with a welcoming, friendly and relaxed environment."</i></p> <ul style="list-style-type: none"> • Social and competitive games • Wednesdays 6pm-7.30pm/Sundays 10.30am-12.30pm <p>W: racqueteers.wordpress.com PH: (04) 386 1689 FB: Wellington Racqueteers Online contact form on website</p>
RICHTER CITY ROLLER DERBY	<p><i>"Richter City Roller Derby is Wellington's all female, flat track roller derby league."</i></p> <ul style="list-style-type: none"> • For people who identify as women • All experience levels welcome <p>W: richtercity.co.nz E: quadgoals.richtercity@gmail.com IG: @richtercityrollerderby FB: @richtercity</p>

<p>WELLINGTON FRONTRUNNERS (RUNNING)</p>	<p><i>“Wellington Frontrunners is an inclusive running group for the Capital’s gay and lesbian runners. It welcomes runners of all ages and abilities”</i></p> <ul style="list-style-type: none"> • Weekly runs Sundays 9am from outside Freyburg Pool (Oriental Parade) • Optional participation in running events <p>W: wgtnfrontrunners.wordpress.com E: wgtnfrontrunners@yahoo.com FB: @wgtnfrontrunners</p>
<p>WELLINGTON RAINBOW BOWLING</p>	<ul style="list-style-type: none"> • Fortnightly bowling on Sundays • All friends and whānau of the LGBT+ community welcome <p>FB: “Wellington Rainbow Bowling” A: Lower Hutt</p>
<p>YOSHINKAN KENDO CLUB (JAPANESE FENCING)</p>	<p><i>“Kendo, way of the sword, is...a martial art that embodies the discipline and striking action of ancient Samurai...We are an LGBTI friendly club, welcoming everyone to try Kendo”</i></p> <p>W: sites.google.com/kendo.nz/yoshinkankendo E: hello@yoshinkankendo.nz PH: 021 226 9269/(04) 971 5080 A: Hutt & Wellington</p>

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- RAINBOWYOUTH (LGBT+ youth)

Gender

- EVOLVE YOUTH SERVICE (10-24Y)
- FREEDHEARTS AOTEAROA (parents of transgender/gender diverse people)
- NZ PARENTS OF TRANSGENDER AND GENDER DIVERSE CHILDREN
- OUTER SPACES
- OUTLINE
- RAINBOWYOUTH
- RY ONLINE (13-27Y)
- RY VID (13-18Y)
- SCHOOL'S OUT (12-18Y)
- TRANZFORM

Hair Removal (laser and/or electrolysis)

- AVANA
- NEW LEAF SKIN CARE
- OFF AND ON
- SHANNONS BEAUTY THERAPY & ELECTROLYSIS
- URBAN SANCTUARY
- WAXNLASER

Healthcare

- ENDING HIV (HIV & STI testing)
- EVOLVE YOUTH SERVICE (10-24Y)
- FERTILITY ASSOCIATES (fertility)
- GENDER MINORITIES AOTEAROA (info on transgender-friendly practitioners)
- KEYSONG THAI SPA MASSAGE
- LUNA MASSAGE
- NZ AIDS FOUNDATION (HIV & STI testing)
- NZ PROSTITUTE'S COLLECTIVE (for sex workers)
- REPROMED (fertility)
- THE PHYSIO SPOT
- WILLIS STREET PHYSIOTHERAPY

HIV

- BODY POSITIVE
- ENDING HIV
- NZ AIDS FOUNDATION
- POSITIVE WOMEN

Housing Support

- RAINBOWYOUTH

HRT Readiness Assessment

- CLINICAL PSYCHOLOGISTS FOR HRT READINESS ASSESSMENT

Identity Documents

- GENDER MINORITIES AOTEAROA
- NAMING NEW ZEALAND

Intersex

- INTERACT ADVOCATES
- INTERSEX AWARENESS NEW ZEALAND
- INTERSEX YOUTH AOTEAROA
- iSPACE
- NZ PARENTS OF TRANSGENDER AND GENDER DIVERSE CHILDREN
- OUTERSPACES
- OUTLINE
- RAINBOWYOUTH
- RY ONLINE (13-27Y)
- RY VID (13-18Y)
- SCHOOL'S OUT (12-18Y)
- TRANZFORM

PrEP

- ENDING HIV
- NZ AIDS FOUNDATION

School Support

- RAINBOWYOUTH
- SCHOOL'S OUT (12-18Y)

Sexual Health

- ENDING HIV
- EVOLVE YOUTH SERVICE (10-24Y)
- FERTILITY ASSOCIATES
- NZ AIDS FOUNDATION
- NZ PROSTITUTES' COLLECTIVE (for sex workers)
- REPROMED (fertility)

Sexuality

- FREEDHEARTS AOTEAROA
- OUTER SPACES
- OUTLINE
- RAINBOWYOUTH
- RY ONLINE (13-27Y)
- RY VID (13-18Y)
- SCHOOL'S OUT (12-18Y)

Sex Work

- NZ PROSTITUTE'S COLLECTIVE

Social/Community Support

- AGENDER NZ
- AUNTY DANA'S OPSHOP
- BODY POSITIVE (HIV+ people)
- EVOLVE YOUTH SERVICE (10-24Y)
- HUTT VALLEY RAINBOWS
- NZ AIDS FOUNDATION
- OUTSPOKEN TOASTMASTERS
- POSITIVE WOMEN (HIV+ women)
- RAINBOW OUTDOORS WELLINGTON
- RY ONLINE (13-27Y)
- RY VID (13-18Y)
- SCHOOL'S OUT (12-18Y)
- THE GLAMAPHONES (choir)
- TIWHANAWHANA
- TRANZFORM

Sport/Exercise

- DANSS
- DIFFERENT STROKES WELLINGTON
- RAINBOW OUTDOORS WELINGTON
- RACQUETUEERS
- RICHTER CITY ROLLER DERBY
- WELLINGTON FRONTRUNNERS
- WELLINGTON RAINBOW BOWLING
- YOSHINKAN KENDO CLUB

Subsidised/Free Services

- ENDING HIV (free: HIV testing; condoms; counselling)
- EVOLVE YOUTH SERVICE (free: under 18 sexual health services)
- FREE AND QUEER NARCOTICS ANONYMOUS (free: drug/alcohol addiction support)
- KEYSONG THAI SPA AND MASSAGE (10% off: Super Gold and student card holders)
- NZ AIDS FOUNDATION (free: HIV testing; STI testing; counselling)
- OUTLINE (free: helpline)
- ST. PETERS ON WILLIS (free: food service; Middle Eastern and Indian groceries)

- THE PHYSIO SPOT (1/2 price: physiotherapy for students and CSC holders)
- WILLIS STREET PHYSIOTHERAPY (free: physiotherapy IF referred by GP)

Takatāpui

- GENDER MINORITIES AOTEAROA
- TAKATĀPUI.NZ
- TIWHANAWHANA

Top Surgery (FTM)

- TOP SURGERY SURGEONS (FTM)

Youth-focused

- EVOLVE YOUTH SERVICE (10-24Y)
- INTERSEX YOUTH AOTEAROA
- iSPACE (U30Y)
- RAINBOWYOUTH
- RY ONLINE (13-27y)
- RY VID (13-18Y)
- SCHOOL'S OUT (12-18Y)
- TRANZFORM