



HUTT maternity

Hutt Valley Maternity Care

Pre and Post Natal
Community Resources Directory
July 2015



Introduction

Welcome to the first edition of the Huttmaternity Pre and Post Natal Community Resources Directory for Health Professionals. At the time of printing details of the groups and organisation were correct.

The directory provides a comprehensive resource of maternity related services in the wider Hutt Valley region. The majority of groups/organisations accept self referral, or formal referral from a health practitioner.

For ease of use we have provided 2 indices:

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We would like to acknowledge the contribution of:

- Avison Reid Logan Lawyers
- BirthEd
- Huttmaternity, HVDHB
- Service Integration Development Unit (SIDU), HVDHB
- Regional Public Health, HVDHB

Any queries about this directory can be sent to Huttmaternity@huttvalleydhb.org.nz



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ADDICTION

Organisation	Description	Contact	Referral
Community Alcohol and other Drug Services (CADS)	The Addictions Service provides assessment and treatment for people with substance dependence and a co-existing mental health and/or serious physical health problems. Within the broader alcohol and drug services for Wellington, CADS has the responsibility of caring for those people with more severe disorders.	Name: Clarissa Broderick Phone: 0800 745 477 Fax: (04) 918 2284 Email: cads@ccdhb.org.nz Hours: 8.30am – 5pm, Closed Public Holidays	Health Professional Referral
Gambling Help	Qualified counsellors provide free, professional and confidential gambling counselling services for both gamblers and others affected by gambling.	Crisis Hotline: 0800 654 655 Gambling Helpline: 0800 333 122 or 0800 664 262 Asian Family Hotline: 0800 862 342 Website: www.gamblinghelpline.co.nz	Self referral
Mental Health and Addiction Services	Provides services for people in the Hutt Valley region who are between 18 and 65 years old, and who are experiencing moderate to severe Mental Health and/or Addictions.	Phone for Lower Hutt: (04) 570 9801 Phone for Upper Hutt: (04) 528 5595	Health Professional or Self referral
Smoking Cessation - Aukati Kaipapa	A comprehensive free smoking cessation programme to help and support Whanau to quit smoking. There are programmes specifically targeting Wahine Maori and their whanau, Wahine hapu, Rangatahi, and whanau with mental health issues.	Name: Teresea Olsen Phone: 0800 926 257 Email: Teresea@kokiri-hauora.org.nz Website: www.aukatikaipaipa.co.nz	Health Professional or self referral

Smoking Cessation - Pacific Health	The Pacific Smoking Cessation Programme aims to support Pacific people who wish to quit smoking. Available in Porirua and Wellington, they provide cultural support as well as NRT (Nicotine Replacement Therapy) patches and gum, free of charge.	Name: Eleni Mason Phone: (04) 237 9824 or (04) 237 8422 Email: masone@phsporirua.co.nz Fax: (04) 238 4076	Health Professional or self referral
Smoking Cessation - Quitline	In some areas there are smoking cessation services dedicated to helping pregnant women become smoke free. These services all provide face-to-face multi-session support and provide flexible appointment times.	Name: Chiara LaRotonda, Phone: 0800 778 778 Email: ChiaraL@quit.org.nz Website: www.quit.org.nz	Health Professional or self referral
ADOPTION SERVICES			
Organisation	Description	Contact	Referral
Adoption and Care Services, Child, Youth and Family Services, (CYFS)	Information and counselling services in relation to all areas of adoption including: the Adoption Information Act (1985), decision making counselling for pregnant women and their families, working with prospective adoptive applicants, post adoption follow up and inter-country adoption.	Phone: 0508 326 459 ext. 44155 or (04) 917-1155 Email: webadoption@cyf.govt.nz Website: www.cyf.govt.nz/adoption or http://www.adoptionoption.org.nz Hours: Monday to Friday 8am – 5pm	Health Professional or self referral
Adoption Option Support	To help pregnant women understand that adoption can be a positive option if a woman is not in a position to parent her child. Another part of our education role is explaining to prospective adoptive parents and health professionals how the adoption process works in New Zealand and that open adoption is now the norm.	Email: mail@adoptionoption.org.nz Website: http://www.adoptionoption.org.nz/adoption/main/ Facebook: https://www.facebook.com/adoptionoptionnz	Self referral

ADVOCACY			
Organisation	Description	Contact	Referral
Health and Disability Advocates	Making a complaint can be a difficult thing to do, especially if someone is not sure of the best way to get their point across. Generally, it's helpful to first raise concerns with the provider, so it can be resolved between the two parties. Sometimes this isn't possible, or someone might not feel able to deal with it themselves. Health and Disability advocates are available to support the consumer, when there is a complaint and they're free to use.	Phone: 0800 112 233 or (04) 494 7900 Email: hdc@hdc.org.nz Website: http://www.hdc.org.nz/	Self referral
Maternity Services Consumer Council (MSCC)	A consumer organisation that promotes the rights of women throughout the birthing cycle. MSCC believes that birth is a normal life cycle event. They oppose the unnecessary medicalisation of childbirth. This website contains information on how maternity care is provided in New Zealand and the options available to women.	Phone: (09) 520 5314 Email: mssc@maternity.org.nz Website: http://www.maternity.org.nz/contact-us/	Information Only
Midwifery Resolutions Greater Wellington and Wairarapa Region	New Zealand College of Midwives has a resolution committee made up of a midwife and consumer representative. It offers a point of first contact for women who wish to discuss concerns they have about their midwifery care. This service is free.	Name: Jenni Green Phone: (04) 801 6180 Email: nzcomwellington@gmail.com or midwiferyadvisor@nzcom.org.nz Website: www.wellingtonmidwives.com or http://www.midwife.org.nz/quality-care/resolutions-committee	Self referral

BEREAVEMENT SUPPORT

Organisation	Description	Contact	Referral
Miscarriage Support Group	Emotional and psychological peer support for women and their families during and after miscarriage and subsequent pregnancies, offering suggestions to help with healing, and giving them hope for the future.	Name: Sarah Whitaker Phone: (04) 384 4272 Email: WgtnMiscarriageSupport@xtra.co.nz Website: http://www.miscarriagesupport.org.nz/nz_miscarriage_groups.html Facebook: www.facebook.com/miscarriagewgtn	Self referral
SANDS Wellington Hutt Valley	A voluntary organisation that provides support and information to parents and families following the loss of a baby or infant. Whether your baby died in pregnancy, around birth, as an infant or toddler, and no matter how your baby died, you are welcome and we offer our support.	Email: sandswgtnhutt@gmail.com Website: http://www.sandswellingtonhutt.org.nz/ Facebook: http://www.facebook.com/pages/sands-Wellington-Hutt-Valley/159567080766735	Self referral
	Phone: Vicki Culling - (04) 478 0895 or 021776 436		
	Phone: Joan Curle - (04) 478-9307 & 027 7105130		
	Phone: Rebekah Gray - 0211415803		
	Phone Hutt Valley: Catherine Maetzig - 027-6647718		
	Phone Hutt Valley: Maree Robertson - 021-39639		
	Phone Hutt Valley: Laura Mackay - 0274221179		
	Phone Porirua: Pania Mitchell - 027 2393344		

SIDS and kids	Dedicated to reducing the risk of sudden and unexpected death in infancy (SUDI) for babies and children during pregnancy, birth, infancy and childhood and supporting bereaved families. Aims to deliver on their vision through world class research; evidence-based education and bereavement support; and advocacy. Information available in different languages.	Name: Patricia Free Phone: 0800 164 455, 24 Hour Helpline Email: info@sidsandkids.org.nz Website: http://www.sidsandkids.org.nz/ Facebook: https://www.facebook.com/pages/SIDS-and-Kids-New-Zealand/1471534879767852	
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BREASTFEEDING

Organisation	Description	Contact	Referral
Breast Feeding Support Service	A free, confidential service offering women breastfeeding support by a Lactation Consultant. Referrals accepted from your LMC, or attend the drop in clinic Thursdays 10 – 12 noon, Kokiri Pukeatua, 17 Fraser Street, Wainuiomata.	Milly (04) 587 1646 or 027 461 7946 Email: milly@atiawa.co.nz	Referral from your LMC or Drop in clinic
La Leche League	La Leche League offers encouragement, support and information to all pregnant and breastfeeding mothers. A wide range of breastfeeding and parenting topics are discussed at the meetings, topics are flexible depending on the needs of those present. Attendees welcome to raise any concerns or questions you may have during the discussion, or afterwards, with our Group Leaders. Telephone support from leaders outside of meetings available	Jenny (04) 564 6816 Merewyn (04) 564 5647 Jennifer (04) 569 6715 Zoe (04) 566 4727 Email: administrator@lalecheleague.org.nz Website: http://www.lalecheleague.org.nz/ Hours: Lower Hutt:9:45am Usually the first Monday of	Self referral

		every month, except in school holidays	
New Zealand Lactation Consultants Association	Breastfeeding support directory of qualified lactation consultants (possible cost involved).	Phone: 0800 452 282 Website: http://www.nzlca.org.nz/NZLCA%20Listing.pdf	
Wharekai Pepe	Wharekai Pēpē is a free breastfeeding support group run weekly by Mums for Mums, with the support of a fully certified IBCLC lactation consultant. Available to ALL Mums and their whānau and aims to offer support and information for a wide range of breastfeeding issues at any stage. All of the Mums are volunteers who have encountered a variety of breastfeeding challenges themselves. Held at Korauui Marae Stokes Valley every Thursday	Email: wharekaipepecommittee@gmail.com Website: http://www.wharekaipepe.org.nz/ Facebook: https://www.facebook.com/WharekaiPepe Hours: Thursday 9am - 12pm	Self referral or via GP Midwife

BUDGETING, FINANCES AND LEGAL

Organisation	Description	Contact	Referral
Hutt Valley Community Law Centre	Aims to meet unmet legal needs in the Hutt Valley area through free legal services. Outreach clinics in Upper Hutt, Trentham, Pomare, Naenae, Kokiri Marae and Wainuiomata.	Phone: (04) 568 8964 Email: info@wclc.org.nz Website: http://www.wclc.org.nz/ Facebook: https://www.facebook.com/WCLCnz	Self referral
Inland Revenue Department	Information on paid parental leave and tax benefits/allowances.	Phone: 0800 227 774 Website: http://www.ird.govt.nz/ Hours: Mon - Fri 8am to 8pm, Sat 9am – 1pm	
NZ Federation	Provides links to local budgeting services and is	Phone: (04) 471 1490 or 0508 283 438	Self referral

of Family Budgeting Services Inc.	dedicated to the development of budgeting skills through free, supportive, confidential and culturally aware services. Free budgeting advice for anyone needing help in managing their personal or family finances (not for businesses).	Email: reception@familybudgeting.org.nz Website: www.familybudgeting.org.nz Hours: Free Phone answered 8.00 am to 4.30 pm, Monday to Friday.	
Paid Parental Leave	More details on paid parental leave are available from the Department of Labour.	Website: www.dol.govt.nz/er/holidaysandleave/parentalleave/index.asp	Self referral
Working For Families – work and Income NZ	Working for Families is a package that is designed to make it easier to work and raise a family.	Phone: 0800 774 004 or IRD 0800 227 773 Website: www.workingforfamilies.govt.nz Hours: Monday to Friday 7am – 6pm and Saturday 8am – 1pm	Self referral

COUNSELLING

Organisation	Description	Contact	Referral
Catholic Social Services	<p>Aims to assist people so that they are able to function appropriately and well in our communities. Counselling or social work offered to all people regardless of circumstances, beliefs or race.</p> <ul style="list-style-type: none"> • Counselling and therapy for individuals, families and couples • Support to refugee and migrant families • Anger management and violence prevention for individuals • Grief and loss support related to death, abortion and relationship issues • Living without violence programmes 	<p>Phone: (04) 385 8642</p> <p>Email: reception@wn-catholicsocialservices.org.nz</p> <p>Website: http://www.wn.catholic.org.nz/departments/catholic-social-services/css-contactus</p> <p>Facebook: https://www.facebook.com/catholicwellington</p>	Self referral, open to all

	<ul style="list-style-type: none"> • Programmes to support women in violent relationships • General community and social work support to families/whānau in need • School Social Work 		
Pregnancy Counselling Services	An independent, charitable trust whose caring, well trained volunteers offer a 24/7 telephone counselling service for anyone with a pregnancy or abortion related issue.	Name: Marion Gibson Phone: 0800 773462 or (04) 383 5524 Email: pcswgtn@xtra.co.nz Website: http://www.pregnancycounselling.org.nz/?gclid=CJrskdnqocQCFVQsvQodbwIACQ Hours: Monday to Friday 8am to 4pm	Self referral
Pregnancy Help Greater Wellington	Pregnancy Help gives information and advice and supports the well being of pregnant and recently pregnant women, new mothers and their families/whānau. Care, concern and confidentiality assured.	Name: Caroline Phone: (04) 232 5740 Email: pregnancyhelpgw@slingshot.co.nz Website: www.pregnancyhelp.org.nz Facebook: https://www.facebook.com/PregnancyHelpWellington Hours: Phone Tuesday and Wednesday 9am -2pm	Self referral
Wellington Women's Health Collective	Offers listening support and referral for any aspect of physical, mental or emotional health and wellbeing. Free pregnancy testing. There is a small counselling service for women on low income. All services are	Name: Nikki Saffery Phone: (04) 384 7709 Email: wwhc54@xtra.co.nz	Open referral self, GP, Email or phone, visit

	FREE.	Website: www.wwhc.org.nz Hours: Monday to Friday 10am – 3pm	to check eligibility
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DISABILITY			
Organisation	Description	Contact	Referral
CCS Disability Action	Provides support and strengthens communities so people with disabilities are included in the life of the family and in their community.	Phone: 0800 227 2255 or (04) 567 8910 Email: Wellington.admin@ccsdisabilityaction.org.nz Website: www.ccsdisabilityaction.org.nz Facebook: https://www.facebook.com/CCSDisabilityAction	Self referral
FAMILY PLANNING			
Organisation	Description	Contact	Referral
Family Planning	Provides a range of services including sexual and reproductive health information, clinical services, education and training and research. Free for under 22 years old.	Phone: (04) 569 5025 Website: http://www.familyplanning.org.nz/clinics/lower-hutt Facebook: https://www.facebook.com/familyplanningnz Hours: Monday to Friday 8.30am – 5pm and Saturday 9am – 12.30pm	Self referral





FATHERS






Organisation	Description	Contact	Referral
Father and Child Trust	The Father and Child Trust New Zealand supports a vision of communities where fathers and mothers are supported equally and have access to the resources and help they need to work together for the welfare of their children.	Name: Les Williams Phone: 022 106 1574 Email: les@fatherandchild.org.nz Website: http://fatherandchild.org.nz/wellington/ Facebook: https://www.facebook.com/fatherandchild	Self Referral
Great Fathers	While Great Fathers is designed for men, it is actually for their children ... all our children. The aim is for all New Zealand children to have the best possible start in life. Great Fathers believe one way to contribute to this is by helping all parents, but men specifically, understand what their baby needs, pointing out what nurturing is and why nurturing is so important, Resources include a toolbox and DVD.	Name: Dave Owens Phone: (06) 753 5875 or 021 235 9705 Email: contact@greatfathers.org.nz Website: http://www.greatfathers.org.nz/greatfathers	Self online or Self referral
Thrive Teen Parent Support Trust	Aims to ensure that young parents and their children are able to reach their full potential by being connected and secure within their families and communities. Auckland based	Email: thrive.org.nz Website: www.thrive.org.nz Facebook: www.facebook.com/pages/Thrive-Teen-Parent-Support-Trust	Facebook support

HELPLINES

Organisation	Description	Contact	Referral
Healthline	Healthline is a free, 24 hour, seven days a week telephone advice line supported by the Ministry of Health and St John. Healthline is available in all areas throughout NZ by land line and by cell phone. Manned by Registered Nurses.	Phone: 0800 611 116, 24 Hours, 7 days a week Website: www.health.govt.nz	Free phone call
Lifeline	Lifeline New Zealand's telephone counselling service provides 24 hours a day, 7 days a week counselling and support.	Phone: 0800 543 354, 24 Hours, 7 days a week Email: face2face@lifeline.org.nz Website: www.lifeline.org.nz Facebook: https://www.facebook.com/pages/Lifeline-Aotearoa/180690668615063	Free phone call
National Poisons Centre	The National Poisons Centre answers enquiries both from health professionals and from the general public concerning acute poisoning and the toxic effects of chemicals, which may be encountered in emergencies of any sort. This service operates 24 hours per day, 365 days per year.	Phone: 0800 764 766, 24 hours 7 days a week Website: www.poisons.co.nz	Free phone call
Plunketline	A toll free telephone support service staffed by specially trained Plunket nurses is available to respond to caregivers' concerns on child health and parenting.	Phone: 0800 933 922, 24 hours 7 days a week Email: plunket@plunket.org.nz Website: www.plunket.org.nz Facebook: https://www.facebook.com/PlunketNZ	Free phone call

HOMEBIRTH			
Organisation	Description	Contact	Referral
Wellington Homebirth Association (WHBA)	The Wellington Home Birth Association aims to empower women and their families to birth in a loving environment by making them aware of the responsible home birth option and by fully supporting those who choose to give birth at home. WHBA promotes, supports, nurtures and encourages natural, active birth, well-informed and self-empowered parents, and healthy, breastfed babies. WHBA also has a library for Pregnancy, Childbirth and beyond.	Name: Eva Neely Phone: 0278568445 Email: evaneely@live.com Website: www.whba.weebly.com or www.homebirth.org.nz Facebook: https://www.facebook.com/groups/121135894337/ or https://www.facebook.com/homebirthaotearoa	Self
HUTTMATERNITY SERVICES			
Organisation	Description	Contact	Referral
Acupuncture, HVDHB 	Acupuncture is available to treat pregnancy-related problems and assist in preparation for childbirth and postnatal care. This is available on Monday and Thursday afternoons. This free service is provided by the hospital in conjunction with the New Zealand School of Acupuncture. To make an appointment call 5666 999 (and ask for Reception on extension 8164).	Phone: (04) 566 9999 EXT. 8164	Midwife or Self referral via Maternity enquiries
Anaesthetic Referral, HVDHB 	Women with previous anaesthetic difficulties including: - Difficult intubation - Failed epidural - Severe needle phobia - Women with any concern regarding anaesthesia	Name: Maternity Assessment Unit Phone: (04) 570 9282 Fax: (04) 5709220 Hours: Monday to Friday 8am – 4.30pm	Referrals are to be faxed to MAU


<p>Early Pregnancy Assessment Clinic HVDHB</p> 	<p>Women experiencing pain and / o r bleeding under 13/40 can be referred to the EPAC in MAU for assessment in a planned acute manner. Please discuss with the O&G team on call via the operator, and then fax referral to MAU.</p>	<p>Name: Maternity Assessment Unit Phone: (04) 570 2652 Fax: (04) 5709220 Hours: Monday to Friday 8am – 4.30pm</p>	<p>Please discuss referral with the O&G team on call via the Operator. Referrals are to be faxed to MAU</p>
<p>Health Resource Centre Hutt Hospital, HVDHB</p> 	<p>A wide range of information and publications are available via the Health Resource Centre located first floor Community Services Building Resources may be ordered online via Health Ed and will be sent to you by the DHB authorized provided.</p>	<p>Name: Laurina Francis website: www.healthed.govt.nz/contact-us</p>	<p>Order Online</p>
<p>Kowhai House - Family / The whānau House, HVDHB</p> 	<p>Accommodation for families supporting a family member in hospital. Hutt Valley District Health Board provides this facility for use by people from out of the area, of all ethnicities who have family/whānau and relatives in hospital and need somewhere to stay.</p>	<p>Phone: (04) 587 2990</p>	
<p>Maternity Assessment Unit</p> 	<p>There are 3 streams of assessments undertaken in the MAU</p> <ol style="list-style-type: none"> 1. Early Pregnancy Assessment – see above 2. Obstetric Assessments by LMCs 3. Secondary Care Obstetric Assessments – see Secondary Care below 	<p>Name: Maternity Assessment Unit Phone: (04) 570 9282 Fax: (04) 5709220 Hours: Monday to Friday 8am – 4.30pm</p>	<p>Referrals are to be faxed to MAU</p>

<p>Physiotherapist, HVDHB</p> 	<p>A woman's health physiotherapist is available on referral from your Lead Maternity Carer. This is for pregnancy related issues and lonozone treatment postnatally.</p>	<p>Phone: (04) 566 6999 ext. 9416 Fax: (04) 570 9361</p>	<p>Phone call fax or written referral to be sent to physio reception therapies department</p>
<p>Primary Maternity Care Midwives</p> 	<p>Women unable to find LMC may be eligible for pregnancy care under the Primary Midwives Team. Contact the team via Maternity enquiries staff on (04) 5666 999 ext. 8163. The Enquiries staff will take a message and a Midwife will call back.</p>	<p>Phone: (04) 566 6999 ext. 8163 Website: www.huttmaternity.org.nz Hours: Monday to Friday 8am – 4pm</p>	
<p>Secondary Care Obstetric Clinic</p> 	<p>Clinics run most days in MAU for the Secondary Care Obstetric Clinics. Referrals from GPs should be via e-Referral. Manual referrals to be sent or faxed to MAU. Use the Guidelines for Consultation with Obstetric and Related Medical Services (Referral Guidelines) for referral criteria.</p>	<p>Name: Maternity Assessment Unit Phone: (04) 570 9282 Fax: (04) 5709220 Hours: Monday to Friday 8am – 4.30pm</p>	<p>Referrals are to be faxed to MAU</p>
<p>Social Work</p> 	<p>Provision of counselling/support to women to assist with pregnancy or birth and health related issues. Provided by Social Worker, HVDHB</p>	<p>Name: Marlene Beasley Phone: (04) 570 9620 or (04) 566 6999 ext. 8488 Fax: (04) 570 9379</p>	<p>Phone, fax or written referral to social work department</p>
<p>Stretch Class</p> 	<p>Stretch Classes run from 9.30- 10.30 every Wednesdays in Antenatal Education Room, Ground Floor, Community Health Building. This is free for pregnant women to attend, and no booking is required, just turn up. Run by HVDHB Physiotherapist.</p>	<p>Phone: (04) 566 6999 ext. 9416</p>	


IMMUNISATION

Organisation	Description	Contact	Referral
Immunisation Advisory Centre	Provides New Zealanders with a local source of independent, factual information based on international and NZ scientific research regarding vaccine-preventable diseases and the benefits and risks of immunisation, information and training for health professionals, national immunisation coordination and policy advice and research into many aspects of vaccines and vaccine-preventable diseases.	Phone: 0800 466 863 or (09) 373 7949 Website: www.immune.org.nz	Information
National Immunisation Register (NIR)	The National Immunisation register holds the immunisation details for all NZ children. Each time a child receives an immunisation the doctor or nurse will record it on the NIR. This ensures that the child gets the right immunisation at the right time. Each DHB has its own NIR administrator who looks after the information for children in their DHB, the administrator follows up on children who are overdue, and ensures the data is accurate.	Name: Julia Small Phone: (04) 570 9797 Fax: (04) 570 9796 or 0800 505 125 Email: Julia.small@huttvalleydhb.org.nz Hours: Monday to Friday 7.30am – 4pm	Opt off via LMC

INFANT / CHILD HEALTH

Organisation	Description	Contact	Referral
Bee Healthy 	The Bee Healthy Regional Dental Service is the community based dental service in the greater Wellington region, providing free dental care for children from birth until their 18th birthday. Babies are enrolled at birth with Bee Healthy. .	Phone: 0800 825 583 Website: www.beehealthy.org.nz	Phone, text or online. Can be self referral, by a Midwife or any Health/Social Worker


<p>Child Youth and Family (CYFS)</p>	<p>CYFS team up with many different groups and people so that families have the support they need to help themselves and their children to thrive in families that will love and nurture them. If you suspect child abuse or neglect, or are worried about a child or young person, you can call Freephone number 24 hours a day, any day of the year, and talk to a social worker. They will determine the urgency of the concern, whether there is a need to do anything further, or if the child or young person's needs could be better met by another agency. If you think a child is in immediate danger phone the Police on 111.</p>	<p>Name: Duty Social Worker Phone: (04) 917 1155 or 0508 326 459 Email: cyfcallcentre@cyf.govt.nz Website: http://www.cyf.govt.nz/ Facebook: https://www.facebook.com/uofg.cyf Hours: 24 hours, 7 days a week</p>	
<p>Hutt kids Directory</p>	<p>Find out about upcoming events and what there is to see and do in the Hutt Valley. Read the latest sickness outbreak alerts, find out about child-friendly cafes, local schools, play centres, playgroups, playgrounds, children's health matters, games for kids, pregnancy information, support for caregivers and parents ... and lots more!</p>	<p>Website: http://www.huttkids.co.nz/ Facebook: https://www.facebook.com/HuttKids</p>	
<p>Neonatal Support Group - Wellington</p>	<p>The neonatal Trust provides support to families of premature or sick full term babies as they make their journey through neonatal care, the transition home and onwards.</p>	<p>Phone: (04) 570 9054 Email: wellington@neonataltrust.org.nz Website: https://www.neonataltrust.org.nz/regions/wellington Facebook: https://facebook.com/neonataltrustnz Hours: Monday to Friday 9am – 5.30pm</p>	

<p>Newborn Hearing Screening</p> 	<p>Hearing screening offered to all new-borns in the Hutt DHB area. Screening is designed to pick up moderate to profound hearing loss (not necessarily a mild hearing loss) Early detection can help address language, learning and social development.</p>	<p>Phone: (04) 587 2647 Email: Newborn_Hearing_Screening@huttvalleydhb.org.nz Website: www.nsu.govt.nz</p>	
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INTERPRETING/LANGUAGE

Organisation	Description	Contact	Referral
<p>Interpreting Wellington Services</p>	<p>Focusing on refugee and new migrant groups with native speakers usually interpreting. Interpreting Wellington serves hospital health centres social services, courts, tribunals, police, immigration and housing and wider local & central government organisations. Cost involved</p>	<p>Phone: (04) 384 2849 Email: info@interpret.org.nz Website: www.interpret.org.nz Hours: 24 Hours 7 Days a week</p>	
<p>Language Line</p>	<p>Provides telephone interpreting services in 44 languages. Ring the language line and ask for the language you want and a professional interpreter will join you on the phone, usually within two minutes to help. Training and awareness resources such as cards and posters are also available.</p>	<p>Phone: 0800 656 656 Email: language.line@dia.govt.nz Hours: Monday to Friday 9am – 6pm and Saturday 9am – 2pm</p>	


LEAD MATERNITY CARE – LOOKING FOR AN LMC

Organisation	Description	Contact	Referral
Difficulty finding a Lead Maternity Carer 	Huttmaternity have a team of midwives available for those that can't find an LMC using the above sites. Contact us via Maternity enquiries staff on (04) 5666 999 ext. 8163	Phone: (04) 566 6999 ext. 8163 Hours: Monday to Friday 8am – 4pm	
Find Your Midwife	A link to the find your midwife website hosted by the New Zealand College of Midwives. Women are able to click on the area they live and find available midwives.	Website: www.findyourmidwife.co.nz	
Huttmaternity Website 	A website full of pregnancy, birthing and post natal information from Huttmaternity services, including information on the role of an LMC and where to find LMC care.	Website: www.huttmaternity.org.nz	

MAORI HEALTH

Organisation	Description	Contact	Referral
Early Intervention	Home visiting programme for vulnerable whānau who are expecting or have young children under 12 months.	Name: Nāku Ēnei Tamariki Phone: (04) 939 4630 OR (04) 939 2232	


Family Start	Family Start is a child-centred, family focused, early intervention, intensive home visiting programme that works with families with the greatest needs, to build their strengths and capacity to ensure that their children have the best possible start in life. Participation by families in the programme is voluntary.	Name: Naku Enei Tamariki Māori Section Phone: (04) 939 2232 Website: http://www.net-inc.org.nz Hours: Monday to Friday 8.30am – 5pm	
Haakuitanga Haakorotanga Māori Parenting Programme	A Māori parenting skills programme that gives Māori parents understanding of, and learning in, effective parenting skills. The programme focuses on the parent's own attitudes to tamariki and parenting by allowing them to explore the way they were parented and how this influences the way they parent their tamariki.	Name: Naku Enei Tamariki Māori Section Phone: (04) 939 2232 Email: Awhi-mai@xtra.co.nz Website: http://www.net-inc.org.nz/?clD=about	Self Midwife Community workers
Hauora a Iwi Services Orongomai Marae	Community Service offering holistic health approach to families in Upper Hutt Area.	Name: Tarl Cashmore Phone: (04) 528 9409 Email: orongomai.whānau.ora@paradise.net.nz Hours: Monday to Friday 8.30am – 3pm	
Kokiri Marae Māori Women's Refuge	Provides 24 hour crisis line, safe house accommodation, living without violence programmes and counselling services for wahine and their tamariki	Name: Kerry Dougall Phone: (04) 566 5025 Email: Awhi-mai@xtra.co.nz Website: https://www.kokiri.org.nz/affiliates/Māori_womens_refuge.htm	

Kokiri Pukeatua	Childcare Centre, Midwifery, Gymnasium, Laundry, Tamariki Ora, Breastfeeding support	Phone: (04) 564 1608 Email: storey@xtra.co.nz Hours: Mon– Fri 7am – 8pm Gym Breastfeeding support all day Thursdays	
Koraunui Marae Health Clinic	Free health clinic. Playgroup Tuesday/Thursday. Mothers' group. Mau Taihia. Marae hire. Private training establishment. Level 1 Social Service. Whanau support. Youth activities carving school	Name: Liz Heka Phone: (04) 939 6662	
Māori Health Development Unit 	Provides support & advice to whānau /family, to understand the hospital processes & procedures and to listen & assist to ensure access to the best health & social services, e.g. hospital services, Māori & community health services, housing, home support, WINZ.	Name: Kuini Puketapu, Māori Health Advisor. Phone: (04) 570 9056 Email: kuini.puketapu@huttvalleydhb.org.nz Website: http://www.huttvalleydhb.org.nz/content/a06ddfc6-0987-46d2-aa20-044067fab48.html	
Māori Women's Welfare League	Te Ropu Wahine Māori Toko i te Ora (Māori Women's Welfare League Inc.), is an organisation that adheres to Māori traditional values and concepts with a kaupapa of improving the wealth of Māori, be that spiritually, social wellbeing or economically. Included is a programme Whānau Toko i te Ora parenting programme for under five-year-olds. Branches throughout New Zealand.	Website: http://mwwl.org.nz/ Facebook: https://www.facebook.com/MāoriWomenWelfareLeague	Online referral

<p>Nāku Ēnei Tamariki (NET) – Māori Section</p>	<p>Marae based support for mothers and their pepe. We provide an intensive home visiting program for pregnant women, mothers and their whānau that includes parenting skills, referrals to counselling or social work services, access to other specialist & GP services. We can help with budgeting, food bank, housing, WINZ and Inland Revenue. We also provide information and education on a range of health, family and life skills.</p>	<p>Name: Teresa Olsen Phone: (04) 939 4630 Email: info@kokiri-hauora.org.nz Website: http://www.kokiri.org.nz/</p>	
<p>Poipoia Te Mokopuna</p>	<p>Te ao Maori education programme focused on engaging whanau in early learning experiences, using purakau and korero- a- iwi to inspire and grow whanau to be the best first teachers. Coordinated through NET.</p>	<p>Name: Nāku Ēnei Tamariki Phone: (04) 939 4630 or 904) 939 2232</p>	
<p>Te PaePae Arahi</p>	<p>Established in 2003 to support whanau with mental health and/or addiction needs. Team includes support workers, counselors, nurses, Kaumatua and addiction clinicians to help whanau increase their wellness and succeed in achieving their goals.</p>	<p>Name: Pat Owen Phone: 04 9200697 Email: pat@tepaepae.co.nz Website: www.tepaepae.co.nz.</p>	<p>Request referral by phoning. Can be made by Rangatahi, whanau, doctors, school teachers, counselors</p>
<p>Te Whanau o Te Maungarongo Community Services</p>	<p>Service provides programmes and counseling for victims of family violence (adults and children), Group and individual programmes for violent offenders, men's and women's support groups, youth violence prevention programmes and counseling for loss/grief and addictions.</p>	<p>Name: Puti Snowden Phone:04 5866023 Email: temaungarongo@xtra.co.nz Website: http://www.nnsvs.org.nz/</p>	<p>Phone referral</p>

<p>Te Whare Rokioki Māori Women's Refuge</p>	<p>Confidential support for Māori women experiencing domestic violence. Providing support advocacy, information, counselling, social work, programmes, safe house accommodation.</p>	<p>Phone: (04) 801 5384 or Crisis Line 0800 733 843 Email: twr@Māoriwomensrefuge.org.nz Website: http://www.wellingtonwomensrefuge.co.nz/contact/ Facebook: https://www.facebook.com/pages/Wellington-Womens-Refuge/175339925905470 Hours: Crisis Line 24 hours a day 7 days a week</p>	
<p>Wainuiomata Marae Hauora Services</p>	<p>Family Support Service working under the umbrella of the Wainuiomata Marae Association Incorporated. Able to help and support on a one to one basis or on a whānau (family) basis. The service is readily made available within Wainuiomata community regardless of age, race, gender and includes access to health resources, education and emergency support</p>	<p>Name: Linda Olsen Phone: 04 5648395 Email: wainuiomata@xtra.co.nz Website: www.wainuiomatamarae.org.nz</p>	<p>Self referral</p>
<p>Whakawhetu National SUDI Prevention for Māori</p>	<p>Whakawhetu National SUDI Prevention for Māori is a national kaupapa Māori organisation dedicated to reducing the rate of SUDI (Sudden Unexpected Death in Infancy) for Māori. Provides policy advice, disseminates evidence based information, delivers training and education, and strengthens existing workforce development.</p>	<p>Phone: (09) 373 7599 ext. 87601 Email: whakawhetu@auckland.ac.nz Website: http://www.whakawhetu.co.nz Facebook: https://www.facebook.com/sharer/sharer.php?u=http%3A%2F%2Fshar.es%2F1f5oj9&t=Contact</p>	


MENTAL HEALTH

Organisation	Description	Contact	Referral
Crisis Assessment and Treatment Team (CATT) 	Hutt Valley DHB service for acute Mental Health Crisis.	Phone HVDHB Hospital Operator on (04) 5666 999, ask for CATT team	Health Practitioner or Self referral
Perinatal Mental Health Trust	To improve outcomes for families and whānau affected by mental illness related to pregnancy, childbirth and early parenthood	Name: Treena Cooper Phone: 021 151 0228 Email: pmhnzoffice@gmail.com Website: www.pmhnz.org.nz	Self referral
Postnatal/Antenatal Distress Support Group (PAND)	Offer phone support for women (contact will be made within 24 hours) Access to low cost counselling for Mums and Dads experiencing antenatal or postnatal distress. Can link with casual peer support groups and offers online support.	Name: Antoinette Ben Phone: (04) 472 3135 Email: pnd.wellington@gmail.com Website: www.pnd.org.nz Facebook: https://www.facebook.com/pages/PND-Wellington/226400327380449	Self referral

<p>Trauma and Birth Stress Post traumatic Stress Disorder after Childbirth (TABS PSTD)</p>	<p>TABS are, a Charitable Trust that serves as a support group for mothers. Members have in common stressful and traumatic pregnancies or births that affected our lives negatively for months or years afterwards. TABS was formed because of the need to make PTSD known as a form of mental illness that can happen following childbirth, but quite distinct from the Baby Blues, Post Natal Depression (Post Partum Depression) and Post Natal Psychosis.</p>	<p>Website: www.tabs.org.nz</p>	<p>Information only</p>
<p>Warmline Peer Support</p>	<p>Warmline is a free peer support helpline for people who are affected by mental illness. It is run by people who have used mental health services themselves and understand how distressing and isolating the experience of mental illness can be.</p>	<p>Name: Mere Pavai Phone: 0800 200 207 Email: msavelio@richmond.org.nz Website: http://www.richmond.org.nz Hours: Tuesday to Sunday 7am to 1pm</p>	<p>self</p>

OTHER			
Organisation	Description	Contact	Referral
Citizens Advice Bureau	Citizens Advice Bureau provides a free, independent, impartial, non-judgemental and easily accessible service to ensure that people do not suffer through: ignorance of their rights and responsibilities, or of the services available, or through an inability to express their needs effectively. Has a large database of information and volunteers are well trained to listen, research and give options to empower clients to take the next step.	<p>Lower Hutt: Phone: 0800 367 222 or (04) 566 6039 Email: lowerhutt@cab.org.nz</p> <p>Hours: Monday to Friday 9am – 5pm. Free legal advice Thursday evenings from 6pm and Tuesday 9.30am – 11.30am at St Pauls Church</p> <hr/> <p>Upper Hutt: Phone: (04) 528 9040 Email: cab.upperhutt@clear.net.nz Website: http://www.cab.org.nz/Pages/home.aspx Facebook: https://www.facebook.com/cabwellington Hours: Monday to Friday 9am – 4.30pm</p>	Self referral
PACIFIC HEALTH			
Organisation	Description	Contact	Referral
Family Start	A child-centred, family focused, early intervention, intensive home visiting programme that works with families with the greatest needs, to build their strengths and capacity to ensure that their children have the best possible start in life. Participation by families in the programme is voluntary.	<p>Name: NET Phone: (04) 939 9257 Email: pacific@net-inc.org.nz Website: http://www.net-inc.org.nz</p>	Any referrals accepted self referral

<p>Nāku Ēnei Tamariki (NET) – Pacific Island Section</p>	<p>Aims to help mothers who feel isolated and unsupported by their families and the community. Offers; Parent Support Group – Parenting skills, Safety for children and parents, personal development skills, health, love and belonging, family violence prevention. Advocacy services with government agencies and other community groups. Parents as First Teachers (PAFT), Family Start, for Pacific Island women and babies.</p>	<p>Name: Junior Kiki Maepu Phone: (04) 939 9257 Website: www.net-inc.org.nz</p>	<p>Self on case by case basis. LMC or through secondary care.</p>
<p>Pacific Health Services</p>	<p>Provides Pacific people simultaneous access to a health and social service within the Hutt Valley region. FREE services offer four programmes:</p> <ul style="list-style-type: none"> - Primary Health Outreach Nursing Service - follow up care, medication management, health assessments and health education and health promotion - Well-Child Service - Pasifika Choice - Prevention of Obesity project - Family Wellbeing and Social Service Budgeting service, midwifery and law clinics are also provided on site by Wellington City Mission; independent midwives and Taumata Law Limited. Please visit website for specific details of each service component and contact personnel. 	<p>Phone: (04) 577 0394 Email: doeni@extra.co.nz Website: www.pacifichealthhutt.co.nz Hours: Monday – Friday 9 – 5 pm</p>	

<p>Pacific Health Well Child Services</p>	<p>WellChild service that is 'Pacific for pacific', covering HV region to support parents and families to ensure children achieve strong health foundation to lead to overall wellbeing as they grow. Can visit at venue of choice or clinic. Works alongside midwives or health provider ensuring smooth transition to WellChild service.</p>	<p>Name: Fuamai Lipine Phone: (04) 577 0394 Email: fuamai.lipine@phshutt.co.nz Website: http://www.pacifichealthhutt.co.nz/#!well-child-service/ceb Facebook: https://www.facebook.com/pages/Pacific-Health-Service-Hutt-Valley/191699624272899?fref=ts Hours: Monday to Friday 9am – 5pm</p>	<p>LMC to refer 2-4 weeks post partum as part of WellChild contract or self referral</p>
<p>Pacific Island Health Unit</p> 	<p>PHU focuses on improving responsiveness of DHBs to the needs of Pacific patients when in (HVDHB) care. The PHU supports patients and their families with Interpretation to help them understand their health issues and the health system and also provide support for non-Pacific staff to assist them when working with Pacific patients.</p>	<p>Name: Tofa Suafole Gush Phone: (004) 570 9367 or 027 8395 994</p>	<p>Self referral, can enrol antenatally</p>
<p>PARENTING AND FAMILY SUPPORT</p>			
<p>Organisation</p>	<p>Description</p>	<p>Contact</p>	<p>Referral</p>
<p>Barnardos - Specialist Family Services including Safety and Family Support</p>	<p>Barnardos provide a range of care, education and support services developed specifically for New Zealand children and their families. High quality home based and centre based early childhood education and care for children under five. Family support for families under stress.</p>	<p>Phone: (04) 569 1204 or 0800 227 627 Website: www.barnados.org.nz Facebook: https://www.facebook.com/pages/Barnardos-New-Zealand/118409591525204</p>	<p>Self referral or others can refer with Families Permission</p>

Bellyful Hutt Valley	Volunteers who help families who have a new baby (usually under 3 months) with support from their fellow community members. This service provides some practical support in the form of cooked meals - for those families who wouldn't have that support otherwise. Also for families with children suffering illness who have little to no support.	Name: Latisha Dowling Phone: 0508 235 5938 or 027 226 4532 Email: latisha.dowling@bellyful.org.nz Website: http://bellyful.org.nz/ Facebook: https://www.facebook.com/BellyfulNZ	Self referral
Birthright	A not for profit organisation that was started in 1955 to provide practical and emotional support to sole parents in order that they, and their children, realise their potential. Such support as parenting skills, budgeting, advocacy, One on one home service. For one-parent families in Hutt Valley area.	Name: Christine Prince Phone: (04) 567 7123 or 0800 457 146 Email: birthrighthutt@xtra.co.nz Website: http://www.birthright.org.nz Hours: Monday to Friday 9.30am – 3pm	Online self referral
Brainwaves Trust Aotearoa	Brainwave's aim is to raise public awareness about new findings in brain research and to educate about the important implications of this knowledge on our children's physical, social, intellectual and emotional development. Presentations and events in Wellington and Hutt Valley.	Phone: (09) 528 3981 Fax: (09) 528 3981 Email: info@brainwave.org.nz Website: http://www.brainwave.org.nz/ Facebook: https://www.facebook.com/BrainwaveTrust	Information only
Coffeegroup.org	The coffeegroup.org support network was designed for New Zealand families to be able to easily access valuable information, advice and friendship 24 hours a day, 7 days per week.	Website: www.coffeegroup.org.nz Facebook: https://www.facebook.com/coffeegroup.org	Information only

Family Start	Family Start is a child-centred, family focused, early intervention, intensive home visiting programme that works with families with the greatest needs, to build their strengths and capacity to ensure that their children have the best possible start in life. Participation by families in the programme is voluntary.	Name: Naku Enei Tamariki Phone: (04) 939 2232 Website: http://www.net-inc.org.nz Hours: Monday to Friday 8.30am – 5pm	
Family Works Centre	Family Works Central provides a range of social services for children, young people, parents and families throughout the Hutt Valley community. The majority of these services are provided from centres in Upper Hutt and Wainuiomata. Services include parent education including Good Fathers Parenting programme, Disputes resolution, and counselling, New settlers groups. Family Works Centre prides itself of tailoring services to suit the needs of the community.	Phone: (04) 564 6710 or (04) 528 4164 Email: Familyworks-upperhutt@psc.org.nz Website: www.psc.org.nz	See website for criteria
Great Start House	Community hub following a community led philosophy and as such provides support and care that is asked for and initiated by our local community. Also provides space for other organisations to work from the premises. Great Start also run a SPACE group, Taita Whānau Playgroup and Music Group, Anyone can drop in anytime for a coffee. Can offer individual support to those who need it.	Name: Clare Saunders Phone: (04) 567 5437 or 027 839 8853 Email: clare.saunders@greatstart.org.nz Facebook: https://www.facebook.com/pages/Great-Start-Taita/123204021074817	Email, phone, fax or in person

Greenstone Doors	Greenstone Doors vision is to provide a positive experience for people in all matters connected with pregnancy, including natural fertility, care after pregnancy, childbirth and early childhood, so that families/whānau are actively supported into a future with hope.	Phone: (04) 566 5037 or 027 254 9222 Email: info@greenstonedoors.co.nz Website: http://www.greenstonedoors.co.nz/ Facebook: https://www.facebook.com/pages/GreenstoneDoors/351245588346107 Hours: Monday, Wednesday, Thursday and Friday 12.30pm – 5pm and Tuesday 10am – 5pm	Self referral
Hutt Valley Multiple Birth Club	Hutt Valley Multiple Birth Club– Offers support for parents of twins, triplets, etc. Holds regular coffee mornings, a weekly playgroup, educational evening meetings and social events. Shares clothing, hires equipment and has a library.	Name: Louise Thom Phone: (04) 586 2864 or 08004TWINNS Email: hvmbcwhānau@gmail.com Website: http://multiples.org.nz/index.php/join/find-clubs/9-club-profiles/71-hutt-valley-multiple-birth-club Facebook: http://www.facebook.com/groups/325018872020/?fref=ts	Self referral
Ministry of Social Development Family & Whānau	Family Web lists websites/online resources on important topics for New Zealand families, for example Raising Children and Supporting Young People. This includes the Family Start Programme.	Phone: (04) 916 3300 Email: information@familyservices.govt.nz Website: http://www.familyservices.govt.nz/my-family/index.html	Information only

Mothers Network Wellington Inc.	Mothers Network provides 8 week discussion groups for new mothers (mothers with a child under 2 years), pre-school mothers, (child 2-5 yrs), and single mothers with a child up to 5 yrs. Group discussion is focussed on the mother with emphasis on the group continuing to meet for support long after the 8 week period.	Phone: (04) 383 8255 Email: Mothersnetwork.wn@xtra.co.nz Website: http://www.mothersnetwork.org.nz/ Facebook: https://www.facebook.com/mothersnetworkwellington	Self referral
Nāku Ēnei Tamariki (NET) – Pakeha Section	Provides a supportive home visiting service to mothers with new babies. Parenting courses and support groups are also available through programmes such as Parents as First Teachers, Family Start. Helps people access the health services and agencies in their communities and will help with advocacy work. Works to promote healthy, happy families and confident, positive parents.. Also has Maori and Pacific branches (see categories above for contact details)	Name: Nāku Ēnei Tamariki Phone: (04) 939 9257 Fax: (04) 939 2232	Health professional
Parents As First Teachers (PAFT)	The Parents as First Teachers (PAFT) education programme is based on the philosophy that mātua are their child's first and most important teachers. It provides free, practical support to mātua to assist them to participate more effectively in the early development and learning of their pepe. This home visiting support lasts from before the pepe is born until their third birthday.	Phone: (04) 939 4630 Fax: (04) 939 4640 Email: netmaori@kokiri-hauora.org.nz	Self referral, Health Professional or through support agency Govt or NGO.

<p>Parent to Parent - Lower Hutt</p>	<p>Offers support for parents of special needs children and children with illnesses and medical conditions. Links parents with other trained support parents who have a child with the same condition.</p>	<p>Name: Shona Joy Phone: (04) 569 9398 or 0508 236 236 Website: http://www.parent2parent.org.nz/wellington/ Facebook: https://www.facebook.com/parent2parentnz Hours: Last Tuesday of each month 10am - 12pm</p>	<p>Self referral</p>
<p>Pregnancy Assistance Program of St Vincent de Paul</p>	<p>We help pregnant women and new mothers with the first things for their babies. We can do this in the form of free baby clothes, clothes nappies and bedding.</p>	<p>Phone: (04) 389 7122 Email: admin.svdp@xtra.co.nz Website: www.vinnies-wellington.org.nz Facebook: https://www.facebook.com/svdp.wellington</p>	<p>Self referral</p>
<p>Samaritans</p>	<p>Samaritans offer non-judgemental, confidential support to anyone who is lonely or in emotional distress.</p>	<p>Phone: (04) 473 9739 or 0800 726 666 Email: Wellington@samaritans.org.nz Website: www.samaritans.org.nz Facebook: https://www.facebook.com/NZSamaritans Hours: 24 Hours a day, 7 days a week</p>	
<p>Seventh Day Adventist</p>	<p>Packs of new and pre-loved clothes for premature to size one babies. Can be swapped for larger sizes as baby grows.</p>	<p>Name: Pam Phone: (04) 938 9610</p>	<p>Health professional or self referral</p>

<p>Supporting Parents Alongside Children's Education (SPACE)</p>	<p>The SPACE programme is aimed at first time parents and their babies, and has been designed to support parents through the first year of their child's developmental journey. The programme runs weekly for 3-4 terms (i.e. 30-40 weeks) in a relaxed, baby-friendly atmosphere. The sessions are run by facilitators who have knowledge, experience, and training in early childhood care and education. Under pinned by the SPACE Trust that works in collaboration with organisations to deliver the SPACE programme to parents in their local community.</p>	<p>Name: Michelle Phone: (04) 971 8598 Email: huttSPACE@paradise.net.nz Website: http://playcentre.org.nz/space.php or www.space.org.nz Facebook: https://www.facebook.com/SpaceNzTrust</p>	<p>Self referral</p>
<p>Strengthening Families</p>	<p>Strengthening Families is an established process where multiple organisations collaborate and with a family/whānau, plan and organise services to support the family. Strengthening Families can be used by any family/whānau in Aotearoa New Zealand: with a child, children or young person(s) (0-17 years) in their care who needs help from more than one agency. It is free and 100% voluntary.</p>	<p>Name: Carolyn Downer Phone: (04) 917 7153 or 029 650 0174 Fax: (04) 589 9049 Email: carolyn.downer008@msd.govt.nz Website: http://www.familyservices.govt.nz/directory/ or http://www.strengtheningfamilies.govt.nz/</p>	<p>Referral through support agencies where multiple agencies involved</p>
<p>Supergrans Charitable Trust</p>	<p>Provides mentoring clients one to one in their own homes helping them to help themselves to manage their households and if necessary their finances. Staff and volunteers are friendly, helpful and non judgemental. Supergrans help clients achieve the aims of their own plans. This is a free service.</p>	<p>Name: Jeanette Voyce Phone: (04) 566 9778 or 021 074 3206 Fax: (04) 589 949 Email: admin@supergran.org.nz Website: www.supergran.org.nz</p>	<p>Health Professional or self</p>

The Parenting Place	A community organisation dedicated to making life better for parents and their kids. Toolbox Parenting Groups – Great kids need great parents and with the right tools anyone can be a great parent! When parents are looking for practical strategies, inspiration, encouragement and insight then a Toolbox parenting group is for you.	Name: Natalie Alabaster Phone: (04) 934 8483 Email: huttkapiti@parentingplace.com Website: www.theparentingplace.com Facebook: https://www.facebook.com/theparentingplace	
Wellington City Mission	The mission for families programme delivers in home social work service by qualified social workers, to families to overcome problems and achieve a better quality of life. Helps parents to manage their home and family life by building positive relationships, modeling non violent behaviors for problem solving, and strategies for parenting. Support, advice and advocacy for families in many areas including WINZ, health, housing and linking families into their local communities. Outreach service in Lower Hutt.	Name: Mission for Families Phone: (04) 389 2033 Website: www.wgtncitymission.org.nz	See website for criteria

PREGNANCY AND PARENTING EDUCATION

Organisation	Description	Contact	Referral
BirthEd	Free pregnancy, childbirth and early parenting courses. Courses offered: Getting Ready for birth, Your new baby, Baby Safety, Homebirth Option class, Breastfeeding and Youth antenatal courses. Available throughout Hutt Valley and for youth in Wellington.	<p>Name: Helen Waterman</p> <p>Phone: (04) 576 9556 or 027 245 3541 – Leave name, number and due date.</p> <p>Calls returned within 3 working days</p> <p>Email: info@birthed.co.nz</p> <p>Website: www.birthed.co.nz</p> <p>Facebook: https://www.facebook.com/birthed.co.nz</p>	Health professional or self referral
Calm Birth	Calmbirth® classes impart knowledge and skills to women and their birthing partners that they can use in their own unique way during pregnancy and birth.	<p>Name: Vida Rye</p> <p>Email: nurturenz@gmail.com</p> <p>Website: http://calmbirth.org.nz/vida-rye.html.</p>	Self referral
Parents Centre	Runs childbirth and parent education classes as well as providing support and social opportunities for members. Cost involved.	<p>Lower Hutt: Phone: (04) 973 5437</p> <p>Email: lower.hutt@parentscentre.org.nz</p> <p>Website: www.parentscentre.org.nz/lower-hutt</p> <p>Upper Hutt: Phone: (04) 939 8990</p> <p>Email: uhparentscentre@yahoo.co.nz</p> <p>Website: www.parentscentre.org.nz/upper-hutt</p> <p>Facebook: https://www.facebook.com/ParentsCentres?ref=ts</p>	Self referral

VIOLENCE			
Organisation	Description	Contact	Referral
Hutt City Women's Refuge	The support and advocacy provided by each refuge covers the legal, health, financial and practical issues that come about for women and children as a result of family violence. Help obtaining court orders; court appearances; seeking legal aid; lawyer appointments; dealing with the Police, Child Youth and Family, Work and Income and Housing New Zealand; finding safe long-term accommodation; referral to domestic violence education programmes and counselling. 24 hour Crisis Line and Refuge Safe House accommodation. Domestic violence training and policy advice to organisations wishing to learn more about how domestic violence may be affecting their work.	Name: Eileen Jarrett Phone: (04) 569 1040 or Crisis Line 0800 733 843 Email: refuge.inc@xtra.co.nz Website: www.womensrefuge.org.nz Facebook: https://www.facebook.com/womensrefugenz Hours: Monday to Thursday 9am – 4pm or Crisis Line 24 hours 7 days a week	
Jigsaw	A community based network of organisations working to stop child abuse, neglect and family violence in our communities. Together helping families raise their children in safe, nurturing ways.	Name: Ani Waaka Phone: (04) 385 7983 Email: info@jigsaw.org.nz Website: http://www.jigsaw.org.nz/Site/About/Default.aspx	
Shakti	An organisation which facilitates a 'violence-free society' with zero tolerance to violence and abuse against women and children, speaks out against all forms of discrimination, oppression and racism and facilitates community development through empowerment of women and young women.	Phone: 0800 742 584 Website: http://shakti-international.org/about-us-nz/ Facebook: https://www.facebook.com/pages/Wellington-Womens-Refuge/175339925905470	

Victim Support	Free service providing emotional and practical support, information, referral to other support services and advocacy for the rights of victims. This support helps victims find strength, hope and safety in the face of grief and trauma at what may be the worst time of their life.	Phone: 0800 842 846 Email: nationaloffice@victimsupport.org.nz Website: http://www.victimsupport.org.nz/ Facebook: https://www.facebook.com/VictimSupportNZ	
Wellington Women's Refuge	Wellington Women's Refuge provides a safe house for women & children escaping domestic violence. Has a 24hr crisis line. Can put women in touch, & support them in the process of visiting lawyers, doctors, Income support services, counselling, arranging family group conferences & court appearances etc. Also visit & work with women who do not need to come into the "safe house" itself. We provide speakers for workshops, schools and seminars.	Phone: (04) 473 6280 or Crisis Line 0800 733 843 Email: info@refuge.org.nz Website: www.Wellingtonwomensrefuge.co.nz or https://www.womensrefuge.org.nz/ Facebook: https://www.facebook.com/womensrefugenz	Call to make a booking
Women's Centre Lower Hutt	Lower Hutt Women's Centre provides support, encouragement and education in a safe environment for women. A primary aim of the centre is to provide a good environment for communication and relationship development. Communication and human connection is a key factor in growth and development, support and education services and in women, developing good relationships with family, children and the wider community.	Phone: (04) 569 2711 Website: http://www.lhwc.org.nz/ Facebook: https://www.facebook.com/VIBEYouthHealthService Hours: Monday to Thursday 10am – 5pm and Friday 9am – 5pm	

<p>Women's Centre Upper Hutt - Te Whakamana Wahine</p>	<p>Provides a central meeting place, open to all women and their children, to obtain information, education and support. The aim is to promote self esteem, empowerment and creativity and to raise awareness of the issues affecting women e.g. violence, rape, sexual abuse and health.</p>	<p>Phone: (04) 527 0017 Email: uhwomen@xtra.co.nz Website: http://www.uhwc.co.nz/index.php/contact-us Hours: Monday to Friday 9am – 2pm</p>	
WELLCHILD			
Organisation	Description	Contact	Referral
<p>Pacific Health Well Child Services</p>	<p>WellChild service that is 'Pacific for pacific', covering HV region. The aim is to support parents and families to ensure children achieve strong health foundation to lead to overall wellbeing as they grow. Visits can be at venue of choice or clinic. The service works alongside the midwife or health provider ensuring smooth transition to WellChild service.</p>	<p>Name: Fuamai Lipine Phone: (04) 577 0394 Email: fuamai.lipine@phshutt.co.nz Website: http://www.pacifichealthhutt.co.nz/#!well-child-service/cebx Facebook: https://www.facebook.com/pages/Pacific-Health-Service-Hutt-Valley/191699624272899?fref=ts Hours: Monday to Friday 9am – 5pm</p>	<p>Referral by Health Professional (LMC usually) at 4-6 weeks</p>
<p>Plunket Well Child Services</p>	<p>Plunket believes in supporting the development of healthy families. All families with children under age five are welcome to use Plunket services and more than ninety percent of New Zealand families choose to use Plunket to help them care for their young children.</p>	<p>Phone: 0800 933 922 Email: plunket@plunket.org.nz Website: www.plunket.org.nz Facebook: https://www.facebook.com/PlunketNZ Hours: 24 Hours a day 7 days a week</p>	<p>Referral by Health Professional (LMC usually) at 4-6 weeks</p>

Tamariki Ora Services	Tamariki Ora is a surveillance, support and education service offered to children from 0 to 5yo, residents of Hutt Valley. It offers integrated package of services including Education and Health promotion, Whanau/family care and support, health protection and clinical assessment.	Name: Carmen Timu-Parata Phone: (04) 587 1646 Email: tamarikiora@atiawa.co.nz Website: http://www.atiawa.com/wellchild_tamariki_ora_services.html Hours: Mon-Fri, 9am – 5pm	Referral by Health Professional (LMC usually) at 4-6 weeks Or self referral
YOUTH			
Organisation	Description	Contact	Referral
House of Grace	Provides a loving and supportive home where pregnant teens can prepare for the birth of their child, learn practical life skills and plan for their future with confidence.	Name: Rebecca Bangma Phone: (04) 920 5667 or 0800 920 5667 Email: rebecca@thehouseofgrace.org.nz Website: www.thehouseofgrace.org.nz Facebook: https://www.facebook.com/thehouseofgracenz	
Skylight	A national non-profit agency helping children and young people, and those supporting them, to deal with issues of change, loss and grief – whatever its cause. We facilitate access to expert information, education, professional services and support. We also educate, train and support professionals, agencies and individuals who assist those dealing with trauma, loss, and grief. (No one will be turned away because of financial circumstances).	Phone: (04) 939 6767 or 0800 299 100 Email: reception@skylight-trust.org.nz Website: www.skylight.org.nz Facebook: https://www.facebook.com/pages/Skylight-Trust/124156226579 Hours: Monday to Friday 9am – 4pm	

<p>Titiro Whakamua Hutt Valley Teen Parenting Programme</p>	<p>A secondary school for teenagers who are pregnant or already parents and who are 18 years old or under. Aims to maintain and develop the education and training paths of teenage parents, to foster the development of positive parenting skills, enhance self esteem, employment skills and prospects of teenage parents. The Teen Parent Programme is a satellite of Heretaunga College which caters for the entire Hutt Valley.</p>	<p>Name: Debbie Whitely Phone: (04) 528 8977 Email: tpuoffice@heretaunga.school.nz Website: http://www.heretaunga.school.nz/teen-parent-unit/ Hours: School days and school terms 9.30am – 3.15pm</p>	
<p>VIBE</p>	<p>Vibe provides FREE health, support and education services with and for young people (10-24 years old). Vibe provides doctor & nurse-led clinics, social support, educational services, hosts childbirth courses and has a youth transition service supporting young people receiving youth payments and young parent payments. Vibe also runs ChillnChat a support group every Tuesday for new parents.</p>	<p>Phone Lower Hutt: (04) 566 0525 Hours Lower Hutt: Monday, Tuesday, Wednesday and Friday 9am – 5pm and Thursday 9am – 8pm Phone Upper Hutt: (04) 528 6261 Hours Upper Hutt: Monday and Wednesday 11am – 5pm, Thursday 9am – 1pm and Friday 0am – 5pm</p>	
<p>Youthline</p>	<p>The organisation is based in central Wellington although works in partnership with schools and other agencies across the region. Also works in partnership with the five other independent Youthline organisations to deliver a 24 hour phone, text and email counselling service to young people across New Zealand.</p>	<p>Phone: 0800 376 633 or Free text 234 Email: talk@youthline.co.nz Website: http://www.youthline.co.nz/ Facebook: https://www.facebook.com/Youthline.Changing.Lives Hours: Monday to Friday 8am – Midnight</p>	

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www.huttmaternity.org.nz



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5 things to do within the first 10 weeks

- 1 FIND A LEAD MATERNITY CARER (LMC)**
- 2 TAKE FOLIC ACID AND IODINE**
- 3 MAKE A DECISION ABOUT SCREENING TESTS**
- 4 GIVE YOUR BABY THE BEST POSSIBLE START**
Avoid smoking, alcohol and recreational drugs.
- 5 EAT WELL AND STAY ACTIVE**



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