

Community Parent Support Resources:

(updated

Feb 2017)

<p>Pregnancy and birthing information</p>	<p>https://smartstart.services.govt.nz (all preg /birth services) www.nmdhb.govt.nz/health-services/family-health-services/maternity www.kiwifamilies.co.nz www.babycentre.org.uk www.whattoexpect.com www.ohbaby.co.nz www.homebirth.org.nz www.midwife.org.nz/women www.healthnavigator.org.nz/ healthy living/ages & stages</p>	<p>Multiple language resources</p>
<p>Parental leave, Family tax credits, other benefits.</p>	<p>www.ird.govt.nz/individualsandfamilies/supporting families https://smartstart.services.govt.nz www.workandincome.govt.nz/ benefits & payments . www.msd.govt.nz/ supporting-families</p>	
<p>Childbirth & Parenting/ Antenatal education classes</p>	<p>Nelson Hospital : book via midwife or via Maternity Clerk Parents Centre : www.ndpc.org.nz Michelle Hypnobirthing : www.hypnobirthingnelson.co.nz. Kelly Empower Birth classes : www.ecomoon.co.nz</p>	<p>03 546 1437 0211170437 02146044 03 5466360</p>
<p>Activity classes: Yoga Swimming pool exercise Exercise/ dance</p>	<p>Jane Pascoe Yoga/dance: City fitness, Quarantine Rd, Stoke. Hot Yoga: 20 Nile St, Nelson. Natural living yoga: Founders Park. jennyward@hotmail.com Yoga in Richmond: Loren Mcpherson. lorensyoga@gmail.com Aqua post/Pre-natal : Richmond Aquatic Centre, Sat 9.15 Aquafitness : Riverside Pool, multiple classes/wk www.sporttasman.org.nz/ facilities/Saxton : see timetable for 'No more mummy tummy' class . www.sporttasman.org.nz/facilities/ Richmond town hall: see 'what's on' timetable - various exercise/dance classes</p>	<p>03 547 4774 03 548 2298 03 543 9755 03 546 3221 03 5380072 03 544 3935</p>
<p>NZ Multiple Birth Assoc.</p>	<p>Info for parents expecting multiples. www.multiples.org.nz Nelson branch contact Zelia</p>	<p>0800 4 twins etc 027 548 9505</p>

<p>Car seat/Equipment hire/ sales /info</p> <p>Safety info websites.</p>	<p>‘Baby on the Move’: Capsule hire & other equipment sales 4 Akerston St, Port Nelson. www.babyonthemove.co.nz Whakatu Te Korowai Manaakitanga Trust. 398 Main Rd, Stoke Capsule hire & rent to Buy scheme for Toddler seats. betty@tekorowaitrust.co.nz Betty Mobility4you: car seat, and other equipment hire. 269 Queen St, Richmond. www.mobility4you.co.nz www.plunket.org.nz/your-child/ car seat safety. www.safekids.org.nz/ safety topics.</p>	<p>0800222966</p> <p>035475958 ext 710/027414496 0.</p> <p>03 544 6603</p>
<p>Health Services</p>		
<p>Smoke Change/ Aukati Kaipapa/ Quit Coaches</p>	<p>www.quit.org.nz National information. www.smokefree.org.nz auahi kore www.nmdhb.govt.nz/public-health-service/smokefree</p>	<p>0800 778778 0800 778 778 03 546 1920/ 027 548 8242</p>
<p>Hospital Maternity Services.</p>	<p>Nelson Hospital - Maternity Unit & Emergency Dept. Nelson Bays Maternity Unit. (services only via LMC)</p>	<p>03 546 1800 03 528 1176ext 1</p>
<p>Urgent Medical Care (non emergency care)</p>	<p>Medical & Injury service. (orange building) nr Nelson Hosp www.micn.org.nz (can make apptmnts) open 8am - 10 pm.</p>	<p>03 546 8881</p>
<p>Maori Community Health Services</p>	<p>www.nmdhb.govt.nz/maori-health-services/ Te Piki Oranga (local and national info , local iwi,health , social, whanau services available) www.whakatumarae.co.nz 99 Atawhai Dr. Nelson. www.tam.org.nz Te Awhina Marae. 27 Talbot St, Motueka</p>	<p>03 546 9099 03 528 6061</p>
<p>INP Medical clinic</p>	<p>Family Planning, smears, STI checks, fertility advice, etc www.inp.co.nz free for under 22 yr olds. 18 Nile St, Nelson</p>	<p>03 546 8155</p>
<p>HealthLine</p>	<p>Free phone health advice from nurses.</p>	<p>0800 611 116</p>
<p>Sexual health/STI clinics</p>	<p>Sexual health clinic - Level 1, 281 Queen St, Richmond. www.justthefacts.co.nz/nelson-Marlborough-sti-clinics</p>	<p>03 539 3723</p>
<p>Motueka Family Service Centre</p>	<p>Whanau/family support. Mum4mum breastfeeding support, family planning, STI clinic, parent education courses.</p>	<p>03 528 0234</p>

Victory community Centre	Public health/community health nurse, midwife clinics, activities, playgroups. www.victorycommunitycentre.nz	03 546 8389
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Support services & groups

Nelson Women's Centre & S.A.S.H	Variety of classes, drop in centre, social worker, counselling services. 44 Trafalgar St, Nelson Sexual Abuse Support Healing, 44 Trafalgar St.	03 546 7986 03 548 2407
Citizens advice Bureau	Info on community groups, info, financial advice.	03 548 2117
Nelson Multicultural Council	Refugee and new immigrant, info, groups, education, support. www.nelsonmulticultural.co.nz . 159 Hardy St.	03 539 0030
The Male Room	Centre for men, info, support. 28 St Vincent St, Nelson. pchapman@ts.co.nz www.greatfathers.org.nz www.fatherandchild.org.nz	03 548 0403
Stillbirth & newborn loss, miscarriage support	www.sands.org.nz Cheryl www.miscarriage.org.nz www.projectbutterfly.co.nz - sudden child loss group.	027 233 0539
Family violence Support & for victims of crime/ violence.	www.areyouok.org.nz www.2shine.org.nz Women's refuge www.womensrefuge.org.nz www.victimsupport.org.nz	0508 744 633 03 548 3353/ 0800733 843 0800 victim.
Ante & postnatal depression support. Trauma and Birth Stress.	www.pndnelson.org.nz phone support/group. www.mothersmattertoo.co.nz www.depression.org.nz www.tabs.org.nz	03 548 555
Family Start	Home based parenting support – criteria based. All referrals considered. mail@familystartnelson.co.nz	
Strengthening Families	Assisting families with social, physical/ mental health/ disabilities, financial needs. http://nbph.org.nz/indexsf Kerry Budge	03 543 7825 021 875 318
Parent to Parent	Support for with special needs children. Trudi Meyer. PO Box 3841, Nelson.	03 5442502
Breastfeeding Info/ support Infant gastric reflux info/ support	www.babyfriendly.org.nz www.la lecheleague.org.nz www.plunket.org.nz/yourchild/food-and-nutrition Lactation Consultant - via LMC/Plunket www.nbph.org.nz www.cryingoverspiltmilk.org.nz	
Midwife care grievances	NZ College of Midwives Resolution committee . quality@nzcom.org.nz	

