

Lumsden Maternal and Child Hub



Shelley Wesselson

Lumsden Maternal and Child Hub is being managed by qualified midwife, Shelley Wesselson, who has worked in remote rural midwifery since she graduated in 2013.

Shelley is available on a Monday and Thursday from 10am – 2pm for the following services:

- Breastfeeding support, advice and guidance;
- Free and confidential pregnancy testing, including first antenatal bloods;
- Blood tests ordered by your Lead Maternity Carer (LMC) midwife during pregnancy;
- Urgent antenatal assessments, as requested by your midwife, or the obstetric consultants.
- Supporting LMC midwives to deliver care to the women and families of Northern Southland.

Phone Shelley: (03) 248 7050.

LMC Midwives in Northern Southland



**Leeanne Turnbull
and Tash Baillie**

Leeanne and Tash are Gore-based midwives who run the Meraki Midwifery practice.

They offer antenatal, labour and birth care, and up to six weeks' postnatal care in your home. Birth options include: home birth, water birth and birthing in Southland Hospital or Gore Hospital Maternity Unit.

Phone Leeanne: 0276 768 664.

Phone Tash: 021 2582 701.



Jane Douglas

Jane is a Winton-based midwife who looks after women from Central Southland, Western-Northern Southland, and Fiordland.

Jane offers continuity of care throughout pregnancy, labour and birth, and up to six weeks' care in your home following the birth of your baby. Birth options include: home birth, Winton Maternity Centre, and Southland Hospital Maternity Unit.

Phone Jane: 0274 283 768.



Anne Dymond

Anne offers continuity of care throughout the antenatal, birth and postnatal period for up to six weeks in your home following birth. Anne offers home birth, birth in Winton Maternity Centre, and Gore Hospital Maternity Unit.

Phone Anne: 0274 396 363.



Aimee Gillan

Aimee is a Gore-based midwife who works in partnership with Janelle Carse. They provide continuity of care throughout the antenatal, labour and up to six weeks' care in your home following the birth of your baby.

Phone Aimee: 0273 541 599.



Nicole Booth

Nicole is a Winton-based midwife. Nicole offers continuity of care for women throughout their pregnancy, labour, birth and postnatal care in your home for up to six weeks following the birth of your baby. Birth options include: Winton Maternity Centre and Southland Hospital Maternity Unit.

Phone Nicole: 0278 278 837.

Fiordland - Te Anau Midwife

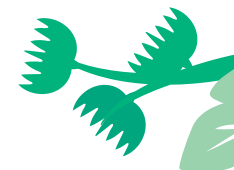


Jo Johns

Jo is a Te Anau-based midwife. She offers preconception care, giving advice on supplements to give you the best possible start to your pregnancy journey. She also provides free pregnancy tests and cares for women throughout antenatal, labour, birth and for up to six weeks of postnatal visits.

Jo is the only LMC midwife living in Te Anau, and offers births at home, Winton Maternity Centre and Southland Hospital Maternity Unit.

Phone Jo: 0272 918 085.



Smokefree Pregnancy

Did you know that pregnant women are offered special incentives and support at the Southern Stop Smoking Service to help them with their choice to become smokefree?

The Southern Stop Smoking Service has trained coaches to support you to stop smoking. The service is FREE and they have great initiatives where your commitment to being smokefree is regularly rewarded.

You can read the inspirational stories of people they have helped become smokefree, which can be found at www.stopsmokingservice.co.nz Phone: 0800 925 242 or email: admin@stopsmoking.nz

Safe Sleep Programme

You and your baby need a safe, healthy sleeping environment.

Southern DHB's Safe Sleep Programme can provide a safe sleep pod, advice and support. For further information, talk to your midwife.

Remember P.E.P.E.

P - PLACE baby in his or her own baby bed.

E - ELIMINATE smoking in pregnancy, in the whānau and in the home.

P - POSITION baby on her or his back to sleep.

E - ENCOURAGE and support mum, so baby is breastfed.

Search for your local midwives and learn more about them at www.findyourmidwife.co.nz

Lumsden Maternal and Child Hub Services

Contact Us:

southernhealth.nz
contactus@southernhb.govt.nz
03 474 0999

We aim to uphold these values when providing care to you:

Kind
Manaakitanga

Open
Pono

Community
Whanaungatanga

Positive
Whaiwhakaaro

