












Central Otago New and Expectant Parents/Perinatal Support Services

| Name | Description | Contact | Website | Logo |
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| Community organisations | | | | |
| Able Minds | Supporting families around mental distress of a loved one | 03 4489 303 | www.able.org.nz |  |
| Anglican Family Care | Family Start Home-based family support | 14-20 Centennial Avenue Alexandra 0800 326 2273 03 448 8228 | https://anglicanfamilycare.org.nz/ |  |
| Breastfeeding Support | Help and support for new parents La Leche League support and home visits | catkinbartlett@gmail.com 0800 546 650 027 451 2230 03 428 3979 lalecheleaguecro.mwell@gmail.com | https://wellsouth.nz/community/health-promotion-2/breastfeeding/breastfeeding-support-otago-and-southland/ https://lalecheleague.org.nz/contact/ |   |
| Catholic Social Services | Individual parenting support, social work and counselling Pepi-pod providers | 14/20 Centennial Avenue Alexandra 03 4485385 | https://www.cathsocalservices.org.nz/ |  |




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| <p>Central Lakes Family Service</p> | <p>Family/whānau Support Family harm programmes</p> | <p>Community House 14-20 Centennial Avenue, Alexandra 0508 440 255 info@clfs.co.nz</p> | <p>www.clfs.co.nz</p> |  <p style="text-align: right;">Central Lakes Family Services</p> |
| <p>Family Works</p> | <p>Social work support Building Financial Capability Support (Budgeting) and Good Loans Service</p> | <p>Family Works Presbyterian Support Otago Alexandra Community House, 14-20 Centennial Avenue 0508 396 678 familyworkscentral@psotago.org.nz</p> | <p>https://psotago.org.nz/family-works/</p> |  |
| <p>Heart Kids Central Otago</p> | <p>Practical and emotional support for families with a baby, child or teen with a heart issue</p> | <p>centralotago.fsw@heartkids.org.nz</p> | <p>https://www.heartkids.org.nz/branches/central-otago/</p> |  |
| <p>Mums 4 Mums Alexandra</p> | <p>Peer support for new mums</p> | <p>Drop-in group 1st & 3rd Wed of month, 10-11.30am, Alexandra Baptist Church, 6 Gregg St. Ph 020 40949308</p> | <p>https://www.facebook.com/mums4mumsalexandra</p> |  |

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| <p>Mums 4 Mums Cromwell</p> | | <p>Drop in group 2nd & 4th Wed of the month. 10:30am-12pm CO Reap Room Polytech Campus Molyneux Ave Cromwell 0210407770</p> | <p>https://www.facebook.com/pages/category/Community/Mums-4-Mums-Cromwell-2123482014406182/</p> |  |
| <p>Parents Centre Alexandra</p> | <p>Preparation for birthing and parenting support Fundraising</p> <p>Car seat hire and trained car seat technician 0211904999.</p> | <p>alexandra@parentscentre.org.nz</p> | <p>https://alexandra.parentscentre.org.nz/</p> <p>For booking antenatal classes Alexandra.parentscentre@gmail.com</p> |  |
| | <p>Meals for mums Home cooked meals for new or expectant families</p> | <p>0274064480 meals4mums@gmail.com</p> | <p>https://m.facebook.com/Alexandra-Parents-Centre-177110965787515/</p> | |
| <p>Playcentre Clyde and COREAP</p> | <p>Pepi Me Te Matua Baby & You Parenting programme</p> | <p>36 Fache Street Clyde clydeplaycentre@gmail.com</p> <p>027 880 2427</p> | <p>https://www.coreap.org.nz/com-edu/categories</p> |  |
| <p>Plunket Alexandra/Clyde</p> | <p>Support service for health and wellbeing of</p> | <p>14-20 Centennial Avenue Alexandra 03 474 0490</p> | <p>https://www.plunket.org.nz/plunket-near-me/alexandra-and-clyde-plunket-clinic/</p> | |

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| <p>Plunket Cromwell</p> | <p>Tamariki under 5 and whanau Breast feeding support</p> | <p>027 591 6050</p> <p>5 Murray Terrace, Cromwell 03 474 0490</p> <p>PLUNKETLINE 0800 933 922 Telephone Advice Service 24/7</p> | <p>https://www.plunket.org.nz/plunket-near-me/cromwell-plunket-clinic/</p> |  |
| <p>Strengthening Families</p> | <p>A free service to coordinate support for families needing assistance with finances, food, practical needs</p> | <p>027 4137421</p> <p>strengtheningfamilies@coreap.org.nz</p> | <p>https://www.coreap.org.nz/about-us/strengthening-families</p> |  |
| <p>The Compassionate Friends Central Otago</p> | <p>Support group for bereaved parents and grandparents and siblings</p> | <p>0273960611</p> <p>centralotagocf@gmail.com</p> | <p>http://compassionatefriends.org.nz</p> |  |
| <p>The Salvation Army</p> | <p>Advocacy support Court / prison support General welfare assistance Emergency accommodation, firewood, food</p> | <p>37 Royal Terrace Alexandra 03 448 9436</p> | <p>https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra/alexandra-corps</p> | |

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| | Positive Lifestyle Programme (PLP) | | |  |
| Uruuruwhenua Health | Mauri Ora Health Clinics and support Whanau Ora Navigation | 113 Centennial Avenue Alexandra 03 4488634 0800 878 8634 info@uruuruwhenuahealth.com | https://www.ururuwhenuahealth.co.nz/about/ |  URUURUWHENUA HEALTH INC |
| Medical Centres | | | | |
| Alexandra Family Medical | Health Improvement Practitioner (HIP) and Health Coach | 18 Limerick Street Alexandra 03 901 6277 reception@alexfamilymed.co.nz | http://alexfamilymed.co.nz/ |  ALEXANDRA FAMILY MEDICAL |
| Cromwell Family Practice | | Unit 3 Cromtrade 2 McNulty Road Cromwell 03 445 4666 info@cromwellfamilypractice.co.nz | https://www.cromwellfamilypractice.co.nz |  Cromwell Family Practice |

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| <p>Cromwell Medical Centre</p> | | <p>192 Waenga Drive Cromwell 03 445 1119 cmc.reception@southlinkgp.co.nz</p> | <p>https://www.crommed.co.nz/</p> |  |
| <p>Health Central Ltd</p> | <p>Health Improvement Practitioner (HIP) and Health Coach</p> | <p>93 Tarbert Street, Alexandra 03 440 0295 reception@healthcentralnz.com</p> | <p>https://www.healthcentralnz.com/</p> |  |
| <p>Junction Health</p> | <p>Health Improvement Practitioner (HIP) And Health Coach</p> | <p>1A Traders Lane Cromwell 03 445 4688 reception@junctionhealth.co.nz</p> | <p>https://www.junctionhealth.co.nz/</p> |  |
| <p>Ranfurlly Medical Centre</p> | | <p>51 Tyrone Street Ranfurly 03 444 1073 admin@ranfurlymed.co.nz</p> | <p>https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurly-medical-centre/</p> | |
| <p>Roxburgh Medical Centre</p> | | <p>65 Scotland Street Roxburgh 03 446 8200 admin@roxmed.health.nz</p> | <p>https://roxburghmedical.com/</p> |  |

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| Mental Health Support | | | | |
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| 1737 | Talk to a trained counsellor | Free call or text 1737 Anytime 24/7 0800 1737 1737 | https://1737.org.nz/ | <p>NEED TO TALK?</p>  |
| Brief Intervention Service | Free assistance & support to people experiencing mild to moderate mental distress | GP or practice nurse referral 0800 477 1155 info@wellsouth.org.nz | https://wellsouth.nz/community/mh-concerns/brief-intervention-services/ |  |
| Central Lakes Community Mental Health Service | Moderate to severe maternal mental health distress | Hospital Street Clyde 03 440 4308 | www.southernhealth.nz | <p>Te Whatu Ora Health New Zealand <u>Southern</u></p> |
| Emergency Mental Health Support | | Emergency 0800 467 846 Press 2 (OTAGO) | | |

Te Hau Toka

S O U T H E R N L A K E S W E L L B E I N G G R O U P

Updated January 2023