

Pregnant?

Being pregnant can be both an exciting and daunting time, you're at the beginning of this particular parenting journey. You may find you need new types of support and connection.

This brochure is to help you find out and connect with what is available for hāpu whānau/pregnant families in Fiordland.

Fiordland Medical Practice

A dedicated team of local doctors and nurses provide face-to-face or telephone consultations (*fees generally apply but pregnancy related GP visits are free*). They are also available after hours for urgent or emergency pregnancy care. Whānau planning a pregnancy are encouraged to see a GP (*fees apply*) or other support to discuss plans and optimise a healthy pregnancy.

You can access a Health Improvement Practitioner (HIP) and a Health Coach **free** and without referral by calling Reception and asking to make an appointment (more details overleaf). If needed, ask them or your GP about accessing up to 5 free sessions of locally based brief intervention counselling.

Fiordland Medical Practice, 25 Luxmore Drive
(03) 249 7007 www.fiordlandmedical.health.nz

1737 National Support Line

Anyone feeling stressed, anxious, worried, depressed, down or overwhelmed can contact this service. If you need to talk to someone, they are there for you. You can also contact them if you're worried about a friend or whānau member or need advice on mental health or addiction issues.

Free call or text 1737 open day and night 24/7

Last updated 3 August 2022

CONNECTING, SUPPORTING & ADVOCATING FOR FIORDLAND FAMILIES

Fiordland Families Network helps to make information, activities, services and facilities readily available and easy to access for Whānau in Fiordland.

The 2022 committee members are Anna Thomas; Jo Marsh; Anna Ladbrook; Nicky Pealing; Lana Brannigan; Anna Star and Michelle Crouchley.

For more information on the network or local services in Fiordland or for additions, updates and amendments to this brochure, email fiordlandfamilies@gmail.com or visit www.facebook.com/fiordlandfamilies

Made with support from:

Te Hau Toka
SOUTHERN LAKES WELLBEING GROUP



Pregnant in Fiordland?

**How to connect with
your community and
support services**

FIORDLAND FAMILIES NETWORK

LOCAL SERVICES

Fiordland Health Improvement Practitioner (HIPs) & Health Coach

Health Improvement Practitioners are qualified and registered health professionals with experience in mental health. They offer 15 - 30 minute appointments to assist you to take positive steps forward in improving your well-being.

Health coaches come from a range of health and well-being backgrounds, supporting people to take positive steps forward for improving their health: from how to take control of your health and wellbeing; goal setting; to becoming more active.

Both are free services and you don't need a referral. Call Fiordland Medical Centre and ask for an appointment.

Fiordland Medical Practice: (03) 249 7007

Family Start

Family Start is a free home-based programme which works alongside parents/caregivers to help achieve better health, education and social outcomes for their children. They support families in the areas of child development and safety, mental health, substance abuse, addictions, domestic violence or any other issues pertaining to family needs.

Sam McBride: SMcBride@familyworkssld.nz 027 204 5465

Fiordland Community House

Fiordland Community House (FCH) is a Heartland Services provider offering information and support for accessing government services, a food bank, and a Community Health Shuttle for transport to Invercargill for health or government appointments. Their Community Family Worker is available for one-on-one support to individuals and whānau experiencing hardship and/or seeking support to make positive change in their own lives.

Fiordland Community House: 21 Luxmore Drive, Te Anau (03) 249 7754 office@fiordlandcommunityhouse.co.nz

Fiordland Physio

Cathy Lewsley is a local physiotherapist with extensive knowledge around pelvic and pregnancy related issues. She offers pre and postnatal support for women in Fiordland. Contact her directly for a private appointment or talk to your Lead Maternity Carer (LMC) or GP for a referral.

Cathy Lewsley fiordphysio@gmail.com (03) 249 9114 based at Fiordland Medical Practice

GROUPS & SOCIAL

Antenatal Classes

Two day locally held antenatal courses are run through **Plunket's** Pregnancy and Parenting Education programme. To find out upcoming dates, register your interest on the Plunket website and more information will be emailed to you.

www.plunketppe.org.nz

Parent Support Coffee Group

A **local coffee group** runs weekly on a Wednesday morning at the Te Anau Plunket rooms. Visit the Te Anau Plunket facebook page or email Fiordland Families Network for the current group's meeting time. Pregnant whānau welcome to come along and meet new parents.

The same organisers host an antenatal coffee group every few months in the evenings. Contact Anna for more details.

**Anna S: 021 055 3535 fiordlandfamilies@gmail.com
www.facebook.com/TeAnauPlunket**

Pregnancy Pilates

Te Anau Pilates runs specialised Pregnancy Pilates classes at the Fiordland Community Events Centre. Classes focus on movement and strengthening; particularly the abdominal, pelvic floor and hip muscles. Deep breathing helps to prepare for labour and child-birth. Options include group classes which run weekly, one-to-one sessions, and online video workouts.

**Marianne Carroll: teanapilates@gmail.com 021 0871 7823
www.teanapilates.com**

Car Seat Safety Service

A locally based Plunket car seat technician can provide advice on the best types of child restraint for your situation, as well as check or install car seats. For costs and to make an appointment contact Megan.

Megan McMurtrie: 027 4971732

Grace Place & Hospice Shop

These outlets provide affordable second hand clothing and household items in good condition. Pop in to see their maternity clothes, baby clothes and resources.

Grace Place: 112 Te Anau Terrace, behind the Presbyterian Church; Hospice: 66 Town Centre

REGIONAL SERVICES

Midwives

Most maternity care is free in New Zealand. To find which regional midwives are currently servicing Fiordland/Te Anau look on the find-your-midwife site and narrow your search by location. Ask around as there may also be additional midwives not listed on this site.

www.findyourmidwife.co.nz

Pregnancy Support/Te Ao Puawai

Based with **Jubilee Budget Services**, this Invercargill group is here to support, encourage and assist pregnant families. They can help access items for baby, rent to buy car seats and cots, and navigate financial changes to parenthood.

www.jubileebudget.co.nz (03) 214 0942

Loss and Grief Centre

This free support service is available for whānau who have experienced miscarriage, abortion, stillbirth and/or baby loss. Their Maternacare Service is available monthly in Te Anau by appointment. Contact them to arrange support.

www.lossandgriefcentre.com (03) 214 0393

Maternal Mental Health Service

This **Te Whatu Ora Southern** service provides quality care for women who may be experiencing difficulties relating to mental health throughout their antenatal, birth, and postnatal experience.

0800 44 33 66 or (03) 214 5786

Antenatal Breastfeeding Classes

WellSouth provide free online courses about breastfeeding and how labour and birth initiate the breastfeeding journey. Visit the WellSouth page, and search breastfeeding - health promotion for a registration link, or contact via email.

www.wellsouth.nz health.promotion@wellsouth.org.nz

WellSouth trained **Fiordland breastfeeding peer support** volunteers are also available to you during pregnancy and beyond. Visit the BreastfeedingSOS website to find local Peer Supporters. Or contact Anna S.

www.breastfeedingsos.co.nz Anna S Ph: 021 055 3535