



FIORDLAND FAMILIES
NETWORK



TE ANAU PLUNKET
GROUP

2023



FIORDLAND NEW FAMILIES

Te Anau is a wonderful and supportive community for new parents and young families. Local volunteer and community groups offer a range of services, events, education and social activities.

This booklet introduces you to some of what is going on locally for families in Fiordland.

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FIORDLAND FAMILIES NETWORK

Fiordland Families Network wants our community to be a place where every family feels connected and supported.

To achieve this, our volunteer group of local parents and professionals have three main aims:



To make information on activities, services and facilities for Fiordland families readily available and easy to access

To advocate for, develop, support and retain key services for Fiordland families

To ensure the group remains sustainable and relevant to our local community.

- Pick up a copy of our **monthly newsletter**, including a weekly 'what's on' for families guide, and connection with local events.
- Visit the **FFN website or facebook page** for local information, services and activities www.fiordlandfamiliesnetwork.com
- Look out for the **local service directories** connecting new families (pregnant and families with young children) with what's available in Fiordland.
- FFN works alongside and is involved with **local services** including maternity, breastfeeding and community activities like coffee groups to help make these available to our families.
- Join our **Antenatal Coffee Groups** and monthly **Education Speaker Series** at the Plunket Parent Coffee Groups.
- We welcome new **volunteers** to join the team (come along to a meeting and connect with us!) and need your skills and perspectives on what makes Fiordland a great place for families.

How to stay connected with FFN?



SIGN UP to our newsletter by following this link <https://tinyurl.com/FFNsignup> or you can read a paper copy in the Te Anau Trader, or at the Te Anau Public Library.

EMAIL US at fiordlandfamilies@gmail.com

FACEBOOK: Facebook @fiordlandfamilies **WEBSITE:** www.fiordlandfamiliesnetwork.com

TE ANAU LOCAL PLUNKET



SERVICES

Plunket is a national service providing support from pregnancy through to five years of age. Most services run out of the Te Anau Plunket rooms at 2 Luxmore Drive (*beside the skate park & pump track /Fiordland Events Centre car park*).

FACILITIES

Plunket room use & hire: There's a comfy lounge area for breastfeeding, or taking a break on a rainy town day with your kids, no fees for this casual use. Kitchen & toilets are also available. Rooms may be hired for a small fee for family related activities (e.g. birthday parties) and also available for community events and meetings. There are some regular bookings so if others are using it please check on arrival that it is currently open for the public.

Contact Anna Thomas (ph: 021 160 5850) with queries around access to or hire of the rooms.

Fully fenced Playground: The playground is fully fenced and has easy to use equipment for littlies, there is even a sandpit! You are welcome anytime, please always ensure you shut the gate and do not let other children out.

Library books: There is a great selection of community donated books on all things parenting and early childhood (*on the bookshelf inside beside sliding door*) and a sheet to fill in if you wish to borrow them.

Plunket Nurse/ Well Child service: Our local and Plunket Nurse is Karen Robins. When you finish with your Lead Maternity Carer around 5-6 weeks after your baby is born you will be given the choice to opt-in to a free Well Child programme. Plunket nurses are there to support and work alongside families, providing information on the likes of breastfeeding and nutrition, immunisations, sleep and to check that your little ones are growing and meeting their developmental milestones.

Contact Karen Robins on 027 205 8084 or karen.robins@plunket.org.nz

Car Seat Services & Injury Prevention: Advice, checks and installation of child restraints (car seats) is available by appointment with local technician Megan. You can access advice for free, \$10 for a check and minor adjustment, \$20 for a check with several adjustments, or \$30 for a full installation. If payment is a concern the Plunket Nurse can refer families to access these services free.

Contact Megan McMurtrie: 027 497 1732

If needed, a referral via the Plunket Nurse can give your family access to free bicycle helmets and high-vis vests for toddlers, safety equipment for your home, and home fire safety checks. **Talk with your Plunket Nurse for details on the Plunket Injury Prevention Service or contact injurypreventionsouthern@plunket.org.nz**

PLUNKET LINE 0800 933 922

Free parent help line and advice service for all families, parents & caregivers. 24 hours, call anytime.



ACTIVITIES



Parents Coffee Group: Everyone is invited to a cuppa and a chat, Wednesday mornings 10:00am at the Plunket Rooms, cuppa and biscuits provided. Pop in any time, or **contact Anna S (021 055 3535) for details.**

Every few months Fiordland Families Network hosts an educational speaker at these groups to help support family education for our community. If you have an idea for a speaker, or would like to see a topic covered **contact Anna S: 021 055 3535**



Equipment and hire service: Te Anau Plunket group has several deluxe specialised chairs that are particularly comfortable for support and relaxation while you are feeding your baby. These are available at the Plunket Rooms so you can try them out. They recline, swivel, rock, wipe clean, and come with a footstool.

Hire fee \$60.00 per 3-month period.

Contact Anna Thomas for details: 021 160 5850



Plunket Online Education and Groups: During covid-19 lockdowns, Plunket increased the number of groups and education opportunities online and these are still currently running. Visit the Southland Plunket Facebook page, where upcoming courses are posted regularly, along with links to register:

www.facebook.com/Southlandplunket

QUICK CONTACT LIST: PLUNKET

**Te Anau Plunket volunteer group,
room hire & feeding chair hire**

Anna Thomas: 021 160 5850
teanau.plunketgroup@plunket.org.nz

Plunket Nurse

Karen Robins
Ph (03) 249 8583 or 027 205 8084
Karen.robins@plunket.org.nz

Coffee Groups

Anna S: 021 055 3535

Car Seat Support

Megan McMurtrie: 0274 971 732

We're here to help – please feel free to make contact

WHAT'S ON WEEKLY



There are a huge number of local groups who run weekly activities (some only during school term time) which you can bring your babies or children to and join in with. Each month Fiordland Families Network summarises these events in their newsletter's 'what's on' column, and on the FFN website. Regular groups and activities are introduced below. **Visit Te Anau Events website to see what local events are coming up and if any of them are of interest to your family: www.teanauevents.co.nz**



PLAYGROUP
AT THE KEY

Whether you have a new baby, or you are new to a community, Playcentre provides a place for babies, young children and parents to come together. Members enjoy a strong sense of belonging, and friendships flourish.

Held Monday & Thursdays 9:30am - 1pm beside the Mararoa Primary School, it is for 0-5year olds. You are welcome to visit for no cost and no pressure to enroll.

Contact: Ashleigh Still
thekey@playcentre.org.nz

Welcome to
our Village

Playcentre



FIORDLAND
OUTDOOR
PLAYGROUP



Fiordland Outdoor Playgroup gives whānau the opportunity to meet other like minded people and enjoy time engaging and playing with their tamariki in the outdoors.

Activities are outdoor & nature based, and give you the chance to try something new. The locations can change, please check their Facebook page for up-to-date information.

Held on Mondays, the sessions cost \$2/family with proceeds used to run the playgroup and are also donated to local charity groups. *Please Note: Parents/ caregivers are required to stay during the session & your tamariki are your responsibility at all times.*

Contact: Abi James
fiordlandoutdoorplaygroup@gmail.com



TE ANAU LIBRARY

As well as great kids and youth books, the Te Anau Library hosts a range of afterschool activities and clubs, preschool activities, and holiday activities.

Contact our friendly librarians to see what is currently on: (03) 249 7379



TUMBLE TIME - MOVEMENT FOR UNDER 5'S

A wonderful community resource for children under the age of 5. Enjoy some fantastic movement, social time, and play equipment.

Held at the Fiordland Events Centre every Tuesday morning during term time from 9.30 - 10.45am. Children under 1 are free, \$4 per family for a session, if you are a rostered volunteer it is \$2 or if you are a committee member the sessions are free.

Contact Tracey: 027 885 2620



TE ANAU TOY LIBRARY

Loans a huge wide range of toys, including bikes, water play, puzzles, educational toys, dress-ups, roll play, and board games, and more.

Sliding annual membership fee then all toys free to hire. (*Casual loans also available, if for example, you have family visiting/hosting a party:*)

Committee volunteer \$35

Duty volunteer: \$55

Library membership: \$70

Casual member: \$variable (joining for shorter periods of time).

Open Thursdays 2:30 - 4pm at the Te Anau Plunket Rooms.

www.teanautoylibrary.setls.com.au
teanautoylibrary@gmail.com



PARENTS' COFFEE GROUP

Parents' Coffee Group runs every Wednesday from 10am at the Te Anau Plunket rooms (2 Luxmore Drive). Cuppa and biscuits provided, no cost to attend.

Casual drop-ins welcomed, pop in at any time during the session. Bring babies and children of all ages, or come alone for adult cuppa time.

Contact Anna S: 021 055 3535



TE ANAU MAINLY MUSIC

A fun music & movement group for under 5's held weekly at Lakeside Presbyterian Church. 20-30minutes of music time followed by morning tea, time for children to play & adults to connect. \$2/family, Fridays during term time, two sessions: 9:15am and 10am starts. Come and join.

Contact Heidi 022 315 3326



FIORDLAND COMMUNITY GARDEN

The Fiordland Community Garden on Mokoroa Street has volunteer sessions most weeks - visit their Facebook group to check day/times. You're also more than welcome to visit the gardens anytime, everyone welcome, it's great place for families and kids.

There is a kai shed at the garden for sharing community produce, seeds and plants - share what you can, take what you need - leave a koha.

Search Fiordland Community Garden Charitable Trust on Facebook, or email:

fiordlandcommgarden@gmail.com



FIORDLAND CLIMBING WALL

Bring your family along to the weekly open sessions at the Fiordland Climbing Wall. Kids shoes and harnesses available for hire.

Located at the Fiordland Events Centre, Saturday 10am - 1pm.
contact: fiordlandwall@gmail.com



LAKE2LAKE TRAIL PARKRUN

A free, fun, and friendly weekly 5km community event. Walk, jog, run, push a pram, volunteer or spectate - it's up to you!

Every Saturday 8am during summer (daylight savings time) / 9am during winter.

Starts at the Kepler Track car park, control gates, Te Anau. www.parkrun.co.nz



TE ANAU BIRD SANCTUARY

The Punanga Manu o Te Anau/ Te Anau Bird Sanctuary is open to the public from dawn to dusk. It is a great outdoor space to explore with children.

Morning public tours of the sanctuary run daily for around 45 minutes, check time at the visitor centre.

doc.govt.nz/teanubirdsanctuary

OPTIONS CHILDCARE



BLUE DUCK EARLY LEARNING CENTRE

55 Pounamu Avenue, Te Anau
Phone: 03 249 7177
Email: tina@blueduckchildcare.co.nz

www.blueduckchildcare.co.nz/our-centres/te-anau/



FIORDLAND KINDERGARTEN

9 Gunn Street, Te Anau
Phone: 03 249 7585
email fiordland@ska.co.nz

www.ska.co.nz



JUST 4 KIDS

Homebased childcare, at your carer's home
Phone: 027 567 5990
email suzy@justfourkids.co.nz

www.justfourkids.co.nz



SOUTHERN STARS

18 Luxmore Drive, Te Anau
Phone: 03 249 7858
email Info@southernstars.co.nz

www.southernstars.co.nz

WHERE TO FIND SUPPORT

Sometimes we get support from our friends or other parents in social groups. But if you need it there are lots of other options for support in Fiordland too.

Fiordland Medical Practice (GPs)

25 Luxmore Drive, Te Anau
(03) 249 7007



General Practitioners (GPs) are a really good place to start if you need support. They see lots of families and know what options are available for you in the community.

Fiordland Community House

21 Luxmore Drive, Te Anau
(03) 249 7754



FCH is a place where you can get information on government and community agencies and their support services. They have application forms for Work & Income, IRD, Immigration and Internal Affairs.

Health Improvement Practitioner (HIP)

Tammy Magness

25 Luxmore Drive (Medical Centre)
(03) 249 7007



Employed through WellSouth, a 'HIP' is a trained medical professional who provides free mental health and wellbeing support to anyone enrolled at the medical centre. They work with people of all ages, including kids.

Health Coach

Tilley Carroll

25 Luxmore Drive (Medical Centre)
(03) 249 7007



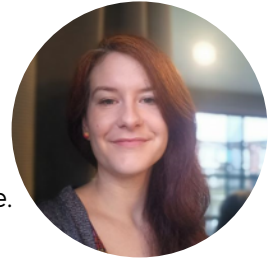
Employed through Active Southland, the health coach works with adults to support you improving your health and wellbeing,

Community Family Worker

Laura Johnstone

Employed through and based at Fiordland Community House.

(03) 249-7754 | 027 265 8049
laura@fiordlandcommunityhouse.co.nz



Whānau Ora Navigator

Sagar Khemani

Employed through Nga Kete Matauranaga Pounamu Charitable Trust and works at Fiordland Community House.

027 555 0069 | sagar.khemani@kaitahu.maori.nz



Family/Whānau Worker (Community Support Worker)

Sam McBride

Employed through Presbyterian Support Southland Family Start programme.

027 204 5465 | www.pss.org.nz/family-works



Counsellor

Monty Temple

Alliance Counselling, located at Fiordland Community House.

Funding options available.

Services for individuals, couples and families

021 496 611 | monty_temple@yahoo.com



Counsellor

Kathryn Wright

Private Counsellor, funding options available. Services for adults, teenagers and children.

027 635 4033 | www.kathrynwright.co.nz
kathryn@kathrynwright.co.nz



Free Dental Care for kids

Te Whatu Ora
Health New Zealand

Community Oral Health Service

Free oral health services for children are provided by mobile clinics here in Te Anau (and Southland).

0800 570 300

community.oralhealth@southerndhb.govt.nz

Breastfeeding Peer Support



Breastfeeding Peer Supporters are local volunteers trained to provide breastfeeding support & information on the normal course of breastfeeding & common barriers.

Drop-in support available 10:30am - 11am, Wednesdays at the Te Anau Plunket rooms. Home visits & phone support.

021 055 3535 | www.breastfeedingsos.co.nz

Lactation Consultant

Te Whatu Ora
Health New Zealand

Gina Rutlegde

Free Service - Southland Hospital based Lactation Consultant. Certified professional who can help with special breastfeeding and lactation problems

03 218 1949 ext: 48376

Fiordland Physiotherapy

Cathy Lewsley



General Physiotherapy & pelvic specialist, located at the Fiordland Medical Practice.

03 249 9114 | fiordphysio@gmail.com

Te Anau Physiotherapy

Brendan Meffan



General Physiotherapy, 197 Milford Rd

03 249 8247 | teanaphysio@gmail.com

Te Anau Police

Local station open weekdays 9am-1pm



Local police are here to support our community and families.

111 in an emergency, or 105 for non urgent attendance or for general enquiries | 196 Milford Rd, Te Anau

OTHER CONTACTS

Massage Therapists (with mother or baby skills)

- Fiordland Massage Clinic | Stephanie Braaksma
www.fiordlandmassageclinic.nz
- Mirimiri Massage | Rachael Hughes | 021 792 392

Te Anau Pilates: Pilates classes and one to one sessions. Marianne Carroll | 021 0871 7823
www.teanapilates.com

Brave Soul: Meditation, yoga, breath-work classes, individual & family wellbeing support. Courtney Quintrell | 022 0659 486 | courtneyquintrell@gmail.com

Building Better Blokes - Peer support for men and Dads.

Sam McBride | 027 478 4699 | sam@livemewell.com

Fiordland Pharmacy - A range of advice, support, equipment and items available for family wellbeing, including equipment hire such as humidifiers.
george@fiordlandpharmacy.co.nz | 03-249-9268

Books on Prescription - Available at the Te Anau Library, aiming to increase access to high quality health information. The resources in the collection have been recommended and reviewed by health professionals, cover all topics including maternal health.

Quality Pre-loved Goods - can be found at **The Grace Place** (by donation, if you can) or at **The Hospice Shop** (each item priced accordingly). Includes household items, baby & maternity clothes, toys and equipment, bedding and many other items.

If you provide a service or support for families in Fiordland, please let us know so we can add your contact details to this list.

Email fiordlandfamilies@gmail.com

Daily Respite Care

Madison Robertson - Bachelor of Sport & Exercise, Post Grad Dip Health Science



Personalised support for anyone that could benefit from maintaining and improving their physical and cognitive wellbeing. A variety of support and home help options for families.

027 208 9339 | dailyrespitecare@gmail.com

To get another copy of this booklet,
call into the Te Anau Library.

To add or update any information or the
services listed in this booklet contact the
Fiordland Families Network at
fiordlandfamilies@gmail.com or via
www.fiordlandfamiliesnetwork.com

This booklet was last updated 30 June 2023

Te Hau Toka
SOUTHERN LAKES WELLBEING GROUP

*We would like to thank Te Hau Toka for
resource towards compiling and producing
this booklet.*

USEFUL NUMBERS

Fiordland Community House (*Foodbank,
financial support, community support
workers*) (03) 249 7754

Fiordland Community Pharmacy
(03) 249 9268

Fiordland Medical Practice (03) 249 7007

Southland Hospital (03) 218 1949

Healthline 0800 611 116

Fiordland Plunket Nurse 027 205 8084

Plunket line 0800 933 922

Lifeline 0800 454 335 or (03) 214 4889

**National Poison Centre for 24 hour poison
advice** 0800 764 766

Pregnancy Counselling Services
0800 773 462

SIDS & Kids (*24hr support for sudden infant
death*) 0800 164 455

Women's Refuge 24hr crisis line
0800 733 8483

1737 Free counsellor line 24hrs: dial 1737

KidzNeedDadz Helpline
0800 KND 123 (0800 563 123)

Family Services 211 Helpline (*for help
finding, and direct transfer to community-
based health and social support services in
your area*) 0800 211 211