



**Supporting Pregnant Women Pēpi and Whānau**  
Collaborative, nurturing and responsive relationships  
*an update of services that can help*

## Helpful Resources

Information collated for Hauora Hui  
-Updated December 2022-



**Hapai Taumaha Hapūtanga**

*Crisis Pregnancy Support*

**Māmā Me Pēpi Oranga**

Maternal and Infant Wellbeing

This resource is a collation of services and agencies that support women who are pregnant or in the peri-natal phase. Health professionals who responded to our survey indicated this type of resource would be helpful. It is by no means complete and suggestions and updates can be emailed to [cps.stlukes@gmail.com](mailto:cps.stlukes@gmail.com)

Hapai Taumaha Hapūtanga – Crisis Pregnancy Support addresses where possible the social determinants of health for women engaged in this service, a woman’s medical care remains with her usual provider. If a woman does not have a GP or a Midwife, we support her to find the care she needs in her location.

On the website, [www.crisispregnancysupport.org.nz](http://www.crisispregnancysupport.org.nz), is a digital version, which remains a living document under “Info for Health Professionals” . Further contributions welcomed.

For suggestions or updates please email [cps.stlukes@gmail.com](mailto:cps.stlukes@gmail.com)

# - HAPAI TAUMAHA HAPŪTANGA - CRISIS PREGNANCY SUPPORT

MĀMĀ ME PĒPI ORANGA – MATERNAL AND INFANT WELLBEING

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# - HAPAI TAUMAHA HAPŪTANGA - CRISIS PREGNANCY SUPPORT

MĀMĀ ME PĒPI ORANGA – MATERNAL AND INFANT WELLBEING

## **A Free GP Based Service**

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**[WWW.CRISISPREGNANCYSUPPORT.ORG.NZ](http://WWW.CRISISPREGNANCYSUPPORT.ORG.NZ)**

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Hapai Taumaha Hapūtanga – Crisis Pregnancy Support – Māmā me Pēpi Oranga – Maternal and Infant Wellbeing is a local organisation based at St Lukes Health Centre who are committed to seeing any women in the region who requires extra support in her pregnancy, have access to reliable, sustainable care. We also offer abortion and pregnancy loss support.

Our team is made up of health professionals who provide free consultations to women and their whānau who find themselves unexpectedly pregnant, or require support in their pregnancy. We journey in partnership with our clients, supporting them emotionally and practically, with an aim to reduce some of their stressors, and together build a holistic support network.

Our team understand the stress an unexpected or crisis pregnancy can bring and realise this can be a very overwhelming time. Our hope is to reduce isolation, build their self-confidence and resilience and enable them to create safer environments for them and their family.

Women are referred to us from a variety of sources, but are also encouraged to self-refer.

Our service includes a Māori Liaison Advisor, ensuring care is effective and appropriate to local Māori women accessing our service and a Clinical Psychologist to work with clients who require expert care and counselling.

Hapai Taumaha Hapūtanga – Crisis Pregnancy Support, also has a group of volunteers who are available to support women through a variety of means such as general support, mentoring, transportation and visiting. On occasions a woman may require accommodation and we have volunteers who are able to assist with this as well. All our volunteers have been thoroughly vetted and police-checked.

We facilitate care for women if they are grieving related to pregnancy loss.

Appointments are available Mon–Fri at St Luke’s Health Centre, Corner Motueka St & Waimea Rd, situated at 105–107 Waimea Road, Nelson

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**0800 004 CPS (277)**

Ph (03) 548 1858 · Fax: (03) 548 0928

CPS liaises with health professionals and support agencies in the Nelson Marlborough Health district and the community to work towards best health outcomes for our clients and whānau. This resource is a living document, created to improve greater access to services and better communication between services in the community. Please contact us if your details need updating or if any additions are needed.

# AGENCIES & RESOURCES

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## ACCOMMODATION IN NELSON

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Hapai Taumaha Hapūtanga – Crisis Pregnancy Support – Māmā Me Pēpi Oranga – Maternal and Infant Wellbeing advocates when emergency housing is needed.

As well as that the following options are also available:

Short/medium term

### ***Franklyn Village***

Located on the corner of Franklyn St and Waimea Rd, Nelson.  
For more information contact [www.franklynvillage.co.nz](http://www.franklynvillage.co.nz)

### ***Wakatu Lodge Accommodation***

125–127 Waimea Road, Nelson. Ph: (03) 545 8444 or 027 213 4724 Website: [www.wakatulodge.co.nz](http://www.wakatulodge.co.nz)

### ***Rental Accommodation***

- [www.realestate.co.nz/rental](http://www.realestate.co.nz/rental)
- [summitrentals.co.nz](http://summitrentals.co.nz)
- [trademe.co.nz](http://trademe.co.nz)
- [rentalsinnelson.co.nz](http://rentalsinnelson.co.nz)
- [sunnynelsonproperty.co.nz](http://sunnynelsonproperty.co.nz)
- [havenrentals.co.nz](http://havenrentals.co.nz)
- [firstnat.co.nz](http://firstnat.co.nz)
- [harcourts.co.nz](http://harcourts.co.nz)
- [rented.org.nz](http://rented.org.nz)

### ***Nelson/Tasman Housing Trust***

The Trust was established as a community response to declining housing affordability in Nelson and Tasman. They work in partnership with the New Zealand Government, local councils, Housing New Zealand, Social Housing Unit and other agencies to improve access to good quality, affordable housing to those on low to mid incomes and people with special needs. They also see a need to address emergency accommodation and energy conservation. Phone: 0800 266 325

### ***Kainga Ora (Previously Housing New Zealand)***

Website: [www.kaingaora.govt.nz](http://www.kaingaora.govt.nz)

### ***House of Grace***

Accommodation, education and support for pregnant teens in a safe, caring environment. Can provide for up to six people from anywhere in New Zealand. Available in Wellington & Hamilton. Ph 0800 920 5667

[www.houseofgrace.org.nz](http://www.houseofgrace.org.nz)

### ***A girl called Hope***

Auckland based free 6 month residential program giving support, care and education for young women facing issues, including, abuse, self-harm, depression, eating disorders and unplanned pregnancies. Welcomes referrals from Nelson. (09) 443 7136

### ***Kinect***

Kinect provides supported accommodation and community support for teen parents and their babies.

[www.uppersouthisland.familyworks.org.nz](http://www.uppersouthisland.familyworks.org.nz)

### ***Work and Income New Zealand***

WINZ now arranges all applications for Public housing (which are then managed by Kainga Ora, previously Housing NZ). WINZ also can provide Emergency Accommodation.

Website: [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

Phone 0800 559 009

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## **ADOPTION**

If a client wishes to know more about what is involved in adoption we can help in the following way.

We have several copies of a DVD called "Adoption Options" on hand which outline the process involved as well as a few case studies.

Information about this organization can viewed at

[www.adoptionoption.thrive.net.nz](http://www.adoptionoption.thrive.net.nz)



Generally persons wishing to explore adoption contact Oranga Tamariki; Ministry for Vulnerable Children (Formerly: CYFS) as they have the greatest database of information and have established supports to streamline the adoption process.

The ph no. for the Nelson office is 9891981 but the personnel who deal with adoption are best accessed through the national no. which is 0508 326 459.

Oranga Tamariki; Ministry for Vulnerable Children in Nelson is located on the 2nd floor of the Munro Building, 186 Bridge St Nelson, near the Court House. It is recommended that a woman considering adoption take a support person with them.

A final decision about adoption cannot be made before the baby is 12 days old.

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## **AOD – ALCOHOL AND OTHER DRUGS**

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Services for people experiencing problems with alcohol and drug addictions can be found below. All services have experienced AOD clinicians and accept referrals for clients as well as self-referrals. Please see providers websites for full details of the services they provide.

### ***Nelson Marlborough Health***

Address: Braemar Campus Nelson Hospital

Phone: 5461994 After business hours : 5461800

Email: Eileen.varley@nmdhb.govt.nz or

AddictionsNelson@nmdhb.govt.nz

Website: <https://www.nmdhb.govt.nz>

### ***Te Piki Oranga***

Te Piki Oranga main office is in Richmond (see contact details below) they also have hubs in Nelson, Blenheim and Motueka.

Address: 281 Queen Street, Richmond

Phone: 5437016

Email: [admin@tpo.org.nz](mailto:admin@tpo.org.nz)

Website: <https://www.tpo.org.nz>

## ***Victory Community Centre***

Sabien Blazek – Alcohol and other Drug clinician

Address: 2 Totara Street, Toi Toi, Nelson

Phone: 5468389

Email: [vccaod@victory.school.nz](mailto:vccaod@victory.school.nz)

Website: <http://victorycommunity.org.nz>

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## **BABY CLOTHES AND EQUIPMENT**

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Two good outlets are The Salvation Army Family store, 34 Vanguard St, Nelson Ph (03) 548 9937 and St Vincent de Paul, 77 Vanguard St, Nelson. Ph (03) 548 9372

### ***Helping Families Nelson***

Helping families Nelson is based at Grace church off Lower Queen Street, and offers FREE clothing (from baby to adult), furniture (including baby equipment) and firewood.

Open Fridays 1–3pm, or by appointment.

See their facebook page for other opening times and special events.

<https://www.facebook.com/helpingfamiliesnelson/>

Kristy Fielding (co-founder) 0275581183

[www.helpingfamilies.org.nz](http://www.helpingfamilies.org.nz)

### ***Koha Shed***

The Koha Shed is located within the Victory Community Carpark and provides FREE clothing, linen and housewares to anyone who requires it.

For any emergency requirements please call 0211522779.

Address: 2 Totara Street, Toi Toi, Nelson

### ***Pepi-pods***

Enquiries can be made to your midwife.

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## BENEFIT ASSISTANCE

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Work and Income – [www.workandincome.govt.nz](http://www.workandincome.govt.nz) 0800 559 009

BUWT (Beneficiaries and Unwaged Workers Trust) 83 Buxton Sq, Nelson – advocate for those on low incomes to ensure they have access to all their entitlements. Ph (03) 548 8171

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## BUDGET ASSISTANCE

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### ***Nelson Budget Service***

Address: 29 Selwyn Place Nelson, NZ. Email: [nelsonbudget@xtra.co.nz](mailto:nelsonbudget@xtra.co.nz)  
Landline: (03) 546 9021 7010 Mobile: 027 361 0182 Fax: (03) 546 9026

### ***CAP (Christians Against Poverty) Budgeting Courses***

Community based debt coaches provide long-term debt counselling, Job clubs which help people back into the workforce, life skills groups that empower people on low incomes, and money courses

[www.capnz.org](http://www.capnz.org) – to find out where courses are currently being run locally.

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## CHILD PROTECTION

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Child Protection Co-Ordinator

Gina Lyon – Nelson Marlborough Health

Private Bag 18, Nelson

Ph (03) 5461440 | email: [gina.lyon@nmhs.govt.nz](mailto:gina.lyon@nmhs.govt.nz)

Oranga Tamariki; Ministry for Vulnerable Children (Formerly Child Youth and Family) is located on 2nd Floor of the Munro Building, 186 Bridge Street, Nelson. If you need help or advice, or if you're concerned about a child or young person, call them anytime on 0508 FAMILY (0508 326 459).

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## COUNSELLING

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A limited number of funded counselling sessions are available through a client's GP

- A PHO funded counsellor is available through the Brief Intervention Scheme. Phone: (03) 5391170
- The Disability allowance can fund up to 10 sessions (which can be renewed) usually available for a counsellor of the clients choice.
- ACC funded counselling needs to be with an ACC registered counsellor. See <https://www.acc.co.nz/im-injured/types-of-ongoing-support/counselling-therapy/> . For more information. Please note: For sexual abuse counselling, a GP referral is not required.

People on a benefit or earning below a certain income threshold can get WINZ funding toward sessions with a registered counsellor, social worker or psychologist. For more information, and income thresholds, see <https://www.workandincome.govt.nz/eligibility/health-and-disability/counselling>.

Lifeline Nelson offers free face to face counselling for up to 10 sessions. Ph (03) 548 2400 or 0212936036 (Text only)

Richmond Family Support Trust in association with Carmel Counselling offers subsidised counselling to eligible adults, teens and children.

Contact: Christine Rutledge. [christinerutledge@gmail.com](mailto:christinerutledge@gmail.com)

### ***Family Violence: It's Not Ok***

Any behaviour that makes someone else feel controlled and fearful is never OK. Everyone in a family or in a relationship should feel safe and nurtured. A healthy relationship is supportive, trusting and warm. But in some relationships one person uses power and fear to control the other. These relationships are emotionally abusive and can become extremely unsafe.

People in violent relationships feel frightened. They feel as though they cannot be themselves because their actions, thoughts and choices are determined by the person who is controlling them. Witnessing violence at home makes children feel scared and alone. It can affect the way they behave and lead to problems at school or with their friends. Experiencing violence can physically harm children, make them anxious and fearful and affect the way their brain develops. No one should be frightened of their partner or someone in their family.

If you are frightened and fear for your safety or for someone else, call 111 for immediate help. 0800 456 450 – Info Line

[www.areyouok.org.nz](http://www.areyouok.org.nz) (positive relationship quiz is a useful tool)

## ***Youthline***

Youthline works with young people, their families and those supporting young people. Established to ensure young people know where to get help and can access support when they need it.

Email: talk@youthline.co.nz;

Ph: 0800 376 633 Or free txt: 234

## ***Lifeline***

Lifeline Aotearoa's telephone counselling service provides 24 hours a day, 7 days a week counselling and support. Call 0800 543 354.

## ***Kidsline***

A counselling service for all kids up to 18 years of age.

Uniquely about kids being there for other kids – Kidsline is available 24/7 however when kids ring between 4pm–9pm Monday–Friday they will speak to a Kidsline Buddy – a specially trained teenage volunteer counsellor.

You can call Kidsline from anywhere in New Zealand, or from your mobile phone to 0800 54 37 54

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## **EDUCATION**

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The Nelson Young Parents School is located at Auckland Point School, 111 Haven Rd, Nelson. It caters for young women who are younger than 20 and who are either pregnant or already a parent.

The Auckland Point Kindergarten provides child care although an off-site child care provider can be used if preferred.

Secondary school subjects up to level 3/scholarship level are taught as well as a "Skills for living" program. The person to contact is:

Philippa Trewavas, (03) 548 7970 ext 5, Mobile: 020 4012 9147 or philippa.trewavas@ncg.school.nz.

**School Counsellors, Nurses or Social Workers contact the specific College**

## ***Te Kura***

ComCol Nelson – (03) 548 8271

FREE courses in interesting subjects for 16–19 year olds.

FREE youth mentoring for 16–17yrs.

Get your NCEA plus an extra qualification in one of their exciting courses below. They also offer a free youth mentoring service for 16–17 year olds.

Call in and see them at 134 Rutherford St, Nelson  
or email [info.ne@comcol.ac.nz](mailto:info.ne@comcol.ac.nz).

Or for more information contact:

Te Aho o Te Kura Pounamu (The Correspondence School)

[www.tekura.school.nz](http://www.tekura.school.nz) Nelson

0800 65 99 88

[contact@correspondence.school.nz](mailto:contact@correspondence.school.nz)

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## EMPLOYMENT

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### ***Workbridge Nelson***

Workbridge provide a range of free employment support services for both job seekers and employers, individually tailored to suit every individual's needs.

Website: [workbridge.co.nz](http://workbridge.co.nz)

Phone: 0508858858

Email: [nelson@workbridge.co.nz](mailto:nelson@workbridge.co.nz)

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## FAMILY SUPPORT SERVICES

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### ***Anglican Care Trust***

The Diocese of Nelson Anglican Care Charitable Trust is committed to the Christian values of love, service and justice.

The Social enabler is Nathan Hughes. Funding support for women and whānau can be accessed by contacting Nathan Hughes – [sse@nelsonanglican.nz](mailto:sse@nelsonanglican.nz) or 021 110 3322 (or for Crisis Pregnancy Support clients through the Crisis Pregnancy Support administrator).

### ***Barnardos***

Barnardos offers family and parenting services, these include parenting courses, womens and childrens safety programs and LEAP services for vulnerable children.

Website: [barnados.org.nz](http://barnados.org.nz)

Phone (03) 5390019

### ***Bellyful***

[www.bellyful.org.nz](http://www.bellyful.org.nz)

Bellyful cooks and delivers meals to families with newborn babies and families with young children who are struggling with illness, where there is little or no family or social support.

### ***Family Start Nelson He Matapuna Ora***

Family Start is an intensive home based service for families experiencing complex issues which impact on their parenting. Referrals can be made during pregnancy and up until a child turns one year of age. In exceptional circumstances a child up to two years of age at the time of referral may be considered. The programme targets the highest-need families and provides practical advice, support and parenting education to ensure that their children have the best possible start in life.

Phone: (03) 547 0940

Email: [reception@familystartnelson.co.nz](mailto:reception@familystartnelson.co.nz)

### ***Family Works***

Family Works Youth Service is part of the Government's welfare reforms and represents a radical shift of Work and Income case management to community groups.

It provides a wrap-around support service for young people who are eligible for Youth Payment or Young Parent Payment. Support is tailored to the individual needs of the young person and focuses on encouraging them to fulfil their potential and develop a range of relevant skills for the future

360 Annesbrook Drive Stoke Nelson

Phone: 0800 477 874

### ***Mana Wahine***

They run support advocacy for women who have experienced and suffered

from violence, family harm and other forms of violation. Mana Wahine provides a 12 week course promoting healing, restoration and empowerment.

Director: Adele Keefe

Phone: 0226453644

Website: <https://www.manawhanauaotearoa.com/>

### ***Open Home Foundation***

Located at 40 Buxton Sq, Central City Arcade, Nelson. Ph. (03) 545 9172.

Charitable trust working within the provisions of the Children, Young Persons and Their Families Act (1989). They are primarily involved in the short and long term provision of foster care for families that are struggling.

### ***Pēpi First***

Deciding to stop smoking is one of the best things that can be done for the health of the mother and baby.

Pepi First quit smoking coaches are available to help pregnant women do this, and they will be rewarded with vouchers as they reach milestones in their smoke-free journey.

It's free for all pregnant women in the Nelson Marlborough region.

Benefits include:

- Vouchers to reward progress
- Intensive one-on-one support with a 'quit coach'
- Home visits, workplace support and community clinics
- Nicotine replacement therapy
- Information about other quit smoking products and services
- A complementary approach to the Quitline service that offers 24/7 support.

0800 NO SMOKE (0800 667 665) Email: [smokefree@nmdhb.govt.nz](mailto:smokefree@nmdhb.govt.nz)

For an online referral form download at: <http://www.nmdhb.govt.nz/public-health-service/a-z-public-health-topics/smokefree/quitting-smoking/pepi-first/>

### ***Plunket***

Plunket sees more than 90% of newborn babies in New Zealand each year. Plunket offers parenting information and support as well as developmental assessments of your child.



Support is offered through home visits, clinic visits and play groups.

Ph: 539 5200

### ***Services Available from The Salvation Army***

#### ***Nelson Family Store***

34 Vanguard St, Nelson – Phone: (03) 548 9937

Opening hours: Monday–Friday 9:30am–4:30pm | Saturday 9:30am – 2:30pm

#### ***Social Services***

New GP and Prescription voucher scheme. Budgeting, advocacy, assistance with food, furniture and clothing and professional counselling are available from our Nelson Community Ministries Centre. 57 Rutherford St, Nelson – Phone: (03) 548 4807

#### ***Services for Youth***

##### ***Targeted Youth Health Service***

The Targeted Youth Health Service provides a mobile nursing service by a Registered Nurse who is skilled in youth health and development for students, aged 12–20 years and enrolled in Alternative Education and/or Youth Transition services. Comprehensive youth health assessments are offered with follow up care provided in collaboration with the young person.

The objectives are to:

- Improve access to primary health care of young people with high needs
- Improve youth health and reduce inequalities
- Promote overall improvement in the provision of services to young people in the district, through developing workforce and best practice approaches.

Referrals are taken from Alternative Education and Youth Transition services. This is a free service.

##### ***SVS – Living Safe***

Offers free education, support and counselling, for men, women and children who have been and/or are affected by family violence.

Nelson Office: 124 Vanguard St. Phone: 548 3850. Text: 027 548 3850

Motueka Office: Jack Inglis Hospital. 15b Courtney Street. Phone: 528 8976

## ***Youth Alcohol and Drug Support***

The Youth Alcohol and Drug Counsellor provides a mobile service to young people who have moved from mainstream schooling to an Alternative Education facility. As well as providing assessment and treatment for alcohol and other drug use/abuse issues, mental health issues may be identified and referral to the appropriate service/agency made.

Referrals are taken from the Targeted Youth Health Nurse. This is a free service.

<https://www.strengtheningfamilies.govt.nz/>

## ***St. Vincent de Paul***

“No form of help is foreign to the Society. This includes any form of help that alleviates suffering or deprivation and promotes human dignity and personal integrity in all their dimensions.”

Motueka: phone (03) 528 7484

Nelson: 77 Vanguard St, Nelson, phone 03 548 9372

Richmond: 11A McGlashen Ave, Richmond, phone 544 0893

Stoke: 530 Main Rd, Stoke, phone 5477351

## ***Yellow Brick Road***

Yellow Brick Road Nelson is a community organization that provides free support for families, whānau and carers of people with a major mental illness. We provide information, resources, education, advocacy, social and educational support groups, referral to other services, and newsletters.

Website: [Yellowbrickroad.org.nz](http://Yellowbrickroad.org.nz)

Nelson office: 546 6090 / 0275466010

Motueka office: 528 7790 / 0275287790

## ***Surrogate Grandparents.***

Surrogate Grandparents is a charitable trust aiming to reduce loneliness and isolation in seniors and families around New Zealand by connecting families with older people who live near by.

Nelson Coordinator: Lisa Morley-Gray Ph: 022 0399 099

Email: [lisa@surrogategrandparents.org.nz](mailto:lisa@surrogategrandparents.org.nz)

[www.surrogategrandparents.org.nz](http://www.surrogategrandparents.org.nz)

### ***Te Ropu Wahine Māori Toko i te Ora (Māori Women's Welfare League Inc)***

Te Ropu Wahine Māori Toko i te Ora, is an organisation that adheres to Māori traditional values and concepts, while advocating for Māori people throughout New Zealand. Their focus is to improve the wealth of Māori, be that spiritually, social wellbeing or economically. This organisation has initiated many different programmes to assist Māori to reclaim their tino rangatiratanga (sovereignty) as a people taking control of their own destiny and has provided a model to guide Māori people to succeed in the future.

24 Burnell Avenue, Wellington PO Box 12 072, Wellington 6011

Phone: +64 4 473 6451

Email: [kaiwhakahaere@mwwl.org.nz](mailto:kaiwhakahaere@mwwl.org.nz)

[www.mwwl.org.nz](http://www.mwwl.org.nz)

### ***Te Korowai Trust Health and Social Service***

Located at 398 Main Road Stoke ph. (03) 547 5958.

Provides health and social services incorporating Māori values and practices. Also has a one to one support service to assist solo parents, and a mentoring service

### ***Well Child Health Murchison Health Care***

Well Child Nurse

Contact: Stef Horner

Email: [stefanie.morgan@nmdhb.govt.nz](mailto:stefanie.morgan@nmdhb.govt.nz)

Tel: 03 523 1120

Rurual Nurse Specialist Child Health (school)

Contact: Melanie Sutton

Email: [melanie.sutton@nmdhb.govt.nz](mailto:melanie.sutton@nmdhb.govt.nz)

Tel: 03 523 1120

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## **INFANT MENTAL HEALTH**

### ***IMHAANZ – Infant Mental Health Association of New Zealand***

IMHAANZ is a national charity supporting professionals who work with infants and their families.

<https://imhaanz.nz/>

## ***ITS – Infant, Toddler Specialists Ltd***

www.infanttoddlerspecialists.com

Sarah Haskell, Heidi Pace

### ***Public Health Nurse – Hauora Tūmatanui Nēhi***

#### ***Hei Pa Harakeke (First 1000 days) Services***

To strengthen our care delivery to infants/pēpi and their family/whānau by working as united a Victory team supporting a stable attuned infant-parent relationship to prevent long term mental and physical health outcomes connected to chronic stress during the early years of life.

Focus is on providing targeted wrap around care for the infant/pēpi and family/whānau. The group will identify actions and agree which service is best placed to accept the referral (if required) or best placed to make the next action. Referral will usually come from within the team members from cases they are actively already engaging with. The group will consider pathways for the infant to be managed e.g., NGO, community programmes, primary care, intensive home visiting etc.

Nicky Cooper RN MN

Email: [nicky.cooper@nmdhb.govt.nz](mailto:nicky.cooper@nmdhb.govt.nz)

Tel: 022 010 0821

### ***Te Whatu Ora Nelson Marlborough***

Te Waipounamu Region

[sarah@yahoo.co.nz](mailto:sarah@yahoo.co.nz) / [its\\_sarah.heidi@yahoo.co.nz](mailto:its_sarah.heidi@yahoo.co.nz)

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## **INP MEDICAL**

Sexual And Reproductive Health Clinic. Ph: (03) 546 8155;

Email: [info@inp.co.nz](mailto:info@inp.co.nz)

Website: [inp.co.nz](http://inp.co.nz)

Opening hours: Mon–Fri 8.30–5pm

Address: 18 Nile Street. Nelson

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## LEGAL ASSISTANCE

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Nelson Bays Community Law Service is part of a nation-wide network of Community Law Centres that provide free legal information, advice, assistance and referrals. They are currently located at 63 Collingwood St. Phone number – (03) 548 1288.

There are also offices located in Golden Bay and Motueka.

<http://www.communitylaw.org.nz>

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## MARAE

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Whakatu Marae

Address: 99 Atawhai Drive, Nelson. Phone / Fax: 03 546 9097

Hours of operation are: 9am–5pm Monday to Friday.

Email: [kaiawhina@whakatumarae.co.nz](mailto:kaiawhina@whakatumarae.co.nz)

Te Awhina Marae

Address: 133 Pah St, Motueka. Phone: 03 5286061

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## MATERNITY SERVICES IN NELSON

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To find out what is available locally to support pregnant women:  
[www.nmdhb.govt.nz](http://www.nmdhb.govt.nz) → when I need care → maternity.

### ***Lead Maternity Carers***

<https://www.findyourmidwife.co.nz/midwives/nelson+and+marlborough>

### ***Breastfeeding Support:***

PLUNKET NELSON:

Plunket Rooms (Paru Paru Road) x last thurs of the month 930 – 1130am  
Debbie Harvie (Karitane Nurse) 0272814584

PLUNKET RICHMOND:

Plunket Rooms (Waverley St) 2 Thursday of every month 930 – 1130am  
Debbie Harvie (as above)

LA LECHE LEAGUE:

Robin: 027 856 9035 (Text only) or Ruth: 0272433469

TE PIKI ORANGA:

Lactation Consultant Debbie Kotua. 0274144044 or Debbie.kotua@tpo.org.nz

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## MENTAL HEALTH

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### ***Compass Peer Support***

They provide peer support and advocacy to anyone who has mental health illness and addictions.

Phone: 0800212798

Email: compass@healthaction.org.nz

### ***Gateway Housing Trust – Youth Services***

Gateway Housing Trust (GHT) recognises that older adolescents and young people have specific requirements which are different from adults, particularly in regards to their mental health. To best assist young people, GHT has developed both community and residential services which are staffed by trained, Youth Support Workers. These services are available to young people between the ages of 12 – 22 years (although exceptions can be made), who are experiencing difficulties as a result of mental illness. Referrals to these services are made through NMH Mental Health Services.

### ***Nelson Community Assessment Team (CAT)***

They can be reached 24 hours a day, 7 days a week on 0800 776 364. They offer assessment, intervention and ongoing treatment for people over the age of 18 with serious psychiatric disorder and/or severe emotional/behavioural problems of a psychological nature.

If you have concerns about a client that are not necessarily alarming enough to warrant contacting the CAT it is important to put together a “plan” in conjunction with the client so that they know how to access help reasonably quickly if they need it.

**Reflection from a Hapai Taumaha Haputanga – Crisis Pregnancy Support Acute Response Care Coordinator on an example of working up a safety plan.**

The plan would be making sure they have the following phone numbers:

1. Their own G.P. and LMC
2. Medical and Injury centre (open 8am–10pm daily) 546 8881
3. 0800308004 for free 24hr health advice
4. Location of Emergency Dept (Waimea Rd, Nelson) beside Medical and Injury centre

If the client is under the care of the Mental Health team you may, with their permission, contact them.

### ***Nelson Marlborough Health – Infant, Child and Adolescent Mental Health Service (ICAMHS)***

#### MENTAL HEALTH & ADDICTIONS SERVICE

**Service Description:** ICAMHS is a regional service for children and youth with serious mental health disorders, suspected psychiatric disorders or serious psychological disorders up to aged 18 years. Particular priority will be given to youth at risk of suicide or attempted suicide.

The ICAMHS team works closely with community organisations and agencies, in particular Child, Youth and Family and the Specialist Education Services. They ask you to sign their consent form to let them share information so you can work with them and together make the best possible plan.

NELSON HOSPITAL, BRAEMAR CAMPUS  
PHONE (03) 546 1230 – FAX (03) 546 1951  
After Hours Emergency phone: (03) 546 1800

### ***Nikau Hauora Hub***

Nikau Hauora Hub is a community wellbeing hub. At the hub you will find support from people who work in mental health and addictions, Māori health, peer support, employment support and more.

Email: [nikau.house@nmdhb.govt.nz](mailto:nikau.house@nmdhb.govt.nz)

Phone: (03) 539 3760

### ***Pathways Mental Health Services – Nelson/Marlborough***

Pathways Nelson Marlborough Housing Trust provides residential and community support services to young people and adults who experience significant difficulties as a result of mental illness. All referrals to Gateway

Housing Trust services come through NMDHB Mental Health Services. Support is provided by teams of qualified and experienced Community and Residential Support Workers who work collaboratively with service users to help them identify and meet their chosen goals.

Phone(03) 9227334

Email: [nelsonmarlborough@pathways.co.nz](mailto:nelsonmarlborough@pathways.co.nz)

Website: [pathways.co.nz](http://pathways.co.nz)

### ***Perinatal Support Nelson***

A free service that supports women experiencing post natal depression in a confidential caring environment. It offers individual support with trained Support Workers and qualified Counsellors; refers to other services and links to therapeutic and social groups.

Address: 319 Hardy St, Nelson, New Zealand

Ph: (03) 548 3555

Email: [hello@perinatalsupportnelson.org.nz](mailto:hello@perinatalsupportnelson.org.nz)

PADA (Perinatal Anxiety and Depression Aoteroa) Championing perinatal wellbeing in our communities.

Website: [www.pada.nz](http://www.pada.nz)

### ***Snapshot Youth Services***

Snapshot services have been operating since 2010 and grew out of the observation from Gateway Housing Trust mental health (MH) youth work, that there was a significant number of at risk young people in the community who would benefit from support, but who did not fall within the MH criteria.

Snapshot provides brief, assertive intervention with 1:1 support and access to counselling for young people and/or their families or caregivers. Referrals are accepted from CYF – Youth Justice, school counsellors, NZ Police, GP's and other community agencies. Families may also self-refer.

Snapshot youth also provides youth Justice services including long and short term support. Referrals are through the Youth Justice team at Oranga Tamariki.

<http://www.ghl.co.nz>



## ***Suicide Crisis Helpline***

Provides a 24/7 confidential and free telephone counselling and support service for those who may be thinking about suicide, or for those who are concerned about friends or whānau. This helpline is staffed by highly experienced helpline counsellors with training in suicide prevention and intervention.

Call: 0508 828 865

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## **MULTICULTURAL COUNCIL**

Nelson Multicultural Council is a non-government organisation which supports migrants, former refugees and people from minority ethnicities in the Nelson/Tasman region with their settlement process. It also promotes positive race relations through community education, ensuring people of all ethnicities feel empowered so that they can actively contribute to our community.

A **NMC Field Worker**, is happy to sit down and discuss the issues affecting successful settlement and assist adaption to this new community. They can provide useful information, help prioritize needs and work with the client to address those needs, either through introducing them to relevant services/agencies or networking with others in the community. Contact: info@nelsonmulticultural.co.nz or (03) 539 0030

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## **NELSON BAYS PRIMARY HEALTH**

Providing and supporting primary health care services in the Nelson and Tasman Region.

Hauora Matua ki Te Tai Aorere

Lee-Ann O'Brien | Adolescent Nurse Specialist

Ph: (03) 543 7826 Email: Lee-Ann.O'Brien@nbph.org.nz

Address: 281 Queen Street, Richmond. PO Box 1776, Nelson 7040 Ph (03) 539 1170

Website: www.nbph.org.nz

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## NELSON MARLBOROUGH DISTRICT HEALTH BOARD

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[www.nmdhb.govt.nz](http://www.nmdhb.govt.nz) Ph 03 5461800

View website for :

- After hours and Emergency
- A–Z Health Services ( M for Maternity services )
- Patient and Visitor Info
- Hospital and Maps
- Parking and Visiting hours
- Family Doctors and Pharmacies

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## NELSON REFUGEE SERVICES

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Red Cross Refugee Services – Level 1, 132–134 Bridge Street, Nelson, 7040  
Email: [nelson@redcross.org.nz](mailto:nelson@redcross.org.nz) Phone: (03) 548 4978

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## PARENTING COURSES

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There are a variety of providers of parenting courses in Nelson.

- [www.barnados.nz/our-services](http://www.barnados.nz/our-services)
- Toolbox parenting courses. These are run under the auspices of The Parenting Place, Greenlane, Auckland and provide a variety of courses depending on the age of the child.

Local contact – Denise Adams 021 039 9324

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## PREGNANCY LOSS AND GRIEF

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### ***Dawning Counselling Service***

<https://www.dawnings.co.nz/>

Counselling – that sacred safe relationship where I can tell another human being what it is like to be me.

Areas of interest include grief and trauma around death and dying, birth trauma, life events, relationship issues, depression and anxiety, assertiveness and conflict resolution.

## ***Helpful Resources and Support***

Julie Clements – Counsellor: ph (03) 547 7371

Crisis Pregnancy Support: 0800 004 CPS(277); (03) 548 1858

Rachel's Vineyard ([rachelvineyard.org.nz](http://rachelvineyard.org.nz)) is an organisation that organises retreats for post abortive women. To enquire about attending a Retreat or a referral, please contact: Wendy Hill 027 254 9222 or [rvnzretreats@gmail.com](mailto:rvnzretreats@gmail.com)

## ***Buttons Project***

A way to remember, to grieve and to love. Buttons project is a New Zealand Charitable Trust CC51026.

PO Box 616, Kumeu, Auckland 0841, New Zealand

Ph +6427 655 6325 | E-mail [marina@buttonsproject.org](mailto:marina@buttonsproject.org)

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## **TE PIKI ORANGA – MĀORI HEALTH SERVICE PROVIDER**

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Established to deliver Whānau Ora framework for Te Tau Ihu or Top of the South.

This service works with vulnerable Māori communities and populations with high unmet needs. The service includes community health navigators, social workers and community nurses who ensure that Māori patients have improved access to health care services.

Services Include: Well child Tamariki Ora Services, Stop Smoking services, Lactation consultancy, Driving Programs, AOD specialist services, and CAMHS services

Office: 281 Queen Street. Richmond 0800 672 642

Nelson Hub: 17 Bishopdale Ave Nelson 546 9099

Motueka Hub: Te Awhina Marae. 117 Pah Street Motueka 528 1155

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## **VICTORY COMMUNITY CENTRE**

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VCH is a community based organisation offering no or low cost accessible and appropriate health and social services. Their mission is to provide community based, low-cost, accessible, appropriate and high quality services and activities which support health and wellbeing.

Health Services include: A Plunket Nurse, Community Nurse, AOD Clinician, Sexual Health Clinic, and a Accupunture Clinic.

Other services: The Koha Shed – providing free clothing, linen and houseware items.

Kai Shed receives food donations from Kai with love. The Kai Shed is stocked daily at 9am and 2pm, and Kai parcels are available for those in need of extra help. Kai Parcels must be registered for at the centre before 11am on weekdays.

Address: 2 Totara St, Victory, Nelson

Phone: (03) 546 8381 or (03) 546 8389

Email: [vccreception@victory.school.nz](mailto:vccreception@victory.school.nz)

Website: [victorycommunity.org.nz](http://victorycommunity.org.nz)

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## **WOMEN'S REFUGE**

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24hr Crisis line: 0800 163 344

Office: 4 Florence Street

Richmond

Phone: 544 0616

Email: [staff@whakaturefuge](mailto:staff@whakaturefuge)

We offer domestic violence support services to all women, youth and children. Nearly all of our services are free and there's a huge number of ways we can help.

A friendly and skilled Women's Refuge advocate will talk to women who are concerned about their safety in their relationship; help them and their children make a Safety Plan; provide a safe place to go to if they need help urgently; help whether or not they have or will leave the relationship; enrol them in support programmes if they want to; give educational talks about healthy relationships; as well as talk to anyone who wants to help someone they know.





## SPONSORED BY



For suggestions and updates  
please email  
[cps.stlukes@gmail.com](mailto:cps.stlukes@gmail.com)

**Hapai Taumaha Hapūtanga**  
**Crisis Pregnancy Support**  
**Māmā Me Pēpi Oranga**  
**Maternal and Infant Wellbeing**

C/- St Luke's Health Centre  
105-107 Waimea Rd  
Nelson 7011

Freephone: 0800 004 CPS (277)

[www.crisispregnancysupport.org.nz](http://www.crisispregnancysupport.org.nz)