

ANTENATAL SERVICES

0800 Mum 2 Be Ph: 0800 686 223
Ministry of Health phone line will post out a free list of Maternity Carers in your area.

Community Liaison Midwife Waitakere Maternity
Options for free maternity care at Waitakere Hospital Ph: 837 8808

Mama Ph: 815 8108
Mothers and Midwives Association. Maternity information services, Lead Maternity Carers, free childbirth education classes. Website: www.mamamaternity.co.nz

Maternity Matters Ph: 838 2950
Offer free, independent midwifery care to guide you through your pregnancy and birth process, with referrals to appropriate specialist services as required.
Website: www.maternitymatters.co.nz

Midwife/Midwives Try www.midwife.org.nz / www.midwives.org.nz
Maternity Services Consumer Council www.maternity.org.nz

Westfono Health Trust Ph: 837 1780
Free maternity and early pregnancy services Website: www.westfono.co.nz

Pregnancy Counselling Services Ph: 0800 773 462
Pregnant need to talk - 24 hr/7day a week free confidential service by phone or face-to-face support and counseling. Website: www.pcs.org.nz

Natural Fertility NZ Inc. Ph: 0800 178 637
Fertility awareness education for those wishing to avoid or achieve pregnancy using natural means particularly suitable for breastfeeding mothers
Website: www.naturalfertility.co.nz

Pregnancy Help Ph: 373 2599
Confidential support, counselling, information, practical assistance and referral service
Website: www.pregnancyhelp.org.nz

Wai Health Maternity Support Service Ph: 839 0288
Education about care during pregnancy. Assistance with transport, budgeting, housing, financial and health concerns. Website: www.waipararia.com

Waitakere Multiple Birth Trust Ph: 834 3453 (answerphone)
Support for expectant and parents with twins, triplets. Information, library, videos, affordable car seat, equipment rental, coffee groups and info evenings.

Youthline Pregnancy Centre Ph: 0800 376 633
Women counsellors provide support and information to help you make the best choice for you. Post-termination, post-miscarriage counselling, pregnancy diagnosis and referral service. Also on facebook/bebo Website: www.youthline.co.nz



Car Seat Rentals
Ph: 837 1871
For Waitakere Residents

The image shows two car seats: a black one on the left and a red one on the right, both with harnesses and buckles.

SUPPORT FOR WOMEN/MUMS

Bethany Centre Ph: 376 1324
Life and parenting skills, full pregnancy related care, post natal support, accommodation, adoption services on request. Website: www.bethanycentre.org.nz

Day Spring Trust Ph: 827 6321
Meeting place for support, social activities and befriending. Respite and rehab for women and children. Budgeting, parenting service. Website: www.dayspring.co.nz

La Leche League Ph: 846 0752
Information, support and encouragement to mothers who want to breastfeed.

Maori Women's Refuge - Tika Maranga Trust Ph: 833 9653
Advice, support and a safe place for women experiencing abuse.

Post Natal Distress Support Network Ph: 836 6967
Information, support, understanding, reassurance, informal friendship group for women experiencing Post Natal Depression.

Sands Ph: 0508 726 372
Stillbirth and Newborn Death Support - phone support, meetings, coffee group, library, magazine. Website: www.sands.org.nz

Viviana Ph: 836 1987
Sanctuary for women and children who have been mentally, physically or sexually abused. Outreach office provides support, information, advice and crisis counselling. Women's Health Information Unit ph:307 8978 Email: hiws@adhb.govt.nz

Women's Refuge Ph: 836 1987
Western women's refuge 24-hour phone service. 1 house in West Auckland: women with children or without children. Crisis calls only 0274 929 940

Women's Centre Ph: 838 6381
West Auckland Women's Centre is a drop in centre, library, information on women's health, rights, issues and local resources eg: lawyers, doctors, family violence support group, friendship group met on Wednesdays.

**Looking for a Health Service not listed?
Try website: www.webhealth.co.nz**

Waitakere Health Link would like to thank The Trusts Charitable Foundation for their support in producing this brochure.

You can order further copies of this brochure from:



W A I T A K E R E
Health Link

PH: 839 0512

FREEPOST 159013

PO BOX 21852, HENDERSON

WEBSITE: www.waitakerehealthlink

*Ensuring the community voice is heard
in healthcare decision making*

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BABIES



OUT WEST

*Services for parents
and families
in Waitakere City*

FAMILY SUPPORT

Barnardo's Ph: 838 0419
Service providing home based childcare and out of school care, early learning centres. Safe environment for children meeting their non-custodial parent and home-based family support, advocacy and parent education. Website: www.barnardos.org.nz

Barnardo's Parent Helpline Ph: 0800 472 7368
Free daytime phone service for parents and caregivers

Bereaved Parents Group Ph: 486 1688
Support group for parents that have lost children.

Child, Youth & Family Services Ph: 0508 326 459
Social Workers work with families to: care and protect children, manage young offenders, help maintain and strengthen parenting role Website: www.cyf.govt.nz

Cloth Nappy Education Centre Ph: 834-9214
601 Te Atatu Rd, Te Atatu Peninsula open 9 to 12 Tues, Thurs and Sat.

Cook Island Nor Western Ph: 832 5310
Provides support for all Pacific peoples including early childhood centre, budgeting, youth program, social services, parenting skills, court reporting and interpreting.

Disability Information Waitakere Network Inc Ph: 836 1609
Sharing disability related information service. Website: www.diwn@xtra.co.nz

Family Start Waipareira Pasifika Ph: 837 4306
Home-based service for families facing challenges in health, welfare or education.
Email: jacqui.harema@wai-trust.co.nz

Ignite Waitakere Ph: 837 0723
Provide home support, shared care services to families living with a person with a disability — intellectual, physical or sensory. Email: ignite.waitakere@idea.org.nz

Language Line Ph: 0800 656 656
Free interpreting Service. Open 9am to 5pm Website: www.language.govt.nz

Lifewise Family Services Ph: 818 6834
Working with families in their home – parenting strategies, behaviour management, hygiene & nutrition. Respite care. Self-referrals only. Website: www.lifewise.org.nz

Man Alive Ph: 835 0509
Men's and boys counselling including anger management programs.
Website: www.manalive.org.nz

Multiple Birth Club: Ph: 0800 489 467 389
Support for parents and families Website: www.waitakeremultiples.org.nz

Neonatal Trust Auckland Ph: 307 4949 ext 25469 Answerphone
Provides practical and emotional support to the parents of premature and high risk infants. Making a difficult start to life a little bit easier.
Website: www.neonatal.trust.co.nz

Pacific Island Safety & Prevention Ph: 832 2555
Programs for the prevention of child abuse, parenting skills, family/whanau support and anger management. Individual counseling. Website: www.theproject.org.nz

Parent Aid Waitakere Ph: 836 4122
Emergency free daytime home childcare service in times of illness, accident, stressful situations or other emergencies. Multiple birth families qualifying for home help subsidy can apply for support.

FAMILY SUPPORT

Parents Centre Ph: 837 8481
Provide parenting education from antenatal to school age.
Website: www.westaucklandparents.org.nz

Parent & Family Resource Centre Ph: 636 0351
Provide extensive resources, assistance with funding, community based groups, network centre for any disability. Website: www.parentandfamily.org.nz

Parent to Parent Ph: 625 5021 or 0508 236 236
Information and support network for parents of children with special needs – from common to the rarest conditions. Website: www.parent2parent.org.nz

Parent Trust Ph: 376 0400
Day and evening courses supporting parents to gain the tools to be the parent they want to be. Website: www.parenttrust.org.nz

Playcentres Ph: 838-8849
An early childhood education service, run as a parent co-operative based on the ideas of child initiated play and parents as first educators
Website: www.playcentre.org.nz

Plunket Ph: 838 0981
Plunket Family Centre Ph: 836 5730
Free home and clinic visits providing support, health, development assessments and information for children under 5. Website: www.plunket.org.nz

Special Education Ph: 836 6630
From birth through to school, the Ministry of Education provides early intervention specialists and support staff to work with children with special education needs.
Website: www.minedu.govt.nz

Waves Ph: 838 4834
Provides advocacy services in the Waitakere Court, support, information and resources for victims of family violence. Website: www.waves.org.nz

COUNSELLING AND ADVICE

Alcohol & Drug Helpline Ph: 0800 787 797

Problem Gambling Foundation Ph: 369 0627
Information and support to help with problem gambling.

Quitline Ph: 0800 778 778
Information and support to help you quit smoking. Website: www.quit.org.nz

Relationship Services Ph: 837 2723
Quality counselling and education to enhance relationships for individuals, couples and families. Website: www.relate.org.nz

Shine- Safer Homes In NZ Everyday Ph: 0508 384 357
Helpline for support, information, refuge and referrals. Website: www.2shine.org.nz

Tu Wahine Ph: 838 8700
Counselling, support and therapy relating to sexual abuse, domestic abuse, keeping children safe, relationship intervention and prevention programs.

Twin Loss NZ Ph: 411 9922
Support group for loss of one or more twins, triplets. Website: www.twinloss.org.nz

COMMUNITY SERVICES

Budgeting –Western Districts Ph: 827 5773
Develop budgeting skills through free, confidential and culturally aware services.
Website: www.familybudgeting.org.nz

Citizens Advise Bureau Website: www.cab.org.nz
Free, confidential info and advice to anyone about any query or problem.
Ph: Glen Eden 818 8634, Henderson 836 4118, Massey 833 5775, New Lynn 827 4731

Housing New Zealand Ph: 0800 801 601
Access for NZers to good quality affordable homes. Website: www.hnzc.co.nz

Inland Revenue Department Ph: 0800 227 773
Working for families tax credit Website: www.ird.govt.nz

Salvation Army Waitakere Centre Ph: 837 4471
Providing a food bank, advocacy, budgeting, parenting courses, supervised access and other welfare services

Waitakere Community Law Service Ph: 835 2130
Help for people with legal issues who cannot afford a lawyer.
Website: www.communitylaw.org.nz Email: info@waitakerelaw.org.nz

Work and Income New Zealand Ph: 0800 559 009
Community services card, childcare, accommodation supplement.
Website: www.workandincome.govt.nz

HEALTH SERVICES

Allergy NZ Ph: 0800 340 800
Education, information, support and advocacy in all aspects of allergy information.
Website: www.allergy.org.nz

Asian Health Support Service Ph: 442 3219
To improve the health status of Asian community offers interpreting and translation service, mental health support and improving access to information.
Website: www.asianhealthservices.co.nz

Asthma Auckland Ph: 630 2293
Home visits, phone information service, support groups, school visits, resources, multi-language. Website: www.asthma-nz.org.nz

Healthline Ph: 0800 611 116
Free 24-hour, 7 day-a-week telephone advice service.
Website: www.healthline.co.nz

Immunisation Advisory Centre Ph: 0800 466 863
We provide evidence-based information and advice to help parents and caregivers make informed decisions about immunisation. Website: www.immune.org.nz

Immunisation Awareness Society Inc. Ph: 303 0187
Make an informed decision about immunisation in NZ. Website: www.ias.org.nz

Poisons Centre Ph: 0800 764 766
National Poisons Centre answers queries concerning acute poisoning and the toxic effects of chemicals
Website: www.poisons.co.nz