

FREE SMARTPHONE BREASTFEEDING APP

BreastFedNZ—download at
<http://www.breastfednz.co.nz/>

You may also access breastfeeding information and support from midwives. Contact the Midwifery Resource Centre (03) 3652789.

24 hour information/support lines

Canterbury Breastfeeding Helpline (03) 3388447

Plunket Line 0800933922

St George's Maternity Breastfeeding Clinic
FREE Lactation Consultant run Breastfeeding Clinic held Mon, Tues, Thurs, Fri 10am-12 at the Maternity Unit St George's Hospital.
Phone (03) 375 6020 for an appointment (appointment only)

Fee for Service Breastfeeding Support

Dr Alexia Chisholm (GP/Lactation Consultant IBCLC) Merivale Medical Practice. (03) 3557262

<https://merivalemedical.co.nz/lactation-services>

Julia Daly (Lactation Consultant IBCLC) 0220606657
julia@morethanmilk.co.nz
www.morethanmilk.co.nz

Catherine Rietveld (Midwife) 0272286747 www.yourchoicemidwives.co.nz

Supportive Community When Breastfeeding Doesn't Work Out— phone or text **Karen 0274790625**.
karenholmes@orcon.net.nz

Facebook page- <https://www.facebook.com/#!/supportive.community.breastfeeding.loss?fref=ts>
Counselling support available (Fee for service).

Contact the Canterbury Breastfeeding Advocacy Service at Te Puawaitanga Ki Ōtautahi Trust for more information about all breastfeeding services.

Kelly.Dorgan@omwwl.maori.nz 0297731589

Mother to Mother Volunteer Breastfeeding Peer Counsellors/Peer Supporters

Are available to support pregnant women and breastfeeding mothers. Find a peer counsellor through:

Te Puawaitanga ki Ōtautahi Trust

Contact Kelly.Dorgan@omwwl.maori.nz (03) 3445062 or 0800 66 9957

Waitaha Primary Health

Contact janine.pinkham@waitaha.health.nz or phone 0800 800 743 ext 212. Contact Janine for details of the Ashburton breastfeeding peer support programme too

Interested in training as a volunteer breastfeeding peer counsellor? It's free!
Contact details as above for more information.

FREE Breastfeeding information sessions for pregnant women, partners and supporters

• **St George's Maternity Hospital, Heaton Street**
Sessions taken by a Lactation Consultant (IBCLC) and held on selected Thursdays 10am– 12 all year. For dates and bookings **(03) 3756337**

• **Christchurch Women's Hospital - Burwood sessions**
Preparing to breastfeed. 10:30—12:30. One two hour session per month on a Thursday or Saturday. Bookings essential. Lactation Consultant (IBCLC) led. Contact **(03) 3644521—option 1** for info/booking.

Websites

Canterbury Breastfeeding smartphone friendly website for support services information, breastfeeding friendly cafes, breastfeeding & working info, news & information www.canbreastfeed.co.nz

Other useful sites for breastfeeding information

<http://www.kellymom.com>

<http://www.drjacknewman.com>

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

<http://www.moh.govt.nz/breastfeeding>

<http://www.lli.org/>



Version 47/August 2019

Canterbury Breastfeeding Support Services 2019

WELCOME : HAERE MAI

Breastfeeding

Maligayang Pagdating

Fakatalofa atu

Ni sa bula vinaka

Ulu tonu mai

Malo e lava mai

Selamat Datang

欢迎

स्वागत

Welkam

歡迎

환영하다

Afio mai

chào mừng

Kia orana

Fakaalofa lahi atu

Ku

Te Whāngai ū



BREASTFEEDING FRIENDLY CANTERBURY

BREASTFEEDING SUPPORT IN CANTERBURY 2019

La Leche League Canterbury

**24 hour Breastfeeding Helpline
(03) 3388447**

Website <http://www.lalecheleague.org.nz>

All pregnant women & mothers are invited to the facilitated discussions on breastfeeding. All whānau, children and support people warmly welcome. Call for **FREE** information or go along to a group. Phone for updates during school holidays.

Groups are held regularly in Riccarton, Beckenham, Mt Pleasant, Prebbleton and Linwood. Please see the website or facebook page for details.

**Julia: 03 341 8041 Pania: 03 741 9178
Rukmini: 03 337 0841 Abby: 03 382 0362**

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

Facebook Breastfeeding Pages

- Canterbury Breastfeeding
- Canterbury Breastfeeding Peer Support
- Te Māhuri Breastfeeding Group
- Young Parents Breastfeeding Group
- Premature Baby Support (NUMB)
- Hornby Breastfeeding Group
- Richmond Cottage Breastfeeding Support Group
- Mother4Mother Breastfeeding Support
- La Leche League New Zealand.
- Supportive Community when breastfeeding doesn't work out

Canterbury Breastfeeding smartphone friendly website

For support services information, breastfeeding friendly cafes, breastfeeding & working info, news & information www.canbreastfeed.co.nz

FREE Breastfeeding Groups breastfeeding peer counsellor led

• Hornby Breastfeeding- Tuesdays 10am-12
153 Gilberthopes Road. Currently in recession. Contact Kelly 0800 66 99 57

• Richmond Cottage Breastfeeding
Wednesdays 10am—12 Corner of London & Pavitt Streets—off Stanmore Road
Contact Mary 0274559747 or 0800669957

• Te Māhuri Breastfeeding groups for young parents under 24 years
SHIRLEY - Wednesdays 10:30AM-12 Early Start Project
69B Briggs Road, Contact Emma 0276487098

BARRINGTON - Fridays 10.30am-12 Barrington Plunket Rooms, Conway Street, Contact Azalia 0278171865

• Mandarin Speaking Playgroup / Breastfeeding Support Group
Hornby Plunket, 29 Tower Street, Hornby
10am - 12 pm every 2nd and 4th Tuesday of the month
Contact: Jenny Saito - jenny.saito@plunket.org.nz
or 027 281 5918
www.facebook.com/ChineseBreastfeedingSupport/

Waitaha Primary Health Baby Feeding Service – FREE

Consultations with International Board Certified Lactation Consultants (IBCLC) at home or at a mutually agreed venue. Clinic times also available. Referral for visits by Tamariki Ora Well Child Services, GPs, practice nurses or other health providers necessary. Contact (03) 3574970 or 0800800743 ext 213 for enquiries and/or referral forms. Form available on the website & can be submitted on line - <https://waitaha.health.nz/health-professionals/baby-feeding-service/>

FREE Breastfeeding Groups – breastfeeding peer supporter
Contact Janine (03) 3574970 ext 212 or 0275881007 or janine.pinkham@waitaha.health.nz
Facebook—Mother4Mother Breastfeeding Support

Aranui: Mondays 10am-12pm, Aranui Library, 109 Aldershot St.

Lyttelton: Mondays 10am-12pm, 25 Winchester St, Plunket Rooms at the Recreation Centre
Facebook Lyttelton Contact Andrea 0210712901

Ashburton: Mondays 10am -12pm, Ashburton Plunket Centre, 222 Cameron St
Contact: Jane 029 200 9244

Papanui: Tuesdays:10am-12pm Village Community Centre, corner of Papaunui Road and Frank Street

New Brighton: Wednesdays 10am 12pm, Grace Vineyard Campus, 111 Seaview Road, New Brighton Contact Cherie 0278711145

Halswell: Thursdays 10am -12pm Halswell Plunket Rooms, 16 Fern Street, Halswell.

Shirley Te Puna Oraka: Thursdays 10am-12pm
69B Briggs Road.

Rolleston: Fridays 10am-12pm Rolleston Plunket 1 John Street, Contact Claire 021 068 9428

Young Parents Breastfeeding Group:
Facebook info (03) 3574970 ext 212/0275881007

Akaroa: One to one support available
Contact Jenna (03) 3048876/0211706106

Rangiora Hospital: Fridays 10am-12pm
Rangiora Hub Whānau Room. 161 Ashley St Rangiora. Contact Coralie 027 850 4912
Facebook: Rangiora Mother4Mother Breastfeeding Support