

## **FREE SMARTPHONE BREASTFEEDING APP**

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

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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**

## **Tamariki Ora Well Child Services**

• **Plunket Well Child**  
For all Plunket Well Child Services & Plunket Nurse appointments please call **Area Office (03) 3660 765**.

• **Te Puawaitanga ki Ōtautahi Trust.** For Tamariki Ora Well Child Services please call **(03) 3445062**.

## **• Fee for Service**

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

[www.christchurchbreastfeedingclinic.co.nz](http://www.christchurchbreastfeedingclinic.co.nz)

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

[www.morethanmilk.co.nz](http://www.morethanmilk.co.nz)

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• **Supportive Community When Breastfeeding Doesn't Work Out**— phone or text **Karen 0274790625**.  
[karenholmes@orcon.net.nz](mailto:karenholmes@orcon.net.nz)

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

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

**carol.bartle@omwwl.maori.nz or (03) 3445062**

## **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 [admin@omwwl.maori.nz](mailto:admin@omwwl.maori.nz) (03) 3445062 or 0800 66 9957 or [www.canbreastfeed.co.nz](http://www.canbreastfeed.co.nz)

• **Rural Canterbury PHO** Contact Janine [Janine\\_pinkham@rcpho.org.nz](mailto:Janine_pinkham@rcpho.org.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**  
Preparing to breastfeed. 9.30am–11.30am. 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](http://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 34/OCTOBER2017**



# **Canterbury Breastfeeding Support Services 2017**

## **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 2017

**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.

• **Breast Start @ Riccarton** Meets 10am on the 2nd **Monday** of the month. Plunket Rooms, 26A Piko Crescent **Contacts Julia 3418041 and Rukmini 3370841**

• **Breast Start @ Beckenham** Meets 10.15am on the 2nd **Monday** of the month. South Library Learning Centre, 66 Colombo Street. **Contacts Annah 3316027 and Keli-Sue 0221856610**

• **Breast Start @ Rangiora** IN RECESS

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**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](http://www.canbreastfeed.co.nz)

**FREE Breastfeeding Groups** breastfeeding peer counsellor led

• **Hornby Breastfeeding- Tuesdays 10am-12**  
 Group is in recess. Apologies for the inconvenience.

• **Richmond Cottage Breastfeeding**  
**Wednesdays 10am—12** Corner of London & Pavitt Streets—off Stanmore Road  
**Contact Mary 0275103028 or 0800669957**

• **Te Māhuri Breastfeeding groups for young parents under 24 years** **WOOLSTON & BARRINGTON**  
**Mondays 10.30am-12.** Woolston Plunket Rooms 640 Ferry Road: **Contact Jenny 0278984802**

**Fridays 10.30am-12** Barrington Plunket Rooms, Conway Street, Barrington **Contact Azalia 0278984803**

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• **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)**

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**Rural Canterbury PHO Baby Feeding Service – FREE**

Consultations with International Board Certified Lactation Consultants (IBCLC) at home, at a mutually agreed venue or at clinics by appt. Referrals from Midwives, La Leche League, 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 - <http://www.rcpho.org.nz/>

**RCPHO FREE Breastfeeding Groups – breastfeeding peer supporter led**

**Contact Janine (03) 3574970 ext 212 or 0275881007 or [Janine\\_Pinkham@rcpho.org.nz](mailto:Janine_Pinkham@rcpho.org.nz)**  
 Facebook—Mother4Mother Breastfeeding Support

• **Aranui Mondays 10am-12.** Aranui Library, 109 Aldershot St

• **Bishopdale Tuesdays 10am-12** Parents Centre, Unit 2 /2 Leacroft St . Lactation Consultant Clinic runs at the same time

• **Halswell Thursdays 10am -12** Halswell Plunket Rooms, 16 Fern Street, Halswell. Lactation Consultant Clinic runs at the same time

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

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

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

• **Shirley Te Puna Oraka, Shirley Hub Thursdays 10am-12.** 69B Briggs Road. Lactation Consultant Clinic runs at the same time

• **Young Parents Breastfeeding Group** IN RECESS, Facebook only **Contact Janine for info (03) 3574970 ext 212 or 0275881007**

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

• **Ashburton Mondays 10am -12**  
 Ashburton Plunket Centre, 222 Cameron St **Contact Ellie (03)3087894/021807762** or join Facebook Breastfeeding Mid Canterbury

• **Rangiora Hospital Fridays 10am-12.**  
 Rangiora Hub Whānau Room. 161 Ashley St Rangiora.  
**Contact Sharee 027 303 0024**