

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

• **Rural Canterbury PHO** Contact Janine
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 - 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 44/March 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.

Breast Start @ Riccarton - Meets 10am on the 4th Monday of the month. Plunket Rooms. 26A Piko Crescent

Breast Start @ Beckenham - Meets 10.15am on the 2nd Monday of the month. South Library Learning Centre, 66 Colombo Street.

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 Gilberthorpes 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** **LINWOOD & BARRINGTON**
Wednesdays 1pm—2:30pm. St John of God Waipuna 349 Woodham Rd, **Contact Emma 0276487098**

Fridays 10.30am-12 Barrington Plunket Rooms, Conway Street, Barrington **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/

Rural Canterbury PHO 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 - <http://www.rcpho.org.nz/>

RCPHO FREE Breastfeeding Groups – breastfeeding peer supporter led with some lactation clinics at the same time—see the list for details

Contact Janine (03) 3574970 ext 212 or 0275881007 or Janine_Pinkham@rcpho.org.nz

Facebook—Mother4Mother Breastfeeding Support
 • **Aranui Mondays 10am-12.** Aranui Library, 109 Aldershot St. Lactation Consultant Clinic — no appointment needed

• **Papanui Tuesdays 10am-12pm** Village Community Centre, corner of Papauni Road and Frank Street — Lactation Consultant Clinic—no appointment needed

• **Halswell Thursdays 10am -12** Halswell Plunket Rooms, 16 Fern Street, Halswell. Lactation Consultant Clinic — no appointment needed

• **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, Thursdays 10am-12.** 69B Briggs Road. Lactation Consultant Clinic by appointment only

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

• **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 Coralie 027 850 4912**