



## FCANTERBURY BREASTFEEDING SUPPORT SERVICES 2020

### Breastfeeding Support Groups

Breastfeeding support groups are drop in groups that can be attended with the aim of receiving free support for either specific challenges or more general support. Support is provided by trained Breastfeeding Peer Counsellors or by trained La Leche League leaders who can refer to lactation consultant services if appropriate.

#### Te Māhuri Groups for parents under 24 years:

**NEW BRIGHTON** : Wednesdays 10:30-12:30, upstairs, Switch Cafe, Brighton Mall, Contact: Emma 027 649 7098

**BARRINGTON**: Fridays 10:30-12, Barrington Plunket Rooms, Conway Street, Contact: Azalia 027 817 1865

#### Māmā 2 Māmā (Te Puawaitanga ki Ōtautahi Trust)

**RICHMOND COTTAGE**: Wednesdays, 10-12, Corner Pavitt & London Sts, Contact Olivia 021 994 367 or 0800 669 957

**ŪKAIPŌ/HORNBY** – Connecting with our Pēpi: Tuesdays, Te Puawaitanga ki Ōtautahi Trust, 153 Gilberthorpes Rd, Hornby, contact Olivia as above.

#### Mother 4 Mother Groups (Waitaha Primary Health)

Contact for all of these groups (if not otherwise stated) is Janine: 04 357 4970 ext 212, 027 588 1007 or [janine.pinkham@waitaha.health.nz](mailto:janine.pinkham@waitaha.health.nz)

**ARANUI**: Mondays 10-12, Aranui Library, 109 Aldershot St

**LYTTELTON**: Mondays 10-12, 25 Winchester St, Plunket Rooms at the Recreation Centre, Contact: Andrea 021 071 2901

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

**PAPANUI**: Tuesdays, 10-12, Village Community Centre, corner of Papanui Rd and Frank St

**NEW BRIGHTON**: Wednesdays, 10-12, Grace Vineyard, 71 Beresford St, Contact Cherie 027 871 1145

**HALSWELL**: Thursdays 10-12, Halswell Plunket Rooms, 16 Fern Dr

**SHIRLEY**: Thursdays, 10-12, Te Puna Oraka, 69 Briggs Rd

**ROLLESTON**: Fridays, 10-12, Rolleston Plunket Rooms, 1 John St, Contact: Claire 021 068 9428

**RANGIORA**: Fridays, 10-12 Rangiora Hub Whānau Room, 161 Ashley St: Contact: Coralie 027 850 4912

**AKAROA**: One to one support available: Contact: Jenna 03 304 8876/021 170 6106

#### La Leche League:

Groups are held regularly in Riccarton, Beckenham and Prebbleton.

Contacts <https://www.facebook.com/ChchLaLecheLeague/>, email: [breaststartchristchurch@gmail.com](mailto:breaststartchristchurch@gmail.com),

Facebook: [breaststartchristchurch@gmail.com](mailto:breaststartchristchurch@gmail.com), Phone: Julia: 03 341 8041, Pania: 03 741 9178,

Rukmini: 03 337 0841/ 027 3892241, Abby: 03 382 0362

#### Other Groups

**MANDARIN-SPEAKING GROUP**: Every 2nd and 4th Tuesday of the month, 10-12, Hornby Plunket Rooms, 29 Tower St, Hornby, Contact: Jenny [jenny.saito@plunket.org.nz](mailto:jenny.saito@plunket.org.nz) or 027 281 5918



## Breastfeeding Peer Support/Counsellor Services

La Leche League: <https://lalecheleague.org.nz/>

Waitaha Primary Health: <https://waitaha.health.nz/services/#baby-feeding-service>

Te Puawaitanga ki Ōtautahi Trust: <http://whanauoraservices.co.nz/services/canterbury-breastfeeding-advocacy-service/peer-to-peer/>

## International Board Certified Lactation Consultant (IBCLC) Services (free)

Waitaha Primary Health Baby Feeding Service: for high risk mothers and/or babies. Referrals can be made by LMC midwives, GPs, Well Child Tamariki Ora Providers, Breastfeeding Peer Counsellors/Supporters or other Health Professionals. Contact: (03) 357 4970 or 0800 800 743 ext 213 for enquiries.

**Plunket Video Conference Lactation Consultant Service:** Contact Plunketline: 0800 933 922

**St Georges Maternity:** Clinics Monday and Thursday for those who have been in St Georges for labour and/or birth or postnatal care. Appt only: (03) 375 6337

## Breastfeeding Support Services (fee for service)

**Dr Alexia Chisholm:** [GP/IBCLC Lactation Consultant](#), Merivale Medical Practice, (03) 355 7262

**Julia Daly:** [IBCLC Lactation Consultant](#), [Julia@morethanmilk.co.nz](mailto:Julia@morethanmilk.co.nz), 022 060 6657

**Catherine Rietveld:** [Midwife specialising in breastfeeding support](#), 027 228 6747

## Antenatal Breastfeeding Education Sessions (free)

CanBreastFeed: Monthly sessions, alternating Wednesday (Aranui Community Centre) and Saturday (Burwood Hospital), 9:30 – 12:30, and monthly online session. For dates and to register phone Te Puawaitanga 0800 669957

**St Georges Hospital:** Open only to those who are birthing or having their postnatal stay at St Georges Selected Thursdays. Ph (03) 375 6337 for dates.

## Websites

- <http://www.moh.govt.nz/breastfeeding>
- <http://www.kellymom.com>
- <http://www.drjacknewman.com>
- <http://www.llli.org/>
- <http://www.canbreastfeed.co.nz>
- <http://www.lalecheleague.org.nz>

## Facebook Pages/Groups

- [Canterbury Breastfeeding](#)
- [Mother4Mother Breastfeeding Support](#)
- [Young Parents Breastfeeding Group](#)
- [Canterbury Breastfeeding Peer Support](#)
- [La Leche League Chch](#)
- [Hornby Breastfeeding Group](#)
- [Richmond Cottage Breastfeeding Group](#)
- [Te Māhuri Breastfeeding Group](#)
- [Premature Baby Support](#)