



*Waitemata*  
District Health Board

Best Care for Everyone

# Review of services for teenage parents in the Waitemata DHB region

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*Maternity Service*

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## Background

The 2011 Maternity Quality and Safety pilot programme conducted at Waitemata DHB identified that services and resources for teenage mothers were inadequate. Maternity stakeholder groups (both clinicians and consumers) selected teenage pregnancy as one of the top three areas for quality improvement. In the Waitemata Maternity Quality and Safety plan for 2012/13 teenage pregnancy was again identified as an area for quality improvement.

For the purposes of this review the following steps have been undertaken.

1. Literature review
2. Review of volume and location of teenage mothers in the Waitemata region
3. Identification of local services in Waitemata region - North, West and Rodney
4. Interview of teenage mums at the *He Wero* teen parent education unit in Henderson
5. Needs analysis
6. Development of a draft evidence based care pathway for pregnant teenagers

## Key Recommendations

1. Information about local resources and services for pregnant teenagers and teen mothers should be regularly updated and accessible in multi-media format.
2. Waitemata DHB should consider social media, such as a Facebook page, to promote health messages to pregnant teenagers.
3. Early support and early registration with a Lead Maternity Carer (LMC) could be improved with better liaison with professionals who are in regular contact with teenagers.
4. Incentives to promote early registration with a Lead maternity carer may be effective in this group - e.g. free pepi-pod.
5. Midwifery continuity of care is recommended with home antenatal visiting.
6. A recommended best practice guideline should be developed to assist LMCs caring for pregnant teenagers and teenage mothers.
7. Appropriate cultural support for pregnant teenagers and teen mothers should be further developed.
8. Pregnant teenagers who smoke should be directed to available age-appropriate resources rather than a generic service.
9. Dietician and nutrition resources specifically for pregnant teenagers and mothers should be increased.
10. Secondary care obstetric expertise in teenage pregnancy should be further developed and supported.
11. A support person should be included and accommodated for the entire hospital stay, to reduce premature discharge.
12. A teen breast feeding peer support network should be encouraged.
13. The expansion of Thrive Teenage Parent Trust services across Waitemata DHB area should be supported.
14. Waitemata DHB supports the development of a short-term residential teen parent unit in West Auckland.

## Literature review

Teenage pregnancy is described as a “global concern” because of the association with socio-economic and health inequalities for both mother and child (Paronjothy, Broughton & Adappa et al., 2009).

*“Early parenthood can be a positive and maturing time for young people, but can also have far-reaching effects. Teenage mothers are more likely to live in economic deprivation, and have low levels of literacy and education. They are also less likely to be surrounded by supportive social networks. Very early parenting before 18 years is associated with poor outcomes for children.”* Families Commission, 2011

New Zealand has the second highest rate of teenage pregnancy in the OECD: 29 per 1000 births (2012). Teenage Māori women have around two-and-a-half times the overall teenage birth rate (Families Commission, 2011). The high rate of pregnancy for Māori teenagers is mostly, but not fully, explained through socio-economic deprivation (Families Commission, 2011).

The national perinatal and maternal mortality review committee (PMMRC) noted that teenage pregnancy is a risk factor for perinatal morbidity and mortality.

*“Lead maternity carers should be aware that teenage mothers are at increased risk of stillbirth and neonatal death due to preterm birth, fetal growth restriction and perinatal infection”* PMMRC 2012.

According to Archibald (2004), pregnancy is not key issue but the accompanying social deprivation, such as lack of money, support structures, transport, life coping skills, “dropping out” of school and missing educational opportunities. Denny (2007) suggested we not “lay blame” with teenage parents, but focus instead on providing adequate, relevant support systems and resources. Rawiri (2007) also emphasized that young Māori mothers and their children were often represented as negative. The stigmatization teenage parents face because of their age worsens their experiences, and ultimately, the outcomes for their children (Whitely and Kirkmayer, 2008). However the lived experiences of teenage mothers within Rawiri’s study in 2007 indicated there were many positive outcomes. Social support was highly valued particularly from mothers, sisters, friends and midwives.

Leppalahti *et al* (2013) examined the outcomes for the population in Finland from 2006 to 2011. Teenage pregnancy was associated with maternal anaemia, hypertensive problems (especially under 16 years), UTI and preterm birth. Maternal anaemia was also found to be a risk factor for preterm birth (adjusted OR 2.1). In the Finnish study, teenagers with inadequate antenatal care were less likely to quit smoking, and be at significantly higher risk of eclampsia and UTI even after adjustment for confounding factors. Their babies were also at a higher risk for stillbirth and neonatal morbidity which was almost entirely explained by premature births. Results concerning adverse outcomes were less clear as there were many confounding factors such as poor socio-economic conditions, risky behaviour, inadequate prenatal care and physical immaturity.

However, Mantel in his study of Māori teens in 2004, found that teenage pregnancy did not appear to be a risk factor for adverse outcomes by itself once socioeconomic status has been taken into account. For both preterm birth (OR 1.05) and small for gestational age (OR 1.00), teenage pregnancy appeared to confer no additional risk when compared to Māori women aged 30-34 years (Mantel et al., 2004).

## Teenage birth rates at Waitemata DHB

In the year July 2012 to June 2013, 279 teenage women gave birth; this represents approximately 4% of birthing women in the region. 190 women gave birth at Waitakere Hospital and 84 at North Shore Hospital, 1 gave birth at Auckland Hospital, 1 at Helensville birthing unit and 3 women gave birth at home.

**Table 1: Age of teenage mothers and location of births**

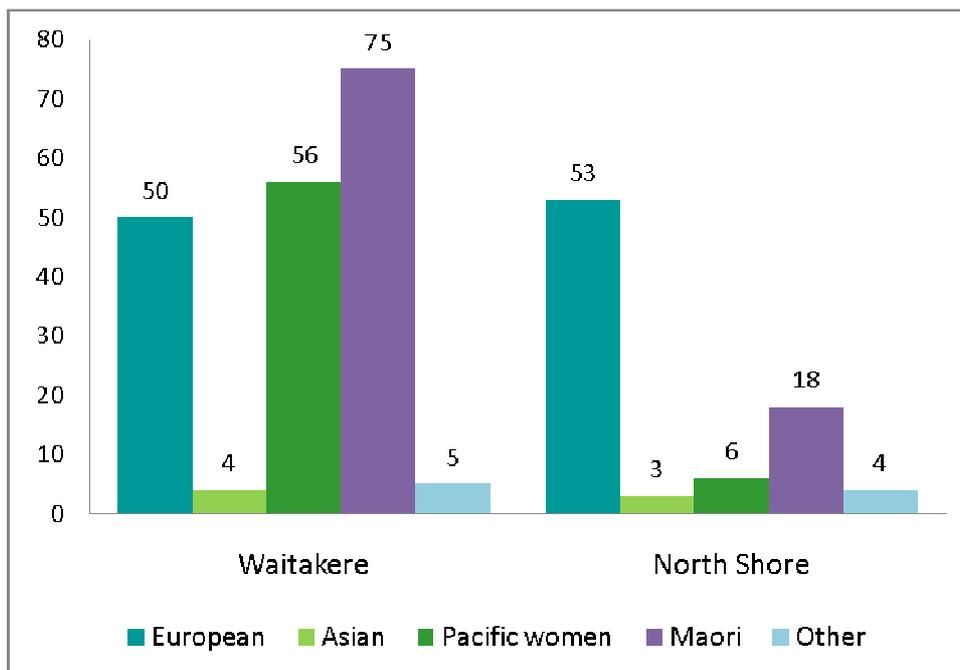
Age (years)	Numbers of births	Age Group	Waitakere	North Shore	Other
13	3				
14	1	11	6	3	2
15	7				
16	24	61	48	13	0
17	37				
18	92	205	136	68	3
19	115				
<b>Total</b>	<b>279</b>	<b>279</b>	<b>190</b>	<b>84</b>	<b>5</b>

Evidence suggests the younger the mother, the greater the risk for herself and her baby, particularly the risk of her infant dying during the first year of life. Waitakere hospital had over twice as many teenagers giving birth as North Shore and significantly more in the mid teens age group.

Professionals who work alongside pregnant teens were consistent in their views that teenage parents do not form a homogenous group. Three groups emerged: early teens – those who are still legally required to be at school (15 years and under), late teens who are legally adults (18 and 19 years) and those in between (16 and 17 years).

According to the Families Commission (2011), the rate of teenage childbirth strongly correlates with socio-economic conditions and the ethnic composition of the region.

**Table 2: Ethnicity of teenage women giving birth by hospital**



As expected Māori and Pacific mothers were over represented in the teenage birth data. More than one third of all teenage women giving birth at Waitakere identified as Māori and over one quarter are Pacific women. At Waitakere, Māori and Pacific women make up two thirds of the teen birthing population. Few teens were Asian in Waitemata DHB. European birth rates at North Shore hospital were consistent regardless of age. North Shore had fewer numbers overall but a significant proportion were Māori.

**Figure 1: Teenage mothers by domicile**



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'Nshhdc02' (H)\Teens

The embedded PDF is a map of the region with the locations of all the births to teenage mothers marked. There were 16 births to women who lived outside Waitemata DHB locality: 11 births were to women who lived in the Auckland area; 3 women came from Counties Manukau; 1 came from Northland; 1 from the Bay of Plenty; 21 teens lived in Waitemata DHB rural areas; but the majority of teens were urban.

There were concentrations of teen mothers in four main areas:

1. Massey/West Harbour
2. Henderson /Te Atatu,
3. Glen Eden/Kelston/Glendene
4. Glenfield/Birkdale/Beach haven

## Resources for Teenagers in the Waitemata DHB region

Pages 8-12 lists all the resources available for teenagers regionally. Below is a description of some key local services, contact details are listed in the tables.

### He Wero o Ngā Wahine Teen Parent Unit, Henderson

He Wero is the only teen parent unit in the Waitemata region. It offers 20 places to teens. The teacher is supplied by Henderson High school and course work is through the Correspondence school. Teens should be referred when they are pregnant so appropriate support can be given. Main-stream education during teen pregnancy appears to be associated with peer bullying. He Wero accepts teens aged 17 or under and will support them through literacy, numeracy and NCEA. Life skills such as cooking and budgeting are also taught and there is a strong focus on preventing another pregnancy. A barista qualification is encouraged to increase employability. Transport is provided to and from school via a designated bus and childcare is free in the adjacent building run by Barnardos. Breastfeeding is well supported at He Wero and babies stay in the classroom with their mothers until they are mobile.

### North Shore Teen Parent Unit

Funding has recently been awarded to develop a 20 place teen parent unit on the North Shore. The original plan was to house this at Birkdale Community House, but this plan has been thwarted. A project team is working hard to identify a host school and appropriate premises. At present teens may apply for a place at Auckland teen parent unit. Few take up this offer due to transport difficulties.

### Thrive

Thrive Teen Parent Support Trust is a Mount Albert based service with a satellite in Henderson. It is part-funded by the Ministry of Social Development (MSD). Thrive run antenatal classes at He Wero and at Glendene for pregnant women up to 24 years. Classes are run by a qualified childbirth educator and a representative from Thrive. Midwife Megan Grimwood co-ordinates these classes. Classes “roll over” and women can go to as many courses as they wish. This provides social support and also reinforces important messages. Free transport is provided to and from each class, usually by way of taxi. Lunch is also provided free of charge. Social workers are attached to Thrive who work with young parents on a one-to-one basis with the aim of continued support to put action plans in place for the future. The social workers also run a Young Mums support group, and Young Dads mentoring. Thrive also has a Facebook page, a website and plan on further developing an Information Station for young parents to access services in West Auckland. Currently Thrive only operate in West Auckland. There is a plan to expand its services to the North Shore in 2014 in conjunction with the development of the North Shore teen parent unit.

### Residential Teen Parent Units

There are no residential units in our region. Granger Grove House in Otahuhu is a residential unit (but not age specific for teens) but is considered by many to be too far away for Waitemata women. Granger Grove is also expensive and places are often only possible through Child Youth and Family referral (CYF). There was a short-stay unit, Te Koopu Ora, in Henderson run by Waipareira trust, however the contract for this has not been continued and the house has closed. There is a small group of interested supportive people in Henderson starting to campaign for a residential unit for the teen mums of West Auckland. Waitemata DHB Pacific women liaison maternity worker in particular highlighted the need for a short-term residential unit for Pacific pregnant teens.

### Family start

Family Start is an intensive home visiting programme helping families who are struggling with challenges or problems that make it harder to care for their baby. They encourage referrals in the second trimester. They only operate their

visiting service in West Auckland. Family start is **not** a well child service provider but will work with the well child services chosen by the family.

### Te Aka Ora Forum

Te Aka Ora vulnerable families’ forum is a Waitemata DHB service that provides advice and support to LMCs caring for vulnerable families. The forum includes members from maternal mental health, social work and drug and alcohol services and can help provide advice and support to enable wrap around services for teen parents. Teen parents are often vulnerable, and some pregnant teens face challenging social situations that require maturity well beyond their age. Teens under the age for consensual sex age (16-years) should be referred to Te Aka Ora.

## Interview with teenage parents

An interview was held with teenage parents at He Wero

**Antenatal care:** Most teens had no problem finding a midwife; however they often did not book as early as they should have done. The teens appreciated having a LMC and valued the continuity and home antenatal visits as transport was a problem. They valued antenatal preparation and how it helped them get through the labour and birth.

**Postnatal care:** All the teens stressed how important it was to have their mothers stay with them in hospital, and although staff appeared supportive of this it did not always occur. Most teen mothers left the hospital early as they felt uncomfortable and felt “judged” (their words). They would have liked to be able to share a room with another young mum if they have to share. Almost all the teens regretted going home from the hospital “too early” and said they missed out on learning essential skills for breast feeding. Most teenage mothers stopped breastfeeding at 2-3 months often because they perceived that they “did not have enough milk”

## Needs analysis summary

Need	Issue	Plan
Legal	<ul style="list-style-type: none"> <li>▪ Under consensual age</li> <li>▪ Legal status as a child</li> <li>▪ Child Youth and Family service involvement</li> </ul>	<ul style="list-style-type: none"> <li>▪ Access to legal advice</li> </ul>
Financial	<ul style="list-style-type: none"> <li>▪ Not eligible for benefits if &lt;18</li> <li>▪ Poor employment opportunities</li> <li>▪ Minimum wage if working</li> <li>▪ Inadequate housing</li> </ul>	<ul style="list-style-type: none"> <li>▪ WINZ advice</li> <li>▪ Employment advice if eligible</li> <li>▪ Assistance with budgeting</li> <li>▪ Housing advice and support</li> </ul>
Transport	<ul style="list-style-type: none"> <li>▪ Isolation/poor social support</li> <li>▪ Poor engagement with healthcare</li> </ul>	<ul style="list-style-type: none"> <li>▪ Local services</li> <li>▪ Home visits</li> <li>▪ Transport assistance</li> </ul>
Educational	<ul style="list-style-type: none"> <li>▪ Lower academic achievement</li> <li>▪ Lower literacy</li> <li>▪ Lower employability</li> </ul>	<ul style="list-style-type: none"> <li>▪ Referral to teen parent unit</li> <li>▪ Engage in continuing education</li> <li>▪ Literacy support</li> </ul>

## Needs analysis summary (continued)

Need	Issue	Plan
Parenting	<ul style="list-style-type: none"> <li>▪ Poor parenting models</li> <li>▪ Limited exposure to babies and infants</li> </ul>	<ul style="list-style-type: none"> <li>▪ Age appropriate parenting information</li> <li>▪ Multi-media resources</li> <li>▪ Services for teen dads</li> <li>▪ Pepi-pod provided</li> <li>▪ Safe sleep and shaken baby messages provided</li> <li>▪ Car seat provided</li> <li>▪ Referral to family start/PAFT/Living and learning</li> </ul>
Mental health	<ul style="list-style-type: none"> <li>▪ Low self - esteem</li> <li>▪ Self-harm</li> <li>▪ Substance abuse</li> <li>▪ Depression</li> <li>▪ Victim of family violence/abuse</li> </ul>	<ul style="list-style-type: none"> <li>▪ Screen for depression, anxiety and self – harm</li> <li>▪ Screen for family violence</li> <li>▪ Screen for substance abuse</li> <li>▪ Timely referral to services as needed</li> <li>▪ Peer support</li> <li>▪ Mentoring</li> </ul>
Sexual health	<ul style="list-style-type: none"> <li>▪ High rate of STIs</li> <li>▪ Low uptake of contraception</li> <li>▪ Risk taking behaviours regarding sex</li> </ul>	<ul style="list-style-type: none"> <li>▪ Full sexual health screening</li> <li>▪ STI information and advice</li> <li>▪ Contraception counseling and referral</li> </ul>
Maternal health	<ul style="list-style-type: none"> <li>▪ No care or late engagement with care</li> <li>▪ Poor attendance and poor compliance</li> <li>▪ Poor nutrition</li> <li>▪ Low HB, low ferritin, low B12, low folate</li> <li>▪ Increased likelihood of smoking</li> <li>▪ Increased risk of UTI</li> <li>▪ Increased risk of preterm birth</li> <li>▪ Increased risk of IUGR</li> <li>▪ Increased risk of pre-eclampsia</li> <li>▪ Increased risk of caesarean birth</li> <li>▪ Increased risk of PPH</li> <li>▪ Less likely to breastfeed and more likely to stop earlier</li> <li>▪ Early discharge from hospital</li> </ul>	<ul style="list-style-type: none"> <li>▪ Early engagement with maternity care</li> <li>▪ Continuity of care</li> <li>▪ Recognition of teenage modesty and embarrassment as a barrier to care</li> <li>▪ Tailored nutrition advice</li> <li>▪ Nutritional supplementation and assistance with compliance</li> <li>▪ Referral to age appropriate smoking cessation programme</li> <li>▪ Screening for UTI and STIs</li> <li>▪ Customized growth chart</li> <li>▪ Additional support to breastfeed</li> <li>▪ Support people encouraged during hospital stay 24/7</li> <li>▪ Additional postnatal visits and support</li> </ul>
Primary health	<ul style="list-style-type: none"> <li>▪ Less likely to be enrolled with a GP practice</li> <li>▪ Less likely to engage with well child provider</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ensure registered with a GP/PHO</li> <li>▪ Early referral to well child provider and introductory co-visit</li> </ul>

## Resources regularly accessed by Waitemata DHB domiciled teenage parents

Online resources		
Name	Description and activities	Contact details
<b>Are you a young parent or about to be one?</b>	Booklet <ul style="list-style-type: none"> <li>▪ Published in 2005 by Young Parent Project, Auckland Women's Centre</li> <li>▪ To be republished by Granger Grove</li> </ul>	<a href="http://womens.org.nz/ypkit/">http://womens.org.nz/ypkit/</a>
<b>Community Law Library</b>	Excellent, comprehensive legal info for teenage parents <ul style="list-style-type: none"> <li>▪ Abortion</li> <li>▪ Adoption</li> <li>▪ Paternity and guardianship</li> <li>▪ Protection Orders</li> <li>▪ CYF issues</li> <li>▪ Health, education, living</li> <li>▪ Getting legal help</li> </ul>	<a href="http://www.communitylaw.org.nz/fileadmin/documents/assets/Legal_Information_for_Pregnant_Teenagers.pdf">http://www.communitylaw.org.nz/fileadmin/documents/assets/Legal_Information_for_Pregnant_Teenagers.pdf</a>
<b>Family support providers</b>	Internet directory <ul style="list-style-type: none"> <li>▪ A to Z directory of family support service providers in NZ</li> </ul>	<a href="http://www.familyservices.govt.nz/directory/searchprovideralphabetical.htm">http://www.familyservices.govt.nz/directory/searchprovideralphabetical.htm</a>
<b>Find Your Midwife</b>	Internet tool listing midwives in your area <ul style="list-style-type: none"> <li>▪ Lists which midwives offer home birth, birthing unit and hospital options.</li> <li>▪ Each midwife's month by month availability</li> </ul>	<a href="http://www.findyourmidwife.co.nz">www.findyourmidwife.co.nz</a>

Auckland – wide		
Name	Description and activities	Contact details
<b>Auckland Sexual Health Service</b>	Free and confidential sexual health care <ul style="list-style-type: none"> <li>▪ Sexually transmitted infections</li> <li>▪ Contraceptive advice</li> <li>▪ Sexual abuse service</li> <li>▪ Assist with pregnancy decision making if an existing client</li> </ul>	0800 739 432 (free)
<b>Barnardos</b>	Ensuring all children receive the very best start to life. <ul style="list-style-type: none"> <li>▪ Free kids helpline (up to 18 years)</li> <li>▪ Kidstart</li> <li>▪ Family Support</li> <li>▪ Counseling</li> <li>▪ Parents as First teachers (PAFT)</li> </ul>	0800 4 parent (0800 472 7368) (free)  0800whatsapp? 0800 227 627 (free)
<b>Community Alcohol and Drugs Services (CADS)</b>	Free counselling for people who have alcohol or other drug related problems	09 488 2701
<b>Child Youth and Family (CYF)</b>	Child protection (social workers) <ul style="list-style-type: none"> <li>▪ Care and protection of the child</li> </ul>	0508 family (0508 326 459) (free)
<b>Epsom Day Unit</b>	Information for women considering an abortion <ul style="list-style-type: none"> <li>▪ Social workers for pregnancy options counselling</li> <li>▪ First trimester TOP after referral from GP or FPC doctor.</li> </ul>	Greenlane Clinical Centre 09 631 0740
<b>Family Planning Association (FPA)</b>	Promoting a positive view of sexuality, enabling people to make informed choices about their sexual and reproductive health <ul style="list-style-type: none"> <li>▪ Emergency contraceptive pill (ECP)</li> <li>▪ Sexually transmissible infection (STI) checks and treatment</li> <li>▪ Pregnancy testing and counselling</li> <li>▪ Produce booklet 'ABORTION – what you need to know'</li> </ul>	Info line 0800 4636 5463 (free)
<b>Granger Grove</b>	Residential, family care programme which enables mothers to make a fresh start in a secure, supportive environment. <ul style="list-style-type: none"> <li>▪ Social workers, counselors, child psychotherapists and caregivers</li> <li>▪ Parenting and home-making skills including cooking, budgeting</li> <li>▪ Accessing community resources, relationships and goal-setting</li> </ul>	Otahuu 276 3729 Fax 276 9761 0800 901 000 (free)

## Auckland – wide

Name	Description and activities	Contact details
<b>Healthline</b>	24 hours free health advice <ul style="list-style-type: none"> <li>▪ Non teen specific but used by teens</li> </ul>	0800 611 116 (free)
<b>HELP</b>	Support for survivors of sexual abuse <ul style="list-style-type: none"> <li>▪ Therapy</li> <li>▪ Justice</li> <li>▪ Community</li> <li>▪ Adult Youth Parents and Caregivers</li> </ul>	623 1700
<b>Pregnancy Counseling Services Inc</b>	A free 24 hour counseling service <ul style="list-style-type: none"> <li>▪ Face-to-face counseling.</li> <li>▪ Support in pregnancy</li> <li>▪ Recovery after abortion</li> <li>▪ Considering an adoption</li> <li>▪ Transport to appointments</li> <li>▪ Help to find accommodation</li> </ul>	0800 633 328 (free) 307 6745
<b>Pregnancy Help Inc</b>	Providing free support and information <ul style="list-style-type: none"> <li>▪ Pregnancy testing</li> <li>▪ Counseling</li> <li>▪ Drop in centres</li> <li>▪ Information</li> <li>▪ Help with referrals</li> <li>▪ Telephone support line</li> <li>▪ Clothing and baby equipment</li> </ul>	09 373 2599
<b>Plunketline</b>	24 hour help <ul style="list-style-type: none"> <li>▪ Help and advice with parenting, babies and children under 5</li> </ul>	0800 933 922
<b>Shine</b>	For women and children experiencing violence in their home <ul style="list-style-type: none"> <li>▪ Information and options</li> <li>▪ Secret safe houses</li> </ul>	Free phone 0508 384 357 (0508 DV HELP)
<b>U Choose</b>	A free help and support service for women facing crisis pregnancies and/or difficult circumstances. <ul style="list-style-type: none"> <li>▪ Pregnancy Support – going to appointments</li> <li>▪ A place to stay – either home-stay or a neighboring flat (free of charge)</li> </ul>	0800 U CHOOSE (0800 824 6673) (free) Text 021 293 6687
<b>Work and Income NZ (WINZ)</b>	Providing financial support in the form of benefits. <ul style="list-style-type: none"> <li>▪ Young parent payment</li> </ul>	0800 559 009 <a href="http://www.winz.govt.nz">www.winz.govt.nz</a>
<b>Youthlaw</b>	Free national legal service for those aged under 25 years <ul style="list-style-type: none"> <li>▪ Legal information</li> <li>▪ Legal advice, assistance and representation (legal services)</li> </ul>	0800 UTHLAW (884 529) <a href="http://www.youthlaw.co.nz">http://www.youthlaw.co.nz</a>
<b>Youthline Pregnancy Centre (Preferred by PFC)</b>	Individual and family counseling and support services <ul style="list-style-type: none"> <li>▪ 3 free counseling sessions by female counselors for decision making i.e. abortion, adoption or keeping baby</li> </ul>	0800 376 633 (free) 09 361 4162 for appointment Free text 234

## West Auckland

Name	Description and activities	Contact details
<b>Change Works &amp; Teen dads Plus</b>	Personal development course for fathers under 24 years. <ul style="list-style-type: none"> <li>▪ Free 10 week course followed by ongoing fathers group for networking</li> </ul>	18 Lincoln Rd, Henderson 09 836 3777 or 021 488 142 (Ryan) 09 839 7482 (Junior)
<b>DHB Maternity Pacifica liaison</b>	Aratika clinic (base) Waitakere <ul style="list-style-type: none"> <li>▪ Assists teens informing their parents</li> <li>▪ Finding support and referrals</li> </ul>	Galuofi Lua
<b>DHB Maternity Social workers West</b>		

## West Auckland

Name	Description and activities	Contact details
<b>Family Start</b> (Family Works and West Fono)	Strengthening and improving parents skills for the benefit of the child Refer from second trimester Intensive home visiting service for pregnancy and postpartum Have to meet referral criteria	09 837 3517 Fax: 837 3519 <a href="mailto:waitakere@northern.familyworks.org.nz">waitakere@northern.familyworks.org.nz</a>
<b>He Wero</b> Teen Parent Unit (20 places)	To support teenage mothers and parents to continue their education and pathway into careers <ul style="list-style-type: none"> <li>▪ Parent school Henderson High</li> <li>▪ Correspondence education</li> <li>▪ On site Barnardos for baby</li> <li>▪ Free transport in and out</li> <li>▪ Also house Thrive AN classes</li> </ul>	22b Smythe St Henderson 837 7570
<b>Living and Learning Family centre</b>	Young mums 16 week support programme <ul style="list-style-type: none"> <li>▪ Caring for baby</li> <li>▪ Caring for self</li> <li>▪ Positive relationships</li> <li>▪ Finding support networks</li> <li>▪ Money and budgeting</li> <li>▪ Making healthy choices</li> </ul>	212 Universal Drive 837 7992
<b>Pacific Island Women's Health Project</b>		Crisis line 0800 474-947 (free) 828-4317 or <a href="mailto:info@falelalaga.org.nz">info@falelalaga.org.nz</a>
<b>Parent Aid</b>	Extra pair of hands needed during stressful times. <ul style="list-style-type: none"> <li>▪ Practical home/childcare assistance around the home when sickness, accident or the unexpected happens.</li> </ul>	836 4122
<b>Thrive</b> Teen Parent Support Trust	Empowering young parents (teen to 24 years) to build thriving families and lead fulfilling lives <ul style="list-style-type: none"> <li>▪ Parenting – antenatal education</li> <li>▪ Parenting education</li> <li>▪ Social workers for case work</li> <li>▪ Young mums support group</li> <li>▪ Young dads</li> </ul>	34 Lincoln Rod Henderson 213 9658
<b>Tu Wahine</b>	Service for Maori and their children, young people, women and whānau <ul style="list-style-type: none"> <li>▪ Counseling, therapy and support to those affected by violence and abuse</li> <li>▪ Specialise in domestic violence, rape, incest, and other related violence</li> <li>▪ Approved provider</li> </ul>	247 Edmonton Rd, Te Atatu 838 8700
<b>Wai Health</b>	Tamariki Ora well child service	0800 924942 (free)
<b>West Fono Health Trust</b>	For Pacific women <ul style="list-style-type: none"> <li>▪ The leader in providing innovative, affordable and accessible integrated healthcare and social development for Pacific and high needs people</li> </ul>	837 1780 ext 746 Fax 837 3519 021 863 389
<b>Women's Centre</b> Waitakere	Empowering women, promoting family well-being and community belonging <ul style="list-style-type: none"> <li>▪ Information and services assistance</li> <li>▪ Women's library</li> <li>▪ Counseling</li> <li>▪ Courses</li> </ul>	111 McLeod Rd Te Atatu South 838 6381
<b>Youth Health Hub</b>	Services for under 24s who might be difficult to reach Focus on mental health <ul style="list-style-type: none"> <li>▪ Free health services 10-24 years</li> <li>▪ Youth worker and counseling</li> <li>▪ Young dads</li> <li>▪ Youth health clinics</li> </ul>	32 Lincoln Road Henderson 836 2329

## North Shore

Name	Description and activities	Contact details
<b>DHB Maternity Social workers North</b>		
<b>North Shore Women's Centre</b>	Celebrating and strengthening women <ul style="list-style-type: none"> <li>▪ Free legal clinic</li> <li>▪ Clothes exchange</li> <li>▪ Social worker</li> <li>▪ Drop-in</li> <li>▪ Counseling</li> <li>▪ Holiday programme for teenage girls</li> </ul>	5 Mayfield Rd Glenfield  444 4618
<b>Parent Support</b>	Offering immediate, short term support in the home <ul style="list-style-type: none"> <li>▪ Free service providing short term practical help</li> </ul>	Coordinator 486 4666 info@parentsupport.org.nz
<b>SPACE Cedar Centre</b>	Supporting parents alongside Children's education <ul style="list-style-type: none"> <li>▪ First time parents through the first year</li> <li>▪ Associated with Parent Centre</li> <li>▪ Weekly for 30-40 weeks</li> <li>▪ Trained facilitators.</li> <li>▪ COST: \$80</li> </ul>	Chelsea room, Cedar Centre Tramway road, Beach haven 483 6989
<b>Te Puna Hauora</b>	Confident capable and healthy whānau <ul style="list-style-type: none"> <li>▪ Mana Maatua Parenting (free)</li> <li>▪ Wrap around free health services (GP, Tamariki Ora, Nurse, physio, dental,</li> <li>▪ Transport,</li> <li>▪ social worker, youth worker</li> <li>▪ Drug and alcohol counseling</li> </ul>	58a Akoranga Dr, Northcote 489 3049 Fax 486 0750 166 Birkdale Rd, Birkdale 483 5724 Fax 483 5723
<b>Whanau Marama</b>	Parenting courses for parents of all cultures based on SKIP <ul style="list-style-type: none"> <li>▪ The first three years 9 weeks \$45</li> <li>▪ Effective discipline 9 weeks \$45</li> <li>▪ 5 languages of Aroha 4 weeks \$35</li> <li>▪ Targeting 16-18 years from 2014</li> </ul>	212 Archers Road Glenfield 441 0208/9
<b>Young Dads North</b>	For fathers under 24. <ul style="list-style-type: none"> <li>▪ Free 10 week course followed by ongoing fathers group for networking</li> </ul>	Te Puna 58a, Akoranga Dr, Northcote 489 0192 Junior 021 272 2249
<b>Young Mums group Gracegate (coming )</b>	Free Young mums group and Free Young dads group (Living and Learning) <ul style="list-style-type: none"> <li>▪ Parenting toolbox</li> <li>▪ How to cope, making friends</li> <li>▪ Free childcare</li> </ul>	Charisa 914 2999 charisa@gracegate.org.nz

## Rodney

Name	Description and activities	Contact details
<b>Helensville Women and Family Centre</b>	Strengthening women and families <ul style="list-style-type: none"> <li>▪ Counseling</li> <li>▪ Family support</li> <li>▪ Courses (parenting, youth programmes)</li> <li>▪ Library/information</li> </ul>	51 Commercial Rd Helensville 09 420 7992
<b>Helensville Men and Family Centre</b>	Young dads group <ul style="list-style-type: none"> <li>▪ Free 10 week course connecting young dads</li> <li>▪ Communicating with partner and child</li> <li>▪ Life skills</li> <li>▪ Understanding relationship changes</li> </ul>	420 8263 Andrew 0272 826 305.
<b>Hestia Women's refuge</b>	All women and children have the right to live free from fear and violence <ul style="list-style-type: none"> <li>▪ Crisis support</li> <li>▪ Family support advocate</li> <li>▪ Safe accommodation</li> <li>▪ Practical assistance</li> </ul>	<b>24 hour crisis pager</b> 0800 321 361

## Rodney

Name	Description and activities	Contact details
<b>Hibiscus Coast Family Services</b>	Free Confidential services to support families with young children <ul style="list-style-type: none"> <li>▪ Practical in home support</li> <li>▪ Caring for children</li> <li>▪ Meal preparation</li> <li>▪ Social work</li> <li>▪ Drop in support group</li> </ul>	575 Whangaparaoa Rd Whangaparaoa 09 424 4014
<b>Homebuilders Family support service</b>	Walking together through the hard times <ul style="list-style-type: none"> <li>▪ Youth counseling</li> <li>▪ Op-Shop</li> <li>▪ Family support (parenting etc)</li> <li>▪ SKIP</li> <li>▪ Strengthening families</li> </ul>	5 Hexham Street Warkworth 09 425 7048
<b>MSM young mums</b>	Young mums support group <ul style="list-style-type: none"> <li>▪ Mondays 10 – 12 during term time, Orewa community church</li> <li>▪ Parenting, budgeting, cooking, first aid, violence prevention, job preparation</li> </ul>	235 Hibiscus Coast Hwy, Red Beach 021 297 9095
<b>Te Ha O Te Oranga O Ngati Whatua</b>	Provider of Maori Health services which focuses on individual families' total well-being. <ul style="list-style-type: none"> <li>▪ Community Health Worker</li> <li>▪ Alcohol &amp; drug counseling,</li> <li>▪ Car seat promotion</li> <li>▪ Doctors clinics</li> <li>▪ Sexual health clinic every Monday.</li> </ul>	158 Rodney Street. Wellsford (09) 423 8538 53 Commercial Road, H'ville (09) 420 7235 Awakino Street, Dargaville (09) 439 1690
<b>Te Korowai Aroha Pumau</b>	Maori social services <ul style="list-style-type: none"> <li>▪ Making life choices</li> <li>▪ Developing skills</li> </ul>	09 423 9481
<b>Women's Centre Rodney</b>	Education, empowerment, healing and recovery <ul style="list-style-type: none"> <li>▪ Information and services assistance</li> <li>▪ Drop-in</li> <li>▪ Counseling</li> <li>▪ Young Mums education programme</li> <li>▪ Courses</li> </ul>	10 Morpeth St Warkworth 09 425 7261

## References

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- Davies, L. & Roberts, T. (2013). Improving Alignment of Family Start and Well Child Tamariki Ora Services - Final report to the Ministry of Health. Wellington: Ministry of Health.
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