

Child Services



Nelson

Guide to Child Services in Nelson Tasman

This directory has been compiled to assist parents of preschoolers in the community as a reference guide to services available.

This parenting directory lists a number of services, available to support and strengthen parents in their key role of nurturing, valuing and caring for young children.

It is for parents/caregivers, teachers, community groups and any other organisations and people who wish to extend their services and support for parents/caregivers in their role of parenting.

At the time of printing all effort has been made to ensure the information is as complete and accurate as possible.

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Quick reference phone numbers:

Nelson Hospital

Tipahi Street
(03) 546 1800

Murchison Hospital & Health Centre

Fairfax St
Murchison
(03) 523 1120

Motueka Community Hospital

Courtney St
Motueka
(03) 528 1160

Golden Bay Community Hospital

RD 1
Takaka
(03) 525 9808

Healthline

0800 611 116
24 hours 7 days a week

Poison Centre

0800 Poison (0800 764 766)

Plunket Line

0800 933 922
7am - 12 midnight

Parent Line

0800 568 856

General Practitioners and Medical Centres

Check in the Medical Practitioner and Medical Centre section at the front of the phone book.

Midwife Services

A free service for those during pregnancy and within 6 weeks after the birth of their baby.

Contact: Nelson Maternity Services

Nelson Hospital

Phone: (03) 546 1437

Midwives of Nelson Tasman

Look in the yellow pages under Midwives.

Midwives of Golden Bay

Phone: (03) 525 8911

Well Child Services

SERVICES FOR NEW BABIES

Your Family Doctor

All children need a general practice team (doctor and practice nurse) or health provider; the team can support you, your family and your child with information, advice, treatment, immunisation and general reassurance.

Well Child Tamariki Ora Programme

Well Child / Tamariki Ora services are about keeping your child, from birth to five years, safe and well, growing and developing to their fullest potential.

Well Child / Tamariki Ora services provide:

- support
- information
- advice
- free checks including dental, vision and hearing checks
- free immunisation

WHO PROVIDES WELL CHILD / TAMARIKI ORA SERVICES?

From birth to four-to-six weeks

You and your child will receive your Well Child / Tamariki Ora service from your LMC (lead maternity carer). Your LMC is your midwife or your GP (general practitioner), or in the case of a shared care arrangement, both.

From four-to-six weeks to four years

You and your child will receive your Well Child / Tamariki Ora service from a Well Child provider. Your LMC will give you a list of Well Child providers in your area.

You can choose who will carry out Well Child / Tamariki Ora care.

Well Child providers will include some of the following:

- A general practice team (doctor and practice nurse)
- Plunket
- Maori health provider

WELL CHILD HEALTH CHECKS

From birth to four-to-six weeks, there are four Well Child health checks provided by your midwife or GP.

- Birth
- 24 hours
- 5 days
- 2-4 weeks

From four-to-six weeks to three years, there are a further seven core Well Child health checks available from your Well Child Provider at important stages in your child's life.

- 4-6 weeks
- 3 months
- 5 months
- 8-10 months
- 15 months
- 21-24 months
- 3 years

At 4 Years

You and your child will receive a B4 School Check from a general practice team (doctor and practice nurse), health provider and / or Public Health Service. You will be contacted by the B4 Schools Co-ordinator with an appointment time.

Community Breastfeeding Support

On discharge from Nelson Maternity Unit, support with breastfeeding is available within your community:

Baby Friendly Community Initiative (BFCI)

The World Health Organisation Baby Friendly Community Initiative (BFCI) aims to protect, promote and support breastfeeding for healthy mothers and babies. The New Zealand Breastfeeding Authority was contracted by the Ministry of Health to facilitate the implementation of BFCI in health services in the community. Three community sites in NZ were piloted in 2008/09, including the Nelson Tasman region.

A Baby Friendly Community Service is a health service in the community which has practices that protect, promote and support breastfeeding to enable mothers to initiate and sustain breastfeeding of their babies. Nine Nelson Tasman Community Services received a 3 year BFCI accreditation in May 2009 – GP Dr Janice Jolly’s practice, Victory Community Centre, Family Start, Motueka Family Service Centre, and midwives Celia Rodley, Anna Bannister, Gill Gallacher, Raewyn Kaihe and Ruth Brodbeck.

Lead Maternity Carer: (Midwife, GP, etc)

In most situations this should be the first person you contact with breastfeeding issues. Ensure that you have their contact details.

Breastfeeding Clinic/Lactation Consultant Nelson Tasman

Provides support, information and resources related to breastfeeding. A free clinic is available on Thursdays at Nelson Maternity Unit.

Appointment is by referral only; speak to your LMC, G.P. or Well Child provider to arrange this.

Contact: Nelson Maternity

Phone: (03) 546 1437

Lactation Consultant – Golden Bay

Phone: (03) 5259093

Other lactation support services may be available in your community – check with your G.P. or Lead Maternity Carer.

Plunket Society

Plunket provides free community-based support, health care and education to young families. Plunket Nurses are trained in child and family health-care, and offer Well Child Tamariki Ora visits, health education and promotion, health protection and clinical assessment, and whanau (family) care and support.

Plunket Community Karitane and Plunket Kaiawhina (Maori health workers) are educated in a wide range of parenting and health issues and visit families in their homes to give extra support. Plunket Line nurses provide 7am – 12 midnight 7 day-a-week advice and support to families with young children. Plunket also provides car-seat rental schemes, playgroups and parent-support groups.

Contact: Plunket Area Administration

19 Bishopdale Ave, Nelson.

Phone: (03) 539 4323

Plunket Line

0800 933 922

7am – midnight

Plunket Clinics

Nelson City Clinic: (03) 548 4765

Richmond: (03) 544 7554

Stoke /Tahunanui: (03) 547 6203

Motueka: (03) 528 8499

Wakefield: (03) 541 8911 (Friday only)

Mapua: (03) 540 2211 (alt. Fridays only)

Carseat Rental Nelson Tasman

Car seats are available for both short and long-term rental.

Nelson (03) 548 3342

Motueka (03) 528 8480

Carseat Rental Golden Bay

Phone: (03) 525 6269

Parents Centre

Parents Centre is affiliated with Parents Centre New Zealand and set up by parents, for parents and children.

Courses offered:

Childbirth Education, Baby and You, Moving and Munching, Choices in Early Childhood Education, Toilet Training, Pregnant Again: OOPS! I did it again, Feeding Your Toddler, Music Madness, Family finances.

Phone: 0800 1 4 BABY

0800 142 229

Public Health Nurses

Public Health Nurses provide free home and clinic-based Well Child Tamariki Ora visits for those living in rural areas and general health promotion, education and support for rural tamariki (children) aged from birth to five years and their whanau (families).

Tapawera, Dovedale and St Arnaud.

Phone: (03) 541 9517

Golden Bay

Phone: (03) 03 525 9303 (Mon – Fri)

Phone: (03) 525 8451 (Fri only)

Immunisation Advisory Centre (IMAC)

The Centre provides the public and professionals with quality, factual evidence based information to help people make an informed choice about their health and the health of their children.

Phone: 0800 IMMUNE

0800 466 863

Motueka Family Service Centre

Provides education and support for breastfeeding. Group and home based support services as well as social work services.

Phone: (03) 528 0234

Te Korowai Trust

Offering a free mobile service delivering Well Child Tamariki Ora/Well Child checks and Whanau Ora community support.

Car seat rent to buy available

Contact: 398 Main Rd, Stoke, Nelson.

Phone: (03) 547 5958

Te Whare Hauora O Te Awhina Marae

Offering a free community Health Service – Tamariki /Well-Child checks, Whanau Ora services. Enquires from the community welcome.

Contact: 133 Pah St, Motueka.

Phone: (03) 528 6061

Family Support Services

Health and Disability Commissioner's Office

Phone: 0800 112233

Local Health and Disability Consumer Advocacy Service

Phone: 544 4116 Nelson

Provide advocacy and advice about your rights when receiving a health or disability service, and options for resolving complaints.

Nelson Marlborough District Health Board

Provide health services to the Nelson community to promote good health and wellbeing in the community and provide home and hospital based services.

Contact: Tipahi Street, Nelson.

Phone: 546 1800

School Dental Service

Children receive free dental care from the age of 2 ½ years of age (or earlier if necessary) at your nearest school dental clinic. Free dental care is available up to the age of 18.

Contact: Dental Department

Nelson Marlborough District Health Board

Phone: 546 1286

Vision Hearing Technician

All tamariki (children) are entitled to free national screening checks for hearing and vision. This is now done at the B4 School Check for all 4 year olds. B4 School Checks are completed by a variety of health professionals. You will be contacted via letter when your child is due for their check by the B4 School Co-ordinator.

Contact: Public Health Service

Nelson Marlborough District Health Board

Phone: 546 1537

Barnardos Family Support Service

Family support in own home, parent education, counselling, children's access service.

Contact: Level 1, 126 Trafalgar St, Nelson.

Phone: 539 0019

Citizens Advice Bureau

Providing a free, impartial and confidential service of information, assistance and referral to people in our communities. This service covers areas such as consumer rights, employment and personal family and community issues.

Contact: 9 Paru Paru Road, Nelson.

Phone: 548 2117

Call free 0800 367222

Counselling Services

Refer to the yellow pages

Family Planning Clinic

Contact: 18 Nile Street West, Nelson.

Phone: (03) 546 8155

Family Start

Family Start is an intensive home-based service provided around the time of a child's birth, for up to 5 years if necessary. Each family/whanau has a support worker who provides a broad service based on goals and needs of each family/whanau. The service includes information, practical support, advice, advocacy, parenting education, links with other services and group activities. Referrals are via Lead Maternity Carer, Well Child Provider, G.P.

Contact: Ground Floor Clifford House, Nelson.

Phone: (03) 545 8931

Get Safe Motueka

Family/whanau support, family counseling, and other services.

Contact: 81 High Street, Motueka.

Phone: (03) 528 8976

getsafemotueka@xtra.co.nz

Golden Bay Community Workers

Social work, Strengthening Families, Homebased Social Support, Food Bank Budget Advice, Student & Family Support Worker, Recreation Worker.

Contact: 88 Commercial Street, Takaka.

Phone: (03) 525 9728

House 44

Provides support to families living in the South East Stoke Community. Fun Free Friday for parents and grandparents of pre-schoolers, Op shop sales, Counselling services, Food bank, Parenting course, Garden tool library, Legal services, Workbridge

Contact: 44 Karaka St, Stoke, Nelson.

Phone: (03) 547 6055

KEEA

A national organisation set up to advise, support and educate families who have children with wetting and soiling problems.

Contact: Room 3, 50 Halifax St Nelson

Phone: (03) 548 2908 or 0800 533 269

www.kea.co.nz

Life Line

Free 24 hour telephone counseling service.

Counseling Line 546 8899

Call free 0800 LIFELINE

Call free 0800 543 35463

Manuka Community House Inc – Family Support

Counselling and Family Support provided free and can be accessed by self-referral.

Contact: 11 Wainui Street, Nelson.

Phone: (03) 548 2509

Motueka Family Service Centre

A family service centre offering education programmes, counselling services and support services, HIPPI home interaction programme for parents and youngsters, play groups, family planning and sexual health services and budget advice service.

Contact: 27 Talbot St, Motueka.

Phone: (03) 528 0234

Motueka Women's Support Link

Support for Women. 24 hour crisis phone. Counseling for women. Education programmes for women. Referrals to women's refuge.

Contact: Community House, Nelson.

Phone: (03) 528 8161

Natural Fertility NZ Inc

To teach women/couples to recognise and understand times of fertility.

Ph 0800 178 637

www.naturalfertility.co.nz

Nelson Asthma Society

Contact: 50 Halifax Street, Nelson.

Phone: (03) 546 7675

Nelson Bays Community Law Service

Confidential legal information and assistance, by phone and appointment, from community law workers.

Contact: 11 Wakatu Lane, Nelson.

(03) 548 1288 Nelson or (03) 528 0404 Motueka or 0800 246 146

Nelson Budget Service

Trained advisors offer free, professional, confidential advice on all areas of money management. Hours: 9am–2pm weekdays – however these hours are flexible and may be changed to suit client requirements.

Contact: 50 Halifax Street, Nelson.

Phone: (03) 546 9021

Nelson Multi-Ethnic Council

Support for new migrants in the Nelson/Tasman area.

Contact: 50 Halifax Street, Nelson.

Phone: (03) 539 0030

Open Home Foundation

Registered as a Christian child and family support social work service who can assist any family/whanau with children and young people aged between 0 and 17 years of age who are in need of support.

Contact: 40 Buxton Square, Central City Arcade, Nelson.

Phone: (03) 545 9172

Paediatricians

Access via own G.P. referral

Parents as First Teachers

Free service to parents and babies from birth to three years. Regular home visits to support and share information, practical ideas and give guidance as the child grows and develops. Informal group meetings to meet and share experiences with other parents at Victory Community Centre. Referrals are via health professional.

Contact: Cnr Totara and St Vincent St, Nelson.

Ph (03) 545 7094

Post Natal Depression

Contact your G.P.

Relationship Services

Did you know that many couples are eligible for free relationship counselling? Relationship Services provides this counselling nationwide. The Family Court authorises and funds the counselling. For more info, Phone: (03) 548 0904 or visit www.relate.org.nz

The Male Room

Promotion of positive fathering. Counseling / supervision.
Contact: 28 St Vincent Street, Nelson.
Phone: (03) 548 0403 or 027 261 8278

St Thomas – Motueka

We operate community ministries such as a play group, preschool music group, literacy class, budget advice and various social groups as well as offering traditional and contemporary church services, home groups and pastoral care.
Contact: 101 High Street, Motueka.
Phone: (03) 528 8829

Strengthening Families

Interagency case management process for families/whanau. Information and training on strengthening family process. Providing independent facilitators for family/whanau meetings.
Contact: 294 (level 1) Trafalgar St, Nelson.
Phone: (03) 539 1170

Victory Community Health Centre

Many services are available for young families at Victory Community Centre, including: Midwives, Plunket, Parents As First Teachers, a Playgroup, B4 School Health Check, Asthma Nurse Educator, Community Law Service, Work and Income.
Contact: Totara Street, Nelson.
Phone: (03) 546 8385 or (03) 546 8381

Whakatu Marae, Health & Social Services

A Kaupapa Maori Service that offers maternity support and Whanau Ora services. Enquires from all people of the community welcomed.
Contact: 99 Atawhai Drive, Nelson.
Phone: (03) 548 4257

Women's and Children's Refuge Services Nelson

Phone: (03) 548 3353
After hours CALL FREE 0800 163 344

Women's Centre

A safe, caring, women-only resource and drop in centre. Arts and life skills workshops for women. Information and referrals on social services and health. Access to free counseling and practical support for women.
Contact: 44 Trafalgar Street, Nelson.
Phone: (03) 546 7986

Early Childhood Education

Kindergartens

To provide early childhood education and care that is accessible to all and meets the needs of the community.

Kindergarten Association Office Phone: (03) 546 7683

Birchwood Kindergarten Phone: (03) 547 9637

Golden Bay Kindergarten Phone: (03) 525 9686

Greenwood Kindergarten Phone: (03) 528 8385

Grove Street Kindergarten Phone: (03) 548 8600

Henley Kindergarten Phone: (03) 544 6908

Hira Rural Kindergarten Phone: (03) 545 0224

Laura Ingram Kindergarten Phone: (03) 528 8363

Nayland Kindergarten Phone: (03) 547 6313

Nelson South Kindergarten Phone: (03) 548 9970

Pinegrove Kindergarten Phone: (03) 542 3447

Richmond Kindergarten Phone: (03) 544 5588

Stoke Kindergarten Phone: (03) 547 7441

Tahunanui Kindergarten Phone: (03) 548 5345

The Brook Kindergarten Phone: (03) 548 9936

Victory Square Kindergarten Phone: (03) 546 9633

Waverley Street Kindergarten Phone: (03) 544 4170

Te Kohanga Reo

Kia Tau Te Rangimarie Te Kohanga Reo Phone: (03) 547 9386

Kopuawai Te Kohanga Reo o Whakatu Whakatu Marae Phone: (03) 5482867

Te Awhina Kohanga Reo Motueka Phone: (03) 528 7517

Waimea Te Kohanga Reo Phone: (03) 539 4253

Playcentres

Collingwood Playcentre Golden Bay Phone: (03) 524 8125

Enner Glynn Playcentre Phone: (03) 5474007

Mapua Playcentre Phone: (03) 540 2386

Motueka Playcentre Phone: (03) 5284296

Murchison Playcentre Phone: (03) 5239268

Richmond Playcentre Phone: (03) 544 6316

Takaka Playcentre Phone: (03) 525 8114

Tapawera Playcentre Phone: (03) 5224456

Victory Playcentre Phone: (03) 546 7100

Wakefield Playcentre Phone: (03) 541 8866

Pre-school and Early Childhood Centres

Atawhai Brightsparks Preschool Phone: (03) 545 2233

Baby Space Phone: (03) 544 1106

Bounce Early Learning Centre Phone: (03) 540 3330

Bridge Street Early Learning Centre Phone: 548 1234

Campus Corner Early Learning Centre Phone: 548 0104

Country Kids Phone: (03) 543 2819

Early Childhood Service of The Correspondence School 0800 65 9988

Elim Kiwi Kids Childcare Preschool Phone: 547 9003

First Steps Educare Phone: 547 2249

First Years Richmond Phone: 544 6667

Futures Early Education Preschool and Childcare Phone: 544 9069

Futures Positive Beginnings Phone: 544 9072

Golden Kids Phone: 525 9059

Hardy Kids Phone: 545 6905

Healthkids Preschool Phone: 546 9963

Home Grown Kids Phone: 0508 445437

Learning Land Preschool 548 2552
Little Footprints Phone: 546 5359
Little People Early Learning Centre Phone: 544 7555
Manuka Community House Phone: 548 2509
Mapua Early Learning Centre Phone: 540 3668
Montessori Horizon Preschool Phone: 03 528 9099
Motu Weka Neighbourhood Centre Phone: 03 528 7270
Nelson Montessori Preschool Phone: 546 8768
Stoke Montessori Preschool Phone: 547 1022
Oasis Day Nursery Phone: 03 528 5457
Oasis Education Centre Phone: 03 528 4656
Paulas Preschool Richmond Phone: 544 1456
Paulas Preschool Tahunanui Phone: 546 4321
Paulas Preschool Stoke Phone: 547 4703
Paulas Tiny Tots Phone: 544 3918
Richmond Early Learning Centre Phone: 544 7611
Richmond Montessori Phone: 544 0556
Rutherford Street Kindergarten Phone: 548 9239
Tahunanui Community Playgroup and Preschool: (03) 548 6036
The Ark Preschool Phone: 544 2951
The Childcare Company Atawhai Drive Phone: 545 7975
The Childcare Company Tasman Street Phone: 548 4014
Wakefield Preschool Phone: 541 8086
Y Kids Phone: 545 6760

Homebased Care

Home Grown Kids Phone: 0508 445 437
Kidstart Phone: 0800 KIDSTART (0800 543 782)
Porse Phone: (03) 545 9228

Play and Activity Groups for Preschoolers

Hira Community Playgroup

The Hira Community Playgroup meets at Hira Community Preschool on Monday between 1.30pm and 3.30pm.

All parents and young children welcome.

Contact: Hira Rural Kindergarten, 460 State Highway 6, Rd 1, Hira.
Phone: (03) 545 2904

Kids n Koffe Playgroup

Session times Tuesday 9.45 – 11.45

Contact: 30 Vanguard Street, Nelson.

NZCCS Early Intervention Playgroup

Session times Wednesday 9.30 – 12 noon

Contact: St Barnabas Church, Main Road Stoke, Nelson.

Salvation Army Teeny Boppers Playgroup

Session times Thursday, Friday 9.30 – 11.30

Contact: 57 Oxford Street, Richmond, Nelson.

Stoke Playgroup

Contact: 113 The Ridgeway, St Andrews Church Hall,
Songer Street, Stoke. Nelson.

Phone: 547 1567

Tahunanui Community Playgroup and Preschool

Contact: 61 Muritai St, Tahunanui, Nelson.

Phone: 548 6036

Tom Thumb Playgroup

Session times Tuesday 9.30 – 11.45 during term time
Contact: St Thomas Church, 101 High Street, Motueka.

Upper Moutere Playgroup

Tuesday's term time 10am to 1pm
Contact: Upper Moutere Recreation Centre
Moutere Highway 2k's past Upper Moutere Village

Victory Community Playgroup

Contact: cnr Totata and St Vincent Street, Nelson.
Phone: 5468385

Toy Libraries – toy lending service to families

Golden Bay Toy Library Inc

Open Tues 3.00–4.00pm Fri 10.00–12 noon
Contact: Keith Page Memorial Hall, Golden Bay Recreational Reserve

Mapua Community Toy Library Inc

Open 1st and 3rd Tues of each month 10.00–11.00am and 6.30–8.00pm
Contact: Mapua Community Hall, Aranui Road, Mapua.

Motueka District Toy Library

Open Tues 10.00–11.30am Thurs 10.00–11.30am and 3.00–4.30pm
Sat 10.00am–12 noon
Phone 027 602 1550
Contact: Pah Street, (next to Bowling Club) Motueka.

Murchison Toy Library

Open Thurs 1.00–1.30pm Sat 11.00am–12 noon
Contact: 14 Hampton Street, Murchison.

Nelson Community Toy Library

Open Mon 6.30–8.00pm Wed and Sat 9.30–11.00am
Contact: 50 Grove St, Nelson.
Phone: 545 7476

Richmond Waimea Toy Library Inc

Open Tues and Sat 9.30–11.30am Thurs 6.30–8.00pm
Contact: Jubilee Park, 20C Gladstone Rd, Richmond.

Stoke Toy Library Inc

Open Tues and Thurs 7.00–8.30pm Sat 9.30–11.30am
Contact: Songer Street, Stoke, Nelson.

Tapawera Toy Library

Open Mon 10.00–11.00am Fri 9.30–10.30am
Contact: Main Road, Tapawera.

Wakefield Toy Library

Open Sat 9.30–11.30am
Contact: Edward Street, Wakefield.

Other Activities

Public Libraries

Mapua Community Library Phone: (03) 540 2545

Motueka Library Phone: (03) 528 1047

Murchsion Library Phone: (03) 523 1013

Nelson, Tahunanui and Stoke Libraries Phone: (03) 5468100

Richmond Library Phone: (03) 543 8500

Takaka Memorial Library Phone:(03) 525 0059

Tapawera School Community Library Phone: (03) 522 4339

Public Swimming Pools

ASB Aquatic Centre, Champion Road, Richmond (03) 543 9755

Nayland Pool, Nayland Road, (03) 546 3221

Riverside Pool, Riverside Drive, (03) 546 3221

Just Gymnastics

Development through movement

Phone: (03) 5466013

Way2Go Activities

To provide programmes and information about achievable physical activity opportunities in local communities.

Check out www.way2go.org.nz for activities or phone the Way2Go area co-ordinators:

Golden Bay (03) 525 8876

Motueka (03) 528 8228

Moutere Hills (03) 543 2516

Murchison (03) 523 9875

Nelson (03) 545 9147

Richmond (03) 544 3957, Extn. 1

Victory (03) 546 8389

Websites of Interest

www.kidshealth.org.nz Providing information on your child's health

www.immune.org.nz Immunisation advisory centre

www.moh.govt.nz Ministry of Health

www.teamup.co.nz Tips, ideas and information to help you get more involved with your kids learning

www.sparc.org.nz Sport and recreation New Zealand

www.kiwifamilies.co.nz The essential guide to raising children in New Zealand covering pregnancy, babies and toddlers to teens

Babysitting – your sitter must be at least 14 years old

Anyone who looks after children should learn first aid and rescue breathing. Talk to your health worker about where you can learn this.

Leave emergency and contact numbers by the phone.