

# Guide to Child Services in Marlborough

This directory has been compiled to assist parents of preschoolers in the community as a reference guide with 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:

Wairau Hospital  
Hospital Road  
(03) 520 9999

Healthline  
0800 611 116  
24 hours 7 days a week

Plunket Line  
0800 933 922  
7am – 12 midnight

Parent Line  
0800 568 856

Poison Centre  
0800 Poison (0800 764 766)

## General Practitioners and Medical Centres

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

## **MIDWIFE SERVICES**

Contact: Wairau Maternity Services

Phone: 520 9959

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

## **Midwives of Marlborough**

Look in the yellow pages under Midwives.

# **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 Wairau Maternity Unit, support with breastfeeding is available within your community:

### **The Breastfeeding Clinic**

Contact: Ward One Wairau Hospital

Phone: 520 9959 for appointments

Free service providing individual consultations during pregnancy and any stage of breastfeeding. Aims to assist women to breastfeed successfully and help overcome any problems. Breast pumps for hire.

### **Lactation Consultants**

Contact: Ward One Wairau Hospital

Phone: 520 9959

### **Babes in Arms**

Babies and Breastfeeding Education & Support. Provides informal mother to mother support including monthly meetings, topic discussions, library, in a nurturing environment. Meet 1<sup>st</sup> and 3<sup>rd</sup> Fridays every month at Redwoodtown Plunket Rooms 10a.m. – midday.

Phone: 578 3068 or 579 2126

### **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

### **Plunket Line**

0800 933 922

7am – 12 midnight

### **Plunket Clinics**

Blenheim Central (03) 578 5690

Redwoodtown (03) 578 4635

Renwick (03) 572 8106

Seddon (03) 575 7194

Blenheim Plunket room open for breastfeeding, rest and tea making facilities. Toddler safe.

Open 9am – 3.30pm Mon – Fri.

Contact: 16 Henry Street, Blenheim.

Phone: 578 5633

### **Seddon Plunket Rooms & Car Seat Hire**

Phone: 575 7194

1<sup>st</sup> and 3<sup>rd</sup> Wednesday 9a.m. – 11.00am

### **Public Health Nurses**

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

Contact: Public Health Unit

Phone: 520 9914

### **Maataa Waka Ki Te Tau Ihu Trust**

Offering a free community Health Service – Whanau Ora, Tamariki Well-Child services. Enquires from all people of the community welcomed.

Contact: 82 Seymour Street, Blenheim

Phone: 577 9256

### **Maataa Waka ki Wairau**

#### **Mokopuna Toiora**

A Maori health programme for mothers and their children (0–14 years). Delivered at the most accessible place for the mother and child, ie Marae, home and Kohanga Reo.

Contact: 82 Seymour Street, Blenheim

Phone: 577 9256

### **Parents Centre**

Parents Centre is a national organisation set up by parents for parents, and children. Courses offered: Antenatal, Baby and You, Parenting, Talks, Coffee groups

Phone: [578 3068](tel:5783068)

### **Bookstart for Babies**

Contact: REAP Marlborough

Phone: 578 7848

Contact: Marlborough District Library

Phone: 578 2784

A health promotion programme to promote early learning with a focus on literacy. Free book packs for new babies, home visits and group sessions for parents available.

### **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 466863

## **Family Support Services**

### **Health and Disability Commissioner's Office**

Phone: 0800 112 233

Local Health and Disability Consumer Advocacy Service

Phone: (03) 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 Marlborough community to promote good health and wellbeing in the community and provide home and hospital based services.

Hospital Road, Blenheim

Phone: 520 9999

### **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: 520 9999, Extn: 7286

### **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 Unit

Nelson Marlborough District Health Board

Phone: 520 9914

### **Barnardos Family Support Service**

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

Contact: 31 George Street, Blenheim

Phone: 578 6491

### **Birthright Marlborough Inc.**

Focus of the organisation is children and young people in one parent families. Activities and support for single parents and their dependant children.

Contact: 25 Alfred Street, Blenheim

Phone: 577 9488

### **Bread**

Available from Wesley Centre Tues and Wed after 9am (if available).

### **Bread of Life Centre**

Supportive roles for families in stressful situations offering, Strengthening Families Co-Ordinator (a co-ordinated community approach that helps families reach their full potential), OSCAR, Sheets and Things, Post Natal Depression Support Service.

Contact: 14B Stephenson Street

Phone: 578 1355

Email: [breadoflife@xtra.co.nz](mailto:breadoflife@xtra.co.nz)

### **Children, Youth and Family**

CYF's works with families to protect children, manage young offenders, ensure that children in need are secure and cared for and help families maintain and strengthen their childrearing role.

Contact: Blenheim Office

Phone: 984 4260

Freephone: 0508 326 459

### **Citizens Advice Centre**

Provides confidential free information and referral service.

Contact: 25 Alfred Street, Blenheim.

Phone: 578 4272

### **Early Education Services**

Offer courses in Parent and early childhood education and family visits.

Contact: REAP Marlborough

Phone: 578 7848

### **Family Planning Association (FPA)**

Education in women's and men's health, discussion about and supply of contraceptives and emergency contraceptive pill, sterilisation and unplanned pregnancy counselling, sexuality education.

Contact: 68 Seymour Street, Blenheim.

Phone: 578 3047

### **Foodbank**

Foodbank services can be accessed through the following organisations

- Nativity Church, Phone: 578 3909
- St Vincent de Paul, Phone: 577 8378

- Blenheim Baptist, Phone: 578 6352
- Seventh Day Adventist, Phone: 578 2869
- Methodist (Wesley) office, Phone: 5785796
- St Andrews office, Phone: 578 7119
- PAR services, Phone: 577 6215
- Picton, Phone: 573 7785
- Maataa Waka, Phone: 577 9256
- Marlborough Family Budgeting Service, Phone: 578 2006
- Maori Womens Welfare Blenheim, Phone: 578 8847, Omaka Phone: 578 3731, Waitohi, Phone: 573 8993
- Birthright Marlborough, Phone: 577 9488
- Barnardos, Phone: 578 6491
- Ngati Rarua, Phone: 577 8404
- Bread of Life, Phone: 578 1355
- Te Rapuora Whanau Ora Service, Phone: 578 3348
- Women's Refuge, Phone: 577 9939
- Salvation Army, Phone: 578 0862

### **Home to Home**

Offers respite care for children assessed by support works – for children 0–17 years or still at school.

Contact: 9 Sinclair St, Blenheim

Phone: 578 1170

### **Johns Kitchen**

Redwood Street, Blenheim

Wed 5.30pm, a community dinner for families.

Phone: 578 5796

### **Kidstart Programme**

[Barnardos](#) home-based care and learning service for children aged from birth to five years.

Contact: 31 George Street, Blenheim

Phone: 577 7450

### **Life Line**

Provides a crisis and support telephone counselling service, manned 24 hours by trained counsellors. Have a homeline service where we can ring daily for people living alone or having other issues that need support.

Hotline: 577 8668 – counselling

Phone: 578 7503 – office

### **Maori Womens Welfare League**

Promotes and encourages adoption of healthier lifestyles using a variety of resources and community promotion.

Blenheim

Phone: 578 8847

Omaka – Phone: 578 3731

### **Marlborough Asthma Society**

Contact: 12/7 Market Street, Blenheim

Phone: 579 1609

### **Marlborough Family Budgeting Service**

Trained voluntary advisors offer free, confidential help to individuals and families in learning to manage their personal household accounts.

10a.m.–3.30p.m. Weekdays

Contact: 25 Alfred Street, Blenheim.

Phone: 578 2006

### **Marlborough Migrant Centre**

Support for new migrants and also Marlborough Newcomers Network.

Contact: 21 Henry Street, Blenheim

Phone: [579 6410](tel:5796410)

### **Marlborough Newcomers Network**

Held at the NMIT campus, 85 Budge Street, Blenheim every 3<sup>rd</sup> Friday of the month from 10.30 a.m. till 12 noon. For anyone who is looking after their child/children and who would like to get out and about, meet other parents in a similar situation and make new friends and exchange experiences and information. Nanny students are available to help look after the children so you can relax and have conversations. Also information/informal talks and morning tea provided.

Contact: Marlborough Migrant Centre

Phone: [579 6410](tel:5796410)

Email: [mmc@marlboroughonline.co.nz](mailto:mmc@marlboroughonline.co.nz)

### **Marlborough Parent Centre**

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

Phone: 0800 1 4 BABY (0800 142229)

### **Natural Fertility NZ**

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

Phone: 0800 178 637

### **Ngati Rarua**

Free service to assist whanau reach and maintain optimal health through a range of health education and promotion activities.

Contact: 28 Grove Road, Blenheim

Phone: 577 8404

### **Open Home Foundation**

Registered as a child and family support social work service. Provide Christian based homes for foster care where appropriate, after exploring other options such as providing family support. Counselling is available. Provide youth and family mentoring.

Contact: 1 Russell Terrace, Blenheim.

Phone: 578 0807

### **Paediatricians**

Access via own GP referral.

### **Parents as First Teachers (PAFT)**

Free service for 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.

Contact: 16 Henry Street, Blenheim.

Phone: 577 9604

### **Parents Inc.** (was Parenting with Confidence)

Contact: P.O. Box 37708

Parnell, Auckland

Phone: (09) 524 0025

Fax: (09) 524 0029

*(Phone to have a seminar in your area)*

### **Relationship & Other Counselling Services**

Provides counselling to individual, couples and/or families with relationship or personal problems. Run education courses and workshops. Mon to Thurs 9am – 2.45pm. 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.

Contact: 34 Scott Street, Blenheim

Phone: 578 6258 visit [www.relate.org.nz](http://www.relate.org.nz)

### **Te Rapuora Whanau Ora Service**

Promotes well health for all ages through a full health check and agreed objectives. We work with doctor at no cost to clients.

Contact: 69–71 Grove Road, Blenheim

Phone: 578 3348

### **Wairau Childrens Programme**

Programme for children who have witnessed family violence and/or sexual abuse. Facilitators of programme are Rob Jenkins and Carla Johnson.

Phone: 577 9939

## **Womens Refuge**

Temporary shelter for women and their children who are victims of family violence, e.g. emotional, physical, verbal, sexual or rape. Supports women rebuilding their lives following traumatic relationships. There is on going support and women's support groups are available. Programmes for children who have witnessed or suffered family violence are also available. Support is available to people who have not come into the safe house.

Contact: [40 Maxwell Road](#), Blenheim

Phone: 520 9999 (crisis line)

577 9939 (resource centre)

Office hours for Resource Centre 9a.m. – 4p.m. Mon–Fri.

## **Early Childhood Education**

### **Kindergarten Association**

We provide an environment where trained teachers support children's learning and development. The Marlborough Kindergarten Association operates seven kindergartens

Springlands Kindergarten Ph: 5793362

Mayfield Kindergarten Ph 5783758

Witherlea Kindergarten Ph 5793383

Renwick Kindergarten Ph 5729888

Seymour Kindergarten (Redwood St) Ph: 5784669

Redwoodtown Kindergarten Ph 5784756

Picton Kindergarten Ph 5738889

Contact: Marlborough Kindergarten Association

50 Redwood St, Blenheim

Phone: 578 4800

### **Te Kohanga Reo**

Nga Puawai Kohanga Reo Ph 5781536

Waikawa Kohanga Reo Ph 5737446

Te Kahurangi Kohanga Reo Ph 5779574

### **Playcentre Association**

Playcentre has two functions, to provide sessions for children to play and learn, and to provide learning opportunities for parents.

Marlborough has playcentres in:

Picton Playcentre Ph 5735665

Blenheim Playcentre Rd 5775216  
Spring Creek Ferry Road 5705514  
Renwick 26 Havelock Street 5728106  
Seddon 5757301  
Linkwater 5741386  
Contact: Joanne Rengasamy  
Phone: 577 9937

### **Independent Preschool Services**

John Street Preschool, 1a Henry Street, Blenheim, 5781365  
ABC Mayfield, 17 Herbert Street, Blenheim, 5788225  
Little Footsteps, 102 Scott Street, Blenheim, 5781416  
Montessori, 5 Francis Street, Blenheim, 5778443  
Picton Community Early Learning Centre,  
5 Wairau Road, Picton, 5737289  
Renwick Preschool & Childcare  
35 Anglesea Street, Renwick, 5729868/5729848  
ABC Blenheim Central Rua Early Learning Centre,  
129 High Street, Blenheim, 5784214  
St Marys Preschool, 41 Maxwell Road, Blenheim, 5780678  
ABC Blenheim Central Tahurangi, 135 High Street, Blenheim, 5784211  
Up Town Preschool, 59 Hospital Road, Blenheim, 5788709  
ABC Wairau Early Learning Centre, 7 Old Renwick Road, Blenheim,  
5788680  
Picton Preschool, 44 Kent Street, Picton, 5735530  
Te Kupenga Preschool, 120 Aerodrome Road, 578 8571  
ABC Springlands Early Learning Centre,  
11 Colemans Rd, Blenheim, 579 6060  
Pelorus Community Preschool, 49 Main Rd, Havelock, 5742096

### **Early Childhood Service of The Correspondence School**

For children living in remote areas. Can be enrolled fulltime or have dual enrolment with mobile kindergarten or other preschool. Phone for information and enrolment.

Phone: 0800 659 988

## **Play and Activity Groups for Preschoolers**

### **Babies & Pre-school Swim Lessons**

Programmes for babies and pre-schoolers.

Contact: Stadium 2000

Phone: 5778300

### **Bizzy Beez Every Wednesday**

10 – 11.30 a.m. (during term).

Caregivers and pre-schoolers friendly funtime of songs, dance, stories and art at the Cave Youth Centre, 8 Beaver Rd. \$2 per child or \$4 per family includes morning tea.

### **Dillons Point Community Playcentre**

Wednesday and Friday [9.00a.m.–noon](#). \$1 per child.

Contact: 2A Dillons Point Road, Blenheim

### **Glow Bugs**

Rhythm, music and Play Group, for preschoolers 0–5 years accompanied by a parent or caregiver. Every Thursday morning at the Salvation Army Hall 10 – 11.30am. Gold coin per family.

Contact: Salvation Army

Cnr George and Henry Streets, Blenheim.

Phone: 578 0862

### **John's Patch Story Room** [Delete this item](#)

Free community programme for children. Fun filled session of stories, games, crafts and activities. Held at Wesley Centre, Wednesdays, 10–11.30 a.m. during term time.

Contact: Yasmin

Phone 579 3958

### **Library Under 5's**

Stories and activities to promote early reading skills. Its fun and free. Last Tuesday of the month 10.30–[11.15a.m](#)

Contact: Cnr Arthur & Seymour Streets

Phone: 578 2784

### **M & M's – Music and Movement**

For preschoolers and their caregiver. Two sessions every Thursday during school term at the Elim Centre Hall, Burleigh Road – 9.00–10.00 a.m. and 10.30–11.30a.m. Both sessions include ½ hour music and ½ hour morning tea and play. \$2 per family.

Contact: Lorraine [Delete Contact Name](#)

Phone: [578 9053](#)

### **Mainly Music**

Preschoolers 0–5 years music and movement, rhyme, rhythm and dance \$2 per family includes morning tea. Term time only.

St Christopher's Church Lounge

Tuesdays 9.30am – 10.30am

Contact: Leigh Asiamah

Phone: 579 5148

Renwick Church Hall

Wednesdays 9.30am – 10.30am

(For people living in the Renwick/Woodbourne/Wairau Valley area.)

Contact: Linda Moses

Phone: 572 8850

St Andrew's Church

Cnr Duncan & Richmond Streets, Seddon.

Wednesdays 10.30am – 11.30am

Contact: Bridget Ennals

Phone: 575 6864

### **Picton Movers and Shakers** [Delete this entry](#)

Fun ½ hour of music, dance and rhythm. Wednesday, 2–2.30p.m. at the Picton Community Hall, Wairau Road.

Contact: Ingrid

Phone: 573 9164

### **Picton Toy Library and Baby Equipment**

Open Wednesday 3.15 – 4.00pm – Market St & Dublin Street corner,  
Picton

Contact: Susan O'Rourke

Phone: 573 6696

Can also be contacted through the Picton Resource Centre,

Phone: 573 7790.

### **Play Gym**

Children under 5 are all welcome to tumble and roll with the Blenheim  
Gymnastics Club 1.30 – 2.30pm Wednesday, 10.45 – 12.00am  
Thursday, at the clubrooms, Opawa St extension. Cost \$2.

Contact: Maureen Elliott

Phone: 578 6434 or 578 5126 (gym)

### **Music for Minors**

A preschool music programme held at 9.30 a.m. every Tuesday during  
school term at Mayfield School Hall. Gold coin donation.

Contact: Kathy

Phone: 573 9116

### **Plunket Playgroups**

All parents/caregivers with preschoolers welcome.

### **Plunket Preschoolers Playgroup**

Redwoodtown Plunket Rooms, Bythell Street on Tuesday 9.30–11.30  
a.m. \$2

Contact: Ali – [Insert Space](#)

Phone: 579 3085

### **Renwick Plunket Play Group**

Renwick Playcentre, 26 Havelock Street, Renwick on Tuesday 9.30–12  
noon.

Contact: Shelley – [Insert Space](#)

Phone: 572 5422

### **Riversdale Playgroup**

Play group Monday from 10a.m.–12noon. Gold coin donation.

Contact: Riversdale Community House

131 Budge Street, Blenheim

Phone: 578 0469

### **Salvation Army Community and Family Services**

Easy meals available \$3 to \$6.50.

Phone: 578 0862

### **Toy Library – toy lending service to families**

Ring for times open. Become a member of the Toy Library for a small  
fee and toys are available for hire for 2 weeks.

Contact: Salvation Army

Cr George and Henry Streets, Blenheim.

Phone: 578 0862

### **Seddon Toy Library**

Seddon Plunket Rooms 1<sup>st</sup> and 3<sup>rd</sup> Wed of month 9am – 11am. \$10 per  
family for year's membership. Items range from 50c – \$4 to hire for  
fortnight. Huge range of indoor and outdoor toys plus dvds, videos, cd  
roms, puzzles...batteries are supplied. Suits newborns to 6 years old.

Gives children a variety of experiences and learning opportunities

Contact: Jo Jones Phone: 575 7606

### **Sport Marlborough's Active Movement**

Contact: Active Movement Advisor

Phone: 577 8855

### **Tunes for Tots**

Phone: 570 5728

Held at St Luke's Church Hall, Ferry Rd, Spring Creek 9.50-10.30a.m.

Wednesday (term time only).

### **Wairau Playgroup**

Wairau Valley Community Hall

Wednesday & Friday 9.30 am - 12 noon

Contact: Heidi Lovatt

Phone: 572 2833

### **Young Mums Group**

Held at Plunket, Monday 11 a.m. (except Public Holidays) for young mums under 22 years of age with their children. Various guest speakers.

Contact: Debbie or Lynn

Phone: 578 5633

## **Other Activities**

### **Marlborough District Library**

33 Arthur St, Blenheim

Phone: 520 7491

### **Picton Service Centre and Library**

67 High St, Picton

Phone: 520 7493

### **Stadium 2000 Leisure Centre**

Kinross St, Blenheim

Phone: 577 8300

### **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.

## Websites of Interest

[www.kidshealth.org.nz](http://www.kidshealth.org.nz) providing information on your child's health.

[www.immune.org.nz](http://www.immune.org.nz) immunisation advisory centre.

[www.moh.govt.nz](http://www.moh.govt.nz) Ministry of Health.

[www.teamup.co.nz](http://www.teamup.co.nz) tips, ideas and information to help you get more involved with your kids learning.

[www.sparc.org.nz](http://www.sparc.org.nz) sport and recreation New Zealand.

[www.kiwifamilies.co.nz](http://www.kiwifamilies.co.nz) the essential guide to raising children in New Zealand covering, pregnancy, babies and toddlers to teens.