

## Community Breastfeeding Support & Information in Nelson /Tasman Bay

Organisation	Support available	Contact details
<i>Midwife, LMC Lead Maternity Carer</i>	Support, information while under midwifery care Referral to other groups	Contact your own LMC
<i>La Leche League Nelson</i>	Phone support & information library Monthly meetings for mothers and their families	Ruth 5469029 Tahunanui Community Centre Centre, last Tue each month 1.30-3pm
<i>Plunket Well Child Service</i>	Plunket provides free community-based support. Plunket can refer you to Karitane clinic or private Lactation Consultant.	Plunketline: 0800 933922 Healthline 0800 611116 Nelson City Clinic: 03 5484765 Stoke /Tahunanui: 03 5476203 Richmond/Wakefield 03 5447554 Motueka: 03 5288499 Mapua : 03 5402211 Victory Health Centre 03 5484765 Area office: 03 5394323
<i>The Breastfeeding Clinic Nelson Maternity Unit</i>	Specialist lactation advice For babies up to 6 weeks Referral necessary	Tue & Thurs for appointment ph : BF clinic 5461450 or contact Margaret on 027 6700100
<i>Lactation Consultant</i>	Specialist lactation advice Private service, a fee will apply	Margaret Derry 03 5478059 027 6700100
<i>Nourish Motueka Breastfeeding support group</i>	Breastfeeding support, information meetings for mothers/families	Catherine 03 5285436 Fay 03 5284363 1 <sup>st</sup> & 3 <sup>rd</sup> Friday each month 10-12pm Motueka Maternity Services
<i>La Leche League Motueka</i>	Phone support/information LLL meetings for mothers and families	Tanja Pauls 03 5267466 1 <sup>st</sup> Friday each month Motueka Maternity Services 10.30 -12.00
<i>Golden Bay Midwives</i>	Specialist Lactation advice may be available	Ph 03 5258911 03 5259808 (urgent)
<i>Mum4Mum Whaea ki te Whaea</i>	Mothers with bf training and experience offering one to one support via phone /email or group meeting	Motueka Phillipa Adams 03 5280234 021 02971506  Nelson Tanya Kotua 03 5458931 027 4890102
<i>Well Child Nurse</i>	Information/support/referral	Helen Bracefield Golden Bay 03 5259303 Trisha Colling Tapawera 5419517

## ***Baby Friendly places in the Community***

<b>Organisation</b>	<b>Support available</b>	<b>Contact details</b>
<i>Richmond Mall</i>	Changing facilities Chairs	Richmond Shopping Centre Mon –Fri 9- 5.30 late night Thurs till 8pm Sat 9-5 Sun 10-4
<i>Nelson Public Library</i>	Changing facilities couches	27 Halifax Street, Nelson Mon-Thur 10 -7pm, Sat 10-1p, Sun 1-4pm
<i>Stoke Public Library</i>	Chair Changing facilities by toilet block in Stoke carpark	Crn Putaitai & Neale Ave. Stoke Mon-Wed 10 -5pm, Thur-Fri 10-6pm, Sat 10-1pm
<i>Richmond Public Library</i>	Changing facilities Chair	280 Queen St, Richmond Mon Tue Wed Fri 9.30–6.30pm Thur 9.30-7pm Sat 9.30 -1pm
<i>City Council Nelson</i>	Couches Changing facilities	Trafalgar St. Nelson Mon – Frid 8.30 – 5pm
<i>Montgomery car park Toilet block</i>	Changing facilities Couch /chair Cost 20c	Montgomery Carpark 8.30 – 5pm
<i>Fashion Island</i>	Changing facilities chair	Parents room by the toilets
<i>Motueka Library Children’s section</i>	Changing facilities chair	Pah St, Motueka Mon – Frid 9.30-5pm Frid 9.30– 6pm Sat 9.30 – 1pm
<i>Victory Community Health</i>  <b>Baby Friendly accredited</b>	Support, place to feed/change your baby, referral to other groups	03 5468385 Cnr St Vincent and Totara Street Nelson Mon – Fri 8.30-5pm
<i>Family Start</i>  <b>Baby Friendly accredited</b>	Support, place to feed/change your baby, referral to other groups	03 5458931 38 Halifax Street, Nelson Mon – Fri 8.30 – 5pm
<i>Motueka Family Service Centre</i> <b>Baby Friendly accredited</b>	Support, place to feed/change your baby, referral to other groups	03 5280234 27 Talbot Street, Motueka Mon – Fri
<i>Janice Jolly GP Practice</i>  <b>Baby Friendly accredited</b>	Support, place to feed/change your baby, referral to other groups	03 5482736 52 Waimea Road, Nelson

**“Breastfeeding anywhere, anytime-it’s a human right”**  
[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)      [www.healthyas.org.nz/fresh-foods/breast-feeding](http://www.healthyas.org.nz/fresh-foods/breast-feeding)