

Waitakere Health Link
PO Box 21 852, Henderson Ph 839 0512
www.waitakerehealthlink.org.nz



You can order further copies of this brochure from:
Waitakere Health Link would like to thank Blue Sky Community Trust and Henderson-Massey Local Board for their support in producing this brochure.



Allergy NZ P: 0800 340 800
Reliable information, education, support and advocacy in all aspects of allergy information.
W: allergy.org.nz

Asthma P: 630 2293
Home visits, phone information service, support groups, school visits, resources, multi-language. E: anz@asthma-nz.org.nz W: asthma.org.nz

B4 School Checks P: 0800 104 105
Free Checkup for 4 year olds to be ready for school. Checks hearing, vision and the child's development and progress. Several providers in the WDHB area.
P: 0800 924 942

Child/Youth Health
Waitakere Providing services to 5-18 year olds within the health clinic and Kura Kaipapa Waitakere offering health education packages to 14-18 year olds.
P: 622 0551

Diabetes Auckland
Helping people understand and manage diabetes.
E: reception@diabetesauckland.org.nz W: diabetesauckland.org.nz

Epilepsy Auckland North
Dedicated to the welfare and support of people with epilepsy, their family/whanau, teachers, employers, and the wider community.
E: auckland.nth@epilepsy.org.nz

Healthline P: 0800 611 116
Free 24 hour, 7 day-a-week telephone advice service from our trained registered nurses.
W: healthline.co.nz

Healthpoint
An online health information website about healthcare providers, referral expectations, services offered and common treatments.
W: healthpoint.co.nz

Immunisation Advisory Centre P: 0800 466 863
We provide evidence-based information and advice to help parents and caregivers make informed decisions about immunization.
W: immune.org.nz

OUT WEST



BABIES



Services for
parents and families
in West Auckland

Waitakere Health Link fosters collaborative relationships between communities and healthcare providers through consultation, advocacy and monitoring.

Antenatal

Heart Kids P: 021 401 207
Provides antenatal support and information to parents expecting a heart child, as well as "support through life" for heart kids
E: ashley.mills@heartnz.org.nz W: heartnz.org.nz

Community Liaison Midwife Waitakere Hospital P: 837 8808
Options for free maternity care at Waitakere Hospital.

How to find a midwife P: 0800 686 223
Now you are pregnant you can find a midwife in your area by clicking on your region on our map.
W: findyourmidwife.co.nz

Healthpoint
An online health information website about healthcare providers, referral expectations, services offered and common treatments.
W: healthpoint.co.nz

Mama P: 815 8108
Mothers and Midwives Associated. Maternity information services, Lead Maternity Carers, free childbirth education classes.
E: info@mamamaternity.co.nz W: mamamaternity.co.nz

Maternity Services Consumer Council
We are a consumer group providing information and support to women throughout the childbearing cycle.
E: mssc@maternity.org.nz W: maternity.org.nz

Natural Fertility NZ Inc
Fertility awareness education for those wishing to avoid or achieve pregnancy using natural means - particularly suitable for breastfeeding mothers.
W: naturalfertility.co.nz

Pregnancy Help Inc. P: 373 2599
Pregnancy Help provide confidential and practical support for pregnant women and their families.
W: pregnancyhelp.org.nz

Women's Refuge Support Services

Family Action P: 836 1987 (Outreach)
Offers refuge, outreach and counselling for those who have experienced abuse, trauma and Family Violence.
E: office@familyaction.org.nz W: familyaction.org.nz

Tu Wahine P: 838 8700
Counselling, support and therapy relating to sexual abuse, domestic abuse, keeping children safe, relationship intervention and prevention programs.
E: stella@tuwahine.org.nz

Shine P: 0508 744 633
Helpline for support, information, refuge and referrals. Safer homes in NZ every day.
E: enquiries@2shine.org.nz W: 2shine.org.nz

Waves P: 838 4834
West Auckland family violence network organisation offering strategic support to a wide range of government and non-government organisations in West Auckland who respond to family violence.
E: administrator@waves.org.nz W: waves.org.nz

Ethnic Based Cultural Support Services

Asian Health Services (WDHB) P: 442 3232
To improve the health status of Asian community. Offers interpreting service, Asian patient support, mental health support and improving access to information.
W: asianhealthservices.co.nz

Language Line P: 0800 656 656 or 04 495 9448
Free Interpreting Service for the clients of the participating agencies, to access the service call or visit the participating agency.
Monday – Friday 9am – 6pm, Saturday 9am – 2pm.
W: languageline.govt.nz

Nor Western Cook Island Early Childhood Services P: 833 3222
Provides support for all Pacific peoples including early childhood centre, budgeting, youth program, social services, parenting skills, court reporting and interpreting.

Te Tipu Paa Harakeke P: 0800 924 942
Maori/Whanau 0-3 years early childhood education, supporting and strengthening child education in the home as well as connections to tikanga and te reo. Playgroups, home visits and excursions.

The Asian Network Inc P: 815 2338
Provides health information and referral services for Asian families.
W: asiannetwork.org.nz

The Fono P: 837 1780
Free Maternity and early pregnancy services.
E: Ana.aitcheson@thefono.org W: westfono.co.nz

Health Services

Community Support Services

Budgeting – Western Districts P: 827 5773
Develop budgeting skills through free, confidential and culturally aware services.
W: familybudgeting.org.nz

Citizens Advice Bureau
Free, confidential info and advice to anyone about any query or problem

Glen Eden: P: 818 8634 E: gleneden@cab.org.nz
Henderson: P: 836 4118 E: henderson@cab.org.nz
Massey: P: 833 5775 E: massey@cab.org.nz
New Lynn: P: 827 4731 E: newlynn@cab.org.nz
Avondale: P: 828 7121 E: avondale@cab.org.nz

Housing New Zealand P: 0800 801 601
Access for NZers to good quality social housing.
E: enquiries1@hnzc.co.nz W: hnzc.co.nz

Inland Revenue Department P: 0800 227 773
W: ird.govt.nz

Salvation Army Waitakere Centre P: 837 4471
Providing a food bank, advocacy, budgeting, parenting courses, supervised access and other welfare services

Waitakere Community Law Service P: 835 2130
Help for people with legal issues who cannot afford a lawyer.
E: info@waitakerelaw.org.nz W: communitylaw.org.nz

Work and Income P: 0800 559 009
Community Services Card, Childcare Subsidies, Income Support, Assessments for Social Housing
W: workandincome.govt.nz

Disability/Independent Living Services

Disability Connect P: 636 0351
Provide extensive resources, assistance with funding, community based groups, network centre and any disability.
W: disabilityconnect.org.nz

Enliven Waitakere P: 822 5115
Provides in-home support for people with disabilities. Lead provider of ACC services. Well trained staff. Individualised funding Host offering a range of services to ensure a good outcome.
E: enliven.referrals@psn.org.nz W: enliven.org.nz

Special Education P: 836 6630
From birth through to school, the Ministry of Education provides early intervention specialists and support staff to work with children with special education needs.
W: minedu.govt.nz

Support For Families

Auckland Kindergarten Assoc *P: 373 5635*

We have 107 kindergartens providing education for over 9,000 children on a daily basis, from the ages of approximately three to five years old
E: info@aka.org.n W: aka.org.nz

Barnardo's *P: 481 0045*

Service providing home-based childcare and out-of-school care, early learning centres. Safe environment for children meeting their non-custodial parent and home-based family support, advocacy and parent education.
E: info@barnardos.org.nz W: barnardos.org.nz

Bellyful West Auckland *P: 027 733 4087*

Bellyful West Auckland cook and deliver meals for mums with newborns or families with severe illnesses.
W: bellyful.org.nz/westauckland

Brainwave Trust Aotearoa *P: 528 3981*

Provide information regarding factors affecting brain development from conception to three years.
E: info@brainwave.org.nz W: brainwave.org.nz

CADS *P: 845 1818*

When you're ready to change your alcohol and other drug use, or you are concerned about someone else, Community Alcohol and Drug Services (CADS) Auckland is here to help. CADS is a FREE service.
W: cad.s.org.nz

Child, Youth & Family Services *P: 0508 326 459*

Social Workers work with families to care and protect children, manage young offenders, help maintain and strengthen parenting role.
E: cyfcallcentre@cyf.govt.nz W: cyf.govt.nz

Dayspring Trust *P: 827 6321*

Meeting place for support, social activities and befriending. Respite and rehab for women and children. Budgeting, parenting service.
E: dayspring@xtra.co.nz W: dayspring.co.nz

Disability Connect *P: 636 0351*

Provide extensive resources, assistance with funding, community based groups, network centre for any disability.
W: disabilityconnect.org.nz

Engaging Priority families *P: 0800 924 942*

Supports whanau with 4 year old children that want to enrol their tamariki into a quality ECE centre and take advantage of the 20 hours free.

Healthy Babies Healthy Futures *P: 822 8010*

A free HealthWest programme to promote health and wellbeing of hapu mums and mums with tamariki under 4 years.
E: danielle.tahuri@healthwest.co.nz

HIPPY (Home Interaction Programme for Parents and Youngsters)

Home-based programme providing support and resources for parents to prepare their pre-school children for starting school.
E: hippy@mphs.org.nz P: 838 4820

Counselling & Advice

Alcohol & Drug Helpline *P: 0800 787 797*

Free confidential information and support on any problem with drinking or drug taking.
W: adamz.org.nz

Cancer Society *P: 0800 226 237 (Cancer Society)*

Support to teachers, employers, councillors and parents to stay smoke free.
E: info@akcansoc.org.nz W: cancernz.org.nz

Family Action *P: 836 1987*

Offers refuge, outreach and counselling for those who have experienced abuse, trauma and Family Violence.
E: info@akcansoc.org.nz W: familyaction.org.nz

Grief Centre *P: 418 1457*

Provides support, advice and counselling to help those affected by loss and grief.
E: office@griefcentre.org.nz W: griefcentre.org.nz

Incredible Years *P: 0800 924 942*

15 sessions delivered to parents and caregivers with children between 3 to 8 years to support them to parent positively and improve their relationships with their children.

Man Alive *P: 835 0509*

Men's and boys counselling including anger management programs.
W: manalive.org.nz

Problem Gambling Foundation *P: 0800 664 262*

Information and support to help with problem gambling.
E: pgf@pgfnz.org.nz

Quitline *P: 0800 778 778*

Information and support to help you quit smoking. It's the best decision you can make for your baby.
W: quit.org.nz

Smokefree Communities *P: 0508 784 866*

Free Quit Smoking support service for Pregnant women and their partners and whanau. Free face to face home visiting service.
E: help@quitnow.org.nz

Taitamariki *P: 0800 924 942*

Provide service to Taitamariki 10-13 years with increased risk of developing substance misuse problems whose parent/s has a substance abuse problem and/or mental illness.

The Salvation Army Oasis *P: 638 0801 or 0800 53 00 00*

Free and confidential support for gamblers and their whanau and family. Including face to face counselling, couple counselling and group work.
W: salvationarmy.org.nz/oasis

Support For Families

Le Leche League *P: 390 3196 or 021 723 426*

Information, support and encouragement to mothers who want to breastfeed.
E: help@lalecheleague.org.nz W: lalecheleague.org.nz

Lifewise Family Services *P: 818 6834*

Working with West Auckland families – parenting strategies, housing, benefit advocacy, budgeting, respite care.
E: sharonz@lifewise.org.nz W: lifewise.org.nz

Mama and Pepe/Family Whanau Support *P: 0800 924 942*

We provide help with maternity, health information and education and advocacy from pregnancy through to the child turning 5.
W: waiwhanau.com

Multiple Birth Association *P: 0800 4 TWINS*

Helpful information for parents of multiples.
W: multiples.org.nz

Neonatal Trust Auckland *P: 307 4949 ext 25469 (ansph)*

Provides practical and emotional support to the parents of premature and high risk infants. Making a difficult start to life a little bit easier.
E: akldneonataltrust@adhb.govt.nz W: neonataltrust.org.nz

Parent Aid Waitakere *P: 836 4122*

Providing free daytime practical care in times of accident, illness, stressful and emergencies to persons who care for children.
E: parentaid@xtra.co.nz W: parentaidwaitakere.co.nz

Parents As First Teachers *P: 0800 924 942 or 836 6683*

A flexible home based programme that works with parents, caregivers and whanau from 0-3. This programme recognises parents as their child's most important first teacher.
W: waiwhanau.com

Parent to Parent *P: 625 5021 or 0508 236 236*

Information and support network for parents of children with special needs – from common to the rarest conditions.
W: parent2parent.org.nz

Parent Trust *P: 376 0400*

Day and evening courses supporting parents to gain the tools to be the parent they want to be.
W: parenttrust.org.nz

Peninsula Parenting *P: 021 179 9208*

Providing parenting courses, information for families, and fun parenting events within Te Atatu Peninsula, that encourage and support local West Auckland families
E: peninsula.parenting@gmail.com F: compeninsulaparenting

Playcentres *P: 838 8849*

An early childhood education service, run as a parent co-operative based on the ideas of child initiated play and parents as first educators.
W: playcentre.org.nz

Childbirth & Parenting Education

Lifewise Family Services *P: 818 6834*

Early Years (0-6yrs) Toolbox Course; Building Awesome Whanau (0-12yrs) Toolbox Course; Tweens & Teens (12+) Toolbox Course; Parenting Through Separation – free MOJ course for couples with children going through separation.
E: sharonz@lifewise.org.nz W: lifewise.org.nz

Mama *P: 815 8108*

Mothers and Midwives Associated. Maternity information services, Lead Maternity Carers, free childbirth education classes. Aims to give parents-to-be information that will support you to make informed choices when planning a healthy pregnancy.
E: info@mamamaternity.co.nz W: mamamaternity.co.nz

Ohana Pregnancy Well-Being Classes *P: 818 5062*

Preparing young people between the ages of 14-24 years of age for the arrival of their newborn babies. Classes are held in a relaxed home-like setting, 8 evening classes per term – Thurs 6-8pm.
E: info@ohana.org.nz

Parents Centre *P: 837 8481*

Provide parenting education from antenatal to school age. Supporting parents through the early years because great parents grow great children.
E: info@westaucklandparents.org.nz W: westaucklandparents.org.nz

Plunket Line *P: 0800 933 922*

Plunket Family Centre *P: 836 5730*

Free home and clinic visits providing support, health, development assessments and information for children under 5.
E: plunket@plunket.org.nz W: plunket.org.nz

Plunket Parenting Education *P: 476 0705*

Free courses parenting courses for expectant parents and parents of children 0 – 5 years.
E: Waitemata.PEPE@plunket.org.nz

Waitakere Hospital Pregnancy & Parenting Education.

Healthpoint – Maternity Waitakere. Includes antenatal classes and breastfeeding workshops.
W: healthpoint.co.nz

Support For Families

Plunket Family Centre *P: 836 5730*

Free home and clinic visits providing support, health, development assessments and information for children under 5.
E: plunket@plunket.org.nz W: plunket.org.nz

Plunket Line *P: 0800 933922*

Stay and Play *P: 837 7992*

A playgroup for all families with children under 5 years. Monday & Friday 9.00 – 11.30am
E: henderson@livingandlearning.org.nz

Tamariki Ora *P: 0800 924 942 or 836 6683*

Support families/whanau/caregivers in maximizing their children's developmental potential and health status between the ages of 0-5 years, establishing a strong foundation for ongoing health development.
W: waipareira.com

The Fono *P: 837 3517*

Family violence support and information.
E: Ana.aitcheson@thefono.org W: westfono.co.nz

The Parenting Place *P: 524 0025*

Providing practical, fun parenting courses (from babies to teens) and Hot Tip events in communities and groups across Waitakere, Auckland and Aotearoa New Zealand.
W: theparentingplace.com

Triple P *P: 0800 924 942 or 836 6683*

Positive parenting programme 0-12yrs, delivered as either a series of four 1 to 1 sessions or as a two hour group discussion. Waipareira staff are trained to deliver this.
W: waipareira.com

Waitakere Family Start *P: 837 3517*

Family start is a child centred, home visiting service that focuses on improving children's growth, health, learning, family circumstances, environment and safety.
E: admin@wfs.org.nz

West Auckland SPACE *P: 838 8849*

The SPACE programme is aimed at parents and their babies, and has been designed to support parents through the first year of their child's developmental journey.
E: space@teakoranga.org.nz F: West Auckland SPACE

Women's Centre Waitakere *P: 838 6381 or 021 1966 367*

Empowering women, promoting family wellbeing and community belonging. Our services include individual counselling, facilitated wellbeing courses and information support.
E: info@womensentre.org.nz W: womenscentre.org.nz

Wriggle & Rhyme at Auckland Libraries *P: 301 0101*

Wriggle and rhyme is a fun, free programme that provides positive movement experiences to stimulate development of both the brain and body for babies 0-2 years.

Waitakere Library, 3 Ratanui St. Henderson – Tuesday at 10.30am

Glen Eden Library, Glenmall Place, Glen Eden – Friday at 11.00am
W: aucklandlibraries.govt.nz/EN/Events/Events/Pages/wriggleandrhye.aspx

Teen Parent Education & Support

Changeworks Teen Dads Plus *P: 836 3773*

Fathering is a 9-week community agency initiative which has developed a group program for young fathers. The program has been designed to engage, encourage and enable the fathering potential of young men.
E: admin@changeworks.org.nz W: changeworks.org.nz

Healthwest Teen Dads Programme *P: 836 2329 ext 7716*

Helensville Family Centres:

Women *P: 420 7992 E: info@hwfc.co.nz*

Men *P: 4208263 E: info@mfc.org.nz*

Henderson He Wero-Teen Parent Unit *P: 838 9085*

E: admin@hhs.school.nz W: hhs.school.nz

Living & Learning Family Centre *P: 837 7992*

Parenting and life skills programme for pregnant teens and young mums.
E: Henderson@livingandlearning.org.nz W: livingandlearning.org.nz

Ohana Teen Parent Education & Support *P: 818 5062*

MSD approved parenting courses held each term, Mondays & Wednesdays. Support and guidance for NZQA levels, Tuesdays & Thursdays. Support and educate young parents alongside their child.
E: info@ohana.org.nz

Thrive Teen Parent Support Trust *P: 551 4367*

E: admin@thrive.org.nz W: thrive.org.nz

Youth Health Hub *P: 836 2329, 822 8057 or 021 272 2249*

Young Dads Programme: A free 10-week course that gives young Dads the opportunity to connect with other young fathers.
E: youthhub@healthwest.co.nz W: healthwest.co.nz

Youthline Pregnancy Centre *P: 361 4168 or 0800 376 633*

Women counselors provide support and information to help you make the best choice for you. Post-termination, post-miscarriage counseling, pregnancy diagnosis and referral service.
W: youthline.co.nz



Waitakere Health Link is a community driven organisation committed to improving health in West Auckland by promoting community participation in healthcare decision making and fostering collaborative relationships between healthcare providers and the West Auckland community.