



Catholic Social Services

# **BIRTH SUPPORT GROUP** **PREGNANCY AND PARENTING PROGRAMME**

## **2019**

**Coordinator/Social Worker - Bree Sapwell**  
**Plunket Childbirth Educator -**

Meetings are held at Catholic Social Services  
42 Macandrew Road South Dunedin.

**Meetings: Tuesdays 11.00am – 2.00pm,**  
unless otherwise stated in the programme.

**Lunch Provided**



If you are interested in attending Birth Support Group, please contact Bree who will arrange to meet with you to explain the programme, and show you around the Agency. You are welcome to bring a support person with you to this meeting. Bree will then arrange for you to attend a group meeting so that you can check it out for yourself, and decide if Birth Support Group is the Antenatal programme that is going to best suit your needs.

The programme includes pregnancy and parenting education as well as visits to and visitors from Local Community Support Agencies

For further information, to make a referral, or for additional copies of the Group Programme:

**Ph: 455 3838 or Cell: 0273972920**

**Email: [bree@cathsocialservices.org.nz](mailto:bree@cathsocialservices.org.nz)**

**At times there may be unplanned changes to the programme**



# Catholic Social Services 2019 Antenatal Programme

Meetings 11:00am – 2:00pm

2019 Tuesday	Morning 11am-12:30pm	Afternoon 1-2pm
29 Jan	<p><b>We welcome back returning &amp; new members.</b> Let's catch up &amp; hear how your pregnancy is going, the ups &amp; downs</p> <p><b>How will I know I'm in labour?</b> When do I call the Midwife? When do I go to Hospital? What do I need to take into Hospital?</p>	<p><b>Let's talk about becoming a Mum!</b> How you felt when you learnt you were pregnant. Your fears /excitement about your pregnancy, becoming a parent . What support networks might you need? What role will baby's Dad have? How will your life be different?</p>
5 Feb	<b>No Group Today. Waitangi Day    Enjoy a SLEEP IN!</b>	
12 Feb	<p><b>Labour Pains</b> - Self Help Techniques, Coping in Early Labour &amp; Birth Positions</p>	<p><b>Maternal Wellbeing. Post natal depression – Joy Pringle</b> form Plunket come to talk to us about maintaining our wellbeing and how to reach out for help and gather support</p>
19 Feb	<p><b>Pregnancy discomforts.</b> Things that may bother you and what you can do. <b>Pregnancy warning signs</b></p>	<p>1.00 <b>Family Start</b> 1.20 <b>Supergrans</b> Marie Sutherland 1:30<b>Preventing Unexplained Death in Infants - Rachel Sayer</b></p>
26 Feb	<p style="color: #0070c0;"><b>Companions Evening #1 7-9pm Bring along the people who will be with you during your Labour and Delivery . We will provide them with information to help you through your Labour and the Birth, and the common challenges of new babies.</b> Includes Birthing DVD and Aroha Atu, Aroha Mai</p>	
5 March	<p><b>Be good to your baby before birth.</b> Healthy / safe food and exercise. Effects of smoking / alcohol / drugs on your unborn baby.</p>	<p><b>WINZ, Youth Services, MSD and IRD visit.</b> Your benefit and IRD entitlements/queries. <b>Jenni Mattingly, WINZ Chrissy Hollamby</b> Youth Benefits ,<b>Hayley Stewart</b> Investigators MSD, <b>Cindy/Rachel</b> IRD</p>
12 March	<p><b>Recognizing Babies Tired Signs</b> - Settling your baby. The importance of communicating with your baby. DVD</p>	
19 March	<p><b>Characteristics of the Newborn</b> <b>And</b> <b>The importance of communicating with your baby.</b></p>	<p><b>Breastfeeding</b> With a Hospital Lactation consultant from Queen Mary Maternity Centre <b>&amp; Breastfeeding Peer Supporters</b> Brittani to share about Breastfeeding Support Otago and what they do</p>
26 March	<b>No Group Today. Otago Anniversary.    Enjoy a SLEEP IN</b>	
2 April	<p><b>When things are different in labour</b> eg Induction, Caesarean, Vontuse, forceps... <b>Different types of pain relief...</b>gas, epidural...</p>	<p>1:00 <b>What happens in Queen Mary?</b> Wendy Munro Midwifery Educator visits us 1:30 <b>Never shake a baby</b> DVD and Discussion</p>
9 April	<p><b>11.00 meet.</b> We will travel &amp; visit <b>Early Years Hub 158 Oxford St</b> and will learn about the services provided at the Hub <b>At 11:45</b> we visit <b>Pregnancy Help</b> in the <b>Sth City Mall</b> with <b>Chris Otley</b>. Chris will show us baby bassinets for loan and baby clothing starter packs. We will have our lunch with Chris and then leave to visit <b>Plunket Car Seat Services</b> at <b>1.15am</b> at <b>18 Lorne St, South Dn</b> &amp; learn about car seat safety and tips of purchasing.</p>	
16 April	<p><b>Looking after yourself as a new mum</b> ☺ Your questions answered such as...when will I have sex again? When will my jeans fit?</p>	<p>1:00 <b>Baby's Immunisations</b> with Southern District Health Board 's Immunisation Coordinator <b>Helen Turner</b> or Outreach Immunisation Nurse 1:30 <b>Legal Matters - Lawyer Caryl Oconnor</b> from the Community Law Centre. Paternity/Guardianship/Day to Day care/Wills etc. <b>Your queries and questions answered</b></p>
23 April	<b>No Group Today. Easter Break.    Enjoy a SLEEP IN</b>	

30 April	<b>Parenting</b> – We look at the different types of parents, at how your own experiences may impact on your parenting, how to be the best parent you can ☺	1:00 Let's meet three of the many nurses that provide baby's <b>Well Child Health Checks</b> . Su ( Plunket) Ruth ( Araiteuru Whare Hauora) Rochelle (Pacific Trust Otago) 1:30 <b>Baby Clothing &amp; Equipment</b> making up baby's bed, the importance of airing bedding, suitable and unsuitable baby clothing. - Bree
7 May	<b>Managing Your Money</b> – we look at our budgets, managing bills, food and meals, saving etc	Meal Planning and shopping for next week

**At times there may be last minute changes to the programme**



<b>Catholic Social Services <u>2019</u> Antenatal Programme</b>		
<b>Meetings 11:00am – 2:00pm</b>		
<b>2019 Tuesdays</b>	<b>Morning 11am-12:30pm</b>	<b>Afternoon 1-2pm</b>
14 May	Cooking: Let's make lunch and dessert to share with our new mums!! We will decide the week before what we will make ☺	<b>Maternal Wellbeing. Post natal depression</b> – Joy Pringle from Plunket come to talk to us about maintaining our wellbeing and how to reach out for help and gather support
21 May	<b>Companions Evening #2 7-9pm</b> Bring along the people who will be supporting you throughout pregnancy and when baby is born. We will provide them with information about breastfeeding and how to support you, the changes having a new baby will bring to life and more ☺ <b>How will I know I'm in labour?</b> When do I call the Midwife? When do I go to Hospital? What do I need to take into Hospital?	
28 May	<b>Pregnancy discomforts.</b> Things that may bother you and what you can do. <b>Pregnancy warning signs</b>	<b>We visit Rainbow Pre School</b> at 414 King Edward Street learning about an <b>Early Child Care Centre</b> & about the <b>SPACE</b> Programme With <b>Barbara Samson and Wendy -Ann Jarvis</b>
4 June	<b>No Group Today. Queens Birthday. Enjoy a SLEEP IN</b>	
11 June	<b>Be good to your baby before birth.</b> Healthy / safe food and exercise. Effects of smoking / alcohol / drugs on your unborn baby.	<b>WINZ, Youth Services, MSD and IRD visit.</b> Your benefit and IRD entitlements/queries. <b>Jenni Mattingly, WINZ Chrissy Hollamby</b> Youth Benefits , <b>Hayley Stewart</b> Investigators MSD, <b>Cindy/Rachel</b> IRD
18 June	Stages of labour Birth DVD Birth Plans	1.00 <b>Family Start</b> 1.20 <b>Supergrans</b> Marie Sutherland
25 June	<b>Labour Pains</b> - Self Help Techniques, Coping in Early Labour & Birth Positions Hormones and the impact of stress on labour	1:00 <b>Preventing Unexplained Death in Infants ( SUDI )Assistant Research Fellow Rachel Sayer from Paediatric Section Dn School of Medicine-Dept Womens &amp; Childrens Health</b> 1:30 <b>Pepipods and safe sleeping</b>
2 July	<b>When things are different in labour</b> eg Induction, Caesarean, Vontuse, forceps... <b>Different types of pain relief...</b> gas, epidural...	<b>Breastfeeding</b> With a Hospital Lactation consultant from Queen Mary Maternity Centre & <b>Breastfeeding Peer Supporters</b> Brittani to share about Breastfeeding Support Otago and what they do
9 July	 <b>MIDWINTER CATCH UP – all of this years members come together to reconnect and see how our babies have grown</b> 	
16 July	<b>No Group Today. School Holiday Break. Enjoy a SLEEP IN</b>	
23 July	<b>Characteristics of the Newborn</b> <b>The New baby</b> . What will my Baby look like? What are baby's emotional / physical needs. <b>Recognizing Babies Tired Signs</b> - Settling your baby.	1:00 <b>Baby's Immunisations</b> with Southern District Health Board 's Immunisation Coordinator <b>Helen Turner</b> or Outreach Immunisation Nurse

	The importance of communicating with your baby. DVD	1:30 <b>Legal Matters</b> - <b>Lawyer Caryl Oconnor</b> from the Community Law Centre. Paternity/Guardianship/Day to Day care/Wills etc. <b>Your queries and questions answered</b>
30 Jul	<b>Companions Evening #1 7-9pm</b> Bring along the people who will be with you during your Labour and Delivery . We will provide them with information to help you through your Labour and the Birth, and the common challenges of new babies. Includes Birthing DVD and Aroha Atu, Aroha Mai	
6 Aug	<b>Looking after yourself as a new mum</b> ☺ Your questions answered such as...when will I have sex again? When will my jeans fit?	1:00 <b>What happens in Queen Mary?</b> Wendy Munro Midwifery Educator visits us 1:30 <b>Never shake a baby</b> DVD and Discussion
13 Aug	<b>11.00 meet</b> . We will travel & visit <b>Early Years Hub 158 Oxford St</b> and will learn about the services provided at the Hub <b>At 11:45</b> we visit <b>Pregnancy Help</b> in the <b>Sth City Mall</b> with <b>Chris Otley</b> . Chris will show us baby bassinets for loan and baby clothing starter packs. We will have our lunch with Chris and then leave to visit <b>Plunket Car Seat Services</b> at <b>1.15am</b> at <b>18 Lorne St</b> , South Dn & learn about car seat safety and tips of purchasing.	
20 Aug	<b>Parenting</b> – We look at the different types of parents, at how your own experiences may impact on your parenting, how to be the best parent you can ☺	1:00 Let's meet three of the many nurses that provide baby's <b>Well Child Health Checks</b> . Su ( Plunket) Ruth ( Araituru Whare Hauora) Rochelle (Pacific Trust Otago) <b>Baby Clothing &amp; Equipment</b> making up baby's bed, the importance of airing bedding, suitable and unsuitable baby clothing. - Bree

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Meetings 11:00am – 2:00pm

2019 Tuesdays	Morning 11am-12:30pm	Afternoon 1-2pm
27 Aug	<b>Managing Your Money</b> – we look at our budgets, managing bills, food and meals, saving etc	Meal Planning and shopping for next week
3 Sept	Cooking: Let's make lunch and dessert to share with our new mums!! We will decide the week before what we will make ☺	<b>Maternal Wellbeing. Post natal depression</b> – <b>Joy Pringle</b> from Plunket come to talk to us about maintaining our wellbeing and how to reach out for help and gather support
10 Sept	<b>Pregnancy discomforts</b> . Things that may bother you and what you can do. <b>Pregnancy warning signs</b> <b>Your rights and choices</b>	<b>We visit Rainbow Pre School</b> at 414 King Edward Street learning about an <b>Early Child Care Centre</b> & about the <b>SPACE</b> Programme With <b>Barbara Samson</b> and <b>Wendy -Ann Jarvis</b>
17 Sept	<b>Be good to your baby before birth</b> . Healthy / safe food and exercise. Effects of smoking / alcohol / drugs on your unborn baby.	<b>WINZ, Youth Services, MSD and IRD</b> visit. Your benefit and IRD entitlements/queries. <b>Jenni Mattingly</b> , <b>WINZ Chrissy Hollamby</b> Youth Benefits , <b>Hayley Stewartt</b> Investigators MSD, <b>Cindy/Rachel</b> IRD
24 Sept	<b>Companions Evening #2 7-9pm</b> Bring along the people who will be supporting you throughout pregnancy and when baby is born. We will provide them with information about breastfeeding and how to support you, the changes having a new baby will bring to life and more ☺	
1 Oct	<b>No Group Today. School Holiday Break. Enjoy a SLEEP IN</b>	
8 Oct	<b>How will I know I'm in labour?</b> When do I call the Midwife? When do I go to Hospital? What do I need to take into Hospital? Stages of labour Birth DVD Birth Plans	Womens refuge
15 Oct	<b>Labour Pains</b> - Self Help Techniques, Coping in Early Labour & Birth Positions	1.00 <b>Family Start</b> 1.20 <b>Supergrans</b> Marie Sutherland

22 Oct	<b>No Group Today. Labour Weekend. Enjoy a SLEEP IN</b>	
29 Oct	<b>When things are different in labour</b> eg Induction, Caesarean, Vontuse, forceps... <b>Different types of pain relief...</b> gas, epidural...	1:00 <b>Baby's Immunisations</b> with Southern District Health Board 's Immunisation Coordinator <b>Helen Turner</b> or Outreach Immunisation Nurse 1:30 <b>Legal Matters - Lawyer Caryl Oconnor</b> from the Community Law Centre. Paternity/Guardianship/Day to Day care/Wills etc. <b>Your queries and questions answered</b>
5 Nov	<b>Characteristics of the Newborn</b> <b>The New baby</b> . What will my Baby look like? What are baby's emotional / physical needs. <b>Recognizing Babies Tired Signs</b> - Settling your baby. The importance of communicating with your baby. DVD	<b>Baby Clothing &amp; Equipment</b> with Plunket Karitane <b>Glennis Dunn</b> Glennis will show us how to make up baby's bed, the importance of airing bedding, suitable and unsuitable baby clothing.
12 Nov	<b>Looking after yourself as a new mum</b> ☺ Your questions answered such as...when will I have sex again? When will my jeans fit?	1:00 <b>Preventing Unexplained Death in Infants ( SUDI )Assistant Research Fellow Rachel Sayer from Paediatric Section Dn School of Medicine-Dept Womens &amp; Childrens Health</b> 1:30 <b>Pepipods and safe sleeping</b>
19 Nov	<b>Companions Evening #1 7-9pm</b> Bring along the people who will be with you during your Labour and Delivery . We will provide them with information to help you through your Labour and the Birth, and the common challenges of new babies. <b>Includes Birthing DVD and Aroha Atu, Aroha Mai</b>	
26 Nov	<b>11.00 meet</b> . We will travel & visit <b>Early Years Hub 158 Oxford St</b> and will learn about the services provided at the Hub <b>At 11:45</b> we visit <b>Pregnancy Help</b> in the <b>Sth City Mall</b> with <b>Chris Otley</b> . Chris will show us baby bassinets for loan and baby clothing starter packs. We will have our lunch with Chris and then leave to visit <b>Plunket Car Seat Services</b> at <b>1.15am</b> at <b>18 Lorne St, South Dn</b> & learn about car seat safety and tips of purchasing.	
3 Dec	 <b>GROUP BREAK UP</b> This is our last meeting for the year. It is nearly <b>Christmas time!</b>  <b>Let's celebrate ☺ Lets decide together nearer the time how we will do this.</b>	

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