

LET'S *talk* ABOUT pregnancy and parenting

Research shows expectant couples who attend pregnancy and parenting education classes cope better with the challenges of pregnancy, labour and parenthood than those who don't. This includes those couples who look to books or the internet for their education on childbirth.

Throughout the year Nelson Marlborough Health has a series of courses running for pregnant women and their support persons which includes up-to-date information and research, delivered in a fun, informative and interactive way.

The courses are run by experienced midwives and childbirth educators, and include guest speakers and a tour of the maternity unit.

Ask your midwife, or go to www.nmdhb.govt.nz/maternity for more information.

Wendy Hardwick
Midwife and Pregnancy and Parenting Educator



The TOP 5 FOR MY BABY to THRIVE!
First 10 weeks of pregnancy

- Find a Midwife
- Exercise & Eat Well
- Blood Tests & Scans
- Take Iodine & Folic Acid
- Be Smoke & Alcohol-Free

Five essentials in the first 10 weeks for every pregnancy, every time.

TE WAIORA Nelson Marlborough Health
www.nmdhb.govt.nz

More care closer to home

More healthcare services are now available at the Marlborough Community Health Hub, with the near-completion of its expansion this month.

NMH Chief Executive Peter Bramley says that the expansion allows for better integration of services.

"Our community health hubs in Nelson and Blenheim typify the community-facing service model we want more of, and that our communities are asking for," Peter says.

Marlborough Primary Health Organisation chief executive Beth Tester said roughly 17,000 people visit the existing half of the health hub each year.

The new services are:

- the NMH Needs Assessment Service (Support Works)
- Maori healthcare provider Te Piki Oranga
- a GP practice and pharmacy
- public health nurses, clinical nurse specialists and district nurses

District nurses have moved to the hub from Wairau Hospital, and current patients of the service have been contacted directly. All contact and referral phone numbers remain the same.

New car parking on Arthur St provides an extra 37 parks, two of which are mobility parks. There are also seven parks allocated to hub visitors on Queen St.



Recycle your toothbrushes, toothpaste tubes and packaging

Bring them in when you and your child visit the community dental clinic and they will send them to Terracycle to be made into items such as watering cans and plant pots.

More info at www.terracycle.co.nz

