

What is the Walk-in Centre?

The Walk-in Centre provides free midwifery advice and information, with no appointment required. You can visit in person, or make contact by email or phone. Please listen to the Walk-in Centre phone message carefully. Leave your contact details and we will call you back by the following day.

What can we provide?

- ◆ Pregnancy test
- ◆ Help to find someone to care for you in your pregnancy - Lead Maternity Carer (LMC)
- ◆ Information on Maternity services available in Auckland
- ◆ Early pregnancy advice including screening options, scans (ultrasounds), blood tests, healthy eating and exercise
- ◆ Non-New Zealand residents - Contact details of someone who can explain the fees/charges

The Walk-in Centre accepts referrals from other health professionals.

The Walk-in Centre is not able to provide emergency care or treatment for unwell women

Lead Maternity Carer (LMC)

The Walk-in Centre can help you find a Lead Maternity Carer (LMC).

A LMC is a self-employed midwife or a hospital employed midwife or a Private Obstetrician.

A **self-employed midwife** cares for you during your pregnancy, labour and birth, and when you are at home with your baby.

Hospital employed midwives work within a team. Together they will care for you during your pregnancy, birth, and when you are at home with your baby.

A **Private Obstetrician** cares for you during your pregnancy, labour and birth and works with self-employed midwives when you are at home with your baby. A Private Obstetrician charges a fee.

The changes and choices that come with pregnancy and parenting can be exciting, challenging and exhausting. Early pregnancy care from a LMC can help support you and your family/whanau through this time.

Why get early pregnancy care?

It's never too early to start your pregnancy care. You should start your pregnancy care as soon as you know you are pregnant. The healthier you are in pregnancy the healthier your baby is likely to be.

Here are some reasons why you should get care early in your pregnancy.

- To confirm you are pregnant and work out when the baby is due
- To explain the options you have for the pregnancy, caregivers and services
- To review your health, including medical and mental health
- To support you to quit smoking
- To advise what foods to avoid and what foods to enjoy when expecting a baby
- To prescribe supplements (such as vitamins) that can help you and your baby
- To explain screening options for Down Syndrome and other conditions
- To test for infections you might have that could affect the pregnancy and the baby
- To help with social stresses such as family violence and any other pregnancy concerns

Walk-in Centre hours and location

You are welcome to walk in without an appointment and visit the Walk-in Centre in person. We are happy for you to bring your children with you if you need to.

Visiting: Monday to Friday 10am to 2pm
No appointment necessary
(Closed for public holidays)

At any time you can also make contact by phone or email.

Phone: (09) 623 6455 - Please leave a message and we will call you back.
0800 4 birth (0800424784) Freephone

Email: walkincenter@adhb.govt.nz

Fax: (09) 630 9781

Location: Maternity Outpatients, Level 6,
Building 4, Greenlane Clinical Centre

Address: 214 Green Lane West, One Tree Hill,
Auckland, 1051

Car parking and bus transport

There are charges for car parking. There is no charge when dropping off or picking up, as long as this takes less than 15 minutes. There may be some free parking on Claude Rd for 2 hours.

Metro bus 283 and 007 routes stop at Clinical Centre. Other buses with drop off points nearby (along Manukau Road) are Metro bus 304, 305, 312, 328 and 348. For details on bus and public transport routes to the Centre call Maxx on 09 366 6400 or check at www.maxx.co.nz

Web resources

Websites to find a LMC

- Find your Midwife www.findyourmidwife.co.nz
- Mama Maternity www.mamamaternity.co.nz

Other websites

- NWH Pregnancy and Early Family Care
Facebook page www.facebook.com/PregnancyandEarlyFamilyCare.ADHB
- Tapuaki - Pacific Pregnancy & parenting education
www.tapuaki.org.nz
- Smokefree Beginnings Facebook page
<https://www.facebook.com/SmokefreeBeginnings>
- Whakawhetu - National Sudi Prevention for Maori
<http://www.whakawhetu.co.nz>
- National Screening Unit
<https://www.nsu.govt.nz/>
- Father and Child Trust
<http://fatherandchild.org.nz/>
- Health and Disability Commission: Code of Rights
<http://www.hdc.org.nz/>
- Ministry of Health: Eligibility for free services
<http://www.health.govt.nz>
- Raising Children Network (Australia)
<http://raisingchildren.net.au/>
- Family Planning
<http://www.familyplanning.org.nz/>
- Immunisation Advisory Centre
<http://www.immune.org.nz/>

The National Women's Health website has accurate and up to date information which you may find helpful.
www.nwhealthinfo.co.nz



Maternity Walk-in Centre

Information about Pregnancy Services

Tena koutou katoa, Kia orana,
Talofa lava, Malo e lelei,
Fakaalofa lahi atu, Taloha Ni,
Ni Sa Bula Vinaka,
Greetings and Welcome to
National Women's Health

Auckland District Health Board
National Women's Health