

# CONNECTING COMMUNITIES

## TANI Summer 2024 Events

### TANI Regional Network Meeting

Wednesday 21 February, 10am - 12pm  
Pearce Street Hall, Haskell Hall  
3 Pearce Street, Onehunga, Auckland

### Stay Well, Stay Connected

Every Tuesday and Saturday,  
10:30am - 12:30pm  
Please contact for more information

### Migrant Women Wellbeing Programme

Wednesday 14 February - 13 March  
New Lynn Community Centre  
45 Totara Avenue, New Lynn, Auckland

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## From The Chairperson

Kia Ora!

Warm greetings to you all from TEAM Asian Network (TANI)! On behalf of TANI, I take this opportunity to bring together the summer edition of our quarterly newsletter for your informative reading.

I am glad to share that TANI marked its 20 years of fully operational organisation this year. The organisation caters to the broader Asian and ethnic community's social welfare and health needs. When we celebrate 20 years of TANI, we celebrate the tireless commitment and hard work of our volunteers, staff, and stakeholders that we have collaborated with over the last two decades. I express my sincere gratitude to every one of you who contributed to our inspiring journey. This summer newsletter will cover glimpses of the celebrations and also bring you great information on various well-being initiatives and services available for you during the summer season.

Key activities of the Spring season have been; the graduation of two of the *Healthy Babies Healthy Future* mother groups; (Pakistani mums and Bangladeshi mums). Very successful Asian health seminars (Chinese) and health talks across the wider Auckland region and our ever-popular Migrant Women Wellbeing Programme. We have also continued weekly yoga and meditation webinars along with all our programs. Our Hamilton team has also achieved great milestones in establishing new community and provider partnerships and delivered very well-received family harm prevention workshops and network meetings to support wider Asian communities residing in Hamilton.

Please keep sending us your feedback and suggestions to improve this newsletter. Merry Christmas and Prosperous New Year to all our readers. May the New Year bring joy and happiness to everyone's life.

Warm regards,

Dr Lingappa Kalburgi  
MNZM, JP

Chairperson

TANI



## The Asian Network Inc. Is 20 Years Old!

We, at The Asian Network Inc. (TANI) celebrated our 20th anniversary together with key stakeholders, dedicated volunteers, and community leaders.

The evening was full of joy, laughter, cultural performances and endless photo opportunities at the photobooth and the feature wall. TANI staff, volunteers, and community leaders were acknowledged for their dedication and commitment to serve our Asian & ethnic communities.



The spotlight of the whole evening shone brightly on our founding members, for their tremendous effort getting our organisation successfully across the 20-year mark and making it possible for TANI to reach this momentous milestone.




First time, TANI introduced the 'life membership' category for the organisation and our own John Wong QSM, is the only recipient for the same. We, at TANI express our sincere gratitude to Mr. John Wong for his selfless service to the Asian communities.

It was our honour to host Rima Nakhle, MP for Takanini who stood for Hon. Melissa Lee, Minister for Ethnic Communities, Hon. Priyanca Radhakrishnan and Mr. Mervin Singham, Chief Executive, The Ministry for Ethnic Communities.



# Prostate Cancer Testing

**Te Whatu Ora**  
Health New Zealand



## Prostate Cancer

### Late stage symptoms

- new bone or back pain
- swelling, numbness or weakness in both legs
- nausea or vomiting
- breathlessness
- visible blood in your urine
- loss of appetite or weight loss
- inability to urinate
- fatigue or extreme tiredness

See a doctor immediately if you experience any of the above symptoms.

Te Kāwanatanga o Aotearoa  
New Zealand Government

Prostate Cancer is the most commonly diagnosed cancer in New Zealand and the second highest cause of cancer death in men (after lung cancer). Every year more than 4,000 are diagnosed with the disease and over 700 do not survive.

Prostate cancer can develop silently with no symptoms, especially in the early stages, and remain undetected for some time. Early detection is critical. All men over the age of 50 should discuss prostate cancer testing with their doctor. If there is a known family history of prostate cancer this should begin earlier, from age 45.

If you, or someone you care for, would like some advice, information about prostate cancer please contact the Prostate Cancer Foundation of New Zealand.

Phone: 0800 66 0800, Email: [infoservice@prostate.org.nz](mailto:infoservice@prostate.org.nz), Visit: [www.prostate.org.nz](http://www.prostate.org.nz).



## Have you heard?

A FREE Breast Screening service is in your community!



It's Free, it's easy,  
it's for women aged 45-69 years  
**NAU MAI, HAERE MAI**

---

We are located at  
**308 GREAT SOUTH ROAD, LEVEL 1  
GREENLANE**

APPOINTMENTS AVAILABLE TODAY



Freephone  
☎ 0800 270 200  
select  
Auckland Central  
Text MAMM  
to 4040

We are open on the hours below

Monday 7:30am-6pm  
Tuesday-Friday 7:30am-4pm  
Saturday 8:30am-12:30pm



BreastScreen  
Aotearoa

**Te Whatu Ora**  
Health New Zealand

## BreastScreen Aotearoa Auckland Central

We have a Chinese and Korean clinic available with an interpreter available. If interpreter required please call on the information below:

如果您希望预约下一次的乳腺筛查检验，请致电亚裔健康服务中文热线 09 442 3232

다음 유방암 검사 예약을 하시려면, 아시안 서비스에 전화해 주십시오. 예약 및 문의: 09 442 3232

## The self-test is here!



It keeps your privates private.  
Cervical screening is for eligible wāhine and people with a cervix aged 25-69.

Find out more

Te Whatu Ora Health New Zealand

Te Aka Whai Ora Māori Health Authority



National Cervical Screening Programme

### Need Healthcare information?

Visit [www.healthpoint.co.nz](http://www.healthpoint.co.nz) that provides up-to-date information about healthcare providers, referral expectations, services offered and common treatment.




# Ethnic Communities Violence Prevention Programme



The Ministry of Social Development (MSD) has recently established The Ethnic Communities Violence Prevention

work programme, which is an initiative aimed at addressing violence within ethnic communities. This programme aligns with MSD's commitment to Te Aorerekura, focusing on Action 23: Developing prevention programmes for ethnic communities.

The programme focuses on leading a "by ethnic communities, for ethnic communities" approach to preventing family violence and sexual violence for the ethnic communities of Aotearoa.

The two year Ethnic Communities Violence Prevention programme uses evidence collected from engagement with ethnic communities during the development of Te Aorerekura, MSD's own work, engagement with other Ministries, and key literature and evidence across the years.

To set the foundations of the work programme, the Ethnic Communities Violence Prevention team engaged in workshops with communities across the motu. This was to better understand family and sexual violence in ethnic communities and the solutions that may work for them. A report is being developed which captures community voices throughout the workshops.

## 'Our Culture, Our Pride: No Excuse for Abuse' – Ethnic Communities Family Violence Booklet:

As part of the Ethnic Communities Violence Prevention work programme, the team has worked in partnership with Te Puna Aonui's Ethnic Communities Network to redesign and update an existing family violence booklet related to ethnic communities.

The revised booklet is currently available in English; however, it is in the process of being translated into nine other languages for our diverse ethnic communities with different language needs.

If you are interested in ordering free booklets for your community, please email: [ecvp@msd.govt.nz](mailto:ecvp@msd.govt.nz). Or you can download a digital copy of the booklet from [www.msd.govt.nz](http://www.msd.govt.nz).



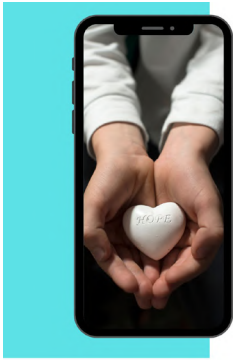
Family Action's sexual harm team provides specialised crisis support for survivors of sexual harm in West Auckland. Our support is accessible 24/7 and available to all sexual harm survivors and their whānau. We offer support immediately after a harm has occurred or to those who have suffered historic sexual harm.

Our crisis social workers focus on the client's needs to address the psychological and emotional trauma as well as attending to their physical and material needs. Some examples of support include safety planning, supporting clients to report to the police and advocating for better access to supports and services in the community. We offer support groups for survivors, information sessions for caregivers, and work closely with our ACC therapists for long term support.

Referrals to our service can be made by phone or via website [www.familyaction.org.nz](http://www.familyaction.org.nz). If you have any questions, please call 0800 326 327.



## Pakuranga Counselling Centre



**WE  
CARE**

**Ka ora te Hauora**

Your mental & emotional wellbeing are important



09-5764248

[www.pakcc.org.nz](http://www.pakcc.org.nz)



Are you struggling with personal issues and in need of someone to talk to? Look no further than our counselling services. Our team of experienced counsellors is here to provide you with the support and guidance you need.

What sets us apart is our counsellors' wealth of experience with different language skills and cultural sensitivity. We understand that cultural backgrounds and language barriers can play a significant role in how we communicate and express ourselves. Our counsellors are trained to navigate these complexities, ensuring that you feel understood and heard.

Whether you're dealing with relationship problems, anxiety, depression, or any other personal challenges, our counsellors are equipped to help. They will work with you to develop coping strategies, explore your emotions, and provide a safe space for you to share your thoughts and feelings.

Have a read of our recent client feedback: *"My Counsellor resourced me with coping mechanism ideas. She gave me the ability to communicate struggles and thoughts with her openly. Being able to talk honestly about what is happening with my feelings and feeling totally heard and understood have helped so much. I gained tools and ideas and ways to think about things that arise have made me feel so much stronger and happier. The skills are realistic and transferable and really make a difference to how I face difficulty. I wish I had written down some bullet points of the tools/ideas that I could keep as I know I haven't retained them all and they are so valuable. I so appreciate the time I have had with my counsellor, it has made a world of difference in my life. Thank you."*

Contact us today to experience the difference our counselling services can make in your life.

## Raising Awareness About Abuse of Older People



As many as one in ten older people in New Zealand will experience some kind of abuse or neglect. Christmas is meant to be a wonderful time, but it can be stressful for many families so it's important to ensure that older people in our lives are safe.

If you're concerned that someone is experiencing abuse or neglect, consider talking to them. You can also contact the Elder Abuse Response Service. It's free, confidential, and available 24/7. Freephone 0800 32 668 65, text 5032 or email [support@elderabuse.nz](mailto:support@elderabuse.nz). If you, or someone you know, is in immediate danger, call 111 and ask for the Police.

There are also resources on the Office for Seniors website that you can use to raise awareness about abuse of older people in your community Elder Abuse Resources | Te Tari Kaumātua ([officeforseniors.govt.nz](http://officeforseniors.govt.nz)).

## Need Free, Confidential, Independent Advice?

**Citizens Advice Bureau**

Te Pou Whakawhirinaki o Aotearoa



Citizens Advice Bureau is there to help anyone in NZ, and in multiple languages.

CAB is the best first port of call for free information and advice about people's rights and responsibilities, providing them with the confidence and support they need to act. CAB connects people to applicable services, giving specific advice, eg: how to get food assistance, accessing financial support, advice on employment or housing rights, finding a Justice of the Peace. CAB provides the same non-judgmental advice in various languages, along with working for positive social change within the local community and wider society.

CAB is a nationwide, independent community organisation with a long association with the area since the 1970's, and has helped thousands with a variety of issues. The CAB motto is "Not sure? Ask us.". Whatever the query is, CAB will try to help. If they can't help you directly, they'll find someone who can. When you contact CAB, you can be assured that their service is completely confidential.

[www.cab.org.nz](http://www.cab.org.nz) | 0800 367 222



## How to Report Dog Related Issues



Auckland Council's Animal Management team is available 24/7 to assist with any dog related issues such as roaming dogs, aggressive dogs and dog attacks.

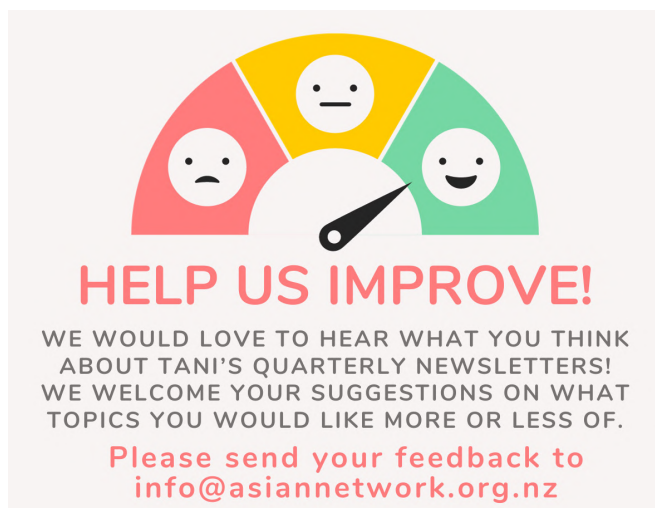
Should you encounter a dog acting aggressively, please retreat to a safe place and contact us on 09 301 0101 or 0800 462 685 to report the issue immediately.

When reporting, supply as many details as possible including descriptions of the dogs and owners, and any supporting details such as address where the dog was last seen.

We ask that all owners ensure their dogs are registered, microchipped and preferably de-sexed. Dogs should be kept safe and contained on your property, and never allowed to roam or left with children unsupervised. This will go a long way towards keeping our communities safe.

More information is available on the Auckland Council website:

[www.aucklandcouncil.govt.nz/dogs-animals](http://www.aucklandcouncil.govt.nz/dogs-animals)



## Staying Safe in the Water



**Hato Hone St John** This summer, Hato Hone St John wants everyone to stay safe in the water and is reminding people to look after yourselves, your friends and your whanau.

Last summer (December 2022 – February 2023), Hato Hone St John responded to almost 200 water incidents across Aotearoa New Zealand (up 1.6 percent on the previous summer), with people of Asian ethnicity making up 26 percent of all fatal drownings in Tāmaki Makaurau Auckland, and 17 percent nationally.

Here are some tips from Hato Hone St John to keep safe in the water:

- Avoid drinking alcohol when going into the water.
- If you see someone in trouble in the water, stay calm and get help immediately – alert any lifeguards on duty or seek out others to assist.
- If it is safe, get the person out of the water, check if they are breathing and if they have a pulse. If there's no pulse, start CPR immediately and ensure someone has called 111 for an ambulance.
- If you're boating, wear a correctly fitted life jacket, tell someone where you're going and know exactly where your location is.
- Always supervise children around water.
- Be aware of dangers and risks such as rips at the beach, and always swim between the flags or near a lifeguard if possible.
- Avoid swimming alone as water conditions can change quickly and unexpectedly.
- Protect yourself from the sun's harsh rays by seeking shade during the hottest part of the day, covering up with clothing and regularly reapplying sunscreen – and don't forget to stay hydrated by drinking plenty of water throughout the day.



# Free Resource To Empower Older New Zealanders

The latest versions of Where from here He Ara Whakamua are now available throughout New Zealand. Containing essential information, the free publication from The Eldernet Group empowers older people to make informed decisions for their future.

Content includes mental and physical wellbeing, getting help at home, carer support, legal issues, financial assistance, and more. Where from here lists care homes and retirement villages in each region, as well as home help providers, Kaumātua, Asian, and Pasifika services, and day care providers.

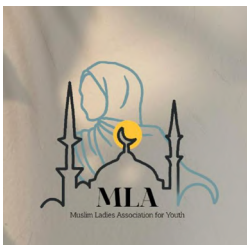


Digital copies are available at [www.eldernet.co.nz](http://www.eldernet.co.nz), or can be picked up through an approved agency or via health professionals. Contact The Eldernet Group for more information: 0800 16 706.

# Empowering Wellbeing In The MLA Community

The Muslim Ladies Association (MLA) plays a pivotal role in nurturing the wellbeing of its members. Our focus extends beyond mere social gatherings to embrace health, safety, and successful settlement in our community. Below are the resources and support MLA provides:

- We coordinate with local clinics to offer health services that are sensitive to cultural and linguistic diversity, and tailored to our community's needs, including women-specific health programs.
- Workshops in collaboration with local law enforcement to educate members on personal safety and community security.
- Guidance on legalities, employment opportunities, and educational resources, easing the transition for newcomers.
- Community events that celebrate our rich cultural heritage while fostering unity.



MLA believes in empowering each member through health, safety, and communal support, making our community a beacon of hope and harmony. Contact: Laila Mohammed at 0274 381 822.



Did you know that hospital patients who have views of plants and greenery have shorter stays, experience fewer complications, and require less pain medication?

Today, we are reaching out to you to ask for help with a unique opportunity to transform the central atrium of Auckland's newest hospital building into New Zealand's first large-scale indoor Healing Garden.

Your support is crucial to help make this incredible green-space come to life. By supporting this project, however big or small the donation, you will be an important part of enhancing the wellbeing of everyone who steps foot in our new hospital building and leave a lasting legacy which positively changes hospital experiences for generations to come. 100% of donations will support the Healing Garden.

Thank you for considering being part of this exciting opportunity to improve the future care of our community and loved ones.

**DONATE**



**About Well Foundation**  
Well Foundation is the official charity for North Shore Hospital, Waitākere Hospital, and community health services across West Auckland, North Shore, and Rodney.



GIVEABITOFGREEN.CO.NZ

# Burn Support Charitable Trust Annual Children's Burn Camp



**CHILDREN'S CAMP**  
20 – 24 JANUARY 2024  
Shakespear Lodge  
Shakespear Regional Park  
1503 Whangaparaoa Rd  
Army Bay  
Auckland

Camp Awhi provides a secure environment to nurture and raise the self-esteem of young burn survivors attending from throughout N.Z., promoting a positive attitude while encouraging a healthy independence. Burns do not discriminate, it is vitally important young children do not FEEL ALONE, the unique and fun filled camp provides inspiration, friendships, and the special experience of sharing stories with those similarly affected.

IF YOU KNOW OF ANY ONE AGED 7 - 17 Yrs and has sustained burn injuries, please contact Burn Support Group, 021863670, [michele@burns.org.nz](mailto:michele@burns.org.nz), [www.burns.org.nz](http://www.burns.org.nz).



# Motherhood and Infant Gut Microbes: An Intimate Connection



The bond between a mother and her infant extends beyond emotional ties, profoundly influencing the infant's gut microbiome. During birth, especially through natural delivery, and breastfeeding, a mother transfers critical microbes to her child. These microbes, mainly comprising beneficial bacteria, play a pivotal role in shaping the infant's gut microbiome, crucial for their immune system development and overall health. This microbial transfer helps in building the infant's defense against diseases and aids in digesting breast milk. Recent studies underscore the significance of this natural process, highlighting how a mother's microbiota can impact her child's long-term health and well-being.

If you're interested in learning more about nutrition, the Asian Network Incorporated (TANI) delivers the Healthy Babies Healthy Futures program for South Asian mothers. To be eligible for the Summer season, you should be a Sri Lankan māmā, either pregnant or with a baby under 4 years old, residing in the Auckland & Waitematā DHB region, and new to the Healthy Babies Healthy Future programme. Starting soon in January 2024.

For further information, please contact Bushra Ibrahim, NZ Registered Nutritionist & Healthy Lifestyle Coach, at 022 4647 448 (text or call).

## Parents Centre Aotearoa: Antenatal & Postnatal Classes

Parents Centre Aotearoa is a not-for-profit organisation who have been part of New Zealand's history for over 70 years. Our primary business is offering antenatal and postnatal education and support for new parents. Parents Centre are the only organisation who offer this nationally and we pride ourselves on the difference we make to Whānau in the community.

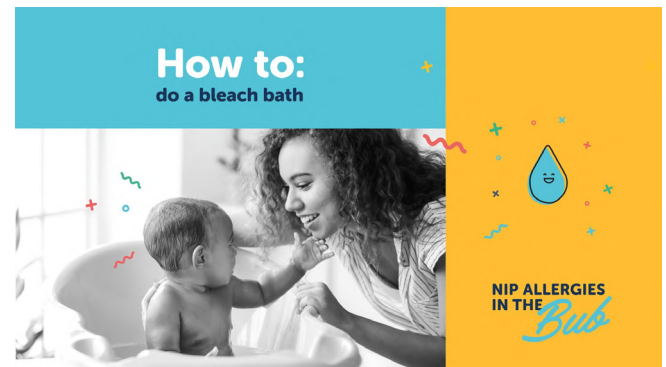
All of our programmes are facilitated by qualified educators who hold an annual practicing certificate. Our classes offer evidence-based research and delivered in a way that is interactive, fun and engaging. We also set up coffee groups for on-going friendship and support.

In Auckland we provide classes for the Chinese community in Mandarin and are soon to start these classes again in Hamilton. We have also offered classes to the Indian community in Auckland and are working on starting these in Tauranga next year.

To find out more visit:  
[www.parentscentre.org.nz](http://www.parentscentre.org.nz)



## Eczema Resources in Asian Languages



Eczema resources translated in some Asian languages are now available for access among the community. These resources include animated practical videos and infographics for eczema skin management. They were developed by National Allergy Council of Australia.

Eczema is a long-term inflammatory skin condition that affects around 25% of children and 7% of adults. As of June 2022, there were more Asian and Pacific male children in New Zealand who were diagnosed with eczema as compared to Māori, European and other ethnicities.

You can access the eczema resources from <https://preventallergies.org.au/translated-eczema-resources>

Got any allergy-related questions or do you need allergy-related support?

Please email:  
[educator1@allergy.org.nz](mailto:educator1@allergy.org.nz)  
or [allergy@allergy.org.nz](mailto:allergy@allergy.org.nz).



# Safari Multicultural Playgroups



Many Asian women from refugee or migrant background struggle to prioritise their own health needs and often face multiple challenges with the health system around communication, their need for modesty and the preference for female doctors.

For this reason, Safari Multicultural Playgroups, run by Belong Aotearoa, has teamed up with Starship Community/Te Toka Tumai Auckland and Well Womens Family Trust to deliver vital health information and support to Asian women with young children in Auckland. Through a series of workshops held at the playgroups, the women were able to learn about the breast screening programme and the cervical smearing programme, most for the first time. By using the newly developed self-testing kits for cervical cancer, the women could complete their screening on the spot, without needing to make a doctor’s appointment. The facilitators also found many women were not registered with a GP and could help them with the barriers around this.

For more information, email [safari@belong.org.nz](mailto:safari@belong.org.nz), call 09) 625 2440 or visit our website [www.belong.org.nz/safari-multicultural-playgroups](http://www.belong.org.nz/safari-multicultural-playgroups)

# Te Wānanga o Aotearoa - Story From a Graduate



My name is Zahra Ebrahimi Bakhshmandy, and I’m from Iran. I have volunteered in various places, such as kindergartens, cooking for seniors, and preparing meals for pregnant women. As a migrant, I wanted to contribute to the New Zealand community.

Upon completing the Te Wānanga o Aotearoa Certificate in Business Administration and Technology course at the Albany campus, I gained confidence. Mihiri, the Kaiako, supported me throughout, consistently providing encouragement. She taught me practical, necessary skills step by step, enabling progress each week over the 20-week. This period was incredibly beneficial as I learned to use Word, PowerPoint, Excel, Publisher, and OneDrive, meetings involved recording minutes and creating posters, making learning enjoyable for gaining computer skills. I encourage others to join the Business Administration and Technology course in 2024 and experience the same enjoyment I did.

If you’d like to learn more email: [jihyun.park@twoa.ac.nz](mailto:jihyun.park@twoa.ac.nz) or phone 027 214 8496

## Get digital skills.



## Go places.

Digital Passport’s free, online courses cover everything from computer basics to more advanced digital skills; getting you job-ready for today’s digital world.

Whether you’re just starting out or returning to work, our short videos and quizzes make learning a breeze. Learn at your own speed, any-time, anywhere. Plus, earn valuable completion badges and credentials to showcase on your CV.

Join Digital Passport to level-up your career!

- Learn in 20 minutes a day
- Earn completion badges
- 100% FREE



Sign up now at [digitalpassport.co.nz](http://digitalpassport.co.nz)

**EDOS** Te Tāhuhu o te Mātauranga

# INTERNET FOR HOME

A national programme providing free household Internet for whānau with children at school.

**CONTACT US TODAY ON**  
**0800 441 844**

Installation and monthly costs paid for by the Ministry of Education until 30 June 2024.

**EDOS.KIWI**

# TANI Hamilton News

## TANI Kirikiriroa/ Hamilton Office

The Asian Network Inc.'s Hamilton office has completed another productive quarter, achieving several milestones that contribute to enhancing the equity and accessibility of Asian members in Hamilton concerning their health and wellbeing.

Notable initiatives include TANI Hui for Ethnic Community Health and Wellbeing, health talks in collaboration with the Waikato Senior Indian Citizens Association, workshops on Preventing Family Violence and Understanding NZ Family Laws for Chinese migrant parents with I GO Chinese Learning, free health screenings with WINTEC Te Kotahi Oranga | Health and Wellness Centre, and a Free Mobile Cervical Clinic for migrant women with Waikato Te Whatu Ora. Additionally, we actively participated in various community events, including the inaugural Pasifika Health Expo by K'aute Pasifika Trust.

A significant highlight of our achievements is the collaboration between Arts for Health Community Trust and TANI Hamilton, offering a Wellbeing Art Programme for children aged 9-12 from migrant and refugee backgrounds in Term 1, 2024, spanning 6 weeks (free tuition, \$20 for materials per child). Please refer to the flyer below for more details.



For questions, support, or collaboration, please contact **Cindy Pak** (Korean: [seunghee.pak@asiannetwork.org.nz](mailto:seunghee.pak@asiannetwork.org.nz)) and **Wendy Zhai** (Chinese: [wenming.yantai@gmail.com](mailto:wenming.yantai@gmail.com)). We welcome your inquiries!

## Free Antenatal Classes With Plunket Whānau Āwhina

Plunket is a charity and Aotearoa New Zealand's largest support service for the health and wellbeing of tamariki under-five and their whānau.

We offer free health and development checks, a 24/7 parenting helpline, and a range of local services including antenatal classes, helping to prepare parents for birth and beyond.

In 2024, we have a range of antenatal classes and dates, including classes with language support for the Indian Community. To find out more, visit [www.plunket.org.nz](http://www.plunket.org.nz) or contact Dianne on 027 224 0404 or email [Dianne.Roberts@plunket.org.nz](mailto:Dianne.Roberts@plunket.org.nz).

Arts for Health & The Asian Network Inc. (TANI) warmly invite you

### Art & Heart Adventures for Children from Migrant and Refugee Backgrounds (Ages 9 - 12)

**Starts Monday, February 12th - March 18th (6 weeks)**  
**Time:** 4 pm - 5:30 pm  
**Venue:** Arts for Health, 2 Seddon Road, Frankton, Hamilton 3204  
**Cost:** \$20 for materials per child for 6 weeks, with free tuition fees

Limited spots (only 12 children) are available, so please register and secure your spot now at <https://forms.gle/HgWxIVVcPZpE93ZD9>

Cindy: 022-807-0002 (English, Korean)  
 Wendy: 027-445-1299 (English, Mandarin)

## ANTENATAL CLASSES

Run FREE of charge through Whānau Āwhina Plunket

**Learn about:**

- Preparation for Labour
- Information on birthing options
- Breastfeeding information
- Practical newborn care
- Support/services once baby arrives

**Hamilton Dates**

**Saturday**  
2 x sessions | 9am - 3pm

- January 20th + 27th
- April 27th + 4th May
- June 15th + 22nd

**Thursday**  
4 x sessions | 615pm - 915pm

- Jan 25th - Feb 15th
- March 28th - April 18th
- June 6th - 27th

**Matamata Dates**

**Wednesday**  
4 x sessions | 615pm - 915pm

- Feb 28th - March 20th
- May 1st - May 22nd

12 Richmond Street  
Plunket Clinic, Hamilton

122 Broadway Street  
Plunket Clinic, Matamata

To enquire & book please email [waikato.admin@plunket.org.nz](mailto:waikato.admin@plunket.org.nz)

## INDIAN ANTENATAL COURSE

Run FREE of charge through Whānau Āwhina Plunket

Supported by **Nurse Sugandha Translation** also available into Hindi/Punjabi

क्या आप मॉ बनने जा रही हैं ? आप हिंदी, पंजाबी, उर्दू या हरियाणवी बोलते हैं तो प्लंकेट आपको गर्भावस्था में देखभाल, शिशु जन्म की तैयारी, प्रक्रिया और विकल्प, स्तनपान प्रक्रिया की चुक्तियाँ, नवजात शिशु की देखभाल, आपके प्रश्नों के उत्तर और प्लंकेट सेवाएं उपलब्धित भाषाओं में भी उपलब्ध कराते हैं. आपसे निवेदन है कि प्लंकेट की Antenatal क्लासेज में ज़रूर आएँ.

**Hamilton Course**

**Saturday**  
2 x sessions | 9am - 3pm

**February 24th + 2nd March**

**Learn about:**

- Cultural Practices/Faiths & Beliefs
- Preparation for Labour/birthing options
- Practical Newborn Care
- Breastfeeding information/cultural food
- Support/services once baby arrives

12 Richmond Street  
Plunket Clinic, Hamilton

To enquire & book please email [waikato.admin@plunket.org.nz](mailto:waikato.admin@plunket.org.nz)

