

Public Health South

Dunedin: Private Bag 1921, Dunedin 9054
Ph: 03 476 9800 Fax: 03 476 9858

Invercargill: PO Box 1601, Invercargill 9840
Ph: 03 211 8500 Fax: 03 214 9070

Queenstown: PO Box 2180, Wakatipu, Queenstown 9349
Ph: 03 450 9156 Fax: 03 450 9169

Breastfeeding Support In The Southern Region

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Face-to-Face Breastfeeding Support

Consult your midwife, Tamariki Ora/WellChild nurse or GP for breastfeeding support.

If you need **extra support** you can get it from one of the services below.

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- Breastfeeding Support Southland and Otago (Breastfeeding supporters/peer counsellors) – page 3
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La Leche League Breastfeeding Support Groups

Accredited La Leche League leaders provide mother-to-mother information and support for breastfeeding and run regular meetings covering breastfeeding and parenting topics. Services are free.

Further information is available online at www.lalecheleague.org.nz, or you can also receive assistance by emailing help@lalecheleague.org.nz

Contact details

Otago

Dunedin West

Brylin Ph: 03 467 5599
Katya Ph: 027 701 4828
Sian Ph: 03 453 1051
Jemma Ph: 021 111 8755

Email: LLL.dunedinwest@gmail.com
Facebook: La Leche League Dunedin
LLLNZ webpage: lalecheleague.org.nz

Cromwell

Joanna
Ph: 03 428 3979
Email: lalecheleaguecromwell@gmail.com

Southland

Invercargill

Lisa Ph: 03 216 8705 or 027 322 0869
Kathy Ph: 03 213 0643 or 027 427 1762
Maree Ph: 03 230 4266

Website: [La Leche League Invercargill](http://LaLecheLeagueInvercargill)

Northern Southland

Christine Kirkby-Sing
Ph: 0211576296 or 03 248 7205
Email: christine.kirkbysing@gmail.com



Breastfeeding Support Otago and Southland

Breastfeeding Peer Supporters

Breastfeeding Peer Supporters (also called Breastfeeding Peer Counsellors) are volunteers who are trained to provide non-judgmental breastfeeding support and information on the normal course of breastfeeding, overcoming common barriers and breastfeeding challenges. They are available for free, one-to-one support, phone, text or email help, informal group drop-in sessions and home visits.

Visit www.breastfeedingsos.co.nz for information on breastfeeding and to find local volunteers who are trained to provide support with breastfeeding.

Peer Support Programme Coordinators

Otago

Otago / North Otago

Bushie

Ph: 021 260 4678

Email: bushie@thebreastroom.org

Central Otago Catkin

Ph: 0800 560 650

Email: zulucatkin@hotmail.com

South Otago

Louise

Ph: 027 5200 063

Email: Louisejt001@gmail.com

Southland

Southland

Lisa

Ph: 027 322 0869 or 03 216 8705 (hm)

Email: missdewhurst@hotmail.com

Antenatal Breastfeeding Support

Free classes, which help parents gain confidence with breastfeeding, are under the Breastfeeding Support Otago & Southland umbrella. They are designed to complement and extend the information provided by antenatal education classes and are available to all prospective parents (not only first-time parents), their whānau and supporters.

Contact Details



Dunedin Antenatal Breastfeeding Group Sessions

Rachel

Ph: 022 082 7701 or 03 477 6241

Email: breastfeedingclass@thebreastroom.org

Sessions are held monthly at The Breast Room, 262 North Rd, North East Valley. For dates and more information about upcoming sessions text, call or email Rachel

Drop-In Centres

Drop-in centres are under the Breastfeeding Support Otago & Southland umbrella. They provide **free** one-to-one breastfeeding consultation and support services. No appointments necessary.

Contact details

Otago



The Breast Room, Dunedin

Emma 027 891 1270

Denise 027 476 1339

Open: 10.30am-12.30pm every Wednesday

Location: 262 North Rd, North East Valley,
Dunedin, 9010

Facebook page: [The Breast Room](#)

Email: getsupport@thebreastroom.org

Website: www.thebreastroom.org

The Milk Room, Oamaru

Lydia 027 636 3663

Open: Every Tuesday 9.30am – 11.30am

Location: North Otago Plunket Rooms
Severn St., Oamaru

Facebook group: [The Milk Room North Otago](#)

Central Otago / Lakes District

Wanaka Well

Open: 2nd and 4th Tuesday of each month
10am-12noon

Location: Upper Clutha Plunket Rooms,
51 Ardmore Street, Wanaka

Lactation Consultant and Peer Supporters
available

Facebook page: [Wanaka Well](#)

Aleisha 02108335885

Fiona 022 385 0913

Mums 4 Mums, Alexandra

Jennifer 027 229 9213

Helen 027 328 9277

Open: 1st and 3rd Wednesday each month,
10.30 am – 12 noon

Location: Alex Baptist Church, 6 Gregg St.,
Alexandra

Facebook page: [Mums 4 Mums Central Otago](#)

Mums 4 Mums Wakatipu

Open: 1st and 3rd Tuesday of each month
11am – 1pm

Location: Queenstown Plunket, 8 Henry Street

Facebook group: [Queenstown Breastfeeding Café](#)

Catkin 0800 560 650

Mums 4 Mums, Cromwell

Facebook page: [Mums 4 Mums Cromwell](#)

Private message for support

Southland

The MILK Room, Invercargill

Lisa 027 322 0869

Open: Every Wednesday, 10-11am

Location: Plunket, (front room) 132 Kelvin St,
Invercargill

Facebook page: [Breastfeeding Support Southland & The MILK Room](#)

Lactation Consultants

Lactation consultants provide specialist support and assistance to mothers and babies who need extra help with breastfeeding. Hospital services are free but private consultants may charge a fee.

Contact Details

Otago

Lactation Consultants – free service
Queen Mary Hospital – 8am to 4pm
Ph: 03 470 9186
Email: lactation.consultants@southernhdb.govt.nz

Donna Dalzell
Private Lactation Consultant
Ph: 027 243 7350
Email: donna.dalzell4@gmail.com

Stefanie Kalmakoff
Private Lactation Consultant
Ph: 027 3305 503
Email: woodkal@xtra.co.nz

Carrie van Rij
Private Lactation Consultant
Ph: 021 0218 1144
Email: carrie@nourishbaby.co.nz
Webpage: www.nourishbaby.co.nz

South Otago

Maria McCaw
Private Lactation Consultant
Ph: 03 417 7198 or 027 221 5117
Email: maria@milkhoney.co.nz

Central Otago/Queenstown Lakes

Charlotte Jean Maternity Hospital
Community Lactation Consultants
Free service for Central Otago & Upper Clutha
Ph: 03 448 5229
Email: info@charlottejean.co.nz
<http://www.charlottejean.co.nz/lactationconsultants.php>

Ann Kolarik
Private Lactation Consultant Queenstown
Ph: 027 243 7918

Charlotte Aarden
Community Lactation Consultant
Central Otago Midwives
Free service for Central Otago
Breastfeeding equipment support
Ph: 027 639 9005
Email: comidwives@gmail.com
Website: www.centralotagomidwives.co.nz

Wendy Byrne
Private Lactation Consultant Central Otago
Ph: 027 632 6352

Maggie Morgan
Private Lactation Consultant
Wanaka area
phone [021 664 900](tel:021664900). maggie.morgan4@gmail.com

Vanessa Logan (Smith)
0276887327
vanessalogansmith.mrmlc@gmail.com
Community midwife, nurse, Lactation Consultant
Central Otago Midwives
Donation requested towards resources for helping all women in Central Otago community (from those able to provide).

Southland

Invercargill

Mary Grant
Invercargill Hospital Lactation Consultant – free service
Ph: 03 218 1949 ext: 8376
Email: mary.grant@southernhdb.govt.nz

Breastfeeding Support – Apps and Websites

Helpful information about breastfeeding.

BreastFedNZ app

www.breastfednz.co.nz

Breastfeeding information – when you want it, where you want it, as you want it



Breastfeeding Support Otago Southland

www.breastfeedingsos.co.nz

A website that has Breastfeeding Peer Supporter profiles and their contact details, as well as links to helpful information regarding breastfeeding for mothers and their whānau.



BURP app / website

[Burp: Breastfeeding's Ultimate Refuel Place](#)

An app that will help you find a breastfeeding friendly place (café or other public place) in Otago and Southland where you can comfortably breastfeed



Feed Safe app

[Feed Safe](#)

Handy information on breastfeeding and alcohol. The app contains official recommendations from the NZ Ministry of Health, as well as local contact details for breastfeeding information and support services.



Ministry of Health website

www.breastfeeding.org.nz



Breastfeeding Support On the Phone

Free telephone information services for all the family.

HealthLine
0800 611 116



Plunketline
0800 933 922



Includes video
conferencing service
for lactation support

Breastfeeding Support - Books and Videos

Online



This [booklet](#), developed by Mary Grant from Southland Hospital in 2012, is a guide for today's new mothers.



La leche League [on-line bookstore](#) offers pamphlets (free), books (for purchase) and other materials

Library services

Libraries across the Southern region.