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Perinatal Anxiety & Depression Aotearoa

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Wellbeing Forum

SAVE THE DATE

**Wednesday
2 May**

9 am – 4.30 pm

Nordmeyer Lecture Theatre
University of Otago
Mein St, Newtown
Wellington

In support of:

WORLD MATERNAL MENTAL HEALTH DAY

#MATERNALMHMATTERS



This forum will be of particular value to:
*Midwives, Social Workers, Psychologists, Nurses, GPs,
 Family Community Support Workers,
 Psychotherapists, Counsellors, Childbirth Educators,
 HR Professionals, Mental Health Clinicians, Early
 Childhood Educators*

*Please note that parents and caregivers who have an
 interest in MMH are invited to attend the morning
 session (non-mobile babies welcome)*

Come listen to presentations from:

- **Arihia Latham**, Writer, Facilitator, Lecturer and Health Practitioner – *The Balance*
- **Dr Monica Johnson**, Psychiatry Registrar – *Motherhood in the Digital Age*
- **Liora Noy** – *Taking the pressure off: Supporting mums struggling with Breastfeeding and PND*
- **Ngaruna Kapinga** – *A cultural perspective on perinatal distress*
- **Dr Mark Huthwaite**, Consultant Perinatal Psychiatrist – *Turning on the Lights: Some of the Pitfalls When Treating PND*
- **Heather Elmes**, Consultant Clinical Psychologist – *Circle Stories: Circle of Security Informed Reflections on Relationships between Infants and their Mothers*

Posters and stalls for community service networking
 Mother's Day card competition

Attracts 8 Midwifery continuing education hours & 5.5 CME GP credits




Registration Options – catering included

- SMO/GP's \$150
- Other Health Professionals \$85
- Students \$50

Click to register <https://goo.gl/forms/CfGT9nnpj68sttOE2>
 Or email events@pada.nz or call 04 4616318











Kia ora Koutou

Welcome to our Autumn Newsletter! As we head into cooler, unpredictable weather, we can keep our spirits up with the many heartwarming events and initiatives taking place within the perinatal community.

May, and it's shaping up to be a busy month of May! Kicking off in Wellington, on [World Maternal Mental Health Day - 2nd May - is our first PADA seminar](#) for the year. This seminar is being held in conjunction with PND Wellington & Wellington Maternal Mental Health. With a variety of speakers catering for both clinicians and mums. Email events@pada.nz or [click here](#) to register. Information on our other [seminars around NZ](#) can be found below.

As part of this event we are thrilled to launch our PADA book "Are you OK...really?". Thanks to [Pelorus Trust](#) a long time dream has become a reality! The book features 22 chapters, written by expert authors, and has been designed as a handy reference guide for health care providers in New Zealand. Available for purchase from PADA for \$35, we have published this book as a resource for the wide range of care providers who work with families over the perinatal period. Be one of the first to get your copy on the 2nd May!



Pound the Pathway for PADA is our biggest fundraising event of the year. This fun run/walk will take place on Sunday the 6th of May, 10am, at Bothamley Pathway, Porirua. We have a great team of walkers, runners and their support crew; including Wellington mayor Justin Lester & his family. This is a really great community event, and you can support the team or a participant of your choice at our [everyday hero page](#)

You can also take part in this event 'virtually' no matter where you live in New Zealand, on the road, on the trail, or on the track at a location that suits you. You can run, jog, or walk, 5km or 10km, and fundraise for PADA. If perinatal mental health is important to you and you'd like to spread awareness and decrease stigma then lace up your sneakers and Pound the Pathway. Please don't delay in signing up, your support is urgently required to ensure

see the participants who have signed up so far. Simply register by emailing events@pada.nz

So far over \$2,700 has already been raised through this event but we are hoping to raise \$10,000 and your involvement is necessary and very much appreciated!

Sporting events are a great way you can support PADA, if it's something you've thought about doing, or someone you know is interested in taking part in the [Dunedin marathon](#) on 9th September, or the [Queenstown marathon](#) on the 17th November - please get in touch and we can set you up with your own [everydayhero](#) fundraising page and help you shout it from the rooftops!!

Our final event for awareness week is Wellbeing Sunday, being held on 27th May, this is a feel-good afternoon looking at ways we can find balance in life, including mindfulness and identifying goals. As well as tasty afternoon tea treats from Raw Glory & Good Buzz kombucha. Only 40 tickets available from [eventbrite](#).

Our Mothers day event is a 'Karma Keg' - come and celebrate mum (or yourself!) on the 13th May, with a pint of beer at [One Fat Bird](#) in Karori, Wellington! Pay what you think is karmically fair for a pint of beer from [Black Dog Brew Co.](#) (minimum of \$11 per pint) and PADA will receive 100% of your donation!

Thanks to [Kangatraining](#) for their awareness week event and donating their koha entry back to PADA. If you would like to host an event during awareness week we'd love to hear from you! Email us at events@pada.nz.

[Angela Bowen](#) RN, BSN, MEd, PhD, is a Registered Nurse, trained midwife, with a PhD in Community Health and Epidemiology, with a focus on socially vulnerable, including Aboriginal, mothers. She has extensive clinical, educator, and administrator experience in Obstetrics and Mental Health and is a trained midwife. Her research focus, Maternal Mental Health, brings these areas together.

She was kind enough to write an article for us below on how we can take care of ourselves prior to giving birth which is so important but often overlooked.

Huge thanks to our generous sponsors:

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Lastly, here are some articles from various publications for your interest:

[Maori Health Review](#)

[ePulse](#)

[eCALD News](#)

We hope you have a peaceful Autumn/Winter season, taking care of your own wellbeing as you take care of others.

Warm wishes,

Mel, Treena, Gill & Olivia

Would you like to advertise your business or service in this newsletter? It gets sent electronically to a nationwide readership of over 2,000 people, all of whom have an interest in perinatal mental health.

Please get in touch if you'd like to share your service with our audience office@pada.nz

www.pada.nz



'Giving pregnancy a rest break!'

Jill: "When are you due"?

Kirsten: "May 24; I can't wait to have some time off"

[Angela Bowen](#) is a Registered Nurse, trained midwife, with a PhD in Community Health and Epidemiology, with a focus on socially vulnerable, including Aboriginal, mothers.

in this article she looks at the importance of self-care *before* the baby is born, and offers practical tips for those who are pregnant or supporting someone who is. [Read the full article](#)

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Perinatal Mental Health NZ Trust

Please include your name and 't-shirt' as reference

Look great and show your support for PADA with pride

Register your interest today:

Email events@pada.nz

Phone: 04 461-6318

8 Midwifery continuing hours

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Perinatal Anxiety & Depression Aotearoa
Information and Networking about Antenatal & Postnatal Anxiety or depression

SEMINAR SERIES

These seminars provide professional development for those supporting families affected by mental illness related to pregnancy, childbirth and early parenthood. When participants leave each seminar, they will better understand how these topics impact families and have strengthened their knowledge and skills to help improve perinatal outcomes.

These seminars will be of particular value to:
Midwives, Social Workers, Psychologists, Nurses, GPs, Family Community Support Workers, Psychotherapists, Counsellors, Childbirth Educators, HR Professionals, Mental Health Clinicians, Early Childhood Educators

WELLINGTON 2 May World Maternal Mental Health Day	CHRISTCHURCH 14 June 	AUCKLAND 28 June
NAPIER 31 May 	WHANGAREI 14 Sept	QUEENSTOWN Watch this space

Register your interest now:
 Email: events@pada.nz
 Phone: 04 4616318
www.pada.nz

8 Midwifery continuing hours
 5.5 GP credits

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