

Welcome to the Community Midwifery Team



Patient Information

Women's Health Service

The Community Midwifery Team (CMT) is a midwifery service provided by Capital & Coast District Health Board (CCDHB). We are a team of experienced midwives that provide care to women who have been unable to find their own midwife Lead Maternity Carer (LMC).

This service is available for women living in Wellington and Porirua, as far north as the Paremata Bridge, including Whitby.

Should you live outside this area we can help you to find a postnatal LMC midwife.

The Community Midwifery Team

Provides a complete antenatal and postnatal service to women and their babies.

Antenatal Care (Pregnancy)

Women can attend midwife-only clinics located at either:

- **Wellington Hospital** - Women's Clinics
- **Kenepuru Hospital** - Outpatients Department
- **Cannons Creek** - Ora Toa Medical Centre
- **Strathmore Park** - Community Centre

Clinic appointment enquiries

To change your first appointment please call (04) 806 0764

To change or enquire about any follow-up appointments please call (04) 806 0760.

Labour and Birth Care

Is provided by hospital midwives working on Delivery Suite at Wellington Hospital.

Postnatal Care (After Birth)

We will visit you at home for 4-5 weeks after your baby is born.

We also provide a 24 hour on-call service for URGENT postnatal issues for 6 weeks, after your baby is born.

On discharge we will arrange referrals to your chosen Well Child provider and update your General Practitioner \ Medical Centre.

Contacting the Community Midwifery Team

There is a free phone number

0800 525 166

Ask the operator for the:

Community Midwifery Team

If URGENT

ask for Delivery Suite

When pregnant please call **0800 525 166** if:

- Your waters have broken
- You have any vaginal bleeding during pregnancy
- Your baby is not moving or is moving less than usual
- You have abdominal pain or regular contractions (i.e. 5 to 10 minutes apart for more than 1 hour)
- You have any other significant concern.

If you think you are in labour or need to contact someone urgently at anytime when you are pregnant, ask the operator for Delivery Suite or call direct (04) 806 0850

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For more information about visiting hours, bus routes, parking, etc visit Capital & Coast District Health Board website <https://www.ccdhb.org.nz>

For all information relating to **CCDHB Maternity - Wellington, Kenepuru, Kapiti**, useful resources, Healthpoint, virtual tour videos, early pregnancy, antenatal & breastfeeding classes visit website <https://www.findamidwife.org.nz>