

CCDHB Find a Midwife. Enabling and supporting women in their decision to find a Midwife for Wellington, Porirua and Kapiti. <https://www.ccdhb.org.nz/our-services/maternity/>

It is important to start your search for a Midwife Lead Maternity Carer (LMC) early in pregnancy due to availability. In the meantime you are encouraged to see your GP who can arrange pregnancy bloods and scans to be done and can see you for any concerns.

Availability refers to the time you are due to give birth.

Please contact midwives during working hours 9am-5pm Monday till Friday about finding midwifery care for the area that you live in. You may need to contact several Midwives.

It can be difficult finding an LMC Midwife during December till February

If you are not able to find a Midwife fill in the contact form on our website or leave a message on 0800 Find MW (0800 346 369)

LMC Midwives are listed under the area they practice in, and some cover all areas:

Northern

Broadmeadows, Churton Park, Glenside, Grenada, Grenada North, Horokiwi; Johnsonville, Khandallah, Newlands, Ohariu, Paparangi, Tawa, Takapu Valley, Woodridge Greenacres, Redwood, Linden

Western

Karori, Northland, Crofton Downs, Kaiwharawhara; Ngaio, Ngauranga, Makara, Makara Beach, Wadestown, Wilton, Cashmere, Chartwell, Highland Park, Rangoon Heights, Te Kainga

Central

Brooklyn, Aro Valley, Kelburn, Mount Victoria, Oriental Bay, Te Aro, Thorndon, Highbury, Pipitea

Southern

Berhampore, Island Bay, Newtown, Vogeltown, Houghton Bay, Kingston, Mornington, Mount Cook, Owhiro Bay, Southgate, Kowhai Park

Eastern

Hataitai, Lyall Bay, Kilbirnie, Miramar, Seatoun, Breaker Bay, Karaka Bays, Maupuia, Melrose, Moa Point, Rongotai, Roseneath, Strathmore, Crawford, Seatoun Bays, Seatoun Heights, Miramar Heights, Strathmore Heights.

Porirua

Aotea, Ascot Park, Camborne, Cannons Creek, Elsdon, Golden Gate, Hongoeka Bay, Karehana Bay, Kenepuru, Mana, Onepoto, Papakowhai, Paremata, Pauatahanui, Plimmerton, Porirua East, Pukerua Bay, Ranui Heights, Takapuwahia, Titahi Bay, Waitangirua, Whitby

Kapiti

The Kapiti Coast District stretches from Pukerua Bay in the south to Te Horo in the north. It includes Pukerua Bay, Paekakariki, Raumati, Paraparaumu, Otaihanga, Waikanae, Peka Peka and Te Horo.

Current list of LMC Midwives for Wellington, Porirua and Kapiti

This list is current as of 5th July 2021 and will be updated monthly

If unable to find midwifery care after contacting Midwives from this list, please fill in the form on <https://www.ccdhb.org.nz/our-services/maternity/contact-us-for-help-finding-a-midwife/>

Wellington		
Name	Suburbs Practices In	Contact
Bay Midwives Wellington		
Eva Stabler	Central, Southern, Western, Eastern	www.askthemidwife.org
<p>I am an experienced Midwife in practice as Bay Midwives Wellington, covering full range of care. Contact www.askthemidwife.org for general enquires Clinic We have our clinic at Chiropractic Center Level 1/64 Dixon Street, Te Aro. Availability contact to check 2021: Full for 2021 2022: Full January, Full February</p>		
Capital City Midwives		
Emma Wooldridge Hyett	Central, Northern, Western, Porirua	0224656077
<p>Tena koe I have a natural approach to midwifery care and I pride myself on honest and open communication that encourages women and families to make informed choices about their care, tailoring information for you as an individual, and supporting you in your choices. My focus is on supporting physiological birth for healthy women who are having a healthy pregnancy, utilising home birth and birth at Kenepuru maternity unit. I also support women, who may have more complex needs, to birth at Wellington hospital. I prefer to see you in your home for your appointments during your pregnancy and after baby is born. I look forward to supporting you on this empowering journey. Contact 0224656077 text or call between 9-5 Availability check website https://findyourmidwife.co.nz/midwife/dea2d84e-b2cb-4a92-941e-39147167c202/emma+wooldridge+hyett</p>		
Noreen Jewell	Central, Karori	021475978
<p>I am a Midwife who has been working for 20yrs as an LMC in the Wellington region. Contact Via listed contact number 9am till 5pm for general enquires Availability contact to check 2021: Full for 2021 2022: Full January, Full February</p>		
Wanni Tam	Northern	0211824449
<p>Wanni Tam Caseload Chinese and English speaking Midwife based at Wellington Availability check website https://findyourmidwife.co.nz/midwife/a657f98b-d78b-40a4-91fd-e10862a3c6dd/wanni+tam</p>		
Domino Midwives		
<p>Dominoes are a group of midwives who share similar views and beliefs about birth. The Midwifery Service provided by the Domino Midwives is based on the strong belief that pregnancy, labour and childbirth are normal life events for most women. The midwives encourage women to choose a natural approach unless there are clinical issues indicating otherwise. Support and trust in women are essential elements of our practice and we work to achieve the best possible outcome for you and your family. Women's choice and our commitment to safety temper our practice. We specialise in waterbirth and homebirth, so give priority to those wishing to have these options. Kenepuru Birth Unit is also a choice that we can offer. A few of our midwives also offer acupuncture within their practice. Contact: Please use the mail form for finding a midwife via their website http://www.dominomidwives.co.nz/</p>		

For enquiries about looking for a midwife please include the following information: your name, where you live (the suburb in Wellington), your due date, if this is your first baby (or how many children you have), a phone number and email address.

Clinic Newtown Lychgate Centre

Availability check website <https://findyourmidwife.co.nz/region/wellington>

Annie Bennett	Central Eastern Southern	Use email enquiry form
Rhonda Moore	Northern Porirua	Use email enquiry form
Availability check website https://www.findyourmidwife.co.nz/midwife/47327922-5010-4ff3-bfb8-1b1b731cc55f/rhonda+moore		
Sarah Dow	Northern Porirua	Use email enquiry form
Availability check website https://www.findyourmidwife.co.nz/midwife/dc7ae788-a265-43cb-8fea-5cf03745f7c7/sarah+dow		
Michelle Elliott	Central Western	Use email enquiry form
Availability check website https://www.findyourmidwife.co.nz/midwife/1ac34f45-cd38-4b31-81e1-be9e518302a4/michelle+elliott		
Rosie Naylor	Southern, Eastern Central	Use email enquiry form
Availability check website https://www.findyourmidwife.co.nz/midwife/76f02312-8433-4c3e-8879-8cc0372199de/rosie+naylor		
Fiona Wood	Eastern Southern	Use email enquiry form
Availability check website https://www.findyourmidwife.co.nz/midwife/5336ad31-f295-495e-a96b-2d79f664892e/fiona+wood		
Heidi Ernst	Southern, Eastern Central	Use email enquiry form
Availability check website https://www.findyourmidwife.co.nz/midwife/d3b97d42-6de8-482c-b68e-07d6bd365c21/heidi+ernst		
Wellington Home Birth Association		
Home Birth Midwives		
We believe that pregnancy and birth are normal life events and support women to give birth naturally in their home. Please visit the website http://wellingtonhomebirth.weebly.com/ for a list of midwives who offer home births and their contacts		
Te Awakairangi Birthing Centre at Lower Hutt		
Te Awakairangi Birthing Centre in Melling Lower Hutt is an option for women from Wellington, Porirua and Kapiti if they have an LMC with an access agreement there, for more information see https://www.birthingcentre.co.nz/		
Primary birthing service is free to women of all ages who are eligible for care in New Zealand hospitals and whose pregnancy is considered low risk primary care.		
See a list of Wellington LMCs with access agreements to the facilities https://www.birthingcentre.co.nz/Locations/Lower-Hutt/Find-an-LMC		
Suzi Hume – Postnatal Care Midwife Wellington		
Suzi Hume	Southern, Eastern Central	027 2229 669 or email suzihume12@gmail.com
Suzi Hume, can offer postnatal care to women who do not already have this arranged with an LMC Midwife.		
Area covered included regions of Eastern, Southern, Central.		
Contact 027 2229 669 or email suzihume12@gmail.com		
Availability contact to check		
Four Corners Midwifery		
Alice O'Dell	Central Western	Email fourcornersmidwifery@gmail.com

Supporting women wishing to birth in Wellington Hospital.

Our clinic is in Kaori.

My practice partner is Donna Sparks.

Contact Via email for general enquires

Availability check website

<https://findyourmidwife.co.nz/midwife/07cac511-4740-4caa-977c-20172576e17b/alice+o+dell>

Joy Wadham

Joy Wadham

Eastern

0211018291

Caseload Midwife based in Strathmore Park

Contact Via 0211018291 9am till 5pm for general enquires

Availability check website

<https://findyourmidwife.co.nz/midwife/58d7e7e9-4a6d-4fd2-9ed9-5fae210891d2/joy+wadham>

Hatched Midwifery

Jessie Cartmell

Central Eastern Southern
Northern

I offer births at Wellington Hospital, Kenepuru Maternity Unit or at your own home, with water birth available at all locations. I work with Lucy Field and Fiona Pullar. Our practice has a strong focus on primary care, home birth and natural birth.

Clinic I run a clinic on The Terrace where you will visit in the pregnancy.

Availability check website

<https://www.findyourmidwife.co.nz/midwife/51d0be37-3dea-4cc1-8e90-7fad15e100f1/jessie+cartmell>

Lucy Field

Central Eastern Southern

Email Lucyfieldmidwife@gmail.com

Congratulations on your pregnancy! To be a midwife is a massive privilege and I take great joy in getting to know you and your whanau. I offer births at Wellington Hospital, Kenepuru Maternity Unit or at your own home, with water birth available at all locations. Our practice has a strong focus on primary care, home birth and natural birth. This means we want to support you to avoid unnecessary intervention during your pregnancy and labour and to have a positive birth experience. If things deviate from the norm we are able to work with you and other health professionals to achieve a safe outcome for you and your baby.

Contact Lucyfieldmidwife@gmail.com

Clinic I run a clinic on The Terrace where you will visit in the pregnancy.

Availability check website

<https://www.findyourmidwife.co.nz/midwife/621896a0-8d4b-4489-9356-4dc5392b2a0d/lucy+field>

Fiona Pullar

All of Wellington and Porirua

0212324503

I look after 4-6 women a month. I have been a midwife since 1994 and am the mother of three children. I practice both home and Wellington and Kenepuru hospital birth. My focus is on the relationship of trust and nurturing I have with the woman, and those important to her. I have a strong belief in women's ability to give birth, and focus on pregnancy, birth and breastfeeding as normal life events. Waterbirth is an option some woman I give care to choose. I am experienced in waterbirth and acupuncture. Antenatal visits are in our clinic on The Terrace, postnatal visits are provided in the woman's own home. I encourage woman to meet me first and see if I am the midwife they are looking for.

Contact 0212324503 between 9-3.30pm

Clinic Antenatal visits take place in our clinic room on The Terrace in central Wellington

Availability check website

<https://findyourmidwife.co.nz/midwife/000db79f-eb98-4795-9455-5a70aceab99e/fiona+pullar>

Gill Burdett – Acupuncture and Midwifery

Gill Burdett

Eastern Central

0274435425 or www.gillburdett.co.nz

<p>I offer one to one antenatal care at my office in Miramar, birth care at Wellington Hospital and up to six weeks support in your home after birth. I care for up to two women a month.</p> <p>Contact 0274435425 text anytime or phone between 9-5pm Monday to Friday</p> <p>Website www.gillburdett.co.nz</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/b13fd550-a894-49ac-8add-cbd5fe7491e4/gill+burdett</p>		
<p>Rachel McTavish</p>		
<p>Rachel McTavish</p>	<p>Northern Western</p>	<p>0274708939</p>
<p>I offer hospital births at Wellington. I do not offer homebirths or waterbirths.</p> <p>Area covered Newlands to Ngaio, and Karori occasionally.</p> <p>Contact 027 470 8939</p> <p>Availability contact to check</p>		
<p>Holly Fisher</p>		
<p>Holly Fisher</p>	<p>Southern, Eastern Central Western</p>	<p>email midwifehollyfisher@gmail.com</p>
<p>Congratulations on your pregnancy! My name is Holly. I am an LMC midwife providing holistic, evidence-based care with a down-to-earth mantra. My antenatal clinic is based in Kilbirnie on Saturdays. I also offer antenatal home visits during the week for those in need. I support women who wish to birth at Wellington Hospital. I offer continuity of midwifery care throughout your pregnancy, labour and birth and up to 6 weeks after baby is born.</p> <p>Area Southern Eastern Central and Western suburbs</p> <p>Contact email midwifehollyfisher@gmail.com</p> <p>Availability check website https://www.findyourmidwife.co.nz/midwife/11be847c-5174-4824-a015-c24ae135767c/holly+fisher</p>		
<p>Miramarmidwives</p>		
<p>Liz Dentice</p>	<p>Central Eastern Southern</p>	<p>Email liz.miramarmidwives@gmail.com or text or phone 0274409819 9-5pm</p>
<p>I offer continuity of midwifery care throughout your pregnancy, labour and birth and up to 6 weeks after baby is born.</p> <p>Area Southern Eastern Central</p> <p>Contact email liz.miramarmidwives@gmail.com or text or phone 0274409819 9-5pm for general enquires</p> <p>Website www.miramarmidwives.co.nz</p> <p>Availability contact to check</p> <p>2021: full for 2021</p> <p>2022: full for January</p>		
<p>Joanne Scott</p>	<p>Eastern</p>	<p>0211727220 or Jo.miramarmidwives@gmail.com</p>
<p>I am a Midwife and Registered Nurse. I offer continuity of midwifery care throughout your pregnancy, labour and birth and up to 6 weeks after baby is born.</p> <p>Contact between 9am-4pm text or call 0211727220 for general enquires or email Jo.miramarmidwives@gmail.com</p> <p>Website www.miramarmidwives.co.nz</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/56cc2004-abce-49bb-a93a-10bdfd12a30a/joanne+scott</p>		
<p>Katherine Hoshino</p>	<p>Eastern</p>	<p>0212988227 or katherine.miramarmidwives@gmail.com</p>
<p>I offer continuity of midwifery care throughout your pregnancy, labour and birth and up to 6 weeks after baby is born. I am bilingual speaking English and Japanese.</p>		

Contact between 9am-4pm text or call 0212988227 for general enquires or email katherine.miramarmidwives@gmail.com

Website www.miramarmidwives.co.nz

Availability check website

<https://findyourmidwife.co.nz/midwife/35b25b52-7964-4ca3-920c-2b38f50dd22b/katherine+hoshino>

Antonia Bettany

Antonia Bettany

Southern, Eastern Central
Northern Porirua

0800 WGTNMW (0800 948 669)

I provide continuity of care throughout antenatal, labour and birth, and the postnatal periods.
I offer births in the hospital setting and am experienced in waterbirths.
I have a clinic in Newtown on Friday morning.

Contact Via list contact number, 9am till 5pm for general enquires

Availability check website

<https://findyourmidwife.co.nz/midwife/e0849662-d657-44a9-80f3-5351f8c0e248/antonia+bettany>

Wellington Midwifery Practice

Kylie McDonald

Southern, Eastern Central

Email:

wellingtonmidwifery@outlook.co.nz or
use contact form on website

I work in a group of five experienced midwives providing 24/7 care to you and your baby.
Clinic Newtown Lychgate Centre.

Area

Contact via email wellingtonmidwifery@outlook.co.nz or use the contact form on

<http://www.wellingtonmidwiferypractice.co.nz/contactus>

Web check out our facebook page 'Wellington Midwifery Practice' or

<http://www.wellingtonmidwiferypractice.co.nz/>

Clinic Newtown Lychgate Centre.

Availability check website <http://www.wellingtonmidwiferypractice.co.nz/>

Fiona Emslie

Southern Northern

Email:

wellingtonmidwifery@outlook.co.nz or
use contact form on website

I work in a group of five experienced midwives providing 24/7 care to you and your baby.
Clinic Newtown Lychgate Centre.

Area Southern, Northern

Contact via email wellingtonmidwifery@outlook.co.nz or use the contact form on

<http://www.wellingtonmidwiferypractice.co.nz/contactus>

Web check out our facebook page 'Wellington Midwifery Practice' or

<http://www.wellingtonmidwiferypractice.co.nz/>

Clinic Newtown Lychgate Centre.

Availability check website

<http://www.findyourmidwife.co.nz/midwife/4ed93869-8601-44f3-8a8d-5cff8e07ff0e/fiona+emslie>

Rachel Carian

Southern, Eastern Central

Email:

wellingtonmidwifery@outlook.co.nz or
use contact form on website

I have been a midwife for 11 years in both the hospital and community. I am passionate about providing safe care for women at this important time. I work in a group of five experienced midwives providing 24/7 care to you and your baby. I provide hospital birth care at Wellington Hospital, looking after 4-5 women per month.
Clinic Newtown Lychgate Centre.

Area Eastern, Southern, Central and Hutt Valley women birthing at Wellington Hospital

Contact via email wellingtonmidwifery@outlook.co.nz or use the contact form on

<http://www.wellingtonmidwiferypractice.co.nz/contactus>

Web check out our facebook page 'Wellington Midwifery Practice' or

<http://www.wellingtonmidwiferypractice.co.nz/>

Clinic Newtown Lychgate Centre.

Availability check website

<https://findyourmidwife.co.nz/midwife/50e80974-0d25-4df5-8e97-27d0637f48fd/rachel+carian>

Katie Little	Central Northern	Southern	Eastern	Email: wellingtonmidwifery@outlook.co.nz or use contact form on website
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Hi, I'm Katie, I trained as a midwife in Ireland, where I am from, and I've lived in New Zealand for the past four and a half years, working in Hutt and Wellington hospitals. I am experienced caring for women in both normal and complex pregnancies and births. I have a philosophy of supporting women and their families to achieve the best possible outcomes, through supporting their choices and providing excellent midwifery care regardless of circumstances. I am comfortable and experienced in supporting women in conjunction with the obstetric teams in Wellington Hospital as needed.

I am working with a fantastic group of midwives who have a similar philosophy to bring you a safe, sustainable model of care - we have an on call system for labour and urgent calls so that you and your baby always have a well-rested midwife to provide safe hands. We endeavour to provide continuity of care during your pregnancy and postnatally, but you will get the chance to meet the other members of the team.

I look forward to meeting you and your family at this exciting and life-changing time

Contact via email wellingtonmidwifery@outlook.co.nz or use the contact form on

<http://www.wellingtonmidwiferypractice.co.nz/contactus>

Web check out our facebook page 'Wellington Midwifery Practice' or

<http://www.wellingtonmidwiferypractice.co.nz/>

Clinic Newtown Lychgate Centre.

Availability check website

<https://findyourmidwife.co.nz/midwife/77d7e042-c642-4303-bd08-3a8c7e0839ca/katie+little>

Sarah Parsons	Central Northern	Southern	Eastern	Email: wellingtonmidwifery@outlook.co.nz or use contact form on website
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Hi, I began my nursing career in the UK in 1994 and quickly realised that I had a passion for midwifery. I have been qualified and registered since 2000. I moved to New Zealand with my husband and two children and began work soon after, as a midwife, at Wellington Hospital. My time in a tertiary unit has afforded me the opportunity to care for women along the low to high risk spectrum. The time is now right to become an LMC midwife as part of a team. I feel extremely fortunate to have found professional partners who share the same desire and need to promote a level of care that is quality driven and woman-centred. In essence, we as a team, strive to provide a safe, healthy and individualised pregnancy and birth and further support you and your family through the early postnatal experience. I very much look forward to hearing from you.

Area Central, Southern, Eastern, Northern, Western, and Hutt Valley women birthing at Wellington Hospital

Contact via email wellingtonmidwifery@outlook.co.nz or use the contact form on

<http://www.wellingtonmidwiferypractice.co.nz/contactus>

Web check out our facebook page 'Wellington Midwifery Practice' or

<http://www.wellingtonmidwiferypractice.co.nz/>

Clinic Newtown Lychgate Centre.

Availability check website

<https://findyourmidwife.co.nz/midwife/cee8084f-b2bc-4c64-b79d-2d80233a7a81/sarah+parsons>

24/7 Midwifery Services

Penina Fitisemanu	Southern , Eastern Not beyond Johnsonville	Central	0800 WGTNMW (0800948669) penina.midwife@gmail.com
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Talofa lava, Bula Vinaka, Malo e lelei, Kia Orana, Fakaalofa atu, Kia Ora!

My name is Penina Fitisemanu and I am currently the only Pasefika Midwife who works in the Wellington Central and suburban areas of the CCDHB catchment region. I am of Samoan and Swiss descent.

I have been a Midwife for 24 years and also trained as a Registered Nurse.

I am available to care for Pasefika and Maori women, their partners and their pepe's/pepi to offer an alternate option for choice as an LMC from the mainstream providers that are available.

As a Pasefika woman I value language, culture, family, faith, customs and traditions which are the foundations of who I am. As a Midwife I bring these values with me when I care for women from not only a Samoan background but also different Pasefika nations and Maori.

I acknowledge Pasefika and Maori women are uniquely different but intimately understand we share very similar cultural beliefs. I believe by offering a culturally appropriate service this will provide the highest satisfaction, access and equitable care for both Pasefika and Maori women as consumers of maternity care. I recognize Maori as Tangata Whenua and the importance of Te Tiriti O Waitangi as an essential component for healthcare provision.

I can take up to 6 women per month and early enquiries are encouraged via email.

I work in a group setting for backup, provide Continuity of Care as the model of Midwifery care and facilitate births at Wellington Regional Hospital.

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I can be contacted for availability enquiries from Monday to Friday 8am -5pm

Area covered I work predominantly in the Southern and Eastern suburbs and not beyond Johnsonville but will take returning clients from other areas if my caseload allows.

Contact Monday – Friday 8am – 5pm, just leave your name and number so I can call you back. Otherwise my email penina.midwife@gmail.com

Availability check website

<https://findyourmidwife.co.nz/midwife/3a519ad3-be56-4f7b-83d7-d638b0752c1d/penina+fitisemanu>

Lucia Sunseri - Postnatal Care Midwife Wellington

Lucia Sunseri	Midwifery Postnatal Service	0224591038
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Midwifery Postnatal (after the birth) Service: For women who do not already have postnatal care arranged with an LMC midwife

Postnatal midwife with 17 years' experience. Can provide empathic and practical care for your postnatal period.

Area Wellington women needing postnatal (after the birth) care. Northern, Western, Central Wellington and Hutt Valley

Contact 0224591038 Text 8am-5pm daily

Availability contact check

Sally Horncastle - Postnatal Care Midwife Wellington

Sally Horncastle	Midwifery Postnatal Service	0211247929
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Midwifery Postnatal (after the birth) Service: For women who do not already have postnatal care arranged with an LMC midwife

I qualified as a midwife in 1995 having trained in Liverpool, United Kingdom. Since qualifying I have been fortunate to have worked in a variety of maternity settings giving me a broad understanding of maternity provision and woman centered care. I am passionate about midwifery and particularly enjoy caring for women and babies during the 4-6 week postnatal period accompanying and supporting them on the initial stage of their journey into parenthood. I am currently studying for my Masters Midwifery at Otago Polytechnic.

Area Wellington women needing postnatal (after the birth) care. Also covers Petone and Eastbourne/Days Bay

Contact 0211247929

Availability contact check

Name	Practices In	Contact Number
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Birth Options Midwifery

Mariette Fuchs	Johnsonville-Pukerua Bay	026107965 (answer service)
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Pregnancy and birth are normal life events for most women and motherhood is the rewarding experience that follows on from the partnership between you and your midwife. My midwifery philosophy centres on working alongside women to empower them to fulfil the ambitions that they have for this special time. I provide

<p>individualised support and care during pregnancy, labour and birth and feel that women and partners should be well informed and prepared during this wonderful journey. I support birth at home, Kenepuru Maternity and Wellington Hospital.</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/74c08a16-21aa-4cda-a2a0-e93d87fb4a88/mariette+fuchs</p>		
Kelleigh Sheffield	Porirua	026107965 (answer service)
<p>I am an LMC midwife in the Porirua area</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/0ab60d96-530f-4a9b-a22a-b91c4231d842/kelleigh+sheffield+cranstoun</p>		
Cherie Carline	Porirua	026107965 Answer service
<p>I am an LMC midwife who has been working in the Porirua area for 15 years. I am happy to do homebirth and hospital births and will work with you to try and obtain the birth you are looking for.</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/f3094e16-40f7-4b92-8243-d10af71fb45e/cherie+carline</p>		
Emma Hodgson	Johnsonville-Pukerua Bay	026107965 Answer service
<p>My philosophy is that birth is a natural process and every woman is entitled to have the information, power and support to make choices around her pregnancy and birth that are completely right for her and her family. It is a Midwife's job to listen, guide and support the woman to make these choices.</p> <p>I offer homebirth, and hospital birth at Kenepuru and Wellington and take 3-4 women per month.</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/608e3fc8-886d-4551-b983-4cabf70a22e4/emma+hodgson</p>		
Tess Willis		
Tess Willis	Tawa to Pukerua Bay	Email or website
<p>I am passionate about midwifery and love joining with women and their whanau during this exciting journey. I offer homebirth and Kenepuru Maternity primarily, with Wellington Hospital births as required.</p> <p>Area Tawa to Pukerua Bay You can read definitions of each area here Contact through email tesswillis.midwife@gmail.com or website http://www.findyourmidwife.co.nz/midwife/e89cb02d-ba3c-42f1-a2cf-012a0b17ada1/tess+willis Availability check website http://www.findyourmidwife.co.nz/midwife/e89cb02d-ba3c-42f1-a2cf-012a0b17ada1/tess+willis and see downloadable list.</p>		

Porirua Maori Pasifika Midwives		
Stephanie Davis	Porirua	0221039832 or Contact via www.findyourmidwife.co.nz
<p>I offer homebirths, births at Kenepuru Maternity and Wellington Hospital.</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/9cfac1ba-cce6-485b-bd45-bca010a40cc6/stephanie+davis</p>		
BirthTreasure - Aku Huia Kaimanawa		
Mel Symes	Porirua Johnsonville-Pukerua Bay	0273203838 email mel.symes@gmail.com
<p>I am happy to provide support for the birth experience that is right for you and your family, this can either be at home, Kenepuru Birthing Unit or Wellington Hospital.</p> <p>Area Covered Johnsonville to Pukerua Bay Birth Treasure website http://www.birthtreasure.org/ Availability check website https://findyourmidwife.co.nz/midwife/745ae63d-f67c-44c8-aad1-60298f3bb547/mel+symes</p>		

Tessa (Tess) Fee	Johnsonville to Plimmerton	0223932022 or Contact via www.findyourmidwife.co.nz
<p>I am a case loading midwife providing care to women from Plimmerton to Johnsonville. I offer birthing at home, Kenepuru Maternity and if needed Wellington Hospital.</p> <p>Area Covered Plimmerton to Johnsonville Birth Treasure website http://www.birthtreasure.org/ Availability check website https://findyourmidwife.co.nz/midwife/87735b9d-9d02-4fee-99f0-10d6567167f5/tess+fee</p>		
Linda Elvines	Newlands/Khandallah to Pukerua Bay Porirua	Phone or text 027702 5413 or phone 08007025413
<p>Linda Elvines I am a case loading community midwife. I work with a wonderful group of midwives called BirthTreasure - Aku Huia Kaimanawa Midwives. I work with Stacey Hopper and Fiona Barriball. I am committed to providing full antenatal, labour and birth and postnatal care with a focus on continuity of care for a normal life event. I offer hospital and home births. A woman and her whanau's personal and wider family cultural needs are paramount to ensuring a fully involved and wonderful journey through her birthing experience. I will support, nurture, inform and empower the woman and her whanau throughout this blessing of life's journey. I will endeavour to recognize anything outside the norm and seek appropriate advice wherever necessary. Working in partnership with the participation of the woman and her Whanau and my midwifery and obstetric colleagues ensures the treasured birth experience results in a safe and positive outcome for mother and baby.</p> <p>Birth Treasure website http://www.birthtreasure.org/ Availability check website https://findyourmidwife.co.nz/midwife/5ad7f104-59cf-43f1-ada5-c4e3f37e0253/linda+elvines</p>		
Fiona Barriball	Tawa to Plimmerton	022683 4840
<p>Birth Treasure website http://www.birthtreasure.org/ Availability check the following website https://findyourmidwife.co.nz/midwife/9c65eca3-346f-4db5-87c5-29ccc0e9b64c/fiona+barriball</p>		
Stacey Hopper	Johnsonville to Plimmerton and Titahi Bay	Phone or text 0223858130
<p>I offer birthing at Wellington, and Kenepuru birthing unit. I am a case loading midwife in the Tawa/ Porirua area and cover from Johnsonville to Plimmerton. I provide continuity of care to all women and love to share my knowledge to empower and educate women/Wahine and their whanau to have great pregnancy and birthing experiences</p> <p>Birth Treasure website http://www.birthtreasure.org/ Availability check website https://findyourmidwife.co.nz/midwife/d86d06e8-629f-4fea-94a8-1e6fd43bf006/stacey+lees</p>		
Te Ao Marama Midwifery		
Te Ao Marama Midwifery	Porirua	Email teomaramamidwife@gmail.com
<p>Tena Koutou Katoa, Talofa, Kia Orana, Malo e lelei, Malo ni, Talofa lava, Fakalofa Lahi Atu, Ni Sa Bula Vinaka, Mauri!</p> <p>We are a group of experienced Maori and Pasifika midwives providing a team care approach to how we care for our mamas, pepi and whanau.</p> <p>We provide antenatal, labour, birth and postnatal care for our wahine.</p> <p>Our kaupapa is to improve birth outcomes for Maori and Pasifika whanau, therefore we will predominantly be offering care to Maori and Pasifika whanau in the Porirua region.</p> <p>Our team: Fana Temese-To'omaga, https://www.findyourmidwife.co.nz/midwife/1fc46d70-7fbf-4a60-94ca-f4a390a14bb1/fana+temese+to+omaga Cherie Parai https://findyourmidwife.co.nz/midwife/965dd798-9d53-47bf-b863-647f98c01f94/cherie+parai</p>		

Therese Stowers,

<https://www.findyourmidwife.co.nz/midwife/02481e0f-1920-496e-97fd-1e77845feb79/therese+stowers>

Wendi Robinson

<https://findyourmidwife.co.nz/midwife/c853b379-5e51-4ba7-be9b-6f011f3b6616/wendi+robinson>

Leilani Va'a, <https://www.findyourmidwife.co.nz/midwife/f29dfb84-fae4-4f63-ad49-6ecfda2c2c4b/leilani+va+a>

Area Covered Porirua

Contact If you would like further information about team care or would like us to care for you, your pepi and whanau, you can contact us via our email on teaomaramamidwife@gmail.com or scan the QR code and fill in the questionnaire so we have your details and can contact you back.



Availability check website

<https://findyourmidwife.co.nz/region/wellington>

Heart and Hands Midwives

Ali Barkman

Porirua Johnsonville-Pukerua Bay

0211475575

Congratulations on your pregnancy! I am a registered LMC working in the greater Porirua area and would love an opportunity to support you and your family through this exciting and changing journey. I have just moved to Wellington from Dunedin with my husband and two children and am based in Tawa. I have appointments in our clinic rooms and am also able to visit you at home especially for postnatal appointments. My aim is to facilitate the birth that suits your unique circumstances, from a water birth at Kenepuru to working alongside the team at Wellington Hospital for caesarean sections and everything in between. Bridget Hosking is my midwifery partner that I work alongside with the Hearts and Hands Midwifery Group in order to offer you personalised, professional care and are on-call at all times to support you and your family. I look forward to hearing from you to discuss the best options for you, your baby and your family.

Contact Please call, text during business hours to arrange a meet and greet or if you have any questions to help you with this decision to choose a midwife. Mobile 0211475575

Availability check website

<https://findyourmidwife.co.nz/midwife/15b451ea-7f0a-43f5-944b-77bdd5524cae/ali+barkman>

Current list of LMC Midwives for Kapiti

Name	Practices In	Contact No
Nikau Midwives		
Sarah Bromley	Kapiti, Pukerua Bay, Plimmerton, Whitby, Postnatal only	08004nikau (0800464528) or www.nikaumidwives.com
I specialise in postnatal care and work in the Capital and Coast DHB region working from Porirua up to Otaki.		
Becs Harker	Kapiti	0800 4nikau (0800464528) ext 3 www.nikaumidwives.com
Availability check website https://www.findyourmidwife.co.nz/midwife/d15591dd-214c-4194-b278-77bffe0f7023/beans+harker		
Kylee Martin	Kapiti	08004nikau (0800464528) or www.nikaumidwives.com
Availability check the following website		

https://www.findyourmidwife.co.nz/midwife/0b49aec2-01da-41c5-874f-18ca78b08b77/kylee+martin		
Sonja Hahn	Kapiti	08004nikau (0800464528) or www.nikaumidwives.com
Availability check website https://www.findyourmidwife.co.nz/midwife/b2738c29-0f37-465c-9e5b-60878f59beab/sonja+hahn		
Grada Dixon	Kapiti	08004nikau (0800464528) or www.nikaumidwives.com
<p>I provide care to women who wish to birth at Paraparaumu Maternity, or Wellington Hospital. All antenatal appointments are done at clinic and postnatal visits will be done at home.</p> <p>I work with Nikau Midwives and back up is provided by any of the other Midwives within the group. I graduated in 1999 and have been working as a LMC with Nikau Midwives since then.</p> <p>The group's philosophy of keeping birth normal is integral to the care provided to all women, but we recognise that not all women can achieve this so care is individualised to each women's needs and requirements.</p> <p>Area covered Women living between Raumati and Otaki</p> <p>Contact pager 08004nikau (64528) 9am -5pm Monday till Friday</p> <p>Website www.nikaumidwives.com</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/5fd3fb5f-d145-4bc3-9ef4-4bef6371241c/grada+dixon</p>		
Sahra Kress	Kapiti	08004nikau (0800464528) or www.nikaumidwives.com
<p>I facilitate birth at home, at Paraparaumu Maternity, or Wellington Hospital.</p> <p>Area covered Kapiti Coast</p> <p>Website www.nikaumidwives.com</p> <p>Availability contact to check</p>		
Andrea Sarty	Kapiti	08004nikau (0800464528) or www.nikaumidwives.com Mobile 021 304 448
<p>I see pregnancy and birth as a wondrous family building time. I support women to birth at home, at Paraparaumu, Kenepurus and Wellington Hospital.</p> <p>Area covered Pukerua Bay to Pekapeka</p> <p>Practice/midwife website www.nikaumidwives.com</p> <p>Availability check website https://findyourmidwife.co.nz/midwife/4c3138e6-6038-4ab3-b5da-d60b103736df/andrea+sarty</p>		

Kapiti Midwives

Kapiti Midwives We believe women should have their babies wherever suits them, therefore we offer birth at home, Paraparaumu Maternity and Wellington Hospital. Most antenatal appointments are run from our clinics, but we can vary this as needed. Postnatal visits are all in the home.

Area covered Kapiti Coast, generally from Pukerua Bay to Te Horo

Website www.kapitimidwives.org.nz

Carla Leeksma

Pukerua Bay through to Otaki

0211355341

Hi Everyone my name is Carla. I am a UK trained and qualified midwife of 22 yrs currently living and working in Kapiti after being a LMC in Wellington .

I am available for full midwifery care for you and your family at this beautiful time, if you live between Pukerua Bay and Otaki.I look forward to hearing from you soon

Area covered Pukerua Bay to Otaki

Contact My contact number is 0211355341

Website www.kapitimidwives.org.nz

Availability check website

<https://www.findyourmidwife.co.nz/midwives/wellington?month=all&name=carla&birthPlace=all&area=all&lang=all>

Bex Wastney	Kapiti	0224221724 9-5pm Mon-Friday Email: bexwastney@gmail.com www.kapitimidwives.org.nz
Area covered Pukerua Bay to Otaki Contact My contact number is 0224221724 9-5pm Mon-Friday email bexwastney@gmail.com Website www.kapitimidwives.org.nz Availability check website https://www.findyourmidwife.co.nz/midwife/d5683d40-b41a-42a2-9847-c4d98c17eae7/bex+wastney		
Silena Harvey	Kapiti	0274033022 9-5pm Mon-Friday Email: silena.kapitimidwife@gmail.com www.kapitimidwives.org.nz
Area covered Pukerua Bay to Otaki Contact My contact number is 0274033022 email silena.kapitimidwife@gmail.com Website www.kapitimidwives.org.nz Availability check website https://findyourmidwife.co.nz/midwife/132695ed-8e8b-4f5e-9d5e-72bee889b69a/silena+harvey		
Ange Pollard	Kapiti	0274888162 Email: ange.pollard@kapitimidwives.org.nz www.kapitimidwives.org.nz
Area covered Pukerua Bay to Otaki Contact My contact number is 0274888162 email ange.pollard@kapitimidwives.org.nz Website www.kapitimidwives.org.nz Availability check website https://www.findyourmidwife.co.nz/midwife/14a262ea-ed5a-442c-b01c-a29b2de9838b/ange+pollard		
Toni Strand	Kapiti	0272204030 Email: strandess03@gmail.com www.kapitimidwives.org.nz
I provide community based midwifery care from Pukerua Bay to Otaki with options to birth at Home, our beautiful primary unit in Paraparaumu and/or if complications arise then Wellington hospital. I see women in our clinic rooms and/or in the comfort of their own home and will visit for 6 weeks postnatally. I like to keep my caseload to 4-5 women per month to ensure quality continuity of care. Area covered Pukerua Bay to Otaki Contact My contact number is 0272204030 email strandess03@gmail.com Website www.kapitimidwives.org.nz Availability check website https://www.findyourmidwife.co.nz/midwife/c45461d5-e5b2-447c-8bf4-c321bdb8be10/toni+strand		
Sheryl Morris	Kapiti	0210476872 or sheryl.morris@kapitimidwives.org.nz www.kapitimidwives.org.nz
I provide community based midwifery care on the Kapiti Coast from Pukerua Bay to Pekapeka, visiting women in their own homes antenatally as well as postnatally for up to 6 weeks. Birthing options on the coast include homebirth, our fantastic primary birthing unit in Paraparaumu and of course Wellington Hospital. My caseload is no more than 4 clients/month Area covered Pukerua Bay to Pekapeka Contact 0210476872 Email: sheryl.morris@kapitimidwives.org.nz Practice/midwife website www.kapitimidwives.org.nz Availability check website		

<https://findyourmidwife.co.nz/midwife/6a728e5e-cf34-47ca-a4ff-c69ac78df8c4/sheryl+morris>

Gwen Ryan - Postnatal Care Midwife Porirua and Otaki

Gwen Ryan

Porirua to Otaki (postnatal care)

0275895560

Midwifery Postnatal (after the birth) Service: For women who do not already have postnatal care arranged with an LMC midwife.

I am an experienced midwife presently working in Wellington Hospital for the community midwifery team. I look forward to hearing from you and having a chat regarding your postnatal needs for you and your baby.

Area Porirua to Otaki

Contact me to check availability if you need postnatal care only on 0275895560

Availability check website

<https://www.findyourmidwife.co.nz/midwife/5109498d-c36e-4c7f-bc23-3407bb71223b/gwen+ryan>

Lisa Tweedie - Postnatal Care Midwife Porirua and Otaki

Lisa Tweedie

Porirua to Otaki (postnatal care)

021383943

Midwifery Postnatal (after the birth) Service: For women who do not already have postnatal care arranged with an LMC midwife.

I am an experienced midwife and have spent many years working at Kenepuru maternity. I have also worked in Wellington Hospital and for the community midwifery team. I am pleased to offer care for the whole postnatal period (after the birth of your baby).

Area Porirua to Otaki

Contact me to check availability if you need postnatal care only on 021383943

Other ways of finding a Midwife

- The New Zealand College of Midwives www.findyourmidwife.co.nz
- Wellington region NZCOM has its own website www.wellingtonmidwives.com.
- Nga Maia Nga Maia is a national organisation supporting Maori in pregnancy and childbirth. www.ngamaia.co.nz
- For a list of Lead Maternity Carers in the Hutt Valley see <http://www.huttmaternity.org.nz>
- Home Birth Aotearoa www.homebirth.org.nz or a list of Midwives who offer homebirth in Wellington/Kapiti region visit <http://wellingtonhomebirth.weebly.com/>
- Te Awakairangi Birthing Centre in Melling Lower Hutt is an option for women from Wellington, Porirua and Kapiti if they have an LMC with an access agreement there, for more information see <https://www.birthingcentre.co.nz/> See a list of Wellington LMCs with access agreements to the facilities <https://www.birthingcentre.co.nz/Locations/Lower-Hutt/Find-an-LMC>

Virtual tours of CCDHB maternity facilities

There are three birthing facilities in CCDHB. Watch the videos below for virtual tours of each of these units

<https://www.ccdhb.org.nz/our-services/find-a-midwife/ccdhb-pregnancy-services/>

Early Pregnancy Information Session

This session is run by a Midwife to help you find out about the maternity system, pregnancy health, services and support available. There is no cost to come to this class but you need to book in via

<https://www.ccdhb.org.nz/our-services/maternity/childbirth-parenting-and-breastfeeding-classes/early-pregnancy-classes/>

You are welcome to bring one person with you being your partner or a support person, please do not bring children. We suggest coming early to allow time to find parking and the classroom.

You only need to attend one session. **Two hour session from 6pm-8pm. Class dates are online.**

Location: 4th Floor Seminar room Wellington Hospital. This is near to Delivery Suite. From the main entrance take the orange lifts or stairs to the 4th floor. For information and maps of Wellington Hospital follow this link <https://www.ccdhb.org.nz/our-services/maternity/childbirth-parenting-and-breastfeeding-classes/>



Early pregnancy information session

These classes support you in the first trimester (under 14 weeks) of your pregnancy

What you'll learn

- how to find a midwife LMC (lead maternity carer)
- how the maternity system works and the role of the LMC
- looking after your health while pregnant
- discomforts you may experience
- warning signs
- screening options
- pregnancy services
- support available.

2021 Dates

Wellington Regional Hospital Wednesdays 6-8pm	
January 13	July 14
February 10	August 11
March 10	September 8
April 14	October 13
May 12	November 10
June 9	December 8



Scan the code to
book a class

Your partner or support person is welcome to attend with you.

Book at www.ccdhb.org.nz/our-services/maternity



CDHMG 0033-January 2020