

Meri Kirihimete!

PADA CHRISTMAS NEWSLETTER 2022

Tēnā koe Stefanie ,

Welcome to our Christmas eNewsletter and our final sign off for 2022. We will be taking a short break over Christmas from Rāmere Friday, 16 Tihema December, returning on **Rāhine Monday, 16 Hānuere January 2023**. For links to visit this page - **GET HELP NOW** - Support Services for your reference.

Meri kirihimete me ngā mihi o te tau hou! Mā te wā, the team at PADA.

New baby? Anxious or Depressed?

Christmas can be a terrible time for new or expectant parents.
You don't need to suffer alone.

Get Help Now

www.pada.nz/get-help-now



Christmas can be a stressful time for new or expectant parents.

If you or someone you know, thinks they are mentally unwell, extra support is essential to help with their recovery, and we encourage anyone to seek advice immediately. Support from family/whānau, extended family, friends and other parents may not always be possible or be enough for some families, especially at Christmas. Follow/Save this link to **Get Help Now**.



SAVE THE DATE - 2023 WĀNANGA 2023 PADA SEMINAR SERIES

Professional development for those supporting families with
mental illness related to pregnancy, childbirth & early parenthood



2023 Wānanga|PADA Seminars - Coming to you in early 2023!

We are excited to be bringing the PADA 2023 Wānanga | Seminars to the following cities next year..

Tāhuna Queenstown - Wānaka - Māwhera Greymouth - Whangārei - Whakaoriori Masterton - Waihōpai
Invercargill - Ōtautahi Christchurch - Pōneke Wellington - Whakatū Nelson - Whanganui - Tāmaki Makaurau
Auckland - Ahuriri Napier - Kirikiriroa Hamilton - [Learn more here..](#)

10 WAYS TO SUPPORT PADA *This Christmas Season!*

10 ways to support PADA this Christmas - Whether you want to get involved in events, or help us raise the money we need to support more new parents, here are 10 ways you can help PADA!

- Donate or become a regular giver via our [website](#).
- Be sustainable and use [The Good Registry](#) for celebration gifts, like 11 year old Anna, watch her video below.



PADA supports Sustainable Giving with The Good Registry this Christmas

If you're stuck for a last minute gift, or looking for one that's instant, sustainable, meaningful, for any budget then a Good Gift Card from The Good Registry will tick all your boxes.

Order a gift card direct to your inbox, you can print it or forward it on, even more sustainable!

[Order your gift card here!](#)

- Generously gift your tax rebate this Christmas with [Supergenerous](#).
- Buy household goods via [Rewardhub](#) or [Switch Your Spend](#).
- Become a [Professional Member](#) of PADA.
- Buy a t-shirt, book or wheatbag from our [online shop](#).
- Organise a movie fundraiser!
- Run/Walk/Swim/Bike for PADA!
- Spread awareness by following us on [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#).
- Finally, [get in touch with us](#) about how we can work together to improve perinatal mental health outcomes for more families and whanau in Aotearoa New Zealand.

Te Pūrongo ā-Tau | Annual Report 2021-2022

Read our Te Pūrongo ā-Tau | Annual Report 2021/2022 [here](#).

PADA MĀORI MATERNAL MENTAL HEALTH HUI – WAIORA WHĀEA OKETOPA OCTOBER 2022

On 27-28 October 2022 we held a Māori Maternal Mental Health - a two day hui in Rotorua at the Tangatarua Marae. This was attended by 120 care providers from a range of services including Whānau Āwhina Plunket and Wellchild nurses, midwives, nurses, social workers, support workers, GP's, counsellors, psychologists, researchers, psychotherapists and mental health clinicians.

Care providers and voluntary groups gained better **mental health literacy** to **support Māori whānau** so they can be the best they can be. These providers will go on to care for thousands of families and whānau.

An important feature of the hui was **whakawhanaungatanga** – to create connections between care providers; the opportunity to meet each other and to stay connected in the future. Because people from different services often work in isolation and don't know about each other, they now know who to call on when they next need assistance and have deeper connections within the mental health sector.



Our aim is to break down the stigma attached to people suffering from perinatal mental illness, leading to people experiencing less judgment, and becoming more likely to reveal what they are really going through. Our hui, and all PADA seminars, attract midwifery continuing education hours.

[Read more here..](#)

Finally, ngā mihi maioha to our funders.. without whom all our mahi would not be possible! To Blue Sky Community Trust, Boxing Alley, Christchurch Airport, COGS, Eastern & Central Community Trust, Entertainment, Four Winds Foundation, Go Mama Maternity, Hutt Mana Charitable Trust, Lions Foundation, LilMoo, Moon Under Water, Otago Community Trust, Pelorus Trust, Rātā Foundation, She Moves, TG McCarthy Trust, The Lion Foundation, The Trusts Community Foundation, Trust Tairāwhiti, Z-Good in the Hood. And our partnership with The Good Registry who support over 65 charities around Aotearoa!



2022 IN NUMBERS:

1 KAUMĀTUA

1 HUI

1 FONO

3 KAIAKO
EDUCATORS

11 WĀNANGA ACROSS AOTEAROA:

6 IN TE WAI POUAMU, 5 IN TE IKA A MAUI

**+500 CARE PROFESSIONAL +
NGO WĀNANGA ATTENDEES...**

WITH BETTER MENTAL HEALTH LITERACY, OVER TIME THESE CARE PROVIDERS
WILL CARE FOR THOUSANDS OF FAMILIES AND WHĀNAU IN AOTEAROA

5 KAIMAHI
MEMBERS OF STAFF

5 KAITOHUTOHU
ADVISORY BOARD



2 CO-CHAIRS TE
TIRITI GOVERNANCE

11 KAIĀRAHI
BOARD OF
TRUSTEES

PADA Membership - receive benefits, support our mahi, help our mission! When people like you are passionate about perinatal mental health, becoming a member helps us provide **education**, **networking** and **tools** for health professionals supporting new parents. Membership enables us to operate as a registered incorporated society and benefits include **reduced seminar fees**, **discounts** on our books and **professional affiliation**. From \$40 per year, **become a member now!**

MEMBERSHIP with PADA



Join our community of dedicated perinatal champions: a professional affiliation that illustrates our commitment to helping those suffering from perinatal mental disorders, contribute to our mahi & influence our direction!

You can make a taxable donation, check out other ways you can support PADA or check out the range of merchandise available via our website. Ngā mihi nunui, the team at PADA.

Meri Kirihimete me ngā mihi o Taw Hōu

WE HOPE THIS FESTIVE SEASON ALLOWS YOU TO REST AND RELAX, AND CONNECT WITH YOUR WHĀNAU AND FRIENDS.

We have spent recent months updating our **website, database, and all information and resources**. While making sure everything is working smoothly, **there might be a few niggles in our systems**. If this email is a surprise to you, you're receiving it because you have supported us in the past. If you spot something to correct, or receive this more than once, please [let us know](#). If don't want to hear from us, unsubscribe with the link below and we're sorry to see you go.



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(Confidential answer machine)



We gratefully acknowledge the family, friends and work colleagues who donated funds in memory of Kristin Taylor who passed away in 2020. We have developed our new website to shine #kristinslight

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