

PADA Spring Newsletter

PADA General Manager Update and 2026 Survey



Tēnā koe Kirstie,

The last three months have been an inspiring and important time for PADA.

Parliamentary Breakfast – A Turning Point

Our Parliamentary Breakfast in July brought together lived experience voices, community leaders, clinicians, kaupapa Māori providers, and political representatives. Attendees described the breakfast as powerful, inspiring, and well-organised. A clear demonstration of what we can achieve when we stand together.

The lived experience panel was the heart of the morning, shifting perspectives and generating real momentum for systemic change. The breakfast re-energised providers, sparked new collaborations, and showed that when we raise our collective voice, political leaders listen.

Building on Momentum

Since then, PADA has been working with partners across the sector to ensure this momentum continues. We are advancing discussions on workforce development, advocating for better pathways of care, and strengthening our “braided river” approach that weaves together lived experience, kaupapa Māori, clinical and NGO perspectives. We’ve also been preparing for the next phase of our work — ensuring PADA members have the support, resources, and connections they need to thrive in their vital roles.

Your Voice Matters – Membership & Training Survey

As we plan for 2026, we want to hear directly from you. In the new year we’ll be launching refreshed membership options designed to provide more value — from wellbeing resources, to day-to-day professional support, to stronger advocacy for our sector.

To shape this, we’re asking:

- What training would help you most in your role?
- What supports or resources would make the biggest difference in your day-to-day mahi?
- What would you like to see included in a new and improved PADA membership?

[**Survey Link**](#)

Your feedback will directly inform our membership design and training programme for 2026.

Thank you for being part of this journey — together we are building a stronger, more connected, and more supported perinatal mental health sector.

Ngā mihi nui,

Amy Castle

General Manager, PADA

Summary from Online Providers Connection Hui

On Monday, many attendees of the Parliamentary Hui came together online again for our latest Providers Connection Hui, with MP Ingrid Leary joining the kōrero.

Key highlights included:

- **Political Attention:** Labour MP and Mental Health Spokesperson Ingrid Leary acknowledged the value of the Parliamentary Hui and outlined major system gaps – including the lack of a national maternal mental health strategy, high suicide rates (40% of maternal deaths linked to suicide), inequities for Māori mothers, and fragmented data collection.
- **Policy Directions Proposed:** A national, equity-focused perinatal mental health strategy; proactive outreach and screening; better data and research; stronger NGO support; culturally safe workforce development; a continuum of care including Mother & Baby Units; and ongoing human rights reforms.
- **Sector Momentum:** The event sparked fresh energy, collaborations, and advocacy initiatives across organisations.

Next Steps:

- Develop a national advocacy package on key service gaps (bereaved parents, non-birthing parents, and Mother & Baby Units).
 - Elevate lived experience storytelling during Perinatal Mental Health Awareness Week in May.
 - Keep perinatal mental health visible in upcoming legislative reviews.
 - Continue hui as a regular forum for sector connection and collective action.
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Upcoming PADA Events

Neurodiversity Workshop - Monday 13 October

📍 Online

Perspectives of Neurodivergent Parents in Birth, Pregnancy and First Year of Baby's Life: This three-hour workshop provides resources, education and strategies on common neurodevelopment conditions by exploring how we can help those effected by mental illness in the perinatal period focusing on the role of neuro-difference has on perceptions of self, others and the future.

Presented by Marina Elisara and Hannah Cleaver Marshall.



Tama'ita'i Toa in Dunedin | Ōtepoti - Friday 17 October

📍 Pacific Trust Otago, Dunedin

In three weeks' time, our Tama'ita'i Toa workshop is heading down south where it will bring together lived experience, clinical insight, and cultural knowledge to create a safe space for learning, reflection, and Talanoa.

Designed for anyone working alongside Pacific whānau, in health, mental health, social services, education, or community roles. No prior clinical knowledge is required just a willingness to listen, learn, and serve with empathy.



Tama'ita'i Toa back in Tāmaki Makaurau - Friday 24 October

📍 Eden Garden, Epsom, Auckland

Tama'ita'i Toa will deepen your understanding of how culture, identity, and colonisation shape perinatal experiences for Pacific and Māori whānau. Learn to walk alongside families with cultural safety, humility, and empathy.

Join us in nurturing the Toa within every Tama'ita'i and strengthening the support around her.



Cultural Competency in Ōtautahi - Wednesday 12 November

📍 Black Box at Papa Hou, Christchurch

You asked, and we've listened – the PADA Cultural Series is heading to Canterbury this November! Join us for a seminar on cultural awareness designed for those supporting whānau through pregnancy, birth, and early parenthood.

Our speaker line-up includes Dr Nimisha Waller, Dr Vartika Sharma, Cara Meredith, Christina Daly, and Jo Teina. We are delighted to have [Asian Family Services](#) joining us, with more community groups to be confirmed.



To purchase tickets, or for more information to any of these events - visit pada.nz/events/

Become a member of PADA today to receive a host of benefits, support our mahi, and receive reduced rates to our PADA Seminar Series!

Memberships are available to **individuals for \$40** or **organisations at \$80**. An organisation membership entitles up to four of your team to attend our events at the reduced fee. Membership runs one year from the date of payment received. Longer term membership options are available on request. **Membership with PADA is easy – simply click the button below!**

Become a PADA Member today!

You can also make a taxable [donation](#) and we also have a range of [merchandise](#) available. Go to the PADA website for a large range of [information](#), [videos](#) and [resources](#) available.



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