

PADA End of Year Newsletter

Tēnā koe

As we come to the end of 2025, I am incredibly proud of the progress PADA has made in strengthening perinatal mental health support across Aotearoa. This year, our small but deeply committed team continued to deliver high-quality seminars, wānanga, online sessions, and resources that reached hundreds of providers nationwide. We also expanded our system-level advocacy, with meaningful engagement across **Te Whatu Ora, the Ministry for Women, the Mental Health and Wellbeing Commission**, and a growing number of MPs. This collective work ensures the voices of parents, whānau, and the workforce remain firmly embedded in national conversations about wellbeing and perinatal mental health.



Our Parliamentary Hui marked a major milestone, bringing providers, leaders, and policymakers together to elevate perinatal mental health as a national priority. The momentum from this event has continued throughout the year through follow-on engagement, sector kōrero, and work on developing a briefing for the Cross-Party Suicide Prevention Group. Alongside this advocacy, our partnerships with organisations have played a crucial role in building a connected, culturally grounded, and nationally aligned workforce. These relationships remain at the heart of PADA's impact.

Our education and resource development work has also continued to grow, with strong seminar attendance, new collaborations, and refreshed resources underway for 2026–2028. The Hine Ora Hine Tū programme concluded this year, celebrating the graduation of wāhine Māori and Pasifika facilitators trained to support their communities through culturally aligned models of wellbeing. We also strengthened our research partnerships, contributing to national and international evidence supporting early intervention in the perinatal period.

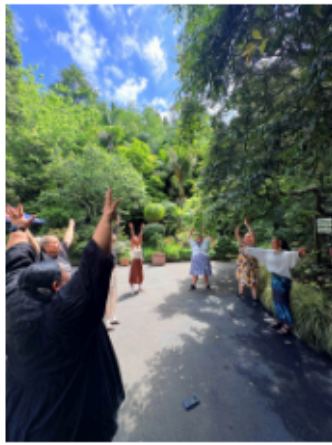
Our focus for the coming year is clear. Continue delivering high-impact education, strengthen the workforce, and expand our capacity to support those who support our whānau.

Thank you to everyone who has walked alongside us this year.

Together, we are shaping a better, safer future for parents, babies, and communities across Aotearoa.

Ngā mihi nui,

Amy Castle
General Manager, PADA



Upcoming PADA Events

Online Provider Connection Hui | Monday 8 December 2025

 Online

Join us on Monday as we connect virtually to review the proposal for the Cross-Party Suicide Prevention Group. We will also provide a full update of PADA's work since the Parliamentary event, and space will be created for networking and discussion.

RSVP [here](#) to receive a Zoom link for the session.



PADA Rainbow Series | Takatāpui Monday 23 February 2026

 Raupō Room at Papa Hou, Christchurch

Join us to explore how we can co-create a maternity system that honours the diverse journeys of Takatāpui and Rainbow parents. Together, we can ensure every whānau feels valued, seen, and supported.

Dr Elizabeth Kerekere (she/her/ia), Scout Barbour-Evans (they/them), Tash Wharerau, and Natalie Allen will be sharing their knowledge, insights, and lived experience with us all on the day.

Tickets are limited - purchase [here](#).

Perinatal Mental Health Awareness Week (PMHAW) in 2026 will take place from May 4 - 10, aligning with World Maternal Mental Health Day, which falls on the first Wednesday in May every year.

Stay tuned with our socials for updates in the new year.



We will be announcing more 2026 events in the near future!

For more information and tickets, visit [pada.nz/events](#)



Holiday Season Closure Dates

PADA offices close on **Rāmere Friday 19 Tihema December 2025**
and return on **Rāhina Monday 5 Hānuere January 2026**.

While our office takes a brief holiday break, [support services information](#)
and [resources](#) remain available throughout this time.

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Mō tātou katoa. For all of us.

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.

