

PADA Autumn Newsletter

Tēnā koe

It has been a strong start to the year, with PADA engaging nationally and internationally to strengthen perinatal mental health across Aotearoa. At the PSANZ Congress 2026 in Perth, we joined 700 professionals from across New Zealand, Australia, India, the Philippines and Singapore, and were proud to support Stephanie D'Souza, Senior Lecturer at the University of Auckland, to present her research on the long-term health and social outcomes associated with perinatal depression.



Closer to home, our Provider Connection Hui reinforced the value of staying connected as a sector, alongside ongoing advocacy with government and cross-party engagement to ensure perinatal mental health remains visible at a system level. We are also looking ahead to Perinatal Mental Health Awareness Week in May with our campaign *Walking With You - Real Support. Real Listening. Real Change*, alongside events including our Wellington-based movie fundraiser.

We are especially excited to see regional momentum building, with the Wellington Region Perinatal Network now being led by Sarah Pritchard from [BirthWorx](#). This initiative is already strengthening local connections, referral pathways, and shared understanding across services, supported by a live contact and referral document and emerging WhatsApp groups at both regional and national levels. This model reflects where we see the future, with locally led and nationally connected networks. We are keen to support similar approaches across other regions of Aotearoa.

Thank you to everyone contributing to this growing, collaborative community. We look forward to continuing this work alongside you throughout 2026.

Ngā mihi nui,

Amy Castle (ia/she/her)
PADA Kaiwhakahaere Matua | General Manager

PERINATAL MENTAL HEALTH AWARENESS WEEK

4-10
MAY
2026

WALKING WITH YOU



When Aotearoa lights up, conversations light up too.

As part of **Perinatal Mental Health Awareness Week (4-10 May)**, we are inviting landmarks and buildings across Aotearoa to light up **green** to raise awareness for perinatal mental health.

We currently have 33 confirmed locations, with more to come.

[You can view the full list here.](#)

Upcoming Events in May

The Devil Wears Prada 2 | Movie Fundraiser

Tuesday 5 May 2026

📍 TE WHANGANUI A TARA | WELLINGTON

Together with [Little Shadow](#) and [Lower Hutt Women's Centre](#), we are hosting a fundraiser screening at the Lighthouse Cinema Petone during Perinatal Mental Health Awareness Week.

Tickets are \$22, with a sweet treat included. We'll be running a raffle on the night with some fantastic prizes. Bring your coins and a generous spirit!

You can choose to support one organisation or share your support across all three. Get your tickets [here](#).

A NIGHT OUT TOGETHER FOR PERINATAL MENTAL HEALTH



TUESDAY 5 MAY 2026

LIGHT HOUSE CINEMA PETONE



DURING PERINATAL MENTAL HEALTH AWARENESS WEEK

Neurodiversity Workshop in Perinatal Mental Health

Tuesday 19 May 2026

📍 **TE WHANGANUI A TARA | WELLINGTON**

Explore neurodiversity in the perinatal period, with practical approaches to better support whānau and recognise the diverse experiences within our communities and workforce.

This workshop brings together Marina Elisara, Hannah Cleaver-Marshall and Amy Castle, offering a space to deepen understanding and knowledge across the perinatal wellbeing sector.

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



Te Whānau A Tāra | Wellington
**NEURODIVERSITY
WORKSHOP**
IN PERINATAL MENTAL HEALTH

TUESDAY 19 MAY 2026
RĀTŪ 19 MEI 2026
9.30AM - 3.30PM

📍 JOHNSONVILLE COMMUNITY CENTRE

MARINA ELISARA
HANNAH CLEAVER-MARSHALL
AMY CASTLE

pada.nz/events



Te Whānau A Tāra | Wellington
Perinatal Anxiety & Depression Alliance

ONLINE
**PROVIDER
CONNECTION HUI**

Monday Rāhina 18 May Mei 2026
9.30am - 11am

Provider Connection Hui

Monday 18 May 2026

📍 **ONLINE**

Join us to connect with others in the perinatal mental health sector. These hui are held quarterly and provide a space to share, learn and stay connected.

RSVP [here](#) to receive the Zoom link and agenda closer to the time.



Te Whānau A Tāra | Wellington
Perinatal Anxiety & Depression Alliance

TAUPŌ
**PADA WELLBEING SERIES
TRAUMA INFORMED CARE**

WEDNESDAY 27 MAY 2026
TAUPŌ ROTARY CLUB

KATE HICKS • BIANCA TAUTE • SERRA CLARK

FUNDED BY
COGS
Complexity of Gender Studies

PERINATAL EDUCATION FOR HEALTH PROFESSIONALS

pada.nz/events

PADA Wellbeing Series Trauma Informed Care

Wednesday 27 May 2026

📍 **TAUPŌ**

Join us for a day focused on trauma informed care in the perinatal space, designed to strengthen your understanding and support of whānau.

Learn from Bianca Taute, Kate Hicks, and Serra Clark as they share their knowledge, experience, and insights.

Spaces are limited. Get your tickets [here](#).

More workshops and seminars are currently being confirmed!

For all event information and tickets, visit pada.nz/events.



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(Confidential answer machine)



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