

All Enquiries

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Contacts

- Hildegard Grant – General Manager
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- Jan Egan – General Manager
(mobile) 0275 667 932
- Michelle Fletcher – Clinical Manager/Supervisor
(mobile) 0275 678 135
- Heather Davidson – Clinical Supervisor
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- Chris Hart – Clinical Supervisor
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Office Hours

Monday - Friday 9am to 5pm

Governance

Early Start Project Ltd is a charitable company and was formed in 1995. It is governed by a board of directors consisting of a consortium of health care professionals and community members:

- **Mr Ashley Seaford** – Chairperson
Child Youth and Family
- **Anne Feld**
Plunket Canterbury
- **David Fergusson**
Emeritus Professor
- **Dr. Lynda Gray**
Pegasus Health
- **John Horwood**
Christchurch Health and Development Study
- **Shelley McCauley**
Business Advisor
- **Elsa Tuck**
Maori Health Worker
- **Dr. Clive Wilson**
Registered Psychologist



Early Start Project Atawhaitia nga pepe

“Nurture the baby early”

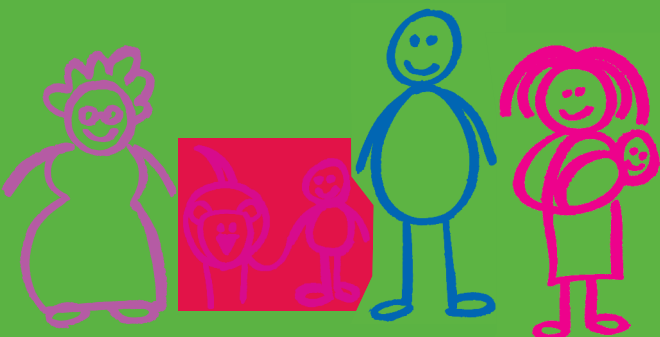
Early Start encourages and supports families to provide each of their children with a positive and enjoyable childhood experience.

Early Start major funders are:

*Ministry of Social Development
Canterbury District Health Board,
Child Youth and Family,*

Strengthening Families and various generous supporters.

Early Start thanks Simpatico, the NZ Fire Service, NZ Post, Deloitte, Wayne Francis Trust, CCC and Rata Foundation for their sponsorship.





The Service

Early Start is offered to Christchurch families with newborn babies, where social and family circumstances may put at risk the health and well-being of their children. The

service provided is free, long term and home based and promotes healthy child development within a nurturing family environment.

Families participate on a voluntary basis and are provided with intensive support and assistance by professionally qualified and well-supervised Family/Whanau Support Workers.

In a planned and focused way families are encouraged and supported to:

- Recognise their strengths, supports and challenges
- Discover new ways to manage problems and difficulties
- Formulate individual goals relevant to their culture, environment and capacity
- To make positive parenting decisions. Every enrolled family is expected to participate in the home based parenting programmes offered by Early Start
- Make healthy lifestyle choices, including family and child nutrition
- Be safety aware as baby grows and develops
- To find and link into other services in their community, i.e. budget and/or health services
- Celebrate success and maintain positive change over time

Referral Criteria

Christchurch families, who are willing to participate and who are facing two or more of the following challenges are eligible for referral to Early Start:

- Young mother under 18 years of age
- Limited support
- Minimal antenatal care
- Economic disadvantage
- Lack of essential resources
- Compromised social skills
- Little or no formal educational qualifications
- Limited experience or skills in parenting
- Past Child, Youth and Family involvement
- Mental health problems - e.g. depression, anxiety
- Involvement in the Criminal Justice System
- Addictions - drug, alcohol, gambling
- Relationship problems - family violence, conflict, lack of support

Referral Process

Referrals for assessment can be made for young mothers under 24 years from 3 months antenatal to 9 months postnatal. For mothers over 24 years from 6 months antenatal to 9 months postnatal:

- Plunket Nurses
- Midwives
- General Practitioners
- Public Health Nurses
- Self or Family/Whanau Members
- Maori Organisations
- Hospital Services
- Child Youth and Family
- Pacific Island Organisations
- Right Service Right Time
- Others (eg Barnardos, pre-schools)

Referral Packs are available on request and we can send these either by: fax, email or post. On receipt of a referral the client family will go onto our waiting list and the referrer will be notified of the expected waiting time.

