

## All Enquiries

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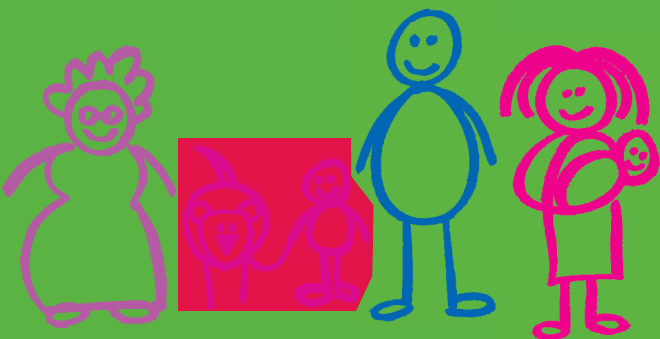
STREET ADDRESS: 136 Holly Road,  
St Albans,  
Christchurch 8014

## Contacts

- Hildegard Grant – General Manager  
(mobile) 027 438 5392
- Jan Egan – General Manager  
(mobile) 0275 667 932
- Michelle Fletcher – Clinical Manager/Supervisor  
(mobile) 0275 678 135
- Heather Davidson – Clinical Supervisor  
(mobile) 0275 678 115
- Chris Hart – Clinical Supervisor  
(mobile) 0274 699 467

## 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 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.*

## Early Start 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.



## 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.

