

# Help offered to mums with depression



**Get ahead:** Psychologists Natalie Flynn, left, and Alexandra Winlove are aiming to help women with postnatal depression with a new programme.

A new service for women battling postnatal depression is being launched in central Auckland.

Psychologists Natalie Flynn and Alexandra Winlove decided to start the Getting Ahead of Postnatal Depression programme after recognising a gap in services offered to mothers.

Dr Flynn says women with moderate-to-severe postnatal depression are catered for within the public health system but those with mild-to-moderate conditions can often fall through the cracks.

"There are peer-to-peer options available, which is a wonderful practical support but for some women it is not enough, they need psychological help."

However, individual sessions

with a psychologist can be out of financial reach for many people.

The programme offered by the pair is based on successful treatments at the Parent Infant Research Institute in Australia, where it has been running for 13 years.

The 12-session programme accommodates small groups of women and is about half the cost of individual treatment.

Dr Flynn says it is important that women are not afraid to ask for help.

"People don't want to come forward because of feelings of shame, and some people don't feel like they have anywhere to go," she says.

Around 4000 women in New Zealand suffer from mental illness dur-

ing and after pregnancy. Around 20 per cent of mothers suffer from postnatal depression, but it is thought many more go undiagnosed.

"What can happen if they slip under the radar, they can linger in that range for years or they can move up the continuum to severe, which is terrible for them and for their child."

If not treated the condition can also return with subsequent pregnancies.

In contrast, she says the road to recovery from post-natal depression can be "life-changing" and lead to better relationships with children, partners and family members.

■ Visit [emotionalhealthservices.co.nz](http://emotionalhealthservices.co.nz) for more information.

## Homes open doors

Some of Auckland's standout homes will open their doors to the public next month as part of the country's biggest charity house tour.

The *NZ House & Garden* Tours give the chance to look inside 11 of Auckland's greatest homes and gardens, in aid of the Cancer Society of New Zealand and Look Good Feel Better.

*NZ House & Garden* editor Sally Duggan says the homes in this year's tour show the rich diversity of style available in big city living.

"Variety is the spice of

life and this year we have everything from a former church that has been turned into a vibrant, family home to a fully certified passive home to a luxurious bells and whistles mansion."

The fundraising event, now in its fifth year, raises money for the two charities to help reduce the incidence and impact of cancer as well as promote the confidence and well-being of women undergoing treatment.

The Auckland tour is on March 8 and tickets cost \$65 per person.

■ See [ticketmaster.co.nz](http://ticketmaster.co.nz).

## Zoo opens later

Auckland Zoo is making the most of the long summer days by extending its opening hours.

On most Wednesdays throughout February and March the zoo will stay open until 7.30pm.

The Summer Zoo Lates programme will offer live music and an interactive art exhibition.

On February 13, 20

and 27 and March 6, 13 and 20, visitors to the zoo can stay late at no extra charge.

For those arriving after 4.15pm, the cost is \$15 for adults and \$10 for children. Entry is free for under-4s. Last admission is 6.45pm.

■ Visit [aucklandzoo.co.nz](http://aucklandzoo.co.nz) for full details on the programme.

Ref: 5174471

BEETHAM LIFESTYLE VILLAGE

28x5

Could you open your home to Ruby?

**YOUR CARE MATTERS**


We need a special family who can open up their home to Ruby (11) and give her a family to call her own. Ruby is a bright and chatty girl who loves to give things a go - right now she's into hip hop dancing. Ruby likes school and is intelligent and thoughtful. One day when she grows up Ruby dreams of being a Judge.

What Ruby needs right now is a family who can give her their unconditional love and commitment. She needs a nurturing home where she can feel safe; and a family who is empathetic and supportive when her behaviour and emotions are affected by her past. To help you with this, you will receive support from a team of professionals - together we want to see Ruby grow into a confident young woman.

The ideal family will have some understanding of Tikanga Maori practices, help maintain cultural connections and support Ruby in visiting her siblings. To care for Ruby your family will have to wholeheartedly commit. The right family will be trained and receive financial support. If you think you could offer a place in your family for Ruby, we would love to hear from you.

**FOR MORE INFORMATION PLEASE CONTACT:**

Whetumarama Uruamo on 09 914 1102 or toll free on 0508 FAMILY (0508 326 459) or email [Whetumarama.uruamo003@cyf.govt.nz](mailto:Whetumarama.uruamo003@cyf.govt.nz)



[WWW.CYF.GOV.T.NZ](http://WWW.CYF.GOV.T.NZ)