

20073-27-118

AUCKLAND CAESAREAN SUPPORT GROUP

NEWSLETTER No.1 January 1985

The group has been going for five months now, and this is a brief summary of developments so far, and of what we are aiming for in the New Year.

We are in the process of writing pamphlets for distribution and for use in ante-natal classes. We are hoping to include information on caesarean birth, the reasons for it, what's involved and how to cope both physically and emotionally. We would also like to have information for mothers in subsequent pregnancies on how to prepare themselves for another caesarean delivery, and about having a vaginal delivery.

Late last year a group of us met with social workers from maternity hospitals in the Auckland area to bring to their attention the extra needs of caesarean mothers. We also met with the Principal Nurse at National Women's Hospital. As a consequence we have been invited to participate in the informal discussion section of National Women's ante-natal classes. What we need now are people willing to take on the responsibility of attending these classes.

We are still having the informal discussion meetings where mothers can discuss their experiences. We will be holding these meetings on the first Monday of each month, the next meeting will be at 8 pm on Monday 4th February. We also have workshop meetings where we attempt to work on projects such as the pamphlets.

At the end of December we applied to the Mental Health Foundation for a grant of \$1000 to be used for the printing costs of the pamphlet, as well as general expenses such as postage, photocopying etc. We also intend to purchase literature to set up a library of our own.

In late December we had a visit from Jenny Hill who organises the Wellington Caesarean Support Group. She explained how their group was run and what they are doing. At this meeting we decided to combine and become the New Zealand Caesarean Support Group Inc., and because of this and because of the hoped for grant from the Mental Health Foundation we have decided to become an Incorporated Society.

In the future we will have to consider how to go about fund-raising, and also establishing a small subscription (suggested \$5) to help with the general expenses and to assist with specific projects, such as setting up a library. We still have a lot of posters to put up in appropriate places.

This year we hope to have guest speakers at meetings- including, hopefully, an obstetrician, a doctor, and a midwife (we encourage fathers to attend these meetings). The next meeting (on February 4th) will be a general meeting. We would like any ideas and suggestions on this year's projects. We would like everyone to state their level of commitment (how involved you feel you can get in the group) and what you are prepared to undertake. For example, are you prepared to be on a telephone contact list, act as a home-help for new caesarean mothers or to be a member of the 'core' working group? We hope to see you all at this meeting to get the year off to a good start. If you are unable to attend this meeting, or if you have any problems or queries please telephone either Jane 673-790 or Phillipa 598-441 or Judi 817-4486.

The February meeting will be held at Jane's-

2/6 Laburnum Rd (off Richardson Rd)
Avondale.