

NEW ZEALAND COLLEGE OF MIDWIVES WELLINGTON REGION - OCTOBER NEWSLETTER

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NZCOM Resolution Committee

There is a National move to set up local Conflict Resolution Committees which will act as a point of contact and hopefully resolution for women who are dissatisfied with the care they have received from both hospital and independent midwives. Currently Beryl Davies has been filling this role in Wellington and it is with perfect timing that this move is being made as Beryl feels that it is time that she hand this role on to someone else.

There is to be a workshop in November in Christchurch for elected representatives to set and become familiar with a nationally set guidelines for conflict resolution. At the last Wellington COM meeting Penelope Leadbeater and Ros Jaquiere were nominated and accepted to be the representatives for the Wellington Committee. We thank these wonderful women for accepting their nominations and wish them well for the important role they have in assisting women and midwives in achieving a more satisfactory outcome in the completion of their partnership.

The College would also like to extend a gigantic THANK YOU to Beryl Davies for the amazing work she has done as the sole contact person for the complaints process here in Wellington. Her solid commitment to this role I'm sure has been appreciated by both midwives and the women they are working in partnership with.

And introducing....

Penelope Leadbeater: I have been married to Iain for 9 and a 1/2 years and we have three lovely daughters; Katherine who's nearly 8, Jennifer who's just turned 6 and Elizabeth who has just turned 3. We also have two cats and a dog, Booka, Bambi and Ben respectively.

Before children, I worked for IBM running the Help desk and later as part of the Education Team. Since then I have been involved with La Leche League as a Leader, Barnado's as a care giver, Playcentre as a Supervisor and more recently, with the Midwives Standard Review Process as a consumer representative.

Over the years I have attended courses in effective communication, listening skills, human relations and conflict resolution to name but a few.

I am looking forward to the opportunity to use these skills as part of the NZCOM Resolution Committee.

Ros Jaquiere: I trained and practised as a midwife in England, attending home, hospital and domino births and was briefly involved in midwifery in the Philippines and Central Africa. More recently, I spent time working part time in the postnatal ward, Wellington Womens' and finishing a degree. My study included looking at anger management and conflict resolution, particularly endeavouring to achieve a "win-win" situation for all parties.

I am passionate about midwifery and women having positive birth experiences heightened by my recent experience of giving birth at home (which was very empowering). As a new mother, I am constantly hearing womens' birth stories where they are not satisfied with the way events took place but their primary outlet for resolving it is talking to other women rather than to the parties concerned. I hope that in this role both women and midwives will be able to be heard.

Bounty

At the last College meeting Helen O'Flynn from Bounty came to discuss the Pregnancy Information packs and New Mother Packs that they have available for women. Independent midwives and GP's have been giving them out but it seems that in Wellington there are a number of midwives who don't either by choice or because they don't know about them. Both packs comply with the WHO code on breast feeding.

Pregnancy Information Pack consists of a small plastic folder which contains a book with information from conception through to birth plus assorted information leaflets.

New Mother Packs contain a book on 0-2 year olds and samples of products.

Hutt Hospital gives them out to women on the postnatal floor or they can be given to women being discharged from Delivery Suite. Wellington Womens' don't give them out as they feel that new mothers are overloaded with enough commercialism! (I'll keep my thoughts on this out of print).

For further information contact Bounty Services Ltd, P.O. Box 36 250, Merivale, Christchurch. Or Telephone 03 3386440.

Happenings in Education

Bridging course for those with a Diploma but who want a Degree - this will be happening next year at Wellington Polytechnic. Enquiries to Wellington Polytechnic.

Good luck to all midwifery students about to sit State and other exams. A stressful time of the year but the rewards for your dedicated hard work are many - and will prepare you well for your forthcoming practise!

Excellent words have been said on the quality of student midwives research presentations. Research by midwives in New Zealand is very important to the way we practise and gives us the proof that we need to show that what we are doing and how we are doing it is of ultimate benefit to the women and babies that we work with.

Included with this newsletter is a research assignment by two of this years midwifery students. Thank you Sue and Nicky.

Family Planning Workshop

Ten midwives attended the recent contraception workshop held by FPA earlier in October. A great turnout and some very good positive feedback has been given by attendees. Of particular interest was a speaker called Dina Fuli who discussed issues around sexuality, contraception and childbirth for Pacific Island women. She was so good that we have asked her to speak at a COM meeting.

Next Years Meetings/Workshops

Are there any issues or topics that you would like to see addressed next year either at meetings or at special workshop days??? Some ideas that have been put forward to date include...

~Prescribing	~Contraception	~Aromatherapy
~Suturing	~IV lines	~Water birth
~Homeopathy	~Resuscitation of the newborn	

If you are interested in any of the above or if there is any other area that you would like to see covered please jot your ideas down and send them to me at the below address. Also think about when you would like these to happen i.e. weekdays, weekends, evenings, many topics all day, etc. Bridget Morison, P.O. Box 73, PAEKAKARIKI

Breastfeeding Interest Group (B.I.G.)

Lynley Davidson attended a recent B.I.G. meeting and felt that it was a great venue to address breast feeding issues (sore nipples, mastitis etc). Anne Norton, a Lactation Consultant, has been organising these meetings which are held on the first Thursday of the month at the Khandallah Plunket Rooms, Granges Road from 7.30 to 9.30pm.

The next meeting will have guest speaker - Dr Tosh Stanley, Senior Lecturer, Department of Paediatrics, Wellington School of Medicine who will discuss:

"Breastmilk: Its composition and Nutritional Advantages".

For further information contact: Anne Norton (IBCLC), Ph. 04 476 3100.

The Great End of Year Midwives P Nosh Up - 1st DECEMBER 1996

Sandra Sinclair has very generously offered the use of her home and garden for midwives to go mad in as part of celebrating the survival and hopefully enjoyment of another year completed. Plans to date include a mighty brunch of magnificent proportions; Bacon, croissants, tomatoes, strawberries, black pudding, coffee, juice, champers and all...mmmm

COST: \$10.00 **DATE:** 1.12.96 **TIME:** 10.30am **RSVP:** by 25.11.96

PLACE: 94 Wyndam Avenue, Silverstream.

ADMITTANCE: Midwives only - this is OUR day which means NO clients, NO partners, NO children and NO dogs.

Raincheck: If the skies bless us with rain on this prestigious day then we'll just do it on Sunday the 8th.

-----Cut and send to Sandra-----

I absolutely intend to come to the Great End of Year Nosh Up and include \$10.00 to secure my place. I will abide by the rules as stated above.

Standards Review Committee

The standards Review Committee are always on the look out for more midwives (and consumers) interested in going onto the review panel. If you are interested in taking on this important role which requires minimal time and effort, free training but which provides a very important step in assisting midwives improve their service to women and their families then please contact Rae Clarke, Phone 04 5688491.

Next COM Meeting

12th November Trinity Union Church
Hall Street
Newtown

7.30pm start

Dina Fuli who was so well recieved at the FPA workshop will be talking from 8pm. This is a must for midwives and you will be missing out on a great treat if you choose not to come. She is a captivating speaker and again will cover issues affecting Pacific Island women around sexuality, contraception and childbirth.

P.S. The last meeting was well attended - lets do it again eh!

Sandra Helen Sinclair
94 Wyndham Road
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