

HOME BIRTH AOTEAROA

The Home Birth Aotearoa Trust is a charitable trust and was formed in 2007 to create a legally recognised national home birth organisation that would be collectively accountable and sustainable. The Trust consists of up to eight elected trustees and two apprentices, who invest in their regional home birth groups as well as in the Home Birth Aotearoa Trust. The Trust works as kaitiaki, or guardian, of Home Birth Aotearoa; it holds the kaupapa or spirit of the home birth movement in Aotearoa New Zealand by representing the collective interests of the volunteer-led regional home birth support groups and associations.

MARCH 2024



@meaghan_amor



@freyabirth



@herbyemmy

Kia ora,

It is lovely to be back and feel rearing to go with some new found energy and passion in 2024. I hope you have all enjoyed a lovely summer and are looking forward to Autumn. I certainly thrive more in the cooler weather despite living next to the beach here in the beautiful Papamoa. The Trust has already meet a couple of times with our monthly meeting zooms and it was lovely to be asked to attend the regional zoom hui in February on behalf of Alesha. It's always nice to chat 'in person' when we often speak so frequently via messenger and on social media. This month I was grateful to put together a small giveaway in celebration of International women's day. It's always nice to bring a smile to someone's face, even if we get the added complication of the non-releting online scammers. Thankfully so many of you contacted me so I could sort it out fast.

This year will see some significant changes to the Trust and how it works. At the last few hui a number of our community expressed that they would like to see some elder's sitting within the board in some way. The Trust felt strongly that it was something we wanted to pursue and set about finding some ways that this could work. Some emails were sent to the people who had expressed interest in the past and we decided to offer 2 seats. This would enable the Trust to have vital access to such a wealth of support and information, another perspective on things and a bit of guidance when it comes to how things used to be and run. This year we welcomed 2 elders on to our board and we have felt this to already be invaluable. Glynette Gainfort from Trust Homebirth in Tauranga and Brenda Hinton from Maternity Services Consumer Council in Auckland are the two reps and we look forward to introducing them both on our social media soon, although we are sure you know them and their work already. This year also sees us take another step on our journey to honoring te Tiriti with the introduction of an official Nga Maia (Māori Midwives) seat on our board. We continue to look for ways to uphold the voices of tangata whenua and are excited to have this seat moving forward. Currently we have Jax Paki sitting in this space and a couple of beautiful wāhine available to sit in as proxy when she is unavailable to attend. Look out for this introduction on social media too.

Sadly however, we say goodbye to two of our Trustees who are stepping down to pursue their own personal involvements in birth and health. Karen Walker joined the trust in 2017 and has given the last 7 years as a volunteer Trustee. She has been invaluable in the running of HBA, its endeavors, ensuring and finding better ways for HBA to uphold our te tiriti obligations. Karen was key in implementing our antenatal video series free of charge that launched in 2023 and putting together home birth kits for midwives.

Marta Willis joined the trust first as an apprentice and then into Trusteeship in 2022. Her networking skills and business knowledge have been such a beautiful addition to the trust. Both of these women's dedication and home birth hearts have been deeply appreciated by the trust and we are all sad to see them go. We look forward to hearing about your future projects Karen and Marta.

As always, we value your input and suggestions so please don't hesitate to get in touch.
Lala McCarthy - Co-Chair

Photos below - Karen Walker, Marta Willis, Glynette Gainfort, Brenda Hinton



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HTTPS://HOMEBIRTH.ORG.NZ

WOULD YOU LIKE TO WORK FOR HBA, FROM HOME?

We have an opening coming up in our administration team and we'd love to find a home birth māmā who would like to journey with us over the next few years, or more! This role starts at 2 hours per week while training and builds up to 4-6 hours. It is a contracting role and is paid at the living wage rate for contractors. The administrator works closely with the trust and acts as the thread which holds our organisation's structure. We seek expressions of interest from the home birth hearted, who have great organisation and communication skills, capacity or a willingness to learn our accounting systems, some design, web and social media experience a plus. We'd love your help with grant applications. Full and gentle training will be provided to the suitable applicant, so please do reach out even if you don't think you tick all the boxes.

Contact Alesha on admin@homebirth.org.nz for more information and to share your CV.

LA LECHE LEAGUE CONFERENCE 2024

The LLLNZ 60th Anniversary Conference is being held in Cambridge on April 19-21 2024. HBAT has registered to have a stall. We feel like this is a great opportunity to get in to the community and chat with some like minded people. The main conference begins at 2pm on Friday the 19th and goes through to about 12.30pm Sunday. If you would like more information on this conference please get in touch with LLLNZ, or if would like to volunteer to help us 'woman' the stall, please contact us via email.

REGIONAL GRANTS - MARCH

Each year, HBAT dedicates funds from within their budget to allocate to regional home birth groups. Groups can then use these funds to support their birth pool hire service, secure a meeting venue, or whatever needs their region may have at the time. HBAT let regions know at the beginning of the month that applications were open, and we received 3 from different groups. We will notify these regions on our decisions asap, but it was lovely to be able to say yes to each application this time.

\$2000.00 was the total available and will be shared among applicants as fairly as possible. The trust considers things such as; which groups have not received funds for some time, where there is the most need, what groups are doing to generate their own funds to sustain projects etc.

The next funding round will be offered in September and amounts will vary as always, depending on the budget at the time. If you have any questions please get in touch asap.

INTERESTED IN BECOMING A TRUSTEE?

With 2 trustees stepping down, we will be opening applications for some new members to join in an apprentice capacity. We have 2 apprentice Trustee positions that we would love to fill with some energetic, passionate and motivated individuals who aren't afraid to speak their minds and share their thoughts and opinions. Applications will be out via email soon and we will advertise/notify via social media.

REGIONAL FILM SCREENINGS

This May, to coincide with International Day of The Midwife, certain regional groups will be hosting a film screening at their local cinemas of the documentary Born at Home. Born at Home is an Australian film that is beautiful and informative, exploring giving birth at home in Queensland, Australia. Each region can choose to host or not and each decide how they will run the screening with some choosing to host raffles, panels, fundraisers etc. This should be a great event for the regions taking place. Keep an eye out on our social media for specific places and dates/times etc. or contact your local homebirth group.



THE NATURAL PARENT MAGAZINE

2024 has seen HBAT look to find new ways in which to expand our community and to get homebirth into more rooms and conversations. At hui 2023 it was discussed that maybe we were consistently preaching to the converted. That got us thinking.. how can we get the simple message of homebirth to mothers and parents who haven't yet considered homebirth. We were presented a great opportunity to advertise in and with the Natural Parent magazine and jumped at the chance. We felt it was a great way to get our name and website out there in a way that was going to be minimally impactful on our volunteers with a large audience in spaces where homebirth may not usually be widely celebrated. You may have seen our quarter page sized ad's in the 2024 issues of the printed magazine or on their social media weekly.

If you have any other suggestions of things we could be doing please let us know!

[@HOMEBIRTHAOTEAROA](https://www.instagram.com/homebirthaotearoa)

ADMIN@HOMEBIRTH.ORG.NZ

[HTTPS://HOMEBIRTH.ORG.NZ](https://homebirth.org.nz)

HBA acts as an umbrella for our numerous regional/local groups. We are here to offer support, advice, community. as such, we don't govern the regional groups as some may think. each group is able to work as best fits them.

FB page- West Coast Home Birth
westcoasthomebirth@gmail.com

West Coast Homebirth group meet on the second Wednesday of each month at the Junction Cafe - this may change as summer approaches so follow our fb for updates. We are still revitalising the group but are growing. We currently have 1 birth pool for hire and our library of beautiful books to read.

FB page- Whare Manaaki o te Tai Poutini
Email - manager@wharemanaaki.com

Whare Manaaki in Mawhera (Greymouth) run Hapū Wānanga and also offer Mirimiri and Romiromi from local practitioners. Please contact via FB page or email.

WAIKATO

B- Waikato Home Birth Association
IG- @waikatohomebirth
www.whba.org.nz

Waikato Home Birth Association. We have multiple birth pools available for hire. We also have tens machines, and a double breast pump for hire. You can access these via our website or send us a message and we can help you. We provide pēpi packs to local whānau. Our most frequent sale via our website is our pool liners. Our committee aims to meet monthly but usually these ends up being bi-monthly. We are DESPERATELY looking for new members to bring fresh energy and ideas!

WELLINGTON

FB page- Wellington Home Birth Association
FB group- Wellington Home Birth Community
whbaweb@gmail.com

<http://wellingtonhomebirth.weebly.com/>

WHBA has been quiet since lockdown but are currently looking for a suitable time/date for their AGM so they are able to get things up and running again. Library books and dvd's are able to be borrowed. We also hire birth pools and califonts so please get in touch to organize.

TAURANGA

FB group- Trust Home Birth Tauranga
Tauranga Homebirth Association

Our most important focus has been to support our midwives who were abruptly mandated out of work and to support our women who were abruptly left without the care for homebirth from the midwife of their choice. We have held approximately 5 meetings in Tauranga at a midwives home to offer emotional support for those affected. In September we attended the Hui organized by Aku Huia Kaimanawa midwives and shared some of the Herstory of homebirth in Aotearoa. In October we attended the HBA hui and AGM. We have pledged money towards a Hui in planning for 2023 for all of the mandated midwives and consumer families to address this urgent matter.

We are working to revive our homebirthing community to get involved again by means of more regular meetings. We continue to hire out the birth pools and califonts. We have had to buy 3 new califonts to meet the increased demand. This is directly due to aspects of the covid19 response since early 2021. For hire enquiries- sharplintaylor@hotmail.com

TAUPO

FB page- Taupo Home Birth
FB group- Taupo Home Birth Community
taupo.homebirth@gmail.com

Taupo home birth group is currently quiet but has birth pool hire available. We are hoping to build our community up in the new year. Please email or send a message on Facebook to get in touch.

OAMARU

FB- Oamaru Home Birth Support Group
Our small but growing group was established at the end of 2022. We have now had a couple of get togethers and have new members joining daily.

GOLDEN BAY

FB page- Birth Wisdom- Empowered and Home Birth in Golden Bay
birthwisdomgb@gmail.com

We meet once a month in one another's homes. We share cups of tea, some kai and hold an informal circle for whomever needs/wants to share. This can sometimes be a birth story or just a check in about where we are at in our mātuatanga journeys. We have an awesome library of books that our members can borrow from, thanks to donations from our community. We have 2 birth pools and kits that can be hired. Our local midwives are incredibly supportive of homebirth, as it equates to about 50% of the births in our area. They often refer māmā to us for pool hire and connection with the group. We keep things really simple. Very little money or advertising involved, just word of mouth and a monthly email invite. It's small, special, strong and ticks along, providing connection and information to those that need/want it. A sustainable model for a small town homebirth community.

MANAWATU

FB page- Manawatu Home Birth Association FB group- Active Birth Manawatu
mhbanewsletter@hotmail.com

Manawatu Home Birth group is quietly starting back up with monthly community hangouts, see our FB page for details. Our pool and califont hire continues to be readily available, please send a message on FB or email us to get in touch.

COROMANDEL HAURAKI

FB page- Coromandel Hauraki Homebirth

We are a new group. We have a get together for Christmas/end of year on the 18th of December at 3.30pm, The Esplanade Tairua, opposite the Paku Lodge, BYO food and drink, everyone welcome. Beginning in the new year we plan to have monthly meet ups. We also have birth pools, a califont, a library of resources, tens machine and breast pumps for hire/use. Please send a message on Facebook to get in touch.

SELWYN

FB page- Te Whare Tangata Home Birth Selwyn
IG- @homebirthselwyn

We have recently created this home birth group. A resource and connection point for birthing people planning a homebirth or wanting to support birthing families in Selwyn and neighbouring areas. The space has been created by midwife and Trustee Ali Woodhouse in 2022. We have birth pool and califont hire. We are looking forward to more activity in 2023.

SOUTH CANTERBURY

Private FB Group- South Canterbury Homebirth Support Group

We have a thriving and growing group that meets once a month, usually at Gleniti Baptist Church as it has a great space for us and they are very welcoming. We have 6-10 families represented at most meet ups and discuss all manners of topics. Our goal is to be encouraging and uplifting, and a safe space to discuss pregnancy, birth and motherhood. We warmly welcome you to come along. We have a library full of helpful books and great skills within the group including, babywearing, breastfeeding and birth doula support.

AUCKLAND

FB group- AHBA Closed Group- Auckland Home Birth Association
<https://ahba.org.nz>
hello@ahba.org.nz

Auckland Home Birth Association

We have recently changed our name from Auckland Home Birth Community, to Association and are currently in the process of becoming a registered charity. We still offer all the same services- information, support, pool hire and an online Facebook support group. In person meetings will recommence in 2023. Keep in touch via our email or social media for more info..

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[HTTPS://HOMEBIRTH.ORG.NZ](https://homebirth.org.nz)

CANTERBURY

FB page- Home Birth Canterbury

FB group- Home Birth Canterbury Community

IG- @homebirthcanterbury

www.canterburyhomebirth.org.nz/

info@canterburyhomebirth.org.nz

We meet once a month on the first Monday of the month. We have seen an increase in new women and birthing people attending our catch ups and it's been great to see their partners attend as well. We are organizing a weekend casual catch up in a bid to reach more people. We have 2 birth pools for hire and have recently purchased a califont to hire out also. We provide hampers to midwives who are members with us and currently have some amazing local companies who kindly donate their products for this. The hampers are then given to new māmā after their pepi enter the world in a homebirth setting.

HBC were lucky enough to attend HBA's conference and hui in October. We look forward to connecting with other committees and to keep providing this safe space to empower women and their births.

NELSON

Choice baby natural parenting and homebirth meetings are on every last Tuesday of the month. We meet at the lovely Kindred studio between 11.15-1pm. Each meeting we have a topic and/or guest speaker who is normally working within the perinatal field or with young families and whanau. Our aim is to build community and help mums to connect with each other whilst learning about the support network and local services available to enhance their motherhood journey. This is a free baby and toddler friendly event. Everyone is welcome.

DUNEDIN

Positive Birth Dunedin is a NFP group of four volunteers who dedicate their spare time to their passion for birth work in our community. PBD works with the vision of the former Dunedin Homebirth Association and a drive toward the inclusion of all birthing whanau and improving the outcomes for birth through a social justice lens. We are a student nurse, a midwife and two Birth Educators (one in training). Currently we have a beautiful new birth pool for hire! The very popular Birth Pool in a Box- be the first to give it a go! \$130 including accessories. The pool is priced as cheaply as possible in order to ensure equitable access for all whānau.

We also have a series of exciting classes for our March course. These classes are crucial education for Whanau who are hapu/pregnant. Our classes will be held at the Fred Hollows Room, The Valley project for 2 weekends: the 1st 2nd & 8th and 9th of June 9:30 -12:30 pm. The cost is \$130 and includes both weekends and your support partner. All of the content we will be covering will be aimed at supporting you to have an empowered birth, whether at home or navigating the hospital system. In our classes we will cover: • the hormones of labour • positional techniques • relaxation methods/pregnancy yoga session • caring for your emotional well-being and your body after birth • breastfeeding • self advocacy • navigating unexpected outcomes • birth pool set up • curating your birth space • how we can weigh up our options in pregnancy, birth & postpartum. The next set of classes will be in approx. 3 months, so the March set of classes is perfect for those whānau expecting their babies in the next 3-4 months.

For more information on our classes, payment plans, services or general queries on how we can support your birthing journey please check out our Facebook page Positive Birth Dunedin or email : dunedinpositivebirth@gmail.com or text 0273766790.

For a full list of regions and their contact details please head to our website, search for regional groups.



HUI 2024

2024 would usually be a conference and hui year, however with no-one willing/able to host and limited energy all round, things haven't been flowing. The trust is currently considering how we can go forward with hui in a way that brings us together and is energetically realistic.

With no host region, the trust will manage the 2024 event, but it will be a small, simple weekend with strategic planning, along with AGM and regional group sharing. Hui this year will be via zoom with no in-person gathering. We know this will feel disappointing for a lot of you, we're disappointed too. Our hope is that this pause will allow energy to build and as well as budget capacity for future events.

We will be sending out invites soon for the regional reps to attend the sessions via Zoom, and hope to offer some funds so each region can cater a morning/afternoon tea as they get together locally. We do our best to take into consideration the wants and needs of our regions and their members, however we must also think of the energy and capabilities at the current time. We will have more robust information for you soon, and as always, if you have any ideas or thoughts, please let us know.

HUI AND CONFERENCE GOING FORWARD...

Hui and conference can be a really beautiful way to showcase your region and homebirthing group to the rest of us and the community. A way for you to show everyone how special the way you do things can be. You find a theme that suits you, create some lovely relationships with other local groups and even use it as a way to fundraise. The Trust is here to support you in your planning and we can't wait to hear from you with all your ideas.

We are looking for expressions of interest in hosts for hui 2025 and hui/conference in 2026.

Here is your chance to do things your way!

Please get in touch about hosting potential. We do try to alternate North and South Island, but don't hesitate to chat with us about your ideas.

ANTENATAL EDUCATION SERIES

Last year we introduced to you our greatly anticipated homebirth focused antenatal series. This is a 4 part video series that anyone can access from anywhere and watch at their leisure. Our main focus of this was to make sure it was as accessible as possible so no-one was left out of vital education. We have the option for people to donate what they feel they can afford, if that feels good for them.

We hope this resource has proved valuable for your clients and friends.

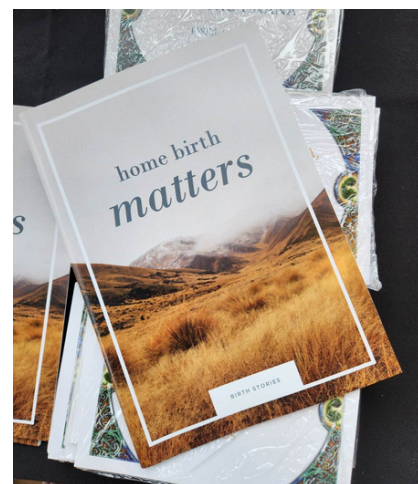


WEBSITE-STORE

HBAT ARE CURRENTLY REVIEWING WHAT WE HAVE AVAILABLE ON OUR WEBSITE TO PURCHASE. WE WOULD LOVE TO HEAR SUGGESTIONS FROM YOU ON WHAT YOU WOULD BUY.

Our beautiful website now has a store feature. Here you will be able to see what we have on offer including magazines written by us, free resources, affirmation cards. You will also be able to donate a koha for us to be able to give back to our communities by way of regional group grants, birth pools etc.

If you are a midwife and would like to bulk buy some of our magazines for your clients, please get in touch to see how we could help, as we would love to get these out and into the hands of our community and birthing women.



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