

HOME BIRTH AOTEAROA

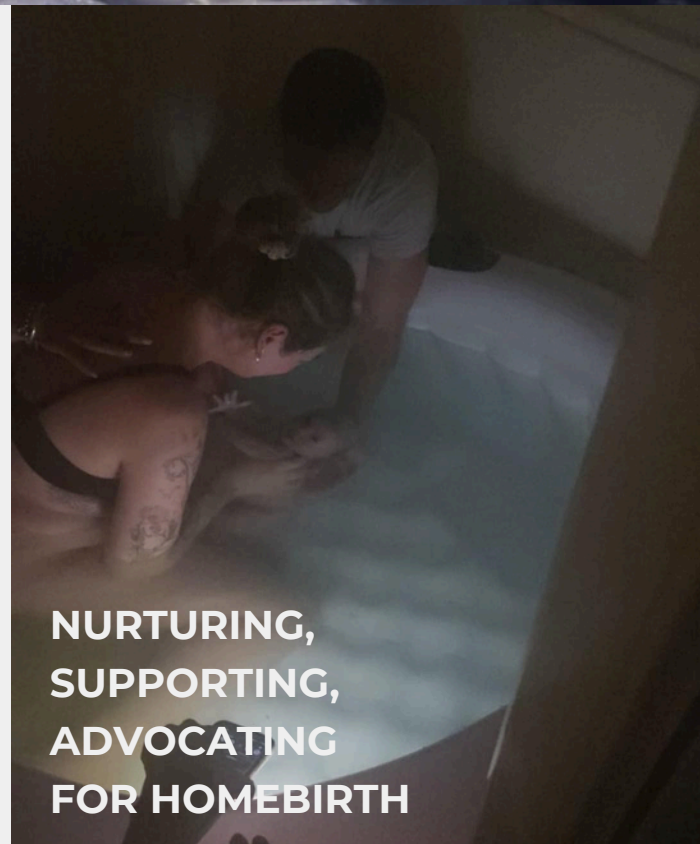
AUTUMN 2025

Welcome to the latest edition of Home Birth Aotearoa's seasonal newsletter, your go-to source for our updates and insights, and to hear what we have been up to. At HBA, we're dedicated to promoting and advocating, driving accessibility, sustainability, and growth.

Kia ora e te whānau,
I hope everyone has kept well this raumati (summer) and is easing into ngahuru (autumn) and some slightly cooler days. I am writing this the morning after returning from two days in Ōtautahi at the NZCOM board hui so feeling physically tired but also my home birth heart is feeling motivated and inspired.
HBA has had a productive beginning to the year for 2025. We are grateful for the wisdom shared by our two home birth Elders Glynette Gainfort and Brenda Hinton, both have such a long history within the home birth community and are very generous with their Herstory knowledge. Our Nga Maia seat shared by Jasmine Gray and Jax Paki has been INVALUABLE. The support they have provided has been immense and I especially am so appreciative of having these two strong Māori women sitting on the trust with me, especially in our current political climate and these uncertain times for Tangata Whenua. Our previous administrator Alesha has officially handed over the role to Cushla Richardson who has hit the ground running and is doing so well keeping everything ticking along behind the scenes. Always in awe of the wonderful women on our trust who gift their time, passion and energy to our community.
Our home birthing regions all over the motu have been busy hosting screenings for the new NZ based Home Birth Documentary. We have received really good feedback about this and are so proud of our regions for organising.
Our current focus is working on our strategic planning and the direction of the trust. We have also been meeting with Te Whatu Ora to improve our communication and working relationship with them to ensure that the voices of homebirthing whānau are heard.
A reminder to all that HBA has a free (although koha goes a long way!) online antenatal series available on our website. This is a wonderful resource for whānau and it would be great if midwives could share with their clients and colleagues!
Co-chair Lala and I continue to communicate behind the scenes and try our best to guide the trust with kindness, strength and wisdom. Although seeing as we are both extremely busy māmā with babes in arms and a house load of kids to go with, sometimes voice messages back and forth, before and after meetings is the best we can accomplish haha. The joy of being a grass roots, women and māmā led organisation hey!

Ngā manaakitanga,
Bobbie-Jane Cooke (Ngāi Tahu, Te Atiawa)
Co-chair for Home Birth Aotearoa Trust

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**NURTURING,
SUPPORTING,
ADVOCATING
FOR HOMEBIRTH**

Homebirth Documentary Screenings

Thank you to everyone who took part and either hosted or attended a screening of this movie. We feel so grateful to have been able to organise this and look forward to being able to do this more in the future. We would love to hear how you enjoyed the movie.

Regional Grants

We are thrilled to let you all know that we received 7 applications for March grant rounds, 5 from existing groups and 2 from new start up groups. We were able to grant some money to each group which feels amazing. The next grant round will be in September 2025. Please get in touch with any enquiries.

REGIONAL GROUPS

WELLINGTON - TE WHANGANUI-A-TARA

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
Local birth keeper Nell Hurst has been working hard to create and host monthly gatherings in Welcome Bay. Sometimes outside and sometimes in the community centre, weather dependent. Please check the events on our facebook page for details. Usually it is the first Friday morning of the month.

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- sharpintaylor@hotmail.com

ROTORUA

Rotorua Home birth Community
Private facebook group.
Contact email- Jamie Fyfe - jamiegera@hotmail.com

TARANAKI

Active Birth Taranaki Inc
We believe childbirth is a safe, normal, and empowering life event. Our mission is to support parents with knowledge, confidence, and community through pregnancy, birth, and parenthood. While not every birth will be intervention-free, most women can have one with the right preparation, mindset, support, and environment.
Our Offerings: Choices in Childbirth Classes (2-3 times a year).
Coffee Group - Monthly at Flourish, St Chads Hall (12 Omata Road, New Plymouth) from 11 am-12:30 pm. Check Facebook/Instagram for dates.

admin@activebirthtaranaki.org.nz
FB Active Birth Taranaki Inc
IG [active_birth_taranaki](https://www.instagram.com/active_birth_taranaki)
Website: activebirthtaranaki.org.nz

HAWKE'S BAY - TE MATAU-A-MAUI

contact email - Rachel - rachelmariep76@gmail.com

MANAWATU

Manawatu home birth association
We meet monthly and our gatherings are informal social events (over morning or afternoon tea on the second Wednesday of the month). We are always open to chatting with expectant families who are planning, or considering planning to birth their child(ren) at home.
We have a variety of pool types and sizes, califonts and a birth stool to hire.
Contact email - mhbanewsletter@hotmail.com and manawatubirthpoolhire@gmail.com

NELSON - WHAKATU

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.

Contact email - Marta Willis, marta@lunabloom.co.nz

NORTH AUCKLAND - TAMAKI MAKAUROU

North Auckland Homebirth Community
IG [north_auckland_homebirth](https://www.facebook.com/groups/6337626729638635)
FB <https://www.facebook.com/groups/6337626729638635>

AUCKLAND - TAMAKI MAKAUROU

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..

WHAKATANE - EBOP

FB - EBOP Home Birth Association
IG - [@ebophomebirth](https://www.instagram.com/ebophomebirth)
Contact email - ebophomebirth@gmail.com

COROMANDEL HAURAKI

FB - 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.

WAIKATO

FB - Waikato Home Birth Association
IG - [@waikatohomebirth](https://www.instagram.com/@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.

TAUPO

FB - 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.

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HTTPS://HOMEBIRTH.ORG.NZ

GOLDEN BAY - MOHUA

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.

MOTUEKA

Contact email - homebirthmotueka@gmail.com
We have our library on offer, a birth pool to hire out, meal trains regularly created, breastmilk donations. We enjoy speakers coming to the group, discussions within the groups, cups of tea and shared morning tea.

WESTPORT - KAWATIRI

Home Sweet Homebirth – Kawatiri Support Group is a group of women and birth workers, passionate about our choice to homebirth and about empowered childbirth in general. We have monthly morning tea at homes in and around Westport, West Coast.
Contact email - homesweethomebirth@mailfence.com

WEST COAST - TE TAI POUTINI

FB page- West Coast Home Birth
westcoasthomebirth@gmail.com
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. West Coast home birth group meet at Whare Manaaki in Greymouth on the 1st Monday of every month at 10am. Follow our Facebook for updates

CANTERBURY WAITAHA

FB page- Home Birth Canterbury
FB group- Home Birth Canterbury Community
IG- [@homebirthcanterbury](https://www.instagram.com/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. We look forward to connecting with other committees and to keep providing this safe space to empower women and their births.

WE LOVE TO HAVE THESE UPDATED REGULARLY AS WE KNOW YOUR GROUPS CHANGE AND FLOW SO OFTEN. PLEASE SEND US AN EMAIL WITH ANY CHANGES YOU WOULD LIKE SO WE CAN KEEP THIS UP TO DATE AND RELEVANT.

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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. Each group is able to work as best fits them.

SOUTH CANTERBURY - WAITAHA KI TE TONGA

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.
Contact email - schomebirth@gmail.com

SELWYN DISTRICT

FB page- Te Whare Tangata Home Birth Selwyn
IG- [@homebirthselwyn](https://www.instagram.com/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. We have birth pool and califont hire. .

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.
Contact email - oamaruhbgroup@gmail.com

QUEENSTOWN - TAHUNA

Private FB group - Queenstown & Central Lakes Home Birth support group.
We are Central Lakes HB. Covering all of the Whakatipu basin.
General inquiries – jonimeadowssalles@gmail.com
Phone – 02108102570

DUNEDIN - OTEPOTI

Positive Birth Dunedin (formerly known as Home Birth Association of Dunedin, Te Rōpu Whanauahuru o Otepoti) is a collection of mothers, midwives, student midwives and their friends and families who are interested and passionate about positive birth, physiological birth, and home birth. We have birth pool hire and a lending library.
Contact email - positivebirth@gmail.com

SOUTHLAND - MURIHIKU

Birth and Baby Support Southland
We offer birth pool hire, lending library of books, DVDs and other resources regarding home birth, active birth, and positive parenting.
Contact email - southlandhba@gmail.com

For more information, a full list of regions and their contact details please head to our website, search for regional groups. Can't find a group near you? Contact us about how we can support you in starting your own.