



Helensville Birthing Centre

53-65 Commercial Road
Helensville 0800

October 2018

To Whom It May Concern,

Thank you very much for expressing an interest in learning more about the roles of Chairperson and Director on the Board of the Helensville Birthing Centre.

I hope you will find the attached Director's Pack useful in providing you with background about the Birthing Centre and some of the people with whom you could find yourself working if elected.

I have been with the Birthing Centre since it started providing postnatal care in 2000. I have worked as an LMC midwife in the area since 2009 and have been the Centre's Manager since 2012.

We are a tight-knit and very supportive team who are passionate about the quality of care we provide to women and their whānau whether they give birth in our facility or use us for their postnatal stay.

It is our ongoing support once families leave the centre that sets us apart from the rest, whether it be through our lactation consultant or our popular fortnightly Coffee Groups for new parents.

Our population is growing rapidly and we have a challenge ahead of us to keep up with the demand for our services without neglecting our quality and personal touch.

I trust you will find this an exciting prospect and if you're successful a highly rewarding one.

Ngā mihi,

Michelle Nasey
Manager
Helensville Birthing Centre



Our Story

The Helensville Birthing Centre (HBC) is a community facility in the heart of rural northwest Auckland offering birthing and postnatal care.

History

In 1989 the Helensville community fought hard against the impending closure of its obstetric hospital. A few key individuals stepped up and formed the Helensville District Health Trust which pioneered the first Birthing Centre in New Zealand.

Quickly the Helensville Birthing Centre established a reputation for quality maternity care and now operates at 90% occupancy with women choosing us for as their primary birth facility or for their postnatal stay.

It is truly regarded as the best in the country and the envy of every rural community.



Our Purpose: To provide quality, local, accessible services that support the health and well-being of mothers and whānau.

Our Mission: To empower women through the provision of,

- A safe and welcoming environment
- High quality standards of care



65
births
in 2017

474
post-natal
stays
in 2017

- Respecting women, whānau and families of all cultures
- Evidence based information that supports decision making.

Our Values: We expect, through the collaboration of both staff and patients, to demonstrate the following,

- Manaakitia - Respect
- Whakapono - Mutual Trust, Honesty
- Arohatia - Empathy, Caring
- Ngaakaupono - Integrity

Our Philosophy: We believe that,

- Birth is a natural process.
- Women have the right to full information that enables them to choose their method and intervention, ensuring maximum safety and comfort for both mother and baby, throughout their stay with us.
- Breastfeeding is essential to the early development of the parent/child relationship and the ongoing health of the infant.

Current Directors

The Helensville Birthing Centre board is made up of a number of passionate and dedicated community-minded people who volunteer their time to provide governance oversight and direction towards achieving our Strategic Goals.

Paula Daye, Chair (stepping down 2018)

Paula joined the HBC Board in 2013 and took on Chair role in 2015. She brought with her a wealth of experience in the health and disability sector where she held two CEO positions. Her governance experience has included Chair, Sight Loss Services; Deputy Chair, John Walker Find Your Field of Dreams Foundation; Director, Crown Public Health plus she has served as a panel member on the Confidential Listening & Assistance Service and is a professional coach and mentor. She is currently Deputy Chair, Camp Quality NZ. Paula and her husband have recently left Waimauku to retire in Orewa.



Dianne Kidd, Director

Dianne has lived and farmed locally with her husband Richard for more than 35 years. She is a founding Trustee of the Helensville District Health Trust (1989). She is also Chairman of the Kaipara Medical Centre. She is also a Director of AsureQuality, The Co-operative Bank and is Deputy Chairman of Unitec.



Sue Derbyshire, Director

Susan moved to Helensville with her family in January 2014 and loves living in the South Kaipara. She has worked as a midwife for 40+ years, and spent time as volunteer in Cambodia and Vanuatu on short placements. She now works at Waitakere Hospital and is passionate about quality care for mothers and their babies.



Hilary Steedman, Director

Hilary (McKenzie) Steedman was born and raised on her family farm in Helensville. She and her husband Robert operate a shower installation business as well as raising their young family. She experienced the support and care of the Helensville Birthing Centre during her own pregnancies, births and infancy care and is passionate about developing the facility further for the next generation of mothers-to-be.



Cynthia Brown-Mendes, Director

Cynthia is of Ngati Whatua decent and has spent most of her life in South Kaipara. She was raised and is currently living on her papakainga in Reweti, Waimauku. Cynthia has been a board member on Youth Horizons Trust, Waitakere Safer Communities, Reweti Marae Trust, Health Trust, Maramatawhna Trust, Tutangi Ora Committee, Woodhill School Board of Trustees and Te Kohanga Reo Trust. Cynthia has been in management for 17 years and especially enjoys working within her local community.



Chairperson's Role

Our outgoing Chairperson, Paula Daye offers some insights into what's involved in leading the board of this small but mighty organisation.

Q: What is the time-commitment?

A: Our monthly Board meetings are held on the second Wednesday of the month.

They generally last 2-3 hours and there's about two hours of reading of Board documents required before the meeting.

Q: Who are the key relationships with?

A: We have a very close relationship with our 100% shareholder, the Helensville District Health Trust, so open and honest communication with their board and manager is important.

We also have close ties with local GPs and with the local nonprofit Parent Aid which offers a free at-home service for parents with preschoolers.

Contact with the Waitemata District Health Board is also important to ensure we're providing the most up to date and accurate birthing and post-natal advice to our clients.

Q: What has been your greatest achievement in your term as Chairperson?

Developing a five-year Strategic Plan and the realising of many of the Strategic Goals.

Also, the development of a cohesive and well-performing Board and ensuring the HBC manager and staff feel valued and supported.

I'm also proud of being able to support the Helesville District Health Trust with annual dividends and the annual donation to Parent Aid.

Q: What is the next biggest challenge facing HBC?

The need to extend the current facility to meet the growing needs of the community and to have a rear entrance that is welcoming and easy to find.

Q: With all your experience on various boards, what do you most enjoy about HBC?

I have been proud to represent such a wonderful primary birthing centre which is held in such high regard by the community. I've also thoroughly enjoyed working with Michelle and her team of very talented and committed people. Michelle is one of the best manager's I've worked with.





Our Work

The Helensville Birthing Centre has long prided itself on its exceptional standard of care provided to women from pregnancy through to birth and beyond.

Our Facilities

Based in the main street of Helensville, our building sits within the wider Helensville District Health Trust's health campus.

Our birthing room with a deep birthing pool, is spacious and welcoming while our four postnatal rooms are more like a bedroom at home than a hospital room. Each has its own private bathroom and a side car cot so baby can stay close to you. Partners are also able to stay overnight.

Meals are provided for women who stay with us, with fridge space available for family use.

Outside is a quiet, sheltered garden where guests, staff and birthing women can enjoy some fresh air.

Our People

We have a dedicated team of 21 mostly part-time staff and a manager.

There are six local midwives who have a relationship with us regularly use our birthing facilities. However, any LMC who has an access agreement with us can bring low risk women to birth here.

Our lactation consultants do wonderful work at the Centre helping women and their babies establish breastfeeding before they head home. They are available for continuing support in the weeks and months after birth.

Our Programmes

With the support of local women we also host a fortnightly Coffee Group for new parents offering friendship and support. Guest speakers often attend and talk on anything from baby massage, to baby wearing and getting back into fitness after baby.

Every year we host The Big Latch On event locally where mothers gather to breastfeed their babies at the same time and promote breastfeeding.

We are also the contracted facilitator of a free pregnancy and parenting courses.

We run a breastfeeding peer counsellor training course that gives local mums the knowledge and confidence to support other mums in our community.

Our Endorsements

In October 2017 we received our fourth accreditation under the Baby Friendly Hospital Initiative, a programme designed to promote breastfeeding.

We're proud to say in the previous year all babies birthed at our centre were exclusively breast-fed when they went home, up from the 83% national average.

“For such a small community I firmly believe the approach and care we receive is THE best in New Zealand and I am so proud of the centre and all it has achieved.”

- Belinda, mother of three