

Hours and location

You are welcome to contact us by phone or email.

Opening Hours	Monday to Friday 10am-2pm (Closed for public holidays)
Phone	(09) 623 6455 0800 4 birth (0800 424 784) Please leave a message and we will call you back.
Email	walkincenter@adhb.govt.nz
Location	Maternity Outpatients, Level 6, Building 4, Greenlane Clinical Centre
Address	214 Green Lane West, Epsom, Auckland, 1051

Car Parking and busses

There are charges for car parking. There is no charge when dropping off or picking up, as long as this takes less than 15 minutes. There may be some free parking on Claude Rd for 2 hours.

Metro bus 283 and 007 routes stop at the Clinical Centre. Other buses with drop off points nearby (along Manukau Road) are Metro bus 304, 305, 312, 328 and 348.

For details on bus and public transport routes to the Centre:

Call Auckland Transport 09 366 6400

Check online www.at.govt.nz

Need more information?

Finding an LMC

Find your Midwife - www.findyourmidwife.co.nz

Mama Maternity - www.mamamaternity.co.nz

Smoking support

Ready Steady Quit (for mums to be) -
<https://readysteadyquit.org.nz>

Other websites

Pregnancy and parenting classes -
www.pepi.adhb.co.nz

Birthcare birthing unit - www.birthcare.co.nz

Hapai te Hauora - National Sudi Prevention -
<https://www.hapai.co.nz/content/national-sudi-prevention-coordination-service>

Health and Disability Commission: Code of Rights - <http://www.hdc.org.nz/your-rights>

Ministry of Health: Eligibility for free services -
<http://www.health.govt.nz>

Family Planning -
<http://www.familyplanning.org.nz>

Immunisation Advisory Centre -
<http://www.immune.org.nz>

Te Whatu Ora

Health New Zealand

Te Toka Tumai Auckland

Classification number: WH057 (Reviewed: August 2021)

Women's Health Information Unit hiws@adhb.govt.nz

Te Whatu Ora
Health New Zealand

**Maternity Walk-In
Centre**

What is the Walk-in Centre?

The Walk-in Centre provides free midwifery advice and information.

You can make contact by email or phone. Please listen to the Walk-in Centre phone message carefully. Leave your contact details and we will call you back by the following day.

What can we do for you?

- Help you find someone to care for you in your pregnancy - a Lead Maternity Carer (LMC).
- Information on the maternity services you can use in Auckland
- Early pregnancy advice including screening options, scans (ultrasounds), blood tests, healthy eating and exercise
- For non-New Zealand residents, we can give you contact details of someone who can explain the fees/charges

We accept referrals from other health professionals.

We are not able to give emergency care or treatment for unwell women.



Lead Maternity Carer (LMC)

The Walk-in Centre can help you find a Lead Maternity Carer (LMC). The changes and choices that come with pregnancy and parenting can be exciting, challenging and tiring. Pregnancy care from an LMC supports you and your whānau through this time. You can choose from:

Self-employed midwives

A self-employed midwife cares for you during your pregnancy, labour and birth, and when you are at home with your baby.

Hospital employed midwives

Hospital employed midwives work within a team. Together they will care for you during your pregnancy, birth, and when you are at home with your baby.

Private Obstetricians

A Private Obstetrician cares for you during your pregnancy, labour and birth and works with self-employed midwives when you are at home with your baby. A private obstetrician charges a fee.

Why get early pregnancy care?

It's never too early to start your pregnancy care. You should start your pregnancy care as soon as you know you are pregnant.

The healthier you are in pregnancy the healthier your baby is likely to be.

Here are some reasons why getting care early in your pregnancy is a great idea:

Getting started

- To confirm you are pregnant and work out when the baby is due
- To explain the options you have for the pregnancy, caregivers and services

Healthy you, healthy baby

- To review your health, including medical and mental health
- To support you to quit smoking
- To advise what foods to avoid and what foods to enjoy when expecting a baby
- To prescribe supplements (such as vitamins) that can help you and your baby

Tests, screening and support

- To explain screening options for Down Syndrome and other conditions
- To test for infections you might have that could affect your pregnancy and baby
- To help with social stresses such as family violence and any other pregnancy concerns