

Making a difference everyday through Well Child Tamariki Ora

Well Child Tamariki Ora

The Well Child Tamariki Ora (WCTO) service has always been at the heart of Plunket and its commitment to the health and wellbeing of all babies, children and whānau in New Zealand.

Plunket is contracted by the Ministry of Health to deliver this universal service, of which our part consists of seven core visits as well as additional visits for families on the basis of need. These visits are free to all families and assess the health and development of tamariki, as well as providing whānau care and support and health education.

Last year, Plunket's nurses saw over 50,000 newborn babies, made over 2,100 contacts with families every day throughout New Zealand and its 24/7 PlunketLine service answered over 300 calls each day from concerned parents.

Angie Blundell is a Plunket Nurse based in Northland who is passionate about making a difference to families in her community. Along with the local Kaiawhina, she supports over 400 families with children up to five years

of age, some days driving up to 45 minutes to get to a single home visit, as well as seeing families in clinics and community locations.

"It's an incredibly special role and I feel privileged to be welcomed into people's homes. It's important for me to build a family's trust from the very first visit," says Angie.

Angie has seen a lot of change in her time as a nurse. "There are so many more stressors on families nowadays, and not just the most vulnerable families. I am seeing a lot more mothers experiencing anxiety and depression, as well as feelings of isolation as more families migrate away from the city and their support networks due to rising living costs."

Angie's experience is typical of Plunket's nurses, Kaiawhina and Community Karitane around the country. Increasingly they are providing additional support and working with families who need assistance from other social agencies. "Our team spends time each month connecting

with local agencies, which helps when we need to make referrals."

"The hardest thing is seeing someone struggling. It's important to see the bigger picture for them. They are so grateful for the advice and support we provide. Linking them with Plunket's community support networks and other agencies is also a vital part of what we do."

Angie is one of Plunket's almost 500 nurses, supported by 124 Kaiawhina and Community Karitane throughout the country who are making a difference to families every day.

Plunket is also contracted in some regions to deliver pregnancy and parenting programmes to whānau, and Before School Checks to four year old children.



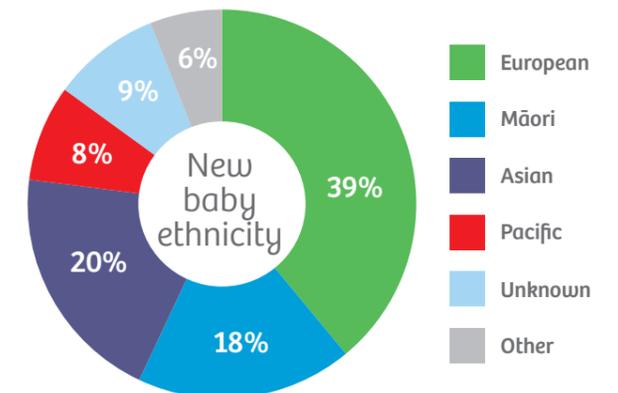
In 2017/18 we supported:

 **250,000** children aged 0-5 enrolled with Plunket

 **>50,000** new Plunket babies

 **2,100** contacts with families made everyday

 **26,500** B4 School Checks* completed



In addition, we supported:

20% of mothers assessed as having maternal mental health issues

22% of families who have a smoker in the household

4% of parents who disclose some level of family violence

PlunketLine

 **>300** calls received from concerned parents/caregivers each day

49,000 views of PlunketLine  Facebook chats

Top topics

- Breastfeeding
- Child health & illness
- Connecting with community
- Parenting practise
- Nutrition

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* Contracted to deliver in Auckland, Waitemata, Counties/Manakau, Northland, Wellington, Hutt Valley and Kapiti