

**Breast Friends: breastfeedingwairarapa@gmail.com**

Speak with a trained Breastfeeding Peer Counsellor  
by messaging us on Facebook or by email ☺

**Wairarapa Hospital Maternity**

**Te Ore Ore Road Masterton**

06 946 9800      Extn 4107

Lactation Consultant

Julie Foley      021 515 990

**Whaiora**

**394 Queen Street Masterton**

Tamariki Ora Nurses

06 370 0818      0800 494 246

**Wairarapa Plunket Nurses**

**24 Worksop Road Masterton**

Plunket Line Available 24 hours, 7 days a week

0800 933 922

Masterton

06 377 4592

Carterton

06 379 8153

South Wairarapa

06 308 9767

**La Leche League Leaders**

Isa Pike      021 084 24782  
wairarapa@lalecheleague.org.nz

**Parents Centre**

06 379 5070  
wairarapa@parentscentre.org.nz

**Plunket Line**

**24 hours, 7 days a week**

0800 933 922

**Helpful Websites**

[www.whaiora.org.nz](http://www.whaiora.org.nz)

[www.plunket.org.nz](http://www.plunket.org.nz)

[www.lowmilksupply.org](http://www.lowmilksupply.org)

[www.pēpeora.nz](http://www.pēpeora.nz)

[www.wairarapamaternity.org.nz](http://www.wairarapamaternity.org.nz)

[www.lalecheleague.org.nz/wairarapa](http://www.lalecheleague.org.nz/wairarapa)

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