

Pregnancy Help at Christmas Time

by **Margaret Gilbert**

Pregnancy Help Inc. Canterbury has just come through another cold grey Christchurch winter with our stocks of baby clothing and bedding very depleted. With warmer weather and Christmas rapidly approaching our thoughts are turning to the issues of the season. It is a time when, for some, the financial demands of Christmas mean that getting ready for a new baby are put on hold. So, often our next most busy time is January and February.

Pregnancy Help is a voluntary agency and all our services are free. We give out baby clothing and bedding, and maternity clothing. Women who no longer need them donate most of these items. We also have women who knit and sew for us. Our office is a drop in centre - a place in the city for women to come in to feed and change their baby, have a cup of tea or coffee and a chat.

We also do free pregnancy tests and sometimes provide home help. Often the women who contact us are an anonymous voice on the end of the phone just needing some information or someone to talk to when they are feeling vulnerable. Our clients' circumstances vary and there is no criteria for accessing our services except that you are pregnant or have a new baby.

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Published in Birthplace magazine, Nov/Dec 2005, p16.