

## This program is available if:

You are a woman of Aboriginal or Torres Strait Islander descent

Your children are of Aboriginal or of Torres Strait Islander descent

Your partner is of Aboriginal or of Torres Strait Islander descent

**Please bring your Medicare card / Health care or Pension card / Medical information from previous practice to your first appointment**

If you need to call your Midwife, speak to Waminda reception and your contact information will be taken down. Your Midwife will return your call.

Waminda encourages all clients to make follow up appointments with their midwife when receiving test results

Please see reception for printed copies of Client Patient Information management, Telephone Policy, Test Results and follow-up, and referral policy.

Waminda has used the Communicare patient management system since 2014.



**Accredited  
General Practice**



**ACCREDITED**

## Useful Contacts

Shoalhaven District Hospital	(02) 4421 3111
SDMH Birthing Unit	(02) 4423 9240
After Hours GP Helpline	1800 022 222
Poisons Information Centre	131 126
Australian Breastfeeding Assoc.	1800 686 268
Karitane	1300 227 464
Tresillian	1300 272 736
Nowra Community Health	(02) 4424 6300
Mothersafe	1800 647 848

## After Hours Care

**Shoalhaven District Memorial Hospital  
Scenic Drive, Nowra - 4421 311**

**In case of emergency call Ambulance - 000**

# Minga Gudjaga

**Waminda Maternity, Child &  
Family Health Services**



@WamindaSthCoast  
**waminda.org.au**

**Waminda**  
**Minga Gudjaga**





## Minga Goodjaga - "Mother and Baby"

Minga Gudjaga, meaning "Mother and Baby", is the maternal, child and family health program within Waminda.

Minga Gudjaga provides holistic child and maternal health care within a safe and nurturing environment. Our goal is to provide evidence-based child and maternal care that is culturally and clinically safe; and to enable women to make informed decisions over the continuum of maternity care and for their children up to school age.

## Minga Bunaan - "Woman Ceremony"

Minga Bunaan's are practiced within the Minga Gudjaga child and maternal health program. Aboriginal women within the program are able to request this service during their pregnancy. Please speak to one of the midwives for further information.

## Schedule of Visits

During your pregnancy, you will see a Midwife (and/or GP) for the following visits:

Monthly visits up to 28 weeks pregnant

Fortnightly visits up to 36 weeks pregnant

Weekly visits up to birth

Doctor at hospital if past due date

Postnatal check ups as needed up to 6 weeks after birth (including breastfeeding support and baby weighs/checks).



## Consult with our Midwives

Consultations with our Midwives and Aboriginal Health Workers are available on Mondays to Fridays from 9:00 am - 4:30 pm.

Walk-in patients are welcome to see one of our midwives or call us to make an appointment.

Transport is available for Waminda services only. Please call in advance to book.

We will advocate and support clients with a disability to exercise their choice and control over the services they receive while respecting their human and legal rights.

Our organisation provides free and bulk billing services for all women and their Aboriginal families of all ages.

Consultations are free to clients who are Medicare card holders. Costs may be involved when accessing referral services, however you will be advised of any out of pocket expenses when the referral is being made.

## Maternal and Child Health Services include

- Antenatal and Postnatal Checks
- Advocacy and Birth Support
- Belly Casts
- Immunisations
- General Practitioner Clinic
- Hospital Bookings
- Pathology Collection
- Ultrasound Referral
- Home Visiting
- Outreach Clinics
- Cervical Screening
- Contraception

Blue Book Checks (From Birth - 5 Yrs)



Call **4421 7400** or  
**1800 997 300**

For appointments and transport  
Open Monday to Friday  
**9:30 am - 4:30 pm**