

This program is available if:

You are a woman of Aboriginal and/or Torres Strait Islander descent

Your children are of Aboriginal and/or of Torres Strait Islander descent

Please bring your Medicare card, Health Care or Pension card and 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.



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
Waminda's Strong Yawa - 1800 953 736

Minga Gudjaga

Maternal Child & Family Health
Sexual Health & Reproductive Services



@birthingoncountry_waminda
waminda.org.au

Waminda
Birthing On Country



Minga Gudjaga - "Mother and Baby"

Minga Gudjaga, meaning "Mother and Baby", offers maternal, child and family health services, as well as sexual and reproductive health services within Waminda.

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

Minga Bunaan - "Woman Ceremony"

Aboriginal women within the Birthing on Country program at Waminda have access to cultural practices that help strengthen and affirm their identities as strong Aboriginal women. Minga Bunaan is practised within the Birthing on Country program. For more information, please speak to one of our midwives or Aboriginal Health Practitioners.

Minga Gudjaga Midwifery Practice (MGMP)

We are now able to offer continuity of care via our Midwifery Practice. Each woman will be allocated a primary midwife at the beginning of pregnancy and will receive the majority of care from this same midwife. The midwife will be on call to attend the birth and provide care during labour at Shoalhaven District Memorial Hospital (SDMH). The midwife can also provide home visits during pregnancy and once you discharge from hospital until baby is 6 weeks old.

Child and Family Health

Our Child and Family Health Practitioners provide care for your baby from 6 weeks old until 5 years. We use a collaborative approach to personalise family plans and support women through a range of services such as growth and development, feeding and nutrition education, breastfeeding advice, and sleep and settling.

Schedule of Visits

At the beginning of your pregnancy journey, you don't need to see a GP first. Instead, you have the option to get in quicker at Waminda by booking an appointment with an Endorsed Midwife who can request early pregnancy blood tests and ultrasounds. During your pregnancy, you will see a midwife and Aboriginal Health Practitioner (AHP) for the following visits:

- AHP visit each trimester
- Monthly visits up to 28 weeks pregnant
- Fortnightly visits up to 36 weeks pregnant
- Weekly visits up to birth
- Postnatal check-ups as needed up to 6 weeks after birth (including breastfeeding support and baby weighs/checks).

Birthing on Country Services include:

- 24/7 On-call midwife
- Antenatal and Postnatal Care
- Labour and Birth Care at Shoalhaven Hospital
- Regular AHP visits
- Belly Casts
- Immunisations
- General Practitioner Clinic
- Pathology Collection
- Ultrasound Referral
- Home Visiting
- Outreach Clinics
- Cervical Screening
- Sexual and Reproductive Health
- Contraception/Pregnancy Choices
- Blue Book Checks (From Birth - 5 years)
- Medicare Bulk Billing - no out of pocket cost for your midwifery care

Consult with our Midwives

Consultations with our Midwives and Aboriginal Health Practitioners are available Monday to Friday from **9:00am - 4:30pm**.

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 the 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.

Call **4421 7400** or
1800 997 300

For appointments and transport
Open Monday to Friday
9:00 am - 4:30 pm