

## Important Contact Details

New Directions Midwives –  
0439 391 192  
Aboriginal Health Worker –  
Ph:0438 597 948

The Sutherland Hospital  
Birthing Unit  
Level 3  
Kingsway, Caringbah 2229  
Ph: 9540 7981 OR 9540 7982

St George Hospital  
Birth Unit, Level 2  
Gray St, Kogarah, 2217  
Ph: 9113 2125 or 9113 2126

MENAI Community Health Centre  
Narrangy-Booris  
32 Allison Crescent  
Menai, 2234

**If you have any questions or concerns please contact:**

TSH Midwifery and Nursing  
Manager of Women's and  
Children's Health  
Ph: 0429 575 507

## Our Philosophy

*We are passionate about our “family” and advocate for, as well as provide safe midwifery care that empowers women. Our holistic focus aims for healthy and positive experiences throughout the pregnancy, birthing and early parenting journey.*

### **There are various transport options to travel to St George or Sutherland hospitals for care.**

Both hospitals are close to train, have buses directly to the hospitals or parking if you want to drive. In some cases concessional parking is available. Please speak to the midwives or Aboriginal health worker if you require information about transport.

St George and Sutherland Hospitals CGD subcommittee CAG.  
July 2020



Reviewed By  
The Sutherland Hospital  
Consumer Advisory Group  
*Working together*

## Welcome to New Directions

*Information for women*



ARTIST : ANNETTE WEBB  
ELDER KURRANULLA

# New Directions - Information for Women

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## How does New Directions work?

New Directions is a program that enables Aboriginal and Torres Strait Islander women to be cared for by the same midwife with the support of an Aboriginal Health worker. Care is provided throughout pregnancy and up to 14 days after the birth of the baby.

The provision of care aims to provide families with continuity and encourages the development of individualised care to improve outcomes for mothers and babies.

For most women an allocated midwife will be able to provide the majority of the antenatal care. If the need for medical consultation or referral arises, the NEW DIRECTIONS midwife is supported by the Obstetric Teams at Sutherland Hospital or St George Hospital.

## Availability of your Midwife

You will be given the mobile phone number of your midwife.

This number can be called or texted between Mon-Fri 8:00 am to 4.30pm for

- Appointment Changes
- Informing your midwife that you have an Ultrasound or blood test
- **NON URGENT** issues relating to yourself and/or your baby after birth

**For any URGENT concerns and LABOUR related issues please call**

## Sutherland Birthing Unit

Ph: 9540 7981 or  
9540 7982

## St George Birthing Unit

Ph: 9113 2125 or  
9113 2126

This could include, but is not limited to;

- Vaginal bleeding
- A change in your baby's/babies' movements
- Vomiting/diarrhoea for more than 24hrs
- Bad headaches, vision problems
- Contractions less than 5 mins apart
- Fall
- Motor vehicle accident
- Painful contractions before 37 weeks
- If you think your waters are broken
- Any other URGENT questions or concerns you may have

## YARNING CIRCLE

This is a free program that is a combination of antenatal appointments, information and A LOT of connecting! Each week we will have an information topic to discuss with guest speakers

## AFTER BABY IS BORN

Your midwife will discuss with you the benefits of going home early. Alternatively, transfer to the postnatal ward will be arranged after the birth of your baby and the hospital postnatal staff will care for you there.

Once discharged from hospital, your New Directions Midwife will arrange your ongoing care through a combination of phone calls and home visits as required. The number of visits you receive is based on your individual needs.

## THE NEXT STEP

When you are discharged from New Directions, the staff from Narrangy-Booris, will support you to care for your baby until they are 5 years old.