

## Midwives and Birth Support (Illawarra and South Coast NSW)

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(In Alphabetical Order)

### **Jane Hardwicke Collings**

Jane is no longer attending births, however she does still run workshops.

Facilitator of Pregnancy - the Inner Journey Workshops. Author of Ten Moons - the Spiritual Journey of Pregnancy, Preparation for Natural Birth. Founder of The School of Shamanic Midwifery

Ph 0408035808 [janecollings@bigpond.com](mailto:janecollings@bigpond.com)

[www.moonsong.com.au](http://www.moonsong.com.au)

[www.placentalremedy.com](http://www.placentalremedy.com)

<http://schoolofshamanicmidwifery.blogspot.com/>

<http://janehardwickecollings-moonsong.blogspot.com/>

[www.schoolofshamanicmidwifery.com](http://www.schoolofshamanicmidwifery.com)

### **Christine Duff**

(Milton).

[kookaburra@activ8.net.au](mailto:kookaburra@activ8.net.au)

### **Marie Heath**

Marie Heath is a very experienced midwife practising primarily in the Illawarra and Shoalhaven area. She has been in Private Practice for the past 15 years having been honoured to have assisted with over 360 births during that time. Pregnancy and birth are normal life events and giving birth is an integral part of a woman's life. Marie firmly holds that every woman is unique and her care must reflect this. It is every woman's right to choose her carers and where and with whom she gives birth. She acknowledges that the process of pregnancy and birth matter for a woman, her baby and family and that a woman's experience of this process has a remarkable impact on the rest of her life. Marie truly has the confidence in every woman's potential to birth naturally, whilst having the experience, skill and commitment to provide one-to-one care that totally supports each woman's ability to do so. 2010 has seen changes with the federal government now recognising private midwifery care in Australia. As a result of these changes Marie is now Medicare endorsed and you may be able to claim Medicare rebates for some of your pregnancy, birth and postnatal care provided to you by Marie. This Medicare option has not altered the very individual one-to-one midwifery care provided to you. Please don't hesitate to contact Marie if you would like further information about pregnancy care and birthing options.

Midwyf Services

Mobile - 0407 266004 Email - [info@midwyfservices.com.au](mailto:info@midwyfservices.com.au) web - [www.midwyfservices.com.au](http://www.midwyfservices.com.au)

## **Victoria Kleeberg**

(Bowral) [kleeberg@bigpond.net.au](mailto:kleeberg@bigpond.net.au)

## **Sonja MacGregor**

A wholistic midwife who empowers and trusts women to birth their babies in the comfort of their own home. I provide a full antenatal, labour, birth and postnatal service. All appointments are attended in the woman's home, with the inclusion of family and support people if the woman desires. I travel as far south as Kiama, as well as all areas of the Southern Highlands and the south-west and west of Sydney.

Ph 0419 149 019 Email: [sonjamac@bigpond.com](mailto:sonjamac@bigpond.com) Website: [birthathome.com.au](http://birthathome.com.au)

## **Melissa Maimann**

Melissa provides Medicare-funded private midwifery services (hospital birth and home birth) in the Illawarra region. Melissa has served families with compassion and respect since 2001. She is a passionate midwife and partners with women to help them achieve a safe and natural birth in any birth setting. Other services include childbirth education, birth trauma debriefing and preconception care.

Web: <http://www.essentialbirthconsulting.com.au> email: [melissa@essentialbirthconsulting.com.au](mailto:melissa@essentialbirthconsulting.com.au)  
phone: 0400 418 448

## **Rachele Meredith**

0421 721 497

[r8chele@yahoo.com.au](mailto:r8chele@yahoo.com.au)

## **Maike Quellenberg**

[begavalleybirthing@hotmail.com](mailto:begavalleybirthing@hotmail.com)

Practicing as an independent midwife at the Far South Coast. I am actually located in Bega.

## **Cindy Turner**

[midwife@bordernet.com.au](mailto:midwife@bordernet.com.au) (far south coast).

## **Sheila Vaughan**

Sheila Vaughan, M.Sc. (Midwifery).

My name is Sheila Vaughan, I am a Traditional Birth Maia (Birth Attendant) and birth advocate, passionate about choices for women and their family. I am devoted to families choosing home-birth and advocate for women in getting their voices heard in the "medical system".

I provide personalised one-to-one support for women choosing home-birth. The geographical areas that I normally work in include: the Illawarra, Southern Highlands, south to central Sydney and surrounding areas of NSW. I also offer support and advocacy for women choosing a hospital birth, or wish postnatal support. My emphasis for postnatal support is for breastfeeding, assisting families with settling their baby and in listening to their needs, for up to 6 weeks postnatally.

I have decades of experience working with families during childbirth and in childbirth education, this all within the medical system. For the past 5 years I have supported families choosing to homebirth. I first did this at first, within the system, St George hospital Kogarah. Then finding the multiple criterias for “allowing” women to birth at home too restrictive, have practiced independently, for birthing families and the awesome life changing transition into parenthood. When I first observed the power in women birthing physiologically (naturally) at home, it was as if I was seeing birth with my own eyes for the first time, it was (and still is) a profound and moving experience.

I chose to fully leave the medical system in May of 2011, becoming a Traditional Birth Maia, instead of remaining a registered midwife. This, due to the government changes, that that have further restricted access for families to choose home-birth. Personally, and I know I am not alone in believing this, I feel that it is a woman’s right, a *basic* human-right for a woman and her family to choose where she births, with whom she births and how she births. This will be where the woman feels safe; physically, spiritually and emotionally- wether at home, or choosing to birth in hospital. A woman should not have to ask permission from anyone, it is her story, her birth.

With much love, blessings and honour,

Sheila

Mobile Phone: 0400-88-3041

Email: [heartfelthomebirths@hotmail.com](mailto:heartfelthomebirths@hotmail.com)

Facebook: <http://www.facebook.com/#!/profile.php?id=1165862833>

## **Betty Vela**

Offering continuity of midwifery care during pregnancy, birth and postnatally. Birth is a natural, empowering experience that is part of a normal life journey rather than a medical event.

Providing support for women and their families and encouragement to believe in herself and her ability to birth instinctively.

e-mail [bpvella@optushome.com.au](mailto:bpvella@optushome.com.au) phone 02 9540 4992