

A pregnant woman with blonde hair, wearing a yellow off-the-shoulder dress, stands in a field of tall, golden-brown grass. She is looking down at her belly. In the background, a body of water is visible.

# Castlemaine Health Maternity Services

Local care from pregnancy to parenthood



Pregnancy and birth are normal physiological processes.

During pregnancy we'll work to empower you, helping you understand and trust your body.

During labour and birth we'll provide a private, safe, comfortable environment that supports normal physiology so you can respond to your body and channel your innate ability to birth your baby.

Supported by a calm, familiar person and without any unnecessary disruption you'll be able to move freely and allow the natural process of labour and birth to unfold.

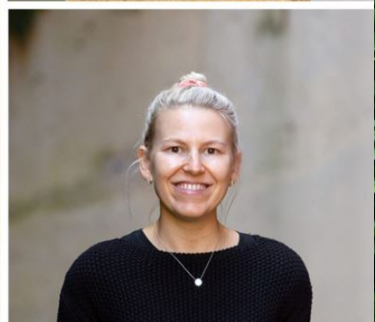
Castlemaine Health respectfully acknowledges the Dja Dja peoples as the Traditional Owners of the lands on which Castlemaine Health sites are located and pay our respects to their Elders past and present.

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Whether you're having your first baby or expanding your family, at Castlemaine Health we're here to care for you and support you.

We're a small service, offering local pregnancy, labour and birth and early parenting care for healthy women with low-risk pregnancies.

You'll find us in Castlemaine in Central Victoria's Mount Alexander Shire, just over half an hour from the regional city of Bendigo.



## Midwifery Group Practice care

Our team of four midwives offer Midwifery Group Practice or caseload midwifery care.

One midwife will care for you throughout your pregnancy, labour and birth and early parenting. The Midwifery Group Practice midwives will be on-call 24 hours a day for your labour and birth, and to help you with urgent concerns.

Our three private, home-like birthing rooms have views over the Castlemaine Botanical Gardens and ensuites with showers. There's also a deep bath for comfort and relaxation during labour.

Our midwives work closely with a team of local GP obstetricians who provide on-call care 24/7 if required, and the regional health service, Bendigo Health. We're also able to offer shared care, where you have some of your pregnancy care visits with your midwife and some with your GP. Your GP will need to be a Castlemaine Health accredited GP.

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We acknowledge the traditional practices and wisdom of First Nations people. We work with our local community to empower First Nations people to make choices about their pregnancy, labour and birth and early parenting that are right for them, their families and their babies.



## **Can I have my baby at Castlemaine Health?**

If you're a healthy person with a normal pregnancy then having your baby at Castlemaine Health could be a great option for you.

If you have particular health concerns, obstetric conditions or a history of complicated pregnancies, you and your baby may need more specialist care and support, so a higher-level service may be better suited to your needs.

Please be aware that to provide the level of care required for Midwifery Group Practice each of our midwives cares for an agreed number (caseload) of women per year.

Ensuring equitable access to safe and inclusive care is an ongoing priority. The words woman, women and mother appear in this document, however our aim will always be to treat everyone who uses our services as an individual, providing care that is personal to them using language they are comfortable with. Your gender identity and your preferred pronouns will be respected and consistently used throughout your care.

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## How do I book in?

Visit [castlemainehealth.org.au/maternity](https://castlemainehealth.org.au/maternity) and fill out the contact form. We'll be in touch within two to three working days.

Or,

visit your GP to confirm your pregnancy and refer you to Castlemaine Health. Ask your GP to fax your referral to Castlemaine Health Maternity Services on 03 5471 3557. We'll be in touch with you within two to three working days.

## Like to know more?

Visit our website  
[castlemainehealth.org.au/maternity](https://castlemainehealth.org.au/maternity)  
or call 03 5471 3557



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