

Waminda

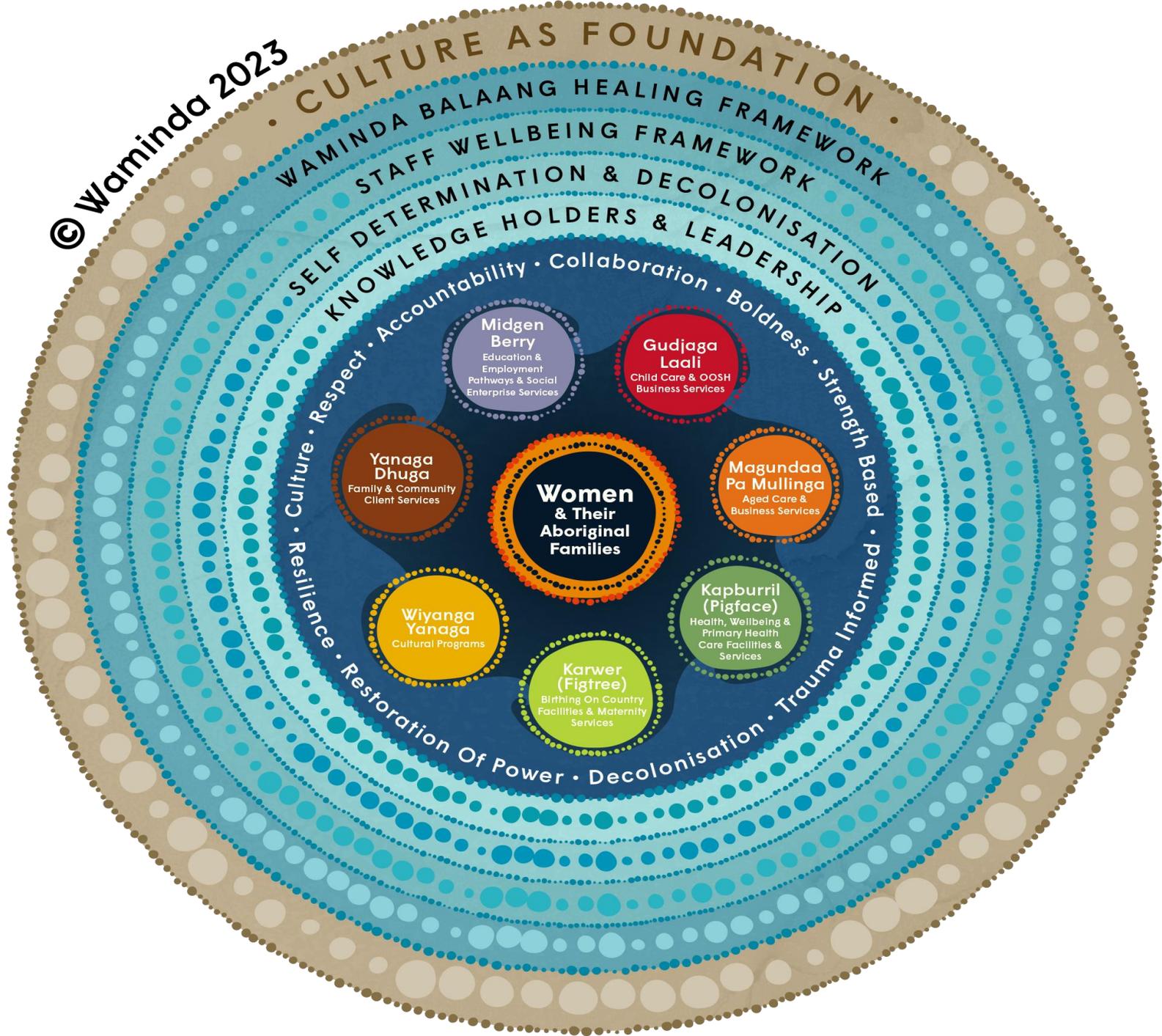
South Coast Aboriginal Women's Health and
Wellbeing Corporation

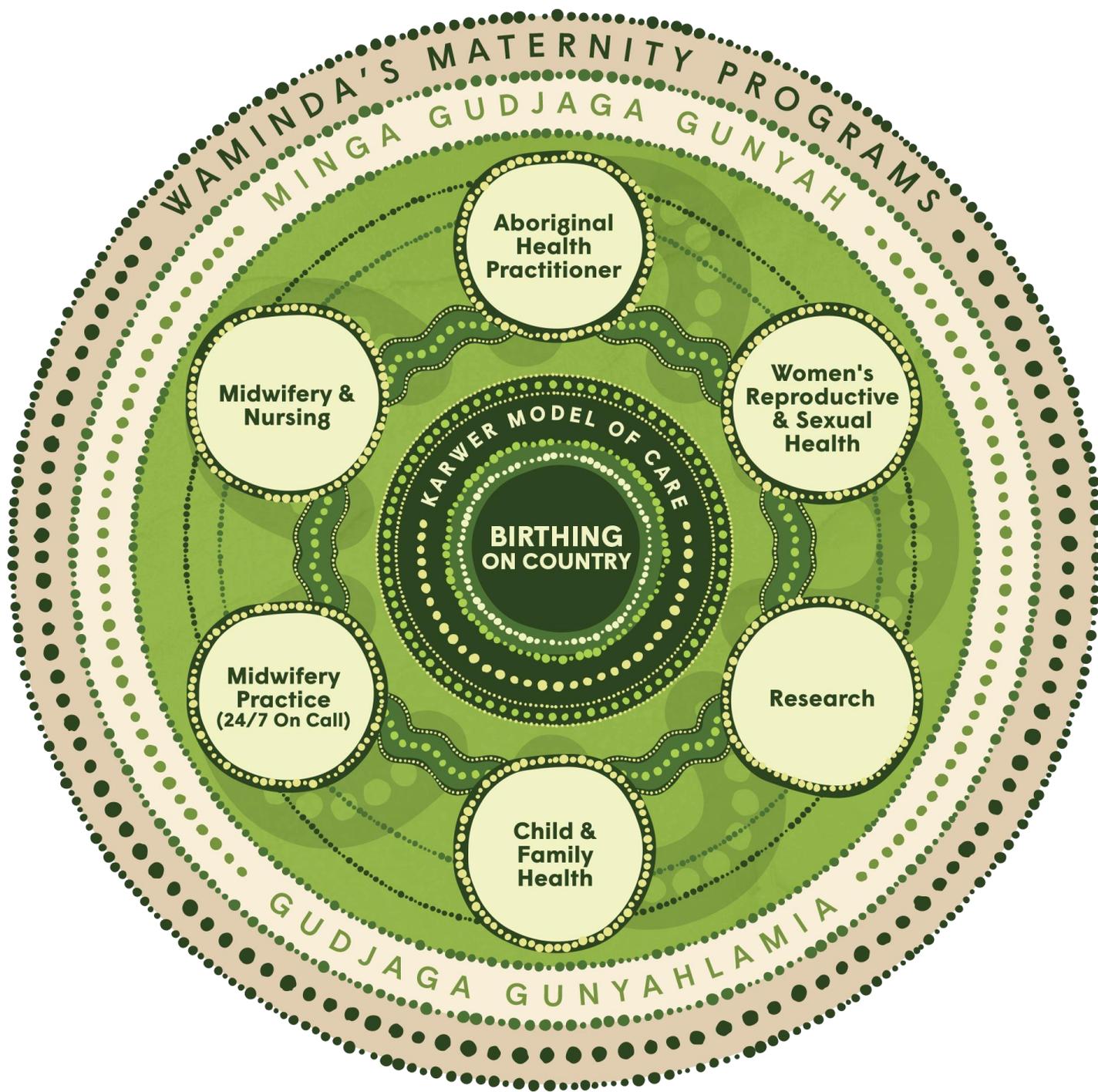
For Women, by Women, a shared Chief
Executive Leadership Team of 3 Senior
Leaders with 2 Senior Balaangs

Waminda

- 1984 Waminda women's health service was established in Nowra by two Aboriginal women
- 2025 14 Programs across 7 properties
- Currently > 250 staff
- Now establishing men and boys' programs
- Cultural identity and Community support help reduce the effects of intergenerational trauma because cultural practices promote healing

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Services Offered

- 14 programs linked to the Mother and Baby care within Waminda
- Perinatal Services Minga Gudjaga Midwifery Program 24/7 care with an Aboriginal Health Practitioner, Aboriginal Family Support Worker, Allocated Credentialed Endorsed Midwife, Child and Family Midwives and Nurses, Lactation Specialists, Reproductive Health Contraception and Termination care, transport, financial assistance, pharmacy support, Caseworker, housing support (short term, temporary and emergency), NABU Family Restoration Service and Support, SUPPS substance use support and counseling, GP, Diabetes Educator, Dietician and
- O&G, Endocrinologist, Physiotherapist, Dentist, Podiatrist and
- Wrap-around care for mother and baby which includes multi-disciplinary meetings and
- NSW Health interagency meetings (SUPPS/ DCJ/ Safestart/ Housing/ O&G/ Paeds/ M&Ms/ Education and Inservice

Perinatal Substance Use

The Door Never Closes at Waminda

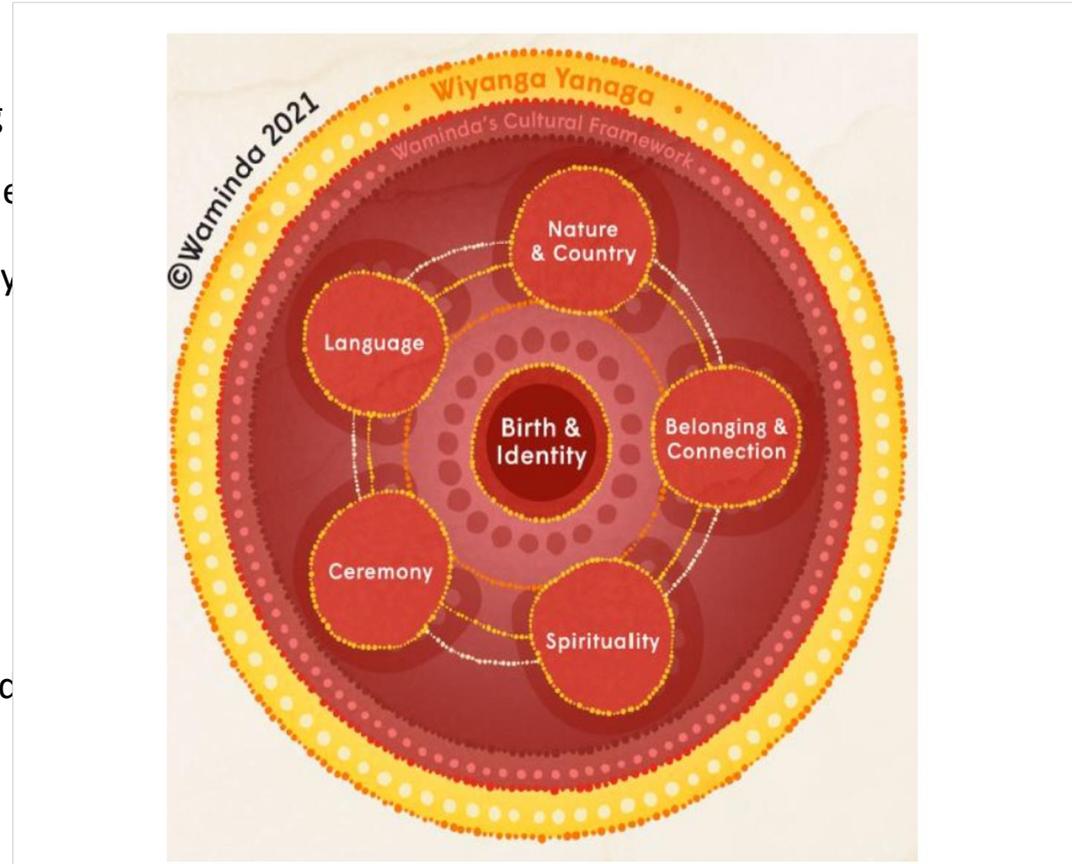
What Does This Mean?

- Waminda provides continuous, Aboriginal led, culturally safe wrap around support for women and families during pregnancy and the postpartum period until her baby turns 5 years of age or she re-enters the Service with another pregnancy.

The door never closes ...

Addressing issues of substance use in the perinatal period

- Nearly at 100 births (trying to break the cycle of trauma by 'protected' birth)
- Nowra
- AHP then Meet Your Midwife then a Booking History appt with screening (yarndi, cigarettes, vapes, endone, methamphetamine)
- Relationship before recovery and Aboriginal led care (AHP/ MGMP with cultural continuity in care)
- Strengths based approach acknowledges resilience (language and identifying what is working and what **her** priorities are such as food, supplements, safe housing)
- Waminda GP with OTAC Training and will be Prescribing and managing her own clients in the future
- NSW Govt has recently funded Waminda to build and run a women and babies Rehab and construction is underway
- Currently women on an opioid treatment program are managed primarily within the Public system Advocacy with existing rehabs and transport and maintain contact with women
- Future publishing 2026 (Research Team)



Questions

Thank you.

Reading from 'Sister Girl' by Dr Jackie Huggins AM FAHA UQP 2022

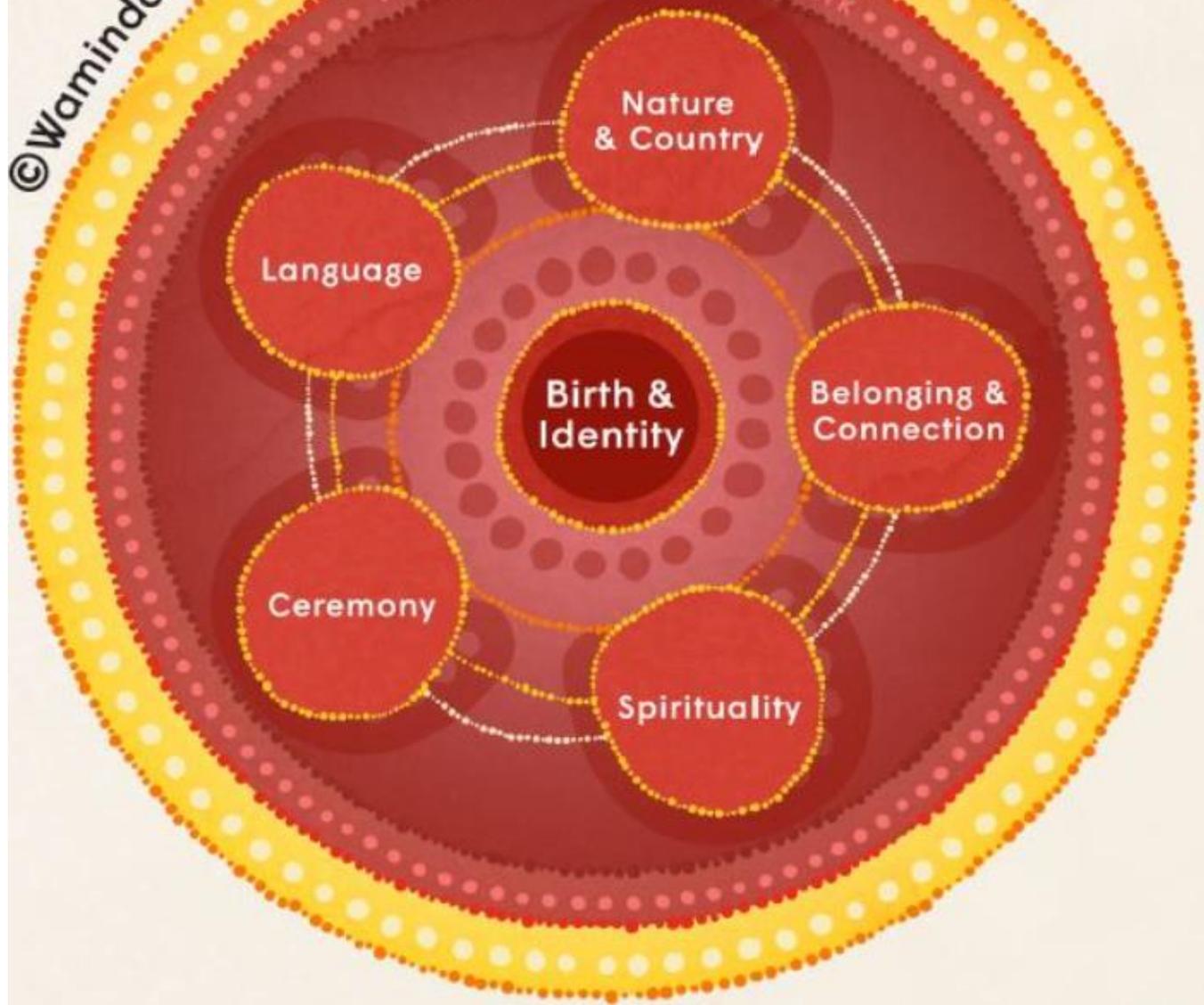
Key Principles

- Non-judgmental care – women are welcomed at any stage
- Holistic approach – addressing physical, emotional, psychological and cultural wellbeing
- Community connection – Waminda is Community led and all Services are developed from Community's expressed need at regular meetings
- Waminda serves Community first

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Wiyanga Yanaga

Waminda's Cultural Framework



MINGA GUDJAGA

OUR MIDWIFERY PRACTICE



TEAM MANAGER
Melanie Briggs
Endorsed Midwife



TEAM LEADER
Carly David
Endorsed Midwife/
Registered Nurse



TEAM LEADER
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Registered Nurse/
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Administration/Medicare/
Practice Manager Trainee



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