

Protecting Your Privacy

Eastern Health is committed to protecting your privacy.
We will keep your personal information secure and will disclose information about you only when required by law.

We comply with relevant information and privacy legislation.
If you would like more information, please ask a staff member or visit our web site www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards.



If you have any English language difficulties, please ask staff to book an interpreter. From home, you can contact us directly by using the Telephone Interpreter Service 13 1450.

Interpreter services are provided free of charge.

Ask staff to check if this information is available in your preferred language.

MATERNITY SERVICES IN THE YARRA RANGES



Maternity services in the Yarra Ranges

Healesville & District Hospital, Yarra Ranges Health in Lilydale and Yarra Valley Community Health in Healesville and Yarra Junction offer a range of maternity services for people living in the Yarra Ranges. This includes supportive maternity services, such as antenatal clinics during pregnancy and midwifery domiciliary care (home visits) after birth.

Where can I have my baby?

Eastern Health provides birthing services at Angliss and Box Hill hospitals. Bookings are allocated depending on your clinical needs and where you live. Maternity bookings can be made online at www.easternhealth.org.au/maternity

What services are available during my pregnancy?

Antenatal clinics (before birth)

Following an initial consultation with a doctor and midwife at Yarra Ranges Health in Lilydale, eligible women can be referred to Healesville & District Hospital's antenatal clinic from 20 to 40 weeks of their pregnancy. This means women in Healesville and surrounds with a low risk pregnancy have access to regular antenatal appointments closer to where they live.

Exercise programs

Mums in Training is an exercise program led by a physiotherapist for women at any stage of their pregnancy. This program is offered in Healesville and Yarra Junction. Women can register their interest by calling 1300 130 381. A referral from a doctor or midwife is not required.

Well Women's Clinic

Yarra Valley Community Health's *Well Women's Clinic* offers free health screenings, education and information for women of all ages. To make an appointment call 1300 130 381.

Pregnancy support for vulnerable women

Healthy Mothers, Healthy Babies (HMHB) is an outreach community based service providing support for women requiring additional care during their pregnancy. HMHB can assist with housing issues, mental health, alcohol and drugs, geographical isolation, family violence and emotional and social wellbeing. The team includes a midwife, social worker and family support worker. This service is offered in the Yarra Valley. For more information call 1300 130 381.

What services are available after I have given birth?

Home visits (domiciliary care)

Eastern Health provides home visits from a midwife following discharge from hospital. This provides new mothers with additional support following their hospital stay, without the need to travel.

Mother and baby program

Mums and Bubs is a postnatal (after birth) exercise and education program for mothers and babies. This program runs over an eight week period at both Healesville and Yarra Junction. To book, call 1300 130 381.

Mum's day out

This one-day program is designed specifically for women who have just had a baby. A free massage and lunch is included, giving new mothers the opportunity to unwind, meet other new mums and hear from a range of health professionals. Mum's day out is held bi-monthly in Healesville and in Yarra Junction. To register, call 1300 130 381.

Services for children

Eastern Health offers a range of services for children in the Yarra Ranges including supported playgroups, dietetics, speech pathology, physiotherapy and occupational therapy. For more information speak to your GP or call 1300 130 381.

For more information visit www.easternhealth.org.au