



hatch
private maternity

Allied Health Resources

(1234 ALLIED HEALTH)

WOMENS HEALTH PHYSIO	Alexandra Diggles Physiotherapy	Appts available Tues; Fri; Saturday in two locations: (1) Kangaroo Point, (2) Indooroopilly	Womens Health physio, pelvic floor/pain specialist	🌐 Bookings: alexandradiggles.com ✉ info@alexandradiggles.com
	Mater Health & Wellness	Physio Antenatal Classes & Individual consultations	Your changing body; Life skills & Labour; Back in Shape	☎ 3163 2920
	Active Rehabilitation (South Brisbane or Brookwater)	Women's health physio	Mater Medical Centre Brookwater	☎ 3163 1188 ☎ 3139 3211
	TPS Health (Morningside, Redlands, Lutwyche)	Physio; Pilates & Pre/ Postnatal services	Pregnancy, postnatal and women's health services across Brisbane	☎ Morningside: 3901 4646 ☎ Redlands: 3286 7456 ☎ Lutwyche: 3357 3444
	Mummy & Co Obstetric physiotherapy and Fitness	Birthing workshops, fitness classes, obstetric physio consults		☎ Rosalie: 3483 0500
	Body & Birth Physiotherapy	Women's health physio; pregnancy and postnatal	Pre & postnatal; Pelvic/Back pain; Diastasis rectis; pelvic floor, incontinence	☎ 3368 4067 ✉ info@bodyandbirthphysio.com 📍 188 Latrobe Tce, Paddington 🌐 bodyandbirthphysio.com
	Revive Physiotherapy Ann & Jessie	Womens health physio; pilates; massage	Pre & postnatal, pelvic floor dysfunction,	☎ 3366 0500 ✉ ashgrove@revivestudio.com.au 📍 L1, 240 Waterworks Rd, Ashgrove
	Thrive Health Co Rebekah Kenos	Women's Health physio	Pre & Postnatal	☎ 3716 0199 📍 1/323 Oxley Rd, Graceville 🌐 www.thrivehealthco.com.au
PSYCHOLOGY	Christine Bagley-Jones (Woolloogabba)	Counselling & Wellbeing Centre	Healthy Natal Program, Couples counselling, Antenatal anxiety, Previous trauma	☎ 3891 2273 📞 3891 1019 ☎ 0400 499 334
	Perinatal Psychology 4 Parents	Kat Anderson (clinical Psychologist)	Psychological services to parents in the postpartum period	📍 The Work Well Health Centre 108 Latrobe Tce ☎ 3876 2100 ☎ 0429 625 456

	Katrina Schwarz (old Mater midwife)	Stop, Collaborate & Listen	Perinatal mental health Counsellor, Grief & loss (infert, miscarriage, stillbirth, infant death); couples counselling. In addition also a professional supervisor providing debriefing and coaching to medical, midwifery and allied health professionals.	<ul style="list-style-type: none"> ☎ 0474 594 446 (goes to clients, Zoom. In & outside of hours support Mon, Tues, Thurs & Sat) ✉ Katrina@counsellor.org.au 🌐 stopcollaborateandlisten.com.au 📘 Stopcollaborateandlistencounselling
	Belmont Private Hospital	Mental Health Assessments, Day Therapy Programs	Antenatal assessments / admissions as well as Postnatal	<ul style="list-style-type: none"> ☎ Admission & Assessments 1800 700 274 ☎ Mon-Fri: 3398 0111 ☎ Mary Williams (perinatal triage) 0408 739 302
	Whole Heart Psychology	Home visiting psychologists	Counselling for antenatal and postnatal depression/anxiety Baby care support Home visit: \$210 (\$65 with mental health care plan) Clinic : \$180 (\$55 with care plan)	<ul style="list-style-type: none"> ☎ 0409 388 840 📞 07 3041 6155 ✉ info@wholeheartpsychology.com.au 📍 1/33 Woodstock Rd, Toowong 🌐 wholeheartpsychology.com.au
BIRTH TRAUMA COUNSELLOR	Jill Clark	Background in sexual assault counsellor, relationships Australia and special interest in Birth Trauma		📍 Northside of Brisbane – clinic TBA
DIETICIAN	Mater Health & Wellness	1:1 Maternal health dieticians Optimal Pregnancy Nutrition Class	Individual consultation Initial \$120; F'UP \$85 Small group \$45	<ul style="list-style-type: none"> ☎ 3163 6000 📞 3010 5745
	Elissa Robins	Inner Health Nutrition		<ul style="list-style-type: none"> ☎ 0422 798 829 ✉ referrals@innerhealthnutrition.com.au 📍 Suite 309, Level 2 St Andrews Place, Springhill 4000 📍 57 Simpson Road, Bardon 4065
	Desi Carlos	Tree of Life Nutrition	Discounted for Hatch patients.	📍 Annerley Road
DIABETES EDUCATOR	Kathryn Szymanski	Diabetes education	Area of practice: Self management, insulin initiation, GDM, pre diabetes, Type 1&2	<ul style="list-style-type: none"> ☎ 3349 3444 ☎ 0414 940 341 ✉ kathszy@hotmail.com (email preferred means of contact) 📍 834 Old Cleveland Rd, Carina
	Rita Barrett	Diabetes education and support service	Area of practice: self management, education for health professional, home visits, insulin initiation, insulin pumps, medicine review, GDM, pre diabetes, Type 1 & 2	<ul style="list-style-type: none"> ☎ 0410 678 778 ✉ ritabarrettdne@hotmail.com (email preferred means of contact) 📍 Taylor Medical Centre, Level 2/Suite 17 40, Annerley Rd
	Wesley Nutrition Service Department Jo Van Strien Steph (job share with Jo)	Pre and post pregnancy, weight loss, GDM	Outpatients service (no referral required) Diabetes Services – Wesley Hospital	<ul style="list-style-type: none"> ☎ 3232 6190 ☎ 3232 7360 ☎ 0418902755 ✉ joanne.vanstrien@uhealth.com.au

	Elissa Robins "Inner Health Nutrition"		GDM advice	<p>☎ 0422 798 829</p> <p>📍 Suite 309, Level 2 St Andrews Place, Springhill 4000</p> <p>📍 57 Simpson Road, Bardon 4065</p> <p>✉ referrals@innerhealthnutrition.com.au</p>
	Chemist that provide FREE Glucometers + Education	<p>Health World Pharmacies</p> <p>Terry White Browns Plains</p>		<p>☎ 3350 4437</p> <p>📍 Westfield Chermside, Shop 127, 130 Gympie Rd, Chermside 4032</p> <p>🌐 healthyworldpharmacy.com.au/</p> <p>☎ 3343 8322</p> <p>📍 Shop 1.108 Logan Rd, Upper Mount Gravatt QLD 4122</p> <p>☎ 32213338</p> <p>📍 146 Queen St, Brisbane City 4000</p> <p>🌐 chemistwarehouse.com.au/</p>
LACTATION CONSULTANT	Mater Lactation Consultants	Antenatal or Postnatal referrals can be emailed	Breastfeeding Support Centre	<p>☎ 3163 8200</p> <p>✉ NNRMH4@mater.org.au</p>
	Becki Cav "Full Circle Midwifery & Lactcation"			
	Mama & Me Midwifery Anne Rasic & Jan Presnell	Postnatal and Lactation Service	Home visiting Service, clinic visits and phone support	<p>✉ anne@mamame.com.au</p> <p>☎ Anne: 0419 120 110</p> <p>☎ Jan: 0411 866 019</p>
	Dr Robyn Thompson	Skype consultations	The Thompson method	🌐 thethompsonmethod.com
	Bridget Ingle (Aspley & Ashgrove)	Antenatal preparation & all Postnatal BF assistance.	Good with tongue-tie Private health rebate may apply	<p>☎ 0417 190 878</p> <p>✉ bingle.ibclc@gmail.com</p>
	Stacey Revie Leesa Cunningham			<p>☎ 0403 677 467</p> <p>☎ 0418 879 234</p>
ACUPUNCTURE	Georgie Smith (Spring Hill)	Fertility & Pregnancy Acupuncture clinic	Specialising in women with fertility issues and pregnancy	<p>✉ georgie@fertilitypregnancyacupunctureclinic.com.au</p> <p>☎ 3172 0638</p>
	Laura Campbell (Grange)	VIBE Natural health	Women's health, fertility, pregnancy and postnatal	☎ 3366 7970
	Dylan Watson (Tues/Wed) Jess (Mon, Thur, Fri)	Better Mind Body Spirit Acupuncture	Specilises Pregnancy & Fertility acupuncture & psychology (parenting, relationship issues, depression/anxiety - Bulk bills with MHCP). Post birth Health acupuncture - may combine with nutritional supplements.	<p>☎ Wavell: 3314 6329</p> <p>☎ Coolum: 5471 6267</p> <p>📍 138 Hamilton Rd</p> <p>✉ chermside@bmsacupuncture.com.au</p> <p>🌐 bmsacupuncture.com.au</p>
CALM BIRTH	Katrina Ham	Calm birth Educator & Midwife	Calm birth childbirth classes, will go to their home.	☎ 0404 029 274
CIRCUMCISION	Terry Russell & Co (MacGregor)	Terry Russell Medical 620 Kessels Rd	Circumcision and tongue-tie correction	<p>☎ 3349 6444</p> <p>✉ info@russellmedical.com.au</p>

	Dr David Hunt	Gentle Procedures Clinic	Performs the Pollock Technique	<p>☎ 1800 755 055</p> <p>📍 1270 Sandgate Rd, Nundah 4012</p> <p>📍 7/40 Annerly Rd, Woolloongabba 4102</p> <p>📍 70 Ashmore Rd, Bundall, 4217</p>
TONGUE-TIE	Dr Marjan Jones (Milton)	Enhance Dentistry 4A/33 Park Rd	Diagnosis & laser correction of tongue-ties in babies	<p>☎ 3217 6688</p> <p>✉ smile@enhancedentistry.com.au</p> <p>📘 Enhance Tongue Tie Clinic</p>
DONOR MILK	Mothers Milk Bank (NSW)	Milk Donor Or Milk Recipient	Provides screened and pasteurized donor breast milk to families where the mother's own milk is not available for their baby	<p>☎ 0413 727 545</p> <p>✉ enquiry@mothersmilkbank.com.au</p>
GP SLEEP CLINIC	Dr Beth Shirley (Woolloongabba)	Mondays (No referral required)	Specializing in sleep issues and feeding problems of babies to toddlers	<p>☎ 3161 0377</p> <p>✉ reception@qclass.com.au</p>
MATER SUPPORT MANAGER	Michelle Kelly	Pre-admission phone consult, Mater education & Support for multi-resistant organisms	Can coordinate the pre-admission swabs for women with past Hx of MRSA etc	☎ 3163 1047
MATER PARENTING SUPPORT CENTRE	Early parenting support up to six months after birth	Breastfeeding support, general parenting advice, sleeping & settling, physiotherapy, postnatal wellness & educational workshops	Self referral open 8-4.30pm (M-F) 1:1 consultations Half and full day stay appts Group workshops	<p>☎ 3163 2229</p> <p>📍 Level 7, Salmon Building (old children's hospital)</p>
MFM EVENING USS SERVICE	MFM (Morph & First Tri)	Thursday evening service 5-8.30pm	Referrals can be made by calling reception, practice supervisor or fax	<p>☎ Reception: 3163 1896</p> <p>☎ Supervisor: 3163 2391</p> <p>☎ 3163 1890</p>
SOCIAL WORK REFERRAL	MMH	Antenatal or Postnatal referrals	Confidentiality, DV issues, Hardship	<p>☎ Jennifer Peattie (Team leader) or Cassandra Dove (acting) 3163 8819.</p> <p>☎ Alternate number (Allied health follow prompts) 3163 6000</p>
MULTI-DISCIPLINARY CLINICS	Grow Medical (formely known as Possums Clinic")	GP practice offering specialized family services	Pregnancy – iron infusions, first aid Postnatal – sleeping & settling, BF, Paedatric physio, child health, adult and child psych, parents group, drop-in groups, circle of security	<p>☎ 3036 4081</p> <p>📍 Highgate Hill</p> <p>✉ highgatehill@growmedical.com.au</p>
	Vibe Natural Health	Naturopaths, acupuncture, osetopaths, holistic doctors, nutritionists, massage, clinical pilates		<p>☎ 3366 7970</p> <p>📍 210 Days Rd, Grange</p>

For more information

☎ 07 3332 1950
 ✉ hello@hatchmaternity.com.au
 📍 588 Stanley Street, Woolloongabba, QLD 4102 (opposite Mater Mothers)