

Ella's Monthly Cycle

The Mother of all Rallies

For all those who aren't part of the homebirth movement... here is something you should know.



In July 2010 (if we don't do something) the choice of having a baby at home will be taken from Australian women new government legislation. This will make birthing at home with a qualified registered midwife illegal and cost the mother and midwife \$30 000 in fines and a potential prison sentence. It is not however illegal to birth at home WITHOUT a midwife. If you believe in choice for women then stand up for women's right to choose where they will birth (even if you're not into home birthing).

COME TO THE RALLY OR BUY A VIRTUAL TICKET!

Go to the "Mother Of All Rallies" – Homebirth Australia are organising a rally in Canberra on 7th September. You can head to Canberra with families from all over Australia to show your support, or buy a 'Virtual Rally Ticket' to be there in spirit. Check it out at

<http://www.homebirthaustralia.org/mother-all-rallies>

Spotting... some health information ... ~

Worried about Swine flu?

Have you been wondering what all the 'swine flu' fuss is about? It is essentially a new strain of the flu virus which has got the WHO very concerned because they've never seen it before and they don't know what it can do. What we do know is that it spreads like the regular flu, feels like the regular flu and has virtually the same risks as the regular flu... but it is certainly not as bad as the avian bird flu (SARS). Yes people have died, but, people die of the regular flu to. It is important to note that if you are healthy then your chances of being seriously ill are slim but if you are a formula fed baby, elderly, have existing illness, on any medication, smoke or are generally unhealthy then your risk of being seriously ill with swine flu are increased. Be sure to wash your hands, eat healthy foods and get plenty of rest.



Events for your diary

Noga Night @ Yoga & Beyond

'Noga (not yoga) Night' is run monthly at 'Yoga and Beyond' (Unit 1,2nd floor, Transit way business centre 1002-1010 Canley vale rd Wetherill Park 2164). The next Noga Night will be on **Friday August 7th at 7pm**. This will be a **panel discussion** with various health professionals to answer all your emotional, spiritual, physical and mental health questions. The Panel will include a Naturopath, Midwife, Nurse, Counsellor, Sports Physiologist, theologian and more. Everyone is welcome, cost is \$10. A healthy supper is provided. Contact the Ella May Centre to register for this event.

Slight price increase at the Ella May Centre

As of August 2009, consultation costs will increase by \$5.00. A follow up appointment will be \$50.00 and an initial consultation \$75.00.

Holiday dates for The Ella May Centre

The Ella May Centre will be closed from the 6th - 21st of September for a brief holiday

Pregnancy & Parenting Network

If you are looking for a network of mothers, fathers and midwives to discuss issues and questions around pregnancy and parenting, come along to the Pregnancy and Parenting Network run once a month at **27 Hart st Dundas Valley**. The next get together is on **Thursday the 6th of August from 10-12am**. The **topic of discussion this month is 'birthing techniques'**. Call Jane Palmer on 02 9873 1750 to let her know you'll be coming- see you there!
See www.pregnancy.com.au for more info.