

# Ella's Monthly Cycle



As the founder of The Ella May Centre I would like to thank you for taking an interest in our services. This is set to be an exciting year of growth for our little centre and 'Ella's monthly cycle' will keep you up to date on all our events and services.

## Midwifery illegal?

Who would have thought that midwifery could ever become illegal in such a free and developed country like Australia... the reality is that as of July 2010, midwives attending homebirths could be imprisoned under new registration legislation. The new rules stipulate that any midwife without professional indemnity insurance will not be able to register as a midwife and therefore is not allowed to practice midwifery. Home birth midwives are the only professionals unable to access indemnity insurance as our numbers are too small to make an insurance agreement feasible. Under the new laws midwives caught attending homebirths could face huge fines and imprisonment. Under these new laws women will not be able to choose to have their babies at home under the care of a midwife, so will either do it alone without a trained attendant or submit to hospital based care. This is a massive step backwards for maternity care in Australia. The Australian model of maternity care is far behind other developed countries and is far from being evidence based. The move to put homebirth midwives out of business will propel the Australian model of care into the direction of the American health care system which hales as the most dangerous of all the developed countries with the highest rates of interventions matched with inappropriate complications and morbidities as a result. Countries that embrace midwifery care, continuity of care models and home birthing demonstrate its benefits by their compelling research and outcomes. At present, scientific research shows home birthing to be an appropriate option for low risk women under the care of a trained birth attendant. Please ensure that homebirth remains safe for Australian women and safe the Australian maternity care system by adding your name the Home Birth Australia petition at :

<http://www.homebirthaustralia.org/Resources%20and%20Petition.html>

Also have a look around this website to learn more about this issue.

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Due to the importance of the above stated issue 'Spotting... some health information' will not be featured in this edition of Ella's monthly cycle.



## Events for your diary Be watching the 7.30 report on ABC tonight!

Hello all. Some of you may know that Melanie Jackson was interviewed by the 7.30 report on ABC who is running a story on home birthing and the recent maternity review. This program will run tonight (26/03/09) at 7.30 on ABC. It is hard to know what will be discussed and how much of the footage from Melanie's interview will be broadcast but it will be an interesting investigation nonetheless.  
Be watching!

## Noga Night @ Yoga & Beyond

'Noga (not yoga) Night' is run monthly at 'Yoga and Beyond' (In Hoxton park). Melanie Jackson heads these discussions. The next Noga Night is on **Friday the 1st of May @ 7pm**. The topic is, 'The Mood-food connection'. Everyone is welcome, cost is \$10. supper is provided. Contact us for details

## Yoga & Beyond Retreat

'Yoga and Beyond' run health retreats twice a year at 'Inner Space' in Picton. Melanie Jackson attends these retreats to provide educational seminars and Naturopathic consults. Those who attend are constantly impressed with the good food, serene surroundings and variety of health enhancing activities. The next retreat is on **April 3<sup>rd</sup> -5<sup>th</sup>**. Contact the Ella May Centre for details and bookings.