

## CARING FOR MOTHERS AND BABIES: MIDWIFERY SERVICES COMMENCE AT MALLEE TRACK SEA LAKE

Expecting a baby is one of life's most significant journeys — and at Mallee Track Health and Community Services (MTHCS) in Sea Lake, local families can rely on our experienced and compassionate midwife to guide them every step of the way.

MTHCS provides a comprehensive range of midwifery services designed to support women throughout pregnancy and the postnatal period. Delivered from our Clinic at Sea Lake and in-home visits, the service focuses on personalised care that puts mothers and babies first.

Rosemary Cattnach MTHCS Executive Director of Nursing and Midwifery said, "Sea Lake held their first midwifery clinic on 11th March. This clinic will run each fortnight on a Monday. We are lucky to be able to provide this service and have a local midwife run our midwifery program at Sea Lake. Ads Funcke works for us as a casual RN and a midwife at Swan Hill District Health."

### What Services Are Available?

The midwifery team at MTHCS offers:

- Antenatal appointments tailored to each stage of pregnancy
- Education and support for first-time parents and growing families
- Postnatal care including breastfeeding support, newborn checks, and emotional wellbeing guidance
- Home visits when needed, especially in the early days after birth
- Referrals and connections to specialist services if required

By working closely with general practitioners and Obstetricians at Swan Hill District Health, MTHCS ensures seamless care and coordination for expectant families.

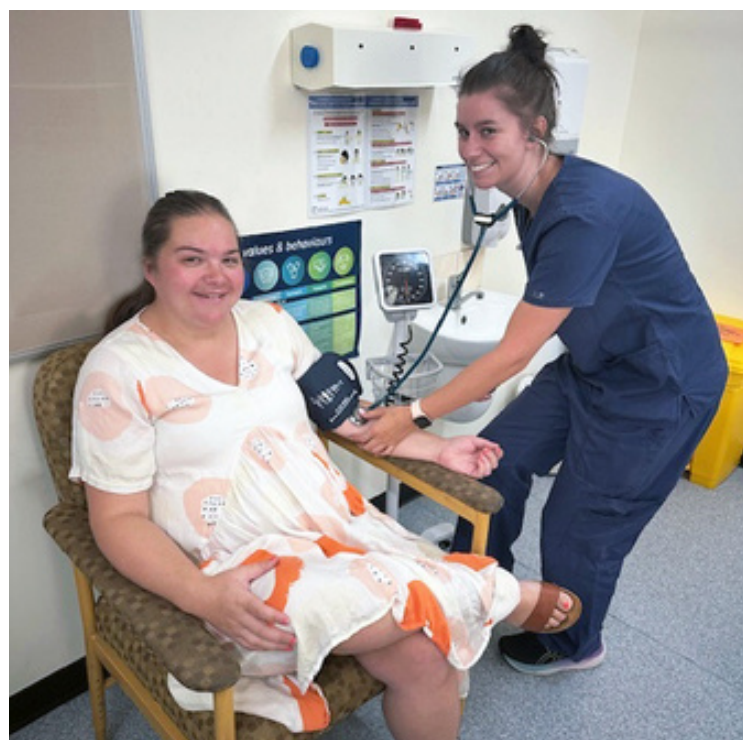
Hannah Wight recently gave birth to a beautiful baby girl Evie and had this to say about the care she received through MTHCS Sea Lake's Midwifery services:

"I think it's a great service and Ads was great to work with. Extremely convenient as I was able to go to my appointments during my lunchbreak, it meant less stress as I didn't have to organise my toddler who was already in childcare, and I was only 2 mins away from work. Evie is 11 days old now and Ads came around this morning for a weight check, we're both going really well. In home visits, it's just like having your own personal midwife!" shared Hannah Wight.

### Why Local Midwifery Matters

Access to midwifery care close to home is crucial for rural communities. It reduces the stress and travel time associated with distant appointments and allows mothers to build trusting relationships with familiar healthcare providers. At MTHCS, the midwives are part of the community — they understand the unique challenges and strengths of living in Sea Lake and the surrounding Mallee region.

For more information or to book an appointment with a midwife, contact MTHCS Sea Lake Medical Clinic at [\(03\) 5070 2118](tel:0350702118) or visit [mthcs.com.au](http://mthcs.com.au).



**Hannah Wight and Ads Funcke (MTHCS casual RN & Midwife for Swan Hill District Health)**

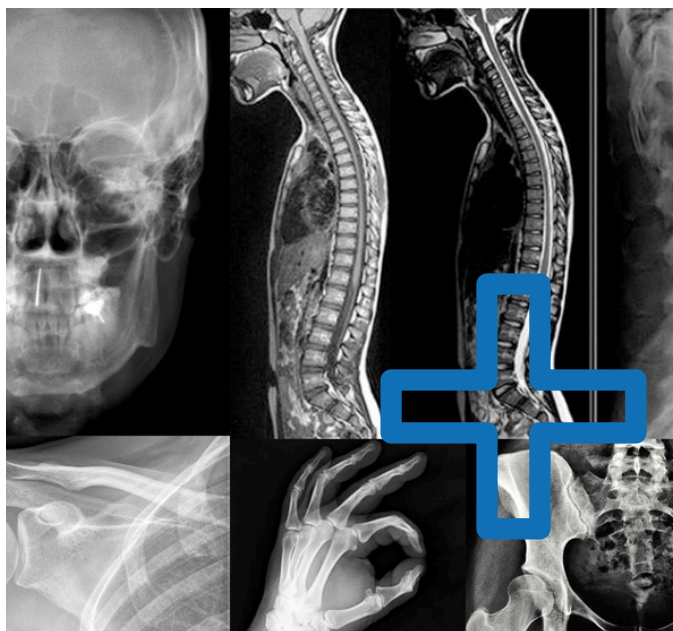
# Talk

## FUNDRAISING SUCCESS AS FOUNDATION GIVES GO AHEAD FOR PURCHASE OF SEA LAKE X-RAY MACHINE

Breaking news as Project X-Ray Sea Lake gets the go ahead from the Foundation of Mallee Track to purchase the x-ray equipment for MTHCS Sea Lake.

“Such an incredible fundraising effort from the community and local major donors has borne fruit as we are proud to announce we have reached our fundraising target. Project X-Ray is a success and we have spoken with Dr Frances Peart CEO of Mallee Track to give the green light for purchasing an x-ray machine for Sea Lake.” shared Foundation Board Chair Philip Down.

“The benefit to the community of Sea Lake and surrounding regions of having this equipment will be great. A true show of community spirit in action and is helping us to bring care closer to home.” said Dr Peart.



## ALL THREE MTHCS AGED CARE CAMPUSES CHOSEN TO PARTICIPATE IN THE MPS DIRECT CARE TARGET TRIAL

Mallee Track Health and Community Service (MTHCS) is proud to share that all three of its aged care campuses have been chosen to take part in an important national trial focused on improving care time and staffing in aged care homes that are part of Multi-Purpose Services (MPS).

This means MTHCS is one of only two organisations across all of Victoria selected to help test and shape how future aged care staffing policies could work in rural and remote communities.

The trial is part of a broader response to the Royal Commission into Aged Care Quality and Safety and looks at how to make sure residents in MPS settings — where health and aged care are provided together — receive the right amount of direct care every day.

Being part of this trial is a great opportunity for MTHCS to share what works best in our community, and to help create fair, practical policies that reflect the realities of aged care in smaller, more remote towns.

We're excited to be involved in this work, which we hope will lead to stronger support and better outcomes for our residents, now and in the future.



# Talk

## STAFF IN FOCUS: LEAH COX FINISHES CERT III IN INDIVIDUAL SUPPORT IN RECORD TIME!

“My name's Leah Cox. I been working at Pattinson House in Ouyen for just over a year now.

I'm a personal care worker. Just became qualified, and I care for our residents and do all sorts of things that relate to caring for their needs.

I started my course (Cert III in Individual Support) on the 27th of August 2024 and received my certificate on the 31st of March 2025. The course took just over 7 months for me to complete. I did my training through aged care training services, which was all online via zoom for my weekly classes. The teacher I had for my course was amazing and helped me a lot during my journey, as well as support from my manager. I'd have to say that the course would be one of the best that I have studied.

If I were to recommend the course to anyone I'd say to just jump in and do it. It gives you a certificate, there are lots of jobs available as a Personal Care Worker and it feels good to do something that's needed.


There's plenty of people out there who need help, it's rewarding. I feel good about what I've done, like I've accomplished something.

Pattinson House, it's the best place I've worked at. It feels like a home, and you get to know the residents, they're all loving and caring here. So, it's a good area to work in. The best part of my day is just talking to residents, hanging out with them and getting to know them more and more every day. They give good cuddles. That's a good thing to have on your resume, Chief Cuddler!” shared Leah.

If you are interested in a career as a personal care worker then get in touch, email [careers@mthcs.vic.gov.au](mailto:careers@mthcs.vic.gov.au) or go to our website [www.mthcs.com.au/careers](http://www.mthcs.com.au/careers) for more information.




Leah Cox (Personal Care Worker – Pattinson House)



## ACKNOWLEDGEMENT

TO TRADITIONAL OWNERS

“We would like to acknowledge and extend our appreciation for the Wotjobaluk, Joadjwa, Jadawadjali, Wergaia and Jupagulk peoples of the Wotjobaluk Nations, the traditional owners of the land that we live, play and work on and all other lands represented. We recognise that these lands have always been places of healing, learning and caring for elders. We pay our respects to leaders and Elders past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Indigenous Peoples. We express our gratitude in sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing.”



Working towards harmony with Barngal Gadjin Land Council