

## Our team

All our 'Mums at Work' team members are registered nurses and midwives.



**Belinda Kippen**  
Health Education Team Leader

Belinda has over 25 years' experience in maternal and child health. Belinda likes working with women's strengths and encourages them to prioritise themselves and their families. She has a special interest in reaching women in rural and remote areas.



**Christine Baxter**  
Nurse-Midwife

Christine has more than 28 years' experience in both community and hospital settings in England and Australia. Christine enjoys opportunities to help pregnant women understand their pregnancy, and grow and build their relationship with their baby before and after birth.



**Vivienne Murray**  
Nurse-Midwife

Throughout her 30-year nursing career, Vivienne has been interested and involved in women's health. As a Health Educator, Vivienne talks to women on a daily basis about topics such as healthy lifestyle choices, and emotional health and wellbeing. In her spare time, she works as a birth suite midwife.



**Kirsty Porteous**  
Nurse-Midwife

Kirsty has a 30-year career spanning nursing, midwifery, counselling and education. She has worked with women of all ages and at all stages of life in health, community and counselling settings. She enjoys helping women improve their health, lifestyle and confidence.

## Could you benefit from this program?

If you are pregnant or returning to work after having a baby and you need some support, get in touch with us on (07) 3216 0976 or [admin@womhealth.org.au](mailto:admin@womhealth.org.au).



## About Women's Health Queensland Wide

Women's Health Queensland Wide are specialists in women's health across the lifespan. From the south east to the far north, Queensland women rely on us to help them make informed decisions about their health and wellbeing.

Your participation in the Mums at Work program will help provide funding to support vulnerable women in rural and remote Queensland.

[www.womhealth.org.au](http://www.womhealth.org.au)  
(07) 3216 0976  
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**WOMEN'S HEALTH**  
QUEENSLAND WIDE Inc  
Information and Education  
since 1985

## Women's Health Queensland Wide



**MUMS**at**WORK**

**A PROGRAM TO SUPPORT  
PREGNANT AND  
PARENTING WOMEN**



**MUMS***at***WORK**

## A program to support pregnant and parenting women

The journey from pregnancy to parenthood and return to work can be a juggle of emotions and practicalities. Whether you are newly pregnant, about to give birth, or are at home with a baby, you can access support.

Mums at Work is a program designed to support women during their pregnancy and ensure their transition back to work is a healthy and positive experience.

## Working with you

Mums at Work offers individualised, family-centred support from experienced midwives. Support is available by phone, email, text, Skype or face-to-face. We focus on your needs and can fit into your schedule.

Your midwife may talk with you about:

- Planning for birth
- Supporting your mental and emotional health
- Exploring feeding options
- Physical and emotional recovery post birth
- Relationships and sex
- Navigating expectations of parenthood.

### Our typical package consists of:

#### Four hours of personalised support:

- 1 hour face-to-face consultation (Brisbane CBD) or Skype (outside Brisbane CBD).
- 3 hours of phone support.

#### Plus:

- Women's Health Queensland Wide Inc membership
- Peer support through Mums at Work Facebook group
- Access to Mums at Work resources for pregnant and parenting women
- Exclusive access to Mums at Work webinars and podcasts
- Subscription to Mums at Work newsletter and Health Journey magazine
- Welcome gift for baby and you.

This package is designed to support you throughout your pregnancy and return to work journey. However, we can also tailor packages to suit you and your unique circumstances.

**Cost:** Phone (07) 3216 0976 or visit [www.womhealth.org.au](http://www.womhealth.org.au) for the latest prices.



## Testimonials

"The service provided me with clarity, validated my feelings, and gave me the confidence to have conversations with my workplace and return to work"

"It was great to have an ongoing relationship with the same midwife and to be able to talk with someone about the transition back to work"

"The flexibility and convenience of the service helped me get ready for my return to work while looking after a baby. I appreciated having someone support me through the whole process – both the Mums at Work midwives and my workplace"