

Your guide to

Midwifery and Medical

Maternity Care Options

in Townsville



This document has been created by Vera Skough

Www.VeraTheDoula.com



A Guide to Medical Maternity Care Options in Townsville, Queensland.

This document is a clear, factual overview of all medical maternity services in Townsville, Queensland, Australia. This document has been created with the intention of presenting your options clearly so that you can make an informed decision.

This document **only covers midwifery and medical maternity care options.**

You have the option of choosing not to have any medical or midwifery care.

You also have the option of engaging the care of a doula. A doula is a non-medically trained professional who can support you, but will not provide you with medical care.

These avenues are not covered in this document, **this document covers only the midwifery and medical maternity care options available to you in Townsville.**

Why does this guide exist?

Navigating maternity care options can feel overwhelming. Especially if you are new to the area or if this is your first pregnancy, you may not be aware of all the avenues available to you.

This guide outlines all known maternity care pathways available in Townsville, including

- Who provides your care,
- Where you would be medically supported to give birth
 - What is included,
- Whether it is bulk billed or privately funded, and
- How to access each option.

There is no 'right way' to give birth. The best pathway for you is the pathway that fits your needs, values, preferences and where you feel safe.

Disclaimer: This resource is provided for general advice only and does not replace medical advice. Availability, eligibility, fees and services may apply. Parents are encouraged to confirm details directly with care providers and discuss individual needs. This information is current as of January 2026.

This document has been created by Vera Skough, pregnancy, birth and postpartum doula in Townsville.

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At a glance: Maternity Care Options in Townsville

Care pathway	Where provider would support you at birth	Care provider	Continuity	Cost	Risk level*
Midwife Clinic	Hospital - TUH	Midwives and doctors	Low	State and commonwealth funded	All
Midwifery Group Practice (MGP)	Hospital	Midwife working in teams of two	High	State and commonwealth funded	All
Birth Centre	Birth Centre (on TUH campus)	Midwife working in teams of two	High	State and commonwealth funded	Low only
Outreach Midwifery (TAIHS)	Hospital	Midwives and GP	Moderate to high	State and commonwealth funded	All
Private midwifery with birth attendance	Home or hospital	Private midwife	Very high	Private fees and part bulk billed	All
Private midwife (no birth attendance)	Hospital without them present	Private midwife	Moderate - high	Private fees and part bulk billed	All
GP shared care	Hospital without them present	GP and hospital midwifery team	Moderate - Low	Hospital State and commonwealth funded, GP fees vary	All
Private obstetric care	Private hospital (Mater)	Obstetrician	Moderate	Private fees	All

*Risk level: If your pregnancy is 'high risk', some of your care may be referred to another medical professional. However, if your care provider accepts all risk levels, they will still stay with you and support you in combination with other care providers. If they do not, you will no longer be eligible for their care.

Further in depth: Your options

Public Hospital Maternity Care

At Townsville University Hospital (TUH)

All public maternity services are funded by Medicare and are bulk billed for eligible residents.

Townsville University Hospital has both special care facilities and NICU facilities.

Midwife Clinic Care

- Antenatal care provided by hospital midwives
- Birth care provided by rostered midwives and doctors
- No continuity of care, you will be seen by the rostered staff

Contact by phone: (07) 4433 1450

Midwifery Group Practice (MGP)

- Continuity of care with a known midwife and her backup midwife (team of two)
- Antenatal care during pregnancy
- Birth supported in the hospital birth suite with your MGP midwife or backup
- Postnatal care at home for up to six weeks
- Limited availability and high demand – contact for waitlist as soon as possible

Contact by phone: (07) 4433 9486

Birth Centre

- Suitable only for those with low-risk pregnancies
- If your pregnancy becomes high risk, particularly before 28 weeks, you will no longer be eligible for this care option
- Care from a known midwife and her backup midwife (team of two)
- Antenatal care during pregnancy
- Remaining in the Birth Centre-care is conditional on undergoing certain tests and procedures (for example glucose tolerance testing)
- Birth supported in the Birth Centre on TUH campus
- Postnatal care at home for up to six weeks
- Limited availability and high demand – contact for waitlist as soon as possible

Contact by phone: (07) 4433 2779

Outreach Midwifery Care (TAIHS)

- Antenatal care provided through Townsville Aboriginal and Islander Health Service
- Culturally safe care from midwives and GPs
- Birth supported in hospital birth suites

Contact by phone: 0459 815 459 or Mothers and Babies Clinic at TAIHS: (07) 4759 4045

Shared Care (GP and Hospital Team)

- Pregnancy care shared between an accredited GP and hospital maternity services (TUH)
- Birth supported at TUH
- Continuity depends on GP availability
- GP does not attend birth
- Hospital care is funded by state and commonwealth
- GP appointments may be bulk billed or privately billed depending on GP
- Not all GPs offer shared maternity care

Contact details differ depending on chosen GP.

Privately Practicing Midwives (Independent Care)

Private practicing midwives offer continuity of care outside the public hospital system. Some private midwives are endorsed to attend births, while others provide antenatal and postnatal care only.

Birth attendance with a private midwife does not mean that you have no other options than birthing at home. Birth may be supported at home or in hospital. Private midwifery can also be combined with private hospital care by an OB.

Private midwifery service fees are set by each midwife. Birth attendance includes additional fees. Some appointments attract Medicare rebates.

If choosing to birth at home, hospital transfer and backup planning is part of private midwifery care and your midwife will come with you to hospital.

Private midwives who attend birth:

More Than a Midwife - Rachael O'Neill

- Endorsed private practicing midwife
- Continuity of care with a known midwife
- All pregnancy and postnatal appointments in home or private office
- Antenatal care during pregnancy
- Birth supported at home or in hospital
- Postnatal care at home for up to eight weeks

Contact: www.morethanamidwife.com.au

Mumma G Midwifery - Georgina Bosworth

- Endorsed private practicing midwife
- International Board Certified Lactation Consultant (IBCLC)
- Continuity of care with a known midwife
- All pregnancy and postnatal appointments in home or private office
- Antenatal care during pregnancy
- Birth supported at home or in hospital
- Postnatal care at home for up to eight weeks

Contact: www.mummagmidwifery.com.au

Private midwives who do not attend births (Antenatal and postnatal care only):

Healthy Mumma with Zoe - Zoe Meacham

- Endorsed Privately practicing midwife
- Antenatal and postnatal care
- All appointments in home or private office
- No birth attendance

Contact: Contact via Facebook or direct enquiry

At Your Side Midwifery and Lactation Support - Kathy and Katie

- International Board Certified Lactation Consultants (IBCLC)
- Antenatal and postnatal care
- All appointments in home or in private office
- No birth attendance

Contact: www.atyoursidemidwifery.com.au

Private Hospital Maternity Care

Mater Mothers'

- Private obstetric-led maternity care
- Choose your obstetrician (depending on availability)
- Birth supported at the Mater Mothers Private Hospital
- Support person-friendly facilities, support person can stay over-night after baby is born
- Not bulk billed
- Requires private health insurance or self-funded
- Postnatal care until discharged from hospital, with options for extended support periods
- Special Care Nursery available. If NICU is needed, will be transferred to TUH.
- Costs vary - contact Mater and your insurer directly

Contact: www.matermothers.com.au

Frequently Asked Questions

What is the difference between a midwife and an obstetrician (OB)?

Midwives

- Specialise in pregnancy, labour, birth and postnatal care
- Focus on physiological birth, continuity, education and support
- Work in hospitals, birth centres and private practice

Obstetricians

- Medical doctors who manage complications
- Trained in medical intervention
- Trained surgeons

Many people receive midwife-led care and only see an OB if needed.

Do I have to pay for public hospital maternity care?

Public maternity care at Townsville University Hospital is state and commonwealth funded (free) for eligible residents.

What are is the price for each pathway?

Please contact each provider for prices.

Does private midwifery mean homebirth?

No. Private midwives attend births at home or in hospital. Private midwives have an established relationship with obstetricians at TUH.

What happens if my pregnancy becomes high risk while supported by Birth Centre midwives?

In most cases you will be offered to move your midwifery care over to the midwifery clinic at TUH, unless you choose something else. In most cases your care with the birth centre midwife will end, and you will no longer be able to birth at the birth centre. This is particularly true if your pregnancy becomes high risk before or at 28 weeks.

Can I change pathways during pregnancy?

Yes. Pathway changes are possible but depend on eligibility and availability. You can ALWAYS disengage your care provider.

Is it illegal to birth my baby without a midwife or medical professional?

No.

Do all GPs offer shared maternity care?

No. Only GPs with shared-care accreditation.



Final Note

Information empowers choice.

This guide supports understanding. There is not one pathway that is perfect for everyone and only you know what type of support you need and desire.

If you would like support navigating your options, preparing for birth and postpartum, or feeling informed and confident, a doula can provide non-medical guidance and advocacy throughout your journey.

This document was created by Vera Skough, a pregnancy, birth and postpartum doula here in Townsville. If you are looking for support, do not hesitate to reach out.

With love, Vera

 **Mother Birth**
& Postpartum

Doula support, Pregnancy, Birth & Postpartum

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