



Issue 4

Nov-Dec  
24

# Midwifery Moments Newsletter

News and events from the Brisbane Midwifery Society

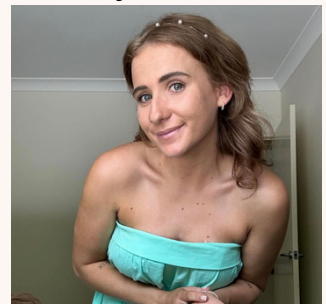
## Meet the team



Carolyn - President Rachel - Vice President Kyrsten - Secretary



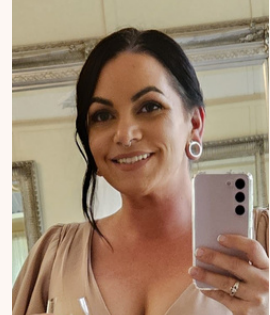
Ashleigh - Treasurer



Samantha - Social Media Officer



Daynaira - Shadow Executive



Emma - Shadow Executive

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# A note from the President



What a wild ride this year has been for MidSoc! Reborn from the ashes of Covid, the dedicated exec team has worked hard to try and provide the cohort support, learning and development, safe space that the ACU midwifery students asked for. We've been a presence at university open days, O-weeks and the odd breakfast providore, held a Q&A sesh for the first years, multiple professional development opportunities, a film night and craft days. We've also got plenty of ideas moving forward to take the society into next year to keep supporting and inspiring the midwifery student body at ACU so watch this space!

It has been an honour to act as MidSoc president this year. It is all too easy to get bogged down in assessments, juggling classes, placement, CCEs and our lives outside uni and the relentless pace of this degree can burn out even the most dedicated budding midwives among us. MidSoc exists to give students that little bit more assistance to get through it, through the relationships we build with each other. One day, we will be the midwifery workforce and having each other to back us as we navigate the system is going to be indispensable.

I'd like to take the opportunity to welcome the incoming president Emma and the new exec team, Daynaira, Lauren and Sinead and I can't wait to see what you have in store for us going forward. I also want to express my deepest gratitude to the exec team that I worked with this year, Rachel, Sam, Ash and Kyrsten. It was a big deal to get the society back up and running and you ladies made it an incredible journey. Thank you to everyone that joined MidSoc this year, who responded to polls, liked posts on socials, entered draws, showed up to events and came to say hello to us on market days on the main lawn. You are who we are here for, and I really hope to see you all renew your memberships in the new year to do it all again.

May the births be with us all!

Carolyn x



# Brisbane Midwifery Society News/Events



Birth Time Documentary  
What a great night it was!  
We were able to host our  
AGM before the movie  
began and appoint our  
new executive team for  
2025.

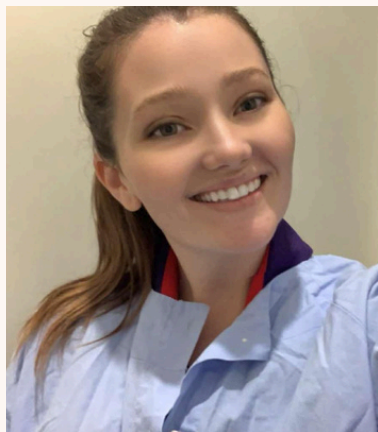
This was a perfect  
opportunity to come  
together and celebrate  
after a long year at uni.  
We look forward to  
bringing you more events  
like this in 2025.

# Meet your new team



Emma - President

Emma is a third year, mature aged student, and a mum to 4 kids. Her journey to studying midwifery was deeply influenced by her own experience with birth trauma. Determined to ensure that no woman has to go through such an experience alone or without the knowledge to advocate for herself. Emma is pursuing a career in midwifery, with the goal of empowering women to take control of their birth experiences. She believes in the importance of education, support, and informed decision-making, and is committed to advocating for every woman to have a birth experience that is respectful, safe, and aligned with their personal choices. In her spare time, Emma enjoys baking and camping with her family.



Daynaira -  
Vice President

Dee is a Second year student who has come from a career in childhood education & management; additional to being a mum to 5 beautiful children. Dee's complex experiences to becoming a mother were driving factors in fulfilling her childhood dream of becoming a nurse and a midwife. With a special interest in bereavement care after her own experience's with stillbirth.

Dee is extremely passionate about connecting with community and building up other people & she cannot wait to play a part in doing that for you all through the society. In her personal time Dee loves to go to the beach, park, pool or anything outdoors with her husband & children but much enjoys a cheeky wine with her friends

# Meet your new team

Sinead is a soon to be second year midwifery student.

Sinead has always been interested in pregnancy and female related biology, and is part of the reason as to why she wants to be a midwife. She currently works casually as a dental assistant, but also previously worked as a support worker for aged care and disability. In her free time, she enjoys long walks, Pilates, Sundays with her Grandma, and cooking. Sinead is deeply interested in providing woman centred care throughout her practice and intends to help normalise and destigmatise certain subjects that have otherwise been shamed throughout history in relation to pregnancy and womanhood



Sinead - Secretary

Lauren is a second year BMGE (Bachelor Midwifery Graduate Entry) student who, after working as a registered nurse for 3 years has decided to come back to university to become a midwife. Her nursing background is in colorectal surgery - very different from maternity! Growing up, on her birthday her mother used to recount her birth story and tell her all about her midwife who made the experience wonderful and so special. This has led Lauren to not just feel passionate about clinical midwifery practice, but also the research side of things, especially in finding ways to improve outcomes for mothers and babies.

In her free time she enjoys baking, seeing friends and catching up on her Japanese study. Her dream would be to one day research midwifery practices abroad while still picking up shifts back in Brisbane to keep in touch with women and their needs.



Lauren - Treasurer

# Join the Brisbane Midwifery Society in 2025



\$10

Access to:  
Free or discounted courses  
and events  
Midsoc Newsletter  
Giveaways

# Mark it in your calendar

2024-2025

27th NOV

ACM Student Midwives picnic - 10 - 12pm  
Lyons Park Playground, Paradise Steet, Highgate Hill  
Register via ACM

26th FEB

Orientation Day  
Come and catch up with us on the lawn  
Games, treats and giveaways!

8th MAR

International Women's day

5th MAY

International day of the Midwife



1-7th AUG

World Breastfeeding Week

# Connect with us



## **Website:**

[aculife.acu.edu.au/BRISMidSoc](http://aculife.acu.edu.au/BRISMidSoc)

Here you can:

- ~ Sign up to be a member of BMS
- ~ Find and RSVP to upcoming events

## **Facebook:**

Brisbane Midwifery Society ACU

## **Instagram:**

brisbane\_midwifery\_society\_acu

## **Email:**

midwiferysociety.brisbane@myacu.edu.au

If you have an idea for an article, an achievement to share or a story to tell for our next newsletter, we would love to hear from you.  
Send us an email today.



Do you want to...

Learn Leadership skills,  
Make a positive change,  
Add some extra skills to your  
CV and have some fun along  
the way.

We are seeking students from  
1st and 2nd years to join the  
executive team as shadow  
executives to help lead our  
society into 2025.

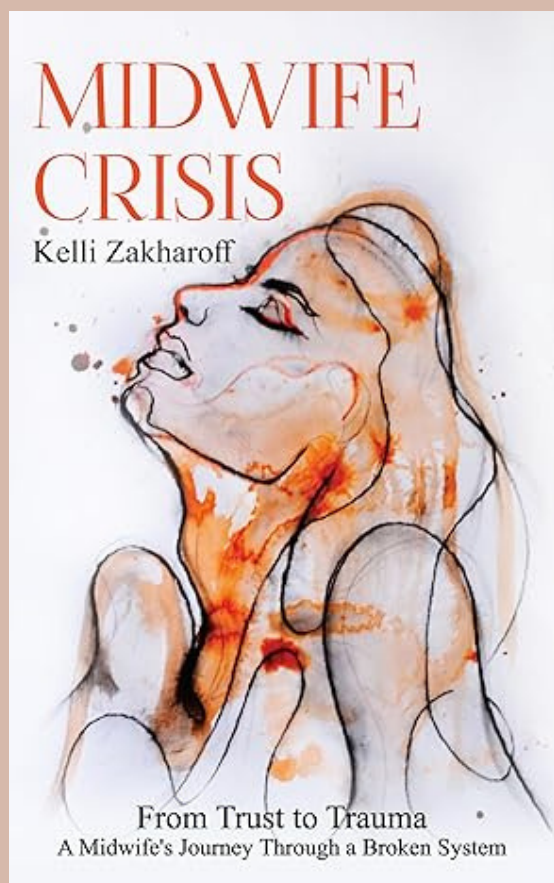
Work required is approx 1-2  
hours per week and we share  
that load.

Email us, drop us a DM or let us  
know you are interested in  
person at our next event.

# Recommendations

## Book of the month

MIDWIFE CRISIS: From Trust to Trauma  
- A Midwife's Journey



Buy it here  
[www.midwifecrisis.com.au](http://www.midwifecrisis.com.au)

## ETSY Shop

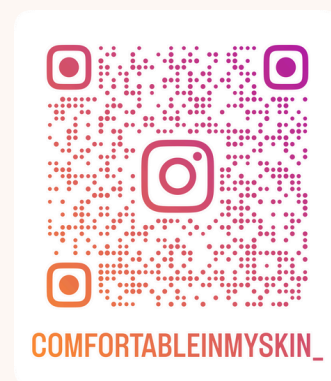
FromBirthtoBloomAU

Rhianna is a mumma & midwife, who loves all things birth!  
With new and exciting products to come.

**10% discount** on all products for Midsoc members  
CODE - **ACUMIDSOC**



## Instagram of the month



Ellie - Vulva photographer and author of Flip through my flaps.

Check them out and let us know your thoughts on these recommendations  
Have you read/listened to/or followed great midwifery content? Let us know so we can share