

**SERVICES PROVIDED  
BY ALUKURA;**

- Well Women's Checks— including Pap Smear, Education & other general health tests.
- STI Checks—Testing for HIV/Aids & Sexually Transmitted Infections.
- Contraception & Fertility advice.
- Antenatal Care—caring for mother & baby during pregnancy.
- Postnatal Care—caring for mother & baby up to 6 weeks after baby is born.
- Breastfeeding Support.
- Weekly O&G Specialist Clinic.
- Young Women's Community Health Education Program.
- Antenatal Education—Information for pregnant women.
- Healthy Kids Clinic—Contact Alukura or General clinic on 8951 4444 to make an appointment.
- Australian Nurse Family Partnership Program - Home visiting program for women during pregnancy & motherhood up until baby turns two.



**Congress Alukura  
by the Grandmother's Law**  
Pmere laltyeke anwerne ampe mpwaretyeke

To find out further information about Alukura services or to make an appointment call us. Call or drop in before 9am to get an on the day appointment.

**Clinic Hours**  
Mon—Thurs 8.30am-5pm  
Friday 8.30am—12.30pm

A bus service is available for women needing transport to Alukura for appointments .

Congress Alukura  
PO Box 1604  
Alice Springs NT, 0871  
4 Percy Court  
Ph: (08) 8953 2727  
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Central Australian Aboriginal Congress

**CONGRESS  
ALUKURA**



**MIDWIFERY SERVICE**  
*Caring for you & your baby*

**STAYING STRONG  
STAYING HEALTHY  
PRIVATE & CONFIDENTIAL SERVICE**

This pamphlet is for WOMEN ONLY

## Healthy Mothers Grow Healthy Babies



**Seeing a midwife early in your pregnancy is better for you and your baby.**

**Call and make an appointment or just drop in.**



### ALUKURA MIDWIFERY SERVICE

- Pre-Pregnancy Planning
- Pregnancy Care
- Specialist Obstetric Services
- Pregnancy and Parenting Education
- Midwife Home Visits
- Baby Checks (up to 6 weeks)
- Breastfeeding Support and Information
- Postnatal Care up to 6 weeks
- Liaison with and referral to other Community services
- Aboriginal Liaison Service
- Contraception (family spacing)
- Antenatal Care can be offered at other locations so partners can be involved
- Immunisations
- STI Check ups
- "Two Way" Learning Sessions with Alukura Traditional Grandmothers
- Mother & Baby Smoking Ceremonies
- Belly Casting
- Aboriginal Student Midwife Training



**Coming for regular check-ups is important for you & your baby.**

**Our Alukura Midwives are there for you.**



**WOMEN WHO ATTEND ALUKURA FOR BABY CHECKS WILL RECEIVE AN ALUKURA PREGNANCY BAG FULL OF GOODIES & INFORMATION ABOUT PREGNANCY.**