

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
Fax: (08) 89534435



Central Australian Aboriginal Congress

Alukura Belly Casting

FOR PREGNANT WOMEN—36 WEEKS



This pamphlet is for WOMEN ONLY

If you want to make a cast of your belly ask your midwife & she will get it all ready for you.



A BELLY CAST IS DONE WHEN YOU ARE 36 WEEKS PREGNANT.

ASK YOUR MIDWIFE ABOUT GETTING ONE.

Making a Belly Cast is a good way to remember your pregnancy.



THE BELLY CAST TAKES ABOUT HALF AN HOUR TO DO.

IT'S SO MUCH FUN & SO EASY TO DO!

MAKING A BELLY CAST

Step 1: The Alukura worker will get the plaster ready for making the cast. While she is doing this you will be asked to rub your upper body down with oil.



Step 2: The Alukura worker will then start putting the plaster on you to make the belly cast. The cast will cover your belly & breasts.

Step 3: Once the plaster has been put on you must wait for it to partly dry, once dry it will then be removed.



DECORATING YOUR BODY CAST

Once you have made a Body Cast you can decorate it here at Alukura or at home.

You can make your body cast look really good. You might want to paint it, or do something else special with it.

Alukura workers will provide the stuff you need to make it look the way you want.

