

**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 laltykeke anwerne ampe mpwaretykeke

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
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Central Australian Aboriginal Congress

**CONGRESS
ALUKURA**

"TWO WAYS"

ACTIVITY DAYS



**Come along and sit down with our
Alukura Grandmothers,
learn about the traditional ways.**

This pamphlet is for WOMEN ONLY

Alukura is now holding monthly cultural activity workshops so that the Alukura Traditional Grandmothers can share their knowledge & cultural skills with those who are interested.



It is well documented that through the Alukura model traditional grandmothers expressed the need to preserve & encourage Aboriginal women's culture, law and practices. The "Two Way" Activity Days with Alukura Grandmothers creates the perfect opportunity for the grandmothers to ensure these practices are passed on to younger generations.

**COME ALONG GET INVOLVED
IN THE SHARING OF
KNOWLEDGE AND
CULTURE.**

If you decide to get involved the Alukura Cultural Advisory Council (ACAC) Members will ask you to join them in taking part in the following activities;

- Bush Trips - camping, dancing (athepe & inma).
- Teaching about bush medicines & plants in the Alukura garden.
- Smoking of women and babies & baby bag burial with tree/plant.
- Basket making, dot painting & storytelling.
- Community development events (women's gatherings).
- Supporting women in the community and raising awareness on Women's Health issues.
- Sharing knowledge about birthing and breastfeeding, Post-natal care and bringing baby home.
- Taking part in women's ceremony (Cultural birthing, antenatal & parenting practices).
- Learning about women's health and birthing practices.



Alukura Cultural Advisory Council (ACAC) consists of nine Traditional Grandmothers from Central Australia: Maureen McCormack, Lena Pula, Nura Ward, Ena Williams, Lena Skinner, MK Turner, Hilda Martin, Lena Cavanagh and a representative from Here Artepe.



WHO
ALL INTERESTED WOMEN
WHEN
1ST TUESDAY OF EVERY MONTH
WHERE
ALUKURA