




Australian 
Nurse-Family
Partnership Program

A Program Especially for
First Time Mums



The Australian Nurse-Family Partnership Program is a voluntary program
Feel free to call us on 02 8869 4100 or email us at anfpp@gwahs.net.au

What is ANFPP?

ANFPP is an intensive home visiting program that offers you support and education, throughout your pregnancy until your baby is 2 years of age.

ANFPP is a voluntary service which means that at any point you want to leave the program you can.

Who can join ANFPP?

Any woman who is:

- ➔ A first time mum
- ➔ Having an Aboriginal and/or Torres Strait Islander baby
- ➔ Early in pregnancy but no later than 26 weeks
- ➔ Lives in the Blacktown or Nepean Local Government Areas

Why join ANFPP?

You will get your own Nurse and Aboriginal Family Partnership Worker for 2.5 years who will:

- ➔ Support you in setting goals and planning for your future
- ➔ Support you in giving your baby the best start
- ➔ Provide education on how to take care of yourself and your baby
- ➔ Celebrate your families strengths

How can ANFPP help?

Throughout this time we will work with you and bub to help accomplish 3 goals:

- ➔ Improved pregnancy outcomes by helping women improve their health related behaviours including reducing smoking, alcohol and other drugs
- ➔ Improved child outcomes by educating and supporting parents
- ➔ Improve families self sufficiency by helping parents develop plans for their own future, plan pregnancies, continue their education and find work

We can also help you with:

- ➔ Healthy choices
- ➔ Healthy relationships
- ➔ Referrals to other services
- ➔ Identifying what you need and how to get it
- ➔ How to set achievable goals
- ➔ Attachment with you and your baby

Who can join you on your journey?

On each visit you will have a specially trained Nurse and an Aboriginal Family Partnership Worker to talk to. Our main focus will be on you and your baby, it will be completely up to you if you wish to have your family or friends with you whilst the home visit takes place.

How do I join?

If you want to have a yarn about the Program or you have any questions, please call us or drop in. Your Doctor, Midwife or service can also refer you to the program or you can self-refer by giving us a call or email.

Call 02 8869 4100

Email at anfpp@gwahs.net.au

Or

Visit our webpage at: www.anfpp.com.au

Belly Casts

As part of the ANFPP program we can provide you with a belly cast if you wish, this occurs around 36 weeks of pregnancy. It takes roughly about 30 minutes to do and your can have photos taken while its getting done and after.



Principles



You are an expert in your own life – Visitors will work with you to come up with strategies that suit your particular situation



Focus on solutions – Together, we will help you identify opportunities and solve problems that you are facing



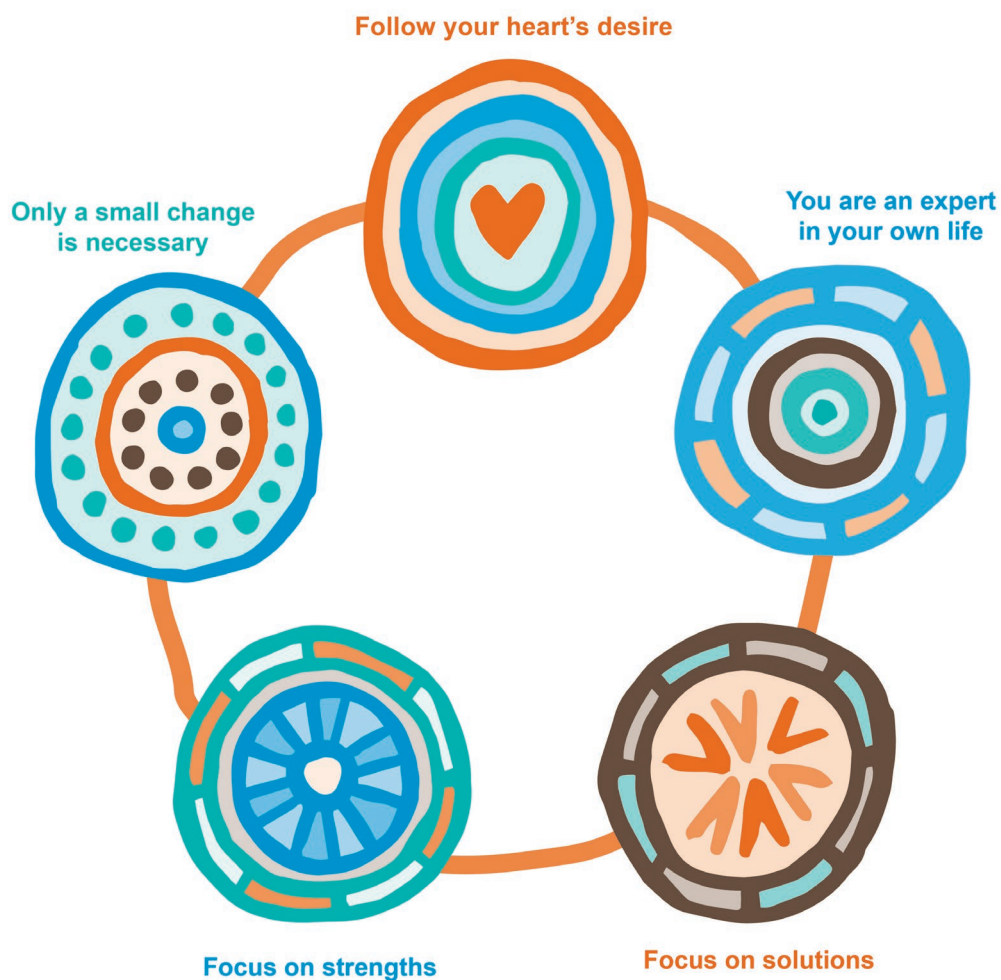
Focus on strengths – You may have many strengths. We will work with you to know what they are and how you can use them



Only a small change is necessary – We can help you set small, achievable goals so you can make the changes you want and use your personal strengths to succeed



Follow your hearts desire – Do you know what matters most to you? We will help you work it out, and work towards achieving it.



Frequently Asked Questions

Q. Do ANFPP provide antenatal care?

A. No, we do not provide antenatal care, however, we will provide you with education about pregnancy. We can support you with referral and engaging with antenatal services in your area.

Q. What will I get out of being on the ANFPP program?

A. You will gain more confidence in yourself, you will learn hints and tips about being a mum, you will learn about all the supports that you could access in your community.

Q. Does ANFPP provide transport for me, my baby and my family?

A. We don't routinely provide transport. What we are able to do is assist you to identify ways to find transport.

Q. Will ANFPP take me to my appointments?

A. ANFPP staff won't provide transport to or from appointments. However your AFPW or NHV may be able to assist you as a support person to some appointments.

Q. What happens if I miss my appointments with ANFPP?

A. If you miss your appointment we will attempt to contact you 3 times via phone call and drop in visit. If we can not get a hold of you we will send you a letter to prompt you to make contact with us.

Q. Will I be judged for asking questions?

A. No, we are not there to judge you, we are there to empower you. No question is a silly question!!!

Q. Do I have a say in what happens on the home visits?

A. Yes, our program is client based and we are there to empower you to be the best mum you can be.

Q. What happens if I don't get along with my NHV or AFPW?

A. If you don't get along with your NHV you let your AFPW know so she can get you a new NHV, if you don't get along with your AFPW you need to let your NHV know so she can arrange a new AFPW. If you don't get along with either NHV or AFPW you will need to contact the Nurse Supervisor.

Q. Can my NHV & AFPW be my support person during labour?

A. No, with the support and education you will receive from us you will be able to identify the appropriate support persons surrounding you to help you through your birthing experience.



Q. Can I contact my NHV & AFPW after hours?

A. No, our office hours are 8:30am-5:00pm. You can leave a message after hours and we will contact you during work hours but if it is an emergency you need to contact 000.

Q. Do ANFPP do baby checks?

A. No, but we can help you with a referral to your preferred health service and can let you know about your options for your prenatal care.

Your NHV is: _____

NHV Number: _____

Your AFPW is: _____

AFPW Number: _____

Maternity Ward Number: _____

Emergency Number: 000

Comments: _____





Greater Western
Aboriginal Health Service

Australian 
Nurse-Family
Partnership Program

GWABS ANFPP Building

 23 Luxford Rd, Mt Druitt

 02 8869 4100

 anfpp@gwahs.net.au

Opening hours

Monday to Friday

8.30am – 5.00pm



GWABS – a Wellington Aboriginal Corporation Health Service entity



**Growing
Stronger Families**
Funded by the Australian Government

