

ANFPP Principles



Follow your hearts desire

Do you know what matters most to you? We will help you work it out, and work towards achieving it



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

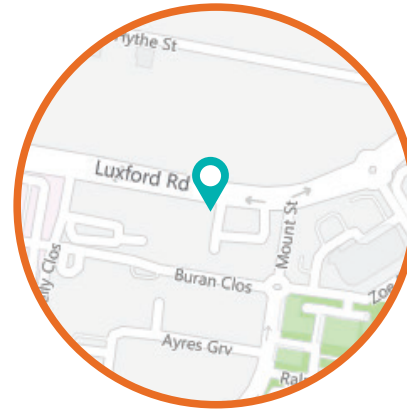
You may have many strengths. We will work with you to know what they are and how you can use them



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

The Australian Nurse-Family Partnership Program is a free, voluntary program. Feel free to give us a call, email or drop into our new building for a chat.



GWASH ANFPP Building

📍 23 Luxford Rd, Mt Drutt

☎ 02 8869 4100

✉ anfpp@gwashes.net.au

Opening hours

Monday to Friday
8.30am – 5.00pm



Helping First-Time Parents Succeed

Growing Stronger Families
Funded by the Australian Government



GWASH – a Wellington Aboriginal Corporation Health Service entity

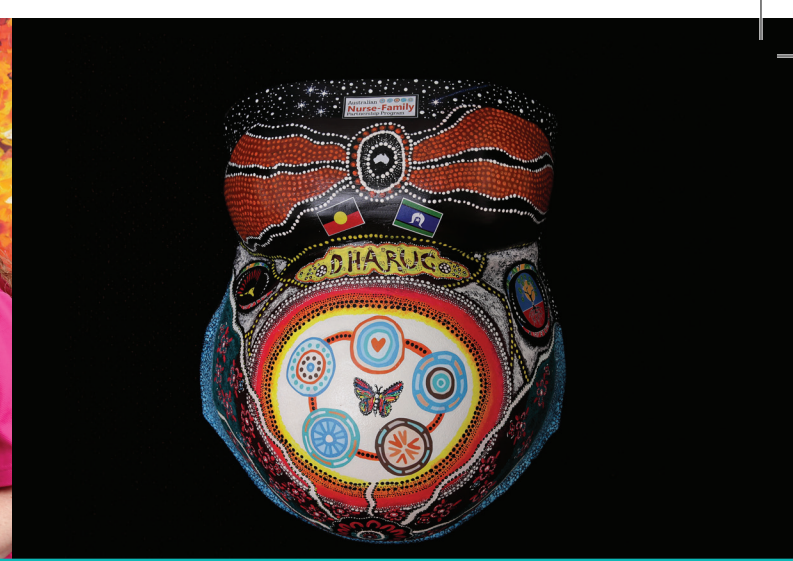


Greater Western
Aboriginal Health Service

Australian Nurse-Family Partnership Program

A program especially for first-time Mums





What is the Australian Nurse-Family Partnership Program?

The Australian Nurse-Family Partnership Program or ANFPP, is an intensive home visiting program that will offer you support and education throughout your pregnancy and journey into motherhood until your child is 2 years of age.

Who can join the ANFPP?

Any woman who is:

- A First time mum
- Having an Aboriginal and or Torres Strait Islander baby
- Earlier than 26 weeks pregnant
- Living in the Blacktown or Nepean Local Government Area

Why join the ANFPP?

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

- Learn more about taking good care of yourself and your baby, so they have a better chance of growing up strong and healthy.
- Help you plan and set goals for your future
- Have fun

How can we help?

We can 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.

Consent

- ANFPP is a voluntary program which means that at any point you want to leave the program you can, consent must be given to participate in the ANFPP

- Consent will be arranged by our Aboriginal Family Partnership Workers who will explain the program to you, explain the consent forms and get you to sign these forms

Referral

- You can self-refer by phone or
- You can be referred by your GP, midwife, counsellor or any other health care professional that you see
- Referral forms are available on the GWAHS website

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.

