



# Australian Nurse-Family Partnership Program

Edition 21 | December 2017







## PROGRAM NEWS

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## Message from the Program Director

Contributed by Karen Harmon

I would like to acknowledge the Traditional Owners of the Lands and Waters on which we live and work, and recognise that this land has always been under their custodianship. I pay my respect to Elders both past and present. I also extend respect to all Aboriginal and/or Torres Strait Islander people who may be reading this newsletter.

This year we welcomed the full complement of 13 partner organisations now implementing the ANFPP program across four states (Queensland, Victoria, New South Wales and South Australia) and our two Territories, Australian Capital and Northern Territories. The Commonwealth Department of Health (DoH) confirmed the remaining 5 sites in June 2017, bringing the national expansion and transformation of ANFPP fully into the implementation phase. On behalf of the Department of Health and the National Program Centre we warmly welcome new partner organisations Wurli Wurlinjang Aboriginal Medical Service (NT), Winnunga Nimmityjah Aboriginal Health Clinic (ACT), Durri Aboriginal Corporation Medical Service (NSW) and Rumbalara Aboriginal Co-operative (VIC) into the ANFPP community. It is equally exciting to see the program expand under the leadership of an existing partner organisation; Wellington Aboriginal Controlled Health Service and being run under Greater Western Aboriginal Health Service in NSW.

The ANFPP National Data Report for 2016-17 has been prepared and will be made available online in the New Year, I encourage you to read it. The report has been revamped and presents ANFPP data using a life course approach and incorporates greater context analysis and spotlights a wealth of success stories linking with evidence of the success and achievement against stated ANFPP outcomes.

The continued advancement of key projects by the NPC, in tandem with the national expansion, continues with vigour. The ANKA Project, developing a web-based solution for the ANFPP's data collection system, is moving towards the exciting stages of Go Live in January 2018. During November, the NPC welcomed representatives from 3 partner organisations to conduct User Acceptance Testing, resulting in very positive and constructive feedback.

The Project Manager for the Intimate Partner Violence adaptation project, Brooke Dickson, was privileged to attend the NFP IPV meetings with Northern Ireland Family Nurse Partnership teams and the Norway Nurse Family Partnership teams in Belfast, where Dr Susan Jack was presenting the NFP IPV education module. It was a valuable experience for Brooke representing the ANFPP, and to have cross learning from other international teams which will add value to Australia's adaptation of the IPV education.

The Workforce Development and Education team are progressing with equally important work that will enhance the educational and professional development experience of ANFPP staff. This includes the review, and Australian Aboriginal and Torres Strait Islands people's contextualisation, of the core curriculum to strengthen the cultural safety for ANFPP clients, their families and communities. The work with Unit 1 review has been completed in collaboration with Professor Roianne West, Director First People's Health Unit, Griffith University. The NPC has addressed the key recommendations from the National Workforce Development Study, which will be reflected through upcoming activities.



There has been much change and growth within the NPC over this past year. The NPC team welcomes Annette Simpson into our Workforce Development and Education team as the Family Partnership Worker (FPW) Educator/Abt Associates Cultural Advisor. This is a critical role for the NPC in supporting the professional development and ongoing support to the FPW staff across our partner organisations. Annette joins us with a strong training and education background with multiple tertiary qualifications in education and workplace assessment and training, as well as Family Intake and Support Work. She is a wonderful addition to the NPC team, bringing a wealth of experience and knowledge that will contribute to the support we provide our partners in delivering the ANFPP.

This newsletter is a wonderful platform to showcase the contributions of ANFPP in the communities we serve, as well as the passionate and dedicated staff who deliver the program. Thank you to everyone who has contributed an article to this newsletter.

While the NPC has welcomed new members to the team, we also said goodbye to Megan Saltmarsh as the National Program Manager. I would like to take this opportunity to acknowledge the hard work and dedication of Megan in the role of NPM. She has done an amazing job in supporting all the management elements of the program and will move on knowing that she has gained both respect for her work and affection for the care and consideration she has given to all her team. She leaves with our best wishes and heartfelt thanks for a legacy that will surpass her presence for a long time to come. I am sure the Congress Team in Alice Springs will welcome any visit she makes now she is living with her extended family in the Territory.

Finally, on behalf of our Brisbane based NPC team, I would like to thank the Commonwealth Department of Health, ANFPP Leadership Group, partner organisation CEOs and the very dedicated ANFPP teams for their ongoing commitment to the program, and I wish you all a very joyous and safe Christmas and New Year!!





## Central Australian Aboriginal Congress (CAAC), Inc. Alice Springs

Contributed by Stacey De Graves, Nurse Home Visitor

We welcomed Nurse Home Visitor's Ali Calder (Get to know a little more about Ali in our 'Staff Profile") and Carol Mudford to the team. Both have completed units 1 and 2 and are currently enjoying building their client caseloads. We farewelled NHV Glenda Woodall who returned home to South Australia to join the Nunkuwarrin Yunti site while NHV Katie Kingshot welcomed a beautiful daughter in May and returned home to Tasmania to be closer to family.

We are currently recruiting to the ACW position in Ntaria to replace Emslie Lankin who is pursuing nursing studies, we wish her all the very best. We are excited to welcome our seventh NHV to the team in early January 2018.

The team has worked hard throughout the year providing community engagement activities, where shared learning is fun and has included monthly client nutrition cookup's and craft days. Acknowledgment goes to NHV Stacey de Grave for her efforts and passion in supporting clients to get their drivers licence. Acknowledgement also goes to our longest serving ACW Marlene Swan. Marlene has been with the program since implementation (9 years ago) and at Congress for 10 years!!

As the end of the year approaches we find ourselves thinking and planning for the New Year, while looking back at 2017 and reflecting on accomplishments, experiences, changes and lessons learnt. Thinking: "thank goodness it is almost over!" or "wow, what a ride that was!" Often it is a combination of the two.

While we welcomed 27 babies this year, we said goodbye and successfully graduated 13 clients. They are our biggest achievements. They are mothers who joined the program to give their children the best possible start in life. Graduations are a time of mixed emotions for all, there's pride, happiness, triumph, sadness and uncertainty. Yet, an overwhelming feeling that through having the opportunity to share in the parenting journey, we will always be connected.

Our last graduation for the year was held in early December. We congratulate these clients on their commitment to the program and successfully graduating. We hope you enjoy the pictures.



Lilly & Mackenzie Watson's December graduation with NHV Tiff Lohs



Rosalie Driffen & Fiona's December graduation with proud Dad Keenan (above & below)





Noreen Hayes & Rodney Jr at graduation with proud Dad Rodney Sr in February



Anoushka Inkamala with Tristen at their June graduation



Central Australian Aboriginal Congress's Family Partnership Program has collaborated with Northern Territory Drivesafe program to combat the concerning trend of Aboriginal women to driving unlicensed and at times with unrestrained children throughout Central Australia.

Nurse Home Visitor Stacey De Grave contacted NT Drivesafe in Darwin to enquire if there was something that they could do to assist with supporting women and families to gain their driving licence. There were common stories of women having four attempts at getting their learners permit and learners licences expiring before they successfully gained their provisional licence, which was very frustrating. These issues manifested into significant fines for women and their families and sometimes prison times for repeat offenders.

Recognising the impact on all Central Australians NT Drivesafe recommended Stacey to submit a request for funding for up to 40 women and that is how the relationship between the two was formed.

In August 2017, the first group of eight women, followed by another group of five women in October 2017, completed the 8 hour Drive 1 training course and passed their learners test to achieve their L-Plates including St-Johns Ambulance online first aid course.

Stacey (photo on right) commented that "we have worked hard to get our girls moving through this six month process of driving lessons as well as continuing program content visits which are the back bone of FPP. Working collaboratively ensures women are still engaging with NT Drivesafe for their practical driving lessons. We recognise that such a small thing has a huge positive impact for these women and their families".

The Drivesafe NT Driver Education Program grant includes the enrolment cost of \$110, Drive 1 theory, a six hour driver education class including The Driver Knowledge Test to obtain the Learners Licence, ten subsided driving lessons vouchers, St Johns Ambulance NT Online first aid course and Drive 2 theory course of three hours. Statistics from the Toward Zero Detailed Discussion of Road Safety in the Northern Territory (2017), states on average each year in the Northern Territory, approximately 48 people are killed and 540 people are seriously injured on our roads. The NT road toll is at least three times higher the Australian rate.

The Territory has the highest rate of road deaths per 100,000 of population. Forty one percent of fatalities in the Northern Territory are related to not wearing seat belts.

The Congress team wish to thank each and every one of you for an amazing year! May this Christmas end the present year on a cheerful note and make way for a fresh and bright New Year.

(showing off our new shirts)



#### Ali Calder

I'm Alphonsa Calder (Ali). I originated from Papua New Guinea (PNG). My country is East Sepik Province (North West) of PNG. I moved to Australia over 30+ years ago with my husband and children. I lived most of my life in Melbourne, mainly in Ballarat. I attained my Nursing Degree, Majoring in Mental Health at University of Ballarat, now Federation Uni.

My background is Mental Health, I first came to Alice Springs in 2011 working as mental health nurse in Mental health in-patient Unit at ASH, then again in 2015.

My desire to live and work in Alice Springs was answered by getting this job with Family Partnership Program as Nurse Home Visitor. Since starting work with FPP, I have seen the positive changes in the women and babies going through the program with FPP.

If I can make a difference in the life's of the women by promoting opportunities for them and create a positive, long lasting changes in their life's and their families, that will be my reward.





## Danila Dilba, NT

welcome!

Contributed by Rebecca Bond, Nurse Supervisor





Katarina is a proud Kokatha woman from the Far West Coast of South Australia. She has been living in Darwin for nearly 3 years. As a registered nurse she has spent majority of her time in acute pediatrics. In this area is where her passion grew for working with Indigenous mums and their babies. As a result it sparked her interest in primary health care and to do further study in child and family health at CDU.

Katarina is very passionate about improving the health outcomes of Indigenous children and their families. She is a strong advocate for close the gap and was fortunate enough to do many public speaking roles around the importance of Close the Gap and the vital role of Aboriginal health professionals in bridging this with our mob.

Katarina believes our kids are our future leaders and good health early on is an important foundation that will carry on throughout their lifespan. She is excited to be a part of ANFPP team as a Nurse Home Visitor. As a Nurse Home Visitor, Katarina is excited to be able to support and provide health promotion to Indigenous women in such a crucial time in their lives.



The team and Spiderman celebrating National Children's Week at Palmerston Recreation Centre, 24 October 2017.

From left to right - front: Kay Gehan, Karen Greer, & Darleen Appo; back: Katarina Geer & Linda Da Coasta

#### Rebecca Bond NS

Rebecca has lived and worked in the Northern Territory as a Registered Nurse for over twenty years. Starting her journey in Aboriginal Health in Alice Springs, Yuendamu, Watarrka and surrounding Communities as a Remote Area Nurse, Manager and Child Health Practitioner. Rebecca Worked at Wurli Wurlinjang in Katherine for several years in varying roles from AHP Educator, CQI and Practice Manager.

Rebecca and her four children moved to Darwin in early 2016 where Rebecca could join the Danila Dilba Health service team as CQI officer.



Rebecca describes the Nurse Supervisor position for ANFPP as her dream job as it combines her passions of Aboriginal Health and Primary health care, Child health, CQI and working with families to improve life outcomes for the whole of Community.

#### Kay Gehan FPW

Kay Gehan is an Arrente/Narrunga woman who has called the NT her home for almost 20 years who originally comes from Adelaide and lived in Tasmania for many years.



Kay is a Social Welfare Worker by profession with over 25 years of practice in the community services industry and has had various roles over her long career.

Recent roles have been as a Caseworker with Darwin Aboriginal and Islander Women's Shelter (domestic violence shelter) and later as the policy officer.

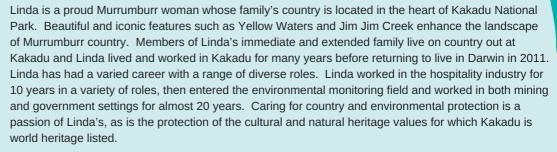
Before this Kay was the Coordinator for Aboriginal and Torres Strait islander Blood Borne Virus program with Northern Territory Aids and Hepatitis Council (NTAHC). Kay is a director on the Council for Aboriginal Alcohol

Programs Services and has been a member of CAAPS for the past 15 years.

Kay was attracted to ANFPP position as a Family Partnership Worker because her background in community services sat well the innovative approach that the program offered in working with pregnant women and their new born infant.



#### Linda Da Costa Adminstrator Support Officer



Continuing her colourful career path, Linda has joined Danila Dilba Health Service in the Australian Nurse Family Partnership Program (ANFPP) as the team's Administration Support Officer. Linda is excited to join Danila Dilba at a time when the organization is extending its services and going from strength to strength. Linda has been a passionate, outspoken advocate for Aboriginal peoples and their cultures and aspirations, including raising the awareness of historical events and how this has influenced the current life experiences of many Aboriginal people. Linda hopes her role will contribute to caring for, and the empowerment of Aboriginal mothers and supporting stronger families, thereby facilitating improvement in health and social outcomes and creating brighter futures for Aboriginal people.





#### Karen Geer FPW

Karen is a born and bred Darwin woman who has raised 7 wonderful children and enjoying spoiling 10, soon to be 12 grandchildren. Karen has been with Danila Dilba Health Service for the past 7 years.

Starting with the Chronic Disease
Team as a Family Support Worker for
the first 3 years. Her next roll within
DDHS was working with children and
their families as an Outreach worker
within the Child Health Team. Her
experience, knowledge, skills and
networks will be beneficial to ANFPP
to provide better health outcomes to
our mums, our babies, our families.

Karen is looking forward to the next chapter in her career of working with young pregnant mums and their infants.

#### **Darleen Appo NHV**

Hello, my name is Darleen Appo and I am a daughter, a mum, a nana, a sister, an aunty, a niece, a cousin, a friend to many, and I am also a Registered Nurse.

I was born in Shepparton Victoria, but grew up here in Darwin since I was a 1-year-old baby. I have experienced cyclone season here in Darwin, as I was an 8 year old child when cyclone Tracey hit at Xmas time. What a Xmas! Santa never made it to Darwin alright! But we all survived and that's the main thing.

I worked for DDHS 12 years ago as an AHW and commenced work in the Gumileybira Unit here at Knuckey Street and left in 2005 to further my studies and career, in which I achieved my goal of becoming a Registered Nurse.

I have worked at the Royal Darwin Hospital and Katherine District Hospital. I have a broad experience, knowledge and understanding of Remote nursing, Chronic Disease, AOD, general nursing, special children's nursing, and Rehabilitation and Restorative patients. My previous employment before returning to DDHS, I was the Regional Renal Coordinator for Gudbinji Chronic Disease Clinic with Wurliwurlinjang Health Services in Katherine which took me to the remote communities of both the East and West Arnhem lands through Sunrise Health and Katherine West Health Board.

Then my partner and I decided to return back to Darwin so I could be closer to my 4 children and 15 grandchildren, so I commenced work as a Nurse Home Visitor for the ANFPP here at DDHS.





#### CHILDREN'S WEEK

Contributed by Rebecca Bond, Nurse Supervisor

National Children's Week events are held each year to:

- Celebrate children and young people
- Highlight children's talents, skills, achievements and needs
- Acknowledge parents, carers and everyone associated with the wellbeing of children and young people.

Our team joined in the celebrations at two fun-packed events in Palmerston and Darwin on 24 and 25 October.

First up, Palmerston's Children's Week event was held at the Palmerston Recreation Centre. The team set up a Kids Corner with interactive children's activities, which included fun puppets and colouring in. We also had some music to dance to and managed to have our picture snapped with Spiderman.



Photos: (L) Family Partnership Worker Kay and friends enjoying the activities;
(R) Mum watches on while Administration Support Officer Linda Da Costa admires some beautiful art work.

Darwin's event was held at Jingili Water Gardens and the team set up the deadly treadly, also known as the smoothie bike. Children and their parents got to make a delicious fruit smoothie using a bit of leg power. The smoothie bike was a big hit on the hot October day, and there were smiles all round.



Photos: (L) Nurse Home Visitor Kat encourages a young rider; (C) Family Partnership Worker Kay and a friend enjoying a smoothie and some fruit; (R) Family Partnership Worker Karen and her grandson Stephen also enjoyed the day out.







## Durri Aboriginal Corporation Medical Service, Kempsey NSW

Staff Profiles

Article Contributed by Paula Skinner, Program Manager



#### Marcia Holten FPW

I am feeling excited about the program and can't wait to get out into the community and let our young families know what the program is about, and hopefully we can make the young families know that they are not alone, and we are here to support them to achieve positive outcome throughout their pregnancy and have a healthy baby.

From little things big things grow, and that's what we are about, helping our mob and community.

#### Cindy Gordon NHV

Hi My name is Cindy, I am a RN / Diabetes Educator. My goal since completing my nursing degree has been to work within my community. Joining the ANFP program is absolutely my dream job. Having met my colleagues, I am now positive that with our combined and varied Skills sets we can deliver a wonderful and rewarding program to our community.



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#### Lizzie Hagan FPW

I'm excited to be a part of the newly up and running Australian Nurse Family Partnership Program. I feel honoured to be a part of a fantastic team, the ladies I'll be working alongside are truly amazing and have skills and knowledge I can learn and adapt from. I'm really looking forward to the positive outcomes this deadly program has to offer to our young families within our community. I can't wait to get out there and deliver the message and start connecting with community and share some awareness about our program and the support we offer.



## Greater Western Aboriginal Health Service (GWAHS), NSW

Article Contributed by Louise Denholm, Nurse Supervisor

Greater Western Aboriginal Health Service is in the engagement, development and planning phase of ANFPP. We currently have 4 team members who have started with our team in October. Our team includes program manager- Anthony Carter, Nurse Supervisor- Nicola Penn, Family partnership workers- Tristan Davison and Veronica Henry, and Nurse Home Visitor- Lauren Scully. We are excited to have Tristan on our team, who will have a focus on working on engaging dad's with our program. Tristan has been working with existing services to link our dad's into supports in the community such as our local men's shed. Our team enjoyed unit 1 training in Brisbane in November. We enjoyed meeting the ANFPP teams from other new sites, developing our understanding on the ANFPP and meeting the NPC team. We are looking forward to attending Unit 2 early next year.



The GWAHS team (from left to right; Lauren, Veronica, Nicola, & Tristan)

Our team has been involved in a number of community engagement activities since we started. We have been working with our local Quit for new life program, and currently have one family partnership worker who is a smoking cessation counselor. The rest of our team will receive training this year from Quit for new life to become smoking cessation counselors. We are excited about how this partnership will provide continuity of care for the mum's in our program. Our team is participating in a mental health working with young people training day with HeadSpace in December and a number of other community engagement forums.

As we have 3 maternity hospitals in our catchment area, we have started developing partnerships with the different maternity units and will present to the midwives at these hospitals over the coming months.

We have also been working closely with the Local Health District (LHD) to develop partnerships and referral pathways. We have started attending a number of working committees at the LHD, such as the aboriginal mum's and bubs steering committee, the Aboriginal immunisation working group, and a pregnancy families meeting working group. We are looking forward to next year when we will be taking on referrals.



## welcome to the TEAM!

>>>**>>>>>>** 



Tristan Davison

My name is Tristan Davison and I am an Aboriginal Family Partnership Worker with the ANFPP at GWAHS. Previously I have spent 4 Years working in Children's Service in a Aboriginal Child & Family Centre supporting families and children's working in a childcare centre set out and also coordinating programs to run out of the centre in the community. I also run family playgroups for children aged 0-6 and after school care for children aged between 8-12 and running groups for young mothers and their babies. I then moved into Aboriginal Health working in the ITC (Integrated Team Care), formally known as closing the Gap, as a Program Support Officer liaising with other partnerships and clients with Chronic Health Problems and supporting the ITC team.

I'm a proud Dunghutti Man from Kempsey. I have lived in western Sydney my whole life. I started working in the Western Sydney community about 7 years ago started off in childcare and completed my Certificate 3 in children's services & now studying my Certificate 3 in Aboriginal & Torres strait islander primary health care. I was told about the ANFPP program when I spoke with one of the community members, it sounded like an awesome program and knew if would be a huge thing in the community. So I applied for the positon, there was no way I was missing out on this great opportunity.

Working with the ANFPP so far, I have learnt so much more about the program after attending my first Unit in Brisbane, and I can now say I'm even more excited about getting out in the community and to start supporting the bubs and mothers also Fathers & families.



#### Veronica Henry

**FPW** 

My Name is Veronica Henry and I am an Aboriginal Family Partnership Worker with the ANFPP.

I was born in Warren NSW I'm a proud Weilwan/Wiradjuri woman. I have a lot of family still living in Warren and the surrounds who I visit frequently. I have been living in Sydney for many years, living in the Western Suburbs for 30yrs.

I have worked at the Aboriginal Medical Service in Mt Druitt for 25yrs as an Aboriginal Health Worker/Practitioner in the Child & Family Health team prior to it becoming GWAHS. I joined ANFPP as it gave me a chance to become re-employed at the local AHS and to help rebuild the services and offer such a great program to my community. I look forward to better outcomes for our families in my community, especially the young pregnant women and helping them to become empowered.



#### Nicola Penn NS

My name is Nicola Penn and I have recently started at GWAHS as Nurse Supervisor with the ANFPP team. I have been working for the last 5 years as a Clinical Nurse Specialist at the Children's Hospital Westmead in the Emergency Department.

I completed post graduate studies in Family Child health nursing in 2014 and have always enjoyed working in partnership with families during the early years of a child's development. I first heard about David Old's during my family child health nursing studies and am now excited to have the opportunity work in the ANFPP program. In my previous role I enjoyed working with many Aboriginal families when they visited the emergency department and I am looking forward to our team developing ongoing relationships with the community and the families in our program.

The highlight of the ANFPP program so far has been attending unit 1 training with the GWAHS team and getting to know the ANFPP GWAHS team better. I am looking forward to us starting to take referrals in 2018.

## Lauren Scully

NHV

My Name is Lauren Scully and I am a Nurse Home Visitor with the ANFPP. I'm a Registered Nurse and have worked in both adult and paediatric Emergency Departments since graduating. I have also spent time working in Africa in HIV clinics, paediatrics wards, antenatal/postnatal and birthing, operative theatres, community outreach programs, health care education, and as a nurse educator within a women's health hospital. From university I graduated in 2010 and began my New Graduate year in 2011.

>>>**>>>>>>** 

I then started a Graduate Diploma in International Health in 2012 and completed this in 2014 which then continued onto a Master of Science (International Health) where I wrote a thesis on the Natural History of Untreated Vitamin D Levels in Refugee Children in Western Sydney and graduated in 2016.

I have always had an interest in public health particularly in the Indigenous Health and Refugee/Migrant Health context. I am looking forward to the growth of the women in the program through empowerment and meeting their babies. I am excited to be involved in a program that has already had so much success globally. I have enjoyed Training in Brisbane, it was great and it was great to meet others that are also starting out in the program. It was a Very welcoming team!







## Nunkuwarrin Yunti, Adelaide SA

Article Contributed by Kellie Howe, Senior Project Officer

The Nunkuwarrin Yunti Family Partnership Program has been busy recruiting new staff and setting up our new site in Adelaide.

We are proud to introduce our new team, which comprises of Noreen Conlon (Nurse Supervisor), Natasha Scott-Weetra and Lynnette Wanganeen (Family Partnership Workers), Anouska Hodge and Glenda Woodall (Nurse Home Visitors), Rosanne Cambareri (Administration Officer) and Kellie Howe (Project Officer).



\*\*\*\*\*\*\*\*\*\*

In this photo (from left to right): Noreen, Glenda,

There has been much excitement around engagement with stakeholders and the Nunkuwarrin community. We are currently in the process of organising an Elders' event to introduce our service to our wider and valued community members.

Alongside setting up the new site, our team have completed Unit 1 and will begin Unit 2 in the New Year.

In early 2018 we anticipate having another Family Partnership Worker and Nurse Home Visitor join the team, and to be accepting our first clients into the program from March.

We look forward to meeting more of our extended team members and other ANFPP services across Australia.



In this photo (from left to right): Glenda, Kellie, Noreen, &



# Institute for Urban Indigenous Health (IUIH), Brisbane

Article Contributed by Louise Denholm, Nurse Supervisor

Over the past couple of months I have taken up residence at the Mums and Bubs Clinic in Capalaba which belongs to the Yulu-Burri-Ba (YBB) Health Service. YBB is an Aboriginal Corporation for Community Health based in the Bayside and Redlands area of Brisbane. They have three main clinics, one in Wynnum, one in Capalaba where I sit, and one on Stradbroke Island, where many of the community live.

My colleagues across all three sites have welcomed me with open arms and are very excited to have the ANFPP starting up. I have spent time in each clinic getting to know who is who, talking about our program, and generally settling in.

On top of that I have been networking with local stakeholders and hospital maternity programs. Of note I have attended a community meeting with the Cooee Elders group where I met some amazing elders from this area along with a number of others who work alongside the elders helping the community.

I now attend a weekly case conference at the Redlands Hospital MGP midwives who have also welcomed me and our program. They are a passionate group of midwives offering caseload maternity services to women in the area. Redlands Hospital is working hard to deliver culturally appropriate care to Murri clients and an Aboriginal and Torres Strait Islander birthing room is just about up and running.

As the referrals begin to come in, I am looking forward to further getting to know the community down here and establishing our program amongst all the others that are currently offered. It is still early days but I think ANFPP will do well here.





#### **IUIH CLIENT ANECDOTE:**

A 19 year old woman engaged with the ANFPP at 14 weeks of pregnancy. She is now 33 weeks pregnant, and has been with ANFPP for nineteen weeks.



Focus on solutions

#### Personal Health and Focusing on Solutions

This is the woman's first baby, it was an unplanned pregnancy and it has taken some time for her to adjust to the pregnancy.

The woman's health history includes: diagnosed depression, anxiety and low selfworth. This experience initially impacted her feelings towards her unplanned pregnancy in a negative way, although she has worked through this with the support of counselling provided through the site.

ANFPP have been able to guide and support the woman to access regular antenatal care. She is up to date with all of her antenatal care and has shown great initiative with this herself



Only a small change

#### Maternal Role and Small Steps

ANFPP have been able to support the woman with information and education around 'becoming a mum', not only with the practical considerations of parenting, but also with the psychological transition to parenting. This has been a significant challenge for the woman due to her own experience of being parented, which was sub-optimal. The ANFPP, being relationship based, has enabled the woman to safely work with this information and education with her Nurse Home Visitor.



You are an expert

#### Life Course Development and Being the Expert in your own Life

The woman enrolled and commenced studies in a TAFE Course this year, although she has now deferred this to 2018.



Focus on strengths

#### Connection to Culture and Focusing on Strengths

The woman has had little connection to her Aboriginal culture for a variety of reasons. It has been her experience with this pregnancy though that she has re-connected with her Aboriginal family. She has travelled to see and spend some time with her paternal grandfather. This reunion was positive and a real strength for the woman, as she grew up never knowing her father and, sadly, he passed soon after they met for the first time.

The FPW has been a confidante for the woman in relation to herself connecting with her Aboriginal Culture, which she is deeply keen for.



Follow your heart's desire

ANFPP will continue to work with and support the woman. She believes the benefit of the program for her is, in many ways, immeasurable in a multitude of ways.



## Rumbalara Aboriginal Co-operative, Shepparton VIC

Article contributed by Tanya Miller, Office Manager

ANFPP in the Rumbalara Aboriginal Co-operative is progressing positively. Recently, two staff attended the Unit 2 training in Brisbane. Rebecca Kelleher - Nurse Home Visitor and Tanya Miller - Office Manager / Family Partnership Worker both enjoyed the training and got a lot out of it. Tanya in particular enjoyed the Motivational Interviewing session and commented that she had already been using some of these techniques.

Michelle Keady has joined us as a Nurse Home Visitor on the 8th December. We are really looking forward to her starting as we slowly grow our team.

Jessie Barnes, our Director has recently turned 30 and celebrated her birthday in Vegas. She is expected back 4th December full of enthusiasm.

We have recently joined the Communities for Children Closing the Gap Collaborative. This Project was established in 2016 through the Communities for Children initiative to increase engagement and participation by Aboriginal and/or Torres Strait Islander children and families in services such as Kindergartens, supported playgroups, Maternal and Child Health services and primary schools. Closing the Gap (CTG) collaboration members are representatives from the following organisations/departments, which meet on a bi-monthly basis to drive the initiative, monitor its progress, implement the project activities, and support the CTG Family Engagement Worker:

- Rumbalara Aboriginal Cooperative (lead agency)
- Lulla's Children and Family Centre (lead agency)
- Save the Children
- Kildonan UnitingCare
- Department of Health and Human Services
- Greater Shepparton City Council
- Greater Shepparton Lighthouse Project
- Murray Primary Health Network
- The Bridge Youth Service
- Department of Education and Training
- Melbourne University
- Goulburn Valley Health

Membership with the CTG collaboration will enable us to promote and profile our service while being able to build networks and collaborations with other parts of the service sector.



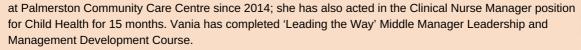


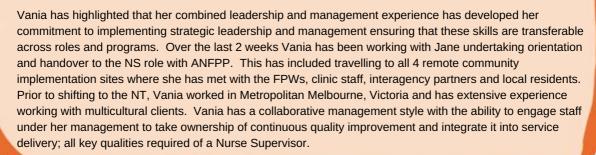
# Top End Health Service, NT Welcome

Article Contributed by Jane McMurtrie, Nurse Supervisor

#### Vania Silva NS

Vania gained her Diploma of Applied Science, followed by Bachelor of Health Sciences and Graduate Diploma of Midwifery. She has also successfully completed a Master of Nursing Science in Child, Family and Community. She has extensive experience, specialising in Acute and Primary Health Care Services and working in leadership and management roles. Vania has held the nominal position of Child Health Nurse, Child and Family Health Services









Article contributed by Lyndall Fryer, Nurse Supervisor

The WACHS ANFPP team have seen four clients graduate from the program over the past year and have welcomed 28 new babies to the program. The graduating clients included two residing in Gilgandra, while the remaining two clients were located in Dubbo. The team were involved in a joint graduation for the clients, where the clients' achievements were celebrated and they were presented with a certificate and graduation gifts.



In this photo (from left to right): Danielle Mackenzie with son Jayden, and NHV Emma Ramsay



In this photo: Jade Moore with daughter, Arybell

The ANFPP team have enjoyed receiving positive feedback from both graduating clients and current clients about the program. Clients have mentioned how they enjoy the advice from both staff who attend their visits, and that their company is always appreciated. Clients who have graduated from the program felt well-supported and enjoyed the reassurance they received around being a good mum. Some of our graduating clients said that, as a result of the program, they had learnt to set goals and felt more confident as a parent. We wish all our graduating Mums and their children well wishes for the future.



## Staff fun facts

Name: Ashleigh Lunn
Role: Nurse Home Visitor

Favourite Food: Pasta carbonara & Cherry Ripe

Favourite Movie: Anything Will Ferrell
Favourite Song: Khe Sanh – Cold Chisel

<u>Favourite Book:</u> Labour of love, anything Jodi Picoult <u>Best Holiday:</u> Upcoming honeymoon to the Maldives

Throughout the year, the ANFPP team have been fortunate enough to be involved in many educational and community networking opportunities. Team members from our site have attended core training at the NPC along with additional workshops focusing on domestic and family violence, breastfeeding, smoking cessation and combating ice drug use in our communities. WACHS ANFPP have also been busy with supporting local community events, promoting both WACHS and the ANFPP.

Some of these events included a NAIDOC networking lunch, where the team gave out promotional items to the community and established connections with other services who we have regular contact with.







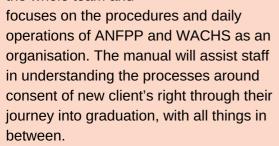
The ANFPP team were also involved in a Communities for Children event where the 'Right of the Child' was a key theme to the day. ANFPP and the Aboriginal Children's Therapy Team (ACTT) held an activity station focused on the child's right to play and rest.

A reading mat where children could have books read to them, along with a traditional Indigenous game, was held at our station.

WACHS has recently celebrated their 25th Year Anniversary of service. As part of the celebrations, a Wellington community fun day was held with a focus on health promotion.

ANFPP and ACTT participated in face painting and finger print canvas painting, which will be donated to the WACHS building in Wellington. The staff saw over a hundred school children pass through the tent, as well as young families, enjoying the day and learning about our service and programs.

During 2017, the
ANFPP team have also
been focused on
quality improvement.
This has resulted in a
group project of an
Operations Manual.
The operations manual
has been developed by
the whole team and



## Staff fun facts

Name: Jinnaya Tyson

Role: Aboriginal Family Partnership Worker

Favourite Food:

Chocolate Mousse & Raspberry & Pineapple Calippos

Favourite Movie:

Crime documentaries/ 50 Shades Saga

**Favourite Song:** 

**Grand Tour - George Jones** 

**Favourite Quote:** 

"There's a method behind everyone's madness"

Favourite Moment as a mother:

Yet to happen but I love spending time with my nieces and nephews Most memorable ANFPP moment:

All client success stories

**Sporting Team:** 

**Parramatta Eels** 

Best Holiday:

When our family visits our older sister who lives away.



Name: Lyndall Fryer

Role: Team Leader/Nurse Supervisor
Favourite Food: Cheese Platters and Satay
Chicken

Favourite Movie: Mean Girls

<u>Favourite Song:</u> **Hometown Glory – Adele** <u>Favourite Book:</u> **A Child Called 'It' – Dave** 

Pelzer

Favourite Quote:

'Sometimes you will never know the value of a moment until it becomes a memory' ~ Dr Seuss

Most memorable ANFPP moment:

Being privileged to meet such inspiring, dedicated team members along with being welcomed into client's homes and their lives.

<u>Sporting Team:</u> Manly Sea Eagles #strongertogether <u>Best Holiday:</u>

USA!! Being at the top of The Empire State Building in New York as well as realising just how small we are in the world when you sit on the edge of The Grand Canyon.



## >>>>>>>>>>

## Staff fun facts

Name: Emma Ramsay
Role: Nurse Home Visitor

**Favourite Food:** 

Ice Cream & Cheese (but not together)

Favourite Song:

Too many to name. I like Staind, Seether, Ed Sheeran, 90's Country, Gorillaz, Pink, Cold Chisel...

Favourite Book:

**Autobiographies** 

Favourite Quote:

'Breathe in, breathe out, move on' Favourite moment as a mother:

Breastfeeding and night time cuddles

Most memorable ANFPP moment:

There's a memorable moment with every client!

**Sporting Team: North Sydney Bears and Sydney Thunder** 



#### Staff fun facts

Name: Janet Curran

Role:

Executive Manager – Human Resources and Special Projects

<u>Favourite Food:</u> Anything my Mum use to cook

<u>Favourite Movie:</u> Love is a Many Splendored

Thing

<u>Favourite Song:</u> I'll Find My Way Home – Jon & Vangelis

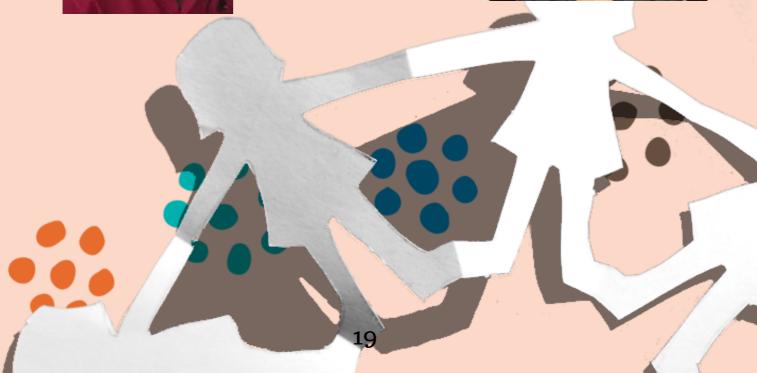
<u>Favourite Book:</u> A Woman of Substance <u>Favourite Quote:</u>

Every experience is an opportunity to learn something, let's not waste the opportunity Favourite moment as a mother: Cuddles and tickles

Most memorable ANFPP moment: Planning day 2017

Sporting Team: All things tennis
Best Holiday: Queen Mary II







## Winnunga Nimmityjah Aboriginal Health Service, Canberra ACT

Article contributed by Malcolm Bennett, Nurse Supervisor

We are situated on the land of the Ngunawal people. Their land reaches from Goulburn in the North Gundagai to the west Cooma to the south and Braidwood in the East. This encompasses Canberra where Winnunga resides.

## welcome!

Winnunga started the process of employment mid-way through this year and in September appointed Malcolm Bennett as the Nurse Supervisor for Winnunga's Australian Nurse Family Partnership Program.

Malcolm has come with a wealth of experience having worked as a Nurse Manager for the last 10 years as well as project management experience. On top of this he has worked with our Mob before from 2009-2012. Malcolm grew up in Sydney where he completed his training, he won't say when as that might give away his age, however he has spent more time in the Capital region than Sydney and so feels that this is his home. He tells us he feels very connected to country, mainly because he has fallen off his mountain bike so many times and come in contact with the ground on which he walks and rides more than he cares to remember. Malcolm tells us that he looks forward to helping Winnunga implement the ANFPP at Winnunga, given he is a husband and a father to 4 (all grown) children and a Poppy to his beautiful



Granddaughter. He is keen to help families reach some really significant milestones; "it's nice to say (to a mum and to the Family), that we WILL achieve these goals, not we HOPE to reach these goals. I love that it is evidence-based"!

Winnunga is currently in the process of seeking out Nurse home visitors and Family Partnership Workers and we are currently assessing the candidates for suitability, hopefully by the next newsletter we will be able to introduce the next wave of Staff for Winnunga.



## Wuchopperen Health Service (WHS), Cairns

Visit from Kate Hudson, UK Family Nurse

Article contributed by Helen Moss, Nurse Home Visitor

On Thursday 16th November Wuchopperen's ANFPP was delighted to host Kate Hudson, a Nurse Home Visitor with the Family Nurse Partnership team from Bucks Healthcare, Buckinghamshire, UK.

Kate was over on holiday and, during her whistle-stop trip to Cairns visiting one of her daughters, she was kind enough to spend the afternoon with our team. We realised that a four hour visit was just not long enough, as all of our team had so many questions to ask Kate about her role in the UK and Kate had plenty of questions for us too.

Despite Buckinghamshire and Cairns being on opposite sides of the world, and culturally so different, we quickly realised that we are confronted with the same challenges when home visiting, and our clients are faced with very similar difficulties.



In this photo from left to right: Kate Hudson NHV Bucks UK, Jasmin Cockatoo-Collins FPW,Joanne Henry FPW, Vera Vidafar NHV, Rowena Whiteside NHV (front),

Kate came out on a visit with me and Family Partnership Worker (FPW), Jo Henry, that afternoon, and our client felt very special when we told her Kate had flown from the UK to meet her and her baby! Kate was fascinated in the FPW role with our program and impressed with the variety of client activities we offered. Kate left with a bag full of Wuchopperen's ANFPP memorabilia to take back to her team and many thoughts and ideas to discuss with her Nurse Supervisor. The visit was a huge success and we will all be putting in an exchange visit to the UK in our Professional Development Plans for 2018!



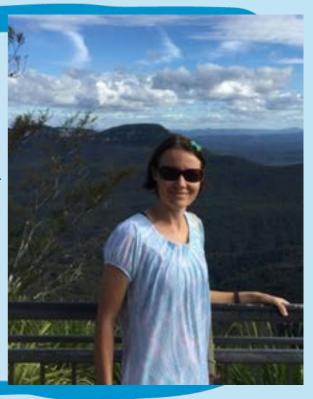
## 

## welcome!

#### Rowena Whiteside NHV

Hi, my name is Rowena and I was born and raised in Griffith, in south central New South Wales. I have been a Registered Nurse/Midwife for 15 years, with experience in Intensive Care Nursing, Renal Nursing, Child and Family Health and Midwifery.

I love doing anything outdoors such as camping, fishing and target shooting. Hiking is a major hobby of mine and I like to spend at least some of my holidays hiking somewhere different in Australia every year. I also enjoy spending time with family and socialising with friends. I am very excited to be a part of this wonderful, dedicated ANFPP team.



#### Irene Kelly FPW

I am an Aboriginal woman born in Cairns and grew up in the Manoora area. My mother was born in Mapoon but grew up in Thursday Island and my father is a Cairns man and is a descendent from the Gunggandji tribe from Yarrabah and Nywaigi clan from Ingham. I am known around the Cairns community by my maiden name Irene Addo.

I enjoy listening to music and playing sports mainly basketball and vigoro and I am a big Cowboys supporters (Go the Cowboys!!). My most favourite thing to do is spending time with family and friends; especially a family day out having a BBQ and playing cricket at one of the swimming holes or at the beach. My second favourite activity is to travel to other countries.

I have been working with Wuchopperen for six years now. I was previously the Indigenous Liaison Officer and now I have moved into the Family Partnership Worker role with the ANFPP. I like the holistic service and care Wuchopperen provides for the community and the commitment it has to improving Aboriginal and Torres Strait Islanders health and lives.

My main achievements are having five beautiful children who are my world, buying my own home, and building a successful career for myself after dropping out of school and being a single mum at 17. I am now looking to further my career so I am currently studying a Bachelor Degree in Nursing to become a Registered Nurse.





## Wurli Wurlinjang Aboriginal Medical Service, Katherine NT

Article contributed by Bridgette Hutchinson, Nurse Supervisor

Wurli Wurlinjang Aboriginal Medical Service commenced employment for the Wurli-Wurlinjang Family Partnership program. Bridgette Hutchinson, has been transitioning out of her previous role as the Outreach Co-ordinator whilst the recruitment of a new Co-ordinator takes place. Bridgette attended the Introduction to ANFPP in Brisbane where she met a lovely group of people. The introduction was really good and it was great to meet everyone.

Wurli is excited to be commencing the program and are actively recruiting our new team. We have welcomed a new employee Karen Manbuloo into our team this December as a Family Partnership Worker. This brings our team tally up to two. We are also expecting a Nurse home visitor to commence working in the new year.

I am hopeful that we will have at least two staff attending the Introduction to ANFPP in January and the unit two in February.

We are looking forward to starting the program in the new year and supporting the mothers with babies in Katherine, NT.





## **ANFPP Project Updates**

# workforce Development & Education (WDE)

Contributed by Janet Blair & Annette Simpson, Nurse Educators

Within the Workforce Development and Education (WDE) team there have been significant changes which have enabled huge growth, change and development.

We acknowledge the solid work and dedication of Kym Cunningham, Luana Sanders and Aurora Bermudez Ortega. All three impressive women certainly left their mark on the program and we wish them well in their future endeavors. Kym remains in the ANFPP family with her role as Nurse Supervisor for the IUIH North team. We look forward to continue to work together with her in her new role.

Joining the WDE team are the talented Annette Simpson and Leeona West. Annette's experience in the education and Health sectors is varied and her expertise is greatly valued. Leeona commenced as a facilitator and is proud of her family's long standing association within the Health sector. Her experience within health is extensive and her addition to the team has been warmly received.

The WDE team continues progressing work, expanding the informative and professional development experiences of ANFPP staff on the ground. The review and contextualisation of the ANFPP Unit 1 is now completed. This work commenced with Unit 1; partnering and collaborating with First People's Health Unit (FPHU), Griffith University. Professor Roianne West, the Director, and her team's work, aims to strengthen the cultural safety for ANFPP women, their families and communities. We will be rolling out this new curriculum in 2018.

Over the past 6 months, more than 10 trainings were successfully conducted with participants from 12 out of the 13 partner organisations in attendance. Thanks to all the positive and constructive feedback of all the attendees, we will continue to work harder and improve the quality of all future trainings.

With an exciting year ahead, the team will enjoy a break once WDE planning is completed in December. In the New Year, we will be returning full of energy to train our staff to help improve the lives of Aboriginal and Torres Strait Islander families.



Unit 1 Training in November 2017









## USET ACCEPTANCE TESTING Contributed by Pamela Edwards, Project Manager

The National Program Centre welcomed representatives of the Institute of Urban Indigenous Health (IUIH), Danila Dilba and Nunkuwarrin Yunti to conduct UAT of the ANKA application, the ANKA application, on the 23rd and 24th November. The user acceptance testing was conducted by organisations expecting to commence home visiting in early 2018, and IUIH that are currently using an interim system for collection and reporting.

The results of the user testing was that there were no critical defects, and a number of moderate and minor defects, some of which were resolved during the testing period. All of the attendees conducting the evaluation considered ANKA fit for purpose and easy to use. There was also the opportunity during the scheduled testing to workshop requirements and feedback with regard to modules under development.

User acceptance testing will be continued with the Senior Users ANKA Group remotely over the coming weeks. The ANKA Team would like to acknowledge and thank the Organisations and Program Staff that traveled to Brisbane to conduct the UAT for their support, encouragement, and positive and constructive feedback.

## Monitoring & Evaluation Contributed by Tahni Roberts, Monitoring & Evaluation Officer

Over the last couple of months, Monitoring and Evaluation for ANFPP, has been focusing on looking at ways to incorporate client stories and relating those stories to the data. With the program expanding across Australia it is important to show case the important work that happens on a day to day basis through stories as well as being able to represent more long term, positive outcomes.

With the National Program Centre sitting in Brisbane there is always something happening. Working on a program that aims to close the gap for Aboriginal and Torres Strait Islander people it is essential that 'we' as a team pay respect, learn and keep in touch with the community.

It is of significant importance to ensure all areas of the NPC are involved in cultural learning and knowledge sharing. The Monitoring and Evaluation team try to bring the learning gained through community events into our work and practice.

This inclusion can range from the review of documents, delivery of data collection training, understanding the significance of data collection points and complexity in asking certain questions. It is essential that people feel culturally safe when completing data, information, and when participating in quality improvement activities.





## NFP IPV Education

>>>**>** 

Article contributed by Brooke Dickson, IPV Project Manager

Over the past year I have had the opportunity to regularly connect (usually 10 pm on a Friday night) with the other NFP international teams in Northern Ireland and Norway who are also adapting the NFP IPV work developed by Dr Susan Jack. These calls have been valuable support in guiding the adaptation process and learning from others their challenges and considerations. In October 2017 I was able to join Northern Ireland Family Nurse Partnership Teams and the Norway Nurse Family Partnership teams in Belfast Northern Ireland where Dr Susan Jack was presenting the NFP IPV education.





This week had 6 international teams (Northern Ireland, Norway, Scotland, England, Canada and Australia) in attendance for a week of activities including educator meetings, Nurse Supervisor education delivery, NHV IPV education delivery and an Educator training day. Discussions around how to evaluate the NFP IPV package and to identify learning across countries on adaptations was also discussed. It was great to have cross learning and identify some of the similar issues across countries.

During the week the head of the Northern Ireland Public Health Agency was also excited to have so many teams visiting and put a welcome dinner on at the Belfast City Hall – such a spectacular building. The hosts spoke so passionately about the work of the Family Nurse Partnership program and put on a great night of local dancing and music.



## ANFPP National Program Centre

## New Team Members



Roman Bebenin, ANKA Technical Developer

Roman moved to Australia in 2015 and recently joined ANFPP as Technical Developer. He mostly has scientific and industrial research background in Applied Mathematics as well as Software Developer experience.

Being from Russia (very multinational, multi-confessional and multicultural society) he is very pleased to work in a company that values diversity and is really excited to work on a very customeroriented, down-to-earth software Project, ANKA system development.

#### Stephanie Khalil, Project Administrator

Steph has joined the ANFPP team as the new Project Administrator. She recently graduated from her Masters in International Public Health with a keen interest in project work.

Steph is very excited to be part of a project that works so closely with the people it supports & can't wait to be a part of the future growth and success of the program.





## Annette Simpson, FPW Educator/Abt Associates Cultural Advisor

Annette is a woman passionate about her Aboriginal culture and empowering her people to realise their full potential and achieve their goals and dreams whatever they might be. She is a mother of 4 sons and 1 daughter and grandmother to 15, not including extended family. Annette's background has always been between education and health with a Bachelor Degree in Education (Adult) majoring in Aboriginal Studies. She has worked in numerous government departments such as Qld Health, Qld Corrections, and Youth Justice, in private organisations as National Manager of the Australian Indigenous College, and community organisations eg: Inala Wangarra and Ganyjuu. Annette has worked closely within her local Aboriginal community as a volunteer on a number of projects.

All of these experiences led her to working with the ANFPP. Annette has been working with Abt Associates in the ANFP Program as the Educator for 2 months now and slowly understanding the complexity of the program of how something so structured can be delivered seamlessly using so many vital tools. She loves the program, finding it very exciting and engaging for not only the first time mums but for the wonderful and deadly Home Visiting Teams.

Nunkuwarrin Yunti welcomed Annette Simpson and Lou Livingstone to Adelaide as they undertook their first site visit. Annette has enjoyed meeting many of the teams that attended the recent trainings in Brisbane where there were many interesting conversations, many laughs and learnt together. Annette looks forward to forging on ahead into 2018 taking the lead in Unit 1 training and supporting the Family Partnership Workers.



#### **ANFPP Notice Board**



## Indigenous dates of Significance

#### **February**

13th - Anniversary of 2008 Apology

#### March

16th - National Close the Gap Day

#### May

**26th - National Sorry Day** 

27th - Anniversary of the 1967 Referendum

27th - Reconciliation Week (to Jun 6th)

#### June

3rd - Mabo Day

#### <u>July</u>

**1st - Coming of the Light** 

2nd-9th - International Day of the World's Indigenous Peoples

#### **August**

4th - National Aboriginal & Torres Strait Islander Children's day

9th - International day of the World's Indigenous Peoples

#### **September**

13th - Anniversary of the UN Declaration on the Rights of Indigenous People

Jan 23rd - Danila Dilba Site Visit by NPC

Jan 30th - GWAHS Site Visit by NPC

Feb 13th - Rumbalara Site Visit by NPC

Feb 26th - Durri Site Visit by NPC

Apr 4th - Winnunga Site Visit by NPC

Apr 26th - Wurli Site Visit by NPC

May 22nd - ANFPP 2018 Annual National Conference



## ANFPP National Program Centre







**ANFPP Partner Organisations Locations** 



## **ANFPP Partner Organisations Contacts**



Central Australian Aboriginal Congress Inc. Alice Springs, NT (08) 8951 4400



Rumbalara Aboriginal Cooperative Ltd, Mooroopna, VIC (03) 58 200 000



Wuchopperen Health Service Manoora, QLD (07) 4080 1000



Institute for Urban Indigenous Health, **Brisbane North and South**, QLD (07) 3648 9500



Wellington Aboriginal Corporation Health Service **Wellington** 



Top End Health Services Palmerston, NT (08) 8999 3344



GWAHS (Greater Western Aboriginal Health Service), NSW (02) 6845 3545



Winnunga Nimmityjah Aboriginal Health Service, Narrabundah ACT (02) 6284 6222



Nunkuwarrin Yunti Adelaide, SA 5000 (08) 8406 1600



Durri Aboriginal Corporation Medical Service, Kempsey NSW (02) 6560 2300



Danila Dilba Health Service Malak NT (08) 8920 9500



Wurli-Wurlinjang Health Service Katherine NT (08) 8972 9123



The ANFPP National Program Centre supports program implementation at all sites. Any general enquiries about the program or this newsletter can be directed to the NPC.

Level 2, 5 Gardner Close, Milton QLD 4064 (07) 3891 4677 info@anfpp.com.au