

### Need more information?

If you would like further information on our service or would like to make a referral please:


Call and ask for the Strong Mums Solid Kids Team Manager on 0447 470 201

Or

Complete a referral form which can be found on our website under the resources tab:

[www.nunku.org.au](http://www.nunku.org.au)



  
NUNKUWARRIN YUNTI  
of South Australia Inc  
[www.nunku.org.au](http://www.nunku.org.au)

The SMSK image above combines healthy pregnancy and healthy kids in one. The NunKuWarrin Yunti logo in the middle of the pregnant woman depicts caring for the next generation of our people, the hands around the mother represents fathers, partners and other family members supporting the mother and children.

\*Not all services available at all sites, please contact us on 08 8406 1600 for more information.

Updated 16/11/2018

### CONTACT US AT

#### 182-190 Wakefield Street, Adelaide

Tel: (08) 8406 1600  
Fax Clinic: (08) 8223 7658  
Fax Centre & Link-Up: (08) 8232 0949  
Office Hours:  
Mon-Fri 9.00-5.00pm



#### 28-30 Brady St, Elizabeth Downs

Tel: (08) 8254 5300  
Fax: (08) 8254 9182  
Office Hours:  
Tues-Fri 9.00-5.00pm



#### 80 South Terrace, Adelaide

Tel: (08) 8168 8300  
Fax: (08) 8212 6777  
Office Hours:  
Mon-Fri 9.00-5.00pm



#### 94 Grand Junction Road, Kilburn

Tel: (08) 8406 1600  
Fax: (08) 8169 7210  
Office Hours:  
Mon-Fri 9.00-5.00pm



#### 141 Henley Beach Road, Mile End

Tel: (08) 8150 5000  
Fax: (08) 8150 5080  
Office Hours:  
Mon-Fri 9.00-5.00pm



#### 17 Beach Road, Christies Beach

Tel: (08) 8392 3500  
Fax: (08) 8392 3580  
Office Hours:  
Mon-Fri 9.00-5.00pm



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**NunKuWarrin Yunti**  
Working together  
for the benefit of Aboriginal Health



**STRONG MUMS SOLID  
KIDS (SMSK) BROCHURE**



Nunkuwarrin Yunti is the largest Aboriginal community controlled health organisation in South Australia.

We offer a wide range of primary health, social & emotional wellbeing, health promotion and health training & development services to Aboriginal and Torres Strait Islander people.

### **Strong Mums Solid Kids (SMSK)**

SMSK provides a culturally appropriate and holistic health service for Aboriginal and Torres Strait Islander families living in Adelaide. Offering continuity of care throughout the maternal and child health journey - from pregnancy to early childhood.

The SMSK program goals are to:

- provide information and knowledge for safe, nurturing environments for pregnancy, infants and children, improving infant and child health and development
- provide access to maternal and child health care services with an importance on early intervention and prevention
- coordinate care and referral to more specialist maternal and child health care as required
- provide a positive experience that encourages continued engagement in services

- reduce or stop the progression towards poor maternal and child health outcomes for individuals

### **What services can you receive?**

Pregnancy Care (support in all models of care)

- Antenatal and postnatal care
- Support for women who disengage from their birthing hospital

Healthy Kids 0-5 years

- Health checks
- Immunisations
- Developmental and psycho-social assessment

Groups for peer support and education, including Playgroup

Complex Care

- Extra support for children and their families in areas such as communication, fine and gross motor skills, social, emotional and interpersonal skills, and problem-solving skills
- Engagement with NDIS

Healthy Ears (0-21 years)

- Diagnosis, treatment and management of ear health problems
- Access to allied health, ENT surgery

### **The Maternal Child Health Team includes:**

- Team Manager
- Aboriginal Health Workers / Practitioners
- Aboriginal Child and Family Health Worker
- Child Health Nurses
- Access to:
  - GPs
  - Perinatal Infant Mental Health Clinician
  - Allied Health Specialists

### **Referral pathways include:**

- Social Emotional Wellbeing practitioners
- Clinical care services for children and adults
- Tackling Tobacco, and Healthy Lifestyles
- Harm minimisation support / counselling

### **Additional Information:**

- Strong Mums Solid Kids is a free service for all Aboriginal women, children and families in Adelaide.
- Appointments are available Monday – Friday
- Home visits may be offered when possible according to available staffing
- Transport is dependent on availability and needs to be arranged in advance
- We encourage feedback and comments to ensure we are providing the best possible service available to our clients and families.