

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)

Strong Mums Solid Kids is a free culturally appropriate service for all Aboriginal and Torres Strait Islander woman, children and families in Adelaide.

SMSK works alongside Aboriginal families to support Aboriginal kids get the best start in life and to grow up strong and healthy.

How can we help?

SMSK offer care throughout the maternal and child health journey - from pregnancy to early childhood (up to 5 years of age).

SMSK provides information for families to help create safe, nurturing environments for pregnancy, infants and children, supporting your child's health and development.

We can help link with GPs and other services as needed.

SMSK consists of

- Maternity care
- Healthy Kids Program
- Healthy Ears.

Maternity Care:

The Community Midwife and Aboriginal Enrolled Nurse will support you to have a healthy pregnancy that will include:

- All Antenatal care in a clinic or home visits
- Postnatal care up to 6 weeks
- Breastfeeding support and education
- Help to book your birthing hospital



The Healthy Kids Program:

The Child and Family Health Nurse and Aboriginal Enrolled Nurse will provide:

- Health checks
- Immunisations
- Developmental screening
- Support for families about how your child grows and develops
- Connecting to community services

To be eligible for the Healthy Kids program your baby must be registered before they are 12 months old.

Healthy Ears (0-21 years)

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

Additional Information:

- Appointments are available Monday – Friday at various sites: Brady Street Elizabeth Downs, Wakefield Street Adelaide, Trinity Crescent Salisbury North.
- Home visits may be offered when possible, according to available staffing
- Transport is dependent on availability and needs to be arranged in advance.



How to get involved?

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



 NUNKUWARRIN YUNTI
of South Australia Inc
www.nunku.org.au

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

*Not all services available at all sites, please contact us for more information.

CONTACT US

Phone: 8406 1600

Office Hours: Monday to Friday 9:00am – 5:00pm

**182-190 Wakefield Street,
Adelaide**

Tel: (08) 8406 1600

Fax: (08) 8359 2414



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

Tel: (08) 8254 5300

Fax: (08) 8254 9182



**17 Beach Road, Christies
Beach**

Tel: (08) 8187 3400

Fax: (08) 8186 1548



**1 Trinity Crescent, Salisbury
North**

Tel: (08) 8150 5000

Fax: (08) 8250 1864



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