



Ngiiyang

Aboriginal Pregnancy,
Child & Family Health Service



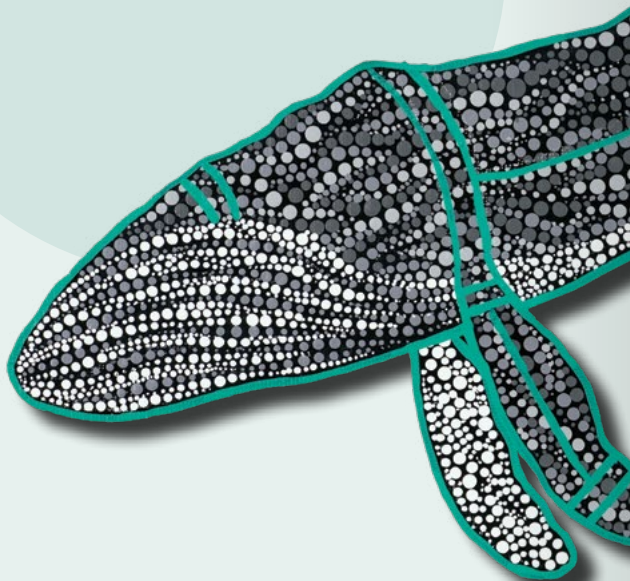
Health
Central Coast
Local Health District

How Ngiyang can help?

Ngiyang Aboriginal Pregnancy, Child and Family Health Service sits within the Central Coast Local Health District. We aim to provide cultural support to Aboriginal families from pregnancy through to school age.

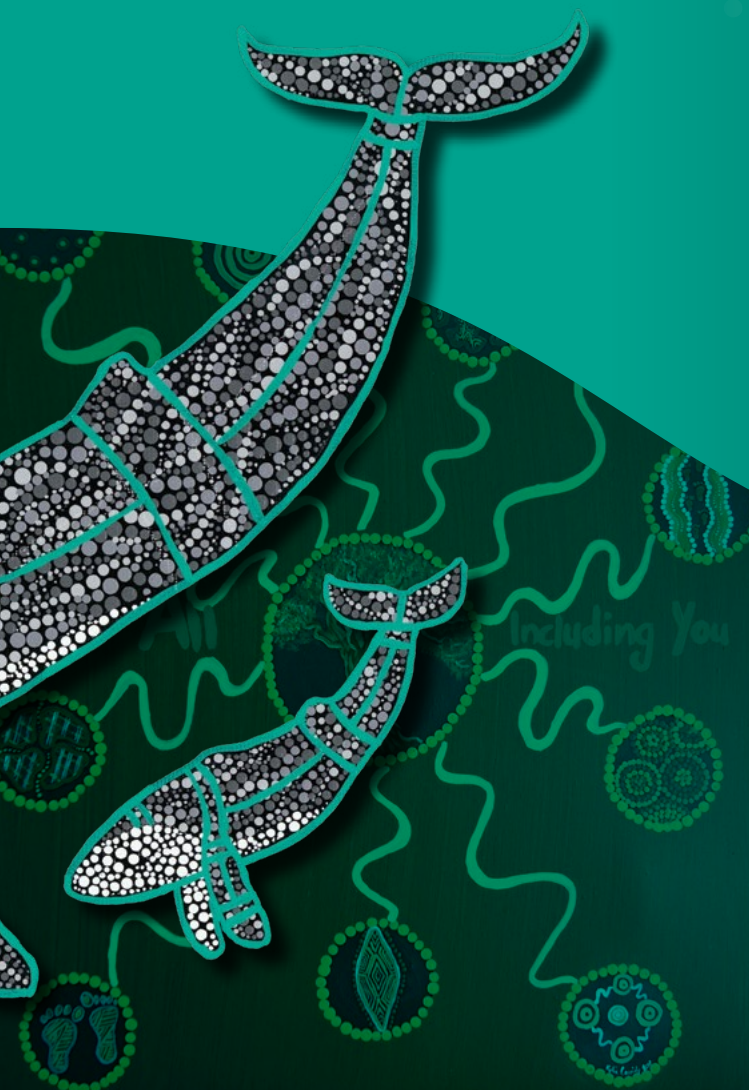
An Aboriginal Health Worker will support the women and her family on the journey through pregnancy, birth, postnatal period and early childhood years until the child reaches school age (5-6 years).

*Ngiyang means
‘we all, including you’*



Our team includes:

- ✓ Aboriginal Health Worker
- ✓ Registered Midwife
- ✓ Child and Family Health Nurse
- ✓ Social worker





What services/support we can provide:

- Cultural support and advocacy
- Home visits and clinics
- Playgroups
- Pregnancy and postnatal care and support
- Developmental Child Health Check 0-5 years (Blue Book checks)
- Parenting education and information
- Belly casting (late in pregnancy)
- Breastfeeding support
- Child immunisations (as per Blue Book)
- Quit smoking support
- Post natal checks and contraception advice
- Referrals, advocacy and links to other services

Playgroups

Aboriginal Health Workers and a Child and Family Health Nurse attend each of the four community playgroups:

- **Tuesday:** Mingaletta, Umina Beach
10.00am – 12noon
- **Tuesday:** Gosford Coastwide Playgroup
12.30 – 2pm
- **Wednesday:** The Entrance Community Centre
10.00am – 12noon
- **Friday:** Gudjagang Ngara li-dhi
Aboriginal Corporation Kanwal
10.00am – 12noon

For more information or to yarn about linking in with these playgroups please call Ngiyang at 4394 9148.

Key contacts

Nunyarra Aboriginal Health Unit	4320 2698
Aboriginal Hospital Liasion Officer	4320 2698
Yerin	4351 1040
Bungree	4350 0100
Darkinjung Land Council.....	4351 2930
Mingaletta Aboriginal and Torres Strait Islander Corporation	4342 7515
Aboriginal Legal Service	1800 765 676

Other Aboriginal Health Services

Aboriginal Mental Health	4394 7822
Aboriginal Youth Health (14–24 yrs)	4356 9333
Aboriginal Drug and Alcohol.....	4320 3057
Drug & Alcohol Intake Line	4394 4880
Immunisation Health Worker	4320 9730

Contact us

Get in touch with an Aboriginal Health Worker for more information or to make an appointment to see a midwife or child and family health nurse.

Monday – Friday 8.30am to 4.30pm

Phone: **4394 9148**

Fax: **4394 9147**

Address: **2/2A Bounty Close,
Tuggerah NSW 2259**

Web: www.cclhd.health.nsw.gov.au/services/children-services/child-and-family-health/aboriginal-pregnancy-ngiyang

