

Communities for Children Young Parents Strategy Ambarvale/Rosemeadow

Contact details

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Hours of service: Wednesday parent support group - weekly
Friday morning recreational activity - weekly
Closed public holidays

Coordinator: Donna Spears **Manager:** Susan Chapman
Manager Operations: Anthea Jackson **Director:** Vivien Tait

About the program

The Young Parents Strategy is one of a number of strategies being implemented under the Communities for Children (C4C) project in the Campbelltown communities of Ambarvale/Rosemeadow. Young Parents Strategy is a three-year funded program designed to facilitate pregnancy and parenting education for young parents, and support young parents in skill development and peer leadership.

C4C takes a community development approach to improving outcomes for young children and their families, incorporating key principles such as collaborative action, building on community strengths and contributing to family and community capacity building.

The target group is young parents up to 25 years of age residing in the Ambarvale/Rosemeadow communities, and during the crucial times of pregnancy, the weeks following the birth, and into the early years of parenthood.

Objectives

- Improved service provision for young parents
- Increased skill base and confidence of parents
- Improved support for ATSI young parents
- Improved prenatal and antenatal health

- Improved child physical health and development.

Referral

Community Health, Tharawal Aboriginal Health Service and other local services.

Services

Strategies will focus on:

- antenatal groups to provide professional and peer support to young parents during pregnancy
- parenting groups following the birth
- training and skill development sessions for young parents within a peer education model
- supporting young parents into secondary/tertiary education
- supporting young Aboriginal parents into culturally appropriate young parent activities

Funding

C4C is an initiative of the Australian Government. FaCSIA funds C4C under the Stronger Families and Communities Strategy at 45 sites across Australia.

The Ambarvale/Rosemeadow C4C site is auspiced by The Benevolent Society.

Key facts

Young Parents Strategy is primarily a group-based program with a strong emphasis on partnerships with local health and support services. The project workers role is to:

- identify partners for group facilitation and engage experts in the field to provide information to young parents
- develop and deliver an antenatal and postnatal educational groupwork program that is youth friendly
- provide an Aboriginal specific antenatal and postnatal educational group work program
- connect young parents to other relevant community services and C4C activities
- develop and facilitate a Training and Skills Development program to support young parents into secondary/tertiary education, and employment
- equip identified young parents in sustaining the *Young Parents Strategy* using a peer education model.

C4C encourages community partners to develop opportunities for sustainability. C4C strives to achieve sustainability by identifying and training community leaders, and developing partnerships with business. C4C also addresses the outcomes of the community consultation process in Ambarvale/Rosemeadow as well as addressing significant gaps in service provision around parenting and education.

Educational/Training Options

Throughout the year various workshops, training and educational options are provided to participants to enrol in, this could include training in First Aid, Certificate Courses and various workshops. Young parents are provided with the facilitator, transport, child minding and lunch all with the support of a project worker. This training is free of charge and targeted specifically to the needs of the participants.