

# FPWNT Newsletter May 2026

## Course Overview

Family Planning Welfare Association NT (FPWNT) recently delivered the nationally accredited unit HLTASXH002 – Promote Women's Sexual Health in Nhulunbuy, supporting 7 learners from health professionals and community service workers to strengthen their knowledge and skills in women's sexual and reproductive health. The four-day intensive program brought together participants from across the East Arnhem region, creating a valuable opportunity for shared learning, professional development, and discussion of local health priorities. The training focused on evidence-based practice while recognising the importance of culturally safe and respectful care for Aboriginal and Torres Strait Islander women, families, and communities.

## Women's Business and Women's Health in East Arnhem land

Across East Arnhem Land, including Nhulunbuy and surrounding Yolngu communities, Women's Business plays an important role in supporting the health, wellbeing, knowledge, and cultural strength of women, families, and communities. Women's Business encompasses the sharing of knowledge, experiences, responsibilities, and cultural practices relating to women's health, life stages, family, and community wellbeing, and is traditionally guided and supported by women in culturally appropriate ways.

Sexual and reproductive health forms an important part of Women's Business. It includes supporting women throughout all stages of life, from:

- Puberty.
- Menstruation.
- Pregnancy.
- Childbirth and Parenting.
- Bush medicines.
- Ceremonies.
- Menopause and Healthy ageing.



*Cultural knowledge sharing during learning session*

Across many Aboriginal communities, cultural knowledge and practices continue to play an important role in supporting women's health and wellbeing. Cultural celebrations, connection to Country, kinship networks, storytelling, ceremonies, and guidance from respected Elders contribute to a holistic understanding of health that encompasses physical, emotional, social, cultural, and spiritual wellbeing alongside modern healthcare today. By bringing together contemporary sexual and reproductive health knowledge, culturally responsive practice, and an appreciation of the important role that Women's Business plays in community wellbeing.

FPWNT continues to support the development of a skilled local workforce and strengthen access to quality healthcare for women across East Arnhem Land. Through education, partnership, and community engagement, we remain committed to improving sexual and reproductive health outcomes for women, families, and future generations throughout the Northern Territory.



*Learners explored key topics including reproductive anatomy, physiology and contraception options. Practical discussions also examined communication strategies, referral pathways, informed consent, confidentiality, and approaches to supporting women to make informed decisions about their sexual and reproductive health.*

A key strength of the program for learners is the culturally adapted case studies, group activities, reflective discussions, and locally relevant scenarios. Learners shared experiences and explored how best-practice women's health care can be delivered within the unique context of East Arnhem Land and throughout the Northern Territory. Learners demonstrated strong commitment in improving access to health information and supporting positive health outcomes for women in their communities. The training also highlighted the importance of culturally responsive healthcare delivery. Discussions acknowledged the diversity of communities across the region and reinforced the value of working alongside local knowledge, community strengths, and established health services to provide respectful, woman-centred care. The sessions during the week covered key topics of:

- Preconception care.
- Pregnancy options.
- Contraception options.
- Sexual history taking.
- Gynecology.
- Sexually transmitted infections (STIs) + Blood-Borne Viruses. (BBVs)
- Cervical screening. (theory and practical)
- Vulvo Vaginal Health.
- Pelvic Floor Health.
- Domestic, Family and Sexual Violence.

## Acknowledgment

We thank all participants, guest speakers, community partners and the learners who contributed to the success of the program. Learners enthusiasm, professionalism, and willingness to share knowledge created a rich learning environment and demonstrated the ongoing commitment to women's health across East Arnhem Land.



*Group picture of learners for this course*

## Looking Ahead

FPWNT looks forward to continuing to work with health professionals and community organisations throughout the Northern Territory. Our next courses for 2026 are as below.

| Delivery Location | Dates             |
|-------------------|-------------------|
| Darwin.           | 27 – 31 July.     |
| Alice Springs.    | 5 – 9 October.    |
| Darwin            | 16 – 20 November. |