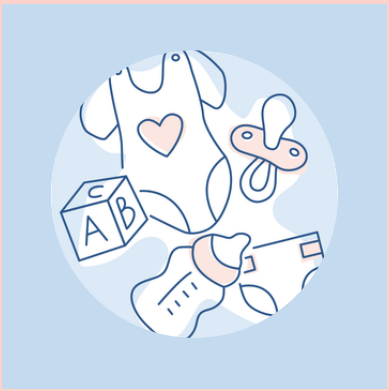
How to Support First Steps

First Steps Pregnancy Support offers comprehensive care and a community of support for pregnant women in crisis or who are experiencing difficult circumstances.









Explore More

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Walk alongside us in supporting mothers and children in our local region. Let us share how meaningful impact is built through community and collaboration.





Your invitation to partner with us

We are motivated to explore how you might walk alongside us in supporting mothers and children in our local region. It is deeply encouraging when churches and organisations share a heart for the vulnerable, and we are grateful for the opportunity to introduce ourselves to you.



First Steps exists to ensure that no woman feels isolated, unsupported, or without help as she prepares to welcome a child. Through the generosity of our partners, we provide healthcare, material aid, social and emotional support, community connection, and access to essential services for mothers and babies in our region.

We believe meaningful impact is built through collaboration. The partnerships we form with churches enable us to extend our reach, respond flexibly to emerging needs, and deliver dignified, community-oriented care to families who need it most.

This pack outlines our mission and a range of ways your church can contribute, whether through financial support, practical donations, meals, fundraising, hospitality, or prayer. There is something here for every church, whatever your capacity.

We would be honoured to explore how you might join us in this work. Please don't hesitate to reach out if you have any questions, or if you'd like to discuss any of the partnership opportunities in more detail.

Thank you again for considering how you can support mothers and babies through First Steps. Together, we can ensure that every family takes their first steps with hope, dignity, and support.

With sincere gratitude,

Amelia Bainton

Director
Partnerships & Community Engagement
e. amy.bainton@fsps.org.au

How your church can support FSPS

First Steps Pregnancy Support is sustained entirely by the generosity of our community. There are many meaningful ways your church can get involved — from financial giving and practical donations to prayer and hosting space. Below is a summary of all **eight partnership opportunities** explored in this pack.

Financial Contributions: financial giving is the most flexible and impactful form of support to directly fund client care.

Meals for Mums: provide immediate, practical relief to new and expecting mothers.

Baby Shower Hampers: celebrate new life and provide baby essentials.

Essential Pantry Supplies: donate non-perishable food and baby supplies.

Fundraising Partnerships: raise funds and awareness through community events.

Donating Space: consider donating space at your venue to expand our service delivery

Next Steps Playgroup: welcome current or former FSPS clients to your existing playgroup (or start a new one).

Prayer Partnership: support FSPS through faithful, intentional prayer.



Donated Items

We cannot accept donations of baby items such as prams, cots or car seats. If you have items of this nature, we warmly recommend reaching out to the wonderful team at Roundabout Canberra, who do incredible work redistributing these goods to families in need. They are best placed to assess, store, and pass on items of this nature safely and effectively.

Financial Contributions

Financial giving is the most flexible and impactful form of support. Visit **https://www.fsps.org.au/donate** to donate or make a bank transfer via the details provided below. All donations over $2 are tax deductible.

Options include:

1. Regular giving
2. One-off donations
3. Church collections
4. Sponsorship of the **Pramathon**, our annual community fundraising event.

Unlike item-based giving, financial support allows us to invest directly in client care, including medical appointments, ultrasound access, midwifery and social work support, mental health coordination, and integrated care management. It also allows us to respond flexibly as needs evolve: subsidising essential medications, providing grocery vouchers, and ensuring that no woman is turned away due to cost barriers.

Financial giving also underwrites the infrastructure required for safe, professional, clinically responsible care, from meeting facility and equipment costs and retaining qualified staff. Because **we receive no government funding**, your financial partnership translates directly into measurable, sustained impact for mothers and babies in vulnerable circumstances.

Church donations to First Steps in 2025*

$14,205





*This is the combined value of donations received from Vision Church, INChurch Canberra, St Gregory's Presbyterian Parish Queanbeyan and Tuggeranong Presbyterian Church. We are especially grateful to Vision Church and INChurch Canberra for supporting us through recurring monthly donations.

Donate to us:

Name: First Steps Pregnancy Support Ltd

BSB: 633-000

Account: 190760215

Pramathon

Supporting the Queanbeyan Pramathon

The **Queanbeyan Pramathon** is our annual fundraiser and a heartfelt community celebration dedicated to honouring local mums and all the joys and challenges that motherhood brings. It's a day to come together, walk side by side, and remind every mum in our community that she is seen and supported. There are several ways local churches can help make this special event a success.

Become a Sponsor

Local organisations are invited to partner with us as event sponsors. Sponsorship is a meaningful way to demonstrate your commitment to the community while gaining local visibility through our event promotions, website, and social media channels. Sponsorship packages start from $500 (Bronze) and include Silver ($2,500), Gold ($5,000) and Platinum ($10,000).

By sponsoring the Pramathon, you're helping to create a day where mums feel celebrated, connected, and cared for. Every dollar raised stays in the region, directly supporting local mums who need care and assistance.

Please visit our Pramathon website for more information about **sponsorship opportunities**. We welcome you to share news of the Pramathon with your networks, to encourage participation.

Pramathon funds raised in 2025

$38,933





Donate to a Pramathon team here

Meals for Mums

For many of the mothers we support, daily life is marked by significant physical, emotional, and financial strain. Postpartum recovery, mental health challenges, single parenting, housing instability, or caring for multiple young children can make even basic meal preparation difficult.

While FSPS has also facilitated cooking classes for its clients, providing meals is one of the most practical and deeply valued ways your church can support families. A well-prepared frozen meal can ease immediate stress, reduce financial pressure, and communicate tangible care during a demanding season. Meals are distributed during appointments, drop-in sessions, playgroups, and as part of targeted support packages.

How your church can get involved

Your church may wish to coordinate a one-off meal drive, establish a seasonal or quarterly meal roster or nominate a small team to cook in bulk. Nutritious, family-friendly, freezer-stable meals are ideal. Examples include meals like lasagne, cottage pie, chicken or vegetable casseroles, mild curries, pasta bakes, hearty soups and stews. Please ensure all meals are frozen.

If you are interested in supporting FSPS in this capacity, please contact us and we would be pleased to provide you with further information about our requirements, as well as supply you with food labels and food safety information.

Meals donated in 2025

206





Cooking classes hosted in 2025

13



81

Hampers were donated in 2025

Baby Shower Hampers

For many of the women we walk alongside, pregnancy has been unexpected, complex, or navigated amid financial hardship, limited family support, or social isolation. A thoughtfully prepared hamper communicates something powerful: your baby is welcomed, valued, and celebrated.

Churches are warmly invited to assist by preparing Baby Shower Hampers or special event hampers (e.g. for Christmas or Mother's Day), which we can gift to expectant mothers receiving our services, typically around the time of their 36-week appointment.

A well-prepared hamper reduces immediate financial pressure before birth, equips mothers with practical essentials, replaces isolation with celebration, reinforces maternal confidence and marks pregnancy milestones with joy and affirmation.

A note on presentation
Hampers may be presented in woven baskets, decorative storage tubs, reusable baby tubs, or gift boxes. Packaging should be neat and carefully arranged, appropriate for gifting, and safe for transport.

What to include (new items only)

Clothing
- Newborn–000 bodysuits, singlets, onesies
- Socks, booties, beanies, mittens
- Seasonal items (e.g. knitwear for winter)

Bedding & Comfort
- Muslin wraps, baby blankets, swaddles
- Nappy change mats

Toiletries & Care
- Baby wash (gentle, fragrance-free)
- Baby lotion or moisturiser, hairbrush
- Thermometer, nappy rash cream

Keepsakes & Encouragement
- Soft toy or small keepsake item
- Baby milestone cards

Daily Essentials
- Nappies (newborn or Size 1)
- Baby wipes (fragrance-free preferred)
- Nursing pads, maternity pads, nipple balm

Educational & Parenting Resources
- Baby care books, parenting guides
- Board books suitable for infants

Including a special treat for mum (skin or body products, chocolates or another thoughtful gift) is always appreciated.

Essential Pantry & Baby Supplies

Access to reliable food and essential baby supplies is a critical component of supporting families experiencing vulnerability. For many of the women engaged with First Steps, basic household and baby essentials can be difficult to secure consistently.

Pantry and baby supply donations enable us to respond quickly and practically to immediate needs, while preserving dignity and choice for the families we support.

Your church may wish to collect pantry and baby supplies and arrange delivery directly to us. Items are made available to clients through in-clinic and on-site pantry access, and/or distributed during playgroups or appointments.

Shelf-Stable Pantry Items:

Core Staples: Rice, pasta, noodles, couscous, quinoa, rolled oats, plain flour, long-life milk

Canned & Jarred Goods: Canned vegetables, legumes (chickpeas, lentils, beans), canned fruit (in juice), canned tuna/salmon/chicken, pasta sauces, tomato passata, peanut butter

Cooking Essentials: Cooking oil, salt and pepper, stock cubes or liquid stock, family-friendly herbs and spices

Breakfast & Snacks: Breakfast cereals, muesli, crackers, rice cakes, family snack bars, tea and coffee

Infant & Toddler Nutrition: Infant formula (0–12 months), baby food pouches or jars, age-appropriate toddler snacks

Baby & Toddler Supplies:

Nappies & Hygiene: Nappies (all sizes), pull-ups, baby wipes (fragrance-free preferred), nappy rash cream, disposable changing mats

Feeding: Bottles, teats, sterilisers or tablets, breast pads, formula containers

Health & Care: Baby shampoo and wash, baby moisturiser, baby sunscreen, thermometers, infant first aid essentials

Clothing & Linen (new only): Baby clothing (newborn to toddler sizes), singlets, bodysuits, socks, beanies, wraps, blankets, bibs, burp cloths

Practical Essentials: Baby towels, sleep sacks, soft developmental toys (new, safety-approved)

Item Guidelines
All donated items must be new, unopened, and unexpired, meet Australian safety standards, and be in original packaging.





Fundraising Partnerships

Fundraising initiatives established by churches and community groups are both meaningful and materially impactful. Fundraising also raises awareness of the needs facing disadvantaged mothers and fosters a culture of practical compassion within your own community.

A First Steps representative may be available to attend your event to share our mission and impact, and present de-identified client stories, helping your community to meaningfully engage with our cause.

The ideas below are a starting point. We value the creative ways our partner organisations choose to support us, so if you have something different in mind, we'd love to hear from you.

- Charity dinners or other ticketed events
- Trivia nights
- Morning teas, high teas, or picnics
- Women's ministry or community gatherings
- Donation-based event entry with a spotlight presentation on First Steps
- Missions giving
- Sponsored walks, fun runs, or bike rides
- Endurance challenges, for example, marathons, triathlons, stair climbs, mountain hikes, cycling or relay events

Churches may choose to embed First Steps support within their annual calendar including Mother's Day Appeals, themed Sunday services (e.g. local missions giving), Christmas Giving Trees or coordinating donations for Baby Shower, Mother's Day or Christmas Hampers.



Donating Space for our Programs

Access to safe, welcoming venues enables us to expand our service delivery and reach more families. Your church may be able to offer a “space donation” that makes a real difference.

Spaces that can be donated include:
•Meeting rooms
•Halls or function spaces
•Children’s play areas

These spaces may be used for:
•Parenting workshops and education sessions
•Support groups
•Internal First Steps programs
•Fundraising events

Flexible or recurring access is especially valuable to us. If your church has space that sits unused during the week, this is a simple and significant way to contribute.





Next Steps Playgroup

Does your church host a playgroup?

As families supported by First Steps move beyond pregnancy and early infancy, a new season begins. The toddler years are often marked by increasing developmental milestones, mobility, behavioural changes, and shifting parental demands. For many of our graduate families — particularly those who have experienced social isolation, this stage can be both joyful and deeply stretching.

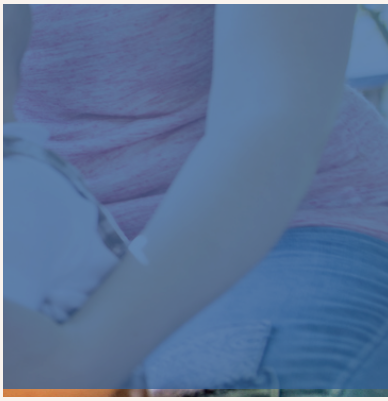
If your church facilitates a regular playgroup that former First Steps clients could attend, please share the details with us so we can connect families with your program! We care for women from all over the region and would like to link them up to playgroups in their local area.

Playgroup sessions faciliated in 2025

33





By strengthening community connection beyond the newborn phase, we hope all women will find stable, resilient support networks and the other benefits conferred by inclusion. The toddler years are formative — for both child and parent. Through continued engagement, First Steps ensures that families are supported to thrive as they take their “next steps” together.

Prayer Partnership

Prayerful support is a foundational and deeply valued way that churches can partner with First Steps, especially if they regard their engagement with First Steps as a form of local missions support. Convening a prayer group or communicating regular updates from First Steps to your congregation can be a meaningful way to support our work.

Many of the women we care for are navigating complex and vulnerable circumstances, including financial hardship, housing instability, mental health challenges, domestic violence, unplanned pregnancy and limited family support.

What can you pray for?

Your church may wish to commit to regular, intentional prayer for:

- Pregnant women facing difficult or unexpected circumstances
- Mothers experiencing anxiety, depression, or isolation
- Families impacted by financial strain or housing instability
- Babies in utero and newborns
- Women making decisions about continuing their pregnancy
- The safety and wellbeing of families affected by domestic violence
- First Steps staff, volunteers, and board members
- Wisdom, sustainability, and integrity in service delivery

Women supported by First Steps in 2025

76



Clients whose pregnancy was unplanned

67%

Clients who decided to continue with their pregnancy

93%








Thank You

We would love to further explore how your church can partner with First Steps Pregnancy Support. Together, we can ensure that no mum in our community walks this journey alone. To discuss partnership opportunities, volunteer your time or ask any questions about this Partnership Pack, please contact us.

Contact us

11/251 Crawford St Queanbeyan NSW 2620

www.fsps.org.au

Follow us on Instagram @fspregnancysupport and **Facebook**