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# **2024 Cassowary Coast Regional Council Community Directory**



**An up-to-date community resource for the  
Cassowary Coast Regional Council region**

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**Updated 25 April 2024**



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# Welcome to the Cassowary Coast Regional Council Directory

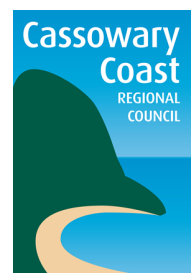
This directory has been brought to you by Cassowary Coast Regional Council as a community resource to connect everybody in the Cassowary Coast Regional Council region.

The information in this Directory Resource is linked to My Community Directory, an Australia-wide online community Directory. Any health or community service can list their information for free on My Community Directory and manage their information to make sure that it is accurate and up to date. The purpose of this resource is to provide you with an easy way to see all of the information listed in the directory in the region. Information in the online version of this document is updated nightly with the latest available information from the My Community Directory Platform.

If you notice information is incorrect, please send an email to [support@mycommunitydirectory.com.au](mailto:support@mycommunitydirectory.com.au) or call 1300 762 515. You can also update your own information by logging in to My Community Directory yourself at [mycommunitydirectory.com.au/Account/Login](https://mycommunitydirectory.com.au/Account/Login).

If you would like to see events that are happening in the area or you are a service provider who would like to list events yourself for free, you can visit [mycommunitydiary.com.au](https://mycommunitydiary.com.au). Event and directory information is also available on the **Access My Community App** available for download for free on iOS or Android devices.

We hope that you find this a valuable resource to connect with your local community.



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# A-Z Guide

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## Aboriginal Services

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### Aboriginal Support Services & Counselling

#### ADIS

**W** [metronorth.health.qld.gov.au](http://metronorth.health.qld.gov.au)

**P** 1800 177 833

Adis has operated for over 30 years as Queensland's first port of call for anyone with alcohol and drug concerns. We are a 24 hour, 7 day a week confidential support service offering support for people in Queensland with alcohol and other drug concerns, their loved ones and health professionals.

#### Family Well-Being

21 Gladly Street, INNISFAIL QLD 4860

**W** [mamuhsl.org.au](http://mamuhsl.org.au)

**P** (07) 4061 9988

Our Family Well-Being service is here to help to improve your home life and create a positive routine for you and your kids. We can help you and your family access a range of support services to get your family back on track, to care for, and protect your kids at home safely. By calling us, we can arrange for a health worker to visit your home.

#### Social and Emotional Well-Being

8 Butler Street, TULLY QLD 4854

**W** [mamuhsl.org.au](http://mamuhsl.org.au)

**P** (07) 4068 0000

The Social and Emotional Well-Being (SEWB) Team provides confidential and culturally appropriate services to individuals and families.

## Aboriginal Health Services

### Integrated Team Care - Managing Chronic Health Conditions

10 Ernest Street, INNISFAIL QLD 4860

**E** [enquiries@mamuhsl.org.au](mailto:enquiries@mamuhsl.org.au)

**W** [mamuhsl.org.au](http://mamuhsl.org.au)

**P** (07) 4061 5100

The Integrated Team Care program is an Australian Government Program for Aboriginal and Torres Strait Islanders. We assist those who need extra help in understanding and managing their Chronic Health Conditions.

### Mamu Health Service - Tully

8 Watkins Street, TULLY QLD 4854

**W** [mamuhsl.org.au](http://mamuhsl.org.au)

**P** (07) 4068 0000

Mamu Health Service Limited operates a bulk billing Service Primary Health Care Centre at 8 Watkin Street Tully

### Indigenous Respiratory Outreach Care (IROC)

**W** [metronorth.health.qld.gov.au](http://metronorth.health.qld.gov.au)

**P** (07) 3139 4000

We aim to raise awareness of respiratory diseases through community engagement, lung health promotion, education, partnerships with local health providers, training and research.

## General Aboriginal Services

### Chjowai Housing Co-Operative Society Ltd

18 McGowan Drive, INNISFAIL QLD 4860

**E** [chjowaireception@hotmail.com](mailto:chjowaireception@hotmail.com)

**P** (07) 4061 2913

Chjowai provides housing .



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**Djiru Warrangburra Aboriginal Corporation**

3 Tramway Street, INNISFAIL QLD 4860

**E** DJIRU\_WARRANGBURRA@icloud.com

**P** 0487 324 100

Land care, rangers. Djiru people are the Traditional Owners of Mission Beach who received Native Title in 2011 and includes parts of the Tully Gorge National Park, Clump Mountain National Park, Djiru National Park, Hull River National and Walter Hill Ranges Conservation Park.

**Girramay People Aboriginal Corporation**

65 Victoria Street, CARDWELL QLD 4849

**E** girramay@gmail.com

**P** (07) 4066 5773

Girramay people are Traditional Owners of Cardwell, Bilyana and Murray Upper area, who received Native Title in 2009. Girramay people are also members of the Girringun Aboriginal Corporation in Cardwell.

**Girringun Aboriginal Corporation**

235 Victoria St, CARDWELL QLD 4849

**E** admin@girringun.com.au

**W** girringunartcentre.com

**P** (07) 4066 8300

Girringun Aboriginal Corporation (GAC) is a Traditional Owner owned, managed and governed not for profit community organisation representing the land and sea country interests of nine tribal groups including: Bandjin, Djiru, Girramay, Gugu Badhun, Gulnay, Jirrbal, Nywaigi, Warrgamay and Warrungnu.

**Malanbarra Midja Housing and Welfare**

8 Plumb Street, TULLY QLD 4854

**E** mmhw@bigpond.com.au

**P** (07) 4068 2781

Aboriginal Corporation For Malanbarra Midja Housing & Welfare was established in 1992.

**Mamu Aboriginal Corporation Rntbc**

Terrain Building, 2 Stitt Street, INNISFAIL QLD 4860

**E** mamurntbc@gmail.com

**P** (07) 4043 8050

We are the Registered Native Title Body Corporate for the Mamu people of the Innisfail and surround area. Office Hours are from Monday to Thursday 9am to 3pm.

**Tiddas In Business - FREE Business Workshops**

**E** info@murawin.com.au

**W** dev.murawin.com.au

**P** 0400 294 331

The Tiddas in Business program is a series of culturally appropriate business activities that introduce entrepreneurship, business, & leadership skills. The activities are led by Indigenous Businesswomen who provide insights, strategies, tools & resources for starting and growing business.

**Aboriginal and Torres Strait Islander Partnerships**

**E** businessMKY@dsdsatsip.qld.gov.au

**W** dsdsatsip.qld.gov.au

**P** (07) 4862 7001

Aboriginal and Torres Strait Islander Partnerships provide whole-of-government strategies to improve business and economic participation outcomes for Aboriginal and Torres Strait Islander Queenslanders.

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# Accommodation Services

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## Aged Care Accommodation Services

### Churches Of Christ Care Rockingham

40 Jamieson Street, CARDWELL QLD 4849

**E** admin@rockinghamhome.com.au

**W** cofc.com.au

**P** (07) 4063 6600

Churches of Christ Care Rockingham Aged Care Service consists of 62 single rooms catering for respite and permanent residential aged care, including dementia specific facilities. There are also four independent living units.

### Warrina Innisfail Villanova Centre

28-38 Charles Street, INNISFAIL QLD 4860

**E** admin@warrina.com

**W** warrinainnisfail.com.au

**P** (07) 4061 7677

Located in Charles Street, Innisfail, the Villanova Centre has 36 single rooms with ensuite of which 8 rooms cater for residents with low dementia specific need. Common areas include lounge rooms and dining room. Each wing has a kitchenette which is used by the residents to entertain visitors.

## Disability Accommodation Services

### Endeavour Foundation - Innisfail Accommodation Services

**E** hello@endeavour.com.au

**W** endeavour.com.au

**P** 1800 112 112

Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

### Endeavour Foundation - Innisfail In Home Support Services

**E** hello@endeavour.com.au

**W** endeavour.com.au

**P** 1800 112 112

Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

### Disability Accommodation Service Provider

**E** info@proteaonecare.com.au

**W** proteaonecare.com.au

**P** 0466 194 421

At Protea One Care, our mission is to empower individuals with disabilities to lead fulfilling lives, supported by personalised, compassionate care. We envision a world where disabilities are not barriers to success, championing inclusivity and respect in all we do. Our values of empathy, excellence, and empowerment guide our approach, ensuring each client achieves their full potential.

### Tree - Of - Life Outreach Care Community Support

**E** Tree-Of-Life@outlook.com.au

**W** toloc.com.au

**P** 0420 812 122

We are a local family run business with decades of experience working in the disability sectors. Our professional teams have a strong vision, mission, passion and dedication to serve the community by heart. We provide both long term and short-term accommodation to NDIS participants including other various services. We are committed to provide holistic, person-centered and empowerment - based care.

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## General Accommodation Services

### CCRC COMMUNITY HOUSING

**E** [mandy.larsen@ccrc.qld.gov.au](mailto:mandy.larsen@ccrc.qld.gov.au)

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** (07) 4043 8854

Council provides community housing for residents who meet the eligibility criteria for social housing.

### Churches Of Christ Care Rockingham

40 Jamieson Street, CARDWELL QLD 4849

**E** [admin@rockinghamhome.com.au](mailto:admin@rockinghamhome.com.au)

**W** [cofc.com.au](http://cofc.com.au)

**P** (07) 4063 6600

Churches of Christ Care Rockingham offers short-term respite care and long term residential care, including end-of-life care.

### Wet Tropics Community Housing

34 Cassowary Street, INNISFAIL QLD 4860

**E** [wettropics@innisfailyouthfamilycare.org](mailto:wettropics@innisfailyouthfamilycare.org)

**W** [innisfailyouthfamilycare.org](http://innisfailyouthfamilycare.org)

**P** (07) 4061 6388

The Community Rent Scheme Program (CRS) is funded by the Department of Housing & Public Works and is an initiative of the Queensland Government. It was established to assist social housing applicants living on low incomes who are experiencing severe and immediate housing need. The CRS program provides rent subsidised housing in properties that are head leased from the private market.

## Specialist Homelessness Services

### Homeless Hotline

**W** [qld.gov.au](http://qld.gov.au)

**P** 1800 474 753

Homeless Hotline is a phone information and referral service for people who are experiencing homelessness.

## Advocacy Services

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### General Advocacy Services

#### ADA Australia

**E** [info@adaaustralia.com.au](mailto:info@adaaustralia.com.au)

**W** [adaaustralia.com.au](http://adaaustralia.com.au)

**P** 1800 818 338

ADA Australia offers free, confidential, client directed advocacy support to people with issues around services in residential aged care or those living at home receiving aged care services.

#### Australian Pensioners' and Superannuants' League

**P** (07) 4061 4495

The Australian Pensioners and Superannuants League (APSL) serves as a voice at state and local levels for all people who depend for their living on a pension or superannuation payment. The APSL speaks on all issues of importance to the security, wellbeing and dignity of such individuals. This is an advocacy, referral and information service, and an organisation that also acts as a lobby group.

#### Elder Abuse Prevention Unit Help Line

**E** [eadu@ucommunity.org.au](mailto:eadu@ucommunity.org.au)

**W** [eadu.com.au](http://eadu.com.au)

**P** 1300 651 192

The Elder Abuse Helpline promotes the right of older people to live free from abuse.

#### Mental Health Court registry

**E** [registrarmhc@health.qld.gov.au](mailto:registrarmhc@health.qld.gov.au)

**W** [courts.qld.gov.au](http://courts.qld.gov.au)

**P** (07) 3082 0554

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing..

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**Office Of The Public Guardian**

**E** [publicguardian@publicguardian.qld.gov.au](mailto:publicguardian@publicguardian.qld.gov.au)  
**W** [publicguardian.qld.gov.au](http://publicguardian.qld.gov.au)

**P** 1300 653 187

Involuntary guardianship agency for persons identified as having limited decision making capacity.

**QE11 Courts of Law Complex**

**E** [registrarmhc@health.qld.gov.au](mailto:registrarmhc@health.qld.gov.au)

**W** [courts.qld.gov.au](http://courts.qld.gov.au)

**P** (07) 3082 0554

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing..

**QIFVLS - Cairns Office**

**E** [help@qifvls.com.au](mailto:help@qifvls.com.au)

**W** [qifvls.com.au](http://qifvls.com.au)

**P** (07) 4045 7500

We are a free legal service, for Aboriginal and/ or Torres Strait Islander people, affected by family violence and/ or sexual assault. Our organisation was established to deliver culturally appropriate legal services including community education and community legal education.

**QIFVLS - Townsville Office**

**E** [help@qifvls.com.au](mailto:help@qifvls.com.au)

**W** [qifvls.com.au](http://qifvls.com.au)

**P** (07) 4721 0600

We are a free legal service, for Aboriginal and/ or Torres Strait Islander people, affected by family violence and/ or sexual assault. Our organisation was established to deliver culturally appropriate legal services including community education and community legal education.

**Advocacy on behalf of our Members**

**E** [admin@qamh.org.au](mailto:admin@qamh.org.au)

**W** [qamh.org.au](http://qamh.org.au)

**P** (07) 3394 8480

The Queensland Alliance for Mental Health advocates on behalf of the Community Mental Health and Wellbeing Sector for better recognition within the State.

**Registry of Births, Deaths and Marriages**

**E** [bdm-mail@justice.qld.gov.au](mailto:bdm-mail@justice.qld.gov.au)

**W** [qld.gov.au](http://qld.gov.au)

**P** 13 74 68

The Registry of Births, Deaths & Marriages is responsible for registering births, deaths, marriages, change of name & adoptions in Queensland. Family historians can access historical birth, death & marriage records through the registry's family history website.

**Respect Inc - Cairns**

**E** [info@respectqld.org.au](mailto:info@respectqld.org.au)

**W** [respectqld.org.au](http://respectqld.org.au)

**P** (07) 4051 5009

Respect Inc aims to provide all sex workers with peer support, advocacy and referral to appropriate services, in keeping with individual needs and requests. Specific objectives are: To provide peer support to all sex workers who want it, including one to one contact with culturally appropriate peers; to provide crisis intervention when needed; to provide referral to sex worker friendly se...

**Local Advocacy Services****Independent Advocacy NQ**

**E** [reception@ianq.org.au](mailto:reception@ianq.org.au)

**P** (07) 4725 2505

Certified Disability Advocacy Organisation under the National Standards for Disability Services to provide solutions through the application of advocacy principles, to enable people with disability to redress unjust circumstances, and to make positive and equitable changes for a quality life.

**Office Of The Public Guardian**

**E** [publicguardian@publicguardian.qld.gov.au](mailto:publicguardian@publicguardian.qld.gov.au)  
**W** [publicguardian.qld.gov.au](http://publicguardian.qld.gov.au)

**P** 1300 653 187

Involuntary guardianship agency for persons identified as having limited decision making capacity

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**Stigma and Discrimination Program**

**E** [info@qpp.org.au](mailto:info@qpp.org.au)

**W** [qpp.org.au](http://qpp.org.au)

**P** (07) 3013 5555

This service aims to improve the legal literacy of PLHIV through the provision of education, information and time limited advocacy to those PLHIV who experience stigma, discrimination or other HIV related legal problems affecting their quality of life.

**Women's Legal Service - Annerley**

**E** [admin@wlsq.org.au](mailto:admin@wlsq.org.au)

**W** [wlsq.org.au](http://wlsq.org.au)

**P** (07) 3392 0644

Free legal help for women in Queensland with domestic violence, complex family law and sexual assault notes counselling privilege matters.

## **National & International Advocacy Services**

**Australian Sickle Cell Advocacy Inc**

**E** [mail@aussicklecelladvocacy.org](mailto:mail@aussicklecelladvocacy.org)

**W** [aussicklecelladvocacy.org](http://aussicklecelladvocacy.org)

**P** 0414 309 995

Australian Sickle Cell Advocacy Inc (ASCA) Inc is an independent not for profit organisation dedicated to supporting and representing those affected by Sickle Cell Disease (SCD) in Australia. ASCA offers support to families and individuals of African and other culturally diverse backgrounds that are affected by SCD in Australia. We have chapters / representatives Australia wide.

**Cataract Kids Australia**

**E** [info@cataractkids.org.au](mailto:info@cataractkids.org.au)

**W** [cataractkids.org.au](http://cataractkids.org.au)

**P** 0407 885 580

Our goal is ultimately to improve the visual outcomes of children affected by cataract. We aim to enhance the support and information provided to families, work with clinicians to optimise treatment outcomes and link with researchers to improve the flow of information.

**Good Beginnings and Save the Children  
join forces - Vincent**

**E** [qld.info@savethechildren.org.au](mailto:qld.info@savethechildren.org.au)

**W** [savethechildren.org.au](http://savethechildren.org.au)

**P** (07) 3199 0500

We run programs for children, young people and adults in Australia and overseas. We stand up for children's rights. We're here because we want all children to be educated, healthy and live a life free from violence.

**Older Persons Advocacy Network**

**E** [enquiries@opan.com.au](mailto:enquiries@opan.com.au)

**W** [opan.org.au](http://opan.org.au)

**P** 1800 700 600

Older Persons Advocacy Network offer free, independent and confidential services that focus on supporting older people and their representatives to raise and address issues relating to accessing and interacting with Commonwealth funded aged care services.

**Parkinson's Australia**

**E** [ceo@parkinsons.org.au](mailto:ceo@parkinsons.org.au)

**W** [parkinsons.org.au](http://parkinsons.org.au)

**P** 0419 770 010

Parkinson's Australia is the national peak body and charity representing more than 70,000 Australians living with Parkinson's. We advocate for the needs of people living with Parkinson's, and for their families and carers. Parkinson's Australia represents, at the national level, the interests of its federation of state and territory members on all matters relating to Parkinson's and carer issues.

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# Ageing Services

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## Ageing Information & Counselling

### Elder Abuse Prevention Unit

**E** [eapu@uccommunity.org.au](mailto:eapu@uccommunity.org.au)

**W** [eapu.com.au](http://eapu.com.au)

**P** 1300 651 192

The Elder Abuse Prevention Unit (EAPU) is a Queensland wide program provided by UnitingCare Community and funded by the Department of Communities, Child Safety & Disability Services.

### LiveUp

**E** [general@ilaustralia.org.au](mailto:general@ilaustralia.org.au)

**W** [liveup.org.au](http://liveup.org.au)

**P** 1800 951 971

LiveUp is a free and confidential service that provides expert advice, personalised support, and community connections to help you age your way. LiveUp is a national platform designed to help you reimagine, reset and reconnect with living your life to its fullest.

## Ageing Respite & Activity Centres

### Individualised support

Rainforest Drive, JUBILEE HEIGHTS QLD 4860

**E** [care2escape@gmail.com](mailto:care2escape@gmail.com)

**P** 0499 234 470

Provides individualised support to the aged, those with a disability or their carers, in home, in the community or on a supported holiday.

### St John's Community Care - Innisfail and Cassowary Coast Area

120 Rankin Street, INNISFAIL QLD 4860

**E** [sjccl@bigpond.com](mailto:sjccl@bigpond.com)

**W** [stjohnscommunitycare.org](http://stjohnscommunitycare.org)

**P** (07) 4061 2819

Services Provided: Day Respite, Social Support, Disability Services, Ages Care Packages, Allied Health, Home Modifications, Transport, In-Home Respite, Lawn mowing, Overnight Respite.

## Carer Information

### Commonwealth Respite and Carelink Centre - Peninsula

**E** [carelink.cairns@bluecare.org.au](mailto:carelink.cairns@bluecare.org.au)

**P** 1800 052 222

• Information and referral • Resources • Brokerage service for: In-home respite; Day Centre respite; Residential respite • Online Services Directory – [www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au), click on Search for Services

## General Ageing Services

### Acorn Stairlifts

**E** [info@acornstairlifts.com.au](mailto:info@acornstairlifts.com.au)

**W** [acornstairlifts.com.au](http://acornstairlifts.com.au)

**P** 1800 158 676

We supply and install stairlifts in private residences and commercial properties to enable the user to safely navigate the staircase. We are the only direct manufacturers in Australia and can install with 7 - 10 days. Our stairlift is the slimmest on the market, we have everything in stock in our warehouse in O'Connor and have a number of demonstration lifts to view.



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**Australian Pensioners' and Superannuants' League****P** (07) 4061 4495

Australian Pensioners and Superannuants League (APSL) serves as a voice at state and local levels for all people who depend for their living on a pension or a superannuation payment. The APSL speaks on all issues of importance to the security, wellbeing and dignity of such individuals. This is an advocacy, referral and information service and an organisation that also acts as a lobby group.

**Council On The Ageing Queensland****E** [info@cotaqld.org.au](mailto:info@cotaqld.org.au)**W** [cotaqld.org.au](http://cotaqld.org.au)**P** 1300 738 348

A statewide not for profit organisation advancing the rights, needs and futures of people as we age.

**National Dementia Help Line****E** [nsw.midnorthcoast@dementia.org.au](mailto:nsw.midnorthcoast@dementia.org.au)**W** [dementia.org.au](http://dementia.org.au)**P** 1800 100 500

The National Dementia Helpline is a free telephone service that provides information and advice to: people living with dementia. people concerned about changes to memory and thinking. people living with Mild Cognitive Impairment (MCI)

**Ethnic Community Care Links - Ingham****E** [ing-admin@eccli.org.au](mailto:ing-admin@eccli.org.au)**P** (07) 4776 2296

Everglow is a Not-for-Profit association whose purpose is to advance health, social and public welfare by providing person centered community based services to frail and older people and people experiencing a disability.

**Focused Health Care****E** [info@focusedhealthcare.com.au](mailto:info@focusedhealthcare.com.au)**W** [focusedhealthcare.com.au](http://focusedhealthcare.com.au)**P** 0499 487 728

Here at Focused Health Care we offer a wide range of services to make your home comfortable and manageable again. We aim to do so by providing you with the personalised home care you deserve.

**FoodSt****E** [hello@foodst.com.au](mailto:hello@foodst.com.au)**W** [foodst.com.au](http://foodst.com.au)

FoodSt provides a wide range of easy to reheat, home cooked meals made by our community of local, accredited cooks. Over 100 meal options from 26 cuisines, all handmade by our cooks in small batches and to traditional family recipes. Meals are pre-made, frozen and delivered to your door.

**Inclusee Ltd****E** [connect@inclusee.org.au](mailto:connect@inclusee.org.au)**W** [inclusee.org.au](http://inclusee.org.au)**P** 1800 287 687

Our mission is to use the power of connection to reduce isolation and loneliness for Australians. At Inclusee connection is at the core of everything we do. We connect people to friends, family, interests, cultures and events. Our cutting-edge programs are delivered by our specially trained volunteers to provide companionship and comfort to our community participants.

**Innisfail Meals On Wheels****11** Flying Fish Point Rd, INNISFAIL QLD 4860**E** [imow1@bigpond.com](mailto:imow1@bigpond.com)**P** (07) 4061 1919

Provision of meals to Frail Aged Persons Main activities relate to Aged Care Activities. Clients on NDIS, AND VOLUNTEERING

**SALT Directory - Senior and Aged care Living Transition Directory****E** [info@saltdirectory.com.au](mailto:info@saltdirectory.com.au)**W** [saltdirectory.com.au](http://saltdirectory.com.au)**P** 0417 757 977

SALT (Senior & Aged care Living Transition) Directory provides a central location to easily find businesses and services that help support families and their loved ones to transition to retirement villages or aged care. The Directory members are vetted to ensure they operate with the right intent and provide services with care, compassion and empathy.

### **Community Visitors Scheme**

**E** enquiries@stjohnqld.com.au

**W** stjohnqld.com.au

**P** 1300 785 646

The St John Community Visitors Scheme is about building companionship and friendship for older people who may be socially isolated, lonely, or unable to get out and about often.

### **Home Visiting Services**

**E** enquiries@stjohnqld.com.au

**W** stjohnqld.com.au

**P** 1300 785 646

Enjoy the company of others and improve your social connections.

### **Tully and District Nursing Home**

13 Bryant Street, TULLY QLD 4854

**E** adminassist@tullynursinghome.com.au

**P** (07) 4068 2355

Aged care services in Tully & District

### **UnitingCare Birch St Community Hub - Cairns**

**E** Fsp.cairns@uccommunity.org.au

**W** unitingcareqld.com.au

**P** 1300 096 203

Safe Alert Program provides an alarm service for the frail, elderly and people with a disability. Elder Abuse Prevention Unit Promoting the right of all older people to live free from abuse.

### **Warrina Innisfail**

Warrina Street, INNISFAIL QLD 4860

**E** hr@warrina.com

**W** warrinainnisfail.com.au

**P** (07) 4030 2500

Warrina Innisfail is an accredited, community owned 190-bed care facility founded on the overarching principles of dignity and respect. We pride ourselves as a learning organisation focused on best-practice, continuous improvement and quality care for the aged and disabled.

### **Warrina Innisfail**

Warrina Street, INNISFAIL QLD 4860

**E** hr@warrina.com

**W** warrinainnisfail.com.au

**P** (07) 4030 2500

Warrina Innisfail is situated on the tropical Far North of the Queensland coast and is set in beautiful surroundings on the foreshore of the eighteen hectare Warrina Lakes complex which is Innisfail's main recreation centre.

### **Tech help for seniors - Life skills for youngsters!**

**E** info@youngster.co

**W** youngster.co

**P** 1300 774 711

We provide digital education for seniors and create jobs for youngsters. We bring generations together!

## **Home Care & Safety Services**

### **Brightsky Australia**

**E** orders@brightsky.com.au

**W** brightsky.com.au

**P** 1300 886 601

BrightSky Australia is your one-stop-shop for specialist healthcare products. BrightSky offers Australia-wide home delivery of an extensive range of everyday and "hard-to-find" healthcare products

### **Daily Safety Check-in Call**

**E** customercare@carecallingnow.com

**W** carecallingnow.com

**P** 0422 989 163

Most people have a parent or grandparents. Are you one of them? Our clients are children like you who are WORRIED about a Loved One, Help I've fallen & can't get up. WE HELP people know that all is well we check-in with a care call every day

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### **Daily Welfare Check by Phone to Check they are OKAY**

**E** [customercare@carecallingnow.com](mailto:customercare@carecallingnow.com)

**W** [carecallingnow.com](http://carecallingnow.com)

**P** 0422 989 163

We help busy people with older family members, that may be at risk, living at home alone, who want to know for certain that they are OKAY. Many people will remember "Help I've Fallen & I Can't Get UP!" When will you know?

### **Caredirect**

**E** [townsville@caredirectservices.com.au](mailto:townsville@caredirectservices.com.au)

**W** [caredirect.com.au](http://caredirect.com.au)

**P** (07) 4426 1924

Home Care Services Would you like to continue living in your home and maintain your independence as you age? Care Direct has a dedicated and passionate team of professionals to provide you with a wide range of in-home care services to help you retain your independence. If you need to stay at home longer, we can create an individual care plan together with you and your carer to support you to stay

### **Far North Support Alarms**

**E** [info@farnorthsupportalarms.com.au](mailto:info@farnorthsupportalarms.com.au)

**W** [farnorthsupportalarms.com.au](http://farnorthsupportalarms.com.au)

**P** 0422 450 020

Far North Support Alarms provides assistive technology solutions to help people stay connected with the community for longer, providing peace of mind for the alarm user and their family. In the event of an emergency, the alarm provides a way to contact emergency services from anywhere in the home or garden with just a press of a button.

### **InteliCare**

**W** [intelicare.com.au](http://intelicare.com.au)

**P** 1300 001 145

Live independently safely with InteliCare smart home sensors and intelligent mobile phone app. InteliCare turns any home into a smart home using non-invasive smart sensors (no cameras). No buttons to press, no devices to wear. InteliCare works silently in the background gathering information from the household and alerting through the mobile phone app if behaviours change.

### **Life with Connections**

**E** [sunnioneatjacaranda@gmail.com](mailto:sunnioneatjacaranda@gmail.com)

**P** 0427 265 881

Jo Jo's home maintenance and garden care. Lawn mowing, whipper snipping, cleaning inside and outside, timber floor restoration, pressure cleaning, gutter cleaning. I can connect you to a small bird or animal if you wish whilst I do all of the things that you can't do.

### **Right At Home Far North Queensland**

**E** [care.fnq@rightathome.com.au](mailto:care.fnq@rightathome.com.au)

**W** [rightathome.com.au](http://rightathome.com.au)

**P** (07) 4220 9883

Right At Home Far North Queensland is an in-home care and assistance provider dedicated to supporting our older Australians, adults living with a disability, and people recovering from surgery or disease. We provide the support our clients and their families want, when they want it, and how they want it so that they can continue living independently in their homes.

## **Seniors Clubs & Social Groups**

### **Cassowary Coasters' Linedance Classes**

Tully Senior Citizens' Club, 19 Blackman Street, TULLY QLD 4854

**E** [VeronLiz@bigpond.com](mailto:VeronLiz@bigpond.com)

**W** [beachbootscooters.blogspot.com](http://beachbootscooters.blogspot.com)

Linedance enthusiasts enjoying good clean fun in paradise

### **Connected au**

**W** [connectedau.com.au](http://connectedau.com.au)

**P** 0437 570 585

Connected AU was born out of this concern, with a focus on helping people who might be isolated, vulnerable and lonely. Mea built a free online platform to connect and engage people, and The Letterbox Project became the foundation of this platform.

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### **Queensland Community Care Network**

**E** kieran@qccn.org.au

**W** qccn.org.au

**P** (07) 3379 7200

The 100+ Club connects centenarians, advocating for the positive promotion of the elderly and celebrates the lives of our members.

## **Animal Services**

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### **Animal Shelters**

#### **DV Connect Pets in Crisis**

**E** mail@dvconnect.org

**W** dvconnect.org

**P** 1800 811 811

Pets in Crisis is a foster care program to help facilitate safe refuge for animals at risk until they can be reunited with their families

### **General Animal Services**

#### **Assistance with Domestic Duties for NDIS Pet Owners**

**E** support@petcloud.com.au

**W** petcloud.com.au

**P** 1300 667 785

PetCloud's national service offers 1. Animal Assisted Mentoring in the Community, 2. Pet Care during Hospital Treatment or Rehabilitation, 3. Assistance with Pet related Household tasks

#### **Pet Cloud**

**E** support@petcloud.com.au

**W** petcloud.com.au

**P** 1300 667 785

PetCloud is Australia's most trusted Pet Care Services booking website to book Pet Sitting, Home Visits, House Sitting, Dog Walking, Day Care, Pet Taxis, Grooming, Washing and Brushing, 24hr supervision, and Dog Training. To connect with a Pet Sitter, Post a Job, and available Pet Sitters in your area will apply <https://www.petcloud.com.au>

## **Arts & Creatives**

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### **Crafts**

#### **Innisfail and District Gem and Allied Craft Club**

6 River Avenue, MIGHELL QLD 4860

**P** 0407 633 172

Innisfail - Innisfail & District Gem Club.

### **Literary Arts**

#### **Jen Robe Writes**

**E** jenrobewrites@gmail.com

**W** organizablelife.com

I write memoirs and biographies based on people's lives. I will interview you or your loved one in a conversational style and write your life story. It is a perfect way to preserve your family's history. I can also work to record the stories of those unable to speak, due to injury, illness, or death. I have a background in elder and disability care.

### **Performing Arts & Music**

#### **Attaboi Music Magazine**

**E** info@wildoatsrecords.net

**P** 0467 955 772

Attaboi is a community music organisation working to push minority voices and issues currently affecting the Australian music industry.

#### **Choirs4Kids**

**E** sing@choirs4kids.com

**W** choirs4kids.com

**P** 0414 205 919

Choirs4Kids is an online singing program for ages 4 to 15, fostering creativity, building confidence, and forming friendships. Our expert-led sessions empower young voices to shine, creating a joyful and supportive musical community. Join us on a remarkable journey where the magic of singing transforms lives. We also offer a kids choir in Manjimup, WA.

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**Rock n Roll Dancing DVDs FULL COURSE  
\$60**

**E** ctocrocknroll@dodo.com.au

**P** (07) 5529 6244

THE WORLD HAS CHANGED and we have changed with it. Purchase both DVD's and learn at home with costs you a total of \$60 with FREE postage. And you have the entire set to go over any time you like.

**Goondoi Dancers**

1 Riley Street, INNISFAIL QLD 4860

**E** jakitafejo@yahoo.com.au

**W** radiantlife.qld.edu.au

Our Dancers perform at school events along with performances at local community and national events. Our dancers are proud to share the history of their ancestors and perform with a level of passion and commitment that would make them proud.

**Graham Academy of Dance**

82 Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** shire365@hotmail.com

**W** grahamacademyofdance.com

**P** 0428 188 433

Graham Academy of Dance is a safe haven for artistic expression, where dance education meets excitement.

**Innisfail and District Ballet and Dance Society**

**E** secretary@idbds.com.au

**W** idbds.com.au

**P** 0438 643 180

Innisfail District Ballet and Dance Society Inc. has provided to the community of Innisfail the annual Dance Competition since 1982. This competition showcases the cultural talents and assists with the development of our youths self esteem and stage experience.

**Just Sing It**

Innisfail East SS Pre-school Building, 96 Mourilyan Road, INNISFAIL QLD 4860

**E** kerry\_linton@hotmail.com

**P** 0409 442 246

We are a community singing group that meets on Wednesday evenings at 6.00pm to rehearse a variety of songs for fun, performances and community events.

**Townsville Citizens Band Association**

**E** president@townsvillebrass.org

**W** townsvillebrass.org

**P** 0409 581 872

Townsville Brass consists of three primary bands (Townsville Brass, Townsville Brolga Brass and Townsville Brass Youth Band). We also have a Brass Academy who rehearse as the Beginners Band. Together we are a flexible and dynamic musical organisation that is able to cater for any musical requirement. Our Band Hall is available for hire for special occasions or meetings.

**Visual Arts**

**Mission Arts**

**E** admin@missionarts.org.au

**W** missionarts.org.au

**P** (07) 4088 6116

A vibrant community arts centre bringing a variety of creative opportunities and experiences to the residents and visitors of the Cassowary Coast. Our Gallery & Shop are open daily (10am-2pm). Explore our website for a calendar of events & exhibitions.

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## Child Services

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### Child (and Parent) Information & Counselling

#### Camp Quality Queensland

**E** [reception@campquality.org.au](mailto:reception@campquality.org.au)

**W** [campquality.org.au](http://campquality.org.au)

**P** (07) 3216 0299

Our Purpose is to give kids impacted by cancer the chance to be kids again in a safe, fun and supportive environment. We do this through positively changing a child's cancer experience, with entertaining, play-based education and recreational camps and retreats that strengthen the mental wellbeing and improve the quality of life of children and their family.

#### Cassowary Coast Intensive Family Support Service

13-17 Donald Street, INNISFAIL QLD 4860

**E** [ifs@csci.org.au](mailto:ifs@csci.org.au)

**W** [csci.org.au](http://csci.org.au)

**P** (07) 4043 8400

The Cassowary Coast Intensive Family Support Service is available to families residing in the region from Cardwell to Babinda. The Intensive Family Support Service provides case management and practical support to enable vulnerable families address multiple and/or complex needs and assist families to build their capacity to safely care for and protect their children.

#### Child Trauma Counselling Service

13 Donald Street, INNISFAIL QLD 4860

**E** [reception@csci.org.au](mailto:reception@csci.org.au)

**W** [csci.org.au](http://csci.org.au)

**P** (07) 4043 8400

The Child Trauma Counsellor provides services to support and empower Cassowary Coast children and young people and their families who have experienced trauma, abuse, or sexual assault.

#### Children By Choice Association Incorporated

**E** [advocacy@childrenbychoice.org.au](mailto:advocacy@childrenbychoice.org.au)

**W** [childrenbychoice.org.au](http://childrenbychoice.org.au)

**P** (07) 3357 5377

Children by Choice provide a Queensland-wide telephone counselling, information and referral service on all unplanned pregnancy options - abortion, adoption and parenting. Face to face counselling services are available in the Brisbane region by appointment.

#### Pregnancy Birth and Baby

**E** [info@nhccn.com.au](mailto:info@nhccn.com.au)

**W** [pregnancybirthbaby.org.au](http://pregnancybirthbaby.org.au)

**P** 1800 882 436

Pregnancy, Birth and Baby is a national Australian Government service providing support and information for expecting parents and parents of children, from birth to 5 years of age.

#### Family Support Service

13-17 Donald Street, INNISFAIL QLD 4860

**E** [info@csci.org.au](mailto:info@csci.org.au)

**W** [csci.org.au](http://csci.org.au)

**P** (07) 4043 8400

Community Support Centre Innisfail provides a spectrum of family support services for families with a range of needs: from parenting education and general support to more complex needs including families at risk of entering the child protection system.

#### Magic Coat for Kids Pty Ltd

**E** [admin@themagiccoat.com](mailto:admin@themagiccoat.com)

**W** [themagiccoat.com](http://themagiccoat.com)

**P** 0477 997 661

A social/emotional wellbeing program, designed for young children and their primary carers to learn preventative mental health strategies together. Based on the analogy of putting on an imaginary coat with memorable characters inside the pockets, representing various strategies children can use to take control & responsibility for their own world & to create positive relationships with others.



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**yourtown Parentline**

**E** support@nqphn.com.au

**W** yourtown.com.au

**P** (07) 3369 1588

Parentline is a service for parents and caregivers residing in Queensland and the Northern Territory.

**Parentline**

**E** admin@parentline.com.au

**W** parentline.com.au

**P** 1300 301 300

Parentline offers free confidential phone and WebChat counselling and support for parents and carers of children in Queensland and the Northern Territory.

**Reachout Australia**

**E** info@reachout.com

**W** about.au.reachout.com

**P** (02) 8029 7777

ReachOut Parents Coaching is for any Australian parent with teenagers aged between 12–18 years, with access to a computer. If you're worried or want to build on your relationship with your teenager, we provide a free one-on-one online coaching program. ReachOut Parents Coaching is a free service with sessions that are personalised to suit your individual needs and concerns. With coaches from

**Red Nose**

**E** info@rednose.com.au

**W** rednose.org.au

**P** 1300 998 698

Safe Sleeping Public Health Campaign

**The Aussie Hands Foundation Inc**

**E** info@aussiehands.org

**W** aussiehands.org

To raise awareness of hand differences in the community and support families who have a child living with a hand difference and connecting them to other families in a similar situation and also to adults living with a hand difference.

**VPG - Vocational Partnerships Group Inc - Innisfail**

158a Edith Street, INNISFAIL QLD 4860

**E** info@vpginc.com.au

**W** vpginc.com.au

**P** (07) 4061 7288

The Vocational Partnerships Group's core service is to engage young people in education, training, career opportunities and positive life skills to help them fulfil their potential.

## Child Protection Services

**Cairns Child Safety Service Centre**

**W** dcssds.qld.gov.au

**P** (07) 4255 7200

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

**Cape York North and Torres Strait Islands Child Safety Service Centre**

**W** dcssds.qld.gov.au

**P** 13 74 68

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

**Cooktown Child Safety Service Centre**

**W** dcssds.qld.gov.au

**P** (07) 4082 2500

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

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**Edmonton Child Safety Service Centre****W** [dcssds.qld.gov.au](http://dcssds.qld.gov.au)**P** (07) 4255 7600

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

**Family and Child Connect**

13-17 Donald Street, INNISFAIL QLD 4860

**W** [familychildconnect.org.au](http://familychildconnect.org.au)**P** 13 32 64

Family and Child Connect can help with a range of family and parenting challenges. We'll talk with you about your situation and work out the type of support you might find helpful.

**Innisfail Child Safety Service Centre**

31 Gladly Street, INNISFAIL QLD 4860

**W** [dcssds.qld.gov.au](http://dcssds.qld.gov.au)**P** (07) 4232 7200

Address: 31 Gladly Street Innisfail Qld 4860 Postal address: PO Box 111 Innisfail Qld 4860 Phone: 07 4078 1333 Fax: 07 4048 3740

**K.I.N. Care Services (Qld) Pty Ltd****E** [dee@kincareservices.com.au](mailto:dee@kincareservices.com.au)**W** [kincareservices.com.au](http://kincareservices.com.au)

We work closely with the Department of Child Safety, Youth and Women to support families and do so in a way which supports their long-term safety and happiness. We are also registered NDIS providers. We have a team of highly skilled professionals to support families and participants in ensuring each individual is provided the supports they need to meet their full potential.

**Mount Gravatt Child Safety Service Centre****W** [dcssds.qld.gov.au](http://dcssds.qld.gov.au)**P** (07) 3097 0400

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

**North Cairns and Lower Cape Child Safety Service Centre****W** [dcssds.qld.gov.au](http://dcssds.qld.gov.au)**P** (07) 4255 7300

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

**Office Of The Public Guardian****E** [publicguardian@publicguardian.qld.gov.au](mailto:publicguardian@publicguardian.qld.gov.au)**W** [publicguardian.qld.gov.au](http://publicguardian.qld.gov.au)**P** 1300 653 187

The OPG administers the Community Visitor Program for children and young people which plays an important role in supporting children and young people in the child protection system.

**Thursday Island Child Safety Service Centre****W** [dcssds.qld.gov.au](http://dcssds.qld.gov.au)**P** 13 74 68

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

**Weipa Child Safety Service Centre****W** [dcssds.qld.gov.au](http://dcssds.qld.gov.au)**P** 13 74 68

Child safety service centres provide support and a range of services to children, young people, families and carers to ensure children's safety and wellbeing and to prevent children from being harmed.

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## General Child Services

### Aussie Kids Car Seat Installation and Safety

**E** aussiekidscarseats@gmail.com

**W** calendly.com

**P** 0448 759 082

Mobile Child Restraint (car seat) installation and checking service servicing Far North Qld. Aiming to raise awareness, provide education and support parents and care providers in the installation and safe use of their children's car seats. Empowering, confidence building services delivering fact based, best practice advice and demonstrations.

### Dept of Communities

31 Gladly Street, INNISFAIL QLD 4860

**E** feedback@communities.qld.gov.au

**P** (07) 4078 1333

Child protection service

### Family and Child Connect (FaCC)

**E** enquiries@mccinc.org.au

**W** mccinc.org.au

**P** (07) 4092 1948

Family and Child Connect

### Intensive Family Support Program

**E** enquiries@mccinc.org.au

**W** mccinc.org.au

**P** (07) 4092 1948

Intensive Family Support

### Secondary Family Support

**E** enquiries@mccinc.org.au

**W** mccinc.org.au

**P** (07) 4092 1948

Secondary Family Support

### Raising Connected Kids

**E** karen@connectededucation.com.au

**W** raisingconnectedkids.com.au

**P** 0430 306 111

Teaching school-aged children skills and strategies to build self-confidence and emotional resilience. Online courses and ongoing weekly coaching for children to support emotional development facilitated by Children's Emotional Well-being coaches qualified and experienced in Education and Psychology. Specialising in support for highly sensitive children.

## Play Groups & Childcare

### Cardwell Early Learning Centre

1 Clitheroe Street, CARDWELL QLD 4849

**E** cardwell@malabachildcare.com.au

**P** (07) 4066 2411

Cardwell Early Learning Centre

### Cassowary Coast Family Daycare

**W** cassowarycoast.qld.gov.au

**P** (07) 4030 2285

Cassowary Coast Regional Council has a home-based family day care service which currently helps families from Babinda to Innisfail, El Arish, Mission Beach and Tully. We have about 115 full-time places available.

### Catholic Community Kindergarten Silkwood

6 Harold Street, SILKWOOD QLD 4856

**E** kindy.silkwood@cclc.catholic.org.au

**W** cclc.catholic.org.au

**P** (07) 4252 5755

Catholic Community Kindergarten Silkwood is committed to the concept of a quality learning environment, superior care and developmentally appropriate activities and play experiences.

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**Day One Early Learning Centre – Mission Beach**

16 Seaview Street, MISSION BEACH QLD 4852

**E** missionbeach@dayoneelc.com.au

**W** dayoneelc.com.au

**P** (07) 4088 6800

Mission Beach Campus is a 25 place centre. We provide child care and early education from 15 months through to school age. We have 2 rooms with natural outdoor areas for the children to explore.

**Goodstart Early Learning Innisfail**

20 Charles Street, INNISFAIL QLD 4860

**E** ins@goodstart.org.au

**W** goodstart.org.au

**P** (07) 4061 6883

Goodstart Early Learning Child Care Centre Innisfail is located off the main highway close to the centre of town, within walking distance of two local primary schools and close to local shops. Our service caters for children from 15 months to 5 years of age.

**Mourilyan and District Kindergarten**

Castor Street, 1 Castor Street,  
MOURILYAN QLD 4858

**E** mourilyankindy@bigpond.com

**W** candk.asn.au

**P** (07) 4063 2485

The Mourilyan District Kindergarten is a not-for-profit organisation that is affiliated with C&K. We provide a Kindergarten Program for 4-5 year old children in the area.

**Wongaling Beach Bright Horizons Childcare**

16 Webb Road, WONGALING BEACH QLD 4852

**E** wongaling@bhchildcare.com.au

**W** bhchildcare.com.au

**P** (07) 4068 8122

At Bright Horizons Australia Childcare, we believe that the first five years of a child's life are a time of amazing learning and growth. The role of our centre is to work alongside families – taking the time to learn what makes your child special, understanding your child's cultural background, and listening to what you want from the early education and care experience.

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## Communication & Information

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### Community Information & Referral Services

**Health Workforce Queensland**

**E** admin@healthworkforce.com.au

**W** healthworkforce.com.au

**P** (07) 3105 7800

Health Workforce Queensland

**Immigration Services Australia (ISA)**

**E** contact@immi-sa.com

Partner visas, work visa, overseas recruitment for sponsors looking to fill skill shortage, student visas, family visas, visa refusals and appeals.

**Innisfail Multi Service Hub**

13-17 Donald Street, INNISFAIL QLD 4860

**E** info@csci.org.au

**W** csci.org.au

**P** (07) 4043 8400

Community information and referral

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### **Community Mental Health and Wellbeing Sector information**

**E** [admin@qamh.org.au](mailto:admin@qamh.org.au)

**W** [qamh.org.au](http://qamh.org.au)

**P** (07) 3394 8480

QAMH represents more than 100 Queensland organisations and individual Members involved in the quality delivery of community mental health and wellbeing services across the state. As the peak body for the Community Mental Health and Wellbeing Sector, our role is to reform, promote and drive community mental health and wellbeing service delivery, through our influence and collaboration with Members.

### **Queensland Ombudsman**

**E** [ombudsman@ombudsman.qld.gov.au](mailto:ombudsman@ombudsman.qld.gov.au)

**W** [ombudsman.qld.gov.au](http://ombudsman.qld.gov.au)

**P** (07) 3005 7000

We investigate complaints about state government departments and agencies, local councils and public universities. Our complaints assessment and investigation service is free and independent. Contact us between 9.30am-4.00pm, Monday-Friday, or use the online complaint form anytime.

### **Statewide information and referral service for seniors**

**E** [sel@uccommunity.org.au](mailto:sel@uccommunity.org.au)

**W** [seniorsenquiryline.com.au](http://seniorsenquiryline.com.au)

**P** 1300 135 500

Seniors Enquiry Line is a statewide information and referral service for Queensland seniors, families, friends, grandparents and carers.

### **Volunteering Queensland Inc**

**E** [reception@volunteeringqld.org.au](mailto:reception@volunteeringqld.org.au)

**W** [volunteeringqld.org.au](http://volunteeringqld.org.au)

**P** (07) 3002 7600

Information and referral about volunteering, including referral to volunteering opportunities and information about rights and responsibilities.

## **General Communication & Information**

### **Australian Bureau of Statistics**

**W** [abs.gov.au](http://abs.gov.au)

**P** 1300 135 070

Providing statistical information and resources to the Australian public

### **Cassowary Coast Regional Council**

70 Rankin Street, INNISFAIL QLD 4860

**E** [enquiries@ccrc.qld.gov.au](mailto:enquiries@ccrc.qld.gov.au)

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

The Cassowary Coast Regional Council was formed on March 15th, 2008 through the State Government local government reform process, and comprises of the former shires of Cardwell and Johnstone.

### **Department of Transport and Main Roads Maritime Safety Queensland**

**E** [mackaymarine@msq.qld.gov.au](mailto:mackaymarine@msq.qld.gov.au)

**W** [msq.qld.gov.au](http://msq.qld.gov.au)

**P** 13 23 80

IWe've committed \$3.9 million to upgrade the maritime aids to navigation network in the Torres Strait to ensure safe passage in the region. The waters of the Torres Strait are used daily as a workplace and commuter routes as well as for cultural and recreational activities, with maritime aids crucial to making sure those using these waters return home safely.

### **Department of Transport and Main Roads**

**W** [tmr.qld.gov.au](http://tmr.qld.gov.au)

**P** 13 19 40

To report traffic signal faults on state-controlled declared roads, please call the Department of Transport and Main Roads on 131 940 any time.

### **GIVIT**

**E** [info@givit.org.au](mailto:info@givit.org.au)

**W** [givit.org.au](http://givit.org.au)

GIVIT ([givit.org.au](http://givit.org.au)) is a national online not-for-profit matching generosity with genuine need.

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**Mission Beach Community Association Inc.****E** [info@4852mbca.com](mailto:info@4852mbca.com)**W** [4852mbca.com](http://4852mbca.com)**P** 0409 262 953

members will receive regular newsletters

**North Queensland Region Centre - Mackay****E** [businessMKY@dsdsatsip.qld.gov.au](mailto:businessMKY@dsdsatsip.qld.gov.au)**W** [dsdsatsip.qld.gov.au](http://dsdsatsip.qld.gov.au)**P** (07) 4862 7001

Aboriginal and Torres Strait Islander Partnerships Mackay share information through our Murri network mailing lists of events and services that are available within our community.

**Yourtown****E** [support@nqphn.com.au](mailto:support@nqphn.com.au)**W** [torres-cape.health.qld.gov.au](http://torres-cape.health.qld.gov.au)**P** (07) 4034 0300

It's our mission to help and encourage young people to find their place. We take the time to listen, understand and guide young people in the right direction. We deliver services that help to tackle the issues faced by at-risk youth in our community. These services include crisis care, employment, parenting help, counselling, social development, mentoring and more.

**Yourtown - Milton****E** [support@nqphn.com.au](mailto:support@nqphn.com.au)**W** [torres-cape.health.qld.gov.au](http://torres-cape.health.qld.gov.au)**P** (07) 4034 0300

Our services and offices are located across New South Wales, Queensland, South Australia and Tasmania. Kids Helpline is a national service and Parentline operates in Queensland and the Northern Territory.

**Residential Tenancies Authority****W** [rta.qld.gov.au](http://rta.qld.gov.au)**P** 1300 366 311

The RTA is the Queensland Government statutory authority that administers the Residential Tenancies and Rooming Accommodation Act 2008 (the Act). The RTA is responsible to the Minister for Communities and Housing, Minister for Digital Economy and Minister for the Arts.

## Community Centres, Halls & Facilities

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### Community & Neighbourhood Centres

**El Arish Community Hall**

17 Royston Street, ELARISH QLD 4855

**P** 0429 685 515

The hall is quite large, and can seat 250 people comfortably. It has a dance floor and a curtained stage, a bar and cold room, ceiling fans throughout, undercover front and rear entries, and a full stainless steel kitchen. The council amenities block is adjacent, with two male and female toilets each.

**Innisfail Multi Service Hub**

13-17 Donald Street, INNISFAIL QLD 4860

**E** [info@csci.org.au](mailto:info@csci.org.au)**W** [csci.org.au](http://csci.org.au)**P** (07) 4043 8400

Community Support Centre Innisfail Inc is the Lead tenant and Managers of the Innisfail Multi Service Hub. The 'Hub' has interview and meeting rooms for hire on a short term or regular basis.

### Community Halls

**Cardwell Community Hall**

Brasenose Street, CARDWELL QLD 4849

**E** [cardwelllibrary@ccrc.qld.gov.au](mailto:cardwelllibrary@ccrc.qld.gov.au)**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)**P** 1300 763 903

Cardwell Library staff - to make a booking go to 4 Balliol St, Cardwell. Hall location is Brasenose St, Cardwell



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**Disaster Management Public Education and Training Centre**

11 Flying Fish Point Rd, INNISFAIL QLD 4860

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

Well-equipped, disable-friendly. Available for hire by the public and private sector.

**Innisfail Shire Hall**

70 Rankin Street, INNISFAIL QLD 4860

**E** [enquiries@ccrc.qld.gov.au](mailto:enquiries@ccrc.qld.gov.au)

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

Hall and foyer available for public and private sector hire.

**Jumbun Community Hall**

183 Murray Falls Road, MURRAY UPPER QLD 4854

**E** [jumbunreception@activ8.net.au](mailto:jumbunreception@activ8.net.au)

**P** (07) 4066 5668

The address of the Jumbun Community Hall is 183 Murray Falls Rd, Murray Upper QLD 4854, Australia.

**Mission Beach Progress Hall (North Mission Beach)**

Hideaway Caravan Park, 58-60 Porter Promenade, MISSION BEACH QLD 4852

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** (07) 4068 7104

Located at Hideaway Caravan Park

**Pease Park**

Palmerston Drive, INNISFAIL QLD 4860

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

Several areas for hire

**South Mission Beach Community Hall (Frog's Hollow)**

South Mission Beach Road, SOUTH MISSION BEACH QLD 4852

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 0400 814 039

Hall location is South Mission Beach Road, South Mission Beach. Kristina Jackson Ph: 0400 814 039

**The Igloo (JP Byrne Indoor Sports Stadium, Tully)**

Tully Showgrounds, Butler St, TULLY QLD 4854

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 0409 721 576

For enquiries and/or bookings please phone Manager Tully Netball - Nadine on 0409 721 576.

**The Con Theatre**

5 River Ave, MIGHELL QLD 4860

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

Innisfail Conservatorium

**Tully Civic Centre**

38-40 Bryant Street, TULLY QLD 4854

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

Council chambers and lobby available for hire by the public and private sector. To enquire or make a booking phone Customer Service on 1300 763 903.

**Tully Heads Community Hall**

Acacia Close Melaleuca Drive, TULLY HEADS QLD 4854

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

Hall location is Acacia Close, Melaleuca Drive, Tully Heads

**Tully Showgrounds**

Butler St, TULLY QLD 4854

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** 1300 763 903

Butler St, at Tully's main entrance.

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## General Community Facilities

### Cardwell Library

4 Balliol Street, CARDWELL QLD 4849

**E** cardwelllibrary@ccrc.qld.gov.au

**W** cassowarycoast.spydus.com

**P** (07) 4043 9110

Cassowary Coast Libraries is a welcoming, inclusive place for all members of the community. Each branch provides comfortable reading spaces, computer and Wi-Fi access and a range of programs and services.

### Cardwell Visitor and Heritage Centre

51-53 Victoria Street, CARDWELL QLD 4849

**E** busstelegraph@ccrc.qld.gov.au

**W** cassowarycoast.qld.gov.au

**P** (07) 4066 2412

Cardwell has a heritage precinct made up of the Bush Telegraph (an historic post office and telegraph station, the J.C. Hubinger Museum, the old court house, gaol and shire hall. There is also a Visitor Information Centre in the museum, with up-to-date information on the Cassowary Coast region and nearby regions.

### Community Support Centre Innisfail

13 Donald Street, INNISFAIL QLD 4860

**E** info@csci.org.au

**W** csci.org.au

**P** (07) 4043 8400

Community Centres, Halls & Facilities - General  
Community Facilities - General Community  
Facilities.

### Innisfail Regional Library - Allan Maruff House

49 Rankin Street, INNISFAIL QLD 4860

**E** innisfaillibrary@ccrc.qld.gov.au

**W** cassowarycoast.spydus.com

**P** (07) 4030 2249

Cassowary Coast Libraries is a welcoming, inclusive place for all members of the community. Each branch provides comfortable reading spaces, computer and Wi-Fi access and a range of programs and services.

### Tully Library - Dorothy Jones Library

34 Bryant Street, TULLY QLD 4854

**E** tullylibrary@ccrc.qld.gov.au

**W** cassowarycoast.spydus.com

**P** (07) 4043 9138

Cassowary Coast Libraries is a welcoming, inclusive place for all members of the community. Each branch provides comfortable reading spaces, computer and Wi-Fi access and a range of programs and services.

### Wongaling Beach Library

2018 Tully-Mission Beach Road,

WONGALING BEACH QLD 4852

**E** wongalinglibrary@ccrc.qld.gov.au

**W** cassowarycoast.qld.gov.au

**P** (07) 4088 5000

Cassowary Coast Libraries is a welcoming, inclusive place for all members of the community. Each branch provides comfortable reading spaces, computer and Wi-Fi access and a range of programs and services.

## Community Clubs & Interest Groups

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## Children & Youth Clubs

### Edmund Rice Camps Queensland

**E** ercql@edmundrice.org

**W** ercampsqld.org

**P** 0409 878 442

Edmund Rice Camps Queensland is a community based not - for - profit organisation, providing recreational activities for children, youth and families who may not otherwise have the opportunity. We deliver peer - mentoring programs supported by committed and passionate young adult volunteers with children who are referred to us by other community support organisations.

### **Goondi Scout Group**

259 Wattle Street, INNISFAIL QLD 4860

**E** goondigl@fnqscouts.org.au

**W** fnqscouts.org.au

Scouts provides young Aussies aged 5 to 25\* with fun and challenging opportunities to grow through adventure. Scouts is the largest youth movement in the nation and the world.

## **Community Service Clubs**

### **Australia Nova Romana**

**E** australia.novaroma@outlook.com

**W** austnovaroma.wixsite.com

A national Roman living-history and education organisation providing a central community for the study of Latin language, exploration of ancient Roman politics and a safe network for members to explore and learn about the 'cultus deorum romanum', the religion of ancient Rome.

### **Braille House**

**E** coordinator@qbwa.org.au

**W** braillehouse.org.au

**P** (07) 3848 5257

Free lending Braille library. Braille House is a Not-for-profit organisation that transforms the lives of vision impaired people with by producing and giving access to reading material and other tactual resources through our extensive library of books, and much, much more.

### **Mission Beach Lions Club**

**E** missionbeachlions@gmail.com

**W** e-clubhouse.org

**P** 0401 432 012

Mission Beach Lions chartered in 1960 and is a community service, not for profit organisation. Where there's a need, there's a Lion. Lions Australia is Australia's largest service club with more than 1200 clubs in Australia and Papua New Guinea. Lions are friends, family and neighbours who share a core belief: community is what we make it.

## **General Community Clubs**

### **Cardwell RSL**

36-38 Roma Street, CARDWELL QLD 4849

**E** admin@cardwellrsl.com

**W** rslqld.org

Cardwell branch of the Returned Services League

### **Coconuts Outrigger Canoe Club Inc.**

The Esplanade, COCONUTS QLD 4860

**E** coconuts\_secretary@live.com.au

**P** 0402 047 820

The Coconuts OCC is located at Innisfail's beautiful Coconuts Beach. The club has direct access to the tropical waters that FNQ is famous for. Club Training Days are Tuesdays and Thursdays at 5.15pm.

### **Dallachy R/C Model Aero Club**

**E** bull\_dennis@bigpond.com

**P** 0407 486 814

Dallachy R/C Model Aero Club

### **El Arish Country Club Inc**

Golf Course Rd, EL-ARISH QLD 4855

**P** (07) 4068 5140

Community clubs are not-for-profit, membership-based and community-orientated association of people. They are established by people with common interests to pursue and promote those interests. There are approximately 1,400 community clubs operating in Queensland and together, they hold 3.

### **Feast of the Senses Inc**

**E** secretary@feastofthesenses.com.au

**W** feastofthesenses.com.au

**P** 0477 037 476

The Feast of the Senses is an annual festival held in Innisfail. We celebrate the rare and tropical fruits grown on the Cassowary Coast and the abundant produce available from our farms. We host a market day with vendors selling artisanal art and craft products and food, with an amazing display or rare and tropical fruits. There is entertainment, music and special events over the four days.

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**Mission Beach Community Association Inc.**

**E** info@4852mbca.com

**W** 4852mbca.com

**P** 0409 262 953

Our vision is to represent the community with one voice in its relations with Council, State and Federal Government Departments. Mission Beach is cosmopolitan in its population make-up. Nearly everyone comes from somewhere else. We are all entranced by the natural beauty of our environment, the friendly community spirit of our village lifestyle.

**National Servicemen's Assoc.  
Innisfail/Tully/Babinda Branch**

**E** rob.marg12@optusnet.com.au

**P** 0428 612 770

NSAA supports ex-National Servicemen with both welfare & companionship. Members attend Anzac Day, Vietnam Day & Remembrance Day ceremonies wearing their uniform and medals. They march with banner and flags. Activities Officer arranges social outings. A memorial in ANZAC Park contains plaques remembering past Nashos.

**Silkwood Bowls Club**

185 Silkwood Japoon Road, SILKWOOD  
QLD 4856

**P** (07) 4065 2212

Community clubs are not-for-profit, membership-based and community-orientated association of people. They are established by people with common interests to pursue and promote those interests. There are approximately 1,400 community clubs operating in Queensland and together, they hold 3.

**South Johnstone Bowls Club Inc**

6 Branch Road, SOUTH JOHNSTONE QLD  
4859

**P** (07) 4064 2179

Community clubs are not-for-profit, membership-based and community-orientated association of people. They are established by people with common interests to pursue and promote those interests. There are approximately 1,400 community clubs operating in Queensland and together, they hold 3.

**Tigers Leagues Club Inc**

65 Bryant Street, TULLY QLD 4853

**P** (07) 4068 1180

Community clubs are not-for-profit, membership-based and community-orientated association of people. They are established by people with common interests to pursue and promote those interests. There are approximately 1,400 community clubs operating in Queensland and together, they hold 3.

**Tully Bowls Club**

46 Butler Street, TULLY QLD 4854

**P** (07) 4068 1230

Community clubs are not-for-profit, membership-based and community-orientated association of people. They are established by people with common interests to pursue and promote those interests. There are approximately 1,400 community clubs operating in Queensland and together, they hold 3.

**Tully Country Club**

Andersen Street, TULLY QLD 4854

**P** (07) 4068 1236

Community clubs are not-for-profit, membership-based and community-orientated association of people. They are established by people with common interests to pursue and promote those interests. There are approximately 1,400 community clubs operating in Queensland and together, they hold 3.

**SES, Rural Fire,  
Lifesavers, Search &  
Rescue****Australian Volunteer Coast Guard -  
Cardwell**

1 Victoria Street, CARDWELL QLD 4849

**W** coastguard.com.au

**P** (07) 4066 2052

The Australian Volunteer Coast Guard is a marine search and rescue organisation comprised entirely of volunteers

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**Etty Bay Surf Lifesaving Club Inc**  
THE ESPLANADE, ETTY BAY QLD 4858  
**E** ettybayslsc@gmail.com  
**W** lifesaving.com.au  
**P** (07) 4063 2237

SURF LIFE SAVING QUEENSLAND (SLSQ) IS THE STATE'S PEAK AQUATIC RESCUE AUTHORITY AND IS ONE OF THE LARGEST VOLUNTEER-BASED COMMUNITY SERVICE ORGANISATIONS IN AUSTRALIA.

**Royal Life Saving Society Queensland Inc.**  
**E** admin@rlssq.com.au  
**W** rlssq.com.au  
**P** (07) 3823 2823

The Royal Life Saving Society Queensland Inc. provides training in CPR, First Aid, Bronze Medallion and Pool Lifeguard. They are the first step in attaining employment in the aquatic industry.

**The Australian Volunteer Coast Guard Association QF12 Tully Coast Guard**  
Coast Guard HQ, Luff Street, HULL HEADS QLD 4854  
**E** gnau@goodneighbors.org  
**W** coastguard.com.au  
**P** (07) 4066 9300

The Australian Volunteer Coast Guard is a marine search and rescue organisation comprised entirely of volunteers. Our distinct yellow vessels respond to a variety of marine incident types, rescuing thousands of people each year. We also work in support of other agencies in response to events such as marine fire and medical evacuations and search and rescue operations.

## Crisis & Emergency Services

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### Abuse & Assault Services

**Full Stop Australia**  
**W** fullstop.org.au  
**P** 1800 424 017

Full Stop Australia offers free confidential, trauma specialist counselling for people of all genders who are impacted by violence and abuse, as well as their friends, colleagues and family members.

#### National Disability Abuse and Neglect Hotline

**E** hotline@workfocus.com  
**W** jobaccess.gov.au  
**P** 1800 880 052

Hotline to report concerns about abuse or neglect of a person with a disability.

### Crisis Counselling & Intervention Services

**Domestic and Family Violence Mensline**  
**E** mail@dvconnect.org  
**W** dvconnect.org  
**P** 1800 600 636

Mensline is a free, confidential telephone, counselling, referral and support service especially set up for men.

#### Domestic and Family Violence Womensline

**E** mail@dvconnect.org  
**W** dvconnect.org  
**P** 1800 811 811

Telephone counselling and refuge referral 24/7  
Queensland wide DVConnect, Womensline.

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### **Family Drug Support Australia**

**W** [fds.org.au](https://fds.org.au)

**P** 1300 368 186

Information, help and support for families affected by drug use.

### **Lifeline - National phone service**

**W** [lifeline.org.au](https://lifeline.org.au)

**P** 13 11 14

Lifeline connects people with care by providing Crisis Support; Suicide Prevention; Mental Health Support.

### **National Cannabis Prevention and Information Centre**

**P** 1800 304 050

The Helpline is a confidential information and support line for cannabis users and friends and family who are concerned about cannabis use by those close to them. . We provide counselling, information and referrals that will assist you in your current situation. We will link you to the most appropriate support services and resources for your situation in your area.

### **Needle Clean Up Helpline**

**E** [info@thealbioncentre.org.au](mailto:info@thealbioncentre.org.au)

**P** 1800 633 353

24 hour phone safe needle disposal advice.

### **Parents Beyond Breakup**

**E** [enquiries@parentsbeyondbreakup.com](mailto:enquiries@parentsbeyondbreakup.com)

**W** [parentsbeyondbreakup.com](https://parentsbeyondbreakup.com)

**P** 1300 853 437

Helping parents deal with the trauma of separation; a major cause of suicide in Australia. Support is available by phone, LiveChat & email & website.

### **Suicide Call Back - National Phone Service**

**W** [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

**P** 1300 659 467

The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online counselling to people 15 years and over who fit one of the following categories: People who are suicidal, people who are caring for someone who is suicidal, people bereaved by suicide or health professionals supporting people affected by suicide.

### **StandBy Support After Suicide - North Queensland**

**E** [Fsp.cairns@uccommunity.org.au](mailto:Fsp.cairns@uccommunity.org.au)

**W** [standbysupport.com.au](https://standbysupport.com.au)

**P** 0407 490 005

StandBy Northern Queensland is delivered in partnership with UnitingCare Queensland.

## **General Crisis and Emergency Services**

### **CASSOWARY COAST DOMESTIC AND FAMILY VIOLENCE SERVICE**

54 Bryant Street, TULLY QLD 4854

**E** [info@tullysupportcentre.com.au](mailto:info@tullysupportcentre.com.au)

**W** [tullysupportcentre.com.au](https://tullysupportcentre.com.au)

**P** (07) 4068 1004

The CCDFVS provides the following services to community members affected by DFV throughout the Cassowary Coast region: adult and child counselling; case management; court support; general support; assistance with DFV orders; safety planning and risk assessments; assistance with security upgrades; advocacy, information and referral services.

### **Police Link**

**W** [police.qld.gov.au](https://police.qld.gov.au)

**P** 13 14 44

Every day the Queensland Police Service, your police service, works tirelessly to ensure the safety and security of the community.

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**Team Rubicon Australia**

**E** [info@disasterreliefaus.org](mailto:info@disasterreliefaus.org)

**W** [disasterreliefaus.org](http://disasterreliefaus.org)

**P** (02) 8815 8113

Team Rubicon Australia unites the skills and experiences of Australian Defence Force veterans with first responders to rapidly deploy emergency response teams around the globe.

**UnitingCare - Townsville**

**W** [unitingcareqld.com.au](http://unitingcareqld.com.au)

**P** (07) 4775 9100

Safe Alert Medical Alarms

## Welfare Assistance & Support Services

**Centrelink Access Point - Cardwell**

4 Balliol Street, CARDWELL QLD 4849

**W** [servicesaustralia.gov.au](http://servicesaustralia.gov.au)

**P** 13 24 68

Access Points provide free self-help facilities where customers can conduct their government-related business including information products and forms, access to a telephone to call the department, Medicare claiming facilities and a fax/photocopier. Access Point staff can also sight and photocopy Proof of Identity documents for Centrelink.

**Centrelink Access Point - Mission Beach**

2018 Tully-Mission Beach Road, MISSION BEACH QLD 4852

**W** [servicesaustralia.gov.au](http://servicesaustralia.gov.au)

**P** 13 24 68

Access Points provide free self-help facilities where customers can conduct their government-related business including information products and forms, access to a telephone to call the department, Medicare claiming facilities and a fax/photocopier. Access Point staff can also sight and photocopy Proof of Identity documents for Centrelink.

**Centrelink Access Point - Silkwood**

78 Victoria Street, SILKWOOD QLD 4856

**W** [servicesaustralia.gov.au](http://servicesaustralia.gov.au)

**P** 13 24 68

Access Points provide free self-help facilities where customers can conduct their government-related business including information products and forms, access to a telephone to call the department, Medicare claiming facilities and a fax/photocopier. Access Point staff can also sight and photocopy Proof of Identity documents for Centrelink.

**Centrelink Customer Service Centre - Innisfail**

72 Ernest Street, INNISFAIL QLD 4860

**W** [servicesaustralia.gov.au](http://servicesaustralia.gov.au)

**P** 13 24 68

Customer Service Centres See a Customer Service Adviser to help you with advice and assistance on the payments and services most suited to your needs.

## Cultural and Migrant Services

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### General Cultural Groups

**Sager Consultants**

**E** [Info@sagerconsultants.com](mailto:Info@sagerconsultants.com)

**P** 0413 098 571

Torres Strait Islander Organisation providing culturally appropriate and language specific training, resources and community development and engagement. Open every day 9am-4pm.

**Tamil Association Queensland Inc**

**E** [nahila99@optusnet.com.au](mailto:nahila99@optusnet.com.au)

**P** 0432 168 310

General Information about community members, worships places and governemnt and council support servcies information are provided.

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## Migrant Services

### National Resource Centre For Migrant Empowerment

**E** enquiries@nationalresourcecentre.org.au

**W** nationalresourcecentre.org.au

**P** 0478 054 020

NRCME is dedicated to improving the lives of vulnerable and precarious immigrants, with a focus on newly arrived immigrants in Australia. We offer an extensive set of services, community organization, and leadership development programs. Including job seeking support, acquiring safe and affordable housing, education and legal aid, health advice, and demonstrating services.

## Disability Services

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### Carer Information

#### Kindship

**E** hello@kindship.co

**W** kindship.com.au

Kindship is a free digital social network for parents raising children with disabilities and specific needs. Meet, chat, and learn from like-minded parents on similar journeys. Download the Kindship app from the App and Google Play stores.

#### People With Disability Australia - Qantas Carer Concession Card

**E** qccc@pwd.org.au

**W** pwd.org.au

**P** 1800 806 769

Qantas Carer Concession Card is issued to people with significant support requirements who through a physical, sensory, intellectual, cognitive or psychosocial disability are unable to travel on the aircraft without the full time assistance of a carer. A person is eligible if they need to have one-on-one support when seated on the aircraft for assistance. <http://pwd.org.au/services/qantas-card/>

## Disability Accommodation Services

### Protea One Care

**E** info@proteaonecare.com.au

**W** proteaonecare.com.au

Protea One Care is a specialized care service provider that offers personalized and compassionate care for individuals with disabilities. Their services include personal care assistance, therapy and rehabilitation, social and recreational activities, and respite care for caregivers. Protea One Care is committed to providing high-quality care that promotes independence, dignity, and well-being for

### Queensland Disability Housing Coalition

**P** (07) 3391 3433

QDHC provides information about housing options available to people with a disability, but it is not a housing provider.

### Vera Living

**E** jade.hayward@veraliving.com.au

**W** veraliving.com.au

**P** 0480 546 642

Vera Living are a luxury Specialist Disability Accommodation provider. Our friendly team are here to support you with every part of your SDA journey. From providing advice, to finding your home, helping you move and giving ongoing support in your Vera home, we are here throughout. Contact us to start your journey to luxury SDA today.



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## Disability Employment & Training Services

### **APM Disability Employment Services**

88 Rankin Street, INNISFAIL QLD 4860

**E** [cairns.es@apm.net.au](mailto:cairns.es@apm.net.au)

**W** [apm.net.au](http://apm.net.au)

**P** 1800 276 276

APM's Disability Employment Services helps people with an injury, illness or disability find a job with a local Innisfail Areas employer. We also provide workplace modification, assessment, school leaver, and ongoing support services.

### **APM Disability Employment Services**

4 Balliol Street, CARDWELL QLD 4849

**E** [cairns.es@apm.net.au](mailto:cairns.es@apm.net.au)

**W** [apm.net.au](http://apm.net.au)

**P** 1800 276 276

APM's Disability Employment Services helps people with an injury, illness or disability find a job with a local Cardwell employer. We also provide workplace modification, assessment, school leaver, and ongoing support services.

### **APM Disability Employment Services**

54 Byrant Street C/- Tully Support Centre,  
TULLY QLD 4854

**E** [cairns.es@apm.net.au](mailto:cairns.es@apm.net.au)

**W** [apm.net.au](http://apm.net.au)

**P** 1800 276 276

APM's Disability Employment Services helps people with an injury, illness or disability find a job with a local Tully employer. We also provide workplace modification, assessment, school leaver, and ongoing support services.

### **APM Disability Employment Services**

Shop 5, Cassowary Shopping Centre,  
WONGALING BEACH QLD 4852

**E** [cairns.es@apm.net.au](mailto:cairns.es@apm.net.au)

**W** [apm.net.au](http://apm.net.au)

**P** 1800 276 276

APM's Disability Employment Services helps people with an injury, illness or disability find a job with a local Wongaling Beach employer. We also provide workplace modification, assessment, school leaver, and ongoing support services.

### **Endeavour Foundation Industries (EFI)**

#### **Innisfail**

80 River Avenue, MIGHELL QLD 4860

**E** [hello@endeavour.com.au](mailto:hello@endeavour.com.au)

**W** [endeavour.com.au](http://endeavour.com.au)

**P** 1800 112 112

Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

#### **EPIC Assist - Innisfail**

Innisfail Food Emporium - Shop 13, 2-12  
Rankin Street, INNISFAIL QLD 4860

**E** [hello@epicassist.org](mailto:hello@epicassist.org)

**W** [epicassist.org](http://epicassist.org)

**P** (07) 4031 1444

EPIC has been helping people with disability find and maintain employment for over 30 years. We provide a personalised service for every person, and stay on their journey until our assistance is no longer needed.

#### **Maxima - Innisfail**

Innisfail Library, 49 Rankin Street,  
INNISFAIL QLD 4860

**E** [enquiries@maxima.com.au](mailto:enquiries@maxima.com.au)

**W** [maxima.com.au](http://maxima.com.au)

**P** 1300 629 462

Landing your first job, changing careers, finding a new team member, or securing NDIS support can feel impossible – you don't have to do it alone. Let Maxima help you reframe what's possible.

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### **Milestone Employment**

49 Rankin Street, INNISFAIL QLD 4860

**E** [mylestonesemployment@cpl.org.au](mailto:mylestonesemployment@cpl.org.au)

**W** [cpl.org.au](http://cpl.org.au)

**P** (07) 4041 4544

We've helped thousands of job seekers to find jobs they love – could you be next? Whether you're leaving school, keen to enter or re-enter the workforce, or want to take your career in a new direction, we're the team who can help.

### **uLaunch - Innisfail**

28 Rankin Street, INNISFAIL QLD 4860

**E** [contact@ulaunch.com.au](mailto:contact@ulaunch.com.au)

**W** [ulaunch.com.au](http://ulaunch.com.au)

**P** 1800 319 502

uLaunch is a Disability Employment Services (DES) provider that helps people living with illness, disability or injury find work. We believe that people living with a disability deserve every opportunity to live a self-determined strong life of confidence and pride, thriving in their community.

### **Worklink Employment Support - Tully**

Butler Street, TULLY QLD 4854

**E** [admin@worklink.org.au](mailto:admin@worklink.org.au)

**W** [worklink.org.au](http://worklink.org.au)

PDMI Psychiatric Disability/Mental Illness Member of Job Futures

## **Disability Information & Counselling**

### **NDIS Plan Management**

**E** [info@completemoney.com.au](mailto:info@completemoney.com.au)

**W** [completemoney.au](http://completemoney.au)

**P** 1300 161 489

At Complete Money Management we are your local NDIS Plan Manager, we are a registered provider who is here to assist in all your plan budget needs and to help you navigate the complex system.

### **Limbs 4 Life**

**E** [info@limbs4life.org.au](mailto:info@limbs4life.org.au)

**W** [limbs4life.org.au](http://limbs4life.org.au)

**P** 1300 782 231

Limbs 4 Life is the peak body for amputees in Australia and was founded as an incorporated charity in 2004. Limbs 4 Life provides services to thousands of amputees and their care givers, who rely on the programs and services for assistance prior to, or after a limb amputation.

### **My Virtual Support Coordinator**

**E** [info@myvirtualsc.com.au](mailto:info@myvirtualsc.com.au)

**W** [myvirtualsc.com.au](http://myvirtualsc.com.au)

**P** (03) 9077 1448

My Virtual Support Coordinator works as an online service provider. Our mission is to change the way Support Coordination is managed by creating a simple, clear and manageable plan for NDIS Participants. No travel costs. Direct access to online tools. Simple billing options to suit your needs. Access to experienced staff.

### **Queenslanders with Disability Network**

**E** [qdn@qdn.org.au](mailto:qdn@qdn.org.au)

**W** [qdn.org.au](http://qdn.org.au)

**P** (07) 3252 8566

Queenslanders with Disability Network is an organisation of, for, and with people with disability. Our motto is "nothing about us without us."

### **Therapy Connect**

**E** [clientservices@therapyconnect.com.au](mailto:clientservices@therapyconnect.com.au)

**W** [therapyconnect.com.au](http://therapyconnect.com.au)

**P** 1300 757 806

Therapy Connect provides flexible, person-centred allied health supports via telepractice for people who experience disability or delay in development that affects their participation at home, in the community, in childcare, education or the workplace.

### **Your Story Disability Legal Support**

**E** [yourstorydisability@legalaid.qld.gov.au](mailto:yourstorydisability@legalaid.qld.gov.au)

**W** [yourstorydisabilitylegal.org.au](http://yourstorydisabilitylegal.org.au)

**P** 1800 771 800

Your Story Disability Legal Support empowers people with disability to safely share their story with the Disability Royal Commission and connect with local support services. We work in partnership with communities to deliver a person centred, trauma-informed and culturally safe legal service.

## **Disability Respite and Activity Centres**

### **Endeavour Foundation - Innisfail Learning and Lifestyle**

1 River Avenue, MIGHELL QLD 4860

**E** [hello@endeavour.com.au](mailto:hello@endeavour.com.au)

**W** [endeavour.com.au](http://endeavour.com.au)

**P** 1800 112 112

Endeavour Foundation supports people with intellectual disability to live, learn, work and flourish according to their own interests and priorities.

### **Innisfail and District Flexi Respite Assoc Inc**

52-54 Fitzgerald Esplanade, INNISFAIL QLD 4860

**P** (07) 4061 6250

Innisfail District Flexi Respite Association provides respite services for people with a disability. Learning and life skills development, flexible respite.

### **Yadah Care Services**

**W** [yadahcareservices.com.au](http://yadahcareservices.com.au)

**P** 0466 986 761

General Disability Services, Respite Care, Disability services for SIL and MTA under the NDIS. Open from 8am -4pm.

## **General Disability Services**

### **Ability Consultants**

**E** [info@abilityconsultants.com.au](mailto:info@abilityconsultants.com.au)

**W** [abilityconsultants.com.au](http://abilityconsultants.com.au)

**P** 1300 694 625

We create freedom and social connection for people with disability through easy access to Positive Behaviour Support. We support NDIS participants throughout Australia, including Sydney, Brisbane, Melbourne, Perth, Adelaide, Hobart and regional Australia.

### **Acorn Stairlifts - All Queensland**

**E** [adoherty@acornstairlifts.com.au](mailto:adoherty@acornstairlifts.com.au)

**W** [acornstairlifts.com.au](http://acornstairlifts.com.au)

**P** 1800 158 676

An Acorn Stairlift gives you a safe, comfortable and simple way to get up and down your stairs. Each Acorn Stairlift is tailor-made to suit your individual home and lifestyle. Suitable for Permanently Injured, Aged, Disabled, Adults and Children. If stairs are difficult - we can assist. Stay in your home, your community, with your adored carers. Available under NDIS, My Aged Care, CHSP, DVA.

### **ALL IN CARE - Cairns City**

**E** [enquiries@allincare.com.au](mailto:enquiries@allincare.com.au)

**W** [allincare.com.au](http://allincare.com.au)

**P** 0478 872 273

Offering professional care and services with a family feel. Individualised care in the comfort of your home at a time that's convenient to you. From nursing care (wounds, continence assessments, funding assistance) transport, gardening, community/social support and self care. We are happy to answer any questions you have about our services and how we can assist. 1-24hr care open 7days

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**Aussie Life Care Australia****E** [connect@aussielifecare.com.au](mailto:connect@aussielifecare.com.au)**W** [aussielifecare.com.au](http://aussielifecare.com.au)**P** 1800 252 435

ALC provides a wide range of disability services. The prime aim of our service to make positive impact to the people who lives with disability. With the help of ALC, the participants can achieve better quality of daily life by improving their social skills through community participation.

**Boomaroo Plan Management****E** [admin@boomarooplans.com.au](mailto:admin@boomarooplans.com.au)**W** [boomarooplans.com.au](http://boomarooplans.com.au)**P** 0492 853 012

Assisting Others Inspires Us We ensure your needs and preferences are understood and respected whilst managing the quick processing of payments so that your Service Providers can focus on YOU! We make you our Sole focus and assist you in embarking on your NDIS Journey and are always happy to answer any of your questions. Give Boomaroo Plans a call today !

**Capital Gaurdians Plan Management****W** [capitalguardians.com](http://capitalguardians.com)**P** (03) 9008 9992

Capital Guardians is a Plan Manager throughout Australia.

**Care Connect Navigators****E** [support@ccnav.com.au](mailto:support@ccnav.com.au)**P** 0493 578 552

Support Coordination to help people to develop their NDIS goals, choose their funded supports and ensure the best possible outcome from their NDIS funding.

**Care Squared****E** [info@caresquared.com.au](mailto:info@caresquared.com.au)**W** [caresquared.com.au](http://caresquared.com.au)**P** 1300 632 639

Allied Health Supports, Employment Supports and Group Therapies

**Caredirect****E** [townsville@caredirectservices.com.au](mailto:townsville@caredirectservices.com.au)**W** [caredirect.com.au](http://caredirect.com.au)**P** (07) 4426 1924

We offer mental health and disability services to people who are struggling with mental health related issues or disability. We offer Therapeutic groups below; \* Dialectical Behavioural Therapy (DBT) \* Addictions Group Therapy \* Relapse Prevention Group \* Brief Solution Focused Therapy \* Sleep hygiene \*Diversional Therapy

**Complex Support Coordination****E** [sam@complexsupport.com.au](mailto:sam@complexsupport.com.au)**W** [complexsupport.com.au](http://complexsupport.com.au)**P** (08) 9467 7333

High quality, results oriented NDIS Support Coordination and Psychosocial Recovery Coaching services. I get the NDIS to work for you!

**Confidence Club****W** [confidenceclub.com.au](http://confidenceclub.com.au)**P** 1800 861 199

Australian-owned NDIS approved direct supplier of products for managing incontinence - and an award winning customer support team. We have bladder leakage pads, pull-up pants and nappies for youth and adult that are more sustainably made in our European factories, perform reliably and great value. Trusted by many thousands of Australians for fast and discreet delivery to their doors everywhere.

**Disability Enquiry Hotline****E** [disability@online.telstra.com.au](mailto:disability@online.telstra.com.au)**W** [telstra.com.au](http://telstra.com.au)**P** 1800 068 424

Telstra Disability Services Centre offers a free advisory service for persons who have difficulty using their telephone, such as difficulties hearing the telephone ring, hearing the caller, holding the receiver, voice projection or reading the dial.

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**Disability Health Support Australia**

**E** [dorothy@disabilityhealthsupport.com.au](mailto:dorothy@disabilityhealthsupport.com.au)

**W** [disabilityhealthsupport.com.au](http://disabilityhealthsupport.com.au)

Excellent medical and hospital care are everyone's right. NDIS, mental health and aged patients often find that their disability means they experience problems getting the healthcare they need. We case manage your healthcare.

**National Disability Health Support Australia**

**E** [dorothy@disabilityhealthsupport.com.au](mailto:dorothy@disabilityhealthsupport.com.au)

**W** [disabilityhealthsupport.com.au](http://disabilityhealthsupport.com.au)

**P** 0421 011 430

Support for NDIS participants whose health or healthcare is limiting their independence or capacity.

**Personal Care (Disability Service Provider)**

**E** [prakash@dtccare.com.au](mailto:prakash@dtccare.com.au)

**W** [dtccare.com.au](http://dtccare.com.au)

**P** 0426 803 524

Core Supports that enable participants to complete activities of daily living. We assist participants by assisting them to achieve their goal of completing daily personal activities, and Assistance with Travel/Transport Arrangements. Assistance in participation in community, social and civic activities.

**Epilepsy Action Australia**

**E** [epilepsy@epilepsy.org.au](mailto:epilepsy@epilepsy.org.au)

**W** [epilepsy.org.au](http://epilepsy.org.au)

**P** 1300 374 537

Epilepsy Action Australia provides support, information and innovative services to those living with and affected by epilepsy across Australia. We offer world-class education and support services nationally, with a determined commitment to deliver equitable and consistent services to all Australians regardless of where they live.

**FLEXABILITY SUPPORT ASSOCIATION INC.**

54 Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** [admin@flexability.org.au](mailto:admin@flexability.org.au)

**P** (07) 4061 6250

FlexAbility Support Association is a family support organisation that works in collaboration with people with disabilities and their families to build a valued and meaningful life for the individual through strengthening families and personal networks.

**FNQ Support Coordination**

**E** [support@fnqsc.com.au](mailto:support@fnqsc.com.au)

**W** [fnqsc.com.au](http://fnqsc.com.au)

**P** 0455 773 536

We are a Support Coordination service for recipients of NDIS plans who reside in Far North Queensland. If you are wanting a personable, attentive service then please give us a call on 0455 77 3536 or email [support@fnqsc.com.au](mailto:support@fnqsc.com.au)

**Focused Health Care**

**E** [info@focusedhealthcare.com.au](mailto:info@focusedhealthcare.com.au)

**W** [focusedhealthcare.com.au](http://focusedhealthcare.com.au)

**P** 0499 487 728

Focused Health Care is a Registered NDIS Provider and proudly provides Community Nursing Services throughout Queensland.

**Grow Your Impact**

**E** [growyourimpact@outlook.com](mailto:growyourimpact@outlook.com)

**W** [meaningfulbehaviour.com](http://meaningfulbehaviour.com)

**P** 0432 315 939

Registered NDIS Provider of Positive Behaviour Support for people with behaviours of concern. Services are available from Brisbane to Far North Queensland and the Northern Territory and include positive behaviour support plan creation and implementation for NDIS participants and clients of residential aged care.

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**HiCom Care - NDIS Plan Manager****E** Admin@hicomcare.com.au**W** hicomcare.com.au**P** 0480 305 919

HiCom Care is Australia's most dynamic NDIS registered Financial Plan Management service provider for people from CALD backgrounds. We are an enthusiastic, young, and friendly team passionate about delivering A-Grade services to our clients nationwide. We handle the day-to-day financial tasks that come with our participants' plans and help them to keep track of their funding balance.

**Holistic Home Care - Caring with Compassion****E** info@holistichomecare.com.au**W** holistichomecare.com.au**P** 1300 942 008

Holistic Home Care is a registered NDIS provider which means you can use your NDIS funding to access your services and supports from us. We listen to you, allow you to have more choice and control and provide flexible care. Our main goal is to maintain independence and enhancement of well-being

**Holistic Lifestyle Services****E** hlscoordinator@holisticlifestyleservices.com.au**W** holisticlifestyleservices.com.au**P** 0431 175 277

Disability and Mental Health in a Holistic Approach. Delivering 1:1 supports Disability and Mental Health, SIL, STA, Support Coordination, Community Nursing, Counselling.

**I Hate Cooking****E** info@ih8cooking.com.au**W** ih8cooking.com.au**P** 0410 526 477

As an NDIS registered provider around the country, we are proud to be able to provide a viable option to the many food delivery services available to participants. Our cooks are chosen because they have a heart to serve in the community. We look forward to making healthy nutritious food in your kitchen

**NDIS Kickstart your plan****E** support@ndism.com.au**W** ndism.com.au**P** 1800 954 559

Working with ISM, we can help you Kickstart Your Plan and your NDIS journey so you get the most out of your funding.

**Independent Support Solutions****E** info@independentsupportsolutions.com.au**W** independentsupportsolutions.com.au**P** (07) 4248 8109

Independent Support Solutions provides mobile support coordination service. We help people develop their own life choices & believe that people are the experts and change agents of their own lives. Our role is to link people with complex disabilities & people with severe, persistent mental illness to supports and services they require; and we help support and guide clients through NDIS processes.

**Ingham Disability Support Services - Ingham****E** office@idss.org.au**W** idss.org.au**P** (07) 4776 3755

\* Registered Service Provider with NDIA \*  
Established in 1976 \* Providing varying supports for NDIS Participants \* Short Term Accommodation \* Accommodation Support \* Daily Living \* Mental Health \* Support Coordination

**Innisfail Hospital****87 Rankin Street, INNISFAIL QLD 4860****E** karen\_veivers@health.qld.gov.au**W** cairns-hinterland.health.qld.gov.au**P** (07) 4061 5421

The Aged Care Assessment Team (ACAT) is a multi-disciplinary team whose primary role is the assessment of frail aged people over 70 yrs and some people with disabilities in their home, in hospital or in aged care facilities. ACAT is responsible for assessing eligibility and approving applications for residential care (permanent and respite) Community Aged Care Packages and EACH Package.

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**NDIS Plan Management**

**E** mailbn@justbettercare.com

**W** justbettercare.com

**P** (07) 3056 0777

Local & Collaborative Plan Management - choosing Just Better Care Brisbane North & CBD as your NDIS Plan Manager can save you hours of time and endless admin. We help manage your funding found in your NDIS plan and pay service providers who give you supports.

**Leap In! Australia (National Service)**

**E** crew@leapin.com.au

**W** leapin.com.au

**P** 1300 057 878

A Not-For-Profit financial intermediary service that provides both participants and disability supports providers with a wide range of additional benefits and support.

**Life Ur Way**

Shop 21-21a, 5 Owen Street, INNISFAIL  
QLD 4860

**E** admin@lifeurway.com.au

**W** lifeurway.com.au

**P** (07) 4015 2994

Life Ur Way is a locally owned and operated, NDIS approved, innovative Disability Support Provider servicing the Cassowary Coast and surrounds. Our team has vast experience in the delivery of disability services – if you are a person living with a disability or caring for someone with a disability, we provide a range of services tailored to your individual needs to assist you to live Life Ur Way.

**LifeTec Australia - Townsville**

**E** mail@lifetec.org.au

**W** lifetec.org.au

**P** 1300 885 886

LifeTec is a social enterprise that provides dedicated assistive technology (AT) services. Our aim is to enable people of all ages and abilities to actively engage in home, work, school and community.

**Manage It**

**E** info@manageit.com.au

**W** manageit.com.au

**P** (08) 9380 0271

We provide specialist services and innovative online tools for the management of individualised funding in the disability, community, and mental health care sectors.

**Me Plus More**

**E** hello@meplusmore.com.au

**W** meplusmore.com.au

**P** 0405 905 610

Me Plus More is an online platform specifically designed to inspire and empower people with intellectual disability or cognitive impairment to take those much-needed steps towards reaching their goals and independence. It has been designed in both English and easy read English to give members the tools and resources to assist in learning independent living skills.

**My Mobile Plan Manager**

**E** mymobileplanmanager@gmail.com

**P** 1800 519 716

Registered NDIS Plan Management Service Provider and Fellow Certified Practising Accounting (FCPA) with over 25 years experience in accounting and bookkeeping to assist participants with managing their NDIS funds.

**My Plan Assist**

**E** info@myplanassist.com.au

**W** myplanassist.com.au

**P** (07) 5641 2277

The simple solution to managing your NDIS Funding. My Plan Assist is a registered provider of plan management services for children, young people & adults with disabilities under the NDIS. They offer caring & personalised support to simplify NDIS plan management, offering more flexibility and control with less stress. Get the support you need so you have more time to focus on your NDIS goals.

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### **My Plan Manager**

**E** [enquiry@myplanmanager.com.au](mailto:enquiry@myplanmanager.com.au)

**W** [myplanmanager.com.au](http://myplanmanager.com.au)

**P** 1800 934 170

My Plan Manager is Australia's largest plan management service – we take the stress out of the NDIS. We can process your NDIS invoices, reduce time-consuming paperwork, and support you to quickly and simply track your NDIS plan spending. We can also work with you to maximise your NDIS plan and ensure it includes the important items that really make a difference to achieving your goals.

### **MyCareSpace**

**W** [mycarespace.com.au](http://mycarespace.com.au)

**P** 1300 288 893

An online connections service helping NDIS participants to connect with verified local service providers with immediate appointments available.

### **MyIntegra Plan Management - QLD**

**E** [engagement@myintegra.com.au](mailto:engagement@myintegra.com.au)

**W** [myintegra.com.au](http://myintegra.com.au)

**P** 1800 696 347

Let us guide you on your NDIS journey with plan management in Queensland (QLD) • Pay providers fast • Claim funds from NDIA • Track your budget online, 24/7 • Advice to maximise your plan • Choice and control • Reserve funds for chosen providers • Quick online sign up • Registered Plan Manager

### **MyIntegra Support Coordination - QLD**

**E** [enquiries@myintegra.com.au](mailto:enquiries@myintegra.com.au)

**W** [myintegra.com.au](http://myintegra.com.au)

**P** 1300 937 187

Get value from your NDIS plan with expert help to connect you with local supports in Queensland (QLD) • Help to understand your plan • Registered Support Coordinator • Build your independence • All levels of disability including complex needs • Prepare for plan reviews • Navigate the NDIS

### **National Relay Disability Phone Service**

**E** [helpdesk@relayservice.com.au](mailto:helpdesk@relayservice.com.au)

**W** [accesshub.gov.au](http://accesshub.gov.au)

**P** 1800 555 660

The National Relay Service is a national telephone system for people who have difficulty hearing or speaking on a regular telephone. Information, training and referral is available locally or via the

### **NDSP Plan Managers - QLD**

**E** [info@ndsp.com.au](mailto:info@ndsp.com.au)

**W** [ndsp.com.au](http://ndsp.com.au)

**P** 1800 636 377

As an NDIS Plan Manager we assist you on your NDIS journey by paying your supports to providers from your NDIS funds. NDSP allows you to live your life while we manage your claims, payments and administration of your NDIS budget.

### **Oak Tree Alliance Support Coordination and Specialist Support Coordination**

**E** [admin@oaktreealliance.com.au](mailto:admin@oaktreealliance.com.au)

**W** [oaktreealliance.com.au](http://oaktreealliance.com.au)

**P** 0498 498 405

Oak Tree Alliance offers expert support coordination services, ensuring seamless access to NDIS support. Our specialists empower individuals with tailored plans, advocate for their needs, and enhance overall well-being. Trust us to navigate the complexities and optimize your NDIS journey.

### **Pacify Plan Management**

**E** [hello@pacify.com.au](mailto:hello@pacify.com.au)

**W** [pacify.com.au](http://pacify.com.au)

**P** 1800 959 344

Pacify Plan Management is registered by the NDIS to provide plan management services to participants Australia-wide.

### **NDIS Plan Management**

**W** [pathwaystocare.com.au](http://pathwaystocare.com.au)

**P** 1300 467 284

We are one of Australia's premier NDIS Plan Management services for people with disability. Our aim is simple, for all our participants to be living the lives they want to live. We take the stress out of managing your NDIS plan, allowing you to focus on what is important to you. We love getting to know you to help you achieve your goals and connect you to your community!



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### **Peak Plan Management**

**E** [info@peakplan.com.au](mailto:info@peakplan.com.au)

**W** [peakplanmanagement.com.au](http://peakplanmanagement.com.au)

**P** 1300 732 324

We offer you the assistance of a team of experienced accountants and NDIS experts to help you maximise the value of your plan whilst removing the stress and administrative burden. All with the benefit of a local person you can talk to anytime who knows your personal story and is focused on helping you maintain choice and control.

### **Pharaoh Care**

**E** [info@pharaohcare.com.au](mailto:info@pharaohcare.com.au)

**W** [pharaohcare.com.au](http://pharaohcare.com.au)

**P** (07) 4031 1771

Pharaoh Care Disability service commenced to provide disability care for functionally dependent people in Cairns and surrounding area. Our main aim is to help people living with a disability to retain independence and regain function!

### **Plan Partners**

**E** [rollie.pontigon@planpartners.com.au](mailto:rollie.pontigon@planpartners.com.au)

**W** [planpartners.com.au](http://planpartners.com.au)

As Australia's leading provider of services that support NDIS participants, we will maintain our passion and commitment to helping people with disabilities to get the most out of their NDIS plans and realise their goals in life. Lives will be changed because of the services we provide.

### **Plan Partners - QLD**

**E** [info@planpartners.com.au](mailto:info@planpartners.com.au)

**W** [planpartners.com.au](http://planpartners.com.au)

**P** 1300 333 700

Plan Partners assist people navigate accessing NDIS, pre-planning for NDIS Meeting, community education, Plan Management and Support Coordination.

### **Provider Choice Plan Management**

**E** [hello@providerchoice.com.au](mailto:hello@providerchoice.com.au)

**W** [providerchoice.com.au](http://providerchoice.com.au)

**P** 1300 776 246

With all your NDIS in the one place, you can achieve your goals, budget easily, and take control of your plan.

### **Queensland Support Services and Solutions**

**E** [admin@qsss.com.au](mailto:admin@qsss.com.au)

**W** [qsss.com.au](http://qsss.com.au)

**P** (07) 5543 6757

Promoting Independence and Quality of Life by Providing In-Home and Community based supports to people with physical disabilities throughout Qld. QSSS provides its In-Home and Community Access supports to people who have a physical disability from ages 10 - 100 and registered with the National Disability Insurance Scheme (NDIS).

### **Recovery Plus Support**

**E** [referral@recoveryplussupport.com.au](mailto:referral@recoveryplussupport.com.au)

**W** [recoveryplussupport.com.au](http://recoveryplussupport.com.au)

**P** 1800 512 281

Recovery Plus Support is a registered NDIS provider specialising in services for participants with a Psychosocial Disability. We are best known for our Recovery Coaching service and also specialise in: - Social and Community Participation - Support Coordination - Capacity Building - In-home Care. We are an Australian company and provide our services Australia-wide.

### **Reel Keen Powerchair Fishing**

**E** [robert@reelkeen.com](mailto:robert@reelkeen.com)

**W** [reelkeen.com](http://reelkeen.com)

**P** 0418 128 749

NDIS registered suppliers of Power Wheelchair fishing rod holders and camera attachments. Turn Your Power Wheelchair into a game fishing chair, in just minutes !!!

### **Shine Home Support**

**E** [admin@shinehomesupport.com.au](mailto:admin@shinehomesupport.com.au)

**W** [shinehomesupport.com.au](http://shinehomesupport.com.au)

**P** 0420 282 832

Shine Home Support offers tailored Level 1 and Level 2 NDIS Support Coordination to Self and Plan Managed NDIS Participants.

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**Sky Plan Management**

**E** [info@skyplanmanagement.com.au](mailto:info@skyplanmanagement.com.au)

**W** [skyplanmanagement.com.au](http://skyplanmanagement.com.au)

**P** 1300 103 787

Are you looking for a highly responsive and personalised service from your NDIS Plan Manager? We offer a budget Dashboard for real-time info on your budget balances, quick and accurate payments to your providers, and our friendly team are highly responsive to your queries. Call us today on 1300 103 787.

**Specialised Plan Management**

**E** [Intake@specialisedplanmanagement.com.au](mailto:Intake@specialisedplanmanagement.com.au)

**W** [specialisedplanmanagement.com.au](http://specialisedplanmanagement.com.au)

**P** (07) 3317 8344

Specialised Plan Management aim to take the financial burden of managing the payment and the necessary tracking of Plan Management Expenses against the NDIS budget. Simply put "It's like having a book keeper for your NDIS Plan". We not only have the financial accounting experience but can also draw upon over 20 years of experience within the Disability Sector.

**The Aquaponics Lady**

**E** [ask@theaquaponicslady.com](mailto:ask@theaquaponicslady.com)

**W** [theaquaponicslady.com](http://theaquaponicslady.com)

Empowering independence for those living with disabilities with an interest in gardening and fish, where you don't need to dig. This online, self paced program created by an NDIS participant with lived experience with autism, PTSD and anxiety for other participants to improve life skills and build capacity in your own safe space. Develop your skills at your own pace. Self & plan managed

**The Aussie Hands Foundation Inc - Melbourne**

**E** [info@aussiehands.org](mailto:info@aussiehands.org)

**W** [aussiehands.org](http://aussiehands.org)

Aussie Hands (ii) supports children and adults who have been born with a hand difference or have an acquired hand injury; (ii) provides opportunities for networking and exchange of information; and (iii) supports research initiatives focussing on hand differences

**The Good Meal Co**

**E** [agedcare@goodmeal.com.au](mailto:agedcare@goodmeal.com.au)

**W** [goodmeal.com.au](http://goodmeal.com.au)

**P** 1800 155 255

The Good Meal Co is dedicated to spreading the joy of food across Australia to those in need of the tastiest care meals, home delivered so they can eat, feel and live better.

**The Happy Giraffe**

**E** [claire@thehappygiraffe.com.au](mailto:claire@thehappygiraffe.com.au)

**W** [thehappygiraffe.com.au](http://thehappygiraffe.com.au)

**P** 0409 026 230

\* Offers a wide range of Sensory Products - Autism, ADHD, Sensory Processing, Anxiety.... \* A safe space for people to look, touch and feel products to suit their sensory needs. \* Committed to supporting our Neurodivergent and wider Community

**The Kids Coach - National**

**W** [thekidscoach.tv](http://thekidscoach.tv)

**P** 0478 437 368

The Kids Coach is an on-demand channel developed by an Occupational Therapist and Personal Trainer to get your child up and moving with fun, regular fitness programming in the comfort of your own home.

**Thinkwise Disability**

**P** 0478 254 112

THINKWISE Disability offers valuable disability support services all across Australia. Our mission is to empower people with disability and long-term health conditions to unlock their potential through engagement, education and employment to become self-sufficient and participate in their communities.

**True Hero**

**E** [info@truehero.com.au](mailto:info@truehero.com.au)

**W** [truehero.com.au](http://truehero.com.au)

**P** (07) 5534 7560

Our TRUE HERO support team are here to assist you in achieving your goals by offering quality mentorship through a relationship built on mutual respect and trust. As part of this process we match you with one of our TRUE HERO team members based on your personality and interests to ensure you feel comfortable and confident on your journey to fulfilling your goals.

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### **Unique Quality Care**

**E** admin@uniquequalitycare.com

**P** (07) 4972 3300

Unique Quality Care offers affordable, tailored support for people with disabilities

### **Wulli Wulli Indigenous Disability Service - Townsville**

**E** admin@wulliwulli.com.au

**W** iwcndis.com.au

**P** (07) 4766 8353

We are %100 Indigenous Owned and situated now in Townsville. We are targeting indigenous clients who have a disability and is looking at a culturally safe environment working with local indigenous disability workers , who knowledge is also local. We are targeting indigenous workers and Clients . We were based in Bundaberg, but we have since moved to Townsville . Our website will be updated

### **XYX Syndrome Association of Australia Inc.**

**E** xyxaustralia@gmail.com

**W** xyxaustralia.org

**P** 0427 064 157

Mission Creating awareness for XYX Syndrome by obtaining and providing the latest research for XYX families and the community. Networking with government services, medical specialists, general practitioners and educators to create a better understanding for XYX Syndrome. Our focus is helping the community have a positive understanding of XYX Syndrome and give support to those who need it.

### **Standard and High Intensity Level Support Worker Services - In Home**

**E** info@youfirstservices.com.au

**W** youfirstservices.com.au

**P** 1300 525 656

Standard & High Intensity Level Support Worker Services - In Home

### **Your Plan Manager**

**E** plan@ypm.com.au

**W** yourplanmanager.com.au

**P** 1800 968 775

We provide Registered NDIS Plan Management Services Australia-wide. Our passion is offering you, your family, carers and providers with an access to expert and personal advice for the life of your NDIS plan.

## **Special Education Programs**

### **Stancol**

9 Ernest Street, INNISFAIL QLD 4860

**E** Tamara@definormal.com.au

**W** definormal.com.au

**P** 0432 111 864

Define Normal Life Supports promotes equality and inclusion through person-centered practices. We offer a range of therapeutic supports available to children and adults who have additional needs. These include the provision of information and advocacy, support coordination, assessment, early intervention, behaviour support, individual support service agreements and access to in home support

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## **E d u c a t i o n**

### **Adult Education**

#### **Australian Training Institute**

**E** admin@atiaustralia.edu.au

**W** atiaustralia.edu.au

**P** (07) 3269 5005

The "Australian Training Institute (ATI) Pty Ltd" specialises in First Aid; Security; Working at Heights/Confined Space; Safety (WHS); Fire; Mining; and Business. Our honesty, integrity and professionalism along with our broad expertise and technical training have positioned the company as one of the top providers in Australia.

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**Mental Health First Aid Training****E** [futuretraining4u@gmail.com](mailto:futuretraining4u@gmail.com)**W** [stepbystep.training](http://stepbystep.training)**P** 0488 171 500

Mental Health First Aid - Training - Support - Fully Accredited & Professional Courses - Available to suit Individuals, Groups, Organisations, Companies, Government Departments, Military & Civil Emergency Agencies, Business Management & Employees, Volunteers.

**Lifelong Learning Council Queensland****E** [secretary@llcq.org](mailto:secretary@llcq.org)**P** (07) 3844 8400

Lifelong Learning Council Queensland supports and promotes Adult Community Education across Queensland and offers professional development for ACE providers, adult educators, tutors, mentors, coordinators, etc.

**Parentshop****E** [info@parentshop.com.au](mailto:info@parentshop.com.au)**W** [parentshop.com.au](http://parentshop.com.au)**P** (02) 6680 8910

At Parentshop we provide challenging, engaging and action-based professional development and training events that deliver effective behaviour change solutions for all ages. We guide and support professionals and parents through the provision of training to parents, school staff, community sector employees and child and family specialists in behaviour management and managing childhood anxiety.

**Suicide Programs Calm Conversations Can Save Lives****E** [admin@suicideprograms.com.au](mailto:admin@suicideprograms.com.au)**W** [suicideprograms.com.au](http://suicideprograms.com.au)**P** (07) 3077 6536

We offer many evidence based, Australian training programs that empowers you to "have a CALM conversation" about suicide - to reduce stigma, promote help seeking and save lives. Learn face-to-face, virtually or online.

**TAFE Open Learning****W** [tafeqlld.edu.au](http://tafeqlld.edu.au)**P** 13 12 48

TAFE Queensland's distance and online programs bring you quality short courses that address your immediate needs, whether it be for career progression or, lifestyle enhancement.

**General Education Programs****A Team Tuition - HEAD OFFICE****W** [ateamtuition.com](http://ateamtuition.com)**P** (07) 5226 0351

A Team Tuition offers one-on-one tutoring, in person or online, allowing your child to create a connection with their Academic Personal Trainer. We offer all subjects across all year levels in all state curriculums.

**A Team Tuition - Townsville****W** [ateamtuition.com](http://ateamtuition.com)**P** (07) 4426 1818

A Team Tuition offers one-on-one tutoring, in person or online, allowing your child to create a connection with their Academic Personal Trainer. We offer all subjects across all year levels in all state curriculums.

**Tutoring North Queensland****W** [ateamtuition.com](http://ateamtuition.com)**P** (07) 4426 1818

No matter where you are across Australia, A Team Tuition can help your child reach their academic goals. A Team Tuition offers one-on-one tutoring, in person or online, allowing your child to create a connection with their Academic Personal Trainer. We offer all subjects across all year levels in all state curriculums.

**Australian Cervical Cancer Foundation****E** [info@accf.org.au](mailto:info@accf.org.au)**W** [accf.org.au](http://accf.org.au)**P** 1300 727 630

ACCF raises awareness in schools & community groups across Australia through our FREE Cervical Cancer Awareness Program. CCAPs covers HPV and the vaccine, cervical cancer and it's prevention.

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**Australian School Of Entrepreneurship****E** [group@ase.edu.au](mailto:group@ase.edu.au)**W** [ase.edu.au](http://ase.edu.au)**P** 1300 336 095

The ASE Group is a community-led and purpose driven business for good that delivers education, entrepreneurship and employment programs to Australians of all ages.

**Balance Minder****E** [leanne@balanceminder.com.au](mailto:leanne@balanceminder.com.au)**P** 0428 181 824

Providing training in wellness skills including exercise, healthy eating and financial literacy. Balance Minder aims to provide the tools and support to all Australians to improve their physical, mental and social wellbeing. Deeply grounded in Tai Chi; We offer online and face to face courses which allows participants the opportunity to become the best version of themselves.

**be informed.****E** [beinformedaus@gmail.com](mailto:beinformedaus@gmail.com)

be informed. helps people make good decisions. We offer free Seminars on important topics of interest so people are educated with information about what matters to them.

**Daradgee Environmental Education Centre**

McAvoy Street, DARADGEE QLD 4860

**E** [the.principal@daradgeeec.eq.edu.au](mailto:the.principal@daradgeeec.eq.edu.au)**W** [daradgeeec.eq.edu.au](http://daradgeeec.eq.edu.au)**P** (07) 4063 3858

A Outdoor and Environmental Education Centre. Information provided by the Queensland Government Open Data Initiative.

**Education Queensland Early Childhood Development Program****E** [eap@qed.qld.gov.au](mailto:eap@qed.qld.gov.au)**W** [education.qld.gov.au](http://education.qld.gov.au)**P** (07) 3634 0539

ECDPs aim to support children's early learning and help develop valuable skills children need to be successful learners now and as they transition to school. For more information about accessing an ECDP, contact your local Department of Education regional office or your local ECDP.

**Emmaus Correspondence School****E** [office@ecsaustralia.com.au](mailto:office@ecsaustralia.com.au)**W** [emmausqld.org](http://emmausqld.org)**P** (07) 4635 7227

ECS Ministries is part of the world-wide Emmaus Correspondence School that is evangelical, non-denominational in outreach, which provides correspondence Bible study courses published for the purpose of encouraging and enlightening people of all ages.

**FORTRESS LEARNING****E** [info@fortresslearning.com.au](mailto:info@fortresslearning.com.au)**W** [fortresslearning.edu.au](http://fortresslearning.edu.au)**P** 1300 141 994

Fortress Learning is one of Australia's premier RTOs, delivering nationally accredited courses in both Training & Assessment and Business. Learning team can help.

**Life with Connections****E** [sunnioneatjacaranda@gmail.com](mailto:sunnioneatjacaranda@gmail.com)**P** 0427 265 881

Tutoring, Ravenshoe area. Face to face or via email English and humanities subjects and essay writing, high school or university students

**Pathways to Resilience Trust****E** [info@pathwaystoresilience.org](mailto:info@pathwaystoresilience.org)**W** [pathwaystoresilience.org](http://pathwaystoresilience.org)**P** (07) 3169 2400

Social and Emotional Learning Education

**Queensland Fire And Rescue Service****E** [QFESEnquiries@qfes.qld.gov.au](mailto:QFESEnquiries@qfes.qld.gov.au)**W** [qfes.qld.gov.au](http://qfes.qld.gov.au)**P** (07) 3635 1949

The Fight Fire Fascination (FFF) program is an initiative of Queensland Fire and Emergency Services designed to support parents and guardians with their efforts to educate their children about fire.

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**RCS**

**E** info@rcsaustralia.com.au

**W** rcsaustralia.com.au

**P** (07) 4939 5255

Provides funded and fee-based agricultural training programs, community information and advisory services specialising in farm, business and people management for the agricultural industry.

**Stroke Foundation: StrokeSafe Volunteer Speaker Program**

**E** strokesafe@strokefoundation.com.au

**W** strokefoundation.org.au

**P** (03) 9670 1000

Our StrokeSafe volunteer speakers are trained in public speaking and experienced in delivering life-saving messages about stroke. Our volunteers cover a range of issues that will help your organisation or group better understand stroke and how it can be prevented including; what a stroke is, how to recognise the signs of stroke, what to do if someone is having a stroke, how to prevent stroke.

**Substance Abuse and Mental Health (Dual Diagnosis) Training**

**E** george@dualdiagnosistraining.com.au

**W** dualdiagnosistraining.com.au

**P** 0408 332 765

George Patriki provides both LIVE and ONLINE training for all people, including professional development for the health care, welfare and social service industries on the Gold Coast, throughout Australia and the globe... We also offers free and subsidised services to the general public; Free family support;  
<https://www.dualdiagnosistraining.com.au/family-support/>

**Tenancy Skills Institute**

**E** info@tenancyskills.com.au

**W** tenancyskills.com.au

**P** (07) 3413 6997

The Tenancy Skills Institute aims to create "Tenants of Choice" by equipping communities with the skills and knowledge needed to create solid foundations for successful tenancies. The Tenancy Skills Institute, delivers a competency-based training program which up-skills people who are wanting to rent successfully in the private market. It is available across the entire state of Queensland.

**Anger Management and Conflict Resolution Program**

**E** transformationministries@gmail.com

**W** anger.org.au

**P** 0408 332 765

Have you experienced problems with anger & rage that has caused harm to yourself and those you love? Anger is a normal human emotion when we feel we are being threatened, or those we love. If you prefer to do the 24/7 ONLINE course, click on the green button on website. If we don't deal with what causes us to get angry, then it turns into rage. Anger Management & Conflict Resolution Program

**Walya Productions**

**W** walya.com.au

**P** 0401 203 654

Walya Productions provides a National Aboriginal Cultural & Community e-learning (online at walya.com.au) course. Walya Productions is registered as an Accredited training organisation with the Royal College of General Practitioners and Supply Nation. The course is low cost and is designed to introduce the broader community to Aboriginal Culture & Community, in an affordable and informative way.

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## Literacy & Numeracy Programs

### Accelerated Learning Tutoring Centre

**E** [info@perthtutor.com.au](mailto:info@perthtutor.com.au)

**W** [acceleratedlearning.com.au](http://acceleratedlearning.com.au)

**P** (08) 9471 9036

> Tutoring centre providing personalised tuition for maths, physics and chemistry students in school or university. Open 6 days a week. > Small group tutorials or one-to-one tuition available.

### Reading Writing Hotline

**E** [enquiries@readingwritinghotline.edu.au](mailto:enquiries@readingwritinghotline.edu.au)

**W** [readingwritinghotline.edu.au](http://readingwritinghotline.edu.au)

**P** 1300 655 506

The Hotline is a free anonymous phone referral service for adults wishing to improve their reading writing, maths or computing skills. The Hotline teachers will help callers find appropriate classes or resources to assist them. The Hotline is available to anyone in Australia and is funded by the Commonwealth Department of Education and Training.

## Private (Primary and High Schools)

### Good Counsel College

66 Owen Street, INNISFAIL QLD 4860

**E** [gcc.gcounsel@cns.catholic.edu.au](mailto:gcc.gcounsel@cns.catholic.edu.au)

**W** [gcc.qld.edu.au](http://gcc.qld.edu.au)

**P** (07) 4063 5300

A Non-State School for Grade 8 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

### Good Counsel College

66 Owen Street, INNISFAIL QLD 4860

**E** [gcc.gcounsel@cns.catholic.edu.au](mailto:gcc.gcounsel@cns.catholic.edu.au)

**W** [gcc.qld.edu.au](http://gcc.qld.edu.au)

**P** (07) 4063 5300

Good Counsel College is a Catholic co-educational secondary school that offers a quality and holistic educational experience for students in years 7-12.

### Good Counsel Primary School

96 Rankin Street, INNISFAIL QLD 4860

**E** [secretary@gcps.qld.edu.au](mailto:secretary@gcps.qld.edu.au)

**W** [cns.catholic.edu.au](http://cns.catholic.edu.au)

**P** (07) 4063 0600

At Good Counsel Primary we value a strong partnership with families and encourage the building of relationships within a caring and safe community. It is our belief that children more easily achieve their true potential when parents feel comfortable being active and involved in the life of the school.

### Good Counsel Primary School (Innisfail)

96 Rankin Street, INNISFAIL QLD 4860

**W** [gcps.qld.edu.au](http://gcps.qld.edu.au)

**P** (07) 4061 2994

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### St Clare's School (Tully)

13 Mars Street, TULLY QLD 4854

**W** [stclares.qld.edu.au](http://stclares.qld.edu.au)

**P** (07) 4068 1527

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### St John's School (Silkwood)

Harold Street, SILKWOOD QLD 4856

**W** [stjohnssilkwood.qld.edu.au](http://stjohnssilkwood.qld.edu.au)

**P** (07) 4065 2193

A Non-State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### St Rita's School (South Johnstone)

8 Green Street, SOUTH JOHNSTONE QLD 4859

**W** [stritascps.qld.edu.au](http://stritascps.qld.edu.au)

**P** (07) 4065 9500

A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

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## Special Education Programs

### **ALANNAH and MADELINE FOUNDATION**

**W** [alannahandmadeline.org.au](http://alannahandmadeline.org.au)

**P** 1300 720 747

The Alannah & Madeline Foundation is the leading national not-for-profit organisation working to protect children from the effects of violence and bullying.

### **SPELD Qld**

**E** [speld@speld.org.au](mailto:speld@speld.org.au)

**W** [speld.org.au](http://speld.org.au)

**P** (07) 3391 7900

The services that Speld Qld Inc provide include an educational advisory and referral service, a library borrowing service, a tutor and assessment service, an assistive technology service, information workshops and seminars for parents, teachers and other professionals and a conference every two years. We promote actively throughout the community an awareness of the impact of specific learning ...

## State (Primary and High Schools)

### **Canecutters Cluster SS - Special Education Program**

7 Emily Street, INNISFAIL QLD 4860

**W** [education.qld.gov.au](http://education.qld.gov.au)

**P** (07) 4061 0321

A Special Education Program for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### **El Arish State School**

28 Chauvel Street, EL ARISH QLD 4855

**W** [elarishss.eq.edu.au](http://elarishss.eq.edu.au)

**P** (07) 4068 5176

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### **Feluga State School**

Feluga Road, FELUGA QLD 4854

**W** [felugass.eq.edu.au](http://felugass.eq.edu.au)

**P** (07) 4068 6153

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### **Flying Fish Point State School**

Maud Street, FLYING FISH POINT QLD 4860

**E** [principal@flyifishss.eq.edu.au](mailto:principal@flyifishss.eq.edu.au)

**W** [flyingfishpointss.eq.edu.au](http://flyingfishpointss.eq.edu.au)

**P** (07) 4063 5111

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### **Innisfail East State School**

92 Mourilyan Road, INNISFAIL QLD 4860

**E** [principal@innisfaileastss.eq.edu.au](mailto:principal@innisfaileastss.eq.edu.au)

**W** [innisfaileastss.eq.edu.au](http://innisfaileastss.eq.edu.au)

**P** (07) 4078 0111

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### **Innisfail State College - Diverse Learning Centre**

45 Flying Fish Point Road, INNISFAIL QLD 4860

**W** [innisfailsc.eq.edu.au](http://innisfailsc.eq.edu.au)

**P** (07) 4078 0336

A Special Campus for Primary Aged to Secondary Aged. Information provided by the Queensland Government Open Data Initiative.

### **Innisfail State College - Special Education Program**

45 Flying Fish Road, INNISFAIL QLD 4860

**W** [innisfailsc.eq.edu.au](http://innisfailsc.eq.edu.au)

**P** (07) 4078 0222

A Special Education Program for Grade 8 to Grade 12. Information provided by the Queensland Government Open Data Initiative.



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**Innisfail State School**

7 Emily Street, INNISFAIL QLD 4860

**W** [innisfailss.eq.edu.au](mailto:innisfailss.eq.edu.au)

**P** (07) 4061 0333

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Kennedy State School**

161 Kennedy Creek Road, KENNEDY QLD 4816

**W** [kennedyss.eq.edu.au](mailto:kennedyss.eq.edu.au)

**P** (07) 4066 0136

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Lower Tully State School**

6 Collins Road, LOWER TULLY QLD 4854

**E** [principal@lowetullyss.eq.edu.au](mailto:principal@lowetullyss.eq.edu.au)

**W** [lowertullyss.eq.edu.au](mailto:lowertullyss.eq.edu.au)

**P** (07) 4066 9351

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Mena Creek State School**

Mena Creek Road, MENA CREEK QLD 4871

**E** [admin@menacreess.eq.edu.au](mailto:admin@menacreess.eq.edu.au)

**W** [menacreekss.eq.edu.au](mailto:menacreekss.eq.edu.au)

**P** (07) 4065 3221

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Mission Beach State School**

Webb Road, WONGALING BEACH QLD 4852

**E** [the.principal@missbeacss.eq.edu.au](mailto:the.principal@missbeacss.eq.edu.au)

**W** [missionbeachss.eq.edu.au](mailto:missionbeachss.eq.edu.au)

**P** (07) 4088 8333

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Mourilyan State School**

34 Mourilyan Harbour Road, MOURILYAN QLD 4858

**E** [the.principal@mourilyass.eq.edu.au](mailto:the.principal@mourilyass.eq.edu.au)

**W** [mourilyanss.eq.edu.au](mailto:mourilyanss.eq.edu.au)

**P** (07) 4063 0222

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Mundoo State School**

115 Cardier Road, WANGAN QLD 4871

**W** [mundooss.eq.edu.au](mailto:mundooss.eq.edu.au)

**P** (07) 4064 2250

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Murray River Upper State School**

1 Middle Murray Road, MURRAY UPPER QLD 4854

**E** [the.principal@murrivess.eq.edu.au](mailto:the.principal@murrivess.eq.edu.au)

**W** [murrayriverupperss.eq.edu.au](mailto:murrayriverupperss.eq.edu.au)

**P** (07) 4066 5540

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**Silkwood State School**

318 Silkwood Japoon Road, SILKWOOD QLD 4856

**W** [silkwoodss.eq.edu.au](mailto:silkwoodss.eq.edu.au)

**P** (07) 4065 1333

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

**South Johnstone State School**

East Avenue, SOUTH JOHNSTONE QLD 4859

**E** [the.principal@southjohnss.eq.edu.au](mailto:the.principal@southjohnss.eq.edu.au)

**W** [southjohnstoness.eq.edu.au](mailto:southjohnstoness.eq.edu.au)

**P** (07) 4064 2182

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

### **Tully State High School**

59337 Bruce Highway, TULLY QLD 4854

**W** [tullyshs.eq.edu.au](mailto:tullyshs.eq.edu.au)

**P** (07) 4068 4555

A State High School for Grade 8 to Grade 12.

Information provided by the Queensland Government Open Data Initiative.

### **Tully State School**

21 Mars Street, TULLY QLD 4854

**W** [tullyss.eq.edu.au](mailto:tullyss.eq.edu.au)

**P** (07) 4043 9333

A State School for Prep to Grade 7. Information provided by the Queensland Government Open Data Initiative.

## **Employment & Training**

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### **Disability Employment & Training Services**

#### **Pet Cloud**

**E** [support@petcloud.com.au](mailto:support@petcloud.com.au)

**W** [petcloud.com.au](http://petcloud.com.au)

**P** 1300 667 785

If NDIS Participants are reliable for bookings they choose to take on, can communicate well, can use a smartphone, can control and care for a pet, then they could potentially become a Pet Sitter through PetCloud. Learn more here:

<https://www.petcloud.com.au/d/blog/ndis-goal-creation-for-pet-lovers/>

## **Employment Information & Assistance**

### **Jenny Gleeson Coaching and Consulting**

**E** [jenny@jennygleeson.com.au](mailto:jenny@jennygleeson.com.au)

**W** [jennygleeson.com.au](http://jennygleeson.com.au)

**P** 0433 884 847

I am a qualified Career Coach and English Teacher. I offer extremely low and cost effective services as I am very community minded and person centred. I also assist Not for Profit organisations with writing tenders, funding applications, business plans plus much more.

### **Quality Innovation Training and Employment - Innisfail**

31 Rankin Street, INNISFAIL QLD 4860

**E** [innisfail@qite.com](mailto:innisfail@qite.com)

**W** [qite.com](http://qite.com)

**P** 0417 285 186

Q.I.T.E. is one of the largest providers of employment services in the region. Q.I.T.E. employs over 80 people and has offices in Mareeba (Head Office), Innisfail, Townsville, Ayr, Mount Isa, Ingham, Bowen and Dimbulah.

## **General Employment & Training Services**

### **Approach Services**

**E** [info@approach-services.com](mailto:info@approach-services.com)

**W** [approach-services.com](http://approach-services.com)

**P** (08) 6171 3833

Approach Services is a Western Australian business on a mission to shape the way we lead and implement change around the world. We are here to empower communities, organisations and leaders to recover fast from challenges and grow through transformation. Facing change? Talk to us about how we can help you thrive.

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**COACT WORKWAYS-TULLY**

33-37 Butler Street, TULLY QLD 4854

**E** [tully@workways.com.au](mailto:tully@workways.com.au)

**W** [workways.com.au](http://workways.com.au)

**P** (07) 4088 4400

A community-owned and focused organisation, Workways is committed to making a positive social and economic difference for those living and working in our communities, offering significant benefit to the Australian economy.

**Electrician Jobs**

**P** (02) 8005 8225

[Electricianjobs.com.au](http://Electricianjobs.com.au) is your online source to find jobs in the Australian Electrical Industry, assisting jobseekers by providing a platform to search and apply directly for the latest jobs or register to receive new job opportunities.?

**Fair Work Infoline**

**W** [fairwork.gov.au](http://fairwork.gov.au)

**P** 13 13 94

Provide information on awards and agreements including your entitlements as an employee. Also for enquiries re wages and employment conditions in the private sector. Information can still be obtained from the Department of Justice and Attorney-General.

**Learning Network Queensland**

**W** [tafeqld.edu.au](http://tafeqld.edu.au)

**P** (07) 4632 2188

Learning Network Queensland offers over 200 courses across a wide range of interest areas including computing, book keeping, small business, professional development, Aboriginal and Torres Strait Islander training, languages and more. Mobile delivery is not new to Learning Network Queensland as we successfully deliver vocational programs to rural and remote locations in Queensland.

**Neami National - THRIVE**

**E** [livingandlearning@neaminational.org.au](mailto:livingandlearning@neaminational.org.au)

**W** [neaminational.org.au](http://neaminational.org.au)

**P** (07) 3493 6780

THRIVE focuses on improving job readiness and workplace inclusivity for people that experience mental health challenges or psychosocial disability. THRIVE includes a suite of e-learning modules and workshops that guide participants and employers toward inclusive recruitment and inclusive workplace practices. Eligibility: Ages of 18-65; reside in WA, VIC, SA, QLD or NSW;

**Ostara Australia - Tully**

54 Bryant St Tully Support Centre, TULLY QLD 4854

**W** [ostara.org.au](http://ostara.org.au)

**P** 0488 623 799

MENH Who's Eligible: Mental Health

**Queensland Association of School Tuckshops**

**E** [chris@qast.org.au](mailto:chris@qast.org.au)

**W** [qast.org.au](http://qast.org.au)

**P** (07) 3324 1511

Queensland Association of School Tuckshops provides Food Safety Supervisor Certificates, tailored to School Canteen Convenors.

**TAFE Open Learning**

**W** [tafeqld.edu.au](http://tafeqld.edu.au)

**P** 13 12 48

TAFE Queensland's distance and online programs bring you quality short courses that address your immediate needs, whether it be for career progression or lifestyle enhancement.

**U3a Network Queensland**

**E** [rhondaj17@bigpond.com](mailto:rhondaj17@bigpond.com)

**P** (07) 4613 6559

U3A provides learning programs including academic, cultural, physical and social. These programs offer stimulation and development to people in their 3rd age.

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## Environment & Conservation

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### Environment & Conservation Local History

#### Cardwell and District Historical Society Inc

51 Victoria Street, CARDWELL QLD 4849

**E** [bush.telegraph@ccrc.qld.gov.au](mailto:bush.telegraph@ccrc.qld.gov.au)

**P** (07) 4066 2412

Cardwell & District Historical Society is a volunteer, not-for-profit organisation. It was formed in 1985 to stop demolition of the original 1892 Town Hall.

#### Innisfail and District Historical Society Inc

School of Arts Building, 9-13 Edith Street, INNISFAIL QLD 4860

**E** [idhs1234@gmail.com](mailto:idhs1234@gmail.com)

**W** [innisfailhistory.com.au](http://innisfailhistory.com.au)

**P** 0418 829 387

The Innisfail & District Historical Society was founded to ensure the rich heritage of the area was preserved by recording written histories and establishing a museum.

#### Tuggeranong Homestead

**E** [info@tuggeranonghomestead.com.au](mailto:info@tuggeranonghomestead.com.au)

**W** [canberrahomestead.com](http://canberrahomestead.com)

**P** (02) 6292 8888

Provides a heritage-listed homestead on 70 acres. A private secluded venue catering for weddings, functions, conference and training workshops. We are open by prior arranged appointment or function only.

## Environmental Action & Conservation

#### Brettacorp Inc.

**E** [brettacorp@outlook.com](mailto:brettacorp@outlook.com)

**W** [brettacorp.org.au](http://brettacorp.org.au)

**P** 0429 999 195

Brettacorp Inc. is revegetating degraded and unused land to create habitat for endangered species. We hold National Tree Day community events on the 1st Saturday of every month. Contact us for details or visit Facebook for more information. [www.brettacorp.org.au](http://www.brettacorp.org.au)

#### Frog Safe, Inc. Inc - the frog hospital rehab centre

**E** [admin@frogsafe.org.au](mailto:admin@frogsafe.org.au)

**W** [frogsafe.org.au](http://frogsafe.org.au)

**P** (07) 4006 3784

We assist anyone with injured/ diseased frogs. We rehab frogs on site from all FNQ plus assist long-distance finders via emailed photos and case history. Our educational website is comprehensive.

#### Palm and Cycad Societies of Australia Inc

**E** [martin.lack@mlaa.com.au](mailto:martin.lack@mlaa.com.au)

**W** [pacsoa.org.au](http://pacsoa.org.au)

**P** (07) 3878 2974

Encourage conservation of Palms and Cycads

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# Health Services

## Aboriginal Health Services

### Indigenous health checks

226 Victoria Street, CARDWELL QLD 4849

**W** [townsville.health.qld.gov.au](http://townsville.health.qld.gov.au)

**P** (07) 4063 6300

Aboriginal and Torres Strait Islander Liaison Officers and Health Workers advocate on behalf of and provide support to Aboriginal and Torres Strait Islander clients, their families and carers throughout their healthcare journey including liaising with clinical staff to ensure culturally appropriate communication and services are provided.

## Adult Health Services

### e-Consultant Build Back Better Initiative

**W** [materresearch.org.au](http://materresearch.org.au)

**P** (07) 3365 5379

To ensure that Northern Queensland General Practitioners have timely access to rapid communication with specialist doctors NQPHN has developed a two-part approach.

## Allied Health

### Active Nutrition

**E** [viviennesalu@ozemail.com.au](mailto:viviennesalu@ozemail.com.au)

**W** [activenutrition.net.au](http://activenutrition.net.au)

**P** 0407 373 002

'Offering Telehealth Only' Dietitian/Nutritionist private practice providing telehealth (video and telephone) support, information and motivation in the areas of health and nutrition. Rebates available from Medicare and Private Health.

### Alliance Rehabilitation - Townsville (Head Office)

**E** [reception@alliancerehab.com.au](mailto:reception@alliancerehab.com.au)

**W** [alliancerehab.com.au](http://alliancerehab.com.au)

**P** (07) 4772 1219

Specialised interdisciplinary health service providing an innovative approach to independent daily living through occupational therapy, exercise physiology, physiotherapy, speech pathology, dietetics, diabetes education, social work, psychology services & driving & assistive technology assessment. Services provided through NDIS, WorkCover, NISQ, DVA & Private referrals.

### Avicenna Health and Wellness

**E** [health@avicenna-hw.com](mailto:health@avicenna-hw.com)

**W** [avicenna-hw.com](http://avicenna-hw.com)

**P** 0493 210 327

Good health is not a luxury, it is what you deserve. Blending science and traditional knowledge, we support you on your journey to optimal health with natural, holistic, and personalised solutions.

### Axis Health Psychology

**E** [info@axispsychology.org](mailto:info@axispsychology.org)

**W** [axispsychology.org](http://axispsychology.org)

**P** 0455 398 354

Health focused, evidence-based psychological therapy and hypnotherapy for anxiety, depression and stress; gut health; disordered eating and disturbed sleep.

### Back In Motion Chiropractic Tully

1 Watkins Street, TULLY QLD 4854

**E** [admin@backinmotion.com.au](mailto:admin@backinmotion.com.au)

**P** (07) 4068 2225

Back In Motion Family and Sports Chiropractic is an innovative holistic healthcare facility

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**Breakfree Psychology Services**

**E** [info@breakfreepsychologyservices.com.au](mailto:info@breakfreepsychologyservices.com.au)

**W** [breakfreepsychologyservices.com.au](http://breakfreepsychologyservices.com.au)

**P** 0479 149 277

Specialist couples therapy, for all relationship issues, including; relationship conflict, low intimacy, lack of friendship or connection, lack of trust, commitment issues and, infidelity.

Psychologist for individuals with emotional dysregulation and interpersonal sensitivity difficulties, including; depression, anxiety, eating disorders, trauma, substance abuse, personality vulnerabilities.

**Ophthalmic nurse - Cairns Eye and Laser Centre Trust**

62 Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** [admin@cairnseye.com](mailto:admin@cairnseye.com)

**W** [cairnseye.com](http://cairnseye.com)

**P** 07 3105 8300

Provides Ophthalmic nurse across various regions of Queensland. (Provided by Cairns Eye and Laser Centre Trust)

**Cairns Occupational Therapy**

**E** [mail@cairnsot.com](mailto:mail@cairnsot.com)

**W** [cairnsot.com](http://cairnsot.com)

**P** (07) 4051 5504

Your centre for • Hand, wrist and arm therapy • Scar, swelling and lymphoedema management • Pain management therapy • Work rehabilitation services

**Diabetes consultation**

226 Victoria Street, CARDWELL QLD 4849

**W** [townsville.health.qld.gov.au](http://townsville.health.qld.gov.au)

**P** (07) 4063 6300

Diabetes Educator services provide clients, diagnosed with diabetes, with effective self-managing strategies to improve the quality of life and prevent complications. Diabetes Educator services can provide clients with information, support, and motivation in the management of diabetes and the link with other health professionals.

**Hearing health**

226 Victoria Street, CARDWELL QLD 4849

**W** [townsville.health.qld.gov.au](http://townsville.health.qld.gov.au)

**P** (07) 4063 6300

Audiologists test hearing and assess the nature of hearing disorders. They are responsible for the non-medical management and rehabilitation of hearing loss and associated disorders of communication.

**Cassowary Coast Physiotherapy - Mission Beach**

Shop 3, 2018 Tully Mission Beach Road, WONGALING BEACH QLD 4852

**E** [admin@cassowarycoast.physio](mailto:admin@cassowarycoast.physio)

**W** [cassowarycoast.physio](http://cassowarycoast.physio)

**P** (07) 4068 2074

We pride ourselves in offering high quality affordable physiotherapy to every single patient we treat.

**Chrysalis Wellbeing**

**E** [chrissey.ortner@zohomail.com.au](mailto:chrissey.ortner@zohomail.com.au)

**W** [chrysaliswellbeing.com.au](http://chrysaliswellbeing.com.au)

**P** 0430 322 711

Online and face to face support, Mt Evelyn, for people experiencing Anxiety, Overwhelm, PTSD, Post Natal Depression or Chronic Ill health.

Hypnotherapy is an evidence based therapy for deep relaxation, addressing the causes of Anxiety and Depression and supporting you to feel calm and in control. Quit Smoking Hypnosis and Weight Loss Programs available. NDIS support for Self Managed Clients.

**ClearConvo**

**E** [support@clearconvo.com](mailto:support@clearconvo.com)

**W** [clearconvo.com](http://clearconvo.com)

**P** (07) 3703 1812

ClearConvo is a registered provider with the National Disability Insurance Scheme. We provide speech therapy services to NDIS participants in the Brisbane region and Queensland or anywhere in Australia via online speech therapy sessions (Telehealth). Call us today on (07) 3703 1812.

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**Communicate Speech Pathology**

**E** [info@communicatespeech.com.au](mailto:info@communicatespeech.com.au)

**W** [communicatespeech.com.au](http://communicatespeech.com.au)

**P** (02) 9328 3444

Founded in 2004, Communicate Speech Pathology provides speech and language mobile, community and school-based and telehealth services to clients of all ages. Our trained speech therapists are practicing members of Speech Pathology Australia and work with clients of all ages to achieve their communication goals.

**Connect2Care - ACT**

**E** [info@connect2care.com.au](mailto:info@connect2care.com.au)

**W** [connect2care.com.au](http://connect2care.com.au)

**P** 1800 950 288

Connect2Care was founded by health professionals with a shared passion for helping people with a disability reach their highest potential. We offer predominantly mobile services throughout Australia, and our therapists have extensive experience working in homes, schools, and other community-based settings.

**Continence Aids Payment Scheme**

**W** [health.gov.au](http://health.gov.au)

**P** 1800 330 066

The National Continence Helpline is staffed by a team of continence nurse advisers and is available to anyone in Australia. It operates from 8am to 8pm (AEST) Monday to Friday.

**Crystal Clear Psychology Solutions**

**E** [reception.ccpsychsolutions@gmail.com](mailto:reception.ccpsychsolutions@gmail.com)

**W** [crystalclearpsychologysolutions.com](http://crystalclearpsychologysolutions.com)

**P** 0476 758 096

Welcome to Crystal Clear Psychology Solutions, a warm and supportive environment that enables you to start living a meaningful and balanced lifestyle. We are passionate about supporting you to be the best version of yourself! We have individual therapy, group programs, return to work support, and job seeking services available to help you reach your goals and maximise your potential.

**Eyecare Plus Innisfail**

30 Owen Street, INNISFAIL QLD 4860

**E** [eyecareplusinnisfail@gmail.com](mailto:eyecareplusinnisfail@gmail.com)

**W** [eyecareplus.com.au](http://eyecareplus.com.au)

**P** (07) 4061 8887

To be accredited, these practices have met stringent membership criteria to ensure that they provide professional eyecare plus quality optometric goods and excellence in service.

**Eyecare Plus Innisfail**

30 Owen Street, INNISFAIL QLD 4860

**E** [eyecareplusinnisfail@gmail.com](mailto:eyecareplusinnisfail@gmail.com)

**W** [eyecareplus.com.au](http://eyecareplus.com.au)

**P** (07) 4061 8887

Local optometrist Eyecare Plus Innisfail focus on comprehensive eye examinations, prescription sunglasses, spectacle frames, contact lenses and eye health care for the whole family.

**Eyedentity Optical – Tully**

Shop 7, 28 Butler Street, TULLY QLD 4854

**E** [eyedentityoptometrists@bigpond.com](mailto:eyedentityoptometrists@bigpond.com)

**W** [eyedentityopticalcairns.com](http://eyedentityopticalcairns.com)

**P** (07) 4033 7575

We provide eye services within Tully

**FNQ Podiatry and Orthotics - Innisfail**

2 Flying Fish Point Road, INNISFAIL QLD 4860

**E** [info@fnqpodiatry.com.au](mailto:info@fnqpodiatry.com.au)

**W** [fnqpodiatry.com.au](http://fnqpodiatry.com.au)

**P** (07) 4045 5749

At FNQ Podiatry & Orthotics, we are foot focused, technology inspired and results driven. We pride ourselves on customer service, professionalism and ensuring our patients have a positive experience from the moment they book their appointment. We know what being a 'patient' is like and are passionate about making your experience at our clinic a memorable and enjoyable one.

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**George and Matilda Eyecare For Innisfail Optical**

39 Rankin Street, INNISFAIL QLD 4860

**E** [innisfail@georgeandmatilda.com.au](mailto:innisfail@georgeandmatilda.com.au)

**W** [georgeandmatilda.com.au](http://georgeandmatilda.com.au)

**P** (07) 4061 1506

Innisfail Optical Pty Ltd is the Cassowary Coast's longest serving independent optometrist. Owned by Optometrist, Lauren Jenkins, Innisfail Optical is committed to providing industry leading, personalised vision care services including eye health checks using state of the art technology and quality eyewear.

**My Health for Life**

**E** [info@myhealthforlife.com.au](mailto:info@myhealthforlife.com.au)

**W** [myhealthforlife.com.au](http://myhealthforlife.com.au)

**P** 13 74 75

My health for life is a free Queensland Government-funded program delivered by the Healthier Queensland Alliance designed to help Queenslanders stay well and lessen their risk of developing conditions such as type 2 diabetes, heart disease and stroke.

**In Step Podiatry - Innisfail**

Innisfail Family Health Centre, 74 Edith Street, INNISFAIL QLD 4860

**E** [steve@insteppodiatry.com.au](mailto:steve@insteppodiatry.com.au)

**W** [insteppodiatry.com.au](http://insteppodiatry.com.au)

**P** (07) 4041 7155

Podiatry practice, based in Cairns, with outreach clinics in Tully, Innisfail, Atherton and Cairns Diabetes Centre

**In Step Podiatry - Tully**

Tully Medical Centre, 10 Watkins Street, TULLY QLD 4854

**E** [steve@insteppodiatry.com.au](mailto:steve@insteppodiatry.com.au)

**W** [insteppodiatry.com.au](http://insteppodiatry.com.au)

**P** (07) 4041 7155

Podiatry practice, based in Cairns, with outreach clinics in Tully, Innisfail, Atherton and Cairns Diabetes Centre

**Clinical Nurse - Cairns and Hinterland Hospital and Health Service**

87 Rankin Street, INNISFAIL QLD 4860

**E** [karen\\_veivers@health.qld.gov.au](mailto:karen_veivers@health.qld.gov.au)

**W** [cairns-hinterland.health.qld.gov.au](http://cairns-hinterland.health.qld.gov.au)

**P** 07 3105 8300

Provides Clinical Nurse across various regions of Queensland. (Provided by Cairns and Hinterland Hospital and Health Service)

**Innisfail Physiotherapy**

27 Owen Street, INNISFAIL QLD 4861

**E** [hd83@hotmail.com](mailto:hd83@hotmail.com)

**P** (07) 4061 8209

No referral necessary. We provide in room therapy, gym based rehabilitation and hydrotherapy. General Physiotherapy and Massage Therapy provided. Home visits can be negotiated on an individual basis.

**Jacqueline Conroy Talking Therapies**

**E** [jacquelinemconroy@gmail.com](mailto:jacquelinemconroy@gmail.com)

**W** [jacqueline-conroy.com](http://jacqueline-conroy.com)

**P** 0413 085 406

I work in a face-to-face setting and the practice also provides telephone and online counselling and therapy.

**Julie Pratt - IBS and FODMAP Dietitian**

**E** [julie@naturalbalancenutrition.com.au](mailto:julie@naturalbalancenutrition.com.au)

**W** [natural-balance-nutrition-dietitian.business.site](http://natural-balance-nutrition-dietitian.business.site)

**P** 0420 994 870

Natural Balance Nutrition is a virtual nutrition practice specialising IBS management and the low FODMAP diet. We help clients with a range of digestive issues including: - Irritable bowel syndrome (IBS) - Fructose malabsorption - Lactose intolerance - Coeliac disease - Reflux - Chronic constipation / diarrhoea - Small intestinal bacterial overgrowth (SIBO)



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**Lavender Sleep and Wellness**

**E** [hello@lavendersleepandwellness.com](mailto:hello@lavendersleepandwellness.com)

**W** [lavendersleepandwellness.com](http://lavendersleepandwellness.com)

**P** 0435 784 209

Empowers families to remove obstacles and restore optimal sleep, health and wellness so that they and their children - from infants to teens - can flourish. Integrative sleep support for newborns to seniors.

**Visiting Allied Health**

10 Ernest Street, INNISFAIL QLD 4860

**E** [enquiries@mamuhsl.org.au](mailto:enquiries@mamuhsl.org.au)

**W** [mamuhsl.org.au](http://mamuhsl.org.au)

**P** (07) 4061 5100

Mamu Health Service Limited is an Aboriginal Community Controlled Health Organisation. We provide culturally appropriate and comprehensive primary health care programs for Aboriginal and Torres Strait Islander people and communities in Innisfail and the surrounding areas.

**Diabetes Education - O'Brien Healthcare**

17 Bryant Street, TULLY QLD 4854

**E** [enquiries@mamuhsl.org.au](mailto:enquiries@mamuhsl.org.au)

**W** [healthmanagement.com.au](http://healthmanagement.com.au)

**P** 07 4051 9093

Provides Dietetics, and Podiatry across various regions of Queensland. (Multiple Providers)

**Nutrition Counselling**

**E** [hello@nutritionwithmari.com](mailto:hello@nutritionwithmari.com)

**W** [nutritionwithmari.com](http://nutritionwithmari.com)

**P** 0478 599 770

Online nutrition counselling services for adults: Eating disorders & disordered eating; Eating well after Bariatric Surgery; and Diabetes

**More Than Able**

**E** [info@morethanable.com.au](mailto:info@morethanable.com.au)

**W** [morethanable.com.au](http://morethanable.com.au)

**P** (07) 5228 0469

More Than Able is a growing allied health service on the beautiful Sunshine Coast offering paediatric therapy.

**Morris Beth Coaching**

60 Mountainview Close, MISSION BEACH  
QLD 4852

**P** 0407 685 352

We provide coaching within Mission Beach

**National 360 - Cairns**

**E** [qld@national360.com.au](mailto:qld@national360.com.au)

**W** [national360.com.au](http://national360.com.au)

**P** 1300 340 440

National 360 aims to provide exceptional allied health services to clients of all ages across Australia. We lead the way with a straightforward and personal approach to allied health – helping more people in more places to be their best. Our 360 approach ensures we provide holistic care to our clients by integrating their goals, family and support network. We will go further for you.

**National 360 - Townsville**

**E** [qld@national360.com.au](mailto:qld@national360.com.au)

**W** [national360.com.au](http://national360.com.au)

**P** 1300 340 440

National 360 aims to provide exceptional allied health services to clients of all ages across Australia. We lead the way with a straightforward and personal approach to allied health – helping more people in more places to be their best. Our 360 approach ensures we provide holistic care to our clients by integrating their goals, family and support network. We will go further for you.

**On The Line Australia**

**E** [enquiries@ontheline.org.au](mailto:enquiries@ontheline.org.au)

**W** [lifeline.org.au](http://lifeline.org.au)

**P** (03) 8371 2800

On the Line is a social health business, supporting and counselling people, anywhere and anytime. We listen and encourage people to feel better: building resilience, fostering healthy relationships, and connecting people with community support.

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**OPSM Innisfail**

ANZ Centre Shop 4, Rankin Street,  
INNISFAIL QLD 4860

**W** [opsm.com.au](http://opsm.com.au)

**P** (07) 4061 4244

OPSM have been helping people see and be seen for over 80 years. We don't just focus on eyes, we see people for who they are — and who they aspire to be.

**Occupational Therapy - Optimise Health and Wellness**

Shop 5, 79-81 Victoria Street, CARDWELL  
QLD 4849

**W** [facebook.com](https://www.facebook.com)

**P** +61434536577

Provides Occupational Therapy across various regions of Queensland. (Provided by Optimise Health and Wellness)

**Performance Physio Group - Pimlico**

**E** [admin@performancephysiogroup.com.au](mailto:admin@performancephysiogroup.com.au)

**W** [performancephysiogroup.com.au](http://performancephysiogroup.com.au)

**P** (07) 4728 9999

Performance Physio Group is the leading physiotherapy practice in North Queensland operating from five clinics; three in Townsville (Pimlico, Townsville Family Medical Centre and North Ward/City) plus regional clinics in Ayr and Ingham.

**Performance Physio Group - Townsville City**

**E** [admin@performancephysiogroup.com.au](mailto:admin@performancephysiogroup.com.au)

**W** [performancephysiogroup.com.au](http://performancephysiogroup.com.au)

**P** (07) 4722 3888

Performance Physio Group is the leading physiotherapy practice in North Queensland operating from five clinics; three in Townsville (Pimlico, Townsville Family Medical Centre and Townsville City) plus regional clinics in Ayr and Ingham.

**Phoenix Hypnotherapy**

**E** [lynne@phoenixhypnotherapy.com.au](mailto:lynne@phoenixhypnotherapy.com.au)

**W** [phoenixhypnotherapy.com.au](http://phoenixhypnotherapy.com.au)

**P** 0438 411 551

Imagine what it will be like to finally quieten that inner-voice and to discover how incredible you can actually be. Imagine what it would be like to finally discover how to become stress and anxiety free in your life... or to be that 'non-smoker'... or to look in the mirror and feel fabulous! I will help you rid yourself of that useless stress and worry and feel the peace you so deserve.

**Queensland Spinal Cord Injuries Service - Spinal Outreach Team (SPOT)**

**W** [health.qld.gov.au](http://health.qld.gov.au)

**P** (07) 3176 9507

The Spinal Outreach Team (SPOT) provides allied health and nursing consultancy and early intervention service for people with spinal cord injuries, their families and other health professionals.

**Specialised Speech Services**

**E** [gail@specialisedspeechservices.com.au](mailto:gail@specialisedspeechservices.com.au)

**P** 0412 906 241

We provide adolescents and adults with personal, individualized, services specific to your needs and personal goals & the opportunity of choosing the best approach to restore your quality of life by improving your swallowing and communication skills in your daily life.

**TalkHQ - Ingham**

**E** [hello@talkhq.com.au](mailto:hello@talkhq.com.au)

**W** [talkhq.com.au](http://talkhq.com.au)

**P** (07) 4755 0225

As qualified speech pathologists, we have received specific training to assess, diagnose and treat children and adults with communication and swallowing difficulties. In keeping with the ethos of TalkNQ Speech pathology uses research-directed assessments and treatment approaches to improve a person's communication or swallowing difficulty.

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**Therapy Pro Pty Ltd**

**E** info@therapypro.com.au

**W** therapypro.com.au

**P** 1300 004 414

Inspired by the vision of 'choice and control' developed by the National Disability Insurance Scheme (NDIS), Therapy Pro has reimagined the world of service delivery with you, the client, central to the planning and delivery of your services.

**Exercise Physiologist / Occupational Therapist / Physiotherapist / Psychologist / AHA**

**E** info@thrivinglives.com.au

**W** thrivinglives.com.au

**P** (07) 4065 8000

Thriving Lives Co (TLC) is a multi-disciplinary allied health team including nine Exercise Physiologists, five Occupational Therapists, two Physiotherapists, one Psychologist & AHA. Our team works closely with other allied health professionals in the area to deliver quality multi-disciplinary healthcare for a vast range of medical conditions ranging from sub-acute injuries to chronic conditions.

**Thriving Lives Co. - Atherton**

**E** info@thrivinglives.com.au

**W** thrivinglives.com.au

**P** (07) 4065 8000

Exercise Physiology, Physiotherapy, Occupational Therapy and Psychology services. Multi-disciplinary allied health clinic committed to empowering our community to live a life they love.

**Thriving Lives Co. - Cairns**

**E** info@thrivinglives.com.au

**W** thrivinglives.com.au

**P** (07) 4065 8000

Exercise Physiology | Occupational Therapy | Physiotherapy | Psychology. Local interdisciplinary allied health clinic offering services from Tully, through to Innisfail, Babinda, Gordonvale, Yarrabah, Cairns, Kuranda, Atherton Tablelands and Mareeba, through to Mossman. In clinic, home visits, gym, pool, community and telehealth appointments.

**Thriving Lives Co. - Innisfail**

65 Edith Street, INNISFAIL QLD 4860

**E** info@thrivinglives.com.au

**W** thrivinglives.com.au

**P** (07) 4065 8000

Exercise Physiology, Physiotherapy and Occupational Therapy services. Multi-disciplinary allied health clinic committed to empowering our community to live a life they love.

**Tropic Kids Physiotherapy**

**E** hello@tropickidsphysiotherapy.com

**W** tropickidsphysiotherapy.com

**P** 0409 620 415

Tropic Kids Physiotherapy is a passionate small business providing family-focused, evidence-based paediatric physiotherapy to North Queensland. Based in Townsville, we provide outreach clinics to Ingham, Magnetic Island, Charters Towers & Hughenden. We strive to deliver individualised therapy with a multidisciplinary approach.

**Podiatry - Towers Podiatry**

10 Watkins Street, TULLY QLD 4854

**E** admin@tullymedical.com.au

**W** checkup.org.au

**P** 0427628637

Provides Podiatry across various regions of Queensland. (Provided by Towers Podiatry)

**Tully Sports and Spinal Physiotherapy Centre**

Shop A, 1 Webb Street, TULLY QLD 4854

**E** admin@tullyphysio.com.au

**P** (07) 4068 2074

Physiotherapy centre in Tully

**Wellness Nutrition Solutions**

**E** dorelle@wellnessnutritionsolutions.com.au

**W** wellnessnutritionsolutions.com.au

**P** (07) 3117 9244

We provide dietetic and nutrition services for adults via Telehealth or in-person appointments. Our focus areas include digestive health (IBS, food intolerances, FODMAP diets, constipation, reflux), weight concerns (both under and over), eating behaviours and emotional eating, type 2 diabetes, and heart health and the Mediterranean diet.

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## Child Youth & Family Health

### Leukodystrophy Resource and Research organisation

**E** bobwyborn@bigpond.com

**W** leukodystrophyresourceresearch.org

**P** (07) 4627 1092

Leukodystrophy is group of some 50 to 60 genetic progressive neurodegenerative disorders that are terminal. We support families, scientists, clinicians and allied health.

## Community Health & Medical

### Asbestos Related Diseases

**E** inquiries@adss.org.au

**W** adss.org.au

**P** 1800 776 412

We provide telephone support to people with an asbestos related disease, their families and carers. We also aim to prevent exposure to asbestos containing materials.

### Caredirect

**E** townsville@caredirectservices.com.au

**W** caredirect.com.au

**P** (07) 4426 1924

Community Nursing and personal care services

### Jumbun Community Health Centre

LOT 1 Murray Falls Road, MURRAY UPPER QLD 4854

**E** CACH@health.qld.gov.au

**W** cairns-hinterland.health.qld.gov.au

**P** (07) 4066 1409

We offer community health services such as child health monthly, Cassowary Area Community Health (CACH) Outreach Clinics, women's health clinics and telehealth.

### Mission Beach Community Health Centre

26 Wongaling Beach Road, WONGALING BEACH QLD 4852

**E** CACH@health.qld.gov.au

**W** cairns-hinterland.health.qld.gov.au

**P** (07) 4068 9722

Our clinics are scheduled to: improve health outcomes, provide coordinated care, linking hospital and community sectors, reduce avoidable hospital admissions

### Peer Navigation

**E** info@qpp.org.au

**W** qpp.org.au

**P** (07) 3013 5555

The HIV Peer Navigation Program supports people diagnosed with HIV to navigate the complex environment of HIV treatment & care.

### Queensland Positive People - Mackay

**E** info@qpp.org.au

**W** qpp.org.au

**P** (07) 3013 5555

Case Management services for people living with HIV

## Dental & Oral Health

### Agape Family Dental

17 Richardson Street, TULLY QLD 4854

**W** agape-family-dental.com

**P** (07) 4068 1129

Agapé Family Dental has a Hicaps facility which means we accept most health funds and allows you to claim on the spot and just pay the gap.

### Innisfail Dentists

27-29 Owen Street, INNISFAIL QLD 4860

**E** reception@innisfaildentists.com.au

**W** innisfaildentist.com.au

**P** (07) 4061 1134

At our practice we take the attitude that patients decide over their own mouths. We are here as professionals, to point out if there are problems and in that case to present treatment options.

### **Innisfail Hospital**

87 Rankin Street, INNISFAIL QLD 4860

**E** karen\_veivers@health.qld.gov.au

**W** cairns-hinterland.health.qld.gov.au

**P** (07) 4061 5421

Queensland Health offer Public Sector Oral Health Services through a Statewide network of Dental Clinics. The services provided are subject to the clinical judgement of the Dentist based on the assessment of each individual. To be eligible a person must be a Queensland resident and a holder of one of the following cards - Pensioner Concession Card, Health Care Card or Commonwealth Seniors ...

### **My Family Dental Innisfail**

39 Rankin Street, INNISFAIL QLD 4860

**E** innisfail@myfamilydentalqld.com.au

**W** myfamilydentalqld.com.au

**P** (07) 4061 8110

My Family Dental Innisfail are your local team of dental professionals, treating patients from all over the Cairns and Hinterland regions!

## **Drug & Alcohol Services**

### **AL ANON FAMILY GROUPS**

8 Scullen Avenue, INNISFAIL QLD 4860

**E** alanonnqarea@gmail.com

**W** al-anon.org.au

**P** 1300 252 666

To help families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem.

### **Alcohol And Drug Foundation - Queensland**

**E** adf@adf.org.au

**W** adf.org.au

**P** (07) 3565 3700

Our Purpose: To prevent and minimise the harm caused by alcohol and other drugs in Australia.

### **Lived Experience education and support**

**E** admin@australianantiicecampaign.org.au

**W** australianantiicecampaign.org.au

**P** (07) 5665 6063

Prevention Education Advocacy Intervention Peer support Relapse prevention Group therapy

### **Family Drug Support**

**E** general@fds.ngo.org.au

**W** fds.org.au

**P** 1300 368 186

FDS provides up to date information on all aspects of alcohol and drug use relative to the families and friends of people who use substances. FDS also operates a National 24 hr, 7 day a week telephone support service for families and friends affected by alcohol and other drug issues.

### **Lives Lived Well Head Office**

**E** info@liveslivedwell.org.au

**W** liveslivedwell.org.au

**P** 1300 727 957

Lives Lived Well provides support for people in Queensland, New South Wales and South Australia who are being impacted by alcohol or drugs or problems with mental health. We aim to take a holistic, compassionate and harm minimisation approach to help people live their lives well. Our community supports are free to access, and we also provide low-cost live-in services.

### **Townsville Recovery Services Centre**

**E** support@nqphn.com.au

**W** salvationarmy.org.au

**P** (07) 4772 3607

Townsville Recovery Services seeks to bring hope, healing and wholeness to all people adversely affected by alcohol, other drugs and gambling by providing a range of services and support to addicts, families and significant others whose lives have been affected by addiction.

### **SMART Recovery**

**E** smartrecovery@srau.org.au

**W** smartrecoveryaustralia.com.au

**P** (02) 9373 5100

Smart Recovery For all addictive behaviours

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### **Teen Challenge - New Life Centre - QLD**

**E** [tcqld@teenchallenge.org.au](mailto:tcqld@teenchallenge.org.au)

**W** [teenchallengeqld.org.au](http://teenchallengeqld.org.au)

**P** (07) 3422 1500

Teen Challenge provides a residential rehabilitation program for men and women who struggle with drug and/or alcohol addiction and other life controlling issues.

### **Drug and Alcohol Rehabilitation**

**E** [tcqld@teenchallenge.org.au](mailto:tcqld@teenchallenge.org.au)

**W** [teenchallengeqld.org.au](http://teenchallengeqld.org.au)

**P** (07) 3422 1500

We provide rehabilitation services to men and women to help them overcome drug, alcohol and other life controlling addictions. Our New Life Men's Centre can take those between the ages of 18 and 45, and the New Life Women's Centre is for those between the ages of 18 and 40.

## **General Health Services**

### **13 HEALTH**

**W** [qld.gov.au](http://qld.gov.au)

**P** 13 43 25 84

It's not an emergency but it could be serious. 24 hour health line. Qualified staff will give you advice on who to talk to and how quickly to do it.

### **Asthma Australia - Brisbane**

**W** [asthma.org.au](http://asthma.org.au)

**P** (07) 3252 7677

Most of the time we take our breathing for granted. Inhale, exhale, inhale, exhale. But for people with asthma, the simple act of breathing can be a difficult and terrifying experience. At Asthma Australia we help people to breathe so they can live freely.

### **Australian Primary Health Care Nurses Association (APNA)**

**E** [admin@apna.asn.au](mailto:admin@apna.asn.au)

**W** [apna.asn.au](http://apna.asn.au)

**P** (03) 9322 9500

APNA champions the role of primary health care nurses; to advance professional recognition, ensure workforce sustainability, nurture leadership in health, and optimise the role of nurses in patient centered care.

### **Orthoptics - Cairns Eye and Laser Centre Trust**

62 Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** [admin@cairnseye.com](mailto:admin@cairnseye.com)

**W** [cairnseye.com](http://cairnseye.com)

**P** 07 4053 7877

Provides Ophthalmology Assistant, Orthoptics, and Ophthalmic nurse across various regions of Queensland. (Provided by Cairns Eye and Laser Centre Trust)

### **Cancer Council 13 11 20 - Statewide**

**E** [helpline@cancerqld.org.au](mailto:helpline@cancerqld.org.au)

**W** [cancerqld.org.au](http://cancerqld.org.au)

**P** 13 11 20

The Cancer Helpline is the specialised telephone information and support service of the Cancer Council Queensland

### **Cardwell Community Health Centre**

226 Victoria Street, CARDWELL QLD 4849

**W** [townsville.health.qld.gov.au](http://townsville.health.qld.gov.au)

**P** (07) 4063 6300

The Community Health Centre was opened in 2004 and honours the memory of Dr Robert "Bob" Warnock, a long-serving GP from the area. The Cardwell Family Practice GP co-located in 2006 with the Community Health Centre and provides an enhanced health service to the community.

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**Child and adult immunisation**

226 Victoria Street, CARDWELL QLD 4849

**W** [townsville.health.qld.gov.au](http://townsville.health.qld.gov.au)

**P** (07) 4063 6300

Vaccination is a simple, safe, and effective way of protecting you against harmful diseases before you come into contact with them. It uses your body's natural defences to build resistance to specific infections and makes your immune system stronger.

**Dr Di Palma Surgery**

62 Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** [admin@medicalandskin.com.au](mailto:admin@medicalandskin.com.au)

**P** (07) 4061 1556

This service provides medical and skin cancer services and is within walking distance of the local hospital and Ambulance centre, and close proximity to medical services including pathology, radiology and pharmacies.

**Epilepsy QLD**

**E** [epilepsy@epilepsyqueensland.com.au](mailto:epilepsy@epilepsyqueensland.com.au)

**W** [epilepsyqueensland.com.au](http://epilepsyqueensland.com.au)

**P** (07) 3435 5000

Epilepsy Qld provides a wide range of information and support services to help people with epilepsy and their families. Community education services, staff training and advocacy services are also offered. Epilepsy Queensland has a specialist children's program and a family support program.

**Eyedentity Optical – Tully**

Shop 7, 28 Butler Street, TULLY QLD 4854

**E** [eyedentityoptometrists@bigpond.com](mailto:eyedentityoptometrists@bigpond.com)

**W** [eyedentityoptical Cairns.com](http://eyedentityoptical Cairns.com)

**P** (07) 4033 7575

We are a local family owned and operated business by Suzanne Brophy that has been operating from our main Earlville branch and throughout Far North Queensland since its establishment by Michael Brophy in 1992.

**Healthdirect Helpline**

**E** [info@nhccn.com.au](mailto:info@nhccn.com.au)

**W** [healthdirect.gov.au](http://healthdirect.gov.au)

**P** 1800 022 222

The healthdirect helpline is a 24-hour telephone health advice line that operates seven days a week. It is staffed by registered nurses who provide expert health advice. You can call for advice if you or a member of your family are feeling ill and are unsure what to do, or for health information on a particular condition.

**Herbalife Independent Distributor**

**E** [info@herbsforhealth.com.au](mailto:info@herbsforhealth.com.au)

**W** [herbsforhealth.goherbalife.com](http://herbsforhealth.goherbalife.com)

**P** 0417 544 349

Community Weight Loss Challenge

**HiBar Nutrition and Fitness**

**W** [hibar.com.au](http://hibar.com.au)

**P** 0428 202 832

A nutrition coaching service to help people lose weight and become healthy. Providing ongoing counselling to help people improve their diet and live long and happy lives.

**Aboriginal Health Worker - Cairns and Hinterland Hospital and Health Service**

87 Rankin Street, INNISFAIL QLD 4860

**E** [karen\\_veivers@health.qld.gov.au](mailto:karen_veivers@health.qld.gov.au)

**W** [cairnseyesurgery.com.au](http://cairnseyesurgery.com.au)

**P** 07 4081 3000

Provides Ophthalmology Assistant, Orthoptics, Ophthalmic nurse, Aboriginal Health Worker, Clinical Nurse, and Sonography across various regions of Queensland. (Multiple Providers)

**Innisfail Medical Centre**

Shop 17 , 1-5 Owen Street, INNISFAIL QLD 4860

**E** [admin@imcentre.com.au](mailto:admin@imcentre.com.au)

**P** (07) 4061 2322

Innisfail Medical Centre's mission is to provide high quality personalised medical care and service to our patients.

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**Optometry - Outside Optical**

183 Murray Falls Road, MURRAY UPPER  
QLD 4854

**E** [jumbunreception@activ8.net.au](mailto:jumbunreception@activ8.net.au)

**W** [outsideoptical.com](http://outsideoptical.com)

**P** 07 4786 2034

Provides Optometry across various regions of  
Queensland.(Provided by Outside Optical)

**Jumbun Primary Health Care Centre**

Murray Falls Rd, MURRAY UPPER QLD  
4854

**P** (07) 4066 1409

Supports health and well-being in the local  
community.

**Lung Foundation**

**E** [kelcieh@lungfoundation.com.au](mailto:kelcieh@lungfoundation.com.au)

**W** [lungfoundation.com.au](http://lungfoundation.com.au)

**P** 1800 654 301

Patient resources can be downloaded or ordered  
on the website, along with information on  
Pulmonary rehabilitation and support group  
locations.

**Mable Direct store**

**E** [info@mable.com.au](mailto:info@mable.com.au)

**W** [orders.pmcdirect.com.au](http://orders.pmcdirect.com.au)

**P** 1300 736 573

Mable Direct provides independent support  
workers, clients and coordinators direct access to  
affordable consumables, equipment and  
wearables to support your everyday needs. Mable  
Direct can help you maximise NDIS or HCP funding

**Mamu Health Service - Innisfail**

10 Ernest Street, INNISFAIL QLD 4860

**E** [enquiries@mamuhsl.org.au](mailto:enquiries@mamuhsl.org.au)

**W** [mamuhsl.org.au](http://mamuhsl.org.au)

**P** (07) 4061 5100

Mamu Health Service provides bulk billing at all  
primary health care clinics. We deliver  
preventative and ongoing holistic care with  
linkages to other allied health providers.

**Mamu Health Service - Tully**

17 Bryant Street, TULLY QLD 4854

**E** [enquiries@mamuhsl.org.au](mailto:enquiries@mamuhsl.org.au)

**W** [obrienhealthcare.com.au](http://obrienhealthcare.com.au)

**P** 0410 530 247

Provides Diabetes Education across various regions  
of Queensland.(Provided by O'Brien Healthcare)

**Medicare - Innisfail**

72 Ernest Street, INNISFAIL QLD 4860

**W** [servicesaustralia.gov.au](http://servicesaustralia.gov.au)

**P** 13 20 11

Medicare See a Customer Service Officer to help  
you with your Medicare claim in person, or use our  
convenient Medicare drop box.

**Aboriginal and Torres Strait Islander  
Health Worker and Practitioner  
Workforce Uplift**

**E** [info@naatsihwp.org.au](mailto:info@naatsihwp.org.au)

**W** [naatsihwp.org.au](http://naatsihwp.org.au)

**P** 1800 983 984

National Association of Aboriginal and Torres Strait  
Islander Health Workers and Practitioners  
(NAATSIHWP) - Aboriginal & Torres Strait Islander  
Health Worker & Practitioner Workforce Uplift. A  
collaborative partnership with NAATSIHWP and  
Queensland Aboriginal and Islander Health Council  
(QAIHC) to review the role of the Aboriginal and  
Torres Strait Islander Health Worker and  
Practitioner.

**Optimise Health And Wellness - Cardwell**

Shop 5, 79-81 Victoria Street, CARDWELL  
QLD 4849

**P** (07) 4423 7662

Supports health and well-being in the local  
community.

**Poisons Information Centre**

**E** [poisons.info@health.qld.gov.au](mailto:poisons.info@health.qld.gov.au)

**W** [childrens.health.qld.gov.au](http://childrens.health.qld.gov.au)

**P** 13 11 26

The Queensland Poisons Information Centre offers  
24 hours advice to public and health Professionals  
of Queensland on poisonings (or suspected  
poisonings), bites and stings.



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**Precedence Health Care**

**E** support@precedencehealthcare.com

**W** precedencehealthcare.com

**P** (03) 9023 0800

Precedence Health Care is a Digital Health Solutions for Integrated Care - A better, healthier life for everyone.

**Scad Research**

**E** info@scadresearch.com.au

**W** scadresearch.com.au

**P** 0413 486 833

SCAD Research Australia is a registered not for profit health charity which generates awareness and raises money for life saving medical research to beat SCAD Heart Attacks. Spontaneous Coronary Artery Dissection (SCAD) is the leading cause of heart attacks in women under 50, new mums and pregnant women and cause of heart attacks in healthy, fit adults with no risk factors for heart disease.

**Stephen Island Primary Health Centre**

**W** checkup.org.au

**P** 0427 225 574

Provides Optometry, and Optometry Assistance across various regions of Queensland.(Provided by Altitude Eyewear)

**North Queensland Persistent Pain Management Service**

**W** townsville.health.qld.gov.au

**P** (07) 4433 1111

Our team helps people to manage their ongoing pain through a holistic approach, including medical, lifestyle, exercise and psychological treatments. We focus on helping people make sense of their pain conditions, and supporting them to improve the quality of life and get back to doing what they care about.

**Tully Medical Centre**

10 Watkins Street, TULLY QLD 4854

**E** admin@tullymedical.com.au

**P** (07) 4068 1977

General Practice and Health Services

**Well Women's Health Clinic**

Tully Hospital, Cnr Cook , Bryant Street, TULLY QLD 4854

**P** (07) 4068 4144

Well Women's Health Clinic provides appointments for pap smear, instruction in breast self-examination and all other services on health issues relating to women.

**General Practice/Doctor****After Hours Clinic**

**E** clinic@hhds.com.au

**W** afterhoursclinic.au

**P** (07) 3073 3933

The After Hours Clinic specialises in urgent after hours medical care. We are not an emergency service. Our service offers urgent after hours medical assistance for non-life-threatening illness and injuries. Established in 2022, the After Hours Clinic aims to ease the pressure off Emergency Departments. This is a walk in after hours clinic. After Hours Clinic is open seven days a week.

**Physician - Ophthalmology - Cairns Eye and Laser Centre Trust**

62 Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** admin@cairnseye.com

**W** cairnseye.com

**P** 07 4053 7877

Provides Physician - Ophthalmology across various regions of Queensland.(Provided by Cairns Eye and Laser Centre Trust)

**Cardwell Family Practice**

226 Victoria Street, CARDWELL QLD 4849

**E** cardwellfp@westnet.com.au

**P** (07) 4066 8533

The Cardwell Family Practice strives to provide a holistic service to all patients. We encourage all patients to achieve and maintain health and well being whilst focusing on client centred goals.

**FNQH Innisfail**

35 Palmerston drive, INNISFAIL QLD 4860

**P** (07) 4061 4471

Provides Health Services - General Practice/Doctor in the Innisfail area

**Ingham Family Medical Practice -  
Cardwell**

75 Victoria Street, CARDWELL QLD 4849

**E** ifmpadmin@inghammedical.com.au

**W** inghammedical.com.au

**P** (07) 4227 2000

Ingham Family Medical Practice is a positive, enthusiastic and successful medical practice, striving to deliver excellence in health, continuing quality improvement and best practice medicine and clinical care.

**Physician - Ophthalmology - Multiple  
Providers**

87 Rankin Street, INNISFAIL QLD 4860

**E** karen\_veivers@health.qld.gov.au

**W** health.qld.gov.au

**P** 42260000

Provides Physician - Obstetrics & Gynaecology, Physician - Paediatrics - General, Physician - Obstetrics & Gynaecology - Registrar, Physician - Surgery - General, Physician - Ophthalmology, and Physician - Cardiology across various regions of Queensland. (Multiple Providers)

**General Practitioner (GP)**

10 Ernest Street, INNISFAIL QLD 4860

**E** enquiries@mamuhsl.org.au

**W** mamuhsl.org.au

**P** (07) 4061 5100

Provides General Practitioner across various regions of Queensland.

**General Practitioner - Mamu Health  
Service**

17 Bryant Street, TULLY QLD 4854

**E** enquiries@mamuhsl.org.au

**W** mamuhsl.org.au

**P** 0740619988

Provides General Practitioner across various regions of Queensland.(Provided by Mamu Health Service)

**NQ Virtual Integrated Practice (VIP)  
Partnership Program**

**W** materresearch.org.au

**P** (07) 3365 5379

The Virtual Integrated Practice (VIP) Program involves, an urban/regional General Practitioner (GP) joining a rural general practice and provides ongoing care to patients remotely via telehealth. The model of care was designed to address those issues most important to long-term practice sustainability and population health outcomes.

**Rankin Street Medical**

55 Rankin Street, INNISFAIL QLD 4860

**P** (07) 4061 1286

General Practice

**Telehealth Dr**

**E** admin@telehealthdr.com.au

**W** telehealthdr.com.au

**P** 1300 998 808

We are Telehealth Doctors. A Digital Telehealth Agency proudly provides a patient portal for Telehealth Care all across Australia, where efforts are carried out by our highly trained and RACGP licensed professionals to restore and maintain patients' physical, mental and emotional health. Our Telehealth Consultants are ready to provide you electronic prescriptions according to your ailments at ...

**Health Rehabilitation  
Services****STEPS Program**

**E** abios@health.qld.gov.au

**W** health.qld.gov.au

**P** (07) 3176 9506

The Skills To Enable People and Communities (STEPS) Program is a Queensland-wide information and skills program for adults aged 18-65 years with Acquired Brain Injury (ABI), including stroke, and their families and friends.

### **Activ8 Health Club**

**E** trent@activ8.club

**W** activ8.club

**P** (02) 8544 0487

A registered provider under the National Disability Insurance Scheme (NDIS)

### **Performance Physio and Rehab**

**E** info@rehabphysio.com.au

**W** rehabphysio.com.au

**P** (07) 5444 0394

Physiotherapy services including sports, necks and backs, persistent pain, lymphodema and vocal dysfunction. Rehab in pools and gyms Online services available - exercise advice, assessments and PSYCHOLOGY inclusive clinic

### **Thriving Lives Co. - Woree**

**E** info@thrivinglives.com.au

**W** thrivinglives.com.au

**P** 0435 515 470

Thriving Lives Co. delivers quality multi-disciplinary allied healthcare, offering exercise physiology, physiotherapy, occupational therapy, psychology and allied health assistant services to clients of all ages to empower individuals to improve their quality of life one step at a time within clinic, home, gym and pool setting within the community.

## **Health Screening Services**

### **Diversa Health - Richmond**

**P** 1300 100 560

We are a unique dietitian-led coaching service for NDIS participants. Accessibility is our priority - our services are entirely remote enabling us to work with participants Australia-wide, from the comfort of their own home. Diversa specialises in low carbohydrate nutrition, weight loss & type 2 diabetes, as well as helping NDIS participants to reduce pain and fatigue, improve mood, promote opt

### **National Bowel Cancer Screening Program (NBCSP)**

**W** health.gov.au

**P** 1800 627 701

The National Bowel Cancer Screening Program aims to reduce deaths from bowel cancer by detecting the early signs of the disease. Eligible Australians from 50 to 74 years of age are sent a free, simple test that is done at home. Find out how the program works and how to do the test.

## **Hearing Services**

### **Amplifon - Innisfail**

48 Rankin Street, INNISFAIL QLD 4860

**E** innisfail@nhc.com.au

**W** amplifon.com

**P** (07) 4053 3100

Hearing loss is very personal. You may start to feel that you are missing out. Or perhaps you already feel left out. But the good news is there are so many ways you can improve your hearing health, especially if you start early. Achieving better hearing is a journey. So choose people you are comfortable with to help you along the way.

### **Auslan services**

**W** auslanservices.com

**P** 1300 287 526

Auslan Services is a nationally recognised, multi-award winning agency and employer of choice that provides a one-stop shop with the most affordable suite of packages of support to Deaf Australians. Auslan Services have been a regular source of contact via many reputable organisations, agencies, businesses and Government departments at local, state and national levels.

### **Hearing Australia - Innisfail**

180 Edith Street, INNISFAIL QLD 4860

**W** hearing.com.au

**P** (07) 4052 3700

With over 600 locations across Australia, we'll work with you to deliver on our promise to offer world-leading hearing solutions anyone can access— to make a difference to you, your family as well as the communities we serve.

### **Hearing Australia - Tully**

54 Bryant Street, TULLY QLD 4854

**E** [info@hearing.com.au](mailto:info@hearing.com.au)

**W** [hearing.com.au](http://hearing.com.au)

**P** (07) 4052 3700

With over 600 locations across Australia, we'll work with you to deliver on our promise to offer world-leading hearing solutions anyone can access— to make a difference to you, your family as well as the communities we serve.

## **Home Care & Safety Services**

### **ALL IN CARE**

**E** [enquiries@allincare.com.au](mailto:enquiries@allincare.com.au)

**P** 0478 872 273

• Social support • Domestic assistance • Reaching NDIS goals • Yard maintenance • Medication support • Community nursing • Education ALL IN CARE believes and values clients individuality, culture and customs with respect, knowledge & expertise. We encourage you to call us for more information so that we can assist you in delivering professional services with a family feel.

### **Hospital in Your Home**

**E** [info@hiyh.com.au](mailto:info@hiyh.com.au)

**W** [hiyh.com.au](http://hiyh.com.au)

**P** 1300 004 495

The Hospital In Your Home service provides you with high-level care in your own home or location of choice so you don't have to stay in hospital. The service is organised for an agreed period of time to help you during your recovery. For the duration of your care you will remain a patient of the hospital.

### **Trilogy Care**

**E** [info@trilogycare.com.au](mailto:info@trilogycare.com.au)

**W** [trilogycare.com.au](http://trilogycare.com.au)

**P** 1300 459 190

Trilogy Care supports you to confidently manage your Home Care Package so you can continue to live comfortably in the home you love. Our experienced team provides personalised care planning and budget administration, as well as the option for coordination of supports, to help you maximise your care hours and wellbeing.

## **Hospitals**

### **Chronic Disease Management**

226 Victoria Street, CARDWELL QLD 4849

**W** [townsville.health.qld.gov.au](http://townsville.health.qld.gov.au)

**P** (07) 4063 6300

The Chronic Care/Disease Management team works with patients in relation to general and individual health concerns, they also support patients to plan for health care and treatments associated with a wide range of chronic illnesses (e.g. Diabetes, Cardiovascular, Respiratory, and other chronic health problems).

### **Innisfail Hospital**

87 Rankin Street, INNISFAIL QLD 4860

**E** [karen\\_veivers@health.qld.gov.au](mailto:karen_veivers@health.qld.gov.au)

**W** [cairns-hinterland.health.qld.gov.au](http://cairns-hinterland.health.qld.gov.au)

**P** (07) 4061 5421

Queensland Public Hospital. Please contact hospital staff for more information on the services available at this location. In any emergency situation involving sudden illness or injury, it is essential that an ambulance is called immediately. Call Triple Zero (000) immediately to contact emergency services. This information is provided by the Queensland Government Open Data Initiative.

### **Tully Hospital**

Bryant Street, TULLY QLD 4854

**W** [cairns-hinterland.health.qld.gov.au](http://cairns-hinterland.health.qld.gov.au)

**P** (07) 4068 1144

Queensland Public Hospital. Please contact hospital staff for more information on the services available at this location. In any emergency situation involving sudden illness or injury, it is essential that an ambulance is called immediately. Call Triple Zero (000) immediately to contact emergency services. This information is provided by the Queensland Government Open Data Initiative.

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## Mental Health Services

### 1300 MH CALL

**W** [metrosouth.health.qld.gov.au](https://metrosouth.health.qld.gov.au)

**P** 1300 642 255

1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

### Beyond Blue Helpline and Online Chat

**W** [beyondblue.org.au](https://beyondblue.org.au)

**P** 1300 224 636

Beyond Blue Webchat provides one-on-one mental health support for people in Australia who are concerned about anxiety, depression or suicide.

### Brooke Fisher-Leach Calm Minds Psychology

12 Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** [brooke\\_fisherleach@bigpond.com](mailto:brooke_fisherleach@bigpond.com)

**W** [calmmindspsychology.com](https://calmmindspsychology.com)

**P** 0435 200 508

Calm Minds Psychology provides assessment and treatment of children adolescents and adults based in Innisfail, Qld. Please call to make an appointment. Open Mon to Fri

### Cassowary Coast Psychology Services

20 Edith Street, INNISFAIL QLD 4860

**E** [ccpsfnq@gmail.com](mailto:ccpsfnq@gmail.com)

**P** 0477 188 330

Cassowary Coast Psychology Services provides the Cassowary Coast communities with high quality, strictly confidential, reliable and honest evidence-based services (assessments and interventions).

### BluePages Depression Information

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [bluepages.anu.edu.au](https://bluepages.anu.edu.au)

BluePages Depression Information provides evidence-based information about depression - what it feels like, how it is diagnosed, how you can seek help and which treatments work. The website includes reviews of the available scientific evidence for a large number of potential depression treatments, so that individuals can make informed decisions about which treatments might be best for them.

### E - Hub Health

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [ehubhealth.com](https://ehubhealth.com)

We provide automated, online mental health programs which are available free to all Australians thanks to funding from the Australian Department of Health.

### e-couch self-help

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [ecouch.anu.edu.au](https://ecouch.anu.edu.au)

e-couch is an online, interactive self-help program for common mental health problems. - Free, evidence-based information and self-help training - Program modules for depression, anxiety & worry, social anxiety, bereavement & loss, divorce & separation. - Access anonymously, at your own pace, at any time.

### moodgym

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [moodgym.com.au](https://moodgym.com.au)

moodgym is like an online interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. - Free for all Australians - Over 1 millions users worldwide - Anonymous and confidential - Secure handling of your data - Access anytime, at your own pace - Scientifically evaluated

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**Galcom**

**E** support@sentient.global

**W** sentientpsych.com

**P** 1300 187 448

Sentient Professional Wellbeing is a mental wellbeing, professional wellbeing and research organisation. Our specialised team of clinical psychologists, counsellors, executive coaches and researchers are highly skilled and experienced in working with stress, anxiety, relationships, depression, life transitions, grief & trauma/ PTSD. We welcome all forms of diversity to our clinic.

**Healthspot Ot**

**E** admin@healthspotot.com.au

**W** linktr.ee

**P** 0481 301 965

Healthspot Occupational Therapy is an online integrative occupational therapy service focussing on mental health and well-being.

**Innisfail Psychology**

Unit 1, Level 1, Innisfail Food Emporium,  
20 Edith Street, INNISFAIL QLD 4860

**E** fawn@innisfailpsychology.com.au

**P** 0411 237 382

Fawn Westerhuis provides therapy to clients from age 14. No referral is necessary, however if you wish to claim back on Medicare, you will need a referral from your GP (please note that a gap payment will apply). Clients of low-income may be eligible for therapy at no cost. This can also be arranged through your GP.

**Isa Psychology**

**E** caitlin@cgpsych.com

**W** isapsychology.com.au

**P** (07) 3129 0196

Psychology services - assessment/intervention, counselling, self exploration. Rebates available, make an enquiry, visit website isapsychology.com.au to find out more, or to book an appointment online. All ages welcome.

**Life Transitions Coaching Counselling And Therapy Services**

**E** stormtograce@gmail.com

Confidential Personal Counselling and Family Therapy provided by a fully qualified Therapist in a safe, relaxed, welcoming environment. Services available by appointment locally on site, online and mobile. Call 0438 708 550.

**Mental Health Clinician - Optimise Health and Wellness**

10 Ernest Street, INNISFAIL QLD 4860

**E** enquiries@mamuhsl.org.au

**W** facebook.com

**P** +61434536577

Provides Mental Health Clinician across various regions of Queensland. (Provided by Optimise Health and Wellness)

**Mental Health First Aide International**

**E** mhfainternational@mhfa.com.au

**W** mhfa.com.au

**P** (03) 9079 0200

Mental Health First Aid (MHFA) Australia is a national not-for-profit health promotion charity focused on mental health training and research. MHFA Australia operates under the governance of a Board of Directors and derives funding from government and philanthropic grants, public donations and through its training programs.

**Mentoring Men**

**W** mentoringmen.org.au

**P** 1300 583 925

Mentoring Men provide free long-term one-to-one life mentoring programs for men Australia-wide. We focus on a proactive approach, engaging with Australian men who need help before they spiral into crisis.

**Neami Nationals**

**E** support@nqphn.com.au

**W** neaminational.org.au

**P** (07) 4034 0300

Neami is a values-based, not-for-profit organisation providing mental health, homelessness and suicide prevention services.

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**Peaceful Mind Counselling****E** [admin@pmcounselling.com.au](mailto:admin@pmcounselling.com.au)**W** [pmcounselling.com.au](http://pmcounselling.com.au)**P** 0426 191 010

Jayani Jayatilake is a Counsellor / Accredited Mental Health Social Worker and a member of Australian Association of Social Workers (AASW). Assisting client who experience; Depression, bipolar and other mood disorders, Anxiety Disorder, Eating Disorders, Trauma including Post Traumatic Stress Disorder, Personality disorders, Suicidal thoughts and self-harming behaviors, Domestic violence & etc.

**Phoenix Hypnotherapy****E** [lynne@phoenixhypnotherapy.com.au](mailto:lynne@phoenixhypnotherapy.com.au)**W** [phoenixhypnotherapy.com.au](http://phoenixhypnotherapy.com.au)**P** 0438 411 551

Psychotherapy, Clinical Hypnotherapy, NLP, EMDR, CBT to transform anxiety and depression, quit smoking and weight loss, Phobia and PTSD. Creating change for clients to access true emotional ease with Nationally accredited Psychotherapist, Lynne Lumley. Natural

**Positive Families PSYCHOLOGY CLINIC****E** [info@positivefamilies.com.au](mailto:info@positivefamilies.com.au)**W** [positivefamilies.com.au](http://positivefamilies.com.au)**P** (07) 3096 0450

Positive Families is a boutique positive psychology clinic conveniently located in the inner Brisbane suburb of Ashgrove. We provide a comprehensive range of specialised counselling for children, teenagers, adults and families. We support our clients across the broad spectrum of mental health – from individual therapy and treatment of mental health issues to building resilience.

**Psychcare Services Telehealth and Psychcare Psychology****E** [pm@psychcareservices.com.au](mailto:pm@psychcareservices.com.au)**W** [psychcareservices.com.au](http://psychcareservices.com.au)**P** (07) 3812 9001

PsychCare Services is an independent healthcare provider, specialising in the delivery of community based psychiatric assessment and treatment services for clients of all ages. We specialise in providing telepsychiatry services across Australia and have a practice in Ipswich, Qld that offers face to face psychiatry and psychology services.

**PsychHelp****W** [psychhelp.com.au](http://psychhelp.com.au)**P** 1300 144 357

PsychHelp offers a full range of telehealth based online psychological services across Australia. Our Psychologists are all qualified and registered with a broad range of expertise. We provide a convenient, affordable, and confidential service for all clients with bulk billing also available. Please visit our website for more information and the ability to book an appointment online today.

**PsychOrium Forensic and Clinical Psychology Service****E** [info@psychorium.com](mailto:info@psychorium.com)**W** [psychorium.com](http://psychorium.com)**P** (02) 8772 9559

PsychOrium takes a positive psychology and humanistic approach, we fundamentally believe that every person has a unique strength and we strive to maximise and build upon that strength. Our experienced team provides clinical and forensic assessments and interventions, court and legal aid reports, group therapy, consultancy and training.

**Queensland Health Victim Support Service****E** [victim.support@health.qld.gov.au](mailto:victim.support@health.qld.gov.au)**W** [health.qld.gov.au](http://health.qld.gov.au)**P** 1800 208 005

Queensland Health Victim Support Service provides information, support and counselling for victims of serious offences committed by a person with a mental illness.

**Reimagine****E** [reimagine@mhcc.org.au](mailto:reimagine@mhcc.org.au)**W** [reimagine.today](http://reimagine.today)**P** (02) 9555 8388

Supporting people living with mental health conditions to navigate the NDIS

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**Skills4LifePsychology****E** admin@skills4lifepsychology.com.au**W** skills4lifepsychology.com.au**P** 0477 187 768

Timely (no-waiting list) psychological support for anxiety, depression, grief, loss, pain management, panic attacks, self-esteem, anger management, insomnia, couples counselling, and workplace issues. Our life transition therapies are grounded in empathy, trust, and cultural sensitivity. Check our website for available dates and times or contact us.

**Talked****E** info@talked.com.au**W** talked.com.au**P** 0466 439 787

Talked provides affordable and Medicare-rebated, NDIS-rebated or private health rebated mental health services.

**The ADHD Psychology Clinic****E** admin@adhdpsychiatryclinic.com.au**W** adhdpsychiatryclinic.com.au**P** 1300 517 614

Our psychologists provide Adult ADHD diagnostic assessments. Telehealth consultations Australia wide.

**The Psychology Talk****E** admin@thepsychologytalk.com.au**W** thepsychologytalk.com.au

The Psychology Talk offers a modern, personalised, and kind approach to treating your mental health.

**Toxic Thinking - Mental Wellness Apps****W** toxicthinking.info**P** 0417 906 000

Mental Health Awareness and Prevention. How to build resilience. How to recognise the indicators. What action is appropriate. Who to involve.. Free community resource developed by Boulton's Multimedia

**Unwind Psychology****E** unwindpsychology@gmail.com**W** unwindpsychology.com.au**P** 0493 083 161

Unwind Psychology is a telehealth based online private Psychology practice, providing high-quality psychological treatment and support services to adults across Australia. Offering a range of counselling and psychology treatment options tailored to your needs. You are the expert in your life, and we have the psychology knowledge and training, and together we can help you live your best life.

**EMERALD: proactive mental wellbeing program****E** psychologyclinic@usc.edu.au**W** usc.edu.au**P** (07) 5430 1234

EMERALD is an evidence-based program for people experiencing early signs that their mental wellbeing needs proactive attention. This could be due to the impacts of COVID-19 or other life changes that have left you feeling 'not quite yourself'. Through personalised coaching and learning modules, our expert practitioners will help you regain your wellbeing early, before longer-term problems develop.

**Vivid Mental Health - Mackay****E** sylvia@vividmentalhealth.com.au**W** vividmentalhealth.com.au**P** (07) 4863 1461

Vivid Mental Health offers a range of psychological therapy, in-person from our Mackay based Private Practice and Teletherapy (Phone and Video-chat) all across Australia. For the Mackay region we are able to offer certain programs on locations such as corporate organisations, schools and universities.



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### **Working4Recovery**

**E** [info@working4recovery.com](mailto:info@working4recovery.com)

**W** [working4recovery.com](http://working4recovery.com)

**P** 0420 355 374

working4recovery facilitates recovery focused counselling and psychotherapy for people over the age of 12. working4recovery will match the right kind or mix of therapy to your needs. We have particular expertise in trauma informed care including EMDR and assisting professionals with vicarious or work associated trauma. Free services may be available under a stepped care referral.

### **Worklink and Thrive - Atherton**

**E** [admin@worklink.org.au](mailto:admin@worklink.org.au)

**W** [thrive.org.au](http://thrive.org.au)

**P** (07) 4091 6397

We believe that recovery is possible for everyone and that people have the right to choose what is best for them. We walk alongside the person to help them thrive with their NDIS supports

### **Worklink and Thrive - Innisfail**

1 Rankin Street, INNISFAIL QLD 4860

**E** [admin@worklink.org.au](mailto:admin@worklink.org.au)

**W** [thrive.org.au](http://thrive.org.au)

**P** (07) 4061 1666

We believe that recovery is possible for everyone and that people have the right to choose what is best for them. We walk alongside the person to help them thrive with their NDIS supports

### **Thrive FNQ**

**E** [admin@worklink.org.au](mailto:admin@worklink.org.au)

**W** [worklink.org.au](http://worklink.org.au)

**P** (07) 4031 0877

We believe that recovery is possible for everyone and that people have the right to choose what is best for them. We walk alongside the person to help them thrive with their NDIS supports

### **Young Veterans**

**E** [admin@youngveterans.com.au](mailto:admin@youngveterans.com.au)

**W** [youngveterans.com.au](http://youngveterans.com.au)

**P** 0401 793 560

Young Veterans has one goal, enrich the lives of Australian veterans, empowering them to progress and succeed in life after service. Young Veterans was born from a necessity of support that wasn't available. This support is one that inspires Veterans to think outside the box of what is possible, re-engage with civilian society and participate in positive events that challenge and rehabilitate.

## **Palliative Care**

### **Palliative Care Queensland**

**E** [hello@palliativecareqld.org.au](mailto:hello@palliativecareqld.org.au)

**W** [palliativecareqld.org.au](http://palliativecareqld.org.au)

**P** (07) 3842 3242

Palliative Care QLD (PCQ) is a charity peak body working to improve the quality of palliative care throughout the state, with a focus on awareness, equity and access. Palliative Care QLD provides and/or promotes: \* Education and support for members; \* Community awareness and a point of contact for palliative patients, their families, ...

## **Pharmacies**

### **Alive Pharmacy Warehouse Innisfail**

35 Palmerston Drive, GOONDI BEND QLD 4860

**E** [reception@goodpricepharmacy.com.au](mailto:reception@goodpricepharmacy.com.au)

**W** [alivepharmacy.com.au](http://alivepharmacy.com.au)

**P** (07) 4061 1143

Good Price Pharmacy Warehouse has become one of Australia's leading retailers in health, beauty and medicinal products. Each store carries all of your favourite brand names in vitamins, skincare, hair care, sun care, cosmetics, perfumes, prescriptions and medicines all at everyday low prices.

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**Calanna Whole Health Pharmacy -  
Innisfail**

75 Edith Street, INNISFAIL QLD 4860

**P** (07) 4061 1565

We understand that taking care of someone's health means taking care of the whole person and the people around them. Because our highly trained pharmacists and natural health teams understand the science of how medicines, foods, minerals and vitamins interact with the body, they understand the importance of getting the balance right.

**Cardwell Pharmacy**

131 Victoria Street, CARDWELL QLD 4849

**P** (07) 4066 8626

Cardwell Pharmacy is a family owned and run business stationed in beautiful Cardwell 'by the sea'.

**Chemist Warehouse Innisfail**

26 Edith Street, INNISFAIL QLD 4860

**E** innisfail@chemistwarehouse.com.au

**W** chemistwarehouse.com.au

**P** (07) 4061 1183

Chemist Warehouse continues to be at the forefront of internet pharmacy in Australia. The Chemist Warehouse group now employs over 8000 staff members and is Australia's largest pharmacy retailer.

**Innisfail Day and Night Soul Pattinson  
Chemist**

73 Edith Street, INNISFAIL QLD 4860

**E** innisfailsoulpatts@bigpond.com

**W** soulpattinson.com.au

**P** (07) 4061 1237

Retail pharmacy Services available include: Blood Glucose Testing, Diabetes Management Support, Dose Administration Aids (eg. Blister Packs), Home Delivery Services (Individuals in Community), Home Medicines Review, Needle and Syringe, ProjectSTOP, Return of Unwanted Medicines Program, Smoking Cessation, Weight Management Support

**LiveLife Pharmacy Mission Beach**

T6-8 Mission Beach Market Place, Corner Dickinson Street & Tully Mission Beach Road, MISSION BEACH QLD 4852

**E** missionbeach@livelifepharmacy.com

**W** livelifepharmacy.com

**P** (07) 4068 8588

LiveLife Pharmacy Mission Beach is located at the Woolworth's shopping complex. We're a family run pharmacy and we pride ourselves on our customer service - striving to go that extra mile to better the health of our customers and their families. As well as all things Pharmacy we also have an extensive range of health foods as well as our bulk wholefood offering.

**Livelif Pharmacy Mission Beach**

T6 7 & 8 Mission Beach Market Place, Dickinson Street, MISSION BEACH QLD 4852

**E** missionbeach@livelifepharmacy.com

**W** livelifepharmacy.com

**P** (07) 4068 8588

We offer an extensive range of services in the pharmacy including: - Vaccinations (Flu, Covid-19, Whooping Cough) - Blood pressure monitoring - Health foods and natural supplements - Medication management service - Home delivery service

**LiveLife Pharmacy Tully**

8 Butler Street, TULLY QLD 4854

**E** tully@livelifepharmacy.com

**W** livelifepharmacy.com

**P** (07) 4068 1373

In-pharmacy medicine reviews National Diabetes Service Scheme agent Scripts on File SMS prescription reminder service Blood pressure monitoring Blood glucose level Blood cholesterol level 5-minute asthma check Staged supply

**Rothnies Pharmacy**

60 Edith Street, INNISFAIL QLD 4860

**P** (07) 4061 1163

Pharmacy located in Innisfail

### **Torre's Pharmacy**

46 Edith Street, INNISFAIL QLD 4860

**E** [torres.pharmacy@westnet.com.au](mailto:torres.pharmacy@westnet.com.au)

**P** (07) 4061 1493

Services available include: Dose Administration Aids (eg. Blister Packs), Home Delivery Services (Individuals in Community), Needle and Syringe, Opioid Treatment (ODT) Services, Return of Unwanted Medicines Program

### **Tully Raycare Family Pharmacy**

34 Butler Street, TULLY QLD 4854

**E** [tullyraycare@westnet.com.au](mailto:tullyraycare@westnet.com.au)

**W** [tullyraycarepharmacy.com.au](http://tullyraycarepharmacy.com.au)

**P** (07) 4068 1150

We Provide wide range of Pharmacy Services

## **Pregnancy, Maternity & Newborn Health**

### **Mamu Health Service - Mums and Bubs**

25 Gladys Street, INNISFAIL QLD 4860

**E** [enquires@mamuhsl.org.au](mailto:enquires@mamuhsl.org.au)

**W** [mamuhsl.org.au](http://mamuhsl.org.au)

**P** (07) 4061 5199

Mum's and Bubs are open 5 days a week with a General Practitioner consulting Mondays Tuesdays, Wednesdays and Fridays. Our immunisations Endorsed and Registered Nurse/Midwife is available 5 days a week.

## **Psychiatric Services**

### **Call to Mind**

**E** [info@calltomind.com.au](mailto:info@calltomind.com.au)

**W** [calltomind.com.au](http://calltomind.com.au)

**P** (03) 9099 0453

Call to Mind is a telepsychiatry service that allows people across Australia to access quality mental health care. We have a team of psychiatrists and psychologists ranging in availability and speciality to best meet your needs. Consults are held on a video-conferencing platform so you can attend your appointment from anywhere.

### **Innisfail Hospital**

87 Rankin Street, INNISFAIL QLD 4860

**E** [karen\\_veivers@health.qld.gov.au](mailto:karen_veivers@health.qld.gov.au)

**W** [Cairns-hinterland.health.qld.gov.au](http:// Cairns-hinterland.health.qld.gov.au)

**P** (07) 4061 5421

Community Mental Health Services offer a free and confidential service specialising in the treatment of individuals who have or are at risk of developing moderate to severe mental illness. A team of mental health professionals offers medical and psychiatric assessment of existing or possible mental health problems, design and implementation of therapy, case management, counselling crisis ...

### **Psychology - Wakai Waian Healing**

10 Ernest Street, INNISFAIL QLD 4860

**E** [enquiries@mamuhsl.org.au](mailto:enquiries@mamuhsl.org.au)

**W** [wakai-waian.com.au](http://wakai-waian.com.au)

**P** 0477 012 836

Provides Psychology across various regions of Queensland.(Provided by Wakai Waian Healing)

### **North QLD Psychology Services - Bingil Bay**

48 Cutten Street, BINGIL BAY QLD 4852

**E** [reception@nqpsychology.com.au](mailto:reception@nqpsychology.com.au)

**W** [nqpsychology.com.au](http://nqpsychology.com.au)

**P** (07) 4721 2502

Their experienced staff are trained in many areas of psychology such as CLINICAL, ORGANISATIONAL, EDUCATIONAL and FORENSIC PSYCHOLOGY.

## **Sexual Support Services & Counselling**

### **1800RESPECT**

**W** [1800respect.org.au](http://1800respect.org.au)

**P** 1800 737 732

Are you experiencing sexual assault or domestic and family violence? Seeking to support someone who is? Qualified, experienced counsellors are available 24/7 to provide support, information and referral. Call 000 if in danger.

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### **Breaking Free Healing Centre**

**E** [dianne.spencer@outlook.com.au](mailto:dianne.spencer@outlook.com.au)

**P** 0403 142 326

Breaking Free Healing Centre Inc. is dedicated to offering affordable and effective hope, healing and specialised recovery to all those suffering from the effects of Emotional, Verbal, Physical, Sexual Abuse and Family Dysfunction.

### **Brisbane Rape and Incest Survivors Support Centre**

**E** [admin@brissc.org.au](mailto:admin@brissc.org.au)

**W** [brissc.org.au](http://brissc.org.au)

**P** (07) 3391 0004

BRISCC provides free support and counselling services to women (over the age of 15 years) who have experienced sexual violence at any time in their lives.

### **DV Connect Sexual Assault Helpline**

**E** [mail@dvconnect.org](mailto:mail@dvconnect.org)

**W** [dvconnect.org](http://dvconnect.org)

**P** 1800 010 120

The State-wide Sexual Assault Line offers telephone support and counselling to anyone – women, men and young people – who has been sexually assaulted or abused and for anyone who is concerned or suspects someone they care about might have been assaulted or abused.

### **Innisfail Multi Service Hub**

13-17 Donald Street, INNISFAIL QLD 4860

**E** [info@csci.org.au](mailto:info@csci.org.au)

**W** [csci.org.au](http://csci.org.au)

**P** (07) 4043 8400

Child Trauma Counsellor

## **Specialist Outpatient Clinics**

### **Antenatal Classes and Clinic - Tully**

Tully Hospital, 17 Bryant Street, TULLY QLD 4854

**P** (07) 4068 4144

Visiting Hours 1000 - 1200 and 1500 - 2000.

Outside of these hours, visitors are asked to please liaise with nursing staff regarding access.

### **Deafblind Information Australia**

**E** [info@deafblindinformation.org.au](mailto:info@deafblindinformation.org.au)

**W** [deafblindinformation.org.au](http://deafblindinformation.org.au)

Deafblind Information Australia is a consortium of Senses Australia, Able Australia and Deafblind Australia.

## **Specialists**

### **Calm Nights Sleep Consultancy**

**E** [hayley@calmnights.com.au](mailto:hayley@calmnights.com.au)

**W** [calmnights.com.au](http://calmnights.com.au)

**P** 0456 682 531

Calm Nights Sleep Consultancy provides sleep services for expectant parents and children from birth to 10 years. As a certified paediatric sleep consultant, I work co-operatively with families to assist them in gently teaching their child to sleep through the night.

### **Docto**

**E** [team@docto.com.au](mailto:team@docto.com.au)

**W** [docto.com.au](http://docto.com.au)

**P** 1300 336 286

Australia's first online hospital providing medical specialist video-consultations by appointment. Referred patients are matched to the most appropriate specialist in our national database.

### **Dubberley, Stacey Louise**

**E** [ndisnursecontinencespecialist@gmail.com](mailto:ndisnursecontinencespecialist@gmail.com)

Continence Assessments for NDIS - Telehealth only (Australia Wide) Online referral and service agreement

<https://form.jotform.com/222121943144850>

### **Heart of Australia**

**E** [reception@heartofaustralia.com](mailto:reception@heartofaustralia.com)

**W** [heartofaustralia.com](http://heartofaustralia.com)

**P** (07) 3162 5310

Providing specialist healthcare services for Australians living in rural and remote communities nationwide.

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**Physician - Cardiology - Cairns and Hinterland Hospital and Health Service**  
87 Rankin Street, INNISFAIL QLD 4860  
**E** karen\_veivers@health.qld.gov.au  
**W** cairns-hinterland.health.qld.gov.au  
**P** 07 3105 8300

Provides Physician - Cardiology across various regions of Queensland. (Provided by Cairns and Hinterland Hospital and Health Service)

### **Queensland Health Spectacle Supply Scheme**

**W** health.qld.gov.au  
**P** 13 74 68

The Spectacle Supply Scheme (SSS) provides eligible Queensland residents with a pair of basic prescription spectacles, once every two years.

### **Wound Specialist Services**

**E** info@woundservice.com.au  
**W** woundservice.com.au  
**P** (07) 3289 3102

Our vision is to create a better life for people with or at risk for wounds and those caring for them. Wound Specialist Services uses digital solutions to give as many people as possible access to wound knowledge anytime and anywhere to improve patient and health service outcomes. We enable the delivery of best practice wound care through our comprehensive range of services.

## **Information & Counselling**

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### **Carer Information**

#### **XLH Australia Incorporated**

**E** xlhaustralia@gmail.com  
XLH Australia is a patient support and advocacy group for people living with, and people caring for others with, X-linked Hypophosphatemia (XLH).

## **Disability Information & Counselling**

#### **Assistive Technology Australia**

**E** help@at-aust.org  
**P** 1300 452 679

We provide information and advice to people with disabilities, older people, carers, service providers, allied health professionals and the general community on assistive technology solutions for independent living. We run group tours, community talks and workshops to spread awareness about Assistive Technology and its role in aiding independent living.

#### **Beyond Blue Ltd**

**W** beyondblue.org.au  
**P** 1300 224 636

We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much.

## **Financial & Gambling Management & Budgeting**

#### **Fair Entitlements Guarantee (FEG)**

**W** ag.gov.au  
**P** 1300 135 040

The Australian Government provides assistance to people owed certain outstanding employee entitlements following the liquidation or bankruptcy of employers, this help is available through the Fair Entitlements Guarantee (FEG).

#### **Gambling Help - National Phone Service**

**W** gamblinghelponline.org.au  
**P** 1800 858 858

Sometimes thinking about a gambling issue is hard. Making a decision on what to do next can be as difficult as knowing when to walk away. Our counsellors know about gambling. 'Talk' to someone online

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**RFCSNQ****W** rfcsnq.com.au**P** (07) 4652 5669

The Rural Financial Counselling Service North Queensland (RFCSNQ) provides North Queensland-based farmers/primary producers and small rural businesses with free, confidential and independent planning and support services.

**Rural Financial Counselling Service North Queensland****E** rfcsnq@rfcsnq.com.au**W** rfcsnq.com.au**P** (07) 4652 5669

We offer free, local financial counselling that will help your agribusiness or small business to plan for the future and pull through adversity.

**Saver Plus****E** saverplus@bsl.org.au**W** bsl.org.au**P** 1300 610 355

Saver Plus is Australia's largest and longest running financial education and matched savings program. Build financial skills, develop life-long savings habits, and receive up to \$500 to assist with education costs. To participate, you must be 18+ years, be studying or have children at school, have a health care or pensioner concession card, Centrelink payment plus some income from work.

**Seeds Of Hope No Interest Loan Scheme (NILS)****E** nils@seedsofhope.com.au**W** seedsofhope.com.au**P** 0490 332 108

We provide fee and interest free loans up to \$1500 to people on Centrelink - depending on benefit recieved for the purchase of furniture, white goods, electrical appliances, education expenses, medical and dental expenses, car repairs, tyres and registrations.

**General Support Services & Counselling****Amputees Queensland****E** admin@afsg.org.au**W** amputeesqld.org.au**P** (07) 3290 4293

Amputees and Families Support Group offers individual and family peer support, hospital visitation, advocacy, social activities, information and referral. Medical aids to new amputees are also provided.

**Anchoring Your Life Counselling****E** debra@anchoringyourlife.com**W** anchoringyourlife.com**P** 0490 061 761

I provide counselling support to couples, adults and teenagers. These services can be provided both in my private practice or online for those who may have mobility issues or prefer the sanctity of their own home. I am a private healthcare provider and work with NDIS participants who are self or plan managed.

**Cassowary Coast Counselling**

Level 2, 46 Porter Promenade, MISSION BEACH QLD 4852

**E** geoffs@cassowarycoastcounselling.com.au**W** cassowarycoastcounselling.com.au**P** 0484 622 149

Individual counselling and psychotherapy; sessions by phone, video or in-person at a private and comfortable location in Mission Beach. Sessions are by appointment only. No GP referral required. Private health rebates available. WorkCover Queensland provider. Nb.: Cassowary Coast Counselling is a private practice; session fees are payable at time of session - see website for more information.

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**Counselling and Coaching with  
Astuteology**

**W** [astuteology.com](http://astuteology.com)

**P** 0426 952 757

As your qualified registered ACA counsellor and coach, I will work with you to help you overcome your problems, and grow your strengths and talents, so you enjoy better relationships and achieve your lifetime goals. All your counselling and coaching needs will be met, either by phone, Skype or Zoom no matter where you are in the world. Let's work on a plan to build a happier more contented you!

**Counselling Services Hervey Bay**

**E** [patriciaf20101@outlook.com](mailto:patriciaf20101@outlook.com)

**W** [counsellingservicesherveybay.com.au](http://counsellingservicesherveybay.com.au)

**P** 0458 431 919

NDIS Provider- Counselling Individuals, Children and Couples, Clinical Family Therapy, Energy Psychology-Kinesiology and Theta Healing- By Appointments Saturdays. Passionate about helping people to achieve their goals and having a happier healthier life.

**Diverse Communities and Social Services  
(DCSS Australia Inc.) Indigenous and  
LGBTIQA+ Community Justice and Social  
Services Charity / Not-For-Profit and  
Charity Community Consultants (NFPCCC)  
Indigenous DGR PBI Charities**

**E** [Info@dcssaustralia.org](mailto:Info@dcssaustralia.org)

**W** [dcss.org.au](http://dcss.org.au)

**P** (03) 6185 0292

This program enables us to assist people who are disadvantaged and who genuinely want to change their lives. Clients can complete a WDP through our organisation, for more information please visit: <https://www.dcssaustralia.org/services> or email [Justice@dcssaustralia.org](mailto:Justice@dcssaustralia.org)

**Dr Julie-May Brown**

**E** [jmbpsychology@hushmail.com](mailto:jmbpsychology@hushmail.com)

**W** [jmbpsychology.com.au](http://jmbpsychology.com.au)

**P** 0421 778 204

Dr Julie-May Brown is an EMDRAA Accredited Clinical Psychologist - specializing in ONLINE treatment for trauma and mental health issues.

**Eating Disorders Assoc**

**E** [admin@edq.org.au](mailto:admin@edq.org.au)

**W** [eatingdisordersqueensland.org.au](http://eatingdisordersqueensland.org.au)

**P** (07) 3844 6055

Providing information, individual and group programs, and referrals to individuals with eating disorders, their carers and health professionals.

**Family Relationship Advice Line**

**W** [familyrelationships.gov.au](http://familyrelationships.gov.au)

**P** 1800 050 321

For those seeking help, information, support and referral to a range of services that can prevent family breakdown or ease the difficulties associated with separation and divorce.

**Healing Beyond Discovery**

**E** [info@healingbeyonddiscovery.org](mailto:info@healingbeyonddiscovery.org)

**W** [healingbeyonddiscovery.org](http://healingbeyonddiscovery.org)

Our group focuses on providing confidential support and information to heterosexual people who discover their partner is gay, lesbian, bisexual or transgender. Our private peer to peer support group offers a safe space to share your story and for you to gain support from people who understand.

**Holistic Lifestyle Practice**

**E** [admin@holisticlifestylepractice.com.au](mailto:admin@holisticlifestylepractice.com.au)

**P** 0459 946 832

Kellie Hansen is an Accredited Mental Health Social Worker, Somatic Experiencing Practitioner and Credentialed Eating Disorder Clinician who provides evidence based psychological therapy for mental health and wellbeing for adolescents and adults in person or via telehealth (phone or video link) with rebates under Medicare and NDIS funding (where eligible).

**Innisfail And District Senior Citizens  
Centre**

Cnr Lily & Owen Street, INNISFAIL QLD  
4860

**P** (07) 4061 4482

The Innisfail and District Senior Citizens Centre provides various leisure activities for senior citizens living in the Innisfail and District region. Leisure activities: indoor bowls, cards, bocce, yoga, pilates and New Vogue/Sequence dancing.

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**Innisfail Multi Service Hub**

13-17 Donald Street, INNISFAIL QLD 4860

**E** info@csci.org.au

**W** csci.org.au

**P** (07) 4043 8400

The Community Support Centre Innisfail Inc is a not for profit organisation funded by Department of Communities and servicing the Cassowary Coast Region.

**Make It Happen Hypnotherapy**

**E** sandy@make-it-happen-hypnotherapy.com

**W** mihh.com.au

**P** 0475 159 415

Sandy is a Registered Clinical Hypnotherapist Psychotherapist. She helps people to find and fulfill their magnificent purpose in life, as she believes that everyone has been given the unique gifts and live their life to the fullest. She promotes brain education, helping people to eliminate blockages in their subconscious mind that limit them, and reinvent the life that they want.

**MensLine Australia**

**W** mensline.org.au

**P** 1300 789 978

MensLine Australia is the nationwide telephone and online support, information and referral service. MensLine Australia offers a safe and confidential 24/7 phone and video counselling service. 1300 78 99 78  
<http://www.mensline.org.au/>

**Nicole Ivens Holistic Counselling**

**E** info@nicoleivens.com

**W** nicoleivens.com

**P** 0400 280 475

Counselling Service for Women. Specialising in: Anxiety, Stress, Self-care, Improving Self-confidence, Relationships, Grief & Loss, and Trauma

**Northern Frontiers Mediation and Counselling Mediation and Counselling**

**E** reception@northernfrontiers.com.au

**W** northernfrontiers.com.au

**P** 1300 908 170

Our counsellors, mediators and psychologists assist with issues such as relationship difficulties, family separation parenting, grief and loss, peer pressure, behaviour management thoughts of suicide/self-harm, conflict at work and many more. Based in Cairns, Queensland, we provide professional services across Australia via phone, or in-person at our Cairns city offices.

**Not My Closet**

**E** karen@notmycloset.com

**W** notmycloset.com

Counselling and coaching throughout Australia for straight spouses who've discovered their partner is a closeted lesbian, gay, bisexual or transgender person.

**Nova Psychology**

**E** hello@novapsychology.com.au

**W** novapsychology.com.au

**P** 0418 936 120

We are a diverse team of experienced therapists offering support for a broad range of mental health and life concerns. we are able to book clients an appointment for a telehealth consultation anywhere in Australia within one to two weeks. So we provide convenience, flexibility and accessibility with no long wait times. We welcome you to get in touch. Let's have a chat about how we can help (:

**Open Arms**

**E** OpenArms.SouthQLD@dva.gov.au

**W** openarms.gov.au

**P** 1800 011 046

Veterans and families phone counselling and support line.



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**Pregnancy Counselling and Education Services Inc.**

**E** [info@pcl.org.au](mailto:info@pcl.org.au)

**W** [pcl.org.au](http://pcl.org.au)

**P** 1800 777 690

All pregnancy options, pregnancy loss & post abortion issues. Professional, non-directive counselling.

**Quitline - Statewide**

**E** [13quit@health.qld.gov.au](mailto:13quit@health.qld.gov.au)

**W** [quithq.initiatives.qld.gov.au](http://quithq.initiatives.qld.gov.au)

**P** 13 78 48

Provides assistance to smokers interested in changing their smoking behaviour. Trained Quitline advisors are available to provide individually tailored support, encouragement and resources to smokers. Focus is on why people smoke.

**Rural Health Connect**

**E** [megan@ruralhealthconnect.com.au](mailto:megan@ruralhealthconnect.com.au)

**W** [ruralhealthconnect.com.au](http://ruralhealthconnect.com.au)

**P** 0427 692 377

A telehealth platform to access bulk billed psychology sessions. No waitlists. Referral from GP and Mental Health Care Plan needed. Committed to supporting rural and remote Australians in their own home. Book an appointment on our website or ask your GP to refer.

**Sallyanne Keevers - TalkWise Counselling and Psychotherapy**

**E** [sal@talkwise.com.au](mailto:sal@talkwise.com.au)

**W** [talkwise.com.au](http://talkwise.com.au)

**P** 0401 045 995

Professional Counselling provided by a registered member of the Australian Counselling Association. Professional Supervision provided by a registered member of the Australian Counselling Association College of Supervisors.

**Salt Counselling**

**E** [counsellingatsalt@gmail.com](mailto:counsellingatsalt@gmail.com)

**W** [saltcounselling.com](http://saltcounselling.com)

**P** 0411 940 665

Compassionate and professional counselling for Individuals aged 13years to adult. Issues covered include: stress, anxiety, grief and loss, parents and families of children with special needs, trauma, depression workplace stresses, relationship issues. Call or email for a free 15 minute discovery chat today. Kathryn is an accredited mental health Social Worker with over 20 years experience.

**Start from Within**

**E** [admin@startfromwithin.com.au](mailto:admin@startfromwithin.com.au)

**W** [startfromwithin.com.au](http://startfromwithin.com.au)

**P** (02) 8971 7392

Counselling and Grief Peer Support Groups

**Suicide Prevention Pathways Inc.**

**E** [info@talksuicide.org.au](mailto:info@talksuicide.org.au)

**W** [suicidepreventionpathways.org.au](http://suicidepreventionpathways.org.au)

**P** 1800 008 255

The TALK SUICIDE Support Service offers FREE australia wide telephone support and face to face support in the Brisbane region to those at risk of suicide and their family and friends.

**talklink**

**E** [hey@talklink.com.au](mailto:hey@talklink.com.au)

**W** [talklink.com.au](http://talklink.com.au)

**P** (03) 7064 9528

An online mental health directory connecting Australians with mental health support. We have available psychologists, counsellors, and psychotherapists available nationwide to help people with mental health concerns. All of our mental health practitioners are available online.

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### **The Butterfly Foundation National Helpline**

**E** [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

**W** [butterfly.org.au](http://butterfly.org.au)

**P** 1800 334 673

The Butterfly Foundation operates a National Helpline that includes support over the phone, via email and online, reaching 20,000 people each year. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues. We also provide a wide range of programs for service providers and recovery groups.

### **Toowoomba Psychology And Counselling**

**E** [james.ising@gmail.com](mailto:james.ising@gmail.com)

**W** [jamesisingcounselling.com.au](http://jamesisingcounselling.com.au)

**P** 0412 742 927

Specialist psychology and counselling to individuals, couples and families. Sessions on anger, depression and anxiety, marriage and relationships, parenting, and work/life balance. James Ising is a down to earth Psychologist and Counsellor with extensive professional experience working in the non-profit, Government and health sectors. Confidential specialist service.

### **Transformative Place Counselling Service**

**E** [counsellortpcs@gmail.com](mailto:counsellortpcs@gmail.com)

**W** [transformativeplace.com.au](http://transformativeplace.com.au)

**P** 0418 961 475

Online counselling service for Australians 18 years and over

### **Tully Support Centre**

54 Bryant St, TULLY QLD 4854

**E** [info@tullysupportcentre.com.au](mailto:info@tullysupportcentre.com.au)

**W** [tullysupportcentre.com.au](http://tullysupportcentre.com.au)

**P** (07) 4068 1004

The TSC services communities throughout the Cassowary Coast region providing Domestic and Family Violence counselling, early intervention family support services, community engagement and development activities and individual support. We also welcome volunteers and support student placements. We are here to help.

### **UnitingCare Country Callback**

**W** [unitingcareqld.com.au](http://unitingcareqld.com.au)

**P** (07) 3253 4000

Country Callback is a 24/7 telephone support service for drought affected and isolated communities within rural Queensland. The service offers targeted emotional support to rural Queenslanders and the ability to call you back for additional support and check-ins.

### **Walking Life's Path Counselling Service**

**E** [walkinglifepath@liferestored.me](mailto:walkinglifepath@liferestored.me)

**W** [liferestored.me](http://liferestored.me)

**P** 0411 513 430

Seek to: identify goals & potential solutions to problems causing emotional turmoil; improve communication & coping skills; strengthen self-esteem; & promote behaviour change & optimal mental health.

## **Lesbian, Gay, Bisexual and Transgender (LGBTQIA+)**

### **AltSpace Therapies**

**E** [natalia@altspacetherapies.com.au](mailto:natalia@altspacetherapies.com.au)

**W** [altspacetherapies.com.au](http://altspacetherapies.com.au)

**P** 0402 305 300

AltSpace Therapies is a queer owned and operated, inclusive trauma-informed counselling, coaching, and somatic therapy practice dedicated to serving the diverse needs of the queer, gender non-conforming, and CNM communities. Our practice is founded on the principles of respect, acceptance, inclusion, and understanding, providing a safe and affirming space for individuals and relationships.

### **Diverse Voices**

**E** [yvonne@diversevoices.org.au](mailto:yvonne@diversevoices.org.au)

**W** [diversevoices.org.au](http://diversevoices.org.au)

**P** 1800 184 527

Diverse Voices is a Queensland based non-profit organisation with a focus on the well being of the diverse voices that make up our community. Our focus is on the operation of a LGBTQIA+ peer to peer telephone, web chat and referral service.

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**LGBTI Legal Service Inc****E** [mail@lgbtilegalservice.org](mailto:mail@lgbtilegalservice.org)**W** [lgbtilegalservice.org.au](http://lgbtilegalservice.org.au)**P** (07) 3124 7160

We offer free and confidential legal advice to Queensland residents who identify as members of the diverse LGBTIQ+ community. Bookings essential. Please call our Client Services team to reserve an appointment with our solicitors. Open weekdays from 9.00 am - 5.00 pm, plus evening advice sessions on Wednesdays until 7.00 pm.

**QLife****E** [ask@qlife.org.au](mailto:ask@qlife.org.au)**W** [qlife.org.au](http://qlife.org.au)**P** 1800 184 527

QLife is Australia's first nationally-oriented peer support and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI).

**Trans Wellbeing****E** [info@transwellbeing.com](mailto:info@transwellbeing.com)**W** [transwellbeing.com](http://transwellbeing.com)**P** 0481 360 427

An online group program for parents of transgender and gender diverse people. Compassionate and evidence-based information and support.

**Loss & Grief Support Services & Counselling****Ladybird Care Foundation****E** [mentoring@ladybirdcare.org.au](mailto:mentoring@ladybirdcare.org.au)**W** [ladybirdcare.org.au](http://ladybirdcare.org.au)**P** 1800 954 224

Ladybird Care Foundation exists to ensure that every bereaved parent who wants and needs care from a Peer Mentor, with lived experience, receives it. We believe that no bereaved parent should have to walk this journey alone.

**Maternity Support Services & Counselling****National Perinatal Anxiety and Depression Helpline****E** [info@panda.org.au](mailto:info@panda.org.au)**W** [panda.org.au](http://panda.org.au)**P** 1300 726 306

PANDA National Helpline Monday - Friday 9am to 7.30pm AEST/AEDT confidential Australia-wide counselling, support, information and referrals to local services. Tel: Support 1300 726 306, Admin 03 9926 9090

**Pregnancy Counselling Australia****E** [admin@pregnancycounselling.com.au](mailto:admin@pregnancycounselling.com.au)**W** [pregnancyhelpaustralia.org.au](http://pregnancyhelpaustralia.org.au)**P** 1300 737 732

An Australia-wide telephone support service for concerns associated with: - An unexpected or difficult or challenging pregnancy. - Grief or anxiety following termination or other pregnancy loss We understand that it often takes courage to seek assistance. Our telephone support workers will listen to your concerns and respond to your request for information, support or counselling.

**Suicide & Self Harm Information****ConNetica Consulting****W** [connetica.com.au](http://connetica.com.au)**P** (07) 5491 5456

ConNetica is recognised and awarded in Australia and internationally for our thought leadership in mental health and suicide prevention, comprehensive approach to service mapping, collaboration and integration, stakeholder engagement, suicide prevention training programs, advocacy and research.

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### **Suicide Prevention Training**

**E** [council@kentish.tas.gov.au](mailto:council@kentish.tas.gov.au)

**W** [kentish.tas.gov.au](http://kentish.tas.gov.au)

**P** (03) 6491 0200

The CORES (Community Response to Eliminating Suicide) program delivers suicide prevention education providing individuals and organisations with skills and resources required to identify and respond to people at risk of suicide including recognising the warning signs of suicide, intervening before a potential crisis occurs, and supporting the person at risk to access appropriate services.

### **LivingWorks Education Australia**

**E** [info@livingworks.com.au](mailto:info@livingworks.com.au)

**W** [livingworks.com.au](http://livingworks.com.au)

**P** 1300 738 382

LivingWorks is the world's leading provider of suicide intervention training. For more than thirty years, we have developed and delivered programs of the highest quality with the goal of saving lives from suicide. Praised by the international community and supported by numerous studies, our workshops help people become more willing, ready, and able to intervene with someone at risk.

### **UnitingCare Birch St Community Hub - Cairns**

**E** [Fsp.cairns@uccommunity.org.au](mailto:Fsp.cairns@uccommunity.org.au)

**W** [lifeline.org.au](http://lifeline.org.au)

**P** 13 11 14

Lifeline Telephone Crisis Support runs a National 24 hour, 7 day-a-week crisis support line 13 11 14, operated by trained volunteers. UnitingCare Queensland operates Lifeline services in Queensland.

### **Marcus Mission**

**E** [contactus@wmq.org.au](mailto:contactus@wmq.org.au)

**W** [wmq.org.au](http://wmq.org.au)

**P** 0419 750 607

Suicide is the leading cause of death for Australian men aged 18-44 years. Marcus Mission aims to reduce the risk of suicide for young men in this age group.

## **Legal Assistance & Information Services**

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### **General Legal Assistance & Information**

#### **Anti Discrimination Commission QLD - Brisbane**

**E** [info@qhrc.qld.gov.au](mailto:info@qhrc.qld.gov.au)

**W** [qhrc.qld.gov.au](http://qhrc.qld.gov.au)

**P** 1300 130 670

The Queensland Human Rights Commission works to promote equal opportunity and protect people from unreasonable limitations on their human rights, unlawful discrimination, vilification and sexual harassment. The QHRC manages complaints and assists parties to resolve through conciliation. The Commission also conducts training to raise awareness about human rights and rights and responsibilities.

#### **Commission Centre - Cairns - Outreach Tully**

46 Bryant Street Courthouse, TULLY QLD 4854

**E** [mailbox@legalaids.qld.gov.au](mailto:mailbox@legalaids.qld.gov.au)

**W** [legalaids.qld.gov.au](http://legalaids.qld.gov.au)

**P** (07) 4048 1133

Solicitors from the Legal Aid Queensland Cairns office provide legal advice and community education by appointment, usually on the last Tuesday of each month. Please note that the legal advices are held in the Magistrates Court next door. Please note that these days/times are subject to change.

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**Department of Corrective Services -  
Probation and Parole Office - Innisfail**

14 Gladly Street, INNISFAIL QLD 4860

**P** (07) 4048 3344

Higher risk offenders will be given the opportunity to attend the new Making Choices program. This intensive 100 hour program provides offenders with the opportunity to develop and practise more effective self management, communication and interpersonal skills. This program is also suitable for those offenders who display a propensity toward violent behaviour.

**Environmental Defenders Office (North Queensland Practice)**

**E** edonq@edonq.org.au

**W** edo.org.au

**P** (07) 4028 3739

Community legal centre specialising in public interest environmental law.

**Gold Coast Youth Justice Centre**

**W** qld.gov.au

**P** (07) 5562 7157

Supervision of young people (up to 17 years of age) under court orders. This service is appointment based. Please contact this service for more information on the assistance they can provide you.

**Innisfail Youth Justice Centre**

31 Gladly Street, INNISFAIL QLD 4860

**W** qld.gov.au

**P** (07) 4048 3725

Supervision of young people (up to 17 years of age) under court orders. This service is appointment based. Please contact this service for more information on the assistance they can provide you.

**Mental Health Court registry**

**E** registrarmhc@health.qld.gov.au

**W** courts.qld.gov.au

**P** (07) 3082 0554

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing.

**QE11 Courts of Law Complex**

**E** registrarmhc@health.qld.gov.au

**W** courts.qld.gov.au

**P** (07) 3082 0554

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing.

**Queensland Public Interest Law Clearing House - Brisbane**

**E** admin@lawright.org.au

**W** lawright.org.au

**P** (07) 3846 6317

LawRight is an independent not-for-profit community legal centre. LawRight improves the lives of vulnerable people by increasing access to justice through various services including the: Pro Bono Connect, Court and Tribunal Services, Duty Lawyer Services, Outreach Legal Clinics and Health Justice Partnerships.

**Women's Legal Service - Rural, Regional and Remote Legal Advice**

**E** admin@wlsq.org.au

**W** wlsq.org.au

**P** (07) 3392 0644

Rural, Regional & Remote Legal Advice Line 1800 457 117 Tuesday: 9.30am - 1.30pm Women's Legal Service is a specialist community legal centre providing free legal and social work services to Queensland women. We assist women in the areas of family law, child support, domestic violence and child protection, as well as providing community legal education.

**Local Advocacy Services**

**Queensland Council of Civil Liberties**

**E** forum.qccl@gmail.com

**W** qccl.org.au

**P** 0409 574 318

The Queensland Council for Civil Liberties (QCCL) is a voluntary organisation concerned with the protection of individual rights and civil liberties. It was founded in 1966 in order to protect and promote the human rights and freedoms of Queensland citizens.

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## Mediation & Ombudsman Support

### Australian Financial Complaints Authority

**E** [info@afca.org.au](mailto:info@afca.org.au)

**W** [afca.org.au](http://afca.org.au)

**P** 1800 931 678

The Australian Financial Complaints Authority (AFCA) helps individuals to resolve complaints about financial products and services. It's free to the public and you don't need to pay someone to help you lodge a complaint.

### Crime And Corruption Commission

**E** [mailbox@ccc.qld.gov.au](mailto:mailbox@ccc.qld.gov.au)

**W** [ccc.qld.gov.au](http://ccc.qld.gov.au)

**P** 1800 061 611

Open Mon-Fri 8am-5pm with after hours emergency service. Look after complaints against police, councils, public service etc. Operate to combat major crime, raise public sector integrity and protect witnesses.

### Family Dispute Resolution

**E** [admin@familymediationdirect.com.au](mailto:admin@familymediationdirect.com.au)

**W** [familymediationdirect.com.au](http://familymediationdirect.com.au)

**P** 1300 559 459

We provide family dispute resolution (mediation) services to separated people who need to reach agreement on children & property matters. We start the process within 2 business days and guarantee our availability for mediation within 5 business days after individual intake sessions are completed.

### Family Mediation Direct

**E** [admin@familymediationdirect.com.au](mailto:admin@familymediationdirect.com.au)

**W** [familymediationdirect.com.au](http://familymediationdirect.com.au)

**P** 1300 559 459

We assist parent going through separation to reach agreements about their children and property.

### Mediation

**E** [admin@familymediationdirect.com.au](mailto:admin@familymediationdirect.com.au)

**W** [familymediationdirect.com.au](http://familymediationdirect.com.au)

**P** 1300 559 459

We provide mediation services to separated people who need to reach agreement on children & property matters. We start the process within 2 business days and guarantee our availability for mediation within 5 business days after individual intake sessions are completed.

## Peak, Industry and Funding Bodies

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### Peak Bodies

#### CheckUP

**E** [info@checkup.org.au](mailto:info@checkup.org.au)

**W** [checkup.org.au](http://checkup.org.au)

**P** (07) 3105 8300

CheckUP Australia fosters innovation and integration, working collaboratively to deliver practical solutions focused on best practice outcomes—for a better primary health care sector and better health

#### Council On The Ageing Queensland

**E** [info@cotaqld.org.au](mailto:info@cotaqld.org.au)

**W** [cotaqld.org.au](http://cotaqld.org.au)

**P** (07) 3316 2999

COTA Queensland, a member of the COTA Federation is a for purpose registered charity committed to advancing the rights, needs, interests and futures of people as we age. Our vision is that ageing in Queensland is a time of possibility, opportunity and influence.

#### Diabetes Queensland

**E** [info@diabetesqld.org.au](mailto:info@diabetesqld.org.au)

**W** [diabetesaustralia.com.au](http://diabetesaustralia.com.au)

**P** 1800 177 055

Diabetes Queensland is the peak body for people with diabetes in Queensland, providing a powerful voice for people living with or at risk of diabetes.

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**Disability Advocacy Network Australia (DANA)****E** [info@dana.org.au](mailto:info@dana.org.au)**W** [dana.org.au](http://dana.org.au)

Disability Advocacy Network Australia (DANA) is a national peak body for Disability Advocacy Services - It does not provide direct services to the community.

**Hepatitis Queensland****E** [info@hepqld.asn.au](mailto:info@hepqld.asn.au)**W** [hepqld.asn.au](http://hepqld.asn.au)**P** 1800 437 222

Hepatitis Queensland is the peak body for the hepatitis and liver health sector in Queensland. We are a community based, non-government organisation providing a range of initiatives, projects and programs to address stigma, improve the lives of those affected by viral hepatitis and meet emerging liver health challenges.

**Indigenous Allied Health Australia****E** [admin@iaha.com.au](mailto:admin@iaha.com.au)**W** [iaha.com.au](http://iaha.com.au)**P** (02) 6285 1010

Indigenous Allied Health Australia is a national, member-based Aboriginal and Torres Strait Islander allied health organisation. IAHA leads sector workforce development and support to improve the health and wellbeing of Aboriginal and Torres Strait Islander peoples.

**Kidney Health Australia****E** [Kidney.Helpline@kidney.org.au](mailto:Kidney.Helpline@kidney.org.au)**W** [kidney.org.au](http://kidney.org.au)**P** 1800 454 363

We are the peak body for kidney health in Australia. For over 50 years, we have connected people to the vital information, education and support services they need to preserve their kidney health and live a better quality of life if they are diagnosed with kidney disease.

**Northern Queensland Primary Health Network (NQPHN) - Cairns****E** [support@nqphn.com.au](mailto:support@nqphn.com.au)**W** [torres-cape.health.qld.gov.au](http://torres-cape.health.qld.gov.au)**P** (07) 4034 0300

Northern Queensland Primary Health Network (NQPHN) is working to make health better for all people in North Queensland. We have a focus on improving health for populations that are most at risk, such as Aboriginal and Torres Strait Islander people and older Australians. We are actively engaging people in communities through our Community Advisory Groups.

**NQPHN - Mackay****E** [support@nqphn.com.au](mailto:support@nqphn.com.au)**W** [nqphn.com.au](http://nqphn.com.au)**P** (07) 4963 4400

Northern Queensland Primary Health Network (NQPHN) is working to make health better for all people in North Queensland. We have a focus on improving health for populations that are most at risks, such as Aboriginal and Torres Strait Islander people and older Australians. We are actively engaging people in communities through our Community Advisory Groups.

**Pharmacy Guild of Australia - Queensland****E** [enquiries@qldguild.org.au](mailto:enquiries@qldguild.org.au)**W** [guild.org.au](http://guild.org.au)**P** (07) 3831 3788

The Pharmacy Guild of Australia is the national peak body representing community pharmacy.

**Peak Body for Queensland's Community Mental Health Sector****E** [admin@qamh.org.au](mailto:admin@qamh.org.au)**W** [qamh.org.au](http://qamh.org.au)**P** (07) 3394 8480

The Queensland Alliance For Mental Health reforms, promotes and drive community mental health and wellbeing services for all Queenslanders, through its influence and collaboration with its Members and strategic partners.

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### **Psychosocial Peak Body**

**E** admin@qamh.org.au

**W** qamh.org.au

**P** (07) 3394 8480

As the Psychosocial Peak Body in Queensland, QAMH provides information about services in your area, training to boost inclusion and advocates directly to Government on issues affecting people experiencing psychosocial difficulties.

### **Queensland Youth Housing Coalition**

**E** admin@qyhq.org.au

**W** qyhq.org.au

**P** 0448 073 463

The QYHC provides information to young people throughout Queensland who are homeless or at risk of homelessness.

## **Skills Alliances**

### **Australian Women In Agriculture (AWiA)**

**E** administration@awia.org.au

**W** awia.org.au

**P** 0490 346 195

Australia's peak organisation for women across all areas in agriculture since 1994. We are a network of women across Australian agriculture and beyond. Together, we are a stronger voice and a voice that can make a difference.

## **Recreation & Leisure**

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### **Crafts**

#### **The Innisfail Woodworkers Guild**

Building 1, 3 Palmerston Drive, GOONDI BEND QLD 4860

**E** innisfailwoodies@gmail.com

**P** 0437 334 344

The Guild provides tuition, socialisation, friendship, mentoring and consumable materials to local aged, disabled, indigenous, seniors, youth and other disadvantaged groups to participate in woodworking at a very low cost. We have an annual Woodworking Expo in the last Weekend of August.

## **Fitness Activities**

### **Innisfail BUG Inc.**

12 Hickey Street, INNISFAIL QLD 4860

**E** innisfailbug@gmail.com

**W** innisfailbug.wordpress.com

**P** 0409 341 357

Through Innisfail BUG Inc., members don't cycle alone. Members are welcome to join in and make themselves heard in our regular meetings

### **Live online Yoga and Pilates Classes**

**E** info@kevalahealth.com.au

**W** kevalahealth.com.au

Live Stream Online Yoga and Pilates classes.

Private personal training NDIS registered. General yoga, pilates, mixed yoga-pilates, meditation, fitness, rehab

### **The Yoga Partnership**

**E** theyogapartnership@gmail.com

**W** theyogapartnership.com.au

**P** 0411 628 417

The Yoga Partnership is designed to increase the capacity and reach of yoga in Australia. At The Yoga Partnership we are passionate about providing the benefits of yoga and mindfulness to people who do not have access to a regular class by providing yoga online. Classes possible in lounge rooms, work sheds and back verandas of people living outside QLD's major cities. We are a NFP

## **General Recreation and Leisure**

### **Cardwell Jetty Markets**

132 Victoria Street, CARDWELL QLD 4849

**E** cardwelljettymarkets@gmail.com

**P** 0447 660 248

The Cardwell Jetty Markets are run by the Cardwell UFO Festival Inv volunteer committee. Commencing each year on the Easter weekend thereafter on the 2nd Sunday of each month through to September. Book a stall cardwelljettymarkets@gmail.com



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### **Cassowary Coast Stamp Collectors**

**P** 0428 136 747

Stamp collecting is a fast growing pass time. We love stamps from 5c to \$1.10

### **ClassBento**

**E** hi@classbento.com.au

**W** classbento.com.au

ClassBento is all about the fun and stimulation that comes with learning (or teaching) a skill and being present in the moment. Be inspired by our experienced teachers, and give your brain a chance to stretch those creative wings. Join our mission and let's bring more healthy arty fun into our communities.

### **Probus Club Of Innisfail Inc**

**E** probusclubofinnisfail@gmail.com

**P** 0429 653 775

Friendship, Fellowship and Fun for Seniors. We have meetings, go dining out and have bus trips in our area.

## **Outdoor Recreation and Leisure**

### **Far North Freefall Inc**

**E** issydore@hotmail.com

**P** (07) 4033 5914

Far North Queensland's only fun Drop Zone with all facilities.

### **Mission Beach Petanque Club Inc. - Mission Beach**

Day Park, Porter Promenade, MISSION BEACH QLD 4852

**E** info@missionbeachpetanqueclub.org.au

**W** missionbeachpetanqueclub.org.au

Sociable club for the social recreational/ sporting pastime of playing Petanque (boule) on a purpose-built facility

### **Palm and Cycad Societies of Australia Inc**

**E** martin.lack@mlaa.com.au

**W** pacsoa.org.au

**P** (07) 3878 2974

We hold meetings, publish newsletters, books and magazines, and have an annual show to further the conservation and cultivation of Palms and Cycads

### **Sporting Shooters Association of Australia - Innisfail Branch**

**P** (07) 4094 7222

Sporting Shooters Association Of Australia - Chillagoe Branch Inc provides Shooting activities to all residents in the Tablelands Region.

## **Religion & Philosophy**

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### **Churches and Places of Worship**

#### **Anglican Church Services**

145 Victoria Street, CARDWELL QLD 4849

**E** inghamhollytrin@bigpond.com

**W** anglicanchurchsq.org.au

**P** (07) 4776 2014

Sundays 9.00am Prayer and Praise Service  
Thursdays 5.00pm Holy Communion

#### **Anglican Parish Of Camp Hill With Norman Park - Cardwell**

145 Victoria Street, CARDWELL QLD 4849

**E** inghamhollytrin@bigpond.com

**W** anglicanchurchsq.org.au

**P** (07) 4776 2014

Anglican Church of Australia

#### **Anglican Parish Of Camp Hill With Norman Park – Tully**

83 Rankin Street, INNISFAIL QLD 4860

**W** anglicanchurchsq.org.au

**P** (07) 4068 1132

Anglican Church of Australia

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**Assemblies of God – Cardwell**

**P** 0487 229 616

Cardwell Assembly of God Church, has been in Cardwell for the last 30 plus years. we are a vibrant church full of people with a vision to see souls saved

**Baptist Church - Cardwell**

Bruce Highway, CARDWELL QLD 4854

**P** (07) 4068 2065

Cardwell Baptist Church

**Christ the King Church - Mourilyan**

10 Mourilyan Harbour Road, MOURILYAN QLD 4854

**E** [innisfail.parish@ Cairns.catholic.org.au](mailto:innisfail.parish@ Cairns.catholic.org.au)

**W** [Cairns.catholic.org.au](http://Cairns.catholic.org.au)

**P** (07) 4063 0650

Mass Times: 2nd & 4th Sunday of each Month at 7.00am

**Empower Church Innisfail**

191-193 Mourilyan Road, SOUTH INNISFAIL QLD 4860

**W** [empowerchurch.org.au](http://empowerchurch.org.au)

**P** (07) 4061 3911

Sundays are about bringing praise and worship to God, celebrating each other, being encouraged through the word of God, and giving an opportunity for others to enter into a relationship with Jesus. Sunday services are at 10am. Friday youth services for high school-aged teenagers are Fridays during the school term from 7pm.

**Full Gospel Church of Murray**

787 Upper Murray Road, MURRAY UPPER QLD 4854

**P** 0429 837 675

Full Gospel Church of Murray

**Innisfail Baptist Family**

Breffni Street Tierney Street, INNISFAIL QLD 4860

**E** [baptistfamilycentre@gmail.com](mailto:baptistfamilycentre@gmail.com)

**W** [innisfailbaptistfamily.com](http://innisfailbaptistfamily.com)

**P** (07) 4061 1631

The Innisfail Baptist Family is a multi-generational Family-Friendly Church, learning to live in the Power of God through the indwelling Holy Spirit and the study of God's Word, the Bible. We worship together on Sundays and meet together during the week in home-based Growth Groups. We value strong community involvement and support various Chaplains as they serve the community.

**Mother of Good Counsel Parish**

90 Rankin Street, INNISFAIL QLD 4860

**E** [innisfail.parish@ Cairns.catholic.org.au](mailto:innisfail.parish@ Cairns.catholic.org.au)

**P** (07) 4063 0650

"The Parish Pastoral Council's role is to: Promote the Church's mission to live and communicate the love and values of Christ in the world around us; Share in the responsibility for the ongoing life and development of the parish community, working together with parishioners to provide support for their efforts to live as followers of Christ."

**Tully Baptist Church**

6 Plumb Street, TULLY QLD 4854

**P** (07) 4068 0669

Tully Baptist Church

**Tully Catholic Parish**

13 Mars St, TULLY QLD 4854

**E** [tully.parish@ Cairns.catholic.org.au](mailto:tully.parish@ Cairns.catholic.org.au)

**P** (07) 4068 1143

Geographically we are a very diverse parish stretching from Garner's Beach in the north to just south of Cardwell.

**Tully Family Church**

2 Watkins Street, TULLY QLD 4854

**E** [info@tullyfamilychurch.com.au](mailto:info@tullyfamilychurch.com.au)

**W** [tullyfamilychurch.com.au](http://tullyfamilychurch.com.au)

Our mission is to allow God to grow a Spirit-filled Church that encourages, equips and empowers its members to influence our community, nation and world with the message of the love and transforming power of God

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# Self Help

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## General Self Help Services

### National Continence Helpline

**W** [continence.org.au](http://continence.org.au)

**P** 1800 330 066

The National Continence Helpline is a free telephone advisory service.

### PRETERM INFANTS' PARENTS' ASSOCIATION INC (PIPA)

**E** [contactus@pipa.org.au](mailto:contactus@pipa.org.au)

**W** [pipa.org.au](http://pipa.org.au)

**P** 1300 773 672

Our goal is to raise awareness of premature birth and to provide understanding, support, information, encouragement and friendship to parents of premature infants.

### Preterm Infants Parents Association Inc. (P I P A)

**E** [contactus@pipa.org.au](mailto:contactus@pipa.org.au)

**W** [pipa.org.au](http://pipa.org.au)

**P** 1300 773 672

Practical and emotional support to families of infants born premature. Raise awareness of premature birth and provide support, information, encouragement and friendship to parents of preterm infants.

### QENDO Inc

**E** [info@qendo.org.au](mailto:info@qendo.org.au)

**W** [qendo.org.au](http://qendo.org.au)

**P** (07) 3321 4408

QENDO is the peak body for people affected by endometriosis and other pelvic health related conditions. Our work assists in advising and advocating for improved services and quality of life for our members. We support anyone affected by endometriosis, adenomyosis, PCOS, infertility or pelvic pain, by offering them the tools, services and programs to understand and take control of their health.

### Heart-Based Living

**W** [realtimeheart-based.com](http://realtimeheart-based.com)

**P** 0409 676 857

We provide a pathway to support people on their unique path to happiness and vitality, for each stage, change and challenge in life; to discover all that they are; become more aware; feel more present in their moments for lasting wellbeing and contentment in their lives. This is done through: public events, personal sessions, an online discovery journey, projects and online events, workplaces.

### Sahaja Yoga Queensland

**E** [peter.hewitson1@gmail.com](mailto:peter.hewitson1@gmail.com)

**W** [sahajayogaqld.com](http://sahajayogaqld.com)

**P** 0438 781 413

Sahaja Yoga provides free meditation programs for the community all around Australia.

### The NAKED Soul

**E** [admin@thenaked soul.com.au](mailto:admin@thenaked soul.com.au)

**W** [thenaked soul.com.au](http://thenaked soul.com.au)

**P** 1300 625 331

The purpose of The NAKED Soul (our WHY) is to ... Inspire Humanity to Love. Experience more joy, gratitude, kindness and well-being in your day-to-day life, through our wellbeing programs, private coaching & transformational life workshops.

### Life coaching

**E** [your.listener.coaching@gmail.com](mailto:your.listener.coaching@gmail.com)

**W** [yourlistener.wixsite.com](http://yourlistener.wixsite.com)

**P** 0402 333 950

John Cuturilo is Your Listener, a new type of life coach in Australia who helps people to overcome challenges and make changes in their lives. Drawing on a rich base of knowledge and experience, John eschews extravagance, vague claims, and expensive packages for tested strategies based on real experience in demanding situations.

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## Sport

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### Aquatic Sports

#### Australian Rafting Federation

**E** secretary@australtfed.com.au

**P** 0418 154 206

The Australian Rafting Federation (ARF) is the governing body for the sport of competitive white water rafting in Australia. Established in December 2000 to stage competition events and formalise Australian representation in international competition, the ARF are affiliated with the International Rafting Federation (IRF) who are the global body for the sport of Rafting.

#### Cardwell Sportfishing Club Inc

24 St Albans Street, CARDWELL QLD 4849

**E** info@cardwellsportfishingclub.com

**P** 0429 427 590

Cardwell sportfishing club is all for the fisher person who enjoys the outdoors life and a yarn with like minded people

#### Cardwell Swim Club Inc

143 Victoria Street, CARDWELL QLD 4849

**P** 0429 968 058

Cardwell Crocs Swim Club is a family friendly club that aims to encourage swimmers of all ages

#### Tully Swimming Club

Tully Swimming Pool, 52 McQuillen Street, TULLY QLD 4854

**E** tullyswimclub@gmail.com

Fun swimming events where children compete against their own times to improve health, fitness and sporting performance. Fun, family oriented activities on a Friday evening for kids aged 3-17; dinners and snacks available for purchase.

### Field Team Sports

#### Boogan Stars Junior Soccer Club

Castor Park, MOURILYAN QLD 4858

**E** booganstars.soccer@gmail.com

**P** 0427 639 050

Junior Football (Soccer) Club Squirts to Under 14 years old

### Indoor Sports

#### Tully/Mission Beach Pickleball Club

The Igloo, Showgrounds, Butler Street, TULLY QLD 4854

**E** beatricebultreys@hotmail.com

**W** m.facebook.com

**P** 0439 312 384

Pickleball is an exciting, Innovative team game suitable for all ages played in the Igloo at the Tully Show Grounds. We play on Tuesdays after 8:30am, even during the holidays. (We also play fortnightly on Wednesday evenings at 6pm.) Everyone is welcome.

### Outdoor Sports

#### Cardwell and District Pickleball Club

15, 20 Poinciana Boulevard, CARDWELL QLD 4849

**E** gabiplumm@bigpond.com

**P** 0404 025 139

Pickleball is mixture of tennis, badminton & ping pong, played on a badminton-sized court. It is a game for all ages, where grandparents can play with their grandchildren. It is the fastest growing sport in the world and Australia and can be played indoors or outdoors. We play on five pickleball courts marked on 2 tennis courts. Tennis and casual clothes and enthusiasm is all you need.

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**Cardwell Country Club Inc**

23 Gregory Street, CARDWELL QLD 4849

**P** (07) 4066 8680

Located in Gregory Street in beautiful Cardwell North QLD, the Country Club offers a nine hole Golf Course with a spectacular mountain backdrop that is a must-visit. The Club supports the local Bowling Club with a well maintained green and boasts a well stocked bar with friendly, personal small town warmth and service.

**Cardwell Golf Club Inc.**

**E** [enquire@cardwellgolfclub.com](mailto:enquire@cardwellgolfclub.com)

**W** [cardwellgolfclub.com.au](http://cardwellgolfclub.com.au)

**P** 0448 098 260

The golf club welcomes players of all levels and stages a wide range of events throughout the year. Whether you are looking for a social round with mates or some serious competition there are opportunities for everyone to participate every day. The adjoining Cardwell Country Club provides licensed facilities so enjoy a drink before and after your game in The Bunker overlooking the 9/18th green.

**Cassowary Coast Multisport Club**

**E** [ccmc@ccmclub.org.au](mailto:ccmc@ccmclub.org.au)

**W** [ccmclub.org.au](http://ccmclub.org.au)

**P** 0409 040 667

CCMC - Cassowary Coast Multisport Club for the pleasures of Mountain Biking, Paddling, Running, and general outdoor active fun. Events during the year can be social or challenging, the choice is yours.

## Sports Clubs

**Ashley Cupitt Boxing Academy**

**W** [acboxing.com](http://acboxing.com)

**P** 0444 550 072

A local gym run by Volunteers since 1978 providing a Community Service, we provide Boxing Training and Fitness Circuits. Old School Training by Old School Trainers, with a laid-back atmosphere.

**Cardwell Bowls Club Inc**

23 Gregory Street, CARDWELL QLD 4849

**P** (07) 4066 8680

What could be more fun than a get-together with friends and casual (or serious) game of bowls. Enjoy a cool beverage while watching the sun set over the green.

**El Arish Community Sports and Recreation Assoc. Inc.**

17 Roysten Street, ELARISH QLD 4855

**E** [carmfarm@yahoo.com.au](mailto:carmfarm@yahoo.com.au)

**P** (07) 4068 5162

El Arish Community Sports and Recreation Assoc. Inc.

**Innisfail and District Cricket Assoc Inc**

**E** [idca.thunder@outlook.com](mailto:idca.thunder@outlook.com)

**P** 0438 145 581

Innisfail Thunder is the home cricket team of the town of Innisfail, Queensland, Australia. Innisfail Thunder provides three senior teams as part of Cassowary Coast Cyclones (Senior Mens 1st XI, Senior Mens 2nd XI, Senior Mens 3rd XI) and a standalone Senior Ladies side in the Cricket Far North competitions.

**Innisfail and District Netball Assoc Inc**

Bessie Spiller Courts, Ernest Street,  
INNISFAIL QLD 4860

**E** [president.idna@gmail.com](mailto:president.idna@gmail.com)

**P** 0407 676 187

Innisfail & District Netball Assoc Inc

**Innisfail and District Rugby Union Football Club**

**E** [abolton@y7mail.com](mailto:abolton@y7mail.com)

**P** 0410 482 184

Training Tuesday & Thursdays from 6pm at the Goondi Combined Sports Fields. Old and New players welcome.

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**Innisfail and District Tennis Assoc**

Fitzgerald Esplanade, INNISFAIL QLD 4860

**E** [idtaclub@gmail.com](mailto:idtaclub@gmail.com)

**W** [play.tennis.com.au](http://play.tennis.com.au)

**P** (07) 4061 3777

At Innisfail District Tennis Association [IDTA] you'll find awesome tennis programs for kids and adult players – plus great facilities and a fun friendly atmosphere.

**Innisfail Bowls Club Inc**

1 Corso Street, INNISFAIL QLD 4860

**E** [innibowls@gmail.com](mailto:innibowls@gmail.com)

**P** (07) 4061 1250

Bowls and recreation club. Open to social membership. Ladies bowls Wednesday afternoons, Mens social bowls Thursday and Saturday's, Barefoot bowls Friday

**Innisfail Brothers Junior Rugby League Club Inc**

Ernest Street, INNISFAIL QLD 4860

**E** [mlodge7@bigpond.com](mailto:mlodge7@bigpond.com)

**P** 0429 638 117

Innisfail Brothers Junior Rugby League Club Inc

**Innisfail Combined Sports Assoc. Inc**

2 Leichardt Street, INNISFAIL QLD 4860

**E** [cecando47@bigpond.com](mailto:cecando47@bigpond.com)

**P** (07) 4016 1679

The ICSA Inc manage the Innisfail Sporting Complex known as the Les Scheu Sporting Complex. The complex is situated at Goondi Bend Innisfail.

**Mission Beach Outrigger Canoe Club**

Casuarina Park, Kennedy Esplanade,  
SOUTH MISSION BEACH QLD 4852

**E** [missionbeachocc@gmail.com](mailto:missionbeachocc@gmail.com)

Mission Beach Outriggers is located at Casuarina Park, Kennedy Esplanade South Mission Beach "The Vaka Hut". We welcome anyone from age 10 and over. Outrigger Paddling is a sport everyone can enjoy from the social paddler to the competitor. You can come and try crafts from OC1, OC2 and OC6 (1, 2 and 6 person canoes). There is a Junior Development program along with Senior training.

**Tully Branch Little Athletics**

59337 Bruce Highway, TULLY QLD 4854

**E** [laqtully@gmail.com](mailto:laqtully@gmail.com)

**P** 0431 310 602

Tully Little Athletics enables children from the ages 5-17 to participate in a wide range of field and track events.

## Transport Services

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### Community Transport

**Taxi Subsidy Scheme**

**E** [TSSU@translink.com.au](mailto:TSSU@translink.com.au)

**W** [qld.gov.au](http://qld.gov.au)

**P** 1300 134 755

People unable to travel alone: Blind or severely vision impaired; epilepsy; physical disability; intellectual impairment; behaviour disorders etc. Must be permanent resident of Queensland.

### General Transport Services

**Department of Child Safety, Disability Services and Seniors, Child Safety and Disability Services – Companion Card - Brisbane**

**W** [qld.gov.au](http://qld.gov.au)

**P** 13 74 68

For those who have a significant lifelong need for attendant care support in order to attend activities and venues in their community.

**Department of Veterans Affairs - Travel Reimbursement Scheme - Brisbane**

**W** [dva.gov.au](http://dva.gov.au)

**P** 13 32 54

Reimbursement of travelling expenses to receive medical treatment. Travel may include the use of private vehicles, taxis, community transport, public transport, air transport, ferries, meals and accommodation.

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# Volunteering

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## General Volunteering Services

### Cardwell Local Ambulance Committee - Damper Creek

54552 Bruce Highway, DAMPER CREEK  
QLD 4849

**E** shayne72crole@gmail.com

**P** 0418 880 241

Volunteer organisation helping to raise awareness in the community and supporting our local ambulance officers

### Mission Beach Visitor Information Centre

55 Porter Promenade, MISSION BEACH  
QLD 4852

**E** office@missionbeachtourism.com

**W** missionbeachtourism.com

**P** (07) 4068 7099

Located in Mission Beach the Visitors Information Centre caters for post arrival services for our travelling public and residents. We provide tour and accommodation booking services, local and regional travel and residential information and we have a great team of Volunteers to help us do this! Check our website for events and information to help your stay in our area.

### St John Qld - Volunteer Services

**E** volunteer@stjohnqld.com.au

**W** stjohnqld.com.au

**P** 1300 785 646

By volunteering for St John Ambulance Queensland you are actively taking part in enhancing the lives of Queenslanders and their families. Join our diverse team to gain real life experiences while having fun and making friends.

### Volunteer mentor to a child in foster care - Brisbane

**E** admin@thepyjamafoundation.com

**W** thepyjamafoundation.com

**P** (07) 3256 8802

At The Pyjama Foundation, we provide young people in foster care the opportunity to change the direction of their lives with learning, life skills and confidence. Since 2004, we have supported 11,000 young people across Queensland, New South Wales and Victoria.

### The Trustee For Freddy Bear Foundation

**E** hello@freddymatch.org

**W** freddymatch.org

**P** 1300 737 090

At FreddyMatch, we drive social change through technology, using our unique algorithm to match people with great opportunities, increasing volunteer participation rates and building stronger communities.

### Volunteering Queensland Inc

**E** reception@volunteeringqld.org.au

**W** volunteeringqld.org.au

**P** (07) 3002 7600

Volunteering Queensland (VQ) is the state's peak body for volunteering. It represents the interests of volunteers, and community organisations who utilise the services of volunteers.

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# Welfare Assistance & Services

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## General Welfare & Support Services

### Far North Queensland Legacy Club

**E** admin@legacy Cairns.com.au

**W** fnqlegacy.org.au

**P** (07) 4033 0344

It was a simple promise that Legacy keeps today; providing the same stability, guidance and assistance that a partner would normally provide to his or her family. Our work can mean a child gets an education and a fair go, a widow is not disadvantaged and alone and a family is not torn apart by the effects of Post-Traumatic Stress or other physiological injuries.

### Saver Plus

**E** saverplus@bsl.org.au

**W** bsl.org.au

**P** 1300 610 355

Saver Plus is a 10-month matched savings program that helps people to build their financial skills, establish a savings goal and develop long term saving habits. When finished, participants receive up to \$500 in matched savings which can be used for education costs such as computers and tablets, text books and uniforms.

### Services Australia

54 Bryant Street, TULLY QLD 4854

**W** servicesaustralia.gov.au

**P** 13 24 68

The TSC employs a Centrelink support worker to assist community members in accessing Department of Human Services payments and services.

### St John Qld Telephone Services

**E** enquiries@stjohnqld.com.au

**W** stjohnqld.com.au

**P** 1300 785 646

Our Community Calls service (previously known as Silver Cord) is a Queensland wide telephone reassurance service aimed at improving social connections. If you or a loved one are feeling lonely or isolated, or would just appreciate an extra check-in or chat during the week, our telephone services can help.

### National Perinatal Support Program

**E** info@thebabesproject.com

**W** thebabesproject.com.au

**P** 1300 140 212

The Babes Project works with women who are seeking additional support during pregnancy. We run a National support service providing our Perinatal Support Program via phone and video calls for pregnant and early parenting women across Australia, who cannot access one of the Centres.

## Meals on Wheels

### MEALS ON WHEELS – Mission Beach

39 Boyett Road, MISSION BEACH QLD 4852

**E** mowmissionbeach@bigpond.com

**P** (07) 4068 7480

We deliver healthy meals to clients' homes to not only ensure their nutritional requirements are being met, but to provide regular social contact and a friendly check to see all is well.

### MEALS ON WHEELS Cardwell

131 Victoria Street, CARDWELL QLD 4849

**E** cardwellmow@hotmail.com

**P** (07) 4066 8375

We deliver healthy meals to clients' homes to not only ensure their nutritional requirements are being met, but to provide regular social contact and a friendly check to see all is well.



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### **MEALS ON WHEELS Tully**

Butler Street, TULLY QLD 4854

**P** (07) 4068 1497

We deliver healthy meals to clients' homes to not only ensure their nutritional requirements are being met, but to provide regular social contact and a friendly check to see all is well.

## **Second Hand Shops**

### **Lifeline Shop - Innisfail**

10 Fitzgerald Esp, INNISFAIL QLD 4860

**W** [unitingcareqld.com.au](http://unitingcareqld.com.au)

**P** (07) 4061 9233

This outlet is part of a network of more than 200 Lifeline retail outlets around the country, that sell a variety of quality used goods.

## **Youth Services**

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### **General Youth Services**

#### **Brave Foundation**

**E** [info@bravefoundation.org.au](mailto:info@bravefoundation.org.au)

**W** [bravefoundation.org.au](http://bravefoundation.org.au)

**P** 0448 088 380

The Brave Foundation is a national charity which runs a program supporting expecting and parenting teens and young people up to age 25 face to face and virtually in Cairns and surrounding areas, by providing mentoring and connecting them to the services and resources they need and supporting that ongoing engagement.

#### **CCRC: Youth Network**

70 Rankin Street, INNISFAIL QLD 4860

**E** [enquiries@cassowarycoast.qld.gov.au](mailto:enquiries@cassowarycoast.qld.gov.au)

**W** [cassowarycoast.qld.gov.au](http://cassowarycoast.qld.gov.au)

**P** (07) 4030 2250

Cassowary Coast Youth Network' is a group of representatives from various youth organisations who come together to plan great events for local youths

### **Little Dreamers Australia**

**E** [info@littledreamers.org.au](mailto:info@littledreamers.org.au)

**W** [littledreamers.org.au](http://littledreamers.org.au)

**P** 1800 717 515

As Australia's leading Young Carer organisation, Little Dreamers works with young people who provide unpaid care for a family member with a disability, illness or addiction. Across a range of direct support programs, we're improving the quality of life for Young Carers across Australia, with a vision that every single Young Carer around the world is supported by someone or something by 2030.

### **Police-Citizens Youth Club (PCYC) - Innisfail**

2 Palmerston Drive, INNISFAIL QLD 4860

**E** [adam.willimott@pcyc.org.au](mailto:adam.willimott@pcyc.org.au)

**W** [pcyc.org.au](http://pcyc.org.au)

**P** (07) 4061 3442

PCYC Innisfail officially opened in 1982 and since then has been committed to delivering crime prevention and youth programs to the local community. PCYC Innisfail prides itself on providing a safe and supportive environment for all our members who participate in our programs and use our services.

## **Youth Information & Counselling**

### **Youth and Other Drugs Care Coordination (Case Management)**

**E** [info@bettertogether.com.au](mailto:info@bettertogether.com.au)

**W** [bettertogether.com.au](http://bettertogether.com.au)

**P** (07) 4091 3850

We offer counselling, advice, information, support and referral as well as specialist alcohol and other drugs counselling to young people. Available on-site or through outreach services. Our outreach services go to Mt Garnet, Etheridge and Croydon Shires on a regular basis. Please call us on 4091 3850 to check on the next date.

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**eheadspace****W** [headspace.org.au](https://headspace.org.au)**P** 1800 650 890

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help. You can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone.

**Youth In Motion****E** [caitlin.tanaka@youthinmotion.org.au](mailto:caitlin.tanaka@youthinmotion.org.au)**W** [youthinmotion.org.au](https://youthinmotion.org.au)

The Learning Project provides free 1-1 tutoring to students who might be having a hard time. Our students experience disadvantage in many ways – from learning and attention difficulties to mental health issues. We make sure no student is left behind.

**Youth Insearch****E** [admin@youthinsearch.org.au](mailto:admin@youthinsearch.org.au)**W** [youthinsearch.org.au](https://youthinsearch.org.au)**P** 1800 805 635

Australia's leading peer-led youth trauma recovery organisation, dedicated to supporting at-risk youth aged 12-25. We run Weekend Workshops, Weekly Support Groups and Individual Support for young people to connect and develop life skills. Our programs are delivered with youth, supported by expert adults.

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