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# 2024 Gunnedah Shire Community Directory



**An up-to-date community resource for the  
Gunnedah Shire**

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**Updated 28 April 2024**



**GunnedahShire**  
Open New Horizons

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# Welcome to the Gunnedah Shire Community Directory

This directory has been brought to you by Gunnedah Shire Council as a community resource to connect everybody in the Gunnedah Shire.

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.

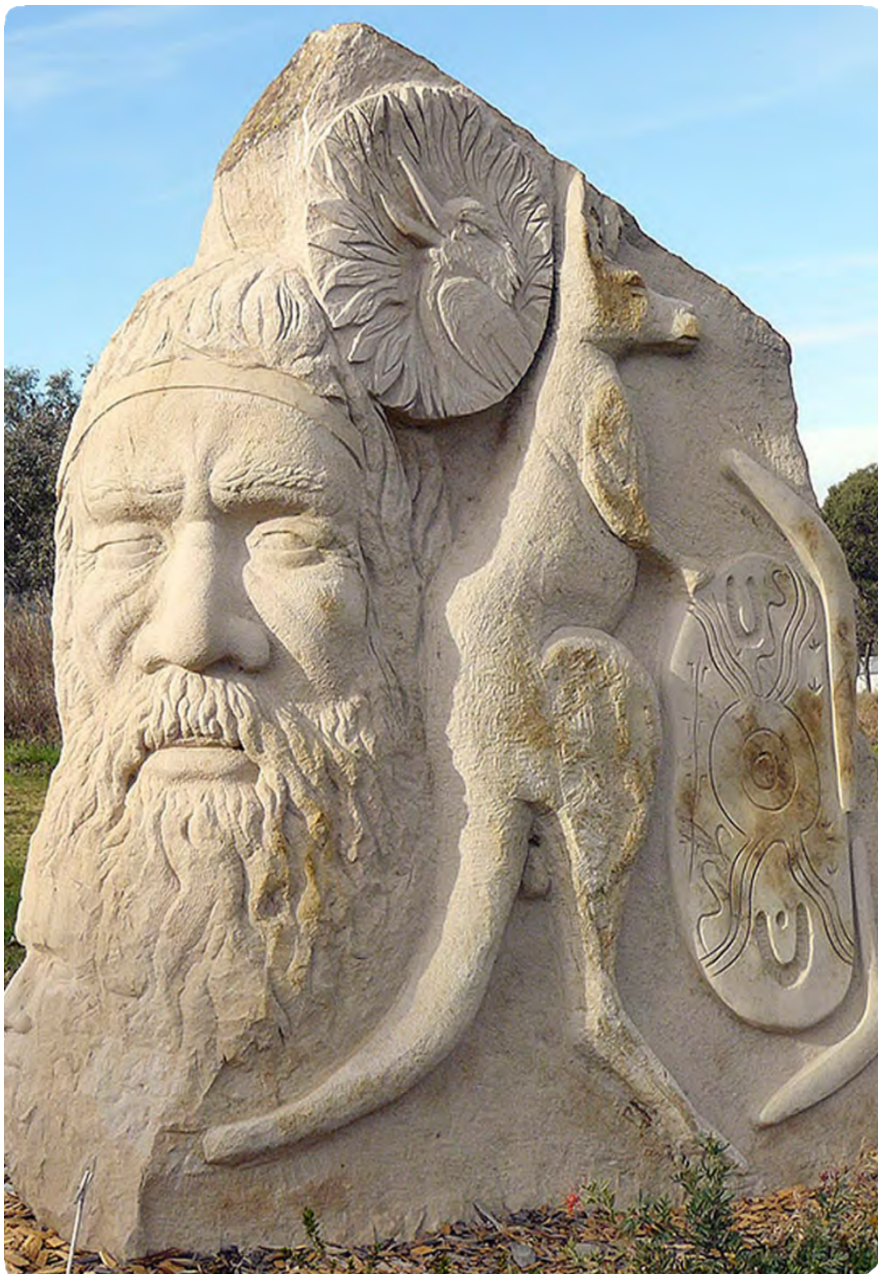
We hope that you find this a valuable resource to connect with your local community.



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# Acknowledgement of Country

Gunnedah Shire Council would like to acknowledge the Kamilaroi Aboriginal Nation as the traditional custodians of the land on which we live and work, and in doing so, Council pays its respect to all Elders past and present as well as to the young Indigenous leaders of tomorrow.



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# Information about the Region

Gunnedah Shire is located in the North West Slopes region of New South Wales, Australia. The Shire has an area of approximately 5,001 square kilometres with a population of 12,989. The shire includes the township of **Gunnedah and 7 villages - Breeza, Carroll, Curlewis, Emerald Hill, Kelvin, Mullaley and Tambar Springs**. Gunnedah is located 440 kilometres from Sydney, adjacent to the Liverpool Plains on the Namoi River Valley and is traversed by the Oxley Highway and the Kamilaroi Highway.

The Namoi Valley is considered to be one of Australia's richest pockets of agricultural land and Gunnedah Shire is also located on one of Australia's wealthiest mineral seams, in an area now internationally known as the Gunnedah Basin.

Agriculture and rural industry have long been the backbone of the local economy, with rich farm land and abundant underground water supporting a strong and growing processing industry based on local agricultural products. These include grain milling plants, stock feed plants, a leather processor, cotton gin, canola processing plant, linseed plant, sunflower seed processing plant and a citrus packing and sorting plant.

Known as 'The Koala Capital', Gunnedah's unique natural landscape is home to many species of native wildlife and paints a picture of real country Australia. It is little wonder that this beautiful area inspired poet Dorothea Mackellar to author "My Country". Gunnedah is rich in local history, from the stories of Red Chief of the Land of the Kamilaroi people dating back thousands of years, to the remains of an ancient Diprotodon that were found in fields of Tambar Springs.



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# Important Contacts

## **Gunnedah Shire Council**

PO Box 63  
GUNNEDAH NSW 2380

For all customer enquiries please contact us on 02 6740 2100

Or visit our website at [www.gunnedah.nsw.gov.au](http://www.gunnedah.nsw.gov.au)

Or email us at [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)

Or visit us in person at the Council Administration Centre, 63 Elgin Street, Gunnedah  
Monday - Friday from 8:30am-4:00pm:



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# A-Z Guide

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## Aboriginal Services

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### Aboriginal Support Services & Counselling

#### Aboriginal Community Police Liaison Officer

**E** brow3gre@police.nsw.gov.au

**W** police.nsw.gov.au

**P** (02) 6561 6199

Aboriginal community Police Liaison Officers work with the community to improve communications and understanding between Police and Aboriginal people. They also work to reduce involvement and improve the safety of Aboriginal people in the criminal justice system.

#### Gunida Gunyah Aboriginal Corporation Gunida Gunyah Community Services and Housing Hub

34–36 Farrar Road, GUNNEDAH NSW 2380

**E** stephanie@gunidagunyah.com.au

**W** gunidagunyah.com.au

**P** (02) 6742 7038

Gunida Gunyah Aboriginal Corporation is committed to supporting Aboriginal people and the wider community through the delivery of meaningful programs, responsive community services and access to safe and affordable housing.

### Aboriginal Health Services

#### Tamworth Aboriginal Medical Service - Aboriginal Corporation - Gunnedah Clinic

27 Marquis Street, GUNNEDAH NSW 2380

**E** receptiongunnedah@tams.org.au

**W** tams.org.au

**P** (02) 6742 0147

Gunnedah Clinic located in the Rural Health Centre building.

### General Aboriginal Services

#### 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.

#### Red Chief Local Aboriginal Land Council

26 Chandos Street, GUNNEDAH NSW 2380

**E** ceo@redchiefalc.com.au

**W** alc.org.au

**P** (02) 6742 3602

NSWALC was established in the 1970s to assist in the fight for land rights. It was formally constituted as a statutory corporation under the New South Wales Aboriginal Land Rights Act in 1983.

#### Women's Legal Service NSW

**E** reception@wlsnsw.org.au

**W** wlsnsw.org.au

**P** (02) 8745 6900

The Indigenous Women's Legal Program is a safe and confidential services staffed by Aboriginal women. It offers free services including: free legal advice over the phone or face-to-face, assistance in finding a lawyer, trainign and community workshops, resources and information about the law.

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## Accommodation Services

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### Crisis & Emergency Accommodation

#### Department of Communities and Justice Housing Contact Centre

**E** [feedback@facs.nsw.gov.au](mailto:feedback@facs.nsw.gov.au)

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

**P** 1800 422 322

The Housing Contact Centre is a 'one-stop-shop' for tenants, maintenance contractors and members of the public. Each year approximately 800,000 calls are received (about 3,500 calls daily). These calls cover everything from tenant maintenance enquiries to requests for accommodation assistance.

### Disability Accommodation Services

#### Challenge Community Services - Disability Services - Gunnedah

82 Marquis Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 0625

Helping you achieve the confidence and skills to live independently is very important to us at Challenge Community Services. Whatever your disability, we are here to support you as you pursue your dreams and goals.

## General Accommodation Services

#### Homes North Community Housing Company - Gunnedah

162 Conadilly Street, GUNNEDAH NSW 2380

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

**P** (02) 6742 0363

Homes North Community Housing provides social & affordable housing solutions to individuals and families on low to moderate incomes across the NENW. We provide rental assistance and temporary accommodation as well as in-house support and/or referrals to other services to help clients sustain their tenancy. We have offices in Armidale, Glen Innes, Gunnedah, Inverell, Moree, Tamworth, and Coledale.

#### Housing (FACS)

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

**P** 1800 152 152

Apply for Housing Assistance, private rental assistance including Rentstart Bond Loan, request a repair. Information, assessment or referral to homelessness services and support 24/7 [acs.nsw.gov.au/housing/help/ways/are-youhomeless](http://acs.nsw.gov.au/housing/help/ways/are-youhomeless)

### Specialist Homelessness Services

#### Gunnedah Family Support Inc

206 Conadilly Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 1515

Gunnedah Family Support provides specialist case management support for people in Gunnedah LGA who are experiencing homelessness or who are at risk of homelessness. Contact our office by phone on 67421515 or visit us at 206 Conadilly Street, Gunnedah Monday to Friday 9am-4pm.

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### **RSPCA NSW - Community Homelessness Program**

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

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

**P** (02) 9782 4408

RSPCA NSW strongly believes in the emotional, mental and physical benefits of the relationships between people and pets. For some homeless people, their pet may be the only positive thing in their lives. The idea of having to give this much-loved animal up can cause major distress to someone who is already suffering hardship.

## **Advocacy Services**

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### **General Advocacy Services**

#### **Seniors Rights Service**

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

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

**P** (02) 9281 3600

Seniors Rights Service is a community legal centre that protects the rights of older people. We provide legal advice as well as advocacy, and educational services. Our services are free and confidential. Our Legal Service provides legal advice and assistance to older in NSW.

### **Local Advocacy Services**

#### **GoCo Care Partner**

80 Marquis Street, GUNNEDAH NSW 2380

**E** [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)

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

**P** (02) 6740 2240

Care Partner supports clients in Gunnedah and Narrabri to navigate the Aged Care System and refer to other supports as required.

## **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.

#### **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 - Sydney**

**E** [Services@dcssaustralia.org](mailto:Services@dcssaustralia.org)

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

Diverse Communities and Social Services (DCSS) is a registered Charity and Not-for-Profit Community Justice and Social Services Organisation throughout Australia. Diverse Communities and Social Services (DCSS) is the only LGBTIQA+, ATSI, CALD, Diversity & Inclusion focused organisation which delivers a dual-accredited NFP Community Justice Organisation. Website: [www.dcssaustralia.org](http://www.dcssaustralia.org)

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### **Older Persons Advocacy Network**

**E** enquiries@opan.com.au

**W** 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

**W** 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.

## **Ageing Services**

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### **Ageing Information & Counselling**

#### **Copeland Estates Legal**

**E** hello@copelandlegal.com.au

**W** copelandlegal.com.au

**P** 1300 034 487

We are an online & mobile law firm for your family's estate planning (Wills, Powers of Attorney, Enduring Guardianships, etc) and deceased estate (Probate, Letters of Administration, etc) needs. We can travel to your home or office or meet you over zoom/phone/email. We celebrate happy clients and want to achieve your family's goals.

### **LiveUp**

**E** general@ilaustralia.org.au

**W** 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.

## **General Ageing Services**

### **Acorn Stairlifts**

**E** info@acornstairlifts.com.au

**W** 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.

### **Aged Care Assessment Team Taree**

**P** (02) 6515 1800

My Aged Care is the starting point to access Australian Government-funded aged care services. The phone line and website can help older Australians, their families and carers to get the help and support they need.

### **National Dementia Help Line**

**E** nsw.midnorthcoast@dementia.org.au

**W** 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)

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**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.

**GoCo Community Care**

80 Marquis Street, GUNNEDAH NSW 2380

**E** [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)**W** [gococare.com.au](http://gococare.com.au)**P** (02) 6740 2240

GoCo has 30 years' experience in supporting people and their carers living in rural and remote areas with improving their health and wellbeing.

**Gunnedah Meals on Wheels**

141 Conadilly St, GUNNEDAH NSW 2380

**W** [gunnedah-meals-on-wheels.business.site](http://gunnedah-meals-on-wheels.business.site)**P** (02) 6742 4858

Provide in home meal service for frail aged and disabled. Main activities relate to Other health service delivery.

**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.

**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.

**Seniors Rights Service****E** [info@SeniorsRightsService.org.au](mailto:info@SeniorsRightsService.org.au)**W** [seniorsrightsservice.org.au](http://seniorsrightsservice.org.au)**P** (02) 9281 3600

Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups. We provide free and confidential telephone advice, aged care advocacy and support, legal advice and community information to seniors across New South Wales.

**Seniors Rights Service****E** [info@SeniorsRightsService.org.au](mailto:info@SeniorsRightsService.org.au)**W** [seniorsrightsservice.org.au](http://seniorsrightsservice.org.au)**P** 1800 424 079

Our legal service provides information, referrals, advice and other assistance to older people in NSW on their legal issues. We are a fully accredited community legal centre. If you have questions or concerns about aged care services, Seniors Rights Service is here to help. Our service is available to anyone in NSW using or seeking to access aged care services.

**Wesley Aged Care Volunteer Visitors****E** [visitors@wesleymission.org.au](mailto:visitors@wesleymission.org.au)**W** [wesleymission.org.au](http://wesleymission.org.au)**P** 0429 044 149

Volunteer visitors provide social support for residents of aged care facilities or who are still living at home with assistance through a Home Care Package

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### **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

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

**E** customercare@carecallingnow.com

**W** 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?

### **InteliCare**

**W** 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.

## **Seniors Clubs & Social Groups**

### **Connected au**

**W** 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.

## **Animal Services**

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## **Animal Shelters**

### **Gunnedah Animal Impound Facility**

418 Quia Road, GUNNEDAH NSW 2380

**E** council@infogunnedah.com.au

**W** gococare.com.au

**P** (02) 6740 2100

Gunnedah Shire Council operates an animal pound where lost or impounded pets will be available to reclaim.

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## 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>

### RSPCA NSW - Community Domestic Violence Program

**E** mail@rspcansw.org.au

**W** rspcansw.org.au

**P** (02) 9782 4408

This service assists families with temporary housing for pets of people who are seeking refuge from domestic violence, and helps to address the link between animal and human abuse and child protection.

## Arts & Creatives

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### Cultural Arts

#### A.K Barwick and M.F Low

217, Conadilly Street, GUNNEDAH NSW 2380

**E** marie@twocatscreative.com.au

**P** 0417 476 592

Two Cats Creative is a partnership between writer and photographer Marie Low and graphic designer and photographer Alyssa Barwick. Based in Gunnedah, Two Cats started their business with the popular Sirens of Gunnedah portrait exhibition. While creative portraits and events photography remain a passion, words and design are equally important to the Two Cats.

### Literary Arts

#### Jen Robe Writes

**E** jenrobewrites@gmail.com

**W** organizabelife.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.

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**Choirs4Kids****E** [sing@choirs4kids.com](mailto:sing@choirs4kids.com)**W** [choirs4kids.com](http://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.

**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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## Child Services

### Child (and Parent) Information & Counselling

**Gunnedah Family Support Inc**

206 Conadilly Street, GUNNEDAH NSW  
2380

**E** [info@gfsi.org.au](mailto:info@gfsi.org.au)**W** [gunnedahfamilysupport.org.au](http://gunnedahfamilysupport.org.au)**P** (02) 6742 1515

Family support and parenting education.

**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.

**Reachout Australia****E** [info@reachout.com](mailto:info@reachout.com)**W** [about.au.reachout.com](http://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

**The Aussie Hands Foundation Inc****E** [info@aussiehands.org](mailto:info@aussiehands.org)**W** [aussiehands.org](http://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.

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## Child Protection Services

### Dept Communities and Justice - NSW

**E** [media.unit@facs.nsw.gov.au](mailto:media.unit@facs.nsw.gov.au)

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

**P** (02) 9377 6000

FACS and Justice are now one department providing information and support for child welfare, homelessness and housing and justice matters. Phone help is available 24/7 -Child Protection: 132 111 | Domestic Violence: 1800 656 463 | Housing: 1800 422 322. Justice and legal advice available during business hours Justice: 02 8688 7777 | LawAccess NSW: 1300 888 529

## General Child Services

### Tutoring New South Wales

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

**P** (02) 9063 9544

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.

### Raising Connected Kids

**E** [karen@connectededucation.com.au](mailto:karen@connectededucation.com.au)

**W** [raisingconnectedkids.com.au](http://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

### Goodstart Early Learning Centre

3 Bloomfield Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 6999

Goodstart Early Learning Gunnedah is a 66 place centre with four rooms including nursery, toddler, junior preschool and preschool. Our centre is located in the midst of the traditional lands of the Kamilaroi People, surrounded by agricultural and mining industries, yet with the convenience of being close to main roads, schools and shops.

### Grow Early Education Gunnedah

81-85 Stock Road, GUNNEDAH NSW 2380

**E** [gunnedah@growearlyeducation.com.au](mailto:gunnedah@growearlyeducation.com.au)

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

**P** 1300 934 769

Grow Early Education is a purpose-built early education and childcare facility in Gunnedah.

### CURLEWIS SUPPORTED PLAYGROUP

206 Conadilly Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 1515

Curlewis Supported PLAYGROUP If you are a parent or carer of a child under 8yrs, feel free to join our weekly PLAYGROUP. Delivered in the quaint village of Curlewis on Wednesdays 10am-12midday, during school terms.

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### **Multicultural Support and Wellbeing PLAYGROUP.**

206 Conadilly Street, GUNNEDAH NSW  
2380

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

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

**P** (02) 6742 1515

Multicultural Support and Wellbeing Playgroup A weekly playgroup for children and parents that provides space to learn, be exposed to diversity and gain knowledge within a multicultural environment. Playgroup operates during school terms on Wednesdays, 10am-1230pm at Sugargums Family Centre, Cnr Hunter and Marquis St, Gunnedah.

### **Ooranga**

112 Barber Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 0603

Delivering early childhood education and supported playgroups in rural and remote communities to facilitate community resilience, networking and early childhood development.

## **C o m m u n i c a t i o n & I n f o r m a t i o n**

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### **Community Media**

#### **Radio 2Rph**

**E** [info@2rph.org.au](mailto:info@2rph.org.au)

**W** [2rph.org.au](http://2rph.org.au)

**P** (02) 9518 8811

Your local radio reading service. A variety of programmes featuring readings from daily newspapers, magazines and diverse periodicals. Newcastle Heral at 11.00am weekdays and 2.00pm Saturdays. Lend us your ears, and we'll read you the world. 100.5FM

## **General Communication & Information**

### **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.

### **Gunnedah Shire Council**

63 Elgin Street, GUNNEDAH NSW 2380

**E** [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)

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

**P** (02) 6740 2100

Gunnedah Shire Council is committed to providing a friendly and helpful service to all stakeholders. We are dedicated to Gunnedah being a liveable and accessible community for all ages and demographics.

### **Gunnedah Visitor Information Centre**

83 Chandos Street, GUNNEDAH NSW 2380

**E** [tourism@infogunnedah.com.au](mailto:tourism@infogunnedah.com.au)

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

**P** (02) 6740 2230

Whether you are in Gunnedah on holidays or live in the area, the friendly staff at the Visitor Information Centre will guide you in the right direction to discover Gunnedah and surrounding areas.

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# Community Centres, Halls & Facilities

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## Community & Neighbourhood Centres

### Winanga-li Aboriginal Child And Family Centre - Narrabri

**W** winanga-li.org.au

**P** (02) 6792 4143

Winanga-Li Aboriginal Child and Family Centre Narrabri provides a range of programs and activities for children, parents and Elders.

## Community Halls

### Gunnedah Town Hall

152 Conadilly Street, GUNNEDAH NSW 2380

**E** council@infogunnedah.com.au

**W** thecivic.com.au

**P** (02) 6740 2100

The Town Hall stands proudly as a testament to Gunnedah's architectural and civic heritage; with its period features and classic charm resonating with locals and visitors alike.

### Smithurst Theatre

154 Conadilly Street, GUNNEDAH NSW 2380

**E** council@infogunnedah.com.au

**W** thecivic.com.au

**P** (02) 6740 2100

The Smithurst Theatre is the 'little sister' of the Town Hall and regularly hosts meetings and activities for the Gunnedah community.

### The Civic Theatre

83 Chandos Street, GUNNEDAH NSW 2380

**E** council@infogunnedah.com.au

**W** thecivic.com.au

**P** (02) 6742 0633

The Cultural Precinct offers a variety of well-appointed purpose built function rooms for community and commercial use.

## General Community Facilities

### Carroll Rural Waste Depot

Stephen Street, CARROLL NSW 2340

**E** council@infogunnedah.com.au

**W** gunnedah.nsw.gov.au

**P** (02) 6742 3943

Gunnedah and the surrounding villages are well-equipped with a number of Waste Management facilities for resident's convenience.

### Curlewis Rural Waste Depot

Kamilaroi Highway, CURLEWIS NSW 2381

**E** council@infogunnedah.com.au

**W** gunnedah.nsw.gov.au

**P** (02) 6742 3943

Gunnedah and the surrounding villages are well-equipped with a number of Waste Management facilities for resident's convenience.

### Gunnedah Bicentennial Creative Arts Gallery

81 Chandos Street, GUNNEDAH NSW 2380

**E** council@infogunnedah.com.au

**W** thecivic.com.au

**P** (02) 6740 2230

There is no better way to be immersed in the local culture of Gunnedah than by holding your next meeting or event in our community creative arts gallery.

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**Gunnedah Shire Library**

291-293 Conadilly Street, GUNNEDAH  
NSW 2380

**E** [GSC-Library@infogunnedah.com.au](mailto:GSC-Library@infogunnedah.com.au)

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

**P** (02) 6740 2190

Gunnedah Shire Library is a warm and welcoming public space where the community can pursue their love of reading and learning, engage with one another and take part in a variety of programmes. There is a large range of resources available, appealing to all members of the community.

**Gunnedah Waste Management Facility**

418 Quia Road, GUNNEDAH NSW 2380

**E** [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)

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

**P** (02) 6742 3943

Gunnedah and the surrounding villages are well-equipped with a number of Waste Management facilities for resident's convenience.

**Gunnedah Waste Management Facility**

418 Quia Road, GUNNEDAH NSW 2380

**E** [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)

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

**P** (02) 6742 3943

Gunnedah Shire Council has made recycling easier for householders to recycle and remove problem wastes from kerbside bin systems by establishing a drop off centre also known as a Community Recycling Centre (CRC).

**Mullaley Transfer Station**

Mullaley & Boggabri Stock Route,  
MULLALEY NSW 2379

**E** [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)

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

**P** (02) 6742 3943

Gunnedah and the surrounding villages are well-equipped with a number of Waste Management facilities for resident's convenience.

## Community Clubs & Interest Groups

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### Community Service Clubs

**Australia Nova Romana**

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

**W** [austnovaroma.wixsite.com](http://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](mailto:coordinator@qbwa.org.au)

**W** [braillehouse.org.au](http://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.

**Gunnedah West Rotary Club**

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

**W** [rotarynews.info](http://rotarynews.info)

We are a vibrant service club which meets 6:30 for 7pm on Thursday at the Gunnedah Golf Club. Our male and female members and guests enjoy a range of interesting guest speakers and fellowship activities. Our club provides financial and volunteer services to our local, national, and international communities through our hands-on projects and fund-raising activities.

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**Gunnedah Woodturners Inc**  
Show Grounds , South Street, GUNNEDAH  
NSW 2380

**E** woodturners@hotmail.com  
**P** 0499 797 047

We are registered as a not for profit community service organisation located in the Gunnedah Show Grounds. The Association provides woodworking facilities to members of the community as well as a much needed social gathering point for like minded people. We offer a repair and restoration service to the elderly and we regularly assist other community organisations .

## General Community Clubs

### Mid North Coast Refugee Support Group

**E** mncrsg@gmail.com  
**W** mncrefugeesupport.org  
**P** 0414 638 860

The Mid North Coast Refugee Support Group (MNCRSG) is made up of ordinary Australians working to raise awareness and break down the myths about asylum-seekers and to encourage re-settlement for those who are oppressed by violence and fear.

## 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.

## 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.

### Gunnedah Family Support Inc

206 Conadilly Street, GUNNEDAH NSW  
2380

**E** info@gfsi.org.au  
**W** gunnedahfamilysupport.org.au  
**P** (02) 6742 1515

Gunnedah Family Support Inc is a non-government not for profit organisation who assists all members of the community including women, men, children, teenagers, couples and families. We aim to provide a professional and confidential service that offers support, information and practical assistance to adults, children, young people and families in the Gunnedah Local Government Area.

### Link2home

**E** link2home@facs.NSW.gov.au  
**W** facs.nsw.gov.au  
**P** 1800 152 152

Information & telephone referral service for people who are homeless or at risk of becoming homeless. They work in partnership with a range of homelessness services. If you are Aboriginal you can ask to speak to an Aboriginal worker. The intake & assessment process may take up to 20 minutes.

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### **Mental Health Line**

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

**P** 1800 011 511

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.

### **Parents Beyond Breakup**

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

**W** [parentsbeyondbreakup.com](http://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](http://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.

## **General Crisis and Emergency Services**

### **Fire and Rescue NSW - Gunnedah**

96 Barber Street, GUNNEDAH NSW 2380

**E** [namoi@cma.nsw.gov.au](mailto:namoi@cma.nsw.gov.au)

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

**P** (02) 6742 2084

FRNSW is one of the world's largest urban fire and rescue services and is the busiest in Australia. Our overriding purpose is to enhance community safety, quality of life, and confidence by minimising the impact of hazards and emergency incidents on the people, property, environment and economy of NSW.

### **NSW SES Gunnedah Unit**

**E** [gunnedah.ops@ses.nsw.gov.au](mailto:gunnedah.ops@ses.nsw.gov.au)

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

NSW State Emergency Service (SES) is an emergency and rescue service dedicated to assisting the community. We are a volunteer-based organisation that provides emergency assistance to the people of NSW 24 hours a day, seven days a week, 365 days a year.

### **NSW SES Tambar Unit**

**E** [gunnedah.ops@ses.nsw.gov.au](mailto:gunnedah.ops@ses.nsw.gov.au)

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

NSW State Emergency Service (SES) is an emergency and rescue service dedicated to assisting the community. We are a volunteer-based organisation that provides emergency assistance to the people of NSW 24 hours a day, seven days a week, 365 days a year.

### **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.

## **Cultural and Migrant Services**

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### **Migrant Services**

#### **Migrant Employment Legal Service**

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

**P** (02) 8002 1203

Migrant Employment Legal Service (MELS) is state-wide service offering FREE and CONFIDENTIAL employment legal advice and representation to migrants, temporary visa holders and people from cultural and linguistically diverse backgrounds in NSW.

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### **National Resource Centre For Migrant Empowerment**

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

**W** [nationalresourcecentre.org.au](http://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**

#### **Carer Gateway**

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

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

**P** 1800 422 737

Do you look after a family member or friend with a disability, a medical condition, mental illness or who is frail due to age? If you answered yes, Carer Gateway can help you. Carer Gateway provides support services in person, online and over the phone for carers. These services are free to access and here to support you whilst you provide support to the person you care for.

#### **Kindship**

**E** [hello@kindship.co](mailto:hello@kindship.co)

**W** [kindship.com.au](http://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](mailto:qccc@pwd.org.au)

**W** [pwd.org.au](http://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**

#### **Vera Living**

**E** [jade.hayward@veraliving.com.au](mailto:jade.hayward@veraliving.com.au)

**W** [veraliving.com.au](http://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.

## **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.

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### **Hunter Community Hub**

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

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

**P** (02) 4023 2882

We are a social enterprise providing innovative ways to connect people with their communities. We are a registered NDIS provider of Support Coordination services in the Hunter Region. Our mobile staff will come to you to help you with your NDIS Plan and connect you with local community and disability services.

### **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.

### **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**

### **Challenge Day Programs - Gunnedah**

82 Marquis Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 0625

Do you want to get out and about and make new friends? Why not join one of our recreational activities such as walking, swimming or bowling? Or learn something new like cooking or how to use a computer?

### **Gunnedah Hub - Sunnyfield Community Services**

121 Stock Road, GUNNEDAH NSW 2380

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

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

**P** (02) 6760 1600

"The Gunnedah hub is an epicentre of fun, social groups and learning. Join in the weekly cooking programs, Friday social nights out and weekend adventures. The hub has a real sense of community and you will engage in local events, market stalls, yearly swimming carnivals and the annual Sports Day event. We love getting out and about in our community and making local connections.

### **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.

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## 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.

### Assistive Technology Australia

**E** [help@at-aust.org](mailto:help@at-aust.org)

**P** 1300 452 679

Our purpose is to provide impartial advice, information and leadership that builds capacity and optimises the value of assistive technology in leading a life of choice.

### 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 Guardians Plan Management

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

**P** (03) 9008 9992

Capital Guardians is a Plan Manager throughout Australia.

### 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

### 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!

### Comprehensive Care Services

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

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

**P** 1300 292 656

We support individuals to learn and become independent, to exercise their choice and control their destiny, to actively take part in group and community activities of their choice. We teach participants to achieve their maximum potential goals in an all-inclusive environment. We provide care, services and supports that meet the needs of participants from multicultural and aboriginal background...

### 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.

### Dineamic

**E** [team@dineamic.com.au](mailto:team@dineamic.com.au)

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

**P** (03) 8669 0587

Dineamic is a registered NDIS & HCP provider of chef-prepared and nutritionist approved ready to eat meals - delivered fresh to your door. Dineamic's range provides options to suit every dietary or lifestyle group; gluten free, dairy free, vegan, vegetarian and low FODMAP. Everyone should have the opportunity to enjoy high quality affordable meals.

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**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.

**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 can 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.

**Allied Health and Support Workers for NDIS Participants**

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

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

**P** 1300 240 076

EnableU delivers essential services that Australians can count on and trust. Our accredited team includes physiotherapists, occupational therapists, podiatry, dieticians, registered nurses and support workers. We service all of Sydney, Central Coast and the Newcastle region. We're all about supporting you to live your life to the fullest with more choices, opportunities and freedom.

**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.

**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.

**Gunnedah Community Services Hub**

121 Stock Road, GUNNEDAH NSW 2380

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

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

**P** (02) 6760 1630

The Gunnedah hub is an epicentre of fun, social groups and learning. Join in the weekly cooking programs, Friday social nights out and weekend adventures. The hub has a real sense of community and you will engage in local events, market stalls, yearly swimming carnivals and the annual Sports Day event.

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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.

**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

**National Independent Support Management****E** support@ndism.com.au**W** ndism.com.au**P** 1800 954 559

ISM's Sydney Plan Managers boost your freedom by taking the stress and uncertainty out of managing your NDIS budget.

**Lucy Support Coordination and Services****E** info@lucysupportcoordination.com.au**W** lucysupportcoordination.com.au**P** 0400 075 152

Lucy Support Coordination and Services (LSCS) is a Registered NDIS Support Coordination Services. LSCS provides Support Coordination, a Psychosocial Recovery Coach, and Social and Community Participation for adult NDIS participants. It is a mobile service, seven days a week services. LSCS provide services in all Sydney and Greater Sydney areas. We have the capacity to take referrals immediately.

**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.

**MCT Care****E** info@mctcare.com.au**W** mctcare.com.au**P** (02) 8866 5344

MCT Care is one of the leading NDIS providers of Australia which is providing a variety of services nationally. MCT Care is established to provide support and services to people with disabilities. We are approved National NDIS provider and launching branches all over Australia except Western Australia. Team of an experienced health professional with different expertise are running it.

**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 gives members the tools and resources to assist in learning independent living skills.

**General Disability Services****E** newcastle@mdaa.org.au**W** mdaa.org.au**P** 0434 745 586

MDAA aims to promote, protect and secure the rights and interests of people with disability, with particular focus on Culturally, Linguistically and Diverse CALD / NESB (Non English Speaking Backgrounds).MDAA views culture and disability through the lens of diversity. We see diversity as strength and we promote this view in all our work.

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**My Mobile Plan Manager**

**E** [mymobileplanmanager@gmail.com](mailto: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](mailto:info@myplanassist.com.au)

**W** [myplanassist.com.au](http://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.

**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.

**Plan Management - MyIntegra Sydney, New South Wales**

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

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

**P** 1300 937 187

Let us guide you on your NDIS journey with plan management in New South Wales (NSW) • 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

**Support Coordination - MyIntegra Sydney, New South Wales**

**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 New South Wales (NSW) • 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 - NSW and ACT**

**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.

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### **Noble Enterprises**

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

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

**P** 1300 737 388

Noble Safe Care is a disability service provider based in Sydney. It offers a wide range of in-home and community-based support & care services for people with disabilities. Our team is highly experienced and skilled in a broad range of community services. This includes providing suitable support for people with complex care needs that may impact daily life.

### **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!

### **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.

### **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.

### **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.

### **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.

**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.

**Wheeling And Able****E** [admin@wheelingandable.org.au](mailto:admin@wheelingandable.org.au)**W** [wheelingandable.org.au](http://wheelingandable.org.au)**P** 0408 622 055

We provide financial support to families of children with physical disabilities to obtain mobility & therapeutic aids & educational adaptive technologies. for children with physical disabilities. Provision of accessible equipped holiday accommodation for children with physical disabilities and their families

**XYX Syndrome Association of Australia Inc.****E** [xyyaustralia@gmail.com](mailto:xyyaustralia@gmail.com)**W** [xyyaustralia.org](http://xyyaustralia.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](mailto:info@youfirstservices.com.au)**W** [youfirstservices.com.au](http://youfirstservices.com.au)**P** 1300 525 656

Standard & High Intensity Level Support Worker Services - In Home

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### **Your Plan Manager**

**E** [plan@ypm.com.au](mailto:plan@ypm.com.au)

**W** [yourplanmanager.com.au](http://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**

### **Disability And Diversity Services**

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

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

**P** 0423 527 413

Minds at Play recognises the challenges often associated with engaging children, youth and adults with disabilities. Our program aims to offer a safe environment in which players can experience the following social aspects while playing a well established social and fantasy-based game involving role-playing and self-awareness.

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

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### **Adult Education**

#### **Australian Training Institute**

**E** [admin@atiaustralia.edu.au](mailto:admin@atiaustralia.edu.au)

**W** [atiaustralia.edu.au](http://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.

### **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.

## **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.

### **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

**W** 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

**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

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.

**FORTRESS LEARNING**

**E** info@fortresslearning.com.au

**W** 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.

**iClick2Learn**

**E** hello@iclick2learn.com.au

**W** iclick2learn.com.au

**P** (02) 6884 4654

Australia's most comprehensive on-demand learning library for the community sector. We teach business skills to boards, staff & volunteers enabling them to develop sustainable communities. We offer face-to-face training, live webinars and blended learning. At iClick2Learn, we want your community, to have the best chance they possibly can, to be self-sustainable & continue the good work they do.

**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@dualdiagnosisitraining.com.au

**W** dualdiagnosisitraining.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.dualdiagnosisitraining.com.au/family-support/>

**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

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**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.

## Literacy & Numeracy Programs

**Accelerated Learning Tutoring Centre****E** info@perthtutor.com.au**W** 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**W** 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)

**Carinya Christian School**

46 Elgin Street, GUNNEDAH NSW 2380

**E** gunnedah@carinya.nsw.edu.au**W** carinya.nsw.edu.au**P** (02) 6742 2766

The Christian beliefs of the school are set out in the first 20 chapters of the Westminster Confession of Faith. The school believes that these chapters faithfully reflect what the Bible teaches about God and His plan for salvation through the death of His Son, Jesus Christ.

**Catholic Schools P and F Association**

151 Bloomfield Street, GUNNEDAH NSW 2380

**E** smcreception@arm.catholic.edu.au**P** (02) 6742 2124

We say St Mary's is a Community of Faith and a Place of Learning. As a community of faith we recently celebrated the 2020 Opening School Year Mass along with the students and staff from St Xavier's School.

**Gunnedah Baptist Community Preschool**

1 Reservoir Street, GUNNEDAH NSW 2380

**E** gdhbaptistpreschool@bigpond.com**W** gunnedahbaptistcommunitypreschool.org.au**P** (02) 6742 1805

The Gunnedah Baptist Community Preschool is a faith-based centre which strives to provide an environment where your child will learn and explore in a safe, challenging and fun place. We strive to develop a 'Love of God and Learning' that will carry with your child throughout their life.

### **St Mary's College Gunnedah**

151 Bloomfield Street, GUNNEDAH NSW 2380

**E** smcreception@arm.catholic.edu.au

**W** stmaryscollege.nsw.edu.au

**P** (02) 6742 2124

St Mary's College Gunnedah is a Catholic co-educational secondary school serving the Gunnedah region in North-West NSW. With a population of around 400 students, St Mary's provides a holistic Catholic education in a caring and stimulating environment following the tradition of the Sisters of Mercy who founded the College in 1879.

### **St Xavier's Infants and Primary School**

Bloomfield Street, GUNNEDAH NSW 2380

**E** admin@stxaviersgunnedah.catholic.edu.au

**P** (02) 6742 1136

A very warm welcome to our school, of which we are very proud. We value enormously the support of our parents and encourage them to spend as much time with their children at school as possible. We strive to provide the students with a rich educational experience, in a safe, happy and innovative environment.

## **Special Education Programs**

### **ALANNAH and MADELINE FOUNDATION**

**W** 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.

## **State (Primary and High Schools)**

### **Carroll Public School**

David Street, CARROLL NSW 2340

**E** carroll-p.school@det.nsw.edu.au

**W** carroll-p.schools.nsw.gov.au

**P** (02) 6743 1722

Carroll Public School provides a vibrant, happy and personalised learning environment. It is within this environment that students work conscientiously and cooperatively to achieve excellence in all aspects of schooling.

### **Curlewis Public School**

44-68 Goran Street, CURLEWIS NSW 2381

**E** curlewis-p.school@det.nsw.edu.au

**W** curlewis-p.schools.nsw.gov.au

**P** (02) 6744 1239

Our school delivers excellence, opportunity and success for all students in an innovative and caring small school environment. Through 21st century learning we provide our students with a unique opportunity to be at the cutting edge of education.

### **G S Kidd Memorial School**

37 Lincoln St, GUNNEDAH NSW 2380

**E** gskiddmem-s.school@det.nsw.edu.au

**W** gskiddmem-s.schools.nsw.gov.au

**P** (02) 6741 5200

We provide students with quality educational programs delivered by highly qualified and dedicated teachers.

### **Gunnedah High School**

Marquis Street, GUNNEDAH NSW 2380

**E** gunnedah-h.school@det.nsw.edu.au

**W** gunnedah-h.schools.nsw.gov.au

**P** (02) 6742 0155

Planning and reporting help us meet the needs of our community, improve the quality of teaching and enhance outcomes for all of our students.

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**Gunnedah PreschoolGunnedah Preschool**

35 Elgin Street, GUNNEDAH NSW 2380

**E** info@gunnedahpreschool.org.au

**W** gunnedahpreschool.org.au

**P** (02) 6742 1002

At Gunnedah community preschool we have high expectations for our children. Educators consistently plan and deliver a program based on children's interests, skills and abilities. Routines are established and planning is reflected on and evaluated.

**Gunnedah Public SchoolGunnedah Public School**

Bloomfield Street, GUNNEDAH NSW 2380

**E** gunnedah-p.school@det.nsw.edu.au

**W** gunnedah-p.schools.nsw.gov.au

**P** (02) 6742 2266

We provide students with quality educational programs delivered by highly qualified and dedicated teachers.

**Gunnedah South Public SchoolGunnedah South Public School**

1-15 Winder Place, GUNNEDAH NSW 2380

**E** gunnedahs-p.school@det.nsw.edu.au

**W** gunnedahs-p.schools.nsw.gov.au

**P** (02) 6742 1899

We provide students with quality educational programs delivered by highly qualified and dedicated teachers.

**Mullaley Public School**

Mullaley-Coolah Road, MULLALEY NSW 2379

**E** mullaley-p.school@det.nsw.edu.au

**W** mullaley-p.schools.nsw.gov.au

**P** (02) 6743 7852

We are committed to ensuring a safe and happy environment for your child.

**Tambar Springs Public School**

Mullaley - Coolah Rd, 88 Tamba Street, TAMBAR SPRINGS NSW 2381

**E** tambarspr-p.school@det.nsw.edu.au

**W** tambarspr-p.schools.nsw.gov.au

**P** (02) 6744 2343

Welcome to Tambar Springs Public School, a centre for quality in education. We deliver excellence and success for all students in an innovative and caring environment. We provide students with the unique opportunity being at the cutting edge of education.

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## Employment & Training

### Disability Employment & Training Services

**Pet Cloud**

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

**W** 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/>

**Transformational Institute**

**E** support@transformationalinstitute.com.au

**W** transformationalinstitute.com.au

**P** (02) 4969 7544

Independent registered training organisation committed to empowering people to transform their lives through education. We offer nationally accredited Cert III and IV qualifications in disability and aged care. We also offer First Aid and manual handling for carers short courses. We work with job providers and employment services to give students job opportunities in the industry.

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## **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.

## **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.

### **Creative Orators OnLine (COOL)**

#### **Toastmasters**

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

**W** [facebook.com](https://www.facebook.com/creativeoratorsonlinetm/)

**P** 0419 128 144

An Online fun-learning education program that builds confidence and improves communication skills. Meets every Wednesday for one hour and is open to anyone. Enhance your career prospects, improve your spoken English or simply have fun online. Check our Facebook page <https://www.facebook.com/creativeoratorsonlinetm/>

### **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.

### **Fitted for Work - Parramatta**

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

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

**P** (02) 9635 9909

To help women experiencing disadvantage to get work, keep work and navigate their world of work. We do this through a range of job readiness services to help women get a job and achieve financial independence.

### **Joblink Plus - Gunnedah**

2/326 Conadilly Street, GUNNEDAH NSW 2380

**E** [gunnedah@joblinkplus.com.au](mailto:gunnedah@joblinkplus.com.au)

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

**P** (02) 6748 4300

Joblink Plus is an organisation providing employment services and vocational training. We deliver to a range of communities across rural and regional NSW, covering around 70% of the state. You'll find Joblink Plus as far north as Boggabilla & Tenterfield, out west to Broken Hill, throughout the Hunter and Newcastle region, across the Central West to Lake Cargelligo, and as far south as Wollongong.

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### **Neami National Mid North Coast**

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

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

**P** (02) 6583 3443

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;

### **Simply Careers**

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

**P** 0403 785 532

We provide a first-class careers service including career consulting, job planning, résumé writing, job interview coaching, LinkedIn profile summaries and corporate training. We work with clients from Government and non-Government backgrounds, across a variety of industries. After working with us you will know your value and have the confidence to secure a career of choice.

## **Environment & Conservation**

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### **Environment & Conservation Local History**

#### **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**

### **Gunnedah Urban Landcare Group**

Lloyd Road, GUNNEDAH NSW 2380

**E** [gulg2380@gmail.com](mailto:gulg2380@gmail.com)

**P** 0427 505 040

Landcare Group with a focus on habitat restoration, koalas, Namoi River, tree planting and educational activities, community garden

### **NSW Environment Protection Authority**

**E** [info@epa.nsw.gov.au](mailto:info@epa.nsw.gov.au)

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

**P** 13 15 55

The NSW Environment Protection Authority (EPA) is the primary environmental regulator for New South Wales. We partner with business, government and the community to reduce pollution and waste, protect human health, and prevent degradation of the environment.

### **NSW Office of Environment and Heritage (OEHS)**

9127 Kamilaroi Hwy, GUNNEDAH NSW 2380

**E** [info@environment.nsw.gov.au](mailto:info@environment.nsw.gov.au)

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

**P** (02) 6740 2340

The EES Group brings together a range of functions including national park management, biodiversity and conservation, climate change, sustainability, resilience and adaptation, renewable energy and energy security, waste management and resource recovery, and environment protection and mine safety regulation.

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# Health Services

## 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.

### 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.

### Cass Hinchcliffe Speech Pathology

8 Denora Avenue, GUNNEDAH NSW 2380

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

**P** 0407 206 027

Experienced speech pathologist supporting local children and their families with assessment and therapy. Mobile visits available in Gunnedah and surrounds.

### 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.

### 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.

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### **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.

### **Allied Health for NDIS and Home Care**

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

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

**P** 1300 240 076

EnableU delivers essential services that Australians can count on and trust. Our accredited team includes physiotherapists, occupational therapists, podiatrists, dieticians, registered nurses and support workers. We service all of Sydney, Central Coast and the Newcastle region. We're all about supporting you to live your life to the fullest with more choices, opportunities and freedom.

### **Hope and Heal Psychology**

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

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

Telehealth Psychological service offering improved access and flexibility from the comfort of your own home for individual clients who are aged 17 years and older under Workcover, NDIS, Mental Health Care Plan and EAP. Specialising in Mood Disorders, Anxiety Disorders, Stress, Relationship Issues, Burn-out, PTSD/Trauma and Addiction.

### **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)

### **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.

### **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

### **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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### **Phoenix Hypnotherapy**

**E** lynne@phoenixhypnotherapy.com.au

**W** 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.

### **Stroke Recovery Association**

**E** info@strokensw.org.au

**W** strokensw.org.au

**P** 1300 650 594

Free call 1300 650 594 The Stroke Recovery Association NSW is a non-profit organisation that advocates for and provides a range of Stroke support and information services.

### **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.

## **Child Youth & Family Health**

### **Leukodystrophy Resource and Research organisation**

**E** bobwyborn@bigpond.com

**W** leukodystrophyresourceresearch.org

**P** (07) 4627 1092

Leukodystrophy is a group of some 50 to 60 genetic progressive neurodegenerative disorders that are terminal. We support families, scientists, clinicians and allied health.

## **Community Health & Medical**

### **Australian Clinical Training**

**E** info@clinicalexperts.com.au

**W** clinicalexperts.com.au

**P** 0425 365 237

Clinical Experts are dedicated to not only providing a professional comprehensive nursing service but training for community care workers to ensure that you receive the highest level of care possible.

### **Gunnedah Community Health Service**

Marquis Street, GUNNEDAH NSW 2380

**W** hnehealth.nsw.gov.au

**P** (02) 6741 8000

Welcome to 'Gunnedah Community Health Service' who is part of Hunter New England Local Health District.

### **Hunter New England Health Service**

Marquis Street, GUNNEDAH NSW 2380

**E** gcc106@bigpond.com

**W** hnehealth.nsw.gov.au

**P** (02) 6741 8000

Hunter New England Health is committed to the ongoing building of an organisation that lives our values. Our values are integral to the way we do business.

## **Drug & Alcohol Services**

### **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](mailto:general@fds.ngo.org.au)

**W** [fds.org.au](http://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.

### **SMART Recovery**

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

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

**P** (02) 9373 5100

Smart Recovery For all addictive behaviours

## **General Health Services**

### **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.

### **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.

### **HealthWISE - Gunnedah**

34-36 Farrar Road, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 3633

New England North West Health Ltd. (HealthWISE) is a 'for purpose' (not for profit), registered charity. Our purpose is creating better health for our communities. We provide primary health care programs and clinical services across the New England North West area of NSW and an increasing range of services and programs in the Darling Downs West Moreton and Goodiwindi regions.

### **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.

### **The Hunter New England and Central Coast**

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

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

**P** 1300 859 028

HNECC procures a range of service providers to deliver services across all of our program areas. In addition we have directly supported a number key areas including General Practice and Allied Health.

### **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

**W** 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

### **Mutlicultural HIV and Hepatitis Service**

**E** info@mhahs.org.au

**W** mhahs.org.au

**P** 1800 108 098

The Multicultural HIV and Hepatitis Service works with culturally diverse communities and with health services in NSW to reduce the impacts of HIV and viral hepatitis.

### **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.

### **Royal Far West**

**E** venues@royalfarwest.org.au

**W** royalfarwest.org.au

**P** (02) 8966 8500

Assessment and therapy packages for children provided directly into community via technology - covering speech, occupational therapy, psychology and paediatrics services.

### **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.

## **General Practice/Doctor**

### **Northwest Family Medical**

59 Barber Street, GUNNEDAH NSW 2380

**P** (02) 6742 6606

Provides Health Services - General Practice/Doctor in the Gunnedah area

### **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**

### **Activ8 Health Club**

**E** trent@activ8.club

**W** activ8.club

**P** (02) 8544 0487

A registered provider under the National Disability Insurance Scheme (NDIS)

## **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](http://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 - Gunnedah**

67-69 Little Barber Street, GUNNEDAH  
NSW 2380

**E** [Gunnedah@amplifon.com](mailto:Gunnedah@amplifon.com)

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

**P** 1800 703 451

National Hearing Care Gunnedah provides hearing services, hearing tests and hearing aid assistance to the community of Gunnedah.

### **Auslan services**

**W** [auslanservices.com](http://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 - Gunnedah**

33 Chandos Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6768 1900

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**

### **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**

### **Gunnedah Hospital Services**

Marquis Street, GUNNEDAH NSW 2380

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

**P** (02) 6741 8000

Welcome to 'Gunnedah Hospital' who is part of Hunter New England Local Health District.

## **Mental Health Services**

### **Beyond Blue Helpline and Online Chat**

**W** [beyondblue.org.au](http://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.

### **BluePages Depression Information**

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [bluepages.anu.edu.au](http://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.

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### **E - Hub Health**

**E** [ehub@ehubhealth.com](mailto:ehub@ehubhealth.com)

**W** [ehubhealth.com](http://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](http://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](http://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

### **Empower Me Psychology**

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

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

Positive strength-based psychology intervention for NDIS clients, Medicare and Private referred clients. All appointments are via telehealth to ensure flexibility, comfortability and convenience.

### **Galcom**

**E** [support@sentient.global](mailto:support@sentient.global)

**W** [sentientpsych.com](http://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.

### **GROW Mental Wellbeing Programs - Leeton**

**E** [jo.young@grow.org.au](mailto:jo.young@grow.org.au)

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

**P** 1800 056 268

A weekly Peer to Peer mental health support group from 10:30am-12:30pm every Thursday. Mutual help based on a recovery program that is developed from lived experience of mental distress and recovery. GROW is free to attend and no referral or diagnosis is needed. Open to everyone over 18 years old. Funded by NSW Health and accredited under National Mental Health Standards.

### **HASI Uniting**

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

**P** 1300 029 129

The HASI Program provides psychosocial support to individuals with a severe and persistent mental illness in the Newcastle and Lake Macquarie communities. Working alongside the Recovery Model, it aims to build capacity for the consumer to live independently in their community. In collaboration with the Local Mental Health team and Housing Providers we assist in the consumers recovery goals.

### **Healthspot Ot**

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

**W** [linktr.ee](http://linktr.ee)

**P** 0481 301 965

HealthspOT Occupational Therapy is an online integrative occupational therapy service focussing on mental health and well-being.

### **iflow Psychology**

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

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

**P** (02) 6061 1144

Registered Psychologists providing Assessment, Therapy and Counselling for adolescents and adults.

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**Mental Health First Aid International****E** [mhfainternational@mhfa.com.au](mailto:mhfainternational@mhfa.com.au)**W** [mhfa.com.au](http://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](http://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](mailto:support@nqphn.com.au)**W** [neaminational.org.au](http://neaminational.org.au)**P** (07) 4034 0300

Neami is a values-based, not-for-profit organisation providing mental health, homelessness and suicide prevention services.

**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.

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**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.

**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

**Talked**

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

**W** [talked.com.au](http://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](mailto:admin@adhdpsychiatryclinic.com.au)

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

**P** 1300 517 614

Our psychologists provide Adult ADHD diagnostic assessments. Telehealth consultations Australia wide.

**Transcultural Mental Health Centre**

**E** [tmhc@health.nsw.gov.au](mailto:tmhc@health.nsw.gov.au)

**W** [dhi.health.nsw.gov.au](http://dhi.health.nsw.gov.au)

**P** 1800 648 911

We work with people from culturally and linguistically diverse communities, health professionals and partner organisations across NSW to support good mental health. Our services complement public Mental Health Services (hospital and community) and enhance pathways to care for culturally and linguistically diverse communities.

**Unwind Psychology**

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

**W** [unwindpsychology.com.au](http://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.

**Anxiety Support Groups**

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

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

**P** (02) 9339 6000

A support group for people experiencing anxiety disorders, including phobias, OCD, social anxiety, and generalised anxiety. Groups are run by volunteer facilitators as part of WayAhead's Understanding Anxiety program. Carers, family and friends are also welcome to attend. Please check the website for any schedule changes and the most up to date information.

**Mental Health Information Line**

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

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

**P** 1300 794 991

Need help? Our information lines, can connect you with services, provide support and share information.

**WayAhead - Mental Health Association  
NSW**

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

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

**P** (02) 9339 6000

A not for profit mental health service that provides advocacy, support, information and programs throughout NSW. It includes Anxiety Support Groups, WayAhead Directory of Services, telephone support lines, WayAhead Workplaces, Small Steps Seminars for primary school teachers and parents, Mental Health Month and public forums.

### **Young Veterans**

**E** admin@youngveterans.com.au

**W** 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.

## **Psychiatric Services**

### **Call to Mind**

**E** info@calltomind.com.au

**W** 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.

## **Sexual Support Services & Counselling**

### **1800RESPECT**

**W** 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.

### **Family Planning NSW - Talkline**

**E** talkline@fpnsw.org.au

**W** fpnsw.org.au

**P** 1300 658 886

Call or email for free confidential information, advice and options across a wide range of reproductive and sexual health issues.

## **Specialist Outpatient Clinics**

### **Deafblind Information Australia**

**E** info@deafblindinformation.org.au

**W** 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

**W** 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

**W** 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

Continence Assessments for NDIS - Telehealth only (Australia Wide) Online referral and service agreement  
<https://form.jotform.com/222121943144850>

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### **Wound Specialist Services**

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

**W** [woundservice.com.au](http://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**

#### **Parent Line NSW**

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

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

**P** 1300 130 052

Parent Line is a telephone counselling service for parents of carers of children aged 0-18 funded by NSW Family and Community Services. We provide telephone counselling, parenting strategies, information and links to other services that support parents, grandparents and carers living in NSW with a range of different parenting issues.

#### **XLH Australia Incorporated**

**E** [xlhaustralia@gmail.com](mailto: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](mailto: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.

#### **Justice Advocacy Service**

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

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

**P** 1300 665 908

Offering safe and confidential court and police support for people with cognitive impairments. Telephone support available for victims and defendants following arrest or needing legal advice.

## **Financial & Gambling Management & Budgeting**

#### **Fair Entitlements Guarantee (FEG)**

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

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### **Saver Plus**

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

**W** [bsl.org.au](http://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.

### **The Salvation Army Moneycare - Gunnedah**

30 Tempest Street, GUNNEDAH NSW 2380

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

**P** 1800 722 363

The Salvation Army's Moneycare is a free and confidential financial counselling service for people facing financial difficulties or wanting to avoid financial difficulties in the future. Staff are able to help with a range of issues including budgeting, credit, debt and repossession.

### **The Salvation Army Moneycare - NSW**

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

**P** 1800 722 363

The Salvation Army's Moneycare is a free and confidential financial counselling service for people facing financial difficulties or wanting to avoid financial difficulties in the future. Staff are able to help with a range of issues including budgeting, credit, debt and repossession.

## **General Support Services & Counselling**

### **Anchoring Your Life Counselling**

**E** [debra@anchoringyourlife.com](mailto:debra@anchoringyourlife.com)

**W** [anchoringyourlife.com](http://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.

### **Care To Bloom Counselling**

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

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

**P** 0424 791 888

Care To Bloom is a specialist trauma Counseling practice. Care ToBloom offers counseling and support online to Clients in Australia on the Eastern side of the Country: New South Wales, Canberra, Queensland, Victoria. Care To Bloom assist those who have experienced childhood trauma, Domestic Violence, Narcissistic Abuse, Parental Alienation, Workplace bullying, Family Relationship Breakdown.

### **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.

### **Crisis Counselling - Carers After-Hours line**

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

**P** 1800 242 636

Carer Gateway now provides services such as carer support planning, counselling, peer support, carer directed funding packages and emergency respite.

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**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.

**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).

**Make It Happen Hypnotherapy**

**E** [sandy@make-it-happen-hypnotherapy.com](mailto:sandy@make-it-happen-hypnotherapy.com)

**W** [mihh.com.au](http://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](http://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](mailto:info@nicoleivens.com)

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

**P** 0400 280 475

Counselling Service for Women. Specialising in: Anxiety, Stress, Self-care, Improving Self-confidence, Relationships, Grief & Loss, and Trauma

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**Northern Frontiers Mediation and Counselling Mediation and Counselling****E** [reception@northernfrontiers.com.au](mailto:reception@northernfrontiers.com.au)**W** [northernfrontiers.com.au](http://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](mailto:karen@notmycloset.com)**W** [notmycloset.com](http://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](mailto:hello@novapsychology.com.au)**W** [novapsychology.com.au](http://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](mailto:OpenArms.SouthQLD@dva.gov.au)**W** [openarms.gov.au](http://openarms.gov.au)**P** 1800 011 046

Veterans and families phone counselling and support line.

**Paws For Thought Counselling****E** [admin@pawsforthoughtcounselling.com](mailto:admin@pawsforthoughtcounselling.com)**W** [pawsforthoughtcounselling.com](http://pawsforthoughtcounselling.com)**P** 0458 420 455

We provide Canine Assisted counselling (Tilly the therapy dog) to support individuals and couples. Tilly and I provide support for anxiety, depression, PTSD, sexual assault - Victims of Crime, Gottman Couples Therapy, Loss and Grief, we can support NDIS participants and mental health care plans.

**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

**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.

**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.

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**Toowoomba Psychology And Counselling**

**E** james.ising@gmail.com

**W** 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

**W** transformativeplace.com.au

**P** 0418 961 475

Online counselling service for Australians 18 years and over

**Victims Services**

**E** vs@dcj.nsw.gov.au

**W** victimsservices.justice.nsw.gov.au

**P** 1800 633 063

Victims Services helps people who are victims of violent crime in NSW with information and referrals. You can access support under the Victims Support Scheme, including counselling, financial assistance for immediate needs, financial assistance for economic loss, recognition payment.

**Walking Life's Path Counselling Service**

**E** walkinglifesp@liferestored.me

**W** 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+)****Here Completely**

**W** herecompletely.com.au

**P** 0450 359 667

We are a mental health collective located in Sydney. Our counsellors, psychologists & psychotherapists specialise in every facet of mental health wellbeing, including holistic health, relationship health, PTSD & trauma counselling, sexuality & gender issues, men's mental health & women's mental health. We are particularly committed to assisting the LGBTQI+ community.

**QLife**

**E** ask@qlife.org.au

**W** 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

**W** 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.

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## **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.

### **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.

## **Legal Assistance & Information Services**

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### **General Legal Assistance & Information**

#### **Law Access NSW**

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

**P** 1300 888 529

You can call 1300 888 529 between 9am to 5pm, Monday to Friday (excluding public holidays).

#### **North and North West Community Legal Service Inc**

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

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

**P** (02) 6772 8100

The North & North West Community Legal Service is a not-for-profit organisation that offers free legal advice and assistance to everyone living in the north and north west regions of NSW - we are not means tested. Based in Armidale, we have an extensive Outreach Program of 17 monthly legal clinics in 12 towns throughout our catchment. We also provide free legal education sessions in our region.

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**NSW Trustee And Guardian - Lismore****E** [taglismore@tag.nsw.gov.au](mailto:taglismore@tag.nsw.gov.au)**W** [tag.nsw.gov.au](http://tag.nsw.gov.au)**P** 1300 102 030

NSW Trustee and Guardian is a government agency in the Stronger Communities Cluster. They support people with preparing Wills, Power of Attorney and Enduring Guardianship documents. Pricing is regulated and they service communities right across NSW. They also provide financial management, guardianship and trustee services that support vulnerable members of the community.

**Welfare Rights Centre NSW****E** [sydney@welfarerights.org.au](mailto:sydney@welfarerights.org.au)**W** [welfarerightscentre.org.au](http://welfarerightscentre.org.au)**P** (02) 9211 5300

Got an issue with your payments from Centrelink? Community Legal Centre offering free legal advice and representation to people in NSW that have received an adverse decision from Centrelink. Off payment, rejected applications, debts, reduced payments and other decisions. Advice line open 3 days a week Monday and Wednesday 9:30 - 12:30 and Thursday 1:30 - 4:30.

## **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.

**Energy and Water Ombudsman NSW (EWON)****E** [narelleb@ewon.com.au](mailto:narelleb@ewon.com.au)**W** [ewon.com.au](http://ewon.com.au)**P** 1800 246 545

Free, fair and independent dispute resolution scheme for consumers and small business in NSW experiencing difficulties with their energy and water providers. Billing issues, meter or network problems, contact issues to name a few. We also offer online information sessions for staff, community workers and groups

**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.

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## Peak, Industry and Funding Bodies

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### Peak Bodies

#### 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.

#### History Council Of New South Wales

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

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

**P** 0418 811 522

The HCNSW believes that History shapes the present and the future. The HCNSW fosters the practice of history in all its forms. We provide programs and services, mainly in NSW, which aimed to build capacity within the history sector and showcase the importance of history.

#### 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.

## Skills Alliances

#### Australian Women In Agriculture (AWiA)

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

**W** [awia.org.au](http://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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### Fitness Activities

#### Live online Yoga and Pilates Classes

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

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

Live Stream Online Yoga and Pilates classes.  
Private personal training NDIS registered. General yoga, pilates, mixed yoga-pilates, meditation, fitness, rehab

## General Recreation and Leisure

#### ClassBento

**E** [hi@classbento.com.au](mailto:hi@classbento.com.au)

**W** [classbento.com.au](http://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.

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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.

#### 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** [sahajayogaql.com](http://sahajayogaql.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.

## Sport

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### Aquatic Sports

#### Gunnedah Memorial Swimming Pool

Anzac Parade & Eighth Division Memorial Avenue, GUNNEDAH NSW 2380

**E** [council@infogunnedah.com.au](mailto:council@infogunnedah.com.au)

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

**P** (02) 6740 2215

The Complex supports Council's vision for creating liveable communities by providing a modern, family-friendly pool complex which encourages participation in recreational activities and promotes community wellbeing.

### Outdoor Sports

#### Northern Inland Academy of Sport

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

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

**P** (02) 6766 2526

The Northern Inland Academy of Sport (NIAS) is a community based organisation established to identify and prepare talented sportspeople in the Northern Inland region to reach their maximum potential, on and off the field! Our mission is achieved by providing talent development programs, support and activities for a range of sports in the region for athletes aged up to 18 years old.

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## Sports Clubs

### **Gunnedah and District Pony Club**

Gunnedah Showgrounds, Oxley Highway,  
GUNNEDAH NSW 2380

**E** [gdhpcsec@yahoo.com](mailto:gdhpcsec@yahoo.com)

**P** 0427 230 880

The Gunnedah & District Pony Club welcomes and caters for members between the ages of 3 & 26 years. encouraging horsemanship and horsemastership amongst its members. We provide coaching, camps and competition, encouraging sportsmanship and assisting our members to become proficient in their chosen sport. Disciplines include - Showriding, Dressage, Showjumping, Polocrosse, Sporting, Campdrafting

## Volunteering

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### **General Volunteering Services**

#### **Volunteer mentor to a child in foster care - NSW**

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

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

**P** (02) 8350 5770

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](mailto:hello@freddymatch.org)

**W** [freddymatch.org](http://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.

## Welfare Assistance & Services

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### **General Welfare & Support Services**

#### **Red Cross Gunnedah**

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

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

**P** 1800 733 276

We work with politicians, policy-makers, organisations and the public to improve the situation of the most vulnerable people in Australia and around the world.

#### **Saver Plus**

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

**W** [bsl.org.au](http://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.

#### **TFSS - Gunnedah**

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

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

**P** 1800 073 388

Youth Hope families with children 9 - 15 Reconnect works with children 12 - 18 who are at risk of homelessness. WDVCS women and women with children who are going through the court system.

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### **National Perinatal Support Program**

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

**W** [thebabesproject.com.au](http://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.

### **Winanga-Li Aboriginal Child and Family Centre**

12 Hunter Street, GUNNEDAH NSW 2380

**E** [KateM@winanga-li.org.au](mailto:KateM@winanga-li.org.au)

**W** [winanga-li.org.au](http://winanga-li.org.au)

**P** 0418 959 004

Winanga-Li Aboriginal Child and Family Centre provides early childhood, community and family services across regional NSW.

## **Second Hand Shops**

### **St Vincent de Paul Society - Gunnedah**

149 Marquis Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 1836

The Society aspires to be recognised as a caring Catholic charity offering “a hand up” to people in need. We do this by respecting their dignity, sharing our hope, and encouraging them to take control of their own destiny.

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## **Youth Services**

### **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.

#### **Gunnedah PCYC (Police Citizens Youth Club)**

View Street, GUNNEDAH NSW 2380

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

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

**P** (02) 6742 1586

PCYC NSW is a charity empowering young people to survive, and thrive, in partnership with the Police and the community.

#### **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.

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### **Youth and Family services**

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

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

**P** (02) 4915 3600

Wesley Youth Services Newcastle supports young people in the Hunter region, aged between 12 to 24, and their families, providing one-on-one case work, referral and advocacy, and providing group work targeting early interventions, educational/awareness and harm minimisation.

## **Youth Information & Counselling**

### **eheadspace**

**W** [headspace.org.au](http://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](http://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](http://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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